

Linn-Mar Community Schools

Oct 2, 2017 thru Nov 3, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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Generated on: 9/22/2017 8:31:05 AM

	Portion Size	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)
Mon - 10/02/2017														
Middle School Lunch Menu														
	Total													
chicken parmesan w/ spaghetti	1 each	302	48	601	4.19	2.85	145.2	349	3.0	*6	23.55	30.41	9.87	2.89
breadstick^	1.5 oz	120	0	150	2.25	0.00	0.0	0	0.0	2	4.5	21.75	1.5	0.00
romaine lettuce^	1 cup	39	0	18	4.76	2.20	74.8	19754	9.07	*N/A*	2.79	7.46	0.68	0.09
carrots, baby crunchy	1/2 cup	26	0	59	2.19	0.67	24.2	10425	1.97	4	0.48	6.23	0.1	0.02
green beans,steamed^	1/2 cup	28	0	0	2.80	0.67	18.7	187	4.48	2	0.93	5.6	0.0	0.00
mixed fruit cocktail	1/2 cup	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	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	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	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	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
meat/meat alt.-potatobar	1 each	100	32	396	0.00	0.66	20.0	33	1.0	*0	6.49	2.83	7.22	3.07
baked potato	medium	161	0	17	3.81	1.87	26.0	17	16.61	2	4.33	36.59	0.22	0.06
broccoli, steamed	1/4 cup	13	0	11	1.40	0.28	23.5	465	18.45	*N/A*	1.43	2.47	0.05	0.01
bread:bread/muffin/roll	serving	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35
sour cream, pouch	1 each	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
cheese sauce, cheddar fz	2 OZ	119	31	434	0.00	0.00	223.1	427	0.0	1	7.69	2.2	8.79	5.05
meat/ma/diced ham /cheese/ms	2 oz	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	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	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	45	5	195	0.00	0.00	50.0	0	0.0	2	6.0	2.5	1.25	0.75
goldfish crackers, bulk	1 EACH	198	7	354	2.84	1.53	56.7	0	0.0	0	4.25	28.35	7.09	1.42
salad toppings hs	.5 ounce	47	0	86	0.50	0.42	3.3	0	0.0	*0	1.51	4.54	3.01	0.25
dressing variety Ra/Fr/Ital^	2 tbsp	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	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00
pb&j sandwich	1 EACH	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	62	1153	11.57	5.49	577.8	15247	34.33	*34	34.81	96.86	19.70	6.29
% of Calories										*19.8%	20.2%	56.1%	25.7%	8.2%
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

Oct 2, 2017 thru Nov 3, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 2

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	Portion Size	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 - 10/03/2017														
Middle School Lunch Menu														
	Total													
waffle, Aunt Jemima WG	2 piece	200	0	520	3.00	2.70	0.0	3000	0.0	3	4.0	33.0	7.0	1.00
sausage turkey link	2 EACH	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	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	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	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	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	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	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	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	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	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	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	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	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	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	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35
goldfish crackers, bulk	1 EACH	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	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	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	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	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00
lettuce,shredded^	1 cup	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01
hamburger on a bun^	1 each	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average		621	44	1192	7.50	4.11	362.0	4219	46.57	*42	20.23	94.20	20.25	3.97
% of Calories										*27.0%	13.0%	60.6%	29.3%	5.8%
Nutrient Guideline		600-700		1360										<10.00

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Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	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)
Wed - 10/04/2017														
Middle School Lunch Menu														
	Total													
	crisпитos w/ cheese sauce	659	81	1174	6.00	3.60	303.1	1927	0.0	3	31.69	48.2	36.79	11.06
	lettuce,shredded^	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^	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01
	broccoli, steamed	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	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
	grapes, red seedless^	61	0	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32	0.10
	juice cup variety	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
	dressing ranch light^	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
	salsa cup^	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00
	milk vty half pints^	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
	yogurt bar ms	673	7	508	21.72	27.98	1102.0	54902	129.47	*40	22.94	131.87	11.97	1.80
	cottage cheese	45	5	195	0.00	0.00	50.0	0	0.0	2	6.0	2.5	1.25	0.75
	meat/ma/diced ham /cheese/ms	118	37	357	0.00	0.41	232.0	163	0.6	*0	11.73	0.66	7.1	4.14
	romaine lettuce^	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	14	0	17	0.99	0.22	12.5	1313	17.7	*1	0.56	2.89	0.1	0.02
	bread:bread/muffin/roll	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35
	goldfish crackers, bulk	198	7	354	2.84	1.53	56.7	0	0.0	0	4.25	28.35	7.09	1.42
	salad toppings ms	292	0	373	5.02	2.90	20.0	0	0.0	1	8.04	25.22	20.08	3.52
	margarine cup^	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^	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
	craisins ocean spray	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00
	pb&j sandwich	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
	Weighted Daily Average	612	51	934	8.87	7.21	640.6	11364	42.94	*30	29.42	74.49	22.94	6.66
	% of Calories									*19.3%	19.2%	48.7%	33.7%	9.8%
	Nutrient Guideline	600-700		1360										<10.00

