Menu Report

Menu: Winter Week 4

Total Days: 5
Total Foods: 36
Avg. Daily Cals: 686.00

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				42.743	19.423	83.921	5.905	731.858	91.096	562.706	4.538	4.249	112.325	9.284
		6 Seasoned Oven Baked Chicken	3.000 OUNCE	19.406	2.794	63.504	0.718	175.045	2.086	10.952	0.000	0.268	6.350	0.000
		3 Scalloped Potatoes with Parsley	0.500 CUP	7.752	2.565	2.117	0.570	151.346	24.116	173.650	1.357	0.440	30.613	2.284
		5762 Broccoli, Boiled, Drained	0.500 CUP	2.324	0.273	0.000	0.043	20.273	58.168	35.868	0.000	0.370	38.987	1.871
		50 Peachy Crisp	0.500 CUP	2.348	4.136	0.000	0.749	63.336	4.401	23.873	0.364	2.190	9.707	3.173
		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				35.457	16.991	55.039	6.749	427.618	49.251	361.964	2.671	0.887	89.483	7.019
		114 Hamburger Patty	3.000 OUNCE	19.457	6.613	35.072	2.804	92.539	0.237	18.299	0.000	0.025	10.747	0.321
		5130 Whole Wheat Roll or Bun	1.000 ITEM	2.467	1.332	0.000	0.237	135.513	0.000	30.051		0.049	8.505	1.645
		9210 KRAFT Light Mayonnaise	1.000 TSP	0.000	1.667	1.667	0.333	30.000	0.000	0.000	0.050	0.134	0.100	0.000
		627 Iceberg Lettuce Leaves	2.000 PIECE	0.162	0.030	0.000	0.004	1.440	0.624	3.040	0.000	0.045	8.960	0.224
		5818 Red Tomato, Ripe	0.200 ITEM	0.209	0.081	0.000	0.011	2.214	4.699	1.230	0.000	0.094	3.690	0.295
		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
		5777 Sweet Corn, Frozen Kernels	0.500 CUP	2.475	0.631	0.000	0.098	2.459	5.246	3.279	0.000	0.025	29.264	1.557
		15405 S&W FINE FOODS Pineapple, Sliced	2.000 SLICE	0.000	0.000	0.000	0.000	10.000	12.000	0.000	0.000			1.000
		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				42.452	19.638	55.110	7.492	803.427	26.582	712.820	3.946	3.332	322.900	10.589
		28 Beef and Vegetable Stew	1.000 SERVING	21.642	7.782	35.072	2.950	292.303	5.669	23.600	0.000	0.476	26.407	2.700
		660 Spinach, Chopped, Boiled, Drained	1.000 CUP	5.346	0.468	0.000	0.076	126.000	17.640	244.800	0.000	1.719	262.440	4.320
		27 Reduced Fat Chocolate Pudding	0.500 CUP	4.551	1.733	1.738	0.641	63.266	0.948	126.059	1.129	0.156	7.385	1.613

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	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				30.425	18.390	47.674	5.668	795.183	29.909	503.436	3.114	2.740	266.094	13.722
		8 Bean Soup with Ham	1.500 CUP	17.488	2.977	9.559	1.060	312.825	7.823	120.537	0.000	0.609	200.872	9.929
		100 Apple-Cabbage Slaw	0.500 CUP	0.991	3.440	2.594	0.502	149.696	16.370	30.720	0.049	0.480	21.465	1.434
		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
		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 5				42.320	19.058	82.588	6.879	843.963	40.245	502.404	3.029	3.155	79.460	5.331
		60 Roast Turkey Breast	3.000 OUNCE	21.201	0.561	53.434	0.182	42.230	0.000	8.618	0.000	0.069	6.895	0.000
		111 Rice-Almond Casserole	0.500 CUP	5.822	8.385	10.854	2.801	183.482	0.406	97.957	0.212	1.788	8.795	1.489
		1692 Carrots, Canned, Drained, No Salt Added	0.500 CUP	0.467	0.139	0.000	0.026	30.660	1.971	18.250	0.000		6.716	1.095
		25125 Jellied Citrus Salad	1.000 PIECE	0.867	0.168	0.000	0.023	11.233	35.543	17.217	0.000	0.314	15.386	0.683
		386 Angel Food Cake, Prepared from Mix	1.000 SLICE	3.050	0.150	0.000	0.022	254.500	0.000	42.000		0.004	15.000	0.108
		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 4

