

Linn-Mar Community Schools

Mar 1, 2021 thru Apr 30, 2021

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)
Mon - 03/01/2021													
Middle School Lunch Menu	Total												
CORN DOG:Turkey Jumbo State F	1 EACH	270	35	930	0.00	1.08	0.0	0	0.0	*N/A*	10.0	30.01	12.0
pizza sticks (3 sticks) ^	3 EACH	465	60	885	4.50	0.00	0.0	0	0.0	12	27.0	46.5	19.5
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
baked beans^	1/2 cup	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0
apple fresh sliced in bag	bag	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 TSP	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		565	*45	1658	6.27	3.20	359.1	3671	6.50	*36	25.93	85.33	14.77
% of Calories										*25.5%	18.4%	60.5%	23.6%
Nutrient Guideline		600-700		1360									

	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)
Tue - 03/02/2021													
Middle School Lunch Menu	Total												
Pancakes(19)	2 EACH	160	10	190	0.00	0.72	80.0	0	0.0	10	4.0	30.0	3.0
smokies^	3 EACH	95	20	290	0.00	0.18	20.0	0	0.0	1	3.5	1.5	8.5
grilled cheese: 2 sl	1 each	456	25	810	8.00	*2.88	*160.0	*161	*0.0	*8	21.06	66.03	15.79
potato triangles	2 each	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89
orange juice cup	4 oz	60	0	0	0.00	0.00	0.0	0	42.0	*N/A*	1.0	14.0	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
syrup, pancake^	2 tbsp	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		653	*41	1259	4.64	*2.75	*423.3	*4659	*30.25	*29	20.39	92.29	23.49
% of Calories										*17.6%	12.5%	56.5%	32.4%
Nutrient Guideline		600-700		1360									

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

Mar 1, 2021 thru Apr 30, 2021

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)
Wed - 03/03/2021													
Middle School Lunch Menu	Total												
Chicken Alfredo	4 oz	326	81	567	0.00	0.55	86.8	105	0.0	*3	17.05	5.6	25.87
rotini,whole grain,dry^	1/2 cup	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54
garlic bread stick (19)	1 EACH	100	0	95	1.00	0.72	0.0	0	0.0	1	1.0	15.0	3.5
Sub Sandwich-Ham&Turkey&Cheese	sandwich	294	55	1120	4.66	1.88	152.6	497	5.08	*7	24.77	33.1	6.91
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5
strawberries fresh^	1/2 cup	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		585	*79	1008	7.07	3.78	439.4	14477	53.46	*22	29.36	55.73	27.73
% of Calories										*15.0%	20.1%	38.1%	42.7%
Nutrient Guideline		600-700		1360									

	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)
Thu - 03/04/2021													
Middle School Lunch Menu	Total												
breakfast sandwich^	1 each	286	143	512	3.00	*2.52	*140.0	*100	*0.0	*1	17.53	23.01	13.56
Popcorn chicken w/biscuit	1 each	467	0	1281	2.45	4.21	93.6	126	0.05	*2	22.91	49.45	18.64
sweet potato fries^	4 oz	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0
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
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		609	*59	1287	5.37	*3.78	*361.6	*6347	*7.36	*25	25.02	74.73	22.68
% of Calories										*16.4%	16.4%	49.1%	33.5%
Nutrient Guideline		600-700		1360									

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Linn-Mar Community Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 1, 2021 thru Apr 30, 2021

Middle School Lunch Menu

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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)	
Fri - 03/05/2021														
Middle School Lunch Menu														
	Total													
	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
	cheese american	1 slice	56	13	132	0.00	*N/A*	*N/A*	*N/A*	*N/A*	2.53	1.01	4.56	
	pickle slices^	2 each	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	
	Cheese pizza slice	1 Each	260	15	660	6.00	2.70	200.0	0	0.0	4	15.0	32.0	8.0
	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
	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
	ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
	mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
	dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
	Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
	milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
	Weighted Daily Average		607	*53	1166	7.96	*4.87	*628.9	*5437	*8.66	*34	34.60	77.79	18.75
	% of Calories										*22.5%	22.8%	51.3%	27.8%
Nutrient Guideline			600-700		1360									

