

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem Date: Mon Jun 03, 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 (%)	Calcium (mg)	Magnesium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)	
Noon Meal																			
Chicken, Stew, Farmer's (OR)	1 cup	242	176	14.1	18.4	3.0	223	4.8	1.08	24.8	5.6	39+	34+	0.488+	0.19+	10+	0.93+		
Beans, Green, Fitz, 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, Marinated Vegetable (OR)	1/2 cup	101	31	1.5	6.1	1.6	333	0.4	0.13	11.0	3.4	32	13	0.097	0.08	29	0.28		
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		
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		
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																			
Daily Totals for 06/03/24																			
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 YO)																			
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)																			
			80	177.4	81.3	81.0	135	48.6	40.98			200+	86+	137.135+	245.47+	200+	88.87+	16.7	

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 Colusa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: **NWSDS-Salem** Date: **Tue Jun 04, 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 (%)	Calcium (mg)	Magnesium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)	
Noon Meal																			
Beef, Early American Goulash (OR)	1 cup	298	280	16.8	28.7	2.6	456	10.9	3.66	35.0	11.8	51	42+	0.445+	1.12+	8+	2.86+	0.0+	
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, Tossed, Romaine/iceberg (O	1/2 cup	17	3	0.2	0.5	0.3	2	0.0	0.00	10.5	1.4	4	2	0.010	0.00	1	0.03		
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		
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, 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		
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																			
Daily Totals for 06/04/24																			
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 YO)																			
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)																			
			114	176.3	100.3	92.0	126	133.9	102.47			118	81+	121.892+	285.04+	64+	132.68+	0.0+	

Includes main items only. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.
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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem **Date: Wed Jun 05, 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 (%)	Calcium (mg)	Magnesium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)	
Noon Meal																			
^Turkey, A La King, w/ Mush/Pep (C	1 cup	196	208	20.7	16.1	0.9	207	6.4	1.36	28.2	6.0	180	38	0.503	0.71	11	1.57		
Potatoes, Whipped, LF, LS	1/2 cup	111	105	3.4	22.2	2.1	45	0.3	0.25	2.9	2.1	51	4+	0.008+	0.09+	34	0.10+		
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, 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		
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																			
Daily Totals for 06/05/24																			
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 YO)																			
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)																			
			100	202.3	107.5	78.4	68	62.6	46.88			168	67+	136.280+	238.94+	246	83.80+	16.7	

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 Olysa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem **Date: Thu Jun 06, 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 (%)	Calcium (mg)	Magnesium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)	
Noon Meal																			
Salad, Turkey, HMD (OR)	1/2 cup	99	107	17.7	3.0	0.9	112	2.3	0.52	19.8	4.5	31	27	0.500	0.22	3	1.09		
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, Minestrone (OR)	1 cup	223	95	1.7+	12.9	1.8+	176	3.9+	0.74+	37.1	7.0	30+	12+	0.051+	0.00+	4+	0.17+		
Salad, Coleslaw, Creamy (OR)	1/2 cup	87	76	2.0	13.2	1.2+	190	2.2	0.39+	24.6	4.3	42	11+	0.128+	0.08+	33+	0.21+		
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		
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																			
Daily Totals for 06/06/24																			
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 YO)																			
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)																			
			79	186.0+	79.1	88.9+	97	53.3+	45.36+			132+	82+	155.020+	171.55+	200+	90.04+	16.7	

