

# Linn-Mar Community Schools

Jan 28, 2019 thru Mar 22, 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 - 01/28/2019															
Middle School Lunch Menu	Total	1400													
las roll up w/ meat sauce	1 EACH	650	592	116	1093	2.26	7.07	181.0	737	4.1	*9	49.64	33.49	28.16	10.91
breadstick^	1 oz	650	80	0	100	1.50	0.00	0.0	0	0.0	1	3.0	14.5	1.0	0.00
lettuce & tomato	1/2 cup	200	5	0	2	0.54	0.24	8.2	2103	1.35	*0	0.32	0.9	0.08	0.01
carrots, sunshine	1/2 CUP	400	26	0	45	2.25	0.54	15.0	1313	1.8	3	0.75	5.25	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
peaches sliced	1/2 cup	400	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	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
dressing ranch light^	2 tbsp	650	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	800	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Hot dog bar	1 Each	300	586	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	65	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
cheese parmesan grated	2 TSP	150	23	3	73	0.00	0.00	66.7	0	0.0	0	2.0	0.0	1.67	1.00
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	25	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			616	*76	1222	6.06	5.29	400.6	4045	21.33	*29	37.31	66.99	22.67	8.23
% of Calories											*18.7%	24.2%	43.5%	33.1%	12.0%
Nutrient Guideline			600-700		1360										<10.00

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Jan 28, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 2

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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 - 01/29/2019															
Middle School Lunch Menu	Total	1400													
chicken teriyaki^	4 EACH	700	130	35	560	0.00	1.44	40.0	100	0.0	6	15.0	9.0	3.5	1.00
brown rice,chicken flavored rolls, hot^	1/2 cup	650	71	0	166	0.63	0.27	5.0	0	0.0	*0	1.58	14.16	0.95	0.15
vegetables stir fry	1.5 oz	650	154	9	175	1.72	1.44	50.9	339	2.61	*3	3.77	21.86	5.87	1.58
fresh veggie mix	1/2 cup	700	17	0	13	1.00	0.18	10.0	500	0.6	1	0.0	3.0	0.0	0.00
pineapple chunks^	1/2 cup	700	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	700	65	0	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	0.0	0.00
juice cup 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
margarine cup^	4 oz	250	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	1 each	900	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^	2 TBSP	250	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
Hamburger bar	1 each	1300	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
salad bar ms	1 each	550	507	44	821	7.30	4.06	360.9	728	7.68	*8	25.36	69.15	15.98	6.30
pb&j sandwich	1 EACH	100	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
ketchup^	1 EACH	50	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
mustard^	1 tbsp	250	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
soy sauce	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
	.5 oz	150	5	0	620	0.00	0.00	0.0	0	0.0	1	0.5	0.5	0.0	0.00
Weighted Daily Average			637	*49	1181	7.75	4.91	540.4	5488	43.56	*43	30.89	94.80	16.07	4.71
% of Calories											*26.8%	19.4%	59.5%	22.7%	6.7%
Nutrient Guideline			600-700		1360										<10.00

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Jan 28, 2019 thru Mar 22, 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 - 01/30/2019															
Middle School Lunch Menu	Total	600													
chicken patty/hot /spicy sw	sandwich	580	330	24	572	4.34	4.22	248.8	242	0.18	5	20.59	45.31	8.06	1.23
fish sw^	1 EACH	200	340	35	440	5.00	2.52	220.0	0	0.0	5	18.0	47.0	10.0	1.50
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	200	8	0	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
cheese american	1 slice	50	53	14	211	0.00	0.03	78.0	136	0.0	*N/A*	3.14	0.23	4.43	2.79
pickle slices^	2 EACH	400	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
baked beans^	1/2 cup	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	150	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
apple fresh sliced in bag	bag	300	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09	0.02
fruit, fresh, variety	1 CUP	100	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
milk vty half pints^	1 each	600	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
sandwich bar ms	1 each	25	490	29	811	7.58	3.02	279.3	3896	49.24	*34	19.65	72.9	15.77	4.59
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			686	*42	1241	10.12	6.69	668.3	1976	19.86	*39	38.99	107.46	13.24	2.58
% of Calories											*22.9%	22.7%	62.7%	17.4%	3.4%
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 - 01/31/2019															
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^	5 EACH	1000	158	33	484	0.00	0.30	33.3	0	0.0	1	5.84	2.5	14.17	5.00
tator tots^	9 each	825	166	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
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
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	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
yogurt bar ms	1 each	250	286	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

