

# Menu Cycle Week – Nutrient Analysis

Generated on: 4/12/2019 7:44:00 AM by Kathleen McCullough

Menu Cycle: UD HS Breakfast WK1 2018-2019  
 Week: 1  
 Result: **Exceeded**

Meal Pattern: [USDA]Meal Pattern SY 2014+  
 Meal Type: Breakfast  
 Serving Group: 9-12  
 Site Group: High School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[450.00 - 600.00]	505.25	
Fat (g)		7.57	13.48
Sfat (g)(1)	< 10.00 % of Calories	1.56	2.77
TFat (g)(2)		0.00(M)	
Chol (mg)		5.15	
Sodium Target 1 (mg) (13)	< 640.00	472.84	
Sodium Target 2 (mg) (13)	< 570.00	472.84	
Carb (g)		97.64	77.30
TDF (g)		5.42	
Sugars (g)		18.21(M)	14.42
Pro (g)		13.03	10.31
Fe (mg)		2.13	
Ca (mg)		385.52	
A,IU		752.75	
VitC (mg)		6.34	
Mois (g)		104.17(M)	
Ash (g)		0.29(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 5.000	5.000	
Veg		0.000	
Veg-DG		0.000	
Veg-RO		0.000	
Veg-BP		0.000	
Veg-S		0.000	
Veg-O		0.000	
Grains	[9.000 - 10.000]	[11.000 - 15.000](a)	
Non-WGR		0.000	
WGR	>= 100.000 % of	18.000	100.00
Meat/MA		0.000	
MILK-F	>= 5.000	5.000	
Fruit-J	<= 50.000 % of	0.000	0.00
Grain-D		0.000	
Vegetable-J		0.000	
MILK-V		Pass	

## Legend

PrimeroEdge will flag based on USDA requirements, but your State Agency may issue waivers to allow a Menu Cycle with at least 50% WGR Grains to pass, or for 1% flavored milk to be an acceptable variety. In such instances, as long as you have met the conditions of the waiver, your State Agency will consider you to be in compliance.

(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.
- 3 Sodium Target 2 will be marked in orange if exceeded prior to the effective date of July 1, 2020 and does not impact pass/fail compliance prior to that date.
- a USDA is offering flexibility by allowing SFAs to exceed the maximum amount of grains and meat/meat meal alternates as long as the daily and weekly minimums for these components are met and the calories are within the required range.

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<b>UD HS Breakfast 2018-2019 Day 1 :47424 - Day: 1</b>	1460																
<b>Category: Grains; Choose: 2</b>																	
Bar, Chocolate Chip Oatmeal, 1.24 oz, Betty Crocker, General Mills, 16000-45977, WG - SR106343 (1 Bar)	1,460	150.00	5.00	1.00	0.00	0.00	105.00	24.00	2.00	8.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Crescent Roll Filled with Chocolate-Pillsbury-149979000 - SR109270 (1 pkg.)	100	230.00	8.00	1.50	0.00	0.00	270.00	37.00	2.00	10.00	6.00	1.44	20.00	0.00	0.00	(M)	(M)
UD HS Graham crackers - LR100271 (1 pkg.)	1,460	60.00	1.50	0.00	0.00	0.00	60.00	11.00	1.00	3.00	1.00	0.36	60.00	0.00	0.00	0.00	0.00
<b>Category: Fruits; Choose: 2</b>																	
Ardmore Farms Apple Juice - LR100117 (1 ea.)	1,460	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C)	1,000	62.21	0.20	0.04	(M)	0.00	1.20	16.52	2.87	(M)	0.31	0.14	7.18	64.60	5.50	102.36	0.23
<b>Category: Milk; Choose: 1</b>																	
826431 - MILK, Skim, Chocolate - AR1086 (1 Carton)	1,300	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	0.00	8.00	0.36	300.00	500.00	1.20	(M)	(M)
Strawberry non fat milk - LR100073 (1 Carton)	100	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	8.00	0.00	300.00	400.00	2.40	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	30	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	8.26	0.07	306.25	480.19	0.00	220.30	1.84
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	30	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	8.26	0.07	299.07	500.08	0.00	222.68	1.84
<b>UD HS Breakfast 2018-2019 Day 2 :47424 - Day: 2</b>	1460																
<b>Category: Grains; Choose: 2</b>																	
Bar, Chocolate Chip Oatmeal, 1.24 oz, Betty Crocker, General Mills, 16000-45977, WG - SR106343 (1 Bar)	100	150.00	5.00	1.00	0.00	0.00	105.00	24.00	2.00	8.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Crescent Roll Filled with Chocolate-Pillsbury-149979000 - SR109270 (1 pkg.)	1,460	230.00	8.00	1.50	0.00	0.00	270.00	37.00	2.00	10.00	6.00	1.44	20.00	0.00	0.00	(M)	(M)
UD HS Graham crackers - LR100271 (1 pkg.)	100	60.00	1.50	0.00	0.00	0.00	60.00	11.00	1.00	3.00	1.00	0.36	60.00	0.00	0.00	0.00	0.00

