

Linn-Mar Community Schools

Nov 6, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 1

Generated on: 11/16/2017 3:27:41 PM

	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 - 11/06/2017															
Middle School Lunch Menu	Total	1400													
pork tenderloin s/w	1 each	800	430	90	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0	19.0	4.50
baked beans^	1/2 CUP	450	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
carrots, baby crunchy	1/2 cup	500	26	0	59	2.19	0.67	24.2	10425	1.97	4	0.48	6.23	0.1	0.02
pear sliced in juice	1/2 cup	500	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	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	50	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	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
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
potato bar	serving	80	586	38	777	10.46	4.33	172.3	3439	81.32	*34	17.22	101.76	13.85	4.60
salad bar ms	1 EACH	200	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92
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			666	68	1173	11.57	6.01	550.0	10809	39.14	*42	28.56	98.55	19.54	4.73
% of Calories											*25.5%	17.2%	59.2%	26.4%	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)
Tue - 11/07/2017															
Middle School Lunch Menu	Total	1400													
nachos bf crumb filling	3 oz	800	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	800	270	0	210	3.00	0.72	80.0	100	0.0	0	4.0	38.0	14.0	2.00
broccoli florets crunchy^	1/2 cup	500	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01
lettuce & tomato	1/2 cup	500	4	0	3	0.32	0.11	4.6	144	1.07	*0	0.24	0.82	0.04	0.01
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	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	50	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
hamburger on a bun^	1 each	500	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
salad bar ms	1 EACH	75	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92
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			624	54	1013	6.22	4.34	660.7	3876	36.46	*28	31.06	73.77	25.66	9.20
% of Calories											*18.2%	19.9%	47.3%	37.0%	13.3%
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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Linn-Mar Community Schools

Nov 6, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 2

Generated on: 11/16/2017 3:27:41 PM

	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 - 11/08/2017															
Middle School Lunch Menu	Total	1400													
spaghetti meat sauce	1/2 cup	850	205	37	142	0.96	1.05	13.3	0	0.85	6	9.82	9.48	13.85	4.87
rotini,whole grain,dry^	1/2 cup	750	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54	0.23
garlic bread stick ^	1 EACH	800	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00
romaine lettuce^	1 cup	500	39	0	18	4.76	2.20	74.8	19754	9.07	*N/A*	2.79	7.46	0.68	0.09
celery sticks^	1/2 cup	500	10	0	52	1.04	0.13	25.9	291	2.01	1	0.45	1.92	0.11	0.03
peanut butter smuckers cup	1 EACH	350	180	0	130	2.00	0.72	20.0	0	0.0	3	6.0	8.0	15.0	2.50
grapes, red seedless^	1/2 cup	350	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	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	50	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	500	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
yogurt bar ms	1 each	350	673	7	508	21.72	27.98	1102.0	54898	129.39	*40	22.94	131.87	11.94	1.79
salad bar ms	1 EACH	100	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92
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			669	37	724	12.60	11.04	663.5	24516	57.58	*39	27.87	93.85	23.73	5.56
% of Calories											*23.0%	16.7%	56.1%	31.9%	7.5%
Nutrient Guideline			600-700		1360										<10.00

Thu - 11/09/2017															
Middle School Lunch Menu	Total	1400													
Chick,mand.org/ br rice	serving	900	266	40	283	1.05	1.17	8.7	0	1.2	*10	13.4	42.36	4.35	0.74
egg roll,chick/veg,whlgr	1 EACH	750	160	30	410	3.00	1.80	40.0	750	6.0	3	10.0	20.0	5.0	1.00
fortune cookie	1 each	700	25	0	0	0.00	0.36	0.0	15	0.0	3	0.0	6.0	0.0	0.00
pea pods crunchy	1/2 cup	500	36	0	0	1.82	0.66	36.4	182	8.2	3	1.82	6.38	0.0	0.00
cuke, red pepper, tomato cup	1 EACH	500	7	0	4	0.41	0.15	5.7	416	9.13	*1	0.32	1.83	0.08	0.01
mandarin oranges^	1/2 cup	500	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	500	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	1300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
hot dog with bun^	1 each	300	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
salad bar ms	1 EACH	100	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92
pb&j sandwich	1 EACH	70	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average			584	59	856	6.72	4.52	423.4	4665	37.28	*39	28.82	88.76	13.71	3.75
% of Calories											*26.8%	19.7%	60.8%	21.1%	5.8%
Nutrient Guideline			600-700		1360										<10.00

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Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 3

