

MNPS Nutrition Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Breakfast Menu: K-12

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 | | | | | | | | | | | | | | | |
| Breakfast Menu: K-12 Manager's Choice Breakfast | Total SERVING | 500 | *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 | | 500 | *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 | | 450-500 | | 540 | | | | | | | | | <=35.0 | <10.00 | |

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|---|---------------|---------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|--------|-------|
| Tue - 10/03/2017 | | | | | | | | | | | | | | | |
| Breakfast Menu: K-12 Manager's Choice Breakfast | Total SERVING | 500 | *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 | | 500 | *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 | | 450-500 | | 540 | | | | | | | | | <=35.0 | <10.00 | |

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|---|---------------|---------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|--------|-------|
| Wed - 10/04/2017 | | | | | | | | | | | | | | | |
| Breakfast Menu: K-12 Manager's Choice Breakfast | Total SERVING | 500 | *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 | | 500 | *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 | | 450-500 | | 540 | | | | | | | | | <=35.0 | <10.00 | |

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|---|---------------|---------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|--------|-------|
| Thu - 10/05/2017 | | | | | | | | | | | | | | | |
| Breakfast Menu: K-12 Manager's Choice Breakfast | Total SERVING | 500 | *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 | | 500 | *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 | | 450-500 | | 540 | | | | | | | | | <=35.0 | <10.00 | |

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MNPS Nutrition Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Breakfast Menu: K-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 | | | | | | | | | | | | | | | |
| Breakfast Menu: K-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 | | 450-500 | | 540 | | | | | | | | | <=35.0 | <10.00 | |

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|---|---------------|---------|---|-----|------|------|-----|---|------|---|------|------|--------|--------|------|
| Mon - 10/09/2017 | | | | | | | | | | | | | | | |
| Breakfast Menu: K-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 | | 450-500 | | 540 | | | | | | | | | <=35.0 | <10.00 | |

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|---|---------------|---------|---|-----|------|------|-----|---|------|---|------|------|--------|--------|------|
| Tue - 10/10/2017 | | | | | | | | | | | | | | | |
| Breakfast Menu: K-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 | | 450-500 | | 540 | | | | | | | | | <=35.0 | <10.00 | |

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|---|---------------|---------|---|-----|------|------|-----|---|------|---|------|------|--------|--------|------|
| Wed - 10/11/2017 | | | | | | | | | | | | | | | |
| Breakfast Menu: K-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 | | 450-500 | | 540 | | | | | | | | | <=35.0 | <10.00 | |

| | | | | | | | | | | | | | | | |
|---|---------------|---|---|---|------|------|-----|---|-----|---|-----|-----|-----|------|------|
| Thu - 10/12/2017 | | | | | | | | | | | | | | | |
| Breakfast Menu: K-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 |

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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MNPS Nutrition Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Breakfast Menu: K-12

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | 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 | | 450-500 | | 540 | | | | | | | | | <=35.0 | <10.00 | |

| Fri - 10/13/2017 | | | | | | | | | | | | | | | |
|------------------------|---------|---------|---|-----|------|------|-----|---|------|------|------|------|--------|--------|------|
| Breakfast Menu: K-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 | | 450-500 | | 540 | | | | | | | | | <=35.0 | <10.00 | |

