

Menu Cycle Week – Nutrient Analysis

Menu Cycle: 22-23 DCPS Term 3 Supper Menu
 Week: 4
 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)		600.16	
Total Fat (g)		21.31	31.95
Sat Fat (g)		5.37	8.05
Trans Fat (g)(1)		0.02	
Chol (mg)		66.86	
Sodium (mg)		710.75	
Carb (g)		76.70	51.12
Total Fiber (g)		7.93	
Total Sugars (g)		34.27	22.84
Added Sugars (g)		8.54(M)	
Protein (g)		28.49	18.98
Iron (mg)		3.95	
Calcium (mg)		560.89	
VitA (IU)		3,499.61(M)	
VitC (mg)		27.15(M)	
VitD (mcg)		3.33(M)	
Potassium (mg)		1,078.97(M)	
Mois (g)		61.25(M)	
Ash (g)		0.50(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 W4D1 - 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																			
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)
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 W4D2 - Day: 2																			
Category: Entrée/Combo; May Choose: 1																			
Sunbutter & Jelly Sandwich, whole grain bread, sunbutter, Bulk grape jelly, RECIPE - SMR1756 (1 sandwich)	100	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)
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)

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)	
Category: Vegetable; May Choose: 1																				
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	
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 W4D3 - Day: 3		100																		
Category: Entrée/Combo; May Choose: 1																				
Veggie Pizza, Big Daddy's 8-cut, 16-inch - SMR1625 (1 slice)	100	493.15	23.49	7.56	0.00	35.00	485.64	48.91	6.83	8.78	1.00	21.76	4.18	431.80	7980.20 (M)	45.88 (M)	0.00	771.38	38.28 (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																				
Baked Sweet Potato Wedges - SMR1341 (1/2 c.)	100	211.96	7.42	1.06	0.00	0.00	243.75	33.91	2.12	10.60	2.12	2.12	0.53	31.79	0.00(M)	0.00(M)	0.00	349.73	(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)	

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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)
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 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 W4D4 - Day: 4																			
Category: Entrée/Combo; May Choose: 1																			
Egg Salad Sandwich, hamburger roll, egg salad, RECIPE - SR1139 (1 sandwich)	100	292.64	14.62	2.54	0.05	209.29	471.72	30.69	4.26	5.29	1.52(M)	12.91	2.14	72.58	323.86 (M)	0.38(M)	1.19(M)	100.48 (M)	52.19 (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																			
Garden Side Salad, mixed greens, cucumber, carrots ECE - SMR1710 (1 c.)	100	17.54	0.12	0.02	0.00	0.00	22.55	3.50	1.26	1.34	0.00(M)	1.10	0.40	18.74	3778.03	6.28	0.00(M)	159.43 (M)	46.58
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)

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)	
22-23 DCPS Term 3 Supper Menu W4D5 - Day: 5	100																			
Category: Entrée/Combo; May Choose: 1																				
Coyote Grill Cheese Quesadilla, whole grain - SMR1436 (2 pcs.)	50	310.00	12.00	6.00	0.00	45.00	560.00	32.00	3.00	3.00	0.00	19.00	2.70	329.00	77.00	0.00	0.00	246.00	(M)	
Coyote Grill Chicken & Cheese Quesadilla, whole grain - SMR1437 (2 pcs.)	50	300.00	11.00	5.00	0.00	45.00	570.00	32.00	3.00	3.00	0.00	19.00	2.40	252.00	61.00	0.00	0.00	258.00	(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																				
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	
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																				
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)	