

Menu Cycle Week Nutrient Analysis

Menu Cycle: Lunch Satellite High School 9 - 12 2016-2017
 Week: 3
 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]	822.57	
Fat (g)		20.60	22.54
Sfat (g)(1)	< 10.00 % of Calories	5.22	5.71
TFat (g)(2)		0.00	
Chol (mg)		39.95	
Na (mg)(1)	< 1,420.00	1,244.00	
Carb (g)		131.08	63.74
TDF (g)		15.05	
Sugars (g)		53.51	26.02
Pro (g)		31.02	15.09
Fe (mg)		5.68	
Ca (mg)		554.57	
A,IU		11,167.28	
VitC (mg)		119.30	
Mois (g)		77.32(M)	
Ash (g)		0.53(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 5.000	5.500	
Veg	>= 5.000	6.750	
Veg-DG	>= 0.500	0.500	
Veg-RO	>= 1.250	3.250	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	1.500	
Veg-O	>= 0.750	1.000	
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.

- 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 3 Day 1 - Day: 1	2000																
Category: Entrees; 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)
Chicken Soft Taco with Red Sauce - LR1242 (1 ea.)	2,000	240.00	7.00	2.00	0.00	30.00	630.00	28.00	3.00	1.00	17.00	1.80	150.00	400.00	3.60	(M)	(M)
Category: Vegetables; Choose: 4																	
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 - 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)
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																	
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 School 9 - 12 2016-2017.. Week 3 Day 2 - Day: 2	2000																
Category: Entrees; Choose: 1																	
Witson's Salisbury Steak, Gravy, Mashed Potato - LR1240 (1 unit)	2,000	280.00	14.00	5.00	0.00	35.00	580.00	27.00	2.00	3.00	13.00	1.44	60.00	100.00	36.00	(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)
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)
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																	
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 3 Day 3 - Day: 3	2000																
Category: Entrees; Choose: 1																	
Turkey and Cheese on Bun - Advance Pierre - LR1331 (1 ea.)	2,000	270.00	9.00	3.00	0.00	30.00	900.00	28.00	2.00	6.00	20.00	2.70	150.00	200.00	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 red vegetables new - LR1306 (1 1/4 c.)	2,000	27.57	0.37	0.05	0.00	0.00	27.99	5.43	2.79	2.36	1.84	1.35	49.23	10463.42	22.80	115.67 (M)	0.91(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: 2																	
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)
29193: 29188: 28826: B - Lunch Satellite High 9 - 12 2016-2017.. Week 3 Day 4 - Day: 4	2000																
Category: Entrees; Choose: 1																	
Witson's Popcorn Chicken with Potato Rounds - LR1246 (1 unit)	2,000	450.00	26.00	5.00	0.00	40.00	710.00	36.00	5.00	0.00	17.00	2.70	0.00	100.00	4.80	(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																	

Menu Cycle Week Nutrient Analysis

Generated 08/30/2016 03:26:00 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)
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																	
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
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 3 Day 5 - Day: 5	2000																
Category: Entrees; Choose: 1																	
R/S Grilled Cheese on WG Bread, MMA, WG - LR1102 (1 sandwich)	2,000	283.34	10.26	5.67	0.00	31.85	683.31	30.88	2.95	6.13	18.71	1.63	478.80	524.00	0.00	(M)	(M)
Category: Grains; Choose: 1																	
Rice Krispies Treats - LR1146 (1 Bar)	2,000	160.00	4.00	1.00	0.00	0.00	120.00	30.00	0.50	10.00	2.00	1.80	0.00	0.00	0.00	(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
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)
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)