Menu Report

Menu: Winter Week 5

Total Days: 5
Total Foods: 30
Avg. Daily Cals: 614.00

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				43.223	24.882	110.779	8.871	615.235	62.049	752.458	3.747	3.598	261.088	4.386
		29 Seasoned Broiled Fish	3.000 OUNCE	15.981	4.908	50.214	0.759	53.855	0.294	21.890	0.000	0.168	12.673	0.005
		30 Homemade Macaroni and Cheese	0.500 CUP	13.573	7.845	25.044	3.998	212.458	0.438	301.349	0.682	0.327	50.204	0.435
		29319 Mustard Greens	1.500 CUP	2.268	0.168	0.000	0.009	21.000	58.800	86.520		1.689	157.416	2.772
		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 2				30.600	20.971	80.114	6.219	738.155	28.929	397.994	2.802	3.303	124.171	7.252
		31 Spaghetti and Meat Sauce with Ground Turkey	0.750 CUP	18.613	7.141	61.814	1.862	335.602	14.150	56.899	0.000	1.176	63.482	2.542
		106 Raw Vegetable Salad with Oil and Vinegar Dress	1.000 CUP	0.855	4.265	0.000	0.548	80.261	10.975	19.056	0.000	1.157	33.289	1.282
		227 Applesauce, Unsweetened, Canned	0.500 CUP	0.207	0.061	0.000	0.010	2.440	1.464	3.660	0.000	0.012	0.732	1.464
		35 Whole Wheat Garlic Toast	1.000 SLICE	2.800	4.819	0.000	0.883	198.096	0.022	21.675	0.362	0.787	14.224	1.964
		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				27.000	12.694	30.780	4.108	734.523	33.417	402.322	2.817	4.955	140.625	13.228
		32 Red Beans and Rice	3.000 OUNCE	11.819	2.463	12.480	0.184	325.620	7.089	38.166	0.000	0.140	46.517	5.969
		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
		595 Cabbage, Boiled, Drained, No Salt Added	0.500 CUP	0.765	0.322	0.000	0.040	6.000	15.075	23.250	0.000	0.079	15.000	1.725
		3041 Peach Halves, Canned in Juice	1.000 CUP	1.562	0.074	0.000	0.010	9.920	8.928	14.880	0.000	3.720	8.432	3.224
		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 4				36.487	12.701	62.299	4.594	874.731	55.712	410.865	2.576	1.486	59.464	9.851
		34 Lighter Chicken Salad	0.500 CUP	15.991	5.522	43.999	1.143	205.450	2.188	14.662	0.136	0.512	7.714	0.441

Day	Meal	Food	Amt/Portion	Protein	Fat	Chol	Sat Fat	Sodium	Vit C	Calcium	Vit D (ug)	Vit E (ATE)	Folate	Diet Fiber
		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
		7008 HEALTH VALLEY Fat Free Tomato Vegetable Soup	1.000 CUP	6.000	0.000	0.000	0.000	240.000	9.000	40.000				5.000
		984 Grapefruit Sections, Canned in Juice	0.500 CUP	0.872	0.112	0.000	0.015	8.715	42.206	18.675	0.000	0.311	10.956	0.498
		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				45.737	17.296	79.336	7.118	747.751	145.787	599.253	3.815	1.879	101.276	10.693
		101 Steak and Peppers	3.000 OUNCE	20.191	3.451	48.976	1.003	205.525	18.034	26.112	0.000	0.401	15.493	1.168
		18 Au Gratin Potatoes	0.500 CUP	10.146	3.710	12.060	2.213	208.968	23.348	230.729	0.998	0.174	25.390	2.474
		1694 Green Peas, Canned, Drained, No Salt Added	0.500 CUP	2.712	0.255	0.000	0.046	7.650	8.330	15.300	0.000	0.323	24.225	2.720
		1003 Mixed Fruit, Sweetened, Frozen, Thawed	0.500 CUP	1.775	0.225	0.000	0.031	3.750	93.750	8.750	0.000		9.500	2.375
		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 5

