

# Linn-Mar Community Schools

Jan 27, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/27/2020											
Middle School Lunch Menu											
meatball sandwich	1 each	370	556	4.35	4.10	302.3	*6	26.08	36.81	14.67	5.32
tator tots^	9 each	166	398	2.21	0.40	0.0	0	2.21	21.02	7.74	1.11
romaine/spinach&tomato	1 cup	31	17	3.42	1.58	54.4	*1	2.16	6.1	0.5	0.07
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
peaches sliced	1/2 cup	49	10	0.00	0.00	0.0	10	0.0	11.81	0.0	0.00
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
Hot dog bar	1 Each	616	1405	10.62	4.36	450.6	*19	28.13	74.77	26.97	13.25
salad bar ms	1 EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average		553	1064	8.03	4.28	429.5	*26	24.63	72.28	20.15	6.61
% of Calories							*19.0%	17.8%	52.3%	32.8%	10.8%
Nutrient Guideline		600-700	1360								<10.00

Tue - 01/28/2020											
Middle School Lunch Menu											
chicken, popcorn^	4 oz	237	511	1.45	2.77	73.6	2	17.91	18.45	9.64	0.53
bread italian MS HS	slice	141	151	2.39	1.64	32.3	*2	4.79	27.29	1.72	0.40
MASHED POTATOES:flakes,mlk+but	1/2 CUP	102	172	0.84	0.17	33.6	2	1.86	11.41	5.39	3.35
gravy, chicken^	1 oz	10	115	0.00	0.00	0.6	*0	0.0	2.08	0.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
mixed fruit cocktail	1/2 cup	60	10	0.00	0.00	0.0	11	0.0	17.0	0.0	0.00
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
bbq sauce	2 TBSP	40	390	0.00	0.00	0.0	*N/A*	0.0	9.0	0.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
margarine cup^	1 EACH	20	30	0.00	0.00	0.0	0	0.0	0.0	2.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
Hamburger bar	1 each	510	742	7.30	*4.03	*282.9	*8	24.75	69.94	16.1	6.04
salad bar ms	1 EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50

\*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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Jan 27, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		622	1183	6.33	*5.19	*432.4	*30	29.01	85.46	18.44	4.49
% of Calories							*19.2%	18.7%	55.0%	26.7%	6.5%
Nutrient Guideline		600-700	1360								<10.00

Wed - 01/29/2020											
	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Middle School Lunch Menu	Total										
Spaghetti sauce with meatballs	serving	258	947	0.99	2.50	79.5	*1	15.83	17.95	13.39	3.96
rotini, whole grain, dry^	1/2 cup	54	5	0.97	0.36	9.1	*0	1.81	9.03	1.54	0.23
breadstick bosco cheese filled	1 each	207	303	2.75	0.00	0.0	1	13.77	23.41	6.89	3.44
romaine/spinach&tomato	1 cup	31	17	3.42	1.58	54.4	*1	2.16	6.1	0.5	0.07
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
pear slices, diced	1/2	75	13	1.25	0.45	0.0	*N/A*	0.0	17.55	0.0	0.00
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
quesadilla chicken	1 each	266	436	5.64	4.04	264.6	*3	19.14	36.5	5.04	2.00
lettuce & tomato	1/2 cup	5	2	0.54	0.24	8.2	*0	0.32	0.9	0.08	0.01
Sour cream- A&E	1 TBSP	16	10	0.00	0.01	16.9	0	0.42	0.85	1.27	0.79
salsa bulk	1/4 cup	20	140	0.00	0.72	40.0	2	0.0	4.0	0.0	0.00
salad bar ms	1 EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average		607	1223	8.88	4.86	367.1	*22	30.74	79.62	19.27	5.92
% of Calories							*14.6%	20.2%	52.4%	28.5%	8.8%
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	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/30/2020											
Middle School Lunch Menu	Total										
taco meat w/ beef crumbles^	3 oz	135	211	0.66	2.18	24.7	*2	12.83	5.27	7.04	2.50
cheese cheddar shredded^	1 oz	80	206	0.00	0.04	257.0	*N/A*	7.71	0.57	5.19	3.29
tortilla-2 or taco shells 2	serving	120	105	2.67	0.24	46.7	*0	2.67	19.67	4.0	1.17
refried beans w/salsa	1/2 cup	138	325	5.09	2.77	72.5	8	7.12	25.57	1.02	0.00
lettuce,shredded^	1 cup	10	7	0.86	0.30	13.0	*N/A*	0.65	2.14	0.1	0.01
tomato fresh diced^	1/4 cup	8	2	0.54	0.12	4.5	1	0.4	1.75	0.09	0.01
jalapeno peppers.	1/8 cup	0	466	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
Salsa cup^	2 oz	7	43	0.00	0.00	0.0	1	0.0	1.33	0.0	0.00
sour cream, pouch	1 each	25	30	0.00	0.00	60.0	2	2.0	4.0	0.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
Kiwi and grapes	1/2 cup	77	3	2.68	0.37	32.2	*7	1.15	18.99	0.55	0.07
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
yogurt bar ms	1 each	285	226	3.97	1.59	357.0	*24	7.19	58.35	3.13	0.48
salad bar ms	1 EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average		699	924	10.76	5.38	803.4	*46	38.24	99.55	18.47	6.81
% of Calories							*26.4%	21.9%	57.0%	23.8%	8.8%
Nutrient Guideline		600-700	1360								<10.00

Fri - 01/31/2020											
Middle School Lunch Menu	Total										
Pizza french bread w/tur pep	1 each	330	580	2.00	2.70	350.0	*N/A*	19.0	33.0	13.0	4.00
Pizza garlic f.b cheese (19)	1 EACH	350	450	2.00	1.80	450.0	2	22.0	29.0	18.0	7.00
peas	1/2 cup	53	0	3.00	1.08	15.0	*N/A*	3.0	9.75	0.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
mandarin oranges^	1/2 cup	90	10	1.00	0.36	20.0	22	1.0	23.0	0.0	0.00
fruit, fresh, variety	1/2 CUP	35	1	1.42	0.15	9.9	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 tbsp	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
soup bar, HS	1 EACH	235	711	3.76	2.11	132.2	*7	16.69	29.39	5.77	1.69
salad bar ms	1 EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
sugar cookies w/ lq egg	1 EACH	117	103	0.74	0.52	4.7	*7	1.74	14.72	5.72	2.49

