

# Menu Cycle Week – Nutrient Analysis

Generated on: 11/14/2022 1:16:38 PM by Kathleen McCullough

Menu Cycle: Middle School Lunch December 12 to December 16, 2022  
 Week: 1  
 Result: Exceeded

Meal Pattern: [USDA]Meal Pattern SY 2014+  
 Meal Type: Lunch  
 Serving Group: 6-8  
 Site Group: Middle School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[600.00 - 700.00]	625.34	
Total Fat (g)		17.80	25.61
Sat Fat (g)(1)	< 10.00 % of Calories	6.83	9.82
Trans Fat (g)(2)		0.13(M)	
Chol (mg)		53.81	
Sodium Target 1 (mg) (13)	< 1,360.00	827.89	
Sodium Target 2 (mg) (13)	< 1,035.00	827.89	
Carb (g)		86.91	55.59
Total Fiber (g)		12.20	
Total Sugars (g)		36.71(M)	23.48
Added Sugars (g)		6.76(M)	
Protein (g)		32.07	20.52
Iron (mg)		3.63(M)	
Calcium (mg)		619.45(M)	
VitA (IU)		4,313.54(M)	
VitC (mg)		71.85(M)	
VitD (mcg)		1.30(M)	
Potassium (mg)		626.27(M)	
Mois (g)		296.13(M)	
Ash (g)		2.39(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[9.000 - 10.000]	[10.000 - 12.000](a)	
Grains	[8.000 - 10.000]	[12.000 - 19.000](a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	47.000	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 2.500	3.000	
Fruit-J	<= 50.000 % of	1.000	33.33
Veg	>= 3.750	[4.750 - 11.000]	
Veg-DG	>= 0.500	1.250	
Veg-RO	>= 0.750	1.125	
Veg-BP	>= 0.500	6.750	
Veg-S	>= 0.500	1.000	
Veg-O	>= 0.500	1.500	
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 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)	Calciu m (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)
<b>Middle School Lunch December 12, 2022 - Day: 1</b>	700																		
<b>Category: Entrees; May Choose: 1</b>																			
cranberry chicken salad - LR100514 (3 oz.)	50	196.74	8.06	1.40	0.00	67.13	220.95	14.75	1.94	10.80 (M)	(M)	17.63	0.84(M)	15.73 (M)	158.36 (M)	1.17(M)	0.00(M)	86.83 (M)	34.27 (M)
HOT AND SPICY CHICKEN PATTY SANDWICH - LR100220 (1 ea.)	400	608.57	20.58	4.00	0.00	23.55	1150.96	78.88	10.80	7.51	1.18(M)	30.08	4.86	171.32	0.00(M)	0.00(M)	0.00(M)	1104.48	(M)
Pizza, Cheese, Bold, Rolled Edge, 16", 51% WG, 5.56 oz., Big Daddy's, Schwan's, 78985 WG, MMA, Veg-RO - SR100496 (1 slice)	150	400.00	16.00	7.00	0.00	35.00	440.00	43.00	4.00	7.00	1.00	19.00	2.40	341.00	73.00	0.00	0.00	468.00	(M)
Sweet Potato Chili - LR100513 (6 oz.)	100	720.18	30.93	17.55	0.00	62.00	1320.95	76.40	18.09	15.36 (M)	1.70(M)	33.76	4.94	726.99	4889.30 (M)	3.74(M)	0.00(M)	531.82 (M)	60.38 (M)
<b>Category: Vegetables; May Choose: 2</b>																			
825624 - VEG: Celery, Sticks 1/2 c - AR1216 (3/4 c.)	700	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)	100	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)
<b>Category: Fruits; May Choose: 1</b>																			
829421-FRUIT: Apple, 138ct 1/8wg 1/2c - AR1034 (4 wedge)	700	32.00	0.11	0.02	0.00	0.00	2.32	8.43	1.45	(M)	(M)	0.17	0.08	5.05	32.68	3.38	(M)	(M)	92.99
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)

