

Linn-Mar Community Schools

Mar 25, 2019 thru May 3, 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/25/2019														
High School Food Court Men	Total	600												
taco meat w/ beef crumbles^	3 oz	650	135	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50
cheese cheddar shredded^	1 oz	400	80	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	500	270	222	4.00	1.08	0.0	0	0.0	0	4.0	40.0	11.0	1.50
refried beans w/salsa	1/2 cup	200	138	325	5.09	2.77	72.5	1303	15.64	8	7.12	25.57	1.02	0.00
lettuce & tomato	1/2 cup	200	5	2	0.54	0.24	8.2	2103	1.35	*0	0.32	0.9	0.08	0.01
fresh veggie mix	1/2 cup	270	19	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
Fruit Juice Slushies (19)	1 each	270	90	30	0.00	0.00	80.0	1000	60.0	19	0.0	22.0	0.0	0.00
fruit, fresh, variety	1/2 CUP	271	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	50	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
Salsa cup^	2 oz	200	7	43	0.00	0.00	0.0	67	1.6	1	0.0	1.33	0.0	0.00
sour cream, pouch	1 each	200	25	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
dressing ranch light^	2 TBSP	200	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	810	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	10	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	50	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
yogurt parfaits,fruit&gran HS	serving	20	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Weighted Daily Average			792	1119	8.11	5.78	745.2	4592	57.50	*45	40.37	102.06	25.43	7.31
% of Calories										*22.7%	20.4%	51.5%	28.9%	8.3%
Nutrient Guideline			750-850	1420										<10.00

Tue - 03/26/2019														
High School Food Court Men	Total	600												
Buffalo Chicken Popcorn Nugget	1 each	750	255	482	0.00	2.68	50.9	0	0.0	0	18.76	25.46	8.04	1.34
Roll, Hot (frozen) (19)	1 each	700	80	140	1.00	0.72	0.0	0	0.0	1	3.0	13.0	1.5	0.00
mixed veggies, frozen^	1/2 cup	500	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	400	19	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
mandarin oranges^	1/2 cup	450	90	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00
fruit, fresh, variety	1 CUP	500	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	200	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	500	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
bbq sauce	2 TBSP	250	40	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
ketchup^	1 tbsp	600	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	150	70	350	0.00	0.00	0.0	0	0.0	1	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	0.0	2.0	0.00
salad bar HS	1 EACH	20	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	35	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
yogurt parfaits,fruit&gran HS	serving	10	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51

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

Mar 25, 2019 thru May 3, 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			820	1444	7.66	6.09	412.9	5254	73.98	*57	39.55	126.71	16.98	2.56
% of Calories										*27.8%	19.3%	61.8%	18.6%	2.8%
Nutrient Guideline			750-850	1420										<10.00

Wed - 03/27/2019														
High School Food Court Men	Total	320												
pasta variety HS1	1 CUP	350	210	75	4.00	9.99	120.0	0	0.0	2	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	2.5	3.5	14.0	6.50
Spaghetti sauce with meatballs	serving	180	208	387	2.99	2.86	59.5	599	7.19	10	15.83	15.95	9.89	3.46
garlic bread stick (19)	1 EACH	275	100	95	1.00	0.72	0.0	0	0.0	1	1.0	15.0	3.5	0.50
fresh veggie mix	1/2 cup	150	19	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
Applesauce (cans) (19)	1/2 CUP	150	50	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0	0.00
fruit, fresh, variety	1/2 CUP	150	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	20	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	170	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	200	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	300	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	10	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
sandwiches (HS)	1 EACH	20	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
salad bar HS	1 EACH	10	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Weighted Daily Average			777	1017	10.21	14.54	575.1	3106	26.69	*40	31.44	113.02	23.52	7.62
% of Calories										*20.5%	16.2%	58.2%	27.2%	8.8%
Nutrient Guideline			750-850	1420										<10.00