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 36

Kcals / Day: 686
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	686.282	2000.000	34%
Protein (gm)	38.679	70.000	55%
Carbohydrate (gm)	95.145	300.000	32%
Fat, total (gm)	18.700	65.000	29%
Alcohol (gm)			
Cholesterol (mg)	64.866	300.000	22%
Saturated Fat (gm)	6.539	20.000	33%
Monounsaturated Fat (gm)	6.054	25.000	24%
Polyunsaturated Fat (gm)	4.440	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)	720.410	2400.000	30%
Potassium (mg)	1823.328	3500.000	52%
Vitamin A (RE)	891.461	900.000	99%
Vitamin A (IU)	7478.688	4500.000	166%
Beta-Carotene (µg)			
Vitamin C (mg)	47.417	90.000	53%
Calcium (mg)	528.666	1200.000	44%
Iron (mg)	6.204	8.000	78%
Vitamin D (ug)	3.460	15.000	23%
Vitamin D (IU)	138.376	600.000	23%
Vitamin E	2.873	15.000	19%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.592	1.100	54%
Riboflavin (mg)	0.926	1.100	84%
Niacin (mg)	8.835	14.000	63%
Pyridoxine/Vit B6 (mg)	0.951	1.500	63%
Folate (µg)	174.052	400.000	44%
Cobalamin/Vit B12 (µg)	2.326	2.400	97%
Biotin (µg)	9.521	30.000	32%
Pantothenic Acid (mg)	2.282	5.000	46%
Vitamin K (µg)	61.091	90.000	68%
Phosphorus (mg)	688.145	700.000	98%
Iodine (µg)		150.000	
Magnesium (mg)	175.051	420.000	42%

Nutrient	Value	Goal	% Goal
Zinc (mg)	5.739	11.000	52%
Copper (mg)	0.643	0.900	71%
Manganese (mg)	1.740	2.300	76%
Selenium (mg)	0.040	0.055	73%
Fluoride (µg)	142.619	4.000	3565%
Chromium (mg)	0.015	30.000	0%
Molybdenum (µg)	26.432	45.000	59%
Dietary Fiber, total (gm)	9.189	25.000	37%
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	54%
Fat, total	24%
Alcohol	0%

Exchanges

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

Winter Week 4

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 36

Kcals / Day: 686
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	769.314	2000.000	38%
Protein (gm)	42.743	70.000	61%
Carbohydrate (gm)	111.131	300.000	37%
Fat, total (gm)	19.423	65.000	30%
Alcohol (gm)			
Cholesterol (mg)	83.921	300.000	28%
Saturated Fat (gm)	5.905	20.000	30%
Monounsaturated Fat (gm)	6.293	25.000	25%
Polyunsaturated Fat (gm)	5.561	20.000	28%
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)	731.858	2400.000	30%
Potassium (mg)	2414.048	3500.000	69%
Vitamin A (RE)	492.531	900.000	55%
Vitamin A (IU)	2957.151	4500.000	66%
Beta-Carotene (µg)			
Vitamin C (mg)	91.096	90.000	101%
Calcium (mg)	562.706	1200.000	47%
Iron (mg)	5.717	8.000	71%
Vitamin D (ug)	4.538	15.000	30%
Vitamin D (IU)	181.512	600.000	30%
Vitamin E	4.249	15.000	28%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.640	1.100	58%
Riboflavin (mg)	1.029	1.100	94%
Niacin (mg)	13.287	14.000	95%
Pyridoxine/Vit B6 (mg)	1.066	1.500	71%
Folate (µg)	112.325	400.000	28%
Cobalamin/Vit B12 (µg)	1.683	2.400	70%
Biotin (µg)	7.502	30.000	25%
Pantothenic Acid (mg)	3.358	5.000	67%
Vitamin K (µg)	211.852	90.000	235%
Phosphorus (mg)	742.606	700.000	106%
Iodine (µg)		150.000	
Magnesium (mg)	163.197	420.000	39%

