

Menu Cycle Week – Nutrient Analysis

Generated on: 8/30/2022 9:10:26 AM b

Menu Cycle: Elementary Lunch Week 3 Elementary Schools
 Week: 1
 Result: Pass

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Lunch
 Serving Group: K-5
 Site Group: Elementary School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[550.00 - 650.00]	591.98	
Total Fat (g)		18.97	28.83
Sat Fat (g)(1)	< 10.00 % of Calories	5.35	8.13
Trans Fat (g)(2)		0.00(M)	
Chol (mg)		45.53	
Sodium Target 1 (mg)(13)	< 1,230.00	926.46	
Sodium Target 2 (mg)(13)	< 935.00	926.46	
Carb (g)		77.33	52.25
Total Fiber (g)		6.97	
Total Sugars (g)		33.55(M)	22.67
Added Sugars (g)		1.70(M)	
Protein (g)		31.42	21.23
Iron (mg)		3.63(M)	
Calcium (mg)		371.50(M)	
VitA (IU)		2,221.57(M)	
VitC (mg)		25.21(M)	
VitD (mcg)		0.11(M)	
Potassium (mg)		766.93(M)	
Mois (g)		44.56(M)	
Ash (g)		0.37(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[8.000 - 10.000]	[10.000 - 13.000](a)	
Grains	[8.000 - 9.000]	[10.000 - 12.250](a)	
Non-WGR		1.000	
WGR	>= 50.000 % of	41.250	97.63
Grain-D	<= 2.000	0.000	
Fruit	>= 2.500	[5.000 - 5.500]	
Fruit-J	<= 50.000 % of	2.500	45.45
Veg	>= 3.750	[4.875 - 8.125]	
Veg-DG	>= 0.500	2.000	
Veg-RO	>= 0.750	1.875	
Veg-BP	>= 0.500	0.625	
Veg-S	>= 0.500	1.875	
Veg-O	>= 0.500	2.250	
Veg-X		0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-F	>= 5.000	5.000	
MILK-V		Pass	

Legend

PrimerEdge 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.

