

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

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

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

Nutrient Summary

NUTRIENTS	STANDARD	ACTUAL (Weighted Nutrient Averages)	% CALORIES
Calories ¹	[600.000 - 700.000]	475.387	
Total Fat		15.923	22.826%
Saturated Fat ¹	< 10.000 % Calories	4.957	6.981%
Trans Fat ²		0.000(M)	
Cholesterol		51.564	
Sodium Target 1 ¹	<= 1360.000	682.632	
Sodium Target 1A (mg) ¹	<= 1225.000	682.632	
Carbohydrate		57.340	40.393%
Total Dietary Fiber		4.296	
Total Sugars		25.677(M)	18.859% (M)
Added Sugars		3.132(M)	
Protein		22.807	16.005%
Vitamin D		0.092(M)	
Calcium		336.359(M)	
Iron		2.046(M)	
Potassium		436.426(M)	
Vitamin A		262.398(M)	
Vitamin C		9.288(M)	
Moisture		38.085(M)	
Ash		0.146(M)	

Food Component Summary

FOOD COMPONENT	STANDARD	ACTUAL	% TOTAL
Fruits (cups)	>= 2.500	[2.000 - 3.500]	
Fruit Juice	<= 50.000 %	0.000	0 %
Meat/Meat Alternates (oz eq.)	[9.000 - 10.000]	[5.000 - 12.750]	
Grains (oz eq.)	[8.000 - 10.000]	[5.500 - 15.500]	
Whole Grain Rich (oz eq.)	>= 80.000 %	54.500	100 %
Non-Whole Grain Rich (oz eq.)		0.000	
Grain-Based Dessert (oz eq.)	<= 2.000	0.000	
Fluid Milk (cups)	>= 5.000	5.000	
Varieties of Milk		PASS	
Vegetables (cups)	>= 3.750	[5.000 - 11.250]	
Dark Green (cups)	>= 0.500	7.000	
Red/Orange (cups)	>= 0.750	3.125	
Beans, Peas & Lentils (cups)	>= 0.500	0.750	
Starchy (cups)	>= 0.500	1.125	
Other (cups)	>= 0.500	2.250	
Additional Vegetables (cups)		0.000	
Vegetable Juice	<= 50.000 %	0.000	0 %

Day 08/26/2024 - MS Lunch WK 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: Vegetable Choose: 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)
Celery (1/2 Cup)	50	12.000	0.000	0.000	0.000	0.000	60.000	2.000	1.000	1.000	(M)	1.000	(M)	30.000	0.000	(M)	336.000	2.000	(M)	(M)
Chopped Romaine (1 Cup)	75	10.000	0.000	0.000	0.000	0.000	0.000	2.000	1.000	0.000	0.000	0.000	0.000	16.000	0.460	116.000	205.000	1.900	(M)	(M)
Seasoned Corn (1 no. 8 Scoop)	90	138.047	5.065	2.835	0.000	12.150	219.713	23.167	2.439	0.000	0.000	3.658	0.000	1.215	0.488	245.082	(M)	(M)	(M)	(M)
Sliced Cucumber (1/2)	50	5.950	0.095	0.046	0.000	0.000	1.190	1.285	0.417	0.821	(M)	0.351	0.000	8.330	0.131	80.920	42.840	1.904	57.554	0.214
<div style="display: flex; align-items: center;"> ▼ Category: Milk Choose: 1 </div>																				
Chocolate Milk (1 EACH)	200	120.000	0.000	0.000	0.000	5.000	220.000	21.000	0.000	18.000	(M)	9.000	(M)	308.000	1.000	(M)	155.000	0.000	(M)	(M)
White 1% Milk (1 EACH)	100	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)
<div style="display: flex; align-items: center;"> ▼ Category: Fruit Choose: 1 </div>																				
Gala Apple (1 Each)	150	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)	100	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)
<div style="display: flex; align-items: center;"> ▼ Category: Entree Choose: 1 </div>																				

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)
Cheesecake Boscovitch WG (2 EACH)	100	150.000	5.000	0.500	0.000	15.000	220.000	17.000	2.000	1.000	1.000	10.000	2.000	222.000	1.000	80.000	(M)	0.000	(M)	(M)
Chicken Tenderloins (3 each)	100	345.001	16.500	3.000	0.000	67.500	600.002	18.000	3.000	3.000	1.500	30.000	0.000	0.000	2.400	1155.003	(M)	(M)	(M)	(M)
Spicy Chicken Caesar Salad (1 Each)	10	285.000	14.000	4.500	0.000	57.500	513.000	15.500	3.000	2.000	1.000	23.500	0.000	165.000	1.920	1014.500	410.000	3.800	(M)	(M)
WGR Spicy Chicken Sandwich (1 Each)	100	340.000	11.500	2.000	0.000	45.000	530.000	36.000	4.000	3.000	3.000	25.000	0.000	80.000	3.000	874.000	(M)	(M)	(M)	(M)
WGR Turkey Ham Sandwich (1 Each)	10	281.667	8.833	3.500	0.000	52.500	675.000	31.000	2.000	2.500	2.000	17.833	0.000	32.000	2.733	369.333	(M)	(M)	(M)	(M)
WGR Turkey Sandwich (1 Each)	10	272.333	6.833	2.500	0.000	36.500	640.332	32.333	2.000	2.500	2.000	19.167	0.000	32.000	2.000	116.000	(M)	(M)	(M)	(M)

