

Menu Cycle USDA Nutritional Compliance

August 2024

Week #1 Breakfast

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (cups) | Weekly Requirement Check |
|----------------------|--------|---------|-----------|----------|--------|--------------|---------------------------|--------------------------|
| Minimum Fruit (cups) | 0 | 0 | 1.000 | 1.000 | 1.000 | 3 | 5.000 | No |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (oz equivalents) | Weekly Requirement Check |
|---------------|--------|---------|-----------|----------|--------|--------------|-------------------------------------|--------------------------|
| Minimum Grain | 0 | 0 | 1.000 | 2.000 | 2.000 | 5 | 7.000 | No |
| Maximum Grain | 0 | 0 | 2.000 | 2.500 | 3.500 | 8 | 10.000 | Yes |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (cups) | Weekly Requirement Check |
|---|--------|---------|-----------|----------|--------|--------------|---------------------------|--------------------------|
| Minimum Fluid Milk | 0 | 0 | 1.000 | 1.000 | 1.000 | 3 | 5.000 | No |
| Variety: Skim/Fat-Free Unflavored, Skim/Fat-Free Flavored, Low-fat (1% or less) Unflavored, Low-fat (1% or less) Flavored | No | No | Yes | Yes | Yes | | | |
| Reduced fat (2% fat) or Whole, Unflavored and Flavored | | | | | | | | |

| Weekly Total | Weekly Subtype Total | Percent of Total | Weekly Requirement | Weekly Requirement Check |
|----------------------|--------------------------|------------------|------------------------------|--------------------------|
| 18.500 (Total Grain) | 6.000 (Whole Grain Rich) | 32.432% | 80% Whole Grain Rich | No |
| 3.000 (Total Fruit) | 0.000 (Fruit Juice) | 0.000% | No more than 50% Fruit Juice | Yes |

| Nutrient | Measure | Required Range | Assessment |
|---------------|------------------------------|----------------------------------|---|
| Calories | Daily Average 586.28 | 350-500kcal | Estimated Calories are NOT within the required range. |
| Saturated Fat | Percent of Calories 9.36% | Less than 10% of total Calories. | Estimated percent of Saturated Fat meets the requirement. |
| Sodium | Daily Average 695.92 | Less than or equal to 540 mg. | Estimated Sodium level does NOT meet the requirement. |

Week #2 Breakfast

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (cups) | Weekly Requirement Check |
|----------------------|--------|---------|-----------|----------|--------|--------------|---------------------------|--------------------------|
| Minimum Fruit (cups) | 1.000 | 1.000 | 1.000 | 1.000 | 1.000 | 5 | 5.000 | Yes |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (oz equivalents) | Weekly Requirement Check |
|---------------|--------|---------|-----------|----------|--------|--------------|-------------------------------------|--------------------------|
| Minimum Grain | 1.000 | 2.000 | 2.500 | 2.000 | 2.000 | 9.5 | 7.000 | Yes |
| Maximum Grain | 4.000 | 2.000 | 4.000 | 2.000 | 3.500 | 15.5 | 10.000 | No |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (cups) | Weekly Requirement Check |
|---|--------|---------|-----------|----------|--------|--------------|---------------------------|--------------------------|
| Minimum Fluid Milk | 1.000 | 1.000 | 1.000 | 1.000 | 1.000 | 5 | 5.000 | Yes |
| Variety: Skim/Fat-Free Unflavored, Skim/Fat-Free Flavored, Low-fat (1% or less) Unflavored, Low-fat (1% or less) Flavored | Yes | Yes | Yes | Yes | Yes | | | |
| Reduced fat (2% fat) or Whole, Unflavored and Flavored | | | | | | | | |

| Weekly Total | Weekly Subtype Total | Percent of Total | Weekly Requirement | Weekly Requirement Check |
|----------------------|---------------------------|------------------|------------------------------|--------------------------|
| 35.500 (Total Grain) | 10.000 (Whole Grain Rich) | 28.169% | 80% Whole Grain Rich | No |
| 5.000 (Total Fruit) | 0.000 (Fruit Juice) | 0.000% | No more than 50% Fruit Juice | Yes |

| Nutrient | Measure | Required Range | Assessment |
|---------------|------------------------------|----------------------------------|---|
| Calories | Daily Average 616.84 | 350-500kcal | Estimated Calories are NOT within the required range. |
| Saturated Fat | Percent of Calories 9.01% | Less than 10% of total Calories. | Estimated percent of Saturated Fat meets the requirement. |
| Sodium | Daily Average 797.22 | Less than or equal to 540 mg. | Estimated Sodium level does NOT meet the requirement. |

