

Menu Cycle Week – Nutrient Analysis

Menu Cycle: 22-23 DCPS Term 3 Supper Menu
 Week: 3
 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)		481.57	
Total Fat (g)		14.13	26.41
Sat Fat (g)		4.64	8.67
Trans Fat (g)(1)		0.01	
Chol (mg)		67.41	
Sodium (mg)		640.31	
Carb (g)		67.06	55.70
Total Fiber (g)		7.52	
Total Sugars (g)		28.21	23.43
Added Sugars (g)		2.90(M)	
Protein (g)		23.82	19.78
Iron (mg)		2.44(M)	
Calcium (mg)		509.19(M)	
VitA (IU)		3,520.62(M)	
VitC (mg)		22.67(M)	
VitD (mcg)		3.64(M)	
Potassium (mg)		854.40(M)	
Mois (g)		58.52(M)	
Ash (g)		0.66(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 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)	Moisture (g)
Category: Entrée/Combo; May Choose: 1																			
Meatball Sub, Richs sub roll, DCPS RECIPE - SMR1428 (1 sandwich)	75	207.47	5.72	1.55	0.00	8.72	289.99	30.91	3.11	4.76	4.14(M)	9.51	1.72	107.14	0.00(M)	0.00(M)	0.76(M)	138.04 (M)	(M)
Veggie Burger, Grillers Prime patty - SMR1963 (1 burger)	25	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)
Category: Fruit; May Choose: 1																			
C - Pears, canned, diced, packed in juice, drained - SR1194 (1/2 c.)	100	59.31	0.08	0.00	0.00	0.00	4.75	15.35	1.90	11.51	0.00	0.40	0.34	10.68	7.12	1.90	0.00	113.88	(M)
Category: Vegetable; May Choose: 1																			
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)
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																			
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)
22-23 DCPS Term 3 Supper Menu W3D2 - Day: 2																			
Category: Entrée/Combo; May Choose: 1																			
Garden Wrap, 10" tortilla - SMR1415 (1 wrap)	100	399.00	20.00	7.00	0.00	139.00	614.00	36.00	5.00	3.00	(M)	17.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Fruit; May Choose: 1																			

Menu Cycle Week – Nutrient Analysis

Generated on: 2/1/2023 12:45:15 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)
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																			
O - Celery Sticks, fresh, 1/2-inch by 4-inch, ready-to-serve - SR1014 (3 stick.)	100	5.17	0.06	0.01	0.00	0.00	25.86	0.96	0.52	0.43	0.00	0.22	0.06	12.93	145.11	1.00	0.00	84.03	30.84
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																			
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)
22-23 DCPS Term 3 Supper Menu W3D3 - Day: 3																			
Category: Entrée/Combo; May Choose: 1																			
Stuffed Shells, Whole Grain, Tasty Brands - SMR1730 (2 shells)	100	135.78	3.02	1.76	0.00	10.00	207.90	18.18	1.70	3.84	0.00(M)	7.96	0.69	165.66	407.56 (M)	6.11(M)	0.00(M)	2.43(M)	0.02(M)
Category: Grains; May Choose: 1																			
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)
Category: Fruit; May Choose: 1																			
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)
Category: Vegetable; 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)
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 W3D4 - Day: 4																			
Category: Entrée/Combo; May Choose: 1																			
Lift-Off's! Spinach Salad, eggs, garbanzo, USDA mozzarella, tomato, carrot, RECIPE - SR1226 (1 salad)	100	158.03	6.25	2.36	0.02	95.83	245.27	14.81	4.63	3.35	0.00	12.14	3.33	213.67	10544.90(M)	28.51 (M)	0.52	707.77	129.09 (M)
Category: Grains; May Choose: 1																			
Tortilla Chips, Tostitos crispy rounds, whole grain - SR1065 (1 1/2 oz.)	100	206.18	8.84	1.47	0.00	0.00	169.36	29.45	2.94	0.00	0.00	2.94	0.74	44.18	0.00(M)	0.00(M)	0.00	0.00	(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: 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)

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)
Category: Condiment; May Choose: 1																			
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)
22-23 DCPS Term 3 Supper Menu W3D5 - Day: 5																			
Category: Entrée/Combo; May Choose: 1																			
Grilled Cheese Sandwich, american cheese, mozzarella cheese, whole grain, reduced sodium - SMR1434 (1 sandwich)	50	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)
Hot Dog, Original , turkey frank, hot dog bun, RECIPE - SMR1176 (1 serving (1))	50	270.00	11.50	2.50	0.00	60.00	530.00	28.00	2.50	3.00	3.00(M)	14.00	2.44	183.00	0.00(M)	0.00(M)	0.00(M)	93.00 (M)	(M)
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																			
Blue Ribbon Slaw, cabbage, slaw juice, carrots, onion (1/2c = 1/2c other veg) , Recipe - SMR1762 (1/4 c.)	100	21.92	0.07	0.01	0.00	0.00	57.10	5.18	0.75	4.05	3.12(M)	0.38	0.27	14.02	848.57 (M)	7.60(M)	0.00(M)	59.77 (M)	23.61 (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																			
Ketchup, Heinz PC - SMR1733 (1 packet)	1	10.00	0.00	0.00	0.00	0.00	85.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mustard, classic yellow, PC - SR2517 (1 packet)	1	4.40	0.27	0.01	0.00	0.00	65.47	0.23	0.10	0.05	0.00	0.20	0.08	2.07	0.00(M)	0.00(M)	0.00	6.13	(M)