

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																		
Vegetarian, Macaroni & Cheese (Of	1 cup	236	432	24.2+	45.7	1.5+	502	16.4+	8.92+	34.1	18.6	557+	54+	0.150+	1.22+	1+	3.27+	
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	
Cake, Lemon Poppy Seed, HMD (O	1 slice	75	227	1.5	41.6	0.6	275	5.6	1.32	22.5	5.3	90	8+	0.029+	0.05+	0	0.20+	
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			1049	39.2+	144.2	9.7+	1229	34.0+	12.01+	29.0	10.3	1022+	127+	0.467+	2.37+	8+	5.15+	
Daily Totals for 05/01/24			1049	39.2+	144.2	9.7+	1229	34.0+	12.01+	29.0	10.3	1022+	127+	0.467+	2.37+	8+	5.15+	
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 (%)			157	209.7+	157.4	104.0+	160	153.2+	162.27+			307+	91+	81.946+	296.87+	28+	140.25+	

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: Thu May 02, 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																		
Holiday, Cinco De Mayo	1 each	0																
Chicken, Baked, Boneless Breast (F	1 each	83	99	18.6	0.0	0.0	37	2.2	0.47	20.8	4.5	4	23	0.671	0.17	0	0.56	
Sauce, Mole, Mix	1/4 cup	52	0	0.0	0.0	0.0	2	0.0	0.00			2	1	0.000	0.00	0	0.00	
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	
Bar, Hermit (OR)	1 square	47	180	2.2	28.3	0.6	65	6.9	0.69	33.6	3.4	56	25	0.080	0.06	0	0.21	
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	
Noon Meal Totals			721+	41.2+	90.9+	8.8+	527+	21.6+	3.98+	26.9	5.0	429+	174+	1.097+	1.36+	6+	3.14+	
Daily Totals for 05/02/24			721+	41.2+	90.9+	8.8+	527+	21.6+	3.98+	26.9	5.0	429+	174+	1.097+	1.36+	6+	3.14+	
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 (%)			108+	220.5+	99.2+	94.0+	69+	97.2+	53.84+			129+	124+	192.466+	169.91+	19+	85.49+	

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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)	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																		
Holiday, Cinco De Mayo	1 each	0																
Pork, Carnitas Meat, 3 oz * (SF)	3 oz	102	122	19.4	1.0	0.0	643	4.1	1.53	31.0	11.6	10					2	
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	
Pudding, Mexican Chocolate, HMD	1/2 cup	134	205	8.0	43.2	3.1+	98	1.9	1.16+	7.6	4.7	255	58+	0.078+	0.82+	1+	1.33+	
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	
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			665+	41.1+	97.4+	6.8+	1306+	15.4+	5.69+	20.5	7.6	617+	118+	0.389+	1.89+	13+	2.95+	0.0+
Daily Totals for 05/03/24			665+	41.1+	97.4+	6.8+	1306+	15.4+	5.69+	20.5	7.6	617+	118+	0.389+	1.89+	13+	2.95+	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+	220.2+	106.3+	72.7+	170+	69.4+	76.85+			185+	84+	68.325+	236.23+	42+	80.47+	0.0+
Week Daily Average (05/01/24-05/04/24)			812+	40.5+	110.9+	8.4+	1021+	23.7+	7.23+	26.1	8.0	689+	139+	0.651+	1.87+	9+	3.75+	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)
<i>Noon Meal</i>																		
Pork, Stew, Western (OR)	1 cup	280	397	25.3	45.1	14.3	461	12.8	4.08	29.0	9.2	105+	96+	0.499+	0.47+	6+	3.39+	0.0+
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	
Pudding, Lemon, HS (OR)	1/2 cup	131	180	6.5	32.5	0.0+	94	1.0	0.64+	5.4	3.5	235	21+	0.068+	0.82+	1+	0.82+	
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			900	47.4	126.4	19.1+	953	21.7	6.77+	21.6	6.8	704+	172+	0.766+	2.42+	56+	5.78+	0.0+
Daily Totals for 05/06/24			900	47.4	126.4	19.1+	953	21.7	6.77+	21.6	6.8	704+	172+	0.766+	2.42+	56+	5.78+	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 (%)			135	254.1	137.9	204.6+	124	97.7	91.51+			211+	123+	134.458+	302.18+	187+	157.58+	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)	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, Creamed & Vegetables (O)	1 cup	230	235	16.7	19.5	3.7	421	9.8	2.08	37.9	8.0	126	45+	0.462+	0.50+	11+	1.31+	0.2+
^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	
Fluff, Pineapple (OR)	1/2 cup	112	123	0.4	29.4	0.7	113	1.2	1.07	8.4	7.4	12	12+	0.062+	0.00+	8	0.08+	
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			700	32.1	111.3	8.3	901	14.2	4.69	18.2	6.0	483	101+	0.654+	1.71+	67+	2.80+	0.2+
Daily Totals for 05/07/24			700	32.1	111.3	8.3	901	14.2	4.69	18.2	6.0	483	101+	0.654+	1.71+	67+	2.80+	0.2+
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 (%)			105	171.8	121.4	89.2	118	63.9	63.43			145	72+	114.730+	214.17+	224+	76.37+	1.5+

