

# Menu Cycle Week – Nutrient Analysis

Generated on: 1/3/2023 6:36:46 AM by Kathleen McCullough

Menu Cycle: Middle School Lunch January 17 to January 20,2023  
 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]	683.49	
Total Fat (g)		15.71	20.68
Sat Fat (g)(1)	< 10.00 % of Calories	6.02	7.93
Trans Fat (g)(2)		0.09	
Chol (mg)		43.17(M)	
Sodium Target 1 (mg) (1)	<= 1,360.00	971.02	
Sodium Target 1A (mg) (14)	<= 1,225.00	971.02	
Sodium Target 2 (mg) (13)	<= 1,035.00	971.02	
Carb (g)		107.47	62.90
Total Fiber (g)		13.58(M)	
Total Sugars (g)		35.22(M)	20.61
Added Sugars (g)		6.71(M)	
Protein (g)		34.29	20.07
Iron (mg)		4.92(M)	
Calcium (mg)		729.88(M)	
VitA (IU)		19,392.49(M)	
VitC (mg)		61.26(M)	
VitD (mcg)		1.25(M)	
Potassium (mg)		633.78(M)	
Mois (g)		416.89(M)	
Ash (g)		2.81(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[7.000 - 8.000]	8.000	
Grains	[6.500 - 8.000]	[11.000 - 12.000](a)	
Non-WGR		0.000	
WGR	>= 80.000 % of	35.000	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 2.000	2.500	
Fruit-J	<= 50.000 % of	0.500	20.00
Veg	>= 3.000	[4.000 - 4.500]	
Veg-DG	>= 0.500	1.000	
Veg-RO	>= 0.750	2.000	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	0.500	
Veg-O	>= 0.500	0.500	
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 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.

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- 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.
- 4 Sodium Target 1A will be marked in orange if exceeded prior to the effective date of July 1, 2023 and does not impact pass/fail compliance prior to that date.
- 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)
<b>Middle School Lunch January 17, 2023 - Day: 1</b>	700																		
<b>Category: Entrees; May Choose: 1</b>																			
grilled cheese - LR100483 (1 ea.)	100	291.43	9.97	5.06	0.00	30.38	687.18	33.98	3.74	9.66	(M)	19.79	1.35	511.18	182.25	0.00(M)	0.00(M)	546.75 (M)	0.00(M)
Pepperoni and cheese cup - LR100517 (1 c.)	200	300.50	10.04	4.76	0.00	35.19	682.50	30.51	2.00	2.51	0.00(M)	22.05	1.62	400.00	501.25	0.00	0.00(M)	0.00(M)	0.00(M)
Pizza, Four Cheese, WG, Primo 16", 5.28 oz., Big Daddy's, Schwan's, 78637 MMA, WGR, V-RO - SR107038 (1/8 pizza)	100	360.00	16.00	7.00	0.00	35.00	490.00	35.00	3.00	9.00	2.00	21.00	2.10	441.00	93.00	0.00	0.00	433.00	(M)
UD Beef Taco Salad - LR100486 (1 ea.)	200	449.85	22.66	6.20	1.33	47.14 (M)	388.43	40.82	4.17(M)	0.11(M)	(M)	16.95	7.34(M)	143.58 (M)	487.09 (M)	0.22(M)	(M)	(M)	5.24(M)
<b>Category: Grains; May Choose: 1</b>																			
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
<b>Category: Vegetables; May Choose: 2</b>																			
825570 - VEG: CARROTS, Fresh Baby 1/2c : 6.0 - AR1112 (1/2 c.)	600	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
Beans, Garbanzo, Canned; Chick peas, extra fancy, 6/#10 can; as purchased - SR105105 (1/2 c.)	100	80.00	1.50	0.00	0.00	0.00	240.00	14.00	4.00	2.00	0.00	4.00	1.00	27.00	0.00(M)	0.00(M)	0.00	148.00	(M)
<b>Category: Fruits; May Choose: 1</b>																			
826581-Fruit: Orange 138ct Whole 1/2c - AR1062 (1 fruit (2-5))	700	61.57	0.16	0.02	0.00	0.00	0.00	15.39	3.14	12.25	(M)	1.23	0.13	52.40	294.75	69.69	0.00	237.11	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)

