

# Weekly - Nutrient Analysis

Menu Names: 20/21 Fall Breakfast 9-12 Week #4 Monday, 20/21 Fall Breakfast 9-12 Week #4 Tuesday, 20/21 Fall Breakfast 9-12 Week #4 Wednesday, 20/21 Fall Breakfast 9-12 Week #4 Thursday, 20/21 Fall Breakfast 9-12 Week #4 Friday  
 Result: **Exceeded**

Meal Pattern: [USDA]Meal Pattern SY 2014  
 Meal Type: Breakfast  
 Serving Group: 9-12  
 Site Group: All Grades

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[450.00 - 600.00]	540.41	
Total Fat (g)		10.57	17.61
Sat Fat (g)(1)	< 10.00 % of Calories	3.58	5.97
Trans Fat (g)(2)		0.00(M)	
Chol (mg)		66.50	
Sodium Target 1 (mg) (13)	< 640.00	424.28	
Sodium Target 2 (mg) (13)	< 570.00	424.28	
Carb (g)		95.63	70.79
Total Fiber (g)		5.08	
Total Sugars (g)		57.65(M)	42.67
Added Sugars (g)		6.60(M)	
Protein (g)		14.71	10.88
Iron (mg)		3.17(M)	
Calcium (mg)		252.98	
VitA (IU)		801.10(M)	
VitC (mg)		37.40(M)	
VitD (mcg)		0.56(M)	
Potassium (mg)		270.82(M)	
Mois (g)		48.91(M)	
Ash (g)		0.35(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 5.000	5.250	
Veg		0.000	
Veg-DG		0.000	
Veg-RO		0.000	
Veg-BP		0.000	
Veg-S		0.000	
Veg-O		0.000	
Grains	[9.000 - 10.000]	11.000(ab)	
Non-WGR		0.000	
WGR	>= 50.000 % of	9.000	100.00
Meat/MA		0.000	
MILK-F	>= 5.000	5.000	
Fruit-J	<= 50.000 % of	1.500	28.57
Grain-D		2.000	
Vegetable-J		0.000	
MILK-V		Pass	

## Legend

(M) Indicates missing nutrient values.

1 Standard Value is the daily average requirement for a school week.

2 Trans Fat is provided for informational purposes, not for monitoring purposes.

3 Sodium Target 2 will be marked in orange if exceeded prior to the effective date of July 1, 2024 and does not impact pass/fail compliance prior to that date.

a Schools may substitute 1 oz. M/MA for Grains after the minimum daily Grains requirement is met.

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b USDA is offering flexibility by allowing SFAs to exceed the maximum amount of grains and meat/meat meal alternates as long as the daily and weekly minimums for these components are met and the calories are within the required range.

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	
<b>20/21 Fall Breakfast 9-12 Week #4 Monday - Day: 1</b>	50																			
<b>Category: Entrees; May Choose: 1</b>																				
BenefIT French Toast Bar , 2.5 oz, J&J Snack Foods, 40404, WGR - LR-1190 (1 Bar)	50	290.00	9.00	2.50	0.00	25.00	200.00	47.00	3.00	21.00	(M)	5.00	1.80	40.00	0.00	0.00	(M)	(M)	(M)	
<b>Category: Fruits; May Choose: 2</b>																				
Apple, Slices, Peel On, 2 oz. package, Peterson Farms, 203102, F - SR109629 (1 pkg.)	50	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	(M)	0.00	0.00	20.00	0.00	12.00	(M)	(M)	(M)	
Juice, 100% Grape 4 oz, Suncup, 090501, F - SR100183 (1 serving (4))	50	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
<b>Category: Milk; May Choose: 1</b>																				
Milk, 1%, Rosenbergs, Milk - SR101986 (1 Cup (8 oz))	25	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	(M)	8.00	(M)	300.00	500.00	2.40	(M)	(M)	(M)	
Milk, Chocolate, Skim/FF, Rosenbergs, Milk - SR101984 (1 Cup (8 oz))	25	120.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	(M)	8.00	0.00	20.00	750.00	(M)	(M)	(M)	(M)	
<b>20/21 Fall Breakfast 9-12 Week #4 Tuesday - Day: 2</b>	50																			
<b>Category: Grains; May Choose: 2</b>																				
Cereal Bar, Nutri-Grain Cereal Bars Blueberry, 1 Bar, Kellogg's, 38000-90819, WGR - SR109912 (1 Bar)	50	150.00	3.50	0.50	0.00	0.00	135.00	30.00	3.00	14.00	13.00	2.00	1.90	140.00	0.00(M)	0.00(M)	0.00	109.98	(M)	
Cereal, Rice Krispies made with Whole Grain Brown Rice, Bowl Pack, 1.0 oz./96 ct., Kellogg's, 38000-78789, WGR - SR106309 (1 Container)	50	110.00	1.00	0.00	0.00	0.00	160.00	23.00	1.00	0.99	0.99	2.00	8.10	0.00	0.00(M)	0.00(M)	2.00	70.03	(M)	
<b>Category: Fruits; May Choose: 2</b>																				
Bananas, raw - SR105089 (1 medium (7"))	50	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39	
Very Berry Fruit Juice, F - LR-1196 (1 Container)	50	100.00	0.00	0.00	0.00	0.00	20.00	26.00	0.00	24.00	0.00	0.00	0.00	17.00	(M)	(M)	0.00	250.04	(M)	

