

NWS&DS REV MENU # FEB 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		CHICKEN MARSALA BAKE BEEF SPANISH RICE Oregon Bean Medley Creamy Coleslaw Cracked Wheat Roll Cinn Pear Crisp	HEARTY CHKN STEW SHEPHERD'S PIE Broccoli Cuts Spinach Romaine Salad Multigrain Roll Spiced Applesauce	BBQ CHICKEN BEEF HAMBURGER PATTY on a Bun Whole Kernel Corn Pineapple Slaw Banana Choc Chip Bar
6	7	8	9	10
TURKEY DIVAN BAKE MAC & CHEESE Dilled Carrots Mar Broccoli Salad Dill Wheat Roll Chilled Peaches	CHKN ALFREDO PASTA SPINACH OMELET BAKE Cut Green Beans Garden Vegt Salad/RWV Wheat Roll Poppyseed Cake	SHV TURKEY 1/2 SAND MEATLOAF 1/2 SAND on Whole Wheat Bread Chkn Noodle Soup Carrot Mandarin Salad Cinnamon Applesauce	HS TURKEY PATTY w/GRAVY LIVER & ONIONS w/GRAVY Whipped Potatoes Scandinavian Blend Vegt Bran Wheat Bread Choc Orange Pudding	CHICKEN PATTY w/GRAVY ROAST PORK w/GRAVY Whip Sweet Potatoes Mixed Vegetables Wheat Bread Lemon Whip
13	VALENTINE'S DAY	15	16	17
BKD CHICKEN SUPREME SALISBURY PATTY w/GVY Colcannon Potatoes Succotash Onion Bread Strawberry Ice Cream	RST TURKEY w/GRAVY MEATLOAF w/GRAVY Whipped Potatoes w/Gravy Oregon Bean Medley Cracked Wheat Bread Valentine's Day Cake	BEEF CHILI w/BEANS LASAGNA CHZ ROLLUPS Whole Kernel Corn Spinach Romaine Salad/Frch Cornmeal Roll Red Gelatin Jewels w/Topping	ASIAN CHKN MINI SALAD SANTA FE MINI SALAD Corn Chowder Spinach Romaine Salad Wheat Roll Pineapple	CRM CHKN & VEGT BEEF PATTY w/PEP&ONIONS Whipped Potatoes Broccoli Raisin Salad Bran Rye Roll Mandarin Oranges
20	21	22	23	24
CLOSED FOR THE HOLIDAY	BKD FISH w/TARTAR SC BEEF MUSHROOM PATTY Creamed Potatoes Green Peas Sunflower Seed Bread Hermit Bar	EGG SALAD 1/2 SAND TUNA SALAD 1/2 SAND on Whole Wheat Bread Minestrone Soup Romaine Iceberg Salad/Thou Pineapple	COWBOY CAMPFIRE STEW KING RANCH CHKN BAKE Chuckwagon Corn Spin Romaine Salad/Gparm Wheat Roll Mexican Choc Pudding	BBQ SMOKEHSE CHOP TURKEY LOAF w/GRAVY Garlic Mashed Potatoes Broccoli Cuts French Bread Frosted Orange Cake
27	MARDI GRAS	28		
SWEDISH MEATBALLS ORANGE GLZ CHICKEN Delmonico Potatoes Broccoli Cuts Bran Wheat Bread Cherry Whip	SOUTHERN CHKN & RICE BKD HAM w/Orange Glaze Black Eyed Peas Spinach Cornmeal Bread Peach Crisp			

	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 JAN 30										
ENTREE A	175	CHICKEN, BBQ	5.40 OZ.	268.00	28.86	4.43	27.04	31.24	447.00	51.22	7.92	72.30
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	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	574.5	BLEND, COUNTRY TRIO VEGETABLES	.33 CUP	22.67	0.89	0.23	4.93	0.00	8.93	134.00	5.33	0.00
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	838	GELATIN, JEWELS	4.34OZ/.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	0											
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 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	0											
TOTAL A				710.65	43.52	14.82	98.43	392.05	1048.43	374.70	52.21	84.34
TOTAL B				636.50	34.16	13.85	91.83	389.26	1044.97	4558.12	51.59	245.92
DIET SUB	574.5	BLEND, COUNTRY TRIO VEGETABLES	.33 CUP	22.67	0.89	0.23	4.93	0.00	8.93	134.00	5.33	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		651.59	43.79	14.82	82.17	391.52	970.26	374.70	51.38	85.34
DATE		Tues JAN 31										
ENTREE A	282	TURKEY HAM, LIMA BEAN CASSEROLE	7.63oz/1c	276.58	19.33	3.24	43.63	60.41	502.12	12.82	6.62	22.80
ENTREE B	360	BEEF, QUAKER SPAGHETTI	9.5 OZ/1 C.	342.78	19.32	15.22	31.58	41.43	379.09	19.73	6.53	57.70
VEGGIE 1	533.5	SPINACH-M	3.23oz/.5C	41.45	2.84	2.01	4.82	131.82	98.65	721.33	11.05	0.00
VEGGIE 2	623	SALAD, CARROT & RAISIN	4.20OZ/.5C	107.54	1.72	3.70	18.67	41.51	73.11	2287.67	7.91	1.09
BREAD	1107	ROLL, OATMEAL	2.0 OZ	154.52	4.31	4.17	25.08	19.94	205.70	7.34	0.06	0.19
DESSERT	698	CUP, GOLDEN FRUIT	.5 CUP	71.61	0.34	0.07	18.79	8.24	7.57	44.38	17.31	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				780.88	36.04	19.39	121.87	542.32	1045.07	3254.21	45.15	33.15
TOTAL B				847.08	36.03	31.37	109.82	523.34	922.04	3261.12	45.06	68.05
DIET SUB	1390	SALAD, BROCCOLI RAISIN	.5 CUP	113.10	2.06	6.66	12.78	30.41	123.34	14.97	40.64	0.55
DIET SUB	698	CUP, GOLDEN FRUIT	.5 CUP	71.61	0.34	0.07	18.79	8.24	7.57	44.38	17.31	0.00
TOTAL DIET		DIET CALCULATIONS		786.44	36.38	22.35	115.98	531.22	1095.30	981.51	77.88	32.61
DATE		Wed FEB 1										
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	573	OREGON BEAN MEDLEY	1/2 CUP	34.00	2.25	0.00	6.00	32.00	65.00	48.00	2.70	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	1098	ROLL, CRACKED WHEAT	2.0 OZ	151.62	4.21	3.94	24.93	18.34	198.02	7.34	2.22	0.19
DESSERT	807	CRISP, APPLE	5.20OZ/.5C	222.85	1.96	5.95	42.41	17.88	6.01	3.09	0.24	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				923.06	37.88	28.18	127.48	511.69	1009.12	306.09	36.19	54.48
TOTAL B				967.64	36.10	35.90	126.69	480.52	848.75	287.00	54.90	71.32
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	724	APPLES, SPICED - DIET	3.67OZ/.5C	56.07	0.29	0.36	14.29	5.03	3.16	3.10	0.15	0.00
TOTAL DIET		DIET CALCULATIONS		756.28	36.21	22.59	99.36	498.84	1006.27	306.10	36.10	54.48
DATE		Thurs FEB 2										
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	157	BEEF, SHEPHERDS PIE	9.0 WZ	308.18	18.35	12.44	31.16	137.55	435.03	107.93	30.66	61.41
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	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	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	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	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				588.77	34.70	16.97	76.85	444.20	931.97	1022.72	57.61	60.49
TOTAL B				705.13	34.47	24.54	90.60	538.24	952.10	802.79	80.55	71.44
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	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		588.77	34.70	16.97	76.85	444.20	931.97	1022.72	57.61	60.49

	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		Fri FEB 3										
ENTREE A	958	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	1075	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	1077	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	0	SLAW, PINEAPPLE - DG	4.48OZ/.5C	81.25	1.51	3.59	12.45	46.76	40.94	3.85	40.37	0.05
BREAD	0											
DESSERT	0	BAR, BANANA CHOC CHIP	2.41 OZ	251.17	3.37	11.28	35.93	65.54	163.01	83.95	1.21	16.17
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	677	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	887	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	#REF!											
ADD BOTH	#REF!											
TOTAL A				808.74	34.59	28.00	109.73	446.13	955.37	300.67	48.49	25.40
TOTAL B				902.85	37.18	42.97	95.75	446.75	716.48	288.74	45.72	96.17
DIET SUB	#REF!	SLAW, PINEAPPLE - DG	4.48OZ/.5C	81.25	1.51	3.59	12.45	46.76	40.94	3.85	40.37	0.05
DIET SUB	#REF!	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		647.57	32.22	17.72	92.80	380.59	882.36	216.72	47.28	9.23
DATE		Mon FEB 6										
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	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	455	BLEND, SCANDINAVIAN-BB	3oz/.33C	40.24	1.78	0.00	8.27	12.77	95.53	58.37	5.12	0.11
BREAD	1044	BREAD, BRAN WHEAT	1.31 OZ.	100.21	3.23	2.82	16.30	21.31	201.24	3.32	0.08	10.79
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	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				736.84	43.42	20.74	96.64	630.95	1141.40	346.07	28.12	98.50
TOTAL B				798.95	39.49	25.16	88.57	562.85	949.53	310.71	25.68	29.47
DIET SUB	455	BLEND, SCANDINAVIAN-BB	3oz/.33C	40.24	1.78	0.00	8.27	12.77	95.53	58.37	5.12	0.11
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		633.60	41.86	18.07	78.01	596.88	1190.62	298.46	28.32	92.65
DATE		Tues FEB 7										
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	261	PORK, ROAST SLICED	3 OZ	207.96	23.26	12.03	0.14	10.58	127.58	2.37	0.31	77.74
VEGGIE 1	929.5	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	1073	BREAD, WHOLE WHEAT	2.0 OZ	151.76	4.28	4.02	25.01	19.23	184.45	7.36	0.06	0.19
DESSERT	866	WHIP, CHERRY/LIME	4.04OZ/.5C	85.41	0.98	1.39	17.73	0.74	81.77	0.00	11.80	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				702.33	27.02	20.85	101.73	348.85	1020.88	3077.53	46.07	54.37
TOTAL B				740.29	40.28	23.88	91.87	359.43	668.46	3079.90	46.38	87.11
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	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		640.81	27.63	19.46	86.79	348.11	939.11	3077.53	41.42	56.37
DATE		Wed FEB 8										
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	1228	MEATLOAF for SAND	2 oz	155.42	12.00	10.11	3.55	30.41	218.14	8.47	1.27	41.70
VEGGIE 1	1272	SOUP, CHICKEN NOODLE	1 CUP	152.55	10.94	3.18	19.88	37.84	266.86	529.24	2.71	38.91
VEGGIE 2	625	SALAD, CARROT MANDARIN	5.23OZ/.5C	99.47	1.37	2.60	19.22	27.93	48.69	1648.41	27.36	0.00
BREAD	1073	BREAD, WHOLE WHEAT	2.0 OZ	151.76	4.28	4.02	25.01	19.23	184.45	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	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
ADD BOTH	0											
TOTAL A				728.32	41.01	23.27	90.32	385.24	846.35	2369.37	33.86	95.93
TOTAL B				792.28	36.66	30.62	94.85	408.34	1029.77	2444.64	39.26	94.79
DIET SUB	625	SALAD, CARROT MANDARIN	5.23OZ/.5C	99.47	1.37	2.60	19.22	27.93	48.69	1648.41	27.36	0.00
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		728.32	41.01	23.27	90.32	385.24	846.35	2369.37	33.86	95.93

