

Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Report Selections

Date Range : Mon Oct 02, 2017 - Sun Nov 05, 2017
 Menus : Menu 7 pk ADSS Breakfast

Menu: Menu 7 pk ADSS Breakfast Date: Mon Oct 02, 2017

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Fat (gm)	% Cal. Fat (%)	Carbohydat (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Cereal, Complete Bran, Ind (ADSS)	1 each	25	80	3.0	0.5	4.7	20.0	0	14.40	500	48	4.80	4.0	180
* Bread, 100% Whole Wheat, Wrapp	1 each	26	60	3.0	0.5	7.0	11.9	20	0.71	0	0	0.00	2.0	119
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0		0.0	30
* Pears, Frz, Ind	1 each	126	61	1.4	0.1	1.5	14.9	11	0.30	2	2	0.00	1.8	5
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADSS)	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Crackers, Toast, w/Peanut Butter, IW	1 packet	39	190	4.0	9.0	42.9	23.0	20	1.08	0	0	0.00	1.0	300
Breakfast Totals			586	20.4	16.1	24.5	96.3	401	16.49	1202	88	5.87+	8.8	767
Noon Meal														
* Chicken, Grilled, w/Pesto, - 183	4.5 ounces	100	189	17.6	11.8	56.6	2.8	63	1.19	345	3	0.00+	0.7	454
* Potatoes, Red Skin, Diced, w/Butter	3.2 ounces	79	63	1.0	0.2	2.8	13.9	19	0.56	0+	15+	0.00+	1.1	89
* Carrots, Frz, w/Butter Water	2.8 ounces	67	31	0.5	0.2	6.5	7.0	28	0.23	11106+	2+	0.00+	2.0	123
* Muffin, Bran, IW	1 each	57	204	2.0	9.1	40.3	28.3	0	0.18	0	0	0.01	3.0	280
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0		0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Cookie, Fig Bar, IW	1 each	43	160	1.0	3.0	17.0	32.0	20	0.72	0	0	0.04	1.0	100
* Juice, Orange, Frz, 4 oz., Calcium	1 each	113	60	1.0	0.2	2.9	14.0	102	0.12	748	36	0.00	0.2	5
* Space	1 each													
* 183	1 each													
Noon Meal Totals			846+	31.1+	30.5+	32.5	111.0+	532+	3.00+	12899+	59+	1.12+	8.0+	1207+
Daily Totals for 10/02/17			1432+	51.5+	46.6+	29.2	207.3+	933+	19.49+	14101+	147+	6.99+	16.8+	1973+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			168+	275.8+	164.1+		176.9+	233+	729.97+		489+	874.12+	168.0+	455+
Percent Calorie Distribution (%)				14.3	29.2		56.4							

* Denotes main item. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.
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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Tue Oct 03, 2017

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	% Cal. Fat (%)	Carbo hydrat (gm)	Cal cium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Cereal, Corn Flakes, Ind (ADSS)	1 each	28	110	2.0	0.5	4.1	24.0	0	7.20	1000	12	1.53	1.0	250
* Waffle, Whole Grain, 2 pk, IW, 2.6	1 each	74	170	4.0	7.0	34.4	26.0	120	3.00	0	0	0.46	3.0	350
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Syrup, Table/Pancake, Ind Pkt	1 each	28	81	0.0	0.0	0.0	21.3	0	0.00	0	0	0.00	0.0	0
* Applesauce, Ind, Strawberry, Frz/S	1 each	128	51	1.0	0.0	0.0	15.8	0	0.00	0	34	0.00	2.3	17
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADS	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Cookie, Giant Goldfish Grahams, \	1 each	26	120	1.0	4.0	31.0	19.0	100	0.72	0	0	0.00	2.0	110
Breakfast Totals			727	17.0	17.5	21.1	132.6	570	10.92	1700	84	3.06+	8.3	889
Noon Meal														
* Beef, Meatballs - 200	3 ounces	81	200	14.4	14.2	64.1	3.6	30	1.83	66	1	1.81	1.2	492
* Rice, w/Brown Gravy	3.08 ounces	45	57	1.2	0.2	3.2	12.8	13	0.05	0	0	0.00	0.3	130
* Greens, Mixed, ADSS, w/Butter	4.15 ounces	100	27	2.6	0.1	2.2	4.5	136	1.57	5659+	26+	0.00+	2.7	73
* Corn, Whole Kernel, wPeppers, Fr	2.8 ounces	67	56	1.7	0.6	8.0	13.1	12	0.31	433+	11+	0.00+	1.5	87
* Muffin, Cornbread, IW, 1.48 oz	1 each	42	120	2.0	6.0	41.5	17.0	0	0.18	0	0	0.06	2.0	197
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Fruit, Mixed, Frz, Ind	1 each	124	61	2.3	0.0	0.0	14.0	8	0.20	174	4	0.00	1.0	5
* Juice, Blended, Frz, 4 oz	1 each	113	60	0.0	0.0	0.0	14.0	0	0.03	40	4	0.00	0.0	10
* Space	1 each													
* 200	1 each													
Noon Meal Totals			720+	32.2+	27.1+	33.0	91.9+	498+	4.17+	7071+	48+	2.94+	8.7+	1150+
Daily Totals for 10/03/17			1447+	49.2+	44.6+	27.0	224.5+	1068+	15.09+	8771+	132+	5.99+	16.9+	2040+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			170+	263.7+	157.0+		191.6+	267+	565.05+		441+	748.83+	169.2+	471+
Percent Calorie Distribution (%)				13.4	27.0		59.6							

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Wed Oct 04, 2017

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Fat (gm)	% Cal. Fat (%)	Carbohydrat (gm)	Cal cium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Cereal, Toasted Oats, Ind (ADSS)	1 each	28	110	3.0	1.0	8.3	22.0	100	9.00	500	15	1.50	3.0	260
* Muffin, Banana, IW	1 each	57	200	2.0	9.0	40.3	28.0	0	0.72	0	0	0.09	3.0	200
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Fruit, Mixed, Frz, Ind	1 each	124	61	2.3	0.0	0.0	14.0	8	0.20	174	4	0.00	1.0	5
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADS	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Crackers, Cheese, w/Cheese Fillin	1 packet	39	190	3.0	10.0	46.4	23.0	60	1.08	0	0	0.31	0.9	350
Breakfast Totals			756	19.3	26.0	30.6	113.5	518	11.00	1374	57	2.97+	7.9	978
Noon Meal														
* Chicken, Grilled, w/BBQ Sauce - 1	4 ounces	100	161	16.7	7.7	43.9	5.4	21	1.16	160	2	0.00+	0.5	569
* Potatoes, Sweet, Diced, w/Cinnarr	3 ounces	73	67	4.4	0.1	1.4	16.3	15	0.53	12405	43	0.00	2.2	33
* Broccoli, Frz, w/Butter Water	2.5 ounces	59	24	1.8	0.2	6.1	4.7	27	0.35	573+	23+	0.00+	1.7	91
* Muffin, Cornbread, IW, 1.48 oz	1 each	42	120	2.0	6.0	41.5	17.0	0	0.18	0	0	0.06	2.0	197
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Raisins, Box, Ind, ADSS (Sysco)	1 each	40	130	1.0	0.0	0.0	31.0	20	1.08	0	0	0.00	2.0	10
* Juice, Orange, Frz, 4 oz, Calcium	1 each	113	60	1.0	0.2	2.9	14.0	102	0.12	748	36	0.00	0.2	5
* Space	1 each													
* 153	1 each													
Noon Meal Totals			701+	34.9+	20.2+	25.4	101.4+	486+	3.42+	14587+	106+	1.13+	8.6+	1061+
Daily Totals for 10/04/17			1457+	54.2+	46.2+	28.1	214.9+	1004+	14.42+	15961+	163+	4.10+	16.5+	2039+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			171+	290.2+	162.7+		183.3+	251+	540.09+		542+	512.44+	165.2+	471+
Percent Calorie Distribution (%)				14.7	28.1		57.3							

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Thu Oct 05, 2017

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Fat (gm)	% Cal. Fat (%)	Carbohydrat (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Cereal, Honey Nut Toasted Oats, I	1 each	28	109	3.0	1.5	11.9	21.7	99	8.89	1235	15	1.20	2.0	133
* Muffin, English, Bulk, Wrapped In	1 each	64	140	5.0	1.0	6.8	25.9	100	1.44	0	0	0.02	1.0	239
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Jelly, Grape, Ind Pkt	1 each	14	37	0.0	0.0	0.1	9.8	1	0.03	1	0	0.00	0.1	4
* Oranges, Mandarin, Frz/Shelf, Ind	4 ounces	113	70	0.0	0.0	0.0	18.0	0	0.72	0	60	0.00	0.9	10
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADSS)	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Bar, Oatmeal, Butterscotch, 1.24 c	1 each	35	150	2.0	5.0	31.0	23.0	0	0.72	0	0	0.00	2.0	120
Breakfast Totals			700	19.0	13.5	17.4	124.9	549	11.79	1935	113	2.29+	6.0	669
Noon Meal														
* Beef, Taco Soup, All Beef, 2 oz be	11.3 ounces	241	210	15.0	7.4	30.8	22.2	60	2.36	1016	19	0.00+	5.1	575
* Apples, Frozen, wCinnamon Sauc	2.9 ounces	71	44	0.1	0.1	2.8	10.3	1	0.01	71	106	0.00	1.4	12
* Beans, Green, Frz, w/Butter Water	2.65 ounces	57	23	0.8	0.2	7.3	5.2	32	0.37	306+	2+	0.00+	1.7	86
* Bread, 100% Whole Wheat, Wrapp	1 each	26	60	3.0	0.5	7.0	11.9	20	0.71	0	0	0.00	2.0	119
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Pudding, Chocolate, Frz, Ind	1 each	85	140	2.0	7.0	42.9	19.0	54	0.05	405	0	0	0.0	125
* Juice, Grape, Frz, 4 oz, Calcium F	1 each	113	90	0.1	0.0	0.0	22.0	102	0.47	747	1	0.00	0.1	10
* Space	1 each													
* 137	1 each													
Noon Meal Totals			707+	29.0+	21.2+	26.2	103.6+	568+	3.98+	3244+	130+	1.07+	10.3+	1082+
Daily Totals for 10/05/17			1408+	48.0+	34.7+	21.8	228.5+	1118+	15.77+	5179+	243+	3.36+	16.3+	1751+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			165+	257.1+	122.1+		195.0+	279+	590.68+		809+	420.50+	163.0+	404+
Percent Calorie Distribution (%)				13.6	21.8		64.5							