Nutrient	Value	Goal	% Goal
Zinc (mg)	4.623	11.000	42%
Copper (mg)	0.672	0.900	75%
Manganese (mg)	1.639	2.300	71%
Selenium (mg)	0.045	0.055	82%
Fluoride (µg)	116.763	4.000	2919%
Chromium (mg)	0.005	30.000	0%
Molybdenum (µg)	19.581	45.000	44%
Dietary Fiber, total (gm)	9.284	25.000	37%
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	56%
Fat, total	22%
Alcohol	0%

Exchanges

Bread/Starch	3.0
Fruit	
Other Carbohydrate	3.0
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	2.0

Winter Week 4

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 36

Kcals / Day: 686
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	653.154	2000.000	33%
Protein (gm)	35.457	70.000	51%
Carbohydrate (gm)	94.108	300.000	31%
Fat, total (gm)	16.991	65.000	26%
Alcohol (gm)			
Cholesterol (mg)	55.039	300.000	18%
Saturated Fat (gm)	6.749	20.000	34%
Monounsaturated Fat (gm)	5.416	25.000	22%
Polyunsaturated Fat (gm)	2.742	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)	427.618	2400.000	18%
Potassium (mg)	1775.074	3500.000	51%
Vitamin A (RE)	189.172	900.000	21%
Vitamin A (IU)	902.157	4500.000	20%
Beta-Carotene (µg)			
Vitamin C (mg)	49.251	90.000	55%
Calcium (mg)	361.964	1200.000	30%
Iron (mg)	4.396	8.000	55%
Vitamin D (ug)	2.671	15.000	18%
Vitamin D (IU)	106.838	600.000	18%
Vitamin E	0.887	15.000	6%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.492	1.100	45%
Riboflavin (mg)	0.714	1.100	65%
Niacin (mg)	9.045	14.000	65%
Pyridoxine/Vit B6 (mg)	1.033	1.500	69%
Folate (µg)	89.483	400.000	22%
Cobalamin/Vit B12 (µg)	3.523	2.400	147%
Biotin (µg)	5.574	30.000	19%
Pantothenic Acid (mg)	1.984	5.000	40%
Vitamin K (µg)	8.143	90.000	9%
Phosphorus (mg)	581.617	700.000	83%
Iodine (µg)		150.000	
Magnesium (mg)	123.017	420.000	29%

Nutrient	Value	Goal	% Goal
Zinc (mg)	7.514	11.000	68%
Copper (mg)	0.551	0.900	61%
Manganese (mg)	1.180	2.300	51%
Selenium (mg)	0.025	0.055	45%
Fluoride (µg)	73.200	4.000	1830%
Chromium (mg)	0.002	30.000	0%
Molybdenum (µg)	14.615	45.000	32%
Dietary Fiber, total (gm)	7.019	25.000	28%
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	56%
Fat, total	23%
Alcohol	0%

