

Linn-Mar Community Schools

Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 1

Generated on: 12/19/2018 11:41:44 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 12/31/2018													
High School Food Court Men NO LUNCH	Total SERVING	1	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Weighted Daily Average % of Calories			0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			750-850	1420									<10.00

Tue - 01/01/2019													
High School Food Court Men NO LUNCH	Total SERVING	1	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Weighted Daily Average % of Calories			0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			750-850	1420									<10.00

Wed - 01/02/2019													
High School Food Court Men pasta variety HS1	Total 1 CUP	320	210	75	4.00	9.99	120.0	0	0.0	7.0	43.0	1.5	0.00
sauce, alfredo HS	1/4 cup	120	150	330	0.00	0.00	50.0	50	0.0	2.5	3.5	14.0	6.50
sauce, marinara w/meatballs HS	serving	180	210	270	4.00	2.52	60.0	600	4.8	16.0	14.0	10.0	3.50
breadstick bosco cheese filled	1 each	275	207	303	2.75	0.00	0.0	275	0.0	13.77	23.41	6.89	3.44
fresh veggie mix	1/2 cup	150	19	20	1.35	0.57	19.8	1844	20.1	1.02	3.74	0.14	0.03
peaches sliced	1/2 cup	150	49	10	0.00	0.00	0.0	295	1.18	0.0	11.81	0.0	0.00
fruit, fresh, variety	1 CUP	150	71	1	2.84	0.31	19.8	200	33.43	0.88	18.08	0.31	0.05
juice cup variety	4 oz	20	62	14	0.00	0.00	0.0	0	11.4	0.5	14.5	0.0	0.00
dressing variety Ra/Fr/Ital^	2 tbsp	170	53	300	0.00	0.00	0.0	0	0.0	0.0	6.33	3.17	0.33
cheese parmesan grated	2 TSP	200	23	73	0.00	0.00	66.7	0	0.0	2.0	0.0	1.67	1.00
milk vty half pints^	1 each	300	110	141	0.00	0.45	300.0	500	1.2	8.0	17.75	0.62	0.37
sandwiches (HS)	1 EACH	25	651	1230	6.35	4.86	326.5	261	0.92	38.91	64.63	28.06	5.10
yogurt parfaits, fruit & gran HS	serving	10	469	230	5.27	1.37	363.4	273	23.6	15.4	98.18	4.02	1.51
salad bar HS	1 EACH	5	402	822	17.13	11.01	466.3	42824	88.13	28.81	49.72	11.14	3.05
Weighted Daily Average % of Calories			835	1075	11.26	12.21	550.6	2856	32.37	41.97	115.18	24.21	9.05
										20.1%	55.1%	26.1%	9.7%
Nutrient Guideline			750-850	1420									<10.00

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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	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/03/2019													
High School Food Court Men	Total	700											
chicken patty/hot /spicy sw	sandwich	750	330	572	4.34	4.22	248.8	242	0.18	20.59	45.31	8.06	1.23
fish sw^	1 EACH	200	340	440	5.00	2.52	220.0	0	0.0	18.0	47.0	10.0	1.50
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	400	8	3	0.54	0.13	4.9	358	5.62	0.4	1.7	0.09	0.01
cheese american	1 slice	200	53	211	0.00	0.03	78.0	136	0.0	3.14	0.23	4.43	2.79
peas and carrots^	1/2 cup	350	4	5	0.27	0.06	5.3	889	10.67	0.09	0.36	0.0	0.00
fresh veggie mix	1/2 cup	300	19	20	1.35	0.57	19.8	1844	20.1	1.02	3.74	0.14	0.03
strawberries fresh^	1/2 cup	210	29	1	1.81	0.37	14.5	11	53.34	0.61	6.97	0.27	0.01
fruit, fresh, variety	1 CUP	400	71	1	2.84	0.31	19.8	200	33.43	0.88	18.08	0.31	0.05
juice cup variety	4 oz	250	62	14	0.00	0.00	0.0	0	11.4	0.5	14.5	0.0	0.00
dressing ranch light^	1 tbsp	200	35	175	0.00	0.00	0.0	0	0.0	0.0	3.5	2.25	0.25
tartar sauce^	2 tbsp	50	100	300	0.00	0.00	0.0	0	0.0	0.0	7.0	7.0	1.00
ketchup^	1 tbsp	400	20	160	0.00	0.00	0.0	100	0.0	0.0	5.0	0.0	0.00
mustard^	1 TSP	55	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
bbq sauce	2 TBSP	100	40	390	0.00	0.00	0.0	200	6.0	0.0	9.0	0.0	0.00
pickle slices^	2 EACH	200	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
milk vty half pints^	1 each	500	110	141	0.00	0.45	300.0	500	1.2	8.0	17.75	0.62	0.37
yogurt parfaits,fruit&gran HS	serving	75	469	230	5.27	1.37	363.4	273	23.6	15.4	98.18	4.02	1.51
salad bar HS	1 EACH	10	402	822	17.13	11.01	466.3	42824	88.13	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	50	651	1230	6.35	4.86	326.5	261	0.92	38.91	64.63	28.06	5.10
Weighted Daily Average			767	1291	10.53	6.86	664.5	2958	62.10	40.22	116.56	17.31	3.58
% of Calories										21.0%	60.8%	20.3%	4.2%
Nutrient Guideline			750-850	1420									<10.00

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Linn-Mar Community Schools

Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/04/2019													
High School Food Court Men	Total	320											
hot dog with bun^	1 each	350	320	790	3.00	2.16	200.0	0	0.0	13.0	32.0	17.0	7.00
baked beans^	1/2 cup	150	162	559	5.19	2.01	47.1	151	1.22	7.32	37.2	0.0	0.00
fresh veggie mix	1/2 cup	200	19	20	1.35	0.57	19.8	1844	20.1	1.02	3.74	0.14	0.03
melon mix (3)	1/2 cup	100	27	9	0.56	0.16	5.8	1041	16.62	0.53	6.6	0.13	0.03
fruit, fresh, variety	1/2 CUP	100	35	1	1.42	0.15	9.9	100	16.72	0.44	9.04	0.16	0.03
juice cup variety	4 oz	50	62	14	0.00	0.00	0.0	0	11.4	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	150	20	160	0.00	0.00	0.0	100	0.0	0.0	5.0	0.0	0.00
mustard^	1 TSP	25	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
milk vty half pints^	1 each	300	110	141	0.00	0.45	300.0	500	1.2	8.0	17.75	0.62	0.37
yogurt parfaits,fruit&gran HS	serving	5	469	230	5.27	1.37	363.4	273	23.6	15.4	98.18	4.02	1.51
salad bar HS	1 EACH	5	402	822	17.13	11.01	466.3	42824	88.13	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	20	651	1230	6.35	4.86	326.5	261	0.92	38.91	64.63	28.06	5.10
snickerdoodle cookies/ lq egg	1 EACH	400	136	73	0.88	0.52	5.3	1399	0.0	1.7	19.24	5.78	2.04
Weighted Daily Average			803	1540	9.03	5.33	579.3	4535	28.27	31.41	111.31	28.57	10.99
% of Calories										15.6%	55.4%	32.0%	12.3%
Nutrient Guideline			750-850	1420									<10.00

