

Linn-Mar Community Schools

May 20, 2019 thru Jun 5, 2019

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 1

Generated on: 4/25/2019 11:47:40 AM

	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 - 05/20/2019														
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 - 05/21/2019														
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

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

May 20, 2019 thru Jun 5, 2019

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 2

Generated on: 4/25/2019 11:47:40 AM

	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 - 05/22/2019														
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

Page 3

Generated on: 4/25/2019 11:47:40 AM

	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 - 05/23/2019														
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:frozen, boiled	1/2 CUP	600	27	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09
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
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			577	801	7.34	4.12	571.3	9202	33.41	*40	24.91	86.27	16.05	3.92
% of Calories										*27.8%	17.3%	59.8%	25.0%	6.1%
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)
Fri - 05/24/2019														
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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Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 4

Generated on: 4/25/2019 11:47:40 AM

	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 - 05/27/2019														
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

	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 - 05/28/2019														
Middle School Lunch Menu	Total	1400												
chicken, mandarin orange	serving	700	150	280	0.00	0.72	0.0	0	1.2	10	11.0	19.0	3.0	0.50
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
mandarin oranges^	1/2 cup	700	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	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			625	1030	7.50	4.25	498.6	5865	51.54	*47	28.63	98.19	13.79	3.73
% of Calories										*29.8%	18.3%	62.8%	19.8%	5.4%
Nutrient Guideline			600-700	1360										<10.00

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Wed - 05/29/2019														
Middle School Lunch Menu	Total	600												
chicken patty/hot /spicy sw	sandwich	700	330	572	4.34	4.22	248.8	242	0.18	5	20.59	45.31	8.06	1.23
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	650	8	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
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
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	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
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			656	1109	9.66	6.91	643.8	2356	31.40	*46	37.07	108.40	10.71	1.95
% of Calories										*28.1%	22.6%	66.1%	14.7%	2.7%
Nutrient Guideline			600-700	1360										<10.00

Thu - 05/30/2019														
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
Strawberry cup, froz (19) comm	1 each	700	90	0	2.00	0.00	0.0	0	0.0	18	1.0	22.0	0.0	0.00
fruit, fresh, variety	1 CUP	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			637	1068	5.52	2.58	430.4	4378	40.91	*51	18.93	98.56	19.49	4.97
% of Calories										*31.9%	11.9%	61.9%	27.5%	7.0%
Nutrient Guideline			600-700	1360										<10.00

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Linn-Mar Community Schools

May 20, 2019 thru Jun 5, 2019

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 6

Generated on: 4/25/2019 11:47:40 AM

	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 - 05/31/2019														
Middle School Lunch Menu														
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
Applesauce Cups- assorted (19)	4 oz	600	50	0	1.00	0.00	0.0	0	60.0	12	0.0	14.0	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 & 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
Salsa cup^	2 oz	300	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	300	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
Weighted Daily Average			639	1308	6.64	4.04	461.3	8575	69.08	*39	24.65	92.53	19.52	4.61
% of Calories										*24.4%	15.4%	57.9%	27.5%	6.5%
Nutrient Guideline			600-700	1360										<10.00

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Linn-Mar Community Schools

May 20, 2019 thru Jun 5, 2019

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 7

Generated on: 4/25/2019 11:47:40 AM

	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 - 06/03/2019														
Middle School Lunch Menu	Total	1200												
hot dog with bun^	1 each	800	320	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
cheese cheddar shredded^	1 oz	200	80	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19	3.29
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
fresh veggie mix	3/4 cup	300	28	30	2.03	0.85	29.7	2766	30.15	3	1.53	5.61	0.21	0.04
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
Fruit Juice Slushies (19)	1 each	750	90	30	0.00	0.00	80.0	1000	60.0	19	0.0	22.0	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
milk vty half pints^	1 each	650	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
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
pickle relish, sweet	1 tbsp	200	15	110	0.00	0.00	0.0	0	0.0	0	0.0	3.0	0.0	0.00
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	75	8	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
cheese american	1 slice	75	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	100	162	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
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
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	50	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average			570	1287	7.41	4.00	493.9	3628	55.49	*41	23.72	86.80	16.37	6.23
% of Calories										*28.9%	16.7%	60.9%	25.9%	9.8%
Nutrient Guideline			600-700	1360										<10.00

Tue - 06/04/2019														
Middle School Lunch Menu	Total	1400												
Pizza cheesy gar /6"bread	1 piece	850	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	600	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
pineapple chunks^	1/2 cup	400	65	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	0.0	0.00
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
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
Hamburger bar	1 each	300	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	200	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

May 20, 2019 thru Jun 5, 2019

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 8

Generated on: 4/25/2019 11:47:40 AM

	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			538	854	6.98	5.02	586.9	7724	33.69	*24	28.14	71.37	16.16	4.99
% of Calories										*17.8%	20.9%	53.0%	27.0%	8.3%
Nutrient Guideline			600-700	1360										<10.00

Wed - 06/05/2019														
Middle School Lunch Menu	Total	1400												
sandwich bar ms	1 each	950	630	1031	9.58	3.38	279.3	3996	50.44	*38	21.65	96.9	19.27	5.09
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
Applesauce Cups- assorted (19)	4 oz	600	50	0	1.00	0.00	0.0	0	60.0	12	0.0	14.0	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
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			621	955	8.87	3.14	487.2	4109	85.62	*57	23.36	103.76	14.42	3.93
% of Calories										*36.4%	15.1%	66.9%	20.9%	5.7%
Nutrient Guideline			600-700	1360										<10.00

Weighted Average			615	1047	7.65	4.09	499.2	5077	44.27	*40	27.10	90.38	17.30	4.98
										*58.8%	17.6%	58.8%	25.3%	7.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	615		600 - 700	100%				
Sodium 1 (mg)	1047		1360					
Sodium 2 (mg)	1047		1035				12	Correction Required - Sodium too High
Fiber (g)	7.65							
Iron (mg)	4.09							
Calcium (mg)	499.2							
Vitamin A (IU)	5077							
Sugars (g)	40	26.14%			Missing			
Vitamin C (mg)	44.27							
Protein (g)	27.10	17.63%						
Carbohydrate (g)	90.38	58.81%						
Total Fat (g)	17.30	25.33%						
Saturated Fat (g)	4.98	7.29%	<10.00%					

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