



CENTRAL OFFICE
Menu Plan Weighted Average

Menu Plans Analyzed

| Schedule Date | Serving Period | Menu ID | Menu Description |
|---------------|----------------|---------|---------------------------------|
| 01/03/2011 | Breakfast | 5280 | TMS 580 DAY 1 Heuvos Rancheros |
| 01/04/2011 | Breakfast | 5281 | TMS 580 DAY 2 Oatmeal Breakfast |
| 01/05/2011 | Breakfast | 5282 | TMS 580 DAY 3 Western Omelet |
| 01/06/2011 | Breakfast | 5283 | TMS 580 DAY 4 Breakfast S/W |
| 01/07/2011 | Breakfast | 5284 | TMS 580 DAY 5 Scrambled Eggs |



CENTRAL OFFICE

Menu Plan Weighted Average

Serving Line: TMS 580

Age Group: Male 70+ RDA/DRI

Date Range: 1/3/2011 to 1/7/2011

Serving Period: Breakfast

NOTE: USDA nutrient standards are calculated as 1/3 of RDA/DRI for Breakfast.

| Nutrient | Units | Breakfast Standard | Nutrient Values | % of Calories | % Nutrient Standard | Difference from Std. |
|--------------------------------|---------|--------------------|-----------------|---------------|---------------------|----------------------|
| Energy | kcal | 685.0000 | 763.2369 | | 111.4214 | 78.2369 |
| Protein | g | 19.0000 | 38.2445 | 20.0433 | 201.2868 | 19.2445 |
| Carbohydrate, by difference | g | N/A | 108.0495 | 56.6270 | N/A | 108.0495 |
| Total lipid (fat) | g | 30.0000 | 23.0837 | 27.2200 | 90.7334 | -2.3575 |
| Fatty acids, total saturated | g | 10.0000 | 5.8833 | 6.9375 | 69.3752 | -2.5971 |
| Sodium, Na | mg | 800.0000 | 714.2109 | | 89.2764 | -85.7891 |
| Vitamin A, RAE | mcg_RAE | 300.0000 | 335.6861 | | 111.8954 | 35.6861 |
| Vitamin C, total ascorbic acid | mg | 30.0000 | 89.5374 | | 298.4580 | 59.5374 |
| Calcium, Ca | mg | 400.0000 | 853.6498 | | 213.4124 | 453.6498 |
| Vitamin B-6 | mg | 0.5660 | 1.0427 | | 184.2226 | 0.4767 |
| Vitamin B-12 | mcg | 0.8000 | 2.5427 | | 317.8375 | 1.7427 |
| Magnesium, Mg | mg | 140.0000 | 176.0251 | | 125.7322 | 36.0251 |
| Zinc, Zn | mg | 3.6000 | 3.7440 | | 104.0000 | 0.1440 |
| Fiber, total dietary | g | 10.0000 | 12.8964 | | 128.9640 | 2.8964 |



CENTRAL OFFICE
Scheduled Menu Nutrition Analysis

Menu: 5280 TMS 580 DAY 1 Huevos Rancheros

Serving Period: Breakfast

| Stock Number | Description | Serving Size | Measure |
|--------------|----------------------------|--------------|----------|
| FM 710 | Huevos Rancheros | 1 | 1 each |
| BR09 | Bread, Whole Grain Wheat | 1 | 1 Slice |
| G255 | Marg reddies saltfree | 1 | Pat |
| D361 | Juice orange/pineapple | 1 | 4 ounces |
| G391 | Sun meadow dairy bev (8oz) | 1 | Carton |
| F270B | Oatmeal pc | 1 | Packet |

Nutrient Table: Males 70+ DRI/RDA

Age Group: Male 70+ RDA/DRI

Serving Period: Breakfast

NOTE: USDA nutrient standards are calculated as 1/3 of RDA/DRI for Breakfast.

