

# Menu Cycle Week – Nutrient Analysis

Menu Cycle: SY23-24 DCPS OT Grow- Supper- Spring  
 Week: 3  
 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)		539.88	
Total Fat (g)		14.56	24.27
Sat Fat (g)		4.93	8.22
Trans Fat (g)(1)		0.00	
Chol (mg)		28.72	
Sodium (mg)		785.43	
Carb (g)		78.65	58.27
Total Fiber (g)		12.04	
Total Sugars (g)		31.54	23.37
Added Sugars (g)		4.93(M)	
Protein (g)		25.36	18.79
Iron (mg)		3.77	
Calcium (mg)		574.80	
VitA (IU)		5,575.11(M)	
VitC (mg)		17.05(M)	
VitD (mcg)		3.25(M)	
Potassium (mg)		1,086.40(M)	
Mois (g)		43.47(M)	
Ash (g)		0.37(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	> = 1.500	2.000	
Grains	> = 0.500	2.000	
Non-WGR		0.000	
WGR		2.000	
Grain-D		0.000	
Fruit	> = 0.250	0.250	
Fruit-J		0.000	
Veg	> = 0.250	0.250	
Veg-DG		0.000	
Veg-RO		0.000	
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 W3 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>																			
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)
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)
<b>Category: Fruit; May Choose: 1</b>																			
C - Pineapple, canned, tidbits, juice pack, drained - SR1495 (1/4 c.)	100	45.53	0.00	0.00	0.00	0.00	0.00	11.84	0.91	10.02	0.00	0.00	0.00	18.21	(M)	(M)	0.00	107.45	0.00(M)
<b>Category: Vegetable; May Choose: 1</b>																			
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)
<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 W3 D2 - Day: 2</b>	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>																			
Beans Tacos (Lunch Tacos - Vegetarian) - SMR1939 (2 tacos)	50	315.64	9.79	4.50	0.00	12.50	432.31	41.82	9.18	2.00	0.00	12.18	3.21	198.97	0.00(M)	0.00(M)	0.10	322.49	52.11 (M)
Ground Turkey Tacos (Lunch Tacos) - SMR1938 (2 tacos)	50	298.29	11.16	4.21	0.01	44.66	702.40	30.03	4.56	2.34	0.00(M)	16.13	2.74	113.53	17.58 (M)	0.66(M)	0.03(M)	268.04 (M)	14.73 (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>																			
BP/O - Mexican Black Beans, onion, pepper, jalapeno, cilantro - SR1026 (1/2 c.)	100	70.64	0.35	0.02	0.00	0.00	84.80	13.73	3.57	1.18	0.03	3.95	1.17	38.07	48.34 (M)	8.17(M)	0.00	276.23	34.76 (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)
Lettuce, Iceberg, shredded, ready-to-serve_29879 - SR3670 (1/4 cup shredd)	20	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)
<b>SY23-24 DCPS Grow Supper Spring W3 D3 - Day: 3</b>	100																		
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Stuffed Shells, Whole Grain - SMR2187 (2 shells)	100	141.31	3.29	1.77	0.00	10.00	241.41	19.76	2.23	5.80	0.40(M)	8.55	1.10	164.86	226.44 (M)	3.90(M)	0.20(M)	233.08 (M)	0.70(M)
<b>Category: Grains; 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)
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)
<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>																			
Mixed Garden Vegetables, carrots, corn, green beans, peas (1/2c = 1/8c red + 1/4c starchy+1/8c other Summer - SMR1749 (1/4 c.))	100	26.78	0.22	0.04	0.00	0.00	45.52	5.68	1.59	1.59	0.00(M)	1.14	0.38	13.04	2467.77 (M)	2.28(M)	0.00	83.91	39.65
<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>SY23-24 DCPS Grow Supper Spring W3 D4 - Day: 4</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Black Bean and Sweet Potato Taco Surprise - SMR1819 (1 each quesada)	100	657.34	24.87	7.85	0.00	20.00	960.58	90.48	12.20	20.11	8.86	19.79	3.84	436.14	21361.57(M)	3.62(M)	0.13	949.35	0.00(M)
<b>Category: Fruit; May Choose: 1</b>																			
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>																			
Roasted Corn, mexican seasoning - SR1303 (1/2 c.)	0	71.60	0.67	0.10	0.01	0.00	1.64	16.82	2.20	2.83	0.19	2.24	0.58	7.20	164.18 (M)	2.89(M)	0.00	212.60	63.73
<b>Category: Milk; 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)
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>SY23-24 DCPS Grow Supper Spring W3 D5 - Day: 5</b>	100																		
<b>Category: Entrée/Combo; May Choose: 1</b>																			
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 Dog, Original , turkey frank, hot dog bun, RECIPE - SMR1176 (1 serving (1))	50	280.00	12.50	3.00	0.00	50.00	530.00	28.00	2.50	4.00	4.00	13.00	1.70	133.00	0.00(M)	0.00(M)	0.00	473.00	(M)
<b>Category: Fruit; May Choose: 1</b>																			
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
<b>Category: Vegetable; May Choose: 1</b>																			
Blue Ribbon Slaw, cabbage, slaw juice, carrots, onion (1/2c = 1/2c other veg) , Recipe - SMR1762 (1/4 c.)	100	20.91	0.07	0.01	0.00	0.00	56.92	5.14	0.75	4.03	3.12	0.38	0.26	13.83	848.57 (M)	7.60(M)	0.00(M)	60.18 (M)	28.58 (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>																			

# Menu Cycle Week – Nutrient Analysis

Generated on: 1/3/2024 1:43:59 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)	Moisture (g)
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