

Linn-Mar Community Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 4, 2021 thru Feb 26, 2021

K-12 Lunch

Generated on: 1/11/2021 6:51:36 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)
Mon - 01/04/2021													
K-12 Lunch	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
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^	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
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
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		1347	*165	3069	17.69	6.78	607.1	1151	8.41	*71	63.32	181.49	44.62
% of Calories										*20.9%	18.8%	53.9%	29.8%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

Tue - 01/05/2021													
K-12 Lunch	Total												
French toast sticks	3 sticks	210	125	310	2.00	2.00	52.0	200	0.0	9	8.0	39.0	7.0
egg patty	1 each	50	100	120	0.00	0.36	20.0	100	0.0	0	3.0	1.0	3.5
cucumber slices	1/4 cup	3	0	1	0.21	0.07	4.2	22	0.96	0	0.18	0.65	0.05
Hummus Cup (commodity)	3 oz	110	0	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	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
Lion Cub Meal^	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
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
Weighted Daily Average		1538	*325	2968	26.01	*11.99	1723.6	53105	109.83	*76	75.58	213.21	49.90
% of Calories										*19.9%	19.7%	55.4%	29.2%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

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

Jan 4, 2021 thru Feb 26, 2021

Base Menu Spreadsheet

K-12 Lunch

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 - 01/06/2021													
K-12 Lunch	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
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0
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	1 oz	60	16	219	0.00	0.00	112.8	216	0.0	1	3.89	1.11	4.44
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
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
pizza 5" cheese ^	1 each	340	15	640	5.00	2.70	250.0	300	0.0	5	16.0	38.0	13.0
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		1169	*99	2761	10.99	7.20	793.7	3114	48.53	*43	55.64	138.11	43.47
% of Calories										*14.7%	19.0%	47.2%	33.5%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

Thu - 01/07/2021													
K-12 Lunch	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
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
Lion Cub Meal^	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
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
Weighted Daily Average		1608	*135	3787	24.01	12.12	1827.4	53179	102.63	*61	73.11	196.89	62.09
% of Calories										*15.3%	18.2%	49.0%	34.8%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

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

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Base Menu Spreadsheet

K-12 Lunch

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)
Fri - 01/08/2021	Total												
K-12 Lunch	2 OZ	162	59	165	1.15	1.45	15.0	504	4.75	*1	20.25	6.34	5.53
taco, chicken	1 EACH	120	0	220	2.00	0.00	60.0	0	0.0	1	3.0	21.0	3.0
tortilla 8" whole grain	1/8 cup	1	0	1	0.11	0.04	1.6	45	0.25	*N/A*	0.08	0.27	0.01
lettuce,shredded^	1/8 cup	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05
tomato fresh diced^	1 OZ	83	17	182	0.00	0.05	232.0	163	0.0	*N/A*	7.23	0.66	5.6
cheese mozz&cheddar shredded	1/2 cup	62	0	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44
corn^	1 each	90	0	0	2.00	0.00	0.0	0	0.0	18	1.0	22.0	0.0
Strawberry cup, froz (19) comm	3 oz	10	0	65	0.00	0.00	0.0	100	2.4	1	0.0	2.0	0.0
Salsa cup^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
dressing ranch light^	1 TBSP	16	4	10	0.00	0.01	16.9	39	0.11	0	0.42	0.85	1.27
Sour cream- A&E	1 EACH	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0
Pizza garlic f.b cheese (19)	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
marinara sauce cup^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
milk vty half pints^													
Weighted Daily Average		1118	*125	1819	10.31	4.90	1133.3	2228	19.92	*47	64.06	129.85	40.02
% of Calories										*16.7%	22.9%	46.5%	32.2%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

Mon - 01/11/2021	Total												
K-12 Lunch	5 each	291	54	377	1.61	1.75	18.8	122	0.79	0	22.03	16.4	15.84
chicken nuggets^	1 each	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0	6.5
b&b half sandwich(whlgrain)^	1/2 cup	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1
broccoli, steamed	1 oz	60	16	219	0.00	0.00	112.8	216	0.0	1	3.89	1.11	4.44
cheese sauce, fz, gov	1/2 cup	83	0	0	1.04	0.37	20.8	0	6.24	18	0.0	19.77	0.0
pineapple tidbits	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
ketchup^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
mustard^	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0
bbq sauce	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
dressing ranch light^	3 EACH	465	60	885	4.50	0.00	0.0	0	0.0	12	27.0	46.5	19.5
pizza sticks (3 sticks) ^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
marinara sauce cup^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
milk vty half pints^													
Weighted Daily Average		1336	*145	3019	12.95	4.57	559.4	2628	57.12	*58	68.76	150.45	52.50
% of Calories										*17.4%	20.6%	45.1%	35.4%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

