

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

Food Based Menu Planning Compliance									pcs   traknow			
Date: 2/23/2021												
Site: Cherry Elementary School												
FB Age Group: Lunch Grades K-5												
Menu: Lunch Elem Day 2												
Meal Name		Meat/Meat Alternate (M/MA)			Grains/Bread							
	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				
Bean Burrito	2.000	1.000	Yes	1.500	1.000	Yes	0.000	0.000				
Fruit				Vegetables				Vegetable Subgroups				
Fruit cups	Grade Group Minimum Requirement	Meets Daily Requirement	Fruit Juice cups	Vegetable cups	Grade Group Minimum Requirement	Meets Daily Requirement	Vegetable Juice cups	Dark Green cups	Red/Orange cups	Beans/Peas cups	Starchy cups	Other cups
1.000	0.500	Yes	0.000	0.500	0.750	No	0.000	0.500	0.000	0.000	0.000	0.000
Milk												
Milk cups	Grade Group Minimum Requirement	Meets Daily Requirement	Variety- 2 or more types (FFU, FFF, LFU, LFF) Offered		RFF, RFU, WFF, WFU or Unassigned Subgroup Offered							
1.000	1.000	Yes	Must offer 1 unflavored choice.		Yes		No					

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 Vs Post Cost Detail											pcs   traknow	
Lunch												
Site Name: Cherry Elementary School					Date: 6/8/2022							
Total Meals Planned: 225					Total Meals Served: 212					Location: Internal		
Menu Name: Elementary Lunch Day 4					Meal Type: Lunch							
Item Name	Code	Type	Serving Size	Serving Unit	Cost Per Serving	Planned	Planned Cost	Planned Cost %	Prepared	Prepared Cost	Prepared Cost %	
Spaghetti and Meat Sauce	D-2	Recipe	1	Ladle 8 (Oz)	\$ 2.26221	225	\$ 509.00	73.29%	225	\$ 509.00	74.67 %	
Salad, Garden	E-1	Recipe	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	Recipe	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 %	
<b>Total</b>							<b>\$ 694.52</b>	<b>100.00%</b>		<b>\$ 681.64</b>	<b>100.00%</b>	
<b>Average Cost Per Serving</b>							<b>\$ 3.09</b>			<b>\$ 3.22</b>		

### 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



### Pattern Management

Pattern Ingredients							
	Type	Ingredient Name	Code	Portion Size	Serving Type	Projected Servings	Item Mgmt type
	Item	Milk, White, skim, 8 oz	6882	1.00	Each (8oz)(1.00-244.00g)	50.00	Nutr & Inv
	Item	Milk, Chocolate,skim, 8 oz	213	1.00	Each (8oz)(1.00-244.00g)	150.00	Nutr & Inv

- ✓ 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.