

CONSUMER PRICE MOVEMENTS MARCH 2015

The Consumer Price Index for All Urban Consumers (CPI-U) increased 0.2 percent in March on a seasonally adjusted basis, the U.S. Bureau of Labor Statistics reported today. Over the last 12 months, the all items index declined 0.1 percent before seasonal adjustment.

Increases in the energy and shelter indexes more than offset a decline in the food index and were the main factors in the rise of the seasonally adjusted all items index. The energy index rose 1.1 percent as advances in the gasoline and fuel oil indexes outweighed declines in the electricity and natural gas indexes. In contrast, the food index declined 0.2 percent, with the food at home index posting its largest decline since April 2009.

The index for all items less food and energy rose 0.2 percent in March, the same increase as in January and February. Along with the shelter index, a broad array of indexes rose in March, including medical care, used cars and trucks, apparel, new vehicles, household furnishings and operations, and recreation. The index for airline fares, in contrast, declined for the fourth time in the last 5 months.

The all items index declined 0.1 percent for the 12 months ending March. The energy index declined 18.3 percent over the span, more than offsetting increases in the indexes for food (up 2.3 percent) and all items less food and energy (up 1.8 percent).

Table A. Percent changes in CPI for All Urban Consumers (CPI-U): U.S. city average

	Seasonally adjusted changes from preceding month							Un-adjusted 12-mos. ended Mar. 2015
	Sep. 2014	Oct. 2014	Nov. 2014	Dec. 2014	Jan. 2015	Feb. 2015	Mar. 2015	
All items	0.1	0.1	-0.3	-0.3	-0.7	0.2	0.2	-0.1
Food3	.2	.2	.2	.0	.2	-.2	2.3
Food at home3	.2	.1	.2	-.2	.1	-.5	1.9
Food away from home ¹3	.2	.4	.3	.2	.3	.2	2.9
Energy	-.7	-1.2	-4.1	-4.7	-9.7	1.0	1.1	-18.3
Energy commodities	-.9	-2.1	-7.0	-9.0	-18.0	2.1	3.8	-28.8
Gasoline (all types)	-.9	-2.0	-7.2	-9.2	-18.7	2.4	3.9	-29.2
Fuel oil ¹	-2.1	-4.0	-3.5	-7.8	-9.9	1.9	5.9	-24.9
Energy services	-.4	-.1	-.3	.8	-.1	-.2	-1.5	-2.9
Electricity	-.7	.5	.0	.6	.9	.3	-1.1	.9
Utility (piped) gas service4	-1.9	-1.3	1.4	-3.4	-2.0	-2.7	-14.4
All items less food and energy1	.2	.1	.1	.2	.2	.2	1.8
Commodities less food and energy commodities1	.0	-.3	-.2	-.1	.2	.3	-.2
New vehicles0	.1	.0	.0	-.1	.2	.2	.8
Used cars and trucks0	-.6	-.9	-.8	-.1	1.0	1.2	-1.3
Apparel1	-.3	-.7	-.8	.3	.3	.5	-.5
Medical care commodities5	.2	.6	.9	-.3	.7	.1	4.2
Services less energy services2	.2	.2	.2	.3	.1	.2	2.4
Shelter3	.2	.2	.2	.3	.2	.3	3.0
Transportation services1	.5	.2	.0	.4	.3	.0	2.0
Medical care services1	.2	.3	.3	.1	-.2	.4	1.9

¹ Not seasonally adjusted.

Consumer Price Index Data for March 2015

Food

The food index declined 0.2 percent in March after a 0.2-percent increase in February. The index for food at home turned sharply down in March, falling 0.5 percent. Five of the six major grocery store food group indexes declined. The fruits and vegetables index posted the largest decrease, falling 1.4 percent, its third decline in a row. The index for nonalcoholic beverages, which rose 0.6 percent in February, fell 0.6 percent in March. The index for dairy and related products fell 0.5 percent, as did the index for meats, poultry, fish, and eggs. The index for beef and veal, however, rose for the fourteenth month in a row, increasing 0.1 percent. The index for other food at home fell 0.1 percent in March after rising in February. The only major grocery store food group index to increase in March was

DIETS	MSP	CMCF	SMCI		TOTAL
1800 ADA	7		14		21
1800 ADA W/ SNACK	4	16	25		45
2200 ADA	3	2	68		73
2200 ADA W/SNACK	15	54	82		151
2600 ADA	2		7		9
2600 ADA W/ SNACK	47	16	19		82
3000 ADA					0
3000 ADA W/SNACK	7		1		8
PEM 1	0	17	11		28
PEM 2	1	18	11		30
PREGNANCY	0	2	0		2
RENAL	0	26	0		26
FULL LIQUID	1	1	0		2
NO CONC. SWT		2	0		2
CARDIO	41	17	6		64
ALLERGEN	10				10
Total	138	171	244		

List of Equipment to be Maintained by Contractor

Unit 29 Kitchen

Equipment	Year	Condition
Ice machine	2007	Good
Ice machine	2011	Good
Ice machine	2011	Good
Ice machine	2011	Good
Ice machine	2007	Good
Ice machine	2007	Good
Oven # 1	1981	Fair
Oven #2	1981	Fair
Oven #3	1981	Fair
Oven #4	1981	Fair
Oven #5	1981	Fair
Mixer	2011	Good
Mixer	2003	Good
Food Warmer	2010	Fair
Food Warmer	2010	Fair
Food Warmer	2010	Fair
Griddle	Unknown	Fair
Proofer Box	1981	Fair
Cambro Machine	Unknown	Fair
Buffalo Chopper	2003	Good
Big Pot #1	1981	Fair
Big Pot #2	1981	Fair
Pot #1	1981	Fair
Pot #2	1981	Fair
Pot #3	1981	Fair
Pot #4	1981	Fair
Tilt Skillet	2007	Good
Sheet Pan Rack	2011	Good
Pan Rack	2011	Good
Pan Rack	2011	Good
Pan Rack	2007	Good
Pan Rack	2007	Good
Pan Rack	2007	Good
Diet Tray Rack	2003	Good

Equipment	Year	Condition
Meat Slicer	2011	Good
Pallet Jack	2015	Excellent
Pallet Jack	2015	Excellent
Dish Machine	2007	Good
Heated Transport Cart	2011	Fair
Heated Transport Cart	2011	Fair
Heated Transport Cart	2011	Fair
Enclosed Pan Rack	2011	Good
Dish Machine	2011	Good
Enclosed Pan Rack	2011	Good
Enclosed Pan Rack	2011	Good
Floor Machine	2011	Good

Unit 30 Kitchen

Mixer	Unknown	Good
Griddle	Unknown	Good
Griddle	Unknown	Good
Electric Tilt Skillet	2010	Good
Food Warmer	2011	Good
Food Warmer	2011	Good
Food Warmer	2011	Good
Food Warmer	2011	Good
Food Warmer	2011	Good
Convection Oven	2003	Good
Convection Oven	2003	Good
Convection Oven	2003	Good
Ice Machine	Unknown	Good
Dish Machine	2013	Good
Electric Steam Kettle	2013	Good
Ice Machine	Unknown	Good
Fork Lift	2011	Good
3 Door Cooler	Unknown	Good
Meat Slicer	2011	Good
Electric Steam Kettle	Unknown	Good

CMCF

Equipment	Year	Condition
Dish Machine	2011	Good
Electric Pallet Jack	Unknown	Good
Food Mixer	2010	Good
Food Mixer	2011	Good
Roller Conveyor	Unknown	Fair
Steam Kettle	1995	Good
Steam Kettle	1995	Good
Steam Kettle	1995	Good
Steam Kettle	1995	Good
Steam Kettle	1995	Good
Ice Machine	2011	Good
Ice Machine	2007	Good
Meat Slicer	2011	Good
Meat Slicer	2011	Good
Stove	2007	Good
Revolving Oven	1995	Fair
Revolving Oven	1995	Fair
Revolving Oven	1995	Fair
Robot Coupe	2007	Good
Table Chopper	Unknown	Good
Griddle	2006	Good
Griddle	2006	Good
Griddle	2006	Good
Griddle	2006	Good
Auto Hand Washer	Unknown	Good
Ice Machine	2007	Good
60 QT Mixer	1984	Fair
60 QT Mixer	2011	Good
Steam Table	2007	Fair
Cutter Mixer	2007	Good
Tilt Skillet	2010	Good
Tilt Skillet	2010	Good
Tilt Skillet	2010	Good
Bendi Forklift	2007	Good
Forklift	2011	Good
Heater Cabinet	Unknown	Good
Floor Machine	2011	Good

SMCI

Equipment	Year	Condition
Ice Machine	2006	Good
Ice Machine	2006	Good
Steam Kettle	1989	Good
Steam Kettle	1989	Good
Steam Kettle	1989	Good
Steam Kettle	1989	Good
Steam Kettle	2006	Good
Steam Kettle	2006	Good
Steam Kettle	2006	Good
Steam Table	2007	Good
Steam Table	2007	Good
Tilt Skillet	2010	Good
Tilt Skillet	2010	Good
Tilt Skillet	2010	Good
Dish Machine	2011	Good
60 QT Mixer	2011	Good
Cutter Mixer	2011	Good
Forklift	2011	Good
Heated Transport Cart	Unknown	Fair
Heated Transport Cart	2011	Good
80 QT Mixer	2011	Good
Food Slicer	2011	Good
Food Slicer	2011	Good
Floor Machine	2011	Good
Enclosed Pan Rack	Unknown	Good
Enclosed Pan Rack	Unknown	Good
Oven	2010	Good
Oven	2010	Good
Dish Machine	2011	Good
Griddle	2007	Good
Electric Pallet Jack	2007	Needs Repairs

Vehicles to be Maintained by Contractor

MDOC #	Make	Serial Number	Year	Mileage
MSP				
71491	Ford F 650	3FRNF65R27V544065	2011	54585
69092	Ford F 650	3FDNF65Y63MB02521	2003	89771

