

Menu Cycle Week – Nutrient Analysis

Generated on: 9/14/2021 8:18:48 AM by Tamelia Hinson

Menu Cycle: 2021 Fall Week 1-THT
 Week: 1
 Result: Pass

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Lunch
 Serving Group: K-8
 Site Group: All Grades

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[600.00 - 650.00]	633.77	
Total Fat (g)		16.42	23.32
Sat Fat (g)(1)	< 10.00 % of Calories	4.36	6.20
Trans Fat (g)(2)		0.00(M)	
Chol (mg)		63.11(M)	
Sodium Target 1 (mg) (13)	< 1,230.00	931.75	
Sodium Target 2 (mg) (13)	< 935.00	931.75	
Carb (g)		90.41	57.06
Total Fiber (g)		9.80	
Total Sugars (g)		36.78(M)	23.22
Added Sugars (g)		0.40(M)	
Protein (g)		31.80	20.07
Iron (mg)		4.19(M)	
Calcium (mg)		400.17(M)	
VitA (IU)		6,151.04(M)	
VitC (mg)		39.48(M)	
VitD (mcg)		0.38(M)	
Potassium (mg)		330.10(M)	
Mois (g)		47.28(M)	
Ash (g)		0.34(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[9.000 - 10.000]	10.000	
Grains	[8.000 - 9.000]	9.000	
Non-WGR		0.000	
WGR	>= 50.000 % of	9.000	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 2.500	2.500	
Fruit-J	<= 50.000 % of	0.500	20.00
Veg	>= 3.750	4.750	
Veg-DG	>= 0.500	0.500	
Veg-RO	>= 0.750	1.125	
Veg-BP	>= 0.500	0.750	
Veg-S	>= 0.500	1.500	
Veg-O	>= 0.500	0.875	
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 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)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	
2021 Fall Week 1 Day 1-THT - Day: 1	500																			
Category: Entrees; May Choose: 1																				
Entree, Pasta (Elbow) and Meatballs, MMA, WG, Veg-RO - SR106881 (1 serv.)	500	355.81	11.57	5.40	0.00(M)	37.46	549.00	45.62	5.00	2.50(M)	(M)	20.31	3.04(M)	38.41 (M)	26.40 (M)	0.56(M)	(M)	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																				
Peas, green, cooked from frozen, drained, without salt [100350, A160] - SR100123 (3/4 c.)	500	93.00	0.34	0.06	0.00	0.00	87.00	17.11	6.60	(M)	(M)	6.18	1.90	28.50	2520.00	11.86	(M)	(M)	(M)	(M)
Category: Fruits; May Choose: 1																				
Apple Sauce, Unsweetened, 6/#10, 1/2c, Fruit - SR109198 (1/2 c.)	500	50.00	0.00	0.00	0.00	0.00(M)	15.00	13.00	2.00	11.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Milk; May Choose: 1																				
Milk, Fat Free Chocolate Milk, Half Pint, WAWA, - SR101155 (1 cup servin)	300	130.00	0.00	0.00	0.00	0.00	190.00	24.00	0.00	22.00	(M)	8.00	0.36	300.00	500.00	0.00	(M)	(M)	(M)	(M)
Milk, 1% White, Wawa, MILK - SR101382 (1 Carton)	50	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	250.00	750.00	1.20	3.00	376.00	(M)	(M)
Milk, Strawberry, Fat Free, Wawa, MILK - SR101364 (1 Carton)	150	120.00	0.00	0.00	0.00	5.00	105.00	22.00	0.00	22.00	(M)	8.00	0.00	300.00	500.00	0.00	(M)	(M)	(M)	(M)
2021 Fall Week 1 Day 2-THT - Day: 2	500																			
Category: Entrees; May Choose: 1																				
Chicken, BBQ Baked Chicken, 2 MMA - SR100606 (1 Serving (2))	500	291.17	18.00	5.00	0.00	90.00	798.23	9.27	0.00	8.23	(M)	22.00	1.08	20.00	200.00	2.40	(M)	(M)	(M)	(M)
Category: Grains; May Choose: 1																				
Rice, long grain, brown, cooked, without salt [100499, B545] - SR105141 (1/2 c.)	500	108.00	0.88	0.18	0.00	0.00	5.00	22.39	1.80	(M)	(M)	2.52	0.41	10.00	0.00	0.00	(M)	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																				
Beans, Garbanzo, Low-sodium, Canned, USDA, 100360, VEG-BP - SR109107 (3/4 c.)	500	195.00	3.00	0.00	0.00	0.00	210.00	31.50	6.00	6.00	(M)	7.50	(M)	(M)	(M)	(M)	(M)	(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)	Total 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: 1																				
Juice, Orange Juice, Individual Cups, Frozen, USDA Foods, 110651, F - SR108826 (1 Container)	500	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	(M)	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	
Category: Milk; May Choose: 1																				
