

# Menu Day – Nutrient Analysis

Menu: Lunch - Popcorn Chicken and Rice  
 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]	619.16	
Total Fat (g)		14.28	20.76
Sat Fat (g)(1)	< 10.00 % of Calories	1.70	2.47
Trans Fat (g)(2)		0.00	
Chol (mg)		37.33	
Sodium Target 1 (mg) (13)	< 1,230.00	998.32	
Sodium Target 2 (mg) (13)	< 935.00	998.32	
Carb (g)		109.56	70.78
Total Fiber (g)		8.00	
Total Sugars (g)		48.80	31.52
Added Sugars (g)		0.00(M)	
Protein (g)		21.03	13.59
Iron (mg)		2.12	
Calcium (mg)		248.63	
VitA (IU)		1,034.00(M)	
VitC (mg)		15.50(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	0.750	
Veg-DG		0.000	
Veg-RO		0.000	
Veg-BP		0.000	
Veg-S		0.000	
Veg-O		0.750	
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.

- Standard Value is the daily average requirement for a school week.
- Trans Fat is provided for informational purposes, not for monitoring purposes.
- 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.

# Menu Day – Nutrient Analysis

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)
<b>Lunch - Popcorn Chicken and Rice</b>	150																		
<b>Category: Entrees; May Choose: 1</b>																			
Popcorn Chicken - LR1080 (5 ea.)	150	134.50	6.50	1.50	0.00	30.00	295.00	10.00	1.50	0.00	(M)	9.00	1.00	8.50	84.00	0.50	(M)	(M)	(M)
<b>Category: Grains; May Choose: 1</b>																			
Whole Grain Brown Rice - LR1081 (1/4 c.)	150	85.00	0.75	0.00	0.00	0.00	0.00	17.50	1.00	0.00	(M)	2.00	0.36	0.00	0.00	0.00	(M)	(M)	(M)
<b>Category: Vegetables; May Choose: 1</b>																			
Whole Kernel Canned Corn - LR1077 (3/4 c.)	150	135.00	1.50	0.00	0.00	0.00	360.00	30.00	4.50	6.00	(M)	1.50	0.54	0.00	0.00	1.80	(M)	(M)	(M)
<b>Category: Fruits; May Choose: 1</b>																			
Mixed Fruit, Extra Light Syrup, Canned - LR1122 (1/2 c.)	150	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)
<b>Category: Milk; May Choose: 1</b>																			
DG Fat Free Chocolate Milk - LR1040 (1 ea.)	130	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)
<b>Category: Condiments; May Choose: 3</b>																			
Fortune Cookie - LR1176 (1 ea.)	150	26.00	0.20	0.00	0.00	1.00	0.00	6.00	0.00	2.60	(M)	0.40	0.22	0.00	0.00	0.00	(M)	(M)	(M)
Ketchup - Condiment - LR1134 (1 tbsp.)	150	20.00	0.00	0.00	0.00	0.00	50.00	4.00	0.00	4.00	(M)	0.00	0.00	20.00	100.00	12.00	(M)	(M)	(M)
Sweet & Sour Sauce - LR1160 (2 tbsp.)	150	40.00	5.00	0.00	0.00	0.00	115.00	8.00	0.00	7.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)