Menu Report

Menu: Spring Week 2

Total Days: 5
Total Foods: 32
Avg. Daily Cals: 661.00

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				31.475	25.740	80.114	6.316	677.648	37.151	421.083	2.802	4.924	165.569	8.223
		31 Spaghetti and Meat Sauce with Ground Turkey	0.750 CUP	18.613	7.141	61.814	1.862	335.602	14.150	56.899	0.000	1.176	63.482	2.542
		45 Tossed Green Salad	3.000 OUNCE	1.380	0.194	0.000	0.029	16.738	18.561	28.395	0.000	0.343	73.488	1.636
		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
		1012 Pear Halves, Canned in Juice	0.500 CUP	0.422	0.087	0.000	0.005	4.960	1.984	11.160	0.000	0.620	1.488	1.984
		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
		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				37.539	20.597	65.121	6.058	834.876	18.770	599.839	4.885	3.152	88.660	6.365
		34 Lighter Chicken Salad	0.500 CUP	15.991	5.522	43.999	1.143	205.450	2.188	14.662	0.136	0.512	7.714	0.441
		4928 Whole Wheat Bread	2.000 SLICE	5.500	2.382	0.000	0.520	298.810	0.000	40.824		0.492	28.350	3.912
		44 Cream of Spinach Soup	1.000 CUP	7.006	4.071	2.822	0.830	155.065	5.186	237.558	1.932	0.878	40.092	1.088
		8468 Watermelon	1.000 CUP	0.879	0.158	0.000		3.098	9.071	8.845	0.000	0.535	0.011	0.924
		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				37.093	20.460	73.502	7.705	651.301	47.599	538.300	4.368	2.866	74.004	8.395
		2 Tasty Meat Loaf	3.000 OUNCE	16.292	8.215	53.085	3.307	154.449	4.197	33.688	0.194	0.563	13.447	1.402
		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
		30610 GREEN GIANT AMERICAN MIXTURES Broccoli, Carr	0.500 CUP	1.493	0.000	0.000	0.000	22.388	13.433	0.000	0.000			1.493
		1026 Purple Plums, Canned in Juice	0.500 CUP	0.643	0.025	0.000	0.003	1.260	3.528	12.600	0.000	0.882	3.276	1.260
		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				27.607	23.297	45.121	6.772	612.023	10.426	450.945	3.573	4.202	130.544	16.857

Day	Meal	Food	Amt/Portion	Protein	Fat	Chol	Sat Fat	Sodium	Vit C	Calcium	Vit D (ug)	Vit E (ATE)	Folate	Diet Fiber
		48 Seasoned Baby Lima Beans	3.000 OUNCE	12.470	1.122	0.000	0.218	123.504	0.333	46.829	0.000	0.162	71.816	11.993
		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
		49 Cucumbers and Onions in Sour Cream Dressing	3.000 OUNCE	1.388	6.078	9.600	1.700	97.261	3.175	37.544	0.144	0.436	8.226	0.517
		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
		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				33.480	18.252	112.278	5.761	600.349	33.128	392.802	3.049	2.492	80.103	6.292
		17 Skinless Barbecued Chicken	3.000 OUNCE	19.070	2.807	60.329	0.707	94.829	6.879	22.787	0.000	0.724	11.262	0.449
		47 Dilly Potato Salad	0.500 CUP	2.202	5.623	33.649	1.207	181.074	8.872	16.760	0.232	0.569	14.839	1.615
		1688 Green Beans, Canned, Drained, No Salt Added	0.500 CUP	0.772	0.067	0.000	0.015	1.343	3.224	17.463	0.000	0.094	21.358	1.276
		1019 Pineapple, Canned in Juice	0.500 CUP	0.523	0.100	0.000	0.007	1.245	11.828	17.430	0.000	0.124	5.976	0.996
		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 2

