

				DATE>> Senior Services May 2018 Hot Menu Final													
DATE	RECNUM	Start Date	Start Day	Calendar Days	PORTION SIZE	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	B-6 mg	B-12 mg	C mg	Ca+ mg	Magne	Na+ mg MAX	Zinc
		43221.00	2.00	31.00		600.00	17.00	43.00	7.00	0.30	0.57	0.79	30.00	400.00	88.00	1050.00	3.10

DATE>> DAY 2, 27, 52, 77

3540.00	MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0.00	2.37	0.09	1.07	0.00	290.36	26.84	107.36	1.02			
392.00	CHICKEN, Lo Mein	1 cup/ 8.5 oz	254.32	21.74	31.89	4.09	2.72	0.47	0.17	23.99	43.80	43.51	386.71	1.23			
339.00	VEGETARIAN, Vegetable Strata ( ENP-E2	1 sl/7.95 oz	251.68	11.09	20.77	3.49	5.42	0.19	0.35	8.57	224.97	56.91	362.21	0.85			
1752.00	BROCCOLI, CUTS FROZEN-O (ESHA)	1/3 CUP	17.50	1.94	3.35	1.87	0.07	0.08	0.00	25.06	20.63	8.12	6.88	0.18			
2607.00	SALAD, GARDEN VEGETABLE (ESHA)	2.07OZ/.5C.	7.41	0.55	1.49	0.73	0.09	0.04	0.00	9.59	13.24	6.79	5.87	0.09			
4632.00	ROLL, Whole Wheat	1.5 oz.	110.00	5.00	32.84	3.18	1.50	0.00	0.00	0.12	34.24	0.00	126.78	0.00			
2528.00	CANNED, PEACHES LS (ESHA)	4.5OZ/.5	67.77	0.56	18.26	1.63	0.04	0.02	0.00	3.01	3.76	6.27	6.27	0.11			
4128.00	DRESSING, Raspberry Vinaigrette Fat Free	1.5 oz.	50.00	0.00	11.00	0.00	0.00	0.00	0.00	1.20	0.00	0.00	420.00	0.00			
2528.00	CANNED, PEACHES LS (ESHA)	4.5OZ/.5	67.77	0.56	18.26	1.63	0.04	0.02	0.00	3.01	3.76	6.27	6.27	0.11			
Total A Meal Values						<b>609.48</b>	<b>38.01</b>	<b>111.01</b>	<b>11.50</b>	<b>6.79</b>	<b>0.70</b>	<b>1.24</b>	<b>62.97</b>	<b>406.03</b>	<b>91.53</b>	<b>1059.87</b>	<b>2.63</b>
A Statistics						<b>0.28</b>	<b>0.25</b>	<b>0.73</b>	<b>0.77</b>	<b>0.10</b>	<b>0.41</b>	<b>0.52</b>	<b>0.70</b>	<b>0.34</b>	<b>0.22</b>		<b>0.24</b>
Total B Meal Values						<b>606.84</b>	<b>27.36</b>	<b>99.89</b>	<b>10.90</b>	<b>9.49</b>	<b>0.42</b>	<b>1.42</b>	<b>47.55</b>	<b>587.20</b>	<b>104.93</b>	<b>1035.37</b>	<b>2.25</b>
B Statistics						<b>0.28</b>	<b>0.18</b>	<b>0.66</b>	<b>0.73</b>	<b>0.14</b>	<b>0.25</b>	<b>0.59</b>	<b>0.53</b>	<b>0.49</b>	<b>0.25</b>		<b>0.20</b>
Total Diet A Meal Values						<b>609.48</b>	<b>38.01</b>	<b>111.01</b>	<b>11.50</b>	<b>6.79</b>	<b>0.70</b>	<b>1.24</b>	<b>62.97</b>	<b>406.03</b>	<b>91.53</b>	<b>1059.87</b>	<b>2.63</b>
Diet A Statistics						<b>0.28</b>	<b>0.25</b>	<b>0.73</b>	<b>0.77</b>	<b>0.10</b>	<b>0.41</b>	<b>0.52</b>	<b>0.70</b>	<b>0.34</b>	<b>0.22</b>		<b>0.24</b>
Total Diet B Meal Values						<b>606.84</b>	<b>27.36</b>	<b>99.89</b>	<b>10.90</b>	<b>9.49</b>	<b>0.42</b>	<b>1.42</b>	<b>47.55</b>	<b>587.20</b>	<b>104.93</b>	<b>1035.37</b>	<b>2.25</b>
Diet B Statistics						<b>0.28</b>	<b>0.18</b>	<b>0.66</b>	<b>0.73</b>	<b>0.14</b>	<b>0.25</b>	<b>0.59</b>	<b>0.53</b>	<b>0.49</b>	<b>0.25</b>		<b>0.20</b>

DATE>> DAY 3, 28, 53, 78

3540.00	MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0.00	2.37	0.09	1.07	0.00	290.36	26.84	107.36	1.02			
459.00	CHICKEN, SALAD MINI SANTA FE (ESHA)	1/2c	200.57	18.37	13.98	2.02	8.10	0.36	0.19	20.16	34.37	29.62	390.61	1.65			
475.00	Ham, SALAD MINI & Cheese (SLM489)	3 oz	158.99	15.13	1.15	0.00	7.06	0.23	3.78	9.92	104.47	3.83	618.80	2.28			
2651.00	SALAD, SPINACH ROMAINE ENP-S1150	1 cup	7.44	0.72	1.32	0.82	0.13	0.05	0.00	9.85	22.60	15.14	13.73	0.13			
1638.00	SOUP, MINISTRONI (KESHA)	8.0 OZ./1CU	125.11	2.76	10.87	1.88	4.19	0.06	0.00	7.26	40.09	17.23	307.86	0.26			
4632.00	ROLL, Whole Wheat	1.5 oz.	110.00	5.00	32.84	3.18	1.50	0.00	0.00	0.12	34.24	0.00	126.78	0.00			
3288.00	CANNED, GOLDEN FRUIT CUP ( Peach,	1/2 c/ 4 oz	44.04	0.60	11.27	1.27	0.07	0.05	0.00	15.84	9.65	10.71	3.39	0.25			
4020.00	DRESSING, FRENCH (ESHA)	1 pkt.	56.21	0.09	1.92	0.00	5.51	0.00	0.02	0.00	2.95	0.62	102.83	0.04			
3288.00	CANNED, GOLDEN FRUIT CUP ( Peach,	1/2 c/ 4 oz	44.04	0.60	11.27	1.27	0.07	0.05	0.00	15.84	9.65	10.71	3.39	0.25			
Total A Meal Values						<b>645.85</b>	<b>35.76</b>	<b>84.38</b>	<b>9.17</b>	<b>21.87</b>	<b>0.61</b>	<b>1.28</b>	<b>53.23</b>	<b>434.26</b>	<b>100.16</b>	<b>1052.56</b>	<b>3.35</b>
A Statistics						<b>0.29</b>	<b>0.22</b>	<b>0.52</b>	<b>0.61</b>	<b>0.30</b>	<b>0.36</b>	<b>0.53</b>	<b>0.59</b>	<b>0.36</b>	<b>0.24</b>		<b>0.30</b>
Total B Meal Values						<b>604.27</b>	<b>32.52</b>	<b>71.55</b>	<b>7.15</b>	<b>20.83</b>	<b>0.48</b>	<b>4.87</b>	<b>42.99</b>	<b>504.36</b>	<b>74.37</b>	<b>1280.75</b>	<b>3.98</b>
B Statistics						<b>0.27</b>	<b>0.22</b>	<b>0.47</b>	<b>0.48</b>	<b>0.31</b>	<b>0.28</b>	<b>2.03</b>	<b>0.48</b>	<b>0.42</b>	<b>0.18</b>		<b>0.36</b>
Total Diet A Meal Values						<b>645.85</b>	<b>35.76</b>	<b>84.38</b>	<b>9.17</b>	<b>21.87</b>	<b>0.61</b>	<b>1.28</b>	<b>53.23</b>	<b>434.26</b>	<b>100.16</b>	<b>1052.56</b>	<b>3.35</b>
Diet A Statistics						<b>0.29</b>	<b>0.22</b>	<b>0.52</b>	<b>0.61</b>	<b>0.30</b>	<b>0.36</b>	<b>0.53</b>	<b>0.59</b>	<b>0.36</b>	<b>0.24</b>		<b>0.30</b>
Total Diet B Meal Values						<b>604.27</b>	<b>32.52</b>	<b>71.55</b>	<b>7.15</b>	<b>20.83</b>	<b>0.48</b>	<b>4.87</b>	<b>42.99</b>	<b>504.36</b>	<b>74.37</b>	<b>1280.75</b>	<b>3.98</b>
Diet B Statistics						<b>0.27</b>	<b>0.22</b>	<b>0.47</b>	<b>0.48</b>	<b>0.31</b>	<b>0.28</b>	<b>2.03</b>	<b>0.48</b>	<b>0.42</b>	<b>0.18</b>		<b>0.36</b>

DATE:>> Senior Services May 2018 Hot Menu Final

DATE	RECNUM	MENU ITEM	PORTION SIZE	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	B-6 mg	B-12 mg	C mg	Ca+ mg	Magne	Na+ mg MAX	Zinc
				600.00	17.00	43.00	7.00	0.30	0.57	0.79	30.00	400.00	88.00	1050.00	3.10

DATE>>	DAY 4, 29, 54, 79	850.00	Daily	Daily	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly
3540.00	MILK, 1 % (ESHA)	8.00Z/1C	102.48	8.22	12.18	0.00	2.37	0.09	1.07	0.00	290.36	26.84	107.36	1.02
45.00	BEEF, SPANISH RICE CASSEROLE (8oz./1cup		249.62	17.54	20.85	1.56	9.99	0.34	1.55	9.94	45.11	25.54	377.35	3.92
472.00	BEEF MEXICAN PASTA BAKE	9 oz/ 1 cup	230.80	17.71	26.31	2.01	5.87	0.47	0.17	26.66	44.44	31.81	155.65	1.50
1761.00	CARROTS, FROZEN SLiced (ESHA) No	1/3 CUP	25.96	0.41	5.43	2.32	0.48	0.06	0.00	1.62	24.56	7.72	33.00	0.24
2634.00	SALAD, SPINACH ROMAINE w/(Carrot,(	1.3oz/.5cup	8.65	0.61	1.73	0.79	0.10	0.05	0.00	9.78	20.30	12.41	16.83	0.12
4626.00	ROLL, SEVEN GRAIN	1.38oz	105.67	3.32	50.00	1.00	3.03	0.00	0.00	0.00	0.00	0.00	80.00	0.00
3280.00	BAR, Banana Chocolate chip ( ESHA) ( EN	2 oz	202.19	2.32	30.49	1.40	8.78	0.07	0.01	1.09	40.14	19.58	159.15	0.30
4030.00	DRESSING, THOUSAND LO CAL (ESHA)	5296 oz.	30.63	0.13	3.33	0.20	1.97	0.00	0.00	0.00	2.40	1.05	124.76	0.03
3080.00	COOKIE, SPLENDIA CHOCOALTE CHI	1.33 oz.	183.79	2.16	20.75	0.55	10.22	0.01	0.04	0.00	22.39	8.89	69.05	0.23
Total A Meal Values			<b>725.20</b>	<b>32.55</b>	<b>124.01</b>	<b>7.27</b>	<b>26.72</b>	<b>0.61</b>	<b>2.63</b>	<b>22.43</b>	<b>422.87</b>	<b>93.14</b>	<b>898.45</b>	<b>5.63</b>
A Statistics			<b>0.33</b>	<b>0.18</b>	<b>0.68</b>	<b>0.48</b>	<b>0.33</b>	<b>0.36</b>	<b>1.10</b>	<b>0.25</b>	<b>0.35</b>	<b>0.22</b>		<b>0.51</b>
Total B Meal Values			<b>706.38</b>	<b>32.72</b>	<b>129.47</b>	<b>7.72</b>	<b>22.60</b>	<b>0.74</b>	<b>1.25</b>	<b>39.15</b>	<b>422.20</b>	<b>99.41</b>	<b>676.75</b>	<b>3.21</b>
B Statistics			<b>0.32</b>	<b>0.19</b>	<b>0.73</b>	<b>0.51</b>	<b>0.29</b>	<b>0.43</b>	<b>0.52</b>	<b>0.43</b>	<b>0.35</b>	<b>0.24</b>		<b>0.29</b>
Total Diet A Meal Values			<b>706.80</b>	<b>32.39</b>	<b>114.27</b>	<b>6.42</b>	<b>28.16</b>	<b>0.55</b>	<b>2.66</b>	<b>21.34</b>	<b>405.12</b>	<b>82.45</b>	<b>808.35</b>	<b>5.56</b>
Diet A Statistics			<b>0.32</b>	<b>0.18</b>	<b>0.65</b>	<b>0.43</b>	<b>0.36</b>	<b>0.32</b>	<b>1.11</b>	<b>0.24</b>	<b>0.34</b>	<b>0.20</b>		<b>0.51</b>
Total Diet B Meal Values			<b>687.98</b>	<b>32.56</b>	<b>119.73</b>	<b>6.87</b>	<b>24.04</b>	<b>0.68</b>	<b>1.28</b>	<b>38.06</b>	<b>404.45</b>	<b>88.72</b>	<b>586.65</b>	<b>3.14</b>
Diet B Statistics			<b>0.31</b>	<b>0.19</b>	<b>0.70</b>	<b>0.46</b>	<b>0.31</b>	<b>0.40</b>	<b>0.53</b>	<b>0.42</b>	<b>0.34</b>	<b>0.21</b>		<b>0.29</b>

