Menu Report

Menu: Spring Week 6

Total Days: 5
Total Foods: 34
Avg. Daily Cals: 601.00

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				33.362	20.179	48.039	6.108	824.597	38.473	640.275	3.963	3.500	231.508	7.167
		85 Macaroni Cheese and Chicken Casserole	0.750 CUP	18.007	7.333	29.739	1.996	303.998	6.568	172.843	1.146	0.740	45.923	0.827
		660 Spinach, Chopped, Boiled, Drained	0.500 CUP	2.673	0.234	0.000	0.038	63.000	8.820	122.400	0.000	0.859	131.220	2.160
		86 Marinated Beets and Onions	0.500 CUP	0.827	2.303	0.000	0.176	132.701	6.168	14.510	0.000	0.692	24.353	1.464
		318 Watermelon	1.000 CUP	0.942	0.654	0.000	0.073	3.040	14.592	12.160	0.000	0.228	3.344	0.760
		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 2				33.795	15.751	70.010	4.749	396.894	58.588	400.561	2.817	1.497	99.078	10.659
		29 Seasoned Broiled Fish	1.000 SERVING	16.457	5.054	51.710	0.781	55.460	0.303	22.542	0.000	0.173	13.051	0.005
		1144 Potatoes, Baked	1.000 ITEM	4.646	0.202	0.000	0.053	16.160	26.058	20.200	0.000	0.101	22.220	4.848
		571 Green Beans, Boiled, Drained	0.500 CUP	1.175	0.174	0.000	0.040	1.866	6.032	28.607	0.000	0.087	20.709	1.990
		295 Pineapple	1.000 CUP	0.604	0.666	0.000	0.050	1.550	23.870	10.850	0.000	0.155	16.430	1.860
		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 3				29.716	19.935	76.634	7.464	598.766	43.439	364.225	3.075	1.834	91.002	9.099
		87 Fiesta Hamburgers on Whole Wheat Bun	1.000 ITEM	17.486	8.857	58.334	3.322	390.502	1.238	47.084	0.077	0.320	32.028	3.906
		671 Red Tomato	0.200 ITEM	0.209	0.081	0.000	0.011	2.214	4.699	1.230	0.000	0.093	3.690	0.271
		627 Iceberg Lettuce Leaves	1.000 PIECE	0.081	0.015	0.000	0.002	0.720	0.312	1.520	0.000	0.022	4.480	0.112
		59 Oven Browned Potatoes	1.000 SERVING	2.562	1.952	0.000	0.346	31.697	24.127	9.361	0.181	0.345	15.773	1.978
		235 Banana	1.000 ITEM	1.215	0.566	0.000	0.218	1.180	10.738	7.080	0.000	0.319	22.538	2.832
		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	Meal	Food	Amt/Portion	Protein	Fat	Chol	Sat Fat	Sodium	Vit C	Calcium	Vit D (ug)	Vit E (ATE)	Folate	Diet Fiber
Day 4				34.560	22.385	74.225	7.066	758.821	65.973	526.640	3.651	2.919	90.665	5.496
		109 Turkey a' la King	0.750 CUP	20.937	8.853	55.616	2.267	367.959	5.330	75.573	0.663	0.492	25.335	1.283
		83 Whole Wheat Biscuits	1.000 ITEM	3.158	4.850	0.309	1.201	197.750	0.168	115.336	0.171	0.476	8.013	1.259
		587 Broccoli	0.670 CUP	1.757	0.206	0.000	0.032	15.919	54.951	28.301	0.000	0.979	41.862	1.769
		978 Fruit Cocktail, Canned in Juice	0.500 CUP	0.545	0.012	0.000	0.001	4.740	3.199	9.480	0.000	0.237	2.962	1.185
		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				36.554	16.522	79.335	5.290	737.368	32.191	414.053	3.571	2.136	86.155	5.876
		88 Oven Crisp Chicken	3.000 OUNCE	21.046	2.729	60.682	0.711	271.708	2.467	36.267	0.196	0.266	25.985	0.108
		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
		89 Zucchini and Tomatoes	0.500 CUP	1.412	2.021	0.000	0.340	102.378	11.714	21.111	0.181	0.391	21.796	1.646
		255 Grapes, American, Slip Skin	0.500 CUP	0.290	0.161	0.000	0.052	0.920	1.840	6.440	0.000	0.156	1.794	0.460
		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

