

WEDNESDAY		647.41	49.04	18.30	9.93	1172.76	105.35	1.28	1.24	760.42	3.79	1918.38	401.06	
Chicken Cacciatore (Gold Kosher)		1 Serving	168.40	27.85	3.22	1.47	34.93	16.71	0.63	0.29	25.23	1.08	495.97	70.87
Onion, pearl, fresh, chpd		0.5 Ounce-w...	5.67	0.16	0.01	0.24	0.03	1.05	0.02	0	3.26	0.02	20.70	0.57
Peppers, sweet, bell, green, fresh, chpd		0.5 Ounce-w...	2.83	0.12	0.02	0.24	5.24	11.40	0.03	0	1.42	0.02	24.81	0.43
Mushrooms, fresh, med		0.5 Ounce-w...	3.12	0.44	0.05	0.14	0	0.30	0.01	0.01	0.43	0.07	45.08	0.71
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
Chicken, broiler/fryer, breast, w/o skin, rstd		3 Ounce-w...	140.33	26.38	3.04	0	5.10	0	0.51	0.29	12.76	0.85	217.72	62.94
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, drnd		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

THURSDAY			669.92	35.18	15.79	13.96	755.48	94.36	0.80	1.90	684.84	5.29	1705.70	944.57
	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
	Mashed Potatoes (Golds)	4 Ounce-w...	88.46	1.92	0.95	1.50	0.25	18.50	0.18	0	9.76	0.17	250.60	27.20
	Oil, vegetable, low saturated fat, USDA	0.18857 Teaspoon	7.56	0	0.85	0	0	0	0	0	0	0	0	0
	Garlic, cloves, fresh	0.18857 Teaspoon	0.80	0.03	0.00	0.01	0.00	0.17	0.01	0	0.97	0.01	2.14	0.09
	Mashed Potatoes, flakes, w/o milk, dry	0.37713 Cup	80.10	1.89	0.09	1.49	0.25	18.33	0.17	0	6.11	0.16	248.46	23.53
	Water, tap	0.37713 Cup	0	0	0	0	0	0	0	0	2.68	0.01	0	3.58
	Snap Beans, green, ckd, dmd	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

FRIDAY		631.51	40.22	18.11	8.08	1087.29	57.44	1.05	1.28	627.32	4.12	1596.88	508.14	
-	Herb Roasted Chicken Quarter (Gold Kosher)	1 Serving	150.59	20.41	7.04	0.01	7.27	0.08	0.39	0.34	8.69	1.52	236.04	74.02
	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
	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
-	Roasted Garlic Red Potatoes (Gold Kosher)	4 Ounce-w...	134.13	1.99	4.50	1.97	0.34	8.70	0.32	0	13.32	0.32	359.53	5.77
	Potatoes, peeled, ckd, diced	3.75186 Ounce-w...	91.47	1.82	0.11	1.91	0.32	7.87	0.29	0	8.51	0.29	348.87	5.32
	Garlic, cloves, fresh	0.93796 Teaspoon	3.96	0.17	0.01	0.06	0.02	0.83	0.03	0	4.81	0.03	10.66	0.45
	Oil, canola	0.93796 Teaspoon	38.69	0	4.38	0	0	0	0	0	0	0	0	0
-	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, drmd, 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

SATURDAY			692.36	42.79	17.83	10.98	3867.60	59.23	0.90	1.76	677.21	3.99	1797.18	705.43
	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
	Marinade, zesty herb, dry mix	1 Teaspoon	5.00	0	0	--	--	--	--	--	--	--	--	160.00
	Oil, canola	1 Teaspoon	41.25	0	4.67	0	0	0	0	0	0	0	0	0
	Sweet Potatoes, dark orange, bkd f/fzn, cubes	4 Ounce-w...	113.40	1.94	0.14	2.04	2366.62	10.32	0.21	0	39.69	0.34	427.51	9.07
	Peas, green, ckd f/fzn, drmd	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
	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
	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			643.27	42.47	13.80	13.22	662.68	54.13	1.05	1.85	621.37	5.46	1331.40	458.97
	Turkey Chili (Gold Kosher)	1 Serving	180.02	20.78	7.08	2.64	23.10	2.95	0.56	0.91	36.00	2.44	447.64	104.33
	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, drmd	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			661.08	42.02	15.41	10.76	1750.89	68.16	0.86	1.71	668.92	4.50	1597.71	594.30
% Recommendation			31.18	85.78	23.35	36.24		90.88	57.34	71.07	55.74	56.19	33.99	45.72