

Pre Production Nutrition Analysis - (8/26/2024 - 8/30/2024)

Site Name: North Middle School
 Site Group: Middle School
 Result: Fail

Meal Type: Breakfast
 Menu Line: Middle school
 Serving Group: 6-8

Nutrient Summary

| NUTRIENTS | STANDARD | ACTUAL (Weighted Nutrient Averages) | % CALORIES |
|------------------------------|---------------------|----------------------------------------|------------|
| Calories ¹ | [400.000 - 550.000] | 315.779 | |
| Total Fat | | 7.082 | 16.089% |
| Saturated Fat ¹ | < 10.000 % Calories | 2.898 | 6.581% |
| Trans Fat ² | | 0.000(M) | |
| Cholesterol | | 33.560 | |
| Sodium Target 1 ¹ | <= 600.000 | 327.865 | |
| Carbohydrate | | 52.051 | 52.778% |
| Total Dietary Fiber | | 2.356 | |
| Total Sugars | | 31.633 | 31.826% |
| Added Sugars | | 8.553(M) | |
| Protein | | 11.251 | 11.397% |
| Vitamin D | | 1.646(M) | |
| Calcium | | 325.342(M) | |
| Iron | | 2.792(M) | |
| Potassium | | 175.743(M) | |
| Vitamin A | | 296.449(M) | |
| Vitamin C | | 4.929(M) | |
| Moisture | | 2.605(M) | |
| Ash | | 0.008(M) | |

Food Component Summary

| FOOD COMPONENT | STANDARD | ACTUAL | % TOTAL |
|-------------------------------|------------------|------------------|---------|
| Fruits (cups) | >= 5.000 | [2.500 - 5.000] | |
| Fruit Juice | <= 50.000 % | 2.500 | 50 % |
| Meat/Meat Alternates (oz eq.) | >= 0.000 | [0.000 - 9.000] | |
| Grains (oz eq.) | [8.000 - 10.000] | [5.000 - 20.000] | |
| Whole Grain Rich (oz eq.) | >= 80.000 % | 46.000 | 100 % |
| Non-Whole Grain Rich (oz eq.) | | 0.000 | |
| Grain-Based Dessert (oz eq.) | | 0.000 | |
| Fluid Milk (cups) | >= 5.000 | 5.000 | |
| Varieties of Milk | | PASS | |
| Vegetables (cups) | | 0.000 | |
| Dark Green (cups) | | 0.000 | |
| Red/Orange (cups) | | 0.000 | |
| Beans, Peas & Lentils (cups) | | 0.000 | |
| Starchy (cups) | | 0.000 | |
| Other (cups) | | 0.000 | |
| Additional Vegetables (cups) | | 0.000 | |
| Vegetable Juice | | 0.000 | 0 % |

Day 08/26/2024 - MS Week 1 Day 1

| Menu Item (Serving Size) | Plan Qty | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Total Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) | Vitamin A (mcg) | Vitamin C (mg) | Moisture (g) | Ash (g) |
|----------------------------|----------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------------|------------------|------------------|-------------|-----------------|--------------|-----------|----------------|-----------------|----------------|--------------|---------|
| Category: Milk Choose: 1 | | | | | | | | | | | | | | | | | | | | |
| Skim Milk (1) | 10 | 90.000 | 0.000 | 0.000 | 0.000 | 5.000 | 130.000 | 13.000 | 0.000 | 12.000 | 0.000 | 9.000 | (M) | 250.000 | 0.000 | (M) | 154.000 | 0.000 | (M) | (M) |

