Menu Report

Menu: Winter Week 3

Total Days: 5
Total Foods: 34
Avg. Daily Cals: 655.00

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				28.968	13.746	28.275	5.619	929.415	29.368	603.125	2.441	1.935	111.455	14.509
		26 Mixed Vegetable Soup	1.000 CUP	2.077	0.272	0.000	0.045	113.084	15.395	35.809	0.001	0.410	22.275	2.449
		9160 KRAFT Singles Swiss Process Cheese Food Slice	1.000 SLICE	5.003	2.498	9.975	1.500	270.000	0.000	150.000				0.000
		4928 Whole Wheat Bread	2.000 SLICE	5.500	2.382	0.000	0.520	298.810	0.000	40.824		0.492	28.350	3.912
		629 Looseleaf Lettuce	0.125 CUP	0.091	0.021	0.000	0.003	0.630	1.260	4.760	0.000	0.031	3.486	0.133
		22 Three-Bean Salad	0.500 CUP	1.713	1.606	0.000	0.211	118.357	6.840	22.739	0.000	0.464	25.263	2.354
		25 Cherry Crisp - Quantity	1.000 SERVING	6.459	2.282	0.000	0.424	6.778	3.555	52.289	0.000	0.367	19.637	5.661
		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				29.758	18.027	33.804	5.920	877.804	41.244	528.814	2.822	4.398	97.595	7.536
		15 Lean 'n' Light Lasagna	1.000 CUP	17.510	3.981	15.504	1.537	450.462	27.425	179.990	0.005	1.378	34.360	3.030
		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
		3055 Purple Plums, Canned in Light Syrup	0.500 CUP	0.466	0.126	0.000	0.010	25.200	0.504	11.340	0.000	0.882	3.276	1.260
		35 Whole Wheat Garlic Toast	1.000 SLICE	2.802	4.970	0.000	0.909	200.124	0.022	21.724	0.377	0.810	14.226	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				41.558	16.355	90.689	6.768	641.188	39.388	600.951	3.815	1.973	86.871	8.219
		17 Skinless Barbecued Chicken	3.000 OUNCE	19.070	2.807	60.329	0.707	94.829	6.879	22.787	0.000	0.724	11.262	0.449
		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
		1688 Green Beans, Canned, Drained, No Salt Added	0.500 CUP	0.772	0.067	0.000	0.015	1.343	3.224	17.463	0.000	0.094	21.358	1.276
		2993 Apricots without Skin, Canned in Heavy Syrup	0.500 CUP	0.658	0.116	0.000	0.008	14.190	3.612	11.610	0.000		2.193	2.064
		4928 Whole Wheat Bread	1.000 SLICE	2.750	1.191	0.000	0.260	149.405	0.000	20.412		0.246	14.175	1.956
		116 Margarine, Soft	1.000 TSP	0.038	3.779	0.000	0.649	50.697	0.007	1.246	0.377	0.564	0.049	0.000
		51 Reduced Fat Milk, 2%	8.000 FL OZ	8.125	4.685	18.300	2.916	121.756	2.318	296.704	2.440	0.171	12.444	0.000
Day 4				34.835	24.193	71.636	8.480	522.426	37.833	397.280	3.599	2.372	101.265	10.742

Day	Meal	Food	Amt/Portion	Protein	Fat	Chol	Sat Fat	Sodium	Vit C	Calcium	Vit D (ug)	Vit E (ATE)	Folate	Diet Fiber
		23 Salisbury Steak/Brown Gravy	1.000 ITEM	17.312	8.941	52.983	3.662	79.619	0.562	27.541	0.179	0.201	10.554	0.882
		98 Brown Gravy for Beef	2.000 TBSP	0.923	2.019	0.000	0.368	56.326	0.020	2.763	0.181	0.278	1.516	0.096
		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
		24 Mexican Style Corn	0.500 CUP	2.533	1.127	0.000	0.183	24.119	13.243	7.116	0.045	0.130	48.765	2.389
		224 Apple Slices	1.250 CUP	0.261	0.495	0.000	0.080	0.000	7.838	9.625	0.000	0.440	3.850	3.713
		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				33.913	17.256	59.791	5.739	764.782	24.456	535.298	4.070	2.453	203.254	17.707
		20 Soup - Split Pea	1.000 CUP	10.923	0.563	0.000	0.085	93.405	6.512	35.334	0.000	0.268	120.347	11.767
		19 Ham Salad with Vegetables	1.250 CUP	7.191	6.059	14.062	1.492	256.357	13.075	30.492	0.000	0.842	46.121	3.245
		21 Homemade Vanilla Pudding	0.500 CUP	4.766	0.811	27.429	0.323	91.856	1.152	148.290	1.253	0.110	8.215	0.040
		25142 Blueberry Sauce	0.250 CUP	0.120	0.168	0.000	0.014	1.306	1.392	2.820	0.000	0.252	1.903	0.699
		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 3

