

Linn-Mar Community Schools

Mar 25, 2019 thru May 17, 2019

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 1

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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														
Middle School Lunch Menu	Total	1400												
pizza sticks (2 sticks)^	2 EACH	850	310	590	3.00	0.00	0.0	0	0.0	8	18.0	31.0	13.0	7.00
marinara sauce cup^	2 oz	850	32	184	0.80	0.57	16.0	240	4.79	3	0.8	5.59	0.8	0.00
lettuce & tomato	1/2 cup	800	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	800	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	350	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	350	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	300	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	1100	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Hot dog bar	1 Each	600	586	1405	9.61	4.18	450.6	896	3.35	*19	28.13	73.76	23.93	10.72
salad bar ms	EACH	15	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	45	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	300	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
Weighted Daily Average			625	1257	8.67	3.26	471.5	3733	31.79	*41	31.63	85.31	20.05	9.31
% of Calories										*26.0%	20.2%	54.6%	28.9%	13.4%
Nutrient Guideline			600-700	1360										<10.00

Tue - 03/26/2019														
Middle School Lunch Menu	Total	1400												
crisпитos w/ cheese sauce	1 EACH	700	659	1174	6.00	3.60	303.1	1927	0.0	3	31.69	48.2	36.79	11.06
lettuce,shredded^	1 cup	600	10	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01
tomato fresh diced^	1/8 cup	400	4	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01
tator tots^	9 each	600	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	250	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	200	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
orange, fresh slices^	1/2 cup	350	46	0	2.36	0.10	39.3	221	52.27	9	0.92	11.54	0.12	0.01
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
Salsa cup^	2 oz	400	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	250	25	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
milk vty half pints^	1 each	900	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Hamburger bar	1 each	250	507	821	7.30	4.06	360.9	728	7.68	*8	25.36	69.15	15.98	6.30
salad bar ms	1 EACH	15	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	20	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
mustard^	1 TSP	10	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
ketchup^	1 tbsp	50	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00

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

Mar 25, 2019 thru May 17, 2019

Base Menu Spreadsheet

Middle School Lunch 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			613	1044	7.12	3.42	448.8	2558	29.29	*20	28.13	67.55	25.57	7.48
% of Calories										*13.1%	18.3%	44.1%	37.5%	11.0%
Nutrient Guideline			600-700	1360										<10.00

Wed - 03/27/2019														
Middle School Lunch Menu	Total	1400												
chicken strips^	4 EACH	950	271	566	1.47	2.00	32.2	130	0.61	2	21.15	16.75	12.93	1.36
bread italian MS HS	slice	500	141	151	2.39	1.64	32.3	160	1.9	*2	4.79	27.29	1.72	0.40
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	500	19	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fruit, fresh, variety	1/2 CUP	300	35	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
pear sliced in juice	1/2 cup	700	76	10	2.00	0.00	0.0	0	0.0	12	0.0	19.0	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
milk vty half pints^	1 each	1300	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
salad bar ms	1 EACH	50	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
sandwich bar ms	1 each	150	630	1031	9.58	3.38	279.3	3996	50.44	*38	21.65	96.9	19.27	5.09
pb&j sandwich	1 EACH	100	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
margarine cup^	1 each	575	20	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	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
honey dijon mustard dressing	2 TBSP	250	50	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	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
Weighted Daily Average			639	974	6.65	3.86	375.5	3421	28.99	*36	30.48	91.06	16.72	2.34
% of Calories										*22.4%	19.1%	57.0%	23.5%	3.3%
Nutrient Guideline			600-700	1360										<10.00

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Base Menu Spreadsheet

Middle School Lunch 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														
Middle School Lunch Menu	Total	1400												
pork tenderloin s/w	1 each	950	430	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0	19.0	4.50
baked beans^	1/2 CUP	600	162	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
cuke, peppers, carrot mix	1 EACH	500	7	4	0.41	0.15	5.7	416	9.13	*1	0.32	1.83	0.08	0.01
mixed fruit cocktail	1/2 cup	600	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	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	1300	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
yogurt bar ms	1 each	300	286	226	3.97	1.59	357.0	2772	35.84	*24	7.19	58.35	3.13	0.47
salad bar ms	1 EACH	75	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	40	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	800	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
pickle slices^	2 EACH	500	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			632	1022	8.37	4.78	579.2	3868	31.61	*46	27.76	99.30	15.81	3.88
% of Calories										*29.0%	17.6%	62.8%	22.5%	5.5%
Nutrient Guideline			600-700	1360										<10.00

Fri - 03/29/2019														
Middle School Lunch Menu	Total	1400												
pizza 5" cheese ^	1 each	500	320	610	5.00	2.70	250.0	300	0.0	5	15.0	40.0	11.0	3.50
pizza 5" pepperoni^	1 EACH	500	320	650	5.00	2.70	200.0	300	0.0	5	16.0	39.0	12.0	3.50
lettuce & tomato	1/2 cup	500	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	500	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	600	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	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	250	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	1300	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
potato bar	serving	250	510	758	9.60	4.21	158.2	3256	68.83	*17	17.5	82.07	13.6	4.34
salad bar ms	1 EACH	75	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	50	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
choc chip cookies w/lq egg	1 each	1200	129	80	0.96	0.52	5.5	368	0.0	*7	1.57	16.54	6.69	2.66
Weighted Daily Average			635	873	9.43	4.50	521.7	5371	39.99	*41	25.50	94.77	18.79	6.31
% of Calories										*25.9%	16.1%	59.7%	26.6%	8.9%
Nutrient Guideline			600-700	1360										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 17, 2019

