

# MNPS Nutrition Services

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Lunch Menu: K-8

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: K-8	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
PBJ,GrahamCrackers&CheeseStic	1 EACH	520	30	595	4.00	1.80	140.0	506	0.0	18	19.0	49.0	28.5	8.50	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: K-8	3/4 CUP	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*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 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		609	50	1066	10.64	*4.95	*472.2	4661	61.43	*36	*31.91	81.86	18.88	4.27	*0.00
% of Calories										*23.6%	*21.0%	53.8%	27.9%	6.3%	*0.0%
Nutrient Guideline		600-650		1230									<=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 <sup>1</sup> (g)
Fri - 11/02/2018															
Lunch Menu: K-8	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: K-8	1 EACH	526	207	781	8.72	3.36	320.5	5991	7.96	8	23.27	42.94	31.52	8.68	*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: K-8	3/4 CUP	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*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
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
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		774	63	1178	13.35	*5.72	*403.8	3733	36.87	*37	*33.88	107.17	25.22	5.08	*0.26
% of Calories										*19.4%	*17.5%	55.4%	29.3%	5.9%	*0.3%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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

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

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

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# MNPS Nutrition Services

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Lunch Menu: K-8

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 - 11/05/2018																
Lunch Menu: K-8																
	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: K-8	3/4 CUP	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*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 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		647	57	1055	9.90	*3.97	*467.8	3113	30.22	*35	*30.32	91.18	19.37	7.71	*0.00
	% of Calories										*21.9%	*18.7%	56.3%	26.9%	10.7%	*0.0%
	Nutrient Guideline		600-650		1230								<=35.0	<10.00		

Tue - 11/06/2018																
Lunch Menu: K-8																
	NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.00	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		600-650		1230								<=35.0	<10.00		

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Base Menu Spreadsheet

Lunch Menu: K-8

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: K-8															
	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: K-8	1 EACH	442	30	930	4.00	2.14	448.2	503	6.06	19	21.17	50.02	17.15	7.09	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: K-8	3/4 CUP	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*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 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		606	70	1010	8.74	*3.39	*554.8	3848	34.73	*36	*33.42	77.29	18.57	7.18	*0.00
% of Calories										*24.0%	*22.1%	51.0%	27.6%	10.7%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

Thu - 11/08/2018															
Lunch Menu: K-8															
	Total														
Skillet 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: 1 oz	1 EACH	60	0	115	1.00	0.72	20.0	0	0.0	1	2.0	13.0	0.0	0.00	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
PBJ,GrahamCrackers&CheeseStic	1 EACH	520	30	595	4.00	1.80	140.0	506	0.0	18	19.0	49.0	28.5	8.50	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: K-8	3/4 CUP	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*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 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		647	58	944	9.33	*4.14	*456.7	3929	41.30	*36	*30.26	81.53	22.68	6.81	*0.31
% of Calories										*22.4%	*18.7%	50.4%	31.6%	9.5%	*0.4%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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# MNPS Nutrition Services

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Lunch Menu: K-8

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: K-8	Total														
SuperFlyGrilledCheeseSndwch:K8	1 EACH	425	90	1815	4.00	2.52	520.0	400	1.8	8	35.0	37.5	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
Battered Fish Filet	FILET	200	40	400	2.00	1.08	20.0	0	0.0	0	14.0	14.0	10.0	2.00	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: K-8	1 EACH	526	207	781	8.72	3.36	320.5	5991	7.96	8	23.27	42.94	31.52	8.68	*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: K-8	3/4 CUP	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*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 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		635	69	1431	9.69	*2.86	*474.6	3283	42.52	*36	*33.07	81.11	21.34	5.44	*0.00
% of Calories										*22.6%	*20.8%	51.1%	30.3%	7.7%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

Mon - 11/12/2018															
Lunch Menu: K-8	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		600-650		1230									<=35.0	<10.00	

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Lunch Menu: K-8

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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)
Tue - 11/13/2018															
Lunch Menu: K-8															
	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 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
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
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: K-8	1 SQUARE	139	0	402	1.54	1.11	93.4	31	0.0	6	1.54	24.65	3.85	1.54	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: K-8	3/4 CUP	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*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 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		617	60	1067	9.51	*4.34	*472.1	6889	62.16	*38	*28.18	77.53	23.87	6.63	*0.31
% of Calories										*24.5%	*18.3%	50.2%	34.8%	9.7%	*0.5%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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# MNPS Nutrition Services

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Lunch Menu: K-8

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 <sup>1</sup> (g)
Wed - 11/14/2018															
Lunch Menu: K-8	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
Texas Toast	1 Each	110	0	300	2.00	1.44	40.0	5	2.4	2	4.0	22.99	1.0	0.00	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
PBJ,GrahamCrackers&CheeseStic	1 EACH	520	30	595	4.00	1.80	140.0	506	0.0	18	19.0	49.0	28.5	8.50	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: K-8	3/4 CUP	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*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 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
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
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
Weighted Daily Average		703	122	1191	*9.92	*4.40	*388.2	3969	29.11	*32	*35.49	85.24	24.35	7.40	*0.00
% of Calories										*18.4%	*20.2%	48.5%	31.2%	9.5%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

Thu - 11/15/2018															
Lunch Menu: K-8	Total														
Traditional Holiday Meal	SERVING	625	*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		625	*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		600-650		1230									<=35.0	<10.00	

