

Linn-Mar Community Schools

Feb 12, 2018 thru Mar 23, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	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 - 02/12/2018															
High School Lunch	Total	500													
taco meat w/ beef crumbles^	3 OZ	300	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50
taco meat w/ shredded pork	3 oz	200	96	40	192	0.66	1.12	4.9	368	2.59	*1	14.93	3.28	2.09	0.52
cheese cheddar shredded^	1/2 oz	475	40	8	103	0.00	0.02	128.5	89	0.0	*N/A*	3.86	0.28	2.6	1.64
tortilla-2 or taco shells 2	serving	500	120	0	105	2.67	0.24	46.7	0	0.0	*0	2.67	19.67	4.0	1.17
ref beansw/salsa &cheese^	4 oz	250	112	4	495	5.18	1.64	105.9	679	7.58	*1	5.95	14.43	3.0	1.52
lettuce,shredded^	1 CUP	450	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01
tomato fresh diced^	1/4 cup	400	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01
fruit, canned, variety (hs)	1 CUP	270	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	270	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	720	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
dressing/Ran/Ital/Frn/HnMus	2 TBSP	450	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
salsa cup^	2 oz	200	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00
sour cream, pouch	1 each	200	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
jalapeno peppers.	1/16 cup	100	0	0	233	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
potato bar	serving	25	586	38	777	10.46	4.33	172.3	3439	81.32	*34	17.22	101.76	13.85	4.60
pizza line HS	1 EACH	100	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	4	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Salad bar sandwich (HS)	1 EACH	4	387	62	835	3.74	3.18	281.2	231	0.92	*6	23.27	39.74	16.16	3.11
Weighted Daily Average			786	66	1416	10.86	5.29	809.4	3403	49.70	*57	42.66	110.70	20.88	8.08
% of Calories											*28.9%	21.7%	56.3%	23.9%	9.3%
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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Linn-Mar Community Schools

Feb 12, 2018 thru Mar 23, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/13/2018															
High School Lunch	Total	600													
chicken, popcorn^	4 oz	800	237	0	511	1.45	2.77	73.6	126	0.05	2	17.91	18.45	9.64	0.53
bread:scratch variety	serving	500	155	3	168	2.48	1.51	33.3	326	2.15	*3	4.15	26.21	3.93	1.18
romaine/spinach&tomato	1 cup	400	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5	0.07
vegetables fresh/sal/bar/hs	1 cup	270	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05
mandarin oranges^	1 cup	270	180	0	20	2.00	0.72	40.0	2500	54.0	44	2.0	46.0	0.0	0.00
fruit, fresh, variety	1 CUP	270	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	500	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
dressing/Ran/Ital/Frn/HnMus	2 TBSP	250	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
bbq sauce	2 TBSP	200	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
ketchup^	1 tbsp	200	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
margarine cup^	1 EACH	150	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
pizza line HS	1 EACH	100	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	2	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Salad bar sandwich (HS)	1 EACH	2	387	62	835	3.74	3.18	281.2	231	0.92	*6	23.27	39.74	16.16	3.11
Weighted Daily Average			794	16	1410	10.17	7.63	509.2	12356	65.85	*50	41.24	110.73	21.69	3.67
% of Calories											*25.0%	20.8%	55.8%	24.6%	4.2%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Feb 12, 2018 thru Mar 23, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/14/2018															
High School Lunch	Total	600													
spagh sauce w/ beef crum^	4 oz	650	133	20	145	2.50	1.81	32.4	468	3.73	6	9.8	10.29	5.53	1.69
rotini,whole grain,dry^	1/2 cup	350	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54	0.23
ravioli, WG mini cheese	EACH (7 pieces)	400	120	30	260	2.00	0.72	60.0	100	0.0	1	8.0	16.0	2.5	1.50
breadstick^	2 oz	700	160	0	200	3.00	0.00	0.0	0	0.0	3	6.0	29.0	2.0	0.00
vegetables fresh/sal/bar/hs	1 cup	270	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05
salad romaine/spinach blend	1 cup	350	91	0	197	9.75	8.35	299.4	41021	72.8	*1	9.28	15.69	1.56	0.23
fruit, canned, variety (hs)	1 CUP	270	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	270	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	335	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
cheese parmesan grated	2 TSP	575	23	3	73	0.00	0.00	66.7	0	0.0	0	2.0	0.0	1.67	1.00
margarine cup^	1 EACH	400	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
milk vty half pints^	1 each	500	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
yogurt bar, HS, toppings	2 oz.	20	222	0	273	3.16	8.87	151.2	756	9.07	17	3.76	46.37	3.28	0.20
yogurt bar/fruit	1/2 cup	20	60	0	3	1.68	0.34	7.9	220	17.76	*6	0.51	15.04	0.15	0.01
yogurt, HS bar	8 oz.	40	211	10	151	0.00	0.00	351.2	0	4.82	35	11.04	39.14	2.01	1.51
pizza line HS	1 EACH	100	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	2	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Salad bar sandwich (HS)	1 EACH	4	387	62	835	3.74	3.18	281.2	231	0.92	*6	23.27	39.74	16.16	3.11
Weighted Daily Average			850	60	1218	17.68	9.26	684.8	27166	84.82	*51	44.22	127.52	20.11	6.14
% of Calories											*24.0%	20.8%	60.0%	21.3%	6.5%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Feb 12, 2018 thru Mar 23, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/15/2018															
High School Lunch	Total	600													
ham/cheese w pretzel roll^	1 each	350	262	43	471	3.00	2.18	107.8	136	0.59	*2	15.49	29.72	9.14	4.52
buffalo chix wrap w/ tortilla	1 EACH	200	510	36	948	7.84	2.33	190.1	356	0.5	*3	25.66	47.8	25.01	7.03
tator tots^	9 each	400	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74	1.11
vegetables fresh/sal/bar/hs	1 cup	250	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05
fruit, canned, variety (hs)	1 CUP	250	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	250	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	150	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
pickle slices^	2 EACH	200	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
ketchup^	1 tbsp	300	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	25	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
milk vty half pints^	1 each	500	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
brownie HS (usda)	1 each	100	312	57	195	3.74	1.69	45.8	3592	0.0	*29	5.08	47.2	12.76	3.59
hot dog with bun^	1 each	25	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
salad bar HS	1 EACH	1	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Salad bar sandwich (HS)	1 EACH	5	387	62	835	3.74	3.18	281.2	231	0.92	*6	23.27	39.74	16.16	3.11
pizza line HS	1 EACH	50	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
Weighted Daily Average			754	60	1331	9.78	3.89	449.5	3108	37.19	*42	30.57	104.47	25.21	7.90
% of Calories											*22.1%	16.2%	55.4%	30.1%	9.4%
Nutrient Guideline			750-850		1420										<10.00

