

# Linn-Mar Community Schools

Mar 26, 2018 thru May 4, 2018

## Base Menu Spreadsheet

High School Lunch

### Portion Values - Detailed

	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)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 03/26/2018</b>																
High School Lunch	Total	450														
chicken teriyaki <sup>^</sup>	4 EACH	450	130	35	560	0.00	1.44	40.0	100	0.0	6	15.0	9.0	3.5	1.00	*N/A*
brown rice, chicken flavored	1/2 cup	300	94	1	221	0.84	0.36	6.7	0	0.0	*0	2.11	18.87	1.27	0.20	*0.00
vegetables stir fry	1 cup	270	35	0	25	2.00	0.36	20.0	1000	1.2	3	0.0	6.0	0.0	0.00	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	*0.00
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	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	*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	0.00
milk vty half pints <sup>^</sup>	1 each	600	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
fortune cookie	1 each	200	25	0	0	0.00	0.36	0.0	15	0.0	3	0.0	6.0	0.0	0.00	0.00
dressing ranch light <sup>^</sup>	2 TBSP	350	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	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	0.00
salad bar HS	1 EACH	5	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05	*0.00
potato bar	serving	20	586	35	772	10.46	4.33	162.3	3489	81.32	*34	17.72	101.76	13.6	4.35	*0.17
Weighted Daily Average			729	63	1369	6.90	3.90	643.9	4718	54.50	*55	35.28	117.82	13.20	4.20	*0.01
% of Calories											*30.0%	19.4%	64.7%	16.3%	5.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

<b>Tue - 03/27/2018</b>																
High School Lunch	Total	650														
chicken nuggets <sup>^</sup>	6 each	650	350	65	452	1.94	2.10	22.6	147	0.94	0	26.43	19.68	19.0	2.19	0.00
rolls, hot <sup>^</sup>	2 oz	500	205	12	234	2.30	1.92	67.9	452	3.48	*4	5.03	29.14	7.83	2.10	*0.00
potatoes mashed <sup>^</sup>	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	0.00
gravy, chicken <sup>^</sup>	2 oz	300	21	0	231	0.00	0.01	1.2	0	0.0	*0	0.0	4.16	0.0	0.00	*0.00
vegetables fresh/sal/bar/hs	1 cup	200	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05	*0.00
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	0.00
fruit, fresh, variety	1 CUP	200	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*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	0.00
ketchup <sup>^</sup>	1 tbsp	250	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard <sup>^</sup>	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	0.00
bbq sauce	2 TBSP	250	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00	0.00
margarine cup <sup>^</sup>	1 EACH	300	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00	0.00
milk vty half pints <sup>^</sup>	1 each	500	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*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	0.00
salad bar HS	1 EACH	5	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05	*0.00
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	*0.00

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Linn-Mar Community Schools

Mar 26, 2018 thru May 4, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 2

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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)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			844	86	1417	6.87	4.81	428.8	2770	33.79	*27	42.57	104.32	29.79	5.37	*0.00
% of Calories											*12.8%	20.2%	49.5%	31.8%	5.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Wed - 03/28/2018																
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	0.00
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	0.00
baked beans^	1 CUP	100	324	0	1117	10.37	4.02	94.2	303	2.44	34	14.65	74.39	0.0	0.00	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	*0.00
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	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	*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	0.00
ketchup^	1 tbsp	250	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	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	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	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	0.00
milk vty half pints^	1 each	600	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
WHOLE WHEAT SUGAR COOK IES	1 COOKIE	450	175	13	197	1.85	0.70	28.0	2249	0.01	*16	2.67	28.07	6.13	2.64	*0.00
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	0.00
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	0.00
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	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	0.00
salad bar HS	1 EACH	5	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05	*0.00
Weighted Daily Average			864	103	1330	9.70	5.57	691.3	3579	20.06	*48	37.14	126.36	25.30	7.91	*0.00
% of Calories											*22.3%	17.2%	58.5%	26.4%	8.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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Mar 26, 2018 thru May 4, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 3

