

NWSDS				DATE:>> January 2019- Hot Menu Final									
UNIT NUM	DATE	PORTION	CAL	PRO	CARBS	Fiber	Fat	C mg	Ca+ mg	Na+			
20251	RECNU	Start Date	Start Day	Calendar Da	SIZE	KCAL	Grams	CHO				mg MAX	
ates to Run		1/1/19	2	31		600	17	43	7	30%	30	400	1050
DATE	DATE>>					850	Daily	Daily	Weekly	Weekly	Weekly	Weekly	Weekly
DATE	DATE>	1/1											
DATE	DATE>	1/2											
MILK	3540	MILK, 1 % (ESHA)			8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
ENTREE A	533	TURKEY, HAM & LIMA BEANS (7.356 oz/ 1	223.09	15.51	35.84	9.02	2.2	1.25	48.99	581.96
ENTREE B	343	VEGETARIAN, PASTA PRIMAVER			1c/ 7 oz	262.97	14.92	25.59	1.93	11.06	9.72	394.95	357.92
VEGGIE 1	1798	SPINACH, SEASONED (ESHA) 1/			1/3 cup	38.45	2.57	3.3	2.36	2.31	1.52	97.57	82.06
VEGGIE 2	2589	SALAD, CARROT RAISIN ENP-SI			3.2oz/.5c	91.81	1.05	15.49	2.08	3.36	4.01	32.73	166.3
BREAD	4617	ROLL, OATMEAL			1.38oz	106.69	3.32	16.88	0.15	2.99	0.09	22.45	215.32
DESSERT	3287	CAKE, GINGERBREAD APPLESAU			2.8 oz	213.47	3.69	31.28	1	8.33	4.09	34.31	261.39
DIET SUB	3043	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						775.99	34.36	114.97	14.61	21.56	10.96	526.41	1414.39
A Statistics						35.21%	17.71%	59.26%	97.40%	25.01%	12.18%	43.87%	
Total B Meal Values						815.87	33.77	104.72	7.52	30.42	19.43	872.37	1190.35
B Statistics						37.02%	16.56%	51.34%	50.13%	33.56%	21.59%	72.70%	
Total Diet A Meal Values						739.24	35.36	105.58	14.12	21.04	7.28	595.89	1405.50
Diet A Statistics						33.54%	19.13%	57.13%	94.13%	25.62%	8.09%	49.66%	
Total Diet B Meal Values						779.12	34.77	95.33	7.03	29.90	15.75	941.85	1181.46
Diet B Statistics						35.35%	17.85%	48.94%	46.87%	34.54%	17.50%	78.49%	

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DATE	DATE>	RECNU	MENU ITEM	PORTION	CAL	PRO	CARBS	Fiber	Fat	C mg	Ca+ mg	Na+		
				SIZE	KCAL	Grams	CHO					mg MAX		
					600	17	43	7	0.3	30	400	1050		
						850	Daily	Daily	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly
DATE	DATE>	1/3												
MILK	3540	MILK, 1 % (ESHA)			8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36	
ENTREE A	555	CHICKEN, SPAGHETTI (2oz) (OR			7.54 oz/ 1c	212.53	15.77	20.85	2.47	7.57	11.15	188.85	612.84	
ENTREE B	491	BEEF, ENCHILADA CASSEROLE (7.5oz/1c 5x	303.22	18.9	13.46	1.79	19.15	4.23	240.79	538.87	
VEGGIE 1	1791	MIXED VEGETABLES (ESHA) (FM			1/3 CUP	45.4872	1.98	5.8542	2.6928	0.363	3.6762	17.4174	27.8916	
VEGGIE 2	2635	SALAD, TOSSED (ESHA)			1.5OZ/.5C	7.56	0.39	1.65	0.65	0.06	4.52	9.99	9.08	
BREAD	4632	ROLL, Whole Wheat			1.5 oz.	110	5	32.84	3.18	1.5	0.12	34.24	126.78	
DESSERT	3203	PUDDING, FORTIFIED LEMON			5.4oz/.5cup	143.49	0.52	24.13	1.97	6.22	34.96	157.3	224.09	
ACCOMP	4025	DRESSING, ITALIAN FAT-FREE (E			5.296 oz.	7.06	0.15	1.31	0.09	0.13	0.06	4.5	169.5	
DIET SUB	3204	PUDDING, FORTIFIED LEMON D			5.4oz/.5cup	143.49	0.52	24.13	1.97	6.22	34.96	157.3	224.09	
Total A Meal Values						628.61	32.03	98.81	11.05	18.21	54.49	702.66	1277.54	
A Statistics						28.52%	20.38%	62.88%	73.69%	26.08%	60.54%	58.55%		
Total B Meal Values						719.30	35.16	91.42	10.37	29.79	47.57	754.60	1203.57	
B Statistics						32.64%	19.55%	50.84%	69.15%	37.28%	52.85%	62.88%		
Total Diet A Meal Values						628.61	32.03	98.81	11.05	18.21	54.49	702.66	1277.54	
Diet A Statistics						28.52%	20.38%	62.88%	73.69%	26.08%	60.54%	58.55%		
Total Diet B Meal Values						719.30	35.16	91.42	10.37	29.79	47.57	754.60	1203.57	
Diet B Statistics						32.64%	19.55%	50.84%	69.15%	37.28%	52.85%	62.88%		

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MILK	3540	MILK, 1 % (ESHA)	8.00Z/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
ENTREE A	518	TURKEY, PASTA SALAD (2 oz)	(8.27 oz/ 1 c	186.6	17.6	21.48	1.31	2.45	27.83	31.51	263.23
ENTREE B	461	CHICKEN, SALAD MINI GARDEN	1/2 c	104.65	18.09	2.27	0.64	2.11	9.84	35.06	71.36
STARCH	2651	SALAD, SPINACH ROMAINE ENP	1 cup	7.44	0.72	1.32	0.82	0.13	9.85	22.6	13.73
VEGGIE 1	1796	SOUP, SAUSAGE and KALE (ESH	8 oz/1 cup	150.12	7.81	14.86	2.88	6.65	30.7	65.66	394.1
VEGGIE 2	4612	ROLL, HERB FRENCH (ESHA) (E	1.75 oz	172.95	5.76	34.65	1.16	0.83	0	8.03	14.37
BREAD	2520	CANNED, MANDARIN ORANGES	.5 CUP	46.06	0.77	11.91	0.87	0.04	42.58	13.69	6.22
DESSERT	4027	DRESSING, RANCH FAT FREE (ES	0.5296OZ	17.87	0.04	3.98	0.02	0.29	0	7.51	113.35
DIET SUB	2520	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				683.52	40.92	100.38	7.06	12.76	110.96	439.36	912.36
A Statistics				31.01%	23.95%	58.74%	47.07%	16.80%	123.29%	36.61%	
Total B Meal Values				601.57	41.41	81.17	6.39	12.42	92.97	442.91	720.49
B Statistics				27.29%	27.53%	53.97%	42.60%	18.58%	103.30%	36.91%	
Total Diet A Meal Values				711.71	41.65	108.31	7.91	12.51	153.54	445.54	805.23
Diet A Statistics				32.29%	23.41%	60.87%	52.73%	15.82%	170.60%	37.13%	
Total Diet B Meal Values				629.76	42.14	89.10	7.24	12.17	135.55	449.09	613.36
Diet B Statistics				28.57%	26.77%	56.59%	48.27%	17.39%	150.61%	37.42%	

