Menu Report

Menu: Spring Week 3

Total Days: 5
Total Foods: 32
Avg. Daily Cals: 582.00

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				39.868	32.510	136.846	7.156	888.835	88.991	694.719	3.642	6.358	210.489	8.028
		55 Salmon Patty	3.000 OUNCE	21.570	8.592	84.072	1.724	541.852	1.167	282.852	0.462	2.592	15.875	0.704
		56 Parsley Noodles	0.500 CUP	5.160	5.180	34.474	0.950	18.651	1.624	20.197	0.363	0.475	85.721	1.020
		57 Mixed Field Greens	1.000 CUP	0.859	0.112	0.000	0.016	5.978	14.067	14.658	0.000	0.169	42.089	1.107
		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
		273 Orange	1.000 ITEM	1.231	0.157	0.000	0.020	0.000	69.692	52.400	0.000	0.314	39.693	3.144
		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				38.017	15.763	75.789	5.561	457.373	67.554	421.988	3.169	3.127	107.382	8.207
		58 Breaded Pork Chops	3.000 OUNCE	21.145	4.034	57.489	1.372	76.998	1.011	37.865	0.171	0.046	10.091	0.328
		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
		590 Broccoli, Frozen, Chopped, Boiled, Drained	0.500 CUP	2.852	0.110	0.000	0.017	22.080	36.892	46.920	0.000	1.518	51.888	2.760
		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
		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				38.781	14.461	84.435	4.906	784.122	55.202	468.158	2.907	1.846	111.715	7.828
		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
		61 Cornbread Stuffing	0.500 CUP	4.462	3.922	12.701	0.821	407.884	5.669	101.853	0.090	0.338	34.439	2.427
		2725 Green Beans	0.750 CUP	1.502	0.099	0.000	0.021	4.950	13.448	30.525	0.000	0.338	30.112	2.805
		271 Cantaloupe	0.500 CUP	0.704	0.224	0.000	0.057	7.200	33.760	8.800	0.000	0.120	13.600	0.640
		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	Meal	Food	Amt/Portion	Protein	Fat	Chol	Sat Fat	Sodium	Vit C	Calcium	Vit D (ug)	Vit E (ATE)	Folate	Diet Fiber
Day 4				31.025	19.914	63.116	7.615	532.459	33.199	389.104	2.440	2.394	66.926	6.712
		62 Sloppy Joe on Whole Wheat Bun	1.000 SERVING	21.359	10.876	44.816	4.141	330.441	13.438	68.444	0.000	0.380	17.861	3.470
		106 Raw Vegetable Salad with Oil and Vinegar Dress	1.000 CUP	0.855	4.265	0.000	0.548	80.261	10.975	19.056	0.000	1.157	33.289	1.282
		283 Peach	1.000 ITEM	0.686	0.088	0.000	0.010	0.000	6.468	4.900	0.000	0.686	3.332	1.960
		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				37.468	16.333	75.733	4.960	878.859	63.448	370.396	3.049	2.802	92.472	9.405
		63 Chunky Vegetable Soup	1.000 CUP	3.239	0.373	0.000	0.087	343.368	20.171	25.219	0.000	0.182	16.716	2.197
		64 Tomato Stuffed with Tuna Salad	1.000 SERVING	22.634	4.422	48.800	0.842	214.468	32.977	17.732	0.096	0.852	44.151	1.905
		223 Apple	1.000 ITEM	0.262	0.497	0.000	0.080	0.000	7.866	9.660	0.000	0.442	3.864	3.726
		25020 Whole Wheat Rolls	1.000 ITEM	3.170	2.577	8.633	0.386	148.570	0.109	19.835	0.136	0.591	15.248	1.577
		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 3

