

Menu Cycle Week – Nutrient Analysis

Generated on: 1/7/2019 9:06:59 AM by Alexandra Emmot

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

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Lunch
 Serving Group: 6-8
 Site Group: Refresh (Middle)

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[600.00 - 700.00]	694.35	
Fat (g)		28.59	37.06
Sfat (g)(1)	< 10.00 % of Calories	7.66	9.93
TFat (g)(2)		0.00	
Chol (mg)		34.04	
Sodium Target 1 (mg) (13)	< 1,360.00	709.22	
Sodium Target 2 (mg) (13)	< 1,035.00	709.22	
Carb (g)		93.84	54.06
TDF (g)		15.85	
Sugars (g)		29.79(M)	17.16
Pro (g)		24.28	13.98
Fe (mg)		5.56(M)	
Ca (mg)		422.60(M)	
A,IU		15,258.24(M)	
VitC (mg)		97.83(M)	
Mois (g)		317.31(M)	
Ash (g)		1.65(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 2.500	6.500	
Veg	>= 3.750	5.500	
Veg-DG	>= 0.500	1.000	
Veg-RO	>= 0.750	2.500	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	0.250	
Veg-O	>= 0.500	1.250	
Grains	[8.000 - 10.000]	10.000	
Non-WGR		0.000	
WGR	>= 100.000 % of	10.000	100.00
Meat/MA	[9.000 - 10.000]	11.000(a)	
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.

- 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, 2020 and does not impact pass/fail compliance prior to that date.
- a USDA is offering flexibility by allowing SFAs to exceed the maximum amount of grains and meat/meat meal alternates as long as the daily and weekly minimums for these components are met and the calories are within the required range.

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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)
W1D1 Vending Winter 2019 - Day: 1	100																
Category: Refresh - Cold Entree (LN/SUP); Choose: 1																	
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)
Category: Fruit; Choose: 2																	
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
Category: Refresh - Side Vegetable; Choose: 2																	
Carrots, baby, raw - TR1054 (1/2 c.)	150	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
Category: Milk; Choose: 2																	
Fat-Free White Milk - TR1036 (1 ea.)	5	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.)	5	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)
W1D2 Vending Winter 2019 - Day: 2	100																
Category: Refresh - Cold Entree (LN/SUP); Choose: 1																	
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)
Category: Fruit; Choose: 2																	
Apples, raw, with skin - TR1126 (1 cup slices)	50	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
Category: Refresh - Side Vegetable; Choose: 3																	
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.)	20	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)
Category: Milk; Choose: 2																	
Fat-Free White Milk - TR1036 (1 ea.)	5	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.)	5	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)

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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)
W1D3 Vending Winter 2019 - Day: 3	100																
Category: Refresh - Cold Entree (LN/SUP); Choose: 1																	
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)
Category: Fruit; Choose: 2																	
Apples, raw, with skin - TR1126 (1 cup slices)	0	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)	50	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
Category: Refresh - Side Vegetable; Choose: 3																	
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.)	25	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)
Category: Milk; Choose: 2																	
Fat-Free White Milk - TR1036 (1 ea.)	5	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.)	5	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)
W1D4 Vending Winter 2019 - Day: 4	100																
Category: Refresh - Cold Entree (LN/SUP); Choose: 1																	
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)
Category: Fruit; Choose: 2																	
Apples, raw, with skin - TR1126 (1 cup slices)	50	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)	50	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
Category: Refresh - Side Vegetable; Choose: 3																	
Carrots, baby, raw - TR1054 (1/2 c.)	125	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.)	25	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)
Category: Milk; Choose: 2																	
Fat-Free White Milk - TR1036 (1 ea.)	5	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)

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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)
Low Fat 1% Milk - TR1502 (1 c.)	5	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)
W1D5 Vending Winter 2019 - Day: 5	100																
Category: Refresh - Cold Entree (LN/SUP); Choose: 1																	
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)
Category: Fruit; Choose: 2																	
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
Category: Refresh - Side Vegetable; Choose: 3																	
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.)	25	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.)	25	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)
Category: Milk; Choose: 2																	
Fat-Free White Milk - TR1036 (1 ea.)	5	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.)	5	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)