

# Weekly - Nutrient Analysis

Menu Names: 20/21 Fall Lunch K-8 Week #1 Monday, 20/21 Fall Lunch K-8 Week #1 Tuesday, 20/21 Fall Lunch K-8 Week #1 Wednesday, 20/21 Fall Lunch K-8 Week #1 Thursday, 20/21 Fall Lunch K-8 Week #1 Friday  
 Result: **Fail**

Meal Pattern: [USDA]Meal Pattern SY 2014  
 Meal Type: Lunch  
 Serving Group: K-8  
 Site Group: All Grades

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[600.00 - 650.00]	699.52	
Total Fat (g)		14.49	18.64
Sat Fat (g)(1)	< 10.00 % of Calories	4.67	6.01
Trans Fat (g)(2)		0.10	
Chol (mg)		39.81	
Sodium Target 1 (mg) (13)	< 1,230.00	1,032.73	
Sodium Target 2 (mg) (13)	< 935.00	1,032.73	
Carb (g)		113.03	64.63
Total Fiber (g)		12.73	
Total Sugars (g)		46.67(M)	26.69
Added Sugars (g)		0.40(M)	
Protein (g)		31.28	17.88
Iron (mg)		4.74(M)	
Calcium (mg)		277.42(M)	
VitA (IU)		9,661.53(M)	
VitC (mg)		51.10(M)	
VitD (mcg)		0.00(M)	
Potassium (mg)		496.20(M)	
Mois (g)		178.79(M)	
Ash (g)		0.75(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 2.500	5.000	
Veg	>= 3.750	5.500	
Veg-DG	>= 0.500	1.000	
Veg-RO	>= 0.750	1.750	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	1.250	
Veg-O	>= 0.500	1.000	
Grains	[8.000 - 9.000]	12.750(a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	12.750	100.00
Meat/MA	[9.000 - 10.000]	11.500(a)	
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 K-8 Week #1 Monday - Day: 1</b>	75																		
<b>Category: Entrees; May Choose: 1</b>																			
Chicken Patty Sandwich, MMA, WG - LR-1194 (1 sandwich)	75	350.00	15.50	3.00	0.00	30.00	540.00	37.00	4.00	1.00	(M)	16.00	2.88	46.00	100.00 (M)	1.20(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.)	75	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)
<b>Category: Fruits; May Choose: 1</b>																			
Apples, raw, with skin, F - SR105078 (1 medium (3))	75	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
<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))	65	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>																			
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	75	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)
<b>20/21 Fall Lunch K-8 Week #1 Tuesday - Day: 2</b>	75																		
<b>Category: Entrees; May Choose: 1</b>																			
Macaroni & Cheese w/ Breadstick, K-8, MMA, WG - LR-1195 (1 serv.)	75	430.17	12.51	5.00	0.00	25.02	1000.39	58.02	5.00	7.00	0.00(M)	23.01	3.00	464.24	750.44 (M)	(M)	0.00(M)	730.34 (M)	(M)
<b>Category: Vegetables; May Choose: 2</b>																			
Broccoli, frozen, chopped, cooked, boiled, drained, without salt - SR105146 (1 c.)	75	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: 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)
Peaches, yellow clingstone, canned, diced, packed in extra light sucrose syrup [110234] - SR105222 (1 c.)	75	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)
<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))	65	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 K-8 Week #1 Wednesday - Day: 3</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Chicken, Tangerine, Whole Grain, Green Dragon, Asian Food Solutions, 72001, MMA, WGR - SR106074 (4 ounces)	75	192.92	4.06	1.02	0.00	45.69	385.85	25.38	2.03	13.20	(M)	14.22	1.46	0.00	0.00	0.00	(M)	(M)	(M)
<b>Category: Grains; May Choose: 1</b>																			
Fried Rice, MINH 100% Whole Grain Vegetable, Schwan's Food Service, 69074, WGR, Veg-RO/S - SR107405 (6 ounces)	75	270.00	2.50	0.00	0.00	0.00	440.00	54.00	4.00	3.00	0.00	6.00	3.00	(M)	(M)	(M)	(M)	0.00	(M)
<b>Category: Vegetables; May Choose: 2</b>																			
Carrots, sliced or crinkle-cut, cooked from frozen, without salt [100352, A099] - SR105161 (1 c.)	75	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>																			
Pineapple, canned, juice pack, solids and liquids - SR105250 (1 cup, crush)	75	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%, 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))	65	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)

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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)	
<b>20/21 Fall Lunch K-8 Week #1 Thursday - Day: 4</b>	75																			
<b>Category: Entrees; May Choose: 1</b>																				
Beef, Cheeseburger, Mini Twin, Whole Grain Bun, AdvancePierre Foods, 1177, MMA, WG - SR106857 (2 ea.)	75	330.00	14.00	6.00	0.50	40.00	480.00	36.00	4.00	7.00	(M)	17.00	2.70	150.00	300.00	15.00	(M)	(M)	(M)	
<b>Category: Vegetables; May Choose: 2</b>																				
Beans, Baked, Vegetarian in Brown Sugar, Bush's Best, 01637, MMA - SR107881 (1/2 c.)	20	130.00	0.00	0.00	0.00	0.00	550.00	29.00	5.00	10.00	(M)	7.00	1.80	40.00	0.00	0.00	(M)	(M)	(M)	
Potato, Tater Tots, Ore-Ida, McCain Foods, OIF00215A, Veg-S - SR101762 (10 pcs.)	55	161.50	7.45	1.24	0.00	0.00	385.10	19.88	2.48	0.00	(M)	2.48	0.45	0.00	0.00	4.47	(M)	(M)	(M)	
<b>Category: Fruits; May Choose: 1</b>																				
Oranges, raw, all commercial varieties, F - SR105217 (1 cup, secti)	75	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 )	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 )	65	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>																				
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	75	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)	
<b>20/21 Fall Lunch K-8 Week #1 Friday - Day: 5</b>	75																			
<b>Category: Entrees; May Choose: 1</b>																				
Pizza, Cheese, 100% Mozzarella, Deep Dish 5" 51% WG, 4.98 oz., Tony's, Schwan's, 78368, MMA, WGR, Veg-RO - SR101617 (1 pizza)	75	310.00	13.00	6.00	0.00	30.00	440.00	31.00	3.00	10.00	2.00	16.00	1.80	60.00	3000.00	0.00	0.00	439.92	(M)	
<b>Category: Grains; May Choose: 1</b>																				

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Pretzel, Rold Gold Heartzels, Frito-Lay, PepsiCo, 15940, WGR - SR105324 (1 pkg.)	75	80.00	1.00	0.00	0.00	0.00	200.00	16.00	2.00	0.00	(M)	2.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)
<b>Category: Vegetables; May Choose: 2</b>																			
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (1/2 c.)	75	25.60	0.09	0.01	0.00	0.00	56.32	5.92	2.10	(M)	(M)	0.46	0.65	23.04	10006.87	1.92	(M)	(M)	(M)
Peas, green, cooked from frozen, drained, without salt [100350, A160] - SR100123 (1/2 c.)	75	62.00	0.22	0.04	0.00	0.00	58.00	11.41	4.40	(M)	(M)	4.12	1.26	19.00	1680.00	7.90	(M)	(M)	(M)
<b>Category: Fruits; May Choose: 1</b>																			
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids - SR105178 (1 c.)	75	109.02	0.02	0.00	0.00	0.00	9.48	28.11	2.37	25.74	(M)	1.09	0.50	18.96	722.85	6.40	0.00	225.15	207.23
<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))	65	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)