DATE>>	DAY 5, 30, 55, 80	850.00	Daily	Daily	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly
3540.00	MILK, 1 % (ESHA)	8.00Z/1C	102.48	8.22	12.18	0.00	2.37	0.09	1.07	0.00	290.36	26.84	107.36	1.02
129.00	CHICKEN, FAJITA	3.74oz	157.04	23.77	6.71	0.90	3.49	0.57	0.25	20.88	24.66	27.89	93.53	1.04
2085.00	Rice, Brown (ESHA)	.5 CUP	105.42	2.45	21.80	1.71	0.85	0.14	0.00	0.00	11.63	41.55	6.88	0.60
362.00	BEEF Enchilada Bake	7.52 oz	356.27	18.06	16.26	2.18	14.29	0.27	1.38	4.26	252.82	37.95	396.61	3.26
1782.00	CORN, TEX-MEX W/TOMATOES 1/3 cu	1/3 CUP	66.76	1.45	11.04	0.00	2.74	0.25	0.00	8.51	10.73	0.00	225.06	0.00
2587.00	SALAD, CARROT PINEAPPLE HV344	4.76oz/.5cup	139.78	1.48	21.80	2.93	6.13	0.15	0.00	6.93	43.87	16.49	180.54	0.30
3289.00	PUDDING MEXIAN CHOCOLATE	1/2 cup	143.49	0.52	24.13	1.97	6.22	0.00	0.00	34.96	157.30	51.55	224.09	0.00
3202.00	PUDDING, FORTIFIED CHOCOLATE D	5.4oz/.5cup	143.49	0.52	24.13	1.97	6.22	0.00	0.00	34.96	157.30	51.55	124.09	0.00
Total A Meal Values			<b>714.97</b>	<b>37.89</b>	<b>97.66</b>	<b>7.51</b>	<b>21.80</b>	<b>1.20</b>	<b>1.32</b>	<b>71.28</b>	<b>538.55</b>	<b>164.32</b>	<b>837.46</b>	<b>2.96</b>
A Statistics			<b>0.32</b>	<b>0.21</b>	<b>0.55</b>	<b>0.50</b>	<b>0.27</b>	<b>0.71</b>	<b>0.55</b>	<b>0.79</b>	<b>0.45</b>	<b>0.39</b>		<b>0.27</b>
Total B Meal Values			<b>808.78</b>	<b>29.73</b>	<b>85.41</b>	<b>7.08</b>	<b>31.75</b>	<b>0.76</b>	<b>2.45</b>	<b>54.66</b>	<b>755.08</b>	<b>132.83</b>	<b>1133.66</b>	<b>4.58</b>
B Statistics			<b>0.37</b>	<b>0.15</b>	<b>0.42</b>	<b>0.47</b>	<b>0.35</b>	<b>0.45</b>	<b>1.02</b>	<b>0.61</b>	<b>0.63</b>	<b>0.32</b>		<b>0.42</b>
Total Diet A Meal Values			<b>714.97</b>	<b>37.89</b>	<b>97.66</b>	<b>7.51</b>	<b>21.80</b>	<b>1.20</b>	<b>1.32</b>	<b>71.28</b>	<b>538.55</b>	<b>164.32</b>	<b>737.46</b>	<b>2.96</b>
Diet A Statistics			<b>0.32</b>	<b>0.21</b>	<b>0.55</b>	<b>0.50</b>	<b>0.27</b>	<b>0.71</b>	<b>0.55</b>	<b>0.79</b>	<b>0.45</b>	<b>0.39</b>		<b>0.27</b>
Total Diet B Meal Values			<b>808.78</b>	<b>29.73</b>	<b>85.41</b>	<b>7.08</b>	<b>31.75</b>	<b>0.76</b>	<b>2.45</b>	<b>54.66</b>	<b>755.08</b>	<b>132.83</b>	<b>1033.66</b>	<b>4.58</b>
Diet B Statistics			<b>0.37</b>	<b>0.15</b>	<b>0.42</b>	<b>0.47</b>	<b>0.35</b>	<b>0.45</b>	<b>1.02</b>	<b>0.61</b>	<b>0.63</b>	<b>0.32</b>		<b>0.42</b>

	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	B-6 mg	B-12 mg	C mg	Ca+ mg	Magne	Na+ mg MAX	Zinc
A 4 DAY VALUES	2695.50	144.21	417.05	35.45	77.18	3.12	6.47	209.90	1801.71	449.16	3848.34	14.57
A ONE DAY WEEKLY AVERAGE	673.88	36.05	104.26	8.86	19.29	0.78	1.62	52.48	450.43	112.29	962.08	3.64
A PERCENT DRIA AVERAGE				0.59		0.46	0.67	0.58	0.38	0.27		0.33
A CALORIE BREAKDOWN		0.21	0.62		0.26							
B 4 DAY VALUES	2726.27	122.33	386.31	32.85	84.67	2.40	9.99	184.34	2268.84	411.55	4126.53	14.02
B ONE DAY WEEKLY AVERAGE	681.57	30.58	96.58	8.21	21.17	0.60	2.50	46.09	567.21	102.89	1031.63	3.51
B PERCENT DRIA AVERAGE				0.55		0.35	1.04	0.51	0.47	0.24		0.32
B CALORIE BREAKDOWN		0.18	0.57		0.28							
Diet A 4 DAY VALUES	2677.10	144.05	407.31	34.60	78.62	3.06	6.50	208.81	1783.96	438.47	3658.24	14.50
Diet A ONE DAY WEEKLY AVERAGE	669.28	36.01	101.83	8.65	19.65	0.76	1.63	52.20	445.99	109.62	914.56	3.63
Diet A PERCENT DRIA AVERAGE				0.58		0.45	0.68	0.58	0.37	0.26		0.33
Diet A CALORIE BREAKDOWN		0.22	0.61		0.26							
Diet B 4 DAY VALUES	2707.87	122.17	376.57	32.00	86.11	2.34	10.02	183.25	2251.09	400.86	3936.43	13.95
Diet B ONE DAY WEEKLY AVERAGE	676.97	30.54	94.14	8.00	21.53	0.58	2.51	45.81	562.77	100.21	984.11	3.49
Diet B PERCENT DRIA AVERAGE				0.53		0.34	1.04	0.51	0.47	0.24		0.32
Diet B CALORIE BREAKDOWN		0.18	0.56		0.29							

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DATE	RECNUM	MENU ITEM	PORTION SIZE	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	B-6 mg	B-12 mg	C mg	Ca+ mg	Magne	Na+ mg MAX	Zinc
				600.00	17.00	43.00	7.00	0.30	0.57	0.79	30.00	400.00	88.00	1050.00	3.10

DATE>>	DAY 6, 31, 56, 81		850.00	Daily	Daily	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly
3540.00	MILK, 1 % (ESHA)	8.00Z/1C	102.48	8.22	12.18	0.00	2.37	0.09	1.07	0.00	290.36	26.84	107.36	1.02	
114.00	CHICKEN, BREAST Fillet (3 oz.) (ESH	3.00Z	147.13	26.29	0.00	0.00	3.84	0.51	0.29	0.00	12.76	22.96	150.00	1.05	
4051.00	GRAVY, POULTRY-2 (ESHA)	2 oz.	19.01	0.26	4.00	0.08	0.15	0.00	0.00	0.03	1.83	1.12	94.40	0.02	
78.00	BEEF, STEAK SALISBURY W/TURKEY	4.75oz	236.19	17.58	8.50	0.79	14.18	0.34	1.38	3.46	47.50	23.70	474.87	3.12	
4037.00	GRAVY, BROWN w/BASE-2oz (ESHA) B	2 oz	19.45	0.57	3.86	0.17	0.16	0.01	0.00	0.46	3.42	1.89	230.00	0.03	
2139.00	POTATOES, WHIPPED FORTIFIED 1/3 C	1/3 CUP	106.84	4.99	16.14	1.09	2.50	0.00	0.00	20.69	136.22	0.00	94.62	0.00	
1743.00	BLEND, NORMANDY - LA (ESHA) scr	1/3 CUP	18.00	1.22	3.59	1.93	0.20	0.07	0.00	16.75	18.92	7.40	18.04	0.17	
4527.00	BREAD, ONION	1.31oz.	103.48	3.08	11.98	2.75	2.74	0.00	0.00	0.00	16.97	10.25	107.81	0.00	
3239.00	Bar, Peanut Butter (ESHA) (FMMP ENP-	1.8 oz/1 ea	220.33	4.34	27.31	0.88	11.30	0.07	0.00	0.04	27.83	20.08	232.89	0.38	
3088.00	COOKIE, SPLENDA PEANUT BUTTER	1.14 oz.	169.53	3.27	13.70	0.73	11.65	0.05	0.00	0.00	10.01	15.83	130.70	0.31	
Total A Meal Values			717.28	48.40	75.20	6.73	23.11	0.74	1.36	37.51	504.90	88.65	805.12	2.64	
A Statistics			0.33	0.27	0.42	0.45	0.29	0.43	0.57	0.42	0.42	0.21		0.24	
Total B Meal Values			806.78	40.00	83.56	7.61	33.46	0.58	2.45	41.40	541.23	90.16	1265.59	4.72	
B Statistics			0.37	0.20	0.41	0.51	0.37	0.34	1.02	0.46	0.45	0.21		0.43	
Total Diet A Meal Values			666.48	47.33	61.59	6.58	23.46	0.72	1.36	37.47	487.08	84.40	702.93	2.57	
Diet A Statistics			0.30	0.28	0.37	0.44	0.32	0.42	0.57	0.42	0.41	0.20		0.23	

Total Diet B Meal Values		755.98	38.93	69.95	7.46	33.81	0.56	2.45	41.36	523.41	85.91	1163.40	4.65
Diet B Statistics		0.34	0.21	0.37	0.50	0.40	0.33	1.02	0.46	0.44	0.20		0.42

DATE>> DAY 7, 32, 57, 82

3540.00	MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0.00	2.37	0.09	1.07	0.00	290.36	26.84	107.36	1.02
308.00	TURKEY, SALAD & EGG	4.82OZ/.5C	181.44	20.34	4.92	0.46	8.62	0.00	0.00	2.26	38.49	0.00	156.78	0.00
284.00	TUNA, SALAD w/half yogurt/mayo	5.2 oz.	231.89	25.73	4.89	0.29	11.76	0.41	2.95	0.61	45.26	29.47	469.43	1.01
1634.00	SOUP, CHUNKY TOMATO RICE	4.26 OZ/.5C	151.72	2.56	9.86	0.00	0.53	0.00	0.00	13.55	69.97	0.00	225.14	0.00
2673.00	SALAD, ZUCCHINI MARINATED (ESHA)	1/2 c/3.5 oz	49.41	0.90	10.60	0.84	0.48	0.13	0.00	19.54	14.36	13.62	9.34	0.23
4548.00	BREAD, Whole Wheat #2 (ESHA)	1 each	127.88	3.86	23.64	2.76	2.48	0.09	0.00	0.00	15.18	37.26	159.16	0.69
2530.00	CANNED, PEACHES SPICED (ESHA)	4.5OZ/.5C.	70.87	0.53	18.89	1.56	0.05	0.02	0.00	2.84	4.75	6.04	6.11	0.11
2531.00	CANNED, PEACHES SPICED, DIET SPL	4.5OZ/.5C	28.21	0.36	7.09	0.27	0.08	0.00	0.00	2.38	2.80	0.00	2.53	0.00
Total A Meal Values			<b>683.80</b>	<b>36.41</b>	<b>80.09</b>	<b>5.62</b>	<b>14.53</b>	<b>0.33</b>	<b>1.07</b>	<b>38.19</b>	<b>433.11</b>	<b>83.76</b>	<b>663.89</b>	<b>2.05</b>
A Statistics			<b>0.31</b>	<b>0.21</b>	<b>0.47</b>	<b>0.37</b>	<b>0.19</b>	<b>0.19</b>	<b>0.45</b>	<b>0.42</b>	<b>0.36</b>	<b>0.20</b>		<b>0.19</b>
Total B Meal Values			<b>734.25</b>	<b>41.80</b>	<b>80.06</b>	<b>5.45</b>	<b>17.67</b>	<b>0.74</b>	<b>4.02</b>	<b>36.54</b>	<b>439.88</b>	<b>113.23</b>	<b>976.54</b>	<b>3.06</b>
B Statistics			<b>0.33</b>	<b>0.23</b>	<b>0.44</b>	<b>0.36</b>	<b>0.22</b>	<b>0.44</b>	<b>1.68</b>	<b>0.41</b>	<b>0.37</b>	<b>0.27</b>		<b>0.28</b>
Total Diet A Meal Values			<b>641.14</b>	<b>36.24</b>	<b>68.29</b>	<b>4.33</b>	<b>14.56</b>	<b>0.31</b>	<b>1.07</b>	<b>37.73</b>	<b>431.16</b>	<b>77.72</b>	<b>660.31</b>	<b>1.94</b>
Diet A Statistics			<b>0.29</b>	<b>0.23</b>	<b>0.43</b>	<b>0.29</b>	<b>0.20</b>	<b>0.18</b>	<b>0.45</b>	<b>0.42</b>	<b>0.36</b>	<b>0.19</b>		<b>0.18</b>
Total Diet B Meal Values			<b>691.59</b>	<b>41.63</b>	<b>68.26</b>	<b>4.16</b>	<b>17.70</b>	<b>0.72</b>	<b>4.02</b>	<b>36.08</b>	<b>437.93</b>	<b>107.19</b>	<b>972.96</b>	<b>2.95</b>
Diet B Statistics			<b>0.31</b>	<b>0.24</b>	<b>0.39</b>	<b>0.28</b>	<b>0.23</b>	<b>0.42</b>	<b>1.68</b>	<b>0.40</b>	<b>0.36</b>	<b>0.26</b>		<b>0.27</b>