Base Menu Spreadsheet

Middle School Lunch 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/01/2019														
Middle School Lunch Menu	Total	1400												
las roll up w/ meat sauce	1 EACH	650	592	1093	2.26	7.07	181.0	737	4.1	*9	49.64	33.49	28.16	10.91
breadstick^	1 oz	650	80	100	1.50	0.00	0.0	0	0.0	1	3.0	14.5	1.0	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
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
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
peaches sliced	1/2 cup	400	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	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
dressing ranch light^	2 tbsps	650	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	800	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Hot dog bar	1 Each	300	586	1405	9.61	4.18	450.6	896	3.35	*19	28.13	73.76	23.93	10.72
salad bar ms	1 EACH	65	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	30	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
cheese parmesan grated	2 TSP	150	23	73	0.00	0.00	66.7	0	0.0	0	2.0	0.0	1.67	1.00
ketchup^	1 tbsps	300	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	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
Weighted Daily Average			617	1209	6.21	5.33	401.7	3723	22.10	*29	37.36	67.09	22.67	8.23
% of Calories										*18.5%	24.2%	43.5%	33.1%	12.0%
Nutrient Guideline			600-700	1360										<10.00

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Base Menu Spreadsheet

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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)
Tue - 04/02/2019														
Middle School Lunch Menu	Total	1400												
chicken teriyaki^	4 EACH	700	130	560	0.00	1.44	40.0	100	0.0	6	15.0	9.0	3.5	1.00
brown rice, chicken flavored	1/2 cup	650	71	166	0.63	0.27	5.0	0	0.0	*0	1.58	14.16	0.95	0.15
Roll, Hot (frozen) (19)	1 each	650	80	140	1.00	0.72	0.0	0	0.0	1	3.0	13.0	1.5	0.00
vegetables stir fry	1/2 cup	700	17	13	1.00	0.18	10.0	500	0.6	1	0.0	3.0	0.0	0.00
fresh veggie mix	1/2 cup	700	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	700	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	600	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
margarine cup^	1 each	900	20	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
dressing ranch light^	2 TBSP	250	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	1300	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Hamburger bar	1 each	550	507	821	7.30	4.06	360.9	728	7.68	*8	25.36	69.15	15.98	6.30
salad bar ms	1 EACH	100	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	50	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
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
soy sauce	.5 oz	150	5	620	0.00	0.00	0.0	0	0.0	1	0.5	0.5	0.0	0.00
Weighted Daily Average			603	1165	7.41	4.58	516.7	5331	42.34	*42	30.54	90.69	14.04	3.98
% of Calories										*27.7%	20.3%	60.2%	21.0%	5.9%
Nutrient Guideline			600-700	1360										<10.00

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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)
Wed - 04/03/2019														
Middle School Lunch Menu	Total	600												
chicken patty/hot /spicy sw	sandwich	500	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	200	8	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
cheese american	1 slice	50	53	211	0.00	0.03	78.0	136	0.0	*N/A*	3.14	0.23	4.43	2.79
baked beans^	1/2 cup	250	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	200	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	350	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	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	75	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	100	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
tartar sauce^	1 tbsp	20	50	150	0.00	0.00	0.0	0	0.0	2	0.0	3.5	3.5	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
sandwich bar ms	1 each	5	630	1031	9.58	3.38	279.3	3996	50.44	*38	21.65	96.9	19.27	5.09
salad bar ms	1 EACH	5	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	5	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average			674	1092	9.58	6.28	639.2	2699	37.15	*49	36.27	110.75	11.78	2.28
% of Calories										*29.0%	21.5%	65.7%	15.7%	3.0%
Nutrient Guideline			600-700	1360										<10.00

	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)
Thu - 04/04/2019														
Middle School Lunch Menu	Total	1400												
Pancakes(19)	2 EACH	1000	160	190	0.00	0.72	80.0	0	0.0	10	4.0	30.0	3.0	0.00
smokies^	5 EACH	1000	158	484	0.00	0.30	33.3	0	0.0	1	5.84	2.5	14.17	5.00
tator tots^	9 each	825	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	800	19	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
strawberries fresh^	1/2 cup	700	29	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01
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	350	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	700	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
syrup, pancake^	2 TBSP	1000	50	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00
milk vty half pints^	1 each	1100	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
yogurt bar ms	1 each	250	286	226	3.97	1.59	357.0	2772	35.84	*24	7.19	58.35	3.13	0.47
salad bar ms	1 EACH	75	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	30	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50

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Linn-Mar Community Schools

Mar 25, 2019 thru May 17, 2019

Base Menu Spreadsheet

Middle School Lunch 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			606	1069	5.42	2.76	437.6	4383	67.58	*44	18.73	91.04	19.62	4.98
% of Calories										*29.0%	12.4%	60.1%	29.1%	7.4%
Nutrient Guideline			600-700	1360										<10.00

Fri - 04/05/2019														
Middle School Lunch Menu	Total	1400												
CORN DOG:Turkey Jumbo State F	1 EACH	950	270	930	0.00	1.08	0.0	0	0.0	*N/A*	10.0	30.01	12.0	3.00
sweet potato fries^	4 oz	900	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	600	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	600	90	30	0.00	0.00	80.0	1000	60.0	19	0.0	22.0	0.0	0.00
fruit, fresh, variety	1 CUP	600	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
ketchup^	1 tbsp	800	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	250	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
milk vty half pints^	1 each	1300	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
quesadilla chicken	1 each	400	266	436	5.64	4.04	264.6	394	11.56	*3	19.14	36.5	5.04	2.00
lettuce,shredded^	1/2 cup	100	5	4	0.43	0.15	6.5	181	1.01	*N/A*	0.32	1.07	0.05	0.01
tomato fresh diced^	1/8 cup	25	4	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01
sour cream, pouch	1 each	25	25	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
Salsa cup^	3 oz	25	10	65	0.00	0.00	0.0	100	2.4	1	0.0	2.0	0.0	0.00
salad bar ms	1 EACH	150	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	50	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average			650	1307	6.13	4.00	482.5	8518	68.62	*42	24.22	94.82	19.50	4.61
% of Calories										*25.6%	14.9%	58.4%	27.0%	6.4%
Nutrient Guideline			600-700	1360										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 17, 2019

