

Menu Cycle Week – Nutrient Analysis

Generated on: 10/25/2022 6:14:06 AM by Kathleen McCullough

Menu Cycle: K Center Lunch November 28 to30,2022
 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]	615.72	
Total Fat (g)		19.95	29.16
Sat Fat (g)(1)	< 10.00 % of Calories	5.95	8.70
Trans Fat (g)(2)		0.00(M)	
Chol (mg)		41.99	
Sodium Target 1 (mg) (13)	< 1,230.00	711.79	
Sodium Target 2 (mg) (13)	< 935.00	711.79	
Carb (g)		85.76	55.71
Total Fiber (g)		7.13	
Total Sugars (g)		33.70(M)	21.89
Added Sugars (g)		0.00(M)	
Protein (g)		25.58	16.62
Iron (mg)		3.54(M)	
Calcium (mg)		402.45(M)	
VitA (IU)		1,605.16(M)	
VitC (mg)		29.59(M)	
VitD (mcg)		0.04(M)	
Potassium (mg)		584.05(M)	
Mois (g)		201.28(M)	
Ash (g)		1.60(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[5.000 - 6.000]	5.000	
Grains	[5.000 - 5.500]	6.000(a)	
Non-WGR		2.000	
WGR	>= 50.000 % of	4.000	66.67
Grain-D	<= 2.000	0.000	
Fruit	>= 1.500	1.500	
Fruit-J	<= 50.000 % of	0.500	33.33
Veg	>= 2.250	[3.125 - 4.125]	
Veg-DG	>= 0.500	2.500	
Veg-RO	>= 0.500	0.625	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	1.000	
Veg-O	>= 0.250	1.000	
Veg-X		0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-F	>= 3.000	3.000	
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	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 November 28, 2022 - Day: 1	700																		
Category: Entrees; May Choose: 1																			
Turkey, Pre-cooked Turkey Sausage Patty, 1.025 oz, Frozen, Jennie-O, 6132, MMA - SR101003 (1 patty)	700	60.00	4.00	1.00	0.00	30.00	90.00	0.00	0.00	0.00	(M)	6.00	0.36	0.00	0.00	0.00	(M)	(M)	(M)
Category: Grains; May Choose: 2																			
French Toast, Farm Rich Original French Toast - SR101628 (4 sticks)	700	300.00	14.00	2.50	0.00	0.00	390.00	39.00	1.00	8.00	(M)	5.00	2.70	60.00	0.00(M)	0.00(M)	0.00	94.00	(M)
Category: Vegetables; May Choose: 2																			
011960- CARROTS, Baby Raw - AR1784 (1/2 c.)	0	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
Beans, Baked Beans (Canned), Veg-BP - SR103293 (1/2 c.)	0	143.42	0.51	0.00	0.00(M)	0.00	516.27	30.41	4.10	9.93	(M)	4.87	3.71	82.90	796.02	2.68	(M)	(M)	(M)
Celery sticks - LR100037 (1/2 Cup (1/2 G))	60	10.00	0.11	0.03	0.00	0.00	52.00	1.93	1.04	0.00	(M)	0.45	0.13	26.00	291.50	2.00	(M)	(M)	61.97
Mixed Vegetables, 4-Way Mixed Vegetables (Carrots, - SR101815 (1/2 Cup Cooked))	350	58.46	0.00	0.00	0.00	0.00	46.37	12.10	3.02	(M)	(M)	3.02	0.73	20.16	3527.93	9.07	(M)	(M)	(M)
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 29, 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)	Moisture (g)
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																			
825624 - VEG: Celery, Sticks 1/2 c - AR1216 (3/4 c.)	308	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.)	370	99.00	0.83	0.12	0.00	0.00	1.23	23.70	2.94	3.76	(M)	3.76	0.57	3.69	244.35	4.30	(M)	(M)	94.59
Category: Fruits; May Choose: 1																			
Fruit, Canned Fruit, Mix, F - SR102519 (1/2 cup servin)	700	61.37	0.05	0.01	0.00(M)	0.00	4.87	15.72	1.28	4.00(M)	(M)	0.37	0.37(M)	7.84(M)	120.39 (M)	6.30(M)	(M)	(M)	16.98 (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	(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 30, 2022 - Day: 3																			
Category: Entrees; May Choose: 1																			
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: Grains; May Choose: 2																			
Crackers, Cheez-It made with Whole Grain, 0.75 oz, Sunshine, Kellogg's, 24100-79263, WGR - SR106005 (1 pouch)	400	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)
Category: Vegetables; May Choose: 2																			
830255 VEG: Broccoli, Fresh Ckd 1/2c - AR1210 (1/2 c.)	50	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
Celery sticks - LR100037 (1/2 Cup (1/2 G))	460	10.00	0.11	0.03	0.00	0.00	52.00	1.93	1.04	0.00	(M)	0.45	0.13	26.00	291.50	2.00	(M)	(M)	61.97

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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)
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																			
Grapes, red or green (European type, such as Thompson seedless), raw - SR107601 (1/2 c.)	700	52.09	0.12	0.04	0.00	0.00	1.51	13.67	0.68	11.69	(M)	0.54	0.27	7.55	49.83	2.42	0.00	144.21	60.81
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	(M)	8.26	0.07	306.25	480.19	0.00	(M)	(M)	220.30
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)