



# WEEKLY NUTRITIONAL ANALYSIS

**Profit Center:** Scranton School District

**Location:** Scranton SD South Interm

**Service Area:** Lincoln Jackson/Monticello

**Menu Name:** ECA 22-23

**Period:** Breakfast **Week:** 1 **Avg.Method:** Weighted (USDA Default) **Age Group:** Brkfst Grades K-12

|                                | SFA           |      | Na       | Fat     |      | CHO      | Pro   | Chol  | Fiber | K    | Vit A    | Vit D   | Vit E    | Vit K | Vit C  | Vit B1 | Vit B2 | Vit B3 | Vit B6 | Vit B12 | Ca    | P      | Fe      |      |
|--------------------------------|---------------|------|----------|---------|------|----------|-------|-------|-------|------|----------|---------|----------|-------|--------|--------|--------|--------|--------|---------|-------|--------|---------|------|
|                                | CAL           | (g)  | % of CAL | (mg)    | (g)  | % of CAL | (g)   | (g)   | (mg)  | (g)  | (IU)     | (IU)    | (mg)     | (mcg) | (mg)   | (mg)   | (mg)   | (mg)   | (mcg)  | (mg)    | (mg)  | (mg)   |         |      |
| <b>Weekly Std. (Target 1)</b>  | 450.00-500.00 |      | 10.00    | 540.00  |      |          |       |       |       |      |          |         |          |       |        |        |        |        |        |         |       |        |         |      |
| <b>Day: Monday</b>             | 448.54        | 2.29 | 4.59     | 363.48  | 7.03 | 14.11    | 87.42 | 11.49 | 5.44  | 3.25 | 666.33*  | 569.3*  | 89.88*   | .14*  | .6*    | 10.13* | .15*   | .39*   | 3.31*  | .12*    | .72*  | 314.84 | 304.03* | 2.52 |
| <b>Day: Tuesday</b>            | 441.09        | 1.33 | 2.72     | 466.11  | 7.33 | 14.95    | 82.15 | 12.2  | 14.03 | 5.9  | 592.54*  | 569.3*  | 89.88*   | .13*  | .46*   | 9.43*  | .12*   | .37*   | 3.35*  | .08*    | .72*  | 353.31 | 486.55* | 4.31 |
| <b>Day: Wednesday</b>          | 550.13        | 2.1  | 3.44     | 361.95  | 6.51 | 10.65    | 110.7 | 16.97 | 48    | 4.36 | 1013.03* | 616.09* | 1680.83* | .18*  | 1.87*  | 12.48* | .25*   | .53*   | 1.43*  | .2*     | .72*  | 446.49 | 257.2*  | 2.23 |
| <b>Day: Thursday</b>           | 379.87        | 1.73 | 4.09     | 529.78  | 5.61 | 13.29    | 68.24 | 16.49 | 16.11 | 4.37 | 978.14*  | 621.35* | 89.88*   | .88*  | 10.26* | 16.17* | .24*   | .53*   | .94*   | .44*    | 1*    | 343.86 | 323.49* | 1.82 |
| <b>Day: Friday</b>             | 437.68        | 5.16 | 10.6     | 481.41  | 10.3 | 8.93*    | 73.87 | 16.21 | 23.58 | 4.56 | 677.98*  | 633.9*  | 89.88*   | .34*  | 3.09*  | 14.94* | .14*   | .4*    | 1.98*  | .13*    | .72*  | 500.25 | 425.3*  | 1.61 |
| <b>Weekly Avg.</b>             | 451.46        | 2.52 | 5.09     | 440.54  | 7.36 | 12.39*   | 84.48 | 14.67 | 21.43 | 4.49 | 785.60*  | 601.99* | 408.07*  | 0.33* | 3.26*  | 12.63* | 0.18*  | 0.44*  | 2.20*  | 0.19*   | 0.78* | 391.75 | 359.31* | 2.50 |
| <b>Weekly Std. (Target 1)</b>  | 450.00-500.00 |      | 10.00    | 540.00  |      |          |       |       |       |      |          |         |          |       |        |        |        |        |        |         |       |        |         |      |
| <b>Var.</b>                    |               |      |          | (99.46) |      |          |       |       |       |      |          |         |          |       |        |        |        |        |        |         |       |        |         |      |
| <b>Standard Not Met</b>        |               |      |          |         |      |          |       |       |       |      |          |         |          |       |        |        |        |        |        |         |       |        |         |      |
| <b>Weekly Std. (Target 1A)</b> | 450.00-500.00 |      | 10.00    | 485.00  |      |          |       |       |       |      |          |         |          |       |        |        |        |        |        |         |       |        |         |      |
| <b>Var.</b>                    |               |      |          | (44.46) |      |          |       |       |       |      |          |         |          |       |        |        |        |        |        |         |       |        |         |      |
| <b>Standard Not Met</b>        |               |      |          |         |      |          |       |       |       |      |          |         |          |       |        |        |        |        |        |         |       |        |         |      |

\* Some values for this nutrient are unavailable; the number listed is incomplete.

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# WEEKLY NUTRITIONAL ANALYSIS

Profit Center: Scranton School District

Location: Scranton SD South Interm

Service Area: Lincoln Jackson/Monticello

Menu Name: ECA 22-23

Period: Lunch Week: 1 Avg.Method: Weighted (USDA Default) Age Group: Lunch Grades K-8

