

# Menu Cycle Week – Nutrient Analysis

Generated on: 4/18/2023 12:02:11 PM by Kathleen McCullough

Menu Cycle: K Center Lunch May 22 to May 31,2023  
 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]	648.17	
Total Fat (g)		17.16	23.83
Sat Fat (g)(1)	< 10.00 % of Calories	5.25	7.30
Trans Fat (g)(2)		0.08(M)	
Chol (mg)		66.07	
Sodium Target 1 (mg) (1)	<= 1,230.00	1,156.44	
Sodium Target 1A (mg) (1)	<= 1,110.00	1,156.44	
Carb (g)		96.95	59.83
Total Fiber (g)		11.13	
Total Sugars (g)		35.56(M)	21.95
Added Sugars (g)		6.36(M)	
Protein (g)		30.30	18.70
Iron (mg)		4.84	
Calcium (mg)		675.09	
VitA (IU)		2,884.57(M)	
VitC (mg)		54.45(M)	
VitD (mcg)		1.32(M)	
Potassium (mg)		737.25(M)	
Mois (g)		259.01(M)	
Ash (g)		2.67(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[9.500 - 12.000]	12.000	
Grains	[9.500 - 11.000]	15.500(a)	
Non-WGR		0.000	
WGR	>= 80.000 % of	15.500	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 3.000	4.500	
Fruit-J	<= 50.000 % of	1.000	22.22
Veg	>= 4.500	6.875	
Veg-DG	>= 0.500	0.750	
Veg-RO	>= 0.750	1.125	
Veg-BP	>= 0.500	1.000	
Veg-S	>= 0.500	0.500	
Veg-O	>= 0.500	3.500	
Veg-X		0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-F	>= 6.000	6.000	
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)	
<b>K Center Lunch May 22, 2023 - Day: 1</b>	700																			
<b>Category: Entrees; May Choose: 1</b>																				
UD CHICKEN PATTY SANDWICH - LR100126 (1 ea.)	700	400.00	16.50	3.00	0.00	25.00	790.00	45.00	7.00	4.00	0.00(M)	21.00	3.20	100.00	0.00	0.00	0.10(M)	730.00	0.00(M)	
<b>Category: Vegetables; May Choose: 2</b>																				
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	
<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	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>K Center Lunch May 23, 2023 - Day: 2</b>	700																			
<b>Category: Entrees; May Choose: 1</b>																				
Pizza, Beef Quesadilla Whole Grain 5 oz, The MAX, ConAgra, 77387-12715, MMA, WGR, Veg-RO - SR102638 (1 pizza)	700	300.00	9.00	2.50	0.00	10.00	570.00	39.00	4.00	3.00	(M)	16.00	3.30	270.00	0.00(M)	0.00(M)	0.00	240.00	(M)	
<b>Category: Vegetables; May Choose: 1</b>																				
829531-Potato HB, Tator Tots 1 cup - AR1433 (1 c.)	200	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	
<b>Category: Fruits; May Choose: 1</b>																				
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	
<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	

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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)
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>K Center Lunch May 24, 2023 - Day: 3</b>	700																		
<b>Category: Entrees; May Choose: 1</b>																			
Egg and Cheese Muffin - LR100524 (1 sandwich)	700	199.06	9.27	3.75	0.00	124.83	527.52	15.32	1.29	1.24(M)	0.57(M)	12.27	1.35	386.50	191.25	0.00	0.00(M)	68.84 (M)	0.00(M)
<b>Category: Grains; May Choose: 1</b>																			
UD Soft Pretzel 2.2oz - LR100239 (1 ea.)	700	140.84	0.50	0.00	0.00	0.00	150.90	30.18	3.02	1.01	0.00	5.03	1.81	20.12	0.00	1.21	0.00	0.00	0.00
<b>Category: Vegetables; May Choose: 2</b>																			
831082-VEG: CELERY, Stick AP & Carrots - AR1361 (1/2 c.)	700	17.40	0.10	0.02	0.00	0.00	52.35	3.83	1.52	1.61	(M)	0.44	0.38	23.70	5025.43	1.88	(M)	(M)	61.49
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
<b>Category: Fruits; May Choose: 1</b>																			
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	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>K Center Lunch May 25, 2023 - Day: 4</b>	700																		
<b>Category: Entrees; May Choose: 2</b>																			
Pizza, Cheese Crunchers Whole Grain, Rich's Foodservice, 65225, WGR, MMA - SR100373 (4 piece whol)	700	420.00	20.00	8.00	0.50	30.00	770.00	41.00	5.00	4.00	1.00	20.00	2.40	420.00	0.00(M)	0.00(M)	0.20	540.00	(M)
<b>Category: Grains; 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)	Mois (g)
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>																			
830676-Broccoli, frozen, chopped, cooked, boiled, drained, without salt - AR1317 (3/4 c.)	10	38.51	0.17	0.01	0.00	0.00	15.19	7.39	4.15	2.03	(M)	4.28	0.84	45.60	1396.99	55.41	(M)	(M)	125.35
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)
<b>Category: Fruits; May Choose: 1</b>																			
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
<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>K Center Lunch May 30, 2023 - Day: 5</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Chicken, Crispy Chicken Nuggets, Breaded Golden, .6oz., Tyson Foods Inc., 10703640928, WGR, MMA - SR109897 (5 piece)	700	240.00	14.00	2.50	0.00	25.00	440.00	16.00	3.00	1.00	0.00	14.00	1.90	30.00	(M)	(M)	0.10	600.19	(M)
<b>Category: Grains; May Choose: 1</b>																			
Cracker, Goldfish, Pretzel, Whole Grain, Pouch, Campbell's Foodservice, 14396, WG - SR105870 (1 Pouch)	700	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: 1</b>																			
829531-Potato HB, Tator Tots 1 cup - AR1433 (1 c.)	200	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
<b>Category: Fruits; 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)
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
<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>K Center Lunch May 31,2023 - Day: 6</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Egg and Cheese Muffin - LR100524 (1 sandwich)	700	199.06	9.27	3.75	0.00	124.83	527.52	15.32	1.29	1.24(M)	0.57(M)	12.27	1.35	386.50	191.25	0.00	0.00(M)	68.84 (M)	0.00(M)
<b>Category: Vegetables; May Choose: 2</b>																			
831082-VEG: CELERY, Stick AP & Carrots - AR1361 (1/2 c.)	700	17.40	0.10	0.02	0.00	0.00	52.35	3.83	1.52	1.61	(M)	0.44	0.38	23.70	5025.43	1.88	(M)	(M)	61.49
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
<b>Category: Fruits; May Choose: 1</b>																			
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	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)