

Linn-Mar Community Schools

Dec 3, 2018 thru Jan 25, 2019

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 1

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	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)
Mon - 12/03/2018															
Middle School Lunch Menu	Total	2600													
mac & cheese^	6 oz	980	283	37	648	2.00	0.00	371.0	493	1.0	8	15.0	31.0	11.0	6.50
breadstick^	2 oz	980	160	0	200	3.00	0.00	0.0	0	0.0	3	6.0	29.0	2.0	0.00
tator tots^	9 each	980	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74	1.11
lettuce & tomato	1/2 cup	900	5	0	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	600	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
spiced apples,warmed	1/2 cup	900	79	0	11	1.58	0.01	1.4	46	0.0	18	0.01	19.7	0.01	0.00
fruit, fresh, variety	1 CUP	900	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	400	62	0	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	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
dressing ranch light^	2 TBSP	800	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
Hot dog bar	1 Each	650	586	60	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	43	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	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	800	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	200	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average			561	38	1162	8.40	2.69	427.1	6006	30.44	*30	21.89	80.79	18.03	6.48
% of Calories											*21.7%	15.6%	57.6%	28.9%	10.4%
Nutrient Guideline			600-700		1360										<10.00

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

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Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 12/04/2018															
Middle School Lunch Menu	Total	1400													
chicken, popcorn^	4 oz	800	237	0	511	1.45	2.77	73.6	126	0.05	2	17.91	18.45	9.64	0.53
bread italian MS HS	slice	750	141	0	151	2.39	1.64	32.3	160	1.9	*2	4.79	27.29	1.72	0.40
MASHED POTATOES:scr/butter*mi	1/2 CUP	800	101	8	191	1.23	0.25	43.6	147	15.16	*2	2.58	16.65	2.86	1.80
gravy, chicken^	1 oz	700	10	0	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	0	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	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
Kiwi and grapes	1 each	600	154	0	6	5.37	0.74	64.4	224	144.02	*15	2.31	37.97	1.11	0.15
fruit, fresh, variety	1 CUP	500	71	0	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	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	500	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
bbq sauce	2 TBSP	450	40	0	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	0	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	1300	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
Hamburger bar	1 each	250	507	44	821	7.30	4.06	360.9	728	7.68	*8	25.36	69.15	15.98	6.30
salad bar ms	1 EACH	20	473	43	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	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average			600	20	1088	8.08	4.50	407.6	2274	95.79	*30	26.58	91.99	14.98	3.33
% of Calories											*19.8%	17.7%	61.4%	22.5%	5.0%
Nutrient Guideline			600-700		1360										<10.00

Wed - 12/05/2018															
Middle School Lunch Menu	Total	1400													
spagh sauce w/ beef crum^	4 oz	1000	133	20	145	2.50	1.81	32.4	468	3.73	6	9.8	10.29	5.53	1.69
rotini,whole grain,dry^	1/2 cup	1000	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54	0.23
Garlic Toast	slice	1000	151	0	234	1.08	1.31	11.6	19	0.09	2	3.59	17.94	7.14	2.27
lettuce and tomato	1 each	800	6	0	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	750	19	0	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	750	76	0	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	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	400	62	0	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	10	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	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
potato bar	serving	350	510	35	758	9.60	4.21	158.2	3256	68.83	*17	17.5	82.07	13.6	4.34
salad bar ms	1 EACH	25	473	43	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	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50

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Base Menu Spreadsheet

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	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			608	34	823	9.34	4.85	325.0	3930	52.23	*38	23.11	89.77	18.18	4.98
% of Calories											*25.0%	15.2%	59.1%	26.9%	7.4%
Nutrient Guideline			600-700		1360										<10.00