| Nutrient | Units | Breakfast Standard | Nutrient Values | % of Calories | % Nutrient Standard | Difference from Std. |
|--------------------------------|---------|--------------------|-----------------|---------------|---------------------|----------------------|
| Energy | kcal | 685.0000 | 776.6504 | | 113.3796 | 91.6504 |
| Protein | g | 19.0000 | 42.3930 | 21.8338 | 223.1211 | 23.3930 |
| Carbohydrate, by difference | g | N/A | | 55.8936 | N/A | |
| Total lipid (fat) | g | 30.0000 | 23.4435 | 27.1669 | 90.5562 | -2.4448 |
| Fatty acids, total saturated | g | 10.0000 | 6.0362 | 6.9949 | 69.9488 | -2.5932 |
| Sodium, Na | mg | 800.0000 | 840.6598 | | 105.0825 | 40.6598 |
| Vitamin A, RAE | mcg_RAE | 300.0000 | 367.0737 | | 122.3579 | 67.0737 |
| Vitamin C, total ascorbic acid | mg | 30.0000 | 91.3827 | | 304.6090 | 61.3827 |
| Calcium, Ca | mg | 400.0000 | 980.5511 | | 245.1378 | 580.5511 |
| Vitamin B-6 | mg | 0.5660 | 1.2107 | | 213.9046 | 0.6447 |
| Vitamin B-12 | mcg | 0.8000 | 2.2800 | | 285.0000 | 1.4800 |
| Magnesium, Mg | mg | 140.0000 | 179.5227 | | 128.2305 | 39.5227 |
| Zinc, Zn | mg | 3.6000 | 4.6646 | | 129.5722 | 1.0646 |
| Fiber, total dietary | g | 10.0000 | 14.2989 | | 142.9890 | 4.2989 |



CENTRAL OFFICE
Scheduled Menu Nutrition Analysis

Menu: 5281TMS 580 DAY 2 Oatmeal Breakfast

Serving Period: Breakfast

| Stock Number | Description | Serving Size | Measure |
|--------------|----------------------------|--------------|----------|
| D351 | Juice orange | 1 | 4 ounces |
| F270B | Oatmeal pc | 1 | Packet |
| BR09 | Bread, Whole Grain Wheat | 1 | 1 Slice |
| F216 | Pc peanut butter (1oz) | 1 | EA |
| F231 | Pc jelly | 1 | EA |
| G391 | Sun meadow dairy bev (8oz) | 1 | Carton |
| F020A | Instant Breakfast Mix | 1 | 1 Packet |

Nutrient Table: Males 70+ DRI/RDA

Age Group: Male 70+ RDA/DRI

Serving Period: Breakfast

NOTE: USDA nutrient standards are calculated as 1/3 of RDA/DRI for Breakfast.

| Nutrient | Units | Breakfast Standard | Nutrient Values | % of Calories | % Nutrient Standard | Difference from Std. |
|--------------------------------|---------|--------------------|-----------------|---------------|---------------------|----------------------|
| Energy | kcal | 685.0000 | 751.6320 | | 109.7273 | 66.6320 |
| Protein | g | 19.0000 | 38.4822 | 20.4793 | 202.5379 | 19.4822 |
| Carbohydrate, by difference | g | N/A | | 61.7584 | N/A | |
| Total lipid (fat) | g | 30.0000 | 18.5519 | 22.2139 | 74.0465 | -6.5025 |
| Fatty acids, total saturated | g | 10.0000 | 3.2092 | 3.8427 | 38.4268 | -5.1423 |
| Sodium, Na | mg | 800.0000 | 629.1936 | | 78.6492 | -170.8064 |
| Vitamin A, RAE | mcg_RAE | 300.0000 | 496.5920 | | 165.5307 | 196.5920 |
| Vitamin C, total ascorbic acid | mg | 30.0000 | 94.7869 | | 315.9563 | 64.7869 |
| Calcium, Ca | mg | 400.0000 | 979.8086 | | 244.9522 | 579.8086 |
| Vitamin B-6 | mg | 0.5660 | 1.0118 | | 178.7633 | 0.4458 |
| Vitamin B-12 | mcg | 0.8000 | 2.4480 | | 306.0000 | 1.6480 |
| Magnesium, Mg | mg | 140.0000 | 219.7860 | | 156.9900 | 79.7860 |
| Zinc, Zn | mg | 3.6000 | 3.7786 | | 104.9611 | 0.1786 |
| Fiber, total dietary | g | 10.0000 | 12.2289 | | 122.2890 | 2.2289 |



