

NWS&DS REV MENU # JULY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOLIDAY MENU 3	4	5	6	7
BBQ CHICKEN KIELBASA w/Kraut both on a bun Lyonnais Potatoes Spin Rom Salad/Ranch Confetti 4th of July Cake	CLOSED FOR THE HOLIDAY	S&S CHKN/BROWN RICE MAC & CHEESE Cut Green Beans Rom Iceberg Salad/Frch French Roll Gelatin Jewels w/Topping	BEEF TOMATO MAC LIMA BEANS & HAM Whole Kernel Corn Lime Perfection Salad Rye Roll Fresh Watermelon	ROTISSERIE STYLE CHKN MEATLOAF w/GRAVY Delmonico Potatoes Green Peas Wheat Bread Homestyle Chocolate Pudding
10	11	12	13	14
BRD BKD FISH w/TARTAR SC TERIYAKI MEATBALLS Garden Vegetable Rice Broccoli Cuts Mar Zucchini Salad Cookies & Cream Pudding	ROAST TURKEY HOME STYLE PORK PATTY Whipped Sweet Potatoes Mixed Vegetables Onion Bread Ice Cream Cup	CRM CHKN & VEGT BEEF MUSHROOM PATTY Garlic Whip Potatoes Steamed Spinach Sunflower Seed Bread Melon Cup	BRD CHICKEN PATTY BEEF LIVER & ONIONS Whip Potatoes w/Gravy Capri Blend Vegetables Herb Bread Chocolate Chip Bar	CHKN SALAD 1/2 SAND EGG SALAD 1/2 SAND w/Wheat Bread Vegetarian Vegt Soup Creamy Coleslaw Chilled Peaches
17	18	19	20	21
RST PORK w/ORG GLZ TURKEY APPLE MEATBALLS Colcannon Potatoes Lima Beans Cracked Wheat Bread Hermit Bar	HAM & SWISS 1/2 SAND SHV TURKEY 1/2 SAND w/Wheat Bread Minestrone Soup Country Slaw Applesauce	TURKEY PATTY w/Gravy SMOKEHOUSE CHOP Sour Cream & Chive Potatoes Rom Iceberg Salad/Thou Multigrain Roll Orange Whip	OVEN BKD CHICKEN CTRY STEAK w/Brn Gravy Whip Potatoes w/Gravy Green Peas Wheat Bread Summer Mixed Fruit Cup	FISH PATTY w/TARTAR SC SLOPPY JOE both on Buns Baked Beans Mandarin Pineapple Salad Frosted Marble Cake
24	25	26	WESTERN DAY 27	28
CHICKEN MARSALA BAKE BEEF SPANISH RICE Herbed Carrots Spin Romaine Salad Oat Bran Roll Mandarin Oranges	LASAGNA ROLLUP WESTERN PORK STEW Broccoli Cuke/Tom/Onion Salad Garlic Roll Peanut Butter Bar	CHICKEN PASTA SALAD TUNA PASTA SALAD on Spin Romaine Lentil Soup Wheat Roll Chilled Pears	COWBOY CAMPFIRE STEW SW OMELET BAKE Chuckwagon Corn Creamy Coleslaw Corn Bread S'more Pudding	CHKN in PNUIT SC w/PASTA BEEF STUF GRN PEPPER Cut Green Beans Tossed Salad/Thou Sunflower Seed Roll Butterscotch Bar
31				
TURKEY DIVAN BAKE BEEF RIGATONI Green Peas Mar Zucchini Salad White Dinner Roll Orange Whip				

	DATE RECNUM	MENU ITEM	PORTION SIZE	CAL A=600 to 850	PROTEIN gm 17.00	FAT gm	CARBOHY- DRATES gm	Calcium mg 400	Sodium mg 1050.00	Vit A RAE 300.00	Vit C mg 30.00	CHOLEST mg 100.00
DATE		Mon JULY 3										
ENTREE A	176	CHICKEN, BBQ FOR SANDWICH	3oz	196.03	17.57	5.18	18.86	29.75	389.31	11.93	2.77	0.00
ENTREE B	270	SAUSAGE, KIELBASA	3.2OZ/1EA	264.00	10.00	24.00	2.00	0.00	680.00	0.00	1.20	45.00
VEGGIE 1	912.5	POTATOES, LYONAISE	.33 C	79.91	2.60	1.92	13.35	55.98	54.45	39.49	11.17	5.47
VEGGIE 2	660	SALAD, SPINACH ROMAINE	1.96OZ/1.5C	11.99	1.08	0.14	2.15	33.13	24.02	355.69	13.71	0.00
BREAD	0											
DESSERT	750	CAKE, FROSTED	2.64 OZ.	211.40	1.31	7.82	34.71	16.36	203.51	54.05	0.02	0.04
MILK/MARG	958	MILK 1%/MARGARINE	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	157.92	180.67	2.20	9.07
A ADD ONLY	1075	BUN, HAMBURGER	1.06 OZ.	89.16	2.50	1.70	15.93	22.04	155.28	0.00	0.00	0.00
B ADD ONLY	1077	BUN, HOT DOG	1.27 OZ.	108.02	2.70	1.80	18.90	27.01	263.06	0.00	0.00	0.00
ADD BOTH	0											
ADD BOTH	0											
TOTAL A				717.67	32.56	22.96	95.88	437.66	984.49	641.83	29.87	14.58
TOTAL B				804.50	25.19	41.88	81.99	412.88	1382.96	629.90	28.30	59.58
DIET SUB	660	SALAD, SPINACH ROMAINE	1.96OZ/1.5C	11.99	1.08	0.14	2.15	33.13	24.02	355.69	13.71	0.00
DIET SUB	887	CAKE, DIET SOURCE	2 x 2 EA	90.00	1.00	1.00	19.00	NA	90.00	NA	NA	0.00
TOTAL DIET		DIET CALCULATIONS		596.27	32.25	16.14	80.17	421.30	870.98	587.78	29.85	14.54
DATE		Tues JULY 4										
ENTREE A	0											
ENTREE B	0											
VEGGIE 1	0											
VEGGIE 2	0											
BREAD	0											
DESSERT	0											
MILK/MARG	0											
A ADD ONLY	0											
B ADD ONLY	0											
ADD BOTH	0											
ADD BOTH	0											
TOTAL A				0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL B				0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
DIET SUB	0											
DIET SUB	0											
TOTAL DIET		DIET CALCULATIONS		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
DATE		Wed JULY 5										
ENTREE A	218	CHICKEN, SWEET -N- SOUR	8.56OZ/1C.	236.72	18.28	3.94	32.03	45.04	555.41	634.82	19.86	40.42
ENTREE B	339	VEGETARIAN, MACARONI & CHEESE	9.24oz/1C	412.93	22.38	16.59	43.19	523.66	489.41	155.47	1.29	54.54
VEGGIE 1	417	BEANS, GREEN FZN-BB	2.66oz/.33c	23.75	0.95	0.11	5.59	29.58	61.75	35.53	2.71	0.11
VEGGIE 2	656	SALAD, ROMAINE ICEBERG	1.96oz/.5c	10.24	0.72	0.11	1.87	17.13	9.33	86.18	9.52	0.00
BREAD	1054	BREAD, HERB FRENCH	2.0 OZ	138.79	4.73	1.17	26.88	19.70	153.88	7.63	0.08	0.19
DESSERT	838	GELATIN, JEWELS	4.34OZ/1.5C	71.63	1.02	0.00	17.39	0.58	81.86	0.00	12.28	0.00
MILK/MARG	958	MILK 1%/MARGARINE	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	157.92	180.67	2.20	9.07
A ADD ONLY	920.5	RICE, BROWN	1/3 cup	76.49	1.53	0.54	15.82	0.00	1.13	0.00	0.00	66.67
B ADD ONLY	0											
ADD BOTH	1008	TOPPING, WHIPPED DIET	2 Tb	15.96	0.00	0.00	2.00	0.00	0.00	0.00	0.00	2.00
ADD BOTH	972.5	DRESSING, SPICY FRENCH	1 TB(0.5oz)	32.95	0.22	0.80	6.75	5.78	70.01	5.86	1.55	0.00
TOTAL A				735.71	34.94	12.87	119.20	398.21	1091.29	950.69	48.19	118.46
TOTAL B				835.43	37.51	24.98	114.54	876.83	1024.15	471.34	29.62	65.91
DIET SUB	656	SALAD, ROMAINE ICEBERG	1.96oz/.5c	10.24	0.72	0.11	1.87	17.13	9.33	86.18	9.52	0.00
DIET SUB	839	GELATIN, JEWELS W/TOP. - DIET	4.0OZ/1/2C	12.57	1.29	0.00	1.13	0.05	3.69	0.00	11.45	1.00
TOTAL DIET		DIET CALCULATIONS		676.65	35.21	12.87	102.94	397.68	1013.12	950.69	47.36	119.46
DATE		Thurs JULY 6										
ENTREE A	171	BEEF, TOMATO & MACARONI	7.44OZ/1C.	210.35	19.90	13.24	28.07	80.85	481.19	34.81	9.88	57.02
ENTREE B	247	HAM, SCALLOPED POTATOES	8oz/1C	259.17	15.22	10.10	27.46	141.35	663.06	0.83	14.90	37.19
VEGGIE 1	496	CORN, W. KERNEL-BB	2.5oz/.33C	61.95	2.14	0.05	15.68	1.64	48.91	20.27	1.94	0.11
VEGGIE 2	652	MOLD, PERFECTION	7.44OZ/1.5C	105.47	2.44	0.09	25.01	21.34	83.84	20.76	39.09	0.00
BREAD	1110	ROLL, RYE	2.0 OZ	153.00	4.08	3.95	25.27	17.75	205.62	7.33	0.06	0.19
DESSERT	837	FRESH, WATERMELON	2.82 OZ/1.5C	25.59	0.50	0.34	5.74	6.40	1.60	29.58	7.68	0.00
MILK/MARG	958	MILK 1%/MARGARINE	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	157.92	180.67	2.20	9.07
A ADD ONLY	0											
B ADD ONLY	0											
ADD BOTH	0											
ADD BOTH	0											
TOTAL A				685.54	36.56	23.87	110.65	408.38	979.08	293.42	60.85	66.39
TOTAL B				734.36	31.88	20.73	110.04	468.88	1160.95	259.44	65.87	46.56
DIET SUB	653	MOLD, PERFECTION - DIET	7.23OZ./1.5C	72.69	10.73	0.09	4.06	20.98	51.19	20.76	29.01	0.00
DIET SUB	837	FRESH, WATERMELON	2.82 OZ/1.5C	25.59	0.50	0.34	5.74	6.40	1.60	29.58	7.68	0.00
TOTAL DIET		DIET CALCULATIONS		652.76	44.85	23.87	89.70	408.02	946.43	293.42	50.77	66.39

	DATE RECNUM	MENU ITEM	PORTION SIZE	CAL A=600 to 850	PROTEIN gm 17.00	FAT gm	CARBOHY-DRATES gm	Calcium mg 400	Sodium mg 1050.00	Vit A RE 300.00	Vit C mg 30.00	CHOLES mg 100.00
DATE		Fri JULY 7										
ENTREE A	958	CHICKEN ROTISSERIE-STYLE	3 OZ	226.00	23.30	13.90	0.50	17.00	187.00	7.58	0.00	75.00
ENTREE B	0	BEEF, MEAT LOAF W/TURKEY	4.14 OZ	308.74	23.79	20.11	7.10	60.81	250.12	16.94	2.55	83.39
VEGGIE 1	976	POTATOES, DELMONICO	.33 C	74.77	2.41	1.84	12.33	51.39	121.87	44.23	15.93	0.69
VEGGIE 2	0	PEAS, GREEN-BB	2.96oz/.33C	54.41	3.19	0.17	10.37	15.38	105.33	64.59	6.10	0.15
BREAD	0	BREAD, WHOLE WHEAT	2.0 OZ	151.76	4.28	4.02	25.01	19.23	149.63	7.36	0.06	0.19
DESSERT	0	PUDDING, CHOCOLATE HOMESTYLE	.5 CUP	192.66	6.69	2.79	36.75	217.06	101.49	48.74	0.76	8.69
MILK/MARG	0	MILK 1%/MARGARINE	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	157.92	180.67	2.20	9.07
A ADD ONLY	513											
B ADD ONLY	856	GRAVY, BROWN W/BASE	2.28 OZ.	17.21	0.43	0.18	3.55	1.84	102.95	6.63	1.13	0.00
ADD BOTH	#REF!											
ADD BOTH	#REF!											
TOTAL A				828.78	47.37	28.92	95.85	600.46	823.24	353.17	25.05	93.79
TOTAL B				928.73	48.29	35.31	106.00	646.11	989.31	369.17	28.73	102.18
DIET SUB	#REF!	PEAS, GREEN-BB	2.96oz/.33C	54.41	3.19	0.17	10.37	15.38	105.33	64.59	6.10	0.15
DIET SUB	#REF!	PUDDING, CHOCOLATE- DIET	4.45OZ/.5C	89.42	5.13	0.12	18.12	182.99	150.71	1.13	0.96	2.84
TOTAL DIET		DIET CALCULATIONS		725.54	45.81	26.25	77.22	566.39	872.46	305.56	25.25	87.94
DATE		Mon JULY 10										
ENTREE A	1376	FISH, BREADED POLLOCK PC	4 OZ	240.00	13.00	8.00	19.00	20.00	220.00	0.00	0.00	0.00
ENTREE B	144	BEEF, MEATBALLS TERIYAKI W/TKY	8.14OZ.	226.17	13.52	14.02	11.23	40.00	96.21	14.43	7.53	74.05
VEGGIE 1	460	BROCCOLI CUTS-BB	2.15oz/.33C	24.98	2.26	0.09	5.04	37.59	62.85	140.33	29.31	0.11
VEGGIE 2	646	SALAD, MARINATED ZUCCHINI	4.16OZ./5C	100.20	1.02	5.63	12.12	15.43	10.24	15.58	21.38	0.00
BREAD	1409	GARDEN BROWN RICE	.5 CUP	90.08	2.87	1.65	17.44	23.37	22.18	108.37	15.25	0.00
DESSERT	1398	PUDDING, CHOCOLATE HOMESTYLE	.5 CUP	192.66	6.69	2.79	36.75	217.06	101.49	48.74	0.76	8.69
MILK/MARG	958	MILK 1%/MARGARINE	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	157.92	180.67	2.20	9.07
A ADD ONLY	0											
B ADD ONLY	1007	SAUCE, TARTAR	.5625oz/1TB	24.56	0.36	1.58	2.33	9.90	72.21	3.14	1.04	1.81
ADD BOTH	0											
ADD BOTH	0											
TOTAL A				777.10	33.34	24.36	101.23	593.85	574.68	493.69	68.90	17.87
TOTAL B				787.83	34.22	31.96	95.79	623.75	523.10	511.26	77.47	93.73
DIET SUB	646	SALAD, MARINATED ZUCCHINI	4.16OZ./5C	100.20	1.02	5.63	12.12	15.43	10.24	15.58	21.38	0.00
DIET SUB	856	PUDDING, CHOCOLATE- DIET	4.45OZ/.5C	89.42	5.13	0.12	18.12	182.99	150.71	1.13	0.96	2.84
TOTAL DIET		DIET CALCULATIONS		673.86	31.78	21.69	82.60	559.78	623.90	446.08	69.10	12.02
DATE		Tues JULY 11										
ENTREE A	309	TURKEY, ROASTED, SLICED	3 OZ	114.82	25.57	4.48	0.00	10.21	44.23	0.00	0.00	70.59
ENTREE B	255	PORK PATTY	4 OZ	350.58	28.49	22.09	7.73	72.34	492.04	22.99	2.98	119.29
VEGGIE 1	929	SWEET POTATOES, WHIPPED PLAIN	4.0oz/.5C	116.63	1.95	0.12	27.48	31.70	11.32	2470.66	27.85	0.00
VEGGIE 2	500	MIXED VEGS-BB	2.43oz/.33C	49.35	2.31	0.12	10.63	16.78	105.42	418.84	4.16	0.11
BREAD	1061	BREAD, ONION	2.0 OZ	150.05	4.10	3.99	25.04	23.49	197.79	7.38	1.34	0.19
DESSERT	840	ICE CREAM, CUP	4OZ/.5C	133.30	2.30	7.30	15.60	84.00	53.00	77.00	0.00	29.00
MILK/MARG	958	MILK 1%/MARGARINE	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	157.92	180.67	2.20	9.07
A ADD ONLY	983	GRAVY, POULTRY W/BASE	2.20 OZ.	15.02	0.30	0.15	3.10	0.97	78.72	0.16	0.01	0.00
B ADD ONLY	980	GRAVY, PORK W/BASE	2.22 OZ.	16.09	0.36	0.18	3.26	1.14	104.56	2.24	0.38	0.00
ADD BOTH	0											
ADD BOTH	0											
TOTAL A				708.35	44.03	22.36	92.73	447.55	648.40	3154.71	35.56	108.96
TOTAL B				945.18	47.01	40.00	100.62	509.85	1122.05	3179.78	38.91	157.66
DIET SUB	500	MIXED VEGS-BB	2.43oz/.33C	49.35	2.31	0.12	10.63	16.78	105.42	418.84	4.16	0.11
DIET SUB	840	ICE CREAM, CUP	4OZ/.5C	133.30	2.30	7.30	15.60	84.00	53.00	77.00	0.00	29.00
TOTAL DIET		DIET CALCULATIONS		708.35	44.03	22.36	92.73	447.55	648.40	3154.71	35.56	108.96
DATE		Wed JULY 12										
ENTREE A	184	CHICKEN, CREAMED AND VEGETABLE	6.0OZ/1C.	263.53	22.46	9.72	20.86	130.53	369.97	183.74	8.70	51.94
ENTREE B	129	BEEF, HAMBURGER 1/4 LB	3.16 OZ.	271.28	19.96	20.05	1.91	25.40	42.64	0.00	0.00	70.77
VEGGIE 1	933.5	WHIPPED POTATOES w/VIT C	.33 CUP	60.57	1.93	0.17	13.11	30.17	28.79	17.37	17.14	0.81
VEGGIE 2	532	SPINACH-BB	2.36oz/.33C	23.84	2.08	0.14	4.95	96.89	102.09	515.01	8.21	0.11
BREAD	1069	BREAD, SUNFLOWER SEED	2.0 OZ	155.61	4.24	4.19	25.12	18.17	205.57	7.34	0.07	0.19
DESSERT	829	FRESH, MELON CUP	2.82 OZ/.5 C	27.98	0.70	0.22	6.68	8.80	7.20	257.45	33.74	0.00
MILK/MARG	958	MILK 1%/MARGARINE	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	157.92	180.67	2.20	9.07
A ADD ONLY	0											
B ADD ONLY	979	GRAVY, MUSHROOM	2 OZ.	15.94	0.63	0.30	2.86	2.56	204.27	6.95	1.23	0.00
ADD BOTH	0											
ADD BOTH	0											
TOTAL A				660.71	38.91	20.64	81.60	564.96	871.54	1161.58	70.06	62.12
TOTAL B				684.40	37.04	31.27	65.51	462.39	748.48	984.79	62.59	80.95
DIET SUB	532	SPINACH-BB	2.36oz/.33C	23.84	2.08	0.14	4.95	96.89	102.09	515.01	8.21	0.11
DIET SUB	829	FRESH, MELON CUP	2.82 OZ/.5 C	27.98	0.70	0.22	6.68	8.80	7.20	257.45	33.74	0.00
TOTAL DIET		DIET CALCULATIONS		660.71	38.91	20.64	81.60	564.96	871.54	1161.58	70.06	62.12