Base Menu Spreadsheet

Middle School Lunch 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 - 04/08/2019														
Middle School Lunch Menu	Total	2600												
mac & cheese^	6 oz	1400	283	648	2.00	0.00	371.0	493	1.0	8	15.0	31.0	11.0	6.50
breadstick^	2 oz	1400	160	200	3.00	0.00	0.0	0	0.0	3	6.0	29.0	2.0	0.00
tator tots^	9 each	1100	166	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74	1.11
lettuce & tomato	1/2 cup	1100	5	2	0.54	0.24	8.2	2103	1.35	*0	0.32	0.9	0.08	0.01
spiced apples,warmed	1/2 cup	1000	79	11	1.58	0.01	1.4	46	0.0	18	0.01	19.7	0.01	0.00
fruit, fresh, variety	1 CUP	1000	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	300	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	1200	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
dressing ranch light^	2 TBSP	900	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
Hot dog bar	1 Each	600	586	1405	9.61	4.18	450.6	896	3.35	*19	28.13	73.76	23.93	10.72
salad bar ms	1 EACH	250	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	75	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	225	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
Weighted Daily Average			642	1275	9.02	2.53	509.8	5850	27.17	*34	25.57	91.96	20.19	7.39
% of Calories										*21.0%	15.9%	57.3%	28.3%	10.4%
Nutrient Guideline			600-700	1360										<10.00

Tue - 04/09/2019														
Middle School Lunch Menu	Total	1400												
chicken, popcorn^	4 oz	950	237	511	1.45	2.77	73.6	126	0.05	2	17.91	18.45	9.64	0.53
bread italian MS HS	slice	950	141	151	2.39	1.64	32.3	160	1.9	*2	4.79	27.29	1.72	0.40
MASHED POTATOES:flakes,milk+but	1/2 CUP	900	102	172	0.84	0.17	33.6	181	10.19	2	1.86	11.41	5.39	3.35
gravy, chicken^	1 oz	800	10	115	0.00	0.00	0.6	0	0.0	*0	0.0	2.08	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
dressing ranch light^	2 TBSP	250	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
pineapple chunks^	1/2 cup	500	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	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	500	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
bbq sauce	2 TBSP	300	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	1000	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	1100	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Hamburger bar	1 each	100	507	821	7.30	4.06	360.9	728	7.68	*8	25.36	69.15	15.98	6.30
salad bar ms	1 EACH	150	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	50	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50

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Linn-Mar Community Schools

Mar 25, 2019 thru May 17, 2019

Base Menu Spreadsheet

Middle School Lunch 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			605	1158	6.36	5.16	433.7	6204	38.17	*31	28.46	83.26	17.86	4.29
% of Calories										*20.8%	18.8%	55.0%	26.6%	6.4%
Nutrient Guideline			600-700	1360										<10.00

Wed - 04/10/2019														
Middle School Lunch Menu	Total	1400												
Spaghetti sauce with meatballs	serving	1000	208	387	2.99	2.86	59.5	599	7.19	10	15.83	15.95	9.89	3.46
rotini, whole grain, dry^	1/2 cup	1000	54	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54	0.23
garlic bread stick (19)	1 EACH	1000	100	95	1.00	0.72	0.0	0	0.0	1	1.0	15.0	3.5	0.50
lettuce and tomato	1 each	600	6	2	0.44	0.37	10.8	1005	2.56	*0	0.47	1.05	0.08	0.01
fresh veggie mix	1/2 cup	600	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	700	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	600	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	800	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	1300	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
sandwich bar ms	1 each	250	630	1031	9.58	3.38	279.3	3996	50.44	*38	21.65	96.9	19.27	5.09
salad bar ms	1 EACH	50	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	75	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average			635	936	8.87	4.79	422.4	4456	44.22	*46	27.09	91.48	19.06	4.90
% of Calories										*28.8%	17.1%	57.6%	27.0%	6.9%
Nutrient Guideline			600-700	1360										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 17, 2019

Base Menu Spreadsheet

Middle School Lunch 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 - 04/11/2019														
Middle School Lunch Menu	Total	600												
taco meat w/ beef crumbles^	3 oz	700	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	500	80	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19	3.29
tortilla-2 or taco shells 2	serving	700	120	105	2.67	0.24	46.7	0	0.0	*0	2.67	19.67	4.0	1.17
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,shredded^	1 cup	270	10	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01
tomato fresh diced^	1/4 cup	270	8	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01
cuke, peppers, carrot mix	1 EACH	250	7	4	0.41	0.15	5.7	416	9.13	*1	0.32	1.83	0.08	0.01
Kiwi and grapes	1/2 cup	500	77	3	2.68	0.37	32.2	112	72.01	*7	1.15	18.99	0.55	0.07
fruit, fresh, variety	1 CUP	271	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
Salsa cup^	2 oz	50	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
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	810	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
yogurt bar ms	1 each	100	286	226	3.97	1.59	357.0	2772	35.84	*24	7.19	58.35	3.13	0.47
salad bar ms	1 EACH	15	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	10	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average			750	985	10.93	5.61	852.2	4056	101.82	*46	41.81	103.00	21.15	7.96
% of Calories										*24.6%	22.3%	54.9%	25.4%	9.6%
Nutrient Guideline			600-700	1360										<10.00

Fri - 04/12/2019														
Middle School Lunch Menu	Total	1400												
Pizza cheesy gar /6"bread	1 piece	600	330	580	2.00	2.70	350.0	400	0.0	*N/A*	19.0	33.0	13.0	4.00
Pizza french bread w/tur pep	1 each	650	330	580	2.00	2.70	350.0	400	0.0	*N/A*	19.0	33.0	13.0	4.00
peas	1/2 cup	500	53	0	3.00	1.08	15.0	300	6.75	*N/A*	3.0	9.75	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
mandarin oranges^	1/2 cup	400	90	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00
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
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	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	900	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
potato bar	serving	150	510	758	9.60	4.21	158.2	3256	68.83	*17	17.5	82.07	13.6	4.34
salad bar ms	1 EACH	150	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	50	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
white cake w/frosting	1 each	1200	207	148	0.95	0.62	57.5	1413	0.05	*21	2.35	31.33	8.17	2.85