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Fri Oct 06, 2017

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	% Cal. Fat (%)	Carbo hydrat (gm)	Cal cium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Cereal, Raisin Bran, Ind (ADSS)	1 each	28	100	2.0	0.5	4.7	21.0	500	12.60	300	30	0.72	2.0	150
* Bread, Cinnamon, Bulk, Wrapped	1 each	60	176	4.0	4.0	20.0	32.0	60	1.44	0	0	0.00	1.0	223
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Peaches, Frz, Ind	1 each	124	60	1.6	0.0	0.0	14.0	0	0.00	488	1	0.00	0.8	8
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADS	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Bar, Oatmeal, Chocolate Chip, 1.2	1 each	35	150	2.0	5.0	31.0	23.0	0	0.72	0	0	0.00	2.0	120
Breakfast Totals			681	18.6	15.5	20.5	116.5	910	14.76	1488	69	1.79+	5.8	664
Noon Meal														
* Pork, Patty, Grilled, Zesty Orange,	6.75 ounces	184	353	19.7	16.8	43.2	30.0	54	1.18	52	2	1.06	1.3	433
* Peas, Green, Frz, w/Butter Water	2.9 ounces	70	60	3.4	0.1	1.8	11.2	22	1.11	1395+	12+	0.00+	3.5	159
* Cauliflower, Frz, w/Butter Water	2.5 ounces	59	21	1.1	0.1	4.5	4.5	20	0.31	0+	28+	0.00+	1.2	99
* Bread, 100% Whole Wheat, Wrapp	1 each	26	60	3.0	0.5	7.0	11.9	20	0.71	0	0	0.00	2.0	119
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Applesauce, Ind, Frozen/Shelf	1 each	128	51	1.0	0.0	0.0	15.8	0	0.00	0	34	0.00	2.3	17
* Juice, Blended, Frz, 4 oz	1 each	113	60	0.0	0.0	0.0	14.0	0	0.03	40	4	0.00	0.0	10
* Space	1 each													
* 131	1 each													
Noon Meal Totals			744+	36.2+	23.5+	28.5	100.4+	416+	3.34+	2187+	82+	2.13+	10.2+	992+
Daily Totals for 10/06/17			1425+	54.8+	39.0+	24.7	216.9+	1326+	18.10+	3675+	151+	3.92+	16.0+	1656+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			167+	293.6+	137.4+		185.0+	331+	678.07+		502+	490.09+	159.7+	382+
Percent Calorie Distribution (%)				15.4	24.7		59.9							

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Sat Oct 07, 2017

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	% Cal. Fat (%)	Carbo hydrat (gm)	Cal cium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Oatmeal, Instant, Ind Pkt	1 each	28	101	4.0	2.0	16.2	19.2	101	7.29	1266	0	0.00	3.0	76
* Muffin, Bran, IW	1 each	57	204	2.0	9.1	40.3	28.3	0	0.18	0	0	0.01	3.0	280
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Pineapple, Frz, Ind	1 each	124	68	2.2	0.1	1.3	16.2	15	0.30	35	10	0.00	0.8	2
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADS	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Bar, Cereal, Blueberry, IW, Shelf	1 each	37	130	1.0	2.5	17.2	26.0	200	1.80	500	0	0	1.0	80
Breakfast Totals			698	18.2	19.7	25.1	116.3	666	9.57	2501	48	1.08+	7.8	601
Noon Meal														
* Beef, Stuffed Shell,Advance, ADS:	8.6 ounces	215	251	16.1	10.7	38.3	22.8	164	1.80	2103	10	0.07+	2.1	629
* Mix Veg, 4 Way, Frz (Corn/Car/GE	2.95 ounces	72	49	1.9	0.5	7.9	10.3	27	0.57	2954+	7+	0.00+	2.2	117
* Brussels Sprouts, Frz, w/Butter	2.6 ounces	62	32	2.4	0.4	8.3	6.4	24	0.56	367+	44+	0.00+	2.4	91
* Bread, 100% Whole Wheat,Wrapp	1 each	26	60	3.0	0.5	7.0	11.9	20	0.71	0	0	0.00	2.0	119
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Cookie, Lemon Creme, IW, 4 Pk	1 packet	30	135	1.0	5.0	33.8	21.0	0	1.08	0	0	0.01	0.0	69
* Juice, Apple, Frz, 4 oz, Calcium Fc	1 each	113	60	0.0	0.1	1.5	15.0	102	0.32	748	1	0.00	0.1	10
* Space	1 each													
* 146	1 each													
Noon Meal Totals			727+	32.4+	23.2+	28.4	100.5+	636+	5.05+	6872+	64+	1.15+	8.8+	1191+
Daily Totals for 10/07/17			1425+	50.6+	42.9+	26.8	216.8+	1302+	14.62+	9373+	112+	2.23+	16.6+	1792+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			167+	270.8+	151.0+		185.0+	326+	547.49+		372+	278.75+	166.1+	413+
Percent Calorie Distribution (%)				13.9	26.8		59.3							
Week Daily Average (10/02/17-10/07/17)			1432+	51.4+	42.3+	26.3	218.1+	1125+	16.25+	9510+	158+	4.43+	16.5+	1875+

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Sun Oct 08, 2017

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Fat (gm)	% Cal. Fat (%)	Carbohydrat (gm)	Cal cium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Cereal, Bran Flakes, Ind (ADSS)	1 each	28	109	3.0	0.5	4.0	23.7	0	8.89	1235	15	5.93	4.0	207
* Biscuit, Buttermilk, 2.25 oz, Wrapp	1 each	64	220	5.0	8.0	33.3	31.0	20	1.44	0	0	8.95	1.0	770
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Jelly, Grape, Ind Pkt	1 each	14	37	0.0	0.0	0.1	9.8	1	0.03	1	0	0.00	0.1	4
* Applesauce, Ind, Frozen/Shelf	1 each	128	51	1.0	0.0	0.0	15.8	0	0.00	0	34	0.00	2.3	17
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADSS)	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Crackers, Graham, 2 Pk, Shelf	1 each	14	60	1.0	2.0	29.0	10.0	60	0.36	300	0	0.00	0.9	65
Breakfast Totals			672	19.0	16.5	22.1	116.8	431	10.72	2235	87	15.95+	8.2	1226
Noon Meal														
* Chicken, Strips, w/Cacciatore Sau	6.5 ounces	193	239	19.2	14.1	53.9	8.0	36	0.87	212	15	0.30	1.0	716
* Asparagus, Cuts & Tips, Frz, w/Bu	3 ounces	73	25	2.1	0.1	3.8	4.5	23	0.52	673+	23+	0.00+	1.5	91
* Potatoes, Diced, Frozen, Hashbro	2.4 ounces	68	89	1.6	3.2	33.3	13.0	0	0.29	0	10	0.00	1.6	16
* Bread, 100% Whole Wheat, Wrapp	1 each	26	60	3.0	0.5	7.0	11.9	20	0.71	0	0	0.00	2.0	119
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Cookie, Giant Goldfish Grahams, \	1 each	26	120	1.0	4.0	31.0	19.0	100	0.72	0	0	0.00	2.0	110
* Juice, Cranberry, Frz, 4 oz	1 each	113	60	0.0	0.0	0.0	15.0	0	0.00	0	0	0.00	0.0	15
* Space	1 each													
* 111	1 each													
Noon Meal Totals			733+	34.9+	28.0+	34.7	84.4+	478+	3.11+	1585+	49+	1.37+	8.1+	1223+
Daily Totals for 10/08/17			1404+	53.9+	44.5+	28.7	201.2+	909+	13.83+	3821+	136+	17.32+	16.3+	2449+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			165+	288.9+	156.6+		171.7+	227+	517.82+		454+	2164.50+	163.3+	565+
Percent Calorie Distribution (%)				15.4	28.7		55.9							

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Mon Oct 09, 2017

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	% Cal. Fat (%)	Carbo hydrat (gm)	Cal cium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Cereal, Raisin Bran, Ind (ADSS)	1 each	28	100	2.0	0.5	4.7	21.0	500	12.60	300	30	0.72	2.0	150
* Muffin, Banana, IW	1 each	57	200	2.0	9.0	40.3	28.0	0	0.72	0	0	0.09	3.0	200
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Peaches, Frz, Ind	1 each	124	60	1.6	0.0	0.0	14.0	0	0.00	488	1	0.00	0.8	8
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADS	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Cookie, Giant Goldfish Grahams, \	1 each	26	120	1.0	4.0	31.0	19.0	100	0.72	0	0	0.00	2.0	110
Breakfast Totals			675	15.6	19.5	26.0	108.5	950	14.04	1488	69	1.88+	7.8	631
Noon Meal														
* Beef, Meatballs, w/Spaghetti/Sauc	9.75 ounces	215	302	16.7	15.4	45.3	25.1	39	2.45	484	5	1.81	2.9	549
* Corn, Whole Kernel, Frz, w/Butter	2.9 ounces	70	63	1.7	0.6	7.2	14.8	11	0.33	135+	2+	0.00+	1.7	86
* Broccoli, Frz, w/Butter Water	2.5 ounces	59	24	1.8	0.2	6.1	4.7	27	0.35	573+	23+	0.00+	1.7	91
* Bread, 100% Whole Wheat Wrapp	1 each	26	60	3.0	0.5	7.0	11.9	20	0.71	0	0	0.00	2.0	119
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Pudding, Vanilla, Frz, Ind	1 each	85	140	2.0	6.0	39.1	19.0	60	0.00	400	0	0.09	0.0	115
* Juice, Cranberry, Frz, 4 oz	1 each	113	60	0.0	0.0	0.0	15.0	0	0.00	0	0	0.00	0.0	15
* Space	1 each													
* 165	1 each													
Noon Meal Totals			788+	33.2+	28.6+	32.3	103.5+	457+	3.84+	2293+	32+	2.96+	8.4+	1131+
Daily Totals for 10/09/17			1463+	48.8+	48.1+	29.4	212.0+	1407+	17.88+	3781+	101+	4.84+	16.2+	1761+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			172+	261.3+	169.4+		180.9+	352+	669.57+		338+	605.15+	161.6+	406+
Percent Calorie Distribution (%)				13.3	29.4		57.3							

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Tue Oct 10, 2017

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Fat (gm)	% Cal. Fat (%)	Carbohydrat (gm)	Cal cium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Cereal, Complete Bran, Ind (ADSS)	1 each	25	80	3.0	0.5	4.7	20.0	0	14.40	500	48	4.80	4.0	180
* Waffle, Whole Grain, 2 pk, IW, 2.6	1 each	74	170	4.0	7.0	34.4	26.0	120	3.00	0	0	0.46	3.0	350
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Syrup, Table/Pancake, Ind Pkt	1 each	28	81	0.0	0.0	0.0	21.3	0	0.00	0	0	0.00	0.0	0
* Pears, Frz, Ind	1 each	126	61	1.4	0.1	1.5	14.9	11	0.30	2	2	0.00	1.8	5
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADSS)	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Crackers, Toast, w/Peanut Butter,	1 packet	39	190	4.0	9.0	42.9	23.0	20	1.08	0	0	0.00	1.0	300
Breakfast Totals			777	21.4	22.6	25.5	131.7	501	18.78	1202	88	6.33+	9.8	997
Noon Meal														
* Chicken, Grilled, w/Mushrms/Swis:	6.75 ounces	125	222	20.4	8.6	35.3	15.3	94	1.20	88	2	0.12+	1.6	570
* Apples, Frozen, wCinnamon Sauc:	2.9 ounces	71	44	0.1	0.1	2.8	10.3	1	0.01	71	106	0.00	1.4	12
* Carrots, Frz, w/Butter Water	2.8 ounces	67	31	0.5	0.2	6.5	7.0	28	0.23	11106+	2+	0.00+	2.0	123
* Muffin, Cornbread, IW, 1.48 oz	1 each	42	120	2.0	6.0	41.5	17.0	0	0.18	0	0	0.06	2.0	197
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Cookie, Fudge Round, IW	1 each	34	150	1.0	6.0	36.0	23.0	0	1.08	0	0	0.03	0.9	85
* Juice, Grape, Frz, 4 oz, Calcium F	1 each	113	90	0.1	0.0	0.0	22.0	102	0.47	747	1	0.00	0.1	10
* Space	1 each													
* 119	1 each													
Noon Meal Totals			797+	32.1+	27.0+	30.0	107.6+	525+	3.17+	12712+	113+	1.29+	8.0+	1152+
Daily Totals for 10/10/17			1574+	53.5+	49.6+	27.7	239.2+	1026+	21.95+	13914+	201+	7.62+	17.8+	2150+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			185+	286.8+	174.7+		204.1+	257+	822.06+		671+	952.17+	178.4+	496+
Percent Calorie Distribution (%)				13.5	27.7		58.8							

