Menu Report

Menu: Winter Week 6

Total Days: 5
Total Foods: 35
Avg. Daily Cals: 673.00

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				42.850	13.703	78.629	4.725	472.151	117.337	531.755	2.817	2.571	144.071	17.448
		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
		41 Home Cooked Baked Beans	0.500 CUP	10.068	0.847	0.000	0.144	32.982	4.454	137.064	0.000	0.198	48.596	11.404
		5762 Broccoli, Boiled, Drained	0.500 CUP	2.324	0.273	0.000	0.043	20.273	58.168	35.868	0.000	0.370	38.987	1.871
		5648 Strawberries, Frozen	0.500 CUP	0.475	0.121	0.000	0.006	2.209	45.511	17.674	0.000	0.298	18.558	1.768
		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				42.951	19.085	88.929	6.815	534.621	53.176	458.073	2.998	2.371	139.400	9.345
		102 Baked Pork Chop	3.000 OUNCE	26.720	7.022	70.629	2.553	51.872	0.371	28.272	0.000	0.027	6.950	0.244
		37 Sweet Potato Souflee	0.500 CUP	2.834	2.105	0.000	0.387	100.732	19.330	21.201	0.181	0.557	11.763	2.975
		29259 Spinach, Frozen	0.500 CUP	2.277	0.242	0.000	0.040	57.720	18.954	86.580		0.745	93.288	2.340
		5615 Applesauce, Unsweetened, Canned	0.500 CUP	0.207	0.061	0.000	0.010	2.439	12.196	3.658	0.000	0.061	0.731	1.830
		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				33.206	24.181	221.040	8.265	1065.296	36.258	680.225	3.551	6.589	119.581	9.149
		1144 Potatoes, Baked	1.000 ITEM	4.646	0.202	0.000	0.053	16.160	26.058	20.200	0.000	0.101	22.220	4.848
		16536 Low Fat Swiss Cheese, Shredded	1.000 OUNCE	8.066	1.448	9.940	0.938	73.840	0.000	272.924		0.054	1.704	0.000
		8553 Chives, Chopped	1.000 TBSP	0.099	0.021	0.000	0.003	0.090	1.743	2.760	0.000	0.006	3.150	0.075
		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
		1114 Zucchini Summer Squash, Italian Style, Canned	0.500 CUP	1.181	0.126	0.000	0.026	428.780	2.637	19.490	0.000		34.623	
		25204 Cherry Cobbler	1.000 PIECE	2.138	5.800	0.000	1.657	51.099	3.304	18.426	0.000	0.124	7.675	2.084

Day	Meal	Food	Amt/Portion	Protein	Fat	Chol	Sat Fat	Sodium	Vit C	Calcium	Vit D (ug)	Vit E (ATE)	Folate	Diet Fiber
		4928 Whole Wheat Bread	1.000 SLICE	2.750	1.191	0.000	0.260	149.405	0.000	20.412		0.246	14.175	1.956
		116 Margarine, Soft	1.000 TSP	0.038	3.779	0.000	0.649	50.697	0.007	1.246	0.377	0.564	0.049	0.000
		51 Reduced Fat Milk, 2%	8.000 FL OZ	8.125	4.685	18.300	2.916	121.756	2.318	296.704	2.440	0.171	12.444	0.000
Day 4				37.286	18.540	82.899	6.155	571.132	87.090	474.622	3.598	1.714	84.849	6.235
		38 Skinless Oven Fried Chicken	3.000 OUNCE	22.013	3.132	64.334	0.783	95.104	2.472	70.283	0.499	0.341	11.239	0.332
		104 Savory Boiled Potatoes	0.500 CUP	1.779	1.447	0.000	0.257	75.184	10.939	7.021	0.135	0.254	7.219	1.379
		572 Green Beans, Frozen, Boiled, Drained	0.670 CUP	1.341	0.153	0.000	0.040	8.100	3.690	44.100	0.000	0.126	20.700	2.700
		271 Cantaloupe	1.000 CUP	1.408	0.448	0.000	0.114	14.400	67.520	17.600	0.000	0.240	27.200	1.280
		25008 Biscuits	1.000 ITEM	2.582	4.896	0.265	1.396	205.891	0.144	37.668	0.147	0.018	5.998	0.544
		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				37.376	18.628	86.197	5.367	863.687	53.023	419.423	2.712	2.558	123.663	8.988
		39 Tuna Salad Sandwich on Whole Wheat bread	1.000 ITEM	24.837	8.180	65.177	1.718	561.568	1.771	56.097	0.201	0.985	50.134	4.330
		26 Mixed Vegetable Soup	1.000 CUP	2.077	0.272	0.000	0.045	113.084	15.395	35.809	0.001	0.410	22.275	2.449
		40 Carrot - Raisin Salad	0.250 CUP	0.826	3.725	2.720	0.571	61.002	3.073	17.376	0.070	0.748	4.632	1.311
		25209 Orange Pineapple Gelatin	1.000 PIECE	1.511	1.766	0.000	0.117	6.277	30.466	13.437	0.000	0.244	34.178	0.898
		51 Reduced Fat Milk, 2%	8.000 FL OZ	8.125	4.685	18.300	2.916	121.756	2.318	296.704	2.440	0.171	12.444	0.000