Generated on: 11/16/2017 3:27:41 PM

	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 - 11/10/2017															
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

Mon - 11/13/2017															
Middle School Lunch Menu	Total	1400													
lasagna w/beef crumbles^	1 EACH	800	296	31	386	1.68	1.45	292.3	234	0.0	*6	16.77	27.56	13.08	6.30
garlic bread stick ^	1 EACH	730	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00
romaine lettuce^	1 cup	600	39	0	18	4.76	2.20	74.8	19754	9.07	*N/A*	2.79	7.46	0.68	0.09
broccoli florets crunchy^	1/2 cup	500	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01
peaches sliced	1/2 cup	500	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	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^	2 tbsp	400	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
potato bar	serving	200	586	38	777	10.46	4.33	172.3	3439	81.32	*34	17.22	101.76	13.85	4.60
salad bar ms	1 EACH	150	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92
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			604	37	832	9.31	5.13	585.3	14447	56.30	*37	27.40	87.00	18.22	5.92
% of Calories											*24.4%	18.1%	57.6%	27.1%	8.8%
Nutrient Guideline			600-700		1360										<10.00

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Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 4

Generated on: 11/16/2017 3:27:41 PM

	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 - 11/14/2017															
Middle School Lunch Menu	Total	1400													
pizza 5" cheese ^	1 each	600	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
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
broccoli florets crunchy^	1/2 cup	500	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01
strawberries frozen	1/2 cup	500	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	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	50	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	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
hamburger on a bun^	1 each	150	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
salad bar ms	1 EACH	200	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92
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			669	28	1070	12.12	6.11	615.8	7173	63.44	*42	30.44	97.87	18.93	5.27
% of Calories											*25.0%	18.2%	58.5%	25.5%	7.1%
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)
Wed - 11/15/2017															
Middle School Lunch Menu	Total	1400													
sloppy joe original recipe	3/8 cup	600	331	74	465	0.40	2.30	27.5	390	2.23	*13	18.11	16.49	20.92	8.04
bun,hamburger, whlgr	1 EACH	600	160	0	200	3.00	1.80	200.0	0	0.0	4	7.0	31.0	2.0	0.00
baked beans^	1/2 CUP	350	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
celery sticks^	1/2 cup	500	10	0	52	1.04	0.13	25.9	291	2.01	1	0.45	1.92	0.11	0.03
pear sliced in juice	1/2 cup	500	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	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	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	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
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
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	1300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
yogurt bar ms	1 each	300	673	7	508	21.72	27.98	1102.0	54898	129.39	*40	22.94	131.87	11.94	1.79
salad bar ms	1 EACH	150	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92
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			676	45	999	12.48	10.58	710.8	17266	58.13	*48	29.86	103.74	18.64	5.39
% of Calories											*28.4%	17.7%	61.4%	24.8%	7.2%
Nutrient Guideline			600-700		1360										<10.00

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Page 5

Generated on: 11/16/2017 3:27:41 PM

	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 - 11/16/2017															
Middle School Lunch Menu	Total	1400													
pizza sticks (2 sticks)^	3 EACH	800	465	60	885	4.50	0.00	0.0	0	0.0	12	27.0	46.5	19.5	10.50
marinara sauce cup^	2 oz	950	32	0	184	0.80	0.57	16.0	240	4.79	3	0.8	5.59	0.8	0.00
romaine lettuce^	1 cup	600	39	0	18	4.76	2.20	74.8	19754	9.07	*N/A*	2.79	7.46	0.68	0.09
cuke, red pepper, tomato cup	1 EACH	500	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
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
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
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	1300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
hot dog with bun^	1 each	350	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
baked beans^	1/2 cup	200	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
salad bar ms	1 EACH	125	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92
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			657	54	1273	9.57	4.22	443.7	13236	26.29	*40	32.95	87.98	21.74	9.20
% of Calories											*24.3%	20.1%	53.6%	29.8%	12.6%
Nutrient Guideline			600-700		1360										<10.00

Fri - 11/17/2017															
Middle School Lunch Menu	Total	1400													
chicken patty (4ozGold) s/w	1 EACH	800	379	63	690	4.22	3.72	230.6	59	0.0	6	28.28	45.79	9.8	1.47
corn^	1/2 cup	800	62	0	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44	0.00
tomato fresh sliced	1/4 cup	500	5	0	1	0.32	0.07	2.7	225	3.7	1	0.24	1.05	0.05	0.01
lettuce,shredded^	1/2 cup	500	5	0	4	0.43	0.15	6.5	181	1.01	*N/A*	0.32	1.07	0.05	0.01
pickle slices^	2 EACH	350	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
mandarin oranges^	1/2 cup	125	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	125	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
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
milk vty half pints^	1 each	1300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
sandwich bar ms	1 each	130	748	34	1218	11.65	3.57	381.1	4317	82.07	*47	28.66	116.72	21.84	6.07
salad bar ms	1 EACH	130	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92
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
CHOCOLATE CHIP COOKIES	1 EACH	900	123	17	77	0.81	0.46	6.0	363	0.0	*7	1.48	15.58	6.5	2.95

