

Menu Cycle Week – Nutrient Analysis

Generated on: 2/21/2023 11:22:26 AM by Kathleen McCullough

Menu Cycle: Elementary Lunch March 1 to March 3, 2023

Week: 1

Result: Exceeded

Meal Pattern: [USDA]Meal Pattern SY 2014+

Meal Type: Lunch

Serving Group: K-5

Site Group: Elementary School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[550.00 - 650.00]	632.38	
Total Fat (g)		13.05	18.57
Sat Fat (g)(1)	< 10.00 % of Calories	4.62	6.57
Trans Fat (g)(2)		0.00(M)	
Chol (mg)		54.91	
Sodium Target 1 (mg) (1)	<= 1,230.00	944.69	
Sodium Target 1A (mg) (1)	<= 1,110.00	944.69	
Carb (g)		100.35	63.48
Total Fiber (g)		11.31	
Total Sugars (g)		29.38(M)	18.58
Added Sugars (g)		6.48(M)	
Protein (g)		30.38	19.22
Iron (mg)		6.17(M)	
Calcium (mg)		467.48(M)	
VitA (IU)		10,158.27(M)	
VitC (mg)		35.35(M)	
VitD (mcg)		1.25(M)	
Potassium (mg)		423.94(M)	
Mois (g)		329.44(M)	
Ash (g)		2.36(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[5.000 - 6.000]	[6.000 - 6.500](a)	
Grains	[5.000 - 5.500]	[8.000 - 9.000](a)	
Non-WGR		0.000	
WGR	>= 80.000 % of	14.000	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 1.500	[1.500 - 2.000]	
Fruit-J	<= 50.000 % of	0.000	0.00
Veg	>= 2.250	[3.250 - 3.750]	
Veg-DG	>= 0.500	0.750	
Veg-RO	>= 0.500	0.625	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	1.000	
Veg-O	>= 0.250	1.000	
Veg-X		0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-F	>= 3.000	3.000	
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.

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.

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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)
Elementary Lunch March 1, 2023 - Day: 1	700																		
Category: Entrees; May Choose: 1																			
Black Forest Chicken Ham, Sliced - AR1864 (4 slices)	700	80.00	4.50	1.50	0.00	40.00	330.00	2.00	0.00	1.00	(M)	8.00	0.36	0.00	0.00	0.00	(M)	(M)	(M)
Category: Grains; May Choose: 1																			
Bread, Kaiser Bun, WG, Small Sliced, 3.65", 2 oz, Bake Crafters, 4067, WGR - SR107464 (1 ea.)	700	140.00	1.00	0.00	0.00	0.00	260.00	28.00	3.00	1.00	1.00	5.00	1.80	40.00	0.00(M)	0.00(M)	0.00	90.00	(M)
Category: Vegetables; May Choose: 2																			
825624 - VEG: Celery, Sticks 1/2 c - AR1216 (3/4 c.)	250	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																			
829421-FRUIT: Apple, 138ct 1/8wg 1/2c - AR1034 (4 wedge)	650	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
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	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)
K Center Lunch March 2, 2023 - Day: 2	700																		
Category: Entrees; May Choose: 1																			
-FISH STICKS, Pollock Brd FC 1 oz WG w/breadstick - AR1839 (4 sticks)	700	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)
Category: Grains; May Choose: 1																			

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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)
Cracker, Goldfish, Pretzel, Whole Grain, Pouch, Campbell's Foodservice, 14396, WG - SR105870 (1 Pouch)	700	90.00	1.50	0.00	0.00	0.00	200.00	16.00	1.00	0.00	0.00	2.00	0.70	10.00	0.00(M)	0.00(M)	0.00	45.00	(M)
Category: Vegetables; May Choose: 2																			
011960- CARROTS, Baby Raw - AR1784 (1/2 c.)	300	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
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
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	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)
K Center Lunch March 3, 2023 - Day: 3																			
Category: Entrees; May Choose: 1																			
-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)	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)
Popcorn Chicken Bowl - LR100426 (1 bowl)	300	301.05	13.98	4.53	0.00	40.66	660.71	26.38	3.85	1.68	0.00(M)	18.25	1.91	141.56	3.42	25.64	0.00(M)	370.01(M)	43.51(M)
Category: Grains; May Choose: 1																			
Biscuit, Baked, Pillsbury, Easy Split, 2 oz, General Mills, 132271000, WGR - SR108084 (1 biscuit)	300	220.00	10.00	7.00	0.00	0.00	410.00	27.00	2.00	2.00	1.00	4.00	1.50	170.00	0.00(M)	0.00(M)	0.00	90.00	(M)
Soft Pretzel Rod & Cheese - AR1876 (1 serv.)	300	206.67	5.67	3.00	0.00	13.33	346.67	30.00	2.00	0.00	(M)	7.33	1.44	139.33	0.00(M)	0.00(M)	(M)	(M)	29.33(M)

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Category: Vegetables; May Choose: 2																			
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.)	300	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)
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
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	12.00	8.26	0.07	306.25	480.19	0.00	2.50	370.00	220.30
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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)