

MNPS Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

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 - 01/01/2019																
Lunch Menu: Grades 9-12	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			750-850		1420									<=35.0	<10.00	

Wed - 01/02/2019																
Lunch Menu: Grades 9-12	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			750-850		1420									<=35.0	<10.00	

Thu - 01/03/2019																
Lunch Menu: Grades 9-12	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			750-850		1420									<=35.0	<10.00	

Fri - 01/04/2019																
Lunch Menu: Grades 9-12	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			750-850		1420									<=35.0	<10.00	

Mon - 01/07/2019																
Lunch Menu: Grades 9-12	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

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Lunch Menu: Grades 9-12

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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			750-850		1420									<=35.0	<10.00	

Tue - 01/08/2019																
Lunch Menu: Grades 9-12	Total	10371														
Pizza Party	1 EACH	7850	240	26	387	2.49	1.91	281.1	314	4.86	5	15.46	23.35	9.3	4.70	0.00
Assorted Grab & Go Meals	1 EACH	275	14	2	24	0.16	0.06	9.0	115	0.15	1	0.64	1.4	0.65	0.22	*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			600	39	865	11.33	*3.37	*631.0	4127	50.67	*53	*29.47	92.78	14.20	5.92	*0.00
% of Calories											*35.2%	*19.6%	61.8%	21.3%	8.9%	*0.0%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

Wed - 01/09/2019																
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
Assorted Grab & Go Meals	1 EACH	2146	107	17	186	1.24	0.48	70.6	901	1.16	4	5.03	10.96	5.05	1.71	*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

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Base Menu Spreadsheet

Lunch Menu: Grades 9-12

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 % of Calories			846	72	1404	17.49	*4.52	*432.9	7830	49.43	*52 *24.5%	*36.75 *17.4%	124.94 59.0%	25.39 27.0%	5.56 5.9%	*0.00 *0.0%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

Thu - 01/10/2019																
Lunch Menu: Grades 9-12	Total	10371														
Manager's Choice Casserole:M4	1 CUP	7850	212	35	322	1.96	2.19	89.1	209	5.19	*3	13.02	18.82	9.53	3.85	*0.26
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
Assorted Grab & Go Meals	1 EACH	1971	98	16	171	1.14	0.44	64.8	828	1.07	4	4.62	10.07	4.64	1.57	*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
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 % of Calories			819	66	1027	18.01	*5.93	*534.4	6936	68.76	*58 *28.6%	*34.34 *16.8%	119.93 58.6%	25.32 27.8%	7.89 8.7%	*0.26 *0.3%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

Fri - 01/11/2019																
Lunch Menu: Grades 9-12	Total	10371														
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
Rotisserie Chicken: 9-12	1 THIGH	3500	96	24	56	0.18	0.46	3.6	126	0.1	0	6.51	0.48	7.89	2.14	0.00
Roll, WG: 2 oz	1 EACH	3250	44	2	25	2.19	0.45	6.3	0	0.0	3	1.57	10.03	0.78	0.31	0.00
Assorted Grab & Go Meals	1 EACH	250	12	2	22	0.14	0.06	8.2	105	0.14	0	0.59	1.28	0.59	0.20	*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	22	0	44	1.25	0.35	22.6	298	42.69	*1	1.37	3.25	0.85	0.12	*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

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Base Menu Spreadsheet

Lunch Menu: Grades 9-12

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 % of Calories			746	62	1134	15.89	*3.57	*414.6	5204	86.74	*51 *27.3%	*34.64 *18.6%	104.55 56.1%	23.85 28.8%	5.58 6.7%	*0.00 *0.0%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

Mon - 01/14/2019																
	Total															
Lunch Menu: Grades 9-12	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
Assorted Grab & Go Meals	1 EACH	275	14	2	24	0.16	0.06	9.0	115	0.15	1	0.64	1.4	0.65	0.22	*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 % of Calories			743	65	1160	13.08	*5.14	*562.5	11392	98.29	*57 *30.6%	*32.11 *17.3%	100.07 53.9%	26.87 32.5%	7.70 9.3%	*0.41 *0.5%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

