



## 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:	8 - 14	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 2**

## 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
<b>Breakfast Totals</b>			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 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)
*Ham and Vegetable Soup (5299)	1 ladle-6oz	192	74.3	4	7.4	3.9	2.5	1.2	495	155.2	16.4	0.4	0
*Chicken Enchilada Casserole (1877)	1 serving(s)	319.6	507.7	27.6	28.5	154.8	37.3	3.6	912.6	443.7+	421.2	2.1	0.4+
Roast Beef, Swiss, Wheat (29915.19)	1 sandwich	225.7	532.1	21.2	37.3	108.6	46.1	5.3	723.9	488.3	401.9	4.5	0.2
*Fried Zucchini (519)	1/2 cup	97.7	169.9	7.5	23.1	0.5	2.7	2.2	463.6	0+	20.3	0.6	-
*Cilantro Rice (6951)	1/2 cup	110.5	104.1	2.8	18	0	1.8	1.1	179.6	97.5	11.2	0.4	0
Peanut Butter Brownies (4681.3)	1 each	78.6	298.5	11.6	45.5	0	3.6	2	244.6	45.5+	20.6	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
<b>Lunch Totals</b>			1,801.6	77	175.5	272.7	102.5	15.6	3,458.2	1660.6+	1,197.8	9.7	4.5+

### 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)
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 (28932.3)	1/2 cup	37.4	37.3	2.8	2.5	0.6	0.8	0.6	95.2	66.8+	22.3	0.3	0+
Rack of Lamb (70384)	4 oz meat	197.3	415.8	21.7	8.4	126.8	43.3	0.9+	1,862.7	576.1+	67.9	4.2+	0+
Chasseur Sauce (4964)	1 ounce	28.3	41.8	2.5	2.9	1.3	0.4	0.2	158.7	52.9	3.1	0.2	0+
*Arctic Char, Almond, Walnut Pesto (19006)	6 ounce	170.1	347.8	22.7	5.7	73	30.8	2.5	343.3	870.2	271	4	0.1+
Roasted Fingerling Potatoes (8969.3)	1/2 cup	92.3	109	3.6	17.7	0	2.2	1.8	11.1	494.6	11.7	0.8	0
*Risotto With Herbs (5620)	1/2 cup	82	77.1	0.7	15.8	1.5	1.7	0.8	64.3	62.8	7.2	0.4	0

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## Sunday, Week 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)
Steamed Green Beans (31560)	1/2 cup	68	23.8	0.2	5.4	0	1.3	2.2	0.7	99.3	29.9	0.4	0
*Ratatouille (1011)	1/2 cup	105.2	41.8	2.3	5	0.8	1.4	1.9	98.9	230.7	30.6	0.5	0+
French Breadstick (4903)	1 each	34	78.7	1	14.5	0	3	1.5	96	-	7.3	0.7	-
*Flourless Chocolate Hazelnut Cake (17415.1)	3 oz portion	85.3	389.6	29.4	31.9	105	5	2.3	70.1	190.1	44.9	1.6	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
Apple Mint Jelly (5356)	1 tbsp	21	55.9	0	14.7	0	0	0.2	6.3	11.3	1.5	0	0
<b>Dinner Totals</b>			1,881.9	100.1	149.9	339	101.9	16.4+	3,468.3	3360.8+	828.9	14.1+	4.8+
<b>Daily Totals for Day 8</b>			4,856.7	211.5	516	678.4	234.7	43.3+	9,188.8	6802.4+	2,570.6	30.4+	13.1+
<b>RDA/DRI Standards Combined, Females, &gt; 70 years</b>			1600	-	130	-	46	21	1500	2600	1200	8	20
<b>% RDA/DRI Standards Combined, Females, &gt; 70 years</b>			303.54%	-	396.93%	-	510.13%	206.02%	612.58%	261.63%	214.21%	380.1%	65.43%

## Monday, Week 2

### 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 2**

## 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
<b>Breakfast Totals</b>			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)
*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+
Sesame Beef Salad (34243)	8 ounce	226.8	288.1	9.6	28.7	56.1	20.9	1.6+	263.7	445	47.1	2.2	0.1
*Grilled Salmon Burger (92385)	1 each	224.3	333.3	12.5	30.6	62.7	24.3	0.7	466.3	535.9+	52.6	4	0+
*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
*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+
Apple Raspberry Crisp (4758)	1/2 cup	130.1	232.6	7.5	41.5	18.3	1.7	2.3	96.9	110.1	21.4	1	0

