

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) | |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|--|
| 23-24 DCPS Winter BIC/GnG Week 2 Day 1 - Day: 1 | 100 | | | | | | | | | | | | | | | | | | | |
| Category: Entrée/Combo; May Choose: 1 | | | | | | | | | | | | | | | | | | | | |
| Cereal, ready-to-eat, Cheerios, bowlpack 1 oz (CACFP) - SR1160 (1 bowl) | 5 | 100.52 | 1.79 | 0.36 | 0.00 | 0.00 | 136.42 | 20.83 | 2.88 | 1.43 | 1.43 | 3.58 | 9.04 | 93.32 | 0.00(M) | 0.00(M) | 1.43 | 179.48 | (M) | |
| Cereal, ready-to-eat, Cinnamon Chex, bowlpack 1 oz (CACFP) - SR2336 (1 bowl) | 5 | 120.00 | 2.50 | 0.00 | 0.00 | 0.00 | 170.00 | 23.00 | 1.00 | 6.00 | 6.00 | 1.00 | 7.20 | 60.00 | 300.00 | 3.60 | 1.20 | 0.00 | (M) | |
| Cereal, ready-to-eat, Raisin Bran, bowlpack 1.25 oz - SR1457 (1 bowl) | 5 | 110.00 | 0.50 | 0.00 | 0.00 | 0.00 | 120.00 | 28.00 | 4.00 | 10.00 | 5.00 | 3.00 | 0.72 | 0.00 | 0.00(M) | 0.00(M) | 0.00 | 94.00 | (M) | |
| Chocolate Chip Muffin 2oz Ashley's Confections - SMR2102 (1 ea.) | 35 | 180.00 | 4.50 | 1.00 | 0.00 | 0.00 | 170.00 | 26.00 | 2.00 | 10.00 | 7.00 | 3.00 | 1.00 | 40.00 | (M) | (M) | 0.00 | 90.00 | (M) | |
| Vanilla Yogurt Cup, Dannon Creamy - SR3886 (1 Container) | 50 | 70.00 | 0.00 | 0.00 | 0.00 | 2.50 | 70.00 | 12.00 | 0.00 | 9.00 | 5.00 | 4.00 | 0.00 | 100.00 | 0.00(M) | 0.00(M) | 2.00 | 188.00 | (M) | |
| Category: Meat/MA; May Choose: 1 | | | | | | | | | | | | | | | | | | | | |
| Mozzarella String Cheese Stick, Polly-O 1 oz - SR4124 (1 stick.) | 35 | 81.00 | 5.06 | 3.04 | 0.00 | 20.25 | 182.25 | 1.01 | 0.00 | 0.51 | 0.00 | 7.09 | 0.00 | 151.87 | (M) | (M) | 0.00 | 860.61 | (M) | |
| Category: Grains; May Choose: 1 | | | | | | | | | | | | | | | | | | | | |
| Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.) | 75 | 90.00 | 2.50 | 0.00 | 0.00 | 0.00 | 95.00 | 17.00 | 1.00 | 4.00 | (M) | 2.00 | 0.72 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) | |
| Category: Fruit; May Choose: 2 | | | | | | | | | | | | | | | | | | | | |
| Blueberries, wild, frozen - SR2872 (1/2 c.) | 100 | 39.34 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 8.85 | 2.95 | 4.92 | 0.00 | 0.00 | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | 0.00(M) | |
| Tangerines, (mandarin oranges), raw, whole, 150 CT - SR3520 (1 ea.) | 100 | 39.64 | 0.23 | 0.03 | 0.00 | 0.00 | 1.50 | 9.98 | 1.35 | 7.91 | (M) | 0.61 | 0.11 | 27.68 | 509.39 | 19.97 | 0.00 | 124.17 | 63.71 | |
| 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) | |
| Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint) | 45 | 110.00 | 2.50 | 1.50 | 0.00 | 15.00 | 130.00 | 13.00 | 0.00 | 13.00 | 0.00 | 9.00 | 0.00 | 300.00 | 500.00 | 1.20 | 5.00 | 0.00(M) | (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: 11/9/2023 1:20:13 PM by Samantha Baker