Spring Week 6

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

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

Kcals / Day: 601
Feeding Figure: 1

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	601.276	2000.000	30%
Protein (gm)	33.597	70.000	48%
Carbohydrate (gm)	77.512	300.000	26%
Fat, total (gm)	18.954	65.000	29%
Alcohol (gm)			
Cholesterol (mg)	69.649	300.000	23%
Saturated Fat (gm)	6.135	20.000	31%
Monounsaturated Fat (gm)	6.363	25.000	25%
Polyunsaturated Fat (gm)	4.786	20.000	24%
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)	663.289	2400.000	28%
Potassium (mg)	1608.067	3500.000	46%
Vitamin A (RE)	469.431	900.000	52%
Vitamin A (IU)	3178.395	4500.000	71%
Beta-Carotene (µg)			
Vitamin C (mg)	47.733	90.000	53%
Calcium (mg)	469.151	1200.000	39%
Iron (mg)	5.613	8.000	70%
Vitamin D (ug)	3.415	15.000	23%
Vitamin D (IU)	136.625	600.000	23%
Vitamin E	2.377	15.000	16%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.605	1.100	55%
Riboflavin (mg)	0.896	1.100	81%
Niacin (mg)	7.968	14.000	57%
Pyridoxine/Vit B6 (mg)	1.107	1.500	74%
Folate (µg)	119.682	400.000	30%
Cobalamin/Vit B12 (µg)	1.848	2.400	77%
Biotin (µg)	9.803	30.000	33%
Pantothenic Acid (mg)	2.390	5.000	48%
Vitamin K (µg)	29.651	90.000	33%
Phosphorus (mg)	598.931	700.000	86%
Iodine (µg)		150.000	
Magnesium (mg)	149.621	420.000	36%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.930	11.000	36%
Copper (mg)	0.587	0.900	65%
Manganese (mg)	1.907	2.300	83%
Selenium (mg)	0.036	0.055	65%
Fluoride (µg)	234.215	4.000	5855%
Chromium (mg)	0.019	30.000	0%
Molybdenum (µg)	28.088	45.000	62%
Dietary Fiber, total (gm)	7.659	25.000	31%
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	22%
Carbohydrate	50%
Fat, total	28%
Alcohol	0%

Exchanges

Bread/Starch	2.5
Fruit	1.0
Other Carbohydrate	
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	1.0
Meat - Very Lean	1.5
Meat - Lean	.5
Meat - Medium Fat	1.0
Meat - High Fat	
Fat	1.0

Spring Week 6

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

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

Kcals / Day: 601
Feeding Figure: 1

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	584.572	2000.000	29%
Protein (gm)	33.362	70.000	48%
Carbohydrate (gm)	70.937	300.000	24%
Fat, total (gm)	20.179	65.000	31%
Alcohol (gm)			
Cholesterol (mg)	48.039	300.000	16%
Saturated Fat (gm)	6.108	20.000	31%
Monounsaturated Fat (gm)	7.075	25.000	28%
Polyunsaturated Fat (gm)	5.352	20.000	27%
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)	824.597	2400.000	34%
Potassium (mg)	1414.604	3500.000	40%
Vitamin A (RE)	1092.849	900.000	121%
Vitamin A (IU)	9216.426	4500.000	205%
Beta-Carotene (µg)			
Vitamin C (mg)	38.473	90.000	43%
Calcium (mg)	640.275	1200.000	53%
Iron (mg)	7.343	8.000	92%
Vitamin D (ug)	3.963	15.000	26%
Vitamin D (IU)	158.517	600.000	26%
Vitamin E	3.500	15.000	23%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.661	1.100	60%
Riboflavin (mg)	1.036	1.100	94%
Niacin (mg)	6.318	14.000	45%
Pyridoxine/Vit B6 (mg)	0.861	1.500	57%
Folate (µg)	231.508	400.000	58%
Cobalamin/Vit B12 (µg)	1.361	2.400	57%
Biotin (µg)	18.349	30.000	61%
Pantothenic Acid (mg)	2.227	5.000	45%
Vitamin K (µg)	5.911	90.000	7%
Phosphorus (mg)	621.693	700.000	89%
Iodine (µg)		150.000	
Magnesium (mg)	197.682	420.000	47%

Nutrient	Value	Goal	% Goal
Zinc (mg)	4.030	11.000	37%
Copper (mg)	0.463	0.900	51%
Manganese (mg)	1.976	2.300	86%
Selenium (mg)	0.050	0.055	91%
Fluoride (µg)	189.264	4.000	4732%
Chromium (mg)	0.020	30.000	0%
Molybdenum (µg)	39.102	45.000	87%
Dietary Fiber, total (gm)	7.167	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 1

