

# Menu Cycle Week – Nutrient Analysis

Generated on: 9/21/2022 10:03:35 PM by Meredith Hesselein

Menu Cycle: 22-23 DCPS Term 2 ECE Lunch  
 Week: 5  
 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	686.08(M)	
Total Fat (g)	<= 30.00 % of Calories	22.74(M)	29.82
Sat Fat (g)(1)	< 10.00 % of Calories	4.68(M)	6.13
Trans Fat (g)(2)		0.00(M)	
Chol (mg)		25.16(M)	
Sodium (mg)(134)		909.19(M)	
Carb (g)		94.49(M)	55.09
Total Fiber (g)		13.36(M)	
Total Sugars (g)		39.46(M)	23.01
Added Sugars (g)		6.76(M)	
Protein (g)	>= 7.00	31.88(M)	18.59
Iron (mg)	>= 3.30	5.17(M)	
Calcium (mg)	>= 267.00	588.56(M)	
VitA (IU)	>= 750.00	5,823.79(M)	
VitC (mg)	>= 14.00	58.74(M)	
VitD (mcg)		4.93(M)	
Potassium (mg)		1,007.13(M)	
Mois (g)		164.14(M)	
Ash (g)		1.72(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		[11.750 - 14.000]	
Grains		[12.000 - 16.000]	
Non-WGR		0.000	
WGR		20.000	
Grain-D		0.000	
Fruit		2.750	
Fruit-J		0.000	
Veg		[4.000 - 6.750]	
Veg-DG		1.000	
Veg-RO		2.125	
Veg-BP		0.375	
Veg-S		1.375	
Veg-O		1.750	
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.

# 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>22-23 DCPS Term 2 ECE Lunch W5D1 - Day: 1</b>	100																			
<b>Category: Entrée/Combo; May Choose: 1</b>																				
Baked Penne, Pasta Vegan - SMR1799 (8 oz.)	50	268.87	2.77	0.12	0.00	0.00	541.10	51.56	8.70	8.36	2.30	9.96	3.32	82.11	0.00(M)	0.00(M)	0.00	801.32	34.06 (M)	
Cheesy Breadstick - SMR1740 (1 ea.)	50	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)	
Grilled Cheese Sandwich, classic, USDA American, whole grain - SR2820 (1 sandwich)	50	360.00	20.00	10.00	0.00	50.00	859.99	30.00	2.00	4.00	2.00(M)	16.00	2.00(M)	42.00 (M)	0.00(M)	0.00(M)	0.00(M)	114.00 (M)	0.00(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>																				
Three Bean Salad - SMR1910 (1/2 c.)	100	148.54	5.85	0.39	0.00	0.00	78.68	19.72	3.99	7.34	5.18(M)	4.50	1.36	49.48	165.75 (M)	1.62(M)	0.00(M)	270.30 (M)	0.01(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 W5D2 - Day: 2</b>	100																			
<b>Category: Menu Item &amp; Assembly; May Choose: 1</b>																				
Chicken Parm Pasta - SMR1319 (1 serving)	50	399.73	14.33	5.95	0.00	70.65	971.69	41.74	6.34	11.04	3.19(M)	27.64	2.81(M)	313.86 (M)	0.00(M)	0.00(M)	0.14(M)	588.81 (M)	43.30 (M)	
<b>Category: Entrée/Combo; May Choose: 1</b>																				
Sunbutter & Jelly Sandwich, whole grain bread, sunbutter, Bulk grape jelly, RECIPE - SMR1756 (1 sandwich)	50	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)	
<b>Category: Grains; May Choose: 1</b>																				
Garlic Knot, Ripstick - SR1255 (1 roll.)	50	110.63	4.05	0.22	0.00	0.00	95.85	15.02	2.17	2.03	2.00	3.23	0.96	13.22	0.00(M)	0.00(M)	0.30	66.89	0.09(M)	

