Menu Report

Menu: Winter Week 2

Total Days: 5
Total Foods: 35
Avg. Daily Cals: 582.00

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				45.145	21.758	95.000	7.852	838.457	60.230	459.442	3.194	3.302	123.172	9.244
		13 Creole Baked Pork Chops	3.000 OUNCE	28.042	7.413	74.347	2.689	293.715	15.612	50.327	0.000	0.253	12.674	0.850
		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
		7646 FRANCO-AMERICAN Golden Pork Gravy	2.000 TBSP	0.500	2.000	2.000	0.750	170.000	0.000	0.000				0.500
		631 Mustard Greens, Boiled, Drained	0.500 CUP	1.582	0.168	0.000	0.008	11.200	17.710	51.800	0.000	1.407	51.380	1.400
		235 Banana	1.000 ITEM	1.215	0.566	0.000	0.218	1.180	10.738	7.080	0.000	0.319	22.538	2.832
		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				30.731	24.851	58.387	8.701	637.158	34.070	429.011	3.003	3.527	100.796	7.023
		12 Chile with Meat and Beans	0.500 CUP	16.335	8.707	37.780	3.898	208.637	17.075	59.846	0.014	1.129	48.510	3.090
		14 Festive Waldorf Fruit Salad	0.250 CUP	1.552	4.066	1.200	0.446	27.813	2.748	10.612	0.036	0.486	6.108	1.232
		113 Peach-Yogurt Dessert	1.000 PIECE	1.931	2.423	1.107	0.532	78.850	11.922	40.191	0.136	0.931	19.510	0.745
		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				33.217	13.315	78.629	4.695	503.217	49.961	365.534	2.823	2.796	71.915	6.409
		95 Chicken Stew	3.000 OUNCE	18.594	2.674	60.329	0.684	113.083	5.750	12.351	0.006	0.261	7.058	0.172
		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
		587 Broccoli	0.500 CUP	1.311	0.154	0.000	0.024	11.880	41.008	21.120	0.000	0.730	31.240	1.320
		3049 Pear Halves, Canned in Light Syrup	0.500 CUP	0.238	0.038	0.000	0.003	6.275	0.878	6.275	0.000	0.627	1.506	2.008
		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

Day	Meal	Food	Amt/Portion	Protein	Fat	Chol	Sat Fat	Sodium	Vit C	Calcium	Vit D (ug)	Vit E (ATE)	Folate	Diet Fiber
		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				20.488	12.644	35.521	4.247	448.250	37.512	487.610	3.065	2.819	215.836	15.023
		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	2.000 TBSP	0.232	0.032	0.000	0.005	0.600	1.280	4.000	0.000	0.026	3.800	0.360
		678 Turnip Greens, Chopped, Boiled, Drained	0.500 CUP	0.821	0.166	0.000	0.038	20.880	19.728	98.640	0.000	1.239	85.248	2.520
		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
		5615 Applesauce, Unsweetened, Canned	0.500 CUP	0.207	0.061	0.000	0.010	2.439	12.196	3.658	0.000	0.061	0.731	1.830
		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				29.879	21.225	64.960	6.147	711.960	33.881	363.214	3.480	2.344	54.419	6.327
		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
		59 Oven Browned Potatoes	1.000 SERVING	2.562	1.952	0.000	0.346	31.697	24.127	9.361	0.181	0.345	15.773	1.978
		97 Carrot-Raisin Salad	0.250 CUP	0.776	3.324	3.244	0.676	92.820	3.073	16.559	0.120	0.471	4.476	1.311
		15391 S&W FINE FOODS Cling Peaches, Sliced, Canned	0.500 CUP	1.000	0.000	0.000	0.000	10.000	1.200	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

Winter Week 2

Menu Nutrient Analysis
Company: WV Bureau of Senior Services
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 35

