

# Menu Cycle Week – Nutrient Analysis

Generated on: 12/22/2022 11:47:56 AM by Kathleen McCullough

Menu Cycle: Elementary Lunch January 3 to January 6,2023  
 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]	621.88	
Total Fat (g)		15.80	22.87
Sat Fat (g)(1)	< 10.00 % of Calories	6.76	9.79
Trans Fat (g)(2)		0.00	
Chol (mg)		44.22	
Sodium Target 1 (mg) (1)	<= 1,230.00	984.09	
Sodium Target 1A (mg) (14)	<= 1,110.00	984.09	
Sodium Target 2 (mg) (13)	<= 935.00	984.09	
Carb (g)		91.25	58.69
Total Fiber (g)		12.08	
Total Sugars (g)		33.58(M)	21.60
Added Sugars (g)		6.82(M)	
Protein (g)		33.96	21.84
Iron (mg)		4.63(M)	
Calcium (mg)		820.29(M)	
VitA (IU)		22,762.52(M)	
VitC (mg)		50.70(M)	
VitD (mcg)		1.25(M)	
Potassium (mg)		622.08(M)	
Mois (g)		429.93(M)	
Ash (g)		2.86(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[6.500 - 8.000]	8.000	
Grains	[6.500 - 7.000]	[10.000 - 11.000](a)	
Non-WGR		0.000	
WGR	>= 80.000 % of	20.000	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 2.000	3.000	
Fruit-J	<= 50.000 % of	0.500	16.67
Veg	>= 3.000	[4.000 - 4.375]	
Veg-DG	>= 0.500	1.125	
Veg-RO	>= 0.750	1.875	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	0.500	
Veg-O	>= 0.500	0.500	
Veg-X		0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-F	>= 4.000	4.000	
MILK-V		Pass	

**Legend**

PrimeroEdge 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.

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- 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.
- 4 Sodium Target 1A will be marked in orange if exceeded prior to the effective date of July 1, 2023 and does not impact pass/fail compliance prior to that date.
- 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)
<b>Copy of Elementary Lunch January 3, 2023 - Day: 1</b>	700																		
<b>Category: Entrees; May Choose: 1</b>																			
Chicken Tenders, Breaded Krisp/Crunchy WG - AR1774 (3 piece)	200	210.00	11.00	2.00	0.00	55.00	730.00	13.00	1.00	1.00	(M)	30.00	1.80	20.00	100.00	0.00	(M)	(M)	(M)
grilled cheese - LR100483 (1 ea.)	200	291.43	9.97	5.06	0.00	30.38	687.18	33.98	3.74	9.66	(M)	19.79	1.35	511.18	182.25	0.00(M)	0.00(M)	546.75 (M)	0.00(M)
Pizza, Four Cheese, WG, Primo 16", 5.28 oz., Big Daddy's, Schwan's, 78637 MMA, WGR, V-RO - SR107038 (1/8 pizza)	300	360.00	16.00	7.00	0.00	35.00	490.00	35.00	3.00	9.00	2.00	21.00	2.10	441.00	93.00	0.00	0.00	433.00	(M)
<b>Category: Grains; May Choose: 1</b>																			
Biscuit, Baked, Pillsbury, Easy Split, 2 oz, General Mills, 132271000, WGR - SR108084 (1 biscuit)	200	220.00	10.00	7.00	0.00	0.00	410.00	27.00	2.00	2.00	1.00	4.00	1.50	170.00	0.00(M)	0.00(M)	0.00	90.00	(M)
<b>Category: Vegetables; May Choose: 2</b>																			
825570 - VEG: CARROTS, Fresh Baby 1/2c : 6.0 - AR1112 (1/2 c.)	700	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.)	400	80.00	1.50	0.00	0.00	0.00	240.00	14.00	4.00	2.00	0.00	4.00	1.00	27.00	0.00(M)	0.00(M)	0.00	148.00	(M)
<b>Category: Fruits; May Choose: 1</b>																			
826581-Fruit: Orange 138ct Whole 1/2c - AR1062 (1 fruit (2-5))	700	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
<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>Copy of Elementary Lunch January 4, 2023 - Day: 2</b>	700																		

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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)
<b>Category: Entrees; May Choose: 1</b>																			
Pepperoni and cheese cup - LR100517 (1 c.)	700	300.50	10.04	4.76	0.00	35.19	682.50	30.51	2.00	2.51	0.00(M)	22.05	1.62	400.00	501.25	0.00	0.00(M)	0.00(M)	0.00(M)
<b>Category: Vegetables; May Choose: 2</b>																			
825570 - VEG: CARROTS, Fresh Baby 1/2c : 6.0 - AR1112 (1/2 c.)	700	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.)	10	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
<b>Category: Fruits; May Choose: 2</b>																			
009252- Pears, RAW - AR1726 (1 100-120 Ct)	300	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
Juice Sorbet, Cherry/Blue Raspberry Swirl Frozen 4.4 fl oz, Luigi's, J&J Snack Foods, 48446, F - SR107097 (4 1/2 fl. oz.)	400	70.00	0.00	0.00	0.00	0.00	5.00	18.00	3.00	15.00	(M)	0.00	0.36	80.00	500.00	60.00	(M)	(M)	(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 January 5, 2023 - Day: 3</b>	700																		
<b>Category: Entrees; May Choose: 1</b>																			
grilled cheese - LR100483 (1 ea.)	200	291.43	9.97	5.06	0.00	30.38	687.18	33.98	3.74	9.66	(M)	19.79	1.35	511.18	182.25	0.00(M)	0.00(M)	546.75 (M)	0.00(M)
Pizza, Four Cheese, WG, Primo 16", 5.28 oz., Big Daddy's, Schwan's, 78637 MMA, WGR, V-RO - SR107038 (1/8 pizza)	300	360.00	16.00	7.00	0.00	35.00	490.00	35.00	3.00	9.00	2.00	21.00	2.10	441.00	93.00	0.00	0.00	433.00	(M)
UD Popcorn Chicken Salad - LR100268 (1 salad)	200	587.73	22.60	3.94	0.00	35.00	1139.86	63.42	28.53	3.40	1.00(M)	34.44	11.92 (M)	408.24 (M)	108183.60(M)	48.99 (M)	0.00(M)	4.42(M)	1175.19 (M)
<b>Category: Grains; May Choose: 1</b>																			
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)

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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)
<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
825931 - Veg: Corn, Fz 1/2c - AR1198 (3/4 c.)	200	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
<b>Category: Fruits; May Choose: 1</b>																			
825009 BANANAS, FRESH Petite 150ct - AR1919 (1 150ct, Raw)	700	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 January 6, 2023 - Day: 4</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
grilled cheese - LR100483 (1 ea.)	350	291.43	9.97	5.06	0.00	30.38	687.18	33.98	3.74	9.66	(M)	19.79	1.35	511.18	182.25	0.00(M)	0.00(M)	546.75 (M)	0.00(M)
Pizza, Four Cheese, WG, Primo 16", 5.28 oz., Big Daddy's, Schwan's, 78637 MMA, WGR, V-RO - SR107038 (1/8 pizza)	350	360.00	16.00	7.00	0.00	35.00	490.00	35.00	3.00	9.00	2.00	21.00	2.10	441.00	93.00	0.00	0.00	433.00	(M)
<b>Category: Vegetables; May Choose: 2</b>																			
011960- CARROTS, Baby Raw - AR1784 (1/2 c.)	400	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.)	700	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
<b>Category: Fruits; May Choose: 1</b>																			
Mixed Fruit - LR100038 (1/2 Cup (8 oz )	700	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
<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

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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)