| Menu Item (Serving Size) | Plan Qty | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Total Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) | Vitamin A (mcg) | Vitamin C (mg) | Moisture (g) | Ash (g) |
|-------------------------------------------------|----------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------------|------------------|------------------|-------------|-----------------|--------------|-----------|----------------|-----------------|----------------|--------------|---------|
| White 1% Milk (1 EACH) | 200 | 110.000 | 2.500 | 1.500 | 0.000 | 15.000 | 130.000 | 13.000 | 0.000 | 12.000 | (M) | 9.000 | (M) | 316.000 | 0.000 | (M) | 184.000 | 0.000 | (M) | (M) |
| Category: Grain Choose: 1 | | | | | | | | | | | | | | | | | | | | |
| Cereal Cinnamon Chex WG 2oz (1 EACH) | 24 | 230.000 | 5.000 | 0.500 | 0.000 | 0.000 | 320.000 | 46.000 | 3.000 | 12.000 | (M) | 3.000 | (M) | 130.000 | 14.400 | 0.000 | (M) | (M) | (M) | (M) |
| Cereal Cinnamon Toast Crunch WG 2oz (1 EACH) | 24 | 210.000 | 5.000 | 0.500 | 0.000 | 0.000 | 320.000 | 44.000 | 7.000 | 11.000 | 11.000 | 3.000 | 4.000 | 288.000 | 9.000 | 186.000 | 1083.000 | 20.000 | (M) | (M) |
| Goldfish Cinnamon Graham (1 Amount per serving) | 75 | 120.120 | 4.004 | 1.001 | 0.000 | 0.000 | 139.880 | 19.006 | 0.988 | 6.994 | 6.994 | 1.001 | (M) | 100.100 | 1.999 | 40.040 | (M) | (M) | (M) | (M) |
| Category: Fruit Choose: 1 | | | | | | | | | | | | | | | | | | | | |
| 100% Apple Juice (1 EACH) | 175 | 60.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 14.000 | 0.000 | 13.000 | (M) | 0.000 | (M) | 0.000 | 0.000 | (M) | (M) | (M) | (M) | (M) |

| Menu Item (Serving Size) | Plan Qty | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Total Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) | Vitamin A (mcg) | Vitamin C (mg) | Moisture (g) | Ash (g) |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------------|------------------|------------------|-------------|-----------------|--------------|-----------|----------------|-----------------|----------------|--------------|---------|
| 100% Tangerine Orange Juice (1 EACH) | 63 | 60.000 | 0.000 | 0.000 | 0.000 | 0.000 | 10.000 | 15.000 | 0.000 | 13.000 | 0.000 | 0.000 | (M) | 0.000 | 0.000 | (M) | (M) | (M) | (M) | (M) |
| Fresh Strawberries (1/2) | 50 | 27.000 | 0.250 | 0.010 | (M) | 0.000 | 1.000 | 6.370 | 1.700 | 3.870 | 0.000 | 0.560 | (M) | 13.000 | 0.350 | 127.000 | 1.000 | 48.800 | (M) | (M) |
| Whole Pear (1 EACH) | 5 | 112.000 | 0.280 | 0.000 | 0.000 | 0.000 | 1.800 | 26.600 | 5.500 | 17.200 | 0.000 | 0.690 | 0.000 | 15.900 | 0.340 | 178.800 | (M) | (M) | (M) | (M) |
| <div style="display: flex; align-items: center;"> ▾ Category: Entree Choose: 1 </div> | | | | | | | | | | | | | | | | | | | | |
| Apple Cinnamon Muffin (1 EACH) | 30 | 180.000 | 6.000 | 2.000 | (M) | 35.000 | 125.000 | 31.000 | 2.000 | 15.000 | (M) | 3.000 | 0.000 | 30.000 | 0.900 | 110.000 | (M) | (M) | (M) | (M) |
| Blueberry Muffin (1 EACH) | 30 | 190.000 | 6.000 | 2.000 | (M) | 30.000 | 130.000 | 30.000 | 2.000 | 16.000 | (M) | 3.000 | 0.000 | 30.000 | 0.900 | 90.000 | (M) | (M) | (M) | (M) |
| Cereal Lucky Charms WG 2oz (1 EACH) | 24 | 210.000 | 2.000 | 0.000 | 0.000 | 0.000 | 350.000 | 47.000 | 4.000 | 19.000 | 19.000 | 4.000 | 11.000 | 361.000 | 10.000 | 212.000 | 1155.000 | 25.000 | (M) | (M) |
| String Cheese (1 EACH) | 75 | 60.000 | 3.000 | 2.000 | (M) | 10.000 | 200.000 | 1.000 | 0.000 | 0.000 | 0.000 | 7.000 | 0.000 | 198.000 | 0.000 | 110.000 | (M) | (M) | (M) | (M) |

