

MNPS Nutrition Services

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch Menu: K-8

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)
Thu - 02/01/2018															
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
Taco Soup	1 CUP	211	35	437	4.49	3.09	38.3	1180	18.35	6	14.09	19.96	8.56	2.77	0.45
Cornbread: K-8	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
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
Tex Mex Salad	1 EACH	415	37	1012	10.75	5.56	278.8	4393	17.08	7	23.41	47.42	13.86	4.49	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
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
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		665	42	807	12.90	6.31	569.9	11030	46.38	*44	29.34	105.63	15.01	4.41	*0.16
% of Calories										*26.4%	17.6%	63.5%	20.3%	6.0%	*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)
Fri - 02/02/2018															
Lunch Menu: K-8	Total														
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
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: 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
Chef Salad w/ Crispy Chicken	1 EACH	553	79	1077	8.94	2.19	251.4	8251	11.98	6	32.39	54.56	25.26	6.07	*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	7.72	2.41	275.5	5731	7.96	6	16.98	41.38	23.21	7.54	*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
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
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
Creamy Cole Slaw	1/2 CUP	80	6	56	0.84	0.17	17.4	413	12.67	*2	0.53	3.43	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		583	55	847	11.48	3.54	422.5	10723	35.97	*41	34.74	88.67	11.90	2.67	*0.00
% of Calories										*28.3%	23.8%	60.8%	18.4%	4.1%	*0.0%
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

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch Menu: K-8

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)
Mon - 02/05/2018															
Lunch Menu: K-8															
	Total														
CheesyGarlic 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
HomestyleChickenPattySandwich	1 EACH	410	25	640	7.00	11.80	20.0	2	0.0	4	22.0	45.0	17.0	2.50	0.00
Roasted Vegetable Wrap	1 EACH	445	15	963	*10.13	3.65	145.7	726	38.39	*6	15.21	47.09	21.95	6.37	*0.00
Chicken Caesar Salad	1 EACH	296	37	613	3.50	1.44	99.2	3043	3.6	3	23.06	34.1	9.03	1.54	*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
Pinto Beans	1/2 CUP	110	0	142	5.43	1.72	51.6	5	1.23	*1	5.81	18.28	1.04	0.00	*0.00
Roasted Redskins	1/2 CUP	105	0	190	2.11	0.76	0.0	0	6.33	2	2.11	20.03	2.11	0.00	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		700	36	954	*12.33	9.82	536.7	3536	34.05	*39	34.88	96.51	20.45	5.04	*0.00
% of Calories										*22.5%	19.9%	55.2%	26.3%	6.5%	*0.0%
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)
Tue - 02/06/2018															
Lunch Menu: K-8															
	Total														
Turkey Tetrazzini	3/4 CUP	285	22	467	2.39	1.70	148.5	255	1.0	*2	19.28	30.89	8.35	4.02	*0.00
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
Smokin Beef Rib Sandwich	1 EACH	300	35	640	3.00	2.88	100.0	100	1.2	5	18.0	31.0	12.5	4.50	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
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
Sweet Golden Corn	1/2 CUP	77	0	312	2.00	0.00	9.6	974	3.51	4	1.99	17.44	1.17	0.12	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		563	30	987	8.42	3.41	440.8	5969	30.94	*42	28.87	84.23	14.30	4.54	*0.00
% of Calories										*30.0%	20.5%	59.8%	22.9%	7.3%	*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

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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 - 02/07/2018															
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	609	1.82	2.20	9.1	444	13.62	11	13.69	14.53	8.13	3.30	0.30
Fried Rice	3/4 CUP	160	62	259	2.09	1.06	18.0	2207	2.76	*1	5.23	26.14	4.28	0.81	*0.02
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
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
Chinese Chicken Salad	1 EACH	387	33	474	7.67	3.79	162.3	8145	38.1	*13	25.17	47.34	10.76	1.93	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
Ginger Steamed Carrots	1/2 CUP	69	0	168	2.96	0.92	43.9	13761	3.6	10	0.89	16.46	0.29	0.15	*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		635	93	1094	10.07	4.23	451.0	13002	82.85	*51	30.79	95.12	16.54	4.35	*0.15
% of Calories										*31.9%	19.4%	59.9%	23.5%	6.2%	*0.2%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

