

Weekly - Nutrient Analysis

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

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

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[600.00 - 700.00]	471.39	
Total Fat (g)		13.20	25.20
Sat Fat (g)(1)	< 10.00 % of Calories	3.91	7.47
Trans Fat (g)(2)		0.01(M)	
Sodium Target 1 (mg) (13)	< 1,360.00	749.45	
Sodium Target 2 (mg) (13)	< 1,035.00	749.45	
Carb (g)		67.26	57.07
Protein (g)		22.04	18.70

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 3.500	[4.000 - 6.000]	
Veg	>= 5.250	[7.125 - 11.000]	
Veg-DG	>= 0.500	3.000	
Veg-RO	>= 0.750	3.750	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	1.000	
Veg-O	>= 0.500	3.750	
Grains	[11.000 - 14.000]	[12.000 - 16.000](a)	
Non-WGR		2.000	
WGR	>= 50.000 % of	26.000	92.86
Meat/MA	[12.500 - 14.000]	[12.500 - 21.500](a)	
MILK-F	>= 7.000	7.000	
Fruit-J	<= 50.000 % of	0.500	8.33
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 MS Week #1 Wednesday - Day: 1	435							

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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								
Chicken Caesar Shaker Salad, MMA, WG, VDG - LR100551 (1 salad)	285	539.34	32.90	5.68	0.00	1152.15	43.67	23.21
Turkey & Cheese Sandwich Bagged Lunch, Winter - ELEM/MS, MMA, WG, VRO, F, M - LR100524 (1 bag lunch)	0	612.70	10.25	4.57	0.00	2352.27	96.97	35.84
Category: Vegetables; May Choose: 2								
Roasted Ranch Chick Peas, VBP - LR100420 (1 serv.)	50	153.59	5.22	0.47	0.00(M)	230.55	20.14	4.62
Category: Fruits; May Choose: 1								
Fruit, Applesauce, Unsweetened Cups, USDA Foods, 110361, F - SR108833 (1 Container)	235	60.00	0.00	0.00	0.00	15.00	14.00	0.00
Category: Milk; May Choose: 1								
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	265	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
20/21 Fall Lunch MS Week #1 Thursday - Day: 2	435							
Category: Entrees; May Choose: 1								
Ham & String Cheese Roll up w/ Soft Pretzel, MS/HS, MMA, WG - LR100553 (1 serv.)	200	431.04	19.84	6.89	0.14	1191.60	45.97	24.98
Turkey & Cheese Sandwich Bagged Lunch, Winter - ELEM/MS, MMA, WG, VRO, F, M - LR100524 (1 bag lunch)	0	612.70	10.25	4.57	0.00	2352.27	96.97	35.84
Category: Vegetables; May Choose: 2								
Corn Salad, VS - LR100581 (1 serv.)	100	91.44	2.85	0.41	0.00(M)	339.93	17.12	2.32
Category: Fruits; May Choose: 1								
Mixed Berries, Cups, Frozen - Strawberries & Blueberries - SR109492 (1/2 c.)	235	90.00	0.00	0.00	0.00	0.00	20.00	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)
Category: Milk; May Choose: 1								
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	265	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
20/21 Fall Lunch MS Week #1 Friday - Day: 3								
Category: Entrees; May Choose: 1								
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
Turkey & Cheese Sandwich Bagged Lunch, Winter - ELEM/MS, MMA, WG, VRO, F, M - LR100524 (1 bag lunch)	0	612.70	10.25	4.57	0.00	2352.27	96.97	35.84
Category: Vegetables; May Choose: 2								
Celery, raw - SR105165 (1/2 cup choppe)	250	7.07	0.09	0.02	0.00	40.40	1.50	0.35
Category: Fruits; May Choose: 1								
Tangerines, (mandarin oranges), canned, light syrup pack - SR105084 (1/2 c.)	300	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)	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)	95	110.00	2.50	1.50	0.00	130.00	13.00	8.00
20/21 Fall Lunch MS Week #2 Monday - Day: 4								
Category: Entrees; May Choose: 1								
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
Sandwich, Ham & Cheese, Whole Wheat Roll (E) MMA, - SR102975 (1 ea.)	0	254.87	7.99	2.60	0.00	836.37	26.00	21.08
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)	Sodium (mg)	Carb (g)	Protein (g)
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (1/2 c.)	250	25.60	0.09	0.01	0.00	56.32	5.92	0.46
Celery, raw - SR105165 (1/2 cup choppe)	200	7.07	0.09	0.02	0.00	40.40	1.50	0.35
Category: Fruits; May Choose: 1								
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	235	30.00	0.00	0.00	0.00	0.00	7.00	0.00
Strawberries, Diced, Cups, Frozen, USDA, 100256, F - SR109098 (1 Container)	200	80.00	0.00	0.00	0.00	1.00	21.00	0.00
Category: Milk; May Choose: 1								
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)	90	110.00	2.50	1.50	0.00	130.00	13.00	8.00
20/21 Fall Lunch MS Week #2 Tuesday - Day: 5	435							
Category: Entrees; May Choose: 1								
Oriental Chicken Salad w/ Romaine, MS/HS, MMA, NWG, VDG, VRO, VO - LR100556 (1 salad)	285	561.60	19.40	3.58	0.00	1003.75	64.43	34.56
Sandwich, Ham & Cheese, Whole Wheat Roll (E) MMA, - SR102975 (1 ea.)	0	254.87	7.99	2.60	0.00	836.37	26.00	21.08
Category: Vegetables; May Choose: 2								
Broccoli, raw - SR105147 (1/2 cup choppe)	250	15.47	0.17	0.05	0.00	15.02	3.02	1.28
Cauliflower, Raw, USDA 11135, Veg-O - SR102329 (1/2 c.)	250	13.40	0.15	0.07	0.00	16.05	2.66	1.02
Category: Fruits; May Choose: 1								
Melons, cantaloupe, raw - SR105203 (1/2 cup, cubes)	200	27.20	0.15	0.04	0.00	12.80	6.53	0.67

