

Menu Day – Nutrient Analysis

Menu: Breakfast Nutrition Profile K-12
 Result: Pass

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

Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[450.00 - 500.00]	69.89	
Fat (g)		1.74	22.35
Sfat (g)(1)	< 10.00 % of Calories	0.60	7.67
TFat (g)(2)		0.00	
Chol (mg)		3.56	
Sodium Target 1 (mg) (13)	< 540.00	69.99	
Sodium Target 2 (mg) (13)	< 485.00	69.99	
Carb (g)		12.49	71.50
TDF (g)		1.04	
Sugars (g)		5.54(M)	31.68
Pro (g)		1.50	8.58
Fe (mg)		0.67	
Ca (mg)		40.30	
A,IU		128.15	
VitC (mg)		2.23	
Mois (g)		1.08(M)	
Ash (g)		0.01(M)	

Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Fruit	>= 1.000	[1.000 - 1.500]	
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		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.

- 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.
- a Schools may substitute 1 oz. M/MA for Grains after the minimum daily Grains requirement is met.

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Breakfast Nutrition Profile K-12	100																
Category: Entrée/Combo; Choose: 1																	
Breakfast on a Stick, pancake, turkey sausage, CN - SR1187 (1 serving)	1	168.44	7.93	1.98	0.00	29.73	297.25	17.84	2.97	5.95	7.93	1.78	19.82	0.00	0.00	(M)	(M)
Sausage Biscuit: K12 - OHR1148 (1 ea.)	1	310.00	18.00	11.00	0.00	47.50	745.00	27.00	2.00	2.00	12.50	1.44	245.00	150.00	0.00	(M)	(M)
Category: Meat/MA; Choose: 1																	
Mozzarella String Cheese Stick, 1 oz - SR1146 (1 stick.)	1	81.00	6.08	3.04	0.00	20.25	192.38	2.02	0.00	0.00	7.09	0.10	197.44	0.00	0.00	(M)	(M)
Yogurt, Trix, Raspberry Rainbow, 4 oz - SR1183 (1 4 oz conta)	1	80.00	0.50	0.00	0.00	5.00	65.00	15.00	0.00	9.00	4.00	0.00	100.00	500.00	0.00	(M)	(M)
Category: Grains; Choose: 1																	
BAR RICE KRISPY BERRY GRANOLA BAR - OHR1308 (1 ea.)	1	140.00	3.00	0.50	0.00	0.00	105.00	27.00	3.00	9.00	2.00	0.72	100.00	500.00	0.00	(M)	(M)
Biscuit with Old Fashioned Sausage Gravy - SR1480 (1 ea.)	1	295.77	16.39	10.38	0.10	13.14	710.53	30.87	2.38	2.31	7.26	1.42	167.70	27.15	0.21	32.59 (M)	0.43(M)
Cereal Bar, Cheerios, fruity, 1.42 oz - SR1181 (1 Bar)	1	150.00	3.50	0.50	0.00	0.00	95.00	29.00	3.00	9.00	3.00	1.80	200.00	200.00	1.20	(M)	(M)
Cereal Bar, Cinnamon Toast Crunch, 1.42 oz - SR1203 (1 Bar)	1	150.00	3.50	0.00	0.00	0.00	115.00	30.00	3.00	9.00	2.00	1.80	200.00	0.00	0.00	(M)	(M)
Cereal Bar, Cocoa Puffs, 1.42 oz - SR1308 (1 Bar)	1	150.00	3.00	0.00	0.00	0.00	100.00	30.00	3.00	9.00	3.00	1.80	200.00	100.00	1.20	(M)	(M)
Cereal Bar, Trix, 1.42 oz - SR1307 (1 Bar)	1	150.00	3.50	0.50	0.00	0.00	100.00	30.00	2.00	9.00	2.00	1.80	200.00	100.00	1.20	(M)	(M)
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	0.00	160.00	22.00	3.00	6.00	1.00	3.60	200.00	400.00	4.80	(M)	(M)
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	0.00	120.00	25.00	2.00	8.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Cereal, ready-to-eat, Frosted Flakes, for schools, multigrain, 1 oz, Kelloggs - SR1185 (1 bowl)	1	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)

