



MenuWorks Nutrition Analysis Report

Report Run By: SOPHIA FERGUSON
Run Date: 06/13/2022
HERITAGE ON THE MARINA (31045)

Report Parameters			
Menus Included:	***Spring Summer 2022 Tier 4 Actual	Nutrition Analysis:	Sum All
Days/Dates Included:	22 - 28	Cost Analysis:	Sum Main/Non-Select Only
Locations Included:	Heritage on the Marina	Menu Item Display:	All Items
Meal Periods Included:	Breakfast, Lunch, Dinner	Report Details:	Detailed Totals
Stations Included:			
Diets Included:	Regular/NAS (Level 7)		

Purpose of the Report:

The purpose of the MenuWorks Nutrient Analysis Report is to provide menu nutrition information and evaluate nutrition compliance against dietary standards assigned to the menu.

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Copyright © 2022 Compass Group North America. (CGNA) All Rights Reserved. The contents of this website, including information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Menu Name: *Spring Summer 2022 Tier 4 Actual**
Location Name: Heritage on the Marina

Displaying Nutrient Set (1 of 1)

Sunday, Week 4

Regular/NAS (Level 7) - Breakfast

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
Juice, Prune, 4 floz (3645)	1 each	113.4	80.5	0	19.8	0	0.7	1.1	4.5	313	13.6	1.3	0
*Fresh Fruit Salad (41629.2)	1/2 cup	94.5	42.3	0.1	10.8	0	0.6	0.9	10.2	197	8.6	0.2	0
*Oatmeal (614)	6 ounce	170.1	80.7	1.4	14.4	0	2.8	2.2	190.2	78.6	15.6	0.9	0
*Blueberry Pancakes (36845.9)	2 each	135.6	203.5	2.1	40.5	1	5.2	1.9	559.8	112.6	180.3	1.9	0+
*Corned Beef Hash (12372)	1/2 cup	123.5	255	17.5	16	37.5	8.5	1.5	730	260	10	1	0
*Potatoes O'Brien (772)	1/2 cup	105.2	101.5	2.3	19.1	0	1.7	1.9	146.5	317.3	9.7	0.3	0
Bran Muffin (12350)	1 each	42.5	157	8.3	19.6	23.3	2.3	1.7	141.2	-	0	0.7	-
*Milk, Skim/Nonfat, 8 floz (3874)	1 each	245	83.3	0.2	12.2	4.9	8.3	0	102.9	382.2	298.9	0.1	2.9
Coffee (1319)	6 ounce	170.1	1.7	0	0	0	0.2	0	3.4	83.3	3.4	0	0
Creamer, Non-Dairy, Liquid, .38 oz (1976)	1 each	10.8	7.6	0.4	1	0	0.1	0	6.5	19.1	0.1	0.1	0
*Sugar (7494)	1 each	2.8	11	0	2.8	0	0	0	0	0.1	0	0	0
*Salt (7175)	1 each	0.8	0	0	0	0	0	0	298.9	0.1	0.2	0	0
*Pepper, Black (6123)	1 each	0.2	0.6	0	0.1	0	0	0.1	0	2.9	1	0	0
*Margarine, Gold-N-Sweet, 5g (3738)	1 each	5	17.9	2	0	0	0	0	31.4	1.3	0.2	0	0.9
Jelly, Assorted (97260)	1 each	14.2	37.7	0	9.9	0	0	0.1	4.3	7.7	1	0	0
*Syrup, Pancake, 1.4 oz, Smucker (14589)	1 each	39.7	92.9	0	24.4	0	0	0	32.5	6	1.2	0	0
Breakfast Totals			1,173.2	34.3	190.7	66.7	30.3	11.3	2,262.3	1781.1+	543.8	6.6	3.8+

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Copyright © 2022 Compass Group North America. (CGNA) All Rights Reserved. The contents of this website, including information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Sunday, Week 4

Regular/NAS (Level 7) - Lunch

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
*Chicken Orzo Soup (5016)	1 ladle-6oz	221.2	103.4	3.6	13.4	7.4	4.5	1.4	467.3	160.7	24	0.7	0+
Mini Garden Salad (18941)	5 ounce	141.7	60.3	3.7	5.7	2+	1.3	1.2	112.7	218.1+	29.3	0.6	0+
*Breakfast Quiche (19214.3)	1 each	179.4	243.2	8.5	24.2	22.9	16.2	2.3	440.3	265.4	198.6	2	0.9+
Turkey Club Sandwich (3635)	1 sandwich	201.6	416	16.7	34.6	64.6	32	5.2	906.3	655.7	324.1	2.7	0.1
*Bistro Chips (18733)	1/2 cup	104.7	260.9	22.3	17.3	0	1.1	5.4	665.9	270+	1.3	0	0+
Oatmeal Raisin Cookie (5477)	1 each	39	162.3	6.8	23.6	3.1	1.8	0.9	134.3	82.5	10.7	1	-
*Milk, Skim/Nonfat, 8 floz (3874)	1 each	245	83.3	0.2	12.2	4.9	8.3	0	102.9	382.2	298.9	0.1	2.9
*Hot Tea (1343)	6 ounce	170.1	2.2	0	0.4	0	0.1	0.1	5.6	43.8	5.9	0	0
Sugar (7494)	1 each	2.8	11	0	2.8	0	0	0	0	0.1	0	0	0
*Salt (7175)	1 each	0.8	0	0	0	0	0	0	298.9	0.1	0.2	0	0
*Pepper, Black (6123)	1 each	0.2	0.6	0	0.1	0	0	0.1	0	2.9	1	0	0
*Margarine, Gold-N-Sweet, 5g (3738)	1 each	5	17.9	2	0	0	0	0	31.4	1.3	0.2	0	0.9
Lunch Totals			1,361	63.7	134.4	104.9+	65.3	16.5	3,165.7	2082.8+	894.1	7.1	4.8+

Regular/NAS (Level 7) - Dinner

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
Creamy Mushroom Soup (49666.2)	1 ladle-6oz	198	148.5	11.2	9.8	25.2	3.7	1.2	222.2	275.6	25.5	0.8	0.5
*Panzanella Salad (28932)	1/2 cup	64.6	84.3	5.4	7.7	0.2+	1.7	0.9+	121.8	118.6	26	0.6	0+
*Roasted NY Strip Steak (6797)	3 ounce	85	269.9	16.9	1.3	87.4	25.7	0.1	318.7	338.7	22.8	1.8	0.2
*Maitre'd Hotel Buter (109846.1)	1 tbsp	12.6	76.1	8.5	0.3	22.2	0.1	0	32.1	10.2	4.2	0.1	0
Shrimp Creole (423)	6 ounce	170.1	117.6	2.3	9.4	114.3	15.9	2.4+	221.1	397+	84.1	1.2	0+
Angel Hair Pasta (14127)	1/2 cup	74.4	136.7	3.5	21.7	7.6	4.1	1.3	115.6	32	5.8	0.9	0
*Duchesse Potatoes (5202)	1/2 cup	127.2	261.8	19.2	18.9	171.5	4	1.7	265.7	320.9	30.8	0.7	0.8
Fresh Steamed Carrots (121140)	1/2 cup	86.2	30.2	0.1	7.1	0	0.6	2.5	67.2	204.3	27.6	0.8	0

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Copyright © 2022 Compass Group North America. (CGNA) All Rights Reserved. The contents of this website, including information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Sunday, Week 4