Thu - 02/08/2018															
Lunch Menu: K-8	Total														
Taco Bread Bowl: Beef	1 EACH	413	95	425	3.52	4.67	149.5	158	2.41	5	28.02	29.3	20.67	7.46	0.91
Taco Bread Bowl: Chicken	1 EACH	292	66	444	3.52	3.20	131.3	158	2.41	5	21.56	29.97	10.43	3.03	0.00
Rice Bowl, Beef: K-8	1 EACH	330	70	251	1.25	3.10	20.4	352	3.84	1	22.47	25.13	14.8	5.52	0.91
Rice Bowl, Chicken: K-8	1 EACH	209	40	271	1.25	1.63	2.3	352	3.84	1	16.01	25.81	4.56	1.09	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
Tex Mex Salad	1 EACH	415	37	1012	10.75	5.56	278.8	4393	17.08	7	23.41	47.42	13.86	4.49	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
Charro Beans	1/2 CUP	121	0	190	9.97	1.61	68.4	77	5.15	1	5.73	19.93	1.23	0.12	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		624	69	687	12.32	5.39	466.4	3033	32.69	*40	34.55	82.38	17.66	5.47	*0.40
% of Calories										*25.4%	22.1%	52.8%	25.5%	7.9%	*0.6%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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Base Menu Spreadsheet

Lunch Menu: K-8

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)
Fri - 02/09/2018															
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
White Chicken Chili	3/4 CUP	243	35	480	5.26	1.94	159.7	117	3.55	3	19.47	24.47	6.1	2.46	0.00
Cornbread: K-8	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
Chef Salad w/ Crispy Chicken	1 EACH	553	79	1077	8.94	2.19	251.4	8251	11.98	6	32.39	54.56	25.26	6.07	*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	7.72	2.41	275.5	5731	7.96	6	16.98	41.38	23.21	7.54	*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
Mashed Potatoes	1/2 CUP	75	0	46	1.36	0.25	11.7	2	16.49	1	1.7	17.09	0.13	0.07	*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
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		587	40	1053	11.37	5.42	485.7	4750	61.58	*39	29.40	94.32	11.28	3.19	*0.00
% of Calories										*26.9%	20.0%	64.2%	17.3%	4.9%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

Mon - 02/12/2018															
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
Black Bean 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
Baked Lemon Chicken: K-8	1 DRUMS TICK	160	75	228	0.10	1.49	1.1	2	0.71	0	22.15	1.3	7.01	2.00	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
Tuna Flatbread	1 EACH	322	40	1296	4.27	1.57	44.3	5379	9.5	14	23.45	42.67	5.85	1.03	0.00
Chicken Caesar Salad	1 EACH	296	37	613	3.50	1.44	99.2	3043	3.6	3	23.06	34.1	9.03	1.54	*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
Sweet Potato Waffle Fries	1/2 CUP	173	0	163	3.05	0.73	40.6	1270	0.0	9	2.03	22.35	8.13	1.52	0.00
Sweet Golden Corn	1/2 CUP	77	0	312	2.00	0.00	9.6	974	3.51	4	1.99	17.44	1.17	0.12	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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Lunch Menu: K-8

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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		587	62	846	9.92	3.97	446.3	4232	29.17	*43	32.93	81.44	17.73	5.93	*0.34
% of Calories										*29.1%	22.4%	55.5%	27.2%	9.1%	*0.5%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

Tue - 02/13/2018															
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
California Chicken Ciabatta	1 EACH	387	65	874	*4.24	2.34	50.0	442	1.49	3	20.5	32.53	21.71	5.62	*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
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
Garlic Green Beans	1/2 CUP	16	0	182	1.37	0.64	18.8	248	3.16	*0	0.95	3.53	0.14	0.01	*0.00
Roasted Vegetable Medley	1/2 CUP	30	0	68	2.08	0.38	25.5	1521	27.39	*2	1.04	6.05	0.08	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		516	46	1027	*9.59	4.21	411.6	2487	53.06	*40	26.82	75.43	13.70	3.63	*0.00
% of Calories										*30.8%	20.8%	58.5%	23.9%	6.3%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

Wed - 02/14/2018															
Lunch Menu: K-8	Total														
Turkey Pot Roast	1/2 CUP	118	50	437	0.24	0.82	22.6	386	1.91	1	14.14	4.07	4.61	1.16	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
Chicken Parmesan Ciabatta	1 EACH	490	67	667	7.00	2.98	146.2	362	3.0	3	26.54	51.51	21.04	5.27	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
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
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
Tomato Soup	1 CUP	80	0	414	1.00	0.36	3.6	400	6.0	10	1.0	16.0	1.0	0.50	0.00
Braised Greens n' Beans	1/2 CUP	84	0	85	4.36	1.49	49.5	51	4.39	*0	5.35	15.72	0.36	0.09	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		559	62	994	11.08	3.76	509.0	3373	32.38	*44	33.83	82.12	13.26	4.69	*0.00
% of Calories										*31.4%	24.2%	58.8%	21.4%	7.6%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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MNPS Nutrition Services