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Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Category: Fruits; Choose: 2</b>																	
829413 - Fruit: Orange 138 CT 1/8wg 1/2c - AR1192 (8 wedges)	0	46.90	0.12	0.02	0.00	0.00	0.00	11.73	2.40	9.33	0.94	0.10	39.92	224.53	53.09	86.57	(M)
Ardmore Farms Apple Juice - LR100117 (1 ea.)	1,460	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C)	1,400	62.21	0.20	0.04	(M)	0.00	1.20	16.52	2.87	(M)	0.31	0.14	7.18	64.60	5.50	102.36	0.23
<b>Category: Milk; Choose: 1</b>																	
826431 - MILK, Skim, Chocolate - AR1086 (1 Carton)	1,300	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	0.00	8.00	0.36	300.00	500.00	1.20	(M)	(M)
Strawberry nonfat milk - LR100016 (8 serving 8 )	100	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	8.00	0.00	300.00	400.00	2.40	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	30	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	8.26	0.07	306.25	480.19	0.00	220.30	1.84
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	30	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	8.26	0.07	299.07	500.08	0.00	222.68	1.84
<b>UD HS Breakfast 2018-2019 Day 3 :47424 - Day: 3</b>	1460																
<b>Category: Entrees; Choose: 1</b>																	
ud chocolate chip muffin loaf - LR100305 (2 oz.)	1,460	170.00	5.00	1.00	0.00	0.00	190.00	29.00	1.00	14.00	3.00	1.08	0.00	0.00	0.00	(M)	(M)
<b>Category: Grains; Choose: 2</b>																	
Crescent Roll Filled with Chocolate-Pillsbury-149979000 - SR109270 (1 pkg.)	100	230.00	8.00	1.50	0.00	0.00	270.00	37.00	2.00	10.00	6.00	1.44	20.00	0.00	0.00	(M)	(M)
UD HS Graham crackers - LR100271 (1 pkg.)	1,460	60.00	1.50	0.00	0.00	0.00	60.00	11.00	1.00	3.00	1.00	0.36	60.00	0.00	0.00	0.00	0.00
<b>Category: Fruits; Choose: 2</b>																	
Ardmore Farms Apple Juice - LR100117 (1 ea.)	1,460	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C)	1,460	62.21	0.20	0.04	(M)	0.00	1.20	16.52	2.87	(M)	0.31	0.14	7.18	64.60	5.50	102.36	0.23
<b>Category: Milk; Choose: 1</b>																	
826431 - MILK, Skim, Chocolate - AR1086 (1 Carton)	1,300	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	0.00	8.00	0.36	300.00	500.00	1.20	(M)	(M)