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem **Date: Fri Jun 07, 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 (%)	Calcium (mg)	Magnesium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)	
Noon Meal																			
Holiday, Special	1 each	0																	
Chicken, Wakiki, Breast (OR)	1 each	158	159	17.7	15.2	0.3+	775	3.6	2.02+	19.6	11.1	9	7+	0.044+	0.00+	5+	0.08+		
Carrots, Sliced, Ginger, LF, LS	1/2 cup	167	35	0.8	7.6	3.1	64	0.4	0.06	10.6	1.4	36	13	0.090	0.00	2	0.32		
Salad, Garden Vegetable (OR)	1 cup	85	16	1.2	3.1	1.3	20	0.2	0.03	9.0	1.5	27	19	0.081	0.00	16	0.21		
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		
Salad Dressing, Sesame, 1 TBSP (1 tablespoon)		14	63	0.4	1.2	0.1	142	6.4	0.88	89.7	12.3	3	0	0.000	0.00	0	0.01		
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																			
Daily Totals for 06/07/24																			
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			722+	36.4+	92.4+	6.7+	1610+	24.5+	6.52+	30.1	8.0	487+	93+	0.381+	1.38+	23+	2.45+		
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			667	18.7	91.7	9.3	767	22.2	7.40		8.0	333	140	0.570	0.80	30	3.67	16.7	
Week Daily Average (06/03/24-06/08/24)			108+	195.2+	100.9+	72.1+	210+	110.5+	88.12+			146+	67+	66.826+	171.92+	78+	66.69+		
			643+	35.0+	86.0+	7.7+	975+	18.2+	4.79+	25.3	6.7	510+	107+	0.704+	1.78+	47+	3.39+	0.0+	

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Amanda Olysa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem **Date: Mon Jun 10, 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 (%)	Calcium (mg)	Magnesium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)	
Noon Meal																			
Vegetarian, Spinach Strata (OR)	1 slice	146	136	10.4	12.9	1.5+	183	4.8	1.55+	31.7	10.2	202	43+	0.161+	0.77+	2+	1.19+		
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+		
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		
Bread, Biscuit, Mix (OR)	1 each	33	76	1.7	11.0	0.4	217	2.7	0.63	32.8	7.6	42	6	0.015	0.05	0	0.14		
Orange, Fresh	1 each	96	45	0.9	11.2	2.3	0	0.1	0.01	2.1	0.3	38	10	0.057	0.00	51	0.07		
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																			
Daily Totals for 06/10/24																			
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 YO)																			
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)																			
			73	118.5	82.9	75.7+	66	55.3	54.14+			175	72+	94.831+	235.47+	291+	70.39+	16.7	

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Amanda Olysa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: **NWSDS-Salem** Date: **Tue Jun 11, 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 (%)	Calcium (mg)	Magnesium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)	
Noon Meal																			
Beef, Swiss Steak, w/Beef Patty (O)	1 each	193	281	18.0	6.6	1.3+	278	20.6	7.20+	65.3	22.9	37	10+	0.388+	1.96+	6+	3.98+	0.0+	
Sauce, Swiss Steak, HMD, 2 oz (O)	2 oz	81	40	0.8	5.3	1.0+	178	2.0	0.30+	42.4	6.4	16	8+	0.060+	0.00+	5+	0.12+	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+		
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		
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, 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																			
Daily Totals for 06/11/24																			
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 YO)																			
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)																			
			674	34.3	74.9	8.0+	921	26.5	9.92+	35.0	13.1	425	75+	0.664+	3.17+	69+	5.81+	0.0+	
			674	34.3	74.9	8.0+	921	26.5	9.92+	35.0	13.1	425	75+	0.664+	3.17+	69+	5.81+	0.0+	
			667	18.7	91.7	9.3	767	22.2	7.40			333	140	0.570	0.80	30	3.67	16.7	
			101	183.6	81.7	85.3+	120	119.4	133.99+			127	54+	116.475+	396.74+	232+	158.24+	0.0+	