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Linn-Mar Community Schools

Nov 6, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 6

Generated on: 11/16/2017 3:27:41 PM

	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			622	60	961	8.10	5.03	537.1	5515	28.91	*36	31.93	89.72	16.99	4.64
% of Calories											*22.9%	20.5%	57.7%	24.6%	6.7%
Nutrient Guideline			600-700		1360										<10.00

Mon - 11/20/2017															
Middle School Lunch Menu	Total	1400													
bbq pork rib patty sw	1 EACH	700	290	40	640	4.00	2.88	220.0	300	1.2	6	20.0	34.0	9.0	2.50
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
carrots, baby crunchy	1/2 cup	500	26	0	59	2.19	0.67	24.2	10425	1.97	4	0.48	6.23	0.1	0.02
applesauce	1/2 CUP	500	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	50	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	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
potato bar	serving	350	586	38	777	10.46	4.33	172.3	3439	81.32	*34	17.22	101.76	13.85	4.60
salad bar ms	1 EACH	125	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92
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			620	41	1145	11.84	5.64	526.5	9203	48.08	*46	29.10	101.51	13.65	3.82
% of Calories											*29.8%	18.8%	65.5%	19.8%	5.5%
Nutrient Guideline			600-700		1360										<10.00

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Linn-Mar Community Schools

Nov 6, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 7

Generated on: 11/16/2017 3:27:41 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 11/21/2017															
Middle School Lunch Menu	Total	1400													
corn dog, mini^	6 EACH	850	271	40	412	5.03	1.81	150.8	0	0.0	5	10.05	30.16	12.06	3.52
sweet potato fries^	4 oz	600	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0	1.50
broccoli florets crunchy^	1/2 cup	500	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01
peaches sliced	1/2 cup	500	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	75	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	350	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	850	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
milk vty half pints^	1 each	1300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
hamburger on a bun^	1 each	450	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
corn^	1/2 cup	300	62	0	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44	0.00
pickle slices^	2 EACH	150	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	100	8	0	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
salad bar ms	1 EACH	125	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92
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			640	47	1042	9.49	4.62	539.1	6010	40.69	*37	25.29	88.36	21.70	5.50
% of Calories											*23.4%	15.8%	55.2%	30.5%	7.7%
Nutrient Guideline			600-700		1360										<10.00

Wed - 11/22/2017															
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 - 11/23/2017															
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

Nov 6, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 8

Generated on: 11/16/2017 3:27:41 PM

	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 - 11/24/2017															
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

Mon - 11/27/2017															
Middle School Lunch Menu	Total	1400													
chicken parmesan w/ spaghetti	1 each	700	312	48	594	3.69	2.31	135.2	99	0.0	*4	23.05	29.41	11.37	3.39
breadstick^	1 oz	700	80	0	100	1.50	0.00	0.0	0	0.0	1	3.0	14.5	1.0	0.00
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
carrots, baby crunchy	1/2 cup	500	26	0	59	2.19	0.67	24.2	10425	1.97	4	0.48	6.23	0.1	0.02
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	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	100	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	250	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
potato bar	serving	300	586	38	777	10.46	4.33	172.3	3439	81.32	*34	17.22	101.76	13.85	4.60
salad bar ms	1 EACH	150	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92
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
Weighted Daily Average			632	45	960	10.65	4.86	476.6	9969	48.98	*40	29.54	92.84	17.17	4.29
% of Calories											*25.1%	18.7%	58.7%	24.4%	6.1%
Nutrient Guideline			600-700		1360										<10.00

