

Menu Cycle Week – Nutrient Analysis

Generated on: 9/14/2021 8:21:34 AM by Tamelia Hinson

Menu Cycle: 2021 fall week 4
 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]	602.55	
Total Fat (g)		15.82	23.63
Sat Fat (g)(1)	< 10.00 % of Calories	3.85	5.75
Trans Fat (g)(2)		0.43(M)	
Chol (mg)		56.86(M)	
Sodium Target 1 (mg) (13)	< 1,230.00	864.09	
Sodium Target 2 (mg) (13)	< 935.00	864.09	
Carb (g)		85.53	56.78
Total Fiber (g)		7.78(M)	
Total Sugars (g)		45.03(M)	29.89
Added Sugars (g)		0.20(M)	
Protein (g)		31.50	20.91
Iron (mg)		3.08(M)	
Calcium (mg)		400.96(M)	
VitA (IU)		5,730.75(M)	
VitC (mg)		20.76(M)	
VitD (mcg)		0.30(M)	
Potassium (mg)		418.17(M)	
Mois (g)		73.63(M)	
Ash (g)		0.85(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	5.000	
Veg-DG	>= 0.500	1.000	
Veg-RO	>= 0.750	1.625	
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)
2021 fall week 4 day 1 - Day: 1	500																		
Category: Entrees; May Choose: 1																			
Beef, Cooked Ground Beef, MMA - SR103270 (2 ounces)	500	178.40	12.90	4.30	2.15(M)	55.86	148.68	0.52	0.12	0.12	(M)	15.12	0.07(M)	3.63(M)	8.40(M)	0.27(M)	0.00(M)	10.37(M)	9.52(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: 2																			
Sauce, Tomato Sauce, Veg-RO - SR104164 (1/2 c.)	500	40.65	0.52	0.07	0.00(M)	0.00	248.92	7.29	0.41	4.80	(M)	2.25	0.30	15.14	327.85(M)	2.32(M)	0.00(M)	255.54(M)	5.95(M)
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)
Category: Fruits; May Choose: 1																			
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)
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 week 4 day 2 - Day: 2	500																		
Category: Entrees; May Choose: 1																			
Chicken, Golden Crispy Whole Grain Chicken Chunk, Tyson Foods, Inc., 70364-928, MMA, WGR - SR106559 (5 pcs.)	500	262.50	15.00	2.50	0.00	25.00	400.00	16.25	2.50	1.25	0.00	16.25	2.50	37.50	0.00(M)	0.00(M)	0.00	737.50	(M)
Category: Vegetables; May Choose: 1																			

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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)
Broccoli, frozen, chopped, cooked, boiled, drained, without salt - SR105146 (3/4 c.)	500	38.64	0.17	0.03	0.00	0.00	15.18	7.38	4.14	2.03	(M)	4.28	0.84	45.54	1395.18	55.34	0.00	195.96	125.19
Category: Fruits; May Choose: 1																			
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)
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)
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 week 4 day 3 - Day: 3																			
Category: Entrees; May Choose: 1																			
Crunchy Hawaiian Chicken Wrap, USDA, F-12r, 9-12, WG, MMA, Veg-DG, Veg-RO, Veg-O - SR108435 (1 ea.)	500	339.80	8.55	2.61	0.01(M)	56.29	383.59	45.00	5.03	12.38 (M)	1.00(M)	24.66	3.39	117.08	4339.40 (M)	29.18 (M)	0.00(M)	436.07 (M)	69.61 (M)
Category: Vegetables; May Choose: 1																			
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)
Category: Fruits; May Choose: 1																			
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)
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)	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 week 4 day 4 - Day: 4	500																		
Category: Entrees; May Choose: 1																			
Unseasoned Chicken Strips, Cooked, Frozen, USDA, 110462 - SR107995 (3 ounces)	500	150.00	8.00	2.00	0.00	76.00	346.00	6.00	0.00	0.00	(M)	14.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Grains; May Choose: 1																			
Grain, Rice Brown, Cooked, WG - SR101627 (3/4 c.)	500	74.31	1.47	0.40	0.00	0.00	221.71	14.03	0.78	0.00	(M)	1.56	0.14	1.20	40.20	0.00	0.00(M)	0.40(M)	35.52 (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)
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)
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)
Category: Condiments; May Choose: 1																			
Sauce, Sweet and Sour, Kikkoman, 41390-04902 - SR101545 (2 Tbsp.)	500	35.00	0.00	0.00	(M)	(M)	190.00	9.00	(M)	7.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
2021 week 4 day 5 - Day: 5	500																		
Category: Entrees; May Choose: 1																			

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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)
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)
Category: Vegetables; May Choose: 1																			
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
Category: Fruits; May Choose: 1																			
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)
Category: Milk; May Choose: 1																			
Milk, Fat Free Chocolate Milk, Half Pint, WAWA, - SR101155 (1 cup servin)	350	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)	100	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																			
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)