

# Menu Cycle Week – Nutrient Analysis

Generated on: 11/14/2022 10:04:12 AM by Kathleen McCullough

Menu Cycle: Elementary Lunch December 12 to December 16, 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]	574.53	
Total Fat (g)		18.70	29.30
Sat Fat (g)(1)	< 10.00 % of Calories	6.20	9.71
Trans Fat (g)(2)		0.38(M)	
Chol (mg)		62.74(M)	
Sodium Target 1 (mg) (13)	< 1,230.00	717.14	
Sodium Target 2 (mg) (13)	< 935.00	717.14	
Carb (g)		76.15	53.02
Total Fiber (g)		7.95(M)	
Total Sugars (g)		25.38(M)	17.67
Added Sugars (g)		6.57(M)	
Protein (g)		27.52	19.16
Iron (mg)		3.17(M)	
Calcium (mg)		513.67(M)	
VitA (IU)		3,549.86(M)	
VitC (mg)		27.88(M)	
VitD (mcg)		1.52(M)	
Potassium (mg)		591.80(M)	
Mois (g)		241.56(M)	
Ash (g)		1.77(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[8.000 - 10.000]	[9.750 - 10.000]	
Grains	[8.000 - 9.000]	[11.000 - 19.250](a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	36.000	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 2.500	3.000	
Fruit-J	<= 50.000 % of	0.000	0.00
Veg	>= 3.750	[4.750 - 5.375]	
Veg-DG	>= 0.500	1.250	
Veg-RO	>= 0.750	1.125	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	1.000	
Veg-O	>= 0.500	1.500	
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.

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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	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>Elementary Lunch December 12, 2022 - Day: 1</b>	700																			
<b>Category: Entrees; May Choose: 1</b>																				
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 CHICKEN PATTY SANDWICH - LR100126 (1 ea.)	300	400.00	16.50	3.00	0.00	25.00	790.00	45.00	7.00	4.00	0.00(M)	21.00	3.20	100.00	0.00	0.00	0.10(M)	730.00	0.00(M)	
Walking Beef Taco - LR100122 (1 ea.)	200	306.34	17.81	6.15	1.33	48.37 (M)	351.95	22.55	3.22(M)	0.72(M)	0.00(M)	15.24	0.91(M)	118.36 (M)	5193.39 (M)	2.27(M)	0.00(M)	0.00(M)	53.64 (M)	
<b>Category: Vegetables; May Choose: 2</b>																				
825624 - VEG: Celery, Sticks 1/2 c - AR1216 (3/4 c.)	250	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)	700	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)	
<b>Category: Fruits; May Choose: 1</b>																				
829421-FRUIT: Apple, 138ct 1/8wg 1/2c - AR1034 (4 wedge)	650	32.00	0.11	0.02	0.00	0.00	2.32	8.43	1.45	(M)	(M)	0.17	0.08	5.05	32.68	3.38	(M)	(M)	92.99	
<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>Elementary Lunch December 13, 2022 - Day: 2</b>	700																			
<b>Category: Entrees; May Choose: 1</b>																				
chicken taco Flatbread with lettuce and cheese - LR100485 (1 ea.)	200	262.00	9.42	2.53	0.00	41.13	646.30	24.54	3.03	1.30	(M)	16.70	4.51(M)	142.40 (M)	136.58 (M)	103.36 (M)	(M)	(M)	1.12(M)	

# Menu Cycle Week – Nutrient Analysis

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)	Calciu m (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)
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)
Walking Beef Taco - LR100122 (1 ea.)	300	306.34	17.81	6.15	1.33	48.37 (M)	351.95	22.55	3.22(M)	0.72(M)	0.00(M)	15.24	0.91(M)	118.36 (M)	5193.39 (M)	2.27(M)	0.00(M)	0.00(M)	53.64 (M)
<b>Category: Vegetables; May Choose: 2</b>																			
830676-Broccoli, frozen, chopped, cooked, boiled, drained, without salt - AR1317 (3/4 c.)	700	38.51	0.17	0.01	0.00	0.00	15.19	7.39	4.15	2.03	(M)	4.28	0.84	45.60	1396.99	55.41	(M)	(M)	125.35
<b>Category: Fruits; May Choose: 1</b>																			
Fruit, Canned Fruit, Mix, F - SR102519 (1/2 cup servin)	600	61.37	0.05	0.01	0.00(M)	0.00	4.87	15.72	1.28	4.00(M)	(M)	0.37	0.37(M)	7.84(M)	120.39 (M)	6.30(M)	(M)	(M)	16.98 (M)
<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>Elementary Lunch December 14, 2022 - Day: 3</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
dumpling with whole grain wrappers - LR100511 (5 ea.)	300	200.00	5.75	0.00	0.00	27.50	293.00	26.00	1.50	2.50	1.00	14.00	1.88	0.00	0.00	0.00	0.00	0.00	0.00
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)
Walking Beef Taco - LR100122 (1 ea.)	200	306.34	17.81	6.15	1.33	48.37 (M)	351.95	22.55	3.22(M)	0.72(M)	0.00(M)	15.24	0.91(M)	118.36 (M)	5193.39 (M)	2.27(M)	0.00(M)	0.00(M)	53.64 (M)
<b>Category: Vegetables; May Choose: 2</b>																			
825624 - VEG: Celery, Sticks 1/2 c - AR1216 (3/4 c.)	500	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