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Linn-Mar Community Schools

Nov 6, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 9

Generated on: 11/16/2017 3:27:41 PM

	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 - 11/28/2017															
Middle School Lunch Menu	Total	1400													
french toast stk	3 Each	800	360	0	390	3.00	1.08	60.0	0	0.0	15	9.0	57.0	10.5	1.50
sausage turkey link	2 EACH	600	120	60	200	0.00	0.72	40.0	0	0.0	*N/A*	12.0	0.0	9.0	2.00
potato triangles	2 EACH	960	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89	1.33
broccoli florets crunchy^	1/2 cup	500	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01
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	50	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	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	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	900	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
hamburger on a bun^	1 each	200	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	100	8	0	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
pickle slices^	2 EACH	50	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
salad bar ms	1 EACH	75	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92
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			690	39	1061	7.75	3.50	382.2	2940	47.44	*44	23.00	103.63	21.62	4.15
% of Calories											*25.7%	13.3%	60.1%	28.2%	5.4%
Nutrient Guideline			600-700		1360										<10.00

Wed - 11/29/2017															
Middle School Lunch Menu	Total	1400													
crisпитos w/ cheese sauce	1 EACH	800	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	500	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	200	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01
broccoli, steamed	1/2 cup	400	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1	0.02
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
grapes, red seedless^	1/2 cup	300	61	0	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32	0.10
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
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
salsa cup^	2 oz	350	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	1300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
yogurt bar ms	1 each	100	673	7	508	21.72	27.98	1102.0	54898	129.39	*40	22.94	131.87	11.94	1.79
salad bar ms	1 EACH	50	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92
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
sugar cookies w/ lq egg	1 EACH	800	117	17	103	0.74	0.48	4.5	1088	0.0	*7	1.7	14.72	5.69	2.48

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Linn-Mar Community Schools

Nov 6, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 10

Generated on: 11/16/2017 3:27:41 PM

	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			687	65	1054	8.36	5.93	593.1	8201	35.99	*31	31.47	77.69	28.45	8.80
% of Calories											*17.9%	18.3%	45.3%	37.3%	11.5%
Nutrient Guideline			600-700		1360										<10.00

Thu - 11/30/2017															
Middle School Lunch Menu	Total	1400													
philly beef w/bun	EACH	900	438	68	731	4.00	4.15	457.0	177	0.0	*6	32.67	43.75	13.88	6.81
roasted peppers and onion	1/2 cup	300	16	0	2	0.88	0.14	8.9	86	20.62	*1	0.51	3.75	0.07	0.03
baked beans^	1/2 CUP	500	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
cuke, red pepper, tomato cup	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	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	1/2 CUP	500	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
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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
hot dog with bun^	1 each	300	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
salad bar ms	1 EACH	100	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92
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			637	62	1177	7.92	5.63	686.9	4001	26.01	*35	37.25	85.73	17.47	7.13
% of Calories											*21.7%	23.4%	53.9%	24.7%	10.1%
Nutrient Guideline			600-700		1360										<10.00

Fri - 12/01/2017															
Middle School Lunch Menu	Total	1400													
pizza cheese16"	1 EACH	650	309	30	539	3.00	2.69	449.2	399	5.99	4	19.97	28.95	12.98	7.99
pizza pepperoni 16"	1 EACH	650	340	35	730	3.00	2.70	400.0	300	6.0	4	20.0	29.0	17.0	9.00
romaine lettuce^	1 cup	700	39	0	18	4.76	2.20	74.8	19754	9.07	*N/A*	2.79	7.46	0.68	0.09
fruit, fresh, variety	1/2 CUP	500	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
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
veggie cup^	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
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
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	1300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
chili w/ beef crumbles.	8 oz	150	220	17	1023	8.59	3.71	83.1	1073	9.3	*3	14.28	30.25	4.56	1.46
sandwich bar ms	1 each	150	748	34	1218	11.65	3.57	381.1	4317	82.07	*47	28.66	116.72	21.84	6.07
salad bar ms	1 EACH	100	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92
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

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Linn-Mar Community Schools

Nov 6, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 11

Generated on: 11/16/2017 3:27:41 PM

	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			639	46	1169	10.53	6.35	820.0	15405	50.47	*31	35.72	79.76	21.88	9.98
% of Calories											*19.5%	22.3%	49.9%	30.8%	14.1%
Nutrient Guideline			600-700		1360										<10.00

Mon - 12/04/2017															
Middle School Lunch Menu	Total	1400													
pork tenderloin s/w	1 each	900	430	90	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0	19.0	4.50
baked beans^	1/2 CUP	450	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
carrots, baby crunchy	1/2 cup	500	26	0	59	2.19	0.67	24.2	10425	1.97	4	0.48	6.23	0.1	0.02
pear sliced in juice	1/2 cup	500	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	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	50	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	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
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
potato bar	serving	150	586	38	777	10.46	4.33	172.3	3439	81.32	*34	17.22	101.76	13.85	4.60
salad bar ms	1 EACH	95	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92
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			650	73	1119	10.42	5.37	527.2	7738	32.74	*42	27.86	96.99	18.50	4.61
% of Calories											*25.6%	17.2%	59.7%	25.6%	6.4%
Nutrient Guideline			600-700		1360										<10.00