Kcals / Day: 582
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	581.839	2000.000	29%
Protein (gm)	31.892	70.000	46%
Carbohydrate (gm)	74.872	300.000	25%
Fat, total (gm)	18.759	65.000	29%
Alcohol (gm)			
Cholesterol (mg)	66.499	300.000	22%
Saturated Fat (gm)	6.328	20.000	32%
Monounsaturated Fat (gm)	5.878	25.000	24%
Polyunsaturated Fat (gm)	4.485	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)	627.808	2400.000	26%
Potassium (mg)	1416.149	3500.000	40%
Vitamin A (RE)	531.671	900.000	59%
Vitamin A (IU)	4026.789	4500.000	89%
Beta-Carotene (µg)			
Vitamin C (mg)	43.131	90.000	48%
Calcium (mg)	420.962	1200.000	35%
Iron (mg)	3.572	8.000	45%
Vitamin D (ug)	3.113	15.000	21%
Vitamin D (IU)	124.520	600.000	21%
Vitamin E	2.958	15.000	20%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.646	1.100	59%
Riboflavin (mg)	0.764	1.100	69%
Niacin (mg)	6.670	14.000	48%
Pyridoxine/Vit B6 (mg)	0.860	1.500	57%
Folate (µg)	113.228	400.000	28%
Cobalamin/Vit B12 (µg)	1.860	2.400	77%
Biotin (µg)	7.890	30.000	26%
Pantothenic Acid (mg)	2.076	5.000	42%
Vitamin K (µg)	25.275	90.000	28%
Phosphorus (mg)	556.407	700.000	79%
Iodine (µg)		150.000	
Magnesium (mg)	133.331	420.000	32%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.500	11.000	32%
Copper (mg)	0.485	0.900	54%
Manganese (mg)	1.306	2.300	57%
Selenium (mg)	0.046	0.055	84%
Fluoride (µg)	92.051	4.000	2301%
Chromium (mg)	0.010	30.000	0%
Molybdenum (µg)	13.544	45.000	30%
Dietary Fiber, total (gm)	8.805	25.000	35%
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	21%
Carbohydrate	50%
Fat, total	28%
Alcohol	0%

Exchanges

Bread/Starch	2.0
Fruit	1.0
Other Carbohydrate	1.0
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	2.0

Winter Week 2

Menu Nutrient Analysis
Company: WV Bureau of Senior Services
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 35

Kcals / Day: 582
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	673.261	2000.000	34%
Protein (gm)	45.145	70.000	64%
Carbohydrate (gm)	79.487	300.000	26%
Fat, total (gm)	21.758	65.000	33%
Alcohol (gm)			
Cholesterol (mg)	95.000	300.000	32%
Saturated Fat (gm)	7.852	20.000	39%
Monounsaturated Fat (gm)	7.262	25.000	29%
Polyunsaturated Fat (gm)	3.616	20.000	18%
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)	838.457	2400.000	35%
Potassium (mg)	2116.562	3500.000	60%
Vitamin A (RE)	470.102	900.000	52%
Vitamin A (IU)	3411.434	4500.000	76%
Beta-Carotene (µg)			
Vitamin C (mg)	60.230	90.000	67%
Calcium (mg)	459.442	1200.000	38%
Iron (mg)	3.936	8.000	49%
Vitamin D (ug)	3.194	15.000	21%
Vitamin D (IU)	127.758	600.000	21%
Vitamin E	3.302	15.000	22%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	1.509	1.100	137%
Riboflavin (mg)	1.075	1.100	98%
Niacin (mg)	9.293	14.000	66%
Pyridoxine/Vit B6 (mg)	1.667	1.500	111%
Folate (µg)	123.172	400.000	31%
Cobalamin/Vit B12 (µg)	1.642	2.400	68%
Biotin (µg)	10.892	30.000	36%
Pantothenic Acid (mg)	2.541	5.000	51%
Vitamin K (µg)	2.891	90.000	3%
Phosphorus (mg)	648.190	700.000	93%
Iodine (µg)		150.000	
Magnesium (mg)	159.268	420.000	38%

Nutrient	Value	Goal	% Goal
Zinc (mg)	4.514	11.000	41%
Copper (mg)	0.665	0.900	74%
Manganese (mg)	1.419	2.300	62%
Selenium (mg)	0.069	0.055	125%
Fluoride (µg)	106.199	4.000	2655%
Chromium (mg)	0.013	30.000	0%
Molybdenum (µg)	12.204	45.000	27%
Dietary Fiber, total (gm)	9.244	25.000	37%
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	26%
Carbohydrate	46%
Fat, total	28%
Alcohol	0%

Exchanges

Bread/Starch	2.0
Fruit	2.0
Other Carbohydrate	
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	1.5
Meat - Very Lean	
Meat - Lean	4.0
Meat - Medium Fat	
Meat - High Fat	
Fat	2.0