69071	Ford F 650	3FDNF65Y33MB03643	2003	70877
69090	Ford Van	1FTNS24253HA57405	2003	56215
69091	Ford F 650	3FDNF65Y83MB00544	2003	67243
35913	Trailer Van	1H5R04527FM018001	1984	N/A
51002	Trailer Semi	1DTV61222RA223938	1997	N/A
56806	Trailer Semi	1UYVS2488RM193601	1997	N/A
64306	Trailer Utility	1UYVS2482YM198002	2002	N/A
64307	Trailer Utility	1UYVS2480YM198001	2002	N/A
69096	2004 Sterling Tractor	2FWJA3CV84AM23574	2004	439443
71490	2008 Peterbilt Tractor	1XPHD49X38D754852	2008	304521
71494	Trailer Semi	1UYVS25328M354803	2008	N/A
73679	Peterbilt Tractor	1XPHD79X5CD160192	2011	197846
75516	Trailer Semi	1UYVS2487CM404701	2011	N/A
 CMCF				
56805	Ford Cutaway Van	1FDKE37L1VHB60159	1997	41557
63562	Ford Cutaway Van	1FDWE37L9XHB84276	1999	54666
64258	Ford Cutaway Van	1FDWE37LXXHB89163	1999	63100
71513	Ford Cutaway Van	1FDWE35L07DA78969	2007	25390
75096	Ford Van	1FTRE14723HA04515	2002	176484
 SMCI				
67749	Ford Cutaway Van	1FDWE35L370A56335	2007	18489
72343	Ford Cutaway Van	1FDW3FL3BDB10075	2011	9602

LEASED Dish Machines

CUST_ACCT_NM	SHIPTO_ADDR_L1	SHIPTO_ADDR_L2	SHIPTO_CITY_ST_ZIP	HIPTO_ZI	ET_STRT_DT	LEASE_STRT_DT	MPONENT	MCH_SER_NBR	PRICE_AMT
SOUTH MISS CORR INST 3675	22689 HWY 63 N		LEAKESVILLE MS 39451	39451	21-Apr-95	28-Dec-07	ET44	S804396	\$ 183.19
MISSISSIPPI DEPT OF CORR	US HIGHWAY 49 W		PARCHMAN MS 38738	38738	01-Mar-01	01-Apr-15	ES2000	15A300962	\$ 87.09
CENTRAL MS CORR FAC	WOMENS KITCHEN	5001 HIGHWAY 468	PEARL MS 39208	39208	15-Aug-03	20-Jan-08	ES4000	07L231554	\$ 120.07
CENTRAL MS CORR FAC	WOMENS KITCHEN	5001 HIGHWAY 468	PEARL MS 39208	39208	15-Aug-03	15-Sep-07	ES4000	07F223609	\$ 120.07
CENTRAL MS CORR FAC	WOMENS KITCHEN	5001 HIGHWAY 468	PEARL MS 39208	39208	15-Aug-03	20-Sep-03	ES4000	ES52654	\$ 120.07
CENTRAL MS CORR FAC	WOMENS KITCHEN	5001 HIGHWAY 468	PEARL MS 39208	39208	15-Aug-03	11-Oct-03	ES4000	ES57076	\$ 120.07
MISSISSIPPI DEPT OF CORR	US HIGHWAY 49 W		PARCHMAN MS 38738	38738	01-Mar-01	17-Jul-14	ES4000	14E292805	\$ 139.37
MISSISSIPPI DEPT OF CORR	US HIGHWAY 49 W		PARCHMAN MS 38738	38738	01-Mar-01	01-Feb-13	ES4000	ES54697	\$ 136.91
MISSISSIPPI DEPT OF CORR	US HIGHWAY 49 W		PARCHMAN MS 38738	38738	01-Mar-01	01-Oct-09	ES2000	07F223601	\$ 65.10
SOUTH MISS CORR INST 3675	22689 HWY 63 N		LEAKESVILLE MS 39451	39451	21-Apr-95	15-Jan-12	XL4000	11G265907	\$ 120.07
SOUTH MISS CORR INST 3675	22689 HWY 63 N		LEAKESVILLE MS 39451	39451	21-Apr-95	07-Sep-03	ES4000	ES57005	\$ 120.07
MISSISSIPPI DEPT OF CORR	US HIGHWAY 49 W		PARCHMAN MS 38738	38738	01-Mar-01	21-Mar-13	ES2000	12K277380	\$ 85.55
MISSISSIPPI DEPT OF CORR	US HIGHWAY 49 W		PARCHMAN MS 38738	38738	01-Mar-01	28-Jan-13	ES2000	ES20295	\$ 85.55
MISSISSIPPI DEPT OF CORR	US HIGHWAY 49 W		PARCHMAN MS 38738	38738	01-Mar-01	01-Mar-01	ES2000	ES9317	\$ 61.03
SOUTH MISS CORR INST 3675	22689 HWY 63 N		LEAKESVILLE MS 39451	39451	21-Apr-95	21-Aug-10	ES4000	07J228562	\$ 120.07
CENTRAL MS CORR FAC	WOMENS KITCHEN	5001 HIGHWAY 468	PEARL MS 39208	39208	15-Aug-03	20-Sep-03	ES4000	ES50694	\$ 120.07
CENTRAL MS CORR FAC	WOMENS KITCHEN	5001 HIGHWAY 468	PEARL MS 39208	39208	15-Aug-03	11-Oct-03	ES4000	ES57070	\$ 120.07
CENTRAL MS CORR FAC	WOMENS KITCHEN	5001 HIGHWAY 468	PEARL MS 39208	39208	15-Aug-03	20-Sep-03	ES4000	ES57051	\$ 120.07

MDOC Benefits

State Employee Benefits:

- Paid Semi-Monthly
- Medical Insurance
- Life Insurance
- State Retirement System (PERS)
- 18 Annual Personal Leave Days
- 12 Annual Medical Leave Days
- 10 Annual Holidays
- 15 Annual Military Days
- State Employee Credit Union
- Deferred Compensation Plan
- Direct Deposit
- Paid Training
- Equal Opportunity Employer
- Drug/Tobacco Free Workplace

Menu Nutrient Analysis Report

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Nutrient Totals Using Main Items Only

Sorted in Menu Sequence

Report Selections

Date Range
Menus

: Sat Jul 04, 2015 - Fri Jul 10, 2015
: MDOC

Menu: MDOC Date: Sat Jul 04, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrate (gm)	Fat (gm)	% Cal. Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
Breakfast															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	0.00	0	40	0.65
C Egg, Scrambled, 2oz	4 oz	120	213	13.0	24.7	1.3	17.0	72.9	0.0	71	883	0.95	0	798	1.76
C Sausage, Chicken, 5/1	1 each	92	220	8.0	15.0	5.0	18.0	75.7	0.0	100	200	0.00	0	1040	1.08
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	50	0.0	0.2	13.1	0.0	0.1	0.2	1	1	0.00	0	6	0.04
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
Breakfast Totals			1202	36.9	12.5	93.4	74.3	56.2	1.8+	644	2759	2.27+	1+	2949	5.32
Noon Meal															
C Corn Dog, All Meat, 2 oz Meat, Pric	1 each	175	460	16.8	14.6	55.8	18.9	36.9	0.0	102	207	0.44	0	973	6.18
C Beans, Baked, Navy, Dry	1/2 cup	253	203	10.1	19.3	33.0	4.0	17.5	9.3	89	42	0.00	3	83	2.55
Potatoes, Au Gratin, Dry Mix *	1/2 cup	143	118	1.9	6.3	17.3	5.1	37.3	1.9	4	81	0.00+	0	576	0.45
C Coleslaw, Hmd	1/2 cup	83	87	0.9	3.8	6.7	6.7	66.5	1.5	31	117	0.00+	27	185	0.38
C Cookie, Assorted, In House	1 each	14	65	0.8	4.6	9.2	2.9	39.6	0.3	4	2	0.01	0	49	0.51
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
C Mustard, Bulk, 1 tbsp	1 tablespoon	31	19	1.2	21.9	1.8	1.0	44.0	1.2	20	34	0.00	0	345	0.50
Noon Meal Totals			958	31.6	13.0	123.8	38.6	35.6	14.2+	258	483	0.45+	105	2219	10.57
Evening Meal															
C Beef, Salisbury Steak	1 each	85	230	13.0	21.8	6.0	18.0	68.1	1.0	30	881	0.02	2	320	1.40
C Gravy, Brown	2 ounces	31	82	1.7	8.6	12.5	2.7	29.9	0.5	10	81	0.02	0	343	1.00
C Potatoes, Whipped	1 cup	221	236	4.7	8.4	43.0	3.7	14.7	3.1	61	182	0.18+	94	144	1.15
Beans, Green, Frz	1/2 cup	103	53	1.7	12.6	7.0	2.0	34.4	2.4+	39+	577+	0.00+	12+	30	0.77+
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
C Cake, Chocolate, Mix	1 piece	48	161	2.8	6.8	25.9	5.6	30.5	1.4	42	0+	0.00+	0+	294	1.26
C Tea, Iced, Sweet**, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
Evening Meal Totals			1207	32.3	10.6	179.2	40.4	29.7	8.4+	246+	1723+	0.21+	108+	1650	8.53+
Daily Totals for 07/04/15			3367	100.8	12.0	396.4	153.3	40.9	24.5+	1148+	4965+	2.93+	213+	6818	24.42+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 Yo)			852	18.7		117.2	28.4		10.0	333		0.80	30	433	2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			395	540.0		338.2	639.9		244.6+	344+		366.48+	710+	1573	914.43+
Week Daily Average (07/04/15-07/04/15)			3367	100.8	12.0	396.4	153.3	40.9	24.5+	1148+	4965+	2.93+	213+	6818	24.42+

