

Menu Cycle Week – Nutrient Analysis

Generated on: 3/11/2022 12:29:07 PM

Menu Cycle: Snack SY21-22 Menu - Term 4
Week: 3

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

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)		177.75	
Total Fat (g)		3.46	17.51
Sat Fat (g)		0.53	2.69
Trans Fat (g)(1)		0.00	
Chol (mg)		2.59	
Sodium (mg)		198.25	
Carb (g)		31.54	70.98
Total Fiber (g)		2.59	
Total Sugars (g)		12.06	27.14
Added Sugars (g)		1.69(M)	
Protein (g)		5.56	12.52
Iron (mg)		0.89(M)	
Calcium (mg)		146.25(M)	
VitA (IU)		114.16(M)	
VitC (mg)		9.39(M)	
VitD (mcg)		0.60(M)	
Potassium (mg)		177.47(M)	
Mois (g)		17.56(M)	
Ash (g)		0.07(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		1.000	
Grains		6.250	
Non-WGR		0.000	
WGR		6.250	
Grain-D		0.000	
Fruit		1.750	
Fruit-J		0.000	
Veg		0.750	
Veg-DG		0.000	
Veg-RO		0.000	
Veg-BP		0.000	
Veg-S		0.000	
Veg-O		0.750	
Veg-X		0.000	
Vegetable-J		0.000	
MILK-F		1.000	
MILK-V		Fail	

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)
Snack SY 21-22 W3D1 - Term 4 - Day: 1	100																		

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Category: Grains; May Choose: 1																			
Pepperidge Farm Goldfish Pretzels, WG, 0.75oz, 300/cs - SR3036 (1 pkg.)	100	100.00	3.50	0.50	0.00	0.00	170.00	14.00	1.00	0.00	0.00	2.00	0.70	20.00	0.00(M)	0.00(M)	0.00	60.00	(M)
Category: Vegetable; May Choose: 1																			
O - Cucumbers, unpared, 1/4-inch sliced, ready-to-serve - SR1013 (3/4 c.)	100	13.83	0.10	0.03	0.00	0.00	1.84	3.35	0.46	1.54	0.00	0.60	0.26	14.75	96.81	2.58	0.00	135.54	87.81
Category: Condiment; May Choose: 1																			
Original Homestyle Ranch Salad Dressing, light, Hidden Valley - SR1003 (1 tbsp.)	1	25.00	1.75	0.25	0.00	2.50	190.00	2.50	0.00	1.00	0.50	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)
Snack SY 21-22 W3D2 - Term 4 - Day: 2		100																	
Category: Grains; May Choose: 1																			
Bagel, wheat, bulk, Burry, 2.3 oz (CACFP) - SR1168 (1 bagel)	100	170.00	1.00	0.00	0.00	0.00	310.00	35.00	4.00	3.00	3.00	6.00	2.00	15.00	0.00(M)	0.00(M)	0.00	137.00	(M)
Category: Fruit; May Choose: 1																			
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)
Snack SY 21-22 W3D3 - Term 4 - Day: 3		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																			
Cereal, granola, oats n honey, WGR, Nature Valley - SR2331 (1/4 c.)	100	85.65	3.19	0.33	0.02	0.00	65.23	12.76	1.04	4.75	4.75	1.50	0.44	6.42	0.00(M)	0.00(M)	0.00	38.24	(M)
Snack SY 21-22 W3D4 - Term 4 - Day: 4		100																	
Category: Grains; May Choose: 1																			
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	(M)	3.00	(M)	110.00	(M)	(M)	(M)	(M)	(M)
Category: Milk; May Choose: 1																			

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Lactaid Milk - SMR1943 (1 Half Pint)	5	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	45	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)	45	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.)	5	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)
Snack SY 21-22 W3D5 - Term 4 - Day: 5	100																		
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)
Category: Fruit; May Choose: 1																			
Pears, canned, diced, packed in juice, drained (1/2c=3.4 oz=1/2c fruit) , Recipe - SMR1775 (3/4 c.)	100	73.90	0.10	0.01	0.00	0.00	5.91	19.13	2.37	14.34	0.00	0.50	0.43	13.30	8.87	2.37	0.00	141.89	(M)