Regular/NAS (Level 7) - Dinner

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
*Lemon Olive Oil Broccolini (4911.19)	1/2 cup	87.2	48.6	2.3	6.2	0	2.4	2.2	27.3	267	42	0.6	0
Baguette (70066)	1 slice	70.9	192.8	1.7	36.8	0	7.6	1.6	426.7	82.9	36.9	2.8	0
*Cherry Cheese Pie (4978)	1 slice	127.2	389.8	21.9	44.2	82.7	5	0.5	238.3	130	64.1	0.8	0.2
*Milk, Skim/Nonfat, 8 floz (3874)	1 each	245	83.3	0.2	12.2	4.9	8.3	0	102.9	382.2	298.9	0.1	2.9
*Hot Tea (1343)	6 ounce	170.1	2.2	0	0.4	0	0.1	0.1	5.6	43.8	5.9	0	0
Sugar (7494)	1 each	2.8	11	0	2.8	0	0	0	0	0.1	0	0	0
*Salt (7175)	1 each	0.8	0	0	0	0	0	0	298.9	0.1	0.2	0	0
*Pepper, Black (6123)	1 each	0.2	0.6	0	0.1	0	0	0.1	0	2.9	1	0	0
*Margarine, Gold-N-Sweet, 5g (3738)	1 each	5	17.9	2	0	0	0	0	31.4	1.3	0.2	0	0.9
Dinner Totals			1,871.1	95.3	178.9	516+	79.4	14.4+	2,495.5	2607.7+	675.8	11.1	5.5+
Daily Totals for Day 22			4,405.3	193.3	504	687.6+	175	42.2+	7,923.5	6471.6+	2,113.7	24.8	14.2+
RDA/DRI Standards Combined, Females, > 70 years			1600	-	130	-	46	21	1500	2600	1200	8	20
% RDA/DRI Standards Combined, Females, > 70 years			275.33%	-	387.7%	-	380.37%	200.86%	528.23%	248.91%	176.14%	310.18%	70.96%

Monday, Week 4

Regular/NAS (Level 7) - Breakfast

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
Juice, Prune, 4 floz (3645)	1 each	113.4	80.5	0	19.8	0	0.7	1.1	4.5	313	13.6	1.3	0
*Fresh Fruit Salad (41629.2)	1/2 cup	94.5	42.3	0.1	10.8	0	0.6	0.9	10.2	197	8.6	0.2	0
*Cream of Wheat (610)	6 ounce	170.1	78.1	0.3	16.1	0	2.3	0.7	200.1	26	80.6	6.1	0
*Eggs Benedict The Classic (5213.5)	1 serving(s)	202	352	14.8	27.3	361.7	26.4	2	770.4	547.4	158.3	4	2+
Pork Bacon (608)	1 slice	9.3	43.5	3.3	0.2	9.2	3.2	0	156.6	46.4	1	0.1	0

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Copyright © 2022 Compass Group North America. (CGNA) All Rights Reserved. The contents of this website, including information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Monday, Week 4

Regular/NAS (Level 7) - Breakfast

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
*Sautéed Breakfast Potatoes (22144.8)	4 oz portion	114.1	148.2	5.2	21.7	0	2.6	2.6	0.3	387.6	1.4	0.1	0+
Banana Bread (101520)	1 serving(s)	56.7	206.9	9.8	28.2	39.4	2.3	0.7	157.6	59.7	13.5	0.8	0.1
*Milk, Skim/Nonfat, 8 floz (3874)	1 each	245	83.3	0.2	12.2	4.9	8.3	0	102.9	382.2	298.9	0.1	2.9
Coffee (1319)	6 ounce	170.1	1.7	0	0	0	0.2	0	3.4	83.3	3.4	0	0
Creamer, Non-Dairy, Liquid, .38 oz (1976)	1 each	10.8	7.6	0.4	1	0	0.1	0	6.5	19.1	0.1	0.1	0
*Sugar (7494)	1 each	2.8	11	0	2.8	0	0	0	0	0.1	0	0	0
*Salt (7175)	1 each	0.8	0	0	0	0	0	0	298.9	0.1	0.2	0	0
*Pepper, Black (6123)	1 each	0.2	0.6	0	0.1	0	0	0.1	0	2.9	1	0	0
*Margarine, Gold-N-Sweet, 5g (3738)	1 each	5	17.9	2	0	0	0	0	31.4	1.3	0.2	0	0.9
Jelly, Assorted (97260)	1 each	14.2	37.7	0	9.9	0	0	0.1	4.3	7.7	1	0	0
Breakfast Totals			1,111.4	36.2	150.2	415.2	46.6	8.2	1,747.1	2,073.9	581.9	12.8	5.9+

Regular/NAS (Level 7) - Lunch

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
*Pepper Pot Soup (5538)	1 ladle-6oz	249.1	110.4	6.7	10.8	3	2	0.9	495.3	162.5	34.3	0.3	0.2+
Tuna Stuffed Avocado (100521)	1 each	153.9	189.5	11.2	7.1	26.8	16.6	4.8	364.1	527	22.1	1.1	1.3
*Filipino Adobo Chicken Bowl (102059)	1 each	299.4	397.9	12.6	34.4	165.8	34.2	1.3	346.2	444.2	40.5	3.8	0.2
*Vegetable Stir Fry (15349)	1/2 cup	75.8	21.6	0.4	4.1	0	1	1	116.3	203.5	41.3	0.4	0
Basmati Rice (4831)	1/2 cup	86.7	108	0.2	23.7	0	2.1	0.4	77.6	34.6	10	1.3	0
Brownie Crackle (82698)	1 each	38.1	153.2	4.8	26.4	0.8	1.2	0.9	107.8	13.1+	14.9	0.8	0+
*Milk, Skim/Nonfat, 8 floz (3874)	1 each	245	83.3	0.2	12.2	4.9	8.3	0	102.9	382.2	298.9	0.1	2.9

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Copyright © 2022 Compass Group North America. (CGNA) All Rights Reserved. The contents of this website, including information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Monday, Week 4

Regular/NAS (Level 7) - Lunch

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
*Hot Tea (1343)	6 ounce	170.1	2.2	0	0.4	0	0.1	0.1	5.6	43.8	5.9	0	0
Sugar (7494)	1 each	2.8	11	0	2.8	0	0	0	0	0.1	0	0	0
*Salt (7175)	1 each	0.8	0	0	0	0	0	0	298.9	0.1	0.2	0	0
*Pepper, Black (6123)	1 each	0.2	0.6	0	0.1	0	0	0.1	0	2.9	1	0	0
*Margarine, Gold-N-Sweet, 5g (3738)	1 each	5	17.9	2	0	0	0	0	31.4	1.3	0.2	0	0.9
Lunch Totals			1,095.7	38.1	121.9	201.3	65.6	9.4	1,946	1815.2+	469.3	7.8	5.6+