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## Monday, Week 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)
*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
<b>Lunch Totals</b>			1,323	58	146.9	142	60	14.2+	2,542	2197+	492.1	10.1	3.9+

### 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+
*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
*Honey, Rosemary Pork Loin (58579.2)	4 ounce	113.4	257.4	12.6	2.2	90.4	32	0.2	208.4	488	22.8	1.3	0.8
*Mango Peach Chutney (114326)	1 floz	37.8	31.4	0.1	7.7	0	0.2	0.4	13.1	59	7.3	0.1	0+
Veal Marsala (5844)	3 oz meat	188.5	296.9	14.3	12.2	95.8	27.8	0.9	204.6	415.7	31	2	0.1
*Mashed Yukon Gold Potatoes (550.30)	1/2 cup	77.2	99	3.8	15.2	0.2	1.4	1.1	181.9	276.4	6.5	0.2	0
Barley Pilaf (4830)	1/2 cup	75.7	96.4	2	18.6	0	1.8	2.5	33.5	97	8.1	0.9	0
*Corn on the Cob (745.8)	1 each	86.9	93.4	1.8	19.3	0	3.2	2.1	119.6	194.9	4.6	0.4	0
Grilled Vegetables (27228.2)	1/2 cup	108.7	27.8	0.8	4.8	0+	1.1	1.5	26.3	238.3+	16.3	0.4+	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
*Ricotta Parfait with Almonds (43056)	9 oz parfait	227.2	215	9.4	24.1	23.8	10.9	3.3	78	349.3	250.2	1.2	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

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## Monday, Week 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)
*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
<b>Dinner Totals</b>			1,532.5	59.4	155.5	240.9+	98.6	15.3	1,978.2	2981.9+	786.8	9.6+	5+
<b>Daily Totals for Day 9</b>			3,966.9	153.6	452.6	798.2+	205.1	37.8+	6,267.3	7252.7+	1,860.8	32.6+	14.8+
<b>RDA/DRI Standards Combined, Females, &gt; 70 years</b>			1600	-	130	-	46	21	1500	2600	1200	8	20
<b>% RDA/DRI Standards Combined, Females, &gt; 70 years</b>			247.93%	-	348.13%	-	445.86%	179.88%	417.82%	278.95%	155.07%	407.29%	74.18%

## Tuesday, Week 2

### 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

\* Indicates Main/Non-Select Item

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**Tuesday, Week 2**

## 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
<b>Breakfast Totals</b>			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)
*Lentil and Black Bean Soup (5395)	6 ounce	170.1	143	3.8	21.7	0	7	6	206.6	424.5	56.1	2.4	0
Very Berry Almond Chicken Salad (46419)	8 ounce	226.8	173	7.6	15	39.5+	13.3	3.7	161.6	481+	83.8	1.7+	0+
*Cuban Sandwich (18471.2)	1 each	264.1	570.2	16	69.6	72.9	35.3	3.3	1,646	395.4	237.9	4.9	0.3+
*Sauteed Zucchini and Squash (26267.3)	1/2 cup	63.1	35	2.9	2.1	0	0.7	0.6	2.9	145.2	11.3	0.2	0
*Cuban Rice (46816)	1/2 cup	133	178.2	3.6	32.7	0	3.3	1.6	86	151.1	42.8	1.5	0+
Peach Melba (5511)	1 each	165	252.2	9.7	38.2	37.8	3.3	1.2	84.3	224.5	106.8	0.4	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

\* Indicates Main/Non-Select Item

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**Tuesday, Week 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)
*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
<b>Lunch Totals</b>			1,466.4	45.8	195	155.1+	71.3	16.5	2,626.3	2252.2+	844.8	11.2+	4.3+

