



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:	1 - 7	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

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

Displaying Nutrient Set (1 of 1)

Sunday, Week 1

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+

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Sunday, Week 1

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 Ginger Bisque (87622)	1 ladle-6oz	161.5	52.6	2.9	6.7	0	0.6	1.6	43.6	166.7+	20.3+	0.2+	0+
*Chicken Alfredo with Penne (70517)	10 ounce	283.5	536.3	21.2	57.1	113.4+	29.9	8.3	416.2	563.8	203.3	3.9	0.9+
Tuna Salad, Croissant (52187.12)	1 sandwich	226.1	458.8	80.4	44.6	55	24.1	2.4	680.3	254.2+	41.9	4.1	1+
*Italian Green Beans (5345)	1/2 cup	92.2	41.5	1.3	7.2	0	1.7	3	114.4	271.5	42	1.2	0
*Garlic Knots (68051)	1 serving(s)	75.1	196	4.6	31.6	3.2	6.6	2.1	318.6	87.2+	29.9	2.1	0+
Peanut Butter Cookie (127599)	1 each	42.5	210	12	22	30	3	1	170	-	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
*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			1,610.2	124.7	184.8	206.6+	74.4	18.5	2,181.9	1773.7+	643.6+	12.2+	5.7+

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
*Broccoli Salad with Bacon (4907.2)	4 ounce	113.4	207.1	16	12.6	12	4.5	1.9	234.4	292.9	32.9	0.7	0.1
Spice Crusted Prime Rib (84777.12)	4 ounce	113.4	443.7	37.2	0.7	93.4	25	0.2	222.6	341.3+	17.6	2.5	0+
Au Jus (86002)	1 floz	39.5	4.7	0.3	0.3	0.1	0.2	0	27.5	7.2	1.8	0	0+
*Poached Salmon with Mango Salsa (11929.2)	7 oz portion	202.2	157.2	4.4	9.5	44.1	19.9	1.4	235.5	551.6	25.3	0.7	10.1
Buttermilk Chive Mashed Potatoes (79186.1)	1/2 cup	72.8	80.8	2.3	14	5.9	1.6	1	244.4	253	18.9	0.3	0.1

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Sunday, Week 1

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)
*Toasted Farro (31348)	1/2 cup	118.7	126.9	0.2	25.8	0	5.5	2.3	75.3	6+	33	0.6	0+
Swiss Chard (5763)	1/2 cup	86.9	16.5	0.2	3.3	0	1.6	1.4	185.2	329.5	44.3	1.6	0
*Roasted Cauliflower (31546.4)	1/2 cup	36.9	21	1.5	1.8	0	0.7	0.7	57.2	106.5	8	0.2	0
Dinner Roll (58255.1)	1 each	42.5	131.8	2.8	22.1	1.7	4.6	0.9	198.6	59.1	75.7	1.6	0
*Raspberry Swirl Brownie Cheesecake (60693)	1 serving(s)	235.6	716.1	43.8	71.5	147.6	11.3	2.9	513.4	295.7+	216	1.9	0.4+
*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			2,169.3	121.8	186.8	334.9	86.9	13.9	2,654.9	2948.9+	805.2	10.9	15+
Daily Totals for Day 1			4,952.8	280.9	562.2	608.1+	191.6	43.7	7,099.1	6503.7+	1992.6+	29.8+	24.5+
RDA/DRI Standards Combined, Females, > 70 years			1600	-	130	-	46	21	1500	2600	1200	8	20
% RDA/DRI Standards Combined, Females, > 70 years			309.55%	-	432.49%	-	416.58%	208.11%	473.27%	250.14%	166.05%	372.07%	122.52%

Monday, Week 1

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

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Monday, Week 1

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)
*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
*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+
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)
*Greek Chicken Soup (3589)	1 ladle-6oz	201.6	94.7	1.5	14.1	44.2	5.3	0.4	190.1	88.4	26.1	1.3	0.2
Turkey Cobb, Bacon Salad, Balsamic (33095.8)	10 ounce	283.5	354.6	23.6	14.3	119.7	21.2	2.5	753.7	488.1+	47.5	1.2	0.6+
*Bahn Mi Sub (70763)	1/2 sandwich	164.3	260.8	8.5	29.8	32.5	16.5	3.1	631.3	204.1+	22	2.1	0+
*Roasted Button Mushrooms (17175.2)	1/2 cup	110.4	38.6	1.8	4	0	3.3	1.1	61.4	333.1+	3.8	0.6	0.2+

