

Menu Cycle Week – Nutrient Analysis

Generated on: 8/9/2023 11:49:12 AM by Carolyn Adams

Menu Cycle: DCPS RFP- ECE Lunch
Week: 4
Result: Pass

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

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	>= 517.00	625.93	
Total Fat (g)	<= 30.00 % of Calories	18.48	26.57
Sat Fat (g)(1)	< 10.00 % of Calories	5.54	7.97
Trans Fat (g)(2)		0.00	
Chol (mg)		75.64	
Sodium (mg)(13)		927.92	
Carb (g)		83.75	53.52
Total Fiber (g)		10.75	
Total Sugars (g)		31.52(M)	20.14
Added Sugars (g)		2.05(M)	
Protein (g)	>= 7.00	35.26	22.53
Iron (mg)	>= 3.30	5.51(M)	
Calcium (mg)	>= 267.00	480.21(M)	
VitA (IU)	>= 750.00	3,148.53(M)	
VitC (mg)	>= 14.00	33.44(M)	
VitD (mcg)		5.01(M)	
Potassium (mg)		613.23(M)	
Mois (g)		133.97(M)	
Ash (g)		1.14(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		[9.250 - 11.500]	
Grains		[6.000 - 10.000]	
Non-WGR		0.000	
WGR		16.000	
Grain-D		0.000	
Fruit		2.250	
Fruit-J		0.000	
Veg		[2.875 - 4.500]	
Veg-DG		1.875	
Veg-RO		0.625	
Veg-BP		0.250	
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	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)
22-23 DCPS RFP- ECE Lunch W4 D1 - Day: 1	100																		
Category: Entrée/Combo; May Choose: 1																			
Glorious Macaroni & Cheese Pasta, macaroni, Inspire, RECIPE - SMR1186 (1 #6 scoop)	50	388.17	21.29	10.65	0.00	55.00	878.01	35.35	4.26	4.09	0.00(M)	20.26	2.05	465.49	82.94 (M)	0.95(M)	0.14(M)	621.89 (M)	43.04 (M)
Veggie Pizza, Big Daddy's 8-cut, 16-inch - SMR1625 (1 slice)	50	493.15	23.49	7.56	0.00	35.00	485.64	48.91	6.83	8.78	1.00	21.76	4.18	431.80	7980.20 (M)	45.88 (M)	0.00	771.38	38.28 (M)
Category: Fruit; May Choose: 1																			
Peaches, cling, diced, canned in pear juice, drained - SR1196 (1/2 c.)	100	84.02	0.00	0.00	0.00	0.00	7.00	21.00	1.40	16.80	1.40	0.00	0.42	18.20	0.00(M)	0.00(M)	0.00	233.85	0.00(M)
Category: Vegetable; May Choose: 2																			
Roasted Tuscan Vegetables, cannellini beans - SR1442 (1/2 c.)	100	55.34	0.11	0.02	0.00	0.00	113.60	10.49	3.93	0.47(M)	0.00(M)	3.00	0.96	41.66	301.45 (M)	9.46(M)	0.00(M)	10.77 (M)	15.00 (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)
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	45	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	13.00	0.00	9.00	0.00	300.00	500.00	1.20	5.00	0.00(M)	(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)
White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint)	45	86.49	0.00	0.00	0.00	4.80	124.93	12.49	0.00	12.49	0.00	8.65	0.00	288.31	480.51	1.15	4.80	0.00(M)	(M)
22-23 DCPS RFP- ECE Lunch W4 D2 - Day: 2	100																		
Category: Entrée/Combo; May Choose: 1																			
FAST Grain Bowl, Grecian Chicken, Citrus Brown Rice, USDA Fajita, Olives, Tomatoes, Cucumber - SR3598 (1 bowl)	50	488.69	12.90	2.70	0.00	106.73	1268.02	67.17	3.69	4.79(M)	1.67(M)	28.87	3.19	33.18	1243.57 (M)	5.32(M)	0.00(M)	654.18 (M)	173.89 (M)
Rainbow Vegan Chili - SMR1788 (1 c.)	50	222.98	1.60	0.06	0.00	0.00	448.22	43.23	11.32	9.40	0.00(M)	11.46	4.14	102.22	3791.78 (M)	43.15 (M)	0.13(M)	898.58 (M)	209.14 (M)
Category: Meat/MA; May Choose: 1																			