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Jan 28, 2019 thru Mar 22, 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			637	*37	1073	5.02	2.76	440.4	5003	54.41	*53	18.93	99.06	19.49	4.97
% of Calories											*33.2%	11.9%	62.2%	27.5%	7.0%
Nutrient Guideline			600-700		1360										<10.00

Fri - 02/01/2019															
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	900	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	600	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
Fruit Juice Slushies (19)	1 each	600	90	0	30	0.00	0.00	80.0	1000	60.0	19	0.0	22.0	0.0	0.00
fruit, fresh, variety	1 CUP	600	71	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
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	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
soup bar, HS	1 EACH	400	239	27	731	4.18	2.28	139.8	1327	8.18	*7	15.81	32.15	5.66	1.67
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			641	*41	1389	5.68	3.48	445.3	8762	67.48	*43	23.20	93.37	19.68	4.51
% of Calories											*26.7%	14.5%	58.2%	27.6%	6.3%
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)
Mon - 02/04/2019															
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	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
dressing ranch light^	2 TBSP	900	70	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			642	*44	1275	9.02	2.53	509.8	5850	27.17	*34	25.57	91.96	20.19	7.39
% of Calories											*21.0%	15.9%	57.3%	28.3%	10.4%
Nutrient Guideline			600-700		1360										<10.00

Tue - 02/05/2019															
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:flakes,mlk+b	1/2 CUP	900	102	15	172	0.84	0.17	33.6	181	10.19	2	1.86	11.41	5.39	3.35
gravy, chicken^	1 oz	800	10	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
mixed fruit cocktail	1/2 cup	500	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	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	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Hamburger bar	1 each	100	507	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

Jan 28, 2019 thru Mar 22, 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	*23	1162	6.07	5.05	427.8	6246	35.10	*30	28.17	82.91	17.86	4.29
% of Calories											*19.6%	18.7%	55.0%	26.6%	6.4%
Nutrient Guideline			600-700		1360										<10.00

Wed - 02/06/2019															
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	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	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			645	*40	903	10.18	5.93	467.8	10518	61.43	*36	26.12	94.56	18.28	4.40
% of Calories											*22.3%	16.2%	58.6%	25.5%	6.1%
Nutrient Guideline			600-700		1360										<10.00

Thu - 02/07/2019															
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

Jan 28, 2019 thru Mar 22, 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 - 02/08/2019															
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
Kiwi and grapes	1/2 cup	500	77	0	3	2.68	0.37	32.2	112	72.01	*7	1.15	18.99	0.55	0.07
fruit, fresh, variety	1 CUP	271	71	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	7	0	43	0.00	0.00	0.0	67	1.6	1	0.0	1.33	0.0	0.00
sour cream, pouch	1 each	50	25	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	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
yogurt bar ms	1 each	100	286	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			750	*58	985	10.93	5.61	852.2	4056	101.82	*46	41.81	103.00	21.15	7.96
% of Calories											*24.6%	22.3%	54.9%	25.4%	9.6%
Nutrient Guideline			600-700		1360										<10.00

Mon - 02/11/2019															
Middle School Lunch Menu	Total	900													
chicken parmesan w/ spaghetti	1 each	800	312	48	594	3.69	2.31	135.2	99	0.0	*4	23.05	29.41	11.37	3.39
breadstick bosco cheese filled	1 each	700	207	21	303	2.75	0.00	0.0	275	0.0	1	13.77	23.41	6.89	3.44
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	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Hot dog bar	1 Each	150	586	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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# Linn-Mar Community Schools

Jan 28, 2019 thru Mar 22, 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			693	*76	1251	8.18	3.59	481.0	3033	14.63	*29	43.93	83.03	21.69	8.04
% of Calories											*16.8%	25.3%	47.9%	28.1%	10.4%
Nutrient Guideline			600-700		1360										<10.00

Tue - 02/12/2019															
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