| Menu Item (Serving Size) | Plan Qty | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Total Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) | Vitamin A (mcg) | Vitamin C (mg) | Moisture (g) | Ash (g) |
|------------------------------------|----------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------------|------------------|------------------|-------------|-----------------|--------------|-----------|----------------|-----------------|----------------|--------------|---------|
| Vanilla Strawberry Yogurt (1 each) | 75 | 210.000 | 1.000 | 0.500 | 0.000 | 5.000 | 81.000 | 45.000 | 2.000 | 34.000 | 24.000 | 6.000 | 2.900 | 195.000 | 0.380 | 381.000 | 180.000 | (M) | (M) | (M) |

Day 08/27/2024 - MS Week 1 Day 2

| Menu Item (Serving Size) | Plan Qty | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Total Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) | Vitamin A (mcg) | Vitamin C (mg) | Moisture (g) | Ash (g) |
|----------------------------------------------|----------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------------|------------------|------------------|-------------|-----------------|--------------|-----------|----------------|-----------------|----------------|--------------|---------|
| Category: Milk Choose: 1 | | | | | | | | | | | | | | | | | | | | |
| Skim Milk (1 EACH) | 10 | 90.000 | 0.000 | 0.000 | 0.000 | 5.000 | 130.000 | 13.000 | 0.000 | 12.000 | 0.000 | 9.000 | (M) | 250.000 | 0.000 | (M) | 154.000 | 0.000 | (M) | (M) |
| White 1% Milk (1 EACH) | 200 | 110.000 | 2.500 | 1.500 | 0.000 | 15.000 | 130.000 | 13.000 | 0.000 | 12.000 | (M) | 9.000 | (M) | 316.000 | 0.000 | (M) | 184.000 | 0.000 | (M) | (M) |
| Category: Grain Choose: 1 | | | | | | | | | | | | | | | | | | | | |
| Cereal Cinnamon Chex WG 2oz (1 EACH) | 24 | 230.000 | 5.000 | 0.500 | 0.000 | 0.000 | 320.000 | 46.000 | 3.000 | 12.000 | (M) | 3.000 | (M) | 130.000 | 14.400 | 0.000 | (M) | (M) | (M) | (M) |
| Cereal Cinnamon Toast Crunch WG 2oz (1 EACH) | 24 | 210.000 | 5.000 | 0.500 | 0.000 | 0.000 | 320.000 | 44.000 | 7.000 | 11.000 | 11.000 | 3.000 | 4.000 | 288.000 | 9.000 | 186.000 | 1083.000 | 20.000 | (M) | (M) |

