

Menu Nutrient Analysis

Menu: DYK Nutrition Profile
Result: Pass

Meal Pattern: [USDA]Meal Pattern SY 2014+
Meal Type: Lunch
Serving Group: 6-8
Site Group: Did You Know Café

Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[600.00 - 700.00]	183.08	
Fat (g)		6.31	31.03
Sfat (g)(1)	< 10.00 % of Calories	2.10	10.35
TFat (g)(2)		0.01(M)	
Sodium Target 1 (mg) (13)	< 1,360.00	365.17	
Sodium Target 2 (mg) (13)	< 1,035.00	365.17	
Carb (g)		22.95	50.14
Pro (g)		8.43	18.41

Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 0.500	[1.000 - 1.500]	
Veg	>= 0.750	[1.000 - 2.875]	
Veg-DG		1.250	
Veg-RO		1.500	
Veg-BP		1.000	
Veg-S		1.750	
Veg-O		1.750	
Grains	>= 1.000	[1.500 - 5.000]	
Non-WGR		0.000	
WGR		[1.500 - 5.000]	
Meat/MA	>= 1.000	[2.000 - 3.000]	
MILK-F	>= 1.000	1.000	
Fruit-J		0.500	
Grain-D		0.000	
Vegetable-J		0.000	
MILK-V		Pass	

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.

- 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, 2020 and does not impact pass/fail compliance prior to that date.

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Nutrition Profile	100							
Category: Entrée/Combo; Choose: 1								

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Bacon Cheeseburger, beef with mushroom, american, bacon - OHR1063 (1 sandwich)	1	322.80	14.47	5.60	0.00	744.97	26.90	17.87
Beef Soft Taco 2mt,2gr JTM OHCOMM or GFS 2 6in shells - OHR1173 (1 ea.)	1	332.53	14.90	5.89	0.00	568.60	30.52	18.70
BREADSTICK BOSCO/SAUCE - OHR1019 (2 ea.)	1	327.22	10.00	5.00	0.00	675.87	39.44	20.91
Buffalo Chicken Pizza 1/8 - OHR1240 (8 slice 1/8)	1	412.28	16.60	6.97	0.00	686.85	36.24	20.46
CHEESE SANDWICH American served cold - OHR1195 (1 ea.)	1	340.00	20.00	10.00	0.00	1190.00	28.00	16.00
Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE - OHR1086 (1 burger)	1	330.00	13.50	5.50	0.00	665.00	28.00	19.50
Chicken Parmesan, tyson chicken patty, cheese, sauce - OHR1099 (1 serving)	1	367.43	12.49	2.37	0.00	629.85	35.75	26.24
Chicken Patty Sandwich, Tyson/Klosterman - OHR1027 (1 sandwich)	1	340.00	11.00	1.50	0.00	520.00	34.00	24.00
Chicken Patty Spicy Sandwich, Tyson/Klosterman - OHR1053 (1 sandwich)	1	410.00	17.00	3.00	0.00	630.00	42.00	20.00
CHICKEN POPCORN OHCOMM PILGRIMS PRIDE WG - OHR1154 (14 EACH .211)	1	164.00	8.00	2.00	0.00	356.00	9.00	15.00
CHICKEN TENDER OHCOMM WG 5 EACH PILGRIMS PRIDE - OHR1161 (5 ea.)	1	193.00	9.00	2.00	0.00	371.00	8.00	20.00
Chicken, Bacon Ranch Pizza 1/8 - OHR1241 (8 slice 1/8)	1	424.78	17.69	7.29	0.00	538.41	36.24	21.09
Deli Bar - OHR1057 (1 serving)	1	338.50	13.39	5.32	0.00	874.71	32.78	20.86
Hamburger 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE - OHR1198 (1 burger)	1	280.00	9.00	3.00	0.00	410.00	28.00	17.00
Hot Ham and Cheese Pretzel Sandwich - OHR1133 (1 ea.)	1	320.00	12.00	5.00	0.00	775.00	30.00	21.50