Milk, Fat Free Chocolate Milk, Half Pint, WAWA, - SR101155 (1 cup servin)	300	130.00	0.00	0.00	0.00	0.00	190.00	24.00	0.00	22.00	(M)	8.00	0.36	300.00	500.00	0.00	(M)	(M)	(M)	
Milk, 1% White, Wawa, MILK - SR101382 (1 Carton)	50	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	250.00	750.00	1.20	3.00	376.00	(M)	
Milk, Strawberry, Fat Free, Wawa, MILK - SR101364 (1 Carton)	125	120.00	0.00	0.00	0.00	5.00	105.00	22.00	0.00	22.00	(M)	8.00	0.00	300.00	500.00	0.00	(M)	(M)	(M)	
2021 Fall Week 1 Day 3- tht - Day: 3	500																			
Category: Entrees; May Choose: 1																				
Chicken, Nuggets, Breaded, Tyson, 2155-928, MMA, WGR - SR108198 (5 piece)	500	240.00	14.00	2.50	0.00	20.00	470.00	16.00	3.00	1.00	1.00	13.00	2.00	39.00	0.00(M)	0.00(M)	0.00	320.07	(M)	
Category: Grains; May Choose: 1																				
Crackers, Goldfish Snack Cheddar Whole Grain, 0.75 oz, Pepperidge Farm, Campbell's Foodservice, 18105, WGR - SR107248 (1 pouch)	500	100.00	3.50	0.50	0.00	0.00	170.00	14.00	0.99	0.00	0.00	2.00	0.70	20.00	0.00(M)	0.00(M)	0.00	60.16	(M)	
Category: Vegetables; May Choose: 1																				
Corn, Whole Kernel, No Salt Added, Frozen, USDA, 100348, VEG-S - SR109112 (3/4 c.)	500	100.50	1.50	0.00	0.00	0.00	1.50	24.00	3.00	4.50	(M)	3.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	
Category: Fruits; May Choose: 1																				
Peaches, frozen, diced, sweetened - SR105225 (1/2 c.)	500	80.00	0.00	0.00	0.00	0.00	0.00	19.00	1.00	(M)	(M)	1.00	0.36	0.00	300.00	162.00	(M)	(M)	(M)	
Category: Milk; May Choose: 1																				
Milk, Fat Free Chocolate Milk, Half Pint, WAWA, - SR101155 (1 cup servin)	300	130.00	0.00	0.00	0.00	0.00	190.00	24.00	0.00	22.00	(M)	8.00	0.36	300.00	500.00	0.00	(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)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Milk, 1% White, Wawa, MILK - SR101382 (1 Carton)	25	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	250.00	750.00	1.20	3.00	376.00	(M)
Milk, Strawberry, Fat Free, Wawa, MILK - SR101364 (1 Carton)	175	120.00	0.00	0.00	0.00	5.00	105.00	22.00	0.00	22.00	(M)	8.00	0.00	300.00	500.00	0.00	(M)	(M)	(M)
Category: Condiments; May Choose: 1																			
Dressing, Honey Mustard, Cup, 1 fl oz, Ken's, KE0634A1 - SR109197 (1 oz.)	500	131.63	12.15	2.02	0.00	10.13	202.50	4.05	0.00	4.05	(M)	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)
2021 Fall Week 1 Day 4-THT - Day: 4																			
Category: Entrees; May Choose: 1																			
Beef, All Beef Crumbles, Reduced Sodium, Hot Off The Grill, C32000B, MMA - SR107622 (2 1/8 Ounce serv)	500	127.14	6.89	2.66	0.00	31.12	200.01	1.18	0.42	0.32	(M)	14.45	1.71	17.30	1.00	0.00	(M)	218.09	(M)
Category: Grains; May Choose: 1																			
Bread, 4" Club Roll, 55% Whole Wheat, Morabito, 591, WG - SR100420 (1 roll.)	500	170.00	1.50	0.00	0.00	0.00	360.00	32.00	3.00	1.00	(M)	6.00	1.80	78.00	(M)	(M)	(M)	(M)	(M)
Category: Vegetables; May Choose: 1																			
Beans, Green, Canned; fancy 3-4 sv cut, 6/#10 can; as served - SR105107 (3/4 c.)	500	45.00	0.00	0.00	0.00	0.00	210.00	10.50	4.50	4.50	(M)	3.00	1.50	60.00	(M)	(M)	0.00	195.00	(M)
Category: Fruits; May Choose: 1																			
Pears, Diced, Extra Light Syrup, Canned, USDA Foods, 100225, F - SR109120 (1/2 c.)	500	60.00	0.00	0.00	0.00	0.00	5.00	16.00	2.00	12.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Milk, Fat Free Chocolate Milk, Half Pint, WAWA, - SR101155 (1 cup servin)	300	130.00	0.00	0.00	0.00	0.00	190.00	24.00	0.00	22.00	(M)	8.00	0.36	300.00	500.00	0.00	(M)	(M)	(M)
Milk, 1% White, Wawa, MILK - SR101382 (1 Carton)	50	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	250.00	750.00	1.20	3.00	376.00	(M)
Milk, Strawberry, Fat Free, Wawa, MILK - SR101364 (1 Carton)	150	120.00	0.00	0.00	0.00	5.00	105.00	22.00	0.00	22.00	(M)	8.00	0.00	300.00	500.00	0.00	(M)	(M)	(M)
2021 Fall Week 1 Day 5-THT - Day: 5																			

