

Menu Cycle Week – Nutrient Analysis

Menu Cycle: 2022- DCPS RFP- Elementary Lunch
 Week: 5
 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]	621.14(M)	
Total Fat (g)		19.71(M)	28.55
Sat Fat (g)(1)	< 10.00 % of Calories	5.14(M)	7.45
Trans Fat (g)(2)		0.00(M)	
Chol (mg)		48.36(M)	
Sodium Target 1 (mg) (1)	<= 1,230.00	894.80(M)	
Sodium Target 1A (mg) (14)	<= 1,110.00	894.80(M)	
Sodium Target 2 (mg) (13)	<= 935.00	894.80(M)	
Carb (g)		84.96(M)	54.71
Total Fiber (g)		11.17(M)	
Total Sugars (g)		30.94(M)	19.92
Added Sugars (g)		4.68(M)	
Protein (g)		30.28(M)	19.50
Iron (mg)		4.80(M)	
Calcium (mg)		512.90(M)	
VitA (IU)		5,034.53(M)	
VitC (mg)		28.97(M)	
VitD (mcg)		4.33(M)	
Potassium (mg)		910.77(M)	
Mois (g)		158.57(M)	
Ash (g)		1.54(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[9.000 - 10.000]	[9.250 - 10.000]	
Grains	[8.000 - 9.000]	[9.000 - 12.750](a)	
Non-WGR		1.500	
WGR	>= 80.000 % of	37.750	96.18
Grain-D	<= 2.000	0.000	
Fruit	>= 2.500	[2.500 - 3.000]	
Fruit-J	<= 50.000 % of	0.000	0.00
Veg	>= 3.750	[5.625 - 11.375]	
Veg-DG	>= 0.500	3.750	
Veg-RO	>= 0.750	3.000	
Veg-BP	>= 0.500	0.625	
Veg-S	>= 0.500	4.750	
Veg-O	>= 0.500	3.250	
Veg-X		0.125	
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.

- 1 Standard Value is the daily average requirement for a school week.
- 2 Trans Fat is provided for informational purposes, not for monitoring purposes.

Menu Cycle Week – Nutrient Analysis

Generated on: 9/2/2022 9:24:08 AM by Brittany Nelson

- 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	Calorie s (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- Elementary Lunch W5D1 - Day: 1	100																		
Category: Menu Item & Assembly; May Choose: 1																			
Buffalo Chicken Wrap, 10 -inch,cheddar, Buffalo side vegetables - SMR1843 (1 wrap)	10	395.74	14.86	4.74	0.00	80.55	1716.08	32.76	4.16	2.95	1.00	31.13	2.61	239.12	1981.02 (M)	1.16(M)	0.30	619.52	19.89 (M)
Hamburger, 2.0 oz all beef patty, hamburger roll - SMR1612 (1 burger)	40	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)
Mumbo Tofu Cubes - SMR1976 (1/2 c.)	20	174.96	10.56	1.53	0.00	0.00	331.44	3.56	2.86	0.00	0.00	20.92	3.31	827.68	200.79 (M)	0.24(M)	0.00	320.83	0.00(M)
Nachos, Bean and Cheese, JTM cheddar - SR1471 (1 nacho)	30	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 c.)	20	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																			
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
Tangerines, (mandarin oranges), raw, whole, 150 CT - SR3520 (1 ea.)	75	39.64	0.23	0.03	0.00	0.00	1.50	9.98	1.35	7.91	(M)	0.61	0.11	27.68	509.39	19.97	0.00	124.17	63.71
Category: Vegetable; May Choose: 2																			
Mexican Corn, Mexican seasoning - SMR1927 (1 c.)	20	105.88	1.02	0.16	0.03	0.00	2.67	24.79	3.27	4.22	0.34	3.31	0.85	13.39	3.60(M)	7.56(M)	0.00	316.65	90.38
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)	(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)

