

# MNPS Nutrition Services

Nov 1, 2018 thru Nov 30, 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 <sup>1</sup> (g)
Thu - 11/01/2018															
Lunch Menu: Grades 9-12															
	Total														
Baked Spaghetti & Meatballs	1 CUP	217	34	341	3.14	3.40	43.4	357	10.66	5	15.9	25.5	6.2	2.21	*0.00
Garlic Breadstick	1 EACH	150	0	160	2.00	1.44	0.0	100	0.0	2	5.0	26.0	4.0	0.50	0.00
Chicka Boom Po'Boy	1 EACH	320	50	601	2.63	2.18	259.7	225	1.03	1	24.55	31.43	10.47	1.29	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
Assorted Specialty Salads	1 EACH	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*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
Steamed Broccoli	1/2 CUP	36	0	116	2.95	0.59	58.7	969	38.21	*0	3.03	6.99	0.31	0.16	0.00
Roasted Mediterranean Blend	1/2 CUP	55	0	321	3.06	0.68	40.3	1220	9.89	*3	1.03	9.17	2.1	0.08	*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 Fresh Fruit: Option 2	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
Assorted Salad Dressing	1 EACH	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
Boom Boom Sauce	2 TBSP	80	7	128	0.00	0.00	0.0	47	1.13	1	0.0	1.42	8.03	1.18	0.00
Weighted Daily Average		680	51	1098	13.34	*5.80	*517.9	6362	83.30	*48	*35.00	99.93	18.02	3.66	*0.00
% of Calories										*28.1%	*20.6%	58.8%	23.9%	4.8%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Fri - 11/02/2018															
Lunch Menu: Grades 9-12															
	Total														
Taco Soup	1 CUP	312	52	520	7.43	4.47	42.8	1180	20.12	6	23.0	29.75	12.2	4.13	0.68
Tortilla Chips	1 BAG	200	0	170	3.00	1.08	0.0	0	0.0	0	3.0	30.0	8.0	1.00	0.00
Breaded Fish Sandwich	1 EACH	340	40	640	6.00	2.88	40.0	0	0.0	3	20.0	43.0	12.0	2.00	0.00
Protein Power Pack: 9-12	1 EACH	604	393	843	8.72	3.96	345.5	6251	7.96	9	29.56	43.5	36.82	10.31	*0.00
Assorted Specialty Salads	1 EACH	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*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 Red Potatoes	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
Onion Rings	5 RINGS	203	0	234	3.05	1.10	101.6	25	4.06	5	3.05	28.44	8.13	1.52	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 Fresh Fruit: Option 2	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
Assorted Salad Dressing	1 EACH	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
TARTAR SAUCE PACKET	PACKET	40	5	100	0.00	0.00	0.0	0	0.0	2	0.0	3.0	3.0	0.00	0.00

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

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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 <sup>1</sup> (g)
Weighted Daily Average		841	61	1205	15.31	*5.82	*449.3	4756	49.45	*49	*34.85	123.30	25.66	4.84	*0.14
% of Calories										*23.4%	*16.6%	58.6%	27.4%	5.2%	*0.2%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Mon - 11/05/2018															
Lunch Menu: Grades 9-12	Total														
PhillyCheesesteak Pretzel Roll	1 EACH	399	57	680	4.00	3.14	101.4	81	4.88	2	19.02	44.12	16.58	8.05	0.00
Pizza Party	1 EACH	317	35	511	3.29	2.52	371.3	414	6.43	6	20.42	30.85	12.28	6.21	0.00
Falafel on Fire Rstd Flatbread	1 EACH	330	0	600	7.53	2.57	61.5	300	6.07	6	11.0	47.0	11.0	2.00	0.00
Assorted Specialty Salads	1 EACH	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*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 Golden Corn: FROZEN	1/2 CUP	87	0	99	2.00	0.36	10.0	104	4.68	3	3.0	19.41	0.7	0.14	0.00
Italian Green Beans	1/2 CUP	26	0	145	2.02	0.01	20.5	4	0.13	3	1.06	6.21	0.04	0.01	0.00
Falafel Flatbread Trimmings	1 EACH	18	0	6	1.41	0.54	20.3	3472	8.3	2	1.0	3.85	0.22	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 Fresh Fruit: Option 2	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
Assorted Salad Dressing	1 EACH	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
Weighted Daily Average		718	60	1083	12.55	*4.33	*490.7	3848	50.75	*51	*31.99	108.60	19.47	8.34	*0.00
% of Calories										*28.2%	*17.8%	60.5%	24.4%	10.4%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Tue - 11/06/2018															
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	

