

Menu Cycle Week – Nutrient Analysis

Generated on: 3/11/2022 12:12:38 PM

Menu Cycle: - Breakfast in the Classroom SY21-22 Term 4
Week: 3
Result: Pass

Meal Pattern: [USDA]Meal Pattern SY 2014+
Meal Type: Breakfast
Serving Group: PK
Site Group: Inspire

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	>= 388.00	414.59	
Total Fat (g)	<= 30.00 % of Calories	9.04	19.63
Sat Fat (g)(1)	< 10.00 % of Calories	3.01	6.53
Trans Fat (g)(2)		0.03	
Chol (mg)		71.39	
Sodium (mg)(13)		425.11	
Carb (g)		69.16	66.73
Total Fiber (g)		5.41	
Total Sugars (g)		40.15	38.73
Added Sugars (g)		7.21(M)	
Protein (g)	>= 5.00	16.40	15.82
Iron (mg)	>= 2.50	4.09(M)	
Calcium (mg)	>= 200.00	429.57(M)	
VitA (IU)	>= 565.00	787.20(M)	
VitC (mg)	>= 11.00	45.61(M)	
VitD (mcg)		3.82(M)	
Potassium (mg)		763.66(M)	
Mois (g)		31.92(M)	
Ash (g)		0.16(M)	

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.

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		[0.000 - 5.250]	
Grains		[9.000 - 10.000]	
Non-WGR		0.000	
WGR		29.000	
Grain-D		0.000	
Fruit		4.250	
Fruit-J		0.500	
Veg		0.000	
Veg-DG		0.000	
Veg-RO		0.000	
Veg-BP		0.000	
Veg-S		0.000	
Veg-O		0.000	
Veg-X		0.000	
Vegetable-J		0.000	
MILK-F		5.000	
MILK-V		Pass	

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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)	Calciu m (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)
BIC SY21-22 W3D1 Term 4-APRIL - Day: 1	100																		
Category: Entrée/Combo; May Choose: 1																			
Banana Ultra Bread Slice, IW, WG, Super Bakery, 3.4 oz. - SR2440 (1 pkg.)	50	260.00	8.00	1.50	0.00	0.00	240.00	45.00	2.00	24.00	23.00	5.00	1.00	161.00	0.00(M)	0.00(M)	0.00	114.00	(M)
Cereal, ready-to-eat, Cheerios, bowlpack 1 oz (CACFP) - SR1160 (1 bowl)	10	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)
Cereal, ready-to-eat, Cinnamon Chex, bowlpack 1 oz (CACFP) - SR2336 (1 bowl)	30	116.82	2.63	0.25	0.00	0.00	173.04	22.85	1.40	5.77	5.63	1.37	7.56	91.00	0.00(M)	0.00(M)	1.40	43.57	(M)
Rice Chex Bowlpak - SMR1304 (1 bowl)	10	100.00	0.50	0.00	0.00	0.00	250.00	24.00	1.00	2.00	0.00(M)	2.00	9.00	100.00	500.00	6.00	2.00	50.00	0.00(M)
Category: Grains; May Choose: 1																			
(Replace with SR2366 by 2/28/22) Crackers, graham, original, Keebler, 3 count (CACFP) - SR1163 (1 pkg.)	50	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	4.00	2.00	0.70	10.00	0.00(M)	0.00(M)	0.00	50.00	(M)
Category: Fruit; May Choose: 1																			
Peaches, cling, diced, canned in pear juice, drained - SR1196 (1/2 c.)	100	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: 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)
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	45	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)	45	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.)	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)
BIC SY21-22 W3D2 Term 4-APRIL - Day: 2	100																		
Category: Entrée/Combo; May Choose: 1																			
Cereal, ready-to-eat, Cheerios, bowlpack 1 oz (CACFP) - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)

