

MNPS Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Breakfast Menu: K-12

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 - 01/01/2019																
Breakfast Menu: K-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			450-500		540									<=35.0	<10.00	

Wed - 01/02/2019																
Breakfast Menu: K-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			450-500		540									<=35.0	<10.00	

Thu - 01/03/2019																
Breakfast Menu: K-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			450-500		540									<=35.0	<10.00	

Fri - 01/04/2019																
Breakfast Menu: K-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			450-500		540									<=35.0	<10.00	

Mon - 01/07/2019																
Breakfast Menu: K-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			450-500		540									<=35.0	<10.00	

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MNPS Nutrition Services

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Base Menu Spreadsheet

Breakfast Menu: K-12

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)
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 - 01/08/2019																
Breakfast Menu: K-12	Total	13043														
Egg & Cheese Wrap	1 EACH	7293	101	95	229	1.12	0.40	55.9	168	0.0	1	5.59	7.83	5.59	2.24	0.00
Fruit & Granola Parfait: K-12	1 EACH	750	21	0	11	0.24	0.05	17.4	114	0.62	3	0.53	4.31	0.26	0.12	0.00
Bento Box: Breakfast	1 EACH	5000	138	30	89	1.76	0.95	113.4	491	5.03	13	3.73	23.09	3.76	1.28	*0.00
Assorted Fresh Fruit: Bfast	1 EACH	8750	46	0	0	1.91	0.11	14.4	94	18.58	13	0.55	11.7	0.15	0.04	*0.00
Assorted Fruit Juices	CARTON	13000	62	0	11	0.00	0.00	0.0	0	16.27	13	0.4	14.55	0.0	0.00	0.00
Assorted Milk	CARTON	8000	66	4	85	0.00	0.28	184.0	307	1.1	9	5.06	9.97	0.38	0.23	0.00
SALSA CUP	PORTIO	7000	8	0	54	0.54	0.00	0.0	0	0.0	1	0.54	1.61	0.0	0.00	0.00
	N CUP															
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	

Wed - 01/09/2019																
Breakfast Menu: K-12	Total	13043														
Mini Maple Waffles	1 EACH	8043	123	0	136	2.47	1.66	61.7	308	0.0	6	2.47	21.58	3.08	0.92	0.00
Fruit & Granola Parfait: K-12	1 EACH	500	14	0	7	0.16	0.03	11.6	76	0.41	2	0.35	2.87	0.17	0.08	0.00
Bento Box: Breakfast	1 EACH	4500	124	27	80	1.58	0.86	102.0	442	4.53	12	3.36	20.78	3.38	1.15	*0.00
Assorted Fresh Fruit: Bfast	1 EACH	7250	38	0	0	1.58	0.09	12.0	78	15.4	11	0.46	9.7	0.12	0.03	*0.00
Assorted Fruit Juices	CARTON	13000	62	0	11	0.00	0.00	0.0	0	16.27	13	0.4	14.55	0.0	0.00	0.00
Assorted Milk	CARTON	8250	68	4	88	0.00	0.28	189.8	316	1.14	9	5.22	10.28	0.4	0.24	0.00
SYRUP CUP	PORTIO	7500	46	0	17	0.00	0.00	0.0	0	0.0	6	0.0	11.5	0.0	0.00	0.00
	N CUP															
Weighted Daily Average			476	31	340	5.79	2.94	377.0	1221	37.74	60	12.25	91.26	7.16	2.42	*0.00
% of Calories											50.3%	10.3%	76.8%	13.5%	4.6%	*0.0%
Nutrient Guideline			450-500		540									<=35.0	<10.00	

