

Menu Cycle Week – Nutrient Analysis

Generated on: 8/31/2022 1:53:00 PM by Brittany Nelson

Menu Cycle: 2022- DCPS RFP- ECE Lunch
 Week: 2
 Result: Pass

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Lunch
 Serving Group: PK
 Site Group: Inspire

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	>= 517.00	639.63	
Total Fat (g)	<= 30.00 % of Calories	17.45	24.55
Sat Fat (g)(1)	< 10.00 % of Calories	5.44	7.65
Trans Fat (g)(2)		0.00	
Chol (mg)		33.65	
Sodium (mg)(134)		856.59	
Carb (g)		94.36	59.01
Total Fiber (g)		11.80	
Total Sugars (g)		42.29(M)	26.45
Added Sugars (g)		7.43(M)	
Protein (g)	>= 7.00	28.79	18.01
Iron (mg)	>= 3.30	4.62(M)	
Calcium (mg)	>= 267.00	554.16(M)	
VitA (IU)	>= 750.00	7,462.16(M)	
VitC (mg)	>= 14.00	17.19(M)	
VitD (mcg)		5.77(M)	
Potassium (mg)		795.87(M)	
Mois (g)		55.73(M)	
Ash (g)		0.53(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		[9.000 - 10.000]	
Grains		[9.000 - 11.250]	
Non-WGR		0.000	
WGR		20.250	
Grain-D		0.000	
Fruit		2.500	
Fruit-J		0.000	
Veg		[2.875 - 4.125]	
Veg-DG		0.375	
Veg-RO		0.875	
Veg-BP		0.375	
Veg-S		0.500	
Veg-O		2.250	
Veg-X		0.000	
Vegetable-J		0.000	
MILK-F		5.000	
MILK-V		Pass	

Legend

PrimeroEdge will flag based on USDA requirements starting School Year 2022-2023 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.