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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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 <sup>1</sup> (g)
Wed - 11/07/2018															
Lunch Menu: Grades 9-12															
	Total														
PoppinPotatoBowl w/TrkyPotRst	1 EACH	324	80	617	2.33	1.14	233.8	356	19.67	3	24.16	27.65	12.97	6.13	*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
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
Pizza Picnic Pack: 9-12	1 EACH	613	46	1293	5.00	2.85	662.3	604	6.09	20	31.26	64.04	25.23	10.63	0.00
Assorted Specialty Salads	1 EACH	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*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
Buttered Parisian Carrots	1/2 CUP	38	0	62	3.08	0.00	23.4	0	0.0	4	1.02	8.72	0.05	0.04	0.00
SouthernStyleTurnipGreens:FZN	1/2 CUP	45	1	98	2.50	0.51	80.6	2220	5.05	1	3.05	5.81	0.41	0.12	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 Fresh Fruit: Option 2	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
Assorted Salad Dressing	1 EACH	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
Weighted Daily Average		732	75	1089	13.11	*4.01	*660.9	6328	59.96	*54	*37.77	102.33	19.88	8.18	*0.00
% of Calories										*29.2%	*20.6%	55.9%	24.4%	10.0%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Thu - 11/08/2018															
Lunch Menu: Grades 9-12															
	Total														
Skilllet Cheesy Beef Macaroni	1 CUP	344	58	510	2.05	2.39	192.1	194	3.05	*2	18.5	24.22	18.98	7.96	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
BBQ Pulled Chicken 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
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
Assorted Specialty Salads	1 EACH	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*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
Carolina-Style Slaw	1/2 CUP	13	0	9	0.89	0.47	29.1	411	12.22	*2	0.53	2.85	0.18	0.02	*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
Oven Fried Okra	1/2 CUP	179	0	219	3.99	1.08	39.9	0	1.2	2	2.99	23.93	6.98	1.00	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 Fresh Fruit: Option 2	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
Assorted Salad Dressing	1 EACH	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
Weighted Daily Average		844	67	1038	17.84	*5.88	*558.9	6271	70.13	*57	*35.57	119.77	27.65	8.88	*0.51
% of Calories										*27.1%	*16.9%	56.8%	29.5%	9.5%	*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)	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)
Fri - 11/09/2018															
Lunch Menu: Grades 9-12	Total														
SuperFlyGrilldCheeseSndwch:912	1 EACH	485	90	2135	4.00	3.96	480.0	410	6.6	6	37.0	51.47	18.5	8.50	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
Nashville Hot Fish	1 EACH	215	40	496	2.29	1.22	32.8	616	0.01	*1	14.15	17.35	10.24	2.14	*0.00
Hushpuppies	3 EACH	142	0	193	1.01	0.36	0.0	101	1.22	5	2.03	20.29	6.09	1.01	0.00
Protein Power Pack: 9-12	1 EACH	604	393	843	8.72	3.96	345.5	6251	7.96	9	29.56	43.5	36.82	10.31	*0.00
Assorted Specialty Salads	1 EACH	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*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	58	0.84	0.24	15.1	198	28.35	*1	0.92	2.23	1.24	0.17	*0.00
Baked Beans	#6 SCOOP	137	0	407	6.32	0.21	47.5	99	3.75	*2	6.29	27.82	0.03	0.01	*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 Fresh Fruit: Option 2	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
Assorted Salad Dressing	1 EACH	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
Weighted Daily Average		791	75	1899	14.51	*3.96	*568.9	5233	65.29	*53	*39.08	115.08	21.96	6.20	*0.00
% of Calories										*26.7%	*19.8%	58.2%	25.0%	7.1%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Mon - 11/12/2018															
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	