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

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

Kcals / Day: 661
Feeding Figure: 1

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	660.991	2000.000	33%
Protein (gm)	33.439	70.000	48%
Carbohydrate (gm)	87.310	300.000	29%
Fat, total (gm)	21.669	65.000	33%
Alcohol (gm)			
Cholesterol (mg)	75.227	300.000	25%
Saturated Fat (gm)	6.522	20.000	33%
Monounsaturated Fat (gm)	6.931	25.000	28%
Polyunsaturated Fat (gm)	5.443	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)	675.239	2400.000	28%
Potassium (mg)	1441.995	3500.000	41%
Vitamin A (RE)	431.723	900.000	48%
Vitamin A (IU)	2769.341	4500.000	62%
Beta-Carotene (µg)			
Vitamin C (mg)	29.415	90.000	33%
Calcium (mg)	480.594	1200.000	40%
Iron (mg)	4.721	8.000	59%
Vitamin D (ug)	3.735	15.000	25%
Vitamin D (IU)	149.412	600.000	25%
Vitamin E	3.527	15.000	24%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.549	1.100	50%
Riboflavin (mg)	0.839	1.100	76%
Niacin (mg)	7.993	14.000	57%
Pyridoxine/Vit B6 (mg)	0.728	1.500	49%
Folate (µg)	107.776	400.000	27%
Cobalamin/Vit B12 (µg)	1.756	2.400	73%
Biotin (µg)	9.062	30.000	30%
Pantothenic Acid (mg)	2.313	5.000	46%
Vitamin K (µg)	24.077	90.000	27%
Phosphorus (mg)	607.640	700.000	87%
Iodine (µg)		150.000	
Magnesium (mg)	143.908	420.000	34%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.983	11.000	36%
Copper (mg)	0.494	0.900	55%
Manganese (mg)	1.725	2.300	75%
Selenium (mg)	0.043	0.055	78%
Fluoride (µg)	153.634	4.000	3841%
Chromium (mg)	0.038	30.000	0%
Molybdenum (µg)	18.476	45.000	41%
Dietary Fiber, total (gm)	9.226	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	20%
Carbohydrate	52%
Fat, total	29%
Alcohol	0%

Exchanges

Bread/Starch	3.0
Fruit	1.0
Other Carbohydrate	1.0
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	1.0
Meat - Very Lean	2.0
Meat - Lean	.5
Meat - Medium Fat	
Meat - High Fat	
Fat	1.5

Spring Week 2

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

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

Kcals / Day: 661
Feeding Figure: 1

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	640.966	2000.000	32%
Protein (gm)	31.475	70.000	45%
Carbohydrate (gm)	75.234	300.000	25%
Fat, total (gm)	25.740	65.000	40%
Alcohol (gm)			
Cholesterol (mg)	80.114	300.000	27%
Saturated Fat (gm)	6.316	20.000	32%
Monounsaturated Fat (gm)	10.788	25.000	43%
Polyunsaturated Fat (gm)	6.562	20.000	33%
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)	677.648	2400.000	28%
Potassium (mg)	1322.241	3500.000	38%
Vitamin A (RE)	362.724	900.000	40%
Vitamin A (IU)	2519.567	4500.000	56%
Beta-Carotene (µg)			
Vitamin C (mg)	37.151	90.000	41%
Calcium (mg)	421.083	1200.000	35%
Iron (mg)	5.408	8.000	68%
Vitamin D (ug)	2.802	15.000	19%
Vitamin D (IU)	112.077	600.000	19%
Vitamin E	4.924	15.000	33%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.568	1.100	52%
Riboflavin (mg)	0.783	1.100	71%
Niacin (mg)	6.948	14.000	50%
Pyridoxine/Vit B6 (mg)	0.676	1.500	45%
Folate (µg)	165.569	400.000	41%
Cobalamin/Vit B12 (µg)	1.161	2.400	48%
Biotin (µg)	7.924	30.000	26%
Pantothenic Acid (mg)	1.952	5.000	39%
Vitamin K (µg)	39.353	90.000	44%
Phosphorus (mg)	539.110	700.000	77%
Iodine (µg)		150.000	
Magnesium (mg)	133.199	420.000	32%

