

MNPS Nutrition Services

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

Portion Values - Detailed

Page 1

Generated on: 2/8/2019 11:35:56 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/01/2019																
Lunch Menu: Grades 9-12	Total	10371														
White Chicken Chili	3/4 CUP	6571	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	3200	145	57	344	0.83	1.22	35.5	581	1.27	*1	24.08	7.69	2.6	0.88	*0.00
Roll, WG: 2 oz	1 EACH	9500	140	5	80	7.00	1.44	20.0	0	0.0	10	5.0	32.0	2.5	1.00	0.00
Wild Rice Blend	1/2 CUP	3000	107	0	21	1.29	0.45	13.9	0	0.0	0	2.52	22.11	0.63	0.00	0.00
Protein Power Pack: 9-12	1 EACH	250	604	393	843	8.72	3.96	345.5	6251	7.96	9	29.56	43.5	36.82	10.31	*0.00
Assorted Specialty Salads	1 EACH	350	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: 9-12	1.25 CUP	6250	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*0.00
Honey Roasted Butternut Squash	1/2 CUP	4250	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	6700	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	8525	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	7500	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	9500	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	6400	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	300	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			701	66	917	18.49	*4.96	*527.0	11077	59.22	*56	*37.82	114.10	13.82	4.23	*0.00
% of Calories											*31.9%	*21.6%	65.1%	17.7%	5.4%	*0.0%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

Mon - 02/04/2019																
Lunch Menu: Grades 9-12	Total	10371														
PhillyCheesesteak Pretzel Roll	1 EACH	7850	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	1996	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	275	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	250	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: 9-12	1.25 CUP	4500	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*0.00
Sweet Golden Corn: FROZEN	1/2 CUP	8750	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	9500	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	125	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	9750	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	7500	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	9000	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	4650	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			718	60	1083	12.55	*4.33	*490.7	3848	50.75	*51	*31.99	108.60	19.47	8.34	*0.00
% of Calories											*28.2%	*17.8%	60.5%	24.4%	10.4%	*0.0%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

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.

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MNPS Nutrition Services

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

Portion Values - Detailed

Page 2

Generated on: 2/8/2019 11:35:56 AM

	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: Grades 9-12	Total	10371														
Nashville Hot Chicken Sandwich	1 EACH	7425	410	59	752	7.54	2.94	47.8	677	0.31	*4	23.15	47.6	16.24	3.14	*0.00
Italian Meatball Grinder	1 EACH	2146	344	36	654	4.72	3.51	213.3	531	5.77	3	21.9	40.72	10.64	3.76	0.00
PB & Grape Jelly Sandwich	1 EACH	350	600	0	540	7.00	2.70	60.0	0	0.0	29	18.0	64.0	34.0	6.00	0.00
Assorted Specialty Salads	1 EACH	450	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: 9-12	1.25 CUP	6450	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*0.00
Sidewinders	1/2 CUP	9500	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	6500	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	500	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	8750	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	7500	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	9000	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	6600	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	7000	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 % of Calories			837	62	1389	17.46	*4.86	*408.4	7039	49.46	*51	*36.87	125.92	23.69	4.83	*0.00
											*24.2%	*17.6%	60.1%	25.5%	5.2%	*0.0%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

Wed - 02/06/2019																
Lunch Menu: Grades 9-12	Total	10371														
PoppinPotatoBowl w/TrkyPotRst	1 EACH	6750	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	6250	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	2837	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: 9-12	1 EACH	350	613	46	1293	5.00	2.85	662.3	604	6.09	20	31.26	64.04	25.23	10.63	0.00
Assorted Specialty Salads	1 EACH	200	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: 9-12	1.25 CUP	6450	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*0.00
Buttered Parisian Carrots	1/2 CUP	8250	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	6000	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	9250	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	7500	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	9000	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	6400	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00

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MNPS Nutrition Services

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

Portion Values - Detailed

Page 3

Generated on: 2/8/2019 11:35:56 AM

	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			731	75	1113	13.16	*4.04	*647.6	6334	60.10	*54	*37.42	102.45	19.87	8.16	*0.00
% of Calories											*29.3%	*20.5%	56.0%	24.5%	10.0%	*0.0%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

