

			DATE:>> December 2018 Hot Menu Final								
Start Date	Start Day	Calendar Days	PORTIO N SIZE	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	C mg	Ca+ mg	Na+ mg
12/3/18	1	29		600	17	43	7	30%	30	400	1050
12/3				850	Daily	Daily	Weekly	Weekly	Weekly	Weekly	Weekly
MILK, 1 % (ESHA)			8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
BEEF, CABBAGE BAKE-LA 3oz (ESHA)			7oz/1c	260.02	21.34	15.17	1.78	12.47	20.63	64.61	392.04
VEGETARIAN, CHEESE, & MACARONI			1 cup	387.15	22.66	36.65	1.62	16.38	0.9	527.14	531.91
BROCCOLI CUTS W/MARGARINE			.5 CUP	58.98	2.82	4.83	1.97	3.91	35.91	47.08	33
SALAD, SPINACH ROMAINE w/(Carrot)			1.3oz/.5cu	8.65	0.61	1.73	0.79	0.1	9.78	20.3	16.83
ROLL, ONION			1.38oz	108.37	3.23	17.05	1.13	2.87	0.08	21.86	206.66
CANNED, MANDARIN ORANGES (ESHA)			.5 CUP	46.06	0.77	11.91	0.87	0.04	42.58	13.69	6.22
DRESSING, RANCH STYLE (ESHA)			.5296 OZ.	72.67	0.15	1	0.11	7.72	0.51	4.65	122.51
CANNED, MANDARIN ORANGES (ESHA)			.5 CUP	46.06	0.77	11.91	0.87	0.04	42.58	13.69	6.22
Total A Meal Values				657.23	37.14	63.87	6.65	29.48	109.49	462.55	884.62
A Statistics				29.82%	22.60%	38.87%	44.33%	40.37%	121.66%	38.55%	
Total B Meal Values				784.36	38.46	85.35	6.49	33.39	89.76	925.08	1024.49
B Statistics				35.59%	19.61%	43.53%	43.27%	38.31%	99.73%	77.09%	
Total Diet A Meal Values				657.23	37.14	63.87	6.65	29.48	109.49	462.55	884.62
Diet A Statistics				29.82%	22.60%	38.87%	44.33%	40.37%	121.66%	38.55%	
Total Diet B Meal Values				784.36	38.46	85.35	6.49	33.39	89.76	925.08	1024.49
Diet B Statistics				35.59%	19.61%	43.53%	43.27%	38.31%	99.73%	77.09%	

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MILK, 1 % (ESHA)			8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
CHICKEN, Peanut Sauce with			4.84 oz	204.86	21.26	5.49	1.16	11.13	0.93	19.86	169.07
Rice, Brown (ESHA)			.5 CUP	105.42	2.45	21.8	1.71	0.85	0	11.63	6.88
BEEF, ENCHILADA CASSEROLE (W/Carrot)			7.5oz/1c 5	303.22	18.9	13.46	1.79	19.15	4.23	240.79	538.87
ROLL, HERB			1.38oz	99.55	3.04	17.17	1.05	2.05	0.08	21.92	210.73
MIXED VEGETABLES W/MARGARINE			1/3 CUP	35.0988	1.1814	5.775	1.617	1.1022	2.211	11.583	17.8992
SALAD, ROMAIN ICEBERG w/ carrot			1.3oz./.5c	7.63	0.39	1.65	0.67	0.07	6.91	11.12	9.01
GELATIN, CHERRY FORTIFIED			4.1oz/.5 c	24.96	1.2	4.99	0.01	0	19.96	21.29	8.32
Topping, Whipped			1 TBL	5	0.04	0.53	0	0.3	0	0.15	5.3
DRESSING, ITALIAN (ESHA)			.5296 OZ.	43.69	0.06	1.57	0	4.26	0	1.05	248.32
GELATIN, CHERRY FORTIFIED			4.1oz/.5 c	24.96	1.2	4.99	0.01	0	19.96	21.29	8.32
Total A Meal Values				628.69	37.84	71.16	6.22	22.13	30.09	388.96	782.89
A Statistics				28.52%	24.08%	45.27%	41.45%	31.68%	33.43%	32.41%	
Total B Meal Values				621.63	33.03	57.33	5.14	29.30	33.39	598.26	1145.81
B Statistics				28.20%	21.25%	36.89%	34.25%	42.42%	37.10%	49.86%	
Total Diet A Meal Values				648.65	39.00	75.62	6.23	21.83	50.05	410.10	785.91
Diet A Statistics				29.43%	24.05%	46.63%	41.51%	30.29%	55.61%	34.18%	
Total Diet B Meal Values				641.59	34.19	61.79	5.15	29.00	53.35	619.40	1148.83
Diet B Statistics				29.11%	21.32%	38.52%	34.31%	40.68%	59.28%	51.62%	

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MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
CHICKEN, SALAD SAND 1/2 (ESHA)	1/2 c/ 4.45	177.27	18.06	4.86	0.67	9.02	1.83	25.29	322.41
EGG, SALAD FOR SANDWICH	H 4oz.	174.94	10.72	2.97	0.32	8.1	0.69	62.41	178.62
BREAD, Whole Wheat #2 (ESHA)	1 each	127.88	3.86	23.64	2.76	2.48	0	15.18	159.16
SOUP, TOMATO BASIL	4.26 OZ/.5	51.72	2.56	9.86	0	0.53	13.55	69.97	225.14
SLAW, CARROT HV166 (ESHA)	3.2 oz/.5 c	98.42	1.04	7.96	2	3.34	25.15	29.42	105.75
CANNED, PINEAPPLE TIDBITS-JUI	4.3 OZ	74.7	0.52	19.55	1	0.1	11.83	17.43	1.24
Lettuce	1/2 cup	3.3	0.28	0.57	0.39	0.05	1.07	5.23	2.48
CANNED, PINEAPPLE TIDBITS-JUI	4.3 OZ	74.7	0.52	19.55	1	0.1	11.83	17.43	1.24
Total A Meal Values		635.77	34.54	78.62	6.82	17.89	53.43	452.88	923.54
A Statistics		28.85%	21.73%	49.46%	45.47%	25.33%	59.37%	37.74%	
Total B Meal Values		633.44	27.20	76.73	6.47	16.97	52.29	490.00	779.75
B Statistics		28.74%	17.18%	48.45%	43.13%	24.11%	58.10%	40.83%	
Total Diet A Meal Values		710.47	35.06	98.17	7.82	17.99	65.26	470.31	924.78
Diet A Statistics		32.24%	19.74%	55.27%	52.13%	22.79%	72.51%	39.19%	
Total Diet B Meal Values		708.14	27.72	96.28	7.47	17.07	64.12	507.43	780.99
Diet B Statistics		32.13%	15.66%	54.38%	49.80%	21.69%	71.24%	42.29%	