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 34

Kcals / Day: 655
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	655.105	2000.000	33%
Protein (gm)	33.806	70.000	48%
Carbohydrate (gm)	94.660	300.000	32%
Fat, total (gm)	17.915	65.000	28%
Alcohol (gm)			
Cholesterol (mg)	56.839	300.000	19%
Saturated Fat (gm)	6.505	20.000	33%
Monounsaturated Fat (gm)	5.482	25.000	22%
Polyunsaturated Fat (gm)	4.008	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)	747.123	2400.000	31%
Potassium (mg)	1552.095	3500.000	44%
Vitamin A (RE)	612.135	900.000	68%
Vitamin A (IU)	4619.521	4500.000	103%
Beta-Carotene (µg)			
Vitamin C (mg)	34.458	90.000	38%
Calcium (mg)	533.094	1200.000	44%
Iron (mg)	5.241	8.000	66%
Vitamin D (ug)	3.349	15.000	22%
Vitamin D (IU)	133.981	600.000	22%
Vitamin E	2.626	15.000	18%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.634	1.100	58%
Riboflavin (mg)	0.862	1.100	78%
Niacin (mg)	7.080	14.000	51%
Pyridoxine/Vit B6 (mg)	0.714	1.500	48%
Folate (µg)	120.088	400.000	30%
Cobalamin/Vit B12 (µg)	1.924	2.400	80%
Biotin (µg)	7.780	30.000	26%
Pantothenic Acid (mg)	2.332	5.000	47%
Vitamin K (µg)	32.463	90.000	36%
Phosphorus (mg)	650.460	700.000	93%
Iodine (µg)		150.000	
Magnesium (mg)	145.001	420.000	35%

Nutrient	Value	Goal	% Goal
Zinc (mg)	4.490	11.000	41%
Copper (mg)	0.592	0.900	66%
Manganese (mg)	1.798	2.300	78%
Selenium (mg)	0.043	0.055	78%
Fluoride (µg)	127.470	4.000	3187%
Chromium (mg)	0.015	30.000	0%
Molybdenum (µg)	17.391	45.000	39%
Dietary Fiber, total (gm)	11.743	25.000	47%
Soluble Fiber (gm)			
Insoluble Fiber (gm)			
Crude Fiber (gm)			
Sugar, total (gm)			
Glucose (gm)			
Galactose (gm)			
Fructose (gm)			
Sucrose (gm)			
Lactose (gm)			
Maltose (gm)			
Tryptophan (mg)			
Threonine (mg)			
Isoleucine (mg)			
Leucine (mg)			
Lysine (mg)			
Methionine (mg)			
Cystine (mg)			
Phenylalanine (mg)			
Tyrosine (mg)			
Valine (mg)			
Arginine (mg)			
Histidine (mg)			
Alanine (mg)			
Aspartic Acid (mg)			
Glutamic Acid (mg)			
Glycine (mg)			
Proline (mg)			
Serine (mg)			
Moisture (gm)			
Ash (gm)			
Caffeine (mg)			