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Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	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)
Thu - 10/05/2017														
Middle School Lunch Menu	Total													
philly beef w/bun	EACH	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	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	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	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	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	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	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	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	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	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
meat/ma/diced ham /cheese/ms	2 oz	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	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	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	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	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35
goldfish crackers, bulk	1 EACH	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	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	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	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
crisins ocean spray	1 pouch	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average		680	66	1278	8.09	5.66	703.7	3999	20.10	*34	38.92	89.06	20.09	7.92
% of Calories										*20.0%	22.9%	52.4%	26.6%	10.5%
Nutrient Guideline		600-700		1360										<10.00

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Fri - 10/06/2017														
Middle School Lunch Menu														
	Total													
	1 EACH	309	30	539	3.00	2.69	449.2	399	5.99	4	19.97	28.95	12.98	7.99
	1 EACH	340	35	730	3.00	2.70	400.0	300	6.0	4	20.0	29.0	17.0	9.00
	1 cup	39	0	18	4.76	2.20	74.8	19754	9.07	*N/A*	2.79	7.46	0.68	0.09
	1/2 CUP	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
	1/2 cup	27	0	9	0.56	0.16	5.8	1041	16.62	6	0.53	6.6	0.13	0.03
	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	*1	1.02	3.74	0.14	0.03
	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
	1 each	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
	2 oz	118	37	357	0.00	0.41	232.0	163	0.6	*0	11.73	0.66	7.1	4.14
	1 cup	39	0	18	4.76	2.20	74.8	19754	9.07	*N/A*	2.79	7.46	0.68	0.09
	1/2 cup	14	0	17	0.99	0.22	12.5	1313	17.7	*1	0.56	2.89	0.1	0.02
	1/4 cup	45	5	195	0.00	0.00	50.0	0	0.0	2	6.0	2.5	1.25	0.75
	serving	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35
	1 EACH	198	7	354	2.84	1.53	56.7	0	0.0	0	4.25	28.35	7.09	1.42
	2 oz	292	0	373	5.02	2.90	20.0	0	0.0	1	8.04	25.22	20.08	3.52
	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
	2 tbsp	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
	1 pouch	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00
	1 each	745	34	1219	11.57	3.63	377.9	4327	76.4	*45	28.71	115.21	21.85	6.08
	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
	1 EACH	117	17	103	0.74	0.48	4.5	1088	0.0	*7	1.7	14.72	5.69	2.48
	Weighted Daily Average	654	52	1092	9.10	5.65	798.3	14208	40.93	*32	34.39	80.19	23.76	10.98
	% of Calories									*19.7%	21.0%	49.0%	32.7%	15.1%
	Nutrient Guideline	600-700		1360										<10.00

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 3, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 6

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	Portion Size	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)
Mon - 10/09/2017														
Middle School Lunch Menu														
	Total													
	pork tenderloin s/w	430	90	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0	19.0	4.50
	baked beans^	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
	carrots, baby crunchy	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	76	0	10	2.00	0.00	0.0	0	0.0	12	0.0	19.0	0.0	0.00
	fruit, fresh, variety	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
	juice cup variety	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
	dressing ranch light^	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^	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
	ketchup^	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
	mustard^	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
	pickle slices^	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
	meat/ma/diced ham /cheese/ms	118	37	357	0.00	0.41	232.0	163	0.6	*0	11.73	0.66	7.1	4.14
	potato bar (ms)	721	38	781	14.20	4.98	230.5	3639	94.95	*45	19.06	135.39	14.63	4.69
	romaine lettuce^	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	14	0	17	0.99	0.22	12.5	1313	17.7	*1	0.56	2.89	0.1	0.02
	cottage cheese	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	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35
	goldfish crackers, bulk	198	7	354	2.84	1.53	56.7	0	0.0	0	4.25	28.35	7.09	1.42
	salad toppings ms	292	0	373	5.02	2.90	20.0	0	0.0	1	8.04	25.22	20.08	3.52
	margarine cup^	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^	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
	craisins ocean spray	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00
	pb&j sandwich	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
	Weighted Daily Average	685	77	1182	10.69	5.28	547.1	7912	28.79	*42	29.07	101.62	19.93	5.17
	% of Calories									*24.7%	17.0%	59.4%	26.2%	6.8%
	Nutrient Guideline	600-700		1360										<10.00