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MENU ITEM	PORTIO	CAL	PRO	CARBS	Fiber	Fat	C mg	Ca+ mg	Na+
	N SIZE	KCAL	Grams	CHO					mg
		600	17	43	7	0.3	30	400	1050
12/6		850	Daily	Daily	Weekly	Weekly	Weekly	Weekly	Weekly
MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
CHICKEN, ALA KING (2oz.) (Wst C	9/03oz/1 c	265.43	22.6	18.6	0.26	10.75	5.93	227.29	535.6
BEEF, STEAK, SWISS STYLE (OR d	5.06 oz	212.24	18.21	4.56	0.93	13.2	4.82	37.15	228.76
POTATOES, MASHED FORTIFIED 1	1/3 CUP	106.841	4.9896	16.1436	1.089	2.5014	20.691	136.224	94.6176
CARROTS, Frozen Sliced Buttered HV	1/3 CUP	30.3666	0.3366	4.3164	1.8348	1.4718	1.2804	19.9782	45.7446
BREAD, POTATO WHEAT	1.15 OZ.	86.9	2.73	16.39	1.04	1.67	0.08	20.93	201.22
FRESH, ORANGE	5.75 OZ	61.57	1.23	15.39	3.14	0.16	69.69	52.4	0
FRESH, ORANGE	5.75 OZ	61.57	1.23	15.39	3.14	0.16	69.69	52.4	0
Total A Meal Values		653.59	40.11	83.02	7.36	18.92	97.67	747.18	984.54
A Statistics		29.65%	24.55%	50.81%	49.09%	26.06%	108.52%	62.27%	
Total B Meal Values		600.40	35.72	68.98	8.03	21.37	96.56	557.04	677.70
B Statistics		27.24%	23.80%	45.96%	53.56%	32.04%	107.29%	46.42%	
Total Diet A Meal Values		715.16	41.34	98.41	10.50	19.08	167.36	799.58	984.54
Diet A Statistics		32.45%	23.12%	55.04%	70.03%	24.02%	185.96%	66.63%	
Total Diet B Meal Values		661.97	36.95	84.37	11.17	21.53	166.25	609.44	677.70
Diet B Statistics		30.03%	22.33%	50.98%	74.49%	29.28%	184.72%	50.79%	

MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
CHICKEN, ITALIAN HERB PATTY	2.13 oz /	172.72	8.94	7.81	0.21	11.76	0.01	11.71	319.31
SAUCE, BBQ MAGNOLIA-2 (ESHA)	2oz	70.02	0.36	17.43	0.14	0.26	0.92	14.9	236.41
FISH, BREADED	3.5 oz.	205.84	19.92	8.56	0.28	1.75	0.03	79.73	261.08
Sauce, Tartar (ESHA) Commercial Brat	.56 oz./1 T	35.05	0.08	2.55	0.04	2.85	0.07	1.38	93.3
BUN, HAMBURGER (ESHA)	1 ea/43g	114.38	3.74	21.97	3.23	2.02	0	45.58	200
BEANS, LIMA-O (ESHA) HV186	1/3 CUP	53.5062	2.6466	8.4282	2.31	1.122	5.5638	14.421	42.207
MOLD, SUNSHINE HV367 (ESHA)	6.9oz/.5cu	127.66	2.06	31.04	1.49	0.15	36	22.34	106.58
PUDDING CHOCOLATE ALMOND	1/2 cup	0	0	0	0	0	0	0	0
PUDDING, FORTIFIED CHOCOLAT	5.4oz/.5cu	143.49	0.52	24.13	1.97	4.22	34.96	157.3	224.09
Total A Meal Values		640.77	25.97	98.86	7.38	17.68	42.49	399.31	1011.87
A Statistics		29.07%	16.21%	61.71%	49.20%	24.84%	47.22%	33.28%	
Total B Meal Values		638.92	36.67	84.73	7.35	10.26	41.66	453.81	810.53
B Statistics		28.99%	22.96%	53.04%	49.00%	14.46%	46.29%	37.82%	
Total Diet A Meal Values		784.26	26.49	122.99	9.35	21.90	77.45	556.61	1235.96
Diet A Statistics		35.58%	13.51%	62.73%	62.33%	25.13%	86.06%	46.38%	
Total Diet B Meal Values		782.41	37.19	108.86	9.32	14.48	76.62	611.11	1034.62
Diet B Statistics		35.50%	19.01%	55.65%	62.13%	16.66%	85.14%	50.93%	

	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	C mg	Ca+ mg	Na+ mg
A 5 DAY VALUES	3216.04	175.59	395.52	34.43	106.11	333.18	2450.89	4587.46
A ONE DAY WEEKLY AVERAGE	643.208	35.1188	79.1046	6.88616	21.2215	66.63524	490.177	917.492
A PERCENT DRIA AVERAGE				45.91%		74.04%	40.85%	
A CALORIE BREAKDOWN		21.84%	49.19%		29.69%			
B 5 DAY VALUES	3278.74	171.07	373.11	33.48	111.30	313.67	3024.20	4438.28
B ONE DAY WEEKLY AVERAGE	655.748	34.2148	74.6226	6.69616	22.2595	62.73324	604.839	887.656
B PERCENT DRIA AVERAGE				44.64%		69.70%	50.40%	
B CALORIE BREAKDOWN		20.87%	45.52%		30.55%			
Diet A 5 DAY VALUES	3515.76	179.02	459.05	40.55	110.29	469.62	2699.16	4815.81
Diet A ONE DAY WEEKLY AVERAGE	703.152	35.8048	91.8106	8.11016	22.0575	93.92324	539.831	963.162
Diet A PERCENT DRIA AVERAGE				54.07%		104.36%	44.99%	
Diet A CALORIE BREAKDOWN		20.37%	52.23%		28.23%			
Diet B 5 DAY VALUES	3578.46	174.50	436.64	39.60	115.48	450.11	3272.47	4666.63
Diet B ONE DAY WEEKLY AVERAGE	715.692	34.9008	87.3286	7.92016	23.0955	90.02124	654.493	933.326
Diet B PERCENT DRIA AVERAGE				52.80%		100.02%	54.54%	
Diet B CALORIE BREAKDOWN		19.51%	48.81%		29.04%			

