

MNPS Nutrition Services

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Portion 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 - 02/01/2019																
Lunch Menu: K-8	Total	42968														
White Chicken Chili	3/4 CUP	32318	243	35	480	5.26	1.94	159.7	117	3.55	3	19.47	24.47	6.1	2.46	0.00
Seasoned Tilapia	FILET	6500	145	57	344	0.83	1.22	35.5	581	1.27	*1	24.08	7.69	2.6	0.88	*0.00
Wild Rice Blend	1/2 CUP	5250	107	0	21	1.29	0.45	13.9	0	0.0	0	2.52	22.11	0.63	0.00	0.00
Roll, WG: 2 oz	1 EACH	26400	140	5	80	7.00	1.44	20.0	0	0.0	10	5.0	32.0	2.5	1.00	0.00
Protein Power Pack: K-8	1 EACH	1150	526	207	781	8.72	3.36	320.5	5991	7.96	8	23.27	42.94	31.52	8.68	*0.00
Assorted Specialty Salads	1 EACH	3000	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	24500	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*0.00
Honey Roasted Butternut Squash	1/2 CUP	21000	86	0	22	2.46	0.88	59.1	13019	25.89	*3	1.24	17.15	2.36	0.35	0.00
Tuscan Blend Veggies	1/2 CUP	26750	39	0	165	2.31	0.30	39.0	961	7.68	2	1.17	7.81	0.08	0.06	0.00
Assorted Fresh Fruit: Lunch	1 EACH	32000	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	36500	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Assorted Salad Dressing	1 EACH	26000	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
TARTAR SAUCE PACKET	PACKET	1500	40	5	100	0.00	0.00	0.0	0	0.0	2	0.0	3.0	3.0	0.00	0.00
Weighted Daily Average			599	58	893	14.43	*4.24	*496.4	10060	41.77	*39	*33.58	89.69	13.59	4.12	*0.00
% of Calories											*26.1%	*22.4%	59.9%	20.4%	6.2%	*0.0%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

Mon - 02/04/2019																
Lunch Menu: K-8	Total	42968														
PhillyCheesesteak Pretzel Roll	1 EACH	26500	399	57	680	4.00	3.14	101.4	81	4.88	2	19.02	44.12	16.58	8.05	0.00
Pizza Party	1 EACH	9468	317	35	511	3.29	2.52	371.3	414	6.43	6	20.42	30.85	12.28	6.21	0.00
Falafel on Fire Rstd Flatbread	1 EACH	4000	330	0	600	7.53	2.57	61.5	300	6.07	6	11.0	47.0	11.0	2.00	0.00
Assorted Specialty Salads	1 EACH	3000	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	24500	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*0.00
Sweet Golden Corn: FROZEN	1/2 CUP	33500	87	0	99	2.00	0.36	10.0	104	4.68	3	3.0	19.41	0.7	0.14	0.00
Italian Green Beans	1/2 CUP	29750	26	0	145	2.02	0.01	20.5	4	0.13	3	1.06	6.21	0.04	0.01	0.00
Falafel Flatbread Trimmings	1 EACH	1200	18	0	6	1.41	0.54	20.3	3472	8.3	2	1.0	3.85	0.22	0.04	*0.00
Assorted Fresh Fruit: Lunch	1 EACH	32000	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	36500	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Assorted Salad Dressing	1 EACH	26000	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
Weighted Daily Average			647	57	1055	9.90	*3.97	*467.8	3113	30.22	*35	*30.32	91.18	19.37	7.71	*0.00
% of Calories											*21.9%	*18.7%	56.3%	26.9%	10.7%	*0.0%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

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MNPS Nutrition Services

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Portion 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 - 02/05/2019																
Lunch Menu: K-8	Total	42968														
Homestyle Chicken Sandwich	1 EACH	24250	394	59	561	7.00	2.80	35.0	61	0.0	3	23.0	44.0	16.0	3.00	0.00
Italian Meatball Grinder	1 EACH	10218	344	36	654	4.72	3.51	213.3	531	5.77	3	21.9	40.72	10.64	3.76	0.00
PBJ, Graham Crackers & CheeseS tick	1 EACH	5250	543	30	625	5.59	2.28	159.1	5670	6.74	21	19.72	54.28	28.65	8.53	*0.00
Assorted Specialty Salads	1 EACH	3250	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	24500	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*0.00
Sidewinders	1/2 CUP	30500	131	0	353	2.02	0.36	0.0	0	2.42	0	2.02	23.18	4.03	0.50	0.00
Mixed Vegetables: FROZEN	1/2 CUP	28500	86	0	92	5.36	0.49	5.5	2347	6.41	4	4.15	17.11	0.18	0.09	0.00
Fresh Trimmings	1 EACH	6500	38	0	115	1.26	0.35	27.8	1994	5.97	6	0.8	8.53	0.23	0.04	0.00
Assorted Fresh Fruit: Lunch	1 EACH	31500	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	36500	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Assorted Salad Dressing	1 EACH	27000	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
MAYO PACKET	PACKET	4000	50	10	70	0.00	0.00	0.0	0	0.0	0	0.0	2.0	4.5	0.50	0.00
KETCHUP PACKET	PACKET	26000	10	0	25	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			754	61	1198	13.97	*4.29	*393.9	5508	30.18	*38	*35.01	105.10	23.54	5.21	*0.00
% of Calories											*20.0%	*18.6%	55.7%	28.1%	6.2%	*0.0%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