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Base Menu Spreadsheet

K-12 Lunch

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)
Tue - 01/12/2021													
K-12 Lunch	Total												
chicken noodle soup^	8 oz	165	60	783	0.58	0.96	9.7	30	0.66	*0	20.62	6.17	5.97
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
peas and carrots^	1/2 cup	4	0	5	0.27	0.06	5.3	889	10.67	0	0.09	0.36	0.0
pear slices, diced	1/2	75	0	13	1.25	0.45	0.0	0	1.5	*N/A*	0.0	17.55	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^	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
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
Weighted Daily Average		1	*0	1	0.01	0.00	0.7	21	0.04	*0	0.03	0.07	0.02
% of Calories										*13.1%	22.7%	47.7%	30.5%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

Wed - 01/13/2021													
K-12 Lunch	Total												
Chicken, Orange (21) MB	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
vegetables stir fry	1/2 cup	17	0	13	1.00	0.18	10.0	500	0.6	1	0.0	3.0	0.0
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
pizza 5" cheese ^	1 each	340	15	640	5.00	2.70	250.0	300	0.0	5	16.0	38.0	13.0
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		888	*75	1699	9.63	18.36	585.0	2550	28.80	*59	40.58	127.91	23.08
% of Calories										*26.6%	18.3%	57.6%	23.4%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

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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)
Thu - 01/14/2021													
K-12 Lunch	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 mozz&cheddar shredded	1 OZ	83	17	182	0.00	0.05	232.0	163	0.0	*N/A*	7.23	0.66	5.6
corn^	1/2 cup	62	0	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44
peach cup, frozen	4 .4 oz	117	0	7	2.25	0.46	3.7	354	125.52	*N/A*	0.79	29.91	0.16
Salsa cup^	3 oz	10	0	65	0.00	0.00	0.0	100	2.4	1	0.0	2.0	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
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
Lion Cub Meal^	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
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
Weighted Daily Average		1681	*151	3020	26.87	13.76	1944.2	*54229	*233.56	*49	83.34	212.01	59.92
% of Calories										*11.7%	19.8%	50.4%	32.1%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

Fri - 01/15/2021													
K-12 Lunch	Total												
chicken patty (4ozGold) s/w	1 EACH	379	63	690	4.22	3.72	230.6	59	0.0	6	28.28	45.79	9.8
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
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
Pizza garlic f.b cheese (19)	1 EACH	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0
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
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		1239	*108	2530	11.47	7.50	1000.6	1458	21.27	*44	63.77	167.01	37.29
% of Calories										*14.2%	20.6%	53.9%	27.1%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

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Linn-Mar Community Schools

Jan 4, 2021 thru Feb 26, 2021

Base Menu Spreadsheet

K-12 Lunch

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 - 01/18/2021													
K-12 Lunch	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		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

Tue - 01/19/2021													
K-12 Lunch	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^	4 EACH	127	27	387	0.00	0.24	26.7	0	0.0	1	4.67	2.0	11.34
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
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
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
Lion Cub Meal^	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
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
Weighted Daily Average		1	*0	1	0.01	0.00	0.7	20	0.04	*0	0.03	0.08	0.02
% of Calories										*19.1%	16.5%	52.1%	33.0%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

Wed - 01/20/2021													
K-12 Lunch	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
pineapple tidbits	1/2 cup	83	0	0	1.04	0.37	20.8	0	6.24	18	0.0	19.77	0.0
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
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
pizza 5" cheese ^	1 each	340	15	640	5.00	2.70	250.0	300	0.0	5	16.0	38.0	13.0
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

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Linn-Mar Community Schools

Jan 4, 2021 thru Feb 26, 2021

Base Menu Spreadsheet

K-12 Lunch

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)
Weighted Daily Average		1078	*71	1881	15.69	7.27	666.8	14259	23.23	*56	51.55	141.35	34.09
% of Calories										*20.9%	19.1%	52.4%	28.5%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