**One or more nutritional components are missing from an item/recipe on this menu.

Week #3 Breakfast

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (cups) | Weekly Requirement Check |
|----------------------|--------|---------|-----------|----------|--------|--------------|---------------------------|--------------------------|
| Minimum Fruit (cups) | 1.000 | 1.000 | 1.000 | 1.000 | 1.000 | 5 | 5.000 | Yes |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (oz equivalents) | Weekly Requirement Check |
|---------------|--------|---------|-----------|----------|--------|--------------|-------------------------------------|--------------------------|
| Minimum Grain | 1.000 | 2.000 | 2.000 | 1.000 | 2.000 | 8 | 7.000 | Yes |
| Maximum Grain | 4.000 | 2.250 | 2.500 | 2.000 | 3.500 | 14.25 | 10.000 | No |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (cups) | Weekly Requirement Check |
|---|--------|---------|-----------|----------|--------|--------------|---------------------------|--------------------------|
| Minimum Fluid Milk | 1.000 | 1.000 | 1.000 | 1.000 | 1.000 | 5 | 5.000 | Yes |
| Variety: Skim/Fat-Free Unflavored, Skim/Fat-Free Flavored, Low-fat (1% or less) Unflavored, Low-fat (1% or less) Flavored | Yes | Yes | Yes | Yes | Yes | | | |
| Reduced fat (2% fat) or Whole, Unflavored and Flavored | | | | | | | | |

| Weekly Total | Weekly Subtype Total | Percent of Total | Weekly Requirement | Weekly Requirement Check |
|----------------------|---------------------------|------------------|------------------------------|--------------------------|
| 30.750 (Total Grain) | 10.000 (Whole Grain Rich) | 32.520% | 80% Whole Grain Rich | No |
| 5.000 (Total Fruit) | 0.000 (Fruit Juice) | 0.000% | No more than 50% Fruit Juice | Yes |

| Nutrient | Measure | Required Range | Assessment |
|---------------|------------------------------|----------------------------------|---|
| Calories | Daily Average 516.04 | 350-500kcal | Estimated Calories are NOT within the required range. |
| Saturated Fat | Percent of Calories 7.88% | Less than 10% of total Calories. | Estimated percent of Saturated Fat meets the requirement. |
| Sodium | Daily Average 610.48 | Less than or equal to 540 mg. | Estimated Sodium level does NOT meet the requirement. |

**One or more nutritional components are missing from an item/recipe on this menu.

Week #4 Breakfast

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (cups) | Weekly Requirement Check |
|----------------------|--------|---------|-----------|----------|--------|--------------|---------------------------|--------------------------|
| Minimum Fruit (cups) | 1.000 | 1.000 | 1.000 | 1.000 | 1.000 | 5 | 5.000 | Yes |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (oz equivalents) | Weekly Requirement Check |
|---------------|--------|---------|-----------|----------|--------|--------------|-------------------------------------|--------------------------|
| Minimum Grain | 1.000 | 2.000 | 2.000 | 2.000 | 2.000 | 9 | 7.000 | Yes |
| Maximum Grain | 4.000 | 2.000 | 2.500 | 2.000 | 3.500 | 14 | 10.000 | No |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (cups) | Weekly Requirement Check |
|---|--------|---------|-----------|----------|--------|--------------|---------------------------|--------------------------|
| Minimum Fluid Milk | 1.000 | 1.000 | 1.000 | 1.000 | 1.000 | 5 | 5.000 | Yes |
| Variety: Skim/Fat-Free Unflavored, Skim/Fat-Free Flavored, Low-fat (1% or less) Unflavored, Low-fat (1% or less) Flavored | Yes | Yes | Yes | Yes | Yes | | | |
| Reduced fat (2% fat) or Whole, Unflavored and Flavored | | | | | | | | |

| Weekly Total | Weekly Subtype Total | Percent of Total | Weekly Requirement | Weekly Requirement Check |
|----------------------|---------------------------|------------------|------------------------------|--------------------------|
| 31.500 (Total Grain) | 10.000 (Whole Grain Rich) | 31.746% | 80% Whole Grain Rich | No |
| 5.000 (Total Fruit) | 0.000 (Fruit Juice) | 0.000% | No more than 50% Fruit Juice | Yes |

| Nutrient | Measure | Required Range | Assessment |
|---------------|------------------------------|----------------------------------|---|
| Calories | Daily Average 518.99 | 350-500kcal | Estimated Calories are NOT within the required range. |
| Saturated Fat | Percent of Calories 8.50% | Less than 10% of total Calories. | Estimated percent of Saturated Fat meets the requirement. |
| Sodium | Daily Average 628.46 | Less than or equal to 540 mg. | Estimated Sodium level does NOT meet the requirement. |