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
<b>Category: Milk; May Choose: 1</b>																			
Milk, 1%, Rosenbergers, Milk - SR101986 (1 Cup (8 oz))	25	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	(M)	8.00	(M)	300.00	500.00	2.40	(M)	(M)	(M)
Milk, Chocolate, Skim/FF, Rosenbergers, Milk - SR101984 (1 Cup (8 oz))	25	120.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	(M)	8.00	0.00	20.00	750.00	(M)	(M)	(M)	(M)
<b>20/21 Fall Breakfast 9-12 Week #4 Wednesday - Day: 3</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Wild Blueberry Muffin, Delicious Essentials, 4 oz, Otis Spunkmeyer, 10147, WGR - LR-1192 (1 ea.)	50	380.00	12.00	4.00	0.00	90.00	260.00	61.00	5.00	32.00	(M)	6.00	1.80	60.00	100.00	0.00	(M)	(M)	(M)
<b>Category: Fruits; May Choose: 2</b>																			
Apple, Slices, Peel On, 2 oz. package, Peterson Farms, 203102, F - SR109629 (1 pkg.)	50	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	(M)	0.00	0.00	20.00	0.00	12.00	(M)	(M)	(M)
Juice, Orange, 100%, 4oz cup, Suncup, 090100, F - SR100601 (1 serving (4))	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00	0.00	0.00	(M)	42.00	(M)	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																			
Milk, 1%, Rosenbergers, Milk - SR101986 (1 Cup (8 oz))	25	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	(M)	8.00	(M)	300.00	500.00	2.40	(M)	(M)	(M)
Milk, Chocolate, Skim/FF, Rosenbergers, Milk - SR101984 (1 Cup (8 oz))	25	120.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	(M)	8.00	0.00	20.00	750.00	(M)	(M)	(M)	(M)
<b>20/21 Fall Breakfast 9-12 Week #4 Thursday - Day: 4</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Eggs, Skillet Omelet with Colby Cheese Filling, Sunny Fresh Foods, 40176, MMA - SR102451 (1 omelet)	50	110.01	8.00	3.50	0.00	165.01	230.02	1.00	0.00	0.00	0.00	8.00	0.72	80.01	0.00(M)	0.00(M)	0.80	94.01	(M)
<b>Category: Grains; May Choose: 1</b>																			

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Graham Cracker, Keebler Scooby-Doo Graham Cracker Sticks, Cinnamon, 1 oz, Kellogg's, 50689, WGR - SR102874 (1 serving pa)	50	120.00	3.50	1.00	0.00	0.00	115.00	21.00	1.00	8.00	8.00	2.00	0.70	0.00	0.00(M)	0.00(M)	0.00	49.82	(M)
<b>Category: Fruits; May Choose: 1</b>																			
Oranges, raw, all commercial varieties, F - SR105217 (1 cup, secti)	50	84.60	0.22	0.03	0.00	0.00	0.00	21.15	4.32	16.83	(M)	1.69	0.18	72.00	405.00	95.76	0.00	325.80	156.15
<b>Category: Milk; May Choose: 1</b>																			
Milk, 1%, Rosenbergers, Milk - SR101986 (1 Cup (8 oz )	25	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	(M)	8.00	(M)	300.00	500.00	2.40	(M)	(M)	(M)
Milk, Chocolate, Skim/FF, Rosenbergers, Milk - SR101984 (1 Cup (8 oz )	25	120.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	(M)	8.00	0.00	20.00	750.00	(M)	(M)	(M)	(M)
<b>20/21 Fall Breakfast 9-12 Week #4 Friday - Day: 5</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Maple Belgian Waffle, WG - LR-1187 (1 waffle)	50	240.00	9.00	2.50	0.00	15.00	210.00	34.00	2.00	12.00	11.00	5.00	0.00	10.00	(M)	(M)	0.00	31.96	(M)
<b>Category: Fruits; May Choose: 2</b>																			
Fruit Salad, Canned, tropical, in lite syrup, 6/#10 cans; as served - SR105447 (1/2 c.)	50	90.00	0.00	0.00	(M)	0.00	14.99	21.00	0.99	(M)	(M)	0.55	0.35	0.00	299.99	9.00	(M)	(M)	(M)
Juice, 100% Apple 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	50	62.43	0.00	0.00	0.00	0.00	5.20	14.57	0.00	12.49	(M)	0.00	0.00	0.00	(M)	(M)	(M)	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																			
Milk, 1%, Rosenbergers, Milk - SR101986 (1 Cup (8 oz )	25	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	(M)	8.00	(M)	300.00	500.00	2.40	(M)	(M)	(M)
Milk, Chocolate, Skim/FF, Rosenbergers, Milk - SR101984 (1 Cup (8 oz )	25	120.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	(M)	8.00	0.00	20.00	750.00	(M)	(M)	(M)	(M)
<b>Category: Condiments; May Choose: 1</b>																			
Syrup, Pancake, 1.5 oz Cup, Poco Pac - SR105936 (1 ea.)	50	110.00	0.00	0.00	0.00	0.00	10.00	27.00	0.00	18.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)