CENTRAL OFFICE
Scheduled Menu Nutrition Analysis

Menu: 5282 TMS 580 DAY 3 Western Omelet

Serving Period: Breakfast

| Stock Number | Description | Serving Size | Measure |
|--------------|----------------------------|--------------|----------|
| FM 720 | Western Style Omelet | 1 | 1 ea. |
| G255 | Marg reddies saifree | 2 | Pat |
| G391 | Sun meadow dairy bev (8oz) | 1 | Carton |
| D351 | Juice orange | 1 | 4 ounces |
| BR09 | Bread, Whole Grain Wheat | 1 | 1 Slice |
| F270B | Oatmeal pc | 1 | Packet |

Nutrient Table: Males 70+ DRI/RDA

Age Group: Male 70+ RDA/DRI

Serving Period: Breakfast

NOTE: USDA nutrient standards are calculated as 1/3 of RDA/DRI for Breakfast.

| Nutrient | Units | Breakfast Standard | Nutrient Values | % of Calories | % Nutrient Standard | Difference from Std. |
|--------------------------------|---------|--------------------|-----------------|---------------|---------------------|----------------------|
| Energy | kcal | 685.0000 | 795.4445 | | 116.1233 | 110.4445 |
| Protein | g | 19.0000 | 36.1290 | 18.1680 | 190.1526 | 17.1290 |
| Carbohydrate, by difference | g | N/A | | 55.2400 | N/A | |
| Total lipid (fat) | g | 30.0000 | 26.5621 | 30.0535 | 100.1783 | 0.0473 |
| Fatty acids, total saturated | g | 10.0000 | 7.4722 | 8.4544 | 84.5437 | -1.3661 |
| Sodium, Na | mg | 800.0000 | 637.1317 | | 79.6415 | -162.8683 |
| Vitamin A, RAE | mcg_RAE | 300.0000 | 254.6113 | | 84.8704 | -45.3887 |
| Vitamin C, total ascorbic acid | mg | 30.0000 | 96.3587 | | 321.1957 | 66.3587 |
| Calcium, Ca | mg | 400.0000 | 804.8035 | | 201.2009 | 404.8035 |
| Vitamin B-6 | mg | 0.5660 | 0.9797 | | 173.0919 | 0.4137 |
| Vitamin B-12 | mcg | 0.8000 | 1.3140 | | 164.2500 | 0.5140 |
| Magnesium, Mg | mg | 140.0000 | 163.2302 | | 116.5930 | 23.2302 |
| Zinc, Zn | mg | 3.6000 | 2.9705 | | 82.5139 | -0.6295 |
| Fiber, total dietary | g | 10.0000 | 13.5250 | | 135.2500 | 3.5250 |



CENTRAL OFFICE
Scheduled Menu Nutrition Analysis

Menu: 5283 TMS 580 DAY 4 Breakfast SW

Serving Period: Breakfast

| Stock Number | Description | Serving Size | Measure |
|---------------------|----------------------------|---------------------|----------------|
| G391 | Sun meadow dairy bev (8oz) | 1 | Carton |
| D371 | Juice pineapple | 1 | 4 ounce |
| F900 | Mixed Fruit Cup | 1 | 4 ounce |
| G255 | Marg reddie's saltfree | 2 | Pat |
| F270B | Oatmeal pc | 1 | Packet |
| SW W830 | Breakfast Sandwich | 1 | 1 ea |

Nutrient Table: Males 70+ DRI/RDA

Age Group: Male 70+ RDA/DRI

Serving Period: Breakfast

NOTE: USDA nutrient standards are calculated as 1/3 of RDA/DRI for Breakfast.

