

2009 Nutrition Initiative

**Menus and Recipes
Submitted by West Virginia
Senior Centers**

The purpose of this project was to increase the availability to all senior centers in West Virginia of menus and recipes that meet federal and state nutrition guidelines (DRI's and 2005 US Dietary Guidelines).

I appreciate your willingness to work with me when I needed more detail on recipes and ingredients. It was necessary to obtain clarification on ingredients, amounts and serving sizes in order to be able to analyze the recipes.

In some instances I revised the recipes or the menus in order to come closer to meeting the guidelines for key nutrients for that menu. Using as little salt as possible, choosing the leanest meats possible, and using soft margarine in recipes and at meals in place of stick margarine would further improve the nutritional quality of the meals.

Thanks to all of you for sharing your menus and recipes with other senior centers throughout West Virginia.

Susan M. Poindexter, MS, RD, LD, CDE
Nutrition Consultant to West Virginia Bureau of Senior Services
September 11, 2009

Pocahontas County – Vida’s Menu
All recipes are for 75 servings

Roast Turkey Breast on Whole Wheat Bread with Gravy
Whipped Potatoes
Green Beans
Peaches
2% Milk

Vida’s Roast Turkey Breast on Whole Wheat Bread with Gravy

17# raw skinless turkey breast
150 slices whole wheat bread
37.5 cups low sodium poultry gravy

Cook turkey in vacuum bags. Serve on bread with gravy.

Vida’s Whipped Potatoes

54 oz. potato pearls enriched with vitamin C
1.5 gallons water
 $\frac{3}{4}$ cup soft margarine
1 teaspoon salt

Bring water, margarine, and salt to a boil. Add potato pearls slowly and whip.

Vida’s Green Beans

3 number 10 cans (approximately 303 oz.) plus one 15 oz. can green beans =
318 oz.
 $\frac{1}{4}$ cup onion powder
2 chicken broth cubes

Combine all ingredients and boil approximately 30 minutes.

Vida's Peaches

3 number 10 cans (approximately 318 oz.) and one 15 oz. can peaches in pear juice = 333 oz.

75 cups 2% milk

Pocahontas - Vida's Menu Revised 8/2/09

September 7, 2009

Total Weight: 64874.19 g (2288.33 oz-wt.)
 Serving Size: 864.99 g (30.51 oz-wt.)
 Serves: 75.00
 Cost: --

Amount for 75 servings	Food Item	Amount for 1 serving	Cost	Foodlist ESHA Code
	Poca Cty Vida's Rst Turk Breast Revised			0
17 lb	Turkey Fryer/Roaster Breast w/o Skin-Raw	0.22667 lb	--	16111
150 piece	Whole Wheat Bread-Slc	2 piece	--	42014
37.5 cup	Low Sodium Poultry Gravy-Prep	0.5 cup	--	92191
	end of Poca Cty Vida's Rst Turk Breast			0
	Pocah Cty Vida's Whip Potatoes Revised			0
54 oz-wt	Extra Rich Potato Pearls w/Vit C-Dry BAF	0.72 oz-wt	--	6045
1.5 gal	Water	0.02 gal	--	20041
3/4 cup	Kraft Parkay Whipped Margarine-Tub KFT	0.01 cup	--	8607
1 tsp	Table Salt	0.01333 tsp	--	26014
	end of Pocah Cty Vida's Whip Potatoes R			0
	Pocah Cty Vida's Green Beans Revised			0
318 oz-wt	Snap Green Beans w/Liquid-303 Can	4.24 oz-wt	--	6749
1/4 cup	Onion Powder	0.00333 cup	--	26008
2 each	Chicken Broth Cube	0.02667 each	--	50193
	end of Pocah Cty Vida's Green Beans Rev			0
	Pocahontas Cty Vida's Peaches			0
333 oz-wt	Peach Slices w/Juice-Cnd	4.44 oz-wt	--	71051
	end of Pocahontas Cty Vida's Peaches			0
75 cup	2% Milk w/Add Vit A & D	1 cup	--	2

Nutrients per Serving

Calories	596.96	Fat - Total	12.40 g
Protein	47.21 g	Saturated Fat	5.48 g
Carbohydrates	79.09 g	Vitamin A RE	231.49 mcg
Dietary Fiber	9.17 g	Vitamin C	37.04 mg
Cholesterol	87.05 mg	Sodium	882.06 mg
% Calories from fat	18 %	% Calories from carbs	51 %

Notes

SMP Added second slice of bread to make a whole sandwich and raise calories a little
 SMP substituted a low sodium poultry gravy. SMP reduced the sodium overall by reducing salt in potatoes and reducing chicken broth in green beans.
 Could use Coleslaw in place of green beans to increase the Vitamin A and folate values of the meal.

Total Weight: 64874.19 g (2288.33 oz-wt.)
 Serving Size: 864.99 g (30.51 oz-wt.)
 Serves: 75.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Multi-Column

Pantothenic Acid	2.11 mg	42%	Other	
Minerals			Alcohol	0 g
Boron	202.75 mcg		Caffeine	0 mg
Calcium	403.99 mg	34%	Artif Sweetener - Total	0 mg
Chloride	813.99 mg	45%	Aspartame	0 mg
Chromium	2.20 mcg	7%	Saccharin	0 mg
Copper	0.58 mg	64%	Sugar Alcohol	0 g
Fluoride	-- mg		Glycerol	0 g
Iodine	58.56 mcg	39%	Inositol	0 g
Iron	5.69 mg	71%	Mannitol	0 g
Magnesium	131.83 mg	31%	Sorbitol	0 g
Manganese	1.80 mg	78%	Xylitol	0 g
Molybdenum	4.88 mcg	11%	Organic Acids	0 mg
Phosphorus	706.76 mg	101%	Acetic Acid	0 mg
Potassium	1458.12 mg	31%	Citric Acid	0 mg
Selenium	53.05 mcg	96%	Lactic Acid	0 mg
Sodium	882.06 mg	25%	Malic Acid	0 mg
Zinc	4.98 mg	45%	Choline	53.53 mg 10%
Saturated Fats			Taurine	-- mg
4:0-Butyric	0.19 g			

Notes

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Could use Coleslaw in place of green beans to increase the Vitamin A and folate values of the meal.

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 Serving Size: 864.99 g (30.51 oz-wt.)
 Serves: 75.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Basic Components

Calories	596.96	27%
Calories from Fat	111.56	18%
Calories from Saturated Fat	49.31	25%
Protein	47.21 g	84%
Carbohydrates	79.09 g	26%
Dietary Fiber	9.17 g	37%
Soluble Fiber	2.08 g	
InSoluble Fiber	5.22 g	
Sugar - Total	28.52 g	
Monosaccharides	0.09 g	
Galactose	0.04 g	
Glucose	0.02 g	
Fructose	0.02 g	
Disaccharides	11.33 g	
Lactose	11.28 g	
Sucrose	0.02 g	
Maltose	0.02 g	
Other Carbs	39.00 g	
Fat - Total	12.40 g	18%
Saturated Fat	5.48 g	25%
Mono Fat	3.87 g	16%
Poly Fat	1.17 g	5%
Trans Fatty Acids	0.16 g	
Cholesterol	87.05 mg	29%
Water	719.73 g	19%
Ash	6.61 g	
KiloJoules	2497.07	
Vitamins		
Vitamin A IU	1376.28 IU	31%
Vitamin A RAE	178.04 mcg	20%
Vitamin A RE	231.49 mcg	
A - Carotenoid	87.69 RE	
A - Retinol	134.20 RE	
A - Beta Carotene	240.93 mcg	
Thiamin-B1	0.42 mg	35%
Riboflavin-B2	0.86 mg	66%
Niacin-B3	11.62 mg	73%
Niacin Equiv.	19.37 mg	121%
Vitamin-B6	1.12 mg	66%
Vitamin-B12	1.73 mcg	72%
Biotin	18.80 mcg	63%
Vitamin C	37.04 mg	41%
Vitamin D IU	104.92 IU	17%
Vitamin D mcg	2.62 mcg	17%
Vit E Alpha-Tocopherol	0.55 mg	4%
Vit E-Alpha Equiv.	2.43 mg	
Vitamin E IU	3.63 IU	
Vitamin E mg	2.43 mg	
Folate	103.94 mcg	26%
Folate DFE	103.94 mcg	26%
Vitamin K	3.72 mcg	3%

Multi-Column

6:0-Caproic	0.10 g	
8:0-Caprylic	0.05 g	
10:0-Capric	0.13 g	
12:0-Lauric	0.14 g	
14:0-Myristic	0.53 g	
15:0-Pentadecanoic	0.05 g	
16:0-Palmitic	2.49 g	
17:0-Margaric	0.03 g	
18:0-Stearic	1.18 g	
20:0-Arachidic	0.02 g	
22:0-Behenate	0.00 g	
24:0-Lignoceric	0 g	
Mono Fats		
14:1-Myristol	0.03 g	
15:1-Pentadecenoic	0.01 g	
16:1-Palmitol	0.21 g	
17:1-Heptadecenoic	0.01 g	
18:1-Oleic	3.36 g	
20:1-Eicosen	0.01 g	
22:1-Erucic	0 g	
24:1-Nervonic	0 g	
Poly Fats		
18:2-Linoleic	0.92 g	7%
18:3-Linolenic	0.12 g	7%
18:4-Stearidon	0 g	
20:3-Eicosatrienoic	0.01 g	
20:4-Arachidon	0.04 g	
20:5-EPA	0 g	
22:5-DPA	0.01 g	
22:6-DHA	0.01 g	
Other Fats		
Omega 3 Fatty Acids	0.13 g	
Omega 6 Fatty Acids	0.95 g	
Amino Acids		
Alanine	2.09 g	
Arginine	2.30 g	
Aspartate	3.67 g	
Cystine	0.64 g	
Glutamate	7.72 g	
Glycine	1.66 g	
Histidine	1.11 g	
Isoleucine	1.98 g	
Leucine	3.22 g	
Lysine	3.12 g	
Methionine	1.03 g	
Phenylalanine	1.68 g	
Proline	2.48 g	
Serine	1.79 g	
Threonine	1.59 g	
Tryptophan	0.46 g	
Tyrosine	1.54 g	
Valine	2.16 g	

Pocahontas County – Wilma’s Menu
All recipes are for 75 servings

Meat Loaf
Scalloped Potatoes
Broccoli
Jell-o with Fruit Cocktail
Whole Wheat Roll
2% Milk

Wilma’s Meat Loaf

16.5# Ground Beef 90% lean/10% fat
3 cups plain bread crumbs
1 teaspoon salt
1.5 teaspoon black pepper
1 cup whole eggs raw
1.75 cups egg whites raw
1 cup plus 2 tablespoons diced onion
5 ¼ oz. diced celery
1 ½ quarts ketchup

Mix all ingredients together and make into loaves. Spray pans with cooking spray and put meat loaves into pans. Pour ketchup over top evenly. Bake at 350 degrees F. until meat reaches 155 degrees F.

Wilma's Scalloped Potatoes

2 gallons 2% milk
1 cup flour
25# potatoes, peeled and sliced thinly
5# diced onion
5 cups cheddar cheese, shredded
1 teaspoon salt
1 tablespoon black pepper

Mix milk with flour to make a white sauce. Spray 3 baking pans with cooking spray. Layer potatoes, onions, cheese and white sauce. Sprinkle with salt and pepper. Put in oven and bake at 350 degrees F. until potatoes are tender.

Wilma's Broccoli

Six 2# bags frozen broccoli
37.5 teaspoons (about 12.5 tablespoons) light margarine

Steam until tender but not overcooked. Serve with margarine, about ½ teaspoon per serving.

Wilma's Whole Wheat Rolls

10 cups real warm water
¾ cup sugar
4 ½ tablespoons yeast
1 teaspoon salt
1 cup oil
12 cups whole wheat flour
12 cups white flour

Mix yeast with water. Add all rest of ingredients, then add flours slowly, mixing as you go. Mix just until the mixture doesn't cling to the bowl. Knead well. Let rise until doubled. Then mix down and make into rolls. Put rolls in greased pan and allow to rise until doubled. Bake in oven preheated to 350 degrees until done and brown.

Wilma's Jell-O with Fruit Cocktail

4.5# fruit flavored jell-o mix

2 gallons water

13.25# (2 #10 cans) fruit cocktail in juice, drained. Save juice to use as part of the water.

Make jell-o according to directions on the bag. Add fruit cocktail.

75 cups 2% milk

Pocahontas - Wilma's Menu Revised 8/2/09

Total Weight: 77909.59 g (2748.13 oz-wt.)
 Serving Size: 1038.79 g (36.64 oz-wt.)
 Serves: 75.00
 Cost: --

Amount for 75 servings	Food Item	Amount for 1 serving	Cost	Foodlist ESHA Code
	Pocahontas Cty Wilma's Meat Loaf Revise			0
16.5 lb	Beef Ground Hamburger 10% Fat-Raw	0.22 lb	--	58111
3 cup	Plain Bread Crumbs GML-PR	0.04 cup	--	42439
1 tsp	Iodized Table Salt MII	0.01333 tsp	--	26291
1.5 tsp	Black Pepper	0.02 tsp	--	26016
1 cup	Whole Eggs-Raw	0.01333 cup	--	19500
2.75 cup	Egg Whites Raw Fzn	0.03667 cup	--	19607
18 tbs	Fresh Yellow Onions-Chpd	0.24 tbs	--	7499
5.25 oz-wt	Fresh Celery-Diced	0.07 oz-wt	--	5054
1.5 quart	Ketchup	0.02 quart	--	27000
	end of Pocahontas Cty Wilma's Meat Loaf			0
	Pocahontas Cty Wilma's Scal Pot Revised			0
25 lb	Fresh New Potato-Peeled INTL	0.33333 lb	--	6121
2 gal	2% Milk w/Add Vit A & D	0.02667 gal	--	2
5 lb	Fresh Yellow Onions-Chpd	0.06667 lb	--	7499
1 tbs	Black Pepper	0.01333 tbs	--	26016
1 cup	Enrich All Purpose Bleached White Flour	0.01333 cup	--	38030
5 cup	Cheddar Cheese-Shredded	0.06667 cup	--	1008
1 tsp	Table Salt	0.01333 tsp	--	26014
	end of Pocahontas Cty Wilma's Scal Pot			0
	Pocahontas Cty Wilma's Broccoli			0
12 lb	Broccoli Chopped Fzn-10oz Pkg	0.16 lb	--	5735
37.5 tsp	Light Margarine WTW	0.5 tsp	--	8392
	end of Pocahontas Cty Wilma's Broccoli			0
	Pocaho Cty Wilma Jello Fruit Cktail			0
4.5 lb	Jello Gelatin-Mixed Fruit-Dry Mix KFT	0.06 lb	--	23341
2 gal	Water	0.02667 gal	--	20041
13.25 lb	Fruit Cocktail w/Juice-Cnd	0.17667 lb	--	3164
	end of Pocaho Cty Wilma Jello Fruit Ckt			0
	Pocahont Cty Wilma's WW Din Roll Revise			0
10 cup	Water	0.13333 cup	--	20041
3/4 cup	White Granulated Sugar	0.01 cup	--	25006
4.5 tbs	Active Dry Bakers Yeast	0.06 tbs	--	28000
1 tsp	Table Salt	0.01333 tsp	--	26014
1 cup	Pure Vegetable Oil JMS-CR	0.01333 cup	--	90965
12 cup	Whole Wheat Flour	0.16 cup	--	38032
12 cup	Enrich All Purpose Bleached White Flour	0.16 cup	--	38030
	end of Pocahont Cty Wilma's WW Din Roll			0
75 cup	2% Milk w/Add Vit A & D	1 cup	--	2

Nutrients per Serving

Calories	877.92	Fat - Total	24.63 g
Protein	49.41 g	Saturated Fat	10.75 g
Carbohydrates	116.72 g	Vitamin A RE	420.06 mcg
Dietary Fiber	9.36 g	Vitamin C	85.16 mg
Cholesterol	114.33 mg	Sodium	720.66 mg
% Calories from fat	25 %	% Calories from carbs	53 %

Notes

Total Weight: 77909.59 g (2748.13 oz-wt.)
Serving Size: 1038.79 g (36.64 oz-wt.)
Serves: 75.00
Cost: --

Notes

SMP used lower fat ground beef to reduce saturated fat to nearer goal.
SMP used some egg white in place of whole egg to reduce cholesterol to nearer goal.
SMP reduced sodium in meat loaf, potatoes, and dinner roll to get meal nearer to goal for sodium.
Protein only needs to be 20-25 grams per meal. This meal provides 49 grams

Total Weight: 77909.59 g (2748.13 oz-wt.)
 Serving Size: 1038.79 g (36.64 oz-wt.)
 Serves: 75.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Basic Components

Calories	877.92	40%
Calories from Fat	221.67	36%
Calories from Saturated Fat	96.77	48%
Protein	49.41 g	88%
Carbohydrates	116.72 g	38%
Dietary Fiber	9.36 g	37%
Soluble Fiber	2.03 g	
InSoluble Fiber	4.39 g	
Sugar - Total	58.68 g	
Monosaccharides	5.23 g	
Galactose	0.08 g	
Glucose	2.94 g	
Fructose	2.21 g	
Disaccharides	16.93 g	
Lactose	16.12 g	
Sucrose	0.43 g	
Maltose	0.38 g	
Other Carbs	48.68 g	
Fat - Total	24.63 g	36%
Saturated Fat	10.75 g	48%
Mono Fat	8.69 g	35%
Poly Fat	2.71 g	12%
Trans Fatty Acids	0.85 g	
Cholesterol	114.33 mg	38%
Water	837.03 g	23%
Ash	11.41 g	
KiloJoules	3672.56	
Vitamins		
Vitamin A IU	2767.16 IU	61%
Vitamin A RAE	313.56 mcg	35%
Vitamin A RE	420.06 mcg	
A - Carotenoid	196.33 RE	
A - Retinol	215.40 RE	
A - Beta Carotene	1149.80 mcg	
Thiamin-B1	0.66 mg	55%
Riboflavin-B2	1.29 mg	100%
Niacin-B3	11.14 mg	70%
Niacin Equiv.	16.99 mg	106%
Vitamin-B6	0.81 mg	48%
Vitamin-B12	3.92 mcg	163%
Biotin	10.29 mcg	34%
Vitamin C	85.16 mg	95%
Vitamin D IU	151.72 IU	25%
Vitamin D mcg	3.79 mcg	25%
Vit E Alpha-Tocopherol	1.91 mg	13%
Vit E-Alpha Equiv.	3.01 mg	
Vitamin E IU	4.48 IU	
Vitamin E mg	3.01 mg	
Folate	151.36 mcg	38%
Folate DFE	174.72 mcg	44%
Vitamin K	5.68 mcg	5%

Multi-Column

6:0-Caproic	0.18 g	
8:0-Caprylic	0.09 g	
10:0-Capric	0.22 g	
12:0-Lauric	0.24 g	
14:0-Myristic	1.15 g	
15:0-Pentadecanoic	0.12 g	
16:0-Palmitic	5.11 g	
17:0-Margaric	0.15 g	
18:0-Stearic	2.53 g	
20:0-Arachidic	0.03 g	
22:0-Behenate	0.01 g	
24:0-Lignoceric	0.00 g	
Mono Fats		
14:1-Myristol	0.14 g	
15:1-Pentadecenoic	0.01 g	
16:1-Palmitol	0.54 g	
17:1-Heptadecenoic	0.10 g	
18:1-Oleic	6.39 g	
20:1-Eicosen	0.04 g	
22:1-Erucic	0.00 g	
24:1-Nervonic	0 g	
Poly Fats		
18:2-Linoleic	0.84 g	6%
18:3-Linolenic	0.19 g	12%
18:4-Stearidon	0 g	
20:3-Eicosatrienoic	0.01 g	
20:4-Arachidon	0.04 g	
20:5-EPA	0.00 g	
22:5-DPA	0 g	
22:6-DHA	0.00 g	
Other Fats		
Omega 3 Fatty Acids	0.19 g	
Omega 6 Fatty Acids	0.89 g	
Amino Acids		
Alanine	2.09 g	
Arginine	2.23 g	
Aspartate	3.55 g	
Cystine	0.72 g	
Glutamate	8.24 g	
Glycine	2.11 g	
Histidine	1.13 g	
Isoleucine	1.96 g	
Leucine	3.39 g	
Lysine	2.91 g	
Methionine	0.98 g	
Phenylalanine	1.82 g	
Proline	3.22 g	
Serine	1.85 g	
Threonine	1.46 g	
Tryptophan	0.35 g	
Tyrosine	1.45 g	
Valine	2.24 g	

Total Weight: 77909.59 g (2748.13 oz-wt.)
 Serving Size: 1038.79 g (36.64 oz-wt.)
 Serves: 75.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Multi-Column

Pantothenic Acid	2.60 mg	52%	Other	
Minerals			Alcohol	0 g
Boron	169.90 mcg		Caffeine	0 mg
Calcium	561.86 mg	47%	Artif Sweetener - Total	0 mg
Chloride	498.46 mg	28%	Aspartame	0 mg
Chromium	1.17 mcg	4%	Saccharin	0 mg
Copper	0.36 mg	40%	Sugar Alcohol	0 g
Fluoride	-- mg		Glycerol	0 g
Iodine	92.44 mcg	62%	Inositol	0 g
Iron	6.42 mg	80%	Mannitol	0 g
Magnesium	151.22 mg	36%	Sorbitol	0 g
Manganese	1.31 mg	57%	Xylitol	0 g
Molybdenum	9.59 mcg	21%	Organic Acids	0 mg
Phosphorus	719.23 mg	103%	Acetic Acid	0 mg
Potassium	2118.33 mg	45%	Citric Acid	0 mg
Selenium	52.68 mcg	96%	Lactic Acid	0 mg
Sodium	720.66 mg	20%	Malic Acid	0 mg
Zinc	8.44 mg	77%	Choline	139.16 mg 25%
Saturated Fats			Taurine	-- mg
4:0-Butyric	0.35 g			

Notes

SMP used lower fat ground beef to reduce saturated fat to nearer goal.

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SMP reduced sodium in meat loaf, potatoes, and dinner roll to get meal nearer to goal for sodium.

Protein only needs to be 20-25 grams per meal. This meal provides 49 grams

Braxton County Menu #1
All Recipes Are for 100 Servings

Tomato Soup with Cheddar Cheese
Pepperoni Roll
Whole Wheat Low Sodium Crackers
Fresh Orange
2% Milk

Braxton County Tomato Soup with Cheddar Cheese

14# unsalted, low sodium tomato puree or paste
½ cup sugar
1.5# fresh celery, chopped
18 oz. fresh onion, chopped
1.5 teaspoon baking soda
3 cups soft margarine
1.5 quarts all purpose flour
1.5 teaspoon salt
1 teaspoon paprika
4.5 gallons 2% milk, hot
3.5# low fat from 2% milk cheese, shredded

Combine tomato puree, sugar, celery, and onions. Simmer covered for 15 minutes. Add baking soda.

Melt margarine. Add flour, salt, and paprika. Stir into tomato mixture.

Cook and stir constantly until thickened.

Stir tomato mixture into hot milk and serve immediately.

Garnish top of each bowl of soup with ½ ounce of cheddar cheese.

Braxton County Pepperoni Roll

5# whole wheat flour
5# all purpose flour
¼ cup instant yeast
1 ¾ cup granulated sugar
2 cups vegetable oil
10 cups water, divided (will use 1 cup warm to dissolve yeast and sugar)
1 tablespoon salt
4# turkey pepperoni

In a bowl place yeast, ¾ cup sugar and 1 cup warm water. Stir and set aside.

In a large bowl, mix together flours, salt, and remaining sugar.

In a large mixer add 8 cups water (rest later if needed), oil, and the yeast mixture.

Slowly add flour mixture and mix well.

Let dough rise in a warm place for approximately 45-60 minutes. Punch down.

Divide dough into 100 rolls (approx. 3 oz. each) and flatten. Add 4 slices pepperoni, roll up and place seam side down on large baking pans sprayed with non-stick cooking spray.

Let rolls rise until double in size. Bake at 375 degrees F. for 15-20 minutes or until golden brown.

300 Whole Wheat Low Sodium Crackers

100 Fresh Oranges

100 cups 2% milk

Braxt Cty Menu #1 Revised 8/2/09

September 7, 2009

Total Weight: 76525.74 g (2699.32 oz-wt.)
 Serving Size: 765.26 g (26.99 oz-wt.)
 Serves: 100.00
 Cost: --

Amount for 100 servings	Food Item	Amount for 1 serving	Cost	Foodlist ESHA Code
	Braxt Cty Toma Soup/Ched Cheese Revised			0
14 lb	Tomato Paste Unsalted-6oz Can	0.14 lb	--	5181
1/2 cup	White Granulated Sugar	0.005 cup	--	25006
1.5 lb	Fresh Celery-Diced	0.015 lb	--	5054
18 oz-wt	Fresh Yellow Onions-Chpd	0.18 oz-wt	--	7499
1.5 tsp	Baking Soda	0.015 tsp	--	28003
3 cup	Soft Margarine w/Salt-Unspec Oils	0.03 cup	--	8043
1.5 quart	Enrich All Purpose Bleached White Flour	0.015 quart	--	38030
1.5 tsp	Table Salt	0.015 tsp	--	26014
1 tsp	Paprika	0.01 tsp	--	26010
4.5 gal	2% Milk w/Add Vit A & D	0.045 gal	--	2
3.5 lb	Low Fat Cheddar Cheese-Shredded	0.035 lb	--	1448
	end of Braxt Cty Toma Soup/Ched Cheese			0
	Braxton Cty Pepperoni Roll Revised			0
5 lb	Whole Wheat Flour	0.05 lb	--	38032
5 lb	Enrich All Purpose Bleached White Flour	0.05 lb	--	38030
1/4 cup	Active Dry Bakers Yeast	0.0025 cup	--	28000
1.75 cup	White Granulated Sugar	0.0175 cup	--	25006
2 cup	Pure Vegetable Oil JMS-CR	0.02 cup	--	90965
10 cup	Water	0.1 cup	--	20041
1 tbs	Table Salt	0.01 tbs	--	26014
4 lb	PillowPak Turkey Pepperoni Slc-Svg HFC	0.04 lb	--	51072
	end of Braxton Cty Pepperoni Roll Revis			0
300 each	Low Sodium Whole Wheat Cracker	3 each	--	43570
100 each	Fresh Orange Medium-2 5/8"	1 each	--	3082
100 cup	2% Milk w/Add Vit A & D	1 cup	--	2

Nutrients per Serving

Calories	744.09	Fat - Total	24.76 g
Protein	34.52 g	Saturated Fat	8.62 g
Carbohydrates	101.45 g	Vitamin A RE	486.47 mcg
Dietary Fiber	10.87 g	Vitamin C	98.02 mg
Cholesterol	59.23 mg	Sodium	896.93 mg
% Calories from fat	29 %	% Calories from carbs	53 %

Notes

SMP Changed to low sodium tomato puree and reduced salt to reduce high sodium content. Okay to use fresh tomatoes if they are available - also very low in sodium.

SMP used 1/2 whole wheat flour in pepperoni rolls to increase fiber.
 8/2/09 Changed recipe to contain half the amount of flour as whole wheat and reduced the salt

8/2/09 SMP Reduced the amount of pepperoni to further reduce sodium to nearer goal.
 Protein is still well above goal of 20 g per meal in spite of reducing the pepperoni.
 SMP Changed to soft rather than stick margarine to reduce trans fat

Total Weight: 76525.74 g (2699.32 oz-wt.)
 Serving Size: 765.26 g (26.99 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Multi-Column

Basic Components

6:0-Caproic	0.18 g
8:0-Caprylic	0.10 g
10:0-Capric	0.23 g
12:0-Lauric	0.25 g
14:0-Myristic	0.91 g
15:0-Pentadecanoic	0.08 g
16:0-Palmitic	4.06 g
17:0-Margaric	0.05 g
18:0-Stearic	1.88 g
20:0-Arachidic	0.02 g
22:0-Beheate	0.01 g
24:0-Lignoceric	0 g

Mono Fats	
14:1-Myristol	0.06 g
15:1-Pentadecenoic	0.02 g
16:1-Palmitol	0.25 g
17:1-Heptadecenoic	0.02 g
18:1-Oleic	6.00 g
20:1-Eicosen	0.01 g
22:1-Erucic	0 g
24:1-Nervonic	0 g

Poly Fats		
18:2-Linoleic	4.31 g	31%
18:3-Linolenic	0.25 g	16%
18:4-Stearidon	0 g	
20:3-Eicosatrienoic	0.01 g	
20:4-Arachidon	0.00 g	
20:5-EPA	0 g	
22:5-DPA	0 g	
22:6-DHA	0 g	

Other Fats	
Omega 3 Fatty Acids	0.25 g
Omega 6 Fatty Acids	4.31 g

Amino Acids	
Alanine	0.94 g
Arginine	1.02 g
Aspartate	2.21 g
Cystine	0.63 g
Glutamate	7.38 g
Glycine	0.76 g
Histidine	0.64 g
Isoleucine	1.29 g
Leucine	2.24 g
Lysine	1.54 g
Methionine	0.58 g
Phenylalanine	1.27 g
Proline	2.75 g
Serine	1.24 g
Threonine	0.82 g
Tryptophan	0.34 g
Tyrosine	1.05 g
Valine	1.52 g

Calories	744.09	33%
Calories from Fat	222.80	36%
Calories from Saturated Fat	77.62	39%
Protein	34.52 g	62%
Carbohydrates	101.45 g	33%
Dietary Fiber	10.87 g	43%
Soluble Fiber	3.48 g	
InSoluble Fiber	5.91 g	
Sugar - Total	38.57 g	
Monosaccharides	8.20 g	
Galactose	0.11 g	
Glucose	3.80 g	
Fructose	4.28 g	
Disaccharides	25.54 g	
Lactose	19.41 g	
Sucrose	5.69 g	
Maltose	0.44 g	
Other Carbs	52.01 g	
Fat - Total	24.76 g	36%
Saturated Fat	8.62 g	39%
Mono Fat	8.28 g	34%
Poly Fat	6.50 g	29%
Trans Fatty Acids	0.25 g	
Cholesterol	59.23 mg	20%
Water	596.14 g	16%
Ash	8.28 g	
KiloJoules	3112.91	
Vitamins		
Vitamin A IU	2943.12 IU	65%
Vitamin A RAE	337.56 mcg	38%
Vitamin A RE	486.47 mcg	
A - Carotenoid	195.90 RE	
A - Retinol	290.57 RE	
A - Beta Carotene	997.79 mcg	
Thiamin-B1	0.76 mg	63%
Riboflavin-B2	1.23 mg	95%
Niacin-B3	6.80 mg	42%
Niacin Equiv.	12.40 mg	77%
Vitamin-B6	0.62 mg	36%
Vitamin-B12	2.01 mcg	84%
Biotin	13.20 mcg	44%
Vitamin C	98.02 mg	109%
Vitamin D IU	180.46 IU	30%
Vitamin D mcg	4.51 mcg	30%
Vit E Alpha-Tocopherol	3.60 mg	24%
Vit E-Alpha Equiv.	5.30 mg	
Vitamin E IU	7.89 IU	
Vitamin E mg	5.30 mg	
Folate	160.04 mcg	40%
Folate DFE	192.57 mcg	48%
Vitamin K	5.79 mcg	5%

Total Weight: 76525.74 g (2699.32 oz-wt.)
 Serving Size: 765.26 g (26.99 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Multi-Column

Pantothenic Acid	2.87 mg	57%	Other	
Minerals			Alcohol	0 g
Boron	124.96 mcg		Caffeine	0 mg
Calcium	661.10 mg	55%	Artif Sweetener - Total	0 mg
Chloride	748.11 mg	42%	Aspartame	0 mg
Chromium	0.05 mcg	0%	Saccharin	0 mg
Copper	0.72 mg	80%	Sugar Alcohol	0 g
Fluoride	-- mg		Glycerol	0 g
Iodine	100.83 mcg	67%	Inositol	0 g
Iron	4.80 mg	60%	Mannitol	0 g
Magnesium	153.59 mg	37%	Sorbitol	0 g
Manganese	1.73 mg	75%	Xylitol	0 g
Molybdenum	8.99 mcg	20%	Organic Acids	0 mg
Phosphorus	696.95 mg	100%	Acetic Acid	0 mg
Potassium	1751.22 mg	37%	Citric Acid	0 mg
Selenium	42.56 mcg	77%	Lactic Acid	0 mg
Sodium	896.93 mg	25%	Malic Acid	0 mg
Zinc	4.66 mg	42%	Choline	72.72 mg 13%
Saturated Fats			Taurine	-- mg
4:0-Butyric	0.36 g			

Notes

SMP Changed to low sodium tomato puree and reduced salt to reduce high sodium content. Okay to use fresh tomatoes if they are available - also very low in sodium.

