Menu Report

Menu: Spring Week 5

Total Days: 5
Total Foods: 36
Avg. Daily Cals: 654.00

Day	Meal	Food	Amt/Portion	Protein	Fat	Chol	Sat Fat	Sodium	Vit C	Calcium	Vit D (ug)	Vit E (ATE)	Folate	Diet Fiber
Day 1				35.835	13.771	67.276	4.963	589.269	31.273	360.669	2.817	1.572	118.894	6.855
		76 Baked Steak with Peppers and Onions	3.000 OUNCE	20.191	3.451	48.976	1.003	182.270	18.034	26.098	0.000	0.401	15.493	1.168
		33 Cooked Rice	0.500 CUP	1.941	0.180	0.000	0.049	71.125	0.000	7.664	0.000	0.035	44.008	0.354
		614 Yellow Sweet Corn, Frozen, Boiled, Drained	0.500 CUP	2.255	0.353	0.000	0.054	4.100	2.542	3.280	0.000	0.066	25.420	1.968
		77 Fruit Medley	0.500 CUP	0.535	0.132	0.000	0.032	9.916	8.372	5.265	0.000	0.089	7.305	1.409
		4928 Whole Wheat Bread	1.000 SLICE	2.750	1.191	0.000	0.260	149.405	0.000	20.412		0.246	14.175	1.956
		116 Margarine, Soft	1.000 TSP	0.038	3.779	0.000	0.649	50.697	0.007	1.246	0.377	0.564	0.049	0.000
		51 Reduced Fat Milk, 2%	8.000 FL OZ	8.125	4.685	18.300	2.916	121.756	2.318	296.704	2.440	0.171	12.444	0.000
Day 2				34.277	19.280	78.629	5.268	466.403	73.114	413.140	2.998	3.761	137.322	9.496
		78 Roast Chicken	3.000 OUNCE	18.510	2.691	60.329	0.688	66.528	2.209	11.288	0.000	0.257	6.312	0.092
		79 Cauliflower Pollanese	0.500 CUP	2.476	2.224	0.000	0.382	69.934	53.129	30.020	0.181	0.326	71.942	2.556
		80 Marinated Green Beans	0.500 CUP	1.694	4.607	0.000	0.367	2.923	11.452	41.860	0.000	1.049	30.207	2.828
		229 Apricot Halves with Skin, Canned in Heavy Syru	0.500 CUP	0.684	0.103	0.000	0.006	5.160	3.999	11.610	0.000	1.148	2.193	2.064
		4928 Whole Wheat Bread	1.000 SLICE	2.750	1.191	0.000	0.260	149.405	0.000	20.412		0.246	14.175	1.956
		116 Margarine, Soft	1.000 TSP	0.038	3.779	0.000	0.649	50.697	0.007	1.246	0.377	0.564	0.049	0.000
		51 Reduced Fat Milk, 2%	8.000 FL OZ	8.125	4.685	18.300	2.916	121.756	2.318	296.704	2.440	0.171	12.444	0.000
Day 3				28.479	15.771	37.179	4.950	726.876	30.327	636.458	3.683	3.477	256.605	17.084
		10 Seasoned Pinto Beans	3.000 OUNCE	7.827	0.424	0.000	0.089	96.409	1.791	38.613	0.000	0.079	85.262	9.139
		633 Onions, Chopped	0.250 CUP	0.464	0.064	0.000	0.010	1.200	2.560	8.000	0.000	0.052	7.600	0.720
		25011 Cornbread	1.000 PIECE	3.238	3.497	17.221	0.540	155.469	0.192	44.749	0.248	0.679	28.302	1.174
		107 Herb-Seasoned Spinach Casserole	0.750 CUP	7.787	3.322	1.658	0.746	281.345	22.259	247.146	0.618	1.932	122.948	5.051
		15396 S&W FINE FOODS Natural Style Cling Peaches,	0.500 CUP	1.000	0.000	0.000	0.000	20.000	1.200	0.000	0.000			1.000
		116 Margarine, Soft	1.000 TSP	0.038	3.779	0.000	0.649	50.697	0.007	1.246	0.377	0.564	0.049	0.000
		51 Reduced Fat Milk, 2%	8.000 FL OZ	8.125	4.685	18.300	2.916	121.756	2.318	296.704	2.440	0.171	12.444	0.000

