

Weekly - Nutrient Analysis

Site: 2019-2020 Middle School Breakfast Menu - Week 1
 Week: Multiple
 Result: **Exceeded**

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Breakfast
 Serving Group: 6-8
 Site Group: Middle School

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[400.00 - 550.00]	453.64	
Fat (g)		6.87	13.63
Sfat (g)(1)	< 10.00 % of Calories	2.20	4.36
TFat (g)(2)		0.00	
Chol (mg)		19.45	
Sodium Target 1 (mg) (13)	< 600.00	408.47	
Sodium Target 2 (mg) (13)	< 535.00	408.47	
Carb (g)		88.04	77.63
TDF (g)		6.87	
Sugars (g)		45.28(M)	39.93
Pro (g)		11.44	10.09
Fe (mg)		3.92	
Ca (mg)		364.09	
A,IU		1,298.49(M)	
VitC (mg)		45.75(M)	
Mois (g)		45.96(M)	
Ash (g)		0.50(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 5.000	6.000	
Veg		0.000	
Veg-DG		0.000	
Veg-RO		0.000	
Veg-BP		0.000	
Veg-S		0.000	
Veg-O		0.000	
Grains	[8.000 - 10.000]	[8.000 - 12.000](a)	
Non-WGR		0.000	
WGR	>= 100.000 % of	30.000	100.00
Meat/MA		[0.000 - 4.000]	
MILK-F	>= 5.000	5.000	
Fruit-J	<= 50.000 % of	2.500	41.67
Grain-D		0.000	
Vegetable-J		0.000	
MILK-V		Pass	

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.

Weekly - 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)
2016-17 Monday Middle School breakfast plan :70453 - Day: 1	175																
Category: Entrees; Choose: 1																	
Assorted Cereals - LR100244 (1 bowl (3/4)	100	171.43	3.71	0.14	0.00	0.00	220.00	34.43	4.29	11.71	2.57	4.35	140.00	842.86	7.54	(M)	(M)
Copy of Strudel, Cherry Frudel K-12 Hot Breakfast, Pillsbury, General Mills, 127851000, WGR - LR100264 (1 frudel)	25	210.00	6.00	1.50	0.00	0.00	290.00	37.00	2.00	11.00	5.00	1.08	0.00	0.00	0.00	(M)	(M)
Pop Tart WG - LR100263 (1 pkg.)	50	370.00	5.00	2.00	0.00	0.00	380.00	75.00	6.00	31.00	5.00	3.60	200.00	1000.00	0.00	(M)	(M)
Category: Fruits; Choose: 2																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	100	58.00	0.20	0.05	0.00	0.00	2.00	15.66	2.80	(M)	0.29	0.14	6.00	62.00	5.21	(M)	(M)
Juice, Orange, 100%, 4oz cup, Suncup, 090100, F - SR100601 (1 serving (4)	125	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	(M)	42.00	(M)	(M)
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	125	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
2016-17 Middle School Tuesday breakfast plan :70453 - Day: 2	175																
Category: Entrees; Choose: 1																	
Assorted Cereals - LR100244 (1 bowl (3/4)	100	171.43	3.71	0.14	0.00	0.00	220.00	34.43	4.29	11.71	2.57	4.35	140.00	842.86	7.54	(M)	(M)
Breakfast Wrap, Whole Grain Flavored with Cheese, Sunny Fresh, Cargill, 40275, MMA, WGR - SR104184 (1 wrap)	25	180.00	10.00	4.00	0.00	170.00	410.00	14.00	2.00	1.00	10.00	0.72	10.00	300.00	0.00	(M)	(M)
Pop Tart WG - LR100263 (1 pkg.)	50	370.00	5.00	2.00	0.00	0.00	380.00	75.00	6.00	31.00	5.00	3.60	200.00	1000.00	0.00	(M)	(M)
Category: Fruits; Choose: 2																	
Bananas, raw - SR105089 (1 medium (7"))	145	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97

