

# Menu Cycle Week – Nutrient Analysis

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Menu Cycle: 2021 fall week 2  
 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]	602.10	
Total Fat (g)		14.69	21.96
Sat Fat (g)(1)	< 10.00 % of Calories	3.87	5.78
Trans Fat (g)(2)		0.41(M)	
Chol (mg)		49.01(M)	
Sodium Target 1 (mg) (13)	< 1,230.00	934.52	
Sodium Target 2 (mg) (13)	< 935.00	934.52	
Carb (g)		87.87	58.37
Total Fiber (g)		10.78(M)	
Total Sugars (g)		39.20(M)	26.05
Added Sugars (g)		0.49(M)	
Protein (g)		31.55	20.96
Iron (mg)		4.11(M)	
Calcium (mg)		446.53(M)	
VitA (IU)		7,856.38(M)	
VitC (mg)		39.26(M)	
VitD (mcg)		0.43(M)	
Potassium (mg)		314.98(M)	
Mois (g)		193.22(M)	
Ash (g)		1.02(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]	8.500	
Non-WGR		0.000	
WGR	>= 50.000 % of	8.500	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 2.500	2.500	
Fruit-J	<= 50.000 % of	0.000	0.00
Veg	>= 3.750	6.375	
Veg-DG	>= 0.500	2.000	
Veg-RO	>= 0.750	1.000	
Veg-BP	>= 0.500	0.750	
Veg-S	>= 0.500	0.750	
Veg-O	>= 0.500	1.875	
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)	
<b>2021 fall week2 day1 - Day: 1</b>	500																			
<b>Category: Entrees; May Choose: 1</b>																				
Hot Dog, on Whole Grain Roll, MMA, WG - SR106891 (1 ea.)	500	260.00	13.50	3.00	0.00	30.00	760.00	26.00	2.00	4.00	(M)	11.00	2.16	40.00	0.00	1.20	(M)	(M)	(M)	
<b>Category: Vegetables; May Choose: 1</b>																				
Beans, Vegetarian Beans in Fancy Sauce, Hanover, Veg-BP - SR108273 (3/4 c.)	500	165.00	0.00	0.00	0.00	0.00	600.00	31.50	9.00	3.00	(M)	10.50	2.70	60.00	0.00	0.00	(M)	(M)	(M)	
<b>Category: Fruits; May Choose: 1</b>																				
Apple Sauce, Unsweetened - SR109282 (1/2 c.)	500	50.00	0.00	0.00	0.00	(M)	10.00	13.00	2.00	9.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																				
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)	
<b>Category: Condiments; May Choose: 1</b>																				
Condiments, Ketchup, 9 gram Single Serve, 1000ct Case, Heinz, 984800 - SR100997 (1 pack (9 gm)	500	10.00	0.00	0.00	0.00	0.00	85.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	100.00	0.00	(M)	(M)	(M)	
<b>2021 fall week 2 day 2 - Day: 2</b>	500																			
<b>Category: Entrees; May Choose: 1</b>																				
Pasta, Ziti w/Meat Sauce, MMA, WG - SR103118 (1 cup servin)	500	363.21	16.68	6.22	1.17	54.43	238.02	34.47	6.36(M)	3.66(M)	1.45(M)	20.75	3.02	43.40 (M)	0.00(M)	0.00(M)	0.00(M)	136.44 (M)	460.00 (M)	
<b>Category: Vegetables; May Choose: 2</b>																				
Broccoli, Broccoli Frozen Boiled, Veg-DG - SR102476 (3/4 cup servin)	500	102.56	5.10	0.95	0.89(M)	0.00	301.00	11.42	6.38	3.13(M)	(M)	6.60	1.30	70.49	2364.26	85.28	0.64(M)	303.06 (M)	193.89 (M)	
Lettuce and Tomato - SR109936 (1 serv.)	500	10.19	0.00	0.00	0.00(M)	0.00	4.16	1.54	0.71	0.62	(M)	0.71	0.51	14.15	957.77	10.99	(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)	
<b>Category: Fruits; May Choose: 1</b>																				
Apples, Sliced Apples w/ Cinnamon, F - SR102471 (1/2 cup servin)	500	56.41	0.00	0.00	0.00(M)	0.00	6.70	14.24	1.08	4.45(M)	(M)	0.01	1.59	3.80	0.00	1.30	0.00(M)	6.10(M)	0.06(M)	
<b>Category: Milk; May Choose: 1</b>																				
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)	
<b>2021 fall week 2 day 3 - Day: 3</b>	500																			
<b>Category: Entrees; May Choose: 1</b>																				
Chicken, Diced, Cooked, Frozen, USDA Foods, 100101, MMA - SR109225 (2 ounces)	500	72.00	2.00	0.00	0.00	42.00	56.00	0.00	0.00	0.00	(M)	12.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	
<b>Category: Grains; May Choose: 1</b>																				
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)	
<b>Category: Vegetables; May Choose: 2</b>																				
Vegetables, Onions and Green Peppers, Cooked, Veg- - SR102246 (1 cup servin)	500	32.20	0.14	0.05	0.00	0.00	3.68	7.50	1.76	3.54	(M)	1.03	0.28	17.82	171.35	41.24	0.00	164.45	94.43	
Whole kernel Corn - Unsalted - SR109289 (3/4 c.)	500	105.00	1.50	0.00	0.00	0.00	7.50	19.50	3.00	4.50	(M)	1.50	0.54	30.00	0.00	0.00	(M)	(M)	(M)	
<b>Category: Fruits; May Choose: 1</b>																				
Peaches, Diced, Extra Light Syrup, Canned - SR109630 (1/2 c.)	500	59.99	0.00	0.00	0.00	0.00	4.99	14.00	0.99	12.99	(M)	0.00	0.00	0.00	299.99	1.20	(M)	(M)	(M)	
<b>Category: Milk; May Choose: 1</b>																				
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)	

