

MNPS Nutrition Services

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

Weighted Values - Detailed

Page 1

Generated on: 11/9/2018 1:20:12 PM

	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: Grades 9-12	Total	10371														
PhillyCheesesteak Pretzel Roll	1 EACH	7850	302	43	515	3.03	2.37	76.7	62	3.69	2	14.4	33.39	12.55	6.09	0.00
Pizza Party	1 EACH	1996	61	7	98	0.63	0.48	71.5	80	1.24	1	3.93	5.94	2.36	1.20	0.00
Falafel on Fire Rstd Flatbread	1 EACH	275	9	0	16	0.20	0.07	1.6	8	0.16	0	0.29	1.25	0.29	0.05	0.00
Assorted Specialty Salads	1 EACH	250	10	2	18	0.17	0.07	4.4	142	0.36	*0	0.6	1.13	0.34	0.08	*0.00
Tossed Spring Mix Salad: 9-12	1.25 CUP	4500	16	0	19	1.16	0.33	16.1	2785	3.99	*1	0.81	3.15	0.1	0.02	*0.00
Sweet Golden Corn: FROZEN	1/2 CUP	8750	74	0	83	1.69	0.30	8.4	87	3.95	3	2.53	16.38	0.59	0.12	0.00
Italian Green Beans	1/2 CUP	9500	24	0	133	1.85	0.01	18.8	4	0.12	3	0.97	5.68	0.03	0.01	0.00
Falafel Flatbread Trimmings	1 EACH	125	0	0	0	0.02	0.01	0.2	42	0.1	0	0.01	0.05	0.0	0.00	*0.00
Assorted Fresh Fruit: Lunch	1 EACH	9750	57	0	1	2.12	0.16	16.9	112	20.03	15	0.66	14.44	0.2	0.05	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	7500	44	0	1	1.63	0.12	13.0	86	15.41	12	0.51	11.11	0.15	0.04	*0.00
Assorted Milk	CARTON	9000	93	5	120	0.00	0.39	260.3	434	1.56	13	7.16	14.1	0.54	0.33	0.00
Assorted Salad Dressing	1 EACH	4650	29	3	79	0.06	*0.02	*2.6	6	0.15	1	*0.13	1.99	2.31	0.35	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	

	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 - 12/04/2018																
Lunch Menu: Grades 9-12	Total	10371														
Nashville Hot Chicken Sandwich	1 EACH	7425	294	42	538	5.40	2.11	34.2	485	0.22	*3	16.57	34.08	11.63	2.25	*0.00
Italian Meatball Grinder	1 EACH	2146	71	7	135	0.98	0.73	44.1	110	1.19	1	4.53	8.43	2.2	0.78	0.00
PB & Grape Jelly Sandwich	1 EACH	350	20	0	18	0.24	0.09	2.0	0	0.0	1	0.61	2.16	1.15	0.20	0.00
Assorted Specialty Salads	1 EACH	450	17	3	33	0.30	0.12	8.0	255	0.65	*0	1.07	2.03	0.61	0.14	*0.00
Tossed Spring Mix Salad: 9-12	1.25 CUP	6450	24	0	27	1.66	0.47	23.1	3992	5.71	*1	1.16	4.51	0.14	0.02	*0.00
Sidewinders	1/2 CUP	9500	120	0	323	1.85	0.33	0.0	0	2.22	0	1.85	21.24	3.69	0.46	0.00
Mixed Vegetables: FROZEN	1/2 CUP	6500	54	0	58	3.36	0.31	3.5	1471	4.02	3	2.6	10.73	0.11	0.06	0.00
Fresh Trimmings	1 EACH	500	2	0	6	0.06	0.02	1.3	96	0.29	0	0.04	0.41	0.01	0.00	0.00
Assorted Fresh Fruit: Lunch	1 EACH	8750	51	0	1	1.90	0.14	15.2	100	17.98	14	0.59	12.96	0.18	0.05	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	7500	44	0	1	1.63	0.12	13.0	86	15.41	12	0.51	11.11	0.15	0.04	*0.00
Assorted Milk	CARTON	9000	93	5	120	0.00	0.39	260.3	434	1.56	13	7.16	14.1	0.54	0.33	0.00
Assorted Salad Dressing	1 EACH	6600	41	4	112	0.09	*0.03	*3.6	9	0.22	2	*0.18	2.82	3.27	0.50	0.00
KETCHUP PACKET	PACKET	7000	7	0	17	0.00	0.00	0.0	0	0.0	1	0.0	1.35	0.0	0.00	0.00
Weighted Daily Average			837	62	1389	17.46	*4.86	*408.4	7039	49.46	*51	*36.87	125.92	23.69	4.83	*0.00
% of Calories											*24.2%	*17.6%	60.1%	25.5%	5.2%	*0.0%
Nutrient Guideline			750-850		1420									<=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