	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		Thurs FEB 9										
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	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	482	CARROTS, HERBED-BB	2.6oz/.33C	27.92	0.87	0.09	6.44	24.47	64.41	1225.81	2.07	0.06
VEGGIE 2	1389	SALAD, SWT MARINATED VEGT	3.75oz/.5 C	102.58	1.23	5.62	12.52	25.05	203.15	78.49	28.78	0.89
BREAD	1100	ROLL, DILL WHEAT	2.0 OZ	152.23	4.31	4.03	25.12	22.37	149.35	7.39	0.15	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				708.25	35.61	23.68	90.66	592.43	950.23	1638.53	63.10	55.95
TOTAL B				868.50	36.92	32.56	109.63	881.90	1068.21	1666.73	38.06	64.75
DIET SUB	1389	SALAD, SWT MARINATED VEGT	3.75oz/.5 C	102.58	1.23	5.62	12.52	25.05	203.15	78.49	28.78	0.89
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		708.25	35.61	23.68	90.66	592.43	950.23	1638.53	63.10	55.95
DATE		Fri FEB 11										
ENTREE A	1382	CHICKEN PASTA ALFREDO	1 CUP	360.72	27.27	12.82	33.27	359.68	496.71	128.26	0.62	58.89
ENTREE B	383	SPINACH OMELET BAKE	1 SVG	148.24	15.04	5.69	8.80	381.75	208.95	363.10	2.02	183.90
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	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	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	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	0											
ADD BOTH	1384	RED WINE VINAIGRETTE	2 Tb (1 oz)	33.17	0.20	0.25	7.82	8.01	22.90	2.91	0.65	7.41
ADD BOTH	0											
TOTAL A				920.48	42.28	31.33	119.20	733.08	1104.21	658.72	15.96	75.71
TOTAL B				708.00	30.05	24.20	94.73	755.15	816.45	893.56	17.36	200.72
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	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		799.08	41.97	24.51	103.49	716.72	990.70	604.67	15.94	75.67
DATE		Mon FEB 13										
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	156	BEEF, SALISBURY W/TURKEY & GRAVY	4.75 OZ	279.63	19.39	18.69	8.00	71.40	358.75	19.47	4.67	72.84
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	550.5	SUCCOTASH	.33 CUP	58.94	2.69	1.41	11.27	25.51	15.03	11.25	2.00	0.36
BREAD	1073	BREAD, WHOLE WHEAT	2.0 OZ	151.76	4.28	4.02	25.01	19.23	184.45	7.36	0.06	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	1035	SAUCE, SUPREME	2 OZ	44.21	2.23	0.31	7.84	68.47	193.53	33.32	0.45	1.02
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				699.98	44.17	22.23	82.32	545.71	837.81	324.71	29.54	113.00
TOTAL B				821.61	37.63	37.82	85.57	543.88	1026.80	303.85	32.32	112.24
DIET SUB	550.5	SUCCOTASH	.33 CUP	58.94	2.69	1.41	11.27	25.51	15.03	11.25	2.00	0.36
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		699.98	44.17	22.23	82.32	545.71	837.81	324.71	29.54	113.00
DATE		Tues FEB 14										
ENTREE A	309	TURKEY, ROASTED, SLICED	3 OZ	114.82	25.57	0.63	0.00	10.21	44.23	0.00	0.00	70.59
ENTREE B	138	BEEF, MEAT LOAF W/TURKEY	4.14 OZ	310.83	24.00	20.21	7.10	60.81	436.29	16.94	2.55	83.39
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	573.5	OREGON BEAN MEDLEY	.33 CUP	22.67	1.50	0.00	4.00	21.33	43.33	32.00	1.80	0.00
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	756	CAKE, POPPYSEED	1.84 OZ	141.92	2.12	3.78	24.79	24.85	221.20	0.00	0.00	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	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
B 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
ADD ONLY	0											
ADD BOTH	0											
TOTAL A				636.41	43.15	14.95	81.37	392.29	796.22	244.05	23.61	80.66
TOTAL B				830.23	41.45	34.50	88.02	442.02	1164.05	254.52	25.04	93.46
DIET SUB	573.5	OREGON BEAN MEDLEY	.33 CUP	22.67	1.50	0.00	4.00	21.33	43.33	32.00	1.80	0.00
DIET SUB	887	CAKE, DIET SOURCE	2 x 2 EA	90.00	1.00	1.00	19.00	NA	99.00	NA	NA	0.00
TOTAL DIET		DIET CALCULATIONS		584.49	42.03	12.17	75.58	367.44	674.02	244.05	23.61	80.66

	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 FEB 15										
ENTREE A	114	BEEF, CHILI WITH BEANS	6.82OZ/1C.	284.08	17.30	8.85	35.56	78.16	495.68	31.25	6.48	27.48
ENTREE B	1395	LASAGNA CHZ ROLLUPS	3 OZ	150.00	8.00	4.00	19.00	100.00	370.00	100.00	0.00	15.00
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	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	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	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	0											
ADD BOTH	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
TOTAL A				854.74	32.99	25.29	130.28	445.84	1162.63	662.88	27.49	42.64
TOTAL B				720.66	23.69	20.44	113.72	467.68	1036.95	731.63	21.01	30.16
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	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		733.34	32.68	18.47	114.57	429.48	1049.12	608.83	27.47	42.60
DATE		Thurs FEB 16										
ENTREE A	1379	SALAD, ASIAN CHKN MINI	.5 CUP	239.77	20.83	10.64	14.34	26.81	319.79	183.02	18.57	57.56
ENTREE B	1383	SALAD, MINI SANTA FE	.5 CUP	141.23	18.26	4.07	8.03	19.16	81.28	29.09	21.07	0.00
VEGGIE 1	519	SOUP, CORN CHOWDER	9.29oz/1C	159.20	5.08	6.16	22.31	133.47	346.37	67.02	4.57	1.91
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	781	CANNED, PINEAPPLE TIDBITS	4.3 OZ	73.15	0.51	0.10	19.14	17.07	1.22	4.88	11.58	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				771.05	39.82	27.33	94.91	526.61	1010.31	976.49	57.55	68.73
TOTAL B				672.51	37.25	20.76	88.60	518.96	771.80	822.56	60.05	11.17
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	781	CANNED, PINEAPPLE TIDBITS	4.3 OZ	73.15	0.51	0.10	19.14	17.07	1.22	4.88	11.58	0.00
TOTAL DIET		DIET CALCULATIONS		771.05	39.82	27.33	94.91	526.61	1010.31	976.49	57.55	68.73
DATE		Fri FEB 17										
ENTREE A	184	CHICKEN, CREAMED AND VEGETABL	6.0OZ/1C.	263.53	22.46	9.72	20.86	130.53	369.97	183.74	8.70	51.94
ENTREE B	149	BEEF, PEPPERED	9.5OZ/1C.	279.04	18.73	18.13	15.22	23.73	279.04	12.97	38.79	60.10
VEGGIE 1	933	WHIPPED POTATOES w/VIT C	.5 CUP	90.85	2.90	0.25	19.66	45.25	43.19	26.06	25.71	1.22
VEGGIE 2	1390	SALAD, BROCCOLI RAISIN	.5 CUP	113.10	2.06	6.66	12.78	30.41	123.34	14.97	40.64	0.55
BREAD	1093	ROLL, BRAN RYE	1.38 OZ.	104.61	3.39	2.97	16.98	22.82	210.67	3.48	0.08	11.30
DESSERT	785	CANNED, MAND ORANGES LT SYRUP	4.44OZ/.5C	76.86	0.57	0.13	20.40	8.82	7.56	52.92	24.95	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				778.13	38.88	25.93	101.56	518.23	912.65	461.84	102.28	74.08
TOTAL B				793.64	35.15	34.34	95.92	411.43	821.72	291.07	132.37	82.24
DIET SUB	1390	SALAD, BROCCOLI RAISIN	.5 CUP	113.10	2.06	6.66	12.78	30.41	123.34	14.97	40.64	0.55
DIET SUB	785	CANNED, MAND ORANGES LT SYRUP	4.44OZ/.5C	76.86	0.57	0.13	20.40	8.82	7.56	52.92	24.95	0.00
TOTAL DIET		DIET CALCULATIONS		778.13	38.88	25.93	101.56	518.23	912.65	461.84	102.28	74.08
DATE		Mon FEB 20										
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 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 Tues FEB 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	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	906.5	POTATOES, CREAMED	.33 C	85.17	3.65	0.13	16.80	79.37	91.13	36.41	4.35	1.23
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	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	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	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	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 BOTH	0											
ADD BOTH	0											
TOTAL A				865.82	34.08	27.45	112.06	494.40	908.33	301.43	13.94	38.14
TOTAL B				889.75	41.11	38.10	96.19	491.74	761.71	304.92	14.03	107.10
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	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		856.00	34.98	31.73	98.18	432.28	941.33	293.27	13.76	14.95
DATE Wed FEB 22												
ENTREE A	224	EGG, SALAD	4.3oz	160.61	11.40	11.33	2.54	55.40	311.79	148.83	1.10	370.77
ENTREE B	278	TUNA, SALAD	5.2 OZ.	124.60	13.72	5.45	5.10	48.79	290.38	37.81	1.22	77.84
VEGGIE 1	526	SOUP, MINISTRONE	8oz/1C	136.66	3.92	5.04	19.50	57.04	350.39	77.67	7.48	0.00
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	1073	BREAD, WHOLE WHEAT	2.0 OZ	151.76	4.28	4.02	25.01	19.23	184.45	7.36	0.06	0.19
DESSERT	781	CANNED, PINEAPPLE TIDBITS	4.3 OZ	73.15	0.51	0.10	19.14	17.07	1.22	4.88	11.58	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				689.20	29.17	28.42	81.58	469.97	1078.88	512.73	32.90	380.69
TOTAL B				653.19	31.49	22.54	84.14	463.36	1057.47	401.71	33.02	87.76
DIET SUB	632	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	865	CANNED, PINEAPPLE TIDBITS	4.3 OZ	73.15	0.51	0.10	19.14	17.07	1.22	4.88	11.58	0.00
TOTAL DIET		DIET CALCULATIONS		689.20	29.17	28.42	81.58	469.97	1078.88	512.73	32.90	380.69
DATE Thurs FEB 23												
ENTREE A	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
ENTREE B	196	CHICKEN, KING RANCH CASSEROLE	7.21OZ/1C.	369.14	25.22	17.85	30.22	315.74	389.91	76.24	1.36	17.79
VEGGIE 1	489	CORN, CHUCKWAGON-BB	2.56oz/.33C	58.80	2.03	0.06	14.87	1.91	26.34	25.57	6.11	0.06
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	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	855	PUDDING, CHOCOLATE	4.9OZ/.5C	144.70	5.13	0.12	30.69	178.20	278.82	1.13	1.08	2.84
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	1397	DRSG, CITRUS	1 Tb	42.40	0.07	3.89	1.71	1.79	1.49	0.49	3.46	0.00
ADD BOTH	0											
TOTAL A				1057.90	58.80	26.36	150.64	669.05	1201.98	582.26	32.55	77.16
TOTAL B				907.97	45.31	32.28	115.53	830.33	1027.48	647.15	27.98	29.95
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		1002.62	58.80	26.36	138.07	673.84	1073.87	582.26	32.43	77.16
DATE Fri FEB 24												
ENTREE A	1346	SMKHSE RIBETTE (CHK&BEEF)	3.75 OZ	220.00	18.00	11.00	14.00	100.00	350.00	60.00	4.80	50.00
ENTREE B	302	TURKEY, LOAF	3.92 OZ.	231.54	26.11	10.89	7.38	72.29	343.69	49.41	3.65	116.84
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	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
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	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	996	SAUCE, CREAM	1.26 OZ.	22.37	1.66	0.18	3.54	51.62	132.84	0.33	0.28	0.82
ADD BOTH	0											
ADD BOTH	0											
TOTAL A				769.55	35.22	26.29	101.60	481.73	983.58	459.15	55.00	60.20
TOTAL B				803.46	44.99	26.36	98.52	505.64	1110.11	448.89	54.13	127.86
DIET SUB	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
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		648.15	34.91	19.47	85.89	465.37	870.07	405.10	54.98	60.16

