

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

Site Name: Elementary  
 Site Group: Elementary  
 Result: Fail

Meal Type: Lunch  
 Menu Line: Elementary  
 Serving Group: K-5

Nutrient Summary

| NUTRIENTS                          | STANDARD            | ACTUAL<br>(Weighted Nutrient Averages) | % CALORIES  |
|------------------------------------|---------------------|----------------------------------------|-------------|
| Calories <sup>1</sup>              | [550.000 - 650.000] | 531.057                                |             |
| Total Fat                          |                     | 12.739                                 | 21.462%     |
| Saturated Fat <sup>1</sup>         | < 10.000 % Calories | 3.692                                  | 6.321%      |
| Trans Fat <sup>2</sup>             |                     | 0.000(M)                               |             |
| Cholesterol                        |                     | 37.677                                 |             |
| Sodium Target 1 <sup>1</sup>       | <= 1230.000         | 854.149                                |             |
| Sodium Target 1A (mg) <sup>1</sup> | <= 1110.000         | 854.149                                |             |
| Carbohydrate                       |                     | 76.061                                 | 57.538%     |
| Total Dietary Fiber                |                     | 6.106                                  |             |
| Total Sugars                       |                     | 40.664(M)                              | 31.172% (M) |
| Added Sugars                       |                     | 1.231(M)                               |             |
| Protein                            |                     | 26.973                                 | 20.159%     |
| Vitamin D                          |                     | 0.400(M)                               |             |
| Calcium                            |                     | 471.072(M)                             |             |
| Iron                               |                     | 3.473(M)                               |             |
| Potassium                          |                     | 481.151(M)                             |             |
| Vitamin A                          |                     | 328.725(M)                             |             |
| Vitamin C                          |                     | 17.410(M)                              |             |
| Moisture                           |                     | 38.016(M)                              |             |
| Ash                                |                     | 0.186(M)                               |             |

Food Component Summary

| FOOD COMPONENT                | STANDARD         | ACTUAL           | % TOTAL |
|-------------------------------|------------------|------------------|---------|
| Fruits (cups)                 | >= 2.500         | 2.500            |         |
| Fruit Juice                   | <= 50.000 %      | 0.000            | 0 %     |
| Meat/Meat Alternates (oz eq.) | [8.000 - 10.000] | [7.500 - 9.000]  |         |
| Grains (oz eq.)               | [8.000 - 9.000]  | [9.000 - 10.000] |         |
| Whole Grain Rich (oz eq.)     | >= 80.000 %      | 15.000           | 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         | 2.500            |         |
| Dark Green (cups)             | >= 0.500         | 0.500            |         |
| Red/Orange (cups)             | >= 0.750         | 0.750            |         |
| Beans, Peas & Lentils (cups)  | >= 0.500         | 0.500            |         |
| Starchy (cups)                | >= 0.500         | 0.000            |         |
| Other (cups)                  | >= 0.500         | 0.750            |         |
| Additional Vegetables (cups)  |                  | 0.000            |         |
| Vegetable Juice               | <= 50.000 %      | 0.000            | 0 %     |

