Menu Report

Menu: Spring Week 4

Total Days: 5
Total Foods: 35
Avg. Daily Cals: 650.00

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				42.411	16.545	71.835	5.686	671.332	36.912	475.166	3.026	4.328	162.022	12.142
		65 Chicken Italiano	3.000 OUNCE	24.622	3.600	53.535	1.383	285.931	2.805	90.948	0.028	0.409	19.716	2.040
		66 Spaghetti with Marinara Sauce	0.750 CUP	4.991	0.595	0.000	0.084	36.003	9.833	25.556	0.000	1.713	77.021	2.197
		67 Fresh Yellow Squash	0.500 CUP	1.238	2.031	0.000	0.357	27.540	15.309	22.040	0.181	0.395	26.499	1.965
		291 Pear	1.000 ITEM	0.647	0.664	0.000	0.037	0.000	6.640	18.260	0.000	0.830	12.118	3.984
		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				26.493	28.556	228.321	6.647	537.932	50.061	444.971	3.799	8.859	263.857	9.243
		68 Savory Black Beans	0.500 CUP	7.895	0.521	0.000	0.134	29.746	0.226	48.414	0.000	0.080	161.838	5.585
		69 Devilled Eggs	1.000 SERVING	6.163	6.929	192.800	1.763	173.469	0.191	28.063	0.734	5.323	23.541	0.186
		45 Tossed Green Salad	1.000 SERVING	0.460	0.065	0.000	0.010	5.579	6.187	9.465	0.000	0.114	24.496	0.545
		46 Reduced Fat Italian Dressing	3.000 TBSP	0.135	8.814	0.000	0.621	0.496	0.116	6.250	0.000	1.827	0.443	0.097
		313 Strawberries	0.500 CUP	0.439	0.266	0.000	0.014	0.720	40.824	10.080	0.000	0.101	12.744	1.656
		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 3				36.275	21.733	71.283	8.067	577.524	58.707	411.292	3.177	2.008	118.331	10.447
		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
		96 Long Grain Brown Rice	0.500 CUP	2.161	0.794	0.000	0.159	50.121	0.000	7.426	0.000	0.196	5.443	0.953
		641 Green Peas, Frozen, Boiled, Drained	0.500 CUP	4.120	0.216	0.000	0.039	69.600	7.920	19.200	0.000	0.136	46.880	4.400
		274 Orange Sections	0.500 CUP	0.846	0.108	0.000	0.014	0.000	47.880	36.000	0.000	0.216	27.270	2.160
		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

Day	Meal	Food	Amt/Portion	Protein	Fat	Chol	Sat Fat	Sodium	Vit C	Calcium	Vit D (ug)	Vit E (ATE)	Folate	Diet Fiber
		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				30.934	23.309	33.900	6.104	851.325	40.479	545.277	3.152	4.781	129.101	7.792
		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
		70 Spinach Mushroom Salad	1.000 SERVING	2.292	9.763	0.096	0.758	78.571	9.250	43.248	0.345	2.433	67.341	1.334
		35 Whole Wheat Garlic Toast	1.000 PIECE	2.800	4.819	0.000	0.883	198.096	0.022	21.675	0.362	0.787	14.224	1.964
		227 Applesauce, Unsweetened, Canned	0.500 CUP	0.207	0.061	0.000	0.010	2.440	1.464	3.660	0.000	0.012	0.732	1.464
		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				34.825	21.138	98.350	6.133	728.090	31.975	504.569	3.933	5.119	91.851	10.324
		73 Oven Fried Fish	3.000 OUNCE	19.331	7.306	80.050	1.605	246.315	1.884	125.312	0.754	2.432	39.382	0.440
		104 Savory Boiled Potatoes	0.670 CUP	2.384	1.939	0.000	0.344	100.747	14.658	9.408	0.181	0.340	9.674	1.847
		74 Buttered Carrots	0.500 CUP	0.987	1.996	0.000	0.340	56.722	9.948	26.657	0.181	0.708	14.449	2.759
		75 Stewed Prunes	3.000 ITEM	1.210	0.242	0.000	0.019	2.448	3.160	24.830	0.000	0.658	1.678	3.322
		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 4