Nutrient	Value	Goal	% Goal
Zinc (mg)	4.094	11.000	37%
Copper (mg)	0.540	0.900	60%
Manganese (mg)	1.522	2.300	66%
Selenium (mg)	0.058	0.055	105%
Fluoride (µg)	92.887	4.000	2322%
Chromium (mg)	0.021	30.000	0%
Molybdenum (µg)	12.832	45.000	29%
Dietary Fiber, total (gm)	8.223	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 1

% of Kcals

Protein	19%
Carbohydrate	46%
Fat, total	35%
Alcohol	0%

Exchanges

Bread/Starch	1.5
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	1.5
Meat - High Fat	
Fat	

Spring Week 2

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

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

Kcals / Day: 661
Feeding Figure: 1

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	597.355	2000.000	30%
Protein (gm)	37.539	70.000	54%
Carbohydrate (gm)	69.638	300.000	23%
Fat, total (gm)	20.597	65.000	32%
Alcohol (gm)			
Cholesterol (mg)	65.121	300.000	22%
Saturated Fat (gm)	6.058	20.000	30%
Monounsaturated Fat (gm)	5.819	25.000	23%
Polyunsaturated Fat (gm)	5.487	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)	834.876	2400.000	35%
Potassium (mg)	1288.417	3500.000	37%
Vitamin A (RE)	601.648	900.000	67%
Vitamin A (IU)	4055.739	4500.000	90%
Beta-Carotene (µg)			
Vitamin C (mg)	18.770	90.000	21%
Calcium (mg)	599.839	1200.000	50%
Iron (mg)	3.879	8.000	48%
Vitamin D (ug)	4.885	15.000	33%
Vitamin D (IU)	195.397	600.000	33%
Vitamin E	3.152	15.000	21%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.530	1.100	48%
Riboflavin (mg)	0.929	1.100	84%
Niacin (mg)	11.040	14.000	79%
Pyridoxine/Vit B6 (mg)	0.814	1.500	54%
Folate (µg)	88.660	400.000	22%
Cobalamin/Vit B12 (µg)	1.762	2.400	73%
Biotin (µg)	11.845	30.000	39%
Pantothenic Acid (mg)	2.639	5.000	53%
Vitamin K (µg)	21.642	90.000	24%
Phosphorus (mg)	701.645	700.000	100%
Iodine (µg)		150.000	
Magnesium (mg)	160.106	420.000	38%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.661	11.000	33%
Copper (mg)	0.332	0.900	37%
Manganese (mg)	1.722	2.300	75%
Selenium (mg)	0.059	0.055	107%
Fluoride (µg)	158.039	4.000	3951%
Chromium (mg)	0.008	30.000	0%
Molybdenum (µg)	27.378	45.000	61%
Dietary Fiber, total (gm)	6.365	25.000	25%
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	24%
Carbohydrate	45%
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	2.0
Meat - Lean	
Meat - Medium Fat	
Meat - High Fat	
Fat	2.0