Mon - 01/07/2019													
High School Food Court Men	Total	320											
chicken sweet chili thai	Servings	450	172	452	0.00	0.89	0.0	37	2.97	13.63	21.06	3.72	0.62
brown rice,chicken flavored	1/2 cup	450	71	166	0.63	0.27	5.0	0	0.0	1.58	14.16	0.95	0.15
vegetables stir fry	1/2 cup	200	17	13	1.00	0.18	10.0	500	0.6	0.0	3.0	0.0	0.00
egg roll,chick/veg,whlgr	1 EACH	200	160	410	3.00	1.80	40.0	750	6.0	10.0	20.0	5.0	1.00
salad, veg, daily line HS	1/2 EACH	200	55	107	5.49	4.31	156.8	21323	42.81	5.06	9.75	0.83	0.13
fruit, fresh, variety	1/2 CUP	200	35	1	1.42	0.15	9.9	100	16.72	0.44	9.04	0.16	0.03
fruit, canned, variety (hs)	1 CUP	200	142	16	1.60	0.29	16.0	738	16.55	0.8	37.12	0.0	0.00
juice cup variety	4 oz	20	62	14	0.00	0.00	0.0	0	11.4	0.5	14.5	0.0	0.00
sweet & sour sauce^	1 TBSP	75	30	54	0.00	0.00	0.0	0	0.0	0.0	6.89	0.0	0.00
dressing ranch light^	2 TBSP	120	70	350	0.00	0.00	0.0	0	0.0	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	200	110	141	0.00	0.45	300.0	500	1.2	8.0	17.75	0.62	0.37
salad bar HS	1 EACH	5	402	822	17.13	11.01	466.3	42824	88.13	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	10	651	1230	6.35	4.86	326.5	261	0.92	38.91	64.63	28.06	5.10
pb&j sandwich	2 each	10	620	600	8.00	2.88	120.0	0	0.0	20.0	70.0	32.0	5.00
yogurt parfaits,fruit&gran HS	serving	10	469	230	5.27	1.37	363.4	273	23.6	15.4	98.18	4.02	1.51

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Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 4

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			764	1520	9.58	6.58	372.6	15682	59.46	39.38	123.13	14.56	2.63
% of Calories										20.6%	64.5%	17.1%	3.1%
Nutrient Guideline			750-850	1420									<10.00

Tue - 01/08/2019													
High School Food Court Men	Total	500											
chicken patty (4ozGold) s/w	1 EACH	575	379	690	4.22	3.72	230.6	59	0.0	28.28	45.79	9.8	1.47
broccoli & cheese s (gov)	1 CUP	150	213	621	3.56	0.00	336.3	576	53.36	12.15	10.08	11.85	6.81
vegetables fresh/sal/bar/hs	1 cup	200	37	33	2.44	0.54	28.4	3249	25.65	1.7	7.61	0.2	0.05
Applesauce (cans) (19)	1/2 CUP	200	50	15	2.01	0.00	0.0	0	0.0	0.0	15.06	0.0	0.00
fruit, fresh, variety	1 CUP	250	71	1	2.84	0.31	19.8	200	33.43	0.88	18.08	0.31	0.05
juice cup variety	4 oz	200	62	14	0.00	0.00	0.0	0	11.4	0.5	14.5	0.0	0.00
dressing ranch light^	2 tbsp	100	70	350	0.00	0.00	0.0	0	0.0	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	450	110	141	0.00	0.45	300.0	500	1.2	8.0	17.75	0.62	0.37
ketchup^	1 tbsp	150	20	160	0.00	0.00	0.0	100	0.0	0.0	5.0	0.0	0.00
BBQ sauce, PC cup^	1 EACH	100	45	360	0.00	0.00	0.0	0	2.4	0.0	10.0	0.5	0.00
mustard^	1 TSP	50	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
mayo(salad dressing light)^	1 TBSP	20	30	130	0.00	0.00	0.0	0	0.0	0.0	3.0	2.0	0.00
salad bar HS	1 EACH	10	402	822	17.13	11.01	466.3	42824	88.13	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	30	651	1230	6.35	4.86	326.5	261	0.92	38.91	64.63	28.06	5.10
yogurt parfaits.fruit&gran HS	serving	15	469	230	5.27	1.37	363.4	273	23.6	15.4	98.18	4.02	1.51
Weighted Daily Average			785	1430	10.00	5.61	697.2	3001	51.63	48.06	108.40	18.73	4.63
% of Calories										24.5%	55.2%	21.5%	5.3%
Nutrient Guideline			750-850	1420									<10.00

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Wed - 01/09/2019													
High School Food Court Men	Total	320											
hamburger on a bun^	1 each	300	300	510	4.00	3.60	240.0	100	1.2	20.0	33.0	11.0	3.50
sweet potato fries^	4 oz	300	200	250	2.00	0.36	20.0	3000	6.0	1.0	26.0	10.0	1.50
vegetables, HB bar, HS	1/2 CUP	200	52	1	2.77	0.74	25.7	207	4.81	1.7	11.11	0.17	0.00
lettuce & tomato	1/2 cup	150	5	2	0.54	0.24	8.2	2103	1.35	0.32	0.9	0.08	0.01
pear sliced in juice	1/2 cup	150	76	10	2.00	0.00	0.0	0	0.0	0.0	19.0	0.0	0.00
fruit, fresh, variety	1 CUP	150	71	1	2.84	0.31	19.8	200	33.43	0.88	18.08	0.31	0.05
juice cup variety	4 oz	100	62	14	0.00	0.00	0.0	0	11.4	0.5	14.5	0.0	0.00
pickle slices^	2 EACH	225	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
mustard^	1 tsp	25	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	85	53	285	0.00	0.00	0.0	0	0.0	0.0	7.75	2.38	0.25
milk vty half pints^	1 each	300	110	141	0.00	0.45	300.0	500	1.2	8.0	17.75	0.62	0.37
yogurt parfaits,fruit&gran HS	serving	10	469	230	5.27	1.37	363.4	273	23.6	15.4	98.18	4.02	1.51
salad bar HS	1 EACH	10	402	822	17.13	11.01	466.3	42824	88.13	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	30	651	1230	6.35	4.86	326.5	261	0.92	38.91	64.63	28.06	5.10
Weighted Daily Average			797	1148	11.17	5.70	610.7	5955	34.32	33.99	113.97	24.30	5.75
% of Calories										17.1%	57.2%	27.4%	6.5%
Nutrient Guideline			750-850	1420									<10.00