SMP used 1/2 whole wheat flour in pepperoni rolls to increase fiber.

8/2/09 Changed recipe to contain half the amount of flour as whole wheat and reduced the salt

8/2/09 SMP Reduced the amount of pepperoni to further reduce sodium to nearer goal.

Protein is still well above goal of 20 g per meal in spite of reducing the pepperoni.

SMP Changed to soft rather than stick margarine to reduce trans fat

Braxton County Menu #2 – Brunch
All Recipes are for 100 servings

Scrambled Eggs with Ham

Hash Browns

Apple Crisp

Biscuit

3 oz. orange juice

2% Milk

Braxton County Scrambled Eggs with Ham

100 whole eggs
176 oz. raw egg whites
3 teaspoons salt
2# soft margarine
20 cups 2% milk
1.5# extra lean ham, chopped

Beat eggs and egg whites together.
Heat milk and salt. Add eggs and margarine to heated milk. Do not stir.
Put mixture in 2 large roasters. Bake at 350 degrees for ½ hour. Stir in chopped ham.
Bake for another ½ hour. Stir and serve immediately.

Braxton County Hash Browns

35# (approx.) baking potatoes
3# onions, finely diced
2 teaspoons salt
¼ cup vegetable oil

One or two days ahead, preheat oven to 400 degrees and scrub potatoes well.
Arrange potatoes in oven on racks, without touching. Bake potatoes until piercing with fork indicates done and tender.
Cool, chill, and store in refrigerator. When cool, slice or dice potatoes, leaving the skins on.
To cook, pan fry potatoes and onions in the oil or may use cooking spray.
Sprinkle with the salt.
Cook until golden and crispy.

Braxton County Apple Crisp

636 oz. apple slices, canned
2.8# brown sugar
1.65# all purpose flour
15.5 oz. quick oatmeal
0.75 oz. ground nutmeg
0.75 oz. ground cinnamon
1# soft margarine

Place apples in 4 pans. Mix sugar, flour, oats, nutmeg, cinnamon, and margarine until crumbly. Spread evenly over the 4 pans of apples. Bake apple crisp at 375 degrees F. for 30 minutes or until topping is lightly browned.

Braxton County Biscuits

3.5# all purpose flour
1.5# whole wheat flour
5 oz. baking powder
2 teaspoons salt
1# shortening
1.75 quart skim milk

Combine flours, baking powder, and salt in mixer bowl. Mix on low speed with flat beater until blended, about 10 seconds. Add shortening to flour mixture. Mix on low speed for one minute. Stop and scrape sides and bottom of bowl. Mix one minute longer. The mixture will be crumbly. Add milk. Mix on low speed to form a soft dough, about 30 seconds. Do not over mix. Dough should be as soft as can be handled. Knead lightly. Roll out on baking sheets and cut into 100 biscuits. Bake in 400 degree oven until golden brown, about 15 minutes.

100 3 oz. portions orange juice

100 cups 2% milk

Braxton County Menu #2 Revised 8/2/09

September 7, 2009

Total Weight: 93092.52 g (3283.69 oz-wt.)
 Serving Size: 930.93 g (32.84 oz-wt.)
 Serves: 100.00
 Cost: --

Amount for 100 servings	Food Item	Amount for 1 serving	Cost	Foodlist ESHA Code
	Braxton Cty Scram Eggs with Ham Revised			0
100 each	Whole Eggs Raw-Lrg	1 each	--	19501
176 oz-wt	Egg Whites-Raw	1.76 oz-wt	--	19507
3 tsp	Table Salt	0.03 tsp	--	26014
2 lb	Soft Margarine w/Salt-Unspec Oils	0.02 lb	--	8043
20 cup	2% Milk w/Add Vit A & D	0.2 cup	--	2
1.5 lb	Ham Extra Lean 4% Fat Cnd-Rstd	0.015 lb	--	12209
	end of Braxton Cty Scram Eggs with Ham			0
	Braxton Cty Hash Browns			0
35 lb	Baked Potato w/Skin Unsalted-Lrg	0.35 lb	--	5336
3 lb	Fresh Yellow Onions-Chpd	0.03 lb	--	7499
2 tsp	Table Salt	0.02 tsp	--	26014
1/4 cup	Pure Vegetable Oil JMS-CR	0.0025 cup	--	90965
	end of Braxton Cty Hash Browns			0
	Braxton Cty Apple Crisp Revised			0
636 oz-wt	Unsweetened Apple Slices-Heated f/Fzn	6.36 oz-wt	--	3149
2.8 lb	Brown Sugar-Packed	0.028 lb	--	25005
1.65 lb	Enrich All Purpose Bleached White Flour	0.0165 lb	--	38030
15.5 oz-wt	Quick Rolled Oats #21 NonGMO-Dry GMI	0.155 oz-wt	--	92017
0.75 oz-wt	Nutmeg-Ground	0.0075 oz-wt	--	26026
0.75 oz-wt	Ground Cinnamon	0.0075 oz-wt	--	26003
1 lb	Soft Margarine w/Salt-Unspec Oils	0.01 lb	--	8043
	end of Braxton Cty Apple Crisp Revised			0
	Braxton Cty Whole Wheat Biscuits SMP			0
3.5 lb	Enrich All Purpose Bleached White Flour	0.035 lb	--	38030
1.5 lb	Whole Wheat Flour	0.015 lb	--	38032
5 oz-wt	Calumet Double Acting Baking Powder KFT	0.05 oz-wt	--	28072
2 tsp	Table Salt	0.02 tsp	--	26014
1 lb	IndustPastry SoyCtnnShortening-PrtHydrog	0.01 lb	--	44774
1.75 quart	Skim Milk w/Add Vitamin A	0.0175 quart	--	6
	end of Braxton Cty Whole Wheat Biscuits			0
100 cup	2% Milk w/Add Vit A & D	1 cup	--	2
300 fl oz	Chilled Orange Juice	3 fl oz	--	3092

Nutrients per Serving

Calories	846.99	Fat - Total	27.70 g
Protein	32.86 g	Saturated Fat	8.68 g
Carbohydrates	120.04 g	Vitamin A RE	366.61 mcg
Dietary Fiber	9.43 g	Vitamin C	48.22 mg
Cholesterol	237.31 mg	Sodium	876.53 mg
% Calories from fat	29 %	% Calories from carbs	56 %

Notes

8/2/09 - SMP Used half in egg white and half amount in whole egg. to reduce total fat and cholesterol in menu.
 *Meal remains higher than goal for cholesterol of 100 mg.
 SMP Reduced ham and salt to reduce sodium to nearer goal. At 32 g, protein is still above goal of 20 g.

Vitamin C was low. SMP added 3 fluid oz. orange

Total Weight: 93092.52 g (3283.69 oz-wt.)
Serving Size: 930.93 g (32.84 oz-wt.)
Serves: 100.00
Cost: --

Notes

juice to meet Vitamin C goal in this breakfast meal

Could also consider using unsalted tomato 3 oz. weight, either as fresh or stewed to increase Vitamin C.

Total Weight: 93092.52 g (3283.69 oz-wt.)
 Serving Size: 930.93 g (32.84 oz-wt.)
 Serves: 100.00
 Cost: --

Multi-Column

Basic Components

Calories	846.99
Calories from Fat	249.28
Calories from Saturated Fat	78.08
Protein	32.86 g
Carbohydrates	120.04 g
Dietary Fiber	9.43 g
Soluble Fiber	2.32 g
InSoluble Fiber	6.44 g
Sugar - Total	30.19 g
Monosaccharides	2.23 g
Galactose	0.14 g
Glucose	1.93 g
Fructose	0.87 g
Disaccharides	15.51 g
Lactose	14.48 g
Sucrose	12.42 g
Maltose	0.12 g
Other Carbs	52.97 g
Fat - Total	27.70 g
Saturated Fat	8.68 g
Mono Fat	9.74 g
Poly Fat	6.81 g
Trans Fatty Acids	1.04 g
Cholesterol	237.31 mg
Water	741.54 g
Ash	8.77 g
KiloJoules	3543.74
Vitamins	
Vitamin A IU	1444.29 IU
Vitamin A RAE	249.44 mcg
Vitamin A RE	366.61 mcg
A - Carotenoid	30.70 RE
A - Retinol	335.92 RE
A - Beta Carotene	23.90 mcg
Thiamin-B1	0.68 mg
Riboflavin-B2	1.30 mg
Niacin-B3	5.13 mg
Niacin Equiv.	11.58 mg
Vitamin-B6	0.88 mg
Vitamin-B12	2.19 mcg
Biotin	23.33 mcg
Vitamin C	48.22 mg
Vitamin D IU	150.44 IU
Vitamin D mcg	3.75 mcg
Vit E Alpha-Tocopherol	2.38 mg
Vit E-Alpha Equiv.	3.06 mg
Vitamin E IU	4.56 IU

Vitamin E mg	3.06 mg
Folate	153.21 mcg
Folate DFE	178.39 mcg
Vitamin K	6.18 mcg
Pantothenic Acid	3.05 mg
Minerals	
Boron	289.10 mcg
Calcium	550.52 mg
Chloride	487.79 mg
Chromium	1.33 mcg
Copper	0.55 mg
Fluoride	-- mg
Iodine	130.30 mcg
Iron	5.23 mg
Magnesium	127.50 mg
Manganese	1.19 mg
Molybdenum	15.61 mcg
Phosphorus	626.98 mg
Potassium	1941.75 mg
Selenium	48.91 mcg
Sodium	876.53 mg
Zinc	3.17 mg
Saturated Fats	
4:0-Butyric	0.23 g
6:0-Caproic	0.12 g
8:0-Caprylic	0.06 g
10:0-Capric	0.15 g
12:0-Lauric	0.17 g
14:0-Myristic	0.61 g
15:0-Pentadecanoic	0.06 g
16:0-Palmitic	4.65 g
17:0-Margaric	0.05 g
18:0-Stearic	2.39 g
20:0-Arachidic	0.03 g
22:0-Behenate	0.02 g
24:0-Lignoceric	0.00 g
Mono Fats	
14:1-Myristol	0.04 g
15:1-Pentadecenoic	0.01 g
16:1-Palmitol	0.26 g
17:1-Heptadecenoic	0.01 g
18:1-Oleic	9.05 g
20:1-Eicosen	0.02 g
22:1-Erucic	0.00 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	6.05 g
18:3-Linolenic	0.30 g

18:4-Stearidon	0 g
20:3-Eicosatrienoic	0.01 g
20:4-Arachidon	0.07 g
20:5-EPA	0.00 g
22:5-DPA	0 g
22:6-DHA	0.02 g
Other Fats	
Omega 3 Fatty Acids	0.32 g
Omega 6 Fatty Acids	6.12 g
Amino Acids	
Alanine	1.35 g
Arginine	1.49 g
Aspartate	3.47 g
Cystine	0.73 g
Glutamate	5.87 g
Glycine	0.92 g
Histidine	0.73 g
Isoleucine	1.53 g
Leucine	2.59 g
Lysine	1.99 g
Methionine	0.77 g
Phenylalanine	1.54 g
Proline	2.15 g
Serine	1.71 g
Threonine	1.11 g
Tryptophan	0.39 g
Tyrosine	1.21 g
Valine	1.88 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0.00 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	185.74 mg
Taurine	-- mg

Notes

Braxton County Menu #2 Revised 8/2/09

September 7, 2009

Total Weight: 93092.52 g (3283.69 oz-wt.)
Serving Size: 930.93 g (32.84 oz-wt.)
Serves: 100.00
Cost: --

Notes

8/2/09 - SMP Used half in egg white and half amount in whole egg. to reduce total fat and cholesterol in menu.

*Meal remains higher than goal for cholesterol of 100 mg.

SMP Reduced ham and salt to reduce sodium to nearer goal. At 32 g, protein is still above goal of 20 g.

Vitamin C was low. SMP added 3 fluid oz. orange juice to meet Vitamin C goal in this breakfast meal

Could also consider using unsalted tomato 3 oz. weight, either as fresh or stewed to increase Vitamin C.

Putnam County Menu #1

All recipes are for 50 servings

Beef Country Steak with Beef Cream Gravy

Mashed Potatoes

Peas and Carrots

Fresh Fruit Salad

Whole Wheat Dinner Roll

Soft Margarine

Skim Milk

Putnam County Beef Country Steak

10# beef cube steak, plain, without coating or seasoning

1 quart all purpose flour

2 teaspoons salt

2 teaspoons black pepper

Mix flour with salt and pepper. Dredge cube steaks through flour mixture. Bake steaks at 375 degrees F. until minimum internal cooking temperature reaches 155 degrees.

Putnam County Beef Cream Gravy

1 cup all purpose flour

20 grams (about 1 and 1/3 tablespoons) low sodium beef gravy base

3 quarts plus 1/2 cup water

Brown flour in sauté pan. Add water gradually to thicken stirring constantly to prevent lumps.

Whisk in beef base for color and flavor. Mix well.

Putnam County Mashed Potatoes

2 pounds plus 4 ½ ounces extra rich potato pearls with vitamin C
1 ¼ gallons plus 1 cup hot water

Combine potato pearls and boiling water.

Putnam County Peas and Carrots

12# frozen unsalted peas and carrots
2 quarts water

Steam or heat vegetables in boiling water until tender. Drain off excess liquid.

Putnam County Fresh Fruit Salad

20 medium apples
20 medium oranges
10 bananas

Peel oranges and bananas. Suggest leaving peel on apple for more fiber.
Cut into small, bite sized pieces for ease in chewing and swallowing.

50 whole wheat dinner rolls
(If using prepared rolls or roll dough, the word WHOLE should
appear in the first ingredient)

50 teaspoons soft margarine

50 cups skim milk

Putnam County Menu #1

September 7, 2009

Total Weight: 42034.92 g (1482.71 oz-wt.)
 Serving Size: 840.70 g (29.65 oz-wt.)
 Serves: 50.00
 Cost: --

Amount for 50 servings	Food Item	Amount for 1 serving	Cost	Foodlist ESHA Code
	Putnam County Beef Country Steak			0
10 lb	FS Beef Cube Steak 4oz-Fzn TMT	0.2 lb	--	11613
1 quart	Enrich All Purpose Bleached White Flour	0.02 quart	--	38030
2 tsp	Table Salt	0.04 tsp	--	26014
2 tsp	Black Pepper	0.04 tsp	--	26016
	end of Putnam County Beef Country Steak			0
	Putnam County LS Beef Cream Gravy			0
1 cup	Enrich All Purpose Bleached White Flour	0.02 cup	--	38030
20 g	FS Low Sodium Beef Base No MSG NFC-LJ	0.4 g	--	54226
12.5 cup	Water	0.25 cup	--	20041
	end of Putnam County LS Beef Cream Grav			0
	Putnam County Mashed Potatoes			0
36.5 oz-wt	Extra Rich Potato Pearls w/Vit C-Dry BAF	0.73 oz-wt	--	6045
21 cup	Water	0.42 cup	--	20041
	end of Putnam County Mashed Potatoes			0
	Putnam County Peas and Carrots			0
12 lb	Peas & Carrots Cooked f/Fzn-Drmd	0.24 lb	--	5123
2 quart	Water	0.04 quart	--	20041
	end of Putnam County Peas and Carrots			0
	Putnam County Fresh Fruit			0
20 each	Fresh Apples w/Peel-Med 2 3/4"	0.4 each	--	3000
20 each	Fresh Orange Medium-2 5/8"	0.4 each	--	3082
10 each	Fresh Banana-Med FDA	0.2 each	--	3839
	end of Putnam County Fresh Fruit			0
50 each	Whole Wheat Dinner Roll	1 each	--	42057
50 tsp	Soft Margarine-Corn (Hydro & Regular)	1 tsp	--	8061
50 cup	Skim Milk w/Add Vitamin A	1 cup	--	6

Nutrients per Serving

Calories	746.26	Fat - Total	33.44 g
Protein	33.04 g	Saturated Fat	12.37 g
Carbohydrates	82.71 g	Vitamin A RE	1220.31 mcg
Dietary Fiber	10.75 g	Vitamin C	69.33 mg
Cholesterol	73.46 mg	Sodium	548.80 mg
% Calories from fat	39 %	% Calories from carbs	43 %

Notes

Recipes were originally from Cygnet.

I reduced the salt to make it unique to Putnam County and to come closer to goal.

For "Fresh Fruit" Cygnet says "any fruits may be used". To make it unique to Putnam County and to meet the Vitamin C goal, the recipe they provided which includes oranges allows you to meet the goal for vitamin C.

Total Weight: 42034.92 g (1482.71 oz-wt.)
 Serving Size: 840.70 g (29.65 oz-wt.)
 Serves: 50.00
 Cost: --

% comparison to: WVBOSS (> 70 years)**Basic Components**

Calories	746.26	34%
Calories from Fat	300.95	48%
Calories from Saturated Fat	111.35	56%
Protein	33.04 g	59%
Carbohydrates	82.71 g	27%
Dietary Fiber	10.75 g	43%
Soluble Fiber	1.82 g	
InSoluble Fiber	6.59 g	
Sugar - Total	35.12 g	
Monosaccharides	7.10 g	
Galactose	0 g	
Glucose	2.51 g	
Fructose	4.58 g	
Disaccharides	15.69 g	
Lactose	12.15 g	
Sucrose	3.38 g	
Maltose	0.16 g	
Other Carbs	36.71 g	
Fat - Total	33.44 g	48%
Saturated Fat	12.37 g	56%
Mono Fat	13.77 g	56%
Poly Fat	3.49 g	16%
Trans Fatty Acids	3.84 g	
Cholesterol	73.46 mg	24%
Water	637.08 g	17%
Ash	4.94 g	
KiloJoules	3122.08	
Vitamins		
Vitamin A IU	10998.05 IU	244%
Vitamin A RAE	666.10 mcg	74%
Vitamin A RE	1220.31 mcg	
A - Carotenoid	1038.08 RE	
A - Retinol	182.23 RE	
A - Beta Carotene	5118.33 mcg	
Thiamin-B1	0.63 mg	53%
Riboflavin-B2	0.89 mg	68%
Niacin-B3	7.94 mg	50%
Niacin Equiv.	10.96 mg	69%
Vitamin-B6	0.56 mg	33%
Vitamin-B12	1.30 mcg	54%
Biotin	7.89 mcg	26%
Vitamin C	69.33 mg	77%
Vitamin D IU	120.33 IU	20%
Vitamin D mcg	3.04 mcg	20%
Vit E Alpha-Tocopherol	1.55 mg	10%
Vit E-Alpha Equiv.	1.55 mg	
Vitamin E IU	2.31 IU	
Vitamin E mg	1.55 mg	
Folate	89.37 mcg	22%
Folate DFE	102.84 mcg	26%
Vitamin K	22.95 mcg	19%

Multi-Column

6:0-Caproic	0 g	
8:0-Caprylic	0.01 g	
10:0-Capric	0.00 g	
12:0-Lauric	0.00 g	
14:0-Myristic	0.03 g	
15:0-Pentadecanoic	0 g	
16:0-Palmitic	0.80 g	
17:0-Margaric	0 g	
18:0-Stearic	0.29 g	
20:0-Arachidic	0.00 g	
22:0-Behenate	0 g	
24:0-Lignoceric	0 g	
Mono Fats		
14:1-Myristol	0 g	
15:1-Pentadecenoic	0 g	
16:1-Palmitol	0.02 g	
17:1-Heptadecenoic	0 g	
18:1-Oleic	1.92 g	
20:1-Eicosen	0 g	
22:1-Erucic	0 g	
24:1-Nervonic	0 g	
Poly Fats		
18:2-Linoleic	2.27 g	16%
18:3-Linolenic	0.13 g	8%
18:4-Stearidon	0 g	
20:3-Eicosatrienoic	0 g	
20:4-Arachidon	0.00 g	
20:5-EPA	0 g	
22:5-DPA	0 g	
22:6-DHA	0 g	
Other Fats		
Omega 3 Fatty Acids	0.13 g	
Omega 6 Fatty Acids	2.27 g	
Amino Acids		
Alanine	0.56 g	
Arginine	0.64 g	
Aspartate	1.20 g	
Cystine	0.41 g	
Glutamate	3.39 g	
Glycine	0.43 g	
Histidine	0.35 g	
Isoleucine	0.65 g	
Leucine	1.28 g	
Lysine	0.95 g	
Methionine	0.27 g	
Phenylalanine	0.68 g	
Proline	1.38 g	
Serine	0.73 g	
Threonine	0.45 g	
Tryptophan	0.18 g	
Tyrosine	0.56 g	
Valine	0.78 g	

Total Weight: 42034.92 g (1482.71 oz-wt.)
 Serving Size: 840.70 g (29.65 oz-wt.)
 Serves: 50.00
 Cost: --

% comparison to: WVBOSS (> 70 years)**Multi-Column**

Pantothenic Acid	1.41 mg	28%	Other		
Minerals			Alcohol		0 g
Boron	212.77 mcg		Caffeine		0 mg
Calcium	421.72 mg	35%	Artif Sweetener - Total		0 mg
Chloride	247.85 mg	14%	Aspartame		0 mg
Chromium	1.31 mcg	4%	Saccharin		0 mg
Copper	0.25 mg	28%	Sugar Alcohol		0 g
Fluoride	-- mg		Glycerol		0 g
Iodine	56.35 mcg	38%	Inositol		0 g
Iron	4.33 mg	54%	Mannitol		0 g
Magnesium	81.44 mg	19%	Sorbitol		0 g
Manganese	1.00 mg	44%	Xylitol		0 g
Molybdenum	4.90 mcg	11%	Organic Acids		0 mg
Phosphorus	560.13 mg	80%	Acetic Acid		0 mg
Potassium	1372.38 mg	29%	Citric Acid		0 mg
Selenium	27.30 mcg	50%	Lactic Acid		0 mg
Sodium	548.80 mg	15%	Malic Acid		0 mg
Zinc	5.28 mg	48%	Choline	41.41 mg	8%
Saturated Fats			Taurine	-- mg	
4:0-Butyric	0.01 g				

Notes

Recipes were originally from Cygnet.

I reduced the salt to make it unique to Putnam County and to come closer to goal.

For "Fresh Fruit" Cygnet says "any fruits may be used". To make it unique to Putnam County and to meet the Vitamin C goal, the recipe they provided which includes oranges allows you to meet the goal for vitamin C.

Putnam County Menu #2
All recipes are for 50 servings

Oven Fried Chicken
Chicken Cream Gravy
Baked Beans
Calico Coleslaw
Spiced Pear
Whole Wheat Dinner Roll
Soft Margarine
Skim Milk

Putnam County Oven Fried Chicken

21# raw skinless chicken breast, cut into 4 oz. portions
½ cup liquid scrambled egg
½ cup 2% milk
2 ¾ cup all purpose flour
2 teaspoons salt
1 tablespoon paprika
1 teaspoon black pepper

Combine liquid egg and milk. Combine flour and seasonings. Dredge chicken in milk mixture, then in flour mixture. Place pieces onto tray sprayed with non-stick cooking spray. Bake at 350 degrees for 50-60 minutes or until minimum internal temperature of 165 degrees has been reached.

Putnam County Chicken Cream Gravy

6 tablespoons vegetable oil
9.5 teaspoons flour
3 ¼ cups 2% milk
3 ¼ teaspoons black pepper
12.5 cups water

In saucepan, heat oil. Add flour, stirring constantly, until mixture bubbles. Cook and stir an additional minute. Do not allow to brown. Turn heat to low and add milk and water. Continue stirring until mixture comes to a boil and thickens. Season with pepper.

Putnam County Baked Beans

4 pounds dry Great Northern Beans
1.5 gallons water
½ cup plus 2 2/3 tablespoons brown sugar
1 teaspoon ground dry mustard
1 1/3 tablespoons plus ½ teaspoon distilled white vinegar
¾ cup molasses
2 cups catsup
½ cup chopped fresh onions

Bring beans and water to a boil. Drain and add 1½ gallons fresh water to beans. Cook for 3 hours. Drain beans. Mix in brown sugar, mustard, vinegar, molasses, catsup, and onion. Bake in oven at 325 degrees F. for 2 hours.

Putnam County Calico Coleslaw

2 quarts fresh green shredded cabbage
3 quarts fresh red shredded cabbage
3 cups reduced fat mayonnaise
¾ cup white distilled vinegar
¼ cup granulated sugar
1 teaspoon black pepper

Mix all ingredients together and chill.

Putnam County Spiced Pears

25 cups pear halves in juice or 50 pear halves

2 tablespoons ground cinnamon

3 cups brown sugar

2 tablespoons lemon juice

¼ cup soft margarine

In a medium saucepan combine cinnamon, brown sugar, lemon juice, and margarine. Cook and stir over medium heat until mixture is bubbly. Add pears. Cook, uncovered, until pears are hot, stirring occasionally.

50 whole wheat dinner rolls

50 teaspoons soft margarine

50 cups skim milk

Putnam County Menu #2

September 7, 2009

Total Weight: 40065.27 g (1413.24 oz-wt.)
 Serving Size: 801.31 g (28.26 oz-wt.)
 Serves: 50.00
 Cost: --

Amount for 50 servings	Food Item	Amount for 1 serving	Cost	Foodlist ESHA Code
	Putnam County Oven Fried Chicken			0
21 lb	Chicken Broil/Fry Breast w/oSkin-Raw	0.42 lb	--	15054
1/2 cup	Scramble Egg Mix-Liquid (Kosher) PEP	0.01 cup	--	19563
1/2 cup	2% Milk w/Add Vit A & D	0.01 cup	--	2
2.75 cup	Enrich All Purpose Bleached White Flour	0.055 cup	--	38030
2 tsp	Table Salt	0.04 tsp	--	26014
1 tbs	Ground Paprika AST	0.02 tbs	--	26520
1 tsp	Black Pepper	0.02 tsp	--	26016
	end of Putnam County Oven Fried Chicken			0
	Putnam County Chicken Cream Gravy			0
6 tbs	Pure Vegetable Oil JMS-CR	0.12 tbs	--	90965
9.5 tsp	Enrich All Purpose Bleached White Flour	0.19 tsp	--	38030
3.25 cup	2% Milk w/Add Vit A & D	0.065 cup	--	2
3.25 tsp	Black Pepper	0.065 tsp	--	26016
12.5 cup	Water	0.25 cup	--	20041
	end of Putnam County Chicken Cream Grav			0
	Putnam County Baked Beans			0
4 lb	Pinto Beans-Dry HCG-AM	0.08 lb	--	7376
1.5 g	Water	0.03 g	--	20041
1/2 cup	Brown Sugar-Packed	0.01 cup	--	25005
2.67 tbs	Brown Sugar-Packed	0.0534 tbs	--	25005
1 tsp	Ground Mustard Seed AST	0.02 tsp	--	26514
1.34 tbs	White Distilled Vinegar-Tbsp DLM-SW	0.0268 tbs	--	27202
1/2 tsp	White Distilled Vinegar-Tbsp DLM-SW	0.01 tsp	--	27202
3/4 cup	Molasses	0.015 cup	--	25003
2 cup	Catsup DLM	0.04 cup	--	91474
1/2 cup	Fresh Yellow Onions-Chpd	0.01 cup	--	7499
	end of Putnam County Baked Beans			0
	Putnam County Calico Coleslaw			0
2 quart	Fresh Cabbage-Shredded	0.04 quart	--	5036
3 quart	Fresh Red Cabbage-Shredded	0.06 quart	--	5042
3 cup	Reduced Fat Mayonnaise UNI-BF	0.06 cup	--	44431
3/4 cup	White Distilled Vinegar-Tbsp DLM-SW	0.015 cup	--	27202
1/4 cup	White Granulated Sugar	0.005 cup	--	25006
1 tsp	Black Pepper	0.02 tsp	--	26016
	end of Putnam County Calico Coleslaw			0
	Putnam County Spiced Pears			0
25 cup	Pear Halves w/Juice-Cnd	0.5 cup	--	3179
2 tbs	Ground Cinnamon	0.04 tbs	--	26003
3 cup	Brown Sugar-Packed	0.06 cup	--	25005
2 tbs	Fresh Lemon Juice	0.04 tbs	--	3068
1/4 cup	Soft Margarine w/Salt-Unspec Oils	0.005 cup	--	8043
	end of Putnam County Spiced Pears			0
50 each	Whole Wheat Dinner Roll	1 each	--	42057
50 tsp	Soft Margarine w/Salt-Unspec Oils	1 tsp	--	8043
50 cup	Skim Milk w/Add Vitamin A	1 cup	--	6

Putnam County Menu #2

September 7, 2009

Total Weight: 40065.27 g (1413.24 oz-wt.)
Serving Size: 801.31 g (28.26 oz-wt.)
Serves: 50.00
Cost: --

Foodlist

Nutrients per Serving

Calories	775.40	Fat - Total	13.00 g
Protein	64.85 g	Saturated Fat	2.79 g
Carbohydrates	99.44 g	Vitamin A RE	254.88 mcg
Dietary Fiber	13.64 g	Vitamin C	21.84 mg
Cholesterol	124.45 mg	Sodium	796.28 mg
% Calories from fat	15 %	% Calories from carbs	51 %

Notes

Originally Cygnet Menus

To make it unique to Putnam County, used skinless chicken breast, reduced salt, made the roll whole wheat rather than wheat, used soft margarine.

Had to choose pinto bean in analysis in place of Great Northern since my database didn't have a dry Great Northern Bean. Nutrient analysis will be essentially the same.

Could increase the serving of the cabbage to increase the Vitamin C to goal of 30 mg.