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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)
<i>Noon Meal</i>																		
Pork, Patty, Sausage, Homestyle (C)	1 each	76	129	8.9	8.0	0.8+	167	7.0	1.89+	48.3	13.0	43+	13+	0.225+	0.36+	1+	0.88+	
^Gravy, Pork, HMD, 1 oz (OR)	1 oz	36	14	0.3	2.7	0.1+	19	0.1	0.00+	9.0	0.2	2+	1+	0.002+	0.00+	0+	0.01+	
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	
Bar, Chocolate Chip (OR)	1 slice	62	279	3.5	35.1	0.9	141	14.1	3.84	45.1	12.3	50	13	0.030	0.18	0	0.51	
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			818	28.2	116.1	9.6+	795	27.6	7.58+	30.1	8.3	441+	100+	0.534+	1.64+	23+	3.55+	
Daily Totals for 05/08/24			818	28.2	116.1	9.6+	795	27.6	7.58+	30.1	8.3	441+	100+	0.534+	1.64+	23+	3.55+	
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	150.8	126.7	103.2+	104	124.4	102.48+			132+	72+	93.720+	204.61+	78+	96.67+	

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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)	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																			
Salad, Turkey, Club, Mini (OR)	1/2 cup	112	182	13.9	2.8	0.6	713	12.7	4.74	63.2	23.6	114	27	0.528	0.43	2	1.88	0.0+	
Salad Dressing, Ranch (OR)	2 tablespoons	28	122	0.4	1.7	0.0	255	12.6	1.97	93.3	14.6	8	1	0.009	0.05	0	0.05		
Salad, Tossed, Romaine/Spinach (C)	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 (OF)	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			808	36.2+	68.3	3.9+	1760	44.3+	13.44+	49.3	15.0	847+	123+	0.846+	2.45+	60+	5.36+	0.0+	
Daily Totals for 05/09/24			808	36.2+	68.3	3.9+	1760	44.3+	13.44+	49.3	15.0	847+	123+	0.846+	2.45+	60+	5.36+	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 (%)			121	193.7+	74.5	42.3+	230	199.3+	181.59+			254+	88+	148.360+	306.23+	199+	145.97+	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 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>																		
Pork, Loin, Ckd (OR)	3 ounces	64	160	17.5	0.0	0.0	38	9.4	3.46	54.9	20.1	12	17	0.333	0.46	0	1.50	
Sauce, Blueberry Berry Chutney, HI	1 oz	27	31	0.2	7.9	0.6	1	0.1	0.02	2.9	0.4	4	2+	0.009+	0.00+	0	0.02+	
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	
Cake, Carrot, HMD (OR)	1 slice	90	324	3.2	44.1	1.4	337	15.8	2.93	42.9	8.0	26	12	0.067	0.09	1	0.38	
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			967	40.0	107.5	5.8	1394	42.4	12.27	39.4	11.5	639	105+	0.640+	2.13+	15+	4.18+	0.2+
Daily Totals for 05/10/24			967	40.0	107.5	5.8	1394	42.4	12.27	39.4	11.5	639	105+	0.640+	2.13+	15+	4.18+	0.2+
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 (%)			145	214.1	117.2	61.9	182	190.7	165.80			192	75+	112.346+	266.52+	51+	113.96+	1.4+
Week Daily Average (05/05/24-05/11/24)			839	36.8+	105.9	9.4+	1161	30.0+	8.95+	32.1	9.6	623+	120+	0.688+	2.07+	44+	4.33+	0.1+