Winter Week 6

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

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

Kcals / Day: 673
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	673.154	2000.000	34%
Protein (gm)	38.734	70.000	55%
Carbohydrate (gm)	91.178	300.000	30%
Fat, total (gm)	18.827	65.000	29%
Alcohol (gm)			
Cholesterol (mg)	111.539	300.000	37%
Saturated Fat (gm)	6.265	20.000	31%
Monounsaturated Fat (gm)	5.791	25.000	23%
Polyunsaturated Fat (gm)	4.706	20.000	24%
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)	701.377	2400.000	29%
Potassium (mg)	1638.619	3500.000	47%
Vitamin A (RE)	847.819	900.000	94%
Vitamin A (IU)	7115.461	4500.000	158%
Beta-Carotene (µg)			
Vitamin C (mg)	69.377	90.000	77%
Calcium (mg)	512.820	1200.000	43%
Iron (mg)	5.511	8.000	69%
Vitamin D (ug)	3.135	15.000	21%
Vitamin D (IU)	125.403	600.000	21%
Vitamin E	3.161	15.000	21%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.715	1.100	65%
Riboflavin (mg)	0.906	1.100	82%
Niacin (mg)	9.828	14.000	70%
Pyridoxine/Vit B6 (mg)	0.910	1.500	61%
Folate (µg)	122.313	400.000	31%
Cobalamin/Vit B12 (µg)	1.713	2.400	71%
Biotin (µg)	9.835	30.000	33%
Pantothenic Acid (mg)	2.502	5.000	50%
Vitamin K (µg)	57.566	90.000	64%
Phosphorus (mg)	638.854	700.000	91%
Iodine (µg)	12.000	150.000	8%
Magnesium (mg)	152.161	420.000	36%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.864	11.000	35%
Copper (mg)	0.599	0.900	67%
Manganese (mg)	1.727	2.300	75%
Selenium (mg)	0.049	0.055	89%
Fluoride (µg)	200.122	4.000	5003%
Chromium (mg)	0.015	30.000	0%
Molybdenum (µg)	13.975	45.000	31%
Dietary Fiber, total (gm)	10.233	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)			