## 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)
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
*Cucumber Salad (50861)	1/2 cup	69.4	19.2	0.1	4.6	0	0.4	0.3	65.2	90.4	10.2	0.2	0
Steamed Fish with Ginger (74508)	4 oz meat	129.3	212.6	11.1	7.2	87.6	20.3	0.8	603.9	452.1	27.5	1.2	0.1+
*Teriyaki Chicken (19300)	3 oz meat	120.4	213.4	7.3	12.6	119.8	22.7	0.1	411.5	322.7	9.9	1.1	0.2
*Jasmine Rice (5354)	1/2 cup	92.9	119.3	0.2	26.4	0	2.2	0.9	133.1	26	2.9	1.4	0
*Fresh Asian Blend Vegetables (3540)	1/2 cup	79.5	29.9	0.2	5.7	0	2.1	1.8	31.8	194.2	26.6	0.9	0
Steamed Snow Peas (31691)	1/2 cup	34.6	14.5	0.1	2.4	0	1.1	1	56.5	82.7	14.5	0.7	0
Cookies, Fortune (1846)	1 each	6.1	31.1	0.2	6.9	0.2	0.3	0.1	2.5	3.4	1	0.1	0
*Panna Cotta with Lemon Gelee (26795)	1/2 cup	144.4	174.5	5.5	28.1	17	4.5	0	123.1	158.9	119.4	0.1	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
<b>Dinner Totals</b>			1,131.3	36.3	130.1	247.9	72.6	6.3	2,281.1	1,957	550.8	8.1	4.1+
<b>Daily Totals for Day 10</b>			3,795	125.6	488.8	450.5+	184	33.3+	7,097.5	5700.4+	1,939.5	26.7+	21.9+
<b>RDA/DRI Standards Combined, Females, &gt; 70 years</b>			1600	-	130	-	46	21	1500	2600	1200	8	20

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% RDA/DRI Standards Combined, Females, > 70 years 237.18%

- 375.96% - 400.05% 158.34% 473.16% 219.25% 161.63% 333.9% 109.51%

**Tuesday, Week 2**

**Wednesday, Week 2**

## 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
<b>Breakfast Totals</b>			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)
*Classic Chicken Noodle Soup (24897.31)	6 oz portion	260.2	98.9	3.3	5.9	38.6	11.9	1.2	288.2	238.1+	27.9	0.6	0+

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**Wednesday, Week 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)
California Salad with Herbed Tuna (12890.2)	8 ounce	226.8	116.1	4.8	8	18.3	11.4	2.7	256.2	539.2+	72.8	1.9	0.8+
*Chile Lime Chicken Fajitas (74437)	1 each	153.5	318.2	17.3	19.3	91.9	20.3	2.1	740.1	263+	243.6	2	0.2
*Frijoles (29682)	1/2 cup	104.2	128.5	2.1	20.9	1.5	7.2	7.2	234.2	347.9	38	1.7	0
mexican red rice (41580)	1/2 cup	90.9	120.4	4.3	18.3	0	1.9	0.7	97.3	103.7	21	0.9	0
6" Flour Tortilla (3661)	1 each	29	90	2.5	14	0	2	1	170	22	36	1	0
Banana Crisp, Oat Topping (10607.9)	1/2 cup	121.4	175.7	5.1	32.5	0	2.3	3.2	3.2	330	12.2	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
<b>Lunch Totals</b>			1,162.6	41.6	134.5	155.2	65.4	18.3	2,227.9	2274.3+	757.8	8.9	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)
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+
*Cherry Tomato Salad (4986.1)	1/2 cup	75.1	64.7	5.8	3	3.9	0.6	0.8	202.2	143.7+	7.7	0.2	0+
Maple Baked Ham (56289.4)	4 ounce	113.4	266.5	14.8	13.1	73.1	20.6	0	1,096.8	293.6	27.6	1.5	0+
Ham Glaze (1497)	1 ladle-1oz	32.4	108.3	0	28.1	0	0	0	10	33.9	20	0.2	0
*Moroccan Lamb and Tomato (68282.1)	6 ounce	170.1	144.6	8.6	7	32.7+	11.1	2.4+	148.5	498.6	43	2	0.2+
*Lemon Orzo (59383)	1/2 cup	179.9	233.8	2.9	43.9	5.1	7.6	2	206.5	153.9	18	1.9	0