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Linn-Mar Community Schools

Mar 25, 2019 thru May 17, 2019

Base Menu Spreadsheet

Middle School Lunch 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			734	1009	7.08	5.47	653.8	8004	39.40	*42	30.79	99.20	23.90	7.46
% of Calories										*23.0%	16.8%	54.0%	29.3%	9.1%
Nutrient Guideline			600-700	1360										<10.00

Mon - 04/15/2019														
Middle School Lunch Menu	Total	900												
chicken parmesan w/ spaghetti	1 each	800	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	700	100	95	1.00	0.72	0.0	0	0.0	1	1.0	15.0	3.5	0.50
lettuce & tomato	1/2 cup	400	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	300	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	250	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	200	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
milk vty half pints^	1 each	800	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Hot dog bar	1 Each	250	586	1405	9.61	4.18	450.6	896	3.35	*19	28.13	73.76	23.93	10.72
salad bar ms	1 EACH	10	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	5	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	25	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	10	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
dressing ranch light^	2 tbsp	250	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
Weighted Daily Average			676	1245	7.89	4.62	531.1	2918	15.00	*31	37.12	84.68	21.71	6.95
% of Calories										*18.3%	22.0%	50.1%	28.9%	9.3%
Nutrient Guideline			600-700	1360										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 17, 2019

Base Menu Spreadsheet

Middle School Lunch 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														
Middle School Lunch Menu	Total	1400												
F.T Sticks(2pc) w/ Egg Omelet	3 EACH	800	720	780	6.00	2.16	120.0	0	0.0	30	18.0	114.0	21.0	3.00
potato triangles	2 EACH	800	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	500	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	600	90	30	0.00	0.00	80.0	1000	60.0	19	0.0	22.0	0.0	0.00
fruit, fresh, variety	1 CUP	450	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	700	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
syrup, pancake^	2 TBSP	500	50	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00
milk vty half pints^	1 each	800	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Hamburger bar	1 each	150	507	821	7.30	4.06	360.9	728	7.68	*8	25.36	69.15	15.98	6.30
salad bar ms	1 EACH	5	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	5	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average			736	965	7.19	2.66	334.5	1719	49.39	*46	18.90	121.49	19.43	3.42
% of Calories										*25.0%	10.3%	66.1%	23.8%	4.2%
Nutrient Guideline			600-700	1360										<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)
Wed - 04/17/2019														
Middle School Lunch Menu	Total	1400												
nachos bf crumb filling	3 oz	950	256	734	0.22	1.40	328.8	716	0.18	*2	19.52	4.04	18.02	10.14
tortilla chips, 2 oz pkg^	2 oz	950	270	222	4.00	1.08	0.0	0	0.0	0	4.0	40.0	11.0	1.50
corn^	1/2 cup	650	62	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44	0.00
lettuce & tomato	1/2 cup	600	5	2	0.54	0.24	8.2	2103	1.35	*0	0.32	0.9	0.08	0.01
sour cream, pouch	1 each	800	25	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
salsa bulk	1/4 cup	500	20	140	0.00	0.72	40.0	1000	12.0	2	0.0	4.0	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
mixed fruit cocktail	1/2 cup	700	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	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	150	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	1300	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
sandwich bar ms	1 each	175	630	1031	9.58	3.38	279.3	3996	50.44	*38	21.65	96.9	19.27	5.09
salad bar ms	1 EACH	75	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	50	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average			692	1060	7.20	3.83	648.9	5745	36.41	*37	30.02	90.99	24.71	9.28
% of Calories										*21.4%	17.3%	52.6%	32.1%	12.1%
Nutrient Guideline			600-700	1360										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 17, 2019

Base Menu Spreadsheet

Middle School Lunch 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 - 04/18/2019														
Middle School Lunch Menu	Total	320												
pizza crunchers^	4 piece serving	400	420	790	5.00	2.15	426.0	480	1.87	3	20.0	41.0	20.0	9.00
broccoli, steamed	1/2 cup	200	26	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1	0.02
cuke, peppers, carrot mix	1 EACH	50	7	4	0.41	0.15	5.7	416	9.13	*1	0.32	1.83	0.08	0.01
apple fresh sliced in bag	bag	100	29	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09	0.02
fruit, fresh, variety	1 CUP	50	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 ranch light^	2 TBSP	50	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	250	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
yogurt bar ms	1 each	25	286	226	3.97	1.59	357.0	2772	35.84	*24	7.19	58.35	3.13	0.47
salad bar ms	1 EACH	5	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 each	5	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average			698	1208	9.47	3.78	838.9	2569	38.74	*24	34.39	81.62	27.15	11.80
% of Calories										*13.6%	19.7%	46.8%	35.0%	15.2%
Nutrient Guideline			600-700	1360										<10.00

Fri - 04/19/2019														
Middle School Lunch Menu	Total	1												
NO SCHOOL TODAY	SERVING	1	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-700	1360										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 17, 2019

Base Menu Spreadsheet

Middle School Lunch 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 - 04/22/2019														
Middle School Lunch Menu	Total	1400												
pizza sticks (2 sticks)^	2 EACH	850	310	590	3.00	0.00	0.0	0	0.0	8	18.0	31.0	13.0	7.00
marinara sauce cup^	2 oz	850	32	184	0.80	0.57	16.0	240	4.79	3	0.8	5.59	0.8	0.00
lettuce & tomato	1/2 cup	800	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	800	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	350	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	350	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	300	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	1100	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Hot dog bar	1 Each	600	586	1405	9.61	4.18	450.6	896	3.35	*19	28.13	73.76	23.93	10.72
salad bar ms	EACH	15	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	45	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	300	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
Weighted Daily Average			625	1257	8.67	3.26	471.5	3733	31.79	*41	31.63	85.31	20.05	9.31
% of Calories										*26.0%	20.2%	54.6%	28.9%	13.4%
Nutrient Guideline			600-700	1360										<10.00