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# MNPS Nutrition Services

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Lunch Menu: K-8

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: K-8	Total														
Turkey Ham & Mac Casserole	1 CUP	262	67	1130	1.55	1.85	165.8	159	1.54	1	20.65	24.02	9.13	4.46	0.00
Roll, WG: 1 oz	1 EACH	60	0	115	1.00	0.72	20.0	0	0.0	1	2.0	13.0	0.0	0.00	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
PBJ, Graham Crackers & Cheese Stic	1 EACH	520	30	595	4.00	1.80	140.0	506	0.0	18	19.0	49.0	28.5	8.50	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: K-8	3/4 CUP	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*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 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		632	69	1317	9.24	*4.01	*467.8	7877	42.82	*36	*33.63	80.70	20.56	6.32	*0.00
% of Calories										*22.7%	*21.3%	51.1%	29.3%	9.0%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

Mon - 11/19/2018															
Lunch Menu: K-8	Total														
Manager's Choice Lunch	1 EACH	600	*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		600	*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		600-650		1230									<=35.0	<10.00	

Tue - 11/20/2018															
Lunch Menu: K-8	Total														
Manager's Choice Lunch	1 EACH	600	*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		600	*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		600-650		1230									<=35.0	<10.00	

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# MNPS Nutrition Services

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Lunch Menu: K-8

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: K-8	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		600-650		1230									<=35.0	<10.00	

Thu - 11/22/2018															
Lunch Menu: K-8	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		600-650		1230									<=35.0	<10.00	

Fri - 11/23/2018															
Lunch Menu: K-8	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		600-650		1230									<=35.0	<10.00	

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# MNPS Nutrition Services

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Lunch Menu: K-8

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: K-8	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:K-8	1 EACH	458	79	1107	*4.00	1.44	436.3	795	17.78	8	21.88	34.0	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: K-8	3/4 CUP	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*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 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		620	81	1136	*8.18	*3.73	*444.6	3663	53.49	*35	*32.43	77.64	20.90	7.83	*0.30
% of Calories										*22.6%	*20.9%	50.1%	30.3%	11.4%	*0.4%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

Tue - 11/27/2018															
Lunch Menu: K-8	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
PBJ,GrahamCrackers&CheeseStic	1 EACH	520	30	595	4.00	1.80	140.0	506	0.0	18	19.0	49.0	28.5	8.50	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: K-8	3/4 CUP	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*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 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		574	44	817	8.70	*3.64	*621.5	3480	30.59	*41	*28.90	78.11	16.06	5.79	*0.00
% of Calories										*28.7%	*20.1%	54.4%	25.2%	9.1%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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# MNPS Nutrition Services

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Lunch Menu: K-8

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 - 11/28/2018															
Lunch Menu: K-8															
	Total														
Spanish Rice Bowl,Chicken: K-8	1 EACH	256	40	246	1.83	2.18	2.3	512	5.76	1	17.17	37.16	4.29	1.01	0.00
Spanish Rice Bowl,Beef: K-8	1 EACH	377	70	227	1.83	3.66	20.4	512	5.76	1	23.63	36.48	14.52	5.44	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: K-8	3/4 CUP	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*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 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		664	67	967	11.91	*4.73	*542.5	3723	28.22	*33	*34.04	87.08	19.61	7.81	*0.29
% of Calories										*19.7%	*20.5%	52.5%	26.6%	10.6%	*0.4%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

Thu - 11/29/2018															
Lunch Menu: K-8															
	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
PBJ,GrahamCrackers&CheeseStic	1 EACH	520	30	595	4.00	1.80	140.0	506	0.0	18	19.0	49.0	28.5	8.50	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: K-8	3/4 CUP	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*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 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		609	50	1066	10.64	*4.95	*472.2	4661	61.43	*36	*31.91	81.86	18.88	4.27	*0.00
% of Calories										*23.6%	*21.0%	53.8%	27.9%	6.3%	*0.0%
Nutrient Guideline		600-650		1230									<=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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Lunch Menu: K-8

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 - 11/30/2018															
Lunch Menu: K-8															
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: K-8	1 EACH	526	207	781	8.72	3.36	320.5	5991	7.96	8	23.27	42.94	31.52	8.68	*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: K-8	3/4 CUP	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*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
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
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		774	63	1178	13.35	*5.72	*403.8	3733	36.87	*37	*33.88	107.17	25.22	5.08	*0.26
% of Calories										*19.4%	*17.5%	55.4%	29.3%	5.9%	*0.3%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

Weighted Average		643	*54	*907	*8.24	*3.39	*390.6	*3562	*34.63	*30	*26.37	*70.15	*17.21	*4.98	*N/A*
										*41.4%	*16.4%	*43.6%	*24.1%	*7.0%	

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# MNPS Nutrition Services

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Lunch Menu: K-8

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	643		600 - 650	100%													
Cholesterol (mg)	54				Missing												
Sodium 1 (mg)	907		1230		Missing												
Sodium 2 (mg)	907		935		Missing												
Fiber (g)	8.24				Missing												
Iron (mg)	3.39				Missing												
Calcium (mg)	390.6				Missing												
Vitamin A (IU)	3562				Missing												
Sugars (g)	30	18.39%			Missing												
Vitamin C (mg)	34.63				Missing												
Protein (g)	26.37	16.40%			Missing												
Carbohydrate (g)	70.15	43.61%			Missing												
Total Fat (g)	17.21	24.07%	<=35.00%		Missing												
Saturated Fat (g)	4.98	6.96%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	*N/A*				Missing												

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