

# Weekly - Nutrient Analysis

Menu Names: MS.22.23FALLCYCLE.mon.wk#2, MS.22.23FALLCYCLE.tues.wk#2,  
MS.22.23FALLCYCLE.wed.wk#2, MS.22.23FALLCYCLE.thurs.wk#2  
Result: **Exceeded**

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]	635.81	
Total Fat (g)		21.25	30.08
Sat Fat (g)(1)	< 10.00 % of Calories	6.07	8.59
Trans Fat (g)(2)		0.01(M)	
Chol (mg)		62.85(M)	
Sodium Target 1 (mg) (13)	< 1,360.00	1,082.39	
Sodium Target 2 (mg) (13)	< 1,035.00	1,082.39	
Carb (g)		88.83	55.88
Total Fiber (g)		8.19(M)	
Total Sugars (g)		41.26(M)	25.96
Added Sugars (g)		3.15(M)	
Protein (g)		25.95	16.32
Iron (mg)		3.74(M)	
Calcium (mg)		308.43(M)	
VitA (IU)		3,539.11(M)	
VitC (mg)		33.21(M)	
VitD (mcg)		0.41(M)	
Potassium (mg)		396.82(M)	
Mois (g)		60.32(M)	
Ash (g)		0.44(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[7.000 - 8.000]	[8.000 - 9.500](a)	
Grains	[6.500 - 8.000]	[7.500 - 11.000](a)	
Non-WGR		3.000	
WGR	>= 50.000 % of	44.500	93.68
Grain-D	<= 2.000	0.000	
Fruit	>= 2.000	[4.000 - 6.000]	
Fruit-J	<= 50.000 % of	0.000	0.00
Veg	>= 3.000	[4.250 - 6.750]	
Veg-DG	>= 0.500	2.500	
Veg-RO	>= 0.750	2.125	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	1.000	
Veg-O	>= 0.500	1.000	
Veg-X		0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-F	>= 4.000	4.000	
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	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)
<b>MS.22.23FALLCYCLE.mon. wk#2 - Day: 1</b>	275																		
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	25	502.62	18.86	3.64	0.00	55.30 (M)	1172.92	62.23	13.07	11.50	0.00(M)	30.04	6.16(M)	137.09 (M)	25278.98(M)	21.57 (M)	0.17(M)	910.20 (M)	305.95 (M)
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	50	336.39	11.07	4.88	0.00	57.47	1126.08	38.20	4.03	3.11	(M)	24.59	2.38(M)	86.16 (M)	11.29 (M)	0.06(M)	0.00(M)	3.17(M)	2.15(M)
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	25	579.63	12.71	3.63	0.00	5.55	576.15	107.57	7.15	52.60	34.66 (M)	15.62	3.02(M)	259.20 (M)	220.80 (M)	10.13 (M)	3.34(M)	487.12 (M)	24.10 (M)
Dominos, 14" Whole Grain, Cheese - LR100748 (1 slice)	75	330.00	13.00	7.00	0.00	40.00	820.00	37.00	4.00	3.00	0.00(M)	16.00	1.80	350.00	500.00	12.00	0.00(M)	0.00(M)	(M)
Dominos, 14" Whole Grain, Pepperoni - LR100747 (1 slice)	50	330.00	13.00	6.00	0.00	50.00	950.00	37.00	4.00	3.00	0.00(M)	18.00	2.70	300.00	500.00	9.00	0.00(M)	0.00(M)	(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, MMA, WGR - LR100703 (1 sandwich)	50	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	0.00(M)	18.00	2.70	60.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Category: Vegetables; May Choose: 2</b>																			
Baby Carrots w/ Ranch Dip, VRO, 0.5C - LR100279 (1 serv.)	100	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)
Celery Sticks w/ Ranch, VO - LR100280 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Fruits; May Choose: 2</b>																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	75	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.)	75	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)
Strawberry Cup, Diced, USDA Frozen - LR100728 (1 cup (4.5oz))	75	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)
<b>Category: Milk; May Choose: 1</b>																			
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	50	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)	50	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)

