

# Menu Cycle Week – Nutrient Analysis

Generated on: 3/26/2019 6:35:24 PM by Christine Schlosman

Menu Cycle: Week of 04.15.19 ELEM  
 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]	635.68	
Fat (g)		21.19	30.00
Sfat (g)(1)	< 10.00 % of Calories	6.44	9.12
TFat (g)(2)		0.11	
Chol (mg)		40.80(M)	
Sodium Target 1 (mg) (13)	< 1,230.00	946.38	
Sodium Target 2 (mg) (13)	< 935.00	946.38	
Carb (g)		87.08	54.79
TDF (g)		8.02(M)	
Sugars (g)		42.45(M)	26.71
Pro (g)		26.19	16.48
Fe (mg)		3.44(M)	
Ca (mg)		411.19(M)	
A,IU		4,545.10(M)	
VitC (mg)		18.28(M)	
Mois (g)		55.80(M)	
Ash (g)		0.41(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 1.500	[1.500 - 3.000]	
Veg	>= 2.250	[3.500 - 8.125]	
Veg-DG	>= 0.500	2.500	
Veg-RO	>= 0.500	2.500	
Veg-BP	>= 0.500	1.000	
Veg-S	>= 0.500	1.500	
Veg-O	>= 0.250	1.500	
Grains	[5.000 - 5.500]	[5.500 - 6.000](a)	
Non-WGR		0.000	
WGR	>= 100.000 % of	47.500	100.00
Meat/MA	[5.000 - 6.000]	[6.000 - 8.250](a)	
MILK-F	>= 3.000	3.000	
Fruit-J	<= 50.000 % of	0.000	0.00
Grain-D	<= 2.000	0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-V		Pass	

## Legend

PrimeroEdge will flag based on USDA requirements, but your State Agency may issue waivers to allow a Menu Cycle with at least 50% WGR Grains to pass, or for 1% flavored milk to be an acceptable variety. In such instances, as long as you have met the conditions of the waiver, your State Agency will consider you to be in compliance.

(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, 2020 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.

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>ELEM 04.15.19 - Day: 1</b>	245																
<b>Category: Entrees; Choose: 1</b>																	
Bulldog Protein Power Pack w/ Meat & Cheese, MMA, WG, F - LR100274 (1 serv.)	5	522.83	12.89	5.95	0.00	84.75 (M)	705.16	85.39	7.00	53.82	21.60	2.97(M)	190.00 (M)	400.00 (M)	0.00(M)	(M)	(M)
Cheeseburger, ELEM, MMA, WG - LR100004 (1 sandwich)	80	332.91	17.84	7.44	0.99	47.07	582.30	24.98	2.99	1.50	18.35	3.22(M)	65.51 (M)	98.77 (M)	0.00(M)	(M)	(M)
Chicken Tenders w/ Roll, MMA, WG - LR100316 (1 serv.)	95	330.00	16.00	2.50	0.00	25.00	550.00	30.00	5.00	2.00	18.00	2.88	26.00	100.00 (M)	0.00(M)	(M)	(M)
Chunky Monkey Parfait, MMA, WG, F - LR100387 (1 serv.)	15	695.24	29.57	9.25	0.00	2.50	361.87	94.35	8.84(M)	52.93	20.28	4.55(M)	147.90	1287.95 (M)	8.07(M)	45.91 (M)	1.07(M)
Garden Salad w/ Cheese & Dinner Roll, ELEM, MMA, WG, VDG, VRO, VPB, VO - LR100043 (1 serv.)	20	372.77	9.88	4.17	0.00	20.25	759.90	49.97	12.04	8.83(M)	26.90	5.01(M)	1639.19 (M)	15494.99(M)	56.43 (M)	225.48 (M)	1.37(M)
Lunch Yogurt Parfait w/ Mini Fruit Bread, MMA, WG, F - LR100372 (1 serv.)	5	573.20	11.87	2.06	0.00	45.00	295.78	104.28	4.08(M)	58.56 (M)	13.56	0.89(M)	244.70	1041.12	4.26(M)	28.09 (M)	0.31(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	15	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	18.00	2.70	60.00	(M)	(M)	(M)	(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Strawberry, Smucker's, 5150021028, MMA, WGR - SR107999 (1 sandwich)	10	630.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	18.00	2.70	60.00	(M)	(M)	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	
Beans, Vegetarian Beans, Dawn Glo Brand, Veg-BP - SR103448 (1/2 cup servin)	35	120.00	1.00	0.50	0.00	0.00	400.00	21.00	6.00	4.00	7.00	1.80	40.00	0.00	0.00	(M)	(M)
Potato, Ovations Regular Fries, McCain, MCF03762, Veg-S - SR101339 (2 1/2 ounces)	165	113.71	3.62	0.00	0.00	0.00	134.39	17.57	1.03	0.00	2.07	0.37	0.00	0.00	3.72	(M)	(M)
<b>Category: Fruits; Choose: 1</b>																	
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	130	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	0.00	0.00	20.00	0.00	12.00	(M)	(M)