**One or more nutritional components are missing from an item/recipe on this menu.

Week #1 Lunch

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (cups) | Weekly Requirement Check |
|----------------------|--------|---------|-----------|----------|--------|--------------|---------------------------|--------------------------|
| Minimum Fruit (cups) | 0 | 0 | 0.000 | 0.542 | 2.042 | 2.584 | 2.500 | Yes |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (cups) | Weekly Requirement Check |
|----------------------------|--------|---------|-----------|----------|--------|--------------|---------------------------|--------------------------|
| Minimum Total Vegetables | 0 | 0 | 0.000 | 1.000 | 1.000 | 2 | 3.750 | No |
| Cups of Dark Green | 0 | 0 | 0.000 | 0.000 | 0.000 | 0 | 0.500 | No |
| Cups of Red/Orange | 0 | 0 | 0.000 | 0.500 | 0.000 | 0.5 | 0.750 | No |
| Cups of Beans/Peas/Legumes | 0 | 0 | 0.000 | 0.000 | 0.500 | 0.5 | 0.500 | Yes |
| Cups of Starchy Vegetables | 0 | 0 | 0.000 | 0.500 | 0.500 | 1 | 0.500 | Yes |
| Cups of Other Vegetables | 0 | 0 | 0.000 | 0.000 | 0.225 | 0.225 | 0.500 | No |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (oz equivalents) | Weekly Requirement Check |
|-----------------------------|--------|---------|-----------|----------|--------|--------------|-------------------------------------|--------------------------|
| Minimum Meat/Meat Alternate | 0 | 0 | 0.000 | 1.000 | 1.880 | 2.88 | 8.000 | No |
| Maximum Meat/Meat Alternate | 0 | 0 | 0.000 | 2.000 | 2.000 | 4 | 10.000 | Yes |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (oz equivalents) | Weekly Requirement Check |
|---------------|--------|---------|-----------|----------|--------|--------------|-------------------------------------|--------------------------|
| Minimum Grain | 0 | 0 | 0.000 | 1.000 | 2.000 | 3 | 8.000 | No |
| Maximum Grain | 0 | 0 | 0.000 | 3.000 | 3.880 | 6.88 | 9.000 | Yes |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (cups) | Weekly Requirement Check |
|---|--------|---------|-----------|----------|--------|--------------|---------------------------|--------------------------|
| Minimum Fluid Milk | 0 | 0 | 1.000 | 1.000 | 1.000 | 3 | 5.000 | No |
| Variety: Skim/Fat-Free Unflavored, Skim/Fat-Free Flavored, Low-fat (1% or less) Unflavored, Low-fat (1% or less) Flavored | No | No | Yes | Yes | Yes | | | |
| Reduced fat (2% fat) or Whole, Unflavored and Flavored | | | | | | | | |

| Weekly Total | Weekly Subtype Total | Percent of Total | Weekly Requirement | Weekly Requirement Check |
|-------------------------|--------------------------|------------------|----------------------------------|--------------------------|
| 13.880 (Total Grain) | 0.000 (Whole Grain Rich) | 0.00% | 80% Whole Grain Rich | No |
| 13.880 (Total Grain) | 0.000 (Dessert Grain) | | No more 2.000 oz Equivalents | Yes |
| 2.584 (Total Fruit) | 0.000 (Fruit Juice) | 0.000% | No more than 50% Fruit Juice | Yes |
| 2.225 (Total Vegetable) | 0.000 (Vegetable Juice) | 0.000% | No more than 50% Vegetable Juice | Yes |

| Nutrient | Measure | Required Range | Assessment |
|--------------------------|---------------------------|----------------------------------|---|
| Calories | Daily Average 600.63 | 550-650kcal | Estimated Calories are within the required range. |
| Saturated Fat | Percent of Calories 3.77% | Less than 10% of total Calories. | Estimated percent of Saturated Fat meets the requirement. |
| Sodium | Daily Average 987.90 | Less than or equal to 1230 mg. | Estimated Sodium level meets the requirement. |
| Sodium Target 1A (23-24) | Daily Average 987.90 | Less than or equal to 1110 mg. | Estimated Sodium level meets the requirement. |