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MENU ITEM	PORTION SIZE	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	C mg	Ca+ mg	Na+ mg
		600	17	43	7	0.3	30	400	1050
12/10		850	Daily	Daily	Weekly	Weekly	Weekly	Weekly	Weekly
MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
CHICKEN, SWEET & SOUR ENP-E	9.5oz/1cup	261.79	22.21	30.38	1.64	5.33	29.38	44.67	584.23
Rice, Brown (ESHA)	.5 CUP	105.42	2.45	21.8	1.71	0.85	0	11.63	6.88
BEEF, MACARONI W/TOMATO	8.44oz/1cu	331.58	26.87	19.87	1.48	6.16	12.53	69.49	364.38
PEAS, GREEN (ESHA)	3.75oz/.5C	82.93	5.48	15.16	5.85	0.29	10.53	25.52	76.55
SLAW, COLE HV109B (ESHA)	3.2 oz/.5 c	72.57	0.96	7.2	1.72	4.79	24.97	28.7	187.8
ROLL, CORNMEAL	1.3 OZ.	90.25	3.23	18.53	0.03	0.63	0.13	5.36	111.44
APPLESAUCE, SPICED (E)	4 oz./.5 c	58.92	0.19	15.43	1.4	0.06	23.41	4.68	2.22
APPLESAUCE, SPICED (E)	4 oz./.5 c	58.92	0.19	15.43	1.4	0.06	23.41	4.68	2.22
Total A Meal Values		774.36	42.74	120.68	12.35	14.32	88.42	410.92	1076.48
A Statistics		35.13%	22.08%	62.34%	82.33%	16.64%	98.24%	34.24%	
Total B Meal Values		738.73	44.95	88.37	10.48	14.30	71.57	424.11	849.75
B Statistics		33.52%	24.34%	47.85%	69.87%	17.42%	79.52%	35.34%	
Total Diet A Meal Values		774.36	42.74	120.68	12.35	14.32	88.42	410.92	1076.48
Diet A Statistics		35.13%	22.08%	62.34%	82.33%	16.64%	98.24%	34.24%	
Total Diet B Meal Values		738.73	44.95	88.37	10.48	14.30	71.57	424.11	849.75
Diet B Statistics		33.52%	24.34%	47.85%	69.87%	17.42%	79.52%	35.34%	

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MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
TURKEY, SALAD w/ 1/2 Mayo 1/2 Y	5.0 OZ.	228.64	27.14	5.63	0.28	10.16	0.64	59.26	261.01
HAM, SALAD .	4 OZ.	217.75	15.14	4.72	0.23	15.22	0.62	44.36	791.33
BREAD, WHOLE WHEAT-1 (ESHA)	1 SLICE	69.16	3.63	11.56	1.9	0.94	0	29.96	132.16
SOUP, CREAM OF BROCCOLI (ES)	8 oz./1 cup	178.78	7.99	15.19	1.14	9.9	13.56	290.59	366.63
SALAD, CARROT RAISIN ENP-S10	3.2oz/.5c	91.81	1.05	15.49	2.08	3.36	4.01	32.73	166.3
CANNED, PEACHES LS (ESHA)	4.5OZ/.5	67.77	0.56	18.26	1.63	0.04	3.01	3.76	6.27
CANNED, PEACHES LS (ESHA)	4.5OZ/.5	67.77	0.56	18.26	1.63	0.04	3.01	3.76	6.27
Total A Meal Values		738.64	48.59	78.31	7.03	26.77	21.22	706.66	1039.73
A Statistics		33.51%	26.31%	42.41%	46.87%	32.62%	23.58%	58.89%	
Total B Meal Values		727.75	36.59	77.40	6.98	31.83	21.20	691.76	1570.05
B Statistics		33.02%	20.11%	42.54%	46.53%	39.36%	23.56%	57.65%	
Total Diet A Meal Values		806.41	49.15	96.57	8.66	26.81	24.23	710.42	1046.00
Diet A Statistics		36.59%	24.38%	47.90%	57.73%	29.92%	26.92%	59.20%	
Total Diet B Meal Values		795.52	37.15	95.66	8.61	31.87	24.21	695.52	1576.32
Diet B Statistics		36.09%	18.68%	48.10%	57.40%	36.06%	26.90%	57.96%	

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MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
BEEF, STEAK SALISBURY W/TURK	4.75oz	236.19	17.58	8.5	0.79	13.27	3.46	47.5	474.87
GRAVY, BROWN w/BASE-2oz (ESH	2 oz	19.45	0.57	3.86	0.17	0.16	0.46	3.42	230
FISH, BAKED BREADED (OR uses)	3.99 oz	111.28	19.88	3.83	0.3	1.24	0.55	69.72	122.23
Sauce, Tartar (ESHA) Commercial Brat	.56 oz./1 T	35.05	0.08	2.55	0.04	2.85	0.07	1.38	93.3
CORN, WHOLE KERNEL (ESHA) 1/	1/3 CUP	56.8392	1.7886	13.5432	1.683	0.4686	2.4552	2.1054	0.6996
Salad, Broccoli marinated (ESHA) FM	1/2 cup	106.44	1.2	12.84	1.47	5.79	28.1	25.16	53.63
ROLL, WHOLE WHEAT (SYSCO BR	1.75 OZ	55	2.5	25	0	0.75	0.06	40	100
BAR, CHOCOLATE CHIP	1.78oz	272.05	3.23	35.12	1.17	14.17	0.01	31.09	140.8
COOKIE, SPLENDA CHOCOALTE	1.33 oz.	183.79	2.16	20.75	0.55	6.22	0	22.39	69.05
Total A Meal Values		848.45	35.09	111.04	5.28	36.98	34.55	439.64	1107.36
A Statistics		38.50%	16.54%	52.35%	35.22%	39.23%	38.38%	36.64%	
Total B Meal Values		739.14	36.90	105.06	4.66	27.64	31.25	459.82	618.02
B Statistics		33.54%	19.97%	56.86%	31.09%	33.65%	34.72%	38.32%	
Total Diet A Meal Values		760.19	34.02	96.67	4.66	29.03	34.54	430.94	1035.61
Diet A Statistics		34.49%	17.90%	50.87%	31.09%	34.37%	38.37%	35.91%	
Total Diet B Meal Values		650.88	35.83	90.69	4.04	19.69	31.24	451.12	546.27
Diet B Statistics		29.53%	22.02%	55.74%	26.95%	27.22%	34.71%	37.59%	