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Monday, Week 1

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)
*Sesame Orange Noodle Salad (10909)	4 ounce	113.4	177.2	4.8	30.1	0	4.1	2.7	252.3	135.6+	22	0.6	0.1+
Brownies w/Caramel (2252.7)	1 each	53.8	187.7	5.1	34.1	0	1.4	1.1	162.4	0.1+	11.4+	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
Lunch Totals			1,228.5	47.6	142.1	201.3	60.2	11	2,490	1679.8+	439+	6.9+	4.9+

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+
*Honey Ginger Salad (49511)	4 ounce	113.4	154.3	9.9	14.7	1.1	2.8	1.7	345.8	236.2	62.2	1.2	0+
Thai BBQ Chicken (49966)	1 each	136.2	251.7	13.4	4.5	143.3	27.3	0+	334.9	337.9+	17.4	2	0.2+
Coconut Curry Sauce (14165)	1 floz	32.3	14.3	1	1.2	0	0.2	0.1	157.1	16.6+	2.3+	0+	0+
*Cod, Cherry Tomato Vinaigrette (61984.3)	1 serving(s)	241.6	229	10.6	6.3	60.8+	26.5	1.7	287.2	558.9	33	1.1	1.3+
Jasmine Rice (16859)	1/2 cup	111.2	143.2	0.2	31.7	0	2.6	1.1	25.8	31.1	3.3	1.7	0
*Whole Wheat Penne, Basil Pesto (61387.2)	1/2 cup	80.7	161	7.1	21.6	1.1+	4.7	2.9	28.8	68+	24.9	1.3	0+
Narragansett Succotash (79621)	1/2 cup	151.6	117.6	2.3	21.7	0	4.9	4.1	76.3	414.9	21.9	1.5	0
*Steamed Snap Peas (118604.1)	1/2 cup	71.1	29.8	0.1	5.4	0	2	1.8	2.8	142.1	30.6	1.5	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

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Monday, Week 1

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)
*Peach Cobbler (5507)	1/2 cup	190.5	397.8	18.2	59.1	16.3	2.4	3.2	266.8	130.7	61.3	1.4	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
*Housemade Tartar Sauce (141781)	1 tbsp	16.3	76.6	8	1.1	3.7	0.2	0.1	82.5	7.1	3.2	0.1	0
Dinner Totals			2,005.9	82.6	227.6	253+	94.8	20+	2,815	2756.2+	629.2+	15.6+	5.6+
Daily Totals for Day 2			4,345.9	166.4	519.9	869.6+	201.5	39.2+	7,052.2	6509.8+	1650.1+	35.3+	16.4+
RDA/DRI Standards Combined, Females, > 70 years			1600	-	130	-	46	21	1500	2600	1200	8	20
% RDA/DRI Standards Combined, Females, > 70 years			271.62%	-	399.93%	-	438.05%	186.9%	470.14%	250.38%	137.51%	441.21%	82.15%

Tuesday, Week 1

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	-

* Indicates Main/Non-Select Item

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Tuesday, Week 1

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)
*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			1,197.3	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)
*Beef Noodle Soup (2015)	1 ladle-6oz	312.4	144.9	5.2	18.3	19.5	6.2	2	198.3	246.9	36.5	1.1	0+
Nicoise Salad, Tuna, Vinaigrette (120229.4)	9 ounce	255.1	222.1	11.8	20	14.9+	11	3.5	279.8	645.5	63	2	0.5+
*Tuscan Chicken on Sandwich (30757.14)	1/2 sandwich	114.7	213.9	7.4	21.5	46	16.1	2.3	348.3	279.5+	37.7	0.7	0+
*Sauteed Spinach (8621.7)	1/2 cup	124.2	48.2	1.6	6.5	0	4.7	4.4	110.4	360.6	177	2.3	0
*Steak Fries (40429)	4 ounce	113.4	133.6	2.8	25.3	0	2.4	2	6.4	436.6+	9.8	0.5	0+
Blueberry Pie (136)	1 slice	161	422.5	17.8	63	0	3.4	1.2	417	68.5	14.5	1.9	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

* Indicates Main/Non-Select Item

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Tuesday, Week 1

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)
*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			1,300	48.7	170.2	85.3+	52.3	15.6	1,798.9	2468+	644.7	8.6	4.4+