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 35

Kcals / Day: 650
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	650.176	2000.000	33%
Protein (gm)	34.188	70.000	49%
Carbohydrate (gm)	82.151	300.000	27%
Fat, total (gm)	22.256	65.000	34%
Alcohol (gm)			
Cholesterol (mg)	100.738	300.000	34%
Saturated Fat (gm)	6.527	20.000	33%
Monounsaturated Fat (gm)	8.372	25.000	33%
Polyunsaturated Fat (gm)	5.501	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)	673.241	2400.000	28%
Potassium (mg)	1455.844	3500.000	42%
Vitamin A (RE)	891.094	900.000	99%
Vitamin A (IU)	7168.265	4500.000	159%
Beta-Carotene (µg)			
Vitamin C (mg)	43.627	90.000	48%
Calcium (mg)	476.255	1200.000	40%
Iron (mg)	5.357	8.000	67%
Vitamin D (ug)	3.417	15.000	23%
Vitamin D (IU)	136.688	600.000	23%
Vitamin E	5.019	15.000	33%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.687	1.100	62%
Riboflavin (mg)	0.867	1.100	79%
Niacin (mg)	8.249	14.000	59%
Pyridoxine/Vit B6 (mg)	0.728	1.500	49%
Folate (µg)	153.032	400.000	38%
Cobalamin/Vit B12 (µg)	2.033	2.400	85%
Biotin (µg)	9.355	30.000	31%
Pantothenic Acid (mg)	2.117	5.000	42%
Vitamin K (µg)	33.907	90.000	38%
Phosphorus (mg)	620.178	700.000	89%
Iodine (µg)	12.000	150.000	8%
Magnesium (mg)	150.347	420.000	36%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.959	11.000	36%
Copper (mg)	0.560	0.900	62%
Manganese (mg)	1.603	2.300	70%
Selenium (mg)	0.111	0.055	202%
Fluoride (µg)	106.548	4.000	2664%
Chromium (mg)	0.030	30.000	0%
Molybdenum (µg)	17.608	45.000	39%
Dietary Fiber, total (gm)	9.990	25.000	40%
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	21%
Carbohydrate	49%
Fat, total	30%
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	1.0
Meat - Lean	.5
Meat - Medium Fat	
Meat - High Fat	
Fat	1.0

Spring Week 4

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 35

Kcals / Day: 650
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	683.248	2000.000	34%
Protein (gm)	42.411	70.000	61%
Carbohydrate (gm)	96.661	300.000	32%
Fat, total (gm)	16.545	65.000	25%
Alcohol (gm)			
Cholesterol (mg)	71.835	300.000	24%
Saturated Fat (gm)	5.686	20.000	28%
Monounsaturated Fat (gm)	5.132	25.000	21%
Polyunsaturated Fat (gm)	3.925	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)	671.332	2400.000	28%
Potassium (mg)	1511.028	3500.000	43%
Vitamin A (RE)	327.420	900.000	36%
Vitamin A (IU)	1979.167	4500.000	44%
Beta-Carotene (µg)			
Vitamin C (mg)	36.912	90.000	41%
Calcium (mg)	475.166	1200.000	40%
Iron (mg)	5.827	8.000	73%
Vitamin D (ug)	3.026	15.000	20%
Vitamin D (IU)	121.038	600.000	20%
Vitamin E	4.328	15.000	29%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.811	1.100	74%
Riboflavin (mg)	0.897	1.100	82%
Niacin (mg)	16.332	14.000	117%
Pyridoxine/Vit B6 (mg)	0.981	1.500	65%
Folate (µg)	162.022	400.000	41%
Cobalamin/Vit B12 (µg)	1.283	2.400	53%
Biotin (µg)	5.384	30.000	18%
Pantothenic Acid (mg)	2.464	5.000	49%
Vitamin K (µg)	13.500	90.000	15%
Phosphorus (mg)	691.844	700.000	99%
Iodine (µg)		150.000	
Magnesium (mg)	176.755	420.000	42%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.958	11.000	36%
Copper (mg)	0.692	0.900	77%
Manganese (mg)	2.014	2.300	88%
Selenium (mg)	0.078	0.055	142%
Fluoride (µg)	109.840	4.000	2746%
Chromium (mg)	0.033	30.000	0%
Molybdenum (µg)	11.484	45.000	26%
Dietary Fiber, total (gm)	12.142	25.000	49%
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	24%
Carbohydrate	55%
Fat, total	21%
Alcohol	0%