DATE>> DAY 8, 33, 58, 83

3540.00	MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0.00	2.37	0.09	1.07	0.00	290.36	26.84	107.36	1.02
244.00	PORK, RIBBLETT	4oz	270.00	20.00	0.50	1.00	19.00	0.41	0.76	1.20	0.06	34.40	620.00	2.20
4058.00	SAUCE, BBQ MAGNOLIA -1 (ESHA)	1 oz.	35.01	0.18	8.71	0.07	0.13	0.01	0.00	0.46	7.45	1.66	118.21	0.05
358.00	Vegetarian, Omelet Bake (ESHA) FMMP r	8.69 oz	258.28	23.83	11.10	1.39	11.22	0.14	0.72	20.71	464.55	29.40	482.33	1.87
2133.00	POTATOES, DELMONICO (ESHA) 1/3 C	1/3 CUP	65.91	1.81	11.47	0.88	1.51	0.14	0.09	6.45	33.74	12.13	169.18	0.22
1614.00	PEAS, GREEN (ESHA)	1/3 CUP	41.40	2.74	7.58	2.93	0.30	0.06	0.00	5.26	12.76	11.69	38.20	0.36
4511.00	BREAD, CRACKED WHEAT	1.33oz	100.22	3.23	11.98	1.20	2.82	0.00	0.00	0.00	19.97	0.00	121.82	0.00
3131.00	FRESH, ORANGE	(E)5.75 OZ	61.57	1.23	15.39	3.14	0.16	0.08	0.00	69.69	52.40	13.10	0.00	0.09
3131.00	FRESH, ORANGE	(E)5.75 OZ	61.57	1.23	15.39	3.14	0.16	0.08	0.00	69.69	52.40	13.10	0.00	0.09
Total A Meal Values			<b>676.59</b>	<b>37.41</b>	<b>67.81</b>	<b>9.22</b>	<b>26.29</b>	<b>0.79</b>	<b>1.92</b>	<b>83.06</b>	<b>416.74</b>	<b>99.82</b>	<b>1174.77</b>	<b>3.93</b>
A Statistics			<b>0.31</b>	<b>0.22</b>	<b>0.40</b>	<b>0.61</b>	<b>0.35</b>	<b>0.46</b>	<b>0.80</b>	<b>0.92</b>	<b>0.35</b>	<b>0.24</b>		<b>0.36</b>
Total B Meal Values			<b>629.86</b>	<b>41.06</b>	<b>69.70</b>	<b>9.54</b>	<b>18.38</b>	<b>0.51</b>	<b>1.88</b>	<b>102.11</b>	<b>873.78</b>	<b>93.16</b>	<b>918.89</b>	<b>3.55</b>
B Statistics			<b>0.29</b>	<b>0.26</b>	<b>0.44</b>	<b>0.64</b>	<b>0.26</b>	<b>0.30</b>	<b>0.78</b>	<b>1.13</b>	<b>0.73</b>	<b>0.22</b>		<b>0.32</b>
Total Diet A Meal Values			<b>676.59</b>	<b>37.41</b>	<b>67.81</b>	<b>9.22</b>	<b>26.29</b>	<b>0.79</b>	<b>1.92</b>	<b>83.06</b>	<b>416.74</b>	<b>99.82</b>	<b>1174.77</b>	<b>3.93</b>
Diet A Statistics			<b>0.31</b>	<b>0.22</b>	<b>0.40</b>	<b>0.61</b>	<b>0.35</b>	<b>0.46</b>	<b>0.80</b>	<b>0.92</b>	<b>0.35</b>	<b>0.24</b>		<b>0.36</b>
Total Diet B Meal Values			<b>629.86</b>	<b>41.06</b>	<b>69.70</b>	<b>9.54</b>	<b>18.38</b>	<b>0.51</b>	<b>1.88</b>	<b>102.11</b>	<b>873.78</b>	<b>93.16</b>	<b>918.89</b>	<b>3.55</b>
Diet B Statistics			<b>0.29</b>	<b>0.26</b>	<b>0.44</b>	<b>0.64</b>	<b>0.26</b>	<b>0.30</b>	<b>0.78</b>	<b>1.13</b>	<b>0.73</b>	<b>0.22</b>		<b>0.32</b>

DATE:>> Senior Services May 2018 Hot Menu Final

DATE  
RECNUM MENU ITEM

PORTION SIZE	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	B-6 mg	B-12 mg	C mg	Ca+ mg	Magne	Na+ mg MAX	Zinc
	600.00	17.00	43.00	7.00	0.30	0.57	0.79	30.00	400.00	88.00	1050.00	3.10

DATE>> DAY 9, 34, 59, 84

		850.00	Daily	Daily	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	
3540.00	MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0.00	2.37	0.09	1.07	0.00	290.36	26.84	107.36	1.02
305.00	TURKEY, ROASTED	3 OZ	144.60	24.94	0.00	0.00	4.23	0.39	0.31	0.00	21.26	22.11	300.00	2.64
4051.00	GRAVY, POULTRY-2 (ESHA)	2 oz.	19.01	0.26	4.00	0.08	0.15	0.00	0.00	0.03	1.83	1.12	94.40	0.02
50.00	BEEF, PATTY (ESHA)	3 OZ.	232.18	21.58	0.00	0.00	13.00	0.29	2.47	0.00	29.77	16.16	68.89	5.22
4042.00	GRAVY, MUSHROOM-2 (ESHA)	2 OZ	15.31	0.55	2.42	0.26	0.16	0.01	0.00	0.59	3.21	2.81	237.57	0.06
2139.00	POTATOES, WHIPPED FORTIFIED 1/3	1/3 CUP	106.84	4.99	16.14	1.09	2.50	0.00	0.00	20.69	136.22	0.00	94.62	0.00
1791.00	MIXED VEGETABLES (ESHA) ( FMMP)	1/3 CUP	45.49	1.98	5.85	2.69	0.36	0.07	0.00	3.68	17.42	9.66	27.89	0.38
4539.00	BREAD, SEVEN GRAIN	1.31oz.	98.86	3.11	23.20	2.75	2.84	0.00	0.00	0.00	38.00	13.50	214.61	0.00
3154.00	ICE CREAM, CUP	(E3 oz./5 C	170.94	2.98	20.07	0.60	9.36	0.04	0.33	0.51	108.86	11.91	68.04	0.59
3154.00	ICE CREAM, CUP	(E3 oz./5 C	170.94	2.98	20.07	0.60	9.36	0.04	0.33	0.51	108.86	11.91	68.04	0.59
	Total A Meal Values		<b>688.22</b>	<b>46.48</b>	<b>81.45</b>	<b>7.21</b>	<b>21.81</b>	<b>0.59</b>	<b>1.71</b>	<b>24.91</b>	<b>613.95</b>	<b>85.14</b>	<b>906.92</b>	<b>4.65</b>
	A Statistics		<b>0.31</b>	<b>0.27</b>	<b>0.47</b>	<b>0.48</b>	<b>0.29</b>	<b>0.35</b>	<b>0.71</b>	<b>0.28</b>	<b>0.51</b>	<b>0.20</b>		<b>0.42</b>
	Total B Meal Values		<b>772.10</b>	<b>43.41</b>	<b>79.87</b>	<b>7.39</b>	<b>30.59</b>	<b>0.50</b>	<b>3.87</b>	<b>25.47</b>	<b>623.84</b>	<b>80.88</b>	<b>818.98</b>	<b>7.27</b>
	B Statistics		<b>0.35</b>	<b>0.22</b>	<b>0.41</b>	<b>0.49</b>	<b>0.36</b>	<b>0.30</b>	<b>1.61</b>	<b>0.28</b>	<b>0.52</b>	<b>0.19</b>		<b>0.66</b>
	Total Diet A Meal Values		<b>688.22</b>	<b>46.48</b>	<b>81.45</b>	<b>7.21</b>	<b>21.81</b>	<b>0.59</b>	<b>1.71</b>	<b>24.91</b>	<b>613.95</b>	<b>85.14</b>	<b>906.92</b>	<b>4.65</b>
	Diet A Statistics		<b>0.31</b>	<b>0.27</b>	<b>0.47</b>	<b>0.48</b>	<b>0.29</b>	<b>0.35</b>	<b>0.71</b>	<b>0.28</b>	<b>0.51</b>	<b>0.20</b>		<b>0.42</b>
	Total Diet B Meal Values		<b>772.10</b>	<b>43.41</b>	<b>79.87</b>	<b>7.39</b>	<b>30.59</b>	<b>0.50</b>	<b>3.87</b>	<b>25.47</b>	<b>623.84</b>	<b>80.88</b>	<b>818.98</b>	<b>7.27</b>
	Diet B Statistics		<b>0.35</b>	<b>0.22</b>	<b>0.41</b>	<b>0.49</b>	<b>0.36</b>	<b>0.30</b>	<b>1.61</b>	<b>0.28</b>	<b>0.52</b>	<b>0.19</b>		<b>0.66</b>

DATE>> DAY 10, 35, 60, 85

3540.00	MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0.00	2.37	0.09	1.07	0.00	290.36	26.84	107.36	1.02
110.00	CHICKEN, Bkd bone in	5 oz.	258.58	26.54	21.00	0.21	7.10	0.52	0.29	11.85	18.57	26.36	203.84	1.10
4132.00	Sauce, Supreme (ESHA)	1 oz.	10.45	0.26	1.35	0.12	0.34	0.01	0.00	0.28	1.59	1.33	113.62	0.03
226.00	HAM, SLICED (Low Na ham)	3.00 OZ	123.32	17.77	1.28	0.00	4.68	0.34	0.55	0.00	6.80	11.91	824.11	2.45
4090.00	SAUCE, RAISIN (ESHA)	2 oz.	52.49	0.20	10.86	0.23	1.21	0.01	0.00	0.19	8.47	2.78	17.01	0.01
2156.00	POTATOES, SWEET WHIPPED HV75	1/3 CUP	90.92	1.12	18.18	3.47	1.50	0.03	0.04	10.55	22.41	7.47	53.48	0.13
1619.00	PEAS AND ONIONS	1/3 CUP	35.37	2.11	6.75	2.34	0.12	0.06	0.00	5.97	12.42	9.79	27.84	0.25
4522.00	BREAD, MULTIGRAIN	1.31oz	100.71	3.26	13.16	2.61	2.86	0.00	0.00	0.00	17.21	12.68	119.74	0.00
3104.00	CRISP, CHERRY-D	5.5oz./5cup	145.93	1.55	28.17	1.25	3.41	0.10	0.00	1.12	36.44	13.65	63.36	0.23
3103.00	CRISP, CHERRY Diet (ESHA)	.5 cup	140.00	1.89	26.86	1.59	3.50	0.05	0.01	17.25	18.23	9.45	56.68	0.12
	Total A Meal Values		<b>744.44</b>	<b>43.06</b>	<b>100.79</b>	<b>10.00</b>	<b>17.70</b>	<b>0.81</b>	<b>1.40</b>	<b>29.77</b>	<b>399.00</b>	<b>98.12</b>	<b>689.24</b>	<b>2.76</b>
	A Statistics		<b>0.34</b>	<b>0.23</b>	<b>0.54</b>	<b>0.67</b>	<b>0.21</b>	<b>0.47</b>	<b>0.58</b>	<b>0.33</b>	<b>0.33</b>	<b>0.23</b>		<b>0.25</b>
	Total B Meal Values		<b>651.22</b>	<b>34.23</b>	<b>90.58</b>	<b>9.90</b>	<b>16.15</b>	<b>0.63</b>	<b>1.66</b>	<b>17.83</b>	<b>394.11</b>	<b>85.12</b>	<b>1212.90</b>	<b>4.09</b>
	B Statistics		<b>0.30</b>	<b>0.21</b>	<b>0.56</b>	<b>0.66</b>	<b>0.22</b>	<b>0.37</b>	<b>0.69</b>	<b>0.20</b>	<b>0.33</b>	<b>0.20</b>		<b>0.37</b>
	Total Diet A Meal Values		<b>738.51</b>	<b>43.40</b>	<b>99.48</b>	<b>10.34</b>	<b>17.79</b>	<b>0.76</b>	<b>1.41</b>	<b>45.90</b>	<b>380.79</b>	<b>93.92</b>	<b>682.56</b>	<b>2.65</b>
	Diet A Statistics		<b>0.34</b>	<b>0.24</b>	<b>0.54</b>	<b>0.69</b>	<b>0.22</b>	<b>0.44</b>	<b>0.59</b>	<b>0.51</b>	<b>0.32</b>	<b>0.22</b>		<b>0.24</b>

