

Menu Cycle Week – Nutrient Analysis

Menu Cycle: SY23-24 DCPS OT Grow- Supper- Spring
 Week: 1
 Result: Pass

Meal Pattern: [USDA] CACFP Meal Pattern
 Meal Type: Supper
 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)		585.54	
Total Fat (g)		18.26	28.07
Sat Fat (g)		6.20	9.53
Trans Fat (g)(1)		0.00	
Chol (mg)		42.94	
Sodium (mg)		745.08	
Carb (g)		78.59	53.69
Total Fiber (g)		8.54	
Total Sugars (g)		32.21(M)	22.00
Added Sugars (g)		3.96(M)	
Protein (g)		29.77	20.33
Iron (mg)		5.30	
Calcium (mg)		606.51	
VitA (IU)		5,713.20(M)	
VitC (mg)		19.88(M)	
VitD (mcg)		3.02(M)	
Potassium (mg)		965.66(M)	
Mois (g)		120.25(M)	
Ash (g)		0.78(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	> = 2.000	2.000	
Grains	> = 1.000	1.000	
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	

Legend

(M) Indicates missing nutrient values.

1 Trans Fat is provided for informational purposes, not for monitoring purposes.

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 Grow Supper Spring W1 D1 - Day: 1	100																		

Menu Cycle Week – Nutrient Analysis

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)	
Category: Meat/MA; May Choose: 1																				
Mexican Tinga Chicken,, salsa roja (1/2c = 4.1 oz = 2 M/MA + 1/8c red) , Recipe - SMR1826 (1/2 c.)	75	148.68	5.77	1.64	0.00	56.70	429.81	5.68	0.81	1.77(M)	0.15(M)	17.65	5.30	19.64	274.68 (M)	4.96(M)	0.00(M)	57.09 (M)	0.00(M)	
Southwest Refried Black Beans, southwest seasoning MA RECIPE - SMR1262 (1 c.)	25	171.12	1.18	0.01	0.01	0.00	407.41	28.53	10.25	2.33	2.31	10.22	2.45	38.71	0.00(M)	0.00(M)	0.00	425.34	103.44 (M)	
Category: Grains; May Choose: 2																				
Cilantro Lime Brown Rice, steamed - SR1232 (2/3 c.)	100	154.89	3.32	0.17	0.00	0.00	185.30	29.11	1.92	0.89	0.00	3.27	0.88	9.70	10.81 (M)	1.71(M)	0.00	118.79	52.94 (M)	
Tortilla Chips, Tostitos crispy rounds, whole grain - SR1065 (7/8 oz.)	100	82.47	3.53	0.59	0.00	0.00	67.75	11.78	1.18	0.00	0.00	1.18	0.29	17.67	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	
Category: Fruit; May Choose: 1																				
F - Watermelon, 1/2-inch diced, without rind, ready-to-serve - SR1299 (1/2 c.)	100	30.23	0.15	0.02	0.00	0.00	1.01	7.61	0.40	6.25	(M)	0.61	0.24	7.05	573.35	8.16	(M)	(M)	92.15	
Category: Vegetable; May Choose: 1																				
HS Corn, frozen, whole kernel, heated - SMR1552 (3/4 c.)	100	51.67	0.43	0.07	0.00	0.00	0.64	12.31	1.53	1.96	0.00	1.63	0.30	1.91	126.94	2.23	0.00	148.62	49.12	
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																				
Campbell's Thick 'n Chunky Salsa - SMR1440 (2 tbsp.)	20	10.19	0.00	0.00	0.00	0.00	234.33	3.06	1.02	2.04	0.00(M)	0.00	0.00	0.00	101.88	0.00	0.00(M)	0.00(M)	(M)	
SY23-24 DCPS Grow Supper Spring W1 D2 - Day: 2		100																		
Category: Entrée/Combo; May Choose: 1																				

