

# Menu Cycle Week - Nutrient Summary

Generated on: 1/24/2023 5:53:44 AM by Leona Knisely

Menu Cycle Name: 22/23 BREAKFAST K-8 Week 1

Site Group: Elementary

Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014+

Calculation Method: Weighted Analysis

Meal Type: Breakfast

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	475.67	406.91	446.66	400.95	411.83	[400.00 - 500.00]	428.41	
Total Fat (g)	5.59 (10.59%)	5.94 (13.13%)	5.00 (10.08%)	5.98 (13.42%)	6.90 (15.08%)		5.88	12.36 %
Sat Fat (g)(1)	0.83 (1.58%)	0.96 (2.12%)	0.61 (1.24%)	0.98 (2.20%)	1.45 (3.17%)	< 10.00 % of Calories	0.97	2.03 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00	
Chol (mg)	8.33	11.25	19.91	1.42	2.33		8.65	
Sodium Target 1 (mg)(1)	433.00	495.16	428.05	439.24	409.33	<= 540.00	440.96	
Sodium Target 2 (mg)(13)	433.00	495.16	428.05	439.24	409.33	<= 485.00	440.96	
Carb (g)	96.53 (81.18%)	76.42 (75.12%)	89.68 (80.31%)	75.79 (75.61%)	73.62 (71.50%)		82.41	76.94 %
Total Fiber (g)	4.15	5.01	4.40	3.08	3.76		4.08	
Total Sugars (g)	60.19 (50.61%)	44.80 (44.04%)	51.51 (46.13%)	46.61 (46.50%)	44.42 (43.14%)		49.51(M)	46.22 %
Added Sugars (g)	21.25	10.98	20.97	9.64	11.54		14.87(M)	
Protein (g)	12.06 (10.14%)	12.69 (12.47%)	12.59 (11.28%)	12.63 (12.60%)	13.27 (12.89%)		12.65	11.81 %
Iron (mg)	3.77	4.12	4.98	2.03	2.12		3.40(M)	
Calcium (mg)	416.04	367.42	355.14	309.58	336.04		356.85(M)	
VitA (IU)	625.22	543.56	720.04	550.62	540.02		595.89(M)	
VitC (mg)	33.88	37.38	36.51	39.69	49.07		39.31(M)	
VitD (mcg)	0.47	0.12	1.31	0.07	0.07		0.41(M)	
Potassium (mg)	178.65	137.72	111.20	136.05	100.60		132.84(M)	
Mois (g)	0.00	0.00	0.00	20.76	0.00		4.15(M)	
Ash (g)	0.00	0.00	0.00	0.05	0.00		0.01(M)	

## Legend

(M) Indicates missing nutrient values.

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

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

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- 3 Sodium Target 2 will be marked in orange if exceeded prior to the effective date of July 1, 2024 and does not impact pass/fail compliance prior to that date.
- 4 Sodium Target 1A will be marked in orange if exceeded prior to the effective date of July 1, 2023 and does not impact pass/fail compliance prior to that date.