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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)
<b>Middle School Lunch December 13, 2022 - Day: 2</b>	700																		
<b>Category: Entrees; May Choose: 1</b>																			
cranberry chicken salad - LR100514 (3 oz.)	150	196.74	8.06	1.40	0.00	67.13	220.95	14.75	1.94	10.80 (M)	(M)	17.63	0.84(M)	15.73 (M)	158.36 (M)	1.17(M)	0.00(M)	86.83 (M)	34.27 (M)
Pizza, Cheese, Bold, Rolled Edge, 16", 51% WG, 5.56 oz., Big Daddy's, Schwan's, 78985 WG, MMA, Veg-RO - SR100496 (1 slice)	150	400.00	16.00	7.00	0.00	35.00	440.00	43.00	4.00	7.00	1.00	19.00	2.40	341.00	73.00	0.00	0.00	468.00	(M)
Sweet Potato Chili - LR100513 (6 oz.)	100	720.18	30.93	17.55	0.00	62.00	1320.95	76.40	18.09	15.36 (M)	1.70(M)	33.76	4.94	726.99	4889.30 (M)	3.74(M)	0.00(M)	531.82 (M)	60.38 (M)
Veggie chicken nuggets - LR100374 (4 ea.)	300	190.40	8.00	1.00	0.00	0.00	3.00	18.00	4.00	2.00	2.00	13.00	1.50	30.00	0.00	0.00	0.00	200.00	0.00
<b>Category: Grains; May Choose: 1</b>																			
829348 - BISCUIT AP, WG 2.0oz ZTF EZ (GM) - AR1412 (1 ea.)	300	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
<b>Category: Vegetables; May Choose: 2</b>																			
830676-Broccoli, frozen, chopped, cooked, boiled, drained, without salt - AR1317 (3/4 c.)	700	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
<b>Category: Fruits; May Choose: 1</b>																			
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)
<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>Middle School Lunch December 14, 2022 - Day: 3</b>	700																		
<b>Category: Entrees; May Choose: 1</b>																			
beef taco - LR100054 (1 each taco)	100	266.00	10.26	4.85	0.22	15.00	642.00	33.22	0.86	0.00	(M)	9.16	1.98	155.50	42.50	0.00	(M)	(M)	0.00
cranberry chicken salad - LR100514 (3 oz.)	300	196.74	8.06	1.40	0.00	67.13	220.95	14.75	1.94	10.80 (M)	(M)	17.63	0.84(M)	15.73 (M)	158.36 (M)	1.17(M)	0.00(M)	86.83 (M)	34.27 (M)

# 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)
Pizza, Cheese, Bold, Rolled Edge, 16", 51% WG, 5.56 oz., Big Daddy's, Schwan's, 78985 WG, MMA, Veg-RO - SR100496 (1 slice)	250	400.00	16.00	7.00	0.00	35.00	440.00	43.00	4.00	7.00	1.00	19.00	2.40	341.00	73.00	0.00	0.00	468.00	(M)
Sweet Potato Chili - LR100513 (6 oz.)	50	720.18	30.93	17.55	0.00	62.00	1320.95	76.40	18.09	15.36 (M)	1.70(M)	33.76	4.94	726.99	4889.30 (M)	3.74(M)	0.00(M)	531.82 (M)	60.38 (M)
<b>Category: Vegetables; May Choose: 2</b>																			
825624 - VEG: Celery, Sticks 1/2 c - AR1216 (3/4 c.)	700	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)	100	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)
<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>Category: Condiments; May Choose: 1</b>																			
827362- SAUCE, Salsa Thick & Chunky Mild - AR1053 (1/8 c.)	300	5.29	0.00	0.00	0.00	0.00	89.95	1.06	0.00	0.53	(M)	0.00	0.00	0.00	52.91	190.48	(M)	(M)	(M)
<b>Middle School Lunch December 15, 2022 - Day: 4</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Chicken, CN Dark Meat Chicken Italian Meatballs, 2.65 oz., Gold Kist, 6410, MMA - SR109664 (5 Meatballs)	200	200.00	12.00	2.50	0.00	85.00	300.00	4.00	1.00	1.00	(M)	18.00	1.08	40.00	100.00	1.20	(M)	(M)	(M)
cranberry chicken salad - LR100514 (3 oz.)	100	196.74	8.06	1.40	0.00	67.13	220.95	14.75	1.94	10.80 (M)	(M)	17.63	0.84(M)	15.73 (M)	158.36 (M)	1.17(M)	0.00(M)	86.83 (M)	34.27 (M)

