

Weekly Nutrient Summary

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Menu Cycle Name: August 14-18 Lunch ESY Week 1
 Site Group: Inspire
 Serving Group: 9-12

Meal Pattern: [USDA]Meal Pattern SY 2017-2022
 Calculation Method: Weighted Analysis
 Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	1004.70	736.10	652.80	760.58	668.69	[750.00 - 850.00]	764.57(M)	
Fat (g)	32.66 (29.25%)	13.19 (16.13%)	16.04 (22.11%)	13.59 (16.08%)	15.07 (20.29%)		18.11(M)	21.32%
Sfat (g)	10.25 (9.18%)	4.80 (5.87%)	4.42 (6.09%)	6.12 (7.24%)	4.84 (6.51%)	< 10.00 % of Calories	6.09(M)	7.16%
TFat (g)	0.00	0.00	0.01	0.00	0.00		0.00(M)	
Chol (mg)	59.93	80.18	59.36	46.16	57.03		60.53(M)	
Na (mg)	1389.55	963.97	622.01	865.35	908.80	< 1,080.00	949.94(M)	
Carb (g)	143.59 (57.17%)	126.24 (68.60%)	100.84 (61.79%)	137.19 (72.15%)	109.68 (65.61%)		123.51(M)	64.62%
TDF (g)	14.71	17.83	11.31	18.03	16.82		15.74(M)	
Sugars (g)	60.43 (24.06%)	68.72 (37.34%)	56.39 (34.55%)	71.89 (37.81%)	55.98 (33.49%)		62.68(M)	32.79%
Pro (g)	35.63 (14.18%)	37.09 (20.15%)	31.69 (19.42%)	33.51 (17.62%)	30.02 (17.96%)		33.59(M)	17.57%
Fe (mg)	3.13	3.87	3.91	4.86	5.02		4.16(M)	
Ca (mg)	655.47	551.94	409.55	684.32	546.94		569.64(M)	
A,IU	11922.41	20109.96	11787.01	15161.90	11589.19		14,114.09(M)	
VitC (mg)	14.64	123.06	68.38	133.40	29.44		73.79(M)	
Mois (g)	210.99	291.56	415.99	323.68	241.91		296.83(M)	
Ash (g)	0.73	1.49	1.86	1.62	0.82		1.30(M)	

Legend

(M) Indicates missing nutrient values.

- Standard Value is the daily average requirement for a school week.
- Trans Fat is provided for informational purposes, not for monitoring purposes.