Includes main items only. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Sun Jul 05, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrate (gm)	Fat (gm)	% Cal. Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
Breakfast															
C Grits, w/Margarine**	1 cup	303	187	3.1	6.6	31.6	5.1	24.7	1.8	9	219	0.00	0	52	1.22
C Egg, Hard Boiled**	1 each	50	72	6.3	36.2	0.4	4.8	61.7	0.0	28	270	0.44	0	128	0.88
C Potatoes, Breakfast Hashbrowns	1/2 cup	252	85	1.4	6.8	14.6	2.2	23.4	0.8	22	83+	0.00+	4	110	0.26
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	50	0.0	0.2	13.1	0.0	0.1	0.2	1	1	0.00	0	6	0.04
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
Breakfast Totals			1003	24.2	9.9	118.8	46.7	42.1	2.8	522	2050+	1.77+	5	1361	4.18
Noon Meal															
C Turkey Ham, Breakfast	4 ounces	189	144	21.6	62.4	0.4	5.6	36.4	0.0	14	0	0.00+	0	786	3.12
C Gravy, Chicken	2 ounces	31	82	1.9	9.1	12.9	2.6	28.7	0.3	3	81	0.00+	0	114	0.53
C Rice, Buttered	1/2 cup	107	143	2.1	6.0	22.9	4.5	28.8	0.5	22	36	0.00	0	180	0.21
C Peas, Green	1/2 cup	146	83	3.1	14.8	9.5	3.8	40.2	3.3	19	639	0.00	8	175	0.90
C Bread, White, Sliced, Local	2 slices	56	149	5.0	13.5	27.7	1.9	11.4	1.5	81	1	0.00	0	274	2.02
Gelatin, Strawberry	1/2 cup	146	108	2.2	7.9	25.7	0.0	0.0	0.0	4	0	0.00	18	143	0.04
C Mustard, Bulk, 1 tbsp	1 tablespoon	31	19	1.2	21.9	1.8	1.0	44.0	1.2	20	34	0.00	0	345	0.50
C Salad, Lettuce, Shredded, w/Pickl	1/4 cup	26	4	0.2	19.6	0.7	0.0	10.3	0.3	8	104	0.00	1	60	0.10
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
Noon Meal Totals			738	37.3	20.6	101.6	19.5	23.9	7.2	180	895	0.00+	102	2086	7.43
Evening Meal															
C Beef, Country Fried Steak, w/o Gr	1 each	85	198	10.8	21.7	14.3	11.0	49.6	1.8	34	8341		1	656	2.11
C Gravy, Brown	2 ounces	31	82	1.7	8.6	12.5	2.7	29.9	0.5	10	81	0.02	0	343	1.00
C Corn, Whole Kernel, Frozen	1/2 cup	170	104	2.7	9.4	18.8	3.4	26.3	2.6	6	139	0.00	6	32	0.37
Beans, Green, Frz	1/2 cup	103	53	1.7	12.6	7.0	2.0	34.4	2.4+	39+	577+	0.00+	12+	30	0.77+
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
Mousse, Chocolate	1/2 cup	72	168	0.5	1.2	16.1	11.7	61.3	0.1	12	11	0.02+	0	36	0.30
C Tea, Iced, Sweet**	10 oz	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
Evening Meal Totals			1049	25.8	9.7	153.5	39.3	33.0	7.4+	165+	9151+	0.05+	19+	1616	7.51+
Daily Totals for 07/05/15			2791	87.3	12.6	373.9	105.4	33.9	17.4+	866+	12096+	1.82+	126+	5064	19.11+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			852	18.7		117.2	28.4		10.0	333		0.80	30	433	2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			328	467.9		319.1	371.1		173.9+	260+		227.26+	418+	1169	716.90+

Includes main items only. * Denotes a menu item whose nutrient analysis may no longer be valid or accepted.
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Mon Jul 06, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbo hydrat (gm)	Fat (gm)	% Fat (%)	Dietry Fiber (gm)	Cal cium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
Breakfast															
Cereal, Assorted, Ind	1 each	32	110	2.3	7.9	25.7	0.8	5.9	2.3	9	725	1.29	8	135	6.21
C Potatoes, Breakfast Hashbrowns	1/2 cup	252	85	1.4	6.8	14.6	2.2	23.4	0.8	22	83+	0.00+	4	110	0.26
C Gravy, Country, w/Crumbles	4 ounces	88	204	11.1	21.9	16.0	10.4	46.4	1.8+	36	159	0.00+	0+	124+	2.12
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Ind, Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
Breakfast Totals															
			1008	28.3	11.3	115.4	48.0	43.0	4.8+	528	2445+	2.62+	13+	1436+	10.38
Noon Meal															
Beef, Fiesta Mac & Cheese, w/ Chui	1 cup	263	373	22.0	22.8	29.1	20.2	47.1	5.4	189	527	2.69	10	953	3.43
Carrots, Sliced, LS	1/2 cup	173	51	0.8	5.7	7.5	2.3	38.0	3.1	37	13617	0.00	2	88	0.42
C Peas, Blackeyed, Dry	1/2 cup	248	199	2.8	5.7	17.3	12.6	58.5	4.2	113	749	0.00+	2	204	0.94
C Bread, Combread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
C Cookie, Assorted, In House, For S	1 each	14	65	0.8	4.6	9.2	2.9	39.6	0.3	4	2	0.01	0	49	0.51
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
Noon Meal Totals															
			1071	32.2	11.8	107.2	57.7	48.0	14.7	538	15038	2.90+	90	1633	7.83
Evening Meal															
Chicken, Chili, w/Pulled/Nort Beans	1 cup	410	238	25.2	41.1	28.2	3.5	12.8	8.6	100	923	0.00+	18	409	3.94
C Rice, Buttered	1/2 cup	107	143	2.1	6.0	22.9	4.5	28.8	0.5	22	36	0.00	0	180	0.21
C Cabbage	1/2 cup	128	40	1.1	9.6	4.7	2.3	47.8	2.0	42	219	0.00	37	39	0.49
C Bread, Combread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
C Cake, Yellow, Mix	1 piece	61	141	1.4	4.0	31.0	1.3	8.4	0.5	80	0	0.04	0	276	0.79
C Tea, Iced, Sweet**, 10 oz	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
Evening Meal Totals															
			1041	35.7	13.4	156.8	31.4	26.9	13.2	440	1321	0.24+	55	1242	7.98
Daily Totals for 07/06/15															
			3120	96.2	12.2	379.5	137.1	39.4	32.7+	1507	18804+	5.75+	157+	4311+	26.19
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)															
			852	18.7		117.2	28.4		10.0	333		0.80	30	433	2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)															
			366	515.1		323.8	482.7		327.1+	452		719.16+	523+	995+	980.90

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Tue Jul 07, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrate (gm)	Fat (gm)	% Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
Breakfast															
C Grits, w/Cheese**	1 cup	316	184	3.8	8.3	30.4	5.0	24.7	1.5	46	188	0.03	0	192	1.09
C Sausage, Turkey, Patty, Cooked,	1 each	42	80	9.0	46.1	0.5	4.5	51.4	0.0	52	0	0	0	411	0.80
C Pancakes, Mix**	3 each	257	445	8.8	7.6	90.6	7.3	14.3	2.4	272	11	0.00+	0+	1333	4.90
C Syrup, Pancake, Bulk	2 oz	79	184	0.0	0.0	48.3	0.0	0.0	0.0	2	0	0.00	0	64	0.02
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
Breakfast Totals			1292	30.8	9.5	199.5	44.5	30.6	4.0	694	1677	1.35+	1+	2394	7.21
Noon Meal															
C Chicken, Nuggets, 6 Nuggets	6 each	84	141	16.2	46.2	4.3	6.5	41.5	1.1	22	108	0	0	606	1.17
C Gravy, Chicken	31	82	19	1.9	9.1	12.9	2.6	28.7	0.3	3	81	0.00+	0	114	0.53
C Potatoes, Whipped	1/2 cup	111	118	2.4	8.4	21.5	1.8	14.7	1.6	30	91	0.09+	47	72	0.58
C Beans, Green, Frz	1/2 cup	177	128	1.6	5.0	6.8	10.7	73.9	2.4	40	496	0.00	12	5	0.78
C Bread, Roli, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
Mousse, Strawberry	1/2 cup	83	146	0.5	1.3	19.4	8.1	47.7	0.6	14	8	0.03+	11	34	0.18
C Catsup, Bulk, 1 tbsp	1 tablespoon	30	31	0.3	3.6	8.3	0.0	0.8	0.1	5	160	0.00	1	275	0.11
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
Noon Meal Totals			997	31.3	12.6	132.1	38.1	34.1	6.0+	177	946	0.13+	146	1624	6.27
Evening Meal															
C Sandwich, Chicken/Cheese/Broct	1 each	128	267	15.3	23.0	25.3	11.6	39.2						1863	
Sauce, Tomato, Cnd	2 oz	97	23	1.2	16.7	5.1	0.3	9.4	1.4	14	420	0.00	7	458	0.93
Pasta, Spaghetti Noodles, LF, w/Pa	1/2 cup	266	111	3.7	13.6	21.2	1.1	8.9	0.9	14	1	0.00	0	9	0.95
C Mix Veg, Farm Vegetables	1/2 cup	164	92	1.0	4.3	6.2	7.2	69.2	2.3	32	5358	0.00	6	29	0.50
C Peas, Green	1/2 cup	146	83	3.1	14.8	9.5	3.8	40.2	3.3	19	639	0.00	8	175	0.90
C Cobbler, Peach	1/2 cup	154	131	0.6	1.7	32.7	0.8	5.0	1.8	5	500	0.00	3	16	0.50
C Tea, Iced, Sweet**, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
Evening Meal Totals			807	24.9	12.2	126.0	24.7	27.2	9.7+	93+	6918+	0.00+	24+	2559	3.79+
Daily Totals for 07/07/15			3096	87.1	11.2	457.6	107.3	30.8	19.7+	964+	9541+	1.48+	171+	6576	17.28+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			852	18.7		117.2	28.4		10.0	333		0.80	30	433	2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			363	466.3		390.4	377.9		197.1+	289+		184.93+	570+	1518	647.08+