	DATE RECNUM	MENU ITEM	PORTION SIZE	CAL A=600 to 850	PROTEIN gm 17.00	FAT gm	CARBOHY- DRATES gm	Calcium mg 400	Sodium mg 1050.00	Vit A RE 300.00	Vit C mg 30.00	CHOLEST mg 100.00
DATE		Thurs JULY 13										
ENTREE A	351	CHICKEN,BREADED PATTIE TYSON	2.75 OZ	170.00	10.00	9.00	10.00	NA	480.00	NA	0.00	45.00
ENTREE B	137	BEEF, LIVER & ONIONS	4 OZ	176.64	19.07	3.28	16.89	26.61	340.59	4228.01	6.17	233.88
VEGGIE 1	933.5	WHIPPED POTATOES w/VIT C	.33 CUP	60.57	1.93	0.17	13.11	30.17	28.79	17.37	17.14	0.81
VEGGIE 2	440	BLEND, CAPRI-BB	2.57oz/.33C	27.89	0.77	0.00	5.81	11.26	83.14	1423.23	4.47	0.11
BREAD	1050	BREAD, FRENCH	2.0 OZ	123.42	4.22	1.01	23.86	17.21	180.51	6.73	1.53	0.17
DESSERT	730	BAR, CHOCOLATE CHIP	1.78 OZ/EA	224.49	2.83	11.36	28.99	21.30	81.43	43.98	0.01	26.12
MILK/MARG	958	MILK 1%/MARGARINE	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	157.92	180.67	2.20	9.07
A ADD ONLY	983	GRAVY, POULTRY W/BASE	2.20 OZ.	15.02	0.30	0.15	3.10	0.97	78.72	0.16	0.01	0.00
B ADD ONLY	0											
ADD BOTH	0											
ADD BOTH	0											
TOTAL A				750.57	27.55	27.89	95.75	361.31	1090.51	1672.14	25.36	81.28
TOTAL B				742.19	36.32	22.02	99.54	386.95	872.38	5899.99	31.52	270.16
DIET SUB	440	BLEND, CAPRI-BB	2.57oz/.33C	27.89	0.77	0.00	5.81	11.26	83.14	1423.23	4.47	0.11
DIET SUB	1318	DIET SPLENDA CHOC CHIP CKY	1.06 OZ	144.40	1.69	8.03	16.30	17.59	37.97	7.57	0.00	12.44
TOTAL DIET		DIET CALCULATIONS		670.48	26.41	24.56	83.06	357.60	1047.05	1635.73	25.35	67.60
DATE		Fri JULY 14										
ENTREE A	210	CHICKEN, SALAD	4.64OZ/.5C	172.81	17.63	7.74	7.84	31.88	228.56	13.48	4.04	40.42
ENTREE B	224	EGG, SALAD	4.3oz	160.61	11.40	11.33	2.54	55.40	311.79	148.83	1.10	370.77
VEGGIE 1	530	SOUP, VEGETARIAN VEGETABLE	8oz/1C	99.10	3.14	0.40	21.84	44.06	205.75	145.76	15.95	0.00
VEGGIE 2	676	SLAW, CREAMY COLE	4.11OZ/.5C	116.09	1.80	6.99	12.47	53.89	79.93	4.97	26.69	5.04
BREAD	1073	BREAD, WHOLE WHEAT	2.0 OZ	151.76	4.28	4.02	25.01	19.23	149.63	7.36	0.06	0.19
DESSERT	778	CANNED, PEACHES - LIGHT SYRUP	4.5oz/.5C	60.53	0.56	0.15	15.53	2.98	6.95	24.46	2.48	0.00
MILK/MARG	958	MILK 1%/MARGARINE	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	157.92	180.67	2.20	9.07
A ADD ONLY	0											
B ADD ONLY	0											
ADD BOTH	695	LETTUCE, SHREDDED	.48OZ/.25C	4.94	0.28	0.06	0.98	6.86	4.97	66.80	4.13	0.25
ADD BOTH	0											
TOTAL A				734.41	35.19	25.56	94.55	439.30	833.71	443.50	55.55	54.97
TOTAL B				722.21	28.96	29.15	89.25	462.82	916.94	578.85	52.61	385.32
DIET SUB	676	SLAW, CREAMY COLE	4.11OZ/.5C	116.09	1.80	6.99	12.47	53.89	79.93	4.97	26.69	5.04
DIET SUB	779	CANNED , PEARS - DIET	4.13 OZ/.5C	33.96	0.22	0.04	9.15	4.68	2.34	0.00	1.17	0.00
TOTAL DIET		DIET CALCULATIONS		707.84	34.85	25.45	88.17	441.00	829.10	419.04	54.24	54.97
DATE		Mon JULY 17										
ENTREE A	261	PORK, ROAST SLICED	3 OZ	207.96	23.26	12.03	0.14	10.58	127.58	2.37	0.31	77.74
ENTREE B	1418	MEATBALLS, TURKEY APPLE	2 ea	181.47	19.56	7.94	7.98	41.85	226.19	28.94	1.00	83.91
VEGGIE 1	937.5	POTATOES, COLCANNON	3.83oz/.33C	51.59	1.03	0.02	11.25	61.49	154.70	1.47	22.26	0.78
VEGGIE 2	427	BEANS, LIMA-BB	2.35oz/.33C	74.56	4.43	0.20	14.10	18.90	64.70	13.89	3.97	0.11
BREAD	1047	BREAD, CRACKED WHEAT	2.0 OZ	151.62	4.21	3.94	24.93	18.34	198.02	7.34	2.22	0.19
DESSERT	1338	HERMIT BAR	1 EA	176.89	2.14	7.19	27.56	71.18	56.16	9.27	0.18	25.69
MILK/MARG	958	MILK 1%/MARGARINE	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	157.92	180.67	2.20	9.07
A ADD ONLY	1023	GLAZE, ORANGE	1 OZ	70.37	0.19	2.21	3.26	0.05	26.02	0.01	0.08	na
B ADD ONLY	976	GRAVY, BROWN W/BASE	2.28 OZ.	17.21	0.43	0.18	3.55	1.84	102.95	6.63	1.13	0.00
ADD ONLY	0											
ADD BOTH	0											
TOTAL A				862.17	42.76	31.79	92.12	460.94	785.10	215.02	31.22	113.58
TOTAL B				782.52	39.30	25.67	100.25	494.00	960.64	248.21	32.96	119.75
DIET SUB	427	BEANS, LIMA-BB	2.35oz/.33C	74.56	4.43	0.20	14.10	18.90	64.70	13.89	3.97	0.11
DIET SUB	1314	DIET SPLENDA MOLASSES CKY	1 EA	213.09	2.35	14.26	18.71	18.92	258.03	6.27	0.23	17.07
TOTAL DIET		DIET CALCULATIONS		898.37	42.97	38.86	83.27	408.68	986.97	212.02	31.27	104.96
DATE		Tues JULY 18										
ENTREE A	385	TURKEY, RST for HOT SAND	2 OZ	96.40	16.63	2.82	0.00	14.17	39.69	0.00	0.00	43.09
ENTREE B	243	HAM, SANDWICH & CHEESE	2.0 OZ.	141.20	10.99	10.56	0.60	176.92	655.23	82.22	3.97	44.23
VEGGIE 1	1267	SOUP, MINESTRONE	1 CUP	136.66	3.92	5.04	19.50	57.04	350.39	77.67	7.48	0.00
VEGGIE 2	687	SLAW, COUNTRY	3.34 oz/.5 C	66.32	1.66	3.63	7.42	53.14	99.50	61.17	22.43	4.68
BREAD	1073	BREAD, WHOLE WHEAT	2.0 OZ	151.76	4.28	4.02	25.01	19.23	149.63	7.36	0.06	0.19
DESSERT	727	APPLESAUCE, SPICED - DIET	4.25oz	52.76	0.21	0.06	13.86	4.87	2.47	3.69	1.49	0.00
MILK/MARG	958	MILK 1%/MARGARINE	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	157.92	180.67	2.20	9.07
A ADD ONLY	0											
B ADD ONLY	0											
ADD BOTH	695	LETTUCE, SHREDDED	.48OZ/.25C	4.94	0.28	0.06	0.98	6.86	4.97	66.80	4.13	0.25
ADD BOTH	1027	SAUCE, DIJONNAISE	1 TB	46.20	0.08	4.39	1.47	0.80	146.27	0.00	0.04	4.67
TOTAL A				684.22	34.55	26.22	79.12	436.51	950.84	397.36	37.83	61.95
TOTAL B				729.02	28.92	33.96	79.72	599.26	1566.38	479.58	41.80	63.09
DIET SUB	687	SLAW, COUNTRY	3.34 oz/.5 C	66.32	1.66	3.63	7.42	53.14	99.50	61.17	22.43	4.68
DIET SUB	727	APPLESAUCE, SPICED - DIET	4.25oz	52.76	0.21	0.06	13.86	4.87	2.47	3.69	1.49	0.00
TOTAL DIET		DIET CALCULATIONS		684.22	34.55	26.22	79.12	436.51	950.84	397.36	37.83	61.95

	DATE RECNUM	MENU ITEM	PORTION SIZE	CAL A=600 to 850	PROTEIN gm 17.00	FAT gm	CARBOHY- DRATES gm	Calcium mg 400	Sodium mg 1050.00	Vit A RE 300.00	Vit C mg 30.00	CHOLEST mg 100.00
DATE		Wed JULY 19										
ENTREE A	372	TURKEY PATTIE	4 OZ	198.96	21.99	8.61	8.23	68.27	477.71	37.44	2.81	69.03
ENTREE B	1346	SMKHSE RIBETTE (CHKN&BEEF)	3.75 OZ	220.00	18.00	11.00	14.00	100.00	350.00	60.00	4.80	50.00
VEGGIE 1	938.5	POTATOES, SOUR CRM & CHIVE	.33 C	66.76	1.05	1.16	12.18	61.49	157.76	0.67	18.00	0.91
VEGGIE 2	656	SALAD, ROMAINE ICEBERG	1.96oz/.5c	10.24	0.72	0.11	1.87	17.13	9.33	86.18	9.52	0.00
BREAD	1104	ROLL, MULTIGRAIN	2.0 OZ	150.44	4.23	3.99	24.87	21.00	206.03	7.34	2.22	0.19
DESSERT	868	WHIP, ORANGE	4.29 OZ/.5C	99.40	1.62	1.50	20.53	2.80	51.26	1.81	20.62	0.00
MILK/MARG	958	MILK 1%/MARGARINE	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	157.92	180.67	2.20	9.07
A ADD ONLY	983	GRAVY, POULTRY W/BASE	2.20 OZ.	15.02	0.30	0.15	3.10	0.97	78.72	0.16	0.01	0.00
B ADD ONLY	0											
ADD BOTH	0											
ADD BOTH	968	DRESSING, LOCAL 1000 ISLAND	2TB (1.0 oz)	27.60	0.84	1.62	2.64	23.70	63.78	7.14	0.96	0.66
TOTAL A				697.60	38.25	23.34	84.30	475.76	1202.51	321.41	56.34	79.86
TOTAL B				703.62	33.96	25.58	86.97	506.52	996.08	343.81	58.32	60.83
DIET SUB	656	SALAD, ROMAINE ICEBERG	1.96oz/.5c	10.24	0.72	0.11	1.87	17.13	9.33	86.18	9.52	0.00
DIET SUB	867	WHIP, CHERRY/LIME - DIET	3.36OZ/.5C	23.89	1.59	0.00	2.79	0.00	0.00	0.00	7.15	2.00
TOTAL DIET		DIET CALCULATIONS		622.09	38.22	21.84	66.56	472.96	1151.25	319.60	42.87	81.86
DATE		Thurs JULY 20										
ENTREE A	206	CHICKEN, PAPRIKA	3.01 OZ	131.00	24.13	2.97	0.46	6.60	79.18	13.64	2.57	72.58
ENTREE B	1401	KINGS COM PORK CHOPPIE	4 OZ	260.00	18.00	13.00	0.00	0.00	260.00	0.00	0.00	0.00
VEGGIE 1	933.5	WHIPPED POTATOES w/VIT C	.33 CUP	60.57	1.93	0.17	13.11	30.17	28.79	17.37	17.14	0.81
VEGGIE 2	513	PEAS, GREEN-BB	2.96oz/.33C	54.41	3.19	0.17	10.37	15.38	105.33	64.59	6.10	0.15
BREAD	1073	BREAD, WHOLE WHEAT	2.0 OZ	151.76	4.28	4.02	25.01	19.23	149.63	7.36	0.06	0.19
DESSERT	690	SALAD, MIXED FRUIT SUMR	3.72OZ/.5C	51.55	0.58	0.22	13.15	9.55	4.74	58.22	14.69	0.00
MILK/MARG	958	MILK 1%/MARGARINE	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	157.92	180.67	2.20	9.07
A ADD ONLY	983	GRAVY, POULTRY W/BASE	2.20 OZ.	15.02	0.30	0.15	3.10	0.97	78.72	0.16	0.01	0.00
B ADD ONLY	0											
ADD BOTH	0											
ADD BOTH	0											
TOTAL A				593.49	41.91	13.89	76.08	362.30	604.32	342.02	42.77	82.81
TOTAL B				707.47	35.48	23.77	72.52	354.73	706.42	328.22	40.19	10.23
DIET SUB	513	PEAS, GREEN-BB	2.96oz/.33C	54.41	3.19	0.17	10.37	15.38	105.33	64.59	6.10	0.15
DIET SUB	690	SALAD, MIXED FRUIT SUMR	3.72OZ/.5C	51.55	0.58	0.22	13.15	9.55	4.74	58.22	14.69	0.00
TOTAL DIET		DIET CALCULATIONS		593.49	41.91	13.89	76.08	362.30	604.32	342.02	42.77	82.81
DATE		Fri JULY 21										
ENTREE A	1376	FISH, BREADED POLLOCK PC	4 OZ	240.00	13.00	8.00	19.00	20.00	220.00	0.00	0.00	0.00
ENTREE B	158	BEEF, SLOPPY JOE	5.0 OZ.	191.26	12.68	11.97	8.29	32.26	375.62	44.89	6.44	44.17
VEGGIE 1	414	BEANS, BAKED	3.26oz/.33C	114.78	5.67	0.63	22.70	47.70	271.51	21.26	3.99	0.00
VEGGIE 2	692	SALAD, MAND ORG & PA	3.45OZ/.5C	59.11	0.42	0.09	15.58	10.40	3.33	41.48	14.12	0.00
BREAD	1075	BUN, HAMBURGER	1.06 OZ.	89.16	2.50	1.70	15.93	22.04	155.28	0.00	0.00	0.00
DESSERT	750	CAKE, FROSTED	2.64 OZ.	211.40	1.31	7.82	34.71	16.36	203.51	54.05	0.02	0.04
MILK/MARG	958	MILK 1%/MARGARINE	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	157.92	180.67	2.20	9.07
A ADD ONLY	1007	SAUCE, TARTAR	.5625oz/1TB	24.56	0.36	1.58	2.33	9.90	72.21	3.14	1.04	1.81
B ADD ONLY	0											
ADD BOTH	0											
ADD BOTH	0											
TOTAL A				868.19	30.76	26.02	121.13	406.80	1083.76	300.60	21.37	10.92
TOTAL B				794.89	30.08	28.41	108.09	409.16	1167.17	342.35	26.77	53.28
DIET SUB	692	SALAD, MAND ORG & PA	3.45OZ/.5C	59.11	0.42	0.09	15.58	10.40	3.33	41.48	14.12	0.00
DIET SUB	887	CAKE, DIET SOURCE	2 x 2 EA	90.00	1.00	1.00	19.00	NA	90.00	NA	NA	0.00
TOTAL DIET		DIET CALCULATIONS		746.79	30.45	19.20	105.42	390.44	970.25	246.55	21.35	10.88
DATE		Mon JULY 24										
ENTREE A	1380	CHICKEN PASTA MARSALA	1 CUP	269.32	20.16	5.10	30.79	109.18	502.24	62.02	2.14	40.18
ENTREE B	159	BEEF, SPANISH RICE	9.63OZ/1C.	313.90	18.38	12.82	30.00	78.01	341.87	42.93	20.85	57.02
VEGGIE 1	478	CARROTS, FROZEN-M	3.2oz/.5C	48.31	1.08	1.92	7.36	25.57	73.86	1596.30	2.49	0.00
VEGGIE 2	660	SALAD, SPINACH ROMAINE	1.96OZ/.5C.	11.99	1.08	0.14	2.15	33.13	24.02	355.69	13.71	0.00
BREAD	1058	BREAD, OAT BRAN	2.0 OZ	150.27	4.25	4.01	24.86	21.58	206.06	7.34	2.22	0.19
DESSERT	831	FRESH, ORANGE	5.75 OZ	100.91	2.08	0.48	24.83	112.12	3.20	20.02	113.72	0.00
MILK/MARG	958	MILK 1%/MARGARINE	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	157.92	180.67	2.20	9.07
A ADD ONLY	0											
B ADD ONLY	0											
ADD BOTH	968	DRESSING, LOCAL 1000 ISLAND	2TB (1.0 oz)	27.60	0.84	1.62	2.64	23.70	63.78	7.14	0.96	0.66
ADD BOTH	0											
TOTAL A				737.58	36.99	19.47	103.51	605.68	1031.08	2229.18	137.44	50.10
TOTAL B				782.16	35.21	27.19	102.72	574.51	870.71	2210.09	156.15	66.94
DIET SUB	660	SALAD, SPINACH ROMAINE	1.96OZ/.5C.	11.99	1.08	0.14	2.15	33.13	24.02	355.69	13.71	0.00
DIET SUB	831	FRESH, ORANGE	5.75 OZ	100.91	2.08	0.48	24.83	112.12	3.20	20.02	113.72	0.00
TOTAL DIET		DIET CALCULATIONS		737.58	36.99	19.47	103.51	605.68	1031.08	2229.18	137.44	50.10

