

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem **Date: Wed May 01, 2024**

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	Fat (gm)	SFA (gm)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)	Magne sium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)
Noon Meal																		
Chicken, Chili, White Bean (OR)	1 cup	248	233	16.1	31.9	7.6	224	4.9	1.02	18.5	3.9	79+	79+	0.456+	0.13+	12+	1.26+	
Tomatoes, Stewed, LF	1/2 cup	173	47	1.4	8.7	2.7	23	0.0	0.00	0.5	0.1	41	1+	0.012+	0.00+	2	0.01+	
Salad, Carrot Raisin, HMD, LF	1/2 cup	108	119	1.0	15.3	2.7	213	6.4	0.04+	46.8	0.3	33	13+	0.135+	0.00+	5	0.23+	
Bread, Roll, Rye Bran, HMD (OR)	1.78 oz	45	128	3.4	21.6	2.1	115	3.5	0.30	24.0	2.0	17	26	0.057	0.04	0	0.49	
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	2.2	1.44	20.7	13.5	283	25	0.084	1.07	0	0.95	
^Diet, Cake, Yellow, (HMD) (OR)	1 piece	75	200	4.7	28.1	0.5	325	7.8	1.74	34.7	7.8	106	12+	0.040+	0.27+	0+	0.46+	
Noon Meal Totals			822	34.2	117.0	15.6	1000	24.7	4.53+	26.6	4.9	560+	155+	0.783+	1.50+	20+	3.40+	
Daily Totals for 05/01/24			822	34.2	117.0	15.6	1000	24.7	4.53+	26.6	4.9	560+	155+	0.783+	1.50+	20+	3.40+	
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767	22.2	7.40			333	140	0.570	0.80	30	3.67	16.7
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			123	183.4	127.6	167.5	130	111.3	61.28+			168+	111+	137.433+	187.39+	68+	92.60+	

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Amanda Ochoa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem **Date: Thu May 02, 2024**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Dietary Fiber (gm)	Sodium (mg)	Fat (gm)	SFA (gm)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)	Magnesium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)
Noon Meal																		
Holiday, Cinco De Mayo	1 each	0																
Beef, Frito Pie Meat (OR)	1 cut	261	453	24.5	61.5	19.3+	220	13.2	3.20+	25.7	6.2	172+	128+	0.549+	0.58+	10+	3.46+	
Beans, Pinto, Dry, LF, LS	1/2 cup	181	153	8.8	28.3	6.4	11	0.5	0.10	3.0	0.6	51	74	0.197	0.00	3	0.94	
Salad, Tossed, Romaine/Spinach (C	1/2 cup	18	4	0.4	0.6	0.4	8	0.1	0.01	12.3	1.8	12	8	0.024	0.00	3	0.07	
Bread, Seven Grain, HMD (OR)	1.749 oz	49	130	3.3	21.6	1.4	177	3.5	0.30	23.9	2.1	17	18	0.036	0.04	0	0.39	
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	2.2	1.44	20.7	13.5	283	25	0.084	1.07	0	0.95	
Salad Dressing, Ranch (OR)	1 tablespoon	14	61	0.2	0.8	0.0	128	6.3	0.99	93.3	14.6	4	1	0.004	0.02	0	0.02	
Diet, Cookie, Chocolate Chip, HMD	1 each	39	170	2.2	20.9	0.5	128	8.8	2.60	46.1	13.6	23	8+	0.018+	0.10+	0+	0.29+	
Noon Meal Totals			1065+	47.0+	145.1+	28.0+	771+	34.6+	8.63+	28.9	7.2	563+	262+	0.913+	1.80+	15+	6.12+	
Daily Totals for 05/02/24			1065+	47.0+	145.1+	28.0+	771+	34.6+	8.63+	28.9	7.2	563+	262+	0.913+	1.80+	15+	6.12+	
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767	22.2	7.40			333	140	0.570	0.80	30	3.67	16.7
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			160+	252.0+	158.2+	300.0+	101+	155.6+	116.57+			169+	187+	160.189+	225.01+	51+	166.72+	

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Amanda Ochoa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem **Date: Fri May 03, 2024**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Dietary Fiber (gm)	Sodium (mg)	Fat (gm)	SFA (gm)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)	Magnesium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)
Noon Meal																		
Holiday, Cinco De Mayo	1 each	0																
Chicken, Fajita Bowl (OR)	1 cup	223	321	21.3	29.4	3.1	68	13.9	2.52	38.2	6.9	38	58	0.661	0.19	51	1.48	
Corn, Chuckwagon, Frozen, LF, LS	1/2 cup	173	81	2.8	19.1	2.0	6	0.7	0.11	6.8	1.0	7	18	0.158	0.00	7	0.35	
Salad, Cucumber Creamy (OR)	1/2 cup	82	59	0.4	6.0	0.3	123	4.0	0.51	58.2	7.5	10	8+	0.026+	0.00+	2+	0.13	0.0+
Bread, Tortilla, Flour, 8" (OR)	1 each	32	98	2.6	15.8	1.1	236	2.6	0.94	23.8	8.7	47	7	0.019	0.00	0	0.17	
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	2.2	1.44	20.7	13.5	283	25	0.084	1.07	0	0.95	
Diet, Pudding, Chocolate, Mix (OR)	1/2 cup	111	59	5.8	9.1	0.3	128	0.1	0.21	1.5	3.1	205	18	0.049+	0.57+	1+	0.63+	0.0+
Ind, Sauce, Picante (OR)	1 each	14	4	0.2	0.9	0.3	101	0.0	0.00	4.5	0.6	4	2	0.024	0.00	0	0.03	
Noon Meal Totals			717+	40.8+	91.7+	7.1+	761+	23.5+	5.72+	28.8	7.1	595+	136+	1.021+	1.82+	61+	3.74+	0.0+
Daily Totals for 05/03/24			717+	40.8+	91.7+	7.1+	761+	23.5+	5.72+	28.8	7.1	595+	136+	1.021+	1.82+	61+	3.74+	0.0+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767	22.2	7.40			333	140	0.570	0.80	30	3.67	16.7
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			108+	218.5+	100.0+	75.9+	99+	105.6+	77.28+			178+	97+	179.116+	228.08+	205+	101.81+	0.0+
Week Daily Average (05/01/24-05/04/24)			868+	40.7+	117.9+	16.9+	844+	27.6+	6.29+	28.1	6.4	572+	184+	0.906+	1.71+	32+	4.42+	0.0+