| 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) |
|---|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|--------------|
| White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint) | 45 | 86.49 | 0.00 | 0.00 | 0.00 | 4.80 | 124.93 | 12.49 | 0.00 | 12.49 | 0.00 | 8.65 | 0.00 | 288.31 | 480.51 | 1.15 | 4.80 | 0.00(M) | (M) |
| 23-24 DCPS Winter BIC/GnG Week 2 Day 2 - Day: 2 | 100 | | | | | | | | | | | | | | | | | | |
| Category: Entrée/Combo; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Apple Muffin 2oz Ashley's Confections - SMR2099 (1 ea.) | 35 | 150.00 | 5.00 | 1.50 | 0.00 | 0.00 | 140.00 | 22.00 | 2.00 | 10.00 | 8.00 | 3.00 | 0.70 | 30.00 | (M) | (M) | 0.00 | 70.00 | (M) |
| Cereal, ready-to-eat, Cheerios, bowlpack 1 oz (CACFP) - SR1160 (1 bowl) | 5 | 100.52 | 1.79 | 0.36 | 0.00 | 0.00 | 136.42 | 20.83 | 2.88 | 1.43 | 1.43 | 3.58 | 9.04 | 93.32 | 0.00(M) | 0.00(M) | 1.43 | 179.48 | (M) |
| Cereal, ready-to-eat, Cinnamon Chex, bowlpack 1 oz (CACFP) - SR2336 (1 bowl) | 5 | 120.00 | 2.50 | 0.00 | 0.00 | 0.00 | 170.00 | 23.00 | 1.00 | 6.00 | 6.00 | 1.00 | 7.20 | 60.00 | 300.00 | 3.60 | 1.20 | 0.00 | (M) |
| Cereal, ready-to-eat, Raisin Bran, bowlpack 1.25 oz - SR1457 (1 bowl) | 5 | 110.00 | 0.50 | 0.00 | 0.00 | 0.00 | 120.00 | 28.00 | 4.00 | 10.00 | 5.00 | 3.00 | 0.72 | 0.00 | 0.00(M) | 0.00(M) | 0.00 | 94.00 | (M) |
| Ice Cream Machine, Oatmeal Round Tropical Mango/Pineapple, 2.5 oz, 2 WG IW - SMR1966 (1 round piec) | 50 | 260.00 | 7.00 | 2.00 | 0.00 | 0.00 | 140.00 | 39.00 | 4.00 | 14.00 | 13.00 | 6.00 | 1.60 | 20.00 | 0.00 | 2.00 | 0.00 | 160.00 | 0.00(M) |
| Category: Meat/MA; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Mozzarella String Cheese Stick, Polly-O 1 oz - SR4124 (1 stick.) | 35 | 81.00 | 5.06 | 3.04 | 0.00 | 20.25 | 182.25 | 1.01 | 0.00 | 0.51 | 0.00 | 7.09 | 0.00 | 151.87 | (M) | (M) | 0.00 | 860.61 | (M) |
| Category: Grains; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.) | 15 | 90.00 | 2.50 | 0.00 | 0.00 | 0.00 | 95.00 | 17.00 | 1.00 | 4.00 | (M) | 2.00 | 0.72 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| Category: Fruit; May Choose: 2 | | | | | | | | | | | | | | | | | | | |
| C - Cinnamon Swirled Apple Slices, canned - SR1492 (1/2 c.) | 100 | 44.60 | 0.00 | 0.00 | 0.00 | 0.00 | 8.79 | 11.65 | 1.93 | 9.64 | 0.00 | 0.01 | 0.03 | 3.25 | 0.00(M) | 0.00(M) | 0.00 | 95.14 | 0.03(M) |
| 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: 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) |

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) | |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|--|
| Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint) | 40 | 110.00 | 2.50 | 1.50 | 0.00 | 15.00 | 130.00 | 13.00 | 0.00 | 13.00 | 0.00 | 9.00 | 0.00 | 300.00 | 500.00 | 1.20 | 5.00 | 0.00(M) | (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) | |