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Lunch Menu: Grades 9-12

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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 - 01/15/2019																
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
Assorted Grab & Go Meals	1 EACH	450	22	4	39	0.26	0.10	14.8	189	0.24	1	1.05	2.3	1.06	0.36	*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
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			864	135	1079	17.49	*5.08	*439.1	6813	54.56	*57	*37.16	120.84	28.08	9.44	*0.00
% of Calories											*26.2%	*17.2%	55.9%	29.2%	9.8%	*0.0%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

Wed - 01/16/2019																
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
Fried Rice	3/4 CUP	9900	168	104	261	1.99	1.19	23.9	2158	2.63	*1	6.28	25.19	5.12	1.13	*0.03
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 Grab & Go Meals	1 EACH	125	6	1	11	0.07	0.03	4.1	52	0.07	0	0.29	0.64	0.29	0.10	*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

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MNPS Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

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			666	137	1072	13.47	*4.86	*459.0	16236	66.40	*55	*28.35	110.81	16.57	2.76	*0.03
% of Calories											*33.3%	*17.0%	66.6%	22.4%	3.7%	*0.0%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

Thu - 01/17/2019																
Lunch Menu: Grades 9-12	Total	10371														
Manager's Choice Casserole:M9	1 CUP	9000	242	39	702	1.76	1.58	136.7	180	1.11	*1	17.74	24.52	7.61	3.69	*0.00
Roll, WG: 2 oz	1 EACH	8850	119	4	68	5.97	1.23	17.1	0	0.0	9	4.27	27.31	2.13	0.85	0.00
Assorted Grab & Go Meals	1 EACH	821	41	7	71	0.47	0.18	27.0	345	0.44	2	1.92	4.19	1.93	0.66	*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	5750	21	0	24	1.48	0.42	20.6	3559	5.09	*1	1.03	4.02	0.13	0.02	*0.00
Ranch Cauliflower	1/2 CUP	6250	11	0	107	0.66	0.14	7.2	0	15.81	1	0.63	2.24	0.09	0.04	0.00
Peas & Carrots:FROZEN	1/2 CUP	7100	34	0	82	2.05	0.74	17.2	5375	6.04	3	2.07	6.76	0.09	0.05	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
Assorted Salad Dressing	1 EACH	5500	34	3	93	0.08	*0.03	*3.0	8	0.18	2	*0.15	2.35	2.73	0.42	0.00
Weighted Daily Average			706	61	1297	16.14	*5.06	*536.8	10277	63.63	*56	*37.16	111.33	16.01	6.25	*0.00
% of Calories											*32.0%	*21.1%	63.1%	20.4%	8.0%	*0.0%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

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MNPS Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

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)
Fri - 01/18/2019																
Lunch Menu: Grades 9-12	Total	10371														
Hot Trky Ham & Cheese Sandwich	1 EACH	6571	246	51	1022	2.53	1.71	266.1	253	0.95	3	20.59	21.7	11.25	5.23	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
Assorted Grab & Go Meals	1 EACH	250	12	2	22	0.14	0.06	8.2	105	0.14	0	0.59	1.28	0.59	0.20	*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			791	87	1636	17.63	*5.40	*691.8	11211	57.87	*58	*45.95	120.53	20.90	7.85	*0.00
% of Calories											*29.2%	*23.2%	61.0%	23.8%	8.9%	*0.0%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

Mon - 01/21/2019																
Lunch Menu: Grades 9-12	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			750-850		1420									<=35.0	<10.00	

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MNPS Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