Day	Meal	Food	Amt/Portion	Protein	Fat	Chol	Sat Fat	Sodium	Vit C	Calcium	Vit D (ug)	Vit E (ATE)	Folate	Diet Fiber
Day 4				35.870	13.717	36.236	5.584	919.805	32.926	657.240	2.490	1.949	132.820	22.433
		29564 Ham, Sliced, Prepackaged or Deli	0.750 OUNCE	3.883	1.784	11.269	0.574	271.735	0.000	1.488		0.056	0.638	0.000
		4928 Whole Wheat Bread	2.000 SLICE	5.500	2.382	0.000	0.520	298.810	0.000	40.824		0.492	28.350	3.912
		9210 KRAFT Light Mayonnaise	1.000 TSP	0.000	1.667	1.667	0.333	30.000	0.000	0.000	0.050	0.134	0.100	0.000
		629 Looseleaf Lettuce	0.250 CUP	0.182	0.042	0.000	0.005	1.260	2.520	9.520	0.000	0.062	6.972	0.266
		671 Red Tomato	0.125 ITEM	0.131	0.051	0.000	0.007	1.384	2.937	0.769	0.000	0.058	2.306	0.169
		84 Mama's Baked Beans	0.750 CUP	14.829	0.973	0.000	0.221	144.500	4.739	202.895	0.000	0.926	75.638	16.258
		9419 HEALTHY CHOICE Low Fat Vanilla Ice Cream	0.500 CUP	3.000	2.000	5.000	1.000	50.000	0.000	100.000				1.000
		313 Strawberries	0.250 CUP	0.220	0.133	0.000	0.007	0.360	20.412	5.040	0.000	0.050	6.372	0.828
		51 Reduced Fat Milk, 2%	8.000 FL OZ	8.125	4.685	18.300	2.916	121.756	2.318	296.704	2.440	0.171	12.444	0.000
Day 5				32.105	28.186	87.295	8.617	814.900	30.290	777.780	5.909	3.073	144.841	9.447
		82 Cream of Mushroom Soup	0.670 CUP	8.341	4.545	3.928	0.988	161.849	2.255	247.010	2.667	0.632	12.786	0.409
		81 Cheesy Pea Salad on Romaine Lettuce	0.500 CUP	10.305	5.077	64.758	1.561	231.749	22.238	99.058	0.254	0.682	103.874	5.695
		108 Cobbler - Cherry	1.000 PIECE	2.138	5.250	0.000	1.302	51.099	3.304	18.426	0.000	0.548	7.675	2.084
		83 Whole Wheat Biscuits	1.000 ITEM	3.158	4.850	0.309	1.201	197.750	0.168	115.336	0.171	0.476	8.013	1.259
		116 Margarine, Soft	1.000 TSP	0.038	3.779	0.000	0.649	50.697	0.007	1.246	0.377	0.564	0.049	0.000
		51 Reduced Fat Milk, 2%	8.000 FL OZ	8.125	4.685	18.300	2.916	121.756	2.318	296.704	2.440	0.171	12.444	0.000

Spring Week 5

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 36

Kcals / Day: 654
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	653.906	2000.000	33%
Protein (gm)	33.313	70.000	48%
Carbohydrate (gm)	93.521	300.000	31%
Fat, total (gm)	18.145	65.000	28%
Alcohol (gm)			
Cholesterol (mg)	61.323	300.000	20%
Saturated Fat (gm)	5.876	20.000	29%
Monounsaturated Fat (gm)	5.952	25.000	24%
Polyunsaturated Fat (gm)	4.378	20.000	22%
MFA 18:1, Oleic (gm)			
PFA 18:2, Linoleic (gm)			
PFA 18:3, Linolenic (gm)			
PFA 20:5, EPA (gm)			
PFA 22:6, DHA (gm)			
Sodium (mg)	703.451	2400.000	29%
Potassium (mg)	1385.766	3500.000	40%
Vitamin A (RE)	608.568	900.000	68%
Vitamin A (IU)	4520.768	4500.000	100%
Beta-Carotene (µg)			
Vitamin C (mg)	39.586	90.000	44%
Calcium (mg)	569.057	1200.000	47%
Iron (mg)	5.799	8.000	72%
Vitamin D (ug)	3.579	15.000	24%
Vitamin D (IU)	143.175	600.000	24%
Vitamin E	2.766	15.000	18%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.607	1.100	55%
Riboflavin (mg)	0.890	1.100	81%
Niacin (mg)	6.218	14.000	44%
Pyridoxine/Vit B6 (mg)	0.619	1.500	41%
Folate (µg)	158.096	400.000	40%
Cobalamin/Vit B12 (µg)	1.639	2.400	68%
Biotin (µg)	9.608	30.000	32%
Pantothenic Acid (mg)	2.038	5.000	41%
Vitamin K (µg)	22.004	90.000	24%
Phosphorus (mg)	628.249	700.000	90%
Iodine (µg)		150.000	
Magnesium (mg)	152.192	420.000	36%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.977	11.000	36%
Copper (mg)	0.494	0.900	55%
Manganese (mg)	1.697	2.300	74%
Selenium (mg)	0.037	0.055	67%
Fluoride (µg)	117.392	4.000	2935%
Chromium (mg)	0.028	30.000	0%
Molybdenum (µg)	30.550	45.000	68%
Dietary Fiber, total (gm)	13.063	25.000	52%
Soluble Fiber (gm)			
Insoluble Fiber (gm)			
Crude Fiber (gm)			
Sugar, total (gm)			
Glucose (gm)			
Galactose (gm)			
Fructose (gm)			
Sucrose (gm)			
Lactose (gm)			
Maltose (gm)			
Tryptophan (mg)			
Threonine (mg)			
Isoleucine (mg)			
Leucine (mg)			
Lysine (mg)			
Methionine (mg)			
Cystine (mg)			
Phenylalanine (mg)			
Tyrosine (mg)			
Valine (mg)			
Arginine (mg)			
Histidine (mg)			
Alanine (mg)			
Aspartic Acid (mg)			
Glutamic Acid (mg)			
Glycine (mg)			
Proline (mg)			
Serine (mg)			
Moisture (gm)			
Ash (gm)			
Caffeine (mg)			

Daily Average

% of Kcals

Protein	20%
Carbohydrate	56%
Fat, total	24%
Alcohol	0%

Exchanges

Bread/Starch	3.0
Fruit	
Other Carbohydrate	1.0
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	1.0
Meat - Very Lean	2.0
Meat - Lean	
Meat - Medium Fat	
Meat - High Fat	
Fat	1.0

