

Menu Cycle Week – Nutrient Analysis

Menu Cycle: 2022- DCPS RFP- Elementary Lunch
 Week: 1
 Result: **Exceeded**

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Lunch
 Serving Group: K-8
 Site Group: Inspire

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[600.00 - 650.00]	613.27	
Total Fat (g)		17.10	25.09
Sat Fat (g)(1)	< 10.00 % of Calories	5.03	7.39
Trans Fat (g)(2)		0.01	
Chol (mg)		77.64	
Sodium Target 1 (mg) (1)	<= 1,230.00	879.34	
Sodium Target 1A (mg) (14)	<= 1,110.00	879.34	
Sodium Target 2 (mg) (13)	<= 935.00	879.34	
Carb (g)		84.93	55.39
Total Fiber (g)		9.82	
Total Sugars (g)		39.00(M)	25.44
Added Sugars (g)		4.54(M)	
Protein (g)		33.13	21.61
Iron (mg)		4.70(M)	
Calcium (mg)		492.84(M)	
VitA (IU)		3,788.18(M)	
VitC (mg)		23.72(M)	
VitD (mcg)		5.74(M)	
Potassium (mg)		690.44(M)	
Mois (g)		125.38(M)	
Ash (g)		0.83(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[9.000 - 10.000]	[12.000 - 13.500](a)	
Grains	[8.000 - 9.000]	[10.000 - 14.000](a)	
Non-WGR		0.000	
WGR	>= 80.000 % of	35.250	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 2.500	[2.500 - 3.250]	
Fruit-J	<= 50.000 % of	0.000	0.00
Veg	>= 3.750	[5.500 - 9.250]	
Veg-DG	>= 0.500	3.875	
Veg-RO	>= 0.750	2.750	
Veg-BP	>= 0.500	1.125	
Veg-S	>= 0.500	1.625	
Veg-O	>= 0.500	2.500	
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 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.

Menu Cycle Week – Nutrient Analysis

- 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.
- 4 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.
- 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 within the required range.

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)
2022- DCPS RFP- Elementary Lunch W1D1 - Day: 1	100																		
Category: Menu Item & Assembly; May Choose: 1																			
Chicken Etouffee - SR3560 (1 c.)	30	122.34	2.53	0.11	0.01	42.58	183.64	9.85	2.04	3.05(M)	0.07(M)	13.41	0.82(M)	42.96 (M)	1142.28 (M)	38.48 (M)	0.00(M)	158.62 (M)	103.66 (M)
Egg Salad Sandwich, hamburger roll, egg salad, RECIPE - SR1139 (1 sandwich)	10	297.41	14.95	2.64	0.00	220.76	475.54	30.72	4.26	5.33	1.52(M)	13.30	2.18	74.12	55.59 (M)	0.38(M)	1.26(M)	104.36 (M)	11.84 (M)
Grilled Chicken Sandwich - SMR1317 (1 burger)	40	280.00	12.00	3.00	0.00	70.00	470.00	25.00	4.00	3.00	0.00(M)	21.00	1.44	45.00	0.00(M)	0.00(M)	0.00(M)	230.00 (M)	(M)
Veggie Burger, Grillers Prime patty - SMR1963 (1 burger)	20	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: Grains; May Choose: 1																			
Rice, brown, oven, steamed - SR1098 (1 c.)	30	234.38	1.38	0.00	0.00	0.00	4.06	51.01	2.76	0.00	0.00(M)	5.51	0.99	4.06	0.00	0.00	0.00(M)	1.35(M)	105.14 (M)
Category: Fruit; May Choose: 1																			
Apple, fresh, whole, unpeeled, ready-to-serve, 125ct - SR2870 (1 medium (3)	75	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	0.00	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
Red Seedless Grapes - SR1496 (1/2 c.)	25	62.60	0.14	0.05	0.00	0.00	1.81	16.42	0.82	14.04	0.00	0.65	0.33	9.07	59.87	2.90	0.00	173.27	73.06
Category: Vegetable; May Choose: 2																			
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	50	49.06	0.30	0.04	0.00	0.00	32.84	10.09	2.54	2.36	0.00	2.35	0.75	29.47	4648.32 (M)	6.54(M)	0.00	293.15	76.47 (M)
Sauteed Spinach, oven - SR1694 (3/8 c.)	20	31.93	1.80	0.16	0.00	0.00	184.38	3.19	1.72	0.32	0.00	2.18	2.10	75.63	6838.24 (M)	20.78 (M)	0.00	415.29	70.40 (M)
Seasoned Potato Wedges - SMR1347 (1/2 c.)	30	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)

