

# Menu Cycle Week – Nutrient Analysis

Generated on: 1/7/2019 9:07:47 AM by Alexandra Emmot

Menu Cycle: Refresh Vending Menu Winter 2019\_HS  
 Week: 1  
 Result: **Fail**

Meal Pattern: [USDA]Meal Pattern SY 2014+  
 Meal Type: Lunch  
 Serving Group: 9-12  
 Site Group: Refresh (High)

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[750.00 - 850.00]	784.41	
Fat (g)		31.57	36.22
Sfat (g)(1)	< 10.00 % of Calories	8.13	9.33
TFat (g)(2)		0.00	
Chol (mg)		35.32	
Sodium Target 1 (mg) (13)	< 1,420.00	787.90	
Sodium Target 2 (mg) (13)	< 1,080.00	787.90	
Carb (g)		108.34	55.25
TDF (g)		18.26	
Sugars (g)		37.06(M)	18.90
Pro (g)		26.89	13.71
Fe (mg)		5.78(M)	
Ca (mg)		447.52(M)	
A,IU		14,202.88(M)	
VitC (mg)		121.79(M)	
Mois (g)		399.29(M)	
Ash (g)		2.00(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 5.000	6.500	
Veg	>= 5.000	5.500	
Veg-DG	>= 0.500	1.000	
Veg-RO	>= 1.250	2.500	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	0.250	
Veg-O	>= 0.750	1.250	
Grains	[10.000 - 12.000]	10.000	
Non-WGR		0.000	
WGR	>= 100.000 % of	10.000	100.00
Meat/MA	[10.000 - 12.000]	11.000	
MILK-F	>= 5.000	10.000	
Fruit-J	<= 50.000 % of	0.000	0.00
Grain-D	<= 2.000	0.000	
Vegetable-J	<= 50.000 % of	0.000	0.00
MILK-V		Fail	

## Legend

PrimeroEdge will flag based on USDA requirements, but your State Agency may issue waivers to allow a Menu Cycle with at least 50% WGR Grains to pass, or for 1% flavored milk to be an acceptable variety. In such instances, as long as you have met the conditions of the waiver, your State Agency will consider you to be in compliance.

(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 2 will be marked in orange if exceeded prior to the effective date of July 1, 2020 and does not impact pass/fail compliance prior to that date.

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
W1D1 Vending Winter 2019 HS - Day: 1	100																