Week 1 Average

	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	C mg	Ca+ mg	Na+ mg MAX
A 3 DAY VALUES	2088.12	107.31	314.16	32.72	52.53	176.41	1668.43	3604.29
A ONE DAY WEEKLY AVERAGE	696.0391	35.77	104.7214	10.9076	17.511	58.80207	556.1425	1201.431
A PERCENT DRIA AVERAGE				72.72%		65.34%	46.35%	
A CALORIE BREAKDOWN		20.56%	60.18%		22.64%			
B 3 DAY VALUES	2136.74	110.34	277.31	24.28	72.63	159.97	2069.88	3114.41
B ONE DAY WEEKLY AVERAGE	712.2457	36.78	92.43807	8.094267	24.211	53.32207	689.9591	1038.137
B PERCENT DRIA AVERAGE				53.96%		59.25%	57.50%	
B CALORIE BREAKDOWN		20.66%	51.91%		30.59%			
Diet A 3 DAY VALUES	2079.56	109.04	312.70	33.08	51.76	215.31	1744.09	3488.27
Diet A ONE DAY WEEKLY AVERAGE	693.1857	36.34667	104.2347	11.0276	17.25433	71.76873	581.3625	1162.757
Diet A PERCENT DRIA AVERAGE				73.52%		79.74%	48.45%	
Diet A CALORIE BREAKDOWN		20.97%	60.15%		22.40%			
Diet B 3 DAY VALUES	2128.18	112.07	275.85	24.64	71.86	198.87	2145.54	2998.39
Diet B ONE DAY WEEKLY AVERAGE	709.3924	37.35667	91.9514	8.214267	23.95433	66.28873	715.1791	999.4639
Diet B PERCENT DRIA AVERAGE				54.76%		73.65%	59.60%	
Diet B CALORIE BREAKDOWN		21.06%	51.85%		30.39%			

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				600	17	43	7	0.3	30	400	1050
DATE	DATE>	1/7		850	Daily	Daily	Weekly	Weekly	Weekly	Weekly	Weekly
MILK	3540	MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
ENTREE A	189	CHICKEN, TETRAZZINI (2oz.)	(7.75 oz/ 1 c	214.78	15.75	26.64	1.75	4.14	6.75	102.24	406.67
ENTREE B	487	BEEF,CABBAGE BAKE (ENP-E234)	1slc/9 oz	239.17	16.16	19.95	3.7	10.52	24.67	109.06	254
VEGGIE 1	1762	CARROTS, GLAZED (ESHA) HV8	1/3 CUP	52.7736	0.3432	4.9434	1.7424	3.7224	1.2276	20.4072	70.8444
VEGGIE 2	2652	Salad, Broccoli marinated (ESHA) FN	1/2 cup	106.44	1.2	12.84	1.47	5.79	28.1	25.16	53.63
BREAD	4609	BREAD, FRENCH w/ oil (ESHA)	1.86 oz	123.64	4.22	23.86	0.89	1.01	1.53	17.2	180.5
DESSERT	3212	PUDDING, RICE" CUSTARD"	5.00OZ1/2	194.79	9.58	31.36	0	3.38	1.18	201.69	175.75
DIET SUB	3199	PUDDING, CHOCOLATE DIET	4.8OZ/.5C	167.85	2.72	36.75	0	2.27	0.31	77.12	430.96
Total A Meal Values				794.90	39.31	111.82	5.85	20.41	38.79	657.06	994.75
A Statistics				36.07%	19.78%	56.27%	39.02%	23.11%	43.10%	54.75%	
Total B Meal Values				819.29	39.72	105.13	7.80	26.79	56.71	663.88	842.08
B Statistics				37.17%	19.39%	51.33%	52.02%	29.43%	63.01%	55.32%	
Total Diet A Meal Values				767.96	32.45	117.21	5.85	19.30	37.92	532.49	1249.96
Diet A Statistics				34.84%	16.90%	61.05%	39.02%	22.62%	42.13%	44.37%	
Total Diet B Meal Values				792.35	32.86	110.52	7.80	25.68	55.84	539.31	1097.29
Diet B Statistics				35.95%	16.59%	55.79%	52.02%	29.17%	62.04%	44.94%	

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MILK	3540	MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
ENTREE A	82	BEEF, STEW COWBOY CAMPFIRE	1 cup/ 8 oz	273.86	20.23	32.76	6.72	7.89	3.95	92.51	677.53
ENTREE B	564	TURKEY POT PIE	1 cup	194.89	20.78	21.17	2.9	2.63	7.86	112.26	243.45
VEGGIE 1	1714	BEANS, GREEN FROZEN-O (ESHA)	1/3 CUP	12.573	0.6666	2.8974	1.3464	0.0792	1.8414	22.0044	4.0392
VEGGIE 2	2634	SALAD, SPINACH ROMAINE w/(C)	1.3oz/.5cup	8.65	0.61	1.73	0.79	0.1	9.78	20.3	16.83
BREAD	4503	BISCUIT, BAKING POWDER (ESHA)	49.89g	139.7	3.36	18.6	0.59	5.67	0.21	123.78	258.61
DESSERT	3004	BAR, BUTTERSCOTCH	1.55 oz	187.08	2.44	24.35	0.61	9.35	0.11	49.13	155.83
ACCOMP	4030	DRESSING, THOUSAND LO CAL (D)	1.5296 oz.	30.63	0.13	3.33	0.2	1.97	0	2.4	124.76
DIET SUB	3080	COOKIE, SPLENDA CHOCOALTE	1.33 oz.	183.79	2.16	20.75	0.55	10.22	0	22.39	69.05
Total A Meal Values				754.97	35.66	95.85	10.26	27.43	15.89	600.48	1344.96
A Statistics				34.25%	18.89%	50.78%	68.38%	32.70%	17.66%	50.04%	
Total B Meal Values				676.00	36.21	84.26	6.44	22.17	19.80	620.23	910.88
B Statistics				30.67%	21.42%	49.86%	42.91%	29.52%	22.00%	51.69%	
Total Diet A Meal Values				751.68	35.38	92.25	10.20	28.30	15.78	573.74	1258.18
Diet A Statistics				34.11%	18.83%	49.09%	67.98%	33.88%	17.53%	47.81%	
Total Diet B Meal Values				672.71	35.93	80.66	6.38	23.04	19.69	593.49	824.10
Diet B Statistics				30.52%	21.36%	47.96%	42.51%	30.82%	21.88%	49.46%	

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MILK	3540	MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
ENTREE A	517	TURKEY, SALAD SANDWICH (Hal	4.12oz/ 1/2	177.43	12.44	4.76	0.74	11.71	2.48	22.49	257.53
ENTREE B	520	EGG, SALAD (OR uses) (EN	3.99 oz/ 1/2	172.83	10.38	3.32	0.36	12.72	0.63	48.51	220.32
VEGGIE 1	1802	SOUP CREAM OF BROCCOLI	1 cup	213.77	9.25	16.44	1.15	12.34	16.46	285.61	198.46
VEGGIE 2	2648	SLAW, COLE w/ Vinegar HV109A	4 OZ/.5C	83.51	1.04	20.28	2.03	0.08	29.66	33.65	174.84
BREAD	4548	BREAD, Whole Wheat #2 (ESHA)	1 each	127.88	3.86	23.64	2.76	2.48	0	15.18	159.16
DESSERT	2538	CANNED, PINEAPPLE TIDBITS-JU	4.3 OZ	74.7	0.52	19.55	1	0.1	11.83	17.43	1.24
DIET SUB	2538	CANNED, PINEAPPLE TIDBITS-JU	4.3 OZ	74.7	0.52	19.55	1	0.1	11.83	17.43	1.24
Total A Meal Values				779.77	35.33	96.85	7.68	29.08	60.43	664.72	898.59
A Statistics				35.38%	18.12%	49.68%	51.20%	33.56%	67.14%	55.39%	
Total B Meal Values				775.17	33.27	95.41	7.30	30.09	58.58	690.74	861.38
B Statistics				35.17%	17.17%	49.23%	48.67%	34.94%	65.09%	57.56%	
Total Diet A Meal Values				779.77	35.33	96.85	7.68	29.08	60.43	664.72	898.59
Diet A Statistics				35.38%	18.12%	49.68%	51.20%	33.56%	67.14%	55.39%	
Total Diet B Meal Values				775.17	33.27	95.41	7.30	30.09	58.58	690.74	861.38
Diet B Statistics				35.17%	17.17%	49.23%	48.67%	34.94%	65.09%	57.56%	

