

# Linn-Mar Community Schools

May 6, 2019 thru Jun 5, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

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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 - 05/06/2019														
High School Lunch	Total	450												
lasagna w/beef crumbles^	1 EACH	400	280	398	2.48	2.32	308.3	634	4.81	*8	17.57	29.16	10.67	5.50
pizza sticks (2 sticks)^	2 EACH	400	310	590	3.00	0.00	0.0	0	0.0	8	18.0	31.0	13.0	7.00
romaine/spinach&tomato	1/2 cup	150	15	9	1.71	0.79	27.2	6357	6.03	*0	1.08	3.05	0.25	0.03
fresh veggie mix	1/2 cup	100	19	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
peaches sliced	1/2 cup	200	49	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0	0.00
fruit, fresh, variety	1 CUP	150	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	150	53	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty half pints^	1 each	500	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Hamburger bar	1 each	100	507	821	7.30	4.06	360.9	728	7.68	*8	25.36	69.15	15.98	6.30
pizza line HS	1 EACH	50	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	5	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	3	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			885	1417	8.90	4.34	751.5	4520	28.25	*47	49.93	110.30	28.40	14.00
% of Calories										*21.4%	22.6%	49.8%	28.9%	14.2%
Nutrient Guideline			750-850	1420										<10.00

Tue - 05/07/2019														
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

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

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May 6, 2019 thru Jun 5, 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			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 - 05/08/2019														
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
Strawberry cup, froz (19) comm	1 each	200	90	0	2.00	0.00	0.0	0	0.0	18	1.0	22.0	0.0	0.00
fruit, fresh, variety	1 CUP	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
Weighted Daily Average			762	1298	6.85	4.87	422.4	2410	24.48	*43	32.69	108.80	27.77	9.77
% of Calories										*22.4%	17.2%	57.1%	32.8%	11.5%
Nutrient Guideline			750-850	1420										<10.00

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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 - 05/09/2019														
High School Lunch	Total	600												
pizza crunchers^	4 piece ser ving	520	420	790	5.00	2.15	426.0	480	1.87	3	20.0	41.0	20.0	9.00
sweet potato fries^	4 oz	350	200	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0	1.50
romaine/spinach&tomato	1/2 cup	300	15	9	1.71	0.79	27.2	6357	6.03	*0	1.08	3.05	0.25	0.03
pear sliced in juice	1/2 cup	200	76	10	2.00	0.00	0.0	0	0.0	12	0.0	19.0	0.0	0.00
fruit, fresh, variety	1 CUP	200	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	150	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	25	53	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty half pints^	1 each	300	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
hot dog with bun^	1 each	100	320	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
pizza line HS	1 EACH	100	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	4	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	50	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			770	1257	9.60	3.92	668.2	6018	24.21	*30	31.11	93.07	31.46	11.80
% of Calories										*15.5%	16.2%	48.4%	36.8%	13.8%
Nutrient Guideline			750-850	1420										<10.00

Fri - 05/10/2019														
High School Lunch	Total	600												
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
cheese cheddar shredded^	1 oz	700	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	700	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	200	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
soup bar, HS	1 EACH	25	239	731	4.18	2.28	139.8	1327	8.18	*7	15.81	32.15	5.66	1.67
pizza line HS	1 EACH	40	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	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	15	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	500	129	80	0.96	0.52	5.5	368	0.0	*7	1.57	16.54	6.69	2.66

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			798	1260	8.19	5.58	649.9	4257	26.77	*29	40.32	89.32	31.48	11.22
% of Calories										*14.5%	20.2%	44.8%	35.5%	12.7%
Nutrient Guideline			750-850	1420										<10.00

