

Menu Cycle Week – Nutrient Analysis

Generated on: 10/25/2022 6:10:08 AM by Kathleen McCullough

Menu Cycle: K Center Lunch November 1 to 4, 2022
 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]	574.27	
Total Fat (g)		15.83	24.80
Sat Fat (g)(1)	< 10.00 % of Calories	5.26	8.25
Trans Fat (g)(2)		0.15(M)	
Chol (mg)		38.24	
Sodium Target 1 (mg) (13)	< 1,230.00	768.81	
Sodium Target 2 (mg) (13)	< 935.00	768.81	
Carb (g)		81.54	56.80
Total Fiber (g)		10.11	
Total Sugars (g)		27.31(M)	19.02
Added Sugars (g)		0.00(M)	
Protein (g)		27.95	19.47
Iron (mg)		3.61(M)	
Calcium (mg)		630.54(M)	
VitA (IU)		2,843.44(M)	
VitC (mg)		20.95(M)	
VitD (mcg)		0.13(M)	
Potassium (mg)		471.65(M)	
Mois (g)		232.37(M)	
Ash (g)		2.00(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[6.500 - 8.000]	8.000	
Grains	[6.500 - 7.000]	8.000(a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	8.000	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 2.000	3.500	
Fruit-J	<= 50.000 % of	0.000	0.00
Veg	>= 3.000	5.000	
Veg-DG	>= 0.500	0.500	
Veg-RO	>= 0.750	1.125	
Veg-BP	>= 0.500	0.875	
Veg-S	>= 0.500	2.000	
Veg-O	>= 0.500	1.000	
Veg-X		0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-F	>= 4.000	4.000	
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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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	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 November 1, 2022 1 - Day: 1	800																		
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: Grains; May Choose: 1																			
Cracker, Goldfish, Pretzel, Whole Grain, Pouch, Campbell's Foodservice, 14396, WG - SR105870 (1 pouch)	350	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)
Category: Vegetables; May Choose: 2																			
825624 - VEG: Celery, Sticks 1/2 c - AR1216 (3/4 c.)	150	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)	250	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																			
Apples, raw, with skin, F - SR105078 (1 medium (3)	700	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
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	(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)
K Center Lunch November 2, 2022 - Day: 2	700																		
Category: Entrees; 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)
Chicken, Crispy Chicken Nuggets, Breaded Golden, .6oz., Tyson Foods Inc., 10703640928, WGR, MMA - SR109897 (5 piece)	700	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)
Category: Vegetables; May Choose: 2																			
825570 - VEG: CARROTS, Fresh Baby 1/2c : 6.0 - AR1112 (1/2 c.)	400	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
829914 - VEG: Beans, Bkd Veg AP 1/2c - AR1215 (1/2 c.)	10	131.12	0.00	0.00	0.00	0.00	554.73	29.25	5.04	10.09	(M)	7.06	1.81	40.34	50.43	0.00	(M)	(M)	(M)
French Fries, Simplot Tater Pals Ovenable Shoestring Fries, Frozen Pack, 2.26 oz., Simplot Food Group, 10071179221241, Veg-S - SR109944 (1/2 c.)	700	110.00	4.00	0.50	0.00	0.00	30.00	17.00	1.00	0.00	0.00	1.00	0.50	0.00	0.00	0.00	0.00	240.00	(M)
Category: Fruits; May Choose: 1																			
UD 828958- Fruit: PEARS - LR100181 (1 ea.)	100	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	(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)
K Center Lunch November 3, 2022 - Day: 3	700																		
Category: Entrees; May Choose: 1																			
Black Bean Burger - LR100470 (1 ea.)	700	427.68	10.82	5.07	0.01(M)	47.30	561.12	60.69	12.31	3.65(M)	0.00(M)	21.77	4.47	301.72	721.58 (M)	2.18(M)	0.00(M)	0.00(M)	103.72 (M)
Category: Vegetables; May Choose: 2																			
Beans, Baked Beans Vegetarian, Veg-BP - SR102482 (1/2 c.)	10	139.72	0.60	0.11	0.00(M)	0.00	177.13	31.63	5.78	2.33(M)	(M)	6.65	1.79	51.06	224.24	1.52	0.00(M)	9.55(M)	14.72 (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)

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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)	
Category: Fruits; May Choose: 1																				
825009 BANANAS, FRESH Petite 150ct - AR1919 (1 150ct, Raw)	700	68.88	0.26	0.09	0.00	0.00	0.77	17.68	2.01	7.74	(M)	0.84	0.20	3.87	49.53	6.73	(M)	(M)	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	(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)	
K Center Lunch November 4, 2022 - Day: 4	700																			
Category: Entrees; May Choose: 1																				
Pizza Max Sticks UD - LR100119 (2 stick.)	700	320.00	9.00	2.00	0.00	10.00	620.00	40.00	5.00	12.00	(M)	18.00	4.32	920.00	1300.00	3.60	(M)	(M)	(M)	
Category: Vegetables; May Choose: 2																				
825077- Veg: Beans, Grn FZ 1/2 Cup - AR1173 (1/2 c.)	10	20.00	0.12	0.03	0.00	0.00	0.70	4.49	2.09	0.86	(M)	1.04	0.46	29.25	387.92	2.86	(M)	(M)	63.67	
corn - LR100082 (1/2 Cup (8 oz))	400	49.90	0.57	0.00	0.00	0.00	1.70	11.91	1.13	1.70	(M)	1.70	0.24	2.27	110.56	3.63	(M)	(M)	(M)	
Category: Fruits; May Choose: 1																				
Applesauce - LR100012 (1/2 c.)	500	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	
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	(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)	