

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

Menu: Menu 7 pk ADSS Date: Mon Oct 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)
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 Or	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 Fi	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			846+	31.1+	30.5+	32.5	111.0+	532+	3.00+	12899+	59+	1.12+	8.0+	1207+
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 (%)			99+	166.7+	107.4+		94.7+	133+	112.20+		196+	140.37+	80.2+	278+
Percent Calorie Distribution (%)				14.9	32.5		52.6							

Includes main items only. ^ 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 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)
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, w/Peppers, Frz.	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	30
Milk, Fluid, 1% (ADSS), Analysis Or	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			720+	32.2+	27.1+	33.0	91.9+	498+	4.17+	7071+	48+	2.94+	8.7+	1150+
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 (%)			85+	172.6+	95.4+		78.5+	125+	156.08+		161+	366.90+	86.6+	265+
Percent Calorie Distribution (%)				17.6	33.0		49.4							

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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 **Date: Wed Oct 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)
Noon Meal														
Chicken, Grilled, w/BBQ Sauce - 15	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/Cinnamo	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	30
Milk, Fluid, 1% (ADSS), Analysis Or	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 F	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			701+	34.9+	20.2+	25.4	101.4+	486+	3.42+	14587+	106+	1.13+	8.6+	1061+
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 (%)			82+	186.8+	71.2+		86.5+	121+	128.11+		352+	141.76+	86.2+	245+
Percent Calorie Distribution (%)				19.5	25.4		55.2							

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Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS **Date: Thu Oct 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)
Noon Meal														
Beef, Taco Soup, All Beef, 2 oz bee	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 Sauce,	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, Wrappe	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 Or	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	125
Juice, Grape, Frz, 4 oz, Calcium Foi	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			707+	29.0+	21.2+	26.2	103.6+	568+	3.98+	3244+	130+	1.07+	10.3+	1082+
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 (%)			83+	155.5+	74.6+		88.4+	142+	149.07+		433+	134.26+	102.9+	250+
Percent Calorie Distribution (%)				16.2	26.2		57.6							

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Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS **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)
Noon Meal														
Pork, Patty, Grilled, Zesty Orange, v	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, Wrappe	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 Or	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			744+	36.2+	23.5+	28.5	100.4+	416+	3.34+	2187+	82+	2.13+	10.2+	992+
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 (%)			87+	194.0+	82.8+		85.6+	104+	125.25+		272+	266.25+	101.7+	229+
Percent Calorie Distribution (%)				19.4	28.5		52.1							

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS 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)
Noon Meal														
Beef, Stuffed Shell, Advance, ADSS	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/GB/)	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, Wrappe	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 Or	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 For	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			727+	32.4+	23.2+	28.4	100.5+	636+	5.05+	6872+	64+	1.15+	8.8+	1191+
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 (%)			85+	173.3+	81.5+		85.7+	159+	189.06+		212+	143.75+	88.1+	275+
Percent Calorie Distribution (%)				17.5	28.4		54.1							
Week Daily Average (10/02/17-10/07/17)			741+	32.6+	24.3+	29.1	101.5+	523+	3.83+	7810+	81+	1.59+	9.1+	1114+

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Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS **Date: Sun Oct 08, 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)
Noon Meal														
Chicken, Strips, w/Cacciatore Sauce	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/Butt	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, Hashbrown	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, Wrappe	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 Or	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, Vz	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			733+	34.9+	28.0+	34.7	84.4+	478+	3.11+	1585+	49+	1.37+	8.1+	1223+
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 (%)			86+	187.0+	98.5+		72.0+	120+	116.49+		165+	171.25+	80.8+	282+
Percent Calorie Distribution (%)				19.2	34.7		46.1							

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Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS **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)
Noon Meal														
Beef, Meatballs, w/Spaghetti/Sauce	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 V	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, Wrappe	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 Or	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			788+	33.2+	28.6+	32.3	103.5+	457+	3.84+	2293+	32+	2.96+	8.4+	1131+
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 (%)			92+	177.8+	100.8+		88.3+	114+	143.74+		108+	370.62+	83.6+	261+
Percent Calorie Distribution (%)				16.6	32.3		51.1							

