

MNPS Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Weighted Values - Detailed

Page 1

Generated on: 12/29/2018 3:18:15 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 - 01/01/2019																
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 - 01/02/2019																
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 - 01/03/2019																
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 - 01/04/2019																
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	

Mon - 01/07/2019																
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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MNPS Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Weighted Values - Detailed

Page 2

Generated on: 12/29/2018 3:18:15 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)
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	

Tue - 01/08/2019																
Lunch Menu: K-8	Total	42968														
Pizza Party	1 EACH	26500	196	22	315	2.03	1.55	229.0	255	3.96	4	12.6	19.03	7.58	3.83	0.00
Assorted Grab & Go Meals	1 EACH	4000	48	8	84	0.56	0.21	31.8	405	0.52	2	2.26	4.93	2.27	0.77	*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
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			544	44	866	8.55	*3.00	*577.9	3508	29.48	*38	*27.89	76.65	15.26	5.79	*0.00
% of Calories											*27.8%	*20.5%	56.4%	25.3%	9.6%	*0.0%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

Wed - 01/09/2019																
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
Assorted Grab & Go Meals	1 EACH	10218	123	20	214	1.43	0.55	81.1	1035	1.34	5	5.78	12.6	5.8	1.97	*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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MNPS Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Weighted Values - Detailed

Page 3

Generated on: 12/29/2018 3:18:15 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)
Weighted Daily Average			729	69	1179	13.58	*3.73	*404.9	5725	29.32	*39	*33.16	101.38	23.31	5.25	*0.00
% of Calories											*21.5%	*18.2%	55.6%	28.8%	6.5%	*0.0%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

Thu - 01/10/2019																
Lunch Menu: K-8	Total	42968														
Manager's Choice Casserole:M4	1 CUP	19700	129	21	195	1.19	1.33	54.0	126	3.14	*2	7.89	11.4	5.77	2.33	*0.16
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
Assorted Grab & Go Meals	1 EACH	13768	166	27	288	1.92	0.74	109.3	1395	1.8	6	7.78	16.97	7.82	2.65	*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
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			623	62	946	9.36	*3.94	*497.0	5156	42.18	*38	*28.20	79.76	21.48	6.52	*0.16
% of Calories											*24.4%	*18.1%	51.2%	31.0%	9.4%	*0.2%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

Fri - 01/11/2019																
Lunch Menu: K-8	Total	42968														
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
Rotisserie Chicken: K-8	1 DRUM STICK	11500	47	20	50	0.14	0.56	2.9	100	0.08	0	5.96	0.38	2.51	0.63	0.00
Roll, WG: 2 oz	1 EACH	10250	33	1	19	1.67	0.34	4.8	0	0.0	2	1.19	7.63	0.6	0.24	0.00
Assorted Grab & Go Meals	1 EACH	1200	14	2	25	0.17	0.06	9.5	122	0.16	1	0.68	1.48	0.68	0.23	*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	23	0	45	1.28	0.36	23.0	304	43.52	*1	1.39	3.31	0.87	0.12	*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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MNPS Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Weighted Values - Detailed

Page 4

Generated on: 12/29/2018 3:18:15 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)
Weighted Daily Average			606	64	994	11.02	*3.26	*369.2	3347	67.08	*35	*32.37	79.23	19.66	4.15	*0.00
% of Calories											*23.3%	*21.4%	52.3%	29.2%	6.2%	*0.0%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

Mon - 01/14/2019																
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
Assorted Grab & Go Meals	1 EACH	1500	18	3	31	0.21	0.08	11.9	152	0.2	1	0.85	1.85	0.85	0.29	*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
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			629	63	1087	9.45	*4.34	*480.8	7018	62.01	*38	*28.78	78.33	24.58	6.89	*0.31
% of Calories											*24.5%	*18.3%	49.8%	35.2%	9.9%	*0.4%
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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MNPS Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Weighted Values - Detailed

Page 5

Generated on: 12/29/2018 3:18:15 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 - 01/15/2019																
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
Assorted Grab & Go Meals	1 EACH	4700	57	9	98	0.66	0.25	37.3	476	0.61	2	2.66	5.79	2.67	0.91	*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
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
Weighted Daily Average			684	123	1144	9.82	*4.24	*409.4	4209	29.31	*33	*34.39	82.98	23.62	7.52	*0.00
% of Calories											*19.0%	*20.1%	48.5%	31.1%	9.9%	*0.0%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

