

Linn-Mar Community Schools

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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Generated on: 1/30/2020 1:39:10 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/10/2020													
High School Food Court Men													
	Total												
chicken patty grilled sw	1 each	260	400	3.00	2.52	200.0	0	0.0	4	22.0	32.0	5.5	1.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	8	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
pickle slices^	2 EACH	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
cheese american	1 slice	56	132	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.53	1.01	4.56	2.53
baked beans^	1/2 cup	162	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
orange, fresh slices^	1/2 cup	46	0	2.36	0.10	39.3	221	52.27	9	0.92	11.54	0.12	0.01
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	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	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
mayo(salad dressing light)^	1 TBSP	30	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
yogurt parfaits,fruit&gran HS	serving	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Grab and Go Sandwiches	4 oz	549	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86	2.70
Weighted Daily Average		601	1260	10.38	*4.99	*409.7	*2845	*58.98	*39	33.54	94.26	12.48	2.59
% of Calories									*26.3%	22.3%	62.7%	18.7%	3.9%
Nutrient Guideline		750-850	1420										<10.00

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

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High School Food Court Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/11/2020													
High School Food Court Men													
chicken strips^	Total												
rolls, hot^	5 EACH	338	708	1.83	2.50	40.2	162	0.77	2	26.43	20.93	16.17	1.70
french fries^	2 oz	205	234	2.30	1.92	67.9	452	3.48	*4	5.03	29.14	7.83	2.10
fresh veggie mix	1/2 cup	180	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43	3.37	0.00
fruit, fresh, variety	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
pineapple, chunks	1 CUP	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	1/2 cup	91	0	1.14	0.41	22.8	114	13.68	23	1.14	25.09	0.0	0.00
ketchup^	4 oz	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
mustard^	1 tbsp	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
dressing ranch light^	1 tsp	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
bbq sauce	1 tbsp	35	175	0.00	0.00	0.0	0	0.0	1	0.0	3.5	2.25	0.25
margarine cup^	2 TBSP	40	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
milk vty half pints^	1 each	20	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
salad bar HS	1 each	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
sandwiches (HS)	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
yogurt parfaits,fruit&gran HS	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
Grab and Go Sandwiches	serving	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Weighted Daily Average	4 oz	549	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86	2.70
% of Calories		779	1305	7.16	4.94	316.2	2687	39.18	*35	36.15	104.30	24.07	3.17
Nutrient Guideline		750-850	1420						*18.1%	18.6%	53.6%	27.8%	3.7%

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Linn-Mar Community Schools

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Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/12/2020													
High School Food Court Men													
	Total												
	pasta variety HS1	105	37	2.00	5.00	60.0	0	0.0	1	3.5	21.5	0.75	0.00
	sauce, alfredo HS	150	330	0.00	0.00	50.0	50	0.0	2	2.5	3.5	14.0	6.50
	sauce, marinara w/meatballs HS	210	270	4.00	2.52	60.0	600	4.8	7	16.0	14.0	10.0	3.50
	breadstick^	160	200	3.00	0.00	0.0	0	0.0	3	6.0	29.0	2.0	0.00
	fresh veggie mix	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
	peaches sliced	49	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0	0.00
	fruit, fresh, variety	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
	juice cup variety	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
	dressing variety Ra/Fr/Ital^	53	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
	cheese parmesan grated	23	73	0.00	0.00	66.7	0	0.0	0	2.0	0.0	1.67	1.00
	milk vty half pints^	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
	sandwiches (HS)	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
	yogurt parfaits, fruit&gran HS	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
	salad bar HS	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
	Grab and Go Sandwiches	549	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86	2.70
	Weighted Daily Average	774	1097	10.42	8.41	536.8	2663	32.40	*42	37.75	108.66	21.40	6.42
	% of Calories								*21.5%	19.5%	56.2%	24.9%	7.5%
Nutrient Guideline		750-850	1420										<10.00