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 30

Kcals / Day: 614
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	614.446	2000.000	31%
Protein (gm)	36.609	70.000	52%
Carbohydrate (gm)	80.699	300.000	27%
Fat, total (gm)	17.709	65.000	27%
Alcohol (gm)			
Cholesterol (mg)	72.662	300.000	24%
Saturated Fat (gm)	6.182	20.000	31%
Monounsaturated Fat (gm)	4.917	25.000	20%
Polyunsaturated Fat (gm)	4.023	20.000	20%
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)	742.079	2400.000	31%
Potassium (mg)	1316.352	3500.000	38%
Vitamin A (RE)	626.527	900.000	70%
Vitamin A (IU)	4897.605	4500.000	109%
Beta-Carotene (µg)			
Vitamin C (mg)	65.179	90.000	72%
Calcium (mg)	512.578	1200.000	43%
Iron (mg)	5.994	8.000	75%
Vitamin D (ug)	3.151	15.000	21%
Vitamin D (IU)	126.052	600.000	21%
Vitamin E	3.044	15.000	20%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.538	1.100	49%
Riboflavin (mg)	0.796	1.100	72%
Niacin (mg)	7.315	14.000	52%
Pyridoxine/Vit B6 (mg)	0.661	1.500	44%
Folate (µg)	137.325	400.000	34%
Cobalamin/Vit B12 (µg)	1.768	2.400	74%
Biotin (µg)	7.691	30.000	26%
Pantothenic Acid (mg)	2.001	5.000	40%
Vitamin K (µg)	45.850	90.000	51%
Phosphorus (mg)	631.810	700.000	90%
Iodine (µg)		150.000	
Magnesium (mg)	128.700	420.000	31%

Nutrient	Value	Goal	% Goal
Zinc (mg)	4.103	11.000	37%
Copper (mg)	0.444	0.900	49%
Manganese (mg)	1.311	2.300	57%
Selenium (mg)	0.045	0.055	82%
Fluoride (µg)	91.752	4.000	2294%
Chromium (mg)	0.011	30.000	0%
Molybdenum (µg)	14.192	45.000	32%
Dietary Fiber, total (gm)	9.082	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	51%
Fat, total	25%
Alcohol	0%

Exchanges

Bread/Starch	3.0
Fruit	1.0
Other Carbohydrate	.5
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	1.5
Meat - Very Lean	1.0
Meat - Lean	1.0
Meat - Medium Fat	
Meat - High Fat	
Fat	1.0

Winter Week 5

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 30

Kcals / Day: 614
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	611.905	2000.000	31%
Protein (gm)	43.223	70.000	62%
Carbohydrate (gm)	53.949	300.000	18%
Fat, total (gm)	24.882	65.000	38%
Alcohol (gm)			
Cholesterol (mg)	110.779	300.000	37%
Saturated Fat (gm)	8.871	20.000	44%
Monounsaturated Fat (gm)	6.629	25.000	27%
Polyunsaturated Fat (gm)	6.056	20.000	30%
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)	615.235	2400.000	26%
Potassium (mg)	1152.803	3500.000	33%
Vitamin A (RE)	743.243	900.000	83%
Vitamin A (IU)	5594.431	4500.000	124%
Beta-Carotene (µg)			
Vitamin C (mg)	62.049	90.000	69%
Calcium (mg)	752.458	1200.000	63%
Iron (mg)	3.661	8.000	46%
Vitamin D (ug)	3.747	15.000	25%
Vitamin D (IU)	149.863	600.000	25%
Vitamin E	3.598	15.000	24%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.666	1.100	61%
Riboflavin (mg)	0.900	1.100	82%
Niacin (mg)	6.050	14.000	43%
Pyridoxine/Vit B6 (mg)	0.623	1.500	42%
Folate (µg)	261.088	400.000	65%
Cobalamin/Vit B12 (µg)	2.299	2.400	96%
Biotin (µg)	7.537	30.000	25%
Pantothenic Acid (mg)	2.014	5.000	40%
Vitamin K (µg)	145.594	90.000	162%
Phosphorus (mg)	806.319	700.000	115%
Iodine (µg)		150.000	
Magnesium (mg)	120.845	420.000	29%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.691	11.000	34%
Copper (mg)	0.295	0.900	33%
Manganese (mg)	0.674	2.300	29%
Selenium (mg)	0.032	0.055	58%
Fluoride (µg)	99.934	4.000	2498%
Chromium (mg)	0.005	30.000	0%
Molybdenum (µg)	20.303	45.000	45%
Dietary Fiber, total (gm)	4.386	25.000	18%
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	28%
Carbohydrate	35%
Fat, total	37%
Alcohol	0%

