

MNPS Nutrition Services

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch Menu: K-8

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/03/2018																
Lunch Menu: K-8	Total	42968														
PhillyCheesesteak Pretzel Roll	1 EACH	26500	246	35	420	2.47	1.93	62.5	50	3.01	1	11.73	27.21	10.23	4.97	0.00
Pizza Party	1 EACH	9468	70	8	113	0.72	0.56	81.8	91	1.42	1	4.5	6.8	2.71	1.37	0.00
Falafel on Fire Rstd Flatbread	1 EACH	4000	31	0	56	0.70	0.24	5.7	28	0.57	1	1.02	4.38	1.02	0.19	0.00
Assorted Specialty Salads	1 EACH	3000	28	5	53	0.49	0.19	12.8	411	1.04	*1	1.73	3.27	0.98	0.23	*0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	24500	11	0	12	0.76	0.22	10.6	1830	2.62	*1	0.53	2.07	0.07	0.01	*0.00
Sweet Golden Corn: FROZEN	1/2 CUP	33500	68	0	77	1.56	0.28	7.8	81	3.65	2	2.34	15.13	0.54	0.11	0.00
Italian Green Beans	1/2 CUP	29750	18	0	100	1.40	0.01	14.2	3	0.09	2	0.74	4.3	0.03	0.01	0.00
Falafel Flatbread Trimmings	1 EACH	1200	1	0	0	0.04	0.01	0.6	97	0.23	0	0.03	0.11	0.01	0.00	*0.00
Assorted Fresh Fruit: Lunch	1 EACH	32000	45	0	1	1.68	0.12	13.4	88	15.87	12	0.52	11.44	0.16	0.04	*0.00
Assorted Milk	CARTON	36500	91	5	118	0.00	0.38	254.8	425	1.53	13	7.01	13.8	0.53	0.32	0.00
Assorted Salad Dressing	1 EACH	26000	39	4	106	0.09	*0.03	*3.5	9	0.21	2	*0.17	2.68	3.11	0.48	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 - 12/04/2018																
Lunch Menu: K-8	Total	42968														
Homestyle Chicken Sandwich	1 EACH	24250	222	33	317	3.95	1.58	19.8	34	0.0	2	12.98	24.83	9.03	1.69	0.00
Italian Meatball Grinder	1 EACH	10218	82	9	156	1.12	0.83	50.7	126	1.37	1	5.21	9.68	2.53	0.89	0.00
PBJ,GrahamCrackers&CheeseS tick	1 EACH	5250	64	4	73	0.49	0.22	17.1	62	0.0	2	2.32	5.99	3.48	1.04	0.00
Assorted Specialty Salads	1 EACH	3250	30	5	57	0.53	0.21	13.9	445	1.13	*1	1.87	3.54	1.06	0.25	*0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	24500	11	0	12	0.76	0.22	10.6	1830	2.62	*1	0.53	2.07	0.07	0.01	*0.00
Sidewinders	1/2 CUP	30500	93	0	250	1.43	0.26	0.0	0	1.72	0	1.43	16.46	2.86	0.36	0.00
Mixed Vegetables: FROZEN	1/2 CUP	28500	57	0	61	3.56	0.33	3.7	1557	4.25	3	2.75	11.35	0.12	0.06	0.00
Fresh Trimmings	1 EACH	6500	6	0	17	0.19	0.05	4.2	302	0.9	1	0.12	1.29	0.03	0.01	0.00
Assorted Fresh Fruit: Lunch	1 EACH	31500	44	0	1	1.65	0.12	13.2	87	15.62	12	0.51	11.26	0.15	0.04	*0.00
Assorted Milk	CARTON	36500	91	5	118	0.00	0.38	254.8	425	1.53	13	7.01	13.8	0.53	0.32	0.00
Assorted Salad Dressing	1 EACH	27000	40	4	110	0.09	*0.03	*3.6	9	0.22	2	*0.18	2.78	3.23	0.49	0.00
MAYO PACKET	PACKET	4000	5	1	7	0.00	0.00	0.0	0	0.0	0	0.0	0.19	0.42	0.05	0.00
KETCHUP PACKET	PACKET	26000	6	0	15	0.00	0.00	0.0	0	0.0	1	0.0	1.21	0.0	0.00	0.00
Weighted Daily Average			751	61	1194	13.77	*4.23	*391.6	4877	29.35	*37	*34.92	104.45	23.52	5.21	*0.00
% of Calories											*19.8%	*18.6%	55.6%	28.2%	6.2%	*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