Daily Average

% of Kcals

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

Exchanges

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

Winter Week 3

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 34

Kcals / Day: 655
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	643.645	2000.000	32%
Protein (gm)	28.968	70.000	41%
Carbohydrate (gm)	107.769	300.000	36%
Fat, total (gm)	13.746	65.000	21%
Alcohol (gm)			
Cholesterol (mg)	28.275	300.000	9%
Saturated Fat (gm)	5.619	20.000	28%
Monounsaturated Fat (gm)	3.355	25.000	13%
Polyunsaturated Fat (gm)	2.611	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)	929.415	2400.000	39%
Potassium (mg)	1305.912	3500.000	37%
Vitamin A (RE)	610.342	900.000	68%
Vitamin A (IU)	4942.544	4500.000	110%
Beta-Carotene (µg)			
Vitamin C (mg)	29.368	90.000	33%
Calcium (mg)	603.125	1200.000	50%
Iron (mg)	6.963	8.000	87%
Vitamin D (ug)	2.441	15.000	16%
Vitamin D (IU)	97.640	600.000	16%
Vitamin E	1.935	15.000	13%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.753	1.100	68%
Riboflavin (mg)	0.856	1.100	78%
Niacin (mg)	4.922	14.000	35%
Pyridoxine/Vit B6 (mg)	0.519	1.500	35%
Folate (µg)	111.455	400.000	28%
Cobalamin/Vit B12 (µg)	1.134	2.400	47%
Biotin (µg)	6.616	30.000	22%
Pantothenic Acid (mg)	2.014	5.000	40%
Vitamin K (µg)	36.193	90.000	40%
Phosphorus (mg)	693.109	700.000	99%
Iodine (µg)		150.000	
Magnesium (mg)	171.562	420.000	41%

Nutrient	Value	Goal	% Goal
Zinc (mg)	4.408	11.000	40%
Copper (mg)	0.631	0.900	70%
Manganese (mg)	3.419	2.300	149%
Selenium (mg)	0.056	0.055	102%
Fluoride (µg)	92.365	4.000	2309%
Chromium (mg)	0.009	30.000	0%
Molybdenum (µg)	18.838	45.000	42%
Dietary Fiber, total (gm)	14.509	25.000	58%
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	17%
Carbohydrate	64%
Fat, total	18%
Alcohol	0%

Exchanges

Bread/Starch	2.0
Fruit	
Other Carbohydrate	3.0
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	3.5
Meat - Very Lean	
Meat - Lean	
Meat - Medium Fat	1.0
Meat - High Fat	
Fat	

Winter Week 3

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 34

Kcals / Day: 655
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	569.626	2000.000	28%
Protein (gm)	29.758	70.000	43%
Carbohydrate (gm)	76.386	300.000	25%
Fat, total (gm)	18.027	65.000	28%
Alcohol (gm)			
Cholesterol (mg)	33.804	300.000	11%
Saturated Fat (gm)	5.920	20.000	30%
Monounsaturated Fat (gm)	5.621	25.000	22%
Polyunsaturated Fat (gm)	5.037	20.000	25%
MFA 18:1, Oleic (gm)			
PFA 18:2, Linoleic (gm)			
PFA 18:3, Linolenic (gm)			
PFA 20:5, EPA (gm)			
PFA 22:6, DHA (gm)			
Sodium (mg)	877.804	2400.000	37%
Potassium (mg)	1184.295	3500.000	34%
Vitamin A (RE)	658.595	900.000	73%
Vitamin A (IU)	5319.018	4500.000	118%
Beta-Carotene (µg)			
Vitamin C (mg)	41.244	90.000	46%
Calcium (mg)	528.814	1200.000	44%
Iron (mg)	5.059	8.000	63%
Vitamin D (ug)	2.822	15.000	19%
Vitamin D (IU)	112.882	600.000	19%
Vitamin E	4.398	15.000	29%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.543	1.100	49%
Riboflavin (mg)	0.777	1.100	71%
Niacin (mg)	5.188	14.000	37%
Pyridoxine/Vit B6 (mg)	0.560	1.500	37%
Folate (µg)	97.595	400.000	24%
Cobalamin/Vit B12 (µg)	1.783	2.400	74%
Biotin (µg)	8.637	30.000	29%
Pantothenic Acid (mg)	1.555	5.000	31%
Vitamin K (µg)	104.988	90.000	117%
Phosphorus (mg)	472.116	700.000	67%
Iodine (µg)		150.000	
Magnesium (mg)	106.308	420.000	25%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.202	11.000	29%
Copper (mg)	0.374	0.900	42%
Manganese (mg)	1.132	2.300	49%
Selenium (mg)	0.035	0.055	64%
Fluoride (µg)	120.460	4.000	3011%
Chromium (mg)	0.031	30.000	0%
Molybdenum (µg)	15.382	45.000	34%
Dietary Fiber, total (gm)	7.536	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 2