Wed - 02/06/2019																
Lunch Menu: K-8	Total	42968														
PoppinPotatoBowl w/TrkyPotRst	1 EACH	21650	324	80	617	2.33	1.14	233.8	356	19.67	3	24.16	27.65	12.97	6.13	*0.00
Biscuit:WG	1 EACH	15000	159	0	139	1.98	1.43	99.2	0	2.38	4	4.96	25.8	3.97	2.48	0.00
Smokin Beef Rib Sandwich	1 EACH	15568	315	35	751	3.20	3.04	104.0	210	2.01	8	18.17	34.3	12.58	4.51	0.00
Pizza Picnic Pack: K-8	1 EACH	2750	442	30	930	4.00	2.14	448.2	503	6.06	19	21.17	50.02	17.15	7.09	0.00
Assorted Specialty Salads	1 EACH	3000	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	24500	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*0.00
Buttered Parisian Carrots	1/2 CUP	22000	38	0	62	3.08	0.00	23.4	0	0.0	4	1.02	8.72	0.05	0.04	0.00
SouthernStyleTurnipGreens:FZN	1/2 CUP	16200	45	1	98	2.50	0.51	80.6	2220	5.05	1	3.05	5.81	0.41	0.12	0.00
Assorted Fresh Fruit: Lunch	1 EACH	32000	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	36500	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Assorted Salad Dressing	1 EACH	26000	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
Weighted Daily Average			611	70	1050	8.81	*3.45	*556.3	3887	35.02	*37	*33.48	78.48	18.60	7.18	*0.00
% of Calories											*24.4%	*21.9%	51.4%	27.4%	10.6%	*0.0%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

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MNPS Nutrition Services

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Portion 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 - 02/07/2019																
Lunch Menu: K-8	Total	42968														
Skillet Cheesy Beef Macaroni	1 CUP	19700	347	59	502	1.97	2.39	193.7	202	3.05	*2	18.59	24.14	19.22	8.12	0.68
Roll, WG: 1 oz	1 EACH	15000	60	0	115	1.00	0.72	20.0	0	0.0	1	2.0	13.0	0.0	0.00	0.00
BBQ Pulled Chicken Sandwich	1 EACH	13768	260	45	493	4.29	2.58	26.0	165	1.22	7	21.32	34.71	5.88	1.15	0.00
PBJ,GrahamCrackers&CheeseS tick	1 EACH	6500	543	30	625	5.59	2.28	159.1	5670	6.74	21	19.72	54.28	28.65	8.53	*0.00
Assorted Specialty Salads	1 EACH	3000	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	24500	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*0.00
Carolina-Style Slaw	1/2 CUP	8000	13	0	9	0.89	0.47	29.1	411	12.22	*2	0.53	2.85	0.18	0.02	*0.00
Roasted Vegetable Medley	1/2 CUP	24650	30	0	68	2.08	0.38	25.5	1521	27.39	*2	1.04	6.05	0.08	0.06	*0.00
Oven Fried Okra	1/2 CUP	18500	179	0	219	3.99	1.08	39.9	0	1.2	2	2.99	23.93	6.98	1.00	0.00
Assorted Fresh Fruit: Lunch	1 EACH	31500	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	36500	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Assorted Salad Dressing	1 EACH	26000	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
Weighted Daily Average			655	60	948	9.54	*4.23	*460.3	4714	42.32	*37	*30.97	82.32	22.96	6.93	*0.31
% of Calories											*22.4%	*18.9%	50.3%	31.5%	9.5%	*0.4%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