Mon - 03/08/2021														
Middle School Lunch Menu														
	Total													
	pork tenderloin s/w	1 each	430	90	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0	19.0
	pickle slices^	2 EACH	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
	pizza sticks (3 sticks) ^	3 EACH	465	60	885	4.50	0.00	0.0	0	0.0	12	27.0	46.5	19.5
	marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
	baked beans^	1/2 cup	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0
	Applesauce (cans) (19)	1/2 CUP	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0
	ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
	mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
	dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
	Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
	milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
	Weighted Daily Average		616	*78	1258	9.57	4.73	492.0	5606	5.56	*35	30.49	88.07	18.08
	% of Calories										*23.0%	19.8%	57.2%	26.4%
Nutrient Guideline			600-700		1360									

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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)
Tue - 03/09/2021													
Middle School Lunch Menu													
Total													
F.T Sticks(2pc) w/ Egg Omelet	1 EACH	240	0	260	2.00	0.72	40.0	0	0.0	10	6.0	38.0	7.0
fish sw^	1 EACH	340	35	440	5.00	2.52	220.0	0	0.0	5	18.0	47.0	10.0
potato wedge	2 EACH	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
syrup, pancake^	2 tbsp	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
tartar sauce^	2 tbsp	100	5	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		638	*15	1018	5.72	2.39	388.0	2489	13.17	*36	18.31	97.89	19.05
% of Calories										*22.6%	11.5%	61.3%	26.8%
Nutrient Guideline		600-700		1360									

	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)
Wed - 03/10/2021													
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
rolls, hot w/ lq egg^	1.5 oz	153	8	172	1.72	1.48	51.7	339	2.61	*3	3.75	21.58	5.87
Sub Sandwich-Ham&Turkey&Cheese	sandwich	294	55	1120	4.66	1.88	152.6	497	5.08	*7	24.77	33.1	6.91
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5
fresh veggie mix	1/2 cup	18	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14
orange, fresh slices^	1/2 cup	46	0	0	2.36	0.10	39.3	221	52.27	9	0.92	11.54	0.12
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
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
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		603	*61	1211	9.08	5.37	497.6	16020	64.48	*30	35.40	72.86	19.69
% of Calories										*19.7%	23.5%	48.4%	29.4%
Nutrient Guideline		600-700		1360									

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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)
Thu - 03/11/2021													
Middle School Lunch Menu	Total												
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
meatball sandwich	1 each	370	48	556	4.35	4.10	302.3	189	1.82	*6	26.08	36.81	14.67
tator tots [^]	9 each	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74
peaches sliced	1/2 cup	49	0	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0
ketchup [^]	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard [^]	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light [^]	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints [^]	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		611	*49	1424	6.38	3.75	504.5	7576	9.55	*22	25.85	72.65	25.33
% of Calories										*14.2%	16.9%	47.6%	37.3%
Nutrient Guideline		600-700		1360									

Fri - 03/12/2021													
Middle School Lunch Menu	Total												
pizza crunchers [^]	4 piece serving	420	30	790	5.00	2.15	426.0	480	1.87	3	20.0	41.0	20.0
Pepperoni pizza slice	1 each	280	25	690	5.00	2.70	150.0	0	0.0	4	16.0	36.0	8.0
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
cheese sauce, fz, gov	2 oz	120	31	439	0.00	0.00	225.6	432	0.0	1	7.78	2.22	8.89
BLUEBERRIES,Fresh	1/2 CUP	42	0	1	1.78	0.21	4.4	40	7.18	7	0.55	10.72	0.24
dressing ranch light [^]	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints [^]	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		600	*54	1251	9.03	3.58	768.3	6586	35.61	*22	32.93	67.57	23.35
% of Calories										*14.6%	21.9%	45.0%	35.0%
Nutrient Guideline		600-700		1360									

Mon - 03/15/2021													
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
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		600-700		1360									

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Linn-Mar Community Schools

Mar 1, 2021 thru Apr 30, 2021

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)
Tue - 03/16/2021													
Middle School Lunch Menu NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00
Nutrient Guideline		600-700		1360						0.0%	0.0%	0.0%	0.0%
Wed - 03/17/2021													
Middle School Lunch Menu NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00
Nutrient Guideline		600-700		1360						0.0%	0.0%	0.0%	0.0%
Thu - 03/18/2021													
Middle School Lunch Menu NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00
Nutrient Guideline		600-700		1360						0.0%	0.0%	0.0%	0.0%
Fri - 03/19/2021													
Middle School Lunch Menu NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00
Nutrient Guideline		600-700		1360						0.0%	0.0%	0.0%	0.0%