# Menu Cycle Week – Nutrient Analysis

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)	Calciu m (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)
Pasta, Macaroni and Cheese, Prepared, Land O' Lakes, 43292, MMA, WGR - LR100346 (2/3 c.)	200	279.83	10.99	5.00	0.00	24.98	669.61	28.98	2.00	6.00	(M)	16.99	1.08	399.76	749.56	0.00	(M)	(M)	(M)
Pizza, Cheese, Bold, Rolled Edge, 16", 51% WG, 5.56 oz., Big Daddy's, Schwan's, 78985 WG, MMA, Veg-RO - SR100496 (1 slice)	300	400.00	16.00	7.00	0.00	35.00	440.00	43.00	4.00	7.00	1.00	19.00	2.40	341.00	73.00	0.00	0.00	468.00	(M)
Sweet Potato Chili - LR100513 (6 oz.)	100	720.18	30.93	17.55	0.00	62.00	1320.95	76.40	18.09	15.36 (M)	1.70(M)	33.76	4.94	726.99	4889.30 (M)	3.74(M)	0.00(M)	531.82 (M)	60.38 (M)
<b>Category: Vegetables; May Choose: 2</b>																			
825624 - VEG: Celery, Sticks 1/2 c - AR1216 (3/4 c.)	700	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
Beans, garbanzo (chickpeas), canned dry beans, low-sodium, mature seeds, solids and liquids, [100360, A089] - SR105098 (1/2 c.)	100	143.00	1.37	0.14	0.00	0.00	140.00	27.14	5.30	(M)	(M)	5.94	1.62	38.00	29.00	4.60	(M)	(M)	(M)
<b>Category: Fruits; May Choose: 1</b>																			
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	0.00	0.84	0.20	3.87	49.53	6.73	0.00	224.43	57.97
<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>Middle School Lunch December 16, 2022 - Day: 5</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
cranberry chicken salad - LR100514 (3 oz.)	350	196.74	8.06	1.40	0.00	67.13	220.95	14.75	1.94	10.80 (M)	(M)	17.63	0.84(M)	15.73 (M)	158.36 (M)	1.17(M)	0.00(M)	86.83 (M)	34.27 (M)
Pizza, Cheese, Bold, Rolled Edge, 16", 51% WG, 5.56 oz., Big Daddy's, Schwan's, 78985 WG, MMA, Veg-RO - SR100496 (1 slice)	150	400.00	16.00	7.00	0.00	35.00	440.00	43.00	4.00	7.00	1.00	19.00	2.40	341.00	73.00	0.00	0.00	468.00	(M)
Sweet Potato Chili - LR100513 (6 oz.)	50	720.18	30.93	17.55	0.00	62.00	1320.95	76.40	18.09	15.36 (M)	1.70(M)	33.76	4.94	726.99	4889.30 (M)	3.74(M)	0.00(M)	531.82 (M)	60.38 (M)

# 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)
UD WALKING CHICKEN TACO - LR100134 (1 ea.)	150	241.62	9.10	3.50	0.00	53.89	243.09	21.41	13.22	0.68	0.00(M)	18.96	1.09(M)	118.36 (M)	5088.57 (M)	2.27(M)	0.00(M)	0.00(M)	53.64 (M)
<b>Category: Grains; May Choose: 1</b>																			
829348 - BISCUIT AP, WG 2.0oz ZTF EZ (GM) - AR1412 (1 ea.)	0	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
<b>Category: Vegetables; May Choose: 2</b>																			
825570 - VEG: CARROTS, Fresh Baby 1/2c : 6.0 - AR1112 (1/2 c.)	700	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
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)
<b>Category: Fruits; May Choose: 1</b>																			
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)
Juice, Sorbet, Frozen, 100% Lime, 4.4 fl oz, Luigi's, J&J Snack Foods, 48440, F - SR106458 (1/2 c.)	700	70.00	0.00	0.00	0.00	0.00	5.00	19.00	3.00	15.00	(M)	0.00	0.36	60.00	0.00	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)