% of Kcals

Protein	20%
Carbohydrate	52%
Fat, total	28%
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	2.0
Meat - Lean	
Meat - Medium Fat	
Meat - High Fat	
Fat	1.0

Winter Week 3

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 34

Kcals / Day: 655
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	709.757	2000.000	35%
Protein (gm)	41.558	70.000	59%
Carbohydrate (gm)	102.849	300.000	34%
Fat, total (gm)	16.355	65.000	25%
Alcohol (gm)			
Cholesterol (mg)	90.689	300.000	30%
Saturated Fat (gm)	6.768	20.000	34%
Monounsaturated Fat (gm)	4.131	25.000	17%
Polyunsaturated Fat (gm)	3.109	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)	641.188	2400.000	27%
Potassium (mg)	1911.229	3500.000	55%
Vitamin A (RE)	517.500	900.000	58%
Vitamin A (IU)	3240.542	4500.000	72%
Beta-Carotene (µg)			
Vitamin C (mg)	39.388	90.000	44%
Calcium (mg)	600.951	1200.000	50%
Iron (mg)	4.632	8.000	58%
Vitamin D (ug)	3.815	15.000	25%
Vitamin D (IU)	152.597	600.000	25%
Vitamin E	1.973	15.000	13%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.505	1.100	46%
Riboflavin (mg)	0.961	1.100	87%
Niacin (mg)	11.814	14.000	84%
Pyridoxine/Vit B6 (mg)	1.033	1.500	69%
Folate (µg)	86.871	400.000	22%
Cobalamin/Vit B12 (µg)	1.707	2.400	71%
Biotin (µg)	5.720	30.000	19%
Pantothenic Acid (mg)	2.892	5.000	58%
Vitamin K (µg)	1.810	90.000	2%
Phosphorus (mg)	731.402	700.000	104%
Iodine (µg)		150.000	
Magnesium (mg)	154.618	420.000	37%

Nutrient	Value	Goal	% Goal
Zinc (mg)	4.893	11.000	44%
Copper (mg)	0.679	0.900	75%
Manganese (mg)	1.417	2.300	62%
Selenium (mg)	0.043	0.055	78%
Fluoride (µg)	117.139	4.000	2928%
Chromium (mg)	0.003	30.000	0%
Molybdenum (µg)	12.014	45.000	27%
Dietary Fiber, total (gm)	8.219	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 3

% of Kcals

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

Exchanges

Bread/Starch	4.0
Fruit	
Other Carbohydrate	2.0
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	.5
Meat - Very Lean	2.5
Meat - Lean	
Meat - Medium Fat	
Meat - High Fat	1.0
Fat	1.0

Winter Week 3

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 34

Kcals / Day: 655
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	709.263	2000.000	35%
Protein (gm)	34.835	70.000	50%
Carbohydrate (gm)	94.195	300.000	31%
Fat, total (gm)	24.193	65.000	37%
Alcohol (gm)			
Cholesterol (mg)	71.636	300.000	24%
Saturated Fat (gm)	8.480	20.000	42%
Monounsaturated Fat (gm)	8.556	25.000	34%
Polyunsaturated Fat (gm)	4.916	20.000	25%
MFA 18:1, Oleic (gm)			
PFA 18:2, Linoleic (gm)			
PFA 18:3, Linolenic (gm)			
PFA 20:5, EPA (gm)			
PFA 22:6, DHA (gm)			
Sodium (mg)	522.426	2400.000	22%
Potassium (mg)	1753.208	3500.000	50%
Vitamin A (RE)	289.405	900.000	32%
Vitamin A (IU)	1400.001	4500.000	31%
Beta-Carotene (µg)			
Vitamin C (mg)	37.833	90.000	42%
Calcium (mg)	397.280	1200.000	33%
Iron (mg)	4.893	8.000	61%
Vitamin D (ug)	3.599	15.000	24%
Vitamin D (IU)	143.967	600.000	24%
Vitamin E	2.372	15.000	16%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.507	1.100	46%
Riboflavin (mg)	0.815	1.100	74%
Niacin (mg)	8.250	14.000	59%
Pyridoxine/Vit B6 (mg)	0.903	1.500	60%
Folate (µg)	101.265	400.000	25%
Cobalamin/Vit B12 (µg)	3.367	2.400	140%
Biotin (µg)	7.376	30.000	25%
Pantothenic Acid (mg)	2.579	5.000	52%
Vitamin K (µg)	2.198	90.000	2%
Phosphorus (mg)	650.948	700.000	93%
Iodine (µg)		150.000	
Magnesium (mg)	138.747	420.000	33%