Thu - 01/10/2019													
High School Food Court Men	Total	1											
NO LUNCH	SERVING	1	0	0	0.00	0.00	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	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850	1420									<10.00

Fri - 01/11/2019													
High School Food Court Men	Total	1											
NO LUNCH	SERVING	1	0	0	0.00	0.00	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	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850	1420									<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/14/2019													
High School Food Court Men	Total	1											
NO LUNCH	SERVING	1	0	0	0.00	0.00	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	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850	1420									<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/15/2019													
High School Food Court Men	Total	1000											
chicken strips^	5 EACH	750	338	708	1.83	2.50	40.2	162	0.77	26.43	20.93	16.17	1.70
rolls, hot^	2 oz	500	205	234	2.30	1.92	67.9	452	3.48	5.03	29.14	7.83	2.10
french fries^	1/2 cup	800	180	45	2.25	0.81	0.0	0	8.08	4.49	31.43	3.37	0.00
fresh veggie mix	1/2 cup	400	19	20	1.35	0.57	19.8	1844	20.1	1.02	3.74	0.14	0.03
fruit, fresh, variety	1 CUP	400	71	1	2.84	0.31	19.8	200	33.43	0.88	18.08	0.31	0.05
pineapple chunks^	1/2 cup	400	65	0	0.82	0.29	16.4	82	9.81	0.82	17.99	0.0	0.00
juice cup variety	4 oz	200	62	14	0.00	0.00	0.0	0	11.4	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	600	20	160	0.00	0.00	0.0	100	0.0	0.0	5.0	0.0	0.00
mustard^	1 tsp	100	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
dressing ranch light^	1 tbsp	500	35	175	0.00	0.00	0.0	0	0.0	0.0	3.5	2.25	0.25
bbq sauce	2 TBSP	500	40	390	0.00	0.00	0.0	200	6.0	0.0	9.0	0.0	0.00
margarine cup^	1 each	600	20	30	0.00	0.00	0.0	200	0.0	0.0	0.0	2.0	0.00
milk vty half pints^	1 each	600	110	141	0.00	0.45	300.0	500	1.2	8.0	17.75	0.62	0.37
salad bar HS	1 EACH	25	402	822	17.13	11.01	466.3	42824	88.13	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	75	651	1230	6.35	4.86	326.5	261	0.92	38.91	64.63	28.06	5.10
yogurt parfaits,fruit&gran HS	serving	25	469	230	5.27	1.37	363.4	273	23.6	15.4	98.18	4.02	1.51
Weighted Daily Average			773	1301	7.36	4.89	311.7	2875	42.98	35.94	102.68	24.10	3.20
% of Calories										18.6%	53.2%	28.1%	3.7%
Nutrient Guideline			750-850	1420									<10.00

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Linn-Mar Community Schools

Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/16/2019													
High School Food Court Men	Total	320											
pasta variety HS1	1 CUP	350	210	75	4.00	9.99	120.0	0	0.0	7.0	43.0	1.5	0.00
sauce, alfredo HS	1/4 cup	120	150	330	0.00	0.00	50.0	50	0.0	2.5	3.5	14.0	6.50
sauce, marinara w/meatballs HS	serving	180	210	270	4.00	2.52	60.0	600	4.8	16.0	14.0	10.0	3.50
breadstick bosco cheese filled	1 each	200	207	303	2.75	0.00	0.0	275	0.0	13.77	23.41	6.89	3.44
fresh veggie mix	1/2 cup	150	19	20	1.35	0.57	19.8	1844	20.1	1.02	3.74	0.14	0.03
peaches sliced	1/2 cup	150	49	10	0.00	0.00	0.0	295	1.18	0.0	11.81	0.0	0.00
fruit, fresh, variety	1 CUP	150	71	1	2.84	0.31	19.8	200	33.43	0.88	18.08	0.31	0.05
juice cup variety	4 oz	20	62	14	0.00	0.00	0.0	0	11.4	0.5	14.5	0.0	0.00
dressing variety Ra/Fr/Ital^	2 tbsp	170	53	300	0.00	0.00	0.0	0	0.0	0.0	6.33	3.17	0.33
cheese parmesan grated	2 TSP	200	23	73	0.00	0.00	66.7	0	0.0	2.0	0.0	1.67	1.00
milk vty half pints^	1 each	300	110	141	0.00	0.45	300.0	500	1.2	8.0	17.75	0.62	0.37
sandwiches (HS)	1 EACH	25	651	1230	6.35	4.86	326.5	261	0.92	38.91	64.63	28.06	5.10
yogurt parfaits, fruit&gran HS	serving	10	469	230	5.27	1.37	363.4	273	23.6	15.4	98.18	4.02	1.51
salad bar HS	1 EACH	5	402	822	17.13	11.01	466.3	42824	88.13	28.81	49.72	11.14	3.05
Weighted Daily Average			820	1016	11.24	13.77	569.4	2792	32.37	39.84	116.42	22.83	8.24
% of Calories										19.4%	56.8%	25.1%	9.0%
Nutrient Guideline			750-850	1420									<10.00

Thu - 01/17/2019													
High School Food Court Men	Total	600											
crisпитos w/ cheese sauce	1 EACH	500	659	1174	6.00	3.60	303.1	1927	0.0	31.69	48.2	36.79	11.06
lettuce & tomato	1/2 cup	100	5	2	0.54	0.24	8.2	2103	1.35	0.32	0.9	0.08	0.01
tator tots^	9 each	400	166	398	2.21	0.40	0.0	0	3.98	2.21	21.02	7.74	1.11
fresh veggie mix	1/2 cup	75	19	20	1.35	0.57	19.8	1844	20.1	1.02	3.74	0.14	0.03
grapes, red seedless^	1/2 cup	75	61	2	0.82	0.26	12.7	91	3.63	0.57	15.56	0.32	0.10
fruit, fresh, variety	1 CUP	100	71	1	2.84	0.31	19.8	200	33.43	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	14	0.00	0.00	0.0	0	11.4	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	25	53	285	0.00	0.00	0.0	0	0.0	0.0	7.75	2.38	0.25
Salsa cup^	2 oz	75	7	43	0.00	0.00	0.0	67	1.6	0.0	1.33	0.0	0.00
sour cream, pouch	1 each	50	25	30	0.00	0.00	60.0	200	0.0	2.0	4.0	0.0	0.00
jalapeno peppers.	1/16 cup	25	0	233	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
milk vty half pints^	1 each	300	110	141	0.00	0.45	300.0	500	1.2	8.0	17.75	0.62	0.37
salad bar HS	1 EACH	2	402	822	17.13	11.01	466.3	42824	88.13	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	25	651	1230	6.35	4.86	326.5	261	0.92	38.91	64.63	28.06	5.10
yogurt parfaits, fruit&gran HS	serving	10	469	230	5.27	1.37	363.4	273	23.6	15.4	98.18	4.02	1.51

