

Menu Cycle Week – Nutrient Analysis

Menu Cycle: 22-23 DCPS Term 2 Core Breakfast
Week: 4
Result: Exceeded

Meal Pattern: [USDA]Meal Pattern SY 2014+
Meal Type: Breakfast
Serving Group: K-12
Site Group: Inspire

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	[450.00 - 500.00]	473.78(M)	
Total Fat (g)		9.65(M)	18.34
Sat Fat (g)(1)	< 10.00 % of Calories	3.62(M)	6.88
Trans Fat (g)(2)		0.01(M)	
Chol (mg)		39.49(M)	
Sodium Target 1 (mg) (1)	<= 540.00	393.56(M)	
Sodium Target 2 (mg) (13)	<= 485.00	393.56(M)	
Carb (g)		83.49(M)	70.49
Total Fiber (g)		6.98(M)	
Total Sugars (g)		49.06(M)	41.42
Added Sugars (g)		12.50(M)	
Protein (g)		17.08(M)	14.42
Iron (mg)		3.09(M)	
Calcium (mg)		423.77(M)	
VitA (IU)		1,296.40(M)	
VitC (mg)		35.02(M)	
VitD (mcg)		5.43(M)	
Potassium (mg)		469.51(M)	
Mois (g)		87.30(M)	
Ash (g)		0.35(M)	

Legend

PrimeroEdge will flag based on USDA requirements starting School Year 2022-2023 for WGR and 1% flavored milk, for prior years, please consult your State Agency for that School Year requirements and waiver status.

(M) Indicates missing nutrient values.

- 1 Standard Value is the daily average requirement for a school week.
- 2 Trans Fat is provided for informational purposes, not for monitoring purposes.
- 3 Sodium Target 2 will be marked in orange if exceeded prior to the effective date of July 1, 2024 and does not impact pass/fail compliance prior to that date.

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		[0.000 - 8.500]	
Grains	[9.000 - 10.000]	[10.000 - 22.250](ca)	
Non-WGR		0.000	
WGR	>= 80.000 % of	50.250	100.00
Grain-D		0.000	
Fruit	>= 5.000	[5.250 - 6.250]	
Fruit-J	<= 50.000 % of	1.500	24.00
Veg		0.000	
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	>= 5.000	5.000	
MILK-V		Pass	

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- a USDA is offering flexibility by allowing SFAs to exceed the maximum amount of grains and meat/meat meal alternates as long as the daily and weekly minimums for these components are met and the calories are within the required range.
- c Schools may substitute 1 oz. M/MA for Grains after the minimum daily Grains requirement is met.

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)
22-23 DCPS Term 2 Core Breakfast Week 4 Day 1 - Day: 1	100																		
Category: Menu Item & Assembly; May Choose: 1																			
French Toast, mini/bites, chocolate chip, Eggo (CACFP) - SR1593 (1 pkg.)	35	210.00	6.00	1.50	0.00	0.00	260.00	35.00	4.00	11.00	(M)	5.00	3.60	200.00	1000.00	0.00	(M)	(M)	(M)
Ice Cream Machine, Oatmeal Round Sunrise Orange/Cranberry, 2.5 oz, 2 WG IW - SMR1965 (1 round piec)	30	290.00	11.00	3.00	0.00	0.00	190.00	52.00	4.00	15.00	12.00	6.00	1.50	20.00	0.00	0.00	0.00	150.00	0.00(M)
Category: Meat/MA; May Choose: 1																			
Mozzarella String Cheese Stick, Part Skim, USDA - SR3035 (1 stick.)	15	91.13	7.09	5.06	0.00	20.25	202.50	0.00	0.00	0.00	0.00(M)	7.09	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	(M)
Category: Grains; May Choose: 1																			
Cereal, ready-to-eat, Cheerios, bowlpack 1 oz (CACFP) - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)
Cereal, ready-to-eat, Cinnamon Chex, bowlpack 1 oz (CACFP) - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	0.00	170.00	23.00	1.00	6.00	6.00	1.00	7.20	60.00	300.00	3.60	1.20	0.00	(M)
Cereal, ready-to-eat, Cinnamon Toast Crunch, bowlpack 1oz, reduced sugar (CACFP) - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)
Cereal, ready-to-eat, Raisin Bran, bowlpack 1.25 oz - SR1457 (1 bowl)	5	110.00	0.50	0.00	0.00	0.00	120.00	28.00	4.00	10.00	5.00	3.00	0.72	0.00	0.00(M)	0.00(M)	0.00	94.00	(M)
Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.)	20	90.00	2.50	0.00	0.00	0.00	95.00	17.00	1.00	4.00	(M)	2.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)
Muffin, blueberry, IW 2 oz (CACFP) - SR1454 (1 muffin)	15	190.00	6.00	2.00	0.00	30.00	130.00	30.00	2.00	16.00	16.00	3.00	0.90	30.00	0.00(M)	0.00(M)	0.90	90.00	(M)
Category: Fruit; May Choose: 2																			