**One or more nutritional components are missing from an item/recipe on this menu.

Week #2 Lunch

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (cups) | Weekly Requirement Check |
|----------------------|--------|---------|-----------|----------|--------|--------------|---------------------------|--------------------------|
| Minimum Fruit (cups) | 0.542 | 0.542 | 2.042 | 2.042 | 2.042 | 7.21 | 2.500 | Yes |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (cups) | Weekly Requirement Check |
|----------------------------|--------|---------|-----------|----------|--------|--------------|---------------------------|--------------------------|
| Minimum Total Vegetables | 1.000 | 1.250 | 1.000 | 1.750 | 1.225 | 6.225 | 3.750 | Yes |
| Cups of Dark Green | 0.000 | 0.000 | 0.500 | 0.500 | 0.000 | 1 | 0.500 | Yes |
| Cups of Red/Orange | 0.000 | 0.750 | 0.000 | 0.250 | 0.000 | 1 | 0.750 | Yes |
| Cups of Beans/Peas/Legumes | 0.000 | 0.000 | 0.000 | 0.000 | 0.500 | 0.5 | 0.500 | Yes |
| Cups of Starchy Vegetables | 0.500 | 0.500 | 0.500 | 1.000 | 0.500 | 3 | 0.500 | Yes |
| Cups of Other Vegetables | 0.500 | 0.000 | 0.000 | 0.000 | 0.225 | 0.725 | 0.500 | Yes |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (oz equivalents) | Weekly Requirement Check |
|-----------------------------|--------|---------|-----------|----------|--------|--------------|-------------------------------------|--------------------------|
| Minimum Meat/Meat Alternate | 1.880 | 2.000 | 1.000 | 1.500 | 2.000 | 8.38 | 8.000 | Yes |
| Maximum Meat/Meat Alternate | 2.000 | 2.239 | 2.000 | 2.000 | 2.000 | 10.239 | 10.000 | No |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (oz equivalents) | Weekly Requirement Check |
|---------------|--------|---------|-----------|----------|--------|--------------|-------------------------------------|--------------------------|
| Minimum Grain | 1.880 | 1.000 | 1.000 | 1.250 | 2.000 | 7.13 | 8.000 | No |
| Maximum Grain | 2.250 | 2.250 | 1.000 | 2.000 | 3.000 | 10.5 | 9.000 | No |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (cups) | Weekly Requirement Check |
|---|--------|---------|-----------|----------|--------|--------------|---------------------------|--------------------------|
| Minimum Fluid Milk | 1.000 | 1.000 | 1.000 | 1.000 | 1.000 | 5 | 5.000 | Yes |
| Variety: Skim/Fat-Free Unflavored, Skim/Fat-Free Flavored, Low-fat (1% or less) Unflavored, Low-fat (1% or less) Flavored | Yes | Yes | Yes | Yes | Yes | | | |
| Reduced fat (2% fat) or Whole, Unflavored and Flavored | | | | | | | | |

| Weekly Total | Weekly Subtype Total | Percent of Total | Weekly Requirement | Weekly Requirement Check |
|-------------------------|--------------------------|------------------|----------------------------------|--------------------------|
| 21.630 (Total Grain) | 2.000 (Whole Grain Rich) | 9.25% | 80% Whole Grain Rich | No |
| 21.630 (Total Grain) | 0.000 (Dessert Grain) | | No more 2.000 oz Equivalents | Yes |
| 7.210 (Total Fruit) | 0.000 (Fruit Juice) | 0.000% | No more than 50% Fruit Juice | Yes |
| 6.225 (Total Vegetable) | 0.000 (Vegetable Juice) | 0.000% | No more than 50% Vegetable Juice | Yes |

| Nutrient | Measure | Required Range | Assessment |
|--------------------------|---------------------------|----------------------------------|---|
| Calories | Daily Average 822.68 | 550-650kcal | Estimated Calories are NOT within the required range. |
| Saturated Fat | Percent of Calories 7.57% | Less than 10% of total Calories. | Estimated percent of Saturated Fat meets the requirement. |
| Sodium | Daily Average 1460.39 | Less than or equal to 1230 mg. | Estimated Sodium level does NOT meet the requirement. |
| Sodium Target 1A (23-24) | Daily Average 1460.39 | Less than or equal to 1110 mg. | Estimated Sodium level does NOT meet the requirement. |

