

# Menu Cycle Week Nutrient Analysis

Menu Cycle: Lunch Satellite High School 9 - 12 2016-2017  
 Week: 1  
 Result: Pass

Meal Pattern: [USDA]Meal Pattern SY 2014-2017  
 Meal Type: Lunch  
 Serving Group: 9-12  
 Site Group: High School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
FE (Kcal)(1)	[750.00 - 850.00]	846.50	
Fat (g)		21.92	23.30
Sfat (g)(1)	< 10.00 % of Calories	6.30	6.70
TFat (g)(2)		0.00	
Chol (mg)		42.58(M)	
Na (mg)(1)	< 1,420.00	1,377.94	
Carb (g)		132.26	62.50
TDF (g)		17.21(M)	
Sugars (g)		54.78(M)	25.88
Pro (g)		31.10	14.70
Fe (mg)		5.75	
Ca (mg)		595.70(M)	
A,IU		14,016.12(M)	
VitC (mg)		121.09	
Mois (g)		91.24(M)	
Ash (g)		0.65(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 5.000	5.500	
Veg	>= 5.000	6.625	
Veg-DG	>= 0.500	0.500	
Veg-RO	>= 1.250	2.875	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	1.500	
Veg-O	>= 0.750	1.250	
Grains	[10.000 - 12.000]	11.000	
Non-WGR		0.000	
WGR	>= 100.000 % of	11.000	100.00
Meat/MA	[10.000 - 12.000]	10.000	
MILK-F	>= 5.000	5.000	
Fruit-J	<= 50.000 % of	0.000	0.00
Grain-D	<= 2.000	0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-V		Pass	

**Legend**

(M) Indicates missing 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.

Menu Item (Serving Size)	Plan Qty	FE (Kcal) (1)	Fat (g)	Sfat (g) (1)	TFat (g)(2)	Chol (mg)	Na (mg) (1)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>29193: 29188: 28826: B - Lunch Satellite High 9 - 12 2016-2017.. Week 1 Day 1 - Day: 1</b>	2000																
<b>Category: Entrees; Choose: 1</b>																	

# Menu Cycle Week Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	FE (Kcal) (1)	Fat (g)	Sfat (g) (1)	TFat (g)(2)	Chol (mg)	Na (mg) (1)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Turkey Pepperoni Sandwich, MMA, WG, VRO - LR1013 (1 sandwich)	2,000	300.00	12.00	5.00	0.00	45.00	830.00	32.00	3.00	8.00	17.00	2.70	200.00	400.00	0.00	(M)	(M)
<b>Category: Vegetables; Choose: 3</b>																	
Baby Carrots, VRO - LR1103 (2 pkg.)	4,000	60.00	0.00	0.00	0.00	0.00	110.00	14.00	4.00	10.00	0.00	0.00	0.00	10000.00	12.00	(M)	(M)
Hummus - Cups 3 oz - LR1160 (1 ea.)	2,000	120.00	3.50	0.00	0.00	0.00	90.00	18.00	5.00	3.00	5.00	1.80	40.00	0.00	0.00	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	
Apple Wedges, F - LR1016 (1 pouch)	2,000	30.00	0.00	0.00	0.00	0.00	0.00	8.00	2.00	8.00	0.00	0.18	0.00	50.00	72.00	(M)	(M)
Fresh Fruit Combo, F - LR1005 (1/2 c.)	2,000	82.87	0.12	0.12	(M)	0.00	0.82	20.73	2.99	(M)	0.82	0.25	23.22	158.03	30.69	(M)	(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Lunch - LR1036 (1 Carton)	2,000	115.83	0.21	0.13	0.00	5.58	167.92	19.50	0.00	18.67	8.00	0.90	300.00	500.00	0.00	(M)	(M)
<b>29193: 29188: 28826: B - Lunch Satellite High 9 - 12 2016-2017.. Week 1 Day 2 - Day: 2</b>	2000																
<b>Category: Entrees; Choose: 1</b>																	
Meatloaf with Mashed Potatoes - W - LR1304 (1 Container)	2,000	340.00	19.00	7.00	0.00	50.00	480.00	26.00	2.00	3.00	16.00	2.70	80.00	300.00	36.00	(M)	(M)
<b>Category: Grains; Choose: 2</b>																	
Crisps Cinnamon - 1 G/B - LR1274 (1 Bag)	2,000	150.00	5.00	0.50	0.00	0.00	140.00	25.00	2.00	9.00	3.00	0.72	0.00	0.00	0.00	(M)	(M)
Wheat Cluster Roll - LR1311 (1 roll.)	2,000	90.00	1.00	0.00	0.00	0.00	170.00	18.00	2.00	1.00	3.00	1.08	40.00	0.00	0.00	(M)	(M)
<b>Category: Vegetables; Choose: 1</b>																	
Carrots, Baby w/Dip Bulk, Veg-RO - SR106424 (3 oz.)	2,000	59.12	0.11	0.02	0.00	0.00	436.24	14.67	3.47	2.84(M)	0.55	0.79	46.59	12027.49	2.31	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	
Bananas, raw - SR105089 (1 medium (7"))	2,000	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
Fresh Fruit Combo, F - LR1005 (1/2 c.)	2,000	82.87	0.12	0.12	(M)	0.00	0.82	20.73	2.99	(M)	0.82	0.25	23.22	158.03	30.69	(M)	(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Lunch - LR1036 (1 Carton)	2,000	115.83	0.21	0.13	0.00	5.58	167.92	19.50	0.00	18.67	8.00	0.90	300.00	500.00	0.00	(M)	(M)
<b>29193: 29188: 28826: B - Lunch Satellite High 9 - 12 2016-2017.. Week 1 Day 3 - Day: 3</b>	2000																