Thu - 02/07/2019																
Lunch Menu: Grades 9-12	Total	10371														
Skillet Cheesy Beef Macaroni	1 CUP	7850	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: 2 oz	1 EACH	7725	140	5	80	7.00	1.44	20.0	0	0.0	10	5.0	32.0	2.5	1.00	0.00
BBQ Pulled Chicken Sandwich	1 EACH	1971	260	45	493	4.29	2.58	26.0	165	1.22	7	21.32	34.71	5.88	1.15	0.00
PB & Grape Jelly Sandwich	1 EACH	300	600	0	540	7.00	2.70	60.0	0	0.0	29	18.0	64.0	34.0	6.00	0.00
Assorted Specialty Salads	1 EACH	250	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: 9-12	1.25 CUP	6450	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*0.00
Carolina-Style Slaw	1/2 CUP	4250	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	7750	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	7000	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	8750	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	7500	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	9000	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	6400	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			843	68	1027	17.78	*5.87	*545.7	6253	70.05	*56	*35.56	118.94	27.88	9.01	*0.51
% of Calories											*26.8%	*16.9%	56.5%	29.8%	9.6%	*0.5%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

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MNPS Nutrition Services

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

Portion Values - Detailed

Page 4

Generated on: 2/8/2019 11:35:56 AM

	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 - 02/08/2019																
Lunch Menu: Grades 9-12	Total	10371														
SuperFlyGrilldCheeseSndwch:912	1 EACH	3500	485	90	2135	4.00	3.96	480.0	410	6.6	6	37.0	51.47	18.5	8.50	0.00
Tomato Soup	1 CUP	3250	80	0	414	1.00	0.36	3.6	400	6.0	10	1.0	16.0	1.0	0.50	0.00
Nashville Hot Fish	1 EACH	6021	215	40	496	2.29	1.22	32.8	616	0.01	*1	14.15	17.35	10.24	2.14	*0.00
Hushpuppies	3 EACH	5950	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: 9-12	1 EACH	250	604	393	843	8.72	3.96	345.5	6251	7.96	9	29.56	43.5	36.82	10.31	*0.00
Assorted Specialty Salads	1 EACH	375	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: 9-12	1.25 CUP	5400	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*0.00
Roasted Broccoli	1/2 CUP	6250	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	8200	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	8600	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	7500	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	9000	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	5600	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			796	75	1901	15.25	*4.15	*567.9	5388	90.80	*53	*39.50	116.20	22.03	6.19	*0.00
% of Calories											*26.5%	*19.8%	58.4%	24.9%	7.0%	*0.0%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

Mon - 02/11/2019																
Lunch Menu: Grades 9-12	Total	10371														
Oven Fried Chicken	PIECE	7071	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	6900	159	0	139	1.98	1.43	99.2	0	2.38	4	4.96	25.8	3.97	2.48	0.00
Chef'sGrilldCheeseSpecial:912	1 EACH	550	518	79	1426	*4.00	2.88	396.3	805	22.58	6	23.87	47.97	27.83	15.89	0.00
Assorted Grab & Go Meals	1 EACH	2500	517	84	898	6.00	2.31	341.2	4354	5.62	20	24.29	52.97	24.4	8.28	*0.00
Assorted Specialty Salads	1 EACH	250	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: 9-12	1.25 CUP	5750	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*0.00
Mashed Potatoes	1/2 CUP	8725	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	6400	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	8425	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	6500	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	9500	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	5600	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	6400	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			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	

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Base Menu Spreadsheet

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 - 02/12/2019																
Lunch Menu: Grades 9-12	Total	10371														
FrenchBreadStylePizza, Cheese	1 EACH	3346	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	4400	310	32	548	2.35	2.40	399.0	101	0.0	4	22.35	32.7	10.41	5.40	0.00
Assorted Grab & Go Meals	1 EACH	300	517	84	898	6.00	2.31	341.2	4354	5.62	20	24.29	52.97	24.4	8.28	*0.00
Assorted Specialty Salads	1 EACH	325	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: 9-12	1.25 CUP	6525	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*0.00
Steamed Broccoli	1/2 CUP	8750	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	6250	55	0	321	3.06	0.68	40.3	1220	9.89	*3	1.03	9.17	2.1	0.08	*0.00
Assorted Fresh Fruit: Lunch	1 EACH	8650	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	6500	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	9500	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	6600	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			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	

