

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Fat (g)	Fib (g)	Vit A-RE (RE)	Vit C (mg)	Vit B6 (mg)	Vit B12 (mcg)	Calc (mg)	Zinc (mg)	Pot (mg)	Sod (mg)
JCS HDM C1 JAN-JUNE 2017 WEEK1														
MONDAY														
Turkey Meatballs w/ Marinara Sauce (Gold Kosher)			187.23	45.52	16.08	10.28	562.29	59.17	1.00	2.08	662.30	5.23	1281.31	381.43
Sauce, pasta, marinara, low sodium			18.14	0.45	0.45	0.45	18.14	2.18	--	--	9.07	--	--	45.36
Herb, thyme, Garlic, cloves, fresh			0.20	0.01	0.00	0.03	0.95	0.32	0.00	0	0.81	0.00	1.22	0.02
Turkey, ground, raw			1.06	0.05	0.00	0.01	0.01	0.22	0.01	0	1.28	0.01	2.84	0.12
Turkey, ground, raw			167.83	22.29	8.69	0	22.68	0	0.64	1.13	21.55	2.66	268.75	65.77
Pasta, spaghetti, enrich, ckd			179.17	6.58	1.05	2.04	0	0	0.06	0	7.94	0.58	49.90	1.13
Snap Beans, green, ckd, drnd			59.53	3.21	0.48	5.44	119.07	16.50	0.10	0	74.84	0.43	248.34	1.70
Juice, Fruit, Comp			58.52	0.85	0.19	0.37	21.79	37.47	0.04	0	12.45	0.05	229.08	4.98
Bread, whole wheat, slice			70.02	3.67	0.95	1.93	0.09	0	0.06	0	30.33	0.51	70.31	133.81
Margarine, 80% fat, unsalted			33.94	0.01	3.82	0	41.18	0.01	0.00	0.00	0.14	0	0.85	0.09
Milk, nonfat/skim, calc fort			86.45	8.40	0.44	0	338.39	2.47	0.10	0.94	503.88	0.99	410.02	128.44
TUESDAY														
Spanish Omelet (Gold Kosher)			240.45	19.58	14.76	0.71	297.74	3.42	0.30	1.34	101.19	1.99	236.78	260.61
Egg, whole, raw, lrg			214.50	18.84	14.27	0	241.12	0	0.26	1.34	84.00	1.93	207.00	213.00
Sauce, pasta, marinara, low sodium			18.14	0.45	0.45	0.45	18.14	2.18	--	--	9.07	--	--	45.36
Garlic, cloves, fresh			4.22	0.18	0.01	0.06	0.03	0.88	0.03	0	5.13	0.03	11.36	0.48
Onion, pearl, ckd, drnd, chpd			1.93	0.06	0.01	0.06	0.01	0.23	0.01	0	0.96	0.01	7.26	0.13
Spice, pepper, black, ground			0.72	0.03	0.01	0.07	0.16	0	0.00	0	1.27	0.00	3.82	0.06
Carrot, fresh, grated, USDA			0.94	0.02	0.01	0.06	38.28	0.14	0.00	0	0.76	0.01	7.33	1.58
Hash Browns, fzn			80.05	2.67	0	1.33	0	6.40	--	--	0	--	320.18	13.34
Carrot, fresh, chpd			46.49	1.05	0.27	3.18	1894.43	6.69	0.16	0	37.42	0.27	362.87	78.24
Juice, Fruit, Comp			58.52	0.85	0.19	0.37	21.79	37.47	0.04	0	12.45	0.05	229.08	4.98
Bread, whole wheat, slice			140.05	7.34	1.90	3.86	0.17	0	0.12	0	60.67	1.02	140.61	267.62
Margarine, 80% fat, unsalted			33.94	0.01	3.82	0	41.18	0.01	0.00	0.00	0.14	0	0.85	0.09
Milk, nonfat/skim, calc fort			86.45	8.40	0.44	0	338.39	2.47	0.10	0.94	503.88	0.99	410.02	128.44

WEDNESDAY			621.16	42.85	14.04	8.22	941.08	73.41	0.96	1.76	729.38	4.16	1783.00	506.88
	Fish Florentine (Gold Kosher)	1 Serving	162.73	21.56	6.49	0.85	57.72	3.97	0.35	0.82	35.44	1.19	532.97	61.52
	Fish, whitefish, mixed species, fillet, bkd/brld	3 Ounce-w...	146.28	20.81	6.39	0	33.17	0	0.29	0.82	28.07	1.08	345.30	55.28
	Tomato Sauce, unsalted	2 Ounce-w...	16.44	0.75	0.10	0.85	24.55	3.97	0.05	0	7.37	0.11	187.67	6.24
	Rice, brown, long grain, ckd	4 Ounce-w...	125.87	2.93	1.02	2.04	0	0	0.16	0	11.34	0.71	48.76	5.67