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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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/28/2019														
High School Food Court Men	Total	750												
chicken mandarin orange	700		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	700	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	700	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	500	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	500	19	20	1.35	0.57	19.8	1844	20.1	2	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	*12	0.88	18.08	0.31	0.05
strawberries fresh^	1/2 cup	500	29	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01
juice cup variety	4 oz	250	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	200	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	200	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	600	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	25	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	100	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
yogurt parfaits,fruit&gran HS	serving	50	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Weighted Daily Average			710	1161	11.35	5.35	412.7	4707	87.04	*51	38.80	109.50	14.40	5.15
% of Calories										*28.7%	21.9%	61.7%	18.2%	6.5%
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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/29/2019														
High School Food Court Men	Total	600												
pizza crunchers^	4 piece serving	600	420	790	5.00	2.15	426.0	480	1.87	3	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	2	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	*0	1.08	3.05	0.25	0.03
apple fresh whole^	1 each	200	95	2	4.37	0.22	10.9	98	8.37	19	0.47	25.13	0.31	0.05
fruit, fresh, variety	1 CUP	150	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	50	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	25	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	300	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	8	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	50	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
yogurt parfaits,fruit&gran HS	serving	20	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
choc chip cookies w/lq egg	1 each	600	129	80	0.96	0.52	5.5	368	0.0	*7	1.57	16.54	6.69	2.66
Weighted Daily Average			751	1061	11.44	4.27	655.8	4023	21.60	*33	30.22	94.27	29.75	12.37
% of Calories										*17.6%	16.1%	50.2%	35.7%	14.8%
Nutrient Guideline			750-850	1420										<10.00

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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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/01/2019														
High School Food Court Men	Total	575												
French toast sticks	3 sticks	600	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	400	107	215	0.04	0.63	35.0	408	1.99	0	8.32	1.36	7.63	3.29
potato triangles	2 each	600	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	270	19	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
pineapple chunks^	1/2 cup	200	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	150	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	50	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	270	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
syrup, pancake^	2 tbsp	200	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	150	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	400	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	25	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	10	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	25	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			703	1226	7.33	4.42	355.7	2600	32.29	*41	24.06	108.61	24.51	6.95
% of Calories										*23.2%	13.7%	61.8%	31.4%	8.9%
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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/02/2019														
High School Food Court Men	Total	650												
chicken nuggets^	6 each	650	350	452	1.94	2.10	22.6	147	0.94	0	26.43	19.68	19.0	2.19
rolls, hot^	2 oz	500	205	234	2.30	1.92	67.9	452	3.48	*4	5.03	29.14	7.83	2.10
MASHED POTATOES:flakes,mlk+but	1/2 CUP	500	102	172	0.84	0.17	33.6	181	10.19	2	1.86	11.41	5.39	3.35
gravy, chicken^	2 oz	350	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	270	19	20	1.35	0.57	19.8	1844	20.1	2	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	10	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	*6	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	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	250	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	50	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
bbq sauce	2 TBSP	250	40	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
margarine cup^	1 EACH	300	20	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	450	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	10	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	10	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	50	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			802	1321	6.24	4.81	357.7	2763	32.41	*27	40.75	87.25	32.74	7.07
% of Calories										*13.4%	20.3%	43.5%	36.7%	7.9%
Nutrient Guideline			750-850	1420										<10.00

Wed - 04/03/2019														
High School Food Court Men	Total	320												
pasta variety HS1	1 CUP	350	210	75	4.00	9.99	120.0	0	0.0	2	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	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	7	16.0	14.0	10.0	3.50
breadstick^	1 oz	275	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	150	19	20	1.35	0.57	19.8	1844	20.1	2	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	21	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	*6	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	13	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	4	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	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	16	8.0	17.75	0.62	0.37
sandwiches (HS)	1 EACH	50	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
yogurt parfaits,fruit&gran HS	serving	10	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	5	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05

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Linn-Mar Community Schools

Mar 25, 2019 thru May 3, 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)	Sugars (g)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			779	966	10.95	13.91	586.3	2435	28.00	*40	34.92	114.46	20.87	6.36
% of Calories										*20.4%	17.9%	58.7%	24.1%	7.3%
Nutrient Guideline			750-850	1420										<10.00