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 32

Kcals / Day: 582
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	582.351	2000.000	29%
Protein (gm)	37.032	70.000	53%
Carbohydrate (gm)	67.050	300.000	22%
Fat, total (gm)	19.796	65.000	30%
Alcohol (gm)			
Cholesterol (mg)	87.184	300.000	29%
Saturated Fat (gm)	6.040	20.000	30%
Monounsaturated Fat (gm)	6.860	25.000	27%
Polyunsaturated Fat (gm)	5.047	20.000	25%
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)	708.330	2400.000	30%
Potassium (mg)	1486.292	3500.000	42%
Vitamin A (RE)	498.242	900.000	55%
Vitamin A (IU)	3674.731	4500.000	82%
Beta-Carotene (µg)			
Vitamin C (mg)	61.679	90.000	69%
Calcium (mg)	468.873	1200.000	39%
Iron (mg)	4.425	8.000	55%
Vitamin D (ug)	3.041	15.000	20%
Vitamin D (IU)	121.665	600.000	20%
Vitamin E	3.305	15.000	22%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.719	1.100	65%
Riboflavin (mg)	0.851	1.100	77%
Niacin (mg)	9.849	14.000	70%
Pyridoxine/Vit B6 (mg)	0.811	1.500	54%
Folate (µg)	117.797	400.000	29%
Cobalamin/Vit B12 (µg)	2.214	2.400	92%
Biotin (µg)	9.317	30.000	31%
Pantothenic Acid (mg)	1.991	5.000	40%
Vitamin K (µg)	79.359	90.000	88%
Phosphorus (mg)	610.387	700.000	87%
Iodine (µg)	2.880	150.000	2%
Magnesium (mg)	120.344	420.000	29%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.598	11.000	33%
Copper (mg)	0.408	0.900	45%
Manganese (mg)	1.171	2.300	51%
Selenium (mg)	0.049	0.055	89%
Fluoride (µg)	119.396	4.000	2985%
Chromium (mg)	0.020	30.000	0%
Molybdenum (µg)	13.956	45.000	31%
Dietary Fiber, total (gm)	8.036	25.000	32%
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	25%
Carbohydrate	45%
Fat, total	30%
Alcohol	0%

Exchanges

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

Spring Week 3

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 32

Kcals / Day: 582
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	793.730	2000.000	40%
Protein (gm)	39.868	70.000	57%
Carbohydrate (gm)	86.064	300.000	29%
Fat, total (gm)	32.510	65.000	50%
Alcohol (gm)			
Cholesterol (mg)	136.846	300.000	46%
Saturated Fat (gm)	7.156	20.000	36%
Monounsaturated Fat (gm)	13.715	25.000	55%
Polyunsaturated Fat (gm)	9.444	20.000	47%
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)	888.835	2400.000	37%
Potassium (mg)	1494.136	3500.000	43%
Vitamin A (RE)	429.599	900.000	48%
Vitamin A (IU)	2371.293	4500.000	53%
Beta-Carotene (µg)			
Vitamin C (mg)	88.991	90.000	99%
Calcium (mg)	694.719	1200.000	58%
Iron (mg)	5.899	8.000	74%
Vitamin D (ug)	3.642	15.000	24%
Vitamin D (IU)	145.685	600.000	24%
Vitamin E	6.358	15.000	42%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.892	1.100	81%
Riboflavin (mg)	1.098	1.100	100%
Niacin (mg)	10.649	14.000	76%
Pyridoxine/Vit B6 (mg)	0.613	1.500	41%
Folate (µg)	210.489	400.000	53%
Cobalamin/Vit B12 (µg)	1.339	2.400	56%
Biotin (µg)	9.696	30.000	32%
Pantothenic Acid (mg)	2.328	5.000	47%
Vitamin K (µg)	33.920	90.000	38%
Phosphorus (mg)	767.493	700.000	110%
Iodine (µg)	14.400	150.000	10%
Magnesium (mg)	141.758	420.000	34%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.484	11.000	32%
Copper (mg)	0.404	0.900	45%
Manganese (mg)	1.291	2.300	56%
Selenium (mg)	0.085	0.055	155%
Fluoride (µg)	94.371	4.000	2359%
Chromium (mg)	0.008	30.000	0%
Molybdenum (µg)	11.786	45.000	26%
Dietary Fiber, total (gm)	8.028	25.000	32%
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	20%
Carbohydrate	43%
Fat, total	37%
Alcohol	0%