| Menu Item (Serving Size) | Plan Qty | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Total Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) | Vitamin A (mcg) | Vitamin C (mg) | Moisture (g) | Ash (g) |
|-------------------------------------------------|----------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------------|------------------|------------------|-------------|-----------------|--------------|-----------|----------------|-----------------|----------------|--------------|---------|
| Goldfish Cinnamon Graham (1 Amount per serving) | 75 | 120.120 | 4.004 | 1.001 | 0.000 | 0.000 | 139.880 | 19.006 | 0.988 | 6.994 | 6.994 | 1.001 | (M) | 100.100 | 1.999 | 40.040 | (M) | (M) | (M) | (M) |
| Category: Fruit Choose: 1 | | | | | | | | | | | | | | | | | | | | |
| 100% Apple Juice (1 EACH) | 226 | 60.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 14.000 | 0.000 | 13.000 | (M) | 0.000 | (M) | 0.000 | 0.000 | (M) | (M) | (M) | (M) | (M) |
| 100% Tangerine Orange Juice (1 EACH) | 126 | 60.000 | 0.000 | 0.000 | 0.000 | 0.000 | 10.000 | 15.000 | 0.000 | 13.000 | 0.000 | 0.000 | (M) | 0.000 | 0.000 | (M) | (M) | (M) | (M) | (M) |
| Gala Apple (1 Each) | 50 | 70.000 | 0.000 | 0.000 | 0.000 | 0.000 | 1.000 | 19.000 | 3.000 | 14.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | (M) | 0.000 | 5.000 | (M) | (M) |
| Peach Slices (1/2 CUP) | 25 | 60.000 | 0.000 | 0.000 | 0.000 | 0.000 | 10.000 | 14.000 | 0.000 | 12.000 | (M) | 0.000 | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Category: Entree Choose: 1 | | | | | | | | | | | | | | | | | | | | |
| Cereal Lucky Charms WG 2oz (1 EACH) | 24 | 210.000 | 2.000 | 0.000 | 0.000 | 0.000 | 350.000 | 47.000 | 4.000 | 19.000 | 19.000 | 4.000 | 11.000 | 361.000 | 10.000 | 212.000 | 1155.000 | 25.000 | (M) | (M) |

| Menu Item (Serving Size) | Plan Qty | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Total Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) | Vitamin A (mcg) | Vitamin C (mg) | Moisture (g) | Ash (g) |
|--------------------------------------|----------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------------|------------------|------------------|-------------|-----------------|--------------|-----------|----------------|-----------------|----------------|--------------|---------|
| Vanilla Mango Parfait (1 each) | 128 | 150.000 | 1.000 | 0.500 | 0.000 | 5.000 | 80.000 | 30.000 | 0.000 | 21.000 | 16.000 | 5.000 | 2.900 | 180.000 | 0.000 | 240.000 | 180.000 | (M) | (M) | (M) |
| WGR Ham & Cheese Toasted (1 Each) | 100 | 265.001 | 8.000 | 3.250 | 0.000 | 42.500 | 595.003 | 31.000 | 2.000 | 2.500 | 2.000 | 15.500 | 0.000 | 32.000 | 2.550 | 306.002 | (M) | (M) | (M) | (M) |

Day 08/28/2024 - MS Week 1 Day 3

| Menu Item (Serving Size) | Plan Qty | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Total Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) | Vitamin A (mcg) | Vitamin C (mg) | Moisture (g) | Ash (g) |
|--------------------------------------|----------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------------|------------------|------------------|-------------|-----------------|--------------|-----------|----------------|-----------------|----------------|--------------|---------|
| Category: Milk Choose: 1 | | | | | | | | | | | | | | | | | | | | |
| Skim Milk (1 EACH) | 10 | 90.000 | 0.000 | 0.000 | 0.000 | 5.000 | 130.000 | 13.000 | 0.000 | 12.000 | 0.000 | 9.000 | (M) | 250.000 | 0.000 | (M) | 154.000 | 0.000 | (M) | (M) |
| White 1% Milk (1 EACH) | 200 | 110.000 | 2.500 | 1.500 | 0.000 | 15.000 | 130.000 | 13.000 | 0.000 | 12.000 | (M) | 9.000 | (M) | 316.000 | 0.000 | (M) | 184.000 | 0.000 | (M) | (M) |
| Category: Grain Choose: 1 | | | | | | | | | | | | | | | | | | | | |
| Cereal Cinnamon Chex WG 2oz (1 EACH) | 24 | 230.000 | 5.000 | 0.500 | 0.000 | 0.000 | 320.000 | 46.000 | 3.000 | 12.000 | (M) | 3.000 | (M) | 130.000 | 14.400 | 0.000 | (M) | (M) | (M) | (M) |