Thu - 02/13/2020													
High School Food Court Men													
	Total												
	crisпитos w/ cheese sauce	659	1174	6.00	3.60	303.1	1927	0.0	3	31.69	48.2	36.79	11.06
	Salsa cup^	7	43	0.00	0.00	0.0	67	1.6	1	0.0	1.33	0.0	0.00
	sour cream, pouch	25	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
	lettuce & tomato	5	2	0.54	0.24	8.2	2103	1.35	*0	0.32	0.9	0.08	0.01
	jalapeno peppers.	0	233	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
	tator tots^	166	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74	1.11
	fresh veggie mix	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
	grapes, red seedless^	61	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32	0.10
	fruit, fresh, variety	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
	juice cup variety	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
	dressing/Ran/Ital/Frn/HnMus	53	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
	milk vty half pints^	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
	salad bar HS	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
	sandwiches (HS)	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
	yogurt parfaits, fruit&gran HS	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
	Grab and Go Sandwiches	549	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86	2.70

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Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		802	1440	7.92	4.16	448.5	2676	13.90	*18	35.78	77.36	38.08	10.48
% of Calories									*9.2%	17.9%	38.6%	42.8%	11.8%
Nutrient Guideline		750-850	1420										<10.00

Fri - 02/14/2020													
High School Food Court Men	Total												
soup tomato	6 oz	71	366	0.91	0.34	2.6	358	5.41	*9	0.9	14.31	0.89	0.00
grilled cheese: 2 sl	1 each	456	810	8.00	*2.88	*160.0	*161	*0.0	*8	21.06	66.03	15.79	6.28
crackers, cafe&gldfish	1 Serving	108	180	1.04	0.56	20.8	5	0.0	0	2.56	15.39	4.1	0.52
romaine/spinach&tomato	1 cup	31	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5	0.07
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
mixed fruit cocktail	1/2 cup	60	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0	0.0	0.00
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
yogurt parfaits,fruit&gran HS	serving	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
Grab and Go Sandwiches	4 oz	549	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86	2.70
sunshine cake	1 each	266	156	1.17	0.69	9.7	3583	2.02	*31	2.34	43.38	9.76	1.83
Weighted Daily Average		746	1246	10.53	*4.64	*332.3	*8547	*38.17	*49	26.35	118.51	22.05	5.53
% of Calories									*26.4%	14.1%	63.5%	26.6%	6.7%
Nutrient Guideline		750-850	1420										<10.00

Mon - 02/17/2020													
High School Food Court Men	Total												
NO LUNCH	SERVING	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories									0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		750-850	1420										<10.00

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/18/2020													
High School Food Court Men	Total												
chicken, popcorn^	4 oz	237	511	1.45	2.77	73.6	126	0.05	2	17.91	18.45	9.64	0.53
bread italian MS HS	slice	141	151	2.39	1.64	32.3	160	1.9	*2	4.79	27.29	1.72	0.40
mixed veggies, frozen^	1/2 cup	44	18	1.78	0.00	17.8	889	2.13	4	0.89	9.78	0.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
mixed fruit cocktail	1/2 cup	60	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0	0.0	0.00
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
bbq sauce	2 TBSP	40	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
margarine cup^	1 EACH	20	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
yogurt parfaits,fruit&gran HS	serving	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Grab and Go Sandwiches	4 oz	549	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86	2.70
Weighted Daily Average		752	1344	9.16	5.81	449.7	4717	56.36	*52	35.20	116.49	16.82	1.83
% of Calories									*27.9%	18.7%	62.0%	20.1%	2.2%
Nutrient Guideline		750-850	1420										<10.00