Exchanges

Bread/Starch	1.0
Fruit	1.0
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

Spring Week 3

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 32

Kcals / Day: 582
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	576.850	2000.000	29%
Protein (gm)	38.017	70.000	54%
Carbohydrate (gm)	73.818	300.000	25%
Fat, total (gm)	15.763	65.000	24%
Alcohol (gm)			
Cholesterol (mg)	75.789	300.000	25%
Saturated Fat (gm)	5.561	20.000	28%
Monounsaturated Fat (gm)	5.591	25.000	22%
Polyunsaturated Fat (gm)	3.477	20.000	17%
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)	457.373	2400.000	19%
Potassium (mg)	1777.445	3500.000	51%
Vitamin A (RE)	425.210	900.000	47%
Vitamin A (IU)	2968.601	4500.000	66%
Beta-Carotene (µg)			
Vitamin C (mg)	67.554	90.000	75%
Calcium (mg)	421.988	1200.000	35%
Iron (mg)	4.090	8.000	51%
Vitamin D (ug)	3.169	15.000	21%
Vitamin D (IU)	126.778	600.000	21%
Vitamin E	3.127	15.000	21%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	1.431	1.100	130%
Riboflavin (mg)	0.957	1.100	87%
Niacin (mg)	8.598	14.000	61%
Pyridoxine/Vit B6 (mg)	1.239	1.500	83%
Folate (µg)	107.382	400.000	27%
Cobalamin/Vit B12 (µg)	1.591	2.400	66%
Biotin (µg)	5.828	30.000	19%
Pantothenic Acid (mg)	2.592	5.000	52%
Vitamin K (µg)	250.392	90.000	278%
Phosphorus (mg)	648.639	700.000	93%
Iodine (µg)		150.000	
Magnesium (mg)	138.976	420.000	33%

Nutrient	Value	Goal	% Goal
Zinc (mg)	4.184	11.000	38%
Copper (mg)	0.613	0.900	68%
Manganese (mg)	1.540	2.300	67%
Selenium (mg)	0.061	0.055	111%
Fluoride (µg)	78.345	4.000	1959%
Chromium (mg)	0.020	30.000	0%
Molybdenum (µg)	12.913	45.000	29%
Dietary Fiber, total (gm)	8.207	25.000	33%
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	26%
Carbohydrate	50%
Fat, total	24%
Alcohol	0%

Exchanges

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

Spring Week 3

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 32

Kcals / Day: 582
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	515.170	2000.000	26%
Protein (gm)	38.781	70.000	55%
Carbohydrate (gm)	60.042	300.000	20%
Fat, total (gm)	14.461	65.000	22%
Alcohol (gm)			
Cholesterol (mg)	84.435	300.000	28%
Saturated Fat (gm)	4.906	20.000	25%
Monounsaturated Fat (gm)	4.475	25.000	18%
Polyunsaturated Fat (gm)	3.963	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)	784.122	2400.000	33%
Potassium (mg)	1525.525	3500.000	44%
Vitamin A (RE)	517.560	900.000	58%
Vitamin A (IU)	3946.045	4500.000	88%
Beta-Carotene (µg)			
Vitamin C (mg)	55.202	90.000	61%
Calcium (mg)	468.158	1200.000	39%
Iron (mg)	4.606	8.000	58%
Vitamin D (ug)	2.907	15.000	19%
Vitamin D (IU)	116.299	600.000	19%
Vitamin E	1.846	15.000	12%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.488	1.100	44%
Riboflavin (mg)	0.808	1.100	73%
Niacin (mg)	9.445	14.000	67%
Pyridoxine/Vit B6 (mg)	0.899	1.500	60%
Folate (µg)	111.715	400.000	28%
Cobalamin/Vit B12 (µg)	1.374	2.400	57%
Biotin (µg)	7.415	30.000	25%
Pantothenic Acid (mg)	1.969	5.000	39%
Vitamin K (µg)	42.734	90.000	47%
Phosphorus (mg)	624.558	700.000	89%
Iodine (µg)		150.000	
Magnesium (mg)	136.089	420.000	32%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.472	11.000	32%
Copper (mg)	0.379	0.900	42%
Manganese (mg)	1.330	2.300	58%
Selenium (mg)	0.059	0.055	107%
Fluoride (µg)	96.548	4.000	2414%
Chromium (mg)	0.003	30.000	0%
Molybdenum (µg)	11.527	45.000	26%
Dietary Fiber, total (gm)	7.828	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 3