Fri - 02/16/2018															
High School Lunch	Total	900													
philly beef w/bun	1 EACH	350	438	68	731	4.00	4.15	457.0	177	0.0	*6	32.67	43.75	13.88	6.81
philly chicken w/bun	1 EACH	450	432	87	925	4.00	3.70	517.0	177	14.4	*6	32.55	44.65	13.6	6.00
fajita vegetables	1/2 cup	250	14	0	6	0.00	0.00	0.0	113	8.5	2	0.0	2.83	0.0	0.00
green beans,steamed^	1 cup	300	56	0	0	5.60	1.34	37.3	373	8.96	4	1.87	11.2	0.0	0.00
vegetables fresh/sal/bar/hs	1 cup	270	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05
fruit, canned, variety (hs)	1 CUP	270	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	270	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	230	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	855	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
hamburger on a bun^	1 each	200	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
pizza line HS	1 EACH	250	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	10	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Salad bar sandwich (HS)	1 EACH	10	387	62	835	3.74	3.18	281.2	231	0.92	*6	23.27	39.74	16.16	3.11

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			776	97	1314	9.50	6.39	905.9	2632	39.62	*38	49.14	97.54	21.59	9.37
% of Calories											*19.5%	25.3%	50.3%	25.0%	10.9%
Nutrient Guideline			750-850		1420										<10.00

Mon - 02/19/2018															
High School Lunch	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420										<10.00

Tue - 02/20/2018															
High School Lunch	Total	650													
chicken nuggets^	6 each	650	350	65	452	1.94	2.10	22.6	147	0.94	0	26.43	19.68	19.0	2.19
rolls, hot^	2 oz	600	205	12	234	2.30	1.92	67.9	452	3.48	*4	5.03	29.14	7.83	2.10
potatoes mashed^	1/2 cup	500	80	0	310	1.00	0.36	20.0	0	3.6	1	2.0	17.0	1.0	0.00
gravy, chicken^	2 oz	300	21	0	231	0.00	0.01	1.2	0	0.0	*0	0.0	4.16	0.0	0.00
vegetables fresh/sal/bar/hs	1 cup	270	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05
fruit, canned, variety (hs)	1 CUP	200	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	250	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	100	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbs	250	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
bbq sauce	2 TBSP	150	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
margarine cup^	1 EACH	300	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
milk vty half pints^	1 each	500	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
pizza line HS	1 EACH	50	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	5	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Salad bar sandwich (HS)	1 EACH	5	387	62	835	3.74	3.18	281.2	231	0.92	*6	23.27	39.74	16.16	3.11
Weighted Daily Average			845	85	1382	7.83	5.32	387.3	3135	40.66	*35	42.16	104.75	30.24	5.22
% of Calories											*16.6%	20.0%	49.6%	32.2%	5.6%
Nutrient Guideline			750-850		1420										<10.00

