

# Menu Cycle Week – Nutrient Analysis

Generated on: 2/12/2024 3:07:00 PM by Samantha Baker

Menu Cycle: SY23-24 DCPS OT- ECE Lunch- Spring  
 Week: 5  
 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	586.37	
Total Fat (g)	<= 30.00 % of Calories	17.02	26.12
Sat Fat (g)(1)	< 10.00 % of Calories	6.41	9.83
Trans Fat (g)(2)		0.00	
Chol (mg)		57.08	
Sodium (mg)(13)		883.55	
Carb (g)		73.96	50.45
Total Fiber (g)		8.51	
Total Sugars (g)		37.12(M)	25.32
Added Sugars (g)		7.09(M)	
Protein (g)	>= 7.00	34.50	23.54
Iron (mg)	>= 3.30	3.33(M)	
Calcium (mg)	>= 267.00	944.43(M)	
VitA (IU)	>= 750.00	2,834.69(M)	
VitC (mg)	>= 14.00	21.52(M)	
VitD (mcg)		6.89(M)	
Potassium (mg)		1,271.40(M)	
Mois (g)		70.66(M)	
Ash (g)		0.48(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		[8.750 - 10.750]	
Grains		[7.500 - 9.750]	
Non-WGR		0.000	
WGR		17.250	
Grain-D		0.000	
Fruit		1.250	
Fruit-J		0.000	
Veg		[1.375 - 2.625]	
Veg-DG		0.250	
Veg-RO		1.250	
Veg-BP		0.000	
Veg-S		0.750	
Veg-O		0.375	
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 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.

# 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)	
<b>SY23-24 DCPS OT ECE Spring WSD1 - Day: 1</b>	100																			
<b>Category: Entrée/Combo; May Choose: 1</b>																				
Parmesan Chicken, Tyson patty+ USDA Mozz - SR3148 (1 patty)	60	279.15	14.62	2.78	0.00	26.27	588.11	22.63	4.33	4.82	1.43(M)	15.90	2.48	136.91	90.40 (M)	0.00(M)	0.10(M)	832.04 (M)	(M)	
Pizza, Cheese, 10-cut, Big Daddy's Bold 16-inch - SR2073 (1 slice)	40	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)	
<b>Category: Fruit; May Choose: 1</b>																				
F - Oranges, fresh, slices, unpeeled - SR1172 (3 slice or w)	100	22.56	0.06	0.01	0.00	0.00	0.00	5.64	1.15	4.49	0.00	0.45	0.05	19.20	108.00	25.54	0.00	86.88	41.64	
<b>Category: Vegetable; May Choose: 1</b>																				
Cauliflower, florets, seasoned, roasted - SR1039 (1/4 c.)	100	25.06	1.86	0.17	0.00	0.00	36.01	2.02	0.78	0.73	0.00	0.76	0.18	8.57	0.00(M)	18.22 (M)	0.00	13.63	34.82 (M)	
<b>Category: Milk; May Choose: 1</b>																				
Lactaid Milk - SMR1943 (1 Half Pint)	60	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)	60	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.)	40	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>SY23-24 DCPS OT ECE Spring WSD2 - Day: 2</b>	100																			
<b>Category: Entrée/Combo; May Choose: 1</b>																				
Quesadilla, Cheddar Cheese USDA, 10-inch tortilla - SR1054 (1 each quesadilla)	50	390.00	18.00	10.00	0.00	40.00	679.99	36.00	4.00	3.00	0.00	21.00	1.00	486.99	0.00(M)	0.00(M)	0.20	112.00	(M)	
Taco Quesadilla, JTM Signature Taco Filling, refried bean, 10-inch tortilla - SMR2107 (1 each quesadilla)	50	463.02	18.05	8.99	0.00	43.77	745.71	50.58	10.29	4.10	0.00	23.36	3.31	335.86	0.00(M)	0.00(M)	0.20	346.99	52.11 (M)	
<b>Category: Fruit; May Choose: 1</b>																				
C - Pears, canned, diced, packed in juice, drained - SR1194 (1/4 c.)	100	28.70	0.00	0.00	0.00	0.00	2.39	7.65	0.96	5.26	0.00	0.00	0.10	5.74	0.00(M)	0.00(M)	0.00	54.53	(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)	
<b>Category: Vegetable; May Choose: 1</b>																				
DG - Broccoli, roasted, seasoned, from frozen - SR1852 (1/4 c.)	100	32.75	2.25	0.17	0.00	0.00	36.04	2.70	1.44	0.70	0.00(M)	1.50	0.31	15.91	477.69 (M)	18.95 (M)	0.00(M)	2.87(M)	42.88 (M)	
<b>Category: Milk; May Choose: 1</b>																				
Lactaid Milk - SMR1943 (1 Half Pint)	60	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)	60	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.)	40	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>																				
Salsa Roja, homemade - SR1081 (2 tbsp.)	75	8.92	0.04	0.01	0.00	0.00	95.64	1.84	0.39	0.33(M)	0.10(M)	0.31	0.26	9.54	163.15 (M)	2.67(M)	0.00(M)	23.63 (M)	4.66(M)	
<b>SY23-24 DCPS OT ECE Spring W5D3 - Day: 3</b>		100																		
<b>Category: Entrée/Combo; May Choose: 1</b>																				
Bean and Cheese Enchilada, USDA, refried pinto, blanco queso, enchilada sauce, 6-inch tortilla - SR3488 (2 enchilada)	50	391.59	11.43	5.41	0.00	18.38	763.92	52.44	12.53	2.75	0.00	17.43	4.09	271.82	15.58 (M)	0.29(M)	0.05	555.30	79.56 (M)	
Turkey Gravy, turkey thigh, chicken gravy - SR1022 (3/8 c.)	50	145.91	6.08	1.82	0.00	72.67	520.44	4.32	0.00	0.44	0.00	16.79	0.65	0.07	0.00(M)	0.00(M)	0.00	238.52	2.46(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>																				
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>																				
RO - Bell Pepper, Red, fresh medium-large, julienne/strips, ready-to-serve (1/2c = 1/2c veg) - SR1011 (1/4 c.)	100	7.63	0.07	0.01	0.00	0.00	0.98	1.49	0.52	1.03	0.00	0.24	0.11	1.72	771.16	31.45	0.00	51.97	22.71	
<b>Category: Milk; May Choose: 1</b>																				

