

MNPS Nutrition Services

Feb 1, 2018 thru Feb 28, 2018

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)
Thu - 02/01/2018															
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
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: 9-12	1 SQUARE	222	0	642	2.47	1.77	149.4	49	0.0	10	2.47	39.44	6.16	2.47	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: 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
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		871	46	1204	18.47	9.42	759.8	22763	60.05	*51	38.74	134.66	21.94	6.35	*0.25
% of Calories										*23.2%	17.8%	61.8%	22.7%	6.6%	*0.3%
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)
Fri - 02/02/2018															
Lunch Menu: Grades 9-12	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: 9-12	1 EACH	516	207	861	7.72	3.00	300.5	5991	7.96	6	23.27	41.94	28.52	9.18	*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
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		760	72	1101	18.38	4.63	484.2	20306	46.85	*47	42.04	118.43	16.15	3.48	*0.00
% of Calories										*24.5%	22.1%	62.3%	19.1%	4.1%	*0.0%
Nutrient Guideline		750-850		1420									<=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: 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)
Mon - 02/05/2018															
Lunch Menu: Grades 9-12															
	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
Nashville Hot Chicken Sandwich	1 EACH	426	25	831	7.54	11.94	32.8	618	0.31	*5	22.15	48.6	17.24	2.64	*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: 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
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		799	36	1197	*16.88	10.95	591.7	8021	41.40	*41	38.94	114.38	21.72	5.23	*0.00
% of Calories										*20.6%	19.5%	57.2%	24.4%	5.9%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Tue - 02/06/2018															
Lunch Menu: Grades 9-12															
	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: 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
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		728	42	1472	12.53	4.58	492.5	8353	37.19	*45	36.57	109.58	19.19	5.92	*0.00
% of Calories										*24.8%	20.1%	60.2%	23.7%	7.3%	*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)	Calcm (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: 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	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 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
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: 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
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		735	103	1297	13.30	5.54	502.9	21390	119.20	*53	34.47	111.06	19.04	5.02	*0.14
% of Calories										*28.7%	18.8%	60.5%	23.3%	6.1%	*0.2%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Thu - 02/08/2018															
Lunch Menu: Grades 9-12	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: 9-12	1 EACH	448	70	393	2.51	4.25	22.7	672	7.68	1	24.98	49.62	15.98	5.60	0.91
Rice Bowl, Chicken: 9-12	1 EACH	327	40	412	2.51	2.77	4.6	672	7.68	1	18.52	50.3	5.75	1.17	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: 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
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		783	79	907	19.93	7.55	549.1	7136	41.09	*42	41.99	106.66	20.78	6.42	*0.45
% of Calories										*21.4%	21.5%	54.5%	23.9%	7.4%	*0.5%
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)	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: 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
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: 9-12	1 SQUARE	222	0	642	2.47	1.77	149.4	49	0.0	10	2.47	39.44	6.16	2.47	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: 9-12	1 EACH	516	207	861	7.72	3.00	300.5	5991	7.96	6	23.27	41.94	28.52	9.18	*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
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		714	56	1362	15.52	6.90	580.4	9593	84.93	*42	35.55	114.56	14.14	4.06	*0.00
% of Calories										*23.6%	19.9%	64.2%	17.8%	5.1%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Mon - 02/12/2018															
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
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: 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
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: 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 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
Weighted Daily Average		764	63	1083	14.29	4.48	490.9	9804	36.48	*51	36.05	104.85	26.25	7.65	*0.25
% of Calories										*26.7%	18.9%	54.9%	30.9%	9.0%	*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)
Tue - 02/13/2018															
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
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		635	52	1302	*11.39	4.88	438.4	2974	56.49	*42	31.46	89.22	19.31	4.73	*0.00
% of Calories										*26.5%	19.8%	56.2%	27.3%	6.7%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Wed - 02/14/2018															
Lunch Menu: Grades 9-12	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 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
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: 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
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		640	62	1120	14.02	4.91	512.1	7658	40.05	*47	35.64	99.06	13.82	4.71	*0.00
% of Calories										*29.4%	22.3%	61.9%	19.4%	6.6%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

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MNPS Nutrition Services

Feb 1, 2018 thru Feb 28, 2018

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)
Thu - 02/15/2018															
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	175	3.81	3.83	44.1	49	16.61	2	24.28	37.23	13.83	5.50	0.91
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
Cornbread: 9-12	1 SQUARE	222	0	642	2.47	1.77	149.4	49	0.0	10	2.47	39.44	6.16	2.47	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: 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 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		699	50	1211	15.91	6.61	513.7	7750	69.24	*41	32.99	100.62	19.40	5.06	*0.15
% of Calories										*23.2%	18.9%	57.5%	25.0%	6.5%	*0.2%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Fri - 02/16/2018															
Lunch Menu: Grades 9-12	Total														
Parlor Pizza: 9-12	1 EACH	337	30	640	2.67	1.98	350.0	333	0.0	6	18.33	35.33	13.67	5.50	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: 9-12	1 EACH	516	207	861	7.72	3.00	300.5	5991	7.96	6	23.27	41.94	28.52	9.18	*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
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		615	58	1091	11.56	4.09	676.9	8644	37.92	*41	36.29	86.98	14.96	5.69	*0.00
% of Calories										*26.9%	23.6%	56.6%	21.9%	8.3%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