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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 <sup>1</sup> (g)
Tue - 11/13/2018															
Lunch Menu: Grades 9-12															
	Total														
Stadium 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
Flamebroiled Hamburger	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
Flamebroiled Cheeseburger	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
Blackbean Burger	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
3-Bean Vegetarian Chili	1 CUP	142	0	212	7.26	2.03	62.2	640	9.96	*1	6.65	21.91	2.97	0.35	*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
Assorted Specialty Salads	1 EACH	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*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	145	0	156	2.08	0.37	20.8	779	0.0	7	1.04	18.69	7.27	1.04	0.00
Creamed Kale	1/2 CUP	60	5	84	3.28	1.34	144.1	9097	108.93	2	4.07	8.32	2.33	0.86	0.06
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 Fresh Fruit: Option 2	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
Assorted Salad Dressing	1 EACH	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
KETCHUP PACKET	PACKET	10	0	25	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
MUSTARD PACKET	PACKET	5	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MAYO PACKET	PACKET	50	10	70	0.00	0.00	0.0	0	0.0	0	0.0	2.0	4.5	0.50	0.00
Weighted Daily Average		739	63	1157	13.17	*5.18	*558.7	11295	98.41	*56	*31.70	100.20	26.45	7.55	*0.41
% of Calories										*30.6%	*17.2%	54.3%	32.2%	9.2%	*0.5%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

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# MNPS Nutrition Services

Nov 1, 2018 thru Nov 30, 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 <sup>1</sup> (g)
Wed - 11/14/2018															
Lunch Menu: Grades 9-12	Total														
Oven Roasted Wings	5 WINGS	239	137	752	0.00	0.86	0.0	0	0.0	0	23.87	0.0	15.52	4.78	0.00
Buffalo Wings	5 WINGS	229	108	607	0.00	0.00	0.0	0	0.0	0	14.85	4.05	16.2	4.05	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
GrilledChipotle Chicken Sndwch	1 EACH	270	50	590	*3.00	2.16	40.0	100	0.0	2	17.0	30.0	11.5	1.50	0.00
Tuna Fish Dish	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
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
Assorted Specialty Salads	1 EACH	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*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
Pinto Beans	1/2 CUP	110	0	146	5.44	1.73	51.9	11	1.2	*1	5.82	18.25	1.04	0.02	*0.00
Carrot&Celery Stick Veggie Cup	1/2 CUP	10	0	30	0.88	0.22	13.8	2896	1.09	1	0.26	2.22	0.06	0.01	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 Fresh Fruit: Option 2	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
Assorted Salad Dressing	1 EACH	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
Chipotle Mayo	1 TBSP	12	0	126	0.16	0.11	1.6	192	0.6	*1	0.08	2.46	0.06	0.01	*0.00
SOUR CREAM PACKET	PACKET	60	20	15	0.00	0.00	20.0	200	0.0	1	1.0	1.0	5.0	3.50	0.00
BUTTER PACKET	PACKET	40	10	30	0.00	0.00	0.0	100	0.0	0	0.0	0.0	4.0	2.50	0.00
Weighted Daily Average		878	134	1110	*17.65	*5.19	*428.7	6738	54.52	*57	*37.81	122.59	28.61	9.34	*0.00
% of Calories										*25.9%	*17.2%	55.9%	29.3%	9.6%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Thu - 11/15/2018															
Lunch Menu: Grades 9-12	Total														
Traditional Holiday Meal: 9-12	SERVING	800	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average		800	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
% of Calories			*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

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# MNPS Nutrition Services

Nov 1, 2018 thru Nov 30, 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 <sup>1</sup> (g)
Fri - 11/16/2018															
Lunch Menu: Grades 9-12	Total														
Turkey Ham & Mac Casserole	3/4 cup	196	50	848	1.16	1.39	124.4	119	1.15	1	15.49	18.01	6.84	3.35	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
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
Assorted Specialty Salads	1 EACH	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*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
Ranch Cauliflower	1/2 CUP	19	0	178	1.09	0.23	12.0	0	26.24	1	1.05	3.71	0.15	0.07	0.00
Peas & Carrots:FROZEN	1/2 CUP	50	0	120	2.99	1.07	25.2	7851	8.83	4	3.03	9.87	0.13	0.08	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 Fresh Fruit: Option 2	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
Assorted Salad Dressing	1 EACH	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
Weighted Daily Average		646	65	1326	15.64	*4.80	*494.0	9885	63.32	*55	*33.48	103.87	14.90	5.38	*0.00
% of Calories										*34.2%	*20.7%	64.3%	20.7%	7.5%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Mon - 11/19/2018															
Lunch Menu: Grades 9-12	Total														
Manager's Choice Lunch, 9-12	1 EACH	800	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average		800	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
% of Calories										*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Tue - 11/20/2018															
Lunch Menu: Grades 9-12	Total														
Manager's Choice Lunch, 9-12	1 EACH	800	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average		800	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
% of Calories										*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