Spring Week 5

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 36

Kcals / Day: 654
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	613.531	2000.000	31%
Protein (gm)	35.835	70.000	51%
Carbohydrate (gm)	89.621	300.000	30%
Fat, total (gm)	13.771	65.000	21%
Alcohol (gm)			
Cholesterol (mg)	67.276	300.000	22%
Saturated Fat (gm)	4.963	20.000	25%
Monounsaturated Fat (gm)	4.755	25.000	19%
Polyunsaturated Fat (gm)	2.545	20.000	13%
MFA 18:1, Oleic (gm)			
PFA 18:2, Linoleic (gm)			
PFA 18:3, Linolenic (gm)			
PFA 20:5, EPA (gm)			
PFA 22:6, DHA (gm)			
Sodium (mg)	589.269	2400.000	25%
Potassium (mg)	1209.921	3500.000	35%
Vitamin A (RE)	251.613	900.000	28%
Vitamin A (IU)	1415.785	4500.000	31%
Beta-Carotene (µg)			
Vitamin C (mg)	31.273	90.000	35%
Calcium (mg)	360.669	1200.000	30%
Iron (mg)	5.157	8.000	64%
Vitamin D (ug)	2.817	15.000	19%
Vitamin D (IU)	112.680	600.000	19%
Vitamin E	1.572	15.000	10%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.532	1.100	48%
Riboflavin (mg)	0.758	1.100	69%
Niacin (mg)	7.481	14.000	53%
Pyridoxine/Vit B6 (mg)	0.716	1.500	48%
Folate (µg)	118.894	400.000	30%
Cobalamin/Vit B12 (µg)	2.821	2.400	118%
Biotin (µg)	12.330	30.000	41%
Pantothenic Acid (mg)	1.899	5.000	38%
Vitamin K (µg)	4.124	90.000	5%
Phosphorus (mg)	586.890	700.000	84%
Iodine (µg)		150.000	
Magnesium (mg)	119.153	420.000	28%

Nutrient	Value	Goal	% Goal
Zinc (mg)	5.365	11.000	49%
Copper (mg)	0.380	0.900	42%
Manganese (mg)	1.439	2.300	63%
Selenium (mg)	0.048	0.055	87%
Fluoride (µg)	127.645	4.000	3191%
Chromium (mg)	0.042	30.000	0%
Molybdenum (µg)	12.264	45.000	27%
Dietary Fiber, total (gm)	6.855	25.000	27%
Soluble Fiber (gm)			
Insoluble Fiber (gm)			
Crude Fiber (gm)			
Sugar, total (gm)			
Glucose (gm)			
Galactose (gm)			
Fructose (gm)			
Sucrose (gm)			
Lactose (gm)			
Maltose (gm)			
Tryptophan (mg)			
Threonine (mg)			
Isoleucine (mg)			
Leucine (mg)			
Lysine (mg)			
Methionine (mg)			
Cystine (mg)			
Phenylalanine (mg)			
Tyrosine (mg)			
Valine (mg)			
Arginine (mg)			
Histidine (mg)			
Alanine (mg)			
Aspartic Acid (mg)			
Glutamic Acid (mg)			
Glycine (mg)			
Proline (mg)			
Serine (mg)			
Moisture (gm)			
Ash (gm)			
Caffeine (mg)			

Day 1

% of Kcals

Protein	23%
Carbohydrate	57%
Fat, total	20%
Alcohol	0%

Exchanges

Bread/Starch	3.5
Fruit	
Other Carbohydrate	
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	1.5
Meat - Very Lean	2.5
Meat - Lean	
Meat - Medium Fat	
Meat - High Fat	
Fat	1.5

Spring Week 5

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 36

Kcals / Day: 654
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	557.301	2000.000	28%
Protein (gm)	34.277	70.000	49%
Carbohydrate (gm)	66.875	300.000	22%
Fat, total (gm)	19.280	65.000	30%
Alcohol (gm)			
Cholesterol (mg)	78.629	300.000	26%
Saturated Fat (gm)	5.268	20.000	26%
Monounsaturated Fat (gm)	7.283	25.000	29%
Polyunsaturated Fat (gm)	5.134	20.000	26%
MFA 18:1, Oleic (gm)			
PFA 18:2, Linoleic (gm)			
PFA 18:3, Linolenic (gm)			
PFA 20:5, EPA (gm)			
PFA 22:6, DHA (gm)			
Sodium (mg)	466.403	2400.000	19%
Potassium (mg)	1321.948	3500.000	38%
Vitamin A (RE)	449.695	900.000	50%
Vitamin A (IU)	3203.522	4500.000	71%
Beta-Carotene (µg)			
Vitamin C (mg)	73.114	90.000	81%
Calcium (mg)	413.140	1200.000	34%
Iron (mg)	4.199	8.000	52%
Vitamin D (ug)	2.998	15.000	20%
Vitamin D (IU)	119.918	600.000	20%
Vitamin E	3.761	15.000	25%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.425	1.100	39%
Riboflavin (mg)	0.790	1.100	72%
Niacin (mg)	10.091	14.000	72%
Pyridoxine/Vit B6 (mg)	0.798	1.500	53%
Folate (µg)	137.322	400.000	34%
Cobalamin/Vit B12 (µg)	1.216	2.400	51%
Biotin (µg)	4.918	30.000	16%
Pantothenic Acid (mg)	2.203	5.000	44%
Vitamin K (µg)	26.083	90.000	29%
Phosphorus (mg)	541.070	700.000	77%
Iodine (µg)		150.000	
Magnesium (mg)	125.953	420.000	30%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.528	11.000	32%
Copper (mg)	0.382	0.900	42%
Manganese (mg)	1.251	2.300	54%
Selenium (mg)	0.041	0.055	75%
Fluoride (µg)	85.399	4.000	2135%
Chromium (mg)	0.025	30.000	0%
Molybdenum (µg)	68.182	45.000	152%
Dietary Fiber, total (gm)	9.496	25.000	38%
Soluble Fiber (gm)			
Insoluble Fiber (gm)			
Crude Fiber (gm)			
Sugar, total (gm)			
Glucose (gm)			
Galactose (gm)			
Fructose (gm)			
Sucrose (gm)			
Lactose (gm)			
Maltose (gm)			
Tryptophan (mg)			
Threonine (mg)			
Isoleucine (mg)			
Leucine (mg)			
Lysine (mg)			
Methionine (mg)			
Cystine (mg)			
Phenylalanine (mg)			
Tyrosine (mg)			
Valine (mg)			
Arginine (mg)			
Histidine (mg)			
Alanine (mg)			
Aspartic Acid (mg)			
Glutamic Acid (mg)			
Glycine (mg)			
Proline (mg)			
Serine (mg)			
Moisture (gm)			
Ash (gm)			
Caffeine (mg)			

