

# Menu Cycle Week – Nutrient Analysis

Menu Cycle: 22-23 DCPS Term 3 Supper Menu  
 Week: 2  
 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)		571.43	
Total Fat (g)		19.01	29.94
Sat Fat (g)		5.79	9.11
Trans Fat (g)(1)		0.01	
Chol (mg)		48.64	
Sodium (mg)		802.95	
Carb (g)		76.97	53.88
Total Fiber (g)		9.90	
Total Sugars (g)		29.52	20.66
Added Sugars (g)		4.86(M)	
Protein (g)		27.68	19.37
Iron (mg)		3.73	
Calcium (mg)		542.73	
VitA (IU)		2,046.24(M)	
VitC (mg)		13.93(M)	
VitD (mcg)		4.60(M)	
Potassium (mg)		1,083.46(M)	
Mois (g)		67.19(M)	
Ash (g)		0.65(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA	> = 1.000	2.000	
Grains	> = 0.500	2.000	
Non-WGR		0.000	
WGR		2.000	
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 W2D1 - Day: 1	100																		

# 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)
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Chicken Salad Sandwich, Hamburger Roll - SMR1406 (1 sandwich)	50	340.32	14.78	2.13	0.00	55.00	489.25	34.28	4.28	5.22	5.00	21.12	2.04	124.20	72.96 (M)	0.50(M)	6.80	434.80	15.52 (M)
Sunbutter & Jelly Sandwich, whole grain bread, sunbutter, Bulk grape jelly, RECIPE - SMR1756 (1 sandwich)	50	614.83	36.05	4.01	0.01	0.01	590.69	59.46	6.12	25.96	29.36	20.06	4.92	83.71	0.00(M)	0.00(M)	0.00	507.68	(M)
<b>Category: Fruit; May Choose: 1</b>																			
C - Mixed Fruit Cocktail, canned, in pear juice, drained - SR1037 (1/2 c.)	100	49.99	0.01	0.00	0.00	0.00	4.35	12.89	1.09	11.80	(M)	0.50	0.23	8.70	331.49	2.93	(M)	(M)	0.00(M)
<b>Category: Vegetable; May Choose: 1</b>																			
O - Cucumbers, unpared, 1/4-inch sliced, ready-to-serve - SR1013 (1/4 c.)	100	4.61	0.03	0.01	0.00	0.00	0.61	1.12	0.15	0.51	0.00	0.20	0.09	4.92	32.27	0.86	0.00	45.18	29.27
<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)
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)
<b>Category: Condiment; May Choose: 1</b>																			
Original Homestyle Ranch Salad Dressing, light, Hidden Valley - SR1003 (1 tbsp.)	1	25.00	1.75	0.25	0.00	2.50	190.00	2.50	0.00	1.00	0.50	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)
<b>22-23 DCPS Term 3 Supper Menu W2D2 - Day: 2</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Bean and Cheese Burrito, 10-inch tortilla - SR1356 (1 burrito)	100	385.96	10.93	5.50	0.00	12.50	533.46	54.74	11.78	3.00	0.00	15.78	2.81	229.20	0.00(M)	0.00(M)	0.10	463.49	78.16 (M)
<b>Category: Fruit; 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)
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)
<b>Category: Vegetable; May Choose: 1</b>																			
Roasted Corn, mexican seasoning - SR1303 (1/4 c.)	100	35.80	0.34	0.05	0.01	0.00	0.82	8.41	1.10	1.41	0.09	1.12	0.27	4.01	1.24(M)	2.60(M)	0.00	106.30	31.04
<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)
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)
<b>Category: Condiment; May Choose: 1</b>																			
Sour Cream, Daisy, cultured, pure and natural - SR1659 (2 tbsp.)	1	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	0.00	1.00	0.00	30.00	0.00(M)	0.00(M)	0.00	40.00	(M)
<b>22-23 DCPS Term 3 Supper Menu W2D3 - Day: 3</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Hamburger, 2.0 oz all beef patty, hamburger roll - SMR1612 (1 burger)	50	250.00	10.00	3.50	0.00	40.00	360.00	25.00	4.00	3.00	(M)	16.00	2.52	40.00	0.00	0.00	(M)	(M)	(M)
Veggie Burger, Grillers Prime patty - SMR1963 (1 burger)	50	290.00	10.00	1.00	0.00	0.00	620.00	33.00	7.00	4.00	3.00	22.00	2.60	150.00	0.00(M)	0.00(M)	6.90	260.00	(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)
<b>Category: Vegetable; May Choose: 1</b>																			
Potato, diced, skin-on roasted, all American deli roaster - SR1401 (1/2 c.)	100	121.25	6.06	1.01	0.00	0.00	252.60	18.19	2.02	1.01	0.00	1.01	0.30	10.10	0.00(M)	0.00(M)	0.00	272.81	(M)
<b>Category: Milk; 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)
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)
<b>Category: Condiment; May Choose: 1</b>																			
Burger Topping, Lettuce, Tomato, Pickle - SR2640 (1 serving)	1	4.54	0.05	0.01	0.00	0.00	157.91	0.97	0.35	0.65	0.00(M)	0.26	0.10	4.36	183.59	2.04	0.00(M)	51.91 (M)	10.58 (M)
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)
Mustard, Heinz 1.5 gallon dispenser pack - SR1603 (1 pump)	1	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	0.00	0.00	0.00	(M)
<b>22-23 DCPS Term 3 Supper Menu W2D4 - Day: 4</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Hearty Garden Salad 612, RECIPE - SMR1382 (1 salad)	100	163.73	3.68	0.84	0.02	88.23	187.06	22.99	6.76	5.67	0.00(M)	10.98	4.22	143.30	6996.17 (M)	25.51 (M)	0.52(M)	781.34 (M)	146.22 (M)
<b>Category: Grains; May Choose: 1</b>																			
Tortilla Chips, Tostitos crispy rounds, whole grain - SMR1279 (1 1/2 oz.)	100	198.45	8.51	1.42	0.00	0.00	163.01	28.35	2.83	0.00	0.00	2.83	0.71	42.52	0.00(M)	0.00(M)	0.00	0.00	(M)
<b>Category: Fruit; May Choose: 1</b>																			
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)
<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)
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)