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Category: Refresh - Cold Entree (LN/SUP); Choose: 1</b>																	
Classic Turkey Sandwich - TR1019 (1 sandwich)	100	388.30	19.37	4.27	0.00	37.50	711.22	32.00	2.79	3.24	20.93	3.35	132.64	2110.40 (M)	7.69(M)	60.60 (M)	0.35(M)
<b>Category: Fruit; Choose: 2</b>																	
Apples, raw, with skin - TR1126 (1 cup slices)	100	56.68	0.19	0.03	0.00	0.00	1.09	15.05	2.62	11.32	0.28	0.13	6.54	58.86	5.01	93.26	0.21
Oranges, raw, California, valencias - TR1044 (1 cup sectio)	100	88.20	0.54	0.06	0.00	0.00	0.00	21.40	4.50	(M)	1.87	0.16	72.00	414.00	87.30	155.41	0.76
<b>Category: Refresh - Side Vegetable; Choose: 2</b>																	
Carrots, baby, raw - TR1054 (1/2 c.)	100	29.75	0.11	0.02	0.00	0.00	66.30	7.00	2.46	4.05	0.54	0.76	27.20	11721.50	2.21	76.80	0.54
<b>Category: Milk; Choose: 2</b>																	
Fat-Free White Milk - TR1036 (1 ea.)	15	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	13.00	9.00	(M)	(M)	(M)	(M)	(M)	(M)
Low Fat 1% Milk - TR1502 (1 c.)	10	129.96	2.50	1.50	0.00	14.99	159.95	15.99	0.00	14.99	10.00	(M)	(M)	(M)	(M)	(M)	(M)
<b>W1D2 Vending Winter 2019 HS - Day: 2</b>	100																
<b>Category: Refresh - Cold Entree (LN/SUP); Choose: 1</b>																	
Protein Pack Snack Pack - TR1499 (1 ea.)	100	556.00	27.20	7.02	0.00	15.00	366.99	66.66	11.10	17.00 (M)	20.63	7.84	495.01	838.00	28.00	(M)	(M)
<b>Category: Fruit; Choose: 2</b>																	
Apples, raw, with skin - TR1126 (1 cup slices)	100	56.68	0.19	0.03	0.00	0.00	1.09	15.05	2.62	11.32	0.28	0.13	6.54	58.86	5.01	93.26	0.21
Oranges, raw, California, valencias - TR1044 (1 cup sectio)	100	88.20	0.54	0.06	0.00	0.00	0.00	21.40	4.50	(M)	1.87	0.16	72.00	414.00	87.30	155.41	0.76
<b>Category: Refresh - Side Vegetable; Choose: 3</b>																	
Carrots, baby, raw - TR1054 (1/2 c.)	100	29.75	0.11	0.02	0.00	0.00	66.30	7.00	2.46	4.05	0.54	0.76	27.20	11721.50	2.21	76.80	0.54
Jicama and Cucumber w/ Tajin Spice - TR1409 (1/2 c.)	50	22.06	0.07	0.02	0.00	0.00	129.23	4.70	2.21	1.20	0.48	0.33	9.26	36.23	14.72	63.06 (M)	0.23(M)
Sugar Snap Peas with Ranch - TR1493 (1 ea.)	50	97.44	8.00	1.00	0.00	0.00	110.00	3.66	1.83	1.83	1.83	1.32	36.58	548.71	32.92	(M)	(M)
<b>Category: Milk; Choose: 2</b>																	
Fat-Free White Milk - TR1036 (1 ea.)	15	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	13.00	9.00	(M)	(M)	(M)	(M)	(M)	(M)
Low Fat 1% Milk - TR1502 (1 c.)	10	129.96	2.50	1.50	0.00	14.99	159.95	15.99	0.00	14.99	10.00	(M)	(M)	(M)	(M)	(M)	(M)
<b>W1D3 Vending Winter 2019 HS - Day: 3</b>	100																

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Category: Refresh - Cold Entree (LN/SUP); Choose: 1</b>																	
Turkey Avocado Sandwich HS - TR1329 (1 ea.)	100	383.75	20.34	6.43	0.00	47.50	657.51	31.78	3.21	3.42	22.00	3.21(M)	195.73	888.64 (M)	5.92(M)	42.37 (M)	0.23(M)
<b>Category: Fruit; Choose: 2</b>																	
Apples, raw, with skin - TR1126 (1 cup slices)	100	56.68	0.19	0.03	0.00	0.00	1.09	15.05	2.62	11.32	0.28	0.13	6.54	58.86	5.01	93.26	0.21
Oranges, raw, California, valencias - TR1044 (1 cup sectio)	100	88.20	0.54	0.06	0.00	0.00	0.00	21.40	4.50	(M)	1.87	0.16	72.00	414.00	87.30	155.41	0.76
<b>Category: Refresh - Side Vegetable; Choose: 3</b>																	
Carrots, baby, raw - TR1054 (1/2 c.)	100	29.75	0.11	0.02	0.00	0.00	66.30	7.00	2.46	4.05	0.54	0.76	27.20	11721.50	2.21	76.80	0.54
Celery and Cucumber Cups with Ranch - TR1494 (1 ea.)	100	83.18	8.12	1.03	0.00	0.00	144.87	2.81	0.89	1.28	0.57	0.20	23.81	235.59	2.51	81.08 (M)	0.48(M)
<b>Category: Milk; Choose: 2</b>																	
Fat-Free White Milk - TR1036 (1 ea.)	15	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	13.00	9.00	(M)	(M)	(M)	(M)	(M)	(M)
Low Fat 1% Milk - TR1502 (1 c.)	10	129.96	2.50	1.50	0.00	14.99	159.95	15.99	0.00	14.99	10.00	(M)	(M)	(M)	(M)	(M)	(M)
<b>W1D4 Vending Winter 2019 HS - Day: 4</b>	100																
<b>Category: Refresh - Cold Entree (LN/SUP); Choose: 1</b>																	
Cheese and Crackers Snack Pack - TR1500 (1 ea.)	100	604.88	37.16	11.65	0.00	50.00	704.01	52.50	8.21	18.88	19.49	3.30(M)	358.45	446.00 (M)	1.84(M)	37.40 (M)	0.26(M)
<b>Category: Fruit; Choose: 2</b>																	
Apples, raw, with skin - TR1126 (1 cup slices)	100	56.68	0.19	0.03	0.00	0.00	1.09	15.05	2.62	11.32	0.28	0.13	6.54	58.86	5.01	93.26	0.21
Oranges, raw, California, valencias - TR1044 (1 cup sectio)	100	88.20	0.54	0.06	0.00	0.00	0.00	21.40	4.50	(M)	1.87	0.16	72.00	414.00	87.30	155.41	0.76
<b>Category: Refresh - Side Vegetable; Choose: 3</b>																	
Carrots, baby, raw - TR1054 (1/2 c.)	100	29.75	0.11	0.02	0.00	0.00	66.30	7.00	2.46	4.05	0.54	0.76	27.20	11721.50	2.21	76.80	0.54
Mediterranean Chickpea Salad - TR1497 (3/4 c.)	65	129.26	3.36	0.35	0.00	0.36	211.67	19.83	5.48	4.79	5.85	0.90	44.59	673.80	20.97	89.29 (M)	0.79(M)
<b>Category: Milk; Choose: 2</b>																	
Fat-Free White Milk - TR1036 (1 ea.)	15	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	13.00	9.00	(M)	(M)	(M)	(M)	(M)	(M)
Low Fat 1% Milk - TR1502 (1 c.)	10	129.96	2.50	1.50	0.00	14.99	159.95	15.99	0.00	14.99	10.00	(M)	(M)	(M)	(M)	(M)	(M)

# Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>W1D5 Vending Winter 2019 HS - Day: 5</b>	100																
<b>Category: Refresh - Cold Entree (LN/SUP); Choose: 1</b>																	
Yogurt Parfait, NEW - TR1328 (1 ea.)	100	656.04	26.82	6.91	0.00	15.12	363.96	94.64	10.10	36.68	19.19	3.64	424.80	50.00 (M)	45.00 (M)	(M)	(M)
<b>Category: Fruit; Choose: 2</b>																	
Apples, raw, with skin - TR1126 (1 cup slices)	100	56.68	0.19	0.03	0.00	0.00	1.09	15.05	2.62	11.32	0.28	0.13	6.54	58.86	5.01	93.26	0.21
Oranges, raw, California, valencias - TR1044 (1 cup sectio)	100	88.20	0.54	0.06	0.00	0.00	0.00	21.40	4.50	(M)	1.87	0.16	72.00	414.00	87.30	155.41	0.76
<b>Category: Refresh - Side Vegetable; Choose: 3</b>																	
Carrots, baby, raw - TR1054 (1/2 c.)	100	29.75	0.11	0.02	0.00	0.00	66.30	7.00	2.46	4.05	0.54	0.76	27.20	11721.50	2.21	76.80	0.54
Romaine Shaker Salad - TR1416 (1 c.)	50	106.93	9.23	2.03	0.00	0.00	210.20	6.53	1.59	2.78	1.94	0.57	21.18	5525.46	6.94	82.67 (M)	0.51(M)
Spinach Shaker Salad - TR1410 (1 c.)	50	94.09	5.13	0.52	0.00	0.00	228.44	11.94	1.42	9.33	0.92	0.83	31.97	3961.64	8.84	33.49 (M)	0.58(M)
<b>Category: Milk; Choose: 2</b>																	
Fat-Free White Milk - TR1036 (1 ea.)	15	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	13.00	9.00	(M)	(M)	(M)	(M)	(M)	(M)
Low Fat 1% Milk - TR1502 (1 c.)	10	129.96	2.50	1.50	0.00	14.99	159.95	15.99	0.00	14.99	10.00	(M)	(M)	(M)	(M)	(M)	(M)