Thu - 01/21/2021													
K-12 Lunch	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
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 slices, diced	1/2	75	0	13	1.25	0.45	0.0	0	1.5	*N/A*	0.0	17.55	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
Lion Cub Meal^	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
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
Weighted Daily Average		1	*0	1	0.01	*0.01	*0.8	*22	*0.04	*0	0.03	0.08	0.03
% of Calories										*14.2%	19.1%	49.2%	33.2%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

Fri - 01/22/2021													
K-12 Lunch	Total												
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
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
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
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
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Pizza garlic f.b cheese (19)	1 EACH	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0
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		1150	*105	2117	13.31	4.58	825.5	11802	17.26	56	59.99	134.62	44.04
% of Calories										19.4%	20.9%	46.8%	34.5%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

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Linn-Mar Community Schools

Jan 4, 2021 thru Feb 26, 2021

Base Menu Spreadsheet

K-12 Lunch

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 - 01/25/2021													
K-12 Lunch	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
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^	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
Pizza garlic f.b cheese (19)	1 EACH	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0
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		1212	*135	2345	14.19	7.86	1037.1	1351	2.42	*57	57.32	157.00	44.13
% of Calories										*18.7%	18.9%	51.8%	32.8%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

Tue - 01/26/2021													
K-12 Lunch	Total												
French toast sticks	3 sticks	210	125	310	2.00	2.00	52.0	200	0.0	9	8.0	39.0	7.0
egg patty	1 each	50	100	120	0.00	0.36	20.0	100	0.0	0	3.0	1.0	3.5
cucumber slices	1/4 cup	3	0	1	0.21	0.07	4.2	22	0.96	0	0.18	0.65	0.05
Hummus Cup (commodity)	3 oz	110	0	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	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
Lion Cub Meal^	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
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
Weighted Daily Average		1538	*325	2968	26.01	*11.99	1723.6	53105	109.83	*76	75.58	213.21	49.90
% of Calories										*19.9%	19.7%	55.4%	29.2%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

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Linn-Mar Community Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 4, 2021 thru Feb 26, 2021

K-12 Lunch

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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 - 01/27/2021													
K-12 Lunch	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
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0
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
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
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
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
Pizza garlic f.b cheese (19)	1 EACH	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0
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		1244	*129	2809	6.03	5.97	1074.7	2802	40.53	*41	63.59	127.44	54.94
% of Calories										*13.2%	20.4%	41.0%	39.7%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

Thu - 01/28/2021													
K-12 Lunch	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
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
Lion Cub Meal^	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
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
Weighted Daily Average		1608	*135	3787	24.01	12.12	1827.4	53179	102.63	*61	73.11	196.89	62.09
% of Calories										*15.3%	18.2%	49.0%	34.8%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

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Linn-Mar Community Schools

Jan 4, 2021 thru Feb 26, 2021

Base Menu Spreadsheet

K-12 Lunch

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)
Fri - 01/29/2021	Total												
K-12 Lunch	2 OZ	162	59	165	1.15	1.45	15.0	504	4.75	*1	20.25	6.34	5.53
taco, chicken	1 EACH	120	0	220	2.00	0.00	60.0	0	0.0	1	3.0	21.0	3.0
tortilla 8" whole grain	1/8 cup	1	0	1	0.11	0.04	1.6	45	0.25	*N/A*	0.08	0.27	0.01
lettuce, shredded^	1/8 cup	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05
tomato fresh diced^	1 OZ	83	17	182	0.00	0.05	232.0	163	0.0	*N/A*	7.23	0.66	5.6
cheese mozz&cheddar shredded	1/4 cup	5	0	1	0.39	0.08	2.3	85	18.49	1	0.2	1.07	0.04
pepper strips green	1 each	90	0	0	2.00	0.00	0.0	0	0.0	16	0.0	20.0	0.0
Mixed Berries, Cups, Frozen	3 oz	10	0	65	0.00	0.00	0.0	100	2.4	1	0.0	2.0	0.0
Salsa cup^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
dressing ranch light^	1 TBSP	16	4	10	0.00	0.01	16.9	39	0.11	0	0.42	0.85	1.27
Sour cream- A&E	1 EACH	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0
Pizza garlic f.b cheese (19)	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0
margarine cup^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
milk vty half pints^													
Weighted Daily Average		1041	*125	1616	7.92	3.94	1080.1	2124	30.29	*39	61.38	106.81	40.62
% of Calories										*15.1%	23.6%	41.1%	35.1%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

