

Menu Cycle Week – Nutrient Analysis

Generated on: 2/21/2023 2:26:12 PM by Carolyn Adams

Menu Cycle: 22-23 DCPS Term 3 ECE Lunch
 Week: 1
 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	621.57	
Total Fat (g)	<= 30.00 % of Calories	20.15	29.18
Sat Fat (g)(1)	< 10.00 % of Calories	4.74	6.86
Trans Fat (g)(2)		0.04	
Chol (mg)		55.33	
Sodium (mg)(13)		881.00	
Carb (g)		82.17	52.88
Total Fiber (g)		9.33	
Total Sugars (g)		34.91(M)	22.46
Added Sugars (g)		3.45(M)	
Protein (g)	>= 7.00	32.77	21.09
Iron (mg)	>= 3.30	4.74(M)	
Calcium (mg)	>= 267.00	531.08(M)	
VitA (IU)	>= 750.00	1,709.34(M)	
VitC (mg)	>= 14.00	37.73(M)	
VitD (mcg)		5.56(M)	
Potassium (mg)		650.85(M)	
Mois (g)		110.53(M)	
Ash (g)		1.08(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		[10.000 - 10.750]	
Grains		[8.000 - 10.000]	
Non-WGR		0.000	
WGR		18.000	
Grain-D		0.000	
Fruit		2.500	
Fruit-J		0.000	
Veg		[2.750 - 4.875]	
Veg-DG		0.500	
Veg-RO		2.625	
Veg-BP		0.000	
Veg-S		0.500	
Veg-O		1.375	
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	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)	
22-23 DCPS Term 3 ECE Lunch W1D1 - Day: 1	100																			
Category: Entrée/Combo; May Choose: 1																				
Grilled Chicken Sandwich - SMR1317 (1 burger)	50	280.00	11.00	3.00	0.00	70.00	460.00	27.00	3.00	2.00	2.00	19.00	2.00	63.00	0.00(M)	0.00(M)	0.00	275.00	(M)	
Veggie Burger, Grillers Prime patty - SMR1963 (1 burger)	50	290.00	10.00	1.00	0.00	0.00	620.00	33.00	7.00	4.00	3.00	22.00	2.60	150.00	0.00(M)	0.00(M)	6.90	260.00	(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																				
Seasoned Potato Wedges - SMR1347 (1/2 c.)	100	132.76	4.42	0.55	0.00	5.53	154.88	22.13	2.21	0.00	0.00	2.21	0.44	11.06	0.00(M)	0.00(M)	0.00	254.45	(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 Term 3 ECE Lunch W1D2 - Day: 2	100																			
Category: Entrée/Combo; May Choose: 1																				
Spaghetti and Marinara Sauce, DCPS RECIPE - SMR1439 (1 c.)	60	168.50	4.32	1.76	0.00	7.59	429.08	27.32	4.06	5.23	1.43(M)	7.39	1.81	125.76	0.00(M)	0.00(M)	0.05(M)	258.51 (M)	34.90 (M)	
Sunbutter & Jelly Sandwich, whole grain bread, sunbutter, Bulk grape jelly, RECIPE - SMR1756 (1 sandwich)	20	614.83	36.05	4.01	0.01	0.01	590.69	59.46	6.12	25.96	29.36	20.06	4.92	83.71	0.00(M)	0.00(M)	0.00	507.68	(M)	
Category: Meat/MA; May Choose: 1																				
Meatballs, Turkey, Homestyle, Fully Cooked, Plain, 1 oz. - SR2493 (3 Meatballs)	30	182.25	13.16	4.05	0.00	81.00	405.00	0.00	0.00	1.01	(M)	16.20	(M)	(M)	(M)	(M)	(M)	(M)	(M)	
Category: Fruit; 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)
F - Pears, fresh, whole, unpeeled, ready-to-serve, 120 ct - SR1585 (1 medium)	100	101.46	0.25	0.04	0.00	0.00	1.78	27.11	5.52	17.36	0.00	0.64	0.32	16.02	44.50	7.65	0.00	206.48	149.45
Category: Vegetable; May Choose: 2																			
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)
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 Term 3 ECE Lunch W1D3 - Day: 3		100																	
Category: Entrée/Combo; May Choose: 1																			
Asian Noodle Bowl w/ Broccoli Future Chef Winner 2018 - SMR1718 (6 oz.)	80	388.61	10.73	2.59	0.00	75.69	1117.10	45.81	6.46	4.00	0.00(M)	30.94	9.46	42.10	871.72 (M)	17.23 (M)	0.09(M)	104.40 (M)	88.39 (M)
Cheeseburger, 2.5 oz beef, American, hamburger roll - SMR1742 (1 burger)	20	285.00	12.00	4.75	0.00	47.50	515.00	26.00	4.00	3.50	0.00(M)	19.50	2.52	140.00	150.00	0.00	0.00(M)	0.00(M)	(M)
Category: Fruit; May Choose: 1																			
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
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)

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)	
22-23 DCPS Term 3 ECE Lunch W1D4 - Day: 4	100																			
Category: Entrée/Combo; May Choose: 1																				
Arroz con Pollo (chicken & rice), USDA fajita chicken - SMR2008 (1 portion)	60	420.11	11.97	2.96	0.00	92.14	711.18	53.55	3.78	3.85(M)	0.28(M)	26.25	3.11(M)	49.03 (M)	600.05 (M)	8.21(M)	0.00(M)	404.47 (M)	151.11 (M)	
Baked Tofu Cubes, plain - SR2069 (2 5/8 oz.)	40	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)	
Category: Grains; May Choose: 1																				
Lo Mein, vegetable, whole wheat spaghetti - SR1770 (2/3 c.)	40	141.56	1.58	0.22	0.00	0.06	533.50	30.28	3.08	9.39	0.00(M)	4.39	1.44	20.91	1566.25 (M)	1.08(M)	0.06(M)	56.36 (M)	48.95 (M)	
Category: Fruit; May Choose: 1																				
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)	
Category: Vegetable; May Choose: 2																				
Sweet and Sour Vegetables - SMR1374 (1 c.)	100	122.55	5.16	0.44	0.04	0.00	61.47	19.82	0.97	15.62	0.00(M)	0.72	0.40	25.62	664.50 (M)	22.07 (M)	0.00(M)	57.86 (M)	28.33 (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 Term 3 ECE Lunch W1D5 - Day: 5	100																			
Category: Entrée/Combo; May Choose: 1																				
Cheese Pizza, 8-cut, Big Daddy's Bold 16-inch - SR2081 (1 slice)	60	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)	

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)	
Sandwich, Philly Cheese Steak Sub, Sliced Beef, USDA Mozz, Richs Sub Roll WGR - SR3631 (1 sandwich)	40	359.53	16.58	5.34	0.41	35.94	504.74	37.86	4.14	8.16	4.07(M)	18.66	2.75	131.78	144.05 (M)	33.01 (M)	0.76	231.24 (M)	31.65 (M)	
Category: Fruit; May Choose: 1																				
Peach, Fresh - SR3101 (1 ea.)	100	58.50	0.00	0.00	0.00	0.00	0.00	14.31	2.25	12.59	0.00	1.36	1.62	9.00	489.00	9.90	0.00	285.00	(M)	
Category: Vegetable; May Choose: 1																				
Baked Sweet Potato Wedges - SMR1341 (1/2 c.)	100	211.96	7.42	1.06	0.00	0.00	243.75	33.91	2.12	10.60	2.12	2.12	0.53	31.79	0.00(M)	0.00(M)	0.00	349.73	(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)	