

Menu Nutrient Analysis Report

Copyright © 1981-2024, Computrition, Inc. (v. 19.4.0.211/33)

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Freezer **Date: Mon Jul 01, 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)	
Frozen 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, Whipped	1/2 cup	111	121	3.4	22.2	2.1	62	2.2	0.59	16.0	4.4	51	4+	0.008+	0.09+	34	0.10+		
Mix Veg, 5 Way Mix	1/2 cup	178	90	3.3	13.5	4.0	68	2.5	0.48	25.3	4.8	27	25	0.096	0.00	10	0.45		
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		
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, Margarine (OR)	1 each	5	36	0.0	0.0	0.0	47	4.0	0.84	99.0	20.5	2	0	0.000	0.01	0	0.00		
Frozen Meal Totals																			
Daily Totals for 07/01/24																			
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)																			
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)																			
			108	184.2	94.9	99.3+	153	119.0	122.36+			141	62+	47.386+	163.10+	149+	62.13+	0.2+	
			667	18.7	91.7	9.3	767	22.2	7.40	32.8	11.2	333	140	0.570	0.80	30	3.67	16.7	
			719	34.4	87.0	9.3+	1171	26.4	9.05+	32.8	11.2	471	87+	0.270+	1.30+	45+	2.28+	0.0+	
			719	34.4	87.0	9.3+	1171	26.4	9.05+	32.8	11.2	471	87+	0.270+	1.30+	45+	2.28+	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.

Menu Nutrient Analysis Report

Copyright © 1981-2024, Computrition, Inc. (v. 19.4.0.211/33)

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Freezer **Date: Tue Jul 02, 2024**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry 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)	
Frozen Meal																			
^Beef, Spaghetti Quaker (OR)	1 cup	228	291	17.1	31.8	2.9+	416	10.6	3.60+	32.9	11.1	53	46+	0.447+	1.10+	11+	2.89+	0.0+	
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		
Peaches, Spiced (OR)	1/2 cup	140	97	0.8	25.0	1.6+	5	0.0	0.01+	0.4	0.1	9	9+	0.023+	0.00+	4+	0.13+		
Bread, Wheatberry, Sprouted	1 each	45	110	6.0	18.0	5.0	210	1.5	0.00	12.3	0.0	22	47	0.117	0.17	0	0.88	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		
Ind, Margarine (OR)	1 each	5	36	0.0	0.0	0.0	47	4.0	0.84	99.0	20.5	2	0	0.000	0.01	0	0.00		
Frozen Meal Totals																			
Daily Totals for 07/02/24																			
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 YO)																			
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)																			
			103	193.4	101.3	147.2+	118	93.9	85.67+			163	157+	145.445+	292.22+	59+	147.48+	12.0+	

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.

Menu Nutrient Analysis Report

Copyright © 1981-2024, Computrition, Inc. (v. 19.4.0.211/33)

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Freezer **Date: Wed Jul 03, 2024**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry 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)	
Frozen Meal																			
Chicken, Fajita Bowl (OR)	1 cup	238	377	24.8	29.4	3.1	159	18.5	5.05	43.4	11.9	139	62	0.670	0.35	51	2.00		
Mix Veg, 5 Way Mix	1/2 cup	178	90	3.3	13.5	4.0	68	2.5	0.48	25.3	4.8	27	25	0.096	0.00	10	0.45		
Peaches, Spiced (OR)	1/2 cup	140	97	0.8	25.0	1.6+	5	0.0	0.01+	0.4	0.1	9	9+	0.023+	0.00+	4+	0.13+		
Bread, Wheatberry, Sprouted	1 each	45	110	6.0	18.0	5.0	210	1.5	0.00	12.3	0.0	22	47	0.117	0.17	0	0.88	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		
Ind, Margarine (OR)	1 each	5	36	0.0	0.0	0.0	47	4.0	0.84	99.0	20.5	2	0	0.000	0.01	0	0.00		
Frozen Meal Totals																			
Daily Totals for 07/03/24																			
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 YO)																			
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)																			
			121	228.1	106.1	146.6+	77	129.5	105.50+			145	120+	173.716+	199.06+	219+	120.33+	12.0+	

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.