Spring Week 2

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

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

Kcals / Day: 661
Feeding Figure: 1

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	682.403	2000.000	34%
Protein (gm)	37.093	70.000	53%
Carbohydrate (gm)	90.067	300.000	30%
Fat, total (gm)	20.460	65.000	31%
Alcohol (gm)			
Cholesterol (mg)	73.502	300.000	25%
Saturated Fat (gm)	7.705	20.000	39%
Monounsaturated Fat (gm)	7.375	25.000	30%
Polyunsaturated Fat (gm)	3.570	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)	651.301	2400.000	27%
Potassium (mg)	1893.361	3500.000	54%
Vitamin A (RE)	585.990	900.000	65%
Vitamin A (IU)	4071.083	4500.000	90%
Beta-Carotene (µg)			
Vitamin C (mg)	47.599	90.000	53%
Calcium (mg)	538.300	1200.000	45%
Iron (mg)	5.229	8.000	65%
Vitamin D (ug)	4.368	15.000	29%
Vitamin D (IU)	174.709	600.000	29%
Vitamin E	2.866	15.000	19%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.609	1.100	55%
Riboflavin (mg)	0.970	1.100	88%
Niacin (mg)	7.887	14.000	56%
Pyridoxine/Vit B6 (mg)	0.901	1.500	60%
Folate (µg)	74.004	400.000	19%
Cobalamin/Vit B12 (µg)	3.448	2.400	144%
Biotin (µg)	8.303	30.000	28%
Pantothenic Acid (mg)	2.383	5.000	48%
Vitamin K (µg)	1.957	90.000	2%
Phosphorus (mg)	704.364	700.000	101%
Iodine (µg)		150.000	
Magnesium (mg)	143.284	420.000	34%

Nutrient	Value	Goal	% Goal
Zinc (mg)	5.498	11.000	50%
Copper (mg)	0.640	0.900	71%
Manganese (mg)	1.499	2.300	65%
Selenium (mg)	0.046	0.055	84%
Fluoride (µg)	122.309	4.000	3058%
Chromium (mg)	0.136	30.000	0%
Molybdenum (µg)	22.054	45.000	49%
Dietary Fiber, total (gm)	8.395	25.000	34%
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	21%
Carbohydrate	52%
Fat, total	27%
Alcohol	0%

Exchanges

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

Spring Week 2

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

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

Kcals / Day: 661
Feeding Figure: 1

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	786.860	2000.000	39%
Protein (gm)	27.607	70.000	39%
Carbohydrate (gm)	122.064	300.000	41%
Fat, total (gm)	23.297	65.000	36%
Alcohol (gm)			
Cholesterol (mg)	45.121	300.000	15%
Saturated Fat (gm)	6.772	20.000	34%
Monounsaturated Fat (gm)	5.794	25.000	23%
Polyunsaturated Fat (gm)	7.259	20.000	36%
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)	612.023	2400.000	26%
Potassium (mg)	1353.553	3500.000	39%
Vitamin A (RE)	341.269	900.000	38%
Vitamin A (IU)	1802.081	4500.000	40%
Beta-Carotene (µg)			
Vitamin C (mg)	10.426	90.000	12%
Calcium (mg)	450.945	1200.000	38%
Iron (mg)	5.528	8.000	69%
Vitamin D (ug)	3.573	15.000	24%
Vitamin D (IU)	142.898	600.000	24%
Vitamin E	4.202	15.000	28%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.541	1.100	49%
Riboflavin (mg)	0.785	1.100	71%
Niacin (mg)	3.707	14.000	26%
Pyridoxine/Vit B6 (mg)	0.330	1.500	22%
Folate (µg)	130.544	400.000	33%
Cobalamin/Vit B12 (µg)	1.103	2.400	46%
Biotin (µg)	8.481	30.000	28%
Pantothenic Acid (mg)	1.997	5.000	40%
Vitamin K (µg)	35.055	90.000	39%
Phosphorus (mg)	564.939	700.000	81%
Iodine (µg)		150.000	
Magnesium (mg)	151.400	420.000	36%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.120	11.000	28%
Copper (mg)	0.466	0.900	52%
Manganese (mg)	1.478	2.300	64%
Selenium (mg)	0.014	0.055	25%
Fluoride (µg)	91.624	4.000	2291%
Chromium (mg)	0.008	30.000	0%
Molybdenum (µg)	18.578	45.000	41%
Dietary Fiber, total (gm)	16.857	25.000	67%
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	14%
Carbohydrate	60%
Fat, total	26%
Alcohol	0%