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)
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- Elementary Lunch W1D2 - Day: 2	100																		
Category: Menu Item & Assembly; May Choose: 1																			
Grilled Cheese Sandwich, american cheese, mozzarella cheese, whole grain, reduced sodium - SMR1434 (1 sandwich)	20	280.32	9.91	5.56	0.00	31.85	580.79	30.96	3.00	5.65	0.93	18.55	1.64	465.89	523.96	0.00	0.04	86.62	(M)
Meat Sauce, beef crumbles, spaghetti sauce - SR1197 (2/3 c.)	40	173.65	7.71	3.24	0.00	31.91	649.66	13.19	2.33	6.68	2.50(M)	13.62	2.51	47.08	91.17 (M)	0.00(M)	0.00(M)	405.42 (M)	0.00(M)
Mexican Pollo Torta, Richs sub, DCPS - SMR1422 (1 sandwich)	30	552.42	24.76	12.26	0.01	111.70	1047.74	48.77	7.94	11.20 (M)	4.41(M)	31.05	3.20	217.43	142.61 (M)	2.43(M)	0.76(M)	837.59 (M)	33.17 (M)
Sunbutter & Jelly Sandwich, whole grain bread, sunbutter, Bulk grape jelly, RECIPE - SMR1756 (1 sandwich)	10	610.88	36.04	4.01	0.01	0.01	550.12	60.43	8.11	25.01	26.66 (M)	20.06	4.36	81.62	0.00(M)	0.00(M)	0.00(M)	392.96 (M)	(M)
Category: Entrée/Combo; May Choose: 1																			
Spaghetti, pasta, whole wheat, cooked al dente - SR1135 (1/2 c.)	40	96.44	1.55	0.21	0.00	0.00	211.38	19.80	2.72	0.91	0.00(M)	3.33	1.27	13.58	0.00(M)	0.00(M)	0.00(M)	1.16(M)	35.07 (M)
Category: Grains; May Choose: 1																			
Dinner Roll, Richs WG 1.25 oz - SR1010 (1 roll.)	40	80.00	1.50	0.00	0.00	0.00	65.00	14.00	2.00	2.00	2.00	3.00	0.80	10.00	0.00(M)	0.00(M)	0.40	50.00	(M)
Category: Fruit; May Choose: 1																			
Applesauce, canned, unsweetened - SR1195 (1/2 c.)	75	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)
F - Pears, fresh, whole, unpeeled, ready-to-serve, 120 ct - SR1585 (1 medium)	25	101.46	0.25	0.04	0.00	0.00	1.78	27.11	5.52	17.36	0.00	0.64	0.32	16.02	44.50	7.65	0.00	206.48	149.45
Category: Vegetable; May Choose: 2																			
Frijoles ala Charro, stewed pinto beans-Vegetarian - SMR1958 (3/4 c.)	20	144.21	0.07	0.02	0.00	0.00	217.23	26.46	9.73	0.81(M)	0.00(M)	8.29	2.23	67.27	183.43 (M)	4.22(M)	0.00(M)	37.50 (M)	0.00(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)	Mois (g)
O - Parmesan Green Beans, green beans, Parmesan - SR1144 (1/2 c.)	30	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)
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	50	49.06	0.30	0.04	0.00	0.00	32.84	10.09	2.54	2.36	0.00	2.35	0.75	29.47	4648.32 (M)	6.54(M)	0.00	293.15	76.47 (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- Elementary Lunch W1D3 - Day: 3		100																	
Category: Menu Item & Assembly; May Choose: 1																			
Cheeseburger, 2.5 oz beef, American, hamburger roll - SMR1742 (1 burger)	40	285.00	12.00	4.75	0.00	47.50	515.00	26.00	4.00	3.50	0.00(M)	19.50	2.52	140.00	150.00	0.00	0.00(M)	0.00(M)	(M)
Chicken Salad Sandwich, Hamburger Roll - SMR1406 (1 sandwich)	10	330.32	14.78	2.13	0.00	55.00	529.25	32.28	4.28	5.22	2.00(M)	21.12	2.08	54.20	72.96 (M)	0.50(M)	0.00(M)	304.80 (M)	15.52 (M)
Jamaican Jerk Chicken, Pulled Chicken, Orange Juice, Seasoning RECIPE - SMR1182 (1 #16 scoop)	30	128.22	5.35	1.52	0.01	52.50	573.11	3.32	0.24	1.99	0.46	15.82	4.94	11.22	0.00(M)	0.00(M)	0.00	24.41	0.11(M)
Nachos, Bean and Cheese, JTM cheddar - SR1471 (1 nacho)	20	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: Grains; May Choose: 1																			
Rice, brown, oven, steamed - SR1098 (1/2 c.)	30	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)
Category: Fruit; May Choose: 1																			
F - Blueberries, fresh - SR1545 (1/2 c.)	75	42.18	0.24	0.02	0.00	0.00	0.74	10.72	1.78	7.37	(M)	0.55	0.21	4.44	39.96	7.18	(M)	(M)	62.31
F - Kiwifruit, ready-to-serve - SR1582 (1/2 c.)	25	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																			

