

Linn-Mar Community Schools

Oct 2, 2017 thru Nov 10, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 9/21/2017 9:33:36 AM

	Portion Size	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 - 10/02/2017														
High School Lunch	Total													
chicken sweet chili thai	Servings	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	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	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	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	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	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	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	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	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	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	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
Weighted Daily Average		766	91	1417	8.72	4.64	632.8	4751	57.59	*68	38.33	126.89	12.72	2.79
% of Calories										*35.4%	20.0%	66.2%	14.9%	3.3%
Nutrient Guideline		750-850		1420										<10.00

Tue - 10/03/2017														
High School Lunch	Total													
chicken nuggets^	6 each	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	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	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	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	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	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	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	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	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	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	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	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	349	36	658	3.00	2.19	328.7	314	4.89	4	21.58	31.16	16.15	7.86
salad bar HS	1 EACH	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	389	63	840	3.74	3.28	276.3	231	1.07	*6	23.32	39.49	16.17	3.12
Weighted Daily Average		855	86	1466	7.90	5.39	390.0	3183	40.84	*34	42.35	106.44	30.52	5.29
% of Calories										*15.9%	19.8%	49.8%	32.1%	5.6%
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

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 10, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 2

Generated on: 9/21/2017 9:33:36 AM

	Portion Size	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)
Wed - 10/04/2017														
High School Lunch	Total													
pork tenderloin s/w	1 each	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	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	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	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	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	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	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	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	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	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
WHOLE WHEAT SUGAR COOKIES	1 COOKIE	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.	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	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.	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	349	36	658	3.00	2.19	328.7	314	4.89	4	21.58	31.16	16.15	7.86
salad bar HS	1 EACH	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Weighted Daily Average		826	99	1401	10.55	6.05	624.2	3480	19.96	*55	36.40	121.04	24.24	7.27
% of Calories										*26.4%	17.6%	58.6%	26.4%	7.9%
Nutrient Guideline		750-850		1420										<10.00

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 3

Generated on: 9/21/2017 9:33:36 AM

	Portion Size	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)
Thu - 10/05/2017														
High School Lunch	Total													
crisпитos w/ cheese sauce	1 EACH	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	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	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	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	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	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	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	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	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38
salsa cup^	2 oz	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	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	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	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	349	36	658	3.00	2.19	328.7	314	4.89	4	21.58	31.16	16.15	7.86
salad bar HS	1 EACH	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	389	63	840	3.74	3.28	276.3	231	1.07	*6	23.32	39.49	16.17	3.12
hot dog with bun^	1 each	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	1419	9.48	4.95	656.7	3595	30.80	*33	40.39	86.94	34.98	11.20
% of Calories										*16.1%	19.6%	42.2%	38.2%	12.2%
Nutrient Guideline		750-850		1420										<10.00

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High School Lunch

Portion Values - Detailed

Page 4

Generated on: 9/21/2017 9:33:36 AM

	Portion Size	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)
Fri - 10/06/2017														
High School Lunch	Total													
pizza 5" cheese ^	1 each	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	320	20	550	3.00	2.97	355.0	625	1.2	10	19.5	36.5	10.0	2.88
salad romaine/spinach blend	1 cup	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	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	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	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	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
mustard^	1 tsp	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	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38
cheese parmesan grated	2 TSP	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	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	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	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	349	36	658	3.00	2.19	328.7	314	4.89	4	21.58	31.16	16.15	7.86
Salad bar sandwich (HS)	1 EACH	389	63	840	3.74	3.28	276.3	231	1.07	*6	23.32	39.49	16.17	3.12
Weighted Daily Average		766	40	1303	12.23	8.52	982.8	20623	67.22	*50	41.33	107.32	20.79	7.12
% of Calories										*25.9%	21.6%	56.0%	24.4%	8.4%
Nutrient Guideline		750-850		1420										<10.00

