



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:	15 - 21	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 3

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 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)
*Tomato Bisque Soup (1834)	1 ladle-6oz	201.2	123.1	6.8	14.1	2.6	1.8	1.4	612.9	189.3+	20.3	1.1	0.1+
*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
Chicken BLT Salad with Romaine (30638.1)	8 ounce	226.8	195.2	6.7	7.2	66.1	26.2	2.6	515.2	569.6	108.1	2.1	0.1
Creamy Ranch Dressing (19277.3)	1 floz	29.9	59.4	5.1	2.7	6.7	0.5	0.2	236.9	12.2+	9.4	0.1+	0+
*Edamame Succotash (32308)	1/2 cup	113.4	100	2.8	14.5	0	6.7	4.2	16.6	347	37.9	1.4	0
*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+
Raspberry Oatmeal Bar (31337.4)	1 each	111	307.6	4.9	63.5	10.2	3.4	3.1	135.9	144.9	37.8	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
*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			1,733.4	84.9	179.1	156.2	66.9	15	3,666.3	2073.3+	618.2	9.9+	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)
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
*Kale Salad (71367)	1/2 cup	116	76	5.9	5.2	0	2.2	3.2	296	328.3	167.7	1.2	0
*Indigo Beef Tenderloin w/ Pepper Sauce (149100)	4 oz meat	205.2	370.4	21.5	6.2	117.3	35.3	0.7	369.1	495.4+	41.6	4.4+	0.3+
Ginger Poached Salmon (10651.1)	1 serving(s)	225.1	209.8	7.6	12.7	56.3	22.1	0.3	106.9	460.1	16.9	0.5	11.5+

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Sunday, Week 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)
*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
Saffron Rice (5645)	1/2 cup	115.5	132.2	2.5	24.3	5.6	2.5	0.6	213.6	62.2	25.1	1	0+
*Fresh Green Beans (21354.2)	1/2 cup	69.5	36.3	1.6	5.4	0	1.3	2.2	30.2	99.3	30	0.4	0
Braised Carrots & Leeks (31766.4)	1/2 cup	121.7	54.2	1.8	9.3	0	1.1	2	81.5	231.3	35.2	0.7	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
*Homemade Peach Pie (104586)	1 slice	151.3	296.7	10.8	48.9	18.7	2.8	1.9	270	205.4	18.5	1.3	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)	2 each	10	35.8	4	0.1	0	0	0	62.8	2.7	0.3	0	1.8
Dinner Totals			1,748.9	72.7	189.3	228.2	88.5	15	2,668.2	2948.8+	710.2	13.4+	17.1+
Daily Totals for Day 15			4,655.4	191.9	559	451.1	185.7	41.3	8,596.8	6803.2+	1,872.2	29.9+	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			290.96%	-	430.01%	-	403.71%	196.56%	573.12%	261.66%	156.02%	374.19%	129.67%

Monday, Week 3

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

* Indicates Main/Non-Select Item

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Monday, Week 3

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)
*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
*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)
*Italian Wedding Soup (5349)	1 ladle-6oz	181.3	80.1	5.1	3.8	14.3	5.1	1	560.1	122.2+	48.5	1	0+
Shrimp Caesar Salad, No Dressing (52262.23)	8 ounce	226.8	268.5	11.7	17.6	148.6	24.5	3.4+	467.8	518.7	214.7	2.3	0.1+
*Bowtie Chicken Alfredo (4889.1)	10 ounce	283.5	513.6	19.1	43.5	102.1	39.3	2.4	305.6	375.7	117	3.1	0.4