**One or more nutritional components are missing from an item/recipe on this menu.

Week #3 Lunch

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (cups) | Weekly Requirement Check |
|----------------------|--------|---------|-----------|----------|--------|--------------|---------------------------|--------------------------|
| Minimum Fruit (cups) | 2.042 | 2.042 | 0.542 | 0.542 | 2.042 | 7.21 | 2.500 | Yes |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (cups) | Weekly Requirement Check |
|----------------------------|--------|---------|-----------|----------|--------|--------------|---------------------------|--------------------------|
| Minimum Total Vegetables | 1.000 | 1.000 | 1.250 | 1.510 | 1.225 | 5.985 | 3.750 | Yes |
| Cups of Dark Green | 0.000 | 0.000 | 0.000 | 1.000 | 0.000 | 1 | 0.500 | Yes |
| Cups of Red/Orange | 0.000 | 0.000 | 0.750 | 0.380 | 0.000 | 1.13 | 0.750 | Yes |
| Cups of Beans/Peas/Legumes | 0.000 | 0.500 | 0.000 | 0.000 | 0.500 | 1 | 0.500 | Yes |
| Cups of Starchy Vegetables | 0.500 | 0.500 | 0.500 | 0.130 | 0.500 | 2.13 | 0.500 | Yes |
| Cups of Other Vegetables | 0.500 | 0.000 | 0.000 | 0.000 | 0.225 | 0.725 | 0.500 | Yes |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (oz equivalents) | Weekly Requirement Check |
|-----------------------------|--------|---------|-----------|----------|--------|--------------|-------------------------------------|--------------------------|
| Minimum Meat/Meat Alternate | 1.880 | 3.250 | 2.000 | 1.000 | 2.000 | 10.13 | 8.000 | Yes |
| Maximum Meat/Meat Alternate | 2.000 | 3.250 | 2.000 | 2.000 | 3.000 | 12.25 | 10.000 | No |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (oz equivalents) | Weekly Requirement Check |
|---------------|--------|---------|-----------|----------|--------|--------------|-------------------------------------|--------------------------|
| Minimum Grain | 1.880 | 1.000 | 0.000 | 2.500 | 2.000 | 7.38 | 8.000 | No |
| Maximum Grain | 2.250 | 1.500 | 1.250 | 3.000 | 3.000 | 11 | 9.000 | No |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (cups) | Weekly Requirement Check |
|---|--------|---------|-----------|----------|--------|--------------|---------------------------|--------------------------|
| Minimum Fluid Milk | 1.000 | 1.000 | 1.000 | 1.000 | 1.000 | 5 | 5.000 | Yes |
| Variety: Skim/Fat-Free Unflavored, Skim/Fat-Free Flavored, Low-fat (1% or less) Unflavored, Low-fat (1% or less) Flavored | Yes | Yes | Yes | Yes | Yes | | | |
| Reduced fat (2% fat) or Whole, Unflavored and Flavored | | | | | | | | |

| Weekly Total | Weekly Subtype Total | Percent of Total | Weekly Requirement | Weekly Requirement Check |
|-------------------------|--------------------------|------------------|----------------------------------|--------------------------|
| 21.380 (Total Grain) | 2.000 (Whole Grain Rich) | 9.35% | 80% Whole Grain Rich | No |
| 21.380 (Total Grain) | 0.000 (Dessert Grain) | | No more 2.000 oz Equivalents | Yes |
| 7.210 (Total Fruit) | 0.000 (Fruit Juice) | 0.000% | No more than 50% Fruit Juice | Yes |
| 5.985 (Total Vegetable) | 0.000 (Vegetable Juice) | 0.000% | No more than 50% Vegetable Juice | Yes |

| Nutrient | Measure | Required Range | Assessment |
|--------------------------|---------------------------|----------------------------------|---|
| Calories | Daily Average 760.14 | 550-650kcal | Estimated Calories are NOT within the required range. |
| Saturated Fat | Percent of Calories 6.80% | Less than 10% of total Calories. | Estimated percent of Saturated Fat meets the requirement. |
| Sodium | Daily Average 1535.85 | Less than or equal to 1230 mg. | Estimated Sodium level does NOT meet the requirement. |
| Sodium Target 1A (23-24) | Daily Average 1535.85 | Less than or equal to 1110 mg. | Estimated Sodium level does NOT meet the requirement. |