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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)	Tr-Fat <sup>1</sup> (g)
Thu - 03/29/2018																
High School Lunch	Total	600														
crisпитos w/ cheese sauce	1 EACH	450	659	81	1174	6.00	3.60	303.1	1927	0.0	3	31.69	48.2	36.79	11.06	0.00
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	0.00
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	0.00
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	*N/A*
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	*0.00
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	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	*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	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	0.00
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	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	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	0.00
milk vty half pints^	1 each	600	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*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	0.00
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	*0.00
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	*0.00
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	0.50
Weighted Daily Average			833	77	1345	8.99	4.50	706.5	3558	31.10	*29	39.72	94.50	32.94	10.92	*0.02
% of Calories											*14.1%	19.1%	45.4%	35.6%	11.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 03/30/2018																
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	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	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Mar 26, 2018 thru May 4, 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)	Tr-Fat <sup>1</sup> (g)
Mon - 04/02/2018																
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	0.00
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	0.00
breadstick^	2 oz	250	160	0	200	3.00	0.00	0.0	0	0.0	3	6.0	29.0	2.0	0.00	0.00
romaine lettuce^	1 cup	150	39	0	18	4.76	2.20	74.8	19754	9.07	*N/A*	2.79	7.46	0.68	0.09	*N/A*
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	*0.00
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	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	*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	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	0.00
milk vty half pints^	1 each	500	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
potato bar	1 serving	15	586	35	772	10.46	4.33	162.3	3489	81.32	*34	17.72	101.76	13.6	4.35	*0.17
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	0.00
salad bar HS	1 EACH	5	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05	*0.00
Salad bar sandwich (HS)	1 EACH	3	387	62	835	3.74	3.18	281.2	231	0.92	*6	23.27	39.74	16.16	3.11	*0.00
Weighted Daily Average			850	70	1279	8.48	3.15	980.0	9289	29.55	*35	42.64	114.74	25.08	11.80	*0.01
% of Calories											*16.6%	20.1%	54.0%	26.6%	12.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Tue - 04/03/2018																
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	0.00
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	0.00
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	*0.00
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	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	*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	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	0.00
milk vty half pints^	1 each	500	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
ketchup^	1 tbsp	150	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	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	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	0.00
mayo(salad dressing light)^	1 TBSP	20	30	5	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00	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	0.00
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	*0.00
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	*0.00

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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)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			772	94	1402	7.72	4.76	760.1	2261	42.49	*36	45.21	106.34	19.05	5.69	*0.00
% of Calories											*18.8%	23.4%	55.1%	22.2%	6.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Wed - 04/04/2018																
High School Lunch	Total	575														
french toast stk	3 Each	450	360	0	390	3.00	1.08	60.0	0	0.0	15	9.0	57.0	10.5	1.50	0.00
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	0.00
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	0.00
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	*0.00
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	0.00
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	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	*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	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	0.00
syrup, 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	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	0.00
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	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	0.00
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	*0.00
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	*0.00
Weighted Daily Average			831	35	1246	7.89	4.18	557.5	2757	71.08	*74	26.75	139.54	19.87	3.79	*0.00
% of Calories											*35.6%	12.9%	67.2%	21.5%	4.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Linn-Mar Community Schools

Mar 26, 2018 thru May 4, 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)	Tr-Fat <sup>1</sup> (g)
Thu - 04/05/2018																
High School Lunch	Total	600														
chicken parmesan w/ spaghetti	1 each	500	312	48	594	3.69	2.31	135.2	99	0.0	*4	23.05	29.41	11.37	3.39	0.00
bread:scratch variety	400	155	3	168	2.48	1.51	33.3	326	2.15	*3	4.15	26.21	3.93	1.18	*0.00	
romaine lettuce^	1/2 cup	400	19	0	9	2.38	1.10	37.4	9877	4.54	*N/A*	1.39	3.73	0.34	0.04	*N/A*
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	*0.00
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	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	*0.00
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	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	0.00
milk vty half pints^	1 each	810	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*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	0.00
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	*0.00
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	0.50
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	*0.00
Weighted Daily Average			784	65	1100	9.73	5.10	733.3	9645	45.93	*42	40.24	116.27	19.09	6.40	*0.02
% of Calories											*21.3%	20.5%	59.3%	21.9%	7.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 04/06/2018																
High School Lunch	Total	600														
taco meat w/ beef crumbles^	3 oz	500	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50	0.00
cheese cheddar shredded^	1 oz	400	80	16	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19	3.29	0.00
tortilla chips, 2 oz pkg^	2 oz	500	270	0	210	3.00	0.72	80.0	100	0.0	0	4.0	38.0	14.0	2.00	0.00
refried beans w/salsa	1/2 cup	200	138	0	325	5.09	2.77	72.5	1303	15.64	8	7.12	25.57	1.02	0.00	0.00
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	*N/A*
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	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	*0.00
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	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	*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	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	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	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	0.00
milk vty half pints^	1 each	810	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
Weighted Daily Average			822	52	999	8.32	4.75	843.8	4100	47.97	*42	37.62	117.22	25.66	7.68	*0.00
% of Calories											*20.5%	18.3%	57.1%	28.1%	8.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Linn-Mar Community Schools