| White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint) | 40 | 86.49 | 0.00 | 0.00 | 0.00 | 4.80 | 124.93 | 12.49 | 0.00 | 12.49 | 0.00 | 8.65 | 0.00 | 288.31 | 480.51 | 1.15 | 4.80 | 0.00(M) | (M) | |
| 23-24 DCPS Winter BIC/GnG Week 2 Day 3 - Day: 3 | 100 | | | | | | | | | | | | | | | | | | | |
| Category: Entrée/Combo; May Choose: 1 | | | | | | | | | | | | | | | | | | | | |
| Banana Muffin 2oz Ashley's Confections - SMR2100 (1 ea.) | 35 | 150.00 | 4.50 | 1.00 | 0.00 | 0.00 | 160.00 | 21.00 | 1.00 | 12.00 | 9.00 | 3.00 | 0.50 | 30.00 | (M) | (M) | 0.00 | 120.00 | (M) | |
| Breakfast Sandwich, bagel, egg, American (CACFP) - SR1644 (1 sandwich) | 50 | 295.00 | 10.50 | 4.00 | 0.00 | 127.50 | 575.00 | 37.00 | 4.00 | 4.50 | 3.00(M) | 12.50 | 3.00(M) | 37.00 (M) | 0.00(M) | 0.00(M) | 1.00(M) | 192.00 (M) | (M) | |
| Cereal, ready-to-eat, Cheerios, bowlpack 1 oz (CACFP) - SR1160 (1 bowl) | 5 | 100.52 | 1.79 | 0.36 | 0.00 | 0.00 | 136.42 | 20.83 | 2.88 | 1.43 | 1.43 | 3.58 | 9.04 | 93.32 | 0.00(M) | 0.00(M) | 1.43 | 179.48 | (M) | |
| Cereal, ready-to-eat, Cinnamon Chex, bowlpack 1 oz (CACFP) - SR2336 (1 bowl) | 5 | 120.00 | 2.50 | 0.00 | 0.00 | 0.00 | 170.00 | 23.00 | 1.00 | 6.00 | 6.00 | 1.00 | 7.20 | 60.00 | 300.00 | 3.60 | 1.20 | 0.00 | (M) | |
| Cereal, ready-to-eat, Raisin Bran, bowlpack 1.25 oz - SR1457 (1 bowl) | 5 | 110.00 | 0.50 | 0.00 | 0.00 | 0.00 | 120.00 | 28.00 | 4.00 | 10.00 | 5.00 | 3.00 | 0.72 | 0.00 | 0.00(M) | 0.00(M) | 0.00 | 94.00 | (M) | |
| Category: Meat/MA; May Choose: 1 | | | | | | | | | | | | | | | | | | | | |
| Mozzarella String Cheese Stick, Polly-O 1 oz - SR4124 (1 stick.) | 40 | 81.00 | 5.06 | 3.04 | 0.00 | 20.25 | 182.25 | 1.01 | 0.00 | 0.51 | 0.00 | 7.09 | 0.00 | 151.87 | (M) | (M) | 0.00 | 860.61 | (M) | |
| Category: Grains; May Choose: 1 | | | | | | | | | | | | | | | | | | | | |
| Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.) | 45 | 90.00 | 2.50 | 0.00 | 0.00 | 0.00 | 95.00 | 17.00 | 1.00 | 4.00 | (M) | 2.00 | 0.72 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) | |
| Category: Fruit; May Choose: 2 | | | | | | | | | | | | | | | | | | | | |
| Cantaloupe Melon, cubes - SR3442 (1/2 c.) | 100 | 65.39 | 0.36 | 0.10 | 0.00 | 0.00 | 30.77 | 15.69 | 1.73 | 15.12 | (M) | 1.62 | 0.40 | 17.31 | 6504.75 | 70.59 | 0.00 | 513.53 | 173.39 | |
| 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: Milk; 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) |
|--|----------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| 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) |
| Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint) | 45 | 110.00 | 2.50 | 1.50 | 0.00 | 15.00 | 130.00 | 13.00 | 0.00 | 13.00 | 0.00 | 9.00 | 0.00 | 300.00 | 500.00 | 1.20 | 5.00 | 0.00(M) | (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) |