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

Mar 1, 2021 thru Apr 30, 2021

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)
Mon - 03/22/2021													
Middle School Lunch Menu	Total												
chicken nuggets^	5 each	291	54	377	1.61	1.75	18.8	122	0.79	0	22.03	16.4	15.84
b&b half sandwich(whlgrain)^	1 each	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0	6.5
pizza sticks (3 sticks) ^	3 EACH	465	60	885	4.50	0.00	0.0	0	0.0	12	27.0	46.5	19.5
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
potatoes mashed^	1/2 cup	80	0	310	1.00	0.36	20.0	0	3.6	1	2.0	17.0	1.0
gravy, chicken^	1 oz	10	0	115	0.00	0.00	0.6	0	0.0	*0	0.0	2.08	0.0
strawberries frozen	1/2 cup	150	0	30	3.01	0.36	20.0	0	48.1	35	0.0	38.08	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0
dressing honey mustard^	2 tbsp	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		616	*55	1161	5.68	2.64	272.1	1664	28.78	*35	30.07	78.49	21.51
% of Calories										*22.5%	19.5%	51.0%	31.4%
Nutrient Guideline		600-700		1360									

Tue - 03/23/2021													
Middle School Lunch Menu	Total												
rotini,whole grain,dry^	1/2 cup	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54
spagh sauce w/ beef crum^	4 oz	133	20	145	2.50	1.81	32.4	468	3.73	6	9.8	10.29	5.53
mac & cheese^	6 oz	283	37	648	2.00	0.00	371.0	493	1.0	8	15.0	31.0	11.0
breadstick bosco cheese filled	1 each	207	21	303	2.75	0.00	0.0	275	0.0	1	13.77	23.41	6.89
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5
fresh veggie mix	1/2 cup	18	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14
kiwi,whole^	1 each	46	0	2	2.27	0.23	25.7	66	70.17	*N/A*	0.86	11.1	0.39
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
dressing french lite Kens	2 TBSP	50	0	280	0.00	0.00	0.0	0	0.0	8	0.0	10.0	1.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		599	*52	888	11.49	4.26	534.1	17006	79.66	*26	36.91	77.74	17.33
% of Calories										*17.1%	24.6%	51.9%	26.0%
Nutrient Guideline		600-700		1360									

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Linn-Mar Community Schools

Mar 1, 2021 thru Apr 30, 2021

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)
Wed - 03/24/2021													
Middle School Lunch Menu	Total												
taco meat w/ beef crumbles^	3 oz	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04
Tortilla chips 1.5 oz	1.5 oz	200	0	170	3.00	1.08	0.0	*N/A*	*N/A*	0	3.0	30.0	8.0
lettuce,shredded^	1/8 cup	1	0	1	0.11	0.04	1.6	45	0.25	*N/A*	0.08	0.27	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
cheese cheddar shredded^	1 oz	80	16	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19
ref beansw/salsa &cheese^	4 oz	112	4	495	5.18	1.64	105.9	679	7.58	*1	5.95	14.43	3.0
Sub Sandwich-Ham&Turkey&Cheese	sandwich	294	55	1120	4.66	1.88	152.6	497	5.08	*7	24.77	33.1	6.91
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
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Salsa cup^	3 oz	10	0	65	0.00	0.00	0.0	100	2.4	1	0.0	2.0	0.0
Sour cream- A&E	1 TBSP	16	4	10	0.00	0.01	16.9	39	0.11	0	0.42	0.85	1.27
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		555	*49	1104	7.35	4.42	379.9	*6174	*13.23	*23	28.10	70.63	18.88
% of Calories										*16.5%	20.3%	50.9%	30.6%
Nutrient Guideline		600-700		1360									

Thu - 03/25/2021													
Middle School Lunch Menu	Total												
Chicken, Orange (21) MB	190	45	380	2.00	14.40	0.0	0	0.0	13	14.0	25.0	4.0	
brown rice, chicken flavored	1/2 cup	71	0	166	0.63	0.27	5.0	0	0.0	*0	1.58	14.16	0.95
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
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
mandarin oranges^	1/2 cup	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		499	*55	916	6.77	13.02	437.4	6743	51.25	*42	29.03	78.17	9.30
% of Calories										*33.7%	23.3%	62.6%	16.8%
Nutrient Guideline		600-700		1360									

