

Menu Day – Nutrient Analysis

Menu: Lunch - Meatballs \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] | 629.86 | |
| Total Fat (g) | | 16.76 | 23.95 |
| Sat Fat (g)(1) | < 10.00 % of Calories | 5.40 | 7.71 |
| Trans Fat (g)(2) | | 0.00(M) | |
| Chol (mg) | | 47.49(M) | |
| Sodium Target 1 (mg) (13) | < 1,230.00 | 1,656.07 | |
| Sodium Target 2 (mg) (13) | < 935.00 | 1,656.07 | |
| Carb (g) | | 83.33 | 52.92 |
| Total Fiber (g) | | 9.17(M) | |
| Total Sugars (g) | | 34.21(M) | 21.73 |
| Added Sugars (g) | | 0.00(M) | |
| Protein (g) | | 35.74 | 22.70 |
| Iron (mg) | | 3.70 | |
| Calcium (mg) | | 489.43 | |
| VitA (IU) | | 4,273.33(M) | |
| VitC (mg) | | 13.95(M) | |
| VitD (mcg) | | 0.00(M) | |
| Potassium (mg) | | 160.11(M) | |
| Mois (g) | | 1,957.75(M) | |
| Ash (g) | | 2.24(M) | |

| Food Component Summary | | | |
|------------------------|----------------|--------------|------------|
| Food Component | Standard Value | Actual Value | % of Total |
| Meat/MA | >= 1.000 | 2.500 | |
| 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 | 1.500 | |
| Veg-DG | | 0.000 | |
| Veg-RO | | 0.250 | |
| Veg-BP | | 0.000 | |
| Veg-S | | 1.000 | |
| Veg-O | | 0.250 | |
| 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.

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) |
|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|--------------|
| Lunch - Meatballs & Mashed Potatoes | 140 | | | | | | | | | | | | | | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Beef Meatballs/Fully Cooked - LR1067 (6 ea.) | 140 | 190.00 | 12.00 | 5.00 | (M) | 40.00 | 230.00 | 4.00 | 3.00 | 0.00 | (M) | 18.00 | 2.70 | 60.00 | 0.00 | 0.00 | (M) | (M) | (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 | | | | | | | | | | | | | | | | | | | |
| Carrots & Celery - LR1103 (1/2 c.) | 140 | 12.29 | 0.08 | 0.02 | 0.00(M) | 0.00(M) | 39.70 | 2.81 | 1.13 | 1.53 | (M) | 0.33 | 0.27 | 18.10 | 3560.87 | 1.43 | 0.00(M) | 124.90 | 46.68 |
| Potato Pearls Golden Extra Rich Mashed Potatoes - LR1068 (1/4 c.) | 140 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 170.00 | 8.00 | 1.00 | 0.00 | (M) | 1.00 | 0.10 | 9.77 | 0.98 | 9.19 | (M) | (M) | (M) |
| Category: Fruits; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Apples, Gala - LR1057 (1/2 c.) | 140 | 31.32 | 0.10 | 0.02 | 0.00 | 0.00 | 0.66 | 8.29 | 1.45 | (M) | (M) | 0.16 | 0.07 | 3.62 | 32.31 | 2.77 | (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) |
| Category: Condiments; May Choose: 2 | | | | | | | | | | | | | | | | | | | |
| Gravy-Country - LR1084 (1/4 c.) | 140 | 140.00 | 2.00 | 0.00 | 0.00(M) | 0.00(M) | 776.78 | 24.00 | 0.00(M) | 12.00 | (M) | 4.00 | 0.00 | 136.78 | 0.00 | 0.00 | (M) | (M) | 1890.70 (M) |
| Ranch Dressing - Condiment - LR1139 (1/8 c.) | 140 | 22.68 | 0.73 | 0.15 | 0.00 | 1.06 | 196.08 | 3.23 | 0.59 | 1.54 | (M) | 1.11 | 0.05 | 36.78 | 36.31 | 0.55 | 0.00 | 35.21 | 20.36 |