# Menu Cycle Week – Nutrient Analysis

Generated on: 9/21/2022 10:03:35 PM by Meredith Hesselein

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: Fruit; May Choose: 1</b>																				
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)	
<b>Category: Vegetable; May Choose: 2</b>																				
O - Parmesan Green Beans, green beans, Parmesan - SR1144 (1/2 c.)	100	41.90	2.35	0.32	0.00	0.71	13.66	5.18	2.32	1.45	0.00	1.30	0.51	38.91	323.25 (M)	3.23(M)	0.00	124.89	0.12(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 WSD3 - Day: 3</b>		100																		
<b>Category: Menu Item &amp; Assembly; May Choose: 1</b>																				
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: Entrée/Combo; May Choose: 1</b>																				
Lo Mein, vegetable, Vegan - SMR1774 (1 c.)	50	331.74	4.78	0.43	0.00	0.06	752.25	61.61	10.58	7.08	0.00(M)	13.86	3.86	74.04	1639.62 (M)	14.29 (M)	0.06(M)	256.40 (M)	84.19 (M)	
<b>Category: Fruit; May Choose: 1</b>																				
Applesauce, canned, unsweetened - SR1195 (1/2 c.)	100	55.86	0.15	0.03	0.00	0.00	10.49	12.58	1.51	11.53	0.00	0.32	0.08	5.24	0.00(M)	4.66	0.00	115.29	(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)	

# 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)
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 W5D4 - Day: 4</b>	100																		
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Cauliflower, Chickpea, & Potato Curry - SMR1471 (1 c.)	50	368.28 (M)	11.70 (M)	1.05(M)	0.00(M)	0.00(M)	137.43 (M)	57.96 (M)	11.93 (M)	13.56 (M)	0.00(M)	10.99 (M)	4.32(M)	145.79 (M)	1438.89 (M)	70.25 (M)	0.00(M)	573.04 (M)	361.52 (M)
Veggie Burgers, Grillers Prime, 2.5 oz (1 Patty=2 M/MA) - SR3551 (1 patty)	50	150.00	8.00	1.00	0.00	0.00	400.00	6.00	3.00	1.00	0.00	16.00	1.20	40.00	0.00(M)	0.00(M)	0.10	130.00	(M)
<b>Category: Grains; May Choose: 1</b>																			
Copy of Regional Whole Wheat Hamburger Bun - SMR1239 (1 roll.)	50	130.00	2.00	0.00	0.00	0.00	260.00	25.00	4.00	3.00	(M)	6.00	1.44	40.00	0.00	0.00	(M)	(M)	(M)
Rice, brown, oven, steamed - SR1098 (1/2 c.)	50	117.19	0.69	0.00	0.00	0.00	2.03	25.51	1.38	0.00	0.00(M)	2.76	0.50	2.03	0.00	0.00	0.00(M)	0.68(M)	52.57 (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>																			
RO - Roasted Butternut Squash - SR1408 (1/2 c.)	100	73.30	0.33	0.01	0.00	0.00	31.71	18.56	2.39	7.25	4.64	1.19	0.87	61.10	12578.52(M)	24.85 (M)	0.00(M)	417.04 (M)	0.01(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 W5D5 - Day: 5</b>	100																		
<b>Category: Menu Item &amp; Assembly; May Choose: 1</b>																			
Baked Tofu Cubes, plain - SR2069 (2 5/8 oz.)	50	255.81	19.29	2.21	0.00	0.00	354.81	3.81	3.06	0.00	0.00	22.40	3.54	886.04	214.95 (M)	0.26(M)	0.00	311.09	0.00(M)

# Menu Cycle Week – Nutrient Analysis

Generated on: 9/21/2022 10:03:35 PM by Meredith Hesselein

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)
Popcorn Chicken Bowl: K12 - SR1477 (1 ea.)	50	333.24	15.79	3.19	0.00	21.36	558.75	30.61	4.21	2.93	0.00(M)	16.50	2.34	44.34	1.94(M)	4.53(M)	0.00(M)	744.82 (M)	117.58 (M)
<b>Category: Entrée/Combo; May Choose: 1</b>																			
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>																			
Mixed Fruit, fruit cocktail (peach, pear, pineapple, apple, banana), RECIPE - SR1209 (1/2 c.)	100	60.68	0.09	0.02	0.00	0.00	3.17	15.80	1.80	12.21	0.00	0.54	0.25	10.71	183.26 (M)	3.57(M)	0.00	164.43	7.77(M)
<b>Category: Vegetable; May Choose: 2</b>																			
DG - Broccoli, roasted, seasoned, from frozen - SR1852 (1/2 c.)	100	65.49	4.49	0.33	0.00	0.00	72.07	5.40	2.89	1.40	0.00(M)	3.00	0.62	31.81	955.38 (M)	37.89 (M)	0.00(M)	5.74(M)	85.76 (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>Category: Condiment; May Choose: 1</b>																			
Original Homestyle Ranch Salad Dressing, light, Hidden Valley - SR1003 (1 tbsp.)	30	25.00	1.75	0.25	0.00	2.50	190.00	2.50	0.00	1.00	0.50	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)