	DATE RECNUM	MENU ITEM	PORTION SIZE	CAL A=600 to 850	PROTEIN gm 17.00	FAT gm	CARBOHY-DRATES gm	Calcium mg 400	Sodium mg 1050.00	Vit A RE 300.00	Vit C mg 30.00	CHOLES mg 100.00
DATE		Tues JULY 25										
ENTREE A	1395	LASAGNA CHZ ROLLUPS	3 OZ	150.00	8.00	4.00	19.00	100.00	370.00	100.00	0.00	15.00
ENTREE B	267	PORK, WESTERN STEW	9.57OZ/1C.	255.07	24.79	5.18	26.27	62.95	448.38	107.68	3.90	58.06
VEGGIE 1	461	BROCCOLI, CUTS-BB	3.56oz/.5C	35.20	3.13	0.12	7.13	52.25	130.32	194.81	40.64	0.00
VEGGIE 2	630	SALAD, CUCUMBER & TOM(LCITAL)	3.38OZ/.5C	20.58	0.69	0.51	3.98	10.71	28.90	26.16	10.31	0.19
BREAD	1101	ROLL, HERB	2.0 OZ	138.79	4.73	1.17	26.88	19.70	153.88	7.63	0.08	0.19
DESSERT	733	BAR, PEANUT BUTTER	1.72 OZ.	210.19	4.19	10.72	25.91	18.90	185.67	38.66	0.00	35.93
MILK/MARG	958	MILK 1%/MARGARINE	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	157.92	180.67	2.20	9.07
A ADD ONLY	0											
B ADD ONLY	0											
ADD BOTH	0											
ADD BOTH	0											
TOTAL A				683.94	28.24	22.72	93.78	481.96	1026.69	547.93	53.23	60.38
TOTAL B				789.01	45.03	23.90	101.05	444.91	1105.07	555.61	57.13	103.44
DIET SUB	630	SALAD, CUCUMBER & TOM(LCITAL)	3.38OZ/.5C	20.58	0.69	0.51	3.98	10.71	28.90	26.16	10.31	0.19
DIET SUB	1317	DIET SPLENDA PNB COOKIE	1.08 OZ	167.07	3.04	11.47	13.68	9.06	89.16	1.11	0.00	2.50
TOTAL DIET		DIET CALCULATIONS		640.82	27.09	23.47	81.55	472.12	930.18	510.38	53.23	26.95
DATE		Wed JULY 26										
ENTREE A	369	PASTA SALAD w/CHICKEN	1 CUP	238.28	20.67	4.29	27.51	42.17	247.80	44.59	33.03	0.00
ENTREE B	1417	PASTA SALAD w/TUNA	1 CUP	192.74	17.06	1.31	28.79	36.19	292.69	45.35	34.16	30.00
VEGGIE 1	529	SOUP, VEGETABLE BEEF OLD FASH	8.66/1 C	91.44	6.96	1.52	12.72	33.31	412.16	182.51	7.73	16.84
VEGGIE 2	676	SLAW, CREAMY COLE	4.11OZ/.5C	116.09	1.80	6.99	12.47	53.89	79.93	4.97	26.69	5.04
BREAD	1118	ROLL, WHOLE WHEAT DINNER	2.0 OZ	151.76	4.28	4.02	25.01	19.16	148.98	7.36	0.06	0.19
DESSERT	780	CANNED, PEARS - LITE SYRUP	4.43OZ/.5C	71.59	0.24	0.04	19.05	6.28	6.28	0.00	0.88	0.00
MILK/MARG	958	MILK 1%/MARGARINE	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	157.92	180.67	2.20	9.07
A ADD ONLY	0											
B ADD ONLY	0											
ADD BOTH	0											
ADD BOTH	0											
TOTAL A				798.34	41.45	23.06	107.64	435.21	1053.07	420.10	70.59	31.14
TOTAL B				752.80	37.84	20.08	108.92	429.23	1097.96	420.86	71.72	61.14
DIET SUB	632	SALAD, SPINACH ROMAINE	1.96OZ/.5C	11.99	1.08	0.14	2.15	33.13	24.02	355.69	13.71	0.00
DIET SUB	865	CANNED, PEACHES - DIET	4.25OZ/.5C	43.66	0.63	0.03	11.48	5.95	3.97	18.90	3.57	0.00
TOTAL DIET		DIET CALCULATIONS		666.31	41.12	16.20	89.75	414.12	994.85	789.72	60.30	26.10
DATE		Thurs JULY 27										
ENTREE A	170	BEEF, THREE BEAN CASSEROLE	9.45oz/1c	364.85	28.56	12.25	35.69	106.71	495.67	8.96	1.98	63.42
ENTREE B	1370	SW OMELET BAKE	1 EA	345.22	23.11	23.21	11.64	577.65	541.55	262.25	9.95	268.93
VEGGIE 1	497	CORN, W. KERNEL-M	3.15oz/.5C	86.85	2.65	1.89	17.89	2.42	25.75	44.30	2.26	0.00
VEGGIE 2	676	SLAW, CREAMY COLE	4.11OZ/.5C	116.09	1.80	6.99	12.47	53.89	79.93	4.97	26.69	5.04
BREAD	1078	CORNBREAD	2.36 OZ.	211.65	5.46	7.48	31.23	154.86	278.01	97.77	0.29	29.39
DESSERT	1398	PUDDING, CHOCOLATE HOMESTYLE	.5 CUP	192.66	6.69	2.79	36.75	217.06	101.49	48.74	0.76	8.69
MILK/MARG	958	MILK 1%/MARGARINE	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	157.92	180.67	2.20	9.07
A ADD ONLY	0											
B ADD ONLY	0											
ADD BOTH	0											
ADD BOTH	0											
TOTAL A				1101.28	52.66	37.60	144.91	815.34	1138.77	385.41	34.18	115.61
TOTAL B				1081.65	47.21	48.56	120.86	1286.28	1184.65	638.70	42.15	321.12
DIET SUB	660	SALAD, SPINACH ROMAINE	1.96OZ/.5C	11.99	1.08	0.14	2.15	33.13	24.02	355.69	13.71	0.00
DIET SUB	856	PUDDING, CHOCOLATE- DIET	4.45OZ/.5C	89.42	5.13	0.12	18.12	182.99	150.71	1.13	0.96	2.84
TOTAL DIET		DIET CALCULATIONS		893.94	50.38	28.08	115.96	760.51	1132.08	688.52	21.40	104.72
DATE		Fri JULY 28										
ENTREE A	387	CHICKEN IN PEANUT SAUCE	1 CUP	312.42	22.77	20.98	10.56	26.95	404.79	0.14	2.03	40.42
ENTREE B	166	BEEF, STUFFED GREEN PEPPER	12.7OZ/1C.	198.50	15.45	10.19	12.59	77.77	391.95	61.49	69.03	88.73
VEGGIE 1	417	BEANS, GREEN FZN-BB	2.66oz/.33c	23.75	0.95	0.11	5.59	29.58	61.75	35.53	2.71	0.11
VEGGIE 2	662	SALAD, TOSSED	.95OZ/ .5 C	9.88	0.55	0.11	1.96	13.71	9.93	133.60	8.26	0.49
BREAD	1114	ROLL, SUNFLOWER SEED	2.0 OZ	155.61	4.24	4.19	25.12	18.17	148.98	7.34	0.07	0.19
DESSERT	729	BAR, BUTTERSCOTCH	1.45 OZ/EA	182.49	2.42	8.96	24.22	32.99	154.35	65.44	0.08	20.20
MILK/MARG	958	MILK 1%/MARGARINE	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	157.92	180.67	2.20	9.07
A ADD ONLY	903	NOODLES	3.35 OZ/.5C	130.52	4.79	2.06	23.06	18.07	11.41	13.31	0.00	31.38
B ADD ONLY	0											
ADD BOTH	972.5	DRESSING, SPICY FRENCH	1 TB(0.5oz)	32.95	0.22	0.80	6.75	5.78	70.01	5.86	1.55	0.00
ADD BOTH	0											
TOTAL A				976.80	43.43	43.41	108.13	425.65	1019.13	441.89	16.89	101.86
TOTAL B				732.36	31.32	30.56	87.10	458.40	994.88	489.93	83.89	118.79
DIET SUB	662	SALAD, TOSSED	.95OZ/ .5 C	9.88	0.55	0.11	1.96	13.71	9.93	133.60	8.26	0.49
DIET SUB	1316	DIET SPLENDA CINN SUG COOKIE	1.29 OZ	138.99	2.32	7.21	15.92	58.89	162.81	31.72	0.09	19.50
TOTAL DIET		DIET CALCULATIONS		933.30	43.33	41.66	99.83	451.55	1027.59	408.17	16.90	101.16

	DATE RECNUM	MENU ITEM	PORTION SIZE	CAL A=600 to 850	PROTEIN gm 17.00	FAT gm	CARBOHY- DRATES gm	Calcium mg 400	Sodium mg 1050.00	Vit A RE 300.00	Vit C mg 30.00	CHOLE mg 100.00
DATE		Mon JULY 31										
ENTREE A	295	TURKEY, DIVAN CASSEROLE	8.43oz/1c	252.68	21.07	7.71	24.22	234.19	371.43	127.27	26.33	45.74
ENTREE B	103	BEEF, BAKED RIGATONI	7.29oz/1c	334.91	18.39	14.38	32.85	72.18	401.21	88.01	6.99	47.77
VEGGIE 1	513	PEAS, GREEN-BB	2.96oz/.33C	54.41	3.19	0.17	10.37	15.38	105.33	64.59	6.10	0.15
VEGGIE 2	646	SALAD, MARINATED ZUCCHINI	4.16OZ./.5C	100.20	1.02	5.63	12.12	15.43	10.24	15.58	21.38	0.00
BREAD	1117	ROLL, WHITE DINNER	1.38 OZ.	108.81	3.26	2.88	17.25	20.54	210.69	3.48	0.08	11.30
DESSERT	868	WHIP, ORANGE	4.29 OZ/.5C	99.40	1.62	1.50	20.53	2.80	51.26	1.81	20.62	0.00
MILK/MARG	958	MILK 1%/MARGARINE	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	157.92	180.67	2.20	9.07
A ADD ONLY	0											
B ADD ONLY	0											
ADD BOTH	0											
ADD BOTH	0											
TOTAL A				744.68	37.66	24.09	95.37	568.74	906.87	393.40	76.71	66.26
TOTAL B				826.91	34.98	30.76	104.00	406.73	936.65	354.14	57.37	68.29
DIET SUB	646	SALAD, MARINATED ZUCCHINI	4.16OZ./.5C	100.20	1.02	5.63	12.12	15.43	10.24	15.58	21.38	0.00
DIET SUB	868	WHIP, ORANGE	4.29 OZ/.5C	99.40	1.62	1.50	20.53	2.80	51.26	1.81	20.62	0.00
TOTAL DIET		DIET CALCULATIONS		744.68	37.66	24.09	95.37	568.74	906.87	393.40	76.71	66.26
DATE		Tues AUG 1										
ENTREE A	190	CHICKEN, HEARTY STEW	8.23OZ/1C.	191.82	18.58	4.87	17.41	43.51	414.90	327.86	7.72	50.46
ENTREE B	169	BEEF, THREE BEAN CASSEROLE	8.25oz/1c	519.07	38.71	11.93	65.33	154.46	564.41	11.35	5.93	65.00
VEGGIE 1	497	CORN, W. KERNEL-M	3.15oz/.5C	86.85	2.65	1.89	17.89	2.42	25.75	44.30	2.26	0.00
VEGGIE 2	636	SALAD, GARDEN VEGETABLE	1.96OZ/.5C	10.50	0.77	0.11	1.92	19.89	12.44	249.94	9.70	0.00
BREAD	1097	ROLL, CORNMEAL	1.3 OZ.	90.25	3.23	0.63	17.81	24.60	92.58	9.23	0.05	5.94
DESSERT	733	BAR, PEANUT BUTTER	1.72 OZ.	210.19	4.19	10.72	25.91	18.90	185.67	38.66	0.00	35.93
MILK/MARG	958	MILK 1%/MARGARINE	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	157.92	180.67	2.20	9.07
A ADD ONLY	0											
B ADD ONLY	0											
ADD BOTH	972	DRESSING, SPICY FRENCH	2TB (1.0 oz)	65.89	0.43	1.60	13.49	11.55	140.01	11.72	3.09	0.00
ADD BOTH	0											
TOTAL A				784.68	37.35	26.02	105.31	401.27	1029.27	862.38	25.02	101.40
TOTAL B				1111.93	57.48	33.08	153.23	512.22	1178.78	545.87	23.23	115.94
DIET SUB	636	SALAD, GARDEN VEGETABLE	1.96OZ/.5C	10.50	0.77	0.11	1.92	19.89	12.44	249.94	9.70	0.00
DIET SUB	1317	DIET SPLENDA PNB COOKIE	1.08 OZ	167.07	3.04	11.47	13.68	9.06	89.16	1.11	0.00	2.50
TOTAL DIET		DIET CALCULATIONS		741.56	36.20	26.77	93.08	391.43	932.76	824.83	25.02	67.97
DATE		Wed AUG 2										
ENTREE A	1359	SALAD, MINI CORO CHKN	10.79 OZ	328.59	21.10	10.22	37.59	55.71	380.15	39.73	31.10	6.75
ENTREE B	1364	PASTA & TKY SALAD	6 WZ	222.42	20.32	2.70	27.51	40.99	257.48	46.85	33.03	57.27
VEGGIE 1	527	SOUP, POTATO ONION CHOWDER-M	8.5oz/1 C	224.34	6.43	10.12	27.76	185.64	356.41	90.71	9.93	2.69
VEGGIE 2	699.5	SALAD, SPIN ROMAINE .75 CUP	2.95oz/.75C	17.99	1.62	0.21	3.23	49.70	36.03	533.54	20.57	0.00
BREAD	1118	ROLL, WHOLE WHEAT DINNER	2.0 OZ	151.76	4.28	4.02	25.01	19.16	148.98	7.36	0.06	0.19
DESSERT	777	CANNED, PEACHES - DIET	4.25OZ/.5C.	43.66	0.63	0.03	11.48	5.95	3.97	18.90	3.57	0.00
MILK/MARG	958	MILK 1%/MARGARINE	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	157.92	180.67	2.20	9.07
A ADD ONLY	0											
B ADD ONLY	0											
ADD BOTH	0											
ADD BOTH	0											
TOTAL A				895.52	41.56	30.80	115.95	596.56	1083.46	870.91	67.43	18.70
TOTAL B				789.35	40.78	23.28	105.87	581.84	960.79	878.03	69.36	69.22
DIET SUB	699.5	SALAD, SPIN ROMAINE .75 CUP	2.95oz/.75C	17.99	1.62	0.21	3.23	49.70	36.03	533.54	20.57	0.00
DIET SUB	777	CANNED, PEACHES - DIET	4.25OZ/.5C.	43.66	0.63	0.03	11.48	5.95	3.97	18.90	3.57	0.00
TOTAL DIET		DIET CALCULATIONS		895.52	41.56	30.80	115.95	596.56	1083.46	870.91	67.43	18.70
DATE		Thurs AUG 3										
ENTREE A	155	BEEF, SALISBURY STEAK	4.5 OZ	279.63	19.39	18.69	8.00	71.40	358.75	19.47	4.67	72.84
ENTREE B	1376	FISH, BREADED POLLOCK PC	4 OZ	240.00	13.00	8.00	19.00	20.00	220.00	0.00	0.00	0.00
VEGGIE 1	938.5	POTATOES, SOUR CRM & CHIVE	.33 C	66.76	1.05	1.16	12.18	61.49	157.76	0.67	18.00	0.91
VEGGIE 2	500	MIXED VEGS-BB	2.43oz/.33C	49.35	2.31	0.12	10.63	16.78	105.42	418.84	4.16	0.11
BREAD	1067	BREAD, SEVEN GRAIN	2.0 OZ	151.65	4.18	4.03	25.09	19.60	149.63	7.45	0.06	0.19
DESSERT	750	CAKE, FROSTED	2.64 OZ.	211.40	1.31	7.82	34.71	16.36	203.51	54.05	0.02	0.04
MILK/MARG	958	MILK 1%/MARGARINE	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	157.92	180.67	2.20	9.07
A ADD ONLY	0											
B ADD ONLY	1007	SAUCE, TARTAR	.5625oz/1TB	24.56	0.36	1.58	2.33	9.90	72.21	3.14	1.04	1.81
ADD BOTH	0											
ADD BOTH	0											
TOTAL A				887.97	35.74	38.02	101.49	466.03	1132.99	681.15	29.11	83.16
TOTAL B				872.90	29.71	28.91	114.82	424.53	1066.45	664.82	25.48	12.13
DIET SUB	500	MIXED VEGS-BB	2.43oz/.33C	49.35	2.31	0.12	10.63	16.78	105.42	418.84	4.16	0.11
DIET SUB	887	CAKE, DIET SOURCE	2 x 2 EA	90.00	1.00	1.00	19.00	NA	90.00	NA	NA	0.00
TOTAL DIET		DIET CALCULATIONS		766.57	35.43	31.20	85.78	449.67	1019.48	627.10	29.09	83.12