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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)
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: Fruit Juice; May Choose: 1																			
Juice, apple, 100% Suncup, 4 fl oz, plastic cup - SR2547 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	60.00	0.00	105.00	(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)
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	45	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	13.00	0.00	9.00	0.00	300.00	500.00	1.20	5.00	0.00(M)	(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)
White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint)	45	86.49	0.00	0.00	0.00	4.80	124.93	12.49	0.00	12.49	0.00	8.65	0.00	288.31	480.51	1.15	4.80	0.00(M)	(M)
Category: Condiment; May Choose: 1																			
Pancake & Waffle Syrup, PC - SMR1210 (1 fl. oz.)	15	110.00	0.00	0.00	0.00	0.00	20.00	29.00	0.00	22.00	22.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)
22-23 DCPS Term 2 Core Breakfast Week 4 Day 2 - Day: 2	100																		
Category: Menu Item & Assembly; May Choose: 1																			
Breakfast Sandwich, bagel, egg, American (CACFP) - SR1644 (1 sandwich)	35	260.00	8.00	3.50	0.00	102.50	480.00	37.00	4.00	3.50	3.00(M)	11.50	5.42(M)	34.00 (M)	0.00(M)	0.00(M)	0.00(M)	182.00 (M)	(M)
Protein Power Up Breakfast Box - SR3567 (1 Box)	30	370.10	14.95	5.68	0.00	201.50	388.81	46.97	3.82	28.60	14.00 (M)	15.94	2.82	372.07	559.87 (M)	2.90(M)	1.10(M)	371.27 (M)	73.06 (M)
Category: Meat/MA; May Choose: 1																			
Mozzarella String Cheese Stick, Part Skim, USDA - SR3035 (1 stick.)	15	91.13	7.09	5.06	0.00	20.25	202.50	0.00	0.00	0.00	0.00(M)	7.09	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	(M)
Category: Grains; May Choose: 1																			
Cereal, ready-to-eat, Cheerios, bowlpack 1 oz (CACFP) - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)
Cereal, ready-to-eat, Cinnamon Chex, bowlpack 1 oz (CACFP) - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	0.00	170.00	23.00	1.00	6.00	6.00	1.00	7.20	60.00	300.00	3.60	1.20	0.00	(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)
Cereal, ready-to-eat, Cinnamon Toast Crunch, bowlpack 1oz, reduced sugar (CACFP) - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)
Cereal, ready-to-eat, Raisin Bran, bowlpack 1.25 oz - SR1457 (1 bowl)	5	110.00	0.50	0.00	0.00	0.00	120.00	28.00	4.00	10.00	5.00	3.00	0.72	0.00	0.00(M)	0.00(M)	0.00	94.00	(M)
Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.)	20	90.00	2.50	0.00	0.00	0.00	95.00	17.00	1.00	4.00	(M)	2.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)
Muffin, apple cinnamon, IW 2 oz (CACFP) - SR1165 (1 muffin)	15	180.00	6.00	2.00	0.00	35.00	125.00	31.00	2.00	16.00	15.00	3.00	0.90	30.00	0.00(M)	0.00(M)	0.10	110.00	(M)
Category: Fruit; May Choose: 2																			
C - Pineapple, canned, tidbits, juice pack, drained - SR1495 (1/2 c.)	100	63.20	0.00	0.00	0.00	0.00	0.00	16.43	1.26	13.90	0.00	0.00	0.00	25.28	(M)	(M)	0.00	149.15	0.00(M)
F - Pears, fresh, whole, unpeeled, ready-to- serve, 120 ct - SR1585 (1 medium)	100	101.46	0.25	0.04	0.00	0.00	1.78	27.11	5.52	17.36	0.00	0.64	0.32	16.02	44.50	7.65	0.00	206.48	149.45
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)
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	45	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	13.00	0.00	9.00	0.00	300.00	500.00	1.20	5.00	0.00(M)	(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)
White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint)	45	86.49	0.00	0.00	0.00	4.80	124.93	12.49	0.00	12.49	0.00	8.65	0.00	288.31	480.51	1.15	4.80	0.00(M)	(M)
22-23 DCPS Term 2 Core Breakfast Week 4 Day 3 - Day: 3	100																		
Category: Menu Item & Assembly; May Choose: 1																			
Cinnamon Roll, Richs, 2.1 oz - SR1383 (1 roll.)	35	170.00	1.00	0.50	0.00	5.00	135.00	36.00	3.00	10.00	10.00	5.00	1.50	20.00	0.00(M)	0.00(M)	0.90	190.00	(M)
Waffles, mini/bites, Maple Madness, Pillsbury (CACFP) - SR2422 (1 pkg.)	30	189.77	4.97	0.77	0.07	0.49	153.58	33.18	1.82	11.62	10.99	3.08	1.19	24.08	0.00(M)	0.00(M)	0.00	105.42	(M)
Category: Meat/MA; May Choose: 1																			

