

Menu Day – Nutrient Analysis

Generated on: 1/29/2022 1:18:47 PM by Jana Eaton

Menu: Breakfast - Muffin \u0026 Cheddar Omelet
Result: Pass

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

Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[350.00 - 500.00]	461.00	
Total Fat (g)		10.33	20.17
Sat Fat (g)(1)	< 10.00 % of Calories	4.77	9.31
Trans Fat (g)(2)		0.00	
Chol (mg)		146.78	
Sodium Target 1 (mg) (13)	< 540.00	599.06	
Sodium Target 2 (mg) (13)	< 485.00	599.06	
Carb (g)		70.70	61.34
Total Fiber (g)		3.97	
Total Sugars (g)		50.24	43.59
Added Sugars (g)		0.00(M)	
Protein (g)		17.73	15.39
Iron (mg)		1.10	
Calcium (mg)		252.62	
VitA (IU)		831.39(M)	
VitC (mg)		36.35(M)	
VitD (mcg)		0.00(M)	
Potassium (mg)		0.00(M)	
Mois (g)		12.03(M)	
Ash (g)		0.03(M)	

Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		1.000	
Grains	>= 1.000	1.000	
Non-WGR		0.000	
WGR		1.000	
Grain-D		0.000	
Fruit	>= 1.000	1.500	
Fruit-J		0.000	
Veg		0.000	
Veg-DG		0.000	
Veg-RO		0.000	
Veg-BP		0.000	
Veg-S		0.000	
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)
Breakfast - Muffin & Cheddar Omelet	50																		
Category: Entrees; May Choose: 1																			
Cooked Frozen Cheddar Cheese Omelet - LR1019 (1/2 ea.)	50	95.00	7.00	3.00	0.00	130.00	280.00	1.00	0.00	0.50	(M)	6.00	0.54	50.00	375.00	0.00	(M)	(M)	(M)
Category: Grains; May Choose: 1																			
Blueberry Muffins - LR1030 (1 ea.)	50	130.00	2.33	1.17	0.00	7.78	148.06	25.50	1.97	13.14	(M)	2.33	0.56	32.22	6.39(M)	0.35(M)	(M)	(M)	12.03 (M)
Category: Fruits; May Choose: 2																			
Canned Pears - LR1049 (1/2 c.)	50	60.00	0.00	0.00	0.00	0.00	10.00	14.00	2.00	11.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Orange Juice - Commodities - LR1041 (4 fl. oz.)	50	60.00	0.00	0.00	0.00	0.00	1.00	13.00	0.00	10.00	(M)	1.00	0.00	10.00	0.00	36.00	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
DG Fat Free Chocolate Milk - LR1040 (1 ea.)	30	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)