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

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MNPS Nutrition Services

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch Menu: K-8

Weighted Values - Detailed

Page 2

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/05/2018																
Lunch Menu: K-8	Total	42968														
PoppinPotatoBowl w/TrkyPotRst	1 EACH	21650	163	40	311	1.17	0.57	117.8	179	9.91	2	12.17	13.93	6.54	3.09	*0.00
Biscuit:WG	1 EACH	15000	55	0	48	0.69	0.50	34.6	0	0.83	1	1.73	9.01	1.39	0.87	0.00
Smokin Beef Rib Sandwich	1 EACH	15568	109	13	232	1.09	1.04	36.2	36	0.43	2	6.52	11.23	4.53	1.63	0.00
Pizza Picnic Pack: K-8	1 EACH	2750	28	2	60	0.26	0.14	28.7	32	0.39	1	1.36	3.2	1.1	0.45	0.00
Assorted Specialty Salads	1 EACH	3000	28	5	53	0.49	0.19	12.8	411	1.04	*1	1.73	3.27	0.98	0.23	*0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	24500	11	0	12	0.76	0.22	10.6	1830	2.62	*1	0.53	2.07	0.07	0.01	*0.00
Buttered Parisian Carrots	1/2 CUP	22000	20	0	32	1.58	0.00	12.0	0	0.0	2	0.52	4.46	0.03	0.02	0.00
SouthernStyleTurnipGreens:FZN	1/2 CUP	16200	17	0	37	0.94	0.19	30.4	837	1.9	0	1.15	2.19	0.15	0.04	0.00
Assorted Fresh Fruit: Lunch	1 EACH	32000	45	0	1	1.68	0.12	13.4	88	15.87	12	0.52	11.44	0.16	0.04	*0.00
Assorted Milk	CARTON	36500	91	5	118	0.00	0.38	254.8	425	1.53	13	7.01	13.8	0.53	0.32	0.00
Assorted Salad Dressing	1 EACH	26000	39	4	106	0.09	*0.03	*3.5	9	0.21	2	*0.17	2.68	3.11	0.48	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 - 12/06/2018																
Lunch Menu: K-8	Total	42968														
Skillet Cheesy Beef Macaroni	1 CUP	19700	158	27	234	0.94	1.09	88.1	89	1.4	*1	8.48	11.1	8.7	3.65	0.31
Roll, WG: 1 oz	1 EACH	15000	21	0	40	0.35	0.25	7.0	0	0.0	0	0.7	4.54	0.0	0.00	0.00
BBQ Pulled Chicken Sandwich	1 EACH	13768	80	13	155	1.38	0.81	8.3	53	0.39	2	6.28	11.09	1.75	0.33	0.00
PBJ,GrahamCrackers&CheeseS tick	1 EACH	6500	79	5	90	0.61	0.27	21.2	77	0.0	3	2.87	7.41	4.31	1.29	0.00
Assorted Specialty Salads	1 EACH	3000	28	5	53	0.49	0.19	12.8	411	1.04	*1	1.73	3.27	0.98	0.23	*0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	24500	11	0	12	0.76	0.22	10.6	1830	2.62	*1	0.53	2.07	0.07	0.01	*0.00
Carolina-Style Slaw	1/2 CUP	8000	2	0	2	0.16	0.09	5.4	76	2.27	*0	0.1	0.53	0.03	0.00	*0.00
Roasted Vegetable Medley	1/2 CUP	24650	17	0	39	1.19	0.22	14.6	873	15.71	*1	0.59	3.47	0.05	0.04	*0.00
Oven Fried Okra	1/2 CUP	18500	77	0	94	1.72	0.46	17.2	0	0.52	1	1.29	10.3	3.0	0.43	0.00
Assorted Fresh Fruit: Lunch	1 EACH	31500	44	0	1	1.65	0.12	13.2	87	15.62	12	0.51	11.26	0.15	0.04	*0.00
Assorted Milk	CARTON	36500	91	5	118	0.00	0.38	254.8	425	1.53	13	7.01	13.8	0.53	0.32	0.00
Assorted Salad Dressing	1 EACH	26000	39	4	106	0.09	*0.03	*3.5	9	0.21	2	*0.17	2.68	3.11	0.48	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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Base Menu Spreadsheet

