

Menu Cycle Week – Nutrient Analysis

Generated on: 10/21/2022 9:52:35 AM by Kathleen McCullough

Menu Cycle: Middle School Lunch November 1 to 4, 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]	620.45	
Total Fat (g)		15.73	22.81
Sat Fat (g)(1)	< 10.00 % of Calories	6.60	9.58
Trans Fat (g)(2)		0.00(M)	
Chol (mg)		52.57	
Sodium Target 1 (mg) (13)	< 1,360.00	1,049.29	
Sodium Target 2 (mg) (13)	< 1,035.00	1,049.29	
Carb (g)		93.27	60.13
Total Fiber (g)		9.01	
Total Sugars (g)		41.04(M)	26.46
Added Sugars (g)		0.00(M)	
Protein (g)		31.95	20.60
Iron (mg)		4.59(M)	
Calcium (mg)		504.87(M)	
VitA (IU)		2,308.54(M)	
VitC (mg)		84.53(M)	
VitD (mcg)		0.00(M)	
Potassium (mg)		268.11(M)	
Mois (g)		240.99(M)	
Ash (g)		2.34(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[7.000 - 8.000]	14.000(a)	
Grains	[6.500 - 8.000]	21.000(a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	39.000	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 2.000	3.000	
Fruit-J	<= 50.000 % of	0.500	16.67
Veg	>= 3.000	[5.250 - 6.000]	
Veg-DG	>= 0.500	2.500	
Veg-RO	>= 0.750	1.000	
Veg-BP	>= 0.500	1.000	
Veg-S	>= 0.500	0.500	
Veg-O	>= 0.500	1.250	
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.

Menu Cycle Week – Nutrient Analysis

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)
Middle School Lunch November 1, 2022 - Day: 1	600																		
Category: Entrees; May Choose: 1																			
829526 Pizza Stick, Max Sticks WG Mozzarella, 1.93 oz, Frozen, ConAgra 12602, MMA, WG - AR1155 (2 stick.)	250	150.00	6.00	3.00	0.00	15.00	400.00	16.00	1.00	20.00	(M)	8.00	1.08	150.00	100.00	0.00	(M)	(M)	(M)
-FISH STICKS, Pollock Brd FC 1 oz WG w/breadstick - AR1839 (4 sticks)	250	250.00	6.00	1.00	0.00	50.00	365.00	32.00	3.00	2.00	(M)	18.00	6.72	20.00	5.00	0.00	(M)	(M)	(M)
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)	100	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)
UD Sandwich, Grilled Cheese, 2 oz MMA, 2 WG - LR100205 (1 sandwich)	100	477.95	28.72	12.63	0.00	70.69	859.48	31.01	1.97	2.00(M)	0.00(M)	25.16	2.38(M)	509.22 (M)	90.00 (M)	0.00(M)	0.00(M)	240.04 (M)	0.00(M)
Category: Grains; May Choose: 2																			
Biscuit Dough, Made with Whole Grains, 2.25 oz, Rich's Foodservice, 09315, WGR - SR107285 (1 ea.)	10	170.00	8.00	4.50	0.00	0.00	380.00	22.00	3.00	2.00	(M)	4.00	1.08	40.00	0.00	0.00	(M)	(M)	(M)
Category: Vegetables; May Choose: 2																			
825570 - VEG: CARROTS, Fresh Baby 1/2c : 6.0 - AR1112 (1/2 c.)	175	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
Black Bean and Corn Side - LR100490 (3 oz.)	700	71.94	0.62	0.06	0.00	0.31	86.98	14.61	2.93	1.43(M)	(M)	3.35	0.77	30.14	106.15	124.53	(M)	(M)	21.55 (M)
Category: Fruits; May Choose: 1																			
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
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

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)
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)
Category: Condiments; May Choose: 1																			
825856-COND PC, Ketchup 9g Heinz 1000ct - AR1018 (1 packet)	150	11.01	0.02	0.00	0.00	0.00	84.60	2.61	0.13	0.18	(M)	0.10	0.03	1.35	42.30	0.59	(M)	(M)	(M)
ranch dressing pc - LR100062 (12 grams)	350	70.00	7.00	1.00	0.00	5.00	95.00	1.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
Middle School Lunch November 2, 2022 - Day: 2		700																	
Category: Entrees; May Choose: 1																			
829526 Pizza Stick, Max Sticks WG Mozzarella, 1.93 oz, Frozen, ConAgra 12602, MMA, WG - AR1155 (2 stick.)	200	150.00	6.00	3.00	0.00	15.00	400.00	16.00	1.00	20.00	(M)	8.00	1.08	150.00	100.00	0.00	(M)	(M)	(M)
-FISH STICKS, Pollock Brd FC 1 oz WG w/breadstick - AR1839 (4 sticks)	200	250.00	6.00	1.00	0.00	50.00	365.00	32.00	3.00	2.00	(M)	18.00	6.72	20.00	5.00	0.00	(M)	(M)	(M)
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)	100	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)
Turkey Pepperoni and Cheese calzone - LR100512 (1 ea.)	200	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: Grains; May Choose: 2																			
Biscuit Dough, Made with Whole Grains, 2.25 oz, Rich's Foodservice, 09315, WGR - SR107285 (1 ea.)	200	170.00	8.00	4.50	0.00	0.00	380.00	22.00	3.00	2.00	(M)	4.00	1.08	40.00	0.00	0.00	(M)	(M)	(M)
Category: Vegetables; May Choose: 2																			
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
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
Category: Fruits; May Choose: 2																			

