

Menu Cycle Week – Nutrient Analysis

Generated on: 4/18/2023 1:32:22 PM by Kathleen McCullough

Menu Cycle: Elementary Lunch May 1 to May 5, 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]	645.88	
Total Fat (g)		19.81	27.61
Sat Fat (g)(1)	< 10.00 % of Calories	6.91	9.63
Trans Fat (g)(2)		0.12(M)	
Chol (mg)		58.21	
Sodium Target 1 (mg) (1)	<= 1,230.00	997.79	
Sodium Target 1A (mg) (1)	<= 1,110.00	997.79	
Carb (g)		91.47	56.65
Total Fiber (g)		10.94	
Total Sugars (g)		33.29(M)	20.61
Added Sugars (g)		6.07(M)	
Protein (g)		29.18	18.07
Iron (mg)		3.15(M)	
Calcium (mg)		427.74(M)	
VitA (IU)		2,094.05(M)	
VitC (mg)		51.42(M)	
VitD (mcg)		1.42(M)	
Potassium (mg)		559.00(M)	
Mois (g)		278.48(M)	
Ash (g)		2.57(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[8.000 - 10.000]	[8.000 - 11.000](a)	
Grains	[8.000 - 9.000]	[12.500 - 20.500](a)	
Non-WGR		0.000	
WGR	>= 80.000 % of	28.250	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 2.500	4.000	
Fruit-J	<= 50.000 % of	0.500	12.50
Veg	>= 3.750	[4.750 - 5.250]	
Veg-DG	>= 0.500	1.000	
Veg-RO	>= 0.750	1.125	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	0.500	
Veg-O	>= 0.500	2.125	
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 May 1, 2023 - Day: 1	700																			
Category: Entrees; May Choose: 1																				
cheeseburger - LR100070 (1 Patty (2.5))	250	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)	
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)	250	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 Burger, Garden Veggie Patties, Morningstar Farms, Kellogs, 06931, MMA - SR103111 (1 pattie)	200	110.00	4.50	0.50	0.00	0.00	390.00	9.00	4.00	1.00	(M)	11.00	0.72	40.00	(M)	(M)	(M)	(M)	(M)	
Category: Grains; May Choose: 1																				
Pretzel, No Sodium Bun 51% Whole Grain 2.7oz, Bavarian Bakery, J&J, 7054, WGR - SR106962 (1 bun)	100	200.00	3.00	1.50	0.00	0.00	60.00	38.00	3.00	5.00	(M)	6.00	1.80	20.00	0.00	0.00	(M)	(M)	(M)	
Category: Vegetables; May Choose: 2																				
011960- CARROTS, Baby Raw - AR1784 (1/2 c.)	10	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	
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																				
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 May 2, 2023 - Day: 2	700																			
Category: Entrees; May Choose: 1																				
dumpling with whole grain wrappers - LR100511 (5 ea.)	250	200.00	5.75	0.00	0.00	27.50	293.00	26.00	1.50	2.50	1.00	14.00	1.88	0.00	0.00	0.00	0.00	0.00	0.00	

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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)
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)	250	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 Burger, Garden Veggie Patties, Morningstar Farms, Kellogs, 06931, MMA - SR103111 (1 pattie)	200	110.00	4.50	0.50	0.00	0.00	390.00	9.00	4.00	1.00	(M)	11.00	0.72	40.00	(M)	(M)	(M)	(M)	(M)
Category: Grains; May Choose: 1																			
Pretzel, No Sodium Bun 51% Whole Grain 2.7oz, Bavarian Bakery, J&J, 7054, WGR - SR106962 (1 bun)	100	200.00	3.00	1.50	0.00	0.00	60.00	38.00	3.00	5.00	(M)	6.00	1.80	20.00	0.00	0.00	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
829531-Potato HB, Tator Tots 1 cup - AR1433 (1 c.)	700	280.00	14.00	3.00	0.00	0.00	540.00	32.00	4.00	0.00	(M)	4.00	0.72	40.00	200.00	2.40	(M)	(M)	0.00
Category: Fruits; May Choose: 1																			
orange - LR100056 (1 ea.)	700	62.00	0.16	0.03	0.00	0.00	0.00	15.39	3.14	0.00	(M)	1.23	0.13	52.40	295.00	69.70	(M)	(M)	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 May 3,2023 - Day: 3																			
Category: Entrees; May Choose: 1																			
Black Forest Chicken Ham, Sliced - AR1864 (4 slices)	700	80.00	4.50	1.50	0.00	40.00	330.00	2.00	0.00	1.00	(M)	8.00	0.36	0.00	0.00	0.00	(M)	(M)	(M)
Category: Grains; May Choose: 1																			
Pretzel, No Sodium Bun 51% Whole Grain 2.7oz, Bavarian Bakery, J&J, 7054, WGR - SR106962 (1 bun)	700	200.00	3.00	1.50	0.00	0.00	60.00	38.00	3.00	5.00	(M)	6.00	1.80	20.00	0.00	0.00	(M)	(M)	(M)
Category: Vegetables; May Choose: 2																			