Wed - 02/19/2020													
High School Food Court Men	Total												
pasta variety HS1	1/2 CUP	105	37	2.00	5.00	60.0	0	0.0	1	3.5	21.5	0.75	0.00
sauce, alfredo HS	1/4 cup	150	330	0.00	0.00	50.0	50	0.0	2	2.5	3.5	14.0	6.50
spaghetti meat sauce	1/2 cup	188	155	1.81	1.97	30.4	427	5.97	8	10.68	11.18	11.29	4.02
breadstick^	1 oz	80	100	1.50	0.00	0.0	0	0.0	1	3.0	14.5	1.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
pear sliced in juice	1/2 cup	76	10	2.00	0.00	0.0	0	0.0	12	0.0	19.0	0.0	0.00
fruit, fresh, variety	1/2 CUP	35	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing variety Ra/Fr/Ital^	2 tbsp	53	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
cheese parmesan grated	2 TSP	23	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
yogurt parfaits,fruit&gran HS	serving	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
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Linn-Mar Community Schools

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		767	1026	9.56	9.48	545.2	3713	27.78	*41	32.73	105.41	24.49	8.23
% of Calories									*21.5%	17.1%	55.0%	28.7%	9.7%
Nutrient Guideline		750-850	1420										<10.00

Thu - 02/20/2020													
High School Food Court Men	Total												
chicken mandarin orange	serving	150	207	1.00	1.08	0.0	100	0.0	9	15.0	17.0	3.0	3.00
brown rice, chicken flavored	1/2 cup	71	166	0.63	0.27	5.0	0	0.0	*0	1.58	14.16	0.95	0.15
egg roll, chick/veg, whlgr	1 EACH	160	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	25	2.00	0.36	20.0	1000	1.2	3	0.0	6.0	0.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
mandarin oranges^	1/2 cup	90	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00
juice cup variety	4 oz	62	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	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	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
yogurt parfaits, fruit & gran HS	serving	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Grab and Go Sandwiches	4 oz	549	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86	2.70
Weighted Daily Average		768	1200	10.99	5.55	425.7	5540	69.49	*63	40.49	122.23	14.59	5.17
% of Calories									*32.8%	21.1%	63.7%	17.1%	6.1%
Nutrient Guideline		750-850	1420										<10.00

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Linn-Mar Community Schools

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/21/2020													
High School Food Court Men													
High School Food Court Men	Total												
pizza crunchers^	4 piece serving	420	790	5.00	2.15	426.0	480	1.87	3	20.0	41.0	20.0	9.00
green beans,steamed^	1/2 cup	28	0	2.80	0.67	18.7	187	4.48	2	0.93	5.6	0.0	0.00
romaine/spinach&tomato	1/2 cup	15	9	1.71	0.79	27.2	6357	6.03	*0	1.08	3.05	0.25	0.03
fresh fruit salad^	1/2 cup	39	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	53	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
yogurt parfaits,fruit&gran HS	serving	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Grab and Go Sandwiches	4 oz	549	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86	2.70
snickerdoodle cookiesw/ lq egg	EACH	136	73	0.88	0.55	5.4	1399	0.0	10	1.73	19.24	5.8	2.05
Weighted Daily Average		792	1256	11.60	5.16	740.2	6246	31.68	*34	36.17	98.55	29.21	11.67
% of Calories									*17.2%	18.3%	49.8%	33.2%	13.3%
Nutrient Guideline		750-850	1420										<10.00

Mon - 02/24/2020													
High School Food Court Men													
French toast sticks	3 sticks	210	310	2.00	2.00	52.0	200	0.0	9	8.0	39.0	7.0	2.50
Egg Omelet	3.5 oz	107	215	0.04	0.63	35.0	408	1.99	0	8.32	1.36	7.63	3.29
potato triangles	2 each	178	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89	1.33
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
strawberries frozen	1/2 cup	150	30	3.01	0.36	20.0	0	48.1	35	0.0	38.08	0.0	0.00
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
syrup, pancake^	2 tbsp	50	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	53	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
yogurt parfaits,fruit&gran HS	serving	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
Grab and Go Sandwiches	4 oz	549	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86	2.70

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Linn-Mar Community Schools

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		759	1289	8.48	4.81	373.1	2957	46.38	*48	25.86	118.65	25.24	7.07
% of Calories									*25.1%	13.6%	62.5%	29.9%	8.4%
Nutrient Guideline		750-850	1420										<10.00

