

MNPS Nutrition Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch Menu: K-8

Portion Values - Detailed

	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: K-8 Manager's Choice Lunch	Total 1 EACH	600	*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		600	*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		600-650		1230									<=35.0	<10.00	

Tue - 10/03/2017															
Lunch Menu: K-8 Manager's Choice Lunch	Total 1 EACH	600	*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		600	*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		600-650		1230									<=35.0	<10.00	

Wed - 10/04/2017															
Lunch Menu: K-8 Manager's Choice Lunch	Total 1 EACH	600	*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		600	*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		600-650		1230									<=35.0	<10.00	

Thu - 10/05/2017															
Lunch Menu: K-8 Manager's Choice Lunch	Total 1 EACH	600	*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		600	*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		600-650		1230									<=35.0	<10.00	

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

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MNPS Nutrition Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch Menu: K-8

Portion Values - Detailed

Page 2

Generated on: 9/25/2017 8:32:28 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/06/2017															
Lunch Menu: K-8 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		600-650		1230									<=35.0	<10.00	

Mon - 10/09/2017															
Lunch Menu: K-8 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		600-650		1230									<=35.0	<10.00	

Tue - 10/10/2017															
Lunch Menu: K-8 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		600-650		1230									<=35.0	<10.00	

Wed - 10/11/2017															
Lunch Menu: K-8 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		600-650		1230									<=35.0	<10.00	

Thu - 10/12/2017															
Lunch Menu: K-8 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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MNPS Nutrition Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch Menu: K-8

Portion Values - Detailed

Page 3

Generated on: 9/25/2017 8:32:28 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	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		600-650		1230									<=35.0	<10.00	

Fri - 10/13/2017															
Lunch Menu: K-8	Total SERVING	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)
NO SCHOOL TODAY		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		600-650		1230									<=35.0	<10.00	

Mon - 10/16/2017															
Lunch Menu: K-8	Total	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)
Parlor Pizza: K-8	1 EACH	290	23	547	3.33	2.40	316.7	367	0.0	10	16.67	32.0	11.33	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: K-8	3/4 CUP	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*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		577	35	903	11.05	6.76	717.3	5415	37.69	*40	30.15	79.52	16.16	5.38	*0.00
% of Calories										*27.9%	20.9%	55.1%	25.2%	8.4%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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MNPS Nutrition Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch Menu: K-8

Portion Values - Detailed

Page 4

Generated on: 9/25/2017 8:32:28 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/17/2017															
Lunch Menu: K-8	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: K-8	1 DRUMS	160	75	228	0.10	1.49	1.1	2	0.71	0	22.15	1.3	7.01	2.00	0.00
	TICK														
Roll, WG: 1 oz	1 EACH	80	0	135	1.00	0.72	20.0	0	0.0	2	3.0	14.0	1.0	0.00	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: K-8	3/4 CUP	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*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		686	42	843	10.64	5.37	461.8	9971	41.14	*42	37.88	109.85	11.94	3.39	*0.00
% of Calories										*24.4%	22.1%	64.0%	15.7%	4.4%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

Wed - 10/18/2017															
Lunch Menu: K-8	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
Cornbread Muffin	1 SQUARE	139	0	402	1.54	1.11	93.4	31	0.0	6	1.54	24.65	3.85	1.54	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 Sandwich: K-8	1 EACH	450	60	1370	3.00	1.44	840.0	800	0.0	8	34.0	33.0	26.0	14.00	0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*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		566	48	940	11.01	4.51	571.2	3541	64.06	*38	29.39	87.39	12.13	4.76	*0.00
% of Calories										*27.1%	20.8%	61.8%	19.3%	7.6%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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MNPS Nutrition Services

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Base Menu Spreadsheet

Lunch Menu: K-8

Portion Values - Detailed

Page 5

Generated on: 9/25/2017 8:32:28 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/19/2017															
Lunch Menu: K-8															
	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: 1 oz	1 EACH	80	0	135	1.00	0.72	20.0	0	0.0	2	3.0	14.0	1.0	0.00	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		769	56	1390	13.07	4.57	459.6	7361	39.13	*43	36.07	111.86	21.19	5.37	*0.32
% of Calories										*22.6%	18.8%	58.2%	24.8%	6.3%	*0.4%
Nutrient Guideline		600-650		1230									<=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)
Fri - 10/20/2017															
Lunch Menu: K-8															
	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: K-8	1 EACH	439	20	799	8.19	1.64	253.9	5731	7.89	6	16.98	41.38	23.21	8.54	*0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*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		842	116	1134	13.44	5.70	602.5	5297	57.08	*44	59.95	101.14	24.78	8.07	*0.30
% of Calories										*21.1%	28.5%	48.1%	26.5%	8.6%	*0.3%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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Base Menu Spreadsheet