Menu Cycle Week – Nutrient Analysis

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)
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																			
C - Baked Cinnamon Raisin Apples, brown sugar - SR1238 (3/8 c.)	100	123.28	1.85	0.75	0.00	0.00	30.64	27.95	2.30	24.25	10.00 (M)	0.41	0.34	24.71	83.33 (M)	0.00(M)	0.00(M)	168.10 (M)	0.00(M)
Category: Vegetable; May Choose: 1																			
Carrots, coins, seasoned HS - SMR1665 (1/2 c.)	100	88.98	6.03	0.51	0.00	0.00	67.49	9.22	3.83	4.64	0.00	0.76	0.67	40.93	19196.03(M)	2.61(M)	0.00	225.57	109.84 (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)
SY23-24 DCPS Grow Supper Spring W1 D3 - Day: 3	100																		
Category: Entrée/Combo; May Choose: 1																			
Grilled Cheese Sandwich, american cheese, mozzarella cheese, whole grain, reduced sodium - SMR1434 (1 sandwich)	100	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)
Category: Fruit; May Choose: 1																			
Applesauce, canned, unsweetened (1/2c = 4.5 oz = 1/2c fruit), Recipe - SMR1770 (1/2 c.)	100	52.27	0.00	0.00	0.00	0.00	10.45	12.54	1.04	11.50	0.00	0.00	6.27	5.23	0.00(M)	0.00(M)	0.00	114.99	(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)

Menu Cycle Week – Nutrient Analysis

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)
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)
SY23-24 DCPS Grow Supper Spring W1 D4 - Day: 4																			
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	47.68	0.00	0.00	0.00	0.00	3.97	12.71	1.59	8.74	0.00	0.00	0.16	9.54	0.00(M)	0.00(M)	0.00	90.59	(M)
Category: Vegetable; May Choose: 1																			
Salad, Caesar, side, traditional - SR1428 (1/2 c.)	100	84.82	7.90	1.64	0.00	6.88	162.27	2.79	0.60	0.34	0.00	1.47	0.28	26.48	2469.24 (M)	1.13(M)	0.00	76.77	26.82 (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																			
Marinara Sauce, homemade - SR1430 (1/4 c.)	1	28.95	0.30	0.02	0.00	0.00	57.71	5.77	1.29	3.71	0.45(M)	1.16	0.46	12.60	29.74 (M)	1.01(M)	0.22(M)	259.48 (M)	0.77(M)
SY23-24 DCPS Grow Supper Spring W1 D5 - Day: 5																			
Category: Meat/MA; May Choose: 1																			

Menu Cycle Week – Nutrient Analysis

Generated on: 1/3/2024 1:24:10 PM by Samantha Baker

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)
Plant Crumble Sauce, BAF Plant Crumble, spaghetti sauce - SR4081 (1/2 c.)	50	154.14	4.29	2.52	0.00	0.00	488.67	15.50	3.83	7.88	2.92	13.72	3.51	44.88	0.00(M)	0.00(M)	0.00	542.44	34.79 (M)
Turkey, Meat Sauce, Jennie-o Turkey Crumble, Heinz Spaghetti Sauce - SR1508 (2/3 c.)	50	155.16	5.54	1.59	0.00	46.31	497.72	10.77	2.21	6.33	2.36	14.03	1.23	27.33	0.00(M)	0.00(M)	0.00	579.64	(M)
Category: Grains; May Choose: 1																			
Spaghetti, pasta, whole wheat, cooked al dente - SR1135 (1 c.)	100	192.89	3.09	0.42	0.00	0.00	6.66	39.60	5.44	1.81	0.00(M)	6.67	2.53	26.89	0.00(M)	0.00(M)	0.00(M)	2.22(M)	70.39 (M)
Category: Fruit; May Choose: 1																			
Oranges, fresh, slices, unpeeled 88ct - SMR1709 (3 slice or w)	100	43.24	0.11	0.01	0.00	0.00	0.00	10.81	2.21	8.60	0.00	0.86	0.09	36.80	207.00	48.94	0.00	166.52	79.81
Category: Vegetable; May Choose: 1																			
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)