Thu - 04/04/2019														
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	5	20.59	45.31	8.06	1.23
fish sw^	1 EACH	200	340	440	5.00	2.52	220.0	0	0.0	5	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	1	0.4	1.7	0.09	0.01
cheese american	1 slice	200	53	211	0.00	0.03	78.0	136	0.0	*N/A*	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	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	2	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	11	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	*12	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	13	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	1	0.0	3.5	2.25	0.25
tartar sauce^	2 tbsp	50	100	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0	1.00
ketchup^	1 tbsp	400	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	55	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	100	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	200	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
milk vty half pints^	1 each	500	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	75	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	10	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	50	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			766	1278	10.54	6.68	659.0	2952	46.10	*45	39.28	118.46	16.95	3.52
% of Calories										*23.7%	20.5%	61.9%	19.9%	4.1%
Nutrient Guideline			750-850	1420										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 3, 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 04/05/2019														
High School Food Court Men	Total	900												
Grilled Chicken Breast Filet	3 oz	650	82	264	0.00	0.00	9.0	26	1.0	0	18.0	0.0	1.2	0.25
BUN, HAMBURGER	EACH 2 oz.	650	171	291	2.29	1.76	33.9	449	3.02	*4	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	1	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	0.00
baked beans^	1/2 cup	450	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	400	19	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
banana,small	1 each	400	90	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11
fruit, fresh, variety	1 CUP	400	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	150	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	300	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	300	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	25	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	150	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
yogurt parfaits,fruit&gran HS	serving	50	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
ketchup^	1 tbsp	600	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	200	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
bbq sauce	2 TBSP	200	40	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	50	30	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00
Weighted Daily Average			569	1311	9.27	4.03	261.8	3056	41.56	*41	30.80	92.68	10.93	1.95
% of Calories										*28.5%	21.6%	65.1%	17.3%	3.1%
Nutrient Guideline			750-850	1420										<10.00

Mon - 04/08/2019														
High School Food Court Men	Total	320												
Street Taco-shred beef	1 each	250	333	699	6.28	2.05	310.5	5001	3.3	*0	29.69	29.16	12.07	5.73
brown rice lmusda^	1/2 cup	250	116	3	1.05	0.45	8.7	0	0.0	*0	2.4	23.36	1.35	0.24
fresh veggie mix	1/2 cup	200	19	20	1.35	0.57	19.8	1844	20.1	2	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	*6	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	22	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	13	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	1	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	16	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	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	10	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
pb&j sandwich	2 each	25	620	600	8.00	2.88	120.0	0	0.0	26	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	*66	15.4	98.18	4.02	1.51

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Linn-Mar Community Schools

Mar 25, 2019 thru May 3, 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)	Sugars (g)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			670	934	10.29	4.03	538.8	8917	52.89	*39	36.93	97.01	16.95	5.94
% of Calories										*23.5%	22.0%	57.9%	22.8%	8.0%
Nutrient Guideline			750-850	1420										<10.00

Tue - 04/09/2019														
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	6	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	1	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	5	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	2	1.02	3.74	0.14	0.03
Applesauce (cans) (19)	1/2 CUP	200	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	250	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	200	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	100	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	450	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
ketchup^	1 tbsp	150	20	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	100	45	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
mustard^	1 TSP	50	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	20	30	130	0.00	0.00	0.0	0	0.0	2	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	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	30	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
yogurt parfaits,fruit&gran HS	serving	15	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Weighted Daily Average			778	1412	9.96	5.66	696.7	2724	53.91	*46	47.46	107.77	18.54	4.59
% of Calories										*23.7%	24.4%	55.4%	21.5%	5.3%
Nutrient Guideline			750-850	1420										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 3, 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/10/2019														
High School Food Court Men	Total	320												
pasta variety HS1	1 CUP	350	210	75	4.00	9.99	120.0	0	0.0	2	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	2.5	3.5	14.0	6.50
Spaghetti sauce with meatballs	serving	180	208	387	2.99	2.86	59.5	599	7.19	10	15.83	15.95	9.89	3.46
breadstick^	1 oz	275	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	150	19	20	1.35	0.57	19.8	1844	20.1	2	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	16	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	*12	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	13	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	4	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	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	16	8.0	17.75	0.62	0.37
sandwiches (HS)	1 EACH	50	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
yogurt parfaits,fruit&gran HS	serving	10	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	15	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Weighted Daily Average			826	1088	11.56	14.67	619.1	3878	40.58	*47	36.61	124.02	22.57	7.05
% of Calories										*22.5%	17.7%	60.0%	24.6%	7.7%
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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/11/2019														
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	5	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	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	8	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	2	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	12	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	*12	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	13	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	0.00
mustard^	1 tsp	25	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	85	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	300	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	5	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	5	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	10	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36