% of Kcals

Protein	30%
Carbohydrate	46%
Fat, total	25%
Alcohol	0%

Exchanges

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

Spring Week 3

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 32

Kcals / Day: 582
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	487.065	2000.000	24%
Protein (gm)	31.025	70.000	44%
Carbohydrate (gm)	49.370	300.000	16%
Fat, total (gm)	19.914	65.000	31%
Alcohol (gm)			
Cholesterol (mg)	63.116	300.000	21%
Saturated Fat (gm)	7.615	20.000	38%
Monounsaturated Fat (gm)	6.521	25.000	26%
Polyunsaturated Fat (gm)	3.690	20.000	18%
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)	532.459	2400.000	22%
Potassium (mg)	1174.427	3500.000	34%
Vitamin A (RE)	559.632	900.000	62%
Vitamin A (IU)	4701.371	4500.000	104%
Beta-Carotene (µg)			
Vitamin C (mg)	33.199	90.000	37%
Calcium (mg)	389.104	1200.000	32%
Iron (mg)	4.091	8.000	51%
Vitamin D (ug)	2.440	15.000	16%
Vitamin D (IU)	97.600	600.000	16%
Vitamin E	2.394	15.000	16%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.330	1.100	30%
Riboflavin (mg)	0.657	1.100	60%
Niacin (mg)	6.571	14.000	47%
Pyridoxine/Vit B6 (mg)	0.640	1.500	43%
Folate (µg)	66.926	400.000	17%
Cobalamin/Vit B12 (µg)	3.448	2.400	144%
Biotin (µg)	8.542	30.000	28%
Pantothenic Acid (mg)	1.475	5.000	30%
Vitamin K (µg)	37.861	90.000	42%
Phosphorus (mg)	500.970	700.000	72%
Iodine (µg)		150.000	
Magnesium (mg)	96.862	420.000	23%

Nutrient	Value	Goal	% Goal
Zinc (mg)	4.874	11.000	44%
Copper (mg)	0.284	0.900	32%
Manganese (mg)	0.885	2.300	38%
Selenium (mg)	0.023	0.055	42%
Fluoride (µg)	112.952	4.000	2824%
Chromium (mg)	0.014	30.000	0%
Molybdenum (µg)	16.937	45.000	38%
Dietary Fiber, total (gm)	6.712	25.000	27%
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	25%
Carbohydrate	39%
Fat, total	36%
Alcohol	0%

