

# Menu Cycle Week – Nutrient Analysis

Generated on: 2/21/2023 9:44:33 AM by Kathleen McCullough

Menu Cycle: HS Breakfast March 20 to March 24, 2023  
 Week: 1  
 Result: Pass

Meal Pattern: [USDA]Meal Pattern SY 2014+  
 Meal Type: Breakfast  
 Serving Group: 9-12  
 Site Group: High School

| Cycle Week Nutrient Summary |                       |              |               |
|-----------------------------|-----------------------|--------------|---------------|
| Nutrient                    | Weekly Standard Value | Actual Value | % of Calories |
| Calories (Kcal)(1)          | [450.00 - 600.00]     | 490.50       |               |
| Total Fat (g)               |                       | 10.59        | 19.43         |
| Sat Fat (g)(1)              | < 10.00 % of Calories | 4.47         | 8.20          |
| Trans Fat (g)(2)            |                       | 0.00         |               |
| Chol (mg)                   |                       | 18.62        |               |
| Sodium Target 1 (mg)<br>(1) | <= 640.00             | 441.90       |               |
| Carb (g)                    |                       | 85.12        | 69.41         |
| Total Fiber (g)             |                       | 4.40         |               |
| Total Sugars (g)            |                       | 32.80(M)     | 26.75         |
| Added Sugars (g)            |                       | 11.80(M)     |               |
| Protein (g)                 |                       | 12.53        | 10.22         |
| Iron (mg)                   |                       | 3.56         |               |
| Calcium (mg)                |                       | 469.13       |               |
| VitA (IU)                   |                       | 920.10(M)    |               |
| VitC (mg)                   |                       | 14.64(M)     |               |
| VitD (mcg)                  |                       | 2.05(M)      |               |
| Potassium (mg)              |                       | 245.00(M)    |               |
| Mois (g)                    |                       | 110.15(M)    |               |
| Ash (g)                     |                       | 0.92(M)      |               |

| Cycle Week Food Component Summary |                  |                 |            |
|-----------------------------------|------------------|-----------------|------------|
| Food Component                    | Standard Value   | Actual Value    | % of Total |
| Meat/MA                           |                  | 0.000           |            |
| Grains                            | [9.000 - 10.000] | [9.000 - 9.250] |            |
| Non-WGR                           |                  | 0.000           |            |
| WGR                               | >= 80.000 % of   | 10.250          | 100.00     |
| Grain-D                           |                  | 2.000           |            |
| Fruit                             | >= 5.000         | 5.000           |            |
| Fruit-J                           | <= 50.000 % of   | 0.000           | 0.00       |
| Veg                               |                  | 0.000           |            |
| Veg-DG                            |                  | 0.000           |            |
| Veg-RO                            |                  | 0.000           |            |
| Veg-BP                            |                  | 0.000           |            |
| Veg-S                             |                  | 0.000           |            |
| Veg-O                             |                  | 0.000           |            |
| Veg-X                             |                  | 0.000           |            |
| Vegetable-J                       |                  | 0.000           |            |
| MILK-F                            | >= 5.000         | 5.000           |            |
| MILK-V                            |                  | Pass            |            |

## Legend

PrimerEdge 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.

# 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) |
|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| <b>HS Breakfast March 20, 2023 - Day: 1</b>   | 700      |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| <b>Category: Grains; May Choose: 2</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Donut, Whole Grain, Yeast Raised, 2.44oz, Frozen, Rich Products Corporation, 14839, WGR - SR108691 (1 ea.)      | 700      | 280.00          | 16.00         | 7.00        | 0.00          | 0.00      | 310.00      | 30.00    | 2.00            | 6.00             | 5.00             | 5.00        | 1.50      | 10.00        | 0.00(M)   | 0.00(M)   | 0.60       | 110.00         | (M)      |
| <b>Category: Fruits; May Choose: 2</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Apple, Slices, Peel On, 2 oz. package, Peterson Farms, 203102, F - SR109629 (1 pkg.)                            | 700      | 30.00           | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 7.00     | 1.00            | 6.00             | (M)              | 0.00        | 0.00      | 20.00        | 0.00      | 12.00     | (M)        | (M)            | (M)      |
| 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     |
| <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>HS Breakfast March 21, 2023 - Day: 2</b>   | 700      |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| <b>Category: Grains; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Cereal, Cocoa Puffs, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14885000, WGR - SR109942 (1 Container) | 700      | 220.00          | 2.50          | 0.00        | 0.00          | 0.00      | 230.00      | 47.00    | 3.00            | 15.00            | 15.00            | 3.00        | 5.40      | 200.00       | 750.00    | 9.00      | 3.00       | 190.00         | (M)      |
| <b>Category: Fruits; May Choose: 2</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Apple, Slices, Peel On, 2 oz. package, Peterson Farms, 203102, F - SR109629 (1 pkg.)                            | 700      | 30.00           | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 7.00     | 1.00            | 6.00             | (M)              | 0.00        | 0.00      | 20.00        | 0.00      | 12.00     | (M)        | (M)            | (M)      |
| 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     |
| <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   |

