

Menu Cycle Week – Nutrient Analysis

Menu Cycle: 22-23 DCPS Term 2 Snack
Week: 1
Result: Fail

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)		203.76	
Total Fat (g)		5.23	23.08
Sat Fat (g)		1.67	7.36
Trans Fat (g)(1)		0.03	
Chol (mg)		7.99	
Sodium (mg)		287.34	
Carb (g)		30.67	60.21
Total Fiber (g)		3.15	
Total Sugars (g)		12.91	25.35
Added Sugars (g)		0.89(M)	
Protein (g)		9.35	18.35
Iron (mg)		2.53(M)	
Calcium (mg)		164.78(M)	
VitA (IU)		271.81(M)	
VitC (mg)		9.39(M)	
VitD (mcg)		1.46(M)	
Potassium (mg)		280.42(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		3.000	
Grains		4.000	
Non-WGR		0.000	
WGR		4.000	
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)
22-23 DCPS Term 2 Snack W1D1 - Day: 1	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: Meat/MA; May Choose: 1																			
Hummus Cup IW - SMR1310 (2 Ounce serv)	100	150.00	11.00	1.50	0.00	0.00	250.00	9.00	3.00	0.00	(M)	4.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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)
22-23 DCPS Term 2 Snack W1D2 - Day: 2		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: 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)
22-23 DCPS Term 2 Snack W1D3 - Day: 3		100																	
Category: Menu Item & Assembly; May Choose: 1																			
Cereal, ready-to-eat, Cheerios, bowlpack 1 oz (CACFP) - SR1160 (1 bowl)	100	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)
Category: Milk; May Choose: 1																			
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	100	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)	100	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)
22-23 DCPS Term 2 Snack W1D4 - Day: 4		100																	
Category: Meat/MA; May Choose: 1																			
Mozzarella String Cheese Stick, 1 oz - SMR1203 (1 stick.)	100	60.00	2.50	2.00	0.00	10.00	210.00	1.00	0.00	0.00	(M)	8.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; May Choose: 1																			

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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)
22-23 DCPS Term 2 Snack W1D5 - Day: 5	100																		
Category: Entrée/Combo; May Choose: 1																			
Wheat Bagel, sliced, Burry, 2.3 oz, 51% whole grain w/ Cream Cheese - SMR1659 (1 bagel)	100	214.54	4.55	2.25	0.13	12.80	390.37	36.71	4.05	4.10	3.00(M)	7.57	2.05	38.60	275.35 (M)	0.00(M)	0.00(M)	137.00 (M)	(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)