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 3, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	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 - 10/10/2017														
Middle School Lunch Menu														
	Total													
nachos bf crumb filling	3 oz	252	60	879	0.22	1.34	328.2	713	0.18	*1	19.73	3.34	17.78	10.37
tortilla chips, 2 oz pkg^	2 oz	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	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	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	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	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	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	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	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	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
cottage cheese	1/4 cup	45	5	195	0.00	0.00	50.0	0	0.0	2	6.0	2.5	1.25	0.75
chips, baked variety	1 each	136	0	196	1.67	0.42	31.7	17	0.6	*1	2.08	21.42	4.58	0.67
meat/ma/diced ham /cheese/ms	2 oz	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	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	14	0	17	0.99	0.22	12.5	1313	17.7	*1	0.56	2.89	0.1	0.02
bread:bread/muffin/roll	serving	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35
goldfish crackers, bulk	1 EACH	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	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	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	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	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average		677	55	1209	6.39	4.18	675.2	3104	31.21	*28	32.86	80.33	27.67	9.88
% of Calories										*16.5%	19.4%	47.5%	36.8%	13.1%
Nutrient Guideline		600-700		1360										<10.00

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 3, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 8

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	Portion Size	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)
Wed - 10/11/2017														
Middle School Lunch Menu														
	Total													
	spaghetti meat sauce	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^	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54	0.23
	romaine lettuce^	39	0	18	4.76	2.20	74.8	19754	9.07	*N/A*	2.79	7.46	0.68	0.09
	celery sticks^	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	180	0	130	2.00	0.72	20.0	0	0.0	3	6.0	8.0	15.0	2.50
	mandarin oranges^	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00
	fruit, fresh, variety	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
	juice cup variety	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
	garlic bread stick ^	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00
	dressing ranch light^	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^	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
	yogurt bar ms	673	7	508	21.72	27.98	1102.0	54902	129.47	*40	22.94	131.87	11.97	1.80
	meat/ma/diced ham /cheese/ms	118	37	357	0.00	0.41	232.0	163	0.6	*0	11.73	0.66	7.1	4.14
	romaine lettuce^	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	14	0	17	0.99	0.22	12.5	1313	17.7	*1	0.56	2.89	0.1	0.02
	cottage cheese	45	5	195	0.00	0.00	50.0	0	0.0	2	6.0	2.5	1.25	0.75
	goldfish crackers, bulk	198	7	354	2.84	1.53	56.7	0	0.0	0	4.25	28.35	7.09	1.42
	salad toppings hs	.5 ounce	47	86	0.50	0.42	3.3	0	0.0	*0	1.51	4.54	3.01	0.25
	dressing variety Ra/Fr/Ital^	2 tbsp	53	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
	craisins ocean spray	1 pouch	110	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00
	pb&j sandwich	1 EACH	310	0	300	4.00	60.0	0	0.0	13	10.0	35.0	16.0	2.50
	Weighted Daily Average	641	37	683	11.42	10.33	646.7	23227	55.42	*39	26.82	90.53	22.17	5.35
	% of Calories									*24.2%	16.7%	56.5%	31.1%	7.5%
	Nutrient Guideline	600-700		1360										<10.00

