

# Menu Cycle Week – Nutrient Analysis

Generated on: 2/12/2024 3:05:12 PM by Samantha Baker

Menu Cycle: SY23-24 DCPS OT- ECE Lunch- Spring  
 Week: 4  
 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	939.43	
Total Fat (g)	<= 30.00 % of Calories	28.42	27.23
Sat Fat (g)(1)	< 10.00 % of Calories	6.89	6.60
Trans Fat (g)(2)		0.00	
Chol (mg)		46.31	
Sodium (mg)(13)		1,580.08	
Carb (g)		133.71	56.93
Total Fiber (g)		16.17	
Total Sugars (g)		39.20	16.69
Added Sugars (g)		13.95(M)	
Protein (g)	>= 7.00	49.03	20.88
Iron (mg)	>= 3.30	19.65(M)	
Calcium (mg)	>= 267.00	842.64(M)	
VitA (IU)	>= 750.00	1,382.10(M)	
VitC (mg)	>= 14.00	21.69(M)	
VitD (mcg)		5.74(M)	
Potassium (mg)		1,421.10(M)	
Mois (g)		82.42(M)	
Ash (g)		0.68(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		[10.000 - 10.250]	
Grains		[7.000 - 10.250]	
Non-WGR		0.000	
WGR		17.250	
Grain-D		0.000	
Fruit		1.500	
Fruit-J		0.000	
Veg		[1.750 - 2.875]	
Veg-DG		0.750	
Veg-RO		0.500	
Veg-BP		0.125	
Veg-S		1.000	
Veg-O		0.750	
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)	
<b>SY23-24 DCPS OT ECE Spring W4D1 - Day: 1</b>	100																			
<b>Category: Entrée/Combo; May Choose: 1</b>																				
Bean & Cheese de Chile Relleno Burrito - SMR1890 (7 2/3 oz.)	40	404.17	14.66	6.40	0.00	20.98	692.29	52.04	8.09	1.95	0.00	17.12	3.64	316.57	536.85	36.79	0.00	564.18	103.84	
BST, Beef, Nachos, JTM Beef, JTM Cheddar Cheese Sauce - SR2680 (1 nacho)	60	401.04	21.66	7.66	0.00	44.37	768.97	37.02	4.25	2.06	0.00	17.13	1.82	285.31	0.00(M)	0.00(M)	0.00	291.24	0.00(M)	
<b>Category: Fruit; May Choose: 1</b>																				
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	
<b>Category: Vegetable; May Choose: 1</b>																				
BP/O - Mexican Black Beans, onion, pepper, jalapeno, cilantro - SR1026 (1/4 c.)	100	35.32	0.17	0.01	0.00	0.00	42.40	6.87	1.79	0.59	0.02	1.98	0.58	19.04	24.17 (M)	4.09(M)	0.00	138.11	17.38 (M)	
<b>Category: Milk; May Choose: 1</b>																				
Lactaid Milk - SMR1943 (1 Half Pint)	10	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.)	10	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)	
<b>Category: Condiment; May Choose: 2</b>																				
Ketchup, Heinz 1.5 gallon dispenser pack - SR1004 (1 pump)	20	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)	
Mustard, Heinz 1.5 gallon dispenser pack - SR1603 (1 pump)	20	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	
<b>SY23-24 DCPS OT ECE Spring W4D2 - Day: 2</b>	100																			
<b>Category: Entrée/Combo; May Choose: 1</b>																				
Chicken Nuggets, Tyson - SR1367 (5 nugget)	60	239.93	14.00	2.50	0.00	24.99	439.88	16.00	3.00	1.00	0.00	14.00	1.90	29.99	0.00(M)	0.00(M)	0.10	599.84	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)
Sunbutter & Jelly Sandwich, whole grain bread, sunbutter, Bulk grape jelly, RECIPE - SMR1756 (1 sandwich)	40	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)
<b>Category: Fruit; May Choose: 1</b>																			
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)
<b>Category: Vegetable; May Choose: 1</b>																			
S - Tater Tots, potato, ORE-IDA - SR1450 (1/4 c.)	100	55.35	3.02	0.50	0.00	0.00	155.99	7.04	0.50	0.50	0.00	0.50	0.10	5.03	0.00(M)	0.00(M)	0.00	105.67	(M)
<b>Category: Milk; May Choose: 1</b>																			
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)
<b>Category: Condiment; May Choose: 1</b>																			
Dressing, Ranch, 1.5 gallon dispenser pack, Heinz - SR1931 (1 pump)	10	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)
Ketchup, Heinz 1.5 gallon dispenser pack - SR1004 (1 pump)	30	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)
Sauce, barbecue, bulk - SR1008 (1 tbsp.)	10	15.14	0.00	0.00	0.00	0.00	237.21	3.53	0.00	3.03	2.52	0.00	0.00	0.00	(M)	0.00	0.00	0.00	(M)
<b>SY23-24 DCPS OT ECE Spring W4D3 - Day: 3</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Breadsticks, Mozzarella Stuffed, Beacon Street Cafe - SR1625 (2 breadstick)	60	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)
Sandwich, Turkey, American, hamburger roll - SR1061 (1 sandwich)	40	370.00	15.50	6.00	0.00	70.00	900.00	28.00	2.00	4.00	3.00(M)	28.00	1.40(M)	53.00 (M)	0.00(M)	0.00(M)	0.00(M)	372.00 (M)	(M)
<b>Category: Fruit; May Choose: 1</b>																			

