

Menu Cycle Week – Nutrient Analysis

Generated on: 2/21/2023 12:21:59 PM by Kathleen McCullough

Menu Cycle: Elementary Lunch March13 to March 17, 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]	619.54(M)	
Total Fat (g)		15.94(M)	23.15
Sat Fat (g)(1)	< 10.00 % of Calories	6.00(M)	8.72
Trans Fat (g)(2)		0.09(M)	
Chol (mg)		41.29(M)	
Sodium Target 1 (mg) (1)	<= 1,230.00	770.92(M)	
Sodium Target 1A (mg) (1)	<= 1,110.00	770.92(M)	
Carb (g)		95.91(M)	61.92
Total Fiber (g)		10.48(M)	
Total Sugars (g)		37.28(M)	24.07
Added Sugars (g)		8.97(M)	
Protein (g)		27.36(M)	17.66
Iron (mg)		4.04(M)	
Calcium (mg)		484.94(M)	
VitA (IU)		7,774.53(M)	
VitC (mg)		35.83(M)	
VitD (mcg)		1.72(M)	
Potassium (mg)		636.89(M)	
Mois (g)		303.52(M)	
Ash (g)		1.98(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[8.000 - 10.000]	[10.000 - 14.250](a)	
Grains	[8.000 - 9.000]	[9.000 - 17.000](a)	
Non-WGR		0.000	
WGR	>= 80.000 % of	31.000	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	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

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.

1 Standard Value is the daily average requirement for a school week.

2 Trans Fat is provided for informational purposes, not for monitoring purposes.

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.

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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 Lunch March 13, 2023 - Day: 1	700																		
Category: Entrees; May Choose: 1																			
Pizza, BIG DADDY'S Primo 16" WG Par-Baked Crust Four Cheese Pizza, The Schwan Food Company, 68591, MMA, WGR, Veg-RO - SR110118 (1 Pizza Slic)	200	360.00	16.00	8.00	0.00	40.00	490.00	35.00	4.00	6.00	(M)	18.00	(M)	(M)	(M)	(M)	(M)	611.00	(M)
UD CHEESEBURGER - LR100127 (1 ea.)	300	353.65 (M)	14.69 (M)	6.05(M)	1.00(M)	64.73 (M)	522.81 (M)	30.44 (M)	4.20(M)	3.52(M)	0.00(M)	25.83 (M)	1.84(M)	148.67 (M)	245.04 (M)	2.24(M)	0.00(M)	146.35 (M)	15.47 (M)
Yogurt, Yogurt Vanilla Parfait Pouch, MMA - SR101425 (1 cup servin)	200	200.00	1.50	1.00	0.00	4.50	105.00	39.00	0.00	28.00	(M)	7.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Category: Grains; May Choose: 1																			
Cereal, Low Fat Granola with Raisins, Cereal-In-A-Cup, Kellogg's, 3800013791, WGR - SR106337 (59 g.)	300	220.00	2.50	0.50	0.00	0.00	135.00	49.00	5.00	17.00	13.00	5.00	4.50	20.00	0.00(M)	0.00(M)	2.00	180.00	(M)
Category: Vegetables; May Choose: 2																			
011960- CARROTS, Baby Raw - AR1784 (1/2 c.)	200	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
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
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)
Category: Fruits; May Choose: 1																			
829421-FRUIT: Apple, 138ct 1/8wg 1/2c - AR1034 (4 wedge)	700	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
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 March 14, 2023 - Day: 2	700																			
Category: Entrees; May Choose: 1																				
Chicken, Crispy Chicken Nuggets, Breaded Golden, .6oz., Tyson Foods Inc., 10703640928, WGR, MMA - SR109897 (5 piece)	400	240.00	14.00	2.50	0.00	25.00	440.00	16.00	3.00	1.00	0.00	14.00	1.90	30.00	(M)	(M)	0.10	600.19	(M)	
Pizza, BIG DADDY'S Primo 16" WG Par-Baked Crust Four Cheese Pizza, The Schwan Food Company, 68591, MMA, WGR, Veg-RO - SR110118 (1 Pizza Slic)	100	360.00	16.00	8.00	0.00	40.00	490.00	35.00	4.00	6.00	(M)	18.00	(M)	(M)	(M)	(M)	(M)	611.00	(M)	
Yogurt, Yogurt Vanilla Parfait Pouch, MMA - SR101425 (1 cup servin)	200	200.00	1.50	1.00	0.00	4.50	105.00	39.00	0.00	28.00	(M)	7.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
Category: Grains; May Choose: 1																				
Cereal, Low Fat Granola with Raisins, Cereal-In-A-Cup, Kellogg's, 3800013791, WGR - SR106337 (59 g.)	200	220.00	2.50	0.50	0.00	0.00	135.00	49.00	5.00	17.00	13.00	5.00	4.50	20.00	0.00(M)	0.00(M)	2.00	180.00	(M)	
Waffle, Dutch Waffle Sticks, J&J Snack Foods, 4522, WGR - SR109765 (12 sticks)	400	230.00	9.00	1.50	0.00	15.00	310.00	36.00	3.00	11.00	(M)	4.00	1.80	20.00	0.00	0.00	(M)	0.00(M)	(M)	
Category: Vegetables; May Choose: 2																				
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	
Category: Fruits; May Choose: 1																				
Fruit, Canned Fruit, Mix, F - SR102519 (1/2 cup servin)	700	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)	
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 March 15, 2023 - Day: 3	700																			
Category: Entrees; May Choose: 1																				
Macaroni and Cheese, Reduced Fat, Whole Grain, Cooked, Land O'Lakes, 43277, MMA, WGR - SR102398 (2/3 c.)	400	290.00	11.00	6.00	0.00	30.00	980.00	31.00	2.00	6.00	0.00	17.00	1.00	419.00	111.00	(M)	0.00	210.00	(M)	
Pizza, BIG DADDY'S Primo 16" WG Par-Baked Crust Four Cheese Pizza, The Schwan Food Company, 68591, MMA, WGR, Veg-RO - SR110118 (1 Pizza Slic)	200	360.00	16.00	8.00	0.00	40.00	490.00	35.00	4.00	6.00	(M)	18.00	(M)	(M)	(M)	(M)	(M)	611.00	(M)	
Yogurt, Yogurt Vanilla Parfait Pouch, MMA - SR101425 (1 cup servin)	100	200.00	1.50	1.00	0.00	4.50	105.00	39.00	0.00	28.00	(M)	7.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
Category: Grains; May Choose: 1																				
Cereal, Low Fat Granola with Raisins, Cereal-In-A-Cup, Kellogg's, 3800013791, WGR - SR106337 (59 g.)	100	220.00	2.50	0.50	0.00	0.00	135.00	49.00	5.00	17.00	13.00	5.00	4.50	20.00	0.00(M)	0.00(M)	2.00	180.00	(M)	
Crackers, Cheez-It made with Whole Grain, 0.75 oz, Sunshine, Kellogg's, 24100-79263, WGR - SR106005 (1 Pouch)	700	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.)	350	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)	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)	
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	