Thu - 12/06/2018															
Middle School Lunch Menu	Total	600													
taco meat w/ beef crumbles^	3 oz	750	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50
cheese cheddar shredded^	1 oz	400	80	16	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	0	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	0	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	0	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	0	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	270	7	0	4	0.41	0.15	5.7	416	9.13	*1	0.32	1.83	0.08	0.01
melon mix (3)	1/2 cup	500	27	0	9	0.56	0.16	5.8	1041	16.62	6	0.53	6.6	0.13	0.03
fruit, fresh, variety	1 CUP	271	71	0	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	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
salsa cup^	2 oz	50	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00
sour cream, pouch	1 each	50	25	0	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	10	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	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
yogurt bar ms	1 each	100	286	2	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	43	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	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average			662	58	933	9.22	5.65	688.4	4687	55.84	*38	38.39	85.37	20.51	7.58
% of Calories											*22.7%	23.2%	51.6%	27.9%	10.3%
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)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 12/07/2018															
Middle School Lunch Menu	Total	1400													
Pizza french bread w/tur pep	1 each	700	330	20	580	2.00	2.70	350.0	400	0.0	*N/A*	19.0	33.0	13.0	4.00
Pizza garlic f.b cheese (19)	1 EACH	650	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0	7.00
peas	1/2 cup	600	53	0	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	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fresh fruit salad^	1/2 cup	350	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
fruit, fresh, variety	1/2 CUP	250	35	0	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	0	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	10	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	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
soup bar, HS	1 EACH	200	221	21	673	3.95	2.19	111.1	1327	8.05	*7	13.7	30.07	5.27	1.61
salad cup ms	1 EACH	25	473	43	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	0	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	850	207	16	148	0.95	0.62	57.5	1413	0.05	*21	2.35	31.33	8.17	2.85
Weighted Daily Average			618	42	847	5.66	4.14	609.3	3360	23.06	*28	29.69	75.84	22.67	7.73
% of Calories											*18.3%	19.2%	49.1%	33.0%	11.3%
Nutrient Guideline			600-700		1360										<10.00

Mon - 12/10/2018															
Middle School Lunch Menu	Total	900													
chicken parmesan w/ spaghetti	1 each	850	312	48	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	0	95	1.00	0.72	0.0	0	0.0	1	1.0	15.0	3.5	0.50
green beans,steamed^	1/2 cup	500	28	0	0	2.80	0.67	18.7	187	4.48	2	0.93	5.6	0.0	0.00
lettuce & tomato	1/2 cup	400	5	0	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	0	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	0	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	0	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	0	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	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
Hot dog bar	1 Each	150	586	60	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	43	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	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	25	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	10	0	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	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	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			614	63	1094	8.58	4.66	432.2	2817	16.85	*25	34.02	76.12	19.69	5.94
% of Calories											*16.4%	22.1%	49.6%	28.8%	8.7%
Nutrient Guideline			600-700		1360										<10.00

