

Menu Cycle Week Nutrient Analysis

Menu Cycle: Lunch Satellite High School 9 - 12 2016-2017
 Week: 2
 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]	801.34	
Fat (g)		17.99	20.20
Sfat (g)(1)	< 10.00 % of Calories	5.73	6.43
TFat (g)(2)		0.00	
Chol (mg)		40.15	
Na (mg)(1)	< 1,420.00	1,137.03	
Carb (g)		129.66	64.72
TDF (g)		16.51	
Sugars (g)		58.04	28.97
Pro (g)		31.34	15.64
Fe (mg)		5.86	
Ca (mg)		564.24	
A,IU		13,194.85(M)	
VitC (mg)		119.62	
Mois (g)		77.62(M)	
Ash (g)		0.65(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 5.000	5.000	
Veg	>= 5.000	7.125	
Veg-DG	>= 0.500	0.500	
Veg-RO	>= 1.250	3.375	
Veg-BP	>= 0.500	0.750	
Veg-S	>= 0.500	0.750	
Veg-O	>= 0.750	1.750	
Grains	[10.000 - 12.000]	10.250	
Non-WGR		0.000	
WGR	>= 100.000 % of	10.250	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	0.500	7.02
MILK-V		Pass	

Legend

(M) Indicates missing values.

- Standard Value is the daily average requirement for a school week.
- 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)
29193: 29188: 28826: B - Lunch Satellite High 9 -12 2016-2017.. Week 2 Day 1 - Day: 1	2000																
Category: Entrees; Choose: 1																	

Menu Cycle Week Nutrient Analysis

Generated 08/30/2016 03:26:27 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)
BBQ Rib Sandwich, MMA, WG - LR1034 (1 ea.)	2,000	312.52	11.07	3.71	0.00	42.82	592.51	35.58	2.92	10.64	18.37	1.47	67.60	5.50	9.18	(M)	(M)
Category: Vegetables; Choose: 3																	
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)
Wango Mango Juice 4.23 oz - LR1140 (1 Box)	2,000	55.00	0.00	0.00	0.00	0.00	30.00	14.00	0.00	13.00	0.00	0.00	0.00	500.00	42.00	(M)	(M)
Category: Fruits; Choose: 2																	
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)
Category: Milk; Choose: 1																	
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)
Category: Condiments; Choose: 1																	
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)
29193: 29188: 28826: B - Lunch Satellite High 9 -1 12 2016-2017.. Week 2 Day 2 - Day: 2	2000																
Category: Entrees; Choose: 1																	
Beef Tex Mex Refried Beans - W - LR1305 (1 Container)	2,000	360.00	15.00	6.00	0.00	40.00	830.00	33.00	9.00	7.00	21.00	4.50	250.00	1500.00	18.00	(M)	(M)
Category: Grains; Choose: 2																	
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)
Tostitos, WG - LR1134 (1 pkg.)	2,000	104.97	3.94	0.44	0.00	0.00	91.85	15.75	1.75	0.00	1.75	0.32	17.50	(M)	0.00	(M)	(M)
Category: Vegetables; Choose: 2																	
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)
Salsa, 2.6oz Veg/, Veg-RO - LR1133 (1 Container)	2,000	25.42	0.00	0.00	0.00	0.00	177.92	5.08	0.00	2.54	0.00	1.83	0.00	254.17	6.10	(M)	(M)
Category: Fruits; Choose: 2																	
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)
Category: Milk; Choose: 1																	

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)
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)
29193: 29188: 28826: B - Lunch Satellite High 9 - 12 2016-2017.. Week 2 Day 3 - Day: 3	2000																
Category: Entrees; Choose: 1																	
Chicken Patty Melt in Pita Pocket 2/2 - LR1154 (1 ea.)	2,000	340.00	15.00	5.00	0.00	40.00	600.00	35.00	2.00	2.00	16.00	1.80	100.00	100.00	0.00	(M)	(M)
Category: Vegetables; Choose: 2																	
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)
Category: Fruits; Choose: 2																	
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)
Category: Milk; Choose: 1																	
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)
Category: Condiments; Choose: 1																	
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)
29193: 29188: 28826: B - Lunch Satellite High 9 - 12 2016-2017.. Week 2 Day 4 - Day: 4	2000																
Category: Entrees; Choose: 1																	
Witson's Breaded Chicken Breast Patty with Beans - LR1241 (1 unit)	2,000	380.00	14.00	3.00	0.00	20.00	610.00	45.00	11.00	8.00	21.00	5.40	150.00	300.00	0.00	(M)	(M)
Category: Grains; Choose: 1																	
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)
Category: Vegetables; Choose: 1																	
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)
Category: Fruits; Choose: 2																	

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)
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)
Melon offering for Satellites for 2016-2017 - LR1258 (1/2 c.)	2,000	27.88	0.13	0.03	0.00	0.00	11.04	6.95	0.60	6.22	0.52	0.16	5.70	807.18	16.55	73.81	0.35
Category: Milk; Choose: 1																	
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)
Category: Condiments; Choose: 1																	
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)
29193: 29188: 28826: B - Lunch Satellite High 9 - 12 2016-2017.. Week 2 Day 5 - Day: 5	2000																
Category: Entrees; Choose: 1																	
Nardone's Square Pizza - LR1252 (1 piece)	2,000	320.00	12.00	6.00	0.00	30.00	360.00	31.00	4.00	6.00	22.00	2.70	400.00	500.00	18.00	(M)	(M)
Category: Vegetables; Choose: 3																	
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
Marinara Sauce, Dunk Cup 2 x 1oz, Red Gold, REDNA1Z, Veg-RO - LR1310 (2 ea.)	2,000	30.00	0.00	0.00	0.00	0.00	240.00	6.00	2.00	4.00	0.00	0.72	0.00	200.00	2.40	(M)	(M)
Category: Fruits; Choose: 2																	
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)
Category: Milk; Choose: 1																	
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)
Category: Condiments; Choose: 1																	
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)
Category: Desserts; Choose: 1																	
Pudding, Vanilla Snack 3.5 o - LR1138 (1 c.)	2,000	110.00	3.00	1.50	0.00	0.00	120.00	20.00	1.00	13.00	1.00	0.00	0.00	0.00	0.00	(M)	(M)