Total Weight: 40065.27 g (1413.24 oz-wt.)
 Serving Size: 801.31 g (28.26 oz-wt.)
 Serves: 50.00
 Cost: --

% comparison to: WVBOSS (> 70 years)**Basic Components**

Calories	775.40	35%
Calories from Fat	116.99	19%
Calories from Saturated Fat	25.07	13%
Protein	64.85 g	116%
Carbohydrates	99.44 g	33%
Dietary Fiber	13.64 g	55%
Soluble Fiber	1.12 g	
InSoluble Fiber	3.57 g	
Sugar - Total	52.40 g	
Monosaccharides	10.28 g	
Galactose	0.00 g	
Glucose	4.06 g	
Fructose	8.34 g	
Disaccharides	15.12 g	
Lactose	13.00 g	
Sucrose	18.23 g	
Maltose	0.00 g	
Other Carbs	33.38 g	
Fat - Total	13.00 g	19%
Saturated Fat	2.79 g	13%
Mono Fat	3.49 g	14%
Poly Fat	4.00 g	18%
Trans Fatty Acids	0.06 g	
Cholesterol	124.45 mg	41%
Water	616.46 g	17%
Ash	7.72 g	
KiloJoules	3243.73	
Vitamins		
Vitamin A IU	1125.01 IU	25%
Vitamin A RAE	187.83 mcg	21%
Vitamin A RE	254.88 mcg	
A - Carotenoid	39.73 RE	
A - Retinol	211.85 RE	
A - Beta Carotene	161.44 mcg	
Thiamin-B1	0.60 mg	50%
Riboflavin-B2	0.86 mg	66%
Niacin-B3	24.15 mg	151%
Niacin Equiv.	35.33 mg	221%
Vitamin-B6	1.31 mg	77%
Vitamin-B12	2.11 mcg	88%
Biotin	7.86 mcg	26%
Vitamin C	21.84 mg	24%
Vitamin D IU	108.32 IU	18%
Vitamin D mcg	2.73 mcg	18%
Vit E Alpha-Tocopherol	1.97 mg	13%
Vit E-Alpha Equiv.	2.26 mg	
Vitamin E IU	3.37 IU	
Vitamin E mg	2.26 mg	
Folate	52.56 mcg	13%
Folate DFE	60.51 mcg	15%
Vitamin K	16.77 mcg	14%

Multi-Column

6:0-Caproic	0.01 g	
8:0-Caprylic	0.01 g	
10:0-Capric	0.01 g	
12:0-Lauric	0.01 g	
14:0-Myristic	0.08 g	
15:0-Pentadecanoic	0.00 g	
16:0-Palmitic	1.29 g	
17:0-Margaric	0.00 g	
18:0-Stearic	0.58 g	
20:0-Arachidic	0.00 g	
22:0-Behenate	0.00 g	
24:0-Lignoceric	0 g	
Mono Fats		
14:1-Myristol	0.03 g	
15:1-Pentadecenoic	0.00 g	
16:1-Palmitol	0.08 g	
17:1-Heptadecenoic	0.00 g	
18:1-Oleic	2.65 g	
20:1-Eicosen	0.00 g	
22:1-Erucic	0 g	
24:1-Nervonic	0 g	
Poly Fats		
18:2-Linoleic	2.95 g	21%
18:3-Linolenic	0.14 g	9%
18:4-Stearidon	0 g	
20:3-Eicosatrienoic	0.00 g	
20:4-Arachidon	0.08 g	
20:5-EPA	0 g	
22:5-DPA	0.02 g	
22:6-DHA	0.04 g	
Other Fats		
Omega 3 Fatty Acids	0.18 g	
Omega 6 Fatty Acids	3.02 g	
Amino Acids		
Alanine	2.81 g	
Arginine	3.03 g	
Aspartate	4.86 g	
Cystine	0.96 g	
Glutamate	9.53 g	
Glycine	2.44 g	
Histidine	1.65 g	
Isoleucine	2.87 g	
Leucine	4.42 g	
Lysine	4.52 g	
Methionine	1.45 g	
Phenylalanine	2.31 g	
Proline	3.11 g	
Serine	2.14 g	
Threonine	2.20 g	
Tryptophan	0.67 g	
Tyrosine	1.98 g	
Valine	2.84 g	

Total Weight: 40065.27 g (1413.24 oz-wt.)
 Serving Size: 801.31 g (28.26 oz-wt.)
 Serves: 50.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Pantothenic Acid	2.80 mg	56%
Minerals		
Boron	127.99 mcg	
Calcium	487.61 mg	41%
Chloride	268.17 mg	15%
Chromium	0.82 mcg	3%
Copper	0.34 mg	38%
Fluoride	-- mg	
Iodine	60.77 mcg	41%
Iron	6.10 mg	76%
Magnesium	139.17 mg	33%
Manganese	1.03 mg	45%
Molybdenum	6.75 mcg	15%
Phosphorus	911.54 mg	130%
Potassium	1789.38 mg	38%
Selenium	60.26 mcg	110%
Sodium	796.28 mg	22%
Zinc	3.48 mg	32%
Saturated Fats		
4:0-Butyric	0.02 g	

Multi-Column

Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	2.23 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	2.23 g
Xylitol	0 g
Organic Acids	0.00 mg
Acetic Acid	0 mg
Citric Acid	0.00 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	46.87 mg
Taurine	-- mg
	9%

Notes

Originally Cygnet Menus

To make it unique to Putnam County, used skinless chicken breast, reduced salt, made the roll whole wheat rather than wheat, used soft margarine.

Had to choose pinto bean in analysis in place of Great Northern since my database didn't have a dry Great Northern Bean. Nutrient analysis will be essentially the same.

Could increase the serving of the cabbage to increase the Vitamin C to goal of 30 mg.

Raleigh County Menu #1
Recipes are for 100 servings

Procedure for putting recipes together wasn't provided.

Potato Soup
Steak Hoagie with cheese, lettuce, tomato
Coleslaw
Fruited Gelatin with Pears
2% milk

Raleigh County Potato Soup

64 oz. dry sodium free chicken flavor base
210 oz. Sliced new potatoes
2 cups fresh diced celery
2 cups fresh yellow onion, chopped
1# cooked, drained bacon
1 oz. sodium free chicken base
1 tablespoon black pepper

Raleigh County Steak Hoagie
(or cheeseburger on whole wheat bun)

400 oz. beef hamburger meat 10% fat
50 oz. Swiss cheese
100 tablespoons fresh chopped onion
100 tablespoons chopped green pepper
100 lettuce leaves
100 slices fresh tomato
100 whole wheat buns

Raleigh County Coleslaw

20# cabbage
8 oz. carrots
8 oz. onion
1 gallon light mayonnaise
4 cups sugar
1 cup vinegar

Raleigh County Fruited Gelatin with Pears

72 oz. dry flavored gelatin
3 gallons water
318 oz. pear halves in juice

100 containers of 8 oz. 2% milk or skim milk served

Raleigh County Menu #1 REVISED 8/30/09

September 7, 2009

Total Weight: 91739.54 g (3235.96 oz-wt.)
 Serving Size: 917.40 g (32.36 oz-wt.)
 Serves: 100.00
 Cost: --

Amount for 100 servings	Food Item	Amount for 1 serving	Cost	Foodlist ESHA Code
	Raleigh County Potato Soup			0
64 oz-wt	LeGout Sodium FreeBaseChicken Flavor BFS	0.64 oz-wt	--	54170
210 oz-wt	New Potatoes Slices-Cnd DLM	2.1 oz-wt	--	51050
2 cup	Fresh Celery-Diced	0.02 cup	--	5054
2 cup	Fresh Yellow Onions-Chpd	0.02 cup	--	7499
1 lb	Bacon-Ckd KFT-OM	0.01 lb	--	12246
1 oz-wt	LeGout Sodium FreeBaseChicken Flavor BFS	0.01 oz-wt	--	54170
1 tbs	Black Pepper	0.01 tbs	--	26016
	end of Raleigh County Potato Soup			0
	Raleigh County Steak Hoagie			0
400 oz-wt	Beef Ground Hamburger 10% Fat-Raw	4 oz-wt	--	58111
50 oz-wt	Swiss Cheese-.81oz Slice KFT	0.5 oz-wt	--	47778
100 tbs	Fresh Yellow Onions-Chpd	1 tbs	--	7499
100 tbs	Fresh Sweet Green Bell Peppers-Chpd	1 tbs	--	5124
100 piece	Fresh Iceberg Lettuce-Med Leaf	1 piece	--	90446
100 each	RdTomatoRipe-Raw(Nov-May)-Slice-Thin	1 each	--	90572
100 each	Whole Wheat Submarine Roll-Sml	1 each	--	71357
	end of Raleigh County Steak Hoagie			0
	Raleigh County Coleslaw			0
20 lb	AP Whole: Fresh Cabbage Head-Lrg 7"	0.2 lb	--	90417
8 oz-wt	Fresh Carrots Large-7.25"-8.5" Long	0.08 oz-wt	--	90423
8 oz-wt	Fresh Yellow Onions-Chpd	0.08 oz-wt	--	7499
1 gal	Light Mayonnaise KFT	0.01 gal	--	8501
4 cup	White Granulated Sugar	0.04 cup	--	25006
1 cup	Distilled Vinegar	0.01 cup	--	92153
	end of Raleigh County Coleslaw			0
	Raleigh County Fruited Gel/Pears			0
72 oz-wt	Gelatin w/Vit C & Salt Dry Mix-3oz Pkg	0.72 oz-wt	--	23201
3 gal	Water	0.03 gal	--	20041
318 oz-wt	Pear Halves w/Juice-Cnd	3.18 oz-wt	--	3179
	end of Raleigh County Fruited Gel/Pears			0
100 cup	2% Milk w/Add Vit A & D	1 cup	--	2

Nutrients per Serving

Calories	1004.05	Fat - Total	43.44 g
Protein	49.35 g	Saturated Fat	15.27 g
Carbohydrates	106.51 g	Vitamin A RE	254.69 mcg
Dietary Fiber	9.50 g	Vitamin C	52.11 mg
Cholesterol	127.35 mg	Sodium	1176.65 mg
% Calories from fat	39 %	% Calories from carbs	42 %

Notes

8/30/09 - SMP lowered calories to closer to goal by using lower fat meat and smaller portion of meat.. This also lowered total fat and saturated fat.

SMP used smaller portion of meat to further reduce saturated fat to closer to goal. The protein provided in meal still exceeds goal of 20 g.

SMP modified the recipe for potato soup, changing to sodium free chicken base to lower sodium content to nearer goal.

SMP added Raleigh County

Raleigh County Menu #1 REVISED 8/30/09

September 7, 2009

Total Weight: 91739.54 g (3235.96 oz-wt.)
Serving Size: 917.40 g (32.36 oz-wt.)
Serves: 100.00
Cost: --

Notes

coleslaw to this menu also to bring Vitamin C and Vitamin A levels to goal.

Total Weight: 91739.54 g (3235.96 oz-wt.)
 Serving Size: 917.40 g (32.36 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Basic Components

Calories	1004.05	45%
Calories from Fat	391.00	63%
Calories from Saturated Fat	137.46	69%
Protein	49.35 g	88%
Carbohydrates	106.51 g	35%
Dietary Fiber	9.50 g	38%
Soluble Fiber	1.57 g	
InSoluble Fiber	5.35 g	
Sugar - Total	44.49 g	
Monosaccharides	10.08 g	
Galactose	0.06 g	
Glucose	3.27 g	
Fructose	6.75 g	
Disaccharides	13.14 g	
Lactose	11.29 g	
Sucrose	1.82 g	
Maltose	0.04 g	
Other Carbs	34.06 g	
Fat - Total	43.44 g	63%
Saturated Fat	15.27 g	69%
Mono Fat	10.94 g	44%
Poly Fat	3.00 g	14%
Trans Fatty Acids	0.95 g	
Cholesterol	127.35 mg	42%
Water	656.96 g	18%
Ash	7.08 g	
KiloJoules	4199.72	
Vitamins		
Vitamin A IU	1345.59 IU	30%
Vitamin A RAE	169.74 mcg	19%
Vitamin A RE	254.69 mcg	
A - Carotenoid	71.07 RE	
A - Retinol	134.20 RE	
A - Beta Carotene	370.48 mcg	
Thiamin-B1	0.38 mg	31%
Riboflavin-B2	0.83 mg	64%
Niacin-B3	8.96 mg	56%
Niacin Equiv.	13.74 mg	86%
Vitamin-B6	0.79 mg	46%
Vitamin-B12	3.63 mcg	151%
Biotin	11.11 mcg	37%
Vitamin C	52.11 mg	58%
Vitamin D IU	104.92 IU	17%
Vitamin D mcg	2.62 mcg	17%
Vit E Alpha-Tocopherol	3.17 mg	21%
Vit E-Alpha Equiv.	3.18 mg	
Vitamin E IU	4.74 IU	
Vitamin E mg	3.18 mg	
Folate	81.06 mcg	20%
Folate DFE	81.06 mcg	20%
Vitamin K	112.06 mcg	93%

Multi-Column

6:0-Caproic	0.10 g	
8:0-Caprylic	0.06 g	
10:0-Capric	0.12 g	
12:0-Lauric	0.14 g	
14:0-Myristic	0.79 g	
15:0-Pentadecanoic	0.10 g	
16:0-Palmitic	4.77 g	
17:0-Margaric	0.15 g	
18:0-Stearic	2.43 g	
20:0-Arachidic	0.03 g	
22:0-Behenate	0.00 g	
24:0-Lignoceric	0 g	
Mono Fats		
14:1-Myristol	0.11 g	
15:1-Pentadecenoic	0.01 g	
16:1-Palmitol	0.52 g	
17:1-Heptadecenoic	0.09 g	
18:1-Oleic	7.26 g	
20:1-Eicosen	0.04 g	
22:1-Erucic	0 g	
24:1-Nervonic	0 g	
Poly Fats		
18:2-Linoleic	2.03 g	15%
18:3-Linolenic	0.20 g	13%
18:4-Stearidon	0 g	
20:3-Eicosatrienoic	0.01 g	
20:4-Arachidon	0.04 g	
20:5-EPA	0 g	
22:5-DPA	0 g	
22:6-DHA	0 g	
Other Fats		
Omega 3 Fatty Acids	0.20 g	
Omega 6 Fatty Acids	2.08 g	
Amino Acids		
Alanine	2.16 g	
Arginine	2.27 g	
Aspartate	3.34 g	
Cystine	0.61 g	
Glutamate	7.41 g	
Glycine	2.55 g	
Histidine	1.06 g	
Isoleucine	1.75 g	
Leucine	3.05 g	
Lysine	2.72 g	
Methionine	0.88 g	
Phenylalanine	1.63 g	
Proline	3.17 g	
Serine	1.67 g	
Threonine	1.35 g	
Tryptophan	0.29 g	
Tyrosine	1.23 g	
Valine	1.99 g	

Total Weight: 91739.54 g (3235.96 oz-wt.)
 Serving Size: 917.40 g (32.36 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Pantothenic Acid	2.07 mg	41%
Minerals		
Boron	114.50 mcg	
Calcium	557.32 mg	46%
Chloride	256.90 mg	14%
Chromium	1.74 mcg	6%
Copper	0.41 mg	45%
Fluoride	-- mg	
Iodine	59.23 mcg	39%
Iron	5.45 mg	68%
Magnesium	131.08 mg	31%
Manganese	1.73 mg	75%
Molybdenum	11.21 mcg	25%
Phosphorus	787.69 mg	113%
Potassium	1335.50 mg	28%
Selenium	59.00 mcg	107%
Sodium	1176.65 mg	33%
Zinc	8.97 mg	82%
Saturated Fats		
4:0-Butyric	0.19 g	

Multi-Column

Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	1.62 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	1.62 g
Xylitol	0 g
Organic Acids	0 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	124.91 mg 23%
Taurine	-- mg

Notes

8/30/09 - SMP lowered calories to closer to goal by using lower fat meat and smaller portion of meat.. This also lowered total fat and saturated fat.

SMP used smaller portion of meat to further reduce saturated fat to closer to goal. The protein provided in meal still exceeds goal of 20 g.

SMP modified the recipe for potato soup, changing to sodium free chicken base to lower sodium content to nearer goal.

SMP added Raleigh County coleslaw to this menu also to bring Vitamin C and Vitamin A levels to goal.

Raleigh County Menu #2
Recipes are for 100 servings

Procedure for putting recipes together wasn't provided.

Pinto Beans
Salmon Patties
Coleslaw
Cornbread
Peaches

Raleigh County Pinto Beans

25# dry pinto beans
1# pork chop
5 gallons water
¼ cup or 2 oz. low sodium beef base
1 tablespoon pepper
½ tablespoon salt
¼ cup soft margarine

Raleigh County Salmon Patties

24# canned salmon (6 cans of 4# each)
1 dozen eggs
6 cups plain bread crumbs
4 cups diced celery
4 cups chopped onion
¼ cup liquid vegetable oil

Raleigh County Coleslaw

20# cabbage
8 oz. carrots
8 oz. onion
1 gallon light mayonnaise
4 cups sugar
1 cup vinegar

Raleigh County Cornbread

1 gallon corn meal
½ gallon all-purpose flour
½ pint vegetable oil
2/3 gallon buttermilk
2/3 cup sugar
4 eggs

Raleigh County Peaches

525 oz. peach slices with juice

100 containers of 8 oz. 2% milk or skim milk served

Raleigh County Menu #2 REVISED 8/30/09

September 7, 2009

Total Weight: 102573.64 g (3618.12 oz-wt.)
 Serving Size: 1025.74 g (36.18 oz-wt.)
 Serves: 100.00
 Cost: --

Amount for 100 servings	Food Item	Amount for 1 serving	Cost	Foodlist ESHA Code
	Raleigh County Pinto Beans			0
25 lb	Pinto Beans-Dry HCG-AM	0.25 lb	--	7376
1 lb	Pork Chop Center Rib Loin-Raw	0.01 lb	--	12046
5 gal	Water	0.05 gal	--	20041
2 oz-wt	FS Low Sodium Beef Base No MSG NFC-LJ	0.02 oz-wt	--	54226
1 tbs	Black Pepper	0.01 tbs	--	26016
1/2 tbs	Table Salt	0.005 tbs	--	26014
1/4 cup	Soft Margarine w/Salt-Unspec Oils	0.0025 cup	--	8043
	end of Raleigh County Pinto Beans			0
	Raleigh County Salmon Patties			0
24 lb	Salmon Pink Fish Drnd-Cnd	0.24 lb	--	72894
12 each	Large Raw Egg EGB	0.12 each	--	21111
6 cup	Plain Bread Crumbs GML-PR	0.06 cup	--	42439
4 cup	Fresh Celery-Diced	0.04 cup	--	5054
4 cup	Fresh Yellow Onions-Chpd	0.04 cup	--	7499
1/4 cup	Soybean Salad/Cooking Oil	0.0025 cup	--	8012
	end of Raleigh County Salmon Patties			0
	Raleigh County Coleslaw			0
20 lb	AP Whole: Fresh Cabbage Head-Lrg 7"	0.2 lb	--	90417
8 oz-wt	Fresh Carrots Large-7.25"-8.5" Long	0.08 oz-wt	--	90423
8 oz-wt	Fresh Yellow Onions-Chpd	0.08 oz-wt	--	7499
1 gal	Light Mayonnaise KFT	0.01 gal	--	8501
4 cup	White Granulated Sugar	0.04 cup	--	25006
1 cup	Distilled Vinegar	0.01 cup	--	92153
	end of Raleigh County Coleslaw			0
	Raleigh County Corn Bread			0
1 gal	Corn Meal-Yellow AMI	0.01 gal	--	38450
0.5 gal	Enrich All Purpose Bleached White Flour	0.005 gal	--	38030
1/3 pint	Soybean Salad/Cooking Oil	0.00333 pint	--	8012
0.68 gal	Cultured Low Fat Buttermilk	0.0068 gal	--	7
0.68 cup	White Granulated Sugar	0.0068 cup	--	25006
4 each	Whole Eggs Raw-Lrg	0.04 each	--	19501
	end of Raleigh County Corn Bread			0
	Raleigh County Peaches			0
525 oz-wt	Peach Slices w/Juice-Cnd	5.25 oz-wt	--	71051
	end of Raleigh County Peaches			0
100 cup	Skim Milk w/Add Vitamin A	1 cup	--	6

Nutrients per Serving

Calories	1075.43	Fat - Total	23.40 g
Protein	66.31 g	Saturated Fat	3.98 g
Carbohydrates	149.65 g	Vitamin A RE	329.30 mcg
Dietary Fiber	32.67 g	Vitamin C	39.47 mg
Cholesterol	141.60 mg	Sodium	1021.57 mg
% Calories from fat	20 %	% Calories from carbs	56 %

Notes

Protein is 3 times

Total Weight: 102573.64 g (3618.12 oz-wt.)
Serving Size: 1025.74 g (36.18 oz-wt.)
Serves: 100.00
Cost: --

Notes

requirement. Beans and salmon are both major protein sources. Each could be an entree.

8/30/09 - SMP substituted light mayonnaise in coleslaw to reduce fat.

8/30/09 - SMP used a soybean oil that was not partially hydrogenated to eliminate the trans fat.

Total Weight: 102573.64 g (3618.12 oz-wt.)
 Serving Size: 1025.74 g (36.18 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Pantothenic Acid	1.95 mg	39%
Minerals		
Boron	96.65 mcg	
Calcium	867.74 mg	72%
Chloride	284.00 mg	16%
Chromium	0.28 mcg	1%
Copper	0.34 mg	38%
Fluoride	-- mg	
Iodine	71.31 mcg	48%
Iron	10.83 mg	135%
Magnesium	95.99 mg	23%
Manganese	0.33 mg	15%
Molybdenum	10.19 mcg	23%
Phosphorus	1300.07 mg	186%
Potassium	2791.26 mg	59%
Selenium	59.62 mcg	108%
Sodium	1021.57 mg	28%
Zinc	2.88 mg	26%
Saturated Fats		
4:0-Butyric	0.02 g	

Multi-Column

Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	53.01 mg 10%
Taurine	-- mg

Notes

Protein is 3 times requirement. Beans and salmon are both major protein sources. Each could be an entree.

8/30/09 - SMP substituted light mayonnaise in coleslaw to reduce fat.

8/30/09 - SMP used a soybean oil that was not partially hydrogenated to eliminate the trans fat.

Total Weight: 102573.64 g (3618.12 oz-wt.)
 Serving Size: 1025.74 g (36.18 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Multi-Column

Basic Components

6:0-Caproic 0.00 g
 8:0-Caprylic 0.01 g
 10:0-Capric 0.01 g
 12:0-Lauric 0.01 g
 14:0-Myristic 0.23 g
 15:0-Pentadecanoic 0.03 g
 16:0-Palmitic 1.28 g
 17:0-Margaric 0.02 g
 18:0-Stearic 0.39 g
 20:0-Arachidic 0.00 g
 22:0-Behenate 0.00 g
 24:0-Lignoceric 0.00 g

Calories 1075.43 48%
 Calories from Fat 210.62 34%
 Calories from Saturated Fat 35.79 18%
 Protein 66.31 g 118%
 Carbohydrates 149.65 g 49%
 Dietary Fiber 32.67 g 131%
 Soluble Fiber 0.68 g
 InSoluble Fiber 1.71 g
 Sugar - Total 48.39 g
 Monosaccharides 2.74 g
 Galactose 0.04 g
 Glucose 1.44 g
 Fructose 1.26 g
 Disaccharides 12.46 g
 Lactose 12.16 g
 Sucrose 0.27 g
 Maltose 0.02 g
 Other Carbs 68.41 g
 Fat - Total 23.40 g 34%
 Saturated Fat 3.98 g 18%
 Mono Fat 2.33 g 9%
 Poly Fat 3.20 g 14%
 Trans Fatty Acids 0.01 g
 Cholesterol 141.60 mg 47%
 Water 775.56 g 21%
 Ash 11.39 g
 KiloJoules 4499.22

Mono Fats
 14:1-Myristol 0.00 g
 15:1-Pentadecenoic 0 g
 16:1-Palmitol 0.23 g
 17:1-Heptadecenoic 0.00 g
 18:1-Oleic 1.88 g
 20:1-Eicosen 0.21 g
 22:1-Erucic 0.00 g
 24:1-Nervonic 0 g

Poly Fats
 18:2-Linoleic 1.52 g 11%
 18:3-Linolenic 0.25 g 16%
 18:4-Stearidon 0 g
 20:3-Eicosatrienoic 0 g
 20:4-Arachidon 0.05 g
 20:5-EPA 0.39 g
 22:5-DPA 0.12 g
 22:6-DHA 0.76 g

Vitamins

Other Fats
 Omega 3 Fatty Acids 1.40 g
 Omega 6 Fatty Acids 1.57 g

Vitamin A IU 1941.34 IU 43%
 Vitamin A RAE 249.09 mcg 28%
 Vitamin A RE 329.30 mcg
 A - Carotenoid 123.51 RE
 A - Retinol 191.58 RE
 A - Beta Carotene 542.34 mcg
 Thiamin-B1 0.98 mg 82%
 Riboflavin-B2 1.15 mg 89%
 Niacin-B3 12.90 mg 81%
 Niacin Equiv. 20.05 mg 125%
 Vitamin-B6 0.37 mg 22%
 Vitamin-B12 6.88 mcg 287%
 Biotin 8.24 mcg 27%
 Vitamin C 39.47 mg 44%
 Vitamin D IU 610.62 IU 102%
 Vitamin D mcg 15.29 mcg 102%
 Vit E Alpha-Tocopherol 3.90 mg 26%
 Vit E-Alpha Equiv. 6.16 mg
 Vitamin E IU 8.29 IU
 Vitamin E mg 6.16 mg
 Folate 79.68 mcg 20%
 Folate DFE 90.46 mcg 23%
 Vitamin K 111.56 mcg 93%

Amino Acids
 Alanine 2.11 g
 Arginine 2.04 g
 Aspartate 4.30 g
 Cystine 0.58 g
 Glutamate 6.36 g
 Glycine 1.86 g
 Histidine 0.99 g
 Isoleucine 1.80 g
 Leucine 3.13 g
 Lysine 3.09 g
 Methionine 0.98 g
 Phenylalanine 1.64 g
 Proline 2.43 g
 Serine 1.83 g
 Threonine 1.73 g
 Tryptophan 0.43 g
 Tyrosine 1.45 g
 Valine 2.10 g

Greenbrier County Menu #1

Pork Cubes and Pinto Beans

Rice

Vegetable Medley

Whole Wheat Dinner Roll

Margarine

Mandarin Oranges and Pineapple

Skim Milk

Greenbrier County Pork Cubes and Pinto Beans

13# pinto beans
5 gallons water
23# raw pork loin, diced
1 quart chopped onion
¼ cup beef soup base

Soak beans overnight. Wash beans; then add water and beef base. Bring to a boil and simmer for 2-3 hours. Add diced onions and simmer for another hour. Add diced pork and cook until a minimum internal temperature of 145 degrees and beans are tender. Serve at or above 140 degrees.

Greenbrier County Rice

2 gallons water
1 gallon long grain white rice

Bring water to a boil. Add rice and simmer until rice and water are at the same level. Turn heat to low and cover kettle. Cook another 10 minutes. Serve at or above 140 degrees.

Greenbrier County Vegetable Medley

9# frozen French-cut green beans
8# frozen carrot slices
1 quart fresh diced celery
2 cups diced fresh green peppers
2 quarts canned low sodium tomatoes
1 teaspoon black pepper

Mix all vegetables together and place in cooking pans. Season with pepper and cook in steamer until tender. Serve at or above 135 degrees.

Greenbrier County Mandarin Oranges and Pineapple

265 oz. canned mandarin oranges in light syrup
318 oz. canned pineapple tidbits in juice

Combine fruit. Portion and serve accordingly at 40 degrees or below.

100 Whole Wheat Dinner Rolls
100 teaspoons Margarine
100 8-oz. containers Skim Milk

Greenbrier County Menu #1

September 7, 2009

Total Weight: 101495.63 g (3580.09 oz-wt.)
 Serving Size: 1014.96 g (35.80 oz-wt.)
 Serves: 100.00
 Cost: --

Amount for 100 servings	Food Item	Amount for 1 serving	Cost	Foodlist ESHA Code
	Greenbrier Cty Pork Cu/Pinto Beans			0
13 lb	Pinto Beans-Dry HCG-AM	0.13 lb	--	7376
5 gal	Water	0.05 gal	--	20041
23 lb	Pork Chop Center Rib Loin Lean-Raw	0.23 lb	--	12051
1 quart	Fresh Yellow Onions-Chpd	0.01 quart	--	7499
1/4 cup	FS Beef Soup Base 0303 CFP	0.0025 cup	--	54209
	end of Greenbrier Cty Pork Cu/Pinto Bea			0
	Greenbrier Cty Rice			0
2 gal	Water	0.02 gal	--	20041
1 gal	Enrich Long Grain White Rice-Ckd	0.01 gal	--	38013
	end of Greenbrier Cty Rice			0
	Greenbrier Cty Vegetable Medley			0
9 lb	French Cut Green Beans-Fzn BEF	0.09 lb	--	6220
8 lb	Carrot Slices-Fzn	0.08 lb	--	5740
1 quart	Fresh Celery-Diced	0.01 quart	--	5054
1 quart	Fresh Yellow Onions-Chpd	0.01 quart	--	7499
2 quart	Whole Red Tomatoes Unsalted-Cnd	0.02 quart	--	5471
2 cup	Fresh Sweet Green Bell Peppers-Chpd	0.02 cup	--	5124
1 tsp	Black Pepper	0.01 tsp	--	26016
	end of Greenbrier Cty Vegetable Medley			0
100 each	Wheat Dinner Roll	1 each	--	42160
100 each	80% Fat Margarine-Pat	1 each	--	44474
	Greenbrier Cty Mandarin Or/Pineapple			0
265 oz-wt	Mandarin Oranges w/Light Syrup-Cnd	2.65 oz-wt	--	71774
318 oz-wt	Pineapple Tidbits w/Juice-Cnd	3.18 oz-wt	--	71115
	end of Greenbrier Cty Mandarin Or/Pinea			0
100 cup	Skim Milk w/Add Vitamin A	1 cup	--	6

Nutrients per Serving

Calories	727.99	Fat - Total	12.81 g
Protein	48.81 g	Saturated Fat	3.57 g
Carbohydrates	104.11 g	Vitamin A RE	694.27 mcg
Dietary Fiber	18.77 g	Vitamin C	39.44 mg
Cholesterol	62.28 mg	Sodium	491.26 mg
% Calories from fat	16 %	% Calories from carbs	57 %

Notes

This menu does meet the goal for folate in reality.

The menu analysis database did not supply a figure for folate for pinto beans. However, they are a good source of folate.