Exchanges

Bread/Starch	7.5
Fruit	
Other Carbohydrate	3.0
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	
Meat - Very Lean	4.5
Meat - Lean	
Meat - Medium Fat	
Meat - High Fat	
Fat	2.0

Spring Week 2

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

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

Kcals / Day: 661
Feeding Figure: 1

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	597.372	2000.000	30%
Protein (gm)	33.480	70.000	48%
Carbohydrate (gm)	79.546	300.000	27%
Fat, total (gm)	18.252	65.000	28%
Alcohol (gm)			
Cholesterol (mg)	112.278	300.000	37%
Saturated Fat (gm)	5.761	20.000	29%
Monounsaturated Fat (gm)	4.881	25.000	20%
Polyunsaturated Fat (gm)	4.338	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)	600.349	2400.000	25%
Potassium (mg)	1352.402	3500.000	39%
Vitamin A (RE)	266.983	900.000	30%
Vitamin A (IU)	1398.234	4500.000	31%
Beta-Carotene (µg)			
Vitamin C (mg)	33.128	90.000	37%
Calcium (mg)	392.802	1200.000	33%
Iron (mg)	3.562	8.000	45%
Vitamin D (ug)	3.049	15.000	20%
Vitamin D (IU)	121.978	600.000	20%
Vitamin E	2.492	15.000	17%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.496	1.100	45%
Riboflavin (mg)	0.730	1.100	66%
Niacin (mg)	10.383	14.000	74%
Pyridoxine/Vit B6 (mg)	0.920	1.500	61%
Folate (µg)	80.103	400.000	20%
Cobalamin/Vit B12 (µg)	1.304	2.400	54%
Biotin (µg)	8.759	30.000	29%
Pantothenic Acid (mg)	2.593	5.000	52%
Vitamin K (µg)	22.379	90.000	25%
Phosphorus (mg)	528.143	700.000	75%
Iodine (µg)		150.000	
Magnesium (mg)	131.550	420.000	31%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.542	11.000	32%
Copper (mg)	0.493	0.900	55%
Manganese (mg)	2.405	2.300	105%
Selenium (mg)	0.040	0.055	73%
Fluoride (µg)	303.313	4.000	7583%
Chromium (mg)	0.018	30.000	0%
Molybdenum (µg)	11.536	45.000	26%
Dietary Fiber, total (gm)	6.292	25.000	25%
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	22%
Carbohydrate	52%
Fat, total	27%
Alcohol	0%

Exchanges

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

Recipe Report - Spaghetti and Meat Sauce with Ground Turkey

Food ID: 31 Portion/Amount: 0.75 CUP Servings: 100.00 Kcals / Serving: 254 No. Ingredients: 13
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Spaghetti and Meat Sauce with Ground Turkey		
Ground Turkey, Raw	17.250	POUND
Onions, Chopped	6.000	POUND
Garlic Powder	3.000	TBSP
Ground Black Pepper	1.000	TBSP
Red Tomato, Whole, Canned	8.500	POUND
Tomato Paste, Canned	3.500	POUND
Tap Water	3.000	QUART
Ground Basil	7.000	TBSP
Ground Oregano	7.000	TBSP
Dried Marjoram	5.000	TBSP
Ground Thyme	1.000	TBSP
Tap Water	6.000	GALLON
Table Salt	1.000	TBSP
Spaghetti, Enriched, Dry	6.125	POUND

Instructions:

Brown ground turkey. Drain. Add onions and garlic powder. Cook for 5 minutes. Add pepper, canned tomatoes, tomato paste, water, and seasonings. Simmer about 1 hour. Heat 6 gal water to rolling boil. Add salt. Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. Do not overcook. Drain well. Stir into meat sauce. Pour into serving pans. Portion 3/4 c per serving.