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)
<i>Noon Meal</i>																		
Pork, Rib Patty, w/ BBQ Sauce (CAI)	1 each	105	231	14.4	18.3	0.3+	629	12.2	4.06	45.7	15.2	55	2+	0.014+		0+	3.58	
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			619	31.5	90.5	8.8+	950	17.7	6.04	24.8	8.5	410	85+	0.651+	1.13+	71+	5.55+	
Daily Totals for 05/13/24			619	31.5	90.5	8.8+	950	17.7	6.04	24.8	8.5	410	85+	0.651+	1.13+	71+	5.55+	
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 (%)			93	168.5	98.7	94.3+	124	79.6	81.58			123	61+	114.231+	140.85+	235+	151.18+	

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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																		
^Chicken, Spanish Rice, 1 cup (OR)	1 cup	217	197	14.0	22.6	2.4	163	5.1	1.20+	23.9	5.6	45	32+	0.432+	0.19+	8	0.92+	
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	
Cake, Chocolate, HMD (OR)	1 slice	68	202	2.6	34.2	1.6	279	7.0	2.02	30.0	8.6	29	7+	0.002+	0.01+	0+	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			700	31.3	104.6	7.9	800	15.6	4.85+	19.9	6.2	469	84+	0.620+	1.31+	44+	2.54+	0.0+
Daily Totals for 05/14/24			700	31.3	104.6	7.9	800	15.6	4.85+	19.9	6.2	469	84+	0.620+	1.31+	44+	2.54+	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 (%)			105	167.7	114.1	84.9	104	70.3	65.57+			141	60+	108.791+	164.18+	148+	69.19+	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)	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																		
Salad, Tuna, HMD (OR)	1/2 cup	108	111	13.0	4.9	0.4	292	4.6	0.98	36.4	7.8	25	17	0.215	1.59	1	0.58	
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/Vegetarian	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			507	30.9+	71.6	8.8+	723	12.4+	3.40+	21.5	6.0	422+	105+	0.613+	2.78+	70+	2.81+	
Daily Totals for 05/15/24			507	30.9+	71.6	8.8+	723	12.4+	3.40+	21.5	6.0	422+	105+	0.613+	2.78+	70+	2.81+	
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 (%)			76	165.4+	78.1	94.7+	94	55.6+	45.98+			127+	75+	107.590+	346.99+	233+	76.59+	

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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																		
Vegetarian, Lasagna, Cheese, Roll	1 each	99	190	11.0	27.0	2.0	150	3.5	2.00	17.2	9.8	200					9	
Sauce, Marinara, RTU, 2 oz	3 oz	85	60	1.4	8.6	1.4	339	2.7		37.5		13					6	
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			657	27.3	105.3	12.9	956	15.2	4.38+	20.5	6.0	584	87+	0.484+	1.09+	59+	1.99+	0.0+
Daily Totals for 05/16/24			657	27.3	105.3	12.9	956	15.2	4.38+	20.5	6.0	584	87+	0.484+	1.09+	59+	1.99+	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 (%)			98	146.1	114.9	138.0	125	68.6	59.20+			175	62+	84.853+	135.98+	197+	54.30+	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)	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, Orange Glazed, Patty (OR)	1 piece	141	201	15.1	21.0	0.1+	410	6.8	1.56+	29.6	6.9	3	2+	0.006+	0.00+	4+	0.52+	0.1+	
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		
Bar, Lemon Blondie (OR)	1 slice	60	245	2.3	37.7	0.3	199	9.4	3.16	34.6	11.6	65	5+	0.025+	0.12+	0	0.22+		
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			807	33.6	118.5	6.0+	944	22.8	6.89+	25.2	7.6	472+	76+	0.468+	1.41+	31+	2.79+	0.1+	
Daily Totals for 05/17/24			807	33.6	118.5	6.0+	944	22.8	6.89+	25.2	7.6	472+	76+	0.468+	1.41+	31+	2.79+	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 (%)			121	179.9	129.3	64.3+	123	102.8	93.05+			142+	54+	82.162+	176.33+	103+	75.93+	0.6+	
Week Daily Average (05/12/24-05/18/24)			658	30.9+	98.1	8.9+	875	16.8+	5.11+	22.5	6.9	472+	87+	0.567+	1.54+	55+	3.14+	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																		
Chicken, Sweet & Sour (OR)	1 cup	238	207	19.3	30.5	1.7	618	1.6	0.05	6.9	0.2	38	34	0.485	0.19	24	0.81	
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			711	35.8	126.0	8.4+	1097	8.3	2.01+	10.5	2.5	378	144+	0.926+	1.31+	117+	3.43+	
Daily Totals for 05/20/24			711	35.8	126.0	8.4+	1097	8.3	2.01+	10.5	2.5	378	144+	0.926+	1.31+	117+	3.43+	
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	192.0	137.5	90.4+	143	37.3	27.22+			114	103+	162.475+	164.22+	391+	93.53+	

