Menu Report

Menu: Halloween

Total Days: 7
Total Foods: 9
Avg. Daily Cals: 106.00

Day	Meal	Food	Amt/Portion	Wt
Day 1				965.471
		122 Virgin Blood Mary	0.500 CUP	127.080
		76 Baked Steak with Peppers and Onions	3.000 OUNCE	153.517
		5 Creamier Mashed Potatoes	0.500 CUP	128.452
		25160 Seasoned Green Beans	0.500 CUP	120.876
		121 Boo Berry Gelatin	0.500 CUP	127.496
		130 Eye of Newt Cookie	2.000 ITEM	31.000
		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				

Halloween

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 7
Foods: 9

Kcals / Day: 106
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	744.430	2000.000	37%
Protein (gm)	50.003	70.000	71%
Carbohydrate (gm)	95.687	300.000	32%
Fat, total (gm)	19.945	65.000	31%
Alcohol (gm)			
Cholesterol (mg)	67.629	300.000	23%
Saturated Fat (gm)	6.583	20.000	33%
Monounsaturated Fat (gm)	7.358	25.000	29%
Polyunsaturated Fat (gm)	3.761	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)	913.451	2400.000	38%
Potassium (mg)	2195.153	3500.000	63%
Vitamin A (RE)	414.851	900.000	46%
Vitamin A (IU)	2713.160	4500.000	60%
Beta-Carotene (µg)			
Vitamin C (mg)	100.475	90.000	112%
Calcium (mg)	460.423	1200.000	38%
Iron (mg)	7.025	8.000	88%
Vitamin D (ug)	3.375	15.000	23%
Vitamin D (IU)	134.996	600.000	22%
Vitamin E	4.920	15.000	33%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.683	1.100	62%
Riboflavin (mg)	1.001	1.100	91%
Niacin (mg)	8.690	14.000	62%
Pyridoxine/Vit B6 (mg)	0.964	1.500	64%
Folate (µg)	112.592	400.000	28%
Cobalamin/Vit B12 (µg)	2.899	2.400	121%
Biotin (µg)	6.504	30.000	22%
Pantothenic Acid (mg)	2.437	5.000	49%
Vitamin K (µg)	9.795	90.000	11%
Phosphorus (mg)	664.612	700.000	95%
Iodine (µg)		150.000	
Magnesium (mg)	159.456	420.000	38%

Nutrient	Value	Goal	% Goal
Zinc (mg)	5.706	11.000	52%
Copper (mg)	1.037	0.900	115%
Manganese (mg)	1.889	2.300	82%
Selenium (mg)	0.046	0.055	84%
Fluoride (µg)	90.418	4.000	2260%
Chromium (mg)	0.011	30.000	0%
Molybdenum (µg)	13.404	45.000	30%
Dietary Fiber, total (gm)	10.673	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 1

% of Kcals

Protein	26%
Carbohydrate	50%
Fat, total	24%
Alcohol	0%

Exchanges

Bread/Starch	2.0
Fruit	
Other Carbohydrate	
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	3.0
Meat - Very Lean	2.5
Meat - Lean	
Meat - Medium Fat	
Meat - High Fat	
Fat	2.0

Recipe Report - Virgin Blood Mary

Food ID: 122 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 22 No. Ingredients: 4
Source: Custom

Preparation

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

Ingredient	Kcal	Protein	Fat	Sat Fat	Chol	Sodium	Vit A (RE)	Vit C	Calcium	Vit D (ug)	Vit D (IU)	Diet Fiber
Virgin Blood Mary	2198.400	94.824	7.462	1.008	0.000	22762.480	6874.560	2457.980	1134.560	0.000	0.000	75.272
6.25 QUART Tomato Juice, No Salt Added	1037.000	46.360	3.660	0.488	0.000	610.000	3416.000	1116.300	549.000	0.000	0.000	48.800
6.25 QUART Tomato Juice, Canned	1037.000	46.350	3.650	0.500	0.000	22021.000	3416.000	1116.300	549.000	0.000	0.000	24.400
16 FL OZ Lemon Juice	122.000	1.854	0.000	0.000	0.000	4.880	9.760	224.480	34.160	0.000	0.000	1.952
4 TSP Pepper Sauce or Tabasco	2.400	0.260	0.152	0.020	0.000	126.600	32.800	0.900	2.400	0.000	0.000	0.120

Instructions:

Instructions...

