

Weekly - Nutrient Analysis

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

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

| Cycle Week Nutrient Summary | | | |
|-----------------------------|-----------------------|--------------|---------------|
| Nutrient | Weekly Standard Value | Actual Value | % of Calories |
| Calories (Kcal)(1) | [450.00 - 600.00] | 557.15 | |
| Total Fat (g) | | 8.87 | 14.33 |
| Sat Fat (g)(1) | < 10.00 % of Calories | 3.42 | 5.53 |
| Trans Fat (g)(2) | | 0.00 | |
| Sodium Target 1 (mg) (13) | < 640.00 | 429.78 | |
| Sodium Target 2 (mg) (13) | < 570.00 | 429.78 | |
| Carb (g) | | 107.09 | 76.88 |
| Protein (g) | | 13.02 | 9.35 |

| Cycle Week Food Component Summary | | | |
|-----------------------------------|-------------------|--------------|------------|
| Food Component | Standard Value | Actual Value | % of Total |
| Fruit | >= 7.000 | 7.500 | |
| Veg | | 0.000 | |
| Veg-DG | | 0.000 | |
| Veg-RO | | 0.000 | |
| Veg-BP | | 0.000 | |
| Veg-S | | 0.000 | |
| Veg-O | | 0.000 | |
| Grains | [12.500 - 14.000] | 17.000(abc) | |
| Non-WGR | | 4.000 | |
| WGR | >= 50.000 % of | 11.000 | 73.33 |
| Meat/MA | | 0.000 | |
| MILK-F | >= 7.000 | 7.000 | |
| Fruit-J | <= 50.000 % of | 3.500 | 46.67 |
| Grain-D | | 2.000 | |
| Vegetable-J | | 0.000 | |
| MILK-V | | Pass | |

Legend

- 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.
 - b The daily requirement for Grains must be met before substitution of M/MA for Grains is allowed.
 - c 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) | Sodium (mg) | Carb (g) | Protein (g) |
|---|----------|-----------------|---------------|-------------|---------------|-------------|----------|-------------|
| 20/21 Fall Breakfast HS Week #1 Wednesday - Day: 1 | 130 | | | | | | | |
| Category: Grains; May Choose: 1 | | | | | | | | |
| Donut, Cake Ring, Powdered Sugar, SS 6 Pack Tray, Frozen, Mini, Bake Crafters, 1931, WG - SR108122 (1 pkg.) | 130 | 310.00 | 11.00 | 5.00 | 0.00 | 250.00 | 52.00 | 3.00 |
| Category: Fruits; May Choose: 2 | | | | | | | | |
| Juice, 100% Grape 4 oz, Suncup, 090501, F - SR100183 (1 serving (4)) | 130 | 80.00 | 0.00 | 0.00 | 0.00 | 10.00 | 19.00 | 0.00 |
| Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti) | 130 | 42.30 | 0.11 | 0.01 | 0.00 | 0.00 | 10.57 | 0.85 |
| Category: Milk; May Choose: 1 | | | | | | | | |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container) | 85 | 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) | 10 | 110.00 | 2.50 | 1.50 | 0.00 | 130.00 | 13.00 | 8.00 |
| 20/21 Fall Breakfast HS Week #1 Thursday - Day: 2 | 130 | | | | | | | |
| Category: Grains; May Choose: 1 | | | | | | | | |
| Cinnamon Rolls, Mini Cinnis Pull Apart Rolls, Pillsbury General Mills, 33686, WGR - SR104478 (1 pkg.) | 130 | 240.00 | 7.00 | 1.50 | 0.00 | 270.00 | 39.00 | 5.00 |
| Category: Fruits; May Choose: 2 | | | | | | | | |
| 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 |
| Juice, Orange, 100%, 4oz, Suncup, 090103, F - SR100182 (1 serving (4)) | 130 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 1.00 |
| Category: Milk; May Choose: 1 | | | | | | | | |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container) | 85 | 155.00 | 2.50 | 1.50 | 0.00 | 170.00 | 25.00 | 8.00 |