# Menu Cycle Week – Nutrient Analysis

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Bananas, raw - SR105089 (1 medium (7"))	25	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
Peaches, clingstone, canned, diced, packed in extra light syrup [100220, A409] - SR105220 (1/2 c.)	60	53.00	0.13	0.00	0.00	0.00	6.00	13.39	1.30	(M)	0.50	0.38	6.00	340.00	3.81	(M)	(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	180	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	8.00	0.00	260.00	700.00	0.00	(M)	(M)
Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	10	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	15	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container )	25	155.00	2.50	1.50	0.00	15.00	160.00	26.00	0.00	25.00	8.00	0.00	260.00	700.00	0.00	(M)	(M)
<b>Category: Condiments; Choose: 1</b>																	
Dressing, Light Buttermilk Ranch 12g, Cains, 149D - SR106668 (1/2 ounces)	10	33.31	2.89	0.47	0.04	0.67	145.10	1.75	0.06	0.43	0.11	0.02	2.14	0.42	0.01	(M)	(M)
Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	165	10.00	0.00	0.00	0.00	0.00	25.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
<b>ELEM 04.16.19 - Day: 2</b>	245																
<b>Category: Entrees; Choose: 1</b>																	
Bulldog Protein Power Pack w/ Meat & Cheese, MMA, WG, F - LR100274 (1 serv.)	5	522.83	12.89	5.95	0.00	84.75 (M)	705.16	85.39	7.00	53.82	21.60	2.97(M)	190.00 (M)	400.00 (M)	0.00(M)	(M)	(M)
Chef's Salad w/ Croutons & Roll, MMA, WG, VDG, VRO - LR100017 (1 salad)	10	415.47	12.47	3.04	0.00	34.88	1231.65	55.65	9.75	8.31(M)	28.91	4.64(M)	836.83 (M)	14775.50(M)	9.27(M)	176.41 (M)	1.07(M)
Chunky Monkey Parfait, MMA, WG, F - LR100387 (1 serv.)	15	695.24	29.57	9.25	0.00	2.50	361.87	94.35	8.84(M)	52.93	20.28	4.55(M)	147.90	1287.95 (M)	8.07(M)	45.91 (M)	1.07(M)
Hot Dog on Roll, ELEM/MS, MMA, WG - LR100104 (1 sandwich)	100	240.00	11.50	5.00	0.00	30.00	560.00	23.00	2.00	1.00	10.00	2.52	26.00	100.00 (M)	0.00(M)	(M)	(M)

# Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Lunch Yogurt Parfait w/ Mini Fruit Bread, MMA, WG, F - LR100372 (1 serv.)	10	573.20	11.87	2.06	0.00	45.00	295.78	104.28	4.08(M)	58.56 (M)	13.56	0.89(M)	244.70	1041.12	4.26(M)	28.09 (M)	0.31(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	10	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	18.00	2.70	60.00	(M)	(M)	(M)	(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Strawberry, Smucker's, 5150021028, MMA, WGR - SR107999 (1 sandwich)	5	630.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	18.00	2.70	60.00	(M)	(M)	(M)	(M)
Walking Beefy Taco w/ Fixings, ELEM, MMA, WG, VRO, VO - LR100127 (1 serv.)	90	420.46	22.75	8.04	0.00	40.02	694.37	35.13	5.01	3.90	18.76	3.16(M)	51.22 (M)	955.80 (M)	7.17(M)	76.96 (M)	0.35(M)
<b>Category: Vegetables; Choose: 2</b>																	
Baby Carrots, 2.6 oz, VRO - SR106923 (1 pkg.)	85	30.00	0.00	0.00	0.00	0.00	55.00	7.00	2.00	5.00	0.00	0.00	0.00	5000.00	6.00	(M)	(M)
Romaine Salad, VDG, VRO - LR100014 (1 salad)	65	49.76	0.67	0.09	0.00	0.00	37.76	10.34	4.96	4.70	2.76	1.85	70.45	20341.13	14.77	229.60	1.51
<b>Category: Fruits; Choose: 1</b>																	
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	160	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	0.00	0.00	20.00	0.00	12.00	(M)	(M)
Bananas, raw - SR105089 (1 medium (7"))	15	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
Peaches, clingstone, canned, diced, packed in extra light syrup [100220, A409] - SR105220 (1/2 c.)	65	53.00	0.13	0.00	0.00	0.00	6.00	13.39	1.30	(M)	0.50	0.38	6.00	340.00	3.81	(M)	(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	160	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	8.00	0.00	260.00	700.00	0.00	(M)	(M)
Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	10	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	15	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)

# Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container )	35	155.00	2.50	1.50	0.00	15.00	160.00	26.00	0.00	25.00	8.00	0.00	260.00	700.00	0.00	(M)	(M)
<b>Category: Condiments; Choose: 1</b>																	
Dressing, Light Buttermilk Ranch 12g, Cains, 149D - SR106668 (1/2 ounces)	10	33.31	2.89	0.47	0.04	0.67	145.10	1.75	0.06	0.43	0.11	0.02	2.14	0.42	0.01	(M)	(M)
Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	20	10.00	0.00	0.00	0.00	0.00	25.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
<b>ELEM 04.17.19 - Day: 3</b>	245																
<b>Category: Entrees; Choose: 1</b>																	
Bulldog Protein Power Pack w/ Meat & Cheese, MMA, WG, F - LR100274 (1 serv.)	10	522.83	12.89	5.95	0.00	84.75 (M)	705.16	85.39	7.00	53.82	21.60	2.97(M)	190.00 (M)	400.00 (M)	0.00(M)	(M)	(M)
Chunky Monkey Parfait, MMA, WG, F - LR100387 (1 serv.)	15	695.24	29.57	9.25	0.00	2.50	361.87	94.35	8.84(M)	52.93	20.28	4.55(M)	147.90	1287.95 (M)	8.07(M)	45.91 (M)	1.07(M)
Garden Salad w/ Cheese & Dinner Roll, ELEM, MMA, WG, VDG, VRO, VPB, VO - LR100043 (1 serv.)	10	372.77	9.88	4.17	0.00	20.25	759.90	49.97	12.04	8.83(M)	26.90	5.01(M)	1639.19 (M)	15494.9 9(M)	56.43 (M)	225.48 (M)	1.37(M)
Lunch Yogurt Parfait w/ Mini Fruit Bread, MMA, WG, F - LR100372 (1 serv.)	5	573.20	11.87	2.06	0.00	45.00	295.78	104.28	4.08(M)	58.56 (M)	13.56	0.89(M)	244.70	1041.12	4.26(M)	28.09 (M)	0.31(M)
Max Cheese Sticks w/ Marinara ELEM/MS, MMA, WG, VRO - LR100079 (1 serv.)	60	400.00	16.00	5.00	0.00	20.00	1080.00	46.00	6.00	10.00	16.00	1.44	240.00	(M)	(M)	(M)	(M)
Popcorn Chicken w/ Roll & Dips, MMA, WG - LR100431 (1 serv.)	135	349.38	14.00	2.50	0.00	20.00	609.81	39.45	5.00	12.66	17.00	2.88	26.00	178.75 (M)	0.00(M)	(M)	(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	5	600.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	18.00	2.70	60.00	(M)	(M)	(M)	(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Strawberry, Smucker's, 5150021028, MMA, WGR - SR107999 (1 sandwich)	5	630.00	34.00	6.00	0.00	0.00	540.00	64.00	7.00	29.00	18.00	2.70	60.00	(M)	(M)	(M)	(M)
<b>Category: Vegetables; Choose: 2</b>																	

# Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Corn, golden or yellow, whole kernel, cooked from frozen, drained, without salt [100348, A130] - SR105269 (1/2 c.)	100	66.00	0.55	0.08	0.00	0.00	1.00	15.83	2.00	(M)	2.09	0.39	2.00	163.00	2.90	(M)	(M)
Fresh Veggies w/ Dip, VRO, VO - LR100027 (1 serv.)	60	61.35	0.13	0.04	0.00	0.00	573.64	15.98	2.58	5.33(M)	0.67	0.45	36.89	4074.13	31.43	59.73 (M)	0.26(M)
Mashed Potatoes w/ Chicken Gravy, VS - LR100358 (1 serv.)	100	58.33	1.83	0.00	0.00	0.00	330.00	11.67	0.00	0.00	0.70	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)
<b>Category: Fruits; Choose: 1</b>																	
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	145	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	0.00	0.00	20.00	0.00	12.00	(M)	(M)
Bananas, raw - SR105089 (1 medium (7"))	10	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
Fruit, Applesauce, Unsweetened Cups, USDA Foods, 110361, F - SR108833 (1 Container)	85	51.00	0.00	0.00	0.00	0.00	2.00	14.00	1.00	11.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Milk; Choose: 1</b>																	
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container )	165	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	8.00	0.00	260.00	700.00	0.00	(M)	(M)
Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	8	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	15	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container )	25	155.00	2.50	1.50	0.00	15.00	160.00	26.00	0.00	25.00	8.00	0.00	260.00	700.00	0.00	(M)	(M)
<b>Category: Condiments; Choose: 1</b>																	
Dressing, Light Buttermilk Ranch 12g, Cains, 149D - SR106668 (1/2 ounces)	10	33.31	2.89	0.47	0.04	0.67	145.10	1.75	0.06	0.43	0.11	0.02	2.14	0.42	0.01	(M)	(M)
Ketchup, Natural Low Sodium, Made With Sugar, 9 Gram Packets, Red Gold, REDYL9G - SR107010 (1 packet)	120	10.00	0.00	0.00	0.00	0.00	25.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)