| White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint) | 45 | 86.49 | 0.00 | 0.00 | 0.00 | 4.80 | 124.93 | 12.49 | 0.00 | 12.49 | 0.00 | 8.65 | 0.00 | 288.31 | 480.51 | 1.15 | 4.80 | 0.00(M) | (M) |
| 23-24 DCPS Winter BIC/GnG Week 2 Day 4 - Day: 4 | 100 | | | | | | | | | | | | | | | | | | |
| Category: Entrée/Combo; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Blueberry Muffin 2oz Ashley's Confections - SMR2101 (1 ea.) | 50 | 170.00 | 6.00 | 1.50 | 0.00 | 0.00 | 135.00 | 25.00 | 2.00 | 11.00 | 10.00 | 3.00 | 0.80 | 30.00 | (M) | (M) | 0.00 | 60.00 | (M) |
| Cereal, ready-to-eat, Cheerios, bowlpack 1 oz (CACFP) - SR1160 (1 bowl) | 15 | 100.52 | 1.79 | 0.36 | 0.00 | 0.00 | 136.42 | 20.83 | 2.88 | 1.43 | 1.43 | 3.58 | 9.04 | 93.32 | 0.00(M) | 0.00(M) | 1.43 | 179.48 | (M) |
| Cereal, ready-to-eat, Cinnamon Chex, bowlpack 1 oz (CACFP) - SR2336 (1 bowl) | 15 | 120.00 | 2.50 | 0.00 | 0.00 | 0.00 | 170.00 | 23.00 | 1.00 | 6.00 | 6.00 | 1.00 | 7.20 | 60.00 | 300.00 | 3.60 | 1.20 | 0.00 | (M) |
| Cereal, ready-to-eat, Raisin Bran, bowlpack 1.25 oz - SR1457 (1 bowl) | 15 | 110.00 | 0.50 | 0.00 | 0.00 | 0.00 | 120.00 | 28.00 | 4.00 | 10.00 | 5.00 | 3.00 | 0.72 | 0.00 | 0.00(M) | 0.00(M) | 0.00 | 94.00 | (M) |
| Category: Meat/MA; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Mozzarella String Cheese Stick, Polly-O 1 oz - SR4124 (1 stick.) | 50 | 81.00 | 5.06 | 3.04 | 0.00 | 20.25 | 182.25 | 1.01 | 0.00 | 0.51 | 0.00 | 7.09 | 0.00 | 151.87 | (M) | (M) | 0.00 | 860.61 | (M) |
| Category: Grains; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.) | 100 | 90.00 | 2.50 | 0.00 | 0.00 | 0.00 | 95.00 | 17.00 | 1.00 | 4.00 | (M) | 2.00 | 0.72 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| Category: Fruit; May Choose: 2 | | | | | | | | | | | | | | | | | | | |
| 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: Fruit Juice; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Juice, apple, 100% Suncup, 4 fl oz, plastic cup - SR2547 (4 fl oz cup) | 50 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 | 12.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00(M) | 0.00(M) | 0.00 | 130.00 | (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: 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) |
| Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint) | 45 | 110.00 | 2.50 | 1.50 | 0.00 | 15.00 | 130.00 | 13.00 | 0.00 | 13.00 | 0.00 | 9.00 | 0.00 | 300.00 | 500.00 | 1.20 | 5.00 | 0.00(M) | (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) |
| White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint) | 45 | 86.49 | 0.00 | 0.00 | 0.00 | 4.80 | 124.93 | 12.49 | 0.00 | 12.49 | 0.00 | 8.65 | 0.00 | 288.31 | 480.51 | 1.15 | 4.80 | 0.00(M) | (M) |
