

Menu Cycle Week – Nutrient Analysis

Generated on: 2/21/2023 9:16:21 AM by Kathleen McCullough

Menu Cycle: Breakfast March 6 to March 10, 2023
 Week: 1
 Result: Pass

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]	464.30	
Total Fat (g)		8.58	16.62
Sat Fat (g)(1)	< 10.00 % of Calories	3.56	6.90
Trans Fat (g)(2)		0.00	
Chol (mg)		23.58	
Sodium Target 1 (mg) (1)	<= 540.00	492.41	
Carb (g)		81.91	70.57
Total Fiber (g)		3.80	
Total Sugars (g)		32.00(M)	27.57
Added Sugars (g)		12.60(M)	
Protein (g)		14.52	12.50
Iron (mg)		2.30	
Calcium (mg)		471.04(M)	
VitA (IU)		770.10(M)	
VitC (mg)		12.60(M)	
VitD (mcg)		1.25(M)	
Potassium (mg)		299.08(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]	9.000	
Non-WGR		0.000	
WGR	>= 80.000 % of	9.000	100.00
Grain-D		1.000	
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.

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

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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 6, 2023 - Day: 1	700																			
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)	
Breakfast March 7, 2023 - Day: 2	700																			
Category: Grains; May Choose: 2																				
52697-Yogurt, Vanilla, Danimals, Nonfat, 4 oz., Dannon, 2733, MMA - AR1301 (1 ea.)	700	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)	
Bagels, Pillsbury Pull-Apart Soft Mini Bagels Filled with Cinnamon Neufchatel Cheese, General Mills, 18000-38399 - SR107776 (1 pkg.)	700	230.00	6.00	2.00	0.00	10.00	190.00	42.00	2.00	13.00	12.00	6.00	1.60	30.00	0.00(M)	0.00(M)	0.00	140.00	(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	

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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 8, 2023 - Day: 3																			
Category: Grains; May Choose: 2																			
Mini Pancakes, Eggo Bites Mini Pancakes Maple, 1 Pouch, Kellogg's, 38000-92562, WGR - SR106101 (1 Pouch)	700	210.00	6.00	1.00	0.00	10.00	320.00	35.00	4.00	11.00	10.00	4.00	3.60	60.00	0.00(M)	0.00(M)	0.00	140.06	(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 9, 2023 - Day: 4																			
Category: Grains; May Choose: 2																			
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
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)

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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)
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 10, 2023 - Day: 5		700																	
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: 1																			
Bar, Chocolate Chip Oatmeal, 1.24 oz, Betty Crocker, General Mills, 16000-45977, WG - SR106343 (1 Bar)	700	150.00	5.00	1.00	0.00	0.00	105.00	25.00	2.00	8.00	8.00	2.00	0.70	0.00(M)	0.00(M)	0.00(M)	(M)	180.00	(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)