

Menu Cycle Week – Nutrient Analysis

Generated on: 1/31/2024 11:39:52 AM by Sarah Ginn

Menu Cycle: 23.24 MS Spring Breakfast
Week: 1

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

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[400.00 - 550.00]	515.37	
Total Fat (g)		11.70	20.44
Sat Fat (g)(1)	< 10.00 % of Calories	4.59	8.01
Trans Fat (g)(2)		0.00(M)	
Chol (mg)		70.06(M)	
Sodium Target 1 (mg)(1)	<= 600.00	419.17	
Carb (g)		90.53	70.26
Total Fiber (g)		6.99	
Total Sugars (g)		59.52	46.20
Added Sugars (g)		17.10(M)	
Protein (g)		12.97	10.07
Iron (mg)		3.21(M)	
Calcium (mg)		283.99(M)	
VitA (IU)		626.71(M)	
VitC (mg)		9.76(M)	
VitD (mcg)		0.74(M)	
Potassium (mg)		256.75(M)	
Mois (g)		13.87(M)	
Ash (g)		0.11(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		0.000	
Grains	[8.000 - 10.000]	[10.000 - 16.000](ca)	
Non-WGR		0.000	
WGR	>= 80.000 % of	70.000	100.00
Grain-D		0.000	
Fruit	>= 5.000	[5.000 - 5.500]	
Fruit-J	<= 50.000 % of	0.000	0.00
Veg		0.000	
Veg-DG		0.000	
Veg-RO		0.000	
Veg-BP		0.000	
Veg-S		0.000	
Veg-O		0.000	
Veg-X		0.000	
Vegetable-J		0.000	
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.

c Schools may substitute 1 oz. M/MA for Grains after the minimum daily Grains requirement is met.

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)	
22.23 MS Spring Breakfast Mon - Day: 1	200																			
Category: Entrees; May Choose: 1																				
Assorted 2oz Cereal, WG - LR100768 (1 serv.)	20	215.00	3.75	0.38	0.00	0.00	330.00	45.25	4.50	15.25	15.25	4.00	7.47	137.50	625.00	7.50	2.52	100.50	(M)	
Assorted Benefit Bars, WG - LR100453 (1 ea.)	5	276.67	8.00	2.67	0.00	13.33	220.00	46.67	3.33	20.67	19.33	5.00	2.23	26.67	0.00(M)	0.06(M)	0.03	190.00	(M)	
Assorted Muffins, 4 oz, WG - LR100454 (1 serv.)	45	385.83	12.00	4.00	0.00	85.42	260.00	62.17	5.00	33.50	25.00(M)	7.33	2.57	55.83	0.00(M)	0.00(M)	0.40	331.67	(M)	
Assorted Pop Tarts, 2/pk, WG - LR100770 (1 serv.)	5	340.00	5.75	1.88	0.00	0.00	367.50	72.75	5.25	29.25	28.75	4.50	3.80	285.00	0.00(M)	0.00(M)	0.00	125.02	(M)	
Bagel w/ Cream Cheese, WG - LR100089 (1 serv.)	5	195.00	5.00	2.50	0.00	15.00	240.00	29.00	4.00	6.00	5.00(M)	8.00	1.20	30.00	0.00(M)	0.00(M)	0.00(M)	130.00	(M)	
Chocolate Mini Donuts, Bake Crafters, 1929, WG - LR100268 (1 pkg.)	40	320.00	16.00	9.00	0.00	20.00	260.00	42.00	3.00	17.00	(M)	5.00	2.70	40.00	400.00	0.00	(M)	(M)	(M)	
Cinnamon Roll w/ String Cheese, MMA, WG - LR100798 (1 serv.)	60	269.01	11.93	4.95	0.00	19.75	377.53	33.98	4.00	11.99	0.00(M)	9.93	1.44	215.56	2000.00(M)	1.20(M)	0.00(M)	54.32(M)	(M)	
Powdered Sugar Donuts, Bake Crafters, 1931, WG - LR100530 (1 pkg.)	20	310.00	11.00	5.00	0.00	20.00	250.00	52.00	2.00	29.00	(M)	3.00	1.30	40.00	(M)	(M)	(M)	(M)	(M)	
Category: Fruits; May Choose: 2																				
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	50	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.)	50	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.)	50	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)	
Strawberry Cup, Diced, USDA Frozen - LR100728 (1 cup (4.5oz))	50	80.00	0.00	0.00	0.00	0.00	1.00	21.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	
Category: Milk; May Choose: 1																				
Milk, 1% White, Clover Farms -	40	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)	

