

Menu Cycle Week – Nutrient Analysis

Generated on: 1/3/2023 5:56:20 AM by Kathleen McCullough

Menu Cycle: Elementary Lunch January 9 to January 13, 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]	648.72	
Total Fat (g)		16.12	22.37
Sat Fat (g)(1)	< 10.00 % of Calories	5.77	8.00
Trans Fat (g)(2)		0.00	
Chol (mg)		33.81	
Sodium Target 1 (mg) (1)	<= 1,230.00	768.63	
Sodium Target 1A (mg) (14)	<= 1,110.00	768.63	
Sodium Target 2 (mg) (13)	<= 935.00	768.63	
Carb (g)		105.67	65.16
Total Fiber (g)		11.60	
Total Sugars (g)		38.25(M)	23.58
Added Sugars (g)		8.81(M)	
Protein (g)		26.18	16.14
Iron (mg)		3.86	
Calcium (mg)		632.72	
VitA (IU)		10,882.92(M)	
VitC (mg)		47.23(M)	
VitD (mcg)		1.60(M)	
Potassium (mg)		548.99(M)	
Mois (g)		374.73(M)	
Ash (g)		2.47(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[8.000 - 10.000]	[10.000 - 10.500](a)	
Grains	[8.000 - 9.000]	[9.000 - 12.000](a)	
Non-WGR		0.000	
WGR	>= 80.000 % of	28.500	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 2.500	[4.000 - 6.500]	
Fruit-J	<= 50.000 % of	0.500	7.69
Veg	>= 3.750	[5.000 - 5.625]	
Veg-DG	>= 0.500	1.000	
Veg-RO	>= 0.750	2.125	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	1.000	
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 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.

Menu Cycle Week – Nutrient Analysis

- 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)	
Elementary Lunch January 9, 2023 - Day: 1	700																			
Category: Entrees; May Choose: 1																				
cheeseburger - LR100070 (1 Patty (2.5))	300	330.63	15.56	6.53	0.00	42.66	788.19	29.51	4.00	4.00	(M)	18.53	2.88	115.94	151.88 (M)	0.00(M)	(M)	(M)	0.00(M)	
MTO YOGURT PARFAIT BAR - AR1999 (1 serv.)	200	369.93	6.97	1.00	0.00	4.14	261.75	73.08	4.91	21.27 (M)	6.38(M)	7.66	2.22	176.48	318.28	17.95 (M)	1.13(M)	146.11 (M)	41.24 (M)	
Pizza, Four Cheese, WG, Primo 16", 5.28 oz., Big Daddy's, Schwan's, 78637 MMA, WGR, V-RO - SR107038 (1/8 pizza)	200	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)	
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	
Potatoes, 3/8" Straight Cut Extra Long French Fries, 2.29 oz, McCain, MCX40, Veg-S - SR100928 (2 1/3 ounces)	600	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)	700	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	
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 January 10,2023 - Day: 2	700																			
Category: Entrees; May Choose: 1																				
Black Bean Chili Frito Bowl - LR100519 (1 each taco)	200	569.60	30.32	9.16	0.00	28.91	632.00	56.50	10.21	0.00(M)	0.00(M)	18.89	2.67	365.58	314.24 (M)	1.14(M)	0.00(M)	60.00 (M)	79.93 (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)
MTO YOGURT PARFAIT BAR - AR1999 (1 serv.)	300	369.93	6.97	1.00	0.00	4.14	261.75	73.08	4.91	21.27 (M)	6.38(M)	7.66	2.22	176.48	318.28	17.95 (M)	1.13(M)	146.11 (M)	41.24 (M)
Pizza, Four Cheese, WG, Primo 16", 5.28 oz., Big Daddy's, Schwan's, 78637 MMA, WGR, V-RO - SR107038 (1/8 pizza)	200	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)
Category: Vegetables; May Choose: 2																			
825570 - VEG: CARROTS, Fresh Baby 1/2c : 6.0 - AR1112 (1/2 c.)	300	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.)	200	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)
Category: Fruits; May Choose: 1																			
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
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 Lunch January 11, 2023 - Day: 3		700																	
Category: Entrees; May Choose: 1																			
Hot Dog, on Whole Grain Roll, MMA, WG - SR106891 (1 ea.)	300	260.00	13.50	3.00	0.00	30.00	760.00	26.00	2.00	4.00	(M)	11.00	2.16	40.00	0.00	1.20	(M)	(M)	(M)
MTO YOGURT PARFAIT BAR - AR1999 (1 serv.)	200	369.93	6.97	1.00	0.00	4.14	261.75	73.08	4.91	21.27 (M)	6.38(M)	7.66	2.22	176.48	318.28	17.95 (M)	1.13(M)	146.11 (M)	41.24 (M)
Pizza, Four Cheese, WG, Primo 16", 5.28 oz., Big Daddy's, Schwan's, 78637 MMA, WGR, V-RO - SR107038 (1/8 pizza)	200	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)
Category: Vegetables; May Choose: 2																			
825570 - VEG: CARROTS, Fresh Baby 1/2c : 6.0 - AR1112 (1/2 c.)	600	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

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)	Moisture (g)
830255 VEG: Broccoli, Fresh Ckd 1/2c - AR1210 (1/2 c.)	500	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: 2																			
009252- Pears, RAW - AR1726 (1 100-120 Ct)	700	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)
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 School Lunch January 12, 2023 - Day: 4	700																		
Category: Entrees; May Choose: 1																			
Chicken Nuggets 1 - LR100308 (1 serv.)	300	240.00	14.00	2.50	0.00	20.00	470.00	16.00	3.00	1.00	1.00	13.00	2.00	39.00	0.00(M)	0.00(M)	0.00	320.07	(M)
MTO YOGURT PARFAIT BAR - AR1999 (1 serv.)	200	369.93	6.97	1.00	0.00	4.14	261.75	73.08	4.91	21.27 (M)	6.38(M)	7.66	2.22	176.48	318.28	17.95 (M)	1.13(M)	146.11 (M)	41.24 (M)
Pizza, Four Cheese, WG, Primo 16", 5.28 oz., Big Daddy's, Schwan's, 78637 MMA, WGR, V-RO - SR107038 (1/8 pizza)	200	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)
Category: Grains; May Choose: 1																			
829348 - BISCUIT AP, WG 2.0oz ZTF EZ (GM) - AR1412 (1 ea.)	300	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
Category: Vegetables; May Choose: 2																			
825624 - VEG: Celery, Sticks 1/2 c - AR1216 (3/4 c.)	700	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.)	700	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)	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

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)
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 Lunch January 13, 2023 - Day: 5																			
Category: Entrees; May Choose: 1																			
MTO YOGURT PARFAIT BAR - AR1999 (1 serv.)	200	369.93	6.97	1.00	0.00	4.14	261.75	73.08	4.91	21.27 (M)	6.38(M)	7.66	2.22	176.48	318.28	17.95 (M)	1.13(M)	146.11 (M)	41.24 (M)
Pizza, Four Cheese, WG, Primo 16", 5.28 oz., Big Daddy's, Schwan's, 78637 MMA, WGR, V-RO - SR107038 (1/8 pizza)	200	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)
Turkey Pepperoni and Cheese calzone - LR100512 (1 ea.)	300	340.00	13.00	7.00	0.00	50.00	590.00	39.00	3.00	4.00	(M)	19.00	2.00	310.00	(M)	(M)	0.00	104.00	(M)
Category: Vegetables; May Choose: 2																			
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.)	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)	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
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)