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Macaroni and Cheese D-26 WG - OHR1220 (2/3 c.)	1	371.24	22.37	11.67	0.00(M)	1152.06	26.23	18.74
Meatball sub 4 beef meatballs, spaghetti sauce, RECIPE OHCOMM - OHR1186 (4 Meatballs)	1	388.36	13.36	5.80	0.00	1296.90	43.35	25.59
Mini Corn dog - OHR1094 (6 ea.)	1	270.00	12.00	3.75	0.00	420.00	30.00	10.50
Nachos beef and cheese (liq cheese) LEGOUT CHEESE - OHR1361 (1 serving (1))	1	535.45	23.55	8.28	0.00	2139.41	63.06	20.29
Pizza Hurricane (Wilmington) - OHR1364 (1 serving (1))	1	308.80	10.49	3.83	0.00	883.10	32.33	21.36
Pizza Meatlovers Big Daddy Bold 1/8 - OHR1137 (1 slice)	1	454.47	20.28	8.36	0.31	629.95	35.95	22.23
Pizza, Cheese, Big Daddy Bold 1/8 - OHR1073 (8 slice 1/8)	1	393.99	15.76	6.89	0.00	433.39	35.46	18.71
Pizza, Pepperoni, Big Daddy Bold 1/8 - OHR1052 (1 slice 1/8)	1	418.59	17.95	7.71	0.00	516.31	35.55	19.72
Pizza, Sausage, Big Daddy Bold 1/8 - OHR1112 (8 slice 1/8)	1	439.99	19.26	7.89	0.50	558.89	35.96	20.71
Popcorn Chicken Bowl - OHR1363 (1 ea.)	1	660.84	30.71	12.78	0.00	1127.12	73.90	24.65
Pretzel Bun Turkey, american cheese, bacon - OHR1362 (1 sandwich)	1	350.00	14.17	5.50	0.00	791.67	29.00	26.17
Roast Beef Melt Sandwich - OHR1365 (1 sandwich)	1	327.14	11.47	4.91	0.00	734.06	26.82	26.48
Salad Buffalo Chicken Large - OHR1104 (1 salad)	1	326.12	8.87	2.56	0.00	1107.82	37.85	23.61
Salad Chef Salad Large - OHR1106 (1 salad)	1	314.96	10.71	3.68	0.00	574.98	36.21	19.33
Salad Popcorn chicken Elem - OHR1002 (1 salad)	1	415.05	20.31	5.33	0.00	642.27	35.02	23.55
Salad, Cobb - OHR1051 (1 salad)	1	448.17	18.60	5.28	0.00	918.67	38.24	32.23
Stir-Fry Chicken, LoMein, stir-fry sauce - OHR1041 (1 c.)	1	160.41	3.90	0.38	0.00	627.21	19.98	12.25

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Stir-fry Chicken, tyson popcorn, Gen Tso Sauce, brown rice - OHR1082 (2 c.)	1	615.94	18.00	3.20	0.00	806.25	87.41	23.91
Taco Pizza, 8-cut, JTM beef, Big Daddy's Hand Tossed Style 16-inch - SR1116 (1 slice)	1	383.82	16.61	7.50	0.00	775.96	40.18	21.20
Category: Grains; Choose: 1								
Dinner Roll 1 grain - OHR1003 (1 ea.)	1	80.00	1.00	0.00	0.00	135.00	15.00	3.00
Dutch Waffle, Whole grain - OHR1031 (1 ea.)	1	300.00	13.00	3.00	0.00	350.00	43.00	4.00
Category: Fruit; Choose: 1								
APPLE SLICES FRESH MARKON GFS 792382 - OHR1317 (1/2 c.)	1	28.50	0.00	0.00	0.00	0.50	7.50	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
Kiwifruit, ready-to-serve - SR1582 (1/2 c.)	1	50.31	0.43	0.02	0.00	2.47	12.09	0.94
Mandarin Oranges, canned in light syrup, drained - SR1557 (1/2 c.)	1	55.91	0.09	0.01	0.00	5.50	14.84	0.41
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
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

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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
Red Seedless Grapes - SR1496 (1/2 c.)	1	62.60	0.14	0.05	0.00	1.81	16.42	0.65
Strawberries Frz - OHR1120 (1 ea.)	1	90.00	0.00	0.00	0.00	0.00	22.00	1.00
Category: Fruit Juice; Choose: 1								
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
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
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
Category: Vegetable; Choose: 2								
Beans, baked, vegetarian, brown sugar, onion, molasses - SR1336 (1/2 c.)	2	225.33	0.02	0.01	0.00	593.41	53.23	7.53
Broccoli, frozen cut or chopped, heated, drained - SR1028 (1/2 c.)	2	26.46	0.11	0.02	0.00	11.13	5.06	2.93
Carrots, coins, seasoned - SR1017 (1/2 c.)	2	75.49	5.10	0.50	0.04	179.98	7.47	0.62
Carrots, fresh baby, ready-to-serve - SR1016 (1/2 c.)	2	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Celery Sticks, fresh, 1/2-inch by 4-inch, ready-to-serve - SR1014 (6 stick.)	2	10.34	0.11	0.03	0.00	51.71	1.92	0.45
CORN AND BLACK BEANS - OHR1301 (1/2 c.)	2	100.69	1.74	0.16	0.01	146.58	19.50	3.99
Corn, frozen, whole kernel, tempered, ready-to-serve - SR1033 (1/2 c.)	2	68.89	0.57	0.09	0.00	0.85	16.41	2.17

