Menu Cycle Week – Nutrient Analysis

Generated on: 10/3/2021 5:38:10 AM by Udoka Commey

Menu Cycle: High School Lunch SY21-22 Term 2
Week: 1
Result: Exceeded

Meal Pattern: [USDA]Meal Pattern SY 2014+
Meal Type: Lunch
Serving Group: 9-12
Site Group: Inspire

Cycle Week Nutrient Summary

Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[750.00 - 850.00]	811.49	
Total Fat (g)		23.25	25.78
Sat Fat (g)(1)	< 10.00 % of Calories	6.58	7.30
Trans Fat (g)(2)		0.00	
Chol (mg)		73.86	
Sodium Target 1 (mg) (13)	< 1,420.00	1,386.34	
Sodium Target 2 (mg) (13)	< 1,080.00	1,386.34	
Carb (g)		120.04	59.17
Total Fiber (g)		15.93	
Total Sugars (g)		54.04(M)	26.64
Added Sugars (g)		11.33(M)	
Protein (g)		39.71	19.57
Iron (mg)		4.91(M)	
Calcium (mg)		596.11(M)	
VitA (IU)		8,858.06(M)	
VitC (mg)		13.56(M)	
VitD (mcg)		1.57(M)	
Potassium (mg)		446.03(M)	
Mois (g)		92.64(M)	
Ash (g)		0.69(M)	

Cycle Week Food Component Summary

Food Component	Standard Value	Actual Value	% of Total
Meat/MA	[10.000 - 12.000]	[16.500 - 19.500](a)	
Grains	[10.000 - 12.000]	[17.000 - 19.250](a)	
Non-WGR		0.000	
WGR	>= 50.000 % of	30.250	100.00
Grain-D	<= 2.000	0.000	
Fruit	>= 5.000	5.000	
Fruit-J	<= 50.000 % of	0.000	0.00
Veg	>= 5.000	[5.125 - 6.875]	
Veg-DG	>= 0.500	1.500	
Veg-RO	>= 1.250	2.750	
Veg-BP	>= 0.500	1.000	
Veg-S	>= 0.500	1.125	
Veg-O	>= 0.750	1.625	
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 2019-2020 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 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.