Total Diet B Meal Values		645.29	34.57	89.27	10.24	16.24	0.58	1.67	33.96	375.90	80.92	1206.22	3.98
Diet B Statistics		0.29	0.21	0.55	0.68	0.23	0.34	0.70	0.38	0.31	0.19		0.36

	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	B-6 mg	B-12 mg	C mg	Ca+ mg	Magne	Na+ mg MAX	Zinc
A 5 DAY VALUES	3510.32	211.76	405.35	38.78	103.45	3.25	7.46	213.43	2367.69	455.49	4239.95	16.03
A ONE DAY WEEKLY AVERAGE	702.06	42.35	81.07	7.76	20.69	0.65	1.49	42.69	473.54	91.10	847.99	3.21
A PERCENT DRIA AVERAGE				0.52		0.38	0.62	0.47	0.39	0.22		0.29
A CALORIE BREAKDOWN		0.24	0.46		0.27							
B 5 DAY VALUES	3594.20	200.50	403.78	39.89	116.26	2.95	13.88	223.34	2872.83	462.55	5192.91	22.69
B ONE DAY WEEKLY AVERAGE	718.84	40.10	80.76	7.98	23.25	0.59	2.78	44.67	574.57	92.51	1038.58	4.54
B PERCENT DRIA AVERAGE				0.53		0.35	1.16	0.50	0.48	0.22		0.41
B CALORIE BREAKDOWN		0.22	0.45		0.29							
Diet A 5 DAY VALUES	3410.93	210.86	378.63	37.68	103.92	3.16	7.47	229.06	2329.71	441.00	4127.50	15.74
Diet A ONE DAY WEEKLY AVERAGE	682.19	42.17	75.73	7.54	20.78	0.63	1.49	45.81	465.94	88.20	825.50	3.15
Diet A PERCENT DRIA AVERAGE				0.50		0.37	0.62	0.51	0.39	0.21		0.29
Diet A CALORIE BREAKDOWN		0.25	0.44		0.27							
Diet B 5 DAY VALUES	3494.81	199.60	377.06	38.79	116.73	2.86	13.89	238.97	2834.85	448.06	5080.46	22.40
Diet B ONE DAY WEEKLY AVERAGE	698.96	39.92	75.41	7.76	23.35	0.57	2.78	47.79	566.97	89.61	1016.09	4.48
Diet B PERCENT DRIA AVERAGE				0.52		0.34	1.16	0.53	0.47	0.21		0.41
Diet B CALORIE BREAKDOWN		0.23	0.43		0.30							

DATE	RECNUM	MENU ITEM	PORTION SIZE	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	B-6 mg	B-12 mg	C mg	Ca+ mg	Magne	Na+ mg MAX	Zinc
				600.00	17.00	43.00	7.00	0.30	0.57	0.79	30.00	400.00	88.00	1050.00	3.10

DATE>>	DAY 11, 36, 61, 86		850.00	Daily	Daily	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly
3540.00	MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0.00	2.37	0.09	1.07	0.00	290.36	26.84	107.36	1.02
103.00	CHICKEN, WHITE BEAN CHILI	8oz/1cup	185.19	18.19	21.42	5.17	3.57	0.40	0.17	11.32	58.76	49.88	271.80	1.15
364.00	Vegetarian, Lasagna Roll Ups ( Manufactur	3 oz	150.00	8.00	19.00	1.00	4.00	0.20	0.39	0.00	100.00	40.00	370.00	1.20
1714.00	BEANS, GREEN FROZEN-O (ESHA)	1/3 CUP	12.57	0.67	2.90	1.35	0.08	0.03	0.00	1.84	22.00	10.78	4.04	0.22
2634.00	SALAD, SPINACH ROMAINE w/(Carrot,	1.3oz/.5cup	8.65	0.61	1.73	0.79	0.10	0.05	0.00	9.78	20.30	12.41	16.83	0.12
4607.00	ROLL, CORNMEAL	1.3 OZ.	115.25	3.23	18.53	0.03	0.63	0.00	0.00	0.13	5.36	0.00	111.44	0.00
3188.00	PUDDING, FORTIFIED BANANA	5.4oz/.5cup	143.49	0.52	24.13	1.97	6.22	0.00	0.00	34.96	157.30	51.55	224.09	0.00
4028.00	DRESSING, RANCH STYLE (ESHA)	.5296 OZ.	72.67	0.15	1.00	0.11	7.72	0.00	0.05	0.51	4.65	0.75	122.51	0.06
3206.00	PUDDING, FORTIFIED VANILLA Dt.	5.4oz/.5cup	143.49	0.52	24.13	1.97	6.22	0.00	0.00	34.96	157.30	51.55	224.09	0.00
Total A Meal Values			640.30	31.59	81.89	9.42	20.69	0.57	1.29	58.54	558.73	152.21	858.07	2.57
A Statistics			0.29	0.20	0.51	0.63	0.29	0.33	0.54	0.65	0.47	0.36		0.23
Total B Meal Values			605.11	21.40	79.47	5.25	21.12	0.37	1.51	47.22	599.97	142.33	956.27	2.62
B Statistics			0.27	0.14	0.53	0.35	0.31	0.22	0.63	0.52	0.50	0.34		0.24
Total Diet A Meal Values			640.30	31.59	81.89	9.42	20.69	0.57	1.29	58.54	558.73	152.21	858.07	2.57
Diet A Statistics			0.29	0.20	0.51	0.63	0.29	0.33	0.54	0.65	0.47	0.36		0.23

Total Diet B Meal Values		605.11	21.40	79.47	5.25	21.12	0.37	1.51	47.22	599.97	142.33	956.27	2.62
Diet B Statistics		0.27	0.14	0.53	0.35	0.31	0.22	0.63	0.52	0.50	0.34		0.24



DATE&gt;&gt; DAY 12, 37, 62, 87

3540.00	MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0.00	2.37	0.09	1.07	0.00	290.36	26.84	107.36	1.02
207.00	FISH, BREADED	3.5 oz.	205.84	19.92	8.56	0.28	9.70	0.15	2.06	0.03	79.73	26.59	261.08	1.05
4097.00	Sauce, Tartar (ESHA) Commercial Brand	.56 oz./1 TB	35.05	0.08	2.55	0.04	2.85	0.00	0.00	0.07	1.38	0.38	93.30	0.02
55.00	BEEF, PATTY SWISS STYLE (ESHA)	5 oz.	205.80	17.98	4.55	0.82	12.55	0.30	1.98	3.40	32.13	22.07	329.31	4.41
4094.00	Sauce, Swiss Steak	3 oz.	37.76	1.13	5.47	0.98	1.51	0.06	0.00	4.13	16.43	8.59	316.72	0.13
2130.00	POTATOES, CREAMED (ESHA) HV11	1/3 CUP	75.68	2.41	13.41	0.86	0.28	0.09	0.12	8.60	43.08	11.58	151.00	0.23
1752.00	BROCCOLI, CUTS FROZEN-O (ESHA)	1/3 CUP	17.50	1.94	3.35	1.87	0.07	0.08	0.00	25.06	20.63	8.12	6.88	0.18
4526.00	BREAD, OATMEAL	1.3oz	97.05	3.02	15.53	0.31	2.72	0.00	0.00	0.54	8.34	0.00	62.99	0.00
2522.00	CANNED, MIXED FRUIT LS (ESHA)	4.44OZ./1.5 C	68.97	0.48	18.07	1.21	0.08	0.06	0.00	2.30	7.26	6.05	7.26	0.11
2522.00	CANNED, MIXED FRUIT LS (ESHA)	4.44OZ./1.5 C	68.97	0.48	18.07	1.21	0.08	0.06	0.00	2.30	7.26	6.05	7.26	0.11
Total A Meal Values			<b>602.57</b>	<b>36.07</b>	<b>73.65</b>	<b>4.58</b>	<b>18.08</b>	<b>0.47</b>	<b>3.25</b>	<b>36.60</b>	<b>450.77</b>	<b>79.57</b>	<b>689.87</b>	<b>2.61</b>
A Statistics			<b>0.27</b>	<b>0.24</b>	<b>0.49</b>	<b>0.31</b>	<b>0.27</b>	<b>0.28</b>	<b>1.35</b>	<b>0.41</b>	<b>0.38</b>	<b>0.19</b>		<b>0.24</b>
Total B Meal Values			<b>605.24</b>	<b>35.18</b>	<b>72.56</b>	<b>6.06</b>	<b>19.59</b>	<b>0.68</b>	<b>3.17</b>	<b>44.03</b>	<b>418.22</b>	<b>83.26</b>	<b>981.52</b>	<b>6.08</b>
B Statistics			<b>0.27</b>	<b>0.23</b>	<b>0.48</b>	<b>0.40</b>	<b>0.29</b>	<b>0.40</b>	<b>1.32</b>	<b>0.49</b>	<b>0.35</b>	<b>0.20</b>		<b>0.55</b>
Total Diet A Meal Values			<b>602.57</b>	<b>36.07</b>	<b>73.65</b>	<b>4.58</b>	<b>18.08</b>	<b>0.47</b>	<b>3.25</b>	<b>36.60</b>	<b>450.77</b>	<b>79.57</b>	<b>689.87</b>	<b>2.61</b>
Diet A Statistics			<b>0.27</b>	<b>0.24</b>	<b>0.49</b>	<b>0.31</b>	<b>0.27</b>	<b>0.28</b>	<b>1.35</b>	<b>0.41</b>	<b>0.38</b>	<b>0.19</b>		<b>0.24</b>
Total Diet B Meal Values			<b>605.24</b>	<b>35.18</b>	<b>72.56</b>	<b>6.06</b>	<b>19.59</b>	<b>0.68</b>	<b>3.17</b>	<b>44.03</b>	<b>418.22</b>	<b>83.26</b>	<b>981.52</b>	<b>6.08</b>
Diet B Statistics			<b>0.27</b>	<b>0.23</b>	<b>0.48</b>	<b>0.40</b>	<b>0.29</b>	<b>0.40</b>	<b>1.32</b>	<b>0.49</b>	<b>0.35</b>	<b>0.20</b>		<b>0.55</b>

