

MNPS Nutrition Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/02/2017															
Lunch Menu: Grades 9-12 Manager's Choice Lunch, 9-12	Total 1 EACH	800	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average % of Calories		800	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Tue - 10/03/2017															
Lunch Menu: Grades 9-12 Manager's Choice Lunch, 9-12	Total 1 EACH	800	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average % of Calories		800	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Wed - 10/04/2017															
Lunch Menu: Grades 9-12 Manager's Choice Lunch, 9-12	Total 1 EACH	800	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average % of Calories		800	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Thu - 10/05/2017															
Lunch Menu: Grades 9-12 Manager's Choice Lunch, 9-12	Total 1 EACH	800	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average % of Calories		800	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

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Base Menu Spreadsheet

Lunch Menu: Grades 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/06/2017															
Lunch Menu: Grades 9-12 NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Mon - 10/09/2017															
Lunch Menu: Grades 9-12 NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Tue - 10/10/2017															
Lunch Menu: Grades 9-12 NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Wed - 10/11/2017															
Lunch Menu: Grades 9-12 NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Thu - 10/12/2017															
Lunch Menu: Grades 9-12 NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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Base Menu Spreadsheet

Lunch Menu: Grades 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Fri - 10/13/2017															
Lunch Menu: Grades 9-12	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Mon - 10/16/2017															
Lunch Menu: Grades 9-12	Total														
Parlor Pizza: 9-12	1 EACH	313	27	673	3.33	1.98	316.7	333	0.0	4	17.0	35.0	12.0	4.83	0.00
Chicken Parmesan Ciabatta	1 EACH	483	29	693	7.00	11.98	80.6	277	3.0	4	23.77	52.25	20.52	3.89	0.00
Chef Salad w/ Crispy Chicken	1 EACH	569	45	1156	8.94	11.19	236.4	8192	11.98	7	31.39	55.56	26.26	5.57	*0.00
Chef Salad w/ Hard-Boiled Egg	1 EACH	338	113	787	5.94	1.48	248.9	8320	11.98	6	18.53	39.84	13.91	3.89	*0.00
Caprese Ciabatta	1 EACH	362	31	608	4.08	1.68	442.1	956	12.33	4	20.25	35.57	16.07	7.75	0.00
Tossed Spring Mix Salad: 9-12	1.25 CUP	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*0.00
Tuscan Blend	1/2 CUP	43	0	176	2.34	0.30	43.6	961	7.68	2	1.17	8.7	0.16	0.13	0.00
Mustard Greens	1/2 CUP	50	0	26	4.68	1.68	233.3	3099	14.0	2	1.72	8.24	0.93	0.00	0.00
Assorted Fresh Fruit: Lunch	1 EACH	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Weighted Daily Average		641	35	1043	14.79	8.19	800.3	9979	48.26	*38	32.08	90.82	17.01	5.14	*0.00
% of Calories										*23.8%	20.0%	56.6%	23.9%	7.2%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