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MNPS Nutrition Services

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Base Menu Spreadsheet

Breakfast Menu: K-12

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)
Thu - 01/10/2019																
Breakfast Menu: K-12	Total	13043														
Mini Cinnis	1 EACH	9293	171	0	214	1.43	1.03	28.5	0	0.0	11	3.56	28.5	5.7	1.43	0.00
Fruit & Granola Parfait: K-12	1 EACH	500	14	0	7	0.16	0.03	11.6	76	0.41	2	0.35	2.87	0.17	0.08	0.00
Bento Box: Breakfast	1 EACH	3250	90	19	58	1.14	0.62	73.7	319	3.27	9	2.43	15.01	2.44	0.83	*0.00
Assorted Fresh Fruit: Bfast	1 EACH	7750	41	0	0	1.69	0.10	12.8	83	16.46	11	0.49	10.37	0.13	0.03	*0.00
Assorted Fruit Juices	CARTON	13000	62	0	11	0.00	0.00	0.0	0	16.27	13	0.4	14.55	0.0	0.00	0.00
Assorted Milk	CARTON	8500	70	4	90	0.00	0.29	195.5	326	1.17	10	5.38	10.59	0.41	0.24	0.00
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 - 01/11/2019																
Breakfast Menu: K-12	Total	13043														
TrkyHam&Cheese on Hawaiian Bun	1 EACH	8293	125	13	358	1.27	1.20	67.1	78	2.28	3	7.32	17.8	2.94	0.95	0.00
Fruit & Granola Parfait: K-12	1 EACH	500	14	0	7	0.16	0.03	11.6	76	0.41	2	0.35	2.87	0.17	0.08	0.00
Bento Box: Breakfast	1 EACH	4250	117	25	76	1.49	0.81	96.4	417	4.28	11	3.17	19.62	3.19	1.09	*0.00
Assorted Fresh Fruit: Bfast	1 EACH	8250	43	0	0	1.80	0.11	13.6	89	17.52	12	0.52	11.03	0.14	0.03	*0.00
Assorted Fruit Juices	CARTON	13000	62	0	11	0.00	0.00	0.0	0	16.27	13	0.4	14.55	0.0	0.00	0.00
Assorted Milk	CARTON	7500	62	4	80	0.00	0.26	172.5	288	1.03	9	4.74	9.34	0.36	0.22	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 - 01/14/2019																
Breakfast Menu: K-12	Total	13043														
MapleWaffle & Chicken Sandwich	1 EACH	6543	90	0	206	1.00	0.90	30.1	0	0.0	3	4.51	12.04	4.01	0.50	0.00
Fruit & Granola Parfait: K-12	1 EACH	750	21	0	11	0.24	0.05	17.4	114	0.62	3	0.53	4.31	0.26	0.12	0.00
Bento Box: Breakfast	1 EACH	5750	159	34	103	2.02	1.10	130.4	565	5.79	15	4.3	26.55	4.32	1.47	*0.00
Assorted Fresh Fruit: Bfast	1 EACH	7500	39	0	0	1.63	0.10	12.4	81	15.93	11	0.47	10.03	0.13	0.03	*0.00
Assorted Fruit Juices	CARTON	13000	62	0	11	0.00	0.00	0.0	0	16.27	13	0.4	14.55	0.0	0.00	0.00
Assorted Milk	CARTON	7750	64	4	82	0.00	0.27	178.3	297	1.07	9	4.9	9.66	0.37	0.22	0.00

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Base Menu Spreadsheet

Breakfast Menu: K-12

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)
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	

Tue - 01/15/2019																
Breakfast Menu: K-12	Total	13043														
Breakfast Pizza, IW	1 EACH	8868	151	15	282	1.49	0.91	852.5	24	6.68	2	8.91	17.82	4.9	1.93	0.00
Fruit & Granola Parfait: K-12	1 EACH	250	7	0	4	0.08	0.02	5.8	38	0.21	1	0.18	1.44	0.09	0.04	0.00
Bento Box: Breakfast	1 EACH	3925	108	23	70	1.38	0.75	89.0	385	3.95	11	2.93	18.12	2.95	1.01	*0.00
Assorted Fresh Fruit: Bfast	1 EACH	7250	38	0	0	1.58	0.09	12.0	78	15.4	11	0.46	9.7	0.12	0.03	*0.00
Assorted Fruit Juices	CARTON	13000	62	0	11	0.00	0.00	0.0	0	16.27	13	0.4	14.55	0.0	0.00	0.00
Assorted Milk	CARTON	8000	66	4	85	0.00	0.28	184.0	307	1.1	9	5.06	9.97	0.38	0.23	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	

