CENTRAL OFFICE

Menu Plan Weighted Average

Menu Plans Analyzed

Schedule Date	Serving Period	Menu ID	Menu Description
01/02/2011	Breakfast	5280	TMS 780 DAY 1 Heuvos Rancheros
01/03/2011	Breakfast	5281	TMS 780 DAY 2 Oatmeal Breakfast
01/04/2011	Breakfast	5282	TMS 780 DAY 3 Western Omelet
01/05/2011	Breakfast	5283	TMS 780 DAY 4 Breakfast S/W
01/06/2011	Breakfast	5284	TMS 780 DAY 5 Scrambled Eggs
01/07/2011	Breakfast	5281	TMS 780 DAY 6 Oatmeal Breakfast
01/08/2011	Breakfast	5282	TMS 780 DAY 7 Western Omelet

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Menu Plan Weighted Average

Serving Line: TMS 780

Age Group: Male 70+ RDA/DRI

Date Range: 1/2/2011 to 1/8/2011

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	766.1801		111.8511	81.1801
Protein	g	19.0000	37.9763	19.8263	199.8753	18.9763
Carbohydrate, by difference	g	N/A	109.4496	57.1404	N/A	109.4496
Total lipid (fat)	g	30.0000	22.9332	26.9387	89.7956	-2.6061
Fatty acids, total saturated	g	10.0000	5.7283	6.7288	67.2880	-2.7848
Sodium, Na	mg	800.0000	691.0542		86.3818	-108.9458
Vitamin A, RAE	mcg_RAE	300.0000	347.0906		115.6969	47.0906
Vitamin C, total ascorbic acid	mg	30.0000	91.2618		304.2060	61.2618
Calcium, Ca	mg	400.0000	864.6944		216.1736	464.6944
Vitamin B-6	mg	0.5660	1.0293		181.8551	0.4633
Vitamin B-12	mcg	0.8000	2.3536		294.2000	1.5536
Magnesium, Mg	mg	140.0000	180.4488		128.8920	40.4488
Zinc, Zn	mg	3.6000	3.6384		101.0667	0.0384
Fiber, total dietary	g	10.0000	12.8909		128.9090	2.8909

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Scheduled Menu Nutrition Analysis

Menu: 5280 TMS 780 DAY 1 Heuvos 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

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Scheduled Menu Nutrition Analysis

Menu: 5281 TMS 780 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

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Scheduled Menu Nutrition Analysis

Menu: 5282 TMS 780 DAY 3 Western Omelet **Serving Period:** Breakfast

Stock Number	Description	Serving Size	Measure
FM 720	Western Style Omelet	1	1 ea.
G255	Marg reddies saltfree	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

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Scheduled Menu Nutrition Analysis

Menu: 5283 TMS 780 DAY 4 Breakfast S/W **Serving Period:** Breakfast

Stock Number	Description	Serving Size	Measure
G391	Sun meadow dairy bev (8oz)	1	Carton
D371	Juice pineapple	1	4 ounces
F900	Mixed Fruit Cup	1	4 ounces
G255	Marg reddies 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		102.9422	20.1544
Protein	g	19.0000	33.8411	19.1964	178.1111	14.8411
Carbohydrate, by difference	g	N/A		57.2398	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	-168.6647
Vitamin A, RAE	mcg_RAE	300.0000	236.4377		78.8126	-63.5623
Vitamin C, total ascorbic acid	mg	30.0000	87.5678		291.8927	57.5678
Calcium, Ca	mg	400.0000	785.2156		196.3039	385.2156
Vitamin B-6	mg	0.5660	0.8771		154.9647	0.3111
Vitamin B-12	mcg	0.8000	4.7107		588.8375	3.9107
Magnesium, Mg	mg	140.0000	141.9310		101.3793	1.9310
Zinc, Zn	mg	3.6000	3.2174		89.3722	-0.3826
Fiber, total dietary	g	10.0000	10.6125		106.1250	0.6125

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Scheduled Menu Nutrition Analysis

Menu: 5284 TMS 780 DAY 5 Scrambled Eggs **Serving Period:** Breakfast

Stock Number	Description	Serving Size	Measure
D351	Juice orange	1	4 ounces
FM 700	Scram Eggs, Sausage, Potatoes	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		114.9347	102.3027
Protein	g	19.0000	40.3777	20.5144	212.5142	21.3777
Carbohydrate, by difference	g	N/A		53.3039	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

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Scheduled Menu Nutrition Analysis

Menu: 5281 TMS 780 DAY 6 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

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Scheduled Menu Nutrition Analysis

Menu: 5282 TMS 780 DAY 7 Western Omelet **Serving Period:** Breakfast

Stock Number	Description	Serving Size	Measure
FM 720	Western Style Omelet	1	1 ea.
G255	Marg reddies saltfree	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	Ounce

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

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