Lunch Menu: K-8

Weighted Values - Detailed

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	Portion Size	Reimb Qty	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)
Fri - 12/07/2018																
Lunch Menu: K-8	Total	42968														
SuperFlyGrilledCheeseSndwch:K8	1 EACH	10468	104	22	442	0.97	0.61	126.7	97	0.44	2	8.53	9.14	4.51	2.07	0.00
Tomato Soup	1 CUP	8000	15	0	77	0.19	0.07	0.7	74	1.12	2	0.19	2.98	0.19	0.09	0.00
Battered Fish Filet	FILET	28600	133	27	266	1.33	0.72	13.3	0	0.0	0	9.32	9.32	6.66	1.33	0.00
Hushpuppies	3 EACH	23500	78	0	105	0.55	0.20	0.0	55	0.67	3	1.11	11.09	3.33	0.55	0.00
Protein Power Pack: K-8	1 EACH	1200	15	6	22	0.24	0.09	9.0	167	0.22	0	0.65	1.2	0.88	0.24	*0.00
Assorted Specialty Salads	1 EACH	2700	25	5	47	0.44	0.17	11.6	370	0.93	*1	1.56	2.94	0.88	0.21	*0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	24500	11	0	12	0.76	0.22	10.6	1830	2.62	*1	0.53	2.07	0.07	0.01	*0.00
Roasted Broccoli	1/2 CUP	26400	13	0	35	0.52	0.15	9.3	122	17.42	*0	0.57	1.37	0.76	0.11	*0.00
Baked Beans	#6 SCOOP	20050	64	0	190	2.95	0.10	22.2	46	1.75	*1	2.94	12.98	0.02	0.00	*0.00
Assorted Fresh Fruit: Lunch	1 EACH	31500	44	0	1	1.65	0.12	13.2	87	15.62	12	0.51	11.26	0.15	0.04	*0.00
Assorted Milk	CARTON	36500	91	5	118	0.00	0.38	254.8	425	1.53	13	7.01	13.8	0.53	0.32	0.00
Assorted Salad Dressing	1 EACH	25300	38	4	103	0.08	*0.03	*3.4	8	0.2	2	*0.17	2.61	3.03	0.46	0.00
TARTAR SAUCE PACKET	PACKET	5000	5	1	12	0.00	0.00	0.0	0	0.0	0	0.0	0.35	0.35	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	

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Base Menu Spreadsheet

Lunch Menu: K-8

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/10/2018																
Lunch Menu: K-8	Total	42968														
Stadium Hotdog	1 EACH	12568	79	13	269	1.16	0.84	17.5	0	0.35	1	3.5	8.44	3.65	0.88	0.00
Flamebroiled Cheeseburger	1 EACH	16200	131	21	233	1.51	1.08	82.9	75	0.0	2	8.63	11.69	6.74	2.81	0.19
Flamebroiled Hamburger	1 EACH	8900	56	8	70	0.83	0.59	4.1	0	0.0	1	3.29	6.01	2.46	0.82	0.10
Blackbean Burger	1 EACH	800	6	0	12	0.17	0.05	1.1	0	0.0	0	0.37	0.82	0.17	0.02	0.00
3-Bean Vegetarian Chili	1 CUP	1500	5	0	7	0.25	0.07	2.2	22	0.35	*0	0.23	0.76	0.1	0.01	*0.00
Cornbread: K-8	1 SQUARE	500	2	0	5	0.02	0.01	1.1	0	0.0	0	0.02	0.29	0.04	0.02	0.00
Assorted Specialty Salads	1 EACH	3000	28	5	53	0.49	0.19	12.8	411	1.04	*1	1.73	3.27	0.98	0.23	*0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	24500	11	0	12	0.76	0.22	10.6	1830	2.62	*1	0.53	2.07	0.07	0.01	*0.00
Sweet Potato Waffle Fries	1/2 CUP	24525	83	0	89	1.19	0.21	11.9	445	0.0	4	0.59	10.67	4.15	0.59	0.00
Creamed Kale	1/2 CUP	15500	22	2	30	1.18	0.48	52.0	3282	39.3	1	1.47	3.0	0.84	0.31	0.02
Fresh Trimmings	1 EACH	6500	6	0	17	0.19	0.05	4.2	302	0.9	1	0.12	1.29	0.03	0.01	0.00
Assorted Fresh Fruit: Lunch	1 EACH	32000	45	0	1	1.68	0.12	13.4	88	15.87	12	0.52	11.44	0.16	0.04	*0.00
Assorted Milk	CARTON	36500	91	5	118	0.00	0.38	254.8	425	1.53	13	7.01	13.8	0.53	0.32	0.00
Assorted Salad Dressing	1 EACH	26000	39	4	106	0.09	*0.03	*3.5	9	0.21	2	*0.17	2.68	3.11	0.48	0.00
KETCHUP PACKET	PACKET	20000	5	0	12	0.00	0.00	0.0	0	0.0	1	0.0	0.93	0.0	0.00	0.00
MUSTARD PACKET	PACKET	13000	2	0	20	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MAYO PACKET	PACKET	8000	9	2	13	0.00	0.00	0.0	0	0.0	0	0.0	0.37	0.84	0.09	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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Lunch Menu: K-8