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Linn-Mar Community Schools

Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			784	1406	7.72	3.95	437.5	2665	13.89	34.47	75.15	37.63	10.42
% of Calories										17.6%	38.4%	43.2%	12.0%
Nutrient Guideline			750-850	1420									<10.00

Fri - 01/18/2019													
High School Food Court Men	Total	320											
chicken parmesan w/ spaghetti	1 each	400	312	594	3.69	2.31	135.2	99	0.0	23.05	29.41	11.37	3.39
breadstick^	1 oz	400	80	100	1.50	0.00	0.0	0	0.0	3.0	14.5	1.0	0.00
salad, veg, daily line HS	1 EACH	150	109	214	10.97	8.62	313.6	42645	85.63	10.13	19.5	1.67	0.25
fruit, canned, variety (hs)	1 CUP	50	142	16	1.60	0.29	16.0	738	16.55	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	200	71	1	2.84	0.31	19.8	200	33.43	0.88	18.08	0.31	0.05
dressing ranch light^	2 TBSP	85	70	350	0.00	0.00	0.0	0	0.0	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	300	110	141	0.00	0.45	300.0	500	1.2	8.0	17.75	0.62	0.37
pb&j sandwich	2 each	10	620	600	8.00	2.88	120.0	0	0.0	20.0	70.0	32.0	5.00
yogurt parfaits, fruit&gran HS	serving	10	469	230	5.27	1.37	363.4	273	23.6	15.4	98.18	4.02	1.51
Weighted Daily Average			763	1222	14.08	7.72	627.2	20831	65.48	46.59	104.88	19.35	5.08
% of Calories										24.4%	55.0%	22.8%	6.0%
Nutrient Guideline			750-850	1420									<10.00

Mon - 01/21/2019													
High School Food Court Men	Total	1											
NO LUNCH	SERVING	1	0	0	0.00	0.00	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	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850	1420									<10.00

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Linn-Mar Community Schools

Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/22/2019													
High School Food Court Men	Total	600											
chicken, popcorn^	4 oz	750	237	511	1.45	2.77	73.6	126	0.05	17.91	18.45	9.64	0.53
bread:scratch variety	serving	400	155	168	2.48	1.51	33.3	326	2.15	4.15	26.21	3.93	1.18
mixed veggies, frozen^	1/2 cup	500	44	18	1.78	0.00	17.8	889	2.13	0.89	9.78	0.0	0.00
fresh veggie mix	1/2 cup	400	19	20	1.35	0.57	19.8	1844	20.1	1.02	3.74	0.14	0.03
Strawberry cup, froz (19) comm	1 each	450	90	0	2.00	0.00	0.0	0	0.0	1.0	22.0	0.0	0.00
fruit, fresh, variety	1 CUP	500	71	1	2.84	0.31	19.8	200	33.43	0.88	18.08	0.31	0.05
juice cup variety	4 oz	200	62	14	0.00	0.00	0.0	0	11.4	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	500	110	141	0.00	0.45	300.0	500	1.2	8.0	17.75	0.62	0.37
bbq sauce	2 TBSP	250	40	390	0.00	0.00	0.0	200	6.0	0.0	9.0	0.0	0.00
ketchup^	1 tbsp	600	20	160	0.00	0.00	0.0	100	0.0	0.0	5.0	0.0	0.00
dressing ranch light^	2 TBSP	150	70	350	0.00	0.00	0.0	0	0.0	0.0	7.0	4.5	0.50
margarine cup^	1 EACH	400	20	30	0.00	0.00	0.0	200	0.0	0.0	0.0	2.0	0.00
salad bar HS	1 EACH	20	402	822	17.13	11.01	466.3	42824	88.13	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	35	651	1230	6.35	4.86	326.5	261	0.92	38.91	64.63	28.06	5.10
yogurt parfaits,fruit&gran HS	serving	10	469	230	5.27	1.37	363.4	273	23.6	15.4	98.18	4.02	1.51
Weighted Daily Average			815	1436	10.75	6.16	449.4	4693	55.23	38.37	119.94	20.07	2.38
% of Calories										18.8%	58.9%	22.2%	2.6%
Nutrient Guideline			750-850	1420									<10.00

Wed - 01/23/2019													
High School Food Court Men	Total	320											
pasta variety HS1	1 CUP	350	210	75	4.00	9.99	120.0	0	0.0	7.0	43.0	1.5	0.00
sauce, alfredo HS	1/4 cup	180	150	330	0.00	0.00	50.0	50	0.0	2.5	3.5	14.0	6.50
spaghetti meat sauce	1/2 cup	180	205	142	0.96	1.05	13.3	0	0.85	9.82	9.48	13.85	4.87
breadstick^	1 oz	275	80	100	1.50	0.00	0.0	0	0.0	3.0	14.5	1.0	0.00
fresh veggie mix	1/2 cup	150	19	20	1.35	0.57	19.8	1844	20.1	1.02	3.74	0.14	0.03
pear sliced in juice	1/2 cup	150	76	10	2.00	0.00	0.0	0	0.0	0.0	19.0	0.0	0.00
fruit, fresh, variety	1/2 CUP	150	35	1	1.42	0.15	9.9	100	16.72	0.44	9.04	0.16	0.03
juice cup variety	4 oz	20	62	14	0.00	0.00	0.0	0	11.4	0.5	14.5	0.0	0.00
dressing variety Ra/Fr/Ital^	2 tbsp	170	53	300	0.00	0.00	0.0	0	0.0	0.0	6.33	3.17	0.33
cheese parmesan grated	2 TSP	200	23	73	0.00	0.00	66.7	0	0.0	2.0	0.0	1.67	1.00
milk vty half pints^	1 each	300	110	141	0.00	0.45	300.0	500	1.2	8.0	17.75	0.62	0.37
yogurt parfaits,fruit&gran HS	serving	10	469	230	5.27	1.37	363.4	273	23.6	15.4	98.18	4.02	1.51
sandwiches (HS)	1 EACH	20	651	1230	6.35	4.86	326.5	261	0.92	38.91	64.63	28.06	5.10
salad bar HS	1 EACH	10	402	822	17.13	11.01	466.3	42824	88.13	28.81	49.72	11.14	3.05