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 - 01/22/2019																
Lunch Menu: Grades 9-12	Total	10371														
Oven Fried Chicken	PIECE	7071	130	48	320	0.68	0.74	0.0	0	0.0	0	10.91	4.09	7.5	1.70	0.00
Biscuit:WG	1 EACH	6900	106	0	92	1.32	0.95	66.0	0	1.58	3	3.3	17.16	2.64	1.65	0.00
Chef'sGrilledCheeseSpecial:912	1 EACH	550	27	4	76	*0.21	0.15	21.0	43	1.2	0	1.27	2.54	1.48	0.84	0.00
Assorted Grab & Go Meals	1 EACH	2500	125	20	216	1.45	0.56	82.2	1050	1.35	5	5.86	12.77	5.88	2.00	*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	5750	21	0	24	1.48	0.42	20.6	3559	5.09	*1	1.03	4.02	0.13	0.02	*0.00
Mashed Potatoes	1/2 CUP	8725	61	0	38	1.12	0.20	9.6	2	13.52	1	1.39	14.02	0.11	0.06	*0.00
California Blend Vegetables	1/2 CUP	6400	21	0	73	1.28	0.23	18.7	942	16.9	1	0.67	4.29	0.13	0.09	0.00
Assorted Fresh Fruit: Lunch	1 EACH	8425	49	0	1	1.83	0.13	14.6	96	17.31	13	0.57	12.48	0.17	0.04	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	6500	38	0	0	1.41	0.10	11.3	74	13.35	10	0.44	9.63	0.13	0.03	*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	5600	35	3	95	0.08	*0.03	*3.1	8	0.19	2	*0.15	2.39	2.78	0.42	0.00
HOT SAUCE, PACKET	PACKET	6400	0	0	62	0.00	0.00	0.0	0	0.0	0	0.0	0.62	0.0	0.00	0.00
Weighted Daily Average			721	83	1144	*11.02	*3.99	*526.4	6374	72.50	*50	*33.74	100.02	21.85	7.29	*0.00
% of Calories											*27.6%	*18.7%	55.5%	27.3%	9.1%	*0.0%
Nutrient Guideline			750-850		1420								<=35.0	<10.00		

Wed - 01/23/2019																
Lunch Menu: Grades 9-12	Total	10371														
FrenchBreadStylePizza, Cheese	1 EACH	3346	100	10	148	0.97	0.52	137.1	46	3.55	1	6.97	9.68	3.37	1.82	0.00
FrenchBreadStylePizza, Tky Pepp	1 EACH	4400	132	14	232	1.00	1.02	169.3	43	0.0	2	9.48	13.87	4.42	2.29	0.00
Assorted Grab & Go Meals	1 EACH	300	15	2	26	0.17	0.07	9.9	126	0.16	1	0.7	1.53	0.71	0.24	*0.00
Assorted Specialty Salads	1 EACH	325	13	2	24	0.22	0.09	5.8	185	0.47	*0	0.78	1.47	0.44	0.10	*0.00
Tossed Spring Mix Salad: 9-12	1.25 CUP	6525	24	0	28	1.68	0.48	23.4	4039	5.78	*1	1.17	4.56	0.14	0.03	*0.00
Steamed Broccoli	1/2 CUP	8750	31	0	98	2.49	0.50	49.5	818	32.24	*0	2.56	5.9	0.26	0.13	0.00
Roasted Mediterranean Blend	1/2 CUP	6250	33	0	193	1.85	0.41	24.3	736	5.96	*2	0.62	5.53	1.26	0.05	*0.00
Assorted Fresh Fruit: Lunch	1 EACH	8650	50	0	1	1.88	0.14	15.0	99	17.77	14	0.58	12.81	0.18	0.05	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	6500	38	0	0	1.41	0.10	11.3	74	13.35	10	0.44	9.63	0.13	0.03	*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	6600	41	4	112	0.09	*0.03	*3.6	9	0.22	2	*0.18	2.82	3.27	0.50	0.00
Weighted Daily Average			574	38	989	11.75	*3.76	*723.9	6632	81.15	*46	*31.04	82.68	14.75	5.58	*0.00
% of Calories											*32.3%	*21.6%	57.6%	23.1%	8.7%	*0.0%
Nutrient Guideline			750-850		1420								<=35.0	<10.00		