# 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)
<b>Middle School Lunch January 18,2023 - Day: 2</b>	700																		
<b>Category: Entrees; May Choose: 1</b>																			
Chicken Tenders, Breaded Krisp/Crunchy WG - AR1774 (3 piece)	300	210.00	11.00	2.00	0.00	55.00	730.00	13.00	1.00	1.00	(M)	30.00	1.80	20.00	100.00	0.00	(M)	(M)	(M)
grilled cheese - LR100483 (1 ea.)	100	291.43	9.97	5.06	0.00	30.38	687.18	33.98	3.74	9.66	(M)	19.79	1.35	511.18	182.25	0.00(M)	0.00(M)	546.75 (M)	0.00(M)
Pepperoni and cheese cup - LR100517 (1 c.)	100	300.50	10.04	4.76	0.00	35.19	682.50	30.51	2.00	2.51	0.00(M)	22.05	1.62	400.00	501.25	0.00	0.00(M)	0.00(M)	0.00(M)
Pizza, Four Cheese, WG, Primo 16", 5.28 oz., Big Daddy's, Schwan's, 78637 MMA, WGR, V-RO - SR107038 (1/8 pizza)	200	360.00	16.00	7.00	0.00	35.00	490.00	35.00	3.00	9.00	2.00	21.00	2.10	441.00	93.00	0.00	0.00	433.00	(M)
<b>Category: Grains; May Choose: 1</b>																			
UD Soft Pretzel 2.2oz - LR100239 (1 ea.)	300	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>																			
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
830255 VEG: Broccoli, Fresh Ckd 1/2c - AR1210 (1/2 c.)	700	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
<b>Category: Fruits; May Choose: 1</b>																			
009252- Pears, RAW - AR1726 (1 100-120 Ct)	700	98.60	0.00	0.00	0.00	0.00	1.70	26.28	5.27	(M)	(M)	0.65	0.29	15.30	39.10	7.14	(M)	(M)	141.39
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>Category: Condiments; 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)	Mois (g)
825892-SAUCE, Buffalo Wing - AR1522 (1 Tbsp.)	0	4.13	0.23	0.03	0.00	0.00	456.31	0.36	0.00	(M)	(M)	0.09	0.10	1.52	229.72	0.00	(M)	(M)	(M)
<b>Middle School Lunch January 19, 2023 - Day: 3</b>	700																		
<b>Category: Entrees; May Choose: 1</b>																			
General Tso Popcorn Chicken - LR100504 (1 bowl)	200	618.89	13.89	2.41	0.00	24.03	769.84	96.23	7.75	0.00(M)	(M)	22.84	4.15	40.30	47.50	0.10	0.00(M)	444.00(M)	0.00(M)
grilled cheese - LR100483 (1 ea.)	100	291.43	9.97	5.06	0.00	30.38	687.18	33.98	3.74	9.66	(M)	19.79	1.35	511.18	182.25	0.00(M)	0.00(M)	546.75(M)	0.00(M)
Pepperoni and cheese cup - LR100517 (1 c.)	200	300.50	10.04	4.76	0.00	35.19	682.50	30.51	2.00	2.51	0.00(M)	22.05	1.62	400.00	501.25	0.00	0.00(M)	0.00(M)	0.00(M)
Pizza, Four Cheese, WG, Primo 16", 5.28 oz., Big Daddy's, Schwan's, 78637 MMA, WGR, V-RO - SR107038 (1/8 pizza)	200	360.00	16.00	7.00	0.00	35.00	490.00	35.00	3.00	9.00	2.00	21.00	2.10	441.00	93.00	0.00	0.00	433.00	(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
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>																			
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 January 20, 2023 - Day: 4</b>	700																		
<b>Category: Entrees; May Choose: 1</b>																			
grilled cheese - LR100483 (1 ea.)	100	291.43	9.97	5.06	0.00	30.38	687.18	33.98	3.74	9.66	(M)	19.79	1.35	511.18	182.25	0.00(M)	0.00(M)	546.75(M)	0.00(M)
HOT AND SPICY CHICKEN PATTY SANDWICH - LR100220 (1 ea.)	200	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)

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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)
Pepperoni and cheese cup - LR100517 (1 c.)	200	300.50	10.04	4.76	0.00	35.19	682.50	30.51	2.00	2.51	0.00(M)	22.05	1.62	400.00	501.25	0.00	0.00(M)	0.00(M)	0.00(M)
Pizza, Four Cheese, WG, Primo 16", 5.28 oz., Big Daddy's, Schwan's, 78637 MMA, WGR, V-RO - SR107038 (1/8 pizza)	200	360.00	16.00	7.00	0.00	35.00	490.00	35.00	3.00	9.00	2.00	21.00	2.10	441.00	93.00	0.00	0.00	433.00	(M)
<b>Category: Vegetables; May Choose: 2</b>																			
011960- CARROTS, Baby Raw - AR1784 (1/2 c.)	600	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
825480-Veg: Broccoli, Fresh 1/2c - AR1033 (1/2 c.)	600	24.89	0.23	0.01	0.00	0.00	19.96	4.02	1.57	2.22	0.00	1.71	0.44	28.41	376.69	53.93	0.00	0.00	53.99
<b>Category: Fruits; May Choose: 1</b>																			
Mixed Fruit - LR100038 (1/2 Cup (8 oz))	600	138.00	0.17	0.02	0.00	0.00	15.00	36.13	2.42	0.00	(M)	0.97	0.70	14.50	496.00	4.60	(M)	(M)	204.18
<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)