

# Menu Cycle Week – Nutrient Analysis

Menu Cycle: SY23-24 DCPS OT Achieve- Snack- Spring  
 Week: 4  
 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)		167.14	
Total Fat (g)		3.58	19.29
Sat Fat (g)		1.18	6.33
Trans Fat (g)(1)		0.00	
Chol (mg)		5.55	
Sodium (mg)		209.09	
Carb (g)		29.07	69.57
Total Fiber (g)		4.23	
Total Sugars (g)		12.74(M)	30.50
Added Sugars (g)		2.62(M)	
Protein (g)		4.81	11.50
Iron (mg)		2.86(M)	
Calcium (mg)		91.92(M)	
VitA (IU)		3,235.12(M)	
VitC (mg)		20.19(M)	
VitD (mcg)		0.40(M)	
Potassium (mg)		439.91(M)	
Mois (g)		35.47(M)	
Ash (g)		0.25(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		2.000	
Grains		3.250	
Non-WGR		0.000	
WGR		3.250	
Grain-D		0.000	
Fruit		2.250	
Fruit-J		0.000	
Veg		1.500	
Veg-DG		0.000	
Veg-RO		1.000	
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.

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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)	
<b>SY23-24 DCPS Achieve Snack Spring Week 4 Day 1 - Day: 1</b>	100																			
<b>Category: Grains; May Choose: 1</b>																				
Cheeze-It Crackers with 9 g Whole Grain, Kelloggs, .75 oz. Pouch - SR2430 (1 pkg.)	100	100.00	3.50	1.00	0.00	5.00	150.00	14.00	1.00	0.00	0.00	2.00	0.90	20.00	(M)	(M)	0.00	50.00	(M)	
<b>Category: Fruit; May Choose: 1</b>																				
Applesauce, canned, unsweetened (1/2c = 4.5 oz = 1/2c fruit) , Recipe - SMR1770 (3/4 c.)	100	78.40	0.00	0.00	0.00	0.00	15.68	18.82	1.57	17.25	0.00	0.00	9.41	7.84	0.00(M)	0.00(M)	0.00	172.48	(M)	
<b>SY23-24 DCPS Achieve Snack Spring Week 4 Day 2 - Day: 2</b>	100																			
<b>Category: Grains; May Choose: 1</b>																				
Tiger Bites Graham Crackers, cinnamon, 1oz, IW, bag - SR3022 (1 Bag)	100	120.00	4.00	1.00	0.00	0.00	105.00	21.00	1.00	8.00	8.00	2.00	0.80	0.00	0.00(M)	0.00(M)	0.00	40.00	(M)	
<b>Category: Fruit; May Choose: 1</b>																				
F - Oranges, fresh, slices, unpeeled - SR1172 (9 slice or w)	100	67.68	0.17	0.02	0.00	0.00	0.00	16.92	3.46	13.46	0.00	1.35	0.14	57.60	324.00	76.61	0.00	260.64	124.92	
<b>SY23-24 DCPS Achieve Snack Spring Week 4 Day 3 - Day: 3</b>	100																			
<b>Category: Grains; May Choose: 1</b>																				
Tortilla Chips, Tostitos crispy rounds, whole grain - SR1065 (1 oz.)	100	103.09	4.42	0.74	0.00	0.00	84.68	14.73	1.47	0.00	0.00	1.47	0.37	22.09	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	
<b>Category: Condiment; May Choose: 1</b>																				
Salsa, black bean and corn, homemade - SR1279 (3/4 c.)	100	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 4 Day 4 - Day: 4</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: Vegetable; 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)
RO - Carrots, baby-cut, ready-to-serve (1/2c = 1/2c veg) - SR1016 (3/4 c.)	100	38.10	0.14	0.02	0.00	0.00	84.91	8.97	3.16	5.18	0.00	0.70	0.97	34.84	15012.09	2.83	0.00	258.00	(M)
<b>SY23-24 DCPS Achieve Snack Spring Week 4 Day 5 - Day: 5</b>	100																		
<b>Category: Meat/MA; May Choose: 1</b>																			
Vanilla Yogurt Cup, Dannon Creamy - SR3886 (1 Container)	100	70.00	0.00	0.00	0.00	2.50	70.00	12.00	0.00	9.00	5.00	4.00	0.00	100.00	0.00(M)	0.00(M)	2.00	188.00	(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)