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

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)
Week 3 Monday Elementary Schedule - Day 1	300																	
Category: Entrees; May Choose: 1																		
Chicken Nuggets and Garlic <small>LR100237 (1 ea.)</small>	210	397.19	15.41	3.23	0.00	30.00	601.49	40.54	5.95	1.97	0.00(M)	24.93	2.48	29.22	0.00(M)	0.00(M)	0.00	990.88
Elementary PB&J - <small>LR100001 (1 ea.)</small>	5	470.57	23.04	6.12	0.00	10.00	660.82	48.17	5.14	15.44	13.40	18.30	1.74	262.59	400.00(M)	0.00(M)	0.00	405.81
Ham and cheese sandwich - <small>LR100204 (1 ea.)</small>	50	305.65	9.02	2.50	0.00	62.77	1330.11	27.01	2.00	6.51	(M)	29.62	2.44(M)	100.00(M)	0.00(M)	0.00(M)	(M)	(M)
Yogurt and Fruit Parfait - <small>LR100021 (1 ea.)</small>	35	509.84	8.42	0.67	0.00	6.66	257.87	99.25	6.21	56.71	22.68(M)	13.00	1.74(M)	287.15(M)	244.01(M)	25.18(M)	4.00(M)	382.89(M)
Category: Vegetables; May Choose: 2																		
Celery Sticks - <small>MCR100052 (1/2 ea.)</small>	125	8.40	0.10	0.03	0.00	0.00	48.00	1.78	0.96	0.80	(M)	0.41	0.12	24.00	269.40	1.86	0.00	156.00
Potatoes, Smiley or Cosmic <small>Fries, Veg. C. - <small>CR100055 (1 ea.)</small></small>	200	125.86	4.36	0.48	0.00	0.00	174.27	19.36	1.94	0.00	0.00	1.94	0.39	9.68	0.00(M)	0.00(M)	0.00	242.08
Category: Fruits; May Choose: 2																		
Fruit, Pears, Halves, Extra <small>Light Cream Canned</small>	125	60.00	0.00	0.00	0.00	0.00	10.00	16.00	2.00	12.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Juice - <small>LR100023 (1 ea.)</small>	200	17.69	0.00	0.00	0.00	0.00	2.92	4.37	0.00	4.08	(M)	0.00	0.00	0.00	0.00	10.35	(M)	(M)
Category: Milk; May Choose: 1																		
Milk, 1% Chocolate, <small>Schmids - <small>CR100446 (1 ea.)</small></small>	185	140.00	2.50	1.50	0.00	10.00	120.00	25.00	0.00	23.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, 1% Lowfat, <small>Schmids - <small>CR100446 (1 ea.)</small></small>	50	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Category: Condiments; May Choose: 2																		
Condiment, Ketchup, <small>Tomato Based - <small>CR100446 (1 ea.)</small></small>	50	15.00	0.00	0.00	0.00	0.00	190.00	4.00	0.00	4.00	(M)	0.00	0.00	0.00	100.00	0.00	(M)	(M)
Dressing, Italian Low Cal, <small>Using - <small>MCR100048 (1 ea.)</small></small>	20	2.50	0.00	0.00	0.00	0.00	45.00	0.63	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Ranch Dispenser <small>Using - <small>MCR100048 (1 ea.)</small></small>	50	160.00	17.00	3.00	0.00	10.00	240.00	1.00	0.00	1.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard, Yellow, Dispenser <small>Using - <small>CR100000 (1 ea.)</small></small>	20	0.00	0.00	0.00	0.00	0.00	60.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Week 3 Tuesday Elementary Schedule - Day 2	300																	
Category: Entrees; May Choose: 1																		
Chicken Nuggets and Corn <small>Muffin - <small>LR100210 (1 ea.)</small></small>	150	390.00	15.50	2.75	0.00	45.00	495.00	38.00	3.00	9.00	9.00	24.00	2.50	34.50	0.00(M)	0.00(M)	0.00	929.77
Elementary and middle salad and cookie - <small>Elementary PB&J - <small>LR100001 (1 ea.)</small></small>	5	475.21	13.03	3.01	0.00	45.00	680.53	63.90	9.38	21.63	0.00(M)	26.11	5.37	112.69	4558.62(M)	15.22(M)	0.10(M)	659.22(M)
Elementary PB&J - <small>LR100001 (1 ea.)</small>	5	470.57	23.04	6.12	0.00	10.00	660.82	48.17	5.14	15.44	13.40	18.30	1.74	262.59	400.00(M)	0.00(M)	0.00	405.81
High school soft taco - <small>LR100089 (1 tacos)</small>	140	216.56	10.88	5.38	0.00	28.52	367.82	16.69	2.55	0.55	0.00(M)	11.54	1.99	148.24	219.30(M)	0.00(M)	0.00(M)	116.20(M)
Category: Vegetables; May Choose: 2																		
Broccoli, raw - <small>MCR100054 (1/2 ea.)</small>	200	10.79	0.12	0.00	0.00	0.00	19.19	1.92	0.72	0.48	(M)	0.96	0.26	14.39	71.96	31.66	(M)	(M)
Potatoes, Baby Bakers, JR <small>Simple - <small>CR100048 (1 ea.)</small></small>	150	100.00	2.00	0.00	0.00	0.00	180.00	17.00	1.00	0.00	0.00	3.00	0.80	0.00	0.00	0.00	0.00	259.91
Category: Fruits; May Choose: 2																		
Juice - <small>LR100023 (1 ea.)</small>	200	17.69	0.00	0.00	0.00	0.00	2.92	4.37	0.00	4.08	(M)	0.00	0.00	0.00	0.00	10.35	(M)	(M)
Strawberries, Diced, Cups, <small>Frozen - <small>UCBA - <small>100256 (1 ea.)</small></small></small>	150	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% Chocolate, <small>Schmids - <small>CR100446 (1 ea.)</small></small>	185	140.00	2.50	1.50	0.00	10.00	120.00	25.00	0.00	23.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)