Wed - 02/13/2019																
Lunch Menu: Grades 9-12	Total	10371														
Chicken Soft Taco	1 EACH	2500	271	40	427	3.00	1.93	100.0	32	0.0	2	18.5	30.31	7.87	2.51	0.00
Beef Soft Taco	1 EACH	3596	392	70	407	3.00	3.40	118.1	32	0.0	2	24.96	29.64	18.11	6.94	0.91
Cheesy Rancheros Enchiladas	2 ENCHI LADAS	3750	414	52	839	4.59	2.36	497.6	712	0.0	4	20.2	36.24	21.32	11.78	0.00
Assorted Grab & Go Meals	1 EACH	175	517	84	898	6.00	2.31	341.2	4354	5.62	20	24.29	52.97	24.4	8.28	*0.00
Assorted Specialty Salads	1 EACH	350	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: 9-12	1.25 CUP	6325	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*0.00
Charro Beans	1/2 CUP	5500	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	6400	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	7775	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	6500	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	9500	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	6400	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	7200	5	0	115	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00

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MNPS Nutrition Services

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

Portion Values - Detailed

Page 6

Generated on: 2/8/2019 11:35:56 AM

	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			765	67	1127	16.51	*5.58	*626.4	5254	43.18	*45 *23.4%	*36.44 *19.0%	103.82 54.3%	22.07 25.9%	8.60 10.1%	*0.31 *0.4%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

Thu - 02/14/2019																
Lunch Menu: Grades 9-12	Total	10371														
Manager's Choice Casserole:M14	1 CUP	7250	338	69	952	2.58	1.08	180.3	2447	35.15	3	27.14	34.37	10.81	4.95	0.00
Garlic Breadstick	1 EACH	7000	150	0	160	2.00	1.44	0.0	100	0.0	2	5.0	26.0	4.0	0.50	0.00
Assorted Grab & Go Meals	1 EACH	3450	517	84	898	6.00	2.31	341.2	4354	5.62	20	24.29	52.97	24.4	8.28	*0.00
Assorted Specialty Salads	1 EACH	325	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: 9-12	1.25 CUP	5550	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*0.00
Seasoned Green Beans:Frozen	1/2 CUP	8750	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	5250	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	8450	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	6500	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	9500	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	5600	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 % of Calories			861	88	1445	13.29	*4.62	*622.1	8459	73.92	*61 *28.1%	*43.60 *20.3%	121.50 56.5%	24.46 25.6%	7.79 8.1%	*0.00 *0.0%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

Fri - 02/15/2019																
Lunch Menu: Grades 9-12	Total	10371														
Taco Soup	1 CUP	2200	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	2100	200	0	170	3.00	1.08	0.0	0	0.0	0	3.0	30.0	8.0	1.00	0.00
Assorted Grab & Go Meals	1 EACH	7646	517	84	898	6.00	2.31	341.2	4354	5.62	20	24.29	52.97	24.4	8.28	*0.00
Assorted Specialty Salads	1 EACH	300	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: 9-12	1.25 CUP	5725	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*0.00
Roasted Red Potatoes	1/2 CUP	6425	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	7500	203	0	234	3.05	1.10	101.6	25	4.06	5	3.05	28.44	8.13	1.52	0.00
Assorted Fresh Fruit: Lunch	1 EACH	8250	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	6750	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	9500	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	5600	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

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MNPS Nutrition Services

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

Portion Values - Detailed

Page 7

Generated on: 2/8/2019 11:35:56 AM

	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			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	

Mon - 02/18/2019																
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	

Tue - 02/19/2019																
Lunch Menu: Grades 9-12	Total	10371														
Stadium Hotdog	1 EACH	1696	269	45	919	3.98	2.87	59.9	0	1.2	3	11.97	28.85	12.49	3.00	0.00
Flamebroiled Hamburger	1 EACH	3250	268	40	339	4.00	2.87	20.0	0	0.0	3	15.88	29.0	11.88	3.95	0.49
Flamebroiled Cheeseburger	1 EACH	4750	348	55	619	4.00	2.87	220.0	200	0.0	4	22.88	31.0	17.88	7.45	0.49
Blackbean Burger	1 EACH	100	300	5	650	9.00	2.52	60.0	0	0.0	4	20.0	44.0	9.0	1.00	0.00
Assorted Grab & Go Meals	1 EACH	275	517	84	898	6.00	2.31	341.2	4354	5.62	20	24.29	52.97	24.4	8.28	*0.00
Assorted Specialty Salads	1 EACH	300	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: 9-12	1.25 CUP	6750	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*0.00
Sweet Potato Waffle Fries	1/2 CUP	6200	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	5100	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	8250	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	7500	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	9500	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	6800	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	8600	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	6600	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	4000	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			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

