

# Weekly - Nutrient Analysis

Menu Names: 20/21 Fall Lunch MS Week #1 Monday :82337, 20/21 Fall Lunch Cycle 2 - MS Week #1 Tuesday, 20/21 Fall Lunch MS Week #1 Wednesday :82337, 20/21 Fall Lunch MS Week #1 Thursday :82337, 20/21 Fall Lunch Cycle 2 - MS Week #1 Friday  
 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]	172.51	
Total Fat (g)		2.47	12.91
Sat Fat (g)(1)	< 10.00 % of Calories	1.29	6.74
Trans Fat (g)(2)		0.00(M)	
Chol (mg)		12.34	
Sodium Target 1 (mg) (13)	< 1,360.00	175.95	
Sodium Target 2 (mg) (13)	< 1,035.00	175.95	
Carb (g)		29.88	69.28
Total Fiber (g)		1.07	
Total Sugars (g)		26.67(M)	61.85
Added Sugars (g)		0.00(M)	
Protein (g)		7.15	16.57
Iron (mg)		0.11(M)	
Calcium (mg)		231.88(M)	
VitA (IU)		629.24(M)	
VitC (mg)		10.02(M)	
VitD (mcg)		0.00(M)	
Potassium (mg)		30.25(M)	
Mois (g)		9.31(M)	
Ash (g)		0.09(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 2.500	[2.500 - 4.500]	
Veg	>= 3.750	[4.500 - 6.500]	
Veg-DG	>= 0.500	1.000	
Veg-RO	>= 0.750	0.500	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	3.000	
Veg-O	>= 0.500	2.000	
Grains	[8.000 - 10.000]	[10.250 - 15.250](a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	52.250	100.00
Meat/MA	[9.000 - 10.000]	[12.000 - 20.000](a)	
MILK-F	>= 5.000	5.000	
Fruit-J	<= 50.000 % of	1.000	22.22
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.

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Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
<b>20/21 Fall Lunch MS Week #1 Monday :82337 - Day: 1</b>	435																		
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Sandwiches, HS, MMA, WG - LR100473 (1 sandwich)	0	363.44	13.82	4.33	0.00	59.16	1067.73	39.38	4.25	3.96	(M)	23.75	2.52(M)	86.80 (M)	72.44 (M)	0.95(M)	0.00(M)	41.31 (M)	20.55 (M)
Bacon Cheeseburger, MS/HS, MMA, WG - LR100317 (1 sandwich)	0	477.86	21.36	8.21	0.00	95.00	976.43	38.00	4.00	1.50	(M)	35.07	2.83(M)	104.00 (M)	0.00(M)	0.00(M)	(M)	(M)	(M)
Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich)	0	430.00	15.00	2.50	0.00	25.00	880.00	52.00	7.00	2.00	1.00(M)	21.00	4.70	139.00	0.00(M)	0.00(M)	0.00(M)	320.07 (M)	(M)
Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.)	0	488.80	3.60	1.07	0.00	6.66	320.57	104.49	6.79	41.87 (M)	22.68 (M)	14.37	2.88	273.10	643.89	6.93(M)	4.52(M)	507.11 (M)	28.95 (M)
Mac & Cheese w/ Chicken Tenders & Steamed Corn, MMA, WG - LR100620 (1 serv.)	0	630.25	27.33	8.63	0.00	55.47	1399.75	65.00	7.83	10.31	1.00(M)	35.06	3.68(M)	495.69 (M)	565.92 (M)	3.75(M)	0.00(M)	1013.84 (M)	0.18(M)
<b>Category: Vegetables; May Choose: 2</b>																			
Broccoli, raw - SR105147 (1/2 cup choppe)	200	15.47	0.17	0.05	0.00	0.00	15.02	3.02	1.18	0.77	(M)	1.28	0.33	21.39	283.46	40.59	0.00	143.78	40.63
Steamed Corn, VG - LR100615 (1/2 c.)	0	75.76	1.16	0.04	0.00	0.00	14.56	17.52	2.80	3.22	(M)	2.80	0.66(M)	34.20 (M)	58.17 (M)	3.75(M)	0.00(M)	80.49 (M)	0.18(M)
<b>Category: Fruits; May Choose: 1</b>																			
Assorted Fresh Fruit, F - LR100026 (1 serv.)	0	59.11	0.17	0.05	0.00	0.00	0.39	14.84	2.08	9.62	(M)	0.71	0.13	20.63	92.67	23.38	0.00(M)	195.11 (M)	55.49 (M)
Juice, 100% Natural Fruit Punch 4 oz, Suncup, 090803, F - SR100087 (4 fl. oz.)	235	63.05	0.00	0.00	0.00	0.00	15.76	15.76	0.00	14.71	(M)	0.00	0.00	21.02	0.00	1.26	(M)	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	265	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(M)	(M)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	90	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
<b>20/21 Fall Lunch Cycle 2 - MS Week #1 Tuesday - Day: 2</b>	435																		
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Sandwiches, HS, MMA, WG - LR100473 (1 sandwich)	0	363.44	13.82	4.33	0.00	59.16	1067.73	39.38	4.25	3.96	(M)	23.75	2.52(M)	86.80 (M)	72.44 (M)	0.95(M)	0.00(M)	41.31 (M)	20.55 (M)

