

# Weekly - Nutrient Analysis

Menu Names: 20/21 Fall Lunch 9-12 Week #2 Monday, 20/21 Fall Lunch 9-12 Week #2 Tuesday, 20/21 Fall Lunch 9-12 Week #2 Wednesday, 20/21 Fall Lunch 9-12 Week #2 Thursday, 20/21 Fall Lunch 9-12 Week #2 Friday  
 Result: **Fail**

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

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[750.00 - 850.00]	758.19	
Total Fat (g)		17.18	20.40
Sat Fat (g)(1)	< 10.00 % of Calories	6.20	7.36
Trans Fat (g)(2)		0.00	
Chol (mg)		43.91	
Sodium Target 1 (mg) (13)	< 1,420.00	1,244.73	
Sodium Target 2 (mg) (13)	< 1,080.00	1,244.73	
Carb (g)		121.10	63.89
Total Fiber (g)		15.41	
Total Sugars (g)		46.70(M)	24.64
Added Sugars (g)		1.60(M)	
Protein (g)		31.25	16.49
Iron (mg)		5.30(M)	
Calcium (mg)		325.15(M)	
VitA (IU)		10,692.15(M)	
VitC (mg)		43.56(M)	
VitD (mcg)		0.00(M)	
Potassium (mg)		259.15(M)	
Mois (g)		91.67(M)	
Ash (g)		0.54(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 5.000	5.000	
Veg	>= 5.000	7.250	
Veg-DG	>= 0.500	1.500	
Veg-RO	>= 1.250	3.250	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	1.000	
Veg-O	>= 0.750	1.000	
Grains	[10.000 - 12.000]	13.250(a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	13.250	100.00
Meat/MA	[10.000 - 12.000]	10.000	
MILK-F	>= 5.000	5.000	
Fruit-J	<= 50.000 % of	0.000	0.00
Grain-D	<= 2.000	0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
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 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.

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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>20/21 Fall Lunch 9-12 Week #2 Monday - Day: 1</b>	50																			
<b>Category: Entrees; May Choose: 1</b>																				
Rotini & Meatballs in Red Sauce, MMA, WG - LR-1135 (1 serv.)	50	359.09	9.50	3.57	0.00	34.57	750.16	48.05	9.17	8.99(M)	4.00(M)	21.87	3.70	95.71	102.01 (M)	1.19(M)	0.00(M)	376.00 (M)	(M)	
<b>Category: Grains; May Choose: 1</b>																				
Breadsticks, Whole Wheat Breadsticks, Morabito, 790, WG - SR100423 (1 ea.)	50	150.00	1.50	0.00	0.00	0.00	330.00	29.00	3.00	1.00	(M)	6.00	2.00	56.00	(M)	(M)	(M)	(M)	(M)	
<b>Category: Vegetables; May Choose: 2</b>																				
Broccoli, frozen, chopped, cooked, boiled, drained, without salt - SR105146 (1 c.)	50	51.52	0.22	0.03	0.00	0.00	20.24	9.84	5.52	2.70	(M)	5.70	1.12	60.72	1860.24	73.78	0.00	261.28	166.92	
<b>Category: Fruits; May Choose: 2</b>																				
Applesauce, Natural, Unsweetened, 4.5 oz. container, Peterson Farms, ASA10001, F - SR108793 (1 Container)	50	50.00	0.00	0.00	0.00	0.00	0.00	14.00	1.00	12.00	(M)	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)	
Applesauce, Unsweetened, Cinnamon, 4.5 oz. container, Peterson Farms, ASA10013, F - SR108794 (1 Container)	50	50.00	0.00	0.00	0.00	0.00	0.00	14.00	1.00	12.00	(M)	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)	
<b>Category: Milk; May Choose: 1</b>																				
Milk, 1%, Rosenbergs, Milk - SR101986 (1 Cup (8 oz))	10	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))	40	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 Lunch 9-12 Week #2 Tuesday - Day: 2</b>	50																			
<b>Category: Entrees; May Choose: 1</b>																				
Turkey & Cheese Sub, MMA, WG - LR-1207 (1 sandwich)	50	360.00	16.00	7.00	0.00	65.00	1310.00	33.00	4.00	6.00	4.00	18.00	2.00	259.00	0.00	1.20	0.00	164.03	(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)	Moisture (g)
Chips, RF Doritos Cool Ranch Tortilla Chips, 1 oz Bag, Frito-Lay/PepsiCo, 36096, WGR - SR106485 (1 bag, singl)	50	130.00	5.00	0.50	0.00	0.00	180.00	20.00	2.00	0.99	(M)	2.00	0.30	30.00	(M)	(M)	0.00	60.00	(M)
<b>Category: Vegetables; May Choose: 2</b>																			
Carrots, sliced or crinkle-cut, cooked from frozen, without salt [100352, A099] - SR105161 (1 c.)	50	54.01	0.99	0.18	0.00	0.00	85.99	11.29	4.80	(M)	(M)	0.85	0.77	52.01	24274.00	3.40	(M)	(M)	(M)
<b>Category: Fruits; May Choose: 1</b>																			
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (2 Bag)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	2.00	12.00	(M)	0.00	0.00	40.00	0.00	24.00	(M)	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																			
Milk, 1%, Rosenbergers, Milk - SR101986 (1 Cup (8 oz )	10	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 )	40	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 Lunch 9-12 Week #2 Wednesday - Day: 3</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Three Bean Chili, JTM, MMA, VBP, VRO - LR-1188 (8 Ounce serv)	50	261.00	7.00	1.10	0.00	0.00	538.00	38.00	7.00	6.00	0.00	12.00	4.00	95.00	754.00	27.00	(M)	(M)	(M)
<b>Category: Grains; May Choose: 1</b>																			
Bread, Whole Wheat Pita, Morabito, 159, WG - SR100214 (1 ea.)	50	150.00	1.00	0.00	0.00	0.00	225.00	30.00	3.00	1.99	(M)	6.00	1.08	52.00	(M)	(M)	(M)	(M)	(M)
<b>Category: Vegetables; May Choose: 2</b>																			
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (1 c.)	50	51.19	0.18	0.03	0.00	0.00	112.64	11.83	4.19	(M)	(M)	0.91	1.31	46.08	20013.74	3.85	(M)	(M)	(M)
<b>Category: Fruits; May Choose: 1</b>																			
Peaches, yellow clingstone, canned, diced, packed in extra light sucrose syrup [110234] - SR105222 (1 c.)	50	105.99	0.25	0.00	0.00	0.00	12.00	26.79	2.60	(M)	(M)	1.01	0.76	12.00	680.00	7.61	(M)	(M)	(M)