Menu Nutrient Analysis Report

Copyright © 1981-2024, Computrition, Inc. (v. 19.4.0.211/33)

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Freezer **Date: Thu Jul 04, 2024**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry 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)	
Frozen Meal																			
Ham, Sliced, 3 oz	3 ounces	94	190	18.9	0.0	0.0	1297	12.1	4.28	58.9	20.9	7	15	0.440	0.75	0	1.76		
Sauce, Raisin, HMD	1 oz	55	60	0.3	13.1	0.4	13	1.2	0.21	16.2	3.0	7	4	0.019	0.00	3	0.03		
Yams, Mashed, Spiced	1/2 cup	208	131	0.8	25.1	2.1	56	3.1	0.59	21.2	4.0	21	13	0.044	0.00	9	0.16		
Peas, Green, Frz, w/Onion, LF, LS *	1/2 cup	196	82	5.5	14.5	4.8	115	0.4	0.07	4.5	0.7	26	28	0.090	0.00	19	0.85		
Bread, Wheatberry, Sprouted	1 each	45	110	6.0	18.0	5.0	210	1.5	0.00	12.3	0.0	22	47	0.117	0.17	0	0.88	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		
Frozen Meal Totals																			
Daily Totals for 07/04/24																			
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 YO)																			
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)																			
			100	209.6	89.5	131.8	234	92.0	88.94			110	94	139.304	248.67	101	126.25	12.0+	

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.

Menu Nutrient Analysis Report

Copyright © 1981-2024, Computrition, Inc. (v. 19.4.0.211/33)

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Freezer **Date: Fri Jul 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)	
Frozen Meal																			
Turkey, Tetrazzini (OR)	1 cup	198	239	23.1	27.2	1.5+	255	3.5	0.96+	13.4	3.7	103+	42+	0.532+	0.43+	9+	1.68+		
Corn, Chuckwagon	1/2 cup	113	97	3.3	22.7	2.3	3	0.9	0.13	6.9	1.1	5	20	0.188	0.00	9	0.42		
Peaches, Spiced (OR)	1/2 cup	140	97	0.8	25.0	1.6+	5	0.0	0.01+	0.4	0.1	9	9+	0.023+	0.00+	4+	0.13+		
Bread, Wheatberry, Sprouted	1 each	45	110	6.0	18.0	5.0	210	1.5	0.00	12.3	0.0	22	47	0.117	0.17	0	0.88	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		
Frozen Meal Totals																			
			638	40.9	104.2	10.4+	573	8.1	2.54+	11.4	3.6	422+	143+	0.944+	1.66+	22+	4.06+	2.0+	
Daily Totals for 07/05/24																			
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 (%)			96	218.8	113.7	111.3+	75	36.3	34.32+			127+	102+	165.609+	207.90+	73+	110.66+	12.0+	
Week Daily Average (07/01/24-07/06/24)			703	38.6	92.7	11.9+	1006	20.9	6.46+	26.6	8.2	457+	150+	0.765+	1.78+	36+	4.16+	1.6+	

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

Copyright © 1981-2024, Computrition, Inc. (v. 19.4.0.211/33)

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Freezer **Date: Mon Jul 08, 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)	
Frozen Meal																			
Fish, Battered, WG (CACFP)	1 each	102	210	14.0	15.0	1.0	290	10.0	1.00	43.7	4.4	10		0.339					0.0
Sauce, Tartar, HMD (OR)	1 oz	32	43	0.8	4.5	0.3	203	2.6	0.32	51.8	6.5	27	2+	0.009+	0.00+	2+	0.04+	0.0+	
Rice, Brown, LF, LS (OR)	1/2 cup	100	139	2.9	28.8	1.4	4	1.2	0.22	7.9	1.5	6	45	0.181	0.00	0	0.81		
Mix Veg, 5 Way Mix	1/2 cup	178	90	3.3	13.5	4.0	68	2.5	0.48	25.3	4.8	27	25	0.096	0.00	10	0.45		
^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		
Bread, Wheatberry, Sprouted	1 each	45	110	6.0	18.0	5.0	210	1.5	0.00	12.3	0.0	22	47	0.117	0.17	0	0.88	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		
Frozen Meal Totals																			
Daily Totals for 07/08/24																			
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			750	34.9	107.8	13.4	880	20.1	3.46	24.2	4.2	381	148+	0.842+	1.24+	13+	3.22+	2.0+	
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			667	18.7	91.7	9.3	767	22.2	7.40	24.2	4.2	333	140	0.570	0.80	30	3.67	16.7	
			112	186.9	117.6	143.9	115	90.2	46.81			114	106+	147.654+	154.80+	43+	87.67+	12.0+	

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.

