

Menu Cycle Week – Nutrient Analysis

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Menu Cycle: 22/23 BREAKFAST K-8
 Week: 1
 Result: Pass

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Breakfast
 Serving Group: K-8
 Site Group: Elementary

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[400.00 - 500.00]	428.41	
Total Fat (g)		5.88	12.36
Sat Fat (g)(1)	< 10.00 % of Calories	0.97	2.03
Trans Fat (g)(2)		0.00	
Chol (mg)		8.65	
Sodium Target 1 (mg) (1)	<= 540.00	440.96	
Sodium Target 2 (mg) (13)	<= 485.00	440.96	
Carb (g)		82.41	76.94
Total Fiber (g)		4.08	
Total Sugars (g)		49.51(M)	46.22
Added Sugars (g)		14.87(M)	
Protein (g)		12.65	11.81
Iron (mg)		3.40(M)	
Calcium (mg)		356.85(M)	
VitA (IU)		595.89(M)	
VitC (mg)		39.31(M)	
VitD (mcg)		0.41(M)	
Potassium (mg)		132.84(M)	
Mois (g)		4.15(M)	
Ash (g)		0.01(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		0.000	
Grains	[8.000 - 10.000]	[9.000 - 10.000]	
Non-WGR		0.000	
WGR	>= 80.000 % of	19.000	100.00
Grain-D		3.000	
Fruit	>= 5.000	[5.500 - 6.000]	
Fruit-J	<= 50.000 % of	3.000	50.00
Veg		0.000	
Veg-DG		0.000	
Veg-RO		0.000	
Veg-BP		0.000	
Veg-S		0.000	
Veg-O		0.000	
Veg-X		0.000	
Vegetable-J		0.000	
MILK-F	>= 5.000	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 2 will be marked in orange if exceeded prior to the effective date of July 1, 2024 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)	
BREAKFAST 22/23 K-8 MONDAY - Day: 1	60																			
Category: Entrees; May Choose: 1																				
Breakfast Breaks, Cinnamon WG Poptart, ES Foods, 61244, WGR, F - SR108548 (1 ea.)	40	340.00	6.00	1.00	0.00	0.00	255.00	71.00	4.00	35.00	21.00	3.00	2.80	138.00	0.00(M)	0.00(M)	0.00	211.97	(M)	
CEREAL ASSORTMENT - LR1078 (1 svg)	20	270.00	4.75	0.50	0.00	20.00	270.00	52.75	3.00	24.00	21.75	4.75	4.91	57.50	225.00(M)	2.70(M)	1.40	112.00	(M)	
Category: Fruits; May Choose: 2																				
JUICE ASSORTMENT - LR1080 (1 ea.)	45	55.00	0.00	0.00	0.00	0.00	3.33	14.00	0.50	13.58	(M)	0.58	0.00(M)	5.84(M)	29.18(M)	42.49	(M)	(M)	(M)	
Peaches, clingstone, canned, diced, packed in extra light syrup [100220, A409] - SR105220 (1/2 c.)	5	53.00	0.13	0.00	0.00	0.00	6.00	13.39	1.30	(M)	(M)	0.50	0.38	6.00	340.00	3.81	(M)	(M)	(M)	
Category: Milk; May Choose: 1																				
Milk, Fat Free Chocolate Milk, Half Pint, WAWA, - SR101155 (1 cup servin)	40	130.00	0.00	0.00	0.00	0.00	190.00	24.00	0.00	22.00	(M)	8.00	0.36	300.00	500.00	0.00	(M)	(M)	(M)	
Milk, Fat Free Skim Milk, Half Pint, Schneider's, - SR100657 (1 cup servin)	20	80.00	0.00	0.00	0.00	4.99	130.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)	
BREAKFAST 22/23 K-8 TUESDAY - Day: 2	60																			
Category: Entrees; May Choose: 1																				
CEREAL ASSORTMENT - LR1078 (1 svg)	5	270.00	4.75	0.50	0.00	20.00	270.00	52.75	3.00	24.00	21.75	4.75	4.91	57.50	225.00(M)	2.70(M)	1.40	112.00	(M)	
Mini Pancakes, Eggo Bites Mini Pancakes Blueberry, 1 Pouch, Kellogg's, 38000-92560, WGR - SR106351 (1 pouch)	55	210.00	6.00	1.00	0.00	10.00	310.00	35.00	4.00	11.00	10.00	4.00	3.60	60.00	0.00(M)	0.00(M)	0.00	140.06	(M)	
Category: Fruits; May Choose: 2																				
JUICE ASSORTMENT - LR1080 (1 ea.)	51	55.00	0.00	0.00	0.00	0.00	3.33	14.00	0.50	13.58	(M)	0.58	0.00(M)	5.84(M)	29.18(M)	42.49	(M)	(M)	(M)	
Pears, Bartlett, canned, diced, packed in extra light sucrose syrup [110237] - SR105228 (1/2 c.)	20	57.99	0.12	0.00	0.00	0.00	2.00	15.12	2.00	(M)	(M)	0.38	0.24	8.00	0.00	2.50	(M)	(M)	(M)	
Category: Milk; 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)	Moisture (g)
Milk, Fat Free Chocolate Milk, Half Pint, WAWA, - SR101155 (1 cup servin)	55	130.00	0.00	0.00	0.00	0.00	190.00	24.00	0.00	22.00	(M)	8.00	0.36	300.00	500.00	0.00	(M)	(M)	(M)
Milk, Fat Free Skim Milk, Half Pint, Schneider's, - SR100657 (1 cup servin)	5	80.00	0.00	0.00	0.00	4.99	130.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
BREAKFAST 22/23 K-8 WEDNESDAY - Day: 3	60																		
Category: Entrees; May Choose: 1																			
CEREAL ASSORTMENT - LR1078 (1 svg)	56	270.00	4.75	0.50	0.00	20.00	270.00	52.75	3.00	24.00	21.75	4.75	4.91	57.50	225.00 (M)	2.70(M)	1.40	112.00	(M)
Granola Bar, Quaker Chewy Granola Bar - 25% Less Sugar Chocolate Chip, Quaker Oats/PepsiCo, 31175, WGR - SR107359 (2 ea.)	4	200.00	8.00	2.00	0.00	0.00	150.00	34.00	6.00	10.00	10.00	2.00	1.20	220.00	(M)	(M)	0.00	100.00	(M)
Category: Fruits; May Choose: 2																			
Applesauce, canned, unsweetened, regular (pureed) form, without salt [100208, A350] - SR105080 (1/2 c.)	35	52.00	0.06	0.02	0.00	0.00	2.00	13.79	1.40	(M)	(M)	0.20	0.13	4.00	36.00	1.40	(M)	(M)	(M)
JUICE ASSORTMENT - LR1080 (1 ea.)	46	55.00	0.00	0.00	0.00	0.00	3.33	14.00	0.50	13.58	(M)	0.58	0.00(M)	5.84(M)	29.18 (M)	42.49	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Milk, Fat Free Chocolate Milk, Half Pint, WAWA, - SR101155 (1 cup servin)	41	130.00	0.00	0.00	0.00	0.00	190.00	24.00	0.00	22.00	(M)	8.00	0.36	300.00	500.00	0.00	(M)	(M)	(M)
Milk, Fat Free Skim Milk, Half Pint, Schneider's, - SR100657 (1 cup servin)	15	80.00	0.00	0.00	0.00	4.99	130.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
BREAKFAST 22/23 K-8 THURSDAY - Day: 4	60																		
Category: Entrees; May Choose: 1																			
CEREAL ASSORTMENT - LR1078 (1 svg)	3	270.00	4.75	0.50	0.00	20.00	270.00	52.75	3.00	24.00	21.75	4.75	4.91	57.50	225.00 (M)	2.70(M)	1.40	112.00	(M)
Strudel, Apple Frudel K-12 Hot Breakfast, Pillsbury, General Mills, 127852000, WGR - SR100158 (1 frudel)	57	210.00	6.00	1.00	0.00	0.00	250.00	36.00	2.00	10.00	9.00	4.00	1.50	0.00	0.00(M)	0.00(M)	0.00	109.98	(M)
Category: Fruits; May Choose: 2																			

