

Menu Report

Menu: Labor Day

Total Days: 7
Total Foods: 8
Avg. Daily Cals: 110.00

Day	Meal	Food	Amt/Portion	Wt
Day 1				931.507
		73 Oven Fried Fish	3.000 OUNCE	144.915
		30 Homemade Macaroni and Cheese	0.660 CUP	116.847
		80 Marinated Green Beans	0.500 CUP	95.945
		671 Red Tomato	0.250 ITEM	30.750
		318 Watermelon	1.750 CUP	266.000
		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				

🍴 Labor Day

Menu Nutrient Analysis

Company:

Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS

Days: 7

Foods: 8

Kcals / Day: 110

Feeding Figure: 1

Nutrient	Value	Goal	% Goal	Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	773.231	2000.000	39%	Zinc (mg)	4.700	11.000	43%
Protein (gm)	47.906	70.000	68%	Copper (mg)	0.523	0.900	58%
Carbohydrate (gm)	90.092	300.000	30%	Manganese (mg)	1.372	2.300	60%
Fat, total (gm)	26.779	65.000	41%	Selenium (mg)	0.048	0.055	87%
Alcohol (gm)				Fluoride (µg)	122.174	4.000	3054%
Cholesterol (mg)	121.808	300.000	41%	Chromium (mg)	0.027	30.000	0%
Saturated Fat (gm)	9.312	20.000	47%	Molybdenum (µg)	74.147	45.000	165%
Monounsaturated Fat (gm)	8.496	25.000	34%	Dietary Fiber, total (gm)	7.466	25.000	30%
Polyunsaturated Fat (gm)	5.809	20.000	29%	Soluble Fiber (gm)			
MFA 18:1, Oleic (gm)				Insoluble Fiber (gm)			
PFA 18:2, Linoleic (gm)				Crude Fiber (gm)			
PFA 18:3, Linolenic (gm)				Sugar, total (gm)			
PFA 20:5, EPA (gm)				Glucose (gm)			
PFA 22:6, DHA (gm)				Galactose (gm)			
Sodium (mg)	768.093	2400.000	32%	Fructose (gm)			
Potassium (mg)	1633.661	3500.000	47%	Sucrose (gm)			
Vitamin A (RE)	518.627	900.000	58%	Lactose (gm)			
Vitamin A (IU)	3058.931	4500.000	68%	Maltose (gm)			
Beta-Carotene (µg)				Tryptophan (mg)			
Vitamin C (mg)	47.645	90.000	53%	Threonine (mg)			
Calcium (mg)	809.535	1200.000	67%	Isoleucine (mg)			
Iron (mg)	6.471	8.000	81%	Leucine (mg)			
Vitamin D (ug)	4.290	15.000	29%	Lysine (mg)			
Vitamin D (IU)	171.606	600.000	29%	Methionine (mg)			
Vitamin E	4.657	15.000	31%	Cystine (mg)			
Vitamin E (IU)				Phenylalanine (mg)			
Alpha-Tocopherol (mg)				Tyrosine (mg)			
Thiamin (mg)	0.963	1.100	88%	Valine (mg)			
Riboflavin (mg)	1.017	1.100	92%	Arginine (mg)			
Niacin (mg)	7.731	14.000	55%	Histidine (mg)			
Pyridoxine/Vit B6 (mg)	0.897	1.500	60%	Alanine (mg)			
Folate (µg)	170.513	400.000	43%	Aspartic Acid (mg)			
Cobalamin/Vit B12 (µg)	3.281	2.400	137%	Glutamic Acid (mg)			
Biotin (µg)	18.783	30.000	63%	Glycine (mg)			
Pantothenic Acid (mg)	2.132	5.000	43%	Proline (mg)			
Vitamin K (µg)	8.412	90.000	9%	Serine (mg)			
Phosphorus (mg)	860.994	700.000	123%	Moisture (gm)			
Iodine (µg)		150.000		Ash (gm)			
Magnesium (mg)	179.809	420.000	43%	Caffeine (mg)			

Day 1

% of Kcals

Protein	24%
Carbohydrate	45%
Fat, total	30%
Alcohol	0%

Exchanges

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



Recipe Report - Oven Fried Fish

Food ID: 73 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 190 No. Ingredients: 6
 Source: Custom

Preparation

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

Ingredient	Wt
Oven Fried Fish	14491.500
19 POUND Catfish, Raw (Keli)	8603.200
1 GALLON Nonfat, Skim or Fat Free Milk	3920.000
1.000 TBSP Ground Black Pepper	6.300
1.000 TBSP Garlic Powder	8.400
1 GALLON Plain Bread Crumbs	1728.000
1 CUP Margarine, Soft	225.600

Instructions:

Instructions...Any available raw fish may be used. Mix pepper, garlic powder and bread crumbs. Dip fish into milk then into bread crumbs. Coat well on both sides. Place on greased baking pans. Melt margarine and distribute evenly over fish. For ease in coating, may use butter flavored spray in place of margarine. Will also reduce the amount of fat used. Bake at 375 degrees for 25-35 minutes or until fish flakes easily.



Recipe Report - Homemade Macaroni and Cheese

Food ID: 30
Source: Custom

Portion/Amount: 0.66 CUP

Servings: 100.00

Kcals / Serving: 215

No. Ingredients: 6

Preparation

Cooked

Preparation Time: 0

Cooking Time:

Cooking Temp: deg F

Ingredient	Wt
Homemade Macaroni and Cheese	11684.708
1 gal 2 cups (5 lb 4 oz) uncooked elbow macaroni	2381.400
1 1/2 gal reconstituted nonfat dry milk	5880.000
1 CUP Margarine, Soft, with Corn Oil	227.058
1/2 tsp pepper	1.050
2 Tbsp dry mustard	14.400
7 POUND DORMAN'S Low Sodium, Low Fat Cheddar Cheese	3180.800

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 - Marinated Green Beans

Food ID: 80 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 52 No. Ingredients: 8
 Source: Custom

Preparation

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

Ingredient	Wt
Marinated Green Beans	9594.500
1 CUP Lemon Juice	244.000
1.000 CUP Distilled Vinegar	240.000
1 CUP Canola Oil	217.600
1 CUP Onions, Chopped	160.000
0.500 CUP Red Bell or Sweet Pepper	74.500
.5 CUP Parsley, Chopped	30.400
2 TBSP Ground Tarragon	9.600
19 POUND Green Beans, Boiled, Drained	8618.400

Instructions:

Instructions...Combine all ingredients, except green beans. Mix well. Pour marinade over green beans. Mix thoroughly. Refrigerate for 2-3 hours.