

Menu Cycle Week – Nutrient Analysis

Generated on: 4/24/2023 8:00:07 AM by Kathleen McCullough

Menu Cycle: elementary Lunch May 15 to May 19, 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]	627.90	
Total Fat (g)		16.26	23.30
Sat Fat (g)(1)	< 10.00 % of Calories	5.89	8.45
Trans Fat (g)(2)		0.15(M)	
Chol (mg)		36.86	
Sodium Target 1 (mg) (1)	<= 1,230.00	1,045.35	
Sodium Target 1A (mg) (1)	<= 1,110.00	1,045.35	
Carb (g)		97.18	61.91
Total Fiber (g)		12.02	
Total Sugars (g)		35.52(M)	22.63
Added Sugars (g)		6.18(M)	
Protein (g)		28.62	18.23
Iron (mg)		5.12(M)	
Calcium (mg)		506.04(M)	
VitA (IU)		3,774.32(M)	
VitC (mg)		47.04(M)	
VitD (mcg)		1.36(M)	
Potassium (mg)		639.24(M)	
Mois (g)		307.68(M)	
Ash (g)		2.83(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[6.500 - 8.000]	[10.000 - 10.500](a)	
Grains	[6.500 - 7.000]	[11.500 - 14.000](a)	
Non-WGR		0.000	
WGR	>= 80.000 % of	25.500	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 2.000	3.000	
Fruit-J	<= 50.000 % of	0.500	16.67
Veg	>= 3.000	[4.125 - 6.125]	
Veg-DG	>= 0.500	1.000	
Veg-RO	>= 0.750	2.875	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	0.500	
Veg-O	>= 0.500	1.250	
Veg-X		0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-F	>= 4.000	4.000	
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)	
Elementary Lunch May 15, 2023 - Day: 1	700																			
Category: Entrees; May Choose: 1																				
cheeseburger - LR100070 (1 Patty (2.5))	400	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)	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 Hummus and vegetable Platter - LR100270 (1 ea.)	100	280.65	8.20	0.02	0.00	0.00	509.04	50.44	7.61	1.19	(M)	8.55	4.75	64.75	5003.61	4.34	0.00(M)	0.00(M)	62.75 (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 17, 2023 - Day: 2	700																			
Category: Entrees; May Choose: 1																				
Chicken Nuggets 1 - LR100308 (1 serv.)	400	240.00	14.00	2.50	0.00	20.00	470.00	16.00	3.00	1.00	1.00	13.00	2.00	39.00	0.00(M)	0.00(M)	0.00	320.07	(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 Hummus and vegetable Platter - LR100270 (1 ea.)	100	280.65	8.20	0.02	0.00	0.00	509.04	50.44	7.61	1.19	(M)	8.55	4.75	64.75	5003.61	4.34	0.00(M)	0.00(M)	62.75 (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: Grains; May Choose: 1																			
UD Soft Pretzel 2.2oz - LR100239 (1 ea.)	400	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
Category: Vegetables; May Choose: 2																			
831082-VEG: CELERY, Stick AP & Carrots - AR1361 (1/2 c.)	700	17.40	0.10	0.02	0.00	0.00	52.35	3.83	1.52	1.61	(M)	0.44	0.38	23.70	5025.43	1.88	(M)	(M)	61.49
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
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 18, 2023 - Day: 3	700																		
Category: Entrees; May Choose: 2																			
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)	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)
UD Hummus and vegetable Platter - LR100270 (1 ea.)	200	280.65	8.20	0.02	0.00	0.00	509.04	50.44	7.61	1.19	(M)	8.55	4.75	64.75	5003.61	4.34	0.00(M)	0.00(M)	62.75 (M)
Category: Grains; 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)
Crackers, Cheez-It made with Whole Grain, 0.75 oz, Sunshine, Kellogg's, 24100-79263, WGR - SR106005 (1 Pouch)	400	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: 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)
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 19, 2023 - Day: 4																			
Category: Entrees; May Choose: 1																			
Fish, Alaska Pollock Fish Sticks, USDA, 110851, MMA WGR - SR109908 (4 sticks)	300	70.00	2.67	0.33	0.00	15.00	103.33	6.33	0.67	0.33	0.33	5.33	0.67	5.00	(M)	(M)	0.00	105.67	(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)
UD Hummus and vegetable Platter - LR100270 (1 ea.)	100	280.65	8.20	0.02	0.00	0.00	509.04	50.44	7.61	1.19	(M)	8.55	4.75	64.75	5003.61	4.34	0.00(M)	0.00(M)	62.75 (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																			
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)

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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																			
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)