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/21/2018															
High School Lunch	Total	600													
pork tenderloin s/w	1 each	450	430	90	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0	19.0	4.50
bbq pork rib patty sw	1 EACH	150	290	40	640	4.00	2.88	220.0	300	1.2	6	20.0	34.0	9.0	2.50
baked beans^	1 CUP	150	324	0	1117	10.37	4.02	94.2	303	2.44	34	14.65	74.39	0.0	0.00
vegetables fresh/sal/bar/hs	1 cup	75	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05
fruit, canned, variety (hs)	1 CUP	150	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	150	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbspc	250	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
pickle slices^	2 EACH	200	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
dressing ranch light^	2 TBSP	100	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	600	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
WHOLE WHEAT SUGAR COOKIE	1 COOKIE	450	175	13	197	1.85	0.70	28.0	2249	0.01	*16	2.67	28.07	6.13	2.64
yogurt bar, HS, toppings	2 oz.	1	222	0	273	3.16	8.87	151.2	756	9.07	17	3.76	46.37	3.28	0.20
yogurt bar/fruit	1/2 cup	1	60	0	3	1.68	0.34	7.9	220	17.76	*6	0.51	15.04	0.15	0.01
yogurt, HS bar	8 oz.	1	211	10	151	0.00	0.00	351.2	0	4.82	35	11.04	39.14	2.01	1.51
pizza line HS	1 EACH	50	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	5	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Weighted Daily Average			827	99	1403	10.57	6.05	624.2	3480	19.96	*55	36.36	121.06	24.25	7.28
% of Calories											*26.5%	17.6%	58.6%	26.4%	7.9%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Feb 12, 2018 thru Mar 23, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/22/2018															
High School Lunch	Total	600													
crisпитos w/ cheese sauce	1 EACH	475	659	81	1174	6.00	3.60	303.1	1927	0.0	3	31.69	48.2	36.79	11.06
ref beansw/salsa &cheese^	4 oz	180	112	4	495	5.18	1.64	105.9	679	7.58	*1	5.95	14.43	3.0	1.52
tomato fresh diced^	1/4 cup	200	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01
lettuce,shredded^	1 CUP	200	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01
vegetables fresh/sal/bar/hs	1 cup	100	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05
fruit, canned, variety (hs)	1 CUP	150	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	250	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	25	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
salsa cup^	2 oz	150	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00
sour cream, pouch	1 each	100	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
jalapeno peppers.	1/16 cup	1	0	0	233	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
milk vty half pints^	1 each	600	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
pizza line HS	1 EACH	50	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	2	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Salad bar sandwich (HS)	1 EACH	5	387	62	835	3.74	3.18	281.2	231	0.92	*6	23.27	39.74	16.16	3.11
hot dog with bun^	1 each	25	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
Weighted Daily Average			797	77	1373	9.24	4.80	644.1	3513	30.80	*33	39.04	85.00	33.43	10.76
% of Calories											*16.7%	19.6%	42.7%	37.8%	12.2%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Feb 12, 2018 thru Mar 23, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/23/2018															
High School Lunch	Total	650													
pizza 5" cheese ^	1 each	325	320	10	610	5.00	2.70	250.0	300	0.0	5	15.0	40.0	11.0	3.50
pizza, personal pan pepp^	1 each	310	340	20	730	5.00	2.97	255.0	425	1.2	5	17.5	40.5	12.0	3.88
salad romaine/spinach blend	1 cup	270	91	0	197	9.75	8.35	299.4	41021	72.8	*1	9.28	15.69	1.56	0.23
vegetables fresh/sal/bar/hs	1 cup	270	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05
fruit, canned, variety (hs)	1 CUP	270	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	270	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
mustard^	1 tsp	25	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	430	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
cheese parmesan grated	2 TSP	485	23	3	73	0.00	0.00	66.7	0	0.0	0	2.0	0.0	1.67	1.00
milk vty half pints^	1 each	810	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
hamburger on a bun^	1 each	50	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
salad bar HS	1 EACH	10	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
pizza line HS	1 EACH	150	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
Salad bar sandwich (HS)	1 EACH	10	387	62	835	3.74	3.18	281.2	231	0.92	*6	23.27	39.74	16.16	3.11
Weighted Daily Average			765	40	1408	13.17	8.45	927.0	20497	67.19	*48	39.82	109.26	20.98	7.50
% of Calories											*25.0%	20.8%	57.1%	24.7%	8.8%
Nutrient Guideline			750-850		1420										<10.00

Mon - 02/26/2018															
High School Lunch	Total	450													
lasagna w/beef crumbles^	1 EACH	350	296	31	386	1.68	1.45	292.3	234	0.0	*6	16.77	27.56	13.08	6.30
mac & cheese^	6 oz	300	283	37	648	2.00	0.00	371.0	493	1.0	8	15.0	31.0	11.0	6.50
breadstick^	2 oz	350	160	0	200	3.00	0.00	0.0	0	0.0	3	6.0	29.0	2.0	0.00
romaine lettuce^	1 cup	250	39	0	18	4.76	2.20	74.8	19754	9.07	*N/A*	2.79	7.46	0.68	0.09
vegetables fresh/sal/bar/hs	1 cup	100	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05
fruit, canned, variety (hs)	1 CUP	50	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	100	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	500	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
potato bar	1 serving	15	586	38	777	10.46	4.33	172.3	3439	81.32	*34	17.22	101.76	13.85	4.60
pizza line HS	1 EACH	50	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	0	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Salad bar sandwich (HS)	1 EACH	0	387	62	835	3.74	3.18	281.2	231	0.92	*6	23.27	39.74	16.16	3.11