	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	CHOLEST mg 100.00
DATE		Mon FEB 27										
ENTREE A	142	BEEF, MEATBALLS SWEDISH	6 OZ	275.38	20.09	17.00	9.73	86.66	213.73	65.78	4.29	149.45
ENTREE B	1369	CHICKEN BRST FILLET	3 oz	174.00	20.10	8.30	4.30	28.60	461.60	64.50	0.00	51.70
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	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
BREAD	1044	BREAD, BRAN WHEAT	1.31 OZ.	100.21	3.23	2.82	16.30	21.31	201.24	3.32	0.08	10.79
DESSERT	866	WHIP, CHERRY/LIME	4.04OZ/.5C	85.41	0.98	1.39	17.73	0.74	81.77	0.00	11.80	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	1006.5	SAUCE, SWEDISH	2 OZ	30.95	0.68	1.25	4.37	10.86	78.23	2.01	1.10	0.00
B ADD ONLY	1023	GLAZE, ORANGE	1 OZ	70.37	0.19	2.21	3.26	0.05	26.02	0.01	0.08	na
ADD BOTH	0											
ADD BOTH	0											
TOTAL A				706.68	36.67	28.92	77.16	467.73	824.53	409.48	65.92	170.23
TOTAL B				644.72	36.19	21.18	70.62	398.86	1020.19	406.20	60.61	72.48
DIET SUB	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
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		645.16	37.28	27.53	62.22	466.99	742.76	409.48	61.27	172.23
DATE		Tues FEB 28										
ENTREE A	195	CHICKEN, SO JAMBALAYA & RICE	9.0oz/1c	307.58	21.45	10.70	29.79	72.09	302.49	17.05	16.84	0.00
ENTREE B	232	HAM, BAKED SLICE	3.00 OZ	104.62	14.12	5.10	0.43	6.80	749.36	0.00	11.91	52.74
VEGGIE 1	1416	BLACK EYED PEAS	.5 CUP	56.34	2.67	1.22	8.44	7.30	155.00	1.18	2.08	0.02
VEGGIE 2	533	SPINACH-M	3.23oz/.5C	41.45	2.84	2.01	4.82	131.82	98.65	721.33	11.05	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	810	CRISP, PEACH	4.8OZ/.5C.	218.57	2.32	5.65	41.63	19.92	7.03	38.81	3.81	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				843.37	40.01	26.41	113.37	536.13	813.67	968.27	36.03	15.03
TOTAL B				640.41	32.68	20.81	84.01	470.84	1260.54	951.22	31.10	67.77
DIET SUB	533	SPINACH-M	3.23oz/.5C	41.45	2.84	2.01	4.82	131.82	98.65	721.33	11.05	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		668.46	38.32	20.79	83.22	522.16	810.61	948.36	35.79	15.03
DATE		Wed MAR 1										
ENTREE A	401	WHITE CHIX CHILI	1 CUP	206.26	18.53	4.22	23.65	105.47	509.91	45.05	6.54	0.00
ENTREE B	333	VEGETABLE, LASAGNA W/ COT.CHS.	8.9 OZ.	292.44	18.44	8.42	37.65	288.46	639.72	118.69	12.10	127.86
VEGGIE 1	482	CARROTS, HERBED-BB	2.6oz/.33C	27.92	0.87	0.09	6.44	24.47	64.41	1225.81	2.07	0.06
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	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	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				750.86	35.87	24.64	98.61	505.68	1081.98	1865.07	27.02	36.08
TOTAL B				837.04	35.78	28.84	112.61	688.67	1211.79	1938.71	32.58	163.94
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	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		670.77	34.73	21.31	85.92	501.97	1038.52	1828.66	27.01	22.40
DATE		Thurs MAR 2										
ENTREE A	180	CHICKEN, CHOP SUEY	10.5OZ/1C.	187.59	19.94	4.64	16.43	35.62	722.20	44.97	24.00	42.53
ENTREE B	265	PORK, SWEET & SOUR	7.45OZ/1C.	265.89	14.79	9.72	29.05	34.32	350.54	293.38	16.34	55.57
VEGGIE 1	452	BLEND, ORIENTAL-BB	2.7oz/.33C	26.86	1.78	0.00	6.48	16.95	54.56	190.67	1.11	0.11
VEGGIE 2	1192	SALAD, MAR SPRING GARDEN	.5 C	45.89	0.73	2.92	4.87	21.50	117.52	231.24	18.05	0.00
BREAD	925.5	RICE, WHITE	.33 C	76.49	1.53	0.54	15.82	6.24	1.13	2.81	0.00	0.00
DESSERT	791	COOKIE, ALMOND	1.71 OZ.	211.89	2.14	9.24	30.26	24.96	188.05	74.17	0.00	18.30
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				677.90	33.62	23.54	84.74	385.67	1241.38	724.53	45.36	70.01
TOTAL B				756.20	28.47	28.62	97.36	384.37	869.72	972.94	37.70	83.05
DIET SUB	1192	SALAD, MAR SPRING GARDEN	.5 C	45.89	0.73	2.92	4.87	21.50	117.52	231.24	18.05	0.00
DIET SUB	1315	DIET SPLENDA SUGAR COOKIE	1.15 OZ	128.75	2.16	6.84	13.83	53.84	167.00	29.80	0.03	18.75
TOTAL DIET		DIET CALCULATIONS		594.76	33.64	21.14	68.31	414.55	1220.33	680.16	45.39	70.46

DATE	RECNUM	MENU ITEM	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 JAN 30																
ENTREE A	175	CHICKEN, BBQ	5.40 OZ.	268.00	28.86	4.43	27.04	31.24	69.94	447.00	1.24	7.92	0.55	0.29	0.36	
ENTREE B	137	BEEF, LIVER & ONIONS	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	937.5	POTATOES, COLCANNON	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	574.5	BLEND, COUNTRY TRIO VEGETABLES	.33 CUP	22.67	0.89	0.23	4.93	0.00	0.00	8.93	0.00	5.33	0.00	0.00	0.89	
BREAD	1047	BREAD, CRACKED WHEAT	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	838	GELATIN, JEWELS	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	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	976	GRAVY, BROWN W/BASE	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	1008	TOPPING, WHIPPED DIET	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																
TOTAL A			18.76%	710.65	43.52	14.82	98.43	392.05	116.42	1048.43	2.48	52.21	2.11	5.38	4.05	
TOTAL B			19.58%	636.50	34.16	13.85	91.83	389.26	73.36	1044.97	4.87	51.59	2.58	55.52	5.31	
DIET SUB	574.5	BLEND, COUNTRY TRIO VEGETABLES	.33 CUP	22.67	0.89	0.23	4.93	0.00	0.00	8.93	0.00	5.33	0.00	0.00	0.89	
DIET SUB	839	GELATIN, JEWELS W/TOP. - DIET	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	20.47%	651.59	43.79	14.82	82.17	391.52	116.93	970.26	2.48	51.38	2.12	5.40	4.05	
DATE Tues JAN 31																
ENTREE A	282	TURKEY HAM, LIMA BEAN CASSEROLE	7.63oz/1c	276.58	19.33	3.24	43.63	60.41	72.03	502.12	2.51	6.62	0.39	1.88	11.27	
ENTREE B	360	BEEF, QUAKER SPAGHETTI	9.5 OZ/1 C.	342.78	19.32	15.22	31.58	41.43	38.78	379.09	3.13	6.53	0.42	1.34	3.17	
VEGGIE 1	533.5	SPINACH-M	3.23oz/.5C	41.45	2.84	2.01	4.82	131.82	62.04	98.65	0.63	11.05	0.13	0.00	1.89	
VEGGIE 2	623	SALAD, CARROT & RAISIN	4.20OZ/.5C	107.54	1.72	3.70	18.67	41.51	15.88	73.11	0.21	7.91	0.14	0.01	1.51	
BREAD	1107	ROLL, OATMEAL	2.0 OZ	154.52	4.31	4.17	25.08	19.94	12.03	205.70	0.40	0.06	0.04	0.04	1.57	
DESSERT	698	CUP, GOLDEN FRUIT	.5 CUP	71.61	0.34	0.07	18.79	8.24	8.63	7.57	0.13	17.31	0.05	0.00	1.07	
MILK/MARG	958	MILK 1%/MARGARINE	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			22.35%	780.88	36.04	19.39	121.87	542.32	202.49	1045.07	4.76	45.15	0.85	2.77	17.31	
TOTAL B			33.33%	847.08	36.03	31.37	109.82	523.34	169.24	922.04	5.38	45.06	0.88	2.23	9.21	
DIET SUB	1390	SALAD, BROCCOLI RAISIN	.5 CUP	113.10	2.06	6.66	12.78	30.41	0.40	123.34	14.25	40.64	0.01	33.72	0.00	
DIET SUB	698	CUP, GOLDEN FRUIT	.5 CUP	71.61	0.34	0.07	18.79	8.24	8.63	7.57	0.13	17.31	0.05	0.00	1.07	
TOTAL DIET		DIET CALCULATIONS	25.58%	786.44	36.38	22.35	115.98	531.22	187.01	1095.30	18.80	77.88	0.72	36.48	15.80	
DATE Wed FEB 1																
ENTREE A	1380	CHICKEN PASTA MARSALA	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	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	573	OREGON BEAN MEDLEY	1/2 CUP	34.00	2.25	0.00	6.00	32.00	0.00	65.00	0.00	2.70	0.00	0.00	2.00	
VEGGIE 2	676	SLAW, CREAMY COLE	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	1098	ROLL, CRACKED WHEAT	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	807	CRISP, APPLE	5.20OZ/.5C	222.85	1.96	5.95	42.41	17.88	20.19	6.01	0.30	0.24	0.05	0.00	0.66	
MILK/MARG	958	MILK 1%/MARGARINE	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			27.48%	923.06	37.88	28.18	127.48	511.69	114.56	1009.12	2.74	36.19	0.73	1.26	7.60	
TOTAL B			33.39%	967.64	36.10	35.90	126.69	480.52	96.79	848.75	5.06	54.90	0.79	2.25	8.46	
DIET SUB	676	SLAW, CREAMY COLE	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	724	APPLES, SPICED - DIET	3.67OZ/.5C	56.07	0.29	0.36	14.29	5.03	3.20	3.16	0.05	0.15	0.03	0.00	0.57	
TOTAL DIET		DIET CALCULATIONS	26.88%	756.28	36.21	22.59	99.36	498.84	97.57	1006.27	2.49	36.10	0.71	1.26	7.51	
DATE Thurs FEB 2																
ENTREE A	190	CHICKEN, HEARTY STEW	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	157	BEEF, SHEPHERDS PIE	9.0 WZ	308.18	18.35	12.44	31.16	137.55	29.59	435.03	3.14	30.66	0.33	1.48	3.40	
VEGGIE 1	460	BROCCOLI CUTS-BB	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	1.60	
VEGGIE 2	660	SALAD, SPINACH ROMAINE	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	1104	ROLL, MULTIGRAIN	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	727	APPLESAUCE, SPICED - DIET	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	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	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			25.94%	588.77	34.70	16.97	76.85	444.20	107.51	931.97	3.09	57.61	0.86	2.15	7.98	
TOTAL B			31.32%	705.13	34.47	24.54	90.60	538.24	110.47	952.10	4.80	80.55	0.83	3.44	8.78	
DIET SUB	660	SALAD, SPINACH ROMAINE	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	727	APPLESAUCE, SPICED - DIET	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	25.94%	588.77	34.70	16.97	76.85	444.20	107.51	931.97	3.09	57.61	0.86	2.15	7.98	