- Standard Value is the daily average requirement for a school week.
- Trans Fat is provided for informational purposes, not for monitoring purposes.
- 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.
- Sodium Target 1A will be marked in orange if exceeded prior to the effective date of July 1, 2023 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)	
2022- DCPS RFP- ECE Lunch W2D1 - Day: 1	100																			
Category: Menu Item & Assembly; May Choose: 1																				
Black Bean and Sweet Potato Taco Surprise - SMR1819 (1 each quesada)	50	651.52	24.58	7.85	0.00	20.00	954.77	88.74	11.62	20.11	8.86	19.79	3.84	447.77	21361.57(M)	3.62(M)	0.13(M)	954.65(M)	0.00(M)	
Southwest Chicken Sandwich - SMR1703 (1 sandwich)	50	505.01	19.92	7.29	0.00	74.22	842.65	50.16	6.19	8.64	5.70(M)	31.27	7.36	241.21	208.14(M)	3.39(M)	0.23(M)	375.60(M)	23.28(M)	
Category: Fruit; May Choose: 1																				
C - Pears, canned, diced, packed in juice, drained - SR1194 (1/2 c.)	100	59.31	0.08	0.00	0.00	0.00	4.75	15.35	1.90	11.51	0.00	0.40	0.34	10.68	7.12	1.90	0.00	113.88	(M)	
Category: Vegetable; May Choose: 2																				
BP/O - Mexican Black Beans, onion, pepper, jalapeno, cilantro - SR1026 (1/2 c.)	100	65.34	0.08	0.02	0.00	0.00	79.50	12.15	3.04	1.18	0.03	3.95	1.17	48.67	48.34(M)	8.17(M)	0.00	292.12	34.82(M)	
Category: Milk; May Choose: 1																				
Lactaid Milk - SMR1943 (1 Half Pint)	5	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)	
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	45	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	13.00	0.00	9.00	0.00	300.00	500.00	1.20	5.00	0.00(M)	(M)	
Soy Milk - SMR1719 (1 ea.)	5	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)	
White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint)	45	86.49	0.00	0.00	0.00	4.80	124.93	12.49	0.00	12.49	0.00	8.65	0.00	288.31	480.51	1.15	4.80	0.00(M)	(M)	
2022- DCPS RFP- ECE Lunch W2D2 - Day: 2	100																			
Category: Menu Item & Assembly; May Choose: 1																				
Glorious Macaroni & Cheese Pasta, macaroni, Inspire, RECIPE - SMR1186 (1 #6 scoop)	50	388.17	21.29	10.65	0.00	55.00	1188.94	35.35	4.26	4.09	0.00(M)	20.26	2.06	465.70	82.94(M)	0.95(M)	0.14(M)	621.97(M)	42.79(M)	
Sweet & Sour Chicken, light sweet & sour sauce - SMR1270 (3 oz.)	50	88.00	0.79	0.23	0.00	7.88	113.25	18.23	0.00	15.11	0.00(M)	2.36	0.68	0.23	750.00	9.00	0.00(M)	0.00(M)	(M)	
Category: Grains; May Choose: 1																				
Garlic Knot, Ripstick - SR1255 (1 roll.)	50	110.63	4.05	0.22	0.00	0.00	95.85	15.02	2.17	2.03	2.00	3.23	0.96	13.22	0.00(M)	0.00(M)	0.30	66.89	0.09(M)	
Rice, brown, oven, steamed - SR1098 (1/2 c.)	0	117.19	0.69	0.00	0.00	0.00	2.03	25.51	1.38	0.00	0.00(M)	2.76	0.50	2.03	0.00	0.00	0.00(M)	0.68(M)	52.57(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)
Category: Fruit; May Choose: 1																			
Mandarin Oranges, canned in light syrup, drained - SR1557 (1/2 c.)	100	54.99	0.00	0.00	0.00	0.00	0.00	13.75	0.92	12.83	12.83	0.00	0.00	5.50	(M)	(M)	3.67	69.66	(M)
Category: Vegetable; May Choose: 2																			
RO - Citrus Glazed Carrots, carrot coins - SR1131 (1/2 c.)	100	60.46	0.78	0.14	0.00	0.00	67.70	13.35	3.81	8.63	2.50(M)	0.68	0.66	43.02	19196.03(M)	2.61(M)	0.00(M)	249.72(M)	102.46(M)
Category: Milk; May Choose: 1																			
Lactaid Milk - SMR1943 (1 Half Pint)	5	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	45	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	13.00	0.00	9.00	0.00	300.00	500.00	1.20	5.00	0.00(M)	(M)
Soy Milk - SMR1719 (1 ea.)	5	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)
White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint)	45	86.49	0.00	0.00	0.00	4.80	124.93	12.49	0.00	12.49	0.00	8.65	0.00	288.31	480.51	1.15	4.80	0.00(M)	(M)
2022- DCPS RFP- ECE Lunch W2D3 - Day: 3																			
Category: Menu Item & Assembly; May Choose: 1																			
BBQ Sloppy Joe Vegan - SMR1786 (1 burger)	50	435.33	7.46	0.34	0.00	0.00	669.83	73.34	19.73	7.72	0.00(M)	22.24	5.31	133.08	389.03(M)	16.84(M)	0.00(M)	702.19(M)	23.33(M)
Cheese Pizza, 8-cut, Big Daddy's Bold 16-inch - SR2081 (1 slice)	50	400.00	16.00	7.00	0.00	35.00	440.00	43.00	4.00	7.00	1.00	19.00	2.40	341.00	400.00	0.00	0.00	468.00	(M)
Category: Fruit; May Choose: 1																			
Mixed Fruit, fruit cocktail (peach, pear, pineapple, apple, banana), RECIPE - SR1209 (1/2 c.)	100	60.68	0.09	0.02	0.00	0.00	3.17	15.80	1.80	12.21	0.00	0.54	0.25	10.71	183.26(M)	3.57(M)	0.00	164.43	7.77(M)
Category: Vegetable; May Choose: 2																			
O - Parmesan Green Beans, green beans, Parmesan - SR1144 (1/2 c.)	100	41.90	2.35	0.32	0.00	0.71	13.66	5.18	2.32	1.45	0.00	1.30	0.51	38.91	323.25(M)	3.23(M)	0.00	124.89	0.12(M)
Category: Milk; May Choose: 1																			
Lactaid Milk - SMR1943 (1 Half Pint)	5	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	45	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	13.00	0.00	9.00	0.00	300.00	500.00	1.20	5.00	0.00(M)	(M)

