

Weekly - Nutrient Analysis

Menu Names: 22.23 HS Breakfast Menu, 22.23 HS Breakfast Menu, 22.23 HS Breakfast Menu, 22.23 HS Breakfast Menu
 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]	455.21	
Total Fat (g)		9.37	18.52
Sat Fat (g)(1)	< 10.00 % of Calories	3.68	7.27
Trans Fat (g)(2)		0.00	
Chol (mg)		15.21	
Sodium Target 1 (mg) (13)	< 640.00	388.02	
Sodium Target 2 (mg) (13)	< 570.00	388.02	
Carb (g)		83.20	73.11
Total Fiber (g)		6.18	
Total Sugars (g)		48.10	42.27
Added Sugars (g)		5.47(M)	
Protein (g)		11.81	10.38
Iron (mg)		3.11(M)	
Calcium (mg)		261.61(M)	
VitA (IU)		948.98(M)	
VitC (mg)		13.06(M)	
VitD (mcg)		1.02(M)	
Potassium (mg)		171.85(M)	
Mois (g)		26.19(M)	
Ash (g)		0.27(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		[0.000 - 8.000]	
Grains	[7.000 - 8.000]	[8.000 - 16.000](a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	64.000	100.00
Grain-D		0.000	
Fruit	>= 4.000	[4.000 - 6.000]	
Fruit-J	<= 50.000 % of	0.000	0.00
Veg		0.000	
Veg-DG		0.000	
Veg-RO		0.000	
Veg-BP		0.000	
Veg-S		0.000	
Veg-O		0.000	
Veg-X		0.000	
Vegetable-J		0.000	
MILK-F	>= 4.000	4.000	
MILK-V		Fail	

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.

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)	
22.23 HS Breakfast Menu - Day: 1	125																			
Category: Entrees; May Choose: 1																				
Assorted 2oz Cereal - LR100768 (1 serv.)	20	215.00	3.75	0.38	0.00	0.00	330.00	45.25	4.50	15.25	15.25	4.00	7.47	137.50	625.00	7.50	2.52	100.50	(M)	
Assorted Bagels, MS/HS, WG - LR100501 (1 bagel)	20	294.47	1.15	0.00	0.00	0.00	378.37	61.19	4.79	8.19	0.00(M)	9.78	3.04	49.86	0.00(M)	0.00(M)	0.00(M)	51.00(M)	(M)	
Assorted Benefit Bars, WG - LR100453 (1 ea.)	10	290.00	9.00	2.75	0.00	22.50	220.00	47.00	3.00	21.50	(M)	5.00	1.80	30.00	0.00	0.00	(M)	(M)	(M)	
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	20	502.44	12.23	3.60	0.00	5.55	414.11	89.89	6.62	43.79	18.91(M)	14.00	2.57(M)	243.96(M)	595.89(M)	11.60(M)	3.85(M)	434.80(M)	24.95(M)	
Chocolate Mini Donuts, Bake Crafters, 1929, WG - LR100268 (1 pkg.)	20	320.00	16.00	9.00	0.00	20.00	260.00	42.00	3.00	17.00	(M)	5.00	2.70	40.00	400.00	0.00	(M)	(M)	(M)	
Cinnamon Roll w/ Drizzle Icing, Frozen, Hadley Farms, 3751W, WG - LR100234 (1 roll.)	20	190.00	6.00	1.00	0.00	0.00	180.00	32.00	4.00	11.00	(M)	4.00	1.44	20.00	2000.00	1.20	(M)	(M)	(M)	
Powdered Sugar Donuts, Bake Crafters, 1931, WG - LR100530 (1 pkg.)	15	310.00	11.00	5.00	0.00	20.00	250.00	52.00	2.00	29.00	(M)	3.00	1.30	40.00	(M)	(M)	(M)	(M)	(M)	
Category: Fruits; May Choose: 2																				
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	25	120.00	0.00	0.00	0.00	0.00	30.00	28.00	2.00	36.00	0.00(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	
Assorted Fresh Fruit, F - LR100026 (1 serv.)	50	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)	
Peach Cup, 4.4oz, USDA - LR100756 (1 serv.)	25	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	
Strawberry Cup, Diced, USDA Frozen - LR100728 (1 cup (4.5oz))	25	80.00	0.00	0.00	0.00	0.00	1.00	21.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	
Category: Milk; May Choose: 1																				
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	25	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)	
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	25	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, Fat-Free White, Clover Farms, Skim - LR100725 (1 Carton)	25	83.31	0.00	0.00	0.00	4.63	120.34	12.03	0.00	11.11	(M)	7.41	0.00	277.71	462.86	1.11	(M)	(M)	(M)	
22.23 HS Breakfast Menu - Day: 2	125																			
Category: Entrees; May Choose: 1																				