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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)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Roasted Chickpeas (garbanzo beans), low sodium canned, drained Salad Bar - SMR1699 (1/2 c.)	100	6.86	0.80	0.06	0.00	0.00	134.73	0.00	0.00	0.00	0.00	0.00	0.00	0.08	0.00(M)	0.00(M)	0.00	0.03	0.00(M)
Category: Grains; May Choose: 1																			
Dinner Roll, Richs, 2.5 oz - SR1009 (1 roll.)	100	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	0.00(M)	0.00(M)	0.80	100.00	(M)
Category: Fruit; May Choose: 1																			
F - Blueberries, fresh - SR1545 (1/2 c.)	100	42.18	0.24	0.02	0.00	0.00	0.74	10.72	1.78	7.37	(M)	0.55	0.21	4.44	39.96	7.18	(M)	(M)	62.31
Category: Vegetable; May Choose: 2																			
ST - Peas, frozen, heated - SR2335 (1/2 c.)	100	75.92	0.26	0.05	0.00	0.00	68.75	13.66	4.30	4.20	0.00(M)	4.92	1.45	22.92	2005.36	9.45	0.00	105.04	75.92
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)
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	45	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	13.00	0.00	9.00	0.00	300.00	500.00	1.20	5.00	0.00(M)	(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)
White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint)	45	86.49	0.00	0.00	0.00	4.80	124.93	12.49	0.00	12.49	0.00	8.65	0.00	288.31	480.51	1.15	4.80	0.00(M)	(M)
22-23 DCPS RFP- ECE Lunch W4 D3 - Day: 3	100																		
Category: Entrée/Combo; May Choose: 1																			
Chicken Cordon Bleu Burger, Swiss, whole grain - SMR1869 (1 burger)	50	355.00	17.25	5.88	0.00	97.50	620.00	25.50	4.00	3.00	0.00(M)	28.50	1.61	170.00	0.00(M)	0.00(M)	0.00(M)	325.00 (M)	(M)
Veggie Tortellini - SMR1739 (14 pcs.)	50	165.10	2.30	1.15	0.00	10.70	196.61	26.73	3.69	3.44	0.00(M)	9.60	1.87	91.28	2055.96 (M)	15.59 (M)	0.00(M)	112.23 (M)	19.31 (M)
Category: Fruit; May Choose: 1																			
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)
Category: Vegetable; May Choose: 2																			
Basil Corn Salad - SR2587 (1/2 c.)	100	102.01	4.11	0.34	0.00	0.00	296.46	16.78	2.30	3.02	0.00(M)	2.32	0.58	8.92	656.16 (M)	17.82 (M)	0.00(M)	217.97 (M)	76.38 (M)
Category: Milk; May Choose: 1																			

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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)
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	45	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	13.00	0.00	9.00	0.00	300.00	500.00	1.20	5.00	0.00(M)	(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)
White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint)	45	86.49	0.00	0.00	0.00	4.80	124.93	12.49	0.00	12.49	0.00	8.65	0.00	288.31	480.51	1.15	4.80	0.00(M)	(M)
22-23 DCPS RFP- ECE Lunch W4 D4 - Day: 4	100																		
Category: Entrée/Combo; May Choose: 1																			
Asian Noodle Bowl w/ Broccoli Future Chef Winner 2018 - SMR1718 (6 oz.)	50	388.61	10.73	2.59	0.00	75.69	701.02	45.81	6.46	4.00	0.00(M)	30.94	9.46	41.85	871.72 (M)	17.23 (M)	0.09(M)	104.31 (M)	88.98 (M)
CHICKEN-Butter, scratch, USDA diced chicken - SR3568 (2/3 c.)	50	123.68	3.04	0.39	0.00	53.72	128.17	6.34	0.66	3.51	0.00(M)	16.78	0.77(M)	47.23 (M)	48.32 (M)	1.86(M)	0.29(M)	97.25 (M)	17.37 (M)
Category: Grains; May Choose: 1																			
Rice, brown, oven, steamed (1/2c = 1 oz eq grain) , Recipe - SMR1732 (1/2 c.)	50	117.19	1.03	0.00	0.00	0.00	2.02	24.82	1.38	0.00	0.00	2.76	0.69	2.02	0.00(M)	0.00(M)	0.00	74.44	52.38 (M)
Category: Fruit; May Choose: 1																			
Apples, Sliced, Fresh Peterson Farms - SMR1658 (1/2 c.)	100	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	(M)	0.00	0.00	20.00	0.00	21.00	(M)	(M)	0.00(M)
Category: Vegetable; May Choose: 2																			
DG/O - Broccoli and Carrots, roasted - SR2023 (1/2 c.)	100	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02 (M)	30.87 (M)	0.00(M)	30.24 (M)	76.93 (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)
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	45	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	13.00	0.00	9.00	0.00	300.00	500.00	1.20	5.00	0.00(M)	(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)
White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint)	45	86.49	0.00	0.00	0.00	4.80	124.93	12.49	0.00	12.49	0.00	8.65	0.00	288.31	480.51	1.15	4.80	0.00(M)	(M)
22-23 DCPS RFP- ECE Lunch W4 D5 - Day: 5	100																		

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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)
Category: Entrée/Combo; May Choose: 1																			
Fajita Chicken Strips, USDA - SR2529 (2/3 c.)	50	160.09	8.01	2.29	0.00	91.48	480.27	2.29	0.00	0.00	0.00	19.44	1.03	11.44	(M)	(M)	0.00	274.44	0.00(M)
Garden Wrap w/Black Beans, 10" tortilla Vegan - SMR1954 (1 wrap)	50	399.00	20.00	7.00	0.00	139.00	614.00	36.00	5.00	3.00	(M)	17.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Grains; May Choose: 1																			
Spanish Rice - SR1509 (2/3 c.)	50	166.27	3.22	0.17	0.00	0.00	276.90	31.38	2.90	1.07(M)	0.03(M)	4.22	1.28	23.25	56.65 (M)	2.26(M)	0.00(M)	192.31 (M)	84.24 (M)
Category: Fruit; May Choose: 1																			
Applesauce, canned, unsweetened - SR1195 (1/2 c.)	100	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)
Category: Vegetable; May Choose: 2																			
Collard Greens- FP - SMR1478 (3/4 c.)	100	136.00	7.00	3.00	0.00	0.00	173.00	15.00	6.00	0.00	(M)	6.00	(M)	(M)	(M)	(M)	(M)	(M)	(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)
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	45	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	13.00	0.00	9.00	0.00	300.00	500.00	1.20	5.00	0.00(M)	(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)
White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint)	45	86.49	0.00	0.00	0.00	4.80	124.93	12.49	0.00	12.49	0.00	8.65	0.00	288.31	480.51	1.15	4.80	0.00(M)	(M)