

Menu Cycle Week – Nutrient Analysis

Menu Cycle: 22-23 DCPS Term 3 Snack
Week: 2
Result: Pass

Meal Pattern: [USDA] CACFP Meal Pattern
Meal Type: Snack
Serving Group: Ages 1-2
Site Group: Inspire

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)		252.46	
Total Fat (g)		10.55	37.61
Sat Fat (g)		1.48	5.29
Trans Fat (g)(1)		0.00	
Chol (mg)		2.44	
Sodium (mg)		212.57	
Carb (g)		34.85	55.22
Total Fiber (g)		3.17	
Total Sugars (g)		16.09	25.49
Added Sugars (g)		7.29(M)	
Protein (g)		7.54	11.95
Iron (mg)		3.43(M)	
Calcium (mg)		179.54(M)	
VitA (IU)		263.37(M)	
VitC (mg)		0.97(M)	
VitD (mcg)		0.87(M)	
Potassium (mg)		237.87(M)	
Mois (g)		0.00(M)	
Ash (g)		0.00(M)	

Legend

- Snacks need to serve 2 of the 5 components.
- (M) Indicates missing nutrient values.
- 1 Trans Fat is provided for informational purposes, not for monitoring purposes.

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		3.000	
Grains		5.000	
Non-WGR		0.000	
WGR		7.000	
Grain-D		0.000	
Fruit		1.000	
Fruit-J		0.000	
Veg		0.000	
Veg-DG		0.000	
Veg-RO		0.000	
Veg-BP		0.000	
Veg-S		0.000	
Veg-O		0.000	
Veg-X		0.000	
Vegetable-J		0.000	
MILK-F		1.000	
MILK-V		Pass	

Menu Item (Serving Size)	Plan Qty	Calorie s (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)	Calciu m (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)
22-23 DCPS Term 3 Snack W2D1 - Day: 1	100																		

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Menu Item (Serving Size)	Plan Qty	Calorie s (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)	Calciu m (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)
Category: Grains; May Choose: 1																			
Breakfast Bar, Nutrigrain, apple cinnamon - SR1352 (1 Bar)	100	150.00	3.50	0.50	0.00	0.00	135.00	30.00	3.00	14.00	14.00	2.00	1.90	140.00	500.00	(M)	0.00	110.00	(M)
Breakfast Bar, Nutrigrain, Blueberry - SR3029 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	135.00	30.00	3.00	14.00	(M)	2.00	1.80	200.00	750.00	0.00	(M)	(M)	(M)
Breakfast Bar, Nutrigrain, strawberry (1 bar = 1 oz eq grain) - SR1353 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	150.00	30.00	3.00	14.00	(M)	2.00	1.80	200.00	750.00	0.00	(M)	(M)	(M)
Category: Fruit; May Choose: 1																			
C - Mixed Fruit Cocktail, canned, in pear juice, drained - SR1037 (1/2 c.)	100	49.99	0.01	0.00	0.00	0.00	4.35	12.89	1.09	11.80	(M)	0.50	0.23	8.70	331.49	2.93	(M)	(M)	0.00(M)
22-23 DCPS Term 3 Snack W2D2 - Day: 2	100																		
Category: Grains; May Choose: 1																			
Cinnamon Giant Goldfish Grahams, Pepperidge Farm - SR2334 (1 pkg.)	100	120.00	4.00	1.00	0.00	0.00	140.00	19.00	1.00	7.00	7.00	1.00	1.44	100.00	(M)	(M)	0.00	40.00	(M)
Category: Fruit; May Choose: 1																			
C - Pears, canned, diced, packed in juice, drained - SR1194 (1/2 c.)	100	59.31	0.08	0.00	0.00	0.00	4.75	15.35	1.90	11.51	0.00	0.40	0.34	10.68	7.12	1.90	0.00	113.88	(M)
22-23 DCPS Term 3 Snack W2D3 - Day: 3	100																		
Category: Menu Item & Assembly; May Choose: 1																			
Cereal, ready-to-eat, Cheerios, bowlpack 1 oz (CACFP) - SR1160 (1 bowl)	100	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)
Category: Milk; May Choose: 1																			
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	100	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	0.00	8.22	0.07	305.00	478.24	0.00	2.93	366.00	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	0	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	0.00	8.26	0.07	298.90	499.80	0.00	2.94	382.20	(M)
Soy Milk - SMR1719 (1 ea.)	0	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)
22-23 DCPS Term 3 Snack W2D4 - Day: 4	100																		
Category: Meat/MA; May Choose: 1																			

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Menu Item (Serving Size)	Plan Qty	Calorie s (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)	Calciu m (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)
Sunbutter - SR2420 (1/4 c.)	100	400.00	34.00	4.00	0.00	0.00	260.00	14.00	4.00	6.00	14.00	14.00	2.88	40.00	(M)	(M)	0.00	380.00	(M)
Category: Grains; May Choose: 1																			
Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.)	100	90.00	2.50	0.00	0.00	0.00	95.00	17.00	1.00	4.00	(M)	2.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)
22-23 DCPS Term 3 Snack W2D5 - Day: 5	100																		
Category: Meat/MA; May Choose: 1																			
Yoplait Light Fat Free Yogurt Blueberry Patch - SMR1308 (4 oz.)	100	60.00	0.00	0.00	0.00	0.00	60.00	11.00	0.00	6.00	(M)	4.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Grains; May Choose: 1																			
Annie's Bunny Grahams - SMR1293 (1 pkg.)	100	130.00	4.50	0.00	0.00	0.00	120.00	22.00	1.00	6.00	(M)	2.00	0.50	200.00	(M)	(M)	0.00	0.00	(M)