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
Reduced Fat Italian Dressing	
MC CORMICK Ground Mustard Flour	4.000
Ground Black Pepper	2.000
Ground Oregano	4.000
Garlic Powder	1.000
Ground Basil	2.000
Onion Powder	1.000
Cider Vinegar	4.000
Canola Oil	1.000

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 - 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 - Lighter Chicken Salad

Food ID: 34 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 137 No. Ingredients: 7
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Lighter Chicken Salad		
Chicken Breast, Meat Only, Raw	15.000	POUND
Celery, Diced	2.625	POUND
Onions, Chopped	1.500	POUND
Sweet Pickle Relish	1.875	POUND
Ground Black Pepper	4.000	TSP
MC CORMICK Ground Mustard Flour	3.000	TBSP
KRAFT Light Mayonnaise	3.000	POUND

Instructions:

Boil chicken until done. Drain. Dice chicken. Combine chicken, celery, onions, pickle relish, pepper, and dry mustard. Add mayonnaise. (3 # mayo equals approximately 1 quart plus 3 cups) Mix lightly until well blended. Cover. Refrigerate until ready to serve. Portion with No.8 scoop (1/2 cup). Serve on salad greens or in sandwiches.

Recipe Report - Cream of Spinach Soup

Food ID: 44 Portion/Amount: 1.00 CUP Servings: 100.00 Kcals / Serving: 122 No. Ingredients: 8
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Cream of Spinach Soup		
Margarine, Soft	16.000	OUNCE
Onions, Chopped	16.000	OUNCE
All Purpose Wheat Flour, White, Bleached, Enriched	24.000	OUNCE
LE GOUT Sodium Free Chicken Flavor Base	6.000	OUNCE
Ground White Pepper	1.000	TSP
Tap Water	1.500	GALLON
Spinach, Chopped, Frozen, Boiled, Drained	6.000	POUND
Nonfat, Skim or Fat Free Milk	4.000	GALLON

Instructions:

Instructions...Melt margarine. Add onions and saute until tender. Add flour, chicken base, and pepper to onions. Stir until blended. Cook for 5 minutes. Add water and stir until mixture thickens. Add spinach. Stir in milk. Heat to 180 degrees. Makes 100 8 fl. oz. servings

Recipe Report - Tasty Meat Loaf

Food ID: 2 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 175 No. Ingredients: 16
Source: Custom

Preparation

Baked
Preparation Time: 0
Cooking Time: 1 hrs. 15 min.
Cooking Temp: 350 deg F

Ingredient	Amt	Portion
Tasty Meat Loaf		
Tomato Paste, Canned	1.750	POUND
Tap Water	2.000	CUP
Beef Broth Bouillon and Consomme, Condensed, Prepared with Water	1.000	QUART
Instant Nonfat Dry Milk with Added Vitamin A	4.500	OUNCE
Beef Flank, Choice, Separable Lean and Fat, 0in. Fat, Raw	15.000	POUND
Quick Oatmeal, Dry	1.750	POUND
Egg, Raw	14.500	OUNCE
Onions, Chopped	1.000	POUND
Celery, Diced	1.000	POUND
Dried Parsley	0.500	CUP
Ground Black Pepper	1.000	TBSP
Garlic Powder	2.000	TBSP
Ground Basil	1.500	TSP
Ground Oregano	1.500	TSP
Dried Marjoram	1.000	TSP
Ground Thyme	0.250	TSP

Instructions:

For 100 servings: Combine tomato paste, water, stock, and dry milk in mixer for 2 minutes on medium speed. Grind flank steak or use ground beef that is 90% lean or 10% fat. Add ground beef, oats, eggs, onions, celery, parsley flakes, pepper, garlic powder, and seasonings. Mix on low speed for 3 minutes or until blended. Do not over-mix. Place mixture into each of 2 steam table pans (12"x20"x2-1/2"). Press mixture into steam table pans. Smooth top. Separate mixture down the middle lengthwise into 2 equal loaves. Bake in a conventional oven at 350 degrees F for 1-1/4 - 1-1/2 hours. Drain fat from pans. Let meat loaf stand 20 minutes. Slice each loaf into 25 slices,

approximately 3/4" thick or 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 - Seasoned Baby Lima Beans