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC

Date: Wed Jul 08, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrat (gm)	Fat (gm)	% Cal. Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
Breakfast															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	0.00	0	40	0.65
C Egg, Hard Boiled**	2 each	101	143	12.6	36.2	0.7	9.5	61.7	0.0	56	540	0.89	0	255	1.75
C Chicken, Bologna, Sliced, GoodS	2 ounces	57	129	7.3	22.8	4.3	9.0	63.8	0.0	48		0.15	0	498	0.87
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	50	0.0	0.2	13.1	0.0	0.1	0.2	1	1	0.00	0	6	0.04
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
Breakfast Totals			1041	35.8	14.0	92.1	57.8	50.3	1.8	577	2216+	2.36	1	1864	5.10
Noon Meal															
C Frankfurter, All Meat	2 each	90	275	10.4	15.3	1.5	24.9	82.4	0.0	10	52	1.17	0	737	1.04
C Macaroni and Cheese	1/2 cup	213	224	6.9	12.5	33.1	6.8	27.6	1.4	57	196	0.03	0	178	1.47
C Mix Veg, Farm Vegetables	1 cup	329	183	2.0	4.3	12.4	14.5	69.2	4.6	64	10716	0.00	12	58	1.00
C Bread, White, Sliced, Local	2 slices	56	149	5.0	13.5	27.7	1.9	11.4	1.5	81	1	0.00	0	274	2.02
C Mustard, Bulk, 1 tbsp	1 tablespoon	31	19	1.2	21.9	1.8	1.0	44.0	1.2	20	34	0.00	0	345	0.50
Gelatin, Orange	1/2 cup	146	108	2.2	7.9	25.7	0.0	0.0	0.0	4	0	0.00	18	143	0.04
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
Noon Meal Totals			963	27.6	11.5	102.2	49.0	45.7	8.8	245	10999	1.20	105	1744	6.07
Evening Meal															
C Beef, Patty, Charbroiled	1 each	85	206	15.0	29.1		14.4	62.9	2.7	5277	129		1	556	2.28
C Gravy, Brown	2 ounces	31	82	1.7	8.6	12.5	2.7	29.9	0.5	10	81	0.02	0	343	1.00
C Rice, Buttered	1/2 cup	107	143	2.1	6.0	22.9	4.5	28.8	0.5	22	36	0.00	0	180	0.21
C Mix Veg, Farm Vegetables	1 cup	329	183	2.0	4.3	12.4	14.5	69.2	4.6	64	10716	0.00	12	58	1.00
C Bread, Combread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
C Cake, White, Mix	1 piece	61	142	1.3	3.8	31.0	1.3	8.6	0.0	82	0	0.00	0	271	0.97
C Tea, Iced, Sweet**, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
Evening Meal Totals			1233	28.2	9.1	148.9+	57.1	41.5	9.9	5651	11106	0.22+	13	1747	8.01
Daily Totals for 07/08/15			3237	91.6	11.4	343.3+	164.0	45.6	20.5	6472	24320+	3.79+	119	5355	19.18
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			852	18.7		117.2	28.4		10.0	333		0.80	30	433	2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			380	490.5		292.9+	577.3		205.4	1942		473.66+	395	1236	718.48

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Thu Jul 09, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrat (gm)	Fat (gm)	% Fat (%)	Dietary Fiber (gm)	Cal cium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
Breakfast															
Cereal, Assorted, Ind	1 each	32	110	2.3	7.9	25.7	0.8	5.9	2.3	9	725	1.29	8	135	6.21
C Gravy, Country, w/Crumbles	4 ounces	88	204	11.1	21.9	16.0	10.4	46.4	1.8+	36	159	0.00+	0+	124+	2.12
C Potatoes, Breakfast Hashbrowns	1/2 cup	252	85	1.4	6.8	14.6	2.2	23.4	0.8	22	83+	0.00+	4	110	0.26
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
Breakfast Totals			1008	28.3	11.3	115.4	48.0	43.0	4.8+	528	2445+	2.62+	13+	1436+	10.38
Noon Meal															
Pork, BBQ, Pulled/Chopped, 4 oz	4 ounces	149	240	18.3	31.1	18.9	9.6	36.7	0.6	69	185	1.27+	2	1441	1.42
C Beans, Baked, Navy, Dry	1 cup	505	405	20.1	19.3	65.9	8.1	17.5	18.6	178	84	0.00	6	166	5.10
Salad, Macaroni, HMD	1/2 cup	224	155	4.3	11.1	24.0	4.8	27.5	1.1	34	323	0.07	3	226	0.98
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
Mousse, Chocolate	1/2 cup	72	168	0.5	1.2	16.1	11.7	61.3	0.1	12	11	0.02+	0	36	0.30
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
Noon Meal Totals			1319	51.6	15.6	183.8	42.6	28.8	20.5+	357	605	1.37+	86	2387	10.74
Evening Meal															
C Chicken, Baked	1 each	85	206	15.0	29.1		14.4	62.9	2.7	5274	129		1	556	2.28
C Gravy, Chicken	2 ounces	31	82	1.9	9.1	12.9	2.6	28.7	0.3	3	81	0.00+	0	114	0.53
C Potatoes, Whipped	1 cup	221	236	4.7	8.4	43.0	3.7	14.7	3.1	61	182	0.18+	94	144	1.15
Beans, Green, Frz	1/2 cup	103	53	1.7	12.6	7.0	2.0	34.4	2.4+	39+	577+	0.00+	12+	30	0.77+
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
C Cake, Chocolate, Mix	1 piece	48	161	2.8	6.8	25.9	5.6	30.5	1.4	42	0+	0.00+	0+	294	1.26
C Tea, Iced, Sweet**, 10 oz	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
Evening Meal Totals			1183	34.5	11.7	173.6+	36.7	28.0	9.9+	5482+	971+	0.19+	107+	1656	8.94+
Daily Totals for 07/09/15			3510	114.4	13.0	472.8+	127.3	32.6	35.2+	6367+	4020+	4.17+	205+	5479+	30.06+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			852	18.7		117.2	28.4		10.0	333		0.80	30	433	2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			412	612.6		403.4+	448.3		352.3+	1910+		521.19+	683+	1265+	1125.99+

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Fri Jul 10, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrat (gm)	Fat (gm)	% Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
Breakfast															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	0.00	0	40	0.65
C Sausage, Turkey, Patty, Cooked,	1 each	42	80	9.0	46.1	0.5	4.5	51.4	0.0	52	0	0.00	0	411	0.80
C Bacon, Pork, Layflat	2 slices	49	206	6.2	12.2	0.6	19.6	86.5	0.0	2	18	0.25	0	327	0.20
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	50	0.0	0.2	13.1	0.0	0.1	0.2	1	1	0.00	0	6	0.04
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
Breakfast Totals			1055	31.2	12.0	88.3	63.4	54.3	1.8	528	1694	1.57+	1	1849	3.49
Noon Meal															
C Chicken, Baked	1 each	85	206	15.0	29.1		14.4	62.9	2.7	5274	129			1	556
Sauce, BBQ	1 oz	32	41	0.2	1.9	9.8	0.2	3.3	0.2	8	54	0.00	0	247	0.15
C Yams, Mashed	1/2 cup	237	184	1.2	2.7	30.3	6.6	32.2	2.8	26	8250	0.00	11	70	0.98
C Mix Veg, Farm Vegetables	1 cup	329	183	2.0	4.3	12.4	14.5	69.2	4.6	64	10716	0.00	12	58	1.00
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
C Cookie, Assorted, In House, For S	1 each	14	65	0.8	4.6	9.2	2.9	39.6	0.3	4	2	0.01	0	49	0.51
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
Noon Meal Totals			1030	27.6	10.7	120.5+	46.9	40.6	10.6+	5439	19152	0.01+	99	1498	7.86
Evening Meal															
C Fish, Breaded, 4 oz	1 each	113	304	16.2	21.5	18.2	18.2	54.4	0.0	97	129	2.95	0	314	0.16
Potatoes, Au Gratin, Dry Mix *	1/2 cup	143	118	1.9	6.3	17.3	5.1	37.3	1.9	4	81	0.00+	0	576	0.45
C Mix Veg, Farm Vegetables	1 cup	329	183	2.0	4.3	12.4	14.5	69.2	4.6	64	10716	0.00	12	58	1.00
C Catsup, Bulk, 1 tbsp	1 tablespoon	30	31	0.3	3.6	8.3	0.0	0.8	0.1	5	160	0.00	1	275	0.11
C Bread, Cornbread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
Mousse, Chocolate	1/2 cup	72	168	0.5	1.2	16.1	11.7	61.3	0.1	12	11	0.02+	0	36	0.30
C Tea, Iced, Sweet*, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
Evening Meal Totals			1280	26.9	8.4	142.4	69.2	48.1	8.4	377	11241	3.17+	13	1598	4.57
Daily Totals for 07/10/15			3365	85.7	10.2	351.2+	179.6	47.8	20.8+	6345	32087	4.75+	113	4946	15.92
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			852	18.7		117.2	28.4		10.0	333		0.80	30	433	2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			395	459.0		299.7+	632.3		208.2+	1903		593.90+	378	1141	596.27
Week Daily Average (07/05/15-07/10/15)			3186	93.7	11.8	396.4+	136.8	38.5	24.4+	3753+	16811+	3.63+	148+	5289+	21.29+
Daily Average (07/04/15-07/10/15)			3212	94.7	11.8	396.4+	139.1	38.8	24.4+	3381+	15119+	3.53+	158+	5507+	21.74+

Includes main items only. * Denotes a menu item whose nutrient analysis may no longer be valid or accepted.
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Report Selections