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)
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	30	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)	30	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 W5D2 - Day: 2	100																		
Category: Menu Item & Assembly; May Choose: 1																			
Baked Penne Pasta, classic (1c = 2M, 1.5G, 7/8c red veg) , Recipe, USDA Mozzarella - SR3240 (1 c.)	0	451.68	16.70	8.96	0.00	45.38	1093.05	57.10	3.80	9.57(M)	1.43(M)	20.82	2.64(M)	262.30 (M)	312.50 (M)	5.00(M)	0.00(M)	246.34 (M)	0.00(M)
BBQ Sloppy Joe Vegan - SMR1786 (1 burger)	20	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)
Box, Classic Hummus, flatbread, whole grain - SR2143 (1 Box)	10	540.19	25.27	5.07	0.00	0.00	858.58	64.28	9.18	17.91	1.00(M)	15.16	4.48	101.98	5256.80 (M)	5.69(M)	0.50(M)	834.10 (M)	130.61 (M)
Chicken Parm Pasta - SMR1319 (1 serving)	40	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.)	70	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"))	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)
Peaches, cling, diced, canned in pear juice, drained - SR1196 (1/2 c.)	25	77.87	0.05	0.00	0.00	0.00	7.08	20.48	2.30	18.18	0.00	1.11	0.48	10.62	674.29	6.37	0.00	226.53	0.00(M)
Category: Vegetable; May Choose: 2																			
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, 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.)	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																			

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)
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)	30	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)	30	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 W5D3 - Day: 3	100																		
Category: Menu Item & Assembly; May Choose: 1																			
Chicken, drumstick, Herbs de Provence - SMR1685 (1 piece)	40	450.45	38.21	5.60	0.03	140.06	499.62	5.11	0.90	0.04	0.00(M)	25.21	3.02	46.48	27.96 (M)	0.10(M)	0.00(M)	387.32 (M)	0.72(M)
Enchilada Suiza, mexican chicken, white sauce, 6-inch tortilla - SR1559 (2 enchilada)	30	377.91	14.50	6.30	0.00	54.84	770.43	36.06	4.62	3.42(M)	0.04(M)	22.24	2.98	247.48	255.69 (M)	3.96(M)	0.15(M)	239.97 (M)	59.97 (M)
Lift-Off's! Spinach Salad, garbanzo, mozzarella, tomato, carrot,Vegan - SMR1794 (1 salad)	10	169.05	2.56	0.07	0.00	0.00	228.52	27.88	6.90	5.99	0.00(M)	10.36	4.01	126.56	10507.74(M)	29.83 (M)	0.00(M)	860.39 (M)	120.54 (M)
Lo Mein, vegetable, Vegan - SMR1774 (1 c.)	20	331.74	4.78	0.43	0.00	0.06	752.25	61.61	10.58	7.08	0.00(M)	13.86	3.86	74.04	1639.62 (M)	14.29 (M)	0.06(M)	256.40 (M)	84.19 (M)
Category: Grains; May Choose: 1																			
Dinner Roll, Richs, 2.5 oz - SR1009 (1 roll.)	40	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)
Oven Fired Flatbread, Richs 6x6 whole grain - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.60	30.00	(M)	(M)	0.50	120.00	(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)
Green Seedless Grapes - SR1601 (1/2 c.)	25	62.60	0.14	0.05	0.00	0.00	1.81	16.42	0.82	14.04	(M)	0.65	0.33	9.07	59.87	2.90	(M)	(M)	73.06
Category: Vegetable; May Choose: 2																			
Garlic Mashed Potatoes, premium, RECIPE - SMR1493 (3/4 c.)	30	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)
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)