Menu Cycle Week – Nutrient Analysis

Milk, 1% Lowfat, Subsidized - MILK	60	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Category: Condiments; May Choose:																		
Condiment, Ketchup, Tomato - 23%	50	15.00	0.00	0.00	0.00	0.00	190.00	4.00	0.00	4.00	(M)	0.00	0.00	0.00	100.00	0.00	(M)	(M)
Dressing, Ranch Dispenser	100	160.00	17.00	3.00	0.00	10.00	240.00	1.00	0.00	1.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard, Yellow, Dispenser	10	0.00	0.00	0.00	0.00	0.00	60.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Week 3 Wednesday	300																	
Elementary Schools - Day 2																		
Category: Entrees; May Choose: 1																		
Bosco Sticks Elementary	95	373.39	13.14	5.00	0.00	30.00	691.61	42.39	6.10	8.29	0.00(M)	22.10	3.67	441.94	1029.03	25.16	(M)	(M)
Chicken Nuggets and WG	160	440.81	17.53	4.26	0.00	35.02	540.55	46.13	6.01	15.06	0.00(M)	24.01	3.61	43.62	0.00(M)	0.00(M)	0.10	1045.4
Elementary PB&J -	5	470.57	23.04	6.12	0.00	10.00	660.82	48.17	5.14	15.44	13.40	18.30	1.74	262.59	400.00(M)	0.00(M)	0.00	405.81
Ham and cheese sandwich -	40	305.65	9.02	2.50	0.00	62.77	1330.11	27.01	2.00	6.51	(M)	29.62	2.44(M)	100.00(M)	0.00(M)	0.00(M)	(M)	(M)
Category: Vegetables; May Choose: 2																		
Cucumber, with peel, raw -	125	7.80	0.06	0.02	0.00	0.00	1.04	1.89	0.26	0.87	(M)	0.34	0.15	8.32	54.60	1.46	0.00	76.44
Peas, green, cooked from	100	62.00	0.22	0.04	0.00	0.00	58.00	11.41	4.40	(M)	(M)	4.12	1.26	19.00	1680.00	7.90	(M)	(M)
Category: Fruits; May Choose: 2																		
Apple slices and caramel -	100	32.83	0.05	0.01	0.00	0.00	9.67	8.25	0.70	3.50(M)	(M)	0.24	0.03	8.17	15.50	1.30	(M)	(M)
Apples, Slices, 2 oz. bags,	50	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	(M)	0.00	0.00	20.00	0.00	12.00	(M)	(M)
Juice - LR100023 (1 ea.)	200	17.69	0.00	0.00	0.00	0.00	2.92	4.37	0.00	4.08	(M)	0.00	0.00	0.00	0.00	10.35	(M)	(M)
Category: Milk; May Choose: 1																		
Milk, 1% Chocolate, Subsidized -	185	140.00	2.50	1.50	0.00	10.00	120.00	25.00	0.00	23.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, 1% Lowfat, Subsidized - MILK	65	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Category: Condiments; May Choose:																		
Condiment, Ketchup, Tomato - 23%	50	15.00	0.00	0.00	0.00	0.00	190.00	4.00	0.00	4.00	(M)	0.00	0.00	0.00	100.00	0.00	(M)	(M)
Dressing, Low Fat Ranch	50	50.00	2.50	0.50	0.00	0.00	320.00	8.00	1.00	5.00	(M)	0.00	0.00	20.00	0.00	1.20	(M)	(M)
Mustard, Yellow, Dispenser	5	0.00	0.00	0.00	0.00	0.00	60.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Week 3 Thursday	300																	
Elementary Schools - Day 4																		
Category: Entrees; May Choose: 1																		
Chicken Nuggets and Cheez	165	340.00	14.00	3.25	0.00	34.99	555.00	29.00	4.00	0.00	0.00	23.00	5.50	113.50	500.00	0.00	0.00(M)	884.77
Elementary and middle	25	475.21	13.03	3.01	0.00	45.00	680.53	63.90	9.38	21.63	0.00(M)	26.11	5.37	112.69	4558.62(M)	15.22(M)	0.10(M)	659.22
Elementary PB&J -	10	470.57	23.04	6.12	0.00	10.00	660.82	48.17	5.14	15.44	13.40	18.30	1.74	262.59	400.00(M)	0.00(M)	0.00	405.81
Ham and Cheese on Pretzel	100	358.57	8.16	2.89	0.00	57.04	1111.42	41.25	3.00	7.91	(M)	31.56	2.82	119.64	0.00(M)	0.00	0.00(M)	138.88
Category: Vegetables; May Choose: 2																		
Corn, golden or yellow, whole kernel, cooked from	100	66.00	0.55	0.08	0.00	0.00	1.00	15.83	2.00	(M)	(M)	2.09	0.39	2.00	163.00	2.90	(M)	(M)
Cowboy Caviar w/chips -	25	37.94	0.24	0.05	0.00(M)	0.00	316.46	6.93	1.27	2.18(M)	(M)	1.58	0.61	16.31	212.18(M)	12.94(M)	0.00(M)	103.44
Spinach Salad side -	100	16.14	0.12	0.02	0.00(M)	0.00	26.10	3.14	1.34	1.50	(M)	1.20	0.94	33.12	3240.95	15.00	0.00(M)	167.40
Category: Fruits; May Choose: 2																		