Tue - 02/25/2020													
High School Food Court Men													
	Total												
chicken nuggets^	6 each	350	452	1.94	2.10	22.6	147	0.94	0	26.43	19.68	19.0	2.19
rolls, hot w/ lq egg^	1.5 oz	153	172	1.72	1.48	51.7	339	2.61	*3	3.75	21.58	5.87	1.64
MASHED POTATOES:flakes,mlk+but	1/2 CUP	102	172	0.84	0.17	33.6	181	10.19	2	1.86	11.41	5.39	3.35
gravy, chicken^	2 oz	21	231	0.00	0.01	1.2	0	0.0	*0	0.0	4.16	0.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
peaches sliced	1/2 cup	49	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0	0.00
fruit, fresh, variety	1/2 CUP	35	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	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	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
margarine cup^	1 EACH	20	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
yogurt parfaits,fruit&gran HS	serving	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
Grab and Go Sandwiches	4 oz	549	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86	2.70
Weighted Daily Average		817	1436	6.12	4.73	361.5	2702	33.15	*28	41.68	88.10	33.58	7.21
% of Calories									*13.6%	20.4%	43.1%	37.0%	7.9%
Nutrient Guideline		750-850	1420										<10.00

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Linn-Mar Community Schools

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/26/2020													
High School Food Court Men													
	Total												
	pasta variety HS1	105	37	2.00	5.00	60.0	0	0.0	1	3.5	21.5	0.75	0.00
	sauce, alfredo HS	150	330	0.00	0.00	50.0	50	0.0	2	2.5	3.5	14.0	6.50
	sauce, marinara w/meatballs HS	210	270	4.00	2.52	60.0	600	4.8	7	16.0	14.0	10.0	3.50
	breadstick^	160	200	3.00	0.00	0.0	0	0.0	3	6.0	29.0	2.0	0.00
	fresh veggie mix	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
	peaches sliced	49	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0	0.00
	fruit, fresh, variety	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
	juice cup variety	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
	dressing variety Ra/Fr/Ital^	53	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
	cheese parmesan grated	23	73	0.00	0.00	66.7	0	0.0	0	2.0	0.0	1.67	1.00
	milk vty half pints^	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
	sandwiches (HS)	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
	yogurt parfaits, fruit&gran HS	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
	salad bar HS	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
	Grab and Go Sandwiches	549	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86	2.70
	Weighted Daily Average	774	1097	10.42	8.41	536.8	2663	32.40	*42	37.75	108.66	21.40	6.42
	% of Calories								*21.5%	19.5%	56.2%	24.9%	7.5%
	Nutrient Guideline	750-850	1420										<10.00

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/27/2020													
High School Food Court Men	Total												
fish sw^	1 EACH	340	440	5.00	2.52	220.0	0	0.0	5	18.0	47.0	10.0	1.50
chicken patty/hot /spicy sw	sandwich	330	572	4.34	4.22	248.8	242	0.18	5	20.59	45.31	8.06	1.23
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	8	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
cheese american	1 slice	56	132	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.53	1.01	4.56	2.53
peas and carrots^	1/2 cup	4	5	0.27	0.06	5.3	889	10.67	0	0.09	0.36	0.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
Applesauce (cans) (19)	1/2 CUP	50	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0	0.00
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	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	175	0.00	0.00	0.0	0	0.0	1	0.0	3.5	2.25	0.25
tartar sauce^	2 tbsp	100	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0	1.00
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	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	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	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
yogurt parfaits,fruit&gran HS	serving	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
Grab and Go Sandwiches	4 oz	549	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86	2.70
Weighted Daily Average		786	1292	10.74	*6.89	*646.7	*2923	*46.11	*46	40.62	120.85	17.47	3.51
% of Calories									*23.3%	20.7%	61.5%	20.0%	4.0%
Nutrient Guideline		750-850	1420										<10.00