Exchanges

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

Spring Week 3

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 32

Kcals / Day: 582
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	538.939	2000.000	27%
Protein (gm)	37.468	70.000	54%
Carbohydrate (gm)	65.955	300.000	22%
Fat, total (gm)	16.333	65.000	25%
Alcohol (gm)			
Cholesterol (mg)	75.733	300.000	25%
Saturated Fat (gm)	4.960	20.000	25%
Monounsaturated Fat (gm)	3.997	25.000	16%
Polyunsaturated Fat (gm)	4.662	20.000	23%
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)	878.859	2400.000	37%
Potassium (mg)	1459.926	3500.000	42%
Vitamin A (RE)	559.207	900.000	62%
Vitamin A (IU)	4386.345	4500.000	97%
Beta-Carotene (µg)			
Vitamin C (mg)	63.448	90.000	70%
Calcium (mg)	370.396	1200.000	31%
Iron (mg)	3.437	8.000	43%
Vitamin D (ug)	3.049	15.000	20%
Vitamin D (IU)	121.962	600.000	20%
Vitamin E	2.802	15.000	19%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.453	1.100	41%
Riboflavin (mg)	0.737	1.100	67%
Niacin (mg)	13.981	14.000	100%
Pyridoxine/Vit B6 (mg)	0.662	1.500	44%
Folate (µg)	92.472	400.000	23%
Cobalamin/Vit B12 (µg)	3.317	2.400	138%
Biotin (µg)	15.102	30.000	50%
Pantothenic Acid (mg)	1.593	5.000	32%
Vitamin K (µg)	31.887	90.000	35%
Phosphorus (mg)	510.277	700.000	73%
Iodine (µg)		150.000	
Magnesium (mg)	88.037	420.000	21%

Nutrient	Value	Goal	% Goal
Zinc (mg)	1.977	11.000	18%
Copper (mg)	0.362	0.900	40%
Manganese (mg)	0.809	2.300	35%
Selenium (mg)	0.015	0.055	27%
Fluoride (µg)	214.766	4.000	5369%
Chromium (mg)	0.055	30.000	0%
Molybdenum (µg)	16.616	45.000	37%
Dietary Fiber, total (gm)	9.405	25.000	38%
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	27%
Carbohydrate	47%
Fat, total	26%
Alcohol	0%

Exchanges

Bread/Starch	1.0
Fruit	1.0
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 - Salmon Patty

Food ID: 55 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 240 No. Ingredients: 5
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Salmon Patty		
Sockeye Salmon with Bones, Canned	19.000	POUND
PREMIUM Low Sodium Saltine Crackers	4.000	POUND
EGGLAND'S BEST Whole Shell Eggs	24.000	ITEM
Onions, Chopped	11.000	OUNCE
Nonfat or Skim Evaporated Milk	1.500	QUART

Instructions:

Instructions...Place salmon in mixing bowl. Remove skin but not bones. Bones will mash and are a good source of calcium. Add crackers, eggs, onions, and milk to salmon. Mix at low speed to blend. With a #8 dipper, place salmon mixture on greased sheet pans. Flatten salmon to form patties. Bake at 400 degrees F for 15-20 minutes or until golden brown on bottom of patties. Turn over and bake 10 minutes longer.

Recipe Report - Parsley Noodles

Food ID: 56 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 171 No. Ingredients: 4
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Parsley Noodles		
Egg Noodles, Enriched, Dry	8.000	POUND
Tap Water	8.000	GALLON
Margarine, Soft, Unsalted	1.000	POUND
Parsley, Chopped	2.000	CUP

Instructions:

Instructions...Bring water to a boil. Add noodles gradually, while stirring. Return to boil. Do not cover noodles. Continue to boil until noodles are tender, 10-15 minutes. Stir occasionally to prevent sticking. Test for doneness. Noodles should be firm to the bite. Drain. Distribute margarine evenly over cooked noodles. Sprinkle with parsley. Toss lightly.