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

Weighted Values - Detailed

Page 2

Generated on: 11/9/2018 1:20:12 PM

	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: Grades 9-12	Total	10371														
PoppinPotatoBowl w/TrkyPotRst	1 EACH	6750	211	52	402	1.51	0.74	152.1	232	12.8	2	15.72	18.0	8.44	3.99	*0.00
Biscuit:WG	1 EACH	6250	96	0	84	1.20	0.86	59.8	0	1.44	2	2.99	15.55	2.39	1.50	0.00
Smokin Beef Rib Sandwich	1 EACH	2837	82	10	175	0.82	0.79	27.4	27	0.33	1	4.92	8.48	3.42	1.23	0.00
Pizza Picnic Pack: 9-12	1 EACH	350	21	2	44	0.17	0.10	22.4	20	0.21	1	1.06	2.16	0.85	0.36	0.00
Assorted Specialty Salads	1 EACH	200	8	1	15	0.13	0.05	3.5	114	0.29	*0	0.48	0.9	0.27	0.06	*0.00
Tossed Spring Mix Salad: 9-12	1.25 CUP	6450	24	0	27	1.66	0.47	23.1	3992	5.71	*1	1.16	4.51	0.14	0.02	*0.00
Buttered Parisian Carrots	1/2 CUP	8250	30	0	50	2.45	0.00	18.6	0	0.0	3	0.81	6.93	0.04	0.03	0.00
SouthernStyleTurnipGreens:FZN	1/2 CUP	6000	26	0	57	1.44	0.29	46.6	1284	2.92	1	1.77	3.36	0.24	0.07	0.00
Assorted Fresh Fruit: Lunch	1 EACH	9250	54	0	1	2.01	0.15	16.0	106	19.0	14	0.62	13.7	0.19	0.05	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	7500	44	0	1	1.63	0.12	13.0	86	15.41	12	0.51	11.11	0.15	0.04	*0.00
Assorted Milk	CARTON	9000	93	5	120	0.00	0.39	260.3	434	1.56	13	7.16	14.1	0.54	0.33	0.00
Assorted Salad Dressing	1 EACH	6400	40	4	108	0.09	*0.03	*3.5	9	0.21	2	*0.18	2.73	3.17	0.48	0.00
Weighted Daily Average			727	75	1083	13.11	*3.99	*646.5	6304	59.88	*53	*37.37	101.54	19.85	8.16	*0.00
% of Calories											*29.0%	*20.6%	55.8%	24.6%	10.1%	*0.0%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

