

Menu Cycle Week – Nutrient Analysis

Menu Cycle: DCPS RFP Snack
Week: 1
Result: Pass

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)		263.73	
Total Fat (g)		9.76	33.30
Sat Fat (g)		1.83	6.24
Trans Fat (g)(1)		0.00	
Chol (mg)		6.67	
Sodium (mg)		305.52	
Carb (g)		34.30	52.02
Total Fiber (g)		3.69	
Total Sugars (g)		14.58	22.11
Added Sugars (g)		4.63(M)	
Protein (g)		11.37	17.24
Iron (mg)		3.21(M)	
Calcium (mg)		201.66(M)	
VitA (IU)		3,280.08(M)	
VitC (mg)		9.96(M)	
VitD (mcg)		2.21(M)	
Potassium (mg)		361.12(M)	
Mois (g)		25.27(M)	
Ash (g)		0.25(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		4.000	
Grains		5.250	
Non-WGR		0.000	
WGR		5.250	
Grain-D		0.000	
Fruit		1.000	
Fruit-J		0.000	
Veg		0.750	
Veg-DG		0.000	
Veg-RO		0.750	
Veg-BP		0.000	
Veg-S		0.000	
Veg-O		0.750	
Veg-X		0.000	
Vegetable-J		0.000	
MILK-F		2.000	
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)
22-23 DCPS RFP Snack Week 1 Day 1 - Day: 1	100																		

Menu Cycle Week – Nutrient Analysis

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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																			
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)
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)
22-23 DCPS RFP Snack Week 1 Day 2 - Day: 2		100																	
Category: Meat/MA; May Choose: 1																			
Yogurt, vanilla, Parfait Pro (CACFP) - SR2612 (1/2 c.)	100	100.00	0.67	0.33	0.00	1.93	53.33	20.00	0.00	14.00	10.67	3.33	0.00	120.00	120.00	(M)	1.93	160.00	(M)
Category: Grains; May Choose: 1																			
Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.)	100	90.00	2.50	0.00	0.00	0.00	95.00	17.00	1.00	4.00	(M)	2.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)
22-23 DCPS RFP Snack Week 1 Day 3 - Day: 3		100																	
Category: Grains; May Choose: 1																			
Cheez-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)
Category: Milk; May Choose: 1																			
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)
22-23 DCPS RFP Snack Week 1 Day 4 - 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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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)
O - Celery Sticks, fresh, 1/2-inch by 4-inch, ready-to-serve - SR1014 (9 stick.)	50	15.51	0.17	0.04	0.00	0.00	77.56	2.88	1.55	1.30	0.00	0.67	0.19	38.78	435.34	3.01	0.00	252.09	92.53
RO - Carrot Sticks, fresh, 1/2-inch by 4-inch, ready-to-serve - SR1606 (9 stick.)	100	37.19	0.22	0.03	0.00	0.00	62.59	8.69	2.54	4.30	0.00	0.84	0.27	29.94	15155.4 3	5.35	0.00	290.30	80.10
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 RFP Snack Week 1 Day 5 - Day: 5	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: 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)
Category: Milk; May Choose: 1																			
Lactaid Milk - SMR1943 (1 Half Pint)	10	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)
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	40	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	13.00	0.00	9.00	0.00	300.00	500.00	1.20	5.00	0.00(M)	(M)
Soy Milk - SMR1719 (1 ea.)	10	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)
White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint)	40	86.49	0.00	0.00	0.00	4.80	124.93	12.49	0.00	12.49	0.00	8.65	0.00	288.31	480.51	1.15	4.80	0.00(M)	(M)