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MENU ITEM	PORTIO	CAL	PRO	CARBS	Fiber	Fat	C mg	Ca+ mg	Na+
	N SIZE	KCAL	Grams	CHO					mg
	600	17	43	7	0.3	30	400	1050	
12/13	850	Daily	Daily	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly
MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
BEEF, STEW COWBOY CAMPFIRE	1 cup/ 8 oz	273.86	20.23	32.76	6.72	7.89	3.95	92.51	677.53
VEGETARIAN, CALIF. CASSEROLE	7.3oz/1 cu	442.7	17.2	42.13	2.74	22.46	4.09	378.46	480.84
SALAD, SPINACH ROMAINE ENP-S	1 cup	7.44	0.72	1.32	0.82	0.13	9.85	22.6	13.73
BLEND, CALIFORNIA-O (ESHA) s	1/3 CUP	29.7528	0.9966	6.8178	1.914	0.3036	2.2308	20.9946	13.992
BREAD, DILL	1.34oz	104.46	3.26	17.69	0	2.77	0	4.22	131.76
CANNED, PEARS LS (/ESHA)	4.43OZ/.5	71.53	0.24	19.04	2.01	0.04	0.88	6.27	6.27
DRESSING, ITALIAN (ESHA)	.5296 OZ.	43.69	0.06	1.57	0	4.26	0	1.05	248.32
CANNED, PEARS LS (/ESHA)	4.43OZ/.5	71.53	0.24	19.04	2.01	0.04	0.88	6.27	6.27
Total A Meal Values		633.21	33.73	91.38	11.46	17.76	16.91	438.00	1198.96
A Statistics		28.73%	21.31%	57.72%	76.43%	25.25%	18.79%	36.50%	
Total B Meal Values		802.05	30.70	100.75	7.48	32.33	17.05	723.95	1002.27
B Statistics		36.39%	15.31%	50.24%	49.89%	36.28%	18.95%	60.33%	
Total Diet A Meal Values		661.05	33.91	108.85	13.47	13.54	17.79	443.22	956.91
Diet A Statistics		29.99%	20.52%	65.86%	89.83%	18.44%	19.77%	36.94%	
Total Diet B Meal Values		829.89	30.88	118.22	9.49	28.11	17.93	729.17	760.22
Diet B Statistics		37.65%	14.88%	56.98%	63.29%	30.49%	19.92%	60.76%	

MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
CHICKEN, SUPREME (Breast) (OR)	5.36 oz	165.85	25.12	7.83	0.14	2.93	0.39	79.34	248.42
PORK, ROAST SLICED	3 OZ	177.62	24.26	0.14	0.07	6.9	0.59	17.8	113.58
GRAVY, PORKw/BASE-2 (ESHA)	2 oz.	19.05	0.31	4.03	0.11	0.14	0.18	1.93	99.31
POTATOES, MASHED - LA (ESHA)	1/3 CUP	98.1486	2.9436	18.2292	1.221	0.9504	24.255	91.4232	116.134
BLEND, CAPRI (ESHA) scra	1/3 CUP	17.2326	0.7392	3.7488	1.4256	0.1848	2.8182	18.1632	10.4808
BREAD, WHOLE WHEAT	1.31oz	102.93	3.19	19.74	0.64	2.76	0	30.83	225.62
BROWNIE, Zucchini (ENP-H2303) (E	2 oz/ 1 ea	181.83	2.85	28.22	1.52	7.33	0.98	11.47	113.44
COOKIE, SPLENDA SUGAR	1.23 oz.	132.41	2.31	14.22	0.48	3.2	0.03	56.06	162.75
Total A Meal Values		668.47	43.06	89.95	4.95	16.53	28.44	521.59	821.45
A Statistics		30.33%	25.77%	53.82%	32.98%	22.25%	31.60%	43.47%	
Total B Meal Values		699.29	42.51	86.29	4.99	20.64	28.82	461.98	785.92
B Statistics		31.73%	24.32%	49.36%	33.24%	26.56%	32.03%	38.50%	
Total Diet A Meal Values		800.88	45.37	104.17	5.43	19.73	28.47	577.65	984.20
Diet A Statistics		36.34%	22.66%	52.03%	36.18%	22.17%	31.64%	48.14%	
Total Diet B Meal Values		831.70	44.82	100.51	5.47	23.84	28.85	518.04	948.67
Diet B Statistics		37.74%	21.56%	48.34%	36.44%	25.79%	32.06%	43.17%	