Tue - 04/23/2019														
Middle School Lunch Menu	Total	1400												
crisпитos w/ cheese sauce	1 EACH	700	659	1174	6.00	3.60	303.1	1927	0.0	3	31.69	48.2	36.79	11.06
lettuce,shredded^	1 cup	600	10	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01
tomato fresh diced^	1/8 cup	400	4	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01
Salsa cup^	2 oz	400	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	250	25	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
tator tots^	9 each	600	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	250	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	200	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
orange, fresh slices^	1/2 cup	350	46	0	2.36	0.10	39.3	221	52.27	9	0.92	11.54	0.12	0.01
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
milk vty half pints^	1 each	900	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Hamburger bar	1 each	250	507	821	7.30	4.06	360.9	728	7.68	*8	25.36	69.15	15.98	6.30
salad bar ms	1 EACH	15	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	20	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
mustard^	1 TSP	10	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
ketchup^	1 tbsp	50	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 17, 2019

Base Menu Spreadsheet

Middle School Lunch 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			613	1044	7.12	3.42	448.8	2558	29.29	*20	28.13	67.55	25.57	7.48
% of Calories										*13.1%	18.3%	44.1%	37.5%	11.0%
Nutrient Guideline			600-700	1360										<10.00

Wed - 04/24/2019														
Middle School Lunch Menu	Total	1400												
chicken strips^	4 EACH	950	271	566	1.47	2.00	32.2	130	0.61	2	21.15	16.75	12.93	1.36
bread italian MS HS	slice	500	141	151	2.39	1.64	32.3	160	1.9	*2	4.79	27.29	1.72	0.40
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	500	19	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fruit, fresh, variety	1/2 CUP	300	35	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
pear sliced in juice	1/2 cup	700	76	10	2.00	0.00	0.0	0	0.0	12	0.0	19.0	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
milk vty half pints^	1 each	1300	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
salad bar ms	1 EACH	50	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
sandwich bar ms	1 each	150	630	1031	9.58	3.38	279.3	3996	50.44	*38	21.65	96.9	19.27	5.09
pb&j sandwich	1 EACH	100	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
margarine cup^	1 each	575	20	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	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
honey dijon mustard dressing	2 TBSP	250	50	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	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
Weighted Daily Average			639	974	6.65	3.86	375.5	3421	28.99	*36	30.48	91.06	16.72	2.34
% of Calories										*22.4%	19.1%	57.0%	23.5%	3.3%
Nutrient Guideline			600-700	1360										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 17, 2019

Base Menu Spreadsheet

Middle School Lunch 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 - 04/25/2019														
Middle School Lunch Menu	Total	1400												
pork tenderloin s/w	1 each	950	430	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0	19.0	4.50
carrots, sunshine	1/2 CUP	600	26	45	2.25	0.54	15.0	1313	1.8	3	0.75	5.25	0.0	0.00
cuke, peppers, carrot mix	1 EACH	500	7	4	0.41	0.15	5.7	416	9.13	*1	0.32	1.83	0.08	0.01
mixed fruit cocktail	1/2 cup	600	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	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	1300	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
yogurt bar ms	1 each	300	286	226	3.97	1.59	357.0	2772	35.84	*24	7.19	58.35	3.13	0.47
salad bar ms	1 EACH	75	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	40	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	800	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
pickle slices^	2 EACH	500	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			574	802	7.11	4.15	565.4	4366	31.86	*40	24.94	85.61	15.81	3.88
% of Calories										*27.7%	17.4%	59.6%	24.8%	6.1%
Nutrient Guideline			600-700	1360										<10.00

Fri - 04/26/2019														
Middle School Lunch Menu	Total	1400												
pizza 5" cheese ^	1 each	500	320	610	5.00	2.70	250.0	300	0.0	5	15.0	40.0	11.0	3.50
pizza 5" pepperoni^	1 EACH	500	320	650	5.00	2.70	200.0	300	0.0	5	16.0	39.0	12.0	3.50
lettuce & tomato	1/2 cup	500	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	500	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	600	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	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	250	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	1300	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
potato bar	serving	250	510	758	9.60	4.21	158.2	3256	68.83	*17	17.5	82.07	13.6	4.34
salad bar ms	1 EACH	75	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	50	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
choc chip cookies w/lq egg	1 each	1200	129	80	0.96	0.52	5.5	368	0.0	*7	1.57	16.54	6.69	2.66
Weighted Daily Average			635	873	9.43	4.50	521.7	5371	39.99	*41	25.50	94.77	18.79	6.31
% of Calories										*25.9%	16.1%	59.7%	26.6%	8.9%
Nutrient Guideline			600-700	1360										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 17, 2019

Base Menu Spreadsheet

Middle School Lunch 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/29/2019														
Middle School Lunch Menu	Total	1400												
las roll up w/ meat sauce	1 EACH	650	592	1093	2.26	7.07	181.0	737	4.1	*9	49.64	33.49	28.16	10.91
breadstick^	1 oz	650	80	100	1.50	0.00	0.0	0	0.0	1	3.0	14.5	1.0	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
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
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
peaches sliced	1/2 cup	400	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	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
dressing ranch light^	2 tbsps	650	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	800	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Hot dog bar	1 Each	300	586	1405	9.61	4.18	450.6	896	3.35	*19	28.13	73.76	23.93	10.72
salad bar ms	1 EACH	65	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	30	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
cheese parmesan grated	2 TSP	150	23	73	0.00	0.00	66.7	0	0.0	0	2.0	0.0	1.67	1.00
ketchup^	1 tbsps	300	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	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
Weighted Daily Average			617	1209	6.21	5.33	401.7	3723	22.10	*29	37.36	67.09	22.67	8.23
% of Calories										*18.5%	24.2%	43.5%	33.1%	12.0%
Nutrient Guideline			600-700	1360										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 17, 2019