Daily Average

% of Kcals

Protein	22%
Carbohydrate	53%
Fat, total	25%
Alcohol	0%

Exchanges

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

Winter Week 6

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

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

Kcals / Day: 673
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	627.792	2000.000	31%
Protein (gm)	42.850	70.000	61%
Carbohydrate (gm)	88.543	300.000	30%
Fat, total (gm)	13.703	65.000	21%
Alcohol (gm)			
Cholesterol (mg)	78.629	300.000	26%
Saturated Fat (gm)	4.725	20.000	24%
Monounsaturated Fat (gm)	4.062	25.000	16%
Polyunsaturated Fat (gm)	3.215	20.000	16%
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)	472.151	2400.000	20%
Potassium (mg)	1761.076	3500.000	50%
Vitamin A (RE)	352.538	900.000	39%
Vitamin A (IU)	2336.369	4500.000	52%
Beta-Carotene (µg)			
Vitamin C (mg)	117.337	90.000	130%
Calcium (mg)	531.755	1200.000	44%
Iron (mg)	7.358	8.000	92%
Vitamin D (ug)	2.817	15.000	19%
Vitamin D (IU)	112.680	600.000	19%
Vitamin E	2.571	15.000	17%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.469	1.100	43%
Riboflavin (mg)	0.822	1.100	75%
Niacin (mg)	10.472	14.000	75%
Pyridoxine/Vit B6 (mg)	0.891	1.500	59%
Folate (µg)	144.071	400.000	36%
Cobalamin/Vit B12 (µg)	1.220	2.400	51%
Biotin (µg)	5.667	30.000	19%
Pantothenic Acid (mg)	2.791	5.000	56%
Vitamin K (µg)	212.347	90.000	236%
Phosphorus (mg)	679.561	700.000	97%
Iodine (µg)		150.000	
Magnesium (mg)	190.195	420.000	45%

Nutrient	Value	Goal	% Goal
Zinc (mg)	4.389	11.000	40%
Copper (mg)	0.707	0.900	79%
Manganese (mg)	2.046	2.300	89%
Selenium (mg)	0.044	0.055	80%
Fluoride (µg)	74.221	4.000	1856%
Chromium (mg)	0.000	30.000	0%
Molybdenum (µg)	11.300	45.000	25%
Dietary Fiber, total (gm)	17.448	25.000	70%
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	26%
Carbohydrate	55%
Fat, total	19%
Alcohol	0%

Exchanges

Bread/Starch	3.0
Fruit	.5
Other Carbohydrate	1.0
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	1.0
Meat - Very Lean	7.5
Meat - Lean	
Meat - Medium Fat	
Meat - High Fat	
Fat	1.0

Winter Week 6

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

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

Kcals / Day: 673
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	630.479	2000.000	32%
Protein (gm)	42.951	70.000	61%
Carbohydrate (gm)	73.420	300.000	24%
Fat, total (gm)	19.085	65.000	29%
Alcohol (gm)			
Cholesterol (mg)	88.929	300.000	30%
Saturated Fat (gm)	6.815	20.000	34%
Monounsaturated Fat (gm)	6.981	25.000	28%
Polyunsaturated Fat (gm)	3.623	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)	534.621	2400.000	22%
Potassium (mg)	1397.329	3500.000	40%
Vitamin A (RE)	1470.660	900.000	163%
Vitamin A (IU)	13493.347	4500.000	300%
Beta-Carotene (µg)			
Vitamin C (mg)	53.176	90.000	59%
Calcium (mg)	458.073	1200.000	38%
Iron (mg)	4.912	8.000	61%
Vitamin D (ug)	2.998	15.000	20%
Vitamin D (IU)	119.918	600.000	20%
Vitamin E	2.371	15.000	16%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	1.360	1.100	124%
Riboflavin (mg)	1.035	1.100	94%
Niacin (mg)	7.658	14.000	55%
Pyridoxine/Vit B6 (mg)	0.783	1.500	52%
Folate (µg)	139.400	400.000	35%
Cobalamin/Vit B12 (µg)	1.544	2.400	64%
Biotin (µg)	4.964	30.000	17%
Pantothenic Acid (mg)	2.188	5.000	44%
Vitamin K (µg)	1.522	90.000	2%
Phosphorus (mg)	590.363	700.000	84%
Iodine (µg)		150.000	
Magnesium (mg)	150.822	420.000	36%

Nutrient	Value	Goal	% Goal
Zinc (mg)	4.220	11.000	38%
Copper (mg)	0.417	0.900	46%
Manganese (mg)	1.993	2.300	87%
Selenium (mg)	0.070	0.055	127%
Fluoride (µg)	73.200	4.000	1830%
Chromium (mg)	0.012	30.000	0%
Molybdenum (µg)	11.300	45.000	25%
Dietary Fiber, total (gm)	9.345	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	27%
Carbohydrate	46%
Fat, total	27%
Alcohol	0%

Exchanges

Bread/Starch	2.5
Fruit	1.0
Other Carbohydrate	
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	.5
Meat - Very Lean	
Meat - Lean	3.5
Meat - Medium Fat	
Meat - High Fat	
Fat	1.5