Lunch Menu: K-8

Portion Values - Detailed

Page 6

Generated on: 9/25/2017 8:32:28 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/23/2017															
Lunch Menu: K-8	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: K-8	3/4 CUP	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*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		684	53	1013	*10.14	*4.72	734.9	*10473	*36.02	*37	35.69	84.08	25.08	8.18	*0.00
% of Calories										*21.6%	20.9%	49.1%	33.0%	10.8%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

Tue - 10/24/2017															
Lunch Menu: K-8	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: Drumstick	1 EACH	204	77	526	0.13	1.78	38.8	77	12.17	*0	23.55	4.8	10.22	2.89	*0.00
Cheese Grits: K-8	1/2 CUP	90	6	1016	0.95	0.38	82.1	65	0.0	*0	3.1	13.74	2.57	1.27	*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: K-8	3/4 CUP	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*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		637	50	1346	10.26	6.36	406.7	3657	43.83	*40	31.07	92.77	17.58	3.53	*0.00
% of Calories										*25.1%	19.5%	58.3%	24.9%	5.0%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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MNPS Nutrition Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch Menu: K-8

Portion Values - Detailed

Page 7

Generated on: 9/25/2017 8:32:28 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/25/2017															
Lunch Menu: K-8	Total														
Lemongrass Chicken	1/2 CUP	150	40	200	0.00	0.72	0.0	0	1.2	10	11.0	19.0	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:K-8	1/2 CUP	86	0	108	2.81	0.67	23.8	2534	5.19	*0	2.92	16.94	0.77	0.13	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 Sandwich: K-8	1 EACH	450	60	1370	3.00	1.44	840.0	800	0.0	8	34.0	33.0	26.0	14.00	0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*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		549	51	974	8.66	3.53	471.8	6194	81.85	*40	29.92	76.67	15.43	4.77	*0.15
% of Calories										*29.5%	21.8%	55.8%	25.3%	7.8%	*0.2%
Nutrient Guideline		600-650		1230									<=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: K-8	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
Cornbread Muffin	1 SQUARE	139	0	402	1.54	1.11	93.4	31	0.0	6	1.54	24.65	3.85	1.54	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		650	50	1068	10.96	5.07	440.4	1419	49.65	*39	30.63	93.27	18.36	4.87	*0.20
% of Calories										*23.7%	18.8%	57.4%	25.4%	6.7%	*0.3%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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MNPS Nutrition Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch Menu: K-8

Portion Values - Detailed

Page 8

Generated on: 9/25/2017 8:32:28 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/27/2017															
Lunch Menu: K-8	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: K-8	1 EACH	439	20	799	8.19	1.64	253.9	5731	7.89	6	16.98	41.38	23.21	8.54	*0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*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		563	59	1066	12.45	4.78	437.6	4992	47.30	*42	35.46	86.91	10.98	3.60	*0.00
% of Calories										*29.5%	25.2%	61.8%	17.6%	5.8%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

Mon - 10/30/2017															
Lunch Menu: K-8	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: K-8	1 DRUMS TICK	189	75	174	0.48	1.62	6.0	294	0.36	0	22.16	2.76	10.14	2.44	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: K-8	3/4 CUP	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*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: K-8

Portion Values - Detailed

Page 9

Generated on: 9/25/2017 8:32:28 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		613	58	951	10.35	4.52	472.3	5959	38.71	*38	33.13	86.25	17.79	5.66	*0.34
% of Calories										*24.9%	21.6%	56.3%	26.1%	8.3%	*0.5%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

Tue - 10/31/2017															
	Total														
Lunch Menu: K-8															
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	1 EACH	275	37	245	4.63	2.94	28.7	2778	4.74	*1	16.44	35.61	7.27	2.29	*0.30
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: K-8	3/4 CUP	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*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		659	51	706	12.79	5.17	420.9	3796	34.30	*40	34.02	92.81	16.99	5.09	*0.40
% of Calories										*24.4%	20.7%	56.3%	23.2%	7.0%	*0.5%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

Weighted Average		637	*42	*771	*8.18	*3.57	*387.1	*4254	*35.42	*30	*26.21	*68.66	*12.78	*3.67	*N/A*
										*42.4%	*16.5%	*43.1%	*18.0%	*5.2%	

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MNPS Nutrition Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Lunch Menu: K-8

Portion Values - Detailed

Page 10

Generated on: 9/25/2017 8:32:28 AM

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	637		600 - 650	100%													
Cholesterol (mg)	42				Missing												
Sodium (mg)	771		1230		Missing												
Fiber (g)	8.18				Missing												
Iron (mg)	3.57				Missing												
Calcium (mg)	387.1				Missing												
Vitamin A (IU)	4254				Missing												
Sugars (g)	30	18.82%			Missing												
Vitamin C (mg)	35.42				Missing												
Protein (g)	26.21	16.45%			Missing												
Carbohydrate (g)	68.66	43.10%			Missing												
Total Fat (g)	12.78	18.05%	<=35.00%		Missing												
Saturated Fat (g)	3.67	5.18%	<10.00%		Missing												
Trans Fat ¹ (g)	*N/A*				Missing												

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