

# Menu Cycle Week – Nutrient Analysis

Menu Cycle: 2021 fall week 3  
 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]	635.18	
Total Fat (g)		17.26	24.46
Sat Fat (g)(1)	< 10.00 % of Calories	5.52	7.82
Trans Fat (g)(2)		0.28(M)	
Chol (mg)		57.86(M)	
Sodium Target 1 (mg) (13)	< 1,230.00	933.29	
Sodium Target 2 (mg) (13)	< 935.00	933.29	
Carb (g)		89.13	56.13
Total Fiber (g)		8.82	
Total Sugars (g)		39.49(M)	24.87
Added Sugars (g)		0.20(M)	
Protein (g)		34.41	21.67
Iron (mg)		4.37(M)	
Calcium (mg)		498.34(M)	
VitA (IU)		6,372.63(M)	
VitC (mg)		24.87(M)	
VitD (mcg)		0.43(M)	
Potassium (mg)		256.02(M)	
Mois (g)		86.62(M)	
Ash (g)		1.11(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	0.000	0.00
Veg	>= 3.750	3.875	
Veg-DG	>= 0.500	0.750	
Veg-RO	>= 0.750	0.750	
Veg-BP	>= 0.500	0.750	
Veg-S	>= 0.500	0.750	
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)	Mois (g)	
<b>2021 fall week 3 day 1 - Day: 1</b>	500																			
<b>Category: Entrees; May Choose: 1</b>																				
Sandwich, Chicken Salad, MMA, WG, Veg-O - SR104790 (1 sandwich)	500	351.77	12.98	2.77	0.00(M)	60.27	599.23	36.08	3.54	5.11(M)	(M)	22.83	2.73	86.94	335.40 (M)	1.06(M)	0.00(M)	63.74 (M)	37.39 (M)	
<b>Category: Vegetables; May Choose: 1</b>																				
Carrots, frozen, cooked, boiled, drained, without salt - SR106422 (3/4 cup, slice)	500	40.52	0.74	0.13	0.00	0.00	64.61	8.46	3.61	4.47	(M)	0.64	0.58	38.33	18536.16	2.52	0.00	210.24	98.90	
<b>Category: Fruits; May Choose: 1</b>																				
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)	(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 3 day 2 - Day: 2</b>	500																			
<b>Category: Entrees; May Choose: 1</b>																				
Tacos, Chicken, MMA, WGR - SR106986 (2 ea.)	500	384.69	15.40	7.46	0.01	80.04	665.73	32.20	2.27	2.22(M)	(M)	28.49	2.03	329.95	384.79	0.00	0.00(M)	247.77 (M)	50.40 (M)	
<b>Category: Vegetables; May Choose: 1</b>																				
Corn, golden or yellow, whole kernel, cooked from frozen, drained, without salt [100348, A130] - SR105269 (3/4 c.)	500	99.00	0.82	0.12	0.00	0.00	1.50	23.74	3.00	(M)	(M)	3.14	0.59	3.00	244.50	4.35	(M)	(M)	(M)	
<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>																				

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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, 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 3 day 3 - Day: 3</b>	500																		
<b>Category: Entrees; May Choose: 1</b>																			
Pizza, Cheese Garlic Pizza, French Bread, 6", 4.29 oz., Tony's, Schwan's, Inc. 78359, MMA, WG - SR104979 (1 portion)	500	320.00	15.00	6.00	0.00	25.00	580.00	30.00	0.00	3.00	1.00	18.00	2.70	250.00	500.00	4.80	0.00	200.00	(M)
<b>Category: Vegetables; May Choose: 1</b>																			
Vegetables, Mixed Vegetables, Frozen, Veg-O - SR105384 (3/4 c.)	500	128.15	2.76	0.52	0.51(M)	0.00	312.84	21.83	5.10	1.50(M)	(M)	5.06	1.24	35.98	5987.49	15.09	0.00(M)	4.48(M)	28.99(M)
<b>Category: Fruits; May Choose: 1</b>																			
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)
<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 3 day 4 - Day: 4</b>	500																		
<b>Category: Entrees; May Choose: 1</b>																			
Hamburger with Bun, MMA, WGR - SR108374 (1 ea.)	500	264.32	8.04	2.51	0.00	49.00	327.34	26.92	2.30	4.56(M)	(M)	21.24	3.23	112.73	522.04	3.18	0.00(M)	56.71(M)	23.46(M)
<b>Category: Vegetables; May Choose: 1</b>																			

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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)
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)
<b>Category: Fruits; May Choose: 1</b>																			
Peaches, Irregular Sliced Yellow Clingstone, Extra Lite Sucrose, 1/2 cup, F - SR108106 (1/2 c.)	500	60.00	0.00	0.00	0.00	0.00	0.00	16.00	1.00	15.00	(M)	1.00	0.00	1.00	8.00	5.00	(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, Real Mayonnaise, SS Packet, Hellmanns - SR100289 (1 serving pa)	250	70.00	8.00	1.50	0.00	4.99	70.00	0.00	0.00	0.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Condiments, Ketchup, 9 gram Single Serve, 1000ct Case, Heinz, 984800 - SR100997 (1 pack (9 gm)	250	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 3 day 5 - Day: 5</b>																			
<b>Category: Entrees; May Choose: 1</b>																			
Chicken, 8 Piece, Cut Up, 1 breast, 1 thigh, 1 drum & wing combination, Gold Kist, 7812, MMA, WGR - SR108099 (1 3 Ounce (b)	500	260.00	17.00	4.00	0.00	60.00	570.00	10.00	1.00	0.00	(M)	16.00	1.80	20.00	100.00	1.20	(M)	(M)	(M)
<b>Category: Vegetables; May Choose: 1</b>																			
Beans, baked, vegetarian, canned dry beans, low sodium (pea [navy] or white; baked in a meatless, mildly seasoned tomato sauce) [100364, A091] - SR105095 (3/4 c.)	500	178.50	0.70	0.13	0.00	0.00	210.01	40.27	7.79	(M)	(M)	9.05	2.27	64.50	205.49	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)	Moisture (g)
<b>Category: Fruits; May Choose: 1</b>																			
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)
<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: Desserts; May Choose: 1</b>																			
Pudding, Chocolate 3.5 oz Cup, Snack Pack, ConAgra Foods, 27000-55418 - SR102161 (1 cup servin)	500	110.00	2.50	1.50	0.00	0.00	135.00	20.00	1.00	14.00	(M)	0.00	0.72	0.00	(M)	(M)	(M)	(M)	(M)