Weighted Values - Detailed

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	Portion Size	Reimb Qty	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 - 12/11/2018																
Lunch Menu: K-8	Total	42968														
Oven Roasted Wings	5 WINGS	12018	67	38	210	0.00	0.24	0.0	0	0.0	0	6.68	0.0	4.34	1.34	0.00
Buffalo Wings	5 WINGS	20500	109	52	290	0.00	0.00	0.0	0	0.0	0	7.08	1.93	7.73	1.93	0.00
Texas Toast	1 Each	23000	59	0	160	1.07	0.77	21.4	3	1.28	1	2.14	12.3	0.54	0.00	0.00
GrilledChipotle Chicken Sndwch	1 EACH	4700	30	5	65	*0.33	0.24	4.4	11	0.0	0	1.86	3.28	1.26	0.16	0.00
Tuna Fish Dish	1 EACH	1000	7	1	30	0.10	0.04	1.0	125	0.22	0	0.55	0.99	0.14	0.02	0.00
PBJ,GrahamCrackers&CheeseS tick	1 EACH	3000	36	2	42	0.28	0.13	9.8	35	0.0	1	1.33	3.42	1.99	0.59	0.00
Assorted Specialty Salads	1 EACH	1750	16	3	31	0.28	0.11	7.5	240	0.61	*0	1.01	1.91	0.57	0.13	*0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	24500	11	0	12	0.76	0.22	10.6	1830	2.62	*1	0.53	2.07	0.07	0.01	*0.00
Baked Potato	1 EACH	20000	78	0	5	1.29	0.85	12.9	1	5.65	1	2.12	17.92	0.08	0.03	0.00
Pinto Beans	1/2 CUP	29500	75	0	100	3.73	1.19	35.6	8	0.83	*1	4.0	12.53	0.71	0.01	*0.00
Carrot&Celery Stick Veggie Cup	1/2 CUP	15000	4	0	11	0.31	0.08	4.8	1011	0.38	0	0.09	0.78	0.02	0.00	0.00
Fresh Trimmings	1 EACH	1200	1	0	3	0.04	0.01	0.8	56	0.17	0	0.02	0.24	0.01	0.00	0.00
Assorted Fresh Fruit: Lunch	1 EACH	31500	44	0	1	1.65	0.12	13.2	87	15.62	12	0.51	11.26	0.15	0.04	*0.00
Assorted Milk	CARTON	36500	91	5	118	0.00	0.38	254.8	425	1.53	13	7.01	13.8	0.53	0.32	0.00
Assorted Salad Dressing	1 EACH	22000	33	3	90	0.07	*0.03	*2.9	7	0.18	1	*0.15	2.27	2.63	0.40	0.00
SOUR CREAM PACKET	PACKET	18000	25	8	6	0.00	0.00	8.4	84	0.0	0	0.42	0.42	2.09	1.47	0.00
BUTTER PACKET	PACKET	16000	15	4	11	0.00	0.00	0.0	37	0.0	0	0.0	0.0	1.49	0.93	0.00
Chipotle Mayo	1 TBSP	2200	1	0	6	0.01	0.01	0.1	10	0.03	*0	0.0	0.13	0.0	0.00	*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	