Regular/NAS (Level 7) - Dinner

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
Borscht Soup (81421)	1 ladle-6oz	190.5	122.8	7.9	8.1	21.8	5.2	1.5	341.5	299.2	25.9	0.9	0.2+
*Spinach Side Salad (10)	1/2 cup	33.7	33.6	2.1	1.2	20.3	2.6	0.5	93.6	133.2	19.2	0.5	0.1
*Maple Mustard Pork with Peaches (6859.12)	1 serving(s)	205.9	241.8	6.3	16.3	79.5	29.4	1.4	272.4	599.6+	17.7	1.4+	0.3+
Irish Shepherds Pie (18788)	6 ounce	170.1	304.6	18.5	19.4	78.3	14.6	2.1	400.4	396.7	110.6	2	0.2+
*Cornbread Sage Dressing (54746)	1/2 cup	106.6	119.5	3.9	17.9	26	3.2	1	272	109.6	53.4	1	0.1+
*Steamed Kale (5361)	1/2 cup	77.5	27.1	1.2	3.4	0	2.3	3.2	41.1	269.6	196.8	1.2	0
Green Beans and Cherry Tomatoes (10520.1)	4 oz portion	101.2	60.3	3.3	7.6	0	1.6	2.6	21.7	164.3	36.5	0.5	0
Cheddar Onion Biscuits (14450)	1 each	86.2	267	12	33.9	12	5.5	1.2	725.6	100.5	135.7	1.5	0
*German Chocolate Cake Parfait (58627.1)	1 each	230.9	530.6	24.9	74.1	7.8	4.8	3.3+	572.8	215.5	53.7	3.3	0.1
*Milk, Skim/Nonfat, 8 floz (3874)	1 each	245	83.3	0.2	12.2	4.9	8.3	0	102.9	382.2	298.9	0.1	2.9
*Hot Tea (1343)	6 ounce	170.1	2.2	0	0.4	0	0.1	0.1	5.6	43.8	5.9	0	0
Sugar (7494)	1 each	2.8	11	0	2.8	0	0	0	0	0.1	0	0	0
*Salt (7175)	1 each	0.8	0	0	0	0	0	0	298.9	0.1	0.2	0	0

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Copyright © 2022 Compass Group North America. (CGNA) All Rights Reserved. The contents of this website, including information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Monday, Week 4

Regular/NAS (Level 7) - Dinner

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
*Pepper, Black (6123)	1 each	0.2	0.6	0	0.1	0	0	0.1	0	2.9	1	0	0
*Margarine, Gold-N-Sweet, 5g (3738)	1 each	5	17.9	2	0	0	0	0	31.4	1.3	0.2	0	0.9
Dinner Totals			1,822.3	82.2	197.5	250.6	77.6	16.8+	3,179.9	2718.5+	955.6	12.7+	4.9+
Daily Totals for Day 23			4,029.4	156.5	469.6	867.1	189.8	34.4+	6,873.1	6607.7+	2,006.7	33.4+	16.3+
RDA/DRI Standards Combined, Females, > 70 years			1600	-	130	-	46	21	1500	2600	1200	8	20
% RDA/DRI Standards Combined, Females, > 70 years			251.84%	-	361.23%	-	412.57%	164.04%	458.2%	254.14%	167.23%	417.66%	81.67%

Tuesday, Week 4

Regular/NAS (Level 7) - Breakfast

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
Juice, Prune, 4 floz (3645)	1 each	113.4	80.5	0	19.8	0	0.7	1.1	4.5	313	13.6	1.3	0
*Fresh Fruit Salad (41629.2)	1/2 cup	94.5	42.3	0.1	10.8	0	0.6	0.9	10.2	197	8.6	0.2	0
*Oatmeal (614)	6 ounce	170.1	80.7	1.4	14.4	0	2.8	2.2	190.2	78.6	15.6	0.9	0
*Nova Lox Bagel (79071.11)	1 each	226.1	417.3	8.5	66.1	27.7	19.7	4.6	872.1	202.9+	176.5	4.2	9.7+
*Pork Sausage Link (1125.1)	1 each	42.5	195.1	19.5	1	-	4.5	-	255.1	-	20	0.2	-
*Hash Brown Patty (3616)	1 serving(s)	63	110	6	12	0	1	1	280	180	0	0	0
Mini Croissant (63653.1)	1 each	31	111.5	5.3	13.5	14.8	2.3	0.4	130.6	23.1	5	0.3	-
*Milk, Skim/Nonfat, 8 floz (3874)	1 each	245	83.3	0.2	12.2	4.9	8.3	0	102.9	382.2	298.9	0.1	2.9
Coffee (1319)	6 ounce	170.1	1.7	0	0	0	0.2	0	3.4	83.3	3.4	0	0
Creamer, Non-Dairy, Liquid, .38 oz (1976)	1 each	10.8	7.6	0.4	1	0	0.1	0	6.5	19.1	0.1	0.1	0
*Sugar (7494)	1 each	2.8	11	0	2.8	0	0	0	0	0.1	0	0	0
*Salt (7175)	1 each	0.8	0	0	0	0	0	0	298.9	0.1	0.2	0	0

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Copyright © 2022 Compass Group North America. (CGNA) All Rights Reserved. The contents of this website, including information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Tuesday, Week 4

Regular/NAS (Level 7) - Breakfast

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
*Pepper, Black (6123)	1 each	0.2	0.6	0	0.1	0	0	0.1	0	2.9	1	0	0
*Margarine, Gold-N-Sweet, 5g (3738)	1 each	5	17.9	2	0	0	0	0	31.4	1.3	0.2	0	0.9
Jelly, Assorted (97260)	1 each	14.2	37.7	0	9.9	0	0	0.1	4.3	7.7	1	0	0
Breakfast Totals			1,197.3	43.5	163.6	47.4+	40.1	10.4+	2,190.1	1491.3+	544	7.4	13.5+

Regular/NAS (Level 7) - Lunch

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
*Macaroni and Cheese Soup (7730)	1 ladle-6oz	198.7	139.8	6.1	19	12.9	2	0.7	567	50.9	31.2	0.5	0+
Farro, Chicken and Broccoli Salad (74725)	9 ounce	255.1	263.9	10.8	27.9	44.4	14.3	3.6	231.1	275.1+	61.4	1.3	0.1+
*Turkey Sloppy Joe (17333)	1 each	172.9	318.4	12.1	37.5	44.7	17.2	3	578.1	370.2+	92.3	3.6+	0.1+
*Corn on the Cob (745.8)	1/2 each	43.5	46.7	0.9	9.7	0	1.6	1	59.8	97.4	2.3	0.2	0
*Sweet Potato Fries (24924)	1/2 cup	85	160.1	6	25	0	1	1	190.1	260.1	0	0.4	0
Apricot Upside Down Cake (66760)	1 each	84.2	155.1	5.4	26.1	10.8	1.3	0.5	123.5	70.4	32.5	0.5	0.1+
*Milk, Skim/Nonfat, 8 floz (3874)	1 each	245	83.3	0.2	12.2	4.9	8.3	0	102.9	382.2	298.9	0.1	2.9
*Hot Tea (1343)	6 ounce	170.1	2.2	0	0.4	0	0.1	0.1	5.6	43.8	5.9	0	0
Sugar (7494)	1 each	2.8	11	0	2.8	0	0	0	0	0.1	0	0	0
*Salt (7175)	1 each	0.8	0	0	0	0	0	0	298.9	0.1	0.2	0	0
*Pepper, Black (6123)	1 each	0.2	0.6	0	0.1	0	0	0.1	0	2.9	1	0	0
*Margarine, Gold-N-Sweet, 5g (3738)	1 each	5	17.9	2	0	0	0	0	31.4	1.3	0.2	0	0.9
Lunch Totals			1,198.9	43.5	160.7	117.6	45.7	10	2,188.3	1554.6+	525.9	6.7+	4+

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Copyright © 2022 Compass Group North America. (CGNA) All Rights Reserved. The contents of this website, including information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Tuesday, Week 4