Base Menu Spreadsheet

Middle School Lunch 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 - 04/30/2019														
Middle School Lunch Menu	Total	1400												
chicken teriyaki^	4 EACH	700	130	560	0.00	1.44	40.0	100	0.0	6	15.0	9.0	3.5	1.00
brown rice, chicken flavored	1/2 cup	650	71	166	0.63	0.27	5.0	0	0.0	*0	1.58	14.16	0.95	0.15
Roll, Hot (frozen) (19)	1 each	650	80	140	1.00	0.72	0.0	0	0.0	1	3.0	13.0	1.5	0.00
vegetables stir fry	1/2 cup	700	17	13	1.00	0.18	10.0	500	0.6	1	0.0	3.0	0.0	0.00
fresh veggie mix	1/2 cup	700	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	700	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	600	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
margarine cup^	1 each	900	20	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
dressing ranch light^	2 TBSP	250	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	1300	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Hamburger bar	1 each	550	507	821	7.30	4.06	360.9	728	7.68	*8	25.36	69.15	15.98	6.30
salad bar ms	1 EACH	100	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	50	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
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
soy sauce	.5 oz	150	5	620	0.00	0.00	0.0	0	0.0	1	0.5	0.5	0.0	0.00
Weighted Daily Average			603	1165	7.41	4.58	516.7	5331	42.34	*42	30.54	90.69	14.04	3.98
% of Calories										*27.7%	20.3%	60.2%	21.0%	5.9%
Nutrient Guideline			600-700	1360										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 17, 2019

Base Menu Spreadsheet

Middle School Lunch 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)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/01/2019														
Middle School Lunch Menu	Total	600												
chicken patty/hot /spicy sw	sandwich	500	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	200	8	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
cheese american	1 slice	50	53	211	0.00	0.03	78.0	136	0.0	*N/A*	3.14	0.23	4.43	2.79
baked beans^	1/2 cup	250	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	200	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	350	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	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	75	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	100	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
tartar sauce^	1 tbsp	20	50	150	0.00	0.00	0.0	0	0.0	2	0.0	3.5	3.5	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
sandwich bar ms	1 each	5	630	1031	9.58	3.38	279.3	3996	50.44	*38	21.65	96.9	19.27	5.09
salad bar ms	1 EACH	5	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	5	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
lettuce & tomato	1/2 cup	1	5	2	0.54	0.24	8.2	2103	1.35	*0	0.32	0.9	0.08	0.01
Salsa cup^	2 oz	1	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	1	25	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
Weighted Daily Average			674	1092	9.58	6.28	639.3	2703	37.16	*49	36.28	110.76	11.78	2.28
% of Calories										*29.0%	21.5%	65.7%	15.7%	3.0%
Nutrient Guideline			600-700	1360										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 17, 2019

Base Menu Spreadsheet

Middle School Lunch 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														
Middle School Lunch Menu	Total	1400												
Pancakes(19)	2 EACH	1000	160	190	0.00	0.72	80.0	0	0.0	10	4.0	30.0	3.0	0.00
smokies^	5 EACH	1000	158	484	0.00	0.30	33.3	0	0.0	1	5.84	2.5	14.17	5.00
tator tots^	9 each	825	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	800	19	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
strawberries fresh^	1/2 cup	700	29	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01
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	350	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	700	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
syrup, pancake^	2 TBSP	1000	50	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00
milk vty half pints^	1 each	1100	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
yogurt bar ms	1 each	250	286	226	3.97	1.59	357.0	2772	35.84	*24	7.19	58.35	3.13	0.47
salad bar ms	1 EACH	75	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	30	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average			606	1069	5.42	2.76	437.6	4383	67.58	*44	18.73	91.04	19.62	4.98
% of Calories										*29.0%	12.4%	60.1%	29.1%	7.4%
Nutrient Guideline			600-700	1360										<10.00

Fri - 05/03/2019														
Middle School Lunch Menu	Total	1400												
CORN DOG:Turkey Jumbo State F	1 EACH	950	270	930	0.00	1.08	0.0	0	0.0	*N/A*	10.0	30.01	12.0	3.00
sweet potato fries^	4 oz	900	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	600	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	800	90	30	0.00	0.00	80.0	1000	60.0	19	0.0	22.0	0.0	0.00
fruit, fresh, variety	1 CUP	600	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
ketchup^	1 tbsp	800	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	250	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
milk vty half pints^	1 each	1300	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
quesadilla chicken	1 each	200	266	436	5.64	4.04	264.6	394	11.56	*3	19.14	36.5	5.04	2.00
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
salsa bulk	1/4 cup	100	20	140	0.00	0.72	40.0	1000	12.0	2	0.0	4.0	0.0	0.00
sour cream, pouch	1 each	100	25	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
salad bar ms	1 EACH	150	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	50	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50

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Linn-Mar Community Schools

Mar 25, 2019 thru May 17, 2019

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 21

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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)
Weighted Daily Average			627	1259	5.33	3.48	462.3	8818	76.32	*44	21.58	93.18	18.79	4.32
% of Calories										*28.1%	13.8%	59.4%	27.0%	6.2%
Nutrient Guideline			600-700	1360										<10.00

Mon - 05/06/2019														
Middle School Lunch Menu	Total	2600												
mac & cheese^	6 oz	1400	283	648	2.00	0.00	371.0	493	1.0	8	15.0	31.0	11.0	6.50
breadstick^	2 oz	1400	160	200	3.00	0.00	0.0	0	0.0	3	6.0	29.0	2.0	0.00
tator tots^	9 each	1100	166	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74	1.11
lettuce & tomato	1/2 cup	1100	5	2	0.54	0.24	8.2	2103	1.35	*0	0.32	0.9	0.08	0.01
spiced apples,warmed	1/2 cup	1000	79	11	1.58	0.01	1.4	46	0.0	18	0.01	19.7	0.01	0.00
fruit, fresh, variety	1 CUP	1000	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	300	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	1200	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
dressing ranch light^	2 TBSP	900	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
Hot dog bar	1 Each	600	586	1405	9.61	4.18	450.6	896	3.35	*19	28.13	73.76	23.93	10.72
salad bar ms	1 EACH	250	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	75	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	225	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
Weighted Daily Average			642	1275	9.02	2.53	509.8	5850	27.17	*34	25.57	91.96	20.19	7.39
% of Calories										*21.0%	15.9%	57.3%	28.3%	10.4%
Nutrient Guideline			600-700	1360										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 17, 2019