|                                | SFA           |      | Na (mg) | Fat      |       | CHO (g) | Pro (g) | Chol (mg) | Fiber (g) | K (mg) | Vit A (IU) | Vit D (IU) | Vit E (mg) | Vit K (mcg) | Vit C (mg) | Vit B1 (mg) | Vit B2 (mg) | Vit B3 (mg) | Vit B6 (mg) | Vit B12 (mcg) | Ca (mg) | P (mg) | Fe (mg) |          |
|--------------------------------|---------------|------|---------|----------|-------|---------|---------|-----------|-----------|--------|------------|------------|------------|-------------|------------|-------------|-------------|-------------|-------------|---------------|---------|--------|---------|----------|
|                                | CAL           | (g)  |         | % of CAL | (g)   |         |         |           |           |        |            |            |            |             |            |             |             |             |             |               |         |        |         | % of CAL |
| <b>Weekly Std. (Target 1)</b>  | 600.00-650.00 |      | 10.00   | 1230.00  |       |         |         |           |           |        |            |            |            |             |            |             |             |             |             |               |         |        |         |          |
| <b>Day: Monday</b>             | 651.05        | 5.13 | 7.09    | 1393.66  | 18.77 | 22.41*  | 95.85   | 25.49     | 54.52     | 7.41   | 941.04*    | 1814.24*   | 67.44*     | .26*        | 16.66*     | 25.22*      | .15*        | .36*        | 1.1*        | .2*           | .64*    | 425.19 | 303.46* | 3.07     |
| <b>Day: Tuesday</b>            | 632.63        | 7.44 | 10.58   | 1077     | 21.63 | 29.64*  | 84.55   | 28.4      | 43.49     | 7.65   | 1220.66*   | 2041.87*   | 66.85*     | .87*        | 64.77*     | 37.68*      | .24*        | .4*         | 4.89*       | .26*          | .57*    | 537.32 | 448.85* | 3.65     |
| <b>Day: Wednesday</b>          | 555.44        | 7.79 | 12.62   | 1139.44  | 18.37 | 28.92*  | 70.36   | 28.26     | 50.19     | 6.56   | 896.35*    | 5786.91*   | 67.24*     | .51*        | 19.2*      | 17.23*      | .25*        | .48*        | 2.64*       | .14*          | .58*    | 574.18 | 373.02* | 3.5      |
| <b>Day: Thursday</b>           | 621.72        | 6.4  | 9.27    | 1144.29  | 17.87 | 25.03*  | 88.22   | 29.55     | 46.69     | 8      | 1052.08*   | 4199.56*   | 68.44*     | .54*        | 57.16*     | 14.63*      | .31*        | .4*         | 2.97*       | .32*          | 1.02*   | 555.08 | 535.23* | 4.33     |
| <b>Day: Friday</b>             | 611.98        | 6.73 | 9.9     | 1331.89  | 18.99 | 27.12*  | 78.84   | 33.27     | 60.03     | 8.68   | 1117.17*   | 2570.03*   | 66.57*     | .69*        | 33.98*     | 28.24*      | .42*        | .47*        | 8.03*       | .26*          | .56*    | 546.37 | 432.84* | 4.81     |
| <b>Weekly Avg.</b>             | 614.56        | 6.70 | 9.89    | 1217.25  | 19.12 | 26.62*  | 83.56   | 29.00     | 50.98     | 7.66   | 1045.46*   | 3282.52*   | 67.31*     | 0.57*       | 38.35*     | 24.60*      | 0.27*       | 0.42*       | 3.93*       | 0.24*         | 0.67*   | 527.63 | 418.68* | 3.87     |
| <b>Weekly Std. (Target 1)</b>  | 600.00-650.00 |      | 10.00   | 1230.00  |       |         |         |           |           |        |            |            |            |             |            |             |             |             |             |               |         |        |         |          |
| <b>Var.</b>                    |               |      |         | (12.75)  |       |         |         |           |           |        |            |            |            |             |            |             |             |             |             |               |         |        |         |          |
| <b>Standard Not Met</b>        |               |      |         |          |       |         |         |           |           |        |            |            |            |             |            |             |             |             |             |               |         |        |         |          |
| <b>Weekly Std. (Target 1A)</b> | 600.00-650.00 |      | 10.00   | 935.00   |       |         |         |           |           |        |            |            |            |             |            |             |             |             |             |               |         |        |         |          |
| <b>Var.</b>                    |               |      |         | 282.25   |       |         |         |           |           |        |            |            |            |             |            |             |             |             |             |               |         |        |         |          |
| <b>Standard Not Met</b>        |               |      |         | X        |       |         |         |           |           |        |            |            |            |             |            |             |             |             |             |               |         |        |         |          |

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# WEEKLY NUTRITIONAL ANALYSIS

Profit Center: Scranton School District

Location: Scranton SD South Interm

Service Area: Lincoln Jackson/Monticello

Menu Name: ECA 22-23

Period: Breakfast Week: 2 Avg.Method: Weighted (USDA Default) Age Group: Brkfst Grades K-12