Exchanges

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

Winter Week 4

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 36

Kcals / Day: 686
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	613.812	2000.000	31%
Protein (gm)	42.452	70.000	61%
Carbohydrate (gm)	72.041	300.000	24%
Fat, total (gm)	19.638	65.000	30%
Alcohol (gm)			
Cholesterol (mg)	55.110	300.000	18%
Saturated Fat (gm)	7.492	20.000	37%
Monounsaturated Fat (gm)	6.610	25.000	26%
Polyunsaturated Fat (gm)	3.741	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)	803.427	2400.000	33%
Potassium (mg)	2093.097	3500.000	60%
Vitamin A (RE)	2081.160	900.000	231%
Vitamin A (IU)	19271.729	4500.000	428%
Beta-Carotene (µg)			
Vitamin C (mg)	26.582	90.000	30%
Calcium (mg)	712.820	1200.000	59%
Iron (mg)	11.039	8.000	138%
Vitamin D (ug)	3.946	15.000	26%
Vitamin D (IU)	157.828	600.000	26%
Vitamin E	3.332	15.000	22%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.641	1.100	58%
Riboflavin (mg)	1.252	1.100	114%
Niacin (mg)	7.683	14.000	55%
Pyridoxine/Vit B6 (mg)	1.134	1.500	76%
Folate (µg)	322.900	400.000	81%
Cobalamin/Vit B12 (µg)	3.890	2.400	162%
Biotin (µg)	17.574	30.000	59%
Pantothenic Acid (mg)	2.041	5.000	41%
Vitamin K (µg)	12.886	90.000	14%
Phosphorus (mg)	734.979	700.000	105%
Iodine (µg)		150.000	
Magnesium (mg)	282.759	420.000	67%

Nutrient	Value	Goal	% Goal
Zinc (mg)	9.150	11.000	83%
Copper (mg)	0.785	0.900	87%
Manganese (mg)	2.684	2.300	117%
Selenium (mg)	0.050	0.055	91%
Fluoride (µg)	291.896	4.000	7297%
Chromium (mg)	0.044	30.000	0%
Molybdenum (µg)	67.016	45.000	149%
Dietary Fiber, total (gm)	10.589	25.000	42%
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	27%
Carbohydrate	45%
Fat, total	28%
Alcohol	0%

Exchanges

Bread/Starch	2.0
Fruit	
Other Carbohydrate	1.5
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	1.5
Meat - Very Lean	
Meat - Lean	2.5
Meat - Medium Fat	
Meat - High Fat	
Fat	1.0

Winter Week 4

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 36

Kcals / Day: 686
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	671.246	2000.000	34%
Protein (gm)	30.425	70.000	43%
Carbohydrate (gm)	99.677	300.000	33%
Fat, total (gm)	18.390	65.000	28%
Alcohol (gm)			
Cholesterol (mg)	47.674	300.000	16%
Saturated Fat (gm)	5.668	20.000	28%
Monounsaturated Fat (gm)	5.191	25.000	21%
Polyunsaturated Fat (gm)	6.054	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)	795.183	2400.000	33%
Potassium (mg)	1410.042	3500.000	40%
Vitamin A (RE)	427.692	900.000	48%
Vitamin A (IU)	2968.380	4500.000	66%
Beta-Carotene (µg)			
Vitamin C (mg)	29.909	90.000	33%
Calcium (mg)	503.436	1200.000	42%
Iron (mg)	5.894	8.000	74%
Vitamin D (ug)	3.114	15.000	21%
Vitamin D (IU)	124.544	600.000	21%
Vitamin E	2.740	15.000	18%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.738	1.100	67%
Riboflavin (mg)	0.806	1.100	73%
Niacin (mg)	5.254	14.000	38%
Pyridoxine/Vit B6 (mg)	0.614	1.500	41%
Folate (µg)	266.094	400.000	67%
Cobalamin/Vit B12 (µg)	1.132	2.400	47%
Biotin (µg)	7.365	30.000	25%
Pantothenic Acid (mg)	1.723	5.000	34%
Vitamin K (µg)	71.318	90.000	79%
Phosphorus (mg)	606.528	700.000	87%
Iodine (µg)		150.000	
Magnesium (mg)	154.500	420.000	37%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.419	11.000	31%
Copper (mg)	0.656	0.900	73%
Manganese (mg)	1.246	2.300	54%
Selenium (mg)	0.021	0.055	38%
Fluoride (µg)	115.140	4.000	2878%
Chromium (mg)	0.019	30.000	0%
Molybdenum (µg)	18.961	45.000	42%
Dietary Fiber, total (gm)	13.722	25.000	55%
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	18%
Carbohydrate	58%
Fat, total	24%
Alcohol	0%