Mon - 10/09/2017														
High School Lunch	Total													
lasagna w/beef crumbles^	1 EACH	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	283	37	648	2.00	0.00	371.0	493	1.0	8	15.0	31.0	11.0	6.50
breadstick^	2 oz	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	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	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	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	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	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	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
potato bar (ms)	servng	721	38	781	14.20	4.98	230.5	3639	94.95	*45	19.06	135.39	14.63	4.69
pizza line HS	1 EACH	349	36	658	3.00	2.19	328.7	314	4.89	4	21.58	31.16	16.15	7.86
salad bar HS	1 EACH	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	389	63	840	3.74	3.28	276.3	231	1.07	*6	23.32	39.49	16.17	3.12

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Page 5

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	Portion Size	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)
Weighted Daily Average		859	66	1327	11.36	3.82	917.3	13156	45.56	*46	42.38	119.15	24.93	11.14
% of Calories										*21.2%	19.7%	55.5%	26.1%	11.7%
Nutrient Guideline		750-850		1420										<10.00

Tue - 10/10/2017														
	Portion Size	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)
High School Lunch	Total													
chicken patty (4ozGold) s/w	1 EACH	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	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	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	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	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	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	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
ketchup^	1 tbsp	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	35	0	340	0.00	0.00	0.0	100	0.0	7	0.0	9.0	0.0	0.00
mustard^	1 TSP	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	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	349	36	658	3.00	2.19	328.7	314	4.89	4	21.58	31.16	16.15	7.86
salad bar HS	1 EACH	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	389	63	840	3.74	3.28	276.3	231	1.07	*6	23.32	39.49	16.17	3.12
Weighted Daily Average		781	95	1537	9.14	5.10	729.6	3071	58.83	*50	45.05	108.96	19.27	5.74
% of Calories										*25.6%	23.1%	55.8%	22.2%	6.6%
Nutrient Guideline		750-850		1420										<10.00

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 10, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 6

Generated on: 9/21/2017 9:33:36 AM

	Portion Size	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 - 10/11/2017														
High School Lunch	Total													
french toast stk	3 Each	267	10	287	1.98	1.07	59.4	0	0.0	11	6.93	42.54	7.92	0.99
sausage turkey link	2 EACH	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	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	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	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	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	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	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
syrup, pancake^	2 tbsp	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	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38
milk vty 1/2 pint LM MS/HS	1 each	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	349	36	658	3.00	2.19	328.7	314	4.89	4	21.58	31.16	16.15	7.86
salad bar HS	1 EACH	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	389	63	840	3.74	3.28	276.3	231	1.07	*6	23.32	39.49	16.17	3.12
Weighted Daily Average		800	51	1182	7.25	4.35	567.0	2776	71.08	*71	27.23	130.93	20.30	3.80
% of Calories										*35.4%	13.6%	65.5%	22.8%	4.3%
Nutrient Guideline		750-850		1420										<10.00

Thu - 10/12/2017														
High School Lunch	Total													
chicken parmesan w/ spaghetti	1 each	302	48	601	4.19	2.85	145.2	349	3.0	*6	23.55	30.41	9.87	2.89
bread:scratch variety	1 serving	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	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	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	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	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	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	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	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	349	36	658	3.00	2.19	328.7	314	4.89	4	21.58	31.16	16.15	7.86
salad bar HS	1 EACH	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	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	389	63	840	3.74	3.28	276.3	231	1.07	*6	23.32	39.49	16.17	3.12

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

Oct 2, 2017 thru Nov 10, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 7

Generated on: 9/21/2017 9:33:36 AM

	Portion Size	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)
Weighted Daily Average		783	69	1221	12.04	6.88	682.2	12293	50.19	*50	43.30	114.11	19.12	5.91
% of Calories										*25.4%	22.1%	58.3%	22.0%	6.8%
Nutrient Guideline		750-850		1420										<10.00

Fri - 10/13/2017														
High School Lunch	Total													
taco meat w/ beef crumbles^	3 oz	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	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	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	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	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	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	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	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	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	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	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	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	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
Weighted Daily Average		847	58	1149	9.68	5.82	856.1	4324	50.77	*48	41.24	112.53	29.63	8.68
% of Calories										*22.9%	19.5%	53.1%	31.5%	9.2%
Nutrient Guideline		750-850		1420										<10.00

