

# Menu Cycle Week – Nutrient Analysis

Menu Cycle: SY23-24 DCPS OT Grow- Supper- Spring  
 Week: 5  
 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)		2,323.39	
Total Fat (g)		67.64	26.20
Sat Fat (g)		19.71	7.63
Trans Fat (g)(1)		0.00	
Chol (mg)		73.19	
Sodium (mg)		4,039.48	
Carb (g)		350.20	60.29
Total Fiber (g)		51.55	
Total Sugars (g)		50.50(M)	8.69
Added Sugars (g)		18.58(M)	
Protein (g)		107.20	18.46
Iron (mg)		20.39(M)	
Calcium (mg)		1,519.65(M)	
VitA (IU)		3,480.25(M)	
VitC (mg)		148.68(M)	
VitD (mcg)		5.15(M)	
Potassium (mg)		3,077.30(M)	
Mois (g)		345.68(M)	
Ash (g)		5.26(M)	

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	

**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 W5 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>																				
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>																				
Applesauce, canned, unsweetened - SR1195 (1/2 c.)	100	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(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)	
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 W5 D2 - Day: 2</b>		100																		
<b>Category: Entrée/Combo; May Choose: 1</b>																				
Veggie Tortellini Pasta Salad - SMR1751 (8 oz.)	100	135.15	2.24	1.14	0.00	10.70	232.83	22.18	2.30	2.00	0.46(M)	8.40	1.21	48.68	214.29 (M)	12.05 (M)	0.00(M)	42.81 (M)	19.18 (M)	
<b>Category: Grains; May Choose: 1</b>																				
Garlic Knot, Ripstick - SR1255 (1 roll.)	100	110.63	4.05	0.22	0.00	0.00	95.85	15.02	2.17	2.03	2.00	3.23	0.96	13.22	0.00(M)	0.00(M)	0.30	66.89	0.09(M)	
<b>Category: Fruit; May Choose: 1</b>																				
Melon Mix - SMR2018 (1/2 c.)	100	62.22	0.32	0.09	0.00	0.00	29.73	15.12	1.58	14.30	(M)	1.39	0.36	14.97	4688.41	58.30	0.00(M)	368.46 (M)	162.58	
<b>Category: Vegetable; May Choose: 1</b>																				
Roasted Broccoli - SMR1052 (1/2 c.)	100	20.12	1.00	0.08	0.00	0.00	10.85	2.52	0.90	0.55	0.00	0.99	0.29	15.82	198.70 (M)	28.45 (M)	0.00	107.57	0.04(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 W5 D3 - Day: 3</b>	100																		
<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>																			
BP - Beans, baked, vegetarian - SR2026 (1/2 c.)	100	150.00	0.00	0.00	0.00	0.00	550.00	30.00	5.00	12.00	11.00	7.00	1.90	50.00	0.00(M)	0.00(M)	0.00	380.00	(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, 9gm PC - SR2542 (1 packet)	100	11.29	0.01	0.00	0.00	0.00	96.20	2.59	0.13	2.18	1.93	0.10	0.03	0.95	0.00(M)	0.00(M)	0.00	23.93	(M)
Mustard, classic yellow, PC - SR2517 (1 packet)	100	4.40	0.27	0.01	0.00	0.00	65.47	0.23	0.10	0.05	0.00	0.20	0.08	2.07	0.00(M)	0.00(M)	0.00	6.13	(M)
O - Lettuce, Iceberg, shredded, ready-to-serve - SR1015 (1/4 cup shredd)	100	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)

# 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)
RO - Tomatoes, fresh, 2-1/2-inch to 2-3/4-inch diameter whole, diced, ready-to-serve - SR1012 (1/8 c.)	100	4.43	0.05	0.01	0.00	0.00	1.23	0.96	0.29	0.65	0.00	0.22	0.07	2.46	205.08	3.37	0.00	58.35	23.27
<b>SY23-24 DCPS Grow Supper Spring W5 D4 - Day: 4</b>	100																		
<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>																			
F - Oranges, fresh, slices, unpeeled - SR1172 (6 slice or w)	100	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28
<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)
Lettuce, Iceberg, shredded, ready-to-serve_29879 - SR3670 (1/4 cup shredden)	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 W5 D5 - Day: 5</b>	100																		
<b>Category: Entrée/Combo; 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)	Moisture (g)
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>																			
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>																			
RO - Bell Pepper, Red, fresh medium-large, julienne/strips, ready-to-serve (1/2c = 1/2c veg) - SR1011 (1/2 c.)	100	15.27	0.15	0.01	0.00	0.00	1.97	2.97	1.03	2.07	0.00	0.49	0.21	3.45	1542.32	62.90	0.00	103.94	45.42
<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>																			
Original Homestyle Ranch Salad Dressing, light, Hidden Valley - SR1003 (1 tbsp.)	100	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)