Date Range : Sat Jul 11, 2015 - Fri Jul 17, 2015
Menus : MDOC

Menu: MDOC Date: Sat Jul 11, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrat (gm)	Fat (gm)	% Fat (%)	Dietary Fiber (gm)	Cal cium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
Breakfast															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	0.00	0	40	0.65
C Egg, Hard Boiled**	2 each	101	143	12.6	36.2	0.7	9.5	61.7	0.0	56	540	0.89	0	255	1.75
C Sausage, Turkey, Patty, Cooked,	1 each	42	80	9.0	46.1	0.5	4.5	51.4	0.0	52	0	0	0	411	0.80
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	50	0.0	0.2	13.1	0.0	0.1	0.2	1	1	0.00	0	6	0.04
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsps	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
Breakfast Totals			992	37.5	15.5	88.4	53.3	48.7	1.8	562	2216	2.21+	1	1777	5.04
Noon Meal															
C Peanut Butter & Jelly	4 tablespoons	64	311	9.5	11.4	24.4	21.9	59.2	2.3	22	1	0.00	0	188	0.78
C Bread, White, Sliced, Local	4 slices	112	298	9.9	13.5	55.4	3.7	11.4	3.0	161	1	0.00	0	549	4.04
C Macaroni and Cheese	1/2 cup	213	224	6.9	12.5	33.1	6.8	27.6	1.4	57	196	0.03	0	178	1.47
Apples, Sliced, Cnd, NCS	1/2 cup	123	83	0.2	1.0	20.8	0.5	5.4	2.5	5	69	0.00	0	4	0.30
C Cookie, Assorted, In House, For	1 each	14	65	0.8	4.6	9.2	2.9	39.6	0.3	4	2	0.01	0	49	0.51
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
Noon Meal Totals			986	27.3	10.9	142.8	35.8	31.4	9.5	258	269	0.04	76	976	7.09
Evening Meal															
C Beef, Country Fried Steak, w/o Gr	1 each	85	198	10.8	21.7	14.3	11.0	49.6	1.8	34	8341		1	656	2.11
C Gravy, Brown	2 ounces	31	82	1.7	8.6	12.5	2.7	29.9	0.5	10	81	0.02	0	343	1.00
C Rice, Buttered	1/2 cup	107	143	2.1	6.0	22.9	4.5	28.8	0.5	22	36	0.00	0	180	0.21
Beans, Green, Frz	1/2 cup	103	53	1.7	12.6	7.0	2.0	34.4	2.4+	39+	577+	0.00+	12+	30	0.77+
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
C Cake, Lemon, Mix	1 piece	61	149	0.9	2.3	30.8	3.1	17.9	0.9	18	0	0.00+	0	264	0.63
C Tea, Iced, Sweet**	10 oz	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
Evening Meal Totals			1070	25.6	9.6	172.3	31.7	26.6	6.1+	187+	9038+	0.03+	13+	1992	7.68+
Daily Totals for 07/11/15			3049	90.4	11.9	403.5	120.8	35.3	17.4+	1027+	11522+	2.28+	89+	4745	19.81+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			852	18.7		117.2	28.4		10.0	333		0.80	30	433	2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			358	484.3		344.3	425.2		174.0+	308+		284.71+	297+	1095	741.82+
Week Daily Average (07/11/15-07/11/15)			3049	90.4	11.9	403.5	120.8	35.3	17.4+	1027+	11522+	2.28+	89+	4745	19.81+

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Sun Jul 12, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrat (gm)	Fat (gm)	% Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
Breakfast															
C Cereal**	2 ounces	43	152	3.2	8.1	35.8	0.2	1.0	1.4	2	759	2.13	9	310	12.29
C Potatoes, Breakfast Hashbrowns	1/2 cup	252	85	1.4	6.8	14.6	2.2	23.4	0.8	22	83+	0.00+	4	110	0.26
C Turkey Ham, Breakfast	2 ounces	95	72	10.8	62.4	0.2	2.8	36.4	0.0	7	0	0.00+	0	393	1.56
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	50	0.0	0.2	13.1	0.0	0.1	0.2	1	1	0.00	0	6	0.04
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	1.3	0.0	1.3	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsps	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
Breakfast Totals			969	28.9	12.2	122.8	39.8	37.2	2.4	494	2321+	3.45+	14	1885	15.94
Noon Meal															
Beef, Roast, Sliced, w/o Gravy, 2 oz	4 ounces	125	237	45.1	80.1	0.0	5.0	19.9	0.0	5	0	3.37	0	56	4.14
C Gravy, Brown (Homemade)	2 oz	145	137	3.2	9.6	21.7	3.9	26.1	0.8+	10+	171+	0.00+	0+	86	1.29+
C Potatoes, Whipped	1/2 cup	111	118	2.4	8.4	21.5	1.8	14.7	1.6	30	91	0.09+	47	72	0.58
C Peas, Green	1/2 cup	146	83	3.1	14.8	9.5	3.8	40.2	3.3	19	639	0.00	8	175	0.90
Mousse, Strawberry	1/2 cup	83	146	0.5	1.3	19.4	8.1	47.7	0.6	14	8	0.03+	11	34	0.18
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
Noon Meal Totals			1072	62.6	24.3	130.9	31.0	26.0	6.3+	142+	911+	3.49+	142+	941	10.03+
Evening Meal															
C Beef, Salisbury Steak	1 each	85	230	13.0	21.8	6.0	18.0	58.1	1.0	30	881		2	320	1.40
C Gravy, Brown	2 ounces	31	82	1.7	8.6	12.5	2.7	29.9	0.5	10	81	0.02	0	343	1.00
C Rice, Buttered	1/2 cup	107	143	2.1	6.0	22.9	4.5	28.8	0.5	22	36	0.00	0	180	0.21
C Greens, Mixed (Mustard, Turnip)	1/2 cup	144	101	1.4	5.2	8.9	7.2	61.2	2.1	98	6761	0.00	20	195	0.63
C Bread, Cornbread, Mix, Large Cut	1 piece	151	316	5.3	6.7	52.5	9.2	26.4	4.9	45	87	0.07	0	620	1.89
C Brownie, Mix	1 each	63	156	1.3	3.3	32.9	2.7	15.1	1.3	1	0	0.00+	0	95	0.97
C Tea, Iced, Sweet**	10 oz	331	101	0.0	0.0	25.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
Evening Meal Totals			1128	24.9	8.7	161.8	44.4	34.6	10.4	216	7846	0.09+	22	1762	6.12
Daily Totals for 07/12/15			3169	116.4	15.0	415.6	115.2	32.5	19.0+	851+	11078+	7.03+	178+	4588	32.09+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			852	18.7		117.2	28.4		10.0	333		0.80	30	433	2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			372	623.5		354.6	405.5		190.4+	255+		879.29+	592+	1059	1201.82+

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Mon Jul 13, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrate (gm)	Fat (gm)	% Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
Breakfast															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	0.00	0	40	0.65
C Egg, Hard Boiled**	2 each	101	143	12.6	36.2	0.7	9.5	61.7	0.0	56	540	0.89	0	255	1.75
C Sausage, Turkey, Patty, Cooked,	1 each	42	80	9.0	46.1	0.5	4.5	51.4	0.0	52	0	0.00	0	411	0.80
Bread, Tortilla, Flour, 7"	32	94	2.5	11.0	16.4	1.9	18.3	0.8	41	0	0.00	0	0.00	0	227
Jelly, Grape, Bulk	1 tablespoon	19	50	0.0	0.2	13.1	0.0	0.1	0.2	1	1	0.00	0	6	0.04
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
Breakfast Totals			876	35.8	16.6	75.4	48.1	49.4	2.6	482	2216	2.21+	1	1332	4.68
Noon Meal															
C Beef, Patty, Charbroiled	1 each	85	206	15.0	29.1		14.4	62.9	2.7	5277	129		1	556	2.28
Potatoes, Tater Gems	1/2 cup	86	152	2.0	5.3	22.3	6.1	36.0	2.0	0	0		4	29	0.73
C Peas, Green	1/2 cup	146	83	3.1	14.8	9.5	3.8	40.2	3.3	19	639	0.00	8	175	0.90
C Bread, White, Sliced, Local	2 slices	56	149	5.0	13.5	27.7	1.9	11.4	1.5	81	1	0.00	0	274	2.02
C Salad, Lettuce, Shredded, w/Pickl	1/4 cup	26	4	0.2	19.6	0.7	0.0	10.3	0.3	8	104	0.00	1	60	0.10
C Mayonnaise, Bulk, 1 tbsp	1 tablespoon	29	73	0.2	1.0	4.3	6.3	75.9	0.0	1	9	0.01	0	192	0.04
C Catsup, Bulk, 1 tbsp	1 tablespoon	30	31	0.3	3.6	8.3	0.0	0.8	0.1	5	160	0.00	1	275	0.11
C Cookie, Assorted, In House, For S	1 each	14	65	0.8	4.6	9.2	2.9	39.6	0.3	4	2	0.01	0	49	0.51
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
Noon Meal Totals			769	26.6	13.8	82.1+	35.4	41.2	10.2	5403	1042	0.02+	90	1620	6.68
Evening Meal															
Beef, Fiesta Mac & Cheese, w/ Cnur	1 cup	263	373	22.0	22.8	29.1	20.2	47.1	5.4	189	527	2.69	10	953	3.43
Beans, Green, Frz	1/2 cup	103	53	1.7	12.6	7.0	2.0	34.4	2.4+	39+	577+	0.00+	12+	30	0.77+
Carrots, Sliced, Glazed	1/2 cup	174	68	0.7	4.1	12.0	2.2	28.4	3.0	36	12972	0.00	2	86	0.41
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
C Cake, Yellow, Mix	1 piece	61	141	1.4	4.0	31.0	1.3	8.4	0.5	80	0	0.04	0	276	0.79
C Tea, Iced, Sweet**, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
Evening Meal Totals			1080	34.2	12.4	163.9	34.2	27.8	11.2+	408+	14079+	2.73+	24+	1863	8.35+
Daily Totals for 07/13/15			2725	96.6	14.1	321.3+	117.8	38.6	24.1+	6293+	17337+	4.96+	115+	4815	19.72+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			852	18.7		117.2	28.4		10.0	333		0.80	30	433	2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			320	517.4		274.2+	414.8		240.5+	1888+		620.26+	382+	1111	738.45+