Mon - 05/13/2019														
High School Lunch	Total	750												
chicken teriyaki^	5 EACH	800	163	700	0.00	1.80	50.0	125	0.0	8	18.75	11.25	4.37	1.25
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
Hamburger bar	1 each	250	507	821	7.30	4.06	360.9	728	7.68	*8	25.36	69.15	15.98	6.30
pizza line HS	1 EACH	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	45	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
Weighted Daily Average			754	1739	7.95	6.21	602.3	5633	37.46	*39	47.79	97.46	19.52	7.06
% of Calories										*20.5%	25.4%	51.7%	23.3%	8.4%
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)
Tue - 05/14/2019														
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 tbsps	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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	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 - 05/15/2019														
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

May 6, 2019 thru Jun 5, 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 - 05/16/2019														
High School Lunch	Total	600												
chicken parmesan w/ spaghetti	1 each	600	312	594	3.69	2.31	135.2	99	0.0	*4	23.05	29.41	11.37	3.39
pizza sticks (2 sticks)^	2 EACH	500	310	590	3.00	0.00	0.0	0	0.0	8	18.0	31.0	13.0	7.00
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
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			893	1567	10.87	4.51	520.8	6057	24.93	*40	53.28	104.65	30.06	12.34
% of Calories										*18.1%	23.9%	46.9%	30.3%	12.4%
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 - 05/17/2019														
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 pepperoni 8"stuff/cr	1 EACH	300	350	640	4.00	2.70	300.0	750	21.0	*N/A*	21.0	30.0	16.0	7.00
romaine/spinach&tomato	1/2 cup	270	15	9	1.71	0.79	27.2	6357	6.03	*0	1.08	3.05	0.25	0.03
fresh veggie mix	1/2 cup	270	19	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
mixed fruit cocktail	1/2 cup	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	50	53	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
soup bar, HS	1 EACH	100	239	731	4.18	2.28	139.8	1327	8.18	*7	15.81	32.15	5.66	1.67
pizza line HS	1 EACH	100	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	10	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	10	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	600	129	80	0.96	0.52	5.5	368	0.0	*7	1.57	16.54	6.69	2.66
Weighted Daily Average			770	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

May 6, 2019 thru Jun 5, 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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/20/2019														
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
Hamburger bar	1 each	25	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	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	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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# Linn-Mar Community Schools

May 6, 2019 thru Jun 5, 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)
Tue - 05/21/2019														
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

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# Linn-Mar Community Schools

May 6, 2019 thru Jun 5, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/22/2019														
High School Lunch	Total	600												
Spaghetti sauce w/meatballs HS	Serving	600	245	449	3.23	3.30	69.4	623	7.48	10	19.28	16.94	12.11	4.32
rotini,whole grain,dry^	1/2 cup	600	54	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54	0.23
ravioli, WG mini cheese	EACH (7 pieces)	500	120	180	1.00	0.72	100.0	100	3.6	1	8.0	15.0	2.5	1.50
breadstick^	2 oz	400	160	200	3.00	0.00	0.0	0	0.0	3	6.0	29.0	2.0	0.00
fresh veggie mix	1/2 cup	300	19	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
salad romaine/spinach blend	1/2 cup	350	45	99	4.88	4.17	149.7	20510	36.4	*0	4.64	7.85	0.78	0.12
pineapple tidbits	1/2 cup	150	80	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	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	150	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	335	53	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
cheese parmesan grated	2 TSP	200	23	73	0.00	0.00	66.7	0	0.0	0	2.0	0.0	1.67	1.00
margarine cup^	1 EACH	550	20	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
milk vty half pints^	1 each	500	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
yogurt bar, HS, toppings	2 oz.	150	222	273	3.16	8.87	151.2	756	9.07	17	3.76	46.37	3.28	0.20
yogurt bar/fruit	1/2 cup	20	60	3	1.68	0.34	7.9	220	17.76	*6	0.51	15.04	0.15	0.01
yogurt, HS bar	8 oz.	40	211	151	0.00	0.00	351.2	0	4.82	35	11.04	39.14	2.01	1.51
pizza line HS	1 EACH	100	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	2	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	4	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			866	1338	12.52	10.13	657.8	14604	54.20	*47	48.01	113.73	25.75	8.21
% of Calories										*21.7%	22.2%	52.6%	26.8%	8.5%
Nutrient Guideline			750-850	1420										<10.00