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Amanda Ochoa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem **Date: Mon May 06, 2024**

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	Fat (gm)	SFA (gm)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)	Magne sium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)
Noon Meal																		
Vegetarian, Three Cheese Lasagna	1 slice	495	307	16.3+	44.9	4.1+	522	7.4+	3.32+	21.6	9.7	236+	58+	0.309+	0.58+	12+	1.98+	
Mix Veg, Italian, LF, LS	1/2 cup	176	41	2.3	8.2	2.3	38	0.0	0.00	0.0	0.0	26	1+	0.000+	0.00+	11	0.00+	
Salad, Coleslaw, Broccoli Ranch (O	1/2 cup	60	32	1.6	3.4	1.1	76	1.8	0.26	44.4	6.7	32	12+	0.074+	0.02+	38+	0.21	0.0+
Bread, Squash, HMD (OR)	2.048 oz	57	155	4.0	25.9	1.4	185	4.0	0.35	23.1	2.0	23	17	0.042	0.04	0	0.41	
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	2.2	1.44	20.7	13.5	283	25	0.084	1.07	0	0.95	
Diet, Pudding, Vanilla, Mix (OR)	1/2 cup	111	75	5.0	12.2	0.0	144	0.1	0.07	1.3	0.9	257	20	0.049+	0.57+	1	0.63	
Noon Meal Totals			705	36.9+	105.8	8.9+	1064	15.4+	5.44+	19.4	6.9	857+	133+	0.558+	2.27+	62+	4.19+	0.0+
Daily Totals for 05/06/24			705	36.9+	105.8	8.9+	1064	15.4+	5.44+	19.4	6.9	857+	133+	0.558+	2.27+	62+	4.19+	0.0+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767	22.2	7.40			333	140	0.570	0.80	30	3.67	16.7
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			106	197.5+	115.5	95.6+	139	69.4+	73.50+			257+	95+	97.891+	284.18+	207+	114.11+	0.0+

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Amanda Ochoa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem **Date: Tue May 07, 2024**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Dietary Fiber (gm)	Sodium (mg)	Fat (gm)	SFA (gm)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)	Magnesium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)
Noon Meal																		
Beef, Patty, 80/20, w/o Gravy (OR)	1 each	91	230	17.0	0.0	0.0	50	18.0	7.00	70.4	27.4	16		0.314	1.96	0	3.82	0.0
Sauce, Peppercorn, Green, CC	1 oz	35	17	0.4	1.8	0.1	74	1.0	0.15	51.8	7.9	10	1+	0.002+	0.01+	0+	0.01+	0.0+
^Potatoes, Whipped, Garlic, LF, LS	1/2 cup	109	103	2.4	21.7	1.6	54	0.0	0.01	0.2	0.1	31	4+	0.013+	0.09+	47	0.11+	
Mix Veg, Winter Mix, MOW	1/2 cup	71	39	1.2	7.9	1.2	18	0.4	0.00	8.6	0.0	12				1		
Bread, Cracked Wheat, HMD (OR)	1.749 oz	46	105	3.7	21.5	1.1	195	0.5	0.10	4.5	0.8	19	15	0.033	0.06	0	0.34	
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	2.2	1.44	20.7	13.5	283	25	0.084	1.07	0	0.95	
Diet, Gelatin, Assorted	1/2 cup	121	8	1.2	0.7	0.0	64	0.0	0.00	0.0	0.0	4	1	0.001	0.00	11	0.00	
Noon Meal Totals			597	33.6	64.9	4.1	555	22.1	8.70	33.3	13.1	375	46+	0.447+	3.18+	59+	5.24+	0.0+
Daily Totals for 05/07/24			597	33.6	64.9	4.1	555	22.1	8.70	33.3	13.1	375	46+	0.447+	3.18+	59+	5.24+	0.0+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767	22.2	7.40			333	140	0.570	0.80	30	3.67	16.7
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			90	179.7	70.8	43.8	72	99.6	117.53			112	33+	78.341+	398.00+	197+	142.89+	0.0+

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Amanda Ochoa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem **Date: Wed May 08, 2024**

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	Fat (gm)	SFA (gm)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)	Magne sium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)
Noon Meal																		
Chicken, A La King, w/ Mush/Pep (C	1 cup	206	237	22.8	16.8	0.9+	726	8.1	1.67+	31.4	6.5	183	37+	0.432+	0.71+	11+	1.38+	0.7+
Potatoes, Sweet, Whipped (OR)	1/2 cup	121	115	1.2	27.2	3.0	125	0.2	0.05	1.9	0.4	18+	16+	0.061+	0.00+	13+	0.23+	
Mix Veg, Peas & Carrots, LF, LS	1/2 cup	167	51	2.7	9.8	3.5	82	0.4	0.05	6.6	0.9	29	18	0.081	0.00	9	0.52	
Bread, Whole Wheat, HMD (OR)	1.749 oz	50	134	3.8	22.0	1.4	162	3.5	0.31	23.5	2.0	17	15	0.051	0.04	0	0.44	
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	2.2	1.44	20.7	13.5	283	25	0.084	1.07	0	0.95	
Diet, Cookie, Splenda Sugar, HMD	1 each	32	134	1.7	16.8	0.3	122	6.7	1.32	45.0	8.8	10	4+	0.016+	0.05+	0+	0.13+	
Noon Meal Totals			766	39.9	104.0	9.1+	1317	21.2	4.84+	25.0	5.7	541+	114+	0.724+	1.86+	33+	3.67+	0.7+
Daily Totals for 05/08/24			766	39.9	104.0	9.1+	1317	21.2	4.84+	25.0	5.7	541+	114+	0.724+	1.86+	33+	3.67+	0.7+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767	22.2	7.40			333	140	0.570	0.80	30	3.67	16.7
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			115	213.5	113.4	97.8+	172	95.3	65.36+			162+	81+	127.057+	232.03+	111+	99.87+	4.3+