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Monday, Week 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)
*Roasted Yellow Squash, Herbs, Garlic (31268.12)	1/2 cup	121.8	30.7	1.1	4.8	0	1.3	1.2	43.8	270.9	26.7	0.6	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
Vanilla Blueberry Nut Snack (98463)	1 each	43.9	195.1	10.9	22	0	4.4	3.7	33.2	168.3	54	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
Creamy Caesar Dressing (16636)	1 ladle-1oz	29.4	112.6	11	2	10.7	1.1	0.3	311.9	-	29.6	0.1	0
Lunch Totals			1,521.4	71.8	130.7	286.4	90.5	13+	2,549.1	1945.8+	884.1	10.1	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)
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+
*Tomato Avocado Salad (79727)	1/2 cup	136.5	181	16.9	8.6	0	1.9	5.4	247.3	476.9+	17.3	0.6+	0+
*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+
Lamb Kofta with Lentil Salad (35992.2)	9 ounce	255.1	267.5	8.9	28.1	31.9+	20.6	10.3	173.6	802.8	73	5.9	0.1+
*Classic Bread Stuffing (21174.1)	4 ounce	113.4	175.8	5.7	25.7	9	5.7	2.5	297.7	132.2	74.1	2.1	0
*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
Fresh Steamed Broccoli (21387.2)	1/2 cup	57.6	35	2	3.7	0	1.6	1.4	36.2	174.9	26	0.4	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

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Monday, Week 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)
*Chocolate Mousse (25158)	3 ounce	85	262.1	23.1	14.7	59	2.2	1.1	15.7	125.8	44.8	0.6	0.8
*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)	2 each	10	35.8	4	0.1	0	0	0	62.8	2.7	0.3	0	1.8
Dinner Totals			1,602.3	90.5	127.6	218.3+	78.9	25.6	3,220.5	2850.9+	687.2	14.8+	5.8+
Daily Totals for Day 16			4,235.2	198.5	408.5	919.9+	216	46.9+	7,516.6	6870.6+	2,153.2	37.8+	16.1+
RDA/DRI Standards Combined, Females, > 70 years			1600	-	130	-	46	21	1500	2600	1200	8	20
% RDA/DRI Standards Combined, Females, > 70 years			264.7%	-	314.25%	-	469.56%	223.26%	501.11%	264.25%	179.43%	472.29%	80.4%

Tuesday, Week 3

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

* Indicates Main/Non-Select Item

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

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Tuesday, Week 3

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)
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 (1969)	1 ladle-6oz	219.9	99.2	3.5	13.1	13.9	4	1.4	603.3	165	26.4	0.7	0+
BBQ Chicken Salad (21237.4)	10 ounce	283.5	231.5	9.7	21.6	47+	17.5	4	734.2	549.1+	188.3	1.8	0.1+
*Fresh mozzarella grilled cheese (21151)	1 each	280.4	983.4	44.4	113.5	49.1	33.4	6.1	1,464	43.1+	494.9	8.4	0.2+
*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
*Vegetable Pasta Salad (4930.2)	1/2 cup	116.9	142.1	7.6	15.6	2.8+	4.3	2.3	69.9	219.5	60.1	1	0+
Chocolate Tart (5051)	1 each	151.4	300.8	13.6	43	2.9	3.3	2.1	344.2	110.4	26.5	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

* Indicates Main/Non-Select Item

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

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Tuesday, Week 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)
*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			1,920.4	83.4	228.5	120.6+	73.4	18.2	3,681.7	1784.4+	1,144.3	14.3	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)
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
*Firecracker Watermelon Salad (71335.2)	1/2 cup	68.3	111.8	9.3	4.7	5.2	2.9	0.7	243.6	111.3+	49.3	0.6	0+
*Spicy Thai Basil Pork Stir Fry (49974)	6 ounce	170.1	324.4	21.1	11.3	72.5	21.9	1.1	714.2	504.1	44.5	1.8	0.9
Shrimp Paella Bowl (105271)	8 ounce	226.8	290.8	4.9	46.7	71.4	14.6	2.9+	211.7	303.2	53.3	2.4	0+
*Rice Noodles (13641)	1/2 cup	90.7	98	0.2	21.8	0	1.6	0.9	17.2	3.6	3.6	0.1	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
Gingered Carrots (33492)	1/2 cup	89.4	47.7	1.8	7.9	0	0.8	2.2	88.9	252.1	26.9	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
*Coconut Crunch Cake (107231)	1 each	96.3	284	7.1	53.1	2.3	3.1	0.6+	309.8	45.3+	36.3+	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)	2 each	10	35.8	4	0.1	0	0	0	62.8	2.7	0.3	0	1.8
Dinner Totals			1,619.8	59.4	205.1	178.3	70	12.9+	2,726.8	2073.6+	597.6+	11.2+	5.6+
Daily Totals for Day 17			4,737.5	186.2	597.3	346.3+	183.5	41.4+	8,598.5	5349.3+	2285.9+	32.9+	23.3+
RDA/DRI Standards Combined, Females, > 70 years			1600	-	130	-	46	21	1500	2600	1200	8	20