Wed - 01/16/2019																
Breakfast Menu: K-12	Total	13043														
Egg & Trky Sausage Bkfast Boat	1 EACH	3000	46	10	74	0.46	0.33	34.5	46	0.0	1	2.07	5.98	1.61	0.46	0.00
Egg & Turkey Bacon Bkfast Boat	1 EACH	5043	81	19	139	0.77	0.56	58.0	77	0.0	1	3.48	9.67	3.09	0.97	0.00
Fruit & Granola Parfait: K-12	1 EACH	750	21	0	11	0.24	0.05	17.4	114	0.62	3	0.53	4.31	0.26	0.12	0.00
Bento Box: Breakfast	1 EACH	4250	117	25	76	1.49	0.81	96.4	417	4.28	11	3.17	19.62	3.19	1.09	*0.00
Assorted Fresh Fruit: Bfast	1 EACH	8250	43	0	0	1.80	0.11	13.6	89	17.52	12	0.52	11.03	0.14	0.03	*0.00
Assorted Fruit Juices	CARTON	13000	62	0	11	0.00	0.00	0.0	0	16.27	13	0.4	14.55	0.0	0.00	0.00
Assorted Milk	CARTON	8500	70	4	90	0.00	0.29	195.5	326	1.17	10	5.38	10.59	0.41	0.24	0.00
Weighted Daily Average			441	59	402	4.76	2.15	415.4	1070	39.86	51	15.55	75.75	8.70	2.91	*0.00
% of Calories											46.6%	14.1%	68.7%	17.8%	5.9%	*0.0%
Nutrient Guideline			450-500		540									<=35.0	<10.00	

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Base Menu Spreadsheet

Breakfast Menu: K-12

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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)
Thu - 01/17/2019																
Breakfast Menu: K-12	Total	13043														
CinnamonGlazed French Toast: WG	1 EACH	8368	128	71	180	1.28	0.92	51.3	128	0.0	7	5.13	16.04	5.13	1.28	0.00
Fruit & Granola Parfait: K-12	1 EACH	425	12	0	6	0.14	0.03	9.9	65	0.35	2	0.3	2.44	0.15	0.07	0.00
Bento Box: Breakfast	1 EACH	4250	117	25	76	1.49	0.81	96.4	417	4.28	11	3.17	19.62	3.19	1.09	*0.00
Assorted Fresh Fruit: Bfast	1 EACH	8250	43	0	0	1.80	0.11	13.6	89	17.52	12	0.52	11.03	0.14	0.03	*0.00
Assorted Fruit Juices	CARTON	13000	62	0	11	0.00	0.00	0.0	0	16.27	13	0.4	14.55	0.0	0.00	0.00
Assorted Milk	CARTON	8500	70	4	90	0.00	0.29	195.5	326	1.17	10	5.38	10.59	0.41	0.24	0.00
SYRUP CUP	PORTIO N CUP	8000	49	0	18	0.00	0.00	0.0	0	0.0	7	0.0	12.27	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	