Total Weight: 101495.63 g (3580.09 oz-wt.)
 Serving Size: 1014.96 g (35.80 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Basic Components		
Calories	727.99	33%
Calories from Fat	115.32	19%
Calories from Saturated Fat	32.14	16%
Protein	48.81 g	87%
Carbohydrates	104.11 g	34%
Dietary Fiber	18.77 g	75%
Soluble Fiber	0.42 g	
InSoluble Fiber	1.35 g	
Sugar - Total	42.48 g	
Monosaccharides	0.79 g	
Galactose	0.03 g	
Glucose	0.45 g	
Fructose	0.31 g	
Disaccharides	13.74 g	
Lactose	12.15 g	
Sucrose	1.59 g	
Maltose	0 g	
Other Carbs	42.86 g	
Fat - Total	12.81 g	19%
Saturated Fat	3.57 g	16%
Mono Fat	5.68 g	23%
Poly Fat	2.33 g	10%
Trans Fatty Acids	0.99 g	
Cholesterol	62.28 mg	21%
Water	804.51 g	22%
Ash	7.39 g	
KiloJoules	3045.25	
Vitamins		
Vitamin A IU	5676.13 IU	126%
Vitamin A RAE	442.10 mcg	49%
Vitamin A RE	694.27 mcg	
A - Carotenoid	504.32 RE	
A - Retinol	189.94 RE	
A - Beta Carotene	2260.55 mcg	
Thiamin-B1	1.78 mg	148%
Riboflavin-B2	1.04 mg	80%
Niacin-B3	9.98 mg	62%
Niacin Equiv.	17.44 mg	109%
Vitamin-B6	0.83 mg	49%
Vitamin-B12	1.98 mcg	83%
Biotin	9.52 mcg	32%
Vitamin C	39.44 mg	44%
Vitamin D IU	100.45 IU	17%
Vitamin D mcg	2.54 mcg	17%
Vit E Alpha-Tocopherol	1.16 mg	8%
Vit E-Alpha Equiv.	1.25 mg	
Vitamin E IU	1.87 IU	
Vitamin E mg	1.25 mg	
Folate	70.49 mcg	18%
Folate DFE	89.15 mcg	22%
Vitamin K	14.13 mcg	12%

Multi-Column

6:0-Caproic	0 g	
8:0-Caprylic	0.00 g	
10:0-Capric	0.02 g	
12:0-Lauric	0.01 g	
14:0-Myristic	0.10 g	
15:0-Pentadecanoic	0 g	
16:0-Palmitic	2.13 g	
17:0-Margaric	0.01 g	
18:0-Stearic	1.19 g	
20:0-Arachidic	0.01 g	
22:0-Behenate	0.01 g	
24:0-Lignoceric	0 g	
Mono Fats		
14:1-Myristol	0 g	
15:1-Pentadecenoic	0 g	
16:1-Palmitol	0.21 g	
17:1-Heptadecenoic	0 g	
18:1-Oleic	5.41 g	
20:1-Eicosen	0.04 g	
22:1-Erucic	0 g	
24:1-Nervonic	0 g	
Poly Fats		
18:2-Linoleic	2.04 g	15%
18:3-Linolenic	0.18 g	11%
18:4-Stearidon	0 g	
20:3-Eicosatrienoic	0 g	
20:4-Arachidon	0.07 g	
20:5-EPA	0 g	
22:5-DPA	0 g	
22:6-DHA	0 g	
Other Fats		
Omega 3 Fatty Acids	0.18 g	
Omega 6 Fatty Acids	2.11 g	
Amino Acids		
Alanine	1.78 g	
Arginine	1.84 g	
Aspartate	3.13 g	
Cystine	0.68 g	
Glutamate	6.45 g	
Glycine	1.41 g	
Histidine	1.20 g	
Isoleucine	1.61 g	
Leucine	2.93 g	
Lysine	2.84 g	
Methionine	0.84 g	
Phenylalanine	1.47 g	
Proline	2.12 g	
Serine	1.57 g	
Threonine	1.38 g	
Tryptophan	0.45 g	
Tyrosine	1.29 g	
Valine	1.89 g	

Greenbrier County Menu #1

September 7, 2009

Total Weight: 101495.63 g (3580.09 oz-wt.)
 Serving Size: 1014.96 g (35.80 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Pantothenic Acid	2.10 mg	42%
Minerals		
Boron	108.34 mcg	
Calcium	528.70 mg	44%
Chloride	248.77 mg	14%
Chromium	1.05 mcg	3%
Copper	0.36 mg	40%
Fluoride	-- mg	
Iodine	57.90 mcg	39%
Iron	7.15 mg	89%
Magnesium	103.30 mg	25%
Manganese	1.57 mg	68%
Molybdenum	5.93 mcg	13%
Phosphorus	830.62 mg	119%
Potassium	2053.51 mg	44%
Selenium	55.03 mcg	100%
Sodium	491.26 mg	14%
Zinc	3.58 mg	33%
Saturated Fats		
4:0-Butyric	0.01 g	

Multi-Column

Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	39.98 mg 7%
Taurine	-- mg

Notes

This menu does meet the goal for folate in reality.

The menu analysis database did not supply a figure for folate for pinto beans. However, they are a good source of folate.

Greenbrier County Menu #2

Meat Sauce over Spaghetti Noodles Green Beans Stewed Apples with Raisins Whole Wheat Dinner Roll Margarine Skim Milk

Greenbrier County Meat Sauce over Spaghetti Noodles

¾ cup vegetable oil
2 cups diced onions
¾ teaspoon garlic powder
22# ground beef 20% fat
2 ¼ gallon canned low sodium tomatoes
1 cup sugar
½ cup plus 1 teaspoon basil leaves

Dice onions and sauté with garlic in oil. Add ground beef and sauté until a minimum internal temperature of 155 degrees is reached. Drain excess fat. Mix in rest of ingredients and simmer for 2-3 hours. Serve over spaghetti. Serve at or above 140 degrees.

10# spaghetti noodles
6 gallons water

Boil pasta in water until tender. Drain and rinse.

Greenbrier County Green Beans

27# frozen cut green beans
1 gallon and 1 cup water

Bring green beans to a boil. Cook until tender. Drain well.

Greenbrier County Stewed Apples with Raisins

5.57# unsweetened apple slices

1 ¼ quart sugar

1 cup lemon juice

1 cup margarine

¼ cup cinnamon

¼ cup nutmeg

1 quart raisins

Mix apples, sugar, and lemon juice. Arrange in steam table pan sprayed with cooking spray. Melt margarine over low heat. Stir in cinnamon and nutmeg and raisins.

Pour over apple/sugar mixture. Cover with lid or foil. Bake in a 350 degree oven for 30-35 minutes.

100 Whole Wheat Dinner Roll

100 teaspoons Margarine

100 8-oz. cartons Skim Milk

Greenbrier County Menu #2

September 7, 2009

Total Weight: 95772.43 g (3378.22 oz-wt.)
 Serving Size: 957.72 g (33.78 oz-wt.)
 Serves: 100.00
 Cost: --

Amount for 100 servings	Food Item	Amount for 1 serving	Cost	Foodlist ESHA Code
	Greenbrier Cty Meat Sauce over Spaghatt			0
3/4 cup	Pure Vegetable Oil JMS-CR	0.0075 cup	--	90965
2 cup	Fresh Yellow Onions-Chpd	0.02 cup	--	7499
3/4 tsp	Garlic Powder	0.0075 tsp	--	26007
22 lb	Beef Ground Hamburger 20% Fat-Raw	0.22 lb	--	58121
2.25 gal	Diced Tomatoes Unsalted-Cnd DLM	0.0225 gal	--	51006
1 cup	White Granulated Sugar	0.01 cup	--	25006
25 tsp	Ground Basil Leaves AST	0.25 tsp	--	26648
	end of Greenbrier Cty Meat Sauce over S			0
	Greenbrier Cty Spaghetti			0
10 lb	Enrich Spaghetti Noodles-Dry	0.1 lb	--	38296
6 gal	Water	0.06 gal	--	20041
	end of Greenbrier Cty Spaghetti			0
	Greenbrier Cty Green Beans			0
27 lb	Cut Green Beans-Fzn BEF	0.27 lb	--	6219
17 cup	Water	0.17 cup	--	20041
	end of Greenbrier Cty Green Beans			0
100 each	Wheat Dinner Roll	1 each	--	42160
100 each	80% Fat Margarine-Pat	1 each	--	44474
	Greenbrier Cty Stewed Apples/Raisins			0
5.57 lb	Unsweetened Apple Slices-Heated f/Fzn	0.0557 lb	--	3149
1.25 quart	White Granulated Sugar	0.0125 quart	--	25006
1 cup	Lemon Juice-Btl/Cnd	0.01 cup	--	3069
1 cup	Soft Margarine w/Salt-Unspec Oils	0.01 cup	--	8043
1/4 cup	Ground Cinnamon	0.0025 cup	--	26003
1/4 cup	Nutmeg-Ground	0.0025 cup	--	26026
1 quart	Seedless Raisins-Unpacked Cup	0.01 quart	--	3130
	end of Greenbrier Cty Stewed Apples/Rai			0
100 cup	Skim Milk w/Add Vitamin A	1 cup	--	6

Nutrients per Serving

Calories	783.88	Fat - Total	30.48 g
Protein	36.90 g	Saturated Fat	9.70 g
Carbohydrates	92.62 g	Vitamin A RE	318.35 mcg
Dietary Fiber	7.94 g	Vitamin C	20.72 mg
Cholesterol	75.75 mg	Sodium	373.94 mg
% Calories from fat	35 %	% Calories from carbs	47 %

Total Weight: 95772.43 g (3378.22 oz-wt.)
 Serving Size: 957.72 g (33.78 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

% comparison to: WVBOSS (> 70 years)			Multi-Column		
Basic Components			6:0-Caproic	0 g	
Calories	783.88	35%	8:0-Caprylic	0.00 g	
Calories from Fat	274.31	44%	10:0-Capric	0.00 g	
Calories from Saturated Fat	87.29	44%	12:0-Lauric	0.02 g	
Protein	36.90 g	66%	14:0-Myristic	0.69 g	
Carbohydrates	92.62 g	30%	15:0-Pentadecanoic	0.10 g	
Dietary Fiber	7.94 g	32%	16:0-Palmitic	5.36 g	
Soluble Fiber	0.87 g		17:0-Margaric	0.23 g	
InSoluble Fiber	1.33 g		18:0-Stearic	3.01 g	
Sugar - Total	35.81 g		20:0-Arachidic	0.03 g	
Monosaccharides	3.44 g		22:0-Behenate	0.01 g	
Galactose	0 g		24:0-Lignoceric	0 g	
Glucose	1.67 g		Mono Fats		
Fructose	1.76 g		14:1-Myristol	0.16 g	
Disaccharides	12.22 g		15:1-Pentadecenoic	0 g	
Lactose	12.15 g		16:1-Palmitol	0.74 g	
Sucrose	0.06 g		17:1-Heptadecenoic	0.13 g	
Maltose	0 g		18:1-Oleic	11.17 g	
Other Carbs	46.27 g		20:1-Eicosen	0.07 g	
Fat - Total	30.48 g	44%	22:1-Erucic	0 g	
Saturated Fat	9.70 g	44%	24:1-Nervonic	0 g	
Mono Fat	13.00 g	53%	Poly Fats		
Poly Fat	3.79 g	17%	18:2-Linoleic	2.80 g	20%
Trans Fatty Acids	2.22 g		18:3-Linolenic	0.23 g	15%
Cholesterol	75.75 mg	25%	18:4-Stearidon	0 g	
Water	595.72 g	16%	20:3-Eicosatrienoic	0 g	
Ash	4.35 g		20:4-Arachidon	0.03 g	
KiloJoules	3279.85		20:5-EPA	0 g	
Vitamins			22:5-DPA	0 g	
Vitamin A IU	1832.24 IU	41%	22:6-DHA	0 g	
Vitamin A RAE	244.03 mcg	27%	Other Fats		
Vitamin A RE	318.35 mcg		Omega 3 Fatty Acids	0.23 g	
A - Carotenoid	114.67 RE		Omega 6 Fatty Acids	2.83 g	
A - Retinol	203.68 RE		Amino Acids		
A - Beta Carotene	650.03 mcg		Alanine	1.62 g	
Thiamin-B1	0.76 mg	63%	Arginine	1.65 g	
Riboflavin-B2	0.97 mg	74%	Aspartate	2.55 g	
Niacin-B3	8.98 mg	56%	Cystine	0.65 g	
Niacin Equiv.	13.93 mg	87%	Glutamate	7.07 g	
Vitamin-B6	0.59 mg	34%	Glycine	1.64 g	
Vitamin-B12	3.44 mcg	143%	Histidine	0.93 g	
Biotin	6.60 mcg	22%	Isoleucine	1.45 g	
Vitamin C	20.72 mg	23%	Leucine	2.75 g	
Vitamin D IU	100.45 IU	17%	Lysine	2.24 g	
Vitamin D mcg	2.54 mcg	17%	Methionine	0.70 g	
Vit E Alpha-Tocopherol	1.48 mg	10%	Phenylalanine	1.45 g	
Vit E-Alpha Equiv.	1.60 mg		Proline	2.73 g	
Vitamin E IU	2.38 IU		Serine	1.50 g	
Vitamin E mg	1.60 mg		Threonine	1.14 g	
Folate	161.42 mcg	40%	Tryptophan	0.30 g	
Folate DFE	239.89 mcg	60%	Tyrosine	1.06 g	
Vitamin K	7.56 mcg	6%	Valine	1.66 g	

Total Weight: 95772.43 g (3378.22 oz-wt.)
 Serving Size: 957.72 g (33.78 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Pantothenic Acid	1.80 mg	36%
Minerals		
Boron	187.50 mcg	
Calcium	475.20 mg	40%
Chloride	246.83 mg	14%
Chromium	0.91 mcg	3%
Copper	0.38 mg	43%
Fluoride	-- mg	
Iodine	56.41 mcg	38%
Iron	6.47 mg	81%
Magnesium	109.20 mg	26%
Manganese	0.91 mg	39%
Molybdenum	5.06 mcg	11%
Phosphorus	546.20 mg	78%
Potassium	1020.61 mg	22%
Selenium	60.78 mcg	111%
Sodium	373.94 mg	10%
Zinc	6.08 mg	55%
Saturated Fats		
4:0-Butyric	0.01 g	

Multi-Column

Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0.00 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0.00 mg
Choline	102.34 mg 19%
Taurine	-- mg

Webster County Menu #1

Recipes are for 100 servings

**Mixed Vegetable Soup
Hamburger Patty on Whole Wheat Roll
With Light Mayonnaise, Lettuce Leaf, and Tomato Slice
Fruit Cocktail in Juice
2% milk**

Webster County Mixed Vegetable Soup

6 oz. low sodium instant chicken bouillon
4.5 gallons water
12.75# whole canned tomato
1.25# fresh diced celery
2# chopped onion
2 teaspoons black pepper
½ cup dried parsley
¼ cup garlic powder
2.188# frozen corn
2.750# frozen carrots
1.875# frozen green beans
2.5# frozen green peas
1# frozen chopped broccoli

Reconstitute chicken broth in water. Combine this with tomatoes, celery, onions, pepper, parsley flakes, and garlic powder. Bring to a 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. Serve 1 cup portions.

Webster County Hamburger Patty on Whole Wheat Bun

100 4 oz. raw (to make 3 oz. cooked) beef patties

100 whole wheat hamburger buns

100 teaspoons light mayonnaise

200 leaves iceberg lettuce

100 fresh tomato slices

50 cups fruit cocktail in juice (1/2 cup serving)

100 8-oz. cartons 2% milk

Webster County Menu #1

September 7, 2009

Total Weight: 87838.00 g (3098.34 oz-wt.)
 Serving Size: 878.38 g (30.98 oz-wt.)
 Serves: 100.00
 Cost: --

Amount for 100 servings	Food Item	Amount for 1 serving	Cost	Foodlist ESHA Code
	Webster County Mixed Veg Soup			0
6 oz-wt	SodiumFree Chicken Bouillon-Inst HNZ-WY	0.06 oz-wt	--	91220
4.5 gal	Water	0.045 gal	--	20041
12.75 lb	Whole Red Ripe Tomatoes w/Liquid-Cnd	0.1275 lb	--	5179
1.25 lb	Fresh Celery-Diced	0.0125 lb	--	5054
2 lb	Fresh Yellow Onions-Chpd	0.02 lb	--	7499
2 tsp	Black Pepper	0.02 tsp	--	26016
0.5 cup	Dried Parsley	0.005 cup	--	26035
0.25 cup	Garlic Powder	0.0025 cup	--	26007
2.188 lb	Yellow Sweet Corn Cooked f/Fzn-Drnd	0.02188 lb	--	5065
2.75 lb	Carrots Fzn-10oz Pkg	0.0275 lb	--	6776
1.875 lb	Snap Green Beans Fzn-10oz Pkg	0.01875 lb	--	5733
2.5 lb	Green Peas Fzn-10oz Pkg	0.025 lb	--	5280
1 lb	Broccoli Chopped Fzn-10oz Pkg	0.01 lb	--	5735
	end of Webster County Mixed Veg Soup			0
300 oz-wt	Beef Ground Patty w/Veg Protein-Ckd SVY	3 oz-wt	--	10048
100 each	Whole Wheat Hamburger Buns	1 each	--	71363
100 tsp	Light Mayonnaise KFT	1 tsp	--	8501
200 piece	Fresh Iceberg Lettuce-Med Leaf	2 piece	--	90446
100 each	RdTomatoRipe-Raw(Nov-May)-Slice-Thin	1 each	--	90572
50 cup	Coleslaw-Prep f/Recipe	0.5 cup	--	57482
50 cup	Fruit Cocktail w/Juice-Cnd	0.5 cup	--	3164
100 cup	2% Milk w/Add Vit A & D	1 cup	--	2

Nutrients per Serving

Calories	621.78	Fat - Total	24.86 g
Protein	35.73 g	Saturated Fat	9.27 g
Carbohydrates	67.82 g	Vitamin A RE	403.40 mcg
Dietary Fiber	8.84 g	Vitamin C	37.77 mg
Cholesterol	85.72 mg	Sodium	619.86 mg
% Calories from fat	35 %	% Calories from carbs	43 %

Notes

Vitamin C and folate were a little low initially, so I added 1/2 cup of coleslaw to meet goals for Vitamin C and folate. Could use coleslaw from Raleigh County, for example.

Total Weight: 87838.00 g (3098.34 oz-wt.)
 Serving Size: 878.38 g (30.98 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Basic Components

Calories	621.78	28%
Calories from Fat	223.70	36%
Calories from Saturated Fat	83.41	42%
Protein	35.73 g	64%
Carbohydrates	67.82 g	22%
Dietary Fiber	8.84 g	35%
Soluble Fiber	1.59 g	
InSoluble Fiber	4.54 g	
Sugar - Total	33.36 g	
Monosaccharides	2.38 g	
Galactose	0.08 g	
Glucose	1.11 g	
Fructose	1.18 g	
Disaccharides	13.26 g	
Lactose	11.29 g	
Sucrose	1.90 g	
Maltose	0.07 g	
Other Carbs	19.07 g	
Fat - Total	24.86 g	36%
Saturated Fat	9.27 g	42%
Mono Fat	8.38 g	34%
Poly Fat	3.38 g	15%
Trans Fatty Acids	0.15 g	
Cholesterol	85.72 mg	29%
Water	742.43 g	20%
Ash	8.13 g	
KiloJoules	2600.85	
Vitamins		
Vitamin A IU	2966.97 IU	66%
Vitamin A RAE	280.18 mcg	31%
Vitamin A RE	403.40 mcg	
A - Carotenoid	242.75 RE	
A - Retinol	158.81 RE	
A - Beta Carotene	1228.31 mcg	
Thiamin-B1	0.54 mg	45%
Riboflavin-B2	0.90 mg	69%
Niacin-B3	8.82 mg	55%
Niacin Equiv.	11.82 mg	74%
Vitamin-B6	0.84 mg	50%
Vitamin-B12	3.26 mcg	136%
Biotin	10.68 mcg	36%
Vitamin C	37.77 mg	42%
Vitamin D IU	115.13 IU	19%
Vitamin D mcg	2.88 mcg	19%
Vit E Alpha-Tocopherol	1.80 mg	12%
Vit E-Alpha Equiv.	2.37 mg	
Vitamin E IU	3.53 IU	
Vitamin E mg	2.37 mg	
Folate	94.71 mcg	24%
Folate DFE	75.32 mcg	19%
Vitamin K	23.53 mcg	20%

Multi-Column

6:0-Caproic	0.10 g	
8:0-Caprylic	0.05 g	
10:0-Capric	0.13 g	
12:0-Lauric	0.17 g	
14:0-Myristic	0.81 g	
15:0-Pentadecanoic	0.05 g	
16:0-Palmitic	4.92 g	
17:0-Margaric	0.03 g	
18:0-Stearic	2.30 g	
20:0-Arachidic	0.01 g	
22:0-Behenate	0.00 g	
24:0-Lignoceric	0 g	
Mono Fats		
14:1-Myristol	0.03 g	
15:1-Pentadecenoic	0.01 g	
16:1-Palmitol	0.56 g	
17:1-Heptadecenoic	0.01 g	
18:1-Oleic	7.51 g	
20:1-Eicosen	0.02 g	
22:1-Erucic	0 g	
24:1-Nervonic	0 g	
Poly Fats		
18:2-Linoleic	2.94 g	21%
18:3-Linolenic	0.35 g	22%
18:4-Stearidon	0 g	
20:3-Eicosatrienoic	0.01 g	
20:4-Arachidon	0.05 g	
20:5-EPA	0 g	
22:5-DPA	0 g	
22:6-DHA	0 g	
Other Fats		
Omega 3 Fatty Acids	0.35 g	
Omega 6 Fatty Acids	2.99 g	
Amino Acids		
Alanine	0.53 g	
Arginine	0.60 g	
Aspartate	1.29 g	
Cystine	0.36 g	
Glutamate	3.64 g	
Glycine	0.40 g	
Histidine	0.32 g	
Isoleucine	0.69 g	
Leucine	1.20 g	
Lysine	0.81 g	
Methionine	0.30 g	
Phenylalanine	0.66 g	
Proline	1.40 g	
Serine	0.65 g	
Threonine	0.47 g	
Tryptophan	0.18 g	
Tyrosine	0.54 g	
Valine	0.82 g	

Total Weight: 87838.00 g (3098.34 oz-wt.)
 Serving Size: 878.38 g (30.98 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Pantothenic Acid	2.02 mg	40%
Minerals		
Boron	147.34 mcg	
Calcium	424.63 mg	35%
Chloride	333.28 mg	19%
Chromium	1.23 mcg	4%
Copper	0.50 mg	55%
Fluoride	-- mg	
Iodine	59.27 mcg	40%
Iron	4.86 mg	61%
Magnesium	117.63 mg	28%
Manganese	1.47 mg	64%
Molybdenum	7.89 mcg	18%
Phosphorus	584.36 mg	83%
Potassium	1461.86 mg	31%
Selenium	29.22 mcg	53%
Sodium	619.86 mg	17%
Zinc	6.46 mg	59%
Saturated Fats		
4:0-Butyric	0.19 g	

Multi-Column

Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	44.48 mg 8%
Taurine	-- mg

Notes

Vitamin C and folate were a little low initially, so I added 1/2 cup of coleslaw to meet goals for Vitamin C and folate. Could use coleslaw from Raleigh County, for example.

Webster County Menu #2

Seasoned Pinto Beans

Onions

Turnip Greens

Cornbread (no recipe provided, used generic for analysis)

Unsweetened Applesauce

Margarine soft

2% milk

Webster County Seasoned Pinto Beans

8.25# dry pinto beans

4 teaspoons salt

3 teaspoons garlic powder

Add beans to 3 gallons plus 2 quarts boiling water. Boil 2 minutes. Remove from heat. Cover and let soak 1 hour or cool and let stand overnight in refrigerator. Add ½ teaspoon salt for each pound of dry beans. Add garlic powder. Cook in soaking liquid until tender (2 hours). Add boiling water, if needed. Drain; serve or use in recipe. Serving size 3 oz. cooked. Serve with 2 Tbs. chopped onion.

Webster County Turnip Greens (no recipe)

50 cups chopped boiled turnip greens

Provide ½ cup chopped boiled turnip greens per person

Cornbread (no recipe)

100 pieces cornbread

Provide 1 piece cornbread per person

Applesauce

50 cups unsweetened applesauce

Provide $\frac{1}{2}$ cup unsweetened applesauce per person

Soft Margarine 100 teaspoons

Provide 1 teaspoon soft margarine per person

100 cartons 2% milk

Webster County Menu #2

September 7, 2009

Total Weight: 70788.63 g (2496.95 oz-wt.)
 Serving Size: 707.89 g (24.97 oz-wt.)
 Serves: 100.00
 Cost: --

Amount for 100 servings	Food Item	Amount for 1 serving	Cost	Foodlist ESHA Code
	Webster County Seasoned Pinto Beans			0
8.25 lb	Pinto Beans-Dry HCG-AM	0.0825 lb	--	7376
3.5 gal	Water	0.035 gal	--	20041
4 tsp	Table Salt	0.04 tsp	--	26014
3 tsp	Garlic Powder	0.03 tsp	--	26007
	end of Webster County Seasoned Pinto Be			0
200 tbs	Fresh Yellow Onions-Chpd	2 tbs	--	7499
50 cup	Turnip Greens Ckd f/Fzn Drnd-10oz Pkg	0.5 cup	--	5186
100 piece	Cornbread Prep f/Recipe w/2% Milk-Pce	1 piece	--	42116
50 cup	Unsweetened Applesauce w/o Add Vit C-Cnd	0.5 cup	--	3006
100 tsp	Soft Margarine LOL	1 tsp	--	44967
100 cup	2% Milk w/Add Vit A & D	1 cup	--	2

Nutrients per Serving

Calories	544.51	Fat - Total	13.51 g
Protein	23.39 g	Saturated Fat	4.84 g
Carbohydrates	83.13 g	Vitamin A RE	861.34 mcg
Dietary Fiber	15.10 g	Vitamin C	24.45 mg
Cholesterol	45.52 mg	Sodium	673.77 mg
% Calories from fat	22 %	% Calories from carbs	61 %

Notes

Folate is high enough in reality. Analysis program doesn't show folate content of beans.

Total Weight: 70788.63 g (2496.95 oz-wt.)
 Serving Size: 707.89 g (24.97 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Basic Components

Calories	544.51	25%
Calories from Fat	121.59	20%
Calories from Saturated Fat	43.55	22%
Protein	23.39 g	42%
Carbohydrates	83.13 g	27%
Dietary Fiber	15.10 g	60%
Soluble Fiber	2.23 g	
InSoluble Fiber	2.69 g	
Sugar - Total	26.43 g	
Monosaccharides	0.71 g	
Galactose	0.04 g	
Glucose	0.41 g	
Fructose	0.25 g	
Disaccharides	11.56 g	
Lactose	11.29 g	
Sucrose	0.25 g	
Maltose	0.02 g	
Other Carbs	15.19 g	
Fat - Total	13.51 g	20%
Saturated Fat	4.84 g	22%
Mono Fat	2.58 g	10%
Poly Fat	2.43 g	11%
Trans Fatty Acids	0.81 g	
Cholesterol	45.52 mg	15%
Water	580.97 g	16%
Ash	6.87 g	
KiloJoules	2278.57	
Vitamins		
Vitamin A IU	7383.16 IU	164%
Vitamin A RAE	463.23 mcg	51%
Vitamin A RE	861.34 mcg	
A - Carotenoid	658.06 RE	
A - Retinol	134.20 RE	
A - Beta Carotene	3949.54 mcg	
Thiamin-B1	0.55 mg	45%
Riboflavin-B2	0.83 mg	64%
Niacin-B3	3.02 mg	19%
Niacin Equiv.	6.12 mg	38%
Vitamin-B6	0.28 mg	17%
Vitamin-B12	1.22 mcg	51%
Biotin	8.81 mcg	29%
Vitamin C	24.45 mg	27%
Vitamin D IU	104.92 IU	17%
Vitamin D mcg	2.62 mcg	17%
Vit E Alpha-Tocopherol	2.30 mg	15%
Vit E-Alpha Equiv.	3.31 mg	
Vitamin E IU	4.94 IU	
Vitamin E mg	3.31 mg	
Folate	99.25 mcg	25%
Folate DFE	125.64 mcg	31%
Vitamin K	6.11 mcg	5%

Multi-Column

6:0-Caproic	0.11 g	
8:0-Caprylic	0.06 g	
10:0-Capric	0.13 g	
12:0-Lauric	0.15 g	
14:0-Myristic	0.49 g	
15:0-Pentadecanoic	0.05 g	
16:0-Palmitic	2.08 g	
17:0-Margaric	0.03 g	
18:0-Stearic	0.84 g	
20:0-Arachidic	0.01 g	
22:0-Beheenate	0.00 g	
24:0-Lignoceric	0 g	
Mono Fats		
14:1-Myristol	0.03 g	
15:1-Pentadecenoic	0.01 g	
16:1-Palmitol	0.12 g	
17:1-Heptadecenoic	0.01 g	
18:1-Oleic	2.39 g	
20:1-Eicosen	0.01 g	
22:1-Erucic	0 g	
24:1-Nervonic	0 g	
Poly Fats		
18:2-Linoleic	2.05 g	15%
18:3-Linolenic	0.35 g	22%
18:4-Stearidon	0 g	
20:3-Eicosatrienoic	0.01 g	
20:4-Arachidon	0.01 g	
20:5-EPA	0 g	
22:5-DPA	0 g	
22:6-DHA	0.00 g	
Other Fats		
Omega 3 Fatty Acids	0.35 g	
Omega 6 Fatty Acids	2.06 g	
Amino Acids		
Alanine	0.69 g	
Arginine	0.65 g	
Aspartate	1.31 g	
Cystine	0.35 g	
Glutamate	3.08 g	
Glycine	0.47 g	
Histidine	0.36 g	
Isoleucine	0.76 g	
Leucine	1.46 g	
Lysine	0.92 g	
Methionine	0.35 g	
Phenylalanine	0.76 g	
Proline	1.34 g	
Serine	0.69 g	
Threonine	0.56 g	
Tryptophan	0.19 g	
Tyrosine	0.63 g	
Valine	0.92 g	

Webster County Menu #2

September 7, 2009

Total Weight: 70788.63 g (2496.95 oz-wt.)
 Serving Size: 707.89 g (24.97 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Multi-Column

Pantothenic Acid	1.29 mg	26%	Other		
Minerals			Alcohol	0 g	
Boron	115.09 mcg		Caffeine	0 mg	
Calcium	635.02 mg	53%	Artif Sweetener - Total	0 mg	
Chloride	263.74 mg	15%	Aspartame	0 mg	
Chromium	0.00 mcg	0%	Saccharin	0 mg	
Copper	0.23 mg	26%	Sugar Alcohol	0 g	
Fluoride	-- mg		Glycerol	0 g	
Iodine	58.96 mcg	39%	Inositol	0 g	
Iron	5.83 mg	73%	Mannitol	0 g	
Magnesium	71.45 mg	17%	Sorbitol	0 g	
Manganese	0.59 mg	26%	Xylitol	0 g	
Molybdenum	5.88 mcg	13%	Organic Acids	0 mg	
Phosphorus	555.44 mg	79%	Acetic Acid	0 mg	
Potassium	1262.53 mg	27%	Citric Acid	0 mg	
Selenium	14.15 mcg	26%	Lactic Acid	0 mg	
Sodium	673.77 mg	19%	Malic Acid	0 mg	
Zinc	1.85 mg	17%	Choline	41.31 mg	8%
Saturated Fats			Taurine	-- mg	
4:0-Butyric	0.21 g				

Notes

Folate is high enough in reality. Analysis program doesn't show folate content of beans.

Ritchie County Integrated Family Services Menu #1
All recipes make 100 servings

Chicken Corn Casserole
Creamier Mashed Potatoes
Chicken Gravy
Green Beans with Garden Seasoning
Bread
Margarine
Fresh Fruit
Skim Milk

**Ritchie County Integrated Family Services Chicken Corn
Casserole**

19# raw skinless chicken breast
8 oz. whole frozen onion
10 oz. green pepper
8.5 oz. diced celery
1 cup soft margarine
12 oz. all purpose wheat flour
2 teaspoons ground black pepper
1.25 gallon low sodium chicken broth
13# sweet corn, frozen kernels
1.5# low fat cheddar cheese
7.5 oz. plain bread crumbs

Boil chicken until tender in enough water to cover. Broth will be used in recipe. Cook onions, green peppers and celery in margarine until tender. Stir in flour and pepper. Gradually stir in chicken broth. Cook, stirring constantly, until thickened. Mix hot mixture with corn, chicken, and cheese. Pour into 4 baking pans, about 3.5 quarts or 7# 12 oz. per pan. Sprinkle bread crumbs evenly over mixture in pans, about 2 $\frac{3}{4}$ oz. per pan. Bake at 350 degrees F for 45 minutes or until bubbly and crumbs are lightly brown. Serving size: $\frac{1}{2}$ cup or about 5 oz. weight. Variation: Use turkey broth and cooked turkey.

Ritchie County Integrated Family Services Creamier Mashed Potatoes

23.5# Potatoes, flesh/skin, large
2 quarts skim milk
1 cup soft margarine

Boil potatoes until tender. Drain. Mash potatoes in mixer until smooth. Gradually add enough milk to moisten. Add margarine. Mix well. Mix on high speed until potatoes are light and fluffy. Serving size ½ cup. Serves 100.

Ritchie County Integrated Family Services Chicken Gravy

1 gallon low sodium chicken broth
½ cup soft margarine
1 cup all purpose wheat flour
½ cup dried parsley

Bring chicken broth to a boil. In a separate container, melt margarine. Add flour and parsley. Cook over low heat 3-5 minutes, stirring constantly. Add hot broth to flour mixture stirring constantly. Bring to a boil. Makes 100 servings – about 2 tablespoons each.

