

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS-Freezer Date: Mon Jul 22, 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)	
<b>Frozen Meal</b>																			
Vegetarian, Burger, Garden, 3.5 oz	1 each	99	120	19.0	9.0	6.0	380		0.00		0.0	80	55	0.300	1.99	0	1.25		
Mix Veg, California (Hmd), LS	1/2 cup	184	47	2.1	5.7	2.9	62	2.0	0.36	36.3	6.6	22	16	0.124	0.00	90	0.35		
Corn, Southwest, Frozen, w/Black B	1/2 cup	174	110	5.1	23.7	4.6	5	0.7	0.12	5.0	0.9	26	32	0.166	0.00	20	0.55		
^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		
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, Mayonnaise (OR)	1 each	9	61	0.1	0.1	0.0	57	6.7	1.05	99.1	15.5	1	0	0.001	0.01	0	0.01		
Ind, Mustard (OR)	1 each	6	3	0.2	0.3	0.2	61	0.2	0.01	44.0	2.8	3	3	0.004	0.00	0	0.04		
<b>Frozen Meal Totals</b>			<b>594</b>	<b>40.2</b>	<b>78.1</b>	<b>14.7</b>	<b>934</b>	<b>14.8+</b>	<b>2.98</b>	<b>22.0</b>	<b>4.5</b>	<b>455</b>	<b>142</b>	<b>0.710</b>	<b>3.17</b>	<b>111+</b>	<b>3.51</b>		
<b>Daily Totals for 07/22/24</b>			<b>594</b>	<b>40.2</b>	<b>78.1</b>	<b>14.7</b>	<b>934</b>	<b>14.8+</b>	<b>2.98</b>	<b>22.0</b>	<b>4.5</b>	<b>455</b>	<b>142</b>	<b>0.710</b>	<b>3.17</b>	<b>111+</b>	<b>3.51</b>		
<b>1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)</b>			<b>667</b>	<b>18.7</b>	<b>91.7</b>	<b>9.3</b>	<b>767</b>	<b>22.2</b>	<b>7.40</b>			<b>333</b>	<b>140</b>	<b>0.570</b>	<b>0.80</b>	<b>30</b>	<b>3.67</b>	<b>16.7</b>	
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>89</b>	<b>215.2</b>	<b>85.2</b>	<b>157.7</b>	<b>122</b>	<b>66.5+</b>	<b>40.22</b>			<b>137</b>	<b>101</b>	<b>124.629</b>	<b>396.03</b>	<b>369+</b>	<b>95.51</b>		

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-Freezer**      **Date: Tue Jul 23, 2024**

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	Fat (gm)	SFA (gm)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)	Magne sium (mg)	Vit B6 (mg)	Vit B12 (mcg)	Vit C (mg)	Zinc (mg)	Added Sugars (gm)
<b>Frozen Meal</b>																		
Vegetarian, Burrito, Bean and Chee	1 each	155	299	15.0	40.9	9.0	498	9.0	3.99	26.6	11.8							
Sauce, Enchilada, HMD, 1 oz * (SF)	1 oz	28	17	0.3	1.7	0.0	187	0.8	0.24+	47.1	13.9	2	1+	0.000+	0.00+	0	0.04+	
Corn, Southwest, Frozen, w/Black B	1/2 cup	174	110	5.1	23.7	4.6	5	0.7	0.12	5.0	0.9	26	32	0.166	0.00	20	0.55	
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	
<b>Frozen Meal Totals</b>			<b>618</b>	<b>28.8</b>	<b>102.6</b>	<b>15.2</b>	<b>796</b>	<b>12.7</b>	<b>5.79+</b>	<b>18.3</b>	<b>8.3</b>	<b>320+</b>	<b>66+</b>	<b>0.273+</b>	<b>1.07+</b>	<b>25+</b>	<b>1.68+</b>	
<b>Daily Totals for 07/23/24</b>			<b>618</b>	<b>28.8</b>	<b>102.6</b>	<b>15.2</b>	<b>796</b>	<b>12.7</b>	<b>5.79+</b>	<b>18.3</b>	<b>8.3</b>	<b>320+</b>	<b>66+</b>	<b>0.273+</b>	<b>1.07+</b>	<b>25+</b>	<b>1.68+</b>	
<b>1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)</b>			<b>667</b>	<b>18.7</b>	<b>91.7</b>	<b>9.3</b>	<b>767</b>	<b>22.2</b>	<b>7.40</b>			<b>333</b>	<b>140</b>	<b>0.570</b>	<b>0.80</b>	<b>30</b>	<b>3.67</b>	<b>16.7</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>93</b>	<b>154.4</b>	<b>111.9</b>	<b>163.1</b>	<b>104</b>	<b>57.2</b>	<b>78.20+</b>			<b>96+</b>	<b>47+</b>	<b>47.921+</b>	<b>133.24+</b>	<b>82+</b>	<b>45.66+</b>	