Tue - 12/11/2018															
Middle School Lunch Menu	Total	1400													
F.T Sticks(2pc) w/ Egg Omelet	3 EACH	825	525	293	705	3.00	2.16	180.0	600	0.0	15	21.0	58.5	22.5	6.00
potato triangles	2 EACH	825	178	0	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	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
strawberries frozen	1/2 cup	400	150	0	30	3.01	0.36	20.0	0	48.1	35	0.0	38.08	0.0	0.00
fruit, fresh, variety	1 CUP	450	71	0	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	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	700	20	0	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	0	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	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
Hamburger bar	1 each	200	507	44	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	43	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	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average			641	182	948	6.69	2.96	313.7	1599	37.60	*37	20.77	91.86	21.41	5.49
% of Calories											*23.0%	13.0%	57.4%	30.1%	7.7%
Nutrient Guideline			600-700		1360										<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	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 - 12/12/2018															
Middle School Lunch Menu	Total	1400													
nachos bf crumb filling	3 oz	950	256	61	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	0	210	3.00	0.72	80.0	100	0.0	0	4.0	38.0	14.0	2.00
corn^	1/2 cup	650	62	0	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	0	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	1	19	0	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	0	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	0	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	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
salsa bulk	1/4 cup	450	20	0	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	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
quesadilla chicken	1 each	175	266	34	436	5.64	4.04	264.6	394	11.56	*3	19.14	36.5	5.04	2.00
salad bar ms	1 EACH	50	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	25	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
sour cream, pouch	1 each	400	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
mayo(salad dressing light)^	1 TBSP	20	30	5	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00
mustard^	1 TSP	20	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average			591	52	908	5.46	3.32	597.8	3988	24.90	*26	26.45	73.14	24.32	9.09
% of Calories											*17.6%	17.9%	49.5%	37.0%	13.8%
Nutrient Guideline			600-700		1360										<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	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 - 12/13/2018															
Middle School Lunch Menu	Total	800													
pizza crunchers^	4 piece serving	650	420	30	790	5.00	2.15	426.0	480	1.87	3	20.0	41.0	20.0	9.00
broccoli, steamed	1/2 cup	500	26	0	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	500	7	0	4	0.41	0.15	5.7	416	9.13	*1	0.32	1.83	0.08	0.01
peaches sliced	1/2 cup	350	49	0	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	50	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
dressing ranch light^	2 TBSP	250	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	200	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	100	0	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	1235	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
yogurt bar ms	1 each	150	286	2	226	3.97	1.59	357.0	2772	35.84	*24	7.19	58.35	3.13	0.47
salad bar ms	1 EACH	30	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25

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Linn-Mar Community Schools

Dec 3, 2018 thru Jan 25, 2019

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	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			603	37	1074	7.34	3.55	815.1	4111	43.42	*31	29.77	78.16	20.08	8.35
% of Calories											*20.6%	19.7%	51.8%	30.0%	12.5%
Nutrient Guideline			600-700		1360										<10.00

Fri - 12/14/2018															
Middle School Lunch Menu	Total	1400													
chicken patty (4ozGold) s/w	1 EACH	1000	379	63	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	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	0	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
baked beans^	1/2 cup	700	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
fresh veggie mix	1/2 cup	400	19	0	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	0	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	450	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	250	62	0	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	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
soup bar, HS	1 EACH	450	221	21	673	3.95	2.19	111.1	1327	8.05	*7	13.7	30.07	5.27	1.61
salad bar ms	1 EACH	75	473	43	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	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbs	600	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average			601	59	1307	9.15	5.75	482.8	4020	26.55	*41	36.48	93.48	11.21	2.36
% of Calories											*27.1%	24.3%	62.2%	16.8%	3.5%
Nutrient Guideline			600-700		1360										<10.00

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Linn-Mar Community Schools

Dec 3, 2018 thru Jan 25, 2019

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	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)
Mon - 12/17/2018															
Middle School Lunch Menu	Total	1400													
pizza sticks (2 sticks)^	2 EACH	850	310	40	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	0	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	0	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	0	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	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	0	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	0	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	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
Hot dog bar	1 Each	600	586	60	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	43	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	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	300	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average			600	54	1232	8.67	3.26	412.6	3635	31.55	*36	30.06	80.79	20.05	9.31
% of Calories											*24.2%	20.0%	53.9%	30.1%	14.0%
Nutrient Guideline			600-700		1360										<10.00

Tue - 12/18/2018															
Middle School Lunch Menu	Total	1400													
crisпитos w/ cheese sauce	1 EACH	700	659	81	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	0	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	0	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	0	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	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
Kiwi and grapes	1/2 cup	200	77	0	3	2.68	0.37	32.2	112	72.01	*7	1.15	18.99	0.55	0.07
Kiwi and grapes	1/2 cup	350	77	0	3	2.68	0.37	32.2	112	72.01	*7	1.15	18.99	0.55	0.07
juice cup variety	4 oz	100	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
salsa cup^	2 oz	400	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00
sour cream, pouch	1 each	250	25	0	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	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
Hamburger bar	1 each	250	507	44	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	43	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	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
mustard^	1 TSP	10	0	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	0	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