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 10, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 8

Generated on: 9/21/2017 9:33:36 AM

	Portion Size	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 - 10/16/2017														
High School Lunch	Total													
chicken mandarin orange	1/2 cup	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 EACH	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	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	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	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	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	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	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	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	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	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	25	0	0	0.00	0.36	0.0	15	0.0	3	0.0	6.0	0.0	0.00
potato bar (ms)	serving	721	38	781	14.20	4.98	230.5	3639	94.95	*45	19.06	135.39	14.63	4.69
salad bar HS	1 EACH	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	389	63	840	3.74	3.28	276.3	231	1.07	*6	23.32	39.49	16.17	3.12
pizza line HS	1 EACH	349	36	658	3.00	2.19	328.7	314	4.89	4	21.58	31.16	16.15	7.86
Weighted Daily Average		760	91	1383	8.22	5.13	418.5	3546	38.89	*47	37.74	117.05	16.47	4.63
% of Calories										*25.0%	19.9%	61.6%	19.5%	5.5%
Nutrient Guideline		750-850		1420										<10.00

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 10, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 9

Generated on: 9/21/2017 9:33:36 AM

	Portion Size	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)
Tue - 10/17/2017														
High School Lunch	Total													
chicken strips^	5 EACH	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	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	178	0	44	2.22	0.80	0.0	0	8.0	0	4.44	31.11	3.33	0.00
vegetables fresh/sal/bar/hs	1/2 cup	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	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	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	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbs	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	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 tbs	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	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	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	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	349	36	658	3.00	2.19	328.7	314	4.89	4	21.58	31.16	16.15	7.86
salad bar HS	1 EACH	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	389	63	840	3.74	3.28	276.3	231	1.07	*6	23.32	39.49	16.17	3.12
Weighted Daily Average		791	63	1317	6.77	4.71	356.0	1940	35.50	*30	37.37	103.90	24.53	3.71
% of Calories										*15.3%	18.9%	52.5%	27.9%	4.2%
Nutrient Guideline		750-850		1420										<10.00

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 10, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	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)
Wed - 10/18/2017														
High School Lunch	Total													
fish wedge	1 each	180	45	300	2.00	1.44	0.0	0	0.0	0	13.0	20.0	5.0	0.50
cheese american	1 slice	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	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	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	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	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	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	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	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	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	100	5	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0	1.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	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	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	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	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.	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	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.	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	349	36	658	3.00	2.19	328.7	314	4.89	4	21.58	31.16	16.15	7.86
salad bar HS	1 EACH	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	389	63	840	3.74	3.28	276.3	231	1.07	*6	23.32	39.49	16.17	3.12
Weighted Daily Average		747	57	1439	9.76	6.25	621.1	1804	28.82	*42	37.00	117.48	16.35	3.74
% of Calories										*22.7%	19.8%	62.9%	19.7%	4.5%
Nutrient Guideline		750-850		1420										<10.00

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 10, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 11

Generated on: 9/21/2017 9:33:36 AM

	Portion Size	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)
Thu - 10/19/2017														
High School Lunch	Total													
pork, pulled, unsauced SW	3 oz	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	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	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	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	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	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	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	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	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	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	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	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	123	4	119	0.83	0.43	10.3	661	0.0	*9	1.95	14.96	6.58	2.40
pizza line HS	1 EACH	349	36	658	3.00	2.19	328.7	314	4.89	4	21.58	31.16	16.15	7.86
salad bar HS	1 EACH	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	389	63	840	3.74	3.28	276.3	231	1.07	*6	23.32	39.49	16.17	3.12
hot dog with bun^	1 each	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	1420	7.90	4.14	493.4	2294	35.23	*46	34.43	107.11	21.76	5.95
% of Calories										*24.3%	18.4%	57.1%	26.1%	7.1%
Nutrient Guideline		750-850		1420										<10.00