	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 - 01/16/2019																
Lunch Menu: K-8	Total	42968														
Lemongrass Chicken	1/2 CUP	32500	113	30	151	0.00	0.54	0.0	0	0.91	8	8.32	14.37	2.27	0.38	0.00
Fried Rice	3/4 CUP	30000	123	76	191	1.46	0.87	17.5	1579	1.92	*1	4.59	18.42	3.75	0.83	*0.02
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 Grab & Go Meals	1 EACH	8500	102	17	178	1.19	0.46	67.5	861	1.11	4	4.8	10.48	4.83	1.64	*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			691	140	1129	10.43	*4.51	*455.4	13679	42.25	*49	*33.01	101.89	19.85	4.16	*0.02
% of Calories											*28.2%	*19.1%	59.0%	25.9%	5.4%	*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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MNPS Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Weighted Values - Detailed

Page 6

Generated on: 12/29/2018 3:18:15 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)
Thu - 01/17/2019																
Lunch Menu: K-8	Total	42968														
Manager's Choice Casserole:M9	1 CUP	19450	126	20	366	0.92	0.83	71.3	94	0.58	*1	9.25	12.79	3.97	1.92	*0.00
Roll, WG: 1 oz	1 EACH	18000	25	0	48	0.42	0.30	8.4	0	0.0	0	0.84	5.45	0.0	0.00	0.00
Assorted Grab & Go Meals	1 EACH	12018	145	24	251	1.68	0.65	95.4	1218	1.57	6	6.79	14.81	6.82	2.32	*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
Ranch Cauliflower	1/2 CUP	24300	11	0	100	0.62	0.13	6.8	0	14.84	1	0.59	2.1	0.09	0.04	0.00
Peas & Carrots:FROZEN	1/2 CUP	26500	31	0	74	1.84	0.66	15.5	4842	5.45	2	1.87	6.09	0.08	0.05	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	25200	38	4	103	0.08	*0.03	*3.4	8	0.2	2	*0.17	2.6	3.02	0.46	0.00
Weighted Daily Average			549	58	1126	8.46	*3.51	*492.2	8915	43.44	*37	*29.29	74.24	15.71	5.39	*0.00
% of Calories											*27.2%	*21.3%	54.1%	25.7%	8.8%	*0.0%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

Fri - 01/18/2019																
Lunch Menu: K-8	Total	42968														
Hot Trky Ham & Cheese Sandwich	1 EACH	32318	291	60	1213	3.01	2.03	315.9	301	1.13	4	24.44	25.76	13.35	6.21	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
Assorted Grab & Go Meals	1 EACH	1150	14	2	24	0.16	0.06	9.1	117	0.15	1	0.65	1.42	0.65	0.22	*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			707	89	1748	13.40	*4.78	*692.7	10229	40.17	*41	*43.41	97.31	22.16	8.46	*0.00
% of Calories											*23.3%	*24.5%	55.0%	28.2%	10.8%	*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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MNPS Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Weighted Values - Detailed

Page 7

Generated on: 12/29/2018 3:18:15 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 - 01/21/2019																
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	

Tue - 01/22/2019																
Lunch Menu: K-8	Total	42968														
Oven Fried Chicken	PIECE	18368	81	30	201	0.43	0.46	0.0	0	0.0	0	6.84	2.56	4.7	1.07	0.00
Biscuit:WG	1 EACH	12500	46	0	40	0.58	0.42	28.9	0	0.69	1	1.44	7.5	1.15	0.72	0.00
Chef'sGrilledCheeseSpecial:K-8	1 EACH	8600	92	16	221	*0.80	0.29	87.3	159	3.56	2	4.38	6.81	5.57	3.18	0.00
Assorted Grab & Go Meals	1 EACH	14250	172	28	298	1.99	0.77	113.1	1444	1.86	7	8.06	17.57	8.09	2.75	*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
Mashed Potatoes	1/2 CUP	32500	55	0	34	1.00	0.18	8.6	2	12.16	1	1.25	12.6	0.1	0.05	*0.00
California Blend Vegetables	1/2 CUP	24000	19	0	66	1.16	0.21	16.9	853	15.29	1	0.61	3.88	0.12	0.08	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	23000	34	3	94	0.08	*0.03	*3.1	8	0.18	2	*0.15	2.37	2.75	0.42	0.00
HOT SAUCE, PACKET	PACKET	16000	0	0	37	0.00	0.00	0.0	0	0.0	0	0.0	0.37	0.0	0.00	0.00
Weighted Daily Average			663	85	1154	*8.76	*3.18	*544.2	5049	54.37	*39	*31.80	82.89	23.81	8.77	*0.00
% of Calories											*23.2%	*19.2%	50.0%	32.3%	11.9%	*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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MNPS Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Weighted Values - Detailed