Dec 3, 2018 thru Jan 25, 2019

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	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			602	52	1032	7.18	3.60	400.6	2447	39.77	*16	26.94	66.03	25.71	7.50
% of Calories											*10.3%	17.9%	43.9%	38.4%	11.2%
Nutrient Guideline			600-700		1360										<10.00

Wed - 12/19/2018															
Middle School Lunch Menu	Total	1400													
chicken strips^	4 EACH	950	271	46	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	0	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	0	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	0	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	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
mandarin oranges^	1/2 cup	700	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00
juice cup variety	4 oz	200	62	0	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	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
salad bar ms	1 EACH	50	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
potato bar	serving	150	510	35	758	9.60	4.21	158.2	3256	68.83	*17	17.5	82.07	13.6	4.34
pb&j sandwich	1 EACH	100	310	0	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	0	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	0	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	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00
ketchup^	1 tbsp	600	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
Weighted Daily Average			603	41	916	6.15	4.13	302.9	3851	44.18	*34	28.68	86.13	16.11	2.26
% of Calories											*22.2%	19.0%	57.1%	24.0%	3.4%
Nutrient Guideline			600-700		1360										<10.00

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Linn-Mar Community Schools

Dec 3, 2018 thru Jan 25, 2019

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	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 - 12/20/2018															
Middle School Lunch Menu	Total	1400													
pork tenderloin s/w	1 each	1000	430	90	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0	19.0	4.50
carrots, sunshine	1/2 CUP	900	26	0	45	2.25	0.54	15.0	1313	1.8	3	0.75	5.25	0.0	0.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	850	8	0	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	0	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	0	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	0	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	0	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	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
yogurt bar ms	1 each	300	286	2	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	43	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	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbspc	800	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	200	0	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	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			579	72	808	8.13	4.48	511.0	4752	36.60	*38	24.32	85.88	16.66	4.06
% of Calories											*26.1%	16.8%	59.4%	25.9%	6.3%
Nutrient Guideline			600-700		1360										<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 12/21/2018															
Middle School Lunch Menu	Total	1400													
pizza 5" cheese ^	1 each	700	320	10	610	5.00	2.70	250.0	300	0.0	5	15.0	40.0	11.0	3.50
pizza 5" pepperoni^	1 EACH	650	320	15	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	0	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	0	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	0	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	0	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	0	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	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
soup bar, HS	1 EACH	250	221	21	673	3.95	2.19	111.1	1327	8.05	*7	13.7	30.07	5.27	1.61
salad bar ms	1 EACH	75	473	43	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	0	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	12	80	0.96	0.52	5.5	368	0.0	*7	1.57	16.54	6.69	2.66
Weighted Daily Average			633	33	986	9.67	4.82	500.8	4985	28.86	*35	26.82	90.04	20.16	6.70
% of Calories											*22.4%	17.0%	56.9%	28.7%	9.5%
Nutrient Guideline			600-700		1360										<10.00

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Linn-Mar Community Schools

Dec 3, 2018 thru Jan 25, 2019

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 12/24/2018															
Middle School Lunch Menu	Total	1													
NO SCHOOL TODAY	SERVING	1	0	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	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

Tue - 12/25/2018															
Middle School Lunch Menu	Total	1													
NO SCHOOL TODAY	SERVING	1	0	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	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

Wed - 12/26/2018															
Middle School Lunch Menu	Total	1													
NO SCHOOL TODAY	SERVING	1	0	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	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

Thu - 12/27/2018															
Middle School Lunch Menu	Total	1													
NO SCHOOL TODAY	SERVING	1	0	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	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

Fri - 12/28/2018															
Middle School Lunch Menu	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00

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Linn-Mar Community Schools

Dec 3, 2018 thru Jan 25, 2019

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
Nutrient Guideline			600-700		1360						0.0%	0.0%	0.0%	0.0%	<10.00

Tue - 01/01/2019															
Middle School Lunch Menu NO SCHOOL TODAY	Total SERVING	1													
Weighted Daily Average % of Calories		1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Nutrient Guideline			600-700		1360						0.0%	0.0%	0.0%	0.0%	<10.00

