

# MNPS Nutrition Services

Feb 1, 2018 thru Feb 28, 2018

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 <sup>1</sup> (g)
Thu - 02/01/2018															
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	235	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	170	0	160	5.00	1.80	40.0	0	2.4	10	6.0	36.0	1.0	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 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		447	201	452	4.80	2.10	335.0	795	36.80	*47	17.58	79.57	6.48	2.16	*0.05
% of Calories										*41.9%	15.7%	71.2%	13.0%	4.3%	*0.1%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Fri - 02/02/2018															
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	170	0	160	5.00	1.80	40.0	0	2.4	10	6.0	36.0	1.0	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 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		441	10	378	6.47	2.06	361.0	780	37.43	57	13.29	84.88	6.18	1.04	*0.00
% of Calories										51.7%	12.1%	77.1%	12.6%	2.1%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

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

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<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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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 <sup>1</sup> (g)
Mon - 02/05/2018															
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	170	0	160	5.00	1.80	40.0	0	2.4	10	6.0	36.0	1.0	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 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		458	33	562	5.81	2.76	338.1	633	37.82	49	22.04	75.14	7.95	2.69	*0.00
% of Calories										42.8%	19.2%	65.6%	15.6%	5.3%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Tue - 02/06/2018															
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	170	0	160	5.00	1.80	40.0	0	2.4	10	6.0	36.0	1.0	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 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		459	5	495	6.03	3.23	364.9	744	36.02	54	14.50	85.93	8.06	2.36	*0.00
% of Calories										46.9%	12.6%	74.9%	15.8%	4.6%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Wed - 02/07/2018															
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	170	0	160	5.00	1.80	40.0	0	2.4	10	6.0	36.0	1.0	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 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

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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 <sup>1</sup> (g)
Weighted Daily Average		497	136	530	5.42	2.67	440.3	799	39.09	49	19.02	76.07	13.58	5.31	*0.00
% of Calories										39.8%	15.3%	61.2%	24.6%	9.6%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Thu - 02/08/2018															
Breakfast Menu: K-12	Total														
Mini Cinnis	1 EACH	240	0	300	2.00	1.44	40.0	0	0.0	15	5.0	40.0	8.0	2.00	0.00
Oatmeal Bar	1 cup	242	0	108	4.18	1.34	36.2	237	10.78	23	6.17	53.29	2.49	0.00	0.00
Bento Box: Breakfast	1 EACH	170	0	160	5.00	1.80	40.0	0	2.4	10	6.0	36.0	1.0	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 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		466	5	431	5.43	2.07	323.4	588	37.43	59	13.61	88.33	8.22	2.09	*0.00
% of Calories										50.7%	11.7%	75.8%	15.9%	4.0%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Fri - 02/09/2018															
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	170	0	160	5.00	1.80	40.0	0	2.4	10	6.0	36.0	1.0	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 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		433	18	566	5.48	2.43	421.7	572	37.56	54	17.87	74.10	7.67	2.23	*0.00
% of Calories										49.8%	16.5%	68.4%	15.9%	4.6%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

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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 <sup>1</sup> (g)
Mon - 02/12/2018															
Breakfast Menu: K-12	Total														
TrkyHam&Cheese on Hawaiian Bu	1 EACH	197	21	563	2.00	1.89	105.6	122	3.59	5	11.51	28.0	4.63	1.49	0.00
Bento Box: Breakfast	1 EACH	170	0	160	5.00	1.80	40.0	0	2.4	10	6.0	36.0	1.0	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 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		428	23	669	5.38	2.50	383.9	668	39.63	50	19.10	76.85	5.69	1.80	*0.00
% of Calories										47.0%	17.8%	71.7%	12.0%	3.8%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Tue - 02/13/2018															
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	170	0	160	5.00	1.80	40.0	0	2.4	10	6.0	36.0	1.0	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 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		439	10	341	6.22	1.52	312.6	567	36.64	57	12.84	85.20	6.83	1.39	*0.00
% of Calories										51.6%	11.7%	77.6%	14.0%	2.9%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Wed - 02/14/2018															
Breakfast Menu: K-12	Total														
Assorted Breakfast Burritos	1 EACH	200	62	260	2.56	1.26	100.0	350	2.4	0	9.01	21.93	8.47	3.44	0.00
Bento Box: Breakfast	1 EACH	170	0	160	5.00	1.80	40.0	0	2.4	10	6.0	36.0	1.0	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 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