\* Indicates Main/Non-Select Item

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## Wednesday, Week 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)
Mashed Potatoes (550.21)	1/2 cup	133.9	149.2	7.8	18.7	20.5	1.9	1.6	291.2	312.9	21.4	0.3	0.1
Roasted Brussels Sprouts (33992.1)	1/2 cup	77.9	43.5	2.2	5.5	0	1.9	2	140	241.6	27.9	0.9	0
*Steamed Vegetable Medley (62823)	1/2 cup	61.7	15.5	0.2	3.2	0	0.9	1.1	12.6	163.8	13.8	0.3	0
White Pita Bread (62266.1)	1 each	74	203.5	0.9	41.2	0	6.7	1.6	396.6	88.8	63.6	1.9	0
*Strawberry Rhubarb Pie (5736)	1 slice	167.8	365.4	18	48.1	1.8	4.3	2.7	351	151.7	85.8	2.2	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
*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
<b>Dinner Totals</b>			1,758.7	66	233.3	142+	65.6	16.8+	3,421.6	2841.5+	680.8	12.4	4.1+
<b>Daily Totals for Day 11</b>			3,768.5	126.7	499.4	324.4+	168.6	41.5+	7,660.9	6935+	2,028	32.4	14.2+
<b>RDA/DRI Standards Combined, Females, &gt; 70 years</b>			1600	-	130	-	46	21	1500	2600	1200	8	20
<b>% RDA/DRI Standards Combined, Females, &gt; 70 years</b>			235.53%	-	384.18%	-	366.53%	197.67%	510.73%	266.73%	169%	404.47%	70.84%

## Thursday, Week 2

### 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

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**Thursday, Week 2**

## 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
<b>Breakfast Totals</b>			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)
*Cream of Spinach Soup (2020)	1 ladle-6oz	271	189.6	14.2	11.4	30.1	4.6	1.3	243.1	184	114	1.5	0.7
Apple Almond Chicken Salad (1236)	8 ounce	226.8	182.3	7.2	17.6	45.4	13.9	3.2	208.5	460.5+	51.7	0.7+	0+
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+
*Philly Cheese Steak (44494)	1 sandwich	214.3	441.1	15.1	40	86.7	34.5	2.9	881.1	484.9	242.5	3.8	1.1+
*Onion Rings (539.2)	4 ounce	113.4	337.6	21.4	33.5	0	2.6	2.5	399.2	0	24.5	0.8	0+

\* Indicates Main/Non-Select Item

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**Thursday, Week 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)
S'more Small Bite Trifle (41013.1)	3 oz parfait	55.1	164.3	7.5	23.5	11.5	2.6	1	92.3	108.5	53	0.9	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
<b>Lunch Totals</b>			1,907.4	85	195.8	347.1	92.4+	13.5	3,146.4	2082.1+	1109.7+	13.3+	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)
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+
*Watermelon Feta Mint Salad (82606.1)	1/2 cup	164.8	116.3	8.1	10.3	7.4	2.3	1.1	100.4	219.8	70	1.3	0
Spiced Rotisserie Chicken (60035.22)	4 ounce	113.4	272.4	15	2.8	96	30	0.5	407.8	276.1	24.1	1.6	0
Chasseur Sauce (4964)	1 ounce	28.3	41.8	2.5	2.9	1.3	0.4	0.2	158.7	52.9	3.1	0.2	0+
*Lasagna (484)	1 serving(s)	223.7	276.7	11.8	21.5	43.3	20.7	2.3	669.8	329.4	295.7	1.7	0.2+
Seasoned Brown Rice Pilaf (989.2)	1/2 cup	122.1	130.6	2.1	25.2	0.4	3.2	2	131.6	126.4	12.8	0.7	0+
*Italian Green Beans (5345.1)	1/2 cup	93	48	2.1	7.1	0	1.7	3	20.7	271.3	41.8	1.2	0
Chimichurri Charred Cauliflower (61769)	4 ounce	113.4	28.7	0.4	5.6	0+	2.2	2.3	34	339.2	25.1	0.5	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
*Tiramisu (9064)	1 serving(s)	138.9	450.8	31.5	37.6	78	7	3.4	248.8	279.5	82	3.3	0.5
*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

\* Indicates Main/Non-Select Item

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## Thursday, Week 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)
*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
<b>Dinner Totals</b>			1,799.1	90.9	166.7	245.7+	85.3	17.8	2,887.1	2,609.1	984.6	12.7	4.5+
<b>Daily Totals for Day 12</b>			4,794.9	196.1	561.3	628.4+	208.2+	39.6	7,946.7	6337.5+	2466.7+	30.8+	15+
<b>RDA/DRI Standards Combined, Females, &gt; 70 years</b>			1600	-	130	-	46	21	1500	2600	1200	8	20
<b>% RDA/DRI Standards Combined, Females, &gt; 70 years</b>			299.68%	-	431.75%	-	452.63%	188.7%	529.78%	243.75%	205.56%	384.56%	75.12%

