Menu Report

Menu: Spring Week 1

Total Days: 5
Total Foods: 36
Avg. Daily Cals: 609.00

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				42.231	17.254	92.093	6.102	451.797	86.550	396.961	3.194	1.827	83.481	6.716
		103 Roasted Beef - Round	3.000 OUNCE	26.101	5.370	73.440	1.872	59.162	0.212	10.858	0.000	0.134	7.914	0.183
		5 Creamier Mashed Potatoes	0.500 CUP	2.893	1.956	0.353	0.362	40.504	13.845	31.873	0.377	0.342	9.912	1.706
		5762 Broccoli, Boiled, Drained	0.500 CUP	2.324	0.273	0.000	0.043	20.273	58.168	35.868	0.000	0.370	38.987	1.871
		29841 DEL MONTE Pineapple Chunks in Its Own Juice	0.500 CUP	0.000	0.000	0.000	0.000	10.000	12.000	0.000	0.000			1.000
		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				28.679	15.217	138.495	5.099	564.435	62.619	573.086	4.355	2.792	192.890	14.960
		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	0.500 CUP	0.928	0.128	0.000	0.021	2.400	5.120	16.000	0.000	0.104	15.200	1.440
		2725 Green Beans	0.750 CUP	1.502	0.099	0.000	0.021	4.950	13.448	30.525	0.000	0.338	30.112	2.805
		5650 Mandarin Oranges, Canned in Juice	4.000 OUNCE	0.703	0.034	0.000	0.004	5.670	38.783	12.474	0.000	0.567	5.216	0.397
		25022 Baked Custard	0.500 CUP	6.318	2.571	102.974	0.859	127.084	0.961	132.775	1.290	0.290	16.305	0.005
		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
		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				35.913	14.262	83.382	5.133	618.760	32.335	440.782	2.817	2.888	145.242	7.368
		6 Seasoned Oven Baked Chicken	3.000 OUNCE	19.406	2.794	63.504	0.718	175.045	2.086	10.952	0.000	0.268	6.350	0.000
		96 Long Grain Brown Rice	0.500 CUP	2.161	0.794	0.000	0.159	50.121	0.000	7.426	0.000	0.196	5.443	0.953
		29259 Spinach, Frozen	0.500 CUP	2.277	0.242	0.000	0.040	57.720	18.954	86.580		0.745	93.288	2.340
		51 Mixed Fruit Salad	0.500 CUP	0.922	0.282	0.000	0.083	5.381	7.947	14.578	0.000	0.696	11.540	2.097
		25124 Fruit Salad Dressing	2.000 TSP	0.234	0.495	1.578	0.308	8.635	1.023	2.884	0.000	0.002	1.953	0.022
		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

Day	Meal	Food	Amt/Portion	Protein	Fat	Chol	Sat Fat	Sodium	Vit C	Calcium	Vit D (ug)	Vit E (ATE)	Folate	Diet Fiber
		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 4				31.589	21.911	74.644	6.022	716.649	35.457	432.160	3.179	3.511	84.429	7.549
		42 Baked Flounder with Lemon Sauce	3.000 OUNCE	14.628	6.294	43.416	1.300	255.585	3.156	18.932	0.362	0.547	7.502	0.082
		43 Springtime Pasta Salad	0.500 CUP	3.638	5.190	12.928	0.792	90.671	15.346	28.436	0.000	1.670	46.671	2.281
		15029 HUNT'S No Added Salt Stewed Tomatoes	0.750 CUP	1.830	0.450	0.000	0.000	46.695	10.950	53.550	0.000			2.310
		255 Grapes, American, Slip Skin	1.000 CUP	0.580	0.322	0.000	0.105	1.840	3.680	12.880	0.000	0.313	3.588	0.920
		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 5				36.172	16.257	30.040	6.509	970.019	38.633	539.794	3.065	1.571	73.400	8.164
		25120 Vegetable Cottage Cheese Salad	0.750 CUP	19.227	2.726	11.431	1.681	564.190	8.900	105.651	0.076	0.258	30.625	1.050
		1144 Potatoes, Baked	1.000 ITEM	4.646	0.202	0.000	0.053	16.160	26.058	20.200	0.000	0.101	22.220	4.848
		53 Spiced Peaches	0.500 CUP	0.978	0.015	0.000	0.009	19.466	1.182	0.657	0.000	0.001	0.049	1.007
		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 1