|                                | CAL           | SFA  |          | Na      | Fat   |          | CHO    | Pro   | Chol   | Fiber | K       | Vit A   | Vit D    | Vit E | Vit K | Vit C  | Vit B1 | Vit B2 | Vit B3 | Vit B6 | Vit B12 | Ca     | P       | Fe   |
|--------------------------------|---------------|------|----------|---------|-------|----------|--------|-------|--------|-------|---------|---------|----------|-------|-------|--------|--------|--------|--------|--------|---------|--------|---------|------|
|                                |               | (g)  | % of CAL | (mg)    | (g)   | % of CAL | (g)    | (g)   | (mg)   | (g)   | (mg)    | (IU)    | (IU)     | (mg)  | (mcg) | (mg)   | (mg)   | (mg)   | (mg)   | (mg)   | (mcg)   | (mg)   | (mg)    | (mg) |
| <b>Weekly Std. (Target 1)</b>  | 450.00-500.00 |      | 10.00    | 540.00  |       |          |        |       |        |       |         |         |          |       |       |        |        |        |        |        |         |        |         |      |
| <b>Day: Monday</b>             | 420.51        | 2.32 | 4.96     | 330.88  | 5.32  | 11.38    | 82.61  | 13.42 | 13.01  | 2.65  | 703.68* | 618.81* | 89.88*   | .33*  | .53*  | 39.26* | .23*   | .39*   | .74*   | .14*   | .72*    | 323.63 | 229.87* | 2.23 |
| <b>Day: Tuesday</b>            | 407.01        | .99  | 2.18     | 321.86  | 5.48  | 10.11    | 78.91  | 10.97 | 5.93   | 4.2   | 553.49* | 569.3*  | 89.88*   | .13*  | .46*  | 9.43*  | .12*   | .37*   | .43*   | .08*   | .72*    | 313.5  | 215.96* | 1.88 |
| <b>Day: Wednesday</b>          | 534.67        | 1.21 | 2.04     | 421.54  | 3.4   | 5.72     | 116.78 | 16.1  | 9.97   | 4.98  | 967.73* | 569.3*  | 1677.46* | .18*  | 1.87* | 10.36* | .29*   | .56*   | 2.56*  | .34*   | .72*    | 567.29 | 361.69* | 3.17 |
| <b>Day: Thursday</b>           | 480.76        | 3.91 | 7.32     | 635.96  | 9.65  | 18.07    | 81.9   | 20.56 | 113.43 | 6.15  | 927.68* | 624.73* | 110.86*  | .21*  | .84*  | 16.2*  | .14*   | .42*   | .94*   | .36*   | .72*    | 416.52 | 293.54* | 2.84 |
| <b>Day: Friday</b>             | 469.29        | 4.55 | 8.73     | 500.08  | 10.26 | 8.26*    | 82.43  | 16.61 | 23.58  | 6.21  | 741.2*  | 633.9*  | 89.88*   | .34*  | 3.09* | 14.94* | .14*   | .4*    | 2.3*   | .32*   | .72*    | 637.48 | 435.01* | 2.79 |
| <b>Weekly Avg.</b>             | 462.45        | 2.60 | 5.05     | 442.07  | 6.82  | 10.71*   | 88.53  | 15.53 | 33.18  | 4.84  | 778.75* | 603.21* | 411.59*  | 0.24* | 1.36* | 18.04* | 0.19*  | 0.43*  | 1.39*  | 0.25*  | 0.72*   | 451.68 | 307.22* | 2.58 |
| <b>Weekly Std. (Target 1)</b>  | 450.00-500.00 |      | 10.00    | 540.00  |       |          |        |       |        |       |         |         |          |       |       |        |        |        |        |        |         |        |         |      |
| <b>Var.</b>                    |               |      |          | (97.93) |       |          |        |       |        |       |         |         |          |       |       |        |        |        |        |        |         |        |         |      |
| <b>Standard Not Met</b>        |               |      |          |         |       |          |        |       |        |       |         |         |          |       |       |        |        |        |        |        |         |        |         |      |
| <b>Weekly Std. (Target 1A)</b> | 450.00-500.00 |      | 10.00    | 485.00  |       |          |        |       |        |       |         |         |          |       |       |        |        |        |        |        |         |        |         |      |
| <b>Var.</b>                    |               |      |          | (42.93) |       |          |        |       |        |       |         |         |          |       |       |        |        |        |        |        |         |        |         |      |
| <b>Standard Not Met</b>        |               |      |          |         |       |          |        |       |        |       |         |         |          |       |       |        |        |        |        |        |         |        |         |      |

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# WEEKLY NUTRITIONAL ANALYSIS

Profit Center: Scranton School District

Location: Scranton SD South Interm

Service Area: Lincoln Jackson/Monticello

Menu Name: ECA 22-23

Period: Lunch Week: 2 Avg.Method: Weighted (USDA Default) Age Group: Lunch Grades K-8

|                                | CAL           | SFA   |          | Na       | Fat   |          | CHO   | Pro   | Chol  | Fiber | K        | Vit A    | Vit D  | Vit E | Vit K  | Vit C  | Vit B1 | Vit B2 | Vit B3 | Vit B6 | Vit B12 | Ca     | P       | Fe   |
|--------------------------------|---------------|-------|----------|----------|-------|----------|-------|-------|-------|-------|----------|----------|--------|-------|--------|--------|--------|--------|--------|--------|---------|--------|---------|------|
|                                |               | (g)   | % of CAL | (mg)     | (g)   | % of CAL | (g)   | (g)   | (mg)  | (g)   | (mg)     | (IU)     | (IU)   | (mg)  | (mcg)  | (mg)   | (mg)   | (mg)   | (mg)   | (mg)   | (mcg)   | (mg)   | (mg)    | (mg) |
| <b>Weekly Std. (Target 1)</b>  | 600.00-650.00 |       | 10.00    | 1230.00  |       |          |       |       |       |       |          |          |        |       |        |        |        |        |        |        |         |        |         |      |
| <b>Day: Monday</b>             | 547.55        | 5.44  | 8.93     | 1149.78  | 15.38 | 24.05*   | 75.92 | 27.2  | 32.23 | 7.33  | 959.06*  | 2357.34* | 68.05* | .3*   | 15.7*  | 33.83* | .11*   | .3*    | 1.45*  | .1*    | .55*    | 710.68 | 299.93* | 3.71 |
| <b>Day: Tuesday</b>            | 588.07        | 5.36  | 8.21     | 989.79   | 19.08 | 27.77*   | 78.39 | 28.05 | 53.29 | 6.5   | 993.5*   | 2017.36* | 68.04* | .9*   | 64.24* | 44.27* | .22*   | .39*   | 5.68*  | .26*   | .61*    | 479.32 | 385.49* | 3.77 |
| <b>Day: Wednesday</b>          | 618.97        | 6.65  | 9.66     | 957.25   | 17.59 | 24.92*   | 84.03 | 32.86 | 54.7  | 10.05 | 1042.55* | 2830.69* | 71.83* | .41*  | 29.88* | 15.34* | .28*   | .53*   | 6.76*  | .27*   | .65*    | 611.77 | 427.82* | 4.3  |
| <b>Day: Thursday</b>           | 636.51        | 11.35 | 16.05    | 1037.54  | 23.68 | 26.81*   | 80.35 | 29.48 | 60.26 | 6.9   | 1008.87* | 5055.97* | 68.43* | .5*   | 77.23* | 16.85* | .13*   | .37*   | 2.41*  | .3*    | .56*    | 727.43 | 587.35* | 4    |
| <b>Day: Friday</b>             | 663.79        | 5.23  | 7.09     | 990.91   | 18.98 | 24.82*   | 97.84 | 28.28 | 39.19 | 5.57  | 1060.55* | 2362.32* | 68.85* | 1.3*  | 52.5*  | 59.57* | .4*    | .42*   | 6.91*  | .32*   | .61*    | 443.36 | 413.51* | 3.4  |
| <b>Weekly Avg.</b>             | 610.98        | 6.80  | 9.99     | 1025.05  | 18.94 | 25.67*   | 83.31 | 29.18 | 47.94 | 7.27  | 1012.91* | 2924.74* | 69.04* | 0.68* | 47.91* | 33.97* | 0.23*  | 0.40*  | 4.64*  | 0.25*  | 0.60*   | 594.51 | 422.82* | 3.84 |
| <b>Weekly Std. (Target 1)</b>  | 600.00-650.00 |       | 10.00    | 1230.00  |       |          |       |       |       |       |          |          |        |       |        |        |        |        |        |        |         |        |         |      |
| <b>Var.</b>                    |               |       |          | (204.95) |       |          |       |       |       |       |          |          |        |       |        |        |        |        |        |        |         |        |         |      |
| <b>Standard Not Met</b>        |               |       |          |          |       |          |       |       |       |       |          |          |        |       |        |        |        |        |        |        |         |        |         |      |
| <b>Weekly Std. (Target 1A)</b> | 600.00-650.00 |       | 10.00    | 935.00   |       |          |       |       |       |       |          |          |        |       |        |        |        |        |        |        |         |        |         |      |
| <b>Var.</b>                    |               |       |          | 90.05    |       |          |       |       |       |       |          |          |        |       |        |        |        |        |        |        |         |        |         |      |
| <b>Standard Not Met</b>        |               |       |          | X        |       |          |       |       |       |       |          |          |        |       |        |        |        |        |        |        |         |        |         |      |

