

Menu Cycle Week – Nutrient Analysis

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

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

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)		512.14	
Total Fat (g)		15.40	27.06
Sat Fat (g)		6.20	10.90
Trans Fat (g)(1)		0.00	
Chol (mg)		34.38	
Sodium (mg)		774.49	
Carb (g)		67.21	52.50
Total Fiber (g)		7.16	
Total Sugars (g)		29.16	22.78
Added Sugars (g)		2.89(M)	
Protein (g)		27.51	21.48
Iron (mg)		2.78	
Calcium (mg)		674.98	
VitA (IU)		3,903.36(M)	
VitC (mg)		19.53(M)	
VitD (mcg)		3.20(M)	
Potassium (mg)		965.54(M)	
Mois (g)		45.83(M)	
Ash (g)		0.53(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	>= 1.000	1.000	
Grains	>= 0.500	1.000	
Non-WGR		0.000	
WGR		1.000	
Grain-D		0.000	
Fruit	>= 0.125	0.250	
Fruit-J		0.000	
Veg	>= 0.125	0.250	
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	>= 0.500	1.000	
MILK-V		Pass	

Legend

(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 Supper Menu 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)	Mois (g)
Category: Entrée/Combo; May Choose: 1																			
Baked Penne Pasta, whole wheat - SR1133 (1 c.)	100	392.48	14.50	6.99	0.00	35.67	1085.80	47.62	6.08	10.76	1.43	19.14	2.37	445.17	0.00(M)	0.00(M)	0.10	641.21	0.00(M)
Category: Grains; May Choose: 1																			
Dinner Roll, Richs WG 1.25 oz - SR1010 (1 roll.)	100	80.00	1.50	0.00	0.00	0.00	65.00	14.00	2.00	2.00	2.00	3.00	0.80	10.00	0.00(M)	0.00(M)	0.40	50.00	(M)
Category: Fruit; May Choose: 1																			
Peaches, cling, diced, canned in pear juice, drained - SR1196 (1/4 c.)	100	38.94	0.03	0.00	0.00	0.00	3.54	10.24	1.15	9.09	0.00	0.56	0.24	5.31	337.14	3.19	0.00	113.27	0.00(M)
Category: Vegetable; May Choose: 1																			
Mixed Garden Vegetables, carrots, corn, green beans, peas (1/2c = 1/8c red + 1/4c starchy+1/8c other Summer - SMR1749 (1/4 c.)	100	26.50	0.23	0.04	0.00	0.00	49.60	5.61	1.59	1.66	0.00	1.15	0.38	12.92	2440.78 (M)	3.51(M)	0.00	88.79	29.11 (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)
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	45	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	0.00	8.22	0.07	305.00	478.24	0.00	2.93	366.00	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	45	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	0.00	8.26	0.07	298.90	499.80	0.00	2.94	382.20	(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)
22-23 DCPS Term 3 Supper Menu W1D2 - Day: 2																			
Category: Entrée/Combo; May Choose: 1																			
Cheese Pizza, 8-cut, Big Daddy's Bold 16-inch - SR2081 (1 slice)	100	400.00	16.00	7.00	0.00	35.00	440.00	43.00	4.00	7.00	1.00	19.00	2.40	341.00	400.00	0.00	0.00	468.00	(M)
Category: Fruit; May Choose: 1																			
Apples, Sliced, Fresh Peterson Farms - SMR1658 (1/2 c.)	100	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	(M)	0.00	0.00	20.00	0.00	21.00	(M)	(M)	0.00(M)
Category: Vegetable; May Choose: 1																			