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Amanda Ochoa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: **NWSDS-Salem** Date: **Thu May 09, 2024**

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	Fat (gm)	SFA (gm)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)	Magne sium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)
Noon Meal																		
Salad, Chicken, Garden, Mini (OR)	1/2 cup	76	76	9.3	1.8	0.5	93	3.3	0.81	39.7	9.9	16	16	0.294	0.15	2	0.49	
Salad Dressing, Caesar, 2 TBSP (OR)	2 tablespoons	28	154	0.6	0.9	0.1	343	16.4	2.49	96.0	14.6	14	1	0.007	0.01	0	0.03	
Salad, Tossed, Romaine/Spinach (OR)	3/4 cup	26	5	0.5	0.9	0.6	12	0.1	0.01	12.3	1.8	18	13	0.036	0.00	4	0.10	
Soup, Cream of Cauliflower (OR)	1 cup	206	215	9.0+	15.2	0.4+	511	13.1+	4.96+	55.0	20.8	390+	26+	0.075+	0.87+	2+	1.16+	
Bread, Roll, Whole Wheat HMD (OR)	1.5 oz	50	134	3.8	22.0	1.4	162	3.5	0.31	23.5	2.0	17	15	0.051	0.04	0	0.44	
Oranges, Mandarin (OR)	1/2 cup	150	56	0.9	14.4	1.1	8	0.0	0.00	0.7	0.1	17	17	0.063	0.00	51	0.77	
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	2.2	1.44	20.7	13.5	283	25	0.084	1.07	0	0.95	
Noon Meal Totals			734	31.9+	66.6	4.0+	1227	38.6+	10.03+	47.4	12.3	754+	111+	0.610+	2.14+	60+	3.95+	
Daily Totals for 05/09/24			734	31.9+	66.6	4.0+	1227	38.6+	10.03+	47.4	12.3	754+	111+	0.610+	2.14+	60+	3.95+	
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767	22.2	7.40			333	140	0.570	0.80	30	3.67	16.7
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			110	170.7+	72.7	43.4+	160	173.9+	135.49+			226+	80+	107.088+	267.17+	200+	107.63+	

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Amanda Ochoa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem **Date: Fri May 10, 2024**

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	Fat (gm)	SFA (gm)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)	Magne sium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)
<i>Noon Meal</i>																		
Holiday, Mother's Day	1 each	0																
Chicken, Supreme, Breast (OR), NV	1 each	191	193	28.2	7.8	0.1+	482	5.3	0.03+	24.8	0.1	67	8+	0.021+	0.21+	0+	0.26+	0.2+
Potatoes, Au gratin (OR)	1/2 cup	182	167	5.9	12.5	0.6	765	10.3	4.02	55.7	21.7	255	18+	0.082+	0.48+	2+	0.77+	0.2+
Beans, Green, Frz, LF, LS (OR)	1/2 cup	167	35	1.6	6.8	2.4	5	0.2	0.04	4.8	1.1	40	21	0.040	0.00	12	0.24	
^Bread, Sunflower Seed, HMD (OR)	2.01 oz	56	155	3.9	24.8	0.8	148	4.3	0.36	25.3	2.1	18	11	0.025	0.04	0	0.33	
Diet, Cake, Carrot, HMD (OR)	1 slice	53	65	0.9	14.2	0.3	5+	1.7	0.42	19.9	5.0	21	2+	0.013+	0.00+	0+	0.02+	0.0+
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	2.2	1.44	20.7	13.5	283	25	0.084	1.07	0	0.95	
Noon Meal Totals			710+	48.2+	77.5+	4.1+	1506+	24.0+	6.31+	30.2	7.9	685+	84+	0.265+	1.79+	14+	2.57+	0.4+
Daily Totals for 05/10/24			710+	48.2+	77.5+	4.1+	1506+	24.0+	6.31+	30.2	7.9	685+	84+	0.265+	1.79+	14+	2.57+	0.4+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767	22.2	7.40			333	140	0.570	0.80	30	3.67	16.7
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			107+	258.4+	84.5+	43.8+	196+	107.9+	85.29+			205+	60+	46.487+	224.18+	47+	70.09+	2.6+
Week Daily Average (05/05/24-05/11/24)			702+	38.1+	83.8+	6.1+	1134+	24.3+	7.06+	31.0	9.0	642+	98+	0.521+	2.25+	46+	3.92+	0.2+

Includes main items only. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

Amanda Ochoa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem **Date: Mon May 13, 2024**