Menu Nutrient Analysis Report

Copyright © 1981-2024, Computrition, Inc. (v.19.4.0.211/33)

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Freezer **Date: Tue Jul 09, 2024**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry 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)	
Frozen Meal																			
Beef, Meatballs, w/o Gravy (OR)	6 each	85	210	15.2	4.0	1.2	516	15.2	6.07	64.0	25.6	40	27	0.360	1.90	1	3.39		
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, 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, 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		
Bread, Wheatberry, Sprouted	1 each	45	110	6.0	18.0	5.0	210	1.5	0.00	12.3	0.0	22	47	0.117	0.17	0	0.88	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		
Ind, Margarine (OR)	1 each	5	36	0.0	0.0	0.0	47	4.0	0.84	99.0	20.5	2	0	0.000	0.01	0	0.00		
Frozen Meal Totals																			
Daily Totals for 07/09/24																			
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)																			
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)																			
			99	194.9	80.4	136.7+	152	112.0	123.47+			133+	95+	120.256+	405.36+	155+	159.98+	12.0+	

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.

Menu Nutrient Analysis Report

Copyright © 1981-2024, Computrition, Inc. (v. 19.4.0.211/33)

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Freezer **Date: Wed Jul 10, 2024**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry 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)	
Frozen Meal																			
Pork, Rib Patty, w/ BBQ Sauce (CA)	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		
Yams, Mashed, Spiced	1/2 cup	208	131	0.8	25.1	2.1	56	3.1	0.59	21.2	4.0	21	13	0.044	0.00	9	0.16		
Mix Veg, Winter (Himd)	1/2 cup	192	46	2.8	4.9	2.8	52	1.8	0.34	34.8	6.6	15	18	0.144	0.00	135	0.37		
Bread, Wheatberry, Sprouted	1 each	45	110	6.0	18.0	5.0	210	1.5	0.00	12.3	0.0	22	47	0.117	0.17	0	0.88	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		
Ind, Margarine (OR)	1 each	5	36	0.0	0.0	0.0	47	4.0	0.84	99.0	20.5	2	0	0.000	0.01	0	0.00		
Frozen Meal Totals																			
Daily Totals for 07/10/24																			
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 YO)																			
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)																			
			97	169.8	84.7	109.6+	143	112.0	98.08			119	75+	70.754+	155.85+	479+	161.98	12.0+	

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.

Menu Nutrient Analysis Report

Copyright © 1981-2024, Computrition, Inc. (v.19.4.0.211/33)

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Freezer **Date: Thu Jul 11, 2024**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry 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)	
Frozen Meal																			
Vegetarian, Macaroni & Cheese (Of	1 cup	222	380	22.4+	35.0	1.1+	501	16.2+	8.88+	38.3	21.0	554+	46+	0.130+	1.22+	1+	3.07+		
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		
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+		
Bread, Wheatberry, Sprouted	1 each	45	110	6.0	18.0	5.0	210	1.5	0.00	12.3	0.0	22	47	0.117	0.17	0	0.88	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		
Ind, Margarine (OR)	1 each	5	36	0.0	0.0	0.0	47	4.0	0.84	99.0	20.5	2	0	0.000	0.01	0	0.00		
Frozen Meal Totals																			
Daily Totals for 07/11/24																			
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 YO)			710	41.0+	81.4	12.9+	899	24.3+	11.23+	30.6	14.2	930+	138+	0.631+	2.46+	48+	5.15+	2.0+	
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	
			107	219.8+	88.8	137.9+	117	109.3+	151.78+			279+	99+	110.727+	308.07+	161+	140.36+	12.0+	

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.