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Cucumbers, unpared, 1/4-inch sliced, ready-to-serve - SR1013 (1/2 c.)	2	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Green beans Canned USDA or Prime - OHR1313 (1 1/2 cup)	2	14.00	0.07	0.02	0.00	140.00	3.04	0.78
Mashed Potatoes, Signature - SR1112 (1/2 c.)	2	85.25	1.16	0.78	0.00	91.83	16.27	1.55
Mixed Vegetables, carrots, corn, green beans, peas - SR1583 (1/2 c.)	2	51.85	0.43	0.08	0.00	90.78	11.05	2.23
Potato, Au gratin, cheesy - OHR1034 (1/2 c.)	2	134.22	4.12	1.22	0.00	604.57	22.20	2.02
Potato, tot - OHR1021 (1/2 c.)	2	130.81	6.04	1.01	0.00	311.93	16.10	2.01
Potatoes, French fries, straight cut, ovenable - SR1444 (1/2 c.)	2	102.93	3.56	0.40	0.00	126.68	17.42	1.58
Refried Beans, vegetarian - SR1070 (1/2 c.)	2	138.38	1.48	0.00	0.00	487.03	22.73	7.91
Salad side super - OHR1007 (1 c.)	2	58.06	0.38	0.04	0.00	52.67	12.20	2.94
Sweet Potato Bites, Harvest Splendor - SR1043 (1/2 c.)	2	163.86	5.12	1.02	0.00	143.38	26.63	2.05
Sweet Potato Fries - OHR1008 (1/2 c.)	2	160.00	5.00	1.00	0.00	140.00	26.00	2.00
Tomato Soup, Classic, Campbells. RECIPE - OHR1209 (6 fl. oz.)	2	54.87	0.69	0.34	0.00	283.88	10.97	0.69
Tomato, cherry - OHR1025 (1/2 c.)	2	13.41	0.15	0.02	0.00	3.73	2.90	0.66
Category: Milk; Choose: 1								
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
Category: Condiment; Choose: 1								
Barbecue Sauce Smokey Bulk - OHR1306 (1 tbsp.)	1	15.00	0.00	0.00	0.00	230.00	3.00	0.50

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Chicken Gravy, low sodium, RECIPE - SR1589 (1 fl. oz.)	1	15.19	0.51	0.00	0.00	66.70	2.02	0.00
DRESSING LITE RANCH NEWMANS OWN - OHR1359 (1 pkg.)	1	120.00	11.00	2.00	0.00	420.00	3.00	1.00
Dressing, Italian, packet - OHR1014 (1 ea.)	1	10.00	0.50	0.00	0.00	110.00	1.00	0.00
Dressing, Ranch, packet - OHR1013 (1 ea.)	1	51.43	5.14	0.64	0.00	107.14	0.86	0.00
French Salad Dressing, Fat Free - OHR1305 (2 tbsp.)	1	35.00	0.00	0.00	0.00	390.00	10.00	0.00
Honey Mustard, Heinz 1.5 gallon dispenser pack - OHR1304 (1 pump)	1	40.00	0.00	0.00	0.00	320.00	10.00	0.00
ITALIAN DRESSING LITE PACK - OHR1358 (1 pkg.)	1	80.00	9.00	1.50	0.00	370.00	1.00	0.00
Ketchup, Heinz 1.5 gallon dispenser pack - SR1004 (1 pump)	1	40.00	0.00	0.00	0.00	320.00	10.00	0.00
Mayonnaise, Light Cholesterol Free Dressing - SR1005 (1 tbsp.)	1	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Mustard, Classic Yellow - SR1006 (1 tbsp.)	1	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Salsa ,canned - OHR1017 (1 tbsp.)	1	22.00	0.12	0.02	0.00	70.00	4.37	0.94
Sour Cream, Bulk - OHR1016 (1 tbsp cream)	1	30.00	3.00	1.75	0.00	25.00	1.00	0.50