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MNPS Nutrition Services

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Base Menu Spreadsheet

Lunch Menu: Grades 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/17/2017															
Lunch Menu: Grades 9-12	Total														
Turkey Tetrazzini	3/4 CUP	259	16	673	2.39	1.70	167.9	255	1.0	*2	19.28	32.19	5.11	2.73	*0.00
Baked Lemon Chicken: 9-12	1 THIGH	270	70	208	0.10	0.77	1.1	2	0.71	0	19.14	1.3	21.01	6.00	0.00
Roll, WG: 2 oz	1 EACH	140	5	80	7.00	1.44	20.0	0	0.0	10	5.0	32.0	2.5	1.00	0.00
Waldorf Chicken Salad	1 EACH	371	40	532	5.16	1.85	51.2	3043	6.52	21	22.81	57.16	8.6	1.06	0.00
PB & Grape Jelly Sandwich	1 EACH	600	0	540	7.00	2.70	60.0	0	0.0	29	18.0	64.0	34.0	6.00	0.00
Tossed Spring Mix Salad: 9-12	1.25 CUP	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*0.00
Baked Potato	1 EACH	168	0	11	2.77	1.83	27.7	2	12.14	1	4.56	38.49	0.17	0.06	0.00
Peas & Carrots	1/2 CUP	45	0	102	2.63	0.79	24.4	7930	6.75	4	2.63	9.46	0.47	0.13	0.00
Assorted Fresh Fruit: Lunch	1 EACH	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Weighted Daily Average		786	47	800	16.83	6.08	489.4	12487	46.12	*48	39.65	126.98	17.62	5.71	*0.00
% of Calories										*24.6%	20.2%	64.6%	20.2%	6.5%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/18/2017															
Lunch Menu: Grades 9-12	Total														
Carnival Corn Dog	1 EACH	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
Pozole	1 CUP	210	38	319	3.12	4.12	60.4	566	42.44	*2	17.09	25.51	3.58	1.01	*0.00
Roll, WG: 2 oz	1 EACH	140	5	80	7.00	1.44	20.0	0	0.0	10	5.0	32.0	2.5	1.00	0.00
Tex Mex Salad	1 EACH	451	39	925	11.85	5.31	280.8	4243	16.87	*8	24.67	55.14	14.51	4.67	*0.00
Grilled Cheese on Texas Toast	1 EACH	443	61	964	2.00	2.88	485.0	617	4.8	2	22.18	46.0	20.23	10.12	0.00
Tossed Spring Mix Salad: 9-12	1.25 CUP	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*0.00
Sweet Golden Corn	1/2 CUP	87	0	93	2.00	0.35	9.6	98	3.51	3	2.96	19.37	0.68	0.12	0.00
Steamed Broccoli	1/2 CUP	36	0	111	2.95	0.58	58.3	963	38.21	*0	3.0	6.96	0.3	0.14	0.00
Assorted Fresh Fruit: Lunch	1 EACH	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Weighted Daily Average		632	51	873	15.50	5.67	564.9	8068	85.05	*41	32.67	104.76	11.61	4.52	*0.00
% of Calories										*26.2%	20.7%	66.3%	16.5%	6.4%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