Recipe Report - Mixed Field Greens

Food ID: 57 Portion/Amount: 1.00 CUP Servings: 100.00 Kcals / Serving: 12 No. Ingredients: 4
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Mixed Field Greens		
Iceberg Lettuce, Cored	6.000	POUND
Romaine Lettuce, Shredded	6.000	POUND
Green Bell or Sweet Pepper	1.000	QUART
Scallions, Green or Spring Onions	1.500	QUART

Instructions:

Instructions.. Lettuce approx. 9 pounds AP = 6 pounds EP. Wash lettuce thoroughly. Tear into bite-sized pieces. Place in mixing bowl. Add peppers and onions. Refrrigerate until ready to serve. Portion 1 cup per serving. Serve with reduced fat, low sodium salad dressing added just before 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 - Breaded Pork Chops

Food ID: 58 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 159 No. Ingredients: 6
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Breaded Pork Chops		
Pork Loin, Tenderloin End, Separable Lean, Raw	20.000	POUND
All Purpose Wheat Flour	1.500	QUART
Ground Black Pepper	2.000	TBSP
Egg White, Frozen, Raw	1.000	POUND
Nonfat, Skim or Fat Free Milk	1.750	QUART
White Bread Crumbs, Enriched	1.500	QUART

Instructions:

Instructions....Cut pork into approximately 3 oz. portions. Dredge pork in flour-pepper mixture. Combine egg whites and milk. Dip chops in egg white mixture, then roll in bread crumbs. Place in single layer on baking sheets sprayed with non stick bake coating (like Pam). Bake at 400 degrees until browned, about 10-15 minutes. Remove chops from oven and arrange in counter pans. Add approximately 2 cups water to each pan. Cover pans. Bake at 325 degrees for about 1 hour.

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 - 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 - Cornbread Stuffing

Food ID: 61 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 141 No. Ingredients: 7
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Cornbread Stuffing		
Margarine, Soft	0.500	CUP
Onions, Chopped	2.000	POUND
Celery, Diced	3.000	POUND
Cornbread, Prepared with 2% Lowfat Milk	7.000	POUND
Whole Wheat Bread	3.500	POUND
Low Sodium Chicken Broth, Canned	6.000	QUART
Ground Sage	1.000	TBSP

Instructions:

Instructions...Saute onions and celery in margarine until tender. May add water if it begins to stick. Add cornbread (made day before) and bread (day old) to sauteed vegetables. Combine chicken broth and sage. Pour over bread mixture. Stir to moisten. Place dressing in baking pans sprayed with Pam. Bake at 375 degrees F for 20-30 minutes or until hot and lightly browned. Serve with #8 dipper for 1/2 cup serving.

Recipe Report - Sloppy Joe on Whole Wheat Bun

Food ID: 62 Portion/Amount: 1.00 SERVING Servings: 100.00 Kcals / Serving: 270 No. Ingredients: 8
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Sloppy Joe on Whole Wheat Bun		
Tomato Catsup or Ketchup	1.000	QUART
Ground Black Pepper	4.000	TSP
Ground Thyme	2.000	TSP
Ground Basil	2.000	TSP
Whole Wheat Roll or Bun	100.000	ITEM
Beef Flank, Choice, Separable Lean and Fat, 0in. Fat, Raw	19.000	POUND
Onions, Chopped	2.000	POUND
HUNT'S No Added Salt Tomato Sauce	2.500	GALLON

Instructions:

Instructions... Grind flank steak or use a ground beef that is 90% lean or 10% fat. Saute ground beef and onion together. Add water if mixture begins to stick. Stir, breaking up meat. Add tomato sauce, catsup, and seasonings to meat mixture. Blend. Simmer uncovered for 20-25 minutes, stirring frequently. Cook to 160 degrees. Serve 3 oz meat mixture over bottom half of heated bun. Cover with top half of bun and serve hot.