Wed - 01/02/2019															
Middle School Lunch Menu	Total	600													
fish sw^	1 EACH	200	340	35	440	5.00	2.52	220.0	0	0.0	5	18.0	47.0	10.0	1.50
chicken patty/hot /spicy sw	sandwich	500	330	24	572	4.34	4.22	248.8	242	0.18	5	20.59	45.31	8.06	1.23
baked beans^	1/2 cup	250	162	0	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	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	200	8	0	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
mandarin oranges^	1/2 cup	350	90	0	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	0	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	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	100	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	100	0	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	2	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	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
quesadilla chicken	1 each	5	266	34	436	5.64	4.04	264.6	394	11.56	*3	19.14	36.5	5.04	2.00
salad bar ms	1 EACH	5	473	43	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	0	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	0	2	0.54	0.24	8.2	2103	1.35	*0	0.32	0.9	0.08	0.01
salsa cup^	2 oz	1	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00
sour cream, pouch	1 each	1	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
Weighted Daily Average % of Calories			634	37	1038	9.55	6.29	557.6	2537	36.54	*43	33.99	104.49	11.29	2.02
Nutrient Guideline			600-700		1360						*27.2%	21.4%	65.9%	16.0%	2.9%

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Linn-Mar Community Schools

Dec 3, 2018 thru Jan 25, 2019

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	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 - 01/03/2019															
Middle School Lunch Menu	Total	1400													
Pancakes(19)	2 EACH	1000	160	10	190	0.00	0.72	80.0	0	0.0	10	4.0	30.0	3.0	0.00
smokies^	6 EACH	1000	190	40	580	0.00	0.36	40.0	0	0.0	1	7.0	3.0	17.01	6.00
tator tots^	9 each	825	166	0	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	0	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	0	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	0	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	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	700	20	0	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	0	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	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
yogurt bar ms	1 each	250	286	2	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	43	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	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average			603	42	1113	5.42	2.81	383.4	4285	67.35	*40	17.99	86.88	21.65	5.69
% of Calories											*26.4%	11.9%	57.6%	32.3%	8.5%
Nutrient Guideline			600-700		1360										<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/04/2019															
Middle School Lunch Menu	Total	1400													
CORN DOG:Turkey Jumbo State F	1 EACH	950	270	35	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	950	200	0	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	650	19	0	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	0	9	0.56	0.16	5.8	1041	16.62	6	0.53	6.6	0.13	0.03
fruit, fresh, variety	1 CUP	600	71	0	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	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	800	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	250	0	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	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
soup bar, HS	1 EACH	400	221	21	673	3.95	2.19	111.1	1327	8.05	*7	13.7	30.07	5.27	1.61
salad bar ms	1 EACH	150	473	43	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	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average			595	39	1346	6.02	3.57	337.5	8911	51.92	*34	21.13	83.93	19.99	4.56
% of Calories											*23.1%	14.2%	56.4%	30.2%	6.9%
Nutrient Guideline			600-700		1360										<10.00

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Linn-Mar Community Schools

Dec 3, 2018 thru Jan 25, 2019

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	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)
Mon - 01/07/2019															
Middle School Lunch Menu	Total	2600													
mac & cheese^	6 oz	1400	283	37	648	2.00	0.00	371.0	493	1.0	8	15.0	31.0	11.0	6.50
breadstick^	2 oz	1400	160	0	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	0	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	0	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	0	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	0	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	0	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	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
dressing ranch light^	2 TBSP	900	70	10	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	60	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	43	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	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	225	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average			627	44	1260	9.02	2.53	475.2	5792	27.03	*31	24.64	89.30	20.19	7.39
% of Calories											*19.9%	15.7%	57.0%	29.0%	10.6%
Nutrient Guideline			600-700		1360										<10.00