Exchanges

Bread/Starch	2.0
Fruit	
Other Carbohydrate	
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	1.0
Meat - Very Lean	
Meat - Lean	3.5
Meat - Medium Fat	
Meat - High Fat	
Fat	2.0

Winter Week 5

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 30

Kcals / Day: 614
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	583.811	2000.000	29%
Protein (gm)	30.600	70.000	44%
Carbohydrate (gm)	71.232	300.000	24%
Fat, total (gm)	20.971	65.000	32%
Alcohol (gm)			
Cholesterol (mg)	80.114	300.000	27%
Saturated Fat (gm)	6.219	20.000	31%
Monounsaturated Fat (gm)	6.630	25.000	27%
Polyunsaturated Fat (gm)	6.370	20.000	32%
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)	738.155	2400.000	31%
Potassium (mg)	1198.746	3500.000	34%
Vitamin A (RE)	550.162	900.000	61%
Vitamin A (IU)	4398.477	4500.000	98%
Beta-Carotene (µg)			
Vitamin C (mg)	28.929	90.000	32%
Calcium (mg)	397.994	1200.000	33%
Iron (mg)	4.513	8.000	56%
Vitamin D (ug)	2.802	15.000	19%
Vitamin D (IU)	112.077	600.000	19%
Vitamin E	3.303	15.000	22%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.537	1.100	49%
Riboflavin (mg)	0.773	1.100	70%
Niacin (mg)	6.781	14.000	48%
Pyridoxine/Vit B6 (mg)	0.701	1.500	47%
Folate (µg)	124.171	400.000	31%
Cobalamin/Vit B12 (µg)	1.161	2.400	48%
Biotin (µg)	7.609	30.000	25%
Pantothenic Acid (mg)	2.020	5.000	40%
Vitamin K (µg)	29.873	90.000	33%
Phosphorus (mg)	518.738	700.000	74%
Iodine (µg)		150.000	
Magnesium (mg)	120.496	420.000	29%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.931	11.000	36%
Copper (mg)	0.485	0.900	54%
Manganese (mg)	1.310	2.300	57%
Selenium (mg)	0.060	0.055	109%
Fluoride (µg)	103.225	4.000	2581%
Chromium (mg)	0.018	30.000	0%
Molybdenum (µg)	14.054	45.000	31%
Dietary Fiber, total (gm)	7.252	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 2