DATE&gt;&gt; DAY 13, 38, 63, 88

3540.00	MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0.00	2.37	0.09	1.07	0.00	290.36	26.84	107.36	1.02
104.00	CHICKEN, ALA KING	8oz/1 C	245.16	22.06	15.39	0.72	9.94	0.37	0.80	8.46	160.58	32.53	704.15	1.86
243.00	PORK, PATTY HV136	3.7 oz	220.54	18.06	6.01	0.67	13.30	0.15	1.68	3.25	37.30	21.99	326.04	2.63
4047.00	GRAVY, PORKw/BASE-2 (ESHA)	2 oz.	19.05	0.31	4.03	0.11	0.14	0.00	0.00	0.18	1.93	1.41	99.31	0.02
2139.00	POTATOES, WHIPPED FORTIFIED 1/3 C	1/3 CUP	106.84	4.99	16.14	1.09	2.50	0.00	0.00	20.69	136.22	0.00	94.62	0.00
1737.00	BLEND, COUNTRY TRIO (ESHA) 1/3	1/3 CUP	29.75	1.00	6.82	1.91	0.30	0.05	0.00	2.23	20.99	13.97	13.99	0.32
4511.00	BREAD, CRACKED WHEAT	1.33oz	100.22	3.23	11.98	1.20	2.82	0.00	0.00	0.00	19.97	0.00	121.82	0.00
3290.00	WHIP LIME	1/2 cup	77.80	1.75	16.91	0.00	0.76	0.00	0.00	0.00	3.33	1.11	89.28	0.00
3222.00	WHIP, LIME DIET	3.5 OZ	30.76	1.49	4.33	0.22	0.03	0.00	0.00	23.84	4.59	0.00	4.49	0.00
Total A Meal Values			<b>662.25</b>	<b>41.25</b>	<b>79.42</b>	<b>4.92</b>	<b>18.70</b>	<b>0.51</b>	<b>1.87</b>	<b>31.38</b>	<b>631.46</b>	<b>74.45</b>	<b>1131.22</b>	<b>3.20</b>
A Statistics			<b>0.30</b>	<b>0.25</b>	<b>0.48</b>	<b>0.33</b>	<b>0.25</b>	<b>0.30</b>	<b>0.78</b>	<b>0.35</b>	<b>0.53</b>	<b>0.18</b>		<b>0.29</b>
Total B Meal Values			<b>656.68</b>	<b>37.56</b>	<b>74.07</b>	<b>4.98</b>	<b>22.20</b>	<b>0.29</b>	<b>2.75</b>	<b>26.35</b>	<b>510.11</b>	<b>65.32</b>	<b>852.42</b>	<b>3.99</b>
B Statistics			<b>0.30</b>	<b>0.23</b>	<b>0.45</b>	<b>0.33</b>	<b>0.30</b>	<b>0.17</b>	<b>1.15</b>	<b>0.29</b>	<b>0.43</b>	<b>0.16</b>		<b>0.36</b>
Total Diet A Meal Values			<b>615.21</b>	<b>40.99</b>	<b>66.84</b>	<b>5.14</b>	<b>17.97</b>	<b>0.51</b>	<b>1.87</b>	<b>55.22</b>	<b>632.72</b>	<b>73.34</b>	<b>1046.43</b>	<b>3.20</b>
Diet A Statistics			<b>0.28</b>	<b>0.27</b>	<b>0.43</b>	<b>0.34</b>	<b>0.26</b>	<b>0.30</b>	<b>0.78</b>	<b>0.61</b>	<b>0.53</b>	<b>0.17</b>		<b>0.29</b>
Total Diet B Meal Values			<b>609.64</b>	<b>37.30</b>	<b>61.49</b>	<b>5.20</b>	<b>21.47</b>	<b>0.29</b>	<b>2.75</b>	<b>50.19</b>	<b>511.37</b>	<b>64.21</b>	<b>767.63</b>	<b>3.99</b>
Diet B Statistics			<b>0.28</b>	<b>0.24</b>	<b>0.40</b>	<b>0.35</b>	<b>0.32</b>	<b>0.17</b>	<b>1.15</b>	<b>0.56</b>	<b>0.43</b>	<b>0.15</b>		<b>0.36</b>

DATE:>> Senior Services May 2018 Hot Menu Final

DATE	RECNUM	MENU ITEM	PORTION SIZE	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	B-6 mg	B-12 mg	C mg	Ca+ mg	Magne	Na+ mg MAX	Zinc
				600.00	17.00	43.00	7.00	0.30	0.57	0.79	30.00	400.00	88.00	1050.00	3.10

DATE>>	DAY 14, 39, 64, 89	850.00	Daily	Daily	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly
3540.00	MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0.00	2.37	0.09	1.07	0.00	290.36	26.84	107.36	1.02
153.00	CHICKEN, ORIENTAL SHOYU	5.0 OZ	213.54	26.04	16.95	0.16	3.76	0.54	0.28	0.40	30.41	33.51	237.36	1.09
33.00	BEEF, MEATBALLS COUNTRY w/Tky	7.8 oz	202.72	15.92	8.36	0.67	11.15	0.23	0.82	1.16	42.07	21.29	567.78	2.33
2137.00	POTATOES, LYONNAISE (ESHA) 1/3 C	1/3 CUP	65.51	1.89	11.01	0.79	1.64	0.13	0.12	5.50	40.03	12.49	91.82	0.24
1648.00	SPINACH, Seasoned(ESHA) BSA31	1/3 CUP	22.43	1.50	1.92	1.38	1.35	0.05	0.00	0.89	56.90	30.26	47.87	0.18
4536.00	BREAD, RYE OAT	1.33oz	93.54	2.94	16.63	2.99	2.51	0.18	0.00	0.38	18.22	0.00	23.52	0.00
3100.00	CRISP, APPLE	5.2OZ/.5	167.59	1.39	32.87	1.83	3.93	0.11	0.00	0.29	35.51	12.66	66.34	0.23
3101.00	CRISP, APPLE SPLENDA	4.96 oz.	163.99	1.48	29.33	1.54	4.97	0.03	0.01	2.88	35.51	13.64	60.49	0.20
Total A Meal Values			<b>665.09</b>	<b>41.98</b>	<b>91.56</b>	<b>7.15</b>	<b>15.56</b>	<b>1.10</b>	<b>1.47</b>	<b>7.46</b>	<b>471.43</b>	<b>115.76</b>	<b>574.27</b>	<b>2.76</b>
A Statistics			<b>0.30</b>	<b>0.25</b>	<b>0.55</b>	<b>0.48</b>	<b>0.21</b>	<b>0.65</b>	<b>0.61</b>	<b>0.08</b>	<b>0.39</b>	<b>0.28</b>		<b>0.25</b>
Total B Meal Values			<b>654.27</b>	<b>31.86</b>	<b>82.97</b>	<b>7.66</b>	<b>22.95</b>	<b>0.79</b>	<b>2.01</b>	<b>8.22</b>	<b>483.09</b>	<b>103.54</b>	<b>904.69</b>	<b>4.00</b>
B Statistics			<b>0.30</b>	<b>0.19</b>	<b>0.51</b>	<b>0.51</b>	<b>0.32</b>	<b>0.47</b>	<b>0.84</b>	<b>0.09</b>	<b>0.40</b>	<b>0.25</b>		<b>0.36</b>
Total Diet A Meal Values			<b>661.49</b>	<b>42.07</b>	<b>88.02</b>	<b>6.86</b>	<b>16.60</b>	<b>1.02</b>	<b>1.48</b>	<b>10.05</b>	<b>471.43</b>	<b>116.74</b>	<b>568.42</b>	<b>2.73</b>
Diet A Statistics			<b>0.30</b>	<b>0.25</b>	<b>0.53</b>	<b>0.46</b>	<b>0.23</b>	<b>0.60</b>	<b>0.62</b>	<b>0.11</b>	<b>0.39</b>	<b>0.28</b>		<b>0.25</b>
Total Diet B Meal Values			<b>650.67</b>	<b>31.95</b>	<b>79.43</b>	<b>7.37</b>	<b>23.99</b>	<b>0.71</b>	<b>2.02</b>	<b>10.81</b>	<b>483.09</b>	<b>104.52</b>	<b>898.84</b>	<b>3.97</b>
Diet B Statistics			<b>0.30</b>	<b>0.20</b>	<b>0.49</b>	<b>0.49</b>	<b>0.33</b>	<b>0.42</b>	<b>0.84</b>	<b>0.12</b>	<b>0.40</b>	<b>0.25</b>		<b>0.36</b>

DATE>> DAY 15, 40, 65, 90

3540.00	MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0.00	2.37	0.09	1.07	0.00	290.36	26.84	107.36	1.02
460.00	CHICKEN, SALAD MINI ARIZONA (ESH	1 c	311.82	28.37	30.98	4.78	8.79	0.49	0.28	5.60	105.07	47.05	559.41	2.34
463.00	TURKEY, SALAD MINI CLUB 2 oz pro	(1/2 c	182.94	24.44	2.39	4.59	7.97	0.50	0.42	1.61	163.08	27.13	341.71	1.69
2651.00	SALAD, SPINACH ROMAINE ENP-S1150	1 cup	7.44	0.72	1.32	0.82	0.13	0.05	0.00	9.85	22.60	15.14	13.73	0.13
1631.00	SOUP, CHOWDER, POTATO POPEYE	8.8oz/1C	192.84	6.22	23.37	1.00	8.30	0.14	0.41	3.79	167.15	23.99	350.36	0.73
4637.00	ROLL, WHOLE WHEAT DINNER, 2.5 IN	1 EA	95.76	3.13	18.40	3.70	1.69	0.06	0.00	0.00	38.16	0.00	172.08	0.00
2520.00	CANNED, MANDARIN ORANGES (ESH	.5 CUP	46.06	0.77	11.91	0.87	0.04	0.05	0.00	42.58	13.69	13.69	6.22	0.63
4029.00	DRESSING, THOUSAND ISLAND (ESH	.5296 OZ.	55.55	0.16	2.20	0.12	5.26	0.00	0.00	0.00	2.55	1.20	129.57	0.04
2520.00	CANNED, MANDARIN ORANGES (ESH	.5 CUP	46.06	0.77	11.91	0.87	0.04	0.05	0.00	42.58	13.69	13.69	6.22	0.63
Total A Meal Values			<b>811.95</b>	<b>47.59</b>	<b>100.36</b>	<b>11.29</b>	<b>26.58</b>	<b>0.88</b>	<b>1.76</b>	<b>61.82</b>	<b>639.58</b>	<b>127.91</b>	<b>1338.73</b>	<b>4.89</b>
A Statistics			<b>0.37</b>	<b>0.23</b>	<b>0.49</b>	<b>0.75</b>	<b>0.29</b>	<b>0.52</b>	<b>0.73</b>	<b>0.69</b>	<b>0.53</b>	<b>0.30</b>		<b>0.44</b>
Total B Meal Values			<b>683.07</b>	<b>43.66</b>	<b>71.77</b>	<b>11.10</b>	<b>25.76</b>	<b>0.89</b>	<b>1.90</b>	<b>57.83</b>	<b>697.59</b>	<b>107.99</b>	<b>1121.03</b>	<b>4.24</b>
B Statistics			<b>0.31</b>	<b>0.26</b>	<b>0.42</b>	<b>0.74</b>	<b>0.34</b>	<b>0.52</b>	<b>0.79</b>	<b>0.64</b>	<b>0.58</b>	<b>0.26</b>		<b>0.39</b>
Total Diet A Meal Values			<b>811.95</b>	<b>47.59</b>	<b>100.36</b>	<b>11.29</b>	<b>26.58</b>	<b>0.88</b>	<b>1.76</b>	<b>61.82</b>	<b>639.58</b>	<b>127.91</b>	<b>1338.73</b>	<b>4.89</b>
Diet A Statistics			<b>0.37</b>	<b>0.23</b>	<b>0.49</b>	<b>0.75</b>	<b>0.29</b>	<b>0.52</b>	<b>0.73</b>	<b>0.69</b>	<b>0.53</b>	<b>0.30</b>		<b>0.44</b>
Total Diet B Meal Values			<b>683.07</b>	<b>43.66</b>	<b>71.77</b>	<b>11.10</b>	<b>25.76</b>	<b>0.89</b>	<b>1.90</b>	<b>57.83</b>	<b>697.59</b>	<b>107.99</b>	<b>1121.03</b>	<b>4.24</b>
Diet B Statistics			<b>0.31</b>	<b>0.26</b>	<b>0.42</b>	<b>0.74</b>	<b>0.34</b>	<b>0.52</b>	<b>0.79</b>	<b>0.64</b>	<b>0.58</b>	<b>0.26</b>		<b>0.39</b>

	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	B-6 mg	B-12 mg	C mg	Ca+ mg	Magne	Na+ mg MAX	Zinc
A 5 DAY VALUES	3382.16	198.47	426.88	37.36	99.60	3.53	9.64	195.80	2751.98	549.89	4592.16	16.03
A ONE DAY WEEKLY AVERAGE	676.43	39.69	85.38	7.47	19.92	0.71	1.93	39.16	550.40	109.98	918.43	3.21
A PERCENT DRIA AVERAGE				0.50		0.42	0.80	0.44	0.46	0.26		0.29
A CALORIE BREAKDOWN		0.23	0.50		0.02							
B 5 DAY VALUES	3204.37	169.65	380.84	35.05	111.61	3.02	11.34	183.65	2708.99	502.43	4815.93	20.93
B ONE DAY WEEKLY AVERAGE	640.87	33.93	76.17	7.01	22.32	0.60	2.27	36.73	541.80	100.49	963.19	4.19
B PERCENT DRIA AVERAGE				0.47		0.36	0.94	0.41	0.45	0.24		0.38
B CALORIE BREAKDOWN		0.21	0.48		0.00							
Diet A 5 DAY VALUES	3331.52	198.30	410.76	37.29	99.91	3.45	9.65	222.23	2753.24	549.76	4501.52	16.00
Diet A ONE DAY WEEKLY AVERAGE	666.30	39.66	82.15	7.46	19.98	0.69	1.93	44.45	550.65	109.95	900.30	3.20
Diet A PERCENT DRIA AVERAGE				0.50		0.41	0.80	0.49	0.46	0.26		0.29
Diet A CALORIE BREAKDOWN		0.24	0.49		0.02							
Diet B 5 DAY VALUES	3153.73	169.48	364.72	34.98	111.92	2.94	11.35	210.08	2710.25	502.30	4725.29	20.90
Diet B ONE DAY WEEKLY AVERAGE	630.75	33.90	72.94	7.00	22.38	0.59	2.27	42.02	542.05	100.46	945.06	4.18
Diet B PERCENT DRIA AVERAGE				0.47		0.35	0.95	0.47	0.45	0.24		0.38
Diet B CALORIE BREAKDOWN		0.21	0.46		0.00							