Page 8

Generated on: 12/29/2018 3:18:15 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 - 01/23/2019																
Lunch Menu: K-8	Total	42968														
FrenchBreadStylePizza, Cheese	1 EACH	7768	56	5	83	0.54	0.29	76.8	26	1.99	1	3.9	5.42	1.89	1.02	0.00
FrenchBreadStylePizza, Tky Pepp	1 EACH	19500	141	15	249	1.07	1.09	181.1	46	0.0	2	10.14	14.84	4.72	2.45	0.00
Assorted Grab & Go Meals	1 EACH	12000	144	24	251	1.67	0.64	95.3	1216	1.57	6	6.78	14.79	6.81	2.31	*0.00
Assorted Specialty Salads	1 EACH	1200	11	2	21	0.20	0.08	5.1	164	0.42	*0	0.69	1.31	0.39	0.09	*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
Steamed Broccoli	1/2 CUP	31250	26	0	85	2.14	0.43	42.7	705	27.79	*0	2.2	5.08	0.23	0.12	0.00
Roasted Mediterranean Blend	1/2 CUP	19300	25	0	144	1.38	0.31	18.1	548	4.44	*1	0.46	4.12	0.94	0.03	*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	23000	34	3	94	0.08	*0.03	*3.1	8	0.18	2	*0.15	2.37	2.75	0.42	0.00
Weighted Daily Average			584	54	1057	9.49	*3.58	*700.8	5055	56.16	*37	*32.39	75.07	18.49	6.81	*0.00
% of Calories											*25.1%	*22.2%	51.4%	28.5%	10.5%	*0.0%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

Thu - 01/24/2019																
Lunch Menu: K-8	Total	42968														
Chicken Soft Taco	1 EACH	8750	55	8	87	0.61	0.39	20.4	7	0.0	0	3.77	6.17	1.6	0.51	0.00
Beef Soft Taco	1 EACH	13668	125	22	130	0.95	1.08	37.6	10	0.0	1	7.94	9.43	5.76	2.21	0.29
Cheesy Rancheros Enchiladas	2 ENCHI LADAS	14600	141	18	285	1.56	0.80	169.1	242	0.0	1	6.86	12.31	7.24	4.00	0.00
Assorted Grab & Go Meals	1 EACH	4000	48	8	84	0.56	0.21	31.8	405	0.52	2	2.26	4.93	2.27	0.77	*0.00
Assorted Specialty Salads	1 EACH	1950	18	3	34	0.32	0.13	8.4	267	0.68	*0	1.12	2.12	0.64	0.15	*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
Charro Beans	1/2 CUP	19500	55	0	86	4.53	0.73	31.0	35	2.34	0	2.6	9.05	0.56	0.05	0.00
Chili Lime Corn Cob	1 COB	16000	49	0	58	1.60	0.58	4.5	72	1.85	1	1.15	9.78	0.28	0.05	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	23000	34	3	94	0.08	*0.03	*3.1	8	0.18	2	*0.15	2.37	2.75	0.42	0.00
TACO SAUCE PACKET	PACKET	15000	2	0	40	0.00	0.00	0.0	0	0.0	0	0.0	0.35	0.0	0.00	0.00
Weighted Daily Average			673	68	1028	12.64	*4.68	*584.6	3389	25.58	*33	*33.92	83.83	21.86	8.54	*0.29
% of Calories											*19.7%	*20.1%	49.8%	29.2%	11.4%	*0.4%
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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MNPS Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Weighted Values - Detailed

Page 9

Generated on: 12/29/2018 3:18:15 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 - 01/25/2019																
Lunch Menu: K-8	Total	42968														
Taco Soup	1 CUP	16718	121	20	202	2.89	1.74	16.7	459	7.83	2	8.95	11.58	4.75	1.61	0.26
Tortilla Chips	1 BAG	11000	51	0	44	0.77	0.28	0.0	0	0.0	0	0.77	7.68	2.05	0.26	0.00
Assorted Grab & Go Meals	1 EACH	21750	262	43	455	3.03	1.17	172.7	2204	2.84	10	12.29	26.81	12.35	4.19	*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
Roasted Red Potatoes	1/2 CUP	29750	73	0	131	1.46	0.53	0.0	0	4.38	1	1.46	13.87	1.46	0.00	0.00
Onion Rings	5 RINGS	24000	113	0	130	1.70	0.61	56.7	14	2.27	3	1.7	15.88	4.54	0.85	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
Weighted Daily Average			832	77	1246	12.86	*5.27	*541.0	5440	38.57	*45	*35.12	108.93	29.81	7.95	*0.26
% of Calories											*21.5%	*16.9%	52.3%	32.2%	8.6%	*0.3%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