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Linn-Mar Community Schools

Mar 1, 2021 thru Apr 30, 2021

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)
Fri - 03/26/2021													
Middle School Lunch Menu	Total												
chicken patty,breaded sw^	1 each	340	43	620	4.12	3.63	228.8	98	0.0	5	24.13	43.37	8.63
pickle slices^	1 EACH	0	0	45	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
Cheese pizza slice	1 Each	260	15	660	6.00	2.70	200.0	0	0.0	4	15.0	32.0	8.0
french fries^	1/2 cup	180	0	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43	3.37
Applesauce (cans) (19)	1/2 CUP	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		616	*47	1047	8.28	4.79	481.1	4455	9.64	*23	33.27	90.24	14.29
% of Calories										*15.1%	21.6%	58.6%	20.9%
Nutrient Guideline		600-700		1360									

Mon - 03/29/2021													
Middle School Lunch Menu	Total												
CORN DOG:Turkey Jumbo State F	1 EACH	270	35	930	0.00	1.08	0.0	0	0.0	*N/A*	10.0	30.01	12.0
pizza sticks (3 sticks) ^	3 EACH	465	60	885	4.50	0.00	0.0	0	0.0	12	27.0	46.5	19.5
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
baked beans^	1/2 cup	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0
apple fresh sliced in bag	bag	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 TSP	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		565	*45	1658	6.27	3.20	359.1	3671	6.50	*36	25.93	85.33	14.77
% of Calories										*25.5%	18.4%	60.5%	23.6%
Nutrient Guideline		600-700		1360									

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Linn-Mar Community Schools

Mar 1, 2021 thru Apr 30, 2021

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)
Tue - 03/30/2021													
Middle School Lunch Menu	Total												
Pancakes(19)	2 EACH	160	10	190	0.00	0.72	80.0	0	0.0	10	4.0	30.0	3.0
smokies [^]	3 EACH	95	20	290	0.00	0.18	20.0	0	0.0	1	3.5	1.5	8.5
grilled cheese: 2 sl	1 each	456	25	810	8.00	*2.88	*160.0	*161	*0.0	*8	21.06	66.03	15.79
potato triangles	2 each	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89
orange juice cup	4 oz	60	0	0	0.00	0.00	0.0	0	42.0	*N/A*	1.0	14.0	0.0
ketchup [^]	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard [^]	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
syrup, pancake [^]	2 tbsp	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints [^]	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		653	*41	1259	4.64	*2.75	*423.3	*4659	*30.25	*29	20.39	92.29	23.49
% of Calories										*17.6%	12.5%	56.5%	32.4%
Nutrient Guideline		600-700		1360									

	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)
Wed - 03/31/2021													
Middle School Lunch Menu	Total												
Chicken Alfredo	4 oz	326	81	567	0.00	0.55	86.8	105	0.0	*3	17.05	5.6	25.87
rotini, whole grain, dry [^]	1/2 cup	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54
garlic bread stick (19)	1 EACH	100	0	95	1.00	0.72	0.0	0	0.0	1	1.0	15.0	3.5
Sub Sandwich-Ham&Turkey&Cheese	sandwich	294	55	1120	4.66	1.88	152.6	497	5.08	*7	24.77	33.1	6.91
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5
strawberries fresh [^]	1/2 cup	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27
ketchup [^]	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard [^]	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light [^]	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints [^]	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		585	*79	1008	7.07	3.78	439.4	14477	53.46	*22	29.36	55.73	27.73
% of Calories										*15.0%	20.1%	38.1%	42.7%
Nutrient Guideline		600-700		1360									

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Linn-Mar Community Schools

Mar 1, 2021 thru Apr 30, 2021

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)
Thu - 04/01/2021													
Middle School Lunch Menu	Total												
breakfast sandwich^	1 each	286	143	512	3.00	*2.52	*140.0	*100	*0.0	*1	17.53	23.01	13.56
Popcorn chicken w/biscuit	1 each	467	0	1281	2.45	4.21	93.6	126	0.05	*2	22.91	49.45	18.64
sweet potato fries^	4 oz	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0
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
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		609	*59	1287	5.37	*3.78	*361.6	*6347	*7.36	*25	25.02	74.73	22.68
% of Calories										*16.4%	16.4%	49.1%	33.5%
Nutrient Guideline		600-700		1360									