Fri - 01/18/2019																
Breakfast Menu: K-12	Total	13043														
Bkfst Burrito, Cheese & Egg	1 EACH	7793	146	42	186	1.63	0.65	59.7	239	2.15	0	5.83	16.78	6.02	2.32	0.00
Fruit & Granola Parfait: K-12	1 EACH	500	14	0	7	0.16	0.03	11.6	76	0.41	2	0.35	2.87	0.17	0.08	0.00
Bento Box: Breakfast	1 EACH	4750	131	28	85	1.67	0.91	107.7	466	4.78	13	3.55	21.93	3.57	1.22	*0.00
Assorted Fresh Fruit: Bfast	1 EACH	7250	38	0	0	1.58	0.09	12.0	78	15.4	11	0.46	9.7	0.12	0.03	*0.00
Assorted Fruit Juices	CARTON	13000	62	0	11	0.00	0.00	0.0	0	16.27	13	0.4	14.55	0.0	0.00	0.00
Assorted Milk	CARTON	8000	66	4	85	0.00	0.28	184.0	307	1.1	9	5.06	9.97	0.38	0.23	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 - 01/21/2019																
Breakfast Menu: K-12	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			450-500		540									<=35.0	<10.00	

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Breakfast Menu: K-12

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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 - 01/22/2019																
Breakfast Menu: K-12	Total	13043														
Assorted Pancakes: WG	1 EACH	8843	139	6	175	2.54	1.28	33.9	339	0.0	8	2.88	24.4	3.56	0.42	0.00
Fruit & Granola Parfait: K-12	1 EACH	450	13	0	7	0.14	0.03	10.5	69	0.37	2	0.32	2.58	0.16	0.07	0.00
Bento Box: Breakfast	1 EACH	3750	104	22	67	1.32	0.71	85.0	368	3.77	10	2.8	17.31	2.82	0.96	*0.00
Assorted Fresh Fruit: Bfast	1 EACH	7250	38	0	0	1.58	0.09	12.0	78	15.4	11	0.46	9.7	0.12	0.03	*0.00
Assorted Fruit Juices	CARTON	13000	62	0	11	0.00	0.00	0.0	0	16.27	13	0.4	14.55	0.0	0.00	0.00
Assorted Milk	CARTON	7250	60	3	77	0.00	0.25	166.8	278	1.0	8	4.59	9.03	0.35	0.21	0.00
SYRUP CUP	PORTIO N CUP	8500	52	0	20	0.00	0.00	0.0	0	0.0	7	0.0	13.03	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	

Wed - 01/23/2019																
Breakfast Menu: K-12	Total	13043														
Stuffed Croissant	1 EACH	9593	250	55	383	1.47	1.99	110.4	368	0.0	3	11.04	23.56	12.52	2.95	0.00
Fruit & Granola Parfait: K-12	1 EACH	200	6	0	3	0.06	0.01	4.6	30	0.17	1	0.14	1.15	0.07	0.03	0.00
Bento Box: Breakfast	1 EACH	3250	90	19	58	1.14	0.62	73.7	319	3.27	9	2.43	15.01	2.44	0.83	*0.00
Assorted Fresh Fruit: Bfast	1 EACH	8500	45	0	0	1.85	0.11	14.0	92	18.05	12	0.54	11.37	0.14	0.03	*0.00
Assorted Fruit Juices	CARTON	13000	62	0	11	0.00	0.00	0.0	0	16.27	13	0.4	14.55	0.0	0.00	0.00
Assorted Milk	CARTON	8500	70	4	90	0.00	0.29	195.5	326	1.17	10	5.38	10.59	0.41	0.24	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	

Thu - 01/24/2019																
Breakfast Menu: K-12	Total	13043														
Cheddar Omelet: IW	1 EACH	5500	55	72	118	0.00	0.30	33.7	127	0.0	0	2.95	0.42	4.64	1.48	0.00
Biscuit:WG	1 EACH	6043	74	0	64	0.92	0.66	46.0	0	1.1	2	2.3	11.95	1.84	1.15	0.00
Fruit & Granola Parfait: K-12	1 EACH	500	14	0	7	0.16	0.03	11.6	76	0.41	2	0.35	2.87	0.17	0.08	0.00
Bento Box: Breakfast	1 EACH	6500	180	39	116	2.28	1.24	147.4	638	6.54	17	4.86	30.01	4.89	1.67	*0.00
Assorted Fresh Fruit: Bfast	1 EACH	6000	31	0	0	1.31	0.08	9.9	65	12.74	9	0.38	8.03	0.1	0.02	*0.00
Assorted Fruit Juices	CARTON	13000	62	0	11	0.00	0.00	0.0	0	16.27	13	0.4	14.55	0.0	0.00	0.00
Assorted Milk	CARTON	6500	54	3	69	0.00	0.22	149.5	249	0.9	7	4.11	8.1	0.31	0.19	0.00