Exchanges

Bread/Starch	4.0
Fruit	1.5
Other Carbohydrate	
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	.5
Meat - Very Lean	1.0
Meat - Lean	
Meat - Medium Fat	
Meat - High Fat	
Fat	1.5

Winter Week 4

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 36

Kcals / Day: 686
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	723.886	2000.000	36%
Protein (gm)	42.320	70.000	60%
Carbohydrate (gm)	98.768	300.000	33%
Fat, total (gm)	19.058	65.000	29%
Alcohol (gm)			
Cholesterol (mg)	82.588	300.000	28%
Saturated Fat (gm)	6.879	20.000	34%
Monounsaturated Fat (gm)	6.759	25.000	27%
Polyunsaturated Fat (gm)	4.104	20.000	21%
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)	843.963	2400.000	35%
Potassium (mg)	1424.378	3500.000	41%
Vitamin A (RE)	1266.748	900.000	141%
Vitamin A (IU)	11294.021	4500.000	251%
Beta-Carotene (µg)			
Vitamin C (mg)	40.245	90.000	45%
Calcium (mg)	502.404	1200.000	42%
Iron (mg)	3.974	8.000	50%
Vitamin D (ug)	3.029	15.000	20%
Vitamin D (IU)	121.160	600.000	20%
Vitamin E	3.155	15.000	21%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.449	1.100	41%
Riboflavin (mg)	0.831	1.100	76%
Niacin (mg)	8.908	14.000	64%
Pyridoxine/Vit B6 (mg)	0.907	1.500	60%
Folate (µg)	79.460	400.000	20%
Cobalamin/Vit B12 (µg)	1.403	2.400	58%
Biotin (µg)	9.591	30.000	32%
Pantothenic Acid (mg)	2.303	5.000	46%
Vitamin K (µg)	1.257	90.000	1%
Phosphorus (mg)	774.995	700.000	111%
Iodine (µg)		150.000	
Magnesium (mg)	151.782	420.000	36%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.988	11.000	36%
Copper (mg)	0.549	0.900	61%
Manganese (mg)	1.952	2.300	85%
Selenium (mg)	0.061	0.055	111%
Fluoride (µg)	116.094	4.000	2902%
Chromium (mg)	0.005	30.000	0%
Molybdenum (µg)	11.989	45.000	27%
Dietary Fiber, total (gm)	5.331	25.000	21%
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	23%
Carbohydrate	54%
Fat, total	23%
Alcohol	0%

Exchanges

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

Recipe Report - Seasoned Oven Baked Chicken

Food ID: 6 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 108 No. Ingredients: 3
Source: Custom

Preparation

Baked
Preparation Time: 0
Cooking Time: 1 hrs. 30 min.
Cooking Temp: 400 deg F

Ingredient	Amt	Portion
Seasoned Oven Baked Chicken		
Chicken, Meat Only, Raw	20.000	POUND
LAWRY'S Salt Free 17 Season Seasoning	1.000	CUP
Table Salt	1.500	TBSP

Instructions:

Wash chicken pieces; drain. Place 1 layer deep on sheet pans. Mix salt with seasoning powder. Sprinkle seasoning mix on chicken. Bake at 400 degrees F for 1-1/2 hours or until chicken is tender and golden brown. Serving size: 1 piece, approx 3 oz.

Recipe Report - Scalloped Potatoes with Parsley

Food ID: 3 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 191 No. Ingredients: 8
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Scalloped Potatoes with Parsley		
Potatoes, Flesh and Skin, Medium	25.000	POUND
Margarine, Soft	1.000	CUP
Onions, Chopped	1.750	POUND
All Purpose Wheat Flour, White, Bleached, Enriched	13.500	OUNCE
Nonfat, Skim or Fat Free Milk	3.000	GALLON
Ground Black Pepper	1.000	TBSP
Dried Parsley	1.000	CUP
Plain Bread Crumbs	1.500	POUND

Instructions:

