

Weekly - Nutrient Analysis

Menu Names: ELEM22.23FALLCYCLE.mon.wk#1 :102412, ELEM22.23FALLCYCLE.tues.wk#1 :102412, ELEM22.23FALLCYCLE.wed.wk#1 :102412, ELEM22.23FALLCYCLE.thurs.wk#1 :102412, ELEM22.23FALLCYCLE.fri.wk#1 :102412
 Result: **Exceeded**

Meal Pattern: [USDA]Meal Pattern SY 2014
 Meal Type: Lunch
 Serving Group: K-5
 Site Group: Elementary School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[550.00 - 650.00]	640.56	
Total Fat (g)		19.16	26.92
Sat Fat (g)(1)	< 10.00 % of Calories	6.70	9.41
Trans Fat (g)(2)		0.02(M)	
Chol (mg)		72.39	
Sodium Target 1 (mg) (1)	<= 1,230.00	1,031.20	
Sodium Target 1A (mg) (14)	<= 1,110.00	1,031.20	
Sodium Target 2 (mg) (13)	<= 935.00	1,031.20	
Carb (g)		89.27	55.74
Total Fiber (g)		8.50	
Total Sugars (g)		46.61	29.10
Added Sugars (g)		7.11(M)	
Protein (g)		25.75	16.08
Iron (mg)		2.99(M)	
Calcium (mg)		391.87(M)	
VitA (IU)		3,637.14(M)	
VitC (mg)		27.86(M)	
VitD (mcg)		0.73(M)	
Potassium (mg)		526.74(M)	
Mois (g)		72.24(M)	
Ash (g)		0.96(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[8.000 - 10.000]	[10.000 - 12.000](a)	
Grains	[8.000 - 9.000]	[9.750 - 11.500](a)	
Non-WGR		0.000	
WGR	>= 80.000 % of	31.250	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 2.500	[5.000 - 7.500]	
Fruit-J	<= 50.000 % of	0.000	0.00
Veg	>= 3.750	[5.625 - 7.125]	
Veg-DG	>= 0.500	1.000	
Veg-RO	>= 0.750	3.125	
Veg-BP	>= 0.500	1.000	
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	>= 5.000	5.000	
MILK-V		Pass	

Legend

(M) Indicates missing nutrient values.

- Standard Value is the daily average requirement for a school week.
- Trans Fat is provided for informational purposes, not for monitoring purposes.
- 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.