Thu - 12/06/2018																
Lunch Menu: Grades 9-12	Total	10371														
Skillet Cheesy Beef Macaroni	1 CUP	7850	261	44	386	1.55	1.81	145.4	147	2.31	*1	14.01	18.33	14.36	6.02	0.51
Roll, WG: 2 oz	1 EACH	7725	104	4	60	5.21	1.07	14.9	0	0.0	7	3.72	23.84	1.86	0.74	0.00
BBQ Pulled Chicken Sandwich	1 EACH	1971	47	8	92	0.82	0.48	4.9	31	0.23	1	3.72	6.58	1.04	0.19	0.00
PB & Grape Jelly Sandwich	1 EACH	300	17	0	16	0.20	0.08	1.7	0	0.0	1	0.52	1.85	0.98	0.17	0.00
Assorted Specialty Salads	1 EACH	250	10	2	18	0.17	0.07	4.4	142	0.36	*0	0.6	1.13	0.34	0.08	*0.00
Tossed Spring Mix Salad: 9-12	1.25 CUP	6450	24	0	27	1.66	0.47	23.1	3992	5.71	*1	1.16	4.51	0.14	0.02	*0.00
Carolina-Style Slaw	1/2 CUP	4250	5	0	4	0.36	0.19	11.9	168	5.01	*1	0.22	1.17	0.07	0.01	*0.00
Roasted Vegetable Medley	1/2 CUP	7750	22	0	51	1.56	0.28	19.1	1137	20.46	*2	0.77	4.52	0.06	0.05	*0.00
Oven Fried Okra	1/2 CUP	7000	121	0	148	2.69	0.73	26.9	0	0.81	1	2.02	16.15	4.71	0.67	0.00
Assorted Fresh Fruit: Lunch	1 EACH	8750	51	0	1	1.90	0.14	15.2	100	17.98	14	0.59	12.96	0.18	0.05	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	7500	44	0	1	1.63	0.12	13.0	86	15.41	12	0.51	11.11	0.15	0.04	*0.00
Assorted Milk	CARTON	9000	93	5	120	0.00	0.39	260.3	434	1.56	13	7.16	14.1	0.54	0.33	0.00
Assorted Salad Dressing	1 EACH	6400	40	4	108	0.09	*0.03	*3.5	9	0.21	2	*0.18	2.73	3.17	0.48	0.00
Weighted Daily Average			839	67	1031	17.84	*5.86	*544.4	6247	70.05	*56	*35.17	118.98	27.61	8.86	*0.51
% of Calories											*26.9%	*16.8%	56.7%	29.6%	9.5%	*0.6%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

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Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

Weighted Values - Detailed

Page 3

Generated on: 11/9/2018 1:20:12 PM

	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: Grades 9-12	Total	10371														
SuperFlyGrilldCheeseSndwch:912	1 EACH	3500	164	30	720	1.35	1.34	162.0	138	2.23	2	12.49	17.37	6.24	2.87	0.00
Tomato Soup	1 CUP	3250	25	0	130	0.31	0.11	1.1	125	1.88	3	0.31	5.01	0.31	0.16	0.00
Nashville Hot Fish	1 EACH	6021	125	23	288	1.33	0.71	19.0	358	0.01	*1	8.22	10.07	5.95	1.24	*0.00
Hushpuppies	3 EACH	5950	81	0	111	0.58	0.21	0.0	58	0.7	3	1.16	11.64	3.49	0.58	0.00
Protein Power Pack: 9-12	1 EACH	250	15	9	20	0.21	0.10	8.3	151	0.19	0	0.71	1.05	0.89	0.25	*0.00
Assorted Specialty Salads	1 EACH	375	14	3	27	0.25	0.10	6.7	213	0.54	*0	0.9	1.69	0.51	0.12	*0.00
Tossed Spring Mix Salad: 9-12	1.25 CUP	5400	20	0	23	1.39	0.40	19.4	3343	4.78	*1	0.97	3.78	0.12	0.02	*0.00
Roasted Broccoli	1/2 CUP	6250	13	0	35	0.51	0.14	9.1	119	17.09	*0	0.56	1.34	0.75	0.10	*0.00
Baked Beans	#6 SCOOP	8200	108	0	322	5.00	0.16	37.5	78	2.97	*2	4.98	22.0	0.03	0.01	*0.00
Assorted Fresh Fruit: Lunch	1 EACH	8600	50	0	1	1.87	0.14	14.9	98	17.67	13	0.58	12.74	0.17	0.05	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	7500	44	0	1	1.63	0.12	13.0	86	15.41	12	0.51	11.11	0.15	0.04	*0.00
Assorted Milk	CARTON	9000	93	5	120	0.00	0.39	260.3	434	1.56	13	7.16	14.1	0.54	0.33	0.00
Assorted Salad Dressing	1 EACH	5600	35	3	95	0.08	*0.03	*3.1	8	0.19	2	*0.15	2.39	2.78	0.42	0.00
Weighted Daily Average			786	75	1892	14.51	*3.94	*554.4	5209	65.20	*52	*38.69	114.29	21.93	6.18	*0.00
% of Calories											*26.5%	*19.7%	58.1%	25.1%	7.1%	*0.0%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