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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)
BBQ Baked Beans, VEG-BP - SR108580 (1/2 c.)	700	226.56	1.25	0.21	0.00(M)	0.00	728.65	50.80	7.45	25.98	(M)	9.05	2.23	73.25	240.96	0.91	0.00	452.17	134.58
Carrots and Celery Sticks (4 sticks) with Ranch Dip, Veg-RO, Veg-O - SR105388 (1 portion)	700	151.22	15.08	2.52	0.00	10.00	259.44	3.56	0.89	1.25	(M)	0.32	0.10	14.41	3588.71	1.82	0.00(M)	115.78 (M)	36.38 (M)
Category: Fruits; May Choose: 1																			
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 May 4, 2023 - Day: 4																			
Category: Entrees; May Choose: 1																			
Flatbread Chicken Taco - LR100424 (1 ea.)	300	263.69	10.72	3.77	0.00	41.68	346.14	23.36	3.17	1.19(M)	(M)	17.80	4.91	142.06	224.06	0.21	(M)	(M)	7.30(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)	300	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 Burger, Garden Veggie Patties, Morningstar Farms, Kellogs, 06931, MMA - SR103111 (1 pattie)	100	110.00	4.50	0.50	0.00	0.00	390.00	9.00	4.00	1.00	(M)	11.00	0.72	40.00	(M)	(M)	(M)	(M)	(M)
Category: Grains; May Choose: 1																			
Pretzel, No Sodium Bun 51% Whole Grain 2.7oz, Bavarian Bakery, J&J, 7054, WGR - SR106962 (1 bun)	50	200.00	3.00	1.50	0.00	0.00	60.00	38.00	3.00	5.00	(M)	6.00	1.80	20.00	0.00	0.00	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
Green Beans - LR100036 (1/2 c.)	700	0.79	0.01	0.00	0.00	0.00	0.25	0.18	0.08	(M)	(M)	0.04	0.03	1.38	15.67	0.12	(M)	(M)	(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)
Category: Fruits; May Choose: 1																			
Strawberries, raw - SR105449 (1/2 cup, halve)	700	24.32	0.23	0.01	0.00	0.00	0.76	5.84	1.52	3.72	(M)	0.51	0.31	12.16	9.12	44.69	0.00	116.28	69.12
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 May 5, 2023 - Day: 5																			
Category: Entrees; May Choose: 1																			
, Egg & Cheese French Toast Bagel Sandwich, MMA, wg - LR100418 (1 ea.)	300	420.00	19.00	8.50	0.00(M)	215.00	990.00	43.00	4.00	8.00(M)	0.00(M)	18.00	3.80	255.00	430.00 (M)	0.00(M)	1.00(M)	55.00 (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)	300	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 Burger, Garden Veggie Patties, Morningstar Farms, Kellogs, 06931, MMA - SR103111 (1 pattie)	100	110.00	4.50	0.50	0.00	0.00	390.00	9.00	4.00	1.00	(M)	11.00	0.72	40.00	(M)	(M)	(M)	(M)	(M)
Category: Grains; May Choose: 1																			
Pretzel, No Sodium Bun 51% Whole Grain 2.7oz, Bavarian Bakery, J&J, 7054, WGR - SR106962 (1 bun)	10	200.00	3.00	1.50	0.00	0.00	60.00	38.00	3.00	5.00	(M)	6.00	1.80	20.00	0.00	0.00	(M)	(M)	(M)
Category: Vegetables; May Choose: 2																			
825635-Lettuce, Salad Mix Romaine - AR1747 (1 c.)	10	9.59	0.00	0.00	0.00	0.00	6.39	1.92	0.64	1.28	0.00	0.64	0.23	16.62	1128.73	6.77	0.00	0.00	(M)
Broccoli, Broccoli Frozen Boiled, Veg-DG - SR102476 (1/2 cup servin)	700	68.37	3.40	0.63	0.60(M)	0.00	200.66	7.61	4.25	2.08(M)	(M)	4.40	0.87	46.99	1576.17	56.85	0.43(M)	202.04 (M)	129.26 (M)
Category: Fruits; May Choose: 1																			

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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)
UD 828958- Fruit: PEARS - LR100181 (1 ea.)	700	103.24	0.00	0.00	0.00	0.00	1.78	27.52	5.52	(M)	(M)	0.68	0.30	16.02	40.94	7.48	(M)	(M)	148.04
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)