DATE:>> Senior Services May 2018 Hot Menu Final

DATE	RECNUM	MENU ITEM	PORTION SIZE	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	B-6 mg	B-12 mg	C mg	Ca+ mg	Magne	Na+ mg MAX	Zinc
				600.00	17.00	43.00	7.00	0.30	0.57	0.79	30.00	400.00	88.00	1050.00	3.10

DATE>>	DAY 16, 41, 66, 91		850.00	Daily	Daily	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly
3540.00	MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0.00	2.37	0.09	1.07	0.00	290.36	26.84	107.36	1.02	
165.00	CHICKEN, Rice Bake w/light meat	11oz./1 c	279.10	27.26	23.78	0.90	7.58	0.50	0.74	5.29	207.38	39.96	349.23	1.73	
330.00	VEGETARIAN, CHEESE, & MACARONI	1 cup	387.15	22.66	36.65	1.62	16.38	0.13	1.22	0.90	527.14	43.98	531.91	2.56	
1752.00	BROCCOLI, CUTS FROZEN-O (ESHA)	1 1/3 CUP	17.50	1.94	3.35	1.87	0.07	0.08	0.00	25.06	20.63	8.12	6.88	0.18	
2607.00	SALAD, GARDEN VEGETABLE (ESHA)	2.07OZ/.5C.	7.41	0.55	1.49	0.73	0.09	0.04	0.00	9.59	13.24	6.79	5.87	0.09	
4619.00	ROLL, POTATO WHEAT	1.38oz	108.23	3.28	17.25	0.00	2.87	0.00	0.00	0.08	20.54	0.00	210.69	0.00	
3125.00	FRESH, FRUIT	.5 CUP	52.32	0.75	13.82	1.45	0.38	0.00	0.00	23.11	16.58	0.00	1.96	0.00	
4128.00	DRESSING, Raspberry Vinaigrette Fat Free	1.5 oz.	50.00	0.00	11.00	0.00	0.00	0.00	0.00	1.20	0.00	0.00	420.00	0.00	
3125.00	FRESH, FRUIT	.5 CUP	52.32	0.75	13.82	1.45	0.38	0.00	0.00	23.11	16.58	0.00	1.96	0.00	
Total A Meal Values			617.04	42.00	82.87	4.95	13.36	0.71	1.81	64.33	568.73	81.71	1101.99	3.02	
A Statistics			0.28	0.27	0.54	0.33	0.19	0.42	0.75	0.71	0.47	0.19		0.27	
Total B Meal Values			725.09	37.40	95.74	5.67	22.16	0.34	2.29	59.94	888.49	85.73	1284.67	3.85	
B Statistics			0.33	0.21	0.53	0.38	0.28	0.20	0.95	0.67	0.74	0.20		0.35	
Total Diet A Meal Values			617.04	42.00	82.87	4.95	13.36	0.71	1.81	64.33	568.73	81.71	1101.99	3.02	
Diet A Statistics			0.28	0.27	0.54	0.33	0.19	0.42	0.75	0.71	0.47	0.19		0.27	
Total Diet B Meal Values			725.09	37.40	95.74	5.67	22.16	0.34	2.29	59.94	888.49	85.73	1284.67	3.85	
Diet B Statistics			0.33	0.21	0.53	0.38	0.28	0.20	0.95	0.67	0.74	0.20		0.35	



DATE&gt;&gt; DAY 17, 42, 67, 92

3540.00	MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0.00	2.37	0.09	1.07	0.00	290.36	26.84	107.36	1.02
252.00	PORK, SWEET & SOUR HV243	8.94 oz./ 1cu	262.11	24.86	30.01	1.33	7.91	0.48	0.61	28.34	51.31	36.85	213.52	2.52
2084.00	Rice, Brown (ESHA)	.5 CUP	105.42	2.45	21.80	1.71	0.85	0.14	0.00	0.00	11.63	41.55	6.88	0.60
71.00	BEEF, SPAGHETTI W MEAT SAUCE W/	9.01oz/1cup	279.28	20.99	26.37	3.22	10.09	0.48	1.15	12.60	59.74	47.01	506.01	3.57
1614.00	PEAS, GREEN ESHA)	1/3 CUP	41.40	2.74	7.58	2.93	0.30	0.06	0.00	5.26	12.76	11.69	38.20	0.36
2631.00	SALAD, ROMAINE ICEBERG w/ carrots, c	1.3oz./1.5c	7.63	0.39	1.65	0.67	0.07	0.03	0.00	6.91	11.12	4.24	9.01	0.07
4517.00	BREAD, GARLIC	1.15OZ/1SL	96.33	2.84	17.55	0.50	2.41	0.00	0.00	0.03	4.50	15.00	130.30	0.00
3031.00	CAKE, CHOCOLATE (WITH FROSTING	2.64 OZ.	210.42	3.19	43.71	0.52	12.28	0.00	0.00	0.00	61.88	0.00	207.59	0.00
4021.00	DRESSING, FRENCH FAT-FREE (ESHA	.5296 oz.	19.82	0.03	4.83	0.33	0.04	0.00	0.00	0.00	0.75	0.45	119.96	0.02
3043.00	CAKE, SPLENDIA YELLOW	2.05 oz.	176.72	4.69	21.89	0.51	7.81	0.02	0.18	0.41	103.79	9.11	252.50	0.30
Total A Meal Values			<b>845.61</b>	<b>44.72</b>	<b>139.31</b>	<b>7.99</b>	<b>26.23</b>	<b>0.80</b>	<b>1.68</b>	<b>40.54</b>	<b>444.31</b>	<b>136.62</b>	<b>832.82</b>	<b>4.59</b>
A Statistics			<b>0.38</b>	<b>0.21</b>	<b>0.66</b>	<b>0.53</b>	<b>0.28</b>	<b>0.47</b>	<b>0.70</b>	<b>0.45</b>	<b>0.37</b>	<b>0.33</b>		<b>0.42</b>
Total B Meal Values			<b>757.36</b>	<b>38.40</b>	<b>113.87</b>	<b>8.17</b>	<b>27.56</b>	<b>0.66</b>	<b>2.22</b>	<b>24.80</b>	<b>441.11</b>	<b>105.23</b>	<b>1118.43</b>	<b>5.04</b>
B Statistics			<b>0.34</b>	<b>0.20</b>	<b>0.60</b>	<b>0.54</b>	<b>0.33</b>	<b>0.39</b>	<b>0.93</b>	<b>0.28</b>	<b>0.37</b>	<b>0.25</b>		<b>0.46</b>
Total Diet A Meal Values			<b>811.91</b>	<b>46.22</b>	<b>117.49</b>	<b>7.98</b>	<b>21.76</b>	<b>0.82</b>	<b>1.86</b>	<b>40.95</b>	<b>486.22</b>	<b>145.73</b>	<b>877.73</b>	<b>4.89</b>
Diet A Statistics			<b>0.37</b>	<b>0.23</b>	<b>0.58</b>	<b>0.53</b>	<b>0.24</b>	<b>0.48</b>	<b>0.78</b>	<b>0.46</b>	<b>0.41</b>	<b>0.35</b>		<b>0.44</b>
Total Diet B Meal Values			<b>723.66</b>	<b>39.90</b>	<b>92.05</b>	<b>8.16</b>	<b>23.09</b>	<b>0.68</b>	<b>2.40</b>	<b>25.21</b>	<b>483.02</b>	<b>114.34</b>	<b>1163.34</b>	<b>5.34</b>
Diet B Statistics			<b>0.33</b>	<b>0.22</b>	<b>0.51</b>	<b>0.54</b>	<b>0.29</b>	<b>0.40</b>	<b>1.00</b>	<b>0.28</b>	<b>0.40</b>	<b>0.27</b>		<b>0.49</b>

DATE&gt;&gt; DAY 18, 43, 68, 93

3540.00	MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0.00	2.37	0.09	1.07	0.00	290.36	26.84	107.36	1.02
41.00	BEEF, MEATLOAF (w/turkey coosa ratio	3oz.	245.44	19.29	4.87	0.54	15.98	0.37	1.53	2.05	41.87	24.21	296.15	3.49
4037.00	GRAVY, BROWN w/BASE-2oz (ESHA) B	2 oz.	19.45	0.57	3.86	0.17	0.16	0.01	0.00	0.46	3.42	1.89	230.00	0.03
152.00	CHICKEN, ORANGE GLAZED Thigh	5OZ	294.94	24.28	21.67	0.22	11.91	0.33	0.28	12.23	19.16	23.69	224.40	2.51
2139.00	POTATOES, WHIPPED FORTIFIED 1/3 C	1/3 CUP	106.84	4.99	16.14	1.09	2.50	0.00	0.00	20.69	136.22	0.00	94.62	0.00
1791.00	MIXED VEGETABLES (ESHA) ( FMMP	1/3 CUP	45.49	1.98	5.85	2.69	0.36	0.07	0.00	3.68	17.42	9.66	27.89	0.38
4524.00	BREAD, OAT WHEAT	1.15 OZ.	96.32	2.32	16.59	0.05	2.49	0.00	0.00	0.90	22.28	0.00	201.39	0.00
3224.00	WHIP, CHERRY	4.1OZ/.5C	77.21	1.56	16.32	0.00	0.88	0.00	0.02	0.05	8.71	1.94	84.45	0.02
3225.00	WHIP, CHERRY, DIET	3.5 OZ	30.76	1.49	4.33	0.22	0.03	0.00	0.00	23.84	4.59	0.00	4.49	0.00
Total A Meal Values			<b>693.23</b>	<b>38.93</b>	<b>75.82</b>	<b>4.54</b>	<b>24.74</b>	<b>0.54</b>	<b>2.62</b>	<b>27.83</b>	<b>520.28</b>	<b>64.54</b>	<b>1041.86</b>	<b>4.94</b>
A Statistics			<b>0.31</b>	<b>0.22</b>	<b>0.44</b>	<b>0.30</b>	<b>0.32</b>	<b>0.32</b>	<b>1.09</b>	<b>0.31</b>	<b>0.43</b>	<b>0.15</b>		<b>0.45</b>
Total B Meal Values			<b>723.28</b>	<b>43.35</b>	<b>88.76</b>	<b>4.05</b>	<b>20.51</b>	<b>0.49</b>	<b>1.37</b>	<b>37.55</b>	<b>494.15</b>	<b>62.13</b>	<b>740.11</b>	<b>3.93</b>
B Statistics			<b>0.33</b>	<b>0.24</b>	<b>0.49</b>	<b>0.27</b>	<b>0.26</b>	<b>0.29</b>	<b>0.57</b>	<b>0.42</b>	<b>0.41</b>	<b>0.15</b>		<b>0.36</b>
Total Diet A Meal Values			<b>646.78</b>	<b>38.86</b>	<b>63.83</b>	<b>4.76</b>	<b>23.89</b>	<b>0.54</b>	<b>2.60</b>	<b>51.62</b>	<b>516.16</b>	<b>62.60</b>	<b>961.90</b>	<b>4.92</b>
Diet A Statistics			<b>0.29</b>	<b>0.24</b>	<b>0.39</b>	<b>0.32</b>	<b>0.33</b>	<b>0.32</b>	<b>1.08</b>	<b>0.57</b>	<b>0.43</b>	<b>0.15</b>		<b>0.45</b>
Total Diet B Meal Values			<b>676.83</b>	<b>43.28</b>	<b>76.77</b>	<b>4.27</b>	<b>19.66</b>	<b>0.49</b>	<b>1.35</b>	<b>61.34</b>	<b>490.03</b>	<b>60.19</b>	<b>660.15</b>	<b>3.91</b>
Diet B Statistics			<b>0.31</b>	<b>0.26</b>	<b>0.45</b>	<b>0.28</b>	<b>0.26</b>	<b>0.29</b>	<b>0.56</b>	<b>0.68</b>	<b>0.41</b>	<b>0.14</b>		<b>0.36</b>

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DATE  
RECNUM MENU ITEM

PORTION SIZE	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	B-6 mg	B-12 mg	C mg	Ca+ mg	Magne	Na+ mg MAX	Zinc
	600.00	17.00	43.00	7.00	0.30	0.57	0.79	30.00	400.00	88.00	1050.00	3.10