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MNPS Nutrition Services

Feb 1, 2018 thru Feb 28, 2018

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)
Mon - 02/19/2018															
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	

	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: Grades 9-12	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: 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
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		846	77	1140	16.19	6.97	755.4	12095	57.23	*43	43.21	117.72	24.42	7.92	*0.00
% of Calories										*20.2%	20.4%	55.6%	26.0%	8.4%	*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 - 02/21/2018															
Lunch Menu: Grades 9-12	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: 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
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: 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		748	51	1390	15.00	5.48	475.2	3891	49.59	*45	34.91	107.93	21.87	5.98	*0.27
% of Calories										*23.9%	18.7%	57.7%	26.3%	7.2%	*0.3%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Thu - 02/22/2018															
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
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 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
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: 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	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		826	71	1555	12.66	5.23	687.5	8431	61.54	*43	42.86	115.87	24.74	8.90	*0.26
% of Calories										*20.7%	20.7%	56.1%	26.9%	9.7%	*0.3%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

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MNPS Nutrition Services

Feb 1, 2018 thru Feb 28, 2018

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 - 02/23/2018																
Lunch Menu: Grades 9-12																
	Total															
	Pulled Chicken BBQ Sandwich	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	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	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	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	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	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	516	207	861	7.72	3.00	300.5	5991	7.96	6	23.27	41.94	28.52	9.18	*0.00	
	Tossed Spring Mix Salad: 9-12	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*0.00	
	Honey Roasted Sweet Potatoes	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	726	64	1084	18.16	4.46	473.2	18013	44.30	*46	40.10	115.93	14.25	3.12	*0.00	
	% of Calories									*25.2%	22.1%	63.9%	17.7%	3.9%	*0.0%	
	Nutrient Guideline	750-850		1420									<=35.0	<10.00		

Mon - 02/26/2018																
Lunch Menu: Grades 9-12																
	Total															
	CheesyGarlic Pizza w/ Marinara	398	38	517	3.00	2.40	430.0	374	3.01	4	21.5	34.31	19.7	7.93	*0.00	
	Nashville Hot Chicken Sandwich	426	25	831	7.54	11.94	32.8	618	0.31	*5	22.15	48.6	17.24	2.64	*0.00	
	Roasted Vegetable Wrap	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	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: 9-12	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*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	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	864	41	1311	*18.01	11.80	626.9	8522	42.62	*43	42.41	122.70	23.83	5.77	*0.00	
	% of Calories									*19.8%	19.6%	56.8%	24.8%	6.0%	*0.0%	
	Nutrient Guideline	750-850		1420									<=35.0	<10.00		

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MNPS Nutrition Services

Feb 1, 2018 thru Feb 28, 2018

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)
Tue - 02/27/2018															
Lunch Menu: Grades 9-12	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: 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
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		737	39	1494	12.73	4.62	474.4	8951	38.17	*47	35.18	110.25	21.10	5.80	*0.00
% of Calories										*25.6%	19.1%	59.8%	25.8%	7.1%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Wed - 02/28/2018															
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	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 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
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: 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
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		752	107	1352	13.33	5.69	514.9	21135	106.94	*53	35.40	112.71	19.87	5.45	*0.16
% of Calories										*28.0%	18.8%	59.9%	23.8%	6.5%	*0.2%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Weighted Average		750	62	1246	*15.17	6.25	557.9	11338	56.38	*45	37.62	110.17	19.83	5.64	*0.10
										*54.4%	20.1%	58.8%	23.8%	6.8%	*0.1%

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MNPS Nutrition Services

Feb 1, 2018 thru Feb 28, 2018

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	750		750 - 850	100%													
Cholesterol (mg)	62																
Sodium 1 (mg)	1246		1420														
Sodium 2 (mg)	1246		1080						166								Correction Required - Sodium too High
Fiber (g)	15.17				Missing												
Iron (mg)	6.25																
Calcium (mg)	557.9																
Vitamin A (IU)	11338																
Sugars (g)	45	24.17%															
Vitamin C (mg)	56.38																
Protein (g)	37.62	20.07%															
Carbohydrate (g)	110.17	58.78%															
Total Fat (g)	19.83	23.81%															
Saturated Fat (g)	5.64	6.78%															
Trans Fat ¹ (g)	0.10	0.12%															

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