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MNPS Nutrition Services

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

Weighted Values - Detailed

Page 4

Generated on: 11/9/2018 1:20:12 PM

	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: Grades 9-12	Total	10371														
Stadium Hotdog	1 EACH	1696	44	7	150	0.65	0.47	9.8	0	0.2	0	1.96	4.72	2.04	0.49	0.00
Flamebroiled Hamburger	1 EACH	3250	84	12	106	1.25	0.90	6.3	0	0.0	1	4.98	9.09	3.72	1.24	0.15
Flamebroiled Cheeseburger	1 EACH	4750	160	25	283	1.83	1.31	100.8	92	0.0	2	10.48	14.2	8.19	3.41	0.23
Blackbean Burger	1 EACH	100	3	0	6	0.09	0.02	0.6	0	0.0	0	0.19	0.42	0.09	0.01	0.00
3-Bean Vegetarian Chili	1 CUP	275	4	0	6	0.19	0.05	1.6	17	0.26	*0	0.18	0.58	0.08	0.01	*0.00
Cornbread: 9-12	1 SQUARE	250	5	0	15	0.06	0.04	3.6	1	0.0	0	0.06	0.95	0.15	0.06	0.00
Assorted Specialty Salads	1 EACH	300	12	2	22	0.20	0.08	5.3	170	0.43	*0	0.72	1.35	0.41	0.10	*0.00
Tossed Spring Mix Salad: 9-12	1.25 CUP	6750	25	0	29	1.74	0.49	24.2	4178	5.98	*1	1.21	4.72	0.15	0.03	*0.00
Sweet Potato Waffle Fries	1/2 CUP	6200	87	0	93	1.24	0.22	12.4	466	0.0	4	0.62	11.17	4.35	0.62	0.00
Creamed Kale	1/2 CUP	5100	29	2	41	1.61	0.66	70.8	4474	53.57	1	2.0	4.09	1.15	0.42	0.03
Fresh Trimmings	1 EACH	6500	24	0	72	0.79	0.22	17.4	1250	3.74	4	0.5	5.34	0.14	0.02	0.00
Assorted Fresh Fruit: Lunch	1 EACH	8250	48	0	1	1.79	0.13	14.3	94	16.95	13	0.56	12.22	0.17	0.04	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	7500	44	0	1	1.63	0.12	13.0	86	15.41	12	0.51	11.11	0.15	0.04	*0.00
Assorted Milk	CARTON	9500	98	6	127	0.00	0.41	274.8	458	1.65	14	7.56	14.89	0.57	0.34	0.00
Assorted Salad Dressing	1 EACH	6800	42	4	115	0.09	*0.03	*3.7	9	0.22	2	*0.19	2.9	3.37	0.52	0.00
KETCHUP PACKET	PACKET	8600	8	0	21	0.00	0.00	0.0	0	0.0	2	0.0	1.66	0.0	0.00	0.00
MUSTARD PACKET	PACKET	6600	3	0	41	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MAYO PACKET	PACKET	4000	19	4	27	0.00	0.00	0.0	0	0.0	0	0.0	0.77	1.74	0.19	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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Base Menu Spreadsheet