Menu Nutrient Analysis Report

Copyright © 1981-2024, Computrition, Inc. (v. 19.4.0.211/33)

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Freezer **Date: Fri Jul 12, 2024**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry 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)	
Frozen 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+		
Greens, Spinach, w/Vinegar, LF, LS	1/2 cup	200	45	4.6	6.7	4.3	113	1.0	0.18	16.5	3.0	177	94	0.158	0.00	3	0.56		
Peaches, Spiced (OR)	1/2 cup	140	97	0.8	25.0	1.6+	5	0.0	0.01+	0.4	0.1	9	9+	0.023+	0.00+	4+	0.13+		
Bread, Wheatberry, Sprouted	1 each	45	110	6.0	18.0	5.0	210	1.5	0.00	12.3	0.0	22	47	0.117	0.17	0	0.88	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		
Frozen Meal Totals																			
			729	38.6	99.9	15.2+	938	21.2	8.17+	26.0	10.0	846	228+	0.576+	2.02+	18+	4.56+	2.0+	
Daily Totals for 07/12/24																			
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 (%)			109	207.0	109.0	163.3+	122	95.4	110.43+			254	163+	101.013+	252.38+	61+	124.28+	12.0+	
Week Daily Average (07/07/24-07/13/24)			700	36.5+	88.1	12.9+	996	23.1+	7.85+	29.4	10.0	600+	150+	0.627+	2.04+	54+	4.95+	2.0+	

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.

Menu Nutrient Analysis Report

Copyright © 1981-2024, Computrition, Inc. (v. 19.4.0.211/33)

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Freezer **Date: Mon Jul 15, 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)	
Frozen Meal																			
Vegetarian, Cheese & Gr. Chili Bake	1 cup	328	429	19.9	42.0	2.9	650	20.3	10.09+	42.5	21.1	372	70+	0.307+	0.75+	7	2.40+		
Peas, Green, Frz. w/Onion, LF, LS *	1/2 cup	196	82	5.5	14.5	4.8	115	0.4	0.07	4.5	0.7	26	28	0.090	0.00	19	0.85		
Peaches, Spiced (OR)	1/2 cup	140	97	0.8	25.0	1.6+	5	0.0	0.01+	0.4	0.1	9	9+	0.023+	0.00+	4+	0.13+		
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		
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, Margarine (OR)	1 each	5	36	0.0	0.0	0.0	47	4.0	0.84	99.0	20.5	2	0	0.000	0.01	0	0.00		
Frozen Meal Totals																			
Daily Totals for 07/15/24																			
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 YO)			825	38.5	107.4	11.4+	1078	28.2	12.70+	30.5	13.8	729	160+	0.572+	1.82+	30+	4.95+		
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	
			124	205.9	117.1	121.7+	141	126.7	171.67+			219	114+	100.267+	227.83+	100+	134.92+		

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

Copyright © 1981-2024, Computrition, Inc. (v.19.4.0.211/33)

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Freezer **Date: Tue Jul 16, 2024**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry 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)	
Frozen Meal																			
Eggs, Cheese Omelet (OR)	1 each	99	170	11.0	4.0	0.0	601	12.0	5.01	64.3	26.8	150	11	0.142	0.75	0	1.08		
Sauce, Creole, HMD	1 oz	67	21	1.0	4.5	1.2	16	0.1	0.02	4.0	0.8	15	8+	0.045+	0.00+	4	0.12+		
Mix Veg., 5 Way Mix	1/2 cup	178	90	3.3	13.5	4.0	68	2.5	0.48	25.3	4.8	27	25	0.096	0.00	10	0.45		
Applesauce, Cinnamon	1/2 cup	138	60	0.2	16.2	1.6	3	0.1	0.01	1.9	0.2	7	4	0.037	0.00	29	0.04		
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		
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, Margarine (OR)	1 each	5	36	0.0	0.0	0.0	47	4.0	0.84	99.0	20.5	2	0	0.000	0.01	0	0.00		
Frozen Meal Totals																			
Daily Totals for 07/16/24																			
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)																			
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)																			
Week Daily Average (07/14/24-07/16/24)																			
Daily Average (07/01/24-07/16/24)																			
			700	36.8+	89.6	12.0+	1007	22.5+	7.70+	28.7	9.8	545+	147+	0.667+	1.90+	44+	4.48+	1.5+	

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.