Mar 26, 2018 thru May 4, 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)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 04/09/2018</b>																
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	0.00
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	*0.00
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	0.00
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	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	*0.00
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	*0.00
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	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	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	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	0.00
milk vty half pints^	1 each	600	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
potato bar	serving	35	586	35	772	10.46	4.33	162.3	3489	81.32	*34	17.72	101.76	13.6	4.35	*0.17
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	*0.00
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	*0.00
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	0.00
Weighted Daily Average			782	94	1406	8.10	4.64	475.3	3625	38.49	*41	39.16	119.14	17.31	5.17	*0.01
% of Calories											*21.2%	20.0%	60.9%	19.9%	5.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Linn-Mar Community Schools

Mar 26, 2018 thru May 4, 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)	Tr-Fat <sup>1</sup> (g)
Tue - 04/10/2018																
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	0.00
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	*0.00
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	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	*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	*0.00
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	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	0.00
ketchup^	1 tbsp	125	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	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	0.00
dressing ranch light^	1 tbsp	300	35	5	175	0.00	0.00	0.0	0	0.0	1	0.0	3.5	2.25	0.25	0.00
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	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	0.00
milk vty half pints^	1 each	800	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*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	0.00
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	*0.00
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	*0.00
Weighted Daily Average			844	66	1336	6.82	4.60	416.1	2040	35.81	*27	38.97	113.42	25.42	4.23	*0.00
% of Calories											*13.0%	18.5%	53.7%	27.1%	4.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Linn-Mar Community Schools

Mar 26, 2018 thru May 4, 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)	Tr-Fat <sup>1</sup> (g)
Wed - 04/11/2018																
High School Lunch	Total	700														
fish wedge	1 each	250	180	35	240	2.00	0.72	20.0	0	0.0	1	11.0	16.0	8.0	1.50	0.00
cheese american bun,hamburger, whlgr	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	0.00
chicken patty/hot /spicy sw baked beans^	1 each	500	160	0	200	3.00	1.80	200.0	0	0.0	4	7.0	31.0	2.0	0.00	0.00
vegetables fresh/sal/bar/hs	sandwich	400	330	24	572	4.34	4.22	248.8	242	0.18	5	20.59	45.31	8.06	1.23	0.00
fruit, canned, variety (hs)	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	0.00
fruit, fresh, variety	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	*0.00
juice cup variety	1 CUP	210	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
dressing ranch light^	1 CUP	275	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
tartar sauce^	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
ketchup^	1 tbsp	400	35	5	175	0.00	0.00	0.0	0	0.0	1	0.0	3.5	2.25	0.25	0.00
mustard^	2 tbsp	200	100	5	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0	1.00	0.00
bbq sauce	1 tbsp	100	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
pickles	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	0.00
pickled onions	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	0.00
pickles	2 EACH	350	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
pickles	1 each	500	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
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	0.00
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	0.00
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	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	0.00
salad bar HS	1 EACH	5	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05	*0.00
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	*0.00
Weighted Daily Average			778	49	1412	9.68	5.88	699.7	1911	29.04	*41	36.34	123.25	17.70	4.55	*0.00
% of Calories											*20.9%	18.7%	63.3%	20.5%	5.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Linn-Mar Community Schools

