

Menu Cycle Week – Nutrient Analysis

Generated on: 10/25/2023 11:34:51 AM by Sarah Ginn

Menu Cycle: ELEM.23.24.WINTER.CYCLE.wk#2
 Week: 1
 Result: Exceeded

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Lunch
 Serving Group: K-5
 Site Group: Elementary

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[550.00 - 650.00]	635.79	
Total Fat (g)		18.64	26.39
Sat Fat (g)(1)	< 10.00 % of Calories	5.95	8.42
Trans Fat (g)(2)		0.01(M)	
Chol (mg)		77.02(M)	
Sodium Target 1 (mg) (1)	<= 1,230.00	784.86	
Sodium Target 1A (mg) (1)	<= 1,110.00	784.86	
Carb (g)		93.68	58.94
Total Fiber (g)		8.92	
Total Sugars (g)		47.29(M)	29.75
Added Sugars (g)		6.97(M)	
Protein (g)		23.80	14.97
Iron (mg)		3.40(M)	
Calcium (mg)		325.27(M)	
VitA (IU)		2,616.24(M)	
VitC (mg)		48.49(M)	
VitD (mcg)		0.76(M)	
Potassium (mg)		570.06(M)	
Mois (g)		57.28(M)	
Ash (g)		0.77(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[8.000 - 10.000]	[10.000 - 13.250](a)	
Grains	[8.000 - 9.000]	[10.000 - 12.750](a)	
Non-WGR		0.000	
WGR	>= 80.000 % of	32.750	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 2.500	[5.000 - 7.500]	
Fruit-J	<= 50.000 % of	0.000	0.00
Veg	>= 3.750	5.750	
Veg-DG	>= 0.500	1.000	
Veg-RO	>= 0.750	1.750	
Veg-BP	>= 0.500	1.000	
Veg-S	>= 0.500	1.000	
Veg-O	>= 0.500	1.000	
Veg-X		0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-F	>= 5.000	5.000	
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.