Exchanges

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

Spring Week 4

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 35

Kcals / Day: 650
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	625.088	2000.000	31%
Protein (gm)	26.493	70.000	38%
Carbohydrate (gm)	66.992	300.000	22%
Fat, total (gm)	28.556	65.000	44%
Alcohol (gm)			
Cholesterol (mg)	228.321	300.000	76%
Saturated Fat (gm)	6.647	20.000	33%
Monounsaturated Fat (gm)	11.334	25.000	45%
Polyunsaturated Fat (gm)	8.089	20.000	40%
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)	537.932	2400.000	22%
Potassium (mg)	1302.908	3500.000	37%
Vitamin A (RE)	343.794	900.000	38%
Vitamin A (IU)	1572.536	4500.000	35%
Beta-Carotene (µg)			
Vitamin C (mg)	50.061	90.000	56%
Calcium (mg)	444.971	1200.000	37%
Iron (mg)	4.897	8.000	61%
Vitamin D (ug)	3.799	15.000	25%
Vitamin D (IU)	151.944	600.000	25%
Vitamin E	8.859	15.000	59%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.671	1.100	61%
Riboflavin (mg)	0.934	1.100	85%
Niacin (mg)	2.706	14.000	19%
Pyridoxine/Vit B6 (mg)	0.403	1.500	27%
Folate (µg)	263.857	400.000	66%
Cobalamin/Vit B12 (µg)	1.011	2.400	42%
Biotin (µg)	19.158	30.000	64%
Pantothenic Acid (mg)	2.234	5.000	45%
Vitamin K (µg)	34.625	90.000	38%
Phosphorus (mg)	556.277	700.000	79%
Iodine (µg)	60.000	150.000	40%
Magnesium (mg)	133.659	420.000	32%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.138	11.000	29%
Copper (mg)	0.446	0.900	50%
Manganese (mg)	0.915	2.300	40%
Selenium (mg)	0.046	0.055	84%
Fluoride (µg)	102.560	4.000	2564%
Chromium (mg)	0.011	30.000	0%
Molybdenum (µg)	26.861	45.000	60%
Dietary Fiber, total (gm)	9.243	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 2