% of Kcals

Protein	21%
Carbohydrate	48%
Fat, total	32%
Alcohol	0%

Exchanges

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

Winter Week 5

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 30

Kcals / Day: 614
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	614.642	2000.000	31%
Protein (gm)	27.000	70.000	39%
Carbohydrate (gm)	103.376	300.000	34%
Fat, total (gm)	12.694	65.000	20%
Alcohol (gm)			
Cholesterol (mg)	30.780	300.000	10%
Saturated Fat (gm)	4.108	20.000	21%
Monounsaturated Fat (gm)	3.449	25.000	14%
Polyunsaturated Fat (gm)	2.653	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)	734.523	2400.000	31%
Potassium (mg)	1237.880	3500.000	35%
Vitamin A (RE)	290.698	900.000	32%
Vitamin A (IU)	1762.252	4500.000	39%
Beta-Carotene (µg)			
Vitamin C (mg)	33.417	90.000	37%
Calcium (mg)	402.322	1200.000	34%
Iron (mg)	7.473	8.000	93%
Vitamin D (ug)	2.817	15.000	19%
Vitamin D (IU)	112.680	600.000	19%
Vitamin E	4.955	15.000	33%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.484	1.100	44%
Riboflavin (mg)	0.633	1.100	58%
Niacin (mg)	4.787	14.000	34%
Pyridoxine/Vit B6 (mg)	0.447	1.500	30%
Folate (µg)	140.625	400.000	35%
Cobalamin/Vit B12 (µg)	0.913	2.400	38%
Biotin (µg)	5.897	30.000	20%
Pantothenic Acid (mg)	1.753	5.000	35%
Vitamin K (µg)	8.743	90.000	10%
Phosphorus (mg)	513.522	700.000	73%
Iodine (µg)		150.000	
Magnesium (mg)	125.848	420.000	30%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.151	11.000	29%
Copper (mg)	0.444	0.900	49%
Manganese (mg)	1.615	2.300	70%
Selenium (mg)	0.029	0.055	53%
Fluoride (µg)	79.278	4.000	1982%
Chromium (mg)	0.015	30.000	0%
Molybdenum (µg)	12.126	45.000	27%
Dietary Fiber, total (gm)	13.228	25.000	53%
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	17%
Carbohydrate	65%
Fat, total	18%
Alcohol	0%

Exchanges

Bread/Starch	4.5
Fruit	2.0
Other Carbohydrate	
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	.5
Meat - Very Lean	1.5
Meat - Lean	
Meat - Medium Fat	
Meat - High Fat	
Fat	1.0

Winter Week 5

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 30

Kcals / Day: 614
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	523.792	2000.000	26%
Protein (gm)	36.487	70.000	52%
Carbohydrate (gm)	72.224	300.000	24%
Fat, total (gm)	12.701	65.000	20%
Alcohol (gm)			
Cholesterol (mg)	62.299	300.000	21%
Saturated Fat (gm)	4.594	20.000	23%
Monounsaturated Fat (gm)	3.120	25.000	12%
Polyunsaturated Fat (gm)	2.252	20.000	11%
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)	874.731	2400.000	36%
Potassium (mg)	962.078	3500.000	27%
Vitamin A (RE)	1146.098	900.000	127%
Vitamin A (IU)	10543.895	4500.000	234%
Beta-Carotene (µg)			
Vitamin C (mg)	55.712	90.000	62%
Calcium (mg)	410.865	1200.000	34%
Iron (mg)	8.306	8.000	104%
Vitamin D (ug)	2.576	15.000	17%
Vitamin D (IU)	103.043	600.000	17%
Vitamin E	1.486	15.000	10%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.387	1.100	35%
Riboflavin (mg)	0.614	1.100	56%
Niacin (mg)	10.384	14.000	74%
Pyridoxine/Vit B6 (mg)	0.626	1.500	42%
Folate (µg)	59.464	400.000	15%
Cobalamin/Vit B12 (µg)	1.161	2.400	48%
Biotin (µg)	9.621	30.000	32%
Pantothenic Acid (mg)	1.829	5.000	37%
Vitamin K (µg)	21.479	90.000	24%
Phosphorus (mg)	516.745	700.000	74%
Iodine (µg)		150.000	
Magnesium (mg)	117.441	420.000	28%