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	Fat (gm)	SFA (gm)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)	Magne sium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)
Noon Meal																		
Vegetarian, Southwest Omelet Bake	1 slice	247	292	23.4	13.6	2.0+	580	16.1	8.12+	49.5	24.9	537	44+	0.270+	1.50+	10+	3.04+	
Potatoes, Red, Oven Roasted	1/2 cup	71	79	1.3	14.0	1.4	4	2.3	0.36	25.2	4.0	11	14+	0.186+	0.00+	5	0.19+	
Brussels Sprouts, Frz, LF, LS	1/2 cup	176	42	3.6	8.3	4.1	17	0.4	0.08	6.8	1.4	28	19	0.288	0.00	46	0.24	
Bread, Cracked Wheat, HMD (OR)	1.749 oz	46	105	3.7	21.5	1.1	195	0.5	0.10	4.5	0.8	19	15	0.033	0.06	0	0.34	
Mix Fruit, Golden Fruit Cup	1/2 cup	141	66	0.9	17.0	2.0	5	0.1	0.00	0.8	0.0	14	10+	0.046+	0.00+	19	0.24+	
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	2.2	1.44	20.7	13.5	283	25	0.084	1.07	0	0.95	
Noon Meal Totals			680	40.4	85.8	10.5+	901	21.6	10.10+	28.3	13.3	892	127+	0.907+	2.62+	80+	5.01+	
Daily Totals for 05/13/24			680	40.4	85.8	10.5+	901	21.6	10.10+	28.3	13.3	892	127+	0.907+	2.62+	80+	5.01+	
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767	22.2	7.40			333	140	0.570	0.80	30	3.67	16.7
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			102	216.7	93.6	113.0+	118	97.1	136.50+			268	91+	159.106+	327.74+	267+	136.39+	

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Amanda Ochoa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem **Date: Tue May 14, 2024**

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	Fat (gm)	SFA (gm)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)	Magne sium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)
Noon Meal																		
^Beef, Spaghetti Quaker (OR)	1 cup	228	291	17.1	31.8	2.9+	416	10.6	3.60+	32.9	11.1	53	46+	0.447+	1.10+	11+	2.89+	0.0+
Mix Veg, Spring Chef Cut, LF, LS	1/2 cup	189	47	1.3	5.3	1.3	36	0.0	0.00	0.0	0.0	66	1+	0.000+	0.00+	24	0.00+	0.0+
Salad, Tossed, 1/2 cup (OR)	1 cup	105	19	1.0	4.1	1.6	23	0.2	0.03	6.7	1.0	26	9	0.070	0.00	12	0.18	
Bread, Garlic French, HMD (OR)	2.1 oz	60	140	4.8	27.1	1.0	200	1.2	0.18	7.6	1.2	19	11	0.031	0.04	0	0.40	
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	2.2	1.44	20.7	13.5	283	25	0.084	1.07	0	0.95	
Diet, Cake, Chocolate, (HMD) (OR)	1 piece	50	92	1.7	20.7	0.6	18	1.4	0.58	12.6	5.0	12	0+	0.000+	0.00+	0	0.00+	
Noon Meal Totals			684	33.5	100.3	7.4+	793	15.6	5.82+	20.3	7.6	460	91+	0.632+	2.20+	47+	4.41+	0.0+
Daily Totals for 05/14/24			684	33.5	100.3	7.4+	793	15.6	5.82+	20.3	7.6	460	91+	0.632+	2.20+	47+	4.41+	0.0+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767	22.2	7.40			333	140	0.570	0.80	30	3.67	16.7
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			103	179.5	109.5	79.4+	103	70.2	78.65+			138	65+	110.932+	275.48+	157+	120.27+	0.0+

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Amanda Ochoa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem **Date: Wed May 15, 2024**

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	Fat (gm)	SFA (gm)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)	Magne sium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)
Noon Meal																		
Salad, Chicken, HMD (OR)	1/2 cup	123	174	11.9	5.0	0.9	353	11.7	1.98	60.9	10.3	30	25+	0.379+	0.19+	4+	0.68	0.0+
Salad, Lettuce, Shredded	1/4 cup	19	3	0.2	0.6	0.2	2	0.0	0.00	7.5	1.0	3	1	0.008	0.00	1	0.03	
Soup, Split Pea Green w/Vegetariar	1 cup	226	68	2.6+	11.5	2.9+	54	1.3+	0.25+	17.8	3.3	17+	15+	0.040+	0.00+	1+	0.33+	
Salad, Coleslaw, Confetti (OR)	1/2 cup	111	86	2.7	13.3	1.7+	112	2.9	0.46+	29.3	4.6	52	14+	0.162+	0.12+	38+	0.27+	
Bread, Wheat, Sliced, Local	1 slice	28	87	4.6	14.5	2.1	160	1.2	0.26	12.0	2.7	37	28	0.067	0.00	0	0.61	
Applesauce, Cnd (OR)	1/2 cup	138	58	0.2	15.5	1.5	3	0.1	0.01	1.9	0.2	6	4	0.037	0.00	29	0.04	
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	2.2	1.44	20.7	13.5	283	25	0.084	1.07	0	0.95	
Noon Meal Totals			570	29.9+	71.6	9.4+	784	19.5+	4.40+	30.6	6.9	428+	112+	0.777+	1.38+	73+	2.91+	0.0+
Daily Totals for 05/15/24			570	29.9+	71.6	9.4+	784	19.5+	4.40+	30.6	6.9	428+	112+	0.777+	1.38+	73+	2.91+	0.0+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767	22.2	7.40			333	140	0.570	0.80	30	3.67	16.7
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			86	160.0+	78.1	100.4+	102	87.7+	59.47+			128+	80+	136.231+	172.00+	242+	79.16+	0.0+

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Amanda Ochoa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem **Date: Thu May 16, 2024**