Mar 26, 2018 thru May 4, 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)	Tr-Fat <sup>1</sup> (g)
Thu - 04/12/2018																
High School Lunch	Total	800														
pork, pulled, unsauced SW	3 oz	500	262	51	417	3.00	2.72	200.0	0	0.0	4	24.87	31.0	4.55	0.64	0.00
tator tots^	9 each	500	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74	1.11	0.00
vegetables fresh/sal/bar/hs	1/2 cup	250	18	0	17	1.22	0.27	14.2	1625	12.82	*1	0.85	3.81	0.1	0.02	*0.00
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	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	*0.00
juice cup variety	4 oz	75	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	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	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	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	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	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	0.00
milk vty half pints^	1 each	640	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
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	*0.00
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	0.00
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	*0.00
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	*0.00
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	0.50
Weighted Daily Average			748	56	1339	7.31	3.62	528.6	2395	34.97	*41	32.56	109.90	21.04	6.24	*0.02
% of Calories											*22.2%	17.4%	58.8%	25.3%	7.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Linn-Mar Community Schools

Mar 26, 2018 thru May 4, 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)	Tr-Fat <sup>1</sup> (g)
Fri - 04/13/2018																
High School Lunch	Total	745														
chicken fajita meat	3 OZ	500	80	54	414	0.00	1.21	19.4	103	0.0	0	13.3	1.21	2.42	0.00	0.00
tortilla,whlgr (2 tortillas)	SERVING	500	140	0	210	4.00	0.00	80.0	0	0.0	0	4.0	26.0	4.0	1.00	0.00
fajita vegetables	1/2 cup	400	14	0	6	0.00	0.00	0.0	113	8.5	2	0.0	2.83	0.0	0.00	0.00
spanish rice	1/2 cup	500	109	0	334	1.52	0.68	23.7	325	7.66	*1	2.66	20.96	1.65	0.31	*0.00
lettuce,shredded^	1 cup	400	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01	*N/A*
tomato fresh diced^	1/8 cup	300	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01	0.00
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	0.00
fruit, canned, variety (hs)	1 CUP	375	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety	1 CUP	375	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*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	0.00
milk vty half pints^	1 each	710	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
dressing ranch light^	2 TBSP	350	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
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	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	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	0.50
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	*0.00
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	*0.00
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	0.00
Weighted Daily Average			726	77	1399	7.51	3.25	788.7	2287	42.85	*37	37.44	105.97	18.91	7.52	*0.03
% of Calories											*20.6%	20.6%	58.4%	23.4%	9.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Linn-Mar Community Schools

Mar 26, 2018 thru May 4, 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)	Tr-Fat <sup>1</sup> (g)
Mon - 04/16/2018																
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	0.00
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	0.00
cheese cheddar shredded^	1/2 oz	300	40	8	103	0.00	0.02	128.5	89	0.0	*N/A*	3.86	0.28	2.6	1.64	0.00
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	0.00
ref beansw/salsa &cheese^	4 oz	200	112	4	495	5.18	1.64	105.9	679	7.58	*1	5.95	14.43	3.0	1.52	0.00
lettuce,shredded^	1 CUP	300	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01	*N/A*
tomato fresh diced^	1/4 cup	300	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	0.00
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	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	*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	0.00
milk vty half pints^	1 each	600	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	200	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25	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	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	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	0.00
potato bar	serving	25	586	35	772	10.46	4.33	162.3	3489	81.32	*34	17.72	101.76	13.6	4.35	*0.17
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	0.00
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	*0.00
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	*0.00
Weighted Daily Average			731	64	1170	8.91	4.54	758.0	2927	35.18	*36	40.54	101.00	19.40	7.83	*0.01
% of Calories											*19.7%	22.2%	55.3%	23.9%	9.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Linn-Mar Community Schools

