

Menu Cycle Week – Nutrient Analysis

Menu Cycle: Supper SY 21-22 - Term 4
Week: 3
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)		482.87	
Total Fat (g)		13.33	24.85
Sat Fat (g)		4.53	8.44
Trans Fat (g)(1)		0.00	
Chol (mg)		52.24	
Sodium (mg)		722.93	
Carb (g)		69.79	57.82
Total Fiber (g)		8.82	
Total Sugars (g)		33.53	27.78
Added Sugars (g)		2.86(M)	
Protein (g)		24.19	20.04
Iron (mg)		2.26(M)	
Calcium (mg)		498.37(M)	
VitA (IU)		6,093.17(M)	
VitC (mg)		32.89(M)	
VitD (mcg)		3.16(M)	
Potassium (mg)		960.03(M)	
Mois (g)		94.77(M)	
Ash (g)		0.81(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	0.250	
Fruit-J		0.000	
Veg	>= 0.500	[0.500 - 0.625]	
Veg-DG		0.000	
Veg-RO		0.000	
Veg-BP		0.000	
Veg-S		0.000	
Veg-O		0.125	
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 W3D1 - Term 4 - 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: Entrée/Combo; May Choose: 1																			
Garden Burger, veggie patty - SMR1158 (1 burger)	50	210.00	5.00	0.00	0.00	0.00	670.00	31.00	7.00	3.00	0.00(M)	17.00	3.54	90.00	0.00(M)	0.00(M)	0.00(M)	260.00 (M)	(M)
Meatball Sub, Richs sub roll, DCPS RECIPE - SMR1428 (1 sandwich)	50	207.47	5.72	1.55	0.00	8.72	289.99	30.91	3.11	4.76	4.14(M)	9.51	1.72	107.14	0.00(M)	0.00(M)	0.76(M)	138.04 (M)	(M)
Category: Fruit; May Choose: 1																			
C - Pineapple, canned, tidbits, juice pack, drained - SR1495 (1/4 c.)	100	31.60	0.00	0.00	0.00	0.00	0.00	8.22	0.63	6.95	0.00	0.00	0.00	12.64	(M)	(M)	0.00	74.58	0.00(M)
Category: Vegetable; May Choose: 1																			
Potato, diced, skin-on roasted, all American deli roaster - SR1401 (1/2 c.)	100	121.25	6.06	1.01	0.00	0.00	252.60	18.19	2.02	1.01	0.00	1.01	0.30	10.10	0.00(M)	0.00(M)	0.00	272.81	(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)
Mustard, Heinz 1.5 gallon dispenser pack - SR1603 (1 pump)	1	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)
O - Lettuce, Iceburg, shredded, ready-to-serve - SR1015 (1/4 cup shredd)	1	2.52	0.03	0.00	0.00	0.00	1.80	0.54	0.22	0.35	0.00	0.16	0.07	3.24	90.36	0.50	0.00	25.38	(M)
Tomatoes, fresh, 1/8-inch sliced, ready-to-serve - SR1536 (2 tbsp.)	1	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16
Supper SY21-22 W3D2 - Term 4 - Day: 2	100																		
Category: Entrée/Combo; May Choose: 1																			

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)
Garden Wrap, 10" tortilla - SMR1415 (1 wrap)	100	399.00	20.00	7.00	0.00	139.00	614.00	36.00	5.00	3.00	(M)	17.00	(M)	(M)	(M)	(M)	(M)	(M)	(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																			
O - Celery Sticks, fresh, 1/2-inch by 4-inch, ready-to-serve - SR1014 (6 stick.)	100	10.34	0.11	0.03	0.00	0.00	51.71	1.92	1.03	0.87	0.00	0.45	0.13	25.86	290.23	2.00	0.00	168.06	61.68
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																			
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)
Supper SY21-22 W3D3 - Term 4 - Day: 3	100																		
Category: Entrée/Combo; May Choose: 1																			
Stuffed Shells, Whole Grain, Tasty Brands - SMR1730 (2 shells)	100	135.78	3.02	1.76	0.00	10.00	207.90	18.18	1.70	3.84	0.00(M)	7.96	0.69	165.66	407.56 (M)	6.11(M)	0.00(M)	2.43(M)	0.02(M)
Category: Grains; May Choose: 1																			
Breadstick, Ripstick, whole grain, 1.2 oz - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	0.00	95.00	14.00	2.00	2.00	2.00	3.00	0.80	10.00	0.00(M)	0.00(M)	0.30	50.00	(M)
Category: Fruit; May Choose: 1																			
Bananas, fresh, petite or regular - SR1166 (1 medium (7"))	100	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(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)
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 W3D4 - Term 4 - Day: 4		100																	
Category: Entrée/Combo; May Choose: 1																			
Bean & Cheese de Chile Relleno Burrito - SMR1890 (7 2/3 oz.)	100	141.50	5.13	2.24	0.00	7.34	242.37	18.22	2.83	0.68	0.00	5.99	1.27	110.83	187.95	12.88	0.00	197.52	36.35
Category: Fruit; May Choose: 1																			
Applesauce, canned, unsweetened - SR1195 (1/2 c.)	100	55.86	0.15	0.03	0.00	0.00	10.49	12.58	1.51	11.53	0.00	0.32	0.08	5.24	0.00(M)	4.66	0.00	115.29	(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)
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																			

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Sour Cream, Daisy, cultured, pure and natural - SR1659 (2 tbsp.)	1	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	0.00	1.00	0.00	30.00	0.00(M)	0.00(M)	0.00	40.00	(M)
Supper SY21-22 W3D5 - Term 4 - Day: 5	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																			
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																			
Blue Ribbon Slaw, cabbage, slaw juice, carrots, onion (1/2c = 1/2c other veg) , Recipe - SMR1762 (1/2 c.)	100	43.81	0.15	0.03	0.00	0.00	114.06	10.35	1.50	8.09	6.24(M)	0.75	0.43	28.08	1700.38 (M)	15.22 (M)	0.00(M)	109.98 (M)	47.23 (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																			
O - Lettuce, Iceburg, shredded, ready-to- serve - SR1015 (1/4 cup shredd)	1	2.52	0.03	0.00	0.00	0.00	1.80	0.54	0.22	0.35	0.00	0.16	0.07	3.24	90.36	0.50	0.00	25.38	(M)
Tomatoes, fresh, 1/8- inch sliced, ready-to- serve - SR1536 (2 tbsp.)	1	4.03	0.04	0.01	0.00	0.00	1.12	0.87	0.27	0.59	0.00	0.20	0.06	2.24	186.47	3.07	0.00	53.05	21.16