Weekly - Nutrient Analysis

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)
Juice, Orange, 100%, 4oz cup, Suncup, 090100, F - SR100601 (1 serving (4))	120	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	(M)	42.00	(M)	(M)
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	135	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
2016-17 Middle School Wednesday Breakfast plan :70453 - Day: 3																	
Category: Entrees; Choose: 1																	
6 oz Mini Bagel - LR100219 (1 ea.)	50	240.00	6.00	2.50	0.00	10.00	180.00	41.00	2.00	13.00	6.00	1.44	20.00	100.00	0.00	(M)	(M)
Assorted Cereals - LR100244 (1 bowl (3/4)	100	171.43	3.71	0.14	0.00	0.00	220.00	34.43	4.29	11.71	2.57	4.35	140.00	842.86	7.54	(M)	(M)
Breakfast Donut - LR100262 (1 ea.)	25	280.00	15.00	7.00	0.00	0.00	300.00	30.00	2.82	7.00	5.00	0.70	13.93	10.00	0.00	(M)	(M)
Category: Fruits; Choose: 2																	
Bananas, raw - SR105089 (1 medium (7"))	155	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
Juice, Orange, 100%, 4oz cup, Suncup, 090100, F - SR100601 (1 serving (4))	135	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	(M)	42.00	(M)	(M)
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	155	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
2016-17 Middle School Thursday Breakfast Plan :70453 - Day: 4																	
Category: Entrees; Choose: 1																	
Assorted Cereals - LR100244 (1 bowl (3/4)	100	171.43	3.71	0.14	0.00	0.00	220.00	34.43	4.29	11.71	2.57	4.35	140.00	842.86	7.54	(M)	(M)
Breakfast Wrap, Whole Grain Flavored with Cheese, Sunny Fresh, Cargill, 40275, MMA, WGR - SR104184 (1 wrap)	25	180.00	10.00	4.00	0.00	170.00	410.00	14.00	2.00	1.00	10.00	0.72	10.00	300.00	0.00	(M)	(M)
Pop Tart WG - LR100263 (1 pkg.)	50	370.00	5.00	2.00	0.00	0.00	380.00	75.00	6.00	31.00	5.00	3.60	200.00	1000.00	0.00	(M)	(M)
Category: Fruits; Choose: 2																	

Weekly - 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)
Bananas, raw - SR105089 (1 medium (7"))	155	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97
Juice, Orange, 100%, 4oz cup, Suncup, 090100, F - SR100601 (1 serving (4))	180	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	(M)	42.00	(M)	(M)
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	155	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)
2016-17 Friday Middle School breakfast plan :70453 - Day: 5	175																
Category: Entrees; Choose: 1																	
Assorted Cereals - LR100244 (1 bowl (3/4))	100	171.43	3.71	0.14	0.00	0.00	220.00	34.43	4.29	11.71	2.57	4.35	140.00	842.86	7.54	(M)	(M)
Copy of Cinnamon Rolls, Mini Cinnis Pull Apart Rolls, Pillsbury General Mills, 33686, WGR - LR100276 (1 pkg.)	25	240.00	8.00	2.00	0.00	0.00	300.00	40.00	2.00	15.00	5.00	1.44	40.00	0.00	0.00	(M)	(M)
Pop Tart WG - LR100263 (1 pkg.)	100	370.00	5.00	2.00	0.00	0.00	380.00	75.00	6.00	31.00	5.00	3.60	200.00	1000.00	0.00	(M)	(M)
Category: Fruits; Choose: 2																	
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	115	58.00	0.20	0.05	0.00	0.00	2.00	15.66	2.80	(M)	0.29	0.14	6.00	62.00	5.21	(M)	(M)
Juice, Orange, 100%, 4oz cup, Suncup, 090100, F - SR100601 (1 serving (4))	140	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	(M)	42.00	(M)	(M)
Category: Milk; Choose: 1																	
Milk, Variety,milk - LR100009 (1 Carton)	125	111.11	1.67	1.00	0.00	11.54	143.45	14.70	0.00	13.70	8.13	0.00	275.90	570.95	1.54(M)	(M)	(M)