		MENU ITEM	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		Fri FEB 3														
ENTREE A	176	CHICKEN, BBQ FOR SANDWICH	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	129	BEEF, HAMBURGER 1/4 LB	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	0.18	
VEGGIE 1	496	CORN, W. KERNEL-BB	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	677	SLAW, PINEAPPLE - DG	4.48OZ/.5C	81.25	1.51	3.59	12.45	46.76	14.35	40.94	0.18	40.37	0.14	0.01	0.95	
BREAD																
DESSERT	1333	BAR, BANANA CHOC CHIP	2.41 OZ	251.17	3.37	11.28	35.93	65.54	24.47	163.01	0.51	1.21	0.08	0.07	1.82	
MILK/MARG	958	MILK 1%/MARGARINE	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	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	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																
ADD BOTH																
TOTAL A			31.16%	808.74	34.59	28.00	109.73	446.13	100.64	955.37	2.20	48.49	0.48	0.92	5.66	
TOTAL B			42.83%	902.85	37.18	42.97	95.75	446.75	91.53	716.48	6.70	45.72	0.58	2.53	4.54	
DIET SUB	677	SLAW, PINEAPPLE - DG	4.48OZ/.5C	81.25	1.51	3.59	12.45	46.76	14.35	40.94	0.18	40.37	0.14	0.01	0.95	
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	24.63%	647.57	32.22	17.72	92.80	380.59	76.17	882.36	1.69	47.28	0.40	0.85	3.84	
DATE		Mon FEB 6														
ENTREE A	372	TURKEY PATTIE	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	1401	KINGS COM PORK CHOPPIE	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	.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	455	BLEND, SCANDINAVIAN-BB	3oz/.33C	40.24	1.78	0.00	8.27	12.77	6.69	95.53	0.38	5.12	0.11	0.00	2.33	
BREAD	1044	BREAD, BRAN WHEAT	1.31 OZ.	100.21	3.23	2.82	16.30	21.31	21.92	201.24	0.42	0.08	0.05	0.10	1.21	
DESSERT	1398	PUDDING, CHOCOLATE HOMESTYLE	.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	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	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	980	GRAVY, PORK W/BASE	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	0.02	
ADD BOTH																
ADD BOTH																
TOTAL A			25.33%	736.84	43.42	20.74	96.64	630.95	130.09	1141.40	5.26	28.12	0.96	2.96	6.82	
TOTAL B			28.34%	798.95	39.49	25.16	88.57	562.85	96.00	949.53	2.68	25.68	0.34	1.84	5.73	
DIET SUB	455	BLEND, SCANDINAVIAN-BB	3oz/.33C	40.24	1.78	0.00	8.27	12.77	6.69	95.53	0.38	5.12	0.11	0.00	2.33	
DIET SUB	856	PUDDING, CHOCOLATE- DIET	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	25.66%	633.60	41.86	18.07	78.01	596.88	111.11	1190.62	4.86	28.32	0.94	2.72	5.79	
DATE		Tues FEB 7														
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	
ENTREE B	261	PORK, ROAST SLICED	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	
VEGGIE 1	929.5	SWEET POTATOES, WHIPPED PLAIN	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	0.91	
VEGGIE 2	500	MIXED VEGS-BB	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	1073	BREAD, WHOLE WHEAT	2.0 OZ	151.76	4.28	4.02	25.01	19.23	16.71	184.45	0.49	0.06	0.06	0.04	1.54	
DESSERT	866	WHIP, CHERRY/LIME	4.04OZ/.5C	85.41	0.98	1.39	17.73	0.74	0.00	81.77	0.00	11.80	0.00	0.00	0.00	
MILK/MARG	958	MILK 1%/MARGARINE	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			26.72%	702.33	27.02	20.85	101.73	348.85	87.17	1020.88	2.08	46.07	0.59	0.88	4.09	
TOTAL B			29.03%	740.29	40.28	23.88	91.87	359.43	106.71	668.46	4.71	46.38	0.98	1.68	4.12	
DIET SUB	500	MIXED VEGS-BB	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	867	WHIP, CHERRY/LIME - DIET	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	27.33%	640.81	27.63	19.46	86.79	348.11	87.68	939.11	2.08	41.42	0.59	0.88	4.09	
DATE		Wed FEB 8														
ENTREE A	385	TURKEY, RST for HOT SAND	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	1228	MEATLOAF for SAND	2 oz	155.42	12.00	10.11	3.55	30.41	15.71	218.14	2.24	1.27	0.15	0.82	0.72	
VEGGIE 1	1272	SOUP, CHICKEN NOODLE	1 CUP	152.55	10.94	3.18	19.88	37.84	29.08	266.86	0.91	2.71	0.53	0.18	0.64	
VEGGIE 2	625	SALAD, CARROT MANDARIN	5.23OZ/.5C	99.47	1.37	2.60	19.22	27.93	15.66	48.69	0.43	27.36	0.08	0.00	1.05	
BREAD	1073	BREAD, WHOLE WHEAT	2.0 OZ	151.76	4.28	4.02	25.01	19.23	16.71	184.45	0.49	0.06	0.06	0.04	1.54	
DESSERT	727	APPLESAUCE, SPICED - DIET	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	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	695	LETTUCE, SHREDDED	.48OZ/.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	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	
ADD BOTH																
TOTAL A			28.76%	728.32	41.01	23.27	90.32	385.24	111.80	846.35	4.51	33.86	1.26	2.29	3.91	
TOTAL B			34.78%	792.28	36.66	30.62	94.85	408.34	115.68	1029.77	5.05	39.26	1.17	2.90	4.80	
DIET SUB	625	SALAD, CARROT MANDARIN	5.23OZ/.5C	99.47	1.37	2.60	19.22	27.93	15.66	48.69	0.43	27.36	0.08	0.00	1.05	
DIET SUB	727	APPLESAUCE, SPICED - DIET	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	28.76%	728.32	41.01	23.27	90.32	385.24	111.80	846.35	4.51	33.86	1.26	2.29	3.91	