Winter Week 6

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

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

Kcals / Day: 673
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	879.479	2000.000	44%
Protein (gm)	33.206	70.000	47%
Carbohydrate (gm)	135.709	300.000	45%
Fat, total (gm)	24.181	65.000	37%
Alcohol (gm)			
Cholesterol (mg)	221.040	300.000	74%
Saturated Fat (gm)	8.265	20.000	41%
Monounsaturated Fat (gm)	7.797	25.000	31%
Polyunsaturated Fat (gm)	5.957	20.000	30%
MFA 18:1, Oleic (gm)			
PFA 18:2, Linoleic (gm)			
PFA 18:3, Linolenic (gm)			
PFA 20:5, EPA (gm)			
PFA 22:6, DHA (gm)			
Sodium (mg)	1065.296	2400.000	44%
Potassium (mg)	1888.310	3500.000	54%
Vitamin A (RE)	385.130	900.000	43%
Vitamin A (IU)	2004.437	4500.000	45%
Beta-Carotene (µg)			
Vitamin C (mg)	36.258	90.000	40%
Calcium (mg)	680.225	1200.000	57%
Iron (mg)	6.873	8.000	86%
Vitamin D (ug)	3.551	15.000	24%
Vitamin D (IU)	142.040	600.000	24%
Vitamin E	6.589	15.000	44%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.603	1.100	55%
Riboflavin (mg)	1.007	1.100	92%
Niacin (mg)	6.587	14.000	47%
Pyridoxine/Vit B6 (mg)	1.171	1.500	78%
Folate (µg)	119.581	400.000	30%
Cobalamin/Vit B12 (µg)	1.377	2.400	57%
Biotin (µg)	16.510	30.000	55%
Pantothenic Acid (mg)	3.220	5.000	64%
Vitamin K (µg)	26.897	90.000	30%
Phosphorus (mg)	750.498	700.000	107%
Iodine (µg)	60.000	150.000	40%
Magnesium (mg)	163.116	420.000	39%

Nutrient	Value	Goal	% Goal
Zinc (mg)	4.106	11.000	37%
Copper (mg)	0.970	0.900	108%
Manganese (mg)	1.582	2.300	69%
Selenium (mg)	0.063	0.055	115%
Fluoride (µg)	641.368	4.000	16034%
Chromium (mg)	0.033	30.000	0%
Molybdenum (µg)	13.872	45.000	31%
Dietary Fiber, total (gm)	9.149	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 3

% of Kcals

Protein	15%
Carbohydrate	61%
Fat, total	24%
Alcohol	0%

Exchanges

Bread/Starch	4.5
Fruit	
Other Carbohydrate	3.0
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	1.5
Meat - Very Lean	
Meat - Lean	1.0
Meat - Medium Fat	1.0
Meat - High Fat	
Fat	1.5

Winter Week 6

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

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

Kcals / Day: 673
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	597.232	2000.000	30%
Protein (gm)	37.286	70.000	53%
Carbohydrate (gm)	72.247	300.000	24%
Fat, total (gm)	18.540	65.000	29%
Alcohol (gm)			
Cholesterol (mg)	82.899	300.000	28%
Saturated Fat (gm)	6.155	20.000	31%
Monounsaturated Fat (gm)	5.479	25.000	22%
Polyunsaturated Fat (gm)	5.329	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)	571.132	2400.000	24%
Potassium (mg)	1750.895	3500.000	50%
Vitamin A (RE)	801.625	900.000	89%
Vitamin A (IU)	6478.640	4500.000	144%
Beta-Carotene (µg)			
Vitamin C (mg)	87.090	90.000	97%
Calcium (mg)	474.622	1200.000	40%
Iron (mg)	4.199	8.000	52%
Vitamin D (ug)	3.598	15.000	24%
Vitamin D (IU)	143.920	600.000	24%
Vitamin E	1.714	15.000	11%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.565	1.100	51%
Riboflavin (mg)	0.923	1.100	84%
Niacin (mg)	11.875	14.000	85%
Pyridoxine/Vit B6 (mg)	0.977	1.500	65%
Folate (µg)	84.849	400.000	21%
Cobalamin/Vit B12 (µg)	1.466	2.400	61%
Biotin (µg)	10.293	30.000	34%
Pantothenic Acid (mg)	2.641	5.000	53%
Vitamin K (µg)	1.878	90.000	2%
Phosphorus (mg)	598.090	700.000	85%
Iodine (µg)		150.000	
Magnesium (mg)	126.650	420.000	30%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.833	11.000	35%
Copper (mg)	0.448	0.900	50%
Manganese (mg)	0.834	2.300	36%
Selenium (mg)	0.023	0.055	42%
Fluoride (µg)	118.675	4.000	2967%
Chromium (mg)	0.009	30.000	0%
Molybdenum (µg)	19.337	45.000	43%
Dietary Fiber, total (gm)	6.235	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 4