Nutrient	Value	Goal	% Goal
Zinc (mg)	5.545	11.000	50%
Copper (mg)	0.608	0.900	68%
Manganese (mg)	1.374	2.300	60%
Selenium (mg)	0.043	0.055	78%
Fluoride (µg)	180.280	4.000	4507%
Chromium (mg)	0.019	30.000	0%
Molybdenum (µg)	17.028	45.000	38%
Dietary Fiber, total (gm)	10.742	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 4

% of Kcals

Protein	19%
Carbohydrate	51%
Fat, total	30%
Alcohol	0%

Exchanges

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

Winter Week 3

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 34

Kcals / Day: 655
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	643.232	2000.000	32%
Protein (gm)	33.913	70.000	48%
Carbohydrate (gm)	92.103	300.000	31%
Fat, total (gm)	17.256	65.000	27%
Alcohol (gm)			
Cholesterol (mg)	59.791	300.000	20%
Saturated Fat (gm)	5.739	20.000	29%
Monounsaturated Fat (gm)	5.749	25.000	23%
Polyunsaturated Fat (gm)	4.367	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)	764.782	2400.000	32%
Potassium (mg)	1605.830	3500.000	46%
Vitamin A (RE)	984.833	900.000	109%
Vitamin A (IU)	8195.499	4500.000	182%
Beta-Carotene (µg)			
Vitamin C (mg)	24.456	90.000	27%
Calcium (mg)	535.298	1200.000	45%
Iron (mg)	4.656	8.000	58%
Vitamin D (ug)	4.070	15.000	27%
Vitamin D (IU)	162.817	600.000	27%
Vitamin E	2.453	15.000	16%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.860	1.100	78%
Riboflavin (mg)	0.901	1.100	82%
Niacin (mg)	5.227	14.000	37%
Pyridoxine/Vit B6 (mg)	0.557	1.500	37%
Folate (µg)	203.254	400.000	51%
Cobalamin/Vit B12 (µg)	1.627	2.400	68%
Biotin (µg)	10.549	30.000	35%
Pantothenic Acid (mg)	2.622	5.000	52%
Vitamin K (µg)	17.127	90.000	19%
Phosphorus (mg)	704.723	700.000	101%
Iodine (µg)		150.000	
Magnesium (mg)	153.769	420.000	37%

Nutrient	Value	Goal	% Goal
Zinc (mg)	4.404	11.000	40%
Copper (mg)	0.670	0.900	74%
Manganese (mg)	1.646	2.300	72%
Selenium (mg)	0.039	0.055	71%
Fluoride (µg)	127.106	4.000	3178%
Chromium (mg)	0.015	30.000	0%
Molybdenum (µg)	23.695	45.000	53%
Dietary Fiber, total (gm)	17.707	25.000	71%
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	21%
Carbohydrate	56%
Fat, total	23%
Alcohol	0%

Exchanges

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

Recipe Report - Mixed Vegetable Soup

Food ID: 26 Portion/Amount: 1.00 CUP Servings: 100.00 Kcals / Serving: 43 No. Ingredients: 12
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Mixed Vegetable Soup		
DIAMOND CRYSTAL Low Sodium Instant Chicken Bouillon	6.000	OUNCE
Red Tomato, Whole, Canned	12.750	POUND
Celery, Diced	1.250	POUND
Onions, Chopped	2.000	POUND
Ground Black Pepper	2.000	TSP
Dried Parsley	0.500	CUP
Garlic Powder	0.250	CUP
Yellow Sweet Corn, Kernels, Frozen	2.188	POUND
Carrots, Frozen	2.750	POUND
Green Beans, Frozen	1.875	POUND
Green Peas, Frozen	2.500	POUND
Broccoli, Frozen, Chopped, Boiled, Drained	1.000	POUND