Day 2

% of Kcals

Protein	24%
Carbohydrate	46%
Fat, total	30%
Alcohol	0%

Exchanges

Bread/Starch	1.0
Fruit	
Other Carbohydrate	2.0
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	2.0
Meat - Very Lean	
Meat - Lean	
Meat - Medium Fat	
Meat - High Fat	
Fat	1.0

Spring Week 5

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 36

Kcals / Day: 654
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	606.664	2000.000	30%
Protein (gm)	28.479	70.000	41%
Carbohydrate (gm)	91.112	300.000	30%
Fat, total (gm)	15.771	65.000	24%
Alcohol (gm)			
Cholesterol (mg)	37.179	300.000	12%
Saturated Fat (gm)	4.950	20.000	25%
Monounsaturated Fat (gm)	4.660	25.000	19%
Polyunsaturated Fat (gm)	5.021	20.000	25%
MFA 18:1, Oleic (gm)			
PFA 18:2, Linoleic (gm)			
PFA 18:3, Linolenic (gm)			
PFA 20:5, EPA (gm)			
PFA 22:6, DHA (gm)			
Sodium (mg)	726.876	2400.000	30%
Potassium (mg)	1446.736	3500.000	41%
Vitamin A (RE)	1495.053	900.000	166%
Vitamin A (IU)	13417.080	4500.000	298%
Beta-Carotene (µg)			
Vitamin C (mg)	30.327	90.000	34%
Calcium (mg)	636.458	1200.000	53%
Iron (mg)	6.517	8.000	81%
Vitamin D (ug)	3.683	15.000	25%
Vitamin D (IU)	147.312	600.000	25%
Vitamin E	3.477	15.000	23%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.573	1.100	52%
Riboflavin (mg)	0.934	1.100	85%
Niacin (mg)	2.797	14.000	20%
Pyridoxine/Vit B6 (mg)	0.526	1.500	35%
Folate (µg)	256.605	400.000	64%
Cobalamin/Vit B12 (µg)	1.179	2.400	49%
Biotin (µg)	7.899	30.000	26%
Pantothenic Acid (mg)	1.606	5.000	32%
Vitamin K (µg)	6.316	90.000	7%
Phosphorus (mg)	577.423	700.000	82%
Iodine (µg)		150.000	
Magnesium (mg)	188.937	420.000	45%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.090	11.000	28%
Copper (mg)	0.426	0.900	47%
Manganese (mg)	1.825	2.300	79%
Selenium (mg)	0.020	0.055	36%
Fluoride (µg)	123.122	4.000	3078%
Chromium (mg)	0.013	30.000	0%
Molybdenum (µg)	19.136	45.000	43%
Dietary Fiber, total (gm)	17.084	25.000	68%
Soluble Fiber (gm)			
Insoluble Fiber (gm)			
Crude Fiber (gm)			
Sugar, total (gm)			
Glucose (gm)			
Galactose (gm)			
Fructose (gm)			
Sucrose (gm)			
Lactose (gm)			
Maltose (gm)			
Tryptophan (mg)			
Threonine (mg)			
Isoleucine (mg)			
Leucine (mg)			
Lysine (mg)			
Methionine (mg)			
Cystine (mg)			
Phenylalanine (mg)			
Tyrosine (mg)			
Valine (mg)			
Arginine (mg)			
Histidine (mg)			
Alanine (mg)			
Aspartic Acid (mg)			
Glutamic Acid (mg)			
Glycine (mg)			
Proline (mg)			
Serine (mg)			
Moisture (gm)			
Ash (gm)			
Caffeine (mg)			

Day 3

% of Kcals

Protein	18%
Carbohydrate	59%
Fat, total	23%
Alcohol	0%

Exchanges

Bread/Starch	2.5
Fruit	1.0
Other Carbohydrate	
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	3.0
Meat - Very Lean	1.0
Meat - Lean	
Meat - Medium Fat	
Meat - High Fat	
Fat	1.5

