

# Menu Cycle Week – Nutrient Analysis

Menu Cycle: 22-23 DCPS Term 3 ECE Lunch  
 Week: 3  
 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	633.88	
Total Fat (g)	<= 30.00 % of Calories	18.61	26.42
Sat Fat (g)(1)	< 10.00 % of Calories	5.45	7.74
Trans Fat (g)(2)		0.00(M)	
Chol (mg)		35.59	
Sodium (mg)(13)		734.43	
Carb (g)		88.35	55.75
Total Fiber (g)		12.05	
Total Sugars (g)		33.20(M)	20.95
Added Sugars (g)		3.42(M)	
Protein (g)	>= 7.00	31.11	19.63
Iron (mg)	>= 3.30	3.75(M)	
Calcium (mg)	>= 267.00	585.20(M)	
VitA (IU)	>= 750.00	4,765.75(M)	
VitC (mg)	>= 14.00	45.04(M)	
VitD (mcg)		5.68(M)	
Potassium (mg)		807.73(M)	
Mois (g)		126.48(M)	
Ash (g)		0.85(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		[12.250 - 12.750]	
Grains		[11.500 - 13.500]	
Non-WGR		0.000	
WGR		21.000	
Grain-D		0.000	
Fruit		2.250	
Fruit-J		0.000	
Veg		[5.125 - 6.000]	
Veg-DG		0.375	
Veg-RO		2.250	
Veg-BP		0.750	
Veg-S		1.500	
Veg-O		1.125	
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.

# 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 3 ECE Lunch W3D1 - Day: 1</b>	100																			
<b>Category: Menu Item &amp; Assembly; May Choose: 1</b>																				
Lasagna Rollup Cheese - Tasty Brands - SR1497 (1 roll.)	50	277.32	4.01	2.06	0.00	5.00	510.06	42.88	4.85	13.15	3.05	17.16	2.36	215.22	0.00(M)	0.00(M)	0.00	705.02	(M)	
Lentil Dal - SR3562 (1/2 c.)	50	68.89	0.01	0.00	0.00(M)	0.00	174.80	18.56	8.65	0.01	0.00(M)	7.68	2.63	4.30	2.81(M)	0.04(M)	0.00(M)	4.31(M)	127.55 (M)	
<b>Category: Grains; May Choose: 1</b>																				
Oven Fired Flatbread (Extra Offer) - SR3003 (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)	
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)	
<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>																				
Stewed Chickpeas And Zucchini - SMR2011 (5 oz.)	100	110.35	1.60	0.22	0.00	0.00	211.75	18.93	4.01	8.04(M)	0.00(M)	4.07	0.57(M)	30.05 (M)	317.90 (M)	20.46 (M)	0.00(M)	41.45 (M)	22.60 (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 3 ECE Lunch W3D2 - Day: 2</b>	100																			
<b>Category: Entrée/Combo; May Choose: 1</b>																				
Mexican Tinga Chicken, USDA diced, salsa roja - SR2604 (1/3 c.)	50	70.44	1.67	0.01	0.00	33.60	148.43	2.71	0.54	0.77(M)	0.10(M)	9.99	0.23(M)	12.03 (M)	183.12 (M)	3.31(M)	0.00(M)	30.62 (M)	0.00(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)	
<b>Category: Grains; May Choose: 1</b>																				

# 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)	Moisture (g)
Taco Shell, corn, 6-inch, yellow - SR2223 (2 shells)	50	170.00	8.00	1.00	0.00	0.00	0.00	22.00	2.00	0.00	0.00	2.00	0.00	20.00	0.00	0.00	0.00	100.00	(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>																			
PreK-8 Seasoned Black Beans, RECIPE - SMR1545 (6 oz.)	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)
<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 3 ECE Lunch W3D3 - Day: 3</b>	100																		
<b>Category: Menu Item &amp; Assembly; May Choose: 1</b>																			
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)
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Cauliflower, Chickpea, & Potato Curry - SMR1471 (1 c.)	40	384.26	12.02	1.24	0.00	1.88	153.93	60.08	11.96	15.07	0.00(M)	12.09	4.35	186.00	1501.53 (M)	70.87 (M)	0.63(M)	579.06 (M)	362.20 (M)
<b>Category: Grains; May Choose: 1</b>																			
Rice, brown, oven, steamed - SR1098 (1/2 c.)	40	117.19	0.69	0.00	0.00	0.00	2.02	25.51	1.38	0.00	0.00(M)	2.76	0.50	2.02	0.00	0.00	0.00(M)	0.67(M)	52.38 (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>																			
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)

# 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>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 3 ECE Lunch W3D4 - Day: 4</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Grilled Chicken Burger, hamburger roll - SR2173 (1 burger)	50	300.00	12.00	3.00	0.00	70.00	470.00	26.00	2.00	3.00	3.00	21.00	1.00	58.00	0.00(M)	0.00(M)	0.00	322.00	(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)
<b>Category: Fruit; May Choose: 1</b>																			
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
<b>Category: Vegetable; May Choose: 2</b>																			
S - Corn, frozen, whole kernel, heated - SR1034 (1/2 c.)	100	68.89	0.57	0.09	0.00	0.00	0.85	16.41	2.04	2.61	0.00	2.17	0.35	3.40	2.55	5.36	0.00	198.16	63.79
<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 3 ECE Lunch W3D5 - Day: 5</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Fajita Vegetable Quesadilla, southwest veg blend, 10-inch tortilla - SR1475 (1 each quesadilla)	50	468.12	26.17	13.19	0.01	50.00	682.72	38.73	5.23	5.18	0.13	17.70	1.32	485.89	144.05 (M)	33.01 (M)	0.40	232.26	31.07 (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)	Moisture (g)
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	52.11 (M)
<b>Category: Fruit; May Choose: 1</b>																			
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)
<b>Category: Vegetable; May Choose: 2</b>																			
RO - Mex Roasted Sweet Potatoes - SR2277 (1/2 c.)	100	151.16	5.77	0.41	0.00	0.00	192.30	24.37	2.84	9.16	5.34	1.64	1.00	37.51	12870.23(M)	2.18(M)	0.00(M)	323.45 (M)	0.00(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)