Regular/NAS (Level 7) - Dinner

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
Traditional Wonton Soup (111161)	6 oz portion	279.6	201.9	9.4	20.6	18.5	10.6	1.1	414.6	196.3	32.7	2.3	0
*Creole Strawberry Salad (5142)	1/2 cup	67	93.5	8.8	3.5	0+	0.7	0.8	44.4	102.4+	20.5	0.3	0+
Thyme and Garlic Turkey (6810.1)	1 serving(s)	100.3	95.2	1.7	1.6	49.3	19.3	0.6	428.9	528	14.4	1	0
Herb Chicken Gravy (106170)	2 floz	83.6	63.5	5.2	3.6	14.2	0.7	0.3	216.8	21.3	8.2	0.2	0
*Blackened Tilapia (31687.1)	4 ounce	113.4	150.2	3.3	1.5	63	29.2	0.6	498	451.2	26.7	1.1	4.1+
*Spicy Remoulade Sauce (9274)	1 floz	38.5	209.1	22.1	2.5	7.5	0.5	0.6	351.8	26.3+	7.4	0.3+	0+
Old Bay Roasted Potatoes (36252)	1/2 cup	97.9	103.3	2.4	18.8	0	2.3	1.8	72.5	518.9+	16.7	0.9	0+
*Dirty Rice (548)	1/2 cup	124.2	173.3	8.2	19.4	68.1	5	0.8	62.8	106	26.9	1.8	0.1
Creamed Spinach (3235)	1/2 cup	108.3	61.9	3.5	6.1	8.3	3	2.5	171.8	208.7	108.8	1.3	0+
*Steamed Beets (60013.1)	1/2 cup	54.9	15.4	0	3.6	0	0.4	0.7	11.5	77.9	7.1	0.3	0
Potato Roll (5572)	1 each	35.4	94.3	1.1	16.7	0	4.4	2.2	132.9	254.4	66.6	0.8	0
*Classic Apple Cobbler (63715.1)	1/2 cup	95.7	237.7	11.8	31.3	48.4	2.8	1	116.7	66.7	37	1	0.2+
*Milk, Skim/Nonfat, 8 floz (3874)	1 each	245	83.3	0.2	12.2	4.9	8.3	0	102.9	382.2	298.9	0.1	2.9
*Hot Tea (1343)	6 ounce	170.1	2.2	0	0.4	0	0.1	0.1	5.6	43.8	5.9	0	0
Sugar (7494)	1 each	2.8	11	0	2.8	0	0	0	0	0.1	0	0	0
*Salt (7175)	1 each	0.8	0	0	0	0	0	0	298.9	0.1	0.2	0	0
*Pepper, Black (6123)	1 each	0.2	0.6	0	0.1	0	0	0.1	0	2.9	1	0	0
*Margarine, Gold-N-Sweet, 5g (3738)	1 each	5	17.9	2	0	0	0	0	31.4	1.3	0.2	0	0.9
Dinner Totals			1,614.1	79.6	144.8	282.2+	87.5	13	2,961.3	2988.6+	679.1	11.5+	8.4+
Daily Totals for Day 24			4,010.2	166.7	469.1	447.2+	173.4	33.4+	7,339.7	6034.4+	1,749	25.5+	25.9+
RDA/DRI Standards Combined, Females, > 70 years			1600	-	130	-	46	21	1500	2600	1200	8	20
% RDA/DRI Standards Combined, Females, > 70 years			250.64%	-	360.88%	-	376.89%	159.2%	489.32%	232.09%	145.75%	319.03%	129.53%

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Copyright © 2022 Compass Group North America. (CGNA) All Rights Reserved. The contents of this website, including information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Wednesday, Week 4

Regular/NAS (Level 7) - Breakfast

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
Juice, Prune, 4 floz (3645)	1 each	113.4	80.5	0	19.8	0	0.7	1.1	4.5	313	13.6	1.3	0
*Fresh Fruit Salad (41629.2)	1/2 cup	94.5	42.3	0.1	10.8	0	0.6	0.9	10.2	197	8.6	0.2	0
*Cream of Wheat (610)	6 ounce	170.1	78.1	0.3	16.1	0	2.3	0.7	200.1	26	80.6	6.1	0
*Ham and Vegetable Frittata (11024)	6 ounce	170.1	131.1	4.5	3.2	12.4	17.1	0.5	557.2	303.7+	97.9	1.6	1.4
Pork Bacon (608)	1 slice	9.3	43.5	3.3	0.2	9.2	3.2	0	156.6	46.4	1	0.1	0
*Potatoes O'Brien (772)	1/2 cup	105.2	101.5	2.3	19.1	0	1.7	1.9	146.5	317.3	9.7	0.3	0
Raisin Scones (5599)	1 serving(s)	56.7	210.4	5.8	36.4	0.8	3.5	1.1	488.9	119.2	73.2	1.2	0
*Milk, Skim/Nonfat, 8 floz (3874)	1 each	245	83.3	0.2	12.2	4.9	8.3	0	102.9	382.2	298.9	0.1	2.9
Coffee (1319)	6 ounce	170.1	1.7	0	0	0	0.2	0	3.4	83.3	3.4	0	0
Creamer, Non-Dairy, Liquid, .38 oz (1976)	1 each	10.8	7.6	0.4	1	0	0.1	0	6.5	19.1	0.1	0.1	0
*Sugar (7494)	1 each	2.8	11	0	2.8	0	0	0	0	0.1	0	0	0
*Salt (7175)	1 each	0.8	0	0	0	0	0	0	298.9	0.1	0.2	0	0
*Pepper, Black (6123)	1 each	0.2	0.6	0	0.1	0	0	0.1	0	2.9	1	0	0
*Margarine, Gold-N-Sweet, 5g (3738)	1 each	5	17.9	2	0	0	0	0	31.4	1.3	0.2	0	0.9
Jelly, Assorted (97260)	1 each	14.2	37.7	0	9.9	0	0	0.1	4.3	7.7	1	0	0
Breakfast Totals			847.2	19	131.6	27.3	37.6	6.4	2,011.3	1819.2+	589.4	11	5.2

Regular/NAS (Level 7) - Lunch

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
*Turkey, Quinoa, Vegetable Soup (118191.1)	1 ladle-6oz	196.3	93.9	2.1	10	17.9	9.2	1.8	360.8	234.1	38.9	0.8	0.1
Naked Shrimp Salad (74506)	9 ounce	255.1	202.7	4.1	20.6	189.8	22.7	1.7+	1,530.1	564.3+	130.8	2	0+

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Copyright © 2022 Compass Group North America. (CGNA) All Rights Reserved. The contents of this website, including information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Wednesday, Week 4

Regular/NAS (Level 7) - Lunch

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
*Sausage and Mushroom Pizza (32835)	1 slice	224.1	422.8	15.9	48.8	35.6+	21	5.9	876.9	531.6+	308	3.4	0.3+
*Steamed Broccoli (4911.8)	1/2 cup	34.6	11.8	0.1	2.3	0	1	0.9	11.4	109.3	16.3	0.3	0
Caesar Salad (3911)	1/2 cup	32.7	45.7	1.9	5.6	2.3	1.6	0.8	133.9	74.6	32.3	0.4	0
Berry Tartlets (60622)	1 each	124.9	305.8	14.2	40.7	76	4.8	3.2	182.4	142.7	60.4	1.5	0.7
*Milk, Skim/Nonfat, 8 floz (3874)	1 each	245	83.3	0.2	12.2	4.9	8.3	0	102.9	382.2	298.9	0.1	2.9
*Hot Tea (1343)	6 ounce	170.1	2.2	0	0.4	0	0.1	0.1	5.6	43.8	5.9	0	0
Sugar (7494)	1 each	2.8	11	0	2.8	0	0	0	0	0.1	0	0	0
*Salt (7175)	1 each	0.8	0	0	0	0	0	0	298.9	0.1	0.2	0	0
*Pepper, Black (6123)	1 each	0.2	0.6	0	0.1	0	0	0.1	0	2.9	1	0	0
*Margarine, Gold-N-Sweet, 5g (3738)	1 each	5	17.9	2	0	0	0	0	31.4	1.3	0.2	0	0.9
Lunch Totals			1,197.6	40.7	143.5	326.5+	68.7	14.5+	3,534.5	2087+	892.8	8.5	5+

