

Nutrition and Inventory



MENU PLANNING / NUTRITION / PRODUCTION

TrakNOW is USDA - approved for nutrient analyses required in the school meal programs and for use in certification of compliance with the National School Lunch Program meal pattern requirements and is listed under Menu Planning Tools Approved for Certification for Six Cent Reimbursement on the Healthy Meals Resource System Web site at <http://healthymeals.nal.usda.gov/SixCentCertification>

Food Based Menu Planning Compliance Reporting

Food Based Menu Planning Compliance

Date: 12/12/2012
 Site: Cherry Elementary School
 FB Age Group: Lunch Grades K-5 (2012 Standards)

Menu: Elementary Lunch Day 3

Meal Name	Meat/Meat Alternate (M/MA)			Grains/Bread				Fruit				
	M/MA oz eq	Grade Group Minimum Requirement	Meets Daily Requirement	Grain oz eq	Grade Group Minimum Requirement	Meets Daily Requirement	Whole Grain Rich oz eq	Grain Based Dessert oz eq	Fruit cups	Grade Group Minimum Requirement	Meets Daily Requirement	Fruit Juice cups
Sweet & Sour Chicken	2.000	1.000	Yes	2.000	1.000	Yes	2.000	0.000	0.500	0.500	Yes	0.000

Vegetables				Milk				Vegetable Subgroups				
Vegetable cups	Grade Group Minimum Requirement	Meets Daily Requirement	Vegetable Juice cups	Milk cups	Grade Group Minimum Requirement	Meets Daily Requirement	Variety- 2 or more types (FFU, FFF, and LFU)	Dark Green cups	Red/Orange cups	Beans/Peas cups	Starchy cups	Other cups
0.500	0.750	No	0.000	1.000	1.000	Yes	Yes	0.125	0.000	0.000	0.125	0.250

Make sure that menus are compliant in every way and ready for review by auditors.

- ✓ Display food component subgroups on production records, such as red/orange vegetables
- ✓ Display descriptors such as Juice, Whole Grain Rich, and Dessert
- ✓ Display total contribution per menu item as well as contributions of individual ingredients
- ✓ Control display of items, recipes, ingredients, and patterns of production records
- ✓ Plan menus that meet cost constraints for average cost per meal
- ✓ Plan menus centrally with effortless deployment to all sites
- ✓ Plan Menu Cycles can be of any length - days, weeks, months
- ✓ Make last minute changes to menus for multiple sites at the same time
- ✓ Track left-overs (and waste) with automatic expiration and list leftovers available for future use
- ✓ Integrate effortlessly with Inventory to deplete raw ingredients and return unused items to stock
- ✓ Integrate effortlessly with Ordering to place orders based on portion forecasts, par levels, or lists
- ✓ Supports Central and Base Kitchens servicing satellite kitchens and special programs

Analyze a week's menu in a flash!

Production Menu Nutrient Analysis - Calories, Sat. Fat & Sodium

Nutrition For Complete Date Range

Comparison Details - (* = Standard Does Not Exist) (! = Missing value in one or more of the ingredients) (***) = Missing nutrient values)				
	Menu's Value	Standard Value	Deviation	Error Messages
Calories (Kcal)	701.512	550.000 - 650.000	51.512	Correction Required: Calories are High
Sat. Fat (%)	6.212 (g), 7.970 (%)	<10.000 (%)	-2.03 (%)	
Sodium (mg)	1,171.098	≤1,230.000		

Seamless integration with inventory provides automatic costing

Menu Pre-Cost Detail									
Item Name	Code	Type	Serving Size	Serving Unit	Cost Per Serving	Projected Servings	Extended Cost	Cost %	
Chicken, Nuggets, Breaded, Fully Cooked	105	Item	1	Serving (5 each)	\$0.7500	100	\$75.00	46.17 %	
Baked Beans	I-1	Recipe	1	Scoop#6	\$0.2018	100	\$20.18	12.42 %	
Seasoned Green Beans	I-3	Recipe	1	Scoop#8	\$0.17653	100	\$17.65	10.87 %	
Sauce, BBQ, Bulk	340	Item	1	Ladle 1 (fl oz)	\$0.03897	100	\$3.90	2.40 %	
Ketchup, Bulk	0137	Item	1	Ladle 1 (oz)	\$0.02536	100	\$2.54	1.56 %	
Milk	M1	pattern	1	Each (8 fl oz carton)	\$0.2400	100	\$24.00	14.78 %	
Prod, Banana, Fresh	210	Item	1	Each (medium, 7" to 7-7/8" long)	\$0.19167	100	\$19.17	11.80 %	
Grand Total							\$162.43	100.00%	
Average Cost							\$1.62		
Total Avg. Cost Per Serving							\$1.62		

Item (Ingredient / Nutrition) Management Highlights

- ✓ Three ways to add nutrition to ingredients
 - ✓ Download items from USDA CN database with nutrient content pre-defined
 - ✓ Copy items from USDA CN or local database with ability to edit, plus Buying Guide info
 - ✓ Add nutrient data from nutrition labels
- ✓ Nutrition can flow from ingredients to recipes or recipes can link directly to nutrition as finished goods
- ✓ Add Food-based component contributions for Meat/Meat Alternates, Vegetables and sub groups, Fruits, Grains, and Milk.
- ✓ Single items, like an apple, can be “menued” directly and in patterns, reducing the number of recipes needed

Recipe Management Highlights

- ✓ Quick enter HACCP text “cut and paste”, allergen support
- ✓ User defined target temps or temperature ranges
- ✓ Scale up and down with two convenient units of measure per ingredient
- ✓ Supports unlimited recipes within a recipe
- ✓ Recipes can be defined as items (finished goods inventory) with delivery units
- ✓ Multiple serving types/sizes supported for each item and recipe



Pattern Ingredients							
Type	Ingredient Name	Code	Portion Size	Serving Type	Projected Servings	Item Mgmt type	
Item	Milk, Chocolate, skim, 8 oz Cartons	213	1.00	Each (8 fl oz)(1.00-244.00g)	150.00	Nutr & Inv	
Item	Milk, White, 1%, 8 oz Cartons	203	1.00	Each (8 fl oz)(1.00-244.00g)	50.00	Nutr & Inv	

Pattern Management

- ✓ Eliminate repetitious planning and forecasting of daily selections for milk, fruit, salad bars, etc.
- ✓ A **Pattern** is a simple grouping of like or related items organized by popularity, participation or user defined.
- ✓ The **Pattern** is “menued” and forecast as one item and breaks out in production as multiple items, allowing items to be tracked individually for usage, leftovers, disposition/waste, HACCP, allergens.