Mon - 02/01/2021	Total												
K-12 Lunch	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
NO SCHOOL TODAY		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00
Weighted Daily Average										0.0%	0.0%	0.0%	0.0%
% of Calories													
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

Tue - 02/02/2021	Total												
K-12 Lunch	8 oz	165	60	783	0.58	0.96	9.7	30	0.66	*0	20.62	6.17	5.97
chicken noodle soup^	pouch	50	0	60	1.00	0.36	20.0	500	0.0	0	1.0	7.0	1.5
mini saltine crackers	1.5 oz	153	8	172	1.72	1.48	51.7	339	2.61	*3	3.75	21.58	5.87
rolls, hot w/ lq egg^	1/2 cup	4	0	5	0.27	0.06	5.3	889	10.67	0	0.09	0.36	0.0
peas and carrots^	1/2	75	0	13	1.25	0.45	0.0	0	1.5	*N/A*	0.0	17.55	0.0
pear slices, diced	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
dressing ranch light^	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
Lion Cub Meal^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
yogurt variety^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
milk vty half pints^													

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Linn-Mar Community Schools

Jan 4, 2021 thru Feb 26, 2021

Base Menu Spreadsheet

K-12 Lunch

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)
Weighted Daily Average % of Calories		0	*0	1	0.00	0.00	0.4	2	0.03	*0	0.02	0.06	0.01
										*16.3%	18.4%	52.2%	27.9%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

Wed - 02/03/2021													
K-12 Lunch	Total												
chicken mandarin orange	serving	150	55	207	1.00	1.08	0.0	100	0.0	9	15.0	17.0	3.0
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
vegetables stir fry	1/2 cup	17	0	13	1.00	0.18	10.0	500	0.6	1	0.0	3.0	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
mandarin oranges^	1/2 cup	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0
Pizza garlic f.b cheese (19)	1 EACH	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0
margarine cup^	each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0
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 % of Calories		878	*100	1366	5.63	4.14	785.0	2850	28.80	*52	47.58	110.91	29.08
										*23.7%	21.7%	50.5%	29.8%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

Thu - 02/04/2021													
K-12 Lunch	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 mozz&cheddar shredded	1 OZ	83	17	182	0.00	0.05	232.0	163	0.0	*N/A*	7.23	0.66	5.6
corn^	1/2 cup	62	0	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44
Strawberry cup, froz (19) comm	1 each	90	0	0	2.00	0.00	0.0	0	0.0	18	1.0	22.0	0.0
Salsa cup^	3 oz	10	0	65	0.00	0.00	0.0	100	2.4	1	0.0	2.0	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
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
Lion Cub Meal^	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 % of Calories		1257	*94	1828	14.65	7.50	1226.6	*5639	*74.65	*65	50.92	168.28	43.21
										*20.6%	16.2%	53.6%	30.9%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

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Linn-Mar Community Schools

Jan 4, 2021 thru Feb 26, 2021

Base Menu Spreadsheet

K-12 Lunch

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)
Fri - 02/05/2021													
K-12 Lunch	Total												
chicken patty (4ozGold) s/w	1 EACH	379	63	690	4.22	3.72	230.6	59	0.0	6	28.28	45.79	9.8
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
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
Pizza garlic f.b cheese (19)	1 EACH	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0
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		1219	*108	2331	10.47	6.78	980.6	1359	15.28	*40	62.77	160.02	38.29
% of Calories										*13.2%	20.6%	52.5%	28.3%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

Mon - 02/08/2021													
K-12 Lunch	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
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^	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
Pizza garlic f.b cheese (19)	1 EACH	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0
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		1072	*85	2405	13.19	7.14	1017.1	1551	3.62	*58	57.32	145.00	34.13
% of Calories										*21.5%	21.4%	54.1%	28.6%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

