

# Menu Cycle Week – Nutrient Analysis

Generated on: 1/19/2023 9:20:55 AM by Carolyn Adams

Menu Cycle: 22-23 DCPS Term 3 ECE Breakfast  
 Week: 5  
 Result: Pass

Meal Pattern: [USDA]Meal Pattern SY 2014+  
 Meal Type: Breakfast  
 Serving Group: PK  
 Site Group: Inspire

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	>= 388.00	408.75	
Total Fat (g)	<= 30.00 % of Calories	6.24	13.74
Sat Fat (g)(1)	< 10.00 % of Calories	1.60	3.52
Trans Fat (g)(2)		0.06	
Chol (mg)		12.52	
Sodium (mg)(13)		365.63	
Carb (g)		76.46	74.82
Total Fiber (g)		4.80	
Total Sugars (g)		45.80	44.82
Added Sugars (g)		15.76(M)	
Protein (g)	>= 5.00	14.63	14.31
Iron (mg)	>= 2.50	2.89(M)	
Calcium (mg)	>= 200.00	398.95(M)	
VitA (IU)	>= 565.00	737.09(M)	
VitC (mg)	>= 11.00	13.14(M)	
VitD (mcg)		5.63(M)	
Potassium (mg)		394.69(M)	
Mois (g)		15.73(M)	
Ash (g)		0.04(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		0.000	
Grains		[13.000 - 14.250]	
Non-WGR		0.000	
WGR		28.250	
Grain-D		0.000	
Fruit		2.750	
Fruit-J		0.000	
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	
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.

3 Sodium Target 1A will be marked in orange if exceeded prior to the effective date of July 1, 2023 and does not impact pass/fail compliance prior to that date.

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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)	
<b>22-23 DCPS ECE Term 3 Breakfast W5D1 - Day: 1</b>	100																			
<b>Category: Entrée/Combo; May Choose: 1</b>																				
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)	
Rice Chex Bowlpak - SMR1304 (1 bowl)	5	100.00	0.50	0.00	0.00	0.00	250.00	24.00	1.00	2.00	0.00(M)	2.00	9.00	100.00	500.00	6.00	2.00	50.00	0.00(M)	
Yogurt, Strawberry Banana Bash, Trix 4 oz (CACFP) - SR1145 (1 4 oz conta)	85	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)	
<b>Category: Grains; May Choose: 1</b>																				
Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.)	30	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: 1</b>																				
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	
<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)	
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 ECE Term 3 Breakfast W5D2 - Day: 2</b>	100																			
<b>Category: Entrée/Combo; May Choose: 1</b>																				
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)	Moisture (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)
French Toast, mini/bites, Cinnamon Rush, Pillsbury (CACFP) - SR2222 (1 pkg.)	85	178.43	5.40	0.90	0.07	1.13	157.65	29.48	2.02	8.93	8.25	3.08	1.35	60.98	0.00(M)	0.00(M)	0.00	169.35	(M)
Rice Chex Bowlpak - SMR1304 (1 bowl)	5	100.00	0.50	0.00	0.00	0.00	250.00	24.00	1.00	2.00	0.00(M)	2.00	9.00	100.00	500.00	6.00	2.00	50.00	0.00(M)
<b>Category: Grains; May Choose: 1</b>																			
Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.)	15	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: 1</b>																			
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)
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.)	20	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>Category: Condiment; May Choose: 1</b>																			
Pancake & Waffle Syrup, PC - SMR1210 (1 fl. oz.)	85	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)
<b>22-23 DCPS ECE Term 3 Breakfast W5D3 - Day: 3</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Bagel, wheat, bulk, Burry, 2.3 oz (CACFP) - SR1168 (1 bagel)	85	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)
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)

# 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)	
Rice Chex Bowlpak - SMR1304 (1 bowl)	5	100.00	0.50	0.00	0.00	0.00	250.00	24.00	1.00	2.00	0.00(M)	2.00	9.00	100.00	500.00	6.00	2.00	50.00	0.00(M)	
<b>Category: Grains; May Choose: 1</b>																				
Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.)	30	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: 1</b>																				
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)	
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>																				
Light Cream Cheese, 0.75 portion cup - SR1169 (3/4 oz.)	85	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)	
<b>22-23 DCPS ECE Term 3 Breakfast WSD4 - Day: 4</b>		100																		
<b>Category: Menu Item &amp; Assembly; May Choose: 1</b>																				
Frudel, apple, strudel stick, Pillsbury - SR1747 (1 pkg.)	85	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)	
<b>Category: Entrée/Combo; May Choose: 1</b>																				
Cereal, ready-to-eat, Cheerios, bowlpak 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, bowlpak 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)	
Rice Chex Bowlpak - SMR1304 (1 bowl)	5	100.00	0.50	0.00	0.00	0.00	250.00	24.00	1.00	2.00	0.00(M)	2.00	9.00	100.00	500.00	6.00	2.00	50.00	0.00(M)	
<b>Category: Grains; May Choose: 1</b>																				

# 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)
Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.)	30	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: 1</b>																			
Applesauce, canned, unsweetened - SR1195 (1/2 c.)	100	55.86	0.15	0.03	0.00	0.00	10.49	12.58	1.51	11.53	0.00	0.32	0.08	5.24	0.00(M)	4.66	0.00	115.29	(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.)	20	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 ECE Term 3 Breakfast W5D5 - Day: 5</b>																			
<b>Category: Menu Item &amp; Assembly; May Choose: 1</b>																			
Waffles, mini/bites, Blueberry Bash, Pillsbury (CACFP) - SR2443 (1 pkg.)	85	190.05	5.11	0.77	0.07	0.49	154.63	32.83	1.82	10.64	10.01	3.15	1.26	23.31	0.00(M)	0.00(M)	0.00	107.80	(M)
<b>Category: Entrée/Combo; May Choose: 1</b>																			
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)
Rice Chex Bowlpak - SMR1304 (1 bowl)	5	100.00	0.50	0.00	0.00	0.00	250.00	24.00	1.00	2.00	0.00(M)	2.00	9.00	100.00	500.00	6.00	2.00	50.00	0.00(M)
<b>Category: Grains; May Choose: 1</b>																			
Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.)	15	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: 1</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)

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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)	Moisture (g)
<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.)	20	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>Category: Condiment; May Choose: 1</b>																			
Pancake & Waffle Syrup, PC - SMR1210 (1 fl. oz.)	85	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)