For 100 servings: Wash potatoes well and slice. Place potatoes into each of 4 steam table pans (12"x20"x2-1/2"), which have been lightly sprayed with Pam. Set aside. Melt margarine. Add onions and cook over medium heat for 5-10 minutes. Blend in flour and cook over medium heat, stirring constantly until golden brown, 6-8 minutes. Slowly stir in milk, pepper, and parsley flakes. Blend well and cook over medium heat, stirring frequently until slightly thickened, 10-15 minutes. Pour 3 qt liquid mixture over potatoes in each pan. Stir to combine. Sprinkle bread crumbs evenly over each pan, approximately 8 oz (1 2/3 cups) per pan. Bake in a conventional oven at 350 degrees F for 45-60 minutes until evenly golden brown on top. Hold for 30 minutes on a 180-190 degree F steam table to allow sufficient time for mixture to set up properly. Portion with No.8 scoop (1/2 cup).

Recipe Report - Peachy Crisp

Food ID: 50 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 224 No. Ingredients: 7
Source: Custom

Preparation

Baked
Preparation Time: 0
Cooking Time: 0 hrs. 30 min.
Cooking Temp: 375 deg F

Ingredient	Amt	Portion
Peachy Crisp		
Peach Halves, Canned in Light Syrup	636.000	OUNCE
Brown Sugar, Packed	2.813	POUND
All Purpose Wheat Flour, White, Bleached, Enriched	1.656	POUND
Quick Oatmeal, Dry	15.500	OUNCE
Ground Nutmeg	0.750	OUNCE
Ground Cinnamon	0.750	OUNCE
Margarine, Soft	1.000	POUND

Instructions:

For 100 servings: place peaches in 4 pans (12"x20"), about 3 qt or 6 lb 4 oz per pan. Mix sugar, flour, oats, spices, and margarine until crumbly. Spread evenly over peaches, about 1-1/4 qt or 1 lb 14 oz per pan. Bake at 375 degrees F for 30 minutes or until topping is lightly browned. Serving size: 1/2 cup.

Recipe Report - Hamburger Patty

Food ID: 114 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 158 No. Ingredients: 5
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Hamburger Patty		
Beef Flank, Steak, Separable Lean, 0in. Trim, Raw	19.000	POUND
Garlic Powder	3.000	TBSP
MC CORMICK Freeze Dried Green Onion	1.000	CUP
Tap Water	4.000	CUP
Plain Bread Crumbs	4.000	CUP

Instructions:

Instructions...Grind flank steak or use ground beef that is at least 90% lean or only 10% fat. Add bread crumbs, water, and seasonings. Use scant # 10 dipper to shape into 3 oz patties. Bake at 400 degrees F for 15-20 minutes until done.

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 - Beef and Vegetable Stew

Food ID: 28 Portion/Amount: 1.00 SERVING Servings: 100.00 Kcals / Serving: 222 No. Ingredients: 13
Source: Custom

Preparation

Simmered
Preparation Time: 0
Cooking Time: 1 hrs. 45 min.
Cooking Temp: deg F

Ingredient	Amt	Portion
Beef and Vegetable Stew		
Beef Flank, Steak, Separable Lean, 0in. Trim, Raw	19.000	POUND
Corn Oil	0.500	CUP
Onions, Chopped	2.000	POUND
All Purpose Wheat Flour, White, Bleached, Enriched	1.500	POUND
Garlic Powder	3.000	TBSP
Paprika	2.000	TBSP
Ground Black Pepper	1.000	TBSP
Ground Thyme	2.000	TSP
Table Salt	0.500	TBSP
Tap Water	3.000	GALLON
Potatoes, Canned, Drained	6.750	POUND
Carrots, Sliced, Canned, Drained	5.313	POUND
Green Peas, Canned, Drained	6.500	POUND

Instructions:

Use flank steak or use meat that is 10% fat or at least 90% lean. Cut meat into cubes. Brown beef cubes in oil. Add onions, flour, garlic powder, paprika, pepper, thyme, and salt. Add water or stock. If using unsalted stock, leave salt in. If stock is salted, omit salt. Bring to a boil. Reduce heat and cover. Simmer for approximately 1-1/2 hours, or until meat is tender. Add carrots, potatoes, and peas. Cook until vegetables are heated through, approximately 15 minutes. Pour into serving pans. Portion with 8 oz ladle, (1cup)to provide 3 oz meat.