	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)
Fri - 04/02/2021													
Middle School Lunch Menu	Total												
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
cheese american	1 slice	56	13	132	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.53	1.01	4.56
pickle slices^	2 each	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
Cheese pizza slice	1 Each	260	15	660	6.00	2.70	200.0	0	0.0	4	15.0	32.0	8.0
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
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
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		607	*53	1166	7.96	*4.87	*628.9	*5437	*8.66	*34	34.60	77.79	18.75
% of Calories										*22.5%	22.8%	51.3%	27.8%
Nutrient Guideline		600-700		1360									

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Linn-Mar Community Schools

Mar 1, 2021 thru Apr 30, 2021

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)
Mon - 04/05/2021													
Middle School Lunch Menu	Total												
pork tenderloin s/w	1 each	430	90	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0	19.0
pickle slices^	2 EACH	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
pizza sticks (3 sticks) ^	3 EACH	465	60	885	4.50	0.00	0.0	0	0.0	12	27.0	46.5	19.5
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
baked beans^	1/2 cup	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0
Applesauce (cans) (19)	1/2 CUP	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		616	*78	1258	9.57	4.73	492.0	5606	5.56	*35	30.49	88.07	18.08
% of Calories										*23.0%	19.8%	57.2%	26.4%
Nutrient Guideline		600-700		1360									

	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)
Tue - 04/06/2021													
Middle School Lunch Menu	Total												
F.T Sticks(2pc) w/ Egg Omelet	1 EACH	240	0	260	2.00	0.72	40.0	0	0.0	10	6.0	38.0	7.0
fish sw^	1 EACH	340	35	440	5.00	2.52	220.0	0	0.0	5	18.0	47.0	10.0
potato wedge	2 EACH	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
syrup, pancake^	2 tbsp	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
tartar sauce^	2 tbsp	100	5	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		638	*15	1018	5.72	2.39	388.0	2489	13.17	*36	18.31	97.89	19.05
% of Calories										*22.6%	11.5%	61.3%	26.8%
Nutrient Guideline		600-700		1360									

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Linn-Mar Community Schools

Mar 1, 2021 thru Apr 30, 2021

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)
Wed - 04/07/2021													
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
rolls, hot w/ lq egg^	1.5 oz	153	8	172	1.72	1.48	51.7	339	2.61	*3	3.75	21.58	5.87
Sub Sandwich-Ham&Turkey&Cheese	sandwich	294	55	1120	4.66	1.88	152.6	497	5.08	*7	24.77	33.1	6.91
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5
fresh veggie mix	1/2 cup	18	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14
orange, fresh slices^	1/2 cup	46	0	0	2.36	0.10	39.3	221	52.27	9	0.92	11.54	0.12
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
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
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		603	*61	1211	9.08	5.37	497.6	16020	64.48	*30	35.40	72.86	19.69
% of Calories										*19.7%	23.5%	48.4%	29.4%
Nutrient Guideline		600-700		1360									

	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)
Thu - 04/08/2021													
Middle School Lunch Menu	Total												
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
meatball sandwich	1 each	370	48	556	4.35	4.10	302.3	189	1.82	*6	26.08	36.81	14.67
tator tots^	9 each	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74
peaches sliced	1/2 cup	49	0	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		611	*49	1424	6.38	3.75	504.5	7576	9.55	*22	25.85	72.65	25.33
% of Calories										*14.2%	16.9%	47.6%	37.3%
Nutrient Guideline		600-700		1360									

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Linn-Mar Community Schools

Mar 1, 2021 thru Apr 30, 2021

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)
Fri - 04/09/2021													
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
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		600-700		1360									

	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)
Mon - 04/12/2021													
Middle School Lunch Menu	Total												
chicken nuggets^	5 each	291	54	377	1.61	1.75	18.8	122	0.79	0	22.03	16.4	15.84
b&b half sandwich(whlgrain)^	1 each	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0	6.5
potatoes mashed^	1/2 cup	80	0	310	1.00	0.36	20.0	0	3.6	1	2.0	17.0	1.0
gravy, chicken^	1 oz	10	0	115	0.00	0.00	0.6	0	0.0	*0	0.0	2.08	0.0
strawberries frozen	1/2 cup	150	0	30	3.01	0.36	20.0	0	48.1	35	0.0	38.08	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0
dressing honey mustard^	2 tbsp	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		538	*45	982	4.74	2.51	267.7	744	28.66	*33	25.32	70.82	18.26
% of Calories										*24.3%	18.8%	52.6%	30.5%
Nutrient Guideline		600-700		1360									