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

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

Kcals / Day: 609
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	608.950	2000.000	30%
Protein (gm)	34.917	70.000	50%
Carbohydrate (gm)	81.836	300.000	27%
Fat, total (gm)	16.980	65.000	26%
Alcohol (gm)			
Cholesterol (mg)	83.731	300.000	28%
Saturated Fat (gm)	5.773	20.000	29%
Monounsaturated Fat (gm)	5.364	25.000	21%
Polyunsaturated Fat (gm)	4.277	20.000	21%
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)	664.332	2400.000	28%
Potassium (mg)	1455.214	3500.000	42%
Vitamin A (RE)	558.602	900.000	62%
Vitamin A (IU)	4150.717	4500.000	92%
Beta-Carotene (µg)			
Vitamin C (mg)	51.119	90.000	57%
Calcium (mg)	476.557	1200.000	40%
Iron (mg)	4.652	8.000	58%
Vitamin D (ug)	3.322	15.000	22%
Vitamin D (IU)	132.867	600.000	22%
Vitamin E	2.518	15.000	17%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.515	1.100	47%
Riboflavin (mg)	0.844	1.100	77%
Niacin (mg)	6.161	14.000	44%
Pyridoxine/Vit B6 (mg)	0.785	1.500	52%
Folate (µg)	115.888	400.000	29%
Cobalamin/Vit B12 (µg)	2.187	2.400	91%
Biotin (µg)	8.428	30.000	28%
Pantothenic Acid (mg)	2.237	5.000	45%
Vitamin K (µg)	74.884	90.000	83%
Phosphorus (mg)	602.307	700.000	86%
Iodine (µg)		150.000	
Magnesium (mg)	139.477	420.000	33%

Nutrient	Value	Goal	% Goal
Zinc (mg)	4.230	11.000	38%
Copper (mg)	0.467	0.900	52%
Manganese (mg)	1.469	2.300	64%
Selenium (mg)	0.042	0.055	76%
Fluoride (µg)	243.145	4.000	6079%
Chromium (mg)	0.014	30.000	0%
Molybdenum (µg)	19.047	45.000	42%
Dietary Fiber, total (gm)	8.951	25.000	36%
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	23%
Carbohydrate	53%
Fat, total	25%
Alcohol	0%

Exchanges

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

Spring Week 1

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

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

Kcals / Day: 609
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	584.682	2000.000	29%
Protein (gm)	42.231	70.000	60%
Carbohydrate (gm)	66.239	300.000	22%
Fat, total (gm)	17.254	65.000	27%
Alcohol (gm)			
Cholesterol (mg)	92.093	300.000	31%
Saturated Fat (gm)	6.102	20.000	31%
Monounsaturated Fat (gm)	5.977	25.000	24%
Polyunsaturated Fat (gm)	3.268	20.000	16%
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)	451.797	2400.000	19%
Potassium (mg)	1594.007	3500.000	46%
Vitamin A (RE)	317.204	900.000	35%
Vitamin A (IU)	1892.927	4500.000	42%
Beta-Carotene (µg)			
Vitamin C (mg)	86.550	90.000	96%
Calcium (mg)	396.961	1200.000	33%
Iron (mg)	5.711	8.000	71%
Vitamin D (ug)	3.194	15.000	21%
Vitamin D (IU)	127.758	600.000	21%
Vitamin E	1.827	15.000	12%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.411	1.100	37%
Riboflavin (mg)	0.860	1.100	78%
Niacin (mg)	6.599	14.000	47%
Pyridoxine/Vit B6 (mg)	0.892	1.500	59%
Folate (µg)	83.481	400.000	21%
Cobalamin/Vit B12 (µg)	3.591	2.400	150%
Biotin (µg)	5.300	30.000	18%
Pantothenic Acid (mg)	2.235	5.000	45%
Vitamin K (µg)	211.384	90.000	235%
Phosphorus (mg)	629.417	700.000	90%
Iodine (µg)		150.000	
Magnesium (mg)	126.211	420.000	30%

