

Menu Cycle Week – Nutrient Analysis

Generated on: 11/11/2022 9:25:38 AM by Kathleen McCullough

Menu Cycle: Elementary Lunch December 19 to December 23, 2022
 Week: 1
 Result: Exceeded

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Lunch
 Serving Group: K-5
 Site Group: Elementary School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[550.00 - 650.00]	600.98	
Total Fat (g)		18.67	27.95
Sat Fat (g)(1)	< 10.00 % of Calories	6.38	9.55
Trans Fat (g)(2)		0.12(M)	
Chol (mg)		50.96	
Sodium Target 1 (mg) (13)	< 1,230.00	891.63	
Sodium Target 2 (mg) (13)	< 935.00	891.63	
Carb (g)		80.96	53.88
Total Fiber (g)		9.95	
Total Sugars (g)		29.58(M)	19.69
Added Sugars (g)		6.29(M)	
Protein (g)		29.82	19.85
Iron (mg)		4.80(M)	
Calcium (mg)		596.19(M)	
VitA (IU)		12,242.21(M)	
VitC (mg)		31.85(M)	
VitD (mcg)		1.29(M)	
Potassium (mg)		730.11(M)	
Mois (g)		319.58(M)	
Ash (g)		2.21(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[8.000 - 10.000]	[10.000 - 12.250](a)	
Grains	[8.000 - 9.000]	[10.000 - 20.000](a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	33.000	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 2.500	3.500	
Fruit-J	<= 50.000 % of	0.000	0.00
Veg	>= 3.750	[5.250 - 7.125]	
Veg-DG	>= 0.500	1.000	
Veg-RO	>= 0.750	3.250	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	1.500	
Veg-O	>= 0.500	1.000	
Veg-X		0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-F	>= 5.000	5.000	
MILK-V		Pass	

Legend

PrimeroEdge will flag based on USDA requirements starting School Year 2019-2020 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.

Menu Cycle Week – Nutrient Analysis

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.

Menu Item (Serving Size)	Plan Qty	Calorie s (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)
Elementary Lunch December 19, 2022 - Day: 1	700																		
Category: Entrees; May Choose: 1																			
Chicken, Crispy Chicken Nuggets, Breaded Golden, .6oz., Tyson Foods Inc., 10703640928, WGR, MMA - SR109897 (5 piece)	200	261.54	15.26	2.72	0.00	27.24	479.49	17.44	3.27	1.09	0.00	15.26	2.07	32.69	(M)	(M)	0.11	654.05	(M)
Pizza, Cheese, Bold, Rolled Edge, 16", 51% WG, 5.56 oz., Big Daddy's, Schwan's, 78985 WG, MMA, Veg-RO - SR100496 (1 slice)	200	400.00	16.00	7.00	0.00	35.00	440.00	43.00	4.00	7.00	1.00	19.00	2.40	341.00	73.00	0.00	0.00	468.00	(M)
UD CHEESEBURGER - LR100127 (1 ea.)	300	356.88	14.74	6.05	1.00	64.73	524.33	31.06	4.60	3.75	0.00(M)	26.07	2.02(M)	154.91 (M)	1891.10 (M)	3.00(M)	0.00(M)	146.35 (M)	15.47 (M)
Category: Grains; May Choose: 1																			
Crackers, Cheez-It made with Whole Grain, 0.75 oz, Sunshine, Kellogg's, 24100-79263, WGR - SR106005 (1 pouch)	200	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)
Category: Vegetables; May Choose: 2																			
825624 - VEG: Celery, Sticks 1/2 c - AR1216 (3/4 c.)	200	15.00	0.17	0.04	0.00	0.00	74.11	2.75	1.48	1.24	(M)	0.65	0.18	37.06	416.00	2.86	(M)	(M)	88.41
Potatoes, 3/8" Straight Cut Extra Long French Fries, 2.29 oz, McCain, MCX40, Veg-S - SR100928 (2 1/3 ounces)	400	70.00	2.00	0.00	0.00	0.00	15.00	14.00	1.00	0.00	0.00	1.00	0.20	10.00	0.00(M)	0.00(M)	0.00	210.09	(M)
Category: Fruits; May Choose: 1																			
825008 - Fruit: Apple 138ct Whole 1c - AR1193 (1 Each, 138C)	400	62.21	0.20	0.04	0.00	0.00	1.20	16.52	2.87	15.00	(M)	0.31	0.14	7.18	64.60	5.50	(M)	(M)	102.36
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