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)	Mois (g)
Assorted 2oz Cereal - LR100768 (1 serv.)	20	215.00	3.75	0.38	0.00	0.00	330.00	45.25	4.50	15.25	15.25	4.00	7.47	137.50	625.00	7.50	2.52	100.50	(M)
Assorted Bagels, MS/HS, WG - LR100501 (1 bagel)	20	294.47	1.15	0.00	0.00	0.00	378.37	61.19	4.79	8.19	0.00(M)	9.78	3.04	49.86	0.00(M)	0.00(M)	0.00(M)	51.00 (M)	(M)
Assorted Benefit Bars, WG - LR100453 (1 ea.)	10	290.00	9.00	2.75	0.00	22.50	220.00	47.00	3.00	21.50	(M)	5.00	1.80	30.00	0.00	0.00	(M)	(M)	(M)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	20	502.44	12.23	3.60	0.00	5.55	414.11	89.89	6.62	43.79	18.91 (M)	14.00	2.57(M)	243.96 (M)	595.89 (M)	11.60 (M)	3.85(M)	434.80 (M)	24.95 (M)
Chocolate Mini Donuts, Bake Crafters, 1929, WG - LR100268 (1 pkg.)	20	320.00	16.00	9.00	0.00	20.00	260.00	42.00	3.00	17.00	(M)	5.00	2.70	40.00	400.00	0.00	(M)	(M)	(M)
Cinnamon Roll w/ Drizzle Icing, Frozen, Hadley Farms, 3751W, WG - LR100234 (1 roll.)	20	190.00	6.00	1.00	0.00	0.00	180.00	32.00	4.00	11.00	(M)	4.00	1.44	20.00	2000.00	1.20	(M)	(M)	(M)
Powdered Sugar Donuts, Bake Crafters, 1931, WG - LR100530 (1 pkg.)	15	310.00	11.00	5.00	0.00	20.00	250.00	52.00	2.00	29.00	(M)	3.00	1.30	40.00	(M)	(M)	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	25	120.00	0.00	0.00	0.00	0.00	30.00	28.00	2.00	36.00	0.00(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Assorted Fresh Fruit, F - LR100026 (1 serv.)	50	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)
Peach Cup, 4.4oz, USDA - LR100756 (1 serv.)	25	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Strawberry Cup, Diced, USDA Frozen - LR100728 (1 cup (4.5oz))	25	80.00	0.00	0.00	0.00	0.00	1.00	21.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	25	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)
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	25	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, Fat-Free White, Clover Farms, Skim - LR100725 (1 Carton)	25	83.31	0.00	0.00	0.00	4.63	120.34	12.03	0.00	11.11	(M)	7.41	0.00	277.71	462.86	1.11	(M)	(M)	(M)
22.23 HS Breakfast Menu - Day: 3																			
Category: Entrees; May Choose: 1																			
Assorted 2oz Cereal - LR100768 (1 serv.)	20	215.00	3.75	0.38	0.00	0.00	330.00	45.25	4.50	15.25	15.25	4.00	7.47	137.50	625.00	7.50	2.52	100.50	(M)