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Linn-Mar Community Schools

Mar 25, 2019 thru May 3, 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)	Sugars (g)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			765	1139	10.14	5.62	610.7	6304	42.27	*48	33.24	107.94	23.88	5.91
% of Calories										*25.0%	17.4%	56.4%	28.1%	6.9%
Nutrient Guideline			750-850	1420										<10.00

Fri - 04/12/2019														
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	2	22.0	29.0	18.0	7.00
Pizza french bread w/tur pep	1 each	350	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	1 cup	270	91	197	9.75	8.35	299.4	41021	72.8	*1	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	2	1.02	3.74	0.14	0.03
mixed fruit cocktail	1/2 cup	270	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	270	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	50	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	810	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	10	402	822	17.13	11.01	466.3	42824	88.13	*3	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	*66	15.4	98.18	4.02	1.51
sandwiches (HS)	1 EACH	50	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
white cake w/frosting	1 each	500	207	148	0.95	0.62	57.5	1413	0.05	*21	2.35	31.33	8.17	2.85
Weighted Daily Average			799	999	9.35	7.66	994.5	20718	57.35	*52	39.81	108.56	25.33	8.59
% of Calories										*25.8%	19.9%	54.4%	28.5%	9.7%
Nutrient Guideline			750-850	1420										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 3, 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/15/2019														
High School Food Court Men	Total	600												
pork tenderloin s/w	1 each	450	430	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	200	290	640	4.00	2.88	220.0	300	1.2	6	20.0	34.0	9.0	2.50
lettuce & tomato	1/2 cup	300	5	2	0.54	0.24	8.2	2103	1.35	*0	0.32	0.9	0.08	0.01
baked beans^	1 CUP	150	324	1117	10.37	4.02	94.2	303	2.44	34	14.65	74.39	0.0	0.00
fresh veggie mix	1/2 cup	300	19	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
orange, fresh slices^	1/2 cup	300	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	300	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	150	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	250	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	75	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
pickle slices^	2 EACH	200	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
dressing ranch light^	2 TBSP	100	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	500	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	8	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
sandwiches (HS)	1 EACH	50	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
salad bar HS	1 EACH	15	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Weighted Daily Average			759	1329	12.20	6.26	612.9	3987	61.03	*47	36.97	110.55	21.19	5.12
% of Calories										*24.6%	19.5%	58.3%	25.1%	6.1%
Nutrient Guideline			750-850	1420										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 3, 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/16/2019														
High School Food Court Men	Total	1000												
chicken strips^	5 EACH	750	338	708	1.83	2.50	40.2	162	0.77	2	26.43	20.93	16.17	1.70
rolls, hot^	2 oz	500	205	234	2.30	1.92	67.9	452	3.48	*4	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	0	4.49	31.43	3.37	0.00
fresh veggie mix	1/2 cup	300	19	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fruit, fresh, variety	1 CUP	300	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	400	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	200	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	600	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	100	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	500	35	175	0.00	0.00	0.0	0	0.0	1	0.0	3.5	2.25	0.25
bbq sauce	2 TBSP	500	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	600	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	600	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	25	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	75	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
yogurt parfaits,fruit&gran HS	serving	25	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Weighted Daily Average			766	1280	7.02	4.78	309.2	2681	39.18	*35	35.08	102.78	23.76	3.14
% of Calories										*18.3%	18.3%	53.7%	27.9%	3.7%
Nutrient Guideline			750-850	1420										<10.00

Wed - 04/17/2019														
High School Food Court Men	Total	320												
pasta variety HS1	1 CUP	300	210	75	4.00	9.99	120.0	0	0.0	2	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	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	7	16.0	14.0	10.0	3.50
breadstick^	2 oz	275	160	200	3.00	0.00	0.0	0	0.0	3	6.0	29.0	2.0	0.00
fresh veggie mix	1/2 cup	150	19	20	1.35	0.57	19.8	1844	20.1	2	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	10	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	*12	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	13	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	4	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	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	16	8.0	17.75	0.62	0.37
sandwiches (HS)	1 EACH	25	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
yogurt parfaits,fruit&gran HS	serving	10	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	5	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05

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Linn-Mar Community Schools

Mar 25, 2019 thru May 3, 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)	Sugars (g)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			787	968	11.42	12.14	549.4	2617	32.37	*42	34.47	119.41	19.71	6.03
% of Calories										*21.1%	17.5%	60.7%	22.5%	6.9%
Nutrient Guideline			750-850	1420										<10.00

