

Menu Cycle Week – Nutrient Analysis

Menu Cycle: SY23-24 DCPS Supper Winter
 Week: 4
 Result: Pass

Meal Pattern: [USDA] CACFP Meal Pattern
 Meal Type: Supper
 Serving Group: Ages 6-18
 Site Group: One Table Achieve 9-12

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)		567.89	
Total Fat (g)		16.22	25.71
Sat Fat (g)		4.88	7.74
Trans Fat (g)(1)		0.00	
Chol (mg)		68.53	
Sodium (mg)		749.06	
Carb (g)		83.40	58.74
Total Fiber (g)		10.12	
Total Sugars (g)		37.30	26.27
Added Sugars (g)		7.46(M)	
Protein (g)		25.53	17.98
Iron (mg)		5.40(M)	
Calcium (mg)		474.72(M)	
VitA (IU)		6,624.57(M)	
VitC (mg)		20.23(M)	
VitD (mcg)		3.29(M)	
Potassium (mg)		962.37(M)	
Mois (g)		110.29(M)	
Ash (g)		0.98(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	> = 2.000	[2.000 - 2.500]	
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 Supper Winter W4 D1 - Day: 1	100																		

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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																				
Meat Sauce, turkey crumbles, 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)	
Plant Crumble Sauce, BAF Plant Crumble, spaghetti sauce - SR4081 (1/2 c.)	50	157.18	4.42	2.60	0.00	0.00	496.47	15.59	3.87	7.89	2.93	14.11	3.60	45.22	0.00(M)	0.00(M)	0.00	545.04	1.26(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																				
Baked Cinnamon Peaches - SR3687 (4 oz.)	100	307.06	16.32	6.67	0.00	0.00	170.55	40.59	2.13	37.73	25.69 (M)	1.30	0.33(M)	39.47 (M)	740.74 (M)	0.00(M)	0.00(M)	42.74 (M)	0.54(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	53.56	0.44	0.08	0.00	0.00	91.04	11.37	3.18	3.18	0.00(M)	2.28	0.77	26.08	4935.54 (M)	4.56(M)	0.00	167.83	79.30	
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 Supper Winter W4 D2 - Day: 2		100																		
Category: Entrée/Combo; May Choose: 1																				
Sub, Falafel & Vegetable - SMR1972 (1 sandwich)	100	171.17	3.58	0.09	0.00	0.22	591.02	27.14	6.24	5.14	0.00(M)	9.21	2.93	63.20	11.52 (M)	0.19(M)	0.00(M)	185.11 (M)	4.35(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)	

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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: Vegetable; May Choose: 1																				
French Fries, Sweet Potato, Deep Groove Crinkle, Harvest Splendor - SR3936 (1/2 c.)	100	169.47	6.98	1.00	0.00	0.00	259.20	24.92	1.00	7.97	0.50	1.00	0.40	29.91	0.00(M)	0.00(M)	0.00	279.13	(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																				
Ketchup, Heinz 1.5 gallon dispenser pack - SR1004 (1 pump)	50	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 Supper Winter W4 D3 - Day: 3		100																		
Category: Entrée/Combo; May Choose: 1																				
Lo Mein, vegetable, Vegan - SMR1774 (1 c.)	100	331.74	4.78	0.43	0.00	0.06	336.15	61.61	10.58	7.08	0.00(M)	13.86	3.86	73.76	1639.62(M)	14.29(M)	0.06(M)	256.31(M)	84.44(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																				
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)	

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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 Supper Winter W4 D4 - Day: 4	100																		
Category: Entrée/Combo; May Choose: 1																			
Egg Salad Sandwich, hamburger roll, egg salad, RECIPE - SR1139 (1 sandwich)	100	314.55	15.55	3.53	0.00	234.29	500.87	29.38	2.26	4.50	3.00(M)	14.11	2.39	89.22	55.59 (M)	0.38(M)	1.33(M)	200.35 (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	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																			
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)
SY23-24 DCPS Supper Winter W4 D5 - Day: 5	100																		
Category: Entrée/Combo; May Choose: 1																			
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)

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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	0.58	7.20	164.18 (M)	2.89(M)	0.00	212.60	63.73
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)