

Menu Cycle Week – Nutrient Analysis

Generated on: 10/21/2022 12:08:52 PM by Kathleen McCullough

Menu Cycle: Middle School Lunch November 14 to 18, 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]	629.87	
Total Fat (g)		21.38	30.55
Sat Fat (g)(1)	< 10.00 % of Calories	6.99	9.99
Trans Fat (g)(2)		0.39(M)	
Chol (mg)		48.92(M)	
Sodium Target 1 (mg) (13)	< 1,360.00	848.19	
Sodium Target 2 (mg) (13)	< 1,035.00	848.19	
Carb (g)		84.86	53.89
Total Fiber (g)		10.42(M)	
Total Sugars (g)		32.88(M)	20.88
Added Sugars (g)		0.11(M)	
Protein (g)		28.56	18.14
Iron (mg)		3.17(M)	
Calcium (mg)		552.29(M)	
VitA (IU)		4,583.09(M)	
VitC (mg)		55.92(M)	
VitD (mcg)		0.03(M)	
Potassium (mg)		313.49(M)	
Mois (g)		295.96(M)	
Ash (g)		2.70(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[9.000 - 10.000]	[12.000 - 12.500](a)	
Grains	[8.000 - 10.000]	[13.250 - 14.250](a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	41.250	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 2.500	3.500	
Fruit-J	<= 50.000 % of	0.500	14.29
Veg	>= 3.750	[6.125 - 8.125]	
Veg-DG	>= 0.500	2.500	
Veg-RO	>= 0.750	2.000	
Veg-BP	>= 0.500	1.000	
Veg-S	>= 0.500	1.500	
Veg-O	>= 0.500	1.625	
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.

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)	Calciu m (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)
Middle School Lunch November 14, 2022 - Day: 1	700																		
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)	0	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)
Sandwich, Grilled Cheese on WG w/ Reduced Sodium, American Cheese & Mozzarella, Integrated Food Service, 134000, WGR, MMA - SR100261 (1 ea.)	350	280.32	9.91	5.56	0.00	31.85	580.79	30.96	3.00	5.65	(M)	18.55	1.64	465.90	524.00	0.00	(M)	(M)	(M)
UD CHEESEBURGER - LR100127 (1 ea.)	300	356.88	14.74	6.05	1.00	64.73	524.33	31.06	4.60	3.75	0.00(M)	26.07	2.02(M)	154.91 (M)	1891.10 (M)	3.00(M)	0.00(M)	130.00 (M)	15.47 (M)
Walking Beef Taco - LR100122 (1 ea.)	50	306.34	17.81	6.15	1.33	48.37 (M)	351.95	22.55	3.22(M)	0.72(M)	0.00(M)	15.24	0.91(M)	118.36 (M)	5193.39 (M)	2.27(M)	0.00(M)	0.00(M)	53.64 (M)
Category: Vegetables; May Choose: 2																			
825624 - VEG: Celery, Sticks 1/2 c - AR1216 (3/4 c.)	50	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)	700	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																			
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
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)

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)
Category: Condiments; May Choose: 1																			
Pickles, Cucumber Dill or Kosher Dill, Veg-O - SR105246 (1/8 c.)	0	2.33	0.06	0.02	0.00	0.00	156.74	0.47	0.19	0.21	(M)	0.10	0.05	11.04	24.22	0.45	0.00	22.67	18.28
Middle School Lunch November 15, 2022 - Day: 2																			
Category: Entrees; May Choose: 1																			
Buffalo Chik'n Poppers - LR100503 (5 pcs.)	400	479.33	34.98	5.43	0.46	24.21	1541.88	27.29	5.68	1.22(M)	(M)	17.75	2.54	113.09	253.65	0.51	(M)	(M)	57.72 (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)
Sandwich, Grilled Cheese on WG w/ Reduced Sodium, American Cheese & Mozzarella, Integrated Food Service, 134000, WGR, MMA - SR100261 (1 ea.)	0	280.32	9.91	5.56	0.00	31.85	580.79	30.96	3.00	5.65	(M)	18.55	1.64	465.90	524.00	0.00	(M)	(M)	(M)
Walking Beef Taco - LR100122 (1 ea.)	200	306.34	17.81	6.15	1.33	48.37 (M)	351.95	22.55	3.22(M)	0.72(M)	0.00(M)	15.24	0.91(M)	118.36 (M)	5193.39 (M)	2.27(M)	0.00(M)	0.00(M)	53.64 (M)
Category: Grains; May Choose: 2																			
Chips, Fritos Original Corn Chips, 1 oz., Frito-Lay, 028400040037, WGR - SR104824 (1 oz.)	100	160.00	10.00	1.50	0.00	0.00	170.00	16.00	1.00	0.00	(M)	2.00	0.20	30.00	0.00(M)	0.00(M)	0.00	30.00	(M)
Category: Vegetables; May Choose: 2																			
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
Black Bean and Corn Side - LR100490 (3 oz.)	350	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)
UD Potato HB, Tator Tots - LR100203 (1/2 c.)	125	140.00	7.00	1.50	0.00	0.00	270.00	16.00	2.00	0.00	(M)	2.00	0.36	20.00	100.00	1.20	(M)	(M)	0.00
Category: Fruits; May Choose: 1																			
826581-Fruit: Orange 138ct Whole 1/2c - AR1062 (1 fruit (2-5))	1,200	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																			

