

Linn-Mar Community Schools

Nov 13, 2017 thru Dec 29, 2017

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 - 11/13/2017															
High School Lunch	Total	750													
chicken mandarin orange	serving	700	150	40	280	0.00	0.72	0.0	0	1.2	10	11.0	19.0	3.0	0.50
brown rice,chicken flavored	1/2 cup	700	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
Grab & Go Sandwich Lunch HS	1 EACH	100	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86	2.70
Weighted Daily Average			811	101	1497	8.79	5.85	452.6	3577	38.19	*47	42.25	121.02	18.32	4.99
% of Calories											*23.3%	20.8%	59.7%	20.3%	5.5%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Nov 13, 2017 thru Dec 29, 2017

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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 11/14/2017															
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 tbsp	125	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	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 tbsp	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

Nov 13, 2017 thru Dec 29, 2017

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 - 11/15/2017															
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 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
chicken patty/hot /spicy sw	1 each	500	160	0	200	3.00	1.80	200.0	0	0.0	4	7.0	31.0	2.0	0.00
baked beans^	sandwich	350	330	24	572	4.34	4.22	248.8	242	0.18	5	20.59	45.31	8.06	1.23
vegetables fresh/sal/bar/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
fruit, canned, variety (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, fresh, 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
juice cup 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
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
tartar sauce^	1 tbsp	400	35	5	175	0.00	0.00	0.0	0	0.0	1	0.0	3.5	2.25	0.25
ketchup^	2 tbsp	200	100	5	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0	1.00
mustard^	1 tbsp	100	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
bbq sauce	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
pickle slices^	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
milk vty half pints^	2 EACH	350	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
yogurt bar, HS, toppings	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/fruit	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, HS bar	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
pizza line HS	8 oz.	60	211	10	151	0.00	0.00	351.2	0	4.82	35	11.04	39.14	2.01	1.51
salad bar 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 sandwich (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	1 EACH	10	387	62	835	3.74	3.18	281.2	231	0.92	*6	23.27	39.74	16.16	3.11
% of Calories			747	52	1408	9.80	5.84	632.6	1804	28.82	*43	35.79	115.23	18.09	4.34
Nutrient Guideline			750-850		1420						*23.1%	19.2%	61.7%	21.8%	5.2%

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Linn-Mar Community Schools

Nov 13, 2017 thru Dec 29, 2017

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 - 11/16/2017															
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	600	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	250	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	75	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	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			750	60	1424	7.96	4.13	493.6	2295	35.23	*45	34.34	107.20	21.74	5.96
% of Calories											*23.9%	18.3%	57.1%	26.1%	7.1%
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)
Fri - 11/17/2017															
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	500	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	600	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	400	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	300	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	375	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	375	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	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	350	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
soup bar, HS	1 EACH	4	182	16	592	3.51	1.78	100.9	1243	8.05	*7	10.99	25.7	4.08	1.34
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			739	88	1590	8.79	3.80	746.1	2259	44.77	*41	40.47	105.44	19.80	7.23
% of Calories											*22.3%	21.9%	57.1%	24.1%	8.8%
Nutrient Guideline			750-850		1420										<10.00

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Mon - 11/20/2017															
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	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	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			791	66	1459	11.07	5.36	813.7	3430	50.01	*57	42.89	111.28	21.00	8.14
% of Calories											*28.7%	21.7%	56.3%	23.9%	9.3%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Nov 13, 2017 thru Dec 29, 2017

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 - 11/21/2017															
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	250	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
ketchup^	1 tbsp	200	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
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			800	17	1448	10.24	7.68	511.7	12516	66.65	*50	41.41	111.78	21.79	3.69
% of Calories											*24.8%	20.7%	55.9%	24.5%	4.1%
Nutrient Guideline			750-850		1420										<10.00

Wed - 11/22/2017															
High School Lunch	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420										<10.00

Thu - 11/23/2017															
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

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Linn-Mar Community Schools

Nov 13, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 8

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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 - 11/24/2017															
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

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/27/2017															
High School Lunch	Total	450													
chicken sweet chili thai	Servings	550	139	45	365	0.00	0.72	0.0	30	2.4	6	11.0	17.0	3.0	0.50
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
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
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
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
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	235	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
Weighted Daily Average			646	73	1111	5.89	3.10	595.0	4049	52.46	*66	31.33	111.78	8.67	1.96
% of Calories											*41.1%	19.4%	69.2%	12.1%	2.7%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Nov 13, 2017 thru Dec 29, 2017

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 - 11/28/2017															
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	625	205	12	234	2.30	1.92	67.9	452	3.48	*4	5.03	29.14	7.83	2.10
potatoes mashed^	1/2 cup	500	80	0	310	1.00	0.36	20.0	0	3.6	1	2.0	17.0	1.0	0.00
gravy, chicken^	2 oz	350	21	0	231	0.00	0.01	1.2	0	0.0	*0	0.0	4.16	0.0	0.00
vegetables fresh/sal/bar/hs	1 cup	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	50	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	250	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
margarine cup^	1 EACH	300	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
milk vty half pints^	1 each	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			856	86	1468	7.92	5.39	390.0	3183	40.84	*34	42.31	106.46	30.54	5.30
% of Calories											*15.9%	19.8%	49.8%	32.1%	5.6%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Nov 13, 2017 thru Dec 29, 2017

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 - 11/29/2017															
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

Nov 13, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 11

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 11/30/2017															
High School Lunch	Total	600													
crisпитos w/ cheese sauce	1 EACH	500	659	81	1174	6.00	3.60	303.1	1927	0.0	3	31.69	48.2	36.79	11.06
ref beansw/salsa &cheese^	4 oz	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			824	81	1422	9.49	4.95	656.8	3594	30.80	*33	40.36	87.01	34.96	11.22
% of Calories											*16.2%	19.6%	42.2%	38.2%	12.2%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Nov 13, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 12