Recipe Report - Raw Vegetable Salad with Oil and Vinegar Dressing

Food ID: 106 Portion/Amount: 1.00 CUP Servings: 100.00 Kcals / Serving: 54 No. Ingredients: 10
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Raw Vegetable Salad with Oil and Vinegar Dressing		
Iceberg Lettuce, Chopped	6.500	POUND
Spinach, Chopped	1.063	POUND
Onions, Chopped	2.000	POUND
Green Bell or Sweet Pepper	1.438	POUND
Cucumber, Sliced	5.000	POUND
Carrots, Grated	1.938	POUND
Corn Oil	14.500	OUNCE
Distilled Vinegar	4.000	CUP
Table Salt	1.000	TBSP
Paprika	1.000	TBSP

Instructions:

Toss vegetables together lightly. Chill. Place oil, vinegar, and seasonings in a jar with a tight fitting lid. Shake to blend. Chill. Just before serving, shake dressing and pour over vegetables. Toss lightly. Serving size: 1 cup.

Recipe Report - Chunky Vegetable Soup

Food ID: 63 Portion/Amount: 1.00 CUP Servings: 100.00 Kcals / Serving: 45 No. Ingredients: 7
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Chunky Vegetable Soup		
Low Sodium Chicken Broth, Canned	5.000	GALLON
Carrots	2.000	POUND
Celery, Diced	2.000	POUND
Potatoes, Flesh and Skin, Medium	2.000	POUND
Green Peas, Frozen	2.000	POUND
Sweet Corn, Frozen Kernels	2.000	POUND
Crushed Tomatoes, Canned	3.000	POUND

Instructions:

Instructions...Bring broth to a boil. Add celery, carrots, onions, and potatoes. Cover. Simmer about one hour, replacing liquid with water as necessary to maintain volume. Add peas and corn to soup and cook until tender. Add tomatoes. Heat to 170 degrees. Serve promptly.

Recipe Report - Tomato Stuffed with Tuna Salad

Food ID: 64 Portion/Amount: 1.00 SERVING Servings: 100.00 Kcals / Serving: 156 No. Ingredients: 7
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Tomato Stuffed with Tuna Salad		
Red Tomato	100.000	ITEM
CHICKEN OF THE SEA Low Sodium Chunk Light Tuna in Spring Water	19.000	POUND
Celery, Diced	2.000	POUND
Onions, Chopped	1.500	POUND
Green Bell or Sweet Pepper	2.000	POUND
KRAFT Light Mayonnaise	1.000	QUART
Iceberg Lettuce Leaves	100.000	PIECE

Instructions:

Instructions...Combine all ingredients for tuna slaad. Chill. Turn tomato stemside down. Cut into quarters to within 1/4 inch of bottom. Place on lettuce leaf. Portion 3 oz of tuna salad into tomato.

Recipe Report - Whole Wheat Rolls

Food ID: 25020 Portion/Amount: 1.00 ITEM Servings: 100.00 Kcals / Serving: 101 No. Ingredients: 8
Source: FDB

Preparation

Baked
Preparation Time: 0
Cooking Time: 0 hrs. 15 min.
Cooking Temp: 400 deg F

Ingredient	Amt	Portion
Whole Wheat Rolls		
Whole Wheat Flour	2.250	POUND
All Purpose Wheat Flour, White, Bleached, Enriched	2.219	POUND
White Granulated Sugar	3.500	OUNCE
Baker's Yeast, Active	1.000	OUNCE
Table Salt	2.000	TBSP
Nonfat, Skim or Fat Free Milk	1.125	QUART
Corn Oil	7.250	OUNCE
Egg, Raw	7.000	OUNCE

Instructions:

For 100 servings: mix flours together, and then mix 2 quarts flour with sugar, yeast, and salt. Heat milk and oil until warm. Stir into flour mixture. Add eggs; beat well. Mix in remaining flour, making a soft dough that leaves the sides of the bowl. Knead until dough is smooth and elastic. (Kneading may be done in mixing machine.) Place dough in lightly greased bowl and turn over once to grease upper side of dough. Cover and let rise in warm place until double in size, about 1-1/2 hours. Punch down dough to remove air bubbles. Shape into rolls about 1-1/4 oz each. Place rolls on sheet pans. Let rise until double in size, about 1 hour. Bake at 400 degrees F for 15 minutes, or until lightly browned. Serving size: 1 roll.