% of Kcals

Protein	17%
Carbohydrate	42%
Fat, total	41%
Alcohol	0%

Exchanges

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

Spring Week 4

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 35

Kcals / Day: 650
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	639.797	2000.000	32%
Protein (gm)	36.275	70.000	52%
Carbohydrate (gm)	76.321	300.000	25%
Fat, total (gm)	21.733	65.000	33%
Alcohol (gm)			
Cholesterol (mg)	71.283	300.000	24%
Saturated Fat (gm)	8.067	20.000	40%
Monounsaturated Fat (gm)	7.861	25.000	31%
Polyunsaturated Fat (gm)	3.844	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)	577.524	2400.000	24%
Potassium (mg)	1174.048	3500.000	34%
Vitamin A (RE)	284.400	900.000	32%
Vitamin A (IU)	1541.687	4500.000	34%
Beta-Carotene (µg)			
Vitamin C (mg)	58.707	90.000	65%
Calcium (mg)	411.292	1200.000	34%
Iron (mg)	5.005	8.000	63%
Vitamin D (ug)	3.177	15.000	21%
Vitamin D (IU)	127.079	600.000	21%
Vitamin E	2.008	15.000	13%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.777	1.100	71%
Riboflavin (mg)	0.794	1.100	72%
Niacin (mg)	8.310	14.000	59%
Pyridoxine/Vit B6 (mg)	0.792	1.500	53%
Folate (µg)	118.331	400.000	30%
Cobalamin/Vit B12 (µg)	3.291	2.400	137%
Biotin (µg)	6.501	30.000	22%
Pantothenic Acid (mg)	2.120	5.000	42%
Vitamin K (µg)	19.720	90.000	22%
Phosphorus (mg)	686.442	700.000	98%
Iodine (µg)		150.000	
Magnesium (mg)	158.989	420.000	38%

Nutrient	Value	Goal	% Goal
Zinc (mg)	5.936	11.000	54%
Copper (mg)	0.441	0.900	49%
Manganese (mg)	2.347	2.300	102%
Selenium (mg)	0.049	0.055	89%
Fluoride (µg)	92.325	4.000	2308%
Chromium (mg)	0.034	30.000	0%
Molybdenum (µg)	16.124	45.000	36%
Dietary Fiber, total (gm)	10.447	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	22%
Carbohydrate	47%
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

Spring Week 4

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 35

Kcals / Day: 650
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	601.306	2000.000	30%
Protein (gm)	30.934	70.000	44%
Carbohydrate (gm)	71.928	300.000	24%
Fat, total (gm)	23.309	65.000	36%
Alcohol (gm)			
Cholesterol (mg)	33.900	300.000	11%
Saturated Fat (gm)	6.104	20.000	31%
Monounsaturated Fat (gm)	9.971	25.000	40%
Polyunsaturated Fat (gm)	5.343	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)	851.325	2400.000	35%
Potassium (mg)	1276.294	3500.000	36%
Vitamin A (RE)	539.492	900.000	60%
Vitamin A (IU)	3062.235	4500.000	68%
Beta-Carotene (µg)			
Vitamin C (mg)	40.479	90.000	45%
Calcium (mg)	545.277	1200.000	45%
Iron (mg)	4.975	8.000	62%
Vitamin D (ug)	3.152	15.000	21%
Vitamin D (IU)	126.068	600.000	21%
Vitamin E	4.781	15.000	32%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.575	1.100	52%
Riboflavin (mg)	0.880	1.100	80%
Niacin (mg)	6.040	14.000	43%
Pyridoxine/Vit B6 (mg)	0.579	1.500	39%
Folate (µg)	129.101	400.000	32%
Cobalamin/Vit B12 (µg)	1.783	2.400	74%
Biotin (µg)	7.300	30.000	24%
Pantothenic Acid (mg)	1.809	5.000	36%
Vitamin K (µg)	90.169	90.000	100%
Phosphorus (mg)	495.389	700.000	71%
Iodine (µg)		150.000	
Magnesium (mg)	126.311	420.000	30%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.238	11.000	29%
Copper (mg)	0.451	0.900	50%
Manganese (mg)	1.396	2.300	61%
Selenium (mg)	0.351	0.055	638%
Fluoride (µg)	106.765	4.000	2669%
Chromium (mg)	0.020	30.000	0%
Molybdenum (µg)	12.628	45.000	28%
Dietary Fiber, total (gm)	7.792	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)			

