

TUESDAY			630.96	35.00	15.72	8.18	1526.85	54.15	0.51	1.36	950.99	4.03	1325.69	566.92
	[-] Cheese Stuffed Shells (Gold Kosher)	1 Serving	340.27	20.24	9.98	3.06	108.19	1.13	0.19	0.42	361.92	2.16	284.31	258.77
	[-] Pasta, shells, sml, enrich, ckd	4 Ounce-w...	179.17	6.58	1.05	2.04	0	0	0.06	0	7.94	0.58	49.90	1.13
	[-] Sauce, spaghetti, rts	2 Ounce-w...	27.78	0.80	0.84	1.02	36.85	1.13	0.10	0	15.31	0.11	180.87	237.57
	[-] Cheese, mozzarella, low sod, shred	0.375 Cup	118.65	11.65	7.25	0	59.75	0	0.03	0.39	309.76	1.33	40.26	6.78
	[-] Cheese, ricotta, part skim	0.375 Ounce-w...	14.67	1.21	0.84	0	11.59	0	0.00	0.03	28.92	0.14	13.29	13.29
	[-] Mixed Vegetables (Z, C, S) (Gold Kosher)	6 Ounce-w...	41.76	1.84	0.34	2.82	1017.22	13.06	0.12	0	42.26	0.32	331.12	40.82
	[-] Squash, zucchini, w/skin, ckd, dmd, slices	2 Ounce-w...	8.50	0.65	0.20	0.56	63.33	7.31	0.05	0	10.21	0.19	149.69	1.70
	[-] Carrot, fresh,	2 Ounce-w...	23.25	0.53	0.14	1.59	947.21	3.35	0.08	0	18.71	0.14	181.44	39.12
	[-] Squash, yellow, smooth slices, fzn, FS	2 Ounce-w...	10.01	0.67	0	0.67	6.67	2.40	--	--	13.34	--	--	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	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

WEDNESDAY		638.29	35.38	12.79	9.45	3266.66	53.37	0.65	3.02	637.12	6.20	1414.69	586.89	
	Beef Meatballs with Sweet and Sour Sauce (Gold Kosher)	1 Serving	193.75	17.95	5.96	0.34	23.58	3.38	0.05	2.07	22.85	3.53	111.36	196.53
	Bread Crumbs, plain, grated, dry	0.28116 Tablespoon	7.50	0.25	0.10	0.09	0	0	0.00	0.01	3.47	0.03	3.72	13.89
	Herb, oregano, ground	0.09372 Teaspoon	0.45	0.02	0.01	0.07	0.29	0.00	0.00	0	2.69	0.00	2.13	0.04
	Egg, whole, raw, lrg	0.09372 Each	6.70	0.59	0.45	0	7.53	0	0.01	0.04	2.62	0.06	6.47	6.65
	Garlic, cloves, fresh	0.09372 Each	0.42	0.02	0.00	0.01	0.00	0.09	0.00	0	0.51	0.00	1.13	0.05
	Oil, vegetable, Pure, soybean	0.14058 Tablespoon	16.87	0	1.97	0	0	0	--	--	0	--	--	0
	Onion, yellow, fresh, chpd	0.04686 Cup	3.00	0.08	0.01	0.13	0.01	0.55	0.01	0	1.72	0.01	10.95	0.30
	Sugar, brown, packed	0.04686 Cup	39.32	0.01	0	0	0	0	0.00	0	8.59	0.00	13.76	2.90
	Vinegar, distilled	0.18744 Tablespoon	0.50	0	0	0	0	0	0	0	0.17	0.00	0.06	0.06
	Juice, lemon, fresh	0.09372 Teaspoon	0.10	0.00	0.00	0.00	0.00	0.18	0.00	0	0.03	0.00	0.49	0.00
	Ketchup, low sod	0.07029 Cup	16.36	0.29	0.05	0.05	15.74	2.55	0.03	0	3.04	0.04	64.44	3.37
	Sauce, soy, less sodium	0.18744 Tablespoon	1.87	0.19	0	0	0	0	--	--	0	--	--	107.78
	Beef, ground, extra lean, raw	0.18744 Pound	97.47	16.49	3.37	0	0	0	--	2.02	0	3.37	--	48.73
	Sauce, Worcestershire, Angostura	0.18744 Tablespoon	3.19	0	0	0	0	0	0	0	0	--	8.22	12.75
	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	6 Ounce-w...	69.74	1.58	0.41	4.76	2841.64	10.04	0.23	0	56.13	0.41	544.31	117.37
	Juice, Fruit, Comp	4 Fluid	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