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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)	Calciu m (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)
Cereal, ready-to-eat, Cinnamon Chex, bowlpack 1 oz (CACFP) - SR2336 (1 bowl)	5	116.82	2.63	0.25	0.00	0.00	173.04	22.85	1.40	5.77	5.63	1.37	7.56	91.00	0.00(M)	0.00(M)	1.40	43.57	(M)
French Toast Sticks, Whole Grain - SMR1148 (4 stick.)	90	110.30	4.24	0.64	0.00	0.00	127.26	16.12	1.27	3.82	3.39	2.55	0.85	16.97	0.00(M)	0.00(M)	0.00	63.63	(M)
Rice Chex Bowlpak - SMR1304 (1 bowl)	5	100.00	0.50	0.00	0.00	0.00	250.00	24.00	1.00	2.00	0.00(M)	2.00	9.00	100.00	500.00	6.00	2.00	50.00	0.00(M)
Category: Meat/MA; May Choose: 1																			
Cheesy Scrambled Eggs, cheddar, RECIPE - SR1192 (1/4 c.)	90	102.50	6.75	2.42	0.00	228.75	101.67	0.00	0.00	0.00	0.00	8.50	1.33	50.75	0.00(M)	0.00(M)	1.35	85.75	0.00(M)
Category: Grains; May Choose: 1																			
(Replace with SR2366 by 2/28/22) Crackers, graham, original, Keebler, 3 count (CACFP) - SR1163 (1 pkg.)	30	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	4.00	2.00	0.70	10.00	0.00(M)	0.00(M)	0.00	50.00	(M)
Category: Fruit; May Choose: 1																			
Applesauce, canned, unsweetened - SR1195 (1 c.)	100	111.71	0.31	0.05	0.00	0.00	20.97	25.17	3.02	23.07	0.00	0.64	0.15	10.49	0.00(M)	9.31	0.00	230.58	(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)
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	45	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)	45	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.)	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)
Category: Condiment; May Choose: 1																			
Pancake & Waffle Syrup, PC - SMR1210 (1 fl. oz.)	1	110.00	0.00	0.00	0.00	0.00	20.00	29.00	0.00	22.00	22.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)
BIC SY21-22 W3D3 Term 4-APRIL - Day: 3	100																		
Category: Entrée/Combo; May Choose: 1																			
Cereal, ready-to-eat, Cheerios, bowlpack 1 oz (CACFP) - SR1160 (1 bowl)	10	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)

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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)	Calciu m (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)
Cereal, ready-to-eat, Cinnamon Chex, bowlpak 1 oz (CACFP) - SR2336 (1 bowl)	10	116.82	2.63	0.25	0.00	0.00	173.04	22.85	1.40	5.77	5.63	1.37	7.56	91.00	0.00(M)	0.00(M)	1.40	43.57	(M)
Rice Chex Bowlpak - SMR1304 (1 bowl)	10	100.00	0.50	0.00	0.00	0.00	250.00	24.00	1.00	2.00	0.00(M)	2.00	9.00	100.00	500.00	6.00	2.00	50.00	0.00(M)
Yoplait Light Fat Free Yogurt Blueberry Patch - SMR1308 (4 oz.)	80	60.00	0.00	0.00	0.00	0.00	60.00	11.00	0.00	6.00	(M)	4.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Grains; May Choose: 1																			
(Replace with SR2366 by 2/28/22) Crackers, graham, original, Keebler, 3 count (CACFP) - SR1163 (1 pkg.)	30	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	4.00	2.00	0.70	10.00	0.00(M)	0.00(M)	0.00	50.00	(M)
Cereal, granola, oats n honey, WGR, Nature Valley - SR2331 (1/4 c.)	80	85.65	3.19	0.33	0.02	0.00	65.23	12.76	1.04	4.75	4.75	1.50	0.44	6.42	0.00(M)	0.00(M)	0.00	38.24	(M)
Category: Fruit; May Choose: 1																			
Oranges, fresh, slices, unpeeled 88ct - SMR1709 (6 slice or w)	100	86.48	0.22	0.03	0.00	0.00	0.00	21.62	4.42	17.20	0.00	1.73	0.18	73.60	414.00	97.89	0.00	333.04	159.62
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)
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	45	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)	45	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.)	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)
BIC SY21-22 W3D4 Term 4-APRIL - Day: 4	100																		
Category: Entrée/Combo; May Choose: 1																			
Baked Biscuit, Easy Split, Pillsbury, whole grain, 2 oz - SMR1015 (1 biscuit)	50	172.26	8.01	5.26	0.06	0.34	330.06	21.45	1.96	1.74	1.01	3.47	1.18	135.63	0.00(M)	0.00(M)	0.00	75.21	(M)
Cereal, ready-to-eat, Cheerios, bowlpak 1 oz (CACFP) - SR1160 (1 bowl)	10	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)
Cereal, ready-to-eat, Cinnamon Chex, bowlpak 1 oz (CACFP) - SR2336 (1 bowl)	20	116.82	2.63	0.25	0.00	0.00	173.04	22.85	1.40	5.77	5.63	1.37	7.56	91.00	0.00(M)	0.00(M)	1.40	43.57	(M)