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
*Tossed Salad (7)	4 ounce	113.4	19.7	0.2	4.3	0	1	1.6	17.1	207.9	21.2	0.4	0
*Garlic Herb Meatloaf (6925)	4 oz portion	113.1	233.7	12.8	3.9	83.2	25.3	0.4	267.9	326.2	33.2	2.2	0.1
Fried Chicken (22587)	5 ounce	141.7	350.3	19.5	16.3	133	26	0.8	525.4	312	31.5	2.2	0.2+
*Garlic Mashed Potatoes (70300)	4 oz portion	115.1	128.9	6.6	16.4	17.4	1.8	1.4	246.9	271.9	21.2	0.3	0.1
Savory Brown Rice (23993)	1/2 cup	118.6	87	2.3	15.1	0	1.9	1.3	98.3	148.6	16.1	0.5	0
*Carrot Cooking Techniques (88435.3)	4 ounce	113.4	82.9	4.2	11.3	0	1.2	3.2	473.5	355.7	43.2	0.5	0
Steamed Green Beans (5279.3)	1/2 cup	90.7	31.8	0.3	7.1	0	1.7	2.9	0.9	132.4	39.9	0.6	0
Southwestern Cornbread (574)	1 serving(s)	111	252.3	10.8	36.4	4.5	3.9	1.7	396.5	43.3+	85	1.6	0+
*Strawberry Shortcake (204)	1 serving(s)	227.8	460.7	12	87.6	0	3	1.9	431	122.2	119.4	1.6	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
*Fat Free Italian Dressing (62355)	1 floz	30	13.2	0.1	3.2	0	0.2	0.2	192.1	5.5	6	0.2	0

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Tuesday, Week 1

Regular/NAS (Level 7) - Dinner

Dinner Totals	1,977.1	80.2	237.7	261.4	85	16.6	3,502.8	2552.5+	755.5	12.5	4.3+
Daily Totals for Day 3	4,474.4	172.5	571.5	394.2+	177.4	42.7+	7,491.9	6511.7+	1,944.2	28.5	22.2+
RDA/DRI Standards Combined, Females, > 70 years	1600	-	130	-	46	21	1500	2600	1200	8	20
% RDA/DRI Standards Combined, Females, > 70 years	279.65%	-	439.62%	-	385.61%	203.25%	499.46%	250.45%	162.02%	355.66%	110.78%

Wednesday, Week 1

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

* Indicates Main/Non-Select Item

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Wednesday, Week 1

Regular/NAS (Level 7) - Breakfast

Breakfast Totals	847.2	19	131.6	27.3	37.6	6.4	2,011.3	1819.2+	589.4	11	5.2
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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)
*Minestrone Soup (1535)	1 ladle-6oz	215.7	89.6	1	16.1	0+	4.6	3.2	128.2	268.4	41.5	1.2	0
Salad, Steak, Avocado Dressing (42988.5)	9 ounce	255.1	288.1	14.2	9.1	75	30.5	2.5	468.5	816.1+	146.8+	3.6	0.2+
*Spaghetti with Italian Sausage (5706)	1 serving(s)	383.6	618.9	31	55.5	74.4	27.3	5.2	1,479.8	779	96.3	4.6	0.9+
*Brussels and Pearl Onion (5270)	1/2 cup	93.2	53.7	2.4	7.1	0	2.5	3	106	211.7	24	0.4	0
*Parmesan Herbed Garlic Bread (79439)	1 piece	57.2	205.9	10.6	21.4	5.8	6.4	0.9	388	59.6	87.5	1.7	0
Lemon Meringue Tartlet (60620)	1 each	75.7	256.6	12	34.3	31.1	3.2	1.2	192.3	55.6	12.9	1.1	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		1,627.8		73.4	159.2	191.2+	82.9	16.1	3,201.6	2620.7+	715.2+	12.7	5.1+

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+
*Roasted Vegetable Salad (35065.4)	4 ounce	113.4	69.6	4.4	7.1	0	1.3	1.6	96.4	252+	28.5	0.5	0+
Beef Stroganoff (4855)	6 oz portion	194.2	338.3	21.4	10.6	82.8	24.9	0.8	199.6	349.7	48.4	2.5	0.1+
*BBQ Shrimp and Grits (42120.1)	6 ounce	170.1	144.4	3	13.5	111.3	15.7	0.8+	290.9	216.3+	84	0.7	0+

