

Menu Cycle Week – Nutrient Analysis

Generated on: 10/21/2022 10:16:42 AM by Kathleen McCullough

Menu Cycle: Middle School Lunch November 7 to 11, 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]	695.88	
Total Fat (g)		19.48	25.19
Sat Fat (g)(1)	< 10.00 % of Calories	5.65	7.31
Trans Fat (g)(2)		0.06(M)	
Chol (mg)		42.35(M)	
Sodium Target 1 (mg) (13)	< 1,360.00	1,054.23	
Sodium Target 2 (mg) (13)	< 1,035.00	1,054.23	
Carb (g)		102.75	59.06
Total Fiber (g)		10.46	
Total Sugars (g)		40.78(M)	23.44
Added Sugars (g)		0.15(M)	
Protein (g)		31.41	18.06
Iron (mg)		3.92(M)	
Calcium (mg)		511.89(M)	
VitA (IU)		2,514.64(M)	
VitC (mg)		35.93(M)	
VitD (mcg)		0.05(M)	
Potassium (mg)		722.66(M)	
Mois (g)		263.07(M)	
Ash (g)		2.48(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[7.000 - 8.000]	[11.750 - 12.000](a)	
Grains	[6.500 - 8.000]	[12.000 - 14.000](a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	23.250	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	[4.750 - 6.125]	
Veg-DG	>= 0.500	2.500	
Veg-RO	>= 0.750	1.125	
Veg-BP	>= 0.500	1.125	
Veg-S	>= 0.500	1.000	
Veg-O	>= 0.500	1.750	
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)	Calciu m (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)
Middle school Lunch November 7, 2022 - Day: 1	700																		
Category: Entrees; May Choose: 1																			
Chicken, Crispy Chicken Nuggets, Breaded Golden, .6oz., Tyson Foods Inc., 10703640928, WGR, MMA - SR109897 (5 piece)	300	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)
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 CHICKEN PATTY SANDWICH - LR100126 (1 ea.)	300	400.00	16.50	3.00	0.00	25.00	790.00	45.00	7.00	4.00	0.00(M)	21.00	3.20	100.00	0.00	0.00	0.10(M)	730.00	0.00(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)	100	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																			
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

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)
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)	100	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)	100	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 9, 2022 - Day: 2		700																	
Category: Entrees; May Choose: 1																			
Beef Chili w/ Beans, MMA, VEG-BP - SR108581 (1/2 c.)	400	194.68	9.33	3.46	0.39(M)	46.14 (M)	471.86	11.18	2.42	3.38(M)	(M)	16.67	2.22	39.88 (M)	260.75 (M)	2.50(M)	0.00(M)	369.47 (M)	97.58 (M)
Chicken, Crispy Chicken Nuggets, Breaded Golden, .6oz., Tyson Foods Inc., 10703640928, WGR, MMA - SR109897 (5 piece)	200	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)
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																			
Chips, Fritos Original Corn Chips, 1 oz., Frito-Lay, 028400040037, WGR - SR104824 (1 oz.)	400	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)
Crackers, Cheez-It made with Whole Grain, 0.75 oz, Sunshine, Kellogg's, 24100-79263, WGR - SR106005 (1 pouch)	20	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.)	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: 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)
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
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, Syrup, Pancake Maple Flavored Cup SS, Kraft, 10021000677686 - SR100633 (1 ea.)	300	160.00	0.00	0.00	0.00	0.00	0.00	40.00	0.00	27.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	0.00	(M)
Middle School Lunch November 10, 2022 - Day: 3																			
Category: Entrees; May Choose: 1																			
Chicken, Crispy Chicken Nuggets, Breaded Golden, .6oz., Tyson Foods Inc., 10703640928, WGR, MMA - SR109897 (5 piece)	250	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)
HOT AND SPICY CHICKEN PATTY SANDWICH - LR100220 (1 ea.)	350	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, 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

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)
Crackers, Cheez-It made with Whole Grain, 0.75 oz, Sunshine, Kellogg's, 24100-79263, WGR - SR106005 (1 pouch)	50	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																			
black beans - LR100354 (1 c.)	0	93.58	0.67	0.14	0.00	0.78	72.38	16.12	5.63	(M)	(M)	5.77	1.56	73.31	3.91	0.78	(M)	(M)	55.08
Celery sticks - LR100037 (1/2 Cup (1/2 G))	350	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
Apple, Slices, Peel On, 2 oz. package, Peterson Farms, 203102, F - SR109629 (1 pkg.)	700	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	(M)	0.00	0.00	20.00	0.00	12.00	(M)	(M)	(M)
Ardmore Farms Apple Juice - LR100117 (1 ea.)	700	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
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 November 11, 2022 - Day: 4																			
Category: Entrees; May Choose: 1																			
Chicken, Crispy Chicken Nuggets, Breaded Golden, .6oz., Tyson Foods Inc., 10703640928, WGR, MMA - SR109897 (5 piece)	200	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)

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, 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)	150	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 MIDDLE SCHOOL BUFFALO PIZZA - LR100223 (5 ounces)	350	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	(M)	18.00	1.80	350.00	400.00	0.00	(M)	(M)	(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)	200	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																			
011960- CARROTS, Baby Raw - AR1784 (1/2 c.)	15	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
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.)	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
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.)	700	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)