

# Weekly - Nutrient Analysis

Menu Names: ELEM22.23FALLCYCLE.mon.wk#4 :102424, ELEM22.23FALLCYCLE.tues.wk#4 :102424, ELEM22.23FALLCYCLE.wed.wk#4 :102424, ELEM22.23FALLCYCLE.thurs.wk#4 :102424, ELEM22.23FALLCYCLE.fri.wk#4 :102424  
 Result: **Fail**

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

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[550.00 - 650.00]	671.39	
Total Fat (g)		18.16	24.34
Sat Fat (g)(1)	< 10.00 % of Calories	5.89	7.90
Trans Fat (g)(2)		0.01(M)	
Chol (mg)		62.80	
Sodium Target 1 (mg) (1)	<= 1,230.00	958.48	
Sodium Target 1A (mg) (1)	<= 1,110.00	958.48	
Carb (g)		104.22	62.09
Total Fiber (g)		9.89	
Total Sugars (g)		54.72(M)	32.60
Added Sugars (g)		9.03(M)	
Protein (g)		24.86	14.81
Iron (mg)		3.78(M)	
Calcium (mg)		327.54(M)	
VitA (IU)		2,690.91(M)	
VitC (mg)		45.51(M)	
VitD (mcg)		0.62(M)	
Potassium (mg)		507.09(M)	
Mois (g)		47.36(M)	
Ash (g)		0.38(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[8.000 - 10.000]	[9.000 - 10.000]	
Grains	[8.000 - 9.000]	[9.750 - 14.500](a)	
Non-WGR		0.000	
WGR	>= 80.000 % of	37.250	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	[5.750 - 7.250]	
Veg-DG	>= 0.500	1.000	
Veg-RO	>= 0.750	3.250	
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.

1 Standard Value is the daily average requirement for a school week.

2 Trans Fat is provided for informational purposes, not for monitoring purposes.

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)	Mois (g)	
<b>ELEM22.23FALLCYCLE.mon.wk#4 :102424 - Day: 1</b>	250																			
<b>Category: Entrees; May Choose: 1</b>																				
Cheese Quesadilla w/ Marinara Sauce, MMA, WG, VRO - LR100321 (1 serv.)	75	350.00	11.50	3.00	0.00	10.00	1060.00	47.00	6.00	8.00	(M)	18.00	3.90	341.00	0.00(M)	0.00(M)	0.00	536.05	(M)	
Chicken & Cheese Quesadilla w/ Marinara Sauce, MMA, WG, VRO - LR100486 (1 serv.)	75	330.00	9.50	2.00	0.00	15.00	1050.00	46.00	6.00	8.00	(M)	19.00	3.90	271.00	0.00(M)	0.00(M)	0.00	516.05	(M)	
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	75	401.28	16.10	7.07	0.00	45.34	1053.37	44.49	7.00	13.00	1.00(M)	20.11	2.32(M)	48.97 (M)	426.43 (M)	108.60 (M)	0.50(M)	381.18 (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)	
<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)	(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)	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)	
Peach Cup, 4.4oz, USDA - LR100756 (1 serv.)	75	180.00	0.00	0.00	0.00	0.00	0.00	42.00	4.00	38.00	0.00(M)	2.00	(M)	(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)	
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>ELEM22.23FALLCYCLE.tue.s.wk#4 :102424 - Day: 2</b>	250																			
<b>Category: Entrees; 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)	Mois (g)
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	100	579.57	12.71	3.63	0.00	5.55	576.00	107.56	7.15	53.59	34.66 (M)	15.62	3.09(M)	275.85 (M)	220.80 (M)	10.13 (M)	3.34(M)	607.03 (M)	24.10 (M)
Chicken Tenders w/ Roll, MMA, WG - LR100316 (1 serv.)	100	291.00	11.30	2.00	0.00	52.00	510.00	26.00	3.40	1.00	(M)	23.00	2.16	26.00	0.00(M)	3.00(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)
<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>																			
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)
Peach Cup, 4.4oz, USDA - LR100756 (1 serv.)	75	180.00	0.00	0.00	0.00	0.00	0.00	42.00	4.00	38.00	0.00(M)	2.00	(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)
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>ELEM22.23FALLCYCLE.week#4 :102424 - Day: 3</b>	250																		
<b>Category: Entrees; May Choose: 1</b>																			
Chicken Alfredo w/ Garlic Knot, ELEM, MMA, WG - LR100349 (1 serv.)	150	498.56	19.41	9.15	0.00	82.17	982.00	54.36	6.46	4.16	(M)	29.08	3.66	217.88	0.00(M)	0.00(M)	(M)	(M)	(M)
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	75	401.28	16.10	7.07	0.00	45.34	1053.37	44.49	7.00	13.00	1.00(M)	20.11	2.32(M)	48.97 (M)	426.43 (M)	108.60 (M)	0.50(M)	381.18 (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)

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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: 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	31.93	6.42	2.52	1.65	0.00(M)	2.73	0.71	45.48	602.85	86.32	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)
Peach Cup, 4.4oz, USDA - LR100756 (1 serv.)	75	180.00	0.00	0.00	0.00	0.00	0.00	42.00	4.00	38.00	0.00(M)	2.00	(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)
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>ELEM22.23FALLCYCLE.thu rs.wk#4 :102424 - Day: 4</b>	250																		
<b>Category: Entrees; May Choose: 1</b>																			
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	100	579.57	12.71	3.63	0.00	5.55	576.00	107.56	7.15	53.59	34.66 (M)	15.62	3.09(M)	275.85 (M)	220.80 (M)	10.13 (M)	3.34(M)	607.03 (M)	24.10 (M)
Mini pancakes with an egg patty & maple syrup - LR100751 (1 serv.)	250	400.00	12.00	2.50	0.00	135.00	430.00	67.00	4.00	30.00	10.00 (M)	7.00	3.60(M)	60.00 (M)	0.00(M)	0.00(M)	0.00(M)	140.06 (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)
<b>Category: Vegetables; May Choose: 2</b>																			
Baked Beans, Low Sodium Bush's Vegetarian - LR100757 (1 serv.)	100	140.00	0.00	0.00	0.00	0.00	370.00	30.00	5.00	12.00	(M)	5.00	1.80	40.00	0.00	0.00	(M)	270.00	(M)
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)
<b>Category: Fruits; May Choose: 2</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)	Mois (g)
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)
Peach Cup, 4.4oz, USDA - LR100756 (1 serv.)	75	180.00	0.00	0.00	0.00	0.00	0.00	42.00	4.00	38.00	0.00(M)	2.00	(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)
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>ELEM22.23FALLCYCLE.fri. wk#4 :102424 - Day: 5</b>	250																		
<b>Category: Entrees; May Choose: 1</b>																			
Hot Dog on Roll, ELEM/MS, MMA, WG - LR100104 (1 sandwich)	75	240.00	11.50	5.00	0.00	30.00	560.00	23.00	2.00	1.00	(M)	10.00	2.52	26.00	100.00 (M)	0.00(M)	(M)	(M)	(M)
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	75	401.28	16.10	7.07	0.00	45.34	1053.37	44.49	7.00	13.00	1.00(M)	20.11	2.32(M)	48.97 (M)	426.43 (M)	108.60 (M)	0.50(M)	381.18 (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)
<b>Category: Vegetables; May Choose: 2</b>																			
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)
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 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)
Peach Cup, 4.4oz, USDA - LR100756 (1 serv.)	75	180.00	0.00	0.00	0.00	0.00	0.00	42.00	4.00	38.00	0.00(M)	2.00	(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, 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)