Spring Week 5

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 36

Kcals / Day: 654
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	687.142	2000.000	34%
Protein (gm)	35.870	70.000	51%
Carbohydrate (gm)	110.537	300.000	37%
Fat, total (gm)	13.717	65.000	21%
Alcohol (gm)			
Cholesterol (mg)	36.236	300.000	12%
Saturated Fat (gm)	5.584	20.000	28%
Monounsaturated Fat (gm)	3.462	25.000	14%
Polyunsaturated Fat (gm)	1.892	20.000	9%
MFA 18:1, Oleic (gm)			
PFA 18:2, Linoleic (gm)			
PFA 18:3, Linolenic (gm)			
PFA 20:5, EPA (gm)			
PFA 22:6, DHA (gm)			
Sodium (mg)	919.805	2400.000	38%
Potassium (mg)	1629.928	3500.000	47%
Vitamin A (RE)	298.713	900.000	33%
Vitamin A (IU)	1494.059	4500.000	33%
Beta-Carotene (µg)			
Vitamin C (mg)	32.926	90.000	37%
Calcium (mg)	657.240	1200.000	55%
Iron (mg)	8.254	8.000	103%
Vitamin D (ug)	2.490	15.000	17%
Vitamin D (IU)	99.600	600.000	17%
Vitamin E	1.949	15.000	13%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.697	1.100	63%
Riboflavin (mg)	0.746	1.100	68%
Niacin (mg)	5.016	14.000	36%
Pyridoxine/Vit B6 (mg)	0.607	1.500	40%
Folate (µg)	132.820	400.000	33%
Cobalamin/Vit B12 (µg)	1.067	2.400	44%
Biotin (µg)	8.052	30.000	27%
Pantothenic Acid (mg)	1.946	5.000	39%
Vitamin K (µg)	41.708	90.000	46%
Phosphorus (mg)	669.586	700.000	96%
Iodine (µg)		150.000	
Magnesium (mg)	204.840	420.000	49%

Nutrient	Value	Goal	% Goal
Zinc (mg)	4.183	11.000	38%
Copper (mg)	0.850	0.900	94%
Manganese (mg)	2.816	2.300	122%
Selenium (mg)	0.052	0.055	95%
Fluoride (µg)	83.363	4.000	2084%
Chromium (mg)	0.007	30.000	0%
Molybdenum (µg)	16.388	45.000	36%
Dietary Fiber, total (gm)	22.433	25.000	90%
Soluble Fiber (gm)			
Insoluble Fiber (gm)			
Crude Fiber (gm)			
Sugar, total (gm)			
Glucose (gm)			
Galactose (gm)			
Fructose (gm)			
Sucrose (gm)			
Lactose (gm)			
Maltose (gm)			
Tryptophan (mg)			
Threonine (mg)			
Isoleucine (mg)			
Leucine (mg)			
Lysine (mg)			
Methionine (mg)			
Cystine (mg)			
Phenylalanine (mg)			
Tyrosine (mg)			
Valine (mg)			
Arginine (mg)			
Histidine (mg)			
Alanine (mg)			
Aspartic Acid (mg)			
Glutamic Acid (mg)			
Glycine (mg)			
Proline (mg)			
Serine (mg)			
Moisture (gm)			
Ash (gm)			
Caffeine (mg)			

Day 4

% of Kcals

Protein	20%
Carbohydrate	62%
Fat, total	17%
Alcohol	0%

Exchanges

Bread/Starch	5.0
Fruit	
Other Carbohydrate	1.0
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	
Meat - Very Lean	7.0
Meat - Lean	
Meat - Medium Fat	.5
Meat - High Fat	
Fat	

Spring Week 5

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 36

Kcals / Day: 654
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	804.890	2000.000	40%
Protein (gm)	32.105	70.000	46%
Carbohydrate (gm)	109.458	300.000	36%
Fat, total (gm)	28.186	65.000	43%
Alcohol (gm)			
Cholesterol (mg)	87.295	300.000	29%
Saturated Fat (gm)	8.617	20.000	43%
Monounsaturated Fat (gm)	9.599	25.000	38%
Polyunsaturated Fat (gm)	7.298	20.000	36%
MFA 18:1, Oleic (gm)			
PFA 18:2, Linoleic (gm)			
PFA 18:3, Linolenic (gm)			
PFA 20:5, EPA (gm)			
PFA 22:6, DHA (gm)			
Sodium (mg)	814.900	2400.000	34%
Potassium (mg)	1320.295	3500.000	38%
Vitamin A (RE)	547.767	900.000	61%
Vitamin A (IU)	3073.393	4500.000	68%
Beta-Carotene (µg)			
Vitamin C (mg)	30.290	90.000	34%
Calcium (mg)	777.780	1200.000	65%
Iron (mg)	4.867	8.000	61%
Vitamin D (ug)	5.909	15.000	39%
Vitamin D (IU)	236.366	600.000	39%
Vitamin E	3.073	15.000	20%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.806	1.100	73%
Riboflavin (mg)	1.220	1.100	111%
Niacin (mg)	5.704	14.000	41%
Pyridoxine/Vit B6 (mg)	0.447	1.500	30%
Folate (µg)	144.841	400.000	36%
Cobalamin/Vit B12 (µg)	1.913	2.400	80%
Biotin (µg)	14.842	30.000	49%
Pantothenic Acid (mg)	2.535	5.000	51%
Vitamin K (µg)	31.791	90.000	35%
Phosphorus (mg)	766.278	700.000	109%
Iodine (µg)		150.000	
Magnesium (mg)	122.076	420.000	29%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.719	11.000	34%
Copper (mg)	0.433	0.900	48%
Manganese (mg)	1.152	2.300	50%
Selenium (mg)	0.023	0.055	42%
Fluoride (µg)	167.429	4.000	4186%
Chromium (mg)	0.053	30.000	0%
Molybdenum (µg)	36.779	45.000	82%
Dietary Fiber, total (gm)	9.447	25.000	38%
Soluble Fiber (gm)			
Insoluble Fiber (gm)			
Crude Fiber (gm)			
Sugar, total (gm)			
Glucose (gm)			
Galactose (gm)			
Fructose (gm)			
Sucrose (gm)			
Lactose (gm)			
Maltose (gm)			
Tryptophan (mg)			
Threonine (mg)			
Isoleucine (mg)			
Leucine (mg)			
Lysine (mg)			
Methionine (mg)			
Cystine (mg)			
Phenylalanine (mg)			
Tyrosine (mg)			
Valine (mg)			
Arginine (mg)			
Histidine (mg)			
Alanine (mg)			
Aspartic Acid (mg)			
Glutamic Acid (mg)			
Glycine (mg)			
Proline (mg)			
Serine (mg)			
Moisture (gm)			
Ash (gm)			
Caffeine (mg)			