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Wednesday, Week 1

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)
Buttered Egg Noodles (75543.2)	1/2 cup	82.4	127.3	3.6	20.1	28.3	3.7	1	19.2	31	10.2	1.2	0.1
*Country Grits (74958.1)	4 ounce	113.4	77.8	2.3	11.6	6	2.5	0.6	39.9	38.9	50.9	0.4	0.2
Grilled Asparagus (31350)	4 ounce	113.4	53.5	3.7	4.4	0	2.4	2.3	303.8	222.8	27.2	2.4	0
*Steamed Cabbage (57311)	4 ounce	113.4	28.3	0.1	6.6	0	1.4	2.8	66.9	192.6	45.3	0.5	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
*Chocolate Mousse (5035)	6 ounce	170.1	648.5	55.2	38.6	251.9	6.7	2.5	55.7	255.1	99.3	1.8	2.3+
*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
*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			1,740.9	99.7	150.9	488.8	71.5	15.7+	1,813.9	2317.2+	749.9	12.1	6.5+
Daily Totals for Day 4			4,215.8	192.1	441.7	707.3+	191.9	38.2+	7,026.7	6757.1+	2054.6+	35.9	16.8+
RDA/DRI Standards Combined, Females, > 70 years			1600	-	130	-	46	21	1500	2600	1200	8	20
% RDA/DRI Standards Combined, Females, > 70 years			263.49%	-	339.77%	-	417.13%	182.1%	468.45%	259.89%	171.22%	448.52%	83.82%

Thursday, Week 1

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

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Thursday, Week 1

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)
*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+
*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)
*Black Eyed Pea Soup (69817)	1 ladle-6oz	194.3	101.6	1.7	16.9	0	5.8	3.4	283.5	362.1	47.3	2.1	0
Harvest Chicken & Greens Salad (140869.1)	10 ounce	283.5	328.2	16	21.6	82.9	27.8	3.3	480.6	628.8+	94.9	2.6	0+
Pasta Bar (22003.2)	10 ounce	283.5	379.1	15.5	34.1	103	27	4.2+	571.1	363+	109.2+	2.3+	0+

* Indicates Main/Non-Select Item

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Thursday, Week 1

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)
*Carolina Barbecue Pork Sandwich (4942.3)	1 sandwich	208.2	471.1	13.3	61.9	77.1	26.6	5.4	809.3	610.9	134.4	3.5	0.8+
*Country Style Green Beans (497.8)	1/2 cup	115.4	46.4	0.7	9.4	0	2.1	3.3	145.9	189.4+	46.9	0.8	0+
*Baked Beans w/ Onions & Brown Sugar (525.12)	1/2 cup	111.8	123.3	1.5	24.6	6.8	5.2	5.5	448.6	326.6	57	1.7	0
Focaccia (83581)	1 slice	56.7	188.7	2.4	35	0	5.9	1.2	464.4	2.3	7.6	2.1	-
Orange Cupcake, Chocolate Frosting (22265.1)	1 each	49.8	183.1	8.5	27.1	15.8	1.6	1.1	138.3	44.7+	14.1	0.6	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			1,936.5	61.8	246.1	290.4	110.3	27.6+	3,780.4	2958.2+	817.5+	15.8+	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)
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+
*Tomato Mozzarella Salad (19979)	4 ounce	113.4	79.3	4.1	3.9	15.4	7.6	1.5	183.6	360	248.9	1.4	0.1
Herb Roasted Chicken (43818)	4 ounce	113.4	286.2	17.3	2.6	90.4	28.5	0.8	1,384.3	235.7+	45.9	2.5	0+
Herb Chicken Gravy (106170)	1 floz	41.8	31.7	2.6	1.8	7.1	0.4	0.1	108.4	10.6	4.1	0.1	0
*Steakhouse Marinated Tri-Tip Steak (109529.2)	4 ounce	113.4	274.6	14.5	4	91.3	30.3	0.6	384	491+	43	2.5+	0+
*Shittake Mushroom Sauce (344.9)	1 ladle-1oz	30.3	21.8	1.3	2.2	0.1+	0.4	0.2	30.2	14.3+	1.9	0.1	0+