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)
DG/O - Broccoli and Carrots, roasted - SR2023 (1/2 c.)	20	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02 (M)	30.87 (M)	0.00(M)	30.24 (M)	76.93 (M)
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	50	49.06	0.30	0.04	0.00	0.00	32.84	10.09	2.54	2.36	0.00	2.35	0.75	29.47	4648.32 (M)	6.54(M)	0.00	293.15	76.47 (M)
Sweet Plantains - SMR1964 (3 slices)	30	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)	0.00(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- Elementary Lunch W1D4 - Day: 4																			
Category: Menu Item & Assembly; May Choose: 1																			
Baked Tofu Cubes, plain - SR2069 (1 1/3 oz.)	20	127.91	9.65	1.10	0.00	0.00	177.41	1.91	1.53	0.00	0.00	11.20	1.77	443.02	107.47 (M)	0.13(M)	0.00	155.54	0.00(M)
General Tso Chicken, Tyson strip, carrots, broccoli, sesame - SMR1771 (12 piece)	40	409.28	16.54	3.68	0.04	113.40	660.58	29.43	1.80	24.41	9.51(M)	35.84	10.44	47.64	1411.25 (M)	18.79 (M)	0.00(M)	31.40 (M)	46.26 (M)
Hearty Garden Salad 612, RECIPE - SMR1382 (1 salad)	10	165.43	3.82	0.89	0.00	93.25	188.62	22.92	6.74	5.63	0.00(M)	11.13	4.23	143.76	6861.15 (M)	25.22 (M)	0.55(M)	778.01 (M)	126.57 (M)
Sweet & Sour Vegetables w/ Grilled Chicken Dippers Ponzu Sauce - SMR1584 (1/2 c.)	30	261.50	4.72	1.35	0.00	47.25	1323.66	37.56	0.77	34.13	8.70(M)	17.58	4.09	9.52	37.65	6.83	0.00(M)	5.51(M)	(M)
Category: Grains; May Choose: 1																			
Fried Rice Schwans, Veggie Fried Rice w/ Egg - SMR1657 (1/2 c.)	90	170.67	3.49	0.85	0.00	96.71	367.20	27.41	1.25	2.49	0.62	6.53	1.19	22.89	0.00(M)	0.00(M)	0.57	98.15	(M)
Tortilla Chips, Tostitos crispy rounds, whole grain - SMR1279 (1 1/2 oz.)	10	198.45	8.51	1.42	0.00	0.00	163.01	28.35	2.83	0.00	0.00	2.83	0.71	42.52	0.00(M)	0.00(M)	0.00	0.00	(M)
Category: Fruit; May Choose: 1																			
Bananas, fresh, petite or regular - SR1166 (1 medium (7"))	75	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)