Nutrient	Value	Goal	% Goal
Zinc (mg)	8.701	11.000	79%
Copper (mg)	0.519	0.900	58%
Manganese (mg)	1.157	2.300	50%
Selenium (mg)	0.049	0.055	89%
Fluoride (µg)	79.080	4.000	1977%
Chromium (mg)	0.001	30.000	0%
Molybdenum (µg)	15.287	45.000	34%
Dietary Fiber, total (gm)	6.716	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	29%
Carbohydrate	45%
Fat, total	26%
Alcohol	0%

Exchanges

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

Spring Week 1

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

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

Kcals / Day: 609
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	600.807	2000.000	30%
Protein (gm)	28.679	70.000	41%
Carbohydrate (gm)	90.304	300.000	30%
Fat, total (gm)	15.217	65.000	23%
Alcohol (gm)			
Cholesterol (mg)	138.495	300.000	46%
Saturated Fat (gm)	5.099	20.000	25%
Monounsaturated Fat (gm)	4.648	25.000	19%
Polyunsaturated Fat (gm)	4.194	20.000	21%
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)	564.435	2400.000	24%
Potassium (mg)	1437.471	3500.000	41%
Vitamin A (RE)	458.101	900.000	51%
Vitamin A (IU)	2652.009	4500.000	59%
Beta-Carotene (µg)			
Vitamin C (mg)	62.619	90.000	70%
Calcium (mg)	573.086	1200.000	48%
Iron (mg)	4.648	8.000	58%
Vitamin D (ug)	4.355	15.000	29%
Vitamin D (IU)	174.167	600.000	29%
Vitamin E	2.792	15.000	19%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.642	1.100	58%
Riboflavin (mg)	1.010	1.100	92%
Niacin (mg)	3.139	14.000	22%
Pyridoxine/Vit B6 (mg)	0.537	1.500	36%
Folate (µg)	192.890	400.000	48%
Cobalamin/Vit B12 (µg)	1.615	2.400	67%
Biotin (µg)	14.271	30.000	48%
Pantothenic Acid (mg)	2.193	5.000	44%
Vitamin K (µg)	46.046	90.000	51%
Phosphorus (mg)	649.544	700.000	93%
Iodine (µg)		150.000	
Magnesium (mg)	142.572	420.000	34%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.629	11.000	33%
Copper (mg)	0.397	0.900	44%
Manganese (mg)	0.846	2.300	37%
Selenium (mg)	0.024	0.055	44%
Fluoride (µg)	190.165	4.000	4754%
Chromium (mg)	0.021	30.000	0%
Molybdenum (µg)	32.874	45.000	73%
Dietary Fiber, total (gm)	14.960	25.000	60%
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	19%
Carbohydrate	59%
Fat, total	22%
Alcohol	0%

Exchanges

Bread/Starch	2.5
Fruit	1.0
Other Carbohydrate	.5
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	2.0
Meat - Very Lean	1.0
Meat - Lean	
Meat - Medium Fat	
Meat - High Fat	
Fat	1.0