Wed - 02/13/2019															
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	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	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			645	*40	903	10.18	5.93	467.8	10518	61.43	*36	26.12	94.56	18.28	4.40
% of Calories											*22.3%	16.2%	58.6%	25.5%	6.1%
Nutrient Guideline			600-700		1360										<10.00

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# Linn-Mar Community Schools

Jan 28, 2019 thru Mar 22, 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 - 02/14/2019															
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
apple fresh sliced in bag	bag	100	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09	0.02
fruit, fresh, variety	1 CUP	50	71	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	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
yogurt bar ms	1 each	25	286	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			698	*44	1208	9.47	3.78	838.9	2569	38.74	*24	34.39	81.62	27.15	11.80
% of Calories											*13.6%	19.7%	46.8%	35.0%	15.2%
Nutrient Guideline			600-700		1360										<10.00

	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 - 02/15/2019															
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	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
soup bar, HS	1 EACH	450	239	27	731	4.18	2.28	139.8	1327	8.18	*7	15.81	32.15	5.66	1.67
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 tbsps	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			628	*61	1320	8.71	5.59	556.5	3990	25.57	*45	38.44	97.27	11.32	2.38
% of Calories											*28.8%	24.5%	62.0%	16.2%	3.4%
Nutrient Guideline			600-700		1360										<10.00

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# Linn-Mar Community Schools

Jan 28, 2019 thru Mar 22, 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 - 02/18/2019															
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 - 02/19/2019															
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
orange, fresh slices^	1/2 cup	350	46	0	0	2.36	0.10	39.3	221	52.27	9	0.92	11.54	0.12	0.01
juice cup variety	4 oz	100	62	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	7	0	43	0.00	0.00	0.0	67	1.6	1	0.0	1.33	0.0	0.00
sour cream, pouch	1 each	250	25	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	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Hamburger bar	1 each	250	507	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			613	*52	1044	7.12	3.42	448.8	2558	29.29	*20	28.13	67.55	25.57	7.48
% of Calories											*13.1%	18.3%	44.1%	37.5%	11.0%
Nutrient Guideline			600-700		1360										<10.00

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# Linn-Mar Community Schools

Jan 28, 2019 thru Mar 22, 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 - 02/20/2019															
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
pear sliced in juice	1/2 cup	700	76	0	10	2.00	0.00	0.0	0	0.0	12	0.0	19.0	0.0	0.00
juice cup variety	4 oz	200	62	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	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
salad bar ms	1 EACH	50	473	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			626	*41	945	6.65	3.95	362.5	3342	30.96	*34	30.03	89.47	16.11	2.26
% of Calories											*21.5%	19.2%	57.1%	23.1%	3.2%
Nutrient Guideline			600-700		1360										<10.00

Thu - 02/21/2019															
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
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	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	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
yogurt bar ms	1 each	300	286	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	40	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	500	0	0	90	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

Jan 28, 2019 thru Mar 22, 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			574	*68	802	7.11	4.15	565.4	4366	31.86	*40	24.94	85.61	15.81	3.88
% of Calories											*27.7%	17.4%	59.6%	24.8%	6.1%
Nutrient Guideline			600-700		1360										<10.00

Fri - 02/22/2019															
Middle School Lunch Menu	Total	1400													
pizza 5" cheese ^	1 each	500	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	500	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	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
soup bar, HS	1 EACH	250	239	27	731	4.18	2.28	139.8	1327	8.18	*7	15.81	32.15	5.66	1.67
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			586	*31	868	8.46	4.16	518.4	5026	29.16	*39	25.20	85.86	17.37	5.83
% of Calories											*26.9%	17.2%	58.6%	26.7%	9.0%
Nutrient Guideline			600-700		1360										<10.00

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# Linn-Mar Community Schools