	DATE	MENU ITEM	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	Thurs FEB 9														
ENTREE A	295	TURKEY, DIVAN CASSEROLE	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	339	VEGETARIAN, MACARONI & CHEESE	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	482	CARROTS, HERBED-BB	2.6oz/.33C	27.92	0.87	0.09	6.44	24.47	7.90	64.41	0.18	2.07	0.09	0.00	1.28
VEGGIE 2	1389	SALAD, SWT MARINATED VEGT	3.75oz/.5 C	102.58	1.23	5.62	12.52	25.05	0.29	203.15	12.24	28.78	0.00	33.25	0.00
BREAD	1100	ROLL, DILL WHEAT	2.0 OZ	152.23	4.31	4.03	25.12	22.37	17.50	149.35	0.50	0.15	0.06	0.04	1.56
DESSERT	777	CANNED, PEACHES - DIET	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	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			30.09%	708.25	35.61	23.68	90.66	592.43	103.27	950.23	16.31	63.10	0.66	34.81	5.85
TOTAL B			33.74%	868.50	36.92	32.56	109.63	881.90	110.59	1068.21	16.62	38.06	0.75	35.02	4.23
DIET SUB	1389	SALAD, SWT MARINATED VEGT	3.75oz/.5 C	102.58	1.23	5.62	12.52	25.05	0.29	203.15	12.24	28.78	0.00	33.25	0.00
DIET SUB	777	CANNED, PEACHES - DIET	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	30.09%	708.25	35.61	23.68	90.66	592.43	103.27	950.23	16.31	63.10	0.66	34.81	5.85
DATE	Fri FEB 11														
ENTREE A	1382	CHICKEN PASTA ALFREDO	1 CUP	360.72	27.27	12.82	33.27	359.68	43.78	496.71	2.27	0.62	0.19	1.03	1.09
ENTREE B	383	SPINACH OMELET BAKE	1 SVG	148.24	15.04	5.69	8.80	381.75	20.53	208.95	1.41	2.02	0.07	0.74	1.32
VEGGIE 1	417	BEANS, GREEN FZN-BB	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	636	SALAD, GARDEN VEGETABLE	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	1118	ROLL, WHOLE WHEAT DINNER	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	750	CAKE, FROSTED	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	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		1384	RED WINE VINAIGRETTE	2 Tb (1 oz)	33.17	0.25	7.82	8.01	31.18	22.90	3.33	0.65	2.46	0.01	0.07
TOTAL A			30.64%	920.48	42.28	31.33	119.20	733.08	138.25	1104.21	7.20	15.96	2.86	1.94	5.20
TOTAL B			30.77%	708.00	30.05	24.20	94.73	755.15	115.00	816.45	6.34	17.36	2.74	1.65	5.43
DIET SUB	636	SALAD, GARDEN VEGETABLE	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	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	27.61%	799.08	41.97	24.51	103.49	716.72	137.78	990.70	7.19	15.94	2.86	1.93	5.20
DATE	Mon FEB 13														
ENTREE A	206	CHICKEN, PAPRIKA	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	156	BEEF, SALISBURY W/TURKEY & GRAVY	4.75 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
VEGGIE 1	937.5	POTATOES, COLCANNON	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	550.5	SUCCOTASH	.33 CUP	58.94	2.69	1.41	11.27	25.51	19.59	15.03	0.31	2.00	0.07	0.07	0.70
BREAD	1073	BREAD, WHOLE WHEAT	2.0 OZ	151.76	4.28	4.02	25.01	19.23	16.71	184.45	0.49	0.06	0.06	0.04	1.54
DESSERT	840	ICE CREAM, CUP	4OZ/.5C	133.30	2.30	7.30	15.60	84.00	9.00	53.00	0.46	0.00	0.03	0.26	0.00
MILK/MARG	958	MILK 1%/MARGARINE	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		1035	SAUCE, SUPREME	2 OZ	44.21	2.23	0.31	7.84	68.47	7.41	193.53	0.24	0.45	0.02	0.17
B ADD ONLY		976	GRAVY, BROWN W/BASE	2.28 OZ.	17.21	0.43	0.18	3.55	1.84	102.95	0.04	1.13	0.01	0.00	0.04
ADD BOTH															
ADD BOTH															
TOTAL A			28.59%	699.98	44.17	22.23	82.32	545.71	117.94	837.81	3.09	29.54	1.16	1.65	3.75
TOTAL B			41.43%	821.61	37.63	37.82	85.57	543.88	112.83	1026.80	5.73	32.32	0.75	2.94	4.67
DIET SUB	550.5	SUCCOTASH	.33 CUP	58.94	2.69	1.41	11.27	25.51	19.59	15.03	0.31	2.00	0.07	0.07	0.70
DIET SUB	840	ICE CREAM, CUP	4OZ/.5C	133.30	2.30	7.30	15.60	84.00	9.00	53.00	0.46	0.00	0.03	0.26	0.00
TOTAL DIET		DIET CALCULATIONS	28.59%	699.98	44.17	22.23	82.32	545.71	117.94	837.81	3.09	29.54	1.16	1.65	3.75
DATE	Tues FEB 14														
ENTREE A	309	TURKEY, ROASTED, SLICED	3 OZ	114.82	25.57	0.63	0.00	10.21	24.66	44.23	1.48	0.00	0.48	0.33	0.00
ENTREE B	138	BEEF, MEAT LOAF W/TURKEY	4.14 OZ	310.83	24.00	20.21	7.10	60.81	31.42	436.29	4.48	2.55	0.51	2.27	1.44
VEGGIE 1	933.5	WHIPPED POTATOES w/VIT C	.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	573.5	OREGON BEAN MEDLEY	.33 CUP	22.67	1.50	0.00	4.00	21.33	0.00	43.33	0.00	1.80	0.00	0.00	1.33
BREAD	1061	BREAD, ONION	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	1.70
DESSERT	756	CAKE, POPPYSEED	1.84 OZ	141.92	2.12	3.78	24.79	24.85	0.19	221.20	0.00	0.00	0.00	0.00	0.70
MILK/MARG	958	MILK 1%/MARGARINE	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		976	GRAVY, BROWN W/BASE	2.28 OZ.	17.21	0.43	0.18	3.55	1.84	102.95	0.04	1.13	0.01	0.00	0.04
B ADD ONLY		983	GRAVY, POULTRY W/BASE	2.20 OZ.	15.02	0.30	0.15	3.10	0.97	78.72	0.02	0.01	0.00	0.00	0.01
ADD BOTH															
ADD BOTH															
TOTAL A			21.14%	636.41	43.15	14.95	81.37	392.29	78.14	796.22	2.91	23.61	0.68	1.30	4.91
TOTAL B			37.40%	830.23	41.45	34.50	88.02	442.02	83.58	1164.05	5.89	25.04	0.70	3.24	6.32
DIET SUB	573.5	OREGON BEAN MEDLEY	.33 CUP	22.67	1.50	0.00	4.00	21.33	0.00	43.33	0.00	1.80	0.00	0.00	1.33
DIET SUB	887	CAKE, DIET SOURCE	2 x 2 EA	90.00	1.00	1.00	19.00	NA	0.00	99.00	0.00	NA	0.00	0.00	0.00
TOTAL DIET		DIET CALCULATIONS	18.73%	584.49	42.03	12.17	75.58	367.44	77.95	674.02	2.91	23.61	0.68	1.30	4.21