Day 4

% of Kcals

Protein	20%
Carbohydrate	46%
Fat, total	34%
Alcohol	0%

Exchanges

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

Spring Week 4

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 35

Kcals / Day: 650
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	701.441	2000.000	35%
Protein (gm)	34.825	70.000	50%
Carbohydrate (gm)	98.852	300.000	33%
Fat, total (gm)	21.138	65.000	33%
Alcohol (gm)			
Cholesterol (mg)	98.350	300.000	33%
Saturated Fat (gm)	6.133	20.000	31%
Monounsaturated Fat (gm)	7.560	25.000	30%
Polyunsaturated Fat (gm)	6.303	20.000	32%
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)	728.090	2400.000	30%
Potassium (mg)	2014.944	3500.000	58%
Vitamin A (RE)	2960.363	900.000	329%
Vitamin A (IU)	27685.701	4500.000	615%
Beta-Carotene (µg)			
Vitamin C (mg)	31.975	90.000	36%
Calcium (mg)	504.569	1200.000	42%
Iron (mg)	6.081	8.000	76%
Vitamin D (ug)	3.933	15.000	26%
Vitamin D (IU)	157.313	600.000	26%
Vitamin E	5.119	15.000	34%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.600	1.100	55%
Riboflavin (mg)	0.832	1.100	76%
Niacin (mg)	7.858	14.000	56%
Pyridoxine/Vit B6 (mg)	0.883	1.500	59%
Folate (µg)	91.851	400.000	23%
Cobalamin/Vit B12 (µg)	2.799	2.400	117%
Biotin (µg)	8.433	30.000	28%
Pantothenic Acid (mg)	1.958	5.000	39%
Vitamin K (µg)	11.519	90.000	13%
Phosphorus (mg)	670.937	700.000	96%
Iodine (µg)		150.000	
Magnesium (mg)	156.020	420.000	37%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.524	11.000	32%
Copper (mg)	0.770	0.900	86%
Manganese (mg)	1.344	2.300	58%
Selenium (mg)	0.033	0.055	60%
Fluoride (µg)	121.248	4.000	3031%
Chromium (mg)	0.054	30.000	0%
Molybdenum (µg)	20.945	45.000	47%
Dietary Fiber, total (gm)	10.324	25.000	41%
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	19%
Carbohydrate	55%
Fat, total	26%
Alcohol	0%

Exchanges

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

Recipe Report - Chicken Italiano

Food ID: 65 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 185 No. Ingredients: 9
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Chicken Italiano		
Chicken Breast, Meat Only, Raw	19.000	POUND
CAMPBELL'S RTS Low Sodium Chicken Broth	2.000	QUART
Whole Wheat Bread	6.000	POUND
Parsley, Chopped	2.000	CUP
Garlic Powder	2.000	TBSP
Ground Oregano	2.000	TBSP
Ground Basil	2.000	TBSP
Ground Black Pepper	2.000	TBSP
Parmesan Cheese, Grated	1.000	QUART

Instructions:

Instructions...make bread crumbs from whole wheat bread. Combine bread crumbs, parsley, garlic powder, oregano, basil, pepper, and parmesan cheese. Dip chicken in broth, then roll in bread crumb mixture. Place chicken in shallow pan. Bake at 350 degrees for one hour or until chicken is tender.

Recipe Report - Spaghetti with Marinara Sauce

Food ID: 66 Portion/Amount: 0.75 CUP Servings: 100.00 Kcals / Serving: 139 No. Ingredients: 9
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Spaghetti with Marinara Sauce		
Spaghetti, Enriched, Dry	6.500	POUND
Tap Water	7.000	GALLON
Tomato Puree, Canned, No Salt Added	6.500	QUART
Onions, Chopped	2.000	CUP
Green Bell or Sweet Pepper	2.000	CUP
Worcestershire Sauce	2.000	TBSP
Ground Oregano	2.000	TBSP
Garlic Powder	2.000	TBSP
Dried Parsley	0.500	CUP

Instructions:

Instructions...Add spaghetti to boiling water and cook until tender, approximately 12-15 minutes. Stir occasionally to prevent sticking.

For sauce...Combine tomato puree, onions, green pepper, worcestershire sauce, oregano, garlic powder, and dried parsley. Simmer uncovered for 30 minutes.

