

# Menu Cycle Week – Nutrient Analysis

Generated on: 7/7/2022 8:13:52 AM by Kathleen McCullough

Menu Cycle: High School Lunch Week I 2022-2023  
 Week: 1  
 Result: Pass

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

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[750.00 - 850.00]	792.19	
Total Fat (g)		25.74	29.24
Sat Fat (g)(1)	< 10.00 % of Calories	6.65	7.56
Trans Fat (g)(2)		0.00(M)	
Chol (mg)		51.23	
Sodium Target 1 (mg) (13)	< 1,420.00	1,298.96	
Sodium Target 2 (mg) (13)	< 1,080.00	1,298.96	
Carb (g)		107.87	54.47
Total Fiber (g)		12.93	
Total Sugars (g)		37.02(M)	18.69
Added Sugars (g)		2.91(M)	
Protein (g)		34.13	17.23
Iron (mg)		5.25(M)	
Calcium (mg)		621.27(M)	
VitA (IU)		6,238.25(M)	
VitC (mg)		51.96(M)	
VitD (mcg)		0.07(M)	
Potassium (mg)		303.42(M)	
Mois (g)		255.16(M)	
Ash (g)		1.88(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[10.000 - 12.000]	[10.250 - 10.500]	
Grains	[10.000 - 12.000]	[10.000 - 12.000]	
Non-WGR		0.000	
WGR	>= 50.000 % of	19.000	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 5.000	5.500	
Fruit-J	<= 50.000 % of	0.500	9.09
Veg	>= 5.000	[5.500 - 6.500]	
Veg-DG	>= 0.500	1.500	
Veg-RO	>= 1.250	2.000	
Veg-BP	>= 0.500	1.000	
Veg-S	>= 0.500	0.875	
Veg-O	>= 0.750	1.125	
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 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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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>High School Week I Monday 2022-2023 - Day: 1</b>	700																		
<b>Category: Entrees; May Choose: 1</b>																			
UD GRILL LINE BREADED CHICKEN PATTY SANDWICH - LR100229 (1 ea.)	600	617.49	22.43	5.60	0.00	32.73	1347.88	77.03	11.44	7.74	(M)	30.46	3.24	224.81	108.69	0.00	(M)	274.44 (M)	(M)
veggie chicken hoagie with power slaw - LR100465 (1 ea.)	100	406.39	11.65	1.66	0.00	20.01	315.61	53.70	11.12	6.97	2.50(M)	25.00	3.84	88.67	0.00(M)	0.00(M)	0.00(M)	250.00 (M)	0.00(M)
<b>Category: Vegetables; May Choose: 2</b>																			
825570 - VEG: CARROTS, Fresh Baby 1/2c : 6.0 - AR1112 (1/2 c.)	350	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
826940-Veg: Potato, Tater Tots 1/2c - AR1016 (1/2 c.)	350	140.00	7.00	1.50	0.00	0.00	270.00	16.00	2.00	0.00	(M)	2.00	0.36	20.00	100.00	1.20	(M)	(M)	0.00
<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	(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>Category: Condiments; May Choose: 1</b>																			
825856-COND PC, Ketchup 9g Heinz 1000ct - AR1018 (1 packet)	100	11.01	0.02	0.00	0.00	0.00	84.60	2.61	0.13	0.18	(M)	0.10	0.03	1.35	42.30	0.59	(M)	(M)	(M)
ranch dressing pc - LR100062 (12 grams)	600	70.00	7.00	1.00	0.00	5.00	95.00	1.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
<b>High School Tuesday Week I 2022-2023 - Day: 2</b>	700																		
<b>Category: Entrees; 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)	Mois (g)
Cheese Bread, Frozen Cheesy Pull-Aparts Southwest Queso, 3.88 oz, Pillsbury, General Mills, 112316000, MMA, WGR - SR110102 (1 pkg.)	350	300.00	13.00	6.00	0.00	30.00	580.00	33.00	2.00	5.00	3.00	14.00	1.90	330.00	(M)	(M)	0.00	180.00	(M)
Fully Cooked Breaded Chicken Tenders: 46015 -WG - SR109421 (3 piece)	350	170.00	6.00	0.00	0.00	0.00	380.00	14.00	1.00	1.00	(M)	14.00	1.80	60.00	100.00	0.00	(M)	(M)	(M)
<b>Category: Grains; May Choose: 2</b>																			
Crackers, Cheez-It made with Whole Grain, 0.75 oz, Sunshine, Kellogg's, 24100-79263, WGR - SR106005 (1 pouch)	350	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: Vegetables; May Choose: 2</b>																			
825570 - VEG: CARROTS, Fresh Baby 1/2c : 6.0 - AR1112 (1/2 c.)	200	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
Black Bean and Corn Side - LR100490 (3 oz.)	400	71.94	0.62	0.06	0.00	0.31	86.98	14.61	2.93	1.43(M)	(M)	3.35	0.77	30.14	106.15	124.53	(M)	(M)	21.55 (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	(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>Category: Condiments; May Choose: 1</b>																			
BBQ sauce, Condiment - SR105407 (2 Tbsp.)	350	32.95	0.08	0.00	0.00(M)	0.00	286.62	8.46	0.03	6.82(M)	4.22(M)	0.09	0.04	3.80	0.47	0.31	0.00(M)	8.16(M)	15.72 (M)
ranch dressing pc - LR100062 (12 grams)	350	70.00	7.00	1.00	0.00	5.00	95.00	1.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
<b>High School Wednesday Week I 2022-2023 - Day: 3</b>																			
<b>Category: Entrees; 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)	Mois (g)
grilled cheese - LR100483 (1 ea.)	200	289.68	9.87	5.00	0.00	30.00	681.93	33.94	3.74	9.61	(M)	19.61	1.35	506.26	1000.00	0.00(M)	0.00(M)	540.00 (M)	0.00(M)
mac and cheese with popcorn chicken - LR100373 (6 oz.)	500	414.13	20.19	5.81	0.00	36.45	792.80	33.18	4.30	4.99	(M)	25.18	2.50	306.23	598.90	0.00	(M)	(M)	(M)
<b>Category: Vegetables; May Choose: 2</b>																			
825570 - VEG: CARROTS, Fresh Baby 1/2c : 6.0 - AR1112 (1/2 c.)	700	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
Mixed Vegetables, 4-Way Mixed Vegetables (Carrots, - SR101815 (1/2 Cup Cooked)	700	58.46	0.00	0.00	0.00	0.00	46.37	12.10	3.02	(M)	(M)	3.02	0.73	20.16	3527.93	9.07	(M)	(M)	(M)
<b>Category: Fruits; May Choose: 2</b>																			
Fruit, Canned Fruit, Mix, F - SR102519 (1/2 cup servin)	700	61.37	0.05	0.01	0.00(M)	0.00	4.87	15.72	1.28	4.00(M)	(M)	0.37	0.37(M)	7.84(M)	120.39 (M)	6.30(M)	(M)	(M)	16.98 (M)
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	(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>Category: Condiments; May Choose: 1</b>																			
ranch dressing pc - LR100062 (12 grams)	700	70.00	7.00	1.00	0.00	5.00	95.00	1.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
<b>High School Thursday Week I 2022-2023 - Day: 4</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Chicken, Crispy Chicken Nuggets, Breaded Golden, .6oz., Tyson Foods Inc., 10703640928, WGR, MMA - SR109897 (5 piece)	350	261.54	15.26	2.72	0.00	27.24	479.49	17.44	3.27	1.09	0.00	15.26	2.07	32.69	(M)	(M)	0.11	654.05	(M)