Combine all ingredietns. Chill. Serving size 4 fluid ounces.

Recipe Report - Baked Steak with Peppers and Onions

Food ID: 76 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 144 No. Ingredients: 9
Source: Custom

Preparation

Cooked
Preparation Time: 0
Cooking Time: 2 hrs. 0 min.
Cooking Temp: 350 deg F

Ingredient	Kcal	Protein	Fat	Sat Fat	Chol	Sodium	Vit A (RE)	Vit C	Calcium	Vit D (IU)	Diet Fiber
Baked Steak with Peppers and Onions	14424.913	2019.078	345.112	100.275	4897.615	13576.028	4227.605	1803.373	2606.915	0.000	116.826
19 POUND Beef Round, Full Cut, Choice, Separable Lean, 1/4in. Fat, Raw	11057.127	1898.708	328.708	97.697	4897.615	4912.564	0.000	0.000	344.736		0.000
3 qt (2 lb 10 oz) green pepper strips	321.489	10.596	2.270	0.336	0.000	23.814	712.634	903.808	107.163	0.000	21.433
3 qt (3 lb) onions, sliced	517.104	15.785	2.177	0.354	0.000	40.824	0.000	74.027	272.160	0.000	24.494
1 tsp garlic powder	9.303	0.470	0.021	0.004	0.000	0.737	0.000	0.504	2.226	0.000	0.277
1 tsp pepper	5.355	0.230	0.068	0.021	0.000	0.924	0.399	0.441	9.169	0.000	0.557
3 cups (13 1/2 oz) flour	1393.119	39.534	3.748	0.600	0.000	7.655	0.000	0.000	57.415	0.000	10.337
1 qt water	0.000	0.000	0.000	0.000	0.000	28.440	0.000	0.000	18.960	0.000	0.000
2 cans (102 oz ea) tomatoes	1098.846	53.207	7.518	1.099	0.000	8559.433	3470.040	821.243	1735.020	0.000	57.834
12 bay leaves	22.569	0.548	0.602	0.164	0.000	1.638	44.532	3.350	60.066	0.000	1.894

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 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 3 oz.piece plus 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	Kcal	Protein	Fat	Sat Fat	Chol	Sodium	Potas	Vit A (RE)	Vit C	Calcium	Vit D (IU)	Diet Fiber
Creamier Mashed Potatoes	10721.552	289.251	195.564	36.210	35.280	4050.437	55424.277	2998.144	1384.490	3187.295	1507.840	170.554
23 lb 8 oz potatoes, pared	8421.084	220.607	10.660	2.781	0.000	607.597	52093.461	0.000	1364.962	708.863	0.000	170.554
2 QUART Nonfat, Skim or Fat Free Milk	684.275	66.836	3.528	2.293	35.280	1009.400	3245.760	1195.600	19.208	2418.640	784.000	0.000
1 CUP Margarine, Soft	1616.192	1.808	181.376	31.136	0.000	2433.440	85.056	1802.544	0.320	59.792	723.840	0.000

Instructions:

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

Recipe Report - Seasoned Green Beans

Food ID: 25160 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 53 No. Ingredients: 8
Source: FDB

