

# Menu Nutrient Analysis

Menu: DYK Nutrition Profile Breakfast  
 Result: Pass

Meal Pattern: [USDA]Meal Pattern SY 2014+  
 Meal Type: Breakfast  
 Serving Group: K-12  
 Site Group: Did You Know Café

Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[450.00 - 500.00]	81.84(M)	
Fat (g)		2.05(M)	22.54
Sfat (g)(1)	< 10.00 % of Calories	0.69(M)	7.61
TFat (g)(2)		0.01(M)	
Sodium Target 1 (mg) (13)	< 540.00	84.55(M)	
Sodium Target 2 (mg) (13)	< 485.00	84.55(M)	
Carb (g)		14.73(M)	71.99
Pro (g)		1.66(M)	8.13

Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 1.000	[1.000 - 1.750]	
Veg		0.000	
Veg-DG		0.000	
Veg-RO		0.000	
Veg-BP		0.000	
Veg-S		0.000	
Veg-O		0.000	
Grains	>= 1.000	[3.000 - 4.000](a)	
Non-WGR		0.000	
WGR		[2.000 - 4.000]	
Meat/MA		[1.000 - 2.500]	
MILK-F	>= 1.000	1.000	
Fruit-J		1.000	
Grain-D		0.000	
Vegetable-J		0.000	
MILK-V		<span style="color: green;">Pass</span>	

## 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.

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>Nutrition Profile Breakfast K-12</b>	100							

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Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>Category: Entrée/Combo; Choose: 1</b>								
Breakfast on a Stick, pancake, turkey sausage, CN - SR1187 (1 serving)	1	168.44	7.93	1.98	0.00	297.25	17.84	7.93
Sausage Biscuit: K12 - OHR1148 (1 ea.)	1	310.00	18.00	11.00	0.00	775.00	27.00	12.50
<b>Category: Meat/MA; Choose: 1</b>								
Mozzarella String Cheese Stick, 1 oz - SR1146 (1 stick.)	1	80.00	6.00	3.50	0.00	150.00	1.00	7.00
Raspberry Rainbow Yogurt, Trix 4 oz - SR1183 (1 4 oz conta)	1	80.00	0.50	0.00	0.00	65.00	15.00	4.00
<b>Category: Grains; Choose: 1</b>								
Apple Cinnamon Muffin, Otis Spunkmeyer, Whole Grain, 2 oz - SR1165 (1 muffin)	1	190.00	6.00	2.00	0.00	130.00	30.00	3.00
Banana Muffin, Otis Spunkmeyer, WG, 2 oz - SR1591 (1 muffin)	1	190.00	6.00	2.00	0.00	130.00	30.00	3.00
BAR COCOA KRISPIES CHEWY GRANOLA BAR - OHR1307 (1 ea.)	1	150.00	4.50	1.00	0.00	140.00	27.00	2.00
BAR RICE KRISPY APPLE CINNAMON GRANOLA BAR - OHR1309 (1 ea.)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BAR RICE KRISPY BERRY GRANOLA BAR - OHR1308 (1 ea.)	1	140.00	3.00	0.50	0.00	105.00	27.00	2.00
Biscuit with Old Fashioned Sausage Gravy - SR1480 (1 ea.)	1	341.98	20.19	10.52	0.75	1004.98	33.88	6.33
Biscuit, baked, Easy Split, Pillsbury, whole grain, 2 oz - SR1598 (1 biscuit)	1	200.00	9.00	7.00	0.00	440.00	27.00	4.00
Blueberry Mini Pancakes, Eggo Bites 3.03 oz, IW - SR1190 (1 pkg.)	1	210.00	6.00	1.00	0.00	310.00	35.00	4.00
Blueberry Muffin, Otis Spunkmeyer, WG, 2 oz - SR1454 (1 muffin)	1	190.00	6.00	2.00	0.00	130.00	30.00	3.00
Cereal Bar, Cheerios, fruity, 1.42 oz - SR1181 (1 Bar)	1	150.00	3.50	0.50	0.00	95.00	29.00	3.00
Cereal Bar, Cinnamon Toast Crunch, 1.42 oz - SR1203 (1 Bar)	1	150.00	3.50	0.00	0.00	115.00	30.00	2.00

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Cereal Bar, Cocoa Puffs, 1.42 oz - SR1308 (1 Bar)	1	150.00	3.00	0.00	0.00	100.00	30.00	3.00
Cereal Bar, Golden Grahams, 1.42 oz - SR1597 (1 Bar)	1	150.00	3.00	0.00	0.00	110.00	30.00	2.00
Cereal Bar, Trix, 1.42 oz - SR1307 (1 Bar)	1	150.00	3.50	0.50	0.00	100.00	30.00	2.00
Cereal, ready-to-eat, Cinnamon Toast Crunch, reduced sugar, bowlpack, 1 oz, General Mills - SR1164 (1 bowl)	1	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cereal, ready-to-eat, Cocoa Puffs, reduced sugar, bowlpack, 1.06 oz, General Mills - SR1170 (1 bowl)	1	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Cereal, ready-to-eat, Frosted Flakes, multigrain, reduced sugar, bowlpack, 1 oz, Kelloggs - SR1185 (1 bowl)	1	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Cereal, ready-to-eat, Raisin Bran, bowlpack, 1.25 oz, Kelloggs - SR1457 (1 bowl)	1	110.00	0.50	0.00	0.00	125.00	27.00	3.00
Cereal, ready-to-eat, Trix, reduced sugar, bowlpack, 1 oz, General Mills - SR1184 (1 bowl)	1	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Cinnamon Mini Waffles, Eggo Bites 2.64 oz, IW - SR1594 (1 pkg.)	1	210.00	6.00	1.00	0.00	320.00	35.00	4.00
CINNAMON TOAST CRUNCH CEREAL ON THE GO CRISP - OHR1314 (1 EACH POUCH)	1	110.00	3.00	0.50	0.00	160.00	22.00	1.00
COCOA CHERRY BAR - OHR1265 (1 ea.)	1	200.00	5.00	2.00	0.00	55.00	37.00	3.00
COCOA RAISIN BAR OHCOMM - OHR1327 (1 Bar)	1	220.00	5.00	2.00	0.00	55.00	43.00	4.00
Double Chocolate Chip Muffin, Otis Spunkmeyer, WG, 2 oz - SR1592 (1 muffin)	1	190.00	6.00	2.00	0.00	130.00	32.00	4.00
Dutch Waffle, Whole grain - OHR1031 (1 ea.)	1	300.00	13.00	3.00	0.00	350.00	43.00	4.00
EGGO BITES CONFETTI PANCAKES - OHR1378 (1 pkg.)	1	220.00	7.00	1.00	0.00	300.00	36.00	4.00