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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)
Apples, raw, with skin, F - SR105078 (1 medium (3))	8	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	(M)	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
JUICE ASSORTMENT - LR1080 (1 ea.)	54	55.00	0.00	0.00	0.00	0.00	3.33	14.00	0.50	13.58	(M)	0.58	0.00(M)	5.84(M)	29.18 (M)	42.49	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Milk, Fat Free Chocolate Milk, Half Pint, WAWA, - SR101155 (1 cup servin)	55	130.00	0.00	0.00	0.00	0.00	190.00	24.00	0.00	22.00	(M)	8.00	0.36	300.00	500.00	0.00	(M)	(M)	(M)
Milk, Fat Free Skim Milk, Half Pint, Schneider's, - SR100657 (1 cup servin)	5	80.00	0.00	0.00	0.00	4.99	130.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
BREAKFAST 22/23 K-8 FRIDAY - Day: 5		60																	
Category: Entrees; May Choose: 1																			
CEREAL ASSORTMENT - LR1078 (1 svg)	3	270.00	4.75	0.50	0.00	20.00	270.00	52.75	3.00	24.00	21.75	4.75	4.91	57.50	225.00 (M)	2.70(M)	1.40	112.00	(M)
Roll, Cinnamon WG Cinnamon Roll with Drizzle Icing, Frozen, Hadley Farms, 3751W, WG - SR109366 (1 roll.)	57	240.00	7.00	1.50	0.00	0.00	240.00	38.00	3.00	12.00	11.00	5.00	1.70	40.00	0.00(M)	0.00(M)	0.00	100.00	(M)
Category: Fruits; May Choose: 2																			
JUICE ASSORTMENT - LR1080 (1 ea.)	60	55.00	0.00	0.00	0.00	0.00	3.33	14.00	0.50	13.58	(M)	0.58	0.00(M)	5.84(M)	29.18 (M)	42.49	(M)	(M)	(M)
Oranges; varieties include Navel, Valencia, Pineapple or Hamlin, raw [100283, A357] - SR105218 (1 medium (2-))	5	62.00	0.16	0.03	0.00	0.00	0.00	15.39	3.10	(M)	(M)	1.23	0.13	51.99	295.00	69.70	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Milk, Fat Free Chocolate Milk, Half Pint, WAWA, - SR101155 (1 cup servin)	41	130.00	0.00	0.00	0.00	0.00	190.00	24.00	0.00	22.00	(M)	8.00	0.36	300.00	500.00	0.00	(M)	(M)	(M)
Milk, Fat Free Skim Milk, Half Pint, Schneider's, - SR100657 (1 cup servin)	16	80.00	0.00	0.00	0.00	4.99	130.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)