Nutrient	Value	Goal	% Goal
Zinc (mg)	2.751	11.000	25%
Copper (mg)	0.272	0.900	30%
Manganese (mg)	1.372	2.300	60%
Selenium (mg)	0.056	0.055	102%
Fluoride (µg)	78.949	4.000	1974%
Chromium (mg)	0.008	30.000	0%
Molybdenum (µg)	11.498	45.000	26%
Dietary Fiber, total (gm)	9.851	25.000	39%
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	27%
Carbohydrate	53%
Fat, total	21%
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	2.0
Meat - Lean	
Meat - Medium Fat	
Meat - High Fat	
Fat	1.0

Winter Week 5

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 30

Kcals / Day: 614
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	738.080	2000.000	37%
Protein (gm)	45.737	70.000	65%
Carbohydrate (gm)	102.712	300.000	34%
Fat, total (gm)	17.296	65.000	27%
Alcohol (gm)			
Cholesterol (mg)	79.336	300.000	26%
Saturated Fat (gm)	7.118	20.000	36%
Monounsaturated Fat (gm)	4.756	25.000	19%
Polyunsaturated Fat (gm)	2.785	20.000	14%
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)	747.751	2400.000	31%
Potassium (mg)	2030.253	3500.000	58%
Vitamin A (RE)	402.433	900.000	45%
Vitamin A (IU)	2188.968	4500.000	49%
Beta-Carotene (µg)			
Vitamin C (mg)	145.787	90.000	162%
Calcium (mg)	599.253	1200.000	50%
Iron (mg)	6.016	8.000	75%
Vitamin D (ug)	3.815	15.000	25%
Vitamin D (IU)	152.597	600.000	25%
Vitamin E	1.879	15.000	13%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.618	1.100	56%
Riboflavin (mg)	1.058	1.100	96%
Niacin (mg)	8.575	14.000	61%
Pyridoxine/Vit B6 (mg)	0.910	1.500	61%
Folate (µg)	101.276	400.000	25%
Cobalamin/Vit B12 (µg)	3.308	2.400	138%
Biotin (µg)	7.791	30.000	26%
Pantothenic Acid (mg)	2.387	5.000	48%
Vitamin K (µg)	23.559	90.000	26%
Phosphorus (mg)	803.724	700.000	115%
Iodine (µg)		150.000	
Magnesium (mg)	158.869	420.000	38%

Nutrient	Value	Goal	% Goal
Zinc (mg)	6.993	11.000	64%
Copper (mg)	0.723	0.900	80%
Manganese (mg)	1.584	2.300	69%
Selenium (mg)	0.050	0.055	91%
Fluoride (µg)	97.376	4.000	2434%
Chromium (mg)	0.011	30.000	0%
Molybdenum (µg)	12.978	45.000	29%
Dietary Fiber, total (gm)	10.693	25.000	43%
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	24%
Carbohydrate	55%
Fat, total	21%
Alcohol	0%

Exchanges

Bread/Starch	4.5
Fruit	
Other Carbohydrate	2.0
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	1.0
Fat	1.5

Recipe Report - Seasoned Broiled Fish

Food ID: 29 Portion/Amount: 1.00 SERVING Servings: 100.00 Kcals / Serving: 116 No. Ingredients: 3
Source: Custom

Preparation

Broiled
Preparation Time: 0
Cooking Time: 0 hrs. 10 min.
Cooking Temp: deg F

Ingredient	Amt	Portion
Seasoned Broiled Fish		
Whitefish, Mixed Species, Raw	19.000	POUND
MOLLY MC BUTTER Roasted Garlic Flavored Seasoning	3.000	TBSP
Lemon Juice, Canned	4.000	FL OZ

Instructions:

May use any available raw fish. Sprinkle lemon juice and seasoning powder over fish. Cook only until fish flesh becomes opaque and flakes easily when tested with a fork. Broil for 10 to 15 minutes. Do not overcook. Serving size: 3 ounces.