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# WEEKLY NUTRITIONAL ANALYSIS

Profit Center: Scranton School District

Location: Scranton SD South Interm

Service Area: Lincoln Jackson/Monticello

Menu Name: ECA 22-23

Period: Breakfast Week: 3 Avg.Method: Weighted (USDA Default) Age Group: Brkfst Grades K-12

|                                | CAL           | SFA      |       | Na       | Fat      |        | CHO    | Pro   | Chol  | Fiber | K       | Vit A   | Vit D    | Vit E | Vit K | Vit C  | Vit B1 | Vit B2 | Vit B3 | Vit B6 | Vit B12 | Ca     | P       | Fe   |
|--------------------------------|---------------|----------|-------|----------|----------|--------|--------|-------|-------|-------|---------|---------|----------|-------|-------|--------|--------|--------|--------|--------|---------|--------|---------|------|
|                                | (g)           | % of CAL | (mg)  | (g)      | % of CAL | (g)    | (g)    | (mg)  | (g)   | (mg)  | (IU)    | (IU)    | (mg)     | (mcg) | (mg)  | (mg)   | (mg)   | (mg)   | (mg)   | (mcg)  | (mg)    | (mg)   | (mg)    |      |
| <b>Weekly Std. (Target 1)</b>  | 450.00-500.00 |          | 10.00 | 540.00   |          |        |        |       |       |       |         |         |          |       |       |        |        |        |        |        |         |        |         |      |
| <b>Day: Monday</b>             | 517.17        | 3.2      | 5.57  | 417.39   | 9.4      | 16.35  | 96.42  | 12.98 | 24.63 | 3.94  | 543.97* | 608.33* | 89.88*   | .14*  | .53*  | 10.13* | .14*   | .39*   | .54*   | .11*   | .72*    | 325.18 | 225.04* | 2.85 |
| <b>Day: Tuesday</b>            | 406.73        | .99      | 2.18  | 320.81   | 5.34     | 10.12  | 79.26  | 10.9  | 5.93  | 4.2   | 551.11* | 569.3*  | 89.88*   | .13*  | .46*  | 9.43*  | .12*   | .37*   | .43*   | .08*   | .72*    | 314.27 | 365.11* | 1.81 |
| <b>Day: Wednesday</b>          | 553.32        | 2.2      | 3.58  | 361.88   | 6.28     | 10.22  | 113.76 | 17.17 | 44.82 | 4.02  | 1028.4* | 620.56* | 1677.46* | .37*  | 1.89* | 10.36* | .26*   | .54*   | 1.43*  | .15*   | .72*    | 456.08 | 415.85* | 2.83 |
| <b>Day: Thursday</b>           | 417.14        | 1.05     | 2.27  | 321.05   | 5.87     | 12.65  | 81.06  | 11.66 | 6.93  | 3.73  | 873.97* | 618.84* | 89.88*   | .21*  | .84*  | 16.17* | .14*   | .42*   | 1.69*  | .36*   | .72*    | 356.92 | 384.18* | 1.56 |
| <b>Day: Friday</b>             | 446.01        | 5.17     | 10.43 | 491.7    | 10.32    | 8.81*  | 75.09  | 17.04 | 24.07 | 4.56  | 716.2*  | 683.88* | 101.39*  | .35*  | 3.09* | 14.94* | .28*   | .5*    | 2.01*  | .17*   | .84*    | 530.14 | 450.05* | 1.62 |
| <b>Weekly Avg.</b>             | 468.08        | 2.52     | 4.81  | 382.57   | 7.44     | 11.63* | 89.12  | 13.95 | 21.28 | 4.09  | 742.73* | 620.18* | 409.70*  | 0.24* | 1.36* | 12.21* | 0.19*  | 0.44*  | 1.22*  | 0.18*  | 0.75*   | 396.52 | 368.05* | 2.13 |
| <b>Weekly Std. (Target 1)</b>  | 450.00-500.00 |          | 10.00 | 540.00   |          |        |        |       |       |       |         |         |          |       |       |        |        |        |        |        |         |        |         |      |
| <b>Var.</b>                    |               |          |       | (157.43) |          |        |        |       |       |       |         |         |          |       |       |        |        |        |        |        |         |        |         |      |
| <b>Standard Not Met</b>        |               |          |       |          |          |        |        |       |       |       |         |         |          |       |       |        |        |        |        |        |         |        |         |      |
| <b>Weekly Std. (Target 1A)</b> | 450.00-500.00 |          | 10.00 | 485.00   |          |        |        |       |       |       |         |         |          |       |       |        |        |        |        |        |         |        |         |      |
| <b>Var.</b>                    |               |          |       | (102.43) |          |        |        |       |       |       |         |         |          |       |       |        |        |        |        |        |         |        |         |      |
| <b>Standard Not Met</b>        |               |          |       |          |          |        |        |       |       |       |         |         |          |       |       |        |        |        |        |        |         |        |         |      |