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 3, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	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)
Thu - 10/12/2017														
Middle School Lunch Menu														
	Total													
	Chick,mand.org/ br rice	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	160	30	410	3.00	1.80	40.0	750	6.0	3	10.0	20.0	5.0	1.00
	pea pods crunchy	36	0	0	1.82	0.66	36.4	182	8.2	3	1.82	6.38	0.0	0.00
	hot dog with bun^	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
	baked beans^	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
	dressing ranch light^	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
	cuke, red pepper, tomato cup	7	0	4	0.41	0.15	5.7	416	9.13	*1	0.32	1.83	0.08	0.01
	pineapple chunks^	65	0	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	0.0	0.00
	fruit, fresh, variety	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
	juice cup variety	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^	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	118	37	357	0.00	0.41	232.0	163	0.6	*0	11.73	0.66	7.1	4.14
	romaine lettuce^	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	14	0	17	0.99	0.22	12.5	1313	17.7	*1	0.56	2.89	0.1	0.02
	cottage cheese	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	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35
	goldfish crackers, bulk	198	7	354	2.84	1.53	56.7	0	0.0	0	4.25	28.35	7.09	1.42
	salad toppings ms	292	0	373	5.02	2.90	20.0	0	0.0	1	8.04	25.22	20.08	3.52
	margarine cup^	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^	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
	craisins ocean spray	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00
	fortune cookie	25	0	0	0.00	0.36	0.0	15	0.0	3	0.0	6.0	0.0	0.00
	pb&j sandwich	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
	Weighted Daily Average	601	62	1001	6.40	4.20	412.8	2715	23.33	*38	29.01	90.48	14.93	3.99
	% of Calories									*25.3%	19.3%	60.2%	22.4%	6.0%
	Nutrient Guideline	600-700		1360										<10.00

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 3, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 10

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	Portion Size	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)
Fri - 10/13/2017														
Middle School Lunch Menu														
	Total													
chicken strips^	4 EACH	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	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	178	0	44	2.22	0.80	0.0	0	8.0	0	4.44	31.11	3.33	0.00
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	*1	1.02	3.74	0.14	0.03
fruit, fresh, variety	1/2 CUP	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	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	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	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	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	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	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	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	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	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	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	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	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35
goldfish crackers, bulk	1 EACH	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	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	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	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	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00
sandwich bar ms	1 each	745	34	1219	11.57	3.63	377.9	4327	76.4	*45	28.71	115.21	21.85	6.08
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average		713	45	1086	7.67	4.85	406.9	3454	27.88	*29	34.14	98.17	20.74	3.28
% of Calories										*16.2%	19.1%	55.1%	26.2%	4.1%
Nutrient Guideline		600-700		1360										<10.00

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 3, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	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)
Mon - 10/16/2017														
Middle School Lunch Menu														
	Total													
	lasagna w/beef crumbles^	296	31	386	1.68	1.45	292.3	234	0.0	*6	16.77	27.56	13.08	6.30
	garlic bread stick ^	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00
	romaine lettuce^	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^	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01
	peaches sliced	49	0	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0	0.00
	fruit, fresh, variety	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
	juice cup variety	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
	dressing ranch light^	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^	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
	meat/meat alt.-potatobar	100	32	396	0.00	0.66	20.0	33	1.0	*0	6.49	2.83	7.22	3.07
	baked potato	161	0	17	3.81	1.87	26.0	17	16.61	2	4.33	36.59	0.22	0.06
	broccoli, steamed	13	0	11	1.40	0.28	23.5	465	18.45	*N/A*	1.43	2.47	0.05	0.01
	bread:bread/muffin/roll	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35
	sour cream, pouch	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
	margarine cup^	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
	cheese sauce, cheddar fz	119	31	434	0.00	0.00	223.1	427	0.0	1	7.69	2.2	8.79	5.05
	meat/ma/diced ham /cheese/ms	118	37	357	0.00	0.41	232.0	163	0.6	*0	11.73	0.66	7.1	4.14
	romaine lettuce^	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	14	0	17	0.99	0.22	12.5	1313	17.7	*1	0.56	2.89	0.1	0.02
	cottage cheese	45	5	195	0.00	0.00	50.0	0	0.0	2	6.0	2.5	1.25	0.75
	goldfish crackers, bulk	198	7	354	2.84	1.53	56.7	0	0.0	0	4.25	28.35	7.09	1.42
	salad toppings hs	47	0	86	0.50	0.42	3.3	0	0.0	*0	1.51	4.54	3.01	0.25
	dressing variety Ra/Fr/Ital^	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
	craisins ocean spray	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00
	pb&j sandwich	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
	Weighted Daily Average	630	53	1019	8.38	4.77	629.9	12758	41.69	*31	29.72	85.38	20.63	7.70
	% of Calories									*19.6%	18.9%	54.2%	29.5%	11.0%
	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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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 3, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	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 - 10/17/2017														
Middle School Lunch Menu														
	Total													
	pancakes^	136	6	201	0.65	1.75	38.8	23	0.0	0	2.59	19.41	1.94	0.32
	sausage turkey link	120	60	200	0.00	0.72	40.0	0	0.0	*N/A*	12.0	0.0	9.0	2.00
	potato triangles	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89	1.33
	broccoli florets crunchy^	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01
	strawberries frozen	150	0	30	3.01	0.36	20.0	0	48.1	35	0.0	38.08	0.0	0.00
	fruit, fresh, variety	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
	juice cup variety	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
	dressing ranch light^	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
	syrup, pancake^	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00
	ketchup^	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^	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	118	37	357	0.00	0.41	232.0	163	0.6	*0	11.73	0.66	7.1	4.14
	romaine lettuce^	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	14	0	17	0.99	0.22	12.5	1313	17.7	*1	0.56	2.89	0.1	0.02
	cottage cheese	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	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35
	goldfish crackers, bulk	198	7	354	2.84	1.53	56.7	0	0.0	0	4.25	28.35	7.09	1.42
	salad toppings ms	292	0	373	5.02	2.90	20.0	0	0.0	1	8.04	25.22	20.08	3.52
	margarine cup^	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^	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
	craisins ocean spray	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00
	hamburger on a bun^	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
	pb&j sandwich	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
	Weighted Daily Average	631	53	1065	6.51	3.92	412.7	2225	46.69	*40	21.93	90.33	19.44	4.12
	% of Calories									*25.5%	13.9%	57.3%	27.7%	5.9%
	Nutrient Guideline	600-700		1360										<10.00