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Linn-Mar Community Schools

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/28/2020													
High School Food Court Men													
tator tots^	Total												
	9 each	166	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74	1.11
taco meat w/ beef crumbles^	2 oz	90	140	0.44	1.45	16.5	311	1.73	*2	8.55	3.51	4.69	1.67
chicken fajita meat	2 OZ	53	276	0.00	0.81	12.9	69	0.0	0	8.87	0.81	1.61	0.00
cheese sauce, fz, gov	2 oz	120	439	0.00	0.00	225.6	432	0.0	1	7.78	2.22	8.89	5.11
Taco Fiesta Black Beans	1/8 CUP	27	117	1.00	0.45	10.0	2	0.0	0	1.25	5.0	0.25	0.00
onion, raw chopped	1 TBSP	4	0	0.17	0.02	2.3	0	0.74	*N/A*	0.11	0.93	0.01	0.00
tomato fresh diced^	1/8 cup	4	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01
Sour cream- A&E	1 TBSP	16	10	0.00	0.01	16.9	39	0.11	0	0.42	0.85	1.27	0.79
jalapeno peppers.	1/8 cup	0	466	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
salsa bulk	1/4 cup	20	140	0.00	0.72	40.0	1000	12.0	2	0.0	4.0	0.0	0.00
corn^	1/2 cup	62	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44	0.00
vegetables fresh/sal/bar/hs	1 cup	36	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.06
Strawberry cup, froz (19) comm	1 each	90	0	2.00	0.00	0.0	0	0.0	18	1.0	22.0	0.0	0.00
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice and/or fruit	1 each	105	13	1.95	0.22	12.5	294	24.67	21	1.02	25.91	0.2	0.05
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
yogurt parfaits,fruit&gran HS	serving	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
Grab and Go Sandwiches	4 oz	549	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86	2.70
Weighted Daily Average		843	1686	11.04	4.66	639.7	5080	60.14	*48	39.62	109.75	28.17	8.65
% of Calories									*22.8%	18.8%	52.0%	30.1%	9.2%
Nutrient Guideline		750-850	1420										<10.00

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Linn-Mar Community Schools

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/02/2020													
High School Food Court Men													
chicken sweet chili thai	Total Servings	172	452	0.00	0.89	0.0	37	2.97	7	13.63	21.06	3.72	0.62
brown rice, chicken flavored	1/2 cup	71	166	0.63	0.27	5.0	0	0.0	*0	1.58	14.16	0.95	0.15
vegetables stir fry	1 cup	35	25	2.00	0.36	20.0	1000	1.2	3	0.0	6.0	0.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
mandarin oranges^	1/2 cup	90	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00
juice cup variety	4 oz	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
sweet & sour sauce^	2 TBSP	59	108	0.00	0.00	0.0	0	0.0	11	0.0	13.78	0.0	0.00
soy sauce^	1/2 oz	10	1240	0.00	0.00	0.0	0	0.0	1	1.0	1.0	0.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
yogurt parfaits, fruit & gran HS	serving	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Grab and Go Sandwiches	4 oz	549	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86	2.70
Weighted Daily Average		586	1301	5.75	3.39	324.3	5263	55.00	*57	26.45	98.87	9.09	1.70
% of Calories									*39.2%	18.1%	67.5%	14.0%	2.6%
Nutrient Guideline		750-850	1420										<10.00