Spring Week 1

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

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

Kcals / Day: 609
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	568.556	2000.000	28%
Protein (gm)	35.913	70.000	51%
Carbohydrate (gm)	77.899	300.000	26%
Fat, total (gm)	14.262	65.000	22%
Alcohol (gm)			
Cholesterol (mg)	83.382	300.000	28%
Saturated Fat (gm)	5.133	20.000	26%
Monounsaturated Fat (gm)	4.443	25.000	18%
Polyunsaturated Fat (gm)	3.246	20.000	16%
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)	618.760	2400.000	26%
Potassium (mg)	1669.490	3500.000	48%
Vitamin A (RE)	819.814	900.000	91%
Vitamin A (IU)	6962.762	4500.000	155%
Beta-Carotene (µg)			
Vitamin C (mg)	32.335	90.000	36%
Calcium (mg)	440.782	1200.000	37%
Iron (mg)	4.460	8.000	56%
Vitamin D (ug)	2.817	15.000	19%
Vitamin D (IU)	112.680	600.000	19%
Vitamin E	2.888	15.000	19%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.514	1.100	47%
Riboflavin (mg)	0.796	1.100	72%
Niacin (mg)	11.055	14.000	79%
Pyridoxine/Vit B6 (mg)	0.974	1.500	65%
Folate (µg)	145.242	400.000	36%
Cobalamin/Vit B12 (µg)	1.236	2.400	51%
Biotin (µg)	6.388	30.000	21%
Pantothenic Acid (mg)	2.502	5.000	50%
Vitamin K (µg)	1.795	90.000	2%
Phosphorus (mg)	602.350	700.000	86%
Iodine (µg)		150.000	
Magnesium (mg)	182.441	420.000	43%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.983	11.000	36%
Copper (mg)	0.426	0.900	47%
Manganese (mg)	2.782	2.300	121%
Selenium (mg)	0.045	0.055	82%
Fluoride (µg)	82.014	4.000	2050%
Chromium (mg)	0.002	30.000	0%
Molybdenum (µg)	11.607	45.000	26%
Dietary Fiber, total (gm)	7.368	25.000	29%
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	25%
Carbohydrate	53%
Fat, total	22%
Alcohol	0%

Exchanges

Bread/Starch	2.0
Fruit	2.0
Other Carbohydrate	
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	.5
Meat - Very Lean	
Meat - Lean	2.0
Meat - Medium Fat	
Meat - High Fat	
Fat	1.0

Spring Week 1

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

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

Kcals / Day: 609
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	572.557	2000.000	29%
Protein (gm)	31.589	70.000	45%
Carbohydrate (gm)	67.031	300.000	22%
Fat, total (gm)	21.911	65.000	34%
Alcohol (gm)			
Cholesterol (mg)	74.644	300.000	25%
Saturated Fat (gm)	6.022	20.000	30%
Monounsaturated Fat (gm)	6.241	25.000	25%
Polyunsaturated Fat (gm)	7.359	20.000	37%
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)	716.649	2400.000	30%
Potassium (mg)	957.970	3500.000	27%
Vitamin A (RE)	438.446	900.000	49%
Vitamin A (IU)	2994.997	4500.000	67%
Beta-Carotene (µg)			
Vitamin C (mg)	35.457	90.000	39%
Calcium (mg)	432.160	1200.000	36%
Iron (mg)	4.072	8.000	51%
Vitamin D (ug)	3.179	15.000	21%
Vitamin D (IU)	127.157	600.000	21%
Vitamin E	3.511	15.000	23%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.471	1.100	43%
Riboflavin (mg)	0.692	1.100	63%
Niacin (mg)	4.619	14.000	33%
Pyridoxine/Vit B6 (mg)	0.517	1.500	34%
Folate (µg)	84.429	400.000	21%
Cobalamin/Vit B12 (µg)	2.566	2.400	107%
Biotin (µg)	6.924	30.000	23%
Pantothenic Acid (mg)	1.731	5.000	35%
Vitamin K (µg)	100.212	90.000	111%
Phosphorus (mg)	480.424	700.000	69%
Iodine (µg)		150.000	
Magnesium (mg)	127.795	420.000	30%

Nutrient	Value	Goal	% Goal
Zinc (mg)	2.171	11.000	20%
Copper (mg)	0.243	0.900	27%
Manganese (mg)	1.632	2.300	71%
Selenium (mg)	0.066	0.055	120%
Fluoride (µg)	87.900	4.000	2198%
Chromium (mg)	0.007	30.000	0%
Molybdenum (µg)	11.300	45.000	25%
Dietary Fiber, total (gm)	7.549	25.000	30%
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	21%
Carbohydrate	45%
Fat, total	33%
Alcohol	0%