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Linn-Mar Community Schools

Feb 12, 2018 thru Mar 23, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			839	64	1252	11.26	3.79	915.3	13149	45.10	*45	42.27	116.50	23.93	11.05
% of Calories											*21.5%	20.2%	55.5%	25.7%	11.8%
Nutrient Guideline			750-850		1420										<10.00

Tue - 02/27/2018															
High School Lunch	Total	500													
chicken patty (4ozGold) s/w	1 EACH	500	379	63	690	4.22	3.72	230.6	59	0.0	6	28.28	45.79	9.8	1.47
broccoli & cheese s (gov)	1 CUP	150	213	41	621	3.56	0.00	336.3	576	53.36	5	12.15	10.08	11.85	6.81
vegetables fresh/sal/bar/hs	1 cup	150	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05
fruit, canned, variety (hs)	1 CUP	250	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	300	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 tbsp	150	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	500	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
ketchup^	1 tbsp	300	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
BBQ sauce, PC cup^	1 EACH	100	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
mustard^	1 TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
mayo(salad dressing light)^	1 TBSP	10	30	5	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00
pizza line HS	1 EACH	50	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	1	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Salad bar sandwich (HS)	1 EACH	1	387	62	835	3.74	3.18	281.2	231	0.92	*6	23.27	39.74	16.16	3.11
Weighted Daily Average			756	89	1396	8.89	5.06	694.3	2373	55.53	*51	43.63	108.43	17.62	5.03
% of Calories											*26.8%	23.1%	57.4%	21.0%	6.0%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Feb 12, 2018 thru Mar 23, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/28/2018															
High School Lunch	Total	575													
french toast stk	3 Each	500	360	0	390	3.00	1.08	60.0	0	0.0	15	9.0	57.0	10.5	1.50
sausage turkey link	2 EACH	200	120	60	200	0.00	0.72	40.0	0	0.0	*N/A*	12.0	0.0	9.0	2.00
potato triangles	2 each	270	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89	1.33
vegetables fresh/sal/bar	1 cup	200	27	0	33	1.98	0.45	25.1	2626	35.4	*3	1.12	5.78	0.21	0.05
strawberries fresh^	1/2 cup	270	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01
fruit, canned, variety (hs)	1 CUP	200	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	270	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	270	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
syrop, pancake^	2 tbsp	450	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	450	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty 1/2 pint LM MS/HS	1 each	810	119	6	177	0.00	1.29	300.0	500	1.2	19	8.0	20.57	0.36	0.21
pizza line HS	1 EACH	50	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	4	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Salad bar sandwich (HS)	1 EACH	4	387	62	835	3.74	3.18	281.2	231	0.92	*6	23.27	39.74	16.16	3.11
Weighted Daily Average			842	35	1273	7.72	4.19	557.7	2347	64.75	*71	27.30	139.28	20.76	3.92
% of Calories											*33.9%	13.0%	66.2%	22.2%	4.2%
Nutrient Guideline			750-850		1420										<10.00

Thu - 03/01/2018															
High School Lunch	Total	600													
chicken parmesan w/ spaghetti	1 each	600	312	48	594	3.69	2.31	135.2	99	0.0	*4	23.05	29.41	11.37	3.39
bread:scratch variety	servng	550	155	3	168	2.48	1.51	33.3	326	2.15	*3	4.15	26.21	3.93	1.18
romaine lettuce^	1/2 cup	550	19	0	9	2.38	1.10	37.4	9877	4.54	*N/A*	1.39	3.73	0.34	0.04
vegetables fresh/sal/bar	1 cup	270	27	0	33	1.98	0.45	25.1	2626	35.4	*3	1.12	5.78	0.21	0.05
fruit, canned, variety (hs)	1 CUP	270	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	270	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	1	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	240	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	810	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
pizza line HS	1 EACH	50	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	4	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
hot dog with bun^	1 each	25	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
Salad bar sandwich (HS)	1 EACH	2	387	62	835	3.74	3.18	281.2	231	0.92	*6	23.27	39.74	16.16	3.11

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Linn-Mar Community Schools

Feb 12, 2018 thru Mar 23, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			793	69	1215	11.56	6.34	672.2	12043	47.19	*48	42.77	113.13	20.64	6.43
% of Calories											*24.3%	21.6%	57.0%	23.4%	7.3%
Nutrient Guideline			750-850		1420										<10.00