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Jan 27, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		629	872	5.73	4.22	632.2	*29	31.57	76.33	22.64	8.14
% of Calories							*18.2%	20.1%	48.6%	32.4%	11.7%
Nutrient Guideline		600-700	1360								<10.00

Mon - 02/03/2020											
Middle School Lunch Menu	Total										
chicken parmesan w/ spaghetti	1 each	302	601	4.19	2.85	145.2	*6	23.55	30.41	9.87	2.89
garlic bread stick (19)	1 EACH	100	95	1.00	0.72	0.0	1	1.0	15.0	3.5	0.50
romaine/spinach&tomato	1 cup	31	17	3.42	1.58	54.4	*1	2.16	6.1	0.5	0.07
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
peaches sliced	1/2 cup	49	10	0.00	0.00	0.0	10	0.0	11.81	0.0	0.00
fruit, fresh, variety	1/2 CUP	35	1	1.42	0.15	9.9	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
Hot dog bar	1 Each	616	1405	10.62	4.36	450.6	*19	28.13	74.77	26.97	13.25
salad bar ms	1 EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
dressing ranch light^	2 tbsp	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
Weighted Daily Average		603	1055	8.54	5.14	502.4	*30	34.01	78.61	17.81	5.60
% of Calories							*20.0%	22.6%	52.1%	26.6%	8.4%
Nutrient Guideline		600-700	1360								<10.00

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Jan 27, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/04/2020											
Middle School Lunch Menu											
	Total										
	pork tenderloin s/w	430	580	5.00	3.60	240.0	5	20.0	46.0	19.0	4.50
	baked beans^	162	559	5.19	2.01	47.1	17	7.32	37.2	0.0	0.00
	fresh veggie mix	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
	strawberries frozen	150	30	3.01	0.36	20.0	35	0.0	38.08	0.0	0.00
	fruit, fresh, variety	71	1	2.84	0.31	19.8	*12	0.88	18.08	0.31	0.05
	juice cup variety	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
	milk vty half pints^	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
	Hamburger bar	510	742	7.30	*4.03	*282.9	*8	24.75	69.94	16.1	6.04
	salad bar ms	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
	pb&j sandwich	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
	ketchup^	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
	mustard^	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
	pickle slices^	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
	Weighted Daily Average	723	1146	10.71	*5.61	*576.9	*53	31.77	111.50	18.62	5.08
	% of Calories						*29.3%	17.6%	61.7%	23.2%	6.3%
	Nutrient Guideline	600-700	1360								<10.00

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/05/2020											
Middle School Lunch Menu											
	Total										
	nachos bf crumb filling	263	542	0.22	*1.34	*139.8	*2	18.04	5.94	18.33	9.51
	Tortilla chips 1.5 oz	200	170	3.00	1.08	0.0	0	3.0	30.0	8.0	1.00
	corn^	62	4	1.78	0.32	35.6	2	0.89	15.12	0.44	0.00
	lettuce,shredded^	10	7	0.86	0.30	13.0	*N/A*	0.65	2.14	0.1	0.01
	tomato fresh diced^	4	1	0.27	0.06	2.3	1	0.2	0.88	0.05	0.01
	jalapeno peppers.	0	466	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
	Sour cream- A&E	16	10	0.00	0.01	16.9	0	0.42	0.85	1.27	0.79
	salsa bulk	20	140	0.00	0.72	40.0	2	0.0	4.0	0.0	0.00
	fresh veggie mix	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
	mixed fruit cocktail	60	10	0.00	0.00	0.0	11	0.0	17.0	0.0	0.00
	fruit, fresh, variety	71	1	2.84	0.31	19.8	*12	0.88	18.08	0.31	0.05
	juice cup variety	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
	milk vty half pints^	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
	potato bar	510	758	9.60	4.21	158.2	*17	17.5	82.07	13.6	4.35
	salad bar ms	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
	pb&j sandwich	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50

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Jan 27, 2020 thru Mar 20, 2020

## Base Menu Spreadsheet

Middle School Lunch Menu

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		631	883	6.58	*3.88	*481.2	*33	26.99	82.22	22.90	8.88
% of Calories							*21.2%	17.1%	52.1%	32.7%	12.7%
Nutrient Guideline		600-700	1360								<10.00

Thu - 02/06/2020											
Middle School Lunch Menu	Total										
chicken sweet chili thai	Servings	172	452	0.00	0.89	0.0	7	13.63	21.06	3.72	0.62
brown rice,chicken flavored	1/2 cup	71	166	0.63	0.27	5.0	*0	1.58	14.16	0.95	0.15
Roll, Hot (frozen) (19)	1 each	80	140	1.00	0.72	0.0	1	3.0	13.0	1.5	0.00
vegetables stir fry	1/2 cup	17	13	1.00	0.18	10.0	1	0.0	3.0	0.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
pineapple chunks^	1/2 cup	65	0	0.82	0.29	16.4	16	0.82	17.99	0.0	0.00
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
margarine cup^	1 each	20	30	0.00	0.00	0.0	0	0.0	0.0	2.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
yogurt bar ms	1 each	285	226	3.97	1.59	357.0	*24	7.19	58.35	3.13	0.48
salad bar ms	1 EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
soy sauce	.5 oz	5	620	0.00	0.00	0.0	1	0.5	0.5	0.0	0.00
Weighted Daily Average		565	942	6.28	3.50	495.8	*49	24.17	96.88	9.63	1.57
% of Calories							*35.0%	17.1%	68.6%	15.3%	2.5%
Nutrient Guideline		600-700	1360								<10.00

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# Linn-Mar Community Schools

Jan 27, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/07/2020											
Middle School Lunch Menu											
F.T.Stick (3pc) E.Omelet (19)	3 Sticks, 1 EO	320	520	2.00	2.72	132.0	9	16.0	40.0	15.0	5.50
potato triangles	2 EACH	178	391	2.67	0.68	10.3	0	0.89	23.11	8.89	1.33
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
Fruit Juice Slushies (19)	1 each	90	30	0.00	0.00	80.0	19	0.0	22.0	0.0	0.00
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
syrup, pancake^	2 TBSP	50	55	0.00	0.00	0.0	7	0.0	13.0	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
soup bar, HS	1 EACH	235	711	3.76	2.11	132.2	*7	16.69	29.39	5.77	1.69
salad bar ms	1 EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average		540	960	5.70	3.45	331.8	*35	20.17	82.80	17.03	4.89
% of Calories							*26.2%	14.9%	61.3%	28.4%	8.1%
Nutrient Guideline		600-700	1360								<10.00

