

MNPS Nutrition Services

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Breakfast Menu: K-12

Portion Values - Detailed

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Generated on: 10/18/2018 2:22:22 PM

| | 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 - 11/01/2018 | | | | | | | | | | | | | | | |
| 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 - 11/02/2018 | | | | | | | | | | | | | | | |
| 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 | |

| | | | | | | | | | | | | | | | |
|-------------------------------|-------------|-----|-----|-----|------|------|-------|------|-------|----|------|-------|------|------|-------|
| Mon - 11/05/2018 | | | | | | | | | | | | | | | |
| Breakfast Menu: K-12 | Total | | | | | | | | | | | | | | |
| Egg & Cheese Wrap | 1 EACH | 180 | 170 | 410 | 2.00 | 0.72 | 100.0 | 300 | 0.0 | 1 | 10.0 | 14.0 | 10.0 | 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 |
| SALSA CUP | PORTION CUP | 15 | 0 | 100 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 1.0 | 3.0 | 0.0 | 0.00 | 0.00 |

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

¹ - 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

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 | | 442 | 129 | 480 | 5.56 | 1.80 | 385.2 | 1174 | 41.60 | 53 | 16.40 | 73.05 | 10.14 | 3.90 | *0.00 |
| % of Calories | | | | | | | | | | 48.1% | 14.9% | 66.2% | 20.7% | 7.9% | *0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | | <=35.0 | <10.00 | |

| Tue - 11/06/2018 | | | | | | | | | | | | | | | |
|------------------------|---------|---------|---|-----|------|------|-----|---|------|------|------|------|--------|--------|------|
| 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 | |

| Wed - 11/07/2018 | | | | | | | | | | | | | | | |
|-------------------------------|--------|---------|----|-----|------|------|-------|------|-------|-------|-------|-------|--------|--------|-------|
| 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 | |

| Thu - 11/08/2018 | | | | | | | | | | | | | | | |
|-------------------------------|--------|-----|----|-----|------|------|-------|------|-------|----|------|-------|------|------|-------|
| Breakfast Menu: K-12 | Total | | | | | | | | | | | | | | |
| Mini Cinnis | 1 EACH | 240 | 0 | 300 | 2.00 | 1.44 | 40.0 | 0 | 0.0 | 15 | 5.0 | 40.0 | 8.0 | 2.00 | 0.00 |
| 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

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

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MNPS Nutrition Services

Nov 1, 2018 thru Nov 30, 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) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| 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 | |

| Fri - 11/09/2018 | | | | | | | | | | | | | | | |
|-------------------------------|--------|---------|----|-----|------|------|-------|------|-------|-------|-------|-------|--------|--------|-------|
| 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 | |

| Mon - 11/12/2018 | | | | | | | | | | | | | | | |
|------------------------|---------|---------|---|-----|------|------|-----|---|------|------|------|------|--------|--------|------|
| 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 | |

| Tue - 11/13/2018 | | | | | | | | | | | | | | | |
|--------------------------------|--------|-----|----|-----|------|------|-------|------|-------|----|------|-------|------|------|-------|
| 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 |

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Nov 1, 2018 thru Nov 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) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| 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 | |

| Wed - 11/14/2018 | | | | | | | | | | | | | | | |
|-------------------------------|--------|---------|----|-----|------|------|--------|------|-------|-------|-------|-------|--------|--------|-------|
| 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 | |

| Thu - 11/15/2018 | | | | | | | | | | | | | | | |
|-------------------------------|-------------|---------|-----|-----|------|------|-------|------|-------|-------|-------|-------|--------|--------|-------|
| 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 | |

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Nov 1, 2018 thru Nov 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 - 11/16/2018 | | | | | | | | | | | | | | | |
| 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 | |

| | | | | | | | | | | | | | | | |
|----------------------------|---------|---------|-------|-------|-------|-------|-------|-------|-------|--------|--------|--------|--------|--------|--------|
| Mon - 11/19/2018 | | | | | | | | | | | | | | | |
| Breakfast Menu: K-12 | Total | | | | | | | | | | | | | | |
| Manager's Choice Breakfast | SERVING | 500 | *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 | | 500 | *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 | | 450-500 | | 540 | | | | | | | | | <=35.0 | <10.00 | |

| | | | | | | | | | | | | | | | |
|----------------------------|---------|---------|-------|-------|-------|-------|-------|-------|-------|--------|--------|--------|--------|--------|--------|
| Tue - 11/20/2018 | | | | | | | | | | | | | | | |
| Breakfast Menu: K-12 | Total | | | | | | | | | | | | | | |
| Manager's Choice Breakfast | SERVING | 500 | *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 | | 500 | *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 | | 450-500 | | 540 | | | | | | | | | <=35.0 | <10.00 | |

| | | | | | | | | | | | | | | | |
|----------------------|---------|---|---|---|------|------|-----|---|-----|---|-----|-----|-----|------|------|
| Wed - 11/21/2018 | | | | | | | | | | | | | | | |
| 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 |