	DATE RECNUM	MENU ITEM	RECIPE NUM	PORTION SIZE	CAL A=600 to 850	PRO gm 17.00	FAT gm	CHO gm	Ca+ mg 400.00	Mg+ mg 88.00	Na+ mg 1050.00	Zn+ mg 3.10	C mg 30.00	B-6 mg 0.57	B-12 mcg 0.79	FIBER gm 7.00	
DATE		Mon JULY 3															
ENTREE A	176	CHICKEN, BBQ FOR SANDWICH	F-6012	3oz	196.03	17.57	5.18	18.86	29.75	9.17	389.31	0.13	2.77	0.08	0.00	0.52	
ENTREE B	270	SAUSAGE, KIELBASA	E-5622-2/3	3.2OZ/1EA	264.00	10.00	24.00	2.00	0.00	NA	680.00	NA	1.20	NA	NA	0.00	
VEGGIE 1	912.5	POTATOES, LYONAISE		3.33 C	79.91	2.60	1.92	13.35	55.98	17.46	54.45	0.33	11.17	0.18	0.15	1.32	
VEGGIE 2	660	SALAD, SPINACH ROMAINE	S-1251	1.96OZ/.5C.	11.99	1.08	0.14	2.15	33.13	19.59	24.02	0.13	13.71	0.06	0.00	0.97	
BREAD																	
DESSERT	750	CAKE, FROSTED	H-7966	2.64 OZ.	211.40	1.31	7.82	34.71	16.36	0.47	203.51	0.01	0.02	0.00	0.01	0.00	
MILK/MARG	958	MILK 1%/MARGARINE	S-1110 &	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	31.88	157.92	0.88	2.20	0.10	0.84	0.00	
A ADD ONLY	1075	BUN, HAMBURGER	H-7438	1.06 OZ.	89.16	2.50	1.70	15.93	22.04	8.01	155.28	0.25	0.00	0.01	0.00	0.88	
B ADD ONLY	1077	BUN, HOT DOG	H-4791	1.27 OZ.	108.02	2.70	1.80	18.90	27.01	8.00	263.06	0.25	0.00	0.01	0.00	0.10	
ADD BOTH																	
TOTAL A					28.79%	717.67	32.56	22.96	95.88	437.66	86.58	984.49	1.73	29.87	0.43	1.00	3.69
TOTAL B					46.85%	804.50	25.19	41.88	81.99	412.88	77.40	1382.96	1.60	28.30	0.35	1.00	2.39
DIET SUB	660	SALAD, SPINACH ROMAINE	S-1251	1.96OZ/.5C.	11.99	1.08	0.14	2.15	33.13	19.59	24.02	0.13	13.71	0.06	0.00	0.97	
DIET SUB	887	CAKE, DIET SOURCE		2 x 2 EA	90.00	1.00	1.00	19.00	NA	0.00	90.00	0.00	NA	0.00	0.00	0.00	
TOTAL DIET		DIET CALCULATIONS			24.36%	596.27	32.25	16.14	80.17	421.30	86.11	870.98	1.72	29.85	0.43	0.99	3.69
DATE		Tues JULY 4															
ENTREE A																	
ENTREE B																	
VEGGIE 1																	
VEGGIE 2																	
BREAD																	
DESSERT																	
MILK/MARG																	
A ADD ONLY																	
B ADD ONLY																	
ADD BOTH																	
TOTAL A			#DIV/0!	#DIV/0!	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
TOTAL B			#DIV/0!	#DIV/0!	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
DIET SUB																	
DIET SUB																	
TOTAL DIET		DIET CALCULATIONS		#DIV/0!	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
DATE		Wed JULY 5															
ENTREE A	218	CHICKEN, SWEET -N- SOUR	E-2115-2	8.56OZ/1C.	236.72	18.28	3.94	32.03	45.04	23.26	555.41	0.20	19.86	0.14	0.00	0.75	
ENTREE B	339	VEGETARIAN, MACARONI & CHEESE	2E-2745	9.24oz/1C	412.93	22.38	16.59	43.19	523.66	46.07	489.41	2.71	1.29	0.48	0.89	0.10	
VEGGIE 1	417	BEANS, GREEN FZN-BB	D-6011	2.66oz/.33c	23.75	0.95	0.11	5.59	29.58	6.24	61.75	0.14	2.71	0.02	0.01	1.91	
VEGGIE 2	656	SALAD, ROMAINE ICEBERG	S-1249	1.96oz/.5c	10.24	0.72	0.11	1.87	17.13	4.81	9.33	0.06	9.52	0.02	0.00	0.48	
BREAD	1054	BREAD, HERB FRENCH	H-7829	2.0 OZ	138.79	4.73	1.17	26.88	19.70	10.50	153.88	0.39	0.08	0.03	0.04	1.02	
DESSERT	838	GELATIN, JEWELS	H-7604	4.34OZ/.5C	71.63	1.02	0.00	17.39	0.58	0.00	81.86	0.00	12.28	0.00	0.00	0.00	
MILK/MARG	958	MILK 1%/MARGARINE	S-1110 &	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	31.88	157.92	0.88	2.20	0.10	0.84	0.00	
A ADD ONLY	920.5	RICE, BROWN		1/3 cup	76.49	1.53	0.54	15.82	0.00	66.67	1.13	66.67	0.00	66.67	66.67	0.06	
B ADD ONLY																	
ADD BOTH	1008	TOPPING, WHIPPED DIET	S-6513	2 Tb	15.96	0.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	1.41	4.21	0.00	
ADD BOTH	972.5	DRESSING, SPICY FRENCH	F-4009	1 TB(0.5oz)	32.95	0.22	0.80	6.75	5.78	5.73	70.01	0.04	1.55	0.03	0.10	0.10	
TOTAL A					15.75%	735.71	34.94	12.87	119.20	398.21	149.08	1091.29	68.37	48.19	68.41	71.86	4.32
TOTAL B					26.91%	835.43	37.51	24.98	114.54	876.83	105.23	1024.15	4.22	29.62	2.09	6.09	3.61
DIET SUB	656	SALAD, ROMAINE ICEBERG	S-1249	1.96oz/.5c	10.24	0.72	0.11	1.87	17.13	4.81	9.33	0.06	9.52	0.02	0.00	0.48	
DIET SUB	839	GELATIN, JEWELS W/TOP. - DIET	H-2347	4.0OZ/1/2C	12.57	1.29	0.00	1.13	0.05	0.51	3.69	0.00	11.45	0.01	0.02	0.00	
TOTAL DIET		DIET CALCULATIONS			17.12%	676.65	35.21	12.87	102.94	397.68	149.59	1013.12	68.37	47.36	68.42	71.88	4.32
DATE		Thurs JULY 6															
ENTREE A	171	BEEF, TOMATO & MACARONI	2E-2821	7.44OZ/1C.	210.35	19.90	13.24	28.07	80.85	43.06	481.19	3.62	9.88	0.51	1.36	3.07	
ENTREE B	247	HAM, SCALLOPED POTATOES	2E-2150	8oz/1C	259.17	15.22	10.10	27.46	141.35	39.15	663.06	2.11	14.90	0.44	3.25	0.35	
VEGGIE 1	496	CORN, W. KERNEL-BB	D-2204	2.5oz/.33C	61.95	2.14	0.05	15.68	1.64	12.76	48.91	0.25	1.94	0.07	0.00	1.49	
VEGGIE 2	652	MOLD, PERFECTION	S-2251	7.44OZ/.5C	105.47	2.44	0.09	25.01	21.34	7.22	83.84	0.09	39.09	0.07	0.00	0.44	
BREAD	1110	ROLL, RYE	H-2249	2.0 OZ	153.00	4.08	3.95	25.27	17.75	9.42	205.62	0.40	0.06	0.04	0.04	1.26	
DESSERT	837	FRESH, WATERMELON	S-7701	2.82 OZ/.5C	25.59	0.50	0.34	5.74	6.40	8.80	1.60	0.06	7.68	0.12	0.00	0.24	
MILK/MARG	958	MILK 1%/MARGARINE	S-1110 &	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	31.88	157.92	0.88	2.20	0.10	0.84	0.00	
A ADD ONLY																	
B ADD ONLY																	
ADD BOTH																	
TOTAL A					31.34%	685.54	36.56	23.87	110.65	408.38	113.14	979.08	5.30	60.85	0.91	2.24	6.50
TOTAL B					25.41%	734.36	31.88	20.73	110.04	468.88	109.23	1160.95	3.79	65.87	0.84	4.13	3.78
DIET SUB	653	MOLD, PERFECTION - DIET	S-2230	7.23OZ/.5C	72.69	10.73	0.09	4.06	20.98	11.27	51.19	0.11	29.01	0.07	0.00	0.44	
DIET SUB	837	FRESH, WATERMELON	S-7701	2.82 OZ/.5C	25.59	0.50	0.34	5.74	6.40	8.80	1.60	0.06	7.68	0.12	0.00	0.24	
TOTAL DIET		DIET CALCULATIONS			32.91%	652.76	44.85	23.87	89.70	408.02	117.19	946.43	5.32	50.77	0.91	2.24	6.50

	DATE	MENU ITEM	RECIPE NUM	PORTION SIZE	CAL A=600 to 850	PRO gm 17.00	FAT gm	CHO gm	Ca+ mg 400.00	Mg+ mg 88.00	Na+ mg 1050.00	Zn+ mg 3.10	C mg 30.00	B-6 mg 0.57	B-12 mcg 0.79	FIBER gm 7.00		
		Fri JULY 7																
		ENTREE A	1141	CHICKEN ROTISSERIE-STYLE	MORRIS	3 OZ	226.00	23.30	13.90	0.50	17.00	0.00	187.00	0.00	0.00	0.00	0.00	
		ENTREE B	138	BEEF, MEAT LOAF W/TURKEY	E-1502	4.14 OZ	308.74	23.79	20.11	7.10	60.81	31.42	250.12	4.48	2.55	0.51	2.27	
		VEGGIE 1	908.5	POTATOES, DELMONICO	D-2230	.33 C	74.77	2.41	1.84	12.33	51.39	16.37	121.87	0.30	15.93	0.17	0.14	
		VEGGIE 2	513	PEAS, GREEN-BB	D-9067	2.96oz/.33C	54.41	3.19	0.17	10.37	15.38	13.76	105.33	0.41	6.10	0.07	0.00	
		BREAD	1073	BREAD, WHOLE WHEAT	H-2210	2.0 OZ	151.76	4.28	4.02	25.01	19.23	16.71	149.63	0.49	0.06	0.06	0.04	
		DESSERT	1398	PUDDING, CHOCOLATE HOMESTYLE	ENP-H5070	.5 CUP	192.66	6.69	2.79	36.75	217.06	34.57	101.49	0.98	0.76	0.07	0.81	
		MILK/MARG	958	MILK 1%/MARGARINE	S-1110 &	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	31.88	157.92	0.88	2.20	0.10	0.84	
		A ADD ONLY																
		B ADD ONLY	976	GRAVY, BROWN W/BASE	B-6015	2.28 OZ.	17.21	0.43	0.18	3.55	1.84	1.87	102.95	0.04	1.13	0.01	0.00	
		ADD BOTH																
		ADD BOTH																
		TOTAL A				31.40%	828.78	47.37	28.92	95.85	600.46	113.29	823.24	3.06	25.05	0.48	1.83	
		TOTAL B				34.21%	928.73	48.29	35.31	106.00	646.11	146.58	989.31	7.58	28.73	1.00	4.10	
		DIET SUB	513	PEAS, GREEN-BB	D-9067	2.96oz/.33C	54.41	3.19	0.17	10.37	15.38	13.76	105.33	0.41	6.10	0.07	0.00	
		DIET SUB	856	PUDDING, CHOCOLATE- DIET	H-2272	4.45OZ/.5C	89.42	5.13	0.12	18.12	182.99	15.59	150.71	0.58	0.96	0.05	0.57	
		TOTAL DIET		DIET CALCULATIONS		32.56%	725.54	45.81	26.25	77.22	566.39	94.31	872.46	2.66	25.25	0.46	1.59	
		Mon JULY 10																
		ENTREE A	1376	FISH, BREADED POLLOCK PC		0 4 OZ	240.00	13.00	8.00	19.00	20.00	0.00	220.00	0.00	0.00	0.28	0.00	
		ENTREE B	144	BEEF, MEATBALLS TERIYAKI WTKY	2E-2814	8.14OZ.	226.17	13.52	14.02	11.23	40.00	19.70	96.21	2.46	7.53	0.34	1.20	
		VEGGIE 1	460	BROCCOLI CUTS-BB	D-2207	2.15oz/.33C	24.98	2.26	0.09	5.04	37.59	14.60	62.85	0.22	29.31	0.09	0.00	
		VEGGIE 2	646	SALAD, MARINATED ZUCCHINI	S-2210	4.16OZ/.5C	100.20	1.02	5.63	12.12	15.43	14.43	10.24	0.24	21.38	0.18	0.00	
		BREAD	1409	GARDEN BROWN RICE		0 5 CUP	90.08	2.87	1.65	17.44	23.37	29.68	22.18	0.55	15.25	0.15	0.00	
		DESSERT	1398	PUDDING, CHOCOLATE HOMESTYLE	ENP-H5070	.5 CUP	192.66	6.69	2.79	36.75	217.06	34.57	101.49	0.98	0.76	0.07	0.81	
		MILK/MARG	958	MILK 1%/MARGARINE	S-1110 &	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	31.88	157.92	0.88	2.20	0.10	0.84	
		A ADD ONLY																
		B ADD ONLY	1007	SAUCE, TARTAR	B-7025	.5625oz/1TB	24.56	0.36	1.58	2.33	9.90	0.40	72.21	0.01	1.04	0.00	0.00	
		ADD BOTH																
		ADD BOTH																
		TOTAL A				106356.79%	28.21%	777.10	33.34	24.36	101.23	593.85	125.16	574.68	2.87	68.90	0.87	1.65
		TOTAL B				84354.01%	36.51%	787.83	34.22	31.96	95.79	623.75	145.26	523.10	5.34	77.47	0.93	2.85
		DIET SUB	646	SALAD, MARINATED ZUCCHINI	S-2210	4.16OZ/.5C	100.20	1.02	5.63	12.12	15.43	14.43	10.24	0.24	21.38	0.18	0.00	
		DIET SUB	856	PUDDING, CHOCOLATE- DIET	H-2272	4.45OZ/.5C	89.42	5.13	0.12	18.12	182.99	15.59	150.71	0.58	0.96	0.05	0.57	
		TOTAL DIET		DIET CALCULATIONS		28.97%	673.86	31.78	21.69	82.60	559.78	106.18	623.90	2.47	69.10	0.85	1.41	
		Tues JULY 11																
		ENTREE A	309	TURKEY, ROASTED, SLICED	E-2305-3	3 OZ	114.82	25.57	4.48	0.00	10.21	24.66	44.23	1.48	0.00	0.48	0.33	
		ENTREE B	255	PORK PATTY	E-2854	4 OZ	350.58	28.49	22.09	7.73	72.34	35.05	492.04	3.51	2.98	0.45	0.68	
		VEGGIE 1	929	SWEET POTATOES, WHIPPED PLAIN	D-1030	4.0oz/.5C	116.63	1.95	0.12	27.48	31.70	22.65	11.32	0.33	27.85	0.27	0.00	
		VEGGIE 2	500	MIXED VEGS-BB	D-2218	2.43oz/.33C	49.35	2.31	0.12	10.63	16.78	15.93	105.42	0.38	4.16	0.16	0.00	
		BREAD	1061	BREAD, ONION	H-2209	2.0 OZ	150.05	4.10	3.99	25.04	23.49	19.54	197.79	0.51	1.34	0.08	0.04	
		DESSERT	840	ICE CREAM, CUP	BOWES	4OZ/.5C	133.30	2.30	7.30	15.60	84.00	9.00	53.00	0.46	0.00	0.03	0.26	
		MILK/MARG	958	MILK 1%/MARGARINE	S-1110 &	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	31.88	157.92	0.88	2.20	0.10	0.84	
		A ADD ONLY	983	GRAVY, POULTRY W/BASE	B-6018	2.20 OZ.	15.02	0.30	0.15	3.10	0.97	0.55	78.72	0.02	0.01	0.00	0.01	
		B ADD ONLY	980	GRAVY, PORK W/BASE	B-6012	2.22 OZ.	16.09	0.36	0.18	3.26	1.14	0.94	104.56	0.02	0.38	0.00	0.00	
		ADD BOTH																
		ADD BOTH																
		TOTAL A				28.41%	708.35	44.03	22.36	92.73	447.55	124.21	648.40	4.06	35.56	1.12	1.47	
		TOTAL B				38.09%	945.18	47.01	40.00	100.62	509.85	134.99	1122.05	6.09	38.91	1.09	1.82	
		DIET SUB	500	MIXED VEGS-BB	D-2218	2.43oz/.33C	49.35	2.31	0.12	10.63	16.78	15.93	105.42	0.38	4.16	0.16	0.00	
		DIET SUB	840	ICE CREAM, CUP	BOWES	4OZ/.5C	133.30	2.30	7.30	15.60	84.00	9.00	53.00	0.46	0.00	0.03		
		TOTAL DIET		DIET CALCULATIONS		28.41%	708.35	44.03	22.36	92.73	447.55	124.21	648.40	4.06	35.56	1.12	1.47	
		Wed JULY 12																
		ENTREE A	184	CHICKEN, CREAMED AND VEGETABLE	E-2145-2	6.00Z/1C.	263.53	22.46	9.72	20.86	130.53	40.00	369.97	1.79	8.70	0.36	0.49	
		ENTREE B	129	BEEF, HAMBURGER 1/4 LB	E-6815	3.16 OZ.	271.28	19.96	20.05	1.91	25.40	0.07	42.64	4.63	0.00	0.18	1.61	
		VEGGIE 1	933.5	WHIPPED POTATOES w/VIT C		0 .33 CUP	60.57	1.93	0.17	13.11	30.17	NA	28.79	NA	17.14	0.01	0.09	
		VEGGIE 2	532	SPINACH-BB	D-2212	2.36oz/.33C	23.84	2.08	0.14	4.95	96.89	45.53	102.09	0.46	8.21	0.10	0.00	
		BREAD	1069	BREAD, SUNFLOWER SEED	H-2256	2.0 OZ	155.61	4.24	4.19	25.12	18.17	9.62	205.57	0.39	0.07	0.03		
		DESSERT	829	FRESH, MELON CUP		0 2.82 OZ/.5 C	27.98	0.70	0.22	6.68	8.80	0.00	7.20	0.00	33.74	0.00	0.00	
		MILK/MARG	958	MILK 1%/MARGARINE	S-1110 &	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	31.88	157.92	0.88	2.20	0.10	0.84	
		A ADD ONLY																
		B ADD ONLY	979	GRAVY, MUSHROOM	B-6029	2 OZ.	15.94	0.63	0.30	2.86	2.56	1.93	204.27	0.07	1.23	0.01	0.00	
		ADD BOTH																
		ADD BOTH																
		TOTAL A				28.11%	660.71	38.91	20.64	81.60	564.96	127.03	871.54	3.52	70.06	0.60	1.46	
		TOTAL B				41.12%	684.40	37.04	31.27	65.51	462.39	89.03	748.48	6.43	62.59	0.43	2.58	
		DIET SUB	532	SPINACH-BB	D-2212	2.36oz/.33C	23.84	2.08	0.14	4.95	96.89	45.53	102.09	0.46	8.21	0.10	0.00	
		DIET SUB	829	FRESH, MELON CUP		0 2.82 OZ/.5 C	27.98	0.70	0.22	6.68	8.80	0.00	7.20	0.00	33.74	0.00	0.00	
		TOTAL DIET		DIET CALCULATIONS		28.11%	660.71	38.91	20.64	81.60	564.96	127.03	871.54	3.52	70.06	0.60	1.46	