Mar 26, 2018 thru May 4, 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)	Tr-Fat <sup>1</sup> (g)
Tue - 04/17/2018																
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	0.00
bread:scratch variety	serving	400	155	3	168	2.48	1.51	33.3	326	2.15	*3	4.15	26.21	3.93	1.18	*0.00
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	*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	*0.00
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	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	*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	0.00
milk vty half pints^	1 each	500	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
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	0.00
bbq sauce	2 TBSP	250	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00	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	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	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	0.00
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	*0.00
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	*0.00
Weighted Daily Average			828	19	1438	9.82	7.30	568.6	12566	66.54	*46	42.39	117.00	22.00	4.01	*0.00
% of Calories											*22.3%	20.5%	56.5%	23.9%	4.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Linn-Mar Community Schools

Mar 26, 2018 thru May 4, 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)	Tr-Fat <sup>1</sup> (g)
Wed - 04/18/2018																
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	0.00
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	0.00
ravioli, WG mini cheese	EACH (7 pieces)	400	120	15	180	1.00	0.72	100.0	100	3.6	1	8.0	15.0	2.5	1.50	0.00
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	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	*0.00
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	*0.00
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	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	*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	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	0.00
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	0.00
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	0.00
milk vty half pints^	1 each	500	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
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	0.00
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	0.00
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	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	0.00
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	*0.00
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	*0.00
Weighted Daily Average			908	53	1190	17.01	9.13	773.9	27320	87.47	*48	45.89	136.44	21.48	6.66	*0.00
% of Calories											*21.1%	20.2%	60.1%	21.3%	6.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Linn-Mar Community Schools

Mar 26, 2018 thru May 4, 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)	Tr-Fat <sup>1</sup> (g)
Thu - 04/19/2018																
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	0.00
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	*0.00
sweet potato fries^	4 oz	400	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0	1.50	0.00
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	*0.00
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	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	*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	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	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	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	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	0.00
milk vty half pints^	1 each	500	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
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	*0.00
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	0.50
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	*0.00
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	*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	0.00
Weighted Daily Average			831	63	1250	9.64	3.74	525.3	5212	38.79	*44	31.43	117.37	27.58	8.68	*0.02
% of Calories											*21.2%	15.1%	56.5%	29.9%	9.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 04/20/2018																
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	0.00
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	0.00
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	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	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	*0.00
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	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	*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	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	0.00
milk vty half pints^	1 each	855	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
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	0.50
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	0.00
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	*0.00
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	*0.00

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Linn-Mar Community Schools

Mar 26, 2018 thru May 4, 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)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			837	101	1334	9.50	6.25	977.1	2751	39.91	*34	51.04	108.46	22.58	9.96	*0.11
% of Calories											*16.4%	24.4%	51.8%	24.3%	10.7%	*0.1%
Nutrient Guideline			750-850		1420											<10.00

Mon - 04/23/2018																
High School Lunch	Total	450														
chicken teriyaki^	4 EACH	450	130	35	560	0.00	1.44	40.0	100	0.0	6	15.0	9.0	3.5	1.00	*N/A*
brown rice,chicken flavored	1/2 cup	300	94	1	221	0.84	0.36	6.7	0	0.0	*0	2.11	18.87	1.27	0.20	*0.00
vegetables stir fry	1 cup	270	35	0	25	2.00	0.36	20.0	1000	1.2	3	0.0	6.0	0.0	0.00	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	*0.00
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	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	*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	0.00
milk vty half pints^	1 each	600	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
fortune cookie	1 each	200	25	0	0	0.00	0.36	0.0	15	0.0	3	0.0	6.0	0.0	0.00	0.00
dressing ranch light^	2 TBSP	350	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	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	0.00
salad bar HS	1 EACH	5	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05	*0.00
potato bar	serving	25	586	35	772	10.46	4.33	162.3	3489	81.32	*34	17.72	101.76	13.6	4.35	*0.17
Weighted Daily Average			774	68	1453	7.38	4.19	682.2	4792	55.95	*55	37.82	122.43	15.17	5.15	*0.01
% of Calories											*28.7%	19.5%	63.2%	17.6%	6.0%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

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# Linn-Mar Community Schools