Exchanges

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

Spring Week 1

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

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

Kcals / Day: 609
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	718.146	2000.000	36%
Protein (gm)	36.172	70.000	52%
Carbohydrate (gm)	107.706	300.000	36%
Fat, total (gm)	16.257	65.000	25%
Alcohol (gm)			
Cholesterol (mg)	30.040	300.000	10%
Saturated Fat (gm)	6.509	20.000	33%
Monounsaturated Fat (gm)	5.509	25.000	22%
Polyunsaturated Fat (gm)	3.316	20.000	17%
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)	970.019	2400.000	40%
Potassium (mg)	1617.134	3500.000	46%
Vitamin A (RE)	759.444	900.000	84%
Vitamin A (IU)	6250.890	4500.000	139%
Beta-Carotene (µg)			
Vitamin C (mg)	38.633	90.000	43%
Calcium (mg)	539.794	1200.000	45%
Iron (mg)	4.371	8.000	55%
Vitamin D (ug)	3.065	15.000	20%
Vitamin D (IU)	122.575	600.000	20%
Vitamin E	1.571	15.000	10%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.538	1.100	49%
Riboflavin (mg)	0.863	1.100	78%
Niacin (mg)	5.394	14.000	39%
Pyridoxine/Vit B6 (mg)	1.007	1.500	67%
Folate (µg)	73.400	400.000	18%
Cobalamin/Vit B12 (µg)	1.926	2.400	80%
Biotin (µg)	9.256	30.000	31%
Pantothenic Acid (mg)	2.525	5.000	51%
Vitamin K (µg)	14.984	90.000	17%
Phosphorus (mg)	649.802	700.000	93%
Iodine (µg)		150.000	
Magnesium (mg)	118.364	420.000	28%

Nutrient	Value	Goal	% Goal
Zinc (mg)	2.667	11.000	24%
Copper (mg)	0.751	0.900	83%
Manganese (mg)	0.926	2.300	40%
Selenium (mg)	0.027	0.055	49%
Fluoride (µg)	776.567	4.000	19414%
Chromium (mg)	0.040	30.000	0%
Molybdenum (µg)	24.167	45.000	54%
Dietary Fiber, total (gm)	8.164	25.000	33%
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	20%
Carbohydrate	60%
Fat, total	20%
Alcohol	0%

Exchanges

Bread/Starch	5.0
Fruit	
Other Carbohydrate	
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	1.5
Meat - Very Lean	
Meat - Lean	2.0
Meat - Medium Fat	
Meat - High Fat	
Fat	1.0

Recipe Report - Roasted Beef - Round

Food ID: 103 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 161 No. Ingredients: 3
Source: Custom

Preparation

Roasted
Preparation Time: 0
Cooking Time: 3 hrs. 15 min.
Cooking Temp: 325 deg F

Ingredient	Amt	Portion
Roasted Beef - Round		
Beef Round Tip, Separable Lean, 0in. Fat, Roasted	20.000	POUND
Ground Black Pepper	0.340	CUP
Ground Basil	0.340	CUP

Instructions:

For 100 servings: Rub outside of meat with pepper and basil. Place roasts on racks in shallow open roasting pans. Allow space in pans between roasts. Insert a meat thermometer into the center of the smallest roast so the tip is not touching bone, fat, or gristle. Roast at 325 degrees F until the thermometer reads 160 degrees F (approximate roasting time 3-1/4 to 4 hr). Remove roast from pan. Move thermometer to the next larger roast; follow this procedure until all the meat is cooked. Let roasts stand 15 to 20 minutes; then slice and serve immediately to insure highest quality. Serving size: 3 ounces.