Fri - 02/08/2019																
Lunch Menu: K-8	Total	42968														
SuperFlyGrilledCheeseSndwch:K8	1 EACH	10468	425	90	1815	4.00	2.52	520.0	400	1.8	8	35.0	37.5	18.5	8.50	0.00
Tomato Soup	1 CUP	8000	80	0	414	1.00	0.36	3.6	400	6.0	10	1.0	16.0	1.0	0.50	0.00
Battered Fish Filet	FILET	28600	200	40	400	2.00	1.08	20.0	0	0.0	0	14.0	14.0	10.0	2.00	0.00
Hushpuppies	3 EACH	23500	142	0	193	1.01	0.36	0.0	101	1.22	5	2.03	20.29	6.09	1.01	0.00
Protein Power Pack: K-8	1 EACH	1200	526	207	781	8.72	3.36	320.5	5991	7.96	8	23.27	42.94	31.52	8.68	*0.00
Assorted Specialty Salads	1 EACH	2700	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	24500	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*0.00
Roasted Broccoli	1/2 CUP	26400	37	0	73	2.08	0.58	37.5	495	70.84	*1	2.27	5.39	1.41	0.19	*0.00
Baked Beans	#6 SCOOP	20050	137	0	407	6.32	0.21	47.5	99	3.75	*2	6.29	27.82	0.03	0.01	*0.00
Assorted Fresh Fruit: Lunch	1 EACH	31500	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	36500	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Assorted Salad Dressing	1 EACH	25300	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
TARTAR SAUCE PACKET	PACKET	5000	40	5	100	0.00	0.00	0.0	0	0.0	2	0.0	3.0	3.0	0.00	0.00

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Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Portion Values - Detailed

Page 4

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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			645	69	1441	10.45	*3.07	*488.3	3465	68.62	*36	*33.89	83.05	21.45	5.45	*0.00
% of Calories											*22.6%	*21.0%	51.5%	30.0%	7.6%	*0.0%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

Mon - 02/11/2019																
Lunch Menu: K-8	Total	42968														
Oven Fried Chicken	PIECE	18368	190	70	470	1.00	1.08	0.0	0	0.0	0	16.0	6.0	11.0	2.50	0.00
Biscuit:WG	1 EACH	12500	159	0	139	1.98	1.43	99.2	0	2.38	4	4.96	25.8	3.97	2.48	0.00
Sloppy Joe	1 EACH	14250	388	70	844	4.27	3.96	40.8	176	2.97	10	26.19	37.15	15.61	5.45	0.91
Chef'sGrilledCheeseSpecial:K-8	1 EACH	8600	458	79	1107	*4.00	1.44	436.3	795	17.78	8	21.88	34.0	27.83	15.89	0.00
Assorted Specialty Salads	1 EACH	1750	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	24500	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*0.00
Mashed Potatoes	1/2 CUP	32500	73	0	45	1.33	0.24	11.4	2	16.07	1	1.66	16.66	0.13	0.07	*0.00
California Blend Vegetables	1/2 CUP	24000	35	0	119	2.08	0.37	30.3	1527	27.38	2	1.09	6.95	0.21	0.14	0.00
Assorted Fresh Fruit: Lunch	1 EACH	32000	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	36500	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Assorted Salad Dressing	1 EACH	23000	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
HOT SAUCE, PACKET	PACKET	16000	0	0	100	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			620	81	1136	*8.18	*3.73	*444.6	3663	53.49	*35	*32.43	77.64	20.90	7.83	*0.30
% of Calories											*22.6%	*20.9%	50.1%	30.3%	11.4%	*0.4%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

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Lunch Menu: K-8

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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 - 02/12/2019																
Lunch Menu: K-8	Total	42968														
FrenchBreadStylePizza, Cheese	1 EACH	7768	310	30	459	3.00	1.61	425.0	143	11.0	4	21.6	30.0	10.44	5.64	0.00
FrenchBreadStylePizza,Tky Pepp	1 EACH	19500	310	32	548	2.35	2.40	399.0	101	0.0	4	22.35	32.7	10.41	5.40	0.00
State Fair Corn Dog	1 EACH	12000	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
PBJ,GrahamCrackers&CheeseS tick	1 EACH	2500	543	30	625	5.59	2.28	159.1	5670	6.74	21	19.72	54.28	28.65	8.53	*0.00
Assorted Specialty Salads	1 EACH	1200	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	24500	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*0.00
Seasoned Green Beans:Frozen	1/2 CUP	31250	29	0	10	1.89	0.68	37.9	378	11.32	2	1.93	5.82	0.04	0.01	0.00
Roasted Maple Sweet Potatoes	1/2 cup	19300	145	0	187	3.12	0.75	41.6	1299	0.0	17	2.08	24.94	3.64	0.52	0.00
Assorted Fresh Fruit: Lunch	1 EACH	31500	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	36500	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Assorted Salad Dressing	1 EACH	23000	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
KETCHUP PACKET	PACKET	8000	10	0	25	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			576	44	819	8.79	*3.67	*622.6	3780	30.98	*41	*28.94	78.42	16.07	5.79	*0.00
% of Calories											*28.8%	*20.1%	54.5%	25.1%	9.0%	*0.0%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

