

# MNPS Nutrition Services

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Portion Values - Detailed

Page 1

Generated on: 2/15/2019 1:59:27 PM

	Portion Size	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 <sup>1</sup> (g)
Fri - 03/01/2019															
Lunch Menu: K-8															
Battered Fish Filet	FILET	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	142	0	193	1.01	0.36	0.0	101	1.22	5	2.03	20.29	6.09	1.01	0.00
Rotisserie Chicken: K-8	1 DRUMS	176	75	186	0.52	2.08	10.7	372	0.29	0	22.28	1.42	9.37	2.35	0.00
TICK															
Roll, WG: 2 oz	1 EACH	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	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	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	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	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	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	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	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	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	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		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 - 03/04/2019															
Lunch Menu: K-8															
Total															
FrenchBreadStylePizza, Cheese	1 EACH	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	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	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	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	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	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	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	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	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	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		577	54	1048	9.40	*3.56	*689.5	5033	55.34	*35	*32.07	73.86	18.34	6.78	*0.00
% of Calories										*24.6%	*22.2%	51.2%	28.6%	10.6%	*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

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# MNPS Nutrition Services

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Portion Values - Detailed

Page 2

Generated on: 2/15/2019 1:59:27 PM

	Portion Size	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 <sup>1</sup> (g)
Tue - 03/05/2019															
Lunch Menu: K-8															
	Total														
Chicken Soft Taco	1 EACH	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	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 ENCHIL ADAS	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	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	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	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	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	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	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	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	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	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		665	68	1019	12.53	*4.65	*573.1	3366	24.52	*32	*33.59	82.44	21.71	8.51	*0.29
% of Calories										*19.2%	*20.2%	49.6%	29.4%	11.5%	*0.4%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

Wed - 03/06/2019															
Lunch Menu: K-8															
	Total														
Manager's Choice Casserole:M14	1 CUP	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	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	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	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	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	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	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	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	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	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		679	72	1196	9.73	*3.52	*520.9	6212	48.87	*46	*34.80	92.09	20.24	6.33	*0.00
% of Calories										*26.8%	*20.5%	54.2%	26.8%	8.4%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Portion Values - Detailed

Page 3

Generated on: 2/15/2019 1:59:27 PM

	Portion Size	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 <sup>1</sup> (g)
Thu - 03/07/2019															
Lunch Menu: K-8	Total														
Taco Soup	1 CUP	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	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	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	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	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	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	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	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	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	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		826	77	1241	12.76	*5.24	*529.7	5417	37.52	*43	*34.80	107.65	29.78	7.94	*0.26
% of Calories										*21.0%	*16.9%	52.1%	32.4%	8.6%	*0.3%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

Fri - 03/08/2019															
Lunch Menu: K-8 BRUNCH DAY	Total SERVING	500	*N/A*	650	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	7.0	*N/A*	*N/A*
Weighted Daily Average		500	*N/A*	650	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	7.00	*N/A*	*N/A*
% of Calories										*N/A%*	*N/A%*	*N/A%*	12.6%	*N/A%*	*N/A%*
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

Mon - 03/11/2019															
Lunch Menu: K-8 NO SCHOOL TODAY	Total SERVING	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 - 03/12/2019															
Lunch Menu: K-8 NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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Base Menu Spreadsheet

Lunch Menu: K-8

Portion Values - Detailed

Page 4

Generated on: 2/15/2019 1:59:27 PM

	Portion Size	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 <sup>1</sup> (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	

Wed - 03/13/2019															
Lunch Menu: K-8	Total														
NO SCHOOL TODAY	SERVING	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 - 03/14/2019															
Lunch Menu: K-8	Total														
NO SCHOOL TODAY	SERVING	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 - 03/15/2019															
Lunch Menu: K-8	Total														
NO SCHOOL TODAY	SERVING	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	

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Base Menu Spreadsheet

Lunch Menu: K-8

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	Portion Size	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 <sup>1</sup> (g)
Mon - 03/18/2019															
Lunch Menu: K-8	Total														
Pizza Party	1 EACH	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	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	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	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	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	26	0	145	2.02	0.01	20.5	4	0.13	3	1.06	6.21	0.04	0.01	0.00
Assorted Fresh Fruit: Lunch	1 EACH	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	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	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		537	44	861	8.45	*2.98	*566.6	3485	28.43	*37	*27.57	75.36	15.23	5.78	*0.00
% of Calories										*27.2%	*20.5%	56.1%	25.5%	9.7%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

	Portion Size	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 <sup>1</sup> (g)
Tue - 03/19/2019															
Lunch Menu: K-8	Total														
Homestyle Chicken Sandwich	1 EACH	394	59	561	7.00	2.80	35.0	61	0.0	3	23.0	44.0	16.0	3.00	0.00
Assorted Grab & Go Meals	1 EACH	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	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	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	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	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	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	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	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	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	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	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		723	69	1174	13.51	*3.71	*393.8	5703	28.51	*38	*32.85	100.27	23.28	5.23	*0.00
% of Calories										*21.0%	*18.2%	55.5%	29.0%	6.5%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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# MNPS Nutrition Services