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch Menu: K-8

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)
Thu - 02/15/2018															
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, Chicken	1 EACH	252	40	194	3.81	2.35	26.0	49	16.61	2	17.83	37.9	3.6	1.07	0.00
Baked Potato Bar, Beef	1 EACH	373	70	175	3.81	3.83	44.1	49	16.61	2	24.28	37.23	13.83	5.50	0.91
Cornbread: K-8	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
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
Tex Mex Salad	1 EACH	415	37	1012	10.75	5.56	278.8	4393	17.08	7	23.41	47.42	13.86	4.49	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 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		555	44	865	10.49	4.57	418.7	3153	52.16	*38	27.11	79.80	15.26	3.90	*0.12
% of Calories										*27.5%	19.5%	57.5%	24.7%	6.3%	*0.2%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

Fri - 02/16/2018															
Lunch Menu: K-8	Total														
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
Chili Lime Tilapia	1 EACH	139	57	472	1.40	1.37	42.6	1268	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	553	79	1077	8.94	2.19	251.4	8251	11.98	6	32.39	54.56	25.26	6.07	*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	7.72	2.41	275.5	5731	7.96	6	16.98	41.38	23.21	7.54	*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
Tuscan Blend	1/2 CUP	43	0	208	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	4	0	11	0.04	0.01	0.9	1	0.06	0	0.17	0.49	0.15	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		495	40	840	8.15	3.35	607.8	4234	30.54	*41	29.41	69.62	12.18	4.89	*0.00
% of Calories										*33.5%	23.8%	56.3%	22.2%	8.9%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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MNPS Nutrition Services

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch Menu: K-8

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)
Mon - 02/19/2018															
Lunch Menu: K-8	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		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)
Tue - 02/20/2018															
Lunch Menu: K-8	Total														
Italian Meatball Grinder	1 EACH	344	36	654	4.72	3.51	213.3	531	5.77	3	21.9	40.72	10.64	3.76	0.00
Oven Fried Chicken	PIECE	190	70	470	1.00	1.08	0.0	0	0.0	0	16.0	6.0	11.0	2.50	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 Club	1 EACH	345	74	1018	3.79	2.43	176.5	1596	16.48	*3	26.93	32.93	13.67	6.01	*0.00
Chicken Caesar Salad	1 EACH	296	37	613	3.50	1.44	99.2	3043	3.6	3	23.06	34.1	9.03	1.54	*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
Mac 'n Cheese	1/2 CUP	171	17	190	1.55	0.93	146.0	131	0.0	1	7.87	21.26	5.93	3.10	0.00
Turnip Greens, Frozen	1/2 CUP	23	0	14	2.43	1.45	113.5	5891	25.6	*0	2.42	3.8	0.34	0.07	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
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		723	75	1009	12.45	5.32	623.8	6135	44.06	*41	37.94	98.79	21.27	6.80	*0.00
% of Calories										*22.6%	21.0%	54.7%	26.5%	8.5%	*0.0%
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)
Wed - 02/21/2018															
Lunch Menu: K-8	Total														
Skillet Cheesy Beef Macaroni	1 CUP	316	53	414	1.96	2.33	139.1	177	3.05	*2	16.87	22.45	17.32	6.92	0.68
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
Crispy Fish Bahn Mi Sandwich	1 EACH	332	40	1019	3.01	5.48	80.0	101	1.21	2	18.12	41.27	9.58	1.52	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
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
Mixed Vegetables	1/2 CUP	87	0	85	5.36	0.48	4.8	2335	6.4	4	4.13	17.14	0.2	0.06	0.00
Roasted Squash	1/2 CUP	47	1	214	1.20	0.54	39.0	239	23.24	*3	1.66	4.73	3.01	0.65	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

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch Menu: K-8

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		576	40	928	10.17	4.19	427.5	2942	41.45	*40	27.91	81.03	16.12	4.60	*0.26
% of Calories										*28.0%	19.4%	56.2%	25.2%	7.2%	*0.4%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

Thu - 02/22/2018															
	Total														
Lunch Menu: K-8															
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
Black Bean 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
Tuscan Chicken Spirals	1 CUP	310	48	562	2.35	1.45	216.0	941	3.25	8	24.14	35.14	8.5	3.34	0.00
Garlic Breadstick	1 EACH	81	0	100	2.02	0.38	6.6	0	0.03	*3	3.03	15.13	1.0	0.00	*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
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
Tossed Spring Mix Salad: K-8	3 CUP	76	0	88	5.34	1.52	74.3	12839	18.37	*4	3.72	14.5	0.46	0.08	*0.00
Sidewinders	1/2 CUP	131	0	353	2.02	0.36	0.0	0	2.42	0	2.02	23.18	4.03	0.50	0.00
Buffalo Cauliflower	1/2 CUP	28	0	177	1.12	0.25	12.3	113	26.24	1	1.11	2.98	1.65	0.28	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		670	53	1158	11.98	4.55	561.7	9771	48.23	*40	34.88	96.45	19.58	6.72	*0.34
% of Calories										*24.2%	20.8%	57.6%	26.3%	9.0%	*0.5%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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MNPS Nutrition Services