Food ID: 48 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 202 No. Ingredients: 5
Source: Custom

Preparation

Boiled-Drained
Preparation Time: 0
Cooking Time:
Cooking Temp: deg F

Ingredient	Amt	Portion
Seasoned Baby Lima Beans		
Baby Lima Beans, Dry	12.500	POUND
Tap Water	6.000	GALLON
Bacon Bits, Meatless	0.500	POUND
Onions, Chopped	1.000	POUND
Table Salt	1.000	TBSP

Instructions:

For 100 servings: sort beans; wash if needed. Add beans to boiling water. Boil 2 minutes. Remove from heat. Cover and let soak 1 hour or, cool and let stand overnight in refrigerator. Drain soaking liquid. Add soy Baco Bits, onion, and salt. Add 6 gallons water and cook until tender, about 1 hour. Add more boiling water, if needed to maintain liquid volume. Serving size: 3/4 cup.

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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 - Cucumbers and Onions in Sour Cream Dressing

Food ID: 49 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 77 No. Ingredients: 5
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Cucumbers and Onions in Sour Cream Dressing		
Cucumber, Sliced	12.000	POUND
Red Onions, Sliced	1.000	POUND
KNUDSEN LIGHT Light Sour Cream	6.000	CUP
KRAFT Light Mayonnaise	6.000	CUP
Cider Vinegar	1.500	CUP

Instructions:

Instructions...Mix sour cream, mayonnaise, vinegar. Place cucumbers and onions into dressing and allow to marinate for 2-3 hours. Serving size about 3 oz.

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 - Skinless Barbecued Chicken

Food ID: 17 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 163 No. Ingredients: 6
Source: Custom

Preparation

Baked
Preparation Time: 0
Cooking Time: 0 hrs. 45 min.
Cooking Temp: 425 deg F

Ingredient	Amt	Portion
Skinless Barbecued Chicken		
Chicken, Meat Only, Raw	19.000	POUND
Chicken Broth, Condensed, Prepared with Water	2.500	CUP
Onions, Chopped	6.000	OUNCE
Garlic Powder	2.000	TSP
Brown Sugar, Packed	1.500	POUND
Low Sodium Catsup or Ketchup	7.000	POUND

Instructions:

For 100 servings: for barbecue sauce: Simmer chicken stock and onions over medium heat for 5 minutes. Add catsup, garlic powder, and brown sugar. Simmer 15-20 minutes, stirring frequently. Set aside. Rinse chicken in cold water. Drain well. Arrange 25 pieces of chicken on each of 4 sheet pans (18"x26"x1"). Brush 3/4 to 1 qt of barbecue sauce over chicken on each pan. Bake uncovered until tender, checking frequently. Bake in a conventional oven at 425 degrees F for 45 minutes. Transfer to steam table pans for serving. Serving: 3 oz cooked poultry

Recipe Report - Dilly Potato Salad

Food ID: 47 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 122 No. Ingredients: 9
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Dilly Potato Salad		
Potatoes, Flesh Only, Boiled	15.000	POUND
Celery, Diced	3.125	POUND
Green Bell or Sweet Pepper	2.000	CUP
Hard Boiled Egg	1.500	POUND
Onions, Chopped, Frozen	1.000	POUND
Table Salt	1.000	TBSP
Ground Black Pepper	1.000	TSP
Dried Dill Weed	2.000	TBSP
KRAFT Light Mayonnaise	1.500	QUART

Instructions:

Mix potatoes, celery, eggs (approximately 1 dozen), onions, salt, pepper, and dressing together lightly. Chill at least one hour to blend flavors. Portion with No. 8 scoop (1/2 c). Serving size: 1/2 cup.