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Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
Frosted Brown Sugar Cinnamon Pop-Tart (poptart) - SR1463 (1 pkg.)	1	180.00	2.50	1.00	0.00	190.00	37.00	2.00
Frosted Strawberry Pop-Tart (poptart) - SR1465 (1 pkg.)	1	180.00	2.50	1.00	0.00	180.00	38.00	2.00
Graham Crackers, Keebler 3ct package - SR1163 (1 pkg.)	1	90.00	2.50	0.00	0.00	100.00	16.00	2.00
Keebler Bug Bites Cinnamon Graham Crackers - OHR1343 (1 pkg.)	1	120.00	3.50	1.00	0.00	115.00	21.00	2.00
Maple Mini Pancakes, Eggo Bites 3.03 oz, IW - SR1590 (1 pkg.)	1	210.00	6.00	1.00	0.00	320.00	35.00	4.00
Mini Bagels Cinnamon Creamy Neufchatel Cheese, 2.43 oz - SR1162 (1 pkg.)	1	240.00	6.00	2.50	0.00	180.00	41.00	6.00
Mini Bagels Strawberry Creamy Neufchatel Cheese, 2.43 oz - SR1188 (1 pkg.)	1	240.00	6.00	2.50	0.00	180.00	41.00	6.00
Mini Pull-Apart Cinnamon Rolls, Pillsbury Mini Cinnis, 2.29 oz, IW - SR1595 (1 pkg.)	1	240.00	8.00	2.00	0.00	300.00	40.00	5.00
Scooby Doo Graham Crackers - OHR1340 (1 pkg.)	1	120.00	3.50	1.00	0.00	115.00	21.00	2.00
<b>Category: Fruit; Choose: 2</b>								
Apple Juice, 100% Suncup 4 fl oz - SR1204 (4 fl oz cup)	1	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Apple, fresh, whole, 138 ct - OHR1009 (1 ea.)	1	80.00	0.00	0.00	0.00	0.00	22.00	0.00
APPLESAUCE CUPS MIXED FRUIT OHCOMM - OHR1276 (1 EACH CUP)	1	90.00	0.00	0.00	0.00	15.00	22.00	0.00
Applesauce, canned, unsweetened - SR1195 (1/2 c.)	1	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Bananas, fresh, petite or regular - SR1166 (1 medium (7"))	1	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Strawberries - SR1546 (1/2 c.)	1	23.04	0.22	0.01	0.00	0.72	5.53	0.48
Fruit Mix, Dried USDA - OHR1353 (1/4 c.)	1	104.00	0.00	0.00	0.00	7.00	27.00	0.00

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Grape Juice, 100% Suncup 4 fl oz - SR1607 (4 fl oz cup)	1	80.00	0.00	0.00	0.00	10.00	19.00	0.00
Mixed Fruit Cocktail, canned, in pear juice, drained - SR1037 (1/2 c.)	1	49.99	0.00	0.00	0.00	4.35	12.89	0.50
Orange Juice, 100% Suncup 4 fl oz - SR1295 (4 fl oz cup)	1	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Oranges, fresh, whole, unpeeled - SR1171 (1 small (2-3))	1	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Peaches, cling, diced, canned in pear juice, drained - SR1196 (1/2 c.)	1	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Pears, canned, diced, packed in juice, drained - SR1194 (1/2 c.)	1	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Pears, fresh, whole, unpeeled, ready-to- serve, 120 ct - SR1585 (1 medium)	1	101.46	0.25	0.04	0.00	1.78	27.11	0.64
Pineapple, Tidbits - OHR1028 (1/2 c.)	1	54.30	0.10	0.01	0.00	0.91	14.08	0.46
RAISIN BOX USDA - OHR1310 (1 Box)	1	130.00	0.00	0.00	0.00	10.00	31.00	1.00
STRAWBERRY CUP FROZEN USDA - OHR1329 (1 ea.)	1	90.00	0.00	0.00	0.00	0.00	22.00	1.00
<b>Category: Milk; Choose: 1</b>								
Milk, Chocolate trumoo, reiter - OHR1089 (1 Half Pint)	1	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Milk, Strawberry trumoo, reiter - OHR1090 (1 Half Pint)	1	110.00	0.00	0.00	0.00	125.00	19.00	8.00
Milk, white,1%, reiter - OHR1091 (1 Half Pint)	1	110.00	2.50	1.50	0.00	130.00	13.00	8.00
<b>Category: Condiment; Choose: 1</b>								
syrup individual - OHR1119 (1 ea.)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)