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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 <sup>1</sup> (g)
Weighted Daily Average		428	57	414	5.80	1.96	373.9	848	38.15	46	16.86	71.23	8.88	3.41	*0.00
% of Calories										42.6%	15.8%	66.6%	18.7%	7.2%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Thu - 02/15/2018															
Breakfast Menu: K-12	Total														
Chicken Biscuit	1 EACH	249	15	359	2.98	2.15	99.2	0	2.38	4	11.96	31.8	8.47	3.48	0.00
Bento Box: Breakfast	1 EACH	170	0	160	5.00	1.80	40.0	0	2.4	10	6.0	36.0	1.0	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 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		473	18	499	6.25	2.72	379.0	569	39.09	49	19.49	80.31	8.89	3.46	*0.00
% of Calories										41.8%	16.5%	67.9%	16.9%	6.6%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Fri - 02/16/2018															
Breakfast Menu: K-12	Total														
CinnamonGlazed French Toast:W	1 EACH	200	110	280	2.00	1.44	80.0	200	0.0	11	8.0	25.0	8.0	2.00	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	170	0	160	5.00	1.80	40.0	0	2.4	10	6.0	36.0	1.0	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 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		434	90	425	5.46	2.09	377.5	736	37.36	56	16.12	75.78	8.20	2.09	*0.00
% of Calories										51.6%	14.8%	69.8%	17.0%	4.3%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Mon - 02/19/2018															
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

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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 <sup>1</sup> (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	

Tue - 02/20/2018															
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	170	0	160	5.00	1.80	40.0	0	2.4	10	6.0	36.0	1.0	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 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		439	47	500	5.38	2.12	420.9	733	36.64	48	17.01	74.35	8.50	2.64	*0.00
% of Calories										44.0%	15.5%	67.7%	17.4%	5.4%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Wed - 02/21/2018															
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	170	0	160	5.00	1.80	40.0	0	2.4	10	6.0	36.0	1.0	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 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		414	5	541	5.38	2.42	345.9	567	36.64	51	17.01	73.52	8.50	1.39	*0.00
% of Calories										49.1%	16.4%	71.0%	18.5%	3.0%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

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# MNPS Nutrition Services

Feb 1, 2018 thru Feb 28, 2018

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 <sup>1</sup> (g)
Thu - 02/22/2018															
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	170	0	160	5.00	1.80	40.0	0	2.4	10	6.0	36.0	1.0	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 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		430	26	458	6.17	2.42	312.3	564	36.18	49	15.33	67.39	10.16	2.64	*0.00
% of Calories										45.4%	14.3%	62.7%	21.3%	5.5%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Fri - 02/23/2018															
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	170	0	160	5.00	1.80	40.0	0	2.4	10	6.0	36.0	1.0	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 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		448	10	379	6.47	2.03	376.3	813	39.00	59	13.43	86.19	6.37	1.05	*0.00
% of Calories										52.4%	12.0%	76.9%	12.8%	2.1%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Mon - 02/26/2018															
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	170	0	160	5.00	1.80	40.0	0	2.4	10	6.0	36.0	1.0	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 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

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# MNPS Nutrition Services

Feb 1, 2018 thru Feb 28, 2018

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 <sup>1</sup> (g)
Weighted Daily Average		459	33	564	5.76	2.76	342.7	639	37.39	49	22.16	75.12	7.95	2.70	*0.00
% of Calories										42.7%	19.3%	65.5%	15.6%	5.3%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Tue - 02/27/2018															
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	170	0	160	5.00	1.80	40.0	0	2.4	10	6.0	36.0	1.0	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 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		455	5	483	6.17	3.17	362.2	731	36.18	54	14.50	85.73	7.66	2.22	*0.00
% of Calories										47.3%	12.7%	75.4%	15.2%	4.4%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Wed - 02/28/2018															
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	170	0	160	5.00	1.80	40.0	0	2.4	10	6.0	36.0	1.0	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 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		492	130	521	5.37	2.64	437.3	787	38.63	49	18.78	75.75	13.21	5.19	*0.00
% of Calories										39.9%	15.3%	61.6%	24.2%	9.5%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Weighted Average		450	45	485	5.75	2.40	368.9	691	37.56	*52 *103.9	16.87 15.0%	78.50 69.8%	8.37 16.8%	2.52 5.0%	*0.00 *0.0%
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# MNPS Nutrition Services

Feb 1, 2018 thru Feb 28, 2018

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 <sup>1</sup> (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)							
Calories	450		450 - 500	100%											
Cholesterol (mg)	45														
Sodium 1 (mg)	485		540												
Sodium 2 (mg)	485		485												
Fiber (g)	5.75														
Iron (mg)	2.40														
Calcium (mg)	368.9														
Vitamin A (IU)	691														
Sugars (g)	52	46.16%			Missing										
Vitamin C (mg)	37.56														
Protein (g)	16.87	15.01%													
Carbohydrate (g)	78.50	69.84%													
Total Fat (g)	8.37	16.75%	<=35.00%												
Saturated Fat (g)	2.52	5.04%	<10.00%												
Trans Fat <sup>1</sup> (g)	0.00	0.01%			Missing										

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