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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																		
Vegetarian, Peppers, Stuffed w/Quii	1 each	368	340	17.5	33.2	8.4	569	16.0	5.73+	41.5	14.9	341	79+	0.332+	0.28+	55+	1.97+	
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	
Pudding, Butterscotch , HS (OR)	1/2 cup	143	130	5.0	27.2	0.0	240	0.1	0.07	0.7	0.5	178	18+	0.049+	0.57+	1	0.63+	
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	
Noon Meal Totals			885	36.8	118.0	13.3	1384	30.8	8.57+	30.8	8.6	878	161+	0.626+	1.99+	61+	4.48+	
Daily Totals for 05/21/24			885	36.8	118.0	13.3	1384	30.8	8.57+	30.8	8.6	878	161+	0.626+	1.99+	61+	4.48+	
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 (%)			133	197.0	128.7	142.9	181	138.7	115.76+			263	115+	109.877+	249.03+	204+	122.02+	

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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																		
Beef, Meatballs Swedish, HMD (OR)	2 each	130	204	15.5	8.5	1.2+	342	11.7	4.05	52.3	18.1	62+	25+	0.360+	1.32+	1+	2.78+	0.0+
Sauce, Swedish, HMD, 2 oz (OR)	2 oz	83	32	0.8	4.6	0.5+	199	1.1	0.44+	31.9	12.5	17+	5+	0.020+	0.01+	1+	0.10+	0.0+
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	
Whip, Lime (OR)	1/2 cup	127	80	1.5	17.7	0.0	95	0.7	0.67	7.3	7.3	4	1+	0.002+	0.00+	12	0.00+	
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			703	36.8	87.1	9.6+	1069	24.7	7.91+	31.1	10.1	627+	199+	0.903+	2.62+	31+	5.29+	0.0+
Daily Totals for 05/22/24			703	36.8	87.1	9.6+	1069	24.7	7.91+	31.1	10.1	627+	199+	0.903+	2.62+	31+	5.29+	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 (%)			105	197.2	95.0	102.5+	139	111.0	106.83+			188+	142+	158.353+	327.53+	103+	144.27+	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: Thu May 23, 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, Shepherd's Pie, HMD (OR)	1 each	202	319	22.6	17.3	3.0+	173	17.9	6.20+	50.3	17.4	75+	48+	0.508+	1.87+	8+	4.23+	0.0+
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			739	38.5	95.6	10.1+	493	24.6	8.10+	29.6	9.8	464+	133+	0.823+	3.10+	57+	6.23+	0.0+
Daily Totals for 05/23/24			739	38.5	95.6	10.1+	493	24.6	8.10+	29.6	9.8	464+	133+	0.823+	3.10+	57+	6.23+	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	206.3	104.2	108.5+	64	110.7	109.48+			139+	95+	144.443+	387.42+	191+	169.76+	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)
Noon Meal																		
Holiday, Memorial Day	1 each	0																
Sausage, Kielbasa (OR)	1 each	70	183	9.1	2.1	0.0	640	14.8	5.62	74.7	28.5	18						0.0
Sauerkraut, RTU (OR)	1/4 cup	36	7	0.3	1.5	1.0	235	0.0	0.01	5.7	1.4	11	5	0.046	0.00	5	0.07	
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			995+	39.2+	131.3+	14.6+	1582+	35.9+	16.13+	32.5	14.5	648+	192+	0.747+	1.65+	34+	3.54+	0.0+
Daily Totals for 05/24/24			995+	39.2+	131.3+	14.6+	1582+	35.9+	16.13+	32.5	14.5	648+	192+	0.747+	1.65+	34+	3.54+	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 (%)			149+	210.2+	143.2+	156.8+	206+	161.7+	217.96+			194+	137+	131.106+	206.16+	114+	96.47+	0.0+
Week Daily Average (05/19/24-05/25/24)			807+	37.4+	111.6+	11.2+	1125+	24.9+	8.54+	27.5	9.5	599+	166+	0.805+	2.13+	60+	4.60+	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)	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, Vegetable Romanoff (O	1 cup	455	382	19.7	38.9	4.4+	510	16.5	6.55+	38.7	15.4	355	53+	0.194+	0.78+	11+	2.03+	
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			842	33.9	111.7	10.5+	974	30.6	8.28+	32.2	8.8	736	132+	0.661+	1.88+	89+	3.77+	
Daily Totals for 05/28/24			842	33.9	111.7	10.5+	974	30.6	8.28+	32.2	8.8	736	132+	0.661+	1.88+	89+	3.77+	
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 (%)			126	181.7	121.9	112.3+	127	137.6	111.88+			221	95+	115.937+	235.12+	296+	102.86+	