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

296.09%

-

459.44%

-

398.81%

197.34%

573.24%

205.74%

190.49%

411.3%

116.32%

Tuesday, Week 3

Wednesday, Week 3

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)
*White Bean Soup (289)	1 ladle-6oz	197.2	102.6	2	16.7	2.2	5.7	4.7	684.9	345.9	55	1.4	0+

* Indicates Main/Non-Select Item

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Wednesday, Week 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)
Mediterranean Steak Greek Salad (13627.5)	10 ounce	283.5	271.2	14	8.3	75.5	28.5	3.2	381.5	746.7	76.5	3.3	0+
*Portobello Chicken Sandwich (46052)	1 sandwich	227.3	401.7	16.8	28	100.8	34.8	2	667.2	518.2+	257.9	2.7	0.2+
*Sauteed Spinach (8621)	1/2 cup	97.3	51.5	3.6	3.9	0	2.6	2.1	232.8	495.2	88.1	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+
Oat Banana Chocolate Chip Cookie (75848.4)	1 each	23.9	78.5	2.2	14.1	0	1.6	1.2	61.4	65.6	8.9	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
Lunch Totals			1,281.4	63	103.9	183.4	82.7	18.6	3,132.6	2872+	793.9	10.4	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)
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+
*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
Steakhouse Flat Iron Steak (109530.2)	4 ounce	113.4	283.4	16.3	4.3	91.1	28.2	0.6	425	482.5+	27.2	4.1+	0+
Romesco Sauce with Almonds (65522)	1 floz	59.5	209.7	21.6	4.3	0+	1.1	1.5	4.3	134.7	13.3	0.4	0+
*Ham With Pineapple (7740)	3 oz meat	116.8	214.6	4.6	29.4	45.6	15	0	1,006.6	298.1	27.5	0.9	0.6
Macaroni and Cheese (22046)	1/2 cup	88.4	147.1	4.2	17.2	12.8	10.2	1	84.3	50+	161.8	0.5	0.3
*Baked Sweet Potato (1307)	1 each	151	135.9	0.2	31.3	0	3	5	54.4	717.2	57.4	1	0

* Indicates Main/Non-Select Item

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Wednesday, Week 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)
Honey Butter Corn on the Cob (42004.3)	1/2 each	107.1	196.3	10.4	27.5	24.4	2.8	2.1	127.4	189.9	10.5	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
French Breadstick (4903)	1 each	34	78.7	1	14.5	0	3	1.5	96	-	7.3	0.7	-
*Strawberry Shortcake (25157)	1 each	235.5	454.8	24	53.5	121.1	8.1	3.2	719.7	295.2	223.2	2.9	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)	2 each	10	35.8	4	0.1	0	0	0	62.8	2.7	0.3	0	1.8
*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			2,320.2	128.4	216.8	330.9+	88.3	22.3	3,416.6	3377.8+	979.3	16.4+	6.1+
Daily Totals for Day 18			4,448.8	210.4	452.3	541.5+	208.5	47.3	8,560.5	8069.1+	2,362.7	37.9+	15.4+
RDA/DRI Standards Combined, Females, > 70 years			1600	-	130	-	46	21	1500	2600	1200	8	20
% RDA/DRI Standards Combined, Females, > 70 years			278.05%	-	347.93%	-	453.26%	225.34%	570.7%	310.35%	196.89%	473.7%	76.83%