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Lunch Menu: Grades 9-12

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/19/2017															
Lunch Menu: Grades 9-12	Total														
BBQ Beef Cornbread Casserole	1 CUP	445	70	868	2.97	3.94	151.6	414	12.35	*8	22.81	42.66	19.91	7.61	0.91
Roll, WG: 2 oz	1 EACH	140	5	80	7.00	1.44	20.0	0	0.0	10	5.0	32.0	2.5	1.00	0.00
Pulled Chicken BBQ Sandwich	1 EACH	248	40	483	4.29	2.52	26.0	165	1.22	7	19.59	34.62	5.45	1.02	0.00
Salad Bar	1 EACH	698	55	2665	12.90	4.45	235.5	5595	43.2	*3	29.8	100.66	20.9	3.97	*0.00
PB & Grape Jelly Sandwich	1 EACH	600	0	540	7.00	2.70	60.0	0	0.0	29	18.0	64.0	34.0	6.00	0.00
Baked Beans	#6 SCOOP	139	0	407	6.32	0.21	49.2	90	2.53	*2	6.33	28.29	0.03	0.01	*0.00
Honey Roasted Sweet Potatoes	1/2 CUP	116	0	72	3.00	0.63	30.2	14158	2.57	*4	1.58	22.91	2.29	0.34	0.00
Creamy Cole Slaw	1/2 CUP	80	6	56	0.84	0.17	17.4	413	12.67	*2	0.55	3.47	7.21	1.11	*0.00
Assorted Fresh Fruit: Lunch	1 EACH	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Weighted Daily Average		891	70	1488	18.17	5.54	504.9	11677	46.18	*49	40.26	134.14	24.35	6.91	*0.48
% of Calories										*21.9%	18.1%	60.2%	24.6%	7.0%	*0.5%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/20/2017															
Lunch Menu: Grades 9-12	Total														
Hamburger on Bun	1 EACH	268	40	339	4.00	2.87	20.0	0	0.0	3	15.88	29.0	11.88	3.95	0.49
Cheeseburger on Bun	1 EACH	348	55	619	4.00	2.87	220.0	200	0.0	4	22.88	31.0	17.88	7.45	0.49
Turkeyburger on Bun	1 EACH	250	55	540	4.00	2.88	40.0	0	1.2	3	18.0	30.0	8.0	1.50	0.00
Veggie Burger on Bun	1 EACH	300	5	650	9.00	2.52	60.0	0	0.0	4	20.0	44.0	9.0	1.00	0.00
Blackened Tilapia	1 EACH	118	57	127	0.33	0.83	13.9	910	0.36	*0	23.39	4.43	2.03	0.66	*0.00
Lemon Garlic Tilapia	1 EACH	112	57	138	0.15	0.78	11.6	94	1.4	*0	23.11	0.83	2.03	0.65	*0.00
Roll, WG: 2 oz	1 EACH	140	5	80	7.00	1.44	20.0	0	0.0	10	5.0	32.0	2.5	1.00	0.00
Turkey Ham & Cheese Roll-Up	1 EACH	371	65	1329	4.00	2.07	480.0	400	1.05	4	27.75	30.88	17.13	8.88	0.00
Protein Bento Box: 9-12	1 EACH	516	207	861	8.19	2.23	278.9	5991	7.89	6	23.27	41.94	28.52	10.18	*0.00
Tossed Spring Mix Salad: 9-12	1.25 CUP	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*0.00
Onion Rings	5 RINGS	200	0	230	3.00	1.08	100.1	25	4.01	5	3.0	28.04	8.01	1.50	0.00
Roasted Vegetable Medley	1/2 CUP	30	0	68	2.08	0.37	25.5	1520	27.37	*2	1.04	6.05	0.08	0.06	*0.00
Fresh Trimmings	1 EACH	38	0	115	1.26	0.35	27.8	1994	5.97	6	0.8	8.53	0.23	0.04	0.00
Assorted Fresh Fruit: Lunch	1 EACH	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Weighted Daily Average		736	75	979	15.05	5.31	606.3	9749	59.65	*47	38.65	103.58	21.51	7.03	*0.26
% of Calories										*25.4%	21.0%	56.3%	26.3%	8.6%	*0.3%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

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Lunch Menu: Grades 9-12

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/23/2017															
Lunch Menu: Grades 9-12	Total														
Cheesy Garlic Pizza w/ Marinara	1 EACH	398	38	517	3.00	2.40	430.0	374	3.01	4	21.5	34.31	19.7	7.93	*0.00
California Chicken Ciabatta	1 EACH	440	69	1077	*4.24	*2.34	65.1	*442	*1.49	4	21.26	34.04	26.99	6.37	*0.00
Chicken Caesar Salad	1 EACH	443	74	871	3.50	1.84	181.8	3087	3.6	3	25.29	34.27	24.07	5.24	*0.00
Roasted Vegetable Wrap	1 EACH	446	15	904	*10.17	3.59	143.7	680	37.3	*5	15.25	46.72	21.95	6.37	*0.00
Tossed Spring Mix Salad: 9-12	1.25 CUP	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*0.00
Creamed Spinach	1/2 CUP	116	5	241	5.15	3.19	315.2	19261	10.11	*4	9.64	12.03	4.7	1.25	*0.00
Sweet Golden Corn	1/2 CUP	87	0	93	2.00	0.35	9.6	98	3.51	3	2.96	19.37	0.68	0.12	0.00
Assorted Fresh Fruit: Lunch	1 EACH	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Weighted Daily Average		779	56	1149	*14.16	*6.46	894.7	*22025	*45.89	*41	41.82	98.88	27.14	8.75	*0.00
% of Calories										*21.1%	21.5%	50.8%	31.4%	10.1%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/24/2017															
Lunch Menu: Grades 9-12	Total														
Breaded Fish Sandwich	1 EACH	322	40	877	5.01	5.84	20.0	101	1.21	3	17.12	43.15	10.08	1.52	0.00
Green Chile Chicken: Thigh	1 EACH	314	72	506	0.13	1.06	38.8	77	12.17	*0	20.55	4.8	24.22	6.89	*0.00
Cheese Grits: 9-12	1 CUP	180	13	2033	1.90	0.76	164.2	130	0.0	*0	6.21	27.47	5.14	2.53	*0.00
Tex Mex Salad	1 EACH	451	39	925	11.85	5.31	280.8	4243	16.87	*8	24.67	55.14	14.51	4.67	*0.00
PB & Grape Jelly Sandwich	1 EACH	600	0	540	7.00	2.70	60.0	0	0.0	29	18.0	64.0	34.0	6.00	0.00
Tossed Spring Mix Salad: 9-12	1.25 CUP	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*0.00
Roasted Redskins	1/2 CUP	105	0	190	2.11	0.76	0.0	0	6.33	*N/A*	2.11	20.03	2.11	0.00	0.00
Roasted Squash	1/2 CUP	47	1	167	1.20	0.54	39.0	239	23.24	*3	1.66	4.73	3.01	0.65	0.00
Fresh Trimmings	1 EACH	38	0	115	1.26	0.35	27.8	1994	5.97	6	0.8	8.53	0.23	0.04	0.00
Assorted Fresh Fruit: Lunch	1 EACH	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Weighted Daily Average		737	54	1772	12.59	6.84	469.7	7636	59.62	*42	33.76	103.42	23.18	5.26	*0.00
% of Calories										*22.7%	18.3%	56.1%	28.3%	6.4%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