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# WEEKLY NUTRITIONAL ANALYSIS

Profit Center: Scranton School District

Location: Scranton SD South Interm

Service Area: Lincoln Jackson/Monticello

Menu Name: ECA 22-23

Period: Lunch Week: 3 Avg.Method: Weighted (USDA Default) Age Group: Lunch Grades K-8

|                                | CAL           | SFA  |          | Na       | Fat   |          | CHO   | Pro   | Chol  | Fiber | K        | Vit A    | Vit D  | Vit E | Vit K  | Vit C  | Vit B1 | Vit B2 | Vit B3 | Vit B6 | Vit B12 | Ca     | P       | Fe   |
|--------------------------------|---------------|------|----------|----------|-------|----------|-------|-------|-------|-------|----------|----------|--------|-------|--------|--------|--------|--------|--------|--------|---------|--------|---------|------|
|                                |               | (g)  | % of CAL | (mg)     | (g)   | % of CAL | (g)   | (g)   | (mg)  | (g)   | (mg)     | (IU)     | (IU)   | (mg)  | (mcg)  | (mg)   | (mg)   | (mg)   | (mg)   | (mg)   | (mcg)   | (mg)   | (mg)    | (mg) |
| <b>Weekly Std. (Target 1)</b>  | 600.00-650.00 |      | 10.00    | 1230.00  |       |          |       |       |       |       |          |          |        |       |        |        |        |        |        |        |         |        |         |      |
| <b>Day: Monday</b>             | 650.24        | 4.92 | 6.8      | 930.05   | 19.05 | 25.45*   | 95.26 | 24.93 | 42.73 | 5.3   | 865.53*  | 2132.47* | 76.13* | .23*  | 17.41* | 25.32* | .23*   | .44*   | 1.74*  | .18*   | .7*     | 485.78 | 317.11* | 3.14 |
| <b>Day: Tuesday</b>            | 579.43        | 6.46 | 10.03    | 927.86   | 16.11 | 18.36*   | 80.76 | 31.44 | 52.18 | 7.67  | 1184.46* | 2381.67* | 82.22* | 1.04* | 84.32* | 64.06* | .46*   | .56*   | 8.4*   | .31*   | .73*    | 650.18 | 589.78* | 3.54 |
| <b>Day: Wednesday</b>          | 554.53        | 7.08 | 11.5     | 1147.13  | 20.35 | 32.17*   | 73.21 | 21.17 | 34.26 | 5.92  | 787.32*  | 2019.35* | 60.64* | .23*  | 16.9*  | 8.78*  | .23*   | .48*   | 2.58*  | .12*   | .66*    | 464.07 | 301.87* | 2.71 |
| <b>Day: Thursday</b>           | 625.27        | 7.06 | 10.16    | 1066.28  | 17.18 | 14.07*   | 91.71 | 29.17 | 46    | 8.75  | 1371.31* | 5645.17* | 84.37* | .5*   | 70.74* | 19.09* | .16*   | .43*   | 2.43*  | .27*   | 1.03*   | 663.52 | 597.5*  | 4    |
| <b>Day: Friday</b>             | 602.44        | 6.47 | 9.66     | 1126.97  | 15.48 | 21.77*   | 87.43 | 29.27 | 45.82 | 7.04  | 1045.38* | 2187.19* | 82.61* | .33*  | 19.43* | 36.94* | .14*   | .37*   | 2.02*  | .15*   | .65*    | 640.2  | 418.97* | 3.75 |
| <b>Weekly Avg.</b>             | 602.38        | 6.40 | 9.63     | 1039.66  | 17.64 | 22.36*   | 85.67 | 27.20 | 44.20 | 6.94  | 1050.80* | 2873.17* | 77.19* | 0.46* | 41.76* | 30.84* | 0.24*  | 0.46*  | 3.43*  | 0.21*  | 0.75*   | 580.75 | 445.05* | 3.43 |
| <b>Weekly Std. (Target 1)</b>  | 600.00-650.00 |      | 10.00    | 1230.00  |       |          |       |       |       |       |          |          |        |       |        |        |        |        |        |        |         |        |         |      |
| <b>Var.</b>                    |               |      |          | (190.34) |       |          |       |       |       |       |          |          |        |       |        |        |        |        |        |        |         |        |         |      |
| <b>Standard Not Met</b>        |               |      |          |          |       |          |       |       |       |       |          |          |        |       |        |        |        |        |        |        |         |        |         |      |
| <b>Weekly Std. (Target 1A)</b> | 600.00-650.00 |      | 10.00    | 935.00   |       |          |       |       |       |       |          |          |        |       |        |        |        |        |        |        |         |        |         |      |
| <b>Var.</b>                    |               |      |          | 104.66   |       |          |       |       |       |       |          |          |        |       |        |        |        |        |        |        |         |        |         |      |
| <b>Standard Not Met</b>        |               |      |          | X        |       |          |       |       |       |       |          |          |        |       |        |        |        |        |        |        |         |        |         |      |

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# WEEKLY NUTRITIONAL ANALYSIS

Profit Center: Scranton School District

Location: Scranton SD South Interm

Service Area: Lincoln Jackson/Monticello

Menu Name: ECA 22-23

Period: Breakfast Week: 4 Avg.Method: Weighted (USDA Default) Age Group: Brkfst Grades K-12

