

Menu Cycle Week – Nutrient Analysis

Menu Cycle: 22-23 DCPS Term 3 Snack
 Week: 3
 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)		247.64	
Total Fat (g)		13.74	49.94
Sat Fat (g)		2.92	10.60
Trans Fat (g)(1)		0.00	
Chol (mg)		7.05	
Sodium (mg)		269.15	
Carb (g)		23.94	38.67
Total Fiber (g)		2.92	
Total Sugars (g)		12.04	19.45
Added Sugars (g)		4.00(M)	
Protein (g)		8.52	13.76
Iron (mg)		2.77(M)	
Calcium (mg)		100.09(M)	
VitA (IU)		307.77(M)	
VitC (mg)		10.98(M)	
VitD (mcg)		1.24(M)	
Potassium (mg)		211.37(M)	
Mois (g)		11.71(M)	
Ash (g)		0.05(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		7.000	
Grains		2.000	
Non-WGR		0.000	
WGR		2.000	
Grain-D		0.000	
Fruit		1.500	
Fruit-J		0.000	
Veg		1.250	
Veg-DG		0.000	
Veg-RO		0.750	
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 W3D1 - Day: 1	100																		

Menu Cycle Week – Nutrient Analysis

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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: Entrée/Combo; May Choose: 1																			
Hummus, Original, scratch - SR1412 (2/3 c.)	0	249.18	13.98	0.85	0.01	0.00	402.26	24.36	4.59	4.56	0.00	7.95	1.74	39.09	0.16(M)	0.55(M)	0.00	285.39	3.30(M)
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: Vegetable; May Choose: 1																			
O - Cucumbers, unpared, 1/4-inch sliced, ready-to-serve - SR1013 (1/2 c.)	100	9.22	0.07	0.02	0.00	0.00	1.23	2.23	0.31	1.03	0.00	0.40	0.17	9.84	64.54	1.72	0.00	90.36	58.54
22-23 DCPS Term 3 Snack W3D2 - Day: 2																			
Category: Grains; May Choose: 1																			
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)
22-23 DCPS Term 3 Snack W3D3 - Day: 3																			
Category: Grains; May Choose: 1																			
Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.)	100	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: 1																			
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)
22-23 DCPS Term 3 Snack W3D4 - Day: 4																			
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)	Moisture (g)
Sunbutter - SR2420 (1/4 c.)	100	400.00	34.00	4.00	0.00	0.00	260.00	14.00	4.00	6.00	14.00	14.00	2.88	40.00	(M)	(M)	0.00	380.00	(M)
Category: Fruit; May Choose: 1																			
Apples, Sliced, Fresh Peterson Farms Snack Serving Size - SMR1708 (1 c.)	100	60.00	0.00	0.00	0.00	0.00	0.00	14.00	2.00	12.00	(M)	0.00	0.00	40.00	0.00	42.00	(M)	(M)	0.00(M)
22-23 DCPS Term 3 Snack W3D5 - Day: 5																			
Category: Meat/MA; May Choose: 1																			
Mozzarella String Cheese Stick, 1 oz - SR1146 (1 stick.)	0	80.00	6.00	3.50	0.00	15.00	190.00	0.00	0.00	0.00	0.00	7.00	0.00	198.00	(M)	(M)	0.00	25.00	(M)
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																			
Carrots, Fresh Baby, ready-to-serve 6oz - SMR1611 (3/4 c.)	0	24.81	0.09	0.02	0.00	0.00	55.28	5.84	2.06	3.37	0.00	0.45	0.63	22.68	9773.50	1.84	0.00	167.97	(M)