| Mon - 10/16/2017 | | | | | | | | | | | | | | | |
|-----------------------------|-----------|---------|-----|------|------|-------|--------|------|-------|-------|--------|-------|--------|--------|-------|
| Breakfast Menu: K-12 | Total | | | | | | | | | | | | | | |
| Egg & Turkey Bacon Boat | 1 EACH | 210 | 50 | 360 | 2.00 | 1.44 | 150.0 | 200 | 0.0 | 3 | 9.0 | 25.0 | 8.0 | 2.50 | 0.00 |
| Bento Box: Breakfast | 1 EACH | 270 | *0 | *210 | 5.00 | *1.80 | *140.0 | *500 | 2.4 | 23 | *9.0 | 56.0 | *1.5 | *0.50 | *0.00 |
| Assorted Fresh Fruit: Bfast | 1 EACH | 68 | 0 | 1 | 2.84 | 0.17 | 21.5 | 141 | 27.7 | 19 | 0.82 | 17.45 | 0.22 | 0.05 | *0.00 |
| Assorted Fruit Juices | CARTON | 60 | 0 | 12 | 0.00 | 0.07 | 8.0 | 0 | 7.92 | 13 | 0.4 | 14.6 | 0.0 | 0.00 | 0.00 |
| Hashbrown Triangle | 1 TRI-TAT | 50 | 0 | 110 | 0.50 | 0.00 | 2.5 | 0 | 1.4 | 0 | 0.5 | 6.5 | 2.5 | 0.50 | 0.00 |
| | ER | | | | | | | | | | | | | | |
| 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 | | 473 | *50 | *582 | 5.20 | *2.07 | *432.6 | *774 | 34.52 | 47 | *17.59 | 77.50 | *10.48 | *3.15 | *0.00 |
| % of Calories | | | | | | | | | | 39.7% | *14.9% | 65.5% | *19.9% | *6.0% | *0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | | <=35.0 | <10.00 | |

| Tue - 10/17/2017 | | | | | | | | | | | | | | | |
|--------------------------------|-----------|-----|----|------|------|-------|--------|------|------|----|------|-------|------|-------|-------|
| Breakfast Menu: K-12 | Total | | | | | | | | | | | | | | |
| MapleWaffle & Chicken Sandwich | 1 EACH | 180 | 0 | 410 | 2.00 | 1.80 | 60.0 | 0 | 0.0 | 6 | 9.0 | 24.0 | 8.0 | 1.00 | 0.00 |
| Bento Box: Breakfast | 1 EACH | 270 | *0 | *210 | 5.00 | *1.80 | *140.0 | *500 | 2.4 | 23 | *9.0 | 56.0 | *1.5 | *0.50 | *0.00 |
| Assorted Fresh Fruit: Bfast | 1 EACH | 68 | 0 | 1 | 2.84 | 0.17 | 21.5 | 141 | 27.7 | 19 | 0.82 | 17.45 | 0.22 | 0.05 | *0.00 |
| Assorted Fruit Juices | CARTON | 60 | 0 | 12 | 0.00 | 0.07 | 8.0 | 0 | 7.92 | 13 | 0.4 | 14.6 | 0.0 | 0.00 | 0.00 |
| Hashbrown Triangle | 1 TRI-TAT | 50 | 0 | 110 | 0.50 | 0.00 | 2.5 | 0 | 1.4 | 0 | 0.5 | 6.5 | 2.5 | 0.50 | 0.00 |
| | ER | | | | | | | | | | | | | | |
| 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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Base Menu Spreadsheet

Breakfast Menu: K-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 | | 446 | *5 | *627 | 5.20 | *2.40 | *351.6 | *594 | 34.52 | 50 | *17.59 | 76.60 | *10.48 | *1.80 | *0.00 |
| % of Calories | | | | | | | | | | 44.5% | *15.8% | 68.6% | *21.1% | *3.6% | *0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | | <=35.0 | <10.00 | |

| Wed - 10/18/2017 | | | | | | | | | | | | | | | |
|-----------------------------|-----------|---------|-----|------|------|-------|--------|------|-------|-------|--------|-------|--------|--------|-------|
| Breakfast Menu: K-12 | Total | | | | | | | | | | | | | | |
| Pancake Pup: IW | 1 EACH | 200 | 25 | 310 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | 4 | 7.0 | 17.0 | 10.0 | 2.50 | 0.00 |
| Bento Box: Breakfast | 1 EACH | 270 | *0 | *210 | 5.00 | *1.80 | *140.0 | *500 | 2.4 | 23 | *9.0 | 56.0 | *1.5 | *0.50 | *0.00 |
| Hashbrown Triangle | 1 TRI-TAT | 50 | 0 | 110 | 0.50 | 0.00 | 2.5 | 0 | 1.4 | 0 | 0.5 | 6.5 | 2.5 | 0.50 | 0.00 |
| | ER | | | | | | | | | | | | | | |
| Assorted Fresh Fruit: Bfast | 1 EACH | 68 | 0 | 1 | 2.84 | 0.17 | 21.5 | 141 | 27.7 | 19 | 0.82 | 17.45 | 0.22 | 0.05 | *0.00 |
| Assorted Fruit Juices | CARTON | 60 | 0 | 12 | 0.00 | 0.07 | 8.0 | 0 | 7.92 | 13 | 0.4 | 14.6 | 0.0 | 0.00 | 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 | | 449 | *28 | *504 | 5.95 | *2.40 | *314.9 | *594 | 34.10 | 48 | *15.64 | 68.35 | *11.53 | *3.00 | *0.00 |
| % of Calories | | | | | | | | | | 42.6% | *13.9% | 60.8% | *23.1% | *6.0% | *0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | | <=35.0 | <10.00 | |