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Wed Oct 11, 2017

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	% Cal. Fat (%)	Carbo hydrat (gm)	Cal cium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Cereal, Frosted Flakes, Ind (ADSS)	1 each	28	109	2.0	0.5	4.1	23.7	0	4.44	741	15	0.60	0.5	198
* Muffin, Bran, IW	1 each	57	204	2.0	9.1	40.3	28.3	0	0.18	0	0	0.01	3.0	280
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Raisins, Box, Ind, ADSS (Sysco)	1 each	40	130	1.0	0.0	0.0	31.0	20	1.08	0	0	0.00	2.0	10
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADS)	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Crackers, Graham, 2 Pk, Shelf	1 each	14	60	1.0	2.0	29.0	10.0	60	0.36	300	0	0.00	0.9	65
Breakfast Totals			697	15.0	17.6	22.6	119.6	430	6.06	1741	53	1.68+	6.4	715
Noon Meal														
* Beef, Patty, All Beef, w/Onion Gra	4.25 ounces	88	227	15.7	16.9	68.1	2.1	13	1.28	0	0	2.14	0.1	336
* Potatoes, Diced, Frozen, Hashbro	2.4 ounces	68	89	1.6	3.2	33.3	13.0	0	0.29	0	10	0.00	1.6	16
* Peas, Green, Frz, w/Butter Water	2.9 ounces	70	60	3.4	0.1	1.8	11.2	22	1.11	1395+	12+	0.00+	3.5	159
* Muffin, Cornbread, IW, 1.48 oz	1 each	42	120	2.0	6.0	41.5	17.0	0	0.18	0	0	0.06	2.0	197
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Applesauce, Ind, Strawberry, Frz/S	1 each	128	51	1.0	0.0	0.0	15.8	0	0.00	0	34	0.00	2.3	17
* Juice, Orange, Frz, 4 oz, Calcium	1 each	113	60	1.0	0.2	2.9	14.0	102	0.12	748	36	0.00	0.2	5
* Space	1 each													
* 188	1 each													
Noon Meal Totals			747+	32.8+	32.4+	38.8	86.1+	437+	2.98+	2843+	94+	3.27+	9.6+	885+
Daily Totals for 10/11/17			1444+	47.7+	50.1+	31.0	205.6+	867+	9.04+	4584+	147+	4.95+	16.0+	1601+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			169+	255.7+	176.3+		175.4+	217+	338.65+		490+	618.78+	160.1+	369+
Percent Calorie Distribution (%)				13.3	31.0		55.7							

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Thu Oct 12, 2017

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Fat (gm)	% Cal. Fat (%)	Carbo hydrat (gm)	Cal cium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Cereal, Bran Flakes, Ind (ADSS)	1 each	28	109	3.0	0.5	4.0	23.7	0	8.89	1235	15	5.93	4.0	207
* Bagel, Cinnamon Raisin, IW	1 each	57	139	4.0	0.5	3.3	28.8	20	0.36	0	0	0.00	1.0	209
* Cream Cheese, Ind Cup, 0.75 oz	1 each	21	50	1.0	5.0	79.2	2.0	20	0.00	200	0	0	0.0	80
* Applesauce, Ind, Frozen/Shelf	1 each	128	51	1.0	0.0	0.0	15.8	0	0.00	0	34	0.00	2.3	17
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADS	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Bar, Cereal, Strawberry, IW, Shelf	1 each	37	130	1.0	2.0	14.3	26.0	200	3.60	1000	0	0	1.0	90
Breakfast Totals			644	19.0	10.5	14.0	122.8	590	12.85	2935	87	7.00+	8.2	736
Noon Meal														
* Chicken, Patty, Breaded, Parmesa	4.4 ounces	111	231	17.6	11.9	47.0	12.7	59	2.14	205+	3	0.24+	1.5	499
* Potatoes, Red Skin, Diced, w/Butt	3.2 ounces	79	63	1.0	0.2	2.8	13.9	19	0.56	0+	15+	0.00+	1.1	89
* Asparagus, Cuts & Tips, Frz, w/Bu	3 ounces	73	25	2.1	0.1	3.8	4.5	23	0.52	673+	23+	0.00+	1.5	91
* Muffin, Bran, IW	1 each	57	204	2.0	9.1	40.3	28.3	0	0.18	0	0	0.01	3.0	280
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Crackers, Graham, 2 Pk, Shelf	1 each	14	60	1.0	2.0	29.0	10.0	60	0.36	300	0	0.00	0.9	65
* Juice, Apple, Frz, 4 oz, Calcium Fc	1 each	113	60	0.0	0.1	1.5	15.0	102	0.32	748	1	0.00	0.1	10
* Space	1 each													
* 177	1 each													
Noon Meal Totals			782+	31.8+	29.5+	33.9	97.4+	563+	4.07+	2627+	44+	1.32+	8.0+	1189+
Daily Totals for 10/12/17			1425+	50.8+	39.9+	24.9	220.3+	1152+	16.92+	5561+	130+	8.32+	16.2+	1925+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			167+	271.9+	140.7+		187.9+	288+	633.62+		434+	1039.56+	162.1+	444+
Percent Calorie Distribution (%)				14.3	24.9		60.8							

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Fri Oct 13, 2017

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Fat (gm)	% Cal. Fat (%)	Carbohydrat (gm)	Cal cium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Cereal, Honey Nut Toasted Oats, I	1 each	28	109	3.0	1.5	11.9	21.7	99	8.89	1235	15	1.20	2.0	133
* Pancake, Buttermilk, IW, 2 Pk	1 each	37	100	2.5	2.0	17.3	18.9	20	0.72	0	0	0.03	1.5	75
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Syrup, Table/Pancake, Ind Pkt	1 each	28	81	0.0	0.0	0.0	21.3	0	0.00	0	0	0.00	0.0	0
* Oranges, Mandarin, Frz/Shelf, Ind	4 ounces	113	70	0.0	0.0	0.0	18.0	0	0.72	0	60	0.00	0.9	10
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADS	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Cookie, Fig Bar, IW	1 each	43	160	1.0	3.0	17.0	32.0	20	0.72	0	0	0.04	1.0	100
Breakfast Totals			714	15.5	12.5	15.5	138.4	489	11.05	1935	113	2.34+	5.4	481
Noon Meal														
* Beef, Meatloaf, w/Tomato Sauce -	4.2 ounces	119	177	17.7	9.7	46.2	7.7	32	2.23	279	4	1.39	1.7	602
* Mix Veg, Winter Blend (Broc/Caul/	2.75 ounces	66	40	1.8	0.4	7.7	8.3	26	0.48	1857+	17+	0.00+	2.0	115
* Beans, Lima, Frz, w/Butter	3.8 ounces	84	121	5.8	0.2	1.7	24.4	36	1.05	0+	2+	0.00+	4.9	304
* Bread, 100% Whole Wheat, Wrapp	1 each	26	60	3.0	0.5	7.0	11.9	20	0.71	0	0	0.00	2.0	119
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Cookie, Chocolate Creme, 4 Pk	1 packet	30	140	1.0	6.0	39.1	20.0	0	1.08	0	0	0.01	0.0	66
* Juice, Orange, Frz, 4 oz., Calcium	1 each	113	60	1.0	0.2	2.9	14.0	102	0.12	748	36	0.00	0.2	5
* Space	1 each													
* 123	1 each													
Noon Meal Totals			737+	38.3+	23.0+	27.2	99.2+	517+	5.67+	3584+	61+	2.47+	10.7+	1367+
Daily Totals for 10/13/17			1451+	53.7+	35.4+	21.5	237.7+	1005+	16.72+	5519+	173+	4.81+	16.1+	1847+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			170+	287.7+	124.8+		202.8+	251+	626.13+		578+	601.24+	160.6+	426+
Percent Calorie Distribution (%)				14.5	21.5		64.1							

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Sat Oct 14, 2017

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Fat (gm)	% Cal. Fat (%)	Carbohydrat (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Cereal, Toasted Oats, Ind (ADSS)	1 each	28	110	3.0	1.0	8.3	22.0	100	9.00	500	15	1.50	3.0	260
* Muffin, English, Bulk, Wrapped In	1 each	64	140	5.0	1.0	6.8	25.9	100	1.44	0	0	0.02	1.0	239
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Jelly, Grape, Ind Pkt	1 each	14	37	0.0	0.0	0.1	9.8	1	0.03	1	0	0.00	0.1	4
* Applesauce, Ind, Strawberry, Frz/S	1 each	128	51	1.0	0.0	0.0	15.8	0	0.00	0	34	0.00	2.3	17
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADSS)	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Bar, Cereal, Apple Cinnamon, IW,	1 each	37	130	1.0	2.5	17.2	26.0	200	3.60	1000	0	0	1.0	80
Breakfast Totals			663	19.0	10.5	14.2	126.0	751	14.06	2201	87	2.59+	7.4	763
Noon Meal														
* Chicken, Patty, Breaded, w/Waffle	5.4 ounces	128	315	18.1	15.3	43.4	26.8	78	2.83	292	1	0.37	2.0	580
* Beans, Green, w/Onions & Red Pe	2.75 ounces	60	28	0.7	0.1	4.0	5.7	36	0.49	338+	8+	0.00+	1.4	85
* Potatoes, Sweet, Diced, w/Cinnam	3 ounces	73	67	4.4	0.1	1.4	16.3	15	0.53	12405	43	0.00	2.2	33
* Bread, 100% Whole Wheat, Wrapp	1 each	26	60	3.0	0.5	7.0	11.9	20	0.71	0	0	0.00	2.0	119
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Bar, Cereal, Blueberry, IW, Shelf	1 each	37	130	1.0	2.5	17.2	26.0	200	1.80	500	0	0	1.0	80
* Juice, Blended, Frz, 4 oz	1 each	113	60	0.0	0.0	0.0	14.0	0	0.03	40	4	0.00	0.0	10
* Space	1 each													
* 114	1 each													
Noon Meal Totals			799+	35.2+	24.6+	27.3	113.7+	649+	6.39+	14276+	58+	1.44+	8.6+	1062+
Daily Totals for 10/14/17			1462+	54.2+	35.1+	21.4	239.7+	1399+	20.45+	16476+	145+	4.03+	16.0+	1825+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			172+	290.2+	123.4+		204.5+	350+	766.09+		483+	504.29+	159.7+	421+
Percent Calorie Distribution (%)				14.6	21.4		64.0							
Week Daily Average (10/08/17-10/14/17)			1461+	51.8+	43.2+	26.4	222.2+	1109+	16.68+	7665+	148+	7.41+	16.4+	1937+