	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	C mg	Ca+ mg	Na+ mg
A 5 DAY VALUES	3663.13	203.21	491.36	41.07	112.36	189.54	2516.81	5243.99
A ONE DAY WEEKLY AVERAGE	732.627	40.6416	98.2718	8.21472	22.4715	37.90784	503.361	1048.8
A PERCENT DRIA AVERAGE				54.76%		42.12%	41.95%	
A CALORIE BREAKDOWN		22.19%	53.65%		27.61%			
B 5 DAY VALUES	3706.96	191.65	457.87	34.59	126.74	169.89	2761.62	4826.02
B ONE DAY WEEKLY AVERAGE	741.393	38.3296	91.5738	6.91872	25.3475	33.97784	552.323	965.203
B PERCENT DRIA AVERAGE				46.12%		37.75%	46.03%	
B CALORIE BREAKDOWN		20.68%	49.41%		30.77%			
Diet A 5 DAY VALUES	3802.89	205.19	526.94	44.57	103.43	193.45	2573.15	5099.21
Diet A ONE DAY WEEKLY AVERAGE	760.579	41.0376	105.388	8.91472	20.6855	38.68984	514.629	1019.84
Diet A PERCENT DRIA AVERAGE				59.43%		42.99%	42.89%	
Diet A CALORIE BREAKDOWN		21.58%	55.43%		24.48%			
Diet B 5 DAY VALUES	3846.72	193.63	493.45	38.09	117.81	173.80	2817.96	4681.24
Diet B ONE DAY WEEKLY AVERAGE	769.345	38.7256	98.6898	7.61872	23.5615	34.75984	563.591	936.247
Diet B PERCENT DRIA AVERAGE				50.79%		38.62%	46.97%	
Diet B CALORIE BREAKDOWN		20.13%	51.31%		27.56%			

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MENU ITEM	PORTIO	CAL	PRO	CARBS	Fiber	Fat	C mg	Ca+ mg	Na+ mg
	N SIZE	KCAL	Grams	CHO					
		600	17	43	7	0.3	30	400	1050
12/17		850	Daily	Daily	Weekly	Weekly	Weekly	Weekly	Weekly
MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
CHICKEN, FETTUCCHINE	11 oz/ 1 cu	345.69	32.4	32.51	2.89	8.28	19.64	105.51	355
PORK, STEW WESTERN	9.5 oz./1 c	276.05	27.18	23.17	4.51	7.84	4.7	47.5	443.44
SQUASH, Zucchini W/RED PEPPERS	4oz/.5C	19.33	1.3	4.05	1.48	0.15	4.87	19.19	2.37
SALAD, SPINACH ROMAINE w/(Car	1.3oz/.5cu	8.65	0.61	1.73	0.79	0.1	9.78	20.3	16.83
ROLL, SEVEN GRAIN	1.38oz	105.67	3.32	50	1	3.03	0	0	80
FRESH, FRUIT	.5 CUP	52.32	0.75	13.82	1.45	0.38	23.11	16.58	1.96
DRESSING, THOUSAND ISLAND (E	.5296 OZ.	55.55	0.16	2.2	0.12	5.26	0	2.55	129.57
FRESH, FRUIT	.5 CUP	52.32	0.75	13.82	1.45	0.38	23.11	16.58	1.96
Total A Meal Values		689.69	46.76	116.49	7.73	19.57	57.40	454.49	693.09
A Statistics		31.29%	27.12%	67.56%	51.53%	25.54%	63.78%	37.87%	
Total B Meal Values		620.05	41.54	107.15	9.35	19.13	42.46	396.48	781.53
B Statistics		28.13%	26.80%	69.12%	62.33%	27.77%	47.18%	33.04%	
Total Diet A Meal Values		689.69	46.76	116.49	7.73	19.57	57.40	454.49	693.09
Diet A Statistics		31.29%	27.12%	67.56%	51.53%	25.54%	63.78%	37.87%	
Total Diet B Meal Values		620.05	41.54	107.15	9.35	19.13	42.46	396.48	781.53
Diet B Statistics		28.13%	26.80%	69.12%	62.33%	27.77%	47.18%	33.04%	

12/18

MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
CHICKEN, ORIENTAL SHOYU	5.0 OZ	213.54	26.04	16.95	0.16	3.76	0.4	30.41	237.36
HAM, SLICED (Low Na ham)	3.00 OZ	123.32	17.77	1.28	0	4.68	0	6.8	824.11
GLAZE, ORANGE (ESHA)	2 oz.	111.45	0.25	21	0.21	3.27	11.85	5.81	138.35
POTATOES, SWEET WHIPPED HV	1/3 CUP	90.915	1.122	18.183	1.4718	1.5048	10.5468	22.407	53.4798
BLEND, SCANDANAVIAN (ESHA)	1/3 CUP	31.5084	1.2276	4.4616	1.584	1.1748	4.257	15.0216	23.001
BREAD, CRACKED WHEAT	1.33oz	100.22	3.23	11.98	1	2.82	0	19.97	121.82
CRISP, PINEAPPLE/ PEACH	4.2OZ/.5C	121.06	0.95	22.78	1	3.41	3.35	23.51	52.99
CRISP, PEACH SPLENDA	6.65oz.	157.3	1.94	27.54	2.41	4.94	15.24	11.11	76
Total A Meal Values		659.72	40.79	86.53	5.22	15.04	18.55	401.68	596.01
A Statistics		29.93%	24.73%	52.47%	34.77%	20.52%	20.62%	33.47%	
Total B Meal Values		680.95	32.77	91.86	5.27	19.23	30.00	383.88	1321.11
B Statistics		30.90%	19.25%	53.96%	35.11%	25.42%	33.34%	31.99%	
Total Diet A Meal Values		817.02	42.73	114.07	7.63	19.98	33.79	412.79	672.01
Diet A Statistics		37.07%	20.92%	55.85%	50.84%	22.01%	37.55%	34.40%	
Total Diet B Meal Values		838.25	34.71	119.40	7.68	24.17	45.24	394.99	1397.11
Diet B Statistics		38.03%	16.56%	56.98%	51.17%	25.95%	50.27%	32.92%	