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)
Grapes, red or green (European type, such as Thompson seedless), raw - SR107601 (1/2 c.)	350	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.)	650	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
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)
Middle School Lunch November3, 2022 - Day: 3																			
Category: Entrees; May Choose: 1																			
829526 Pizza Stick, Max Sticks WG Mozzarella, 1.93 oz, Frozen, ConAgra 12602, MMA, WG - AR1155 (2 stick.)	150	150.00	6.00	3.00	0.00	15.00	400.00	16.00	1.00	20.00	(M)	8.00	1.08	150.00	100.00	0.00	(M)	(M)	(M)
-FISH STICKS, Pollock Brd FC 1 oz WG w/breadstick - AR1839 (4 sticks)	150	250.00	6.00	1.00	0.00	50.00	365.00	32.00	3.00	2.00	(M)	18.00	6.72	20.00	5.00	0.00	(M)	(M)	(M)
MS Chicken ParmesanHoagie - LR100501 (1 ea.)	200	306.26	8.61	4.07	0.00(M)	55.69	587.52	29.89	4.57	3.58(M)	0.00(M)	28.92	2.25	223.64	199.46 (M)	0.00(M)	0.00(M)	74.42 (M)	13.16 (M)
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)	200	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: 2																			
Biscuit Dough, Made with Whole Grains, 2.25 oz, Rich's Foodservice, 09315, WGR - SR107285 (1 ea.)	300	170.00	8.00	4.50	0.00	0.00	380.00	22.00	3.00	2.00	(M)	4.00	1.08	40.00	0.00	0.00	(M)	(M)	(M)
Category: Vegetables; May Choose: 2																			

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)
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																			
UD 825009 BANANAS, FRESH Petite 150ct - LR100230 (1 150ct, Raw)	700	68.88	0.26	0.09	(M)	0.00	0.77	17.68	2.01	(M)	(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)
Category: Condiments; May Choose: 1																			
Condiment, Honey Mustard Sauce - SR103866 (1 oz.)	600	99.10	0.10	0.01	0.00(M)	0.00	33.58	26.47	0.18	26.23	(M)	0.20	0.18	3.88	3.18	0.17	0.00	22.38	9.65
Middle School Lunch November 4, 2022 - Day: 4																			
Category: Entrees; May Choose: 1																			
829526 Pizza Stick, Max Sticks WG Mozzarella, 1.93 oz, Frozen, ConAgra 12602, MMA, WG - AR1155 (2 stick.)	100	150.00	6.00	3.00	0.00	15.00	400.00	16.00	1.00	20.00	(M)	8.00	1.08	150.00	100.00	0.00	(M)	(M)	(M)
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)
-FISH STICKS, Pollock Brd FC 1 oz WG w/breadstick - AR1839 (4 sticks)	200	250.00	6.00	1.00	0.00	50.00	365.00	32.00	3.00	2.00	(M)	18.00	6.72	20.00	5.00	0.00	(M)	(M)	(M)
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)	100	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: 2																			

Menu Cycle Week – Nutrient Analysis

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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)
Biscuit Dough, Made with Whole Grains, 2.25 oz, Rich's Foodservice, 09315, WGR - SR107285 (1 ea.)	400	170.00	8.00	4.50	0.00	0.00	380.00	22.00	3.00	2.00	(M)	4.00	1.08	40.00	0.00	0.00	(M)	(M)	(M)
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	(M)	(M)	5.03	1.81	20.12	0.00	1.21	(M)	(M)	(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
Pickles, Refrigerator Dill, Side Dish #23, Veg-O - SR106295 (1/4 c.)	500	16.52	0.03	0.01	0.00(M)	0.00	886.12	3.52	0.14	2.83(M)	(M)	0.20	0.16	8.15	32.98	0.81	0.00	53.15	53.65
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)