Jan 28, 2019 thru Mar 22, 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 - 02/25/2019															
Middle School Lunch Menu	Total	1400													
las roll up w/ meat sauce	1 EACH	650	592	116	1093	2.26	7.07	181.0	737	4.1	*9	49.64	33.49	28.16	10.91
breadstick^	1 oz	650	80	0	100	1.50	0.00	0.0	0	0.0	1	3.0	14.5	1.0	0.00
lettuce & tomato	1/2 cup	200	5	0	2	0.54	0.24	8.2	2103	1.35	*0	0.32	0.9	0.08	0.01
green beans,steamed^	1/2 cup	400	28	0	0	2.80	0.67	18.7	187	4.48	2	0.93	5.6	0.0	0.00
fresh veggie mix	1/2 cup	300	19	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	400	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	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
dressing ranch light^	2 tbsp	650	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	800	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Hot dog bar	1 Each	300	586	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	65	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
cheese parmesan grated	2 TSP	150	23	3	73	0.00	0.00	66.7	0	0.0	0	2.0	0.0	1.67	1.00
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	25	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			617	*76	1209	6.21	5.33	401.7	3723	22.10	*29	37.36	67.09	22.67	8.23
% of Calories											*18.5%	24.2%	43.5%	33.1%	12.0%
Nutrient Guideline			600-700		1360										<10.00

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# Linn-Mar Community Schools

Jan 28, 2019 thru Mar 22, 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 - 02/26/2019															
Middle School Lunch Menu	Total	1400													
chicken teriyaki^	4 EACH	700	130	35	560	0.00	1.44	40.0	100	0.0	6	15.0	9.0	3.5	1.00
brown rice,chicken flavored	1/2 cup	650	71	0	166	0.63	0.27	5.0	0	0.0	*0	1.58	14.16	0.95	0.15
Roll, Hot (frozen) (19)	1 each	650	80	0	140	1.00	0.72	0.0	0	0.0	1	3.0	13.0	1.5	0.00
vegetables stir fry	1/2 cup	700	17	0	13	1.00	0.18	10.0	500	0.6	1	0.0	3.0	0.0	0.00
fresh veggie mix	1/2 cup	700	19	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	700	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	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	250	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
margarine cup^	1 each	900	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
dressing ranch light^	2 TBSP	250	70	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	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Hamburger bar	1 each	550	507	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	100	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	250	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
soy sauce	.5 oz	150	5	0	620	0.00	0.00	0.0	0	0.0	1	0.5	0.5	0.0	0.00
Weighted Daily Average			603	*44	1165	7.41	4.58	516.7	5331	42.34	*42	30.54	90.69	14.04	3.98
% of Calories											*27.7%	20.3%	60.2%	21.0%	5.9%
Nutrient Guideline			600-700		1360										<10.00

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# Linn-Mar Community Schools

Jan 28, 2019 thru Mar 22, 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 - 02/27/2019															
Middle School Lunch Menu	Total	600													
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
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
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
cheese american	1 slice	50	53	14	211	0.00	0.03	78.0	136	0.0	*N/A*	3.14	0.23	4.43	2.79
baked beans^	1/2 cup	250	162	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
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	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
sandwich bar ms	1 each	5	490	29	811	7.58	3.02	279.3	3896	49.24	*34	19.65	72.9	15.77	4.59
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	7	0	43	0.00	0.00	0.0	67	1.6	1	0.0	1.33	0.0	0.00
sour cream, pouch	1 each	1	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
Weighted Daily Average			673	*38	1090	9.56	6.28	639.3	2702	37.15	*49	36.26	110.56	11.75	2.28
% of Calories											*29.0%	21.6%	65.7%	15.7%	3.0%
Nutrient Guideline			600-700		1360										<10.00

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# Linn-Mar Community Schools

Jan 28, 2019 thru Mar 22, 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 - 02/28/2019															
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^	5 EACH	1000	158	33	484	0.00	0.30	33.3	0	0.0	1	5.84	2.5	14.17	5.00
tator tots^	9 each	825	166	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	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
yogurt bar ms	1 each	250	286	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			606	*37	1069	5.42	2.76	437.6	4383	67.58	*44	18.73	91.04	19.62	4.98
% of Calories											*29.0%	12.4%	60.1%	29.1%	7.4%
Nutrient Guideline			600-700		1360										<10.00