* Indicates Main/Non-Select Item

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Thursday, Week 1

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)
Baked Yukon Gold Potatoes (553.3)	4 ounce	113.4	171	8.5	22.4	0	2	1.6	488.4	405.5	5.6	0.4	0
*Orzo Pilaf (7727.2)	1/2 cup	82.3	116.3	2.3	19.8	0	4	1.5	80.4	92	13.4	1	0
Steamed Spinach (30459.2)	1/2 cup	92.6	21.3	0.4	3.4	0	2.6	2	73.1	516.5	91.6	2.5	0
*Parmesan Tomatoes (761)	1 serving(s)	38.1	31.8	1.8	3	1.5	1.1	0.5	48	82.1	22.7	0.2	0
Flatbread Sticks (10290)	1 each	26.1	97	5.4	9.3	2.5	3	0.4	158.7	8.7+	46.3	0.6	0+
*Coconut Custard Pie (1096)	1 slice	162.3	376.5	20.7	40.5	206.3	8.1	0.3	316.5	181.4	97.5	1.7	1.7
*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
Dinner Totals			1,735.4	85.9	145.1	428.1+	99.4	11.5	3,983	3052.8+	963.4	13.6+	5.7+
Daily Totals for Day 5			4,760.4	168	590.1	754.1+	240.1	47.4+	9,676.6	7657.3+	2153.3+	34.1+	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			297.52%	-	453.89%	-	522%	225.69%	645.11%	294.51%	179.44%	426.63%	73.5%

Friday, Week 1

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

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Friday, Week 1

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)
*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
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)
*New England Clam Chowder (1977)	1 ladle-6oz	156.3	134.5	5.2	13.5	16.1	8.4	1	170.6	397.4	44.1	1.4	0.1
Spinach and Strawberry Salad (108321.2)	9 ounce	255.1	287.7	11.8	19.6	49.5	27.4	3.7	197.7	955+	99.4	2.9+	11.7+
*BBQ Turkey and Cheddar Flatbread Melt (116192)	1 serving(s)	94.9	183.9	9.1	15.9	31.3	9.6	0.9	576.8	124.4+	153	0.8	0.1+
*Roasted Fennel Salad (35016.1)	4 ounce	113.4	65	4.1	6.7	0	1.7	2.2	113.5	401.2	39.7	0.7	0

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Friday, Week 1

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)
*Garlic Roasted Potatoes (3245.5)	1/2 cup	84	100.7	3.5	16	0	2	1.7	133.2	448.4	10.1	0.7	0
Tapioca Pudding (4107)	1/2 cup	127.2	173.4	7.2	25.5	10.8	2.1	0	157.1	101.5	76.9	0.1	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			1,060.2	43	112.8	112.6	59.6	9.5	1,787.6	2858.2+	729.4	6.6+	15.8+

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)
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+
*Caesar Salad (3911)	4 ounce	113.4	158.6	6.8	19.3	7.9	5.7	2.9	464.9	259	112.2	1.5	0
Bourbon Glazed Pork Tenderloin (84623)	4 ounce	113.4	246.4	5.7	9.1	97.2	35.1	0.3	342.2	600.9+	21.6	1.6+	0.4+
Bourbon Sauce (4888)	1 ounce	28.3	76.5	5.1	3	10.5	3.3	0.2	334	89.3	4.8	0.4	0.1+
*Maryland Crab Cake (58864.4)	1 each	153.8	301.7	20.2	2.4	168.2	25.6	0.3	783.2	380.3+	137.7	1.3+	0.2+
*Remoulade Sauce (5613)	1 ounce	28.3	152.7	16.5	0.7	5.7	0.3	0.2	204.8	12.9+	6.4	0.1+	0+
Navy Beans with Ham (110343)	1/2 cup	107.6	109.1	1.4	17.6	6.3+	7.3	4.4	245.7	395.4	51.2	1.5	0.1
*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+
Steamed Broccolini (4911.18)	1/2 cup	81.4	27.7	0.3	5.4	0	2.3	2.1	26.9	257.2	38.2	0.6	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

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Friday, Week 1

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)
Garlic Roll (5262.3)	1 each	33.2	122.2	5.6	14.9	1.1	3.1	0.6	169.9	41.1	50.6	1.1	0
*Chocolate Almond Bread Pudding (57703.6)	1 serving(s)	172.9	416.1	15.1	62.6	101.2	7.1	2.2	225.2	257.8	129.4	1.8	1.3+
*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
*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
*Caesar Dressing (4926)	1 ladle-1oz	47.9	337.6	37.1	0.9	28.7	1.4	0.1	164.1	26.2+	25.1	0.2+	0.2+
Dinner Totals			2,295.6	123.9	187.3	432.5+	105.4	18.1	3,730.5	3566.4+	942.8	11.9+	6.1+
Daily Totals for Day 6			4,542.6	220.5	439.1	784.8+	206	36+	7,582	8049.5+	2,378.2	31.2+	28.3+
RDA/DRI Standards Combined, Females, > 70 years			1600	-	130	-	46	21	1500	2600	1200	8	20
% RDA/DRI Standards Combined, Females, > 70 years			283.91%	-	337.8%	-	447.79%	171.65%	505.47%	309.6%	198.18%	390.46%	141.32%