Thu - 04/18/2019														
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	3	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	0.32	0.9	0.08	0.01
tator tots^	9 each	400	166	398	2.21	0.40	0.0	0	3.98	0	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	2	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	15	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	*12	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	13	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	5	0.0	7.75	2.38	0.25
Salsa cup^	2 oz	75	7	43	0.00	0.00	0.0	67	1.6	1	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	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	0.00
milk vty half pints^	1 each	300	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	2	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	25	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
yogurt parfaits.fruit&gran HS	serving	10	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Weighted Daily Average			779	1396	7.69	3.91	436.9	2664	13.89	*18	34.02	74.85	37.47	10.39
% of Calories										*9.3%	17.5%	38.4%	43.3%	12.0%
Nutrient Guideline			750-850	1420										<10.00

Fri - 04/19/2019														
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	*4	23.05	29.41	11.37	3.39
garlic bread stick (19)	1 EACH	400	100	95	1.00	0.72	0.0	0	0.0	1	1.0	15.0	3.5	0.50
salad, veg, daily line HS	1 EACH	150	109	214	10.97	8.62	313.6	42645	85.63	*2	10.13	19.5	1.67	0.25
pear sliced in juice	1/2 cup	50	76	10	2.00	0.00	0.0	0	0.0	12	0.0	19.0	0.0	0.00
fruit, fresh, variety	1 CUP	200	71	1	2.84	0.31	19.8	200	33.43	*12	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	1	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	16	8.0	17.75	0.62	0.37
sandwiches (HS)	1 EACH	10	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
yogurt parfaits,fruit&gran HS	serving	10	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	10	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05

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Linn-Mar Community Schools

Mar 25, 2019 thru May 3, 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			787	1253	13.98	8.95	645.3	22061	65.68	*35	45.12	103.83	22.58	5.78
% of Calories										*18.0%	22.9%	52.7%	25.8%	6.6%
Nutrient Guideline			750-850	1420										<10.00

Mon - 04/22/2019														
High School Food Court Men	Total	600												
taco meat w/ beef crumbles^	3 oz	650	135	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50
cheese cheddar shredded^	1 oz	400	80	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	500	270	222	4.00	1.08	0.0	0	0.0	0	4.0	40.0	11.0	1.50
refried beans w/salsa	1/2 cup	200	138	325	5.09	2.77	72.5	1303	15.64	8	7.12	25.57	1.02	0.00
lettuce & tomato	1/2 cup	200	5	2	0.54	0.24	8.2	2103	1.35	*0	0.32	0.9	0.08	0.01
fresh veggie mix	1/2 cup	270	19	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
Fruit Juice Slushies (19)	1 each	270	90	30	0.00	0.00	80.0	1000	60.0	19	0.0	22.0	0.0	0.00
fruit, fresh, variety	1/2 CUP	271	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	50	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
Salsa cup^	2 oz	200	7	43	0.00	0.00	0.0	67	1.6	1	0.0	1.33	0.0	0.00
sour cream, pouch	1 each	200	25	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
dressing ranch light^	2 TBSP	200	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	810	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	10	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	50	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
yogurt parfaits,fruit&gran HS	serving	20	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Weighted Daily Average			792	1119	8.11	5.78	745.2	4592	57.50	*45	40.37	102.06	25.43	7.31
% of Calories										*22.7%	20.4%	51.5%	28.9%	8.3%
Nutrient Guideline			750-850	1420										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 3, 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/23/2019														
High School Food Court Men	Total	600												
Buffalo Chicken Popcorn Nugget	1 each	750	255	482	0.00	2.68	50.9	0	0.0	0	18.76	25.46	8.04	1.34
Roll, Hot (frozen) (19)	1 each	700	80	140	1.00	0.72	0.0	0	0.0	1	3.0	13.0	1.5	0.00
mixed veggies, frozen^	1/2 cup	500	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	400	19	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
mandarin oranges^	1/2 cup	450	90	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00
fruit, fresh, variety	1 CUP	500	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	200	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	500	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
bbq sauce	2 TBSP	250	40	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
ketchup^	1 tbsp	600	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	150	70	350	0.00	0.00	0.0	0	0.0	1	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	0.0	2.0	0.00
salad bar HS	1 EACH	20	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	35	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
yogurt parfaits,fruit&gran HS	serving	10	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Weighted Daily Average			820	1444	7.66	6.09	412.9	5254	73.98	*57	39.55	126.71	16.98	2.56
% of Calories										*27.8%	19.3%	61.8%	18.6%	2.8%
Nutrient Guideline			750-850	1420										<10.00