Day 5

% of Kcals

Protein	16%
Carbohydrate	53%
Fat, total	31%
Alcohol	0%

Exchanges

Bread/Starch	2.5
Fruit	
Other Carbohydrate	3.0
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	
Meat - Very Lean	
Meat - Lean	
Meat - Medium Fat	
Meat - High Fat	
Fat	2.0

Recipe Report - Baked Steak with Peppers and Onions

Food ID: 76 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 144 No. Ingredients: 10
Source: Custom

Preparation

Cooked
Preparation Time: 0
Cooking Time: 2 hrs. 0 min.
Cooking Temp: 350 deg F

Ingredient	Amt	Portion
Baked Steak with Peppers and Onions		
Beef Round, Full Cut, Choice, Separable Lean, 1/4in. Fat, Raw	19.000	POUND
Green Bell or Sweet Pepper	2.625	POUND
Onions, Chopped	3.000	POUND
Garlic Powder	1.000	TSP
Table Salt	2.000	TSP
Ground Black Pepper	1.000	TSP
All Purpose Wheat Flour, White, Bleached, Enriched	13.500	OUNCE
Tap Water	1.000	QUART
Red Tomato, Whole, Canned	204.000	OUNCE
Bay Leaf	12.000	TSP

Instructions:

For 100 servings: cut meat into 100 3-oz portions. Place on sheet pans. Brown at 350 degrees F for 30 minutes. Drain. Place meat in 4 baking pans (12"x20"), 25 portions per pan. Cover steaks with green peppers and onions. Sprinkle garlic powder, salt, and pepper over vegetables. Mix flour and water until smooth. Stir into tomatoes. Cook, stirring constantly, until thickened. Pour tomatoes over meat and vegetables. Place 3 bay leaves on top of tomatoes in each pan, being careful not to break bay leaves up. Cover pans and bake at 350 degrees F for 2 hours or until meat is tender. Remove bay leaves before serving, being careful not to leave any pieces. Serving size: 1 3 oz.piece plus 1/4 c sauce.

Recipe Report - Cooked Rice

Food ID: 33 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 99 No. Ingredients: 2
Source: Custom

Preparation

Boiled
Preparation Time: 0
Cooking Time: 0 hrs. 25 min.
Cooking Temp: deg F

Ingredient	Amt	Portion
Cooked Rice		
Long Grain White Rice, Enriched, Dry	6.000	POUND
Table Salt	1.000	TBSP

Instructions:

For 100 servings: place rice in 2 baking pans (about 12 by 20 inches), 3 pounds or about 1 quart 3 1/3 cups per pan. Add salt to boiling water; pour over rice, 3 quarts per pan. Cover pans tightly. Bake at 350 degrees F or steam at 5 pounds pressure for 25 minutes for white rice and 50 minutes for brown rice. Remove from oven or steamer and let stand covered 5 minutes. Serving size: about 1/2 cup.

Recipe Report - Fruit Medley

Food ID: 77 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 80 No. Ingredients: 5
Source: Custom

Preparation

None
Preparation Time: 0
Cooking Time:
Cooking Temp: deg F

Ingredient	Amt	Portion
Fruit Medley		
DEL MONTE Pineapple Chunks in Its Own Juice	1.000	GALLON
S&W FINE FOODS Natural Style Cling Peaches, Sliced, Canned in Juice	1.000	GALLON
Banana	4.000	POUND
Apple	4.000	POUND
Pineapple Juice, Unsweetened, Canned	2.000	QUART

Instructions:

Instructions...Amounts for banana and apple are as purchased. Peel bananas and trim ends. Core, but do not peel apples. Mix all fruits together and add juice. Chill before serving.

Recipe Report - Roast Chicken

Food ID: 78 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 104 No. Ingredients: 4
Source: Custom

Preparation

None
Preparation Time: 0
Cooking Time:
Cooking Temp: deg F

Ingredient	Amt	Portion
Roast Chicken		
Chicken, Meat Only, Raw	19.000	POUND
Paprika	4.000	TBSP
Ground Black Pepper	4.000	TSP
Garlic Powder	2.000	TBSP

Instructions:

Instructions...Place chicken pieces in greased sheet pans. Sprinkle with seasoning powders. Bake at 350 degree oven for about one hour or until done. Serve a 3 oz portion.

Recipe Report - Cauliflower Pollanese

Food ID: 79 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 51 No. Ingredients: 4
Source: Custom

Preparation

None
Preparation Time: 0
Cooking Time:
Cooking Temp: deg F

Ingredient	Amt	Portion
Cauliflower Pollanese		
Cauliflower, Frozen	24.000	POUND
Tap Water	3.000	QUART
Plain Bread Crumbs	2.000	CUP
Margarine, Soft	1.000	CUP

Instructions:

Instructions...Boil cauliflower in water 8-10 minutes or until tender. Drain. Lightly brown bread crumbs in melted margarine. Sprinkle over cauliflower and toss lightly.

Recipe Report - Marinated Green Beans

Food ID: 80 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 71 No. Ingredients: 8
Source: Custom

Preparation

None
Preparation Time: 0
Cooking Time:
Cooking Temp: deg F

Ingredient	Amt	Portion
Marinated Green Beans		
Lemon Juice	1.000	CUP
Distilled Vinegar	1.000	CUP
Canola Oil	2.000	CUP
Onions, Chopped	1.000	CUP
Red Bell or Sweet Pepper	0.500	CUP
Parsley, Chopped	0.500	CUP
Ground Tarragon	2.000	TBSP
Green Beans, Boiled, Drained	19.000	POUND

Instructions:

Instructions...Combine all ingredients, except green beans. Mix well. Pour marinade over green beans. Mix thoroughly. Refrigerate for 2-3 hours.