Mar 26, 2018 thru May 4, 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)	Tr-Fat <sup>1</sup> (g)
Tue - 04/24/2018																
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	0.00
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	*0.00
potatoes mashed^	1/2 cup	300	80	0	310	1.00	0.36	20.0	0	3.6	1	2.0	17.0	1.0	0.00	0.00
gravy, chicken^	2 oz	350	21	0	231	0.00	0.01	1.2	0	0.0	*0	0.0	4.16	0.0	0.00	*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	*0.00
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	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	*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	0.00
ketchup^	1 tbsp	250	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	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	0.00
bbq sauce	2 TBSP	250	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00	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	0.00
milk vty half pints^	1 each	500	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*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	0.00
salad bar HS	1 EACH	5	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05	*0.00
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	*0.00
Weighted Daily Average			841	86	1344	7.17	4.80	428.5	3192	39.29	*30	42.27	104.48	29.53	5.38	*0.00
% of Calories											*14.3%	20.1%	49.7%	31.6%	5.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Linn-Mar Community Schools

Mar 26, 2018 thru May 4, 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)	Tr-Fat <sup>1</sup> (g)
Wed - 04/25/2018																
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	0.00
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	0.00
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	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	*0.00
fruit, canned, variety (hs)	1 CUP	100	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety	1 CUP	100	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*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	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	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	0.00
pickle slices^	2 EACH	100	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
dressing ranch light^	2 TBSP	50	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
milk vty half pints^	1 each	500	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
WHOLE WHEAT SUGAR COOK IES	1 COOKIE	450	175	13	197	1.85	0.70	28.0	2249	0.01	*16	2.67	28.07	6.13	2.64	*0.00
yogurt, HS bar	8 oz.	25	211	10	151	0.00	0.00	351.2	0	4.82	35	11.04	39.14	2.01	1.51	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	0.00
salad bar HS	1 EACH	5	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05	*0.00
Weighted Daily Average			847	101	1355	10.19	5.76	647.5	3421	16.00	*47	36.99	124.25	24.66	7.74	*0.00
% of Calories											*22.2%	17.5%	58.7%	26.2%	8.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Linn-Mar Community Schools

Mar 26, 2018 thru May 4, 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)	Tr-Fat <sup>1</sup> (g)
Thu - 04/26/2018																
High School Lunch	Total	600														
crisпитos w/ cheese sauce	1 EACH	500	659	81	1174	6.00	3.60	303.1	1927	0.0	3	31.69	48.2	36.79	11.06	0.00
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	0.00
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	0.00
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	*N/A*
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	*0.00
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	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	*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	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	0.00
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	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	0.00
jalapeno peppers.	1/16 cup	25	0	0	233	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
milk vty half pints^	1 each	500	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*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	0.00
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	*0.00
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	*0.00
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	0.50
Weighted Daily Average			849	82	1424	9.02	4.67	666.0	3581	25.28	*26	40.55	90.92	35.64	11.65	*0.02
% of Calories											*12.2%	19.1%	42.9%	37.8%	12.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Linn-Mar Community Schools

Mar 26, 2018 thru May 4, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 20

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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)	Tr-Fat <sup>1</sup> (g)
Fri - 04/27/2018																
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	0.00
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	0.00
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	*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	*0.00
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	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	*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	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	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	0.00
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	0.00
milk vty half pints^	1 each	810	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
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	0.50
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	*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	0.00
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	*0.00
Weighted Daily Average			818	41	1381	12.92	8.10	995.2	20629	67.19	*43	40.69	121.18	21.02	7.65	*0.04
% of Calories											*21.0%	19.9%	59.2%	23.1%	8.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Mon - 04/30/2018																
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	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	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Linn-Mar Community Schools