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# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: NWSDS-Freezer**      **Date: Wed Jul 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)
<b>Frozen Meal</b>																		
^Vegetarian, Meatballs, 1 oz (OR)	3 each	116	215	15.3	5.6	1.7	543	15.0	6.01	61.8	24.7	45	29+	0.378+	1.88+	5	3.37+	
Onlok Sauce, Marinara *	3 oz	81	38	0.9	5.5	0.9	216	1.7	0.00+	37.4	0.0	9	0+	0.000+	0.00+	4	0.00+	
Pasta, Spaghetti Noodles, Buttered,	1/2 cup	270	137	3.7	21.2	0.9	36	4.0	0.73	26.6	4.9	14	18	0.041	0.00	0	0.40	
Greens, Spinach, LF, LS	1/2 cup	195	43	4.6	6.7	4.3	113	1.0	0.18	16.6	3.0	177	94	0.158	0.00	3	0.56	
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, 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	
<b>Frozen Meal Totals</b>			<b>729</b>	<b>41.4</b>	<b>81.8</b>	<b>16.7</b>	<b>1286</b>	<b>28.0</b>	<b>8.83+</b>	<b>33.9</b>	<b>10.7</b>	<b>577</b>	<b>238+</b>	<b>0.874+</b>	<b>3.12+</b>	<b>23</b>	<b>6.62+</b>	<b>2.0+</b>
<b>Daily Totals for 07/24/24</b>			<b>729</b>	<b>41.4</b>	<b>81.8</b>	<b>16.7</b>	<b>1286</b>	<b>28.0</b>	<b>8.83+</b>	<b>33.9</b>	<b>10.7</b>	<b>577</b>	<b>238+</b>	<b>0.874+</b>	<b>3.12+</b>	<b>23</b>	<b>6.62+</b>	<b>2.0+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)</b>			<b>667</b>	<b>18.7</b>	<b>91.7</b>	<b>9.3</b>	<b>767</b>	<b>22.2</b>	<b>7.40</b>			<b>333</b>	<b>140</b>	<b>0.570</b>	<b>0.80</b>	<b>30</b>	<b>3.67</b>	<b>16.7</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>109</b>	<b>221.9</b>	<b>89.2</b>	<b>179.1</b>	<b>168</b>	<b>125.9</b>	<b>119.34+</b>			<b>173</b>	<b>170+</b>	<b>153.377+</b>	<b>389.83+</b>	<b>75</b>	<b>180.32+</b>	<b>12.0+</b>
<b>Daily Average (07/22/24-07/24/24)</b>			<b>647</b>	<b>36.8</b>	<b>87.5</b>	<b>15.5</b>	<b>1005</b>	<b>18.5+</b>	<b>5.86+</b>	<b>25.3</b>	<b>8.1</b>	<b>451+</b>	<b>148+</b>	<b>0.619+</b>	<b>2.45+</b>	<b>53+</b>	<b>3.93+</b>	<b>0.7+</b>

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