

# Menu Cycle Week – Nutrient Analysis

Generated on: 1/3/2024 12:56:42 PM by Carolyn Adams

Menu Cycle: SY23-24 DCPS OT Achieve- Snack- Spring  
 Week: 3  
 Result: Pass

Meal Pattern: [USDA] CACFP Meal Pattern  
 Meal Type: Snack  
 Serving Group: Ages 3-5  
 Site Group: One Table Achieve 9-12

| Cycle Week Nutrient Summary |                       |              |               |
|-----------------------------|-----------------------|--------------|---------------|
| Nutrient                    | Weekly Standard Value | Actual Value | % of Calories |
| Calories (Kcal)             |                       | 208.72       |               |
| Total Fat (g)               |                       | 9.85         | 42.47         |
| Sat Fat (g)                 |                       | 1.71         | 7.39          |
| Trans Fat (g)(1)            |                       | 0.00         |               |
| Chol (mg)                   |                       | 4.55         |               |
| Sodium (mg)                 |                       | 203.24       |               |
| Carb (g)                    |                       | 24.47        | 46.90         |
| Total Fiber (g)             |                       | 3.37         |               |
| Total Sugars (g)            |                       | 9.79(M)      | 18.75         |
| Added Sugars (g)            |                       | 3.00(M)      |               |
| Protein (g)                 |                       | 6.54         | 12.53         |
| Iron (mg)                   |                       | 1.07(M)      |               |
| Calcium (mg)                |                       | 88.99(M)     |               |
| VitA (IU)                   |                       | 97.37(M)     |               |
| VitC (mg)                   |                       | 19.62(M)     |               |
| VitD (mcg)                  |                       | 0.40(M)      |               |
| Potassium (mg)              |                       | 367.10(M)    |               |
| Mois (g)                    |                       | 19.46(M)     |               |
| Ash (g)                     |                       | 0.12(M)      |               |

| Cycle Week Food Component Summary |                |              |            |
|-----------------------------------|----------------|--------------|------------|
| Food Component                    | Standard Value | Actual Value | % of Total |
| Meat/MA                           |                | 4.000        |            |
| Grains                            |                | 4.000        |            |
| Non-WGR                           |                | 0.000        |            |
| WGR                               |                | 4.000        |            |
| Grain-D                           |                | 0.000        |            |
| Fruit                             |                | 2.000        |            |
| Fruit-J                           |                | 0.000        |            |
| Veg                               |                | 0.500        |            |
| Veg-DG                            |                | 0.000        |            |
| Veg-RO                            |                | 0.125        |            |
| Veg-BP                            |                | 0.125        |            |
| Veg-S                             |                | 0.125        |            |
| Veg-O                             |                | 0.125        |            |
| Veg-X                             |                | 0.000        |            |
| Vegetable-J                       |                | 0.000        |            |
| MILK-F                            |                | 0.000        |            |
| MILK-V                            |                |              | Pass       |