Menu Cycle Week – Nutrient Analysis

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)	Mois (g)
High School Lunch SY21-22 Term 2 W1D1 - Day: 1	100																		
Category: Entrée/Combo; May Choose: 1																			
EM-Ham & Cheese Sandwich, hamburger roll, turkey ham, American cheese, RECIPE - SMR1908 (1 sandwich)	50	300.00	11.00	4.00	0.00	75.00	1050.00	27.00	4.00	4.00	0.00(M)	27.00	2.14(M)	40.00 (M)	0.00(M)	0.00(M)	0.00(M)	380.00 (M)	(M)
Garden Burger, veggie patty - SMR1158 (1 burger)	50	210.00	5.00	0.00	0.00	0.00	660.00	32.00	9.00	3.00	(M)	17.00	3.24	100.00	0.00	0.00	(M)	(M)	(M)
Hamburger, 2.0 oz all beef patty, hamburger roll - SMR1612 (1 burger)	50	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)
Category: Fruit; May Choose: 1																			
Pineapple, canned, juice pack, drained (tidbits) - SMR1222 (1 c.)	100	4.15	0.00	0.00	0.00	0.00	0.00	0.95	0.06	0.89	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 1																			
Seasoned Potato Wedges - SMR1347 (1 c.)	100	265.52	8.85	1.11	0.00	11.06	309.77	44.25	4.43	0.00	0.00	4.43	0.89	22.13	0.00(M)	0.00(M)	0.00	508.91	(M)
Category: Milk; May Choose: 1																			
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	50	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	(M)	8.22	0.07	305.00	478.24	0.00	(M)	(M)	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	50	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	(M)	8.26	0.07	298.90	499.80	0.00	(M)	(M)	(M)
Category: Condiment; May Choose: 1																			
Ketchup, Heinz 1.5 gallon dispenser pack - SR1004 (1 pump)	1	20.00	0.00	0.00	0.00	0.00	160.00	5.00	0.00	4.00	(M)	0.00	0.00	0.00	100.00	1.20	(M)	(M)	(M)
Mustard, Heinz 1.5 gallon dispenser pack - SR1603 (1 pump)	1	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
High School Lunch SY21-22 Term 2 W1D2 - Day: 2	100																		
Category: Entrée/Combo; May Choose: 1																			
Lasagna Rollup Cheese - Tasty Brands - SMR1184 (1 roll.)	40	291.00	7.49	4.09	0.01	35.01	869.77	39.21	4.01	13.17	(M)	16.04	2.57	323.08	1201.04	16.14	(M)	(M)	(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)
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: Meat/MA; May Choose: 1																			
BBQ Chicken, drumstick, tyson - SMR1378 (1 piece)	50	326.31	15.56	3.89	0.00	140.06	1709.29	21.15	0.00	15.46	12.89 (M)	24.90	1.12	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)
Category: Grains; May Choose: 1																			
Copy of Dinner Roll, Richs Whole Grain 2.5 oz - SMR1128 (1 roll.)	50	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	(M)	(M)	0.80	100.00	(M)
Category: Fruit; May Choose: 1																			
Mandarin Oranges, canned in light syrup, drained - SR1557 (1 c.)	100	109.99	0.00	0.00	0.00	0.00	0.00	27.50	1.83	25.66	25.66	0.00	0.00	11.00	(M)	(M)	7.33	139.32	(M)
Category: Vegetable; May Choose: 1																			
Baked Beans vegetarian HS - SMR1653 (1 c.)	100	351.80	0.01	0.01	0.00	0.00	1175.14	80.98	10.87	39.66	17.79 (M)	15.06	3.99	103.56	0.29	1.06	0.00(M)	20.89 (M)	12.75 (M)
Category: Milk; May Choose: 1																			
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	50	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	(M)	8.22	0.07	305.00	478.24	0.00	(M)	(M)	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	0	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	(M)	8.26	0.07	298.90	499.80	0.00	(M)	(M)	(M)
High School Lunch SY21-22 Term 2 W1D3 - Day: 3	100																		
Category: Entrée/Combo; May Choose: 1																			
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(M)	2.00(M)	21.12	1.48(M)	46.70 (M)	72.96 (M)	0.52(M)	0.00(M)	42.25 (M)	15.52 (M)
Fried Rice Schwans, Veggie Fried Rice w/ Egg - SMR1657 (1 c.)	40	341.33	6.99	1.71	0.00	193.42	734.41	54.83	2.49	4.99	1.25(M)	13.06	2.06	38.95	227.56 (M)	0.00(M)	0.00(M)	124.61 (M)	(M)
Category: Meat/MA; May Choose: 1																			
Baked Tofu Cubes, plain - SR2069 (2 5/8 oz.)	40	255.80	19.29	2.21	0.00	0.00	354.73	3.81	3.06	0.00	0.00(M)	22.40	3.48	886.06	216.74 (M)	0.26(M)	0.00(M)	0.00(M)	0.00(M)
Jamaican Jerk Chicken, Pulled Chicken, Orange Juice, Seasoning RECIPE - SMR1182 (1 #16 scoop)	50	123.75	5.25	1.50	0.00	52.50	585.00	2.38	0.00	1.50	(M)	15.75	0.00(M)	0.00(M)	0.00(M)	2.63(M)	(M)	(M)	(M)
Category: Grains; 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)	Mois (g)
HS Brown Rice - SMR1554 (1 c.)	50	117.19	0.69	0.00	0.00	0.00	2.03	25.51	1.38	0.00	(M)	2.76	0.50	2.03	0.00	0.00	(M)	(M)	67.59 (M)
Category: Fruit; May Choose: 1																			
Apple, fresh, whole, unpeeled, ready-to-serve, 125ct - SR2870 (1 medium (3)	100	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
Category: Vegetable; May Choose: 1																			
HS Green Beans, frozen cut, heated, drained - SMR1548 (1 c.)	100	30.65	1.43	0.12	0.00	0.00	37.71	4.47	2.04	1.27	0.00(M)	1.03	0.46	28.74	283.02 (M)	2.77(M)	0.00(M)	107.33 (M)	3.71(M)
Category: Milk; May Choose: 1																			
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	50	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	(M)	8.22	0.07	305.00	478.24	0.00	(M)	(M)	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	50	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	(M)	8.26	0.07	298.90	499.80	0.00	(M)	(M)	(M)
High School Lunch SY21-22 Term 2 W1D4 - Day: 4	100																		
Category: Entrée/Combo; May Choose: 1																			
Cheesy Breadstick - SMR1740 (1 ea.)	40	145.09	5.50	3.00	0.00	15.01	250.15	14.01	1.00	2.50	0.50	9.51	0.95	180.11	40.02	0.00	0.00	145.09	(M)
Hearty Garden Salad 612, RECIPE - SMR1382 (1 c.)	10	3.31	0.08	0.02	0.00	1.86	3.77	0.46	0.14	0.11	0.00(M)	0.22	0.09	2.88	137.22 (M)	0.50(M)	0.01(M)	14.93 (M)	2.53(M)
Spaghetti & Turkey Meat Sauce - SMR1214 (1 serving)	40	330.89	8.26	2.14	0.01	44.62	1078.71	47.03	6.78	9.33	0.00(M)	22.40	4.57	46.13	772.68 (M)	11.80 (M)	0.00(M)	0.00(M)	62.91 (M)
Spaghetti and Marinara Sauce, DCPS RECIPE - SMR1439 (1 c.)	30	165.53	4.31	1.77	0.01	7.60	522.71	26.54	3.66	5.24	0.00(M)	7.33	2.01	120.08	328.61 (M)	4.75(M)	0.05(M)	25.31 (M)	35.07 (M)
Category: Meat/MA; May Choose: 1																			
Baked Tofu Cubes, plain - SR2069 (2 5/8 oz.)	30	255.80	19.29	2.21	0.00	0.00	354.73	3.81	3.06	0.00	0.00(M)	22.40	3.48	886.06	216.74 (M)	0.26(M)	0.00(M)	0.00(M)	0.00(M)
Category: Grains; May Choose: 1																			
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: 2																			
Bananas, fresh, petite or regular - SR1166 (1 medium (7")	200	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	(M)	(M)	(M)