Menu Cycle Week – Nutrient Analysis

LR100726 (1 Carton)																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	40	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)	40	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)
22.23 MS Spring Breakfast Tues - Day: 2	200																		
Category: Entrees; May Choose: 1																			
Assorted 2oz Cereal w/ Yogurt, MMA, WG - LR100795 (1 serv.)	25	295.00	4.25	0.38	0.00	4.99	395.00	60.25	4.50	24.25	20.25	8.00	7.47	277.50	745.00	7.50(M)	4.83	310.50	(M)
Assorted 2oz Cereal, WG - LR100768 (1 serv.)	15	215.00	3.75	0.38	0.00	0.00	330.00	45.25	4.50	15.25	15.25	4.00	7.47	137.50	625.00	7.50	2.52	100.50	(M)
Assorted Benefit Bars, WG - LR100453 (1 ea.)	10	276.67	8.00	2.67	0.00	13.33	220.00	46.67	3.33	20.67	19.33	5.00	2.23	26.67	0.00(M)	0.06(M)	0.03	190.00	(M)
Assorted Muffins, 4 oz, WG - LR100454 (1 serv.)	90	385.83	12.00	4.00	0.00	85.42	260.00	62.17	5.00	33.50	25.00(M)	7.33	2.57	55.83	0.00(M)	0.00(M)	0.40	331.67	(M)
Assorted Pop Tarts, 2/pk, WG - LR100770 (1 serv.)	45	340.00	5.75	1.88	0.00	0.00	367.50	72.75	5.25	29.25	28.75	4.50	3.80	285.00	0.00(M)	0.00(M)	0.00	125.02	(M)
Bagel w/ Cream Cheese, WG - LR100089 (1 serv.)	15	195.00	5.00	2.50	0.00	15.00	240.00	29.00	4.00	6.00	5.00(M)	8.00	1.20	30.00	0.00(M)	0.00(M)	0.00(M)	130.00	(M)
Category: Fruits; May Choose: 2																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	50	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.)	50	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.)	50	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)
Strawberry Cup, Diced, USDA Frozen - LR100728 (1 cup (4.5oz))	50	80.00	0.00	0.00	0.00	0.00	1.00	21.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Milk, 1% White, Clover Farms - LR100726 (1	40	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)

Menu Cycle Week – Nutrient Analysis

Carton)																			
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	40	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)	40	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)
22.23 MS Spring Breakfast Wed - Day: 3	200																		
Category: Entrees; May Choose: 1																			
Assorted 2oz Cereal, WG - LR100768 (1 serv.)	5	215.00	3.75	0.38	0.00	0.00	330.00	45.25	4.50	15.25	15.25	4.00	7.47	137.50	625.00	7.50	2.52	100.50	(M)
Assorted Benefit Bars, WG - LR100453 (1 ea.)	5	276.67	8.00	2.67	0.00	13.33	220.00	46.67	3.33	20.67	19.33	5.00	2.23	26.67	0.00(M)	0.06(M)	0.03	190.00	(M)
Assorted Muffins, 4 oz, WG - LR100454 (1 serv.)	40	385.83	12.00	4.00	0.00	85.42	260.00	62.17	5.00	33.50	25.00(M)	7.33	2.57	55.83	0.00(M)	0.00(M)	0.40	331.67	(M)
Assorted Pop Tarts, 2/pk, WG - LR100770 (1 serv.)	5	340.00	5.75	1.88	0.00	0.00	367.50	72.75	5.25	29.25	28.75	4.50	3.80	285.00	0.00(M)	0.00(M)	0.00	125.02	(M)
Bagel w/ Cream Cheese, WG - LR100089 (1 serv.)	5	195.00	5.00	2.50	0.00	15.00	240.00	29.00	4.00	6.00	5.00(M)	8.00	1.20	30.00	0.00(M)	0.00(M)	0.00(M)	130.00	(M)
Chocolate Mini Donuts, Bake Crafters, 1929, WG - LR100268 (1 pkg.)	10	320.00	16.00	9.00	0.00	20.00	260.00	42.00	3.00	17.00	(M)	5.00	2.70	40.00	400.00	0.00	(M)	(M)	(M)
Egg & Cheese on Croissant, MMA, WG - LR100796 (1 sandwich)	125	305.00	15.50	7.00	0.00	162.50	550.00	31.00	3.00	6.00	3.00(M)	12.50	2.16	121.50	221.00(M)	0.00(M)	0.00(M)	25.00(M)	(M)
Powdered Sugar Donuts, Bake Crafters, 1931, WG - LR100530 (1 pkg.)	5	310.00	11.00	5.00	0.00	20.00	250.00	52.00	2.00	29.00	(M)	3.00	1.30	40.00	(M)	(M)	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	50	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.)	50	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.)	50	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)
Strawberry Cup, Diced, USDA Frozen -	50	80.00	0.00	0.00	0.00	0.00	1.00	21.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Menu Cycle Week – Nutrient Analysis