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem **Date: Wed Jun 12, 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 (%)	Calcium (mg)	Magnesium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)	
Noon Meal																			
Salad, Chicken, Caesar (OR)	1 cup	70	136	15.2	1.6	0.0	263	7.3	2.99	49.6	20.2	109	20	0.347	0.34	1	1.05		
Salad Dressing, Caesar, 2 TBSP (O2 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		
Soup, Lentil, Vegetarian (OR)	1 cup	269	137	6.0+	20.5	3.2+	99	3.7+	0.70+	24.6	4.6	26+	17+	0.165+	0.00+	3+	0.81+		
Salad, Tossed, Romaine/Spinach (C)	1 cup	35	7	0.7	1.2	0.8	16	0.1	0.02	12.3	1.8	24	17	0.048	0.00	6	0.14		
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		
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																			
Daily Totals for 06/12/24																			
1/3 RDA/IDRI STANDARDS, 1 MEAL (M, 70 YO)																			
Percent 1/3 RDA/IDRI STANDARDS, 1 MEAL (%)																			
			103	175.3+	76.6	63.9+	124	143.0+	105.58+			146+	78+	137.268+	180.04+	81+	91.79+	16.7	

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem **Date: Thu Jun 13, 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 (%)	Calcium (mg)	Magnesium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)	
Noon Meal																			
Holiday, Father's Day	1 each	0																	
Turkey, Breast, Sliced, (OR)	3 ounces	94	138	28.2	0.0	0.0	93	1.9	0.55	13.4	3.8	8	30	0.755	0.36	0	1.61		
Gravy, Poultry, 2 oz. CC	1 oz	33	15	0.2	1.4	0.0	60	0.9	0.28	56.0	16.8	3	0+	0.000+	0.00+	0+	0.00+	0.2+	
Potatoes, Scalloped (OR)	1/2 cup	106	158	4.0	15.8	0.9	345	8.8	2.19	49.9	12.4	101	15+	0.090+	0.25+	2+	0.45+	0.2+	
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, 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, 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																			
Daily Totals for 06/13/24																			
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)																			
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)																			
		96+	667	18.7	91.7	9.3	767	22.2	7.40	27.1	7.2	333	140	0.570	0.80	30	3.67	16.7	
		245.9+	96+	245.9+	77.5+	38.6+	104+	87.3+	69.05+			133+	63+	170.425+	215.58+	12+	93.47+	2.3+	

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 + Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

Amanda Colusa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem Date: Fri Jun 14, 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, Father's Day	1 each	0																	
Beef, Meatloaf, w/ Turkey, HMD (O)	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	2 oz	65	31	0.5	2.8	0.1	147	1.9	0.25	56.8	7.3	11	1+	0.000+	0.00+	0+	0.00+	0.0+	
Potatoes, Whipped, LF, LS	1/2 cup	111	105	3.4	22.2	2.1	45	0.3	0.25	2.9	2.1	51	4+	0.008+	0.09+	34	0.10+		
Mix Veg, Italian (Himd), LF, LS	1/2 cup	196	46	2.3	8.8	3.0	31	0.3	0.05	5.7	1.0	34	20+	0.077+	0.00+	10	0.30+		
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		
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																			
Daily Totals for 06/14/24																			
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			894+	41.8+	102.9+	8.8+	1078+	35.2+	15.95+	35.5	16.0	598+	126+	0.704+	3.47+	47+	6.38+	0.0+	
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			667	18.7	91.7	9.3	767	22.2	7.40			333	140	0.570	0.80	30	3.67	16.7	
Week Daily Average (06/09/24-06/15/24)			677+	35.4+	79.0+	6.7+	851+	25.0+	8.56+	33.2	11.3	507+	100+	0.733+	2.34+	46+	4.31+	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.

Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem Date: Mon Jun 17, 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 (%)	Calcium (mg)	Magnesium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)	
Noon Meal																			
Beef, Country Fried Steak, w/o Grav	1 each	112	250	14.0	22.0	1.0	670	12.0	5.00	42.9	17.9	26							
Gravy, Country, HMD, 2 oz (OR)	1 oz	29	40	1.4	3.4	0.1	64	2.4	0.45	52.6	10.0	45	5+	0.014+	0.14+	0+	0.17+	0.0+	
^Potatoes, Colcannon	1/2 cup	123	101	3.3	16.9	2.0	67	2.5	0.59	21.6	5.1	73	9+	0.040+	0.14+	34	0.21+		
Carrots, Sliced, L.F., 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		
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		
Diet, Cookie, Splenda Peanut Butter	1 each	36	176	3.3	15.9	0.7	210	11.6	2.26	57.5	11.2	12	18+	0.050+	0.02+	0+	0.32+		
Noon Meal Totals																			
Daily Totals for 06/17/24																			
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 YO)																			
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)																			
			825	33.6	98.4	8.2	1351	34.5	10.07	37.0	10.8	491	87+	0.310+	1.41+	36+	2.34+	0.0+	
			825	33.6	98.4	8.2	1351	34.5	10.07	37.0	10.8	491	87+	0.310+	1.41+	36+	2.34+	0.0+	
			667	18.7	91.7	9.3	767	22.2	7.40			333	140	0.570	0.80	30	3.67	16.7	
			124	180.0	107.3	87.6	176	155.2	136.11			147	62+	54.450+	176.15+	121+	63.79+	0.2+	

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem Date: Tue Jun 18, 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 (%)	Calcium (mg)	Magnesium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)	
Noon Meal																			
Holiday, Special	1 each	0																	
^Chicken, Jamaican Jerk, Breast Fil	1 each	145	201	26.3	1.5	0.2	622	10.0	0.70	44.8	3.1	14	0+	0.006+	0.00+	0+	0.03+	0.0+	
Rice, Yellow, LF, LS	1/2 cup	103	105	2.0	22.7	0.4	60	0.3	0.05	2.3	0.5	10	8+	0.046+	0.00+	0+	0.31+	0.1+	
Salad, Coleslaw, Pineapple	1/2 cup	123	93	1.2	13.4	1.8	131	4.4	0.21+	40.5	1.9	38	17+	0.179+	0.00+	45	0.20+		
Mix Veg, Country Cottage, (Hmd) (C	1/2 cup	166	27	1.1	5.5	2.1	25	0.3	0.05	9.3	1.5	31	16	0.065	0.00	8	0.27		
Bread, Roll, Hawaiian, 1 oz	1 each	28	101	4.0	16.2	1.0	81	2.5	1.52	22.0	13.2	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		
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																			
Daily Totals for 06/18/24																			
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)																			
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)																			
			113+	236.0+	95.5+	62.0+	149+	119.2+	71.48+			116+	50+	69.431+	139.32+	177+	51.64+	0.5+	

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Amanda Colusa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem **Date: Thu Jun 20, 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 (%)	Calcium (mg)	Magnesium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)	
Noon Meal																			
Beef, Cabbage Bake, 1 cup (OR)	1 cup	383	336	20.2	27.6	5.1+	504	17.1	5.87+	44.5	15.3	203+	59+	0.526+	1.80+	42+	3.85+	0.0+	
Mix Veg., San Francisco, LF, LS	1/2 cup	189	37	1.5	7.5	3.0	40	0.0	0.00	0.0	0.0	2	1+	0.000+	0.00+	22	0.00+		
Salad, Tossed, 1/2 cup (OR)	1/2 cup	52	9	0.5	2.0	0.8	12	0.1	0.01	6.7	1.0	13	5	0.035	0.00	6	0.09		
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		
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		
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, Raspberry Vinaigre	1 tablespoon	14	15	0.0	3.6	0.0	109	0.0	0.00	0.0	0.0	0				0			
Noon Meal Totals																			
Daily Totals for 06/20/24																			
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 YO)																			
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)																			
			620	34.5	72.4	10.6+	999	22.7	7.61+	32.1	10.8	522+	111+	0.698+	2.90+	82+	5.36+	0.0+	
			620	34.5	72.4	10.6+	999	22.7	7.61+	32.1	10.8	522+	111+	0.698+	2.90+	82+	5.36+	0.0+	
			667	18.7	91.7	9.3	767	22.2	7.40			333	140	0.570	0.80	30	3.67	16.7	
			93	184.8	79.0	113.6+	130	102.0	102.88+			157+	80+	122.514+	361.93+	272+	146.05+	0.0+	

