

Menu Cycle Week – Nutrient Analysis

Generated on: 12/21/2022 9:19:50 AM by Kathleen McCullough

Menu Cycle: K Center Lunch January 9 to January 13,2023

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]	584.03	
Total Fat (g)		14.58	22.46
Sat Fat (g)(1)	< 10.00 % of Calories	5.87	9.05
Trans Fat (g)(2)		0.00	
Chol (mg)		56.16	
Sodium Target 1 (mg) (1)	<= 1,230.00	904.26	
Sodium Target 1A (mg) (14)	<= 1,110.00	904.26	
Sodium Target 2 (mg) (13)	<= 935.00	904.26	
Carb (g)		91.13	62.41
Total Fiber (g)		11.20	
Total Sugars (g)		32.69(M)	22.39
Added Sugars (g)		6.60(M)	
Protein (g)		26.65	18.25
Iron (mg)		3.92	
Calcium (mg)		565.11	
VitA (IU)		11,884.66(M)	
VitC (mg)		41.87(M)	
VitD (mcg)		1.49(M)	
Potassium (mg)		525.32(M)	
Mois (g)		364.52(M)	
Ash (g)		2.37(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[8.000 - 10.000]	9.500	
Grains	[8.000 - 9.000]	10.250(a)	
Non-WGR		0.000	
WGR	>= 80.000 % of	10.250	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	5.125	
Veg-DG	>= 0.500	1.000	
Veg-RO	>= 0.750	1.625	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	1.000	
Veg-O	>= 0.500	1.000	
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.

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- 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.
- 4 Sodium Target 1A will be marked in orange if exceeded prior to the effective date of July 1, 2023 and does not impact pass/fail compliance prior to that date.
- 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	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)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
K Center Lunch January 9, 2023 - Day: 1	700																		
Category: Entrees; May Choose: 1																			
cheeseburger - LR100070 (1 Patty (2.5))	700	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)
Category: Vegetables; May Choose: 2																			
825624 - VEG: Celery, Sticks 1/2 c - AR1216 (3/4 c.)	400	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)	600	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)
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)
K Center Lunch January 10, 2023 - Day: 2	700																		
Category: Entrees; May Choose: 1																			
Pizza, Cheese, Galaxy Pizza 4" Whole Grain Round, 4.46 oz., Tony's, Schwan's Food Service, 78364, MMA, WGR, Veg-RO - SR107347 (1 pizza)	700	280.00	12.00	6.00	0.00	30.00	410.00	26.00	3.00	8.00	2.00	15.00	1.80	280.00	60.00	0.00	0.00	390.00	(M)
Category: Vegetables; May Choose: 2																			

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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)
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
Beans, Garbanzo, Canned; Chick peas, extra fancy, 6/#10 can; as purchased - SR105105 (1/2 c.)	700	80.00	1.50	0.00	0.00	0.00	240.00	14.00	4.00	2.00	0.00	4.00	1.00	27.00	0.00(M)	0.00(M)	0.00	148.00	(M)
Category: Fruits; May Choose: 1																			
826581-Fruit: Orange 138ct Whole 1/2c - AR1062 (1 fruit (2-5))	700	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	113.64
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)
Copy of K Center January 11, 2023 - Day: 3																			
Category: Entrees; May Choose: 1																			
Hot Dog, on Whole Grain Roll, MMA, WG - SR106891 (1 ea.)	700	260.00	13.50	3.00	0.00	30.00	760.00	26.00	2.00	4.00	(M)	11.00	2.16	40.00	0.00	1.20	(M)	(M)	(M)
Category: Vegetables; May Choose: 2																			
825570 - VEG: CARROTS, Fresh Baby 1/2c : 6.0 - AR1112 (1/2 c.)	600	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
830255 VEG: Broccoli, Fresh Ckd 1/2c - AR1210 (1/2 c.)	500	14.88	0.17	0.03	0.00	0.00	17.43	3.05	1.40	0.59	(M)	1.01	0.28	17.01	658.28	27.60	0.00	124.60	37.95
Category: Fruits; May Choose: 2																			
009252- Pears, RAW - AR1726 (1 100-120 Ct)	700	98.60	0.00	0.00	0.00	0.00	1.70	26.28	5.27	(M)	(M)	0.65	0.29	15.30	39.10	7.14	(M)	(M)	141.39
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.)	400	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																			

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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)
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)
Copy of K Center January 12, 2023 - Day: 4	700																		
Category: Entrees; May Choose: 1																			
Egg and Cheese Muffin, Fully cooked scrambled egg patty, low fat low sodium American Cheese, 51% WG English Muffin, Classic Delight 7621 - SR110055 (1 sandwich)	700	230.00	7.00	2.50	0.00	85.00	480.00	31.00	3.00	2.00	1.00	11.00	1.98	170.00	(M)	(M)	1.20	329.00	(M)
Category: Vegetables; May Choose: 2																			
825624 - VEG: Celery, Sticks 1/2 c - AR1216 (3/4 c.)	700	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
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																			
825009 BANANAS, FRESH Petite 15Oct - AR1919 (1 15Oct, Raw)	700	68.88	0.26	0.09	0.00	0.00	0.77	17.68	2.01	7.74	0.00	0.84	0.20	3.87	49.53	6.73	0.00	224.43	57.97
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)
Copy of K Center January 13, 2023 - Day: 5	700																		
Category: Entrees; May Choose: 1																			
Turkey Pepperoni and Cheese calzone - LR100512 (1 ea.)	700	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)
Category: Vegetables; May Choose: 2																			
011960- CARROTS, Baby Raw - AR1784 (1/2 c.)	400	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

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Generated on: 12/21/2022 9:19:50 AM by Kathleen McCullough

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)
825480-Veg: Broccoli, Fresh 1/2c - AR1033 (1/2 c.)	500	24.89	0.23	0.01	0.00	0.00	19.96	4.02	1.57	2.22	0.00	1.71	0.44	28.41	376.69	53.93	0.00	0.00	53.99
Category: Fruits; May Choose: 1																			
Mixed Fruit - LR100038 (1/2 Cup (8 oz))	700	138.00	0.17	0.02	0.00	0.00	15.00	36.13	2.42	0.00	(M)	0.97	0.70	14.50	496.00	4.60	(M)	(M)	204.18
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)