

Menu Cycle Week – Nutrient Analysis

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Menu Cycle: 20/21 Fall Breakfast 9-12 Week #1
 Week: 1
 Result: **Exceeded**

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Breakfast
 Serving Group: 9-12
 Site Group: All Grades

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[450.00 - 600.00]	504.62	
Total Fat (g)		6.43	11.46
Sat Fat (g)(1)	< 10.00 % of Calories	1.83	3.27
Trans Fat (g)(2)		0.00	
Chol (mg)		7.00(M)	
Sodium Target 1 (mg) (13)	< 640.00	498.47	
Sodium Target 2 (mg) (13)	< 570.00	498.47	
Carb (g)		99.37	78.77
Total Fiber (g)		5.48	
Total Sugars (g)		59.57	47.22
Added Sugars (g)		7.02(M)	
Protein (g)		15.40	12.21
Iron (mg)		3.48(M)	
Calcium (mg)		239.31(M)	
VitA (IU)		1,066.10(M)	
VitC (mg)		33.93(M)	
VitD (mcg)		1.04(M)	
Potassium (mg)		311.91(M)	
Mois (g)		48.91(M)	
Ash (g)		0.35(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 5.000	5.250	
Veg		0.000	
Veg-DG		0.000	
Veg-RO		0.000	
Veg-BP		0.000	
Veg-S		0.000	
Veg-O		0.000	
Grains	[9.000 - 10.000]	10.250(ab)	
Non-WGR		3.250	
WGR	>= 50.000 % of	6.000	64.86
Meat/MA		0.000	
MILK-F	>= 5.000	5.000	
Fruit-J	<= 50.000 % of	1.500	28.57
Grain-D		1.000	
Vegetable-J		0.000	
MILK-V		Pass	

Legend

PrimeroEdge will flag based on USDA requirements starting School Year 2019-2020 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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a Schools may substitute 1 oz. M/MA for Grains after the minimum daily Grains requirement is met.

b 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.

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)	
20/21 Fall Breakfast 9-12 Week #1 Monday - Day: 1	50																			
Category: Grains; May Choose: 1																				
Roll, Cinnamon WG Cinnamon Roll with Drizzle Icing, Frozen, Hadley Farms, 3751W, WG - SR109366 (1 roll.)	50	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																				
Oranges, raw, all commercial varieties, F - SR105217 (1 cup, secti)	50	84.60	0.22	0.03	0.00	0.00	0.00	21.15	4.32	16.83	(M)	1.69	0.18	72.00	405.00	95.76	0.00	325.80	156.15	
Category: Milk; May Choose: 1																				
Milk, 1%, Rosenbergers, Milk - SR101986 (1 Cup (8 oz)	10	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	(M)	8.00	(M)	300.00	500.00	2.40	(M)	(M)	(M)	
Milk, Chocolate, Skim/FF, Rosenbergers, Milk - SR101984 (1 Cup (8 oz)	40	120.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	(M)	8.00	0.00	20.00	750.00	(M)	(M)	(M)	(M)	
20/21 Fall Breakfast 9-12 Week #1 Tuesday - Day: 2	50																			
Category: Entrees; May Choose: 1																				
Yogurt, Nonfat, Vanilla, 4 oz, Upstate Farms, 9822, MMA - SR109824 (1 container)	50	90.00	0.00	0.00	0.00	5.00	50.00	19.00	0.00	14.00	(M)	3.00	0.00	290.00	0.00	0.00	4.00	160.00	(M)	
Category: Grains; May Choose: 1																				
Cereal, Cheerios Toasted, Self-Serve Bowl, General Mills, 16000-32262, WG - SR106239 (1 bowl)	50	100.00	2.00	0.00	0.00	0.00	140.00	21.00	3.00	1.00	1.00	4.00	9.00	60.00	300.00	3.60	1.20	188.00	(M)	
Category: Fruits; May Choose: 2																				
Bananas, raw - SR105089 (1 medium (7"))	50	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39	
Juice, 100% Apple 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	50	62.43	0.00	0.00	0.00	0.00	5.20	14.57	0.00	12.49	(M)	0.00	0.00	0.00	(M)	(M)	(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)	Mois (g)
Milk, 1%, Rosenbergers, Milk - SR101986 (1 Cup (8 oz))	10	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	(M)	8.00	(M)	300.00	500.00	2.40	(M)	(M)	(M)
Milk, Chocolate, Skim/FF, Rosenbergers, Milk - SR101984 (1 Cup (8 oz))	40	120.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	(M)	8.00	0.00	20.00	750.00	(M)	(M)	(M)	(M)
20/21 Fall Breakfast 9-12 Week #1 Wednesday - Day: 3	50																		
Category: Grains; May Choose: 1																			
Bread, Whole Grain Ultra Bread Slice Banana (96g), Super Bakery, 6071, WG - SR100528 (1 slices)	50	261.06	8.03	1.51	0.00	0.00	240.97	45.18	2.01	24.10	23.09	5.02	1.00	159.65	0.00(M)	0.00(M)	0.00	113.26	(M)
Category: Fruits; May Choose: 2																			
Apple, Slices, Peel On, 2 oz. package, Peterson Farms, 203102, F - SR109629 (1 pkg.)	50	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	(M)	0.00	0.00	20.00	0.00	12.00	(M)	(M)	(M)
Juice, 100% Grape 4 oz, Suncup, 090501, F - SR100183 (1 serving (4))	50	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Milk, 1%, Rosenbergers, Milk - SR101986 (1 Cup (8 oz))	10	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	(M)	8.00	(M)	300.00	500.00	2.40	(M)	(M)	(M)
Milk, Chocolate, Skim/FF, Rosenbergers, Milk - SR101984 (1 Cup (8 oz))	40	120.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	(M)	8.00	0.00	20.00	750.00	(M)	(M)	(M)	(M)
20/21 Fall Breakfast 9-12 Week #1 Thursday - Day: 4	50																		
Category: Grains; May Choose: 1																			
Bagel, Traditional Cinnamon Raisin, 3 oz Sliced, Lender's Bagels, Pinnacle Food Groups, 00323, Non-WG - SR102015 (1 ea.)	50	250.00	2.00	0.00	0.00	0.00	350.00	50.00	2.00	10.00	(M)	8.00	1.44	20.00	0.00	0.00	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
Applesauce, Natural, Unsweetened, 4.5 oz. container, Peterson Farms, ASA10001, F - SR108793 (1 Container)	50	50.00	0.00	0.00	0.00	0.00	0.00	14.00	1.00	12.00	(M)	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)