Wed - 02/13/2019																
Lunch Menu: K-8	Total	42968														
Spanish Rice Bowl,Chicken: K-8	1 EACH	8750	256	40	246	1.83	2.18	2.3	512	5.76	1	17.17	37.16	4.29	1.01	0.00
Spanish Rice Bowl,Beef: K-8	1 EACH	13668	377	70	227	1.83	3.66	20.4	512	5.76	1	23.63	36.48	14.52	5.44	0.91
Cheesy Rancheros Enchiladas	2 ENCHI LADAS	14600	414	52	839	4.59	2.36	497.6	712	0.0	4	20.2	36.24	21.32	11.78	0.00
Deli Picnic Pack	1 EACH	4000	498	70	1251	4.67	1.44	436.9	5254	1.71	20	32.99	49.63	20.27	8.82	0.00
Assorted Specialty Salads	1 EACH	1950	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	24500	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*0.00
Charro Beans	1/2 CUP	19500	121	0	190	9.97	1.61	68.4	77	5.15	1	5.73	19.93	1.23	0.12	0.00
Chili Lime Corn Cob	1 COB	16000	131	0	155	4.29	1.56	12.1	193	4.96	3	3.1	26.26	0.76	0.14	0.00
Assorted Fresh Fruit: Lunch	1 EACH	32000	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	36500	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Assorted Salad Dressing	1 EACH	23000	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
TACO SAUCE PACKET	PACKET	15000	5	0	115	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			664	67	967	11.91	*4.73	*542.5	3723	28.22	*33	*34.04	87.08	19.61	7.81	*0.29
% of Calories											*19.7%	*20.5%	52.5%	26.6%	10.6%	*0.4%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

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MNPS Nutrition Services

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Portion 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 - 02/14/2019																
Lunch Menu: K-8	Total	42968														
Baked Spaghetti & Meatballs	1 CUP	23518	217	34	341	3.14	3.40	43.4	357	10.66	5	15.9	25.5	6.2	2.21	*0.00
Garlic Breadstick	1 EACH	15000	150	0	160	2.00	1.44	0.0	100	0.0	2	5.0	26.0	4.0	0.50	0.00
Chicka Boom Po'Boy	1 EACH	11200	320	50	601	2.63	2.18	259.7	225	1.03	1	24.55	31.43	10.47	1.29	0.00
PBJ,GrahamCrackers&CheeseS tick	1 EACH	6000	543	30	625	5.59	2.28	159.1	5670	6.74	21	19.72	54.28	28.65	8.53	*0.00
Assorted Specialty Salads	1 EACH	2250	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	24500	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*0.00
Steamed Broccoli	1/2 CUP	31250	36	0	116	2.95	0.59	58.7	969	38.21	*0	3.03	6.99	0.31	0.16	0.00
Roasted Mediterranean Blend	1/2 CUP	26200	55	0	321	3.06	0.68	40.3	1220	9.89	*3	1.03	9.17	2.1	0.08	*0.00
Fresh Trimmings	1 EACH	4000	38	0	115	1.26	0.35	27.8	1994	5.97	6	0.8	8.53	0.23	0.04	0.00
Assorted Fresh Fruit: Lunch	1 EACH	31500	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	36500	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Assorted Salad Dressing	1 EACH	24000	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
Boom Boom Sauce	2 TBSP	8000	80	7	128	0.00	0.00	0.0	47	1.13	1	0.0	1.42	8.03	1.18	0.00
Weighted Daily Average			612	50	1070	10.87	*5.02	*474.9	5383	62.37	*36	*32.01	82.59	18.90	4.28	*0.00
% of Calories											*23.8%	*20.9%	54.0%	27.8%	6.3%	*0.0%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