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Linn-Mar Community Schools

Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			777	896	9.54	12.97	550.1	2771	23.12	30.44	111.26	23.84	8.04
% of Calories										15.7%	57.3%	27.6%	9.3%
Nutrient Guideline			750-850	1420									<10.00

Thu - 01/24/2019													
High School Food Court Men	Total	750											
chicken mandarin orange	serving	700	150	280	0.00	0.72	0.0	0	1.2	11.0	19.0	3.0	0.50
brown rice,chicken flavored	1/2 cup	700	71	166	0.63	0.27	5.0	0	0.0	1.58	14.16	0.95	0.15
egg roll,chick/veg,whlgr	1 EACH	700	160	410	3.00	1.80	40.0	750	6.0	10.0	20.0	5.0	1.00
vegetables stir fry	1 cup	500	35	25	2.00	0.36	20.0	1000	1.2	0.0	6.0	0.0	0.00
fresh veggie mix	1/2 cup	500	19	20	1.35	0.57	19.8	1844	20.1	1.02	3.74	0.14	0.03
fruit, fresh, variety	1 CUP	500	71	1	2.84	0.31	19.8	200	33.43	0.88	18.08	0.31	0.05
mandarin oranges^	1/2 cup	500	90	10	1.00	0.36	20.0	1250	27.0	1.0	23.0	0.0	0.00
juice cup variety	4 oz	250	62	14	0.00	0.00	0.0	0	11.4	0.5	14.5	0.0	0.00
sweet & sour sauce^	1 TBSP	200	30	54	0.00	0.00	0.0	0	0.0	0.0	6.89	0.0	0.00
dressing ranch light^	2 TBSP	200	70	350	0.00	0.00	0.0	0	0.0	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	600	110	141	0.00	0.45	300.0	500	1.2	8.0	17.75	0.62	0.37
salad bar HS	1 EACH	25	402	822	17.13	11.01	466.3	42824	88.13	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	100	651	1230	6.35	4.86	326.5	261	0.92	38.91	64.63	28.06	5.10
yogurt parfaits,fruit&gran HS	serving	50	469	230	5.27	1.37	363.4	273	23.6	15.4	98.18	4.02	1.51
Weighted Daily Average			765	1268	9.95	5.14	418.4	5443	70.60	36.75	123.05	14.73	2.90
% of Calories										19.2%	64.3%	17.3%	3.4%
Nutrient Guideline			750-850	1420									<10.00

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Linn-Mar Community Schools

Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/25/2019													
High School Food Court Men	Total	600											
pizza crunchers^	4 piece serving	600	420	790	5.00	2.15	426.0	480	1.87	20.0	41.0	20.0	9.00
green beans,steamed^	1/2 cup	400	28	0	2.80	0.67	18.7	187	4.48	0.93	5.6	0.0	0.00
romaine/spinach&tomato	1/2 cup	200	15	9	1.71	0.79	27.2	6357	6.03	1.08	3.05	0.25	0.03
mixed fruit cocktail	1/2 cup	200	60	10	0.00	0.00	0.0	200	1.2	0.0	17.0	0.0	0.00
fruit, fresh, variety	1 CUP	150	71	1	2.84	0.31	19.8	200	33.43	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	14	0.00	0.00	0.0	0	11.4	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	25	70	350	0.00	0.00	0.0	0	0.0	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	300	110	141	0.00	0.45	300.0	500	1.2	8.0	17.75	0.62	0.37
salad bar HS	1 EACH	8	402	822	17.13	11.01	466.3	42824	88.13	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	50	651	1230	6.35	4.86	326.5	261	0.92	38.91	64.63	28.06	5.10
yogurt parfaits,fruit&gran HS	serving	20	469	230	5.27	1.37	363.4	273	23.6	15.4	98.18	4.02	1.51
sunshine cake	1 each	400	266	156	1.17	0.69	9.7	3583	2.02	2.34	43.38	9.76	1.83
Weighted Daily Average			797	1108	9.86	4.22	654.4	6081	20.56	30.94	104.55	29.79	10.97
% of Calories										15.5%	52.5%	33.6%	12.4%
Nutrient Guideline			750-850	1420									<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/28/2019													
High School Food Court Men	Total	575											
french toast stk	4 Each	425	480	520	4.00	1.44	80.0	0	0.0	12.0	76.0	14.0	2.00
Egg Omelet	3.5 oz	425	107	215	0.04	0.63	35.0	408	1.99	8.32	1.36	7.63	3.29
potato triangles	2 each	425	178	391	2.67	0.68	10.3	0	4.7	0.89	23.11	8.89	1.33
fresh veggie mix	1/2 cup	270	19	20	1.35	0.57	19.8	1844	20.1	1.02	3.74	0.14	0.03
banana,small	1 each	150	90	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11
fruit, fresh, variety	1 CUP	100	71	1	2.84	0.31	19.8	200	33.43	0.88	18.08	0.31	0.05
juice cup variety	4 oz	150	62	14	0.00	0.00	0.0	0	11.4	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	270	20	160	0.00	0.00	0.0	100	0.0	0.0	5.0	0.0	0.00
syrop, pancake^	2 tbsp	300	50	55	0.00	0.00	0.0	0	0.0	0.0	13.0	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	150	53	285	0.00	0.00	0.0	0	0.0	0.0	7.75	2.38	0.25
milk vty half pints^	1 each	400	110	141	0.00	0.45	300.0	500	1.2	8.0	17.75	0.62	0.37
salad bar HS	1 EACH	6	402	822	17.13	11.01	466.3	42824	88.13	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	25	651	1230	6.35	4.86	326.5	261	0.92	38.91	64.63	28.06	5.10
yogurt parfaits,fruit&gran HS	serving	5	469	230	5.27	1.37	363.4	273	23.6	15.4	98.18	4.02	1.51
Weighted Daily Average			789	1187	7.27	3.07	337.6	2074	27.46	24.41	116.64	25.19	5.54
% of Calories										12.4%	59.2%	28.7%	6.3%
Nutrient Guideline			750-850	1420									<10.00