Ritchie County Integrated Family Services Green Beans with Garden Seasoning

4 number 10 cans (about 432 oz.) cut green beans
2 tablespoons garden blend seasoning powder
¼ cup vegetable oil

Procedure not included.

100 slices Bread
100 teaspoons margarine
100 fresh apples
100 8-oz. containers Skim Milk

RitchCtyIntFamSvc Menu #1

September 7, 2009

Total Weight: 93711.12 g (3305.51 oz-wt.)
 Serving Size: 937.11 g (33.06 oz-wt.)
 Serves: 100.00
 Cost: --

Amount for 100 servings	Food Item	Amount for 1 serving	Cost	Foodlist ESHA Code
	Chicken Corn Casserole			0
19 lb	Chicken Broil/Fry Breast w/oSkin-Raw	0.19 lb	--	15054
8 oz-wt	Whole Onions Fzn-10oz Pkg	0.08 oz-wt	--	5778
10 oz-wt	Fresh Sweet Green Bell Peppers-Chpd	0.1 oz-wt	--	5124
8.5 oz-wt	Fresh Celery-Diced	0.085 oz-wt	--	5054
1 cup	Soft Margarine w/Salt-Unspec Oils	0.01 cup	--	8043
12 oz-wt	Durum Wheat Flour AMI	0.12 oz-wt	--	38123
2 tsp	Ground Black Pepper AST	0.02 tsp	--	26522
1.25 gal	Low Sodium Chicken Broth-Cnd	0.0125 gal	--	92184
13 lb	White Sweet Corn-Fzn	0.13 lb	--	6018
1.5 lb	Low Fat Cheddar Cheese-Diced	0.015 lb	--	1447
7.5 oz-wt	Plain Bread Crumbs GML-PR	0.075 oz-wt	--	42439
	end of Chicken Corn Casserole			0
	Creamier Mashed Potatoes			0
23.5 lb	Fresh Potatoes w/Skin	0.235 lb	--	91051
2 quart	Skim Milk w/Add Vitamin A	0.02 quart	--	6
1 cup	Soft Margarine w/Salt-Unspec Oils	0.01 cup	--	8043
	end of Creamier Mashed Potatoes			0
	Chicken Gravy			0
1 gal	Low Sodium Chicken Broth-Cnd	0.01 gal	--	92184
1/2 cup	Soft Margarine w/Salt-Unspec Oils	0.005 cup	--	8043
1 cup	Durum Wheat Flour AMI	0.01 cup	--	38123
1/2 cup	Dried Parsley	0.005 cup	--	26035
	end of Chicken Gravy			0
	Green Beans with Garden Seasoning			0
432 oz-wt	Cut Green Beans-Cnd DLM	4.32 oz-wt	--	51036
2 tbs	Red Vegetable Blend Seasoning-Pwd BJP	0.02 tbs	--	26649
1/4 cup	Pure Vegetable Oil JMS-CR	0.0025 cup	--	90965
	end of Green Beans with Garden Seasonin			0
100 piece	Wheat Bread-Slc	1 piece	--	42012
100 tsp	Soft Margarine w/Salt-Unspec Oils	1 tsp	--	8043
100 each	Fresh Apples-Med FDA	1 each	--	3840
800 fl oz	Skim Milk w/Add Vitamin A	8 fl oz	--	6

Nutrients per Serving

Calories	609.69	Fat - Total	13.06 g
Protein	40.33 g	Saturated Fat	2.70 g
Carbohydrates	86.75 g	Vitamin A RE	307.69 mcg
Dietary Fiber	13.04 g	Vitamin C	35.67 mg
Cholesterol	56.71 mg	Sodium	915.40 mg
% Calories from fat	19 %	% Calories from carbs	55 %

Total Weight: 93711.12 g (3305.51 oz-wt.)
 Serving Size: 937.11 g (33.06 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)**Multi-Column****Basic Components**

Calories	609.69	27%
Calories from Fat	117.55	19%
Calories from Saturated Fat	24.30	12%
Protein	40.33 g	72%
Carbohydrates	86.75 g	28%
Dietary Fiber	13.04 g	52%
Soluble Fiber	0.25 g	
InSoluble Fiber	1.53 g	
Sugar - Total	34.25 g	
Monosaccharides	1.03 g	
Galactose	0.01 g	
Glucose	0.61 g	
Fructose	0.40 g	
Disaccharides	13.43 g	
Lactose	13.12 g	
Sucrose	0.31 g	
Maltose	0 g	
Other Carbs	28.58 g	
Fat - Total	13.06 g	19%
Saturated Fat	2.70 g	12%
Mono Fat	4.47 g	18%
Poly Fat	4.71 g	21%
Trans Fatty Acids	0.03 g	
Cholesterol	56.71 mg	19%
Water	789.76 g	21%
Ash	7.21 g	
KiloJoules	2550.83	
Vitamins		
Vitamin A IU	1434.56 IU	32%
Vitamin A RAE	192.81 mcg	21%
Vitamin A RE	307.69 mcg	
A - Carotenoid	54.86 RE	
A - Retinol	243.23 RE	
A - Beta Carotene	239.22 mcg	
Thiamin-B1	0.45 mg	37%
Riboflavin-B2	0.76 mg	59%
Niacin-B3	14.50 mg	91%
Niacin Equiv.	21.48 mg	134%
Vitamin-B6	0.94 mg	55%
Vitamin-B12	1.86 mcg	77%
Biotin	6.82 mcg	23%
Vitamin C	35.67 mg	40%
Vitamin D IU	108.49 IU	18%
Vitamin D mcg	2.74 mcg	18%
Vit E Alpha-Tocopherol	1.11 mg	7%
Vit E-Alpha Equiv.	1.64 mg	
Vitamin E IU	2.44 IU	
Vitamin E mg	1.64 mg	
Folate	82.48 mcg	21%
Folate DFE	91.23 mcg	23%
Vitamin K	4.20 mcg	3%

6:0-Caproic	0.00 g	
8:0-Caprylic	0.01 g	
10:0-Capric	0.02 g	
12:0-Lauric	0.01 g	
14:0-Myristic	0.12 g	
15:0-Pentadecanoic	0 g	
16:0-Palmitic	1.63 g	
17:0-Margaric	0 g	
18:0-Stearic	0.79 g	
20:0-Arachidic	0 g	
22:0-Behenate	0 g	
24:0-Lignoceric	0 g	
Mono Fats		
14:1-Myristol	0.01 g	
15:1-Pentadecenoic	0 g	
16:1-Palmitol	0.08 g	
17:1-Heptadecenoic	0 g	
18:1-Oleic	4.12 g	
20:1-Eicosen	0.01 g	
22:1-Erucic	0 g	
24:1-Nervonic	0 g	
Poly Fats		
18:2-Linoleic	4.21 g	30%
18:3-Linolenic	0.17 g	11%
18:4-Stearidon	0 g	
20:3-Eicosatrienoic	0 g	
20:4-Arachidon	0.03 g	
20:5-EPA	0 g	
22:5-DPA	0.01 g	
22:6-DHA	0.02 g	
Other Fats		
Omega 3 Fatty Acids	0.19 g	
Omega 6 Fatty Acids	4.25 g	
Amino Acids		
Alanine	1.70 g	
Arginine	1.71 g	
Aspartate	3.17 g	
Cystine	0.68 g	
Glutamate	6.50 g	
Glycine	1.35 g	
Histidine	1.00 g	
Isoleucine	1.76 g	
Leucine	2.95 g	
Lysine	2.72 g	
Methionine	0.86 g	
Phenylalanine	1.61 g	
Proline	2.36 g	
Serine	1.48 g	
Threonine	1.31 g	
Tryptophan	0.42 g	
Tyrosine	1.31 g	
Valine	1.86 g	

Total Weight: 93711.12 g (3305.51 oz-wt.)
 Serving Size: 937.11 g (33.06 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Multi-Column

Pantothenic Acid	2.26 mg	45%
Minerals		
Boron	95.85 mcg	
Calcium	441.27 mg	37%
Chloride	265.14 mg	15%
Chromium	0.14 mcg	0%
Copper	0.32 mg	35%
Fluoride	-- mg	
Iodine	60.89 mcg	41%
Iron	4.12 mg	51%
Magnesium	100.85 mg	24%
Manganese	0.53 mg	23%
Molybdenum	5.67 mcg	13%
Phosphorus	662.11 mg	95%
Potassium	1510.41 mg	32%
Selenium	33.03 mcg	60%
Sodium	915.40 mg	25%
Zinc	2.81 mg	26%
Saturated Fats		
4:0-Butyric	0.03 g	

Other

Alcohol	0 g	
Caffeine	0 mg	
Artif Sweetener - Total	0 mg	
Aspartame	0 mg	
Saccharin	0 mg	
Sugar Alcohol	0 g	
Glycerol	0 g	
Inositol	0 g	
Mannitol	0 g	
Sorbitol	0 g	
Xylitol	0 g	
Organic Acids	0 mg	
Acetic Acid	0 mg	
Citric Acid	0 mg	
Lactic Acid	0 mg	
Malic Acid	0 mg	
Choline	58.03 mg	11%
Taurine	-- mg	

Ritchie County Integrated Family Services Menu #2

**Tasty Meat Loaf
Scalloped Potatoes
Green Beans
Canned Peaches
Sliced Bread
Soft Margarine
2% milk**

Ritchie County Integrated Family Services Tasty Meat Loaf

1.75# tomato paste, canned
2 cups water
1 quart beef broth
5.5 oz. instant non-fat dry milk
15# beef flank, lean
1.75# quick oatmeal, dry
14.5 oz. raw egg
1# chopped onion
1# diced celery
½ cup dried parsley
1 tablespoon ground black pepper
2 tablespoons garlic powder
1 ½ teaspoons ground basil
1 ½ teaspoons ground oregano
1 teaspoon dried marjoram
¼ teaspoon ground thyme

For 100 servings: Combine tomato paste, water, beef broth, and dry milk in mixer for 2 minutes on medium speed.

Grind flank steak or use ground beef that is 90% lean. 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. Press mixture into steam table pans. Smooth top. Separate mixture down the middle into 2 equal loaves. Bake in a conventional oven at 350 degrees for 1 ¼ to 1 ½ hours. Drain fat from pans. Let meat loaf stand 20 minutes. Slice each loaf into 25 slices.

Ritchie County Integrated Family Services Scalloped Potatoes

25# medium potatoes
1 cup soft margarine
1.75# chopped onion
13.5 oz. all purpose wheat flour
3 gallons non-fat milk
1 tablespoon ground black pepper
1 cup dried parsley
1 ½# plain bread crumbs

For 100 servings: Wash potatoes well and slice. Place potatoes into each of 4 steam table pans 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 quarts liquid mixture over potatoes in each pan. Stir to combine. Sprinkle bread crumbs evenly over each pan, approximately 8 oz. 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 a #8 scoop (1/2 cup)

Ritchie County Integrated Family Services Green Beans with Garden Seasoning

4 number 10 cans (about 432 oz.) cut green beans
2 tablespoons garden blend seasoning powder
¼ cup vegetable oil

Procedure not included.

Ritchie County Integrated Family Services Canned Peaches

4 #10 cans (about 408 oz.)

Serve each person about 4 oz. peaches.

100 Slices Bread
100 teaspoons Soft Margarine
100 cartons 2% milk

RitchCty IntFamSve Menu #2

September 7, 2009

Total Weight: 87805.21 g (3097.19 oz-wt.)
 Serving Size: 878.05 g (30.97 oz-wt.)
 Serves: 100.00
 Cost: --

Amount for 100 servings	Food Item	Amount for 1 serving	Cost	Foodlist ESHA Code
	RCIFS Tasty Meat Loaf			0
1.75 lb	Tomato Paste-6oz Can	0.0175 lb	--	5473
2 cup	Water	0.02 cup	--	20041
1 quart	Beef Broth/Bouillon-14oz rts Can	0.01 quart	--	50002
5.5 oz-wt	Non Fat Dry Milk NFC-CN	0.055 oz-wt	--	169
15 lb	Beef Flank Steak All Lean 0"Trm-Raw	0.15 lb	--	58348
1.75 lb	Quick Rolled Oats #21 NonGMO-Dry GMI	0.0175 lb	--	92017
14.5 oz-wt	Jumbo All Natural Eggs-Raw LOL	0.145 oz-wt	--	58411
1 lb	Fresh Yellow Onions-Chpd	0.01 lb	--	7499
1 lb	Fresh Celery-Diced	0.01 lb	--	5054
1/2 cup	Dried Parsley	0.005 cup	--	26035
1 tbs	Ground Black Pepper AST	0.01 tbs	--	26522
2 tbs	Garlic Powder	0.02 tbs	--	26007
1.5 tsp	Ground Basil	0.015 tsp	--	26001
1.5 tsp	Oregano-Ground	0.015 tsp	--	26009
1 tsp	Dried Marjoram	0.01 tsp	--	26025
0.25 tsp	Ground Thyme	0.0025 tsp	--	26033
	end of RCIFS Tasty Meat Loaf			0
	RCIFS Scalloped Potatoes with Parsley			0
25 lb	Fresh Potatoes-Med FDA	0.25 lb	--	7316
1 cup	Soft Margarine w/Salt-Unspec Oils	0.01 cup	--	8043
1.75 lb	Fresh Yellow Onions-Chpd	0.0175 lb	--	7499
13.5 oz-wt	Durum Wheat Flour AMI	0.135 oz-wt	--	38123
3 gal	Skim Milk w/Add Vitamin A	0.03 gal	--	6
1 tbs	Ground Black Pepper AST	0.01 tbs	--	26522
1 cup	Dried Parsley	0.01 cup	--	26035
1.5 lb	Plain Bread Crumbs GML-PR	0.015 lb	--	42439
	end of RCIFS Scalloped Potatoes with Pa			0
	RCIFS Green Beans with Garden Seasoning			0
432 oz-wt	Cut Green Beans-Cnd DLM	4.32 oz-wt	--	51036
2 tbs	Red Vegetable Blend Seasoning-Pwd BJP	0.02 tbs	--	26649
1/4 cup	Pure Vegetable Oil JMS-CR	0.0025 cup	--	90965
	end of RCIFS Green Beans with Garden Se			0
	RCIFS Peaches			0
408 oz-wt	Ready Cut Calif Sun Peaches-Cnd DLM-SW	4.08 oz-wt	--	17338
	end of RCIFS Peaches			0
100 piece	Wheat Bread-Slc	1 piece	--	42012
100 tsp	Soft Margarine LOL	1 tsp	--	44967
100 cup	2% Milk w/Add Vit A & D	1 cup	--	2

Nutrients per Serving

Calories	599.37	Fat - Total	17.15 g
Protein	36.73 g	Saturated Fat	6.05 g
Carbohydrates	73.71 g	Vitamin A RE	355.28 mcg
Dietary Fiber	9.51 g	Vitamin C	79.41 mg
Cholesterol	62.15 mg	Sodium	977.94 mg
% Calories from fat	26 %	% Calories from carbs	49 %

Notes

RitchCty IntFamSve Menu #2

September 7, 2009

Total Weight: 87805.21 g (3097.19 oz-wt.)
Serving Size: 878.05 g (30.97 oz-wt.)
Serves: 100.00
Cost: --

Notes

Total Weight: 87805.21 g (3097.19 oz-wt.)
 Serving Size: 878.05 g (30.97 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Multi-Column

Basic Components

Calories	599.37	27%
Calories from Fat	154.34	25%
Calories from Saturated Fat	54.46	27%
Protein	36.73 g	66%
Carbohydrates	73.71 g	24%
Dietary Fiber	9.51 g	38%
Soluble Fiber	0.31 g	
InSoluble Fiber	1.73 g	
Sugar - Total	36.61 g	
Monosaccharides	0.74 g	
Galactose	0.07 g	
Glucose	0.38 g	
Fructose	0.29 g	
Disaccharides	17.32 g	
Lactose	17.12 g	
Sucrose	0.18 g	
Maltose	0.02 g	
Other Carbs	27.55 g	
Fat - Total	17.15 g	25%
Saturated Fat	6.05 g	27%
Mono Fat	4.24 g	17%
Poly Fat	1.80 g	8%
Trans Fatty Acids	0.82 g	
Cholesterol	62.15 mg	21%
Water	638.02 g	17%
Ash	6.65 g	
KiloJoules	2507.22	
Vitamins		
Vitamin A IU	1781.25 IU	40%
Vitamin A RAE	242.69 mcg	27%
Vitamin A RE	355.28 mcg	
A - Carotenoid	75.81 RE	
A - Retinol	221.77 RE	
A - Beta Carotene	429.91 mcg	
Thiamin-B1	0.34 mg	29%
Riboflavin-B2	0.87 mg	67%
Niacin-B3	6.44 mg	40%
Niacin Equiv.	10.93 mg	68%
Vitamin-B6	0.64 mg	38%
Vitamin-B12	2.54 mcg	106%
Biotin	9.20 mcg	31%
Vitamin C	79.41 mg	88%
Vitamin D IU	153.22 IU	26%
Vitamin D mcg	3.84 mcg	26%
Vit E Alpha-Tocopherol	0.68 mg	5%
Vit E-Alpha Equiv.	1.13 mg	
Vitamin E IU	1.69 IU	
Vitamin E mg	1.13 mg	
Folate	56.18 mcg	14%
Folate DFE	64.93 mcg	16%
Vitamin K	6.59 mcg	5%

6:0-Caproic	0.10 g
8:0-Caprylic	0.05 g
10:0-Capric	0.13 g
12:0-Lauric	0.14 g
14:0-Myristic	0.54 g
15:0-Pentadecanoic	0.05 g
16:0-Palmitic	2.64 g
17:0-Margaric	0.03 g
18:0-Stearic	1.20 g
20:0-Arachidic	0.01 g
22:0-Behenate	0.00 g
24:0-Lignoceric	0 g

Mono Fats

14:1-Myristol	0.03 g
15:1-Pentadecenoic	0.01 g
16:1-Palmitol	0.19 g
17:1-Heptadecenoic	0.01 g
18:1-Oleic	3.56 g
20:1-Eicosen	0.01 g
22:1-Erucic	0 g
24:1-Nervonic	0 g

Poly Fats

18:2-Linoleic	1.23 g	9%
18:3-Linolenic	0.09 g	6%
18:4-Stearidon	0 g	
20:3-Eicosatrienoic	0.01 g	
20:4-Arachidon	0.02 g	
20:5-EPA	0 g	
22:5-DPA	0 g	
22:6-DHA	0 g	

Other Fats

Omega 3 Fatty Acids	0.09 g
Omega 6 Fatty Acids	1.25 g

Amino Acids

Alanine	1.36 g
Arginine	1.40 g
Aspartate	2.47 g
Cystine	0.63 g
Glutamate	5.64 g
Glycine	1.19 g
Histidine	0.78 g
Isoleucine	1.36 g
Leucine	2.48 g
Lysine	2.15 g
Methionine	0.69 g
Phenylalanine	1.24 g
Proline	2.19 g
Serine	1.23 g
Threonine	1.00 g
Tryptophan	0.27 g
Tyrosine	1.07 g
Valine	1.55 g

Total Weight: 87805.21 g (3097.19 oz-wt.)
 Serving Size: 878.05 g (30.97 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)**Multi-Column**

Pantothenic Acid	1.94 mg	39%	Other	
Minerals			Alcohol	0 g
Boron	111.72 mcg		Caffeine	0 mg
Calcium	562.99 mg	47%	Artif Sweetener - Total	0 mg
Chloride	364.72 mg	20%	Aspartame	0 mg
Chromium	0.07 mcg	0%	Saccharin	0 mg
Copper	0.20 mg	23%	Sugar Alcohol	0 g
Fluoride	-- mg		Glycerol	0 g
Iodine	85.86 mcg	57%	Inositol	0 g
Iron	5.62 mg	70%	Mannitol	0 g
Magnesium	75.41 mg	18%	Sorbitol	0 g
Manganese	0.37 mg	16%	Xylitol	0 g
Molybdenum	8.08 mcg	18%	Organic Acids	0 mg
Phosphorus	592.62 mg	85%	Acetic Acid	0 mg
Potassium	1645.87 mg	35%	Citric Acid	0 mg
Selenium	35.82 mcg	65%	Lactic Acid	0 mg
Sodium	977.94 mg	27%	Malic Acid	0 mg
Zinc	4.59 mg	42%	Choline	64.41 mg 12%
Saturated Fats			Taurine	-- mg
4:0-Butyric	0.19 g			

Notes

Ritchie County Integrated Family Services Menu #3

**Roast Beef - Round
Glazed Sweet Potatoes
Spinach
Peaches or fruit cocktail
Whole Wheat Bread
Margarine
2% Milk**

Ritchie County Integrated Family Services Roast Beef Round

20# Beef round tip

$\frac{3}{4}$ cup ground black pepper

$\frac{3}{4}$ cup ground basil

Rub outside of meat with pepper and basil. Place roasts on racks in shallow open roasting pans, allowing space in pans between roasts. Insert a meat thermometer into the center of the smallest roast so the tip is not touching bone, fat, or gristle. Roast at 325 degrees F until the thermometer reads 160 degrees F. (Approximate roasting time 3 $\frac{1}{4}$ to 4 hours).

Remove roast from pan. Move thermometer to the next larger roast; follow this procedure until all meat is cooked. Let roasts stand 15 to 20 minutes.

Then slice and serve immediately to ensure highest quality.

Serving size 3 oz. Serves 100.

Ritchie County Integrated Family Services Glazed Sweet Potatoes

25# canned sweet potatoes
1 cup soft margarine
10.5 oz brown sugar
1.5 cups orange juice concentrate
Ground nutmeg
Ground cinnamon
10 oz. raisins

Makes 100 servings.

Drain sweet potatoes, reserving 2 cups liquid. Set aside. Place sweet potatoes into each of 4 steam table pans.

For glaze – Combine margarine, brown sugar, undiluted orange juice concentrate, sweet potato liquid, nutmeg and cinnamon. Stir to blend. Bring to a boil. Remove from heat and add raisins. Pour equal amounts of glaze over each pan of sweet potatoes. Bake in conventional oven at 375 degrees F for 20-30 minutes.

Ritchie County Integrated Family Services Spinach

4 #10 cans (about 408 oz.) spinach.

No procedure included.

Ritchie County Integrated Family Services Peaches

4 #10 cans peaches in light syrup

100 slices Whole Wheat Bread
100 teaspoons Margarine
100 8 oz cartons 2% Milk

RitchCtyIntFamSvc Menu #3

September 7, 2009

Total Weight: 64072.44 g (2260.05 oz-wt.)
 Serving Size: 640.72 g (22.60 oz-wt.)
 Serves: 100.00
 Cost: --

Amount for 100 servings	Food Item	Amount for 1 serving	Cost	Foodlist ESHA Code
	RCIFS Roasted Beef Round			0
20 lb	Beef Round Tip Roast All 0"Trim-Raw	0.2 lb	--	58245
3/4 cup	Ground Black Pepper AST	0.0075 cup	--	26522
3/4 cup	Ground Basil	0.0075 cup	--	26001
	end of RCIFS Roasted Beef Round			0
	RCIFS Glazed Sweet Potatoes			0
25 lb	Sweet Potatoes in Syrup-Cnd-404x307 Can	0.25 lb	--	90539
1 cup	Soft Margarine w/Salt-Unspec Oils	0.01 cup	--	8043
10.5 oz-wt	Brown Sugar-Unpacked	0.105 oz-wt	--	25201
1.5 cup	Orange Juice Unswtnd Fzn Conc-6 floz Can	0.015 cup	--	3094
2 tsp	Ground Nutmeg AST	0.02 tsp	--	26516
2 tsp	Ground Cinnamon	0.02 tsp	--	26003
10 oz-wt	Seedless Raisins	0.1 oz-wt	--	3766
	end of RCIFS Glazed Sweet Potatoes			0
	RCIFS Spinach			0
408 oz-wt	Spinach w/Liquid-Cnd	4.08 oz-wt	--	5595
	end of RCIFS Spinach			0
	RCIFS Peaches			0
108 oz-wt	Ready Cut Calif Sun Peaches-Cnd DLM-SW	1.08 oz-wt	--	17338
	end of RCIFS Peaches			0
100 piece	Whole Wheat Bread-Slc	1 piece	--	42014
100 tsp	Soft Margarine LOL	1 tsp	--	44967
100 cup	2% Milk w/Add Vit A & D	1 cup	--	2

Nutrients per Serving

Calories	549.77	Fat - Total	18.56 g
Protein	33.28 g	Saturated Fat	6.95 g
Carbohydrates	63.79 g	Vitamin A RE	1592.36 mcg
Dietary Fiber	7.41 g	Vitamin C	48.41 mg
Cholesterol	51.27 mg	Sodium	782.44 mg
% Calories from fat	30 %	% Calories from carbs	46 %

Notes

Total Weight: 64072.44 g (2260.05 oz-wt.)
 Serving Size: 640.72 g (22.60 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Multi-Column

Basic Components

Calories	549.77	25%
Calories from Fat	167.05	27%
Calories from Saturated Fat	62.52	31%
Protein	33.28 g	59%
Carbohydrates	63.79 g	21%
Dietary Fiber	7.41 g	30%
Soluble Fiber	1.94 g	
InSoluble Fiber	4.81 g	
Sugar - Total	37.74 g	
Monosaccharides	1.73 g	
Galactose	0.04 g	
Glucose	0.97 g	
Fructose	0.88 g	
Disaccharides	11.34 g	
Lactose	11.28 g	
Sucrose	2.73 g	
Maltose	0.02 g	
Other Carbs	16.79 g	
Fat - Total	18.56 g	27%
Saturated Fat	6.95 g	31%
Mono Fat	5.24 g	21%
Poly Fat	1.79 g	8%
Trans Fatty Acids	0.81 g	
Cholesterol	51.27 mg	17%
Water	519.53 g	14%
Ash	5.99 g	
KiloJoules	2298.77	
Vitamins		
Vitamin A IU	14753.11 IU	328%
Vitamin A RAE	837.54 mcg	93%
Vitamin A RE	1592.36 mcg	
A - Carotenoid	1408.99 RE	
A - Retinol	150.03 RE	
A - Beta Carotene	3963.42 mcg	
Thiamin-B1	0.33 mg	28%
Riboflavin-B2	0.81 mg	62%
Niacin-B3	7.77 mg	49%
Niacin Equiv.	12.79 mg	80%
Vitamin-B6	0.87 mg	51%
Vitamin-B12	2.47 mcg	103%
Biotin	6.63 mcg	22%
Vitamin C	48.41 mg	54%
Vitamin D IU	104.92 IU	17%
Vitamin D mcg	2.62 mcg	17%
Vit E Alpha-Tocopherol	1.90 mg	13%
Vit E-Alpha Equiv.	2.27 mg	
Vitamin E IU	3.39 IU	
Vitamin E mg	2.27 mg	
Folate	119.40 mcg	30%
Folate DFE	119.40 mcg	30%
Vitamin K	15.44 mcg	13%

6:0-Caproic	0.10 g	
8:0-Caprylic	0.05 g	
10:0-Capric	0.14 g	
12:0-Lauric	0.15 g	
14:0-Myristic	0.64 g	
15:0-Pentadecanoic	0.05 g	
16:0-Palmitic	3.34 g	
17:0-Margaric	0.03 g	
18:0-Stearic	1.57 g	
20:0-Arachidic	0.01 g	
22:0-Behenate	0.00 g	
24:0-Lignoceric	0 g	
Mono Fats		
14:1-Myristol	0.04 g	
15:1-Pentadecenoic	0.01 g	
16:1-Palmitol	0.40 g	
17:1-Heptadecenoic	0.01 g	
18:1-Oleic	4.77 g	
20:1-Eicosen	0.01 g	
22:1-Erucic	0 g	
24:1-Nervonic	0 g	
Poly Fats		
18:2-Linoleic	1.46 g	10%
18:3-Linolenic	0.30 g	19%
18:4-Stearidon	0 g	
20:3-Eicosatrienoic	0.01 g	
20:4-Arachidon	0.01 g	
20:5-EPA	0 g	
22:5-DPA	0 g	
22:6-DHA	0 g	
Other Fats		
Omega 3 Fatty Acids	0.30 g	
Omega 6 Fatty Acids	1.47 g	
Amino Acids		
Alanine	1.67 g	
Arginine	1.78 g	
Aspartate	2.94 g	
Cystine	0.58 g	
Glutamate	5.80 g	
Glycine	1.55 g	
Histidine	0.90 g	
Isoleucine	1.55 g	
Leucine	2.70 g	
Lysine	2.39 g	
Methionine	0.79 g	
Phenylalanine	1.42 g	
Proline	2.15 g	
Serine	1.35 g	
Threonine	1.23 g	
Tryptophan	0.30 g	
Tyrosine	1.16 g	
Valine	1.76 g	

Total Weight: 64072.44 g (2260.05 oz-wt.)
 Serving Size: 640.72 g (22.60 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Pantothenic Acid	2.01 mg	40%
Minerals		
Boron	407.06 mcg	
Calcium	455.90 mg	38%
Chloride	244.26 mg	14%
Chromium	1.14 mcg	4%
Copper	0.49 mg	55%
Fluoride	-- mg	
Iodine	58.56 mcg	39%
Iron	5.76 mg	72%
Magnesium	155.81 mg	37%
Manganese	1.86 mg	81%
Molybdenum	4.88 mcg	11%
Phosphorus	546.01 mg	78%
Potassium	1319.56 mg	28%
Selenium	40.57 mcg	74%
Sodium	782.44 mg	22%
Zinc	5.72 mg	52%
Saturated Fats		
4:0-Butyric	0.19 g	

Multi-Column

Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0.00 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0.00 mg
Choline	48.15 mg 9%
Taurine	-- mg

Notes

Ritchie County Integrated Family Services Menu #4
Pinto Beans/Onions
Spinach
Creamier Mashed Potatoes
Applesauce with Cinnamon/vanilla
Cornbread
Soft Margarine
2% milk

Ritchie County Integrated Family Services Pinto Beans/Onions

8.25# dry pinto beans
4 teaspoons lite salt
3 teaspoons garlic salt

Makes 100 servings. Sort and wash beans. Add beans to 3 gallons and 2 quarts boiling water. Boil 2 minutes. Remove from heat. Cover and let soak 1 hour or cool and let stand overnight in refrigerator. Add ½ teaspoon lite salt for each pound of dry beans. Add garlic powder. Cook in soaking liquid until tender (2 hours). Add boiling water if needed. Drain. Serve or use in recipe. Serving size 3 oz. cooked. (SMP added this to correspond with recipe title - Serve 1 tablespoon chopped onions with each serving.)

Ritchie County Integrated Family Services Spinach

4 #10 cans spinach
¼ cup oil

No procedure provided.

Ritchie County Integrated Family Services Creamier Mashed Potatoes

23.5# large potatoes
2 quarts nonfat milk
1 cup soft margarine

Serves 100. Boil potatoes until tender. Drain. Mash potatoes in mixer until smooth. Gradually add enough milk to moisten. Add margarine. Mix well. Mix on high speed until potatoes are light and fluffy. Serving size ½ cup.

Ritchie County Integrated Family Services Applesauce with Cinnamon/vanilla

3 #10 cans applesauce
4 tablespoons cinnamon
2 teaspoons vanilla
No procedure provided.

Ritchie County Integrated Family Services Cornbread

2.219# all purpose wheat flour
2.68# enriched cornmeal
3 oz. baking powder
9.25 oz. white sugar
2 teaspoons salt
14 oz. raw egg
2 quarts nonfat milk
9.75 oz. corn oil

Makes 100 servings. Mix flour, cornmeal, baking powder, sugar, and salt thoroughly. Mix eggs, milk, and oil. Add to dry ingredients, stirring only until ingredients are moistened. Batter will be lumpy. Pour into 2 greased baking pans (12x20 inches, about 2 ½ quarts or 5 pounds, 11 oz. batter per pan. Bake at 425 degrees F for 25 to 30 minutes or until lightly browned. Serving size: 1 piece, about 2"x2".