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MNPS Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

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)
Thu - 01/24/2019																
Lunch Menu: Grades 9-12	Total	10371														
Chicken Soft Taco	1 EACH	2500	65	10	103	0.72	0.46	24.1	8	0.0	0	4.46	7.31	1.9	0.61	0.00
Beef Soft Taco	1 EACH	3596	136	24	141	1.04	1.18	41.0	11	0.0	1	8.65	10.28	6.28	2.41	0.31
Cheesy Rancheros Enchiladas	2 ENCHI	3750	150	19	303	1.66	0.85	179.9	257	0.0	2	7.31	13.1	7.71	4.26	0.00
LADAS																
Assorted Grab & Go Meals	1 EACH	175	9	1	15	0.10	0.04	5.8	73	0.09	0	0.41	0.89	0.41	0.14	*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	6325	23	0	27	1.63	0.46	22.7	3915	5.6	*1	1.13	4.42	0.14	0.02	*0.00
Charro Beans	1/2 CUP	5500	64	0	101	5.29	0.85	36.3	41	2.73	0	3.04	10.57	0.65	0.06	0.00
Chili Lime Corn Cob	1 COB	6400	81	0	95	2.65	0.96	7.5	119	3.06	2	1.91	16.21	0.47	0.09	0.00
Assorted Fresh Fruit: Lunch	1 EACH	7775	45	0	1	1.69	0.12	13.5	89	15.97	12	0.52	11.52	0.16	0.04	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	6500	38	0	0	1.41	0.10	11.3	74	13.35	10	0.44	9.63	0.13	0.03	*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
TACO SAUCE PACKET	PACKET	7200	3	0	80	0.00	0.00	0.0	0	0.0	0	0.0	0.69	0.0	0.00	0.00
Weighted Daily Average			765	67	1127	16.51	*5.58	*626.4	5254	43.18	*45	*36.44	103.82	22.07	8.60	*0.31
% of Calories											*23.4%	*19.0%	54.3%	25.9%	10.1%	*0.4%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

Fri - 01/25/2019																
Lunch Menu: Grades 9-12	Total	10371														
Taco Soup	1 CUP	2200	66	11	110	1.58	0.95	9.1	250	4.27	1	4.88	6.31	2.59	0.88	0.14
Tortilla Chips	1 BAG	2100	40	0	34	0.61	0.22	0.0	0	0.0	0	0.61	6.07	1.62	0.20	0.00
Assorted Grab & Go Meals	1 EACH	7646	381	62	662	4.42	1.70	251.5	3210	4.14	15	17.91	39.05	17.99	6.10	*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	5725	21	0	24	1.47	0.42	20.5	3544	5.07	*1	1.03	4.0	0.13	0.02	*0.00
Roasted Red Potatoes	1/2 CUP	6425	65	0	118	1.31	0.47	0.0	0	3.92	1	1.31	12.41	1.31	0.00	0.00
Onion Rings	5 RINGS	7500	147	0	169	2.20	0.79	73.4	18	2.94	4	2.2	20.57	5.88	1.10	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	6750	39	0	0	1.46	0.11	11.7	77	13.87	11	0.46	10.0	0.14	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	5600	35	3	95	0.08	*0.03	*3.1	8	0.19	2	*0.15	2.39	2.78	0.42	0.00
TARTAR SAUCE PACKET	PACKET	1500	6	1	14	0.00	0.00	0.0	0	0.0	0	0.0	0.43	0.43	0.00	0.00
Weighted Daily Average			959	85	1377	15.12	*5.31	*663.8	7830	53.42	*62	*37.37	129.70	34.00	9.25	*0.14
% of Calories											*25.8%	*15.6%	54.1%	31.9%	8.7%	*0.1%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

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MNPS Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