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					600	17	43	7	0.3	30	400	1050
					850	Daily	Daily	Weekly	Weekly	Weekly	Weekly	Weekly
MILK	3543		MILK, 2 % (ESHA)	8.0OZ	122	8.05	11.42	0	4.81	0.49	285.48	100.04
ENTREE A	81		BEEF, STEW (ESHA) (ENP-E2300)	10 oz/1 cup	192.77	22.01	16.67	3.01	4.51	12.03	52.8	365.4
ENTREE B	349		TURKEY, ALFREDO BAKE (2oz)	9.0 oz/1C	283.21	22.47	37.36	0.39	4.12	1.05	41.74	289.84
VEGGIE 1	1797		PEAS, GREEN (ESHA) 1/3 CUP	1/3 cup	41.56	2.74	7.6	2.4	0.14	5.27	12.79	38.36
VEGGIE 2	2607		SALAD, GARDEN VEGETABLE (2.07OZ/.5C	7.41	0.55	1.49	0.73	0.09	9.59	13.24	5.87
BREAD	4612		ROLL, HERB FRENCH (ESHA) (E	1.75 oz	172.95	5.76	34.65	1.16	0.83	0	8.03	14.37
DESSERT	2510		APPLESAUCE, SPICED (4 oz./5 c	58.92	0.19	15.43	1.4	0.06	23.41	4.68	2.22
ACCOMP	4020		DRESSING, FRENCH (ESHA)	1 pkt.	56.21	0.09	1.92	0	5.51	0	2.95	102.83
ACCOMP	4012		CONDIMENT, MARGARINE (ESH	1 TSP	33.94	0.04	0.04	0	3.8	0.01	1.42	44.51
DIET SUB	2510		APPLESAUCE, SPICED (4 oz./5 c	58.92	0.19	15.43	1.4	0.06	23.41	4.68	2.22
Total A Meal Values					685.76	39.43	89.22	8.70	19.75	50.80	381.39	673.60
A Statistics					31.11%	23.00%	52.04%	58.00%	25.92%	56.44%	31.78%	
Total B Meal Values					776.20	39.89	109.91	6.08	19.36	39.82	370.33	598.04
B Statistics					35.22%	20.56%	56.64%	40.53%	22.45%	44.24%	30.86%	
Total Diet A Meal Values					685.76	39.43	89.22	8.70	19.75	50.80	381.39	673.60
Diet A Statistics					31.11%	23.00%	52.04%	58.00%	25.92%	56.44%	31.78%	
Total Diet B Meal Values					776.20	39.89	109.91	6.08	19.36	39.82	370.33	598.04
Diet B Statistics					35.22%	20.56%	56.64%	40.53%	22.45%	44.24%	30.86%	

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MILK	3540	MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
ENTREE A	538	CHICKEN, ITALIAN HERB PATTY	2.13 oz /	172.72	8.94	7.81	0.21	11.76	0.01	11.71	319.31
SAUCE A	4051	GRAVY, POULTRY-2 (ESHA)	2 oz.	19.01	0.26	4	0.08	0.15	0.03	1.83	94.4
ENTREE B	535	TURKEY, MEATLOAF (OR uses)	4.2 oz	154.21	17.93	4.87	0.78	6.95	1.37	33.93	319.12
SAUCE B	4037	GRAVY, BROWN w/BASE-2oz (ESHA)	2 oz	19.45	0.57	3.86	0.17	0.16	0.46	3.42	230
VEGGIE 1	2137	POTATOES, LYONNAISE (ESHA)	1/3 CUP	65.505	1.8876	11.0088	0.792	1.6368	5.4978	40.029	91.8192
VEGGIE 2	1763	CARROTS, HERBED (ESHA) BSA	1/3 CUP	32.2674	0.3828	4.4946	1.914	1.6104	1.4322	25.3836	47.7114
BREAD	4534	BREAD, RYE (ESHA)	1 sl/29 g	82.36	2.73	15.4	1.86	1.04	0.06	23.2	210.25
DESSERT	3058	COBBLER, PEAR (ESHA)	5.89 oz/.5	183.49	1.2	40.57	2.27	2.54	2.8	39.94	143.33
DIET SUB	3059	COBBLER, PEAR SPLENDA	5oz./.5 cup	146.05	1.07	30.31	1.83	2.61	21.17	30.86	141.78
Total A Meal Values				657.83	23.62	95.46	7.13	21.11	9.83	432.45	1014.18
A Statistics				29.85%	14.36%	58.05%	47.51%	28.88%	10.92%	36.04%	
Total B Meal Values				639.76	32.92	92.38	7.79	16.31	11.62	456.26	1149.59
B Statistics				29.03%	20.58%	57.76%	51.91%	22.94%	12.91%	38.02%	
Total Diet A Meal Values				620.39	23.49	85.20	6.69	21.18	28.20	423.37	1012.63
Diet A Statistics				28.15%	15.15%	54.94%	44.57%	30.72%	31.33%	35.28%	
Total Diet B Meal Values				602.32	32.79	82.12	7.35	16.38	29.99	447.18	1148.04
Diet B Statistics				27.33%	21.78%	54.54%	48.97%	24.47%	33.32%	37.27%	

Week 2 Average

	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	C mg	Ca+ mg	Na+ mg MAX
A 5 DAY VALUES	3673.24	173.35	489.20	39.61	117.78	175.74	2736.10	4926.08
A ONE DAY WEEKLY AVERAGE	734.6478	34.67004	97.84084	7.92296	23.55576	35.1478	547.2208	985.2168
A PERCENT DRIA AVERAGE				52.82%		39.05%	45.60%	
A CALORIE BREAKDOWN		18.88%	53.27%		28.86%			
B 5 DAY VALUES	3686.43	182.01	487.09	35.40	114.72	186.53	2801.44	4361.97
B ONE DAY WEEKLY AVERAGE	737.2858	36.40204	97.41884	7.08096	22.94376	37.3058	560.2888	872.3948
B PERCENT DRIA AVERAGE				47.21%		41.45%	46.69%	
B CALORIE BREAKDOWN		19.75%	52.85%		28.01%			
Diet A 5 DAY VALUES	3605.57	166.08	480.73	39.11	117.61	193.13	2575.71	5092.96
Diet A ONE DAY WEEKLY AVERAGE	721.1138	33.21604	96.14684	7.82296	23.52176	38.6258	515.1428	1018.593
Diet A PERCENT DRIA AVERAGE				52.15%		42.92%	42.93%	
Diet A CALORIE BREAKDOWN		18.42%	53.33%		29.36%			
Diet B 5 DAY VALUES	3618.76	174.74	478.62	34.90	114.55	203.92	2641.05	4528.85
Diet B ONE DAY WEEKLY AVERAGE	723.7518	34.94804	95.72484	6.98096	22.90976	40.7838	528.2108	905.7708
Diet B PERCENT DRIA AVERAGE				46.54%		45.32%	44.02%	
Diet B CALORIE BREAKDOWN		19.31%	52.90%		28.49%			