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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)	Moisture (g)
Milk, Fat-Free White, Clover Farms, Skim - LR100725 (1 Carton)	50	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)
<b>MS.22.23FALLCYCLE.tues. wk#2 - Day: 2</b>	275																		
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	25	502.62	18.86	3.64	0.00	55.30 (M)	1172.92	62.23	13.07	11.50	0.00(M)	30.04	6.16(M)	137.09 (M)	25278.98(M)	21.57 (M)	0.17(M)	910.20 (M)	305.95 (M)
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	50	336.39	11.07	4.88	0.00	57.47	1126.08	38.20	4.03	3.11	(M)	24.59	2.38(M)	86.16 (M)	11.29 (M)	0.06(M)	0.00(M)	3.17(M)	2.15(M)
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	25	579.63	12.71	3.63	0.00	5.55	576.15	107.57	7.15	52.60	34.66 (M)	15.62	3.02(M)	259.20 (M)	220.80 (M)	10.13 (M)	3.34(M)	487.12 (M)	24.10 (M)
Nachos Grande w/ Salsa, MMA, WG, VRO - LR100441 (1 serv.)	125	475.29	24.56	8.37	0.00	60.00	1292.26	46.49	2.90	5.97	0.00(M)	19.43	6.17	204.65	419.82 (M)	37.13 (M)	0.00	961.62	5.39(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, MMA, WGR - LR100703 (1 sandwich)	50	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	0.00(M)	18.00	2.70	60.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Category: Vegetables; May Choose: 2</b>																			
Chick Peas w/ Salsa, 0.5C WBP, 0.25C VRO - LR100407 (1 serv.)	100	150.00	2.00	0.00	0.00	0.00	280.00	25.00	4.00	6.00	(M)	5.00	2.00(M)	0.00(M)	180.00 (M)	18.00 (M)	0.00(M)	159.80 (M)	(M)
Green Beans, Raw, VO, 0.5C - LR100706 (1/2 c.)	100	20.58	0.10	0.02	0.00	0.00	1.96	3.70	1.27	1.96	(M)	1.37	1.02	21.07	532.63	29.40	0.00	98.00	43.56
<b>Category: Fruits; May Choose: 2</b>																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	75	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 100% Fruit Juice, F - LR100036 (4 fl. oz.)	75	65.66	0.00	0.00	0.00	0.00	4.94	15.11	0.00	13.77	(M)	0.00	0.00	0.00	0.00(M)	13.87	(M)	32.60 (M)	(M)
Assorted Fresh Fruit, F - LR100026 (1 serv.)	75	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)
<b>Category: Milk; May Choose: 1</b>																			
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	50	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)	50	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)

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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)
Milk, Fat-Free White, Clover Farms, Skim - LR100725 (1 Carton)	50	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)
<b>MS.22.23FALLCYCLE.wed. wk#2 - Day: 3</b>	275																		
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	25	502.62	18.86	3.64	0.00	55.30 (M)	1172.92	62.23	13.07	11.50	0.00(M)	30.04	6.16(M)	137.09 (M)	25278.98(M)	21.57 (M)	0.17(M)	910.20 (M)	305.95 (M)
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	50	336.39	11.07	4.88	0.00	57.47	1126.08	38.20	4.03	3.11	(M)	24.59	2.38(M)	86.16 (M)	11.29 (M)	0.06(M)	0.00(M)	3.17(M)	2.15(M)
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	25	579.63	12.71	3.63	0.00	5.55	576.15	107.57	7.15	52.60	34.66 (M)	15.62	3.02(M)	259.20 (M)	220.80 (M)	10.13 (M)	3.34(M)	487.12 (M)	24.10 (M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, MMA, WGR - LR100703 (1 sandwich)	50	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	0.00(M)	18.00	2.70	60.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Subway Ham & American Cheese, 6" Multi Grain, Includes Lettuce, Tomatoes, Cucumbers - LR100744 (1 serv.)	50	360.00	10.00	5.00	0.00	55.00	1350.00	42.00	4.00	7.00	0.00	24.00	2.70	100.00	1000.00	3.60	(M)	(M)	(M)
Subway Turkey & American Cheese, 6" Multi Grain, Includes Lettuce, Tomatoes, Cucumbers - LR100743 (1 serv.)	75	340.00	10.00	5.00	0.00	50.00	1170.00	41.00	4.00	5.00	0.00	23.00	1.80	100.00	1000.00	3.60	(M)	(M)	(M)
<b>Category: Vegetables; May Choose: 2</b>																			
Corn Salad, VS, 0.5C - LR100581 (1 serv.)	100	83.47	2.09	0.30	0.00(M)	0.00	1.84	16.78	2.33	0.61(M)	0.00(M)	2.27	0.47	3.82	442.57	16.84	0.00(M)	41.72 (M)	18.64 (M)
Garlicky Roasted Broccoli, VDG, 0.5C - LR100599 (1 serv.)	100	65.40	3.86	0.36	0.00	0.00(M)	31.93	6.42	2.52(M)	1.65(M)	(M)	2.73	0.71(M)	45.48 (M)	602.85 (M)	86.32 (M)	0.00(M)	305.78 (M)	86.41 (M)
<b>Category: Fruits; May Choose: 2</b>																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	75	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.)	75	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)
Strawberry Cup, Diced, USDA Frozen - LR100728 (1 cup (4.5oz))	75	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)
<b>Category: Milk; May Choose: 1</b>																			