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)
Mandarin Oranges, canned in light syrup, drained - SR1557 (1/2 c.)	25	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																			
Collard Greens- FP - SMR1478 (3/4 c.)	20	136.00	7.00	3.00	0.00	0.00	173.00	15.00	6.00	0.00	(M)	6.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	50	49.06	0.30	0.04	0.00	0.00	32.84	10.09	2.54	2.36	0.00	2.35	0.75	29.47	4648.32 (M)	6.54(M)	0.00	293.15	76.47 (M)
Sweet and Sour Vegetables - SMR1374 (1 c.)	30	122.55	5.16	0.44	0.04	0.00	61.47	19.82	0.97	15.62	0.00(M)	0.72	0.40	25.62	664.50 (M)	22.07 (M)	0.00(M)	57.86 (M)	28.33 (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- Elementary Lunch W1D5 - Day: 5		100																	
Category: Menu Item & Assembly; May Choose: 1																			
Bean & Cheese de Chile Relleno Burrito - SMR1890 (7 2/3 oz.)	30	141.50	5.13	2.24	0.00	7.34	242.37	18.22	2.83	0.68	0.00	5.99	1.27	110.83	187.95	12.88	0.00	197.52	36.35
Cheese Pizza, 8-cut, Big Daddy's Bold 16-inch - SR2081 (1 slice)	40	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)
Jerk Chicken Wrap, 10-inch, spicy pineapple slaw - SMR1847 (1 wrap)	10	304.65	8.49	1.67	0.01	44.93	669.44	36.02	4.07	6.57	2.85(M)	20.48	2.23(M)	144.87 (M)	349.34 (M)	9.63(M)	0.00(M)	183.58 (M)	25.00 (M)
Category: Entrée/Combo; May Choose: 1																			
Veggie Burger, Grillers Prime patty - SMR1963 (1 burger)	20	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																			

Menu Cycle Week – Nutrient Analysis

Generated on: 9/2/2022 9:09:13 AM by Brittany Nelson

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)
Mixed Fruit, fruit cocktail (peach, pear, pineapple, apple, banana), RECIPE - SR1209 (1/2 c.)	75	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)
Peach, Fresh - SR3101 (1 ea.)	25	58.50	0.00	0.00	0.00	0.00	0.00	14.31	2.25	12.59	0.00	1.36	1.62	9.00	489.00	9.90	0.00	285.00	(M)
Category: Vegetable; May Choose: 2																			
Baked Sweet Potato Wedges - SMR1341 (1/2 c.)	30	211.96	7.42	1.06	0.00	0.00	243.75	33.91	2.12	10.60	2.12	2.12	0.53	31.79	0.00(M)	0.00(M)	0.00	349.73	(M)
Salad, Caesar, side, traditional - SR1428 (1 c.)	20	169.83	15.80	3.27	0.00	13.75	325.07	5.61	1.19	0.68	0.00	2.95	0.55	52.99	4938.49 (M)	2.27(M)	0.00	153.62	53.64 (M)
Salad, super, side, Romaine, tomatoes, carrots, corn, black beans - SR1979 (1 c.)	30	49.06	0.30	0.04	0.00	0.00	32.84	10.09	2.54	2.36	0.00	2.35	0.75	29.47	4648.32 (M)	6.54(M)	0.00	293.15	76.47 (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)