

# Menu Cycle Week – Nutrient Analysis

Generated on: 12/15/2022 8:32:11 AM by Kathleen McCullough

Menu Cycle: Breakfast January 3 to January 6, 2023  
 Week: 1  
 Result: Pass

Meal Pattern: [USDA]Meal Pattern SY 2014+  
 Meal Type: Breakfast  
 Serving Group: K-12  
 Site Group: All Grades

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[450.00 - 500.00]	483.75	
Total Fat (g)		10.05	18.69
Sat Fat (g)(1)	< 10.00 % of Calories	4.42	8.22
Trans Fat (g)(2)		0.00	
Chol (mg)		25.70	
Sodium Target 1 (mg) (1)	<= 540.00	522.21	
Sodium Target 2 (mg) (13)	<= 485.00	522.21	
Carb (g)		80.64	66.68
Total Fiber (g)		3.54	
Total Sugars (g)		30.35(M)	25.10
Added Sugars (g)		9.50(M)	
Protein (g)		16.00	13.23
Iron (mg)		3.78	
Calcium (mg)		588.01	
VitA (IU)		1,095.45(M)	
VitC (mg)		12.60(M)	
VitD (mcg)		1.25(M)	
Potassium (mg)		242.58(M)	
Mois (g)		110.15(M)	
Ash (g)		0.92(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		[2.000 - 3.000]	
Grains	[7.000 - 8.000]	[7.000 - 8.000]	
Non-WGR		0.000	
WGR	>= 80.000 % of	8.000	100.00
Grain-D		0.000	
Fruit	>= 4.000	4.000	
Fruit-J	<= 50.000 % of	0.000	0.00
Veg		0.000	
Veg-DG		0.000	
Veg-RO		0.000	
Veg-BP		0.000	
Veg-S		0.000	
Veg-O		0.000	
Veg-X		0.000	
Vegetable-J		0.000	
MILK-F	>= 4.000	4.000	
MILK-V		Pass	

## Legend

PrimeroEdge will flag based on USDA requirements starting School Year 2022-2023 for WGR and 1% flavored milk, for prior years, please consult your State Agency for that School Year requirements and waiver status.

(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, 2024 and does not impact pass/fail compliance prior to that date.

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
<b>Breakfast January 3, 2023 - Day: 1</b>	700																		
<b>Category: Grains; May Choose: 2</b>																			
52697-Yogurt, Vanilla, Danimals, Nonfat, 4 oz., Dannon, 2733, MMA - AR1301 (1 ea.)	400	80.00	0.00	0.00	0.00	5.00	60.00	16.00	0.00	13.00	(M)	4.00	0.00	150.00	0.00	0.00	(M)	(M)	(M)
831392-BRD: POPTARTS, Straw 1.76 oz WG - AR1651 (1 7/8 oz.)	700	180.00	2.50	1.00	0.00	0.00	180.00	38.00	3.00	(M)	(M)	2.00	1.80	100.00	500.00	0.00	(M)	(M)	(M)
Crackers, Cheez-It made with Whole Grain, 0.75 oz, Sunshine, Kellogg's, 24100-79263, WGR - SR106005 (1 pouch)	500	100.00	3.50	1.00	0.00	4.99	150.00	14.00	1.00	0.00	0.00	2.00	4.00	100.00	500.00	0.00	0.00(M)	0.00(M)	(M)
<b>Category: Fruits; May Choose: 2</b>																			
Apple, Slices, Peel On, 2 oz. package, Peterson Farms, 203102, F - SR109629 (1 pkg.)	700	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	(M)	0.00	0.00	20.00	0.00	12.00	(M)	(M)	(M)
Ardmore Farms Apple Juice - LR100117 (1 ea.)	700	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
<b>Category: Milk; May Choose: 1</b>																			
826422 - MILK, 1% White 8oz : 6.1 - AR1085 (1 Carton)	350	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	12.00	8.26	0.07	306.25	480.19	0.00	2.50	370.00	220.30
826430- Milk, Skim 8 oz - AR1095 (1 Carton)	0	83.00	0.20	0.12	0.00	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68
826431-MILK, Skim Chocolate - AR1002 (1 c.)	350	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	18.00	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
<b>Breakfast January 4, 2023 - Day: 2</b>	700																		
<b>Category: Entrees; May Choose: 1</b>																			
Cheese, I/W Reduced Fat String Cheese, 360/1 oz, M - SR103975 (1 piece)	700	80.00	4.50	2.00	0.00	10.00	95.00	0.00	0.00	0.00	(M)	7.00	2.70	250.00	300.00	0.00	(M)	(M)	(M)
<b>Category: Grains; May Choose: 1</b>																			
Waffles, Mini Blueberry Bash Naturally & Artificially Flavored, Pillsbury, General Mills, 32264, WGR - SR105457 (1 pouch)	700	210.00	6.00	1.00	0.00	0.00	170.00	37.00	2.00	12.00	11.00	4.00	1.40	30.00	0.00(M)	0.00(M)	0.00	120.00	(M)
<b>Category: Fruits; May Choose: 2</b>																			