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Linn-Mar Community Schools

Mar 1, 2021 thru Apr 30, 2021

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)
Tue - 04/13/2021													
Middle School Lunch Menu	Total												
rotini, whole grain, dry^	1/2 cup	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54
spagh sauce w/ beef crum^	4 oz	133	20	145	2.50	1.81	32.4	468	3.73	6	9.8	10.29	5.53
breadstick bosco cheese filled	1 each	207	21	303	2.75	0.00	0.0	275	0.0	1	13.77	23.41	6.89
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5
fresh veggie mix	1/2 cup	18	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14
kiwi, whole^	1 each	46	0	2	2.27	0.23	25.7	66	70.17	*N/A*	0.86	11.1	0.39
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
dressing french lite Kens	2 TBSP	50	0	280	0.00	0.00	0.0	0	0.0	8	0.0	10.0	1.5
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		422	*33	527	7.94	3.17	338.5	8306	59.71	*19	24.77	56.05	11.93
% of Calories										*18.4%	23.5%	53.1%	25.4%
Nutrient Guideline		600-700		1360									

	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)
Wed - 04/14/2021													
Middle School Lunch Menu	Total												
taco meat w/ beef crumbles^	3 oz	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04
Tortilla chips 1.5 oz	1.5 oz	200	0	170	3.00	1.08	0.0	*N/A*	*N/A*	0	3.0	30.0	8.0
lettuce, shredded^	1/8 cup	1	0	1	0.11	0.04	1.6	45	0.25	*N/A*	0.08	0.27	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
cheese cheddar shredded^	1 oz	80	16	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19
ref beansw/salsa &cheese^	4 oz	112	4	495	5.18	1.64	105.9	679	7.58	*1	5.95	14.43	3.0
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
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Salsa cup^	3 oz	10	0	65	0.00	0.00	0.0	100	2.4	1	0.0	2.0	0.0
Sour cream- A&E	1 TBSP	16	4	10	0.00	0.01	16.9	39	0.11	0	0.42	0.85	1.27
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		502	*36	861	5.94	3.74	344.4	*1657	*15.26	*24	21.96	66.99	17.09
% of Calories										*19.0%	17.5%	53.4%	30.6%
Nutrient Guideline		600-700		1360									

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Linn-Mar Community Schools

Mar 1, 2021 thru Apr 30, 2021

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)
Thu - 04/15/2021													
Middle School Lunch Menu	Total												
pizza sticks (2 sticks)^	2 EACH	310	40	590	3.00	0.00	0.0	0	0.0	8	18.0	31.0	13.0
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
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
mandarin oranges^	1/2 cup	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		487	*39	912	5.92	1.79	368.7	2373	50.76	*39	24.68	68.51	13.71
% of Calories										*31.9%	20.3%	56.2%	25.3%
Nutrient Guideline		600-700		1360									

	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)
Fri - 04/16/2021													
Middle School Lunch Menu	Total												
chicken patty,breaded sw^	1 each	340	43	620	4.12	3.63	228.8	98	0.0	5	24.13	43.37	8.63
french fries^	1/2 cup	180	0	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43	3.37
pickle slices^	1 EACH	0	0	45	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
apple fresh sliced in bag	bag	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		546	*41	834	6.00	3.94	424.3	788	13.37	*21	28.31	81.06	12.27
% of Calories										*15.7%	20.7%	59.4%	20.2%
Nutrient Guideline		600-700		1360									

