

Menu Cycle Week – Nutrient Analysis

Generated on: 9/2/2022 9:21:40 AM by Brittany Nelson

Menu Cycle: 2022- DCPS RFP- ECE Lunch
 Week: 5
 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	675.53	
Total Fat (g)	<= 30.00 % of Calories	20.13	26.81
Sat Fat (g)(1)	< 10.00 % of Calories	6.16	8.21
Trans Fat (g)(2)		0.00	
Chol (mg)		51.93	
Sodium (mg)(134)		1,052.71	
Carb (g)		94.43	55.91
Total Fiber (g)		12.20	
Total Sugars (g)		39.52	23.40
Added Sugars (g)		5.42(M)	
Protein (g)	>= 7.00	33.24	19.68
Iron (mg)	>= 3.30	3.96(M)	
Calcium (mg)	>= 267.00	573.25(M)	
VitA (IU)	>= 750.00	2,108.79(M)	
VitC (mg)	>= 14.00	40.87(M)	
VitD (mcg)		6.36(M)	
Potassium (mg)		842.36(M)	
Mois (g)		89.62(M)	
Ash (g)		0.65(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		[10.000 - 10.250]	
Grains		[9.000 - 11.000]	
Non-WGR		0.000	
WGR		20.000	
Grain-D		0.000	
Fruit		[2.500 - 3.000]	
Fruit-J		0.000	
Veg		[2.750 - 4.375]	
Veg-DG		0.625	
Veg-RO		0.625	
Veg-BP		0.000	
Veg-S		1.750	
Veg-O		1.375	
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 W5D1 - Day: 1	100																			
Category: Menu Item & Assembly; May Choose: 1																				
Hamburger, 2.0 oz all beef patty, hamburger roll - SMR1612 (1 burger)	50	250.00	10.00	3.50	0.00	40.00	360.00	25.00	4.00	3.00	(M)	16.00	2.52	40.00	0.00	0.00	(M)	(M)	(M)	
Nachos, Bean and Cheese, JTM cheddar - SR1471 (1 nacho)	50	396.30	18.21	6.55	0.00	27.21	678.59	44.27	8.02	1.05	0.00	15.35	1.92	286.49	0.00(M)	0.00(M)	0.00	545.23	52.29 (M)	
Category: Fruit; May Choose: 1																				
F - Kiwifruit, ready-to-serve - SR1582 (1/2 c.)	100	50.31	0.43	0.02	0.00	0.00	2.47	12.09	2.47	7.41	(M)	0.94	0.26	28.04	71.75	76.45	(M)	(M)	68.51	
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 W5D2 - Day: 2	100																			
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)	
Chicken Parm Pasta - SMR1319 (1 serving)	50	399.73	14.33	5.95	0.00	70.65	971.69	41.74	6.34	11.04	3.19(M)	27.64	2.81(M)	313.86 (M)	0.00(M)	0.00(M)	0.14(M)	588.81 (M)	43.30 (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)	
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																				

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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)
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)
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 W5D3 - Day: 3																			
Category: Menu Item & Assembly; May Choose: 1																			
Barbecue Chicken Sandwich, Koch diced - SR1121 (1 sandwich)	50	261.14	3.96	0.78	0.00	54.83	900.57	33.66	4.00	10.43	6.19(M)	25.58	2.22	40.78	0.00(M)	0.00(M)	0.00(M)	187.22 (M)	0.00(M)
Classic Hummus Box, Tortilla Chips, whole grain w/oranges - SMR1918 (1 Box)	50	622.94	28.96	5.48	0.00	0.00	689.77	79.93	14.68	27.11	0.00(M)	13.88	3.53	213.44	5804.42 (M)	146.43 (M)	0.00(M)	1029.53 (M)	291.77 (M)
Category: Fruit; May Choose: 1																			
Applesauce, canned, unsweetened - SR1195 (1/2 c.)	100	55.86	0.15	0.03	0.00	0.00	10.49	12.58	1.51	11.53	0.00	0.32	0.08	5.24	0.00(M)	4.66	0.00	115.29	(M)
Category: Vegetable; May Choose: 2																			
Garlic Mashed Potatoes, premium, RECIPE - SMR1493 (3/4 c.)	100	86.69	1.61	1.07	0.00	0.00	110.15	16.29	1.10	1.08	0.00(M)	2.19	0.26	14.09	2.80(M)	6.83(M)	0.00(M)	4.53(M)	94.64 (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 W5D4 - Day: 4																			

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)	Mois (g)	
Category: Menu Item & Assembly; May Choose: 1																				
Buffalo Chicken Pizza, 8-cut, Tyson nugget, Big Daddy's Bold 16-inch - SR2598 (1 slice)	50	448.08	18.67	7.48	0.00	39.75	760.75	46.60	4.81	7.42	1.00	21.74	2.78	349.25	895.26 (M)	0.29(M)	0.06	608.03	4.97(M)	
Veggie Burger, Grillers Prime patty - SMR1963 (1 burger)	50	290.00	10.00	1.00	0.00	0.00	620.00	33.00	7.00	4.00	3.00	22.00	2.60	150.00	0.00(M)	0.00(M)	6.90	260.00	(M)	
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																				
Seasoned Potato Wedges - SMR1347 (1/2 c.)	100	132.76	4.42	0.55	0.00	5.53	154.88	22.13	2.21	0.00	0.00	2.21	0.44	11.06	0.00(M)	0.00(M)	0.00	254.45	(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 W5D5 - Day: 5		100																		
Category: Menu Item & Assembly; May Choose: 1																				
BBQ Mac & Cheese - SMR1443 (1 ea.)	70	484.02	24.45	11.23	0.00	85.21	1779.85	42.20	4.25	7.33	2.50(M)	29.51	2.66	493.63	22.77 (M)	0.00(M)	0.14(M)	696.36 (M)	42.73 (M)	
Spinach Salad 912, egg, garbanzo, tomato, onion, carrots, mozzarella, RECIPE - SR1531 (1 salad)	30	168.69	6.42	2.41	0.00	100.84	257.92	16.83	4.49	4.78	0.00(M)	12.04	3.45	218.77	10427.96(M)	30.10 (M)	0.60(M)	766.11 (M)	130.56 (M)	
Category: Grains; May Choose: 1																				
Dinner Roll, Richs, 2.5 oz - SR1009 (1 roll.)	30	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																				
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)	

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)	
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)	
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)	
Category: Condiment; May Choose: 1																				
Original Homestyle Ranch Salad Dressing, light, Hidden Valley - SR1003 (1 tbsp.)	30	25.00	1.75	0.25	0.00	2.50	190.00	2.50	0.00	1.00	0.50	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	