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Portion Values - Detailed

	Portion Size	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 <sup>1</sup> (g)
Wed - 03/20/2019															
Lunch Menu: K-8															
	Total														
PoppinPotatoBowl w/TrkyPotRst	1 EACH	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	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	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	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	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	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	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	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	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	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		650	88	1049	8.88	*3.11	*614.4	5616	37.18	*38	*35.15	79.00	21.80	8.22	*0.00
% of Calories										*23.1%	*21.6%	48.6%	30.2%	11.4%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

Thu - 03/21/2019															
Lunch Menu: K-8															
Manager's Choice Casserole:M4	1 CUP	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: 1 oz	1 EACH	60	0	115	1.00	0.72	20.0	0	0.0	1	2.0	13.0	0.0	0.00	0.00
Assorted Grab & Go Meals	1 EACH	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	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	19	0	22	1.34	0.38	18.6	3210	4.59	*1	0.93	3.63	0.11	0.02	*0.00
Roasted Vegetable Medley	1/2 CUP	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	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	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	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	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		617	62	941	9.28	*3.92	*485.9	5135	41.38	*37	*27.89	78.66	21.45	6.51	*0.16
% of Calories										*24.0%	*18.1%	51.0%	31.3%	9.5%	*0.2%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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# MNPS Nutrition Services

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Portion Values - Detailed

Page 7

Generated on: 2/15/2019 1:59:27 PM

	Portion Size	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 <sup>1</sup> (g)
Fri - 03/22/2019															
Lunch Menu: K-8	Total														
Battered Fish Filet	FILET	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	142	0	193	1.01	0.36	0.0	101	1.22	5	2.03	20.29	6.09	1.01	0.00
Rotisserie Chicken: K-8	1 DRUMS TICK	176	75	186	0.52	2.08	10.7	372	0.29	0	22.28	1.42	9.37	2.35	0.00
Roll, WG: 2 oz	1 EACH	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	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	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	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	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	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	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	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	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	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		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 - 03/25/2019															
Lunch Menu: K-8	Total														
Stadium Hotdog	1 EACH	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	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	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	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	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	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	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	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	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	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	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	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	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	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	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	50	10	70	0.00	0.00	0.0	0	0.0	0	0.0	2.0	4.5	0.50	0.00

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# MNPS Nutrition Services

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Portion Values - Detailed

Page 8

Generated on: 2/15/2019 1:59:27 PM

	Portion Size	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 <sup>1</sup> (g)
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	

Tue - 03/26/2019															
	Total														
Lunch Menu: K-8															
Oven Roasted Wings	5 WINGS	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	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	110	0	300	2.00	1.44	40.0	5	2.4	2	4.0	22.99	1.0	0.00	0.00
Assorted Grab & Go Meals	1 EACH	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	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	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	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	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	10	0	30	0.88	0.22	13.8	2896	1.09	1	0.26	2.22	0.06	0.01	0.00
Assorted Fresh Fruit: Lunch	1 EACH	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	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	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	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	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		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	

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# MNPS Nutrition Services

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Portion Values - Detailed

	Portion Size	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 <sup>1</sup> (g)
Wed - 03/27/2019															
Lunch Menu: K-8	Total														
Lemongrass Chicken	1/2 CUP	150	40	200	0.00	0.72	0.0	0	1.2	10	11.0	19.0	3.0	0.50	0.00
Fried Rice	3/4 CUP	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	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	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	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	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	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	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	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	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	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	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		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 - 03/28/2019															
Lunch Menu: K-8	Total														
Manager's Choice Casserole:M9	1 CUP	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: 1 oz	1 EACH	60	0	115	1.00	0.72	20.0	0	0.0	1	2.0	13.0	0.0	0.00	0.00
Assorted Grab & Go Meals	1 EACH	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	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	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	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	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	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	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	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		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	

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# MNPS Nutrition Services

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Portion Values - Detailed

	Portion Size	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 <sup>1</sup> (g)
Fri - 03/29/2019															
Lunch Menu: K-8															
	Total														
Hot Trky Ham & Cheese Sandwich	1 EACH	387	80	1613	4.00	2.70	420.0	400	1.5	5	32.5	34.25	17.75	8.25	0.00
Seasoned Tilapia	FILET	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	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	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	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	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	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	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	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	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	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	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	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		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	
Weighted Average		641	*71	1088	*9.82	*3.60	*477.6	*5669	*40.75	*36	*30.71	*80.10	20.25	*5.94	*0.00
										*50.4%	*19.2%	*50.0%	28.5%	*8.3%	*0.0%

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# MNPS Nutrition Services

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

Lunch Menu: K-8

Portion Values - Detailed

Page 11

Generated on: 2/15/2019 1:59:27 PM

Nutrient	Menu AVG	Portion Size	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 <sup>1</sup> (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	641		600 - 650	100%													
Cholesterol (mg)	71				Missing												
Sodium 1 (mg)	1088		1230														
Sodium 2 (mg)	1088		935					153									Correction Required - Sodium too High
Fiber (g)	9.82				Missing												
Iron (mg)	3.60				Missing												
Calcium (mg)	477.6				Missing												
Vitamin A (IU)	5669				Missing												
Sugars (g)	36	22.38%			Missing												
Vitamin C (mg)	40.75				Missing												
Protein (g)	30.71	19.18%			Missing												
Carbohydrate (g)	80.10	50.02%			Missing												
Total Fat (g)	20.25	28.46%	<=35.00%														
Saturated Fat (g)	5.94	8.34%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.00	0.00%			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

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