

Weekly - Nutrient Analysis

Menu Names: 20/21 Fall Breakfast MS Week #1 Wednesday, 20/21 Fall Breakfast MS Week #1 Thursday, 20/21 Fall Breakfast MS Week #1 Friday, 20/21 Fall Breakfast MS Week #2 Monday, 20/21 Fall Breakfast MS Week #2 Tuesday, 20/21 Fall Breakfast MS Week #2 Wednesday, 20/21 Fall Breakfast MS Week #2 Thursday
 Result: Pass

Meal Pattern: [USDA]Meal Pattern SY 2014
 Meal Type: Breakfast
 Serving Group: 6-8
 Site Group: Middle School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[400.00 - 550.00]	512.15	
Total Fat (g)		9.01	15.83
Sat Fat (g)(1)	< 10.00 % of Calories	3.68	6.46
Trans Fat (g)(2)		0.00	
Sodium Target 1 (mg) (13)	< 600.00	394.00	
Sodium Target 2 (mg) (13)	< 535.00	394.00	
Carb (g)		97.40	76.07
Protein (g)		11.61	9.06

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	[11.000 - 14.000]	14.000(a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	12.000	100.00
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.

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 MS Week #1 Wednesday - Day: 1	50							
Category: Grains; 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)
Donut, Cake Ring, Powdered Sugar, SS 6 Pack Tray, Frozen, Mini, Bake Crafters, 1931, WG - SR108122 (1 pkg.)	50	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))	50	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)	50	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)	30	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)	5	110.00	2.50	1.50	0.00	130.00	13.00	8.00
20/21 Fall Breakfast MS Week #1 Thursday - Day: 2	50							
Category: Grains; May Choose: 1								
Cinnamon Rolls, Mini Cinnis Pull Apart Rolls, Pillsbury General Mills, 33686, WGR - SR104478 (1 pkg.)	50	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)	50	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))	50	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)	30	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)	5	110.00	2.50	1.50	0.00	130.00	13.00	8.00
20/21 Fall Breakfast MS Week #1 Friday - Day: 3	50							

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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)
Category: Grains; May Choose: 1								
Strudel, Apple Frudel K-12 Hot Breakfast, Pillsbury, General Mills, 127852000, WGR - SR100158 (1 frudel)	50	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))	50	62.43	0.00	0.00	0.00	5.20	14.57	0.00
Raisins, Unsweetened - SR109495 (1 Box)	50	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)	30	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)	5	110.00	2.50	1.50	0.00	130.00	13.00	8.00
20/21 Fall Breakfast MS Week #2 Monday - Day: 4								
Category: Grains; May Choose: 1								
Toaster Pastries, Pop-Tarts Whole Grain Frosted Strawberry, Kellogg's, 55133, WGR - SR107119 (1 pkg.)	50	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))	50	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.)	50	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)	30	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)	5	110.00	2.50	1.50	0.00	130.00	13.00	8.00
20/21 Fall Breakfast MS Week #2 Tuesday - Day: 5								

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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)
Category: Entrees; May Choose: 1								
Cheese Stick, 1.0 oz, Mozzarella, String Cheese, Land O Lakes, 59701, MMA - SR101516 (1 ounces)	50	79.01	5.93	3.95	0.00	197.53	1.98	5.93
Category: Grains; May Choose: 1								
Cereal, Froot Loops Reduced Sugar, Bowl Pack, 1.0 oz./96 ct., Kellogg's, 38000-78788, WGR - SR106275 (1 Container)	50	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Category: Fruits; May Choose: 2								
Juice, 100% Grape 4 oz, Suncup, 090501, F - SR100183 (1 serving (4))	50	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.)	50	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)	30	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)	5	110.00	2.50	1.50	0.00	130.00	13.00	8.00
20/21 Fall Breakfast MS Week #2 Wednesday - Day: 6								
Category: Grains; May Choose: 1								
Muffin, Chocolate Chocolate Chip, Delicious Essentials, Otis Spunkmeyer, 10149, WG - SR106841 (1 ea.)	50	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)	50	30.00	0.00	0.00	0.00	0.00	7.00	0.00
Juice, 100% Apple 4 oz, Suncup, 090301, F - SR106396 (1 serving (4))	50	62.43	0.00	0.00	0.00	5.20	14.57	0.00
Category: Milk; 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)
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	30	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)	5	110.00	2.50	1.50	0.00	130.00	13.00	8.00
20/21 Fall Breakfast MS Week #2 Thursday - Day: 7	50							
Category: Entrees; May Choose: 1								
Breakfast Yogurt Parfait w/ Fruit & Granola, ELEM & MS, MMA, WG, F - LR100237 (1 serv.)	50	248.59	2.52	0.90	0.00	116.29	52.62	6.20
Category: Fruits; May Choose: 2								
Juice, 100% Grape 4 oz, Suncup, 090501, F - SR100183 (1 serving (4))	50	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.)	50	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)	30	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)	5	110.00	2.50	1.50	0.00	130.00	13.00	8.00