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Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS **Date: Tue Oct 10, 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)
Noon Meal														
Chicken, Grilled, w/Mushrms/Swiss	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 Sauce,	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	30
Milk, Fluid, 1% (ADSS), Analysis Or	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 Foi	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			797+	32.1+	27.0+	30.0	107.6+	525+	3.17+	12712+	113+	1.29+	8.0+	1152+
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 (%)			94+	172.1+	95.1+		91.8+	131+	118.69+		377+	160.92+	80.4+	266+
Percent Calorie Distribution (%)				16.3	30.0		53.8							

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Menu Nutrient Analysis Report

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Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS **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)
Noon Meal														
Beef, Patty, All Beef, w/Onion Grav	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, Hashbrow	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	30
Milk, Fluid, 1% (ADSS), Analysis Or	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/St	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 Fi	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			747+	32.8+	32.4+	38.8	86.1+	437+	2.98+	2843+	94+	3.27+	9.6+	885+
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 (%)			88+	175.5+	114.3+		73.4+	109+	111.51+		313+	408.78+	96.2+	204+
Percent Calorie Distribution (%)				17.6	38.8		43.5							

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Menu Nutrient Analysis Report

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Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS **Date: Thu Oct 12, 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)
Noon Meal														
Chicken, Patty, Breaded, Parmesan	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/Butter	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/Butt	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	30
Milk, Fluid, 1% (ADSS), Analysis Or	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 For	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			782+	31.8+	29.5+	33.9	97.4+	563+	4.07+	2627+	44+	1.32+	8.0+	1189+
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 (%)			92+	170.2+	103.7+		83.1+	141+	152.46+		145+	165.06+	80.1+	274+
Percent Calorie Distribution (%)				16.4	33.9		49.8							

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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 **Date: Fri Oct 13, 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)
Noon Meal														
Beef, Meatloaf, w/Tomato Sauce - 1	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/G	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	30
Milk, Fluid, 1% (ADSS), Analysis Or	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 F	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			737+	38.3+	23.0+	27.2	99.2+	517+	5.67+	3584+	61+	2.47+	10.7+	1367+
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 (%)			87+	204.9+	80.9+		84.7+	129+	212.42+		202+	308.39+	106.9+	315+
Percent Calorie Distribution (%)				20.1	27.2		52.7							

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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 **Date: Sat Oct 14, 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)
Noon Meal														
Chicken, Patty, Breaded, w/Waffle/C	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 Pepi	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/Cinname	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 Or	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			799+	35.2+	24.6+	27.3	113.7+	649+	6.39+	14276+	58+	1.44+	8.6+	1062+
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 (%)			94+	188.3+	86.5+		97.0+	162+	239.43+		193+	180.55+	85.7+	245+
Percent Calorie Distribution (%)				17.1	27.3		55.5							
Week Daily Average (10/08/17-10/14/17)			769+	34.0+	27.6+	32.0	98.8+	518+	4.18+	5703+	64+	2.02+	8.8+	1144+

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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 **Date: Sun Oct 15, 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)
Noon Meal														
Pork, Patty, Grilled, Ginger - 197	4.5 ounces	128	295	18.6	17.5	53.7	15.3	45	1.19	20	0	1.06	1.0	568
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, w	2.9 ounces	70	78	3.9	0.5	5.5	15.7	24	0.85	156+	4+	0.00+	3.2	85
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 Or	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 Foi	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													
197	1 each													
Noon Meal Totals			817+	36.4+	30.4+	33.0	104.3+	506+	3.55+	1993+	53+	2.19+	10.5+	1112+
Daily Totals for 10/15/17			817+	36.4+	30.4+	33.0	104.3+	506+	3.55+	1993+	53+	2.19+	10.5+	1112+
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 (%)			96+	195.0+	107.2+		89.0+	127+	132.92+		178+	273.75+	104.9+	257+
Percent Calorie Distribution (%)				17.6	33.0		49.4							