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MNPS Nutrition Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/25/2017															
Lunch Menu: Grades 9-12															
	Total														
Sweet Thai Chili Chicken	1/2 CUP	139	45	365	0.00	0.72	0.0	0	2.4	6	11.0	17.0	3.0	0.50	0.00
Teriyaki Beef and Broccoli	4 EACH	185	33	607	1.82	2.20	9.1	444	13.62	*5	13.68	14.45	8.13	3.30	0.30
Asian-Style Fried Rice:9-12	1 CUP	173	0	216	5.61	1.33	47.7	5069	10.38	*0	5.84	33.89	1.54	0.25	0.00
Chinese Chicken Salad	1 EACH	393	37	477	7.67	3.79	162.3	8145	38.1	*13	24.51	47.34	11.43	2.26	0.00
Grilled Cheese on Texas Toast	1 EACH	443	61	964	2.00	2.88	485.0	617	4.8	2	22.18	46.0	20.23	10.12	0.00
Tossed Spring Mix Salad: 9-12	1.25 CUP	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*0.00
Vegetable Egg Roll	1 EACH	140	9	290	3.00	0.72	20.0	2250	15.0	4	4.0	20.0	6.0	0.50	0.00
Stir Fry Veggies	1/2 CUP	45	0	4	1.43	0.34	14.4	574	79.89	*1	0.97	5.93	2.31	0.33	*0.00
Assorted Fresh Fruit: Lunch	1 EACH	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Weighted Daily Average		682	54	1127	13.39	4.97	492.7	12729	116.21	*40	33.17	102.27	17.09	4.77	*0.14
% of Calories										*23.5%	19.5%	60.0%	22.6%	6.3%	*0.2%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/26/2017															
Lunch Menu: Grades 9-12															
	Total														
Game Day Hotdog	1 EACH	269	45	919	3.98	2.87	59.9	0	1.2	3	11.97	28.85	12.49	3.00	0.00
Baked Potato Bar, Beef	1 EACH	373	70	149	3.87	3.90	45.1	82	17.2	*2	24.35	37.25	13.86	5.51	*0.91
Baked Potato Bar, Chicken	1 EACH	252	40	168	3.87	2.43	26.9	82	17.2	*2	17.89	37.93	3.63	1.08	*0.00
Roll, WG: 2 oz	1 EACH	140	5	80	7.00	1.44	20.0	0	0.0	10	5.0	32.0	2.5	1.00	0.00
Salad Bar	1 EACH	698	55	2665	12.90	4.45	235.5	5595	43.2	*3	29.8	100.66	20.9	3.97	*0.00
PB & Grape Jelly Sandwich	1 EACH	600	0	540	7.00	2.70	60.0	0	0.0	29	18.0	64.0	34.0	6.00	0.00
Roasted Broccoli	1/2 CUP	21	0	48	0.84	0.24	15.1	198	28.35	*1	0.92	2.23	1.24	0.17	*0.00
3-Bean Vegetarian Chili	1 CUP	144	0	200	7.22	2.03	62.2	640	9.96	*1	6.77	22.07	2.97	0.35	*0.00
Assorted Fresh Fruit: Lunch	1 EACH	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Weighted Daily Average		758	59	1369	17.26	6.35	467.5	2604	69.40	*39	37.25	112.90	19.83	4.98	*0.23
% of Calories										*20.4%	19.7%	59.6%	23.6%	5.9%	*0.3%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