Winter Week 2

Menu Nutrient Analysis
Company: WV Bureau of Senior Services
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 35

Kcals / Day: 582
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	592.122	2000.000	30%
Protein (gm)	30.731	70.000	44%
Carbohydrate (gm)	65.798	300.000	22%
Fat, total (gm)	24.851	65.000	38%
Alcohol (gm)			
Cholesterol (mg)	58.387	300.000	19%
Saturated Fat (gm)	8.701	20.000	44%
Monounsaturated Fat (gm)	8.134	25.000	33%
Polyunsaturated Fat (gm)	5.638	20.000	28%
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)	637.158	2400.000	27%
Potassium (mg)	1305.347	3500.000	37%
Vitamin A (RE)	314.647	900.000	35%
Vitamin A (IU)	1879.990	4500.000	42%
Beta-Carotene (µg)			
Vitamin C (mg)	34.070	90.000	38%
Calcium (mg)	429.011	1200.000	36%
Iron (mg)	4.434	8.000	55%
Vitamin D (ug)	3.003	15.000	20%
Vitamin D (IU)	120.122	600.000	20%
Vitamin E	3.527	15.000	24%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.434	1.100	39%
Riboflavin (mg)	0.742	1.100	67%
Niacin (mg)	5.882	14.000	42%
Pyridoxine/Vit B6 (mg)	0.682	1.500	45%
Folate (µg)	100.796	400.000	25%
Cobalamin/Vit B12 (µg)	2.924	2.400	122%
Biotin (µg)	8.993	30.000	30%
Pantothenic Acid (mg)	1.705	5.000	34%
Vitamin K (µg)	9.394	90.000	10%
Phosphorus (mg)	579.623	700.000	83%
Iodine (µg)		150.000	
Magnesium (mg)	122.882	420.000	29%

Nutrient	Value	Goal	% Goal
Zinc (mg)	4.779	11.000	43%
Copper (mg)	0.476	0.900	53%
Manganese (mg)	1.299	2.300	56%
Selenium (mg)	0.040	0.055	73%
Fluoride (µg)	90.164	4.000	2254%
Chromium (mg)	0.012	30.000	0%
Molybdenum (µg)	13.704	45.000	30%
Dietary Fiber, total (gm)	7.023	25.000	28%
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	20%
Carbohydrate	43%
Fat, total	37%
Alcohol	0%

Exchanges

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

Winter Week 2

Menu Nutrient Analysis
Company: WV Bureau of Senior Services
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 35

Kcals / Day: 582
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	516.380	2000.000	26%
Protein (gm)	33.217	70.000	47%
Carbohydrate (gm)	68.182	300.000	23%
Fat, total (gm)	13.315	65.000	20%
Alcohol (gm)			
Cholesterol (mg)	78.629	300.000	26%
Saturated Fat (gm)	4.695	20.000	23%
Monounsaturated Fat (gm)	4.253	25.000	17%
Polyunsaturated Fat (gm)	3.106	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)	503.217	2400.000	21%
Potassium (mg)	949.835	3500.000	27%
Vitamin A (RE)	260.004	900.000	29%
Vitamin A (IU)	1406.553	4500.000	31%
Beta-Carotene (µg)			
Vitamin C (mg)	49.961	90.000	56%
Calcium (mg)	365.534	1200.000	30%
Iron (mg)	3.036	8.000	38%
Vitamin D (ug)	2.823	15.000	19%
Vitamin D (IU)	112.920	600.000	19%
Vitamin E	2.796	15.000	19%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.420	1.100	38%
Riboflavin (mg)	0.689	1.100	63%
Niacin (mg)	10.338	14.000	74%
Pyridoxine/Vit B6 (mg)	0.770	1.500	51%
Folate (µg)	71.915	400.000	18%
Cobalamin/Vit B12 (µg)	1.214	2.400	51%
Biotin (µg)	5.177	30.000	17%
Pantothenic Acid (mg)	2.533	5.000	51%
Vitamin K (µg)	92.629	90.000	103%
Phosphorus (mg)	579.058	700.000	83%
Iodine (µg)		150.000	
Magnesium (mg)	135.898	420.000	32%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.690	11.000	34%
Copper (mg)	0.313	0.900	35%
Manganese (mg)	1.856	2.300	81%
Selenium (mg)	0.046	0.055	84%
Fluoride (µg)	80.956	4.000	2024%
Chromium (mg)	0.010	30.000	0%
Molybdenum (µg)	11.457	45.000	25%
Dietary Fiber, total (gm)	6.409	25.000	26%
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	52%
Fat, total	23%
Alcohol	0%

