

Menu Cycle Week – Nutrient Analysis

Generated on: 2/12/2024 3:03:38 PM by Samantha Baker

Menu Cycle: SY23-24 DCPS OT- ECE Lunch- Spring
 Week: 3
 Result: Pass

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Lunch
 Serving Group: PK
 Site Group: One Table Grow K-5

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	>= 517.00	1,010.97	
Total Fat (g)	<= 30.00 % of Calories	28.22	25.12
Sat Fat (g)(1)	< 10.00 % of Calories	4.98	4.43
Trans Fat (g)(2)		0.00	
Chol (mg)		41.44	
Sodium (mg)(13)		1,623.59	
Carb (g)		149.55	59.17
Total Fiber (g)		19.07	
Total Sugars (g)		44.49	17.60
Added Sugars (g)		17.06(M)	
Protein (g)	>= 7.00	54.45	21.54
Iron (mg)	>= 3.30	7.34(M)	
Calcium (mg)	>= 267.00	978.09(M)	
VitA (IU)	>= 750.00	3,850.83(M)	
VitC (mg)	>= 14.00	42.98(M)	
VitD (mcg)		7.03(M)	
Potassium (mg)		1,687.96(M)	
Mois (g)		124.39(M)	
Ash (g)		0.91(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		[11.500 - 12.500]	
Grains		[8.500 - 11.250]	
Non-WGR		0.000	
WGR		16.750	
Grain-D		0.000	
Fruit		1.750	
Fruit-J		0.000	
Veg		[2.625 - 4.125]	
Veg-DG		0.375	
Veg-RO		1.875	
Veg-BP		0.000	
Veg-S		0.875	
Veg-O		1.000	
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.

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 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)	
SY23-24 DCPS OT ECE Spring W3D1 - Day: 1	100																			
Category: Entrée/Combo; May Choose: 1																				
Grilled Cheese Sandwich, classic, American, whole grain - SR1108 (1 sandwich)	30	360.00	20.00	10.00	0.00	50.00	859.99	30.00	2.00	4.00	2.00(M)	16.00	2.00(M)	42.00 (M)	0.00(M)	0.00(M)	0.00(M)	114.00 (M)	(M)	
Category: Meat/MA; May Choose: 1																				
Turkey, Meat Sauce, Jennie-o Turkey Crumble, Heinz Spaghetti Sauce - SR1508 (2/3 c.)	70	155.16	5.54	1.59	0.00	46.31	497.72	10.77	2.21	6.33	2.36	14.03	1.23	27.33	0.00(M)	0.00(M)	0.00	579.64	(M)	
Category: Grains; May Choose: 1																				
Spaghetti, pasta, whole wheat, cooked al dente - SR1135 (1/2 c.)	70	92.82	1.54	0.06	0.00	0.00	3.33	18.58	3.33	0.48	0.00	3.81	0.95	11.43	0.00(M)	0.00(M)	0.00	131.66	35.20 (M)	
Category: Fruit; May Choose: 1																				
Blueberries, wild, frozen - SR2872 (1/4 c.)	100	19.67	0.00	0.00	0.00	0.00	0.00	4.43	1.48	2.46	0.00	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	
Category: Vegetable; May Choose: 1																				
RO - Carrots, baby-cut, ready-to-serve (1/2c = 1/2c veg) - SR1016 (1/4 c.)	100	12.70	0.05	0.01	0.00	0.00	28.30	2.99	1.05	1.73	0.00	0.23	0.32	11.61	5004.03	0.94	0.00	86.00	(M)	
Category: Milk; May Choose: 1																				
Lactaid Milk - SMR1943 (1 Half Pint)	40	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)	
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	40	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	0.00	8.22	0.07	305.00	478.24	0.00	2.93	366.00	(M)	
Regional Milk, White, Skim - SR1002 (1 Half Pint)	40	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	0.00	8.26	0.07	298.90	499.80	0.00	2.94	382.20	(M)	
Soy Milk - SMR1719 (1 ea.)	60	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)	
Category: Condiment; May Choose: 1																				
Dressing, Ranch, 1.5 gallon dispenser pack, Heinz - SR1931 (1 pump)	20	60.00	6.00	1.00	0.00	5.00	125.00	1.00	0.00	0.50	(M)	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	
SY23-24 DCPS OT ECE Spring W3D2 - Day: 2	100																			
Category: Entrée/Combo; May Choose: 1																				

