

# Menu Cycle Week – Nutrient Analysis

Menu Cycle: 22-23 DCPS Term 3 BIC 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]	496.14	
Total Fat (g)		8.04	14.59
Sat Fat (g)(1)	< 10.00 % of Calories	2.00	3.62
Trans Fat (g)(2)		0.02	
Chol (mg)		10.32	
Sodium Target 1 (mg) (1)	<= 540.00	352.70	
Carb (g)		94.63	76.29
Total Fiber (g)		7.85	
Total Sugars (g)		61.25	49.38
Added Sugars (g)		14.95(M)	
Protein (g)		14.82	11.95
Iron (mg)		2.86(M)	
Calcium (mg)		396.81(M)	
VitA (IU)		1,817.45(M)	
VitC (mg)		46.26(M)	
VitD (mcg)		5.29(M)	
Potassium (mg)		575.96(M)	
Mois (g)		95.72(M)	
Ash (g)		0.54(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		[0.000 - 1.000]	
Grains	[9.000 - 10.000]	[10.000 - 11.250](a)	
Non-WGR		0.000	
WGR	>= 80.000 % of	45.250	100.00
Grain-D		0.000	
Fruit	>= 5.000	[5.250 - 5.750]	
Fruit-J	<= 50.000 % of	0.000	0.00
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	

## 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.

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.

# 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>22-23 DCPS Term 3 BIC Week 4 Day 1 - Day: 1</b>	100																			
<b>Category: Entrée/Combo; May Choose: 1</b>																				
Blueberry Muffin ICM 2 grain - SMR1720 (1 ea.)	30	270.00	9.00	2.00	0.00	0.00	210.00	38.00	2.00	16.00	15.00	5.00	1.30	40.00	0.00(M)	0.00(M)	0.00	100.00	0.00(M)	
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)	10	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)	
Hadley Farms, Strawberry Guava Danish, 3.2 oz, 2 WG, IW - SMR1967 (1 Danish)	35	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)	
<b>Category: Grains; May Choose: 1</b>																				
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)	
<b>Category: Fruit; May Choose: 2</b>																				
C - Pears, canned, diced, packed in juice, drained - SR1194 (1/2 c.)	100	59.31	0.08	0.00	0.00	0.00	4.75	15.35	1.90	11.51	0.00	0.40	0.34	10.68	7.12	1.90	0.00	113.88	(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	
<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)	
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)	

# 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)	
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)	
<b>22-23 DCPS Term 3 BIC Week 4 Day 2 - Day: 2</b>	100																			
<b>Category: Entrée/Combo; May Choose: 1</b>																				
Apple Muffin ICM 2 grain - SMR1721 (1 ea.)	20	240.00	8.00	2.00	0.00	0.00	220.00	34.00	2.00	15.00	13.00	5.00	1.10	50.00	0.00(M)	0.00(M)	0.00	110.00	0.00(M)	
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)	10	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)	10	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)	
Wild Berry Ultra Bread Slice, IW, WG, Super Bakery, 3.4 oz. - SR3017 (1 pkg.)	50	271.10	8.03	1.51	0.00	0.00	251.02	45.18	2.01	24.10	24.10	5.02	1.00	46.19	0.00(M)	0.00(M)	0.00	173.70	(M)	
<b>Category: Grains; May Choose: 1</b>																				
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)	
<b>Category: Fruit; May Choose: 2</b>																				
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	
Warm Berries - SR2617 (1/2 c.)	100	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)	
<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)	
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)	

# 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)
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)
<b>22-23 DCPS Term 3 BIC Week 4 Day 3 - Day: 3</b>	100																		
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Blueberry Muffin ICM 2 grain - SMR1720 (1 ea.)	35	270.00	9.00	2.00	0.00	0.00	210.00	38.00	2.00	16.00	15.00	5.00	1.30	40.00	0.00(M)	0.00(M)	0.00	100.00	0.00(M)
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)	10	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)	10	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)
Waffles, mini/bites, Maple Madness, Pillsbury (CACFP) - SR2422 (1 pkg.)	35	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)
<b>Category: Grains; May Choose: 1</b>																			
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)
<b>Category: Fruit; May Choose: 2</b>																			
C - Baked Cinnamon Raisin Apples, brown sugar - SR1238 (3/8 c.)	100	123.28	1.85	0.75	0.00	0.00	30.64	27.29	2.30	22.94	10.01 (M)	0.41	0.34	24.71	83.33 (M)	0.00(M)	0.00(M)	84.08 (M)	0.00(M)
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: 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)
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)

# Menu Cycle Week – Nutrient Analysis

Generated on: 2/21/2023 1:49:35 PM by Carolyn Adams

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)
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)
<b>Category: Condiment; May Choose: 1</b>																			
Syrup, maple flavor, bulk - SR1158 (2 tbsp.)	20	105.00	0.00	0.00	0.00	0.00	47.50	26.00	0.00	14.50	(M)	0.00	0.01	0.50	2.75	0.01	0.00	10.50	(M)
<b>22-23 DCPS Term 3 BIC Week 4 Day 4 - Day: 4</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Apple Muffin ICM 2 grain - SMR1721 (1 ea.)	10	240.00	8.00	2.00	0.00	0.00	220.00	34.00	2.00	15.00	13.00	5.00	1.10	50.00	0.00(M)	0.00(M)	0.00	110.00	0.00(M)
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)	15	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)
Mini Bagels, Pillsbury, cinnamon creamy cheese - SR1162 (1 pkg.)	60	191.06	4.69	1.79	0.14	7.45	154.84	34.02	2.00	10.70	9.66	4.76	1.31	24.15	0.00(M)	0.00(M)	0.00	114.95	(M)
<b>Category: Grains; May Choose: 1</b>																			
Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.)	25	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)
<b>Category: Fruit; May Choose: 2</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)
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: 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)	Moisture (g)
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)
<b>22-23 DCPS Term 3 BIC Week 4 Day 5 - Day: 5</b>	100																		
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Blueberry Muffin ICM 2 grain - SMR1720 (1 ea.)	20	270.00	9.00	2.00	0.00	0.00	210.00	38.00	2.00	16.00	15.00	5.00	1.30	40.00	0.00(M)	0.00(M)	0.00	100.00	0.00(M)
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)
Parfait, Just Peachy, 9 oz - SR1503 (1 parfait)	60	263.49	3.84	0.70	0.01	1.93	125.68	53.31	3.40	36.94	15.43	5.92	0.84	137.04	794.29 (M)	6.37(M)	1.93	424.85	0.00(M)
<b>Category: Grains; May Choose: 1</b>																			
Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.)	80	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)
<b>Category: Fruit; May Choose: 2</b>																			
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)
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)
<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

Generated on: 2/21/2023 1:49:35 PM by Carolyn Adams

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)
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)