Regular/NAS (Level 7) - Dinner

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
Gazpacho Soup (1936)	1 ladle-6oz	199.3	48.9	2.7	6.1	0	1.4	2.5	127.4	328.5+	45.8	0.9	0+
*Chopped Kale Salad (70674)	1/2 cup	55.9	54.3	4.8	2.9	0	0.8	1	18.8	127.1+	37.3+	0.4+	0+
*Miso Ginger Tri-Tip Steak (109529.6)	4 ounce	113.4	284.7	15.5	4	91.3	30.1	0.2	360.7	407.1+	26.1+	1.9+	0+
Tandoori Chicken (43957)	1 piece	142.8	184.9	7.7	5.6	115.5	23	1.4	260.3	413.4	56.9	2	0.2
Tomato Raisin Chutney (38406)	1 floz	56.6	55.6	0.1	13.6	0	0.5	0.7	52.8	110.9	10.4	0.2	0
*Potato Casserole (20099)	1/2 cup	122.7	84.3	1	16.3	0.9	2.9	1.4	53.1	295+	67	0.3+	0.6+
Cilantro Lime Rice (128526)	1/2 cup	112.8	124	0.4	26.8	0	2.6	0.8	73.6	102.6	31	1.2	0
*French Green Beans (3447)	1/2 cup	207	30.1	0.2	6.7	0	1.5	2.8	218.3	145.4+	43.2	0.6	0+

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Copyright © 2022 Compass Group North America. (CGNA) All Rights Reserved. The contents of this website, including information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Wednesday, Week 4

Regular/NAS (Level 7) - Dinner

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
Gobi Matar (Cauliflower, Pea Curry) (86650)	1/2 cup	181.3	149.9	10.6	12.4	0	3.4	4.5	175.6	362.4	59.1	1.8	0
White Pita Bread (103299)	1 each	90.7	249.5	1.1	50.5	0	8.3	2	486.3	108.9	78	2.4	0
*Lemon Poppyseed Pound Cake (135846)	1 slice	104.4	335.7	9.8	58.5	0	3.7	1.4	339.3	73.9	99.5	1.7+	0
*Milk, Skim/Nonfat, 8 floz (3874)	1 each	245	83.3	0.2	12.2	4.9	8.3	0	102.9	382.2	298.9	0.1	2.9
*Hot Tea (1343)	6 ounce	170.1	2.2	0	0.4	0	0.1	0.1	5.6	43.8	5.9	0	0
Sugar (7494)	1 each	2.8	11	0	2.8	0	0	0	0	0.1	0	0	0
*Salt (7175)	1 each	0.8	0	0	0	0	0	0	298.9	0.1	0.2	0	0
*Pepper, Black (6123)	1 each	0.2	0.6	0	0.1	0	0	0.1	0	2.9	1	0	0
*Margarine, Gold-N-Sweet, 5g (3738)	1 each	5	17.9	2	0	0	0	0	31.4	1.3	0.2	0	0.9
Dinner Totals			1,716.7	56	219	212.7	86.6	18.7	2,604.8	2905.5+	860.4+	13.6+	4.5+
Daily Totals for Day 25			3,761.5	115.6	494.1	566.5+	192.9	39.6+	8,150.6	6811.7+	2342.7+	33.1+	14.7+
RDA/DRI Standards Combined, Females, > 70 years			1600	-	130	-	46	21	1500	2600	1200	8	20
% RDA/DRI Standards Combined, Females, > 70 years			235.09%	-	380.11%	-	419.28%	188.41%	543.38%	261.99%	195.22%	413.72%	73.67%

Thursday, Week 4

Regular/NAS (Level 7) - Breakfast

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
Juice, Prune, 4 floz (3645)	1 each	113.4	80.5	0	19.8	0	0.7	1.1	4.5	313	13.6	1.3	0
*Fresh Fruit Salad (41629.2)	1/2 cup	94.5	42.3	0.1	10.8	0	0.6	0.9	10.2	197	8.6	0.2	0
*Oatmeal (614)	6 ounce	170.1	80.7	1.4	14.4	0	2.8	2.2	190.2	78.6	15.6	0.9	0
*Buckwheat Pancakes (616.9)	2 each	97.5	164.3	1.6	33.5	0	3.3	0.7	442	0.5+	14.7	0.7	0+

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Copyright © 2022 Compass Group North America. (CGNA) All Rights Reserved. The contents of this website, including information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Thursday, Week 4

Regular/NAS (Level 7) - Breakfast

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
*Country Ham (5303)	2 oz meat	53.3	67.2	2.9	0.8	28.8	9.5	0	629.4	166.8	4.8	0.4	0.4
*Sauteed Breakfast Potatoes (22144.8)	4 oz portion	114.1	148.2	5.2	21.7	0	2.6	2.6	0.3	387.6	1.4	0.1	0+
Cinnamon Rolls (4598)	1 each	77.8	252.5	6.2	47.3	1.9	2.4	0.6	156.7	0.1+	7.7	0.9	0+
*Milk, Skim/Nonfat, 8 floz (3874)	1 each	245	83.3	0.2	12.2	4.9	8.3	0	102.9	382.2	298.9	0.1	2.9
Coffee (1319)	6 ounce	170.1	1.7	0	0	0	0.2	0	3.4	83.3	3.4	0	0
Creamer, Non-Dairy, Liquid, .38 oz (1976)	1 each	10.8	7.6	0.4	1	0	0.1	0	6.5	19.1	0.1	0.1	0
*Sugar (7494)	1 each	2.8	11	0	2.8	0	0	0	0	0.1	0	0	0
*Salt (7175)	1 each	0.8	0	0	0	0	0	0	298.9	0.1	0.2	0	0
*Pepper, Black (6123)	1 each	0.2	0.6	0	0.1	0	0	0.1	0	2.9	1	0	0
*Margarine, Gold-N-Sweet, 5g (3738)	1 each	5	17.9	2	0	0	0	0	31.4	1.3	0.2	0	0.9
Jelly, Assorted (97260)	1 each	14.2	37.7	0	9.9	0	0	0.1	4.3	7.7	1	0	0
*Syrup, Pancake, 1.4 oz, Smucker (14589)	1 each	39.7	92.9	0	24.4	0	0	0	32.5	6	1.2	0	0
Breakfast Totals			1,088.4	20.2	198.8	35.6	30.4	8.3	1,913.2	1646.3+	372.4	4.8	4.2+

Regular/NAS (Level 7) - Lunch

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
*Vegetable Soup (24335)	1 ladle-6oz	228.8	39.7	0.3	8.9	0	1.1	1.8	306.6	182.8+	36.4	0.4	0+
Fish Bowl Salad (84538)	10 ounce	283.5	333.4	21.9	9.7	63.6	24.2	3.5	665.3	753.7+	56.5	1.8	11.5+
*Hot Dog (6062)	1 each	154.5	479.8	34.9	23.6	65.8	17.3	0.7	1,169.2	335.9	71.7	2.8	1.1
Jet's Pad Thai with Peanuts (48376.7)	8 ounce	226.8	477.6	17.4	54.1	168.6	25.9+	2.6	883.5	413.8+	317.8+	5.4+	0.5+
*Sauerkraut (744)	1/2 cup	81.9	21.4	0.4	4.5	0.9	0.9	2.2	599.9	130.8	21.9	1.1	0