Instructions:

Reconstitute low sodium chicken bouillon (approximately 4.5 gallons water for 100 servings) or use a liquid low sodium chicken bouillon (approximately 4.5 gallons). Combine stock, tomatoes, celery, onions, pepper, parsley flakes, and garlic powder. Bring to boil. Reduce heat and cover. Simmer for 20 minutes. Add corn, carrots, green beans, green peas, and broccoli. Cover and simmer for 15 minutes, or until vegetables are tender. Pour into serving pans. Portion with 8-oz ladle (1 cup).

Recipe Report - Three-Bean Salad

Food ID: 22 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 49 No. Ingredients: 11
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Three-Bean Salad		
Red Kidney Beans, Canned	4.500	POUND
Yellow Snap, String or Wax Beans, Canned, Drained	3.750	POUND
Green Snap Beans, Canned, No Salt Added	9.000	POUND
Onions, Chopped	1.000	POUND
Green Bell or Sweet Pepper	1.000	POUND
Corn Oil	0.670	CUP
Distilled Vinegar	2.000	CUP
White Granulated Sugar	4.500	OUNCE
Ground Basil	2.000	TBSP
Ground Black Pepper	2.000	TSP
Garlic Powder	2.000	TSP

Instructions:

Rinse kidney beans in cold water and drain well. Combine kidney beans, wax beans, green beans, onions, and green pepper. Combine vegetable oil, vinegar, sugar, basil, pepper, and garlic powder. Mix until well blended. Pour dressing over beans. Toss lightly to combine and coat evenly. Cover. Refrigerate until ready to serve. For best results, refrigerate overnight to develop flavor. Mix lightly before serving. Portion with No.. 8 scoop (1/2cup).

Recipe Report - Cherry Crisp - Quantity

Food ID: 25 Portion/Amount: 1.00 SERVING Servings: 100.00 Kcals / Serving: 240 No. Ingredients: 7
Source: Custom

Preparation

Baked
Preparation Time: 0
Cooking Time: 0 hrs. 50 min.
Cooking Temp: 350 deg F

Ingredient	Amt	Portion
Cherry Crisp - Quantity		
Sour Red Cherries, Unsweetened, Frozen	25.000	POUND
Jam, Preserves or Marmalade, All Flavors, Low Sugar	1.750	CUP
Cornstarch	1.750	CUP
Oats, Dry	3.500	QUART
All Purpose Wheat Flour	3.000	QUART
Ground Cinnamon	1.500	CUP
Apple Juice, Unsweetened, Frozen Concentrate	1.500	QUART

Instructions:

Mix the frozen cherries and spreadable fruit together. Grind the dry ingredients together in a food processor or blender. Add the apple juice concentrate and pulse until it comes together. Place the topping over the cherry mix. Bake at 350° degrees for 50 minutes. ©Communicating Food for Health Newsletter.

Recipe Report - Lean 'n' Light Lasagna

Food ID: 15 Portion/Amount: 1.00 CUP Servings: 100.00 Kcals / Serving: 211 No. Ingredients: 17
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Lean 'n' Light Lasagna		
Beef Flank, Choice, Separable Lean and Fat, 0in. Fat, Raw	6.000	POUND
Onions, Chopped	6.000	POUND
Garlic Powder	0.250	CUP
Ground Black Pepper	2.000	TSP
Dried Parsley	0.500	CUP
Broccoli, Frozen, Chopped, Boiled, Drained	6.000	POUND
Red Tomato	8.500	POUND
Tomato Paste, Canned	3.500	POUND
Tap Water	1.500	GALLON
Ground Basil	0.375	CUP
Ground Oregano	0.375	CUP
Dried Marjoram	2.000	TBSP
Ground Thyme	2.000	TSP
MUELLER'S Lasagna Noodle, Dry	4.250	POUND
Low Fat Cottage Cheese, 1% Fat	2.000	POUND
Low Fat Cheddar or Colby Cheese	1.000	POUND
ALPINE LACE Fat Free Mozzarella Cheese Product (FS)	4.750	POUND