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DATE	DATE>	RECNU MENU ITEM	PORTION SIZE	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	C mg	Ca+ mg	Na+ mg MAX
				600	17	43	7	0.3	30	400	1050
DATE	DATE>	1/14		850	Daily	Daily	Weekly	Weekly	Weekly	Weekly	Weekly
MILK	3540	MILK, 1% (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
ENTREE A	470	SAUSAGE, ITALIAN FOR SAND. (E	1/2 c	230.81	13.83	9.34	1.33	13.22	24.33	52.6	462.17
ENTREE B	527	CHICKEN, PARMESAN (OR uses)	4.41 oz	164.63	27.43	3.67	0.43	3.75	1.9	41.44	192.91
VEGGIE 1	1741	BLEND, ITALIAN (ESHA) scrat	1/3 CUP	26.8158	1.3926	5.3526	2.1384	0.2574	6.6594	19.2786	18.8364
VEGGIE 2	2627	SALAD, POTATO HOT GERMAN (D	3.9 oz/.5 cu	113.39	1.93	19.33	0.52	2.94	1.6	8.19	55.55
BREAD	4609	BREAD, FRENCH w/ oil (ESHA)	1.86 oz	123.64	4.22	23.86	0.89	1.01	1.53	17.2	180.5
DESSERT	3125	FRESH, FRUIT	.5 CUP	52.32	0.75	13.82	1.45	0.38	23.11	16.58	1.96
ACCOMP	4012	CONDIMENT, MARGARINE (ESH)	1 TSP	33.94	0.04	0.04	0	3.8	0.01	1.42	44.51
DIET SUB	3125	FRESH, FRUIT	.5 CUP	52.32	0.75	13.82	1.45	0.38	23.11	16.58	1.96
Total A Meal Values				683.40	30.38	83.92	6.33	23.98	57.24	405.63	870.89
A Statistics				31.01%	17.78%	49.12%	42.19%	31.58%	63.60%	33.80%	
Total B Meal Values				617.22	43.98	78.25	5.43	14.51	34.81	394.47	601.63
B Statistics				28.00%	28.50%	50.71%	36.19%	21.15%	38.68%	32.87%	
Total Diet A Meal Values				683.40	30.38	83.92	6.33	23.98	57.24	405.63	870.89
Diet A Statistics				31.01%	17.78%	49.12%	42.19%	31.58%	63.60%	33.80%	
Total Diet B Meal Values				617.22	43.98	78.25	5.43	14.51	34.81	394.47	601.63
Diet B Statistics				28.00%	28.50%	50.71%	36.19%	21.15%	38.68%	32.87%	

DATE	DATE>	1/15									
MILK	3540	MILK, 1% (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
ENTREE A	293	TURKEY, DIVAN CASSEROLE (2o	8.95 oz/ 1 c	241.26	19.75	24.4	2.87	6.88	24.35	211.88	390.03
ENTREE B	482	CHICKEN, SANTA FE AND LENTIL	1 cup/8 oz	244.54	23.15	20.49	4.22	8.27	12.95	109.94	136.42
VEGGIE 1	1797	PEAS, GREEN (ESHA) 1/3 CUP	1/3 cup	41.56	2.74	7.6	2.4	0.14	5.27	12.79	38.36
VEGGIE 2	1736	BEETS, PICKLED-O (ESHA) 1/3 cu	1/3 CUP	35.7456	0.4884	8.5404	0.7524	0.066	1.9998	12.672	87.6612
BREAD	4610	ROLL, DILL	1.38oz	101.69	3.09	17.37	2.08	1.94	0.45	23.91	212.6
DESSERT	3300	WHIP, ORANGE GELATIN (ESHA)	1/2 c/ 4.9 o	164.96	1.95	24.97	0.14	6.8	9.02	5.68	102.64
ACCOMP	4012	CONDIMENT, MARGARINE (ESH)	1 TSP	33.94	0.04	0.04	0	3.8	0.01	1.42	44.51
DIET SUB	3303	WHIP, ORANGE, DIET	3.5 OZ	43.76	1.49	4.33	0.22	0.03	23.84	4.59	4.49
Total A Meal Values				721.64	36.28	95.10	8.24	22.00	41.10	558.71	983.16
A Statistics				32.74%	20.11%	52.71%	54.95%	27.43%	45.67%	46.56%	
Total B Meal Values				724.92	39.68	91.19	9.59	23.39	29.70	456.77	729.55
B Statistics				32.89%	21.89%	50.32%	63.95%	29.03%	33.00%	38.06%	
Total Diet A Meal Values				600.44	35.82	74.46	8.32	15.23	55.92	557.62	885.01
Diet A Statistics				27.24%	23.86%	49.60%	55.48%	22.82%	62.13%	46.47%	
Total Diet B Meal Values				603.72	39.22	70.55	9.67	16.62	44.52	455.68	631.40
Diet B Statistics				27.39%	25.98%	46.74%	64.48%	24.77%	49.47%	37.97%	

DATE	DATE>	1/16										
MILK	3540	MILK, 1 % (ESHA)	8.00Z/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36	
ENTREE A	513	VEGETARIAN, STRATA SPINACH	6.58 oz/ 1 s	241.37	18.14	16.9	1.34	11.5	2.22	411.42	410.6	
ENTREE B	498	PORK, SAUSAGE Gravy Entrée (ENI	7.33oz/1cu	223.77	15.13	19.85	0.38	8.92	1.28	246.89	340.99	
VEGGIE 1	1752	BROCCOLI, CUTS FROZEN-O (ES	1/3 CUP	17.4966	1.9404	3.3462	1.8744	0.0726	25.0602	20.625	6.8772	
VEGGIE 2	2631	SALAD, ROMAINE ICEBERG w/ carr	1.3oz./1.5c	7.63	0.39	1.65	0.67	0.07	6.91	11.12	9.01	
BREAD	4669	BISCUIT, Whole Grain Pillsbury (Ma	1 oz	110	3	15	2	5	0	40	250	
DESSERT	3032	CAKE, COFFEE CAKE W/ICING	1.78oz	213.74	2.9	31.93	0.55	8.47	0.06	54.77	222.88	
ACCOMP	4028	DRESSING, RANCH STYLE (ESHA	5.296 OZ.	72.67	0.15	1	0.11	7.72	0.51	4.65	122.51	
DIET SUB	3043	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				765.39	34.74	82.01	6.54	35.20	34.76	832.95	1129.24	
A Statistics				34.73%	18.16%	42.86%	43.63%	41.39%	38.62%	69.41%		
Total B Meal Values				747.79	31.73	84.96	5.58	32.62	33.82	668.42	1059.63	
B Statistics				33.93%	16.97%	45.44%	37.23%	39.26%	37.58%	55.70%		
Total Diet A Meal Values				728.37	36.53	71.97	6.50	34.54	35.11	881.97	1158.86	
Diet A Statistics				33.05%	20.06%	39.52%	43.36%	42.68%	39.01%	73.50%		
Total Diet B Meal Values				710.77	33.52	74.92	5.54	31.96	34.17	717.44	1089.25	
Diet B Statistics				32.25%	18.86%	42.16%	36.96%	40.47%	37.97%	59.79%		