DATE>> DAY 19, 44, 69, 94

		850.00	Daily	Daily	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	
3540.00	MILK, 1 % (ESHA)	8.00Z/1C	102.48	8.22	12.18	0.00	2.37	0.09	1.07	0.00	290.36	26.84	107.36	1.02
82.00	BEEF, STEW COWBOY CAMPFIRE (ESHA)	1 cup/ 8 oz	273.86	20.23	32.76	6.72	7.89	0.55	0.92	3.95	92.51	65.72	677.53	6.86
327.00	VEGETARIAN, LASAGNA w/BROCCOLI	1 cup	193.69	11.68	26.49	3.49	4.08	0.22	0.38	19.88	130.42	38.87	465.00	1.27
1763.00	CARROTS, HERBED (ESHA) BSA43	1/3 CUP	32.27	0.38	4.49	1.91	1.61	0.05	0.00	1.43	25.38	7.33	47.71	0.20
2652.00	Salad, Broccoli marinated (ESHA) FMMP	1/2 cup	106.44	1.20	12.84	1.47	5.79	0.10	0.00	28.10	25.16	11.75	53.63	0.20
4516.00	BREAD, FRENCH	1.3 OZ	97.41	3.00	16.42	1.02	1.48	0.00	0.00	0.06	17.12	10.00	63.39	0.00
2538.00	CANNED, PINEAPPLE TIDBITS-JUICE	4.3 OZ	74.70	0.52	19.55	1.00	0.10	0.09	0.00	11.83	17.43	17.43	1.24	0.12
2538.00	CANNED, PINEAPPLE TIDBITS-JUICE	4.3 OZ	74.70	0.52	19.55	1.00	0.10	0.09	0.00	11.83	17.43	17.43	1.24	0.12
Total A Meal Values			<b>687.16</b>	<b>33.55</b>	<b>98.24</b>	<b>12.12</b>	<b>19.24</b>	<b>0.88</b>	<b>1.99</b>	<b>45.37</b>	<b>467.96</b>	<b>139.07</b>	<b>950.86</b>	<b>8.40</b>
A Statistics			<b>0.31</b>	<b>0.20</b>	<b>0.57</b>	<b>0.81</b>	<b>0.25</b>	<b>0.52</b>	<b>0.83</b>	<b>0.50</b>	<b>0.39</b>	<b>0.33</b>		<b>0.76</b>
Total B Meal Values			<b>606.99</b>	<b>25.00</b>	<b>91.97</b>	<b>8.89</b>	<b>15.43</b>	<b>0.55</b>	<b>1.45</b>	<b>61.30</b>	<b>505.87</b>	<b>112.22</b>	<b>738.33</b>	<b>2.81</b>
B Statistics			<b>0.28</b>	<b>0.16</b>	<b>0.61</b>	<b>0.59</b>	<b>0.23</b>	<b>0.33</b>	<b>0.60</b>	<b>0.68</b>	<b>0.42</b>	<b>0.27</b>		<b>0.26</b>
Total Diet A Meal Values			<b>687.16</b>	<b>33.55</b>	<b>98.24</b>	<b>12.12</b>	<b>19.24</b>	<b>0.88</b>	<b>1.99</b>	<b>45.37</b>	<b>467.96</b>	<b>139.07</b>	<b>950.86</b>	<b>8.40</b>
Diet A Statistics			<b>0.31</b>	<b>0.20</b>	<b>0.57</b>	<b>0.81</b>	<b>0.25</b>	<b>0.52</b>	<b>0.83</b>	<b>0.50</b>	<b>0.39</b>	<b>0.33</b>		<b>0.76</b>
Total Diet B Meal Values			<b>606.99</b>	<b>25.00</b>	<b>91.97</b>	<b>8.89</b>	<b>15.43</b>	<b>0.55</b>	<b>1.45</b>	<b>61.30</b>	<b>505.87</b>	<b>112.22</b>	<b>738.33</b>	<b>2.81</b>
Diet B Statistics			<b>0.28</b>	<b>0.16</b>	<b>0.61</b>	<b>0.59</b>	<b>0.23</b>	<b>0.33</b>	<b>0.60</b>	<b>0.68</b>	<b>0.42</b>	<b>0.27</b>		<b>0.26</b>

DATE>> DAY 20, 45, 70, 95

3540.00	MILK, 1 % (ESHA)	8.00Z/1C	102.48	8.22	12.18	0.00	2.37	0.09	1.07	0.00	290.36	26.84	107.36	1.02
140.00	CHICKEN, ITALIAN HERB-W/W/SKIN	3.4 OZ.	199.47	25.71	1.00	0.30	9.63	0.48	0.28	3.20	18.13	23.52	67.92	1.11
68.00	BEEF, SLOPPY JOE (ESHA)	5.00Z	214.45	14.15	11.16	0.85	12.86	0.45	1.41	9.22	30.71	21.79	236.23	2.91
1772.00	CORN, CHUCKWAGON (ESHA)	1/3 cup	47.96	1.52	11.40	1.53	0.39	0.09	0.00	11.99	3.64	16.22	1.78	0.36
2662.00	SLAW, COLE CREAMY (ESHA) ENP-S	1/2 c/3 oz.	88.73	1.42	9.58	1.56	5.35	0.08	0.06	22.51	45.63	9.67	62.80	0.22
4556.00	BUN, HAMBURGER (ESHA)	1 ea/43g	114.38	3.74	21.97	3.23	2.02	0.08	0.00	0.00	45.58	36.55	200.00	0.86
3005.00	BAR, CHOCOLATE CHIP	1.78oz	272.05	3.23	35.12	1.17	14.17	0.02	0.09	0.01	31.09	22.24	140.80	0.45
3080.00	COOKIE, SLENDA CHOCOALTE CHI	1.33 oz.	183.79	2.16	20.75	0.55	10.22	0.01	0.04	0.00	22.39	8.89	69.05	0.23
Total A Meal Values			<b>825.07</b>	<b>43.84</b>	<b>91.25</b>	<b>7.79</b>	<b>33.93</b>	<b>0.84</b>	<b>1.50</b>	<b>37.71</b>	<b>434.43</b>	<b>135.04</b>	<b>580.66</b>	<b>4.02</b>
A Statistics			<b>0.37</b>	<b>0.21</b>	<b>0.44</b>	<b>0.52</b>	<b>0.37</b>	<b>0.49</b>	<b>0.63</b>	<b>0.42</b>	<b>0.36</b>	<b>0.32</b>		<b>0.37</b>
Total B Meal Values			<b>840.05</b>	<b>32.28</b>	<b>101.41</b>	<b>8.34</b>	<b>37.16</b>	<b>0.81</b>	<b>2.63</b>	<b>43.73</b>	<b>447.01</b>	<b>133.31</b>	<b>748.97</b>	<b>5.82</b>
B Statistics			<b>0.38</b>	<b>0.15</b>	<b>0.48</b>	<b>0.56</b>	<b>0.40</b>	<b>0.47</b>	<b>1.10</b>	<b>0.49</b>	<b>0.37</b>	<b>0.32</b>		<b>0.53</b>
Total Diet A Meal Values			<b>736.81</b>	<b>42.77</b>	<b>76.88</b>	<b>7.17</b>	<b>29.98</b>	<b>0.83</b>	<b>1.45</b>	<b>37.70</b>	<b>425.73</b>	<b>121.69</b>	<b>508.91</b>	<b>3.80</b>
Diet A Statistics			<b>0.33</b>	<b>0.23</b>	<b>0.42</b>	<b>0.48</b>	<b>0.37</b>	<b>0.49</b>	<b>0.60</b>	<b>0.42</b>	<b>0.35</b>	<b>0.29</b>		<b>0.35</b>
Total Diet B Meal Values			<b>751.79</b>	<b>31.21</b>	<b>87.04</b>	<b>7.72</b>	<b>33.21</b>	<b>0.80</b>	<b>2.58</b>	<b>43.72</b>	<b>438.31</b>	<b>119.96</b>	<b>677.22</b>	<b>5.60</b>
Diet B Statistics			<b>0.34</b>	<b>0.17</b>	<b>0.46</b>	<b>0.51</b>	<b>0.40</b>	<b>0.47</b>	<b>1.08</b>	<b>0.49</b>	<b>0.37</b>	<b>0.29</b>		<b>0.51</b>

	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	B-6 mg	B-12 mg	C mg	Ca+ mg	Magne	Na+ mg MAX	Zinc
A 5 DAY VALUES	3668.10	203.04	487.49	37.40	117.51	3.77	9.60	215.78	2435.71	556.99	4508.18	24.97
A ONE DAY WEEKLY AVERAGE	733.62	40.61	97.50	7.48	23.50	0.75	1.92	43.16	487.14	111.40	901.64	4.99
A PERCENT DRIA AVERAGE				0.50		0.44	0.80	0.48	0.41	0.27		0.45
A CALORIE BREAKDOWN		0.22	0.53		0.29							
B 5 DAY VALUES	3652.76	176.43	491.75	35.13	122.83	2.85	9.96	227.32	2776.63	498.63	4630.50	21.45
B ONE DAY WEEKLY AVERAGE	730.55	35.29	98.35	7.03	24.57	0.57	1.99	45.46	555.33	99.73	926.10	4.29
B PERCENT DRIA AVERAGE				0.47		0.34	0.83	0.51	0.46	0.24		0.39
B CALORIE BREAKDOWN		0.19	0.54		0.30							
Diet A 5 DAY VALUES	3499.69	203.40	439.31	36.99	108.24	3.78	9.71	239.97	2464.80	550.81	4401.38	25.03
Diet A ONE DAY WEEKLY AVERAGE	699.94	40.68	87.86	7.40	21.65	0.76	1.94	47.99	492.96	110.16	880.28	5.01
Diet A PERCENT DRIA AVERAGE				0.49		0.44	0.81	0.53	0.41	0.26		0.46
Diet A CALORIE BREAKDOWN		0.23	0.50		0.28							
Diet B 5 DAY VALUES	3484.35	176.79	443.57	34.72	113.56	2.86	10.07	251.51	2805.72	492.45	4523.70	21.51
Diet B ONE DAY WEEKLY AVERAGE	696.87	35.36	88.71	6.94	22.71	0.57	2.01	50.30	561.14	98.49	904.74	4.30
Diet B PERCENT DRIA AVERAGE				0.46		0.34	0.84	0.56	0.47	0.23		0.39
Diet B CALORIE BREAKDOWN		0.20	0.51		0.29							

DATE>> DAY 22, 47, 72, 97

3540.00	MILK, 1 % (ESHA)	8.00Z/1C	102.48	8.22	12.18	0.00	2.37	0.09	1.07	0.00	290.36	26.84	107.36	1.02
107.00	Chicken, BBQ pulled Sandwich	5 oz.	175.22	25.30	12.41	0.31	7.64	0.46	0.28	4.46	25.06	27.81	434.14	1.87
4058.00	SAUCE, BBQ MAGNOLIA -1 (ESHA)	1 oz.	35.01	0.18	8.71	0.07	0.13	0.01	0.00	0.46	7.45	1.66	118.21	0.05
469.00	SAUSAGE, KIELBASA (ESHA) SALEM	3.2 oz	294.84	10.00	3.37	0.00	21.00	0.09	0.62	17.33	21.77	12.70	580.00	1.17
4014.00	CONDIMENT, MUSTARD YELLOW PRE	5.291 OZ.	5.00	0.25	1.17	0.26	0.26	0.01	0.00	0.43	6.00	5.70	80.00	0.05
1708.00	BEANS, BAKED (ESHA) 1/3 cup	1/3 CUP	99.22	4.72	19.95	5.73	0.48	0.13	0.00	3.44	49.22	41.67	203.26	0.62
2589.00	SALAD, CARROT RAISIN ENP-S1010	(3.2oz/.5c	91.81	1.05	15.49	2.08	3.36	0.10	0.01	4.01	32.73	10.97	166.30	0.20
4556.00	BUN, HAMBURGER (ESHA)	1 ea/43g	114.38	3.74	21.97	3.23	2.02	0.08	0.00	0.00	45.58	36.55	200.00	0.86
3274.00	BROWNIE, Zucchini ( ENP-H2303) ( ESH	2 oz/ 1 ea	131.83	2.85	28.22	1.52	7.33	0.02	0.00	0.98	11.47	21.68	113.44	0.35
1680.00	SAUERKRAUT (ESHA) (1/4 c)	1/4 c	8.13	0.39	0.00	1.07	0.06	0.00	0.00	6.25	12.84	0.00	236.65	0.00
3090.00	COOKIE, SPLENDA SUGAR	1.23 oz.	132.41	2.31	14.22	0.48	7.20	0.01	0.00	0.03	56.06	4.23	162.75	0.12
	Total A Meal Values		758.08	46.45	118.93	14.01	23.39	0.89	1.36	19.60	474.71	167.18	1579.36	4.97
	A Statistics		0.34	0.25	0.63	0.93	0.28	0.52	0.57	0.22	0.40	0.40		0.45
	Total B Meal Values		847.69	31.22	102.35	13.89	36.88	0.52	1.70	32.44	469.97	156.11	1687.01	4.27
	B Statistics		0.38	0.15	0.48	0.93	0.39	0.31	0.71	0.36	0.39	0.37		0.39
	Total Diet A Meal Values		758.66	45.91	104.93	12.97	23.26	0.88	1.36	18.65	519.30	149.73	1628.67	4.74
	Diet A Statistics		0.34	0.24	0.55	0.86	0.28	0.52	0.57	0.21	0.43	0.36		0.43
	Total Diet B Meal Values		848.27	30.68	88.35	12.85	36.75	0.51	1.70	31.49	514.56	138.66	1736.32	4.04
	Diet B Statistics		0.38	0.14	0.42	0.86	0.39	0.30	0.71	0.35	0.43	0.33		0.37