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)
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 November 16, 2022 - Day: 3	700																		
Category: Entrees; May Choose: 1																			
Chicken, Hot & Spicy Whole Grain Popcorn Chicken,, Cooked, Frozen, Tyson Foods Inc, 70378-928, MMA, WG - SR105300 (12 piece)	400	230.00	13.00	2.50	0.00	20.00	340.00	15.00	2.00	1.00	1.00	13.00	2.00	35.00	0.00(M)	0.00(M)	0.00	699.83	(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)
Sandwich, Grilled Cheese on WG w/ Reduced Sodium, American Cheese & Mozzarella, Integrated Food Service, 134000, WGR, MMA - SR100261 (1 ea.)	0	280.32	9.91	5.56	0.00	31.85	580.79	30.96	3.00	5.65	(M)	18.55	1.64	465.90	524.00	0.00	(M)	(M)	(M)
Walking Beef Taco - LR100122 (1 ea.)	200	306.34	17.81	6.15	1.33	48.37 (M)	351.95	22.55	3.22(M)	0.72(M)	0.00(M)	15.24	0.91(M)	118.36 (M)	5193.39 (M)	2.27(M)	0.00(M)	0.00(M)	53.64 (M)
Category: Grains; May Choose: 2																			
831145 BRD: WAFFLE, AP WG 2BG - AR1334 (2 ea.)	700	7.50	0.25	0.00	0.00	0.00	13.33	1.17	0.08	0.08	(M)	0.17	0.15	5.00	25.00	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)	700	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																			
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

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)
Juice, Sorbet, Frozen, 100% Grape, 4.4 fl oz, Luigi's, J&J Snack Foods, 48442, F - SR106462 (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)
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																			
ranch dressing pc - LR100062 (12 grams)	700	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 17, 2022 - Day: 4																			
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)	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 grilled cheese and Tomato - LR100137 (1 sandwich)	200	350.90	18.48	10.17	0.00	50.92	739.83	33.63	3.84	7.51	(M)	16.45	3.42	422.32	530.53	2.30	(M)	(M)	0.00(M)
Walking Beef Taco - LR100122 (1 ea.)	200	306.34	17.81	6.15	1.33	48.37 (M)	351.95	22.55	3.22(M)	0.72(M)	0.00(M)	15.24	0.91(M)	118.36 (M)	5193.39 (M)	2.27(M)	0.00(M)	0.00(M)	53.64 (M)
White Pizza - LR100507 (1/8 1/8 pie sl)	200	499.67	26.28	8.43	0.23(M)	32.84	968.16	42.98	1.61	3.10(M)	(M)	21.75	2.61	413.92	451.26 (M)	0.02(M)	0.48(M)	95.68 (M)	99.32 (M)
Category: Vegetables; May Choose: 2																			
Celery sticks - LR100037 (1/2 Cup (1/2 G))	700	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)	700	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																			

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)
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																			
ranch dressing pc - LR100062 (12 grams)	700	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 18, 2022 - Day: 5																			
Category: Entrees; May Choose: 1																			
Black Bean Burger - LR100470 (1 ea.)	550	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)
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)	50	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)
Sandwich, Grilled Cheese on WG w/ Reduced Sodium, American Cheese & Mozzarella, Integrated Food Service, 134000, WGR, MMA - SR100261 (1 ea.)	50	280.32	9.91	5.56	0.00	31.85	580.79	30.96	3.00	5.65	(M)	18.55	1.64	465.90	524.00	0.00	(M)	(M)	(M)
Walking Beef Taco - LR100122 (1 ea.)	50	306.34	17.81	6.15	1.33	48.37 (M)	351.95	22.55	3.22(M)	0.72(M)	0.00(M)	15.24	0.91(M)	118.36 (M)	5193.39 (M)	2.27(M)	0.00(M)	0.00(M)	53.64 (M)
Category: Vegetables; May Choose: 2																			
825624 - VEG: Celery, Sticks 1/2 c - AR1216 (3/4 c.)	400	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	(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

Menu Cycle Week – Nutrient Analysis

Generated on: 10/21/2022 12:08:52 PM by Kathleen McCullough

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)