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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 - 12/01/2017															
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	325	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
soup bar, HS	1 EACH	10	182	16	592	3.51	1.78	100.9	1243	8.05	*7	10.99	25.7	4.08	1.34
Weighted Daily Average			770	40	1421	13.28	8.50	930.1	20522	67.33	*48	40.04	109.98	21.07	7.56
% of Calories											*24.9%	20.8%	57.1%	24.6%	8.8%
Nutrient Guideline			750-850		1420										<10.00

Mon - 12/04/2017															
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	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	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

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

Nov 13, 2017 thru Dec 29, 2017

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			855	66	1329	11.26	3.79	915.3	13149	45.10	*45	42.27	118.05	24.93	11.16
% of Calories											*21.2%	19.8%	55.2%	26.3%	11.8%
Nutrient Guideline			750-850		1420										<10.00

Tue - 12/05/2017															
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	200	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	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	200	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	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	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	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	150	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	50	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			785	95	1545	9.16	5.10	729.6	3041	59.55	*50	45.01	109.29	19.44	5.76
% of Calories											*25.6%	22.9%	55.7%	22.3%	6.6%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Nov 13, 2017 thru Dec 29, 2017

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 - 12/06/2017															
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	270	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	270	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	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
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			877	42	1304	8.15	4.36	567.6	2757	71.08	*75	28.99	144.50	21.88	4.16
% of Calories											*34.3%	13.2%	65.9%	22.4%	4.3%
Nutrient Guideline			750-850		1420										<10.00

Thu - 12/07/2017															
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	serving	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

Nov 13, 2017 thru Dec 29, 2017

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 - 12/08/2017															
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	500	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	200	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	180	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	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	64	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
soup bar, HS	1 EACH	75	182	16	592	3.51	1.78	100.9	1243	8.05	*7	10.99	25.7	4.08	1.34
Weighted Daily Average			841	59	1171	9.87	5.73	745.5	4149	50.06	*44	39.89	110.28	30.61	8.99
% of Calories											*20.8%	19.0%	52.4%	32.8%	9.6%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Nov 13, 2017 thru Dec 29, 2017

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)
Mon - 12/11/2017															
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

Nov 13, 2017 thru Dec 29, 2017

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 - 12/12/2017															
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 tbsp	125	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	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 tbsp	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

Nov 13, 2017 thru Dec 29, 2017

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 - 12/13/2017															
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

Nov 13, 2017 thru Dec 29, 2017

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 - 12/14/2017															
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	600	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	250	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	75	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	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			750	60	1424	7.96	4.13	493.6	2295	35.23	*45	34.34	107.20	21.74	5.96
% of Calories											*23.9%	18.3%	57.1%	26.1%	7.1%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Nov 13, 2017 thru Dec 29, 2017

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 - 12/15/2017															
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	500	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	600	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	400	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	300	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	375	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	375	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	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	350	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
soup bar, HS	1 EACH	70	182	16	592	3.51	1.78	100.9	1243	8.05	*7	10.99	25.7	4.08	1.34
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			755	89	1643	9.10	3.96	755.0	2370	45.49	*42	41.45	107.71	20.16	7.34
% of Calories											*22.1%	21.9%	57.0%	24.0%	8.8%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Nov 13, 2017 thru Dec 29, 2017

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 - 12/18/2017															
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	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	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			791	66	1459	11.07	5.36	813.7	3430	50.01	*57	42.89	111.28	21.00	8.14
% of Calories											*28.7%	21.7%	56.3%	23.9%	9.3%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Nov 13, 2017 thru Dec 29, 2017

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 - 12/19/2017															
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	250	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
ketchup^	1 tbsp	200	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
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			800	17	1448	10.24	7.68	511.7	12516	66.65	*50	41.41	111.78	21.79	3.69
% of Calories											*24.8%	20.7%	55.9%	24.5%	4.1%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Nov 13, 2017 thru Dec 29, 2017

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 - 12/20/2017															
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	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			855	60	1226	17.68	9.26	684.8	27216	84.82	*51	44.22	127.52	20.61	6.14
% of Calories											*23.8%	20.7%	59.7%	21.7%	6.5%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Nov 13, 2017 thru Dec 29, 2017

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 - 12/21/2017															
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 - 12/22/2017															
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

Mon - 12/25/2017															
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

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Linn-Mar Community Schools

Nov 13, 2017 thru Dec 29, 2017

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 - 12/26/2017															
High School Lunch	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420										<10.00
Wed - 12/27/2017															
High School Lunch	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420										<10.00
Thu - 12/28/2017															
High School Lunch	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420										<10.00
Fri - 12/29/2017															
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
Weighted Average			789	66	1392	9.66	5.41	613.3	6000	46.37	*47 *53.5%	38.83 19.7%	112.03 56.8%	22.00 25.1%	6.15 7.0%

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Linn-Mar Community Schools

Nov 13, 2017 thru Dec 29, 2017

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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)							
Calories	789		750 - 850	100%											
Cholesterol (mg)	66														
Sodium 1 (mg)	1392		1420												
Sodium 2 (mg)	1392		1080					312	Correction Required - Sodium too High						
Fiber (g)	9.66														
Iron (mg)	5.41														
Calcium (mg)	613.3														
Vitamin A (IU)	6000														
Sugars (g)	47	23.78%			Missing										
Vitamin C (mg)	46.37														
Protein (g)	38.83	19.69%													
Carbohydrate (g)	112.03	56.82%													
Total Fat (g)	22.00	25.11%													
Saturated Fat (g)	6.15	7.02%	<10.00%												

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