

Menu Day – Nutrient Analysis

Generated on: 3/11/2022 12:31:04 PM

Menu: Open Meal Site Weekend Snack SY21-22 Term 4
Result: Pass

Meal Pattern: [USDA] CACFP Meal Pattern
Meal Type: Snack
Serving Group: Ages 6-18
Site Group: Inspire

Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)		383.25	
Total Fat (g)		5.72	13.43
Sat Fat (g)		1.10	2.57
Trans Fat (g)(1)		0.00	
Chol (mg)		8.55	
Sodium (mg)		394.07	
Carb (g)		76.87	80.23
Total Fiber (g)		7.12	
Total Sugars (g)		38.54	40.23
Added Sugars (g)		6.33(M)	
Protein (g)		13.03	13.60
Iron (mg)		9.53	
Calcium (mg)		417.70	
VitA (IU)		757.30(M)	
VitC (mg)		10.41(M)	
VitD (mcg)		4.55	
Potassium (mg)		709.45	
Mois (g)		155.72(M)	
Ash (g)		0.35(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.

Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	>= 1.000	0.000	
Grains	>= 1.000	2.000	
Non-WGR		0.000	
WGR		4.000	
Grain-D		0.000	
Fruit	>= 0.750	1.000	
Fruit-J		0.000	
Veg	>= 0.750	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	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)
Open Meal Site Weekend Snack SY21-22 Term 4	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: Entrée/Combo; May Choose: 1																			
Cereal, ready-to-eat, Cheerios, bowlpack 1 oz (CACFP) - SR1160 (1 bowl)	33	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)
Cereal, ready-to-eat, Cinnamon Chex, bowlpack 1 oz (CACFP) - SR2336 (1 bowl)	33	116.82	2.63	0.25	0.00	0.00	173.04	22.85	1.40	5.77	5.63	1.37	7.56	91.00	0.00(M)	0.00(M)	1.40	43.57	(M)
Rice Chex Bowlpack - SMR1304 (1 bowl)	34	100.00	0.50	0.00	0.00	0.00	250.00	24.00	1.00	2.00	0.00(M)	2.00	9.00	100.00	500.00	6.00	2.00	50.00	0.00(M)
Category: Grains; May Choose: 1																			
(Replace with SR2366 by 2/28/22) Crackers, graham, original, Keebler, 3 count (CACFP) - SR1163 (1 pkg.)	100	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	4.00	2.00	0.70	10.00	0.00(M)	0.00(M)	0.00	50.00	(M)
Category: Fruit; May Choose: 1																			
Apple, fresh, whole, unpeeled, ready-to-serve, 125ct - SR2870 (1 medium (3)	100	94.64	0.31	0.05	0.00	0.00	1.82	25.13	4.37	18.91	0.00	0.47	0.22	10.92	98.28	8.37	0.00	194.74	155.72
Category: Milk; May Choose: 1																			
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	50	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)	50	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)