Menu Cycle Week – Nutrient Analysis

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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)	Moisture (g)
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)
Elementary Lunch December 20, 2022 - Day: 2	700																		
Category: Entrees; May Choose: 1																			
Chicken, Crispy Chicken Nuggets, Breaded Golden, .6oz., Tyson Foods Inc., 10703640928, WGR, MMA - SR109897 (5 piece)	300	261.54	15.26	2.72	0.00	27.24	479.49	17.44	3.27	1.09	0.00	15.26	2.07	32.69	(M)	(M)	0.11	654.05	(M)
Pizza, Cheese, Bold, Rolled Edge, 16", 51% WG, 5.56 oz., Big Daddy's, Schwan's, 78985 WG, MMA, Veg-RO - SR100496 (1 slice)	200	400.00	16.00	7.00	0.00	35.00	440.00	43.00	4.00	7.00	1.00	19.00	2.40	341.00	73.00	0.00	0.00	468.00	(M)
Popcorn Chicken Bowl - LR100426 (1 bowl)	200	301.05	13.98	4.53	0.00	40.66	660.71	26.38	3.85	1.68	0.00(M)	18.25	1.91	141.56	3.42	25.64	0.00(M)	370.01 (M)	43.51 (M)
Category: Grains; May Choose: 1																			
Crackers, Cheez-It made with Whole Grain, 0.75 oz, Sunshine, Kellogg's, 24100-79263, WGR - SR106005 (1 pouch)	200	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)
Category: Vegetables; May Choose: 2																			
825570 - VEG: CARROTS, Fresh Baby 1/2c : 6.0 - AR1112 (1/2 c.)	350	24.81	0.09	0.02	0.00	0.00	55.28	5.84	2.06	2.39	(M)	0.45	0.63	22.68	9773.53	1.84	(M)	(M)	64.03
Beans, Garbanzo, Canned; Chick peas, extra fancy, 6/#10 can; as purchased - SR105105 (1/2 c.)	350	80.00	1.50	0.00	0.00	0.00	240.00	14.00	4.00	2.00	(M)	4.00	1.00	27.00	0.00(M)	0.00(M)	0.00	148.00	(M)
Category: Fruits; May Choose: 1																			
826581-Fruit: Orange 138ct Whole 1/2c - AR1062 (1 fruit (2-5))	600	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
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

Menu Cycle Week – Nutrient Analysis

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)
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)
Elementary Lunch December 21, 2022 - Day: 3	700																		
Category: Entrees; May Choose: 1																			
Chicken, Crispy Chicken Nuggets, Breaded Golden, .6oz., Tyson Foods Inc., 10703640928, WGR, MMA - SR109897 (5 piece)	300	261.54	15.26	2.72	0.00	27.24	479.49	17.44	3.27	1.09	0.00	15.26	2.07	32.69	(M)	(M)	0.11	654.05	(M)
Pizza, Cheese, Bold, Rolled Edge, 16", 51% WG, 5.56 oz., Big Daddy's, Schwan's, 78985 WG, MMA, Veg-RO - SR100496 (1 slice)	200	400.00	16.00	7.00	0.00	35.00	440.00	43.00	4.00	7.00	1.00	19.00	2.40	341.00	73.00	0.00	0.00	468.00	(M)
ud grilled cheese and Tomato - LR100137 (1 sandwich)	200	350.90	18.48	10.17	0.00	50.92	739.83	33.63	3.84	7.51	0.00(M)	16.45	3.42	422.32	530.53	2.30	0.00(M)	65.39 (M)	0.00(M)
Category: Grains; May Choose: 1																			
Crackers, Cheez-It made with Whole Grain, 0.75 oz, Sunshine, Kellogg's, 24100-79263, WGR - SR106005 (1 pouch)	200	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)
Category: Vegetables; May Choose: 2																			
825570 - VEG: CARROTS, Fresh Baby 1/2c : 6.0 - AR1112 (1/2 c.)	350	24.81	0.09	0.02	0.00	0.00	55.28	5.84	2.06	2.39	(M)	0.45	0.63	22.68	9773.53	1.84	(M)	(M)	64.03
830255 VEG: Broccoli, Fresh Ckd 1/2c - AR1210 (1/2 c.)	350	14.88	0.17	0.03	0.00	0.00	17.43	3.05	1.40	0.59	(M)	1.01	0.28	17.01	658.28	27.60	0.00	124.60	37.95
Category: Fruits; May Choose: 1																			
009252- Pears, RAW - AR1726 (1 100-120 Ct)	600	98.60	0.00	0.00	0.00	0.00	1.70	26.28	5.27	(M)	(M)	0.65	0.29	15.30	39.10	7.14	(M)	(M)	141.39
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)