| Menu Item (Serving Size) | Plan Qty | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Total Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) | Vitamin A (mcg) | Vitamin C (mg) | Moisture (g) | Ash (g) |
|-------------------------------------------------------------|----------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------------|------------------|------------------|-------------|-----------------|--------------|-----------|----------------|-----------------|----------------|--------------|---------|
| Cereal Cinnamon Toast Crunch WG 2oz (1 EACH) | 24 | 210.000 | 5.000 | 0.500 | 0.000 | 0.000 | 320.000 | 44.000 | 7.000 | 11.000 | 11.000 | 3.000 | 4.000 | 288.000 | 9.000 | 186.000 | 1083.000 | 20.000 | (M) | (M) |
| Goldfish Cinnamon Graham (1 Amount per serving) | 122 | 120.120 | 4.004 | 1.001 | 0.000 | 0.000 | 139.880 | 19.006 | 0.988 | 6.994 | 6.994 | 1.001 | (M) | 100.100 | 1.999 | 40.040 | (M) | (M) | (M) | (M) |
| Category: Fruit Choose: 1 | | | | | | | | | | | | | | | | | | | | |
| 100% Apple Juice (1 EACH) | 226 | 60.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 14.000 | 0.000 | 13.000 | (M) | 0.000 | (M) | 0.000 | 0.000 | (M) | (M) | (M) | (M) | (M) |
| 100% Tangerine Orange Juice (1 EACH) | 126 | 60.000 | 0.000 | 0.000 | 0.000 | 0.000 | 10.000 | 15.000 | 0.000 | 13.000 | 0.000 | 0.000 | (M) | 0.000 | 0.000 | (M) | (M) | (M) | (M) | (M) |
| Fresh Watermelon (1/2 Cup, diced) | 50 | 22.800 | 0.114 | 0.012 | 0.000 | 0.000 | 0.760 | 5.738 | 0.304 | 4.712 | (M) | 0.464 | 0.000 | 5.320 | 0.182 | 85.120 | 432.440 | 6.156 | 69.502 | 0.190 |
| Tangerine (1 EACH) | 50 | 40.000 | 0.200 | 0.000 | 0.000 | 0.000 | 1.500 | 10.100 | 1.300 | 8.000 | (M) | 0.600 | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Category: Entree Choose: 1 | | | | | | | | | | | | | | | | | | | | |

| Menu Item (Serving Size) | Plan Qty | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Total Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) | Vitamin A (mcg) | Vitamin C (mg) | Moisture (g) | Ash (g) |
|---------------------------------------------|----------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------------|------------------|------------------|-------------|-----------------|--------------|-----------|----------------|-----------------|----------------|--------------|---------|
| Cereal Lucky Charms WG 2oz (1 EACH) | 24 | 210.000 | 2.000 | 0.000 | 0.000 | 0.000 | 350.000 | 47.000 | 4.000 | 19.000 | 19.000 | 4.000 | 11.000 | 361.000 | 10.000 | 212.000 | 1155.000 | 25.000 | (M) | (M) |
| Vanilla Strawberry Yogurt Parfait (1 each) | 128 | 210.000 | 1.000 | 0.500 | 0.000 | 5.000 | 81.000 | 45.000 | 2.000 | 34.000 | 24.000 | 6.000 | 2.900 | 195.000 | 0.380 | 381.000 | 180.000 | (M) | (M) | (M) |
| WGR Egg and Cheese Burrito (1 each) | 25 | 309.380 | 18.804 | 8.768 | 0.000 | 269.944 | 479.380 | 22.000 | 2.000 | 1.000 | 0.000 | 15.804 | 0.200 | 193.000 | 0.000 | 20.000 | (M) | (M) | (M) | (M) |
| WGR Sausage Egg and Cheese Burrito (1 each) | 75 | 399.380 | 26.304 | 11.768 | 0.000 | 286.944 | 679.380 | 22.500 | 2.000 | 1.000 | 0.000 | 20.304 | 0.200 | 193.000 | 0.500 | 65.000 | (M) | (M) | (M) | (M) |

