

Menu Cycle Week – Nutrient Analysis

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Menu Cycle: High School Breakfast March 20 to March 24, 2023
 Week: 1
 Result: **Exceeded**

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Breakfast
 Serving Group: K-8
 Site Group: All Grades

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[400.00 - 500.00]	490.30	
Total Fat (g)		9.38	17.21
Sat Fat (g)(1)	< 10.00 % of Calories	3.46	6.35
Trans Fat (g)(2)		0.00	
Chol (mg)		19.58	
Sodium Target 1 (mg) (1)	<= 540.00	501.41	
Carb (g)		86.71	70.74
Total Fiber (g)		4.80	
Total Sugars (g)		38.56(M)	31.46
Added Sugars (g)		10.40(M)	
Protein (g)		15.12	12.33
Iron (mg)		2.76	
Calcium (mg)		498.24	
VitA (IU)		998.10(M)	
VitC (mg)		14.52(M)	
VitD (mcg)		1.25(M)	
Potassium (mg)		243.86(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	
Grains	[8.000 - 10.000]	10.250(a)	
Non-WGR		0.000	
WGR	>= 80.000 % of	10.250	100.00
Grain-D		0.000	
Fruit	>= 5.000	5.000	
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	>= 5.000	5.000	
MILK-V		Pass	

Legend

PrimerEdge 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.

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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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)	
Breakfast March 20, 2023 - Day: 1	700																			
Category: Grains; May Choose: 2																				
825667-CEREAL BWL, Cocoa Puffs RS WG - AR1092 (1 bowl)	700	110.00	1.50	0.00	0.00	0.00	160.00	25.00	2.00	25.80	(M)	2.00	4.50	100.00	500.00	6.00	(M)	(M)	(M)	
UD MS Graham crackers - LR100333 (28 g.)	700	120.00	3.00	0.00	0.00	0.00	130.00	22.00	2.00	6.00	(M)	2.00	0.72	120.00	600.00	0.00	(M)	(M)	0.00	
Category: Fruits; May Choose: 2																				
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	
Category: Milk; May Choose: 1																				
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)	
Breakfast March 21, 2023 - Day: 2	700																			
Category: Entrees; May Choose: 1																				
51500-Yogurt, Danimals Strawberry Yogurt, 4 oz SS Cup, Dannon Company Inc, 2731, MMA - AR1303 (1 ea.)	700	110.00	1.50	1.00	0.00	5.00	80.00	19.00	0.00	17.00	(M)	5.00	0.00	150.00	0.00	0.00	(M)	(M)	(M)	
Category: Grains; May Choose: 2																				
Strudel, Apple Frudel K-12 Hot Breakfast, Pillsbury, General Mills, 127852000, WGR - SR100158 (1 frudel)	700	210.00	6.00	1.00	0.00	0.00	250.00	36.00	2.00	10.00	9.00	4.00	1.50	0.00	0.00(M)	0.00(M)	0.00	109.98	(M)	
Category: Fruits; May Choose: 2																				
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	

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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)
Category: Milk; May Choose: 1																			
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)
Breakfast March 22, 2023 - Day: 3																			
Category: Entrees; May Choose: 1																			
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)
Category: Grains; May Choose: 2																			
Cinnamon Rolls, Mini Cinnis Pull Apart Rolls, Pillsbury General Mills, 33686, WGR - SR104478 (1 pkg.)	700	240.00	8.00	1.50	0.00	0.00	270.00	40.00	3.00	14.00	13.00	4.00	1.70	30.00	0.00(M)	0.00(M)	0.00	130.00	(M)
Category: Fruits; May Choose: 2																			
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
Category: Milk; May Choose: 1																			
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)
Breakfast March 23, 2023 - Day: 4																			
Category: Grains; May Choose: 2																			
829561-BAGEL, Cinnamon Raisin WG 2.25 - AR1420 (1 ea.)	700	170.00	1.50	0.00	0.00	0.00	150.00	33.00	5.00	8.00	(M)	7.00	1.80	20.00	40.00	3.60	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			

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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
Category: Milk; May Choose: 1																			
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)
Category: Condiments; May Choose: 1																			
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)
Breakfast March 24, 2023 - Day: 5																			
Category: Grains; May Choose: 2																			
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)
UD MS Graham crackers - LR100333 (28 g.)	700	120.00	3.00	0.00	0.00	0.00	130.00	22.00	2.00	6.00	(M)	2.00	0.72	120.00	600.00	0.00	(M)	(M)	0.00
Category: Fruits; May Choose: 2																			
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
Category: Milk; May Choose: 1																			
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)