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DATE	DATE>	1/17	850	Daily	Daily	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly
MILK	3540	MILK, 1 % (ESHA)	8.00Z/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
ENTREE A	153	CHICKEN, ORIENTAL SHOYU (D	5.0 OZ	220	28.84	14.66	0.16	4.17	0.32	30.04	215.02
ENTREE B	545	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 B	4097	Sauce, Tartar (ESHA) Commercial Br	1.56 oz./1 T	35.05	0.08	2.55	0.04	2.85	0.07	1.38	93.3
VEGGIE 1	2085	Rice, Brown (ESHA)	1/3 Cup	63.33	1.41	13.17	0.82	0.5	0	2.7	3.21
VEGGIE 2	1672	BLEND, Oregon Bean Medley Purch	1/3 c	76.62	2.42	7.9	3.41	4.04	23.32	29.82	42.87
BREAD	4508	BREAD, CORNMEAL	1.15 OZ.	78.21	2.8	15.44	1.5	0.55	0.05	21.32	80.24
DESSERT	3295	CAKE, Tiramisu (ESHA) CEN-D10	2.56 oz/ 1 e	188.49	2.97	29.81	0.52	6.6	0.14	97.42	188.04
DIET SUB	3043	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				729.13	46.66	93.16	6.41	18.23	23.83	471.66	636.74
A Statistics				33.08%	25.60%	51.11%	42.73%	22.50%	26.48%	39.31%	
Total B Meal Values				655.46	37.78	84.88	6.59	18.15	24.13	512.72	637.25
B Statistics				29.74%	23.06%	51.80%	43.93%	24.92%	26.81%	42.73%	
Total Diet A Meal Values				717.36	48.38	85.24	6.40	19.44	24.10	478.03	701.20
Diet A Statistics				32.55%	26.98%	47.53%	42.67%	24.39%	26.78%	39.84%	
Total Diet B Meal Values				643.69	39.50	76.96	6.58	19.36	24.40	519.09	701.71
Diet B Statistics				29.21%	24.55%	47.82%	43.87%	27.07%	27.11%	43.26%	

DATE DATE> 1/18

MILK	3540	MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
ENTREE A	530	TURKEY, ROASTED (OR uses)	13 oz	125.35	25.69	0	0	1.77	0	7.67	84.42
SAUCE A	4051	GRAVY, POULTRY-2 (ESHA)	2 oz.	19.01	0.26	4	0.08	0.15	0.03	1.83	94.4
ENTREE B	245	PORK, RIBLET	3.2 OZ	180	16.9	0.5	0.64	14.7	0.45	0.02	230
VEGGIE 1	2156	POTATOES, SWEET WHIPPED HV	1/3 CUP	90.915	1.122	18.183	1.4718	1.5048	10.5468	22.407	53.4798
VEGGIE 2	1720	BEANS, GREEN w/RED PEPPER-O	1/3 CUP	14.2824	0.7326	3.2934	1.4784	0.0924	13.761	22.5786	4.191
BREAD	4548	BREAD, Whole Wheat #2 (ESHA)	1 each	127.88	3.86	23.64	2.76	2.48	0	15.18	159.16
DESSERT	3154	ICE CREAM, CUP	3 oz./5 C	170.94	2.98	20.07	0.6	9.36	0.51	108.86	68.04
DIET SUB	3154	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				650.86	42.86	81.37	6.39	17.73	24.85	468.89	571.05
A Statistics				29.53%	26.34%	50.01%	42.60%	24.51%	27.61%	39.07%	
Total B Meal Values				686.50	33.81	77.87	6.95	30.51	25.27	459.41	622.23
B Statistics				31.15%	19.70%	45.37%	46.33%	40.00%	28.08%	38.28%	
Total Diet A Meal Values				650.86	42.86	81.37	6.39	17.73	24.85	468.89	571.05
Diet A Statistics				29.53%	26.34%	50.01%	42.60%	24.51%	27.61%	39.07%	
Total Diet B Meal Values				686.50	33.81	77.87	6.95	30.51	25.27	459.41	622.23
Diet B Statistics				31.15%	19.70%	45.37%	46.33%	40.00%	28.08%	38.28%	

Week 3 Average

	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	C mg	Ca+ mg	Na+ mg MAX
A 5 DAY VALUES	3550.41	190.93	435.56	33.92	117.13	181.78	2737.83	4191.08
A ONE DAY WEEKLY AVERAGE	710.0811	38.1852	87.11112	6.78308	23.42664	36.35544	547.5662	838.2151
A PERCENT DRIA AVERAGE				45.22%		40.39%	45.63%	
A CALORIE BREAKDOWN		21.51%	49.07%		19.45%			
B 5 DAY VALUES	3431.88	186.99	417.15	34.15	119.17	147.73	2491.78	3650.29
B ONE DAY WEEKLY AVERAGE	686.3751	37.3972	83.42912	6.82908	23.83464	29.54544	498.3562	730.0571
B PERCENT DRIA AVERAGE				45.53%		32.83%	41.53%	
B CALORIE BREAKDOWN		21.79%	48.62%		16.59%			
Diet A 5 DAY VALUES	3380.42	193.98	396.96	33.95	110.91	197.22	2792.13	4187.01
Diet A ONE DAY WEEKLY AVERAGE	676.0831	38.7952	79.39112	6.78908	22.18264	39.44344	558.4262	837.4011
Diet A PERCENT DRIA AVERAGE				45.26%		43.83%	46.54%	
Diet A CALORIE BREAKDOWN		22.95%	46.97%		8.88%			
Diet B 5 DAY VALUES	3261.89	190.04	378.55	34.18	112.95	163.17	2546.08	3646.22
Diet B ONE DAY WEEKLY AVERAGE	652.3771	38.0072	75.70912	6.83508	22.59064	32.63344	509.2162	729.2431
Diet B PERCENT DRIA AVERAGE				45.57%		36.26%	42.43%	
Diet B CALORIE BREAKDOWN		23.30%	46.42%		5.50%			

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DATE	RECNU	MENU ITEM	PORTION SIZE	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	C mg	Ca+ mg	Na+ mg MAX
				600	17	43	7	0.3	30	400	1050
DATE	DATE>	1/21		850	Daily	Daily	Weekly	Weekly	Weekly	Weekly	Weekly

DATE DATE> 1/22

MILK	3540	MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
ENTREE A	380	CHICKEN, Southwestern Spice (ESHA)	5 oz	213.16	27.19	6.67	1.11	8.18	20.4	40.41	137.57
ENTREE B	516	BEEF, STEAK WESTERN BREADE	4.33 oz	270.88	21.53	15.54	0.82	12.94	0.21	91.26	200.78
SAUCE B	4039	GRAVY, COUNTRY (ESHA)	2.4 oz.	78.84	2.95	7.32	0.09	4.2	0.53	94.82	113.67
VEGGIE 1	2138	POTATOES, MASHED - LA (ESHA)	1/3 CUP	98.1486	2.9436	18.2292	1.221	0.9504	24.255	91.4232	116.1336
VEGGIE 2	1738	BLEND, CAPRI (ESHA)	1/3 CUP	17.2326	0.7392	3.7488	1.4256	0.1848	2.8182	18.1632	10.4808
BREAD	4548	BREAD, Whole Wheat #2 (ESHA)	1 each	127.88	3.86	23.64	2.76	2.48	0	15.18	159.16
DESSERT	2528	CANNED, PEACHES LS (ESHA)	4.5OZ/.5	67.77	0.56	18.26	1.63	0.04	3.01	3.76	6.27
DIET SUB	2528	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				626.67	43.51	82.73	8.15	14.21	50.48	459.30	536.97
A Statistics				28.43%	27.77%	52.80%	54.31%	20.40%	56.09%	38.27%	
Total B Meal Values				763.23	40.80	98.92	7.95	23.17	30.82	604.97	713.85
B Statistics				34.63%	21.38%	51.84%	52.98%	27.32%	34.25%	50.41%	
Total Diet A Meal Values				626.67	43.51	82.73	8.15	14.21	50.48	459.30	536.97
Diet A Statistics				28.43%	27.77%	52.80%	54.31%	20.40%	56.09%	38.27%	
Total Diet B Meal Values				763.23	40.80	98.92	7.95	23.17	30.82	604.97	713.85
Diet B Statistics				34.63%	21.38%	51.84%	52.98%	27.32%	34.25%	50.41%	

