

# Menu Cycle Week – Nutrient Analysis

Menu Cycle: SY23-24 DCPS OT Grow- Supper- Spring  
 Week: 2  
 Result: Pass

Meal Pattern: [USDA] CACFP Meal Pattern  
 Meal Type: Supper  
 Serving Group: Ages 3-5  
 Site Group: One Table Grow K-5

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)		2,339.90	
Total Fat (g)		71.14	27.36
Sat Fat (g)		21.93	8.43
Trans Fat (g)(1)		0.00	
Chol (mg)		82.45	
Sodium (mg)		3,982.59	
Carb (g)		345.47	59.06
Total Fiber (g)		50.33	
Total Sugars (g)		44.90(M)	7.67
Added Sugars (g)		15.88(M)	
Protein (g)		108.66	18.57
Iron (mg)		19.19(M)	
Calcium (mg)		1,625.50(M)	
VitA (IU)		2,270.11(M)	
VitC (mg)		112.52(M)	
VitD (mcg)		5.11(M)	
Potassium (mg)		2,990.03(M)	
Mois (g)		294.51(M)	
Ash (g)		4.90(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	>= 1.500	2.000	
Grains	>= 0.500	[1.500 - 2.500]	
Non-WGR		0.000	
WGR		1.500	
Grain-D		0.000	
Fruit	>= 0.250	0.250	
Fruit-J		0.000	
Veg	>= 0.250	0.250	
Veg-DG		0.000	
Veg-RO		0.125	
Veg-BP		0.000	
Veg-S		0.000	
Veg-O		0.000	
Veg-X		0.000	
Vegetable-J		0.000	
MILK-F	>= 0.750	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 W2 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)
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Sunbutter & Jelly Sandwich, whole grain bread, sunbutter, Bulk grape jelly, RECIPE - SMR1756 (1 sandwich)	100	4568.03	110.54	3.98	0.01	0.01	8442.35	801.50	106.51	77.10	70.52	218.78	38.67	1581.65	0.00(M)	0.00(M)	10.24	4010.61	(M)
<b>Category: Fruit; May Choose: 1</b>																			
F - Watermelon, 1/2-inch diced, without rind, ready-to-serve - SR1299 (1/4 c.)	100	15.12	0.08	0.01	0.00	0.00	0.50	3.80	0.20	3.12	(M)	0.31	0.12	3.53	286.68	4.08	(M)	(M)	46.08
<b>Category: Vegetable; May Choose: 1</b>																			
RO - Bell Pepper, Red, fresh medium-large, julienne/strips, ready-to-serve (1/2c = 1/2c veg) - SR1011 (1/4 c.)	100	7.63	0.07	0.01	0.00	0.00	0.98	1.49	0.52	1.03	0.00	0.24	0.11	1.72	771.16	31.45	0.00	51.97	22.71
<b>Category: Milk; May Choose: 1</b>																			
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)
<b>Category: Condiment; May Choose: 1</b>																			
Dressing, Ranch, PC - SR2540 (1 packet)	20	30.00	2.50	0.00	0.00	5.00	55.00	2.00	0.00	1.00	1.00	0.00	0.00	10.00	0.00(M)	0.00(M)	0.00	50.00	(M)
<b>SY23-24 DCPS Grow Supper Spring W2 D2 - Day: 2</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Quesadilla, Cheddar Cheese USDA, 10-inch tortilla - SR1054 (1 each quesadilla)	50	390.00	18.00	10.00	0.00	40.00	679.99	36.00	4.00	3.00	0.00	21.00	1.00	486.99	0.00(M)	0.00(M)	0.20	112.00	(M)
Taco Quesadilla, JTM Signature Taco Filling, refried bean, 8-inch tortilla - SR3914 (1 each quesadilla)	50	383.02	16.05	7.99	0.00	43.77	625.71	38.58	8.29	3.10	0.00	21.36	3.31	303.86	0.00(M)	0.00(M)	0.20	320.99	52.11 (M)
<b>Category: Fruit; May Choose: 1</b>																			