Wed - 04/24/2019														
High School Food Court Men	Total	320												
pasta variety HS1	1 CUP	350	210	75	4.00	9.99	120.0	0	0.0	2	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	2.5	3.5	14.0	6.50
Spaghetti sauce with meatballs	serving	180	208	387	2.99	2.86	59.5	599	7.19	10	15.83	15.95	9.89	3.46
breadstick^	1 oz	275	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	150	19	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
apple fresh whole^	1 each	150	95	2	4.37	0.22	10.9	98	8.37	19	0.47	25.13	0.31	0.05
fruit, fresh, variety	1/2 CUP	150	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	20	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	170	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	200	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	300	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	10	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
sandwiches (HS)	1 EACH	20	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
salad bar HS	1 EACH	10	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05

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Linn-Mar Community Schools

Mar 25, 2019 thru May 3, 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			781	1015	11.75	14.03	580.2	3152	30.61	*44	33.38	117.31	21.51	7.22
% of Calories										*22.5%	17.1%	60.1%	24.8%	8.3%
Nutrient Guideline			750-850	1420										<10.00

Thu - 04/25/2019														
High School Food Court Men	Total	750												
chicken mandarin orange	serving	750	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	750	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	750	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	500	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	500	19	20	1.35	0.57	19.8	1844	20.1	2	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	*12	0.88	18.08	0.31	0.05
strawberries fresh^	1/2 cup	500	29	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01
juice cup variety	4 oz	250	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	200	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	200	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	600	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	25	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	100	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
yogurt parfaits,fruit&gran HS	serving	50	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Weighted Daily Average			735	1214	11.66	5.56	415.7	4763	87.44	*52	40.57	112.92	14.99	5.43
% of Calories										*28.1%	22.1%	61.4%	18.3%	6.6%
Nutrient Guideline			750-850	1420										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 3, 2019

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 04/26/2019														
High School Food Court Men	Total	600												
pizza crunchers^	4 piece serving	600	420	790	5.00	2.15	426.0	480	1.87	3	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	2	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	*0	1.08	3.05	0.25	0.03
grapes, red seedless^	1/2 cup	200	61	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32	0.10
fruit, fresh, variety	1 CUP	150	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	50	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	25	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	300	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	8	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	50	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
yogurt parfaits,fruit&gran HS	serving	20	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
choc chip cookies w/lq egg	1 each	600	129	80	0.96	0.52	5.5	368	0.0	*7	1.57	16.54	6.69	2.66
Weighted Daily Average			740	1061	10.26	4.29	656.4	4021	20.02	*32	30.25	91.08	29.75	12.38
% of Calories										*17.2%	16.4%	49.2%	36.2%	15.1%
Nutrient Guideline			750-850	1420										<10.00