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Linn-Mar Community Schools

Mar 1, 2021 thru Apr 30, 2021

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)
Mon - 04/19/2021													
Middle School Lunch Menu	Total												
chicken nuggets^	5 each	291	54	377	1.61	1.75	18.8	122	0.79	0	22.03	16.4	15.84
b&b half sandwich(whlgrain)^	1 each	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0	6.5
pizza sticks (3 sticks) ^	3 EACH	465	60	885	4.50	0.00	0.0	0	0.0	12	27.0	46.5	19.5
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
potatoes mashed^	1/2 cup	80	0	310	1.00	0.36	20.0	0	3.6	1	2.0	17.0	1.0
gravy, chicken^	1 oz	10	0	115	0.00	0.00	0.6	0	0.0	*0	0.0	2.08	0.0
strawberries frozen	1/2 cup	150	0	30	3.01	0.36	20.0	0	48.1	35	0.0	38.08	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0
dressing honey mustard^	2 tbsp	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		616	*55	1161	5.68	2.64	272.1	1664	28.78	*35	30.07	78.49	21.51
% of Calories										*22.5%	19.5%	51.0%	31.4%
Nutrient Guideline		600-700		1360									

Tue - 04/20/2021													
Middle School Lunch Menu	Total												
rotini,whole grain,dry^	1/2 cup	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54
spagh sauce w/ beef crum^	4 oz	133	20	145	2.50	1.81	32.4	468	3.73	6	9.8	10.29	5.53
mac & cheese^	6 oz	283	37	648	2.00	0.00	371.0	493	1.0	8	15.0	31.0	11.0
breadstick bosco cheese filled	1 each	207	21	303	2.75	0.00	0.0	275	0.0	1	13.77	23.41	6.89
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5
fresh veggie mix	1/2 cup	18	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14
kiwi,whole^	1 each	46	0	2	2.27	0.23	25.7	66	70.17	*N/A*	0.86	11.1	0.39
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
dressing french lite Kens	2 TBSP	50	0	280	0.00	0.00	0.0	0	0.0	8	0.0	10.0	1.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		599	*52	888	11.49	4.26	534.1	17006	79.66	*26	36.91	77.74	17.33
% of Calories										*17.1%	24.6%	51.9%	26.0%
Nutrient Guideline		600-700		1360									

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Linn-Mar Community Schools

Mar 1, 2021 thru Apr 30, 2021

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)
Wed - 04/21/2021													
Middle School Lunch Menu	Total												
taco meat w/ beef crumbles^	3 oz	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04
Tortilla chips 1.5 oz	1.5 oz	200	0	170	3.00	1.08	0.0	*N/A*	*N/A*	0	3.0	30.0	8.0
lettuce,shredded^	1/8 cup	1	0	1	0.11	0.04	1.6	45	0.25	*N/A*	0.08	0.27	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
cheese cheddar shredded^	1 oz	80	16	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19
ref beansw/salsa &cheese^	4 oz	112	4	495	5.18	1.64	105.9	679	7.58	*1	5.95	14.43	3.0
Sub Sandwich-Ham&Turkey&Cheese	sandwich	294	55	1120	4.66	1.88	152.6	497	5.08	*7	24.77	33.1	6.91
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
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Salsa cup^	3 oz	10	0	65	0.00	0.00	0.0	100	2.4	1	0.0	2.0	0.0
Sour cream- A&E	1 TBSP	16	4	10	0.00	0.01	16.9	39	0.11	0	0.42	0.85	1.27
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		555	*49	1104	7.35	4.42	379.9	*6174	*13.23	*23	28.10	70.63	18.88
% of Calories										*16.5%	20.3%	50.9%	30.6%
Nutrient Guideline		600-700		1360									

	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)
Thu - 04/22/2021													
Middle School Lunch Menu	Total												
Chicken, Orange (21) MB	1 serving	190	45	380	2.00	14.40	0.0	0	0.0	13	14.0	25.0	4.0
brown rice,chicken flavored	1/2 cup	71	0	166	0.63	0.27	5.0	0	0.0	*0	1.58	14.16	0.95
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
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
mandarin oranges^	1/2 cup	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		499	*55	916	6.77	13.02	437.4	6743	51.25	*42	29.03	78.17	9.30
% of Calories										*33.7%	23.3%	62.6%	16.8%
Nutrient Guideline		600-700		1360									

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Linn-Mar Community Schools

Mar 1, 2021 thru Apr 30, 2021

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)
Fri - 04/23/2021													
Middle School Lunch Menu	Total												
chicken patty,breaded sw^	1 each	340	43	620	4.12	3.63	228.8	98	0.0	5	24.13	43.37	8.63
pickle slices^	1 EACH	0	0	45	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
Cheese pizza slice	1 Each	260	15	660	6.00	2.70	200.0	0	0.0	4	15.0	32.0	8.0
french fries^	1/2 cup	180	0	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43	3.37
Applesauce (cans) (19)	1/2 CUP	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		616	*47	1047	8.28	4.79	481.1	4455	9.64	*23	33.27	90.24	14.29
% of Calories										*15.1%	21.6%	58.6%	20.9%
Nutrient Guideline		600-700		1360									