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Soy Milk - SMR1719 (1 ea.)	5	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)
White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint)	45	86.49	0.00	0.00	0.00	4.80	124.93	12.49	0.00	12.49	0.00	8.65	0.00	288.31	480.51	1.15	4.80	0.00(M)	(M)
2022- DCPS RFP- ECE Lunch W2D4 - Day: 4	100																		
Category: Menu Item & Assembly; May Choose: 1																			
Jambalaya - SR3559 (2/3 c.)	50	109.47	1.72	0.56	0.01	17.14	205.91	15.78	2.99	2.04(M)	0.50(M)	7.67	1.46(M)	50.21 (M)	400.73 (M)	20.76 (M)	0.00(M)	227.70 (M)	39.97 (M)
Veggie Tortellini - SMR1739 (14 pcs.)	50	165.10	2.30	1.15	0.00	10.70	196.61	26.73	3.69	3.44	0.00(M)	9.60	1.87	91.28	2055.96 (M)	15.59 (M)	0.00(M)	112.23 (M)	19.31 (M)
Category: Grains; May Choose: 1																			
Cheesy Breadstick - SMR1740 (1 ea.)	50	145.09	5.50	3.00	0.00	15.01	250.15	14.01	1.00	2.50	0.50	9.51	0.95	180.11	40.02	0.00	0.00	145.09	(M)
Dinner Roll, Richs, 2.5 oz - SR1009 (1 roll.)	50	160.00	3.00	0.00	0.00	0.00	135.00	29.00	3.00	4.00	4.00	7.00	1.60	10.00	0.00(M)	0.00(M)	0.80	100.00	(M)
Category: Fruit; May Choose: 1																			
use SR1492 - Cinnamon Apples Recipe - SR1256 (1/2 c.)	100	52.76	0.00	0.00	0.00	0.00	10.43	12.73	2.25	9.37	0.00(M)	0.01	0.03	3.12	0.00(M)	0.00(M)	0.00(M)	1.34(M)	0.03(M)
Category: Vegetable; May Choose: 2																			
Sweet Plantains - SMR1964 (3 slices)	100	195.95	3.81	0.55	0.00	0.00	27.22	37.01	2.18	26.13	0.00(M)	2.18	1.18	0.00	544.31	0.00	0.00(M)	0.00(M)	(M)
Category: Milk; May Choose: 1																			
Lactaid Milk - SMR1943 (1 Half Pint)	5	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	45	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	13.00	0.00	9.00	0.00	300.00	500.00	1.20	5.00	0.00(M)	(M)
Soy Milk - SMR1719 (1 ea.)	5	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)
White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint)	45	86.49	0.00	0.00	0.00	4.80	124.93	12.49	0.00	12.49	0.00	8.65	0.00	288.31	480.51	1.15	4.80	0.00(M)	(M)
2022- DCPS RFP- ECE Lunch W2D5 - Day: 5	100																		
Category: Menu Item & Assembly; May Choose: 1																			
Flatbread, Mediterranean, Hummus, Rich's 6x6 flatbread - SR3602 (1 ea.)	50	585.97	34.42	6.34	0.00	0.00	1197.95	52.41	8.65	2.69	1.00(M)	16.96	5.58	89.81	111.58 (M)	1.07(M)	0.50	655.08	19.24 (M)

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Tuna Salad Sandwich, tuna salad, hamburger bun - SMR1907 (1 sandwich)	50	172.29	4.48	0.34	0.00	8.47	366.69	26.87	4.08	3.66	0.51(M)	9.42	1.68	41.55	9.40(M)	0.27(M)	0.39(M)	33.29 (M)	4.44(M)
Category: Fruit; May Choose: 1																			
Bananas, fresh, petite or regular - SR1166 (1 medium (7"))	100	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)
Category: Vegetable; May Choose: 2																			
Blue Ribbon Slaw, cabbage, slaw juice, carrots, onion - SR1254 (1/2 c.)	100	43.83	0.15	0.03	0.00	0.00	114.20	10.36	1.51	8.09	6.24(M)	0.75	0.54	28.05	1697.14 (M)	15.19 (M)	0.00(M)	119.55 (M)	47.22 (M)
Category: Milk; May Choose: 1																			
Lactaid Milk - SMR1943 (1 Half Pint)	5	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	45	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	13.00	0.00	9.00	0.00	300.00	500.00	1.20	5.00	0.00(M)	(M)
Soy Milk - SMR1719 (1 ea.)	5	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)
White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint)	45	86.49	0.00	0.00	0.00	4.80	124.93	12.49	0.00	12.49	0.00	8.65	0.00	288.31	480.51	1.15	4.80	0.00(M)	(M)