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/10/2020											
Middle School Lunch Menu											
pizza sticks (2 sticks)^	2 EACH	310	590	3.00	0.00	0.0	8	18.0	31.0	13.0	7.00
marinara sauce cup^	2 oz	32	184	0.80	0.57	16.0	3	0.8	5.59	0.8	0.00
romaine/spinach&tomato	1 cup	31	17	3.42	1.58	54.4	*1	2.16	6.1	0.5	0.07
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
pineapple tidbits	1/2 cup	80	0	1.00	0.36	20.0	17	0.0	19.0	0.0	0.00
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
Hot dog bar	1 Each	616	1405	10.62	4.36	450.6	*19	28.13	74.77	26.97	13.25
salad bar ms	EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average		657	1266	10.80	4.12	498.9	*41	32.48	88.97	21.60	10.43
% of Calories							*25.1%	19.8%	54.2%	29.6%	14.3%
Nutrient Guideline		600-700	1360								<10.00

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# Linn-Mar Community Schools

Jan 27, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/11/2020											
Middle School Lunch Menu											
	Total										
crisпитos w/ cheese sauce	1 EACH	659	1174	6.00	3.60	303.1	3	31.69	48.2	36.79	11.06
lettuce,shredded^	1 cup	10	7	0.86	0.30	13.0	*N/A*	0.65	2.14	0.1	0.01
tomato fresh diced^	1/8 cup	4	1	0.27	0.06	2.3	1	0.2	0.88	0.05	0.01
Salsa cup^	2 oz	7	43	0.00	0.00	0.0	1	0.0	1.33	0.0	0.00
Sour cream- A&E	1 TBSP	16	10	0.00	0.01	16.9	0	0.42	0.85	1.27	0.79
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	*12	0.88	18.08	0.31	0.05
orange, fresh slices^	1/2 cup	46	0	2.36	0.10	39.3	9	0.92	11.54	0.12	0.01
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
Hamburger bar	1 each	510	742	7.30	*4.03	*282.9	*8	24.75	69.94	16.1	6.04
salad bar ms	1 EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
mustard^	1 TSP	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
Weighted Daily Average		600	965	6.76	*3.55	*455.1	*21	29.30	63.57	25.44	8.04
% of Calories							*14.2%	19.5%	42.4%	38.2%	12.1%
Nutrient Guideline		600-700	1360								<10.00

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# Linn-Mar Community Schools

Jan 27, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/12/2020											
Middle School Lunch Menu											
chicken strips^	4 EACH	271	566	1.47	2.00	32.2	2	21.15	16.75	12.93	1.36
bread italian MS HS	slice	141	151	2.39	1.64	32.3	*2	4.79	27.29	1.72	0.40
MASHED POTATOES:flakes,mlk+but	1/2 CUP	102	172	0.84	0.17	33.6	2	1.86	11.41	5.39	3.35
gravy, chicken^	1 oz	10	115	0.00	0.00	0.6	*0	0.0	2.08	0.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
fruit, fresh, variety	1/2 CUP	35	1	1.42	0.15	9.9	*6	0.44	9.04	0.16	0.03
pear sliced in juice	1/2 cup	76	10	2.00	0.00	0.0	12	0.0	19.0	0.0	0.00
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
salad bar ms	1 EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
quesadilla chicken	1 each	266	436	5.64	4.04	264.6	*3	19.14	36.5	5.04	2.00
lettuce,shredded^	1/8 cup	1	1	0.11	0.04	1.6	*N/A*	0.08	0.27	0.01	0.00
tomato fresh diced^	1/8 cup	4	1	0.27	0.06	2.3	1	0.2	0.88	0.05	0.01
ref beansw/salsa &cheese^	4 oz	112	495	5.18	1.64	105.9	*1	5.95	14.43	3.0	1.52
salsa bulk	1/4 cup	20	140	0.00	0.72	40.0	2	0.0	4.0	0.0	0.00
Sour cream- A&E	1 TBSP	16	10	0.00	0.01	16.9	0	0.42	0.85	1.27	0.79
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
margarine cup^	1 each	20	30	0.00	0.00	0.0	0	0.0	0.0	2.0	0.00
bbq sauce	2 TBSP	40	390	0.00	0.00	0.0	*N/A*	0.0	9.0	0.0	0.00
honey dijon mustard dressing	2 TBSP	50	240	0.00	0.00	0.0	8	0.0	12.0	0.0	0.00
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average		622	1169	5.97	4.09	404.5	*34	32.95	79.52	18.86	4.24
% of Calories							*21.6%	21.2%	51.1%	27.3%	6.1%
Nutrient Guideline		600-700	1360								<10.00

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# Linn-Mar Community Schools

Jan 27, 2020 thru Mar 20, 2020

## Base Menu Spreadsheet

Middle School Lunch Menu

### Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/13/2020											
Middle School Lunch Menu	Total										
chicken patty grilled sw	1 each	260	400	3.00	2.52	200.0	4	22.0	32.0	5.5	1.00
fish sw^	1 EACH	340	440	5.00	2.52	220.0	5	18.0	47.0	10.0	1.50
lettuce,shredded^	1/8 cup	1	1	0.11	0.04	1.6	*N/A*	0.08	0.27	0.01	0.00
tomato fresh sliced	1/4 cup	5	1	0.32	0.07	2.7	1	0.24	1.05	0.05	0.01
pickle slices^	2 EACH	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
cheese american	1 slice	56	132	0.00	*N/A*	*N/A*	*N/A*	2.53	1.01	4.56	2.53
green beans,steamed^	1/2 cup	28	0	2.80	0.67	18.7	2	0.93	5.6	0.0	0.00
cuke, peppers, carrot mix	1 EACH	6	4	0.41	0.15	5.7	*1	0.32	1.83	0.08	0.02
mixed fruit cocktail	1/2 cup	60	10	0.00	0.00	0.0	11	0.0	17.0	0.0	0.00
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
yogurt bar ms	1 each	285	226	3.97	1.59	357.0	*24	7.19	58.35	3.13	0.48
salad bar ms	1 EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
mayo(salad dressing light)^	1 TBSP	30	130	0.00	0.00	0.0	2	0.0	3.0	2.0	0.00
tartar sauce^	2 tbsp	100	300	0.00	0.00	0.0	5	0.0	7.0	7.0	1.00
Weighted Daily Average		622	881	8.63	*4.67	*637.7	*41	34.65	97.92	11.87	2.54
% of Calories							*26.6%	22.3%	63.0%	17.2%	3.7%
Nutrient Guideline		600-700	1360								<10.00