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Menu Item (Serving Size)	Plan Qty	Calorie s (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)
<b>Category: Milk; May Choose: 1</b>																			
Milk, 1%, Rosenbergers, Milk - SR101986 (1 Cup (8 oz))	10	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))	40	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>																			
Sour Cream, Regular, Single Serve Packets, Daisy Brand, IDP100 - SR108475 (1 packet)	50	60.00	5.00	4.00	0.00	20.00	15.00	1.00	0.00	1.00	(M)	1.00	0.00	20.00	200.00	0.00	(M)	(M)	(M)
<b>20/21 Fall Lunch 9-12 Week #2 Thursday - Day: 4</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Chicken & Cheese Quesadilla, Coyote Grill, 78373, WG,MMA - SR109217 (2 pcs.)	50	300.00	11.00	4.50	0.00	40.00	560.00	31.00	3.00	2.00	(M)	19.00	2.70	250.00	200.00	0.00	(M)	(M)	(M)
<b>Category: Vegetables; May Choose: 2</b>																			
Broccoli, frozen, chopped, cooked, boiled, drained, without salt - SR105146 (1/2 c.)	50	25.76	0.11	0.02	0.00	0.00	10.12	4.92	2.76	1.35	(M)	2.85	0.56	30.36	930.12	36.89	0.00	130.64	83.46
Marinara Sauce, Plastic Dipping Cup 2.5oz, Red Gold, REDNA2ZC84, Veg-RO - SR107006 (1/4 c.)	50	40.00	1.00	0.00	0.00	0.00	200.00	7.00	2.00	4.00	(M)	1.00	0.00	20.00	(M)	(M)	(M)	(M)	(M)
<b>Category: Fruits; May Choose: 1</b>																			
Pears, Bartlett, canned, diced, packed in extra light syrup [100225, A434] - SR105229 (1 c.)	50	120.00	0.00	0.00	0.00	0.00	10.00	32.00	4.00	24.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																			
Milk, 1%, Rosenbergers, Milk - SR101986 (1 Cup (8 oz))	10	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))	40	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: Desserts; 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)
Pudding, Chocolate 3.5 oz Cup, Snack Pack, ConAgra Foods, 27000-55418 - SR102161 (1 cup servin)	25	110.00	2.50	1.50	0.00	0.00	135.00	20.00	1.00	14.00	(M)	0.00	0.72	0.00	(M)	(M)	(M)	(M)	(M)
Pudding, Vanilla 3.5 oz, Snack Pack, ConAgra Foods, 27000-55419 - SR102162 (1 cup servin)	25	100.00	3.00	1.50	0.00	0.00	125.00	18.00	1.00	13.00	(M)	0.00	0.00	0.00	(M)	(M)	(M)	(M)	(M)
<b>20/21 Fall Lunch 9-12 Week #2 Friday - Day: 5</b>	50																		
<b>Category: Entrees; May Choose: 1</b>																			
Hot Dog on Roll, MMA, WG - LR-1198 (1 sandwich)	50	250.00	11.50	5.00	0.00	30.00	590.00	26.00	3.00	1.00	0.00(M)	11.00	2.52	26.00 (M)	100.00 (M)	(M)	(M)	(M)	(M)
<b>Category: Vegetables; May Choose: 2</b>																			
Beans, green, cooked from frozen, whole or cut (french or sliced lengthwise), drained, without salt [100351, A070] - SR105101 (1 c.)	50	38.00	0.22	0.05	0.00	0.00	12.00	8.70	4.00	(M)	(M)	2.03	1.18	66.00	752.00	5.60	(M)	(M)	(M)
Potatoes, Waffle Cut French Fries, Ore-Ida, McCain Foods, OIF01037A, Veg-S - SR100418 (172 g.)	50	280.00	10.00	2.00	0.00	0.00	160.00	44.00	6.00	1.98	(M)	4.00	1.44	0.00	0.00	7.20	(M)	(M)	(M)
<b>Category: Fruits; May Choose: 1</b>																			
Pineapple, canned, juice pack, solids and liquids - SR105250 (1 cup, crush)	50	149.40	0.20	0.01	0.00	0.00	2.49	39.09	1.99	35.98	(M)	1.05	0.70	34.86	94.62	23.66	0.00	303.78	207.94
<b>Category: Milk; May Choose: 1</b>																			
Milk, 1%, Rosenbergs, Milk - SR101986 (1 Cup (8 oz))	10	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))	40	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: 2</b>																			
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	50	10.00	0.00	0.00	0.00	0.00	65.00	2.00	0.00	2.00	(M)	0.00	(M)	0.00	0.00	0.00	(M)	(M)	(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)
Mustard, Packet 5.5g, Heinz, 78000839 - SR101139 (1 packet)	50	0.00	0.00	0.00	0.00	0.00	65.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)