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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)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
Category: Entrees; May Choose: 1																			
Chef Salad with Dinner Roll, MMA, WGR, Veg-DG, RO, O - SR108378 (1 serv.)	500	280.60	7.64	2.83	0.00(M)	114.84	540.75	35.02	6.71	5.42(M)	1.00(M)	17.43	3.93	227.15	20120.29(M)	12.84(M)	0.55(M)	687.98(M)	236.39(M)
Category: Vegetables; May Choose: 1																			
Baby Carrots, 2.6 oz, VRO - SR106923 (1 pkg.)	500	30.00	0.00	0.00	0.00	0.00	55.00	7.00	2.00	5.00	(M)	0.00	0.00	0.00	5000.00	6.00	(M)	(M)	(M)
Category: Fruits; May Choose: 1																			
Apples, canned, unsweetened, sliced, in water, wit - SR102654 (1/2 c.)	500	36.00	0.00	0.00	0.00	0.00	5.00	9.00	0.99	(M)	(M)	0.00	1.44	0.00	0.00	1.20	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Milk, Fat Free Chocolate Milk, Half Pint, WAWA, - SR101155 (1 cup servin)	300	130.00	0.00	0.00	0.00	0.00	190.00	24.00	0.00	22.00	(M)	8.00	0.36	300.00	500.00	0.00	(M)	(M)	(M)
Milk, 1% White, Wawa, MILK - SR101382 (1 Carton)	50	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	250.00	750.00	1.20	3.00	376.00	(M)
Milk, Strawberry, Fat Free, Wawa, MILK - SR101364 (1 Carton)	150	120.00	0.00	0.00	0.00	5.00	105.00	22.00	0.00	22.00	(M)	8.00	0.00	300.00	500.00	0.00	(M)	(M)	(M)