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# Linn-Mar Community Schools

Jan 27, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/14/2020											
Middle School Lunch Menu	Total										
pizza 5" cheese ^	1 each	320	610	5.00	2.70	250.0	5	15.0	40.0	11.0	3.50
pizza 5" pepperoni^	1 EACH	320	650	5.00	2.70	200.0	5	16.0	39.0	12.0	3.50
romaine/spinach&tomato	1 cup	31	17	3.42	1.58	54.4	*1	2.16	6.1	0.5	0.07
dressing/Ran/Ital/Frn/HnMus	2 TBSP	53	285	0.00	0.00	0.0	5	0.0	7.75	2.38	0.25
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
Applesauce Cups- assorted (19)	4 oz	50	0	1.00	0.00	0.0	12	0.0	14.0	0.0	0.00
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
soup bar, HS	1 EACH	235	711	3.76	2.11	132.2	*7	16.69	29.39	5.77	1.69
salad bar ms	1 EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
choc chip cookies w/lq egg	1 each	129	80	0.96	0.54	5.6	*7	1.6	16.54	6.71	2.67
Weighted Daily Average		608	935	8.99	4.63	533.6	*41	26.04	88.71	18.16	5.93
% of Calories							*27.1%	17.1%	58.3%	26.9%	8.8%
Nutrient Guideline		600-700	1360								<10.00

Mon - 02/17/2020											
Middle School Lunch Menu	Total										
NO SCHOOL TODAY	SERVING	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00
% 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

Jan 27, 2020 thru Mar 20, 2020

## Base Menu Spreadsheet

Middle School Lunch Menu

### Portion Values - Detailed

Generated on: 1/14/2020 2:35:03 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/18/2020											
Middle School Lunch Menu	Total										
chicken, mandarin orange	1 serving	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
brown rice, chicken flavored	1/2 cup	71	166	0.63	0.27	5.0	*0	1.58	14.16	0.95	0.15
egg roll, chick/veg, whlgr	1 EACH	160	410	3.00	1.80	40.0	3	10.0	20.0	5.0	1.00
vegetables stir fry	1/2 cup	17	13	1.00	0.18	10.0	1	0.0	3.0	0.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
mandarin oranges^	1/2 cup	90	10	1.00	0.36	20.0	22	1.0	23.0	0.0	0.00
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
margarine cup^	1 each	20	30	0.00	0.00	0.0	0	0.0	0.0	2.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
Hamburger bar	1 each	510	742	7.30	*4.03	*282.9	*8	24.75	69.94	16.1	6.04
salad bar ms	1 EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
soy sauce	.5 oz	5	620	0.00	0.00	0.0	1	0.5	0.5	0.0	0.00
sweet & sour sauce^	1 TBSP	30	54	0.00	0.00	0.0	5	0.0	6.89	0.0	0.00
Weighted Daily Average		603	1016	8.56	*4.46	*488.1	*44	26.55	94.95	14.18	3.89
% of Calories							*29.0%	17.6%	63.0%	21.2%	5.8%
Nutrient Guideline		600-700	1360								<10.00

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# Linn-Mar Community Schools

Jan 27, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/19/2020											
Middle School Lunch Menu											
chicken patty,breaded sw^	1 each	340	620	4.12	3.63	228.8	5	24.13	43.37	8.63	1.35
chicken patty/hot /spicy sw	sandwich	330	572	4.34	4.22	248.8	5	20.59	45.31	8.06	1.23
lettuce,shredded^	1/8 cup	1	1	0.11	0.04	1.6	*N/A*	0.08	0.27	0.01	0.00
tomato fresh sliced	1/4 cup	5	1	0.32	0.07	2.7	1	0.24	1.05	0.05	0.01
baked beans^	1/2 cup	162	559	5.19	2.01	47.1	17	7.32	37.2	0.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
pineapple chunks^	1/2 cup	65	0	0.82	0.29	16.4	16	0.82	17.99	0.0	0.00
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
mayo(salad dressing light)^	1 TBSP	30	130	0.00	0.00	0.0	2	0.0	3.0	2.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
potato bar	serving	510	758	9.60	4.21	158.2	*17	17.5	82.07	13.6	4.35
salad bar ms	1 EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average		669	1173	9.46	6.41	617.9	*47	38.26	108.25	11.74	2.22
% of Calories							*27.9%	22.9%	64.7%	15.8%	3.0%
Nutrient Guideline		600-700	1360								<10.00

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# Linn-Mar Community Schools

Jan 27, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/20/2020											
Middle School Lunch Menu	Total										
Pancakes(19)	2 EACH	160	190	0.00	0.72	80.0	10	4.0	30.0	3.0	0.00
smokies^	5 EACH	158	484	0.00	0.30	33.3	1	5.84	2.5	14.17	5.00
tator tots^	9 each	166	398	2.21	0.40	0.0	0	2.21	21.02	7.74	1.11
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
Strawberry cup, froz (19) comm	1 each	90	0	2.00	0.00	0.0	18	1.0	22.0	0.0	0.00
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
syrup, pancake^	2 TBSP	50	55	0.00	0.00	0.0	7	0.0	13.0	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
yogurt bar ms	1 each	285	226	3.97	1.59	357.0	*24	7.19	58.35	3.13	0.48
salad bar ms	1 EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average		639	1082	5.52	2.58	430.4	*51	18.93	98.81	19.65	5.00
% of Calories							*31.8%	11.8%	61.8%	27.7%	7.0%
Nutrient Guideline		600-700	1360								<10.00