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MNPS Nutrition Services

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch Menu: K-8

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/12/2018																
Lunch Menu: K-8	Total	42968														
Lemongrass Chicken	1/2 CUP	14668	51	14	68	0.00	0.25	0.0	0	0.41	3	3.76	6.49	1.02	0.17	0.00
Teriyaki Beef and Broccoli	4 EACH	24250	105	19	344	1.03	1.24	5.1	251	7.69	6	7.73	8.2	4.59	1.87	0.17
Crispy Falafel	8 FALAF EL TOTS	1800	7	0	13	0.21	0.08	1.7	13	0.25	0	0.25	0.88	0.25	0.04	0.00
Fried Rice	3/4 CUP	30000	113	48	182	1.46	0.76	13.2	1546	1.92	*1	3.78	18.27	3.09	0.60	*0.01
Vegetable Egg Roll	1 EACH	20500	67	4	138	1.43	0.34	9.5	1073	7.16	2	1.91	9.54	2.86	0.24	0.00
Assorted Specialty Salads	1 EACH	2250	21	4	40	0.37	0.14	9.6	308	0.78	*0	1.3	2.45	0.73	0.17	*0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	24500	11	0	12	0.76	0.22	10.6	1830	2.62	*1	0.53	2.07	0.07	0.01	*0.00
Ginger Steamed Carrots	1/2 CUP	23000	37	0	90	1.59	0.49	23.5	7366	1.93	5	0.48	8.81	0.16	0.08	*0.00
Stir Fry Veggie Blend	1/2 CUP	26500	44	0	3	1.88	0.90	45.7	137	8.23	1	3.13	7.52	1.57	0.00	0.00
Assorted Fresh Fruit: Lunch	1 EACH	32000	45	0	1	1.68	0.12	13.4	88	15.87	12	0.52	11.44	0.16	0.04	*0.00
Assorted Milk	CARTON	36500	91	5	118	0.00	0.38	254.8	425	1.53	13	7.01	13.8	0.53	0.32	0.00
Assorted Salad Dressing	1 EACH	24500	37	4	100	0.08	*0.03	*3.3	8	0.2	2	*0.16	2.53	2.93	0.45	0.00
SOY SAUCE PACKET	PACKET	20000	0	0	107	0.00	0.00	0.0	2	0.0	0	0.26	0.47	0.0	0.00	0.00
Weighted Daily Average			628	97	1216	10.47	*4.96	*390.5	13048	48.58	*47	*30.81	92.46	17.96	3.99	*0.18
% of Calories											*29.8%	*19.6%	58.9%	25.7%	5.7%	*0.3%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

Thu - 12/13/2018																
Lunch Menu: K-8	Total	1														
Traditional Holiday Meal	SERVING	1	625	*N/A*	650	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	7.0	*N/A*	*N/A*
Weighted Daily Average			625	*N/A*	650	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	7.00	*N/A*	*N/A*
% of Calories											*N/A%*	*N/A%*	*N/A%*	10.1%	*N/A%*	*N/A%*
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

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MNPS Nutrition Services

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch Menu: K-8

Weighted Values - Detailed

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	Portion Size	Reimb Qty	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 - 12/14/2018																
Lunch Menu: K-8	Total	42968														
White Chicken Chili	3/4 CUP	32318	183	27	361	3.96	1.46	120.1	88	2.67	2	14.64	18.4	4.59	1.85	0.00
Seasoned Tilapia	FILET	6500	22	9	52	0.13	0.18	5.4	88	0.19	*0	3.64	1.16	0.39	0.13	*0.00
Wild Rice Blend	1/2 CUP	5250	13	0	3	0.16	0.06	1.7	0	0.0	0	0.31	2.7	0.08	0.00	0.00
Roll, WG: 2 oz	1 EACH	26400	86	3	49	4.30	0.88	12.3	0	0.0	6	3.07	19.66	1.54	0.61	0.00
Protein Power Pack: K-8	1 EACH	1150	14	6	21	0.23	0.09	8.6	160	0.21	0	0.62	1.15	0.84	0.23	*0.00
Assorted Specialty Salads	1 EACH	3000	28	5	53	0.49	0.19	12.8	411	1.04	*1	1.73	3.27	0.98	0.23	*0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	24500	11	0	12	0.76	0.22	10.6	1830	2.62	*1	0.53	2.07	0.07	0.01	*0.00
Honey Roasted Butternut Squash	1/2 CUP	21000	42	0	11	1.20	0.43	28.9	6363	12.65	*1	0.61	8.38	1.16	0.17	0.00
Tuscan Blend Veggies	1/2 CUP	26750	24	0	103	1.44	0.19	24.3	598	4.78	1	0.73	4.86	0.05	0.04	0.00
Assorted Fresh Fruit: Lunch	1 EACH	32000	45	0	1	1.68	0.12	13.4	88	15.87	12	0.52	11.44	0.16	0.04	*0.00
Assorted Milk	CARTON	36500	91	5	118	0.00	0.38	254.8	425	1.53	13	7.01	13.8	0.53	0.32	0.00
Assorted Salad Dressing	1 EACH	26000	39	4	106	0.09	*0.03	*3.5	9	0.21	2	*0.17	2.68	3.11	0.48	0.00
TARTAR SAUCE PACKET	PACKET	1500	1	0	3	0.00	0.00	0.0	0	0.0	0	0.0	0.1	0.1	0.00	0.00
Weighted Daily Average			599	58	893	14.43	*4.24	*496.4	10060	41.77	*39	*33.58	89.69	13.59	4.12	*0.00
% of Calories											*26.1%	*22.4%	59.9%	20.4%	6.2%	*0.0%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