| Thu - 10/19/2017 | | | | | | | | | | | | | | | |
|-----------------------------|-----------|---------|------|------|------|-------|--------|------|-------|--------|--------|-------|--------|--------|-------|
| Breakfast Menu: K-12 | Total | | | | | | | | | | | | | | |
| Scrambled Eggs | 1/4 CUP | 86 | 255 | 114 | 0.07 | 1.05 | 39.2 | 298 | 0.0 | *0 | 7.32 | 1.51 | 5.9 | 2.03 | 0.07 |
| Grits | 1/2 cup | 160 | 0 | 422 | 1.07 | 0.37 | 9.7 | 0 | 0.0 | *0 | 3.12 | 34.17 | 0.08 | 0.06 | *0.00 |
| Bento Box: Breakfast | 1 EACH | 270 | *0 | *210 | 5.00 | *1.80 | *140.0 | *500 | 2.4 | 23 | *9.0 | 56.0 | *1.5 | *0.50 | *0.00 |
| Hashbrown Triangle | 1 TRI-TAT | 50 | 0 | 110 | 0.50 | 0.00 | 2.5 | 0 | 1.4 | 0 | 0.5 | 6.5 | 2.5 | 0.50 | 0.00 |
| | ER | | | | | | | | | | | | | | |
| Assorted Fresh Fruit: Bfast | 1 EACH | 68 | 0 | 1 | 2.84 | 0.17 | 21.5 | 141 | 27.7 | 19 | 0.82 | 17.45 | 0.22 | 0.05 | *0.00 |
| Assorted Fruit Juices | CARTON | 60 | 0 | 12 | 0.00 | 0.07 | 8.0 | 0 | 7.92 | 13 | 0.4 | 14.6 | 0.0 | 0.00 | 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 | | 513 | *258 | *756 | 4.37 | *2.19 | *345.3 | *890 | 34.10 | *45 | *19.69 | 88.43 | *8.46 | *2.83 | *0.07 |
| % of Calories | | | | | | | | | | *34.9% | *15.4% | 68.9% | *14.8% | *5.0% | *0.1% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | | <=35.0 | <10.00 | |

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Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Breakfast Menu: K-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 - 10/20/2017 | | | | | | | | | | | | | | | |
| Breakfast Menu: K-12 | Total | | | | | | | | | | | | | | |
| Assorted Pancakes: WG | 1 EACH | 212 | 7 | 224 | 3.20 | 1.40 | 56.0 | 300 | 0.0 | 12 | 4.2 | 37.0 | 5.8 | 0.70 | 0.00 |
| Yogurt Bar | 1 EACH | 249 | 0 | 166 | 3.16 | 0.90 | 303.0 | 237 | 10.76 | 27 | 7.17 | 46.4 | 3.5 | 0.00 | 0.00 |
| Bento Box: Breakfast | 1 EACH | 270 | *0 | *210 | 5.00 | *1.80 | *140.0 | *500 | 2.4 | 23 | *9.0 | 56.0 | *1.5 | *0.50 | *0.00 |
| Hashbrown Triangle | 1 TRI-TAT ER | 50 | 0 | 110 | 0.50 | 0.00 | 2.5 | 0 | 1.4 | 0 | 0.5 | 6.5 | 2.5 | 0.50 | 0.00 |
| Assorted Fresh Fruit: Bfast | 1 EACH | 68 | 0 | 1 | 2.84 | 0.17 | 21.5 | 141 | 27.7 | 19 | 0.82 | 17.45 | 0.22 | 0.05 | *0.00 |
| Assorted Fruit Juices | CARTON | 60 | 0 | 12 | 0.00 | 0.07 | 8.0 | 0 | 7.92 | 13 | 0.4 | 14.6 | 0.0 | 0.00 | 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 | | 435 | *9 | *381 | 6.03 | *1.84 | *303.6 | *717 | 34.31 | 53 | *11.34 | 82.85 | *7.23 | *1.17 | *0.00 |
| % of Calories | | | | | | | | | | 48.8% | *10.4% | 76.2% | *15.0% | *2.4% | *0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | | <=35.0 | <10.00 | |

