

Menu Cycle Week – Nutrient Analysis

Generated on: 2/21/2023 2:34:54 PM by Carolyn Adams

Menu Cycle: 22-23 DCPS Term 3 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	680.26	
Total Fat (g)	<= 30.00 % of Calories	21.61	28.59
Sat Fat (g)(1)	< 10.00 % of Calories	6.64	8.78
Trans Fat (g)(2)		0.00	
Chol (mg)		37.93	
Sodium (mg)(13)		1,017.91	
Carb (g)		93.78	55.15
Total Fiber (g)		11.82	
Total Sugars (g)		37.38	21.98
Added Sugars (g)		7.57(M)	
Protein (g)	>= 7.00	31.26	18.38
Iron (mg)	>= 3.30	4.66(M)	
Calcium (mg)	>= 267.00	615.84(M)	
VitA (IU)	>= 750.00	8,708.16(M)	
VitC (mg)	>= 14.00	33.78(M)	
VitD (mcg)		5.52(M)	
Potassium (mg)		905.13(M)	
Mois (g)		82.60(M)	
Ash (g)		1.09(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		[9.000 - 11.500]	
Grains		[9.750 - 11.000]	
Non-WGR		1.000	
WGR		19.750	
Grain-D		0.000	
Fruit		2.500	
Fruit-J		0.000	
Veg		[3.000 - 3.875]	
Veg-DG		0.750	
Veg-RO		0.875	
Veg-BP		0.500	
Veg-S		0.500	
Veg-O		1.625	
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.

- Standard Value is the daily average requirement for a school week.
- Trans Fat is provided for informational purposes, not for monitoring purposes.
- 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 W2D1 - Day: 1	100																			
Category: Entrée/Combo; May Choose: 1																				
Black Bean and Sweet Potato Taco Surprise - SMR1819 (1 each quesada)	40	651.52	24.58	7.85	0.00	20.00	954.77	88.74	11.62	20.11	8.86	19.79	3.84	447.77	21361.57(M)	3.62(M)	0.13(M)	954.65(M)	0.00(M)	
Mo' Burger, 2.4 oz beef, soy, mushroom patty, American cheese, 1000 island, hamburger roll, RECIPE - SR1124 (1 burger)	60	395.00	20.00	6.50	0.00	42.50	705.00	32.00	4.00	6.50	(M)	20.50	3.04(M)	69.30(M)	1.00(M)	0.50(M)	(M)	(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																				
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	33.13(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)	
Category: Condiment; May Choose: 1																				
Salsa, Low-Sodium, Canned, USDA - SR3045 (2 tbsp.)	40	10.83	0.00	0.00	0.00	0.00	37.92	2.17	1.08	1.08	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	
22-23 DCPS Term 3 ECE Lunch W2D2 - Day: 2	100																			
Category: Entrée/Combo; May Choose: 1																				
Glorious Macaroni & Cheese Pasta, macaroni, Inspire, RECIPE - SMR1186 (1 #6 scoop)	60	388.17	21.29	10.65	0.00	55.00	1188.92	35.35	4.26	4.09	0.00(M)	20.26	2.06	465.68	82.94(M)	0.95(M)	0.14(M)	621.96(M)	42.56(M)	
Lo Mein, vegetable, Vegan - SMR1774 (1 c.)	40	331.74	4.78	0.43	0.00	0.06	752.23	61.61	10.58	7.08	0.00(M)	13.86	3.86	74.02	1639.62(M)	14.29(M)	0.06(M)	256.40(M)	83.85(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)
Category: Grains; May Choose: 1																			
Garlic Knot, Ripstick - SR1255 (1 roll.)	60	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)
Category: Fruit; May Choose: 1																			
C - Baked Cinnamon Raisin Apples, brown sugar - SR1238 (3/8 c.)	100	123.28	1.85	0.75	0.00	0.00	30.64	27.29	2.30	22.94	10.01 (M)	0.41	0.34	24.71	83.33 (M)	0.00(M)	0.00(M)	84.08 (M)	0.00(M)
Category: Vegetable; May Choose: 2																			
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)
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 W2D3 - Day: 3																			
Category: Entrée/Combo; May Choose: 1																			
Veggie Burger, Grillers Prime patty - SMR1963 (1 burger)	40	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)
Veggie Pizza, Big Daddy's 8-cut, 16-inch - SMR1625 (1 slice)	60	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																			
C - Pears, canned, diced, packed in juice, drained - SR1194 (1/2 c.)	100	59.31	0.08	0.00	0.00	0.00	4.75	15.35	1.90	11.51	0.00	0.40	0.34	10.68	7.12	1.90	0.00	113.88	(M)
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)

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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)
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 W2D4 - Day: 4	100																		
Category: Entrée/Combo; May Choose: 1																			
French Toast Sticks, Whole Grain - SMR1148 (3 stick.)	50	82.72	3.18	0.48	0.00	0.00	95.45	12.09	0.95	2.86	2.54	1.91	0.64	12.73	0.00(M)	0.00(M)	0.00	47.72	(M)
Veggie Tortellini Pasta Salad - SMR1751 (8 oz.)	50	135.15	2.24	1.14	0.00	10.70	232.83	22.18	2.30	2.00	0.46(M)	8.40	1.21	48.68	214.29 (M)	12.05 (M)	0.00(M)	42.81 (M)	19.18 (M)
Category: Meat/MA; May Choose: 1																			
Sausage, patty, country, turkey, 1 oz - SR1157 (1 patty)	50	60.00	4.50	1.50	0.00	35.00	80.00	0.00	0.00	0.00	0.00	6.00	0.40	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)
Category: Grains; May Choose: 1																			
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)
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)
Category: Condiment; 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)
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)
22-23 DCPS Term 3 ECE Lunch W2D5 - Day: 5	100																		
Category: Entrée/Combo; May Choose: 1																			
Chicken Alfredo Macaroni, classic, USDA diced & mozz, broccoli - SR3146 (1 c.)	50	315.28	11.76	5.30	0.00	39.45	790.90	35.60	2.89	6.37	0.00(M)	18.89	1.45(M)	329.23 (M)	496.06 (M)	19.68 (M)	0.00(M)	3.02(M)	44.65 (M)
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)
Category: Grains; May Choose: 1																			
Twisted Breadstick, Ripstick, whole grain - SR2142 (1 breadstick)	50	172.69	3.27	0.09	0.00	0.00	190.34	28.41	4.07	4.01	4.00	6.09	1.67	21.32	0.00(M)	0.00(M)	0.60	106.77	0.04(M)
Category: Fruit; May Choose: 1																			
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)
Category: Vegetable; May Choose: 2																			
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	70.39 (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)