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Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS **Date: Mon Oct 16, 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)
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/Butt	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	30
Milk, Fluid, 1% (ADSS), Analysis Or	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			785+	34.0+	27.9+	31.4	100.8+	430+	3.44+	16019+	40+	1.43+	8.8+	1185+
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 (%)			92+	182.1+	98.2+		86.0+	107+	128.96+		135+	178.79+	88.5+	273+
Percent Calorie Distribution (%)				17.3	31.4		51.3							

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Menu Nutrient Analysis Report

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Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS **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)
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/Butter	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	30
Milk, Fluid, 1% (ADSS), Analysis Or	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		1.0	90
Juice, Apple, Frz, 4 oz, Calcium For	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			834+	28.9+	32.0+	34.3	107.4+	686+	7.00+	3088+	42+	2.93+	8.3+	1429+
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 (%)			98+	154.7+	112.6+		91.7+	171+	262.14+		140+	366.61+	82.7+	330+
Percent Calorie Distribution (%)				13.8	34.3		51.8							

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Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS **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)
Noon Meal														
Cheese, Ravioli, w/Alfredo Spinach-	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/C	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,Wrappe	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 Or	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	125
Juice, Orange, Frz, 4 oz, Calcium F	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			821+	34.7+	23.7+	25.4	120.8+	816+	4.08+	8174+	57+	1.33+	11.7+	1194+
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 (%)			96+	186.0+	83.3+		103.1+	204+	152.90+		191+	166.67+	116.7+	275+
Percent Calorie Distribution (%)				16.8	25.4		57.8							

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Menu Nutrient Analysis Report

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Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS **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)
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, Hashbrown	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 Or	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 Foi	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			714+	32.5+	25.5+	30.8	98.0+	455+	3.50+	1995+	93+	2.52+	9.8+	946+
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 (%)			84+	174.3+	89.8+		83.6+	114+	131.13+		310+	314.64+	97.9+	218+
Percent Calorie Distribution (%)				17.5	30.8		51.7							

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Menu Nutrient Analysis Report

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Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS **Date: Fri Oct 20, 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)
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, Frz.	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, Wrappe	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 Or	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, Vz	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 Fi	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			768+	38.1+	27.2+	32.0	94.6+	656+	3.93+	2487+	59+	1.53+	8.4+	1342+
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 (%)			90+	204.2+	95.9+		80.7+	164+	147.11+		197+	190.91+	84.4+	310+
Percent Calorie Distribution (%)				19.9	32.0		48.1							

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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 Date: Sat Oct 21, 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)
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/Cinnamo	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	30
Milk, Fluid, 1% (ADSS), Analysis Or	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 Foi	1 each	113	90	0.1	0.0	0.0	22.0	102	0.47	747	1	0.00	0.1	10
Space 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			748+	36.8+	28.8+	34.2	91.7+	599+	3.90+	20019+	73+	2.19+	8.6+	912+
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 (%)			88+	197.2+	101.3+		78.2+	150+	145.95+		244+	274.29+	86.2+	211+
Percent Calorie Distribution (%)				19.3	34.2		46.5							
Week Daily Average (10/15/17-10/21/17)			784+	34.5+	27.9+	31.6	102.5+	593+	4.20+	7682+	60+	2.02+	9.4+	1160+

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Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS **Date: Sun Oct 22, 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)
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, Wrappe	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 Or	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 For	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			829+	36.6+	27.2+	29.8	108.5+	493+	3.70+	2925+	47+	1.37+	8.1+	1264+
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 (%)			97+	196.1+	95.9+		92.5+	123+	138.74+		156+	171.25+	81.2+	292+
Percent Calorie Distribution (%)				17.8	29.8		52.4							