Base Menu Spreadsheet

Middle School Lunch 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 - 05/07/2019														
Middle School Lunch Menu	Total	1400												
chicken, popcorn^	4 oz	950	237	511	1.45	2.77	73.6	126	0.05	2	17.91	18.45	9.64	0.53
bread italian MS HS	slice	950	141	151	2.39	1.64	32.3	160	1.9	*2	4.79	27.29	1.72	0.40
MASHED POTATOES:flakes,mlk+but	1/2 CUP	900	102	172	0.84	0.17	33.6	181	10.19	2	1.86	11.41	5.39	3.35
gravy, chicken^	1 oz	800	10	115	0.00	0.00	0.6	0	0.0	*0	0.0	2.08	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
dressing ranch light^	2 TBSP	250	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
mixed fruit cocktail	1/2 cup	500	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	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	500	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
bbq sauce	2 TBSP	300	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	1000	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	1100	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Hamburger bar	1 each	100	507	821	7.30	4.06	360.9	728	7.68	*8	25.36	69.15	15.98	6.30
salad bar ms	1 EACH	150	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	50	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average			603	1162	6.07	5.05	427.8	6246	35.10	*30	28.17	82.91	17.86	4.29
% of Calories										*19.6%	18.7%	55.0%	26.6%	6.4%
Nutrient Guideline			600-700	1360										<10.00

Wed - 05/08/2019														
Middle School Lunch Menu	Total	1400												
Spaghetti sauce with meatballs	800	208	387	2.99	2.86	59.5	599	7.19	10	15.83	15.95	9.89	3.46	
rotini,whole grain,dry^	1/2 cup	800	54	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54	0.23
garlic bread stick (19)	1 EACH	700	100	95	1.00	0.72	0.0	0	0.0	1	1.0	15.0	3.5	0.50
lettuce and tomato	1 each	600	6	2	0.44	0.37	10.8	1005	2.56	*0	0.47	1.05	0.08	0.01
fresh veggie mix	1/2 cup	600	19	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
pear slices, diced	1/2	700	75	13	1.25	0.45	0.0	0	1.5	*N/A*	0.0	17.55	0.0	0.00
fruit, fresh, variety	1 CUP	600	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	800	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	1300	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
sandwich bar ms	1 each	300	630	1031	9.58	3.38	279.3	3996	50.44	*38	21.65	96.9	19.27	5.09
salad bar ms	1 EACH	250	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	75	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50

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Linn-Mar Community Schools

Mar 25, 2019 thru May 17, 2019

Base Menu Spreadsheet

Middle School Lunch 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			665	1058	9.74	5.88	503.3	10684	58.93	*42	28.58	95.00	20.23	5.19
% of Calories										*25.1%	17.2%	57.1%	27.4%	7.0%
Nutrient Guideline			600-700	1360										<10.00

Thu - 05/09/2019														
Middle School Lunch Menu	Total	600												
taco meat w/ beef crumbles^	3 oz	700	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	500	80	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19	3.29
tortilla-2 or taco shells 2	serving	700	120	105	2.67	0.24	46.7	0	0.0	*0	2.67	19.67	4.0	1.17
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,shredded^	1 cup	270	10	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01
tomato fresh diced^	1/4 cup	270	8	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01
cuke, peppers, carrot mix	1 EACH	250	7	4	0.41	0.15	5.7	416	9.13	*1	0.32	1.83	0.08	0.01
Kiwi and grapes	1/2 cup	500	77	3	2.68	0.37	32.2	112	72.01	*7	1.15	18.99	0.55	0.07
fruit, fresh, variety	1 CUP	271	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
Salsa cup^	2 oz	50	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
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	810	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
yogurt bar ms	1 each	100	286	226	3.97	1.59	357.0	2772	35.84	*24	7.19	58.35	3.13	0.47
salad bar ms	1 EACH	15	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	10	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average			750	985	10.93	5.61	852.2	4056	101.82	*46	41.81	103.00	21.15	7.96
% of Calories										*24.6%	22.3%	54.9%	25.4%	9.6%
Nutrient Guideline			600-700	1360										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 17, 2019

Base Menu Spreadsheet

Middle School Lunch 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)
Fri - 05/10/2019														
Middle School Lunch Menu	Total	1400												
Pizza cheesy gar /6"bread	1 piece	600	330	580	2.00	2.70	350.0	400	0.0	*N/A*	19.0	33.0	13.0	4.00
Pizza french bread w/tur pep	1 each	650	330	580	2.00	2.70	350.0	400	0.0	*N/A*	19.0	33.0	13.0	4.00
peas	1/2 cup	500	53	0	3.00	1.08	15.0	300	6.75	*N/A*	3.0	9.75	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
mandarin oranges^	1/2 cup	400	90	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00
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
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	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	900	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
potato bar	serving	150	510	758	9.60	4.21	158.2	3256	68.83	*17	17.5	82.07	13.6	4.34
salad bar ms	1 EACH	150	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	50	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
white cake w/frosting	1 each	900	207	148	0.95	0.62	57.5	1413	0.05	*21	2.35	31.33	8.17	2.85
Weighted Daily Average			690	978	6.87	5.34	641.5	7702	39.39	*38	30.29	92.49	22.15	6.85
% of Calories										*21.9%	17.6%	53.6%	28.9%	8.9%
Nutrient Guideline			600-700	1360										<10.00

Mon - 05/13/2019														
Middle School Lunch Menu	Total	900												
chicken parmesan w/ spaghetti	1 each	800	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	700	100	95	1.00	0.72	0.0	0	0.0	1	1.0	15.0	3.5	0.50
lettuce & tomato	1/2 cup	400	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	300	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	250	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	200	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
milk vty half pints^	1 each	800	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Hot dog bar	1 Each	150	586	1405	9.61	4.18	450.6	896	3.35	*19	28.13	73.76	23.93	10.72
salad bar ms	1 EACH	10	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	5	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	25	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	10	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
dressing ranch light^	2 tbsp	250	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
Weighted Daily Average			610	1089	6.82	4.15	481.0	2818	14.63	*29	34.00	76.49	19.05	5.75
% of Calories										*18.8%	22.3%	50.1%	28.1%	8.5%
Nutrient Guideline			600-700	1360										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 17, 2019