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: **NWSDS-Salem** Date: **Fri Jun 21, 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 (%)	Calcium (mg)	Magnesium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)	
Noon Meal																			
Beef, Sloppy Joe, w/Ground Beef/Ti	2/3 cup	192	218	14.6	17.8	1.3	591	10.1	3.39	41.2	13.9	41	29+	0.440+	1.10+	8+	2.50+	0.0+	
Corn, Whole Kernel, Frozen, LF, LS	1/2 cup	167	80	2.7	18.8	1.9	5	0.7	0.11	6.9	1.1	6	17	0.152	0.00	6	0.34		
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, Bun, Hamburger, WW (CAC	1 each	50	157	6.0	28.0	1.0	269	3.0	0.00	16.6	0.0	40	11	0.031	0.10		0.36		
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																			
Daily Totals for 06/21/24																			
1/3 RDA/DR1 STANDARDS, 1 MEAL (M, 70 YO)																			
Percent 1/3 RDA/DR1 STANDARDS, 1 MEAL (%)																			
Week Daily Average (06/16/24-06/22/24)																			
			721+	36.6+	91.4+	8.1+	1125+	25.2+	7.02+	30.8	8.6	456+	94+	0.593+	1.95+	59+	3.52+	0.0+	

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Amanda Colusa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem Date: Mon Jun 24, 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 (%)	Calcium (mg)	Magnesium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)	
Noon Meal																			
Beef, Patty, w/Mushroom Gravy (OF	1 each	179	270	18.1	7.8	0.7+	327	18.3	7.03+	61.4	23.6	26+	6+	0.340+	1.96+	1+	3.97+	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+	0.073+	0.09+	47	0.11+		
Mix Veg, California (Hmd), LF, LS	1/2 cup	182	31	2.1	5.6	2.9	45	0.1	0.01	3.9	0.4	22	16	0.124	0.00	90	0.35		
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, 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																			
Daily Totals for 06/24/24																			
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 YO)																			
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)																			
			714	36.2	91.0	6.6+	624	23.1	9.18+	29.1	11.5	392+	60+	0.584+	3.15+	139+	5.72+	0.0+	
			667	18.7	91.7	9.3	767	22.2	7.40		11.5	333	140	0.570	0.80	30	3.67	16.7	
			107	193.7	99.3	70.9+	81	104.1	124.09+			117+	43+	102.388+	393.89+	462+	155.90+	0.0+	

Includes main items only. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.
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Amanda Colusa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem Date: Tue Jun 25, 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		
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		
Sauce, Dijonaise (OR)	1 oz	30	74	0.0+	10.0	0.0	298	7.1	0.89	86.2	10.8	0+					0.00+	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, Tomato Rice (OR)	1 cup	264	103	3.8+	21.5	1.5+	209	0.2+	0.06+	2.0	0.5	94+	23+	0.100+	0.23+	6+	0.54+		
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+		
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																			
Daily Totals for 06/25/24																			
1/3 RDA/DR1 STANDARDS, 1 MEAL (M, 70 yo)																			
Percent 1/3 RDA/DR1 STANDARDS, 1 MEAL (%)																			
			649	31.6+	88.3	7.6+	1298	23.7+	3.66+	32.2	5.0	508+	128+	0.765+	2.89+	121+	3.72+	0.0+	
			667	18.7	91.7	9.3	767	22.2	7.40	32.2	5.0	508+	128+	0.765+	2.89+	121+	3.72+	0.0+	
			97	169.4+	96.3	81.8+	169	106.6+	49.41+			152+	92+	134.256+	360.68+	404+	101.45+	0.0+	

