

Menu Cycle Week – Nutrient Analysis

Generated on: 4/13/2023 11:14:03 AM by Kathleen McCullough

Menu Cycle: Elementary K-8 Breakfast May 15 to May 19, 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]	490.25	
Total Fat (g)		7.19	13.20
Sat Fat (g)(1)	< 10.00 % of Calories	2.65	4.86
Trans Fat (g)(2)		0.00	
Chol (mg)		16.13	
Sodium Target 1 (mg) (1)	<= 540.00	473.90	
Carb (g)		90.87	74.14
Total Fiber (g)		4.75	
Total Sugars (g)		38.50(M)	31.41
Added Sugars (g)		9.00(M)	
Protein (g)		13.13	10.71
Iron (mg)		2.62	
Calcium (mg)		489.13	
VitA (IU)		593.35	
VitC (mg)		12.90	
VitD (mcg)		1.35(M)	
Potassium (mg)		199.00(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		0.000	
Grains	[6.500 - 8.000]	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

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)
Elementary K-8 Breakfast May 15, 2023 - Day: 1	700																		
Category: Grains; May Choose: 2																			
Cereal Bar, Trix, General Mills, 31915, WGR - SR101821 (1 ea.)	700	160.00	3.50	0.50	0.00	0.00	105.00	29.00	3.00	9.00	9.00	2.00	1.50	260.00	100.00	1.20	0.40	(M)	(M)
UD HS Graham crackers - LR100271 (1 pkg.)	700	60.00	1.50	0.00	0.00	0.00	60.00	11.00	1.00	3.00	(M)	1.00	0.36	60.00	0.00	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)
Elementary K-8 Breakfast May 17, 2023 - Day: 2	700																		
Category: Grains; May Choose: 1																			
Benefit Bars - LR100105 (71 g.)	700	290.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	(M)	5.00	1.80	20.00	3.00	0.00	(M)	(M)	(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)

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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)	
Elementary K-8 Breakfast May 18, 2023 - Day: 3	700																			
Category: Grains; May Choose: 1																				
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)	
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																				
825813-COND PC, Cream Cheese: Light 1oz - AR1882 (1 packet)	700	45.00	4.00	2.50	0.00	15.00	95.00	1.00	0.00	(M)	(M)	2.00	0.00	20.00	300.00	0.00	(M)	(M)	(M)	
Elementary K-8 Breakfast May 19, 2023 - Day: 4	700																			
Category: Grains; May Choose: 2																				
frosted Strawberry Pop Tarts - LR100093 (2 ea.)	700	360.00	5.00	1.50	0.00	0.00	360.00	74.00	6.00	29.00	(M)	4.00	3.60	200.00	10.00	0.00	(M)	(M)	0.00	
UD HS Graham crackers - LR100271 (1 pkg.)	700	60.00	1.50	0.00	0.00	0.00	60.00	11.00	1.00	3.00	(M)	1.00	0.36	60.00	0.00	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	

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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)