Saturday, Week 1

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

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Saturday, Week 1

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)
*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
*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)
*Chicken Barley Soup (4994)	1 ladle-6oz	288.8	109.1	2	17.2	11.9	6	3.4	543.6	144.2	23.5	0.7	0+
Wedge Salad (34131.3)	1 serving(s)	241.5	297.8	25.6	8.1	79.7	8.7	2.2	740.2	335.1+	106.2	0.9	0.4+
*Tuna Melt English Muffin (8126)	1 serving(s)	189.3	298.6	12.7	29.6	38.3	16.4	2.9	824.2	304.5+	307.4	2.9	2+
*Yellow Squash with Red Onions (3407)	1/2 cup	111.3	43.4	2	6.1	0+	1.1	1.2	2.8	224	24	0.5	0+
*Housemade Kettle Chips (30876)	4 ounce	113.4	332.1	30.3	17.3	0	1.1	5.4	997.4	270.1	0.3	0	0+

* Indicates Main/Non-Select Item

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

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Saturday, Week 1

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)
Ice Cream Bar, Crunch, 2.6 oz (24012)	1 each	75.6	243.4	16.7	21.8	25.6	2.6	0	70.5	-	-	-	-
*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			1,439.5	91.5	115.6	160.5+	44.3	15.2	3,617.4	1708.2+	767.6+	5.1+	6.3+

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
*Chop Salad with Blue Cheese (5055.2)	4 ounce	113.4	195	19.6	3.7	17.7	2.3	1	215.9	162.8	56.4	0.4	0+
Shrimp Jambalaya (32054.2)	6 ounce	170.1	129.9	2.8	17.8	53.9	9.2	1.8+	111.7	266.1+	36.2	0.7	0+
*Dry Rubbed Baby Back Ribs (17401)	4 ounce	113.4	315.1	22.7	2.3	87.6	24.3	0.5	442.4	286.9	55.7	1.4	1.3
*Strawberry BBQ Sauce (48625)	1 ounce	28.3	48	0	12	0	0.2	0.3	77.4	53.5	6.4	0.2	0
*Baked Sweet Potato (20774.1)	1/2 each	75.5	67.9	0.1	15.6	0	1.5	2.5	27.2	358.6	28.7	0.5	0
Smokey Collard Greens (17444.27)	1/2 cup	215.5	37	1	5.8	0	2.3	2.8	77.4	166.5+	157+	0.4+	0+
*Corn on the Cob (745)	1 each	50.2	47.2	0.4	11.2	0	1.6	1.4	2	126.1	1.5	0.3	0
Biscuit (572)	1 each	58.2	172.3	6.6	24.4	1.4	3.7	0.8	410.9	84.7	75.5	1.1	0
*Banana's Foster Cake (20507)	1 each	58.9	110.1	4	20	7	2.5	2	95.8	34.7+	20.1+	0.5+	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

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Saturday, Week 1

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)
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			1,528.6	86	139.5	251.5	58.9	14.1+	2,122.6	2172.6+	793.5+	6.5+	6+
Daily Totals for Day 7			3,978	199.4	431.9	500.8+	131.9	38.8+	7,324.1	5621.1+	2066+	17.6+	16.7+
RDA/DRI Standards Combined, Females, > 70 years			1600	-	130	-	46	21	1500	2600	1200	8	20
% RDA/DRI Standards Combined, Females, > 70 years			248.62%	-	332.2%	-	286.7%	184.66%	488.27%	216.2%	172.16%	220.43%	83.38%
Daily Average for Week 1			4,467.1	200	508.1	659.8+	191.5	40.9+	7,607.5	6801.4+	2034.1+	30.3+	19.9+
% Average for Week 1			279.2%	-	390.8%	-	416.3%	194.6%	507.2%	261.6%	169.5%	379.3%	99.6%
Daily Average for Days (1 - 7)			4,467.1	200	508.1	659.8+	191.5	40.9+	7,607.5	6801.4+	2034.1+	30.3+	19.9+
% Average for Days (1 - 7)			279.2%	-	390.8%	-	416.3%	194.6%	507.2%	261.6%	169.5%	379.3%	99.6%

* Indicates Main/Non-Select Item

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