| | | | | | | | | | | | | | | | |
|--------------------------------|-----------------|---------|-----|------|------|-------|--------|------|-------|-------|--------|-------|--------|--------|-------|
| Mon - 10/23/2017 | | | | | | | | | | | | | | | |
| Breakfast Menu: K-12 | Total | | | | | | | | | | | | | | |
| Beef Sausage & Cheese Bagel:IW | 1 EACH | 235 | 34 | 437 | 2.51 | 2.21 | 56.6 | 90 | 1.45 | 4 | 15.2 | 26.27 | 7.35 | 2.57 | 0.00 |
| Bento Box: Breakfast | 1 EACH | 270 | *0 | *210 | 5.00 | *1.80 | *140.0 | *500 | 2.4 | 23 | *9.0 | 56.0 | *1.5 | *0.50 | *0.00 |
| Hashbrown Triangle | 1 TRI-TAT ER | 50 | 0 | 110 | 0.50 | 0.00 | 2.5 | 0 | 1.4 | 0 | 0.5 | 6.5 | 2.5 | 0.50 | 0.00 |
| Assorted Fresh Fruit: Bfast | 1 EACH | 68 | 0 | 1 | 2.84 | 0.17 | 21.5 | 141 | 27.7 | 19 | 0.82 | 17.45 | 0.22 | 0.05 | *0.00 |
| Assorted Fruit Juices | CARTON | 60 | 0 | 12 | 0.00 | 0.07 | 8.0 | 0 | 7.92 | 13 | 0.4 | 14.6 | 0.0 | 0.00 | 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 | | 481 | *35 | *618 | 5.51 | *2.77 | *347.8 | *675 | 35.41 | 48 | *23.02 | 76.70 | *9.15 | *3.06 | *0.00 |
| % of Calories | | | | | | | | | | 40.0% | *19.1% | 63.8% | *17.1% | *5.7% | *0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | | <=35.0 | <10.00 | |

| | | | | | | | | | | | | | | | |
|-----------------------------|-----------------|-----|----|------|------|-------|--------|------|------|----|------|-------|------|-------|-------|
| Tue - 10/24/2017 | | | | | | | | | | | | | | | |
| Breakfast Menu: K-12 | Total | | | | | | | | | | | | | | |
| Breakfast Bun, WG | 1 EACH | 230 | 0 | 340 | 3.00 | 2.70 | 80.0 | 200 | 0.0 | 10 | 6.0 | 39.0 | 7.0 | 2.00 | 0.00 |
| Bento Box: Breakfast | 1 EACH | 270 | *0 | *210 | 5.00 | *1.80 | *140.0 | *500 | 2.4 | 23 | *9.0 | 56.0 | *1.5 | *0.50 | *0.00 |
| Hashbrown Triangle | 1 TRI-TAT ER | 50 | 0 | 110 | 0.50 | 0.00 | 2.5 | 0 | 1.4 | 0 | 0.5 | 6.5 | 2.5 | 0.50 | 0.00 |
| Assorted Fresh Fruit: Bfast | 1 EACH | 68 | 0 | 1 | 2.84 | 0.17 | 21.5 | 141 | 27.7 | 19 | 0.82 | 17.45 | 0.22 | 0.05 | *0.00 |
| Assorted Fruit Juices | CARTON | 60 | 0 | 12 | 0.00 | 0.07 | 8.0 | 0 | 7.92 | 13 | 0.4 | 14.6 | 0.0 | 0.00 | 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 |