Day 08/27/2024 - MS Lunch WK 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)
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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)
Cauliflower Florets (1/2)	50	13.000	0.150	0.034	0.000	0.000	16.000	2.660	1.100	0.000	(M)	1.030	(M)	12.000	0.220	(M)	0.000	25.800	(M)	(M)
Chopped Romaine (1 Cup)	75	10.000	0.000	0.000	0.000	0.000	0.000	2.000	1.000	0.000	0.000	0.000	0.000	16.000	0.460	116.000	205.000	1.900	(M)	(M)
Mini Sweet Peppers (1/2)	75	17.000	0.200	0.000	(M)	0.000	2.200	3.400	1.200	2.400	(M)	0.600	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Potato Wedges (1/2 CUP)	400	140.000	6.000	1.000	(M)	0.000	210.000	20.000	1.000	(M)	(M)	1.000	0.000	(M)	(M)	310.000	(M)	(M)	(M)	(M)
<div style="display: flex; align-items: center;"> v Category: Milk Choose: 1 </div>																				
Chocolate Milk (1 EACH)	400	120.000	0.000	0.000	0.000	5.000	220.000	21.000	0.000	18.000	(M)	9.000	(M)	308.000	1.000	(M)	155.000	0.000	(M)	(M)
White 1% Milk (1 EACH)	100	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)
<div style="display: flex; align-items: center;"> v Category: Grain Choose: 1 </div>																				
Whole Grain Roll 1oz (1 EACH)	400	80.000	1.500	0.000	0.000	0.000	70.000	14.000	2.000	(M)	2.000	3.000	0.400	10.000	0.800	50.000	(M)	(M)	(M)	(M)
<div style="display: flex; align-items: center;"> v Category: Fruit Choose: 1 </div>																				

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)
Fresh Watermelon (1/2 Cup, diced)	500	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)	100	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)
<div style="display: flex; align-items: center;"> ▾ Category: Entree Choose: 1 </div>																				
BBQ Wings (5 each)	200	280.875	17.000	4.500	0.000	95.000	580.750	18.719	0.000	14.175	0.000	14.000	0.000	10.000	0.000	340.000	(M)	(M)	(M)	(M)
Buffalo Wings (5 each)	175	280.875	17.000	4.500	0.000	95.000	580.750	18.719	0.000	14.175	0.000	14.000	0.000	10.000	0.000	340.000	(M)	(M)	(M)	(M)
WGR Cheeseburger-MS/HS (1 Each)	100	335.000	13.000	5.500	0.000	15.500	515.000	31.000	3.000	2.500	2.000	20.500	0.000	80.000	2.000	104.000	(M)	(M)	(M)	(M)
WGR Hamburger-MS/HS (1 Each)	10	280.000	8.500	3.000	0.000	3.000	380.000	30.000	3.000	2.000	2.000	18.000	0.000	80.000	2.000	104.000	(M)	(M)	(M)	(M)
WGR Turkey Ham Sandwich-HS (1 Each)	10	315.000	10.500	4.000	0.000	72.500	835.000	31.000	2.000	2.500	2.000	22.500	0.000	32.000	3.100	496.000	(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)
<div style="display: flex; align-items: center;"> ▼ Category: Grain Choose: 1 </div>																				
8 inch tortilla (1 each)	50	120.000	3.000	1.500	0.000	0.000	220.000	21.000	2.000	1.000	(M)	3.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Tortilla Chips (2 ounce s)	400	150.000	7.000	0.500	0.000	0.000	210.000	19.000	2.000	0.000	0.000	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<div style="display: flex; align-items: center;"> ▼ Category: Fruit Choose: 1 </div>																				
Banana (1 each)	200	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)	300	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>																				
Cheese Sauce (3)	400	210.000	9.000	6.000	0.000	30.000	400.000	5.000	0.000	0.000	0.000	7.000	0.000	223.000	0.000	462.000	(M)	(M)	(M)	(M)
Taco Beef (1 no. 8 Scoop)	200	442.854	37.199	13.640	0.000	105.399	318.637	1.772	0.000	0.000	0.000	21.080	0.000	31.888	2.775	322.395	0.000	0.000	29.595	0.030
Taco Salad (1 Each)	20	740.229	53.492	19.207	0.000	130.712	714.887	29.315	5.100	2.370	0.000	29.945	0.203	268.301	3.935	787.645	448.000	15.200	29.595	0.030
WGR Chicken Sandwich (1 Each)	100	340.000	10.500	1.500	0.000	45.000	490.000	36.000	6.000	2.000	2.000	25.000	0.000	80.000	3.000	814.000	(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 Turkey Ham Sandwich (1 Each)	10	281.667	8.833	3.500	0.000	52.500	675.000	31.000	2.000	2.500	2.000	17.833	0.000	32.000	2.733	369.333	(M)	(M)	(M)	(M)
WGR Turkey Sandwich (1 Each)	10	272.333	6.833	2.500	0.000	36.500	640.332	32.333	2.000	2.500	2.000	19.167	0.000	32.000	2.000	116.000	(M)	(M)	(M)	(M)