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Cereal, ready-to-eat, Raisin Bran, bowlpack, 1.25 oz, Kelloggs - SR1457 (1 bowl)	1	110.00	0.50	0.00	0.00	0.00	125.00	27.00	4.00	10.00	3.00	2.70	0.00	300.00	0.00	(M)	(M)
Cereal, ready-to-eat, Trix, reduced sugar, bowlpack, 1 oz, General Mills - SR1184 (1 bowl)	1	110.00	1.00	0.00	0.00	0.00	140.00	24.00	1.00	7.00	1.00	5.40	100.00	500.00	4.80	(M)	(M)
CINNAMON TOAST CRUNCH CEREAL ON THE GO CRISP - OHR1314 (1 EACH POUCH)	1	110.00	3.00	0.50	0.00	0.00	160.00	22.00	2.00	8.00	1.00	3.60	80.00	400.00	4.80	(M)	(M)
COCOA CHERRY BAR - OHR1265 (1 ea.)	1	200.00	5.00	2.00	0.00	0.00	55.00	37.00	6.00	18.00	3.00	1.80	2.00	2.00	0.00	(M)	(M)
COCOA RAISIN BAR OHCOMM - OHR1327 (1 Bar)	1	220.00	5.00	2.00	0.00	0.00	55.00	43.00	6.00	(M)	4.00	1.80	20.00	0.00	0.00	(M)	(M)
Dutch Waffle, Whole grain - OHR1031 (1 ea.)	1	300.00	13.00	3.00	0.00	20.00	350.00	43.00	3.00	12.00	4.00	1.80	0.00	0.00	0.00	(M)	(M)
Keebler Bug Bites Cinnamon Graham Crackers - OHR1343 (1 pkg.)	1	120.00	3.50	1.00	0.00	0.00	115.00	21.00	1.00	8.00	2.00	0.72	100.00	500.00	0.00	(M)	(M)
Mini Bagels, Pillsbury, cinnamon creamy cheese, 2.43 oz - SR1162 (1 pkg.)	1	240.00	6.00	2.50	0.00	10.00	180.00	41.00	2.00	13.00	6.00	1.44	20.00	100.00	0.00	(M)	(M)
Mini Bagels, Pillsbury, strawberry creamy cheese, 2.43 oz - SR1188 (1 pkg.)	1	240.00	6.00	2.50	0.00	10.00	180.00	41.00	2.00	13.00	6.00	1.08	20.00	100.00	0.00	(M)	(M)
Mini Pull-Apart Cinnamon Rolls, Pillsbury Mini Cinnis, 2.29 oz, IW - SR1595 (1 pkg.)	1	240.00	7.00	1.50	0.00	0.00	270.00	39.00	2.00	15.00	5.00	1.44	40.00	0.00	0.00	(M)	(M)
Muffin, apple cinnamon, Delicious Essentials, Otis Spunkmeyer, WGR, 2 oz - SR1165 (1 muffin)	1	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	40.00	100.00	0.00	(M)	(M)
Muffin, banana, Delicious Essentials, Otis Spunkmeyer, WGR, 2 oz - SR1591 (1 muffin)	1	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	17.00	3.00	0.72	20.00	100.00	0.00	(M)	(M)
Muffin, blueberry, Delicious Essentials, Otis Spunkmeyer, WGR, 2 oz - SR1454 (1 muffin)	1	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	20.00	100.00	0.00	(M)	(M)
Muffin, double chocolate chip, Delicious Essentials, Otis Spunkmeyer, WGR, 2 oz - SR1592 (1 muffin)	1	200.00	6.00	2.00	0.00	40.00	130.00	32.00	2.00	17.00	4.00	1.44	40.00	100.00	0.00	(M)	(M)