	Cabbage, bok choy, ckd, dmd	4 Ounce-w...	13.61	1.77	0.18	1.10	481.83	29.48	0.19	0	105.46	0.19	420.71	38.56
	Juice, Fruit, Comp	4 Fluid ounce	58.52	0.85	0.19	0.37	21.79	37.47	0.04	0	12.45	0.05	229.08	4.98
	Bread, whole wheat, slice	2 Ounce-w...	140.05	7.34	1.90	3.86	0.17	0	0.12	0	60.67	1.02	140.61	267.62
	Margarine, 80% fat, unsalted	1 Teaspoon	33.94	0.01	3.82	0	41.18	0.01	0.00	0.00	0.14	0	0.85	0.09
	Milk, nonfat/skim, calc fort	8 Fluid ounce	86.45	8.40	0.44	0	338.39	2.47	0.10	0.94	503.88	0.99	410.02	128.44
THURSDAY			666.52	34.30	14.87	12.76	1364.75	83.51	0.95	1.90	664.03	5.36	1885.03	949.75
	Stuffed Cabbage (Gold)	1 Serving	222.83	14.52	8.17	4.59	274.32	24.91	0.31	0.95	48.04	2.77	508.98	515.10
	Meal, cabbage, stuffed w/meat & tomato sauce, low cal, fzn	8 Ounce-w...	183.70	12.02	7.97	2.27	244.10	19.47	0.27	0.95	36.70	2.37	410.89	513.97
	Peas, green, unsalted, cnd, dmd	2 Ounce-w...	39.12	2.51	0.20	2.32	30.22	5.44	0.04	0	11.34	0.40	98.09	1.13
	Parsley Potatoes (Gold Kosher)	4 Ounce-w...	96.90	1.95	0.12	2.06	10.75	9.94	0.30	0	10.68	0.32	374.74	6.30
	Potatoes, peeled, ckd, diced	3.95639 Ounce-w...	96.46	1.92	0.11	2.02	0.34	8.30	0.30	0	8.97	0.30	367.89	5.61
	Herb, parsley, fresh, chpd	0.9891 Teaspoon	0.45	0.04	0.01	0.04	10.42	1.64	0.00	0	1.71	0.01	6.85	0.69
	Mixed Vegetables (Z, C, S) (Gold Kosher)	4 Ounce-w...	27.84	1.23	0.23	1.88	678.15	8.71	0.08	0	28.17	0.22	220.75	27.22
	Squash, zucchini, w/skin, ckd, dmd, slices	1.33333 Ounce-w...	5.67	0.43	0.14	0.38	42.22	4.88	0.03	0	6.80	0.12	99.79	1.13
	Carrot, fresh,	1.33333 Ounce-w...	15.50	0.35	0.09	1.06	631.48	2.23	0.05	0	12.47	0.09	120.96	26.08
	Squash, yellow, smooth slices, fzn, FS	1.33333 Ounce-w...	6.67	0.44	0	0.44	4.45	1.60	--	--	8.89	--	--	0
	Juice, Fruit, Comp	4 Fluid ounce	58.52	0.85	0.19	0.37	21.79	37.47	0.04	0	12.45	0.05	229.08	4.98
	Bread, whole wheat, slice	2 Ounce-w...	140.05	7.34	1.90	3.86	0.17	0	0.12	0	60.67	1.02	140.61	267.62
	Margarine, 80% fat, unsalted	1 Teaspoon	33.94	0.01	3.82	0	41.18	0.01	0.00	0.00	0.14	0	0.85	0.09
	Milk, nonfat/skim, calc fort	8 Fluid ounce	86.45	8.40	0.44	0	338.39	2.47	0.10	0.94	503.88	0.99	410.02	128.44

FRIDAY			627.53	41.44	13.93	11.53	2008.61	53.58	0.97	1.28	618.97	4.57	1363.18	467.06
	Rosemary Chicken Quarter (Gold)	1 Serving	151.53	20.42	7.08	0.13	7.74	0.18	0.39	0.34	12.34	1.53	238.45	74.14
	Chicken, broiler/fryer, thigh, w/o skin, rstd	3 Ounce-w...	150.54	20.40	7.03	0	6.80	0	0.39	0.34	8.50	1.52	235.58	73.99
	Herb, rosemary, dried	0.25 Teaspoon	0.99	0.01	0.05	0.13	0.94	0.18	0.01	0	3.84	0.01	2.86	0.15
	Rice, brown, long grain, ckd	4 Ounce-w...	125.87	2.93	1.02	2.04	0	0	0.16	0	11.34	0.71	48.76	5.67
	Carrot, fresh, chpd	3 Ounce-w...	34.87	0.79	0.20	2.38	1420.82	5.02	0.12	0	28.07	0.20	272.16	58.68
	Peas, green, ckd f/fzn, drnd	3 Ounce-w...	66.34	4.38	0.23	4.68	178.60	8.42	0.10	0	20.41	0.57	93.55	61.23
