

# Menu Cycle Week – Nutrient Analysis

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 6-18  
 Site Group: One Table Achieve 9-12

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)		225.25	
Total Fat (g)		9.89	39.52
Sat Fat (g)		1.72	6.86
Trans Fat (g)(1)		0.00	
Chol (mg)		4.55	
Sodium (mg)		215.00	
Carb (g)		28.34	50.33
Total Fiber (g)		4.28	
Total Sugars (g)		12.10(M)	21.48
Added Sugars (g)		3.00(M)	
Protein (g)		6.89	12.24
Iron (mg)		1.15(M)	
Calcium (mg)		98.53(M)	
VitA (IU)		166.75(M)	
VitC (mg)		30.13(M)	
VitD (mcg)		0.40(M)	
Potassium (mg)		412.73(M)	
Mois (g)		37.17(M)	
Ash (g)		0.22(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		2.750	
Fruit-J		0.000	
Veg		0.750	
Veg-DG		0.000	
Veg-RO		0.250	
Veg-BP		0.125	
Veg-S		0.125	
Veg-O		0.250	
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 (6 slice or w)	100	86.48	0.22	0.03	0.00	0.00	0.00	21.62	4.42	17.20	0.00	1.73	0.18	73.60	414.00	97.89	0.00	333.04	159.62	
<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>																				

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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 (3/4 c.)	50	118.40	0.62	0.06	0.00	0.00	352.94	24.62	5.07	2.94(M)	0.11(M)	5.42	1.71	65.35	839.51 (M)	21.51 (M)	0.00(M)	369.79 (M)	52.41 (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 (3/4 c.)	100	59.01	0.00	0.00	0.00	0.00	0.00	13.28	4.43	7.38	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)