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 3, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	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)
Wed - 10/18/2017														
Middle School Lunch Menu	Total													
sloppy joe original recipe	3/8 cup	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	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	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	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	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	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	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	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	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	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	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	673	7	508	21.72	27.98	1102.0	54902	129.47	*40	22.94	131.87	11.97	1.80
meat/ma/diced ham /cheese/ms	2 oz	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	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	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	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	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35
goldfish crackers, bulk	1 EACH	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	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	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	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	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average		710	53	1073	11.76	10.26	707.1	15744	47.41	*47	31.52	103.90	21.47	6.47
% of Calories										*26.6%	17.8%	58.5%	27.2%	8.2%
Nutrient Guideline		600-700		1360										<10.00

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 3, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	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 - 10/19/2017														
Middle School Lunch Menu														
	Total													
	pizza sticks (2 sticks)^	450	45	720	3.00	0.00	0.0	0	0.0	6	30.0	45.0	18.0	9.00
	romaine lettuce^	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	7	0	4	0.41	0.15	5.7	416	9.13	*1	0.32	1.83	0.08	0.01
	grapes, red seedless^	61	0	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32	0.10
	mixed fruit cocktail	60	0	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0	0.0	0.00
	juice cup variety	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
	marinara sauce cup^	32	0	184	0.80	0.57	16.0	240	4.79	3	0.8	5.59	0.8	0.00
	peanut butter smuckers cup	180	0	130	2.00	0.72	20.0	0	0.0	3	6.0	8.0	15.0	2.50
	dressing ranch light^	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^	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^	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
	baked beans^	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
	cottage cheese	45	5	195	0.00	0.00	50.0	0	0.0	2	6.0	2.5	1.25	0.75
	pickle dill spear	0	0	280	0.00	0.00	0.0	0	0.0	0	0.0	1.33	0.0	0.00
	meat/ma/diced ham /cheese/ms	118	37	357	0.00	0.41	232.0	163	0.6	*0	11.73	0.66	7.1	4.14
	romaine lettuce^	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	14	0	17	0.99	0.22	12.5	1313	17.7	*1	0.56	2.89	0.1	0.02
	bread:bread/muffin/roll	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35
	goldfish crackers, bulk	198	7	354	2.84	1.53	56.7	0	0.0	0	4.25	28.35	7.09	1.42
	salad toppings ms	292	0	373	5.02	2.90	20.0	0	0.0	1	8.04	25.22	20.08	3.52
	margarine cup^	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^	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
	craisins ocean spray	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00
	pb&j sandwich	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
	Weighted Daily Average	658	47	1250	7.78	3.57	429.3	10913	15.85	*35	35.46	84.40	22.96	8.85
	% of Calories									*21.5%	21.6%	51.3%	31.4%	12.1%
	Nutrient Guideline	600-700		1360										<10.00

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 3, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 15

