

Menu Cycle Week – Nutrient Analysis

Menu Cycle: 22-23 DCPS Term 3 Snack
 Week: 1
 Result: Pass

Meal Pattern: [USDA] CACFP Meal Pattern
 Meal Type: Snack
 Serving Group: Ages 1-2
 Site Group: Inspire

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)		197.58	
Total Fat (g)		8.24	37.55
Sat Fat (g)		2.25	10.23
Trans Fat (g)(1)		0.00	
Chol (mg)		7.05	
Sodium (mg)		274.49	
Carb (g)		23.87	48.32
Total Fiber (g)		2.08	
Total Sugars (g)		9.73	19.70
Added Sugars (g)		2.20(M)	
Protein (g)		6.96	14.10
Iron (mg)		2.21(M)	
Calcium (mg)		129.00(M)	
VitA (IU)		218.05(M)	
VitC (mg)		2.29(M)	
VitD (mcg)		1.27(M)	
Potassium (mg)		142.33(M)	
Mois (g)		12.34(M)	
Ash (g)		0.10(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		4.000	
Grains		4.000	
Non-WGR		0.000	
WGR		4.000	
Grain-D		0.000	
Fruit		0.500	
Fruit-J		0.000	
Veg		0.500	
Veg-DG		0.000	
Veg-RO		0.000	
Veg-BP		0.000	
Veg-S		0.000	
Veg-O		0.500	
Veg-X		0.000	
Vegetable-J		0.000	
MILK-F		1.000	
MILK-V		Pass	

Legend

Snacks need to serve 2 of the 5 components.

(M) Indicates missing nutrient values.

1 Trans Fat is provided for informational purposes, not for monitoring purposes.

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 Snack W1D1 - Day: 1	100																		

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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)	
Category: Grains; May Choose: 1																				
Annie's Bunny Grahams - SMR1293 (1 pkg.)	100	130.00	4.50	0.00	0.00	0.00	120.00	22.00	1.00	6.00	(M)	2.00	0.50	200.00	(M)	(M)	0.00	0.00	(M)	
Category: Fruit; May Choose: 1																				
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)	
22-23 DCPS Term 3 Snack W1D2 - Day: 2		100																		
Category: Meat/MA; May Choose: 1																				
Yoplait Light Fat Free Yogurt Blueberry Patch - SMR1308 (4 oz.)	100	60.00	0.00	0.00	0.00	0.00	60.00	11.00	0.00	6.00	(M)	4.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	
Category: Grains; May Choose: 1																				
Cereal, granola, oats n honey, WGR, Nature Valley - SR2331 (1/4 c.)	100	85.62	3.12	0.37	0.01	0.00	65.27	12.83	1.10	4.77	4.77	1.47	0.37	6.42	0.00(M)	0.00(M)	0.00	38.32	(M)	
22-23 DCPS Term 3 Snack W1D3 - Day: 3		100																		
Category: Meat/MA; May Choose: 1																				
Mozzarella String Cheese Stick, Part Skim, USDA - SR3035 (1 stick.)	100	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: Vegetable; May Choose: 1																				
O - Celery Sticks, fresh, 1/2-inch by 4-inch, ready-to-serve - SR1014 (6 stick.)	100	10.34	0.11	0.03	0.00	0.00	51.71	1.92	1.03	0.87	0.00	0.45	0.13	25.86	290.23	2.00	0.00	168.06	61.68	
22-23 DCPS Term 3 Snack W1D4 - Day: 4		100																		
Category: Meat/MA; May Choose: 1																				
Hummus, Classic, Sabra, Bulk - SR2044 (1/2 c.)	100	279.98	20.00	4.00	0.00	0.00	479.96	16.00	4.00	0.00	0.00(M)	8.00	2.40	40.00	0.00(M)	0.00(M)	0.00	359.97	0.00(M)	
Category: Grains; May Choose: 1																				
Snack-Oven Fired Flatbread, Richs 6x6 whole grain (1/2 flatbread = 1 oz eq grain) - SMR2033 (1/2 piece)	100	45.00	1.25	0.25	0.00	0.00	82.50	7.00	0.75	0.50	0.25	1.50	0.40	7.50	(M)	(M)	0.13	30.00	(M)	
22-23 DCPS Term 3 Snack W1D5 - Day: 5		100																		
Category: Grains; May Choose: 1																				

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Cereal, ready-to-eat, Cinnamon Chex, bowlpack 1 oz (CACFP) - SR2336 (1 bowl)	100	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)	
Category: Milk; May Choose: 1																				
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	100	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.)	0	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)	0	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)	