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Bacon Cheeseburger, MS/HS, MMA, WG - LR100317 (1 sandwich)	0	477.86	21.36	8.21	0.00	95.00	976.43	38.00	4.00	1.50	(M)	35.07	2.83(M)	104.00 (M)	0.00(M)	0.00(M)	(M)	(M)	(M)
Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich)	0	430.00	15.00	2.50	0.00	25.00	880.00	52.00	7.00	2.00	1.00(M)	21.00	4.70	139.00	0.00(M)	0.00(M)	0.00(M)	320.07 (M)	(M)
Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.)	0	488.80	3.60	1.07	0.00	6.66	320.57	104.49	6.79	41.87 (M)	22.68 (M)	14.37	2.88	273.10	643.89	6.93(M)	4.52(M)	507.11 (M)	28.95 (M)
Mac & Cheese w/ Chicken Tenders & Steamed Corn, MMA, WG - LR100620 (1 serv.)	0	630.25	27.33	8.63	0.00	55.47	1399.75	65.00	7.83	10.31	1.00(M)	35.06	3.68(M)	495.69 (M)	565.92 (M)	3.75(M)	0.00(M)	1013.84 (M)	0.18(M)
<b>Category: Vegetables; May Choose: 2</b>																			
Baby Carrots w/ Ranch Dip, VRO - LR100279 (1 serv.)	0	63.16	2.89	0.47	0.04	0.67	199.72	8.72	2.05	5.41	(M)	0.11	0.02	2.14	4980.82	5.99	(M)	(M)	(M)
Broccoli, raw - SR105147 (1/2 cup choppe)	200	15.47	0.17	0.05	0.00	0.00	15.02	3.02	1.18	0.77	(M)	1.28	0.33	21.39	283.46	40.59	0.00	143.78	40.63
Steamed Corn, VG - LR100615 (1/2 c.)	0	75.76	1.16	0.04	0.00	0.00	14.56	17.52	2.80	3.22	(M)	2.80	0.66(M)	34.20 (M)	58.17 (M)	3.75(M)	0.00(M)	80.49 (M)	0.18(M)
<b>Category: Fruits; May Choose: 1</b>																			
Assorted Fresh Fruit, F - LR100026 (1 serv.)	0	59.11	0.17	0.05	0.00	0.00	0.39	14.84	2.08	9.62	(M)	0.71	0.13	20.63	92.67	23.38	0.00(M)	195.11 (M)	55.49 (M)
Juice, 100% Natural Fruit Punch 4 oz, Suncup, 090803, F - SR100087 (4 fl. oz.)	235	63.05	0.00	0.00	0.00	0.00	15.76	15.76	0.00	14.71	(M)	0.00	0.00	21.02	0.00	1.26	(M)	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	265	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(M)	(M)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	90	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
<b>20/21 Fall Lunch MS Week #1 Wednesday :82337 - Day: 3</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Bacon Cheeseburger, MS/HS, MMA, WG - LR100317 (1 sandwich)	0	477.86	21.36	8.21	0.00	95.00	976.43	38.00	4.00	1.50	(M)	35.07	2.83(M)	104.00 (M)	0.00(M)	0.00(M)	(M)	(M)	(M)
<b>Category: Vegetables; May Choose: 2</b>																			
Roasted Ranch Chick Peas, VBP - LR100420 (1 serv.)	50	163.59	5.38	0.47	0.00(M)	0.00	241.32	21.75	4.00	4.00	0.00(M)	5.00	0.02(M)	15.03 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)