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	Portion Size	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)
Fri - 10/20/2017														
Middle School Lunch Menu	Total													
chicken patty (4ozGold) s/w corn^	1 EACH	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	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	5	0	1	0.32	0.07	2.7	225	3.7	1	0.24	1.05	0.05	0.01
mandarin oranges^	1/2 cup	5	0	4	0.43	0.15	6.5	181	1.01	*N/A*	0.32	1.07	0.05	0.01
fruit, fresh, variety	1/2 cup	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	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
dressing ranch light^	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
tartar sauce^	1 tbsp	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^	2 tbsp	100	5	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0	1.00
meat/ma/diced ham /cheese/ms	1 each	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
romaine lettuce^	2 oz	118	37	357	0.00	0.41	232.0	163	0.6	*0	11.73	0.66	7.1	4.14
vegetables fresh/sal/bar	1 cup	39	0	18	4.76	2.20	74.8	19754	9.07	*N/A*	2.79	7.46	0.68	0.09
cottage cheese	1/2 cup	14	0	17	0.99	0.22	12.5	1313	17.7	*1	0.56	2.89	0.1	0.02
bread:bread/muffin/roll	1/4 cup	45	5	195	0.00	0.00	50.0	0	0.0	2	6.0	2.5	1.25	0.75
goldfish crackers, bulk	bread:bread/muffin/roll serving	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35
salad toppings ms	1 EACH	198	7	354	2.84	1.53	56.7	0	0.0	0	4.25	28.35	7.09	1.42
margarine cup^	2 oz	292	0	373	5.02	2.90	20.0	0	0.0	1	8.04	25.22	20.08	3.52
dressing variety Ra/Fr/Ital^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
craisins ocean spray	2 tbsp	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
yogurt bar ms	1 pouch	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00
pb&j sandwich	1 each	673	7	508	21.72	27.98	1102.0	54902	129.47	*40	22.94	131.87	11.97	1.80
CHOCOLATE CHIP COOKIES	1 EACH	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	123	17	77	0.77	0.49	5.8	362	0.0	*9	1.49	15.47	6.61	3.01
% of Calories		634	57	973	8.40	7.61	614.3	10475	28.85	*37	29.15	92.82	18.13	4.56
Nutrient Guideline		600-700		1360						*23.5%	18.4%	58.6%	25.8%	<10.00

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 3, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	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 - 10/23/2017															
Middle School Lunch Menu															
	Total														
	bbq pork rib patty sw	1 EACH	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	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	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	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	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	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	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
	meat/meat alt.-potatobar	1 each	100	32	396	0.00	0.66	20.0	33	1.0	*0	6.49	2.83	7.22	3.07
	baked potato	medium	161	0	17	3.81	1.87	26.0	17	16.61	2	4.33	36.59	0.22	0.06
	broccoli, steamed	1/4 cup	13	0	11	1.40	0.28	23.5	465	18.45	*N/A*	1.43	2.47	0.05	0.01
	bread:bread/muffin/roll	serving	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35
	sour cream, pouch	1 each	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
	margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
	cheese sauce, cheddar fz	2 OZ	119	31	434	0.00	0.00	223.1	427	0.0	1	7.69	2.2	8.79	5.05
	meat/ma/diced ham /cheese/ms	2 oz	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	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	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	45	5	195	0.00	0.00	50.0	0	0.0	2	6.0	2.5	1.25	0.75
	goldfish crackers, bulk	1 EACH	198	7	354	2.84	1.53	56.7	0	0.0	0	4.25	28.35	7.09	1.42
	salad toppings hs	.5 ounce	47	0	86	0.50	0.42	3.3	0	0.0	*0	1.51	4.54	3.01	0.25
	dressing variety Ra/Fr/Ital^	2 tbsp	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	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00
	pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
	Weighted Daily Average		644	58	1300	10.12	5.11	602.8	8004	29.75	*38	31.96	95.13	17.41	6.26
	% of Calories										*23.8%	19.9%	59.1%	24.3%	8.8%
	Nutrient Guideline		600-700		1360										<10.00