DATE DATE> 1/23

MILK	3540	MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
ENTREE A	245	PORK, RIBLET	3.2 OZ	180	16.9	0.5	0.64	14.7	0.45	0.02	230
SAUCE A	4047	GRAVY, PORKw/BASE-2 (ESHA)	2 oz.	19.05	0.31	4.03	0.11	0.14	0.18	1.93	99.31
ENTREE B	200	EGG, OMELET PLAIN	3oz/1 ea.	111.41	11.14	6.38	0	4.76	0	14.46	137.78
SAUCE B	4106	Sauce, Western Omelet (ESHA) (our d	2 oz	73.68	5.44	3.21	0.25	4.3	6.23	103.93	332.43
VEGGIE 1	2143	POTATOES, PARSLEY no margar	1/3 CUP	73.3854	1.5906	16.9686	1.5378	0.0858	11.022	5.247	3.6828
VEGGIE 2	1737	BLEND, COUNTRY-TRIO (ESHA)	1/3 CUP	29.7528	0.9966	6.8178	1.914	0.3036	2.2308	20.9946	13.992
BREAD	4617	ROLL, OATMEAL	1.38oz	106.69	3.32	16.88	0.15	2.99	0.09	22.45	215.32
DESSERT	3189	PUDDING, FORTIFIED BUTTERS	5.4oz/.5cup	143.49	0.52	24.13	1.97	6.22	34.96	157.3	224.09
DIET SUB	3190	PUDDING, FORTIFIED BUTTERS	5.4oz/.5cup	143.49	0.52	24.13	1.97	6.22	34.96	157.3	224.09
Total A Meal Values				654.85	31.86	81.51	6.32	26.81	48.93	498.30	893.75
A Statistics				29.71%	19.46%	49.79%	42.15%	36.85%	54.37%	41.53%	
Total B Meal Values				640.89	31.23	86.57	5.82	21.03	54.53	614.74	1034.65
B Statistics				29.08%	19.49%	54.03%	38.81%	29.53%	60.59%	51.23%	
Total Diet A Meal Values				654.85	31.86	81.51	6.32	26.81	48.93	498.30	893.75
Diet A Statistics				29.71%	19.46%	49.79%	42.15%	36.85%	54.37%	41.53%	
Total Diet B Meal Values				640.89	31.23	86.57	5.82	21.03	54.53	614.74	1034.65
Diet B Statistics				29.08%	19.49%	54.03%	38.81%	29.53%	60.59%	51.23%	

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DATE	DATE	RECNU MENU ITEM	PORTION SIZE	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	C mg	Ca+ mg	Na+ mg MAX
				600	17	43	7	0.3	30	400	1050
DATE	DATE>	1/24		850	Daily	Daily	Weekly	Weekly	Weekly	Weekly	Weekly
MILK	3540	MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
ENTREE A	468	BEEF, MEATLOAF Sandwich (SLM)	3.53 oz	188.14	12.16	6.23	0.76	12.58	1.6	31.89	335.29
ENTREE B	484	TURKEY, SAND SHAVED 1/2 (ESH)	2 oz	83.35	17.08	0	0	1.18	0	5.1	56.13
STARCH	2546	Lettuce	1/2 cup	3.3	0.28	0.57	0.39	0.05	1.07	5.23	2.48
VEGGIE 1	1801	SOUP, LENTIL (ESHA) (ENP-C105)	9.6 oz/1 cu	149.05	6.84	20.08	3.2	4.89	4.04	26.89	209.92
VEGGIE 2	2628	SALAD, POTATO with egg CJ8A (3.5oz/.5c	120.13	2.23	18.78	2.38	4.18	10.55	21.5	177.71
BREAD	4548	BREAD, Whole Wheat #2 (ESHA)	1 each	127.88	3.86	23.64	2.76	2.48	0	15.18	159.16
DESSERT	2534	CANNED, PEARS LS (/ESHA)	4.43OZ/.5C	71.53	0.24	19.04	2.01	0.04	0.88	6.27	6.27
ACCOMP	4157	SAUCE DIJONNAISE	1 TB	18	0.5	0.8	0.6	1.5	0	0	100
DIET SUB	2534	CANNED, PEARS LS (/ESHA)	4.43OZ/.5C	71.53	0.24	19.04	2.01	0.04	0.88	6.27	6.27
Total A Meal Values				780.51	34.33	101.32	12.10	28.09	18.14	397.32	1098.19
A Statistics				35.41%	17.59%	51.93%	80.67%	32.39%	20.16%	33.11%	
Total B Meal Values				675.72	39.25	95.09	11.34	16.69	16.54	370.53	819.03
B Statistics				30.66%	23.23%	56.29%	75.60%	22.23%	18.38%	30.88%	
Total Diet A Meal Values				780.51	34.33	101.32	12.10	28.09	18.14	397.32	1098.19
Diet A Statistics				35.41%	17.59%	51.93%	80.67%	32.39%	20.16%	33.11%	
Total Diet B Meal Values				675.72	39.25	95.09	11.34	16.69	16.54	370.53	819.03
Diet B Statistics				30.66%	23.23%	56.29%	75.60%	22.23%	18.38%	30.88%	

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MILK	3540	MILK, 1 % (ESHA)	8.OOZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
ENTREE A	450	TURKEY, MEATBALLS APPLE (ESHA)	4 oz	151.29	16.16	7.04	0.69	6.52	2.26	33.69	156.66
SAUCE A	4115	Glaze, Cider (ESHA) (FMMP ENP-	1 oz	20.6	0.05	5.09	0.13	0.06	7.57	2.93	3.63
ENTREE B	226	HAM, SLICED (Low Na ham)	3.00 OZ	123.32	17.77	1.28	0	4.68	0	6.8	824.11
SAUCE B	4083	Sauce, Mustard for meat	1 oz.	30.52	1.38	3.75	0	1.12	0.39	41.57	76.02
VEGGIE 1	2133	POTATOES, DELMONICO (ESHA)	1/3 CUP	65.9142	1.8084	11.4708	0.8844	1.5114	6.4482	33.7392	169.1844
VEGGIE 2	2651	SALAD, SPINACH ROMAINE ENP-	1 cup	7.44	0.72	1.32	0.82	0.13	9.85	22.6	13.73
BREAD	4607	ROLL, CORNMEAL	1.3 OZ.	90.25	3.23	18.53	0.03	0.63	0.13	5.36	111.44
DESSERT	3274	BROWNIE, Zucchini (ENP-H2303) (2 oz/ 1 ea	181.83	2.85	28.22	1.52	7.33	0.98	11.47	113.44
ACCOMP	4030	DRESSING, THOUSAND LO CAL (1.5296 oz.	30.63	0.13	3.33	0.2	1.97	0	2.4	124.76
DIET SUB	3080	COOKIE, SPLENDA CHOCOALTE	1.33 oz.	183.79	2.16	20.75	0.55	10.22	0	22.39	69.05
Total A Meal Values				650.43	33.17	87.18	4.27	20.52	27.24	402.55	800.20
A Statistics				29.51%	20.40%	53.61%	28.50%	28.40%	30.26%	33.55%	
Total B Meal Values				632.38	36.11	80.08	3.45	19.74	17.80	414.30	1540.04
B Statistics				28.69%	22.84%	50.65%	23.03%	28.10%	19.78%	34.52%	
Total Diet A Meal Values				652.39	32.48	79.71	3.30	23.41	26.26	413.47	755.81
Diet A Statistics				29.60%	19.91%	48.87%	22.03%	32.30%	29.18%	34.46%	
Total Diet B Meal Values				634.34	35.42	72.61	2.48	22.63	16.82	425.22	1495.65
Diet B Statistics				28.78%	22.33%	45.79%	16.56%	32.11%	18.69%	35.43%	

