

Weekly - Nutrient Analysis

Menu Names: 20/21 Fall Lunch K-8 Week #4 Monday, 20/21 Fall Lunch K-8 Week #4 Tuesday, 20/21 Fall Lunch K-8 Week #4 Wednesday, 20/21 Fall Lunch K-8 Week #4 Thursday, 20/21 Fall Lunch K-8 Week #4 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]	693.44	
Total Fat (g)		19.58	25.41
Sat Fat (g)(1)	< 10.00 % of Calories	7.71	10.01
Trans Fat (g)(2)		0.00	
Chol (mg)		59.60	
Sodium Target 1 (mg) (13)	< 1,230.00	1,205.30	
Sodium Target 2 (mg) (13)	< 935.00	1,205.30	
Carb (g)		96.00	55.38
Total Fiber (g)		11.07	
Total Sugars (g)		40.55(M)	23.39
Added Sugars (g)		3.80(M)	
Protein (g)		33.24	19.17
Iron (mg)		4.14(M)	
Calcium (mg)		393.17	
VitA (IU)		8,969.96(M)	
VitC (mg)		35.87(M)	
VitD (mcg)		0.00(M)	
Potassium (mg)		263.49(M)	
Mois (g)		95.00(M)	
Ash (g)		0.53(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 2.500	2.500	
Veg	>= 3.750	5.125	
Veg-DG	>= 0.500	1.000	
Veg-RO	>= 0.750	1.625	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	1.500	
Veg-O	>= 0.500	0.500	
Grains	[8.000 - 9.000]	11.750(a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	11.750	100.00
Meat/MA	[9.000 - 10.000]	13.000(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)	
20/21 Fall Lunch K-8 Week #4 Monday - Day: 1	75																			
Category: Entrees; May Choose: 1																				
Penne Pasta w/ Alfredo Sauce, MMA, WG - LR-1191 (6 Ounce serv)	75	296.00	12.00	7.20	0.00	38.00	686.00	29.00	0.00	8.00	0.00	16.00	1.00	406.00	473.00	1.00	(M)	(M)	(M)	
Category: Grains; May Choose: 1																				
Breadsticks, Whole Wheat Breadsticks, Morabito, 790, WG - SR100423 (1 ea.)	75	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)	
Category: Vegetables; May Choose: 2																				
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	
Category: Fruits; May Choose: 1																				
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	75	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	(M)	0.85	0.09	36.00	202.50	47.88	0.00	162.90	78.08	
Category: Milk; May Choose: 1																				
Milk, 1%, Rosenbergs, Milk - SR101986 (1 Cup (8 oz))	15	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))	60	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)	
20/21 Fall Lunch K-8 Week #4 Tuesday - Day: 2	75																			
Category: Entrees; May Choose: 1																				
Chicken Drumsticks w/ Cornbread, K-8, MMA, WG - LR-1204 (1 serv.)	75	400.00	19.00	3.00	0.00	55.00	440.00	38.00	3.00	15.00	15.00 (M)	19.00	2.44	41.00	100.00 (M)	0.00(M)	0.00(M)	39.95 (M)	(M)	
Category: Vegetables; May Choose: 2																				
Celery, raw - SR105165 (1/2 cup choppe)	75	7.07	0.09	0.02	0.00	0.00	40.40	1.50	0.81	0.68	(M)	0.35	0.10	20.20	226.75	1.57	0.00	131.30	48.19	
Potato, Smiles Shaped, McCain, OIF03456, Veg-S - SR101907 (4 ea.)	75	129.33	4.48	0.50	0.00	0.00	179.07	19.90	1.99	0.00	0.00	1.99	0.36	0.00	0.00	2.39	0.00	248.75	(M)	
Category: Fruits; May Choose: 1																				

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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)
Applesauce, Natural, Unsweetened, 4.5 oz. container, Peterson Farms, ASA10001, F - SR108793 (1 Container)	75	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)
Category: Milk; May Choose: 1																			
Milk, 1%, Rosenbergers, Milk - SR101986 (1 Cup (8 oz))	15	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))	60	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)
Category: Condiments; May Choose: 1																			
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)
20/21 Fall Lunch K-8 Week #4 Wednesday - Day: 3																			
Category: Entrees; May Choose: 1																			
Turkey & Cheese Sub, MMA, WG - LR-1207 (1 sandwich)	75	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)
Category: Grains; May Choose: 1																			
Chips, RF Doritos Cool Ranch Tortilla Chips, 1 oz Bag, Frito-Lay/PepsiCo, 36096, WGR - SR106485 (1 bag, singl)	75	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)
Category: Vegetables; May Choose: 2																			
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)
Category: Fruits; May Choose: 1																			
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	75	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)
Category: Milk; May Choose: 1																			
Milk, 1%, Rosenbergers, Milk - SR101986 (1 Cup (8 oz))	15	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)

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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)
Milk, Chocolate, Skim/FF, Rosenbergers, Milk - SR101984 (1 Cup (8 oz))	60	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)
20/21 Fall Lunch K-8 Week #4 Thursday - Day: 4	75																		
Category: Entrees; May Choose: 1																			
Hamburger on Round Roll, MMA, WG - LR-1193 (1 sandwich)	75	340.00	17.50	7.00	0.00	65.00	480.00	25.00	3.00	1.00	(M)	20.00	2.88	31.00	0.00(M)	0.00(M)	(M)	(M)	(M)
Category: Vegetables; May Choose: 2																			
Beans, Baked, Vegetarian in Brown Sugar, Bush's Best, 01637, MMA - SR107881 (1/2 c.)	75	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)
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)
Category: Fruits; May Choose: 1																			
Pineapple, canned, juice pack, solids and liquids - SR105250 (1/2 cup, crush)	75	74.70	0.10	0.01	0.00	0.00	1.25	19.55	1.00	17.99	(M)	0.52	0.35	17.43	47.31	11.83	0.00	151.89	103.97
Category: Milk; May Choose: 1																			
Milk, 1%, Rosenbergers, Milk - SR101986 (1 Cup (8 oz))	15	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))	60	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)
Category: Condiments; May Choose: 1																			
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)
20/21 Fall Lunch K-8 Week #4 Friday - Day: 5	75																		
Category: Entrees; May Choose: 1																			
Pizza, Whole Grain Rich (16 oz) Cheese Pizza - 8 c - SR102916 (1/8 pizza)	75	320.00	15.00	10.00	0.00	45.00	450.00	28.00	3.00	3.00	(M)	19.00	1.80	450.00	750.00	0.00	(M)	(M)	(M)
Category: Vegetables; May Choose: 2																			

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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)
Peas, green, cooked from frozen, drained, without salt [100350, A160] - SR100123 (1 c.)	75	124.00	0.45	0.08	0.00	0.00	116.00	22.82	8.80	(M)	(M)	8.24	2.53	38.00	3360.00	15.81	(M)	(M)	(M)
Category: Fruits; May Choose: 1																			
Apples, raw, with skin, F - SR105078 (1/2 medium (3))	75	47.32	0.15	0.03	0.00	0.00	0.91	12.57	2.18	9.46	(M)	0.24	0.11	5.46	49.14	4.19	0.00	97.37	77.86
Category: Milk; May Choose: 1																			
Milk, 1%, Rosenbergers, Milk - SR101986 (1 Cup (8 oz))	15	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))	60	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)
Category: Desserts; May Choose: 1																			
Pudding, Chocolate 3.5 oz Cup, Snack Pack, ConAgra Foods, 27000-55418 - SR102161 (1 cup servin)	40	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)	35	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)