|                                | CAL           | SFA  |          | Na      | Fat  |          | CHO    | Pro   | Chol   | Fiber | K       | Vit A   | Vit D    | Vit E | Vit K | Vit C  | Vit B1 | Vit B2 | Vit B3 | Vit B6 | Vit B12 | Ca     | P       | Fe   |
|--------------------------------|---------------|------|----------|---------|------|----------|--------|-------|--------|-------|---------|---------|----------|-------|-------|--------|--------|--------|--------|--------|---------|--------|---------|------|
|                                |               | (g)  | % of CAL | (mg)    | (g)  | % of CAL | (g)    | (g)   | (mg)   | (g)   | (mg)    | (IU)    | (IU)     | (mg)  | (mcg) | (mg)   | (mg)   | (mg)   | (mg)   | (mg)   | (mcg)   | (mg)   | (mg)    | (mg) |
| <b>Weekly Std. (Target 1)</b>  | 450.00-500.00 |      | 10.00    | 540.00  |      |          |        |       |        |       |         |         |          |       |       |        |        |        |        |        |         |        |         |      |
| <b>Day: Monday</b>             | 419.92        | 2.32 | 4.97     | 330.65  | 5.32 | 11.39    | 82.68  | 13.44 | 13.01  | 2.79  | 704.58* | 618.81* | 200.1*   | .33*  | .53*  | 39.19* | .23*   | .39*   | .72*   | .14*   | .72*    | 323.52 | 310.29* | 2.24 |
| <b>Day: Tuesday</b>            | 417.56        | 1.58 | 3.41     | 400.31  | 6.6  | 15.89    | 80.03  | 11.59 | 6.02   | 4.65  | 843.09* | 569.3*  | 89.88*   | .13*  | .46*  | 9.43*  | .12*   | .37*   | .43*   | .08*   | .72*    | 317.77 | 215.96* | 1.98 |
| <b>Day: Wednesday</b>          | 535.15        | 1.17 | 1.96     | 422.02  | 3.35 | 5.64     | 116.97 | 15.95 | 9.97   | 4.84  | 957.19* | 569.3*  | 1677.46* | .18*  | 1.87* | 10.36* | .29*   | .56*   | 2.56*  | .34*   | .72*    | 569.26 | 357.86* | 3.46 |
| <b>Day: Thursday</b>           | 457.97        | 4    | 7.86     | 697.53  | 9.57 | 18.94    | 75.23  | 19.54 | 113.43 | 4.5   | 878.4*  | 618.84* | 111.08*  | .24*  | .87*  | 18.25* | .31*   | .51*   | 2.94*  | .37*   | .72*    | 525.4  | 387.73* | 2.53 |
| <b>Day: Friday</b>             | 476.52        | 3.94 | 7.43     | 469.84  | 9.75 | 7.17*    | 82.2   | 16.78 | 23.58  | 5.91  | 626.95* | 828.34* | 89.88*   | .34*  | 3.09* | 16.55* | .26*   | .44*   | .98*   | .21*   | .8*     | 756.34 | 384.48* | 2.75 |
| <b>Weekly Avg.</b>             | 461.43        | 2.60 | 5.13     | 464.07  | 6.92 | 11.81*   | 87.42  | 15.46 | 33.20  | 4.54  | 802.04* | 640.92* | 433.68*  | 0.24* | 1.36* | 18.76* | 0.24*  | 0.45*  | 1.53*  | 0.23*  | 0.74*   | 498.46 | 331.26* | 2.59 |
| <b>Weekly Std. (Target 1)</b>  | 450.00-500.00 |      | 10.00    | 540.00  |      |          |        |       |        |       |         |         |          |       |       |        |        |        |        |        |         |        |         |      |
| <b>Var.</b>                    |               |      |          | (75.93) |      |          |        |       |        |       |         |         |          |       |       |        |        |        |        |        |         |        |         |      |
| <b>Standard Not Met</b>        |               |      |          |         |      |          |        |       |        |       |         |         |          |       |       |        |        |        |        |        |         |        |         |      |
| <b>Weekly Std. (Target 1A)</b> | 450.00-500.00 |      | 10.00    | 485.00  |      |          |        |       |        |       |         |         |          |       |       |        |        |        |        |        |         |        |         |      |
| <b>Var.</b>                    |               |      |          | (20.93) |      |          |        |       |        |       |         |         |          |       |       |        |        |        |        |        |         |        |         |      |
| <b>Standard Not Met</b>        |               |      |          |         |      |          |        |       |        |       |         |         |          |       |       |        |        |        |        |        |         |        |         |      |

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# WEEKLY NUTRITIONAL ANALYSIS