# 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)
Applesauce, canned, unsweetened (1/2c = 4.5 oz = 1/2c fruit), Recipe - SMR1770 (1/4 c.)	100	26.13	0.00	0.00	0.00	0.00	5.23	6.27	0.52	5.75	0.00	0.00	3.14	2.61	0.00(M)	0.00(M)	0.00	57.49	(M)
<b>Category: Vegetable; May Choose: 1</b>																			
Tomato Corn Cilantro Salad - SMR1446 (1/2 c.)	100	52.00	0.00	0.00	0.00	0.00	51.00	10.00	2.00	2.00	(M)	2.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Milk; May Choose: 1</b>																			
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)
<b>Category: Condiment; May Choose: 1</b>																			
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)
Sour Cream, Daisy, cultured, pure and natural - SR1659 (2 tbsp.)	20	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)
<b>SY23-24 DCPS Grow Supper Spring W2 D3 - Day: 3</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Burger, Veggie, Grillers Prime - SR1796 (1 burger)	50	300.00	10.00	1.00	0.00	0.00	660.00	32.00	33.00	3.00	3.00	22.00	2.20	93.00	0.00(M)	0.00(M)	0.10	222.00	(M)
Hamburger, AP Beef Patty 2 oz, Hamburger Roll - SMR2141 (1 burger)	50	320.00	16.00	6.00	0.00	40.00	345.00	26.00	2.00	3.00	3.00(M)	16.00	1.00(M)	53.00 (M)	0.00(M)	0.00(M)	0.00(M)	92.00 (M)	(M)
<b>Category: Fruit; May Choose: 1</b>																			
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)
<b>Category: Vegetable; May Choose: 1</b>																			
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)

# Menu Cycle Week – Nutrient Analysis

Generated on: 1/3/2024 1:31:21 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)
<b>Category: Milk; May Choose: 1</b>																			
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)
<b>Category: Condiment; May Choose: 1</b>																			
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, Iceberg, 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
<b>SY23-24 DCPS Grow Supper Spring W2 D4 - Day: 4</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Bean & Cheese de Chile Relleno Burrito - SMR1890 (7 2/3 oz.)	100	5094.02	184.77	80.66	0.00	264.43	8725.39	655.89	101.96	24.58	0.00	215.78	45.88	3989.94	6766.27	463.69	0.00	7110.73	1308.76
<b>Category: Fruit; May Choose: 1</b>																			
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)
<b>Category: Vegetable; May Choose: 1</b>																			
O/RO - Roasted Summer Squash, yellow, zucchini, red pepper, garlic - SR1523 (1/2 c.)	100	34.33	2.14	0.18	0.00	0.00	42.19	3.28	1.03	1.70(M)	0.00(M)	0.85	0.32	13.59	1031.50 (M)	31.37 (M)	0.00(M)	39.46 (M)	52.37 (M)
<b>Category: Milk; May Choose: 1</b>																			
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)

# 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, 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)
<b>SY23-24 DCPS Grow Supper Spring W2 D5 - Day: 5</b>	100																		
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Baked Penne Pasta, whole wheat (1c = 2M, 1.5G, 7/8c red veg) , Recipe, USDA Mozzarella - SR3241 (1 c.)	100	392.48	14.50	6.99	0.00	35.67	724.69	47.62	7.05	9.79	1.43	20.11	2.27	445.92	0.00(M)	0.00(M)	0.00	592.62	0.00(M)
<b>Category: Fruit; May Choose: 1</b>																			
Peaches, cling, diced, canned in pear juice, drained - SR1196 (1/4 c.)	100	42.01	0.00	0.00	0.00	0.00	3.50	10.50	0.70	8.40	0.70	0.00	0.21	9.10	0.00(M)	0.00(M)	0.00	116.92	0.00(M)
<b>Category: Vegetable; May Choose: 1</b>																			
HS Green Beans, frozen cut, heated, drained - SMR1548 (1/4 c.)	100	7.66	0.36	0.03	0.00	0.00	9.43	1.12	0.51	0.32	0.00(M)	0.26	0.12	7.18	70.71 (M)	0.69(M)	0.00	27.33	16.35 (M)
<b>Category: Milk; May Choose: 1</b>																			
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)