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Copyright © 2022 Compass Group North America. (CGNA) All Rights Reserved. The contents of this website, including information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Thursday, Week 4

Regular/NAS (Level 7) - Lunch

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
*French Fries (35691.2)	4 ounce	113.4	210	12.7	24	0	1.3	1.3	26.7	360	0	0	0+
Raspberry Oatmeal Bar (31337.1)	1 each	60.7	204.3	3.6	41.2	0	2.1	1.2	86.8	75.5	21.2	1	0+
*Milk, Skim/Nonfat, 8 floz (3874)	1 each	245	83.3	0.2	12.2	4.9	8.3	0	102.9	382.2	298.9	0.1	2.9
*Hot Tea (1343)	6 ounce	170.1	2.2	0	0.4	0	0.1	0.1	5.6	43.8	5.9	0	0
Sugar (7494)	1 each	2.8	11	0	2.8	0	0	0	0	0.1	0	0	0
*Salt (7175)	1 each	0.8	0	0	0	0	0	0	298.9	0.1	0.2	0	0
*Pepper, Black (6123)	1 each	0.2	0.6	0	0.1	0	0	0.1	0	2.9	1	0	0
*Margarine, Gold-N-Sweet, 5g (3738)	1 each	5	17.9	2	0	0	0	0	31.4	1.3	0.2	0	0.9
*Ketchup (47957.12)	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	0
Lunch Totals			1,897	93.4	185.9	303.8	81.3+	13.5	4,318.6	2726.8+	833.9+	12.7+	17+

Regular/NAS (Level 7) - Dinner

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
Roasted Corn Soup (5222)	1 ladle-6oz	197	112.9	4.8	16.7	8.7	3.1	2	288.4	224.4	36.3	0.6	0+
*Asian Quinoa Slaw (43090)	1/2 cup	85.8	86.9	1.7	15	0+	3.1	1.9	55.9	173.9	23	1.1	0+
Yellow Chicken Curry (49971)	6 floz	222	412.5	31.1	8.6	126	25.3+	0.9+	633.7	471.4+	28+	3.7+	0.2+
*Pork Char Siu, Oyster Sauce (48129)	4 oz portion	127.2	276	13.7	8.3	102.9	28.2	0.2	570.5	362.6	30.4	2.1	1.1
Vegetable Fried Rice (10913)	1/2 cup	91.7	126.3	5.5	16.3	27.3	2.7	0.8	96	94.8	23.8	0.8	0.1
*Udon Noodles (21118)	1/2 cup	89.1	116.7	0.2	24.5	0	3.6	0+	143.4	25.8	7.1	0.5	0
Sugar Snap Peas (5745.5)	1/2 cup	96.4	39.1	0.2	6.6	0	3	2.6	81.2	226	40.4	1.8	0
*Braised Baby Bok Choy (70640)	4 ounce	113.4	50.3	3.5	4.1	0	1.7	1.3	97.7	248.1	90	0.7	0
Hawaiian Sweet Roll (5311)	1 each	28.3	104	3.3	16	8.5	2.7	0.7	64.6	29.2	24.4	0.8	0
*Peach Shortcake (5517)	1 each	130.2	236.2	8.7	32.9	5.8	4.6	1.3	433	238.2	131.4	1.8	0
*Milk, Skim/Nonfat, 8 floz (3874)	1 each	245	83.3	0.2	12.2	4.9	8.3	0	102.9	382.2	298.9	0.1	2.9

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Copyright © 2022 Compass Group North America. (CGNA) All Rights Reserved. The contents of this website, including information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Thursday, Week 4

Regular/NAS (Level 7) - Dinner

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
*Hot Tea (1343)	6 ounce	170.1	2.2	0	0.4	0	0.1	0.1	5.6	43.8	5.9	0	0
Sugar (7494)	1 each	2.8	11	0	2.8	0	0	0	0	0.1	0	0	0
*Salt (7175)	1 each	0.8	0	0	0	0	0	0	298.9	0.1	0.2	0	0
*Pepper, Black (6123)	1 each	0.2	0.6	0	0.1	0	0	0.1	0	2.9	1	0	0
*Margarine, Gold-N-Sweet, 5g (3738)	1 each	5	17.9	2	0	0	0	0	31.4	1.3	0.2	0	0.9
Dinner Totals			1,675.9	74.9	164.6	284.1+	86.3+	11.6+	2,903.4	2525+	740.9+	14.1+	5.3+
Daily Totals for Day 26			4,661.3	188.6	549.4	623.4+	198.1+	33.4+	9,135.2	6898.1+	1947.2+	31.5+	26.5+
RDA/DRI Standards Combined, Females, > 70 years			1600	-	130	-	46	21	1500	2600	1200	8	20
% RDA/DRI Standards Combined, Females, > 70 years			291.33%	-	422.59%	-	430.57%	159.01%	609.02%	265.31%	162.27%	394.12%	132.4%

Friday, Week 4

Regular/NAS (Level 7) - Breakfast

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
Juice, Prune, 4 floz (3645)	1 each	113.4	80.5	0	19.8	0	0.7	1.1	4.5	313	13.6	1.3	0
*Fresh Fruit Salad (41629.2)	1/2 cup	94.5	42.3	0.1	10.8	0	0.6	0.9	10.2	197	8.6	0.2	0
*Cream of Wheat (610)	6 ounce	170.1	78.1	0.3	16.1	0	2.3	0.7	200.1	26	80.6	6.1	0
*Sausage, Cheese, Egg, English Muffin (36698.14)	1 sandwich	154.9	372.5	20.4	26.6	211.5	20.4	2	858.8	275	268.7	3.6	2.5+
Pork Sausage Link (1125.1)	1 each	42.5	195.1	19.5	1	-	4.5	-	255.1	-	20	0.2	-
*Potatoes O'Brien (772)	1/2 cup	105.2	101.5	2.3	19.1	0	1.7	1.9	146.5	317.3	9.7	0.3	0
Bran Muffin (12350)	1 each	42.5	157	8.3	19.6	23.3	2.3	1.7	141.2	-	0	0.7	-
*Milk, Skim/Nonfat, 8 floz (3874)	1 each	245	83.3	0.2	12.2	4.9	8.3	0	102.9	382.2	298.9	0.1	2.9
Coffee (1319)	6 ounce	170.1	1.7	0	0	0	0.2	0	3.4	83.3	3.4	0	0

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Copyright © 2022 Compass Group North America. (CGNA) All Rights Reserved. The contents of this website, including information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Friday, Week 4

Regular/NAS (Level 7) - Breakfast

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
Creamer, Non-Dairy, Liquid, .38 oz (1976)	1 each	10.8	7.6	0.4	1	0	0.1	0	6.5	19.1	0.1	0.1	0
*Sugar (7494)	1 each	2.8	11	0	2.8	0	0	0	0	0.1	0	0	0
*Salt (7175)	1 each	0.8	0	0	0	0	0	0	298.9	0.1	0.2	0	0
*Pepper, Black (6123)	1 each	0.2	0.6	0	0.1	0	0	0.1	0	2.9	1	0	0
*Margarine, Gold-N-Sweet, 5g (3738)	1 each	5	17.9	2	0	0	0	0	31.4	1.3	0.2	0	0.9
Jelly, Assorted (97260)	1 each	14.2	37.7	0	9.9	0	0	0.1	4.3	7.7	1	0	0
Breakfast Totals			1,186.9	53.6	139.1	239.7+	41	8.4+	2,063.8	1625+	706	12.7	6.3+