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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MNPS Nutrition Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Breakfast Menu: K-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 | | 476 | *5 | *531 | 5.95 | *3.21 | *368.9 | *774 | 34.10 | 53 | *14.74 | 88.15 | *8.83 | *2.55 | *0.00 |
| % of Calories | | | | | | | | | | 44.8% | *12.4% | 74.0% | *16.7% | *4.8% | *0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | | <=35.0 | <10.00 | |

| Wed - 10/25/2017 | | | | | | | | | | | | | | | |
|-----------------------------|-----------------|---------|------|------|------|-------|--------|------|-------|-------|--------|-------|--------|--------|-------|
| Breakfast Menu: K-12 | Total | | | | | | | | | | | | | | |
| Cheddar Omelet: IW | 1 EACH | 130 | 170 | 280 | 0.00 | 0.72 | 80.0 | 300 | 0.0 | 0 | 7.0 | 1.0 | 11.0 | 3.50 | 0.00 |
| Biscuit, WG | 1 EACH | 159 | 0 | 139 | 1.98 | 1.43 | 99.2 | 0 | 2.38 | 4 | 4.96 | 25.8 | 3.97 | 2.48 | 0.00 |
| Bento Box: Breakfast | 1 EACH | 270 | *0 | *210 | 5.00 | *1.80 | *140.0 | *500 | 2.4 | 23 | *9.0 | 56.0 | *1.5 | *0.50 | *0.00 |
| Hashbrown Triangle | 1 TRI-TAT ER | 50 | 0 | 110 | 0.50 | 0.00 | 2.5 | 0 | 1.4 | 0 | 0.5 | 6.5 | 2.5 | 0.50 | 0.00 |
| Assorted Fresh Fruit: Bfast | 1 EACH | 68 | 0 | 1 | 2.84 | 0.17 | 21.5 | 141 | 27.7 | 19 | 0.82 | 17.45 | 0.22 | 0.05 | *0.00 |
| Assorted Fruit Juices | CARTON | 60 | 0 | 12 | 0.00 | 0.07 | 8.0 | 0 | 7.92 | 13 | 0.4 | 14.6 | 0.0 | 0.00 | 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 | | 530 | *161 | *605 | 4.98 | *2.72 | *458.8 | *861 | 36.24 | 48 | *20.15 | 76.68 | *16.23 | *6.22 | *0.00 |
| % of Calories | | | | | | | | | | 35.9% | *15.2% | 57.9% | *27.6% | *10.6% | *0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | | <=35.0 | <10.00 | |

| Thu - 10/26/2017 | | | | | | | | | | | | | | | |
|-----------------------------|-----------------|---------|----|------|------|-------|--------|------|-------|-------|--------|-------|--------|--------|-------|
| Breakfast Menu: K-12 | Total | | | | | | | | | | | | | | |
| Cinni Minis | 1 EACH | 240 | 0 | 270 | 2.00 | 1.44 | 40.0 | 0 | 0.0 | 15 | 5.0 | 39.0 | 7.0 | 1.50 | 0.00 |
| Oatmeal Bar | 1 cup | 258 | 0 | 103 | 5.27 | 0.19 | 7.4 | 288 | 10.78 | 25 | 5.29 | 54.1 | 3.07 | 0.51 | 0.00 |
| Bento Box: Breakfast | 1 EACH | 270 | *0 | *210 | 5.00 | *1.80 | *140.0 | *500 | 2.4 | 23 | *9.0 | 56.0 | *1.5 | *0.50 | *0.00 |
| Hashbrown Triangle | 1 TRI-TAT ER | 50 | 0 | 110 | 0.50 | 0.00 | 2.5 | 0 | 1.4 | 0 | 0.5 | 6.5 | 2.5 | 0.50 | 0.00 |
| Assorted Fresh Fruit: Bfast | 1 EACH | 68 | 0 | 1 | 2.84 | 0.17 | 21.5 | 141 | 27.7 | 19 | 0.82 | 17.45 | 0.22 | 0.05 | *0.00 |
| Assorted Fruit Juices | CARTON | 60 | 0 | 12 | 0.00 | 0.07 | 8.0 | 0 | 7.92 | 13 | 0.4 | 14.6 | 0.0 | 0.00 | 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 | | 486 | *5 | *458 | 5.22 | *1.98 | *329.0 | *605 | 34.78 | 58 | *13.79 | 88.88 | *8.66 | *2.05 | *0.00 |
| % of Calories | | | | | | | | | | 48.0% | *11.4% | 73.1% | *16.0% | *3.8% | *0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | | <=35.0 | <10.00 | |