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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)	Moisture (g)
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	50	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 )	50	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)	50	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)
<b>MS.22.23FALLCYCLE.thurs .wk#2 - Day: 4</b>	275																		
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Entree Salads, MMA, WG, VDG, VRO - LR100535 (1 salad)	25	502.62	18.86	3.64	0.00	55.30 (M)	1172.92	62.23	13.07	11.50	0.00(M)	30.04	6.16(M)	137.09 (M)	25278.98(M)	21.57 (M)	0.17(M)	910.20 (M)	305.95 (M)
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	50	336.39	11.07	4.88	0.00	57.47	1126.08	38.20	4.03	3.11	(M)	24.59	2.38(M)	86.16 (M)	11.29 (M)	0.06(M)	0.00(M)	3.17(M)	2.15(M)
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	25	579.63	12.71	3.63	0.00	5.55	576.15	107.57	7.15	52.60	34.66 (M)	15.62	3.02(M)	259.20 (M)	220.80 (M)	10.13 (M)	3.34(M)	487.12 (M)	24.10 (M)
French Toast Sticks & Egg Patty, 2MMA, 2WG - LR100746 (1 serv.)	125	412.17	17.02	4.00	0.00(M)	200.00	562.01	51.70	3.00	9.00(M)	0.00(M)	12.00	2.55	74.98	22.00 (M)	0.00(M)	0.80(M)	0.00(M)	5.93(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, MMA, WGR - LR100703 (1 sandwich)	50	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	0.00(M)	18.00	2.70	60.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Category: Vegetables; May Choose: 2</b>																			
Grape Tomatoes w/ Ranch Dip, VRO 0.5C - LR100371 (1 serv.)	100	47.05	2.89	0.47	0.04(M)	0.67	148.51	4.81	1.08	2.47	(M)	0.62	0.21	7.24	638.00	9.80	(M)	(M)	0.00(M)
Oven Baked Fries, V-S. 0.5C - LR100642 (1 c.)	100	200.00	7.00	0.00	0.00	0.00	260.00	34.00	2.00	0.00	0.00	4.00	0.72	0.00	0.00	7.20	0.00	519.82	(M)
<b>Category: Fruits; May Choose: 2</b>																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	75	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 100% Fruit Juice, F - LR100036 (4 fl. oz.)	75	65.66	0.00	0.00	0.00	0.00	4.94	15.11	0.00	13.77	(M)	0.00	0.00	0.00	0.00(M)	13.87	(M)	32.60 (M)	(M)
Assorted Fresh Fruit, F - LR100026 (1 serv.)	75	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)
<b>Category: Milk; May Choose: 1</b>																			
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	50	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)

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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)	Moisture (g)
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	50	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)	50	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)