Thursday, Week 3

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

* Indicates Main/Non-Select Item

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Thursday, Week 3

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)
*Turkey Vegetable Brown Rice Soup (31662)	1 ladle-6oz	212.9	63.4	0.8	6.1	18.3	8.1	0.6	249.2	125.8	16.5	0.3	0.1
Salad, Salmon, Avocado Dressing (42988.4)	9 ounce	255.1	308.8	18.4	8.1	65.8	27.2	2.4	493.6	876.9+	140.4	2.3	13
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

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

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Thursday, Week 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)
*Sausage and Goat Cheese Pizza (90322.3)	1 each	157	393.7	16.6	42.2	43.4	18.3	6.2	817.6	196.5+	251.4+	0.8+	0.2+
*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
Focaccia (83581)	1 slice	56.7	188.7	2.4	35	0	5.9	1.2	464.4	2.3	7.6	2.1	-
Pecan Bars (5531)	1 serving(s)	51.2	210.5	7.6	33.5	21.3	3.4	1.6	332.9	96.6	34.7	2.2	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
*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			1,700.7	64.9	181.7	256.7	100.1	19.4+	3,482	2362.9+	907.9+	11.4+	17.3+

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+
*Chickpea, Kale, Red Pepper Salad (115438)	1/2 cup	65.6	86.5	2.8	12.3	0+	3.9	3.6	61.5	176	35.6	1.4	0+
*Yogurt Marinated Lamb (64872.1)	1 serving(s)	93.9	145.2	5.1	3.9	59.6	20.4	0.9	485.7	318.3	62.7	2.3	0+
*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+
Miso Ginger Chicken Leg, Thigh (109607.6)	4 ounce	113.4	276.4	16.8	3.6	82.9	26	0.2	482.1	234.8+	17+	1.3+	0+
Teriyaki Miso Glaze (53955)	1 floz	30.8	10.1	0	2.3	0	0.1	0.1	64.3	11.1	1.4	0	0
*Onion Couscous (8973)	1/2 cup	88.6	117.1	1.6	21.6	0+	3.5	1.4+	5.7	65.4	12.7	0.4	0+
Sesame Ginger Udon Noodles (5836)	1/2 cup	91.6	113.6	1.3	21.8	0	3.3	0.3+	325.4	56	13.8	0.6	0

* Indicates Main/Non-Select Item

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Thursday, Week 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)
*Fresh Braised Greens (19674)	1/2 cup	92.4	27.4	0.9	4.3	0	1.7	1.5	218.6	336.4	45	1.5	0
Edamame, Sesame Seed, Lightly Salted (67923.5)	1/2 cup	64.9	102.3	6	5.9	0	8.1	3.7	64	279.4	40.7	1.7	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
*Key Lime Pie (5362)	1 slice	98.1	202.4	5.8	34.8	4.6	3.6	0.5	157.4	115.5	81.9	0.6	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
*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)	2 each	10	35.8	4	0.1	0	0	0	62.8	2.7	0.3	0	1.8
*Apple Mint Jelly (5356)	1 tbsp	21	55.9	0	14.7	0	0	0.2	6.3	11.3	1.5	0	0
Dinner Totals			1,518	52.6	181.2	169.1+	85	15.5+	2,707.2	2348.7+	686.6+	11.4+	5.2+
Daily Totals for Day 19			4,307.2	137.7	561.8	461.4+	215.5	43.2+	8,102.5	6357.9+	1967+	27.5+	26.6+
RDA/DRI Standards Combined, Females, > 70 years			1600	-	130	-	46	21	1500	2600	1200	8	20
% RDA/DRI Standards Combined, Females, > 70 years			269.2%	-	432.14%	-	468.49%	205.68%	540.16%	244.53%	163.91%	343.73%	133.14%