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)
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 March 16, 2023 - Day: 4	700																		
Category: Entrees; May Choose: 1																			
Beef Taco Flatbread Lettuce and Cheese - LR100452 (1 each taco)	300	233.59	15.73	8.17	0.00(M)	45.28	290.87	9.80	1.33	0.04(M)	0.00(M)	13.68	1.11	277.10	537.09	3.12	0.00(M)	0.00(M)	0.09(M)
Pizza, BIG DADDY'S Primo 16" WG Par-Baked Crust Four Cheese Pizza, The Schwan Food Company, 68591, MMA, WGR, Veg-RO - SR110118 (1 Pizza Slic)	200	360.00	16.00	8.00	0.00	40.00	490.00	35.00	4.00	6.00	(M)	18.00	(M)	(M)	(M)	(M)	(M)	611.00	(M)
Yogurt, Yogurt Vanilla Parfait Pouch, MMA - SR101425 (1 cup servin)	200	200.00	1.50	1.00	0.00	4.50	105.00	39.00	0.00	28.00	(M)	7.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Category: Grains; May Choose: 1																			
Cereal, Low Fat Granola with Raisins, Cereal-In-A-Cup, Kellogg's, 3800013791, WGR - SR106337 (59 g.)	200	220.00	2.50	0.50	0.00	0.00	135.00	49.00	5.00	17.00	13.00	5.00	4.50	20.00	0.00(M)	0.00(M)	2.00	180.00	(M)
Category: Vegetables; May Choose: 2																			
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.)	350	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

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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)
Elementary Lunch March 17, 2023 - Day: 5	700																		
Category: Entrees; May Choose: 1																			
Pizza, BIG DADDY'S Primo 16" WG Par-Baked Crust Four Cheese Pizza, The Schwan Food Company, 68591, MMA, WGR, Veg-RO - SR110118 (1 Pizza Slic)	200	360.00	16.00	8.00	0.00	40.00	490.00	35.00	4.00	6.00	(M)	18.00	(M)	(M)	(M)	(M)	(M)	611.00	(M)
UD YOGURT, PARFAIT STRAWBERRY 2.0 (1/2 C FRT) - LR100527 (1 ea.)	300	309.93	9.74	1.27	0.00	2.27	242.20	53.24	3.64	0.00(M)	(M)	7.00	1.15	72.14	33.76	0.50	(M)	(M)	(M)
Ud, Fully Cooked Whole Grain Breaded Traditional Drumsticks, Tyson, 666010-928, MMA, WGR - LR100360 (2 piece)	200	190.00	11.00	2.50	0.00	50.00	450.00	5.00	1.00	0.00	(M)	16.00	1.08	0.00	100.00	0.00	(M)	(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.)	400	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)	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
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)