Recipe Report - Creamier Mashed Potatoes

Food ID: 5 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 107 No. Ingredients: 3
Source: Custom

Preparation

Cooked
Preparation Time: 0
Cooking Time:
Cooking Temp: deg F

Ingredient	Amt	Portion
Creamier Mashed Potatoes		
Potatoes, Flesh and Skin, Large	23.500	POUND
Nonfat, Skim or Fat Free Milk	2.000	QUART
Margarine, Soft	1.000	CUP

Instructions:

Boil potatoes until tender. Drain. Mash potatoes in mixer until smooth. Gradually add enough milk to moisten. Add margarine. Mix well. Mix on high speed until potatoes are light and fluffy. Serving size: 1/2 c

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 - Baked Custard

Food ID: 25022 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 90 No. Ingredients: 6
Source: FDB

Preparation

Baked
Preparation Time: 0
Cooking Time: 0 hrs. 20 min.
Cooking Temp: 350 deg F

Ingredient	Amt	Portion
Baked Custard		
White Granulated Sugar	1.094	POUND
Table Salt	2.000	TSP
Egg, Raw	5.250	POUND
Nonfat, Skim or Fat Free Milk	2.500	GALLON
Vanilla Extract	0.250	CUP
Ground Nutmeg	1.000	TSP

Instructions:

Mix sugar, salt, and eggs. Stir in milk and vanilla. Pour into 4 baking pans (12"x20"), about 3-1/4 qt or 7 lb per pan. Sprinkle with nutmeg. Bake at 350 degrees F for 20 to 25 minutes or until set. Serving size: 1/2 cup.

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 - Seasoned Oven Baked Chicken

Food ID: 6 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 108 No. Ingredients: 3
Source: Custom

Preparation

Baked
Preparation Time: 0
Cooking Time: 1 hrs. 30 min.
Cooking Temp: 400 deg F

Ingredient	Amt	Portion
Seasoned Oven Baked Chicken		
Chicken, Meat Only, Raw	20.000	POUND
LAWRY'S Salt Free 17 Season Seasoning	1.000	CUP
Table Salt	1.500	TBSP

Instructions:

Wash chicken pieces; drain. Place 1 layer deep on sheet pans. Mix salt with seasoning powder. Sprinkle seasoning mix on chicken. Bake at 400 degrees F for 1-1/2 hours or until chicken is tender and golden brown. Serving size: 1 piece, approx 3 oz.

Recipe Report - Long Grain Brown Rice

Food ID: 96 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 101 No. Ingredients: 3

Source: Custom

Preparation

Boiled

Preparation Time: 0

Cooking Time: 0 hrs. 25 min.

Cooking Temp: deg F

Ingredient	Amt	Portion
Long Grain Brown Rice		
Long Grain Brown Rice, Dry	6.000	POUND
Table Salt	2.000	TSP
Tap Water	6.000	QUART

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 50 minutes for brown rice. Remove from oven or steamer and let stand covered 5 minutes. Serving size: about 1/2 cup.

Recipe Report - Mixed Fruit Salad

Food ID: 51 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 102 No. Ingredients: 7
Source: Custom

Preparation

Mixed
Preparation Time: 0
Cooking Time:
Cooking Temp: deg F

Ingredient	Amt	Portion
Mixed Fruit Salad		
Pineapple, Canned in Juice	106.000	OUNCE
Peach Halves, Canned in Light Syrup	106.000	OUNCE
Pear Halves, Canned in Light Syrup	105.000	OUNCE
Banana	3.813	POUND
Red or Green Grapes, European, Adherent Skin	4.188	POUND
Raisins, Seedless	1.500	POUND
Iceberg Lettuce Leaves	100.000	PIECE

Instructions:

Drain canned fruits. Dice pears. Mix fruits together gently. Chill. Just before serving, add dressing. Toss lightly. Portion with No. 8 scoop onto crisp lettuce leaves. Serving size: 1/2 cup.