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MNPS Nutrition Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Breakfast Menu: K-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 | | | | | | | | | | | | | | | |
| Breakfast Menu: K-12 | Total | | | | | | | | | | | | | | |
| Breakfast Pizza | 1 EACH | 200 | 15 | 440 | 2.00 | 1.80 | 150.0 | 0 | 0.0 | 9 | 10.0 | 24.0 | 7.0 | 2.00 | 0.00 |
| Bento Box: Breakfast | 1 EACH | 270 | *0 | *210 | 5.00 | *1.80 | *140.0 | *500 | 2.4 | 23 | *9.0 | 56.0 | *1.5 | *0.50 | *0.00 |
| Hashbrown Triangle | 1 TRI-TAT ER | 50 | 0 | 110 | 0.50 | 0.00 | 2.5 | 0 | 1.4 | 0 | 0.5 | 6.5 | 2.5 | 0.50 | 0.00 |
| Assorted Fresh Fruit: Bfast | 1 EACH | 68 | 0 | 1 | 2.84 | 0.17 | 21.5 | 141 | 27.7 | 19 | 0.82 | 17.45 | 0.22 | 0.05 | *0.00 |
| Assorted Fruit Juices | CARTON | 60 | 0 | 12 | 0.00 | 0.07 | 8.0 | 0 | 7.92 | 13 | 0.4 | 14.6 | 0.0 | 0.00 | 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 | | 449 | *19 | *621 | 5.05 | *2.40 | *431.9 | *594 | 34.10 | 52 | *18.34 | 74.65 | *8.83 | *2.55 | *0.00 |
| % of Calories | | | | | | | | | | 46.6% | *16.3% | 66.5% | *17.7% | *5.1% | *0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | | <=35.0 | <10.00 | |

| | | | | | | | | | | | | | | | |
|-------------------------------|-----------------|---------|-----|------|------|-------|--------|------|-------|-------|--------|-------|--------|--------|-------|
| Mon - 10/30/2017 | | | | | | | | | | | | | | | |
| Breakfast Menu: K-12 | Total | | | | | | | | | | | | | | |
| TrkyHam&Cheese on Hawaiian Bu | 1 EACH | 186 | 17 | 517 | 2.00 | 1.85 | 105.2 | 122 | 3.6 | 5 | 10.62 | 27.21 | 4.25 | 1.37 | 0.00 |
| Bento Box: Breakfast | 1 EACH | 270 | *0 | *210 | 5.00 | *1.80 | *140.0 | *500 | 2.4 | 23 | *9.0 | 56.0 | *1.5 | *0.50 | *0.00 |
| Assorted Fresh Fruit: Bfast | 1 EACH | 68 | 0 | 1 | 2.84 | 0.17 | 21.5 | 141 | 27.7 | 19 | 0.82 | 17.45 | 0.22 | 0.05 | *0.00 |
| Assorted Fruit Juices | CARTON | 60 | 0 | 12 | 0.00 | 0.07 | 8.0 | 0 | 7.92 | 13 | 0.4 | 14.6 | 0.0 | 0.00 | 0.00 |
| Hashbrown Triangle | 1 TRI-TAT ER | 50 | 0 | 110 | 0.50 | 0.00 | 2.5 | 0 | 1.4 | 0 | 0.5 | 6.5 | 2.5 | 0.50 | 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 | | 452 | *21 | *723 | 5.20 | *2.44 | *392.3 | *704 | 37.76 | 49 | *19.05 | 79.49 | *7.11 | *2.13 | *0.00 |
| % of Calories | | | | | | | | | | 43.4% | *16.9% | 70.4% | *14.2% | *4.2% | *0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | | <=35.0 | <10.00 | |