# Menu Cycle Week – Nutrient Analysis

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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) |
|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| 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>HS Breakfast March 22, 2023 - Day: 3</b>   | 700      |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| <b>Category: Grains; May Choose: 2</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Bar, BeneFIT, Banana Chocolate Chunk, 2.5oz, J&J Snack Foods, 40402, WGR - SR101961 (1 ea.) | 700      | 280.00          | 8.00          | 3.00        | 0.00          | 15.00     | 220.00      | 48.00    | 3.00            | 23.00            | (M)              | 5.00        | 1.80      | 20.00        | 0.00      | 0.00      | (M)        | (M)            | (M)      |
| <b>Category: Fruits; May Choose: 2</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Apple, Slices, Peel On, 2 oz. package, Peterson Farms, 203102, F - SR109629 (1 pkg.)        | 700      | 30.00           | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 7.00     | 1.00            | 6.00             | (M)              | 0.00        | 0.00      | 20.00        | 0.00      | 12.00     | (M)        | (M)            | (M)      |
| 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     |
| <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>HS Breakfast March 23, 2023 - Day: 4</b>   | 700      |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| <b>Category: Grains; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| 831392-BRD: POPTARTS, Straw 1.76 oz WG - AR1651 (1 7/8 oz.)                                 | 700      | 180.00          | 2.50          | 1.00        | 0.00          | 0.00      | 180.00      | 38.00    | 3.00            | (M)              | (M)              | 2.00        | 1.80      | 100.00       | 500.00    | 0.00      | (M)        | (M)            | (M)      |
| UD Chex mix yogurt - LR100295 (1 ea.)   | 700      | 120.00          | 3.00          | 1.00        | 0.00          | 0.00      | 55.00       | 23.00    | 2.00            | 6.00             | (M)              | 2.00        | 0.72      | 0.00         | 0.00      | 0.00      | (M)        | (M)            | (M)      |
| <b>Category: Fruits; May Choose: 2</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |
| Apple, Slices, Peel On, 2 oz. package, Peterson Farms, 203102, F - SR109629 (1 pkg.)        | 700      | 30.00           | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 7.00     | 1.00            | 6.00             | (M)              | 0.00        | 0.00      | 20.00        | 0.00      | 12.00     | (M)        | (M)            | (M)      |
| 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     |
| <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) | 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            | 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>Category: Condiments; May Choose: 1</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |              |
| 825275 - COND PC Cream Cheese 1oz - AR1195 (1 ea.)  | 700      | 80.00           | 8.00          | 5.00        | 0.00          | 30.00     | 115.00      | 1.00     | 0.00            | 0.00             | (M)              | 1.00        | 0.00      | 40.00        | 300.00    | 0.00      | (M)        | (M)            | (M)          |
| <b>HS Breakfast March 24, 2023 - Day: 5</b>   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |              |
| <b>Category: Grains; May Choose: 2</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |              |
| Cereal Bar, Trix, General Mills, 31915, WGR - SR101821 (1 ea.)  | 700      | 160.00          | 3.50          | 0.50        | 0.00          | 0.00      | 105.00      | 29.00    | 3.00            | 9.00             | 9.00             | 2.00        | 1.50      | 260.00       | 100.00    | 1.20      | 0.40       | (M)            | (M)          |
| 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)          |
| <b>Category: Fruits; May Choose: 2</b>  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |              |
| Apple, Slices, Peel On, 2 oz. package, Peterson Farms, 203102, F - SR109629 (1 pkg.)                          | 700      | 30.00           | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 7.00     | 1.00            | 6.00             | (M)              | 0.00        | 0.00      | 20.00        | 0.00      | 12.00     | (M)        | (M)            | (M)          |
| 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         |
| <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)          |