Day 08/29/2024 - MS Week 1 Day 4

| Menu Item (Serving Size) | Plan Qty | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Total Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) | Vitamin A (mcg) | Vitamin C (mg) | Moisture (g) | Ash (g) |
|----------------------------|----------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------------|------------------|------------------|-------------|-----------------|--------------|-----------|----------------|-----------------|----------------|--------------|---------|
| Category: Milk Choose: 1 | | | | | | | | | | | | | | | | | | | | |
| Skim Milk (1 | 10 | 90.000 | 0.000 | 0.000 | 0.000 | 5.000 | 130.000 | 13.000 | 0.000 | 12.000 | 0.000 | 9.000 | (M) | 250.000 | 0.000 | (M) | 154.000 | 0.000 | (M) | (M) |

| Menu Item (Serving Size) | Plan Qty | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Total Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) | Vitamin A (mcg) | Vitamin C (mg) | Moisture (g) | Ash (g) |
|-------------------------------------------------|----------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------------|------------------|------------------|-------------|-----------------|--------------|-----------|----------------|-----------------|----------------|--------------|---------|
| White 1% Milk (1 EACH) | 200 | 110.000 | 2.500 | 1.500 | 0.000 | 15.000 | 130.000 | 13.000 | 0.000 | 12.000 | (M) | 9.000 | (M) | 316.000 | 0.000 | (M) | 184.000 | 0.000 | (M) | (M) |
| Category: Grain Choose: 1 | | | | | | | | | | | | | | | | | | | | |
| Cereal Cinnamon Chex WG 2oz (1 EACH) | 24 | 230.000 | 5.000 | 0.500 | 0.000 | 0.000 | 320.000 | 46.000 | 3.000 | 12.000 | (M) | 3.000 | (M) | 130.000 | 14.400 | 0.000 | (M) | (M) | (M) | (M) |
| Cereal Cinnamon Toast Crunch WG 2oz (1 EACH) | 24 | 210.000 | 5.000 | 0.500 | 0.000 | 0.000 | 320.000 | 44.000 | 7.000 | 11.000 | 11.000 | 3.000 | 4.000 | 288.000 | 9.000 | 186.000 | 1083.000 | 20.000 | (M) | (M) |
| Goldfish Cinnamon Graham (1 Amount per serving) | 75 | 120.120 | 4.004 | 1.001 | 0.000 | 0.000 | 139.880 | 19.006 | 0.988 | 6.994 | 6.994 | 1.001 | (M) | 100.100 | 1.999 | 40.040 | (M) | (M) | (M) | (M) |
| Category: Fruit Choose: 1 | | | | | | | | | | | | | | | | | | | | |
| 100% Apple Juice (1 EACH) | 226 | 60.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 14.000 | 0.000 | 13.000 | (M) | 0.000 | (M) | 0.000 | 0.000 | (M) | (M) | (M) | (M) | (M) |