Recipe Report - Fruit Salad Dressing

Food ID: 25124 Portion/Amount: 2.00 TSP Servings: 108.00 Kcals / Serving: 15 No. Ingredients: 5
Source: FDB

Preparation

Mixed
Preparation Time: 0
Cooking Time:
Cooking Temp: deg F

Ingredient	Amt	Portion
Fruit Salad Dressing		
Cornstarch	1.500	OUNCE
Pineapple Juice, Unsweetened, Canned	3.000	CUP
Neufchatel Cheese	8.000	OUNCE
Lemon Juice, Canned	0.500	CUP
White Granulated Sugar	3.500	OUNCE

Instructions:

For 100 servings: mix cornstarch, sugar, and pineapple juice. Cook, stirring constantly, until thickened. Beat cheese with lemon juice until soft and creamy. Slowly add hot mixture to cheese mixture. Beat well. Chill. Makes 4 1/2 cups. Serving size: 2 teaspoons.

Recipe Report - Baked Flounder with Lemon Sauce

No. Ingredients: 6

Food ID: 42 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 120
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Baked Flounder with Lemon Sauce		
European Turbot, Raw	20.000	POUND
Margarine, Soft	2.000	CUP
Lemon Juice, Canned	2.000	CUP
Lemon Peel	0.500	CUP
Table Salt	1.000	TBSP
Ground Black Pepper	2.000	TSP

Instructions:

For 100 servings: thaw filets and divide into 100 servings, about 3 oz each. Place in a single layer, skin side down on 4 greased sheet pans (18"x26"), 25 servings per pan. Mix margarine, lemon juice, lemon rind, salt, and pepper. Pour mixture over fish about 1 c or 3 oz per pan. Bake at 350 degrees F for 25 to 30 minutes or until fish flakes easily when tested with a fork. Serving size: 1 piece - 3 oz..

Recipe Report - Springtime Pasta Salad

Food ID: 43 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 117 No. Ingredients: 5
Source: Custom

Preparation

Mixed
Preparation Time: 0
Cooking Time:
Cooking Temp: deg F

Ingredient	Amt	Portion
Springtime Pasta Salad		
Egg Noodles, Enriched, Dry	3.000	POUND
Mixed Vegetables, Frozen, Boiled, Drained	4.000	POUND
Broccoli, Frozen, Chopped, Boiled, Drained	5.000	QUART
Ground Black Pepper	2.000	TSP
Italian Salad Dressing	1.000	QUART

Instructions:

For 100 servings: heat 2 1/2 gallons water to rolling boil. Slowly add pasta spirals or shells while stirring constantly until water boils again. Cook for 8-10 minutes. Do not overcook. Drain well. Add mixed vegetables, broccoli, and pepper. Shake dressing. Pour over pasta and vegetables. Toss lightly to combine and coat evenly. Cover. Refrigerate until ready to serve. Mix lightly before serving. Portion with No. 8 scoop (1/2 cup).

Recipe Report - Vegetable Cottage Cheese Salad

Food ID: 25120 Portion/Amount: 0.75 CUP Servings: 100.00 Kcals / Serving: 137 No. Ingredients: 8
Source: FDB

Preparation

Mixed
Preparation Time: 0
Cooking Time:
Cooking Temp: deg F

Ingredient	Amt	Portion
Vegetable Cottage Cheese Salad		
Carrots, Grated	3.875	POUND
Onions, Chopped	4.500	OUNCE
Celery, Diced	1.063	POUND
Green Bell or Sweet Pepper	1.313	POUND
Cucumber, Sliced	5.000	POUND
Ground Black Pepper	1.000	TBSP
Low Fat Cottage Cheese, 2% Fat	30.000	POUND
Iceberg Lettuce Leaves	100.000	PIECE

Instructions:

Mix vegetables, pepper, and cottage cheese together lightly. Chill. Portion onto crisp lettuce leaves. Serving size: 3/4 cup.

Recipe Report - Spiced Peaches

Food ID: 53 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 78 No. Ingredients: 4
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Spiced Peaches		
S&W FINE FOODS Natural Style Cling Peaches, Sliced, Canned in Juice	27.000	POUND
Ground Cinnamon	2.000	TSP
Ground Ginger	1.500	TSP
Ground Nutmeg	1.500	TSP

Instructions:

Instructions...Combine all ingredients. Mix. Chill. Serve with # 8 scoop for 100 1/2 cup servings.

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.