

Menu Cycle Week – Nutrient Analysis

Menu Cycle: SY23-24 DCPS Snack Winter
 Week: 2
 Result: Pass

Meal Pattern: [USDA] CACFP Meal Pattern
 Meal Type: Snack
 Serving Group: Ages 6-18
 Site Group: One Table Grow K-5

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)		182.76	
Total Fat (g)		6.49	31.97
Sat Fat (g)		2.13	10.48
Trans Fat (g)(1)		0.00	
Chol (mg)		6.60	
Sodium (mg)		301.98	
Carb (g)		25.29	55.35
Total Fiber (g)		3.02	
Total Sugars (g)		8.74	19.13
Added Sugars (g)		2.60(M)	
Protein (g)		6.88	15.06
Iron (mg)		0.87(M)	
Calcium (mg)		133.07(M)	
VitA (IU)		3,067.22(M)	
VitC (mg)		15.89(M)	
VitD (mcg)		0.42(M)	
Potassium (mg)		204.03(M)	
Mois (g)		24.98(M)	
Ash (g)		0.13(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		4.000	
Grains		4.500	
Non-WGR		0.000	
WGR		4.500	
Grain-D		0.000	
Fruit		0.750	
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		0.000	
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)	Mois (g)	
SY23-24 DCPS Snack Week 2 Day 1 :44889 - Day: 1	100																			
Category: Grains; May Choose: 1																				
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)	
Category: Vegetable; May Choose: 1																				
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)	
SY23-24 DCPS Snack Week 2 Day 2 :44889 - Day: 2	100																			
Category: Meat/MA; May Choose: 1																				
Mozzarella String Cheese Stick, 1 oz - SR1146 (1 stick.)	100	63.00	3.15	2.10	0.00	10.50	210.00	1.05	0.00	1.05	0.00	7.35	0.00	207.90	(M)	(M)	0.00	115.50	(M)	
Category: Fruit; May Choose: 1																				
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	
SY23-24 DCPS Snack Week 2 Day 3 :44889 - Day: 3	100																			
Category: Entrée/Combo; May Choose: 1																				
Quesadilla, cheddar, 8-inch - SR1050 (1 each quesa)	100	220.00	10.00	5.50	0.00	20.00	380.00	23.00	2.00	2.00	0.00	11.00	1.00	255.00	0.00(M)	0.00(M)	0.10	66.00	(M)	
Category: Condiment; May Choose: 1																				
Campbell's Thick 'n Chunky Salsa - SMR1440 (2 tbsp.)	50	10.00	0.00	0.00	0.00	0.00	230.00	3.00	1.00	2.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	94.00	(M)	
SY23-24 DCPS Snack Week 2 Day 4 :44889 - Day: 4	100																			
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																				

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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)
Pepperidge Farm Goldfish Pretzels, WG, 0.75oz, 300/cs - SR3036 (1 pkg.)	100	90.00	1.50	0.50	0.00	0.00	200.00	16.00	1.00	0.00	0.00	2.00	0.70	10.00	0.00(M)	0.00(M)	0.00	45.00	(M)
SY23-24 DCPS Snack Week 2 Day 5 :44889 - Day: 5	100																		
Category: Meat/MA; May Choose: 1																			
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)
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)