Instructions:

For 100 servings: Grind flank steak or use a ground beef that is 90% lean or 10% fat. Brown ground beef. Drain. Add onions and garlic powder. Cook for 5 minutes. Add pepper, parsley flakes, thawed and drained broccoli, canned tomatoes, tomato paste, water, and seasonings. Heat to boiling, uncovered. Remove from heat. Layer as desired or follow these suggestions for layering: Use 4 steam table pans (12"x20"x2-1/2") 1st layer - Sauce; 2nd layer - 10 uncooked noodles, lengthwise; 3rd layer - Cottage cheese; 4th layer - Sauce; 5th layer - reduced fat cheese; 6th

layer - 10 uncooked noodles, crosswise; 7th layer - Sauce; 8th layer - Mozzarella cheese. Tightly cover pans. Bake in a conventional oven at 350 degrees F for 45 minutes. Remove pans from oven. Uncover. Let stand for 15 minutes before serving. Cut each pan 5x5 (25 pieces per pan). May uncover during last 5 minutes of baking to brown cheese.

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 - Skinless Barbecued Chicken

Food ID: 17 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 163 No. Ingredients: 6
Source: Custom

Preparation

Baked
Preparation Time: 0
Cooking Time: 0 hrs. 45 min.
Cooking Temp: 425 deg F

Ingredient	Amt	Portion
Skinless Barbecued Chicken		
Chicken, Meat Only, Raw	19.000	POUND
Chicken Broth, Condensed, Prepared with Water	2.500	CUP
Onions, Chopped	6.000	OUNCE
Garlic Powder	2.000	TSP
Brown Sugar, Packed	1.500	POUND
Low Sodium Catsup or Ketchup	7.000	POUND

Instructions:

For 100 servings: for barbecue sauce: Simmer chicken stock and onions over medium heat for 5 minutes. Add catsup, garlic powder, and brown sugar. Simmer 15-20 minutes, stirring frequently. Set aside. Rinse chicken in cold water. Drain well. Arrange 25 pieces of chicken on each of 4 sheet pans (18"x26"x1"). Brush 3/4 to 1 qt of barbecue sauce over chicken on each pan. Bake uncovered until tender, checking frequently. Bake in a conventional oven at 425 degrees F for 45 minutes. Transfer to steam table pans for serving. Serving: 3 oz cooked poultry

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).

Recipe Report - Salisbury Steak/Brown Gravy

Food ID: 23 Portion/Amount: 1.00 ITEM Servings: 100.00 Kcals / Serving: 177 No. Ingredients: 9
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Salisbury Steak/Brown Gravy		
Beef Flank, Choice, Separable Lean and Fat, 0in. Fat, Raw	17.000	POUND
Quick Oatmeal, Dry	1.500	POUND
Egg, Raw	10.500	OUNCE
Tap Water	2.000	CUP
Beef Broth Bouillon and Consomme, Condensed, Prepared with Water	2.000	CUP
Instant Nonfat Dry Milk with Added Vitamin A	4.500	OUNCE
Onions, Chopped	1.500	POUND
Dried Parsley	0.500	CUP
Ground Black Pepper	1.000	TBSP

Instructions:

For 100 servings: Grind flank steak or use a ground beef that is specified 10% fat or 90% lean. Blend all ingredients in mixer for 4 minutes on low speed. Do not over mix. Portion steaks onto 4 greased sheet pans (18"x26"x1") with a No.12 scoop (1/3 cup), approximately 25 steaks per pan. Flatten into an oval patty. Bake in a conventional oven at 350 degrees F for 25-30 minutes until borwned. Transfer steaks to 4 steam table pans (12"x20"x2-1/2"). Serve with BROWN GRAVY or MEATLESS TOMATO SAUCE.