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Tue Jul 14, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrat (gm)	Fat (gm)	% Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
Breakfast															
A/C Grits, w/Margarine**	1 cup	303	187	3.1	6.6	31.6	5.1	24.7	1.8	9	219	0.00	0	52	1.22
C Egg, Hard Boiled**	2 each	101	143	12.6	36.2	0.7	9.5	61.7	0.0	56	540	0.89	0	255	1.75
C Gravy, Country, w/Crumbles	4 ounces	88	204	11.1	21.9	15.0	10.4	46.4	1.8+	36	159	0.00+	0+	124+	2.12
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
Breakfast Totals			1143	40.1	14.3	107.4	59.6	47.4	3.6+	563	2396	2.21+	1+	1497+	6.88
Noon Meal															
C Beef, Meatballs, w/o Gravy	6 each	85	190	15.0	30.5	5.0	13.0	59.4	1.0	43	122		2	250	2.00
C Gravy, Brown	2 ounces	31	82	1.7	8.6	12.5	2.7	29.9	0.5	10	81	0.02	0	343	1.00
C Rice, Buttered	1/2 cup	107	143	2.1	6.0	22.9	4.5	28.8	0.5	22	36	0.00	0	180	0.21
C Greens, Turnip	1 cup	282	158	1.7	4.2	7.6	14.3	77.5	5.3	211	11541	0.00	42	405	1.22
C Bread, Combread, Mix, Large Cu	1 piece	151	316	5.3	6.7	52.5	9.2	26.4	4.9	45	87	0.07	0	620	1.89
C Cookie, Assorted, In House, For	1 each	14	65	0.8	4.6	9.2	2.9	39.6	0.3	4	2	0.01	0	49	0.51
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
Noon Meal Totals			960	26.7	10.9	109.8	46.6	42.7	12.5	345	11869	0.10+	119	1855	6.83
Evening Meal															
C Chicken, Fried Patty	1 each	85	198	10.8	21.7	14.3	11.0	49.6	1.8	34	8341		1	656	2.11
Pasta, Spaghetti Noodles, Buttered,	1 cup	539	274	7.5	11.0	42.5	8.0	26.5	1.8	30	262	0.01	0	87	1.90
Sauce, Tomato, Cnd	2 oz	97	23	1.2	16.7	5.1	0.3	9.4	1.4	14	420	0.00	7	458	0.93
C Mix Veg, 4 Way Mix	1/2 cup	172	103	2.6	10.0	11.9	5.1	44.1	4.0	25	3953	0.00	3	49	0.75
C Bread, Rofl, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
C Crisp, Apple	1/2 cup	306	241	0.9	1.5	51.2	4.6	16.4	1.7	49	200	0.02	0	168	0.59
C Tea, Iced, Sweet**	10 oz.	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
Evening Meal Totals			1284	31.4	9.7	209.8	37.3	26.0	10.8+	214	13177	0.03+	11	1935	9.22
Daily Totals for 07/14/15			3387	98.2	11.6	427.0	143.6	37.9	27.0+	1122	27442	2.34+	130+	5288+	22.94
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			852	18.7		117.2	28.4		10.0	333		0.80	30	433	2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			398	525.8		364.3	505.6		269.6+	337		292.41+	434+	1220+	859.11

Includes main items only. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Wed Jul 15, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrat (gm)	Fat (gm)	% Cal. Fat (%)	Dietary Fiber (gm)	Cal cium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
Breakfast															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	0.00	0	40	0.65
C Egg, Hard Boiled**	2 each	101	143	12.6	36.2	0.7	9.5	61.7	0.0	56	540	0.89	0	255	1.75
C Sausage, Turkey, Link, 1 each	1 each	19	30	3.3	44.0		2.0	80.0		7				97	0.24
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	50	0.0	0.2	13.1	0.0	0.1	0.2	1	1	0.00	0	6	0.04
Ind, Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
Breakfast Totals			942	31.8	13.8	87.9+	50.8	48.8	1.8+	536	2216+	2.21+	1+	1463	4.47
Noon Meal															
Chicken, Fajita Meat, Pulled, w/Onion	1/2 cup	117	153	25.6	69.5	1.8	4.2	25.8	0.4	14	276	0.00+	14	78	1.42
Bread, Tortilla, Flour, 7"	2 each	64	188	5.1	11.0	32.8	3.8	18.3	1.6	81		0	0.00	0	454
C Rice, Mexican	1/2 cup	93	110	2.2	8.3	22.8	0.8	6.6	0.6+	22+	17+	0.00+	3+	16	0.23+
C Corn, Whole Kernel, Frozen	1/2 cup	170	104	2.7	9.4	18.8	3.4	26.3	2.6	6	139	0.00	6	32	0.37
C Cookie, Assorted, In House, For	1 each	14	65	0.8	4.6	9.2	2.9	39.6	0.3	4	2	0.01	0	49	0.51
Sauce, Mexican Picante	1 oz	32	22	0.5	9.9	1.9	1.3	53.9	0.0	3	57	0.00+	0	204	0.23
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
Noon Meal Totals			647	36.9	23.3	87.3	16.4	22.5	5.5+	140+	492+	0.01+	98+	841	4.85+
Evening Meal															
C Grits, w/Cheese**	1 cup	316	184	3.8	8.3	30.4	5.0	24.7	1.5	46	188	0.03	0	192	1.09
C Bacon, Pork, Layflat	2 slices	49	206	6.2	12.2	0.6	19.6	86.5	0.0	2	18	0.25	0	327	0.20
C Pancakes, Mix**	3 each	257	445	8.8	7.6	90.6	7.3	14.3	2.4	272	11	0.00+	0+	1333	4.90
Ind, Syrup, Pancake	2 each	57	133	0.0	0.0	34.9	0.0	0.0	0.0	2	0	0.00	0	46	0.02
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
Evening Meal Totals			1177	19.1	6.4	186.7	54.8	41.5	4.0	340	1231	0.31+	75+	2175	6.21
Daily Totals for 07/15/15			2766	87.8	12.8	331.9+	121.9	39.6	11.3+	1016+	3938+	2.53+	174+	4479	15.53+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			852	18.7		117.2	28.4		10.0	333		0.80	30	433	2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			325	470.3		283.2+	429.3		113.3+	305+		315.69+	581+	1034	581.80+

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Thu Jul 16, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrate (gm)	Fat (gm)	% Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
Breakfast															
Cereal, Assorted, Ind	1 each	32	110	2.3	7.9	25.7	0.8	5.9	2.3	9	725	1.29	8	135	6.21
C Potatoes, Breakfast Hashbrowns	1/2 cup	252	85	1.4	6.8	14.6	2.2	23.4	0.8	22	83+	0.00+	4	110	0.26
C Gravy, Country, w/Crumbles	4 ounces	88	204	11.1	21.9	16.0	10.4	46.4	1.8+	36	159	0.00+	0+	124+	2.12
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Ind, Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
Breakfast Totals			1008	28.3	11.3	115.4	48.0	43.0	4.8+	528	2445+	2.62+	13+	1436+	10.38
Noon Meal															
C Chicken, Bologna, Sliced, GoodS	4 ounces	113	257	14.5	22.8	8.5	18.0	63.8	0.0	95		0.31	0	996	1.73
Beans, Green, Frz	1/2 cup	103	53	1.7	12.6	7.0	2.0	34.4	2.4+	39+	577+	0.00+	12+	30	0.77+
C Yams, Mashed	1/2 cup	237	184	1.2	2.7	30.3	6.6	32.2	2.8	26	8250	0.00	11	70	0.98
C Bread, Roli, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
C Salad, Lettuce, Shredded, w/Pickl	1/4 cup	26	4	0.2	19.6	0.7	0.0	10.3	0.3	8	104	0.00	1	60	0.10
Gelatin, Cherry, Mix Fruit, 12 #10/11	1/2 cup	183	125	2.4	7.3	30.1	0.0	0.0	0.4	7	114	0.00	19	144	0.12
C Mustard, Bulk, 1 tbsp	1 tablespoon	31	19	1.2	21.9	1.8	1.0	44.0	1.2	20	34	0.00	0	345	0.50
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
Noon Meal Totals			992	29.6	11.9	137.2	36.2	32.8	7.1+	258+	9081+	0.31+	118+	2164	7.15+
Evening Meal															
C Chicken, BBQ, Patty	1 piece	109	239	11.0	18.3	24.1	11.2	41.7	2.0	42	8395	0.00+	1	902	2.26
C Beans, Baked, Navy, Dry	1/2 cup	253	203	10.1	19.3	33.0	4.0	17.5	9.3	89	42	0.00	3	83	2.55
C Greens, Mixed (Mustard, Turnip)	1/2 cup	144	101	1.4	5.2	8.9	7.2	61.2	2.1	98	6761	0.00	20	195	0.63
C Corn, Whole Kernel, Frozen	1/2 cup	170	104	2.7	9.4	18.8	3.4	26.3	2.6	6	139	0.00	6	32	0.37
C Bread, Cornbread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
C Cake, White, Mix	1 piece	61	142	1.3	3.8	31.0	1.3	8.6	0.0	82	0	0.00	0	271	0.97
C Tea, Iced, Sweet*, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
Evening Meal Totals			1266	32.5	10.0	185.9	46.9	32.7	17.6	511	15480	0.20+	30	1822	9.34
Daily Totals for 07/16/15			3267	90.3	11.0	438.5	131.1	35.9	29.6+	1297+	27006+	3.13+	160+	5422+	26.86+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			852	18.7		117.2	28.4		10.0	333		0.80	30	433	2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			383	483.8		374.2	461.8		295.6+	389+		391.16+	534+	1251+	1006.14+

Includes main items only. * Denotes a menu item whose nutrient analysis may no longer be valid or accepted.
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Fri Jul 17, 2015