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MNPS Nutrition Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/27/2017															
Lunch Menu: Grades 9-12	Total														
Baked Spaghetti & Meatballs	1 CUP	213	47	539	3.53	3.54	53.7	359	11.33	5	15.41	26.99	5.36	1.93	*0.00
Cheesy Breadstick	1 EACH	89	2	132	2.00	0.37	33.7	45	0.0	3	3.91	15.01	1.91	0.45	0.00
Chili Lime Tilapia	1 EACH	139	57	472	1.40	1.37	42.6	1068	0.68	*1	23.52	6.17	2.87	1.00	*0.00
Italian Baked Tilapia	1 EACH	211	57	640	1.43	1.91	73.8	52	2.64	*1	26.28	19.34	3.47	1.20	*0.00
Roll, WG: 2 oz	1 EACH	140	5	80	7.00	1.44	20.0	0	0.0	10	5.0	32.0	2.5	1.00	0.00
Chef Salad w/ Crispy Chicken	1 EACH	569	45	1156	8.94	11.19	236.4	8192	11.98	7	31.39	55.56	26.26	5.57	*0.00
Chef Salad w/ Hard-Boiled Egg	1 EACH	338	113	787	5.94	1.48	248.9	8320	11.98	6	18.53	39.84	13.91	3.89	*0.00
Protein Bento Box: 9-12	1 EACH	516	207	861	8.19	2.23	278.9	5991	7.89	6	23.27	41.94	28.52	10.18	*0.00
Tossed Spring Mix Salad: 9-12	1.25 CUP	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*0.00
Buffalo Cauliflower	1/2 CUP	44	0	331	1.23	0.25	30.4	113	26.24	1	1.12	6.52	1.96	0.53	0.00
Mixed Vegetables	1/2 CUP	82	0	125	3.81	0.45	4.8	2205	6.05	4	3.88	16.2	0.8	0.06	0.00
Assorted Fresh Fruit: Lunch	1 EACH	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Weighted Daily Average		628	66	1275	15.49	5.87	475.3	10036	68.36	*45	37.33	98.65	12.33	3.80	*0.00
% of Calories										*28.3%	23.8%	62.8%	17.7%	5.4%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Mon - 10/30/2017															
Lunch Menu: Grades 9-12	Total														
Hamburger on Bun	1 EACH	268	40	339	4.00	2.87	20.0	0	0.0	3	15.88	29.0	11.88	3.95	0.49
Cheeseburger on Bun	1 EACH	348	55	619	4.00	2.87	220.0	200	0.0	4	22.88	31.0	17.88	7.45	0.49
Turkeyburger on Bun	1 EACH	250	55	540	4.00	2.88	40.0	0	1.2	3	18.0	30.0	8.0	1.50	0.00
Veggie Burger on Bun	1 EACH	300	5	650	9.00	2.52	60.0	0	0.0	4	20.0	44.0	9.0	1.00	0.00
Moroccan Chicken: 9-12	1 THIGH	299	70	154	0.48	0.90	6.0	294	0.36	0	19.16	2.76	24.14	6.44	0.00
Roll, WG: 2 oz	1 EACH	140	5	80	7.00	1.44	20.0	0	0.0	10	5.0	32.0	2.5	1.00	0.00
Waldorf Chicken Salad	1 EACH	371	40	532	5.16	1.85	51.2	3043	6.52	21	22.81	57.16	8.6	1.06	0.00
Tuna Flatbread	1 EACH	300	40	1125	4.27	1.57	44.3	5353	8.73	9	23.45	36.91	5.85	1.03	0.00
Tossed Spring Mix Salad: 9-12	1.25 CUP	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*0.00
Sidewinders	1/2 CUP	141	0	353	2.02	0.36	0.0	0	2.42	0	2.02	23.18	4.03	0.50	0.00
Turnip Greens, Frozen	1/2 CUP	23	0	14	2.43	1.45	113.5	5891	25.6	*0	2.41	3.79	0.33	0.07	0.00
Fresh Trimmings	1 EACH	38	0	115	1.26	0.35	27.8	1994	5.97	6	0.8	8.53	0.23	0.04	0.00
Assorted Fresh Fruit: Lunch	1 EACH	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00