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Linn-Mar Community Schools

Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/29/2019													
High School Food Court Men	Total	650											
chicken nuggets^	6 each	650	350	452	1.94	2.10	22.6	147	0.94	26.43	19.68	19.0	2.19
rolls, hot^	2 oz	500	205	234	2.30	1.92	67.9	452	3.48	5.03	29.14	7.83	2.10
potatoes mashed^	1/2 cup	500	80	310	1.00	0.36	20.0	0	3.6	2.0	17.0	1.0	0.00
gravy, chicken^	2 oz	350	21	231	0.00	0.01	1.2	0	0.0	0.0	4.16	0.0	0.00
fresh veggie mix	1/2 cup	270	19	20	1.35	0.57	19.8	1844	20.1	1.02	3.74	0.14	0.03
peaches sliced	1/2 cup	200	49	10	0.00	0.00	0.0	295	1.18	0.0	11.81	0.0	0.00
fruit, fresh, variety	1/2 CUP	250	35	1	1.42	0.15	9.9	100	16.72	0.44	9.04	0.16	0.03
juice cup variety	4 oz	50	62	14	0.00	0.00	0.0	0	11.4	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	250	20	160	0.00	0.00	0.0	100	0.0	0.0	5.0	0.0	0.00
mustard^	1 tsp	50	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
bbq sauce	2 TBSP	250	40	390	0.00	0.00	0.0	200	6.0	0.0	9.0	0.0	0.00
margarine cup^	1 EACH	300	20	30	0.00	0.00	0.0	200	0.0	0.0	0.0	2.0	0.00
milk vty half pints^	1 each	450	110	141	0.00	0.45	300.0	500	1.2	8.0	17.75	0.62	0.37
yogurt parfaits,fruit&gran HS	serving	10	469	230	5.27	1.37	363.4	273	23.6	15.4	98.18	4.02	1.51
salad bar HS	1 EACH	10	402	822	17.13	11.01	466.3	42824	88.13	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	50	651	1230	6.35	4.86	326.5	261	0.92	38.91	64.63	28.06	5.10
Weighted Daily Average			794	1446	6.41	5.03	348.5	2627	27.34	41.68	92.11	29.66	4.55
% of Calories										21.0%	46.4%	33.6%	5.2%
Nutrient Guideline			750-850	1420									<10.00

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Linn-Mar Community Schools

Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/30/2019													
High School Food Court Men	Total	320											
pasta variety HS1	1 CUP	350	210	75	4.00	9.99	120.0	0	0.0	7.0	43.0	1.5	0.00
sauce, alfredo HS	1/4 cup	120	150	330	0.00	0.00	50.0	50	0.0	2.5	3.5	14.0	6.50
sauce, marinara w/meatballs HS	serving	180	210	270	4.00	2.52	60.0	600	4.8	16.0	14.0	10.0	3.50
breadstick^	1 oz	275	80	100	1.50	0.00	0.0	0	0.0	3.0	14.5	1.0	0.00
fresh veggie mix	1/2 cup	150	19	20	1.35	0.57	19.8	1844	20.1	1.02	3.74	0.14	0.03
fruit salad tropical	1/2 cup	100	100	0	2.00	0.00	0.0	0	21.0	0.0	24.0	0.0	0.00
fruit, fresh, variety	1/2 CUP	100	35	1	1.42	0.15	9.9	100	16.72	0.44	9.04	0.16	0.03
juice cup variety	4 oz	20	62	14	0.00	0.00	0.0	0	11.4	0.5	14.5	0.0	0.00
dressing variety Ra/Fr/Ital^	2 tbsp	170	53	300	0.00	0.00	0.0	0	0.0	0.0	6.33	3.17	0.33
cheese parmesan grated	2 TSP	200	23	73	0.00	0.00	66.7	0	0.0	2.0	0.0	1.67	1.00
milk vty half pints^	1 each	300	110	141	0.00	0.45	300.0	500	1.2	8.0	17.75	0.62	0.37
sandwiches (HS)	1 EACH	50	651	1230	6.35	4.86	326.5	261	0.92	38.91	64.63	28.06	5.10
yogurt parfaits, fruit&gran HS	serving	10	469	230	5.27	1.37	363.4	273	23.6	15.4	98.18	4.02	1.51
salad bar HS	1 EACH	5	402	822	17.13	11.01	466.3	42824	88.13	28.81	49.72	11.14	3.05
Weighted Daily Average			797	1004	11.04	14.06	588.7	2439	28.00	36.58	115.61	21.48	6.47
% of Calories										18.4%	58.1%	24.3%	7.3%
Nutrient Guideline			750-850	1420									<10.00

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Linn-Mar Community Schools

Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 14

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/31/2019													
High School Food Court Men	Total	700											
chicken patty/hot /spicy sw	sandwich	750	330	572	4.34	4.22	248.8	242	0.18	20.59	45.31	8.06	1.23
fish sw^	1 EACH	200	340	440	5.00	2.52	220.0	0	0.0	18.0	47.0	10.0	1.50
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	400	8	3	0.54	0.13	4.9	358	5.62	0.4	1.7	0.09	0.01
cheese american	1 slice	200	53	211	0.00	0.03	78.0	136	0.0	3.14	0.23	4.43	2.79
peas and carrots^	1/2 cup	350	4	5	0.27	0.06	5.3	889	10.67	0.09	0.36	0.0	0.00
fresh veggie mix	1/2 cup	300	19	20	1.35	0.57	19.8	1844	20.1	1.02	3.74	0.14	0.03
Applesauce (cans) (19)	1/2 CUP	210	50	15	2.01	0.00	0.0	0	0.0	0.0	15.06	0.0	0.00
fruit, fresh, variety	1 CUP	400	71	1	2.84	0.31	19.8	200	33.43	0.88	18.08	0.31	0.05
juice cup variety	4 oz	250	62	14	0.00	0.00	0.0	0	11.4	0.5	14.5	0.0	0.00
dressing ranch light^	1 tbsp	200	35	175	0.00	0.00	0.0	0	0.0	0.0	3.5	2.25	0.25
tartar sauce^	2 tbsp	50	100	300	0.00	0.00	0.0	0	0.0	0.0	7.0	7.0	1.00
ketchup^	1 tbsp	400	20	160	0.00	0.00	0.0	100	0.0	0.0	5.0	0.0	0.00
mustard^	1 TSP	55	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
bbq sauce	2 TBSP	100	40	390	0.00	0.00	0.0	200	6.0	0.0	9.0	0.0	0.00
pickle slices^	2 EACH	200	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
milk vty half pints^	1 each	500	110	141	0.00	0.45	300.0	500	1.2	8.0	17.75	0.62	0.37
yogurt parfaits,fruit&gran HS	serving	75	469	230	5.27	1.37	363.4	273	23.6	15.4	98.18	4.02	1.51
salad bar HS	1 EACH	10	402	822	17.13	11.01	466.3	42824	88.13	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	50	651	1230	6.35	4.86	326.5	261	0.92	38.91	64.63	28.06	5.10
Weighted Daily Average			774	1295	10.59	6.75	660.1	2954	46.10	40.04	118.99	17.23	3.57
% of Calories										20.7%	61.5%	20.0%	4.2%
Nutrient Guideline			750-850	1420									<10.00