Fri - 02/21/2020											
Middle School Lunch Menu	Total										
pizza crunchers^	4 piece servin	420	790	5.00	2.15	426.0	3	20.0	41.0	20.0	9.00
broccoli, steamed	1/2 cup	26	22	2.80	0.56	47.0	*N/A*	2.85	4.93	0.1	0.02
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
strawberries frozen	1/2 cup	150	30	3.01	0.36	20.0	35	0.0	38.08	0.0	0.00
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
soup bar, HS	1 EACH	235	711	3.76	2.11	132.2	*7	16.69	29.39	5.77	1.69
salad bar ms	1 EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
pb&j sandwich	1 each	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average		788	1424	11.01	4.47	859.8	*34	39.11	96.06	28.69	12.30
% of Calories							*17.0%	19.8%	48.7%	32.7%	14.0%
Nutrient Guideline		600-700	1360								<10.00

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# Linn-Mar Community Schools

Jan 27, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/24/2020											
Middle School Lunch Menu	Total										
meatball sandwich	1 each	370	556	4.35	4.10	302.3	*6	26.08	36.81	14.67	5.32
tator tots^	9 each	166	398	2.21	0.40	0.0	0	2.21	21.02	7.74	1.11
romaine/spinach&tomato	1 cup	31	17	3.42	1.58	54.4	*1	2.16	6.1	0.5	0.07
peaches sliced	1/2 cup	49	10	0.00	0.00	0.0	10	0.0	11.81	0.0	0.00
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
Hot dog bar	1 Each	616	1405	10.62	4.36	450.6	*19	28.13	74.77	26.97	13.25
salad bar ms	1 EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbs	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average		544	1051	7.82	4.14	421.7	*26	24.03	71.21	19.86	6.51
% of Calories							*19.1%	17.7%	52.4%	32.9%	10.8%
Nutrient Guideline		600-700	1360								<10.00

Tue - 02/25/2020											
Middle School Lunch Menu	Total										
chicken, popcorn^	4 oz	237	511	1.45	2.77	73.6	2	17.91	18.45	9.64	0.53
bread italian MS HS	slice	141	151	2.39	1.64	32.3	*2	4.79	27.29	1.72	0.40
MASHED POTATOES:flakes,mlk+but	1/2 CUP	102	172	0.84	0.17	33.6	2	1.86	11.41	5.39	3.35
gravy, chicken^	1 oz	10	115	0.00	0.00	0.6	*0	0.0	2.08	0.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
mixed fruit cocktail	1/2 cup	60	10	0.00	0.00	0.0	11	0.0	17.0	0.0	0.00
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
ketchup^	1 tbs	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
bbq sauce	2 TBSP	40	390	0.00	0.00	0.0	*N/A*	0.0	9.0	0.0	0.00
margarine cup^	1 EACH	20	30	0.00	0.00	0.0	0	0.0	0.0	2.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
Hamburger bar	1 each	510	742	7.30	*4.03	*282.9	*8	24.75	69.94	16.1	6.04
salad bar ms	1 EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50

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# Linn-Mar Community Schools

Jan 27, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		622	1183	6.33	*5.19	*432.4	*30	29.01	85.46	18.44	4.49
% of Calories							*19.2%	18.7%	55.0%	26.7%	6.5%
Nutrient Guideline		600-700	1360								<10.00

Wed - 02/26/2020											
	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Middle School Lunch Menu	Total										
Spaghetti sauce with meatballs	1 serving	258	947	0.99	2.50	79.5	*1	15.83	17.95	13.39	3.96
rotini, whole grain, dry^	1/2 cup	54	5	0.97	0.36	9.1	*0	1.81	9.03	1.54	0.23
breadstick bosco cheese filled	1 each	207	303	2.75	0.00	0.0	1	13.77	23.41	6.89	3.44
romaine/spinach&tomato	1 cup	31	17	3.42	1.58	54.4	*1	2.16	6.1	0.5	0.07
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
pear slices, diced	1/2	75	13	1.25	0.45	0.0	*N/A*	0.0	17.55	0.0	0.00
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
quesadilla chicken	1 each	266	436	5.64	4.04	264.6	*3	19.14	36.5	5.04	2.00
lettuce & tomato	1/2 cup	5	2	0.54	0.24	8.2	*0	0.32	0.9	0.08	0.01
Sour cream- A&E	1 TBSP	16	10	0.00	0.01	16.9	0	0.42	0.85	1.27	0.79
salsa bulk	1/4 cup	20	140	0.00	0.72	40.0	2	0.0	4.0	0.0	0.00
salad bar ms	1 EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average		607	1223	8.88	4.86	367.1	*22	30.74	79.62	19.27	5.92
% of Calories							*14.6%	20.2%	52.4%	28.5%	8.8%
Nutrient Guideline		600-700	1360								<10.00

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# Linn-Mar Community Schools

Jan 27, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/27/2020											
Middle School Lunch Menu	Total										
taco meat w/ beef crumbles^	3 oz	135	211	0.66	2.18	24.7	*2	12.83	5.27	7.04	2.50
cheese cheddar shredded^	1 oz	80	206	0.00	0.04	257.0	*N/A*	7.71	0.57	5.19	3.29
tortilla-2 or taco shells 2	serving	120	105	2.67	0.24	46.7	*0	2.67	19.67	4.0	1.17
refried beans w/salsa	1/2 cup	138	325	5.09	2.77	72.5	8	7.12	25.57	1.02	0.00
lettuce,shredded^	1 cup	10	7	0.86	0.30	13.0	*N/A*	0.65	2.14	0.1	0.01
tomato fresh diced^	1/4 cup	8	2	0.54	0.12	4.5	1	0.4	1.75	0.09	0.01
jalapeno peppers.	1/8 cup	0	466	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
Salsa cup^	2 oz	7	43	0.00	0.00	0.0	1	0.0	1.33	0.0	0.00
sour cream, pouch	1 each	25	30	0.00	0.00	60.0	2	2.0	4.0	0.0	0.00
cuke, peppers, carrot mix	1 EACH	6	4	0.41	0.15	5.7	*1	0.32	1.83	0.08	0.02
Kiwi and grapes	1/2 cup	77	3	2.68	0.37	32.2	*7	1.15	18.99	0.55	0.07
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
yogurt bar ms	1 each	285	226	3.97	1.59	357.0	*24	7.19	58.35	3.13	0.48
salad bar ms	1 EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average		694	917	10.37	5.20	797.5	*46	37.95	98.75	18.44	6.81
% of Calories							*26.4%	21.9%	56.9%	23.9%	8.8%
Nutrient Guideline		600-700	1360								<10.00