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 3, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	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 - 10/24/2017														
Middle School Lunch Menu														
	Total													
	6 EACH	271	40	412	5.03	1.81	150.8	0	0.0	5	10.05	30.16	12.06	3.52
	corn dog, mini^													
	4 oz	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0	1.50
	sweet potato fries^													
	1/2 cup	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01
	broccoli florets crunchy^													
	1/2 cup	49	0	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0	0.00
	peaches sliced													
	1 CUP	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
	fruit, fresh, variety													
	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
	juice cup variety													
	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
	dressing ranch light^													
	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
	ketchup^													
	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
	mustard^													
	1 each	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
	milk vty half pints^													
	2 oz	118	37	357	0.00	0.41	232.0	163	0.6	*0	11.73	0.66	7.1	4.14
	meat/ma/diced ham /cheese/ms													
	1 cup	39	0	18	4.76	2.20	74.8	19754	9.07	*N/A*	2.79	7.46	0.68	0.09
	romaine lettuce^													
	1/2 cup	14	0	17	0.99	0.22	12.5	1313	17.7	*1	0.56	2.89	0.1	0.02
	vegetables fresh/sal/bar													
	1/4 cup	45	5	195	0.00	0.00	50.0	0	0.0	2	6.0	2.5	1.25	0.75
	cottage cheese													
	1 EACH	198	7	354	2.84	1.53	56.7	0	0.0	0	4.25	28.35	7.09	1.42
	goldfish crackers, bulk													
	2 oz	292	0	373	5.02	2.90	20.0	0	0.0	1	8.04	25.22	20.08	3.52
	salad toppings ms													
	2 tbsp	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
	dressing variety Ra/Fr/Ital^													
	1 pouch	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00
	craisins ocean spray													
	1 each	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
	hamburger on a bun^													
	1/2 cup	62	0	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44	0.00
	corn^													
	2 EACH	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
	pickle slices^													
	1 slice	53	14	211	0.00	0.03	78.0	136	0.0	*N/A*	3.14	0.23	4.43	2.79
	cheese american													
	1 lf,2 slc	8	0	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
	LETTUCE & TOMATO:1 leaf,2 slice													
	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
	pb&j sandwich													
	Weighted Daily Average	602	47	986	8.07	3.78	510.0	3656	30.18	*35	23.85	82.15	20.58	5.36
	% of Calories									*23.4%	15.9%	54.6%	30.8%	8.0%
	Nutrient Guideline	600-700		1360										<10.00

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 3, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	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 - 10/25/2017														
Middle School Lunch Menu	Total													
chicken teriyaki^	4 EACH	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	94	1	221	0.84	0.36	6.7	0	0.0	*0	2.11	18.87	1.27	0.20
bread:scratch variety	serving	155	3	168	2.48	1.51	33.3	326	2.15	*3	4.15	26.21	3.93	1.18
celery sticks^	1/2 cup	10	0	52	1.04	0.13	25.9	291	2.01	1	0.45	1.92	0.11	0.03
mixed veggies, frozen^	1/2 cup	44	0	18	1.78	0.00	17.8	889	2.13	4	0.89	9.78	0.0	0.00
pineapple chunks^	1/2 cup	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	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	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	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	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	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	673	7	508	21.72	27.98	1102.0	54902	129.47	*40	22.94	131.87	11.97	1.80
meat/ma/diced ham /cheese/ms	2 oz	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	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	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	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	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35
goldfish crackers, bulk	1 EACH	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	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	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	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
crasins ocean spray	1 pouch	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00
pb&j sandwich	1 EACH	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	1122	11.40	10.04	657.9	16263	51.79	*43	30.87	109.33	16.62	3.93
% of Calories										*24.7%	17.9%	63.4%	21.7%	5.1%
Nutrient Guideline		600-700		1360										<10.00

Thu - 10/26/2017														
Middle School Lunch Menu	Total													
NO SCHOOL TODAY	SERVING	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

Oct 2, 2017 thru Nov 3, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

	Portion Size	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)
Fri - 10/27/2017														
Middle School Lunch Menu	Total													
NO SCHOOL TODAY	SERVING	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 - 10/30/2017														
Middle School Lunch Menu	Total													
NO SCHOOL TODAY	SERVING	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

Oct 2, 2017 thru Nov 3, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	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 - 10/31/2017														
Middle School Lunch Menu														
	Total													
waffle, Aunt Jemima WG	2 piece	200	0	520	3.00	2.70	0.0	3000	0.0	3	4.0	33.0	7.0	1.00
sausage turkey link	2 EACH	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	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	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	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	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	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	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	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	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	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	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	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	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	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	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35
goldfish crackers, bulk	1 EACH	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	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	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	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	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00
lettuce,shredded^	1 cup	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01
hamburger on a bun^	1 each	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average		608	50	1243	7.45	4.15	283.9	5473	41.14	*34	19.49	87.59	22.14	4.18
% of Calories										*22.5%	12.8%	57.6%	32.8%	6.2%
Nutrient Guideline		600-700		1360										<10.00