# Menu Cycle Week Nutrient Analysis

Generated 08/30/2016 03:26:55 PM by Maria Hornsteiner

Menu Item (Serving Size)	Plan Qty	FE (Kcal) (1)	Fat (g)	Sfat (g) (1)	TFat (g)(2)	Chol (mg)	Na (mg) (1)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Category: Entrees; Choose: 1</b>																	
Chicken,Turkey Ham and Cheese Sandwich Wedge - LR1156 (1 ea.)	2,000	300.00	9.00	3.50	0.00	40.00	870.00	27.00	5.00	3.00	21.00	1.80	250.00	200.00	0.00	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Baby Carrots, VRO - LR1103 (1 pkg.)	2,000	30.00	0.00	0.00	0.00	0.00	55.00	7.00	2.00	5.00	0.00	0.00	0.00	5000.00	6.00	(M)	(M)
Salad recipe for Satellites 2016/2017 w other vegetables - LR1259 (2 3/4 c.)	2,000	56.89	0.59	0.08	0.00	0.00	47.70	11.59	5.57	4.51	3.40	2.38	87.05	18108.26	41.58	185.25 (M)	1.51(M)
<b>Category: Fruits; Choose: 2</b>																	
Fresh Fruit Combo, F - LR1005 (1/2 c.)	2,000	82.87	0.12	0.12	(M)	0.00	0.82	20.73	2.99	(M)	0.82	0.25	23.22	158.03	30.69	(M)	(M)
Variety Applesauce 4.5 ounce Serving Cup - LR1329 (1 c.)	2,000	60.00	0.00	0.00	0.00	0.00	24.25	15.25	1.50	12.75	0.00	0.00	0.00	0.00	60.00	(M)	(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Lunch - LR1036 (1 Carton)	2,000	115.83	0.21	0.13	0.00	5.58	167.92	19.50	0.00	18.67	8.00	0.90	300.00	500.00	0.00	(M)	(M)
<b>Category: Condiments; Choose: 2</b>																	
Dressing, Ranch Light 12 g - Americana - LR1164 (1 ea.)	2,000	20.00	1.00	0.00	0.00	0.00	115.00	3.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mayonnaise, SS Packet, 12 gram, Heinz, 531700 - SR100709 (1 individual)	2,000	80.00	9.00	1.50	0.00	5.00	65.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
<b>29193: 29188: 28826: B - Lunch Satellite High 9 - 12 2016-2017.. Week 1 Day 4 - Day: 4</b>	2000																
<b>Category: Entrees; Choose: 1</b>																	
Witson's Chicken Nuggets with Potato Puffs - LR1239 (1 unit)	2,000	380.00	21.00	5.00	0.00	25.00	930.00	33.00	5.00	0.00	13.00	1.80	80.00	0.00	4.80	(M)	(M)
<b>Category: Grains; Choose: 1</b>																	
Chocolate Chip Oatmeal Bar - 1 GB - LR1275 (1 Bar)	2,000	150.00	5.00	1.00	0.00	0.00	105.00	24.00	2.00	8.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
<b>Category: Vegetables; Choose: 1</b>																	
Baby Carrots, VRO - LR1103 (1 pkg.)	2,000	30.00	0.00	0.00	0.00	0.00	55.00	7.00	2.00	5.00	0.00	0.00	0.00	5000.00	6.00	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	
Fresh Fruit Combo, F - LR1005 (1/2 c.)	2,000	82.87	0.12	0.12	(M)	0.00	0.82	20.73	2.99	(M)	0.82	0.25	23.22	158.03	30.69	(M)	(M)
Pineapple, raw, all varieties - SR105253 (1 cup, chunk)	2,000	82.50	0.20	0.01	0.00	0.00	1.65	21.65	2.31	16.25	0.89	0.48	21.45	95.70	78.87	141.90	0.36