| Nutrient | Units | Breakfast Standard | Nutrient Values | % of Calories | % Nutrient Standard | Difference from Std. |
|--------------------------------|--------------|---------------------------|------------------------|----------------------|----------------------------|-----------------------------|
| Energy | kcal | 685.0000 | 705.1544 | 19.1964 | 102.9422 | 20.1544 |
| Protein | g | 19.0000 | 33.8411 | 19.1964 | 178.1111 | 14.8411 |
| Carbohydrate, by difference | g | N/A | N/A | 57.2398 | N/A | N/A |
| Total lipid (fat) | g | 30.0000 | 20.0002 | 25.5266 | 85.0886 | -3.5049 |
| Fatty acids, total saturated | g | 10.0000 | 6.1026 | 7.7888 | 77.8885 | -1.7324 |
| Sodium, Na | mg | 800.0000 | 631.3353 | 78.9169 | 78.9169 | -168.6647 |
| Vitamin A, RAE | mcg_RAE | 300.0000 | 236.4377 | 78.8126 | 78.8126 | -63.5623 |
| Vitamin C, total ascorbic acid | mg | 30.0000 | 87.5678 | 291.8927 | 291.8927 | 57.5678 |
| Calcium, Ca | mg | 400.0000 | 785.2156 | 196.3039 | 196.3039 | 385.2156 |
| Vitamin B-6 | mg | 0.5660 | 0.8771 | 154.9647 | 154.9647 | 0.3111 |
| Vitamin B-12 | mcg | 0.8000 | 4.7107 | 588.8375 | 588.8375 | 3.9107 |
| Magnesium, Mg | mg | 140.0000 | 141.9310 | 101.3793 | 101.3793 | 1.9310 |
| Zinc, Zn | mg | 3.6000 | 3.2174 | 89.3722 | 89.3722 | -0.3826 |
| Fiber, total dietary | g | 10.0000 | 10.6125 | 106.1250 | 106.1250 | 0.6125 |



CENTRAL OFFICE
Scheduled Menu Nutrition Analysis

Menu: 5284 TMS 580 DAY 5 Scrambled Eggs

Serving Period: Breakfast

| Stock Number | Description | Serving Size | Measure |
|--------------|----------------------------|--------------|----------|
| D351 | Juice orange | 1 | 4 ounces |
| FM 700 | Scram Eggs with Sausage | 1 | 1 each |
| BR09 | Bread, Whole Grain Wheat | 1 | 1 Slice |
| G391 | Sun meadow dairy bev (8oz) | 1 | Carton |
| G255 | Marg reddies saltfree | 1 | Pat |
| F270B | Oatmeal pc | 1 | Packet |

Nutrient Table: Males 70+ DRI/RDA

Age Group: Male 70+ RDA/DRI

Serving Period: Breakfast

NOTE: USDA nutrient standards are calculated as 1/3 of RDA/DRI for Breakfast.

| Nutrient | Units | Breakfast Standard | Nutrient Values | % of Calories | % Nutrient Standard | Difference from Std. |
|--------------------------------|---------|--------------------|-----------------|---------------|---------------------|----------------------|
| Energy | kcal | 685.0000 | 787.3027 | 20.5144 | 114.9347 | 102.3027 |
| Protein | g | 19.0000 | 40.3777 | 53.3039 | 212.5142 | 21.3777 |
| Carbohydrate, by difference | g | N/A | | | N/A | |
| Total lipid (fat) | g | 30.0000 | 26.8609 | 30.7059 | 102.3529 | 0.6175 |
| Fatty acids, total saturated | g | 10.0000 | 6.5963 | 7.5405 | 75.4052 | -2.1515 |
| Sodium, Na | mg | 800.0000 | 832.7341 | | 104.0918 | 32.7341 |
| Vitamin A, RAE | mcg_RAE | 300.0000 | 323.7158 | | 107.9053 | 23.7158 |
| Vitamin C, total ascorbic acid | mg | 30.0000 | 77.5909 | | 258.6363 | 47.5909 |
| Calcium, Ca | mg | 400.0000 | 717.8701 | | 179.4675 | 317.8701 |
| Vitamin B-6 | mg | 0.5660 | 1.1343 | | 200.4064 | 0.5683 |
| Vitamin B-12 | mcg | 0.8000 | 1.9607 | | 245.0875 | 1.1607 |
| Magnesium, Mg | mg | 140.0000 | 175.6558 | | 125.4684 | 35.6558 |
| Zinc, Zn | mg | 3.6000 | 4.0889 | | 113.5806 | 0.4889 |
| Fiber, total dietary | g | 10.0000 | 13.8166 | | 138.1660 | 3.8166 |