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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 Date: Mon Oct 23, 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)
Noon Meal														
Pork, Patty, Grilled, w/Mushroom Gi	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/Cinnamo	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	30
Milk, Fluid, 1% (ADSS), Analysis Or	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 Foi	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			764+	37.3+	29.2+	33.9	96.3+	504+	3.20+	14275+	100+	2.19+	8.5+	971+
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 (%)			90+	199.9+	102.8+		82.1+	126+	119.75+		333+	274.29+	85.3+	224+
Percent Calorie Distribution (%)				19.0	33.9		47.1							

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Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS **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)
Noon Meal														
Chicken, Drummies, 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, 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 Or	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/St	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 Fi	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			744+	37.9+	21.7+	26.1	103.8+	479+	2.82+	1970+	89+	1.08+	9.6+	1141+
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 (%)			87+	202.8+	76.5+		88.5+	120+	105.45+		298+	135.00+	95.6+	263+
Percent Calorie Distribution (%)				20.3	26.1		53.6							

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Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS **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)
Noon Meal														
Veal, Patty, Breaded, Parmesan - 1	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, Wrappe	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 Or	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 Foi	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 Filling	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			729+	32.5+	25.2+	30.7	95.6+	594+	5.02+	13268+	30+	2.54+	8.3+	1341+
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 (%)			86+	173.9+	88.9+		81.5+	148+	187.89+		100+	317.32+	83.0+	309+
Percent Calorie Distribution (%)				17.7	30.7		51.6							

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Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS **Date: Thu Oct 26, 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)
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/GB/)	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, Wrappe	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 Or	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 For	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			703+	32.5+	19.0+	24.3	101.2+	498+	4.41+	8390+	46+	1.26+	14.3+	1040+
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 (%)			82+	174.0+	66.8+		86.3+	125+	165.07+		154+	157.91+	143.2+	240+
Percent Calorie Distribution (%)				18.8	24.3		57.0							

Includes main items only. ^ 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 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)
Noon Meal														
Beef, Fingers, w/Orange & Fried Ric	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/Butt	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 Sauce	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, Wrappe	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 Or	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			882+	33.0+	30.9+	31.2	118.8+	437+	3.68+	3248+	148+	2.21+	8.0+	925+
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 (%)			103+	176.9+	108.7+		101.3+	109+	137.68+		493+	276.13+	79.7+	213+
Percent Calorie Distribution (%)				14.8	31.2		53.9							

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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 **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)
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 V	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	30
Milk, Fluid, 1% (ADSS), Analysis Or	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 For	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			700+	32.4+	20.6+	25.9	100.0+	596+	4.57+	7325+	34+	1.13+	9.2+	1167+
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 (%)			82+	173.3+	72.4+		85.3+	149+	171.09+		112+	141.25+	92.0+	269+
Percent Calorie Distribution (%)				18.5	25.9		55.6							
Week Daily Average (10/22/17-10/28/17)			764+	34.6+	24.8+	29.0	103.4+	514+	3.91+	7343+	71+	1.68+	9.4+	1121+

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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 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)
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, Hashbrow	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, Wrappe	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 Or	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 Fi	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			811+	34.7+	29.5+	32.9	101.7+	481+	5.01+	1638+	52+	1.73+	9.7+	1175+
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 (%)			95+	186.1+	103.8+		86.7+	120+	187.56+		172+	215.78+	96.9+	271+
Percent Calorie Distribution (%)					17.2	32.9		49.8						

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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 **Date: Mon Oct 30, 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)
Noon Meal														
Chicken, Patty, Breaded (Koch) - 18	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 V	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	30
Milk, Fluid, 1% (ADSS), Analysis Or	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			804+	31.5+	31.4+	34.6	102.1+	467+	4.66+	6634+	35+	1.30+	8.3+	1081+
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 (%)			94+	168.6+	110.7+		87.1+	117+	174.48+		118+	162.54+	83.5+	249+
Percent Calorie Distribution (%)				15.6	34.6		49.8							

