

# Menu Cycle Week – Nutrient Analysis

Generated on: 9/21/2022 5:08:52 PM by Meredith Hesselein

Menu Cycle: 22-23 DCPS Term 2 ECE Lunch  
 Week: 2  
 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	659.63	
Total Fat (g)	<= 30.00 % of Calories	17.93	24.47
Sat Fat (g)(1)	< 10.00 % of Calories	4.10	5.60
Trans Fat (g)(2)		0.01	
Chol (mg)		36.78	
Sodium (mg)(134)		1,082.66	
Carb (g)		98.26	59.58
Total Fiber (g)		12.02	
Total Sugars (g)		35.29(M)	21.40
Added Sugars (g)		7.17(M)	
Protein (g)	>= 7.00	29.93	18.15
Iron (mg)	>= 3.30	4.47(M)	
Calcium (mg)	>= 267.00	472.71(M)	
VitA (IU)	>= 750.00	6,564.13(M)	
VitC (mg)	>= 14.00	47.24(M)	
VitD (mcg)		5.72(M)	
Potassium (mg)		975.35(M)	
Mois (g)		163.91(M)	
Ash (g)		1.50(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		[7.000 - 10.000]	
Grains		[10.000 - 13.250]	
Non-WGR		0.000	
WGR		23.250	
Grain-D		0.000	
Fruit		[2.250 - 2.750]	
Fruit-J		0.000	
Veg		[3.000 - 4.625]	
Veg-DG		0.500	
Veg-RO		1.000	
Veg-BP		0.500	
Veg-S		0.500	
Veg-O		2.125	
Veg-X		0.125	
Vegetable-J		0.000	
MILK-F		5.000	
MILK-V		<span style="color: green;">Pass</span>	

## 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 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.
- 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)	Moisture (g)	
<b>22-23 DCPS Term 2 ECE Lunch W2D1 - Day: 1</b>	100																			
<b>Category: Entrée/Combo; May Choose: 1</b>																				
Alaskan Pollock , Fish Po Boy; wholewheat hot dog bun - SMR1248 (1 sandwich)	50	346.17	10.50	2.25	0.00	42.50	615.78	44.23	4.08	3.58	2.00	21.58	3.16	132.72	150.00 (M)	0.00(M)	0.00	288.90	(M)	
Classic Hummus Box, Tortilla Chips, whole grain w/oranges - SMR1918 (1 Box)	50	622.94	28.96	5.48	0.00	0.00	689.77	79.93	14.68	27.11	0.00(M)	13.88	3.53	213.44	5804.42 (M)	146.43 (M)	0.00(M)	1029.53 (M)	291.77 (M)	
<b>Category: Fruit; May Choose: 1</b>																				
F - Oranges, fresh, slices, unpeeled - SR1172 (6 slice or w)	100	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	
<b>Category: Vegetable; May Choose: 2</b>																				
Seasoned Black Beans, RECIPE - SMR1453 (1/2 c.)	100	122.66	0.04	0.01	0.00	0.00	139.98	22.53	5.56	1.58	0.04	7.62	1.99	89.55	0.21(M)	0.79(M)	0.00	532.34	33.21 (M)	
<b>Category: Milk; May Choose: 1</b>																				
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)	
<b>22-23 DCPS Term 2 ECE Lunch W2D2 - Day: 2</b>	100																			
<b>Category: Menu Item &amp; Assembly; May Choose: 1</b>																				
Flatbread, Mediterranean, Hummus, Rich's 6x6 flatbread - SR3602 (1 ea.)	50	585.97	34.42	6.34	0.00	0.00	1197.95	52.41	8.65	2.69	1.00(M)	16.96	5.58	89.81	111.58 (M)	1.07(M)	0.50	655.08	19.24 (M)	
Grain Bowl, Grecian Chicken, Citrus Brown Rice - SR3598 (1 bowl)	50	419.38	7.76	1.79	0.00	65.56	1317.57	67.46	3.53	6.14(M)	1.65(M)	21.98	1.86(M)	15.84 (M)	1222.36 (M)	4.75(M)	0.00(M)	152.32 (M)	155.04 (M)	
<b>Category: Meat/MA; 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)
Roasted Chickpeas (garbanzo beans), low sodium canned, drained Salad Bar - SMR1699 (1/2 c.)	50	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)
<b>Category: Fruit; May Choose: 1</b>																			
Mandarin Oranges, canned in light syrup, drained - SR1557 (1/2 c.)	100	54.99	0.00	0.00	0.00	0.00	0.00	13.75	0.92	12.83	12.83	0.00	0.00	5.50	(M)	(M)	3.67	69.66	(M)
<b>Category: Vegetable; May Choose: 2</b>																			
RO - Citrus Glazed Carrots, carrot coins - SR1131 (1/2 c.)	100	60.46	0.78	0.14	0.00	0.00	67.70	13.35	3.81	8.63	2.50(M)	0.68	0.66	43.02	19196.03(M)	2.61(M)	0.00(M)	249.72(M)	102.46(M)
<b>Category: Milk; May Choose: 1</b>																			
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)
<b>22-23 DCPS Term 2 ECE Lunch W2D3 - Day: 3</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Chicken Fajitas, 8-inch Mission tortilla, Koch fajita chicken, peppers, onions, RECIPE - SR1476 (1 fajita)	50	289.62	11.24	3.71	0.01	70.87	789.97	27.74	3.23	4.18	0.13	19.90	2.34	79.03	144.05(M)	33.01(M)	0.00	356.63	31.07(M)
Nachos, Bean and Cheese, JTM cheddar - SR1471 (1 nacho)	50	396.30	18.21	6.55	0.00	27.21	678.59	44.27	8.02	1.05	0.00	15.35	1.92	286.49	0.00(M)	0.00(M)	0.00	545.23	52.29(M)
<b>Category: Grains; May Choose: 1</b>																			
Spanish Rice - SR1509 (2/3 c.)	50	164.84	2.81	0.17	0.00	0.00	275.65	31.64	2.76	1.11(M)	0.03(M)	4.21	1.07	26.12	56.65(M)	2.26(M)	0.00(M)	120.88(M)	84.47(M)
<b>Category: Fruit; May Choose: 1</b>																			
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: 2</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)
Roasted Corn, mexican seasoning - SR1303 (1/2 c.)	100	71.60	0.67	0.10	0.01	0.00	1.64	16.82	2.20	2.83	0.19	2.24	0.54	8.03	2.48(M)	5.20(M)	0.00	212.60	62.08
<b>Category: Milk; May Choose: 1</b>																			
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)
<b>22-23 DCPS Term 2 ECE Lunch W2D4 - Day: 4</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Chicken & Waffles, Tyson nuggets - SR1425 (1 serving)	50	344.93	17.50	3.00	0.00	24.99	614.88	32.50	5.50	4.50	0.00(M)	16.00	1.90	49.99	0.00(M)	0.00(M)	0.10(M)	599.84 (M)	0.00(M)
Vegetarian Paella - SR3566 (3/4 c.)	50	175.82	5.05	0.25	0.00	0.00	350.58	30.15	2.88	2.47	0.00(M)	4.21	1.36(M)	19.96 (M)	490.89 (M)	22.75 (M)	0.00(M)	187.68 (M)	161.61 (M)
<b>Category: Grains; May Choose: 1</b>																			
Dinner Roll, Richs, 2.5 oz - SR1009 (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	0.00(M)	0.00(M)	0.80	100.00	(M)
<b>Category: Fruit; May Choose: 1</b>																			
C - Cinnamon Swirled Apple Slices, canned - SR1492 (1/2 c.)	100	44.60	0.00	0.00	0.00	0.00	8.79	10.78	1.93	7.89	0.00(M)	0.01	0.03	3.25	0.00(M)	0.00(M)	0.00(M)	1.40(M)	0.03(M)
<b>Category: Vegetable; May Choose: 2</b>																			
Cauliflower, fresh florets, trimmed, blanched - SR3388 (1/2 c.)	100	13.38	0.15	0.07	0.00	0.00	16.27	2.66	1.07	1.02	0.00	1.03	0.23	11.99	0.00	25.79	0.00	16.12	56.65
<b>Category: Milk; May Choose: 1</b>																			
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)
<b>Category: Condiment; May Choose: 1</b>																			