Week 4 Average

	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	C mg	Ca+ mg	Na+ mg MAX
A 4 DAY VALUES	2712.46	142.87	352.74	30.84	89.63	144.79	1757.47	3329.12
A ONE DAY WEEKLY AVERAGE	678.1159	35.7171	88.1838	7.7107	22.4065	36.19855	439.3668	832.2809
A PERCENT DRIA AVERAGE				51.40%		40.22%	36.61%	
A CALORIE BREAKDOWN		21.07%	52.02%		29.74%			
B 4 DAY VALUES	2712.22	147.39	360.66	28.56	80.63	119.69	2004.54	4107.58
B ONE DAY WEEKLY AVERAGE	678.0559	36.8471	90.1638	7.1407	20.1565	29.92355	501.1343	1026.896
B PERCENT DRIA AVERAGE				47.60%		33.25%	41.76%	
B CALORIE BREAKDOWN		21.74%	53.19%		26.75%			
Diet A 4 DAY VALUES	2714.42	142.18	345.27	29.87	92.52	143.81	1768.39	3284.73
Diet A ONE DAY WEEKLY AVERAGE	678.6059	35.5446	86.3163	7.4682	23.129	35.95355	442.0968	821.1834
Diet A PERCENT DRIA AVERAGE				49.79%		39.95%	36.84%	
Diet A CALORIE BREAKDOWN		20.95%	50.88%		30.67%			
Diet B 4 DAY VALUES	2714.18	146.70	353.19	27.59	83.52	118.71	2015.46	4063.19
Diet B ONE DAY WEEKLY AVERAGE	678.5459	36.6746	88.2963	6.8982	20.879	29.67855	503.8643	1015.798
Diet B PERCENT DRIA AVERAGE				45.99%		32.98%	41.99%	
Diet B CALORIE BREAKDOWN		21.62%	52.05%		27.69%			

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DATE	DATE	RECNU MENU ITEM	PORTION SIZE	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	C mg	Ca+ mg	Na+ mg MAX
				600	17	43	7	0.3	30	400	1050
DATE	DATE>	1/28		850	Daily	Daily	Weekly	Weekly	Weekly	Weekly	Weekly
MILK	3540	MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
ENTREE A	106	CHICKEN, BBQ	5.4OZ	289.27	25.4	26.94	0.92	8.57	3.18	28.73	489.32
ENTREE B	509	BEEF, LIVER & ONION w/GRAVY	5.99 oz/ 1 c	145.51	13.58	16.83	1.24	2.36	4.64	19.61	216.4
VEGGIE 1	2129	POTATOES, CHANTILLY (ESHA)	1/3 CUP	88.9218	2.1648	11.1276	0.4224	3.9666	1.518	40.4184	55.2816
VEGGIE 2	1737	BLEND, COUNTRY-TRIO (ESHA)	1/3 CUP	29.7528	0.9966	6.8178	1.914	0.3036	2.2308	20.9946	13.992
BREAD	4527	BREAD, ONION	1.31oz.	133.48	3.08	11.98	1	2.74	0	16.97	127.81
DESSERT	3142	GELATIN, JEWELS	4.0OZ.1/2	67.1	1.7	15.97	0	0	0	0	57.65
ACCOMP	4100	TOPPING, WHIPPED TOP LIFE	1 TBL	11.02	0	0.68	0	0.93	0	0.12	2.08
ACCOMP	4012	CONDIMENT, MARGARINE (ESH)	1 TSP	33.94	0.04	0.04	0	3.8	0.01	1.42	44.51
DIET SUB	3144	GELATIN, JEWELS FORTIFIED	4.1oz/.5 c	54.96	1.2	4.99	0.01	0	19.96	21.29	8.32
Total A Meal Values				755.96	41.60	85.74	4.26	22.68	6.94	399.01	898.00
A Statistics				34.30%	22.01%	45.36%	28.38%	27.00%	7.71%	33.25%	
Total B Meal Values				612.20	29.78	75.63	4.58	16.47	8.40	389.89	625.08
B Statistics				27.78%	19.46%	49.41%	30.51%	24.21%	9.33%	32.49%	
Total Diet A Meal Values				743.82	41.10	74.76	4.27	22.68	26.90	420.30	848.67
Diet A Statistics				33.75%	22.10%	40.20%	28.44%	27.44%	29.89%	35.03%	
Total Diet B Meal Values				600.06	29.28	64.65	4.59	16.47	28.36	411.18	575.75
Diet B Statistics				27.23%	19.52%	43.09%	30.58%	24.70%	31.51%	34.27%	

DATE	DATE>	1/29									
MILK	3540	MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36
ENTREE A	182	CHICKEN, STEW HEARTY (2oz) (E	8.63 oz./1C	201.93	19.49	18.58	2.5	5.45	6.13	42.67	223.42
ENTREE B	490	BEEF, SPANISH RICE CASSEROLE	1 c/8.15 oz	260.3	15.26	24.54	2.04	10.72	12.43	59.02	398.89
VEGGIE 1	1672	BLEND, Oregon Bean Medley Purch	1/3 c	76.62	2.42	7.9	3.41	4.04	23.32	29.82	42.87
VEGGIE 2	2648	SLAW, COLE w/ Vinegar HV109A	4 OZ/.5C	83.51	1.04	20.28	2.03	0.08	29.66	33.65	174.84
BREAD	4622	ROLL, RYE BRAN (OR uses) (WE	1.78oz	131.75	4.37	21.99	2.7	3.49	0.11	28.61	117.33
DESSERT	3201	PUDDING, FORTIFIED CHOCOAL	5.4oz/.5cup	143.49	0.52	24.13	1.97	6.22	34.96	157.3	224.09
DIET SUB	3202	PUDDING, FORTIFIED CHOCOAL	5.4oz/.5cup	143.49	0.52	24.13	1.97	6.22	34.96	157.3	224.09
Total A Meal Values				739.78	36.06	105.06	12.61	21.65	94.18	582.41	889.91
A Statistics				33.57%	19.50%	56.81%	84.07%	26.34%	104.64%	48.53%	
Total B Meal Values				798.15	31.83	111.02	12.15	26.92	100.48	598.76	1065.38
B Statistics				36.21%	15.95%	55.64%	81.00%	30.36%	111.64%	49.90%	
Total Diet A Meal Values				739.78	36.06	105.06	12.61	21.65	94.18	582.41	889.91
Diet A Statistics				33.57%	19.50%	56.81%	84.07%	26.34%	104.64%	48.53%	
Total Diet B Meal Values				798.15	31.83	111.02	12.15	26.92	100.48	598.76	1065.38
Diet B Statistics				36.21%	15.95%	55.64%	81.00%	30.36%	111.64%	49.90%	