100 teaspoons soft margarine
100 8 oz. cartons 2% Milk

RitchCtyFamSvc Menu #4

September 7, 2009

Total Weight: 68035.21 g (2399.83 oz-wt.)
 Serving Size: 680.35 g (24.00 oz-wt.)
 Serves: 100.00
 Cost: --

Amount for 100 servings	Food Item	Amount for 1 serving	Cost	Foodlist ESHA Code
	RCIFS Pinto Beans/Onions			0
8.25 lb	Pinto Beans-Dry HCG-AM	0.0825 lb	--	7376
4 tsp	Morton Lite Salt Mixture MII	0.04 tsp	--	26048
3 tsp	Garlic Powder	0.03 tsp	--	26007
100 tbs	Fresh Yellow Onions-Chpd	1 tbs	--	7499
	end of RCIFS Pinto Beans/Onions			0
	RCIFS Spinach for Menu #4			0
408 oz-wt	Spinach w/Liquid-Cnd	4.08 oz-wt	--	5595
1/4 cup	Pure Vegetable Oil JMS-CR	0.0025 cup	--	90965
	end of RCIFS Spinach for Menu #4			0
	RCIFS Creamier Mashed Potatoes			0
23.5 lb	Fresh Potatoes w/Skin	0.235 lb	--	91051
2 quart	Skim Milk w/Add Vitamin A	0.02 quart	--	6
1 cup	Soft Margarine w/Salt-Unspec Oils	0.01 cup	--	8043
	end of RCIFS Creamier Mashed Potatoes			0
	RCIFS Apple Sauce with cinnamon/vanilla			0
306 oz-wt	Unsweetened Applesauce w/o Add Vit C-Cnd	3.06 oz-wt	--	3006
4 tbs	Ground Cinnamon	0.04 tbs	--	26003
2 tsp	Vanilla Extract	0.02 tsp	--	26624
	end of RCIFS Apple Sauce with cinnamon/			0
	RCIFS Cornbread Menu 4			0
2.219 lb	Durum Wheat Flour AMI	0.02219 lb	--	38123
2.68 lb	MarthaWhtWhiteCornMeal-SlfrsngEnrDry PLB	0.0268 lb	--	359
3 oz-wt	Calumet Double Acting Baking Powder KFT	0.03 oz-wt	--	28072
9.25 oz-wt	White Granulated Sugar	0.0925 oz-wt	--	25006
2 tsp	Table Salt	0.02 tsp	--	26014
14 oz-wt	Whole Eggs Raw-Lrg	0.14 oz-wt	--	19501
2 quart	Skim Milk w/Add Vitamin A	0.02 quart	--	6
9.75 oz-wt	Corn Oil ACH	0.0975 oz-wt	--	44890
	end of RCIFS Cornbread Menu 4			0
100 tsp	Soft Margarine LOL	1 tsp	--	44967
100 cup	2% Milk w/Add Vit A & D	1 cup	--	2

Nutrients per Serving

Calories	574.12	Fat - Total	15.31 g
Protein	24.67 g	Saturated Fat	4.75 g
Carbohydrates	86.20 g	Vitamin A RE	963.99 mcg
Dietary Fiber	16.42 g	Vitamin C	42.01 mg
Cholesterol	37.09 mg	Sodium	908.09 mg
% Calories from fat	24 %	% Calories from carbs	59 %

Notes

Total Weight: 68035.21 g (2399.83 oz-wt.)
 Serving Size: 680.35 g (24.00 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Multi-Column

Basic Components

Calories	574.12	26%
Calories from Fat	137.76	22%
Calories from Saturated Fat	42.79	21%
Protein	24.67 g	44%
Carbohydrates	86.20 g	28%
Dietary Fiber	16.42 g	66%
Soluble Fiber	0.49 g	
InSoluble Fiber	2.72 g	
Sugar - Total	28.29 g	
Monosaccharides	1.35 g	
Galactose	0.05 g	
Glucose	0.79 g	
Fructose	0.51 g	
Disaccharides	13.70 g	
Lactose	13.23 g	
Sucrose	0.44 g	
Maltose	0.03 g	
Other Carbs	39.96 g	
Fat - Total	15.31 g	22%
Saturated Fat	4.75 g	21%
Mono Fat	3.22 g	13%
Poly Fat	3.08 g	14%
Trans Fatty Acids	0.81 g	
Cholesterol	37.09 mg	12%
Water	546.06 g	15%
Ash	8.08 g	
KiloJoules	2401.33	
Vitamins		
Vitamin A IU	8282.61 IU	184%
Vitamin A RAE	538.07 mcg	60%
Vitamin A RE	963.99 mcg	
A - Carotenoid	751.19 RE	
A - Retinol	179.46 RE	
A - Beta Carotene	24.53 mcg	
Thiamin-B1	0.57 mg	48%
Riboflavin-B2	0.86 mg	66%
Niacin-B3	3.06 mg	19%
Niacin Equiv.	5.82 mg	36%
Vitamin-B6	0.46 mg	27%
Vitamin-B12	1.38 mcg	58%
Biotin	7.59 mcg	25%
Vitamin C	42.01 mg	47%
Vitamin D IU	122.38 IU	20%
Vitamin D mcg	3.06 mcg	20%
Vit E Alpha-Tocopherol	1.83 mg	12%
Vit E-Alpha Equiv.	1.94 mg	
Vitamin E IU	2.90 IU	
Vitamin E mg	1.94 mg	
Folate	119.91 mcg	30%
Folate DFE	105.17 mcg	26%
Vitamin K	2.85 mcg	2%

6:0-Caproic	0.10 g
8:0-Caprylic	0.05 g
10:0-Capric	0.12 g
12:0-Lauric	0.14 g
14:0-Myristic	0.44 g
15:0-Pentadecanoic	0.05 g
16:0-Palmitic	1.74 g
17:0-Margaric	0.03 g
18:0-Stearic	0.75 g
20:0-Arachidic	0.01 g
22:0-Behenate	0.01 g
24:0-Lignoceric	0.00 g

Mono Fats

14:1-Myristol	0.04 g
15:1-Pentadecenoic	0.01 g
16:1-Palmitol	0.08 g
17:1-Heptadecenoic	0.01 g
18:1-Oleic	2.04 g
20:1-Eicosen	0.01 g
22:1-Erucic	0.00 g
24:1-Nervonic	0 g

Poly Fats

18:2-Linoleic	1.03 g	7%
18:3-Linolenic	0.20 g	13%
18:4-Stearidon	0 g	
20:3-Eicosatrienoic	0.01 g	
20:4-Arachidon	0.01 g	
20:5-EPA	0.00 g	
22:5-DPA	0 g	
22:6-DHA	0.00 g	

Other Fats

Omega 3 Fatty Acids	0.20 g
Omega 6 Fatty Acids	1.04 g

Amino Acids

Alanine	0.51 g
Arginine	0.55 g
Aspartate	1.45 g
Cystine	0.36 g
Glutamate	2.70 g
Glycine	0.35 g
Histidine	0.30 g
Isoleucine	0.69 g
Leucine	1.21 g
Lysine	0.92 g
Methionine	0.30 g
Phenylalanine	0.73 g
Proline	1.14 g
Serine	0.60 g
Threonine	0.46 g
Tryptophan	0.17 g
Tyrosine	0.55 g
Valine	0.84 g

Total Weight: 68035.21 g (2399.83 oz-wt.)
 Serving Size: 680.35 g (24.00 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Multi-Column

Pantothenic Acid	1.51 mg	30%	Other	
Minerals			Alcohol	0.03 g
Boron	357.96 mcg		Caffeine	0 mg
Calcium	572.71 mg	48%	Artif Sweetener - Total	0 mg
Chloride	293.79 mg	16%	Aspartame	0 mg
Chromium	0.05 mcg	0%	Saccharin	0 mg
Copper	0.32 mg	36%	Sugar Alcohol	0 g
Fluoride	-- mg		Glycerol	0 g
Iodine	84.44 mcg	56%	Inositol	0 g
Iron	6.12 mg	76%	Mannitol	0 g
Magnesium	122.78 mg	29%	Sorbitol	0 g
Manganese	0.86 mg	37%	Xylitol	0 g
Molybdenum	6.84 mcg	15%	Organic Acids	0 mg
Phosphorus	600.78 mg	86%	Acetic Acid	0 mg
Potassium	1767.90 mg	38%	Citric Acid	0 mg
Selenium	10.64 mcg	19%	Lactic Acid	0 mg
Sodium	908.09 mg	25%	Malic Acid	0 mg
Zinc	2.10 mg	19%	Choline	68.53 mg 12%
Saturated Fats			Taurine	-- mg
4:0-Butyric	0.19 g			

Notes

Ritchie County Integrated Family Services Menu #5

Tasty Meat Loaf
Mashed Potatoes/Gravy
Green Beans
Canned Peaches
Sliced Bread
Soft Margarine
2% milk

Ritchie County Integrated Family Services Tasty Meat Loaf

1.75# tomato paste, canned
2 cups water
1 quart beef broth
5.5 oz. instant non-fat dry milk
15# beef flank, lean
1.75# quick oatmeal, dry
14.5 oz. raw egg
1# chopped onion
1# diced celery
½ cup dried parsley
1 tablespoon ground black pepper
2 tablespoons garlic powder
1 ½ teaspoons ground basil
1 ½ teaspoons ground oregano
1 teaspoon dried marjoram
¼ teaspoon ground thyme

Procedure continued next page.

Ritchie County Integrated Family Services Tasty Meat Loaf

Procedure continued.

For 100 servings: Combine tomato paste, water, beef broth, and dry milk in mixer for 2 minutes on medium speed.

Grind flank steak or use ground beef that is 90% lean. 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. 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 for 1 ¼ to 1 ½ hours. Drain fat from pans. Let meat loaf stand 20 minutes. Slice each loaf into 25 slices.

Ritchie County Integrated Family Services Creamier Mashed Potatoes

23.5# large potatoes
2 quarts nonfat milk
1 cup soft margarine

Serves 100. Boil potatoes until tender. Drain. Mash potatoes in mixer until smooth. Gradually add enough milk to moisten. Add margarine. Mix well. Mix on high speed until potatoes are light and fluffy. Serving size ½ cup.

Gravy recipe was not provided for analysis.

Ritchie County Integrated Family Services Green Beans with Garden Seasoning

4 #10 cans (about 432 oz.) cut green beans

Recipe says "Season to taste."

Procedure not included.

Ritchie County Integrated Family Services Canned Peaches

4 #10 cans (about 408 oz.)

Serve each person about 4 oz. peaches.

RitchCtyFam Svc Menu #5

September 7, 2009

Total Weight: 66942.49 g (2361.29 oz-wt.)
 Serving Size: 669.42 g (23.61 oz-wt.)
 Serves: 100.00
 Cost: --

Amount for 100 servings	Food Item	Amount for 1 serving	Cost	Foodlist ESHA Code
	RCIFS Tasty Meat Loaf			0
1.75 lb	Tomato Paste-6oz Can	0.0175 lb	--	5473
2 cup	Water	0.02 cup	--	20041
1 quart	Beef Broth/Bouillon-14oz rts Can	0.01 quart	--	50002
5.5 oz-wt	Non Fat Dry Milk NFC-CN	0.055 oz-wt	--	169
15 lb	Beef Flank Steak All Lean 0"Trm-Raw	0.15 lb	--	58348
1.75 lb	Quick Rolled Oats #21 NonGMO-Dry GMI	0.0175 lb	--	92017
14.5 oz-wt	Jumbo All Natural Eggs-Raw LOL	0.145 oz-wt	--	58411
1 lb	Fresh Yellow Onions-Chpd	0.01 lb	--	7499
1 lb	Fresh Celery-Diced	0.01 lb	--	5054
1/2 cup	Dried Parsley	0.005 cup	--	26035
1 tbs	Ground Black Pepper AST	0.01 tbs	--	26522
2 tbs	Garlic Powder	0.02 tbs	--	26007
1.5 tsp	Ground Basil	0.015 tsp	--	26001
1.5 tsp	Oregano-Ground	0.015 tsp	--	26009
1 tsp	Dried Marjoram	0.01 tsp	--	26025
0.25 tsp	Ground Thyme	0.0025 tsp	--	26033
	end of RCIFS Tasty Meat Loaf			0
	RCIFS Creamier Mashed Potatoes			0
23.5 lb	Fresh Potatoes w/Skin	0.235 lb	--	91051
2 quart	Skim Milk w/Add Vitamin A	0.02 quart	--	6
1 cup	Soft Margarine w/Salt-Unspec Oils	0.01 cup	--	8043
	end of RCIFS Creamier Mashed Potatoes			0
	RCIFS Green Beans with Garden Seasoning			0
432 oz-wt	Cut Green Beans-Cnd DLM	4.32 oz-wt	--	51036
2 tbs	Red Vegetable Blend Seasoning-Pwd BJP	0.02 tbs	--	26649
1/4 cup	Pure Vegetable Oil JMS-CR	0.0025 cup	--	90965
	end of RCIFS Green Beans with Garden Se			0
	RCIFS Peaches			0
108 oz-wt	Ready Cut Calif Sun Peaches-Cnd DLM-SW	1.08 oz-wt	--	17338
	end of RCIFS Peaches			0
100 piece	Wheat Bread-Slc	1 piece	--	42012
100 tsp	Soft Margarine LOL	1 tsp	--	44967
100 cup	2% Milk w/Add Vit A & D	1 cup	--	2

Nutrients per Serving

Calories	513.96	Fat - Total	16.69 g
Protein	31.33 g	Saturated Fat	6.02 g
Carbohydrates	58.96 g	Vitamin A RE	281.73 mcg
Dietary Fiber	7.47 g	Vitamin C	42.08 mg
Cholesterol	60.19 mg	Sodium	870.43 mg
% Calories from fat	29 %	% Calories from carbs	46 %

Notes

Total Weight: 66942.49 g (2361.29 oz-wt.)
 Serving Size: 669.42 g (23.61 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)**Basic Components**

Calories	513.96	23%
Calories from Fat	150.19	24%
Calories from Saturated Fat	54.21	27%
Protein	31.33 g	56%
Carbohydrates	58.96 g	19%
Dietary Fiber	7.47 g	30%
Soluble Fiber	0.25 g	
InSoluble Fiber	1.22 g	
Sugar - Total	21.66 g	
Monosaccharides	1.42 g	
Galactose	0.07 g	
Glucose	0.79 g	
Fructose	0.56 g	
Disaccharides	12.66 g	
Lactose	12.26 g	
Sucrose	0.38 g	
Maltose	0.02 g	
Other Carbs	29.82 g	
Fat - Total	16.69 g	24%
Saturated Fat	6.02 g	27%
Mono Fat	4.21 g	17%
Poly Fat	1.83 g	8%
Trans Fatty Acids	0.81 g	
Cholesterol	60.19 mg	20%
Water	556.12 g	15%
Ash	6.30 g	
KiloJoules	2150.35	
Vitamins		
Vitamin A IU	1443.55 IU	32%
Vitamin A RAE	176.02 mcg	20%
Vitamin A RE	281.73 mcg	
A - Carotenoid	62.04 RE	
A - Retinol	161.99 RE	
A - Beta Carotene	348.52 mcg	
Thiamin-B1	0.35 mg	29%
Riboflavin-B2	0.72 mg	55%
Niacin-B3	7.32 mg	46%
Niacin Equiv.	11.41 mg	71%
Vitamin-B6	0.80 mg	47%
Vitamin-B12	2.02 mcg	84%
Biotin	6.96 mcg	23%
Vitamin C	42.08 mg	47%
Vitamin D IU	113.04 IU	19%
Vitamin D mcg	2.83 mcg	19%
Vit E Alpha-Tocopherol	0.67 mg	4%
Vit E-Alpha Equiv.	1.12 mg	
Vitamin E IU	1.67 IU	
Vitamin E mg	1.12 mg	
Folate	68.70 mcg	17%
Folate DFE	77.45 mcg	19%
Vitamin K	6.31 mcg	5%

Multi-Column

6:0-Caproic	0.10 g	
8:0-Caprylic	0.05 g	
10:0-Capric	0.13 g	
12:0-Lauric	0.14 g	
14:0-Myristic	0.53 g	
15:0-Pentadecanoic	0.05 g	
16:0-Palmitic	2.63 g	
17:0-Margaric	0.03 g	
18:0-Stearic	1.19 g	
20:0-Arachidic	0.01 g	
22:0-Behenate	0.00 g	
24:0-Lignoceric	0 g	
Mono Fats		
14:1-Myristol	0.03 g	
15:1-Pentadecenoic	0.01 g	
16:1-Palmitol	0.19 g	
17:1-Heptadecenoic	0.01 g	
18:1-Oleic	3.54 g	
20:1-Eicosen	0.01 g	
22:1-Erucic	0 g	
24:1-Nervonic	0 g	
Poly Fats		
18:2-Linoleic	1.27 g	9%
18:3-Linolenic	0.10 g	6%
18:4-Stearidon	0 g	
20:3-Eicosatrienoic	0.01 g	
20:4-Arachidon	0.02 g	
20:5-EPA	0 g	
22:5-DPA	0 g	
22:6-DHA	0 g	
Other Fats		
Omega 3 Fatty Acids	0.10 g	
Omega 6 Fatty Acids	1.28 g	
Amino Acids		
Alanine	1.32 g	
Arginine	1.41 g	
Aspartate	2.61 g	
Cystine	0.53 g	
Glutamate	5.23 g	
Glycine	1.19 g	
Histidine	0.74 g	
Isoleucine	1.27 g	
Leucine	2.24 g	
Lysine	1.99 g	
Methionine	0.65 g	
Phenylalanine	1.26 g	
Proline	1.90 g	
Serine	1.13 g	
Threonine	0.97 g	
Tryptophan	0.25 g	
Tyrosine	0.95 g	
Valine	1.46 g	

Total Weight: 66942.49 g (2361.29 oz-wt.)
 Serving Size: 669.42 g (23.61 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Multi-Column

Pantothenic Acid	1.88 mg	38%	Other	
Minerals			Alcohol	0 g
Boron	79.19 mcg		Caffeine	0 mg
Calcium	419.60 mg	35%	Artif Sweetener - Total	0 mg
Chloride	264.73 mg	15%	Aspartame	0 mg
Chromium	0.02 mcg	0%	Saccharin	0 mg
Copper	0.31 mg	34%	Sugar Alcohol	0 g
Fluoride	-- mg		Glycerol	0 g
Iodine	63.16 mcg	42%	Inositol	0 g
Iron	4.12 mg	51%	Mannitol	0 g
Magnesium	85.86 mg	20%	Sorbitol	0 g
Manganese	0.49 mg	21%	Xylitol	0 g
Molybdenum	5.73 mcg	13%	Organic Acids	0 mg
Phosphorus	542.88 mg	78%	Acetic Acid	0 mg
Potassium	1300.67 mg	28%	Citric Acid	0 mg
Selenium	33.02 mcg	60%	Lactic Acid	0 mg
Sodium	870.43 mg	24%	Malic Acid	0 mg
Zinc	4.47 mg	41%	Choline	60.21 mg 11%
Saturated Fats			Taurine	-- mg
4:0-Butyric	0.19 g			

Notes

Ritchie County Integrated Family Services Menu #6

**Beef Tips with Mushroom Gravy
Parsley Noodles
Carrot Coins
Whole Wheat Roll
Margarine
Angel Food Cake
Strawberries
Milk**

Ritchie County Integrated Family Services Beef Tips with Mushroom Gravy

24# beef stew meat in 1 inch pieces
1 3/8 teaspoons black pepper
1 1/4 teaspoons vegetable oil
1# 5 oz. reduced sodium beef gravy mix
1 gallon water
2 3/4 cup mushroom pieces

Season beef tips with pepper and braise in hot oil, until lightly browned.
Mix gravy and water together. Add to beef tips with mushrooms. Simmer
on low heat until gravy is thick and beef tips are tender. Beef must have an
internal temperature of 145 degrees F.
Serve at or above 160 degrees F. Serves 100.

Ritchie County Integrated Family Services Parsley Noodles

6# egg noodles
3 gallons water
1 tablespoons salt
½ cup dried parsley flakes

Boil noodles in water until tender. Drain well. Add parsley and salt and toss lightly. Serve at or above 160 degrees F.

Ritchie County Integrated Family Services Carrot Coins

4 #10 cans (about 408 oz.) Carrots, small sliced unsalted

Serves 100.

Ritchie County Integrated Family Services Strawberries and Angel Food Cake with Whipped Topping

30# whole frozen strawberries
100 slices angel food cake
3 quarts plus ½ cup whipped topping

Thaw strawberries in refrigerator overnight. Arrange about 4.8 oz strawberries on top of each slice cake.
Top with whipped topping, about 2 tablespoons per serving for 100 servings.

100 Whole Wheat Rolls
100 teaspoons soft margarine
100 8 oz. cartons 2% milk

RitchCtyIntFamSvc Menu #6

September 7, 2009

Total Weight: 87137.75 g (3073.64 oz-wt.)
 Serving Size: 871.38 g (30.74 oz-wt.)
 Serves: 100.00
 Cost: --

Amount for 100 servings	Food Item	Amount for 1 serving	Cost	Foodlist ESHA Code
	RCIFS Beef Tips with Mushroom Gravy			0
24 lb	FS Beef Stew Meat Cubes 4oz-Fzn TMT	0.24 lb	--	11620
1 1/8 tsp	Black Pepper	0.01375 tsp	--	26016
1.25 tsp	Pure Vegetable Oil JMS-CR	0.0125 tsp	--	90965
21.5 oz-wt	Rducd Sod Beef Gravy-Dry Mix HHL-HO	0.215 oz-wt	--	62227
1 gal	Water	0.01 gal	--	20041
2.75 cup	Mushrooms Pieces & Stems-Cnd GML-GG	0.0275 cup	--	6276
	end of RCIFS Beef Tips with Mushroom Gr			0
	RCIFS Parslied Noodles			0
6 lb	Unenrich Egg Noodles-Dry	0.06 lb	--	38259
3 gal	Water	0.03 gal	--	20041
1 tbs	Table Salt	0.01 tbs	--	26014
1/2 cup	Dried Parsley	0.005 cup	--	26035
	end of RCIFS Parslied Noodles			0
	RCIFS Carrot Coins			0
408 oz-wt	Carrot Slices Unsalted Cnd-Drnd	4.08 oz-wt	--	7229
	end of RCIFS Carrot Coins			0
100 each	Whole Wheat Dinner Roll	1 each	--	42057
100 tsp	Soft Margarine LOL	1 tsp	--	44967
	RCIFS Strawberries/Angel Food Cake/WT			0
30 lb	Whole Strawberries 4+1-Fzn SMP	0.3 lb	--	691
12.5 cup	Non Dairy Cool Whip Topping KFT	0.125 cup	--	564
100 piece	GoldMedal Cake Mix-Prep-Angel Food	1 piece	--	46389
	end of RCIFS Strawberries/Angel Food Ca			0
100 cup	2% Milk w/Add Vit A & D	1 cup	--	2

Nutrients per Serving

Calories	871.88	Fat - Total	24.77 g
Protein	42.30 g	Saturated Fat	9.87 g
Carbohydrates	121.12 g	Vitamin A RE	1465.09 mcg
Dietary Fiber	6.82 g	Vitamin C	20.98 mg
Cholesterol	111.53 mg	Sodium	864.43 mg
% Calories from fat	25 %	% Calories from carbs	55 %

Notes

Total Weight: 87137.75 g (3073.64 oz-wt.)
 Serving Size: 871.38 g (30.74 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)**Multi-Column****Basic Components**

6:0-Caproic 0.10 g

Calories 871.88 39%

8:0-Caprylic 0.05 g

Calories from Fat 222.95 36%

10:0-Capric 0.12 g

Calories from Saturated Fat 88.85 44%

12:0-Lauric 0.14 g

Protein 42.30 g 76%

14:0-Myristic 0.43 g

Carbohydrates 121.12 g 40%

15:0-Pentadecanoic 0.05 g

Dietary Fiber 6.82 g 27%

16:0-Palmitic 1.83 g

Soluble Fiber 1.47 g

17:0-Margaric 0.03 g

InSoluble Fiber 3.29 g

18:0-Stearic 0.70 g

Sugar - Total 71.86 g

20:0-Arachidic 0.02 g

Monosaccharides 0.12 g

22:0-Behenate 0.00 g

Galactose 0.04 g

24:0-Lignoceric 0 g

Glucose 0.05 g

Mono Fats

Fructose 0.02 g

14:1-Myristol 0.03 g

Disaccharides 11.82 g

15:1-Pentadecenoic 0.01 g

Lactose 11.28 g

16:1-Palmitol 0.10 g

Sucrose 0.10 g

17:1-Heptadecenoic 0.01 g

Maltose 0.43 g

18:1-Oleic 1.90 g

Other Carbs 41.45 g

20:1-Eicosen 0.01 g

Fat - Total 24.77 g 36%

22:1-Erucic 0 g

Saturated Fat 9.87 g 44%

24:1-Nervonic 0 g

Mono Fat 7.09 g 29%

Poly Fats

Poly Fat 1.64 g 7%

18:2-Linoleic 1.15 g 8%

Trans Fatty Acids 0.83 g

18:3-Linolenic 0.08 g 5%

Cholesterol 111.53 mg 37%

18:4-Stearidon 0 g

Water 601.57 g 16%

20:3-Eicosatrienoic 0.01 g

Ash 5.20 g

20:4-Arachidon 0.01 g

KiloJoules 3648.64

20:5-EPA 0 g

Vitamins

22:5-DPA 0 g

Vitamin A IU 13572.24 IU 302%

22:6-DHA 0 g

Vitamin A RAE 785.29 mcg 87%

Other Fats

Vitamin A RE 1465.09 mcg

Omega 3 Fatty Acids 0.08 g

A - Carotenoid 1292.93 RE

Omega 6 Fatty Acids 1.17 g

A - Retinol 138.83 RE

Amino Acids

A - Beta Carotene 6178.04 mcg

Alanine 0.52 g

Thiamin-B1 0.34 mg 28%

Arginine 0.54 g

Riboflavin-B2 0.74 mg 57%

Aspartate 1.11 g

Niacin-B3 6.66 mg 42%

Cystine 0.38 g

Niacin Equiv. 9.52 mg 59%

Glutamate 3.87 g

Vitamin-B6 0.34 mg 20%

Glycine 0.39 g

Vitamin-B12 1.20 mcg 50%

Histidine 0.33 g

Biotin 6.53 mcg 22%

Isoleucine 0.69 g

Vitamin C 20.98 mg 23%

Leucine 1.25 g

Vitamin D IU 104.92 IU 17%

Lysine 0.74 g

Vitamin D mcg 2.62 mcg 17%

Methionine 0.30 g

Vit E Alpha-Tocopherol 1.30 mg 9%

Phenylalanine 0.70 g

Vit E-Alpha Equiv. 1.30 mg

Proline 1.51 g

Vitamin E IU 1.94 IU

Serine 0.68 g

Vitamin E mg 1.30 mg

Threonine 0.45 g

Folate 39.14 mcg 10%

Tryptophan 0.17 g

Folate DFE 39.14 mcg 10%

Tyrosine 0.51 g

Vitamin K 13.55 mcg 11%

Valine 0.82 g

Total Weight: 87137.75 g (3073.64 oz-wt.)
 Serving Size: 871.38 g (30.74 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Multi-Column

Pantothenic Acid	1.41 mg	28%	Other	
Minerals			Alcohol	0 g
Boron	63.31 mcg		Caffeine	0 mg
Calcium	398.09 mg	33%	Artif Sweetener - Total	0 mg
Chloride	244.00 mg	14%	Aspartame	0 mg
Chromium	0.66 mcg	2%	Saccharin	0 mg
Copper	0.31 mg	34%	Sugar Alcohol	0 g
Fluoride	-- mg		Glycerol	0 g
Iodine	58.56 mcg	39%	Inositol	0 g
Iron	4.19 mg	52%	Mannitol	0 g
Magnesium	77.73 mg	19%	Sorbitol	0 g
Manganese	1.42 mg	62%	Xylitol	0 g
Molybdenum	4.88 mcg	11%	Organic Acids	0 mg
Phosphorus	599.35 mg	86%	Acetic Acid	0 mg
Potassium	1126.49 mg	24%	Citric Acid	0 mg
Selenium	42.04 mcg	76%	Lactic Acid	0 mg
Sodium	864.43 mg	24%	Malic Acid	0 mg
Zinc	7.00 mg	64%	Choline	40.09 mg 7%
Saturated Fats			Taurine	-- mg
4:0-Butyric	0.19 g			

Notes

Ritchie County Integrated Family Services Menu #7

**Roast Turkey
Whipped Sweet Potatoes
Mustard Greens
Pineapple with Cherry
Roll
Soft Margarine
Milk**

Ritchie County Integrated Family Services Roast Turkey

26# turkey breast
2 cups honey
1 cup brown sugar
1 1/3 tablespoons salt
3/4 cup canned orange juice

Mix honey, sugar, salt and orange juice together.

Brush mixture over turkey.

Bake at 375 degrees F for 2 hours. Brush every 20-30 minutes with glaze.

Turkey should reach internal temperature of 165 degrees F.

Slice and serve at or above 160 degrees.

Ritchie County Integrated Family Services Whipped Sweet Potatoes

4 #10 cans cut sweet potatoes
1 teaspoon ground nutmeg
1 ½ quarts brown sugar
1 tablespoon cinnamon
2 tablespoons salt
3 cups margarine

Combine all ingredients together and whip until fluffy. Pour into casseroles or steam table pans. Bake at 275 degrees for 1 hour. Serve at or above 160 degrees F.

Ritchie County Integrated Family Services Mustard Greens

27# plus 1 oz. frozen mustard greens
1 gallon water

Add greens to boiling water. Cover and bring to a boil. Cook to 160 degrees F. Drain off excess water. Serve at or above 160 F. Serves 100.

Ritchie County Integrated Family Services Pineapple with Cherry

5 ½ #16 cans sliced pineapple in juice
1 ½ quarts dark cherries.

Chill pineapple slices. Set 2 pineapple slices on a plate. Place a cherry in the center of each. Serve chilled at 40 degrees F. or below.