Friday, Week 3

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

* Indicates Main/Non-Select Item

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Friday, Week 3

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)
*Fish Chowder (49369)	6 oz portion	197.1	114.8	4.5	10.9	31.4	7.8	1.7	275.9	444.2	35.3	0.6	0.2+
Santa Fe Turkey Salad, Ranch (53446.3)	10 ounce	283.5	365	27.2	15.3	55.3	18.5	4.7	607.6	558.5+	260+	2.2	0.2+
*Shrimp Gumbo (31882.2)	10 ounce	283.5	155.6	3.2	21.7	63.3	11.1	3.4+	174.4	462.5+	70.7	1	0+
*Roasted Mushrooms (17023.3)	4 ounce	113.4	57.6	2.5	8.2	0	2.7	1.4	153.6	332.7	11.3	0.6	0.4
Steamed Rice (28232)	1/2 cup	92.5	99.7	0.3	21.6	0	2	0.5	2.5	47.1	20.9	0.9	0

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Friday, Week 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)
*Corn Muffin (1301)	1 each	74	192.9	2.2	40.2	10.3	2.8	0.4+	279.3	52.3	21.6	1.2	0+
Blueberry Mango Crisp (4882)	1/2 cup	106.9	166.9	6.4	27.2	15.3	1.8	2.4	49.1	141.7	24.5	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
Lunch Totals			1,267.5	48.6	160.8	180.4	55.2	14.6+	1,981.2	2469.3+	750.4+	7.3	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)
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+
*Quinoa Salad (16842.1)	1/2 cup	79.3	60.8	1.4	10.3	0+	2.2	1.8+	108.3	136.5+	13.4	0.7+	0+
*Baked Fish Caribbean Fruit Sauce (106646)	6 oz portion	188.1	211.3	5.5	14.2	86.4	24.7	0.8	470.2	501.9	82.2	1.2	1.3
Chicken Marsala (65492)	1 serving(s)	200.2	276.6	15	9.2	112.5	25.7	0.6	436.9	413.1	14.5	1	0.1+
*Long Grain & Wild Rice Garden Blend (5403)	1/2 cup	89.1	103.2	2.7	17.5	6	2.2	0.5	337.5	197.1	25.2	0.9	0+
Dijon Roasted Potatoes (1853.14)	2 wedge	77.6	82.3	1.3	16.5	0	1.6	1.3	30.3	294.5+	5.9	0.3+	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
Cauliflower (1376)	1/2 cup	110.6	31.5	1.4	4.2	0	1.8	3+	31.4	154.2	18.8	0.5	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+
*German Chocolate Cake (9059)	1 slice	111.2	398.2	18.8	52.5	60.7	5.8	2	312.4	145.4	39.3	2.5	0.2

* Indicates Main/Non-Select Item

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Friday, Week 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)
*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)	2 each	10	35.8	4	0.1	0	0	0	62.8	2.7	0.3	0	1.8
*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
Dinner Totals			1,703.5	73.8	180.7	294.4+	81	12.9+	4,094.2	2496.9+	572.8	9.6+	6.3+
Daily Totals for Day 20			4,157.9	175.9	480.5	714.5+	177.2	36+	8,139.2	6591.2+	2029.2+	29.6+	17.2+
RDA/DRI Standards Combined, Females, > 70 years			1600	-	130	-	46	21	1500	2600	1200	8	20
% RDA/DRI Standards Combined, Females, > 70 years			259.87%	-	369.62%	-	385.15%	171.32%	542.61%	253.51%	169.1%	370.49%	86.01%