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)
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)
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)	30	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)	30	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 W5D4 - Day: 4		100																	
Category: Menu Item & Assembly; May Choose: 1																			
Buffalo Chicken Pizza, 8-cut, , Big Daddy's Hand Tossed - SMR1430 (1 slice)	40	461.75	18.66	7.76	0.00	61.58	569.59	43.99	4.08	7.45	1.00	27.03	4.72	344.01	431.16	0.59	0.00	476.63	2.81(M)
Cauliflower, Chickpea, & Potato Curry - SMR1471 (1 c.)	30	368.28 (M)	11.70 (M)	1.05(M)	0.00(M)	0.00(M)	137.43 (M)	57.96 (M)	11.93 (M)	13.56 (M)	0.00(M)	10.99 (M)	4.32(M)	145.79 (M)	1438.89 (M)	70.25 (M)	0.00(M)	573.04 (M)	361.52 (M)
Chicken Caesar Wrap, 10" tortilla - SMR1098 (1 wrap)	10	455.94	24.78	7.29	0.00	56.04	679.80	37.75	5.20	3.68	0.00(M)	21.58	2.12	143.36	4961.83 (M)	2.28(M)	0.00(M)	467.71 (M)	53.90 (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																			
F - Blueberries, fresh - SR1545 (1/2 c.)	25	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
Mandarin Oranges, canned in light syrup, drained - SR1557 (1/2 c.)	75	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																			
Curry Side Vegetables, cranberry slaw, jalapeno, onion, cilantro - SR1935 (2/3 c.)	30	70.69	0.20	0.03	0.00	0.00	813.91	17.20	2.05	14.13	11.65 (M)	0.83	0.51	29.87	1119.48 (M)	15.85 (M)	0.00(M)	124.49 (M)	48.38 (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)
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)
Seasoned Potato Wedges - SMR1347 (1/2 c.)	20	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)	30	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)	30	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 W5D5 - Day: 5																			
Category: Menu Item & Assembly; May Choose: 1																			
BBQ Mac & Cheese - SMR1443 (1 ea.)	40	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)
Chana Masala - SR2256 (1 1/2 c.)	30	70.00	2.25	0.20	0.00	0.00	434.34	11.02	3.23	5.33	0.00(M)	2.06	1.32	82.68	1679.81 (M)	9.03(M)	0.00(M)	470.98 (M)	58.15 (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)
Vegetarian Paella - SR3566 (3/4 c.)	20	175.82	5.05	0.25	0.00	0.00	350.58	30.15	2.88	2.47	0.00(M)	4.21	1.36(M)	19.96 (M)	490.89 (M)	22.75 (M)	0.00(M)	187.68 (M)	161.61 (M)
Category: Meat/MA; May Choose: 1																			
Baked Tofu Cubes, plain - SR2069 (2 5/8 oz.)	20	255.81	19.29	2.21	0.00	0.00	354.81	3.81	3.06	0.00	0.00	22.40	3.54	886.04	214.95 (M)	0.26(M)	0.00	311.09	0.00(M)
Category: Grains; May Choose: 1																			
Oven Fired Flatbread, Richs 6x6 whole grain - SR1534 (1 piece)	20	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.60	30.00	(M)	(M)	0.50	120.00	(M)
Rice, brown, oven, steamed - SR1098 (1/2 c.)	20	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)
Tortilla Chips, Tostitos crispy rounds, whole grain - SR1065 (1 1/8 oz.)	20	162.00	6.94	1.16	0.00	0.00	133.07	23.14	2.31	0.00	0.00	2.31	0.58	34.71	0.00(M)	0.00(M)	0.00	0.00	(M)
Category: Fruit; May Choose: 1																			

Menu Cycle Week – Nutrient Analysis

Generated on: 9/2/2022 9:24:08 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																			
Aloo Palak (Indian Potatoes & Spinach) - SMR1464 (1/2 c.)	30	226.04	8.29	0.62	0.00	0.00	107.54	35.16	5.50	2.37	0.00(M)	6.93	4.55	141.10	10931.90(M)	44.41 (M)	0.00(M)	727.70 (M)	179.04 (M)
O - Parmesan Green Beans, green beans, Parmesan - SR1144 (1/2 c.)	20	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)	30	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)	30	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)