

# Menu Cycle Week – Nutrient Analysis

Generated on: 2/21/2023 1:15:17 PM by Kathleen McCullough

Menu Cycle: Elementary Lunch March 20 to March 24, 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]	600.79	
Total Fat (g)		17.06	25.55
Sat Fat (g)(1)	< 10.00 % of Calories	5.78	8.66
Trans Fat (g)(2)		0.04(M)	
Chol (mg)		52.26	
Sodium Target 1 (mg) (1)	<= 1,230.00	769.79	
Sodium Target 1A (mg) (1)	<= 1,110.00	769.79	
Carb (g)		86.84	57.82
Total Fiber (g)		10.53	
Total Sugars (g)		29.07(M)	19.36
Added Sugars (g)		6.09(M)	
Protein (g)		27.80	18.51
Iron (mg)		3.19(M)	
Calcium (mg)		457.70(M)	
VitA (IU)		5,166.96(M)	
VitC (mg)		43.37(M)	
VitD (mcg)		1.39(M)	
Potassium (mg)		608.57(M)	
Mois (g)		283.56(M)	
Ash (g)		1.90(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[8.000 - 10.000]	[9.250 - 14.000](a)	
Grains	[8.000 - 9.000]	[9.000 - 19.000](a)	
Non-WGR		0.000	
WGR	>= 80.000 % of	32.000	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 2.500	[3.000 - 3.500]	
Fruit-J	<= 50.000 % of	0.500	14.29
Veg	>= 3.750	[4.750 - 5.875]	
Veg-DG	>= 0.500	1.250	
Veg-RO	>= 0.750	1.625	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	1.000	
Veg-O	>= 0.500	1.625	
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.

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)	
<b>Elementary School Lunch March 20, 2023 - Day: 1</b>	700																			
<b>Category: Entrees; May Choose: 1</b>																				
Chicken, Fully Cooked Whole Grain Breaded Chicken Nuggets, 3.21 oz., Tyson Foods Inc., 10000019248, MMA, WGR - SR108478 (5 nuggets)	300	230.00	14.00	3.00	0.00	25.00	330.00	14.00	2.00	1.00	(M)	13.00	1.80	20.00	0.00	1.20	(M)	(M)	(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)	
UD CHICKEN PATTY SANDWICH - LR100126 (1 ea.)	200	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)	
<b>Category: Grains; May Choose: 1</b>																				
Cracker, Goldfish, Pretzel, Whole Grain, Pouch, Campbell's Foodservice, 14396, WG - SR105870 (1 Pouch)	200	90.00	1.50	0.00	0.00	0.00	200.00	16.00	1.00	0.00	0.00	2.00	0.70	10.00	0.00(M)	0.00(M)	0.00	45.00	(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)	

# 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)	
<b>Elementary Lunch March 21, 2023 - Day: 2</b>	700																			
<b>Category: Entrees; May Choose: 1</b>																				
Chicken, Fully Cooked Whole Grain Breaed Chicken Nuggets, 3.21 oz., Tyson Foods Inc., 10000019248, MMA, WGR - SR108478 (5 nuggets)	200	230.00	14.00	3.00	0.00	25.00	330.00	14.00	2.00	1.00	(M)	13.00	1.80	20.00	0.00	1.20	(M)	(M)	(M)	
Egg, Papetti's 3.5" Round Scrambled Egg Patties with Medium Browning, 1.5 oz., Michael Foods, 46025-30020-00, MMA - SR101822 (1 patty)	400	70.00	5.00	1.50	0.00	115.00	130.00	1.00	0.00	1.00	0.00	4.00	1.00	22.00	0.00(M)	0.00(M)	1.00	55.00	(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)	
<b>Category: Grains; May Choose: 1</b>																				
Cracker, Goldfish, Pretzel, Whole Grain, Pouch, Campbell's Foodservice, 14396, WG - SR105870 (1 Pouch)	300	90.00	1.50	0.00	0.00	0.00	200.00	16.00	1.00	0.00	0.00	2.00	0.70	10.00	0.00(M)	0.00(M)	0.00	45.00	(M)	
Waffle, Dutch Waffle Sticks, J&J Snack Foods, 4522, WGR - SR109765 (12 sticks)	300	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)	
<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: 2</b>																				
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)	
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.)	450	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>																				