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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)
Baked Penne Pasta, whole wheat - SR1133 (1 c.)	25	376.83	14.50	6.99	0.00	35.67	744.09	46.06	7.65	9.97	1.43	19.92	2.37	458.26	0.00(M)	0.00(M)	0.10	652.10	0.00(M)
Tuna Salad Sandwich, hamburger roll, tuna salad, RECIPE - SR1142 (1 sandwich)	75	198.55	3.67	0.44	0.00	12.22	442.57	27.11	2.10	3.66	3.00(M)	13.03	1.48	54.38	12.41 (M)	1.49(M)	0.80(M)	150.76 (M)	4.55(M)
Category: Fruit; May Choose: 1																			
Apple, fresh, sliced, unpeeled, ready-to-serve, 125 ct (treated with pineapple juice) - SR3795 (1/2 c.)	100	31.15	0.10	0.02	0.00	0.00	0.63	8.23	1.36	6.20	0.00(M)	0.16	0.08	3.84	30.59	2.94	0.00	64.83	51.22
Category: Vegetable; May Choose: 1																			
PreK-8 Mixed Garden Vegetables, carrots, corn, green beans, peas - SMR1544 (6 oz.)	100	53.56	0.44	0.08	0.00	0.00	91.04	11.37	3.18	3.18	0.00(M)	2.28	0.77	26.07	4935.54 (M)	4.56(M)	0.00	167.83	79.30
Category: Milk; May Choose: 1																			
Lactaid Milk - SMR1943 (1 Half Pint)	40	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)
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	40	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	0.00	8.22	0.07	305.00	478.24	0.00	2.93	366.00	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	40	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	0.00	8.26	0.07	298.90	499.80	0.00	2.94	382.20	(M)
Soy Milk - SMR1719 (1 ea.)	60	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)
SY23-24 DCPS OT ECE Spring W3D3 - Day: 3																			
Category: Entrée/Combo; May Choose: 1																			
Fried Rice, brown rice, scrambled eggs, soy sauce, onions, carrots, celery, peas - SR1382 (2/3 c.)	40	158.52	2.18	0.34	0.00	24.72	330.00	30.04	2.57	1.94	0.00(M)	5.26	1.33	19.99	1647.75 (M)	3.25(M)	0.29	183.99	92.44 (M)
Grilled Chicken Sandwich - SMR1317 (1 burger)	60	280.00	11.50	3.00	0.00	70.00	460.00	26.00	3.00	2.00	1.00	19.00	2.00	16.00	0.00(M)	0.00(M)	0.00	271.00	(M)
Category: Meat/MA; May Choose: 1																			
Baked Tofu Cubes, plain - SR2069 (2 5/8 oz.)	40	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: Fruit; May Choose: 1																			
F - Oranges, fresh, slices, unpeeled - SR1172 (6 slice or w)	100	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28