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	% Cal. Pro (%)	Carbo hydrat (gm)	Fat (gm)	% Cal. Fat (%)	Dietry Fiber (gm)	Cal cium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
Breakfast															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	0.00	0	40	0.65
C Chicken, Bologna, Sliced, GoodS	2 ounces	57	129	7.3	22.8	4.3	9.0	63.8	0.0	48	0.15	0.15	0	498	0.87
C Potatoes, Breakfast Hashbrowns	1/2 cup	252	85	1.4	6.8	14.6	2.2	23.4	0.8	22	83+	0.00+	4	110	0.26
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	50	0.0	0.2	13.1	0.0	0.1	0.2	1	1	0.00	0	6	0.04
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
Breakfast Totals			983	24.6	10.1	106.0	50.5	46.3	2.6	543	1758+	1.48+	5	1719	3.61
Noon Meal															
C Sausage, Smoked, w/Onions/Pep	1 each	178	413	17.3	16.7	29.2	25.5	55.2	1.0	20	386	0.34	19	974	1.20
C Rice, Buttered	1/2 cup	107	143	2.1	6.0	22.9	4.5	28.8	0.5	22	36	0.00	0	180	0.21
C Mix Veg, 4 Way Mix	1 cup	343	206	5.2	10.0	23.8	10.2	44.1	8.0	50	7905	0.00	6	97	1.49
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
C Cookie, Assorted, In House, For	1 each	14	65	0.8	4.6	9.2	2.9	39.6	0.3	4	2	0.01	0	49	0.51
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
Noon Meal Totals			1177	33.8	11.4	143.9	51.4	39.2	9.8+	160	8331	0.35+	100	1818	6.35
Evening Meal															
C Fish, Breaded, 4 oz	1 each	113	304	16.2	21.5	18.2	18.2	54.4	0.0	97	129	2.95	0	314	0.16
C Macaroni and Cheese	1/2 cup	213	224	6.9	12.5	33.1	6.8	27.6	1.4	57	196	0.03	0	178	1.47
C Coleslaw, Hmd	1/2 cup	83	87	0.9	3.8	6.7	6.7	66.5	1.5	31	117	0.00+	27	185	0.38
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
C Catsup, Bulk, 1 tbsp	1 tablespoon	30	31	0.3	3.6	8.3	0.0	0.8	0.1	5	160	0.00	1	275	0.11
C Cake, Chocolate, Mix	1 piece	48	161	2.8	6.8	25.9	5.6	30.5	1.4	42	0+	0.00+	0+	294	1.26
C Tea, Iced, Sweet** 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
Evening Meal Totals			1261	35.5	11.4	177.0	45.7	32.8	4.4+	295	603+	2.98+	28+	1765	6.33
Daily Totals for 07/17/15			3411	93.9	11.0	426.8	147.6	38.9	16.3+	998	10693+	4.81+	132+	5302	16.29
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)															
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)															
Week Daily Average (07/12/15-07/17/15)			3121	97.2	12.5	393.5+	129.5	37.2	21.3+	1929+	16249+	4.13+	148+	4982+	22.24+
Daily Average (07/11/15-07/17/15)			3111	96.2	12.4	394.9+	128.3	36.9	20.7+	1801+	15574+	3.87+	140+	4948+	21.89+

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+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Report Selections

Date Range : Sat Jul 18, 2015 - Fri Jul 24, 2015
Menus : MDOC

Menu: MDOC Date: Sat Jul 18, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrat (gm)	Fat (gm)	% Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
Breakfast															
1/2 C Grits, w/Margarine**	1 cup	303	187	3.1	6.6	31.6	5.1	24.7	1.8	9	219	0.00	0	52	1.22
C Egg, Hard Boiled**	2 each	101	143	12.6	36.2	0.7	9.5	61.7	0.0	56	540	0.89	0	255	1.75
C Sausage, Turkey, Patty, Cooked,	1 each	42	80	9.0	46.1	0.5	4.5	51.4	0.0	52	0	0	0	411	0.80
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	50	0.0	0.2	13.1	0.0	0.1	0.2	1	1	0.00	0	6	0.04
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
Breakfast Totals			1070	38.1	14.6	105.1	53.7	45.6	2.0	580	2238	2.21+	1	1789	5.60
Noon Meal															
C Sandwich, Chicken/Cheese/Broct	1 each	128	267	15.3	23.0	25.3	11.6	39.2						1863	
C Corn, Whole Kernel, Frozen	1/2 cup	170	104	2.7	9.4	18.8	3.4	26.3	2.6	6	139	0.00	6	32	0.37
C Beans, Green, Frz	1/2 cup	177	128	1.6	5.0	6.8	10.7	73.9	2.4	40	496	0.00	12	5	0.78
C Salad, Potato, Hmd	1/2 cup	131	98	2.9	12.2	18.8	0.8	7.6	1.4	38	181	0.17+	36	121	0.59
C Cookie, Assorted, In House, For	1 each	14	65	0.8	4.6	9.2	2.9	39.6	0.3	4	2	0.01	0	49	0.51
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
Noon Meal Totals			668	23.3	13.8	78.9	29.4	38.9	6.8+	97+	818+	0.17+	128+	2078	2.25+
Evening Meal															
C Beef, Meatballs, w/ Spaghetti Sal	6 each	273	219	16.2	28.2	11.7	13.2	51.6	2.8	74	598	0.00+	13	458	2.97
Pasta, Spaghetti Noodles, Buttered,	1 cup	539	274	7.5	11.0	42.5	8.0	26.5	1.8	30	262	0.01	0	87	1.90
C Corn, Whole Kernel, Frozen	1/2 cup	170	104	2.7	9.4	18.8	3.4	26.3	2.6	6	139	0.00	6	32	0.37
C Peas, Green	1/2 cup	146	83	3.1	14.8	9.5	3.8	40.2	3.3	19	639	0.00	8	175	0.90
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
Margarine, w/Garlic, Bulk	1 teaspoon	5	35	0.1	1.2	0.3	3.8	95.1	0.0	2	169	0.00	0	45	0.02
C Brownie, Mix	63	156	156	1.3	3.3	32.9	2.7	15.1	1.3	1	0	0.00+	0	95	0.97
C Tea, Iced, Sweet** , 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
Evening Meal Totals			1317	39.4	11.6	200.5	43.3	28.8	12.0+	195	1809	0.01+	27	1411	10.10
Daily Totals for 07/18/15			3054	100.8	13.1	384.5	126.4	36.9	20.6+	872+	4866+	2.40+	156+	5279	17.95+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			852	18.7		117.2	28.4		10.0	333		0.80	30	433	2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			358	540.0		328.1	445.2		206.3+	262+		299.79+	519+	1218	672.11+
Week Daily Average (07/18/15-07/18/15)			3054	100.8	13.1	384.5	126.4	36.9	20.6+	872+	4866+	2.40+	156+	5279	17.95+

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Sun Jul 19, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrat (gm)	Fat (gm)	% Cal. Fat (%)	Dietary Fiber (gm)	Cal cium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
Breakfast															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	0.00	0	40	0.65
C Beef, Fingers, Breaded, 3 each	3 each	85	218	15.0	27.6	1.1	17.0	70.4	0.9	21	40	1.10	0	300	1.94
C Gravy, Brown	2 ounces	31	82	1.7	8.6	12.5	2.7	29.9	0.5	10	81	0.02	0	343	1.00
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Ind, Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
Breakfast Totals			1019	32.6	12.9	87.6	59.0	52.2	3.0	503	1796	2.44	1	1748	5.38
Noon Meal															
C Frankfurter, All Meat	2 each	90	275	10.4	15.3	1.5	24.9	82.4	0.0	10	52	1.17	0	737	1.04
C Beans, Baked, Navy, Dry	1 cup	505	405	20.1	19.3	65.9	8.1	17.5	18.6	178	84	0.00	6	166	5.10
Salad, Macaroni, HMD	1/2 cup	224	155	4.3	11.1	24.0	4.8	27.5	1.1	34	323	0.07	3	226	0.98
C Bread, White, Sliced, Local	2 slices	56	149	5.0	13.5	27.7	1.9	11.4	1.5	81	1	0.00	0	274	2.02
C Mustard, Bulk, 1 tbsp	1 tablespoon	31	19	1.2	21.9	1.8	1.0	44.0	1.2	20	34	0.00	0	345	0.50
Gelatin, Strawberry, w/Pears, 12 #1	1/2 cup	177	124	2.3	7.2	29.8	0.0	0.2	0.5	7	2	0.00	18	144	0.13
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
Noon Meal Totals			1133	43.3	15.0	150.7	40.7	32.2	23.0	339	496	1.24	102	1901	9.77
Evening Meal															
Chicken, Slew, Pulled	1 cup	315	298	38.8	53.0	19.5	6.6	20.4	5.6+	63+	5770+	0.00+	17+	413	3.25+
C Rice, Buttered	1/2 cup	107	143	2.1	6.0	22.9	4.5	28.8	0.5	22	36	0.00	0	180	0.21
C Greens, Mixed (Mustard, Turnip)	1 cup	288	201	2.8	5.2	17.9	14.5	61.2	4.2	195	13522	0.00	40	390	1.26
C Bread, Cornbread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
C Cake, Lemon, Mix	1 piece	61	149	0.9	2.3	30.8	3.1	17.9	0.9	18	0	0.00+	0	264	0.63
C Tea, Iced, Sweet**, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
Evening Meal Totals			1269	50.5	16.1	161.1	48.4	33.8	12.8+	494+	19472+	0.20+	57+	1586	7.91+
Daily Totals for 07/19/15			3421	126.4	14.8	399.4	148.1	38.7	38.8+	1336+	21764+	3.89+	160+	5235	23.06+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			852	18.7		117.2	28.4		10.0	333		0.80	30	433	2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			401	677.1		340.8	521.3		388.1+	401+		486.15+	533+	1208	863.69+

