Menu Report

Menu: Easter

Total Days: 7
Total Foods: 7
Avg. Daily Cals: 93.00

Day	Meal	Food	Amt/Portion	Wt
Day 1				684.076
		65 Chicken Italiano	3.000 OUNCE	142.924
		134 Pasta with Mushrooms	0.500 CUP	34.584
		74 Buttered Carrots	0.500 CUP	94.110
		77 Fruit Medley	0.500 CUP	135.408
		4928 Whole Wheat Bread	1.000 SLICE	28.350
		116 Margarine, Soft	1.000 TSP	4.700
		51 Reduced Fat Milk, 2%	8.000 FL OZ	244.000
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Easter

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 7
Foods: 7

Kcals / Day: 93
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	651.678	2000.000	33%
Protein (gm)	40.622	70.000	58%
Carbohydrate (gm)	86.415	300.000	29%
Fat, total (gm)	16.918	65.000	26%
Alcohol (gm)			
Cholesterol (mg)	71.835	300.000	24%
Saturated Fat (gm)	5.791	20.000	29%
Monounsaturated Fat (gm)	5.770	25.000	23%
Polyunsaturated Fat (gm)	3.815	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)	700.652	2400.000	29%
Potassium (mg)	1237.596	3500.000	35%
Vitamin A (RE)	2799.045	900.000	311%
Vitamin A (IU)	26702.865	4500.000	593%
Beta-Carotene (µg)			
Vitamin C (mg)	30.071	90.000	33%
Calcium (mg)	449.019	1200.000	37%
Iron (mg)	4.723	8.000	59%
Vitamin D (ug)	3.026	15.000	20%
Vitamin D (IU)	121.038	600.000	20%
Vitamin E	2.471	15.000	16%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.767	1.100	70%
Riboflavin (mg)	0.824	1.100	75%
Niacin (mg)	15.449	14.000	110%
Pyridoxine/Vit B6 (mg)	0.962	1.500	64%
Folate (µg)	132.802	400.000	33%
Cobalamin/Vit B12 (µg)	1.283	2.400	53%
Biotin (µg)	9.371	30.000	31%
Pantothenic Acid (mg)	2.260	5.000	45%
Vitamin K (µg)	20.246	90.000	22%
Phosphorus (mg)	656.809	700.000	94%
Iodine (µg)		150.000	
Magnesium (mg)	146.205	420.000	35%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.594	11.000	33%
Copper (mg)	0.393	0.900	44%
Manganese (mg)	1.885	2.300	82%
Selenium (mg)	0.076	0.055	138%
Fluoride (µg)	126.950	4.000	3174%
Chromium (mg)	0.012	30.000	0%
Molybdenum (µg)	19.321	45.000	43%
Dietary Fiber, total (gm)	8.948	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)			

Day 1

% of Kcals

Protein	25%
Carbohydrate	52%
Fat, total	23%
Alcohol	0%

Exchanges

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

Recipe Report - Chicken Italiano

Food ID: 65 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 185 No. Ingredients: 9
Source: Custom

Preparation

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

Ingredient	Wt
Chicken Italiano	14292.399
19 POUND Chicken Breast, Meat Only, Raw	8618.400
2 QUART CAMPBELL'S RTS Low Sodium Chicken Broth	2384.000
6 POUND Whole Wheat Bread	2721.600
2 CUP Parsley, Chopped	121.600
2 TBSP Garlic Powder	16.800
2 TBSP Ground Oregano	9.000
2 TBSP Ground Basil	8.400
2 TBSP Ground Black Pepper	12.600
1 QUART Parmesan Cheese, Grated	400.000

Instructions:

Instructions...make bread crumbs from whole wheat bread. Combine bread crumbs, parsley, garlic powder, oregano, basil, pepper, and parmesan cheese. Dip chicken in broth, then roll in bread crumb mixture. Place chicken in shallow pan. Bake at 350 degrees for one hour or until chicken is tender.

Recipe Report - Pasta with Mushrooms

Food ID: 134 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 112 No. Ingredients: 3
Source: Custom

Preparation

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

Ingredient	Wt
Pasta with Mushrooms	3458.400
6 POUND Spaghetti, Enriched, Dry	2726.400
.5 CUP Olive Oil	108.000
1 QUART Mushrooms, Canned, Drained	624.000

Instructions:

Add pasta to 6 gallons of boiling water. Slowly stir in pasta to keep separate. Cook until tender-firm, about 10 minutes. Drain. Serving size: about 1/2 cup.

Recipe Report - Buttered Carrots

Food ID: 74 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 56 No. Ingredients: 3
Source: Custom

Preparation

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

Ingredient	Wt
Buttered Carrots	9411.000
20 POUND Carrots	9072.000
1 CUP Margarine, Soft	225.600
4 OUNCE Parsley, Chopped	113.400

Instructions:

Instructions...Purchase 28 pounds carrots AP for 20 pounds EP. Wash carrots. Remove tips and brown spots. Boil sliced 10-20 minutes or until just tender. Drain. Melt margarine and pour over carrots. Add parsley and toss lightly.

Recipe Report - Fruit Medley

Food ID: 77 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 74 No. Ingredients: 6
Source: Custom

Preparation

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

Ingredient	Wt
Fruit Medley	13540.800
1 GALLON DEL MONTE Pineapple Chunks in Its Own Juice	3904.000
.5 GALLON S&W FINE FOODS Natural Style Cling Peaches, Sliced, Canned in Juice	2016.000
4 POUND Banana	1814.400
4 POUND Apple	1814.400
2 QUART Pineapple Juice, Unsweetened, Canned	2000.000
0.500 GALLON Mandarin Oranges, Canned in Juice	1992.000

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.