

MNPS Nutrition Services

Oct 1, 2018 thru Oct 31, 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 ¹ (g)
Mon - 10/01/2018															
Breakfast Menu: K-12	Total														
Assorted Pancakes: WG	1 EACH	205	9	257	3.75	1.89	50.0	500	0.0	12	4.25	35.99	5.25	0.62	0.00
Fruit & Granola Parfait: K-12	1 EACH	369	5	191	4.16	0.90	303.0	1987	10.76	47	9.17	74.9	4.5	2.00	0.00
Bento Box: Breakfast	1 EACH	360	78	233	4.58	2.49	295.8	1280	13.13	35	9.74	60.22	9.8	3.34	*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	62	0	11	0.00	0.00	0.0	0	16.32	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		467	32	356	5.58	2.37	308.1	1132	36.81	59	11.44	90.61	7.00	1.69	*0.00
% of Calories										50.8%	9.8%	77.6%	13.5%	3.3%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Tue - 10/02/2018															
Breakfast Menu: K-12	Total														
Stuffed Croissant	1 EACH	340	75	521	2.00	2.70	150.2	501	0.0	4	15.02	32.03	17.02	4.00	0.00
Fruit & Granola Parfait: K-12	1 EACH	369	5	191	4.16	0.90	303.0	1987	10.76	47	9.17	74.9	4.5	2.00	0.00
Bento Box: Breakfast	1 EACH	360	78	233	4.58	2.49	295.8	1280	13.13	35	9.74	60.22	9.8	3.34	*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	62	0	11	0.00	0.00	0.0	0	16.32	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		522	79	546	4.53	3.02	398.3	1135	38.93	48	19.92	76.23	15.58	4.09	*0.00
% of Calories										36.7%	15.3%	58.4%	26.8%	7.0%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Wed - 10/03/2018															
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
Fruit & Granola Parfait: K-12	1 EACH	369	5	191	4.16	0.90	303.0	1987	10.76	47	9.17	74.9	4.5	2.00	0.00
Bento Box: Breakfast	1 EACH	360	78	233	4.58	2.49	295.8	1280	13.13	35	9.74	60.22	9.8	3.34	*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	62	0	11	0.00	0.00	0.0	0	16.32	13	0.4	14.6	0.0	0.00	0.00
Assorted Milk	CARTON	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00

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

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Base Menu Spreadsheet

Breakfast Menu: K-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		469	114	386	4.67	2.54	398.1	1155	37.96	51	15.34	75.93	11.95	4.58	*0.00
% of Calories										43.3%	13.1%	64.8%	22.9%	8.8%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Thu - 10/04/2018															
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
Fruit & Granola Parfait: K-12	1 EACH	369	5	191	4.16	0.90	303.0	1987	10.76	47	9.17	74.9	4.5	2.00	0.00
Bento Box: Breakfast	1 EACH	360	78	233	4.58	2.49	295.8	1280	13.13	35	9.74	60.22	9.8	3.34	*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	62	0	11	0.00	0.00	0.0	0	16.32	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	18	423	5.09	3.04	335.9	842	37.44	50	13.15	79.77	8.00	2.52	*0.00
% of Calories										46.7%	12.2%	73.8%	16.7%	5.2%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Fri - 10/05/2018															
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
Fruit & Granola Parfait: K-12	1 EACH	369	5	191	4.16	0.90	303.0	1987	10.76	47	9.17	74.9	4.5	2.00	0.00
Bento Box: Breakfast	1 EACH	360	78	233	4.58	2.49	295.8	1280	13.13	35	9.74	60.22	9.8	3.34	*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	62	0	11	0.00	0.00	0.0	0	16.32	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		458	44	400	5.11	2.36	306.8	803	37.31	53	13.92	75.37	10.36	3.00	*0.00
% of Calories										46.3%	12.1%	65.8%	20.3%	5.9%	*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 ¹ (g)
Mon - 10/08/2018															
Breakfast Menu: K-12	Total														
Mini Maple Waffles	1 EACH	200	0	220	4.00	2.70	100.0	500	0.0	10	4.0	35.0	5.0	1.50	0.00
Fruit & Granola Parfait: K-12	1 EACH	369	5	191	4.16	0.90	303.0	1987	10.76	47	9.17	74.9	4.5	2.00	0.00
Bento Box: Breakfast	1 EACH	360	78	233	4.58	2.49	295.8	1280	13.13	35	9.74	60.22	9.8	3.34	*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	62	0	11	0.00	0.00	0.0	0	16.32	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		476	31	340	5.79	2.94	377.0	1221	37.74	60	12.25	91.26	7.16	2.42	*0.00
% of Calories										50.3%	10.3%	76.8%	13.5%	4.6%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Tue - 10/09/2018															
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
Fruit & Granola Parfait: K-12	1 EACH	369	5	191	4.16	0.90	303.0	1987	10.76	47	9.17	74.9	4.5	2.00	0.00
Bento Box: Breakfast	1 EACH	360	78	233	4.58	2.49	295.8	1280	13.13	35	9.74	60.22	9.8	3.34	*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	62	0	11	0.00	0.00	0.0	0	16.32	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		452	40	403	5.14	2.59	356.2	853	38.98	48	16.73	76.19	9.32	3.64	*0.00
% of Calories										42.7%	14.8%	67.5%	18.6%	7.3%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Wed - 10/10/2018															
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
Fruit & Granola Parfait: K-12	1 EACH	369	5	191	4.16	0.90	303.0	1987	10.76	47	9.17	74.9	4.5	2.00	0.00
Bento Box: Breakfast	1 EACH	360	78	233	4.58	2.49	295.8	1280	13.13	35	9.74	60.22	9.8	3.34	*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	62	0	11	0.00	0.00	0.0	0	16.32	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