DATE>> DAY 23, 48, 73, 98

3540.00	MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0.00	2.37	0.09	1.07	0.00	290.36	26.84	107.36	1.02
301.00	TURKEY, PASTA SALAD ENP-S9010	1c/175.76g	243.73	19.69	16.98	1.77	9.78	0.36	0.23	24.80	31.85	30.06	341.77	2.08
477.00	SALAD HAM & POTATO ( ESHA)	1 C	182.94	24.44	2.39	0.59	7.97	0.50	0.42	1.61	163.08	27.13	341.71	1.69
2651.00	SALAD, SPINACH ROMAINE ENP-S115	1 cup	7.44	0.72	1.32	0.82	0.13	0.05	0.00	9.85	22.60	15.14	13.73	0.13
1639.00	SOUP, NAVY BEAN ENP-C1050 (ES	8oz/1C	111.83	7.34	18.15	5.11	1.24	0.17	0.10	3.20	44.21	31.36	239.65	0.99
4637.00	ROLL, WHOLE WHEAT DINNER, 2.5 IN	1 EA	95.76	3.13	18.40	3.70	1.69	0.06	0.00	0.00	38.16	0.00	172.08	0.00
2528.00	CANNED, PEACHES LS (ESHA)	4.5OZ/.5	67.77	0.56	18.26	1.63	0.04	0.02	0.00	3.01	3.76	6.27	6.27	0.11
4023.00	DRESSING, ITALIAN (ESHA)	.5296 OZ.	43.69	0.06	1.57	0.00	4.26	0.01	0.00	0.00	1.05	0.45	248.32	0.02
2528.00	CANNED, PEACHES LS (ESHA)	4.5OZ/.5	67.77	0.56	18.26	1.63	0.04	0.02	0.00	3.01	3.76	6.27	6.27	0.11
Total A Meal Values			<b>672.70</b>	<b>39.72</b>	<b>86.86</b>	<b>13.03</b>	<b>19.51</b>	<b>0.76</b>	<b>1.40</b>	<b>40.86</b>	<b>431.99</b>	<b>110.12</b>	<b>1129.18</b>	<b>4.35</b>
A Statistics			<b>0.31</b>	<b>0.24</b>	<b>0.52</b>	<b>0.87</b>	<b>0.26</b>	<b>0.45</b>	<b>0.58</b>	<b>0.45</b>	<b>0.36</b>	<b>0.26</b>		<b>0.40</b>
Total B Meal Values			<b>611.91</b>	<b>44.47</b>	<b>72.27</b>	<b>11.85</b>	<b>17.70</b>	<b>0.90</b>	<b>1.59</b>	<b>17.67</b>	<b>563.22</b>	<b>107.19</b>	<b>1129.12</b>	<b>3.96</b>
B Statistics			<b>0.28</b>	<b>0.29</b>	<b>0.47</b>	<b>0.79</b>	<b>0.26</b>	<b>0.53</b>	<b>0.66</b>	<b>0.20</b>	<b>0.47</b>	<b>0.26</b>		<b>0.36</b>
Total Diet A Meal Values			<b>672.70</b>	<b>39.72</b>	<b>86.86</b>	<b>13.03</b>	<b>19.51</b>	<b>0.76</b>	<b>1.40</b>	<b>40.86</b>	<b>431.99</b>	<b>110.12</b>	<b>1129.18</b>	<b>4.35</b>
Diet A Statistics			<b>0.31</b>	<b>0.24</b>	<b>0.52</b>	<b>0.87</b>	<b>0.26</b>	<b>0.45</b>	<b>0.58</b>	<b>0.45</b>	<b>0.36</b>	<b>0.26</b>		<b>0.40</b>
Total Diet B Meal Values			<b>611.91</b>	<b>44.47</b>	<b>72.27</b>	<b>11.85</b>	<b>17.70</b>	<b>0.90</b>	<b>1.59</b>	<b>17.67</b>	<b>563.22</b>	<b>107.19</b>	<b>1129.12</b>	<b>3.96</b>
Diet B Statistics			<b>0.28</b>	<b>0.29</b>	<b>0.47</b>	<b>0.79</b>	<b>0.26</b>	<b>0.53</b>	<b>0.66</b>	<b>0.20</b>	<b>0.47</b>	<b>0.26</b>		<b>0.36</b>

DATE:>> Senior Services May 2018 Hot Menu Final

DATE	RECNUM	MENU ITEM	PORTION SIZE	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	B-6 mg	B-12 mg	C mg	Ca+ mg	Magne	Na+ mg MAX	Zinc
				600.00	17.00	43.00	7.00	0.30	0.57	0.79	30.00	400.00	88.00	1050.00	3.10

DATE>> DAY 24, 49, 74, 99

			850.00	Daily	Daily	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly
3540.00	MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0.00	2.37	0.09	1.07	0.00	290.36	26.84	107.36	1.02	
29.00	BEEF, MACARONI W/TOMATO (2oz)	(7.44oz./1c	278.78	16.19	24.04	0.45	13.16	0.15	1.00	7.68	58.75	19.51	364.74	3.29	
361.00	VEGETARIAN, CHEESE, & MACARONI	1 cup	387.15	22.66	36.65	1.62	14.38	0.13	1.22	0.90	527.14	43.98	485.91	2.56	
1761.00	CARROTS, FROZEN SLiced (ESHA) No	1/3 CUP	25.96	0.41	5.43	2.32	0.48	0.06	0.00	1.62	24.56	7.72	33.00	0.24	
2634.00	SALAD, SPINACH ROMAINE w/(Carrot,	1.3oz/.5cup	8.65	0.61	1.73	0.79	0.10	0.05	0.00	9.78	20.30	12.41	16.83	0.12	
4607.00	ROLL, CORNMEAL	1.3 OZ.	115.25	3.23	18.53	0.03	0.63	0.00	0.00	0.13	5.36	0.00	111.44	0.00	
3189.00	PUDDING, FORTIFIED BUTTERSCOTC	(5.4oz/.5cup	143.49	0.52	24.13	1.97	4.22	0.00	0.00	34.96	157.30	51.55	165.09	0.00	
4028.00	DRESSING, RANCH STYLE (ESHA)	.5296 OZ.	72.67	0.15	1.00	0.11	7.72	0.00	0.05	0.51	4.65	0.75	122.51	0.06	
3202.00	PUDDING, FORTIFIED CHOCOLATE D	(5.4oz/.5cup	143.49	0.52	24.13	1.97	6.22	0.00	0.00	34.96	157.30	51.55	124.09	0.00	
Total A Meal Values			<b>747.28</b>	<b>29.33</b>	<b>87.04</b>	<b>5.67</b>	<b>28.68</b>	<b>0.35</b>	<b>2.12</b>	<b>54.68</b>	<b>561.28</b>	<b>118.78</b>	<b>920.97</b>	<b>4.73</b>	
A Statistics			<b>0.34</b>	<b>0.16</b>	<b>0.47</b>	<b>0.38</b>	<b>0.35</b>	<b>0.21</b>	<b>0.88</b>	<b>0.61</b>	<b>0.47</b>	<b>0.28</b>		<b>0.43</b>	
Total B Meal Values			<b>855.65</b>	<b>35.80</b>	<b>99.65</b>	<b>6.84</b>	<b>29.90</b>	<b>0.33</b>	<b>2.34</b>	<b>47.90</b>	<b>1029.67</b>	<b>143.25</b>	<b>1042.14</b>	<b>4.00</b>	
B Statistics			<b>0.39</b>	<b>0.17</b>	<b>0.47</b>	<b>0.46</b>	<b>0.31</b>	<b>0.19</b>	<b>0.98</b>	<b>0.53</b>	<b>0.86</b>	<b>0.34</b>		<b>0.36</b>	
Total Diet A Meal Values			<b>747.28</b>	<b>29.33</b>	<b>87.04</b>	<b>5.67</b>	<b>30.68</b>	<b>0.35</b>	<b>2.12</b>	<b>54.68</b>	<b>561.28</b>	<b>118.78</b>	<b>879.97</b>	<b>4.73</b>	
Diet A Statistics			<b>0.34</b>	<b>0.16</b>	<b>0.47</b>	<b>0.38</b>	<b>0.37</b>	<b>0.21</b>	<b>0.88</b>	<b>0.61</b>	<b>0.47</b>	<b>0.28</b>		<b>0.43</b>	
Total Diet B Meal Values			<b>855.65</b>	<b>35.80</b>	<b>99.65</b>	<b>6.84</b>	<b>31.90</b>	<b>0.33</b>	<b>2.34</b>	<b>47.90</b>	<b>1029.67</b>	<b>143.25</b>	<b>1001.14</b>	<b>4.00</b>	
Diet B Statistics			<b>0.39</b>	<b>0.17</b>	<b>0.47</b>	<b>0.46</b>	<b>0.34</b>	<b>0.19</b>	<b>0.98</b>	<b>0.53</b>	<b>0.86</b>	<b>0.34</b>		<b>0.36</b>	





	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	B-6 mg	B-12 mg	C mg	Ca+ mg	Magne	Na+ mg MAX	Zinc
A 3 DAY VALUES	2178.07	115.50	292.82	32.71	71.57	2.00	4.88	115.14	1467.97	396.08	3629.51	14.05
A ONE DAY WEEKLY AVERAGE	726.02	38.50	97.61	10.90	23.86	0.67	1.63	38.38	489.32	132.03	1209.84	4.68
A PERCENT DRIA AVERAGE				0.73		0.39	0.68	0.43	0.41	0.31		0.43
A CALORIE BREAKDOWN		0.21	0.54		0.30							
B 3 DAY VALUES	2315.26	111.49	274.26	32.58	84.47	1.75	5.63	98.01	2062.85	406.55	3858.27	12.23
B ONE DAY WEEKLY AVERAGE	771.75	37.16	91.42	10.86	28.16	0.58	1.88	32.67	687.62	135.52	1286.09	4.08
B PERCENT DRIA AVERAGE				0.72		0.34	0.78	0.36	0.57	0.32		0.37
B CALORIE BREAKDOWN		0.19	0.47		0.33							
Diet A 3 DAY VALUES	2178.65	114.96	278.82	31.67	73.44	1.99	4.88	114.19	1512.56	378.63	3637.82	13.82
Diet A ONE DAY WEEKLY AVERAGE	726.22	38.32	92.94	10.56	24.48	0.66	1.63	38.06	504.19	126.21	1212.61	4.61
Diet A PERCENT DRIA AVERAGE				0.70		0.39	0.68	0.42	0.42	0.30		0.42
Diet A CALORIE BREAKDOWN		0.21	0.51		0.30							
Diet B 3 DAY VALUES	2315.84	110.95	260.26	31.54	86.34	1.74	5.63	97.06	2107.44	389.10	3866.58	12.00
Diet B ONE DAY WEEKLY AVERAGE	771.95	36.98	86.75	10.51	28.78	0.58	1.88	32.35	702.48	129.70	1288.86	4.00
Diet B PERCENT DRIA AVERAGE				0.70		0.34	0.78	0.36	0.59	0.31		0.36
Diet B CALORIE BREAKDOWN		0.19	0.45		0.34							

# of Days	# of Weeks	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Total Sugar gm	Sat Fat	B-12 mg	Biotin	Vita D IU	Copper	Manganeses	Zinc	Omega 3
22.00	5.00	701.55	39.68	92.25	8.26	1.99	5.39	1.73	8.05	183.68	0.31	0.87	3.89	4.97
			0.23				0.07							
22.00	5.00	704.22	35.47	88.04	7.98	1.38	8.06	2.31	8.53	191.99	0.84	0.77	4.15	0.40
			0.20				0.10							
22.00	5.00	686.27	39.62	87.04	8.10	1.99	5.38	1.74	7.90	183.41	0.29	0.83	3.87	4.96
			0.23				0.07							
22.00	5.00	688.94	35.41	82.83	7.82	1.38	8.05	2.32	8.39	191.71	0.83	0.73	4.13	0.38
			0.21				0.11							