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

Portion Values - Detailed

Page 8

Generated on: 2/8/2019 11:35:56 AM

	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: Grades 9-12	Total	10371														
Oven Roasted Wings	5 WINGS	796	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	8450	229	108	607	0.00	0.00	0.0	0	0.0	0	14.85	4.05	16.2	4.05	0.00
Roll, WG: 2 oz	1 EACH	8200	140	5	80	7.00	1.44	20.0	0	0.0	10	5.0	32.0	2.5	1.00	0.00
Assorted Grab & Go Meals	1 EACH	450	517	84	898	6.00	2.31	341.2	4354	5.62	20	24.29	52.97	24.4	8.28	*0.00
Assorted Specialty Salads	1 EACH	175	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: 9-12	1.25 CUP	6500	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*0.00
Baked Potato	1 EACH	7250	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	6700	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	5750	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	200	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	9250	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	8500	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	9500	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	6400	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	6200	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	6100	40	10	30	0.00	0.00	0.0	100	0.0	0	0.0	0.0	4.0	2.50	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	

Thu - 02/21/2019																
Lunch Menu: Grades 9-12	Total	10371														
Sweet Thai Chili Chicken	1/2 CUP	3371	139	45	365	0.00	0.72	0.0	0	2.4	6	11.0	17.0	3.0	0.50	0.00
Fried Rice	3/4 CUP	9900	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	6750	140	9	290	3.00	0.72	20.0	2250	15.0	4	4.0	20.0	6.0	0.50	0.00
Assorted Grab & Go Meals	1 EACH	125	517	84	898	6.00	2.31	341.2	4354	5.62	20	24.29	52.97	24.4	8.28	*0.00
Assorted Specialty Salads	1 EACH	350	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: 9-12	1.25 CUP	5550	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*0.00
Ginger Steamed Carrots	1/2 CUP	6100	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	8500	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	8500	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	7500	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	9500	108	6	139	0.00	0.45	300.0	500	1.8	15	8.25	16.25	0.62	0.37	0.00
SOY SAUCE PACKET	PACKET	5700	0	0	230	0.00	0.00	0.0	5	0.0	0	0.56	1.0	0.0	0.00	0.00
Assorted Salad Dressing	1 EACH	5100	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00

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MNPS Nutrition Services

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

Portion Values - Detailed

Page 9

Generated on: 2/8/2019 11:35:56 AM

	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			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	

Fri - 02/22/2019																
Lunch Menu: Grades 9-12	Total	10371														
Manager's Choice Casserole:M9	1 CUP	9000	279	45	809	2.03	1.82	157.6	207	1.28	*1	20.44	28.26	8.77	4.25	*0.00
Roll, WG: 2 oz	1 EACH	8850	140	5	80	7.00	1.44	20.0	0	0.0	10	5.0	32.0	2.5	1.00	0.00
Assorted Grab & Go Meals	1 EACH	250	517	84	898	6.00	2.31	341.2	4354	5.62	20	24.29	52.97	24.4	8.28	*0.00
Assorted Specialty Salads	1 EACH	300	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: 9-12	1.25 CUP	5750	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*0.00
Ranch Cauliflower	1/2 CUP	6250	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	7100	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	8500	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	7500	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	9500	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	5500	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 % of Calories			677	56	1248	15.81	*4.93	*518.0	10038	63.32	*55 *32.7%	*35.83 *21.2%	108.41 64.0%	14.67 19.5%	5.80 7.7%	*0.00 *0.0%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

Mon - 02/25/2019																
Lunch Menu: Grades 9-12	Total	10371														
Pizza Party	1 EACH	7850	317	35	511	3.29	2.52	371.3	414	6.43	6	20.42	30.85	12.28	6.21	0.00
Assorted Grab & Go Meals	1 EACH	275	517	84	898	6.00	2.31	341.2	4354	5.62	20	24.29	52.97	24.4	8.28	*0.00
Assorted Specialty Salads	1 EACH	250	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: 9-12	1.25 CUP	4500	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*0.00
Sweet Golden Corn: FROZEN	1/2 CUP	8750	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	9500	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	125	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	9750	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	7500	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	9000	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	4650	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00

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MNPS Nutrition Services

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

Portion Values - Detailed

Page 10

Generated on: 2/8/2019 11:35:56 AM

	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			600	39	865	11.33	*3.37	*631.0	4127	50.67	*53 *35.2%	*29.47 *19.6%	92.78 61.8%	14.20 21.3%	5.92 8.9%	*0.00 *0.0%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