Regular/NAS (Level 7) - Lunch

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
*Manhattan Seafood Chowder (128256)	1 ladle-6oz	196.5	103.7	3	11.2	33.3	8.2	1.8	478.8	372+	34.1	0.9	0.3+
Melon and Serrano Ham Salad, Almonds (39812.1)	9 ounce	255.1	305.7	24.3	15.2	19.9	8.9	3.2	554.1	612.1	145.5	2.1	0+
*Grilled Chicken Sandwich (29319.7)	1 sandwich	173.7	366.6	15.5	27.6	86.9	29.2	1.7	487.1	388.6+	83.2	2.5	0+
*Southwestern Grilled Vegetables (5294.8)	1/2 cup	82.9	33.8	1.7	4.6	0	0.9	1.4	31	176.5	13.4	0.3	0
*Baked Onion Rings (539)	4 each	69.8	151.4	7.1	19.9	0	2	1.1	314.7	71.9	15.7	0.6	0
Lemon Chiffon Pie (181)	1 slice	115.5	270.8	13.3	36.1	0	3.1	0.3	311.7	59.2	9.2	0.9	0
*Milk, Skim/Nonfat, 8 floz (3874)	1 each	245	83.3	0.2	12.2	4.9	8.3	0	102.9	382.2	298.9	0.1	2.9
*Hot Tea (1343)	6 ounce	170.1	2.2	0	0.4	0	0.1	0.1	5.6	43.8	5.9	0	0
Sugar (7494)	1 each	2.8	11	0	2.8	0	0	0	0	0.1	0	0	0
*Salt (7175)	1 each	0.8	0	0	0	0	0	0	298.9	0.1	0.2	0	0

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Copyright © 2022 Compass Group North America. (CGNA) All Rights Reserved. The contents of this website, including information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Friday, Week 4

Regular/NAS (Level 7) - Lunch

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
*Pepper, Black (6123)	1 each	0.2	0.6	0	0.1	0	0	0.1	0	2.9	1	0	0
*Margarine, Gold-N-Sweet, 5g (3738)	1 each	5	17.9	2	0	0	0	0	31.4	1.3	0.2	0	0.9
Lunch Totals			1,346.9	67.1	130.3	144.9	60.6	9.6	2,616.2	2110.7+	607.2	7.5	4.2+

Regular/NAS (Level 7) - Dinner

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
French Onion Soup (301)	1 ladle-6oz	236.8	95	3.9	12.3	0.8	2.6	1.4	227.5	120.4	29.3	0.6	0+
*Roasted Vegetable Salad (35065.2)	1/2 cup	100.4	86.6	6.9	5.9	0	1	1.5	138.9	214.4+	24.5	0.6+	0+
*Fried Seafood Plate (9018)	4 ounce	113.4	248.9	12.6	24.5	31.3	9.6	1.8+	838.9	248+	72.6+	1.1+	0.1+
*Housemade Tartar Sauce (141781)	1 floz	32.6	153.1	16	2.2	7.4	0.3	0.1	165	14.2	6.4	0.1	0
Strawberry BBQ Chicken (43818.1)	5 ounce	141.7	303.6	11.6	25.3	74.5	23.5	0.7	315.6	297.9+	29.6	1.5	0+
*French Fries (35691.2)	4 ounce	113.4	210	12.7	24	0	1.3	1.3	26.7	360	0	0	0+
Candied Yams (108052)	1/2 cup	120.6	176	2.7	36.9	6.4	1.5	4	8.8	681.4	15.6	0.5	0+
*Traditional Coleslaw (32656)	1/2 cup	74.1	102.8	8.6	6.3	6.3	0.8	1.4	103.9	114+	23.8	0.3+	0+
Flat Beans (5344.3)	1/2 cup	93.1	42	2	5.9	0	1.4	2.8	18.9	146	38.7	0.6	0
Dinner Roll (5494)	1 each	34	105.5	2.2	17.7	1.4	3.7	0.7	158.9	47.3	60.6	1.3	0
*Cheesecake with Chocolate (33250.1)	1 slice	112	320.5	13.6	44.7	22.8	6	0.7	263.5	112.7	45.4	0.7	0+
*Milk, Skim/Nonfat, 8 floz (3874)	1 each	245	83.3	0.2	12.2	4.9	8.3	0	102.9	382.2	298.9	0.1	2.9
*Hot Tea (1343)	6 ounce	170.1	2.2	0	0.4	0	0.1	0.1	5.6	43.8	5.9	0	0
Sugar (7494)	1 each	2.8	11	0	2.8	0	0	0	0	0.1	0	0	0
*Salt (7175)	1 each	0.8	0	0	0	0	0	0	298.9	0.1	0.2	0	0
*Pepper, Black (6123)	1 each	0.2	0.6	0	0.1	0	0	0.1	0	2.9	1	0	0
*Margarine, Gold-N-Sweet, 5g (3738)	1 each	5	17.9	2	0	0	0	0	31.4	1.3	0.2	0	0.9

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Copyright © 2022 Compass Group North America. (CGNA) All Rights Reserved. The contents of this website, including information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Friday, Week 4

Regular/NAS (Level 7) - Dinner

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
*Lemon Wedge (1447)	1 each	7	2	0	0.7	0	0.1	0.2	0.1	9.7	1.8	0	0
Dinner Totals			1,960.9	94.9	222	155.8	60.3	16.6+	2,705.5	2796.5+	654.3+	7.4+	3.9+
Daily Totals for Day 27			4,494.7	215.6	491.3	540.3+	161.9	34.7+	7,385.5	6532.1+	1967.6+	27.5+	14.5+
RDA/DRI Standards Combined, Females, > 70 years			1600	-	130	-	46	21	1500	2600	1200	8	20
% RDA/DRI Standards Combined, Females, > 70 years			280.92%	-	377.95%	-	351.93%	165.12%	492.37%	251.23%	163.97%	344.05%	72.25%

Saturday, Week 4

Regular/NAS (Level 7) - Breakfast

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
Juice, Prune, 4 floz (3645)	1 each	113.4	80.5	0	19.8	0	0.7	1.1	4.5	313	13.6	1.3	0
*Fresh Fruit Salad (41629.2)	1/2 cup	94.5	42.3	0.1	10.8	0	0.6	0.9	10.2	197	8.6	0.2	0
*Oatmeal (614)	6 ounce	170.1	80.7	1.4	14.4	0	2.8	2.2	190.2	78.6	15.6	0.9	0
*French Toast (615.2)	2 half	72.4	151.6	3.4	22.9	74	6.7	1.2	253.4	95.8	85.5	2	0.5
*Pork Bacon (608)	1 slice	9.3	43.5	3.3	0.2	9.2	3.2	0	156.6	46.4	1	0.1	0
*Sauteed Breakfast Potatoes (22144.8)	4 oz portion	114.1	148.2	5.2	21.7	0	2.6	2.6	0.3	387.6	1.4	0.1	0+
Raisin Scones (5599)	1 serving(s)	56.7	210.4	5.8	36.4	0.8	3.5	1.1	488.9	119.2	73.2	1.2	0
*Milk, Skim/Nonfat, 8 floz (3874)	1 each	245	83.3	0.2	12.2	4.9	8.3	0	102.9	382.2	298.9	0.1	2.9
Coffee (1319)	6 ounce	170.1	1.7	0	0	0	0.2	0	3.4	83.3	3.4	0	0
Creamer, Non-Dairy, Liquid, .38 oz (1976)	1 each	10.8	7.6	0.4	1	0	0.1	0	6.5	19.1	0.1	0.1	0
*Sugar (7494)	1 each	2.8	11	0	2.8	0	0	0	0	0.1	0	0	0
*Salt (7175)	1 each	0.8	0	0	0	0	0	0	298.9	0.1	0.2	0	0