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# Linn-Mar Community Schools

May 6, 2019 thru Jun 5, 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 - 05/23/2019														
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 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
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			759	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

May 6, 2019 thru Jun 5, 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 - 05/24/2019														
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	600	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
soup bar, HS	1 EACH	200	239	731	4.18	2.28	139.8	1327	8.18	*7	15.81	32.15	5.66	1.67
pizza line HS	1 EACH	250	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	10	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	10	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			764	1463	8.24	4.10	347.8	2781	25.90	*34	35.46	99.90	26.15	8.04
% of Calories										*17.7%	18.6%	52.3%	30.8%	9.5%
Nutrient Guideline			750-850	1420										<10.00

Mon - 05/27/2019														
High School Lunch	Total	1												
NO SCHOOL TODAY	SERVING	1	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850	1420										<10.00

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# Linn-Mar Community Schools

May 6, 2019 thru Jun 5, 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 - 05/28/2019														
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

May 6, 2019 thru Jun 5, 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 - 05/29/2019														
High School Lunch	Total	600												
crisпитos w/ cheese sauce	1 EACH	600	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, fresh, variety	1/2 CUP	100	35	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	50	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	25	53	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
Salsa cup^	2 oz	75	7	43	0.00	0.00	0.0	67	1.6	1	0.0	1.33	0.0	0.00
sour cream, pouch	1 each	50	25	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
jalapeno peppers.	1/16 cup	25	0	233	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
milk vty half pints^	1 each	300	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
hot dog with bun^	1 each	25	320	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
pizza line HS	1 EACH	50	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	2	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	25	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			864	1540	9.25	5.04	548.5	3640	20.24	*23	41.75	80.69	41.19	12.82
% of Calories										*10.6%	19.3%	37.3%	42.9%	13.3%
Nutrient Guideline			750-850	1420										<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/30/2019														
High School Lunch	Total	650												
pizza 5" cheese ^	1 each	500	320	610	5.00	2.70	250.0	300	0.0	5	15.0	40.0	11.0	3.50
pizza, personal pan pepp^	1 each	450	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	400	45	99	4.88	4.17	149.7	20510	36.4	*0	4.64	7.85	0.78	0.12
fresh veggie mix	1/2 cup	300	19	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
banana,small	1 each	500	90	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11
fruit, fresh, variety	1/2 CUP	150	35	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	100	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
mustard^	1 tsp	25	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	300	53	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty half pints^	1 each	350	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
soup bar, HS	1 EACH	50	239	731	4.18	2.28	139.8	1327	8.18	*7	15.81	32.15	5.66	1.67
pizza line HS	1 EACH	100	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	10	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	10	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
snickerdoodle cookiesw/ lq egg	1 EACH	350	136	73	0.88	0.52	5.3	1399	0.0	10	1.7	19.24	5.78	2.04

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# Linn-Mar Community Schools

May 6, 2019 thru Jun 5, 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			848	1486	14.92	8.47	713.9	15906	48.28	*40	38.58	119.86	25.65	8.46
% of Calories										*18.8%	18.2%	56.5%	27.2%	9.0%
Nutrient Guideline			750-850	1420										<10.00

Fri - 05/31/2019														
High School Lunch	Total	1												
pb&j sandwich	1 EACH	1	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
apple fresh whole^	1 each	1	95	2	4.37	0.22	10.9	98	8.37	19	0.47	25.13	0.31	0.05
vegetables, HB bar, HS	1 CUP	1	104	3	5.53	1.49	51.3	413	9.62	*3	3.4	22.23	0.33	0.00
milk vty half pints^	1 each	1	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
juice cup variety	4 oz	1	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
string cheese	1 each	1	80	200	0.00	0.00	200.0	200	0.0	0	6.0	1.0	6.0	3.50
Weighted Daily Average			761	659	13.90	3.60	622.2	1211	30.59	*65	28.37	115.61	23.27	6.43
% of Calories										*34.0%	14.9%	60.8%	27.5%	7.6%
Nutrient Guideline			750-850	1420										<10.00