12/19

MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
TURKEY, ROASTED (OR uses) (E	3 oz	125.35	25.69	0	0	1.77	0	7.67	84.42
GRAVY, POULTRY-2 (ESHA)	2 oz.	19.01	0.26	4	0.08	0.15	0.03	1.83	94.4
BEEF, MEATLOAF W/TURK HV26	4 oz	157.76	15.71	4.59	0.75	8.17	1.2	46.04	442.2
GRAVY, BROWN w/BASE-2oz (ESH	2 oz	19.45	0.57	3.86	0.17	0.16	0.46	3.42	230
POTATOES, MASHED - LA (ESHA)	1/3 CUP	98.1486	2.9436	18.2292	1.221	0.9504	24.255	91.4232	116.134
SUCCOTASH, no Margarine(ESHA)	3 oz./5 cup	58.25	3.21	14.61	3.21	0.38	3	26.99	13.6
BREAD, OATMEAL	1.0/1SL	71.89	2.43	15.12	2.04	1.22	0.25	17.12	55.99
ICE CREAM, CUP	3 oz./5 C	170.94	2.98	20.07	0.6	9.36	0.51	108.86	68.04
ICE CREAM, CUP	3 oz./5 C	170.94	2.98	20.07	0.6	9.36	0.51	108.86	68.04
Total A Meal Values		646.07	45.73	84.21	7.15	16.20	28.05	544.25	539.94
A Statistics		29.31%	28.32%	52.14%	47.67%	22.57%	31.16%	45.35%	
Total B Meal Values		678.92	36.06	88.66	7.99	22.61	29.68	584.21	1033.32
B Statistics		30.80%	21.25%	52.24%	53.27%	29.97%	32.97%	48.68%	
Total Diet A Meal Values		817.01	48.71	104.28	7.75	25.56	28.56	653.11	607.98
Diet A Statistics		37.07%	23.85%	51.05%	51.67%	28.16%	31.73%	54.43%	
Total Diet B Meal Values		849.86	39.04	108.73	8.59	31.97	30.19	693.07	1101.36
Diet B Statistics		38.56%	18.38%	51.18%	57.27%	33.86%	33.54%	57.76%	

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MENU ITEM	PORTIO	CAL	PRO	CARBS	Fiber	Fat	C mg	Ca+ mg	Na+
	N SIZE	KCAL	Grams	CHO					mg
		600	17	43	7	0.3	30	400	1050
12/20		850	Daily	Daily	Weekly	Weekly	Weekly	Weekly	Weekly
MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
CHICKEN, BREAST BONELESS/CRU	1 EACH	175.5	30.55	0	0	6.83	0	19.14	94.41
CONDIMENT, Cranberry sauce (ESH	5 gm	26.14	0.03	6.73	0.17	0.03	0.35	0.69	5.02
PORK, RIBLET	3.2 OZ	180	16.9	0.5	0.64	14.7	0.45	0.02	230
POTATOES, COLCANNON (ESHA)	1/3 CUP	88.9218	2.1648	11.1276	0.4224	3.9666	1.518	40.4184	55.2816
BLEND, Oregon Bean Medley Purcha	1/3 cup	51.62	2.42	7.9	2.41	2.4	4.32	29.82	42.87
BREAD, FRENCH	1.3 OZ	97.41	3	16.42	1.02	1.48	0.06	17.12	63.39
CUSTARD, PUMPKIN BAKED (ESH	5.61 OZ	185.43	5.64	37.39	2.38	2.09	3.72	155.72	73.52
COOKIE, SPLENDA PUMPKIN	1.25 oz.	121.33	1.48	17.35	0.94	5.28	0.06	14.85	128.67
Total A Meal Values		727.50	52.02	91.75	6.40	19.17	9.97	553.27	441.85
A Statistics		33.01%	28.60%	50.45%	42.68%	23.71%	11.08%	46.11%	
Total B Meal Values		705.86	38.34	85.52	6.87	27.01	10.07	533.46	572.42
B Statistics		32.03%	21.73%	48.46%	45.82%	34.43%	11.19%	44.45%	
Total Diet A Meal Values		848.83	53.50	109.10	7.34	24.45	10.03	568.12	570.52
Diet A Statistics		38.51%	25.21%	51.41%	48.95%	25.92%	11.14%	47.34%	
Total Diet B Meal Values		827.19	39.82	102.87	7.81	32.29	10.13	548.31	701.09
Diet B Statistics		37.53%	19.26%	49.74%	52.08%	35.13%	11.25%	45.69%	

MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
TURKEY, PATTY (OR uses) (ENP-E	4 oz	158.49	17.23	6.1	0.72	7.16	1.77	48.74	372.34
GRAVY, POULTRY-2 (ESHA)	2 oz.	19.01	0.26	4	0.08	0.15	0.03	1.83	94.4
Pork, Patty Sausage (FMMP ENP-222	3 oz	184.18	11.52	4.33	0.5	13.08	1.14	31.05	370.24
GRAVY, PORKw/BASE-2 (ESHA)	2 oz.	19.05	0.31	4.03	0.11	0.14	0.18	1.93	99.31
POTATOES, MASHED FORTIFIED 1	1/3 CUP	106.841	4.9896	16.1436	1.089	2.5014	20.691	136.224	94.6176
BROCCOLI, CUTS FROZEN-O (ESH	1/3 CUP	17.4966	1.9404	3.3462	1.8744	0.0726	25.0602	20.625	6.8772
BREAD, OATMEAL	1.0/1SL	71.89	2.43	15.12	2.04	1.22	0.25	17.12	55.99
BAR, LEMON BLONDIE (ESHA) (1	1.7 oz/ 1 e	200.71	1.99	30.9	0.24	7.74	0.09	36.76	178.25
COOKIE, SPLENDA CHOCOALTE	1.33 oz.	183.79	2.16	20.75	0.55	6.22	0	22.39	69.05
Total A Meal Values		676.92	37.06	87.79	6.04	21.21	47.89	551.66	909.83
A Statistics		30.71%	21.90%	51.88%	40.29%	28.21%	53.21%	45.97%	
Total B Meal Values		702.65	31.40	86.05	5.85	27.12	47.41	534.07	912.64
B Statistics		31.88%	17.88%	48.99%	39.02%	34.74%	52.68%	44.51%	
Total Diet A Meal Values		660.00	37.23	77.64	6.35	19.69	47.80	537.29	800.63
Diet A Statistics		29.95%	22.56%	47.05%	42.36%	26.86%	53.11%	44.77%	
Total Diet B Meal Values		685.73	31.57	75.90	6.16	25.60	47.32	519.70	803.44
Diet B Statistics		31.11%	18.42%	44.27%	41.09%	33.60%	52.58%	43.31%	