Serve 1/2 cup spaghetti with 1/4 cup sauce.

Recipe Report - Fresh Yellow Squash

Food ID: 67 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 37 No. Ingredients: 3
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Fresh Yellow Squash		
Summer Squash, All Varieties	24.000	POUND
Tap Water	1.000	GALLON
Margarine, Soft	1.000	CUP

Instructions:

Instructions...Amount for squash is as purchased. Wash and cut off ends, but do not peel. Slice or cut as desired. Steam 8-20 minutes under pressure or boil 10-20 minutes. Drain. Pour melted margarine evenly over squash and serve immediately.

Recipe Report - Savory Black Beans

Food ID: 68 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 125 No. Ingredients: 5
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Savory Black Beans		
Black Beans, Dry	8.000	POUND
Tap Water	4.000	GALLON
Garlic Powder	1.390	TBSP
Onions, Chopped	2.000	CUP
Table Salt	1.000	TSP

Instructions:

Instructions...Soak beans overnight. Discard soaking water. Replace with fresh water. Add garlic powder and onions. Bring beans to a boil. Reduce heat to low. Cover and simmer 2-3 hours or until beans are tender. Stir occasionally to keep beans from sticking. Add water as necessary if beans become too dry.

Recipe Report - Devilled Eggs

Food ID: 69 Portion/Amount: 1.00 SERVING Servings: 100.00 Kcals / Serving: 103 No. Ingredients: 5
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Devilled Eggs		
EGGLAND'S BEST Whole Shell Eggs	100.000	ITEM
KRAFT Light Mayonnaise	3.500	CUP
Yellow Mustard	1.500	CUP
Hamburger Pickle Relish	0.750	CUP
Paprika	1.000	TBSP

Instructions:

Instructions...Split hard boiled, peeled eggs in half. Carefully remove yolks from whites. Mash yolks and mix with all other ingredients. Blend well. Stuff whites with yolk mixture. Sprinkle with paprika to garnish.

Recipe Report - Tossed Green Salad

Food ID: 45 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 17 No. Ingredients: 9
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Tossed Green Salad		
Iceberg Lettuce	7.000	POUND
Romaine Lettuce, Shredded	7.000	POUND
Celery, Diced	1.000	POUND
Zucchini Summer Squash	1.000	POUND
Green Bell or Sweet Pepper	1.000	POUND
Scallions, Green or Spring Onions	1.000	POUND
Green Peas, Frozen	1.000	POUND
Cucumber with Peel and Seeds	1.000	POUND
Parsley, Chopped	0.500	POUND

Instructions:

Instructions...Wash greens thoroughly and drain. Tear into bite-sized pieces. Add remaining salad ingredients to greens. Chill. Add dressing to salad just before serving and toss lightly. Portion into individual bowls, approximately 3 oz. weight per serving

Recipe Report - Reduced Fat Italian Dressing

Food ID: 46 Portion/Amount: 3.00 TBSP Servings: 100.00 Kcals / Serving: 85 No. Ingredients: 8
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Reduced Fat Italian Dressing		
MC CORMICK Ground Mustard Flour	4.000	TBSP
Ground Black Pepper	2.000	TBSP
Ground Oregano	4.000	TSP
Garlic Powder	1.000	TSP
Ground Basil	2.000	TBSP
Onion Powder	1.000	TSP
Cider Vinegar	4.000	QUART
Canola Oil	1.000	QUART

Instructions:

Instructions...Combine dry ingredients in mixer bowl. Add vinegar. Add canola oil slowly while beating at high speed until thick and blended. This is a temporary emulsion that separates rapidly. Mix with tossed salad greens. Serve immediately after mixing.

Makes about 5 quarts, enough to dress salad for 100 with approximately 3 Tablespoons dressing per salad.