Day 08/29/2024 - MS Lunch WK 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: Vegetable Choose: 2																				
Baby Carrots (1/2 CUP)	200	35.000	0.100	0.000	0.000	0.000	78.000	8.200	2.900	4.800	0.000	0.600	0.000	32.000	0.900	237.000	(M)	(M)	(M)	(M)
Broccoli Florets (1/2)	50	10.000	0.120	0.019	(M)	0.000	10.000	1.860	1.000	(M)	(M)	1.060	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chopped Romaine (1 Cup)	50	10.000	0.000	0.000	0.000	0.000	0.000	2.000	1.000	0.000	0.000	0.000	0.000	16.000	0.460	116.000	205.000	1.900	(M)	(M)
Category: Milk Choose: 1																				
Chocolate Milk (1 EACH)	400	120.000	0.000	0.000	0.000	5.000	220.000	21.000	0.000	18.000	(M)	9.000	(M)	308.000	1.000	(M)	155.000	0.000	(M)	(M)
White 1% Milk	100	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)

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 Turkey Ham Sandwich (1 Each)	10	281.667	8.833	3.500	0.000	52.500	675.000	31.000	2.000	2.500	2.000	17.833	0.000	32.000	2.733	369.333	(M)	(M)	(M)	(M)
WGR Turkey Sandwich (1 Each)	10	272.333	6.833	2.500	0.000	36.500	640.332	32.333	2.000	2.500	2.000	19.167	0.000	32.000	2.000	116.000	(M)	(M)	(M)	(M)

Day 08/30/2024 - MS Lunch WK 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: Vegetable Choose: 2																				
Buffalo Roasted Cauliflower (1/2)	100	1.444	0.017	0.004	0.000	0.000	22.889	0.296	0.122	0.000	0.000	0.114	0.000	1.333	0.024	1.111	0.000	2.867	(M)	(M)
Chopped Romaine (1 Cup)	50	10.000	0.000	0.000	0.000	0.000	0.000	2.000	1.000	0.000	0.000	0.000	0.000	16.000	0.460	116.000	205.000	1.900	(M)	(M)
Category: Milk Choose: 1																				
Chocolate Milk (1 EACH)	400	120.000	0.000	0.000	0.000	5.000	220.000	21.000	0.000	18.000	(M)	9.000	(M)	308.000	1.000	(M)	155.000	0.000	(M)	(M)
White 1% Milk (1 EACH)	100	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)

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)
Fresh Strawberries (1/2)	300	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)
Grapes (1/2 Cup)	100	52.095	0.121	0.041	0.000	0.000	1.510	13.666	0.680	11.687	(M)	0.544	0.000	7.550	0.272	144.205	49.830	2.416	60.808	0.362
Whole Pear (1 EACH)	100	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>																				
Cheese Pizza (1)	300	43.750	2.125	1.000	0.000	5.625	58.750	4.250	0.375	0.125	(M)	2.375	0.000	48.750	0.250	58.750	(M)	(M)	(M)	(M)
Fruit, Cheese, Yogurt Plate (1 each)	25	400.240	11.508	4.002	0.000	15.000	529.760	60.012	1.976	24.988	13.988	12.002	2.000	518.200	3.999	350.080	(M)	(M)	(M)	(M)
Meat Lovers Pizza (1)	72	405.000	21.500	9.750	0.000	54.750	732.500	34.250	3.000	1.000	0.000	22.000	0.000	330.000	2.450	522.500	(M)	(M)	(M)	(M)
WGR PB&J- Grape (1 each)	50	410.000	17.000	3.500	0.000	0.000	380.000	50.000	4.000	13.000	2.000	14.000	0.000	42.000	2.700	306.000	0.000	0.000	(M)	(M)
WGR PB&J- Strawberry (1 each)	50	382.500	17.000	3.500	0.000	0.000	380.000	42.500	4.000	9.500	2.000	14.000	0.000	42.000	2.700	306.000	(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 Turkey Ham Sandwich (1 Each)	10	281.667	8.833	3.500	0.000	52.500	675.000	31.000	2.000	2.500	2.000	17.833	0.000	32.000	2.733	369.333	(M)	(M)	(M)	(M)
WGR Turkey Sandwich (1 Each)	10	272.333	6.833	2.500	0.000	36.500	640.332	32.333	2.000	2.500	2.000	19.167	0.000	32.000	2.000	116.000	(M)	(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.