

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																			
Beef, Chili, Texas (OR)	1 cup	316	371	19.5	28.2	7.4+	600	20.7	6.75+	49.4	16.1	103+	68+	0.514+	1.00+	12+	3.75+		
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 (%)																			
			109	206.6	92.0	127.5+	184	120.4	117.61+			219+	110+	141.738+	346.70+	208+	165.84+	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.

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																			
Chicken, Jambalaya, (Diced)/Sausa	1 cup	316	200	15.7	26.1	1.3	61	3.5	0.49	16.0	2.2	29	24+	0.322+	0.15+	2	0.77+		
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 (%)																			
			102	170.9	97.5	78.3	74	101.0	59.72			112	68+	100.186+	163.98+	45+	75.81+	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: 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																			
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, 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)			601	26.3	93.1	7.2+	502	14.6	4.00+	21.8	5.9	425+	69+	0.501+	1.55+	64+	2.40+		
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			667	18.7	91.7	9.3	767	22.2	7.40	21.8	5.9	425+	69+	0.501+	1.55+	64+	2.40+	16.7	
			90	141.1	101.6	77.4+	66	65.9	54.12+			127+	49+	87.855+	194.34+	213+	65.40+		

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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, Egg, HMD (OR)	1/2 cup	113	164	10.3	3.1	0.4	245	11.9	3.05	66.7	17.1	48	11+	0.111+	0.89+	1+	0.88	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, 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 (%)																			
			88	146.1+	79.2	83.0+	114	96.7+	79.50+			137+	70+	86.820+	255.00+	192+	84.13+	0.0+	

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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)	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, Special	1 each	0																	
Pork, Sesame Ginger (OR)	1 cup	321	384	14.4	36.7	2.2+	713	19.0	5.07+	45.6	12.1	46	32+	0.393+	0.47+	41+	2.30+	0.7+	
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	0.46+		
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)			947+	33.2+	113.9+	8.5+	1548+	40.0+	9.57+	38.2	9.2	525+	118+	0.730+	1.85+	60+	4.67+	0.7+	
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			667	33.2+	113.9+	8.5+	1548+	40.0+	9.57+	38.2	9.2	525+	118+	0.730+	1.85+	60+	4.67+	0.7+	
Week Daily Average (06/03/24-06/08/24)			142+	177.8+	124.3+	91.6+	202+	180.1+	129.32+			158+	85+	128.056+	230.66+	199+	127.18+	4.3+	
			709+	31.5+	90.7+	8.5+	982+	25.1+	6.52+	31.7	8.2	502+	107+	0.621+	1.91+	51+	3.80+	0.1+	

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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: 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																			
Pork, Sausage Gravy (OR)	1 cup	257	293	16.0	29.8	0.6	383	11.6	4.06	36.3	12.7	351	38+	0.103+	1.07+	2+	1.33	0.0+	
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 (%)																			
			97	148.2	101.3	66.6	92	85.9	88.07			219	69+	84.681+	273.51+	289+	74.20+	0.0+	

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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																			
Turkey, Pattie, Homestyle (OR)	1 each	125	181	19.1	7.8	0.8	468	8.1	2.07	40.4	10.3	61	30+	0.535+	0.97+	2+	2.30+	0.5+	
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, 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 (%)																			
			82	186.3	78.8	70.6	130	58.6	64.34			131	62+	131.910+	273.92+	199+	109.25+	3.7+	

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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, Turkey, Garden, Mini (OR)	1/2 cup	112	138	11.9	2.7	0.5	750	8.8	2.20	57.5	14.4	12	30	0.684	0.30	1	1.70	0.0+	
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/DR1 STANDARDS, 1 MEAL (M, 70 YO)																			
Percent 1/3 RDA/DR1 STANDARDS, 1 MEAL (%)																			
			689	29.5+	71.3	6.5+	1438	33.2+	7.02+	43.3	9.2	389+	118+	1.120+	1.40+	25+	4.02+	0.0+	
			667	18.7	91.7	9.3	1438	33.2+	7.02+	43.3	9.2	389+	118+	1.120+	1.40+	25+	4.02+	0.0+	
			103	157.9+	77.8	69.6+	188	149.6+	94.86+			117+	85+	196.422+	174.90+	83+	109.50+	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: **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																	
Pork, Rib Patty, BBQ w/out Extra Sa	1 each	85	192	14.2	9.1		476	12.1	4.05	54.0	18.0	53					3.54		
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			680+	31.7+	78.7+	3.6+	1124+	28.7+	8.33+	36.9	10.7	486+	58+	0.216+	1.36+	4+	5.36+	0.2+	
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 YO)			667	18.7	91.7	9.3	767	22.2	7.40	36.9	10.7	486+	58+	0.216+	1.36+	4+	5.36+	0.2+	
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			102+	169.7+	85.8+	38.3+	147+	129.1+	112.51+			146+	41+	37.973+	169.98+	12+	146.18+	16.7	1.4+