% of Kcals

Protein	22%
Carbohydrate	47%
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	.5
Meat - Very Lean	
Meat - Lean	
Meat - Medium Fat	2.0
Meat - High Fat	
Fat	1.0

Spring Week 6

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

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

Kcals / Day: 601
Feeding Figure: 1

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	658.701	2000.000	33%
Protein (gm)	33.795	70.000	48%
Carbohydrate (gm)	100.050	300.000	33%
Fat, total (gm)	15.751	65.000	24%
Alcohol (gm)			
Cholesterol (mg)	70.010	300.000	23%
Saturated Fat (gm)	4.749	20.000	24%
Monounsaturated Fat (gm)	4.974	25.000	20%
Polyunsaturated Fat (gm)	4.340	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)	396.894	2400.000	17%
Potassium (mg)	1930.195	3500.000	55%
Vitamin A (RE)	252.450	900.000	28%
Vitamin A (IU)	1221.468	4500.000	27%
Beta-Carotene (µg)			
Vitamin C (mg)	58.588	90.000	65%
Calcium (mg)	400.561	1200.000	33%
Iron (mg)	5.495	8.000	69%
Vitamin D (ug)	2.817	15.000	19%
Vitamin D (IU)	112.680	600.000	19%
Vitamin E	1.497	15.000	10%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.721	1.100	66%
Riboflavin (mg)	0.750	1.100	68%
Niacin (mg)	8.244	14.000	59%
Pyridoxine/Vit B6 (mg)	1.286	1.500	86%
Folate (µg)	99.078	400.000	25%
Cobalamin/Vit B12 (µg)	1.757	2.400	73%
Biotin (µg)	5.102	30.000	17%
Pantothenic Acid (mg)	3.003	5.000	60%
Vitamin K (µg)	9.087	90.000	10%
Phosphorus (mg)	680.971	700.000	97%
Iodine (µg)		150.000	
Magnesium (mg)	178.170	420.000	42%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.350	11.000	30%
Copper (mg)	1.014	0.900	113%
Manganese (mg)	3.924	2.300	171%
Selenium (mg)	0.038	0.055	69%
Fluoride (µg)	668.010	4.000	16700%
Chromium (mg)	0.044	30.000	0%
Molybdenum (µg)	52.345	45.000	116%
Dietary Fiber, total (gm)	10.659	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 2

% of Kcals

Protein	20%
Carbohydrate	59%
Fat, total	21%
Alcohol	0%

Exchanges

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

Spring Week 6

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

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

Kcals / Day: 601
Feeding Figure: 1

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	611.951	2000.000	31%
Protein (gm)	29.716	70.000	42%
Carbohydrate (gm)	83.122	300.000	28%
Fat, total (gm)	19.935	65.000	31%
Alcohol (gm)			
Cholesterol (mg)	76.634	300.000	26%
Saturated Fat (gm)	7.464	20.000	37%
Monounsaturated Fat (gm)	6.779	25.000	27%
Polyunsaturated Fat (gm)	3.835	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)	598.766	2400.000	25%
Potassium (mg)	2001.608	3500.000	57%
Vitamin A (RE)	260.375	900.000	29%
Vitamin A (IU)	1331.320	4500.000	30%
Beta-Carotene (µg)			
Vitamin C (mg)	43.439	90.000	48%
Calcium (mg)	364.225	1200.000	30%
Iron (mg)	4.174	8.000	52%
Vitamin D (ug)	3.075	15.000	21%
Vitamin D (IU)	123.015	600.000	21%
Vitamin E	1.834	15.000	12%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.457	1.100	42%
Riboflavin (mg)	0.785	1.100	71%
Niacin (mg)	7.031	14.000	50%
Pyridoxine/Vit B6 (mg)	1.484	1.500	99%
Folate (µg)	91.002	400.000	23%
Cobalamin/Vit B12 (µg)	2.828	2.400	118%
Biotin (µg)	11.826	30.000	39%
Pantothenic Acid (mg)	2.108	5.000	42%
Vitamin K (µg)	2.364	90.000	3%
Phosphorus (mg)	549.785	700.000	79%
Iodine (µg)		150.000	
Magnesium (mg)	145.035	420.000	35%