Fri - 02/15/2019																
Lunch Menu: K-8	Total	42968														
Taco Soup	1 CUP	16718	312	52	520	7.43	4.47	42.8	1180	20.12	6	23.0	29.75	12.2	4.13	0.68
Tortilla Chips	1 BAG	11000	200	0	170	3.00	1.08	0.0	0	0.0	0	3.0	30.0	8.0	1.00	0.00
Breaded Fish Sandwich	1 EACH	21750	340	40	640	6.00	2.88	40.0	0	0.0	3	20.0	43.0	12.0	2.00	0.00
Protein Power Pack: K-8	1 EACH	1500	526	207	781	8.72	3.36	320.5	5991	7.96	8	23.27	42.94	31.52	8.68	*0.00
Assorted Specialty Salads	1 EACH	3000	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	24500	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*0.00
Roasted Red Potatoes	1/2 CUP	29750	105	0	190	2.11	0.76	0.0	0	6.33	2	2.11	20.03	2.11	0.00	0.00
Onion Rings	5 RINGS	24000	203	0	234	3.05	1.10	101.6	25	4.06	5	3.05	28.44	8.13	1.52	0.00
Fresh Trimmings	1 EACH	6200	38	0	115	1.26	0.35	27.8	1994	5.97	6	0.8	8.53	0.23	0.04	0.00
Assorted Fresh Fruit: Lunch	1 EACH	32000	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	36500	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Assorted Salad Dressing	1 EACH	24500	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
TARTAR SAUCE PACKET	PACKET	8000	40	5	100	0.00	0.00	0.0	0	0.0	2	0.0	3.0	3.0	0.00	0.00

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MNPS Nutrition Services

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Portion 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			774	63	1178	13.35	*5.72	*403.8	3733	36.87	*37	*33.88	107.17	25.22	5.08	*0.26
% of Calories											*19.4%	*17.5%	55.4%	29.3%	5.9%	*0.3%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

Mon - 02/18/2019																
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	0.00	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 - 02/19/2019																
Lunch Menu: K-8	Total	42968														
Stadium Hotdog	1 EACH	12568	269	45	919	3.98	2.87	59.9	0	1.2	3	11.97	28.85	12.49	3.00	0.00
Flamebroiled Cheeseburger	1 EACH	16200	348	55	619	4.00	2.87	220.0	200	0.0	4	22.88	31.0	17.88	7.45	0.49
Flamebroiled Hamburger	1 EACH	8900	268	40	339	4.00	2.87	20.0	0	0.0	3	15.88	29.0	11.88	3.95	0.49
Blackbean Burger	1 EACH	800	300	5	650	9.00	2.52	60.0	0	0.0	4	20.0	44.0	9.0	1.00	0.00
3-Bean Vegetarian Chili	1 CUP	1500	142	0	212	7.26	2.03	62.2	640	9.96	*1	6.65	21.91	2.97	0.35	*0.00
Cornbread: K-8	1 SQUARE	500	139	0	402	1.54	1.11	93.4	31	0.0	6	1.54	24.65	3.85	1.54	0.00
Assorted Specialty Salads	1 EACH	3000	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	24500	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*0.00
Sweet Potato Waffle Fries	1/2 CUP	24525	145	0	156	2.08	0.37	20.8	779	0.0	7	1.04	18.69	7.27	1.04	0.00
Creamed Kale	1/2 CUP	15500	60	5	84	3.28	1.34	144.1	9097	108.93	2	4.07	8.32	2.33	0.86	0.06
Fresh Trimmings	1 EACH	6500	38	0	115	1.26	0.35	27.8	1994	5.97	6	0.8	8.53	0.23	0.04	0.00
Assorted Fresh Fruit: Lunch	1 EACH	32000	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	36500	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Assorted Salad Dressing	1 EACH	26000	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
KETCHUP PACKET	PACKET	20000	10	0	25	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
MUSTARD PACKET	PACKET	13000	5	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MAYO PACKET	PACKET	8000	50	10	70	0.00	0.00	0.0	0	0.0	0	0.0	2.0	4.5	0.50	0.00
Weighted Daily Average			617	60	1067	9.51	*4.34	*472.1	6889	62.16	*38	*28.18	77.53	23.87	6.63	*0.31
% of Calories											*24.5%	*18.3%	50.2%	34.8%	9.7%	*0.5%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