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)	
ELEM22.23FALLCYCLE.mon.wk#2 :109258 - Day: 1	250																			
Category: Entrees; May Choose: 1																				
Bulldog Protein Power Pack w/ Egg & Cheese, MMA, WG, F - LR100288 (1 serv.)	75	340.00	12.50	6.00	0.00	185.00	385.00	38.00	5.00	7.00	0.00(M)	18.00	2.34	234.00	135.00 (M)	108.00 (M)	0.80(M)	224.00 (M)	(M)	
Individual Pizza, IW, Tony's, WG - LR100713 (1 serv.)	150	310.00	13.00	6.00	0.00	30.00	440.00	31.00	3.00	9.00	0.00(M)	16.00	2.10	280.00	328.00	0.00	0.00	440.00	77.80	
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	25	470.00	24.00	8.50	0.00	20.00	680.00	48.00	6.00	14.00	13.00 (M)	18.00	1.80(M)	73.00 (M)	0.00(M)	0.00(M)	0.00(M)	348.00 (M)	0.00(M)	
Category: Vegetables; May Choose: 2																				
Baby Carrots w/ Ranch Dip, VRO, 0.5C - LR100279 (1 serv.)	100	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)	
Celery Sticks w/ Ranch, VO - LR100280 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Fruits; May Choose: 2																				
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	75	120.00	0.00	0.00	0.00	0.00	30.00	28.00	2.00	36.00	0.00(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Assorted Fresh Fruit, F - LR100026 (1 serv.)	75	59.11	0.17	0.05	0.00(M)	0.00(M)	0.39	14.84	2.08	9.62	(M)	0.71	0.13(M)	13.97 (M)	92.67 (M)	32.38	0.00(M)	195.11 (M)	55.49 (M)	
Peach Cup, 4.4oz, USDA - LR100756 (1 serv.)	75	180.00	0.00	0.00	0.00	0.00	0.00	42.00	4.00	38.00	0.00(M)	2.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Milk; May Choose: 1																				
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	50	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, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	25	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 White, Clover Farms, Skim - LR100725 (1 Carton)	50	83.31	0.00	0.00	0.00	4.63	120.34	12.03	0.00	11.11	(M)	7.41	0.00	277.71	462.86	1.11	(M)	(M)	(M)	
ELEM22.23FALLCYCLE.tue.s.wk#2 :109258 - Day: 2	250																			
Category: Entrees; May Choose: 1																				
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	100	579.57	12.71	3.63	0.00(M)	5.55(M)	576.00	107.56	7.15	53.59	34.66 (M)	15.62	3.09(M)	275.74 (M)	209.69 (M)	2.80(M)	3.34(M)	623.81 (M)	24.10 (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)
Grilled Cheese Sandwich, MMA, WG - LR100360 (1 sandwich)	125	400.00	20.00	10.00	0.00	50.00	980.00	38.00	4.00	4.00	(M)	18.00	2.16(M)	104.00 (M)	0.00(M)	0.00(M)	(M)	(M)	(M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	25	470.00	24.00	8.50	0.00	20.00	680.00	48.00	6.00	14.00	13.00 (M)	18.00	1.80(M)	73.00 (M)	0.00(M)	0.00(M)	0.00(M)	348.00 (M)	0.00(M)
Category: Vegetables; May Choose: 2																			
Chick Peas w/ Salsa, 0.5C WBP, 0.25C VRO - LR100407 (1 serv.)	100	150.00	2.00	0.00	0.00	0.00	280.00	25.00	4.00	6.00	(M)	5.00	2.00(M)	0.00(M)	180.00 (M)	18.00 (M)	0.00(M)	159.80 (M)	(M)
Green Beans, Raw, VO, 0.5C - LR100706 (1/2 c.)	100	20.58	0.10	0.02	0.00	0.00	1.96	3.70	1.27	1.96	(M)	1.37	1.02	21.07	532.63	29.40	0.00	98.00	43.56
Category: Fruits; May Choose: 2																			
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	75	65.66	0.00	0.00	0.00	0.00	4.94	15.11	0.00	13.77	(M)	0.00	0.00	0.00	0.00(M)	13.87	(M)	32.60 (M)	(M)
Assorted Fresh Fruit, F - LR100026 (1 serv.)	75	59.11	0.17	0.05	0.00(M)	0.00(M)	0.39	14.84	2.08	9.62	(M)	0.71	0.13(M)	13.97 (M)	92.67 (M)	32.38	0.00(M)	195.11 (M)	55.49 (M)
Peach Cup, 4.4oz, USDA - LR100756 (1 serv.)	75	180.00	0.00	0.00	0.00	0.00	0.00	42.00	4.00	38.00	0.00(M)	2.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	50	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, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	25	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 White, Clover Farms, Skim - LR100725 (1 Carton)	50	83.31	0.00	0.00	0.00	4.63	120.34	12.03	0.00	11.11	(M)	7.41	0.00	277.71	462.86	1.11	(M)	(M)	(M)
ELEM22.23FALLCYCLE.week#2 :109258 - Day: 3																			
Category: Entrees; May Choose: 1																			
Bulldog Protein Power Pack w/ Egg & Cheese, MMA, WG, F - LR100288 (1 serv.)	75	340.00	12.50	6.00	0.00	185.00	385.00	38.00	5.00	7.00	0.00(M)	18.00	2.34	234.00	135.00 (M)	108.00 (M)	0.80(M)	224.00 (M)	(M)
Chicken Nuggets w/ Garlic Bread Stick, MMA, WG - LR100507 (1 serv.)	150	381.01	16.95	2.57	0.01	25.01	627.67	37.26	3.50	5.25	0.00(M)	20.25	3.58	57.69	0.00(M)	15.00 (M)	0.00(M)	737.55 (M)	(M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	25	470.00	24.00	8.50	0.00	20.00	680.00	48.00	6.00	14.00	13.00 (M)	18.00	1.80(M)	73.00 (M)	0.00(M)	0.00(M)	0.00(M)	348.00 (M)	0.00(M)
Category: Vegetables; 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)
Corn Salad, VS, 0.5C - LR100581 (1 serv.)	100	83.47	2.09	0.30	0.00(M)	0.00	1.84	16.78	2.33	0.61(M)	0.00(M)	2.27	0.47	3.82	442.57	16.84	0.00(M)	41.72 (M)	18.64 (M)
Garlicky Roasted Broccoli, VDG, 0.5C - LR100599 (1 serv.)	100	65.40	3.86	0.36	0.00	0.00	31.93	6.42	2.52	1.65	0.00(M)	2.73	0.71	45.48	602.85	86.32	0.00(M)	305.78 (M)	86.41 (M)