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)
Mon - 01/28/2019																
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
Assorted Grab & Go Meals	1 EACH	275	14	2	24	0.16	0.06	9.0	115	0.15	1	0.64	1.4	0.65	0.22	*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			743	65	1160	13.08	*5.14	*562.5	11392	98.29	*57	*32.11	100.07	26.87	7.70	*0.41
% of Calories											*30.6%	*17.3%	53.9%	32.5%	9.3%	*0.5%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

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MNPS Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

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																
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
Assorted Grab & Go Meals	1 EACH	450	22	4	39	0.26	0.10	14.8	189	0.24	1	1.05	2.3	1.06	0.36	*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
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			864	135	1079	17.49	*5.08	*439.1	6813	54.56	*57	*37.16	120.84	28.08	9.44	*0.00
% of Calories											*26.2%	*17.2%	55.9%	29.2%	9.8%	*0.0%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

Wed - 01/30/2019																
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
Fried Rice	3/4 CUP	9900	168	104	261	1.99	1.19	23.9	2158	2.63	*1	6.28	25.19	5.12	1.13	*0.03
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 Grab & Go Meals	1 EACH	125	6	1	11	0.07	0.03	4.1	52	0.07	0	0.29	0.64	0.29	0.10	*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

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MNPS Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

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 % of Calories			666	137	1072	13.47	*4.86	*459.0	16236	66.40	*55 *33.3%	*28.35 *17.0%	110.81 66.6%	16.57 22.4%	2.76 3.7%	*0.03 *0.0%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

Thu - 01/31/2019																
Lunch Menu: Grades 9-12	Total	10371														
Manager's Choice Casserole:M9	1 CUP	9000	242	39	702	1.76	1.58	136.7	180	1.11	*1	17.74	24.52	7.61	3.69	*0.00
Roll, WG: 2 oz	1 EACH	8850	119	4	68	5.97	1.23	17.1	0	0.0	9	4.27	27.31	2.13	0.85	0.00
Assorted Grab & Go Meals	1 EACH	821	41	7	71	0.47	0.18	27.0	345	0.44	2	1.92	4.19	1.93	0.66	*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	5750	21	0	24	1.48	0.42	20.6	3559	5.09	*1	1.03	4.02	0.13	0.02	*0.00
Ranch Cauliflower	1/2 CUP	6250	11	0	107	0.66	0.14	7.2	0	15.81	1	0.63	2.24	0.09	0.04	0.00
Peas & Carrots:FROZEN	1/2 CUP	7100	34	0	82	2.05	0.74	17.2	5375	6.04	3	2.07	6.76	0.09	0.05	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
Assorted Salad Dressing	1 EACH	5500	34	3	93	0.08	*0.03	*3.0	8	0.18	2	*0.15	2.35	2.73	0.42	0.00
Weighted Daily Average % of Calories			706	61	1297	16.14	*5.06	*536.8	10277	63.63	*56 *32.0%	*37.16 *21.1%	111.33 63.1%	16.01 20.4%	6.25 8.0%	*0.00 *0.0%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

Weighted Average			752	82	1172	*15.01	*4.81	*543.5	8873	66.44	*54 *65.1%	*34.67 *18.4%	109.71 58.4%	22.20 26.6%	6.81 8.2%	*0.09 *0.1%
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MNPS Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

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	752		750 - 850	100%														
Cholesterol (mg)	82																	
Sodium 1 (mg)	1172		1420															
Sodium 2 (mg)	1172		1080						92	Correction Required - Sodium too High								
Fiber (g)	15.01				Missing													
Iron (mg)	4.81				Missing													
Calcium (mg)	543.5				Missing													
Vitamin A (IU)	8873																	
Sugars (g)	54	28.96%				Missing												
Vitamin C (mg)	66.44																	
Protein (g)	34.67	18.45%				Missing												
Carbohydrate (g)	109.71	58.38%																
Total Fat (g)	22.20	26.58%	<=35.00%															
Saturated Fat (g)	6.81	8.16%	<10.00%															
Trans Fat ¹ (g)	0.09	0.11%			Missing													

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