Recipe Report - Homemade Macaroni and Cheese

Food ID: 30 Portion/Amount: 0.66 CUP Servings: 100.00 Kcals / Serving: 254 No. Ingredients: 6
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Homemade Macaroni and Cheese		
Macaroni, Enriched, Dry	5.250	POUND
Nonfat, Skim or Fat Free Milk	1.500	GALLON
Margarine, Soft, with Corn Oil	1.000	CUP
MC CORMICK Ground Mustard Flour	2.000	TBSP
Ground Black Pepper	0.500	TSP
DORMAN'S Low Sodium, Low Fat Cheddar Cheese	10.000	POUND

Instructions:

For 100 servings: heat 6 gal water to rolling boil. Slowly add macaroni. Stir constantly, until water boils again. Cook about 8 minutes or until tender; stir occasionally. Do not overcook. Drain well. Quickly stir milk into macaroni. Add margarine and seasonings. Add the cheese and stir until the cheese is melted and the mixture is smooth. The mixture is quite liquid at this stage. Pour macaroni and cheese into serving pans. Hold for 30 minutes on a 180-190 degree F steam table to allow sufficient time for mixture to set up properly. Use #8 scoop for 1/2 cup serving.

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 - Spaghetti and Meat Sauce with Ground Turkey

Food ID: 31 Portion/Amount: 0.75 CUP Servings: 100.00 Kcals / Serving: 254 No. Ingredients: 13
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Spaghetti and Meat Sauce with Ground Turkey		
Ground Turkey, Raw	17.250	POUND
Onions, Chopped	6.000	POUND
Garlic Powder	3.000	TBSP
Ground Black Pepper	1.000	TBSP
Red Tomato, Whole, Canned	8.500	POUND
Tomato Paste, Canned	3.500	POUND
Tap Water	3.000	QUART
Ground Basil	7.000	TBSP
Ground Oregano	7.000	TBSP
Dried Marjoram	5.000	TBSP
Ground Thyme	1.000	TBSP
Tap Water	6.000	GALLON
Table Salt	1.000	TBSP
Spaghetti, Enriched, Dry	6.125	POUND

Instructions:

Brown ground turkey. Drain. Add onions and garlic powder. Cook for 5 minutes. Add pepper, canned tomatoes, tomato paste, water, and seasonings. Simmer about 1 hour. Heat 6 gal water to rolling boil. Add salt. Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. Do not overcook. Drain well. Stir into meat sauce. Pour into serving pans. Portion 3/4 c per serving.

Recipe Report - Raw Vegetable Salad with Oil and Vinegar Dressing

Food ID: 106 Portion/Amount: 1.00 CUP Servings: 100.00 Kcals / Serving: 54 No. Ingredients: 10
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Raw Vegetable Salad with Oil and Vinegar Dressing		
Iceberg Lettuce, Chopped	6.500	POUND
Spinach, Chopped	1.063	POUND
Onions, Chopped	2.000	POUND
Green Bell or Sweet Pepper	1.438	POUND
Cucumber, Sliced	5.000	POUND
Carrots, Grated	1.938	POUND
Corn Oil	14.500	OUNCE
Distilled Vinegar	4.000	CUP
Table Salt	1.000	TBSP
Paprika	1.000	TBSP

Instructions:

Toss vegetables together lightly. Chill. Place oil, vinegar, and seasonings in a jar with a tight fitting lid. Shake to blend. Chill. Just before serving, shake dressing and pour over vegetables. Toss lightly. Serving size: 1 cup.

Recipe Report - Whole Wheat Garlic Toast

Food ID: 35 Portion/Amount: 1.00 PIECE Servings: 100.00 Kcals / Serving: 102 No. Ingredients: 3
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Whole Wheat Garlic Toast		
Whole Wheat Bread	100.000	SLICE
Margarine, Soft	2.000	CUP
Garlic Powder	1.000	TBSP

Instructions:

Instructions...Spread margarine (1 tsp per serving) evenly over bread and sprinkle lightly with garlic powder. Use more or less garlic powder as desired.