Nutrient	Value	Goal	% Goal
Zinc (mg)	4.695	11.000	43%
Copper (mg)	0.651	0.900	72%
Manganese (mg)	1.302	2.300	57%
Selenium (mg)	0.020	0.055	36%
Fluoride (µg)	112.770	4.000	2819%
Chromium (mg)	0.008	30.000	0%
Molybdenum (µg)	16.555	45.000	37%
Dietary Fiber, total (gm)	9.099	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 3

% of Kcals

Protein	19%
Carbohydrate	53%
Fat, total	28%
Alcohol	0%

Exchanges

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

Spring Week 6

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

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

Kcals / Day: 601
Feeding Figure: 1

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	563.418	2000.000	28%
Protein (gm)	34.560	70.000	49%
Carbohydrate (gm)	57.317	300.000	19%
Fat, total (gm)	22.385	65.000	34%
Alcohol (gm)			
Cholesterol (mg)	74.225	300.000	25%
Saturated Fat (gm)	7.066	20.000	35%
Monounsaturated Fat (gm)	7.713	25.000	31%
Polyunsaturated Fat (gm)	5.933	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)	758.821	2400.000	32%
Potassium (mg)	1093.274	3500.000	31%
Vitamin A (RE)	425.197	900.000	47%
Vitamin A (IU)	2509.803	4500.000	56%
Beta-Carotene (µg)			
Vitamin C (mg)	65.973	90.000	73%
Calcium (mg)	526.640	1200.000	44%
Iron (mg)	3.907	8.000	49%
Vitamin D (ug)	3.651	15.000	24%
Vitamin D (IU)	146.078	600.000	24%
Vitamin E	2.919	15.000	19%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.451	1.100	41%
Riboflavin (mg)	0.858	1.100	78%
Niacin (mg)	7.085	14.000	51%
Pyridoxine/Vit B6 (mg)	0.590	1.500	39%
Folate (µg)	90.665	400.000	23%
Cobalamin/Vit B12 (µg)	1.926	2.400	80%
Biotin (µg)	7.019	30.000	23%
Pantothenic Acid (mg)	2.122	5.000	42%
Vitamin K (µg)	127.043	90.000	141%
Phosphorus (mg)	572.060	700.000	82%
Iodine (µg)		150.000	
Magnesium (mg)	97.977	420.000	23%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.959	11.000	36%
Copper (mg)	0.314	0.900	35%
Manganese (mg)	0.900	2.300	39%
Selenium (mg)	0.034	0.055	62%
Fluoride (µg)	103.279	4.000	2582%
Chromium (mg)	0.018	30.000	0%
Molybdenum (µg)	19.329	45.000	43%
Dietary Fiber, total (gm)	5.496	25.000	22%
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	24%
Carbohydrate	40%
Fat, total	35%
Alcohol	0%

Exchanges

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

Spring Week 6

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

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

Kcals / Day: 601
Feeding Figure: 1

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	587.739	2000.000	29%
Protein (gm)	36.554	70.000	52%
Carbohydrate (gm)	76.133	300.000	25%
Fat, total (gm)	16.522	65.000	25%
Alcohol (gm)			
Cholesterol (mg)	79.335	300.000	26%
Saturated Fat (gm)	5.290	20.000	26%
Monounsaturated Fat (gm)	5.275	25.000	21%
Polyunsaturated Fat (gm)	4.469	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)	737.368	2400.000	31%
Potassium (mg)	1600.656	3500.000	46%
Vitamin A (RE)	316.286	900.000	35%
Vitamin A (IU)	1612.957	4500.000	36%
Beta-Carotene (µg)			
Vitamin C (mg)	32.191	90.000	36%
Calcium (mg)	414.053	1200.000	35%
Iron (mg)	7.146	8.000	89%
Vitamin D (ug)	3.571	15.000	24%
Vitamin D (IU)	142.836	600.000	24%
Vitamin E	2.136	15.000	14%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.737	1.100	67%
Riboflavin (mg)	1.052	1.100	96%
Niacin (mg)	11.161	14.000	80%
Pyridoxine/Vit B6 (mg)	1.315	1.500	88%
Folate (µg)	86.155	400.000	22%
Cobalamin/Vit B12 (µg)	1.366	2.400	57%
Biotin (µg)	6.721	30.000	22%
Pantothenic Acid (mg)	2.491	5.000	50%
Vitamin K (µg)	3.849	90.000	4%
Phosphorus (mg)	570.146	700.000	81%
Iodine (µg)		150.000	
Magnesium (mg)	129.241	420.000	31%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.617	11.000	33%
Copper (mg)	0.492	0.900	55%
Manganese (mg)	1.433	2.300	62%
Selenium (mg)	0.038	0.055	69%
Fluoride (µg)	97.753	4.000	2444%
Chromium (mg)	0.004	30.000	0%
Molybdenum (µg)	13.108	45.000	29%
Dietary Fiber, total (gm)	5.876	25.000	24%
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	51%
Fat, total	25%
Alcohol	0%