**Profit Center:** Scranton School District

**Location:** Scranton SD South Interm

**Service Area:** Lincoln Jackson/Monticello

**Menu Name:** ECA 22-23

**Period:** Lunch **Week:** 4 **Avg.Method:** Weighted (USDA Default) **Age Group:** Lunch Grades K-8

|                                | CAL           | SFA   |          | Na      | Fat   |          | CHO   | Pro   | Chol  | Fiber | K        | Vit A    | Vit D  | Vit E | Vit K  | Vit C  | Vit B1 | Vit B2 | Vit B3 | Vit B6 | Vit B12 | Ca     | P       | Fe   |
|--------------------------------|---------------|-------|----------|---------|-------|----------|-------|-------|-------|-------|----------|----------|--------|-------|--------|--------|--------|--------|--------|--------|---------|--------|---------|------|
|                                |               | (g)   | % of CAL | (mg)    | (g)   | % of CAL | (g)   | (g)   | (mg)  | (g)   | (mg)     | (IU)     | (IU)   | (mg)  | (mcg)  | (mg)   | (mg)   | (mg)   | (mg)   | (mg)   | (mcg)   | (mg)   | (mg)    | (mg) |
| <b>Weekly Std. (Target 1)</b>  | 600.00-650.00 |       | 10.00    | 1230.00 |       |          |       |       |       |       |          |          |        |       |        |        |        |        |        |        |         |        |         |      |
| <b>Day: Monday</b>             | 709.77        | 7.08  | 8.98     | 1199.99 | 21.08 | 25.29*   | 99.38 | 33.6  | 61.41 | 5.55  | 1130.18* | 2179.11* | 87.25* | .36*  | 17.02* | 33.87* | .31*   | .49*   | 8.95*  | .27*   | .83*    | 642.47 | 434.52* | 3.56 |
| <b>Day: Tuesday</b>            | 573.16        | 10.35 | 16.25    | 1315.48 | 21.52 | 32.35*   | 70.56 | 27.58 | 57.07 | 5.72  | 853.01*  | 3501.59* | 71.24* | .71*  | 72.67* | 42.26* | .31*   | .42*   | 3.37*  | .15*   | .57*    | 682.2  | 440.2*  | 3.12 |
| <b>Day: Wednesday</b>          | 562.47        | 4.6   | 7.37     | 975.29  | 15.99 | 24.13*   | 77.37 | 29.35 | 53.07 | 6.06  | 782.94*  | 2245.2*  | 85.24* | .86*  | 35.47* | 13.76* | .32*   | .57*   | 7.59*  | .27*   | .57*    | 441.97 | 277.12* | 4    |
| <b>Day: Thursday</b>           | 578.64        | 5.05  | 7.86     | 1192.54 | 12.88 | 18.6*    | 90.93 | 28.11 | 52.74 | 7.82  | 1179.12* | 2101.53* | 75.59* | .48*  | 69.68* | 21.43* | .2*    | .41*   | 3.09*  | .3*    | .56*    | 552.48 | 347.66* | 3.99 |
| <b>Day: Friday</b>             | 673.93        | 5.26  | 7.03     | 1186.96 | 20.93 | 26.83*   | 92.09 | 32.09 | 38.78 | 9.16  | 1333.15* | 4499.57* | 66.79* | .94*  | 27.43* | 43.92* | .51*   | .42*   | 7.42*  | .4*    | .61*    | 457.41 | 524.97* | 5.22 |
| <b>Weekly Avg.</b>             | 619.59        | 6.47  | 9.50     | 1174.05 | 18.48 | 25.44*   | 86.07 | 30.15 | 52.61 | 6.86  | 1055.68* | 2905.40* | 77.22* | 0.67* | 44.45* | 31.05* | 0.33*  | 0.46*  | 6.08*  | 0.28*  | 0.63*   | 555.31 | 404.90* | 3.98 |
| <b>Weekly Std. (Target 1)</b>  | 600.00-650.00 |       | 10.00    | 1230.00 |       |          |       |       |       |       |          |          |        |       |        |        |        |        |        |        |         |        |         |      |
| <b>Var.</b>                    |               |       |          | (55.95) |       |          |       |       |       |       |          |          |        |       |        |        |        |        |        |        |         |        |         |      |
| <b>Standard Not Met</b>        |               |       |          |         |       |          |       |       |       |       |          |          |        |       |        |        |        |        |        |        |         |        |         |      |
| <b>Weekly Std. (Target 1A)</b> | 600.00-650.00 |       | 10.00    | 935.00  |       |          |       |       |       |       |          |          |        |       |        |        |        |        |        |        |         |        |         |      |
| <b>Var.</b>                    |               |       |          | 239.05  |       |          |       |       |       |       |          |          |        |       |        |        |        |        |        |        |         |        |         |      |
| <b>Standard Not Met</b>        |               |       |          | X       |       |          |       |       |       |       |          |          |        |       |        |        |        |        |        |        |         |        |         |      |

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# WEEKLY NUTRITIONAL ANALYSIS

Profit Center: Scranton School District

Location: Scranton SD South Interm

Service Area: Lincoln Jackson/Monticello

Menu Name: ECA 22-23

Period: Breakfast Week: 5 Avg.Method: Weighted (USDA Default) Age Group: Brkfst Grades K-12

|                                | CAL           | SFA      |       | Na       | Fat      |        | CHO    | Pro   | Chol  | Fiber | K       | Vit A   | Vit D    | Vit E | Vit K | Vit C  | Vit B1 | Vit B2 | Vit B3 | Vit B6 | Vit B12 | Ca     | P       | Fe   |
|--------------------------------|---------------|----------|-------|----------|----------|--------|--------|-------|-------|-------|---------|---------|----------|-------|-------|--------|--------|--------|--------|--------|---------|--------|---------|------|
|                                | (g)           | % of CAL | (mg)  | (g)      | % of CAL | (g)    | (g)    | (mg)  | (g)   | (mg)  | (IU)    | (IU)    | (mg)     | (mcg) | (mg)  | (mg)   | (mg)   | (mg)   | (mg)   | (mcg)  | (mg)    | (mg)   | (mg)    | (mg) |
| <b>Weekly Std. (Target 1)</b>  | 450.00-500.00 |          | 10.00 | 540.00   |          |        |        |       |       |       |         |         |          |       |       |        |        |        |        |        |         |        |         |      |
| <b>Day: Monday</b>             | 512.77        | 4.19     | 7.35  | 417.41   | 12.33    | 21.65  | 88.32  | 12.6  | 17.93 | 4.36  | 708.15* | 575.49* | 89.88*   | .17*  | .53*  | 13.79* | .16*   | .39*   | .58*   | .12*   | .72*    | 324.25 | 226.41* | 2.15 |
| <b>Day: Tuesday</b>            | 394.95        | 1.12     | 2.54  | 324.5    | 5.76     | 12.78  | 75.49  | 10.89 | 6.56  | 4.4   | 614.65* | 569.3*  | 89.88*   | .13*  | .46*  | 9.43*  | .12*   | .37*   | .43*   | .08*   | .72*    | 351.47 | 215.96* | 1.96 |
| <b>Day: Wednesday</b>          | 551.54        | 2.16     | 3.53  | 361.01   | 6.33     | 10.33  | 110.06 | 16.71 | 42.01 | 4.6   | 978.72* | 618.78* | 1677.46* | .23*  | 1.89* | 10.36* | .26*   | .53*   | 1.43*  | .2*    | .82*    | 446.85 | 412.91* | 2.27 |
| <b>Day: Thursday</b>           | 542.94        | 7.11     | 11.79 | 480.95   | 15.9     | 26.36  | 89.09  | 13.38 | 5.6   | 4.9   | 728.95* | 621.3*  | 89.88*   | .21*  | .93*  | 16.18* | .14*   | .42*   | .95*   | .36*   | .72*    | 310.56 | 233.17* | 1.65 |
| <b>Day: Friday</b>             | 468.85        | 4.55     | 8.74  | 518.53   | 10.26    | 8.27*  | 82.34  | 16.61 | 23.58 | 6.21  | 737.68* | 633.9*  | 89.88*   | .34*  | 3.09* | 14.94* | .14*   | .4*    | 2.3*   | .13*   | .72*    | 637.48 | 437.21* | 2.79 |
| <b>Weekly Avg.</b>             | 494.21        | 3.83     | 6.79  | 420.48   | 10.12    | 15.88* | 89.06  | 14.04 | 19.14 | 4.89  | 753.63* | 603.75* | 407.39*  | 0.21* | 1.38* | 12.94* | 0.16*  | 0.42*  | 1.14*  | 0.18*  | 0.74*   | 414.12 | 305.13* | 2.16 |
| <b>Weekly Std. (Target 1)</b>  | 450.00-500.00 |          | 10.00 | 540.00   |          |        |        |       |       |       |         |         |          |       |       |        |        |        |        |        |         |        |         |      |
| <b>Var.</b>                    |               |          |       | (119.52) |          |        |        |       |       |       |         |         |          |       |       |        |        |        |        |        |         |        |         |      |
| <b>Standard Not Met</b>        |               |          |       |          |          |        |        |       |       |       |         |         |          |       |       |        |        |        |        |        |         |        |         |      |
| <b>Weekly Std. (Target 1A)</b> | 450.00-500.00 |          | 10.00 | 485.00   |          |        |        |       |       |       |         |         |          |       |       |        |        |        |        |        |         |        |         |      |
| <b>Var.</b>                    |               |          |       | (64.52)  |          |        |        |       |       |       |         |         |          |       |       |        |        |        |        |        |         |        |         |      |
| <b>Standard Not Met</b>        |               |          |       |          |          |        |        |       |       |       |         |         |          |       |       |        |        |        |        |        |         |        |         |      |