Recipe Report - Seasoned Pinto Beans

Food ID: 10 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 128 No. Ingredients: 3
Source: Custom

Preparation

Boiled-Drained
Preparation Time: 0
Cooking Time:
Cooking Temp: deg F

Ingredient	Amt	Portion
Seasoned Pinto Beans		
Pinto Beans, Dry	8.250	POUND
Table Salt	4.000	TSP
Garlic Powder	3.000	TSP

Instructions:

For 100 servings: sort beans; wash if needed. Add beans to 3 gal & 2 qt boiling water. Boil 2 minutes. Remove from heat. Cover and let soak 1 hour, or cool and let stand overnight in refrigerator. Add 1/2 t salt for each lb of dry beans. Add garlic powder. Cook in soaking liquid until tender (2 hours). Add boiling water, if needed. Drain; serve or use in recipe. Serving size: 3 ounces cooked.

Recipe Report - Cornbread

Food ID: 25011 Portion/Amount: 1.00 PIECE Servings: 100.00 Kcals / Serving: 130 No. Ingredients: 8
Source: FDB

Preparation

Baked
Preparation Time: 0
Cooking Time: 0 hrs. 25 min.
Cooking Temp: 425 deg F

Ingredient	Amt	Portion
Cornbread		
All Purpose Wheat Flour, White, Bleached, Enriched	2.219	POUND
Cornmeal, Degermed, Enriched	2.688	POUND
Baking Powder with Sodium Aluminium Sulfate	3.000	OUNCE
White Granulated Sugar	9.250	OUNCE
Table Salt	2.000	TSP
Egg, Raw	14.000	OUNCE
Nonfat, Skim or Fat Free Milk	2.000	QUART
Corn Oil	9.750	OUNCE

Instructions:

For 100 servings: mix flour, cornmeal, baking powder, sugar, and salt thoroughly. Mix eggs, milk, and oil. Add to dry ingredients, stirring only until dry ingredients are moistened; batter will be lumpy. Pour into 2 greased baking pans (about 12 by 20 inches), about 2 1/2 quarts or 5 pounds 11 ounces batter per pan. Bake at 425 degrees F for 25 to 30 minutes or until lightly browned. Serving size: 1 piece, about 2"x2".

Recipe Report - Herb-Seasoned Spinach Casserole

Food ID: 107 Portion/Amount: 0.75 CUP Servings: 100.00 Kcals / Serving: 99 No. Ingredients: 10
Source: Custom

Preparation

Baked
Preparation Time: 0
Cooking Time: 0 hrs. 25 min.
Cooking Temp: 350 deg F

Ingredient	Amt	Portion
Herb-Seasoned Spinach Casserole		
Spinach, Frozen	36.000	POUND
Table Salt	1.000	TBSP
Margarine, Soft	1.000	CUP
All Purpose Wheat Flour, White, Bleached, Enriched	9.000	OUNCE
MC CORMICK Ground Mustard Flour	2.000	TSP
Nonfat, Skim or Fat Free Milk	1.000	GALLON
Low Fat Cheddar or Colby Cheese	16.000	OUNCE
Plain Bread Crumbs	7.500	OUNCE
Dried Marjoram	1.330	TBSP
Ground Basil	1.330	TBSP
Margarine, Soft	0.250	CUP

Instructions:

For 100 servings: Cook spinach in 2 qt boiling salted water until tender. Drain. Place cooked drained spinach in 4 baking pans (12"x20"), about 2 qt or 4 lb per pan. In a separate container, melt 1 cup margarine; stir in flour and mustard. Gradually stir in milk. Cook, stirring constantly, until thickened. Add cheese. Stir until cheese is melted. Pour sauce over spinach, about 4 1/2 c per pan. Mix breadcrumbs, marjoram, basil, and melted 1/4 cup margarine. Sprinkle over spinach and sauce, about 3/4 c per pan. Bake at 350 degrees F for 25 minutes or until bread crumbs are lightly browned. Serving size: 3/4 cup

Recipe Report - Mama's Baked Beans

Food ID: 84 Portion/Amount: 0.75 CUP Servings: 100.00 Kcals / Serving: 259 No. Ingredients: 11
Source: Custom

Preparation

Cooked
Preparation Time: 0
Cooking Time: 2 hrs. 0 min.
Cooking Temp: 350 deg F

Ingredient	Amt	Portion
Mama's Baked Beans		
Navy Beans, Dry	14.000	POUND
Table Salt	1.000	TSP
Tap Water	1.750	GALLON
Onion, Whole, Frozen	2.938	POUND
Tomato Puree, Canned	5.500	POUND
Blackstrap Molasses	2.750	POUND
MC CORMICK Ground Mustard Flour	0.250	CUP
Ground Cloves	1.000	TBSP
Ground Ginger	2.000	TSP
Ground Black Pepper	2.000	TSP
Worcestershire Sauce	2.000	TBSP

Instructions:

For 100 servings: sort and wash beans. Add beans to boiling water. Return to boiling. Boil 2 minutes. Remove from heat; cover. Soak 1 hour or place in refrigerator overnight. Add 1teaspoon salt to beans. Cover and cook gently until beans are tender, about 1-1/2 hours. Drain; save 1-3/4 gallons bean liquid. Place cooked, drained beans in 4 pans (12"x20"), about 1-1/4 gal or 8 lb per pan. Mix remaining ingredients. Pour over beans in pans, about 3 qt or 6 lb 8 oz per pan. Bake at 350 degrees F for 2 hours; stir after 1 hour. Stir again, if needed, to prevent drying.
Serving size: 3/4 cup.

