

MNPS Nutrition Services

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Breakfast Menu: K-12

Portion Values - Detailed

Page 1

Generated on: 3/28/2018 9:40:40 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/02/2018															
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	

Tue - 04/03/2018															
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	

Wed - 04/04/2018															
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 - 04/05/2018															
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	

Fri - 04/06/2018															
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

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MNPS Nutrition Services

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Base Menu Spreadsheet

Breakfast Menu: K-12

Portion Values - Detailed

Page 2

Generated on: 3/28/2018 9:40:40 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Mon - 04/09/2018															
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		434	47	491	5.37	2.11	410.9	717	36.53	48	16.72	73.59	8.39	2.61	*0.00
% of Calories										44.1%	15.4%	67.8%	17.4%	5.4%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Tue - 04/10/2018															
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		417	6	549	5.27	2.44	360.8	589	36.18	51	17.44	73.62	8.56	1.41	*0.00
% of Calories										49.1%	16.7%	70.6%	18.5%	3.0%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

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MNPS Nutrition Services

Apr 1, 2018 thru Apr 30, 2018

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)
Wed - 04/11/2018															
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
SYRUP CUP	PORTION CUP	80	0	30	0.00	0.00	0.0	0	0.0	11	0.0	20.0	0.0	0.00	0.00
Weighted Daily Average		501	28	488	6.11	2.45	331.7	600	36.56	59	15.88	84.09	10.30	2.71	*0.00
% of Calories										47.1%	12.7%	67.1%	18.5%	4.9%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Thu - 04/12/2018															
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		439	214	445	4.46	2.06	349.1	833	36.31	*47	17.88	76.66	6.74	2.27	*0.05
% of Calories										*42.6%	16.3%	69.9%	13.8%	4.7%	*0.1%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

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Base Menu Spreadsheet

Breakfast Menu: K-12

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Page 4

Generated on: 3/28/2018 9:40:40 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/13/2018															
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
SYRUP CUP	PORTION CUP	80	0	30	0.00	0.00	0.0	0	0.0	11	0.0	20.0	0.0	0.00	0.00
Weighted Daily Average		478	9	367	6.32	1.97	433.7	797	39.17	65	14.38	94.68	5.27	0.82	*0.00
% of Calories										54.6%	12.0%	79.2%	9.9%	1.5%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Mon - 04/16/2018															
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
Weighted Daily Average		465	34	572	5.75	2.79	358.3	668	37.88	50	22.73	75.85	8.01	2.75	*0.00
% of Calories										43.0%	19.6%	65.2%	15.5%	5.3%	*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

Page 5

Generated on: 3/28/2018 9:40:40 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/17/2018															
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		460	6	489	6.12	3.21	377.8	759	36.18	55	14.89	86.37	7.71	2.26	*0.00
% of Calories										47.5%	13.0%	75.2%	15.1%	4.4%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Wed - 04/18/2018															
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
ASSORTED JELLY PACKETS	PACKETS	35	0	0	0.00	0.00	0.0	0	2.4	6	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average		528	136	533	5.30	2.68	457.2	824	41.03	54	19.39	83.45	13.62	5.40	*0.00
% of Calories										41.1%	14.7%	63.2%	23.2%	9.2%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

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Base Menu Spreadsheet

Breakfast Menu: K-12

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Page 6

Generated on: 3/28/2018 9:40:40 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/19/2018															
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
HONEY PACKET	PACKET	25	0	0	0.00	0.00	0.0	0	0.0	7	0.0	7.0	0.0	0.00	0.00
Weighted Daily Average		481	6	389	6.02	2.10	347.5	685	40.12	64	14.59	94.88	6.67	1.57	*0.00
% of Calories										53.6%	12.1%	79.0%	12.5%	2.9%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Fri - 04/20/2018															
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		436	18	560	5.56	2.45	432.9	597	37.69	55	18.13	75.10	7.42	2.16	*0.00
% of Calories										50.2%	16.6%	68.9%	15.3%	4.5%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

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Base Menu Spreadsheet

Breakfast Menu: K-12

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Page 7

Generated on: 3/28/2018 9:40:40 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/23/2018															
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		433	22	654	5.52	2.52	400.5	696	39.65	52	19.36	78.12	5.47	1.73	*0.00
% of Calories										47.6%	17.9%	72.2%	11.4%	3.6%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Tue - 04/24/2018															
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
SYRUP CUP	PORTION CUP	80	0	30	0.00	0.00	0.0	0	0.0	11	0.0	20.0	0.0	0.00	0.00
Weighted Daily Average		497	10	357	6.05	1.45	301.2	548	35.95	65	12.44	99.75	6.98	1.41	*0.00
% of Calories										51.9%	10.0%	80.3%	12.6%	2.6%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

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MNPS Nutrition Services

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Breakfast Menu: K-12

Portion Values - Detailed

Page 8

Generated on: 3/28/2018 9:40:40 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/25/2018															
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
Weighted Daily Average		432	55	417	5.87	2.01	391.8	869	38.22	47	17.30	72.57	8.59	3.31	*0.00
% of Calories										43.3%	16.0%	67.2%	17.9%	6.9%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Thu - 04/26/2018															
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		479	19	509	6.17	2.75	395.9	594	39.13	50	20.09	80.76	9.09	3.58	*0.00
% of Calories										41.7%	16.8%	67.4%	17.1%	6.7%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

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MNPS Nutrition Services

Apr 1, 2018 thru Apr 30, 2018

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)
Fri - 04/27/2018															
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 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
SYRUP CUP	PORTION CUP	80	0	30	0.00	0.00	0.0	0	0.0	11	0.0	20.0	0.0	0.00	0.00
Weighted Daily Average		495	76	434	5.60	2.04	427.1	774	38.87	66	16.54	91.67	7.56	1.83	*0.00
% of Calories										53.3%	13.4%	74.1%	13.7%	3.3%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Mon - 04/30/2018															
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 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		434	47	491	5.37	2.11	410.9	717	36.53	48	16.72	73.59	8.39	2.61	*0.00
% of Calories										44.1%	15.4%	67.8%	17.4%	5.4%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Weighted Average		463	46	484	5.68	2.32	386.7	704	37.88	*55 *106.3	17.15 14.8%	82.17 71.0%	8.05 15.6%	2.40 4.7%	*0.00 *0.0%
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MNPS Nutrition Services

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Breakfast Menu: K-12

Portion Values - Detailed

Page 10

Generated on: 3/28/2018 9:40:40 AM

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	463		450 - 500	100%													
Cholesterol (mg)	46																
Sodium 1 (mg)	484		540														
Sodium 2 (mg)	484		485														
Fiber (g)	5.68																
Iron (mg)	2.32																
Calcium (mg)	386.7																
Vitamin A (IU)	704																
Sugars (g)	55	47.23%				Missing											
Vitamin C (mg)	37.88																
Protein (g)	17.15	14.82%															
Carbohydrate (g)	82.17	70.98%															
Total Fat (g)	8.05	15.64%	<=35.00%														
Saturated Fat (g)	2.40	4.67%	<10.00%														
Trans Fat ¹ (g)	0.00	0.01%				Missing											

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