Recipe Report - Reduced Fat Chocolate Pudding

Food ID: 27 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 126 No. Ingredients: 7
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Reduced Fat Chocolate Pudding		
White Granulated Sugar	3.000	POUND
All Purpose Wheat Flour, White, Bleached, Enriched, Sifted	12.000	OUNCE
Cornstarch	6.000	OUNCE
Cocoa Powder, Unsweetened	1.000	POUND
Skim Milk	2.500	GALLON
Margarine, Soft	0.500	CUP
Vanilla Extract	0.330	CUP

Instructions:

For 100 servings: Mix sugar, flour, cornstarch, and cocoa. Pour milk into stock pot. Gradually add dry ingredients to milk while stirring briskly with a wire whip. Heat to boiling point. Cook until thickened, about 20 minutes. Stir often. Remove from heat. Add mararine and vanilla. Blend. Cover with plastic wrap while cooling. Cool quickly. Chill. Serving size: about 1/2 cup.

Recipe Report - Bean Soup with Ham

Food ID: 8 Portion/Amount: 1.00 CUP Servings: 100.00 Kcals / Serving: 179 No. Ingredients: 11
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Bean Soup with Ham		
CAMPBELL'S RTS Low Sodium Chicken Broth	2.000	GALLON
Tap Water	2.500	GALLON
Navy Beans, Boiled	20.250	POUND
Tomato Paste, Canned	3.000	CUP
Onions, Chopped	1.750	POUND
Celery, Diced	13.000	OUNCE
Carrots	13.000	OUNCE
Ground Black Pepper	2.000	TSP
Dried Parsley	0.500	CUP
Ham, Cured, Boneless, Extra Lean and Regular	2.000	POUND
All Purpose Wheat Flour, White, Bleached, Enriched	9.000	OUNCE
Tap Water	2.000	CUP

Instructions:

Combine stock, water, beans, tomato paste, onions, celery, carrots, pepper, parsley flakes, and ham. Bring to boil. (If desired, liquid from cooked beans may be used as part of the stock.) Reduce heat. Cover. Simmer for 20 minutes or until vegetables are tender. Combine flour and water. Mix until smooth. Add flour & water mixture to stock. Stir well and cook over medium heat until thickened, 10-12 minutes. Pour into serving pans. Portion with 8-oz ladle (1 cup).

Recipe Report - Apple-Cabbage Slaw

Food ID: 100 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 63 No. Ingredients: 9
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Apple-Cabbage Slaw		
White Granulated Sugar	3.500	OUNCE
Table Salt	1.000	TBSP
Ground Black Pepper	0.500	TSP
MC CORMICK Ground Mustard Flour	1.330	TBSP
Mayonnaise-type Salad Dressing	2.125	POUND
Nonfat, Skim or Fat Free Milk	2.000	CUP
Lemon Juice, Canned	0.500	CUP
Lemon Juice, Canned	0.500	CUP
Apple Slices	2.875	POUND
Cabbage, Shredded	10.250	POUND

Instructions:

For 100 servings: mix sugar, salt, pepper, and mustard; stir into salad dressing. Add milk and 1/2 c lemon juice. Chill. Sprinkle 1/2 c lemon juice over apples to prevent darkening. Toss apples and cabbage together. Chill. Just before serving, combine slaw and dressing. Toss lightly. Serving size: 1/2 cup.

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 - Roast Turkey Breast

Food ID: 60 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 96 No. Ingredients: 2
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Roast Turkey Breast		
Fryer Roaster Turkey Breast, Meat Only, Raw	19.000	POUND
LAWRY'S Salt Free 17 Season Seasoning	0.500	CUP

Instructions:

Instructions...Remove skin if still attached. Sprinkle seasoning powder over turkey breast meat. Place turkey breasts in non stick baking pans. Do not cover. Insert meat thermometer into thickest part of meat. Bake at 375 degrees to internal temperature of 180 degrees. If turkey begins to get too brown, cover with aluminum foil.