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Mozzarella String Cheese Stick, Part Skim, USDA - SR3035 (1 stick.)	15	91.13	7.09	5.06	0.00	20.25	202.50	0.00	0.00	0.00	0.00(M)	7.09	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	(M)
Category: Grains; May Choose: 1																			
Cereal, ready-to-eat, Cheerios, bowlpack 1 oz (CACFP) - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)
Cereal, ready-to-eat, Cinnamon Chex, bowlpack 1 oz (CACFP) - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	0.00	170.00	23.00	1.00	6.00	6.00	1.00	7.20	60.00	300.00	3.60	1.20	0.00	(M)
Cereal, ready-to-eat, Cinnamon Toast Crunch, bowlpack 1oz, reduced sugar (CACFP) - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)
Cereal, ready-to-eat, Raisin Bran, bowlpack 1.25 oz - SR1457 (1 bowl)	5	110.00	0.50	0.00	0.00	0.00	120.00	28.00	4.00	10.00	5.00	3.00	0.72	0.00	0.00(M)	0.00(M)	0.00	94.00	(M)
Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.)	20	90.00	2.50	0.00	0.00	0.00	95.00	17.00	1.00	4.00	(M)	2.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)
Muffin, blueberry, IW 2 oz (CACFP) - SR1454 (1 muffin)	15	190.00	6.00	2.00	0.00	30.00	130.00	30.00	2.00	16.00	16.00	3.00	0.90	30.00	0.00(M)	0.00(M)	0.90	90.00	(M)
Category: Fruit; May Choose: 1																			
C - Baked Cinnamon Raisin Apples, brown sugar - SR1238 (3/8 c.)	50	121.86	1.90	0.76	0.00	0.00	29.02	26.93	2.20	22.04	10.01 (M)	0.37	0.35	23.19	83.33 (M)	0.24(M)	0.00(M)	81.32 (M)	0.00(M)
Category: Fruit Juice; May Choose: 1																			
Juice, orange, 100% Suncup, 4 fl oz, plastic cup - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	240.00	(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)
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	45	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	13.00	0.00	9.00	0.00	300.00	500.00	1.20	5.00	0.00(M)	(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)
White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint)	45	86.49	0.00	0.00	0.00	4.80	124.93	12.49	0.00	12.49	0.00	8.65	0.00	288.31	480.51	1.15	4.80	0.00(M)	(M)

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22-23 DCPS Term 2 Core Breakfast Week 4 Day 4 - Day: 4	100																		
Category: Menu Item & Assembly; May Choose: 1																			
Breakfast Sandwich, biscuit, sausage (CACFP) - SR1348 (1 sandwich)	35	250.00	13.50	7.50	0.00	35.00	390.00	24.00	2.00	2.00	2.00	10.00	1.84	150.00	0.00(M)	0.00(M)	0.00	188.00	(M)
Hadley Farms, Strawberry Guava Danish, 3.2 oz, 2 WG, IW - SMR1967 (1 Danish)	30	260.00	7.00	1.50	0.00	0.00	260.00	45.00	3.00	19.00	18.00	4.00	1.40	40.00	(M)	(M)	0.00	110.00	(M)
Category: Meat/MA; May Choose: 1																			
Mozzarella String Cheese Stick, Part Skim, USDA - SR3035 (1 stick.)	15	91.13	7.09	5.06	0.00	20.25	202.50	0.00	0.00	0.00	0.00(M)	7.09	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	(M)
Category: Grains; May Choose: 1																			
Cereal, ready-to-eat, Cheerios, bowlpack 1 oz (CACFP) - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)
Cereal, ready-to-eat, Cinnamon Chex, bowlpack 1 oz (CACFP) - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	0.00	170.00	23.00	1.00	6.00	6.00	1.00	7.20	60.00	300.00	3.60	1.20	0.00	(M)
Cereal, ready-to-eat, Cinnamon Toast Crunch, bowlpack 1oz, reduced sugar (CACFP) - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)
Cereal, ready-to-eat, Raisin Bran, bowlpack 1.25 oz - SR1457 (1 bowl)	5	110.00	0.50	0.00	0.00	0.00	120.00	28.00	4.00	10.00	5.00	3.00	0.72	0.00	0.00(M)	0.00(M)	0.00	94.00	(M)
Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.)	20	90.00	2.50	0.00	0.00	0.00	95.00	17.00	1.00	4.00	(M)	2.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)
Muffin, apple cinnamon, IW 2 oz (CACFP) - SR1165 (1 muffin)	15	180.00	6.00	2.00	0.00	35.00	125.00	31.00	2.00	16.00	15.00	3.00	0.90	30.00	0.00(M)	0.00(M)	0.10	110.00	(M)
Category: Fruit; May Choose: 2																			
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)
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: Milk; May Choose: 1																			