% of Kcals

Protein	25%
Carbohydrate	48%
Fat, total	28%
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	
Meat - Lean	3.0
Meat - Medium Fat	
Meat - High Fat	
Fat	2.5

Winter Week 6

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

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

Kcals / Day: 673
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	630.788	2000.000	32%
Protein (gm)	37.376	70.000	53%
Carbohydrate (gm)	85.971	300.000	29%
Fat, total (gm)	18.628	65.000	29%
Alcohol (gm)			
Cholesterol (mg)	86.197	300.000	29%
Saturated Fat (gm)	5.367	20.000	27%
Monounsaturated Fat (gm)	4.634	25.000	19%
Polyunsaturated Fat (gm)	5.407	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)	863.687	2400.000	36%
Potassium (mg)	1395.487	3500.000	40%
Vitamin A (RE)	1229.143	900.000	137%
Vitamin A (IU)	11264.511	4500.000	250%
Beta-Carotene (µg)			
Vitamin C (mg)	53.023	90.000	59%
Calcium (mg)	419.423	1200.000	35%
Iron (mg)	4.215	8.000	53%
Vitamin D (ug)	2.712	15.000	18%
Vitamin D (IU)	108.458	600.000	18%
Vitamin E	2.558	15.000	17%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.578	1.100	53%
Riboflavin (mg)	0.741	1.100	67%
Niacin (mg)	12.546	14.000	90%
Pyridoxine/Vit B6 (mg)	0.727	1.500	48%
Folate (µg)	123.663	400.000	31%
Cobalamin/Vit B12 (µg)	2.958	2.400	123%
Biotin (µg)	11.739	30.000	39%
Pantothenic Acid (mg)	1.672	5.000	33%
Vitamin K (µg)	45.188	90.000	50%
Phosphorus (mg)	575.757	700.000	82%
Iodine (µg)		150.000	
Magnesium (mg)	130.020	420.000	31%

Nutrient	Value	Goal	% Goal
Zinc (mg)	2.770	11.000	25%
Copper (mg)	0.454	0.900	50%
Manganese (mg)	2.181	2.300	95%
Selenium (mg)	0.047	0.055	85%
Fluoride (µg)	93.145	4.000	2329%
Chromium (mg)	0.020	30.000	0%
Molybdenum (µg)	14.064	45.000	31%
Dietary Fiber, total (gm)	8.988	25.000	36%
Soluble Fiber (gm)			
Insoluble Fiber (gm)			
Crude Fiber (gm)			
Sugar, total (gm)			
Glucose (gm)			
Galactose (gm)			
Fructose (gm)			
Sucrose (gm)			
Lactose (gm)			
Maltose (gm)			
Tryptophan (mg)			
Threonine (mg)			
Isoleucine (mg)			
Leucine (mg)			
Lysine (mg)			
Methionine (mg)			
Cystine (mg)			
Phenylalanine (mg)			
Tyrosine (mg)			
Valine (mg)			
Arginine (mg)			
Histidine (mg)			
Alanine (mg)			
Aspartic Acid (mg)			
Glutamic Acid (mg)			
Glycine (mg)			
Proline (mg)			
Serine (mg)			
Moisture (gm)			
Ash (gm)			
Caffeine (mg)			

Day 5

% of Kcals

Protein	23%
Carbohydrate	52%
Fat, total	25%
Alcohol	0%

Exchanges

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

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 - Home Cooked Baked Beans

Food ID: 41 Portion/Amount: 0.75 CUP Servings: 100.00 Kcals / Serving: 270 No. Ingredients: 11
Source: Custom