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Sun Oct 15, 2017

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Fat (gm)	% Cal. Fat (%)	Carbohydrat (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Oatmeal, Instant, Ind Pkt	1 each	28	101	4.0	2.0	16.2	19.2	101	7.29	1266	0	0.00	3.0	76
* Bread, Cinnamon, Bulk, Wrapped	1 each	60	176	4.0	4.0	20.0	32.0	60	1.44	0	0	0.00	1.0	223
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0.00	0.0	30
* Fruit, Mixed, Frz, Ind	1 each	124	61	2.3	0.0	0.0	14.0	8	0.20	174	4	0.00	1.0	5
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADS	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Crackers, Goldfish, Cheddar, Ind F	1 each	21	100	2.0	3.5	33.0	14.0	20	0.72	0	0	0.10	0.9	180
Breakfast Totals			633	21.3	15.5	21.8	105.7	539	9.65	2140	42	1.17+	5.9	647
Noon Meal														
* Pork, Patty, Breaded, Advance - 1	4 ounces	113	352	20.2	22.2	56.9	17.6	47	2.33	63	0	0.76	1.6	546
* Brussels Sprouts, Frz, w/Butter	2.6 ounces	62	32	2.4	0.4	8.3	6.4	24	0.56	367+	44+	0.00+	2.4	91
* Mix Veg, Black Bean & Corn, Frz,	2.9 ounces	70	78	3.9	0.5	5.5	15.7	24	0.85	156+	4+	0.00+	3.2	85
* Bread, 100% Whole Wheat, Wrapp	1 each	26	60	3.0	0.5	7.0	11.9	20	0.71	0	0	0.00	2.0	119
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0.00	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Pears, Frz, Ind	1 each	126	61	1.4	0.1	1.5	14.9	11	0.30	2	2	0.00	1.8	5
* Juice, Grape, Frz, 4 oz, Calcium F	1 each	113	90	0.1	0.0	0.0	22.0	102	0.47	747	1	0.00	0.1	10
* Space	1 each													
* 110	1 each													
Noon Meal Totals			813+	39.0+	29.7+	32.7	101.6+	528+	5.22+	2036+	53+	1.83+	11.1+	1011+
Daily Totals for 10/15/17			1446+	60.3+	45.2+	27.9	207.3+	1067+	14.87+	4175+	95+	3.00+	17.0+	1658+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			170+	323.1+	159.1+		176.9+	267+	557.07+		317+	374.97+	170.1+	383+
Percent Calorie Distribution (%)				16.4	27.9		55.7							

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Mon Oct 16, 2017

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Fat (gm)	% Cal. Fat (%)	Carbohydrat (gm)	Cal cium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Cereal, Corn Flakes, Ind (ADSS)	1 each	28	110	2.0	0.5	4.1	24.0	0	7.20	1000	12	1.53	1.0	250
* Waffle, Whole Grain, 2 pk, IW, 2.6	1 each	74	170	4.0	7.0	34.4	26.0	120	3.00	0	0	0.46	3.0	350
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Syrup, Table/Pancake, Ind Pkt	1 each	28	81	0.0	0.0	0.0	21.3	0	0.00	0	0	0.00	0.0	0
* Applesauce, Ind, Frozen/Shelf	1 each	128	51	1.0	0.0	0.0	15.8	0	0.00	0	34	0.00	2.3	17
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADSS)	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Crackers, Goldfish, Cheddar, Ind F	1 each	21	100	2.0	3.5	33.0	14.0	20	0.72	0	0	0.10	0.9	180
Breakfast Totals			707	18.0	17.0	21.1	127.6	490	10.92	1700	84	3.16+	7.2	959
Noon Meal														
* Chicken, Strips, w/Florentine Rice	6.75 ounces	157	280	20.4	15.5	50.3	14.2	59	1.41	3500	9	0.30	1.4	599
* Carrots, Frz, w/Butter Water	2.8 ounces	67	31	0.5	0.2	6.5	7.0	28	0.23	11106+	2+	0.00+	2.0	123
* Asparagus, Cuts & Tips, Frz, w/Bu	3 ounces	73	25	2.1	0.1	3.8	4.5	23	0.52	673+	23+	0.00+	1.5	91
* Muffin, Cornbread, IW, 1.48 oz	1 each	42	120	2.0	6.0	41.5	17.0	0	0.18	0	0	0.06	2.0	197
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Raisins, Box, Ind, ADSS (Sysco)	1 each	40	130	1.0	0.0	0.0	31.0	20	1.08	0	0	0.00	2.0	10
* Juice, Blended, Frz, 4 oz	1 each	113	60	0.0	0.0	0.0	14.0	0	0.03	40	4	0.00	0.0	10
* Space	1 each													
* 179	1 each													
Noon Meal Totals			785+	34.0+	27.9+	31.4	100.8+	430+	3.44+	16019+	40+	1.43+	8.8+	1185+
Daily Totals for 10/16/17			1492+	52.0+	44.9+	26.5	228.3+	920+	14.36+	17719+	124+	4.59+	16.0+	2144+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			175+	278.5+	158.1+		194.8+	230+	537.94+		415+	573.22+	160.1+	495+
Percent Calorie Distribution (%)				13.9	26.5		59.6							

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Tue Oct 17, 2017

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	% Cal. Fat (%)	Carbo hydrat (gm)	Cal cium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Oatmeal, Instant, Ind Pkt	1 each	28	101	4.0	2.0	16.2	19.2	101	7.29	1266	0	0.00	3.0	76
* Muffin, Banana, IW	1 each	57	200	2.0	9.0	40.3	28.0	0	0.72	0	0	0.09	3.0	200
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Pears, Frz, Ind	1 each	126	61	1.4	0.1	1.5	14.9	11	0.30	2	2	0.00	1.8	5
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADS	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Crackers, Graham, 2 Pk, Shelf	1 each	14	60	1.0	2.0	29.0	10.0	60	0.36	300	0	0.00	0.9	65
Breakfast Totals			617	17.4	19.1	27.3	98.6	522	8.67	2268	40	1.16+	8.7	508
Noon Meal														
* Beef, Salisbury Steak, with Gravy	4.7 ounces	85	214	15.1	14.4	60.0	6.5	38	1.99	67	1	1.85	1.3	713
* Potatoes, Red Skin, Diced, w/Butt	3.2 ounces	79	63	1.0	0.2	2.8	13.9	19	0.56	0+	15+	0.00+	1.1	89
* Broccoli, Frz, w/Butter Water	2.5 ounces	59	24	1.8	0.2	6.1	4.7	27	0.35	573+	23+	0.00+	1.7	91
* Muffin, Bran, IW	1 each	57	204	2.0	9.1	40.3	28.3	0	0.18	0	0	0.01	3.0	280
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Bar, Cereal, Strawberry, IW, Shelf	1 each	37	130	1.0	2.0	14.3	26.0	200	3.60	1000	0	0	1.0	90
* Juice, Apple, Frz, 4 oz, Calcium Fc	1 each	113	60	0.0	0.1	1.5	15.0	102	0.32	748	1	0.00	0.1	10
* Space	1 each													
* 147	1 each													
Noon Meal Totals			834+	28.9+	32.0+	34.3	107.4+	686+	7.00+	3088+	42+	2.93+	8.3+	1429+
Daily Totals for 10/17/17			1452+	46.3+	51.1+	31.4	206.1+	1208+	15.67+	5356+	82+	4.09+	17.0+	1937+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			170+	247.9+	179.9+		175.8+	302+	586.85+		273+	511.05+	169.7+	447+
Percent Calorie Distribution (%)				12.7	31.4		56.0							

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Wed Oct 18, 2017

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	% Cal. Fat (%)	Carbo hydrat (gm)	Cal cium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Cereal, Raisin Bran, Ind (ADSS)	1 each	28	100	2.0	0.5	4.7	21.0	500	12.60	300	30	0.72	2.0	150
* Bagel, Plain, IW	1 each	57	137	4.2	0.0	0.0	27.4	0	0.00	0	0	0.00	1.0	222
* Cream Cheese, Ind Cup, 0.75 oz	1 each	21	50	1.0	5.0	79.2	2.0	20	0.00	200	0	0.00	0.0	80
* Peaches, Frz, Ind	1 each	124	60	1.6	0.0	0.0	14.0	0	0.00	488	1	0.00	0.8	8
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADS	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Bar, Cereal, Apple Cinnamon, IW,	1 each	37	130	1.0	2.5	17.2	26.0	200	3.60	1000	0	0.00	1.0	80
Breakfast Totals			642	18.8	10.5	14.0	116.9	1070	16.20	2488	69	1.79+	4.8	672
Noon Meal														
* Cheese, Ravioli, w/Alfredo Spinacl	5.75 ounces	155	276	14.3	9.6	31.2	33.4	281	1.89	3520	7	0.26+	3.2	382
* Beans, Lima, Frz, w/Butter	3.8 ounces	84	121	5.8	0.2	1.7	24.4	36	1.05	0+	2+	0.00+	4.9	304
* Mix Veg, Four Seasons,C/Caul/Sq	2.6 ounces	62	25	0.7	0.1	4.3	5.2	23	0.26	2802+	11+	0.00+	1.4	103
* Bread, 100% Whole Wheat, Wrapp	1 each	26	60	3.0	0.5	7.0	11.9	20	0.71	0	0	0.00	2.0	119
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0.00	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Pudding, Chocolate, Frz, Ind	1 each	85	140	2.0	7.0	42.9	19.0	54	0.05	405	0	0.00	0.0	125
* Juice, Orange, Frz, 4 oz, Calcium	1 each	113	60	1.0	0.2	2.9	14.0	102	0.12	748	36	0.00	0.2	5
* Space	1 each													
* 149	1 each													
Noon Meal Totals			821+	34.7+	23.7+	25.4	120.8+	816+	4.08+	8174+	57+	1.33+	11.7+	1194+
Daily Totals for 10/18/17			1463+	53.5+	34.2+	20.4	237.8+	1886+	20.28+	10662+	126+	3.12+	16.5+	1866+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			172+	286.8+	120.3+		202.9+	471+	759.64+		421+	390.51+	164.7+	431+
Percent Calorie Distribution (%)				14.7	20.4		64.9							

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Thu Oct 19, 2017

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	% Cal. Fat (%)	Carbo hydrat (gm)	Cal cium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Cereal, Honey Nut Toasted Oats, I	1 each	28	109	3.0	1.5	11.9	21.7	99	8.89	1235	15	1.20	2.0	133
* Muffin, Bran, IW	1 each	57	204	2.0	9.1	40.3	28.3	0	0.18	0	0	0.01	3.0	280
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0		0.0	30
* Pineapple, Frz, Ind	1 each	124	68	2.2	0.1	1.3	16.2	15	0.30	35	10	0.00	0.8	2
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADS	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Crackers, Toast, w/Peanut Butter,	1 packet	39	190	4.0	9.0	42.9	23.0	20	1.08	0	0	0.00	1.0	300
Breakfast Totals			765	20.2	25.7	30.1	115.8	484	10.45	1970	63	2.28+	6.8	878
Noon Meal														
* Beef, Meatloaf, Chipotle - 184	4.15 ounces	103	192	17.4	9.9	44.1	10.8	29	2.00	181	2	1.39	1.4	459
* Potatoes, Diced, Frozen, Hashbro	2.4 ounces	68	89	1.6	3.2	33.3	13.0	0	0.29	0	10	0.00	1.6	16
* Brussels Sprouts, Frz, w/Butter	2.6 ounces	62	32	2.4	0.4	8.3	6.4	24	0.56	367+	44+	0.00+	2.4	91
* Muffin, Cornbread, IW, 1.48 oz	1 each	42	120	2.0	6.0	41.5	17.0	0	0.18	0	0	0.06	2.0	197
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0		0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Applesauce, Ind, Frozen/Shelf	1 each	128	51	1.0	0.0	0.0	15.8	0	0.00	0	34	0.00	2.3	17
* Juice, Grape, Frz, 4 oz, Calcium F	1 each	113	90	0.1	0.0	0.0	22.0	102	0.47	747	1	0.00	0.1	10
* Space	1 each													
* 184	1 each													
Noon Meal Totals			714+	32.5+	25.5+	30.8	98.0+	455+	3.50+	1995+	93+	2.52+	9.8+	946+
Daily Totals for 10/19/17			1479+	52.7+	51.2+	30.5	213.8+	939+	13.95+	3965+	156+	4.80+	16.6+	1824+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			174+	282.3+	180.3+		182.4+	235+	522.48+		520+	599.63+	165.7+	421+
Percent Calorie Distribution (%)				13.9	30.5		55.7							