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch Menu: K-8

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 - 02/23/2018															
Lunch Menu: K-8	Total														
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
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
Chef Salad w/ Crispy Chicken	1 EACH	553	79	1077	8.94	2.19	251.4	8251	11.98	6	32.39	54.56	25.26	6.07	*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	7.72	2.41	275.5	5731	7.96	6	16.98	41.38	23.21	7.54	*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
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
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
Creamy Cole Slaw	1/2 CUP	80	6	56	0.84	0.17	17.4	413	12.67	*2	0.53	3.43	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		558	49	831	11.85	3.49	410.8	8591	33.85	*41	32.63	87.82	10.73	2.54	*0.00
% of Calories										*29.5%	23.4%	63.0%	17.3%	4.1%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

Mon - 02/26/2018															
Lunch Menu: K-8	Total														
CheesyGarlic 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
HomestyleChickenPattySandwich	1 EACH	410	25	640	7.00	11.80	20.0	2	0.0	4	22.0	45.0	17.0	2.50	0.00
Roasted Vegetable Wrap	1 EACH	445	15	963	*10.13	3.65	145.7	726	38.39	*6	15.21	47.09	21.95	6.37	*0.00
Chicken Caesar Salad	1 EACH	296	37	613	3.50	1.44	99.2	3043	3.6	3	23.06	34.1	9.03	1.54	*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
Pinto Beans	1/2 CUP	110	0	142	5.43	1.72	51.6	5	1.23	*1	5.81	18.28	1.04	0.00	*0.00
Roasted Redskins	1/2 CUP	105	0	190	2.11	0.76	0.0	0	6.33	2	2.11	20.03	2.11	0.00	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		694	35	935	*12.87	9.49	539.5	3313	33.50	*38	34.85	96.63	19.66	4.85	*0.00
% of Calories										*22.2%	20.1%	55.7%	25.5%	6.3%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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MNPS Nutrition Services

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch Menu: K-8

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)
Tue - 02/27/2018															
Lunch Menu: K-8	Total														
Turkey Tetrazzini	3/4 CUP	285	22	467	2.39	1.70	148.5	255	1.0	*2	19.28	30.89	8.35	4.02	*0.00
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
Smokin Beef Rib Sandwich	1 EACH	300	35	640	3.00	2.88	100.0	100	1.2	5	18.0	31.0	12.5	4.50	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
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
Sweet Golden Corn	1/2 CUP	77	0	312	2.00	0.00	9.6	974	3.51	4	1.99	17.44	1.17	0.12	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		506	27	855	7.31	3.05	421.6	4682	29.10	*40	26.23	75.77	12.43	4.03	*0.00
% of Calories										*31.5%	20.7%	59.9%	22.1%	7.2%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

Wed - 02/28/2018															
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	609	1.82	2.20	9.1	444	13.62	11	13.69	14.53	8.13	3.30	0.30
Fried Rice	3/4 CUP	160	62	259	2.09	1.06	18.0	2207	2.76	*1	5.23	26.14	4.28	0.81	*0.02
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
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
Chinese Chicken Salad	1 EACH	387	33	474	7.67	3.79	162.3	8145	38.1	*13	25.17	47.34	10.76	1.93	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
Ginger Steamed Carrots	1/2 CUP	69	0	168	2.96	0.92	43.9	13761	3.6	10	0.89	16.46	0.29	0.15	*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		596	90	1041	9.11	4.02	445.4	10485	79.71	*48	29.97	87.65	15.73	4.53	*0.17
% of Calories										*32.1%	20.1%	58.8%	23.8%	6.8%	*0.3%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

Weighted Average		600	52	935	*10.73	4.85	484.0	6076	43.77	*42	31.42	87.34	15.51	4.57	*0.10
										*62.5%	21.0%	58.3%	23.3%	6.9%	*0.2%

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MNPS Nutrition Services

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Lunch Menu: K-8

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	600		600 - 650	100%													
Cholesterol (mg)	52																
Sodium 1 (mg)	935		1230														
Sodium 2 (mg)	935		935														
Fiber (g)	10.73				Missing												
Iron (mg)	4.85																
Calcium (mg)	484.0																
Vitamin A (IU)	6076																
Sugars (g)	42	27.78%			Missing												
Vitamin C (mg)	43.77																
Protein (g)	31.42	20.97%															
Carbohydrate (g)	87.34	58.27%															
Total Fat (g)	15.51	23.29%	<=35.00%														
Saturated Fat (g)	4.57	6.86%	<10.00%														
Trans Fat ¹ (g)	0.10	0.15%			Missing												

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