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Linn-Mar Community Schools

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/03/2020													
High School Food Court Men													
	Total												
	1 EACH	379	690	4.22	3.72	230.6	59	0.0	6	28.28	45.79	9.8	1.47
	chicken patty (4ozGold) s/w												
	1 lf,2 slc	8	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
	LETTUCE & TOMATO:1 leaf,2 slice												
	1 slice	56	132	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.53	1.01	4.56	2.53
	cheese american												
	1 CUP	213	621	3.56	0.00	336.3	576	53.36	5	12.15	10.08	11.85	6.81
	broccoli & cheese s (gov)												
	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
	fresh veggie mix												
	1/2 CUP	50	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0	0.00
	Applesauce (cans) (19)												
	1 CUP	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
	fruit, fresh, variety												
	4 oz	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
	juice cup variety												
	2 tbsp	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
	dressing ranch light^												
	1 each	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
	milk vty half pints^												
	1 tbsp	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
	ketchup^												
	1 EACH	45	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
	BBQ sauce, PC cup^												
	1 TSP	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
	mustard^												
	1 TBSP	30	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00
	mayo(salad dressing light)^												
	2 TBSP	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
	dressing ranch light^												
	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
	salad bar HS												
	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
	sandwiches (HS)												
	serving	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
	yogurt parfaits,fruit&gran HS												
	4 oz	549	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86	2.70
	Grab and Go Sandwiches												
	Weighted Daily Average	829	1555	10.02	*5.92	*708.7	*2594	*51.67	*46	50.17	111.46	21.27	5.52
	% of Calories								*22.2%	24.2%	53.8%	23.1%	6.0%
	Nutrient Guideline	750-850	1420										<10.00

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Linn-Mar Community Schools

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/04/2020													
High School Food Court Men													
pasta variety HS1	1/2 CUP	105	37	2.00	5.00	60.0	0	0.0	1	3.5	21.5	0.75	0.00
sauce, alfredo HS	1/4 cup	150	330	0.00	0.00	50.0	50	0.0	2	2.5	3.5	14.0	6.50
spagh sauce w/ beef crum^	4 oz	133	145	2.50	1.81	32.4	468	3.73	6	9.8	10.29	5.53	1.69
breadstick^	1 oz	80	100	1.50	0.00	0.0	0	0.0	1	3.0	14.5	1.0	0.00
romaine/spinach&tomato	1 cup	31	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5	0.07
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
pineapple chunks^	1/2 cup	65	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	0.0	0.00
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing variety Ra/Fr/Ital^	2 tbsp	53	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
cheese parmesan grated	2 TSP	23	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
yogurt parfaits,fruit&gran HS	serving	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
Grab and Go Sandwiches	4 oz	549	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86	2.70
Weighted Daily Average		761	1056	11.10	10.54	593.0	9241	37.89	*43	34.71	106.76	23.14	7.31
% of Calories									*22.8%	18.2%	56.1%	27.4%	8.7%
Nutrient Guideline		750-850	1420										<10.00

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Linn-Mar Community Schools

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/05/2020													
High School Food Court Men													
	Total												
hamburger on a bun^	1 each	300	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	8	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
pickle slices^	2 EACH	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
sweet potato fries^	4 oz	200	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0	1.50
baked beans^	1/2 cup	162	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
pear slices, diced	1/2	75	13	1.25	0.45	0.0	0	1.5	*N/A*	0.0	17.55	0.0	0.00
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
mustard^	1 tsp	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
cheese american	1 slice	56	132	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.53	1.01	4.56	2.53
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
yogurt parfaits,fruit&gran HS	serving	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
Grab and Go Sandwiches	4 oz	549	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86	2.70
Weighted Daily Average		863	1342	11.71	*6.80	*606.7	*6622	*47.32	*45	37.90	120.54	27.17	6.72
% of Calories									*20.7%	17.6%	55.9%	28.3%	7.0%
Nutrient Guideline		750-850	1420										<10.00

Fri - 03/06/2020													
High School Food Court Men													
Pizza garlic f.b cheese (19)	1 EACH	350	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0	7.00
Pizza french bread w/tur pep marinara sauce cup^	1 each	330	580	2.00	2.70	350.0	400	0.0	*N/A*	19.0	33.0	13.0	4.00
salad romaine/spinach blend	2.5 oz	40	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0	0.00
fresh veggie mix	1 cup	91	197	9.75	8.35	299.4	41021	72.8	*1	9.28	15.69	1.56	0.23
fresh fruit salad^	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
fruit, fresh, variety	1/2 cup	39	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
juice cup variety	1 CUP	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
milk vty half pints^	4 oz	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
salad bar HS	1 each	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
yogurt parfaits,fruit&gran HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
sandwiches (HS)	serving	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Grab and Go Sandwiches	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
	4 oz	549	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86	2.70