	DATE				CAL	PRO	FAT	CHO	Ca+	Mg+	Na+	Zn+	C	B-6	B-12	FIBER		
	RECNUM	MENU ITEM	RECIPE NUM	PORTION SIZE	A=600 to 850	gm 17.00	gm	gm	mg 400.00	mg 88.00	mg 1050.00	mg 3.10	mg 30.00	mg 0.57	mcg 0.79	gm 7.00		
DATE		Thurs JULY 13																
ENTREE A	351	CHICKEN,BREADED PATTIE TYSON		2.75 OZ	170.00	10.00	9.00	10.00	NA	NA	480.00	NA	0.00	NA	NA	NA	NA	
ENTREE B	137	BEEF, LIVER & ONIONS	23E-2204	4 OZ	176.64	19.07	3.28	16.89	26.61	25.01	340.59	3.59	6.17	1.01	50.43	1.58		
VEGGIE 1	933.5	WHIPPED POTATOES w/VIT C		0.33 CUP	60.57	1.93	0.17	13.11	30.17	NA	28.79	NA	17.14	0.01	0.09	1.14		
VEGGIE 2	440	BLEND, CAPRI-BB	D-2213	2.57oz/.33C	27.89	0.77	0.00	5.81	11.26	14.58	83.14	0.33	4.47	0.05	0.00	0.00		
BREAD	1050	BREAD, FRENCH	H-5000	2.0 OZ	123.42	4.22	1.01	23.86	17.21	8.86	180.51	0.30	1.53	0.01	0.04	0.89		
DESSERT	730	BAR, CHOCOLATE CHIP	H-2240	1.78 OZ/EA.	224.49	2.83	11.36	28.99	21.30	4.37	81.43	0.17	0.01	0.02	0.07	0.90		
MILK/MARG	958	MILK 1%/MARGARINE	S-1110 & B-6018	1/2PT/1TSP 2.20 OZ.	129.18	7.50	6.20	10.88	280.40	31.88	157.92	0.88	2.20	0.10	0.84	0.00		
A ADD ONLY		GRAVY, POULTRY W/BASE			15.02	0.30	0.15	3.10	0.97	0.55	78.72	0.02	0.01	0.00	0.00			
B ADD ONLY																		
ADD BOTH																		
ADD BOTH																		
TOTAL A					33.44%	750.57	27.55	27.89	95.75	361.31	60.24	1090.51	1.70	25.36	0.19	1.04	2.94	
TOTAL B					26.70%	742.19	36.32	22.02	99.54	386.95	84.70	872.38	5.27	31.52	1.20	51.47	4.51	
DIET SUB	440	BLEND, CAPRI-BB	D-2213	2.57oz/.33C	27.89	0.77	0.00	5.81	11.26	14.58	83.14	0.33	4.47	0.05	0.00	0.00		
DIET SUB	1318	DIET SPLENDA CHOC CHIP CKY		0 1.06 OZ	144.40	1.69	8.03	16.30	17.59	6.98	37.97	0.18	0.00	0.01	0.03	0.43		
TOTAL DIET		DIET CALCULATIONS			32.96%	670.48	26.41	24.56	83.06	357.60	62.85	1047.05	1.71	25.35	0.18	1.00	2.47	
DATE		Fri JULY 14																
ENTREE A	210	CHICKEN, SALAD	2F-2204	4.64OZ/.5C	172.81	17.63	7.74	7.84	31.88	5.74	228.56	0.04	4.04	0.02	0.00	0.52		
ENTREE B	224	EGG, SALAD	F-6004	4.3oz	160.61	11.40	11.33	2.54	55.40	11.56	311.79	0.94	1.10	2.03	6.17	0.27		
VEGGIE 1	530	SOUP, VEGETARIAN VEGETABLE	C-2116	8oz/1C	99.10	3.14	0.40	21.84	44.06	23.98	205.75	0.44	15.95	0.16	0.00	3.62		
VEGGIE 2	676	SLAW, CREAMY COLE	S-2265	4.11OZ/.5C	116.09	1.80	6.99	12.47	53.89	9.92	79.93	0.18	26.69	0.09	0.01	1.85		
BREAD	1073	BREAD, WHOLE WHEAT	H-2210	2.0 OZ	151.76	4.28	4.02	25.01	19.23	16.71	149.63	0.49	0.06	0.06	0.04	1.54		
DESSERT	778	CANNED, PEACHES - LIGHT SYRUP	H-2392	4.5oz/.5C	60.53	0.56	0.15	15.53	2.98	4.96	6.95	0.16	2.48	0.02	0.00	0.69		
MILK/MARG	958	MILK 1%/MARGARINE	S-1110 & B-6018	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	31.88	157.92	0.88	2.20	0.10	0.84	0.00		
A ADD ONLY																		
B ADD ONLY																		
ADD BOTH	695	LETTUCE, SHREDDED		0 4.8OZ/.25C	4.94	0.28	0.06	0.98	6.86	2.92	4.97	0.06	4.13	0.02	0.00	0.17		
ADD BOTH																		
TOTAL A					101116.09%	31.32%	734.41	35.19	25.56	94.55	439.30	96.11	833.71	2.25	55.55	0.47	8.39	
TOTAL B					71750.18%	36.32%	722.21	28.96	29.15	89.25	462.82	101.93	916.94	3.15	52.61	2.48	7.06	8.14
DIET SUB	676	SLAW, CREAMY COLE	S-2265	4.11OZ/.5C	116.09	1.80	6.99	12.47	53.89	9.92	79.93	0.18	26.69	0.09	0.01	1.85		
DIET SUB	779	CANNED, PEARS - DIET	S-1239	4.13 OZ/.5C	33.96	0.22	0.04	9.15	4.68	4.68	2.34	0.11	1.17	0.02	0.00	0.71		
TOTAL DIET		DIET CALCULATIONS			32.35%	707.84	34.85	25.45	88.17	441.00	95.83	829.10	2.20	54.24	0.47	8.89	8.41	
DATE		Mon JULY 17																
ENTREE A	261	PORK, ROAST SLICED	3E-3050	3 OZ	207.96	23.26	12.03	0.14	10.58	19.54	127.58	2.63	0.31	0.39	0.80	0.03		
ENTREE B	1418	MEATBALLS, TURKEY APPLE		0 2 ea	181.47	19.56	7.94	7.98	41.85	26.75	226.19	2.32	1.00	0.55	0.99	0.76		
VEGGIE 1	937.5	POTATOES, COLCANNON		0 3.83oz/.33C	51.59	1.03	0.02	11.25	61.49	3.16	154.70	0.04	22.26	0.02	0.00	1.26		
VEGGIE 2	427	BEANS, LIMA-BB	D-2259	2.35oz/.33C	74.56	4.43	0.20	14.10	18.90	37.34	64.70	0.37	3.97	0.08	0.00	0.00		
BREAD	1047	BREAD, CRACKED WHEAT	H-2231	2.0 OZ	151.62	4.21	3.94	24.93	18.34	11.44	198.02	0.32	2.22	0.03	0.04	1.54		
DESSERT	1338	HERMIT BAR		0 1 EA	176.89	2.14	7.19	27.56	71.18	4.67	56.16	0.10	0.18	0.01	0.00	0.60		
MILK/MARG	958	MILK 1%/MARGARINE	S-1110 & B-23 (Pfm)	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	31.88	157.92	0.88	2.20	0.10	0.84	0.00		
A ADD ONLY	1023	GLAZE, ORANGE		1 OZ	70.37	0.19	2.21	3.26	0.05	0.03	26.02	2.04	0.08	0.00	5.88	0.24		
B ADD ONLY	976	GRAVY, BROWN W/BASE	B-6015	2.28 OZ.	17.21	0.43	0.18	3.55	1.84	1.87	102.95	0.04	1.13	0.01	0.00	0.04		
ADD BOTH																		
ADD BOTH																		
TOTAL A					33.18%	862.17	42.76	31.79	92.12	460.94	108.06	785.10	6.38	31.22	0.63	7.56	3.67	
TOTAL B					29.52%	782.52	39.30	25.67	100.25	494.00	117.11	960.64	4.07	32.96	0.80	1.87	4.20	
DIET SUB	427	BEANS, LIMA-BB	D-2259	2.35oz/.33C	74.56	4.43	0.20	14.10	18.90	37.34	64.70	0.37	3.97	0.08	0.00	0.00		
DIET SUB	1314	DIET SPLENDA MOLASSES CKY		0 1 EA	213.09	2.35	14.26	18.71	18.92	12.83	258.03	0.16	0.23	0.03	0.00	0.85		
TOTAL DIET		DIET CALCULATIONS			38.93%	898.37	42.97	38.86	83.27	408.68	116.22	986.97	6.44	31.27	0.65	7.56	3.92	
DATE		Tues JULY 18																
ENTREE A	385	TURKEY, RST for HOT SAND		0 2 OZ	96.40	16.63	2.82	0.00	14.17	14.75	39.69	1.76	0.00	0.26	0.21	0.00		
ENTREE B	243	HAM, SANDWICH & CHEESE	F-6039	2.0 OZ.	141.20	10.99	10.56	0.60	176.92	11.06	655.23	1.56	3.97	0.29	1.61	0.00		
VEGGIE 1	1267	SOUP, MINSTRONE	DELI	1 CUP	136.66	3.92	5.04	19.50	57.04	28.41	350.39	0.46	7.48	0.15	0.00	3.55		
VEGGIE 2	687	SLAW, COUNTRY	S-2286	3.34 oz/.5 C	66.32	1.66	3.63	7.42	53.14	11.36	99.50	0.25	22.43	0.09	0.06	1.79		
BREAD	1073	BREAD, WHOLE WHEAT	H-2210	2.0 OZ	151.76	4.28	4.02	25.01	19.23	16.71	149.63	0.49	0.06	0.06	0.04	1.54		
DESSERT	727	APPLESAUCE, SPICED - DIET	D-3201	4.25oz	52.76	0.21	0.06	13.86	4.87	3.72	2.47	0.04	1.49	0.23	1.02	0.67		
MILK/MARG	958	MILK 1%/MARGARINE	S-1110 & B-6018	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	31.88	157.92	0.88	2.20	0.10	0.84	0.00		
A ADD ONLY																		
B ADD ONLY																		
ADD BOTH	695	LETTUCE, SHREDDED		0 4.8OZ/.25C	4.94	0.28	0.06	0.98	6.86	2.92	4.97	0.06	4.13	0.02	0.00	0.17		
ADD BOTH	1027	SAUCE, DIJONNAISE		0 1 TB	46.20	0.08	4.39	1.47	0.80	0.00	146.27	0.00	0.04	0.00	0.00	0.01		
TOTAL A					34.48%	684.22	34.55	26.22	79.12	436.51	109.74	950.84	3.94	37.83	0.91	2.17	7.73	
TOTAL B					41.92%	729.02	28.92	33.96	79.72	599.26	106.06	1566.38	3.74	41.80	0.94	3.57	7.73	
DIET SUB	687	SLAW, COUNTRY	S-2286	3.34 oz/.5 C	66.32	1.66	3.63	7.42	53.14	11.36	99.50	0.25	22.43	0.09	0.06	1.79		
DIET SUB	727	APPLESAUCE, SPICED - DIET	D-3201	4.25oz	52.76	0.21	0.06	13.86	4.87	3.72	2.47	0.04	1.49	0.23	1.02	0.67		
TOTAL DIET		DIET CALCULATIONS			34.48%	684.22	34.55	26.22	79.12	436.51	109.74	950.84	3.94	37.83	0.91	2.17	7.73	