Mon - 04/26/2021													
Middle School Lunch Menu	Total												
pork tenderloin s/w	1 each	430	90	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0	19.0
pickle slices^	2 EACH	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
pizza sticks (3 sticks) ^	3 EACH	465	60	885	4.50	0.00	0.0	0	0.0	12	27.0	46.5	19.5
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
baked beans^	1/2 cup	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0
Applesauce (cans) (19)	1/2 CUP	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		616	*78	1258	9.57	4.73	492.0	5606	5.56	*35	30.49	88.07	18.08
% of Calories										*23.0%	19.8%	57.2%	26.4%
Nutrient Guideline		600-700		1360									

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Linn-Mar Community Schools

Mar 1, 2021 thru Apr 30, 2021

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)
Tue - 04/27/2021													
Middle School Lunch Menu	Total												
F.T Sticks(2pc) w/ Egg Omelet	1 EACH	240	0	260	2.00	0.72	40.0	0	0.0	10	6.0	38.0	7.0
fish sw^	1 EACH	340	35	440	5.00	2.52	220.0	0	0.0	5	18.0	47.0	10.0
potato wedge	2 EACH	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
syrup, pancake^	2 tbsp	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
tartar sauce^	2 tbsp	100	5	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		638	*15	1018	5.72	2.39	388.0	2489	13.17	*36	18.31	97.89	19.05
% of Calories										*22.6%	11.5%	61.3%	26.8%
Nutrient Guideline		600-700		1360									

	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)
Wed - 04/28/2021													
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
rolls, hot w/ lq egg^	1.5 oz	153	8	172	1.72	1.48	51.7	339	2.61	*3	3.75	21.58	5.87
Sub Sandwich-Ham&Turkey&Cheese	sandwich	294	55	1120	4.66	1.88	152.6	497	5.08	*7	24.77	33.1	6.91
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5
fresh veggie mix	1/2 cup	18	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14
orange, fresh slices^	1/2 cup	46	0	0	2.36	0.10	39.3	221	52.27	9	0.92	11.54	0.12
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
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
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		603	*61	1211	9.08	5.37	497.6	16020	64.48	*30	35.40	72.86	19.69
% of Calories										*19.7%	23.5%	48.4%	29.4%
Nutrient Guideline		600-700		1360									

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Linn-Mar Community Schools

Mar 1, 2021 thru Apr 30, 2021

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)
Thu - 04/29/2021													
Middle School Lunch Menu	Total												
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
meatball sandwich	1 each	370	48	556	4.35	4.10	302.3	189	1.82	*6	26.08	36.81	14.67
tator tots^	9 each	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74
peaches sliced	1/2 cup	49	0	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		611	*49	1424	6.38	3.75	504.5	7576	9.55	*22	25.85	72.65	25.33
% of Calories										*14.2%	16.9%	47.6%	37.3%
Nutrient Guideline		600-700		1360									

Fri - 04/30/2021													
Middle School Lunch Menu	Total												
pizza crunchers^	4 piece serving	420	30	790	5.00	2.15	426.0	480	1.87	3	20.0	41.0	20.0
Pepperoni pizza slice	1 each	280	25	690	5.00	2.70	150.0	0	0.0	4	16.0	36.0	8.0
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
cheese sauce, fz, gov	2 oz	120	31	439	0.00	0.00	225.6	432	0.0	1	7.78	2.22	8.89
BLUEBERRIES,Fresh	1/2 CUP	42	0	1	1.78	0.21	4.4	40	7.18	7	0.55	10.72	0.24
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		600	*54	1251	9.03	3.58	768.3	6586	35.61	*22	32.93	67.57	23.35
% of Calories										*14.6%	21.9%	45.0%	35.0%
Nutrient Guideline		600-700		1360									

Weighted Average		587	*51	1137	7.25	*4.26	*450.3	*6753	*28.07	*29	28.37	77.83	19.07
										*44.7%	19.3%	53.0%	29.2%

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