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Fri Oct 20, 2017

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Fat (gm)	% Cal. Fat (%)	Carbohydrat (gm)	Cal cium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Cereal, Bran Flakes, Ind (ADSS)	1 each	28	109	3.0	0.5	4.0	23.7	0	8.89	1235	15	5.93	4.0	207
* Muffin, English, Bulk, Wrapped In	1 each	64	140	5.0	1.0	6.8	25.9	100	1.44	0	0	0.02	1.0	239
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Jelly, Grape, Ind Pkt	1 each	14	37	0.0	0.0	0.1	9.8	1	0.03	1	0	0.00	0.1	4
* Fruit, Mixed, Frz, Ind	1 each	124	61	2.3	0.0	0.0	14.0	8	0.20	174	4	0.00	1.0	5
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADSS)	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Bar, Oatmeal, Butterscotch, 1.24 c	1 each	35	150	2.0	5.0	31.0	23.0	0	0.72	0	0	0.00	2.0	120
Breakfast Totals			691	21.3	12.5	16.4	122.9	459	11.27	2109	57	7.02+	8.1	739
Noon Meal														
* Chicken, Strips, w/Penne/Tom Sc	6.8 ounces	187	309	22.6	15.8	46.3	18.4	91	1.70	301	8	0.46	1.1	780
* Beans, Green, Frz, w/Butter Water	2.65 ounces	57	23	0.8	0.2	7.3	5.2	32	0.37	306+	2+	0.00+	1.7	86
* Corn, Whole Kernel, w/Peppers, Fr	2.8 ounces	67	56	1.7	0.6	8.0	13.1	12	0.31	433+	11+	0.00+	1.5	87
* Bread, 100% Whole Wheat, Wrapp	1 each	26	60	3.0	0.5	7.0	11.9	20	0.71	0	0	0.00	2.0	119
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Cookie, Giant Goldfish Graham's, \	1 each	26	120	1.0	4.0	31.0	19.0	100	0.72	0	0	0.00	2.0	110
* Juice, Orange, Frz, 4 oz., Calcium	1 each	113	60	1.0	0.2	2.9	14.0	102	0.12	748	36	0.00	0.2	5
* Space	1 each													
* 129	1 each													
Noon Meal Totals			768+	38.1+	27.2+	32.0	94.6+	656+	3.93+	2487+	59+	1.53+	8.4+	1342+
Daily Totals for 10/20/17			1459+	59.4+	39.7+	24.6	217.5+	1115+	15.20+	4597+	116+	8.54+	16.5+	2080+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			171+	318.3+	139.9+		185.6+	279+	569.23+		387+	1067.90+	165.3+	480+
Percent Calorie Distribution (%)				16.4	24.6		59.0							

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Sat Oct 21, 2017

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Fat (gm)	% Cal. Fat (%)	Carbohydat (gm)	Cal cium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Cereal, Complete Bran, Ind (ADSS)	1 each	25	80	3.0	0.5	4.7	20.0	0	14.40	500	48	4.80	4.0	180
* Biscuit, Buttermilk, 2.25 oz, Wrapp	1 each	64	220	5.0	8.0	33.3	31.0	20	1.44	0	0	8.95	1.0	770
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Jelly, Grape, Ind Pkt	1 each	14	37	0.0	0.0	0.1	9.8	1	0.03	1	0	0.00	0.1	4
* Raisins, Box, Ind, ADSS (Sysco)	1 each	40	130	1.0	0.0	0.0	31.0	20	1.08	0	0	0.00	2.0	10
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADSS)	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Cookie, Fig Bar, IW	1 each	43	160	1.0	3.0	17.0	32.0	20	0.72	0	0	0.04	1.0	100
Breakfast Totals			822	19.0	17.5	19.2	150.3	411	17.67	1201	86	14.86+	8.1	1227
Noon Meal														
* Pork, Patty, Grilled - 141	3.2 ounces	91	237	18.0	16.5	63.5	3.3	42	1.10	20	0	1.06	0.8	309
* Gravy, Brown	1 Oz/Volume	2	7	0.1	0.1	9.0	1.6	4	0.05	0	0	0.00	0.1	127
* Greens, Mixed, ADSS, w/Butter	4.15 ounces	100	27	2.6	0.1	2.2	4.5	136	1.57	5659+	26+	0.00+	2.7	73
* Potatoes, Sweet, Diced, w/Cinnamr	3 ounces	73	67	4.4	0.1	1.4	16.3	15	0.53	12405	43	0.00	2.2	33
* Muffin, Cornbread, IW, 1.48 oz	1 each	42	120	2.0	6.0	41.5	17.0	0	0.18	0	0	0.06	2.0	197
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Peaches, Frz, Ind	1 each	124	60	1.6	0.0	0.0	14.0	0	0.00	488	1	0.00	0.8	8
* Juice, Grape, Frz, 4 oz, Calcium F	1 each	113	90	0.1	0.0	0.0	22.0	102	0.47	747	1	0.00	0.1	10
* Space	1 each													
* 141	1 each													
Noon Meal Totals			748+	36.8+	28.8+	34.2	91.7+	599+	3.90+	20019+	73+	2.19+	8.6+	912+
Daily Totals for 10/21/17			1570+	55.8+	46.3+	26.3	242.0+	1010+	21.56+	21220+	159+	17.06+	16.8+	2139+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			184+	299.1+	163.0+		206.5+	253+	807.62+		531+	2132.16+	167.6+	494+
Percent Calorie Distribution (%)				14.0	26.3		59.7							
Week Daily Average (10/15/17-10/21/17)			1480+	54.3+	44.6+	26.8	221.8+	1164+	16.56+	9671+	123+	6.46+	16.6+	1950+

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Sun Oct 22, 2017

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Fat (gm)	% Cal. Fat (%)	Carbohydrat (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Cereal, Toasted Oats, Ind (ADSS)	1 each	28	110	3.0	1.0	8.3	22.0	100	9.00	500	15	1.50	3.0	260
* Bread, 100% Whole Wheat, Wrapp	1 each	26	60	3.0	0.5	7.0	11.9	20	0.71	0	0	0.00	2.0	119
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Oranges, Mandarin, Frz/Shelf, Ind	4 ounces	113	70	0.0	0.0	0.0	18.0	0	0.72	0	60	0.00	0.9	10
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADS	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Bar, Oatmeal, Chocolate Chip, 1.2	1 each	35	150	2.0	5.0	31.0	23.0	0	0.72	0	0	0.00	2.0	120
Breakfast Totals			585	17.0	12.5	19.3	101.4	470	11.15	1200	113	2.57+	7.9	672
Noon Meal														
* Chicken, Strips, Zesty Orang/Rice	6.85 ounces	206	338	20.1	14.4	38.9	30.9	29	0.89	82	4	0.30	0.5	657
* Cauliflower, Frz, w/Butter Water	2.5 ounces	59	21	1.1	0.1	4.5	4.5	20	0.31	0+	28+	0.00+	1.2	99
* Peas, Green, Frz, w/Butter Water	2.9 ounces	70	60	3.4	0.1	1.8	11.2	22	1.11	1395+	12+	0.00+	3.5	159
* Bread, 100% Whole Wheat, Wrapp	1 each	26	60	3.0	0.5	7.0	11.9	20	0.71	0	0	0.00	2.0	119
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Cookie, Star Crunch, IW	1 each	31	150	1.0	6.0	37.0	22.0	0	0.36	0	0	0.00	0.9	65
* Juice, Apple, Frz, 4 oz, Calcium Fc	1 each	113	60	0.0	0.1	1.5	15.0	102	0.32	748	1	0.00	0.1	10
* Space	1 each													
* 190	1 each													
Noon Meal Totals			829+	36.6+	27.2+	29.8	108.5+	493+	3.70+	2925+	47+	1.37+	8.1+	1264+
Daily Totals for 10/22/17			1413+	53.6+	39.7+	25.5	209.9+	963+	14.86+	4125+	160+	3.94+	16.0+	1936+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			166+	287.0+	139.9+		179.1+	241+	556.50+		532+	492.50+	160.1+	447+
Percent Calorie Distribution (%)				15.3	25.5		59.3							

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Mon Oct 23, 2017

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Fat (gm)	% Cal. Fat (%)	Carbohydrat (gm)	Cal cium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Cereal, Bran Flakes, Ind (ADSS)	1 each	28	109	3.0	0.5	4.0	23.7	0	8.89	1235	15	5.93	4.0	207
* Pancake, Buttermilk, IW, 2 Pk	1 each	37	100	2.5	2.0	17.3	18.9	20	0.72	0	0	0.03	1.5	75
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Syrup, Table/Pancake, Ind Pkt	1 each	28	81	0.0	0.0	0.0	21.3	0	0.00	0	0	0.00	0.0	0
* Fruit, Mixed, Frz, Ind	1 each	124	61	2.3	0.0	0.0	14.0	8	0.20	174	4	0.00	1.0	5
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADS	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Cookie, Fig Bar, IW	1 each	43	160	1.0	3.0	17.0	32.0	20	0.72	0	0	0.04	1.0	100
Breakfast Totals			705	17.8	11.5	14.5	136.4	398	10.53	2109	57	7.07+	7.4	550
Noon Meal														
* Pork, Patty, Grilled, w/Mushroom C	4.7 ounces	101	247	18.2	16.6	61.3	5.3	47	1.16	20	0	1.06	1.0	482
* Brussels Sprouts, Frz, w/Butter	2.6 ounces	62	32	2.4	0.4	8.3	6.4	24	0.56	367+	44+	0.00+	2.4	91
* Potatoes, Sweet, Diced, w/Cinnam	3 ounces	73	67	4.4	0.1	1.4	16.3	15	0.53	12405	43	0.00	2.2	33
* Muffin, Cornbread, IW, 1.48 oz	1 each	42	120	2.0	6.0	41.5	17.0	0	0.18	0	0	0.06	2.0	197
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Pineapple, Frz, Ind	1 each	124	68	2.2	0.1	1.3	16.2	15	0.30	35	10	0.00	0.8	2
* Juice, Grape, Frz, 4 oz, Calcium F	1 each	113	90	0.1	0.0	0.0	22.0	102	0.47	747	1	0.00	0.1	10
* Space	1 each													
* 187	1 each													
Noon Meal Totals			764+	37.3+	29.2+	33.9	96.3+	504+	3.20+	14275+	100+	2.19+	8.5+	971+
Daily Totals for 10/23/17			1469+	55.1+	40.7+	24.6	232.7+	902+	13.72+	16384+	157+	9.26+	16.0+	1521+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			172+	295.2+	143.2+		198.5+	225+	513.99+		523+	1157.90+	159.8+	351+
Percent Calorie Distribution (%)				14.7	24.6		60.8							