Fri - 02/28/2020											
Middle School Lunch Menu	Total										
Pizza french bread w/tur pep	1 each	330	580	2.00	2.70	350.0	*N/A*	19.0	33.0	13.0	4.00
Pizza garlic f.b cheese (19)	1 EACH	350	450	2.00	1.80	450.0	2	22.0	29.0	18.0	7.00
peas	1/2 cup	53	0	3.00	1.08	15.0	*N/A*	3.0	9.75	0.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
mandarin oranges^	1/2 cup	90	10	1.00	0.36	20.0	22	1.0	23.0	0.0	0.00
fruit, fresh, variety	1/2 CUP	35	1	1.42	0.15	9.9	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 tbsp	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
soup bar, HS	1 EACH	235	711	3.76	2.11	132.2	*7	16.69	29.39	5.77	1.69
salad bar ms	1 EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
sugar cookies w/ lq egg	1 EACH	117	103	0.74	0.52	4.7	*7	1.74	14.72	5.72	2.49

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# Linn-Mar Community Schools

Jan 27, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		629	872	5.73	4.22	632.2	*29	31.57	76.33	22.64	8.14
% of Calories							*18.2%	20.1%	48.6%	32.4%	11.7%
Nutrient Guideline		600-700	1360								<10.00

Mon - 03/02/2020											
	Total	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Middle School Lunch Menu											
chicken parmesan w/ spaghetti	1 each	302	601	4.19	2.85	145.2	*6	23.55	30.41	9.87	2.89
garlic bread stick (19)	1 EACH	100	95	1.00	0.72	0.0	1	1.0	15.0	3.5	0.50
romaine/spinach&tomato	1 cup	31	17	3.42	1.58	54.4	*1	2.16	6.1	0.5	0.07
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
peaches sliced	1/2 cup	49	10	0.00	0.00	0.0	10	0.0	11.81	0.0	0.00
fruit, fresh, variety	1/2 CUP	35	1	1.42	0.15	9.9	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
Hot dog bar	1 Each	616	1405	10.62	4.36	450.6	*19	28.13	74.77	26.97	13.25
salad bar ms	1 EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
dressing ranch light^	2 tbsp	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
Weighted Daily Average		603	1055	8.54	5.14	502.4	*30	34.01	78.61	17.81	5.60
% of Calories							*20.0%	22.6%	52.1%	26.6%	8.4%
Nutrient Guideline		600-700	1360								<10.00

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# Linn-Mar Community Schools

Jan 27, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/03/2020											
Middle School Lunch Menu											
	Total										
pork tenderloin s/w	1 each	430	580	5.00	3.60	240.0	5	20.0	46.0	19.0	4.50
baked beans^	1/2 CUP	162	559	5.19	2.01	47.1	17	7.32	37.2	0.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
strawberries frozen	1/2 cup	150	30	3.01	0.36	20.0	35	0.0	38.08	0.0	0.00
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
yogurt bar ms	1 each	285	226	3.97	1.59	357.0	*24	7.19	58.35	3.13	0.48
salad bar ms	1 EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
pickle slices^	2 EACH	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		675	1036	10.00	5.08	592.8	*56	28.01	109.02	15.84	3.89
% of Calories							*33.5%	16.6%	64.6%	21.1%	5.2%
Nutrient Guideline		600-700	1360								<10.00

Wed - 03/04/2020											
Middle School Lunch Menu											
	Total										
nachos bf crumb filling	3 oz	263	542	0.22	*1.34	*139.8	*2	18.04	5.94	18.33	9.51
Tortilla chips 1.5 oz	1.5 oz	200	170	3.00	1.08	0.0	0	3.0	30.0	8.0	1.00
corn^	1/2 cup	62	4	1.78	0.32	35.6	2	0.89	15.12	0.44	0.00
lettuce,shredded^	1 cup	10	7	0.86	0.30	13.0	*N/A*	0.65	2.14	0.1	0.01
tomato fresh diced^	1/8 cup	4	1	0.27	0.06	2.3	1	0.2	0.88	0.05	0.01
jalapeno peppers.	1/8 cup	0	466	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
Sour cream- A&E	1 TBSP	16	10	0.00	0.01	16.9	0	0.42	0.85	1.27	0.79
salsa bulk	1/4 cup	20	140	0.00	0.72	40.0	2	0.0	4.0	0.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
mixed fruit cocktail	1/2 cup	60	10	0.00	0.00	0.0	11	0.0	17.0	0.0	0.00
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
potato bar	serving	510	758	9.60	4.21	158.2	*17	17.5	82.07	13.6	4.35
salad bar ms	1 EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50

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# Linn-Mar Community Schools

Jan 27, 2020 thru Mar 20, 2020

## Base Menu Spreadsheet

Middle School Lunch Menu

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		631	859	6.58	*3.88	*481.2	*33	26.99	82.22	22.90	8.88
% of Calories							*21.2%	17.1%	52.1%	32.7%	12.7%
Nutrient Guideline		600-700	1360								<10.00

Thu - 03/05/2020											
Middle School Lunch Menu	Total										
chicken sweet chili thai	Servings	172	452	0.00	0.89	0.0	7	13.63	21.06	3.72	0.62
brown rice, chicken flavored	1/2 cup	71	166	0.63	0.27	5.0	*0	1.58	14.16	0.95	0.15
Roll, Hot (frozen) (19)	1 each	80	140	1.00	0.72	0.0	1	3.0	13.0	1.5	0.00
vegetables stir fry	1/2 cup	17	13	1.00	0.18	10.0	1	0.0	3.0	0.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
pineapple chunks^	1/2 cup	65	0	0.82	0.29	16.4	16	0.82	17.99	0.0	0.00
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
margarine cup^	1 each	20	30	0.00	0.00	0.0	0	0.0	0.0	2.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
yogurt bar ms	1 each	285	226	3.97	1.59	357.0	*24	7.19	58.35	3.13	0.48
salad bar ms	1 EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
soy sauce	.5 oz	5	620	0.00	0.00	0.0	1	0.5	0.5	0.0	0.00
Weighted Daily Average		565	942	6.28	3.50	495.8	*49	24.17	96.88	9.63	1.57
% of Calories							*35.0%	17.1%	68.6%	15.3%	2.5%
Nutrient Guideline		600-700	1360								<10.00