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Copyright © 2022 Compass Group North America. (CGNA) All Rights Reserved. The contents of this website, including information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Saturday, Week 4

Regular/NAS (Level 7) - Breakfast

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
*Pepper, Black (6123)	1 each	0.2	0.6	0	0.1	0	0	0.1	0	2.9	1	0	0
*Margarine, Gold-N-Sweet, 5g (3738)	1 each	5	17.9	2	0	0	0	0	31.4	1.3	0.2	0	0.9
Jelly, Assorted (97260)	1 each	14.2	37.7	0	9.9	0	0	0.1	4.3	7.7	1	0	0
*Syrup, Pancake, 1.4 oz, Smucker (14589)	1 each	39.7	92.9	0	24.4	0	0	0	32.5	6	1.2	0	0
Breakfast Totals			1,009.9	21.9	176.7	88.8	28.7	9.4	1,584	1,740.3	504.9	6	4.4+

Regular/NAS (Level 7) - Lunch

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
*Carrot and Ginger Soup (4946)	1 ladle-6oz	207	177.8	14.1	12	41.5	2.4	2.1	184.6	276.9+	68.6	1.2	0.5+
South of the Border Salad (34476.2)	8 ounce	226.8	232.4	11.1	11.6	79.1	23.8	3.6	292.4	533.9	188.2	1.7	0.1
*Tuna and Noodle Casserole (453.12)	6 oz portion	177.6	304.6	18.5	16.1	58.8	18.8	1.4	609	196.2	323.5	1.5	0.6
*Roasted Zucchini (8122)	1/2 cup	88.5	34	2.5	2.7	0	1	0.9	44.1	225.5	14	0.3	0
Mini Coconut Key Lime Cupcake (32211.3)	1 each	36.9	84.5	2.5	15.2	3.1	0.8	0.1+	125	21.7	27.8	0.4	0+
*Milk, Skim/Nonfat, 8 floz (3874)	1 each	245	83.3	0.2	12.2	4.9	8.3	0	102.9	382.2	298.9	0.1	2.9
*Hot Tea (1343)	6 ounce	170.1	2.2	0	0.4	0	0.1	0.1	5.6	43.8	5.9	0	0
Sugar (7494)	1 each	2.8	11	0	2.8	0	0	0	0	0.1	0	0	0
*Salt (7175)	1 each	0.8	0	0	0	0	0	0	298.9	0.1	0.2	0	0
*Pepper, Black (6123)	1 each	0.2	0.6	0	0.1	0	0	0.1	0	2.9	1	0	0
*Margarine, Gold-N-Sweet, 5g (3738)	1 each	5	17.9	2	0	0	0	0	31.4	1.3	0.2	0	0.9
Chipotle Ranch Dressing (34857)	1 floz	29.3	103.4	10.4	1.9	8.3	0.2	0.1	240.7	1.5+	5.3	0.1	0+
Lunch Totals			1,051.7	61.2	75	195.7	55.5	8.4+	1,934.6	1686.1+	933.4	5.2	5+

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Copyright © 2022 Compass Group North America. (CGNA) All Rights Reserved. The contents of this website, including information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Saturday, Week 4

Regular/NAS (Level 7) - Dinner

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit D (mcg)
Vichyssoise (5874)	1 ladle-6oz	220.1	291.3	26.7	11.2	78.9	3	0.9	223.2	202.2	49.8	1	0.8
*Farro Garden Salad (27431)	4 ounce	113.4	34.9	0.5	6.8	0+	1.6	1.4	38.7	238.7+	26.8	0.7	0+
*Cilantro Lime Flank Steak (60629)	4 ounce	113.4	240	13.2	0.9	79.2	27.8	0.1	77.2	352.6	23.6	1.8	0+
*Chimichurri (105961)	1 ladle-1oz	33.5	158	17.1	1.2	0+	0.3	0.3	62.7	51.1	13.2	0.5	0+
Chicken & Sausage Jambalaya (43345)	10 ounce	283.5	372.2	12.6	48	48.5	16.3	2.8	866.9	281.7+	68.5	4	0.3+
*Red Potatoes (978)	1/2 cup	116.5	119	2.5	22.2	0	2.6	2	153.9	618.1	10.3	0.8	0
*Fresh Steamed Carrots with Parsley (33992.89)	1/2 cup	84.2	49.8	2	7.8	4.9	0.8	2.3	294	263.2	28.5	0.3	0
Broiled Tomatoes, Herbs (46837.1)	2 each	115.3	32.6	1.4	4.9	0	1.1	1.4	44.7	273.2	15.1	0.3	0
French Petite Roll (5238)	1 each	38.3	89.4	1.2	16.7	3.6	3	0.6	175.4	-	4.1	1	0
*Salted Caramel Apple Bundt Cake (92590)	1 each	68.1	193	4.8	35.9	16.3	1.7	0.1+	243.9	38.7	17.4	0.6+	0+
*Milk, Skim/Nonfat, 8 floz (3874)	1 each	245	83.3	0.2	12.2	4.9	8.3	0	102.9	382.2	298.9	0.1	2.9
*Hot Tea (1343)	6 ounce	170.1	2.2	0	0.4	0	0.1	0.1	5.6	43.8	5.9	0	0
Sugar (7494)	1 each	2.8	11	0	2.8	0	0	0	0	0.1	0	0	0
*Salt (7175)	1 each	0.8	0	0	0	0	0	0	298.9	0.1	0.2	0	0
*Pepper, Black (6123)	1 each	0.2	0.6	0	0.1	0	0	0.1	0	2.9	1	0	0
*Margarine, Gold-N-Sweet, 5g (3738)	1 each	5	17.9	2	0	0	0	0	31.4	1.3	0.2	0	0.9
Dinner Totals			1,695	84.3	171.3	236.2+	66.6	12+	2,619.5	2749.8+	563.4	11+	4.9+
Daily Totals for Day 28			3,756.5	167.4	423	520.8+	150.8	29.8+	6,138.1	6176.2+	2,001.8	22.2+	14.2+
RDA/DRI Standards Combined, Females, > 70 years			1600	-	130	-	46	21	1500	2600	1200	8	20
% RDA/DRI Standards Combined, Females, > 70 years			234.78%	-	325.38%	-	327.8%	141.85%	409.21%	237.55%	166.82%	277.64%	71.24%

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Copyright © 2022 Compass Group North America. (CGNA) All Rights Reserved. The contents of this website, including information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.



MenuWorks Nutrition Analysis Report

Report Run By: SOPHIA FERGUSON
Run Date: 06/13/2022
HERITAGE ON THE MARINA (31045)

Daily Average for Week 4	4,159.8	171.9	485.8	607.6+	177.4+	35.4+	7,563.7	6504.5+	2018.4+	28.3+	18+
% Average for Week 4	260%	-	373.7%	-	385.6%	168.4%	504.2%	250.2%	168.2%	353.8%	90.2%
Daily Average for Days (22 - 28)	4,159.8	171.9	485.8	607.6+	177.4+	35.4+	7,563.7	6504.5+	2018.4+	28.3+	18+
% Average for Days (22 - 28)	260%	-	373.7%	-	385.6%	168.4%	504.2%	250.2%	168.2%	353.8%	90.2%

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Copyright © 2022 Compass Group North America. (CGNA) All Rights Reserved. The contents of this website, including information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.