# Menu Cycle Week Nutrient Analysis

Generated 08/30/2016 03:26:55 PM by Maria Hornsteiner

Menu Item (Serving Size)	Plan Qty	FE (Kcal) (1)	Fat (g)	Sfat (g) (1)	TFat (g)(2)	Chol (mg)	Na (mg) (1)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Category: Milk; Choose: 1</b>																	
Milk, Lunch - LR1036 (1 Carton)	2,000	115.83	0.21	0.13	0.00	5.58	167.92	19.50	0.00	18.67	8.00	0.90	300.00	500.00	0.00	(M)	(M)
<b>Category: Condiments; Choose: 2</b>																	
BBQ, Sauce 250/1 oz Cups, Red Gold, REDOA1Z - LR1054 (1 Tbsp.)	2,000	30.00	1.00	0.00	0.00	(M)	160.00	7.00	(M)	6.00	0.00	0.18	(M)	50.00	1.20	(M)	(M)
Ketchup, LS Packet, Red Gold - LR1055 (2 ea.)	2,000	20.00	0.00	0.00	0.00	0.00	50.00	4.00	0.00	4.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
<b>29193: 29188: 28826: B - Lunch Satellite High 9 -12 2016-2017.. Week 1 Day 5 - Day: 5</b>	2000																
<b>Category: Entrees; Choose: 1</b>																	
Pizza Dippers w/ Marinara, MMA, WG, VRO - LR1019 (1 serv.)	2,000	320.00	12.00	5.00	0.00	20.00	920.00	36.00	5.00	11.00	17.00	2.52	350.00	200.00 (M)	2.40	(M)	(M)
<b>Category: Grains; Choose: 1</b>																	
Disney Cinnamon Graham Snacks - Kellogs - LR1312 (1 Bag)	2,000	140.00	4.50	1.50	0.00	0.00	110.00	22.00	2.00	8.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
<b>Category: Vegetables; Choose: 3</b>																	
Baby Carrots, VRO - LR1103 (1 pkg.)	2,000	30.00	0.00	0.00	0.00	0.00	55.00	7.00	2.00	5.00	0.00	0.00	0.00	5000.00	6.00	(M)	(M)
Broccoli, raw - SR105147 (1/2 cup choppe)	2,000	15.47	0.17	0.02	0.00	0.00	15.02	3.02	1.18	0.77	1.28	0.33	21.39	283.46	40.59	40.63	0.40
Hummus - 3 oz - LR1247 (1 c.)	2,000	120.00	3.50	0.00	0.00	0.00	90.00	18.00	5.00	3.00	5.00	1.80	40.00	0.00	0.00	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	
Fresh Fruit Combo, F - LR1005 (1/2 c.)	2,000	82.87	0.12	0.12	(M)	0.00	0.82	20.73	2.99	(M)	0.82	0.25	23.22	158.03	30.69	(M)	(M)
Juice Fruit Variety - Fridays - LR1272 (1 Box)	2,000	60.00	0.00	0.00	0.00	0.00	10.00	17.00	0.00	17.00	0.00	0.00	100.00	0.00	60.00	(M)	(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Lunch - LR1036 (1 Carton)	2,000	115.83	0.21	0.13	0.00	5.58	167.92	19.50	0.00	18.67	8.00	0.90	300.00	500.00	0.00	(M)	(M)