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Pancakes, mini, blueberry, Eggo Bites - SR1190 (1 pkg.)	1	210.00	6.00	1.00	0.00	10.00	310.00	35.00	4.00	11.00	4.00	2.70	60.00	500.00	0.00	(M)	(M)
Pancakes, mini, maple, Eggo Bites - SR1590 (1 pkg.)	1	210.00	6.00	1.00	0.00	10.00	320.00	35.00	4.00	11.00	4.00	2.70	60.00	500.00	0.00	(M)	(M)
Pop-Tart (poptart), cinnamon, frosted, 1 count - SR1463 (1 pkg.)	1	190.00	3.00	1.00	0.00	0.00	200.00	38.00	3.00	16.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Pop-Tart (poptart), strawberry, frosted, 1 count - SR1465 (1 pkg.)	1	180.00	2.50	1.00	0.00	0.00	190.00	38.00	3.00	15.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Scooby Doo Graham Crackers - OHR1340 (1 pkg.)	1	120.00	3.50	1.00	0.00	0.00	115.00	21.00	1.00	8.00	2.00	0.72	100.00	500.00	0.00	(M)	(M)
Waffles, mini, cinnamon, Eggo Bites - SR1594 (1 pkg.)	1	200.00	5.00	1.50	0.00	0.00	260.00	35.00	4.00	10.00	4.00	3.60	200.00	1000.00	0.00	(M)	(M)
Category: Fruit; Choose: 2																	
Apple Juice, 100% Suncup 4 fl oz - SR1204 (4 fl oz cup)	1	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Apple, fresh, whole, 138 ct - OHR1009 (1 ea.)	1	80.00	0.00	0.00	0.00	0.00	0.00	22.00	5.00	16.00	0.00	0.36	0.00	100.00	4.80	0.00	0.00
C - Applesauce, canned, unsweetened - SR1195 (1/2 c.)	1	53.58	0.13	0.01	0.00	0.00	2.55	14.38	1.40	11.98	0.22	0.29	5.10	37.00	1.28	(M)	(M)
C - Mixed Fruit Cocktail, canned, in pear juice, drained - SR1037 (1/2 c.)	1	49.99	0.01	0.00	0.00	0.00	4.35	12.89	1.09	11.80	0.50	0.23	8.70	331.49	2.93	-3.68 (M)	(M)
C - Peaches, cling, diced, canned in pear juice, drained - SR1196 (1/2 c.)	1	57.95	0.04	0.00	0.00	0.00	5.27	15.24	1.71	13.53	0.83	0.36	7.90	501.75	4.74	-4.25 (M)	(M)
C - Pears, canned, diced, packed in juice, drained - SR1194 (1/2 c.)	1	49.27	0.07	0.00	0.00	0.00	3.94	12.75	1.58	9.56	0.34	0.29	8.87	5.91	1.58	(M)	(M)
Cranberries, dried, sweetened - OHR1337 (1/4 c.)	1	123.20	0.44	0.04	0.00	0.00	2.00	33.12	2.12	29.02	0.07	0.16	3.60	18.40	0.08	(M)	(M)
F - Bananas, fresh, petite or regular - SR1166 (1 medium (7"))	1	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	(M)	(M)
F - Oranges, fresh, whole, unpeeled - SR1171 (1 small (2-3))	1	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.90	0.10	38.40	216.00	51.07	83.28	0.42
Juice, grape, 100% Suncup, 4 fl oz - SR1607 (4 fl oz cup)	1	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	60.00	(M)	(M)

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Juice, orange,100% Suncup, 4 fl oz - SR1295 (4 fl oz cup)	1	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Category: Milk; Choose: 1																	
Milk, Chocolate trumoo, reiter - OHR1089 (1 Half Pint)	1	120.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	8.00	0.00	300.00	500.00	1.20	0.00	0.00
Milk, Strawberry trumoo, reiter - OHR1090 (1 Half Pint)	1	110.00	0.00	0.00	0.00	5.00	125.00	19.00	0.00	18.00	8.00	0.00	300.00	1750.00	1.20	0.00	0.00
Milk, white,1%, reiter - OHR1091 (1 Half Pint)	1	110.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	0.00	0.00
Category: Condiment; Choose: 1																	
syrup individual - OHR1119 (1 ea.)	1	120.00	0.00	0.00	0.00	0.00	25.00	30.00	0.00	22.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)