	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 - 01/28/2019																
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
Assorted Grab & Go Meals	1 EACH	1500	18	3	31	0.21	0.08	11.9	152	0.2	1	0.85	1.85	0.85	0.29	*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
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			629	63	1087	9.45	*4.34	*480.8	7018	62.01	*38	*28.78	78.33	24.58	6.89	*0.31
% of Calories											*24.5%	*18.3%	49.8%	35.2%	9.9%	*0.4%
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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MNPS Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Weighted Values - Detailed

Page 10

Generated on: 12/29/2018 3:18:15 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 - 01/29/2019																
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
Assorted Grab & Go Meals	1 EACH	4700	57	9	98	0.66	0.25	37.3	476	0.61	2	2.66	5.79	2.67	0.91	*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
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
Weighted Daily Average			684	123	1144	9.82	*4.24	*409.4	4209	29.31	*33	*34.39	82.98	23.62	7.52	*0.00
% of Calories											*19.0%	*20.1%	48.5%	31.1%	9.9%	*0.0%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

Wed - 01/30/2019																
Lunch Menu: K-8	Total	42968														
Lemongrass Chicken	1/2 CUP	32500	113	30	151	0.00	0.54	0.0	0	0.91	8	8.32	14.37	2.27	0.38	0.00
Fried Rice	3/4 CUP	30000	123	76	191	1.46	0.87	17.5	1579	1.92	*1	4.59	18.42	3.75	0.83	*0.02
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 Grab & Go Meals	1 EACH	8500	102	17	178	1.19	0.46	67.5	861	1.11	4	4.8	10.48	4.83	1.64	*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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MNPS Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Weighted Values - Detailed

Page 11

Generated on: 12/29/2018 3:18:15 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)
Weighted Daily Average			691	140	1129	10.43	*4.51	*455.4	13679	42.25	*49	*33.01	101.89	19.85	4.16	*0.02
% of Calories											*28.2%	*19.1%	59.0%	25.9%	5.4%	*0.0%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

Thu - 01/31/2019																
Lunch Menu: K-8	Total	42968														
Manager's Choice Casserole:M9	1 CUP	19450	126	20	366	0.92	0.83	71.3	94	0.58	*1	9.25	12.79	3.97	1.92	*0.00
Assorted Grab & Go Meals	1 EACH	12018	145	24	251	1.68	0.65	95.4	1218	1.57	6	6.79	14.81	6.82	2.32	*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
Ranch Cauliflower	1/2 CUP	24300	11	0	100	0.62	0.13	6.8	0	14.84	1	0.59	2.1	0.09	0.04	0.00
Peas & Carrots:FROZEN	1/2 CUP	26500	31	0	74	1.84	0.66	15.5	4842	5.45	2	1.87	6.09	0.08	0.05	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	25200	38	4	103	0.08	*0.03	*3.4	8	0.2	2	*0.17	2.6	3.02	0.46	0.00
Weighted Daily Average			524	58	1078	8.04	*3.21	*483.9	8915	43.44	*37	*28.45	68.79	15.71	5.39	*0.00
% of Calories											*28.2%	*21.7%	52.5%	27.0%	9.3%	*0.0%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

Weighted Average			650	81	1126	*10.33	*4.02	*504.7	6738	43.35	*39	*32.26	85.56	21.37	6.48	*0.08
											*53.7%	*19.9%	52.7%	29.6%	9.0%	*0.1%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MNPS Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Weighted Values - Detailed

Page 12

Generated on: 12/29/2018 3:18:15 PM

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	650		600 - 650	100%													
Cholesterol (mg)	81																
Sodium 1 (mg)	1126		1230														
Sodium 2 (mg)	1126		935						191	Correction Required - Sodium too High							
Fiber (g)	10.33				Missing												
Iron (mg)	4.02				Missing												
Calcium (mg)	504.7				Missing												
Vitamin A (IU)	6738																
Sugars (g)	39	23.85%			Missing												
Vitamin C (mg)	43.35																
Protein (g)	32.26	19.86%			Missing												
Carbohydrate (g)	85.56	52.68%															
Total Fat (g)	21.37	29.61%	<=35.00%														
Saturated Fat (g)	6.48	8.98%	<10.00%														
Trans Fat ¹ (g)	0.08	0.11%			Missing												

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.