Tue - 01/08/2019															
Middle School Lunch Menu	Total	1400													
chicken, popcorn^	4 oz	950	237	0	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	0	151	2.39	1.64	32.3	160	1.9	*2	4.79	27.29	1.72	0.40
MASHED POTATOES:scr/butter*mi	1/2 CUP	900	101	8	191	1.23	0.25	43.6	147	15.16	*2	2.58	16.65	2.86	1.80
gravy, chicken^	1 oz	800	10	0	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	0	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	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
Kiwi and grapes	1 each	500	154	0	6	5.37	0.74	64.4	224	144.02	*15	2.31	37.97	1.11	0.15
fruit, fresh, variety	1 CUP	300	71	0	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	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	500	20	0	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	0	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	0	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	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
Hamburger bar	1 each	100	507	44	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	43	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	0	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

Dec 3, 2018 thru Jan 25, 2019

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	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			610	19	1148	8.24	5.36	398.3	6135	89.06	*27	27.88	89.24	16.63	3.35
% of Calories											*17.6%	18.3%	58.5%	24.5%	4.9%
Nutrient Guideline			600-700		1360										<10.00

Wed - 01/09/2019															
Middle School Lunch Menu	Total	1400													
spagh sauce w/ beef crum^	4 oz	1000	133	20	145	2.50	1.81	32.4	468	3.73	6	9.8	10.29	5.53	1.69
rotini,whole grain,dry^	1/2 cup	1000	54	0	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	0	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	0	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	0	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	0	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	0	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	0	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	10	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	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
potato bar	serving	300	510	35	758	9.60	4.21	158.2	3256	68.83	*17	17.5	82.07	13.6	4.34
salad bar ms	1 EACH	250	473	43	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	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average			615	40	874	10.18	5.93	398.1	10402	61.15	*31	24.26	89.22	18.28	4.40
% of Calories											*20.1%	15.8%	58.0%	26.8%	6.4%
Nutrient Guideline			600-700		1360										<10.00

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Linn-Mar Community Schools

Dec 3, 2018 thru Jan 25, 2019

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	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 - 01/10/2019															
Middle School Lunch Menu	Total	600													
taco meat w/ beef crumbles^	3 oz	700	135	30	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	16	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	0	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	0	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	0	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	0	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	0	4	0.41	0.15	5.7	416	9.13	*1	0.32	1.83	0.08	0.01
grapes, red seedless^	1/2 cup	500	61	0	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32	0.10
fruit, fresh, variety	1 CUP	271	71	0	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	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
salsa cup^	2 oz	50	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00
sour cream, pouch	1 each	50	25	0	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	10	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	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
yogurt bar ms	1 each	100	286	2	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	43	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	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average			693	58	944	9.37	5.55	734.7	3873	44.50	*45	38.63	92.44	20.95	7.98
% of Calories											*25.9%	22.3%	53.4%	27.2%	10.4%
Nutrient Guideline			600-700		1360										<10.00

Fri - 01/11/2019															
Middle School Lunch Menu	Total	1400													
Pizza cheesy gar /6"bread	1 piece	600	330	20	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	20	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	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	0	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	0	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	0	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	0	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	10	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	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
soup bar, HS	1 EACH	150	221	21	673	3.95	2.19	111.1	1327	8.05	*7	13.7	30.07	5.27	1.61
salad bar ms	1 EACH	150	473	43	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	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
brownie, choc, goldmedal MS	1 each	1200	150	0	140	1.00	1.08	0.3	0	0.0	*0	2.0	27.0	4.5	1.00

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Linn-Mar Community Schools

Dec 3, 2018 thru Jan 25, 2019

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	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			634	29	974	6.51	5.65	551.5	6506	32.65	*20	28.80	86.22	19.86	5.58
% of Calories											*12.6%	18.2%	54.4%	28.2%	7.9%
Nutrient Guideline			600-700		1360										<10.00

Mon - 01/14/2019															
Middle School Lunch Menu	Total	1													
NO SCHOOL TODAY	SERVING	1	0	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	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