	DATE		RECIPE	PORTION	CAL	PRO	FAT	CHO	Ca+	Mg+	Na+	Zn+	C	B-6	B-12	FIBER		
	RECNUM	MENU ITEM	NUM	SIZE	A=600 to 850	gm 17.00	gm	gm	mg 400.00	mg 88.00	mg 1050.00	mg 3.10	mg 30.00	mg 0.57	mcg 0.79	gm 7.00		
DATE		Wed JULY 19																
ENTREE A	372	TURKEY PATTIE	E-2530	4 OZ	198.96	21.99	8.61	8.23	68.27	34.48	477.71	2.58	2.81	0.62	1.12	1.10		
ENTREE B	1346	SMKHSE RIBETTE (CHKN&BEEF)	KINGSCOM	3.75 OZ	220.00	18.00	11.00	14.00	100.00	NA	350.00	NA	4.80	NA	NA	3.00		
VEGGIE 1	938.5	POTATOES, SOUR CRM & CHIVE		0.33 C	66.76	1.05	1.16	12.18	61.49	1.24	157.76	0.07	18.00	0.00	0.00	0.91		
VEGGIE 2	656	SALAD, ROMAINE ICEBERG	S-1249	1.96oz/.5c	10.24	0.72	0.11	1.87	17.13	4.81	9.33	0.06	9.52	0.02	0.00	0.48		
BREAD	1104	ROLL, MULTIGRAIN	H-2246	2.0 OZ	150.44	4.23	3.99	24.87	21.00	9.11	206.03	0.27	2.22	0.02	0.04	2.02		
DESSERT	868	WHIP, ORANGE	H-1055	4.29 OZ/.5C	99.40	1.62	1.50	20.53	2.80	8.62	51.26	0.01	20.62	0.01	0.00	0.01		
MILK/MARG	958	MILK 1%/MARGARINE	S-1110 &	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	31.88	157.92	0.88	2.20	0.10	0.84	0.00		
A ADD ONLY	983	GRAVY, POULTRY W/BASE	B-6018	2.20 OZ.	15.02	0.30	0.15	3.10	0.97	0.55	78.72	0.02	0.01	0.00	0.00	0.01		
B ADD ONLY																		
ADD BOTH																		
ADD BOTH	968	DRESSING, LOCAL 1000 ISLAND	S-1254	2TB (1.0 oz	27.60	0.84	1.62	2.64	23.70	1.98	63.78	0.12	0.96	0.00	0.06	0.12		
TOTAL A					30.11%	697.60	38.25	23.34	84.30	475.76	92.67	1202.51	4.01	56.34	0.77	2.06	4.65	
TOTAL B					32.72%	703.62	33.96	25.58	86.97	506.52	57.64	996.08	1.41	58.32	0.15	0.94	6.54	
DIET SUB	656	SALAD, ROMAINE ICEBERG	S-1249	1.96oz/.5c	10.24	0.72	0.11	1.87	17.13	4.81	9.33	0.06	9.52	0.02	0.00	0.48		
DIET SUB	867	WHIP, CHERRY/LIME - DIET	H-2310	3.36OZ/.5C	23.89	1.59	0.00	2.79	0.00	0.51	0.00	0.00	7.15	0.00	0.00	0.00		
TOTAL DIET		DIET CALCULATIONS			31.60%	622.09	38.22	21.84	66.56	472.96	84.56	1151.25	4.00	42.87	0.76	2.06	4.64	
DATE		Thurs JULY 20																
ENTREE A	206	CHICKEN, PAPRIKA	E-3116	3.01 OZ	131.00	24.13	2.97	0.46	6.60	30.19	79.18	0.67	2.57	0.86	0.23	0.08		
ENTREE B	1401	KINGS COM PORK CHOPPIE		0 4 OZ	260.00	18.00	13.00	0.00	0.00	0.00	260.00	0.00	0.00	0.00	0.00	0.00		
VEGGIE 1	933.5	WHIPPED POTATOES w/VIT C		0.33 CUP	60.57	1.93	0.17	13.11	30.17	NA	28.79	NA	17.14	0.01	0.09	1.14		
VEGGIE 2	513	PEAS, GREEN-BB	D-9067	2.96oz/.33C	54.41	3.19	0.17	10.37	15.38	13.76	105.33	0.41	6.10	0.07	0.00	3.39		
BREAD	1073	BREAD, WHOLE WHEAT	H-2210	2.0 OZ	151.76	4.28	4.02	25.01	19.23	16.71	149.63	0.49	0.06	0.06	0.04	1.54		
DESSERT	690	SALAD, MIXED FRUIT SUMR	S-2221	3.72OZ/.5C	51.55	0.58	0.22	13.15	9.55	9.45	4.74	0.09	14.69	0.07	0.00	0.43		
MILK/MARG	958	MILK 1%/MARGARINE	S-1110 &	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	31.88	157.92	0.88	2.20	0.10	0.84	0.00		
A ADD ONLY	983	GRAVY, POULTRY W/BASE	B-6018	2.20 OZ.	15.02	0.30	0.15	3.10	0.97	0.55	78.72	0.02	0.01	0.00	0.00	0.01		
B ADD ONLY																		
ADD BOTH																		
ADD BOTH																		
TOTAL A					179029.51%	21.07%	593.49	41.91	13.89	76.08	362.30	102.54	604.32	2.56	42.77	1.17	1.20	6.59
TOTAL B					105584.84%	30.24%	707.47	35.48	23.77	72.52	354.73	71.80	706.42	1.87	40.19	0.31	0.97	6.50
DIET SUB	513	PEAS, GREEN-BB	D-9067	2.96oz/.33C	54.41	3.19	0.17	10.37	15.38	13.76	105.33	0.41	6.10	0.07	0.00	3.39		
DIET SUB	690	SALAD, MIXED FRUIT SUMR	S-2221	3.72OZ/.5C	51.55	0.58	0.22	13.15	9.55	9.45	4.74	0.09	14.69	0.07	0.00	0.43		
TOTAL DIET		DIET CALCULATIONS			21.07%	593.49	41.91	13.89	76.08	362.30	102.54	604.32	2.56	42.77	1.17	1.20	6.59	
DATE		Fri JULY 21																
ENTREE A	1376	FISH, BREADED POLLOCK PC		0 4 OZ	240.00	13.00	8.00	19.00	20.00	0.00	220.00	0.00	0.00	0.28	0.00	1.00		
ENTREE B	158	BEEF, SLOPPY JOE	F-7034	5.0 OZ.	191.26	12.68	11.97	8.29	32.26	17.42	375.62	2.78	6.44	0.17	1.19	0.22		
VEGGIE 1	414	BEANS, BAKED	D-9101	3.26oz/.33C	114.78	5.67	0.63	22.70	47.70	38.64	271.51	0.66	3.99	0.24	0.00	2.01		
VEGGIE 2	692	SALAD, MAND ORG & PA		0 3.45OZ/.5C	59.11	0.42	0.09	15.58	10.40	10.87	3.33	0.16	14.12	0.06	0.00	0.73		
BREAD	1075	BUN, HAMBURGER	H-7438	1.06 OZ.	89.16	2.50	1.70	15.93	22.04	8.01	155.28	0.25	0.00	0.01	0.00	0.88		
DESSERT	750	CAKE, FROSTED	H-7966	2.64 OZ.	211.40	1.31	7.82	34.71	16.36	0.47	203.51	0.01	0.02	0.00	0.01	0.00		
MILK/MARG	958	MILK 1%/MARGARINE	S-1110 &	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	31.88	157.92	0.88	2.20	0.10	0.84	0.00		
A ADD ONLY	1007	SAUCE, TARTAR	B-7025	.5625oz/1TB	24.56	0.36	1.58	2.33	9.90	0.40	72.21	0.01	1.04	0.00	0.00	0.07		
B ADD ONLY																		
ADD BOTH																		
ADD BOTH																		
TOTAL A					26.97%	868.19	30.76	26.02	121.13	406.80	90.27	1083.76	1.97	21.37	0.69	0.85	4.69	
TOTAL B					32.17%	794.89	30.08	28.41	108.09	409.16	107.29	1167.17	4.74	26.77	0.58	2.04	3.84	
DIET SUB	692	SALAD, MAND ORG & PA		0 3.45OZ/.5C	59.11	0.42	0.09	15.58	10.40	10.87	3.33	0.16	14.12	0.06	0.00	0.73		
DIET SUB	887	CAKE, DIET SOURCE		0 2 x 2 EA	90.00	1.00	1.00	19.00	NA	0.00	90.00	0.00	NA	0.00	0.00	0.00		
TOTAL DIET		DIET CALCULATIONS			23.14%	746.79	30.45	19.20	105.42	390.44	89.80	970.25	1.96	21.35	0.69	0.84	4.69	
DATE		Mon JULY 24																
ENTREE A	1380	CHICKEN PASTA MARSALA		0 1 CUP	269.32	20.16	5.10	30.79	109.18	41.13	502.24	1.06	2.14	0.46	0.37	1.55		
ENTREE B	159	BEEF, SPANISH RICE	2E-2744	9.63OZ/1C.	313.90	18.38	12.82	30.00	78.01	23.36	341.87	3.38	20.85	0.52	1.36	2.41		
VEGGIE 1	478	CARROTS, FROZEN-M	D-2241	3.2oz/.5C	48.31	1.08	1.92	7.36	25.57	8.95	73.86	0.21	2.49	0.11	0.00	1.60		
VEGGIE 2	660	SALAD, SPINACH ROMAINE	S-1251	1.96OZ/.5C.	11.99	1.08	0.14	2.15	33.13	19.59	24.02	0.13	13.71	0.06	0.00	0.97		
BREAD	1058	BREAD, OAT BRAN	H-2333	2.0 OZ	150.27	4.25	4.01	24.86	21.58	11.44	206.06	0.32	2.22	0.03	0.04	1.99		
DESSERT	831	FRESH, ORANGE	S-8512	5.75 OZ	100.91	2.08	0.48	24.83	112.12	22.42	3.20	0.18	113.72	0.15	0.00	7.21		
MILK/MARG	958	MILK 1%/MARGARINE	S-1110 &	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	31.88	157.92	0.88	2.20	0.10	0.84	0.00		
A ADD ONLY																		
B ADD ONLY																		
ADD BOTH																		
ADD BOTH	968	DRESSING, LOCAL 1000 ISLAND	S-1254	2TB (1.0 oz	27.60	0.84	1.62	2.64	23.70	1.98	63.78	0.12	0.96	0.00	0.06	0.12		
TOTAL A					23.76%	737.58	36.99	19.47	103.51	605.68	137.39	1031.08	2.90	137.44	0.91	1.31	13.44	
TOTAL B					31.29%	782.16	35.21	27.19	102.72	574.51	119.62	870.71	5.22	156.15	0.97	2.30	14.30	
DIET SUB	660	SALAD, SPINACH ROMAINE	S-1251	1.96OZ/.5C.	11.99	1.08	0.14	2.15	33.13	19.59	24.02	0.13	13.71	0.06	0.00	0.97		
DIET SUB	831	FRESH, ORANGE	S-8512	5.75 OZ	100.91	2.08	0.48	24.83	112.12	22.42	3.20	0.18	113.72	0.15	0.00	7.21		
TOTAL DIET		DIET CALCULATIONS			23.76%	737.58	36.99	19.47	103.51	605.68	137.39	1031.08	2.90	137.44	0.91	1.31	13.44	

DATE	RECNUM	MENU ITEM	RECIPE NUM	PORTION SIZE	CAL A=600 to 850	PRO gm 17.00	FAT gm	CHO gm	Ca+ mg 400.00	Mg+ mg 88.00	Na+ mg 1050.00	Zn+ mg 3.10	C mg 30.00	B-6 mg 0.57	B-12 mcg 0.79	FIBER gm 7.00		
DATE		Tues JULY 25																
ENTREE A	1395	LASAGNA CHZ ROLLUPS		0 3 OZ	150.00	8.00	4.00	19.00	100.00	NA	370.00	NA	0.00	NA	NA	1.00		
ENTREE B	267	PORK, WESTERN STEW	2E-2087	9.57OZ/1C.	255.07	24.79	5.18	26.27	62.95	47.29	448.38	2.58	3.90	0.66	0.58	5.21		
VEGGIE 1	461	BROCCOLI, CUTS-BB	D-2225	3.56oz/5C	35.20	3.13	0.12	7.13	52.25	20.25	130.32	0.30	40.64	0.27	0.00	2.22		
VEGGIE 2	630	SALAD, CUCUMBER & TOM(LCITAL)	S-1241	3.38OZ/5C.	20.58	0.69	0.51	3.98	10.71	10.10	28.90	0.16	10.31	0.07	0.00	0.61		
BREAD	1101	ROLL, HERB	H-2356	2.0 OZ	138.79	4.73	1.17	26.88	19.70	10.50	153.88	0.39	0.08	0.03	0.04	1.02		
DESSERT	733	BAR, PEANUT BUTTER	H-2367	1.72 OZ.	210.19	4.19	10.72	25.91	18.90	23.76	185.67	0.41	0.00	0.05	0.18	0.28		
MILK/MARG	958	MILK 1%/MARGARINE	S-1110 &	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	31.88	157.92	0.88	2.20	0.10	0.84	0.00		
A ADD ONLY																		
B ADD ONLY																		
ADD BOTH																		
ADD BOTH																		
TOTAL A					29.90%	683.94	28.24	22.72	93.78	481.96	96.49	1026.69	2.14	53.23	0.52	1.06	5.13	
TOTAL B					27.26%	789.01	45.03	23.90	101.05	444.91	143.78	1105.07	4.72	57.13	1.18	1.64	9.34	
DIET SUB	630	SALAD, CUCUMBER & TOM(LCITAL)	S-1241	3.38OZ/5C.	20.58	0.69	0.51	3.98	10.71	10.10	28.90	0.16	10.31	0.07	0.00	0.61		
DIET SUB	1317	DIET SPLENDA PNB COOKIE		0 1.08 OZ	167.07	3.04	11.47	13.68	9.06	15.83	89.16	0.31	0.00	0.05	0.00	0.73		
TOTAL DIET		DIET CALCULATIONS			32.96%	640.82	27.09	23.47	81.55	472.12	88.56	930.18	2.04	53.23	0.52	0.88	5.58	
DATE		Wed JULY 26																
ENTREE A	369	PASTA SALAD w/CHICKEN	S-2317	1 CUP	238.28	20.67	4.29	27.51	42.17	23.94	247.80	0.44	33.03	0.09	0.00	2.08		
ENTREE B	1417	PASTA SALAD w/TUNA		0 1 CUP	192.74	17.06	1.31	28.79	36.19	25.69	292.69	0.48	34.16	0.10	0.00	2.17		
VEGGIE 1	529	SOUP, VEGETABLE BEEF OLD FASH	C-7031	8.66/1 C	91.44	6.96	1.52	12.72	33.31	18.10	412.16	1.61	7.73	0.23	0.46	1.79		
VEGGIE 2	676	SLAW, CREAMY COLE	S-2265	4.11OZ/5C	116.09	1.80	6.99	12.47	53.89	9.92	79.93	0.18	26.69	0.09	0.01	1.85		
BREAD	1118	ROLL, WHOLE WHEAT DINNER	H-2245	2.0 OZ	151.76	4.28	4.02	25.01	19.16	16.69	148.98	0.49	0.06	0.06	0.04	1.54		
DESSERT	780	CANNED, PEARS - LITE SYRUP	S-1201	4.43OZ/5C	71.59	0.24	0.04	19.05	6.28	5.02	6.28	0.10	0.88	0.02	0.00	0.75		
MILK/MARG	958	MILK 1%/MARGARINE	S-1110 &	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	31.88	157.92	0.88	2.20	0.10	0.84	0.00		
A ADD ONLY																		
B ADD ONLY																		
ADD BOTH																		
ADD BOTH																		
TOTAL A					143500.40%	26.00%	798.34	41.45	23.06	107.64	435.21	105.55	1053.07	3.70	70.59	0.59	1.35	8.01
TOTAL B					141862.31%	24.01%	752.80	37.84	20.08	108.92	429.23	107.30	1097.96	3.74	71.72	0.60	1.35	8.10
DIET SUB	660	SALAD, SPINACH ROMAINE	S-1251	1.96OZ/5C.	11.99	1.08	0.14	2.15	33.13	19.59	24.02	0.13	13.71	0.06	0.00	0.97		
DIET SUB	777	CANNED, PEACHES - DIET	H-6000	4.25OZ/5C.	43.66	0.63	0.03	11.48	5.95	6.95	3.97	0.11	3.57	0.02	0.00	1.29		
TOTAL DIET		DIET CALCULATIONS			21.88%	666.31	41.12	16.20	89.75	414.12	117.15	994.85	3.66	60.30	0.56	1.34	7.67	
DATE		Thurs JULY 27																
ENTREE A	170	BEEF, THREE BEAN CASSEROLE	E-2167	9.45oz/1c	364.85	28.56	12.25	35.69	106.71	65.74	495.67	4.56	1.98	0.64	1.39	7.26		
ENTREE B	1370	SW OMELET BAKE		0 1 EA	345.22	23.11	23.21	11.64	577.65	43.83	541.55	2.27	9.95	0.16	0.80	1.83		
VEGGIE 1	497	CORN, W. KERNEL-M	D-2242	3.15oz/5C	86.85	2.65	1.89	17.89	2.42	15.74	25.75	0.30	2.26	0.12	0.00	1.83		
VEGGIE 2	676	SLAW, CREAMY COLE	S-2265	4.11OZ/5C	116.09	1.80	6.99	12.47	53.89	9.92	79.93	0.18	26.69	0.09	0.01	1.85		
BREAD	1078	CORNBREAD	H-9081	2.36 OZ.	211.65	5.46	7.48	31.23	154.86	30.62	278.01	0.68	0.29	0.09	0.25	1.66		
DESSERT	1398	PUDDING, CHOCOLATE HOMESTYLE	ENP-H5070	.5 CUP	192.66	6.69	2.79	36.75	217.06	34.57	101.49	0.98	0.76	0.07	0.81	1.03		
MILK/MARG	958	MILK 1%/MARGARINE	S-1110 &	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	31.88	157.92	0.88	2.20	0.10	0.84	0.00		
A ADD ONLY																		
B ADD ONLY																		
ADD BOTH																		
ADD BOTH																		
TOTAL A					30.73%	1101.28	52.66	37.60	144.91	815.34	188.47	1138.77	7.58	34.18	1.11	3.30	13.63	
TOTAL B					40.40%	1081.65	47.21	48.56	120.86	1286.28	166.56	1184.65	5.29	42.15	0.63	2.71	8.20	
DIET SUB	660	SALAD, SPINACH ROMAINE	S-1251	1.96OZ/5C.	11.99	1.08	0.14	2.15	33.13	19.59	24.02	0.13	13.71	0.06	0.00	0.97		
DIET SUB	856	PUDDING, CHOCOLATE- DIET	H-2272	4.45OZ/5C	89.42	5.13	0.12	18.12	182.99	15.59	150.71	0.58	0.96	0.05	0.57	0.00		
TOTAL DIET		DIET CALCULATIONS			28.27%	893.94	50.38	28.08	115.96	760.51	179.16	1132.08	7.13	21.40	1.06	3.05	11.72	
DATE		Fri JULY 28																
ENTREE A	387	CHICKEN IN PEANUT SAUCE		0 1 CUP	312.42	22.77	20.98	10.56	26.95	47.63	404.79	0.91	2.03	0.21	0.00	2.28		
ENTREE B	166	BEEF, STUFFED GREEN PEPPER	2E-2748	12.7OZ/1C.	198.50	15.45	10.19	12.59	77.77	25.00	391.95	2.44	69.03	0.50	1.05	2.20		
VEGGIE 1	417	BEANS, GREEN FZN-BB	D-6011	2.66oz/33c	23.75	0.95	0.11	5.59	29.58	6.24	61.75	0.14	2.71	0.02	0.01	1.91		
VEGGIE 2	662	SALAD, TOSSED	S-7829	.95OZ/ .5 CU	9.88	0.55	0.11	1.96	13.71	5.83	9.93	0.12	8.26	0.04	0.00	0.33		
BREAD	1114	ROLL, SUNFLOWER SEED	H-9091	2.0 OZ	155.61	4.24	4.19	25.12	18.17	9.62	148.98	0.39	0.07	0.03	0.04	0.99		
DESSERT	729	BAR, BUTTERSCOTCH		0 1.45 OZ/EA	182.49	2.42	8.96	24.22	32.99	14.71	154.35	0.25	0.08	0.04	0.01	0.59		
MILK/MARG	958	MILK 1%/MARGARINE	S-1110 &	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	31.88	157.92	0.88	2.20	0.10	0.84	0.00		
A ADD ONLY	903	NOODLES	D-1039	3.35 OZ/5C	130.52	4.79	2.06	23.06	18.07	22.82	11.41	0.60	0.00	0.11	0.13	0.00		
B ADD ONLY																		
ADD BOTH																		
ADD BOTH																		
TOTAL A					40.00%	976.80	43.43	43.41	108.13	425.65	144.46	1019.13	3.33	16.89	0.58	1.13	6.20	
TOTAL B					37.56%	732.36	31.32	30.56	87.10	458.40	99.01	994.88	4.26	83.89	0.76	2.05	6.12	
DIET SUB	662	SALAD, TOSSED	S-7829	.95OZ/ .5 CU	9.88	0.55	0.11	1.96	13.71	5.83	9.93	0.12	8.26	0.04	0.00	0.33		
DIET SUB	1316	DIET SPLENDA CINN SUG COOKIE		0 1.29 OZ	138.99	2.32	7.21	15.92	58.89	4.36	162.81	0.13	0.09	0.01	0.00	0.61		
TOTAL DIET		DIET CALCULATIONS			40.18%	933.30	43.33	41.66	99.83	451.55	134.11	1027.59	3.21	16.90	0.55	1.12	6.22	

