

Menu Cycle Week – Nutrient Analysis

Generated on: 3/11/2022 12:32:43 PM

Menu Cycle: Supper SY 21-22 - Term 4
Week: 1
Result: Pass

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

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)		595.06	
Total Fat (g)		16.40	24.80
Sat Fat (g)		5.91	8.94
Trans Fat (g)(1)		0.00	
Chol (mg)		79.85	
Sodium (mg)		841.45	
Carb (g)		84.18	56.59
Total Fiber (g)		8.91	
Total Sugars (g)		35.25	23.69
Added Sugars (g)		2.89(M)	
Protein (g)		30.22	20.32
Iron (mg)		3.36	
Calcium (mg)		638.17	
VitA (IU)		6,225.94(M)	
VitC (mg)		36.23(M)	
VitD (mcg)		3.41(M)	
Potassium (mg)		1,078.15(M)	
Mois (g)		90.06(M)	
Ash (g)		0.65(M)	

Legend

(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	> = 2.000	2.000	
Grains	> = 1.000	2.000	
Non-WGR		0.000	
WGR		2.000	
Grain-D		0.000	
Fruit	> = 0.250	0.500	
Fruit-J		0.000	
Veg	> = 0.500	0.500	
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)
Supper SY21-22 W1D1 - Term 4 - 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)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Category: Entrée/Combo; May Choose: 1																			
Fried Rice Schwans, Veggie Fried Rice w/ Egg - SMR1657 (1 c.)	100	341.33	6.99	1.71	0.00	193.42	734.41	54.83	2.49	4.99	1.25	13.06	2.38	45.78	0.00(M)	0.00(M)	1.14	196.29	(M)
Category: Fruit; May Choose: 1																			
Peaches, cling, diced, canned in pear juice, drained - SR1196 (1/2 c.)	100	77.87	0.05	0.00	0.00	0.00	7.08	20.48	2.30	18.18	0.00	1.11	0.48	10.62	674.29	6.37	0.00	226.53	0.00(M)
Category: Vegetable; May Choose: 1																			
Mixed Garden Vegetables, carrots, corn, green beans, peas (1/2c = 1/8c red + 1/4c starchy+1/8c other Summer - SMR1749 (1/2 c.)	100	52.99	0.47	0.08	0.00	0.00	99.20	11.21	3.18	3.32	0.00	2.30	0.77	25.62	4926.01 (M)	6.39(M)	0.00	177.58	58.68 (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)
Supper SY21-22 W1D2 - Term 4 - Day: 2		100																	
Category: Entrée/Combo; May Choose: 1																			
Cheese Pizza, 8-cut, Big Daddy's Bold 16-inch - SR2081 (1 slice)	100	400.00	16.00	7.00	0.00	35.00	440.00	43.00	4.00	7.00	1.00	19.00	2.40	341.00	400.00	0.00	0.00	468.00	(M)
Category: Fruit; May Choose: 1																			
Apples, Sliced, Fresh Peterson Farms - SMR1658 (1/2 c.)	100	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	(M)	0.00	0.00	20.00	0.00	21.00	(M)	(M)	0.00(M)
Category: Vegetable; May Choose: 1																			
Carrots, coins, seasoned HS - SMR1665 (1/2 c.)	100	88.97	6.03	0.51	0.00	0.00	67.46	9.22	3.82	4.64	0.00(M)	0.76	0.64	40.94	19196.8 1(M)	2.61(M)	0.00(M)	217.80 (M)	109.86 (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)