| Menu Item (Serving Size) | Plan Qty | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Total Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) | Vitamin A (mcg) | Vitamin C (mg) | Moisture (g) | Ash (g) |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------------|------------------|------------------|-------------|-----------------|--------------|-----------|----------------|-----------------|----------------|--------------|---------|
| 100% Tangerine Orange Juice (1 EACH) | 126 | 60.000 | 0.000 | 0.000 | 0.000 | 0.000 | 10.000 | 15.000 | 0.000 | 13.000 | 0.000 | 0.000 | (M) | 0.000 | 0.000 | (M) | (M) | (M) | (M) | (M) |
| Banana (1 each) | 60 | 105.020 | 0.389 | 0.132 | 0.000 | 0.000 | 1.180 | 26.951 | 3.068 | 14.431 | (M) | 1.286 | 0.000 | 5.900 | 0.307 | 422.440 | 75.520 | 10.266 | 88.394 | 0.968 |
| Mixed Berry Cup USDA (1 EACH) | 60 | 90.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 20.000 | 2.000 | 16.000 | 0.000 | 0.000 | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| <div style="display: flex; align-items: center;"> ▾ Category: Entree Choose: 1 </div> | | | | | | | | | | | | | | | | | | | | |
| Cereal Lucky Charms WG 2oz (1 EACH) | 24 | 210.000 | 2.000 | 0.000 | 0.000 | 0.000 | 350.000 | 47.000 | 4.000 | 19.000 | 19.000 | 4.000 | 11.000 | 361.000 | 10.000 | 212.000 | 1155.000 | 25.000 | (M) | (M) |
| Vanilla Mango Parfait (1 each) | 75 | 150.000 | 1.000 | 0.500 | 0.000 | 5.000 | 80.000 | 30.000 | 0.000 | 21.000 | 16.000 | 5.000 | 2.900 | 180.000 | 0.000 | 240.000 | 180.000 | (M) | (M) | (M) |
| WGR Egg and Cheese Muffin (1 each) | 30 | 225.000 | 9.500 | 3.500 | 0.000 | 137.500 | 365.000 | 23.000 | 2.000 | 1.500 | 0.000 | 11.500 | 0.000 | 67.000 | 1.000 | 88.000 | (M) | (M) | (M) | (M) |

| Menu Item (Serving Size) | Plan Qty | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Total Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) | Vitamin A (mcg) | Vitamin C (mg) | Moisture (g) | Ash (g) |
|------------------------------------------|----------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------------|------------------|------------------|-------------|-----------------|--------------|-----------|----------------|-----------------|----------------|--------------|---------|
| WGR Sausage Egg & Cheese Muffin (1 each) | 75 | 355.000 | 21.500 | 8.000 | 0.000 | 162.500 | 575.000 | 24.000 | 2.000 | 1.500 | 0.000 | 15.500 | 0.000 | 67.000 | 1.000 | 148.000 | (M) | (M) | (M) | (M) |

Day 08/30/2024 - MS Week 1 Day 5

| Menu Item (Serving Size) | Plan Qty | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Total Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) | Vitamin A (mcg) | Vitamin C (mg) | Moisture (g) | Ash (g) |
|----------------------------------------------|----------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------------|------------------|------------------|-------------|-----------------|--------------|-----------|----------------|-----------------|----------------|--------------|---------|
| Category: Milk Choose: 1 | | | | | | | | | | | | | | | | | | | | |
| Skim Milk (1 EACH) | 10 | 90.000 | 0.000 | 0.000 | 0.000 | 5.000 | 130.000 | 13.000 | 0.000 | 12.000 | 0.000 | 9.000 | (M) | 250.000 | 0.000 | (M) | 154.000 | 0.000 | (M) | (M) |
| White 1% Milk (1 EACH) | 250 | 110.000 | 2.500 | 1.500 | 0.000 | 15.000 | 130.000 | 13.000 | 0.000 | 12.000 | (M) | 9.000 | (M) | 316.000 | 0.000 | (M) | 184.000 | 0.000 | (M) | (M) |
| Category: Grain Choose: 1 | | | | | | | | | | | | | | | | | | | | |
| Cereal Cinnamon Chex WG 1oz (1 EACH) | 12 | 110.000 | 2.500 | 0.000 | 0.000 | 0.000 | 160.000 | 23.000 | 1.000 | 6.000 | (M) | 1.000 | 2.200 | 90.000 | 7.500 | 0.000 | (M) | (M) | (M) | (M) |
| Cereal Cinnamon Toast Crunch WG 2oz (1 EACH) | 12 | 210.000 | 5.000 | 0.500 | 0.000 | 0.000 | 320.000 | 44.000 | 7.000 | 11.000 | 11.000 | 3.000 | 4.000 | 288.000 | 9.000 | 186.000 | 1083.000 | 20.000 | (M) | (M) |