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Veggie chicken nuggets - LR100374 (4 ea.)	350	190.40	8.00	1.00	0.00	0.00	3.00	18.00	4.00	2.00	2.00	13.00	1.50	30.00	0.00	0.00	0.00	200.00	0.00
<b>Category: Grains; May Choose: 2</b>																			
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: Vegetables; May Choose: 2</b>																			
Mixed Vegetables, 4-Way Mixed Vegetables (Carrots, - SR101815 (1/2 Cup Cooked)	700	58.46	0.00	0.00	0.00	0.00	46.37	12.10	3.02	(M)	(M)	3.02	0.73	20.16	3527.93	9.07	(M)	(M)	(M)
Salad, Potato Salad, MMA, Veg-S - SR103365 (1/2 cup servin)	700	117.25	4.44	0.90	0.01(M)	47.44	293.39	16.82	2.21	3.71(M)	(M)	3.09	0.64	18.87	153.54	8.01	0.26(M)	382.61 (M)	98.02 (M)
<b>Category: Fruits; May Choose: 1</b>																			
Applesauce - LR100012 (1/2 c.)	700	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>																			
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>Category: Condiments; May Choose: 1</b>																			
BBQ sauce, Condiment - SR105407 (2 Tbsp.)	700	32.95	0.08	0.00	0.00(M)	0.00	286.62	8.46	0.03	6.82(M)	4.22(M)	0.09	0.04	3.80	0.47	0.31	0.00(M)	8.16(M)	15.72 (M)
<b>High School Friday Week I 2022-2023 - Day: 5</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Spicy Chicken Parm Flatbread - LR100502 (1 ea.)	600	492.06	23.66	7.29	0.00	39.51	977.23	42.18	5.74	4.33(M)	(M)	25.56	2.70	284.99	392.93	1.20	0.00(M)	8.10(M)	0.00(M)
Veggie chicken nuggets - LR100374 (4 ea.)	100	190.40	8.00	1.00	0.00	0.00	3.00	18.00	4.00	2.00	2.00	13.00	1.50	30.00	0.00	0.00	0.00	200.00	0.00
<b>Category: Grains; May Choose: 2</b>																			
Crackers, Cheez-It made with Whole Grain, 0.75 oz, Sunshine, Kellogg's, 24100-79263, WGR - SR106005 (1 pouch)	100	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)

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<b>Category: Vegetables; May Choose: 2</b>																			
825480-Veg: Broccoli, Fresh 1/2c - AR1033 (1/2 c.)	700	24.89	0.23	0.01	0.00	0.00	19.96	4.02	1.57	2.22	(M)	1.71	0.44	28.41	376.69	53.93	(M)	(M)	53.99
825570 - VEG: CARROTS, Fresh Baby 1/2c : 6.0 - AR1112 (1/2 c.)	0	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
<b>Category: Fruits; May Choose: 2</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
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)
<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>Category: Condiments; May Choose: 1</b>																			
BBQ sauce, Condiment - SR105407 (2 Tbsp.)	700	32.95	0.08	0.00	0.00(M)	0.00	286.62	8.46	0.03	6.82(M)	4.22(M)	0.09	0.04	3.80	0.47	0.31	0.00(M)	8.16(M)	15.72 (M)
ranch dressing pc - LR100062 (12 grams)	700	70.00	7.00	1.00	0.00	5.00	95.00	1.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00