Menu Report

Menu: Fourth of July

Total Days: 7
Total Foods: 10
Avg. Daily Cals: 99.00

Day	Meal	Food	Amt/Portion	Wt
Day 1				737.505
		114 Hamburger Patty	3.000 OUNCE	100.812
		5130 Whole Wheat Roll or Bun	2.000 ITEM	56.700
		9210 KRAFT Light Mayonnaise	1.000 TSP	5.000
		700 Yellow Mustard	1.000 TSP	5.000
		16850 Red Onions, Sliced	0.250 CUP	28.607
		671 Red Tomato	0.250 ITEM	30.750
		629 Looseleaf Lettuce	1.000 PIECE	10.000
		47 Dilly Potato Salad	0.500 CUP	111.196
		136 Star Spangled Sundae	1.000 SERVING	145.440
		51 Reduced Fat Milk, 2%	8.000 FL OZ	244.000
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Fourth of July

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 7
Foods: 10

Kcals / Day: 99
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	695.670	2000.000	35%
Protein (gm)	39.884	70.000	57%
Carbohydrate (gm)	88.683	300.000	30%
Fat, total (gm)	21.963	65.000	34%
Alcohol (gm)			
Cholesterol (mg)	89.883	300.000	30%
Saturated Fat (gm)	7.857	20.000	39%
Monounsaturated Fat (gm)	5.998	25.000	24%
Polyunsaturated Fat (gm)	3.875	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)	810.234	2400.000	34%
Potassium (mg)	1633.782	3500.000	47%
Vitamin A (RE)	203.201	900.000	23%
Vitamin A (IU)	1056.956	4500.000	23%
Beta-Carotene (µg)			
Vitamin C (mg)	45.742	90.000	51%
Calcium (mg)	549.135	1200.000	46%
Iron (mg)	4.333	8.000	54%
Vitamin D (ug)	2.722	15.000	18%
Vitamin D (IU)	108.898	600.000	18%
Vitamin E	1.678	15.000	11%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.539	1.100	49%
Riboflavin (mg)	0.922	1.100	84%
Niacin (mg)	8.212	14.000	59%
Pyridoxine/Vit B6 (mg)	0.945	1.500	63%
Folate (µg)	86.997	400.000	22%
Cobalamin/Vit B12 (µg)	4.012	2.400	167%
Biotin (µg)	10.574	30.000	35%
Pantothenic Acid (mg)	2.094	5.000	42%
Vitamin K (µg)	51.492	90.000	57%
Phosphorus (mg)	704.688	700.000	101%
Iodine (µg)		150.000	
Magnesium (mg)	146.195	420.000	35%

Nutrient	Value	Goal	% Goal
Zinc (mg)	8.412	11.000	76%
Copper (mg)	0.475	0.900	53%
Manganese (mg)	1.798	2.300	78%
Selenium (mg)	0.029	0.055	53%
Fluoride (µg)	279.288	4.000	6982%
Chromium (mg)	0.022	30.000	0%
Molybdenum (µg)	19.246	45.000	43%
Dietary Fiber, total (gm)	8.156	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	22%
Carbohydrate	50%
Fat, total	28%
Alcohol	0%

Exchanges

Bread/Starch	3.0
Fruit	
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

Recipe Report - Hamburger Patty

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

Preparation

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

Ingredient	Wt
Hamburger Patty	10081.200
19 POUND Beef Flank, Steak, Separable Lean, 0in. Trim, Raw	8618.400
3 TBSP Garlic Powder	25.200
1 CUP MC CORMICK Freeze Dried Green Onion	57.600
4 CUP Tap Water	948.000
4 CUP Plain Bread Crumbs	432.000

Instructions:

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

Recipe Report - 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	Wt
Dilly Potato Salad	11119.600
2 1/2 gal (15 lb) cold cooked potatoes, diced	6804.000
3 qt (3 lb 2 oz) celery, coarsely chopped	1417.500
2 CUP Green Bell or Sweet Pepper	298.000
1.5 POUND Hard Boiled Egg	680.400
1 qt (1 lb) frozen onions, chopped	453.600
1 TBSP Table Salt	18.000
1 tsp pepper	2.100
2 TBSP Dried Dill Weed	6.000
1.5 QUART KRAFT Light Mayonnaise	1440.000

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.

Recipe Report - Star Spangled Sundae

Food ID: 136 Portion/Amount: 1.00 SERVING Servings: 100.00 Kcals / Serving: 105 No. Ingredients: 3
Source: Custom

Preparation

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

Ingredient	Wt
Star Spangled Sundae	14544.000
6 QUART Blueberries	3456.000
6 QUART Strawberries	3456.000
3 GALLON Non Fat or Fat Free Frozen Yogurt, Not Chocolate	7632.000

Instructions:

Instructions...Combine strawberries and blueberries. Scoop 1/2 cup frozen yogurt into sundae dish. Scoop 1/2 cup berries over yogurt.