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	Fat (gm)	SFA (gm)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)	Magne sium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)
Noon Meal																		
Beef, Stew, Cowboy Campfire (OR)	1 cup	280	352	22.5	41.6	9.7	697	11.4	3.71	28.6	9.3	104	90	0.506	0.99	4	4.50	
Mix Veg, 5 Way Mix, LF, LS (OR)	1/2 cup	176	72	3.3	13.4	4.0	49	0.5	0.10	6.5	1.2	27	25	0.096	0.00	10	0.45	
Salad, Carrot Pineapple, HMD (OR)	1/2 cup	114	108	1.1	17.6	2.5	184	4.3	0.62	33.9	4.9	36	14+	0.128+	0.00+	7+	0.23	0.0+
Bread, Roll, Oatmeal, HMD (OR)	1.38 ounces	25	68	2.0	11.0	0.7	129	1.9	0.17	24.3	2.2	9	8	0.020	0.02	0	0.24	
Fruit, Fresh In Season	1 each	114	64	0.9	16.3	2.4	5	0.2	0.06	3.0	0.8	16	15	0.156	0.00	27	0.12	
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	2.2	1.44	20.7	13.5	283	25	0.084	1.07	0	0.95	
Noon Meal Totals			759	37.4	111.3	19.2	1164	20.5	6.09	23.7	7.1	475	176+	0.990+	2.08+	48+	6.50	0.0+
Daily Totals for 05/16/24			759	37.4	111.3	19.2	1164	20.5	6.09	23.7	7.1	475	176+	0.990+	2.08+	48+	6.50	0.0+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767	22.2	7.40			333	140	0.570	0.80	30	3.67	16.7
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			114	200.5	121.4	205.7	152	92.1	82.33			143	126+	173.603+	259.82+	161+	177.02	0.0+

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Amanda Ochoa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: **NWSDS-Salem** Date: **Fri May 17, 2024**

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	Fat (gm)	SFA (gm)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)	Magne sium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)
Noon Meal																		
Beef, Meatloaf, w/ Turkey, HMD (OF	4.14 ounces	142	271	20.2	7.0	1.5	472	17.4	6.16	59.1	20.8	66	37+	0.444+	1.87+	2+	3.97+	0.0+
Gravy, Brown, CC	1 oz	33	16	0.2	1.4	0.0	73	1.0	0.12	56.8	7.3	5	0+	0.000+	0.00+	0+	0.00+	0.0+
Potatoes, Delmonico (OR)	1/2 cup	128	110	3.6	17.4	1.7	91	3.0	0.56	24.6	4.6	67+	23+	0.243+	0.18+	24+	0.43+	
Carrots, Sliced, Parslied, LF, LS	1/2 cup	167	33	0.8	7.3	3.0	65	0.4	0.04	10.7	1.1	37	12	0.088	0.00	2	0.31	
Bread, French, HMD (OR)	1.86 oz	53	123	4.2	23.9	0.9	80	1.0	0.12	7.6	0.9	17	9	0.023	0.04	0	0.35	
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	2.2	1.44	20.7	13.5	283	25	0.084	1.07	0	0.95	
Diet, Cookie, Splenda Sugar, HMD	1 each	32	134	1.7	16.8	0.3	122	6.7	1.32	45.0	8.8	10	4+	0.016+	0.05+	0+	0.13+	
Noon Meal Totals			782	38.3	85.0	7.4	1003	31.8	9.77	36.9	11.4	486+	111+	0.898+	3.20+	29+	6.14+	0.0+
Daily Totals for 05/17/24			782	38.3	85.0	7.4	1003	31.8	9.77	36.9	11.4	486+	111+	0.898+	3.20+	29+	6.14+	0.0+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767	22.2	7.40			333	140	0.570	0.80	30	3.67	16.7
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			117	205.2	92.7	79.6	131	143.3	132.00			146+	79+	157.513+	400.49+	96+	167.32+	0.0+
Week Daily Average (05/12/24-05/18/24)			695	35.9+	90.8	10.8+	929	21.8+	7.24+	28.1	9.3	548+	124+	0.841+	2.30+	55+	4.99+	0.0+

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Amanda Ochoa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: **NWSDS-Salem** Date: **Mon May 20, 2024**

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	Fat (gm)	SFA (gm)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)	Magne sium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)
Noon Meal																		
^Beef, Rigatoni (OR)	1 cup	421	243	16.4	18.8	2.4+	496	11.5	4.13+	42.4	15.2	87	40+	0.437+	1.19+	9+	2.87+	0.0+
Rice, Brown, LF, LS (OR)	1/2 cup	100	139	2.9	28.8	1.4	4	1.2	0.22	7.9	1.5	6	45	0.181	0.00	0	0.81	
Mix Veg, Winter (Hmd), LF, LS	1/3 cup	126	20	1.9	3.2	1.9	23	0.0	0.00	0.0	0.0	10	12	0.096	0.00	90	0.25	
Salad, Beet, Pickled (OR)	1/2 cup	117	68	0.7	16.2	1.2+	115	0.1	0.02+	1.4	0.3	19	16+	0.054+	0.00+	3+	0.29+	
Bread, Roll, White, HMD (OR)	1.5 oz	44	120	3.3	19.3	0.5	231	3.1	0.28	23.6	2.1	16	7	0.012	0.06	0	0.24	
^Pears (OR)	1/2 cup	110	62	0.2	16.6	1.8	5	0.0	0.00	0.4	0.0	5	4	0.015	0.00	1	0.09	
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	2.2	1.44	20.7	13.5	283	25	0.084	1.07	0	0.95	
Noon Meal Totals			747	33.0	114.4	9.1+	974	18.2	6.09+	21.9	7.3	427	149+	0.878+	2.31+	103+	5.49+	0.0+
Daily Totals for 05/20/24			747	33.0	114.4	9.1+	974	18.2	6.09+	21.9	7.3	427	149+	0.878+	2.31+	103+	5.49+	0.0+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767	22.2	7.40			333	140	0.570	0.80	30	3.67	16.7
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			112	176.5	124.8	98.0+	127	81.8	82.34+			128	106+	154.097+	289.19+	343+	149.62+	0.0+

