

Menu Cycle Week – Nutrient Analysis

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Menu Cycle: K Center Lunch May 1 to May 5, 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]	635.19	
Total Fat (g)		20.87	29.57
Sat Fat (g)(1)	< 10.00 % of Calories	6.69	9.48
Trans Fat (g)(2)		0.12(M)	
Chol (mg)		50.99	
Sodium Target 1 (mg) (1)	<= 1,230.00	1,083.59	
Sodium Target 1A (mg) (1)	<= 1,110.00	1,083.59	
Carb (g)		86.32	54.36
Total Fiber (g)		10.09	
Total Sugars (g)		31.14(M)	19.61
Added Sugars (g)		6.20(M)	
Protein (g)		28.95	18.23
Iron (mg)		3.89(M)	
Calcium (mg)		458.64(M)	
VitA (IU)		2,162.33(M)	
VitC (mg)		51.45(M)	
VitD (mcg)		1.34(M)	
Potassium (mg)		484.45(M)	
Mois (g)		282.15(M)	
Ash (g)		2.70(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[8.000 - 10.000]	10.250(a)	
Grains	[8.000 - 9.000]	9.750(a)	
Non-WGR		0.000	
WGR	>= 80.000 % of	9.750	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	4.875	
Veg-DG	>= 0.500	1.000	
Veg-RO	>= 0.750	0.750	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	0.500	
Veg-O	>= 0.500	2.125	
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 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)
K Center Lunch May 1, 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																			
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
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 May 2, 2023 - Day: 2	700																		
Category: Entrees; May Choose: 1																			
dumpling with whole grain wrappers - LR100511 (5 ea.)	700	200.00	5.75	0.00	0.00	27.50	293.00	26.00	1.50	2.50	1.00	14.00	1.88	0.00	0.00	0.00	0.00	0.00	0.00
Category: Vegetables; May Choose: 1																			
829531-Potato HB, Tator Tots 1 cup - AR1433 (1 c.)	700	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
Category: Fruits; May Choose: 1																			
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
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

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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)
K Center Lunch May 3, 2023 - Day: 3	700																		
Category: Entrees; May Choose: 1																			
Hotdog on Bun - LR100033 (1 ea.)	700	289.00	15.22	4.75	0.00	50.00	987.00	25.47	1.94	0.00	(M)	11.39	2.89	169.80	300.00	0.00	(M)	(M)	18.88
Category: Vegetables; May Choose: 2																			
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
Carrots and Celery Sticks (4 sticks) with Ranch Dip, Veg-RO, Veg-O - SR105388 (1 portion)	700	151.22	15.08	2.52	0.00	10.00	259.44	3.56	0.89	1.25	(M)	0.32	0.10	14.41	3588.71	1.82	0.00(M)	115.78 (M)	36.38 (M)
Category: Fruits; May Choose: 1																			
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)
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 May 4, 20231 - Day: 4	700																		
Category: Entrees; May Choose: 1																			
Flatbread Chicken Taco - LR100424 (1 ea.)	700	263.69	10.72	3.77	0.00	41.68	346.14	23.36	3.17	1.19(M)	(M)	17.80	4.91	142.06	224.06	0.21	(M)	(M)	7.30(M)
Category: Vegetables; May Choose: 1																			
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)
Category: Fruits; May Choose: 1																			
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
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)
K Center Lunch May 5, 2023 - Day: 5	700																		
Category: Entrees; May Choose: 1																			
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)	700	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)
Category: Vegetables; May Choose: 2																			
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)
Category: Fruits; May Choose: 1																			
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
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)