Mon - 04/29/2019														
High School Food Court Men	Total	575												
French toast sticks	3 sticks	600	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	400	107	215	0.04	0.63	35.0	408	1.99	0	8.32	1.36	7.63	3.29
potato triangles	2 each	600	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	270	19	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
pineapple chunks^	1/2 cup	200	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	150	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	50	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	270	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
syrup, pancake^	2 tbsp	200	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	150	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	400	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	25	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	10	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	25	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			703	1226	7.33	4.42	355.7	2600	32.29	*41	24.06	108.61	24.51	6.95
% of Calories										*23.2%	13.7%	61.8%	31.4%	8.9%
Nutrient Guideline			750-850	1420										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 3, 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)	Sugars (g)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/30/2019														
High School Food Court Men	Total	650												
chicken nuggets^	6 each	650	350	452	1.94	2.10	22.6	147	0.94	0	26.43	19.68	19.0	2.19
rolls, hot^	2 oz	500	205	234	2.30	1.92	67.9	452	3.48	*4	5.03	29.14	7.83	2.10
MASHED POTATOES:flakes,mlk+but	1/2 CUP	500	102	172	0.84	0.17	33.6	181	10.19	2	1.86	11.41	5.39	3.35
gravy, chicken^	2 oz	350	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	270	19	20	1.35	0.57	19.8	1844	20.1	2	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	10	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	*6	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	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	250	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	50	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
bbq sauce	2 TBSP	250	40	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
margarine cup^	1 EACH	300	20	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	450	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	10	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	10	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	50	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			802	1321	6.24	4.81	357.7	2763	32.41	*27	40.75	87.25	32.74	7.07
% of Calories										*13.4%	20.3%	43.5%	36.7%	7.9%
Nutrient Guideline			750-850	1420										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 3, 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/01/2019														
High School Food Court Men	Total	320												
pasta variety HS1	1 CUP	350	210	75	4.00	9.99	120.0	0	0.0	2	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	2.5	3.5	14.0	6.50
Spaghetti sauce with meatballs	serving	180	208	387	2.99	2.86	59.5	599	7.19	10	15.83	15.95	9.89	3.46
breadstick^	1 oz	275	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	150	19	20	1.35	0.57	19.8	1844	20.1	2	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	12	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	*6	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	13	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	4	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	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	16	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	*66	15.4	98.18	4.02	1.51
sandwiches (HS)	1 EACH	20	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
salad bar HS	1 EACH	10	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Weighted Daily Average			772	1018	10.64	13.93	575.1	3106	26.69	*41	33.16	114.44	21.37	7.19
% of Calories										*21.1%	17.2%	59.3%	24.9%	8.4%
Nutrient Guideline			750-850	1420										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 3, 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/02/2019														
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	5	20.59	45.31	8.06	1.23
fish sw^	1 EACH	200	340	440	5.00	2.52	220.0	0	0.0	5	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	1	0.4	1.7	0.09	0.01
cheese american	1 slice	200	53	211	0.00	0.03	78.0	136	0.0	*N/A*	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	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	2	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	11	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	*12	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	13	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	1	0.0	3.5	2.25	0.25
tartar sauce^	2 tbsp	50	100	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0	1.00
ketchup^	1 tbsp	400	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	55	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	100	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	200	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
milk vty half pints^	1 each	500	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	75	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	10	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	50	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			766	1278	10.54	6.68	659.0	2952	46.10	*45	39.28	118.46	16.95	3.52
% of Calories										*23.7%	20.5%	61.9%	19.9%	4.1%
Nutrient Guideline			750-850	1420										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 3, 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/03/2019														
High School Food Court Men	Total	900												
Grilled Chicken Breast Filet	3 oz	600	82	264	0.00	0.00	9.0	26	1.0	0	18.0	0.0	1.2	0.25
BUN, HAMBURGER	EACH 2 oz.	600	171	291	2.29	1.76	33.9	449	3.02	*4	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	1	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	0.00
baked beans^	1/2 cup	400	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	400	19	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
banana,small	1 each	400	90	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11
fruit, fresh, variety	1 CUP	400	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	150	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	300	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	300	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	25	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	150	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
yogurt parfaits,fruit&gran HS	serving	25	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
ketchup^	1 tbsp	600	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	200	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	350	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	50	30	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00
Weighted Daily Average			540	1308	8.71	3.78	246.7	3047	41.62	*38	28.69	87.79	10.50	1.85
% of Calories										*27.8%	21.3%	65.0%	17.5%	3.1%
Nutrient Guideline			750-850	1420										<10.00
Weighted Average			755	1190	9.65	7.10	534.7	4943	45.17	*42 *49.6%	36.00 19.1%	106.34 56.4%	22.09 26.4%	6.16 7.4%

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Linn-Mar Community Schools

Mar 25, 2019 thru May 3, 2019

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)							
Calories	755		750 - 850	100%											
Sodium 1 (mg)	1190		1420												
Sodium 2 (mg)	1190		1080						110	Correction Required - Sodium too High					
Fiber (g)	9.65														
Iron (mg)	7.10														
Calcium (mg)	534.7														
Vitamin A (IU)	4943														
Sugars (g)	42	22.06%			Missing										
Vitamin C (mg)	45.17														
Protein (g)	36.00	19.08%													
Carbohydrate (g)	106.34	56.37%													
Total Fat (g)	22.09	26.35%													
Saturated Fat (g)	6.16	7.35%	<10.00%												

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