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Amanda Ochoa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem **Date: Tue May 21, 2024**

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	Fat (gm)	SFA (gm)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)	Magne sium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)
Noon Meal																		
^Chicken, Pastina (OR)	1 cup	387	184	15.3	16.5	2.0+	328	5.9	1.67+	29.2	8.3	79	40+	0.403+	0.24+	2+	1.00+	0.1+
Carrots, Sliced, LF, LS	1/2 cup	167	33	0.7	7.2	3.0	64	0.4	0.04	10.7	1.1	35	12	0.086	0.00	2	0.30	
Salad, Tossed, Romaine/Spinach (C	1/2 cup	18	4	0.4	0.6	0.4	8	0.1	0.01	12.3	1.8	12	8	0.024	0.00	3	0.07	
Bread, Cornmeal,WW HMD (OR)	1 piece	81	218	5.4	36.3	1.6	286	5.7	0.48	23.6	2.0	26	18	0.052	0.06	0	0.53	
Salad Dressing, French (OR)	1 tablespoon	14	65	0.1	2.2	0.0	119	6.4	0.80	86.0	10.8	3	1	0.000	0.02	1	0.04	
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	2.2	1.44	20.7	13.5	283	25	0.084	1.07	0	0.95	
Diet, Pudding, Vanilla, Mix (OR)	1/2 cup	111	75	5.0	12.2	0.0	144	0.1	0.07	1.3	0.9	257	20	0.049+	0.57+	1	0.63	
Noon Meal Totals			673	34.6	86.3	6.9+	1048	20.7	4.51+	27.6	6.0	696	124+	0.697+	1.95+	9+	3.51+	0.1+
Daily Totals for 05/21/24			673	34.6	86.3	6.9+	1048	20.7	4.51+	27.6	6.0	696	124+	0.697+	1.95+	9+	3.51+	0.1+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767	22.2	7.40			333	140	0.570	0.80	30	3.67	16.7
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			101	185.2	94.1	74.1+	137	93.2	60.93+			209	89+	122.336+	244.03+	29+	95.60+	0.9+

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Amanda Ochoa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem **Date: Wed May 22, 2024**

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	Fat (gm)	SFA (gm)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)	Magne sium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)
Noon Meal																		
Chicken, Breast, Breaded, Cooked,	1 each	99	233	18.3	12.2	2.0	426	12.2		47.4		26		0.112	0.17			0.0
Sauce, Creole, HMD	1 oz	67	21	1.0	4.5	1.2	16	0.1	0.02	4.0	0.8	15	8+	0.045+	0.00+	4	0.12+	
Potatoes, Lyonnaise (OR)	1/2 cup	118	107	3.5	16.6	1.5	91	3.0	0.56	25.3	4.7	66+	22+	0.221+	0.18+	14+	0.42+	
Greens, Spinach	1/2 cup	196	56	4.6	6.7	4.3	126	2.5	0.45	32.9	6.1	177	94	0.158	0.00	3	0.56	
Bread, Roll, Rye Bran, HMD (OR)	1.78 oz	45	128	3.4	21.6	2.1	115	3.5	0.30	24.0	2.0	17	26	0.057	0.04	0	0.49	
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	2.2	1.44	20.7	13.5	283	25	0.084	1.07	0	0.95	
Diet, Whip, Lime (OR)	1/2 cup	100	17	1.0	1.4	0.0	52	0.8	0.83	43.7	43.7	3	1+	0.001+	0.00+	9	0.00+	
Noon Meal Totals			658	39.3	74.4	11.2	926	24.3	3.59+	32.6	4.8	587+	176+	0.678+	1.46+	29+	2.53+	0.0+
Daily Totals for 05/22/24			658	39.3	74.4	11.2	926	24.3	3.59+	32.6	4.8	587+	176+	0.678+	1.46+	29+	2.53+	0.0+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767	22.2	7.40			333	140	0.570	0.80	30	3.67	16.7
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			99	210.5	81.2	119.6	121	109.3	48.56+			176+	126+	118.920+	182.58+	98+	69.04+	0.0+

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Amanda Ochoa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem **Date: Thu May 23, 2024**

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	Fat (gm)	SFA (gm)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)	Magne sium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)
Noon Meal																		
Chicken, Rice Bake (OR)	1 cup	260	321	20.2+	31.6	1.1+	318	12.1+	3.80+	33.9	10.7	259+	47+	0.470+	0.87+	4+	1.64+	
Beans, Green, Frz, W/Red Pepper	1/2 cup	172	37	1.7	7.2	2.4	5	0.2	0.04	4.9	1.1	41	21	0.052	0.00	20	0.24	
Salad, Coleslaw, Apple Cranberry ((1/2 cup	79	72	2.4	15.1	1.4	38	0.9	0.12	10.1	1.4	39	9+	0.104+	0.13+	24+	0.20	0.0+
Bread, Roll, Multigrain, HMD (OR)	1.5 oz	45	120	3.5	19.7	1.7	171	3.3	0.29	24.4	2.1	16	21	0.052	0.03	0	0.47	
Peaches, Spiced (OR)	1/2 cup	140	96	0.8	25.0	1.6	5	0.0	0.01	0.4	0.1	9	9	0.023	0.00	4	0.14	
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	2.2	1.44	20.7	13.5	283	25	0.084	1.07	0	0.95	
Noon Meal Totals			741	36.2+	109.9	8.2+	638	18.7+	5.70+	22.6	6.9	647+	132+	0.785+	2.10+	53+	3.64+	0.0+
Daily Totals for 05/23/24			741	36.2+	109.9	8.2+	638	18.7+	5.70+	22.6	6.9	647+	132+	0.785+	2.10+	53+	3.64+	0.0+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767	22.2	7.40			333	140	0.570	0.80	30	3.67	16.7
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			111	193.8+	119.8	88.0+	83	84.3+	77.04+			194+	95+	137.762+	262.59+	176+	99.25+	0.0+