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# Linn-Mar Community Schools

Jan 27, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/06/2020											
Middle School Lunch Menu	Total										
F.T.Stick (3pc) E.Omelet (19)	3 Sticks, 1 EO	320	520	2.00	2.72	132.0	9	16.0	40.0	15.0	5.50
potato triangles	2 EACH	178	391	2.67	0.68	10.3	0	0.89	23.11	8.89	1.33
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
Fruit Juice Slushies (19)	1 each	90	30	0.00	0.00	80.0	19	0.0	22.0	0.0	0.00
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
syrup, pancake^	2 TBSP	50	55	0.00	0.00	0.0	7	0.0	13.0	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
soup bar, HS	1 EACH	235	711	3.76	2.11	132.2	*7	16.69	29.39	5.77	1.69
salad bar ms	1 EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average		540	960	5.70	3.45	331.8	*35	20.17	82.80	17.03	4.89
% of Calories							*26.2%	14.9%	61.3%	28.4%	8.1%
Nutrient Guideline		600-700	1360								<10.00

Mon - 03/09/2020											
Middle School Lunch Menu	Total										
pizza sticks (2 sticks)^	2 EACH	310	590	3.00	0.00	0.0	8	18.0	31.0	13.0	7.00
marinara sauce cup^	2 oz	32	184	0.80	0.57	16.0	3	0.8	5.59	0.8	0.00
romaine/spinach&tomato	1 cup	31	17	3.42	1.58	54.4	*1	2.16	6.1	0.5	0.07
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
pineapple chunks^	1/2 cup	65	0	0.82	0.29	16.4	16	0.82	17.99	0.0	0.00
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
Hot dog bar	1 Each	616	1405	10.62	4.36	450.6	*19	28.13	74.77	26.97	13.25
salad bar ms	EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average		653	1266	10.75	4.10	498.0	*41	32.68	88.71	21.60	10.43
% of Calories							*25.2%	20.0%	54.3%	29.8%	14.4%
Nutrient Guideline		600-700	1360								<10.00

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# Linn-Mar Community Schools

Jan 27, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/10/2020											
Middle School Lunch Menu											
	Total										
crisпитos w/ cheese sauce	1 EACH	659	1174	6.00	3.60	303.1	3	31.69	48.2	36.79	11.06
lettuce,shredded^	1 cup	10	7	0.86	0.30	13.0	*N/A*	0.65	2.14	0.1	0.01
tomato fresh diced^	1/8 cup	4	1	0.27	0.06	2.3	1	0.2	0.88	0.05	0.01
Salsa cup^	2 oz	7	43	0.00	0.00	0.0	1	0.0	1.33	0.0	0.00
Sour cream- A&E	1 TBSP	16	10	0.00	0.01	16.9	0	0.42	0.85	1.27	0.79
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	*12	0.88	18.08	0.31	0.05
orange, fresh slices^	1/2 cup	46	0	2.36	0.10	39.3	9	0.92	11.54	0.12	0.01
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
Hamburger bar	1 each	510	742	7.30	*4.03	*282.9	*8	24.75	69.94	16.1	6.04
salad bar ms	1 EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
mustard^	1 TSP	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
Weighted Daily Average		600	965	6.76	*3.55	*455.1	*21	29.30	63.57	25.44	8.04
% of Calories							*14.2%	19.5%	42.4%	38.2%	12.1%
Nutrient Guideline		600-700	1360								<10.00

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# Linn-Mar Community Schools

Jan 27, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/11/2020											
Middle School Lunch Menu											
chicken strips^	4 EACH	271	566	1.47	2.00	32.2	2	21.15	16.75	12.93	1.36
bread italian MS HS	slice	141	151	2.39	1.64	32.3	*2	4.79	27.29	1.72	0.40
MASHED POTATOES:flakes,mlk+but	1/2 CUP	102	172	0.84	0.17	33.6	2	1.86	11.41	5.39	3.35
gravy, chicken^	1 oz	10	115	0.00	0.00	0.6	*0	0.0	2.08	0.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
fruit, fresh, variety	1/2 CUP	35	1	1.42	0.15	9.9	*6	0.44	9.04	0.16	0.03
pear sliced in juice	1/2 cup	76	10	2.00	0.00	0.0	12	0.0	19.0	0.0	0.00
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
salad bar ms	1 EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
quesadilla chicken	1 each	266	436	5.64	4.04	264.6	*3	19.14	36.5	5.04	2.00
lettuce,shredded^	1/8 cup	1	1	0.11	0.04	1.6	*N/A*	0.08	0.27	0.01	0.00
tomato fresh diced^	1/8 cup	4	1	0.27	0.06	2.3	1	0.2	0.88	0.05	0.01
ref beansw/salsa &cheese^	4 oz	112	495	5.18	1.64	105.9	*1	5.95	14.43	3.0	1.52
salsa bulk	1/4 cup	20	140	0.00	0.72	40.0	2	0.0	4.0	0.0	0.00
Sour cream- A&E	1 TBSP	16	10	0.00	0.01	16.9	0	0.42	0.85	1.27	0.79
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
margarine cup^	1 each	20	30	0.00	0.00	0.0	0	0.0	0.0	2.0	0.00
bbq sauce	2 TBSP	40	390	0.00	0.00	0.0	*N/A*	0.0	9.0	0.0	0.00
honey dijon mustard dressing	2 TBSP	50	240	0.00	0.00	0.0	8	0.0	12.0	0.0	0.00
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average		622	1169	5.97	4.09	404.5	*34	32.95	79.52	18.86	4.24
% of Calories							*21.6%	21.2%	51.1%	27.3%	6.1%
Nutrient Guideline		600-700	1360								<10.00

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# Linn-Mar Community Schools