Lunch Menu: Grades 9-12

Weighted Values - Detailed

Page 5

Generated on: 11/9/2018 1:20:13 PM

	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 - 12/11/2018																
Lunch Menu: Grades 9-12	Total	10371														
Oven Roasted Wings	5 WINGS	796	18	11	58	0.00	0.07	0.0	0	0.0	0	1.83	0.0	1.19	0.37	0.00
Buffalo Wings	5 WINGS	8450	187	88	495	0.00	0.00	0.0	0	0.0	0	12.1	3.3	13.2	3.30	0.00
Roll, WG: 2 oz	1 EACH	8200	111	4	63	5.53	1.14	15.8	0	0.0	8	3.95	25.3	1.98	0.79	0.00
GrilledChipotle Chicken Sndwch	1 EACH	450	12	2	26	*0.13	0.09	1.7	4	0.0	0	0.74	1.3	0.5	0.07	0.00
Tuna Fish Dish	1 EACH	200	6	1	25	0.08	0.03	0.9	104	0.18	0	0.45	0.82	0.11	0.02	0.00
PB & Grape Jelly Sandwich	1 EACH	300	17	0	16	0.20	0.08	1.7	0	0.0	1	0.52	1.85	0.98	0.17	0.00
Assorted Specialty Salads	1 EACH	175	7	1	13	0.12	0.05	3.1	99	0.25	*0	0.42	0.79	0.24	0.06	*0.00
Tossed Spring Mix Salad: 9-12	1.25 CUP	6500	24	0	27	1.67	0.48	23.3	4023	5.76	*1	1.17	4.54	0.14	0.03	*0.00
Baked Potato	1 EACH	7250	118	0	7	1.94	1.28	19.4	1	8.49	1	3.19	26.91	0.12	0.04	0.00
Pinto Beans	1/2 CUP	6700	71	0	94	3.51	1.12	33.5	7	0.78	*1	3.76	11.79	0.67	0.01	*0.00
Carrot&Celery Stick Veggie Cup	1/2 CUP	5750	6	0	17	0.49	0.12	7.6	1606	0.61	1	0.14	1.23	0.03	0.01	0.00
Fresh Trimmings	1 EACH	200	1	0	2	0.02	0.01	0.5	38	0.12	0	0.02	0.16	0.0	0.00	0.00
Assorted Fresh Fruit: Lunch	1 EACH	9250	54	0	1	2.01	0.15	16.0	106	19.0	14	0.62	13.7	0.19	0.05	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	8500	49	0	1	1.84	0.14	14.7	97	17.46	13	0.57	12.59	0.17	0.05	*0.00
Assorted Milk	CARTON	9500	98	6	127	0.00	0.41	274.8	458	1.65	14	7.56	14.89	0.57	0.34	0.00
Assorted Salad Dressing	1 EACH	6400	40	4	108	0.09	*0.03	*3.5	9	0.21	2	*0.18	2.73	3.17	0.48	0.00
Chipotle Mayo	1 TBSP	300	0	0	4	0.00	0.00	0.0	6	0.02	*0	0.0	0.07	0.0	0.00	*0.00
SOUR CREAM PACKET	PACKET	6200	36	12	9	0.00	0.00	12.0	120	0.0	1	0.6	0.6	2.99	2.09	0.00
BUTTER PACKET	PACKET	6100	24	6	18	0.00	0.00	0.0	59	0.0	0	0.0	0.0	2.35	1.47	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	

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MNPS Nutrition Services

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

Weighted Values - Detailed

Page 6

Generated on: 11/9/2018 1:20:13 PM

	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: Grades 9-12	Total	10371														
Sweet Thai Chili Chicken	1/2 CUP	3371	45	15	119	0.00	0.23	0.0	0	0.78	2	3.58	5.53	0.98	0.16	0.00
Teriyaki Beef and Broccoli	4 EACH	6525	117	21	383	1.14	1.38	5.7	280	8.57	7	8.61	9.14	5.12	2.08	0.19
Crispy Falafel	8 FALAF EL TOTS	125	2	0	4	0.06	0.02	0.5	4	0.07	0	0.07	0.25	0.07	0.01	0.00
Fried Rice	3/4 CUP	9900	155	65	249	1.99	1.03	18.1	2113	2.63	*1	5.16	24.98	4.22	0.82	*0.02
Vegetable Egg Roll	1 EACH	6750	91	6	189	1.95	0.47	13.0	1464	9.76	3	2.6	13.02	3.91	0.33	0.00
Assorted Specialty Salads	1 EACH	350	13	2	25	0.24	0.09	6.2	199	0.5	*0	0.84	1.58	0.47	0.11	*0.00
Tossed Spring Mix Salad: 9-12	1.25 CUP	5550	20	0	23	1.43	0.41	19.9	3435	4.92	*1	1.0	3.88	0.12	0.02	*0.00
Ginger Steamed Carrots	1/2 CUP	6100	41	0	99	1.74	0.54	25.8	8094	2.12	6	0.53	9.68	0.17	0.09	*0.00
Stir Fry Veggie Blend	1/2 CUP	8500	58	0	4	2.50	1.20	60.7	182	10.93	2	4.16	9.99	2.08	0.00	0.00
Assorted Fresh Fruit: Lunch	1 EACH	8500	49	0	1	1.84	0.14	14.7	97	17.46	13	0.57	12.59	0.17	0.05	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	7500	44	0	1	1.63	0.12	13.0	86	15.41	12	0.51	11.11	0.15	0.04	*0.00
Assorted Milk	CARTON	9500	98	6	127	0.00	0.41	274.8	458	1.65	14	7.56	14.89	0.57	0.34	0.00
SOY SAUCE PACKET	PACKET	5700	0	0	126	0.00	0.00	0.0	3	0.0	0	0.31	0.55	0.0	0.00	0.00
Assorted Salad Dressing	1 EACH	5100	32	3	86	0.07	*0.03	*2.8	7	0.17	1	*0.14	2.18	2.53	0.39	0.00
Weighted Daily Average			765	118	1436	14.60	*6.08	*455.3	16422	74.98	*62	*35.63	119.36	20.57	4.44	*0.21
% of Calories											*32.4%	*18.6%	62.4%	24.2%	5.2%	*0.2%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