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Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calciu m (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)
<b>Category: Fruits; May Choose: 1</b>																			
Fruit, Applesauce, Unsweetened Cups, USDA Foods, 110361, F - SR108833 (1 Container)	235	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	265	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(M)	(M)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	95	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
<b>20/21 Fall Lunch MS Week #1 Thursday :82337 - Day: 4</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Sandwiches, HS, MMA, WG - LR100473 (1 sandwich)	0	363.44	13.82	4.33	0.00	59.16	1067.73	39.38	4.25	3.96	(M)	23.75	2.52(M)	86.80 (M)	72.44 (M)	0.95(M)	0.00(M)	41.31 (M)	20.55 (M)
Bacon Cheeseburger, MS/HS, MMA, WG - LR100317 (1 sandwich)	0	477.86	21.36	8.21	0.00	95.00	976.43	38.00	4.00	1.50	(M)	35.07	2.83(M)	104.00 (M)	0.00(M)	0.00(M)	(M)	(M)	(M)
Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich)	0	430.00	15.00	2.50	0.00	25.00	880.00	52.00	7.00	2.00	1.00(M)	21.00	4.70	139.00	0.00(M)	0.00(M)	0.00(M)	320.07 (M)	(M)
Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.)	0	488.80	3.60	1.07	0.00	6.66	320.57	104.49	6.79	41.87 (M)	22.68 (M)	14.37	2.88	273.10	643.89	6.93(M)	4.52(M)	507.11 (M)	28.95 (M)
Quesadilla w/ Chicken, Cheese & Peppers, MS,HS - LR100613 (1 quesadilla)	0	623.31	27.87	14.08	0.00(M)	141.16	1603.42	56.09	12.11	12.66	2.00(M)	37.46	4.23	438.95	1039.06 (M)	61.01 (M)	0.00(M)	859.37 (M)	145.46 (M)
<b>Category: Vegetables; May Choose: 2</b>																			
Celery Sticks w/ Ranch, VO - LR100280 (1 serv.)	0	40.35	2.97	0.49	0.04	0.67	185.34	3.25	0.87	1.11	(M)	0.46	0.12	22.34	227.16	1.58	0.00(M)	131.30 (M)	48.19 (M)
Corn Salad, VS - LR100581 (1 serv.)	100	91.44	2.85	0.41	0.00(M)	0.00	339.93	17.12	2.39	0.68(M)	(M)	2.32	0.52	5.78	476.02	22.03	0.00(M)	41.37 (M)	20.01 (M)
<b>Category: Fruits; May Choose: 1</b>																			
Assorted Fresh Fruit, F - LR100026 (1 serv.)	0	59.11	0.17	0.05	0.00	0.00	0.39	14.84	2.08	9.62	(M)	0.71	0.13	20.63	92.67	23.38	0.00(M)	195.11 (M)	55.49 (M)
Mixed Berries, Cups, Frozen - Strawberries & Blueberries - SR109492 (1/2 c.)	235	90.00	0.00	0.00	0.00	0.00	0.00	20.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																			

# Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	265	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(M)	(M)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	95	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
<b>20/21 Fall Lunch Cycle 2 - MS Week #1 Friday - Day: 5</b>	435																		
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Sandwiches, HS, MMA, WG - LR100473 (1 sandwich)	0	363.44	13.82	4.33	0.00	59.16	1067.73	39.38	4.25	3.96	(M)	23.75	2.52(M)	86.80 (M)	72.44 (M)	0.95(M)	0.00(M)	41.31 (M)	20.55 (M)
Bacon Cheeseburger, MS/HS, MMA, WG - LR100317 (1 sandwich)	0	477.86	21.36	8.21	0.00	95.00	976.43	38.00	4.00	1.50	(M)	35.07	2.83(M)	104.00 (M)	0.00(M)	0.00(M)	(M)	(M)	(M)
Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich)	0	430.00	15.00	2.50	0.00	25.00	880.00	52.00	7.00	2.00	1.00(M)	21.00	4.70	139.00	0.00(M)	0.00(M)	0.00(M)	320.07 (M)	(M)
Lunch Yogurt Parfait w/ Soft Pretzel, MMA, WG, F - LR100236 (1 serv.)	0	488.80	3.60	1.07	0.00	6.66	320.57	104.49	6.79	41.87 (M)	22.68 (M)	14.37	2.88	273.10	643.89	6.93(M)	4.52(M)	507.11 (M)	28.95 (M)
Quesadilla w/ Chicken, Cheese & Peppers, MS,HS - LR100613 (1 quesadilla)	0	623.31	27.87	14.08	0.00(M)	141.16	1603.42	56.09	12.11	12.66	2.00(M)	37.46	4.23	438.95	1039.06 (M)	61.01 (M)	0.00(M)	859.37 (M)	145.46 (M)
<b>Category: Vegetables; May Choose: 2</b>																			
Celery Sticks w/ Ranch, VO - LR100280 (1 serv.)	0	40.35	2.97	0.49	0.04	0.67	185.34	3.25	0.87	1.11	(M)	0.46	0.12	22.34	227.16	1.58	0.00(M)	131.30 (M)	48.19 (M)
Corn Salad, VS - LR100581 (1 serv.)	100	91.44	2.85	0.41	0.00(M)	0.00	339.93	17.12	2.39	0.68(M)	(M)	2.32	0.52	5.78	476.02	22.03	0.00(M)	41.37 (M)	20.01 (M)
<b>Category: Fruits; May Choose: 1</b>																			
Assorted Fresh Fruit, F - LR100026 (1 serv.)	0	59.11	0.17	0.05	0.00	0.00	0.39	14.84	2.08	9.62	(M)	0.71	0.13	20.63	92.67	23.38	0.00(M)	195.11 (M)	55.49 (M)
Mixed Berries, Cups, Frozen - Strawberries & Blueberries - SR109492 (1/2 c.)	235	90.00	0.00	0.00	0.00	0.00	0.00	20.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	265	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(M)	(M)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	95	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)