100 Dinner Rolls
100 teaspoons soft margarine
100 8 oz. cartons 2% milk

Total Weight: 83255.76 g (2936.71 oz-wt.)
 Serving Size: 832.56 g (29.37 oz-wt.)
 Serves: 100.00
 Cost: --

Amount for 100 servings	Food Item	Amount for 1 serving	Cost	Foodlist ESHA Code
	RCIFS Roast Turkey			0
26 lb	Turkey Fryer/Roaster Breast w/o Skin-Raw	0.26 lb	--	16111
2 cup	Honey	0.02 cup	--	25001
1 cup	Brown Sugar-Unpacked	0.01 cup	--	25201
1.34 tbs	Table Salt	0.0134 tbs	--	26014
3/4 cup	Orange Juice Unsweetened-Cnd	0.0075 cup	--	3093
	end of RCIFS Roast Turkey			0
	RCIFS Whipped Sweet Potatoes			0
432 oz-wt	Sweetpotatoes Pieces Canned-VacPack	4.32 oz-wt	--	5165
1 tsp	Ground Nutmeg AST	0.01 tsp	--	26516
1.5 quart	Brown Sugar-Unpacked	0.015 quart	--	25201
1 tbs	Ground Cinnamon	0.01 tbs	--	26003
2 tbs	Table Salt	0.02 tbs	--	26014
3 cup	Soft Margarine w/Salt-Unspec Oils	0.03 cup	--	8043
	end of RCIFS Whipped Sweet Potatoes			0
	RCIFS Mustard Greens			0
433 oz-wt	Mustard Greens Chopped-Fzn	4.33 oz-wt	--	5769
1 gal	Water	0.01 gal	--	20041
	end of RCIFS Mustard Greens			0
	RCIFS Pineapple with Cherry			0
400 oz-wt	Pineapple Slices w/Juice Canned-Drnd	4 oz-wt	--	72098
1.5 quart	Black Cherries Canned-Drnd INTL	0.015 quart	--	3507
	end of RCIFS Pineapple with Cherry			0
100 each	Brown & Serve Dinner Roll-Browned	1 each	--	42018
100 tsp	Soft Margarine LOL	1 tsp	--	44967
100 cup	2% Milk w/Add Vit A & D	1 cup	--	2

Nutrients per Serving

Calories	693.61	Fat - Total	17.49 g
Protein	45.30 g	Saturated Fat	5.49 g
Carbohydrates	91.62 g	Vitamin A RE	1842.92 mcg
Dietary Fiber	8.89 g	Vitamin C	75.27 mg
Cholesterol	92.92 mg	Sodium	752.65 mg
% Calories from fat	22 %	% Calories from carbs	52 %

Total Weight: 83255.76 g (2936.71 oz-wt.)
 Serving Size: 832.56 g (29.37 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Multi-Column

Basic Components

6:0-Caproic 0.10 g
 8:0-Caprylic 0.05 g
 10:0-Capric 0.12 g
 12:0-Lauric 0.13 g
 14:0-Myristic 0.44 g
 15:0-Pentadecanoic 0.05 g
 16:0-Palmitic 2.39 g
 17:0-Margaric 0.03 g
 18:0-Stearic 1.21 g
 20:0-Arachidic 0.02 g
 22:0-Behenate 0.00 g
 24:0-Lignoceric 0 g

Mono Fats

14:1-Myristol 0.03 g
 15:1-Pentadecenoic 0.01 g
 16:1-Palmitol 0.08 g
 17:1-Heptadecenoic 0.01 g
 18:1-Oleic 4.37 g
 20:1-Eicosen 0.04 g
 22:1-Erucic 0.09 g
 24:1-Nervonic 0 g

Poly Fats

18:2-Linoleic 3.03 g 22%
 18:3-Linolenic 0.18 g 11%
 18:4-Stearidon 0 g
 20:3-Eicosatrienoic 0.01 g
 20:4-Arachidon 0.04 g
 20:5-EPA 0 g
 22:5-DPA 0.01 g
 22:6-DHA 0.01 g

Other Fats

Omega 3 Fatty Acids 0.19 g
 Omega 6 Fatty Acids 3.07 g

Amino Acids

Alanine 2.22 g
 Arginine 2.65 g
 Aspartate 3.92 g
 Cystine 0.65 g
 Glutamate 7.42 g
 Glycine 1.74 g
 Histidine 1.21 g
 Isoleucine 2.22 g
 Leucine 3.45 g
 Lysine 3.54 g
 Methionine 1.14 g
 Phenylalanine 1.82 g
 Proline 2.38 g
 Serine 1.83 g
 Threonine 1.76 g
 Tryptophan 0.50 g
 Tyrosine 1.80 g
 Valine 2.38 g

Calories 693.61 31%
 Calories from Fat 157.37 25%
 Calories from Saturated Fat 49.43 25%
 Protein 45.30 g 81%
 Carbohydrates 91.62 g 30%
 Dietary Fiber 8.89 g 36%
 Soluble Fiber 1.19 g
 InSoluble Fiber 1.86 g
 Sugar - Total 52.36 g
 Monosaccharides 5.50 g
 Galactose 0.25 g
 Glucose 2.97 g
 Fructose 2.84 g
 Disaccharides 11.49 g
 Lactose 11.28 g
 Sucrose 9.28 g
 Maltose 0.12 g
 Other Carbs 30.23 g
 Fat - Total 17.49 g 25%
 Saturated Fat 5.49 g 25%
 Mono Fat 4.65 g 19%
 Poly Fat 3.29 g 15%
 Trans Fatty Acids 0.83 g
 Cholesterol 92.92 mg 31%
 Water 671.25 g 18%
 Ash 7.36 g
 KiloJoules 2901.54
Vitamins
 Vitamin A IU 17054.66 IU 379%
 Vitamin A RAE 944.69 mcg 105%
 Vitamin A RE 1842.92 mcg
 A - Carotenoid 1627.89 RE
 A - Retinol 181.70 RE
 A - Beta Carotene 5918.10 mcg
 Thiamin-B1 0.50 mg 42%
 Riboflavin-B2 0.85 mg 66%
 Niacin-B3 10.37 mg 65%
 Niacin Equiv. 18.73 mg 117%
 Vitamin-B6 1.28 mg 75%
 Vitamin-B12 1.70 mcg 71%
 Biotin 22.26 mcg 74%
 Vitamin C 75.27 mg 84%
 Vitamin D IU 104.92 IU 17%
 Vitamin D mcg 2.62 mcg 17%
 Vit E Alpha-Tocopherol 3.80 mg 25%
 Vit E-Alpha Equiv. 4.14 mg
 Vitamin E IU 6.17 IU
 Vitamin E mg 4.14 mg
 Folate 245.63 mcg 61%
 Folate DFE 258.96 mcg 65%
 Vitamin K 4.81 mcg 4%

Total Weight: 83255.76 g (2936.71 oz-wt.)
 Serving Size: 832.56 g (29.37 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Multi-Column

Pantothenic Acid	2.54 mg	51%
Minerals		
Boron	184.34 mcg	
Calcium	532.40 mg	44%
Chloride	244.17 mg	14%
Chromium	0.72 mcg	2%
Copper	0.62 mg	69%
Fluoride	-- mg	
Iodine	63.97 mcg	43%
Iron	5.82 mg	73%
Magnesium	133.73 mg	32%
Manganese	1.19 mg	52%
Molybdenum	4.88 mcg	11%
Phosphorus	613.73 mg	88%
Potassium	1544.83 mg	33%
Selenium	44.84 mcg	82%
Sodium	752.65 mg	21%
Zinc	3.40 mg	31%
Saturated Fats		
4:0-Butyric	0.19 g	

Other

Alcohol	0 g	
Caffeine	0 mg	
Artif Sweetener - Total	0 mg	
Aspartame	0 mg	
Saccharin	0 mg	
Sugar Alcohol	0 g	
Glycerol	0 g	
Inositol	0 g	
Mannitol	0 g	
Sorbitol	0 g	
Xylitol	0 g	
Organic Acids	0 mg	
Acetic Acid	0 mg	
Citric Acid	0 mg	
Lactic Acid	0 mg	
Malic Acid	0 mg	
Choline	40.02 mg	7%
Taurine	-- mg	

Ritchie County Integrated Family Services Menu #8

**Beef Roast with Gravy
Mashed Potatoes
Broccoli Cuts
Pears
Whole Wheat Dinner Roll
Soft Margarine
Skim Milk**

Ritchie County Integrated Family Services Beef Roast with Gravy

23 1/2 # inside top round beef
1 tablespoon black pepper

Season meat with black pepper. Roast at a constant low oven temperature of 250-300 degrees F. An internal temperature of 145 degrees F. must be reached. Slice and serve at or above 135 degrees F. Serves 100.

Ritchie County Integrated Family Services Beef Gravy

2 cups all purpose flour
2 2/3 tablespoons beef soup base
1 1/2 gallons plus 1 cup water

Brown flour in sauté pan. Add water gradually to thicken stirring constantly to prevent lumps. Whisk in beef base for color and flavor. Mix well. Serve at or above 160 degrees F. Serves 100.

Ritchie County Integrated Family Services Mashed Potatoes

4# plus 6 oz. potato pearls
3 ¾ gallon boiling water

Combine potato pearls and boiling water. Hand mix in a steam pan or machine mix. Serve at or above 160 degrees F. Serves 100.

Ritchie County Integrated Family Services Broccoli Cuts

25# frozen broccoli cuts
1 gallon water

Steam vegetables in a steamer or kettle until soft, but still bright in color. Drain off excess liquid. Serve at or above 160 degrees F. Makes 100 4 oz. servings.

Ritchie County Integrated Family Services Pears

4 #10 cans pears Serves 100.

100 Whole Wheat Dinner Rolls
100 teaspoons Soft Margarine
100 8-oz. cartons Skim Milk

RitchCtyIntFamSvc Menu #8

September 7, 2009

Total Weight: 85889.46 g (3029.61 oz-wt.)
 Serving Size: 858.89 g (30.30 oz-wt.)
 Serves: 100.00
 Cost: --

Amount for 100 servings	Food Item	Amount for 1 serving	Cost	Foodlist ESHA Code
	RCIFS Beef Roast with Gravy Menu 8			0
23.8 lb	Beef Top Round Roast Extra Ln-Raw MVR-NL	0.238 lb	--	47436
1 tbs	Black Pepper	0.01 tbs	--	26016
	end of RCIFS Beef Roast with Gravy Menu			0
	RCIFS Beef Gravy Menu 8			0
2 cup	Enrich All Purpose Bleached White Flour	0.02 cup	--	38030
2.67 tbs	FS Beef Soup Base 0303 CFP	0.0267 tbs	--	54209
17 cup	Water	0.17 cup	--	20041
	end of RCIFS Beef Gravy Menu 8			0
	RCIFS Mashed Potatoes Menu 8			0
73 oz-wt	Golden Extra Rich Potato Pearls-Dry BAF	0.73 oz-wt	--	6047
3.75 gal	Water	0.0375 gal	--	20041
	end of RCIFS Mashed Potatoes Menu 8			0
	RCIFS Broccoli Cuts			0
25 lb	Broccoli Cuts-Fzn BEF	0.25 lb	--	6212
1 gal	Water	0.01 gal	--	20041
	end of RCIFS Broccoli Cuts			0
	RCIFS Pears Menu 8			0
408 oz-wt	Pear Halves w/Light Syrup-Cnd	4.08 oz-wt	--	3177
	end of RCIFS Pears Menu 8			0
100 each	Whole Wheat Dinner Roll	1 each	--	42057
100 tsp	Soft Margarine LOL	1 tsp	--	44967
100 cup	Skim Milk w/Add Vitamin A	1 cup	--	6

Nutrients per Serving

Calories	477.25	Fat - Total	9.44 g
Protein	38.55 g	Saturated Fat	2.80 g
Carbohydrates	67.48 g	Vitamin A RE	265.51 mcg
Dietary Fiber	8.44 g	Vitamin C	78.91 mg
Cholesterol	52.73 mg	Sodium	745.49 mg
% Calories from fat	17 %	% Calories from carbs	53 %

Notes

SMP added a whole wheat dinner roll to menu to increase the fiber and the calories.

Total Weight: 85889.46 g (3029.61 oz-wt.)
 Serving Size: 858.89 g (30.30 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Multi-Column

Basic Components

Calories	477.25	21%
Calories from Fat	84.95	14%
Calories from Saturated Fat	25.24	13%
Protein	38.55 g	69%
Carbohydrates	67.48 g	22%
Dietary Fiber	8.44 g	34%
Soluble Fiber	0.68 g	
InSoluble Fiber	3.37 g	
Sugar - Total	31.22 g	
Monosaccharides	10.85 g	
Galactose	0 g	
Glucose	5.42 g	
Fructose	5.42 g	
Disaccharides	14.49 g	
Lactose	12.15 g	
Sucrose	1.17 g	
Maltose	1.17 g	
Other Carbs	27.82 g	
Fat - Total	9.44 g	14%
Saturated Fat	2.80 g	13%
Mono Fat	2.00 g	8%
Poly Fat	1.18 g	5%
Trans Fatty Acids	0.67 g	
Cholesterol	52.73 mg	18%
Water	737.38 g	20%
Ash	6.00 g	
KiloJoules	1995.09	
Vitamins		
Vitamin A IU	1493.71 IU	33%
Vitamin A RAE	190.81 mcg	21%
Vitamin A RE	265.51 mcg	
A - Carotenoid	82.72 RE	
A - Retinol	149.45 RE	
A - Beta Carotene	492.25 mcg	
Thiamin-B1	0.27 mg	23%
Riboflavin-B2	0.84 mg	65%
Niacin-B3	7.98 mg	50%
Niacin Equiv.	10.30 mg	64%
Vitamin-B6	0.57 mg	34%
Vitamin-B12	4.15 mcg	173%
Biotin	6.81 mcg	23%
Vitamin C	78.91 mg	88%
Vitamin D IU	100.45 IU	17%
Vitamin D mcg	2.54 mcg	17%
Vit E Alpha-Tocopherol	0.86 mg	6%
Vit E-Alpha Equiv.	0.86 mg	
Vitamin E IU	1.28 IU	
Vitamin E mg	0.86 mg	
Folate	125.26 mcg	31%
Folate DFE	127.96 mcg	32%
Vitamin K	0.76 mcg	1%

6:0-Caproic	0 g	
8:0-Caprylic	0.01 g	
10:0-Capric	0.00 g	
12:0-Lauric	0.00 g	
14:0-Myristic	0.02 g	
15:0-Pentadecanoic	0 g	
16:0-Palmitic	0.25 g	
17:0-Margaric	0 g	
18:0-Stearic	0.06 g	
20:0-Arachidic	0.00 g	
22:0-Behenate	0 g	
24:0-Lignoceric	0 g	
Mono Fats		
14:1-Myristol	0 g	
15:1-Pentadecenoic	0 g	
16:1-Palmitol	0.01 g	
17:1-Heptadecenoic	0 g	
18:1-Oleic	0.39 g	
20:1-Eicosen	0 g	
22:1-Erucic	0 g	
24:1-Nervonic	0 g	
Poly Fats		
18:2-Linoleic	0.60 g	4%
18:3-Linolenic	0.04 g	2%
18:4-Stearidon	0 g	
20:3-Eicosatrienoic	0 g	
20:4-Arachidon	0.00 g	
20:5-EPA	0 g	
22:5-DPA	0 g	
22:6-DHA	0 g	
Other Fats		
Omega 3 Fatty Acids	0.04 g	
Omega 6 Fatty Acids	0.60 g	
Amino Acids		
Alanine	0.35 g	
Arginine	0.31 g	
Aspartate	0.78 g	
Cystine	0.36 g	
Glutamate	2.51 g	
Glycine	0.24 g	
Histidine	0.25 g	
Isoleucine	0.48 g	
Leucine	1.00 g	
Lysine	0.71 g	
Methionine	0.20 g	
Phenylalanine	0.49 g	
Proline	1.13 g	
Serine	0.55 g	
Threonine	0.29 g	
Tryptophan	0.14 g	
Tyrosine	0.45 g	
Valine	0.57 g	

Total Weight: 85889.46 g (3029.61 oz-wt.)
 Serving Size: 858.89 g (30.30 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Pantothenic Acid	1.33 mg	27%
Minerals		
Boron	62.95 mcg	
Calcium	415.48 mg	35%
Chloride	248.73 mg	14%
Chromium	0.79 mcg	3%
Copper	0.22 mg	25%
Fluoride	-- mg	
Iodine	56.35 mcg	38%
Iron	3.80 mg	47%
Magnesium	76.69 mg	18%
Manganese	0.72 mg	31%
Molybdenum	4.90 mcg	11%
Phosphorus	441.03 mg	63%
Potassium	1050.47 mg	22%
Selenium	22.91 mcg	42%
Sodium	745.49 mg	21%
Zinc	4.57 mg	42%
Saturated Fats		
4:0-Butyric	0.01 g	

Multi-Column

Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	2.08 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	2.08 g
Xylitol	0 g
Organic Acids	0 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	38.49 mg 7%
Taurine	-- mg

Notes

SMP added a whole wheat dinner roll to menu to increase the fiber and the calories.

Ritchie County Integrated Family Services Menu #9

Country Steak with Cream Gravy

Mashed Potatoes

Peas and Carrots

Whole Wheat Dinner Roll

Soft Margarine

Fresh Fruit Medley

Skim Milk

Ritchie County Integrated Family Services Country Steak

20# beef cube steak
2 quarts all purpose flour
1 tablespoon iodized salt
1 1/3 tablespoons black pepper

Mix flour with salt and pepper. Dredge steaks through flour mixture. Bake steaks at 375 degrees until minimum internal cooking temperature reaches 155 degrees F.

Prepare low sodium gravy according to recipe next page.
Serve steak with 2 oz. gravy at or above 140 degrees F.

Ritchie County Integrated Family Services LS Cream Gravy (SCR)

3/4 cup plus 1 tablespoons (13 tablespoons) vegetable oil
1/4 cup plus 2 1/3 tablespoons (6 1/3 tablespoons) all purpose flour
6 1/4 cups 2% milk
1 1/4 gallons plus 1 cup water
6 1/4 teaspoons black pepper

Heat oil in a saucepan. Add flour, stirring constantly until mixture bubbles. Cook and stir an additional minute. Do not allow to brown. Turn heat to low and add milk and water. Continue stirring until mixture comes to a boil and thickens. Season with pepper. Serve at or above 140 degrees F. Serves 100.

Ritchie County Integrated Family Services
Mashed Potatoes

4# plus 9 oz. potato pearls, extra rich
2 ½ gallons boiling water

Combine potato pearls and boiling water. Hand mix in a steam table pan or machine mix. Serve at or above 160 degrees F.

Ritchie County Integrated Family Services
Peas and Carrots

24# frozen peas and carrots
1 gallon water

Steam or heat vegetables in boiling water until tender. Drain off excess liquid. Serve at or above 140 degrees F.

Ritchie County Integrated Family Services Fresh Fruit Medley

40 apples
40 oranges
20 bananas

Peel oranges and bananas just before serving to avoid browning. Roll in orange juice to prevent browning. Core and peel apples just before serving to avoid browning or roll in orange juice. Serve chilled at or below 40 degrees F.

100 Whole Wheat Dinner Rolls
100 teaspoons Soft Margarine
100 8-oz. containers Skim Milk

Total Weight: 82240.21 g (2900.89 oz-wt.)
 Serving Size: 822.40 g (29.01 oz-wt.)
 Serves: 100.00
 Cost: --

Amount for 100 servings	Food Item	Amount for 1 serving	Cost	Foodlist ESHA Code
	RCIFS Country Steak			0
20 lb	FS Beef Cube Steak 4oz-Fzn TMT	0.2 lb	--	11613
2 quart	Unenrich All Purpose White Flour	0.02 quart	--	38271
1 tbs	Iodized Table Salt MII	0.01 tbs	--	26291
1.34 tbs	Black Pepper	0.0134 tbs	--	26016
	end of RCIFS Country Steak			0
	RCIFS Mashed Potatoes Menu 9			0
73 oz-wt	Golden Extra Rich Potato Pearls-Dry BAF	0.73 oz-wt	--	6047
2.5 gal	Water	0.025 gal	--	20041
	end of RCIFS Mashed Potatoes Menu 9			0
	RCIFS Low Sodium Cream Gravy			0
13 tbs	Pure Vegetable Oil JMS-CR	0.13 tbs	--	90965
6.34 tbs	Enrich All Purpose Bleached White Flour	0.0634 tbs	--	38030
6.25 cup	2% Milk w/Add Vit A & D	0.0625 cup	--	2
6.25 tsp	Ground Black Pepper AST	0.0625 tsp	--	26522
21 cup	Water	0.21 cup	--	20041
	end of RCIFS Low Sodium Cream Gravy			0
	RCIFS Peas and Carrots			0
24 lb	Peas & Carrots Fzn-10oz Pkg	0.24 lb	--	5282
1 gal	Water	0.01 gal	--	20041
	end of RCIFS Peas and Carrots			0
100 each	Wheat Dinner Roll	1 each	--	42160
100 tsp	Soft Margarine LOL	1 tsp	--	44967
	RCIFS Fresh Fruit Menu 9			0
40 each	Fresh Apples w/Peel-Med 2 3/4"	0.4 each	--	3000
40 each	Fresh Mandarin Oranges Medium-2 3/8"	0.4 each	--	71769
20 each	Fresh Banana-Med FDA	0.2 each	--	3839
	end of RCIFS Fresh Fruit Menu 9			0
100 cup	Skim Milk w/Add Vitamin A	1 cup	--	6

Nutrients per Serving

Calories	761.74	Fat - Total	35.92 g
Protein	33.28 g	Saturated Fat	12.94 g
Carbohydrates	79.83 g	Vitamin A RE	1251.77 mcg
Dietary Fiber	9.32 g	Vitamin C	28.88 mg
Cholesterol	74.58 mg	Sodium	718.40 mg
% Calories from fat	42 %	% Calories from carbs	41 %

Notes

SMP reduced the salt in the country steak recipe.

Total Weight: 82240.21 g (2900.89 oz-wt.)
 Serving Size: 822.40 g (29.01 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)**Basic Components**

Calories	761.74	34%
Calories from Fat	323.31	52%
Calories from Saturated Fat	116.44	58%
Protein	33.28 g	59%
Carbohydrates	79.83 g	26%
Dietary Fiber	9.32 g	37%
Soluble Fiber	0.93 g	
InSoluble Fiber	4.99 g	
Sugar - Total	33.36 g	
Monosaccharides	7.48 g	
Galactose	0.00 g	
Glucose	2.78 g	
Fructose	4.70 g	
Disaccharides	20.28 g	
Lactose	12.86 g	
Sucrose	7.21 g	
Maltose	0.21 g	
Other Carbs	37.10 g	
Fat - Total	35.92 g	52%
Saturated Fat	12.94 g	58%
Mono Fat	13.71 g	56%
Poly Fat	2.54 g	11%
Trans Fatty Acids	3.90 g	
Cholesterol	74.58 mg	25%
Water	619.09 g	17%
Ash	4.96 g	
KiloJoules	3186.55	
Vitamins		
Vitamin A IU	11294.30 IU	251%
Vitamin A RAE	688.14 mcg	76%
Vitamin A RE	1251.77 mcg	
A - Carotenoid	1060.60 RE	
A - Retinol	157.84 RE	
A - Beta Carotene	5579.06 mcg	
Thiamin-B1	0.54 mg	45%
Riboflavin-B2	1.07 mg	82%
Niacin-B3	7.72 mg	48%
Niacin Equiv.	10.68 mg	67%
Vitamin-B6	0.53 mg	31%
Vitamin-B12	1.37 mcg	57%
Biotin	6.78 mcg	23%
Vitamin C	28.88 mg	32%
Vitamin D IU	107.01 IU	18%
Vitamin D mcg	2.70 mcg	18%
Vit E Alpha-Tocopherol	0.70 mg	5%
Vit E-Alpha Equiv.	1.05 mg	
Vitamin E IU	1.56 IU	
Vitamin E mg	1.05 mg	
Folate	79.76 mcg	20%
Folate DFE	89.22 mcg	22%
Vitamin K	2.18 mcg	2%

Multi-Column

6:0-Caproic	0.01 g	
8:0-Caprylic	0.01 g	
10:0-Capric	0.01 g	
12:0-Lauric	0.01 g	
14:0-Myristic	0.06 g	
15:0-Pentadecanoic	0.00 g	
16:0-Palmitic	0.50 g	
17:0-Margaric	0.00 g	
18:0-Stearic	0.25 g	
20:0-Arachidic	0.00 g	
22:0-Behenate	0.00 g	
24:0-Lignoceric	0 g	
Mono Fats		
14:1-Myristol	0.00 g	
15:1-Pentadecenoic	0.00 g	
16:1-Palmitol	0.02 g	
17:1-Heptadecenoic	0.00 g	
18:1-Oleic	1.07 g	
20:1-Eicosen	0.00 g	
22:1-Erucic	0 g	
24:1-Nervonic	0 g	
Poly Fats		
18:2-Linoleic	0.59 g	4%
18:3-Linolenic	0.08 g	5%
18:4-Stearidon	0 g	
20:3-Eicosatrienoic	0.00 g	
20:4-Arachidon	0 g	
20:5-EPA	0 g	
22:5-DPA	0 g	
22:6-DHA	0 g	
Other Fats		
Omega 3 Fatty Acids	0.08 g	
Omega 6 Fatty Acids	0.59 g	
Amino Acids		
Alanine	0.56 g	
Arginine	0.64 g	
Aspartate	1.23 g	
Cystine	0.42 g	
Glutamate	3.50 g	
Glycine	0.40 g	
Histidine	0.35 g	
Isoleucine	0.66 g	
Leucine	1.32 g	
Lysine	0.96 g	
Methionine	0.28 g	
Phenylalanine	0.69 g	
Proline	1.43 g	
Serine	0.74 g	
Threonine	0.46 g	
Tryptophan	0.18 g	
Tyrosine	0.57 g	
Valine	0.80 g	

Total Weight: 82240.21 g (2900.89 oz-wt.)
 Serving Size: 822.40 g (29.01 oz-wt.)
 Serves: 100.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Pantothenic Acid	1.40 mg	28%
Minerals		
Boron	215.74 mcg	
Calcium	455.26 mg	38%
Chloride	368.97 mg	20%
Chromium	1.35 mcg	5%
Copper	0.23 mg	26%
Fluoride	-- mg	
Iodine	69.19 mcg	46%
Iron	4.38 mg	55%
Magnesium	69.52 mg	17%
Manganese	0.66 mg	29%
Molybdenum	5.21 mcg	12%
Phosphorus	547.25 mg	78%
Potassium	1337.23 mg	28%
Selenium	22.23 mcg	40%
Sodium	718.40 mg	20%
Zinc	5.08 mg	46%
Saturated Fats		
4:0-Butyric	0.02 g	

Multi-Column

Other		
Alcohol	0 g	
Caffeine	0 mg	
Artif Sweetener - Total	0 mg	
Aspartame	0 mg	
Saccharin	0 mg	
Sugar Alcohol	0 g	
Glycerol	0 g	
Inositol	0 g	
Mannitol	0 g	
Sorbitol	0 g	
Xylitol	0 g	
Organic Acids	0 mg	
Acetic Acid	0 mg	
Citric Acid	0 mg	
Lactic Acid	0 mg	
Malic Acid	0 mg	
Choline	46.12 mg	8%
Taurine	-- mg	

Notes

SMP reduced the salt in the country steak recipe.

Calhoun County Committee on Aging Menu #1
All menus and recipes are for 125 servings

CCCOA Breakfast Bake
CCCOA Hot Spiced Apples
CCCOA Baked Potato Cubes
CCCOA Whole Wheat Biscuit
2% milk
Orange Juice

CCCOA Breakfast Bake

106 eggs
15# plus 4 oz egg whites
3# chopped onions
20 bell peppers, cored and chopped
1 gallon 2% milk
3# low fat cheese

Mix all ingredients and pour into suitable sized pans.
Bake at 400 degrees F. for 30 minutes in a convection oven.
(SMP used half amount egg whites and half amount whole eggs each to reduce the cholesterol content to nearer goal.)

CCCOA Hot Spiced Apples

500 oz. (31.3#) canned sliced apples (4 oz. per person)
3 Tbs. cinnamon
4 cups sugar

Procedure not provided.

CCCOA Baked Potato Cubes

500 oz. Home Style Baked Potato Wedges with Skin

CCCOA uses a frozen Standard Foods product. I selected a potato wedge with skin to increase fiber to nearer goal.

CCCOA Whole Wheat Biscuit

CCCOA Biscuit – recipe not provided. I used this one in nutrient analysis.

3.75 quarts whole wheat flour

3.75 quarts white flour

2 cups nonfat dry milk

$\frac{3}{4}$ cup baking powder

1 Tbs. salt

1 cup soft margarine

1 cup shortening

2.5 quarts water, about

Sift together flours, dry milk, baking powder and salt. Blend margarine and shortening into flour mixture until mixture resembles coarse corn meal. Add water. Mix at low speed only enough to form a soft dough.

Lightly spray baking pans with cooking spray.

Drop by heaping tablespoons onto baking pan.

Bake at 350 degrees in convection oven for 15 minutes on low fan, open vent.

500 fluid oz. Orange Juice for 125 4-oz. portions

CCCOA Menu #1

October 4, 2009

Total Weight: 100908.23 g (3559.37 oz-wt.)
 Serving Size: 807.27 g (28.47 oz-wt.)
 Serves: 125.00
 Cost: --

Amount for 125 servings	Food Item	Amount for 1 serving	Cost	Foodlist ESHA Code
	CCCOA Breakfast Bake			0
106 each	Whole Eggs Raw-Jumbo	0.848 each	--	19503
6890 g	Egg Whites-Raw	55.12 g	--	19507
3 lb	Fresh Yellow Onions-Chpd	0.024 lb	--	7499
20 each	Fresh Sweet Green Bell Pepper-Med	0.16 each	--	6846
1 g	2% Milk w/Add Vit A & D	0.008 g	--	2
3 lb	Low Fat Cheddar Cheese-1" Cube	0.024 lb	--	47939
	end of CCCOA Breakfast Bake			0
	CCCOA Hot Spiced Apples			0
500 oz-wt	Sweetened Apple Slices Canned-Drnd	4 oz-wt	--	3148
3 tbs	Ground Cinnamon	0.024 tbs	--	26003
4 cup	White Granulated Sugar	0.032 cup	--	25006
	end of CCCOA Hot Spiced Apples			0
	CCCOA Potato Wedges with Skin			0
500 oz-wt	Home Style Potato Wedges w/Skin HNZ-OI	4 oz-wt	--	70594
	end of CCCOA Potato Wedges with Skin			0
	SMP Whole Wheat Biscuit for CCCOA			0
3.75 quart	Whole Wheat Flour	0.03 quart	--	38032
3.75 quart	Enrich All Purpose Bleached White Flour	0.03 quart	--	38030
2 cup	Non Fat Dry Milk NFC-CN	0.016 cup	--	169
3/4 cup	Double Acting Phosphate Baking Powder	0.006 cup	--	28046
1 tbs	Table Salt	0.008 tbs	--	26014
1 cup	Soft Margarine w/Salt-Unspec Oils	0.008 cup	--	8043
1 cup	Household Shortening	0.008 cup	--	44483
2.5 quart	Water	0.02 quart	--	20041
	end of SMP Whole Wheat Biscuit for CCCO			0
125 cup	2% Milk w/Add Vit A & D	1 cup	--	2
500 fl oz	Chilled Orange Juice	4 fl oz	--	3092

Nutrients per Serving

Calories	696.61	Fat - Total	18.97 g
Protein	31.74 g	Saturated Fat	7.39 g
Carbohydrates	100.87 g	Vitamin A RE	262.93 mcg
Dietary Fiber	7.61 g	Vitamin C	63.46 mg
Cholesterol	255.11 mg	Sodium	548.65 mg
% Calories from fat	24 %	% Calories from carbs	58 %

Notes

Menu was originally low in fiber, Vitamin A, Vitamin C, and folate.
 I used a potato wedge with skin to increase fiber.
 There wasn't a recipe for a biscuit so I provided one for a whole wheat biscuit to further increase the fiber.
 I added orange juice to meet goals for Vitamin C and folate.