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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 Date: Tue Oct 31, 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)
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/Butter	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, Wrappe	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 Or	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 Foi	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			747+	31.9+	26.9+	32.2	95.5+	587+	5.45+	3380+	31+	2.12+	8.4+	1049+
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 (%)			88+	170.7+	94.9+		81.5+	147+	204.03+		102+	264.40+	84.3+	242+
Percent Calorie Distribution (%)				17.1	32.2		50.7							
Month Daily Average (10/02/17-10/31/17)			768+	33.9+	26.5+	30.8	101.4+	535+	4.14+	6787+	66+	1.82+	9.2+	1132+

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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 **Date: Wed Nov 01, 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)
Noon Meal														
Chicken, Grilled, Honey Mustard - 1	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/Butt	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, Hashbrown	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 Or	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 For	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			762+	33.0+	26.4+	31.3	98.3+	461+	2.88+	2400+	42+	1.08+	8.0+	1088+
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 (%)			89+	176.9+	93.1+		83.8+	115+	107.79+		139+	135.00+	80.2+	251+
Percent Calorie Distribution (%)				17.4	31.3		51.2							

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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 **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)
Noon Meal														
Pork, BBQ Rib Patty, Advance - 11:	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/C	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	30
Milk, Fluid, 1% (ADSS), Analysis Or	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	125
Juice, Orange, Frz, 4 oz, Calcium F	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			824+	35.7+	32.3+	34.4	101.7+	551+	3.11+	4861+	51+	1.86+	9.4+	1319+
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 (%)			97+	191.1+	113.6+		86.8+	138+	116.63+		171+	232.50+	94.4+	304+
Percent Calorie Distribution (%)				17.4	34.4		48.2							

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Menu Nutrient Analysis Report

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Nutrient Totals Using Main Items Only

Menu: Menu 7 pk ADSS **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)
Noon Meal														
Chicken, Grilled, w/Penne/Alfredo -1	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, Wrappe	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 Or	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 Foi	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			718+	33.3+	19.8+	24.9	102.3+	528+	3.97+	13006+	52+	1.12+	8.5+	1128+
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 (%)			84+	178.3+	69.9+		87.3+	132+	148.70+		172+	139.51+	85.0+	260+
Percent Calorie Distribution (%)				18.6	24.9		56.5							

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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 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)
Noon Meal														
Beef, Chili, w/Beans, w/All Bf Crumt	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 Sauce	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, Wrappe	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 Or	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			755+	36.9+	22.3+	26.7	100.5+	441+	7.12+	2414+	148+	1.08+	13.1+	1100+
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 (%)			89+	197.7+	78.5+		85.7+	110+	266.82+		492+	135.51+	131.2+	254+
Percent Calorie Distribution (%)				19.6	26.7		53.7							
Week Daily Average (10/29/17-11/04/17)			774+	33.9+	27.0+	31.2	100.3+	502+	4.60+	4905+	59+	1.47+	9.4+	1134+

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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 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)
Noon Meal														
Chicken, Grilled, w/Stuffing & Gravy	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/Cinnamo	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, Wrappe	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 Or	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 F	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			709+	37.1+	22.2+	28.6	97.9+	501+	3.85+	14236+	119+	1.09+	10.9+	1207+
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 (%)			83+	198.5+	78.1+		83.5+	125+	144.05+		396+	136.76+	108.7+	279+
Percent Calorie Distribution (%)				20.6	28.6		50.8							
Week Daily Average (11/05/17-11/05/17)			709+	37.1+	22.2+	28.6	97.9+	501+	3.85+	14236+	119+	1.09+	10.9+	1207+
Month Daily Average (11/01/17-11/05/17)			754+	35.2+	24.6+	29.3	100.1+	496+	4.19+	7383+	82+	1.25+	10.0+	1169+
Daily Average (10/02/17-11/05/17)			766+	34.0+	26.3+	30.6	101.2+	529+	4.14+	6872+	68+	1.74+	9.3+	1137+

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