Thu - 12/13/2018																
Lunch Menu: Grades 9-12	Total	1														
Traditional Holiday Meal: 9-12	SERVING	1	800	*N/A*	700	*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			800	*N/A*	700	*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%*	7.9%	*N/A%*	*N/A%*
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

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MNPS Nutrition Services

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

Weighted Values - Detailed

Page 7

Generated on: 11/9/2018 1:20:13 PM

	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: Grades 9-12	Total	10371														
White Chicken Chili	3/4 CUP	6571	154	22	304	3.33	1.23	101.2	74	2.25	2	12.33	15.5	3.87	1.56	0.00
Seasoned Tilapia	FILET	3200	45	18	106	0.26	0.38	10.9	179	0.39	*0	7.43	2.37	0.8	0.27	*0.00
Roll, WG: 2 oz	1 EACH	9500	128	5	73	6.41	1.32	18.3	0	0.0	9	4.58	29.31	2.29	0.92	0.00
Wild Rice Blend	1/2 CUP	3000	31	0	6	0.37	0.13	4.0	0	0.0	0	0.73	6.4	0.18	0.00	0.00
Protein Power Pack: 9-12	1 EACH	250	15	9	20	0.21	0.10	8.3	151	0.19	0	0.71	1.05	0.89	0.25	*0.00
Assorted Specialty Salads	1 EACH	350	13	2	25	0.24	0.09	6.2	199	0.5	*0	0.84	1.58	0.47	0.11	*0.00
Tossed Spring Mix Salad: 9-12	1.25 CUP	6250	23	0	26	1.61	0.46	22.4	3869	5.54	*1	1.12	4.37	0.14	0.02	*0.00
Honey Roasted Butternut Squash	1/2 CUP	4250	35	0	9	1.01	0.36	24.2	5335	10.61	*1	0.51	7.03	0.97	0.14	0.00
Tuscan Blend Veggies	1/2 CUP	6700	25	0	107	1.49	0.19	25.2	621	4.96	1	0.75	5.05	0.05	0.04	0.00
Assorted Fresh Fruit: Lunch	1 EACH	8525	49	0	1	1.85	0.14	14.8	98	17.51	13	0.57	12.63	0.17	0.05	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	7500	44	0	1	1.63	0.12	13.0	86	15.41	12	0.51	11.11	0.15	0.04	*0.00
Assorted Milk	CARTON	9500	98	6	127	0.00	0.41	274.8	458	1.65	14	7.56	14.89	0.57	0.34	0.00
Assorted Salad Dressing	1 EACH	6400	40	4	108	0.09	*0.03	*3.5	9	0.21	2	*0.18	2.73	3.17	0.48	0.00
TARTAR SAUCE PACKET	PACKET	300	1	0	3	0.00	0.00	0.0	0	0.0	0	0.0	0.09	0.09	0.00	0.00
Weighted Daily Average			701	66	917	18.49	*4.96	*527.0	11077	59.22	*56	*37.82	114.10	13.82	4.23	*0.00
% of Calories											*31.9%	*21.6%	65.1%	17.7%	5.4%	*0.0%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