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# MNPS Nutrition Services

Nov 1, 2018 thru Nov 30, 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 <sup>1</sup> (g)
Wed - 11/21/2018															
Lunch Menu: Grades 9-12 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		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	

Thu - 11/22/2018															
Lunch Menu: Grades 9-12 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		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	

Fri - 11/23/2018															
Lunch Menu: Grades 9-12 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		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	

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# MNPS Nutrition Services

Nov 1, 2018 thru Nov 30, 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 <sup>1</sup> (g)
Mon - 11/26/2018															
Lunch Menu: Grades 9-12	Total														
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
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
Sloppy Joe	1 EACH	388	70	844	4.27	3.96	40.8	176	2.97	10	26.19	37.15	15.61	5.45	0.91
Chef'sGrilledCheeseSpecial:912	1 EACH	518	79	1426	*4.00	2.88	396.3	805	22.58	6	23.87	47.97	27.83	15.89	0.00
Assorted Specialty Salads	1 EACH	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*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	73	0	45	1.33	0.24	11.4	2	16.07	1	1.66	16.66	0.13	0.07	*0.00
California Blend Vegetables	1/2 CUP	35	0	119	2.08	0.37	30.3	1527	27.38	2	1.09	6.95	0.21	0.14	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 Fresh Fruit: Option 2	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
Assorted Salad Dressing	1 EACH	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
HOT SAUCE, PACKET	PACKET	0	0	100	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average		689	80	1131	*10.61	*4.39	*453.9	5367	71.86	*47	*34.20	96.21	19.74	6.61	*0.22
% of Calories										*27.4%	*19.8%	55.8%	25.8%	8.6%	*0.3%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Tue - 11/27/2018															
Lunch Menu: Grades 9-12	Total														
FrenchBreadStylePizza, Cheese	1 EACH	310	30	459	3.00	1.61	425.0	143	11.0	4	21.6	30.0	10.44	5.64	0.00
FrenchBreadStylePizza,Tky Pepp	1 EACH	310	32	548	2.35	2.40	399.0	101	0.0	4	22.35	32.7	10.41	5.40	0.00
State Fair 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
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
Assorted Specialty Salads	1 EACH	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*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
Seasoned Green Beans:Frozen	1/2 CUP	29	0	10	1.89	0.68	37.9	378	11.32	2	1.93	5.82	0.04	0.01	0.00
Roasted Maple Sweet Potatoes	1/2 cup	145	0	187	3.12	0.75	41.6	1299	0.0	17	2.08	24.94	3.64	0.52	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 Fresh Fruit: Option 2	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
Assorted Salad Dressing	1 EACH	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
KETCHUP PACKET	PACKET	10	0	25	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		672	43	885	11.89	*4.24	*714.5	6059	52.34	*57	*32.30	97.42	17.27	6.14	*0.00
% of Calories										*34.2%	*19.2%	58.0%	23.1%	8.2%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

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# MNPS Nutrition Services

Nov 1, 2018 thru Nov 30, 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 <sup>1</sup> (g)
<b>Wed - 11/28/2018</b>															
Lunch Menu: Grades 9-12	Total														
Spanish 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
Spanish 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
Cheesy Rancheros Enchiladas	2 ENCHIL ADAS	414	52	839	4.59	2.36	497.6	712	0.0	4	20.2	36.24	21.32	11.78	0.00
Deli Picnic Pack	1 EACH	498	70	1251	4.67	1.44	436.9	5254	1.71	20	32.99	49.63	20.27	8.82	0.00
Assorted Specialty Salads	1 EACH	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*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
Chili Lime Corn Cob	1 COB	131	0	155	4.29	1.56	12.1	193	4.96	3	3.1	26.26	0.76	0.14	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 Fresh Fruit: Option 2	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
Assorted Salad Dressing	1 EACH	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
TACO SAUCE PACKET	PACKET	5	0	115	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average		798	66	1125	16.20	*6.06	*572.0	5645	47.63	*44	*36.60	115.51	20.75	7.82	*0.31
% of Calories										*22.2%	*18.4%	57.9%	23.4%	8.8%	*0.4%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