Tue - 01/15/2019															
Middle School Lunch Menu	Total	1400													
F.T Sticks(2pc) w/ Egg Omelet	3 EACH	825	525	293	705	3.00	2.16	180.0	600	0.0	15	21.0	58.5	22.5	6.00
potato triangles	2 EACH	825	178	0	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	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
strawberries frozen	1/2 cup	400	150	0	30	3.01	0.36	20.0	0	48.1	35	0.0	38.08	0.0	0.00
fruit, fresh, variety	1 CUP	450	71	0	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	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	700	20	0	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	0	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	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
Hamburger bar	1 each	200	507	44	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	43	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	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average			641	182	948	6.69	2.96	313.7	1599	37.60	*37	20.77	91.86	21.41	5.49
% of Calories											*23.0%	13.0%	57.4%	30.1%	7.7%
Nutrient Guideline			600-700		1360										<10.00

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Linn-Mar Community Schools

Dec 3, 2018 thru Jan 25, 2019

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	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 - 01/16/2019															
Middle School Lunch Menu	Total	1400													
nachos bf crumb filling	3 oz	950	256	61	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	0	210	3.00	0.72	80.0	100	0.0	0	4.0	38.0	14.0	2.00
corn^	1/2 cup	650	62	0	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	0	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	0	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	0	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	0	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	0	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	0	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	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
quesadilla chicken	1 each	175	266	34	436	5.64	4.04	264.6	394	11.56	*3	19.14	36.5	5.04	2.00
salad bar ms	1 EACH	75	473	43	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	0	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	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
Weighted Daily Average			600	52	949	6.31	3.75	634.6	5667	38.98	*25	28.11	71.55	25.03	9.25
% of Calories											*16.7%	18.7%	47.7%	37.5%	13.9%
Nutrient Guideline			600-700		1360										<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	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 - 01/17/2019															
Middle School Lunch Menu	Total	320													
pizza crunchers^	4 piece serving	400	420	30	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	0	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	0	4	0.41	0.15	5.7	416	9.13	*1	0.32	1.83	0.08	0.01
peaches sliced	1/2 cup	100	49	0	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0	0.00
fruit, fresh, variety	1 CUP	50	71	0	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	0	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	10	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	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
yogurt bar ms	1 each	25	286	2	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	43	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	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average			679	44	1187	9.06	3.76	779.3	2554	38.08	*21	32.78	78.44	27.12	11.80
% of Calories											*12.2%	19.3%	46.2%	36.0%	15.6%
Nutrient Guideline			600-700		1360										<10.00

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Linn-Mar Community Schools

Dec 3, 2018 thru Jan 25, 2019

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/18/2019															
Middle School Lunch Menu	Total	1400													
chicken patty (4ozGold) s/w	1 EACH	1000	379	63	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	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	0	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
baked beans^	1/2 cup	600	162	0	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	300	19	0	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	0	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	0	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	0	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	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
soup bar, HS	1 EACH	450	221	21	673	3.95	2.19	111.1	1327	8.05	*7	13.7	30.07	5.27	1.61
salad bar ms	1 EACH	75	473	43	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	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	600	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	200	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average			592	59	1273	8.64	5.56	477.6	3874	25.25	*40	35.90	91.27	11.19	2.36
% of Calories											*27.1%	24.3%	61.7%	17.0%	3.6%
Nutrient Guideline			600-700		1360										<10.00

Mon - 01/21/2019															
Middle School Lunch Menu	Total	1													
NO SCHOOL TODAY	SERVING	1	0	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	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

