

Menu Cycle Week – Nutrient Analysis

Menu Cycle: 22-23 DCPS Term 3 Supper Menu
 Week: 5
 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)		1,547.83	
Total Fat (g)		50.93	29.62
Sat Fat (g)		21.31	12.39
Trans Fat (g)(1)		0.00	
Chol (mg)		84.95	
Sodium (mg)		2,640.46	
Carb (g)		207.88	53.72
Total Fiber (g)		29.38	
Total Sugars (g)		37.89	9.79
Added Sugars (g)		2.19(M)	
Protein (g)		70.30	18.17
Iron (mg)		12.22(M)	
Calcium (mg)		1,356.45(M)	
VitA (IU)		4,268.39(M)	
VitC (mg)		119.95(M)	
VitD (mcg)		3.79(M)	
Potassium (mg)		2,449.26(M)	
Mois (g)		303.22(M)	
Ash (g)		5.14(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	0.500	
Fruit-J		0.000	
Veg	>= 0.125	0.500	
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 W5D1 - 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)	
Category: Entrée/Combo; May Choose: 1																				
Queso Fiesta Macaroni, whole wheat - SR1630 (3/4 c.)	100	334.36	15.65	7.90	0.00	39.38	889.75	34.91	5.64	2.50	0.00(M)	16.31	2.35	342.20	33.74 (M)	0.14(M)	0.06(M)	592.57 (M)	37.16 (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																				
HS Green Beans, frozen cut, heated, drained - SMR1548 (1 c.)	100	30.66	1.43	0.12	0.00	0.00	37.72	4.47	2.04	1.27	0.00	1.03	0.46	28.74	282.82 (M)	2.77(M)	0.00	109.31	3.70(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 W5D2 - Day: 2		100																		
Category: Entrée/Combo; May Choose: 1																				
Chicken Burger, Tyson, whole grain - SR2686 (1 burger)	50	390.00	16.00	2.50	0.00	25.00	700.00	42.00	5.00	4.00	3.00	20.00	2.90	83.00	0.00(M)	0.00(M)	0.10	692.00	(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)	
Category: Fruit; May Choose: 1																				
Peaches, Clingstone, canned, diced, packed in pear juice, drained (1/2c=4.5oz=1/2c fruit) , Recipe SM - SMR1728 (1/2 c.)	100	57.95	0.04	0.00	0.00	0.00	5.27	15.24	1.71	13.53	0.00	0.83	0.36	7.90	501.75	4.74	0.00	168.57	0.00(M)	
Category: Vegetable; 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)	
Roasted Broccoli - SMR1052 (1/2 c.)	100	20.12	1.00	0.08	0.00	0.00	10.85	2.52	0.90	0.55	0.00	0.99	0.29	15.82	198.70 (M)	28.45 (M)	0.00	107.57	0.04(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 W5D3 - Day: 3		100																		
Category: Entrée/Combo; May Choose: 1																				
Veggie Tortellini Pasta Salad - SMR1751 (8 oz.)	100	135.15	2.24	1.14	0.00	10.70	232.83	22.18	2.30	2.00	0.46(M)	8.40	1.21	48.68	214.29 (M)	12.05 (M)	0.00(M)	42.81 (M)	19.18 (M)	
Category: Grains; 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																				
Applesauce, cup, unsweetened - SR2848 (1 Container)	100	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	
Category: Vegetable; May Choose: 1																				
BP - Beans, baked, vegetarian - SR2026 (1/2 c.)	100	132.68	0.00	0.00	0.00	0.00	561.33	29.60	5.10	10.21	(M)	7.14	1.84	40.82	0.00	0.00	(M)	(M)	(M)	
Seasoned Potato Wedges - SMR1347 (1/2 c.)	100	132.76	4.42	0.55	0.00	5.53	154.88	22.13	2.21	0.00	0.00	2.21	0.44	11.06	0.00(M)	0.00(M)	0.00	254.45	(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)
Burger Topping, Lettuce, Tomato, Pickle - SR2640 (1 serving)	100	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, 9gm PC - SR2542 (1 packet)	100	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)	100	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)
22-23 DCPS Term 3 Supper Menu W5D4 - Day: 4	100																		
Category: Entrée/Combo; May Choose: 1																			
Bean & Cheese de Chile Relleno Burrito - SMR1890 (7 2/3 oz.)	100	5094.02	184.77	80.66	0.00	264.43	8725.39	655.89	101.96	24.58	0.00	215.78	45.88	3989.94	6766.27	463.69	0.00	7110.73	1308.76
Category: Fruit; May Choose: 1																			
F - Oranges, fresh, slices, unpeeled - SR1172 (6 slice or w)	100	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28
Category: Vegetable; May Choose: 1																			
Tomato Corn Cilantro Salad - SMR1446 (1/2 c.)	100	52.00	0.00	0.00	0.00	0.00	51.00	10.00	2.00	2.00	(M)	2.00	(M)	(M)	(M)	(M)	(M)	(M)	(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 W5D5 - Day: 5	100																		
Category: Menu Item & Assembly; 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																			

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)
RO - Carrot Sticks, fresh, 1/2-inch by 4-inch, ready-to-serve - SR1606 (6 stick.)	100	24.80	0.14	0.02	0.00	0.00	41.73	5.79	1.69	2.87	0.00	0.56	0.18	19.96	10103.62	3.57	0.00	193.53	53.40
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.)	100	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)