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MNPS Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Breakfast Menu: K-12

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)
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	

Fri - 01/25/2019																
Breakfast Menu: K-12	Total	13043														
Pancake Pup: IW	1 EACH	9043	139	17	215	2.08	1.25	13.9	0	0.0	3	4.85	11.79	6.93	1.73	0.00
Fruit & Granola Parfait: K-12	1 EACH	250	7	0	4	0.08	0.02	5.8	38	0.21	1	0.18	1.44	0.09	0.04	0.00
Bento Box: Breakfast	1 EACH	3750	104	22	67	1.32	0.71	85.0	368	3.77	10	2.8	17.31	2.82	0.96	*0.00
Assorted Fresh Fruit: Bfast	1 EACH	7500	39	0	0	1.63	0.10	12.4	81	15.93	11	0.47	10.03	0.13	0.03	*0.00
Assorted Fruit Juices	CARTON	13000	62	0	11	0.00	0.00	0.0	0	16.27	13	0.4	14.55	0.0	0.00	0.00
Assorted Milk	CARTON	8250	68	4	88	0.00	0.28	189.8	316	1.14	9	5.22	10.28	0.4	0.24	0.00
SYRUP CUP	PORTIO N CUP	6500	40	0	15	0.00	0.00	0.0	0	0.0	5	0.0	9.97	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 - 01/28/2019																
Breakfast Menu: K-12	Total	13043														
MapleWaffle & Chicken Sandwich	1 EACH	6543	90	0	206	1.00	0.90	30.1	0	0.0	3	4.51	12.04	4.01	0.50	0.00
Fruit & Granola Parfait: K-12	1 EACH	750	21	0	11	0.24	0.05	17.4	114	0.62	3	0.53	4.31	0.26	0.12	0.00
Bento Box: Breakfast	1 EACH	5750	159	34	103	2.02	1.10	130.4	565	5.79	15	4.3	26.55	4.32	1.47	*0.00
Assorted Fresh Fruit: Bfast	1 EACH	7500	39	0	0	1.63	0.10	12.4	81	15.93	11	0.47	10.03	0.13	0.03	*0.00
Assorted Fruit Juices	CARTON	13000	62	0	11	0.00	0.00	0.0	0	16.27	13	0.4	14.55	0.0	0.00	0.00
Assorted Milk	CARTON	7750	64	4	82	0.00	0.27	178.3	297	1.07	9	4.9	9.66	0.37	0.22	0.00
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	

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MNPS Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Breakfast Menu: K-12

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 - 01/29/2019																
Breakfast Menu: K-12	Total	13043														
Breakfast Pizza, IW	1 EACH	8868	151	15	282	1.49	0.91	852.5	24	6.68	2	8.91	17.82	4.9	1.93	0.00
Fruit & Granola Parfait: K-12	1 EACH	250	7	0	4	0.08	0.02	5.8	38	0.21	1	0.18	1.44	0.09	0.04	0.00
Bento Box: Breakfast	1 EACH	3925	108	23	70	1.38	0.75	89.0	385	3.95	11	2.93	18.12	2.95	1.01	*0.00
Assorted Fresh Fruit: Bfast	1 EACH	7250	38	0	0	1.58	0.09	12.0	78	15.4	11	0.46	9.7	0.12	0.03	*0.00
Assorted Fruit Juices	CARTON	13000	62	0	11	0.00	0.00	0.0	0	16.27	13	0.4	14.55	0.0	0.00	0.00
Assorted Milk	CARTON	8000	66	4	85	0.00	0.28	184.0	307	1.1	9	5.06	9.97	0.38	0.23	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	