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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)
Pineapple, Canned, tidbits, in juice, fancy 100% Hawaiian, 24/20 oz; as served - SR105251 (1/2 c.)	235	69.99	0.00	0.00	(M)	9.99	17.00	0.51
Category: Milk; May Choose: 1								
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	295	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
Category: Condiments; May Choose: 1								
Dressing, Lite Ranch, Pouch, 1.5 fl oz, Ken's, KE0041B3 - SR109714 (1 5/8 ounces)	200	131.47	11.13	1.52	0.00	414.65	8.09	1.01
20/21 Fall Lunch MS Week #2 Wednesday - Day: 6								
Category: Entrees; May Choose: 1								
Roast Turkey BLT Club, MS/HS, MMA WG, VRO, VO - LR100558 (1 sandwich)	235	464.01	14.89	2.09	0.00	1380.94	50.09	31.87
Sandwich, Ham & Cheese, Whole Wheat Roll (E) MMA, - SR102975 (1 ea.)	0	254.87	7.99	2.60	0.00	836.37	26.00	21.08
Category: Vegetables; May Choose: 2								
Corn Salad, VS - LR100581 (1 serv.)	100	91.44	2.85	0.41	0.00(M)	339.93	17.12	2.32
Cucumber Slices w/ Ranch, VO - LR100298 (1 serv.)	200	41.08	2.94	0.49	0.04	145.98	3.63	0.45
Category: Fruits; May Choose: 1								
Juice, 100% Apple 4 oz, Suncup, 090301, F - SR106396 (1 serving (4))	300	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.)	135	53.00	0.13	0.00	0.00	6.00	13.39	0.50
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)	295	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)	80	110.00	2.50	1.50	0.00	130.00	13.00	8.00
20/21 Fall Lunch MS Week #2 Thursday - Day: 7	435							
Category: Entrees; May Choose: 1								
Ham & Cheese Sandwich Bagged Lunch, ELEM/MS, MMA, WG, VRO, F, M - LR100489 (1 bag lunch)	0	581.31	15.56	7.28	0.00	1555.66	84.56	32.89
Sweet Yogurt Dippers, MS/HS, MMA, WG, VDG, VRO, F - LR100560 (1 serv.)	300	558.47	6.30	2.55	0.00	342.01	115.42	11.79
Category: Vegetables; May Choose: 2								
Broccoli, raw - SR105147 (1/2 cup choppe)	200	15.47	0.17	0.05	0.00	15.02	3.02	1.28
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (1/2 c.)	250	25.60	0.09	0.01	0.00	56.32	5.92	0.46
Category: Fruits; May Choose: 1								
Mixed Berries, Cups, Frozen - Strawberries & Blueberries - SR109492 (1/2 c.)	200	90.00	0.00	0.00	0.00	0.00	20.00	0.00
Pears, Bartlett, canned, diced, packed in extra light syrup [100225, A434] - SR105229 (1/2 c.)	235	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)	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