## Friday, Week 2

### 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

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**Friday, Week 2**

## 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
<b>Breakfast Totals</b>			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 Clam Chowder, Bacon (32854)	1 ladle-6oz	171.1	90.4	2.4	10.6	16.5	6.9	1.6	695.9	347.1	46.6	1.2	0+
Small Bay Shrimp Louie Salad (47551.2)	8 ounce	226.8	196.7	13.1	11.6	92.3	9.8	4.3+	401.9	556.5+	68.9	1.4	0.2+
*California Burger (46049.2)	1 sandwich	216	480.6	26.6	28.4	89.3	30.7	3.1	414.1	571.6+	107.6	4.6	0+
*Roasted Tomatoes (11160)	1 half	34.1	19.5	1.4	1.6	0	0.4	0.5	94.9	82.5	4.2	0.1	0
*Old Bay Dirty Fries (85017.2)	4 ounce	113.4	111.2	0.6	24.6	0	2.3	1.8	156.9	444+	9.7	0.5	0+
Blueberry Buckle (3354)	1 slice	114.1	218.4	1.4	50.4	0	1.5	0.7	292.1	39.5	80.3	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

\* Indicates Main/Non-Select Item

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**Friday, Week 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)
*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
<b>Lunch Totals</b>			1,231.7	47.8	142.8	202.9	59.9	12.2+	2,494.6	2471.5+	623.5	8.9	4.1+

## 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)
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+
*Tomato, Green Bean, Chickpea Salad (43759)	1/2 cup	57.7	39.3	1.4	5.3	3.2+	1.9	1.6	104	118.3	33.8	0.6	0+
Oven Fried Turkey Cutlet (11309.3)	1 serving(s)	175	154.5	1.1	19.5	34.6	19.4	2.2	533.1	91.9+	12.3	0.8	0.1+
*Grilled Salmon (12989)	1 each	89.8	145.5	5.8	0	48.6	21.7	0	137.8	389.2	7.4	0.4	11.5
*Beurre Blanc (87429)	1 ounce	28.3	56.5	5.2	1.1	1.8	0.1	0.1	36.2	12.9	2.5	0	0
*Farro Risotto (16853)	1/2 cup	129	90.2	0.3	18.1	0	3.8	1.7	113.6	30.3+	26.6	0.4	0+
Classic Bread Stuffing (21174)	4 ounce	113.4	187.2	7.2	25.2	13.2	5.6	2.5	305.4	130.5	73.3	2.1	0
*Roasted Golden Beets (9029.10)	1/2 cup	64.8	47.6	2.4	6.2	0	1.1	1.3	86.8	190.8	10.2	0.5	0
Steamed Asparagus (9007.7)	4 ounce	113.4	34.6	0.2	6.7	0	3.8	3.6	3.5	349.1	41.5	3.7	0
Pretzel Dinner Roll (116147)	1 serving(s)	90.2	126.8	1.7	23.1	14.1	4.6	0.9	1,456.4	5.7+	8.8	1.4	0.1+
*Chocolate Chip Cannolis (83227.2)	1 each	59.8	207.9	12	24.1	22	3.7	1.3	53.2	62.8+	44.5	0.2	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
*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
<b>Dinner Totals</b>			1,300.1	43.5	157.4	143.3+	76.8	16.7	3,496.2	1932.3+	596.2	10.9	15.6+

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										Friday, Week 2		
Daily Totals for Day 13	3,718.7	144.9	439.3	585.9+	177.7	37.3+	8,054.6	6028.7+	1,925.8	32.4	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	232.42%	-	337.91%	-	386.35%	177.82%	536.97%	231.87%	160.48%	405.2%	129.63%	
										Saturday, Week 2		