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Amanda Ochoa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem **Date: Fri May 24, 2024**

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	Fat (gm)	SFA (gm)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)	Magne sium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)
<i>Noon Meal</i>																		
Holiday, Memorial Day	1 each	0																
Chicken, BBQ, Diced (OR)	1/2 cup	132	177	12.0	19.8	0.5+	418	5.9	1.30+	29.5	6.5	22	24+	0.416+	0.19+	3+	0.67+	
Bread, Bun, Hot Dog, Local (OR)	1 each	43	120	4.2	21.6	0.8	212	1.7	0.36	12.8	2.8	62	10	0.027	0.09	1	0.31	
Beans, Baked, Great Northern (OR)	1/2 cup	150	201	10.2	40.1	9.3+	105	0.6	0.17+	2.5	0.7	99	103+	0.261+	0.00+	3+	1.10+	
^Salad, Potato, HMD	1/2 cup	385	150	3.6	25.3	2.5	202	4.2	0.82	24.5	4.8	40	25+	0.270+	0.11+	25	0.39+	
Ice Cream, Chocolate/Vanilla, 4 oz	1 each	113	240	4.1	29.4	1.1	88	12.5	7.71	45.6	28.2	134	24	0.058	0.39	1	0.72	
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	2.2	1.44	20.7	13.5	283	25	0.084	1.07	0	0.95	
Noon Meal Totals			982+	41.8+	147.5+	14.1+	1126+	27.0+	11.79+	24.3	10.6	640+	212+	1.117+	1.84+	32+	4.14+	
Daily Totals for 05/24/24			982+	41.8+	147.5+	14.1+	1126+	27.0+	11.79+	24.3	10.6	640+	212+	1.117+	1.84+	32+	4.14+	
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767	22.2	7.40			333	140	0.570	0.80	30	3.67	16.7
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			147+	223.6+	160.9+	150.9+	147+	121.6+	159.34+			192+	151+	196.029+	230.32+	107+	112.84+	
Week Daily Average (05/19/24-05/25/24)			760+	37.0+	106.5+	9.9+	942+	21.8+	6.34+	25.5	7.4	600+	159+	0.831+	1.93+	45+	3.86+	0.0+

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Amanda Ochoa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem **Date: Mon May 27, 2024**

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	Fat (gm)	SFA (gm)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)	Magne sium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)	
<i>Noon Meal</i>																			
Holiday, Closed	1 each	0																	
Noon Meal Totals																			
Daily Totals for 05/27/24																			
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767	22.2	7.40			333	140	0.570	0.80	30	3.67	16.7	
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)																			

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Amanda Ochoa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem **Date: Tue May 28, 2024**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Dietary Fiber (gm)	Sodium (mg)	Fat (gm)	SFA (gm)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)	Magnesium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)
Noon Meal																		
Chicken, Breast Filet Cooked, 113 g	1 each	113	150	26.0	0.0	0.0	310	5.0	0.00	30.2	0.0	0						0.0
Mario Sauce, Gravy, Garlic Mushroom	1 oz	37	17	0.3	1.7	0.1	79	1.0	0.13	53.7	6.7	6	1+	0.006+	0.00+	0+	0.02+	0.0+
Salad, Coleslaw, Coleslaw Drsg (Of)	1/2 cup	125	121	1.6	11.1	2.3	229	8.4	0.02+	59.8	0.2	49	17+	0.228+	0.00+	62	0.24+	
Mix Veg, Winter Mix, MOW	1/2 cup	71	39	1.2	7.9	1.2	18	0.4	0.00	8.6	0.0	12				1		
Bread, Roll, Seven Grain, HMD (OR)	1.5 oz	43	114	3.2	18.9	1.4	116	3.0	0.26	23.7	2.1	15	16	0.044	0.03	0	0.40	
Pineapple, Tidbits (OR)	1/2 cup	150	90	0.6	23.6	1.2	2	0.1	0.01	1.1	0.1	21	21	0.111	0.00	14	0.15	
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	2.2	1.44	20.7	13.5	283	25	0.084	1.07	0	0.95	
Noon Meal Totals			626	40.6	74.5	6.2	853	20.1	1.86+	28.4	2.7	387	80+	0.473+	1.10+	78+	1.77+	0.0+
Daily Totals for 05/28/24			626	40.6	74.5	6.2	853	20.1	1.86+	28.4	2.7	387	80+	0.473+	1.10+	78+	1.77+	0.0+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767	22.2	7.40			333	140	0.570	0.80	30	3.67	16.7
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			94	217.4	81.3	66.9	111	90.6	25.11+			116	57+	82.963+	137.23+	259+	48.09+	0.0+

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Amanda Ochoa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem **Date: Wed May 29, 2024**