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Strawberry nonfat milk - LR100016 (8 serving 8 )	100	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	8.00	0.00	300.00	400.00	2.40	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	30	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	8.26	0.07	306.25	480.19	0.00	220.30	1.84
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	30	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	8.26	0.07	299.07	500.08	0.00	222.68	1.84
<b>UD HS Breakfast 2018-2019 Day 4 :47424 - Day: 4</b>	1460																
<b>Category: Entrees; Choose: 1</b>																	
ud chocolate chip muffin loaf - LR100305 (2 oz.)	100	170.00	5.00	1.00	0.00	0.00	190.00	29.00	1.00	14.00	3.00	1.08	0.00	0.00	0.00	(M)	(M)
<b>Category: Grains; Choose: 2</b>																	
Cinnamon Rolls, Mini Cinnis Pull Apart Rolls, Pillsbury General Mills, 33686, WGR - SR104478 (1 pkg.)	1,460	240.00	7.00	1.50	0.00	0.00	270.00	39.00	2.00	15.00	5.00	1.44	40.00	0.00	0.00	(M)	(M)
UD HS Graham crackers - LR100271 (1 pkg.)	100	60.00	1.50	0.00	0.00	0.00	60.00	11.00	1.00	3.00	1.00	0.36	60.00	0.00	0.00	0.00	0.00
<b>Category: Fruits; Choose: 2</b>																	
Ardmore Farms Apple Juice - LR100117 (1 ea.)	1,460	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C)	1,460	62.21	0.20	0.04	(M)	0.00	1.20	16.52	2.87	(M)	0.31	0.14	7.18	64.60	5.50	102.36	0.23
<b>Category: Milk; Choose: 1</b>																	
826431 - MILK, Skim, Chocolate - AR1086 (1 Carton)	1,300	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	0.00	8.00	0.36	300.00	500.00	1.20	(M)	(M)
Strawberry nonfat milk - LR100016 (8 serving 8 )	100	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	8.00	0.00	300.00	400.00	2.40	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	30	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	8.26	0.07	306.25	480.19	0.00	220.30	1.84
UD- Milk, Skim 8 oz - LR100227 (1 Carton)	30	83.00	0.20	0.12	(M)	4.90	102.96	12.16	0.00	12.48	8.26	0.07	299.07	500.08	0.00	222.68	1.84
<b>UD HS Breakfast 2018-2019 Day 5 :47424 - Day: 5</b>	1460																
<b>Category: Grains; Choose: 1</b>																	

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Cinnamon Rolls, Mini Cinnis Pull Apart Rolls, Pillsbury General Mills, 33686, WGR - SR104478 (1 pkg.)	100	240.00	7.00	1.50	0.00	0.00	270.00	39.00	2.00	15.00	5.00	1.44	40.00	0.00	0.00	(M)	(M)
Cookies, Cinnamon Graham Crackers, Keebler Bug Bites, Kellogg's, 210/1 oz., 55644, WGR - SR106517 (1 pkg.)	1,460	120.00	3.50	1.00	0.00	0.00	115.00	21.00	1.00	8.00	2.00	0.72	100.00	500.00	0.00	(M)	(M)
Pastry, Pop-Tarts Frosted Strawberry Made With Whole Grain, 1.76 oz./12/10, Kellogg's, 38000-55130, WGR - SR106318 (1 pastry)	1,460	180.00	2.50	1.00	0.00	0.00	180.00	38.00	3.00	15.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
<b>Category: Fruits; Choose: 2</b>																	
Ardmore Farms Apple Juice - LR100117 (1 ea.)	1,460	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
UD 825008 - Fruit: Apple 138ct Whole 1/2 - LR100196 (1 Each, 138C)	1,460	62.21	0.20	0.04	(M)	0.00	1.20	16.52	2.87	(M)	0.31	0.14	7.18	64.60	5.50	102.36	0.23
<b>Category: Milk; Choose: 1</b>																	
826431 - MILK, Skim, Chocolate - AR1086 (1 Carton)	1,300	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	0.00	8.00	0.36	300.00	500.00	1.20	(M)	(M)
Strawberry nonfat milk - LR100016 (8 serving 8 )	100	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	8.00	0.00	300.00	400.00	2.40	(M)	(M)
UD- MILK, 1% White 8oz : 6.1 - LR100226 (1 Carton)	30	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	8.26	0.07	306.25	480.19	0.00	220.30	1.84
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