# 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)
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 March 22, 2023 - Day: 3</b>	700																		
<b>Category: Entrees; May Choose: 1</b>																			
Chicken, Fully Cooked Whole Grain Breaded Chicken Nuggets, 3.21 oz., Tyson Foods Inc., 10000019248, MMA, WGR - SR108478 (5 nuggets)	200	230.00	14.00	3.00	0.00	25.00	330.00	14.00	2.00	1.00	(M)	13.00	1.80	20.00	0.00	1.20	(M)	(M)	(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)
Pizza, Cheese Crunchers Whole Grain, Rich's Foodservice, 65225, WGR, MMA - SR100373 (4 piece whol)	300	420.00	20.00	8.00	0.50	30.00	770.00	41.00	5.00	4.00	1.00	20.00	2.40	420.00	0.00(M)	0.00(M)	0.20	540.00	(M)
<b>Category: Grains; May Choose: 1</b>																			
Chips, RF Doritos Nacho Cheese Tortilla Chips, 1 oz Bag, Frito-Lay, 028400042437, WGR - SR106484 (1 bag, singl)	200	130.00	5.00	1.00	0.00	0.00	200.00	20.00	2.00	0.99	(M)	2.00	0.30	40.00	(M)	(M)	0.00	50.00	(M)
Cracker, Goldfish, Pretzel, Whole Grain, Pouch, Campbell's Foodservice, 14396, WG - SR105870 (1 Pouch)	200	90.00	1.50	0.00	0.00	0.00	200.00	16.00	1.00	0.00	0.00	2.00	0.70	10.00	0.00(M)	0.00(M)	0.00	45.00	(M)
<b>Category: Vegetables; May Choose: 2</b>																			
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)	350	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)

# 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>																			
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
Apple Juice - LR100039 (4 fl. oz.)	700	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	(M)	1.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
<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 March 23, 2023 - Day: 4</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Chicken, Fully Cooked Whole Grain Breaded Chicken Nuggets, 3.21 oz., Tyson Foods Inc., 10000019248, MMA, WGR - SR108478 (5 nuggets)	200	230.00	14.00	3.00	0.00	25.00	330.00	14.00	2.00	1.00	(M)	13.00	1.80	20.00	0.00	1.20	(M)	(M)	(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)
Sandwich, Fish Sandwich, MMA, WG - SR101734 (1 sandwich)	300	160.17	1.00	0.00	0.00(M)	40.14	280.17	22.00	2.00	1.00(M)	(M)	15.03	1.69	60.12	20.07 (M)	0.00(M)	(M)	(M)	(M)
<b>Category: Grains; May Choose: 1</b>																			
Cracker, Goldfish, Pretzel, Whole Grain, Pouch, Campbell's Foodservice, 14396, WG - SR105870 (1 Pouch)	200	90.00	1.50	0.00	0.00	0.00	200.00	16.00	1.00	0.00	0.00	2.00	0.70	10.00	0.00(M)	0.00(M)	0.00	45.00	(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

# 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)
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)
<b>Category: Fruits; May Choose: 1</b>																			
826581-Fruit: Orange 13Bct 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>Elementary School Lunch March 24, 2023 - Day: 5</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
830149-SALAD, Veg Baja AP W 2.0 - AR1396 (1 salad)	300	452.17	12.67	6.22	0.00	28.95	555.12	62.22	13.52	3.03(M)	0.00(M)	23.39	5.59	373.92	2042.52	14.63	0.00(M)	0.00(M)	135.67 (M)
Chicken, Fully Cooked Whole Grain Breaded Chicken Nuggets, 3.21 oz., Tyson Foods Inc., 10000019248, MMA, WGR - SR108478 (5 nuggets)	200	230.00	14.00	3.00	0.00	25.00	330.00	14.00	2.00	1.00	(M)	13.00	1.80	20.00	0.00	1.20	(M)	(M)	(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)
<b>Category: Grains; May Choose: 1</b>																			
Cracker, Goldfish, Pretzel, Whole Grain, Pouch, Campbell's Foodservice, 14396, WG - SR105870 (1 Pouch)	200	90.00	1.50	0.00	0.00	0.00	200.00	16.00	1.00	0.00	0.00	2.00	0.70	10.00	0.00(M)	0.00(M)	0.00	45.00	(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

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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)
830255 VEG: Broccoli, Fresh Ckd 1/2c - AR1210 (1/2 c.)	350	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: 1</b>																			
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
<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)