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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		447	24	381	4.41	2.07	322.1	805	37.58	56	12.60	81.88	8.85	2.61	*0.00
% of Calories										49.8%	11.3%	73.2%	17.8%	5.3%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Thu - 10/11/2018															
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
Fruit & Granola Parfait: K-12	1 EACH	369	5	191	4.16	0.90	303.0	1987	10.76	47	9.17	74.9	4.5	2.00	0.00
Bento Box: Breakfast	1 EACH	360	78	233	4.58	2.49	295.8	1280	13.13	35	9.74	60.22	9.8	3.34	*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	62	0	11	0.00	0.00	0.0	0	16.32	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		424	43	532	4.72	2.41	361.2	947	41.79	51	16.51	75.23	6.81	2.36	*0.00
% of Calories										47.8%	15.6%	71.0%	14.5%	5.0%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Fri - 10/12/2018															
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
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Mon - 10/15/2018															
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
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	

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Tue - 10/16/2018															
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 - 10/17/2018															
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 - 10/18/2018															
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 - 10/19/2018															
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	

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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 - 10/22/2018															
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
Fruit & Granola Parfait: K-12	1 EACH	369	5	191	4.16	0.90	303.0	1987	10.76	47	9.17	74.9	4.5	2.00	0.00
Bento Box: Breakfast	1 EACH	360	78	233	4.58	2.49	295.8	1280	13.13	35	9.74	60.22	9.8	3.34	*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	62	0	11	0.00	0.00	0.0	0	16.32	13	0.4	14.6	0.0	0.00	0.00
Assorted Milk	CARTON	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Weighted Daily Average		435	38	413	4.90	2.42	368.5	1057	39.67	54	15.11	77.13	9.09	2.34	*0.00
% of Calories										50.0%	13.9%	70.9%	18.8%	4.8%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Tue - 10/23/2018															
Breakfast Menu: K-12	Total														
Breakfast Pizza, IW	1 EACH	222	22	415	2.18	1.34	1253.9	35	9.83	3	13.11	26.21	7.21	2.84	0.00
Fruit & Granola Parfait: K-12	1 EACH	369	5	191	4.16	0.90	303.0	1987	10.76	47	9.17	74.9	4.5	2.00	0.00
Bento Box: Breakfast	1 EACH	360	78	233	4.58	2.49	295.8	1280	13.13	35	9.74	60.22	9.8	3.34	*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	62	0	11	0.00	0.00	0.0	0	16.32	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	42	452	4.52	2.05	1143.3	832	43.61	47	17.93	71.60	8.44	3.23	*0.00
% of Calories										43.3%	16.6%	66.3%	17.6%	6.7%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Wed - 10/24/2018															
Breakfast Menu: K-12	Total														
Egg & Trky Sausage Bkfst Boat	1 EACH	200	45	320	2.00	1.44	150.0	200	0.0	4	9.0	26.0	7.0	2.00	0.00
Egg & Turkey Bacon Bkfst 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
Fruit & Granola Parfait: K-12	1 EACH	369	5	191	4.16	0.90	303.0	1987	10.76	47	9.17	74.9	4.5	2.00	0.00
Bento Box: Breakfast	1 EACH	360	78	233	4.58	2.49	295.8	1280	13.13	35	9.74	60.22	9.8	3.34	*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	62	0	11	0.00	0.00	0.0	0	16.32	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