## 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.

# Menu Cycle Week – 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) | Mois (g) |  |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|--|
| <b>SY23-24 DCPS Achieve Snack Spring Week 3 Day 1 - Day: 1</b>           | 100      |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |  |
| <b>Category: Grains; May Choose: 1</b>                                   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |  |
| Pepperidge Farm Goldfish Pretzels, WG, 0.75oz, 300/cs - SR3036 (1 pkg.)  | 100      | 90.00           | 1.50          | 0.50        | 0.00          | 0.00      | 200.00      | 16.00    | 1.00            | 0.00             | 0.00             | 2.00        | 0.70      | 10.00        | 0.00(M)   | 0.00(M)   | 0.00       | 45.00          | (M)      |  |
| <b>Category: Fruit; May Choose: 1</b>                                    |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |  |
| Oranges, fresh, slices, unpeeled 88ct - SMR1709 (3 slice or w)           | 100      | 43.24           | 0.11          | 0.01        | 0.00          | 0.00      | 0.00        | 10.81    | 2.21            | 8.60             | 0.00             | 0.86        | 0.09      | 36.80        | 207.00    | 48.94     | 0.00       | 166.52         | 79.81    |  |
| <b>SY23-24 DCPS Achieve Snack Spring Week 3 Day 2 - Day: 2</b>           | 100      |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |  |
| <b>Category: Meat/MA; May Choose: 1</b>                                  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |  |
| Sunbutter - SR2420 (1/4 c.)  | 100      | 396.24          | 33.68         | 3.96        | 0.00          | 0.00      | 237.74      | 13.87    | 3.96            | 7.92             | 5.94             | 13.87       | 2.77      | 43.59        | (M)       | (M)       | 0.00       | 412.09         | (M)      |  |
| <b>Category: Fruit; May Choose: 1</b>                                    |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |  |
| Apples, Sliced, Fresh Peterson Farms Snack Serving Size - SMR1708 (1 c.) | 100      | 60.00           | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 14.00    | 2.00            | 12.00            | (M)              | 0.00        | 0.00      | 40.00        | 0.00      | 42.00     | (M)        | (M)            | 0.00(M)  |  |
| <b>SY23-24 DCPS Achieve Snack Spring Week 3 Day 3 - Day: 3</b>           | 100      |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |  |
| <b>Category: Meat/MA; May Choose: 1</b>                                  |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |  |
| Strawberry Yogurt Cup, Dannon Creamy - SR3887 (1 Container)              | 100      | 60.00           | 0.00          | 0.00        | 0.00          | 2.50      | 70.00       | 12.00    | 0.00            | 9.00             | 4.00             | 4.00        | 0.00      | 100.00       | 0.00(M)   | 0.00(M)   | 2.00       | 188.00         | (M)      |  |
| <b>Category: Grains; May Choose: 1</b>                                   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |  |
| Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.)      | 100      | 90.00           | 2.50          | 0.00        | 0.00          | 0.00      | 90.00       | 17.00    | 1.00            | 5.00             | 5.00             | 1.00        | 0.70      | 10.00        | 0.00(M)   | 0.00(M)   | 0.00       | 40.00          | (M)      |  |
| <b>SY23-24 DCPS Achieve Snack Spring Week 3 Day 4 - Day: 4</b>           | 100      |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |  |
| <b>Category: Grains; May Choose: 1</b>                                   |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |  |
| Tortilla Chips, Tostitos crispy rounds, whole grain - SR1065 (1 1/2 oz.) | 100      | 144.33          | 6.19          | 1.03        | 0.00          | 0.00      | 118.55      | 20.62    | 2.06            | 0.00             | 0.00             | 2.06        | 0.52      | 30.93        | 0.00(M)   | 0.00(M)   | 0.00       | 0.00           | 0.00(M)  |  |
| <b>Category: Condiment; May Choose: 1</b>                                |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |          |  |

# Menu Cycle Week – Nutrient Analysis

Generated on: 1/3/2024 12:56:42 PM by Carolyn Adams

| 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) |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|------------|-----------|------------|----------------|--------------|
| Salsa, black bean and corn, homemade - SR1279 (1/2 c.)           | 50       | 78.94           | 0.41          | 0.04        | 0.00          | 0.00      | 235.29      | 16.41    | 3.38            | 1.96(M)          | 0.08(M)          | 3.61        | 1.14      | 43.57        | 559.67 (M) | 14.34 (M) | 0.00(M)    | 246.53 (M)     | 34.94 (M)    |
| <b>SY23-24 DCPS Achieve Snack Spring Week 3 Day 5 - Day: 5</b>   | 100      |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |              |
| <b>Category: Meat/MA; May Choose: 1</b>                          |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |              |
| Mozzarella String Cheese Stick, Polly-O 1 oz - SR4124 (1 stick.) | 100      | 81.00           | 5.06          | 3.04        | 0.00          | 20.25     | 182.25      | 1.01     | 0.00            | 0.51             | 0.00             | 7.09        | 0.00      | 151.87       | (M)        | (M)       | 0.00       | 860.61         | (M)          |
| <b>Category: Fruit; May Choose: 1</b>                            |          |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |            |           |            |                |              |
| Blueberries, wild, frozen - SR2872 (1/2 c.)                      | 100      | 39.34           | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 8.85     | 2.95            | 4.92             | 0.00             | 0.00        | 0.00(M)   | 0.00(M)      | 0.00(M)    | 0.00(M)   | 0.00(M)    | 0.00(M)        | 0.00(M)      |