Base Menu Spreadsheet

Middle School Lunch 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 - 05/14/2019														
Middle School Lunch Menu	Total	1400												
F.T Sticks(2pc) w/ Egg Omelet	3 EACH	800	720	780	6.00	2.16	120.0	0	0.0	30	18.0	114.0	21.0	3.00
potato triangles	2 EACH	800	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	400	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	400	90	30	0.00	0.00	80.0	1000	60.0	19	0.0	22.0	0.0	0.00
fruit, fresh, variety	1 CUP	450	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
ketchup^	1 tbsp	500	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
syrup, pancake^	2 TBSP	500	50	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	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
Hamburger bar	1 each	150	507	821	7.30	4.06	360.9	728	7.68	*8	25.36	69.15	15.98	6.30
salad bar ms	1 EACH	5	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	5	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average			701	915	7.09	2.55	278.8	1359	38.80	*40	17.67	114.31	19.33	3.36
% of Calories										*22.7%	10.1%	65.3%	24.8%	4.3%
Nutrient Guideline			600-700	1360										<10.00

Wed - 05/15/2019														
Middle School Lunch Menu	Total	1400												
nachos bf crumb filling	3 oz	950	256	734	0.22	1.40	328.8	716	0.18	*2	19.52	4.04	18.02	10.14
tortilla chips, 2 oz pkg^	2 oz	950	270	222	4.00	1.08	0.0	0	0.0	0	4.0	40.0	11.0	1.50
corn^	1/2 cup	650	62	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44	0.00
lettuce & tomato	1/2 cup	600	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	300	19	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
melon mix (3)	1/2 cup	700	27	9	0.56	0.16	5.8	1041	16.62	6	0.53	6.6	0.13	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
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
salsa bulk	1/4 cup	500	20	140	0.00	0.72	40.0	1000	12.0	2	0.0	4.0	0.0	0.00
milk vty half pints^	1 each	1300	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
sandwich bar ms	1 each	175	630	1031	9.58	3.38	279.3	3996	50.44	*38	21.65	96.9	19.27	5.09
salad bar ms	1 EACH	75	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	50	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
sour cream, pouch	1 each	800	25	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 17, 2019

Base Menu Spreadsheet

Middle School Lunch 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)
Weighted Daily Average			676	1060	7.48	3.91	651.8	6165	44.12	*35	30.28	85.79	24.77	9.29
% of Calories										*20.4%	17.9%	50.8%	33.0%	12.4%
Nutrient Guideline			600-700	1360										<10.00

Thu - 05/16/2019														
Middle School Lunch Menu	Total	320												
pizza crunchers^	4 piece serving	400	420	790	5.00	2.15	426.0	480	1.87	3	20.0	41.0	20.0	9.00
broccoli, steamed	1/2 cup	200	26	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1	0.02
cuke, peppers, carrot mix	1 EACH	50	7	4	0.41	0.15	5.7	416	9.13	*1	0.32	1.83	0.08	0.01
apple fresh sliced in bag	bag	100	29	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09	0.02
fruit, fresh, variety	1 CUP	50	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 ranch light^	2 TBSP	50	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	250	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
yogurt bar ms	1 each	25	286	226	3.97	1.59	357.0	2772	35.84	*24	7.19	58.35	3.13	0.47
salad bar ms	1 EACH	5	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 each	5	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average			698	1208	9.47	3.78	838.9	2569	38.74	*24	34.39	81.62	27.15	11.80
% of Calories										*13.6%	19.7%	46.8%	35.0%	15.2%
Nutrient Guideline			600-700	1360										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 17, 2019

Base Menu Spreadsheet

Middle School Lunch 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 - 05/17/2019														
Middle School Lunch Menu	Total	1400												
chicken patty (4ozGold) s/w	1 EACH	1000	379	690	4.22	3.72	230.6	59	0.0	6	28.28	45.79	9.8	1.47
pickle slices^	2 EACH	1000	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	650	8	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
green beans,steamed^	1/2 cup	600	28	0	2.80	0.67	18.7	187	4.48	2	0.93	5.6	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
grapes, red seedless^	1/2 cup	700	61	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32	0.10
fruit, fresh, variety	1/2 CUP	400	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	350	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	1300	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
quesadilla chicken	1 each	450	266	436	5.64	4.04	264.6	394	11.56	*3	19.14	36.5	5.04	2.00
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
salsa bulk	1/4 cup	200	20	140	0.00	0.72	40.0	1000	12.0	2	0.0	4.0	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
salad bar ms	1 EACH	75	473	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	50	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
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
Weighted Daily Average			586	1011	8.23	5.72	599.9	4178	29.96	*38	37.10	86.40	11.13	2.48
% of Calories										*25.9%	25.3%	59.0%	17.1%	3.8%
Nutrient Guideline			600-700	1360										<10.00
Weighted Average			649	1086	7.79	4.29	531.4	4645	41.69	*38	29.69	90.44	19.66	6.01
										*52.0%	18.3%	55.8%	27.3%	8.3%

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Linn-Mar Community Schools

Mar 25, 2019 thru May 17, 2019

Base Menu Spreadsheet

Middle School Lunch 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)	Error Messages (if any)	
Calories	649		600 - 700		100%												
Sodium 1 (mg)	1086			1360													
Sodium 2 (mg)	1086			1035					51								Correction Required - Sodium too High
Fiber (g)	7.79																
Iron (mg)	4.29																
Calcium (mg)	531.4																
Vitamin A (IU)	4645																
Sugars (g)	38	23.13%				Missing											
Vitamin C (mg)	41.69																
Protein (g)	29.69	18.31%															
Carbohydrate (g)	90.44	55.77%															
Total Fat (g)	19.66	27.27%															
Saturated Fat (g)	6.01	8.34%	<10.00%														

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