Recipe Report - Red Beans and Rice

Food ID: 32 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 165 No. Ingredients: 7
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Red Beans and Rice		
Red Kidney Beans, Dry	8.000	POUND
Table Salt	1.000	TBSP
Onions, Chopped	2.000	POUND
Celery, Diced	1.000	POUND
Garlic Clove	0.250	POUND
Dried Parsley	0.500	CUP
MR. TURKEY Smoked Sausage	5.000	POUND

Instructions:

For 100 servings: Sort beans; wash, if needed. Add beans to 3 1/2 gal boiling water. Boil 2 minutes. Remove from heat. Cover and let soak 1 hour or if more convenient, cool and let stand overnight in refrigerator. Cook in soaking liquid. Add turkey sausage, onion, celery, garlic, and salt and cook until beans and vegetables are tender (2 hr). Add boiling water, if needed. Serve over cooked rice (see recipe for cooked rice). Serving size: 3 ounces.

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 - Lighter Chicken Salad

Food ID: 34 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 137 No. Ingredients: 7
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Lighter Chicken Salad		
Chicken Breast, Meat Only, Raw	15.000	POUND
Celery, Diced	2.625	POUND
Onions, Chopped	1.500	POUND
Sweet Pickle Relish	1.875	POUND
Ground Black Pepper	4.000	TSP
MC CORMICK Ground Mustard Flour	3.000	TBSP
KRAFT Light Mayonnaise	3.000	POUND

Instructions:

Boil chicken until done. Drain. Dice chicken. Combine chicken, celery, onions, pickle relish, pepper, and dry mustard. Add mayonnaise. (3 # mayo equals approximately 1 quart plus 3 cups) Mix lightly until well blended. Cover. Refrigerate until ready to serve. Portion with No.8 scoop (1/2 cup). Serve on salad greens or in sandwiches.

Recipe Report - Steak and Peppers

Food ID: 101 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
Steak and Peppers		
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	1.000	TBSP
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 piece plus 1/4 c sauce.

Recipe Report - Au Gratin Potatoes

Food ID: 18 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 202 No. Ingredients: 9
Source: Custom

Preparation

Baked
Preparation Time: 0
Cooking Time: 0 hrs. 45 min.
Cooking Temp: 350 deg F

Ingredient	Amt	Portion
Au Gratin Potatoes		
Potatoes, Flesh and Skin, Medium	25.000	POUND
Onions, Chopped	2.000	POUND
Tap Water	3.250	GALLON
All Purpose Wheat Flour, White, Bleached, Enriched	10.000	OUNCE
Instant Nonfat Dry Milk with Added Vitamin A	2.000	POUND
Ground Black Pepper	2.000	TSP
KRAFT 2% Milk Natural Reduced Fat Cheddar Cheese, Mild	3.250	POUND
Whole Wheat Bread, Prepared	24.000	OUNCE
PAM Butter Flavored Cooking Spray	100.000	SERVING

Instructions:

For 100 servings: Wash potatoes well. Leave skin on. Slice thinly. Place potatoes in each of 4 (lightly sprayed with Pam) steam table pans (12"x20"x2-1/2"). Sprinkle onions evenly over potatoes in each pan, use 8 oz (1 1/4 cups & 1 Tbsp) per pan. Heat water to boiling. Remove from heat. Combine flour, dry milk, and pepper. Add slowly to boiling water while whipping until smooth. Add cheese (3.25# = about 3.5 quart) to sauce and whip until well blended. Pour 1 gal cheese sauce over each pan. Stir to combine. Make bread crumbs in food chopper. Spread evenly over each pan, approximately 6 oz per pan. Spray each pan lightly with butter flavored vegetable oil spray to keep crumbs from burning.

Bake in a conventional oven at 350 degrees F for 45-60 minutes until evenly golden brown on top. Portion with No.8 scoop (1/2 cup).