Fri - 03/02/2018															
High School Lunch	Total	600													
taco meat w/ beef crumbles^	3 oz	600	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50
cheese cheddar shredded^	1 oz	600	80	16	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19	3.29
tortilla chips, 2 oz pkg^	2 oz	600	270	0	210	3.00	0.72	80.0	100	0.0	0	4.0	38.0	14.0	2.00
refried beans w/salsa	1/2 cup	270	138	0	325	5.09	2.77	72.5	1303	15.64	8	7.12	25.57	1.02	0.00
lettuce,shredded^	1 cup	270	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01
tomato fresh diced^	1/4 cup	270	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01
vegetables fresh/sal/bar/hs	1 cup	270	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05
fruit, canned, variety (hs)	1 CUP	270	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	271	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
salsa cup^	2 oz	200	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00
sour cream, pouch	1 each	200	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
dressing ranch light^	2 TBSP	200	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	810	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
Weighted Daily Average			847	58	1149	9.68	5.82	856.1	4324	50.77	*48	41.24	112.53	29.63	8.68
% of Calories											*22.9%	19.5%	53.1%	31.5%	9.2%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Feb 12, 2018 thru Mar 23, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/05/2018															
High School Lunch	Total	750													
chicken mandarin orange	serving	750	150	40	280	0.00	0.72	0.0	0	1.2	10	11.0	19.0	3.0	0.50
brown rice,chicken flavored	1/2 cup	750	94	1	221	0.84	0.36	6.7	0	0.0	*0	2.11	18.87	1.27	0.20
egg roll,chick/veg,whlgr	1 EACH	750	160	30	410	3.00	1.80	40.0	750	6.0	3	10.0	20.0	5.0	1.00
vegetables stir fry	1 cup	225	35	0	25	2.00	0.36	20.0	1000	1.2	3	0.0	6.0	0.0	0.00
vegetables fresh/sal/bar/hs	1 cup	225	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05
fruit, fresh, variety	1 CUP	225	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
fruit, canned, variety (hs)	1 CUP	225	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
sweet & sour sauce^	1 TBSP	200	30	0	54	0.00	0.00	0.0	0	0.0	5	0.0	6.89	0.0	0.00
dressing ranch light^	2 TBSP	190	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	600	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
fortune cookie	1 each	700	25	0	0	0.00	0.36	0.0	15	0.0	3	0.0	6.0	0.0	0.00
potato bar	serving	35	586	38	777	10.46	4.33	172.3	3439	81.32	*34	17.22	101.76	13.85	4.60
salad bar HS	1 EACH	10	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Salad bar sandwich (HS)	1 EACH	5	387	62	835	3.74	3.18	281.2	231	0.92	*6	23.27	39.74	16.16	3.11
pizza line HS	1 EACH	200	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
Weighted Daily Average			754	92	1389	8.10	5.10	415.8	3537	38.25	*47	37.54	115.54	16.49	4.68
% of Calories											*25.0%	19.9%	61.3%	19.7%	5.6%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Feb 12, 2018 thru Mar 23, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/06/2018															
High School Lunch	Total	1000													
chicken strips^	5 EACH	800	338	57	708	1.83	2.50	40.2	162	0.77	2	26.43	20.93	16.17	1.70
rolls, hot^	2 oz	500	205	12	234	2.30	1.92	67.9	452	3.48	*4	5.03	29.14	7.83	2.10
french fries^	1/2 cup	950	180	0	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43	3.37	0.00
vegetables fresh/sal/bar/hs	1/2 cup	300	18	0	17	1.22	0.27	14.2	1625	12.82	*1	0.85	3.81	0.1	0.02
fruit, fresh, variety	1 CUP	300	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
fruit, canned, variety (hs)	1 CUP	300	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbspc	125	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	125	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
dressing ranch light^	1 tbspc	300	35	5	175	0.00	0.00	0.0	0	0.0	1	0.0	3.5	2.25	0.25
bbq sauce	2 TBSP	750	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
margarine cup^	1 each	675	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
milk vty half pints^	1 each	800	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
pizza line HS	1 EACH	100	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	2	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Salad bar sandwich (HS)	1 EACH	4	387	62	835	3.74	3.18	281.2	231	0.92	*6	23.27	39.74	16.16	3.11
Weighted Daily Average			793	63	1320	6.82	4.72	356.1	1940	35.57	*30	37.37	104.22	24.58	3.73
% of Calories											*15.3%	18.9%	52.6%	27.9%	4.2%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Feb 12, 2018 thru Mar 23, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/07/2018															
High School Lunch	Total	700													
fish wedge	1 each	400	180	35	240	2.00	0.72	20.0	0	0.0	1	11.0	16.0	8.0	1.50
cheese american	1 slice	175	53	14	211	0.00	0.03	78.0	136	0.0	*N/A*	3.14	0.23	4.43	2.79
bun,hamburger, whlgr	1 each	500	160	0	200	3.00	1.80	200.0	0	0.0	4	7.0	31.0	2.0	0.00
chicken patty/hot /spicy sw	sandwich	350	330	24	572	4.34	4.22	248.8	242	0.18	5	20.59	45.31	8.06	1.23