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 3, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	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)
Wed - 11/01/2017														
Middle School Lunch Menu	Total													
crisпитos w/ cheese sauce	1 EACH	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	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	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	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	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	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	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	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	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00
milk vty half pints^	1 each	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	673	7	508	21.72	27.98	1102.0	54902	129.47	*40	22.94	131.87	11.97	1.80
cottage cheese	1/4 cup	45	5	195	0.00	0.00	50.0	0	0.0	2	6.0	2.5	1.25	0.75
meat/ma/diced ham /cheese/ms	2 oz	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	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	14	0	17	0.99	0.22	12.5	1313	17.7	*1	0.56	2.89	0.1	0.02
bread:bread/muffin/roll	serving	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35
goldfish crackers, bulk	1 EACH	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	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	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	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	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average		625	58	1011	7.88	5.55	586.8	7538	33.05	*27	30.74	69.20	25.73	7.65
% of Calories										*17.0%	19.7%	44.3%	37.0%	11.0%
Nutrient Guideline		600-700		1360										<10.00

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 3, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	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)
Thu - 11/02/2017														
Middle School Lunch Menu	Total													
philly beef w/bun	EACH	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	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	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	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	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	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	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	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	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	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
meat/ma/diced ham /cheese/ms	2 oz	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	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	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	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	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35
goldfish crackers, bulk	1 EACH	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	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	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	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
crisins ocean spray	1 pouch	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average		681	66	1279	8.11	5.66	703.9	3999	20.10	*34	38.96	89.19	20.15	7.93
% of Calories										*20.0%	22.9%	52.4%	26.6%	10.5%
Nutrient Guideline		600-700		1360										<10.00

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 3, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	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)
Fri - 11/03/2017														
Middle School Lunch Menu														
	Total													
	pizza cheese16"	309	30	539	3.00	2.69	449.2	399	5.99	4	19.97	28.95	12.98	7.99
	pizza pepperoni 16"	340	35	730	3.00	2.70	400.0	300	6.0	4	20.0	29.0	17.0	9.00
	romaine lettuce^	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	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
	melon mix (3)	27	0	9	0.56	0.16	5.8	1041	16.62	6	0.53	6.6	0.13	0.03
	veggie cup^	19	0	20	1.35	0.57	19.8	1844	20.1	*1	1.02	3.74	0.14	0.03
	juice cup variety	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
	dressing ranch light^	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^	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	118	37	357	0.00	0.41	232.0	163	0.6	*0	11.73	0.66	7.1	4.14
	romaine lettuce^	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	14	0	17	0.99	0.22	12.5	1313	17.7	*1	0.56	2.89	0.1	0.02
	cottage cheese	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	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35
	goldfish crackers, bulk	198	7	354	2.84	1.53	56.7	0	0.0	0	4.25	28.35	7.09	1.42
	salad toppings ms	292	0	373	5.02	2.90	20.0	0	0.0	1	8.04	25.22	20.08	3.52
	margarine cup^	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^	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
	craisins ocean spray	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00
	sandwich bar ms	745	34	1219	11.57	3.63	377.9	4327	76.4	*45	28.71	115.21	21.85	6.08
	pb&j sandwich	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	45	1048	8.78	5.45	796.4	13742	40.93	*29	33.67	73.88	21.32	9.92
	% of Calories									*19.4%	22.3%	48.9%	31.8%	14.8%
	Nutrient Guideline	600-700		1360										<10.00
	Weighted Average	650	54	1099	8.74	5.76	577.6	9102	35.41	*35	30.32	89.06	20.85	6.38
										*49.1%	18.7%	54.8%	28.9%	8.8%

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Linn-Mar Community Schools

Oct 2, 2017 thru Nov 3, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	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)	Error Messages (if any)
Calories	650		600 - 700	100%												
Cholesterol (mg)	54															
Sodium (mg)	1099		1360													
Fiber (g)	8.74															
Iron (mg)	5.76															
Calcium (mg)	577.6															
Vitamin A (IU)	9102															
Sugars (g)	35	21.81%				Missing										
Vitamin C (mg)	35.41															
Protein (g)	30.32	18.67%														
Carbohydrate (g)	89.06	54.84%														
Total Fat (g)	20.85	28.89%														
Saturated Fat (g)	6.38	8.84%	<10.00%													

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