

# Menu Cycle Week – Nutrient Analysis

Generated on: 10/19/2022 10:33:59 AM by Kathleen McCullough

Menu Cycle: Elementary Lunch November 1 to 4, 2022  
 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]	618.64	
Total Fat (g)		16.19	23.56
Sat Fat (g)(1)	< 10.00 % of Calories	6.67	9.70
Trans Fat (g)(2)		0.15(M)	
Chol (mg)		58.54	
Sodium Target 1 (mg) (13)	< 1,230.00	894.27	
Sodium Target 2 (mg) (13)	< 935.00	894.27	
Carb (g)		86.10	55.67
Total Fiber (g)		15.53	
Total Sugars (g)		25.51(M)	16.50
Added Sugars (g)		0.00(M)	
Protein (g)		33.74	21.82
Iron (mg)		5.84(M)	
Calcium (mg)		630.41(M)	
VitA (IU)		31,293.80(M)	
VitC (mg)		33.30(M)	
VitD (mcg)		0.18(M)	
Potassium (mg)		316.16(M)	
Mois (g)		531.73(M)	
Ash (g)		3.80(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[6.500 - 8.000]	8.000	
Grains	[6.500 - 7.000]	[8.000 - 9.000](a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	21.000	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 2.000	3.500	
Fruit-J	<= 50.000 % of	0.000	0.00
Veg	>= 3.000	[5.375 - 6.125]	
Veg-DG	>= 0.500	1.625	
Veg-RO	>= 0.750	1.250	
Veg-BP	>= 0.500	0.875	
Veg-S	>= 0.500	1.500	
Veg-O	>= 0.500	1.000	
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 2019-2020 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.

3 Sodium Target 2 will be marked in orange if exceeded prior to the effective date of July 1, 2024 and does not impact pass/fail compliance prior to that date.

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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 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 November 1, 2022 1 - Day: 1</b>	800																		
<b>Category: Entrees; May Choose: 1</b>																			
830785-Burg, Black Bean SC WG 2.0 - AR1169 (1 ea.)	200	427.68	10.82	5.07	0.01(M)	47.30	561.12	60.69	12.31	3.65(M)	0.00(M)	21.77	4.47	301.72	721.58 (M)	2.18(M)	0.00(M)	0.00(M)	103.72 (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)	350	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 Popcorn Chicken Salad - LR100268 (1 salad)	150	587.73	22.60	3.94	0.00	35.00	1139.86	63.42	28.53	3.40	0.00(M)	34.44	11.92 (M)	408.24 (M)	108183.60(M)	48.99 (M)	0.00(M)	0.00(M)	1175.19 (M)
<b>Category: Grains; May Choose: 1</b>																			
Cracker, Goldfish, Pretzel, Whole Grain, Pouch, Campbell's Foodservice, 14396, WG - SR105870 (1 pouch)	350	90.00	1.50	0.00	0.00	0.00	200.00	16.00	1.00	0.00	0.00	2.00	0.70	10.00	0.00(M)	0.00(M)	0.00	45.00	(M)
<b>Category: Vegetables; May Choose: 2</b>																			
825624 - VEG: Celery, Sticks 1/2 c - AR1216 (3/4 c.)	150	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)	250	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>																			
Apples, raw, with skin, F - SR105078 (1 medium (3))	700	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
<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	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	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)

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Menu Item (Serving Size)	Plan Qty	Calorie s (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)	Calciu m (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)
<b>Elementary Lunch November 2, 2022 - Day: 2</b>	800																		
<b>Category: Entrees; May Choose: 1</b>																			
Buffalo Chicken Salad with Pretzel Bites - LR100449 (1 ea.)	700	608.24	16.30	6.24	0.00	76.67	1080.11	71.47	28.38	0.63	0.00(M)	44.49	14.16	642.84	108751.65	49.49	0.00(M)	0.00(M)	1175.19 (M)
<b>Category: Vegetables; May Choose: 2</b>																			
825570 - VEG: CARROTS, Fresh Baby 1/2c : 6.0 - AR1112 (1/2 c.)	400	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
829914 - VEG: Beans, Bkd Veg AP 1/2c - AR1215 (1/2 c.)	10	131.12	0.00	0.00	0.00	0.00	554.73	29.25	5.04	10.09	(M)	7.06	1.81	40.34	50.43	0.00	(M)	(M)	(M)
<b>Category: Fruits; May Choose: 1</b>																			
UD 828958- Fruit: PEARS - LR100181 (1 ea.)	100	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	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	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 November 3, 2022 - Day: 3</b>	700																		
<b>Category: Entrees; May Choose: 1</b>																			
, Egg & Cheese Bagel Sandwich, MMA, wg - LR100369 (1 ea.)	200	330.00	15.00	7.50	0.00(M)	140.00	720.00	32.00	4.00	1.00(M)	0.00(M)	17.00	2.90	195.00	330.00 (M)	0.00(M)	1.00(M)	55.00 (M)	10.99 (M)
Black Bean Burger - LR100470 (1 ea.)	200	427.68	10.82	5.07	0.01(M)	47.30	561.12	60.69	12.31	3.65(M)	0.00(M)	21.77	4.47	301.72	721.58 (M)	2.18(M)	0.00(M)	0.00(M)	103.72 (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)
<b>Category: Vegetables; May Choose: 2</b>																			

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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)
Beans, Baked Beans Vegetarian, Veg-BP - SR102482 (1/2 c.)	10	139.72	0.60	0.11	0.00(M)	0.00	177.13	31.63	5.78	2.33(M)	(M)	6.65	1.79	51.06	224.24	1.52	0.00(M)	9.55(M)	14.72 (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>																			
825009 BANANAS, FRESH Petite 150ct - AR1919 (1 150ct, Raw)	700	68.88	0.26	0.09	0.00	0.00	0.77	17.68	2.01	7.74	(M)	0.84	0.20	3.87	49.53	6.73	(M)	(M)	57.97
<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	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	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 November 4, 2022 - Day: 4</b>	700																		
<b>Category: Entrees; May Choose: 1</b>																			
Black Bean Burger - LR100470 (1 ea.)	100	427.68	10.82	5.07	0.01(M)	47.30	561.12	60.69	12.31	3.65(M)	0.00(M)	21.77	4.47	301.72	721.58 (M)	2.18(M)	0.00(M)	0.00(M)	103.72 (M)
Pizza Max Sticks UD - LR100119 (2 stick.)	300	320.00	9.00	2.00	0.00	10.00	620.00	40.00	5.00	12.00	(M)	18.00	4.32	920.00	1300.00	3.60	(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)
<b>Category: Vegetables; May Choose: 2</b>																			
825077- Veg: Beans, Grn FZ 1/2 Cup - AR1173 (1/2 c.)	10	20.00	0.12	0.03	0.00	0.00	0.70	4.49	2.09	0.86	(M)	1.04	0.46	29.25	387.92	2.86	(M)	(M)	63.67
corn - LR100082 (1/2 Cup (8 oz )	400	49.90	0.57	0.00	0.00	0.00	1.70	11.91	1.13	1.70	(M)	1.70	0.24	2.27	110.56	3.63	(M)	(M)	(M)
<b>Category: Fruits; May Choose: 1</b>																			
Applesauce - LR100012 (1/2 c.)	500	92.00	0.00	0.00	0.00	0.00	10.00	22.48	2.04	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
<b>Category: Milk; May Choose: 1</b>																			

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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)
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	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	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)