Preparation

Cooked
Preparation Time: 0
Cooking Time: 2 hrs. 0 min.
Cooking Temp: 350 deg F

Ingredient	Amt	Portion
Home Cooked Baked Beans		
Navy Beans, Dry	14.000	POUND
Table Salt	1.000	TSP
Tap Water	1.750	GALLON
Onion, Whole, Frozen	2.938	POUND
HUNT'S No Added Salt Tomato Paste	5.000	POUND
Blackstrap Molasses	2.750	POUND
MC CORMICK Ground Mustard Flour	0.250	CUP
Ground Cloves	1.000	TBSP
Ground Ginger	2.000	TSP
Ground Black Pepper	2.000	TSP
Worcestershire Sauce	2.000	TBSP

Instructions:

For 100 servings: sort and wash beans. Add beans to boiling water. Return to boiling. Boil 2 minutes. Remove from heat; cover. Soak 1 hour or place in refrigerator overnight. Add 2 Tbsp salt to beans. Cover and cook gently until beans are tender, about 1-1/2 hours. Drain; save 1-3/4 gallons bean liquid. Place cooked, drained beans in 4 pans (12"x20"), about 1-1/4 gal or 8 lb per pan. Mix remaining ingredients. Pour over beans in pans, about 3 qt or 6 lb 8 oz per pan. Bake at 350 degrees F for 2 hours; stir after 1 hour. Stir again, if needed, to prevent drying.
Serving size: 3/4 cup.

Recipe Report - Baked Pork Chop

Food ID: 102 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 199 No. Ingredients: 3
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Baked Pork Chop		
Pork Loin, Center Cut, Chops, Separable Lean, Broiled	19.000	POUND
All Purpose Wheat Flour	1.500	POUND
Ground Black Pepper	2.000	TBSP

Instructions:

Instructions Dredge chops in flour-pepper mixture. Place in single layer on sheet pans. Bake at 400 degrees until browned, about 10 minutes. Then cover and bake at 325 degrees for one hour or until done.

Recipe Report - Sweet Potato Souflee

Food ID: 37 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 136 No. Ingredients: 6
Source: Custom

Preparation

Baked
Preparation Time: 0
Cooking Time: 0 hrs. 60 min.
Cooking Temp: 350 deg F

Ingredient	Amt	Portion
Sweet Potato Souflee		
Sweet Potato, Canned with Syrup	408.000	OUNCE
Margarine, Soft	1.000	CUP
Orange Juice, Unsweetened, Canned	2.000	QUART
Orange Peel	0.250	CUP
Ground Nutmeg	1.330	TBSP
Egg White, Frozen, Raw	3.500	POUND

Instructions:

For 100 servings: drain sweet potatoes. Save 1 qt liquid. Mash sweet potatoes in mixer until smooth. Add sweet potato liquid, margarine, orange juice, rind, salt, and nutmeg. Mix well. Beat egg whites until fluffy. Gently fold egg whites into sweet potato mixture. Pour into 2 greased pans (12"x20"). Bake at 350 degrees F for 60 to 70 minutes until set in the center and top is slightly browned. Serving size: 1/2 c

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 - Cherry Cobbler

Food ID: 25204 Portion/Amount: 1.00 PIECE Servings: 100.00 Kcals / Serving: 247 No. Ingredients: 8
Source: FDB

Preparation

Baked
Preparation Time: 0
Cooking Time: 1 hrs. 0 min.
Cooking Temp: 425 deg F

Ingredient	Amt	Portion
Cherry Cobbler		
All Purpose Wheat Flour, White, Bleached, Enriched	2.250	POUND
Table Salt	2.000	TSP
Baking Shortening with Palm, Cottonseed and Hydrogenated Soybean Oils	1.250	POUND
Tap Water	1.330	CUP
Sweet Cherries, Canned in Juice	25.750	POUND
Tap Water	1.000	CUP
Cornstarch	1.250	POUND
White Granulated Sugar	4.250	POUND
Lemon Juice, Unsweetened, Frozen	0.500	CUP

Instructions:

For 100 servings: for pastry topping: Combine flour and salt. Mix in shortening until size of small peas. Add water and mix just until dry ingredients are moistened. Cover and set aside. For filling: Drain cherries, reserving juice. Set aside. Add enough water to make 1 gal liquid mixture. Mix cornstarch with 1/4 of the liquid mixture. Bring remaining liquid mixture to boil. Add about 1/2 of the sugar. Gradually add cornstarch mixture to boiling liquid. Cook, stirring constantly, until thickened. Mixture will be very thick. Remove from heat. Blend remaining sugar and lemon juice thoroughly into mixture. Add cherries to thickened mixture. Stir lightly. Do not break up fruit. Pour 3-1/4 qt thickened cherry mixture into each of 4 steam table pans (12"x20"x2-1/2"). Roll out pastry dough into rectangles (12"x20") on lightly floured surface. Use 1 lb dough for each pan. Cover cherries with pastry. Brush with pastry brush dipped in water. Cut slits in pastry. Bake until pastry is brown and filling is bubbly: Conventional oven at 425 degrees F for 1 hour. Cut each pan 5x5 (25 portions per pan).

Recipe Report - Skinless Oven Fried Chicken

Food ID: 38 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 161 No. Ingredients: 8
Source: Custom

Preparation

Baked
Preparation Time: 0
Cooking Time: 0 hrs. 45 min.
Cooking Temp: 400 deg F

Ingredient	Amt	Portion
Skinless Oven Fried Chicken		
Chicken, Meat Only, Raw	20.000	POUND
MAZOLA No Stick Corn Oil Cooking Spray	30.000	GRAM
All Purpose Wheat Flour, White, Bleached, Enriched	2.000	POUND
Instant Nonfat Dry Milk with Added Vitamin A	1.000	POUND
Poultry Seasoning	3.000	TBSP
Ground Black Pepper	2.000	TBSP
Paprika	1.000	TBSP
Garlic Powder	3.000	TBSP

Instructions:

For 100 servings: rinse chicken in cold water. Drain well. Combine flour, dry milk, poultry seasoning, pepper, paprika, and garlic powder. Mix well. Place chicken pieces in large bowl. Spray corn oil coating over chicken. Approximately 0.3 grams is a serving. Coat oiled chicken with seasoned flour. Place on ungreased sheet pans (18"x26"x1"), approximately 25 pieces per pan. Bake in a conventional oven at 400 degrees F for 45-55 minutes until golden brown. Transfer to steam table pans for serving.

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 - Biscuits

Food ID: 25008 Portion/Amount: 1.00 ITEM Servings: 100.00 Kcals / Serving: 121 No. Ingredients: 5
Source: FDB

Preparation

Baked
Preparation Time: 0
Cooking Time: 0 hrs. 20 min.
Cooking Temp: 425 deg F

Ingredient	Amt	Portion
Biscuits		
All Purpose Wheat Flour, White, Bleached, Enriched	4.438	POUND
Table Salt	1.500	TBSP
Baking Powder with Sodium Aluminium Sulfate	3.000	OUNCE
Baking Shortening with Palm, Cottonseed and Hydrogenated Soybean Oils	1.030	POUND
Nonfat, Skim or Fat Free Milk	1.500	QUART

Instructions:

Mix flour, baking powder, and salt. Mix in shortening only until mixture is crumbly. Add enough milk to flour mixture to make a soft dough. Turn out on lightly floured surface. Divide dough in half and knead each half lightly about 1 minute. Roll dough out to 1/2 inch thickness. Cut with a floured 2-inch cutter and place on baking sheets. Bake at 425 degrees F for 20 minutes or until lightly browned. Serving size: 1 biscuit.

Recipe Report - Tuna Salad Sandwich on Whole Wheat bread

Food ID: 39 Portion/Amount: 1.00 ITEM Servings: 100.00 Kcals / Serving: 284 No. Ingredients: 8
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Tuna Salad Sandwich on Whole Wheat bread		
CHICKEN OF THE SEA Low Sodium Chunk Light Tuna in Spring Water	16.500	POUND
Dehydrated Onion Flakes	0.750	CUP
Celery, Diced	4.000	POUND
Sweet Pickle Relish	1.094	POUND
MC CORMICK Ground Mustard Flour	1.000	TBSP
Hard Boiled Egg	1.094	POUND
KRAFT Light Mayonnaise	3.000	POUND
Whole Wheat Bread	200.000	SLICE

Instructions:

Drain and flake tuna. Combine tuna, onions, celery, pickle relish, dry mustard, eggs, and mayonnaise. Mix lightly until well blended. Cover and refrigerate until ready to use. Portion with No.8 scoop (1/2 cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until ready to serve.