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Linn-Mar Community Schools

Jan 4, 2021 thru Feb 26, 2021

Base Menu Spreadsheet

K-12 Lunch

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)
Tue - 02/09/2021													
K-12 Lunch	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^	4 EACH	127	27	387	0.00	0.24	26.7	0	0.0	1	4.67	2.0	11.34
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
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
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
Lion Cub Meal^	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		0	*0	1	0.00	0.00	0.4	2	0.03	*0	0.01	0.07	0.02
% of Calories										*24.4%	11.3%	57.1%	31.6%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

Wed - 02/10/2021													
K-12 Lunch	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
pineapple tidbits	1/2 cup	80	0	0	1.00	0.36	20.0	0	6.0	17	0.0	19.0	0.0
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
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Pizza garlic f.b cheese (19)	1 EACH	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0
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		1105	*86	1721	12.65	6.36	866.0	14459	22.99	*53	57.55	131.58	41.09
% of Calories										*19.1%	20.8%	47.6%	33.5%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

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Linn-Mar Community Schools

Jan 4, 2021 thru Feb 26, 2021

Base Menu Spreadsheet

K-12 Lunch

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 - 02/11/2021	Total												
K-12 Lunch													
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
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 slices, diced	1/2	75	0	13	1.25	0.45	0.0	0	1.5	*N/A*	0.0	17.55	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
Lion Cub Meal^	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		1	*0	1	0.01	*0.00	*0.5	*3	*0.03	*0	0.02	0.07	0.02
% of Calories										*17.8%	14.9%	53.2%	31.9%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

Fri - 02/12/2021	Total												
K-12 Lunch													
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
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
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
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
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Pizza garlic f.b cheese (19)	1 EACH	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0
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		1170	*105	2147	13.31	4.58	825.5	12002	17.26	56	59.99	134.62	46.04
% of Calories										19.0%	20.5%	46.0%	35.4%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

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Linn-Mar Community Schools

Jan 4, 2021 thru Feb 26, 2021

Base Menu Spreadsheet

K-12 Lunch

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 - 02/15/2021													
K-12 Lunch	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
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^	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
Pizza garlic f.b cheese (19)	1 EACH	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0
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		1212	*135	2345	14.19	7.86	1037.1	1351	2.42	*57	57.32	157.00	44.13
% of Calories										*18.7%	18.9%	51.8%	32.8%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

Tue - 02/16/2021													
K-12 Lunch	Total												
French toast sticks	3 sticks	210	125	310	2.00	2.00	52.0	200	0.0	9	8.0	39.0	7.0
egg patty	1 each	50	100	120	0.00	0.36	20.0	100	0.0	0	3.0	1.0	3.5
cucumber slices	1/4 cup	3	0	1	0.21	0.07	4.2	22	0.96	0	0.18	0.65	0.05
Hummus Cup (commodity)	3 oz	110	0	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	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
Lion Cub Meal^	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		1141	*268	1784	14.05	*6.18	1009.7	4870	76.45	*74	42.95	177.38	33.36
% of Calories										*26.0%	15.1%	62.2%	26.3%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

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

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Linn-Mar Community Schools

Jan 4, 2021 thru Feb 26, 2021

Base Menu Spreadsheet

K-12 Lunch

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 - 02/17/2021													
K-12 Lunch	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
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0
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
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
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
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
Pizza garlic f.b cheese (19)	1 EACH	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0
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		1244	*129	2809	6.03	5.97	1074.7	2802	40.53	*41	63.59	127.44	54.94
% of Calories										*13.2%	20.4%	41.0%	39.7%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

Thu - 02/18/2021													
K-12 Lunch	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
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
Lion Cub Meal^	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		1210	*78	2603	12.05	6.32	1113.4	4943	69.24	*59	40.49	161.06	45.55
% of Calories										*19.5%	13.4%	53.2%	33.9%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

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Linn-Mar Community Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 4, 2021 thru Feb 26, 2021