DATE	RECNUM	MENU ITEM	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 Wed FEB 15															
ENTREE A	114	BEEF, CHILI WITH BEANS	6.82OZ/1C.	284.08	17.30	8.85	35.56	78.16	66.94	495.68	2.61	6.48	0.39	0.68	8.77
ENTREE B	1395	LASAGNA CHZ ROLLUPS	3 OZ	150.00	8.00	4.00	19.00	100.00	NA	370.00	NA	0.00	NA	NA	1.00
VEGGIE 1	496	CORN, W. KERNEL-BB	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	660	SALAD, SPINACH ROMAINE	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	1097	ROLL, CORNMEAL	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	750	CAKE, FROSTED	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	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	972	DRESSING, SPICY FRENCH	2TB (1.0 oz)	65.89	0.43	1.80	13.49	11.55	11.45	140.01	0.07	3.09	0.05	0.19	0.20
TOTAL A			26.63%	854.74	32.99	25.29	130.28	445.84	155.67	1162.63	4.24	27.49	0.79	1.76	12.63
TOTAL B			25.53%	720.66	23.69	20.44	113.72	467.68	88.73	1036.95	1.63	21.01	0.40	1.08	4.86
DIET SUB	660	SALAD, SPINACH ROMAINE	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	22.67%	733.34	32.68	18.47	114.57	429.48	155.20	1049.12	4.23	27.47	0.79	1.75	12.63
DATE Thurs FEB 16															
ENTREE A	1379	SALAD, ASIAN CHKN MINI	.5 CUP	239.77	20.83	10.64	14.34	26.81	34.03	319.79	1.51	18.57	0.40	0.22	3.82
ENTREE B	1383	SALAD, MINI SANTA FE	.5 CUP	141.23	18.26	4.07	8.03	19.16	9.59	81.28	0.18	21.07	0.11	0.00	1.06
VEGGIE 1	519	SOUP, CORN CHOWDER	9.29oz/1C	159.20	5.08	6.16	22.31	133.47	23.42	346.37	0.59	4.57	0.15	0.38	1.23
VEGGIE 2	699.5	SALAD, SPIN ROMAINE .75 CUP	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	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	781	CANNED, PINEAPPLE TIDBITS	4.3 OZ	73.15	0.51	0.10	19.14	17.07	17.00	1.22	0.12	11.58	0.00	0.00	0.43
MILK/MARG	958	MILK 1%/MARGARINE	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			31.90%	771.05	39.82	27.33	94.91	526.61	152.41	1010.31	3.79	57.55	0.80	1.48	8.48
TOTAL B			27.78%	672.51	37.25	20.76	88.60	518.96	127.97	771.80	2.46	60.05	0.51	1.26	5.72
DIET SUB	699.5	SALAD, SPIN ROMAINE .75 CUP	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	781	CANNED, PINEAPPLE TIDBITS	4.3 OZ	73.15	0.51	0.10	19.14	17.07	17.00	1.22	0.12	11.58	0.00	0.00	0.43
TOTAL DIET		DIET CALCULATIONS	31.90%	771.05	39.82	27.33	94.91	526.61	152.41	1010.31	3.79	57.55	0.80	1.48	8.48
DATE Fri FEB 17															
ENTREE A	184	CHICKEN, CREAMED AND VEGETABLE	6.0OZ/1C.	263.53	22.46	9.72	20.86	130.53	40.00	369.97	1.79	8.70	0.36	0.49	3.92
ENTREE B	149	BEEF, PEPPERED	9.5OZ/1C.	279.04	18.73	18.13	15.22	23.73	32.04	279.04	4.88	38.79	0.39	2.32	1.67
VEGGIE 1	933	WHIPPED POTATOES w/VIT C	.5 CUP	90.85	2.90	0.25	19.66	45.25	5.08	43.19	0.15	25.71	0.01	0.14	1.71
VEGGIE 2	1390	SALAD, BROCCOLI RAISIN	.5 CUP	113.10	2.06	6.66	12.78	30.41	0.40	123.34	14.25	40.64	0.01	33.72	0.00
BREAD	1093	ROLL, BRAN RYE	1.38 OZ.	104.61	3.39	2.97	16.98	22.82	25.49	210.67	0.50	0.08	0.05	0.11	0.16
DESSERT	785	CANNED, MAND ORANGES LT SYRUP	4.44OZ/.5C	76.86	0.57	0.13	20.40	8.82	10.08	7.56	0.30	24.95	0.05	0.00	0.88
MILK/MARG	958	MILK 1%/MARGARINE	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			29.99%	778.13	38.88	25.93	101.56	518.23	112.93	912.65	17.87	102.28	0.58	35.30	6.67
TOTAL B			38.94%	793.64	35.15	34.34	95.92	411.43	104.97	821.72	20.96	132.37	0.61	37.13	4.42
DIET SUB	1390	SALAD, BROCCOLI RAISIN	.5 CUP	113.10	2.06	6.66	12.78	30.41	0.40	123.34	14.25	40.64	0.01	33.72	0.00
DIET SUB	785	CANNED, MAND ORANGES LT SYRUP	4.44OZ/.5C	76.86	0.57	0.13	20.40	8.82	10.08	7.56	0.30	24.95	0.05	0.00	0.88
TOTAL DIET		DIET CALCULATIONS	29.99%	778.13	38.88	25.93	101.56	518.23	112.93	912.65	17.87	102.28	0.58	35.30	6.67
DATE Mon FEB 20															
ENTREE A															
ENTREE B															
VEGGIE 1															
VEGGIE 2															
BREAD															
DESSERT															
MILK/MARG															
A ADD ONLY															
B ADD ONLY															
ADD BOTH															
ADD BOTH															
TOTAL A			#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!	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 RECNUM	MENU ITEM	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 FEB 21														
ENTREE A	1376	FISH, BREADED POLLOCK PC	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	129	BEEF, HAMBURGER 1/4 LB	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	0.18	
VEGGIE 1	906.5	POTATOES, CREAMED	.33 C	85.17	3.65	0.13	16.80	79.37	7.79	91.13	0.27	4.35	0.03	0.25	1.37	
VEGGIE 2	513	PEAS, GREEN-BB	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	1069	BREAD, SUNFLOWER SEED	2.0 OZ	155.61	4.24	4.19	25.12	18.17	9.62	205.57	0.39	0.07	0.03	0.04	0.99	
DESSERT	1338	HERMIT BAR	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	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	.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	976	GRAVY, BROWN W/BASE	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				28.54%	865.82	34.08	27.45	112.06	494.40	68.12	908.33	2.06	13.94	0.52	1.13	7.42
TOTAL B				38.54%	889.75	41.11	38.10	96.19	491.74	69.66	761.71	6.72	14.03	0.43	2.74	6.57
DIET SUB	513	PEAS, GREEN-BB	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	1317	DIET SPLENDA PNB COOKIE	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		33.36%	856.00	34.98	31.73	98.18	432.28	79.28	941.33	2.27	13.76	0.56	1.13	7.55
DATE		Wed FEB 22														
ENTREE A	224	EGG, SALAD	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	
ENTREE B	278	TUNA, SALAD	5.2 OZ	124.60	13.72	5.45	5.10	48.79	16.99	290.38	0.58	1.22	0.22	1.60	0.38	
VEGGIE 1	526	SOUP, MINISTRONE	8oz/1C	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	656	SALAD, ROMAINE ICEBERG	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	1073	BREAD, WHOLE WHEAT	2.0 OZ	151.76	4.28	4.02	25.01	19.23	16.71	184.45	0.49	0.06	0.06	0.04	1.54	
DESSERT	781	CANNED, PINEAPPLE TIDBITS	4.3 OZ	73.15	0.51	0.10	19.14	17.07	17.00	1.22	0.12	11.58	0.00	0.00	0.43	
MILK/MARG	958	MILK 1%/MARGARINE	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	968	DRESSING, LOCAL 1000 ISLAND	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	
ADD BOTH																
TOTAL A				37.11%	689.20	29.17	28.42	81.58	469.97	112.35	1078.88	3.07	32.90	2.36	7.11	6.39
TOTAL B				31.06%	653.19	31.49	22.54	84.14	463.36	117.78	1057.47	2.71	33.02	0.55	2.54	6.50
DIET SUB	656	SALAD, ROMAINE ICEBERG	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	781	CANNED, PINEAPPLE TIDBITS	4.3 OZ	73.15	0.51	0.10	19.14	17.07	17.00	1.22	0.12	11.58	0.00	0.00	0.43	
TOTAL DIET		DIET CALCULATIONS		37.11%	689.20	29.17	28.42	81.58	469.97	112.35	1078.88	3.07	32.90	2.36	7.11	6.39
DATE		Thurs FEB 23														
ENTREE A	169	BEEF, THREE BEAN CASSEROLE	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	
ENTREE B	196	CHICKEN, KING RANCH CASSEROLE	7.21OZ/1C.	369.14	25.22	17.85	30.22	315.74	46.43	389.91	1.15	1.36	0.04	0.39	0.21	
VEGGIE 1	489	CORN, CHUCKWAGON-BB	2.56oz/.33C	58.80	2.03	0.06	14.87	1.91	12.22	26.34	0.24	6.11	0.08	0.00	1.41	
VEGGIE 2	660	SALAD, SPINACH ROMAINE	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	1118	ROLL, WHOLE WHEAT DINNER	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	855	PUDDING, CHOCOLATE	4.9OZ/.5C	144.70	5.13	0.12	30.69	178.20	26.01	278.82	0.72	1.08	0.06	0.58	1.10	
MILK/MARG	958	MILK 1%/MARGARINE	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	1397	DRSG, CITRUS	1 Tb	42.40	0.07	3.89	1.71	1.79	1.29	1.49	0.01	3.46	0.00	0.00	0.03	
ADD BOTH																
TOTAL A				22.43%	1057.90	58.80	26.36	150.64	669.05	236.43	1201.98	8.25	32.55	1.22	2.83	12.25
TOTAL B				32.00%	907.97	45.31	32.28	115.53	830.33	154.11	1027.48	3.62	27.98	0.40	1.85	5.26
DIET SUB	660	SALAD, SPINACH ROMAINE	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	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		23.66%	1002.62	58.80	26.36	138.07	673.84	226.01	1073.87	8.11	32.43	1.21	2.82	11.15
DATE		Fri FEB 24														
ENTREE A	1346	SMKHSE RIBETTE (CHKN&BEEF)	3.75 OZ	220.00	18.00	11.00	14.00	100.00	NA	350.00	NA	4.80	NA	NA	3.00	
ENTREE B	302	TURKEY, LOAF	3.92 OZ	231.54	26.11	10.89	7.38	72.29	45.86	343.69	3.27	3.65	0.74	1.33	1.48	
VEGGIE 1	933.5	WHIPPED POTATOES w/VIT C	.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	460	BROCCOLI CUTS-BB	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	1.60	
BREAD	1050	BREAD, FRENCH	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	750	CAKE, FROSTED	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	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	996	SAUCE, CREAM	1.26 OZ.	22.37	1.66	0.18	3.54	51.62	4.66	132.84	0.17	0.28	0.02	0.16	0.00	
ADD BOTH																
ADD BOTH																
TOTAL A				30.74%	769.55	35.22	26.29	101.60	481.73	55.81	983.58	1.41	55.00	0.21	0.98	6.63
TOTAL B				29.52%	803.46	44.99	26.36	98.52	505.64	106.33	1110.11	4.85	54.13	0.97	2.47	5.11
DIET SUB	460	BROCCOLI CUTS-BB	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	1.60	
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		27.03%	648.15	34.91	19.47	85.89	465.37	55.34	870.07	1.40	54.98	0.21	0.97	6.63

	DATE RECNUM	MENU ITEM	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 FEB 27														
ENTREE A	142	BEEF, MEATBALLS SWEDISH	6 OZ	275.38	20.09	17.00	9.73	86.66	21.79	213.73	2.70	4.29	0.27	1.46	1.30	
ENTREE B	1369	CHICKEN BRST FILLET	3 oz	174.00	20.10	8.30	4.30	28.60	0.00	461.60	0.00	0.00	0.60	0.34	0.76	
VEGGIE 1	933.5	WHIPPED POTATOES w/VIT C	.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	460	BROCCOLI CUTS-BB	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	1.60	
BREAD	1044	BREAD, BRAN WHEAT	1.31 OZ.	100.21	3.23	2.82	16.30	21.31	21.92	201.24	0.42	0.08	0.05	0.10	1.21	
DESSERT	866	WHIP, CHERRY/LIME	4.04OZ/.5C	85.41	0.98	1.39	17.73	0.74	0.00	81.77	0.00	11.80	0.00	0.00	0.00	
MILK/MARG	958	MILK 1%/MARGARINE	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	1006.5	SAUCE, SWEDISH	2 OZ	30.95	0.68	1.25	4.37	10.86	4.18	78.23	0.11	1.10	0.02	0.00	0.43	
B 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	
ADD BOTH																
ADD BOTH																
TOTAL A			36.83%	706.68	36.67	28.92	77.16	467.73	94.37	824.53	4.33	65.92	0.54	2.49	5.68	
TOTAL B			29.56%	644.72	36.19	21.18	70.62	398.86	68.43	1020.19	3.56	60.61	0.85	7.25	4.95	
DIET SUB	460	BROCCOLI CUTS-BB	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	1.60	
DIET SUB	867	WHIP, CHERRY/LIME - DIET	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	38.40%	645.16	37.28	27.53	62.22	466.99	94.88	742.76	4.33	61.27	0.54	2.49	5.68	
DATE		Tues FEB 28														
ENTREE A	195	CHICKEN, SO JAMBALAYA & RICE	9.0oz/1c	307.58	21.45	10.70	29.79	72.09	10.19	302.49	0.29	16.84	0.15	0.00	4.06	
ENTREE B	232	HAM, BAKED SLICE	3.00 OZ	104.62	14.12	5.10	0.43	6.80	14.46	749.36	2.13	11.91	0.26	4.25	0.00	
VEGGIE 1	1416	BLACK EYED PEAS	.5 CUP	56.34	2.67	1.22	8.44	7.30	1.51	155.00	0.02	2.08	0.01	0.00	3.56	
VEGGIE 2	533	SPINACH-M	3.23oz/.5C	41.45	2.84	2.01	4.82	131.82	62.04	98.65	0.63	11.05	0.13	0.00	1.89	
BREAD	1097	ROLL, CORNMEAL	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	810	CRISP, PEACH	4.8OZ/.5C.	218.57	2.32	5.65	41.63	19.92	24.28	7.03	0.36	3.81	0.01	0.00	0.36	
MILK/MARG	958	MILK 1%/MARGARINE	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			28.18%	843.37	40.01	26.41	113.37	536.13	142.48	813.67	2.47	36.03	0.52	0.88	11.07	
TOTAL B			29.25%	640.41	32.68	20.81	84.01	470.84	146.75	1260.54	4.31	31.10	0.63	5.13	7.01	
DIET SUB	533	SPINACH-M	3.23oz/.5C	41.45	2.84	2.01	4.82	131.82	62.04	98.65	0.63	11.05	0.13	0.00	1.89	
DIET SUB	777	CANNED, PEACHES - DIET	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	27.99%	668.46	38.32	20.79	83.22	522.16	125.15	810.61	2.22	35.79	0.53	0.88	12.00	
DATE		Wed MAR 1														
ENTREE A	401	WHITE CHIX CHILI	1 CUP	206.26	18.53	4.22	23.65	105.47	45.43	509.91	0.97	6.54	0.11	0.00	6.02	
ENTREE B	333	VEGETABLE, LASAGNA W/ COT.CHS.	8.9 OZ	292.44	18.44	8.42	37.65	288.46	49.68	639.72	1.50	12.10	0.20	0.37	3.72	
VEGGIE 1	482	CARROTS, HERBED-BB	2.6oz/.33C	27.92	0.87	0.09	6.44	24.47	7.90	64.41	0.18	2.07	0.09	0.00	1.28	
VEGGIE 2	660	SALAD, SPINACH ROMAINE	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	1050	BREAD, FRENCH	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	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	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			29.53%	750.86	35.87	24.64	98.61	505.68	120.01	1081.98	2.75	27.02	0.39	1.01	10.18	
TOTAL B			31.01%	837.04	35.78	28.84	112.61	688.67	124.26	1211.79	3.28	32.58	0.48	1.38	7.88	
DIET SUB	660	SALAD, SPINACH ROMAINE	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	1318	DIET SPLENDA CHOC CHIP CKY	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	28.59%	670.77	34.73	21.31	85.92	501.97	122.62	1038.52	2.76	27.01	0.38	0.97	9.71	
DATE		Thurs MAR 2														
ENTREE A	180	CHICKEN, CHOP SUEY	10.5OZ/1C.	187.59	19.94	4.64	16.43	35.62	22.94	722.20	1.49	24.00	0.33	0.16	0.79	
ENTREE B	265	PORK, SWEET & SOUR	7.45OZ/1C.	265.89	14.79	9.72	29.05	34.32	31.00	350.54	2.63	16.34	0.27	0.54	0.51	
VEGGIE 1	452	BLEND, ORIENTAL-BB	2.7oz/.33C	26.86	1.78	0.00	6.48	16.95	6.69	54.56	0.38	1.11	0.06	0.00	0.00	
VEGGIE 2	1192	SALAD, MAR SPRING GARDEN	.5 C	45.89	0.73	2.92	4.87	21.50	8.08	117.52	0.14	18.05	0.09	0.00	1.43	
BREAD	925.5	RICE, WHITE	.33 C	76.49	1.53	0.54	15.82	6.24	7.37	1.13	0.26	0.00	0.05	0.00	0.06	
DESSERT	791	COOKIE, ALMOND	1.71 OZ.	211.89	2.14	9.24	30.26	24.96	4.11	188.05	0.16	0.00	0.01	0.05	0.04	
MILK/MARG	958	MILK 1%/MARGARINE	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			31.25%	677.90	33.62	23.54	84.74	385.67	81.07	1241.38	3.31	45.36	0.64	1.05	2.32	
TOTAL B			34.06%	756.20	28.47	28.62	97.36	384.37	89.13	869.72	4.45	37.70	0.58	1.43	2.04	
DIET SUB	1192	SALAD, MAR SPRING GARDEN	.5 C	45.89	0.73	2.92	4.87	21.50	8.08	117.52	0.14	18.05	0.09	0.00	1.43	
DIET SUB	1315	DIET SPLENDA SUGAR COOKIE	1.15 OZ	128.75	2.16	6.84	13.83	53.84	4.01	167.00	0.11	0.03	0.01	0.00	0.45	
TOTAL DIET		DIET CALCULATIONS	31.99%	594.76	33.64	21.14	68.31	414.55	80.97	1220.33	3.26	45.39	0.64	1.00	2.73	