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MNPS Nutrition Services

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Portion Values - Detailed

Page 8

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/20/2019																
Lunch Menu: K-8	Total	42968														
Oven Roasted Wings	5 WINGS	12018	239	137	752	0.00	0.86	0.0	0	0.0	0	23.87	0.0	15.52	4.78	0.00
Buffalo Wings	5 WINGS	20500	229	108	607	0.00	0.00	0.0	0	0.0	0	14.85	4.05	16.2	4.05	0.00
Texas Toast	1 Each	23000	110	0	300	2.00	1.44	40.0	5	2.4	2	4.0	22.99	1.0	0.00	0.00
GrilledChipotle Chicken Sndwch	1 EACH	4700	270	50	590	*3.00	2.16	40.0	100	0.0	2	17.0	30.0	11.5	1.50	0.00
Tuna Fish Dish	1 EACH	1000	322	40	1296	4.27	1.57	44.3	5379	9.5	14	23.45	42.67	5.85	1.03	0.00
PBJ,GrahamCrackers&CheeseS tick	1 EACH	3000	543	30	625	5.59	2.28	159.1	5670	6.74	21	19.72	54.28	28.65	8.53	*0.00
Assorted Specialty Salads	1 EACH	1750	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	24500	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*0.00
Baked Potato	1 EACH	20000	168	0	11	2.77	1.83	27.7	2	12.14	1	4.56	38.49	0.17	0.06	0.00
Pinto Beans	1/2 CUP	29500	110	0	146	5.44	1.73	51.9	11	1.2	*1	5.82	18.25	1.04	0.02	*0.00
Carrot&Celery Stick Veggie Cup	1/2 CUP	15000	10	0	30	0.88	0.22	13.8	2896	1.09	1	0.26	2.22	0.06	0.01	0.00
Fresh Trimmings	1 EACH	1200	38	0	115	1.26	0.35	27.8	1994	5.97	6	0.8	8.53	0.23	0.04	0.00
Assorted Fresh Fruit: Lunch	1 EACH	31500	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	36500	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Assorted Salad Dressing	1 EACH	22000	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
SOUR CREAM PACKET	PACKET	18000	60	20	15	0.00	0.00	20.0	200	0.0	1	1.0	1.0	5.0	3.50	0.00
BUTTER PACKET	PACKET	16000	40	10	30	0.00	0.00	0.0	100	0.0	0	0.0	0.0	4.0	2.50	0.00
Chipotle Mayo	1 TBSP	2200	12	0	126	0.16	0.11	1.6	192	0.6	*1	0.08	2.46	0.06	0.01	*0.00
Weighted Daily Average			705	122	1193	*10.03	*4.43	*389.5	4330	29.58	*33	*35.54	85.61	24.36	7.40	*0.00
% of Calories											*18.5%	*20.2%	48.6%	31.1%	9.4%	*0.0%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

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MNPS Nutrition Services

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Portion 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 - 02/21/2019																
Lunch Menu: K-8	Total	42968														
Lemongrass Chicken	1/2 CUP	14668	150	40	200	0.00	0.72	0.0	0	1.2	10	11.0	19.0	3.0	0.50	0.00
Teriyaki Beef and Broccoli	4 EACH	24250	185	33	609	1.82	2.20	9.1	444	13.62	11	13.69	14.53	8.13	3.30	0.30
Crispy Falafel	8 FALAF EL TOTS	1800	160	0	310	5.00	1.80	40.0	300	6.0	4	6.0	21.0	6.0	1.00	0.00
Fried Rice	3/4 CUP	30000	176	109	274	2.09	1.25	25.0	2261	2.76	*1	6.58	26.38	5.37	1.19	*0.03
Vegetable Egg Roll	1 EACH	20500	140	9	290	3.00	0.72	20.0	2250	15.0	4	4.0	20.0	6.0	0.50	0.00
Assorted Specialty Salads	1 EACH	2250	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	24500	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*0.00
Ginger Steamed Carrots	1/2 CUP	23000	69	0	168	2.96	0.92	43.9	13761	3.6	10	0.89	16.46	0.29	0.15	*0.00
Stir Fry Veggie Blend	1/2 CUP	26500	71	0	5	3.05	1.46	74.1	222	13.34	2	5.08	12.19	2.54	0.00	0.00
Assorted Fresh Fruit: Lunch	1 EACH	32000	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	36500	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Assorted Salad Dressing	1 EACH	24500	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
SOY SAUCE PACKET	PACKET	20000	0	0	230	0.00	0.00	0.0	5	0.0	0	0.56	1.0	0.0	0.00	0.00
Weighted Daily Average			637	125	1225	10.47	*5.07	*394.7	13081	48.58	*47	*31.62	92.61	18.62	4.22	*0.19
% of Calories											*29.4%	*19.8%	58.1%	26.3%	6.0%	*0.3%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