K-12 Lunch

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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 - 02/19/2021													
K-12 Lunch	Total												
taco, chicken	2 OZ	162	59	165	1.15	1.45	15.0	504	4.75	*1	20.25	6.34	5.53
tortilla 8" whole grain	1 EACH	120	0	220	2.00	0.00	60.0	0	0.0	1	3.0	21.0	3.0
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 mozz&cheddar shredded	1 OZ	83	17	182	0.00	0.05	232.0	163	0.0	*N/A*	7.23	0.66	5.6
pepper strips green	1/4 cup	5	0	1	0.39	0.08	2.3	85	18.49	1	0.2	1.07	0.04
Mixed Berries, Cups, Frozen	1 each	90	0	0	2.00	0.00	0.0	0	0.0	16	0.0	20.0	0.0
Salsa cup^	3 oz	10	0	65	0.00	0.00	0.0	100	2.4	1	0.0	2.0	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
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
Pizza garlic f.b cheese (19)	1 EACH	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0
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		1041	*125	1616	7.92	3.94	1080.1	2124	30.29	*39	61.38	106.81	40.62
% of Calories										*15.1%	23.6%	41.1%	35.1%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

Mon - 02/22/2021													
K-12 Lunch	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
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
pineapple tidbits	1/2 cup	83	0	0	1.04	0.37	20.8	0	6.24	18	0.0	19.77	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
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
Pizza garlic f.b cheese (19)	1 EACH	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0
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		1261	*130	2604	9.45	5.66	1102.2	3045	51.13	*45	66.66	127.07	56.45
% of Calories										*14.1%	21.1%	40.3%	40.3%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

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Linn-Mar Community Schools

Jan 4, 2021 thru Feb 26, 2021

Base Menu Spreadsheet

K-12 Lunch

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 - 02/23/2021													
K-12 Lunch	Total												
chicken noodle soup^	8 oz	165	60	783	0.58	0.96	9.7	30	0.66	*0	20.62	6.17	5.97
mini saltine crackers	pouch	50	0	60	1.00	0.36	20.0	500	0.0	0	1.0	7.0	1.5
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
peas and carrots^	1/2 cup	4	0	5	0.27	0.06	5.3	889	10.67	0	0.09	0.36	0.0
pear slices, diced	1/2	75	0	13	1.25	0.45	0.0	0	1.5	*N/A*	0.0	17.55	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^	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		0	*0	1	0.00	0.00	0.4	2	0.03	*0	0.02	0.06	0.01
% of Calories										*16.3%	18.4%	52.2%	27.9%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

Wed - 02/24/2021													
K-12 Lunch	Total												
chicken mandarin orange	serving	150	55	207	1.00	1.08	0.0	100	0.0	9	15.0	17.0	3.0
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
vegetables stir fry	1/2 cup	17	0	13	1.00	0.18	10.0	500	0.6	1	0.0	3.0	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
mandarin oranges^	1/2 cup	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0
Pizza garlic f.b cheese (19)	1 EACH	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0
margarine cup^	each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0
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		878	*100	1366	5.63	4.14	785.0	2850	28.80	*52	47.58	110.91	29.08
% of Calories										*23.7%	21.7%	50.5%	29.8%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

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Linn-Mar Community Schools

Jan 4, 2021 thru Feb 26, 2021

Base Menu Spreadsheet

K-12 Lunch

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)
Thu - 02/25/2021													
K-12 Lunch	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 mozz&cheddar shredded	1 OZ	83	17	182	0.00	0.05	232.0	163	0.0	*N/A*	7.23	0.66	5.6
corn^	1/2 cup	62	0	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44
Strawberry cup, froz (19) comm	1 each	90	0	0	2.00	0.00	0.0	0	0.0	18	1.0	22.0	0.0
Salsa cup^	3 oz	10	0	65	0.00	0.00	0.0	100	2.4	1	0.0	2.0	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
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
Lion Cub Meal^	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		1257	*94	1828	14.65	7.50	1226.6	*5639	*74.65	*65	50.92	168.28	43.21
% of Calories										*20.6%	16.2%	53.6%	30.9%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

Fri - 02/26/2021													
K-12 Lunch	Total												
chicken patty (4ozGold) s/w	1 EACH	379	63	690	4.22	3.72	230.6	59	0.0	6	28.28	45.79	9.8
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 tbs	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
Pizza garlic f.b cheese (19)	1 EACH	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0
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		1219	*108	2331	10.47	6.78	980.6	1359	15.28	*40	62.77	160.02	38.29
% of Calories										*13.2%	20.6%	52.5%	28.3%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0

Weighted Average		999	*108	1929	11.09	*6.10	*882.2	*9979	*39.68	*44	48.96	124.77	35.80
										*40.1%	19.6%	50.0%	32.2%

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