baked beans^	1/2 CUP	210	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
vegetables fresh/sal/bar/hs	1/2 cup	210	18	0	17	1.22	0.27	14.2	1625	12.82	*1	0.85	3.81	0.1	0.02
fruit, canned, variety (hs)	1 CUP	210	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	275	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	1 tbsp	400	35	5	175	0.00	0.00	0.0	0	0.0	1	0.0	3.5	2.25	0.25
tartar sauce^	2 tbsp	200	100	5	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0	1.00
ketchup^	1 tbsp	100	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	55	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
bbq sauce	2 TBSP	200	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
pickle slices^	2 EACH	350	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
milk vty half pints^	1 each	500	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
yogurt bar, HS, toppings	2 oz.	20	222	0	273	3.16	8.87	151.2	756	9.07	17	3.76	46.37	3.28	0.20
yogurt bar/fruit	1/2 cup	40	60	0	3	1.68	0.34	7.9	220	17.76	*6	0.51	15.04	0.15	0.01
yogurt, HS bar	8 oz.	60	211	10	151	0.00	0.00	351.2	0	4.82	35	11.04	39.14	2.01	1.51
pizza line HS	1 EACH	100	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	5	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Salad bar sandwich (HS)	1 EACH	10	387	62	835	3.74	3.18	281.2	231	0.92	*6	23.27	39.74	16.16	3.11
Weighted Daily Average			747	52	1408	9.80	5.84	632.6	1804	28.82	*43	35.79	115.23	18.09	4.34
% of Calories											*23.1%	19.2%	61.7%	21.8%	5.2%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Feb 12, 2018 thru Mar 23, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/08/2018															
High School Lunch	Total	800													
pork, pulled, unsauced SW	3 oz	600	262	51	417	3.00	2.72	200.0	0	0.0	4	24.87	31.0	4.55	0.64
tator tots^	9 each	575	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74	1.11
vegetables fresh/sal/bar/hs	1/2 cup	300	18	0	17	1.22	0.27	14.2	1625	12.82	*1	0.85	3.81	0.1	0.02
fruit, canned, variety (hs)	1 CUP	300	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	410	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	80	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	1 tbsp	600	35	5	175	0.00	0.00	0.0	0	0.0	1	0.0	3.5	2.25	0.25
bbq sauce	2 TBSP	200	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
ketchup^	1 tbsp	500	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	100	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
pickle slices^	2 EACH	600	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
milk vty half pints^	1 each	640	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
peanut butter cookies w/ Cho c	1 each	750	122	4	119	0.85	0.42	10.4	662	0.0	*8	1.95	15.01	6.52	2.37
pizza line HS	1 EACH	150	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	4	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Salad bar sandwich (HS)	1 EACH	5	387	62	835	3.74	3.18	281.2	231	0.92	*6	23.27	39.74	16.16	3.11
hot dog with bun^	1 each	30	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
Weighted Daily Average			747	60	1413	7.97	4.13	494.5	2396	35.98	*45	34.33	106.88	21.51	5.93
% of Calories											*24.1%	18.4%	57.2%	25.9%	7.1%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Feb 12, 2018 thru Mar 23, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/09/2018															
High School Lunch	Total	745													
chicken fajita meat	3 OZ	700	80	54	414	0.00	1.21	19.4	103	0.0	0	13.3	1.21	2.42	0.00
tortilla,whlgr (2 tortillas)	SERVING	700	140	0	210	4.00	0.00	80.0	0	0.0	0	4.0	26.0	4.0	1.00
fajita vegetables	1/2 cup	600	14	0	6	0.00	0.00	0.0	113	8.5	2	0.0	2.83	0.0	0.00
spanish rice	1/2 cup	350	109	0	334	1.52	0.68	23.7	325	7.66	*1	2.66	20.96	1.65	0.31
lettuce,shredded^	1 cup	450	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01
tomato fresh diced^	1/8 cup	400	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01
cheese mozz&cheddar shredded	1 OZ	700	83	17	182	0.00	0.05	232.0	163	0.0	*N/A*	7.23	0.66	5.6	3.64
fruit, canned, variety (hs)	1 CUP	400	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	400	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	150	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	710	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
dressing ranch light^	2 TBSP	200	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
salsa cup^	2 oz	600	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00
sour cream, pouch	1 each	250	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
hamburger on a bun^	1 each	45	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
salad bar HS	1 EACH	4	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Salad bar sandwich (HS)	1 EACH	4	387	62	835	3.74	3.18	281.2	231	0.92	*6	23.27	39.74	16.16	3.11
pizza line HS	1 EACH	150	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
Weighted Daily Average			708	86	1413	8.52	3.63	741.5	2241	47.06	*44	39.84	101.51	18.42	7.03
% of Calories											*25.0%	22.5%	57.3%	23.4%	8.9%
Nutrient Guideline			750-850		1420										<10.00