**One or more nutritional components are missing from an item/recipe on this menu.

Week #4 Lunch

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (cups) | Weekly Requirement Check |
|----------------------|--------|---------|-----------|----------|--------|--------------|---------------------------|--------------------------|
| Minimum Fruit (cups) | 2.042 | 2.042 | 0.542 | 2.042 | 2.042 | 8.71 | 2.500 | Yes |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (cups) | Weekly Requirement Check |
|----------------------------|--------|---------|-----------|----------|--------|--------------|---------------------------|--------------------------|
| Minimum Total Vegetables | 1.000 | 1.000 | 1.000 | 1.250 | 1.000 | 5.25 | 3.750 | Yes |
| Cups of Dark Green | 0.000 | 0.000 | 0.000 | 1.000 | 0.000 | 1 | 0.500 | Yes |
| Cups of Red/Orange | 0.000 | 0.500 | 0.500 | 0.250 | 0.000 | 1.25 | 0.750 | Yes |
| Cups of Beans/Peas/Legumes | 0.000 | 0.000 | 0.000 | 0.000 | 0.500 | 0.5 | 0.500 | Yes |
| Cups of Starchy Vegetables | 0.500 | 0.500 | 0.500 | 0.000 | 0.500 | 2 | 0.500 | Yes |
| Cups of Other Vegetables | 0.500 | 0.000 | 0.225 | 0.000 | 0.225 | 0.95 | 0.500 | Yes |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (oz equivalents) | Weekly Requirement Check |
|-----------------------------|--------|---------|-----------|----------|--------|--------------|-------------------------------------|--------------------------|
| Minimum Meat/Meat Alternate | 2.000 | 2.000 | 2.000 | 1.000 | 1.000 | 8 | 8.000 | Yes |
| Maximum Meat/Meat Alternate | 2.000 | 2.077 | 2.000 | 2.500 | 3.000 | 11.577 | 10.000 | No |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (oz equivalents) | Weekly Requirement Check |
|---------------|--------|---------|-----------|----------|--------|--------------|-------------------------------------|--------------------------|
| Minimum Grain | 2.250 | 4.250 | 1.000 | 1.289 | 1.000 | 9.789 | 8.000 | Yes |
| Maximum Grain | 2.500 | 5.000 | 3.000 | 1.500 | 2.000 | 14 | 9.000 | No |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total | Weekly Requirement (cups) | Weekly Requirement Check |
|---|--------|---------|-----------|----------|--------|--------------|---------------------------|--------------------------|
| Minimum Fluid Milk | 1.000 | 1.000 | 1.000 | 1.000 | 1.000 | 5 | 5.000 | Yes |
| Variety: Skim/Fat-Free Unflavored, Skim/Fat-Free Flavored, Low-fat (1% or less) Unflavored, Low-fat (1% or less) Flavored | Yes | Yes | Yes | Yes | Yes | | | |
| Reduced fat (2% fat) or Whole, Unflavored and Flavored | | | | | | | | |

| Weekly Total | Weekly Subtype Total | Percent of Total | Weekly Requirement | Weekly Requirement Check |
|-------------------------|--------------------------|------------------|----------------------------------|--------------------------|
| 27.789 (Total Grain) | 0.000 (Whole Grain Rich) | 0.00% | 80% Whole Grain Rich | No |
| 27.789 (Total Grain) | 0.000 (Dessert Grain) | | No more 2.000 oz Equivalents | Yes |
| 8.710 (Total Fruit) | 0.000 (Fruit Juice) | 0.000% | No more than 50% Fruit Juice | Yes |
| 5.700 (Total Vegetable) | 0.000 (Vegetable Juice) | 0.000% | No more than 50% Vegetable Juice | Yes |

| Nutrient | Measure | Required Range | Assessment |
|--------------------------|---------------------------|----------------------------------|---|
| Calories | Daily Average 11067.74 | 550-650kcal | Estimated Calories are NOT within the required range. |
| Saturated Fat | Percent of Calories 7.76% | Less than 10% of total Calories. | Estimated percent of Saturated Fat meets the requirement. |
| Sodium | Daily Average 12923.92 | Less than or equal to 1230 mg. | Estimated Sodium level does NOT meet the requirement. |
| Sodium Target 1A (23-24) | Daily Average 12923.92 | Less than or equal to 1110 mg. | Estimated Sodium level does NOT meet the requirement. |

**One or more nutritional components are missing from an item/recipe on this menu.