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Apple, Slices, Peel On, 2 oz. package, Peterson Farms, 203102, F - SR109629 (1 pkg.)	700	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	(M)	0.00	0.00	20.00	0.00	12.00	(M)	(M)	(M)
Ardmore Farms Apple Juice - LR100117 (1 ea.)	700	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
<b>Category: Milk; May Choose: 1</b>																			
826422 - MILK, 1% White 8oz : 6.1 - AR1085 (1 Carton)	350	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	12.00	8.26	0.07	306.25	480.19	0.00	2.50	370.00	220.30
826430- Milk, Skim 8 oz - AR1095 (1 Carton)	0	83.00	0.20	0.12	0.00	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68
826431-MILK, Skim Chocolate - AR1002 (1 c.)	350	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	18.00	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
<b>Breakfast January 5, 2023 - Day: 3</b>		700																	
<b>Category: Grains; May Choose: 1</b>																			
Ambrosio wheat Bagel - LR100107 (1 ea.)	700	160.00	0.50	0.00	0.00	0.00	320.00	33.00	1.00	3.00	3.00	5.00	2.00	44.00	0.00	0.00	0.00	56.00	0.00
<b>Category: Fruits; May Choose: 2</b>																			
Apple, Slices, Peel On, 2 oz. package, Peterson Farms, 203102, F - SR109629 (1 pkg.)	700	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	(M)	0.00	0.00	20.00	0.00	12.00	(M)	(M)	(M)
Ardmore Farms Apple Juice - LR100117 (1 ea.)	700	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
<b>Category: Milk; May Choose: 1</b>																			
826422 - MILK, 1% White 8oz : 6.1 - AR1085 (1 Carton)	350	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	12.00	8.26	0.07	306.25	480.19	0.00	2.50	370.00	220.30
826430- Milk, Skim 8 oz - AR1095 (1 Carton)	0	83.00	0.20	0.12	0.00	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68
826431-MILK, Skim Chocolate - AR1002 (1 c.)	350	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	18.00	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)
<b>Category: Condiments; May Choose: 1</b>																			
825275 - COND PC Cream Cheese 1oz - AR1195 (1 ea.)	700	80.00	8.00	5.00	0.00	30.00	115.00	1.00	0.00	0.00	(M)	1.00	0.00	40.00	300.00	0.00	(M)	(M)	(M)
<b>Breakfast January 6, 2023 - Day: 4</b>		700																	
<b>Category: Entrees; May Choose: 1</b>																			

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Cheese Stick, 1.0 oz, Mozzarella, String Cheese, Land O Lakes, 59701, MMA - SR101516 (1 ounces)	700	79.01	5.93	3.95	0.00	19.75	197.53	1.98	0.00	0.99	0.00	5.93	0.00	195.56	0.00(M)	0.00(M)	0.00	54.32	(M)
<b>Category: Grains; May Choose: 2</b>																			
Bar, Nutri-Grain Cereal Bar Apple Cinnamon for Schools, 96/1.55oz, Kellogg's 59779, WGR - AR1318 (1 Bar)	700	160.00	4.00	0.50	0.00	0.00	130.00	30.00	3.00	14.00	(M)	2.00	1.80	200.00	750.00	0.00	(M)	(M)	(M)
Crackers, Cheez-It made with Whole Grain, 0.75 oz, Sunshine, Kellogg's, 24100-79263, WGR - SR106005 (1 pouch)	300	100.00	3.50	1.00	0.00	4.99	150.00	14.00	1.00	0.00	0.00	2.00	4.00	100.00	500.00	0.00	0.00(M)	0.00(M)	(M)
<b>Category: Fruits; May Choose: 2</b>																			
Apple, Slices, Peel On, 2 oz. package, Peterson Farms, 203102, F - SR109629 (1 pkg.)	700	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	(M)	0.00	0.00	20.00	0.00	12.00	(M)	(M)	(M)
Ardmore Farms Apple Juice - LR100117 (1 ea.)	700	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
<b>Category: Milk; May Choose: 1</b>																			
826422 - MILK, 1% White 8oz : 6.1 - AR1085 (1 Carton)	350	103.00	2.38	1.54	0.00	12.25	107.80	12.23	0.00	12.00	12.00	8.26	0.07	306.25	480.19	0.00	2.50	370.00	220.30
826430- Milk, Skim 8 oz - AR1095 (1 Carton)	0	83.00	0.20	0.12	0.00	4.90	102.96	12.16	0.00	12.48	(M)	8.26	0.07	299.07	500.08	0.00	(M)	(M)	222.68
826431-MILK, Skim Chocolate - AR1002 (1 c.)	350	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	18.00	(M)	8.00	0.36	300.00	500.00	1.20	(M)	(M)	(M)