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Pancake & Waffle Syrup, PC - SMR1210 (1 fl. oz.)	50	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)
<b>22-23 DCPS Term 2 ECE Lunch W2D5 - Day: 5</b>	100																		
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Baja Fish Tacos, 6-inch, pollock nuggets, mexican slaw, pico de gallo - SR1611 (2 tacos)	50	375.74	9.07	2.01	0.00	45.00	600.25	51.76	4.59	4.65(M)	1.79(M)	20.36	3.23	102.86	118.11 (M)	7.50(M)	0.00(M)	109.92 (M)	17.76 (M)
Chana Masala international day - SMR1913 (4 oz.)	50	213.93	3.26	0.04	0.00	0.00	970.09	35.24	7.03	7.76	0.00(M)	11.27	2.82	54.93	148.47 (M)	0.80(M)	0.10(M)	498.39 (M)	9.62(M)
<b>Category: Grains; May Choose: 1</b>																			
Oven Fired Flatbread, Richs 6x6 whole grain - SR1534 (1 piece)	50	180.00	5.00	1.00	0.00	0.00	330.00	28.00	3.00	2.00	1.00	6.00	1.60	30.00	(M)	(M)	0.50	120.00	(M)
<b>Category: Fruit; May Choose: 1</b>																			
Bananas, fresh, petite or regular - SR1166 (1 medium (7"))	100	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)
<b>Category: Vegetable; May Choose: 2</b>																			
Sauteed Spinach, oven - SR1694 (3/8 c.)	100	31.93	1.80	0.16	0.00	0.00	184.38	3.19	1.72	0.32	0.00	2.18	2.10	75.63	6838.24 (M)	20.78 (M)	0.00	415.29	70.40 (M)
<b>Category: Milk; May Choose: 1</b>																			
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)