Day 08/26/2024 - ES 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: 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) |
|------------------------------------------------------------|----------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------------|------------------|------------------|-------------|-----------------|--------------|-----------|----------------|-----------------|----------------|--------------|---------|
| Baby Carrots (1/2)                                         | 300      | 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)     |
| <div> <span>Category: Milk   Choose: 1</span> </div>       |          |                 |               |                   |               |                  |             |                  |                         |                  |                  |             |                 |              |           |                |                 |                |              |         |
| Chocolate Milk (1)                                         | 280      | 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)                                          | 20       | 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> <span>Category: Fruit   Choose: 1</span> </div>      |          |                 |               |                   |               |                  |             |                  |                         |                  |                  |             |                 |              |           |                |                 |                |              |         |
| Apple Slices IW (1 Each)                                   | 300      | 30.000          | 0.000         | 0.000             | 0.000         | 0.000            | 0.000       | 7.000            | 1.000                   | 6.000            | 0.000            | 0.000       | (M)             | 26.000       | 0.000     | (M)            | 0.000           | 31.500         | (M)          | (M)     |
| <div> <span>Category: Entree   Choose: 1</span> </div>     |          |                 |               |                   |               |                  |             |                  |                         |                  |                  |             |                 |              |           |                |                 |                |              |         |
| WGR Cheeseburger-MS/HS (1 Each)                            | 252      | 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)                               | 48       | 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)     |
| <div> <span>Category: Condiments   Choose: 1</span> </div> |          |                 |               |                   |               |                  |             |                  |                         |                  |                  |             |                 |              |           |                |                 |                |              |         |
| Ketchup, PC (1 each)                                       | 300      | 10.000          | 0.000         | 0.000             | 0.000         | 0.000            | 95.000      | 3.000            | 0.000                   | 2.000            | (M)              | 0.000       | (M)             | (M)          | (M)       | (M)            | (M)             | (M)            | (M)          | (M)     |
| Mustard, PC (1)                                            | 300      | 0.000           | 0.000         | 0.000             | 0.000         | 0.000            | 65.000      | 0.000            | 0.000                   | (M)              | 0.000            | 0.000       | 0.000           | 0.000        | 0.000     | 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) |
|--------------------------|----------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------------|------------------|------------------|-------------|-----------------|--------------|-----------|----------------|-----------------|----------------|--------------|---------|
| Pickle Chips (4 each)    | 300      | 0.000           | 0.000         | 0.000             | (M)           | 0.000            | 260.000     | 0.000            | 0.000                   | 0.000            | 0.000            | 0.000       | 0.000           | 20.000       | 0.080     | 50.000         | (M)             | (M)            | (M)          | (M)     |

Day 08/27/2024 - ES 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: Vegetable   Choose: 2    |          |                 |               |                   |               |                  |             |                  |                         |                  |                  |             |                 |              |           |                |                 |                |              |         |
| Broccoli Florets (1/2 cup)         | 300      | 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)     |
| Category: Milk   Choose: 1         |          |                 |               |                   |               |                  |             |                  |                         |                  |                  |             |                 |              |           |                |                 |                |              |         |
| Chocolate Milk (1)                 | 280      | 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)                  | 30       | 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: Fruit   Choose: 1        |          |                 |               |                   |               |                  |             |                  |                         |                  |                  |             |                 |              |           |                |                 |                |              |         |
| Oranges, Whole (1 each)            | 300      | 69.000          | 0.200         | 0.000             | 0.000         | 0.000            | 1.400       | 18.000           | 3.100                   | 12.000           | 0.000            | 1.300       | 0.000           | 60.000       | 0.200     | 232.400        | 0.000           | 0.000          | (M)          | (M)     |
| Category: Entree   Choose: 1       |          |                 |               |                   |               |                  |             |                  |                         |                  |                  |             |                 |              |           |                |                 |                |              |         |
| Apple Muffin & Yogurt WGR (1 each) |          | 340.000         | 9.500         | 4.000             | (M)           | 50.000           | 375.000     | 53.000           | 2.000                   | 26.000           | 0.000            | 13.000      | 2.000           | 348.000      | 0.900     | 380.000        | (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 Chicken Sandwich (1 Each)    | 300      | 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)     |
| Category: Condiments   Choose: 1 |          |                 |               |                   |               |                  |             |                  |                         |                  |                  |             |                 |              |           |                |                 |                |              |         |
| Mayo PC (1)                      | 300      | 80.000          | 8.000         | 1.500             | 0.000         | 5.000            | 100.000     | 1.000            | 0.000                   | 0.000            | 0.000            | 0.000       | 0.000           | 0.000        | 0.000     | 0.000          | (M)             | (M)            | (M)          | (M)     |