Exchanges

Bread/Starch	2.0
Fruit	.5
Other Carbohydrate	
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	1.5
Meat - Very Lean	5.0
Meat - Lean	
Meat - Medium Fat	
Meat - High Fat	
Fat	1.0

Recipe Report - Macaroni Cheese and Chicken Casserole

Food ID: 85 Portion/Amount: 0.75 CUP Servings: 100.00 Kcals / Serving: 243 No. Ingredients: 11
Source: Custom

Preparation

Baked
Preparation Time: 0
Cooking Time: 0 hrs. 30 min.
Cooking Temp: 350 deg F

Ingredient	Amt	Portion
Macaroni Cheese and Chicken Casserole		
Macaroni, Enriched, Dry	5.000	POUND
Tap Water	5.000	GALLON
Margarine, Soft	2.000	CUP
All Purpose Wheat Flour, White, Bleached, Enriched	1.125	POUND
Table Salt	1.330	TBSP
Ground Black Pepper	1.000	TSP
Dried Marjoram	1.330	TBSP
Nonfat, Skim or Fat Free Milk	2.000	GALLON
Chicken, Meat Only, Roasted	6.250	POUND
Low Fat Cheddar or Colby Cheese	2.250	POUND
Pimientos, Canned	1.500	POUND
Low Fat Cheddar or Colby Cheese	1.000	POUND

Instructions:

For 100 servings: cook macaroni in 5 gal boiling water until tender, about 7 minutes. Drain. In separate container, melt margarine; stir in flour and seasonings. Gradually stir in milk. Cook, stirring constantly, until thickened. Stir in macaroni, chicken, 2 1/2 qt (2 lb 4 1/2 oz) cheese, and pimientos. Pour mixture in 4 baking pans (12"x20"), 4-3/4 qt or about 10 lb per pan. Sprinkle remaining pound of cheese (grated) over top of each pan. Bake at 350 degrees F for 30 minutes, or until bubbly. Serving size: 3/4 cup.

Recipe Report - Marinated Beets and Onions

Food ID: 86 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 47 No. Ingredients: 9
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Marinated Beets and Onions		
Lemon Juice	0.500	CUP
Distilled Vinegar	1.000	CUP
Canola Oil	1.000	CUP
Onions, Chopped	1.000	CUP
Red Bell or Sweet Pepper	0.500	CUP
Parsley, Chopped	0.500	CUP
Ground Tarragon	1.000	TBSP
Beets, Sliced, Canned, Drained	15.000	POUND
Red Onions, Sliced	3.000	POUND

Instructions:

Instructions...Make marinade by combining all ingredients except onion slices and beets. Mix well. Pour marinade over onions and beets. Chill for 2-3 hours before serving.

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 - Fiesta Hamburgers on Whole Wheat Bun

Food ID: 87 Portion/Amount: 1.00 ITEM Servings: 100.00 Kcals / Serving: 229 No. Ingredients: 10
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Fiesta Hamburgers on Whole Wheat Bun		
Red Kidney Beans, Canned	108.000	OUNCE
Egg, Raw	1.313	POUND
Beef Flank, Choice, Separable Lean and Fat, 0in. Fat, Raw	14.000	POUND
Tomato Puree, Canned	13.000	OUNCE
Onions, Chopped, Frozen	1.000	POUND
Worcestershire Sauce	0.330	CUP
Garlic Powder	2.000	TSP
Table Salt	1.000	TBSP
Chili Powder	0.330	CUP
Whole Wheat Roll or Bun	100.000	ITEM

Instructions:

Grind flank steak or use ground meat that is 90% lean or 10% fat. Lightly mix beans, eggs, beef, tomato puree, onions and seasonings. Portion mixture using No. 10 scoop (3/8 cup); shape into patties. Place on sheet pans. Bake at 350 degrees F for 25 to 30 minutes or until done. Drain. Heat rolls. Place cooked patties in rolls. Serving size: 1 sandwich.