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Linn-Mar Community Schools

Nov 6, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 12

Generated on: 11/16/2017 3:27:41 PM

	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 - 12/05/2017															
Middle School Lunch Menu	Total	1400													
nachos bf crumb filling	3 oz	800	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	800	270	0	210	3.00	0.72	80.0	100	0.0	0	4.0	38.0	14.0	2.00
broccoli florets crunchy^	1/2 cup	500	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01
lettuce & tomato	1/2 cup	500	4	0	3	0.32	0.11	4.6	144	1.07	*0	0.24	0.82	0.04	0.01
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	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	50	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
hamburger on a bun^	1 each	500	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
salad bar ms	1 EACH	75	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92
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			624	54	1013	6.22	4.34	660.7	3876	36.46	*28	31.06	73.77	25.66	9.20
% of Calories											*18.2%	19.9%	47.3%	37.0%	13.3%
Nutrient Guideline			600-700		1360										<10.00

Wed - 12/06/2017															
Middle School Lunch Menu	Total	1400													
spaghetti meat sauce	1/2 cup	850	205	37	142	0.96	1.05	13.3	0	0.85	6	9.82	9.48	13.85	4.87
rotini, whole grain, dry^	1/2 cup	750	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54	0.23
garlic bread stick ^	1 EACH	800	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00
romaine lettuce^	1 cup	500	39	0	18	4.76	2.20	74.8	19754	9.07	*N/A*	2.79	7.46	0.68	0.09
celery sticks^	1/2 cup	500	10	0	52	1.04	0.13	25.9	291	2.01	1	0.45	1.92	0.11	0.03
peanut butter smuckers cup	1 EACH	350	180	0	130	2.00	0.72	20.0	0	0.0	3	6.0	8.0	15.0	2.50
grapes, red seedless^	1/2 cup	350	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	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	50	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	500	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
yogurt bar ms	1 each	350	673	7	508	21.72	27.98	1102.0	54898	129.39	*40	22.94	131.87	11.94	1.79
salad bar ms	1 EACH	100	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92
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			669	37	724	12.60	11.04	663.5	24516	57.58	*39	27.87	93.85	23.73	5.56
% of Calories											*23.0%	16.7%	56.1%	31.9%	7.5%
Nutrient Guideline			600-700		1360										<10.00

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Linn-Mar Community Schools

Nov 6, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 13

Generated on: 11/16/2017 3:27:41 PM

	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 - 12/07/2017															
Middle School Lunch Menu	Total	1400													
Chick,mand.org/ br rice	serving	900	266	40	283	1.05	1.17	8.7	0	1.2	*10	13.4	42.36	4.35	0.74
egg roll,chick/veg,whlgr	1 EACH	750	160	30	410	3.00	1.80	40.0	750	6.0	3	10.0	20.0	5.0	1.00
fortune cookie	1 each	700	25	0	0	0.00	0.36	0.0	15	0.0	3	0.0	6.0	0.0	0.00
pea pods crunchy	1/2 cup	500	36	0	0	1.82	0.66	36.4	182	8.2	3	1.82	6.38	0.0	0.00
cuke, red pepper, tomato cup	1 EACH	500	7	0	4	0.41	0.15	5.7	416	9.13	*1	0.32	1.83	0.08	0.01
mandarin oranges^	1/2 cup	500	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	500	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	1300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
hot dog with bun^	1 each	300	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
salad bar ms	1 EACH	100	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92
pb&j sandwich	1 EACH	70	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average			584	59	856	6.72	4.52	423.4	4665	37.28	*39	28.82	88.76	13.71	3.75
% of Calories											*26.8%	19.7%	60.8%	21.1%	5.8%
Nutrient Guideline			600-700		1360										<10.00