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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)
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)
Supper SY21-22 W1D3 - Term 4 - Day: 3	100																		
Category: Entrée/Combo; May Choose: 1																			
Grilled Cheese Sandwich, american cheese, mozzarella cheese, whole grain, reduced sodium - SMR1434 (1 sandwich)	50	280.32	9.91	5.56	0.00	31.85	580.79	30.96	3.00	5.65	0.93	18.55	1.64	465.89	523.96	0.00	0.04	86.62	(M)
Hot Ham Sandwich, American, hamburger roll - SR1123 (1 sandwich)	50	316.54	13.20	4.57	0.00	89.28	1087.46	26.10	4.00	3.55	0.00(M)	27.35	2.31	152.09	0.00(M)	0.00(M)	0.00(M)	627.89 (M)	(M)
Category: Fruit; May Choose: 1																			
Applesauce, canned, unsweetened (1/2c = 4.5 oz = 1/2c fruit) , Recipe - SMR1770 (1/2 c.)	100	55.73	0.15	0.03	0.00	0.00	10.46	12.55	1.50	11.51	0.00	0.32	0.08	5.23	0.00(M)	4.64	0.00	115.02	(M)
Category: Vegetable; May Choose: 1																			
Seasoned Potato Wedges - SMR1347 (1/2 c.)	100	132.76	4.42	0.55	0.00	5.53	154.88	22.13	2.21	0.00	0.00	2.21	0.44	11.06	0.00(M)	0.00(M)	0.00	254.45	(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)
Category: Condiment; May Choose: 1																			
Ketchup, Heinz 1.5 gallon dispenser pack - SR1004 (1 pump)	1	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)
Supper SY21-22 W1D4 - Term 4 - Day: 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																			
Cheesy Breadstick - SMR1740 (2 ea.)	100	290.17	11.01	6.00	0.00	30.02	500.29	28.02	2.00	5.00	1.00	19.01	1.90	360.21	80.05	0.00	0.00	290.17	(M)
Category: Fruit; May Choose: 1																			
Pears, canned, diced, packed in juice, drained (1/2c=3.4 oz=1/2c fruit) , Recipe - SMR1775 (1/2 c.)	100	49.27	0.07	0.00	0.00	0.00	3.94	12.75	1.58	9.56	0.00	0.34	0.29	8.87	5.91	1.58	0.00	94.59	(M)
Category: Vegetable; May Choose: 1																			
Mexican Corn, Mexican seasoning - SMR1927 (1/2 c.)	100	52.94	0.51	0.08	0.01	0.00	1.34	12.39	1.64	2.11	0.17	1.66	0.42	6.70	1.80(M)	3.78(M)	0.00	158.33	45.19
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)
Category: Condiment; May Choose: 1																			
Marinara Sauce, homemade - SR1430 (1/4 c.)	1	28.92	0.30	0.02	0.00	0.00	57.70	5.77	1.29	3.71	0.45(M)	1.16	0.46	12.37	22.80 (M)	0.99(M)	0.22(M)	259.47 (M)	0.67(M)
Supper SY21-22 W1D5 - Term 4 - Day: 5		100																	
Category: Entrée/Combo; May Choose: 1																			
Lasagna Rollup Cheese - Tasty Brands - SMR1184 (1 roll.)	100	297.32	7.51	4.06	0.00	35.00	670.06	40.88	4.85	13.15	3.05(M)	16.16	2.14	335.22	500.00 (M)	6.00(M)	0.00(M)	495.02 (M)	(M)
Category: Grains; May Choose: 1																			
Copy of Dinner Roll, Richs Whole Grain 2.5 oz - SMR1128 (1 roll.)	100	160.00	3.00	0.00	0.00	0.00	135.00	29.00	3.00	4.00	4.00	7.00	1.60	10.00	(M)	(M)	0.80	100.00	(M)
Category: Fruit; May Choose: 1																			
Oranges, fresh, slices, unpeeled 88ct - SMR1709 (6 slice or w)	100	86.48	0.22	0.03	0.00	0.00	0.00	21.62	4.42	17.20	0.00	1.73	0.18	73.60	414.00	97.89	0.00	333.04	159.62
Category: Vegetable; May Choose: 1																			

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DG/O - Broccoli and Carrots, roasted - SR2023 (1/2 c.)	100	85.04	7.11	0.52	0.00	0.00	14.84	4.95	2.53	1.56	0.00(M)	2.43	0.49	28.07	2343.02(M)	30.87(M)	0.00(M)	30.24(M)	76.93(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)