

Menu Day – Nutrient Analysis

Menu: Chicken Gravy \u0026 Mashed Potatoes
 Result: Pass

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Lunch
 Serving Group: K-5
 Site Group: K-12

Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[550.00 - 650.00]	567.46	
Total Fat (g)		6.06	9.62
Sat Fat (g)(1)	< 10.00 % of Calories	0.21	0.34
Trans Fat (g)(2)		0.00(M)	
Chol (mg)		53.09(M)	
Sodium Target 1 (mg) (13)	< 1,230.00	1,244.44	
Sodium Target 2 (mg) (13)	< 935.00	1,244.44	
Carb (g)		95.81	67.53
Total Fiber (g)		8.00(M)	
Total Sugars (g)		41.04	28.93
Added Sugars (g)		0.00(M)	
Protein (g)		29.44	20.76
Iron (mg)		1.07	
Calcium (mg)		283.29	
VitA (IU)		844.82(M)	
VitC (mg)		20.78(M)	
VitD (mcg)		0.00(M)	
Potassium (mg)		0.00(M)	
Mois (g)		0.00(M)	
Ash (g)		0.00(M)	

Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	>= 1.000	1.000	
Grains	>= 1.000	1.000	
Non-WGR		0.000	
WGR		1.000	
Grain-D		0.000	
Fruit	>= 0.500	0.500	
Fruit-J		0.000	
Veg	>= 0.750	2.500	
Veg-DG		0.000	
Veg-RO		0.000	
Veg-BP		0.000	
Veg-S		2.500	
Veg-O		0.000	
Veg-X		0.000	
Vegetable-J		0.000	
MILK-F	>= 1.000	1.000	
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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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)	Moisture (g)
Chicken Gravy & Mashed Potatoes	140																		
Category: Entrees; May Choose: 1																			
Chicken Gravy - LR1178 (1/2 c.)	140	148.90	3.21	0.00	0.00(M)	46.67 (M)	416.60	11.81	0.00(M)	5.91	(M)	15.30	0.00	39.38	0.00	0.00	0.00(M)	0.00(M)	0.00(M)
Category: Grains; May Choose: 1																			
Whole Grain Dinner Roll - LR1069 (1 ea.)	140	80.00	1.50	0.00	0.00	0.00	70.00	14.00	2.00	2.00	(M)	3.00	0.51	6.38	0.00(M)	0.00(M)	(M)	(M)	(M)
Category: Vegetables; May Choose: 2																			
Potato Pearls Golden Extra Rich Mashed Potatoes - LR1068 (1/2 c.)	140	70.00	0.00	0.00	0.00	0.00	340.00	16.00	2.00	0.00	(M)	2.00	0.20	19.54	1.96	18.38	(M)	(M)	(M)
Whole Kernel Canned Corn - LR1077 (1/2 c.)	140	90.00	1.00	0.00	0.00	0.00	240.00	20.00	3.00	4.00	(M)	1.00	0.36	0.00	0.00	1.20	(M)	(M)	(M)
Category: Fruits; May Choose: 1																			
Mixed Fruit, Extra Light Syrup, Canned - LR1122 (1/2 c.)	140	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
DG Fat Free Chocolate Milk - LR1040 (1 ea.)	120	120.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	(M)	8.00	0.00	250.00	750.00	0.00	(M)	(M)	(M)
Milk, 1%, White - LR1002 (1 Carton)	20	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	26.00	(M)	(M)	(M)	(M)	(M)