Exchanges

Bread/Starch	2.0
Fruit	1.0
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

Winter Week 2

Menu Nutrient Analysis
Company: WV Bureau of Senior Services
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 35

Kcals / Day: 582
Feeding Figure: 100

Day 4

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	486.848	2000.000	24%
Protein (gm)	20.488	70.000	29%
Carbohydrate (gm)	75.215	300.000	25%
Fat, total (gm)	12.644	65.000	19%
Alcohol (gm)			
Cholesterol (mg)	35.521	300.000	12%
Saturated Fat (gm)	4.247	20.000	21%
Monounsaturated Fat (gm)	3.684	25.000	15%
Polyunsaturated Fat (gm)	3.852	20.000	19%
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)	448.250	2400.000	19%
Potassium (mg)	1065.618	3500.000	30%
Vitamin A (RE)	600.827	900.000	67%
Vitamin A (IU)	4777.508	4500.000	106%
Beta-Carotene (µg)			
Vitamin C (mg)	37.512	90.000	42%
Calcium (mg)	487.610	1200.000	41%
Iron (mg)	3.688	8.000	46%
Vitamin D (ug)	3.065	15.000	20%
Vitamin D (IU)	122.584	600.000	20%
Vitamin E	2.819	15.000	19%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.452	1.100	41%
Riboflavin (mg)	0.701	1.100	64%
Niacin (mg)	2.346	14.000	17%
Pyridoxine/Vit B6 (mg)	0.449	1.500	30%
Folate (µg)	215.836	400.000	54%
Cobalamin/Vit B12 (µg)	1.006	2.400	42%
Biotin (µg)	6.850	30.000	23%
Pantothenic Acid (mg)	1.601	5.000	32%
Vitamin K (µg)	6.503	90.000	7%
Phosphorus (mg)	475.024	700.000	68%
Iodine (µg)		150.000	
Magnesium (mg)	109.355	420.000	26%

Nutrient	Value	Goal	% Goal
Zinc (mg)	2.220	11.000	20%
Copper (mg)	0.463	0.900	51%
Manganese (mg)	0.873	2.300	38%
Selenium (mg)	0.016	0.055	29%
Fluoride (µg)	98.570	4.000	2464%
Chromium (mg)	0.013	30.000	0%
Molybdenum (µg)	16.685	45.000	37%
Dietary Fiber, total (gm)	15.023	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)			

% of Kcals

Protein	17%
Carbohydrate	61%
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	.5
Meat - Very Lean	1.0
Meat - Lean	
Meat - Medium Fat	
Meat - High Fat	
Fat	1.0

Winter Week 2

Menu Nutrient Analysis
Company: WV Bureau of Senior Services
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 35

Kcals / Day: 582
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	640.585	2000.000	32%
Protein (gm)	29.879	70.000	43%
Carbohydrate (gm)	85.679	300.000	29%
Fat, total (gm)	21.225	65.000	33%
Alcohol (gm)			
Cholesterol (mg)	64.960	300.000	22%
Saturated Fat (gm)	6.147	20.000	31%
Monounsaturated Fat (gm)	6.057	25.000	24%
Polyunsaturated Fat (gm)	6.215	20.000	31%
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)	711.960	2400.000	30%
Potassium (mg)	1643.384	3500.000	47%
Vitamin A (RE)	1012.777	900.000	113%
Vitamin A (IU)	8658.459	4500.000	192%
Beta-Carotene (µg)			
Vitamin C (mg)	33.881	90.000	38%
Calcium (mg)	363.214	1200.000	30%
Iron (mg)	2.768	8.000	35%
Vitamin D (ug)	3.480	15.000	23%
Vitamin D (IU)	139.215	600.000	23%
Vitamin E	2.344	15.000	16%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.413	1.100	38%
Riboflavin (mg)	0.615	1.100	56%
Niacin (mg)	5.491	14.000	39%
Pyridoxine/Vit B6 (mg)	0.732	1.500	49%
Folate (µg)	54.419	400.000	14%
Cobalamin/Vit B12 (µg)	2.513	2.400	105%
Biotin (µg)	7.537	30.000	25%
Pantothenic Acid (mg)	2.002	5.000	40%
Vitamin K (µg)	14.957	90.000	17%
Phosphorus (mg)	500.139	700.000	71%
Iodine (µg)		150.000	
Magnesium (mg)	139.251	420.000	33%