<b>Thu - 11/29/2018</b>															
Lunch Menu: Grades 9-12	Total														
Baked Spaghetti & Meatballs	1 CUP	217	34	341	3.14	3.40	43.4	357	10.66	5	15.9	25.5	6.2	2.21	*0.00
Garlic Breadstick	1 EACH	150	0	160	2.00	1.44	0.0	100	0.0	2	5.0	26.0	4.0	0.50	0.00
Chicka Boom Po'Boy	1 EACH	320	50	601	2.63	2.18	259.7	225	1.03	1	24.55	31.43	10.47	1.29	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
Assorted Specialty Salads	1 EACH	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*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
Steamed Broccoli	1/2 CUP	36	0	116	2.95	0.59	58.7	969	38.21	*0	3.03	6.99	0.31	0.16	0.00
Roasted Mediterranean Blend	1/2 CUP	55	0	321	3.06	0.68	40.3	1220	9.89	*3	1.03	9.17	2.1	0.08	*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 Fresh Fruit: Option 2	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
Assorted Salad Dressing	1 EACH	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
Boom Boom Sauce	2 TBSP	80	7	128	0.00	0.00	0.0	47	1.13	1	0.0	1.42	8.03	1.18	0.00

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# MNPS Nutrition Services

Nov 1, 2018 thru Nov 30, 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 <sup>1</sup> (g)
Weighted Daily Average		680	51	1098	13.34	*5.80	*517.9	6362	83.30	*48	*35.00	99.93	18.02	3.66	*0.00
% of Calories										*28.1%	*20.6%	58.8%	23.9%	4.8%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Fri - 11/30/2018															
Lunch Menu: Grades 9-12															
	Total														
Taco Soup	1 CUP	312	52	520	7.43	4.47	42.8	1180	20.12	6	23.0	29.75	12.2	4.13	0.68
Tortilla Chips	1 BAG	200	0	170	3.00	1.08	0.0	0	0.0	0	3.0	30.0	8.0	1.00	0.00
Breaded Fish Sandwich	1 EACH	340	40	640	6.00	2.88	40.0	0	0.0	3	20.0	43.0	12.0	2.00	0.00
Protein Power Pack: 9-12	1 EACH	604	393	843	8.72	3.96	345.5	6251	7.96	9	29.56	43.5	36.82	10.31	*0.00
Assorted Specialty Salads	1 EACH	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*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 Red Potatoes	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
Onion Rings	5 RINGS	203	0	234	3.05	1.10	101.6	25	4.06	5	3.05	28.44	8.13	1.52	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 Fresh Fruit: Option 2	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
Assorted Salad Dressing	1 EACH	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
TARTAR SAUCE PACKET	PACKET	40	5	100	0.00	0.00	0.0	0	0.0	2	0.0	3.0	3.0	0.00	0.00
Weighted Daily Average		841	61	1205	15.31	*5.82	*449.3	4756	49.45	*49	*34.85	123.30	25.66	4.84	*0.14
% of Calories										*23.4%	*16.6%	58.6%	27.4%	5.2%	*0.2%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Weighted Average		762	*56	*967	*11.61	*4.02	*437.2	*5229	*52.75	*43	*28.66	*89.71	*17.71	*5.20	*N/A*
										*50.2%	*15.0%	*47.1%	*20.9%	*6.1%	

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# MNPS Nutrition Services

Nov 1, 2018 thru Nov 30, 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 <sup>1</sup> (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	762		750 - 850	100%													
Cholesterol (mg)	56				Missing												
Sodium 1 (mg)	967		1420		Missing												
Sodium 2 (mg)	967		1080		Missing												
Fiber (g)	11.61				Missing												
Iron (mg)	4.02				Missing												
Calcium (mg)	437.2				Missing												
Vitamin A (IU)	5229				Missing												
Sugars (g)	43	22.33%			Missing												
Vitamin C (mg)	52.75				Missing												
Protein (g)	28.66	15.05%			Missing												
Carbohydrate (g)	89.71	47.11%			Missing												
Total Fat (g)	17.71	20.92%	<=35.00%		Missing												
Saturated Fat (g)	5.20	6.15%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	*N/A*				Missing												

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