

Menu Cycle Week – Nutrient Analysis

Menu Cycle: 2022, DCPS RFP Supper Menu
Week: 4
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)		648.00	
Total Fat (g)		21.82	30.31
Sat Fat (g)		5.41	7.51
Trans Fat (g)(1)		0.01	
Chol (mg)		69.15	
Sodium (mg)		729.75	
Carb (g)		87.51	54.02
Total Fiber (g)		9.64	
Total Sugars (g)		39.13	24.15
Added Sugars (g)		8.42(M)	
Protein (g)		30.03	18.54
Iron (mg)		4.24	
Calcium (mg)		567.58	
VitA (IU)		4,017.73(M)	
VitC (mg)		29.68(M)	
VitD (mcg)		3.43(M)	
Potassium (mg)		1,158.47(M)	
Mois (g)		71.16(M)	
Ash (g)		0.51(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	0.500	
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	

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)
2022, DCPS RFP Supper Menu W4D1 - Day: 1	100																		

Menu Cycle Week – Nutrient Analysis

Generated on: 8/21/2022 2:05:02 PM by Meredith Hesselein

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																			
Lasagna Rollup Cheese - Tasty Brands - SMR1184 (1 roll.)	100	277.32	4.01	2.06	0.00	5.00	510.06	42.88	4.85	13.15	3.05	17.16	2.36	215.22	0.00(M)	0.00(M)	0.00	705.02	(M)
Category: Grains; May Choose: 1																			
Copy of Dinner Roll, Richs Whole Grain 2.5 oz - SMR1128 (1 roll.)	100	160.00	3.00	0.00	0.00	0.00	135.00	29.00	3.00	4.00	4.00	7.00	1.60	10.00	(M)	(M)	0.80	100.00	(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																			
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)
2022, DCPS RFP Supper Menu W4D2 - Day: 2		100																	
Category: Entrée/Combo; May Choose: 1																			
Sunbutter & Jelly Sandwich, whole grain bread, sunbutter, Bulk grape jelly, RECIPE - SMR1756 (1 sandwich)	100	610.88	36.04	4.01	0.01	0.01	550.12	60.43	8.11	25.01	26.66 (M)	20.06	4.36	81.62	0.00(M)	0.00(M)	0.00(M)	392.96 (M)	(M)
Category: Fruit; May Choose: 1																			
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)
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)
O - Cucumbers, unpared, 1/4-inch sliced, ready-to-serve - SR1013 (1/2 c.)	100	9.22	0.07	0.02	0.00	0.00	1.23	2.23	0.31	1.03	0.00	0.40	0.17	9.84	64.54	1.72	0.00	90.36	58.54
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)
2022, DCPS RFP Supper Menu W4D3 - Day: 3	100																		
Category: Entrée/Combo; May Choose: 1																			
Veggie Pizza, Big Daddy's 8-cut, 16-inch - SMR1625 (1 slice)	100	493.15	23.49	7.56	0.00	35.00	485.64	48.91	6.83	8.78	1.00	21.76	4.18	431.80	7980.20 (M)	45.88 (M)	0.00	771.38	38.28 (M)
Category: Fruit; May Choose: 1																			
Applesauce, canned, unsweetened (1/2c = 4.5 oz = 1/2c fruit) , Recipe - SMR1770 (1/2 c.)	100	55.73	0.15	0.03	0.00	0.00	10.46	12.55	1.50	11.51	0.00	0.32	0.08	5.23	0.00(M)	4.64	0.00	115.02	(M)
Category: Vegetable; May Choose: 1																			
Baked Sweet Potato Wedges - SMR1341 (1/2 c.)	100	211.96	7.42	1.06	0.00	0.00	243.75	33.91	2.12	10.60	2.12	2.12	0.53	31.79	0.00(M)	0.00(M)	0.00	349.73	(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)

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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)
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)
2022, DCPS RFP Supper Menu W4D4 - Day: 4		100																	
Category: Entrée/Combo; May Choose: 1																			
Egg Salad Sandwich, hamburger roll, egg salad, RECIPE - SR1139 (1 sandwich)	100	297.41	14.95	2.64	0.00	220.76	475.54	30.72	4.26	5.33	1.52(M)	13.30	2.18	74.12	55.59 (M)	0.38(M)	1.26(M)	104.36 (M)	11.84 (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	49.27	0.07	0.00	0.00	0.00	3.94	12.75	1.58	9.56	0.00	0.34	0.29	8.87	5.91	1.58	0.00	94.59	(M)
Category: Vegetable; May Choose: 1																			
Garden Side Salad, mixed greens, cucumber, carrots ECE - SMR1710 (1 c.)	100	17.54	0.12	0.02	0.00	0.00	22.55	3.50	1.26	1.34	0.00(M)	1.10	0.40	18.74	3778.03	6.28	0.00(M)	159.43 (M)	46.58
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)
2022, DCPS RFP Supper Menu W4D5 - Day: 5		100																	
Category: Entrée/Combo; 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)
Coyote Grill Cheese Quesadilla, whole grain - SMR1436 (2 pcs.)	50	310.00	12.00	6.00	0.00	45.00	560.00	32.00	3.00	3.00	0.00	19.00	2.70	329.00	77.00	0.00	0.00	246.00	(M)
Coyote Grill Chicken & Cheese Quesadilla, whole grain - SMR1437 (2 pcs.)	50	300.00	11.00	5.00	0.00	45.00	570.00	32.00	3.00	3.00	0.00	19.00	2.40	252.00	61.00	0.00	0.00	258.00	(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																			
Roasted Corn, mexican seasoning - SR1303 (1/2 c.)	100	71.60	0.67	0.10	0.01	0.00	1.64	16.82	2.20	2.83	0.19	2.24	0.54	8.03	2.48(M)	5.20(M)	0.00	212.60	62.08
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																			
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)