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)	Mois (g)
Assorted Bagels, MS/HS, WG - LR100501 (1 bagel)	20	294.47	1.15	0.00	0.00	0.00	378.37	61.19	4.79	8.19	0.00(M)	9.78	3.04	49.86	0.00(M)	0.00(M)	0.00(M)	51.00 (M)	(M)
Assorted Benefit Bars, WG - LR100453 (1 ea.)	10	290.00	9.00	2.75	0.00	22.50	220.00	47.00	3.00	21.50	(M)	5.00	1.80	30.00	0.00	0.00	(M)	(M)	(M)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	20	502.44	12.23	3.60	0.00	5.55	414.11	89.89	6.62	43.79	18.91 (M)	14.00	2.57(M)	243.96 (M)	595.89 (M)	11.60 (M)	3.85(M)	434.80 (M)	24.95 (M)
Chocolate Mini Donuts, Bake Crafters, 1929, WG - LR100268 (1 pkg.)	20	320.00	16.00	9.00	0.00	20.00	260.00	42.00	3.00	17.00	(M)	5.00	2.70	40.00	400.00	0.00	(M)	(M)	(M)
Cinnamon Roll w/ Drizzle Icing, Frozen, Hadley Farms, 375IW, WG - LR100234 (1 roll.)	20	190.00	6.00	1.00	0.00	0.00	180.00	32.00	4.00	11.00	(M)	4.00	1.44	20.00	2000.00	1.20	(M)	(M)	(M)
Powdered Sugar Donuts, Bake Crafters, 1931, WG - LR100530 (1 pkg.)	15	310.00	11.00	5.00	0.00	20.00	250.00	52.00	2.00	29.00	(M)	3.00	1.30	40.00	(M)	(M)	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	25	120.00	0.00	0.00	0.00	0.00	30.00	28.00	2.00	36.00	0.00(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Assorted Fresh Fruit, F - LR100026 (1 serv.)	50	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)
Peach Cup, 4.4oz, USDA - LR100756 (1 serv.)	25	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Strawberry Cup, Diced, USDA Frozen - LR100728 (1 cup (4.5oz))	25	80.00	0.00	0.00	0.00	0.00	1.00	21.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	25	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)
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	25	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, Fat-Free White, Clover Farms, Skim - LR100725 (1 Carton)	25	83.31	0.00	0.00	0.00	4.63	120.34	12.03	0.00	11.11	(M)	7.41	0.00	277.71	462.86	1.11	(M)	(M)	(M)
22.23 HS Breakfast Menu - Day: 4																			
Category: Entrees; May Choose: 1																			
Assorted 2oz Cereal - LR100768 (1 serv.)	20	215.00	3.75	0.38	0.00	0.00	330.00	45.25	4.50	15.25	15.25	4.00	7.47	137.50	625.00	7.50	2.52	100.50	(M)
Assorted Bagels, MS/HS, WG - LR100501 (1 bagel)	20	294.47	1.15	0.00	0.00	0.00	378.37	61.19	4.79	8.19	0.00(M)	9.78	3.04	49.86	0.00(M)	0.00(M)	0.00(M)	51.00 (M)	(M)

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)	Mois (g)
Assorted Benefit Bars, WG - LR100453 (1 ea.)	10	290.00	9.00	2.75	0.00	22.50	220.00	47.00	3.00	21.50	(M)	5.00	1.80	30.00	0.00	0.00	(M)	(M)	(M)
Assorted Yogurt Parfaits, MMA, WG, F - LR100502 (1 serv.)	20	502.44	12.23	3.60	0.00	5.55	414.11	89.89	6.62	43.79	18.91 (M)	14.00	2.57(M)	243.96 (M)	595.89 (M)	11.60 (M)	3.85(M)	434.80 (M)	24.95 (M)
Chocolate Mini Donuts, Bake Crafters, 1929, WG - LR100268 (1 pkg.)	20	320.00	16.00	9.00	0.00	20.00	260.00	42.00	3.00	17.00	(M)	5.00	2.70	40.00	400.00	0.00	(M)	(M)	(M)
Cinnamon Roll w/ Drizzle Icing, Frozen, Hadley Farms, 375IW, WG - LR100234 (1 roll.)	20	190.00	6.00	1.00	0.00	0.00	180.00	32.00	4.00	11.00	(M)	4.00	1.44	20.00	2000.00	1.20	(M)	(M)	(M)
Powdered Sugar Donuts, Bake Crafters, 1931, WG - LR100530 (1 pkg.)	15	310.00	11.00	5.00	0.00	20.00	250.00	52.00	2.00	29.00	(M)	3.00	1.30	40.00	(M)	(M)	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	25	120.00	0.00	0.00	0.00	0.00	30.00	28.00	2.00	36.00	0.00(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Assorted Fresh Fruit, F - LR100026 (1 serv.)	50	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)
Peach Cup, 4.4oz, USDA - LR100756 (1 serv.)	25	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Strawberry Cup, Diced, USDA Frozen - LR100728 (1 cup (4.5oz))	25	80.00	0.00	0.00	0.00	0.00	1.00	21.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	25	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)
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	25	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, Fat-Free White, Clover Farms, Skim - LR100725 (1 Carton)	25	83.31	0.00	0.00	0.00	4.63	120.34	12.03	0.00	11.11	(M)	7.41	0.00	277.71	462.86	1.11	(M)	(M)	(M)