Recipe Report - Brown Gravy for Beef

Food ID: 98 Portion/Amount: 2.00 TBSP Servings: 100.00 Kcals / Serving: 32 No. Ingredients: 8
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Brown Gravy for Beef		
Margarine, Soft	1.000	CUP
All Purpose Wheat Flour, White, Bleached, Enriched	11.000	OUNCE
Onion Powder	1.500	TSP
Table Salt	1.000	TSP
Ground Black Pepper	0.500	TSP
Dried Marjoram	2.000	TSP
Ground Thyme	0.500	TSP
Low Sodium Beef Broth or Consomme, Canned	3.000	QUART

Instructions:

Melt margarine; stir in flour and spices. Cook, stirring occasionally, until mixture is lightly browned. Gradually stir in broth; cook, stirring constantly until thickened. Serving size: 2 T.

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 - Mexican Style Corn

Food ID: 24 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 87 No. Ingredients: 6
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Mexican Style Corn		
Onions, Chopped, Frozen	1.000	POUND
Green Bell or Sweet Pepper	1.250	POUND
Margarine, Soft	0.250	CUP
Pimientos, Canned	8.000	OUNCE
Chili Powder	3.000	TBSP
Yellow Sweet Corn, Canned, No Salt Added	27.000	POUND

Instructions:

Cook onions and green peppers in margarine until tender. Add water if necessary to prevent sticking. Add pimientos and chili powder. Heat corn to boiling. Boil gently 5 minutes. Drain. Stir onion mixture into hot drained corn. Mix well. Serving size: 1/2 c

Recipe Report - Soup - Split Pea

Food ID: 20 Portion/Amount: 1.00 CUP Servings: 100.00 Kcals / Serving: 173 No. Ingredients: 8
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Soup - Split Pea		
Split Peas, Dry	9.000	POUND
Carrots, Grated	3.875	POUND
Celery, Diced	2.094	POUND
Potatoes, Flesh and Skin, Large	5.750	POUND
Onions, Chopped, Frozen	2.938	POUND
Table Salt	1.000	TBSP
Bay Leaf	4.000	TSP
Ground Black Pepper	1.000	TSP

Instructions:

For 100 servings: simmer 4 gal boiling water, all vegetables and seasonings 45 to 60 minutes until tender. Remove bay leaves before serving. Serving size: 1 cup.

Recipe Report - Ham Salad with Vegetables

Food ID: 19 Portion/Amount: 1.25 CUP Servings: 100.00 Kcals / Serving: 117 No. Ingredients: 12
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Ham Salad with Vegetables		
Ham, Cured, 13% Fat, Canned, Roasted	5.000	POUND
Iceberg Lettuce, Chopped	10.500	POUND
Distilled Vinegar	3.000	CUP
Ground Black Pepper	1.000	TSP
Yellow Mustard	2.250	OUNCE
Ground Cloves	1.000	TSP
Iceberg Lettuce Leaves	100.000	PIECE
Celery, Diced	1.563	POUND
Green Bell or Sweet Pepper	10.500	OUNCE
Onions, Chopped	1.000	POUND
Mixed Vegetables, Frozen	12.000	POUND
Corn Oil	1.000	CUP

Instructions:

Toss ham, 1" lettuce pieces, and other vegetables together lightly. Chill. Place oil, vinegar, pepper, mustard, and cloves in a jar with a tight-fitting lid. Shake to mix. Chill. Just before serving, shake dressing again and pour over vegetable-ham mixture. Toss lightly. Portion on crisp salad greens. Serving size: 1-1/4 cup.

Recipe Report - Homemade Vanilla Pudding

Food ID: 21 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 99 No. Ingredients: 6
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Homemade Vanilla Pudding		
White Granulated Sugar	1.719	POUND
Table Salt	1.000	TSP
Nonfat, Skim or Fat Free Milk	2.500	GALLON
Egg, Raw	1.313	POUND
Vanilla Extract	0.330	CUP
Nonfat, Skim or Fat Free Milk	2.000	QUART
Cornstarch	15.500	OUNCE

Instructions:

For 100 servings: mix sugar and salt with 2-1/2 gal milk. Heat to simmering. Beat eggs; mix with 2 qt milk and vanilla. Stir slowly into cornstarch. Mix until smooth. Stir egg mixture slowly into hot milk mixture. Cook, stirring constantly, until mixture returns to simmering. Remove from heat. Cool quickly, stirring occasionally. Chill. Serving size: about 1/2 cup.