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: Vegetable; May Choose: 1																				
DG/RO - Broccoli and Red Peppers, roasted - SR2024 (1/2 c.)	100	85.72	6.65	0.48	0.00	0.00	9.07	5.83	2.82	2.49	0.00(M)	2.51	0.57	25.46	1795.72 (M)	72.45 (M)	0.00(M)	73.47 (M)	95.42 (M)	
Category: Milk; May Choose: 1																				
Lactaid Milk - SMR1943 (1 Half Pint)	40	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)	
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	40	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	0.00	8.22	0.07	305.00	478.24	0.00	2.93	366.00	(M)	
Regional Milk, White, Skim - SR1002 (1 Half Pint)	40	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	0.00	8.26	0.07	298.90	499.80	0.00	2.94	382.20	(M)	
Soy Milk - SMR1719 (1 ea.)	60	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)	
Category: Condiment; May Choose: 1																				
Ketchup, Heinz 1.5 gallon dispenser pack - SR1004 (1 pump)	60	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	
SY23-24 DCPS OT ECE Spring W3D4 - Day: 4		100																		
Category: Entrée/Combo; May Choose: 1																				
Popcorn Chicken Bowl: K12 - SR1477 (1 ea.)	50	333.24	15.79	3.19	0.00	21.36	563.80	30.61	4.21	2.93	0.00(M)	17.20	2.35	44.11	43.62 (M)	3.93(M)	0.00(M)	866.32 (M)	117.66 (M)	
Sunbutter & Jelly Sandwich, whole grain bread, sunbutter, Bulk grape jelly, RECIPE - SMR1756 (1 sandwich)	50	4568.03	110.54	3.98	0.01	0.01	8442.35	801.50	106.51	77.10	70.52	218.78	38.67	1581.65	0.00(M)	0.00(M)	10.24	4010.61	(M)	
Category: Fruit; May Choose: 1																				
Bananas, fresh, petite or regular - SR1166 (1/2 medium (7"))	100	52.51	0.19	0.07	0.00	0.00	0.59	13.48	1.53	7.22	0.00	0.64	0.15	2.95	37.76	5.13	0.00	211.22	(M)	
Category: Vegetable; May Choose: 1																				
Cauliflower, florets, seasoned, roasted - SR1039 (1/2 c.)	100	50.13	3.72	0.35	0.00	0.00	72.02	4.03	1.55	1.45	0.00	1.51	0.35	17.14	0.00(M)	36.44 (M)	0.00	27.27	69.63 (M)	
Category: Milk; May Choose: 1																				
Lactaid Milk - SMR1943 (1 Half Pint)	40	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)	
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	40	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	0.00	8.22	0.07	305.00	478.24	0.00	2.93	366.00	(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)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	40	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	0.00	8.26	0.07	298.90	499.80	0.00	2.94	382.20	(M)
Soy Milk - SMR1719 (1 ea.)	60	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)
SY23-24 DCPS OT ECE Spring W3D5 - Day: 5	100																		
Category: Entrée/Combo; May Choose: 1																			
Beef Enchilada, JTM Signature Taco Filling, queso blanco, enchilada sauce, USDA Cheddar, 6 -inch tortilla - SR3908 (2 enchilada)	50	341.92	14.16	6.55	0.00	39.83	827.21	34.85	6.01	4.01	0.00	17.86	3.54	255.15	15.58 (M)	0.29(M)	0.05	174.31	1.40(M)
Pizza, Cheese, 10-cut, Big Daddy's Bold 16-inch - SR2073 (1 slice)	50	320.00	12.80	5.60	0.00	28.00	352.00	34.40	3.20	5.60	0.80	15.20	1.92	272.80	320.00	0.00	0.00	374.40	(M)
Category: Fruit; May Choose: 1																			
Cantaloupe Melon, cubes - SR3442 (1/4 c.)	100	32.70	0.18	0.05	0.00	0.00	15.39	7.85	0.87	7.56	(M)	0.81	0.20	8.65	3252.38	35.29	0.00	256.77	86.69
Category: Vegetable; May Choose: 1																			
Roasted Corn, mexican seasoning - SR1303 (1/4 c.)	100	35.80	0.34	0.05	0.01	0.00	0.82	8.41	1.10	1.41	0.09	1.12	0.29	3.60	82.09 (M)	1.44(M)	0.00	106.30	31.87
Category: Milk; May Choose: 1																			
Lactaid Milk - SMR1943 (1 Half Pint)	40	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)
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	40	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	0.00	8.22	0.07	305.00	478.24	0.00	2.93	366.00	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	40	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	0.00	8.26	0.07	298.90	499.80	0.00	2.94	382.20	(M)
Soy Milk - SMR1719 (1 ea.)	60	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)