

# Weekly - Nutrient Analysis

Menu Names: 20/21 Fall Lunch ELEM Week #1 Wednesday, 20/21 Fall Lunch ELEM Week #1 Thursday, 20/21 Fall Lunch ELEM Week #1 Friday, 20/21 Fall Lunch ELEM Week #2 Monday, 20/21 Fall Lunch ELEM Week #2 Tuesday, 20/21 Fall Lunch ELEM Week #2 Wednesday, 20/21 Fall Lunch ELEM Week #2 Thursday  
 Result: **Fail**

Meal Pattern: [USDA]Meal Pattern SY 2014  
 Meal Type: Lunch  
 Serving Group: K-5  
 Site Group: Elementary School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[550.00 - 650.00]	523.81	
Total Fat (g)		15.50	26.63
Sat Fat (g)(1)	< 10.00 % of Calories	5.17	8.88
Trans Fat (g)(2)		0.01(M)	
Sodium Target 1 (mg)(13)	< 1,230.00	910.96	
Sodium Target 2 (mg)(13)	< 935.00	910.96	
Carb (g)		71.85	54.87
Protein (g)		25.51	19.48

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 3.500	[4.000 - 7.500]	
Veg	>= 5.250	[5.000 - 8.125]	
Veg-DG	>= 0.500	2.000	
Veg-RO	>= 0.750	4.000	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	1.000	
Veg-O	>= 0.500	1.250	
Grains	[11.000 - 12.500]	[10.750 - 14.250](a)	
Non-WGR		1.750	
WGR	>= 50.000 % of	23.250	93.00
Meat/MA	[11.000 - 14.000]	[10.750 - 15.000]	
MILK-F	>= 7.000	7.000	
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.

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
20/21 Fall Lunch ELEM Week #1 Wednesday - Day: 1	260							

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Category: Entrees; May Choose: 1</b>								
Chicken Caesar Shaker Salad, MMA, WG, VDG - LR100551 (1 salad)	175	539.34	32.90	5.68	0.00	1152.15	43.67	23.21
Turkey & Cheese Lunchable, MMA, WG, VRO, F - LR100428 (1 serv.)	85	338.16	7.39	2.72	0.04	769.72	47.22	20.11
<b>Category: Vegetables; May Choose: 2</b>								
Roasted Ranch Chick Peas, VBP - LR100420 (1 serv.)	50	153.59	5.22	0.47	0.00(M)	230.55	20.14	4.62
<b>Category: Fruits; May Choose: 1</b>								
Fruit, Applesauce, Unsweetened Cups, USDA Foods, 110361, F - SR108833 (1 Container)	130	60.00	0.00	0.00	0.00	15.00	14.00	0.00
<b>Category: Milk; May Choose: 1</b>								
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	150	155.00	2.50	1.50	0.00	170.00	25.00	8.00
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	95	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>20/21 Fall Lunch ELEM Week #1 Thursday - Day: 2</b>	260							
<b>Category: Entrees; May Choose: 1</b>								
Ham & String Cheese Roll up w/ Soft Pretzel, ELEM, MMA, WG - LR100552 (1 serv.)	215	270.66	8.78	4.64	0.00	630.33	33.28	20.20
Turkey & Cheese Lunchable, MMA, WG, VRO, F - LR100428 (1 serv.)	45	338.16	7.39	2.72	0.04	769.72	47.22	20.11
<b>Category: Vegetables; May Choose: 2</b>								
Corn Salad, VS - LR100581 (1 serv.)	60	91.44	2.85	0.41	0.00(M)	339.93	17.12	2.32
<b>Category: Fruits; May Choose: 1</b>								
Mixed Berries, Cups, Frozen - Strawberries & Blueberries - SR109492 (1/2 c.)	130	90.00	0.00	0.00	0.00	0.00	20.00	0.00
<b>Category: Milk; 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)	Sodium (mg)	Carb (g)	Protein (g)
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	150	155.00	2.50	1.50	0.00	170.00	25.00	8.00
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	95	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>20/21 Fall Lunch ELEM Week #1 Friday - Day: 3</b>	260							
<b>Category: Entrees; May Choose: 1</b>								
Buffalo Chicken Flatbread, ELEM, MMA, WG - LR100518 (1 serv.)	230	418.70	16.41	7.00	0.00	883.80	40.15	24.80
Turkey & Cheese Lunchable, MMA, WG, VRO, F - LR100428 (1 serv.)	30	338.16	7.39	2.72	0.04	769.72	47.22	20.11
<b>Category: Vegetables; May Choose: 2</b>								
Celery, raw - SR105165 (1/2 cup choppe)	130	7.07	0.09	0.02	0.00	40.40	1.50	0.35
<b>Category: Fruits; May Choose: 1</b>								
Tangerines, (mandarin oranges), canned, light syrup pack - SR105084 (1/2 c.)	130	76.86	0.13	0.01	0.00	7.56	20.40	0.57
<b>Category: Milk; May Choose: 1</b>								
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	150	155.00	2.50	1.50	0.00	170.00	25.00	8.00
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	95	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>20/21 Fall Lunch ELEM Week #2 Monday - Day: 4</b>	260							
<b>Category: Entrees; May Choose: 1</b>								
Cheese Pizza Wrap, MS/HS, MMA, WG, VRO - LR100596 (1 wrap)	0	680.00	15.50	8.00	0.00	1405.00	101.00	33.00
Ham & Cheese Lunchable, MMA, WG, VRO, F - LR100429 (1 serv.)	60	390.16	15.89	5.47	0.04	971.72	47.72	16.11
<b>Category: Vegetables; May Choose: 2</b>								
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (1/2 c.)	130	25.60	0.09	0.01	0.00	56.32	5.92	0.46