\* Some values for this nutrient are unavailable; the number listed is incomplete.

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# WEEKLY NUTRITIONAL ANALYSIS

Profit Center: Scranton School District

Location: Scranton SD South Interm

Service Area: Lincoln Jackson/Monticello

Menu Name: ECA 22-23

Period: Lunch Week: 5 Avg.Method: Weighted (USDA Default) Age Group: Lunch Grades K-8

|                                | CAL           | SFA  |          | Na       | Fat   |          | CHO   | Pro   | Chol  | Fiber | K        | Vit A    | Vit D  | Vit E | Vit K  | Vit C  | Vit B1 | Vit B2 | Vit B3 | Vit B6 | Vit B12 | Ca     | P       | Fe   |
|--------------------------------|---------------|------|----------|----------|-------|----------|-------|-------|-------|-------|----------|----------|--------|-------|--------|--------|--------|--------|--------|--------|---------|--------|---------|------|
|                                |               | (g)  | % of CAL | (mg)     | (g)   | % of CAL | (g)   | (g)   | (mg)  | (g)   | (mg)     | (IU)     | (IU)   | (mg)  | (mcg)  | (mg)   | (mg)   | (mg)   | (mg)   | (mg)   | (mcg)   | (mg)   | (mg)    | (mg) |
| <b>Weekly Std. (Target 1)</b>  | 600.00-650.00 |      | 10.00    | 1230.00  |       |          |       |       |       |       |          |          |        |       |        |        |        |        |        |        |         |        |         |      |
| <b>Day: Monday</b>             | 561.52        | 5.84 | 9.36     | 1129.77  | 17.03 | 25.71*   | 80.15 | 25.97 | 42.04 | 5.59  | 902.83*  | 2286.38* | 82.54* | .44*  | 28.46* | 34.14* | .46*   | .44*   | 3.79*  | .22*   | .71*    | 438.4  | 405.67* | 3.54 |
| <b>Day: Tuesday</b>            | 589.53        | 7.19 | 10.98    | 1092.13  | 21.18 | 30.8*    | 75.68 | 28.07 | 45.07 | 6.12  | 1104.46* | 1914.18* | 80.08* | .5*   | 56.25* | 43.37* | .3*    | .43*   | 3.58*  | .23*   | 1.23*   | 497.18 | 367.82* | 3.8  |
| <b>Day: Wednesday</b>          | 576.68        | 4.28 | 6.68     | 1024.13  | 15.77 | 23.21*   | 81.82 | 27.77 | 39.48 | 7.21  | 1250.52* | 4046.49* | 65.97* | .57*  | 15.03* | 23.33* | .26*   | .5*    | 8.65*  | .48*   | .7*     | 401.08 | 439.92* | 2.79 |
| <b>Day: Thursday</b>           | 650.31        | 9.04 | 12.51    | 985.23   | 22.06 | 29.02*   | 82.43 | 31.92 | 57.63 | 8.67  | 1056.04* | 3215.5*  | 68.84* | .49*  | 56.46* | 15.52* | .25*   | .42*   | 3.55*  | .31*   | 1.04*   | 648.83 | 444.51* | 4.58 |
| <b>Day: Friday</b>             | 671.82        | 7.63 | 10.22    | 1214.25  | 26.97 | 34.78*   | 78.56 | 30.51 | 69.96 | 4.66  | 756.15*  | 2111.59* | 81.6*  | 1.29* | 44.43* | 25.01* | .32*   | .44*   | 7.26*  | .26*   | .54*    | 477.19 | 295.14* | 4.17 |
| <b>Weekly Avg.</b>             | 609.97        | 6.80 | 9.95     | 1089.10  | 20.60 | 28.70*   | 79.73 | 28.85 | 50.84 | 6.45  | 1014.00* | 2714.83* | 75.80* | 0.66* | 40.13* | 28.28* | 0.32*  | 0.45*  | 5.37*  | 0.30*  | 0.84*   | 492.54 | 390.61* | 3.78 |
| <b>Weekly Std. (Target 1)</b>  | 600.00-650.00 |      | 10.00    | 1230.00  |       |          |       |       |       |       |          |          |        |       |        |        |        |        |        |        |         |        |         |      |
| <b>Var.</b>                    |               |      |          | (140.90) |       |          |       |       |       |       |          |          |        |       |        |        |        |        |        |        |         |        |         |      |
| <b>Standard Not Met</b>        |               |      |          |          |       |          |       |       |       |       |          |          |        |       |        |        |        |        |        |        |         |        |         |      |
| <b>Weekly Std. (Target 1A)</b> | 600.00-650.00 |      | 10.00    | 935.00   |       |          |       |       |       |       |          |          |        |       |        |        |        |        |        |        |         |        |         |      |
| <b>Var.</b>                    |               |      |          | 154.10   |       |          |       |       |       |       |          |          |        |       |        |        |        |        |        |        |         |        |         |      |
| <b>Standard Not Met</b>        |               |      |          | X        |       |          |       |       |       |       |          |          |        |       |        |        |        |        |        |        |         |        |         |      |

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