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Tue Oct 24, 2017

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	% Cal. Fat (%)	Carbo hydrat (gm)	Cal cium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Cereal, Complete Bran, Ind (ADSS)	1 each	25	80	3.0	0.5	4.7	20.0	0	14.40	500	48	4.80	4.0	180
* Bread, Cinnamon, Bulk, Wrapped	1 each	60	176	4.0	4.0	20.0	32.0	60	1.44	0	0	0.00	1.0	223
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Pineapple, Frz, Ind	1 each	124	68	2.2	0.1	1.3	16.2	15	0.30	35	10	0.00	0.8	2
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADS)	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Crackers, Cheese, w/Cheese Filling	1 packet	39	190	3.0	10.0	46.4	23.0	60	1.08	0	0	0.31	0.9	350
Breakfast Totals			709	21.2	20.6	25.6	117.7	485	17.22	1235	96	6.18+	6.7	918
Noon Meal														
* Chicken, Drumsticks, w/BBQ Sauce	5 ounces	128	203	24.0	6.0	26.5	13.5	27	1.59	217	0	0.00+	1.3	508
* Potatoes, Red Skin, Diced, w/Butter	3.2 ounces	79	63	1.0	0.2	2.8	13.9	19	0.56	0+	15+	0.00+	1.1	89
* Beans, Green, Frz, w/Butter Water	2.65 ounces	57	23	0.8	0.2	7.3	5.2	32	0.37	306+	2+	0.00+	1.7	86
* Muffin, Bran, IV	1 each	57	204	2.0	9.1	40.3	28.3	0	0.18	0	0	0.01	3.0	280
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Applesauce, Ind, Strawberry, Frz/S	1 each	128	51	1.0	0.0	0.0	15.8	0	0.00	0	34	0.00	2.3	17
* Juice, Orange, Frz, 4 oz, Calcium	1 each	113	60	1.0	0.2	2.9	14.0	102	0.12	748	36	0.00	0.2	5
* Space	1 each													
* 133	1 each													
Noon Meal Totals			744+	37.9+	21.7+	26.1	103.8+	479+	2.82+	1970+	89+	1.08+	9.6+	1141+
Daily Totals for 10/24/17			1453+	59.1+	42.3+	25.9	221.5+	964+	20.04+	3205+	185+	7.26+	16.3+	2058+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			170+	316.4+	149.0+		189.0+	241+	750.40+		618+	907.50+	162.6+	475+
Percent Calorie Distribution (%)				16.0	25.9		58.1							

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+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Wed Oct 25, 2017

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	% Cal. Fat (%)	Carbo hydrat (gm)	Cal cium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Oatmeal, Instant, Ind Pkt	1 each	28	101	4.0	2.0	16.2	19.2	101	7.29	1266	0	0.00	3.0	76
* Bagel, Cinnamon Raisin, IW	1 each	57	139	4.0	0.5	3.3	28.8	20	0.36	0	0	0.00	1.0	209
* Cream Cheese, Ind Cup, 0.75 oz	1 each	21	50	1.0	5.0	79.2	2.0	20	0.00	200	0	0	0.0	80
* Raisins, Box, Ind, ADSS (Sysco)	1 each	40	130	1.0	0.0	0.0	31.0	20	1.08	0	0	0.00	2.0	10
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADS	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Bar, Oatmeal, Butterscotch, 1.24 c	1 each	35	150	2.0	5.0	31.0	23.0	0	0.72	0	0	0.00	2.0	120
Breakfast Totals			736	21.0	15.0	17.7	130.6	511	9.45	1966	38	1.07+	8.0	627
Noon Meal														
* Veal, Patty, Breaded, Parmesan -	5.45 ounces	108	195	16.1	8.3	38.4	14.0	57	2.17	142+	2	1.16+	1.6	492
* Carrots, Frz, w/Butter Water	2.8 ounces	67	31	0.5	0.2	6.5	7.0	28	0.23	11106+	2+	0.00+	2.0	123
* Broccoli, Frz, w/Butter Water	2.5 ounces	59	24	1.8	0.2	6.1	4.7	27	0.35	573+	23+	0.00+	1.7	91
* Bread, 100% Whole Wheat, Wrapp	1 each	26	60	3.0	0.5	7.0	11.9	20	0.71	0	0	0.00	2.0	119
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Grape, Frz, 4 oz, Calcium F	1 each	113	90	0.1	0.0	0.0	22.0	102	0.47	747	1	0.00	0.1	10
* Crackers, Cheese, w/Cheese Fillin	1 packet	39	190	3.0	10.0	46.4	23.0	60	1.08	0	0	0.31	0.9	350
* Space	1 each													
* 156	1 each													
Noon Meal Totals			729+	32.5+	25.2+	30.7	95.6+	594+	5.02+	13268+	30+	2.54+	8.3+	1341+
Daily Totals for 10/25/17			1465+	53.4+	40.2+	24.2	226.1+	1105+	14.46+	15234+	68+	3.61+	16.3+	1968+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			172+	286.2+	141.7+		192.9+	276+	541.75+		226+	451.07+	163.0+	454+
Percent Calorie Distribution (%)				14.5	24.2		61.3							

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Thu Oct 26, 2017

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Fat (gm)	% Cal. Fat (%)	Carbohydrat (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Cereal, Crisp Rice, Ind (ADSS)	1 each	28	109	2.0	0.0	0.0	24.7	0	7.11	988	12	1.19	0.0	158
* Biscuit, Buttermilk, 2.25 oz, Wrapp	1 each	64	220	5.0	8.0	33.3	31.0	20	1.44	0	0	8.95	1.0	770
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Jelly, Grape, Ind Pkt	1 each	14	37	0.0	0.0	0.1	9.8	1	0.03	1	0	0.00	0.1	4
* Peaches, Frz, Ind	1 each	124	60	1.6	0.0	0.0	14.0	0	0.00	488	1	0.00	0.8	8
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADS	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Crackers, Goldfish, Cheddar, Ind F	1 each	21	100	2.0	3.5	33.0	14.0	20	0.72	0	0	0.10	0.9	180
Breakfast Totals			721	19.6	17.5	22.1	120.0	391	9.30	2176	51	11.31+	2.8	1283
Noon Meal														
* Chicken, Chili - 062/162/362	11.3 ounces	245	202	17.5	4.8	22.1	20.5	30	1.77	3988	8	0.19	7.9	390
* Cauliflower, Frz, w/Butter Water	2.5 ounces	59	21	1.1	0.1	4.5	4.5	20	0.31	0+	28+	0.00+	1.2	99
* Mix Veg, 4 Way, Frz (Corn/Car/GE	2.95 ounces	72	49	1.9	0.5	7.9	10.3	27	0.57	2954+	7+	0.00+	2.2	117
* Bread, 100% Whole Wheat, Wrapp	1 each	26	60	3.0	0.5	7.0	11.9	20	0.71	0	0	0.00	2.0	119
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Cookie, Oatmeal Creme Pie, IW	1 each	38	170	1.0	7.0	36.8	26.0	0	0.72	0	0	0.00	0.9	150
* Juice, Apple, Frz, 4 oz, Calcium Fc	1 each	113	60	0.0	0.1	1.5	15.0	102	0.32	748	1	0.00	0.1	10
* Space	1 each													
* 162	1 each													
Noon Meal Totals			703+	32.5+	19.0+	24.3	101.2+	498+	4.41+	8390+	46+	1.26+	14.3+	1040+
Daily Totals for 10/26/17			1424+	52.0+	36.5+	23.2	221.2+	889+	13.71+	10566+	97+	12.57+	17.2+	2322+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			167+	278.8+	128.4+		188.7+	222+	513.30+		324+	1571.06+	171.6+	536+
Percent Calorie Distribution (%)				14.9	23.2		61.9							

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Fri Oct 27, 2017

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	% Cal. Fat (%)	Carbo hydrat (gm)	Cal cium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Cereal, Toasted Oats, Ind (ADSS)	1 each	28	110	3.0	1.0	8.3	22.0	100	9.00	500	15	1.50	3.0	260
* Bread, 100% Whole Wheat, Wrapp	1 each	26	60	3.0	0.5	7.0	11.9	20	0.71	0	0	0.00	2.0	119
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Applesauce, Ind, Frozen/Shelf	1 each	128	51	1.0	0.0	0.0	15.8	0	0.00	0	34	0.00	2.3	17
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADS	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Bar, Cereal, Blueberry, IW, Shelf	1 each	37	130	1.0	2.5	17.2	26.0	200	1.80	500	0	0	1.0	80
Breakfast Totals			545	17.0	10.0	16.3	102.2	670	11.51	1700	87	2.57+	8.2	639
Noon Meal														
* Beef, Fingers, w/Orange & Fried R	9 ounces	204	413	17.8	18.1	39.0	46.1	33	2.40	1364	14	1.05	3.1	422
* Asparagus, Cuts & Tips, Frz, w/Bu	3 ounces	73	25	2.1	0.1	3.8	4.5	23	0.52	673+	23+	0.00+	1.5	91
* Apples, Frozen, wCinnamon Sauc	2.9 ounces	71	44	0.1	0.1	2.8	10.3	1	0.01	71	106	0.00	1.4	12
* Bread, 100% Whole Wheat, Wrapp	1 each	26	60	3.0	0.5	7.0	11.9	20	0.71	0	0	0.00	2.0	119
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Pudding, Vanilla, Frz, Ind	1 each	85	140	2.0	6.0	39.1	19.0	60	0.00	400	0	0.09	0.0	115
* Juice, Blended, Frz, 4 oz	1 each	113	60	0.0	0.0	0.0	14.0	0	0.03	40	4	0.00	0.0	10
* Space	1 each													
* 127	1 each													
Noon Meal Totals			882+	33.0+	30.9+	31.2	118.8+	437+	3.68+	3248+	148+	2.21+	8.0+	925+
Daily Totals for 10/27/17			1427+	50.0+	40.9+	25.5	221.0+	1106+	15.19+	4948+	235+	4.78+	16.2+	1563+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			167+	268.0+	143.9+		188.5+	277+	568.93+		783+	597.38+	162.1+	361+
Percent Calorie Distribution (%)				13.9	25.5		60.6							

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Sat Oct 28, 2017

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	% Cal. Fat (%)	Carbo hydrat (gm)	Cal cium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Cereal, Raisin Bran, Ind (ADSS)	1 each	28	100	2.0	0.5	4.7	21.0	500	12.60	300	30	0.72	2.0	150
* Muffin, Banana, IW	1 each	57	200	2.0	9.0	40.3	28.0	0	0.72	0	0	0.09	3.0	200
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Pears, Frz, Ind	1 each	126	61	1.4	0.1	1.5	14.9	11	0.30	2	2	0.00	1.8	5
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADS	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Crackers, Toast, w/Peanut Butter,	1 packet	39	190	4.0	9.0	42.9	23.0	20	1.08	0	0	0.00	1.0	300
Breakfast Totals			746	18.4	24.6	29.6	113.4	881	14.70	1002	70	1.88+	7.8	817
Noon Meal														
* Chicken, Grilled, Rosemary, - 125	5 ounces	91	161	17.0	7.8	44.9	4.6	28	1.09	83+	2+	0.00+	0.7	636
* Corn, Whole Kernel, Frz, w/Butter	2.9 ounces	70	63	1.7	0.6	7.2	14.8	11	0.33	135+	2+	0.00+	1.7	86
* Greens, Mixed, ADSS, w/Butter	4.15 ounces	100	27	2.6	0.1	2.2	4.5	136	1.57	5659+	26+	0.00+	2.7	73
* Muffin, Cornbread, IW, 1.48 oz	1 each	42	120	2.0	6.0	41.5	17.0	0	0.18	0	0	0.06	2.0	197
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Raisins, Box, Ind, ADSS (Sysco)	1 each	40	130	1.0	0.0	0.0	31.0	20	1.08	0	0	0.00	2.0	10
* Juice, Apple, Frz, 4 oz, Calcium Fc	1 each	113	60	0.0	0.1	1.5	15.0	102	0.32	748	1	0.00	0.1	10
* Space	1 each													
* 125	1 each													
Noon Meal Totals			700+	32.4+	20.6+	25.9	100.0+	596+	4.57+	7325+	34+	1.13+	9.2+	1167+
Daily Totals for 10/28/17			1446+	50.8+	45.2+	27.8	213.4+	1477+	19.27+	8327+	104+	3.01+	17.0+	1985+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			170+	271.9+	159.1+		182.1+	369+	721.65+		345+	375.78+	170.0+	458+
Percent Calorie Distribution (%)				14.1	27.8		58.1							
Week Daily Average (10/22/17-10/28/17)			1442+	53.4+	40.8+	25.2	220.8+	1058+	15.89+	8970+	144+	6.35+	16.4+	1908+