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Linn-Mar Community Schools

Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/01/2019													
High School Food Court Men	Total	900											
Grilled Chicken Breast Filet	3 oz	450	82	264	0.00	0.00	9.0	26	1.0	18.0	0.0	1.2	0.25
BUN, HAMBURGER	EACH 2 oz.	450	171	291	2.29	1.76	33.9	449	3.02	4.83	28.71	4.55	0.68
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	450	8	3	0.54	0.13	4.9	358	5.62	0.4	1.7	0.09	0.01
pickle slices^	2 EACH	400	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
baked beans^	1/2 cup	400	162	559	5.19	2.01	47.1	151	1.22	7.32	37.2	0.0	0.00
fresh veggie mix	1/2 cup	400	19	20	1.35	0.57	19.8	1844	20.1	1.02	3.74	0.14	0.03
mixed fruit cocktail	1/2 cup	400	60	10	0.00	0.00	0.0	200	1.2	0.0	17.0	0.0	0.00
fruit, fresh, variety	1 CUP	400	71	1	2.84	0.31	19.8	200	33.43	0.88	18.08	0.31	0.05
juice cup variety	4 oz	150	62	14	0.00	0.00	0.0	0	11.4	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	300	70	350	0.00	0.00	0.0	0	0.0	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	300	110	141	0.00	0.45	300.0	500	1.2	8.0	17.75	0.62	0.37
salad bar HS	1 EACH	25	402	822	17.13	11.01	466.3	42824	88.13	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	150	651	1230	6.35	4.86	326.5	261	0.92	38.91	64.63	28.06	5.10
yogurt parfaits,fruit&gran HS	serving	25	469	230	5.27	1.37	363.4	273	23.6	15.4	98.18	4.02	1.51
ketchup^	1 tbsp	600	20	160	0.00	0.00	0.0	100	0.0	0.0	5.0	0.0	0.00
choc chip cookies w/lq egg	1 each	700	129	80	0.96	0.52	5.5	368	0.0	1.57	16.54	6.69	2.66
Weighted Daily Average			586	1150	8.01	3.93	244.1	3241	35.24	27.39	90.74	15.13	3.84
% of Calories										18.7%	62.0%	23.3%	5.9%
Nutrient Guideline			750-850	1420									<10.00

Mon - 02/04/2019													
High School Food Court Men	Total	320											
chicken sweet chili thai	Servings	600	172	452	0.00	0.89	0.0	37	2.97	13.63	21.06	3.72	0.62
brown rice,chicken flavored	1/2 cup	500	71	166	0.63	0.27	5.0	0	0.0	1.58	14.16	0.95	0.15
vegetables stir fry	1/2 cup	200	17	13	1.00	0.18	10.0	500	0.6	0.0	3.0	0.0	0.00
fresh veggie mix	1/2 cup	200	19	20	1.35	0.57	19.8	1844	20.1	1.02	3.74	0.14	0.03
fruit, fresh, variety	1/2 CUP	200	35	1	1.42	0.15	9.9	100	16.72	0.44	9.04	0.16	0.03
mandarin oranges^	1/2 cup	200	90	10	1.00	0.36	20.0	1250	27.0	1.0	23.0	0.0	0.00
juice cup variety	4 oz	75	62	14	0.00	0.00	0.0	0	11.4	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	120	70	350	0.00	0.00	0.0	0	0.0	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	200	110	141	0.00	0.45	300.0	500	1.2	8.0	17.75	0.62	0.37
salad bar HS	1 EACH	20	402	822	17.13	11.01	466.3	42824	88.13	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	10	651	1230	6.35	4.86	326.5	261	0.92	38.91	64.63	28.06	5.10
pb&j sandwich	2 each	25	620	600	8.00	2.88	120.0	0	0.0	20.0	70.0	32.0	5.00
yogurt parfaits,fruit&gran HS	serving	20	469	230	5.27	1.37	363.4	273	23.6	15.4	98.18	4.02	1.51

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Linn-Mar Community Schools

Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			767	1507	6.19	4.32	304.1	5393	56.27	40.21	119.69	15.04	2.68
% of Calories										21.0%	62.4%	17.6%	3.1%
Nutrient Guideline			750-850	1420									<10.00

Tue - 02/05/2019													
High School Food Court Men	Total	500											
chicken patty (4ozGold) s/w	1 EACH	575	379	690	4.22	3.72	230.6	59	0.0	28.28	45.79	9.8	1.47
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	400	8	3	0.54	0.13	4.9	358	5.62	0.4	1.7	0.09	0.01
broccoli & cheese s (gov)	1 CUP	150	213	621	3.56	0.00	336.3	576	53.36	12.15	10.08	11.85	6.81
fresh veggie mix	1/2 cup	200	19	20	1.35	0.57	19.8	1844	20.1	1.02	3.74	0.14	0.03
orange, fresh slices^	1/2 cup	200	46	0	2.36	0.10	39.3	221	52.27	0.92	11.54	0.12	0.01
fruit, fresh, variety	1 CUP	250	71	1	2.84	0.31	19.8	200	33.43	0.88	18.08	0.31	0.05
juice cup variety	4 oz	200	62	14	0.00	0.00	0.0	0	11.4	0.5	14.5	0.0	0.00
dressing ranch light^	2 tbsp	100	70	350	0.00	0.00	0.0	0	0.0	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	450	110	141	0.00	0.45	300.0	500	1.2	8.0	17.75	0.62	0.37
ketchup^	1 tbsp	150	20	160	0.00	0.00	0.0	100	0.0	0.0	5.0	0.0	0.00
BBQ sauce, PC cup^	1 EACH	100	45	360	0.00	0.00	0.0	0	2.4	0.0	10.0	0.5	0.00
mustard^	1 TSP	50	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
mayo(salad dressing light)^	1 TBSP	20	30	130	0.00	0.00	0.0	0	0.0	0.0	3.0	2.0	0.00
salad bar HS	1 EACH	10	402	822	17.13	11.01	466.3	42824	88.13	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	30	651	1230	6.35	4.86	326.5	261	0.92	38.91	64.63	28.06	5.10
yogurt parfaits,fruit&gran HS	serving	15	469	230	5.27	1.37	363.4	273	23.6	15.4	98.18	4.02	1.51
Weighted Daily Average			783	1421	10.14	5.76	713.4	2814	74.82	48.47	106.81	18.82	4.64
% of Calories										24.8%	54.6%	21.6%	5.3%
Nutrient Guideline			750-850	1420									<10.00