| Menu Item (Serving Size) | Plan Qty | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Total Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) | Vitamin A (mcg) | Vitamin C (mg) | Moisture (g) | Ash (g) |
|-------------------------------------------------|----------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------------|------------------|------------------|-------------|-----------------|--------------|-----------|----------------|-----------------|----------------|--------------|---------|
| Goldfish Cinnamon Graham (1 Amount per serving) | | 120.120 | 4.004 | 1.001 | 0.000 | 0.000 | 139.880 | 19.006 | 0.988 | 6.994 | 6.994 | 1.001 | (M) | 100.100 | 1.999 | 40.040 | (M) | (M) | (M) | (M) |
| Category: Fruit Choose: 1 | | | | | | | | | | | | | | | | | | | | |
| 100% Apple Juice (1 EACH) | 300 | 60.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 14.000 | 0.000 | 13.000 | (M) | 0.000 | (M) | 0.000 | 0.000 | (M) | (M) | (M) | (M) | (M) |
| 100% Tangerine Orange Juice (1 EACH) | 63 | 60.000 | 0.000 | 0.000 | 0.000 | 0.000 | 10.000 | 15.000 | 0.000 | 13.000 | 0.000 | 0.000 | (M) | 0.000 | 0.000 | (M) | (M) | (M) | (M) | (M) |
| Fresh Plum (1 fruit (2-1/8" dia)) | 10 | 30.360 | 0.185 | 0.011 | 0.000 | 0.000 | 0.000 | 7.537 | 0.924 | 6.547 | (M) | 0.462 | 0.000 | 3.960 | 0.112 | 103.620 | 227.700 | 6.270 | 57.572 | 0.244 |
| Pear Slices (1/2) | 27 | 60.000 | 0.000 | 0.000 | 0.000 | 0.000 | 5.000 | 14.000 | 2.000 | 2.000 | 0.000 | 0.000 | (M) | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Category: Entree Choose: 1 | | | | | | | | | | | | | | | | | | | | |
| Cereal Lucky Charms WG 2oz (1 EACH) | 12 | 210.000 | 2.000 | 0.000 | 0.000 | 0.000 | 350.000 | 47.000 | 4.000 | 19.000 | 19.000 | 4.000 | 11.000 | 361.000 | 10.000 | 212.000 | 1155.000 | 25.000 | (M) | (M) |

| Menu Item (Serving Size) | Plan Qty | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Total Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) | Vitamin A (mcg) | Vitamin C (mg) | Moisture (g) | Ash (g) |
|------------------------------------|----------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------------|------------------|------------------|-------------|-----------------|--------------|-----------|----------------|-----------------|----------------|--------------|---------|
| Donut Bar WG (1 EACH) | 300 | 210.000 | 9.000 | 3.500 | 0.000 | 0.000 | 310.000 | 27.000 | 3.000 | 2.000 | (M) | 6.000 | 0.000 | 16.000 | 1.500 | 115.000 | (M) | (M) | (M) | (M) |
| Strawberry Banana Parfait (1 each) | 64 | 150.000 | 1.000 | 0.500 | 0.000 | 5.000 | 80.000 | 30.000 | 0.000 | 21.000 | 16.000 | 5.000 | 2.900 | 180.000 | 0.000 | 240.000 | 180.000 | (M) | (M) | (M) |

Exceeded High / Fail Low

2. Trans Fat is provided for informational purposes, not for monitoring purposes.

1. Standard Value is the daily average requirement for a school week.

(M) Indicates missing nutrient values.

4. Schoolcafe will flag based on USDA requirements started School Year 2022- 2023 for WGR and 1% flavored Milk.