Mar 26, 2018 thru May 4, 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)	Tr-Fat <sup>1</sup> (g)
Tue - 05/01/2018																
High School Lunch	Total	500														
chicken patty (4ozGold) s/w	1 EACH	450	379	63	690	4.22	3.72	230.6	59	0.0	6	28.28	45.79	9.8	1.47	0.00
broccoli & cheese s (gov)	1 CUP	200	213	41	621	3.56	0.00	336.3	576	53.36	5	12.15	10.08	11.85	6.81	0.00
vegetables fresh/sal/bar/hs	1 cup	200	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05	*0.00
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	0.00
fruit, fresh, variety	1 CUP	200	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*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	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	0.00
milk vty half pints^	1 each	500	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*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	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	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	0.00
mayo(salad dressing light)^	1 TBSP	50	30	5	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00	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	0.00
salad bar HS	1 EACH	5	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05	*0.00
Salad bar sandwich (HS)	1 EACH	3	387	62	835	3.74	3.18	281.2	231	0.92	*6	23.27	39.74	16.16	3.11	*0.00
Weighted Daily Average			786	92	1431	8.49	4.60	782.0	3105	56.09	*42	44.25	110.59	19.13	6.22	*0.00
% of Calories											*21.4%	22.5%	56.3%	21.9%	7.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Wed - 05/02/2018																
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	0.00
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	0.00
potato triangles	2 each	200	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89	1.33	0.00
vegetables fresh/sal/bar	1 cup	150	27	0	33	1.98	0.45	25.1	2626	35.4	*3	1.12	5.78	0.21	0.05	*0.00
strawberries fresh^	1/2 cup	150	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01	0.00
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	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	*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	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	0.00
syrup, 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	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	0.00
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	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	0.00
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	*0.00
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	*0.00

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

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

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# Linn-Mar Community Schools

Mar 26, 2018 thru May 4, 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)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			829	35	1225	7.04	4.02	553.2	2206	51.98	*74	27.06	139.03	19.60	3.75	*0.00
% of Calories											*35.6%	13.1%	67.1%	21.3%	4.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Thu - 05/03/2018																
High School Lunch	Total	600														
chicken parmesan w/ spaghetti	1 each	500	312	48	594	3.69	2.31	135.2	99	0.0	*4	23.05	29.41	11.37	3.39	0.00
bread:scratch variety	serving	400	155	3	168	2.48	1.51	33.3	326	2.15	*3	4.15	26.21	3.93	1.18	*0.00
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	*N/A*
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	*0.00
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	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	*0.00
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	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	0.00
milk vty half pints^	1 each	810	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*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	0.00
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	*0.00
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	0.50
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	*0.00
Weighted Daily Average			789	65	1102	10.32	5.37	742.6	12114	47.06	*42	40.59	117.20	19.17	6.41	*0.02
% of Calories											*21.1%	20.6%	59.4%	21.9%	7.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Linn-Mar Community Schools

Mar 26, 2018 thru May 4, 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)	Tr-Fat <sup>1</sup> (g)
Fri - 05/04/2018																
High School Lunch	Total	600														
taco meat w/ beef crumbles^	3 oz	500	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50	0.00
cheese cheddar shredded^	1 oz	400	80	16	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19	3.29	0.00
tortilla chips, 2 oz pkg^	2 oz	500	270	0	210	3.00	0.72	80.0	100	0.0	0	4.0	38.0	14.0	2.00	0.00
refried beans w/salsa	1/2 cup	200	138	0	325	5.09	2.77	72.5	1303	15.64	8	7.12	25.57	1.02	0.00	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	*N/A*
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	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	*0.00
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	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	*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	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	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	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	0.00
milk vty half pints^	1 each	810	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
Weighted Daily Average			824	52	1001	8.48	4.79	845.8	4186	48.92	*42	37.74	117.67	25.68	7.68	*0.00
% of Calories											*20.5%	18.3%	57.1%	28.1%	8.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	
Weighted Average			811	68	1303	8.93	5.00	685.7	5819	44.05	*42	38.96	115.60	22.61	6.79	*0.01
											*47.0%	19.2%	57.0%	25.1%	7.5%	*0.0%

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# Linn-Mar Community Schools

Mar 26, 2018 thru May 4, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Nutrient	Menu AVG	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)	Tr-Fat <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	811		750 - 850	100%													
Cholesterol (mg)	68																
Sodium 1 (mg)	1303		1420														
Sodium 2 (mg)	1303		1080						223	Correction Required - Sodium too High							
Fiber (g)	8.93																
Iron (mg)	5.00																
Calcium (mg)	685.7																
Vitamin A (IU)	5819																
Sugars (g)	42	20.90%				Missing											
Vitamin C (mg)	44.05																
Protein (g)	38.96	19.22%															
Carbohydrate (g)	115.60	57.03%															
Total Fat (g)	22.61	25.09%															
Saturated Fat (g)	6.79	7.54%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.01	0.01%				Missing											

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