

Weekly - Nutrient Analysis

Site: 2019-2020 breakfast High school - Week 1
 Week: Multiple
 Result: **Exceeded**

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

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[450.00 - 600.00]	451.91	
Fat (g)		6.92	13.78
Sfat (g)(1)	< 10.00 % of Calories	2.33	4.65
TFat (g)(2)		0.00	
Chol (mg)		20.60	
Sodium Target 1 (mg) (13)	< 640.00	386.36	
Sodium Target 2 (mg) (13)	< 570.00	386.36	
Carb (g)		88.09	77.97
TDF (g)		6.56	
Sugars (g)		47.51(M)	42.05
Pro (g)		10.62	9.40
Fe (mg)		3.29	
Ca (mg)		331.88	
A,IU		1,168.79(M)	
VitC (mg)		49.55(M)	
Mois (g)		60.99(M)	
Ash (g)		0.67(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 5.000	[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	[9.000 - 10.000]	[9.000 - 13.000](ab)	
Non-WGR		0.000	
WGR	>= 100.000 % of	40.500	100.00
Meat/MA		[0.000 - 2.000]	
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 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.

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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)
Monday Breakfast Plan :70454 - Day: 1	200																
Category: Entrees; Choose: 1																	
Assorted Cereals - LR100244 (1 bowl (3/4)	60	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 Bar, Nutri-Grain Cereal Bar Strawberry for Schools, 96/1.55oz, Kellogg's 59772 , WGR - LR100304 (1 Bar)	20	160.00	4.00	0.50	0.00	0.00	150.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Copy of Strudel, Cherry Frudel K-12 Hot Breakfast, Pillsbury, General Mills, 127851000, WGR - LR100264 (1 frudel)	40	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.)	80	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.)	50	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)
Bananas, raw - SR105089 (1 medium (7"))	115	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)	195	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)
Tuesday Breakfast Plan :70454 - Day: 2	200																
Category: Entrees; Choose: 1																	
Assorted Cereals - LR100244 (1 bowl (3/4)	50	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)	50	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)

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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)
Copy of Bar, Nutri-Grain Cereal Bar Strawberry for Schools, 96/1.55oz, Kellogg's 59772 , WGR - LR100304 (1 Bar)	30	160.00	4.00	0.50	0.00	0.00	150.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Pop Tart WG - LR100263 (1 pkg.)	70	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"))	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)	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)
Wednesday Breakfast Plan :70454 - Day: 3	200																
Category: Entrees; Choose: 1																	
Assorted Cereals - LR100244 (1 bowl (3/4)	80	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.)	50	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)
Copy of Bar, Nutri-Grain Cereal Bar Strawberry for Schools, 96/1.55oz, Kellogg's 59772 , WGR - LR100304 (1 Bar)	20	160.00	4.00	0.50	0.00	0.00	150.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	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"))	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))	165	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)	150	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)
Thursday Breakfast Plan :70454 - Day: 4	200																
Category: Entrees; Choose: 1																	

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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)
Assorted Cereals - LR100244 (1 bowl (3/4)	75	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)
Copy of Bar, Nutri-Grain Cereal Bar Strawberry for Schools, 96/1.55oz, Kellogg's 59772 , WGR - LR100304 (1 Bar)	30	160.00	4.00	0.50	0.00	0.00	150.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Pop Tart WG - LR100263 (1 pkg.)	70	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"))	150	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)	175	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)	110	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)
Friday Breakfast Plan :70454 - Day: 5	200																
Category: Entrees; Choose: 1																	
Assorted Cereals - LR100244 (1 bowl (3/4)	80	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 Bar, Nutri-Grain Cereal Bar Strawberry for Schools, 96/1.55oz, Kellogg's 59772 , WGR - LR100304 (1 Bar)	20	160.00	4.00	0.50	0.00	0.00	150.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Copy of Cinnamon Rolls, Mini Cinnis Pull Apart Rolls, Pillsbury General Mills, 33686, WGR - LR100276 (1 pkg.)	50	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.)	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																	

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Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (4 oz.)	25	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)
Bananas, raw - SR105089 (1 medium (7"))	115	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))	200	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)	150	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)