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Sun Oct 29, 2017

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	% Cal. Fat (%)	Carbo hydrat (gm)	Cal cium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Cereal, Corn Flakes, Ind (ADSS)	1 each	28	110	2.0	0.5	4.1	24.0	0	7.20	1000	12	1.53	1.0	250
* Muffin, English, Bulk, Wrapped In	1 each	64	140	5.0	1.0	6.8	25.9	100	1.44	0	0	0.02	1.0	239
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Jelly, Grape, Ind Pkt	1 each	14	37	0.0	0.0	0.1	9.8	1	0.03	1	0	0.00	0.1	4
* Applesauce, Ind, Strawberry, Frz/S	1 each	128	51	1.0	0.0	0.0	15.8	0	0.00	0	34	0.00	2.3	17
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADS	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Cookie, Giant Goldfish Grahams, \	1 each	26	120	1.0	4.0	31.0	19.0	100	0.72	0	0	0.00	2.0	110
Breakfast Totals			653	18.0	11.5	16.0	121.0	551	9.38	1701	84	2.62+	6.4	783
Noon Meal														
* Beef, Pepper Patty, Advance - 142	3 ounces	81	199	14.2	14.2	65.2	2.9	19	1.71	190	2	0.65	0.9	380
* Gravy, Brown	1 Oz/Volume	2	7	0.1	0.1	9.0	1.6	4	0.05	0	0	0.00	0.1	127
* Beans, Lima, Frz, w/Butter	3.8 ounces	84	121	5.8	0.2	1.7	24.4	36	1.05	0+	2+	0.00+	4.9	304
* Potatoes, Diced, Frozen, Hashbro	2.4 ounces	68	89	1.6	3.2	33.3	13.0	0	0.29	0	10	0.00	1.6	16
* Bread, 100% Whole Wheat, Wrapp	1 each	26	60	3.0	0.5	7.0	11.9	20	0.71	0	0	0.00	2.0	119
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Cookie, Lemon Creme, IW, 4 Pk	1 packet	30	135	1.0	5.0	33.8	21.0	0	1.08	0	0	0.01	0.0	69
* Juice, Orange, Frz, 4 oz, Calcium	1 each	113	60	1.0	0.2	2.9	14.0	102	0.12	748	36	0.00	0.2	5
* Space	1 each													
* 142	1 each													
Noon Meal Totals			811+	34.7+	29.5+	32.9	101.7+	481+	5.01+	1638+	52+	1.73+	9.7+	1175+
Daily Totals for 10/29/17			1464+	52.8+	41.0+	25.4	222.7+	1032+	14.39+	3339+	136+	4.34+	16.1+	1958+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			172+	282.6+	144.3+		190.0+	258+	538.92+		452+	542.70+	160.9+	452+
Percent Calorie Distribution (%)				14.5	25.4		60.1							

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Mon Oct 30, 2017

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Fat (gm)	% Cal. Fat (%)	Carbohydrat (gm)	Cal cium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Oatmeal, Instant, Ind Pkt	1 each	28	101	4.0	2.0	16.2	19.2	101	7.29	1266	0	0.00	3.0	76
* Muffin, Bran, IW	1 each	57	204	2.0	9.1	40.3	28.3	0	0.18	0	0	0.01	3.0	280
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Oranges, Mandarin, Frz/Shelf, Ind	4 ounces	113	70	0.0	0.0	0.0	18.0	0	0.72	0	60	0.00	0.9	10
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADS	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Bar, Cereal, Strawberry, IW, Shelf	1 each	37	130	1.0	2.0	14.3	26.0	200	3.60	1000	0	0	1.0	90
Breakfast Totals			700	16.0	19.1	24.3	118.1	651	11.79	2966	98	1.08+	7.9	619
Noon Meal														
* Chicken, Patty, Breaded (Koch) - 1	3.15 ounces	89	210	16.0	11.0	47.8	11.0	20	1.80	100	1	0.17	1.0	370
* Gravy, White	1 Oz/Volume	3	15	0.1	0.8	48.8	1.8	0	0.03	0	0	0.00	0.1	40
* Greens, Mixed, ADSS, w/Butter	4.15 ounces	100	27	2.6	0.1	2.2	4.5	136	1.57	5659+	26+	0.00+	2.7	73
* Corn, Whole Kernel, Frz, w/Butter	2.9 ounces	70	63	1.7	0.6	7.2	14.8	11	0.33	135+	2+	0.00+	1.7	86
* Muffin, Cornbread, IW, 1.48 oz	1 each	42	120	2.0	6.0	41.5	17.0	0	0.18	0	0	0.06	2.0	197
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Cookie, Oatmeal Creme Pie, IW	1 each	38	170	1.0	7.0	36.8	26.0	0	0.72	0	0	0.00	0.9	150
* Juice, Blended, Frz, 4 oz	1 each	113	60	0.0	0.0	0.0	14.0	0	0.03	40	4	0.00	0.0	10
* Space	1 each													
* 186	1 each													
Noon Meal Totals			804+	31.5+	31.4+	34.6	102.1+	467+	4.66+	6634+	35+	1.30+	8.3+	1081+
Daily Totals for 10/30/17			1504+	47.5+	50.6+	29.8	220.2+	1118+	16.45+	9600+	133+	2.38+	16.2+	1700+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			177+	254.3+	178.0+		187.9+	279+	616.06+		445+	297.53+	162.5+	392+
Percent Calorie Distribution (%)				12.6	29.8		57.6							

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Tue Oct 31, 2017

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Fat (gm)	% Cal. Fat (%)	Carbohydrat (gm)	Cal cium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Cereal, Bran Flakes, Ind (ADSS)	1 each	28	109	3.0	0.5	4.0	23.7	0	8.89	1235	15	5.93	4.0	207
* Biscuit, Buttermilk, 2.25 oz, Wrapp	1 each	64	220	5.0	8.0	33.3	31.0	20	1.44	0	0	8.95	1.0	770
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0		0.0	30
* Jelly, Grape, Ind Pkt	1 each	14	37	0.0	0.0	0.1	9.8	1	0.03	1	0	0.00	0.1	4
* Pears, Frz, Ind	1 each	126	61	1.4	0.1	1.5	14.9	11	0.30	2	2	0.00	1.8	5
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADS	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Cookie, Giant Goldfish Grahams, \	1 each	26	120	1.0	4.0	31.0	19.0	100	0.72	0	0	0.00	2.0	110
Breakfast Totals			742	19.4	18.6	22.8	124.9	482	11.38	1937	55	15.95+	8.9	1259
Noon Meal														
* Beef, Steak Fingers, Grilled - 138	3 ounces	81	207	14.2	16.1	70.4	1.0	20	1.83	38	0	1.05	0.8	285
* Gravy, Brown	1 Oz/Volume	2	7	0.1	0.1	9.0	1.6	4	0.05	0	0	0.00	0.1	127
* Peas, Green, Frz, w/Butter Water	2.9 ounces	70	60	3.4	0.1	1.8	11.2	22	1.11	1395+	12+	0.00+	3.5	159
* Potatoes, Red Skin, Diced, w/Butt	3.2 ounces	79	63	1.0	0.2	2.8	13.9	19	0.56	0+	15+	0.00+	1.1	89
* Bread, 100% Whole Wheat, Wrapp	1 each	26	60	3.0	0.5	7.0	11.9	20	0.71	0	0	0.00	2.0	119
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0		0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Cookie, Elf Grahams, IW, 1 oz	1 each	28	120	2.0	4.0	28.1	21.0	100	0.72	500	0	0.00	1.0	105
* Juice, Grape, Frz, 4 oz, Calcium F	1 each	113	90	0.1	0.0	0.0	22.0	102	0.47	747	1	0.00	0.1	10
* Space	1 each													
* 138	1 each													
Noon Meal Totals			747+	31.9+	26.9+	32.2	95.5+	587+	5.45+	3380+	31+	2.12+	8.4+	1049+
Daily Totals for 10/31/17			1489+	51.3+	45.6+	27.5	220.4+	1069+	16.82+	5317+	86+	18.06+	17.3+	2308+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			175+	274.8+	160.4+		188.1+	267+	630.07+		286+	2257.65+	173.2+	533+
Percent Calorie Distribution (%)				13.9	27.5		58.6							
Month Daily Average (10/02/17-10/31/17)			1458+	52.6+	43.1+	26.3	220.9+	1110+	16.30+	8649+	140+	6.43+	16.5+	1926+

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Wed Nov 01, 2017

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Fat (gm)	% Cal. Fat (%)	Carbohydrat (gm)	Cal cium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Cereal, Toasted Oats, Ind (ADSS)	1 each	28	110	3.0	1.0	8.3	22.0	100	9.00	500	15	1.50	3.0	260
* Muffin, English, Bulk, Wrapped In	1 each	64	140	5.0	1.0	6.8	25.9	100	1.44	0	0	0.02	1.0	239
* Jelly, Grape, Ind Pkt	1 each	14	37	0.0	0.0	0.1	9.8	1	0.03	1	0	0.00	0.1	4
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0		0.0	30
* Applesauce, Ind, Frozen/Shelf	1 each	128	51	1.0	0.0	0.0	15.8	0	0.00	0	34	0.00	2.3	17
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADSS)	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Bar, Oatmeal, Chocolate Chip, 1.2	1 each	35	150	2.0	5.0	31.0	23.0	0	0.72	0	0	0.00	2.0	120
Breakfast Totals			683	20.0	13.0	17.3	123.0	551	11.18	1201	87	2.59+	8.4	803
Noon Meal														
* Chicken, Grilled, Honey Mustard -	4.5 ounces	114	184	17.0	7.9	39.2	10.5	29	1.37	105	2	0.00+	0.8	530
* Asparagus, Cuts & Tips, Frz, w/Bu	3 ounces	73	25	2.1	0.1	3.8	4.5	23	0.52	673+	23+	0.00+	1.5	91
* Potatoes, Diced, Frozen, Hashbro	2.4 ounces	68	89	1.6	3.2	33.3	13.0	0	0.29	0	10	0.00	1.6	16
* Muffin, Bran, IW	1 each	57	204	2.0	9.1	40.3	28.3	0	0.18	0	0	0.01	3.0	280
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0		0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Fruit, Mixed, Frz, Ind	1 each	124	61	2.3	0.0	0.0	14.0	8	0.20	174	4	0.00	1.0	5
* Juice, Apple, Frz, 4 oz, Calcium Fc	1 each	113	60	0.0	0.1	1.5	15.0	102	0.32	748	1	0.00	0.1	10
* Space	1 each													
* 136	1 each													
Noon Meal Totals			762+	33.0+	26.4+	31.3	98.3+	461+	2.88+	2400+	42+	1.08+	8.0+	1088+
Daily Totals for 11/01/17			1445+	53.0+	39.4+	24.7	221.3+	1012+	14.06+	3601+	129+	3.67+	16.4+	1891+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			170+	284.1+	138.9+		188.8+	253+	526.58+		429+	458.74+	164.1+	436+
Percent Calorie Distribution (%)				14.8	24.7		60.4							