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Menu Item (Serving Size)	Plan Qty	Calorie s (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)	Calciu m (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)
Carrots, coins, seasoned HS - SMR1665 (1/4 c.)	100	44.49	3.01	0.26	0.00	0.00	33.74	4.61	1.91	2.32	0.00	0.38	0.34	20.47	9598.01 (M)	1.30(M)	0.00	112.79	54.92 (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)
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	45	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	0.00	8.22	0.07	305.00	478.24	0.00	2.93	366.00	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	45	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	0.00	8.26	0.07	298.90	499.80	0.00	2.94	382.20	(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)
22-23 DCPS Term 3 Supper Menu W1D3 - Day: 3	100																		
Category: Entrée/Combo; May Choose: 1																			
Grilled Cheese Sandwich, american cheese, mozzarella cheese, whole grain, reduced sodium - SMR1434 (1 sandwich)	100	280.32	9.91	5.56	0.00	31.85	580.79	30.96	3.00	5.65	0.93	18.55	1.64	465.89	523.96	0.00	0.04	86.62	(M)
Category: Fruit; May Choose: 1																			
Applesauce, canned, unsweetened (1/2c = 4.5 oz = 1/2c fruit) , Recipe - SMR1770 (1/4 c.)	100	27.86	0.08	0.01	0.00	0.00	5.23	6.28	0.75	5.75	0.00	0.16	0.04	2.62	0.00(M)	2.32	0.00	57.51	(M)
Category: Vegetable; May Choose: 1																			
Seasoned Potato Wedges - SMR1347 (1/4 c.)	100	66.38	2.21	0.28	0.00	2.77	77.44	11.06	1.11	0.00	0.00	1.11	0.22	5.53	0.00(M)	0.00(M)	0.00	127.23	(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)
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	45	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	0.00	8.22	0.07	305.00	478.24	0.00	2.93	366.00	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	45	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	0.00	8.26	0.07	298.90	499.80	0.00	2.94	382.20	(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)
Category: Condiment; 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)	
Ketchup, Heinz 1.5 gallon dispenser pack - SR1004 (1 pump)	1	20.31	0.01	0.00	0.00	0.00	175.46	4.63	0.21	3.93	3.51	0.16	0.05	1.61	0.00(M)	0.00(M)	0.00	40.51	(M)	
22-23 DCPS Term 3 Supper Menu W1D4 - Day: 4	100																			
Category: Entrée/Combo; May Choose: 1																				
Cheesy Breadstick - SMR1740 (1 ea.)	100	145.09	5.50	3.00	0.00	15.01	250.15	14.01	1.00	2.50	0.50	9.51	0.95	180.11	40.02	0.00	0.00	145.09	(M)	
Category: Fruit; May Choose: 1																				
Pears, canned, diced, packed in juice, drained (1/2c=3.4 oz=1/2c fruit), Recipe - SMR1775 (1/4 c.)	100	24.63	0.03	0.00	0.00	0.00	1.97	6.38	0.79	4.78	0.00	0.17	0.14	4.43	2.96	0.79	0.00	47.30	(M)	
Category: Vegetable; May Choose: 1																				
Salad, Caesar, side, traditional - SR1428 (1/2 c.)	100	84.91	7.90	1.64	0.00	6.88	162.53	2.81	0.60	0.34	0.00	1.48	0.28	26.49	2469.24 (M)	1.13(M)	0.00	76.81	26.82 (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)	
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	45	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	0.00	8.22	0.07	305.00	478.24	0.00	2.93	366.00	(M)	
Regional Milk, White, Skim - SR1002 (1 Half Pint)	45	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	0.00	8.26	0.07	298.90	499.80	0.00	2.94	382.20	(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)	
Category: Condiment; May Choose: 1																				
Marinara Sauce, homemade - SR1430 (1/4 c.)	1	29.08	0.31	0.02	0.00	0.00	57.73	5.79	1.30	3.71	0.45(M)	1.18	0.48	13.62	60.06 (M)	1.11(M)	0.22(M)	259.48 (M)	1.21(M)	
22-23 DCPS Term 3 Supper Menu W1D5 - Day: 5	100																			
Category: Entrée/Combo; May Choose: 1																				
Lasagna Rollup Cheese - Tasty Brands - SMR1184 (1 roll.)	100	277.32	4.01	2.06	0.00	5.00	510.06	42.88	4.85	13.15	3.05	17.16	2.36	215.22	0.00(M)	0.00(M)	0.00	705.02	(M)	
Category: Grains; May Choose: 1																				
Dinner Roll, Richs WG 1.25 oz - SR1010 (1 roll.)	100	80.00	1.50	0.00	0.00	0.00	65.00	14.00	2.00	2.00	2.00	3.00	0.80	10.00	0.00(M)	0.00(M)	0.40	50.00	(M)	

Menu Cycle Week – Nutrient Analysis

Generated on: 2/1/2023 12:41:35 PM 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: Fruit; May Choose: 1																			
Oranges, fresh, slices, unpeeled 88ct - SMR1709 (3 slice or w)	100	43.24	0.11	0.01	0.00	0.00	0.00	10.81	2.21	8.60	0.00	0.86	0.09	36.80	207.00	48.94	0.00	166.52	79.81
Category: Vegetable; May Choose: 1																			
DG/O - Broccoli and Carrots, roasted - SR2023 (1/4 c.)	100	42.52	3.56	0.26	0.00	0.00	7.42	2.48	1.27	0.78	0.00(M)	1.22	0.24	14.03	1171.51 (M)	15.44 (M)	0.00(M)	15.12 (M)	38.46 (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)
Regional Milk, White, Lowfat 1% - SR1001 (1 Half Pint)	45	102.48	2.37	1.54	0.00	12.20	107.36	12.18	0.00	12.69	0.00	8.22	0.07	305.00	478.24	0.00	2.93	366.00	(M)
Regional Milk, White, Skim - SR1002 (1 Half Pint)	45	83.30	0.20	0.14	0.00	4.90	102.90	12.15	0.00	12.47	0.00	8.26	0.07	298.90	499.80	0.00	2.94	382.20	(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)