Recipe Report - Mixed Vegetable Soup

Food ID: 26 Portion/Amount: 1.00 CUP Servings: 100.00 Kcals / Serving: 43 No. Ingredients: 12
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Mixed Vegetable Soup		
DIAMOND CRYSTAL Low Sodium Instant Chicken Bouillon	6.000	OUNCE
Red Tomato, Whole, Canned	12.750	POUND
Celery, Diced	1.250	POUND
Onions, Chopped	2.000	POUND
Ground Black Pepper	2.000	TSP
Dried Parsley	0.500	CUP
Garlic Powder	0.250	CUP
Yellow Sweet Corn, Kernels, Frozen	2.188	POUND
Carrots, Frozen	2.750	POUND
Green Beans, Frozen	1.875	POUND
Green Peas, Frozen	2.500	POUND
Broccoli, Frozen, Chopped, Boiled, Drained	1.000	POUND

Instructions:

Reconstitute low sodium chicken bouillon (approximately 4.5 gallons water for 100 servings) or use a liquid low sodium chicken bouillon (approximately 4.5 gallons). Combine stock, tomatoes, celery, onions, pepper, parsley flakes, and garlic powder. Bring to boil. Reduce heat and cover. Simmer for 20 minutes. Add corn, carrots, green beans, green peas, and broccoli. Cover and simmer for 15 minutes, or until vegetables are tender. Pour into serving pans. Portion with 8-oz ladle (1 cup).

Recipe Report - Carrot - Raisin Salad

Food ID: 40 Portion/Amount: 0.25 CUP Servings: 100.00 Kcals / Serving: 84 No. Ingredients: 7
Source: Custom

Preparation

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

Ingredient	Amt	Portion
Carrot - Raisin Salad		
Carrots, Grated	5.750	POUND
Raisins, Seedless	2.875	POUND
Nonfat, Skim or Fat Free Milk	1.000	CUP
Mayonnaise with Soybean Oil	1.000	POUND
Table Salt	1.000	TSP
Ground Nutmeg	1.000	TSP
Lemon Juice, Unsweetened, Frozen	0.250	CUP

Instructions:

Place carrots and raisins in large bowl. Combine milk, mayonnaise or salad dressing, salt, nutmeg, and lemon juice. Pour dressing over carrots and raisins. Mix lightly. Cover. Refrigerate for 1 to 1-1/2 hours. Mix lightly before serving. Portion with No.16 scoop (1/4 cup).

Recipe Report - Orange Pineapple Gelatin

Food ID: 25209 Portion/Amount: 1.00 PIECE Servings: 100.00 Kcals / Serving: 99 No. Ingredients: 7
Source: FDB

Preparation

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

Ingredient	Amt	Portion
Orange Pineapple Gelatin		
Tap Water	1.000	QUART
Dessert Gelatin Mix	6.000	OUNCE
White Granulated Sugar	10.500	OUNCE
Pineapple, Canned in Juice	6.688	POUND
Orange Juice, Unsweetened, Prepared from Frozen Concentrate	1.750	GALLON
Applesauce, Unsweetened, Canned	6.750	POUND
Dried Black Walnuts, Chopped	10.500	OUNCE

Instructions:

For 100 servings: combine water, gelatin, and sugar. Cook over medium heat, stirring frequently until sugar and gelatin dissolve, 2-3 minutes. Remove from heat. Drain pineapple, reserving 1 qt juice. Stir orange juice and pineapple liquid into gelatin mixture. Chill until mixture begins to thicken, approximately 30 minutes. Fold in pineapple, applesauce, and nuts. Pour 7 lb 12 oz (3 qt 1-1/2 c) of fruited gelatin into each of 4 steam table pans (12"x20"x2-1/2"). Refrigerate overnight or until set. Cut each pan 5x5 (25 portions per pan).