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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)
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)
<b>Category: Vegetable; May Choose: 1</b>																			
Broccoli, frozen cut or chopped, heated, drained - SR1028 (1/2 c.)	100	26.46	0.11	0.02	0.00	0.00	11.13	5.06	2.83	1.39	0.00(M)	2.93	0.58	31.92	955.38	37.89	0.00(M)	0.25(M)	84.77
<b>Category: Milk; May Choose: 1</b>																			
Lactaid Milk - SMR1943 (1 Half Pint)	10	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.)	10	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)
<b>Category: Condiment; May Choose: 1</b>																			
Dressing, Ranch, 1.5 gallon dispenser pack, Heinz - SR1931 (1 pump)	50	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)
RO - Spaghetti Sauce - SR2220 (1/4 c.)	60	32.36	0.25	0.03	0.00	0.00	129.82	6.67	1.37	3.92	1.47	1.04	0.51	16.93	0.00(M)	0.00(M)	0.00	237.97	(M)
<b>SY23-24 DCPS OT ECE Spring W4D4 - Day: 4</b>	100																		
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Chili con Carne, beef crumble, chili starter mix - SR1379 (1 c.)	50	216.79	5.62	1.95	0.00	22.27	585.25	29.44	7.84	6.20	0.00(M)	14.36	131.22	81.04	3483.01 (M)	38.83 (M)	0.00(M)	747.40	193.85 (M)
Grilled Cheese Sandwich, Three Cheese Caprese, USDA American, USDA mozzarella, tomato - SR3384 (1 sandwich)	50	390.30	20.80	9.17	0.00	46.22	890.80	32.67	3.31	3.98	2.00(M)	19.83	2.17(M)	260.27 (M)	149.17 (M)	2.46(M)	0.00(M)	177.66 (M)	16.95 (M)
<b>Category: Grains; May Choose: 1</b>																			
Breadstick, Ripstick, whole grain, 1.2 oz - SR1044 (1 breadstick)	50	80.00	1.00	0.00	0.00	0.00	95.00	14.00	2.00	2.00	2.00	3.00	0.80	10.00	0.00(M)	0.00(M)	0.30	50.00	(M)
<b>Category: Fruit; May Choose: 1</b>																			
Mandarin Oranges, In Pear Juice - SR3751 (1/4 c.)	100	66.34	0.60	0.00	0.00	0.00	3.19	15.97	0.86	15.97	(M)	0.60	0.12	7.99	(M)	(M)	(M)	(M)	0.00(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)	Mois (g)	
<b>Category: Vegetable; May Choose: 1</b>																				
French fries, potato, crinkle-cut, 3/8-inch, McCain - SR2496 (1/4 c.)	100	50.38	1.96	0.28	0.00	0.00	13.99	7.28	0.56	0.00	0.00	0.56	0.11	5.60	0.00(M)	0.00(M)	0.00	95.15	3.57(M)	
<b>Category: Milk; May Choose: 1</b>																				
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)	
<b>Category: Condiment; May Choose: 1</b>																				
Ketchup, Heinz 1.5 gallon dispenser pack - SR1004 (1 pump)	20	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)	
Mustard, Heinz 1.5 gallon dispenser pack - SR1603 (1 pump)	20	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)	
<b>SY23-24 DCPS OT ECE Spring W4D5 - Day: 5</b>	100																			
<b>Category: Entrée/Combo; May Choose: 1</b>																				
Baked Potato with Broccoli and Cheese - SR1328 (1 potato)	50	416.03	23.40	10.65	0.00	52.98	650.45	34.27	4.59	3.26	0.00(M)	18.63	1.76	453.35	491.49 (M)	30.40 (M)	0.20(M)	320.62 (M)	145.13 (M)	
Chicken Salad Sandwich, Richs sub roll, chicken salad, RECIPE - SR1200 (1 sandwich)	50	334.39	13.31	2.50	0.00	59.21	431.31	31.81	3.31	4.27	4.07	22.90	2.07	16.30	66.75 (M)	0.46(M)	0.71	140.40	14.20 (M)	
<b>Category: Grains; May Choose: 1</b>																				
Dinner Roll, Richs WG 1.25 oz - SR1010 (1 roll.)	50	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)	
<b>Category: Fruit; May Choose: 1</b>																				
Applesauce, canned, unsweetened - SR1195 (1/4 c.)	100	26.20	0.00	0.00	0.00	0.00	5.24	6.29	0.52	5.76	0.00	0.00	3.14	2.62	0.00(M)	0.00(M)	0.00	57.63	(M)	
<b>Category: Vegetable; May Choose: 1</b>																				

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Blue Ribbon Slaw, cabbage, slaw juice, carrots, onion (1/2c = 1/2c other veg) , Recipe - SMR1762 (1/4 c.)	100	20.91	0.07	0.01	0.00	0.00	56.92	5.14	0.75	4.03	3.12	0.38	0.26	13.83	848.57 (M)	7.60(M)	0.00(M)	60.18 (M)	28.58 (M)
<b>Category: Milk; May Choose: 1</b>																			
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)
<b>Category: Condiment; May Choose: 1</b>																			
Tartar Sauce, mayonnaise, relish, lemon juice - SR2615 (1 tbsp.)	25	39.34	3.60	0.80	0.00	4.00	100.36	1.51	0.01	0.64	0.00(M)	0.01	0.00	0.09	0.00(M)	0.00(M)	0.00(M)	1.62(M)	0.00(M)