Fri - 03/01/2019															
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	900	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	600	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
Fruit Juice Slushies (19)	1 each	600	90	0	30	0.00	0.00	80.0	1000	60.0	19	0.0	22.0	0.0	0.00
fruit, fresh, variety	1 CUP	600	71	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
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	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
quesadilla chicken	1 each	400	266	34	436	5.64	4.04	264.6	394	11.56	*3	19.14	36.5	5.04	2.00
lettuce & tomato	1/2 cup	300	5	0	2	0.54	0.24	8.2	2103	1.35	*0	0.32	0.9	0.08	0.01
Salsa cup^	2 oz	300	7	0	43	0.00	0.00	0.0	67	1.6	1	0.0	1.33	0.0	0.00
sour cream, pouch	1 each	300	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
salad bar ms	1 EACH	150	473	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

Jan 28, 2019 thru Mar 22, 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			657	*43	1321	6.21	4.04	495.5	9004	69.08	*42	24.65	95.95	19.52	4.61
% of Calories											*25.6%	15.0%	58.5%	26.8%	6.3%
Nutrient Guideline			600-700		1360										<10.00

Mon - 03/04/2019															
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	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
dressing ranch light^	2 TBSP	900	70	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			642	*44	1275	9.02	2.53	509.8	5850	27.17	*34	25.57	91.96	20.19	7.39
% of Calories											*21.0%	15.9%	57.3%	28.3%	10.4%
Nutrient Guideline			600-700		1360										<10.00

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# Linn-Mar Community Schools

Jan 28, 2019 thru Mar 22, 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 - 03/05/2019															
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:flakes,mlk+b	1/2 CUP	900	102	15	172	0.84	0.17	33.6	181	10.19	2	1.86	11.41	5.39	3.35
gravy, chicken^	1 oz	800	10	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
pineapple chunks^	1/2 cup	500	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	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	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Hamburger bar	1 each	100	507	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
Weighted Daily Average			605	*23	1158	6.36	5.16	433.7	6204	38.17	*31	28.46	83.26	17.86	4.29
% of Calories											*20.8%	18.8%	55.0%	26.6%	6.4%
Nutrient Guideline			600-700		1360										<10.00

	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 - 03/06/2019															
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	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
sandwich bar ms	1 each	300	490	29	811	7.58	3.02	279.3	3896	49.24	*34	19.65	72.9	15.77	4.59
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

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# Linn-Mar Community Schools

Jan 28, 2019 thru Mar 22, 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			641	*39	914	9.75	5.67	493.7	10655	57.23	*40	26.58	92.60	18.75	4.46
% of Calories											*24.7%	16.6%	57.8%	26.3%	6.3%
Nutrient Guideline			600-700		1360										<10.00

Thu - 03/07/2019															
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
Kiwi and grapes	1/2 cup	500	77	0	3	2.68	0.37	32.2	112	72.01	*7	1.15	18.99	0.55	0.07
fruit, fresh, variety	1 CUP	271	71	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	7	0	43	0.00	0.00	0.0	67	1.6	1	0.0	1.33	0.0	0.00
sour cream, pouch	1 each	50	25	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	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
yogurt bar ms	1 each	100	286	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			750	*58	985	10.93	5.61	852.2	4056	101.82	*46	41.81	103.00	21.15	7.96
% of Calories											*24.6%	22.3%	54.9%	25.4%	9.6%
Nutrient Guideline			600-700		1360										<10.00

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# Linn-Mar Community Schools

Jan 28, 2019 thru Mar 22, 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 - 03/08/2019															
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	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
soup bar, HS	1 EACH	150	239	27	731	4.18	2.28	139.8	1327	8.18	*7	15.81	32.15	5.66	1.67
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
white cake w/frosting	1 each	1100	207	16	148	0.95	0.62	57.5	1413	0.05	*21	2.35	31.33	8.17	2.85
Weighted Daily Average			691	*42	996	6.43	5.22	647.7	7697	32.89	*40	30.44	91.61	22.47	6.97
% of Calories											*22.9%	17.6%	53.1%	29.3%	9.1%
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)
Mon - 03/11/2019															
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
breadstick bosco cheese filled	1 each	700	207	21	303	2.75	0.00	0.0	275	0.0	1	13.77	23.41	6.89	3.44
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	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Hot dog bar	1 Each	150	586	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
Weighted Daily Average			711	*79	1284	8.39	3.72	488.5	3038	14.63	*29	45.21	84.66	22.32	8.23
% of Calories											*16.5%	25.4%	47.7%	28.3%	10.4%
Nutrient Guideline			600-700		1360										<10.00

