

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 WEEK 4														
MONDAY														
			701.36	43.16	11.67	12.71	1468.94	59.80	0.79	3.07	678.35	6.77	1686.62	748.69
Salisbury Steak (Gold Kosher)			209.48	20.28	4.88	1.28	0	0	0.03	2.12	51.88	3.79	55.57	256.27
Bread Crumbs, plain, grated, dry			111.98	3.78	1.50	1.28	0	0	0.03	0.10	51.88	0.41	55.57	207.52
Beef, ground, extra lean, raw			97.50	16.50	3.37	0	0	0	--	2.02	0	3.37	--	48.75
Potatoes, baked, med, 2 1/4" to 3 1/4"			105.46	2.83	0.15	2.49	1.13	10.89	0.35	0	17.01	0.41	606.68	11.34
Peas, green, ckd f/fzn, drnd			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			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			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
TUESDAY														
			628.96	40.94	18.83	8.56	1451.84	53.01	0.80	1.76	658.83	4.02	1516.51	369.21
Fish Almondine (Gold Kosher)			212.41	23.25	12.07	1.40	33.18	0	0.31	0.82	58.43	1.43	426.37	55.40
Fish, whitefish, mixed species, fillet, bkd/brld			146.28	20.81	6.39	0	33.17	0	0.29	0.82	28.07	1.08	345.30	55.28
Nuts, almonds, sliced			66.12	2.44	5.68	1.40	0.01	0	0.02	0	30.36	0.35	81.08	0.11
Rice, brown, long grain, ckd			125.87	2.93	1.02	2.04	0	0	0.16	0	11.34	0.71	48.76	5.67
Mixed Vegetables (Z, C, S) (Gold Kosher)			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, drnd, slices			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,			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			10.01	0.67	0	0.67	6.67	2.40	--	--	13.34	--	--	0
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

WEDNESDAY		605.71	35.99	14.59	10.30	1166.24	63.09	0.59	1.49	1005.69	4.64	1543.17	329.39
[-]	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
	— 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 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			728.46	34.63	9.62	19.30	2093.59	66.75	0.84	1.01	656.71	4.66	1711.68	452.41	
		Spanish Chicken Stew (Golds)	1 Serving	228.36	15.70	3.13	12.13	254.40	18.80	0.34	0.06	67.95	1.82	491.41	124.42
		Stew Chicken (Gold Kosher)	3 Ounce-w...	65.07	4.83	2.52	0.96	15.92	7.57	0.17	0.06	25.43	0.42	165.39	42.21
		Oil, olive, salad or	0.18428 Teaspoon	7.33	0	0.83	0	0	0	0	0	0.01	0	0.01	0.02
		Onion, yellow, fresh, med, whole, 2 1/2"	0.09214 Ounce-w...	1.04	0.03	0.00	0.04	0.01	0.19	0.00	0	0.60	0.00	3.81	0.10
		Garlic, cloves, fresh	0.09214 Ounce-w...	3.89	0.17	0.01	0.05	0.02	0.81	0.03	0	4.73	0.03	10.47	0.44
		Peppers, sweet, bell, green, fresh, lrg, 3"	0.09214 Ounce-w...	0.52	0.02	0.00	0.04	0.97	2.10	0.01	0	0.26	0.00	4.57	0.08
		Herb, oregano, leaf, dried	0.18428 Tablespoon	1.47	0.05	0.02	0.23	0.94	0.01	0.01	0	8.83	0.01	6.97	0.14
		Spice, cumin, seeds, ground	0.18428 Teaspoon	1.31	0.06	0.07	0.11	0.13	0.01	--	0	2.45	--	--	0.58
		Tomatoes, red, fresh, year round avg, med, 2 3/5", USDA	0.36856 Ounce-w...	1.88	0.09	0.02	0.13	8.70	1.43	0.01	0	1.04	0.02	24.76	0.52
		Chicken, broiler/fryer, thigh, w/o skin, rstd	0.55284 Ounce-w...	27.74	3.76	1.30	0	1.25	0	0.07	0.06	1.57	0.28	43.41	13.64
		Stock, chicken, prep f/recipe	0.55284 Ounce-w...	5.64	0.39	0.19	0	0.16	0.03	0.01	0	0.47	0.02	16.46	22.41
		Juice, lime, unswtnd, cnd/btl	0.09214 Cup	4.76	0.06	0.05	0.09	0.36	1.45	0.01	0	2.72	0.01	17.00	3.63
		Potatoes, peeled, ckd, diced	0.36856 Ounce-w...	8.99	0.18	0.01	0.19	0.03	0.77	0.03	0	0.84	0.03	34.27	0.52
		Herb, thyme, fresh	0.18428 Tablespoon	0.45	0.02	0.01	0.06	2.10	0.71	0.00	0	1.79	0.01	2.69	0.04
		Herb, cilantro, leaf, fresh	0.18428 Tablespoon	0.04	0.00	0.00	0.01	1.24	0.05	0.00	0	0.12	0.00	0.96	0.08
		Beans, black, mature, ckd	2 Ounce-w...	74.84	5.02	0.31	4.93	0.34	0	0.04	0	15.31	0.64	201.28	0.57
		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
		Rice, white, long grain, ckd	4 Ounce-w...	147.42	3.05	0.32	0.45	0	0	0.11	0	11.34	0.56	39.69	1.13
		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
		Corn, yellow, sweet, kernels, ckd f/fzn, drnd	3 Ounce-w...	68.89	2.17	0.57	2.04	16.92	2.98	0.08	0	2.55	0.54	198.16	0.85
		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
		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
		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			701.86	50.80	14.19	12.44	645.11	59.88	1.21	1.23	630.43	3.99	1482.56	591.49
	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
	Mustard, honey, squeeze btl	2 Teaspoon	20.00	0	0	0	0	0	--	--	0	--	--	40.00
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
	Peas, green, ckd f/fzn, dmd	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
	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
	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
	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			601.78	40.40	11.32	7.34	1161.04	85.31	0.64	2.99	741.21	6.01	1585.98	664.49
Spaghetti & Meatballs (Golds)		1 Serving	332.45	24.82	5.64	3.38	36.85	1.13	0.16	2.05	36.22	4.17	244.66	339.33
	Bread Crumbs, plain, grated, dry	0.25 Ounce-w...	28.00	0.95	0.38	0.32	0	0	0.01	0.02	12.97	0.10	13.89	51.88
	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
	Pasta, spaghetti, 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
	Beef, ground, extra lean, raw	3 Ounce-w...	97.50	16.50	3.37	0	0	0	--	2.02	0	3.37	--	48.75
	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

SUNDAY			673.80	41.08	14.15	13.34	3294.29	68.53	1.18	1.84	694.21	5.15	1717.11	666.70
	Turkey Meatloaf (Gold Kosher)	1 Serving	201.19	19.49	7.35	1.57	41.59	5.10	0.59	0.90	54.13	2.35	431.93	155.00
	Turkey, ground, patty, raw, 4oz	3 Ounce-w...	125.87	16.72	6.51	0	17.01	0	0.48	0.85	16.16	2.00	201.57	49.33
	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
	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
	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, ckd w/o skin, mashed	4 Ounce-w...	86.18	1.55	0.16	2.83	1784.89	14.51	0.19	0	30.62	0.23	260.82	30.62
	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	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		663.13	41.00	13.48	12.00	1611.58	65.20	0.86	1.91	723.63	5.03	1606.23	546.05
	% Recommendation		31.27	83.70	20.44	40.41		86.93	57.58	79.71	60.30	62.92	34.18	42.00