NWS&DS FEB 2017 Entree A	KCALS-A 600-850	PRO gm 17.00	FAT gm 30%	FAT%	CHO gm 400.00	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 JAN 30	710.65	43.52	14.82	18.76%	98.43	392.05	116.42	1048.43	2.48	52.21	2.11	5.38	4.05
Tues JAN 31	780.88	36.04	19.39	22.35%	121.87	542.32	202.49	1045.07	4.76	45.15	0.85	2.77	17.31
Wed FEB 1	923.06	37.88	28.18	27.48%	127.48	511.69	114.56	1009.12	2.74	36.19	0.73	1.26	7.60
Thurs FEB 2	588.77	34.70	16.97	25.94%	76.85	444.20	107.51	931.97	3.09	57.61	0.86	2.15	7.98
Fri FEB 3	808.74	34.59	28.00	31.16%	109.73	446.13	100.64	955.37	2.20	48.49	0.48	0.92	5.66
WEEK 1 Total A	762.42	37.35	21.47	25.35%	106.87	467.28	128.32	1008.65	3.05	47.93	1.01	2.50	8.52
Mon FEB 6	736.84	43.42	20.74	25.33%	96.64	630.95	130.09	1141.40	5.26	28.12	0.96	2.96	6.82
Tues FEB 7	702.33	27.02	20.85	26.72%	101.73	348.85	87.17	1020.88	2.08	46.07	0.59	0.88	4.09
Wed FEB 8	728.32	41.01	23.27	28.76%	90.32	385.24	111.80	846.35	4.51	33.86	1.26	2.29	3.91
Thurs FEB 9	708.25	35.61	23.68	30.09%	90.66	592.43	103.27	950.23	16.31	63.10	0.66	34.81	5.85
Fri FEB 11	920.48	42.28	31.33	30.64%	119.20	733.08	138.25	1104.21	7.20	15.96	2.86	1.94	5.20
WEEK 2 Total A	759.24	37.87	23.97	28.42%	99.71	538.11	114.12	1012.61	7.07	37.42	1.27	8.58	5.17
Mon FEB 13	699.98	44.17	22.23	28.59%	82.32	545.71	117.94	837.81	3.09	29.54	1.16	1.65	3.75
Tues FEB 14	636.41	43.15	14.95	21.14%	81.37	392.29	78.14	796.22	2.91	23.61	0.68	1.30	4.91
Wed FEB 15	854.74	32.99	25.29	26.63%	130.28	445.84	155.67	1162.63	4.24	27.49	0.79	1.76	12.63
Thurs FEB 16	771.05	39.82	27.33	31.90%	94.91	526.61	152.41	1010.31	3.79	57.55	0.80	1.48	8.48
Fri FEB 17	778.13	38.88	25.93	29.99%	101.56	518.23	112.93	912.65	17.87	102.28	0.58	35.30	6.67
WEEK 3 Total A	760.08	38.71	23.37	27.68%	102.03	470.74	124.79	970.45	7.20	52.73	0.71	9.96	8.17
Mon FEB 20	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
Tues FEB 21	865.82	34.08	27.45	28.54%	112.06	494.40	68.12	908.33	2.06	13.94	0.52	1.13	7.42
Wed FEB 22	689.20	29.17	28.42	37.11%	81.58	469.97	112.35	1078.88	3.07	32.90	2.36	7.11	6.39
Thurs FEB 23	1057.90	58.80	26.36	22.43%	150.64	669.05	236.43	1201.98	8.25	32.55	1.22	2.83	12.25
Fri FEB 24	769.55	35.22	26.29	30.74%	101.60	481.73	55.81	983.58	1.41	55.00	0.21	0.98	6.63
WEEK 4 Total A	676.49	31.45	21.70	28.87%	89.18	423.03	94.54	834.55	2.96	26.88	0.86	2.41	6.54
Mon FEB 27	706.68	36.67	28.92	36.83%	77.16	467.73	94.37	824.53	4.33	65.92	0.54	2.49	5.68
Tues FEB 28	843.37	40.01	26.41	28.18%	113.37	536.13	142.48	813.67	2.47	36.03	0.52	0.88	11.07
Wed MAR 1	750.86	35.87	24.64	29.53%	98.61	505.68	120.01	1081.98	2.75	27.02	0.39	1.01	10.18
Thurs MAR 2	677.90	33.62	23.54	31.25%	84.74	385.67	81.07	1241.38	3.31	45.36	0.64	1.05	2.32
Fri MAR 3	638.06	27.32	19.89	28.06%	82.13	369.93	66.27	734.97	1.65	41.90	0.57	0.86	5.15
WEEK 5 Total A	723.37	34.70	24.68	30.71%	91.20	453.03	100.84	990.39	2.90	43.25	0.53	1.26	6.88
MONTH AVG	736.32	36.02	23.04	28.16%	97.80	470.44	112.52	963.33	4.64	41.64	0.88	4.94	7.06

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NWS&DS FEB 2017 Entree B	KCALS-B 600-850	PRO gm 17.00	FAT gm 30%	FAT%	CHO gm 400.00	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 JAN 30	636.50	34.16	13.85	19.58%	91.83	389.26	73.36	1044.97	4.87	51.59	2.58	55.52	5.31
Tues JAN 31	847.08	36.03	31.37	33.33%	109.82	523.34	169.24	922.04	5.38	45.06	0.88	2.23	9.21
Wed FEB 1	967.64	36.10	35.90	33.39%	126.69	480.52	96.79	848.75	5.06	54.90	0.79	2.25	8.46
Thurs FEB 2	705.13	34.47	24.54	31.32%	90.60	538.24	110.47	952.10	4.80	80.55	0.83	3.44	8.78
Fri FEB 3	902.85	37.18	42.97	42.83%	95.75	446.75	91.53	716.48	6.70	45.72	0.58	2.53	4.54
WEEK 1 Total B	811.84	35.59	29.73	32.95%	102.94	475.62	108.28	941.97	5.36	55.56	1.13	13.19	7.26
Mon FEB 6	798.95	39.49	25.16	28.34%	88.57	562.85	96.00	949.53	2.68	25.68	0.34	1.84	5.73
Tues FEB 7	740.29	40.28	23.88	29.03%	91.87	359.43	106.71	668.46	4.71	46.38	0.98	1.68	4.12
Wed FEB 8	792.28	36.66	30.62	34.78%	94.85	408.34	115.68	1029.77	5.05	39.26	1.17	2.90	4.80
Thurs FEB 9	868.50	36.92	32.56	33.74%	109.63	881.90	110.59	1068.21	16.62	38.06	0.75	35.02	4.23
Fri FEB 11	708.00	30.05	24.20	30.77%	94.73	755.15	115.00	816.45	6.34	17.36	2.74	1.65	5.43
WEEK 2 Total B	781.60	36.68	27.28	31.42%	95.93	593.53	108.80	906.48	7.08	33.35	1.20	8.62	4.86
Mon FEB 13	821.61	37.63	37.82	41.43%	85.57	543.88	112.83	1026.80	5.73	32.32	0.75	2.94	4.67
Tues FEB 14	830.23	41.45	34.50	37.40%	88.02	442.02	83.58	1164.05	5.89	25.04	0.70	3.24	6.32
Wed FEB 15	720.66	23.69	20.44	25.53%	113.72	467.68	88.73	1036.95	1.63	21.01	0.40	1.08	4.86
Thurs FEB 16	672.51	37.25	20.76	27.78%	88.60	518.96	127.97	771.80	2.46	60.05	0.51	1.26	5.72
Fri FEB 17	793.64	35.15	34.34	38.94%	95.92	411.43	104.97	821.72	20.96	132.37	0.61	37.13	4.42
WEEK 3 Total B	754.26	34.39	27.51	32.82%	96.56	460.02	101.31	948.63	7.73	59.62	0.55	10.68	5.33
Mon FEB 20	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
Tues FEB 21	889.75	41.11	38.10	38.54%	96.19	491.74	69.66	761.71	6.72	14.03	0.43	2.74	6.57
Wed FEB 22	653.19	31.49	22.54	31.06%	84.14	463.36	117.78	1057.47	2.71	33.02	0.55	2.54	6.50
Thurs FEB 23	907.97	45.31	32.28	32.00%	115.53	830.33	154.11	1027.48	3.62	27.98	0.40	1.85	5.26
Fri FEB 24	803.46	44.99	26.36	29.52%	98.52	505.64	106.33	1110.11	4.85	54.13	0.97	2.47	5.11
WEEK 4 Total B	650.87	32.58	23.86	32.99%	78.88	458.21	89.58	791.35	3.58	25.83	0.47	1.92	4.69
Mon FEB 27	644.72	36.19	21.18	29.56%	70.62	398.86	68.43	1020.19	3.56	60.61	0.85	7.25	4.95
Tues FEB 28	640.41	32.68	20.81	29.25%	84.01	470.84	146.75	1260.54	4.31	31.10	0.63	5.13	7.01
Wed MAR 1	837.04	35.78	28.84	31.01%	112.61	688.67	124.26	1211.79	3.28	32.58	0.48	1.38	7.88
Thurs MAR 2	756.20	28.47	28.62	34.06%	97.36	384.37	89.13	869.72	4.45	37.70	0.58	1.43	2.04
Fri MAR 3	564.76	26.64	22.28	35.51%	69.09	372.29	83.29	818.38	4.42	47.30	0.46	2.05	4.30
WEEK 5 Total B	688.63	31.95	24.35	31.82%	86.74	463.01	102.37	1090.56	4.00	41.86	0.60	3.45	5.24
MONTH AVG	737.44	34.24	26.54	32.40%	92.21	490.08	102.07	935.80	5.55	43.24	0.79	7.57	5.47

