

Menu Cycle Week – Nutrient Analysis

Generated on: 1/7/2019 9:06:05 AM by Alexandra Emmot

Menu Cycle: Refresh Lunch 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]	675.35(M)	
Fat (g)		21.91(M)	29.20
Sfat (g)(1)	< 10.00 % of Calories	6.64(M)	8.84
TFat (g)(2)		0.05(M)	
Chol (mg)		34.15(M)	
Sodium Target 1 (mg) (13)	< 1,360.00	1,031.72(M)	
Sodium Target 2 (mg) (13)	< 1,035.00	1,031.72(M)	
Carb (g)		101.16(M)	59.92
TDF (g)		16.65(M)	
Sugars (g)		24.85(M)	14.72
Pro (g)		24.38(M)	14.44
Fe (mg)		4.33(M)	
Ca (mg)		313.17(M)	
A,IU		6,610.95(M)	
VitC (mg)		81.37(M)	
Mois (g)		226.15(M)	
Ash (g)		1.05(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 2.500	7.500	
Veg	>= 3.750	6.250	
Veg-DG	>= 0.500	0.750	
Veg-RO	>= 0.750	2.000	
Veg-BP	>= 0.500	0.500	
Veg-S	>= 0.500	1.750	
Veg-O	>= 0.500	1.250	
Grains	[8.000 - 10.000]	48.750(a)	
Non-WGR		0.000	
WGR	>= 100.000 % of	48.750	100.00
Meat/MA	[9.000 - 10.000]	50.500(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_Winter 2019_Refresh Middle_Updated - Day: 1	100																
Category: Refresh - Cold Entree (LN/SUP); Choose: 3																	
Classic Cheese Sandwich - TR1020 (1 sandwich)	5	482.92	29.09	9.51	0.00	45.00	893.34	30.69	2.54	3.09	24.42	1.99	365.73	688.64 (M)	5.92(M)	42.37 (M)	0.23(M)
Classic Turkey Sandwich - TR1019 (1 sandwich)	10	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)
Yogurt Parfait, NEW - TR1328 (1 ea.)	5	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: Refresh - Hot Entree (LN/SUP); Choose: 4																	
All Beef Hot Dog MS - TR1344 (1 ea.)	50	305.00	12.50	4.50	0.50	35.00	915.00	30.00	2.00	6.00	16.00	1.80(M)	40.00 (M)	0.00(M)	0.00(M)	(M)	(M)
Cheese Enchilada Plate - TR1487 (1 ea.)	20	311.68 (M)	12.76 (M)	7.70(M)	0.00(M)	42.14 (M)	580.98 (M)	33.53 (M)	1.13(M)	4.55(M)	16.83 (M)	1.59(M)	432.46 (M)	668.63 (M)	7.94(M)	(M)	(M)
Pesto Provolone Sandwich - TR1013 (1 sandwich)	5	513.50	28.23	10.63	0.00	40.83	922.73	42.57	4.88	6.30	24.40	3.63	395.90 (M)	6021.90 (M)	22.64 (M)	92.65 (M)	1.23(M)
Turkey Pesto Sandwich - TR1011 (1 sandwich)	5	395.00	18.17	5.33	0.00	33.33	685.83	39.58	3.08	5.00	18.58	3.10	92.50 (M)	62.50 (M)	0.30(M)	(M)	(M)
Category: Fruit; Choose: 2																	
Apples, raw, with skin - TR1126 (1 cup slices)	75	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)	75	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.)	75	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
Tomato Soup - TR1407 (3/4 c.)	25	35.00	0.00	0.00	0.00	0.00	325.00	8.00	0.50	4.50	1.00	0.36	0.00	250.00	3.00	(M)	(M)
Category: Milk; Choose: 2																	
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)
W1D2 Winter 2019 Refresh Middle_Corrected - Day: 2	100																
Category: Refresh - Cold Entree (LN/SUP); Choose: 1																	
Protein Pack Snack Pack - TR1499 (1 ea.)	15	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: Refresh - Hot Entree (LN/SUP); Choose: 3																	