Tue - 02/26/2019																
Lunch Menu: Grades 9-12	Total	10371														
Nashville Hot Chicken Sandwich	1 EACH	7425	410	59	752	7.54	2.94	47.8	677	0.31	*4	23.15	47.6	16.24	3.14	*0.00
Assorted Grab & Go Meals	1 EACH	2146	517	84	898	6.00	2.31	341.2	4354	5.62	20	24.29	52.97	24.4	8.28	*0.00
Assorted Specialty Salads	1 EACH	450	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: 9-12	1.25 CUP	6450	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*0.00
Sidewinders	1/2 CUP	9500	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	6500	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	500	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	8750	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	7500	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	9000	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	6600	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 % 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	

Wed - 02/27/2019																
Lunch Menu: Grades 9-12	Total	10371														
PoppinPotatoBowl w/TrkyPotRst	1 EACH	6750	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	6250	159	0	139	1.98	1.43	99.2	0	2.38	4	4.96	25.8	3.97	2.48	0.00
Assorted Grab & Go Meals	1 EACH	3000	517	84	898	6.00	2.31	341.2	4354	5.62	20	24.29	52.97	24.4	8.28	*0.00
Assorted Specialty Salads	1 EACH	200	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: 9-12	1.25 CUP	6450	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*0.00
Buttered Parisian Carrots	1/2 CUP	8250	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	6000	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	9250	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	7500	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	9000	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	6400	64	6	176	0.14	*0.05	*5.7	14	0.34	3	*0.29	4.43	5.14	0.79	0.00

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MNPS Nutrition Services

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

Portion Values - Detailed

Page 11

Generated on: 2/8/2019 11:35:56 AM

	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			774	88	1124	13.85	*3.78	*695.5	7516	60.97	*57	*38.42	106.22	22.63	8.96	*0.00
% of Calories											*29.3%	*19.9%	54.9%	26.3%	10.4%	*0.0%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

Thu - 02/28/2019																
	Total															
Lunch Menu: Grades 9-12	10371															
Manager's Choice Casserole:M4	1 CUP	7850	281	46	425	2.59	2.89	117.7	276	6.86	*3	17.2	24.86	12.59	5.08	*0.34
Roll, WG: 2 oz	1 EACH	7725	140	5	80	7.00	1.44	20.0	0	0.0	10	5.0	32.0	2.5	1.00	0.00
Assorted Grab & Go Meals	1 EACH	1971	517	84	898	6.00	2.31	341.2	4354	5.62	20	24.29	52.97	24.4	8.28	*0.00
Assorted Specialty Salads	1 EACH	250	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: 9-12	1.25 CUP	6450	38	0	44	2.67	0.76	37.2	6420	9.19	*2	1.86	7.25	0.23	0.04	*0.00
Roasted Vegetable Medley	1/2 CUP	7750	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	7000	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	8750	60	0	1	2.25	0.17	18.0	119	21.31	16	0.7	15.36	0.21	0.06	*0.00
Assorted Fresh Fruit: Option 2	1 EACH	7500	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	9000	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	6400	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			819	66	1027	18.01	*5.93	*534.4	6936	68.76	*58	*34.34	119.93	25.32	7.89	*0.26
% of Calories											*28.6%	*16.8%	58.6%	27.8%	8.7%	*0.3%
Nutrient Guideline			750-850		1420									<=35.0	<10.00	

Weighted Average			763	75	1184	*14.89	*4.69	*559.1	7651	64.05	*54	*35.46	110.94	21.98	7.02	*0.09
											*63.8%	*18.6%	58.2%	25.9%	8.3%	*0.1%

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MNPS Nutrition Services

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Lunch Menu: Grades 9-12

Portion Values - Detailed

Page 12

Generated on: 2/8/2019 11:35:56 AM

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	763		750 - 850	100%														
Cholesterol (mg)	75																	
Sodium 1 (mg)	1184		1420															
Sodium 2 (mg)	1184		1080						104	Correction Required - Sodium too High								
Fiber (g)	14.89				Missing													
Iron (mg)	4.69				Missing													
Calcium (mg)	559.1				Missing													
Vitamin A (IU)	7651																	
Sugars (g)	54	28.34%			Missing													
Vitamin C (mg)	64.05																	
Protein (g)	35.46	18.59%			Missing													
Carbohydrate (g)	110.94	58.16%																
Total Fat (g)	21.98	25.93%	<=35.00%															
Saturated Fat (g)	7.02	8.27%	<10.00%															
Trans Fat ¹ (g)	0.09	0.10%			Missing													

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