

Menu Cycle Week – Nutrient Analysis

Generated on: 2/21/2023 12:06:47 PM by Kathleen McCullough

Menu Cycle: Elementary Lunch March 6 to March 10, 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)		17.28	23.97
Sat Fat (g)(1)	< 10.00 % of Calories	6.67	9.25
Trans Fat (g)(2)		0.04(M)	
Chol (mg)		42.58	
Sodium Target 1 (mg) (1)	<= 1,230.00	903.11	
Sodium Target 1A (mg) (1)	<= 1,110.00	903.11	
Carb (g)		95.78	59.06
Total Fiber (g)		10.22	
Total Sugars (g)		32.41(M)	19.98
Added Sugars (g)		8.21(M)	
Protein (g)		30.88	19.04
Iron (mg)		4.12(M)	
Calcium (mg)		612.44(M)	
VitA (IU)		3,148.17(M)	
VitC (mg)		42.81(M)	
VitD (mcg)		1.60(M)	
Potassium (mg)		760.55(M)	
Mois (g)		250.74(M)	
Ash (g)		1.62(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[8.000 - 10.000]	10.000	
Grains	[8.000 - 9.000]	[13.000 - 13.500](a)	
Non-WGR		2.000	
WGR	>= 80.000 % of	27.500	93.22
Grain-D	<= 2.000	0.000	
Fruit	>= 2.500	3.500	
Fruit-J	<= 50.000 % of	0.500	14.29
Veg	>= 3.750	[5.750 - 6.250]	
Veg-DG	>= 0.500	1.250	
Veg-RO	>= 0.750	1.500	
Veg-BP	>= 0.500	1.500	
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.

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)	Moisture (g)	
Elementary Lunch March 6, 2023 - Day: 1	700																			
Category: Entrees; May Choose: 1																				
grilled cheese - LR100483 (1 ea.)	50	289.68	9.87	5.00	0.00	30.00	681.93	33.94	3.74	9.61	(M)	19.61	1.35	506.26	180.00	0.00(M)	0.00(M)	540.00 (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)	
UD CHICKEN PATTY SANDWICH - LR100126 (1 ea.)	450	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)	
Category: Vegetables; May Choose: 2																				
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)	
Category: Fruits; May Choose: 1																				
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	
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 March 7, 2023 - Day: 2	700																			
Category: Entrees; May Choose: 1																				
grilled cheese - LR100483 (1 ea.)	200	289.68	9.87	5.00	0.00	30.00	681.93	33.94	3.74	9.61	(M)	19.61	1.35	506.26	180.00	0.00(M)	0.00(M)	540.00 (M)	0.00(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)
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, Quesadilla, Cheese, The MAX, 5 oz, ConAgra Foodservice, 77387-12531, MMA, Non-WG, Veg-RO - SR101357 (1 each quesadilla)	300	370.00	14.00	4.00	0.00	15.00	700.00	41.00	1.00	4.00	(M)	15.00	3.10	370.00	0.00(M)	0.00(M)	0.00	130.00	(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
Black Bean and Corn Side - LR100490 (3 oz.)	50	71.94	0.62	0.06	0.00	0.31	86.98	14.61	2.93	1.43(M)	(M)	3.35	0.77	30.14	106.15	124.53	(M)	(M)	21.55 (M)
Category: Fruits; May Choose: 1																			
Ardmore Farms Apple Juice - LR100117 (1 ea.)	700	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
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)
Elementary School Lunch March 8, 2023 - Day: 3																			
Category: Entrees; May Choose: 1																			
grilled cheese - LR100483 (1 ea.)	200	289.68	9.87	5.00	0.00	30.00	681.93	33.94	3.74	9.61	(M)	19.61	1.35	506.26	180.00	0.00(M)	0.00(M)	540.00 (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)

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, 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)
Category: Grains; May Choose: 1																			
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
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 March 9, 2023 - Day: 4																			
Category: Entrees; May Choose: 1																			
French Toast Sticks w/Sausage Patties - AR1725 (1 serv.)	175	456.69	21.09	5.08	0.00	75.00	786.91	39.54	3.00	9.00	0.00(M)	26.92	3.18	34.00	22.00	0.00	0.00(M)	218.74 (M)	0.00(M)
grilled cheese - LR100483 (1 ea.)	75	289.68	9.87	5.00	0.00	30.00	681.93	33.94	3.74	9.61	(M)	19.61	1.35	506.26	180.00	0.00(M)	0.00(M)	540.00 (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)	450	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)

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)
Category: Grains; May Choose: 1																			
Cereal, Low Fat Granola with Raisins, Cereal-In-A-Cup, Kellogg's, 3800013791, WGR - SR106337 (59 g.)	700	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.)	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
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: 2																			
826581-Fruit: Orange 138ct Whole 1/2c - AR1062 (1 fruit (2-5))	600	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
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)
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 March 10, 2023 - Day: 5																			
Category: Entrees; May Choose: 1																			
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)
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

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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)	