

Menu Cycle Week – Nutrient Analysis

Menu Cycle: 22-23 DCPS Term 3 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	661.71	
Total Fat (g)	<= 30.00 % of Calories	20.65	28.08
Sat Fat (g)(1)	< 10.00 % of Calories	5.59	7.60
Trans Fat (g)(2)		0.00	
Chol (mg)		41.58	
Sodium (mg)(13)		941.20	
Carb (g)		88.16	53.29
Total Fiber (g)		10.98	
Total Sugars (g)		35.72	21.59
Added Sugars (g)		2.62(M)	
Protein (g)	>= 7.00	36.24	21.91
Iron (mg)	>= 3.30	4.98(M)	
Calcium (mg)	>= 267.00	738.81(M)	
VitA (IU)	>= 750.00	2,141.04(M)	
VitC (mg)	>= 14.00	42.82(M)	
VitD (mcg)		5.73(M)	
Potassium (mg)		681.28(M)	
Mois (g)		116.25(M)	
Ash (g)		1.21(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		12.000	
Grains		[13.000 - 14.000]	
Non-WGR		0.000	
WGR		24.000	
Grain-D		0.000	
Fruit		2.250	
Fruit-J		0.000	
Veg		[2.750 - 3.875]	
Veg-DG		1.375	
Veg-RO		0.375	
Veg-BP		0.000	
Veg-S		1.250	
Veg-O		0.750	
Veg-X		0.125	
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)	
22-23 DCPS Term 3 ECE Lunch W5D1 - Day: 1	100																			
Category: Entrée/Combo; May Choose: 1																				
Hamburger, 2.0 oz all beef patty, hamburger roll - SMR1612 (1 burger)	50	250.00	10.00	3.50	0.00	40.00	360.00	25.00	4.00	3.00	(M)	16.00	2.52	40.00	0.00	0.00	(M)	(M)	(M)	
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)	
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																				
Sweet Plantains - SMR1964 (3 slices)	100	195.95	3.81	0.55	0.00	0.00	27.22	37.01	2.18	26.13	0.00(M)	2.18	1.18	0.00	544.31	0.00	0.00(M)	0.00(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)	
22-23 DCPS Term 3 ECE Lunch W5D2 - Day: 2	100																			
Category: Menu Item & Assembly; May Choose: 1																				
Chicken Parm Pasta - SMR1319 (1 serving)	50	399.96	14.34	5.95	0.00	70.67	972.25	41.77	6.35	11.04	3.19(M)	27.66	2.81(M)	314.09 (M)	0.00(M)	0.00(M)	0.14(M)	589.12 (M)	43.13 (M)	
Category: Meat/MA; May Choose: 1																				
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)	
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)	
Lo Mein, vegetable, whole wheat spaghetti - SR1770 (2/3 c.)	50	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																				

Menu Cycle Week – Nutrient Analysis

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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)
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																			
Sautéed Kale with Ginger & Soy - SMR1508 (1/2 c.)	100	29.95	1.16	0.14	0.00	0.01	94.43	3.97	3.21	0.80	0.00(M)	2.46	1.28	198.13	3710.65 (M)	72.34 (M)	0.01(M)	277.55 (M)	66.96 (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																			
Teriyaki Sauce - SR2025 (1 tbsp.)	50	45.00	0.00	0.00	0.00	0.00	145.00	11.00	0.00	10.00	(M)	0.50	0.00	0.00	0.00	0.00	(M)	(M)	(M)
22-23 DCPS Term 3 ECE Lunch W5D3 - Day: 3																			
Category: Entrée/Combo; May Choose: 1																			
Bowl, Falafel & Rice - SMR1968 (1 bowl)	50	509.86	12.64	2.02	0.00	8.25	643.39	83.38	12.49	8.17	0.00(M)	21.18	4.77	208.60	2035.36 (M)	76.38 (M)	0.00(M)	239.74 (M)	236.49 (M)
Chicken Meat, Pulled - SMR1323 (2 1/4 oz.)	50	130.00	5.00	1.50	0.00	60.00	115.00	1.00	0.00	0.00	(M)	20.00	(M)	(M)	(M)	(M)	(M)	(M)	(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)
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																			
Garlic Mashed Potatoes, premium, RECIPE - SMR1493 (3/4 c.)	100	86.69	1.61	1.07	0.00	0.00	110.14	16.29	1.10	1.08	0.00(M)	2.19	0.26	14.08	2.80(M)	6.83(M)	0.00(M)	4.52(M)	94.33 (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)

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)
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 W5D4 - Day: 4	100																		
Category: Entrée/Combo; May Choose: 1																			
Buffalo Chicken Pizza, 8-cut, , Big Daddy's Hand Tossed - SMR1430 (1 slice)	50	461.75	18.66	7.76	0.00	61.58	569.59	43.99	4.08	7.45	1.00	27.03	4.72	344.01	431.16	0.59	0.00	476.63	2.81(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)
Veggie Pizza, Big Daddy's 8-cut, 16-inch - SMR1625 (1 slice)	0	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																			
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)
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																			
Roasted Broccoli - SMR1052 (1/2 c.)	100	20.12	1.00	0.08	0.00	0.00	10.85	2.52	0.90	0.55	0.00	0.99	0.29	15.82	198.70 (M)	28.45 (M)	0.00	107.57	0.04(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 W5D5 - Day: 5	100																		
Category: Entrée/Combo; May Choose: 1																			

Menu Cycle Week – Nutrient Analysis

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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)
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)
Vegetarian Paella - SR3566 (3/4 c.)	50	175.78	5.05	0.25	0.00	0.00	350.57	30.14	2.88	2.47	0.00(M)	4.21	1.35(M)	19.94 (M)	490.89 (M)	22.75 (M)	0.00(M)	187.45 (M)	161.37 (M)
Category: Meat/MA; May Choose: 1																			
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)
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)
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																			
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: 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)