

# Menu Cycle Week – Nutrient Analysis

Generated on: 4/19/2023 8:25:10 AM by Kathleen McCullough

Menu Cycle: Elementary Lunch May 8 to May 12,2023  
 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]	641.89	
Total Fat (g)		18.31	25.68
Sat Fat (g)(1)	< 10.00 % of Calories	6.42	9.00
Trans Fat (g)(2)		0.12(M)	
Chol (mg)		48.01	
Sodium Target 1 (mg) (1)	<= 1,230.00	921.68	
Sodium Target 1A (mg) (1)	<= 1,110.00	921.68	
Carb (g)		96.01	59.83
Total Fiber (g)		10.67	
Total Sugars (g)		34.03(M)	21.21
Added Sugars (g)		6.10(M)	
Protein (g)		29.29	18.25
Iron (mg)		2.86(M)	
Calcium (mg)		456.60(M)	
VitA (IU)		2,354.18(M)	
VitC (mg)		56.49(M)	
VitD (mcg)		1.34(M)	
Potassium (mg)		559.91(M)	
Mois (g)		281.94(M)	
Ash (g)		2.50(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[8.000 - 10.000]	[12.000 - 12.250](a)	
Grains	[8.000 - 9.000]	[13.000 - 16.000](a)	
Non-WGR		0.000	
WGR	>= 80.000 % of	31.000	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	[5.000 - 5.625]	
Veg-DG	>= 0.500	1.000	
Veg-RO	>= 0.750	1.375	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	0.500	
Veg-O	>= 0.500	2.250	
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 Lunch May 8, 2023 - Day: 1</b>	700																		
<b>Category: Entrees; May Choose: 1</b>																			
Grilled BBQ Chicken Sandwich - LR100476 (1 ea.)	300	294.50	10.25	1.50	0.00	35.00	684.50	38.14	4.05	3.00(M)	(M)	22.15	2.15	72.00	8.95	1.72	(M)	130.00 (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 YOGURT, PARFAIT STRAWBERRY 2.0 (1/2 C FRT) - LR100527 (1 ea.)	200	309.93	9.74	1.27	0.00	2.27	242.20	53.24	3.64	0.00(M)	(M)	7.00	1.15	72.14	33.76	0.50	(M)	(M)	(M)
<b>Category: Vegetables; May Choose: 2</b>																			
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
<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
<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 May 9, 2023 - Day: 2</b>	700																		
<b>Category: Entrees; May Choose: 1</b>																			
Beef/Chicken Pepperoni Pizza - LR100500 (1 slice)	300	421.00	20.07	7.52	0.00	65.38	915.00	36.01	4.00	7.01	(M)	26.10	3.06	300.00	602.50	0.00	(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)	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)

# 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)
UD YOGURT, PARFAIT STRAWBERRY 2.0 (1/2 C FRT) - LR100527 (1 ea.)	100	309.93	9.74	1.27	0.00	2.27	242.20	53.24	3.64	0.00(M)	(M)	7.00	1.15	72.14	33.76	0.50	(M)	(M)	(M)
<b>Category: Vegetables; May Choose: 1</b>																			
829531-Potato HB, Tator Tots 1 cup - AR1433 (1 c.)	200	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
<b>Category: Fruits; May Choose: 1</b>																			
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
<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 May 10,2023 - Day: 3</b>	700																		
<b>Category: Entrees; May Choose: 1</b>																			
Chicken Nuggets, WG Breaded, 3.04 oz., Gold Kist, Pilgrim's Pride, 612100, MMA, WGR - SR100488 (3 1/8 oz.)	300	200.66	10.03	2.01	0.00	35.12	411.35	12.04	2.01	0.99	(M)	15.05	1.81	20.07	100.33	60.20	(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)	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 YOGURT, PARFAIT STRAWBERRY 2.0 (1/2 C FRT) - LR100527 (1 ea.)	100	309.93	9.74	1.27	0.00	2.27	242.20	53.24	3.64	0.00(M)	(M)	7.00	1.15	72.14	33.76	0.50	(M)	(M)	(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>																			
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

# 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>Category: Fruits; May Choose: 1</b>																			
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)
<b>Elementary Lunch May 11, 2023 - Day: 4</b>																			
<b>Category: Entrees; May Choose: 2</b>																			
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)	150	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)
Turkey, Pre-cooked Turkey Sausage Patty, 1.025 oz, Frozen, Jennie-O, 6132, MMA - SR101003 (2 patty)	400	120.00	8.00	2.00	0.00	60.00	180.00	0.00	0.00	0.00	(M)	12.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)
UD YOGURT, PARFAIT STRAWBERRY 2.0 (1/2 C FRT) - LR100527 (1 ea.)	150	309.93	9.74	1.27	0.00	2.27	242.20	53.24	3.64	0.00(M)	(M)	7.00	1.15	72.14	33.76	0.50	(M)	(M)	(M)
<b>Category: Grains; May Choose: 1</b>																			
Waffle, Dutch Waffle Sticks, J&J Snack Foods, 4522, WGR - SR109765 (12 sticks)	700	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: 1</b>																			
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)
<b>Category: Fruits; May Choose: 1</b>																			
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
<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)	Mois (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 May 12,2023 - Day: 5</b>	700																		
<b>Category: Entrees; May Choose: 1</b>																			
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)
Turkey Pepperoni and Cheese calzone - LR100512 (1 ea.)	300	340.00	13.00	7.00	0.00	50.00	590.00	39.00	3.00	4.00	(M)	19.00	2.00	310.00	(M)	(M)	0.00	104.00	(M)
UD YOGURT, PARFAIT STRAWBERRY 2.0 (1/2 C FRT) - LR100527 (1 ea.)	200	309.93	9.74	1.27	0.00	2.27	242.20	53.24	3.64	0.00(M)	(M)	7.00	1.15	72.14	33.76	0.50	(M)	(M)	(M)
<b>Category: Vegetables; May Choose: 2</b>																			
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)
<b>Category: Fruits; May Choose: 1</b>																			
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
<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)