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Linn-Mar Community Schools

Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 17

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/06/2019													
High School Food Court Men	Total	320											
pasta variety HS1	1 CUP	350	210	75	4.00	9.99	120.0	0	0.0	7.0	43.0	1.5	0.00
sauce, alfredo HS	1/4 cup	150	150	330	0.00	0.00	50.0	50	0.0	2.5	3.5	14.0	6.50
spagh sauce w/ beef crum^	4 oz	180	133	145	2.50	1.81	32.4	468	3.73	9.8	10.29	5.53	1.69
breadstick^	1 oz	275	80	100	1.50	0.00	0.0	0	0.0	3.0	14.5	1.0	0.00
fresh veggie mix	1/2 cup	150	19	20	1.35	0.57	19.8	1844	20.1	1.02	3.74	0.14	0.03
pineapple chunks^	1/2 cup	150	65	0	0.82	0.29	16.4	82	9.81	0.82	17.99	0.0	0.00
fruit, fresh, variety	1 CUP	150	71	1	2.84	0.31	19.8	200	33.43	0.88	18.08	0.31	0.05
juice cup variety	4 oz	20	62	14	0.00	0.00	0.0	0	11.4	0.5	14.5	0.0	0.00
dressing variety Ra/Fr/Ital^	2 tbsp	170	53	300	0.00	0.00	0.0	0	0.0	0.0	6.33	3.17	0.33
cheese parmesan grated	2 TSP	200	23	73	0.00	0.00	66.7	0	0.0	2.0	0.0	1.67	1.00
milk vty half pints^	1 each	300	110	141	0.00	0.45	300.0	500	1.2	8.0	17.75	0.62	0.37
sandwiches (HS)	1 EACH	50	651	1230	6.35	4.86	326.5	261	0.92	38.91	64.63	28.06	5.10
yogurt parfaits,fruit&gran HS	serving	10	469	230	5.27	1.37	363.4	273	23.6	15.4	98.18	4.02	1.51
salad bar HS	1 EACH	15	402	822	17.13	11.01	466.3	42824	88.13	28.81	49.72	11.14	3.05
Weighted Daily Average			801	990	11.38	14.23	606.3	3808	38.64	34.88	121.99	20.73	6.17
% of Calories										17.4%	60.9%	23.3%	6.9%
Nutrient Guideline			750-850	1420									<10.00

Thu - 02/07/2019													
High School Food Court Men	Total	320											
hamburger on a bun^	1 each	350	300	510	4.00	3.60	240.0	100	1.2	20.0	33.0	11.0	3.50
lettuce & tomato	1/2 cup	150	5	2	0.54	0.24	8.2	2103	1.35	0.32	0.9	0.08	0.01
sweet potato fries^	4 oz	300	200	250	2.00	0.36	20.0	3000	6.0	1.0	26.0	10.0	1.50
fresh veggie mix	1/2 cup	200	19	20	1.35	0.57	19.8	1844	20.1	1.02	3.74	0.14	0.03
pear sliced in juice	1/2 cup	150	76	10	2.00	0.00	0.0	0	0.0	0.0	19.0	0.0	0.00
fruit, fresh, variety	1 CUP	150	71	1	2.84	0.31	19.8	200	33.43	0.88	18.08	0.31	0.05
juice cup variety	4 oz	100	62	14	0.00	0.00	0.0	0	11.4	0.5	14.5	0.0	0.00
pickle slices^	2 EACH	225	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
mustard^	1 tsp	25	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	85	53	285	0.00	0.00	0.0	0	0.0	0.0	7.75	2.38	0.25
milk vty half pints^	1 each	300	110	141	0.00	0.45	300.0	500	1.2	8.0	17.75	0.62	0.37
yogurt parfaits,fruit&gran HS	serving	10	469	230	5.27	1.37	363.4	273	23.6	15.4	98.18	4.02	1.51
salad bar HS	1 EACH	10	402	822	17.13	11.01	466.3	42824	88.13	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	30	651	1230	6.35	4.86	326.5	261	0.92	38.91	64.63	28.06	5.10

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Linn-Mar Community Schools

Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			823	1240	10.91	6.15	644.5	6994	44.07	36.69	114.52	26.00	6.32
% of Calories										17.8%	55.7%	28.4%	6.9%
Nutrient Guideline			750-850	1420									<10.00

Fri - 02/08/2019													
High School Food Court Men	Total	650											
Pizza garlic f.b cheese (19)	1 EACH	300	350	450	2.00	1.80	450.0	300	0.0	22.0	29.0	18.0	7.00
pizza pepperoni 8"stuff/cr	1 EACH	350	350	640	4.00	2.70	300.0	750	21.0	21.0	30.0	16.0	7.00
salad romaine/spinach blend	1 cup	270	91	197	9.75	8.35	299.4	41021	72.8	9.28	15.69	1.56	0.23
fresh veggie mix	1/2 cup	270	19	20	1.35	0.57	19.8	1844	20.1	1.02	3.74	0.14	0.03
melon mix (3)	1/2 cup	270	27	9	0.56	0.16	5.8	1041	16.62	0.53	6.6	0.13	0.03
fruit, fresh, variety	1 CUP	270	71	1	2.84	0.31	19.8	200	33.43	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	14	0.00	0.00	0.0	0	11.4	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	810	110	141	0.00	0.45	300.0	500	1.2	8.0	17.75	0.62	0.37
salad bar HS	1 EACH	10	402	822	17.13	11.01	466.3	42824	88.13	28.81	49.72	11.14	3.05
yogurt parfaits,fruit&gran HS	serving	15	469	230	5.27	1.37	363.4	273	23.6	15.4	98.18	4.02	1.51
sandwiches (HS)	1 EACH	50	651	1230	6.35	4.86	326.5	261	0.92	38.91	64.63	28.06	5.10
brownie HS (usda)	1 each	400	312	195	3.74	1.69	45.8	3592	0.0	5.08	47.2	12.76	3.59
Weighted Daily Average			837	1057	12.27	8.36	955.1	22382	75.03	43.25	108.14	28.86	10.29
% of Calories										20.7%	51.7%	31.0%	11.1%
Nutrient Guideline			750-850	1420									<10.00

Weighted Average			783	1248	9.84	7.20	537.3	5744	43.56	37.58	110.49	22.42	5.91
										19.2%	56.4%	25.8%	6.8%

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Linn-Mar Community Schools

Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	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	783		750 - 850	100%										
Sodium 1 (mg)	1248		1420											
Sodium 2 (mg)	1248		1080					168	Correction Required - Sodium too High					
Fiber (g)	9.84													
Iron (mg)	7.20													
Calcium (mg)	537.3													
Vitamin A (IU)	5744													
Vitamin C (mg)	43.56													
Protein (g)	37.58	19.20%												
Carbohydrate (g)	110.49	56.44%												
Total Fat (g)	22.42	25.77%												
Saturated Fat (g)	5.91	6.80%	<10.00%											

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