| 23-24 DCPS Winter BIC/GnG Week 2 Day 5 - Day: 5 | | | | | | | | | | | | | | | | | | | |
| Category: Entrée/Combo; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Apple Muffin 2oz Ashley's Confections - SMR2099 (1 ea.) | 35 | 150.00 | 5.00 | 1.50 | 0.00 | 0.00 | 140.00 | 22.00 | 2.00 | 10.00 | 8.00 | 3.00 | 0.70 | 30.00 | (M) | (M) | 0.00 | 70.00 | (M) |
| Cereal, hot, oatmeal (CACFP) - SR1483 (1 c.) | 50 | 253.88 | 5.08 | 0.85 | 0.00 | 0.00 | 8.45 | 45.70 | 6.77 | 1.69 | 0.00 | 8.46 | 2.54 | 42.30 | 0.00(M) | 0.00(M) | 0.00 | 256.69 | 170.30(M) |
| Cereal, ready-to-eat, Cheerios, bowlpack 1 oz (CACFP) - SR1160 (1 bowl) | 5 | 100.52 | 1.79 | 0.36 | 0.00 | 0.00 | 136.42 | 20.83 | 2.88 | 1.43 | 1.43 | 3.58 | 9.04 | 93.32 | 0.00(M) | 0.00(M) | 1.43 | 179.48 | (M) |
| Cereal, ready-to-eat, Cinnamon Chex, bowlpack 1 oz (CACFP) - SR2336 (1 bowl) | 5 | 120.00 | 2.50 | 0.00 | 0.00 | 0.00 | 170.00 | 23.00 | 1.00 | 6.00 | 6.00 | 1.00 | 7.20 | 60.00 | 300.00 | 3.60 | 1.20 | 0.00 | (M) |
| Cereal, ready-to-eat, Raisin Bran, bowlpack 1.25 oz - SR1457 (1 bowl) | 5 | 110.00 | 0.50 | 0.00 | 0.00 | 0.00 | 120.00 | 28.00 | 4.00 | 10.00 | 5.00 | 3.00 | 0.72 | 0.00 | 0.00(M) | 0.00(M) | 0.00 | 94.00 | (M) |
| Category: Meat/MA; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Mozzarella String Cheese Stick, Polly-O 1 oz - SR4124 (1 stick.) | 35 | 81.00 | 5.06 | 3.04 | 0.00 | 20.25 | 182.25 | 1.01 | 0.00 | 0.51 | 0.00 | 7.09 | 0.00 | 151.87 | (M) | (M) | 0.00 | 860.61 | (M) |
| Category: Grains; May Choose: 1 | | | | | | | | | | | | | | | | | | | |
| Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.) | 15 | 90.00 | 2.50 | 0.00 | 0.00 | 0.00 | 95.00 | 17.00 | 1.00 | 4.00 | (M) | 2.00 | 0.72 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| Category: Fruit; May Choose: 2 | | | | | | | | | | | | | | | | | | | |
| Baked Cinnamon Peaches - SR3687 (4 oz.) | 100 | 307.06 | 16.32 | 6.67 | 0.00 | 0.00 | 170.55 | 40.59 | 2.13 | 37.73 | 25.69(M) | 1.30 | 0.33(M) | 39.47(M) | 740.74(M) | 0.00(M) | 0.00(M) | 42.74(M) | 0.54(M) |
| Strawberries, USDA, Whole IQF, Unsweetened - SR3043 (1/2 c.) | 100 | 27.15 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 6.52 | 1.09 | 3.26 | 0.00 | 0.33 | 0.54 | 10.86 | (M) | (M) | 0.00 | 108.60 | (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: 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) |
| Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint) | 45 | 110.00 | 2.50 | 1.50 | 0.00 | 15.00 | 130.00 | 13.00 | 0.00 | 13.00 | 0.00 | 9.00 | 0.00 | 300.00 | 500.00 | 1.20 | 5.00 | 0.00(M) | (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) |
| White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint) | 45 | 86.49 | 0.00 | 0.00 | 0.00 | 4.80 | 124.93 | 12.49 | 0.00 | 12.49 | 0.00 | 8.65 | 0.00 | 288.31 | 480.51 | 1.15 | 4.80 | 0.00(M) | (M) |