

# Weekly - Nutrient Analysis

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

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

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[750.00 - 850.00]	536.84	
Total Fat (g)		16.62	27.86
Sat Fat (g)(1)	< 10.00 % of Calories	5.07	8.50
Trans Fat (g)(2)		0.01(M)	
Sodium Target 1 (mg) (13)	< 1,420.00	983.99	
Sodium Target 2 (mg) (13)	< 1,080.00	983.99	
Carb (g)		69.64	51.89
Protein (g)		28.73	21.41

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 7.000	3.500	
Veg	>= 7.000	[4.750 - 8.875]	
Veg-DG	>= 0.500	2.000	
Veg-RO	>= 1.250	1.625	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	1.000	
Veg-O	>= 0.750	4.500	
Grains	[14.000 - 17.000]	[4.000 - 15.000]	
Non-WGR		2.000	
WGR	>= 50.000 % of	17.000	89.47
Meat/MA	[14.000 - 17.000]	[12.000 - 21.250]	
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.

- Standard Value is the daily average requirement for a school week.
- Trans Fat is provided for informational purposes, not for monitoring purposes.
- 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.

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 HS Week #1 Wednesday - Day: 1	375							
Category: Entrees; May Choose: 1								

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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)
Chicken Caesar Shaker Salad, MMA, WG, VDG - LR100551 (1 salad)	200	539.34	32.90	5.68	0.00	1152.15	43.67	23.21
Salad, Taco Salad, MMA, Veg-O - SR102526 (1 portion)	0	242.72	11.89	4.67	0.33(M)	779.00	7.42	25.74
<b>Category: Vegetables; May Choose: 2</b>								
Roasted Ranch Chick Peas, VBP - LR100420 (1 serv.)	100	153.59	5.22	0.47	0.00(M)	230.55	20.14	4.62
<b>Category: Fruits; May Choose: 2</b>								
Fruit, Applesauce, Unsweetened Cups, USDA Foods, 110361, F - SR108833 (1 Container)	350	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 )	230	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)	90	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>20/21 Fall Lunch HS Week #1 Thursday - Day: 2</b>	375							
<b>Category: Entrees; May Choose: 1</b>								
Ham & String Cheese Roll up w/ Soft Pretzel, MS/HS, MMA, WG - LR100553 (1 serv.)	125	431.04	19.84	6.89	0.14	1191.60	45.97	24.98
Salad, Taco Salad, MMA, Veg-O - SR102526 (1 portion)	0	242.72	11.89	4.67	0.33(M)	779.00	7.42	25.74
<b>Category: Vegetables; May Choose: 2</b>								
Corn Salad, VS - LR100581 (1 serv.)	100	91.44	2.85	0.41	0.00(M)	339.93	17.12	2.32
<b>Category: Fruits; May Choose: 2</b>								
Mixed Berries, Cups, Frozen - Strawberries & Blueberries - SR109492 (1/2 c.)	365	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 )	260	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)	85	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>20/21 Fall Lunch HS Week #1 Friday - Day: 3</b>	375							
<b>Category: Entrees; May Choose: 1</b>								
Buffalo Chicken Flatbread, MS/HS, MMA, WG - LR100554 (1 serv.)	300	434.00	18.00	7.00	0.00	1052.00	28.00	36.00
Salad, Taco Salad, MMA, Veg-O - SR102526 (1 portion)	0	242.72	11.89	4.67	0.33(M)	779.00	7.42	25.74
<b>Category: Vegetables; May Choose: 2</b>								
Celery, raw - SR105165 (1/2 cup choppe)	300	7.07	0.09	0.02	0.00	40.40	1.50	0.35
<b>Category: Fruits; May Choose: 2</b>								
Tangerines, (mandarin oranges), canned, light syrup pack - SR105084 (1/2 c.)	325	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 )	300	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)	65	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>20/21 Fall Lunch HS Week #2 Monday - Day: 4</b>	375							
<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
Salad, Tortellini w/ Roasted Veggies & Diced Turkey Ham (Tasty Brands) - LR100540 (1 1/2 c.)	275	400.47	16.17	4.71	0.00(M)	1024.05	40.62	27.22
<b>Category: Vegetables; May Choose: 2</b>								
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (1/2 c.)	350	25.60	0.09	0.01	0.00	56.32	5.92	0.46
<b>Category: Fruits; May Choose: 2</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)
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	350	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 )	285	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)	70	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>20/21 Fall Lunch HS Week #2 Tuesday - Day: 5</b>	375							
<b>Category: Entrees; May Choose: 1</b>								
Oriental Chicken Salad w/ Romaine, MS/HS, MMA, NWG, VDG, VRO, VO - LR100556 (1 salad)	200	561.60	19.40	3.58	0.00	1003.75	64.43	34.56
Salad, Tortellini w/ Roasted Veggies & Diced Turkey Ham (Tasty Brands) - LR100540 (1 1/2 c.)	175	400.47	16.17	4.71	0.00(M)	1024.05	40.62	27.22
<b>Category: Vegetables; May Choose: 2</b>								
Broccoli, raw - SR105147 (1/2 cup choppe)	300	15.47	0.17	0.05	0.00	15.02	3.02	1.28
<b>Category: Fruits; May Choose: 2</b>								
Pineapple, Canned, tidbits, in juice, fancy 100% Hawaiian, 24/20 oz; as served - SR105251 (1/2 c.)	350	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 )	280	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)	65	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 HS Week #2 Wednesday - Day: 6</b>	375							
<b>Category: Entrees; May Choose: 1</b>								
Roast Turkey BLT Club, MS/HS, MMA WG, VRO, VO - LR100558 (1 sandwich)	125	464.01	14.89	2.09	0.00	1380.94	50.09	31.87
Salad, Tortellini w/ Roasted Veggies & Diced Turkey Ham (Tasty Brands) - LR100540 (1 1/2 c.)	275	400.47	16.17	4.71	0.00(M)	1024.05	40.62	27.22
<b>Category: Vegetables; May Choose: 2</b>								
Corn Salad, VS - LR100581 (1 serv.)	150	91.44	2.85	0.41	0.00(M)	339.93	17.12	2.32
<b>Category: Fruits; May Choose: 2</b>								
Peaches, clingstone, canned, diced, packed in extra light syrup [100220, A409] - SR105220 (1/2 c.)	350	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 )	300	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)	65	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>20/21 Fall Lunch HS Week #2 Thursday - Day: 7</b>	375							
<b>Category: Entrees; May Choose: 1</b>								
Buddha Rice Bowl w/ Roasted Chickpeas, Carrots, Greens & Assorted Sauces, MS/HS, MMA, WG - LR100597 (1 serv.)	0	541.62	10.15	1.58	0.00(M)	757.94	100.62	11.50
Salad, Tortellini w/ Roasted Veggies & Diced Turkey Ham (Tasty Brands) - LR100540 (1 1/2 c.)	150	400.47	16.17	4.71	0.00(M)	1024.05	40.62	27.22
<b>Category: Vegetables; May Choose: 2</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)
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: 2</b>								
Mixed Berries, Cups, Frozen - Strawberries & Blueberries - SR109492 (1/2 c.)	350	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 )	285	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)	90	110.00	2.50	1.50	0.00	130.00	13.00	8.00