Menu Cycle Week – Nutrient Analysis

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)	
Elementary Lunch December 22, 2022 - Day: 4	700																			
Category: Entrees; May Choose: 1																				
Chicken, CN Dark Meat Chicken Italian Meatballs, 2.65 oz., Gold Kist, 6410, MMA - SR109664 (5 Meatballs)	300	200.00	12.00	2.50	0.00	85.00	300.00	4.00	1.00	1.00	(M)	18.00	1.08	40.00	100.00	1.20	(M)	(M)	(M)	
Chicken, Crispy Chicken Nuggets, Breaded Golden, .6oz., Tyson Foods Inc., 10703640928, WGR, MMA - SR109897 (5 piece)	200	261.54	15.26	2.72	0.00	27.24	479.49	17.44	3.27	1.09	0.00	15.26	2.07	32.69	(M)	(M)	0.11	654.05	(M)	
Pasta, Macaroni and Cheese, Prepared, Land O' Lakes, 43292, MMA, WGR - LR100346 (2/3 c.)	300	279.83	10.99	5.00	0.00	24.98	669.61	28.98	2.00	6.00	(M)	16.99	1.08	399.76	749.56	0.00	(M)	(M)	(M)	
Pizza, Cheese, Bold, Rolled Edge, 16", 51% WG, 5.56 oz., Big Daddy's, Schwan's, 78985 WG, MMA, Veg- RO - SR100496 (1 slice)	200	400.00	16.00	7.00	0.00	35.00	440.00	43.00	4.00	7.00	1.00	19.00	2.40	341.00	73.00	0.00	0.00	468.00	(M)	
Category: Grains; May Choose: 1																				
Crackers, Cheez-It made with Whole Grain, 0.75 oz, Sunshine, Kellogg's, 24100-79263, WGR - SR106005 (1 pouch)	200	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)	
Category: Vegetables; May Choose: 2																				
825624 - VEG: Celery, Sticks 1/2 c - AR1216 (3/4 c.)	400	15.00	0.17	0.04	0.00	0.00	74.11	2.75	1.48	1.24	(M)	0.65	0.18	37.06	416.00	2.86	(M)	(M)	88.41	
825931 - Veg: Corn, Fz 1/2c - AR1198 (3/4 c.)	300	99.00	0.83	0.12	0.00	0.00	1.23	23.70	2.94	3.76	0.00	3.76	0.57	3.69	244.35	4.30	0.00	0.00	94.59	
Category: Fruits; May Choose: 1																				
825009 BANANAS, FRESH Petite 150ct - AR1919 (1 150ct, Raw)	500	68.88	0.26	0.09	0.00	0.00	0.77	17.68	2.01	7.74	0.00	0.84	0.20	3.87	49.53	6.73	0.00	224.43	57.97	
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	

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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)
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																			
825892-SAUCE, Buffalo Wing - AR1522 (1 Tbsp.)	300	4.13	0.23	0.03	0.00	0.00	456.31	0.36	0.00	(M)	(M)	0.09	0.10	1.52	229.72	0.00	(M)	(M)	(M)
Elementary Lunch December 23, 2022 - Day: 5		700																	
Category: Entrees; May Choose: 1																			
829526 Pizza Stick, Max Sticks WG Mozzarella, 1.93 oz, Frozen, ConAgra 12602, MMA, WG - AR1155 (2 stick.)	300	150.00	6.00	3.00	0.00	15.00	400.00	16.00	1.00	20.00	(M)	8.00	1.08	150.00	100.00	0.00	(M)	(M)	(M)
Chicken, Crispy Chicken Nuggets, Breaded Golden, .6oz., Tyson Foods Inc., 10703640928, WGR, MMA - SR109897 (5 piece)	200	261.54	15.26	2.72	0.00	27.24	479.49	17.44	3.27	1.09	0.00	15.26	2.07	32.69	(M)	(M)	0.11	654.05	(M)
Pizza, Cheese, Bold, Rolled Edge, 16", 51% WG, 5.56 oz., Big Daddy's, Schwan's, 78985 WG, MMA, Veg-RO - SR100496 (1 slice)	200	400.00	16.00	7.00	0.00	35.00	440.00	43.00	4.00	7.00	1.00	19.00	2.40	341.00	73.00	0.00	0.00	468.00	(M)
Category: Grains; May Choose: 1																			
Crackers, Cheez-It made with Whole Grain, 0.75 oz, Sunshine, Kellogg's, 24100-79263, WGR - SR106005 (1 pouch)	200	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)
Category: Vegetables; May Choose: 2																			
011960- CARROTS, Baby Raw - AR1784 (1/2 c.)	500	158.76	0.59	0.10	0.00	0.00	353.80	37.38	13.15	15.29	(M)	2.90	4.04	145.15	62550.39	11.79	(M)	(M)	409.82
825480-Veg: Broccoli, Fresh 1/2c - AR1033 (1/2 c.)	500	24.89	0.23	0.01	0.00	0.00	19.96	4.02	1.57	2.22	0.00	1.71	0.44	28.41	376.69	53.93	0.00	0.00	53.99
Category: Fruits; May Choose: 1																			
Mixed Fruit - LR100038 (1/2 Cup (8 oz)	500	138.00	0.17	0.02	0.00	0.00	15.00	36.13	2.42	0.00	(M)	0.97	0.70	14.50	496.00	4.60	(M)	(M)	204.18
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

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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																			
Dipping Sauce for Pizza Sticks - SR108583 (1 2 oz. spoo)	300	68.84	3.60	0.74	0.45(M)	0.89	185.30	7.58	1.70	4.11(M)	(M)	1.63	0.76	35.91	580.90 (M)	5.83(M)	0.00(M)	300.36	77.32