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	Fat (gm)	SFA (gm)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)	Magne sium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)
Noon Meal																		
Beef, Stroganoff, w/Ground Beef, 1	1 cup	298	285	18.3	11.4	1.7+	887	18.3	6.94+	58.2	22.0	65	29+	0.397+	1.44+	1+	3.30+	0.0+
Mix Veg, Peas & Carrots, LF, LS	1/2 cup	167	51	2.7	9.8	3.5	82	0.4	0.05	6.6	0.9	29	18	0.081	0.00	9	0.52	
Salad, Tossed, 1/2 cup (OR)	1 cup	105	19	1.0	4.1	1.6	23	0.2	0.03	6.7	1.0	26	9	0.070	0.00	12	0.18	
Salad Dressing, Thousand Island, 1	1 tablespoon	14	19	0.1	4.1	0.5	112	0.2	0.03	9.9	1.3	2	1	0.000	0.00	0	0.01	
Bread, French, HMD (OR)	1.86 oz	53	123	4.2	23.9	0.9	80	1.0	0.12	7.6	0.9	17	9	0.023	0.04	0	0.35	
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	2.2	1.44	20.7	13.5	283	25	0.084	1.07	0	0.95	
Diet, Cake, Spice, (HMD) (OR)	1 piece	35	40	0.6	8.6	0.1	1+	1.2	0.30	22.0	5.7	13	0+	0.000+	0.00+	0+	0.00+	0.0+
Noon Meal Totals			633	34.5	73.2	8.2+	1284+	23.5	8.89+	33.3	12.6	435	92+	0.655+	2.55+	22+	5.32+	0.0+
Daily Totals for 05/29/24			633	34.5	73.2	8.2+	1284+	23.5	8.89+	33.3	12.6	435	92+	0.655+	2.55+	22+	5.32+	0.0+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767	22.2	7.40			333	140	0.570	0.80	30	3.67	16.7
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			95	184.6	79.8	88.1+	168+	105.6	120.16+			130	66+	114.992+	318.45+	74+	144.84+	0.0+

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Amanda Ochoa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem **Date: Thu May 30, 2024**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Dietary Fiber (gm)	Sodium (mg)	Fat (gm)	SFA (gm)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)	Magnesium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)
Noon Meal																		
Turkey, Stew, Hearty (OR)	1 cup	270	222	14.6	19.6	2.8+	842	9.5	2.33+	38.4	9.5	35+	46+	0.868+	0.31+	11+	2.06+	0.0+
Beans, Green, Frz, W/Onion, LF, LS	1/2 cup	176	38	1.7	7.5	2.5	6	0.2	0.04	4.7	1.0	42	21	0.047	0.00	12	0.24	
Salad, Cucumber Creamy (OR)	1/2 cup	82	59	0.4	6.0	0.3	123	4.0	0.51	58.2	7.5	10	8+	0.026+	0.00+	2+	0.13	0.0+
Bread, Roll, Multigrain, HMD (OR)	1.5 oz	45	120	3.5	19.7	1.7	171	3.3	0.29	24.4	2.1	16	21	0.052	0.03	0	0.47	
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	2.2	1.44	20.7	13.5	283	25	0.084	1.07	0	0.95	
Diet, Cookie, Splenda Sugar, HMD	1 each	32	134	1.7	16.8	0.3	122	6.7	1.32	45.0	8.8	10	4+	0.016+	0.05+	0+	0.13+	
Noon Meal Totals			667	29.5	80.8	7.6+	1364	25.9	5.94+	34.5	7.9	397+	126+	1.092+	1.46+	25+	3.99+	0.0+
Daily Totals for 05/30/24			667	29.5	80.8	7.6+	1364	25.9	5.94+	34.5	7.9	397+	126+	1.092+	1.46+	25+	3.99+	0.0+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767	22.2	7.40			333	140	0.570	0.80	30	3.67	16.7
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			100	157.9	88.2	81.8+	178	116.6	80.25+			119+	90+	191.613+	182.59+	82+	108.66+	0.0+

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Amanda Ochoa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: **NWSDS-Salem** Date: **Fri May 31, 2024**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietary Fiber (gm)	Sodium (mg)	Fat (gm)	SFA (gm)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)	Magne sium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)	
Noon Meal																			
Beef, Chili, w/Grd Beef/Turkey, Blac	1 cup	254	273	17.6	34.7	9.4	574	8.3	2.69	26.4	8.5	88	75+	0.527+	0.79+	11+	2.74+	0.0+	
Corn, Chuckwagon, Frozen, LF, LS	1/2 cup	173	81	2.8	19.1	2.0	6	0.7	0.11	6.8	1.0	7	18	0.158	0.00	7	0.35		
Salad, Coleslaw, Broccoli Ranch (O	1/2 cup	60	32	1.6	3.4	1.1	76	1.8	0.26	44.4	6.7	32	12+	0.074+	0.02+	38+	0.21	0.0+	
Bread, Cornbread, HMD (OR)	1 piece	83	216	5.3	32.3	1.1	426	7.3	1.48	30.4	6.2	150	15	0.067	0.23	0	0.50		
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	2.2	1.44	20.7	13.5	283	25	0.084	1.07	0	0.95		
Diet, Gelatin, Assorted	1/2 cup	121	8	1.2	0.7	0.0	64	0.0	0.00	0.0	0.0	4	1	0.001	0.00	11	0.00		
Noon Meal Totals			706	36.1	101.6	13.6	1247	20.3	5.97	25.1	7.4	564	146+	0.912+	2.11+	68+	4.76+	0.0+	
Daily Totals for 05/31/24			706	36.1	101.6	13.6	1247	20.3	5.97	25.1	7.4	564	146+	0.912+	2.11+	68+	4.76+	0.0+	
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767	22.2	7.40			333	140	0.570	0.80	30	3.67	16.7	
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			106	193.2	110.8	146.0	163	91.2	80.73			169	104+	159.944+	263.35+	227+	129.58+	0.0+	
Week Daily Average (05/26/24-05/31/24)			526+	28.1+	66.0+	7.1+	950+	18.0+	4.53+	30.2	7.7	357+	89+	0.626+	1.44+	39+	3.16+	0.0+	
Daily Average (05/01/24-05/31/24)			697+	35.5+	90.8+	9.6+	970+	22.3+	6.29+	28.5	8.1	541+	126+	0.731+	1.95+	44+	4.04+	0.1+	

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Amanda Ochoa, RD, LDN