Fri - 02/22/2019																
Lunch Menu: K-8	Total	42968														
Turkey Ham & Mac Casserole	1 CUP	19450	262	67	1130	1.55	1.85	165.8	159	1.54	1	20.65	24.02	9.13	4.46	0.00
Roll, WG: 1 oz	1 EACH	15000	60	0	115	1.00	0.72	20.0	0	0.0	1	2.0	13.0	0.0	0.00	0.00
Chicken Parmesan Ciabatta	1 EACH	12018	490	67	667	7.00	2.98	146.2	362	3.0	3	26.54	51.51	21.04	5.27	0.00
PBJ,GrahamCrackers&CheeseS tick	1 EACH	8500	543	30	625	5.59	2.28	159.1	5670	6.74	21	19.72	54.28	28.65	8.53	*0.00
Assorted Specialty Salads	1 EACH	3000	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	24500	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*0.00
Ranch Cauliflower	1/2 CUP	24300	19	0	178	1.09	0.23	12.0	0	26.24	1	1.05	3.71	0.15	0.07	0.00
Peas & Carrots:FROZEN	1/2 CUP	26500	50	0	120	2.99	1.07	25.2	7851	8.83	4	3.03	9.87	0.13	0.08	0.00
Assorted Fresh Fruit: Lunch	1 EACH	31500	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	36500	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Assorted Salad Dressing	1 EACH	25200	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
Weighted Daily Average			637	69	1323	9.56	*4.11	*471.5	8898	44.16	*36	*33.77	81.74	20.59	6.33	*0.00
% of Calories											*22.9%	*21.2%	51.4%	29.1%	8.9%	*0.0%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

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MNPS Nutrition Services

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/25/2019																
Lunch Menu: K-8	Total	42968														
PhillyCheesesteak Pretzel Roll	1 EACH	26500	399	57	680	4.00	3.14	101.4	81	4.88	2	19.02	44.12	16.58	8.05	0.00
Pizza Party	1 EACH	9468	317	35	511	3.29	2.52	371.3	414	6.43	6	20.42	30.85	12.28	6.21	0.00
Falafel on Fire Rstd Flatbread	1 EACH	4000	330	0	600	7.53	2.57	61.5	300	6.07	6	11.0	47.0	11.0	2.00	0.00
Assorted Specialty Salads	1 EACH	3000	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	24500	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*0.00
Sweet Golden Corn: FROZEN	1/2 CUP	33500	87	0	99	2.00	0.36	10.0	104	4.68	3	3.0	19.41	0.7	0.14	0.00
Italian Green Beans	1/2 CUP	29750	26	0	145	2.02	0.01	20.5	4	0.13	3	1.06	6.21	0.04	0.01	0.00
Falafel Flatbread Trimmings	1 EACH	1200	18	0	6	1.41	0.54	20.3	3472	8.3	2	1.0	3.85	0.22	0.04	*0.00
Assorted Fresh Fruit: Lunch	1 EACH	32000	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	36500	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Assorted Salad Dressing	1 EACH	26000	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
Weighted Daily Average			647	57	1055	9.90	*3.97	*467.8	3113	30.22	*35	*30.32	91.18	19.37	7.71	*0.00
% of Calories											*21.9%	*18.7%	56.3%	26.9%	10.7%	*0.0%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

Tue - 02/26/2019																
Lunch Menu: K-8	Total	42968														
PoppinPotatoBowl w/TrkyPotRst	1 EACH	21650	324	80	617	2.33	1.14	233.8	356	19.67	3	24.16	27.65	12.97	6.13	*0.00
Biscuit:WG	1 EACH	15000	159	0	139	1.98	1.43	99.2	0	2.38	4	4.96	25.8	3.97	2.48	0.00
Smokin Beef Rib Sandwich	1 EACH	15568	315	35	751	3.20	3.04	104.0	210	2.01	8	18.17	34.3	12.58	4.51	0.00
Pizza Picnic Pack: K-8	1 EACH	2750	442	30	930	4.00	2.14	448.2	503	6.06	19	21.17	50.02	17.15	7.09	0.00
Assorted Specialty Salads	1 EACH	3000	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	24500	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*0.00
Buttered Parisian Carrots	1/2 CUP	22000	38	0	62	3.08	0.00	23.4	0	0.0	4	1.02	8.72	0.05	0.04	0.00
SouthernStyleTurnipGreens:FZN	1/2 CUP	16200	45	1	98	2.50	0.51	80.6	2220	5.05	1	3.05	5.81	0.41	0.12	0.00
Assorted Fresh Fruit: Lunch	1 EACH	32000	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	36500	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Assorted Salad Dressing	1 EACH	26000	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
Weighted Daily Average			611	70	1050	8.81	*3.45	*556.3	3887	35.02	*37	*33.48	78.48	18.60	7.18	*0.00
% of Calories											*24.4%	*21.9%	51.4%	27.4%	10.6%	*0.0%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