	DATE	MENU ITEM	RECIPE	PORTION	CAL	PRO	FAT	CHO	Ca+	Mg+	Na+	Zn+	C	B-6	B-12	FIBER		
	RECNUM		NUM	SIZE	A=600 to 850	gm	gm	gm	mg	mg	mg	mg	mg	mg	mcg	gm		
						17.00			400.00	88.00	1050.00	3.10	30.00	0.57	0.79	7.00		
DATE		Mon JULY 31																
ENTREE A	295	TURKEY, DIVAN CASSEROLE	2E-2818	8.43oz/1c	252.68	21.07	7.71	24.22	234.19	38.75	371.43	2.40	26.33	0.39	0.68	1.72		
ENTREE B	103	BEEF, BAKED RIGATONI	E-2126	7.29oz/1c	334.91	18.39	14.38	32.85	72.18	23.21	401.21	3.57	6.99	0.19	1.03	0.40		
VEGGIE 1	513	PEAS, GREEN-BB	D-9067	2.96oz/.33C	54.41	3.19	0.17	10.37	15.38	13.76	105.33	0.41	6.10	0.07	0.00	3.39		
VEGGIE 2	646	SALAD, MARINATED ZUCCHINI	S-2210	4.16OZ/.5C	100.20	1.02	5.63	12.12	15.43	14.43	10.24	0.24	21.38	0.18	0.00	0.94		
BREAD	1117	ROLL, WHITE DINNER	H-2248	1.38 OZ.	108.81	3.26	2.88	17.25	20.54	6.84	210.69	0.25	0.08	0.02	0.11	0.73		
DESSERT	868	WHIP, ORANGE	H-1055	4.29 OZ/.5C	99.40	1.62	1.50	20.53	2.80	8.62	51.26	0.01	20.62	0.01	0.00	0.01		
MILK/MARG	958	MILK 1%/MARGARINE	S-1110 &	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	31.88	157.92	0.88	2.20	0.10	0.84	0.00		
A ADD ONLY																		
B ADD ONLY																		
ADD BOTH																		
ADD BOTH																		
TOTAL A					29.11%	744.68	37.66	24.09	95.37	568.74	114.28	906.87	4.19	76.71	0.77	1.63	6.79	
TOTAL B					33.48%	826.91	34.98	30.76	104.00	406.73	98.74	936.65	5.36	57.37	0.57	1.98	5.47	
DIET SUB	646	SALAD, MARINATED ZUCCHINI	S-2210	4.16OZ/.5C	100.20	1.02	5.63	12.12	15.43	14.43	10.24	0.24	21.38	0.18	0.00	0.94		
DIET SUB	868	WHIP, ORANGE	H-1055	4.29 OZ/.5C	99.40	1.62	1.50	20.53	2.80	8.62	51.26	0.01	20.62	0.01	0.00	0.01		
TOTAL DIET		DIET CALCULATIONS			29.11%	744.68	37.66	24.09	95.37	568.74	114.28	906.87	4.19	76.71	0.77	1.63	6.79	
DATE		Tues AUG 1																
ENTREE A	190	CHICKEN, HEARTY STEW	2E-2802	8.23OZ/1C.	191.82	18.58	4.87	17.41	43.51	26.63	414.90	1.43	7.72	0.36	0.19	2.60		
ENTREE B	169	BEEF, THREE BEAN CASSEROLE	E-2167	8.25oz/1c	519.07	38.71	11.93	65.33	154.46	128.75	564.41	5.78	5.93	0.86	1.37	7.20		
VEGGIE 1	497	CORN, W. KERNEL-M	D-2242	3.15oz/.5C	86.85	2.65	1.89	17.89	2.42	15.74	25.75	0.30	2.26	0.12	0.00	1.83		
VEGGIE 2	636	SALAD, GARDEN VEGETABLE	S-1248	1.96OZ/.5C	10.50	0.77	0.11	1.92	19.89	8.01	12.44	0.08	9.70	0.03	0.00	0.59		
BREAD	1097	ROLL, CORNMEAL	H-9083	1.3 OZ.	90.25	3.23	0.63	17.81	24.60	12.58	92.58	0.29	0.05	0.12	0.04	1.20		
DESSERT	733	BAR, PEANUT BUTTER	H-2367	1.72 OZ.	210.19	4.19	10.72	25.91	18.90	23.76	185.67	0.41	0.00	0.05	0.18	0.28		
MILK/MARG	958	MILK 1%/MARGARINE	S-1110 &	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	31.88	157.92	0.88	2.20	0.10	0.84	0.00		
A ADD ONLY																		
B ADD ONLY																		
ADD BOTH																		
ADD BOTH																		
TOTAL A					112635.66%	29.84%	784.68	37.35	26.02	105.31	401.27	130.05	1029.27	3.46	25.02	0.83	1.44	6.70
TOTAL B					193209.60%	26.78%	1111.93	57.48	33.08	153.23	512.22	232.17	1178.78	7.81	23.23	1.33	2.62	11.30
DIET SUB	636	SALAD, GARDEN VEGETABLE	S-1248	1.96OZ/.5C	10.50	0.77	0.11	1.92	19.89	8.01	12.44	0.08	9.70	0.03	0.00	0.59		
DIET SUB	1317	DIET SPLENDA PNB COOKIE	0	1.08 OZ	167.07	3.04	11.47	13.68	9.06	15.83	89.16	0.31	0.00	0.05	0.00	0.73		
TOTAL DIET		DIET CALCULATIONS			32.49%	741.56	36.20	26.77	93.08	391.43	122.12	932.76	3.36	25.02	0.83	1.26	7.15	
DATE		Wed AUG 2																
ENTREE A	1359	SALAD, MINI CORO CHKN	0	10.79 OZ	328.59	21.10	10.22	37.59	55.71	35.04	380.15	0.94	31.10	0.23	0.00	2.18		
ENTREE B	1364	PASTA & TKY SALAD	ESHA	6 WZ	222.42	20.32	2.70	27.51	40.99	40.38	257.48	1.86	33.03	0.45	0.53	2.08		
VEGGIE 1	527	SOUP, POTATO ONION CHOWDER-M	C-2102	8.5oz/1 C	224.34	6.43	10.12	27.76	185.64	29.05	356.41	0.74	9.93	0.20	0.54	1.56		
VEGGIE 2	699.5	SALAD, SPIN ROMAINE .75 CUP	0	2.95oz/.75C	17.99	1.62	0.21	3.23	49.70	29.39	36.03	0.20	20.57	0.09	0.00	1.46		
BREAD	1118	ROLL, WHOLE WHEAT DINNER	H-2245	2.0 OZ	151.76	4.28	4.02	25.01	19.16	16.69	148.98	0.49	0.06	0.06	0.04	1.54		
DESSERT	777	CANNED, PEACHES - DIET	H-6000	4.25OZ/.5C.	43.66	0.63	0.03	11.48	5.95	6.95	3.97	0.11	3.57	0.02	0.00	1.29		
MILK/MARG	958	MILK 1%/MARGARINE	S-1110 &	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	31.88	157.92	0.88	2.20	0.10	0.84	0.00		
A ADD ONLY																		
B ADD ONLY																		
ADD BOTH																		
ADD BOTH																		
TOTAL A					30.95%	895.52	41.56	30.80	115.95	596.56	149.00	1083.46	3.36	67.43	0.70	1.42	8.03	
TOTAL B					26.54%	789.35	40.78	23.28	105.87	581.84	154.34	960.79	4.28	69.36	0.92	1.95	7.93	
DIET SUB	699.5	SALAD, SPIN ROMAINE .75 CUP	0	2.95oz/.75C	17.99	1.62	0.21	3.23	49.70	29.39	36.03	0.20	20.57	0.09	0.00	1.46		
DIET SUB	777	CANNED, PEACHES - DIET	H-6000	4.25OZ/.5C.	43.66	0.63	0.03	11.48	5.95	6.95	3.97	0.11	3.57	0.02	0.00	1.29		
TOTAL DIET		DIET CALCULATIONS			30.95%	895.52	41.56	30.80	115.95	596.56	149.00	1083.46	3.36	67.43	0.70	1.42	8.03	
DATE		Thurs AUG 3																
ENTREE A	155	BEEF, SALISBURY STEAK	E-3903	4.5 OZ	279.63	19.39	18.69	8.00	71.40	30.62	358.75	3.51	4.67	0.46	1.73	1.13		
ENTREE B	1376	FISH, BREADED POLLOCK PC	0	4 OZ	240.00	13.00	8.00	19.00	20.00	0.00	220.00	0.00	0.00	0.28	0.00	1.00		
VEGGIE 1	938.5	POTATOES, SOUR CRM & CHIVE	0	.33 C	66.76	1.05	1.16	12.18	61.49	1.24	157.76	0.07	18.00	0.00	0.00	0.91		
VEGGIE 2	500	MIXED VEGS-BB	D-2218	2.43oz/.33C	49.35	2.31	0.12	10.63	16.78	15.93	105.42	0.38	4.16	0.16	0.00	1.64		
BREAD	1067	BREAD, SEVEN GRAIN	H-2225	2.0 OZ	151.65	4.18	4.03	25.09	19.60	10.72	149.63	0.38	0.06	0.04	0.04	1.83		
DESSERT	750	CAKE, FROSTED	H-7966	2.64 OZ.	211.40	1.31	7.82	34.71	16.36	0.47	203.51	0.01	0.02	0.00	0.01	0.00		
MILK/MARG	958	MILK 1%/MARGARINE	S-1110 &	1/2PT/1TSP	129.18	7.50	6.20	10.88	280.40	31.88	157.92	0.88	2.20	0.10	0.84	0.00		
A ADD ONLY																		
B ADD ONLY																		
ADD BOTH																		
ADD BOTH																		
TOTAL A					38.54%	887.97	35.74	38.02	101.49	466.03	90.86	1132.99	5.23	29.11	0.76	2.62	5.51	
TOTAL B					29.81%	872.90	29.71	28.91	114.82	424.53	60.64	1066.45	1.73	25.48	0.58	0.89	5.45	
DIET SUB	500	MIXED VEGS-BB	D-2218	2.43oz/.33C	49.35	2.31	0.12	10.63	16.78	15.93	105.42	0.38	4.16	0.16	0.00	1.64		
DIET SUB	887	CAKE, DIET SOURCE	0	2 x 2 EA	90.00	1.00	1.00	19.00	NA	0.00	90.00	0.00	NA	0.00	0.00	0.00		
TOTAL DIET		DIET CALCULATIONS			36.63%	766.57	35.43	31.20	85.78	449.67	90.39	1019.48	5.22	29.09	0.76	2.61	5.51	

NWS&DS JULY 2017 Entree A	KCALS-A 600-850	PRO gm 17.00	FAT gm	FAT% 30%	CHO gm	Ca+ mg 400.00	Mg+ mg 88.00	Na+ mg 1050.00	Zn+ mg 3.10	Vit C mg 30.00	B-6 mg 0.57	B-12 mcg 0.79	FIBER gm 7.00
Mon JULY 3	717.67	32.56	22.96	28.79%	95.88	437.66	86.58	984.49	1.73	29.87	0.43	1.00	3.69
Tues JULY 4	0.00	0.00	0.00	#DIV/0!	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Wed JULY 5	735.71	34.94	12.87	15.75%	119.20	398.21	149.08	1091.29	68.37	48.19	68.41	71.86	4.32
Thurs JULY 6	685.54	36.56	23.87	31.34%	110.65	408.38	113.14	979.08	5.30	60.85	0.91	2.24	6.50
Fri JULY 7	828.78	47.37	28.92	31.40%	95.85	600.46	113.29	823.24	3.06	25.05	0.48	1.83	7.22
WEEK 1 Total A	741.93	37.86	22.16	26.88%	105.39	461.18	115.52	969.52	19.62	40.99	17.56	19.23	5.43
Mon JULY 10	777.10	33.34	24.36	28.21%	101.23	593.85	125.16	574.68	2.87	68.90	0.87	1.65	7.12
Tues JULY 11	708.35	44.03	22.36	28.41%	92.73	447.55	124.21	648.40	4.06	35.56	1.12	1.47	4.26
Wed JULY 12	660.71	38.91	20.64	28.11%	81.60	564.96	127.03	871.54	3.52	70.06	0.60	1.46	7.88
Thurs JULY 13	750.57	27.55	27.89	33.44%	95.75	361.31	60.24	1090.51	1.70	25.36	0.19	1.04	2.94
Fri JULY 14	734.41	35.19	25.56	31.32%	94.55	439.30	96.11	833.71	2.25	55.55	0.47	0.89	8.39
WEEK 2 Total A	726.23	35.80	24.16	29.94%	93.17	481.39	106.55	803.77	2.88	51.09	0.65	1.30	6.12
Mon JULY 17	862.17	42.76	31.79	33.18%	92.12	460.94	108.06	785.10	6.38	31.22	0.63	7.56	3.67
Tues JULY 18	684.22	34.55	26.22	34.48%	79.12	436.51	109.74	950.84	3.94	37.83	0.91	2.17	7.73
Wed JULY 19	697.60	38.25	23.34	30.11%	84.30	475.76	92.67	1202.51	4.01	56.34	0.77	2.06	4.65
Thurs JULY 20	593.49	41.91	13.89	21.07%	76.08	362.30	102.54	604.32	2.56	42.77	1.17	1.20	6.59
Fri JULY 21	868.19	30.76	26.02	26.97%	121.13	406.80	90.27	1083.76	1.97	21.37	0.69	0.85	4.69
WEEK 3 Total A	741.13	37.65	24.25	29.45%	90.55	428.46	100.66	925.30	3.77	37.91	0.83	2.77	5.47
Mon JULY 24	737.58	36.99	19.47	23.76%	103.51	605.68	137.39	1031.08	2.90	137.44	0.91	1.31	13.44
Tues JULY 25	683.94	28.24	22.72	29.90%	93.78	481.96	96.49	1026.69	2.14	53.23	0.52	1.06	5.13
Wed JULY 26	798.34	41.45	23.06	26.00%	107.64	435.21	105.55	1053.07	3.70	70.59	0.59	1.35	8.01
Thurs JULY 27	1101.28	52.66	37.60	30.73%	144.91	815.34	188.47	1138.77	7.58	34.18	1.11	3.30	13.63
Fri JULY 28	976.80	43.43	43.41	40.00%	108.13	425.65	144.46	1019.13	3.33	16.89	0.58	1.13	6.20
WEEK 4 Total A	859.59	40.55	29.25	30.63%	111.59	552.77	134.47	1053.75	3.93	62.47	0.74	1.63	9.28
Mon JULY 31	744.68	37.66	24.09	29.11%	95.37	568.74	114.28	906.87	4.19	76.71	0.77	1.63	6.79
Tues AUG 1	784.68	37.35	26.02	29.84%	105.31	401.27	130.05	1029.27	3.46	25.02	0.83	1.44	6.70
Wed AUG 2	895.52	41.56	30.80	30.95%	115.95	596.56	149.00	1083.46	3.36	67.43	0.70	1.42	8.03
Thurs AUG 3	887.97	35.74	38.02	38.54%	101.49	466.03	90.86	1132.99	5.23	29.11	0.76	2.62	5.51
Fri AUG 4	935.78	42.33	33.17	31.90%	120.07	743.58	131.19	896.81	4.12	16.80	0.55	1.92	5.65
WEEK 5 Total A	849.73	38.93	30.42	32.22%	107.64	555.24	123.08	1009.88	4.07	43.01	0.72	1.81	6.53
MONTH AVG	783.72	38.16	26.05	29.91%	101.67	495.81	116.05	952.45	6.85	47.09	4.10	5.35	6.57