THURSDAY			625.35	42.01	21.46	8.47	1171.46	88.72	0.94	1.76	763.44	3.80	1768.16	385.50	
Herb Roasted Fish (Gold Kosher)			146.34	20.81	6.39	0.01	33.63	0.08	0.29	0.82	28.25	1.08	345.75	55.31	
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
Herb, thyme,			0.025 Teaspoon	0.02	0.00	0.00	0.00	0.10	0.03	0.00	0	0.08	0.00	0.12	0.00
Herb, parsley, fresh, chpd			0.025 Teaspoon	0.01	0.00	0.00	0.00	0.26	0.04	0.00	0	0.04	0.00	0.17	0.02
Herb, cilantro, leaf, fresh			0.025 Teaspoon	0.00	0.00	0.00	0.00	0.06	0.00	0.00	0	0.01	0.00	0.04	0.00
Herb, rosemary, fresh			0.025 Teaspoon	0.02	0.00	0.00	0.00	0.05	0.00	0.00	0	0.06	0.00	0.12	0.00
Pasta with Garlic Sauce (Gold Kosher)			4 Ounce-w...	209.68	5.61	9.40	4.50	13.64	4.46	0.17	0	30.20	0.88	81.09	5.03
Pasta, spaghetti, whole wheat, ckd			0.21035 Pound	118.31	5.09	0.52	4.29	0.29	0	0.08	0	14.31	0.77	41.98	2.86
Oil, olive, extra virgin			0.63105 Tablespoon	79.51	0	8.83	0	--	--	--	--	--	--	--	--
Garlic, cloves, fresh			0.8414 Serving	11.28	0.48	0.04	0.16	0.07	2.36	0.09	0	13.71	0.09	30.37	1.29
Herb, parsley, fresh, chpd			0.4207 Tablespoon	0.57	0.05	0.01	0.05	13.29	2.10	0.00	0	2.18	0.02	8.74	0.88
Cabbage, bok choy, ckd, dmd			6 Ounce-w...	20.41	2.65	0.27	1.65	722.74	44.23	0.28	0	158.19	0.29	631.06	57.83
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
FRIDAY			654.49	44.58	14.21	14.20	503.84	54.59	0.86	1.28	694.34	5.47	1553.77	500.67	
BBQ Chicken (Gold Kosher)			1 Serving	176.79	20.40	7.08	0.11	10.92	0.12	0.40	0.34	10.60	1.55	271.98	97.27
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
Sauce, barbecue, low sod			1 Tablespoon	26.25	0	0.05	0.11	4.11	0.12	0.01	0	2.10	0.02	36.40	23.27
Baked Beans, unsalted, cnd			4 Ounce-w...	119.07	5.44	0.45	6.24	12.02	3.52	0.15	0	56.70	1.59	335.66	1.13
Snap Beans, green, ckd, drnd			4 Ounce-w...	39.69	2.14	0.32	3.63	79.38	11.00	0.06	0	49.90	0.28	165.56	1.13
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

SATURDAY			633.49	37.30	14.56	11.37	2153.15	61.05	0.67	1.49	988.11	4.88	1621.41	408.20	
[-]	[-]	Vegetable Lasagna (Gold Kosher)	1 Serving	317.10	20.93	8.87	4.37	685.42	12.13	0.33	0.55	408.98	2.81	667.35	60.93
	[-]	Pasta, ckd f/fresh	4 Ounce-w...	148.55	5.84	1.19	1.13	6.80	0	0.04	0.16	6.80	0.64	27.22	6.80
	[-]	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
	[-]	Spinach, ckd, drnd	2 Ounce-w...	13.04	1.68	0.15	1.36	594.26	5.56	0.14	0	77.11	0.43	264.22	39.69
	[-]	Mushrooms, ckd, drnd	1 Ounce-w...	7.94	0.62	0.13	0.62	0	1.13	0.03	0	1.70	0.25	100.92	0.57
	[-]	Onion, pearl, ckd, drnd, chpd	1 Ounce-w...	12.47	0.39	0.05	0.40	0.06	1.47	0.04	0	6.24	0.06	47.06	0.85
	[-]	Cheese, mozzarella, low sod, shred	0.375 Cup	118.65	11.65	7.25	0	59.75	0	0.03	0.39	309.76	1.33	40.26	6.78
	[-]	Carrot, fresh, chpd	2 Ounce-w...	23.25	0.53	0.14	1.59	947.21	3.35	0.08	0	18.71	0.14	181.44	39.12
	[-]	Peas, green, ckd f/fzn, drnd	2 Ounce-w...	44.23	2.92	0.15	3.12	119.07	5.61	0.06	0	13.61	0.38	62.37	40.82
	[-]	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

SUNDAY			607.92	41.40	13.88	9.50	3100.74	103.42	1.20	1.28	742.17	4.21	2050.16	589.02
	Citrus Glazed Chicken (Gold Kosher)	1 Serving	171.04	20.76	7.18	0.43	38.10	11.76	0.43	0.34	16.48	1.60	310.24	75.62
	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
	Juice, orange, unswtnd, cnd	1 Tablespoon	7.31	0.11	0.02	0.05	2.72	4.68	0.00	0	1.56	0.01	28.64	0.62
	Juice, pineapple, unswtnd, w/add vit C, cnd	1 Tablespoon	8.28	0.06	0.02	0.03	0.08	6.84	0.02	0	2.03	0.02	20.31	0.31
	Spice, ginger, ground	0.25 Teaspoon	1.51	0.04	0.02	0.06	0.01	0.00	0.00	0	0.51	0.02	5.94	0.12
	Spice, paprika	0.25 Teaspoon	1.62	0.08	0.07	0.20	28.32	0.01	0.01	0	1.32	0.02	13.11	0.39
	Garlic, cloves, fresh	0.25 Teaspoon	1.06	0.05	0.00	0.01	0.01	0.22	0.01	0	1.28	0.01	2.84	0.12
	Spice, pepper, black, ground	0.125 Teaspoon	0.72	0.03	0.01	0.07	0.16	0	0.00	0	1.27	0.00	3.82	0.06
	Sweet Potatoes, dark orange, bkd in skin	4 Ounce-w...	104.33	2.28	0.17	3.74	2179.28	22.23	0.32	0	43.09	0.36	538.64	73.71
	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
	Average		641.91	40.03	15.62	10.89	1834.71	72.00	0.82	1.81	795.45	5.18	1655.11	531.64
	% Recommendation		30.27	81.72	23.68	36.67		96.00	54.86	75.46	66.29	64.79	35.22	40.90