Mon - 06/03/2019														
High School Lunch	Total	1												
pb&j sandwich	1 EACH	1	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
apple fresh whole^	1 each	1	95	2	4.37	0.22	10.9	98	8.37	19	0.47	25.13	0.31	0.05
vegetables, HB bar, HS	1 CUP	1	104	3	5.53	1.49	51.3	413	9.62	*3	3.4	22.23	0.33	0.00
milk vty half pints^	1 each	1	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
juice cup variety	4 oz	1	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
string cheese	1 each	1	80	200	0.00	0.00	200.0	200	0.0	0	6.0	1.0	6.0	3.50
Weighted Daily Average			761	659	13.90	3.60	622.2	1211	30.59	*65	28.37	115.61	23.27	6.43
% of Calories										*34.0%	14.9%	60.8%	27.5%	7.6%
Nutrient Guideline			750-850	1420										<10.00

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# Linn-Mar Community Schools

May 6, 2019 thru Jun 5, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 06/04/2019														
High School Lunch	Total	1												
pb&j sandwich	1 EACH	1	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
apple fresh whole^	1 each	1	95	2	4.37	0.22	10.9	98	8.37	19	0.47	25.13	0.31	0.05
vegetables, HB bar, HS	1 CUP	1	104	3	5.53	1.49	51.3	413	9.62	*3	3.4	22.23	0.33	0.00
milk vty half pints^	1 each	1	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
juice cup variety	4 oz	1	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
string cheese	1 each	1	80	200	0.00	0.00	200.0	200	0.0	0	6.0	1.0	6.0	3.50
Weighted Daily Average			761	659	13.90	3.60	622.2	1211	30.59	*65	28.37	115.61	23.27	6.43
% of Calories										*34.0%	14.9%	60.8%	27.5%	7.6%
Nutrient Guideline			750-850	1420										<10.00
Wed - 06/05/2019														
High School Lunch	Total	1												
pb&j sandwich	1 EACH	1	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
apple fresh whole^	1 each	1	95	2	4.37	0.22	10.9	98	8.37	19	0.47	25.13	0.31	0.05
vegetables, HB bar, HS	1 CUP	1	104	3	5.53	1.49	51.3	413	9.62	*3	3.4	22.23	0.33	0.00
milk vty half pints^	1 each	1	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
juice cup variety	4 oz	1	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
string cheese	1 each	1	80	200	0.00	0.00	200.0	200	0.0	0	6.0	1.0	6.0	3.50
Weighted Daily Average			761	659	13.90	3.60	622.2	1211	30.59	*65	28.37	115.61	23.27	6.43
% of Calories										*34.0%	14.9%	60.8%	27.5%	7.6%
Nutrient Guideline			750-850	1420										<10.00
Weighted Average			790	1257	10.22	5.36	595.9	4364	30.42	*41	39.54	102.59	26.14	8.40
										*46.4%	20.0%	52.0%	29.8%	9.6%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



# Linn-Mar Community Schools

May 6, 2019 thru Jun 5, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 4/24/2019 12:42:35 PM

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Error Messages (if any)
Calories	790		750 - 850		100%											
Sodium 1 (mg)	1257			1420												
Sodium 2 (mg)	1257			1080					177							Correction Required - Sodium too High
Fiber (g)	10.22															
Iron (mg)	5.36															
Calcium (mg)	595.9															
Vitamin A (IU)	4364															
Sugars (g)	41	20.63%				Missing										
Vitamin C (mg)	30.42															
Protein (g)	39.54	20.02%														
Carbohydrate (g)	102.59	51.95%														
Total Fat (g)	26.14	29.79%														
Saturated Fat (g)	8.40	9.57%		<10.00%												

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