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Linn-Mar Community Schools

Nov 6, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 14

Generated on: 11/16/2017 3:27:41 PM

	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 - 12/08/2017															
Middle School Lunch Menu	Total	1400													
chicken strips^	4 EACH	900	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	600	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	700	180	0	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43	3.37	0.00
veggie cup^	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	125	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
applesauce	1/2 CUP	125	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0	0.00
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
ketchup^	1 tbsp	450	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	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
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
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
milk vty half pints^	1 each	1300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
meat/ma/diced ham /cheese/ms	2 oz	90	118	37	357	0.00	0.41	232.0	163	0.6	*0	11.73	0.66	7.1	4.14
romaine lettuce^	1 cup	100	39	0	18	4.76	2.20	74.8	19754	9.07	*N/A*	2.79	7.46	0.68	0.09
vegetables fresh/sal/bar	1/2 cup	100	14	0	17	0.99	0.22	12.5	1313	17.7	*1	0.56	2.89	0.1	0.02
cottage cheese	1/4 cup	75	45	5	195	0.00	0.00	50.0	0	0.0	2	6.0	2.5	1.25	0.75
bread:bread/muffin/roll	serving	75	153	6	205	2.22	1.25	58.5	449	1.52	*5	3.81	25.66	4.5	1.31
goldfish crackers, bulk	1 EACH	90	198	7	354	2.84	1.53	56.7	0	0.0	0	4.25	28.35	7.09	1.42
salad toppings ms	2 oz	90	292	0	373	5.02	2.90	20.0	0	0.0	1	8.04	25.22	20.08	3.52
margarine cup^	1 each	50	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
dressing variety Ra/Fr/Ital^	2 tbsp	100	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
craisins ocean spray	1 pouch	40	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00
chicken noodle soup^	8 oz	150	89	28	713	0.58	0.54	9.7	30	0.66	*0	9.99	5.58	3.01	0.73
sandwich bar ms	1 each	150	748	34	1218	11.65	3.57	381.1	4317	82.07	*47	28.66	116.72	21.84	6.07
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
Weighted Daily Average			646	48	1110	6.60	4.26	399.1	3410	26.34	*29	32.90	84.62	19.87	3.25
% of Calories											*17.8%	20.4%	52.4%	27.7%	4.5%
Nutrient Guideline			600-700		1360										<10.00

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Linn-Mar Community Schools

Nov 6, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 15

Generated on: 11/16/2017 3:27:41 PM

	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 - 12/11/2017															
Middle School Lunch Menu	Total	1400													
lasagna w/beef crumbles^	1 EACH	800	296	31	386	1.68	1.45	292.3	234	0.0	*6	16.77	27.56	13.08	6.30
garlic bread stick ^	1 EACH	730	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00
romaine lettuce^	1 cup	600	39	0	18	4.76	2.20	74.8	19754	9.07	*N/A*	2.79	7.46	0.68	0.09
broccoli florets crunchy^	1/2 cup	500	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01
peaches sliced	1/2 cup	500	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	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^	2 tbsp	400	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
potato bar	serving	200	586	38	777	10.46	4.33	172.3	3439	81.32	*34	17.22	101.76	13.85	4.60
salad bar ms	1 EACH	150	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92
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			604	37	832	9.31	5.13	585.3	14447	56.30	*37	27.40	87.00	18.22	5.92
% of Calories											*24.4%	18.1%	57.6%	27.1%	8.8%
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)
Tue - 12/12/2017															
Middle School Lunch Menu	Total	1400													
pizza 5" cheese ^	1 each	600	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
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
broccoli florets crunchy^	1/2 cup	500	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01
strawberries frozen	1/2 cup	500	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	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	50	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	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
hamburger on a bun^	1 each	150	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
salad bar ms	1 EACH	200	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92
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			669	28	1070	12.12	6.11	615.8	7173	63.44	*42	30.44	97.87	18.93	5.27
% of Calories											*25.0%	18.2%	58.5%	25.5%	7.1%
Nutrient Guideline			600-700		1360										<10.00

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Linn-Mar Community Schools

Nov 6, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 16

Generated on: 11/16/2017 3:27:41 PM

	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 - 12/13/2017															
Middle School Lunch Menu	Total	1400													
sloppy joe original recipe	3/8 cup	600	331	74	465	0.40	2.30	27.5	390	2.23	*13	18.11	16.49	20.92	8.04
bun,hamburger, whlgr	1 EACH	600	160	0	200	3.00	1.80	200.0	0	0.0	4	7.0	31.0	2.0	0.00
baked beans^	1/2 CUP	350	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
celery sticks^	1/2 cup	500	10	0	52	1.04	0.13	25.9	291	2.01	1	0.45	1.92	0.11	0.03
pear sliced in juice	1/2 cup	500	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	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	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	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
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
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	1300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
yogurt bar ms	1 each	300	673	7	508	21.72	27.98	1102.0	54898	129.39	*40	22.94	131.87	11.94	1.79
salad bar ms	1 EACH	150	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92
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			676	45	999	12.48	10.58	710.8	17266	58.13	*48	29.86	103.74	18.64	5.39
% of Calories											*28.4%	17.7%	61.4%	24.8%	7.2%
Nutrient Guideline			600-700		1360										<10.00