Dec 3, 2018 thru Jan 25, 2019

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/22/2019															
Middle School Lunch Menu	Total	1400													
crisпитos w/ cheese sauce	1 EACH	700	659	81	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	0	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	0	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	0	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	0	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	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
Kiwi and grapes	1/2 cup	350	77	0	3	2.68	0.37	32.2	112	72.01	*7	1.15	18.99	0.55	0.07
juice cup variety	4 oz	100	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
salsa cup^	2 oz	400	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00
sour cream, pouch	1 each	250	25	0	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	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
Hamburger bar	1 each	250	507	44	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	43	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	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
mustard^	1 TSP	10	0	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	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
Weighted Daily Average			601	52	1032	7.20	3.59	398.9	2460	34.26	*16	26.90	65.90	25.68	7.50
% of Calories											*10.8%	17.9%	43.9%	38.4%	11.2%
Nutrient Guideline			600-700		1360										<10.00

Wed - 01/23/2019															
Middle School Lunch Menu	Total	1400													
chicken strips^	4 EACH	950	271	46	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	0	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	0	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	0	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	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
mandarin oranges^	1/2 cup	700	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00
juice cup variety	4 oz	200	62	0	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	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
salad bar ms	1 EACH	50	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
potato bar	servng	150	510	35	758	9.60	4.21	158.2	3256	68.83	*17	17.5	82.07	13.6	4.34
pb&j sandwich	1 EACH	100	310	0	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	0	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	0	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	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00
ketchup^	1 tbsp	600	20	0	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

Dec 3, 2018 thru Jan 25, 2019

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	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			603	41	916	6.15	4.13	302.9	3851	44.18	*34	28.68	86.13	16.11	2.26
% of Calories											*22.2%	19.0%	57.1%	24.0%	3.4%
Nutrient Guideline			600-700		1360										<10.00

Thu - 01/24/2019															
Middle School Lunch Menu	Total	1400													
pork tenderloin s/w	1 each	950	430	90	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0	19.0	4.50
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	900	8	0	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
carrots, sunshine	1/2 CUP	600	26	0	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	0	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	0	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	0	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	0	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	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
yogurt bar ms	1 each	300	286	2	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	43	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	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	800	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	200	0	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	850	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			558	68	800	7.49	4.24	499.3	4480	36.41	*37	23.46	83.17	15.98	3.90
% of Calories											*26.5%	16.8%	59.6%	25.8%	6.3%
Nutrient Guideline			600-700		1360										<10.00

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Linn-Mar Community Schools

Dec 3, 2018 thru Jan 25, 2019

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/25/2019															
Middle School Lunch Menu	Total	1400													
pizza 5" cheese ^	1 each	650	320	10	610	5.00	2.70	250.0	300	0.0	5	15.0	40.0	11.0	3.50
pizza 5" pepperoni^	1 EACH	600	320	15	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	0	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	0	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	0	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	0	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	0	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	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
soup bar, HS	1 EACH	250	221	21	673	3.95	2.19	111.1	1327	8.05	*7	13.7	30.07	5.27	1.61
salad bar ms	1 EACH	75	473	43	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	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
choc chip cookies usda^	1 each	1200	131	12	85	0.96	0.48	4.5	368	0.0	*7	1.62	16.92	6.72	2.58
Weighted Daily Average			612	32	945	9.32	4.59	483.8	4964	28.86	*35	25.76	87.54	19.36	6.38
% of Calories											*23.0%	16.8%	57.2%	28.5%	9.4%
Nutrient Guideline			600-700		1360										<10.00

Weighted Average			613	54	1029	7.84	4.28	482.4	4334	41.34	*32	27.86	84.61	19.37	5.84
											*47.2%	18.2%	55.2%	28.4%	8.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	613		600 - 700	100%				
Cholesterol (mg)	54							
Sodium 1 (mg)	1029		1360					
Sodium 2 (mg)	1029		1035					
Fiber (g)	7.84							
Iron (mg)	4.28							
Calcium (mg)	482.4							
Vitamin A (IU)	4334							
Sugars (g)	32	20.99%			Missing			
Vitamin C (mg)	41.34							
Protein (g)	27.86	18.17%						
Carbohydrate (g)	84.61	55.18%						
Total Fat (g)	19.37	28.42%						
Saturated Fat (g)	5.84	8.57%	<10.00%					

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