

Menu Cycle Week Nutrient Analysis

Menu Cycle: Lunch Satellite High School 9 - 12 2016-2017
 Week: 4
 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]	806.81	
Fat (g)		17.56	19.59
Sfat (g)(1)	< 10.00 % of Calories	5.16	5.76
TFat (g)(2)		0.00	
Chol (mg)		46.48	
Na (mg)(1)	< 1,420.00	1,072.75	
Carb (g)		132.56	65.72
TDF (g)		16.11	
Sugars (g)		56.29	27.91
Pro (g)		31.59	15.66
Fe (mg)		6.24	
Ca (mg)		643.17	
A,IU		12,828.62(M)	
VitC (mg)		117.49	
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	6.750	
Veg-DG	>= 0.500	0.500	
Veg-RO	>= 1.250	3.000	
Veg-BP	>= 0.500	0.750	
Veg-S	>= 0.500	0.750	
Veg-O	>= 0.750	1.750	
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)
29193: 29188: 28826: B - Lunch Satellite High 9 - 12 2016-2017.. Week 4 Day 1 - Day: 1	2000																
Category: Entrees; Choose: 1																	

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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)
Cheeseburger Slider, MMA, WG - LR1024 (1 sandwich)	2,000	267.87	9.19	3.12	0.00	31.46	433.10	28.10	2.30	2.21	18.46	3.02	9.80	78.50	9.81	(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)
Juice vegetable - Paradise Punch - - LR1271 (1 Box)	2,000	40.00	0.00	0.00	0.00	0.00	10.00	9.00	0.00	8.00	0.00	0.00	0.00	0.00	60.00	(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																	
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 4 Day 2 - Day: 2																	
Category: Entrees; Choose: 1																	
WG Penne Pasta with Meatballs and Corn - Witson - LR1307 (1 serv.)	2,000	460.00	13.00	4.50	0.00	45.00	380.00	69.00	9.00	8.00	24.00	6.30	150.00	750.00	6.00	(M)	(M)
Category: Grains; Choose: 1																	
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)
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																	
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)

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)
29193: 29188: 28826: B - Lunch Satellite High 9 - 12 2016-2017.. Week 4 Day 3 - Day: 3	2000																
Category: Entrees; Choose: 1																	
Turkey Bologna, Salami Sub - Advance Pierre - LR1330 (1 ea.)	2,000	330.00	10.00	4.00	0.00	40.00	710.00	43.00	4.00	7.00	15.00	2.70	350.00	100.00	3.60	(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: 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 4 Day 4 - Day: 4	2000																
Category: Entrees; Choose: 1																	
Chicken Tenders with Baked Beans - Whitson's - LR1309 (1 serv.)	2,000	430.00	17.00	3.50	0.00	60.00	820.00	46.00	10.00	8.00	24.00	5.40	100.00	400.00	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 4 Day 5 - Day: 5	2000																
Category: Entrees; Choose: 1																	
4" Pizza Round, MMA, WG, VRO - LR1026 (1 ea.)	2,000	307.40	11.70	4.70	0.00	23.00	607.80	31.80	2.40	4.20	19.90	1.80	469.90	(M)	3.20	(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: 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)
Category: Desserts; Choose: 1																	
Chocolate Pudding Snack Pack - LR1083 (1 serv.)	2,000	120.00	3.00	1.50	0.00	0.00	130.00	21.00	2.00	14.00	1.00	0.72	300.00	0.00	0.00	(M)	(M)