# 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, 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)
<b>Category: Condiments; May Choose: 1</b>																			
Potato Chips, Lays Original .875 oz - SR109474 (1 pkg.)	500	110.00	3.00	0.00	0.00	0.00	140.00	19.00	1.00	2.00	1.00	2.00	0.20	0.00	(M)	(M)	0.00	200.22	(M)
<b>2021 fall week 2 day 4 - Day: 4</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Chicken Salad with 2 Bread Stick, MMA, WGR, Veg-DG, RO, O - SR108391 (1 serv.)	500	348.95	9.87	3.99	0.00	55.12	682.64	42.51	8.71	8.14(M)	(M)	24.82	3.24	306.33	20084.04	19.80	0.00(M)	576.58 (M)	217.73 (M)
<b>Category: Fruits; May Choose: 1</b>																			
Diced Pears Lite-Del Monte - SR109255 (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	0.00	0.00	0.00	1.20	(M)	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																			
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)
<b>Category: Condiments; May Choose: 1</b>																			
Condiment, Dressing, Lite Ranch, 100/1 oz., Portion Pack, Litehouse, 14856 - SR108724 (30 grams)	500	90.00	6.00	1.00	0.00	5.00	140.00	8.00	0.00	3.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
<b>2021 fall week 2 day 5 - Day: 5</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Chicken, Stir Fry wiith Brown Rice, MMA, Veg-DG, V - SR100051 (3/4 c.)	500	198.99	8.63	1.47	(M)	45.99	196.98	11.12	2.90	(M)	(M)	19.29	1.24	43.99	11927.98	29.29	(M)	(M)	(M)
<b>Category: Vegetables; May Choose: 1</b>																			
Green Beans, Frozen, Boiled, Veg-O - SR102271 (3/4 c.)	500	66.00	4.29	1.92	0.00(M)	0.00	280.92	6.53	3.00	0.00(M)	(M)	1.52	0.89	49.64	751.50	4.20	0.00(M)	0.05(M)	0.00(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)	Moisture (g)	
<b>Category: Fruits; May Choose: 1</b>																				
Mixed Fruit, Extra Light Syrup, Canned, USDA, 100212, F - SR109113 (1/2 c.)	500	60.00	0.00	0.00	0.00	0.00	10.00	17.00	0.00	14.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																				
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)	