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Amanda Olysa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem **Date: Wed Jun 26, 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 (%)	Calcium (mg)	Magnesium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)	
Noon Meal																			
Vegetarian, Pasta Primavera (OR)	1 cup	290	313	18.3	33.5	2.6+	581	12.0	6.34+	34.2	18.1	448	47+	0.195+	1.07+	13+	2.50+		
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			
Salad, Garden Vegetable (OR)	1/2 cup	43	8	0.6	1.5	0.6	10	0.1	0.02	9.0	1.5	14	10	0.041	0.00	8	0.10		
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		
Sherbet, Rainbow, 4 oz	1 each	113	163	1.2	34.5	1.5	52	2.3	1.32	12.5	7.3	61	9	0.026	0.15	3	0.54		
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, Thousand Island, 1 1/2 tablespoons		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		
Noon Meal Totals																			
Daily Totals for 06/26/24																			
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 YO)																			
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)																			
			115	174.3	124.9	90.8+	129	92.8	127.40+			251	84+	70.713+	289.62+	82+	125.39+	16.7	

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: **NWSDS-Salem** Date: **Thu Jun 27, 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 (%)	Calcium (mg)	Magnesium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)	
Noon Meal																			
Beef, Patty, w/ Gravy/Peppers/Onio	1 each	250	311	19.0	17.1	1.6+	523	18.4	7.06+	53.4	20.5	35+	12+	0.431+	1.96+	22+	4.03+	0.0+	
Potatoes, Whipped, LF, LS	1/2 cup	111	105	3.4	22.2	2.1	45	0.3	0.25	2.9	2.1	51	4+	0.008+	0.09+	34	0.10+		
Mix Veg. Italian (Hmd), LF, LS	1/2 cup	196	46	2.3	8.8	3.0	31	0.3	0.05	5.7	1.0	34	20+	0.077+	0.00+	10	0.30+		
*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		
Peaches, Diced (OR)	1/2 cup	150	66	0.9	17.3	1.9	6	0.0	0.01	0.6	0.1	9	10	0.028	0.00	5	0.16		
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																			
Daily Totals for 06/27/24																			
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 YO)																			
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)																			
			778	37.2	101.4	9.3+	854	25.6	9.16+	29.7	10.6	431+	82+	0.654+	3.15+	72+	5.88+	0.0+	
			667	18.7	91.7	9.3	767	22.2	7.40			333	140	0.570	0.80	30	3.67	16.7	
			117	199.2	110.7	100.0+	111	115.1	123.83+			129+	58+	114.783+	394.21+	239+	160.21+	0.0+	

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 Colusa, RD, LDN

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Salem **Date: Fri Jun 28, 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 (%)	Calcium (mg)	Magnesium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)	
Noon Meal																			
Chicken, Parmesan, Breaded Patty,	1 piece	139	259	19.3	16.1	2.6	545	12.9	0.36+	45.1	1.3	60	5+	0.143+	0.20+	2+	0.15+	0.0+	
Potatoes, Sour Cream & Chive (OR)	1/2 cup	137	92	3.5	16.1	1.3	107	1.5	0.96	14.8	9.4	71	6+	0.014+	0.16+	22	0.18+		
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, Dill, HMD (OR)	2 oz	57	152	4.3	25.1	1.6	198	4.0	0.35	23.5	2.0	22	18	0.059	0.04	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, 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																			
Daily Totals for 06/28/24																			
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 YO)																			
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)																			
Week Daily Average (06/23/24-06/28/24)			724	36.2+	96.9	8.3+	975	22.8+	6.94+	28.2	8.6	578+	96+	0.609+	2.71+	85+	4.51+	0.0+	
Daily Average (06/03/24-06/28/24)			690+	35.7+	88.2+	7.7+	974+	22.7+	6.82+	29.4	8.8	516+	99+	0.663+	2.21+	60+	3.96+	0.0+	

Includes main items only. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.
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