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Category: Fruits; May Choose: 1</b>								
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	130	30.00	0.00	0.00	0.00	0.00	7.00	0.00
<b>Category: Milk; May Choose: 1</b>								
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	150	155.00	2.50	1.50	0.00	170.00	25.00	8.00
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	95	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>20/21 Fall Lunch ELEM Week #2 Tuesday - Day: 5</b>								
<b>Category: Entrees; May Choose: 1</b>								
Ham & Cheese Lunchable, MMA, WG, VRO, F - LR100429 (1 serv.)	70	390.16	15.89	5.47	0.04	971.72	47.72	16.11
Oriental Chicken Salad w/ Romaine, ELEM, MMA, NWG, VDG, VRO, VO - LR100555 (1 salad)	190	353.20	12.26	2.55	0.00	646.46	43.41	19.00
<b>Category: Vegetables; May Choose: 2</b>								
Broccoli, raw - SR105147 (1/2 cup choppe)	130	15.47	0.17	0.05	0.00	15.02	3.02	1.28
<b>Category: Fruits; May Choose: 1</b>								
Pineapple, Canned, tidbits, in juice, fancy 100% Hawaiian, 24/20 oz; as served - SR105251 (1/2 c.)	130	69.99	0.00	0.00	(M)	9.99	17.00	0.51
<b>Category: Milk; May Choose: 1</b>								
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	150	155.00	2.50	1.50	0.00	170.00	25.00	8.00
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	95	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Category: Condiments; May Choose: 1</b>								
Dressing, Lite Ranch, Pouch, 1.5 fl oz, Ken's, KE0041B3 - SR109714 (1 5/8 ounces)	150	131.47	11.13	1.52	0.00	414.65	8.09	1.01

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<b>20/21 Fall Lunch ELEM Week #2 Wednesday - Day: 6</b>	260							
<b>Category: Entrees; May Choose: 1</b>								
Ham & Cheese Lunchable, MMA, WG, VRO, F - LR100429 (1 serv.)	70	390.16	15.89	5.47	0.04	971.72	47.72	16.11
Roast Turkey BLT, ELEM, MMA, WG, VRO, VO - LR100557 (1 sandwich)	190	322.58	9.46	1.73	0.00	975.23	32.09	27.09
<b>Category: Vegetables; May Choose: 2</b>								
Corn Salad, VS - LR100581 (1 serv.)	50	91.44	2.85	0.41	0.00(M)	339.93	17.12	2.32
<b>Category: Fruits; May Choose: 1</b>								
Peaches, clingstone, canned, diced, packed in extra light syrup [100220, A409] - SR105220 (1/2 c.)	130	53.00	0.13	0.00	0.00	6.00	13.39	0.50
<b>Category: Milk; May Choose: 1</b>								
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	150	155.00	2.50	1.50	0.00	170.00	25.00	8.00
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	95	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>20/21 Fall Lunch ELEM Week #2 Thursday - Day: 7</b>	260							
<b>Category: Entrees; May Choose: 1</b>								
Ham & Cheese Lunchable, MMA, WG, VRO, F - LR100429 (1 serv.)	45	390.16	15.89	5.47	0.04	971.72	47.72	16.11
Sweet Yogurt Dippers, ELEM, MMA, WG, VDG, VRO, F - LR100559 (1 serv.)	215	398.47	4.55	1.55	0.00	244.51	84.92	7.29
<b>Category: Vegetables; May Choose: 2</b>								
Vegetables, Cucumber with Ranch, Veg-O - SR103739 (1/2 cup, slice)	0	122.47	11.52	1.45	0.00	388.04	4.75	1.77
<b>Category: Fruits; May Choose: 1</b>								

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Mixed Berries, Cups, Frozen - Strawberries & Blueberries - SR109492 (1/2 c.)	130	90.00	0.00	0.00	0.00	0.00	20.00	0.00
<b>Category: Milk; May Choose: 1</b>								
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	150	155.00	2.50	1.50	0.00	170.00	25.00	8.00
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	95	110.00	2.50	1.50	0.00	130.00	13.00	8.00