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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)
Cheese Pizza - TR1347 (1 slice)	25	360.00	16.00	8.00	0.00	40.00	490.00	35.00	4.00	6.00	18.00	(M)	(M)	(M)	(M)	(M)	(M)
Cheese Pizza HS - TR1034 (1 slice)	35	360.00	17.00	8.00	0.00	45.00	570.00	34.00	4.00	6.00	19.00	2.30	320.00	100.00	0.00	(M)	(M)
Cheese Ravioli w/ Garlic Bread MS - TR1483 (1 ea.)	25	357.13	11.69	4.54	0.00	22.69	873.02	47.38	5.77	7.70(M)	20.37	2.18(M)	493.61	555.00 (M)	0.00(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
Pear - TR1045 (1 piece)	100	96.00	0.20	0.02	0.00	0.00	1.99	25.66	5.10	(M)	0.63	0.28	15.01	38.00	7.00	(M)	(M)
Category: Refresh - Side Vegetable; Choose: 3																	
Carrots, baby, raw - TR1054 (1/2 c.)	75	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.)	75	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.)	75	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.)	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)
W1D3 Winter 2019 Refresh Middle_Corrected - Day: 3	100																
Category: Refresh - Cold Entree (LN/SUP); Choose: 1																	
Yogurt Parfait, NEW - TR1328 (1 ea.)	20	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: Refresh - Hot Entree (LN/SUP); Choose: 2																	
BBQ Meatballs HS - TR1313 (1 ea.)	30	602.57	25.44	8.34	0.00	45.00	1390.45	70.83	5.68	14.67	20.68	3.12	110.14	283.38 (M)	19.23	(M)	(M)
Broccoli and Cheese Soup with Garlic Knot - TR1485 (1 ea.)	50	374.00	18.00	7.50	0.00	37.00	864.00	37.00	3.00	10.00	17.00	1.08	410.00	645.00	24.00	(M)	(M)
Category: Fruit; Choose: 2																	
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
Pear - TR1045 (1 piece)	100	96.00	0.20	0.02	0.00	0.00	1.99	25.66	5.10	(M)	0.63	0.28	15.01	38.00	7.00	(M)	(M)
Category: Refresh - Side Vegetable; Choose: 2																	

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)
Carrots, baby, raw - TR1054 (1/2 c.)	75	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.)	75	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.)	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)
W1D4 Winter 2019 Refresh Middle_Corrected - Day: 4	100																
Category: Refresh - Cold Entree (LN/SUP); Choose: 1																	
Cheese and Crackers Snack Pack - TR1500 (1 ea.)	5	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: Refresh - Hot Entree (LN/SUP); Choose: 4																	
Bean and Cheese Pupusa - TR1385 (1 ea.)	15	290.00	11.00	3.50	0.00	15.00	480.00	35.00	4.00	1.00	13.00	1.00	250.00	(M)	(M)	(M)	(M)
Chicken Burrito MS - TR1317 (1 ea.)	20	330.76 (M)	11.37 (M)	3.41(M)	0.00(M)	38.25 (M)	841.85 (M)	39.97 (M)	11.79 (M)	0.73(M)	18.16 (M)	4.64(M)	115.60 (M)	3.09(M)	0.00(M)	(M)	(M)
Chicken Chili Verde w/ Fajita Rice MS - TR1481 (1 ea.)	5	347.18	3.25	0.75	0.00(M)	50.00	605.90	53.89	2.25	1.41	23.18	2.24	17.79	305.20	11.39	13.05 (M)	0.61(M)
Veggie Burrito MS - TR1318 (1 ea.)	55	314.00 (M)	10.00 (M)	3.00(M)	0.00(M)	0.00(M)	876.93 (M)	45.87 (M)	14.53 (M)	1.00(M)	12.53 (M)	5.11(M)	144.00 (M)	4.67(M)	0.00(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
Pear - TR1045 (1 piece)	100	96.00	0.20	0.02	0.00	0.00	1.99	25.66	5.10	(M)	0.63	0.28	15.01	38.00	7.00	(M)	(M)
Category: Refresh - Side Vegetable; Choose: 2																	
Refried Beans - TR1415 (1/2 Container)	75	200.00	8.00	0.50	0.00	0.00	530.00	24.00	6.00	1.00	8.00	2.00	46.00	(M)	(M)	(M)	(M)
Zingy Corn Salad - TR1495 (1 c.)	75	130.50	3.76	0.33	0.00(M)	0.00	404.31	25.32	3.66	2.49(M)	3.38	0.96(M)	11.59 (M)	1417.74 (M)	46.36 (M)	54.23 (M)	0.31(M)
Category: Milk; Choose: 2																	
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)
W1D5 Winter 2019 Refresh Middle_Corrected - Day: 5	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)
Category: Refresh - Cold Entree (LN/SUP); Choose: 1																	
Yogurt Parfait, NEW - TR1328 (1 ea.)	15	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: Refresh - Hot Entree (LN/SUP); Choose: 4																	
Cheese Pizza - TR1347 (1 slice)	10	360.00	16.00	8.00	0.00	40.00	490.00	35.00	4.00	6.00	18.00	(M)	(M)	(M)	(M)	(M)	(M)
Cheese Pizza HS - TR1034 (1 slice)	15	360.00	17.00	8.00	0.00	45.00	570.00	34.00	4.00	6.00	19.00	2.30	320.00	100.00	0.00	(M)	(M)
Cheeseburger - TR1033 (1 ea.)	10	365.00	16.50	7.50	0.00	65.00	600.00	29.00	2.00	5.00	22.00	2.88(M)	190.00 (M)	200.00 (M)	0.00(M)	(M)	(M)
Hamburger - TR1055 (1 ea.)	50	285.00	9.50	3.50	0.00	40.00	465.00	29.00	2.00	5.00	17.00	2.88	40.00 (M)	0.00(M)	0.00(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: 2																	
Rosemary Roasted Potatoes - TR1411 (1/2 c.)	25	150.00	3.75	0.63	0.00	0.00	250.00	25.00	0.00	1.25	3.75	1.35	0.00	0.00	0.00	(M)	(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)
Category: Milk; Choose: 2																	
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)