Jan 27, 2020 thru Mar 20, 2020

## Base Menu Spreadsheet

Middle School Lunch Menu

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/12/2020											
Middle School Lunch Menu											
	Total										
	1 each	260	400	3.00	2.52	200.0	4	22.0	32.0	5.5	1.00
	chicken patty grilled sw										
	fish sw^	340	440	5.00	2.52	220.0	5	18.0	47.0	10.0	1.50
	lettuce,shredded^	1	1	0.11	0.04	1.6	*N/A*	0.08	0.27	0.01	0.00
	tomato fresh sliced	5	1	0.32	0.07	2.7	1	0.24	1.05	0.05	0.01
	pickle slices^	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
	cheese american	56	132	0.00	*N/A*	*N/A*	*N/A*	2.53	1.01	4.56	2.53
	green beans,steamed^	28	0	2.80	0.67	18.7	2	0.93	5.6	0.0	0.00
	cuke, peppers, carrot mix	6	4	0.41	0.15	5.7	*1	0.32	1.83	0.08	0.02
	mixed fruit cocktail	60	10	0.00	0.00	0.0	11	0.0	17.0	0.0	0.00
	fruit, fresh, variety	71	1	2.84	0.31	19.8	*12	0.88	18.08	0.31	0.05
	juice cup variety	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
	milk vty half pints^	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
	yogurt bar ms	285	226	3.97	1.59	357.0	*24	7.19	58.35	3.13	0.48
	salad bar ms	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
	pb&j sandwich	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
	ketchup^	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
	mustard^	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
	mayo(salad dressing light)^	30	130	0.00	0.00	0.0	2	0.0	3.0	2.0	0.00
	tartar sauce^	100	300	0.00	0.00	0.0	5	0.0	7.0	7.0	1.00
	Weighted Daily Average	622	881	8.63	*4.67	*637.7	*41	34.65	97.92	11.87	2.54
	% of Calories						*26.6%	22.3%	63.0%	17.2%	3.7%
	Nutrient Guideline	600-700	1360								<10.00

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# Linn-Mar Community Schools

Jan 27, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/13/2020											
Middle School Lunch Menu	Total										
pizza 5" cheese ^	1 each	320	610	5.00	2.70	250.0	5	15.0	40.0	11.0	3.50
pizza 5" pepperoni^	1 EACH	320	650	5.00	2.70	200.0	5	16.0	39.0	12.0	3.50
romaine/spinach&tomato	1 cup	31	17	3.42	1.58	54.4	*1	2.16	6.1	0.5	0.07
dressing/Ran/Ital/Frn/HnMus	2 TBSP	53	285	0.00	0.00	0.0	5	0.0	7.75	2.38	0.25
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
Applesauce Cups- assorted (19)	4 oz	50	0	1.00	0.00	0.0	12	0.0	14.0	0.0	0.00
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
soup bar, HS	1 EACH	235	711	3.76	2.11	132.2	*7	16.69	29.39	5.77	1.69
salad bar ms	1 EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
choc chip cookies w/lq egg	1 each	129	80	0.96	0.54	5.6	*7	1.6	16.54	6.71	2.67
Weighted Daily Average		608	935	8.99	4.63	533.6	*41	26.04	88.71	18.16	5.93
% of Calories							*27.1%	17.1%	58.3%	26.9%	8.8%
Nutrient Guideline		600-700	1360								<10.00

Mon - 03/16/2020											
Middle School Lunch Menu	Total										
NO SCHOOL TODAY	SERVING	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00
% of Calories							0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		600-700	1360								<10.00

Tue - 03/17/2020											
Middle School Lunch Menu	Total										
NO SCHOOL TODAY	SERVING	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00
% 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

Jan 27, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/18/2020											
Middle School Lunch Menu	Total										
taco meat w/ beef crumbles^	3 oz	135	211	0.66	2.18	24.7	*2	12.83	5.27	7.04	2.50
cheese cheddar shredded^	1 oz	80	206	0.00	0.04	257.0	*N/A*	7.71	0.57	5.19	3.29
tortilla-2 or taco shells 2	serving	120	105	2.67	0.24	46.7	*0	2.67	19.67	4.0	1.17
refried beans w/salsa	1/2 cup	138	325	5.09	2.77	72.5	8	7.12	25.57	1.02	0.00
lettuce,shredded^	1 cup	10	7	0.86	0.30	13.0	*N/A*	0.65	2.14	0.1	0.01
tomato fresh diced^	1/4 cup	8	2	0.54	0.12	4.5	1	0.4	1.75	0.09	0.01
jalapeno peppers.	1/8 cup	0	466	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
Sour cream- A&E	1 TBSP	16	10	0.00	0.01	16.9	0	0.42	0.85	1.27	0.79
Salsa cup^	2 oz	7	43	0.00	0.00	0.0	1	0.0	1.33	0.0	0.00
cuke, peppers, carrot mix	1 EACH	6	4	0.41	0.15	5.7	*1	0.32	1.83	0.08	0.02
grapes, red seedless^	1/2 cup	61	2	0.82	0.26	12.7	15	0.57	15.56	0.32	0.10
fruit, fresh, variety	1 CUP	71	1	2.84	0.31	19.8	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	14	0.00	0.00	0.0	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
yogurt bar ms	1 each	285	226	3.97	1.59	357.0	*24	7.19	58.35	3.13	0.48
salad bar ms	1 EACH	472	1121	11.78	9.55	564.7	*16	24.13	52.97	20.03	5.26
pb&j sandwich	1 EACH	310	300	4.00	1.44	60.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average		679	953	8.81	5.11	777.7	*52	37.33	95.63	18.35	6.90
% of Calories							*30.4%	22.0%	56.3%	24.3%	9.1%
Nutrient Guideline		600-700	1360								<10.00

Thu - 03/19/2020											
Middle School Lunch Menu	Total										
NO SCHOOL TODAY	SERVING	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00
% of Calories							0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		600-700	1360								<10.00

Fri - 03/20/2020											
Middle School Lunch Menu	Total										
NO SCHOOL TODAY	SERVING	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00

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# Linn-Mar Community Schools

Jan 27, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		0	0	0.00	0.00	0.0	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

Weighted Average		625	1041	7.98	*4.44	*524.0	*37 *53.3%	29.98 19.2%	87.34 55.9%	18.61 26.8%	5.92 8.5%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	625		600 - 700	100%				
Sodium 1 (mg)	1041		1360					
Sodium 2 (mg)	1041		1035					
Fiber (g)	7.98							
Iron (mg)	4.44							
Calcium (mg)	524.0							
Sugars (g)	37							
Protein (g)	29.98							
Carbohydrate (g)	87.34							
Total Fat (g)	18.61							
Saturated Fat (g)	5.92	8.53%	<10.00%					

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