LR100728 (1 cup (4.5oz))																			
Category: Milk; May Choose: 1																			
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	40	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)	40	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)	40	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)
22.23 MS Spring Breakfast Thurs - Day: 4	200																		
Category: Entrees; May Choose: 1																			
Assorted 2oz Cereal w/ Yogurt, MMA, WG - LR100795 (1 serv.)	20	295.00	4.25	0.38	0.00	4.99	395.00	60.25	4.50	24.25	20.25	8.00	7.47	277.50	745.00	7.50(M)	4.83	310.50	(M)
Assorted 2oz Cereal, WG - LR100768 (1 serv.)	5	215.00	3.75	0.38	0.00	0.00	330.00	45.25	4.50	15.25	15.25	4.00	7.47	137.50	625.00	7.50	2.52	100.50	(M)
Assorted Benefit Bars, WG - LR100453 (1 ea.)	5	276.67	8.00	2.67	0.00	13.33	220.00	46.67	3.33	20.67	19.33	5.00	2.23	26.67	0.00(M)	0.06(M)	0.03	190.00	(M)
Assorted Muffins, 4 oz, WG - LR100454 (1 serv.)	150	385.83	12.00	4.00	0.00	85.42	260.00	62.17	5.00	33.50	25.00(M)	7.33	2.57	55.83	0.00(M)	0.00(M)	0.40	331.67	(M)
Assorted Pop Tarts, 2/pk, WG - LR100770 (1 serv.)	10	340.00	5.75	1.88	0.00	0.00	367.50	72.75	5.25	29.25	28.75	4.50	3.80	285.00	0.00(M)	0.00(M)	0.00	125.02	(M)
Bagel w/ Cream Cheese, WG - LR100089 (1 serv.)	10	195.00	5.00	2.50	0.00	15.00	240.00	29.00	4.00	6.00	5.00(M)	8.00	1.20	30.00	0.00(M)	0.00(M)	0.00(M)	130.00	(M)
Category: Fruits; May Choose: 2																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	50	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.)	50	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.)	50	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)
Strawberry Cup, Diced, USDA Frozen - LR100728 (1 cup	50	80.00	0.00	0.00	0.00	0.00	1.00	21.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Menu Cycle Week – Nutrient Analysis

(4.5oz)																			
Category: Milk; May Choose: 1																			
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	40	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)	40	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)	40	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)
22.23 MS Spring Breakfast Fri - Day: 5	200																		
Category: Entrees; May Choose: 1																			
Assorted 2oz Cereal w/ String Cheese, MMA, WG - LR100797 (1 serv.)	15	294.01	9.68	4.33	0.00	19.75	527.53	47.23	4.50	16.24	15.25	9.93	7.47	333.06	625.00(M)	7.50(M)	2.52	154.82	(M)
Assorted 2oz Cereal, WG - LR100768 (1 serv.)	10	215.00	3.75	0.38	0.00	0.00	330.00	45.25	4.50	15.25	15.25	4.00	7.47	137.50	625.00	7.50	2.52	100.50	(M)
Assorted Benefit Bars, WG - LR100453 (1 ea.)	5	276.67	8.00	2.67	0.00	13.33	220.00	46.67	3.33	20.67	19.33	5.00	2.23	26.67	0.00(M)	0.06(M)	0.03	190.00	(M)
Assorted Muffins, 4 oz, WG - LR100454 (1 serv.)	125	385.83	12.00	4.00	0.00	85.42	260.00	62.17	5.00	33.50	25.00(M)	7.33	2.57	55.83	0.00(M)	0.00(M)	0.40	331.67	(M)
Assorted Pop Tarts, 2/pk, WG - LR100770 (1 serv.)	5	340.00	5.75	1.88	0.00	0.00	367.50	72.75	5.25	29.25	28.75	4.50	3.80	285.00	0.00(M)	0.00(M)	0.00	125.02	(M)
Bagel w/ Cream Cheese, WG - LR100089 (1 serv.)	5	195.00	5.00	2.50	0.00	15.00	240.00	29.00	4.00	6.00	5.00(M)	8.00	1.20	30.00	0.00(M)	0.00(M)	0.00(M)	130.00	(M)
Create Your Own Parfait, MMA, WG, F - LR100799 (1 serv.)	35	425.00	4.25	0.38	0.00	4.99	395.50	91.75	7.50	51.25	20.25(M)	9.00	7.47(M)	277.50(M)	745.00(M)	7.50(M)	4.83(M)	310.50(M)	(M)
Category: Fruits; May Choose: 2																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	50	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.)	50	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.)	50	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)

Menu Cycle Week – Nutrient Analysis

Strawberry Cup, Diced, USDA Frozen - LR100728 (1 cup (4.5oz))	50	80.00	0.00	0.00	0.00	0.00	1.00	21.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	
Category: Milk; May Choose: 1																			
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	40	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)	40	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)	40	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)