	Juice, Fruit, Comp	4 Fluid ounce	58.52	0.85	0.19	0.37	21.79	37.47	0.04	0	12.45	0.05	229.08	4.98
	Bread, whole wheat, slice	1 Ounce-w...	70.02	3.67	0.95	1.93	0.09	0	0.06	0	30.33	0.51	70.31	133.81
	Margarine, 80% fat, unsalted	1 Teaspoon	33.94	0.01	3.82	0	41.18	0.01	0.00	0.00	0.14	0	0.85	0.09
	Milk, nonfat/skim, calc fort	8 Fluid ounce	86.45	8.40	0.44	0	338.39	2.47	0.10	0.94	503.88	0.99	410.02	128.44
SATURDAY			670.40	46.60	13.01	8.83	1894.39	80.43	1.12	3.12	761.39	8.67	1937.67	679.74
	Meatloaf (Gold Kosher)	1 Serving	223.31	25.99	6.25	1.57	24.58	5.10	0.41	2.17	44.77	6.18	498.27	155.00
	Beef, ground, hamburger, bkd, 5% fat	3 Ounce-w...	147.98	23.23	5.42	0	0	0	0.30	2.13	6.80	5.83	267.90	49.33
	Bread Crumbs, plain, grated, dry	0.125 Cup	53.33	1.80	0.72	0.61	0	0	0.02	0.05	24.71	0.20	26.46	98.82
	Tomato Sauce, unsalted	2 Ounce-w...	16.44	0.75	0.10	0.85	24.55	3.97	0.05	0	7.37	0.11	187.67	6.24
	Garlic, cloves, fresh	1 Teaspoon	4.22	0.18	0.01	0.06	0.03	0.88	0.03	0	5.13	0.03	11.36	0.48
	Onion, yellow, fresh, chpd	1 Teaspoon	1.33	0.04	0.00	0.06	0.01	0.25	0.00	0	0.77	0.01	4.87	0.13
	Sweet Potatoes, dark orange, mashed f/cnd	4 Ounce-w...	114.53	2.25	0.23	1.93	986.45	5.90	0.27	0	34.02	0.24	238.14	85.05
	Cabbage, bok choy, ckd, drnd	4 Ounce-w...	13.61	1.77	0.18	1.10	481.83	29.48	0.19	0	105.46	0.19	420.71	38.56
	Juice, Fruit, Comp	4 Fluid ounce	58.52	0.85	0.19	0.37	21.79	37.47	0.04	0	12.45	0.05	229.08	4.98
	Bread, whole wheat, slice	2 Ounce-w...	140.05	7.34	1.90	3.86	0.17	0	0.12	0	60.67	1.02	140.61	267.62
	Margarine, 80% fat, unsalted	1 Teaspoon	33.94	0.01	3.82	0	41.18	0.01	0.00	0.00	0.14	0	0.85	0.09
	Milk, nonfat/skim, calc fort	8 Fluid ounce	86.45	8.40	0.44	0	338.39	2.47	0.10	0.94	503.88	0.99	410.02	128.44

SUNDAY		673.82	44.09	13.76	12.58	746.44	75.19	0.88	1.28	633.89	4.54	1119.34	458.65
Chicken Stir-Fry (Gold Kosher)	1 Serving	210.57	22.40	7.03	2.00	106.86	24.01	0.39	0.34	48.53	1.52	235.58	104.01
Vegetables, stir fry, fzn	6 Ounce-w...	60.03	2.00	0	2.00	100.06	24.01	--	--	40.02	--	--	30.02
Chicken, broiler/fryer, thigh, w/o skin, rstd	3 Ounce-w...	150.54	20.40	7.03	0	6.80	0	0.39	0.34	8.50	1.52	235.58	73.99
Rice, brown, long grain, ckd	4 Ounce-w...	125.87	2.93	1.02	2.04	0	0	0.16	0	11.34	0.71	48.76	5.67
Peas, green, ckd f/fzn, drnd	4 Ounce-w...	88.45	5.84	0.31	6.24	238.14	11.23	0.13	0	27.22	0.76	124.74	81.65
Juice, Fruit, Comp	4 Fluid ounce	58.52	0.85	0.19	0.37	21.79	37.47	0.04	0	12.45	0.05	229.08	4.98
Bread, whole wheat, slice	1 Ounce-w...	70.02	3.67	0.95	1.93	0.09	0	0.06	0	30.33	0.51	70.31	133.81
Margarine, 80% fat, unsalted	1 Teaspoon	33.94	0.01	3.82	0	41.18	0.01	0.00	0.00	0.14	0	0.85	0.09
Milk, nonfat/skim, calc fort	8 Fluid ounce	86.45	8.40	0.44	0	338.39	2.47	0.10	0.94	503.88	0.99	410.02	128.44
Average		660.03	42.10	15.30	10.52	1444.46	68.82	0.94	1.96	683.67	5.26	1581.42	599.55
% Recommendation		31.13	85.94	23.19	35.45		91.77	62.78	81.52	56.97	65.81	33.65	46.12