Wed - 01/30/2019																
Breakfast Menu: K-12	Total	13043														
Egg & Trky Sausage Bkfst Boat	1 EACH	3000	46	10	74	0.46	0.33	34.5	46	0.0	1	2.07	5.98	1.61	0.46	0.00
Egg & Turkey Bacon Bkfst Boat	1 EACH	5043	81	19	139	0.77	0.56	58.0	77	0.0	1	3.48	9.67	3.09	0.97	0.00
Fruit & Granola Parfait: K-12	1 EACH	750	21	0	11	0.24	0.05	17.4	114	0.62	3	0.53	4.31	0.26	0.12	0.00
Bento Box: Breakfast	1 EACH	4250	117	25	76	1.49	0.81	96.4	417	4.28	11	3.17	19.62	3.19	1.09	*0.00
Assorted Fresh Fruit: Bfast	1 EACH	8250	43	0	0	1.80	0.11	13.6	89	17.52	12	0.52	11.03	0.14	0.03	*0.00
Assorted Fruit Juices	CARTON	13000	62	0	11	0.00	0.00	0.0	0	16.27	13	0.4	14.55	0.0	0.00	0.00
Assorted Milk	CARTON	8500	70	4	90	0.00	0.29	195.5	326	1.17	10	5.38	10.59	0.41	0.24	0.00
Weighted Daily Average			441	59	402	4.76	2.15	415.4	1070	39.86	51	15.55	75.75	8.70	2.91	*0.00
% of Calories											46.6%	14.1%	68.7%	17.8%	5.9%	*0.0%
Nutrient Guideline			450-500		540									<=35.0	<10.00	

Thu - 01/31/2019																
Breakfast Menu: K-12	Total	13043														
CinnamonGlazed French Toast: WG	1 EACH	8368	128	71	180	1.28	0.92	51.3	128	0.0	7	5.13	16.04	5.13	1.28	0.00
Fruit & Granola Parfait: K-12	1 EACH	425	12	0	6	0.14	0.03	9.9	65	0.35	2	0.3	2.44	0.15	0.07	0.00
Bento Box: Breakfast	1 EACH	4250	117	25	76	1.49	0.81	96.4	417	4.28	11	3.17	19.62	3.19	1.09	*0.00
Assorted Fresh Fruit: Bfast	1 EACH	8250	43	0	0	1.80	0.11	13.6	89	17.52	12	0.52	11.03	0.14	0.03	*0.00
Assorted Fruit Juices	CARTON	13000	62	0	11	0.00	0.00	0.0	0	16.27	13	0.4	14.55	0.0	0.00	0.00
Assorted Milk	CARTON	8500	70	4	90	0.00	0.29	195.5	326	1.17	10	5.38	10.59	0.41	0.24	0.00
SYRUP CUP	PORTIO	8000	49	0	18	0.00	0.00	0.0	0	0.0	7	0.0	12.27	0.0	0.00	0.00
	N CUP															

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MNPS Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Breakfast Menu: K-12

Weighted Values - Detailed

	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)
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	

Weighted Average			455	62	417	4.89	2.30	460.0	1030	39.72	53	15.35	78.67	9.33	3.00	*0.00
											105.5%	13.5%	69.1%	18.4%	5.9%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	455		450 - 500	100%				
Cholesterol (mg)	62							
Sodium 1 (mg)	417		540					
Sodium 2 (mg)	417		485					
Fiber (g)	4.89							
Iron (mg)	2.30							
Calcium (mg)	460.0							
Vitamin A (IU)	1030							
Sugars (g)	53	46.88%						
Vitamin C (mg)	39.72							
Protein (g)	15.35	13.48%						
Carbohydrate (g)	78.67	69.10%						
Total Fat (g)	9.33	18.44%	<=35.00%					
Saturated Fat (g)	3.00	5.92%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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