

Menu Cycle Week – Nutrient Analysis

Generated on: 4/18/2023 11:11:07 AM by Kathleen McCullough

Menu Cycle: K Center Lunch May 8 to May 12, 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] | 588.82 | |
| Total Fat (g) | | 15.68 | 23.97 |
| Sat Fat (g)(1) | < 10.00 % of Calories | 4.50 | 6.88 |
| Trans Fat (g)(2) | | 0.12(M) | |
| Chol (mg) | | 48.10 | |
| Sodium Target 1 (mg) (1) | <= 1,230.00 | 886.89 | |
| Sodium Target 1A (mg) (1) | <= 1,110.00 | 886.89 | |
| Carb (g) | | 90.85 | 61.72 |
| Total Fiber (g) | | 10.00 | |
| Total Sugars (g) | | 32.37(M) | 21.99 |
| Added Sugars (g) | | 6.10(M) | |
| Protein (g) | | 28.49 | 19.35 |
| Iron (mg) | | 3.32 | |
| Calcium (mg) | | 475.81 | |
| VitA (IU) | | 2,314.54(M) | |
| VitC (mg) | | 63.56(M) | |
| VitD (mcg) | | 1.34(M) | |
| Potassium (mg) | | 385.90(M) | |
| Mois (g) | | 281.94(M) | |
| Ash (g) | | 2.50(M) | |

| Cycle Week Food Component Summary | | | |
|-----------------------------------|------------------|--------------|------------|
| Food Component | Standard Value | Actual Value | % of Total |
| Meat/MA | [8.000 - 10.000] | 10.000 | |
| Grains | [8.000 - 9.000] | 11.000(a) | |
| Non-WGR | | 0.000 | |
| WGR | >= 80.000 % of | 11.000 | 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 | 5.000 | |
| 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 | 2.250 | |
| 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.

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) | |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|--------------|--|
| K Center Lunch May 8, 2023 - Day: 1 | 700 | | | | | | | | | | | | | | | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | | | | | | | | | | | | | | | |
| Grilled BBQ Chicken Sandwich - LR100476 (1 ea.) | 700 | 294.50 | 10.25 | 1.50 | 0.00 | 35.00 | 684.50 | 38.14 | 4.05 | 3.00(M) | (M) | 22.15 | 2.15 | 72.00 | 8.95 | 1.72 | (M) | 130.00 (M) | (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 9, 2023 - Day: 2 | 700 | | | | | | | | | | | | | | | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | | | | | | | | | | | | | | | |
| UD YOGURT, PARFAIT STRAWBERRY 2.0 (1/2 C FRT) - LR100527 (1 ea.) | 700 | 309.93 | 9.74 | 1.27 | 0.00 | 2.27 | 242.20 | 53.24 | 3.64 | 0.00(M) | (M) | 7.00 | 1.15 | 72.14 | 33.76 | 0.50 | (M) | (M) | (M) | |
| Category: Vegetables; May Choose: 1 | | | | | | | | | | | | | | | | | | | | |
| 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 | |
| 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 10, 2023 - Day: 3 | 700 | | | | | | | | | | | | | | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Chicken Nuggets, WG Breaded, 3.04 oz., Gold Kist, Pilgrim's Pride, 612100, MMA, WGR - SR100488 (3 1/8 oz.) | 700 | 200.66 | 10.03 | 2.01 | 0.00 | 35.12 | 411.35 | 12.04 | 2.01 | 0.99 | (M) | 15.05 | 1.81 | 20.07 | 100.33 | 60.20 | (M) | (M) | (M) |
| Category: Grains; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| 829348 - BISCUIT AP, WG 2.0oz ZTF EZ (GM) - AR1412 (1 ea.) | 200 | 175.77 | 7.94 | 5.10 | 0.00 | 0.00 | 334.53 | 21.55 | 2.27 | 1.70 | 1.70 | 3.40 | 1.19 | 135.51 | 0.40 | 0.00 | 0.00 | 0.00 | 0.00 |
| Category: Vegetables; May Choose: 2 | | | | | | | | | | | | | | | | | | | |
| 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 |
| 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 11, 2023 - Day: 4 | 700 | | | | | | | | | | | | | | | | | | |
| Category: Entrees; May Choose: 2 | | | | | | | | | | | | | | | | | | | |
| Turkey, Pre-cooked Turkey Sausage Patty, 1.025 oz, Frozen, Jennie-O, 6132, MMA - SR101003 (2 patty) | 700 | 120.00 | 8.00 | 2.00 | 0.00 | 60.00 | 180.00 | 0.00 | 0.00 | 0.00 | (M) | 12.00 | 0.72 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| Category: Grains; 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) |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|------------|
| Waffle, Dutch Waffle Sticks, J&J Snack Foods, 4522, WGR - SR109765 (12 sticks) | 700 | 230.00 | 9.00 | 1.50 | 0.00 | 15.00 | 310.00 | 36.00 | 3.00 | 11.00 | (M) | 4.00 | 1.80 | 20.00 | 0.00 | 0.00 | (M) | 0.00(M) | (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 | | | | | | | | | | | | | | | | | | | |
| 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 12,2023 - Day: 5 | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | |
| 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 |

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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) |
|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|--------------|
| 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) |