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DATE	DATE>	1/30										
MILK	3540	MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36	
ENTREE A	536	CHICKEN, POMODORO (OR uses	6.87 oz/ 1 c	216.96	16.2	30.58	2.02	3.33	5.31	110.55	359.62	
ENTREE B	379	BEEF, SHEPHERD'S PIE (OR uses)	8.5 oz/1 cu	242.75	14.09	25.74	2.54	9.42	10.25	111.02	496.84	
VEGGIE 1	1749	BROCCOLI CUTS W/MARGARINE	1/3 CUP	38.9268	1.8612	3.1878	1.3002	2.5806	23.7006	31.0728	21.78	
VEGGIE 2	2634	SALAD, SPINACH ROMAINE w/(C	1.3oz/.5cup	8.65	0.61	1.73	0.79	0.1	9.78	20.3	16.83	
BREAD	4614	ROLL, MULTIGRAIN (ESHA) (W	2 oz	151.57	5.1	24.56	2.03	3.98	0.13	38.15	290.89	
DESSERT	3288	CANNED, GOLDEN FRUIT CUP (P	1/2 c/ 4 oz	44.04	0.6	11.27	1.27	0.07	15.84	9.65	3.39	
ACCOMP	4028	DRESSING, RANCH STYLE (ESHA	.5296 OZ.	72.67	0.15	1	0.11	7.72	0.51	4.65	122.51	
ACCOMP	4012	CONDIMENT, MARGARINE (ESH	1 TSP	33.94	0.04	0.04	0	3.8	0.01	1.42	44.51	
DIET SUB	3288	CANNED, GOLDEN FRUIT CUP (P	1/2 c/ 4 oz	44.04	0.6	11.27	1.27	0.07	15.84	9.65	3.39	
Total A Meal Values				669.24	32.78	84.55	7.52	23.95	55.28	506.15	966.89	
A Statistics				30.36%	19.59%	50.53%	50.13%	32.21%	61.42%	42.18%		
Total B Meal Values				695.03	30.67	79.71	8.04	30.04	60.22	506.62	1104.11	
B Statistics				31.53%	17.65%	45.87%	53.60%	38.90%	66.91%	42.22%		
Total Diet A Meal Values				669.24	32.78	84.55	7.52	23.95	55.28	506.15	966.89	
Diet A Statistics				30.36%	19.59%	50.53%	50.13%	32.21%	61.42%	42.18%		
Total Diet B Meal Values				695.03	30.67	79.71	8.04	30.04	60.22	506.62	1104.11	
Diet B Statistics				31.53%	17.65%	45.87%	53.60%	38.90%	66.91%	42.22%		

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DATE	DATE>	RECNU MENU ITEM	PORZION SIZE	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	C mg	Ca+ mg	Na+ mg MAX	
			600	850	17	43	7	0.3	30	400	1050	
				Daily	Daily	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	
MILK	3540	MILK, 1 % (ESHA)	8.0OZ/1C	102.48	8.22	12.18	0	2.37	0	290.36	107.36	
ENTREE A	511	PORK, SWEET & SOUR (OR us	7.8 oz/ 1 cu	233.65	19.28	26.25	1.46	5.17	20.48	35.62	254.99	
SAUCE A	2085	Rice, Brown (ESHA)	1/3 Cup	63.33	1.41	13.17	0.82	0.5	0	2.7	3.21	
ENTREE B	478	CHICKEN, LO MEIN (ESHA) (SAC	8 oz /1 cup	195.19	21.16	13.3	3.14	5.58	29.34	46.04	328.15	
VEGGIE 1	1744	BLEND, ORIENTAL (ESHA)--screa	1/3 CUP	25.2978	1.6962	5.4516	2.2044	0.1452	15.3714	29.0664	6.7386	
VEGGIE 2	2607	SALAD, GARDEN VEGETABLE (C	2.07OZ/.5C	7.41	0.55	1.49	0.73	0.09	9.59	13.24	5.87	
BREAD	4608	ROLL, CRACKED WHEAT (ESHA)	1.5 oz.	115.05	3.55	18.98	1.19	2.89	0.09	23.17	99.66	
DESSERT	3058	COBBLER, PEAR (ESHA)	5.89 oz/.5	183.49	1.2	40.57	2.27	2.54	2.8	39.94	143.33	
ACCOMP	4020	DRESSING, FRENCH (ESHA)	1 pkt.	56.21	0.09	1.92	0	5.51	0	2.95	102.83	
DIET SUB	3059	COBBLER, PEAR SPLENDIDA	5oz./.5 cup	146.05	1.07	30.31	1.83	2.61	21.17	30.86	141.78	
Total A Meal Values				786.92	36.00	120.01	8.67	19.22	48.33	437.05	723.99	
A Statistics				35.70%	18.30%	61.00%	57.83%	21.98%	53.70%	36.42%		
Total B Meal Values				685.13	36.47	93.89	9.53	19.13	57.19	444.77	793.94	
B Statistics				31.09%	21.29%	54.82%	63.56%	25.12%	63.55%	37.06%		
Total Diet A Meal Values				749.48	35.87	109.75	8.23	19.29	66.70	427.97	722.44	
Diet A Statistics				34.01%	19.14%	58.57%	54.90%	23.16%	74.11%	35.66%		
Total Diet B Meal Values				647.69	36.34	83.63	9.09	19.20	75.56	435.69	792.39	
Diet B Statistics				29.39%	22.44%	51.65%	60.63%	26.67%	83.96%	36.31%		

DATE DATE>>

Week 5 Average

	CAL KCAL	PRO Grams	CARBS CHO	Fiber	Fat	C mg	Ca+ mg	Na+ mg MAX
A 4 DAY VALUES	2951.90	146.44	395.35	33.06	87.50	204.73	1924.62	3478.79
A ONE DAY WEEKLY AVERAGE	737.9748	36.6097	98.8387	8.26525	21.874	51.1827	481.1556	869.6981
A PERCENT DRIA AVERAGE				55.10%		56.87%	40.10%	
A CALORIE BREAKDOWN		19.84%	53.57%		26.68%			
B 4 DAY VALUES	2790.51	128.75	360.24	34.30	92.56	226.29	1940.04	3588.51
B ONE DAY WEEKLY AVERAGE	697.6273	32.1872	90.0612	8.57525	23.139	56.5727	485.0106	897.1281
B PERCENT DRIA AVERAGE				57.17%		62.86%	40.42%	
B CALORIE BREAKDOWN		18.46%	51.64%		29.85%			
Diet A 4 DAY VALUES	2902.32	145.81	374.11	32.63	87.57	243.06	1936.83	3427.91
Diet A ONE DAY WEEKLY AVERAGE	725.5798	36.4522	93.5287	8.15775	21.8915	60.7652	484.2081	856.9781
Diet A PERCENT DRIA AVERAGE				54.39%		67.52%	40.35%	
Diet A CALORIE BREAKDOWN		20.10%	51.56%		27.15%			
Diet B 4 DAY VALUES	2740.93	128.12	339.00	33.87	92.63	264.62	1952.25	3537.63
Diet B ONE DAY WEEKLY AVERAGE	685.2323	32.0297	84.7512	8.46775	23.1565	66.1552	488.0631	884.4081
Diet B PERCENT DRIA AVERAGE				56.45%		73.51%	40.67%	
Diet B CALORIE BREAKDOWN		18.70%	49.47%		30.41%			