

Menu Day – Nutrient Analysis

Menu: HS Holiday Meal 2019
Result: Pass

Meal Pattern: [USDA]Meal Pattern SY 2014+
Meal Type: Lunch
Serving Group: 9-12
Site Group: High School

Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[750.00 - 850.00]	775.60	
Total Fat (g)		16.81	19.51
Sat Fat (g)(1)	< 10.00 % of Calories	3.68	4.28
Trans Fat (g)(2)		0.00	
Chol (mg)		51.52(M)	
Sodium Target 1 (mg) (13)	< 1,420.00	1,419.44	
Sodium Target 2 (mg) (13)	< 1,080.00	1,419.44	
Carb (g)		117.92	60.81
Total Fiber (g)		9.80	
Sugars (g)		30.61(M)	15.79
Added Sugars (g)		0.00(M)	
Protein (g)		33.14	17.09
Iron (mg)		5.12(M)	
Calcium (mg)		353.22(M)	
VitA (IU)		5,421.00(M)	
VitC (mg)		35.50(M)	
VitD (mcg)		0.00(M)	
Potassium (mg)		147.72(M)	
Mois (g)		67.93(M)	
Ash (g)		0.38(M)	

Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 1.000	1.000	
Veg	>= 1.000	[1.000 - 2.375]	
Veg-DG		1.125	
Veg-RO		0.625	
Veg-BP		0.000	
Veg-S		0.500	
Veg-O		0.125	
Grains	>= 2.000	[2.500 - 5.750]	
Non-WGR		2.500	
WGR		16.750	
Meat/MA	>= 2.000	[2.000 - 2.750]	
MILK-F	>= 1.000	1.000	
Fruit-J		0.000	
Grain-D		0.000	
Vegetable-J		0.000	
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.

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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)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
HS Holiday Meal 2019	450																		
Category: Entrees; May Choose: 1																			
Almost Vegetarian Salad, MMA, WG, VDG, VRO, VO - LR100013 (1 salad)	2	466.81	16.14	3.68	0.00	180.13	988.77	60.91	13.77	10.85 (M)	(M)	28.79	6.65	922.62	29823.41 (M)	26.52 (M)	0.00 (M)	942.13 (M)	357.43 (M)
Breaded Chicken Patty on Roll, MS/HS, MMA, WG - LR100113 (1 sandwich)	150	430.00	15.00	2.50	0.00	25.00	880.00	52.00	7.00	2.00	(M)	21.00	4.50	104.00	0.00 (M)	0.00 (M)	(M)	(M)	(M)
Breaded Spicy Chicken Patty on Roll, MS/HS, MMA, WG - LR100112 (1 sandwich)	80	462.75	17.15	3.03	0.00	25.25	824.08	54.17	7.03	2.01	(M)	22.15	5.43	104.00	101.02 (M)	0.00 (M)	(M)	(M)	(M)
Chef's Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO, VO - LR100425 (1 salad)	6	511.99	17.64	3.43	0.00	20.13	1098.93	67.01	15.13	10.39 (M)	(M)	29.79	7.20	899.65	29530.38 (M)	26.49 (M)	0.00 (M)	928.41 (M)	357.76 (M)
Chef's Salad w/ Spicy Popcorn Chicken, MMA, WG, VDG, VRO - LR100424 (1 salad)	4	511.99	17.64	3.43	0.00	20.13 (M)	1168.93	67.01	15.13	10.39 (M)	(M)	29.79	7.20 (M)	899.65 (M)	29530.38 (M)	26.49 (M)	0.00 (M)	928.41 (M)	357.76 (M)
Cobb Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO - LR100426 (1 salad)	6	664.93	31.51	8.89	0.00	219.88	1385.07	65.77	14.77	10.98	(M)	38.24	7.09 (M)	158.65 (M)	29745.86 (M)	15.98 (M)	0.00 (M)	873.36 (M)	335.22 (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	(M)	18.00	2.70	60.00	(M)	(M)	(M)	(M)	(M)
Turkey, White and Dark Meat w/ Gravy, Cooked, Boil in Bag, Jennie-O Foodservice, 2847-28, MMA - SR103211 (4 ounces)	192	130.00	6.00	2.00	0.00	55.00	450.00	2.00	0.00	0.00	(M)	16.00	0.36	0.00	0.00	0.00	(M)	(M)	(M)
Category: Grains; May Choose: 1																			
Bread Stuffing, Monarch, US Foods, NWGR - LR100504 (2 1/3 ounces, dr)	225	240.00	5.00	0.00	0.00	0.00	980.00	40.00	2.00	4.00	(M)	8.00	2.88	40.00	0.00	2.40	(M)	(M)	(M)
Category: Vegetables; May Choose: 2																			
Honey Glazed Carrots, VRO - LR100147 (1 serv.)	125	48.56	0.50	0.10	0.00	0.00	215.63	11.48	2.42	8.80	(M)	0.45	0.42	25.98	12357.44	1.71	0.00 (M)	140.16 (M)	65.93 (M)
Potato Pearls Extra Rich Mashed, Basic American Foods, 81837, VS - LR100503 (1/2 c.)	200	386.37	0.00	0.00	0.00	0.00	110.39	77.27	6.62	0.00	(M)	7.73	1.10	40.84	11.04	35.44	(M)	(M)	(M)

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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)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Category: Fruits; May Choose: 2																			
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	185	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)
Bananas, raw - SR105089 (1 medium (7"))	30	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Tangerines, (mandarin oranges), canned, juice pack - SR105085 (1/2 c.)	120	46.06	0.04	0.00	0.00	0.00	6.22	11.91	0.87	11.04	(M)	0.77	0.34	13.70	1060.74	42.58	0.00	165.59	111.44
Category: Milk; May Choose: 1																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	185	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(M)	(M)
Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)	25	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 Carton)	45	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Strawberry, 1%, Clover Farms, MILK - LR100334 (1 container)	10	155.00	2.50	1.50	0.00	15.00	160.00	26.00	0.00	25.00	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(M)	(M)
Category: Desserts; May Choose: 1																			
Ice Cream, Low Fat Candy Cane, 3 oz Cup, Hershey's, 24682-31667 - SR109344 (1 ea.)	250	70.00	1.00	0.50	0.00	4.99	60.00	14.00	0.00	9.00	(M)	2.00	0.00	100.00	200.00	0.00	(M)	(M)	(M)