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		732	1142	10.83	8.46	918.3	19865	74.72	*32	42.62	91.74	24.31	7.76
% of Calories									*17.7%	23.3%	50.2%	29.9%	9.5%
Nutrient Guideline		750-850	1420										<10.00

Mon - 03/09/2020													
High School Food Court Men	Total												
chicken patty grilled sw	1 each	260	400	3.00	2.52	200.0	0	0.0	4	22.0	32.0	5.5	1.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	8	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
pickle slices^	2 EACH	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
cheese american	1 slice	56	132	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.53	1.01	4.56	2.53
baked beans^	1/2 cup	162	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
orange, fresh slices^	1/2 cup	46	0	2.36	0.10	39.3	221	52.27	9	0.92	11.54	0.12	0.01
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	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	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
mayo(salad dressing light)^	1 TBSP	30	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
yogurt parfaits,fruit&gran HS	serving	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Grab and Go Sandwiches	4 oz	549	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86	2.70
Weighted Daily Average		601	1260	10.38	*4.99	*409.7	*2845	*58.98	*39	33.54	94.26	12.48	2.59
% of Calories									*26.3%	22.3%	62.7%	18.7%	3.9%
Nutrient Guideline		750-850	1420										<10.00

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Linn-Mar Community Schools

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/10/2020													
High School Food Court Men													
	Total												
chicken strips^	5 EACH	338	708	1.83	2.50	40.2	162	0.77	2	26.43	20.93	16.17	1.70
rolls, hot^	2 oz	205	234	2.30	1.92	67.9	452	3.48	*4	5.03	29.14	7.83	2.10
french fries^	1/2 cup	180	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43	3.37	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
pineapple, chunks	1/2 cup	91	0	1.14	0.41	22.8	114	13.68	23	1.14	25.09	0.0	0.00
juice cup variety	4 oz	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	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	35	175	0.00	0.00	0.0	0	0.0	1	0.0	3.5	2.25	0.25
bbq sauce	2 TBSP	40	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
margarine cup^	1 each	20	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
yogurt parfaits,fruit&gran HS	serving	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Grab and Go Sandwiches	4 oz	549	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86	2.70
Weighted Daily Average		779	1305	7.16	4.94	316.2	2687	39.18	*35	36.15	104.30	24.07	3.17
% of Calories									*18.1%	18.6%	53.6%	27.8%	3.7%
Nutrient Guideline		750-850	1420										<10.00

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Linn-Mar Community Schools

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/11/2020													
High School Food Court Men													
	Total												
	pasta variety HS1	105	37	2.00	5.00	60.0	0	0.0	1	3.5	21.5	0.75	0.00
	sauce, alfredo HS	150	330	0.00	0.00	50.0	50	0.0	2	2.5	3.5	14.0	6.50
	sauce, marinara w/meatballs HS	210	270	4.00	2.52	60.0	600	4.8	7	16.0	14.0	10.0	3.50
	breadstick^	160	200	3.00	0.00	0.0	0	0.0	3	6.0	29.0	2.0	0.00
	fresh veggie mix	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
	peaches sliced	49	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0	0.00
	fruit, fresh, variety	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
	juice cup variety	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
	dressing variety Ra/Fr/Ital^	53	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
	cheese parmesan grated	23	73	0.00	0.00	66.7	0	0.0	0	2.0	0.0	1.67	1.00
	milk vty half pints^	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
	sandwiches (HS)	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
	yogurt parfaits, fruit&gran HS	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
	salad bar HS	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
	Grab and Go Sandwiches	549	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86	2.70
	Weighted Daily Average	774	1097	10.42	8.41	536.8	2663	32.40	*42	37.75	108.66	21.40	6.42
	% of Calories								*21.5%	19.5%	56.2%	24.9%	7.5%
Nutrient Guideline		750-850	1420										<10.00