Thu - 12/14/2017															
Middle School Lunch Menu	Total	1400													
pizza sticks (2 sticks)^	3 EACH	800	465	60	885	4.50	0.00	0.0	0	0.0	12	27.0	46.5	19.5	10.50
marinara sauce cup^	2 oz	950	32	0	184	0.80	0.57	16.0	240	4.79	3	0.8	5.59	0.8	0.00
romaine lettuce^	1 cup	600	39	0	18	4.76	2.20	74.8	19754	9.07	*N/A*	2.79	7.46	0.68	0.09
cuke, red pepper, tomato cup	1 EACH	500	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
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
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
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	1300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
hot dog with bun^	1 each	350	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
baked beans^	1/2 cup	200	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
salad bar ms	1 EACH	125	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92
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

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Linn-Mar Community Schools

Nov 6, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 17

Generated on: 11/16/2017 3:27:42 PM

	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	54	1273	9.57	4.22	443.7	13236	26.29	*40	32.95	87.98	21.74	9.20
% of Calories											*24.3%	20.1%	53.6%	29.8%	12.6%
Nutrient Guideline			600-700		1360										<10.00

Fri - 12/15/2017															
Middle School Lunch Menu	Total	1400													
chicken patty (4ozGold) s/w corn^	1 EACH	800	379	63	690	4.22	3.72	230.6	59	0.0	6	28.28	45.79	9.8	1.47
tomato fresh sliced	1/2 cup	800	62	0	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44	0.00
lettuce,shredded^	1/4 cup	500	5	0	1	0.32	0.07	2.7	225	3.7	1	0.24	1.05	0.05	0.01
pickle slices^	1/2 cup	500	5	0	4	0.43	0.15	6.5	181	1.01	*N/A*	0.32	1.07	0.05	0.01
mandarin oranges^	2 EACH	350	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
fruit, fresh, variety	1/2 cup	125	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00
juice cup variety	1/2 CUP	125	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
ketchup^	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 tbsp	600	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
sandwich bar ms	1 each	1300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
salad bar ms	1 each	130	748	34	1218	11.65	3.57	381.1	4317	82.07	*47	28.66	116.72	21.84	6.07
pb&j sandwich	1 EACH	130	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92
CHOCOLATE CHIP COOKIES	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	1 EACH	900	123	17	77	0.81	0.46	6.0	363	0.0	*7	1.48	15.58	6.5	2.95
% of Calories			622	60	961	8.10	5.03	537.1	5515	28.91	*36	31.93	89.72	16.99	4.64
Nutrient Guideline			600-700		1360						*22.9%	20.5%	57.7%	24.6%	6.7%

Mon - 12/18/2017															
Middle School Lunch Menu	Total	1400													
bbq pork rib patty sw	1 EACH	700	290	40	640	4.00	2.88	220.0	300	1.2	6	20.0	34.0	9.0	2.50
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
carrots, baby crunchy	1/2 cup	500	26	0	59	2.19	0.67	24.2	10425	1.97	4	0.48	6.23	0.1	0.02
applesauce	1/2 CUP	500	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	50	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	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
potato bar	serving	350	586	38	777	10.46	4.33	172.3	3439	81.32	*34	17.22	101.76	13.85	4.60
salad bar ms	1 EACH	125	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92
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

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Linn-Mar Community Schools

Nov 6, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 18

Generated on: 11/16/2017 3:27:42 PM

	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			620	41	1145	11.84	5.64	526.5	9203	48.08	*46	29.10	101.51	13.65	3.82
% of Calories											*29.8%	18.8%	65.5%	19.8%	5.5%
Nutrient Guideline			600-700		1360										<10.00

Tue - 12/19/2017															
Middle School Lunch Menu	Total	1400													
corn dog, mini^	6 EACH	850	271	40	412	5.03	1.81	150.8	0	0.0	5	10.05	30.16	12.06	3.52
sweet potato fries^	4 oz	600	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0	1.50
broccoli florets crunchy^	1/2 cup	500	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01
peaches sliced	1/2 cup	500	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	75	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	350	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	850	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
milk vty half pints^	1 each	1300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
hamburger on a bun^	1 each	450	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
corn^	1/2 cup	300	62	0	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44	0.00
pickle slices^	2 EACH	150	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	100	8	0	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
salad bar ms	1 EACH	125	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92
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			640	47	1042	9.49	4.62	539.1	6010	40.69	*37	25.29	88.36	21.70	5.50
% of Calories											*23.4%	15.8%	55.2%	30.5%	7.7%
Nutrient Guideline			600-700		1360										<10.00