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NWS&DS FEB 2017 Diet Entree A	KCALS 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 JAN 30	651.59	43.79	14.82	20.47%	82.17	391.52	116.93	970.26	2.48	51.38	2.12	5.40	4.05
Tues JAN 31	786.44	36.38	22.35	25.58%	115.98	531.22	187.01	1095.30	18.80	77.88	0.72	36.48	15.80
Wed FEB 1	756.28	36.21	22.59	26.88%	99.36	498.84	97.57	1006.27	2.49	36.10	0.71	1.26	7.51
Thurs FEB 2	588.77	34.70	16.97	25.94%	76.85	444.20	107.51	931.97	3.09	57.61	0.86	2.15	7.98
Fri FEB 3	647.57	32.22	17.72	24.63%	92.80	380.59	76.17	882.36	1.69	47.28	0.40	0.85	3.84
WEEK 1 Total Die	686.13	36.66	18.89	24.78%	93.43	449.27	117.04	977.23	5.71	54.05	0.96	9.23	7.84
Mon FEB 6	633.60	41.86	18.07	25.66%	78.01	596.88	111.11	1190.62	4.86	28.32	0.94	2.72	5.79
Tues FEB 7	640.81	27.63	19.46	27.33%	86.79	348.11	87.68	939.11	2.08	41.42	0.59	0.88	4.09
Wed FEB 8	728.32	41.01	23.27	28.76%	90.32	385.24	111.80	846.35	4.51	33.86	1.26	2.29	3.91
Thurs FEB 9	708.25	35.61	23.68	30.09%	90.66	592.43	103.27	950.23	16.31	63.10	0.66	34.81	5.85
Fri FEB 11	799.08	41.97	24.51	27.61%	103.49	716.72	137.78	990.70	7.19	15.94	2.86	1.93	5.20
WEEK 2 Total Die	702.01	37.62	21.80	27.95%	89.85	527.88	110.33	983.40	6.99	36.53	1.26	8.53	4.97
Mon FEB 13	699.98	44.17	22.23	28.59%	82.32	545.71	117.94	837.81	3.09	29.54	1.16	1.65	3.75
Tues FEB 14	584.49	42.03	12.17	18.73%	75.58	367.44	77.95	674.02	2.91	23.61	0.68	1.30	4.21
Wed FEB 15	733.34	32.68	18.47	22.67%	114.57	429.48	155.20	1049.12	4.23	27.47	0.79	1.75	12.63
Thurs FEB 16	771.05	39.82	27.33	31.90%	94.91	526.61	152.41	1010.31	3.79	57.55	0.80	1.48	8.48
Fri FEB 17	778.13	38.88	25.93	29.99%	101.56	518.23	112.93	912.65	17.87	102.28	0.58	35.30	6.67
WEEK 3 Total Die	716.75	38.35	20.97	26.34%	96.65	460.44	124.62	911.52	7.20	52.73	0.71	9.96	8.00
Mon FEB 20	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
Tues FEB 21	856.00	34.98	31.73	33.36%	98.18	432.28	79.28	941.33	2.27	13.76	0.56	1.13	7.55
Wed FEB 22	689.20	29.17	28.42	37.11%	81.58	469.97	112.35	1078.88	3.07	32.90	2.36	7.11	6.39
Thurs FEB 23	1002.62	58.80	26.36	23.66%	138.07	673.84	226.01	1073.87	8.11	32.43	1.21	2.82	11.15
Fri FEB 24	648.15	34.91	19.47	27.03%	85.89	465.37	55.34	870.07	1.40	54.98	0.21	0.97	6.63
WEEK 4 Total Die	639.19	31.57	21.20	29.84%	80.74	408.29	94.60	792.83	2.97	26.81	0.87	2.41	6.34
Mon FEB 27	645.16	37.28	27.53	38.40%	62.22	466.99	94.88	742.76	4.33	61.27	0.54	2.49	5.68
Tues FEB 28	668.46	38.32	20.79	27.99%	83.22	522.16	125.15	810.61	2.22	35.79	0.53	0.88	12.00
Wed MAR 1	670.77	34.73	21.31	28.59%	85.92	501.97	122.62	1038.52	2.76	27.01	0.38	0.97	9.71
Thurs MAR 2	594.76	33.64	21.14	31.99%	68.31	414.55	80.97	1220.33	3.26	45.39	0.64	1.00	2.73
Fri MAR 3	638.06	27.32	19.89	28.06%	82.13	369.93	66.27	734.97	1.65	41.90	0.57	0.86	5.15
WEEK 5 Total B	643.44	34.26	22.13	30.96%	76.36	455.12	97.98	953.06	2.84	42.27	0.53	1.24	7.05
MONTH AVG	677.51	35.69	21.00	27.89%	87.41	460.20	108.91	923.61	5.14	42.48	0.87	6.27	6.84
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B.Cloninger, MS, RD 1/5/2017

NWS&DS SEPT 2014 AVERAGE ALL	KCALS 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 JAN 30	666.25	40.49	14.49	19.58%	90.81	390.95	102.24	1021.22	3.28	51.73	2.27	22.10	4.47
Tues JAN 31	804.80	36.15	24.37	27.25%	115.89	532.29	186.25	1020.80	9.65	56.03	0.82	13.83	14.11
Wed FEB 1	882.33	36.73	28.89	29.47%	117.84	497.02	102.97	954.71	3.43	42.40	0.74	1.59	7.86
Thurs FEB 2	627.56	34.62	19.49	27.96%	81.43	475.55	108.50	938.68	3.66	65.26	0.85	2.58	8.25
Fri FEB 3	786.39	34.66	29.56	33.83%	99.43	424.49	89.45	851.40	3.53	47.16	0.49	1.43	4.68
WEEK 1 AVG ALL	753.46	36.53	23.36	27.91%	101.08	464.06	117.88	957.36	4.71	52.52	1.03	8.31	7.87
Mon FEB 6	723.13	41.59	21.32	26.53%	87.74	596.89	112.40	1093.85	4.27	27.37	0.74	2.51	6.11
Tues FEB 7	694.48	31.64	21.40	27.73%	93.46	352.13	93.85	876.15	2.96	44.62	0.72	1.15	4.10
Wed FEB 8	749.64	39.56	25.72	30.88%	91.83	392.94	113.09	907.49	4.69	35.66	1.23	2.49	4.21
Thurs FEB 9	761.67	36.05	26.64	31.48%	96.98	688.92	105.71	989.56	16.41	54.75	0.69	34.88	5.31
Fri FEB 11	809.19	38.10	26.68	29.68%	105.80	734.98	130.34	970.45	6.91	16.42	2.82	1.84	5.27
WEEK 2 AVG ALL	747.62	37.39	24.35	29.32%	95.16	553.17	111.08	967.50	7.05	35.77	1.24	8.57	5.00
Mon FEB 13	740.53	41.99	27.43	33.34%	83.40	545.10	116.24	900.80	3.97	30.47	1.02	2.08	4.06
Tues FEB 14	683.71	42.21	20.54	27.03%	81.65	400.58	79.89	878.09	3.90	24.09	0.68	1.95	5.15
Wed FEB 15	769.58	29.79	21.40	25.03%	119.52	447.67	133.20	1082.90	3.37	25.32	0.66	1.53	10.04
Thurs FEB 16	738.20	38.96	25.14	30.65%	92.80	524.06	144.26	930.81	3.34	58.38	0.70	1.41	7.56
Fri FEB 17	783.30	37.64	28.73	33.01%	99.68	482.63	110.28	882.34	18.90	112.31	0.59	35.91	5.92
WEEK 3 AVG ALL	743.70	37.15	23.95	28.99%	98.41	463.73	116.91	943.54	7.38	55.02	0.66	10.20	7.17
Mon FEB 20	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
Tues FEB 21	870.52	36.72	32.43	33.53%	102.15	472.80	72.35	870.45	3.68	13.91	0.50	1.66	7.18
Wed FEB 22	677.20	29.94	26.46	35.17%	82.43	467.77	114.16	1071.74	2.95	32.94	1.76	5.59	6.43
Thurs FEB 23	989.50	54.30	28.33	25.77%	134.75	724.41	205.52	1101.11	6.66	30.99	0.94	2.50	9.55
Fri FEB 24	740.38	38.38	24.04	29.22%	95.33	484.24	72.49	987.92	2.55	54.90	0.46	1.48	6.12
WEEK 4 AVG ALL	655.52	31.87	22.25	30.55%	82.93	429.84	92.90	806.25	3.17	26.51	0.73	2.25	5.86
Mon FEB 27	665.52	36.72	25.87	34.99%	70.00	444.52	85.89	862.50	4.07	62.60	0.64	4.08	5.44
Tues FEB 28	717.41	37.00	22.67	28.44%	93.53	509.71	138.13	961.61	3.00	34.31	0.56	2.30	10.03
Wed MAR 1	752.89	35.46	24.93	29.80%	99.05	565.44	122.30	1110.76	2.93	28.87	0.42	1.12	9.26
Thurs MAR 2	676.29	31.91	24.43	32.52%	83.47	394.86	83.73	1110.48	3.67	42.82	0.62	1.16	2.36
Fri MAR 3	613.63	27.09	20.69	30.34%	77.78	370.72	71.94	762.77	2.57	43.70	0.53	1.26	4.87
WEEK 5 AVG ALL	685.15	33.64	23.72	31.16%	84.77	457.05	100.40	1011.34	3.25	42.46	0.55	1.98	6.39
MONTH AVG ALL	717.09	35.31	23.53	29.53%	92.47	473.57	107.83	937.20	5.11	42.45	0.84	6.26	6.46
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