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 10, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	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)
Fri - 10/20/2017														
High School Lunch	Total													
chicken fajita meat	3 OZ	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	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	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	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	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	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	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	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	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	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	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	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	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	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	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	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	389	63	840	3.74	3.28	276.3	231	1.07	*6	23.32	39.49	16.17	3.12
pizza line HS	1 EACH	349	36	658	3.00	2.19	328.7	314	4.89	4	21.58	31.16	16.15	7.86
Weighted Daily Average		740	88	1587	8.75	3.81	747.0	2254	44.73	*41	40.63	105.47	19.82	7.19
% of Calories										*22.2%	22.0%	57.0%	24.1%	8.7%
Nutrient Guideline		750-850		1420										<10.00

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 10, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	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 - 10/23/2017														
High School Lunch	Total													
taco meat w/ beef crumbles^	3 OZ	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	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	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	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	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	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	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	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	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	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	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	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38
salsa cup^	2 oz	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	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	0	0	233	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
potato bar (ms)	serving	721	38	781	14.20	4.98	230.5	3639	94.95	*45	19.06	135.39	14.63	4.69
pizza line HS	1 EACH	349	36	658	3.00	2.19	328.7	314	4.89	4	21.58	31.16	16.15	7.86
salad bar HS	1 EACH	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	389	63	840	3.74	3.28	276.3	231	1.07	*6	23.32	39.49	16.17	3.12
Weighted Daily Average		801	66	1419	11.21	5.39	816.5	3462	50.69	*56	43.07	111.79	21.78	8.22
% of Calories										*28.1%	21.5%	55.8%	24.5%	9.2%
Nutrient Guideline		750-850		1420										<10.00

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 10, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 14

Generated on: 9/21/2017 9:33:36 AM

	Portion Size	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)
Tue - 10/24/2017														
High School Lunch	Total													
chicken, popcorn^	4 oz	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	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	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	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	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	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	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	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	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
ketchup^	1 tbs	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	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	349	36	658	3.00	2.19	328.7	314	4.89	4	21.58	31.16	16.15	7.86
salad bar HS	1 EACH	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	389	63	840	3.74	3.28	276.3	231	1.07	*6	23.32	39.49	16.17	3.12
Weighted Daily Average		802	16	1428	10.20	7.68	511.6	12527	66.65	*49	41.49	111.22	22.11	3.71
% of Calories										*24.5%	20.7%	55.5%	24.8%	4.2%
Nutrient Guideline		750-850		1420										<10.00

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 10, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	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 - 10/25/2017														
High School Lunch	Total													
spagh sauce w/ beef crum^	4 oz	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	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)	120	30	260	2.00	0.72	60.0	100	0.0	1	8.0	16.0	2.5	1.50
breadstick^	2 oz	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	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	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	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	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	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	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38
cheese parmesan grated	2 TSP	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	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	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.	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	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.	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	349	36	658	3.00	2.19	328.7	314	4.89	4	21.58	31.16	16.15	7.86
salad bar HS	1 EACH	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	389	63	840	3.74	3.28	276.3	231	1.07	*6	23.32	39.49	16.17	3.12
Weighted Daily Average		857	59	1200	17.64	9.26	684.7	27230	84.82	*50	44.29	126.79	21.06	6.18
% of Calories										*23.4%	20.7%	59.2%	22.1%	6.5%
Nutrient Guideline		750-850		1420										<10.00

Thu - 10/26/2017														
High School Lunch	Total													
NO SCHOOL TODAY	SERVING	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 - 10/27/2017														
High School Lunch	Total													
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 10, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 16

Generated on: 9/21/2017 9:33:36 AM

	Portion Size	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)
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 - 10/30/2017														
High School Lunch	Total													
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		750-850		1420										<10.00