Mon - 12/17/2018																
Lunch Menu: K-8	Total	1														
Manager's Choice Lunch	1 EACH	1	600	*N/A*	650	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	7.0	*N/A*	*N/A*
Weighted Daily Average			600	*N/A*	650	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	7.00	*N/A*	*N/A*
% of Calories											*N/A%*	*N/A%*	*N/A%*	10.5%	*N/A%*	*N/A%*
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

Tue - 12/18/2018																
Lunch Menu: K-8	Total	1														
Manager's Choice Lunch	1 EACH	1	600	*N/A*	650	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	7.0	*N/A*	*N/A*
Weighted Daily Average			600	*N/A*	650	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	7.00	*N/A*	*N/A*
% of Calories											*N/A%*	*N/A%*	*N/A%*	10.5%	*N/A%*	*N/A%*
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

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MNPS Nutrition Services

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch Menu: K-8

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/19/2018																
Lunch Menu: K-8 Manager's Choice Lunch	Total 1 EACH	1 1	600	*N/A*	650	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	7.0	*N/A*	*N/A*
Weighted Daily Average % of Calories			600	*N/A*	650	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A%*	*N/A%*	*N/A%*	7.00 10.5%	*N/A%*	*N/A%*
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

Thu - 12/20/2018																
Lunch Menu: K-8 Manager's Choice Lunch	Total 1 EACH	1 1	600	*N/A*	650	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	7.0	*N/A*	*N/A*
Weighted Daily Average % of Calories			600	*N/A*	650	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A%*	*N/A%*	*N/A%*	7.00 10.5%	*N/A%*	*N/A%*
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

Fri - 12/21/2018																
Lunch Menu: K-8 BRUNCH DAY	Total SERVING	1 1	500	*N/A*	650	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	7.0	*N/A*	*N/A*
Weighted Daily Average % of Calories			500	*N/A*	650	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A%*	*N/A%*	*N/A%*	7.00 12.6%	*N/A%*	*N/A%*
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

Mon - 12/24/2018																
Lunch Menu: K-8 NO SCHOOL TODAY	Total SERVING	1 1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

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MNPS Nutrition Services

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch Menu: K-8

Weighted Values - Detailed

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	Portion Size	Reimb Qty	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)
Tue - 12/25/2018																
Lunch Menu: K-8	Total	1														
NO SCHOOL TODAY	SERVING	1	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	

Wed - 12/26/2018																
Lunch Menu: K-8	Total	1														
NO SCHOOL TODAY	SERVING	1	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 - 12/27/2018																
Lunch Menu: K-8	Total	1														
NO SCHOOL TODAY	SERVING	1	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 - 12/28/2018																
Lunch Menu: K-8	Total	1														
NO SCHOOL TODAY	SERVING	1	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	

Weighted Average			624	*43	927	*5.98	*2.04	*272.4	*3534	*23.58	*22	*18.94	*51.63	15.15	*3.23	*N/A*
											*31.8%	*12.1%	*33.1%	21.9%	*4.7%	

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MNPS Nutrition Services

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch Menu: K-8

Weighted Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	624		600 - 650	100%													
Cholesterol (mg)	43				Missing												
Sodium 1 (mg)	927		1230														
Sodium 2 (mg)	927		935														
Fiber (g)	5.98				Missing												
Iron (mg)	2.04				Missing												
Calcium (mg)	272.4				Missing												
Vitamin A (IU)	3534				Missing												
Sugars (g)	22	14.15%			Missing												
Vitamin C (mg)	23.58				Missing												
Protein (g)	18.94	12.14%			Missing												
Carbohydrate (g)	51.63	33.10%			Missing												
Total Fat (g)	15.15	21.86%	<=35.00%														
Saturated Fat (g)	3.23	4.66%	<10.00%		Missing												
Trans Fat ¹ (g)	*N/A*				Missing												

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