| | | | | | | | | | | | | | | | |
|-----------------------------|-----------------|-----|----|------|------|-------|--------|------|------|----|------|-------|------|-------|-------|
| Tue - 10/31/2017 | | | | | | | | | | | | | | | |
| Breakfast Menu: K-12 | Total | | | | | | | | | | | | | | |
| Mini Maple Waffles | 1 EACH | 210 | 5 | 170 | 3.00 | 0.72 | 20.0 | 0 | 0.0 | 13 | 4.0 | 38.01 | 6.0 | 1.00 | 0.00 |
| Bento Box: Breakfast | 1 EACH | 270 | *0 | *210 | 5.00 | *1.80 | *140.0 | *500 | 2.4 | 23 | *9.0 | 56.0 | *1.5 | *0.50 | *0.00 |
| Assorted Fresh Fruit: Bfast | 1 EACH | 68 | 0 | 1 | 2.84 | 0.17 | 21.5 | 141 | 27.7 | 19 | 0.82 | 17.45 | 0.22 | 0.05 | *0.00 |
| Assorted Fruit Juices | CARTON | 60 | 0 | 12 | 0.00 | 0.07 | 8.0 | 0 | 7.92 | 13 | 0.4 | 14.6 | 0.0 | 0.00 | 0.00 |
| Hashbrown Triangle | 1 TRI-TAT ER | 50 | 0 | 110 | 0.50 | 0.00 | 2.5 | 0 | 1.4 | 0 | 0.5 | 6.5 | 2.5 | 0.50 | 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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Base Menu Spreadsheet

Breakfast Menu: K-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 | | 473 | *10 | *411 | 6.10 | *1.43 | *315.6 | *594 | 34.52 | 56 | *13.09 | 89.21 | *8.68 | *1.80 | *0.00 |
| % of Calories | | | | | | | | | | 47.3% | *11.1% | 75.4% | *16.5% | *3.4% | *0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | | <=35.0 | <10.00 | |

| | | | | | | | | | | | | | | | |
|------------------|--|-----|-----|------|-------|-------|--------|------|--------|---------------|------------------|------------------|-----------------|----------------|-------|
| Weighted Average | | 479 | *38 | *426 | *3.80 | *1.49 | *274.3 | *523 | *25.90 | *38 *70.8% | *12.50 *10.4% | *60.22 *50.3% | *6.98 *13.1% | *1.77 *3.3% | *N/A* |
|------------------|--|-----|-----|------|-------|-------|--------|------|--------|---------------|------------------|------------------|-----------------|----------------|-------|

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 479 | | 450 - 500 | 100% | | | | |
| Cholesterol (mg) | 38 | | | | Missing | | | |
| Sodium (mg) | 426 | | 540 | | Missing | | | |
| Fiber (g) | 3.80 | | | | Missing | | | |
| Iron (mg) | 1.49 | | | | Missing | | | |
| Calcium (mg) | 274.3 | | | | Missing | | | |
| Vitamin A (IU) | 523 | | | | Missing | | | |
| Sugars (g) | 38 | 31.47% | | | Missing | | | |
| Vitamin C (mg) | 25.90 | | | | Missing | | | |
| Protein (g) | 12.50 | 10.44% | | | Missing | | | |
| Carbohydrate (g) | 60.22 | 50.29% | | | Missing | | | |
| Total Fat (g) | 6.98 | 13.12% | <=35.00% | | Missing | | | |
| Saturated Fat (g) | 1.77 | 3.32% | <10.00% | | Missing | | | |
| Trans Fat ¹ (g) | *N/A* | | | | Missing | | | |

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