Tue - 10/31/2017														
High School Lunch	Total													
chicken nuggets^	6 each	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	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	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	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	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	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	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	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	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	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	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	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	349	36	658	3.00	2.19	328.7	314	4.89	4	21.58	31.16	16.15	7.86
salad bar HS	1 EACH	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	389	63	840	3.74	3.28	276.3	231	1.07	*6	23.32	39.49	16.17	3.12
Weighted Daily Average		855	86	1466	7.90	5.39	390.0	3183	40.84	*34	42.35	106.44	30.52	5.29
% 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

Oct 2, 2017 thru Nov 10, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 17

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	Portion Size	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)
Wed - 11/01/2017														
High School Lunch	Total													
pork tenderloin s/w	1 each	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	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	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	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	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	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	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	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	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	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
WHOLE WHEAT SUGAR COOKIES	1 COOKIE	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.	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	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.	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	349	36	658	3.00	2.19	328.7	314	4.89	4	21.58	31.16	16.15	7.86
salad bar HS	1 EACH	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Weighted Daily Average		826	99	1401	10.55	6.05	624.2	3480	19.96	*55	36.40	121.04	24.24	7.27
% of Calories										*26.4%	17.6%	58.6%	26.4%	7.9%
Nutrient Guideline		750-850		1420										<10.00

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 10, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 18

Generated on: 9/21/2017 9:33:36 AM

	Portion Size	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)
Thu - 11/02/2017														
High School Lunch	Total													
crisпитos w/ cheese sauce	1 EACH	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	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	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	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	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	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	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	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	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38
salsa cup^	2 oz	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	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	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	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	349	36	658	3.00	2.19	328.7	314	4.89	4	21.58	31.16	16.15	7.86
salad bar HS	1 EACH	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	389	63	840	3.74	3.28	276.3	231	1.07	*6	23.32	39.49	16.17	3.12
hot dog with bun^	1 each	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	1419	9.48	4.95	656.7	3595	30.80	*33	40.39	86.94	34.98	11.20
% of Calories										*16.1%	19.6%	42.2%	38.2%	12.2%
Nutrient Guideline		750-850		1420										<10.00

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 10, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	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)
Fri - 11/03/2017														
High School Lunch	Total													
pizza 5" cheese ^	1 each	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	320	20	550	3.00	2.97	355.0	625	1.2	10	19.5	36.5	10.0	2.88
salad romaine/spinach blend	1 cup	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	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	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	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	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
mustard^	1 tsp	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	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38
cheese parmesan grated	2 TSP	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	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	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	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	349	36	658	3.00	2.19	328.7	314	4.89	4	21.58	31.16	16.15	7.86
Salad bar sandwich (HS)	1 EACH	389	63	840	3.74	3.28	276.3	231	1.07	*6	23.32	39.49	16.17	3.12
Weighted Daily Average		766	40	1303	12.23	8.52	982.8	20623	67.22	*50	41.33	107.32	20.79	7.12
% of Calories										*25.9%	21.6%	56.0%	24.4%	8.4%
Nutrient Guideline		750-850		1420										<10.00

Mon - 11/06/2017														
High School Lunch	Total													
lasagna w/beef crumbles^	1 EACH	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	283	37	648	2.00	0.00	371.0	493	1.0	8	15.0	31.0	11.0	6.50
breadstick^	2 oz	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	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	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	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	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	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	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
potato bar (ms)	servng	721	38	781	14.20	4.98	230.5	3639	94.95	*45	19.06	135.39	14.63	4.69
pizza line HS	1 EACH	349	36	658	3.00	2.19	328.7	314	4.89	4	21.58	31.16	16.15	7.86
salad bar HS	1 EACH	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	389	63	840	3.74	3.28	276.3	231	1.07	*6	23.32	39.49	16.17	3.12

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 10, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 20

Generated on: 9/21/2017 9:33:36 AM

	Portion Size	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)
Weighted Daily Average		859	66	1327	11.36	3.82	917.3	13156	45.56	*46	42.38	119.15	24.93	11.14
% of Calories										*21.2%	19.7%	55.5%	26.1%	11.7%
Nutrient Guideline		750-850		1420										<10.00