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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, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton) | 10 | 110.00 | 2.50 | 1.50 | 0.00 | 130.00 | 13.00 | 8.00 |
| 20/21 Fall Breakfast HS Week #1 Friday - Day: 3 | 130 | | | | | | | |
| Category: Grains; May Choose: 1 | | | | | | | | |
| Strudel, Apple Frudel K-12 Hot Breakfast, Pillsbury, General Mills, 127852000, WGR - SR100158 (1 frudel) | 130 | 210.00 | 6.00 | 1.00 | 0.00 | 260.00 | 36.00 | 5.00 |
| Category: Fruits; May Choose: 2 | | | | | | | | |
| Juice, 100% Apple 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)) | 130 | 62.43 | 0.00 | 0.00 | 0.00 | 5.20 | 14.57 | 0.00 |
| Raisins, Unsweetened - SR109495 (1 Box) | 130 | 120.00 | 0.00 | 0.00 | 0.00 | 5.00 | 29.00 | 1.00 |
| Category: Milk; May Choose: 1 | | | | | | | | |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container) | 85 | 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) | 15 | 110.00 | 2.50 | 1.50 | 0.00 | 130.00 | 13.00 | 8.00 |
| 20/21 Fall Breakfast HS Week #2 Monday - Day: 4 | 130 | | | | | | | |
| Category: Grains; May Choose: 1 | | | | | | | | |
| Toaster Pastries, Pop-Tarts Whole Grain Frosted Strawberry, Kellogg's, 55133, WGR - SR107119 (1 pkg.) | 130 | 340.00 | 5.00 | 1.50 | 0.00 | 350.00 | 73.00 | 4.00 |
| Category: Fruits; May Choose: 2 | | | | | | | | |
| Juice, 100% Apple 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)) | 130 | 62.43 | 0.00 | 0.00 | 0.00 | 5.20 | 14.57 | 0.00 |
| 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 |
| Category: Milk; May Choose: 1 | | | | | | | | |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container) | 85 | 155.00 | 2.50 | 1.50 | 0.00 | 170.00 | 25.00 | 8.00 |

Weekly - Nutrient Analysis

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|--|----------|-----------------|---------------|-------------|---------------|-------------|----------|-------------|
| Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton) | 15 | 110.00 | 2.50 | 1.50 | 0.00 | 130.00 | 13.00 | 8.00 |
| 20/21 Fall Breakfast HS Week #2 Tuesday - Day: 5 | 130 | | | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | | | |
| Bagel, Blueberry 4 oz Non-WG - SR109565 (1 bagel) | 130 | 320.00 | 1.50 | 0.00 | 0.00 | 450.00 | 65.00 | 11.00 |
| Category: Fruits; May Choose: 2 | | | | | | | | |
| Juice, 100% Grape 4 oz, Suncup, 090501, F - SR100183 (1 serving (4)) | 130 | 80.00 | 0.00 | 0.00 | 0.00 | 10.00 | 19.00 | 0.00 |
| 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 |
| Category: Milk; May Choose: 1 | | | | | | | | |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container) | 85 | 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) | 10 | 110.00 | 2.50 | 1.50 | 0.00 | 130.00 | 13.00 | 8.00 |
| Category: Condiments; May Choose: 1 | | | | | | | | |
| Cream Cheese, Neufchatel Spread, 1 oz Portion Cups, Raskas, Schreiber Foods STK39819, Condiment - SR107785 (1 Container) | 65 | 70.00 | 6.00 | 3.50 | 0.00 | 105.00 | 2.00 | 2.00 |
| 20/21 Fall Breakfast HS Week #2 Wednesday - Day: 6 | 130 | | | | | | | |
| Category: Grains; May Choose: 1 | | | | | | | | |
| Muffin, Chocolate Chocolate Chip, Delicious Essentials, Otis Spunkmeyer, 10149, WG - SR106841 (1 ea.) | 130 | 390.00 | 12.00 | 4.00 | 0.00 | 260.00 | 64.00 | 7.00 |
| Category: Fruits; May Choose: 2 | | | | | | | | |
| 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 |

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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) |
|--|----------|-----------------|---------------|-------------|---------------|-------------|----------|-------------|
| Juice, 100% Apple 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)) | 130 | 62.43 | 0.00 | 0.00 | 0.00 | 5.20 | 14.57 | 0.00 |
| Category: Milk; May Choose: 1 | | | | | | | | |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container) | 85 | 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) | 10 | 110.00 | 2.50 | 1.50 | 0.00 | 130.00 | 13.00 | 8.00 |
| 20/21 Fall Breakfast HS Week #2 Thursday - Day: 7 | 130 | | | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | | | |
| Breakfast Yogurt Parfait w/ Fruit & Granola, HS, MMA, WG, F - LR100296 (1 serv.) | 130 | 348.50 | 3.27 | 1.40 | 0.00 | 168.75 | 72.10 | 9.69 |
| Category: Fruits; May Choose: 2 | | | | | | | | |
| Juice, 100% Grape 4 oz, Suncup, 090501, F - SR100183 (1 serving (4)) | 130 | 80.00 | 0.00 | 0.00 | 0.00 | 10.00 | 19.00 | 0.00 |
| Pears, Bartlett, canned, diced, packed in extra light syrup [100225, A434] - SR105229 (1/2 c.) | 130 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 16.00 | 0.00 |
| Category: Milk; May Choose: 1 | | | | | | | | |
| Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container) | 85 | 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) | 10 | 110.00 | 2.50 | 1.50 | 0.00 | 130.00 | 13.00 | 8.00 |