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 - 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 - Long Grain Brown Rice

Food ID: 96 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 101 No. Ingredients: 3
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Long Grain Brown Rice		
Long Grain Brown Rice, Dry	6.000	POUND
Table Salt	2.000	TSP
Tap Water	6.000	QUART

Instructions:

For 100 servings: place rice in 2 baking pans (about 12 by 20 inches), 3 pounds or about 1 quart 3 1/3 cups per pan. Add salt to boiling water; pour over rice, 3 quarts per pan. Cover pans tightly. Bake at 350 degrees F, or steam at 5 pounds pressure for 50 minutes for brown rice. Remove from oven or steamer and let stand covered 5 minutes. Serving size: about 1/2 cup.

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 - Spinach Mushroom Salad

Food ID: 70 Portion/Amount: 1.00 SERVING Servings: 100.00 Kcals / Serving: 114 No. Ingredients: 7
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Spinach Mushroom Salad		
Spinach, raw	7.000	POUND
Mushrooms	4.000	POUND
Red Onions, Sliced	1.000	POUND
Canola Oil	1.000	QUART
Cider Vinegar	2.000	QUART
GREY POUPON Dijon Mustard	2.000	CUP
Plain Croutons	3.000	QUART

Instructions:

Instructions...Mix vegetables and chill until serving time. Mix dressing ingredients and chill until serving time. Toss vegetables with dressing. Portion onto salad plates (approximately 1.5 cups salad each) and garnish with 2 tablespoons croutons.

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 - Oven Fried Fish

Food ID: 73 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 206 No. Ingredients: 6
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Oven Fried Fish		
Catfish, Raw (Keli)	19.000	POUND
Nonfat, Skim or Fat Free Milk	1.000	GALLON
Ground Black Pepper	1.000	TBSP
Garlic Powder	1.000	TBSP
Plain Bread Crumbs	1.000	GALLON
Margarine, Soft	2.000	CUP

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 - Savory Boiled Potatoes

Food ID: 104 Portion/Amount: 0.67 CUP Servings: 100.00 Kcals / Serving: 106 No. Ingredients: 10
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Savory Boiled Potatoes		
Margarine, Soft	1.000	CUP
Dried Parsley	2.000	TBSP
Ground Black Pepper	0.500	TSP
Lemon Juice, Canned	2.000	TBSP
Potatoes, Flesh and Skin, Large	25.000	POUND
Table Salt	1.000	TBSP
Garlic Powder	1.000	TSP
Ground Thyme	2.000	TSP
Dried Rosemary	2.000	TSP
MC CORMICK Ground Mustard Flour	0.500	TSP

Instructions:

For 100 servings: melt margarine; add seasonings and lemon juice. Let stand 30 minutes to blend flavors. Wash potatoes well and leave skin on. Cook potatoes in 2 gal boiling salted water until tender, about 10 minutes. Drain. Reheat seasoned fat. Pour over hot potatoes. Serving size: 2/3 cup.

Recipe Report - Buttered Carrots

Food ID: 74 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 56 No. Ingredients: 3
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Buttered Carrots		
Carrots	20.000	POUND
Margarine, Soft	1.000	CUP
Parsley, Chopped	4.000	OUNCE

Instructions:

Instructions...Purchase 28 pounds carrots AP for 20 pounds EP. Wash carrots. Remove tips and brown spots. Boil sliced 10-20 minutes or until just tender. Drain. Melt margarine and pour over carrots. Add parsley and toss lightly.

Recipe Report - Stewed Prunes

Food ID: 75 Portion/Amount: 3.00 ITEM Servings: 100.00 Kcals / Serving: 109 No. Ingredients: 3
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Stewed Prunes		
Dried Prunes	10.000	POUND
Tap Water	2.000	QUART
Lemon	2.000	ITEM

Instructions:

Instructions...Use just enough water to cover prunes. Slice lemons and add to water and prunes. Simmer 30 minutes or until prunes are plump. Serve 3 per serving.