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Thu Nov 02, 2017

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	% Cal. Fat (%)	Carbo hydrat (gm)	Cal cium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Cereal, Raisin Bran, Ind (ADSS)	1 each	28	100	2.0	0.5	4.7	21.0	500	12.60	300	30	0.72	2.0	150
* Muffin, Banana, IW	1 each	57	200	2.0	9.0	40.3	28.0	0	0.72	0	0	0.09	3.0	200
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Fruit, Mixed, Frz, Ind	1 each	124	61	2.3	0.0	0.0	14.0	8	0.20	174	4	0.00	1.0	5
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADS	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Crackers, Goldfish, Cheddar, Ind F	1 each	21	100	2.0	3.5	33.0	14.0	20	0.72	0	0	0.10	0.9	180
Breakfast Totals			656	17.3	19.0	26.1	103.5	878	14.24	1174	72	1.98+	6.9	698
Noon Meal														
* Pork, BBQ Rib Patty, Advance - 1	4.2 ounces	105	218	16.2	12.7	52.9	9.2	36	1.46	206	1	0.73	0.9	430
* Mix Veg, Four Seasons,C/Caul/Sq	2.6 ounces	62	25	0.7	0.1	4.3	5.2	23	0.26	2802+	11+	0.00+	1.4	103
* Beans, Lima, Frz, w/Butter	3.8 ounces	84	121	5.8	0.2	1.7	24.4	36	1.05	0+	2+	0.00+	4.9	304
* Muffin, Cornbread, IW, 1.48 oz	1 each	42	120	2.0	6.0	41.5	17.0	0	0.18	0	0	0.06	2.0	197
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Pudding, Chocolate, Frz, Ind	1 each	85	140	2.0	7.0	42.9	19.0	54	0.05	405	0	0	0.0	125
* Juice, Orange, Frz, 4 oz, Calcium	1 each	113	60	1.0	0.2	2.9	14.0	102	0.12	748	36	0.00	0.2	5
* Space	1 each													
* 113	1 each													
Noon Meal Totals			824+	35.7+	32.3+	34.4	101.7+	551+	3.11+	4861+	51+	1.86+	9.4+	1319+
Daily Totals for 11/02/17			1480+	53.0+	51.3+	30.7	205.2+	1429+	17.35+	6035+	123+	3.84+	16.3+	2017+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			174+	283.7+	180.5+		175.1+	357+	649.96+		411+	479.53+	163.4+	466+
Percent Calorie Distribution (%)				14.4	30.7		54.9							

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Fri Nov 03, 2017

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	% Cal. Fat (%)	Carbo hydrat (gm)	Cal cium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Cereal, Complete Bran, Ind (ADSS)	1 each	25	80	3.0	0.5	4.7	20.0	0	14.40	500	48	4.80	4.0	180
* Bagel, Plain, IW	1 each	57	137	4.2	0.0	0.0	27.4	0	0.00	0	0	0.00	1.0	222
* Cream Cheese, Ind Cup, 0.75 oz	1 each	21	50	1.0	5.0	79.2	2.0	20	0.00	200	0	0	0.0	80
* Raisins, Box, Ind, Shelf	1 each	43	130	1.0	0.0	0.0	33.0	10	1.08	50	1	0.00	2.0	10
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADS	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Crackers, Cheese, w/Cheese Fillin	1 packet	39	190	3.0	10.0	46.4	23.0	60	1.08	0	0	0.31	0.9	350
Breakfast Totals			752	21.2	18.0	20.6	131.9	440	16.56	1250	87	6.18+	7.9	974
Noon Meal														
* Chicken, Grilled, w/Penne/Alfredo	7.35 ounces	111	205	18.3	9.8	43.7	10.0	34	1.28	86	2	0.00+	1.0	530
* Carrots, Frz, w/Butter Water	2.8 ounces	67	31	0.5	0.2	6.5	7.0	28	0.23	11106+	2+	0.00+	2.0	123
* Brussels Sprouts, Frz, w/Butter	2.6 ounces	62	32	2.4	0.4	8.3	6.4	24	0.56	367+	44+	0.00+	2.4	91
* Bread, 100% Whole Wheat, Wrapp	1 each	26	60	3.0	0.5	7.0	11.9	20	0.71	0	0	0.00	2.0	119
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Cookie, Fig Bar, IW	1 each	43	160	1.0	3.0	17.0	32.0	20	0.72	0	0	0.04	1.0	100
* Juice, Grape, Frz, 4 oz, Calcium F	1 each	113	90	0.1	0.0	0.0	22.0	102	0.47	747	1	0.00	0.1	10
* Space	1 each													
* 194	1 each													
Noon Meal Totals			718+	33.3+	19.8+	24.9	102.3+	528+	3.97+	13006+	52+	1.12+	8.5+	1128+
Daily Totals for 11/03/17			1470+	54.5+	37.8+	22.7	234.2+	968+	20.53+	14256+	139+	7.30+	16.4+	2103+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			173+	291.9+	133.3+		199.9+	242+	768.93+		462+	912.00+	164.0+	485+
Percent Calorie Distribution (%)				14.8	22.7		62.5							

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Sat Nov 04, 2017

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	% Cal. Fat (%)	Carbo hydrat (gm)	Cal cium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Cereal, Corn Flakes, Ind (ADSS)	1 each	28	110	2.0	0.5	4.1	24.0	0	7.20	1000	12	1.53	1.0	250
* Bread, Cinnamon, Bulk, Wrapped	1 each	60	176	4.0	4.0	20.0	32.0	60	1.44	0	0	0.00	1.0	223
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Pineapple, Frz, Ind	1 each	124	68	2.2	0.1	1.3	16.2	15	0.30	35	10	0.00	0.8	2
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADS	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Cookie, Fig Bar, IW	1 each	43	160	1.0	3.0	17.0	32.0	20	0.72	0	0	0.04	1.0	100
Breakfast Totals			709	18.2	13.6	17.1	130.7	445	9.66	1735	60	2.64+	3.8	738
Noon Meal														
* Beef, Chili, w/Beans, w/All Bf Crun	10.7 ounces	273	292	23.0	10.5	32.7	25.6	93	4.93	1030	13	0.00+	8.0	643
* Broccoli, Frz, w/Butter Water	2.5 ounces	59	24	1.8	0.2	6.1	4.7	27	0.35	573+	23+	0.00+	1.7	91
* Apples, Frozen, wCinnamon Sauc	2.9 ounces	71	44	0.1	0.1	2.8	10.3	1	0.01	71	106	0.00	1.4	12
* Bread, 100% Whole Wheat, Wrapp	1 each	26	60	3.0	0.5	7.0	11.9	20	0.71	0	0	0.00	2.0	119
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Cookie, Vanilla Creme, IW, 4 Pk	1 packet	30	135	1.0	5.0	33.8	21.0	0	1.08	0	0	0.01	0.0	69
* Juice, Blended, Frz, 4 oz	1 each	113	60	0.0	0.0	0.0	14.0	0	0.03	40	4	0.00	0.0	10
* Space	1 each													
* 076	1 each													
Noon Meal Totals			755+	36.9+	22.3+	26.7	100.5+	441+	7.12+	2414+	148+	1.08+	13.1+	1100+
Daily Totals for 11/04/17			1464+	55.1+	35.9+	22.0	231.2+	886+	16.78+	4149+	208+	3.72+	16.9+	1838+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			172+	295.2+	126.4+		197.2+	221+	628.62+		693+	465.32+	169.2+	424+
Percent Calorie Distribution (%)				15.1	22.0		62.9							
Week Daily Average (10/29/17-11/04/17)			1474+	52.4+	43.1+	26.2	222.2+	1073+	16.63+	6614+	136+	6.19+	16.5+	1973+

* Denotes main item. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS Breakfast Date: Sun Nov 05, 2017

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	% Cal. Fat (%)	Carbo hydrat (gm)	Cal cium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	Vit B12 (mcg)	Dietry Fiber (gm)	Sodium (mg)
Breakfast														
* Cereal, Honey Nut Toasted Oats, I	1 each	28	109	3.0	1.5	11.9	21.7	99	8.89	1235	15	1.20	2.0	133
* Waffle, Whole Grain, 2 pk, IW, 2.6	1 each	74	170	4.0	7.0	34.4	26.0	120	3.00	0	0	0.46	3.0	350
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Syrup, Table/Pancake, Ind Pkt	1 each	28	81	0.0	0.0	0.0	21.3	0	0.00	0	0	0.00	0.0	0
* Peaches, Frz, Ind	1 each	124	60	1.6	0.0	0.0	14.0	0	0.00	488	1	0.00	0.8	8
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Juice, Orange, Analysis Only (ADSS)	1 each	113	55	1.0	0.0	0.0	13.5	50	0.00	0	36	0.00	0.0	7
* Bar, Cereal, Apple Cinnamon, IW,	1 each	37	130	1.0	2.5	17.2	26.0	200	3.60	1000	0	0	1.0	80
Breakfast Totals			745	18.6	17.0	19.8	135.5	769	15.49	3423	54	2.73+	6.8	734
Noon Meal														
* Chicken, Grilled, w/Stuffing & Grav	6.25 ounces	152	309	18.9	15.1	45.7	21.7	33	2.12	77	2	0.02+	2.6	792
* Potatoes, Sweet, Diced, w/Cinnam	3 ounces	73	67	4.4	0.1	1.4	16.3	15	0.53	12405	43	0.00	2.2	33
* Beans, Green, Frz, w/Butter Water	2.65 ounces	57	23	0.8	0.2	7.3	5.2	32	0.37	306+	2+	0.00+	1.7	86
* Bread, 100% Whole Wheat, Wrapp	1 each	26	60	3.0	0.5	7.0	11.9	20	0.71	0	0	0.00	2.0	119
* Margarine, Ind Cup	1 each	5	30	0.0	3.5	100.0	0.0	0	0.00	200	0	0	0.0	30
* Milk, Fluid, 1% (ADSS), Analysis C	8 ounces	227	110	8.0	2.5	21.1	13.0	300	0.00	500	2	1.07	0.0	125
* Applesauce, Ind, Frozen/Shelf	1 each	128	51	1.0	0.0	0.0	15.8	0	0.00	0	34	0.00	2.3	17
* Juice, Orange, Frz, 4 oz, Calcium	1 each	113	60	1.0	0.2	2.9	14.0	102	0.12	748	36	0.00	0.2	5
* Space	1 each													
* 172	1 each													
Noon Meal Totals			709+	37.1+	22.2+	28.6	97.9+	501+	3.85+	14236+	119+	1.09+	10.9+	1207+
Daily Totals for 11/05/17			1454+	55.6+	39.2+	24.1	233.4+	1270+	19.34+	17659+	173+	3.82+	17.6+	1941+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 51 yo)			852	18.7	28.4		117.2	400	2.67		30	0.80	10.0	433
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			171+	297.9+	137.9+		199.1+	317+	724.16+		576+	478.01+	176.5+	448+
Percent Calorie Distribution (%)				15.1	24.1		60.8							
Week Daily Average (11/05/17-11/05/17)			1454+	55.6+	39.2+	24.1	233.4+	1270+	19.34+	17659+	173+	3.82+	17.6+	1941+
Month Daily Average (11/01/17-11/05/17)			1462+	54.2+	40.7+	24.9	225.1+	1113+	17.61+	9140+	154+	4.47+	16.7+	1958+
Daily Average (10/02/17-11/05/17)			1458+	52.8+	42.7+	26.1	221.5+	1110+	16.49+	8719+	142+	6.15+	16.5+	1930+

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