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MNPS Nutrition Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		696	56	1102	13.28	5.57	553.9	12044	53.99	*40	34.90	98.23	21.26	6.78	*0.40
% of Calories										*23.2%	20.1%	56.4%	27.5%	8.8%	*0.5%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Tue - 10/31/2017															
Lunch Menu: Grades 9-12	Total														
Chicken Taco	1 EACH	241	40	351	4.06	2.00	81.0	65	0.59	*2	18.57	27.34	5.91	2.02	*0.00
Beef Taco	1 EACH	362	70	332	4.06	3.47	99.1	65	0.59	*2	25.03	26.67	16.14	6.45	*0.91
Veggie Taco	1 EACH	324	0	489	14.03	4.83	139.7	7533	4.89	*4	13.24	58.72	3.71	1.18	*0.00
Burrito Rice Bowl:9-12	1 EACH	709	110	736	12.67	7.90	84.4	8131	11.71	*3	46.86	83.02	20.63	6.81	*0.91
Tex Mex Salad	1 EACH	451	39	925	11.85	5.31	280.8	4243	16.87	*8	24.67	55.14	14.51	4.67	*0.00
PB & Grape Jelly Sandwich	1 EACH	600	0	540	7.00	2.70	60.0	0	0.0	29	18.0	64.0	34.0	6.00	0.00
Tossed Spring Mix Salad: 9-12	1.25 CUP	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*0.00
Black Bean Fiesta	1/2 CUP	143	0	235	6.13	1.14	14.7	662	13.2	6	6.13	24.52	3.07	0.00	0.00
Mexican Street Corn	1 COB	144	5	161	4.01	1.45	31.4	81	5.0	4	4.01	25.67	2.16	0.84	0.03
Assorted Fresh Fruit: Lunch	1 EACH	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Weighted Daily Average		928	81	1041	21.04	8.31	466.0	9958	49.61	*44	49.97	131.92	22.34	6.62	*0.61
% of Calories										*19.1%	21.5%	56.9%	21.7%	6.4%	*0.6%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Weighted Average		756	*44	*876	*11.47	*4.45	*423.8	*8062	*46.52	*32 *38.0%	*27.97 *14.8%	*81.41 *43.1%	*14.45 *17.2%	*4.14 *4.9%	*N/A*
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MNPS Nutrition Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	756		750 - 850	100%													
Cholesterol (mg)	44				Missing												
Sodium (mg)	876		1420		Missing												
Fiber (g)	11.47				Missing												
Iron (mg)	4.45				Missing												
Calcium (mg)	423.8				Missing												
Vitamin A (IU)	8062				Missing												
Sugars (g)	32	16.88%			Missing												
Vitamin C (mg)	46.52				Missing												
Protein (g)	27.97	14.80%			Missing												
Carbohydrate (g)	81.41	43.08%			Missing												
Total Fat (g)	14.45	17.21%	<=35.00%		Missing												
Saturated Fat (g)	4.14	4.93%	<10.00%		Missing												
Trans Fat ¹ (g)	*N/A*				Missing												

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