

# Menu Cycle Week – Nutrient Analysis

Generated on: 2/22/2023 12:27:17 PM by Kathleen McCullough

Menu Cycle: Elementary Lunch March 27 to March 31,2023  
 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]	634.12(M)	
Total Fat (g)		16.62(M)	23.59
Sat Fat (g)(1)	< 10.00 % of Calories	6.66(M)	9.45
Trans Fat (g)(2)		0.06(M)	
Chol (mg)		92.60(M)	
Sodium Target 1 (mg) (1)	<= 1,230.00	792.47(M)	
Sodium Target 1A (mg) (1)	<= 1,110.00	792.47(M)	
Carb (g)		94.07(M)	59.34
Total Fiber (g)		11.93(M)	
Total Sugars (g)		29.28(M)	18.47
Added Sugars (g)		5.91(M)	
Protein (g)		29.76(M)	18.78
Iron (mg)		3.19(M)	
Calcium (mg)		547.60(M)	
VitA (IU)		10,074.71(M)	
VitC (mg)		40.05(M)	
VitD (mcg)		1.51(M)	
Potassium (mg)		603.71(M)	
Mois (g)		318.04(M)	
Ash (g)		2.20(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[8.000 - 10.000]	[10.000 - 13.000](a)	
Grains	[8.000 - 9.000]	[13.500 - 16.000](a)	
Non-WGR		0.000	
WGR	>= 80.000 % of	35.500	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 2.500	[2.500 - 3.000]	
Fruit-J	<= 50.000 % of	0.500	16.67
Veg	>= 3.750	[5.000 - 5.625]	
Veg-DG	>= 0.500	1.000	
Veg-RO	>= 0.750	2.625	
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.

# 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 School Lunch March 27, 2023 - Day: 1</b>	700																			
<b>Category: Entrees; May Choose: 1</b>																				
, Egg & Cheese Bagel Sandwich, MMA, wg - LR100369 (1 ea.)	300	380.00	18.00	8.00	0.00(M)	215.00	810.00	33.00	4.00	0.00(M)	0.00(M)	19.00	1.90	209.00	330.00 (M)	0.00(M)	2.00(M)	92.00 (M)	10.99 (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 CHEESEBURGER - LR100127 (1 ea.)	200	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)	
<b>Category: Vegetables; May Choose: 2</b>																				
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)	
<b>Category: Fruits; May Choose: 1</b>																				
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	
<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 28, 2023 - Day: 2</b>	700																			
<b>Category: Entrees; May Choose: 1</b>																				
, Egg & Cheese Bagel Sandwich, MMA, wg - LR100369 (1 ea.)	200	380.00	18.00	8.00	0.00(M)	215.00	810.00	33.00	4.00	0.00(M)	0.00(M)	19.00	1.90	209.00	330.00 (M)	0.00(M)	2.00(M)	92.00 (M)	10.99 (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)
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 WALKING CHICKEN TACO - LR100134 (1 ea.)	300	241.59	9.10	3.50	0.00	53.89	243.06	21.40	2.22	0.68	0.00(M)	18.96	1.39	148.35	5088.57 (M)	2.27(M)	0.00(M)	39.99 (M)	53.64 (M)
<b>Category: Grains; May Choose: 1</b>																			
829348 - BISCUIT AP, WG 2.0oz ZTF EZ (GM) - AR1412 (1 ea.)	200	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
<b>Category: Vegetables; May Choose: 2</b>																			
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
<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)
<b>Elementary School Lunch March 29, 2023 - Day: 3</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
, Egg & Cheese Bagel Sandwich, MMA, wg - LR100369 (1 ea.)	200	380.00	18.00	8.00	0.00(M)	215.00	810.00	33.00	4.00	0.00(M)	0.00(M)	19.00	1.90	209.00	330.00 (M)	0.00(M)	2.00(M)	92.00 (M)	10.99 (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)
Veggie chicken nuggets - LR100374 (4 ea.)	300	190.40	8.00	1.00	0.00	0.00	3.00	18.00	4.00	2.00	2.00	13.00	1.50	30.00	0.00	0.00	0.00	200.00	0.00

# Menu Cycle Week – Nutrient Analysis

Generated on: 2/22/2023 12:27:17 PM by Kathleen McCullough

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: Grains; May Choose: 1</b>																			
Chips, RF Doritos Nacho Cheese Tortilla Chips, 1 oz Bag, Frito-Lay, 028400042437, WGR - SR106484 (1 bag, singl)	150	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)
UD Soft Pretzel 2.2oz - LR100239 (1 ea.)	150	140.84	0.50	0.00	0.00	0.00	150.90	30.18	3.02	1.01	0.00	5.03	1.81	20.12	0.00	1.21	0.00	0.00	0.00
<b>Category: Vegetables; May Choose: 2</b>																			
825624 - VEG: Celery, Sticks 1/2 c - AR1216 (3/4 c.)	600	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)
<b>Category: Fruits; May Choose: 1</b>																			
825008 - Fruit: Apple 138ct Whole 1c - AR1193 (1 Each, 138C)	600	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.)	600	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)	150	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.)	500	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 30, 2023 - Day: 4</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Chicken Wings, Boneless, Honey Sriracha Glazed, Whole Muscle, .86oz., Tyson Foods Inc, 10061470928, MMA, WGR - SR108584 (6 piece)	300	285.00	13.50	2.25	0.00	52.50	375.00	21.00	1.50	3.00	3.00	22.50	1.50	15.00	0.00(M)	0.00(M)	0.00	449.79	(M)
Egg and Cheese Muffin - LR100524 (1 sandwich)	200	199.06	9.27	3.75	0.00	124.83	527.52	15.32	1.29	1.24(M)	0.57(M)	12.27	1.35	386.50	191.25	0.00	0.00(M)	68.84 (M)	0.00(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)
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>																			
Wheat Soft Pretzel - LR100108 (1 ea.)	300	340.00	2.00	0.00	0.00	0.00	190.00	72.00	8.00	4.00	(M)	12.00	5.40	400.00	1000.00	0.00	(M)	(M)	0.00
<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.)	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 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>Elementary School Lunch March 31, 2023 - Day: 5</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Chicken salad on Pretzel Roll - LR100509 (1 ea.)	300	309.55	9.96	4.09	0.00	34.45	311.55	39.28	4.54	2.94(M)	(M)	15.95	2.64	176.95	210.28	0.38	0.00(M)	28.39 (M)	11.21 (M)
Egg and Cheese Muffin - LR100524 (1 sandwich)	200	199.06	9.27	3.75	0.00	124.83	527.52	15.32	1.29	1.24(M)	0.57(M)	12.27	1.35	386.50	191.25	0.00	0.00(M)	68.84 (M)	0.00(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: Vegetables; May Choose: 2</b>																			

# Menu Cycle Week – Nutrient Analysis

Generated on: 2/22/2023 12:27:17 PM by Kathleen McCullough

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)
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.)	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
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.)	700	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)