# 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)
Potatoes, 3/8" Straight Cut Extra Long French Fries, 2.29 oz, McCain, MCX40, Veg-S - SR100928 (2 1/3 ounces)	500	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)
<b>Category: Fruits; May Choose: 1</b>																			
825008 - Fruit: Apple 138ct Whole 1c - AR1193 (1 Each, 138C)	500	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
<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>Elementary Lunch December 15, 2022 - Day: 4</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Egg patty - LR100468 (1 ea.)	400	120.00	8.00	2.00	0.00	190.00	220.00	2.00	0.00	0.00	0.00	6.00	0.00	36.00	0.00(M)	0.00(M)	2.00	92.00	0.00(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)
Walking Beef Taco - LR100122 (1 ea.)	100	306.34	17.81	6.15	1.33	48.37 (M)	351.95	22.55	3.22(M)	0.72(M)	0.00(M)	15.24	0.91(M)	118.36 (M)	5193.39 (M)	2.27(M)	0.00(M)	0.00(M)	53.64 (M)
<b>Category: Grains; May Choose: 2</b>																			
French Toast Sticks, Farm Rich Whole Grain, Frozen, Rich's, 37722, WGR - LR100345 (4 ea.)	400	260.00	10.00	2.00	0.00	0.00	300.00	38.00	3.00	9.00	(M)	6.00	1.82	34.00	22.00	0.00	(M)	(M)	(M)
<b>Category: Vegetables; May Choose: 2</b>																			
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
Beans, garbanzo (chickpeas), canned dry beans, low-sodium, mature seeds, solids and liquids, [100360, A089] - SR105098 (1/2 c.)	300	143.00	1.37	0.14	0.00	0.00	140.00	27.14	5.30	(M)	(M)	5.94	1.62	38.00	29.00	4.60	(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)	
<b>Category: Fruits; May Choose: 1</b>																				
825009 BANANAS, FRESH Petite 150ct - AR1919 (1 150ct, Raw)	650	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	
<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>Elementary Lunch December 16, 2022 - Day: 5</b>		700																		
<b>Category: Entrees; May Choose: 1</b>																				
Chicken, Crispy Chicken Nuggets, Breaded Golden, .6oz., Tyson Foods Inc., 10703640928, WGR, MMA - SR109897 (5 piece)	400	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)	
Walking Beef Taco - LR100122 (1 ea.)	100	306.34	17.81	6.15	1.33	48.37 (M)	351.95	22.55	3.22(M)	0.72(M)	0.00(M)	15.24	0.91(M)	118.36 (M)	5193.39 (M)	2.27(M)	0.00(M)	0.00(M)	53.64 (M)	
<b>Category: Grains; May Choose: 1</b>																				
829348 - BISCUIT AP, WG 2.0oz ZTF EZ (GM) - AR1412 (1 ea.)	400	175.77	7.94	5.10	0.00	0.00	334.53	21.55	2.27	1.70	1.70	3.40	1.19	135.51	0.40	0.00	0.00	0.00	0.00	
<b>Category: Vegetables; May Choose: 2</b>																				
825570 - VEG: CARROTS, Fresh Baby 1/2c : 6.0 - AR1112 (1/2 c.)	400	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	
Broccoli, Broccoli Frozen Boiled, Veg-DG - SR102476 (1/2 cup servin)	200	68.37	3.40	0.63	0.60(M)	0.00	200.66	7.61	4.25	2.08(M)	(M)	4.40	0.87	46.99	1576.17	56.85	0.43(M)	202.04 (M)	129.26 (M)	
<b>Category: Fruits; May Choose: 1</b>																				

# 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)
Fruit, Canned Fruit, Mix, F - SR102519 (1/2 cup servin)	650	61.37	0.05	0.01	0.00(M)	0.00	4.87	15.72	1.28	4.00(M)	(M)	0.37	0.37(M)	7.84(M)	120.39 (M)	6.30(M)	(M)	(M)	16.98 (M)
<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)