Mon - 12/17/2018																
Lunch Menu: Grades 9-12	Total	1														
Manager's Choice Lunch, 9-12	1 EACH	1	800	*N/A*	700	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	7.00	*N/A*
Weighted Daily Average			800	*N/A*	700	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	7.00	*N/A*
% of Calories											*N/A%*	*N/A%*	*N/A%*	*N/A%*	7.9%	*N/A%*
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

Tue - 12/18/2018																
Lunch Menu: Grades 9-12	Total	1														
BRUNCH DAY: 9-12	SERVING	1	800	*N/A*	700	*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			800	*N/A*	700	*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%*	7.9%	*N/A%*	*N/A%*
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

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MNPS Nutrition Services

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

Weighted Values - Detailed

Page 8

Generated on: 11/9/2018 1:20:13 PM

	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: Grades 9-12 BRUNCH DAY: 9-12	Total SERVING	1 1	800	*N/A*	700	*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			800	*N/A*	700	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A%*	*N/A%*	*N/A%*	7.00 7.9%	*N/A%*	*N/A%*
Nutrient Guideline			750-850		1420									<=35.0	<10.00	
Thu - 12/20/2018																
Lunch Menu: Grades 9-12 BRUNCH DAY: 9-12	Total SERVING	1 1	800	*N/A*	700	*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			800	*N/A*	700	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A%*	*N/A%*	*N/A%*	7.00 7.9%	*N/A%*	*N/A%*
Nutrient Guideline			750-850		1420									<=35.0	<10.00	
Fri - 12/21/2018																
Lunch Menu: Grades 9-12 BRUNCH DAY: 9-12	Total SERVING	1 1	800	*N/A*	700	*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			800	*N/A*	700	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A%*	*N/A%*	*N/A%*	7.00 7.9%	*N/A%*	*N/A%*
Nutrient Guideline			750-850		1420									<=35.0	<10.00	
Mon - 12/24/2018																
Lunch Menu: Grades 9-12 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			750-850		1420									<=35.0	<10.00	

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MNPS Nutrition Services

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

Weighted Values - Detailed

Page 9

Generated on: 11/9/2018 1:20:13 PM

	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: Grades 9-12 NO SCHOOL TODAY	Total 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 % 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			750-850		1420									<=35.0	<10.00	
Wed - 12/26/2018																
Lunch Menu: Grades 9-12 NO SCHOOL TODAY	Total 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 % 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			750-850		1420									<=35.0	<10.00	
Thu - 12/27/2018																
Lunch Menu: Grades 9-12 NO SCHOOL TODAY	Total 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 % 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			750-850		1420									<=35.0	<10.00	
Fri - 12/28/2018																
Lunch Menu: Grades 9-12 NO SCHOOL TODAY	Total 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 % 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			750-850		1420									<=35.0	<10.00	
Weighted Average			786	*48	1020	*8.89	*2.56	*307.2	*4945	*38.43	*33 *37.3%	*21.14 *10.8%	*67.97 *34.6%	*15.73 *18.0%	*4.26 *4.9%	*N/A*

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MNPS Nutrition Services

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

Weighted Values - Detailed

Page 10

Generated on: 11/9/2018 1:20:13 PM

	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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	786		750 - 850	100%												
Cholesterol (mg)	48				Missing											
Sodium 1 (mg)	1020		1420													
Sodium 2 (mg)	1020		1080													
Fiber (g)	8.89				Missing											
Iron (mg)	2.56				Missing											
Calcium (mg)	307.2				Missing											
Vitamin A (IU)	4945				Missing											
Sugars (g)	33	16.56%			Missing											
Vitamin C (mg)	38.43				Missing											
Protein (g)	21.14	10.76%			Missing											
Carbohydrate (g)	67.97	34.59%			Missing											
Total Fat (g)	15.73	18.01%	<=35.00%		Missing											
Saturated Fat (g)	4.26	4.88%	<10.00%		Missing											
Trans Fat ¹ (g)	*N/A*				Missing											

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