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

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)	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																	
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	2 oz	133	43	2.0	9.1	2.5	32	0.2	0.04	4.0	0.8	30	16+	0.090+	0.00+	9	0.23+		
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)																			
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)																			
Week Daily Average (06/09/24-06/15/24)																			
			687+	33.0+	85.9+	6.9+	1036+	24.4+	7.24+	31.8	9.4	524+	93+	0.606+	1.78+	46+	3.75+	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	
			130+	221.5+	124.7+	125.4+	120+	127.0+	129.52+			173+	74+	80.977+	221.92+	179+	72.17+	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: 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																			
Fish, Battered, WG (CACFP)	1 each	102	210	14.0	15.0	1.9	290	10.0	1.00	43.7	4.4	10	86	0.339					0.0
Ind. Sauce, Tartar (OR)	1 each	12	60	0.0	0.4	0.0	184	6.4	1.00	97.3	15.2	0	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, 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, 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 (%)																			
			805	32.3	88.3	9.0	1092	36.5	6.62	40.7	7.3	430	168+	0.635+	1.27+	36+	2.17+	0.0+	
			805	32.3	88.3	9.0	1092	36.5	6.62	40.7	7.3	430	168+	0.635+	1.27+	36+	2.17+	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	
			121	172.8	96.4	96.2	142	164.4	89.48			129	120+	111.425+	158.83+	120+	59.18+	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: **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																	
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+		
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	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		
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/DR1 STANDARDS, 1 MEAL (M, 70 YO)																			
Percent 1/3 RDA/DR1 STANDARDS, 1 MEAL (%)																			
			882+	39.9+	108.9+	6.8+	962+	32.6+	13.45+	32.8	13.7	920+	116+	0.494+	2.34+	53+	4.83+		
			667	18.7	91.7	9.3	767	22.2	7.40	32.8	13.7	920+	116+	0.494+	2.34+	53+	4.83+		
			132+	213.8+	118.8+	72.4+	125+	146.6+	181.76+			276+	83+	86.609+	292.27+	178+	131.50+	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 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																			
Vegetarian, Frittata, Broccoli (OR)	1 slice	254	259	24.5	12.6	1.3	392	11.9	5.73	41.9	20.2	606	42	0.239	1.76	12	3.34		
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 (%)																			
			81	207.7	62.7	72.8	116	78.7	100.99			278	67+	72.024+	357.96+	171	132.06+	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 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																			
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, 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		
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 (C	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/DRI STANDARDS, 1 MEAL (M, 70 yo)			778	38.1+	112.1	8.9	1143	26.3	2.61+	30.2	3.0	414+	79+	0.648+	1.47+	58+	2.02+		0.0+
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			667	38.1+	112.1	8.9	1143	26.3	2.61+	30.2	3.0	414+	79+	0.648+	1.47+	58+	2.02+		0.0+
Week Daily Average (06/16/24-06/22/24)			752+	37.3+	91.7+	7.9+	1021+	28.2+	7.54+	33.6	9.0	672+	114+	0.547+	1.98+	50+	3.47+		0.0+

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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																			
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
Gravy, Poultry, 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, 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, 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 (%)																			
			693	36.6	96.8	8.0	783	17.9	2.44+	23.3	3.1	395	54+	0.356+	1.37+	137+	1.75+	0.2+	
			667	18.7	91.7	9.3	767	22.2	7.40			333	140	0.570	0.80	30	3.67	16.7	
			104	195.8	105.6	85.6	102	80.7	32.92+			118	39+	62.383+	170.88+	458+	47.79+	0.9+	

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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)	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																			
^Sandwich, Turkey, Shaved (OR)	1 each	100	210	21.7	15.5	2.1	341	6.3	1.10	27.7	4.8	42	46+	0.525+	0.22+	0+	1.58	0.0+	
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)			662	35.8+	84.4	7.2+	1187	24.3+	3.51+	32.8	4.8	488+	129+	1.007+	1.51+	120+	4.12+	0.0+	
Percent 1/3 RDA/DR1 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	
			99	191.5+	92.0	77.5+	155	109.4+	47.48+			147+	92+	176.744+	189.16+	401+	112.17+	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: **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																			
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., 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	1 1/2	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 (%)																			
			849	39.6	126.1	20.2	867	21.4	7.17	22.6	7.6	495+	166+	0.707+	1.72+	18+	5.49+	0.0+	
			849	39.6	126.1	20.2	867	21.4	7.17	22.6	7.6	495+	166+	0.707+	1.72+	18+	5.49+	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	
			127	211.9	137.6	216.3	113	96.5	96.89			148+	119+	124.010+	214.91+	60+	149.59+	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: 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																			
^Chicken, Dijon, Breast (OR)	1 piece	110	124	19.6+	15.3	0.0+	163	2.3	0.50+	16.8	3.6	37+	27+	0.681+	0.27+	0+	0.68+		
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 (%)																			
			89	202.3+	108.7	83.0+	64	42.8	35.25+			130+	69+	158.540+	183.76+	166+	68.82+	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.

Menu Nutrient Analysis Report

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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																			
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, Hungarian, HMD (OR)	1 oz	14	10	0.3	0.8	0.1	4	0.7	0.35	55.6	30.0	7	1+	0.005+	0.01+	0	0.02+		
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, Fz, 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)			626	41.9	73.8	7.1	608	18.3	6.71	26.6	9.8	682	105+	0.831+	2.30+	70	4.00+		
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 (06/23/24-06/28/24)			94	224.4	80.5	75.7	79	82.5	90.62			205	75+	145.757+	288.06+	232	109.08+	0.0+	
Daily Average (06/03/24-06/28/24)			706+	34.9+	91.1+	8.4+	953+	23.8+	6.39+	30.2	8.1	543+	106+	0.638+	1.83+	57+	3.66+	0.1+	

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