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

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 | | 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 | |

| Thu - 11/22/2018 | | | | | | | | | | | | | | | |
|---|---------------|---------|---|-----|------|------|-----|---|------|------|------|------|--------|--------|------|
| 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 | | 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 | |

| Fri - 11/23/2018 | | | | | | | | | | | | | | | |
|---|---------------|---------|---|-----|------|------|-----|---|------|------|------|------|--------|--------|------|
| 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 | | 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 - 11/26/2018 | | | | | | | | | | | | | | | |
|-------------------------------|-------------|---------|----|-----|------|------|-------|------|-------|-------|-------|-------|--------|--------|-------|
| 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 | |

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MNPS Nutrition Services

Nov 1, 2018 thru Nov 30, 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) |
|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/27/2018 | | | | | | | | | | | | | | | |
| 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 - 11/28/2018 | | | | | | | | | | | | | | | |
| Breakfast Menu: K-12 | Total | | | | | | | | | | | | | | |
| Cheddar Omelet: IW | 1 EACH | 130 | 170 | 280 | 0.00 | 0.72 | 80.0 | 300 | 0.0 | 0 | 7.0 | 1.0 | 11.0 | 3.50 | 0.00 |
| Biscuit:WG | 1 EACH | 159 | 0 | 139 | 1.98 | 1.43 | 99.2 | 0 | 2.38 | 4 | 4.96 | 25.8 | 3.97 | 2.48 | 0.00 |
| 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 | | 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 - 11/29/2018 | | | | | | | | | | | | | | | |
| 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 |

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MNPS Nutrition Services

Nov 1, 2018 thru Nov 30, 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) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| 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 - 11/30/2018 | | | | | | | | | | | | | | | |
|-------------------------------|-------------|---------|----|-----|------|------|-------|------|-------|-------|-------|-------|--------|--------|-------|
| 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 | |

| | | | | | | | | | | | | | | | |
|------------------|--|-----|-----|------|-------|-------|--------|------|--------|---------------|------------------|------------------|-----------------|----------------|-------|
| Weighted Average | | 459 | *49 | *374 | *4.25 | *2.01 | *356.8 | *857 | *34.36 | *46 *90.1% | *13.22 *11.5% | *68.73 *59.8% | *8.30 *16.3% | *2.59 *5.1% | *N/A* |
|------------------|--|-----|-----|------|-------|-------|--------|------|--------|---------------|------------------|------------------|-----------------|----------------|-------|

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MNPS Nutrition Services

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Breakfast Menu: K-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 ¹ (g) |
|----------------------------|-------------|-----------------|----------------|----------------|--------------|--------------|--------------|-------------------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| | | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) | | | | | | | | |
| Calories | 459 | | 450 - 500 | 100% | | | | | | | | | | | | |
| Cholesterol (mg) | 49 | | | | Missing | | | | | | | | | | | |
| Sodium 1 (mg) | 374 | | 540 | | Missing | | | | | | | | | | | |
| Sodium 2 (mg) | 374 | | 485 | | Missing | | | | | | | | | | | |
| Fiber (g) | 4.25 | | | | Missing | | | | | | | | | | | |
| Iron (mg) | 2.01 | | | | Missing | | | | | | | | | | | |
| Calcium (mg) | 356.8 | | | | Missing | | | | | | | | | | | |
| Vitamin A (IU) | 857 | | | | Missing | | | | | | | | | | | |
| Sugars (g) | 46 | 40.04% | | | Missing | | | | | | | | | | | |
| Vitamin C (mg) | 34.36 | | | | Missing | | | | | | | | | | | |
| Protein (g) | 13.22 | 11.51% | | | Missing | | | | | | | | | | | |
| Carbohydrate (g) | 68.73 | 59.85% | | | Missing | | | | | | | | | | | |
| Total Fat (g) | 8.30 | 16.27% | <=35.00% | | Missing | | | | | | | | | | | |
| Saturated Fat (g) | 2.59 | 5.08% | <10.00% | | Missing | | | | | | | | | | | |
| Trans Fat ¹ (g) | *N/A* | | | | Missing | | | | | | | | | | | |

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