

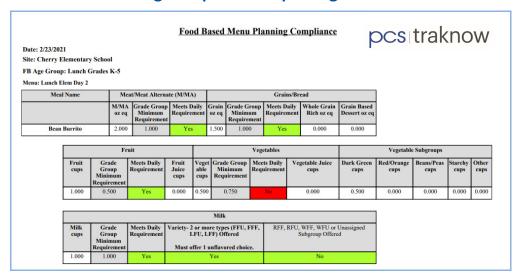
# MENU PLANNING, NUTRITION & PRODUCTION

TrakNOW is USDA-approved for nutrient analysis required in the school meal programs and for use in certification of compliance with the National School Lunch Program meal pattern requirements.

USDA approved software lists can be found at:

https://www.fns.usda.gov/tn/usda-approved-nutrient-analysis-software https://www.fns.usda.gov/tn/usda-approved-certification-compliance-tools-and-software

#### **Food Based Menu Planning Compliance Reporting**



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

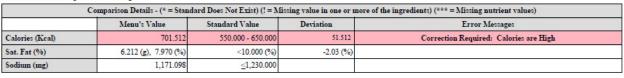
- ✓ Display food component subgroups on production records, such as red/orange vegetables
- ✓ Display descriptors such as Juice, Whole Grain Rich, and Dessert
- ✓ Display total contribution per menu item as well as contributions of individual ingredients
- ✓ Control display of items, recipes, ingredients, 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

pcstraknow

Nutrition For Complete Date Range





#### Seamless integration with inventory provides automatic costing

	Menu Pre Vs Post Cost Det Lunch										pcs traknov					
Site Name: Cherry Elementary School Total Meals Planned: 225				Total Meals Served: 212					Date: 6/8/2022							
										Location: Internal						
Menu Name: Elementa							Meal Type: Lunch									
Item Name	Code	Type	Serving Size	Serving Unit		Cost Per Serving	Planned	P	Cost	Planned Cost %	Prepared	P	repared Cost	Prepared Cost %		
Spaghetti and Meat Sauce	D-2	Recip e	1	Ladle 8 (Oz)	\$	2.26221	225	\$	509.00	73.29%	225	\$	509.00	74.67 %		
Salad, Garden	E-1	Recip e	1	Serving (6 oz)	\$	0.40388	225	\$	90.87	13.08%	200	\$	80.78	11.85 %		
Prod, Apples, Red	211	Item	1	Each (medium, 2- 3/4" dia)	\$	0.06173	225	\$	13.89	2.00%	200	\$	12.35	1.81 %		
Bread, Rolls	B-3	Recip e	1	Each	\$	0.12382	225	\$	27.86	4.01%	215	\$	26.62	3.91 %		
P-Milk, Lunch							225	\$	0.00	0.00%						
Milk, Chocolate,skim, 8 oz	213	Item	1	Each (8oz)	\$	0.23268	150	\$	34.90	5.03%	150	\$	34.90	5.12 %		
Milk, White, 1%, 8oz	7096	Item	1	Each (8oz)	\$	0.24000	75	\$	18.00	2.59%	75	\$	18.00	2.64 %		
Total								\$	694.52	100.00%		\$	681.64	100.00%		
Average Cost Per Serving								S	3.09			\$	3.22	7		

## **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
- √ Ability to upload product formulation statements, nutrition fact labels, pictures, and more
- ✓ 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
- √ Ability to upload photo





- ✓ 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.