Recipe Report - Cream of Mushroom Soup

Food ID: 82 Portion/Amount: 0.67 CUP Servings: 100.00 Kcals / Serving: 134 No. Ingredients: 7
Source: Custom

Preparation

None
Preparation Time: 0
Cooking Time:
Cooking Temp: deg F

Ingredient	Amt	Portion
Cream of Mushroom Soup		
Margarine, Soft	2.000	CUP
Onions, Chopped	3.000	CUP
Mushrooms	4.000	POUND
All Purpose Wheat Flour, White, Bleached, Enriched	5.000	CUP
Ground White Pepper	4.000	TSP
CAMPBELL'S RTS Low Sodium Chicken Broth	2.000	QUART
Nonfat, Skim or Fat Free Milk	5.000	GALLON

Instructions:

Instructions...Melt margarine. Add onions and mushrooms, saute until tender. Remove from heat. Blenderize until smooth. Return to heat. Add flour and pepper to mushroom mixture. Stir until blended. Combine broth and milk. Add gradually to flour mushroom mixture, stirring constantly. Cook until thickened. Heat to 170 degrees. Serve approximately 2/3 cup.

Recipe Report - Cheesy Pea Salad on Romaine Lettuce

Food ID: 81 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 146 No. Ingredients: 8
Source: Custom

Preparation

None
Preparation Time: 0
Cooking Time:
Cooking Temp: deg F

Ingredient	Amt	Portion
Cheesy Pea Salad on Romaine Lettuce		
Hard Cooked Eggs in Shell	28.000	ITEM
Green Peas, Frozen, Boiled, Drained	20.000	POUND
Low Fat Cheddar or Colby Cheese	3.000	POUND
Onions, Chopped	1.000	CUP
Celery, Diced	1.500	QUART
Red Bell or Sweet Pepper	2.000	CUP
KRAFT Light Mayonnaise	3.000	CUP
Romaine Lettuce, Shredded	3.250	GALLON

Instructions:

Instructions...Peel and chop eggs. Combine all ingredients except lettuce. Mix lightly. Chill. Serve 1/2 cup salad on 1/2 cup shredded Romaine lettuce.

Recipe Report - Cobbler - Cherry

Food ID: 108 Portion/Amount: 1.00 PIECE Servings: 100.00 Kcals / Serving: 242 No. Ingredients: 8
Source: Custom

Preparation

Baked
Preparation Time: 0
Cooking Time: 1 hrs. 0 min.
Cooking Temp: 425 deg F

Ingredient	Amt	Portion
Cobbler - Cherry		
All Purpose Wheat Flour, White, Bleached, Enriched	2.250	POUND
Table Salt	2.000	TSP
Household Shortening with Soybean and Cottonseed Oil	2.500	CUP
Tap Water	1.330	CUP
Sweet Cherries, Canned in Juice	25.750	POUND
Tap Water	1.000	CUP
Cornstarch	1.250	POUND
White Granulated Sugar	4.250	POUND
Lemon Juice, Unsweetened, Frozen	0.500	CUP

Instructions:

For 100 servings: for pastry topping: Combine flour and salt. Mix in shortening until size of small peas. Add water and mix just until dry ingredients are moistened. Cover and set aside. For filling: Drain cherries, reserving juice. Set aside. Add enough water to make 1 gal liquid mixture. Mix cornstarch with 1/4 of the liquid mixture. Bring remaining liquid mixture to boil. Add about 1/2 of the sugar. Gradually add cornstarch mixture to boiling liquid. Cook, stirring constantly, until thickened. Mixture will be very thick. Remove from heat. Blend remaining sugar and lemon juice thoroughly into mixture. Add cherries to thickened mixture. Stir lightly. Do not break up fruit. Pour 3-1/4 qt thickened cherry mixture into each of 4 steam table pans (12"x20"x2-1/2"). Roll out pastry dough into rectangles (12"x20") on lightly floured surface. Use 1 lb dough for each pan. Cover cherries with pastry. Brush with pastry brush dipped in water. Cut slits in pastry. Bake until pastry is brown and filling is bubbly: Conventional oven at 425 degrees F for 1 hour. Cut each pan 5x5 (25 portions per pan).

Recipe Report - Whole Wheat Biscuits

Food ID: 83 Portion/Amount: 1.00 ITEM Servings: 100.00 Kcals / Serving: 128 No. Ingredients: 6
Source: Custom

Preparation

None
Preparation Time: 0
Cooking Time:
Cooking Temp: deg F

Ingredient	Amt	Portion
Whole Wheat Biscuits		
All Purpose Wheat Flour, White, Bleached, Enriched	3.500	POUND
Whole Wheat Flour	1.500	POUND
Baking Powder with Calcium Sulfate	5.000	OUNCE
Table Salt	2.000	TSP
Household Shortening with Soybean and Cottonseed Oil	1.000	POUND
Nonfat, Skim or Fat Free Milk	1.750	QUART

Instructions:

Instructions...Combine flours, baking powder, and salt in mixer bowl. Mix on low speed with flat beater until blended, about 10 seconds. Add shortening to flour mixture. Mix on low speed for one minute. Stop and scrape sides and bottom of bowl. Mix one minute longer. The mixture will be crumbly. Add milk. Mix on low speed to form a soft dough, about 30 seconds. Do not overmix. Dough should be as soft as can be handled. Knead lightly. Roll out on baking sheets and cut into 100 biscuits. Bake in 400 degree oven until golden brown, about 15 minutes.