# Menu Cycle Week – Nutrient Analysis

Generated on: 2/1/2023 12:42:43 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)
<b>Category: Condiment; May Choose: 1</b>																			
Original Homestyle Ranch Salad Dressing, light, Hidden Valley - SR1003 (1 tbsp.)	1	25.00	1.75	0.25	0.00	2.50	190.00	2.50	0.00	1.00	0.50	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)
<b>22-23 DCPS Term 3 Supper Menu W2D5 - Day: 5</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Macaroni and Cheese, whole wheat, basic - SR1137 (2/3 c.)	100	383.44	21.26	10.64	0.00	55.00	1187.56	34.35	4.07	4.05	0.00(M)	20.03	1.90	461.80	22.77 (M)	0.00(M)	0.14(M)	601.62 (M)	42.47 (M)
<b>Category: Grains; May Choose: 1</b>																			
Breadstick, Ripstick, whole grain, 1.2 oz - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	0.00	95.00	14.00	2.00	2.00	2.00	3.00	0.80	10.00	0.00(M)	0.00(M)	0.30	50.00	(M)
<b>Category: Fruit; May Choose: 1</b>																			
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)
<b>Category: Vegetable; May Choose: 1</b>																			
HS Green Beans, frozen cut, heated, drained - SMR1548 (1/4 c.)	100	7.66	0.36	0.03	0.00	0.00	9.43	1.12	0.51	0.32	0.00	0.26	0.12	7.18	70.71 (M)	0.69(M)	0.00	27.33	0.92(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)
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)