

Menu Cycle Week – Nutrient Analysis

Generated on: 10/13/2023 8:58:24 AM by Samantha Baker

Menu Cycle: SY23-24 DCPS Supper Winter
 Week: 5
 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)		653.54	
Total Fat (g)		21.40	29.47
Sat Fat (g)		5.76	7.93
Trans Fat (g)(1)		0.00	
Chol (mg)		28.19	
Sodium (mg)		886.25	
Carb (g)		89.80	54.96
Total Fiber (g)		13.37	
Total Sugars (g)		43.21	26.45
Added Sugars (g)		15.00(M)	
Protein (g)		29.19	17.86
Iron (mg)		5.14(M)	
Calcium (mg)		511.22(M)	
VitA (IU)		3,742.01(M)	
VitC (mg)		46.91(M)	
VitD (mcg)		3.24(M)	
Potassium (mg)		995.28(M)	
Mois (g)		58.00(M)	
Ash (g)		0.42(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 Supper Winter 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)	
Category: Entrée/Combo; May Choose: 1																				
Chicken Alfredo Macaroni, whole wheat, USDA diced, broccoli - SR2555 (1 c.)	100	312.32	12.17	5.52	0.00	39.45	600.30	36.34	5.40	6.36	0.00(M)	19.06	2.06(M)	338.92 (M)	496.06 (M)	19.68 (M)	0.00(M)	1.55(M)	84.60 (M)	
Category: Grains; May Choose: 1																				
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)	
Category: Fruit; May Choose: 1																				
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)	
Category: Vegetable; May Choose: 1																				
RO - Squash, Roasted-Butternut - SR1408 (1/2 c.)	100	73.30	0.33	0.01	0.00	0.00	31.71	18.56	2.39	7.25	4.64	1.19	0.87	61.10	12578.52(M)	24.85 (M)	0.00	423.40	0.07(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)	
SY23-24 DCPS Supper Winter W5 D2 - Day: 2		100																		
Category: Entrée/Combo; May Choose: 1																				
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)	
Category: Grains; May Choose: 1																				
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)	
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																				
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)	

Menu Cycle Week – Nutrient Analysis

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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: 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 W5 D3 - Day: 3																			
Category: Entrée/Combo; May Choose: 1																			
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, 2.0 oz all beef patty, hamburger roll - SMR1612 (1 burger)	50	270.00	10.00	3.50	0.00	40.00	360.00	26.00	2.00	3.00	3.00(M)	16.00	2.08	53.00	0.00(M)	0.00(M)	0.00(M)	92.00 (M)	(M)
Category: Fruit; May Choose: 1																			
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)
Category: Vegetable; May Choose: 1																			
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)
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, 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)

Menu Cycle Week – Nutrient Analysis

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)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
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)
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
SY23-24 DCPS Supper Winter W5 D4 - Day: 4	100																		
Category: Entrée/Combo; May Choose: 1																			
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)
Category: Fruit; May Choose: 1																			
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
Category: Vegetable; May Choose: 1																			
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)
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																			
Campbell's Thick 'n Chunky Salsa - SMR1440 (2 tbsp.)	20	10.00	0.00	0.00	0.00	0.00	230.00	3.00	1.00	2.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00	94.00	(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)
SY23-24 DCPS Supper Winter W5 D5 - Day: 5	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)	
Category: Entrée/Combo; May Choose: 1																				
Sunbutter & Jelly Sandwich, whole grain bread, sunbutter, Bulk grape jelly, RECIPE - SMR1756 (1 sandwich)	100	631.07	36.73	3.98	0.01	0.01	568.43	63.32	8.08	27.88	20.31	21.93	4.22	105.29	0.00(M)	0.00(M)	0.40	565.77	(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																				
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	
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.)	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)	