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)
Peaches, Clingstone, canned, diced, packed in pear juice, drained (1/2c=4.5oz=1/2c fruit) , Recipe SM - SMR1728 (1/2 c.)	200	57.95	0.04	0.00	0.00	0.00	5.27	15.24	1.71	13.53	(M)	0.83	0.36	7.90	501.75	4.74	(M)	(M)	0.00(M)
Category: Vegetable; May Choose: 1																			
Seasoned Kale Greens - SMR1929 (1 c.)	100	272.00	14.00	6.00	0.00	0.00	346.00	30.00	12.00	0.00	(M)	12.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	50	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	(M)	8.22	0.07	305.00	478.24	0.00	(M)	(M)	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	50	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	(M)	8.26	0.07	298.90	499.80	0.00	(M)	(M)	(M)
High School Lunch SY21-22 Term 2 W1D5 - Day: 5	100																		
Category: Menu Item & Assembly; May Choose: 1																			
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)
Category: Entrée/Combo; May Choose: 1																			
Italian Sub Sandwich, Richs sub roll, turkey ham, mozzarella, Sysco Short Sub RECIPE - SMR1663 (1 sandwich)	10	397.00	16.88	7.20	0.00	75.38	904.50	33.05	3.00	6.03	4.00	28.65	2.33	392.73	(M)	(M)	0.90	486.25	(M)
Turkey Sausage Pizza, Big Daddy's Hand Tossed Style 16" 51% Whole Grain - SMR1251 (1 slice)	40	430.40	17.52	7.51	0.00	48.51	517.70	43.00	4.00	7.00	1.00(M)	23.39	2.67	341.00	433.78	0.68	0.00(M)	468.00 (M)	(M)
Category: Fruit; May Choose: 1																			
Mixed Fruit Cocktail, canned, in pear juice, drained (1/2c=3.7oz=1/2c fruit) - SMR1769 (1 c.)	100	99.99	0.02	0.00	0.00	0.00	8.69	25.78	2.17	23.61	(M)	1.00	0.46	17.39	662.98	5.87	(M)	(M)	0.00(M)
Category: Vegetable; May Choose: 1																			
Carrots, coins, seasoned HS - SMR1665 (1 c.)	100	177.95	12.06	1.03	0.00	0.00	134.91	18.44	7.65	9.28	0.00(M)	1.51	1.29	81.89	38393.63(M)	5.23(M)	0.00(M)	435.45 (M)	219.73 (M)
Category: Milk; May Choose: 1																			
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	50	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	(M)	8.22	0.07	305.00	478.24	0.00	(M)	(M)	(M)

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Regional Milk, White, Skim - SR1002 (1 Half Pint)	50	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	(M)	8.26	0.07	298.90	499.80	0.00	(M)	(M)	(M)