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Colby Cheese Omelet, 5" egg patty, 2.1 oz, CN - SMR1113 (1 patty)	60	120.00	10.00	3.50	0.00	165.00	300.00	1.00	0.00	0.00	0.00	7.00	1.00	83.00	0.00(M)	0.00(M)	1.00	73.00	(M)
Rice Chex Bowlpak - SMR1304 (1 bowl)	10	100.00	0.50	0.00	0.00	0.00	250.00	24.00	1.00	2.00	0.00(M)	2.00	9.00	100.00	500.00	6.00	2.00	50.00	0.00(M)
Category: Grains; May Choose: 1																			
(Replace with SR2366 by 2/28/22) Crackers, graham, original, Keebler, 3 count (CACFP) - SR1163 (1 pkg.)	45	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	4.00	2.00	0.70	10.00	0.00(M)	0.00(M)	0.00	50.00	(M)
Category: Fruit; May Choose: 1																			
Apples, Sliced, Fresh Peterson Farms Snack Serving Size - SMR1708 (1 c.)	100	60.00	0.00	0.00	0.00	0.00	0.00	14.00	2.00	12.00	(M)	0.00	0.00	40.00	0.00	42.00	(M)	(M)	0.00(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)
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	45	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)	45	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.)	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)
BIC SY21-22 W3D5 Term 4-APRIL - Day: 5	100																		
Category: Entrée/Combo; May Choose: 1																			
Cereal, ready-to-eat, Cheerios, bowlpak 1 oz (CACFP) - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)
Cereal, ready-to-eat, Cinnamon Chex, bowlpak 1 oz (CACFP) - SR2336 (1 bowl)	1	116.82	2.63	0.25	0.00	0.00	173.04	22.85	1.40	5.77	5.63	1.37	7.56	91.00	0.00(M)	0.00(M)	1.40	43.57	(M)
Rice Chex Bowlpak - SMR1304 (1 bowl)	2	100.00	0.50	0.00	0.00	0.00	250.00	24.00	1.00	2.00	0.00(M)	2.00	9.00	100.00	500.00	6.00	2.00	50.00	0.00(M)
Wheat Bagel, sliced, Burry, 2.3 oz, 51% whole grain w/ Cream Cheese - SMR1659 (1 bagel)	95	214.54	4.55	2.25	0.13	12.80	390.37	36.71	4.05	4.10	3.00(M)	7.57	2.05	38.60	275.35 (M)	0.00(M)	0.00(M)	137.00 (M)	(M)
Category: Grains; May Choose: 1																			

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(Replace with SR2366 by 2/28/22) Crackers, graham, original, Keebler, 3 count (CACFP) - SR1163 (1 pkg.)	5	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	4.00	2.00	0.70	10.00	0.00(M)	0.00(M)	0.00	50.00	(M)
Category: Fruit; May Choose: 2																			
Bananas, fresh, petite or regular - SR1166 (1/2 medium (7"))	200	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: Fruit Juice; May Choose: 1																			
Juice, apple, 100% Suncup, 4 fl oz, plastic cup - SR2547 (4 fl oz cup)	100	60.00	0.00	0.00	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	60.00	0.00	105.00	(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)
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	45	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)	45	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.)	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)