Menu Cycle Week – Nutrient Analysis

Generated on: 10/6/2022 11:20:54 AM by Sollange Clement

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)
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)
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	45	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	13.00	0.00	9.00	0.00	300.00	500.00	1.20	5.00	0.00(M)	(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)
White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint)	45	86.49	0.00	0.00	0.00	4.80	124.93	12.49	0.00	12.49	0.00	8.65	0.00	288.31	480.51	1.15	4.80	0.00(M)	(M)
22-23 DCPS Term 2 Core Breakfast Week 4 Day 5 - Day: 5	100																		
Category: Menu Item & Assembly; May Choose: 1																			
Cereal, hot, oatmeal (CACFP) - SR1483 (1 c.)	35	253.88	5.08	0.85	0.00	0.00	8.45	45.70	6.77	1.69	0.00	8.46	2.54	42.30	0.00(M)	0.00(M)	0.00	256.69	281.51 (M)
Parfait, Pumpkin Apple Spice, 12 oz - SR1736 (1 parfait)	30	448.50 (M)	7.93(M)	1.66(M)	0.04(M)	6.57(M)	243.47 (M)	86.03 (M)	5.13(M)	53.02 (M)	41.06 (M)	10.49 (M)	1.84(M)	286.12 (M)	9599.34 (M)	2.38(M)	3.85(M)	405.89 (M)	0.12(M)
Category: Meat/MA; May Choose: 1																			
Mozzarella String Cheese Stick, Part Skim, USDA - SR3035 (1 stick.)	15	91.13	7.09	5.06	0.00	20.25	202.50	0.00	0.00	0.00	0.00(M)	7.09	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	(M)
Category: Grains; May Choose: 1																			
Cereal, ready-to-eat, Cheerios, bowlpack 1 oz (CACFP) - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)
Cereal, ready-to-eat, Cinnamon Chex, bowlpack 1 oz (CACFP) - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	0.00	170.00	23.00	1.00	6.00	6.00	1.00	7.20	60.00	300.00	3.60	1.20	0.00	(M)
Cereal, ready-to-eat, Cinnamon Toast Crunch, bowlpack 1oz, reduced sugar (CACFP) - SR1164 (1 bowl)	5	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)
Cereal, ready-to-eat, Raisin Bran, bowlpack 1.25 oz - SR1457 (1 bowl)	5	110.00	0.50	0.00	0.00	0.00	120.00	28.00	4.00	10.00	5.00	3.00	0.72	0.00	0.00(M)	0.00(M)	0.00	94.00	(M)
Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.)	20	90.00	2.50	0.00	0.00	0.00	95.00	17.00	1.00	4.00	(M)	2.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)
Muffin, blueberry, IW 2 oz (CACFP) - SR1454 (1 muffin)	15	190.00	6.00	2.00	0.00	30.00	130.00	30.00	2.00	16.00	16.00	3.00	0.90	30.00	0.00(M)	0.00(M)	0.90	90.00	(M)
Category: Fruit; May Choose: 1																			

Menu Cycle Week – Nutrient Analysis

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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)
Warm Berries - SR2617 (1/2 c.)	50	107.16	0.11	0.01	0.00	0.00	3.10	27.64	2.77	24.66	0.65(M)	0.43	0.48(M)	9.71(M)	18.83 (M)	32.48 (M)	0.00(M)	96.66 (M)	0.02(M)
Category: Fruit Juice; May Choose: 1																			
Juice, grape, 100% Suncup, 4 fl oz, plastic cup - SR1607 (4 fl oz cup)	50	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(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)
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	45	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	13.00	0.00	9.00	0.00	300.00	500.00	1.20	5.00	0.00(M)	(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)
White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint)	45	86.49	0.00	0.00	0.00	4.80	124.93	12.49	0.00	12.49	0.00	8.65	0.00	288.31	480.51	1.15	4.80	0.00(M)	(M)