# 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)	60	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.)	40	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>SY23-24 DCPS OT ECE Spring W5D4 - Day: 4</b>	100																		
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Bowl, Breakfast, Scrambled Egg, USDA Cheddar, Fiesta Potato - SR3974 (1 bowl)	40	256.65	12.67	3.73	0.01	231.30	332.35	25.09	3.22	3.06	0.19	12.24	2.06	105.42	124.58 (M)	7.60(M)	1.36	477.10	42.13 (M)
Tuna Salad Sandwich, hamburger roll, tuna salad, RECIPE - SR1142 (1 sandwich)	60	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)
<b>Category: Grains; May Choose: 1</b>																			
Biscuit, baked, whole grain, Easy Split, 2 oz (CACFP) - SR1598 (1 biscuit)	60	190.00	9.00	6.00	0.00	0.00	310.00	24.00	2.00	2.00	2.00	4.00	1.44	150.00	0.00(M)	0.00(M)	0.00	188.00	(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)
<b>Category: Vegetable; May Choose: 1</b>																			
RO - Carrots, coins, seasoned - SR1017 (1/4 c.)	100	36.97	2.55	0.22	0.00	0.00	90.00	3.74	1.55	1.88	0.00	0.31	0.27	16.61	7760.10 (M)	1.05(M)	0.00	91.37	44.56 (M)
<b>Category: Milk; May Choose: 1</b>																			
Lactaid Milk - SMR1943 (1 Half Pint)	60	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.)	40	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>SY23-24 DCPS OT ECE Spring W5D5 - Day: 5</b>	100																		

# Menu Cycle Week – Nutrient Analysis

Generated on: 2/12/2024 3:07:00 PM by Samantha Baker

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: Entrée/Combo; May Choose: 1</b>																			
Glorious Macaroni & Cheese Pasta, macaroni, Inspire, RECIPE - SMR1186 (1 #6 scoop)	30	387.99	21.28	10.65	0.00	55.00	877.74	35.32	4.24	4.09	0.00(M)	20.24	2.02	464.83	42.84 (M)	0.32(M)	0.14(M)	619.26 (M)	43.24 (M)
Lasagna Rollup Cheese - Tasty Brands - SR1497 (1 roll.)	70	277.32	4.01	2.06	0.00	5.00	510.06	42.88	4.85	13.15	3.05	17.16	2.36	215.22	0.00(M)	0.00(M)	0.00	705.02	(M)
<b>Category: Fruit; May Choose: 1</b>																			
Apple, fresh, sliced, unpeeled, ready-to-serve, 125 ct (treated with pineapple juice) - SR3795 (1/4 c.)	100	15.57	0.05	0.01	0.00	0.00	0.32	4.12	0.68	3.10	0.00(M)	0.08	0.04	1.92	15.29	1.47	0.00	32.41	25.61
<b>Category: Vegetable; May Choose: 1</b>																			
ST - Peas, frozen, heated - SR2335 (1/4 c.)	100	37.96	0.13	0.02	0.00	0.00	34.38	6.83	2.15	2.10	0.00(M)	2.46	0.73	11.46	1002.68	4.73	0.00	52.52	37.96
<b>Category: Milk; May Choose: 1</b>																			
Lactaid Milk - SMR1943 (1 Half Pint)	60	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.)	40	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)