Saturday, Week 3

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

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Saturday, Week 3

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
*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)
*Mushroom Barley Soup (11076.3)	1 ladle-6oz	240.6	105.5	2.9	17.9	0	3.4	3.7	152.1	283.3	28	1	0.1
Grilled Peach, Bacon & Walnut Salad (34470)	8 ounce	226.8	251.5	15.5	20.8	19.2	10.5	3.9	379.9	556.6	60.1	1.8	0.1
*Liberty Street Pulled Pork Sandwich (103030.1)	1 each	256.3	445.2	10.7	53	87.2	33.1	1.7	1,132.2	644.9	131.7	4.7	0+
*Charred Brussels Sprouts (61766.1)	1/2 cup	114.2	42.8	0.7	8.3	0	2.9	3	53.5	365.3	43.7	1.4	0+
*Traditional Potato Salad (46657.1)	1/2 cup	158.7	172.3	6.6	24.3	59.4	4	2.2	483.2	402.4+	21.7	0.6	0.3+
Turtle Cupcake (32242)	1 each	130.6	420.6	14.5	71.2	0.2	2.1	1.8	495.1	144.8	56.1	2.4+	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

* Indicates Main/Non-Select Item

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

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Saturday, Week 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)
*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
Creamy Ranch Dressing (19277.3)	1 floz	29.9	59.4	5.1	2.7	6.7	0.5	0.2	236.9	12.2+	9.4	0.1+	0+
Lunch Totals			1,612.2	58.1	213.8	177.7	64.8	16.6	3,371.7	2839.8+	656.8	12.1+	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)
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
*Spinach Salad with Strawberries (5716)	1/2 cup	33.3	56.9	5.2	2.5	0	0.5	0.5	30.9	103.9	16.9	0.5	0
*Sage and Apple Roast Turkey (12644.1)	4 oz portion	120	113.5	3.2	4.1	52.1	17.7	0.7	542.5	170.5+	11.6	1.1	0.2+
Spaghetti with Meatballs (5708)	1 serving(s)	293.1	405.6	17.3	36.7	88.7	25	4.3	377.9	634.1+	89	4.2	0.4+
*Scalloped Potatoes (567)	1/2 cup	145.9	198.4	7.3	29.3	4.4	4.2	1.9	354.9	341.3	60.3	1	0.5
*Peas and Pearl Onions (5676)	1/2 cup	91.9	76	1.6	12	2.4	3.9	3.6	93.6	106.2	21.9	1.1	0
Steamed Yellow Squash and Zucchini (31268.6)	1/2 cup	93	16.7	0.3	3.3	0	1	0.9	4.7	224.7	17.2	0.4	0
Garlic Toast (1321)	1 slice	23.7	79.9	3.3	10.4	0	2.2	0.4	192.4	23.5+	10.5	0.8	0+
*Cheesecake, Low Fat Ricotta (46303)	1 slice	110.7	180.4	4.5	24.3	14.6	10.7	0.2	235.3	111.3	143.4	0.5	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

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

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Saturday, Week 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)
*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)	2 each	10	35.8	4	0.1	0	0	0	62.8	2.7	0.3	0	1.8
Dinner Totals			1,551.5	73.5	149.4	246	76.7	13.6	2,525.6	2349.4+	726.9	10.7	6.6+
Daily Totals for Day 21			4,173.6	153.5	539.9	512.5	170.1	39.7	7,481.2	6929.5+	1,888.7	28.9+	15.2+
RDA/DRI Standards Combined, Females, > 70 years			1600	-	130	-	46	21	1500	2600	1200	8	20
% RDA/DRI Standards Combined, Females, > 70 years			260.85%	-	415.3%	-	369.88%	188.83%	498.75%	266.52%	157.39%	361.14%	76.22%
Daily Average for Week 3			4,387.9	179.2	514.2	563.9+	193.8	42.3+	8,142.2	6710.1+	2079.8+	32.1+	20+
% Average for Week 3			274.2%	-	395.5%	-	421.3%	201.2%	542.8%	258.1%	173.3%	401%	99.8%
Daily Average for Days (15 - 21)			4,387.9	179.2	514.2	563.9+	193.8	42.3+	8,142.2	6710.1+	2079.8+	32.1+	20+
% Average for Days (15 - 21)			274.2%	-	395.5%	-	421.3%	201.2%	542.8%	258.1%	173.3%	401%	99.8%

* Indicates Main/Non-Select Item

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