Mon - 03/12/2018															
High School Lunch	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420										<10.00

Tue - 03/13/2018															
High School Lunch	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00

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Linn-Mar Community Schools

Feb 12, 2018 thru Mar 23, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
Nutrient Guideline			750-850		1420						0.0%	0.0%	0.0%	0.0%	<10.00

Wed - 03/14/2018															
High School Lunch NO SCHOOL TODAY	Total SERVING	1													
		1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
Nutrient Guideline			750-850		1420						0.0%	0.0%	0.0%	0.0%	<10.00

Thu - 03/15/2018															
High School Lunch NO SCHOOL TODAY	Total SERVING	1													
		1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
Nutrient Guideline			750-850		1420						0.0%	0.0%	0.0%	0.0%	<10.00

Fri - 03/16/2018															
High School Lunch NO SCHOOL TODAY	Total SERVING	1													
		1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
Nutrient Guideline			750-850		1420						0.0%	0.0%	0.0%	0.0%	<10.00

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Linn-Mar Community Schools

Feb 12, 2018 thru Mar 23, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/19/2018															
High School Lunch	Total	500													
taco meat w/ beef crumbles^	3 OZ	300	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50
taco meat w/ shredded pork	3 oz	200	96	40	192	0.66	1.12	4.9	368	2.59	*1	14.93	3.28	2.09	0.52
cheese cheddar shredded^	1/2 oz	475	40	8	103	0.00	0.02	128.5	89	0.0	*N/A*	3.86	0.28	2.6	1.64
tortilla-2 or taco shells 2	serving	500	120	0	105	2.67	0.24	46.7	0	0.0	*0	2.67	19.67	4.0	1.17
ref beansw/salsa &cheese^	4 oz	270	112	4	495	5.18	1.64	105.9	679	7.58	*1	5.95	14.43	3.0	1.52
lettuce,shredded^	1 CUP	450	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01
tomato fresh diced^	1/4 cup	400	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01
fruit, canned, variety (hs)	1 CUP	270	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	270	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	720	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
dressing/Ran/Ital/Frn/HnMus	2 TBSP	300	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
salsa cup^	2 oz	200	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00
sour cream, pouch	1 each	200	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
jalapeno peppers.	1/16 cup	150	0	0	233	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
potato bar	serving	25	586	38	777	10.46	4.33	172.3	3439	81.32	*34	17.22	101.76	13.85	4.60
pizza line HS	1 EACH	100	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	4	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Salad bar sandwich (HS)	1 EACH	4	387	62	835	3.74	3.18	281.2	231	0.92	*6	23.27	39.74	16.16	3.11
Weighted Daily Average			775	65	1373	11.07	5.36	813.7	3430	50.01	*55	42.89	108.95	20.29	8.07
% of Calories											*28.6%	22.1%	56.3%	23.6%	9.4%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Feb 12, 2018 thru Mar 23, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/20/2018															
High School Lunch	Total	600													
chicken, popcorn^	4 oz	800	237	0	511	1.45	2.77	73.6	126	0.05	2	17.91	18.45	9.64	0.53
bread:scratch variety	serving	500	155	3	168	2.48	1.51	33.3	326	2.15	*3	4.15	26.21	3.93	1.18
romaine/spinach&tomato	1 cup	400	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5	0.07
vegetables fresh/sal/bar/hs	1 cup	270	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05
mandarin oranges^	1 cup	270	180	0	20	2.00	0.72	40.0	2500	54.0	44	2.0	46.0	0.0	0.00
fruit, fresh, variety	1 CUP	270	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	500	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
dressing/Ran/Ital/Frn/HnMus	2 TBSP	250	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
bbq sauce	2 TBSP	150	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
ketchup^	1 tbsp	200	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
margarine cup^	1 EACH	150	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
pizza line HS	1 EACH	100	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	4	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Salad bar sandwich (HS)	1 EACH	4	387	62	835	3.74	3.18	281.2	231	0.92	*6	23.27	39.74	16.16	3.11
Weighted Daily Average			794	17	1383	10.24	7.68	511.7	12483	65.65	*50	41.41	110.28	21.79	3.69
% of Calories											*25.1%	20.9%	55.6%	24.7%	4.2%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Feb 12, 2018 thru Mar 23, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/21/2018															
High School Lunch	Total	600													
spagh sauce w/ beef crum^	4 oz	650	133	20	145	2.50	1.81	32.4	468	3.73	6	9.8	10.29	5.53	1.69
rotini,whole grain,dry^	1/2 cup	350	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54	0.23
ravioli, WG mini cheese	EACH (7 pieces)	400	120	30	260	2.00	0.72	60.0	100	0.0	1	8.0	16.0	2.5	1.50
breadstick^	2 oz	700	160	0	200	3.00	0.00	0.0	0	0.0	3	6.0	29.0	2.0	0.00
vegetables fresh/sal/bar/hs	1 cup	270	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05
salad romaine/spinach blend	1 cup	350	91	0	197	9.75	8.35	299.4	41021	72.8	*1	9.28	15.69	1.56	0.23
fruit, canned, variety (hs)	1 CUP	270	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	270	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	335	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
cheese parmesan grated	2 TSP	400	23	3	73	0.00	0.00	66.7	0	0.0	0	2.0	0.0	1.67	1.00
margarine cup^	1 EACH	550	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
milk vty half pints^	1 each	500	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
yogurt bar, HS, toppings	2 oz.	20	222	0	273	3.16	8.87	151.2	756	9.07	17	3.76	46.37	3.28	0.20
yogurt bar/fruit	1/2 cup	20	60	0	3	1.68	0.34	7.9	220	17.76	*6	0.51	15.04	0.15	0.01
yogurt, HS bar	8 oz.	40	211	10	151	0.00	0.00	351.2	0	4.82	35	11.04	39.14	2.01	1.51
pizza line HS	1 EACH	100	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	2	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Salad bar sandwich (HS)	1 EACH	4	387	62	835	3.74	3.18	281.2	231	0.92	*6	23.27	39.74	16.16	3.11
Weighted Daily Average			848	59	1204	17.68	9.26	665.3	27216	84.82	*51	43.64	127.52	20.12	5.85
% of Calories											*24.0%	20.6%	60.2%	21.4%	6.2%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Feb 12, 2018 thru Mar 23, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/22/2018															
High School Lunch	Total	600													
ham/cheese w pretzel roll^	1 each	350	262	43	471	3.00	2.18	107.8	136	0.59	*2	15.49	29.72	9.14	4.52
buffalo chix wrap w/ tortilla tator tots^	1 EACH	200	510	36	948	7.84	2.33	190.1	356	0.5	*3	25.66	47.8	25.01	7.03
vegetables fresh/sal/bar/hs	9 each	400	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74	1.11
fruit, canned, variety (hs)	1 cup	250	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05
fruit, fresh, variety	1 CUP	250	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
juice cup variety	1 CUP	250	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
dressing ranch light^	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
pickle slices^	2 TBSP	150	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	2 EACH	200	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
mustard^	1 tbsp	300	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
milk vty half pints^	1 tsp	25	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
brownie HS (usda)	1 each	500	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
hot dog with bun^	1 each	100	312	57	195	3.74	1.69	45.8	3592	0.0	*29	5.08	47.2	12.76	3.59
salad bar HS	1 each	25	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
Salad bar sandwich (HS)	1 EACH	1	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
pizza line HS	1 EACH	5	387	62	835	3.74	3.18	281.2	231	0.92	*6	23.27	39.74	16.16	3.11
Weighted Daily Average	1 EACH	50	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
% of Calories			754	60	1331	9.78	3.89	449.5	3108	37.19	*42	30.57	104.47	25.21	7.90
Nutrient Guideline			750-850		1420						*22.1%	16.2%	55.4%	30.1%	9.4%