Nutrient	Value	Goal	% Goal
Zinc (mg)	2.295	11.000	21%
Copper (mg)	0.507	0.900	56%
Manganese (mg)	1.083	2.300	47%
Selenium (mg)	0.057	0.055	104%
Fluoride (µg)	84.368	4.000	2109%
Chromium (mg)	0.003	30.000	0%
Molybdenum (µg)	13.668	45.000	30%
Dietary Fiber, total (gm)	6.327	25.000	25%
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	18%
Carbohydrate	52%
Fat, total	29%
Alcohol	0%

Exchanges

Bread/Starch	1.0
Fruit	1.0
Other Carbohydrate	1.5
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	2.5

Recipe Report - Creole Baked Pork Chops

Food ID: 13 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 200 No. Ingredients: 8
Source: Custom

Preparation

Baked
Preparation Time: 0
Cooking Time: 1 hrs. 30 min.
Cooking Temp: 350 deg F

Ingredient	Amt	Portion
Creole Baked Pork Chops		
Pork Loin, Center Cut, Chops, Separable Lean, Broiled	20.000	POUND
Red Tomato, Whole, Canned	204.000	OUNCE
Onion, Whole, Frozen	1.469	POUND
Green Bell or Sweet Pepper	1.875	POUND
Table Salt	2.000	TBSP
Ground Black Pepper	1.000	TSP
Distilled Vinegar	0.500	CUP
Worcestershire Sauce	0.500	CUP

Instructions:

For 100 servings: Place pork chops on sheet pans. Brown at 350 degrees F for 30 minutes. Drain off fat. Place browned pork chops in 4 baking pans (12"x20"), 25 chops per pan. Simmer remaining ingredients together 30 minutes. Pour sauce over chops in pans, about 2 qt or 4 lb per pan. Cover pans and bake at 350 degrees F for 1-1/2 hours or until meat is tender. Serving size: 1 chop + 1/4 c sauce.

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 - Chile with Meat and Beans

Food ID: 12 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 186 No. Ingredients: 14
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Chile with Meat and Beans		
Beef Flank, Choice, Separable Lean and Fat, 0in. Fat, Raw	14.000	POUND
Onions, Chopped	2.000	POUND
Garlic Powder	3.000	TBSP
Green Bell or Sweet Pepper	1.000	POUND
Ground Black Pepper	1.330	TBSP
Chili Powder	0.375	CUP
Paprika	2.000	TBSP
Onion Powder	2.000	TBSP
Cumin Seeds	0.250	CUP
Red Tomato	6.375	POUND
Tap Water	1.125	GALLON
Tomato Paste, Canned	3.500	POUND
Pinto Beans, Boiled	4.125	POUND
Cheddar Cheese, Shredded	1.000	POUND

Instructions:

Grind flank steak or use ground beef that is 90% lean or 10% fat. Brown ground beef. Drain. Add onions, garlic powder, green pepper, pepper, and seasonings. Cook for 5 minutes. Stir in tomatoes, water, and tomato paste; mix well. Bring to a boil. Reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 40 minutes. Stir in beans. Cover and simmer about 10 minutes or until hot. Pour into serving pans. Portion with 4-oz ladle (1/2 cup). Garnish with a few flakes of grated cheese.

Recipe Report - Festive Waldorf Fruit Salad

Food ID: 14 Portion/Amount: 0.25 CUP Servings: 100.00 Kcals / Serving: 88 No. Ingredients: 8
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Festive Waldorf Fruit Salad		
Apple with Skin	4.500	POUND
Lemon Juice, Unsweetened, Frozen	0.500	CUP
Fruit Cocktail, Canned in Light Syrup	6.500	POUND
Celery, Diced	15.000	OUNCE
Raisins, Seedless	1.250	POUND
KRAFT Light Mayonnaise	1.500	CUP
Ground Nutmeg	1.000	TSP
Dried Black Walnuts, Chopped	1.063	POUND

Instructions:

Amount for apples is edible portion, diced apple with peel. Sprinkle apples with lemon juice to prevent discoloration. Combine apples, mixed fruit, celery, raisins, mayonnaise, and nutmeg. Mix lightly to combine. Cover. Refrigerate until ready to serve. Add nuts before service. Toss lightly. For best results, use same day. Portion with No.16 scoop (1/4 cup).

