

Menu Day – Nutrient Analysis

Generated on: 12/13/2019 11:47:50 AM by Christine Schlosman

Menu: 19.20 MS Winter Lunch Week #4 Thursday
 Result: Pass

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Lunch
 Serving Group: 6-8
 Site Group: Middle School

Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[600.00 - 700.00]	669.80	
Total Fat (g)		22.05	29.63
Sat Fat (g)(1)	< 10.00 % of Calories	5.25	7.05
Trans Fat (g)(2)		0.01(M)	
Chol (mg)		143.10(M)	
Sodium Target 1 (mg) (13)	< 1,360.00	994.33	
Sodium Target 2 (mg) (13)	< 1,035.00	994.33	
Carb (g)		96.18	57.44
Total Fiber (g)		6.41(M)	
Sugars (g)		39.03(M)	23.31
Added Sugars (g)		0.00(M)	
Protein (g)		22.26	13.29
Iron (mg)		3.25(M)	
Calcium (mg)		364.99(M)	
VitA (IU)		3,669.99(M)	
VitC (mg)		18.04(M)	
VitD (mcg)		0.01(M)	
Potassium (mg)		79.95(M)	
Mois (g)		29.43(M)	
Ash (g)		0.22(M)	

Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 0.500	[0.500 - 1.000]	
Veg	>= 0.750	[1.000 - 2.375]	
Veg-DG		1.125	
Veg-RO		1.000	
Veg-BP		0.000	
Veg-S		0.500	
Veg-O		0.125	
Grains	>= 1.000	[2.000 - 3.000]	
Non-WGR		2.000	
WGR		26.750	
Meat/MA	>= 1.000	[1.500 - 3.500]	
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)
19.20 MS Winter Lunch Week #4 Thursday	400																		
Category: Entrees; May Choose: 1																			
Almost Vegetarian Lunchable, MMA, WG, VRO, F - LR100430 (1 serv.)	2	373.16	11.89	3.97	0.04	180.67	679.72	48.72	7.05	15.40	(M)	19.11	1.64	224.14	5730.82 (M)	113.99 (M)	(M)	(M)	(M)
Almost Vegetarian Salad, MMA, WG, VDG, VRO - LR100467 (1 salad)	2	627.44	28.18	5.16	0.00	176.35	1063.77	69.09	15.15	24.04 (M)	(M)	34.73	9.10	922.14	29480.38 (M)	26.49 (M)	0.00(M)	928.41 (M)	357.76 (M)
Assorted Sandwiches, MS, MMA, WG - LR100214 (1 sandwich)	6	342.22	11.24	4.98	0.00	59.03	1140.67	38.41	3.94	3.33	(M)	25.09	2.32(M)	85.61 (M)	20.08 (M)	0.11(M)	0.00(M)	5.64(M)	3.83(M)
Chef's Salad w/ Ham & Cheese, MMA, WG, VDG, VRO - LR100423 (1 salad)	2	433.99	13.14	3.18	0.00	28.13	1155.93	62.01	13.63	10.89 (M)	(M)	27.79	6.30(M)	899.65 (M)	29480.38 (M)	26.49 (M)	0.00(M)	928.41 (M)	357.76 (M)
Chef's Salad w/ Popcorn Chicken, MMA, WG, VDG, VRO, VO - LR100425 (1 salad)	4	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)
Chef's Salad w/ Turkey & Cheese, MMA, WG, VDG, VRO. - LR100432 (1 salad)	4	446.99	11.64	2.43	0.00	30.13	1213.93	61.51	13.63	9.89(M)	(M)	32.29	6.48	899.65	29480.38 (M)	26.49 (M)	0.00(M)	928.41 (M)	357.76 (M)
French Toast Sticks & Egg Patty, ELEM/MS, MMA, WG - LR100512 (1 serv.)	275	372.17	13.52	3.50	0.00(M)	175.00	447.01	52.70	3.00	9.00(M)	(M)	11.00	2.55	54.98	322.00	0.00	(M)	(M)	5.93(M)
Ham & Cheese Lunchable, MMA, WG, VRO, F - LR100429 (1 serv.)	4	390.16	15.89	5.47	0.04	28.67	971.72	47.72	6.05	13.41	(M)	16.11	1.64(M)	192.14 (M)	5430.82 (M)	113.99 (M)	(M)	(M)	(M)
Maple Waffle Chicken Patty Sandwich, MMA, WG - LR100515 (1 sandwich)	65	520.00	25.00	4.50	0.00	30.00	1120.00	52.00	4.00	5.00	0.00(M)	19.00	3.60	40.00	0.00	0.00	0.00(M)	0.00(M)	(M)
Pizza Lunchable, MMA, WG, VRO, F - LR100427 (1 serv.)	6	412.21	9.11	3.30	0.00	38.55	1208.16	59.55	6.00	18.99	(M)	23.27	3.09	220.34	839.27 (M)	141.11 (M)	(M)	(M)	(M)
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	20	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)
Yoplait Yogurt Parfait, MMA, WG, F - LR100460 (1 serv.)	6	481.98	4.94	1.55	0.00	5.00	328.69	101.64	5.90(M)	55.74	(M)	11.39	5.21(M)	303.38 (M)	1850.27 (M)	11.79 (M)	0.52(M)	193.49 (M)	30.32 (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: Vegetables; May Choose: 2																			
Baby Carrots w/ Ranch Dip, VRO - LR100279 (1 serv.)	125	63.16	2.89	0.47	0.04	0.67	199.72	8.72	2.05	5.41	(M)	0.11	0.02	2.14	4980.82	5.99	(M)	(M)	(M)
Potato, Reduced Sodium Tater Tots Shaped, Ore-Ida, 1000002789, Veg-S - SR107909 (8 pieces)	300	90.00	3.50	0.00	0.00	0.00	170.00	14.00	1.00	0.99	(M)	1.00	0.36	0.00	0.00	1.19	(M)	(M)	(M)
Category: Fruits; May Choose: 1																			
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	220	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
Fruit, mixed, canned, packed in extra light syrup - SR104099 (1/2 c.)	60	60.00	0.00	0.00	0.00	0.00	5.00	15.00	1.00	12.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Oranges, raw, all commercial varieties, F - SR105217 (1/2 cup, secti)	20	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	(M)	0.85	0.09	36.00	202.50	47.88	0.00	162.90	78.08
Category: Milk; May Choose: 1																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	200	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)	125	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)	20	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: Condiments; May Choose: 1																			
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	285	10.00	0.00	0.00	0.00	0.00	65.00	2.00	0.00	2.00	(M)	0.00	(M)	0.00	0.00	0.00	(M)	(M)	(M)