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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																		
Chicken, Dumplings (OR)	1 cup	266	307	22.1	30.5	2.2+	883	10.1	2.33+	30.2	7.0	146	51+	0.674+	0.55+	9+	1.45+	0.6+
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	
Cake, Applesauce Gingerbread, HM	1 slice	77	209	2.9	31.3	1.1	242	8.2	1.64	35.1	7.0	36	34	0.103	0.07	4	0.28	
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			823	40.7	115.0	9.8+	1521	22.3	5.63+	24.5	6.2	538	147+	1.035+	1.72+	34+	3.74+	0.6+
Daily Totals for 05/29/24			823	40.7	115.0	9.8+	1521	22.3	5.63+	24.5	6.2	538	147+	1.035+	1.72+	34+	3.74+	0.6+
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	217.8	125.4	105.3+	198	100.4	76.08+			161	105+	181.573+	215.08+	114+	101.89+	3.4+

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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)	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, Pomodoro (OR)	1 cup	217	188	22.2	21.8	2.2+	376	2.1	0.12+	9.9	0.5	121	44+	0.465+	0.40+	6+	1.14+	0.3+
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	
Bar, Chocolate Oatmeal (OR)	1 slice	62	273	3.9	34.5	1.9	103	14.0	3.17	45.1	10.2	46	31	0.034	0.12	0	0.75	
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			773	39.3	100.7	8.7+	879	25.8	5.57+	29.3	6.4	519	151+	0.708+	1.62+	20+	3.68+	0.3+
Daily Totals for 05/30/24			773	39.3	100.7	8.7+	879	25.8	5.57+	29.3	6.4	519	151+	0.708+	1.62+	20+	3.68+	0.3+
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 (%)			116	210.7	109.9	92.8+	115	116.3	75.27+			156	108+	124.236+	203.05+	67+	100.39+	1.6+

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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)	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, Tetrazzini (OR)	1 cup	338	243	17.8	27.6	1.4	268	6.2	1.60	23.5	6.1	99+	42+	0.412+	0.39+	6+	1.30+		
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		
Gelatin, Cherry, w/Whip Topping	1/2 cup	157	138	2.2	28.0	0.0	143	2.4	2.39	15.1	15.1	4	2+	0.003+	0.00+	18	0.00+		
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			806	37.2	121.7	5.7	1019	20.5	7.27	22.7	8.0	575+	113+	0.798+	1.71+	70+	3.33+	0.0+	
Daily Totals for 05/31/24			806	37.2	121.7	5.7	1019	20.5	7.27	22.7	8.0	575+	113+	0.798+	1.71+	70+	3.33+	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 (%)			121	199.5	132.8	60.6	133	92.5	98.29			173+	81+	140.036+	213.86+	233+	90.62+	0.0+	
Week Daily Average (05/26/24-05/31/24)			649+	30.2+	89.8+	6.9+	879+	19.9+	5.35+	27.2	7.4	474+	109+	0.640+	1.39+	43+	2.90+	0.2+	
Daily Average (05/01/24-05/31/24)			748+	34.7+	102.6+	9.0+	1011+	23.0+	7.02+	27.4	8.4	561+	123+	0.672+	1.80+	45+	3.74+	0.1+	

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Amanda Ochoa, RD, LDN