Tue - 11/07/2017														
High School Lunch	Total													
chicken patty (4ozGold) s/w	1 EACH	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	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	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	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	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	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	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
ketchup^	1 tbsp	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	35	0	340	0.00	0.00	0.0	100	0.0	7	0.0	9.0	0.0	0.00
mustard^	1 TSP	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	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	349	36	658	3.00	2.19	328.7	314	4.89	4	21.58	31.16	16.15	7.86
salad bar HS	1 EACH	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	389	63	840	3.74	3.28	276.3	231	1.07	*6	23.32	39.49	16.17	3.12
Weighted Daily Average		781	95	1537	9.14	5.10	729.6	3071	58.83	*50	45.05	108.96	19.27	5.74
% of Calories										*25.6%	23.1%	55.8%	22.2%	6.6%
Nutrient Guideline		750-850		1420										<10.00

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 10, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 21

Generated on: 9/21/2017 9:33:36 AM

	Portion Size	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 - 11/08/2017														
High School Lunch	Total													
french toast stk	3 Each	267	10	287	1.98	1.07	59.4	0	0.0	11	6.93	42.54	7.92	0.99
sausage turkey link	2 EACH	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	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	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	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	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	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	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
syrup, pancake^	2 tbsp	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	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38
milk vty 1/2 pint LM MS/HS	1 each	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	349	36	658	3.00	2.19	328.7	314	4.89	4	21.58	31.16	16.15	7.86
salad bar HS	1 EACH	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	389	63	840	3.74	3.28	276.3	231	1.07	*6	23.32	39.49	16.17	3.12
Weighted Daily Average		800	51	1182	7.25	4.35	567.0	2776	71.08	*71	27.23	130.93	20.30	3.80
% of Calories										*35.4%	13.6%	65.5%	22.8%	4.3%
Nutrient Guideline		750-850		1420										<10.00

Thu - 11/09/2017														
High School Lunch	Total													
chicken parmesan w/ spaghetti	1 each	302	48	601	4.19	2.85	145.2	349	3.0	*6	23.55	30.41	9.87	2.89
bread:scratch variety	1 serving	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	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	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	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	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	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	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	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	349	36	658	3.00	2.19	328.7	314	4.89	4	21.58	31.16	16.15	7.86
salad bar HS	1 EACH	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	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	389	63	840	3.74	3.28	276.3	231	1.07	*6	23.32	39.49	16.17	3.12

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 10, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 22

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		783	69	1221	12.04	6.88	682.2	12293	50.19	*50	43.30	114.11	19.12	5.91
% of Calories										*25.4%	22.1%	58.3%	22.0%	6.8%
Nutrient Guideline		750-850		1420										<10.00

Fri - 11/10/2017														
High School Lunch	Total													
taco meat w/ beef crumbles^	3 oz	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	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	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	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	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	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	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	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	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	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	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	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	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
Weighted Daily Average		847	58	1149	9.68	5.82	856.1	4324	50.77	*48	41.24	112.53	29.63	8.68
% of Calories										*22.9%	19.5%	53.1%	31.5%	9.2%
Nutrient Guideline		750-850		1420										<10.00

Weighted Average		804	70	1356	9.94	5.66	670.1	7141	48.65	*48	39.77	112.69	23.12	6.61
										*54.0%	19.8%	56.1%	25.9%	7.4%

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

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 10, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 23

Generated on: 9/21/2017 9:33:36 AM

Nutrient	Menu AVG	Portion Size	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)	Error Messages (if any)
Calories	804		750 - 850	100%												
Cholesterol (mg)	70															
Sodium (mg)	1356		1420													
Fiber (g)	9.94															
Iron (mg)	5.66															
Calcium (mg)	670.1															
Vitamin A (IU)	7141															
Sugars (g)	48	24.00%				Missing										
Vitamin C (mg)	48.65															
Protein (g)	39.77	19.79%														
Carbohydrate (g)	112.69	56.08%														
Total Fat (g)	23.12	25.89%														
Saturated Fat (g)	6.61	7.40%	<10.00%													

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