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Linn-Mar Community Schools

Nov 6, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 19

Generated on: 11/16/2017 3:27:42 PM

	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 - 12/20/2017															
Middle School Lunch Menu	Total	1400													
chicken teriyaki^	4 EACH	900	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	900	94	1	221	0.84	0.36	6.7	0	0.0	*0	2.11	18.87	1.27	0.20
vegetables stir fry	2 oz	600	205	12	234	2.30	1.92	67.9	452	3.48	*4	5.03	29.14	7.83	2.10
celery sticks^	1/2 cup	500	17	0	13	1.00	0.18	10.0	500	0.6	1	0.0	3.0	0.0	0.00
peanut butter smuckers cup	1/2 cup	500	10	0	52	1.04	0.13	25.9	291	2.01	1	0.45	1.92	0.11	0.03
pineapple chunks^	1 EACH	300	180	0	130	2.00	0.72	20.0	0	0.0	3	6.0	8.0	15.0	2.50
fruit, fresh, variety	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
juice cup 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
margarine cup^	4 oz	50	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
yogurt bar ms	1 each	1300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
salad bar ms	1 each	300	673	7	508	21.72	27.98	1102.0	54898	129.39	*40	22.94	131.87	11.94	1.79
pb&j sandwich	1 EACH	75	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92
	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			657	40	1082	10.16	9.83	639.6	15319	54.60	*42	29.87	99.36	17.70	3.69
% of Calories											*25.8%	18.2%	60.5%	24.2%	5.1%
Nutrient Guideline			600-700		1360										<10.00

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Linn-Mar Community Schools

Nov 6, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 20

Generated on: 11/16/2017 3:27:42 PM

	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 - 12/21/2017															
Middle School Lunch Menu	Total	1400													
taco meat w/ beef crumbles^	3 OZ	800	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50
tortilla 6" whole grain	2 EACH	800	140	0	210	4.00	0.00	80.0	0	0.0	0	4.0	26.0	4.0	1.00
cheese cheddar shredded^	1 oz	800	80	16	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19	3.29
lettuce,shredded^	1 cup	700	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	450	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01
ref beansw/salsa &cheese^	4 oz	500	112	4	495	5.18	1.64	105.9	679	7.58	*1	5.95	14.43	3.0	1.52
cuke, red pepper, tomato cup	1 EACH	500	7	0	4	0.41	0.15	5.7	416	9.13	*1	0.32	1.83	0.08	0.01
orange, fresh slices^	1/2 cup	500	46	0	0	2.36	0.10	39.3	221	52.27	9	0.92	11.54	0.12	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	50	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	325	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
salsa cup^	2 oz	300	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	1300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
hot dog with bun^	1 each	500	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
baked beans^	1/2 cup	300	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
salad bar ms	1 EACH	100	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92
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			641	52	1314	11.23	5.14	693.0	4801	52.33	*33	34.33	83.55	21.71	8.22
% of Calories											*20.4%	21.4%	52.1%	30.5%	11.5%
Nutrient Guideline			600-700		1360										<10.00

Fri - 12/22/2017															
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

Mon - 12/25/2017															
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

Nov 6, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 21

Generated on: 11/16/2017 3:27:42 PM

	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 - 12/26/2017															
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 - 12/27/2017															
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

Thu - 12/28/2017															
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

Fri - 12/29/2017															
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

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Linn-Mar Community Schools

Nov 6, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 22

Generated on: 11/16/2017 3:27:42 PM

	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 Average			643	49	1035	9.74	5.98	572.7	9814	44.01	*38 *53.8%	30.00 18.7%	90.93 56.6%	19.66 27.5%	5.85 8.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	643		600 - 700	100%				
Cholesterol (mg)	49							
Sodium 1 (mg)	1035		1360					
Sodium 2 (mg)	1035		1035					
Fiber (g)	9.74							
Iron (mg)	5.98							
Calcium (mg)	572.7							
Vitamin A (IU)	9814							
Sugars (g)	38	23.91%			Missing			
Vitamin C (mg)	44.01							
Protein (g)	30.00	18.68%						
Carbohydrate (g)	90.93	56.61%						
Total Fat (g)	19.66	27.54%						
Saturated Fat (g)	5.85	8.19%	<10.00%					

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