Fri - 03/23/2018															
High School Lunch	Total	900													
philly beef w/bun	1 EACH	350	438	68	731	4.00	4.15	457.0	177	0.0	*6	32.67	43.75	13.88	6.81
philly chicken w/bun	1 EACH	450	432	87	925	4.00	3.70	517.0	177	14.4	*6	32.55	44.65	13.6	6.00
fajita vegetables	1/2 cup	250	14	0	6	0.00	0.00	0.0	113	8.5	2	0.0	2.83	0.0	0.00
green beans,steamed^	1 cup	300	56	0	0	5.60	1.34	37.3	373	8.96	4	1.87	11.2	0.0	0.00
vegetables fresh/sal/bar/hs	1 cup	270	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05
fruit, canned, variety (hs)	1 CUP	270	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	270	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	230	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	855	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
hamburger on a bun^	1 each	200	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
pizza line HS	1 EACH	250	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	10	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Salad bar sandwich (HS)	1 EACH	10	387	62	835	3.74	3.18	281.2	231	0.92	*6	23.27	39.74	16.16	3.11

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Linn-Mar Community Schools

Feb 12, 2018 thru Mar 23, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 1/18/2018 10:08:06 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			776	97	1314	9.50	6.39	905.9	2632	39.62	*38	49.14	97.54	21.59	9.37
% of Calories											*19.5%	25.3%	50.3%	25.0%	10.9%
Nutrient Guideline			750-850		1420										<10.00

Weighted Average			790	65	1337	10.31	5.76	651.0	7263	48.42	*47	39.79	110.54	22.46	6.73
											*53.0%	20.1%	55.9%	25.6%	7.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	790		750 - 850	100%				
Cholesterol (mg)	65							
Sodium 1 (mg)	1337		1420					
Sodium 2 (mg)	1337		1080				257	Correction Required - Sodium too High
Fiber (g)	10.31							
Iron (mg)	5.76							
Calcium (mg)	651.0							
Vitamin A (IU)	7263							
Sugars (g)	47	23.55%			Missing			
Vitamin C (mg)	48.42							
Protein (g)	39.79	20.14%						
Carbohydrate (g)	110.54	55.95%						
Total Fat (g)	22.46	25.58%						
Saturated Fat (g)	6.73	7.67%	<10.00%					

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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.