## 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
*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

\* Indicates Main/Non-Select Item

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**Saturday, Week 2**

## Regular/NAS (Level 7) - Breakfast

<b>Breakfast Totals</b>	1,009.9	21.9	176.7	88.8	28.7	9.4	1,584	1,740.3	504.9	6	4.4+
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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
Grilled Flank Steak Caesar Salad (24060.36)	10 ounce	283.5	567.7	41.8	14.6	99.9	32	3.1	820.7	643.9+	147.4	3.2	0+
*Basil Turkey Meatballs (45232.8)	2 each	149.7	172.7	7.9	8.9	65.2	17.7	1.9	296.7	426.5	62.1	2.3	0.2
*Patty Pan Squash (5503)	1/2 cup	91.3	33.5	2.3	2.9	0	0.9	1.7	95.2	124.5	13.4	0.3	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
*Garlic Breadstick (5262)	1 each	31	84.3	2.9	12.3	1.3	2.3	0.5	148.5	1.7+	3	0.7	0+
Mini Red Velvet Cupcake (33265.1)	1 each	31.7	60.7	1.8	10.9	3.1	0.7	0.2	99.8	39.2	17.6	0.3	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			1,260.1	63.6	103.1	182.1+	70.8	12	2,143.4	1966.6+	597	9.1	4.1+

## 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)
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
*Tossed Salad (7)	1/2 cup	50.1	8.7	0.1	1.9	0	0.5	0.7	7.5	91.8	9.4	0.2	0
Oven Fried Chicken Quarters (19295.3)	4 ounce	113.4	343.5	21	10.9	79.7	26.2	0.5	75.1	224.4+	18.3	1.8	0+

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## Saturday, Week 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)
Chicken Gravy (41360)	2 floz	67.7	42.5	3	3.2	7.8	0.6	0.1	62.2	7.5	3.6	0.4	0
*BBQ Pork Ribs (22739)	4 ounce	113.4	160.4	4.8	26.2	13.9	4.2	1.3	224.3	484.1	70.6	1.8	0.3
*Herb Buttermilk Potato Salad (61715)	1/2 cup	112.8	98.6	2.4	16.1	35.9	3.6	1.6	63.5	481.5	35.9	0.8	0.2
Ranch Beans (17481)	1/2 cup	102.5	142.3	1.6	25.6	2.9+	6.9	7.4	293.8	352.1	58.8	2.1	0
Collard Greens, Tomatoes, Cinnamon (35106.1)	1/2 cup	112	49	2.6	5.1	0	1.3	2.3	131.6	196.3	77.1	0.6	0
*Carrots and Celery (4949)	1/2 cup	91.8	27.5	0.5	5.7	0	0.6	2.5	60.1	195.4	33.5	0.4	0
Cheddar Biscuit (81736)	1 each	59.4	178.2	6.9	24.5	5	4.4	0.8	503.6	90.7	110.9	1.1	0
*Peach Upside Down Cake with Pecans (25732)	1 slice	109.7	228.3	7.1	39	5.7	3.7	1.5	262.7	111.6+	118.7	1.1	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
*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
<b>Dinner Totals</b>			1,698.3	78.8	188.1	234.7+	63.7	20	2,538.5	2873.5+	898.7	11.5	5.4+
<b>Daily Totals for Day 14</b>			3,968.3	164.3	467.9	505.5+	163.1	41.4	6,265.9	6580.4+	2,000.6	26.6	13.8+
<b>RDA/DRI Standards Combined, Females, &gt; 70 years</b>			1600	-	130	-	46	21	1500	2600	1200	8	20
<b>% RDA/DRI Standards Combined, Females, &gt; 70 years</b>			248.02%	-	359.95%	-	354.54%	196.93%	417.73%	253.09%	166.72%	332.32%	69.24%
<b>Daily Average for Week 2</b>			4,124.1	160.4	489.3	567.3+	191.6+	39.2+	7,497.4	6519.6+	2113.1+	30.3+	17+
<b>% Average for Week 2</b>			257.8%	-	376.4%	-	416.6%	186.5%	499.8%	250.8%	176.1%	378.3%	84.8%

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## MenuWorks Nutrition Analysis Report

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

Daily Average for Days (8 - 14)	4,124.1	160.4	489.3	567.3+	191.6+	39.2+	7,497.4	6519.6+	2113.1+	30.3+	17+
% Average for Days (8 - 14)	257.8%	-	376.4%	-	416.6%	186.5%	499.8%	250.8%	176.1%	378.3%	84.8%

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