Recipe Report - Rice-Almond Casserole

Food ID: 111 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 160 No. Ingredients: 11
Source: Custom

Preparation

Cooked
Preparation Time: 0
Cooking Time: 0 hrs. 35 min.
Cooking Temp: 350 deg F

Ingredient	Amt	Portion
Rice-Almond Casserole		
Mushrooms, Canned, Drained	24.000	OUNCE
Almonds, Chopped	1.125	POUND
Onion, Whole, Frozen	8.000	OUNCE
Margarine, Soft	1.000	CUP
Cheddar Cheese, Shredded	2.281	POUND
Long Grain Brown Rice, Dry	4.000	POUND
Dried Parsley	1.000	CUP
Ground Black Pepper	1.000	TSP
Basil	2.000	TSP
Beef Broth Bouillon and Consomme, Condensed, Canned	42.000	OUNCE
Tap Water	6350.232	GRAM

Instructions:

For 100 servings: drain and chop mushrooms; save liquid. Cook mushrooms, almonds, and onions in margarine until lightly browned. Add cheese, rice, and parsley. Mix gently. Place mixture in 4 baking pans (about 12 by 20 inches), about 2 quarts or 2 pounds 8 ounces per pan. Boil 1 3/4 gal mushroom liquid and water. Stir pepper, basil, and broth into boiling liquid. Return to boiling. Pour liquid over rice mixture, about 2 quarts per pan. Cover; bake at 350 degrees F for 35 minutes. Serving size: about 1/2 cup.

Recipe Report - Jellied Citrus Salad

Food ID: 25125 Portion/Amount: 1.00 PIECE Servings: 100.00 Kcals / Serving: 97 No. Ingredients: 9
Source: FDB

Preparation

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

Ingredient	Amt	Portion
Jellied Citrus Salad		
Grapefruit Sections, Canned in Light Syrup	192.000	OUNCE
Mandarin Oranges, Canned in Light Syrup	132.000	OUNCE
Dessert Gelatin Mix	4.000	OUNCE
White Grapefruit Juice	1.000	QUART
White Granulated Sugar	14.000	OUNCE
Tap Water	1.000	GALLON
Lemon Juice, Canned	2.000	CUP
White Grapefruit Juice	3.000	QUART
Maraschino Cherries	12.500	OUNCE
Iceberg Lettuce Leaves	100.000	PIECE

Instructions:

For 100 servings: drain grapefruit and orange sections. Save 1 gal liquid. Soften gelatin in 1 qt fruit liquid. Add sugar; stir into boiling water. Stir until gelatin and sugar are dissolved. Add lemon juice and 3 qt fruit liquid. Chill until mixture begins to thicken. Mix in grapefruit and orange sections and cherries. Pour into 4 pans (12"x20"), about 3-1/2 qt or 7 lb 11 oz per pan. Chill until set. Cut and serve on lettuce leaves. Serving size: 1 piece, 2"x3-3/4".

Recipe Report - Blueberry Sauce

Food ID: 25142 Portion/Amount: 0.25 CUP Servings: 100.00 Kcals / Serving: 30 No. Ingredients: 5
Source: FDB

Preparation

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

Ingredient	Amt	Portion
Blueberry Sauce		
Cornstarch	6.000	OUNCE
White Granulated Sugar	9.250	OUNCE
Tap Water	3.000	QUART
Blueberries, Unsweetened, Frozen	5.500	POUND
Lemon Juice, Unsweetened, Frozen	1.000	CUP

Instructions:

Mix cornstarch and sugar. Add water; mix until smooth. Add blueberries. Cook, stirring constantly, until thickened. Stir in lemon juice. Serve warm or cool over plain cake or pancakes. Serving size: 1/4 cup.