Weekly - Nutrient Analysis

4 Sodium Target 1A will be marked in orange if exceeded prior to the effective date of July 1, 2023 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	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)
ELEM22.23FALLCYCLE.mon.wk#1 :102412 - Day: 1	250																		
Category: Entrees; May Choose: 1																			
Apple & Peanut Butter Power Pack - LR100698 (1 pkg.)	75	410.27	13.77	4.39	0.04(M)	187.17	460.61	38.59	4.88	19.71	0.00(M)	12.88	1.89	60.85	5240.82 (M)	26.99 (M)	1.10(M)	63.00 (M)	37.31 (M)
Individual Pizza, IW, Tony's, WG - LR100713 (1 serv.)	150	310.00	13.00	6.00	0.00	30.00	440.00	31.00	3.00	9.00	0.00(M)	16.00	2.10	280.00	328.00	0.00	0.00	440.00	77.80
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	25	470.00	24.00	8.50	0.00	20.00	680.00	48.00	6.00	14.00	13.00 (M)	18.00	1.80(M)	73.00 (M)	0.00(M)	0.00(M)	0.00(M)	348.00 (M)	0.00(M)
Category: Vegetables; May Choose: 2																			
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)
Broccoli Florets w/ Ranch, VDG, 0.5C - LR100275 (1 serv.)	100	48.75	3.06	0.52	0.04	0.67	159.95	4.77	1.24	1.20	(M)	1.39	0.35	23.52	283.88	40.60	0.00(M)	143.78 (M)	40.63 (M)
Category: Fruits; May Choose: 2																			
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)
Category: Milk; May Choose: 1																			
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)
ELEM22.23FALLCYCLE.tue s.wk#1 :102412 - Day: 2	250																		
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 Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	100	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)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	25	470.00	24.00	8.50	0.00	20.00	680.00	48.00	6.00	14.00	13.00 (M)	18.00	1.80(M)	73.00 (M)	0.00(M)	0.00(M)	0.00(M)	348.00 (M)	0.00(M)
Taco Salad , HS, MMA, WG - LR100594 (1 serv.)	125	574.54	23.98	8.91	0.00	104.94	2209.14	60.28	10.94	10.11	0.00(M)	33.20	1.75(M)	383.53 (M)	421.42 (M)	5.61(M)	0.00(M)	912.32 (M)	98.37 (M)
Category: Vegetables; May Choose: 2																			
Red Pepper Strips w/ Dip, VRO, 0.5C - LR100299 (1 serv.)	100	45.24	3.02	0.50	0.04	0.67	146.78	4.52	1.02	2.36	(M)	0.56	0.22	5.36	1440.68	58.75	0.00(M)	97.06 (M)	42.42 (M)
Zesty Fiesta Beans, VBP, VRO - LR100331 (1 serv.)	100	120.00	0.00	0.00	0.00	0.00	200.00	22.00	5.00	1.99	(M)	7.00	2.80	60.00	90.00	9.00	0.00(M)	79.90 (M)	(M)
Category: Fruits; May Choose: 2																			
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)	(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)
Category: Milk; May Choose: 1																			
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)	(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)	(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)	(M)
ELEM22.23FALLCYCLE.week#1 :102412 - Day: 3	250																		
Category: Entrees; May Choose: 1																			
Apple & Peanut Butter Power Pack - LR100698 (1 pkg.)	75	410.27	13.77	4.39	0.04(M)	187.17	460.61	38.59	4.88	19.71	0.00(M)	12.88	1.89	60.85	5240.82 (M)	26.99 (M)	1.10(M)	63.00 (M)	37.31 (M)
Meatball Sub w/ Marinara & Cheese, MMA, WG, VRO - LR100469 (1 sandwich)	125	427.08	15.16	5.40	0.00(M)	41.20	1146.68	46.09	5.10	6.03	0.00(M)	26.15	4.49(M)	126.14 (M)	280.72 (M)	4.69(M)	0.00(M)	352.67 (M)	2.63(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)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	50	470.00	24.00	8.50	0.00	20.00	680.00	48.00	6.00	14.00	13.00 (M)	18.00	1.80(M)	73.00 (M)	0.00(M)	0.00(M)	0.00(M)	348.00 (M)	0.00(M)
Category: Vegetables; May Choose: 2																			
Cucumber Slices w/ Ranch, 0.5C - VO - LR100298 (1 serv.)	100	41.08	2.94	0.49	0.04	0.67	145.98	3.63	0.32	1.30	(M)	0.45	0.17	10.46	55.02	1.47	0.00(M)	76.44 (M)	49.52 (M)
Garden Side Salad, 1C-VDG, 0.5C-VRO - LR100014 (1 salad)	100	108.41	6.58	1.08	0.00(M)	5.00	127.26	12.09	4.92	4.51	(M)	2.61	1.81(M)	68.45 (M)	20278.78(M)	13.40 (M)	0.00(M)	517.01 (M)	187.06 (M)
Category: Fruits; May Choose: 2																			
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)
Category: Milk; May Choose: 1																			
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)
ELEM22.23FALLCYCLE.thurs.wk#1 :102412 - Day: 4	250																		
Category: Entrees; May Choose: 1																			
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	100	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)
Hamburger on Roll, ELEM, MMA, WG - LR100049 (1 sandwich)	125	310.00	13.50	5.00	0.00	60.00	520.00	25.00	3.00	1.00	(M)	22.00	2.88	26.00	0.00(M)	0.00(M)	(M)	(M)	(M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	25	470.00	24.00	8.50	0.00	20.00	680.00	48.00	6.00	14.00	13.00 (M)	18.00	1.80(M)	73.00 (M)	0.00(M)	0.00(M)	0.00(M)	348.00 (M)	0.00(M)
Category: Vegetables; May Choose: 2																			
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)

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)
Roasted Ranch Chick Peas, VBP - LR100420 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
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)
Category: Milk; May Choose: 1																			
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)
ELEM22.23FALLCYCLE.fri. wk#1 :102412 - Day: 5	250																		
Category: Entrees; May Choose: 1																			
Apple & Peanut Butter Power Pack - LR100698 (1 pkg.)	75	410.27	13.77	4.39	0.04(M)	187.17	460.61	38.59	4.88	19.71	0.00(M)	12.88	1.89	60.85	5240.82 (M)	26.99 (M)	1.10(M)	63.00 (M)	37.31 (M)
LOL Mac & Cheese w/ Goldfish Crackers, MMA, WG - LR100278 (1 serv.)	150	394.50	14.67	6.59	0.00	30.46	1165.19	45.48	3.03	6.09	0.00	19.26	1.72	445.49	112.72 (M)	0.00(M)	0.00	273.25	(M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	25	470.00	24.00	8.50	0.00	20.00	680.00	48.00	6.00	14.00	13.00 (M)	18.00	1.80(M)	73.00 (M)	0.00(M)	0.00(M)	0.00(M)	348.00 (M)	0.00(M)
Category: Vegetables; May Choose: 2																			
Cauliflower & Cucumber Dippers w/ Ranch, 0.5 C - VO - LR100282 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Steamed Corn, VS, 0.5C - LR100615 (1/2 c.)	100	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)
Category: Fruits; May Choose: 2																			
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)

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)
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)
Category: Milk; May Choose: 1																			
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)