c Bateman Sr Meals

B.Cloninger, MS, RD 5/22/2017

NWS&DS JULY 2017 Entree B	KCALS-B 600-850	PRO gm 17.00	FAT gm	FAT% 30%	CHO gm	Ca+ mg 400.00	Mg+ mg 88.00	Na+ mg 1050.00	Zn+ mg 3.10	Vit C mg 30.00	B-6 mg 0.57	B-12 mcg 0.79	FIBER gm 7.00
Mon JULY 3	804.50	25.19	41.88	46.85%	81.99	412.88	77.40	1382.96	1.60	28.30	0.35	1.00	2.39
Tues JULY 4	0.00	0.00	0.00	#DIV/0!	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Wed JULY 5	835.43	37.51	24.98	26.91%	114.54	876.83	105.23	1024.15	4.22	29.62	2.09	6.09	3.61
Thurs JULY 6	734.36	31.88	20.73	25.41%	110.04	468.88	109.23	1160.95	3.79	65.87	0.84	4.13	3.78
Fri JULY 7	928.73	48.29	35.31	34.21%	106.00	646.11	146.58	989.31	7.58	28.73	1.00	4.10	8.70
WEEK 1 Total B	825.76	35.72	30.73	33.49%	103.14	601.17	109.61	1139.34	4.30	38.13	1.07	3.83	4.62
Mon JULY 10	787.83	34.22	31.96	36.51%	95.79	623.75	145.26	523.10	5.34	77.47	0.93	2.85	6.32
Tues JULY 11	945.18	47.01	40.00	38.09%	100.62	509.85	134.99	1122.05	6.09	38.91	1.09	1.82	5.25
Wed JULY 12	684.40	37.04	31.27	41.12%	65.51	462.39	89.03	748.48	6.43	62.59	0.43	2.58	4.18
Thurs JULY 13	742.19	36.32	22.02	26.70%	99.54	386.95	84.70	872.38	5.27	31.52	1.20	51.47	4.51
Fri JULY 14	722.21	28.96	29.15	36.32%	89.25	462.82	101.93	916.94	3.15	52.61	2.48	7.06	8.14
WEEK 2 Total B	776.36	36.71	30.88	35.80%	90.14	489.15	111.18	836.59	5.26	52.62	1.22	13.16	5.68
Mon JULY 17	782.52	39.30	25.67	29.52%	100.25	494.00	117.11	960.64	4.07	32.96	0.80	1.87	4.20
Tues JULY 18	729.02	28.92	33.96	41.92%	79.72	599.26	106.06	1566.38	3.74	41.80	0.94	3.57	7.73
Wed JULY 19	703.62	33.96	25.58	32.72%	86.97	506.52	57.64	996.08	1.41	58.32	0.15	0.94	6.54
Thurs JULY 20	707.47	35.48	23.77	30.24%	72.52	354.73	71.80	706.42	1.87	40.19	0.31	0.97	6.50
Fri JULY 21	794.89	30.08	28.41	32.17%	108.09	409.16	107.29	1167.17	4.74	26.77	0.58	2.04	3.84
WEEK 3 Total B	743.50	33.55	27.48	33.26%	89.51	472.73	91.98	1079.34	3.17	40.01	0.56	1.88	5.76
Mon JULY 24	782.16	35.21	27.19	31.29%	102.72	574.51	119.62	870.71	5.22	156.15	0.97	2.30	14.30
Tues JULY 25	789.01	45.03	23.90	27.26%	101.05	444.91	143.78	1105.07	4.72	57.13	1.18	1.64	9.34
Wed JULY 26	752.80	37.84	20.08	24.01%	108.92	429.23	107.30	1097.96	3.74	71.72	0.60	1.35	8.10
Thurs JULY 27	1081.65	47.21	48.56	40.40%	120.86	1286.28	166.56	1184.65	5.29	42.15	0.63	2.71	8.20
Fri JULY 28	732.36	31.32	30.56	37.56%	87.10	458.40	99.01	994.88	4.26	83.89	0.76	2.05	6.12
WEEK 4 Total B	827.60	39.32	30.06	32.69%	104.13	638.67	127.25	1050.65	4.65	82.21	0.83	2.01	9.21
Mon JULY 31	826.91	34.98	30.76	33.48%	104.00	406.73	98.74	936.65	5.36	57.37	0.57	1.98	5.47
Tues AUG 1	1111.93	57.48	33.08	26.78%	153.23	512.22	232.17	1178.78	7.81	23.23	1.33	2.62	11.30
Wed AUG 2	789.35	40.78	23.28	26.54%	105.87	581.84	154.34	960.79	4.28	69.36	0.92	1.95	7.93
Thurs AUG 3	872.90	29.71	28.91	29.81%	114.82	424.53	60.64	896.81	1.73	25.48	0.58	0.89	5.45
Fri AUG 4	1001.75	32.76	42.77	38.43%	126.75	597.97	151.76	924.56	2.90	20.27	0.62	1.05	7.30
WEEK 5 Total B	920.57	39.14	31.76	31.05%	120.93	504.66	139.53	979.52	4.42	39.14	0.80	1.70	7.49
MONTH AVG	818.76	36.89	30.18	33.17%	101.57	541.28	115.91	1017.09	4.36	50.42	0.90	4.51	6.55

c Bateman Sr Meals

B.Cloninger, MS, RD 5/22/2017

NWS&DS JULY 2017 Diet Entree A	KCAL'S DIET 600-850	PRO gm 17.00	FAT gm	FAT% 30%	CHO gm	Ca+ mg 400.00	Mg+ mg 88.00	Na+ mg 1050.00	Zn+ mg 3.10	Vit C mg 30.00	B-6 mg 0.57	B-12 mcg 0.79	FIBER gm 7.00
Mon JULY 3	596.27	32.25	16.14	24.36%	80.17	421.30	86.11	870.98	1.72	29.85	0.43	0.99	3.69
Tues JULY 4	0.00	0.00	0.00	#DIV/0!	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Wed JULY 5	676.65	35.21	12.87	17.12%	102.94	397.68	149.59	1013.12	68.37	47.36	68.42	71.88	4.32
Thurs JULY 6	652.76	44.85	23.87	32.91%	89.70	408.02	117.19	946.43	5.32	50.77	0.91	2.24	6.50
Fri JULY 7	725.54	45.81	26.25	32.56%	77.22	566.39	94.31	872.46	2.66	25.25	0.46	1.59	6.19
WEEK 1 Total Die	662.81	39.53	19.78	26.86%	87.51	448.35	111.80	925.75	19.52	38.31	17.55	19.18	5.17
Mon JULY 10	673.86	31.78	21.69	28.97%	82.60	559.78	106.18	623.90	2.47	69.10	0.85	1.41	6.09
Tues JULY 11	708.35	44.03	22.36	28.41%	92.73	447.55	124.21	648.40	4.06	35.56	1.12	1.47	4.26
Wed JULY 12	660.71	38.91	20.64	28.11%	81.60	564.96	127.03	871.54	3.52	70.06	0.60	1.46	7.88
Thurs JULY 13	670.48	26.41	24.56	32.96%	83.06	357.60	62.85	1047.05	1.71	25.35	0.18	1.00	2.47
Fri JULY 14	707.84	34.85	25.45	32.35%	88.17	441.00	95.83	829.10	2.20	54.24	0.47	0.89	8.41
WEEK 2 Total Die	684.25	35.20	22.94	30.17%	85.63	474.18	103.22	804.00	2.79	50.86	0.64	1.25	5.82
Mon JULY 17	898.37	42.97	38.86	38.93%	83.27	408.68	116.22	986.97	6.44	31.27	0.65	7.56	3.92
Tues JULY 18	684.22	34.55	26.22	34.48%	79.12	436.51	109.74	950.84	3.94	37.83	0.91	2.17	7.73
Wed JULY 19	622.09	38.22	21.84	31.60%	66.56	472.96	84.56	1151.25	4.00	42.87	0.76	2.06	4.64
Thurs JULY 20	593.49	41.91	13.89	21.07%	76.08	362.30	102.54	604.32	2.56	42.77	1.17	1.20	6.59
Fri JULY 21	746.79	30.45	19.20	23.14%	105.42	390.44	89.80	970.25	1.96	21.35	0.69	0.84	4.69
WEEK 3 Total Die	708.99	37.62	24.00	30.47%	82.09	414.18	100.57	932.72	3.78	35.22	0.84	2.77	5.51
Mon JULY 24	737.58	36.99	19.47	23.76%	103.51	605.68	137.39	1031.08	2.90	137.44	0.91	1.31	13.44
Tues JULY 25	640.82	27.09	23.47	32.96%	81.55	472.12	88.56	930.18	2.04	53.23	0.52	0.88	5.58
Wed JULY 26	666.31	41.12	16.20	21.88%	89.75	414.12	117.15	994.85	3.66	60.30	0.56	1.34	7.67
Thurs JULY 27	893.94	50.38	28.08	28.27%	115.96	760.51	179.16	1132.08	7.13	21.40	1.06	3.05	11.72
Fri JULY 28	933.30	43.33	41.66	40.18%	99.83	451.55	134.11	1027.59	3.21	16.90	0.55	1.12	6.22
WEEK 4 Total Die	774.39	39.78	25.78	29.96%	98.12	540.80	131.27	1023.16	3.79	57.85	0.72	1.54	8.93
Mon JULY 31	744.68	37.66	24.09	29.11%	95.37	568.74	114.28	906.87	4.19	76.71	0.77	1.63	6.79
Tues AUG 1	741.56	36.20	26.77	32.49%	93.08	391.43	122.12	932.76	3.36	25.02	0.83	1.26	7.15
Wed AUG 2	895.52	41.56	30.80	30.95%	115.95	596.56	149.00	1083.46	3.36	67.43	0.70	1.42	8.03
Thurs AUG 3	766.57	35.43	31.20	36.63%	85.78	449.67	90.39	1019.48	5.22	29.09	0.76	2.61	5.51
Fri AUG 4	760.87	40.64	27.55	32.59%	89.92	729.61	113.86	893.75	3.87	16.56	0.56	1.92	6.58
WEEK 5 Total B	781.84	38.30	28.08	32.33%	96.02	547.20	117.93	967.26	4.00	42.96	0.72	1.77	6.81
MONTH AVG	722.46	38.09	24.12	30.04%	89.87	484.94	112.96	930.58	6.78	45.04	4.10	5.30	6.45

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B.Cloning, MS, RD 5/22/2017

NWS&DS JULY 2017 AVERAGE ALL	KCAL'S DIET 600-850	PRO gm 17.00	FAT gm	FAT% 30%	CHO gm	Ca+ mg 400.00	Mg+ mg 88.00	Na+ mg 1050.00	Zn+ mg 3.10	Vit C mg 30.00	B-6 mg 0.57	B-12 mcg 0.79	FIBER gm 7.00
Mon JULY 3	706.15	30.00	26.99	34.40%	86.01	423.95	83.36	1079.48	1.68	29.34	0.40	1.00	3.26
Tues JULY 4	0.00	0.00	0.00	#DIV/0!	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Wed JULY 5	749.26	35.89	16.91	20.31%	112.23	557.57	134.63	1042.85	46.99	41.73	46.31	49.94	4.08
Thurs JULY 6	690.89	37.76	22.82	29.73%	103.46	428.43	113.19	1028.82	4.80	59.16	0.89	2.87	5.59
Fri JULY 7	827.68	47.16	30.16	32.79%	93.02	604.32	118.06	895.00	4.44	26.35	0.64	2.51	7.37
WEEK 1 AVG ALL	743.50	37.70	24.22	29.32%	98.68	503.57	112.31	1011.54	14.48	39.14	12.06	14.08	5.07
Mon JULY 10	746.26	33.11	26.00	31.36%	93.21	592.46	125.53	573.89	3.56	71.82	0.88	1.97	6.51
Tues JULY 11	787.29	45.02	28.24	32.28%	95.36	468.32	127.80	806.28	4.74	36.68	1.11	1.59	4.59
Wed JULY 12	668.60	38.29	24.18	32.55%	76.23	530.77	114.36	830.52	4.49	67.57	0.54	1.84	6.65
Thurs JULY 13	721.08	30.10	24.82	30.98%	92.78	368.62	69.26	1003.32	2.89	27.41	0.52	17.84	3.31
Fri JULY 14	721.49	33.00	26.72	33.32%	90.66	447.70	97.95	859.91	2.53	54.13	1.14	2.95	8.31
WEEK 2 AVG ALL	728.94	35.90	25.99	32.09%	89.65	481.57	106.98	814.79	3.64	51.52	0.84	5.24	5.87
Mon JULY 17	847.69	41.68	32.11	34.09%	91.88	454.54	113.80	910.90	5.63	31.82	0.69	5.66	3.93
Tues JULY 18	699.15	32.67	28.80	37.07%	79.32	490.76	108.51	1156.02	3.87	39.15	0.92	2.63	7.73
Wed JULY 19	674.44	36.81	23.59	31.48%	79.28	485.08	78.29	1116.61	3.14	52.51	0.56	1.69	5.27
Thurs JULY 20	631.48	39.77	17.19	24.49%	74.89	359.77	92.29	638.35	2.33	41.91	0.88	1.13	6.56
Fri JULY 21	803.29	30.43	24.54	27.50%	111.55	402.13	95.79	1073.73	2.89	23.16	0.65	1.24	4.41
WEEK 3 AVG ALL	731.21	36.27	25.24	31.07%	87.38	438.46	97.74	979.12	3.57	37.71	0.74	2.47	5.58
Mon JULY 24	752.44	36.40	22.04	26.37%	103.25	595.29	131.47	977.62	3.67	143.68	0.93	1.64	13.73
Tues JULY 25	704.59	33.45	23.36	29.84%	92.13	466.33	109.61	1020.65	2.97	54.53	0.74	1.19	6.68
Wed JULY 26	739.15	40.14	19.78	24.08%	102.10	426.19	110.00	1048.63	3.70	67.54	0.58	1.35	7.93
Thurs JULY 27	1025.62	50.08	38.08	33.42%	127.24	954.04	178.06	1151.83	6.67	32.58	0.93	3.02	11.18
Fri JULY 28	880.82	39.36	38.55	39.39%	98.36	445.20	125.86	1013.87	3.60	39.23	0.63	1.43	6.18
WEEK 4 AVG ALL	820.52	39.89	28.36	31.11%	104.62	577.41	131.00	1042.52	4.12	67.51	0.76	1.73	9.14
Mon JULY 31	772.09	36.76	26.31	30.67%	98.25	514.74	109.10	916.80	4.58	70.26	0.71	1.75	6.35
Tues AUG 1	879.39	43.68	28.62	29.29%	117.21	434.97	161.45	1046.94	4.88	24.42	1.00	1.77	8.38
Wed AUG 2	860.13	41.30	28.29	29.60%	112.59	591.65	150.78	1042.57	3.66	68.07	0.77	1.60	7.99
Thurs AUG 3	842.48	33.63	32.71	34.94%	100.70	446.75	80.63	1016.43	4.06	27.89	0.70	2.04	5.49
Fri AUG 4	899.47	38.57	34.50	34.52%	112.24	690.39	132.27	905.04	3.63	17.87	0.58	1.63	6.51
WEEK 5 AVG ALL	850.71	38.79	30.09	31.83%	108.20	535.70	126.84	985.55	4.16	41.70	0.75	1.76	6.94
MONTH AVG ALL	774.98	37.71	26.78	31.10%	97.70	507.34	114.97	966.70	6.00	47.52	3.03	5.05	6.52

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B.Cloning, MS, RD 5/22/2017