Recipe Report - Peach-Yogurt Dessert

Food ID: 113 Portion/Amount: 1.00 PIECE Servings: 100.00 Kcals / Serving: 93 No. Ingredients: 9
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Peach-Yogurt Dessert		
Plain Graham Crackers	1.625	POUND
Ground Allspice	1.500	TSP
Margarine, Soft	6.000	OUNCE
Peach Halves, Canned in Juice	128.000	OUNCE
Dessert Gelatin Mix	2.000	OUNCE
White Granulated Sugar	7.000	OUNCE
Orange Juice, Unsweetened, Frozen Concentrate	2.670	CUP
Vanilla Extract	0.500	TSP
Vanilla Extract	2.000	TSP
Low Fat Plain Yogurt (12 grams protein per 8 ounces)	64.000	OUNCE

Instructions:

For 100 servings: mix crumbs and allspice. Stir in margarine; mix well. Press crumb mixture in bottom of 2 baking pans (12"x20"), about 1 qt or 1 lb per pan. Bake at 350 degrees F for 10 minutes or until crumbs are lightly browned. Drain peaches; save 1 1/2 quarts juice. Coarsely chop peaches. Mix gelatin and sugar. Add peach liquid. Heat, stirring constantly, until gelatin is dissolved. Stir in orange juice concentrate, almond extract, and vanilla. Chill until mixture is consistency of egg whites. Whip until light and fluffy. Stir in yogurt and peaches. Pour filling into baked crust, about 1-1/4 gal or 7 lb per pan. Chill until firm. Serving size: 1 piece, about 2"x2".

Recipe Report - Chicken Stew

Food ID: 95 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 107 No. Ingredients: 6
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Chicken Stew		
Chicken, Meat Only, Raw	19.000	POUND
Onions, Chopped	1.000	POUND
Bell or Sweet Pepper	1.000	POUND
All Purpose Wheat Flour, White, Bleached, Enriched	0.500	CUP
DIAMOND CRYSTAL Chef Seasoning Packet, Low Sodium	2.000	OUNCE
Table Salt	2.000	TSP

Instructions:

For 100 servings: thaw and clean chicken. Put in stock pot or steam-jacketed kettle. Add enough hot water to barely cover chicken. Add seasoning and chopped vegetables . Cover and simmer until tender (1 to 4 hours, depending upon the size of the chicken pieces). Add flour to small amount cold water and add to stew to thicken slightly. Serving size: 3 ounces.

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 - 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 - Baked Flounder with Lemon Sauce

Food ID: 42 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 120 No. Ingredients: 6
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 - Oven Browned Potatoes

Food ID: 59 Portion/Amount: 1.00 SERVING Servings: 100.00 Kcals / Serving: 113 No. Ingredients: 3
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Oven Browned Potatoes		
Potatoes, Flesh and Skin, Medium	100.000	ITEM
Margarine, Soft	1.000	CUP
Paprika	2.000	TBSP

Instructions:

Instructions...Wash potatoes well. Cut into quarters and place into non stick baking pans. Melt margarine and brush evenly over potatoes. Sprinkle with paprika. Bake at 425 degrees for about one hour or until tender and well browned. Stir once during baking for even browning.

Recipe Report - Carrot-Raisin Salad

Food ID: 97 Portion/Amount: 0.25 CUP Servings: 100.00 Kcals / Serving: 83 No. Ingredients: 7
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Carrot-Raisin Salad		
Carrots, Grated	5.750	POUND
Raisins, Seedless	2.875	POUND
Nonfat, Skim or Fat Free Milk	1.000	CUP
KRAFT Light Mayonnaise	1.000	QUART
Table Salt	1.000	TSP
Ground Nutmeg	1.000	TSP
Lemon Juice, Unsweetened, Frozen	0.250	CUP

Instructions:

Place carrots and raisins in large bowl. Combine milk, mayonnaise or salad dressing, salt, nutmeg, and lemon juice. Pour dressing over carrots and raisins. Mix lightly. Cover. Refrigerate for 1 to 1-1/2 hours. Mix lightly before serving. Portion with No.16 scoop (1/4 cup).