	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	C mg	Ca+ mg	Na+ mg
A 5 DAY VALUES	3399.90	222.37	466.77	32.54	91.19	161.86	2505.35	3180.73
A ONE DAY WEEKLY AVERAGE	679.98	44.4736	93.3542	6.50852	18.2381	32.3716	501.07	636.146
A PERCENT DRIA AVERAGE				43.39%		35.97%	41.76%	
A CALORIE BREAKDOWN		26.16%	54.92%		7.08%			
B 5 DAY VALUES	3388.43	180.12	459.24	35.33	115.10	159.62	2432.10	4621.03
B ONE DAY WEEKLY AVERAGE	677.686	36.0236	91.8482	7.06652	23.0201	31.9236	486.42	924.206
B PERCENT DRIA AVERAGE				47.11%		35.47%	40.53%	
B CALORIE BREAKDOWN		21.26%	54.21%		6.97%			
Diet A 5 DAY VALUES	3832.55	228.94	521.58	36.80	109.25	177.58	2625.80	3344.24
Diet A ONE DAY WEEKLY AVERAGE	766.51	45.7876	104.316	7.36052	21.8501	35.5156	525.16	668.848
Diet A PERCENT DRIA AVERAGE				49.07%		39.46%	43.76%	
Diet A CALORIE BREAKDOWN		23.89%	54.44%		0.66%			
Diet B 5 DAY VALUES	3821.08	186.69	514.05	39.59	133.16	175.34	2552.55	4784.54
Diet B ONE DAY WEEKLY AVERAGE	764.216	37.3376	102.81	7.91852	26.6321	35.0676	510.51	956.908
Diet B PERCENT DRIA AVERAGE				52.79%		38.96%	42.54%	
Diet B CALORIE BREAKDOWN		19.54%	53.81%		0.54%			

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MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
BEEF, STEW GROUND (OR uses	8.12 oz / 1	235.11	14.06	14.04	2.68	10.39	9.81	46.42	382.81
TURKEY, NOODLES (2oz) (Wst Cst	9.0 oz/1C	283.21	22.47	37.36	0.39	4.12	1.05	41.74	289.84
BLEND, CAPRI (ESHA) scra	1/3 CUP	17.2326	0.7392	3.7488	1.4256	0.1848	2.8182	18.1632	10.4808
BEEETS, PICKLED-O (ESHA) 1/3 cup	1/3 CUP	35.7456	0.4884	8.5404	0.7524	0.066	1.9998	12.672	87.6612
ROLL, WHOLE WHEAT (ESHA) (W	1.75 oz	132.35	3.74	21.88	1.34	3.47	0.05	16.73	176.5
CANNED, MANDARIN ORANGES (.5 CUP	46.06	0.77	11.91	0.87	0.04	42.58	13.69	6.22
CONDIMENT, MARGARINE (ESHA	1 TSP	33.94	0.04	0.04	0	3.8	0.01	1.42	44.51
CANNED, MANDARIN ORANGES (.5 CUP	46.06	0.77	11.91	0.87	0.04	42.58	13.69	6.22
Total A Meal Values		602.92	28.06	72.34	7.07	20.32	57.27	399.46	815.54
A Statistics		27.36%	18.61%	47.99%	47.12%	30.33%	63.63%	33.29%	
Total B Meal Values		651.02	36.47	95.66	4.78	14.05	48.51	394.78	722.57
B Statistics		29.54%	22.41%	58.78%	31.85%	19.42%	53.90%	32.90%	
Total Diet A Meal Values		602.92	28.06	72.34	7.07	20.32	57.27	399.46	815.54
Diet A Statistics		27.36%	18.61%	47.99%	47.12%	30.33%	63.63%	33.29%	
Total Diet B Meal Values		651.02	36.47	95.66	4.78	14.05	48.51	394.78	722.57
Diet B Statistics		29.54%	22.41%	58.78%	31.85%	19.42%	53.90%	32.90%	

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MENU ITEM	PORTIO	CAL	PRO	CARBS	Fiber	Fat	C mg	Ca+ mg	Na+
	N SIZE	KCAL	Grams	CHO					mg
		600	17	43	7	0.3	30	400	1050
12/27	850	Daily	Daily	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly
MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
BEEF, SPAGHETTI W MEAT SAUCE	9.01oz/1cu	279.28	20.99	26.37	3.22	10.09	12.6	59.74	506.01
VEGETARIAN, BROCCOLI BAKE	1 cup/7 oz	246.51	14.61	12.64	2.57	15.68	74.06	328.27	414.85
BLEND, CALIFORNIA-O (ESHA) s	1/3 CUP	29.7528	0.9966	6.8178	1.914	0.3036	2.2308	20.9946	13.992
SALAD, SPINACH ROMAINE w/(Car	1.3oz/.5cu	8.65	0.61	1.73	0.79	0.1	9.78	20.3	16.83
ROLL, MULTIGRAIN	1.38oz.	105.47	3.41	17.33	0.05	3	0.08	21.88	206.58
PUDDING, CHOCOALTE	5.4oz/.5cu	143.49	0.52	24.13	1.97	6.22	34.96	157.3	224.09
DRESSING, FRENCH (ESHA)	1 pkt.	56.21	0.09	1.92	0	5.51	0	2.95	102.83
PUDDING, FORTIFIED CHOCOLAT	5.4oz/.5cu	143.49	0.52	24.13	1.97	4.22	34.96	157.3	224.09
Total A Meal Values		725.33	34.84	90.48	7.94	27.59	59.65	573.52	1177.69
A Statistics		32.91%	19.21%	49.90%	52.96%	34.24%	66.28%	47.79%	
Total B Meal Values		692.56	28.46	76.75	7.29	33.18	121.11	842.05	1086.53
B Statistics		31.42%	16.44%	44.33%	48.63%	43.12%	134.57%	70.17%	
Total Diet A Meal Values		725.33	34.84	90.48	7.94	25.59	59.65	573.52	1177.69
Diet A Statistics		32.91%	19.21%	49.90%	52.96%	31.76%	66.28%	47.79%	
Total Diet B Meal Values		692.56	28.46	76.75	7.29	31.18	121.11	842.05	1086.53
Diet B Statistics		31.42%	16.44%	44.33%	48.63%	40.52%	134.57%	70.17%	

MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
BEEF, SPANISH RICE CASSEROLE	8oz./1cup	249.62	17.54	20.85	1.56	9.99	9.94	45.11	377.35
CHICKEN, LO MEIN (OR uses) (EN	7.95 oz/ 1	206.83	16.63	26.3	3.95	2.61	27.06	45.05	542.48
PEAS, GREEN ESHA)	3.75oz/.5C	82.93	5.48	15.16	5.85	0.29	10.53	25.52	76.55
SALAD, MARINATED VEGETABLE	3 oz/1/2 c.	41.47	1.37	5.65	2.08	1.97	24.74	28.59	121.44
ROLL, OAT BRAN	1.38oz	102.98	3.48	16.92	0.05	2.99	0.97	23.99	216.74
WHIP, LIME (ESH	4.1OZ/.5C	77.21	1.56	16.32	0	0.88	0.05	8.71	84.45
CONDIMENT, MARGARINE (ESHA	1 TSP	33.94	0.04	0.04	0	3.8	0.01	1.42	44.51
WHIP, LIME, DIET	3.5 OZ	30.76	1.49	4.33	0.22	0.03	23.84	4.59	4.49
Total A Meal Values		690.63	37.69	87.12	9.54	22.29	46.24	423.70	1028.40
A Statistics		31.34%	21.83%	50.46%	63.60%	29.05%	51.38%	35.31%	
Total B Meal Values		647.84	36.78	92.57	11.93	14.91	63.36	423.64	1193.53
B Statistics		29.39%	22.71%	57.16%	79.53%	20.71%	70.40%	35.30%	
Total Diet A Meal Values		644.18	37.62	75.13	9.76	21.44	70.03	419.58	948.44
Diet A Statistics		29.23%	23.36%	46.65%	65.07%	29.95%	77.81%	34.97%	
Total Diet B Meal Values		601.39	36.71	80.58	12.15	14.06	87.15	419.52	1113.57
Diet B Statistics		27.29%	24.42%	53.60%	81.00%	21.04%	96.83%	34.96%	

	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	C mg	Ca+ mg	Na+ mg
A 4 DAY VALUES	2668.33	125.41	333.20	28.53	93.72	193.21	1913.05	4150.94
A ONE DAY WEEKLY AVERAGE	667.082	31.3513	83.3004	7.13295	23.4312	48.30345	478.262	1037.74
A PERCENT DRIA AVERAGE				47.55%		53.67%	39.86%	
A CALORIE BREAKDOWN		18.80%	49.95%		31.61%			
B 4 DAY VALUES	2782.42	141.61	351.88	29.42	93.66	264.51	2268.64	4186.54
B ONE DAY WEEKLY AVERAGE	695.604	35.4013	87.9704	7.35545	23.4162	66.12845	567.159	1046.64
B PERCENT DRIA AVERAGE				49.04%		73.48%	47.26%	
B CALORIE BREAKDOWN		20.36%	50.59%		30.30%			
Diet A 4 DAY VALUES	2665.95	125.73	337.43	29.55	89.00	228.83	1923.96	3947.46
Diet A ONE DAY WEEKLY AVERAGE	666.487	31.4313	84.3579	7.38795	22.2512	57.20845	480.989	986.866
Diet A PERCENT DRIA AVERAGE				49.25%		63.56%	40.08%	
Diet A CALORIE BREAKDOWN		18.86%	50.63%		30.05%			
Diet B 4 DAY VALUES	2780.04	141.93	356.11	30.44	88.94	300.13	2279.55	3983.06
Diet B ONE DAY WEEKLY AVERAGE	695.009	35.4813	89.0279	7.61045	22.2362	75.03345	569.887	995.766
Diet B PERCENT DRIA AVERAGE				50.74%		83.37%	47.49%	
Diet B CALORIE BREAKDOWN		20.42%	51.24%		28.79%			

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MENU ITEM	PORTION SIZE	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	C mg	Ca+ mg	Na+ mg
		600	17	43	7	0.3	30	400	1050
12/31		850	Daily	Daily	Weekly	Weekly	Weekly	Weekly	Weekly
MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
BEEF, MEATBALLS SWEDISH (O	4.15 oz	188.24	14.68	6.98	0.94	11.111	1.55	54.48	300.83
CHICKEN, ITALIAN HERB PATTY	2.13 oz /	172.72	8.94	7.81	0.21	11.76	0.01	11.71	319.31
GRAVY, POULTRY-2 (ESHA)	2 oz.	19.01	0.26	4	0.08	0.15	0.03	1.83	94.4
PEAS, GREEN ESHA)	3.75oz/.5C	82.93	5.48	15.16	5.85	0.29	10.53	25.52	76.55
CABBAGE & CARROTS, STEAMED	1/3 CUP	16.0248	0.5544	3.2868	1.3596	0.3036	9.3258	19.9188	13.6026
ROLL, WHOLE WHEAT (SYSCO BR	1.75 OZ	55	2.5	25	0	0.75	0.06	40	100
CAKE, W/FROSTING	2.64 OZ.	291.42	3.19	43.71	0.52	8.28	0	61.88	207.59
CAKE, SPLENDA YELLOW	2.05 oz.	176.72	4.69	21.89	0.51	7.81	0.41	103.79	252.5
Total A Meal Values		736.09	34.62	106.32	8.67	23.10	21.47	492.16	805.93
A Statistics		33.40%	18.82%	57.77%	57.80%	28.25%	23.85%	41.01%	
Total B Meal Values		739.58	29.14	111.15	8.02	23.90	19.96	451.22	918.81
B Statistics		33.56%	15.76%	60.11%	53.46%	29.09%	22.17%	37.60%	
Total Diet A Meal Values		621.39	36.12	84.50	8.66	22.63	21.88	534.07	850.84
Diet A Statistics		28.19%	23.25%	54.39%	57.73%	32.78%	24.31%	44.51%	
Total Diet B Meal Values		624.88	30.64	89.33	8.01	23.43	20.37	493.13	963.72
Diet B Statistics		28.35%	19.62%	57.18%	53.40%	33.75%	22.63%	41.09%	