Total Weight: 100908.23 g (3559.37 oz-wt.)
 Serving Size: 807.27 g (28.47 oz-wt.)
 Serves: 125.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Basic Components

Calories	696.61	31%
Calories from Fat	170.76	27%
Calories from Saturated Fat	66.49	33%
Protein	31.74 g	57%
Carbohydrates	100.87 g	33%
Dietary Fiber	7.61 g	30%
Soluble Fiber	1.14 g	
InSoluble Fiber	3.67 g	
Sugar - Total	37.99 g	
Monosaccharides	1.37 g	
Galactose	0.14 g	
Glucose	0.76 g	
Fructose	0.46 g	
Disaccharides	11.78 g	
Lactose	11.39 g	
Sucrose	0.27 g	
Maltose	0.12 g	
Other Carbs	42.99 g	
Fat - Total	18.97 g	27%
Saturated Fat	7.39 g	33%
Mono Fat	6.42 g	26%
Poly Fat	2.52 g	11%
Trans Fatty Acids	0.15 g	
Cholesterol	255.11 mg	85%
Water	648.97 g	18%
Ash	6.85 g	
KiloJoules	2914.21	
Vitamins		
Vitamin A IU	1068.61 IU	24%
Vitamin A RAE	230.46 mcg	26%
Vitamin A RE	262.93 mcg	
A - Carotenoid	28.06 RE	
A - Retinol	230.02 RE	
A - Beta Carotene	78.71 mcg	
Thiamin-B1	0.48 mg	40%
Riboflavin-B2	1.15 mg	89%
Niacin-B3	2.66 mg	17%
Niacin Equiv.	8.21 mg	51%
Vitamin-B6	0.42 mg	24%
Vitamin-B12	1.98 mcg	83%
Biotin	22.18 mcg	74%
Vitamin C	63.46 mg	71%
Vitamin D IU	124.27 IU	21%
Vitamin D mcg	3.10 mcg	21%
Vit E Alpha-Tocopherol	1.43 mg	10%
Vit E-Alpha Equiv.	1.52 mg	
Vitamin E IU	2.27 IU	
Vitamin E mg	1.52 mg	
Folate	101.93 mcg	25%
Folate DFE	118.10 mcg	30%
Vitamin K	3.93 mcg	3%

Multi-Column

6:0-Caproic	0.10 g	
8:0-Caprylic	0.06 g	
10:0-Capric	0.14 g	
12:0-Lauric	0.15 g	
14:0-Myristic	0.55 g	
15:0-Pentadecanoic	0.05 g	
16:0-Palmitic	3.34 g	
17:0-Margaric	0.04 g	
18:0-Stearic	1.35 g	
20:0-Arachidic	0.02 g	
22:0-Behenate	0.01 g	
24:0-Lignoceric	0.00 g	
Mono Fats		
14:1-Myristol	0.04 g	
15:1-Pentadecenoic	0.01 g	
16:1-Palmitol	0.27 g	
17:1-Heptadecenoic	0.01 g	
18:1-Oleic	4.71 g	
20:1-Eicosen	0.02 g	
22:1-Erucic	0.00 g	
24:1-Nervonic	0 g	
Poly Fats		
18:2-Linoleic	2.25 g	16%
18:3-Linolenic	0.16 g	10%
18:4-Stearidon	0 g	
20:3-Eicosatrienoic	0.01 g	
20:4-Arachidon	0.08 g	
20:5-EPA	0.00 g	
22:5-DPA	0 g	
22:6-DHA	0.02 g	
Other Fats		
Omega 3 Fatty Acids	0.18 g	
Omega 6 Fatty Acids	2.33 g	
Amino Acids		
Alanine	1.23 g	
Arginine	1.33 g	
Aspartate	2.47 g	
Cystine	0.64 g	
Glutamate	5.29 g	
Glycine	0.79 g	
Histidine	0.66 g	
Isoleucine	1.42 g	
Leucine	2.37 g	
Lysine	1.76 g	
Methionine	0.73 g	
Phenylalanine	1.40 g	
Proline	2.05 g	
Serine	1.61 g	
Threonine	0.97 g	
Tryptophan	0.33 g	
Tyrosine	1.09 g	
Valine	1.71 g	

Total Weight: 100908.23 g (3559.37 oz-wt.)
 Serving Size: 807.27 g (28.47 oz-wt.)
 Serves: 125.00
 Cost: --

 % comparison to: WYROSS (> 70 years)

Multi-Column

Pantothenic Acid	2.30 mg	46%	Other	
Minerals			Alcohol	0 g
Boron	89.01 mcg		Caffeine	0 mg
Calcium	507.28 mg	42%	Artif Sweetener - Total	0 mg
Chloride	440.72 mg	24%	Aspartame	0 mg
Chromium	1.36 mcg	5%	Saccharin	0 mg
Copper	0.31 mg	34%	Sugar Alcohol	0 g
Fluoride	-- mg		Glycerol	0 g
Iodine	120.99 mcg	81%	Inositol	0 g
Iron	3.61 mg	45%	Mannitol	0 g
Magnesium	85.34 mg	20%	Sorbitol	0 g
Manganese	0.95 mg	41%	Xylitol	0 g
Molybdenum	15.75 mcg	35%	Organic Acids	0 mg
Phosphorus	619.60 mg	89%	Acetic Acid	0 mg
Potassium	1497.73 mg	32%	Citric Acid	0 mg
Selenium	52.00 mcg	95%	Lactic Acid	0 mg
Sodium	548.65 mg	15%	Malic Acid	0 mg
Zinc	2.53 mg	23%	Choline	189.87 mg 35%
Saturated Fats			Taurine	-- mg
4:0-Butyric	0.21 g			

Notes

Menu was originally low in fiber, Vitamin A, Vitamin C, and folate.

I used a potato wedge with skin to increase fiber.

There wasn't a recipe for a biscuit so I provided one for a whole wheat biscuit to further increase the fiber.

I added orange juice to meet goals for Vitamin C and folate.

Calhoun County Committee on Aging Menu #2
All menus and recipes are for 125 servings

CCCOA Homemade Pizza
Corn
Jell-O with Peaches
2% milk

CCCOA Homemade Pizza

Crust:

8 cups white flour
8 cups whole wheat flour
2 cups soybean oil
1 Tablespoon salt
12 teaspoons active dry yeast
½ cup sugar
16 cups 2% milk

Recipe for crust did not contain procedure for making it.

Sauce/Toppings:

2 gallons unsalted tomato sauce
1 gallon chopped green bell peppers
1 gallon chopped onion
1 gallon chopped mushroom
10 pounds low fat mozzarella cheese

500 oz. unsalted canned corn

125 servings Jell-O with Peaches ½ cup – recipe not provided

125 cups 2% milk

CCCOA Menu #2

October 4, 2009

Total Weight: 86443.21 g (3049.14 oz-wt.)
 Serving Size: 691.55 g (24.39 oz-wt.)
 Serves: 125.00
 Cost: --

Amount for 125 servings	Food Item	Amount for 1 serving	Cost	Foodlist ESHA Code
	CCCOA Pizza			0
8 cup	Enrich All Purpose Bleached White Flour	0.064 cup	--	38030
8 cup	Whole Wheat Flour	0.064 cup	--	38032
2 cup	Soybean Salad/Cooking Oil	0.016 cup	--	8012
1 tbs	Table Salt	0.008 tbs	--	26014
12 tsp	Active Dry Bakers Yeast	0.096 tsp	--	28000
1/2 cup	White Granulated Sugar	0.004 cup	--	25006
16 cup	2% Milk w/Add Vit A & D	0.128 cup	--	2
2 gal	Tomato Sauce-Unsalted	0.016 gal	--	9524
1 gal	Fresh Sweet Green Bell Peppers-Chpd	0.008 gal	--	5124
1 gal	Fresh Yellow Onions-Chpd	0.008 gal	--	7499
1 gal	Mushrooms Slices-Cnd GML-GG	0.008 gal	--	6616
10 lb	Reduced Fat Mozzarella Cheese-Shred KFT end of CCCOA Pizza	0.08 lb	--	1268 0
500 oz-wt	Yellow Sweet Corn Unsalted w/Liq-Cnd	4 oz-wt	--	6961
500 oz-wt	Gelatin Salad/Dessert w/Fruit	4 oz-wt	--	23156
125 cup	2% Milk w/Add Vit A & D	1 cup	--	2

Nutrients per Serving

Calories	512.53	Fat - Total	15.29 g
Protein	26.87 g	Saturated Fat	7.44 g
Carbohydrates	72.05 g	Vitamin A RE	294.85 mcg
Dietary Fiber	5.90 g	Vitamin C	35.81 mg
Cholesterol	41.46 mg	Sodium	594.65 mg
% Calories from fat	26 %	% Calories from carbs	54 %

Notes

I selected unsalted corn in order to meet the goal for sodium.
 I reduced the salt in the original pizza recipe to meet the goal for sodium.
 No recipe was provided for Jell-O with Peaches so I selected a gelatin fruit salad for analysis.

Total Weight: 86443.21 g (3049.14 oz-wt.)
 Serving Size: 691.55 g (24.39 oz-wt.)
 Serves: 125.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Basic Components

Calories	512.53	23%
Calories from Fat	137.65	22%
Calories from Saturated Fat	66.96	33%
Protein	26.87 g	48%
Carbohydrates	72.05 g	24%
Dietary Fiber	5.90 g	24%
Soluble Fiber	0.39 g	
InSoluble Fiber	3.31 g	
Sugar - Total	39.33 g	
Monosaccharides	1.63 g	
Galactose	0.05 g	
Glucose	0.87 g	
Fructose	0.70 g	
Disaccharides	15.80 g	
Lactose	12.73 g	
Sucrose	2.93 g	
Maltose	0.14 g	
Other Carbs	26.82 g	
Fat - Total	15.29 g	22%
Saturated Fat	7.44 g	33%
Mono Fat	2.58 g	10%
Poly Fat	2.70 g	12%
Trans Fatty Acids	0.17 g	
Cholesterol	41.46 mg	14%
Water	570.50 g	15%
Ash	6.79 g	
KiloJoules	2144.96	
Vitamins		
Vitamin A IU	1432.47 IU	32%
Vitamin A RAE	169.57 mcg	19%
Vitamin A RE	294.85 mcg	
A - Carotenoid	36.39 RE	
A - Retinol	151.38 RE	
A - Beta Carotene	207.92 mcg	
Thiamin-B1	0.34 mg	28%
Riboflavin-B2	0.74 mg	57%
Niacin-B3	3.43 mg	21%
Niacin Equiv.	6.01 mg	38%
Vitamin-B6	0.49 mg	29%
Vitamin-B12	1.27 mcg	53%
Biotin	6.64 mcg	22%
Vitamin C	35.81 mg	40%
Vitamin D IU	118.35 IU	20%
Vitamin D mcg	2.96 mcg	20%
Vit E Alpha-Tocopherol	1.87 mg	12%
Vit E-Alpha Equiv.	1.99 mg	
Vitamin E IU	2.96 IU	
Vitamin E mg	1.99 mg	
Folate	100.01 mcg	25%
Folate DFE	104.09 mcg	26%
Vitamin K	10.84 mcg	9%

Multi-Column

6:0-Caproic	0.11 g	
8:0-Caprylic	0.06 g	
10:0-Capric	0.13 g	
12:0-Lauric	0.15 g	
14:0-Myristic	0.49 g	
15:0-Pentadecanoic	0.06 g	
16:0-Palmitic	2.10 g	
17:0-Margaric	0.03 g	
18:0-Stearic	0.83 g	
20:0-Arachidic	0.01 g	
22:0-Beheate	0.01 g	
24:0-Lignoceric	0 g	
Mono Fats		
14:1-Myristol	0.04 g	
15:1-Pentadecenoic	0.01 g	
16:1-Palmitol	0.09 g	
17:1-Heptadecenoic	0.01 g	
18:1-Oleic	2.41 g	
20:1-Eicosen	0.01 g	
22:1-Erucic	0 g	
24:1-Nervonic	0 g	
Poly Fats		
18:2-Linoleic	2.40 g	17%
18:3-Linolenic	0.29 g	18%
18:4-Stearidon	0 g	
20:3-Eicosatrienoic	0.01 g	
20:4-Arachidon	0.00 g	
20:5-EPA	0 g	
22:5-DPA	0 g	
22:6-DHA	0 g	
Other Fats		
Omega 3 Fatty Acids	0.29 g	
Omega 6 Fatty Acids	2.40 g	
Amino Acids		
Alanine	0.68 g	
Arginine	0.59 g	
Aspartate	1.17 g	
Cystine	0.35 g	
Glutamate	3.27 g	
Glycine	0.58 g	
Histidine	0.33 g	
Isoleucine	0.67 g	
Leucine	1.28 g	
Lysine	0.82 g	
Methionine	0.31 g	
Phenylalanine	0.65 g	
Proline	1.52 g	
Serine	0.64 g	
Threonine	0.45 g	
Tryptophan	0.15 g	
Tyrosine	0.56 g	
Valine	0.82 g	

Total Weight: 86443.21 g (3049.14 oz-wt.)
 Serving Size: 691.55 g (24.39 oz-wt.)
 Serves: 125.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Pantothenic Acid	1.83 mg	37%
Minerals		
Boron	153.90 mcg	
Calcium	869.88 mg	72%
Chloride	730.09 mg	41%
Chromium	0.01 mcg	0%
Copper	0.34 mg	38%
Fluoride	-- mg	
Iodine	66.66 mcg	44%
Iron	2.11 mg	26%
Magnesium	84.92 mg	20%
Manganese	0.49 mg	21%
Molybdenum	7.48 mcg	17%
Phosphorus	409.86 mg	59%
Potassium	1058.74 mg	23%
Selenium	16.39 mcg	30%
Sodium	594.65 mg	17%
Zinc	2.17 mg	20%
Saturated Fats		
4:0-Butyric	0.21 g	

Multi-Column

Other		
Alcohol	0 g	
Caffeine	0 mg	
Artif Sweetener - Total	0 mg	
Aspartame	0 mg	
Saccharin	0 mg	
Sugar Alcohol	0 g	
Glycerol	0 g	
Inositol	0 g	
Mannitol	0 g	
Sorbitol	0 g	
Xylitol	0 g	
Organic Acids	0 mg	
Acetic Acid	0 mg	
Citric Acid	0 mg	
Lactic Acid	0 mg	
Malic Acid	0 mg	
Choline	48.29 mg	9%
Taurine	-- mg	

Notes

I selected unsalted corn in order to meet the goal for sodium.
 I reduced the salt in the original pizza recipe to meet the goal for sodium.
 No recipe was provided for Jell-O with Peaches so I selected a gelatin fruit salad for analysis.

Calhoun County Committee on Aging Menu #3
All menus and recipes are for 125 servings

CCCOA Turkey Sausage Roll
CCCOA Cream of Broccoli Soup
Mandarin Oranges
Whole Wheat Crackers – 4 per serving
2% milk - 1 cup 2% milk

CCCOA Turkey Sausage Roll

8 cups white flour
8 cups whole wheat flour
2 cups soybean oil
1 tablespoon salt
½ cup sugar
12 teaspoons active dry yeast
16 cups 2% milk
10# turkey sausage
2# onions
15 bell peppers
5# low fat mozzarella cheese

Procedure for making this recipe was not provided.

CCCOA Cream of Broccoli Soup

CCCOA uses Standard Foodservice Cream of Broccoli Soup. The recipe was not provided so I used this one for the nutrient analysis in Menu #3.

12.5# frozen chopped broccoli
1# chopped onion
1.5# soft margarine
1.5# flour
1 Tbs. black pepper
5 gallons low sodium chicken broth
1 1/3# nonfat dry milk
7.5 quarts warm water

Thaw broccoli and set aside.

Sauté onions in margarine over medium heat until tender.

Add flour and black pepper and stir to blend.

Heat chicken broth and add hot broth to flour mixture.

Add broccoli; bring to a boil; reduce heat and simmer 15 minutes.

Mix dry milk with water. Add reconstituted milk to soup mixture and heat to 165 degrees serving temperature.

Recipe adapted from *Recipes for a Crowd*.

500 Whole Wheat Crackers – 4 per serving

125 cups 2% milk - 1 cup 2% milk

CCCOA Menu #3

October 4, 2009

Total Weight: 98970.39 g (3491.02 oz-wt.)
 Serving Size: 791.76 g (27.93 oz-wt.)
 Serves: 125.00
 Cost: --

Amount for 125 servings	Food Item	Amount for 1 serving	Cost	Foodlist ESHA Code
	CCCOA Turkey Sausage Roll			0
8 cup	Enrich All Purpose Bleached White Flour	0.064 cup	--	38030
8 cup	Whole Wheat Flour	0.064 cup	--	38032
2 cup	Soybean Oil ADM	0.016 cup	--	8665
1/2 cup	White Granulated Sugar	0.004 cup	--	25006
1 tbs	Table Salt	0.008 tbs	--	26014
16 cup	2% Milk w/Add Vit A & D	0.128 cup	--	2
10 lb	11%Fat Ground Turkey Sausage KFT-LR	0.08 lb	--	13116
2 lb	Fresh Yellow Onions-Chpd	0.016 lb	--	7499
15 each	Fresh Sweet Red Bell Peppers-Med	0.12 each	--	6989
5 lb	ReducedFat MozzarellaCheese-Shredded SAR	0.04 lb	--	48225
	end of CCCOA Turkey Sausage Roll			0
	SMP Cream of Broccoli Soup for CCCOA			0
12.5 lb	Broccoli Chopped Fzn-10oz Pkg	0.1 lb	--	5735
1 lb	Fresh Yellow Onions-Chpd	0.008 lb	--	7499
1.5 lb	Soft Margarine w/Safflower Oil VFD-SF	0.012 lb	--	8490
1.5 lb	Enrich All Purpose Bleached White Flour	0.012 lb	--	38030
1 tbs	Black Pepper	0.008 tbs	--	26016
5 gal	Low Sodium Chicken Broth-Cnd	0.04 gal	--	92184
1.3 lb	Non Fat Dry Milk NFC-CN	0.0104 lb	--	169
7.5 quart	Water	0.06 quart	--	20041
	end of SMP Cream of Broccoli Soup for C			0
500 each	Whole Wheat Crackers	4 each	--	43508
500 oz-wt	Mandarin Oranges w/Juice-Cnd	4 oz-wt	--	71773
125 cup	2% Milk w/Add Vit A & D	1 cup	--	2

Nutrients per Serving

Calories	645.33	Fat - Total	27.15 g
Protein	32.64 g	Saturated Fat	8.41 g
Carbohydrates	71.70 g	Vitamin A RE	487.84 mcg
Dietary Fiber	7.26 g	Vitamin C	93.01 mg
Cholesterol	59.34 mg	Sodium	856.07 mg
% Calories from fat	37 %	% Calories from carbs	43 %

Notes

I reduced the salt in the sausage roll from 3 Tbs. to 1 Tbs. to more nearly meet sodium goal.

SMP provided recipe for cream of broccoli soup.

Total Weight: 98970.39 g (3491.02 oz-wt.)
 Serving Size: 791.76 g (27.93 oz-wt.)
 Serves: 125.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Basic Components

Calories	645.33	29%
Calories from Fat	244.36	39%
Calories from Saturated Fat	75.72	38%
Protein	32.64 g	58%
Carbohydrates	71.70 g	23%
Dietary Fiber	7.26 g	29%
Soluble Fiber	2.20 g	
InSoluble Fiber	4.77 g	
Sugar - Total	28.53 g	
Monosaccharides	1.02 g	
Galactose	0.05 g	
Glucose	0.50 g	
Fructose	0.46 g	
Disaccharides	12.91 g	
Lactose	12.73 g	
Sucrose	0.15 g	
Maltose	0.02 g	
Other Carbs	35.91 g	
Fat - Total	27.15 g	39%
Saturated Fat	8.41 g	38%
Mono Fat	10.53 g	43%
Poly Fat	5.64 g	25%
Trans Fatty Acids	0.22 g	
Cholesterol	59.34 mg	20%
Water	653.98 g	18%
Ash	6.09 g	
KiloJoules	2699.94	
Vitamins		
Vitamin A IU	3365.29 IU	75%
Vitamin A RAE	270.25 mcg	30%
Vitamin A RE	487.84 mcg	
A - Carotenoid	237.74 RE	
A - Retinol	151.38 RE	
A - Beta Carotene	1018.89 mcg	
Thiamin-B1	0.44 mg	37%
Riboflavin-B2	0.85 mg	65%
Niacin-B3	5.95 mg	37%
Niacin Equiv.	9.33 mg	58%
Vitamin-B6	0.39 mg	23%
Vitamin-B12	1.60 mcg	67%
Biotin	7.27 mcg	24%
Vitamin C	93.01 mg	103%
Vitamin D IU	118.60 IU	20%
Vitamin D mcg	2.96 mcg	20%
Vit E Alpha-Tocopherol	0.77 mg	5%
Vit E-Alpha Equiv.	1.46 mg	
Vitamin E IU	3.34 IU	
Vitamin E mg	1.46 mg	
Folate	91.41 mcg	23%
Folate DFE	105.90 mcg	26%
Vitamin K	4.22 mcg	4%

Multi-Column

6:0-Caproic	0.11 g	
8:0-Caprylic	0.06 g	
10:0-Capric	0.13 g	
12:0-Lauric	0.17 g	
14:0-Myristic	0.55 g	
15:0-Pentadecanoic	0.06 g	
16:0-Palmitic	3.28 g	
17:0-Margaric	0.03 g	
18:0-Stearic	1.57 g	
20:0-Arachidic	0.01 g	
22:0-Behenate	0.01 g	
24:0-Lignoceric	0 g	
Mono Fats		
14:1-Myristol	0.04 g	
15:1-Pentadecenoic	0.01 g	
16:1-Palmitol	0.22 g	
17:1-Heptadecenoic	0.01 g	
18:1-Oleic	5.03 g	
20:1-Eicosen	0.02 g	
22:1-Erucic	0 g	
24:1-Nervonic	0 g	
Poly Fats		
18:2-Linoleic	3.68 g	26%
18:3-Linolenic	0.30 g	19%
18:4-Stearidon	0 g	
20:3-Eicosatrienoic	0.01 g	
20:4-Arachidon	0.00 g	
20:5-EPA	0 g	
22:5-DPA	0 g	
22:6-DHA	0 g	
Other Fats		
Omega 3 Fatty Acids	0.30 g	
Omega 6 Fatty Acids	3.68 g	
Amino Acids		
Alanine	0.57 g	
Arginine	0.65 g	
Aspartate	1.23 g	
Cystine	0.41 g	
Glutamate	3.96 g	
Glycine	0.49 g	
Histidine	0.35 g	
Isoleucine	0.74 g	
Leucine	1.29 g	
Lysine	0.84 g	
Methionine	0.33 g	
Phenylalanine	0.73 g	
Proline	1.60 g	
Serine	0.70 g	
Threonine	0.47 g	
Tryptophan	0.20 g	
Tyrosine	0.59 g	
Valine	0.88 g	

Total Weight: 98970.39 g (3491.02 oz-wt.)
 Serving Size: 791.76 g (27.93 oz-wt.)
 Serves: 125.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Pantothenic Acid	1.70 mg	34%
Minerals		
Boron	81.97 mcg	
Calcium	597.27 mg	50%
Chloride	288.06 mg	16%
Chromium	0.01 mcg	0%
Copper	0.47 mg	52%
Fluoride	-- mg	
Iodine	66.42 mcg	44%
Iron	3.69 mg	46%
Magnesium	114.94 mg	27%
Manganese	1.31 mg	57%
Molybdenum	6.76 mcg	15%
Phosphorus	536.86 mg	77%
Potassium	1110.64 mg	24%
Selenium	23.37 mcg	42%
Sodium	856.07 mg	24%
Zinc	4.21 mg	38%
Saturated Fats		
4:0-Butyric	0.21 g	

Multi-Column

Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	55.30 mg 10%
Taurine	-- mg

Notes

I reduced the salt in the sausage roll from 3 Tbs. to 1 Tbs. to more nearly meet sodium goal.

SMP provided recipe for cream of broccoli soup.

Calhoun County Committee on Aging Menu #4
All menus and recipes are for 125 servings

CCCOA Vegetable Soup
CCCOA Pineapple Cottage Cheese Salad
CCCOA Cheese Stick - Give 2 oz. American cheese per person
CCCOA Corn Bread
2% milk

CCCOA Vegetable Soup

4 gallons mixed vegetables
1 gallon chopped onion
3 heads (about 12#) cabbage
9 (46 oz. each) cans tomato juice
6 cups water
3 celery stalks, chopped

No procedure provided.

CCCOA Pineapple Cottage Cheese Salad

20 pounds low fat cottage cheese
1 gallon drained pineapple tidbits
12 oz. dry instant vanilla pudding

No procedure provided.

Cheese Stick - Give 2 oz. American cheese per person.

CCCOA Corn Bread

16 cups whole grain yellow corn meal

4 cups self-rising flour

6 eggs

¼ cup soybean oil

1.5 gallons 2% milk

Procedure not provided.

125 cups 2% milk to drink.

Total Weight: 91950.71 g (3243.41 oz-wt.)
 Serving Size: 735.61 g (25.95 oz-wt.)
 Serves: 125.00
 Cost: --

Amount for 125 servings	Food Item	Amount for 1 serving	Cost	Foodlist ESHA Code
	CCCOA Vegetable Soup			0
5 gal	Mixed Veg Stir Fry w/WtrChstnt GML-AM	0.04 gal	--	329
1 gal	Fresh Yellow Onions-Chpd	0.008 gal	--	7499
3 each	Fresh Cabbage Head-Sml 4.5"	0.024 each	--	90419
414 fl oz	Tomato Juice-Cnd	3.312 fl oz	--	5188
6 cup	Water	0.048 cup	--	20041
3 each	Fresh Celery Medium Stalk-7.5 to 8" Long	0.024 each	--	5055
10 lb	Fresh Red Potatoes w/Skin	0.08 lb	--	91052
	end of CCCOA Vegetable Soup			0
	CCCOA Pineapple Cottage Cheese Salad			0
20 lb	2%Fat Cottage Cheese-Sml Curd KFT-BK	0.16 lb	--	1311
1 gal	Pineapple Chunks w/Juice Canned-Drnd	0.008 gal	--	72096
12 oz-wt	Vanilla Pudding Inst-3.5oz Pkg	0.096 oz-wt	--	2654
	end of CCCOA Pineapple Cottage Cheese S			0
250 oz-wt	RducFat USDA Cheddar Cheese	2 oz-wt	--	48507
	CCCOA Cornbread			0
16 cup	Whole Grain Yellow Cornmeal	0.128 cup	--	38059
4 cup	Enrich AllPurpose Self Rising WhiteFlour	0.032 cup	--	38033
6 each	Whole Eggs Raw-Lrg	0.048 each	--	19501
1.5 gal	2% Milk w/Add Vit A & D	0.012 gal	--	2
1/4 cup	Soybean Oil ADM	0.002 cup	--	8665
1/2 cup	White Granulated Sugar	0.004 cup	--	25006
	end of CCCOA Cornbread			0
125 cup	2% Milk w/Add Vit A & D	1 cup	--	2

Nutrients per Serving

Calories	543.69	Fat - Total	19.03 g
Protein	36.99 g	Saturated Fat	11.37 g
Carbohydrates	58.12 g	Vitamin A RE	526.67 mcg
Dietary Fiber	5.19 g	Vitamin C	49.72 mg
Cholesterol	73.95 mg	Sodium	1170.10 mg
% Calories from fat	31 %	% Calories from carbs	42 %

Notes

The cheese makes the saturated fat higher than goal. I selected a low fat cheese to lower the saturated fat to closer to goal.

Total Weight: 91950.71 g (3243.41 oz-wt.)
 Serving Size: 735.61 g (25.95 oz-wt.)
 Serves: 125.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Basic Components

Calories	543.69	24%
Calories from Fat	171.26	28%
Calories from Saturated Fat	102.37	51%
Protein	36.99 g	66%
Carbohydrates	58.12 g	19%
Dietary Fiber	5.19 g	21%
Soluble Fiber	0.81 g	
InSoluble Fiber	1.13 g	
Sugar - Total	30.39 g	
Monosaccharides	1.58 g	
Galactose	0.06 g	
Glucose	2.23 g	
Fructose	2.20 g	
Disaccharides	13.88 g	
Lactose	13.46 g	
Sucrose	0.64 g	
Maltose	0.03 g	
Other Carbs	22.54 g	
Fat - Total	19.03 g	28%
Saturated Fat	11.37 g	51%
Mono Fat	5.00 g	20%
Poly Fat	1.12 g	5%
Trans Fatty Acids	0.18 g	
Cholesterol	73.95 mg	25%
Water	480.44 g	13%
Ash	6.72 g	
KiloJoules	2274.72	
Vitamins		
Vitamin A IU	3511.08 IU	78%
Vitamin A RAE	373.55 mcg	42%
Vitamin A RE	526.67 mcg	
A - Carotenoid	259.42 RE	
A - Retinol	243.84 RE	
A - Beta Carotene	1537.53 mcg	
Thiamin-B1	0.34 mg	28%
Riboflavin-B2	0.83 mg	64%
Niacin-B3	2.34 mg	15%
Niacin Equiv.	4.79 mg	30%
Vitamin-B6	0.45 mg	26%
Vitamin-B12	2.31 mcg	96%
Biotin	9.85 mcg	33%
Vitamin C	49.72 mg	55%
Vitamin D IU	125.90 IU	21%
Vitamin D mcg	3.14 mcg	21%
Vit E Alpha-Tocopherol	0.63 mg	4%
Vit E-Alpha Equiv.	0.63 mg	
Vitamin E IU	0.94 IU	
Vitamin E mg	0.63 mg	
Folate	78.17 mcg	20%
Folate DFE	82.59 mcg	21%
Vitamin K	15.67 mcg	13%

Multi-Column

6:0-Caproic	0.35 g	
8:0-Caprylic	0.19 g	
10:0-Capric	0.44 g	
12:0-Lauric	0.48 g	
14:0-Myristic	1.58 g	
15:0-Pentadecanoic	0.06 g	
16:0-Palmitic	4.62 g	
17:0-Margaric	0.03 g	
18:0-Stearic	2.01 g	
20:0-Arachidic	0.01 g	
22:0-Behenate	0.01 g	
24:0-Lignoceric	0.00 g	
Mono Fats		
14:1-Myristol	0.04 g	
15:1-Pentadecenoic	0.01 g	
16:1-Palmitol	0.26 g	
17:1-Heptadecenoic	0.01 g	
18:1-Oleic	4.26 g	
20:1-Eicosen	0.03 g	
22:1-Erucic	0.00 g	
24:1-Nervonic	0 g	
Poly Fats		
18:2-Linoleic	0.84 g	6%
18:3-Linolenic	0.12 g	8%
18:4-Stearidon	0 g	
20:3-Eicosatrienoic	0.01 g	
20:4-Arachidon	0.02 g	
20:5-EPA	0.00 g	
22:5-DPA	0 g	
22:6-DHA	0.00 g	
Other Fats		
Omega 3 Fatty Acids	0.12 g	
Omega 6 Fatty Acids	0.86 g	
Amino Acids		
Alanine	0.48 g	
Arginine	0.48 g	
Aspartate	1.24 g	
Cystine	0.34 g	
Glutamate	3.03 g	
Glycine	0.29 g	
Histidine	0.29 g	
Isoleucine	0.63 g	
Leucine	1.18 g	
Lysine	0.78 g	
Methionine	0.29 g	
Phenylalanine	0.60 g	
Proline	1.26 g	
Serine	0.57 g	
Threonine	0.41 g	
Tryptophan	0.15 g	
Tyrosine	0.53 g	
Valine	0.76 g	

Total Weight: 91950.71 g (3243.41 oz-wt.)
 Serving Size: 735.61 g (25.95 oz-wt.)
 Serves: 125.00
 Cost: --

% comparison to: WVBOSS (> 70 years)

Pantothenic Acid	1.56 mg	31%
Minerals		
Boron	183.68 mcg	
Calcium	946.88 mg	79%
Chloride	708.80 mg	39%
Chromium	5.77 mcg	19%
Copper	0.23 mg	26%
Fluoride	-- mg	
Iodine	73.92 mcg	49%
Iron	1.84 mg	23%
Magnesium	100.11 mg	24%
Manganese	0.30 mg	13%
Molybdenum	16.90 mcg	38%
Phosphorus	740.73 mg	106%
Potassium	1040.70 mg	22%
Selenium	21.48 mcg	39%
Sodium	1170.10 mg	33%
Zinc	4.38 mg	40%
Saturated Fats		
4:0-Butyric	0.63 g	

Multi-Column

Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	62.82 mg 11%
Taurine	-- mg

Notes

The cheese makes the saturated fat higher than goal. I selected a low fat cheese to lower the saturated fat to closer to goal.