



**November
2025**

MN DOC Nutritional Analysis of Adult Menus

Nutrient: Unit of Measure: Reference Value:	Calories	Protein	Saturated Fat	Cholesterol	Carbohydrates	Dietary Fiber	Vitamin D	Calcium	Potassium	Sodium
	Kcal	gram	gram	mg	gram	gram	mcg	mg	mg	mg
	2000	≥60	20	300	300	≥25	15-20	1000-1200	4700	2300

DAILY AVERAGE OFFERING

Men's General Menu	2,730.41	106.19	23.55	337.77	378.97	32.32	18.13	1,779.08	3,861.71	4,437.86
Men's Alternative Menu	2,258.69	89.4	15.37	327.46	321.09	38.83	17.56	1,703.19	3,872.51	2,740.48
Men's Bootcamp Menu	3,926.86	138.76	43.63	346.52	528.41	43.58	21.49	2,250.42	4,985.85	5,956.28
Women's General Menu	2,208.61	90.35	19.55	314.69	307.57	27.03	17.34	1,656.04	3,397.31	3,817.63
Women's Alternative Menu	1,795.99	75.65	11.35	316.53	263.94	33.88	16.85	1,586.77	3,508.85	2,246.16
Women's Bootcamp Menu	2,222.86	90.72	20.55	317.5	306.71	29.39	17.36	1,714.02	3,425.69	3,699.89

These combined nutrient totals may have missing/incomplete data on food products.