Category: Fruits; May Choose: 2																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	75	120.00	0.00	0.00	0.00	0.00	30.00	28.00	2.00	36.00	0.00(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Assorted Fresh Fruit, F - LR100026 (1 serv.)	75	59.11	0.17	0.05	0.00(M)	0.00(M)	0.39	14.84	2.08	9.62	(M)	0.71	0.13(M)	13.97 (M)	92.67 (M)	32.38	0.00(M)	195.11 (M)	55.49 (M)
Peach Cup, 4.4oz, USDA - LR100756 (1 serv.)	75	180.00	0.00	0.00	0.00	0.00	0.00	42.00	4.00	38.00	0.00(M)	2.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	50	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, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	25	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 White, Clover Farms, Skim - LR100725 (1 Carton)	50	83.31	0.00	0.00	0.00	4.63	120.34	12.03	0.00	11.11	(M)	7.41	0.00	277.71	462.86	1.11	(M)	(M)	(M)
ELEM22.23FALLCYCLE.thurs.wk#2 :109258 - Day: 4	250																		
Category: Entrees; May Choose: 1																			
Assorted Yogurt Parfaits, w/ Pretzel Packs, MMA, WG, F - LR100502 (1 serv.)	100	579.57	12.71	3.63	0.00(M)	5.55(M)	576.00	107.56	7.15	53.59	34.66 (M)	15.62	3.09(M)	275.74 (M)	209.69 (M)	2.80(M)	3.34(M)	623.81 (M)	24.10 (M)
French Toast Sticks & Egg Patty, 2MMA, 2WG - LR100746 (1 serv.)	125	412.17	17.02	4.00	0.00(M)	200.00	562.01	51.70	3.00	9.00(M)	0.00(M)	12.00	2.55	74.98	22.00 (M)	0.00(M)	0.80(M)	0.00(M)	5.93(M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	25	470.00	24.00	8.50	0.00	20.00	680.00	48.00	6.00	14.00	13.00 (M)	18.00	1.80(M)	73.00 (M)	0.00(M)	0.00(M)	0.00(M)	348.00 (M)	0.00(M)
Category: Vegetables; May Choose: 2																			
Grape Tomatoes w/ Ranch Dip, VRO 0.5C - LR100371 (1 serv.)	100	47.05	2.89	0.47	0.04(M)	0.67	148.51	4.81	1.08	2.47	(M)	0.62	0.21	7.24	638.00	9.80	(M)	(M)	0.00(M)
Oven Baked Fries, V-S. 0.5C - LR100642 (1 c.)	100	200.00	7.00	0.00	0.00	0.00	260.00	34.00	2.00	0.00	0.00	4.00	0.72	0.00	0.00	7.20	0.00	519.82	(M)
Category: Fruits; May Choose: 2																			
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	75	65.66	0.00	0.00	0.00	0.00	4.94	15.11	0.00	13.77	(M)	0.00	0.00	0.00	0.00(M)	13.87	(M)	32.60 (M)	(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)
Assorted Fresh Fruit, F - LR100026 (1 serv.)	75	59.11	0.17	0.05	0.00(M)	0.00(M)	0.39	14.84	2.08	9.62	(M)	0.71	0.13(M)	13.97 (M)	92.67 (M)	32.38	0.00(M)	195.11 (M)	55.49 (M)
Peach Cup, 4.4oz, USDA - LR100756 (1 serv.)	75	180.00	0.00	0.00	0.00	0.00	0.00	42.00	4.00	38.00	0.00(M)	2.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	50	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, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	25	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 White, Clover Farms, Skim - LR100725 (1 Carton)	50	83.31	0.00	0.00	0.00	4.63	120.34	12.03	0.00	11.11	(M)	7.41	0.00	277.71	462.86	1.11	(M)	(M)	(M)
ELEM22.23FALLCYCLE.fri. wk#2 :109258 - Day: 5	250																		
Category: Entrees; May Choose: 1																			
Breaded Chicken Patty on Roll, ELEM, MMA, WG - LR100110 (1 sandwich)	150	350.00	13.50	2.50	0.00	25.00	690.00	37.00	5.00	2.00	1.00(M)	18.00	3.44	61.00	0.00(M)	0.00(M)	0.00(M)	320.07 (M)	(M)
Bulldog Protein Power Pack w/ Egg & Cheese, MMA, WG, F - LR100288 (1 serv.)	75	340.00	12.50	6.00	0.00	185.00	385.00	38.00	5.00	7.00	0.00(M)	18.00	2.34	234.00	135.00 (M)	108.00 (M)	0.80(M)	224.00 (M)	(M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	25	470.00	24.00	8.50	0.00	20.00	680.00	48.00	6.00	14.00	13.00 (M)	18.00	1.80(M)	73.00 (M)	0.00(M)	0.00(M)	0.00(M)	348.00 (M)	0.00(M)
Category: Vegetables; May Choose: 2																			
Baked Beans, Low Sodium Bush's Vegetarian - LR100757 (1 serv.)	100	140.00	0.00	0.00	0.00	0.00	370.00	30.00	5.00	12.00	(M)	5.00	1.80	40.00	0.00	0.00	(M)	270.00	(M)
Garden Side Salad, 1C-VDG, 0.5C-VRO - LR100014 (1 salad)	100	108.41	6.58	1.08	0.00(M)	5.00	127.26	12.09	4.92	4.51	(M)	2.61	1.81(M)	68.45 (M)	20278.78(M)	13.40 (M)	0.00(M)	517.01 (M)	187.06 (M)
Category: Fruits; May Choose: 2																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	75	120.00	0.00	0.00	0.00	0.00	30.00	28.00	2.00	36.00	0.00(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Assorted Fresh Fruit, F - LR100026 (1 serv.)	75	59.11	0.17	0.05	0.00(M)	0.00(M)	0.39	14.84	2.08	9.62	(M)	0.71	0.13(M)	13.97 (M)	92.67 (M)	32.38	0.00(M)	195.11 (M)	55.49 (M)
Peach Cup, 4.4oz, USDA - LR100756 (1 serv.)	75	180.00	0.00	0.00	0.00	0.00	0.00	42.00	4.00	38.00	0.00(M)	2.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Milk; 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)	Moisture (g)
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	50	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, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	50	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 White, Clover Farms, Skim - LR100725 (1 Carton)	50	83.31	0.00	0.00	0.00	4.63	120.34	12.03	0.00	11.11	(M)	7.41	0.00	277.71	462.86	1.11	(M)	(M)	(M)