Menu Cycle Week – Nutrient Analysis

Bananas, raw - SR105089 (1 medium (70))	200	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44
Juice - LR100023 (1 ea.)	200	17.69	0.00	0.00	0.00	0.00	2.92	4.37	0.00	4.08	(M)	0.00	0.00	0.00	0.00	10.35	(M)	(M)
Category: Milk; May Choose: 1																		
Milk, 1% Chocolate, Subsidized - SR100446 (1)	175	140.00	2.50	1.50	0.00	10.00	120.00	25.00	0.00	23.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, 1% Lowfat, Subsidized - MILK	80	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Category: Condiments; May Choose:																		
Condiment, Ketchup, Tomato Based - 23%	50	15.00	0.00	0.00	0.00	0.00	190.00	4.00	0.00	4.00	(M)	0.00	0.00	0.00	100.00	0.00	(M)	(M)
Dressing, Fat Free Ranch, Dress - Fat Free - Kraft	50	40.00	0.00	0.00	0.00	0.00	520.00	10.00	1.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Italian Low Cal, Heinz - MCP100048 (1)	50	2.50	0.00	0.00	0.00	0.00	45.00	0.63	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard, Yellow, Dispenser Dress - Heinz - GF2000	10	0.00	0.00	0.00	0.00	0.00	60.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Week 3 Friday Elementary School - Day 5	300																	
Category: Entrees; May Choose: 1																		
Chicken Nuggets and Buttered Noodles	175	349.49	12.60	2.84	0.00	30.55	460.26	34.90	5.17	0.00(M)	0.00(M)	25.32	2.31	26.46	58.81	0.00	0.00(M)	901.57(M)
Elementary PB&J - LR100001 (1 ea.)	5	470.57	23.04	6.12	0.00	10.00	660.82	48.17	5.14	15.44	13.40	18.30	1.74	262.59	400.00(M)	0.00(M)	0.00	405.81(M)
Ham and cheese sandwich - LR100004 (1 serv.)	50	305.65	9.02	2.50	0.00	62.77	1330.11	27.01	2.00	6.51	(M)	29.62	2.44(M)	100.00(M)	0.00(M)	0.00(M)	(M)	(M)
Nachos Grande - LR100081 (1 serv.)	70	508.57	25.65	5.94	0.00	20.85	1174.68	52.84	4.88	2.83	(M)	15.06	4.23	97.68	513.53(M)	18.00(M)	0.00(M)	159.80(M)
Category: Vegetables; May Choose: 2																		
Carrots, baby-cut, fresh, peeled - F100093 - A0041	125	30.00	0.10	0.02	0.00	0.00	66.00	6.93	2.46	(M)	(M)	0.54	0.77	27.00	11727.0(M)	2.25	(M)	(M)
Green Beans, Frozen, Boiled - Veg O - CR102271	125	44.00	2.86	1.28	0.00(M)	0.00	187.28	4.35	2.00	0.00(M)	(M)	1.01	0.59	33.10	501.00	2.80	0.00(M)	0.03(M)
Category: Fruits; May Choose: 2																		
Juice - LR100023 (1 ea.)	200	17.69	0.00	0.00	0.00	0.00	2.92	4.37	0.00	4.08	(M)	0.00	0.00	0.00	0.00	10.35	(M)	(M)
Tangerines, (mandarin orange) - canned - juice	150	46.06	0.04	0.00	0.00	0.00	6.22	11.91	0.87	11.04	(M)	0.77	0.34	13.70	1060.74	42.58	0.00	165.59
Category: Milk; May Choose: 1																		
Milk, 1% Chocolate, Subsidized - SR100446 (1)	185	140.00	2.50	1.50	0.00	10.00	120.00	25.00	0.00	23.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, 1% Lowfat, Subsidized - MILK	65	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Category: Condiments; May Choose:																		
Condiment, Ketchup, Tomato Based - 23%	75	15.00	0.00	0.00	0.00	0.00	190.00	4.00	0.00	4.00	(M)	0.00	0.00	0.00	100.00	0.00	(M)	(M)
Dressing, Ranch Low Fat, Heinz - MCP100047 (1)	10	25.00	1.25	0.25	0.00	0.00	160.00	4.00	0.50	2.50	(M)	0.00	0.00	1.00	0.00	1.00	(M)	(M)
Mustard, Yellow, Dispenser Dress - Heinz - GF2000	10	0.00	0.00	0.00	0.00	0.00	60.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)

i	Mois (g)
	(M)
	(M)
	(M)
(49.76(M)
	57.26
	(M)
	(M)
	(M)
	(M)
	(M)
	(M)
	(M)
	(M)
	(M)
	(M)
(24.76(M)
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	(M)
	(M)
2	(M)
	(M)
	(M)
	49.52
	(M)
	(M)
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(24.76(M)
	(M)
(6.97(M)
	(M)
(30.04(M)
(27.42

88.39
(M)
(M)
(M)
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(M)
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(71.03(M)
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111.44
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