Recipe Report - Oven Browned Potatoes

Food ID: 59 Portion/Amount: 1.00 SERVING Servings: 100.00 Kcals / Serving: 113 No. Ingredients: 3
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Oven Browned Potatoes		
Potatoes, Flesh and Skin, Medium	100.000	ITEM
Margarine, Soft	1.000	CUP
Paprika	2.000	TBSP

Instructions:

Instructions...Wash potatoes well. Cut into quarters and place into non stick baking pans. Melt margarine and brush evenly over potatoes. Sprinkle with paprika. Bake at 425 degrees for about one hour or until tender and well browned. Stir once during baking for even browning.

Recipe Report - Turkey a' la King

Food ID: 109 Portion/Amount: 0.75 CUP Servings: 100.00 Kcals / Serving: 209 No. Ingredients: 10
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Turkey a' la King		
Margarine, Soft	1.500	CUP
All Purpose Wheat Flour, White, Bleached, Enriched	1.250	POUND
Chicken Broth, Condensed, Prepared with Water	2.000	GALLON
Nonfat, Skim or Fat Free Milk	1.000	GALLON
Poultry Seasoning	1.000	TBSP
Ground Black Pepper	1.000	TBSP
Onion Powder	0.500	CUP
Turkey, Meat, Skin, Giblets and Neck, Roasted	12.750	POUND
Green Peas, Frozen	4.875	POUND
Pimientos, Canned	7.500	OUNCE

Instructions:

Melt margarine. Add flour and stir until smooth. Add stock, milk, poultry seasoning, pepper, and onion powder. Stir until well blended. Bring to a boil. Reduce heat to medium. Cook uncovered, stirring frequently until thickened, 12-15 minutes. Add turkey, peas, and pimentos. Cook over medium heat for 3-5 minutes or until heated through. Pour into serving pans. Portion with 6-oz ladle over cooked rice, noodles, or biscuit. One serving provides 2 oz cooked poultry and 1/8 c vegetable.

Recipe Report - Whole Wheat Biscuits

Food ID: 83 Portion/Amount: 1.00 ITEM Servings: 100.00 Kcals / Serving: 128 No. Ingredients: 6
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Whole Wheat Biscuits		
All Purpose Wheat Flour, White, Bleached, Enriched	3.500	POUND
Whole Wheat Flour	1.500	POUND
Baking Powder with Calcium Sulfate	5.000	OUNCE
Table Salt	2.000	TSP
Household Shortening with Soybean and Cottonseed Oil	1.000	POUND
Nonfat, Skim or Fat Free Milk	1.750	QUART

Instructions:

Instructions...Combine flours, baking powder, and salt in mixer bowl. Mix on low speed with flat beater until blended, about 10 seconds. Add shortening to flour mixture. Mix on low speed for one minute. Stop and scrape sides and bottom of bowl. Mix one minute longer. The mixture will be crumbly. Add milk. Mix on low speed to form a soft dough, about 30 seconds. Do not overmix. Dough should be as soft as can be handled. Knead lightly. Roll out on baking sheets and cut into 100 biscuits. Bake in 400 degree oven until golden brown, about 15 minutes.

Recipe Report - Oven Crisp Chicken

Food ID: 88 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 185 No. Ingredients: 7
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Oven Crisp Chicken		
Chicken, Meat Only, Raw	19.000	POUND
Nonfat, Skim or Fat Free Milk	2.000	QUART
KELLOGG'S CORN FLAKES Crumbs	4.500	POUND
Paprika	4.000	TBSP
Garlic Powder	2.000	TBSP
Ground Black Pepper	4.000	TSP
Dried Parsley	6.000	TBSP

Instructions:

Instructions...Combine corn flake crumbs, paprika, garlic powder, black pepper, and dried parsley. Dip each piece chicken in milk, then dredge in seasoned crumbs. Put chicken on greased sheet pans. Do not crowd. Bake at 350 degrees for one hour or until done.

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 - Zucchini and Tomatoes

Food ID: 89 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 40 No. Ingredients: 4
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Zucchini and Tomatoes		
Zucchini Summer Squash	20.000	POUND
Onions, Chopped	2.000	POUND
Margarine, Soft	1.000	CUP
HUNT'S Crushed Tomatoes	7.000	POUND

Instructions:

Instructions...Squash amount is AP. Trim ends and slice squash. Simmer onions in margarine for 10 minutes. Add water if necessary to keep from sticking. Add zucchini and tiomatoes to onions. Simmer for 30 minutes or until squash is tender and liquid is concentrated. Stir frequently.