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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)
Juice, Orange, 100%, 4oz cup, Suncup, 090100, F - SR100601 (1 serving (4))	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00	0.00	0.00	(M)	42.00	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Milk, 1%, Rosenbergers, Milk - SR101986 (1 Cup (8 oz))	10	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	(M)	8.00	(M)	300.00	500.00	2.40	(M)	(M)	(M)
Milk, Chocolate, Skim/FF, Rosenbergers, Milk - SR101984 (1 Cup (8 oz))	40	120.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	(M)	8.00	0.00	20.00	750.00	(M)	(M)	(M)	(M)
Category: Condiments; May Choose: 1																			
Cream Cheese, Original Spread, 1 oz. Cup, Kraft Foods Inc., 61119, Condiment - SR107796 (1 Container)	50	70.00	7.00	4.00	0.00	0.00	115.00	13.00	0.00	1.00	(M)	1.00	0.00	0.00	300.00	3.60	(M)	(M)	(M)
20/21 Fall Breakfast 9-12 Week #1 Friday - Day: 5		50																	
Category: Grains; May Choose: 2																			
Bread, Whole Wheat, School 55%, Morabito, 28, WG - SR100893 (1 ea.)	50	90.00	1.00	0.00	0.00	0.00	220.00	17.00	2.00	1.00	(M)	4.00	1.08	52.00	(M)	(M)	(M)	(M)	(M)
Cereals, Instant Oatmeal, Maple and Brown Sugar, Quaker, WGR - SR103050 (1 packet)	50	160.00	2.00	0.50	0.00	0.00	260.00	32.00	3.00	12.00	(M)	4.00	2.70	80.00	750.00	0.00	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
Craisins, Sweetened Dried Cranberries, Strawberry Flavor, Ocean Spray 23445, F - SR107765 (1 pouch)	50	110.00	0.00	0.00	0.00	(M)	0.00	28.00	3.00	24.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Very Berry Fruit Juice, F - LR-1196 (1 Container)	50	100.00	0.00	0.00	0.00	0.00	20.00	26.00	0.00	24.00	0.00	0.00	0.00	17.00	(M)	(M)	0.00	250.04	(M)
Category: Milk; May Choose: 1																			
Milk, 1%, Rosenbergers, Milk - SR101986 (1 Cup (8 oz))	10	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	(M)	8.00	(M)	300.00	500.00	2.40	(M)	(M)	(M)
Milk, Chocolate, Skim/FF, Rosenbergers, Milk - SR101984 (1 Cup (8 oz))	40	120.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	(M)	8.00	0.00	20.00	750.00	(M)	(M)	(M)	(M)