Oct 1, 2018 thru Oct 31, 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)	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		441	59	402	4.76	2.15	415.4	1070	39.86	51	15.55	75.75	8.70	2.91	*0.00
% of Calories										46.6%	14.1%	68.7%	17.8%	5.9%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Thu - 10/25/2018															
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
Fruit & Granola Parfait: K-12	1 EACH	369	5	191	4.16	0.90	303.0	1987	10.76	47	9.17	74.9	4.5	2.00	0.00
Bento Box: Breakfast	1 EACH	360	78	233	4.58	2.49	295.8	1280	13.13	35	9.74	60.22	9.8	3.34	*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	62	0	11	0.00	0.00	0.0	0	16.32	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		482	100	382	4.71	2.16	366.7	1025	39.59	62	14.90	86.55	9.02	2.72	*0.00
% of Calories										51.4%	12.4%	71.8%	16.8%	5.1%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Fri - 10/26/2018															
Breakfast Menu: K-12	Total														
Bkfst Burrito, Cheese & Egg	1 EACH	244	71	311	2.72	1.08	100.0	400	3.6	1	9.75	28.08	10.07	3.88	0.00
Fruit & Granola Parfait: K-12	1 EACH	369	5	191	4.16	0.90	303.0	1987	10.76	47	9.17	74.9	4.5	2.00	0.00
Bento Box: Breakfast	1 EACH	360	78	233	4.58	2.49	295.8	1280	13.13	35	9.74	60.22	9.8	3.34	*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	62	0	11	0.00	0.00	0.0	0	16.32	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		457	75	375	5.03	1.96	375.0	1166	40.11	48	15.64	75.80	10.26	3.87	*0.00
% of Calories										42.1%	13.7%	66.3%	20.2%	7.6%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

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MNPS Nutrition Services

Oct 1, 2018 thru Oct 31, 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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/29/2018															
Breakfast Menu: K-12	Total														
Assorted Pancakes: WG	1 EACH	205	9	257	3.75	1.89	50.0	500	0.0	12	4.25	35.99	5.25	0.62	0.00
Fruit & Granola Parfait: K-12	1 EACH	369	5	191	4.16	0.90	303.0	1987	10.76	47	9.17	74.9	4.5	2.00	0.00
Bento Box: Breakfast	1 EACH	360	78	233	4.58	2.49	295.8	1280	13.13	35	9.74	60.22	9.8	3.34	*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	62	0	11	0.00	0.00	0.0	0	16.32	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		467	32	356	5.58	2.37	308.1	1132	36.81	59	11.44	90.61	7.00	1.69	*0.00
% of Calories										50.8%	9.8%	77.6%	13.5%	3.3%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Tue - 10/30/2018															
Breakfast Menu: K-12	Total														
Stuffed Croissant	1 EACH	340	75	521	2.00	2.70	150.2	501	0.0	4	15.02	32.03	17.02	4.00	0.00
Fruit & Granola Parfait: K-12	1 EACH	369	5	191	4.16	0.90	303.0	1987	10.76	47	9.17	74.9	4.5	2.00	0.00
Bento Box: Breakfast	1 EACH	360	78	233	4.58	2.49	295.8	1280	13.13	35	9.74	60.22	9.8	3.34	*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	62	0	11	0.00	0.00	0.0	0	16.32	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		522	79	546	4.53	3.02	398.3	1135	38.93	48	19.92	76.23	15.58	4.09	*0.00
% of Calories										36.7%	15.3%	58.4%	26.8%	7.0%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Wed - 10/31/2018															
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
Fruit & Granola Parfait: K-12	1 EACH	369	5	191	4.16	0.90	303.0	1987	10.76	47	9.17	74.9	4.5	2.00	0.00
Bento Box: Breakfast	1 EACH	360	78	233	4.58	2.49	295.8	1280	13.13	35	9.74	60.22	9.8	3.34	*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	62	0	11	0.00	0.00	0.0	0	16.32	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

Oct 1, 2018 thru Oct 31, 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)	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		469	114	386	4.67	2.54	398.1	1155	37.96	51	15.34	75.93	11.95	4.58	*0.00
% of Calories										43.3%	13.1%	64.8%	22.9%	8.8%	*0.0%
Nutrient Guideline		450-500		540									<=35.0	<10.00	

Weighted Average		462	57	416	4.93	2.47	408.1	1027	38.89	53	15.16	79.53	9.71	3.08	*0.00
										102.7%	13.1%	68.9%	18.9%	6.0%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	462		450 - 500	100%				
Cholesterol (mg)	57							
Sodium 1 (mg)	416		540					
Sodium 2 (mg)	416		485					
Fiber (g)	4.93							
Iron (mg)	2.47							
Calcium (mg)	408.1							
Vitamin A (IU)	1027							
Sugars (g)	53	45.66%						
Vitamin C (mg)	38.89							
Protein (g)	15.16	13.13%						
Carbohydrate (g)	79.53	68.87%						
Total Fat (g)	9.71	18.92%	<=35.00%					
Saturated Fat (g)	3.08	6.00%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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