Preparation

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

Ingredient	Kcal	Protein	Fat	Sat Fat	Chol	Sodium	Potas	Vit A (RE)	Vit C	Calcium	Vit D (IU)	Diet Fiber
Seasoned Green Beans	5260.647	188.930	207.672	35.215	0.000	3732.128	22392.559	7564.969	1653.399	4798.806	723.830	303.055
20 lb frozen French style green beans	2993.760	163.296	19.051	4.264	0.000	272.160	16873.920	4354.560	1170.288	3810.240	0.000	254.016
3 qt (3 lb 2 oz) celery, chopped	226.800	10.631	1.985	0.524	0.000	1171.564	3661.402	165.847	79.380	538.650	0.000	24.097
1 1/2 qt (1 lb 7 1/2 oz) frozen onions, chopped	193.238	5.269	0.666	0.107	0.000	75.963	743.634	23.989	14.293	107.614	0.000	11.994
2 cups (1 lb) pimientos, chopped	104.328	4.990	1.361	0.227	0.000	63.504	716.688	1206.576	385.106	27.216	0.000	8.618
2 cups vinegar	58.016	0.000	0.000	0.000	0.000	4.000	72.000	0.000	0.000	28.800	0.000	0.000
2 Tbsp dill seed	38.428	2.013	1.831	0.092	0.000	2.488	149.436	0.668	2.646	190.966	0.000	2.659
1 Tbsp pepper	16.065	0.690	0.204	0.063	0.000	2.772	79.317	1.197	1.323	27.507	0.000	1.671
1 cup (8 oz) margarine	1630.012	2.041	182.574	29.938	0.000	2139.677	96.163	1812.132	0.363	67.813	723.830	0.000

Instructions:

Cook beans, celery, and onions in 1-1/2 qt boiling salted water (1/4 cup salt) until beans are tender, about 15 minutes. Drain. Add remaining ingredients; toss lightly to mix. Serving size: 1/2 c

Recipe Report - Boo Berry Gelatin

Food ID: 121 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 84 No. Ingredients: 4
Source: Custom

Preparation

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

Ingredient	Kcal	Protein	Fat	Sat Fat	Chol	Sodium	Vit A (IU)	Vit C	Calcium	Vit D (IU)	Diet Fiber
Boo Berry Gelatin	8376.408	1216.934	23.086	3.085	0.000	3038.336	11564.800	2455.744	1478.488	0.000	105.914
4 QUART Tap Water	0.000	0.000	0.000	0.000	0.000	113.760	0.000	0.000	75.840	0.000	0.000
3 POUND Gelatin, Dry	4558.680	1164.845	1.361	0.972	0.000	2667.168	0.000	0.000	748.440	0.000	0.000
4 QUART Orange Juice	1785.600	27.776	7.936	0.952	0.000	39.680	7936.000	1984.000	436.480	0.000	7.936
8 POUND Blueberries	2032.128	24.313	13.789	1.161	0.000	217.728	3628.800	471.744	217.728	0.000	97.978

Instructions:

Instructions...

Heat 4 quarts water to boiling and pour over gelatin. Stir until dissolved. Add 4 quarts orange juice. If sweeter flavor desired, may add sugar substitute. Chill until gelatin begins to congeal.

Arrange blueberries (fresh, frozen or canned drained) in pan. Pour partially congealed gelatin over berries. Refrigerate to congeal completely.

Serving size 1/2 cup or 3 oz.

Recipe Report - Eye of Newt Cookie

Food ID: 130 Portion/Amount: 2.00 ITEM Servings: 100.00 Kcals / Serving: 110 No. Ingredients: 1
Source: Custom

Preparation

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

Ingredient	Kcal	Protein	Fat	Sat Fat	Chol	Sodium	Vit A (RE)	Vit C	Calcium	Vit D (ug)	Vit D (IU)	Diet Fiber
Eye of Newt Cookie	11000.000	100.000	250.000	100.000	0.000	12000.000	1000.000	60.000	1000.000			100.000
200 ITEM FIG NEWTONS Cookies	11000.000	100.000	250.000	100.000	0.000	12000.000	1000.000	60.000	1000.000			100.000

Instructions:

Instructions...