Day 08/29/2024 - ES 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: Vegetable   Choose: 2 |          |                 |               |                   |               |                  |             |                  |                         |                  |                  |             |                 |              |           |                |                 |                |              |         |
| Fresh Peas (1/2 cup)            | 300      | 13.230          | 0.063         | 0.012             | 0.000         | 0.000            | 1.260       | 2.378            | 0.819                   | 1.260            | (M)              | 0.882       | 0.000           | 13.545       | 0.655     | 63.000         | 342.405         | 18.900         | 28.000       | 0.176   |
| Category: Milk   Choose: 1      |          |                 |               |                   |               |                  |             |                  |                         |                  |                  |             |                 |              |           |                |                 |                |              |         |
| Chocolate Milk (1)              | 280      | 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)               | 20       | 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: Fruit   Choose: 1     |          |                 |               |                   |               |                  |             |                  |                         |                  |                  |             |                 |              |           |                |                 |                |              |         |
| Fresh Peach (1 Each)            | 300      | 58.500          | 0.375         | 0.029             | 0.000         | 0.000            | 0.000       | 14.310           | 2.250                   | 12.585           | (M)              | 1.365       | 0.000           | 9.000        | 0.375     | 285.000        | 489.000         | 9.900          | 133.305      | 0.645   |
| Category: Entree   Choose: 1    |          |                 |               |                   |               |                  |             |                  |                         |                  |                  |             |                 |              |           |                |                 |                |              |         |
| WGR PB&J- Grape (1 each)        | 150      | 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)     |

| 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 PB&J- Strawberry (1 each)    |          | 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)     |
| WGR Turkey Sandwich (1 Each)     | 150      | 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)     |
| Category: Condiments   Choose: 1 |          |                 |               |                   |               |                  |             |                  |                         |                  |                  |             |                 |              |           |                |                 |                |              |         |
| Mayo PC (1 )                     |          | 80.000          | 8.000         | 1.500             | 0.000         | 5.000            | 100.000     | 1.000            | 0.000                   | 0.000            | 0.000            | 0.000       | 0.000           | 0.000        | 0.000     | 0.000          | (M)             | (M)            | (M)          | (M)     |
| Mustard, PC (1 )                 |          | 0.000           | 0.000         | 0.000             | 0.000         | 0.000            | 65.000      | 0.000            | 0.000                   | (M)              | 0.000            | 0.000       | 0.000           | 0.000        | 0.000     | 0.000          | (M)             | (M)            | (M)          | (M)     |

Day 08/30/2024 - ES 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: Vegetable   Choose: 2 |          |                 |               |                   |               |                  |             |                  |                         |                  |                  |             |                 |              |           |                |                 |                |              |         |
| Cauliflower Florets (1/2 cup)   | 300      | 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)     |
| Category: Milk   Choose: 1      |          |                 |               |                   |               |                  |             |                  |                         |                  |                  |             |                 |              |           |                |                 |                |              |         |
| Chocolate Milk (1 )             | 280      | 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 )              | 20       | 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: Fruit   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) |
|-----------------------------------------|----------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------------|------------------|------------------|-------------|-----------------|--------------|-----------|----------------|-----------------|----------------|--------------|---------|
| Applesauce Cup USDA 4oz (1)             | 300      | 60.000          | 0.000         | 0.000             | 0.000         | 0.000            | 15.000      | 14.000           | 1.000                   | 18.000           | 0.000            | 0.000       | (M)             | (M)          | (M)       | (M)            | (M)             | (M)            | (M)          | (M)     |
| <b>Category: Entree   Choose: 1</b>     |          |                 |               |                   |               |                  |             |                  |                         |                  |                  |             |                 |              |           |                |                 |                |              |         |
| Corndog Chicken W/ (1)                  | 300      | 190.000         | 9.000         | 2.500             | 0.000         | 30.000           | 470.000     | 18.000           | 1.000                   | 0.000            | (M)              | 7.000       | (M)             | 78.000       | 1.800     | (M)            | (M)             | (M)            | (M)          | (M)     |
| <b>Category: Condiments   Choose: 1</b> |          |                 |               |                   |               |                  |             |                  |                         |                  |                  |             |                 |              |           |                |                 |                |              |         |
| Ketchup, PC (1 each)                    | 300      | 10.000          | 0.000         | 0.000             | 0.000         | 0.000            | 95.000      | 3.000            | 0.000                   | 2.000            | (M)              | 0.000       | (M)             | (M)          | (M)       | (M)            | (M)             | (M)            | (M)          | (M)     |
| Mustard, PC (1)                         | 300      | 0.000           | 0.000         | 0.000             | 0.000         | 0.000            | 65.000      | 0.000            | 0.000                   | (M)              | 0.000            | 0.000       | 0.000           | 0.000        | 0.000     | 0.000          | (M)             | (M)            | (M)          | (M)     |

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.