Thu - 03/12/2020													
High School Food Court Men													
	Total												
	crisпитos w/ cheese sauce	659	1174	6.00	3.60	303.1	1927	0.0	3	31.69	48.2	36.79	11.06
	Salsa cup^	7	43	0.00	0.00	0.0	67	1.6	1	0.0	1.33	0.0	0.00
	sour cream, pouch	25	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
	lettuce & tomato	5	2	0.54	0.24	8.2	2103	1.35	*0	0.32	0.9	0.08	0.01
	jalapeno peppers.	0	233	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
	tator tots^	166	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74	1.11
	fresh veggie mix	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
	grapes, red seedless^	61	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32	0.10
	fruit, fresh, variety	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
	juice cup variety	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
	dressing/Ran/Ital/Frn/HnMus	53	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
	milk vty half pints^	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
	salad bar HS	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
	sandwiches (HS)	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
	yogurt parfaits, fruit&gran HS	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
	Grab and Go Sandwiches	549	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86	2.70

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Linn-Mar Community Schools

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		802	1440	7.92	4.16	448.5	2676	13.90	*18	35.78	77.36	38.08	10.48
% of Calories									*9.2%	17.9%	38.6%	42.8%	11.8%
Nutrient Guideline		750-850	1420										<10.00

Fri - 03/13/2020													
High School Food Court Men	Total												
soup tomato	6 oz	71	366	0.91	0.34	2.6	358	5.41	*9	0.9	14.31	0.89	0.00
grilled cheese: 2 sl	1 each	456	810	8.00	*2.88	*160.0	*161	*0.0	*8	21.06	66.03	15.79	6.28
crackers, cafe&gldfish	1 Serving	108	180	1.04	0.56	20.8	5	0.0	0	2.56	15.39	4.1	0.52
romaine/spinach&tomato	1 cup	31	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5	0.07
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
mixed fruit cocktail	1/2 cup	60	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0	0.0	0.00
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
yogurt parfaits,fruit&gran HS	serving	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
Grab and Go Sandwiches	4 oz	549	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86	2.70
sunshine cake	1 each	266	156	1.17	0.69	9.7	3583	2.02	*31	2.34	43.38	9.76	1.83
Weighted Daily Average		746	1246	10.53	*4.64	*332.3	*8547	*38.17	*49	26.35	118.51	22.05	5.53
% of Calories									*26.4%	14.1%	63.5%	26.6%	6.7%
Nutrient Guideline		750-850	1420										<10.00

Mon - 03/16/2020													
High School Food Court Men	Total												
NO LUNCH	SERVING	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories									0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		750-850	1420										<10.00

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Linn-Mar Community Schools

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/17/2020													
High School Food Court Men	Total												
NO LUNCH	SERVING	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories									0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		750-850	1420										<10.00

Wed - 03/18/2020													
High School Food Court Men	Total												
NO LUNCH	SERVING	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories									0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		750-850	1420										<10.00

Thu - 03/19/2020													
High School Food Court Men	Total												
NO LUNCH	SERVING	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories									0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		750-850	1420										<10.00

Fri - 03/20/2020													
High School Food Court Men	Total												
NO LUNCH	SERVING	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories									0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		750-850	1420										<10.00

Weighted Average		760	1280	9.60	*6.04	*498.2	*4957	*43.14	*41 *49.0%	35.88 18.9%	105.18 55.4%	23.00 27.3%	6.05 7.2%
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Linn-Mar Community Schools

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)						
Calories	760		750 - 850	100%										
Sodium 1 (mg)	1280		1420											
Sodium 2 (mg)	1280													
Fiber (g)	9.60													
Iron (mg)	6.04													
Calcium (mg)	498.2													
Vitamin A (IU)	4957													
Sugars (g)	41	21.79%												
Vitamin C (mg)	43.14													
Protein (g)	35.88	18.89%												
Carbohydrate (g)	105.18	55.38%												
Total Fat (g)	23.00	27.25%												
Saturated Fat (g)	6.05	7.17%	<10.00%											

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