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MNPS Nutrition Services

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Portion 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)
Wed - 02/27/2019																
Lunch Menu: K-8	Total	42968														
Skillet Cheesy Beef Macaroni	1 CUP	19700	347	59	502	1.97	2.39	193.7	202	3.05	*2	18.59	24.14	19.22	8.12	0.68
Roll, WG: 1 oz	1 EACH	15000	60	0	115	1.00	0.72	20.0	0	0.0	1	2.0	13.0	0.0	0.00	0.00
BBQ Pulled Chicken Sandwich	1 EACH	13768	260	45	493	4.29	2.58	26.0	165	1.22	7	21.32	34.71	5.88	1.15	0.00
PBJ,GrahamCrackers&CheeseS tick	1 EACH	6500	543	30	625	5.59	2.28	159.1	5670	6.74	21	19.72	54.28	28.65	8.53	*0.00
Assorted Specialty Salads	1 EACH	3000	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	24500	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*0.00
Carolina-Style Slaw	1/2 CUP	8000	13	0	9	0.89	0.47	29.1	411	12.22	*2	0.53	2.85	0.18	0.02	*0.00
Roasted Vegetable Medley	1/2 CUP	24650	30	0	68	2.08	0.38	25.5	1521	27.39	*2	1.04	6.05	0.08	0.06	*0.00
Oven Fried Okra	1/2 CUP	18500	179	0	219	3.99	1.08	39.9	0	1.2	2	2.99	23.93	6.98	1.00	0.00
Assorted Fresh Fruit: Lunch	1 EACH	31500	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	36500	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Assorted Salad Dressing	1 EACH	26000	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
Weighted Daily Average			655	60	948	9.54	*4.23	*460.3	4714	42.32	*37	*30.97	82.32	22.96	6.93	*0.31
% of Calories											*22.4%	*18.9%	50.3%	31.5%	9.5%	*0.4%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/28/2019																
Lunch Menu: K-8	Total	42968														
SuperFlyGrilledCheeseSndwch:K8	1 EACH	10468	425	90	1815	4.00	2.52	520.0	400	1.8	8	35.0	37.5	18.5	8.50	0.00
Tomato Soup	1 CUP	8000	80	0	414	1.00	0.36	3.6	400	6.0	10	1.0	16.0	1.0	0.50	0.00
Battered Fish Filet	FILET	28600	200	40	400	2.00	1.08	20.0	0	0.0	0	14.0	14.0	10.0	2.00	0.00
Hushpuppies	3 EACH	23500	142	0	193	1.01	0.36	0.0	101	1.22	5	2.03	20.29	6.09	1.01	0.00
Protein Power Pack: K-8	1 EACH	1200	526	207	781	8.72	3.36	320.5	5991	7.96	8	23.27	42.94	31.52	8.68	*0.00
Assorted Specialty Salads	1 EACH	2700	400	72	754	6.99	2.77	184.0	5888	14.88	*9	24.75	46.78	14.01	3.30	*0.00
Tossed Spring Mix Salad: K-8	3/4 CUP	24500	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*0.00
Roasted Broccoli	1/2 CUP	26400	37	0	73	2.08	0.58	37.5	495	70.84	*1	2.27	5.39	1.41	0.19	*0.00
Baked Beans	#6 SCOOP	20050	137	0	407	6.32	0.21	47.5	99	3.75	*2	6.29	27.82	0.03	0.01	*0.00
Assorted Fresh Fruit: Lunch	1 EACH	31500	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Milk	CARTON	36500	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
Assorted Salad Dressing	1 EACH	25300	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00
TARTAR SAUCE PACKET	PACKET	5000	40	5	100	0.00	0.00	0.0	0	0.0	2	0.0	3.0	3.0	0.00	0.00
Weighted Daily Average			645	69	1441	10.45	*3.07	*488.3	3465	68.62	*36	*33.89	83.05	21.45	5.45	*0.00
% of Calories											*22.6%	*21.0%	51.5%	30.0%	7.6%	*0.0%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

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MNPS Nutrition Services

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Portion 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 Average			648	69	1108	*10.45	*4.15	*476.4	5232	43.20	*37 *51.5%	*32.44 *20.0%	86.07 53.1%	20.53 28.5%	6.28 8.7%	*0.10 *0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	648		600 - 650	100%				
Cholesterol (mg)	69							
Sodium 1 (mg)	1108		1230					
Sodium 2 (mg)	1108		935				173	Correction Required - Sodium too High
Fiber (g)	10.45				Missing			
Iron (mg)	4.15				Missing			
Calcium (mg)	476.4				Missing			
Vitamin A (IU)	5232							
Sugars (g)	37	22.90%			Missing			
Vitamin C (mg)	43.20							
Protein (g)	32.44	20.02%			Missing			
Carbohydrate (g)	86.07	53.13%						
Total Fat (g)	20.53	28.51%	<=35.00%					
Saturated Fat (g)	6.28	8.72%	<10.00%					
Trans Fat ¹ (g)	0.10	0.14%			Missing			

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