

Menu Cycle Week – Nutrient Analysis

Generated on: 2/22/2023 10:25:03 AM by Carolyn Adams

Menu Cycle: 22-23 DCPS Term 3 ECE Lunch
 Week: 4
 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	634.60	
Total Fat (g)	<= 30.00 % of Calories	19.97	28.32
Sat Fat (g)(1)	< 10.00 % of Calories	6.31	8.95
Trans Fat (g)(2)		0.00	
Chol (mg)		68.83	
Sodium (mg)(13)		969.50	
Carb (g)		82.37	51.92
Total Fiber (g)		11.38	
Total Sugars (g)		29.54(M)	18.62
Added Sugars (g)		1.76(M)	
Protein (g)	>= 7.00	35.34	22.28
Iron (mg)	>= 3.30	4.36(M)	
Calcium (mg)	>= 267.00	536.45(M)	
VitA (IU)	>= 750.00	3,944.12(M)	
VitC (mg)	>= 14.00	45.96(M)	
VitD (mcg)		4.96(M)	
Potassium (mg)		658.34(M)	
Mois (g)		141.86(M)	
Ash (g)		1.23(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		[13.000 - 13.500]	
Grains		12.000	
Non-WGR		0.000	
WGR		20.000	
Grain-D		0.000	
Fruit		2.500	
Fruit-J		0.000	
Veg		[2.875 - 4.000]	
Veg-DG		1.750	
Veg-RO		0.500	
Veg-BP		0.250	
Veg-S		1.000	
Veg-O		0.500	
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)	Mois (g)	
22-23 DCPS Term 3 ECE Lunch W4D1 - Day: 1	100																			
Category: Entrée/Combo; May Choose: 1																				
Glorious Macaroni & Cheese Pasta, macaroni, Inspire, RECIPE - SMR1186 (1 #6 scoop)	50	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)	
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)	
Category: Grains; May Choose: 1																				
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)	
Category: Fruit; May Choose: 1																				
Tangerines, (mandarin oranges), raw, whole, 150 CT - SR3520 (1 ea.)	100	39.64	0.23	0.03	0.00	0.00	1.50	9.98	1.35	7.91	(M)	0.61	0.11	27.68	509.39	19.97	0.00	124.17	63.71	
Category: Vegetable; May Choose: 2																				
Roasted Tuscan Vegetables, cannellini beans - SR1442 (1/2 c.)	100	55.38	0.11	0.02	0.00	0.00	113.60	10.50	3.94	0.47(M)	0.00(M)	3.00	0.96	41.90	308.53 (M)	9.48(M)	0.00(M)	10.77 (M)	15.12 (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 W4D2 - Day: 2	100																			
Category: Entrée/Combo; May Choose: 1																				
Grain Bowl, Grecian Chicken, Citrus Brown Rice - SR3598 (1 bowl)	50	451.37	11.22	2.02	0.00	80.05	1200.92	67.69	3.53	4.37(M)	1.65(M)	23.05	2.77	25.83	1222.36 (M)	4.75(M)	0.00(M)	392.45 (M)	154.65 (M)	
Rainbow Vegan Chili - SMR1788 (1 c.)	50	221.10	1.51	0.06	0.00	0.00	446.35	42.67	11.13	9.40	0.00(M)	11.46	4.14	105.97	3791.78 (M)	43.15 (M)	0.13(M)	904.20 (M)	209.14 (M)	
Category: Grains; May Choose: 1																				
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)	

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: Fruit; May Choose: 1																			
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
Category: Vegetable; May Choose: 2																			
ST - Peas, frozen, heated - SR2335 (1/2 c.)	100	73.53	0.38	0.06	0.00	0.00	103.13	13.01	4.30	4.78	0.00	4.99	1.46	21.01	1965.25	17.19	0.00	146.10	76.38
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 W4D3 - Day: 3																			
Category: Entrée/Combo; May Choose: 1																			
Chicken Cordon Bleu Burger, Swiss, whole grain - SMR1869 (1 burger)	50	355.00	17.25	5.88	0.00	97.50	620.00	25.50	4.00	3.00	0.00(M)	28.50	1.61	170.00	0.00(M)	0.00(M)	0.00(M)	325.00 (M)	(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: 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																			
Nectarine, Fresh - SMR1669 (1 ea.)	100	62.48	0.00	0.00	0.00	0.00	0.00	14.98	2.41	11.20	0.00	1.50	0.40	8.52	471.44	7.67	0.00	285.42	(M)
Category: Vegetable; May Choose: 2																			
Basil Corn Salad - SR2587 (1/2 c.)	100	102.63	4.12	0.34	0.00	0.00	296.57	16.85	2.34	3.02	0.00(M)	2.40	0.62	14.49	635.94 (M)	20.62 (M)	0.00(M)	217.97 (M)	77.20 (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 W4D4 - Day: 4	100																			
Category: Menu Item & Assembly; May Choose: 1																				
CHICKEN-Butter, scratch, USDA diced chicken - SR3568 (2/3 c.)	50	123.68	3.04	0.39	0.00	53.72	128.17	6.34	0.66	3.51	0.00(M)	16.78	0.77(M)	47.23 (M)	48.32 (M)	1.86(M)	0.29(M)	97.25 (M)	17.37 (M)	
Category: Entrée/Combo; May Choose: 1																				
Asian Noodle Bowl w/ Broccoli Future Chef Winner 2018 - SMR1718 (6 oz.)	50	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)	
Category: Grains; May Choose: 1																				
HS Brown Rice - SMR1554 (1 c.)	50	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)	67.36 (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																				
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)	
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 W4D5 - Day: 5	100																			
Category: Entrée/Combo; May Choose: 1																				
Garden Wrap w/Black Beans, 10" tortilla Vegan - SMR1954 (1 wrap)	50	399.00	20.00	7.00	0.00	139.00	614.00	36.00	5.00	3.00	(M)	17.00	(M)	(M)	(M)	(M)	(M)	(M)	(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)
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)
Category: Fruit; May Choose: 1																			
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)
Category: Vegetable; May Choose: 2																			
Collard Greens- FP - SMR1478 (3/4 c.)	100	136.00	7.00	3.00	0.00	0.00	173.00	15.00	6.00	0.00	(M)	6.00	(M)	(M)	(M)	(M)	(M)	(M)	(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)