

Menu Cycle Week – Nutrient Analysis

Generated on: 2/22/2023 10:09:12 AM by Carolyn Adams

Menu Cycle: 22-23 DCPS Term 3 Core Breakfast
 Week: 4
 Result: **Fail**

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]	494.23	
Total Fat (g)		9.80	17.84
Sat Fat (g)(1)	< 10.00 % of Calories	3.67	6.68
Trans Fat (g)(2)		0.01	
Chol (mg)		42.62	
Sodium Target 1 (mg) (1)	<= 540.00	408.42	
Carb (g)		88.97	72.01
Total Fiber (g)		8.08	
Total Sugars (g)		54.87	44.41
Added Sugars (g)		12.01(M)	
Protein (g)		16.55	13.40
Iron (mg)		2.96(M)	
Calcium (mg)		388.42(M)	
VitA (IU)		1,714.27(M)	
VitC (mg)		45.57(M)	
VitD (mcg)		4.89(M)	
Potassium (mg)		604.81(M)	
Mois (g)		111.32(M)	
Ash (g)		0.56(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		[0.000 - 4.000]	
Grains	[9.000 - 10.000]	[10.000 - 23.250] (bca)	
Non-WGR		0.000	
WGR	>= 80.000 % of	47.750	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.

b The daily requirement for Grains must be met before substitution of M/MA for Grains is allowed.

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

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 4 Day 1 - Day: 1	100																		
Category: Entrée/Combo; May Choose: 1																			
Breakfast Pizza, sausage, bulk Tonys (CACFP) - SR1167 (1 slice)	35	210.00	7.00	2.00	0.00	15.00	350.00	27.00	3.00	5.00	2.00	9.00	1.90	146.00	0.00	0.00	0.00	330.00	(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)
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, 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 - 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)

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)
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																			
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 4 Day 2 - Day: 2																			
Category: Entrée/Combo; May Choose: 1																			
Cereal, hot, oatmeal (CACFP) - SR1483 (1/2 c.)	30	126.94	2.54	0.42	0.00	0.00	4.23	22.85	3.38	0.85	0.00	4.23	1.27	21.15	0.00(M)	0.00(M)	0.00	128.35	85.15 (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)
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)
Wild Berry Ultra Bread Slice, IW, WG, Super Bakery, 3.4 oz. - SR3017 (1 pkg.)	35	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)
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)

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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: Grains; May Choose: 1																				
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)	
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	
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)	
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 4 Day 3 - Day: 3		100																		
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)	
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																				
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)	

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, 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 - 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
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)	20	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)	20	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 4 Day 4 - Day: 4																			
Category: Entrée/Combo; May Choose: 1																			
Cheesy Grits - SMR1078 (2/3 c.)	35	212.85	7.55	3.92	0.00	19.61	168.79	28.24	1.95	0.00	0.00	7.63	1.66	155.88	0.00(M)	0.00(M)	0.16	66.66	149.80 (M)
Mini Bagels, Pillsbury, cinnamon creamy cheese - SR1162 (1 pkg.)	35	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)
Category: Meat/MA; May Choose: 1																			

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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)
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																			
Biscuit, baked, whole grain, Easy Split, 2 oz (CACFP) - SR1598 (1 biscuit)	35	190.00	9.00	6.00	0.00	0.00	310.00	24.00	2.00	2.00	2.00	4.00	1.44	150.00	0.00(M)	0.00(M)	0.00	188.00	(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)
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																			
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)

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 4 Day 5 - Day: 5	100																		
Category: Entrée/Combo; May Choose: 1																			
Cheesy Scrambled Eggs, cheddar, RECIPE - SR1192 (1/4 c.)	35	102.50	6.75	2.42	0.00	228.75	101.67	0.00	0.00	0.00	0.00	8.50	1.33	50.75	0.00(M)	0.00(M)	1.35	85.75	0.00(M)
Parfait, Just Peachy, 9 oz - SR1503 (1 parfait)	35	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)
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, 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)
Toast, wheat, buttered (CACFP) - SR1159 (1 slice)	35	89.05	3.10	0.86	0.00	0.00	180.95	13.00	1.00	1.00	1.00(M)	3.00	1.00	21.00	95.24 (M)	0.00(M)	0.00(M)	57.00 (M)	(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)

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)
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)
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)