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# Linn-Mar Community Schools

Jan 28, 2019 thru Mar 22, 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 - 03/12/2019															
Middle School Lunch Menu	Total	1400													
French toast sticks	3 sticks	850	210	125	310	2.00	2.00	52.0	200	0.0	9	8.0	39.0	7.0	2.50
Egg Omelet	3.5 oz	850	107	193	215	0.04	0.63	35.0	408	1.99	0	8.32	1.36	7.63	3.29
potato triangles	2 EACH	850	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	600	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
Fruit Juice Slushies (19)	1 each	600	90	0	30	0.00	0.00	80.0	1000	60.0	19	0.0	22.0	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	200	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	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Hamburger bar	1 each	250	507	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	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	25	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average			577	*205	933	6.03	3.54	355.9	2897	55.67	*36	20.98	89.30	18.30	5.83
% of Calories											*25.2%	14.6%	62.0%	28.6%	9.1%
Nutrient Guideline			600-700		1360										<10.00

Wed - 03/13/2019															
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
peaches sliced	1/2 cup	700	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	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	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
sandwich bar ms	1 each	175	490	29	811	7.58	3.02	279.3	3896	49.24	*34	19.65	72.9	15.77	4.59
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

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# Linn-Mar Community Schools

Jan 28, 2019 thru Mar 22, 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			670	*52	1025	6.27	3.54	703.2	5848	36.25	*36	29.77	84.04	26.31	9.56
% of Calories											*21.5%	17.8%	50.2%	35.4%	12.8%
Nutrient Guideline			600-700		1360										<10.00

Thu - 03/14/2019															
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
apple fresh sliced in bag	bag	100	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09	0.02
fruit, fresh, variety	1 CUP	50	71	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	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
yogurt bar ms	1 each	25	286	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			698	*44	1208	9.47	3.78	838.9	2569	38.74	*24	34.39	81.62	27.15	11.80
% of Calories											*13.6%	19.7%	46.8%	35.0%	15.2%
Nutrient Guideline			600-700		1360										<10.00

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# Linn-Mar Community Schools

Jan 28, 2019 thru Mar 22, 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 - 03/15/2019															
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
green beans,steamed^	1/2 cup	600	28	0	0	2.80	0.67	18.7	187	4.48	2	0.93	5.6	0.0	0.00
fresh veggie mix	1/2 cup	300	19	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	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
quesadilla chicken	1 each	450	266	34	436	5.64	4.04	264.6	394	11.56	*3	19.14	36.5	5.04	2.00
Salsa cup^	3 oz	200	10	0	65	0.00	0.00	0.0	100	2.4	1	0.0	2.0	0.0	0.00
sour cream, pouch	1 each	200	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
salad bar ms	1 EACH	75	473	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			584	*63	1000	8.16	5.58	593.0	3749	28.39	*38	37.05	85.99	11.12	2.48
% of Calories											*25.9%	25.4%	58.9%	17.1%	3.8%
Nutrient Guideline			600-700		1360										<10.00

Mon - 03/18/2019															
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 - 03/19/2019															
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

Jan 28, 2019 thru Mar 22, 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)
<b>Wed - 03/20/2019</b>															
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
<b>Thu - 03/21/2019</b>															
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
<b>Fri - 03/22/2019</b>															
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
Weighted Average			645	*53	1106	7.89	4.50	543.7	5158	42.59	*37 *51.3%	30.94 19.2%	89.45 55.5%	19.22 26.8%	5.88 8.2%

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# Linn-Mar Community Schools

Jan 28, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	645		600 - 700	100%												
Cholesterol (mg)	53				Missing											
Sodium 1 (mg)	1106		1360													
Sodium 2 (mg)	1106		1035						71	Correction Required - Sodium too High						
Fiber (g)	7.89															
Iron (mg)	4.50															
Calcium (mg)	543.7															
Vitamin A (IU)	5158															
Sugars (g)	37	22.81%			Missing											
Vitamin C (mg)	42.59															
Protein (g)	30.94	19.18%														
Carbohydrate (g)	89.45	55.46%														
Total Fat (g)	19.22	26.82%														
Saturated Fat (g)	5.88	8.20%	<10.00%													

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