

Menu Cycle Week – Nutrient Analysis

Generated on: 2/22/2023 10:06:23 AM by Carolyn Adams

Menu Cycle: 22-23 DCPS Term 3 Core Breakfast
 Week: 3
 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]	477.20	
Total Fat (g)		9.38	17.69
Sat Fat (g)(1)	< 10.00 % of Calories	3.80	7.17
Trans Fat (g)(2)		0.02	
Chol (mg)		30.79	
Sodium Target 1 (mg) (1)	<= 540.00	442.02	
Carb (g)		85.18	71.40
Total Fiber (g)		7.72	
Total Sugars (g)		49.94	41.86
Added Sugars (g)		9.41(M)	
Protein (g)		17.04	14.29
Iron (mg)		2.91(M)	
Calcium (mg)		406.38(M)	
VitA (IU)		1,757.44(M)	
VitC (mg)		33.80(M)	
VitD (mcg)		5.31(M)	
Potassium (mg)		550.84(M)	
Mois (g)		128.45(M)	
Ash (g)		0.59(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		[0.000 - 5.000]	
Grains	[9.000 - 10.000]	[10.000 - 23.000](ca)	
Non-WGR		0.000	
WGR	>= 80.000 % of	49.500	100.00
Grain-D		0.000	
Fruit	>= 5.000	6.250	
Fruit-J	<= 50.000 % of	0.500	8.00
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.

c Schools may substitute 1 oz. M/MA for Grains after the minimum daily Grains requirement is met.

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)	
22-23 DCPS Term 3 Core Breakfast Week 3 Day 1 - Day: 1	100																			
Category: Entrée/Combo; May Choose: 1																				
Bagel, wheat, bulk, Burry, 2.3 oz (CACFP) - SR1168 (1 bagel)	35	170.00	1.00	0.00	0.00	0.00	310.00	35.00	4.00	3.00	3.00	6.00	2.00	15.00	0.00(M)	0.00(M)	0.00	137.00	(M)	
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)	
Category: Meat/MA; May Choose: 1																				
Mozzarella String Cheese Stick, Part Skim, USDA - SR3035 (1 stick.)	15	90.00	7.00	5.00	0.00	20.00	200.00	0.00	0.00	0.00	0.00	7.00	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																				
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 - Apple, fresh, whole, unpeeled, ready-to-serve, 163 ct - SR1161 (1 extra smal)	100	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	
Category: Milk; May Choose: 1																				

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)
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																			
Light Cream Cheese, 0.75 portion cup - SR1169 (3/4 oz.)	35	44.54	3.55	2.25	0.13	12.80	80.37	1.71	0.05	1.10	(M)	1.57	0.05	23.60	275.35	0.00	(M)	(M)	(M)
22-23 DCPS Term 3 Core Breakfast Week 3 Day 2 - Day: 2		100																	
Category: Entrée/Combo; 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)
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)
Category: Meat/MA; May Choose: 1																			
Mozzarella String Cheese Stick, Part Skim, USDA - SR3035 (1 stick.)	15	90.00	7.00	5.00	0.00	20.00	200.00	0.00	0.00	0.00	0.00	7.00	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)

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)
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																			
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
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
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)
22-23 DCPS Term 3 Core Breakfast Week 3 Day 3 - Day: 3																			
Category: Entrée/Combo; 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)
Frudel, apple, strudel stick, Pillsbury - SR1747 (1 pkg.)	35	174.98	4.88	0.78	0.07	0.33	216.38	30.42	1.89	8.78	8.00	3.83	1.30	14.43	0.00(M)	0.00(M)	0.00	92.69	(M)
Category: Meat/MA; May Choose: 1																			
Mozzarella String Cheese Stick, Part Skim, USDA - SR3035 (1 stick.)	15	90.00	7.00	5.00	0.00	20.00	200.00	0.00	0.00	0.00	0.00	7.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	(M)
Category: Grains; May Choose: 1																			

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)
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																			
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
Mixed Fruit, fruit cocktail (peach, pear, pineapple, apple, banana), RECIPE - SR1209 (1/2 c.)	100	60.68	0.09	0.02	0.00	0.00	3.17	15.80	1.80	12.21	0.00	0.54	0.25	10.71	183.26 (M)	3.57(M)	0.00	164.43	7.77(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.)	35	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 3 Core Breakfast Week 3 Day 4 - Day: 4																			

Menu Cycle Week – Nutrient Analysis

Generated on: 2/22/2023 10:06:23 AM 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)
Category: Entrée/Combo; May Choose: 1																			
Biscuit with Old Fashioned Country Gravy - SR1339 (1 ea.)	35	232.87	11.42	8.19	0.00	0.00	489.47	28.57	2.08	2.00	2.00(M)	4.37	1.55	156.27	0.64(M)	0.01(M)	0.00(M)	192.14 (M)	51.97 (M)
Ice Cream Machine, Oatmeal Round Tropical Mango/Pineapple, 2.5 oz, 2 WG IW - SMR1966 (1 round piec)	35	260.00	7.00	2.00	0.00	0.00	140.00	39.00	4.00	14.00	13.00	6.00	1.60	20.00	0.00	2.00	0.00	160.00	0.00(M)
Category: Meat/MA; May Choose: 1																			
Mozzarella String Cheese Stick, Part Skim, USDA - SR3035 (1 stick.)	15	90.00	7.00	5.00	0.00	20.00	200.00	0.00	0.00	0.00	0.00	7.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	(M)
Sausage, link, turkey, 1.025 oz - SR2332 (1 link)	35	60.00	4.00	1.00	0.00	30.00	90.00	0.00	0.00	0.00	0.00	6.00	0.40	0.00	0.00(M)	0.00(M)	0.00	0.00	(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																			
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 - Apple, fresh, whole, unpeeled, ready-to-serve, 163 ct - SR1161 (1 extra smal)	100	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64

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: 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 3 Core Breakfast Week 3 Day 5 - Day: 5																			
Category: Entrée/Combo; May Choose: 1																			
Breakfast Sandwich, bagel, egg, American (CACFP) - SR1644 (1 sandwich)	35	285.00	9.50	3.50	0.00	107.50	555.00	37.00	4.00	3.50	3.00(M)	11.50	2.00(M)	33.00 (M)	0.00(M)	0.00(M)	1.00(M)	183.00 (M)	(M)
Yogurt, Strawberry Banana Bash, Trix 4 oz (CACFP) - SR1145 (1 4 oz conta)	30	80.00	0.50	0.00	0.00	5.00	65.00	15.00	0.00	9.00	5.00	4.00	0.00	140.00	120.00	0.00(M)	2.30	210.00	(M)
Category: Meat/MA; May Choose: 1																			
Mozzarella String Cheese Stick, Part Skim, USDA - SR3035 (1 stick.)	15	90.00	7.00	5.00	0.00	20.00	200.00	0.00	0.00	0.00	0.00	7.00	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.)	50	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)

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)
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)
Tangerines, (mandarin oranges), raw, whole, 150 CT - SR3520 (1 ea.)	100	39.64	0.23	0.03	0.00	0.00	1.50	9.98	1.35	7.91	(M)	0.61	0.11	27.68	509.39	19.97	0.00	124.17	63.71
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)