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Mon Jul 20, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Protein (%)	Carbohydrate (gm)	Fat (gm)	% Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
Breakfast															
Cereal, Assorted, Ind	1 each	32	110	2.3	7.9	25.7	0.8	5.9	2.3	9	725	1.29	8	135	6.21
C Potatoes, Breakfast Hashbrowns	1/2 cup	252	85	1.4	6.8	14.6	2.2	23.4	0.8	22	83+	0.00+	4	110	0.26
C Gravy, Country, w/Crumbles	4 ounces	88	204	11.1	21.9	16.0	10.4	46.4	1.8+	36	159	0.00+	0+	124+	2.12
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Ind, Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
Breakfast Totals															
			1008	28.3	11.3	115.4	48.0	43.0	4.8+	528	2445+	2.62+	13+	1436+	10.38
Noon Meal															
C Beef, Country Fried Steak, w/o Gr	1 each	85	198	10.8	21.7	14.3	11.0	49.6	1.8	34	8341		1	656	2.11
C Gravy, Brown	31	82		1.7	8.6	12.5	2.7	29.9	0.5	10	81	0.02	0	343	1.00
C Potatoes, Whipped	1/2 cup	111	118	2.4	8.4	21.5	1.8	14.7	1.6	30	91	0.09+	47	72	0.58
C Greens, Turnip	1/2 cup	141	79	0.9	4.2	3.8	7.2	77.5	2.7	106	5770	0.00	21	202	0.61
C Bread, Combread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
Mousse, Chocolate	1/2 cup	72	168	0.5	1.2	16.1	11.7	61.3	0.1	12	11	0.02+	0	36	0.30
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
Noon Meal Totals															
			1027	22.2	8.6	112.3	54.1	46.8	8.3	387	14438	0.33+	144	1648	7.13
Evening Meal															
Chicken, Spicy Linguini, Thigh Meat	1 cup	546	282	23.2	33.7	35.9	4.3	14.2	2.0+	40+	190+	0.52+	5+	133	2.43+
Beans, Green, Frz	1/2 cup	103	53	1.7	12.6	7.0	2.0	34.4	2.4+	39+	577+	0.00+	12+	30	0.77+
C Carrots, Sliced, Glazed, LF, LS	1/2 cup	171	52	0.7	5.2	12.0	0.4	6.9	3.0	35	12891	0.00	2	64	0.41
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
Mousse, Strawberry	1/2 cup	83	146	0.5	1.3	19.4	8.1	47.7	0.6	14	8	0.03+	11	34	0.18
C Tea, Iced, Sweet*, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
Evening Meal Totals															
			978	34.5	14.3	159.2	23.3	21.2	8.0+	192+	13668+	0.56+	30+	780	6.75+
Daily Totals for 07/20/15															
			3014	84.9	11.4	386.8	125.4	37.2	21.1+	1106+	30551+	3.51+	187+	3864+	24.26+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)															
			852	18.7		117.2	28.4		10.0	333		0.80	30	433	2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)															
			354	454.9		330.1	441.5		211.2+	332+		438.68+	623+	892+	908.59+

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Tue Jul 21, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrate (gm)	Fat (gm)	% Cal. Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
Breakfast															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	0.00	0	40	0.65
C Egg, Hard Boiled**	2 each	101	143	12.6	36.2	0.7	9.5	61.7	0.0	56	540	0.89	0	255	1.75
C Pancakes, Mix**	3 each	257	445	8.8	7.6	90.6	7.3	14.3	2.4	272	11	0.00+	0+	1333	4.90
Ind. Sugar	12 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
Ind. Syrup, Pancake	2 each	57	133	0.0	0.0	34.9	0.0	0.0	0.0	2	0	0.00	0	46	0.02
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
Breakfast Totals			1229	33.1	10.8	170.8	49.1	35.6	4.1	662	2226	2.21+	1+	2068	7.71
Noon Meal															
Salad, Tuna, 1/2 cup	1/2 cup	137	138	17.5	49.8	5.4	5.4	34.9	0.4	26	299	2.23	5	401	1.56
Carrots, Sliced, Glazed	1/2 cup	174	68	0.7	4.1	12.0	2.2	28.4	3.0	36	12972	0.00	2	86	0.41
C Peas, Green	1/2 cup	146	83	3.1	14.8	9.5	3.8	40.2	3.3	19	639	0.00	8	175	0.90
C Bread, Roli. Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
C Cookie, Assorted, In House, For S	1 each	14	65	0.8	4.6	9.2	2.9	39.6	0.3	4	2	0.01	0	49	0.51
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
Noon Meal Totals			704	30.5	17.1	94.9	22.7	28.7	7.0+	148	13914	2.24+	91	1229	6.32
Evening Meal															
Sausage, Beef Rope, w/Pinto Bean:	1 cup	248	365	17.9	19.7	33.6	17.5	43.3	8.1+	70+	27+	0.77+	13+	510	3.36+
C Rice, Buttered	1/2 cup	107	143	2.1	6.0	22.9	4.5	28.8	0.5	22	36	0.00	0	180	0.21
C Cabbage	1/2 cup	128	40	1.1	9.6	4.7	2.3	47.8	2.0	42	219	0.00	37	39	0.49
C Bread, Combread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
C Cake, Yellow, Mix	1 piece	61	141	1.4	4.0	31.0	1.3	8.4	0.5	80	0	0.04	0	276	0.79
C Tea, Iced, Sweet*, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
Evening Meal Totals			1168	28.4	9.8	162.2	45.3	34.9	12.7+	410+	426+	1.01+	50+	1343	7.39+
Daily Totals for 07/21/15			3101	92.0	11.8	428.0	117.2	33.8	23.8+	1220+	16566+	5.47+	141+	4640	21.43+
1/3 RDA/DRDI STANDARDS, 1 MEAL (M, 70 yo)			852	18.7		117.2	28.4		10.0	333		0.80	30	433	2.67
Percent 1/3 RDA/DRDI STANDARDS, 1 MEAL (%)			364	492.7		365.1	412.8		237.6+	365+		683.14+	471+	1071	802.54+

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Wed Jul 22, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbo hydrat (gm)	Fat (gm)	% Cal. Fat (%)	Dietary Fiber (gm)	Cal cium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
Breakfast															
Cereal, Assorted, Ind	1 each	32	110	2.3	7.9	25.7	0.8	5.9	2.3	9	725	1.29	8	135	6.21
C Egg, Hard Boiled**	2 each	101	143	12.6	36.2	0.7	9.5	61.7	0.0	56	540	0.89	0	255	1.75
C Sausage, Turkey, Patty, Cooked,	1 each	42	80	9.0	46.1	0.5	4.5	51.4	0.0	52	0	0	0	411	0.80
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
Jelly, Grape, Bulk	1 tablespoon	19	50	0.0	0.2	13.1	0.0	0.1	0.2	1	1	0.00	0	6	0.04
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
Breakfast Totals			992	37.4	15.3	99.2	49.5	45.2	2.5	580	2743	3.51+	9	1873	10.59
Noon Meal															
C Corn Dog, All Meat, 2 oz Meat Prc	1 each	175	460	16.8	14.6	55.8	18.9	36.9		102	207	0.44	0	973	6.18
C Beans, Baked, Navy, Dry	1/2 cup	253	203	10.1	19.3	33.0	4.0	17.5	9.3	89	42	0.00	3	83	2.55
C Macaroni and Cheese	1/2 cup	213	224	6.9	12.5	33.1	6.8	27.6	1.4	57	196	0.03	0	178	1.47
C Salad, Tossed	1/2 cup	46	11	0.5	14.8	2.5	0.1	5.6	0.8	12	2117	0.00	6	13	0.21
Ind. Salad Dressing, Assorted	1 each	12	50	0.0	0.0	0.8	5.0	93.5	0.0	0	0	0	0	92	0.00
C Cookie, Assorted, In House, For S	1 each	14	65	0.8	4.6	9.2	2.9	39.6	0.3	4	2	0.01	0	49	0.51
C Mustard, Bulk, 1 tbsp	1 tablespoon	31	19	1.2	21.9	1.8	1.0	44.0	1.2	20	34	0.00	0	345	0.50
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
Noon Meal Totals			1037	36.2	13.8	136.1	38.7	33.6	13.0+	292	2597	0.48+	84	1741	11.41
Evening Meal															
C Beef, Fingers, Breaded, 3 each	5 each	142	363	25.0	27.6	1.8	28.3	70.4	1.5	35	67	1.83	0	500	3.23
C Gravy, Brown	2 ounces	31	82	1.7	8.6	12.5	2.7	29.9	0.5	10	81	0.02	0	343	1.00
C Potatoes, Whipped	1/2 cup	111	118	2.4	8.4	21.5	1.8	14.7	1.6	30	91	0.09+	47	72	0.58
C Mix Veg. 4 Way Mix	1/2 cup	172	103	2.6	10.0	11.9	5.1	44.1	4.0	25	3953	0.00	3	49	0.75
C Bread, Cornbread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
C Brownie, Mix	1 each	63	156	1.3	3.3	32.9	2.7	15.1	1.3	1	0	0.00+	0	95	0.97
C Tea, Iced, Sweet**, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
Evening Meal Totals			1299	39.0	12.0	150.7	60.3	41.8	10.5	296	4335	2.15+	50	1398	9.07
Daily Totals for 07/22/15			3328	112.5	13.6	386.0	148.5	40.3	26.0+	1168	9675	6.13+	143	5012	31.08
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			852	18.7		117.2	28.4		10.0	333		0.80	30	433	2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			391	602.8		329.3	522.9		260.3+	351		766.25+	477	1157	1163.90

Includes main items only. * Denotes a menu item whose nutrient analysis may no longer be valid or accepted.
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Thu Jul 23, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrat (gm)	Fat (gm)	% Fat (%)	Dietary Fiber (gm)	Calclum (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
Breakfast															
1/2 C Grits, w/Margarine**	1 cup	303	187	3.1	6.6	31.6	5.1	24.7	1.8	9	219	0.00	0	52	1.22
C Sausage, Turkey, Link, 1 each	1 each	19	30	3.3	44.0		2.0	60.0		7				97	0.24
C Potatoes, Breakfast Hashbrowns	1/2 cup	252	85	1.4	6.8	14.6	2.2	23.4	0.8	22	83+	0.00+	4	110	0.26
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
Jelly, Grape, Bulk	1 tablespoon	19	50	0.0	0.2	13.1	0.0	0.1	0.2	1	1	0.00	0	6	0.04
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
Breakfast Totals			962	21.2	9.0	118.4+	43.9	41.3	2.8+	501	1780+	1.32+	5+	1331	3.55
Noon Meal															
C Turkey Ham, Breakfast	4 ounces	189	144	21.6	62.4	0.4	5.6	36.4	0.0	14	0	0.00+	0	786	3.12
C Mix Veg, Farm Vegetables	1/2 cup	164	92	1.0	4.3	6.2	7.2	69.2	2.3	32	5358	0.00	6	29	0.50
Mix Veg, Peas & Corn, North Louisi.	1/2 cup	167	76	3.7	17.9	16.1	0.5	5.2	3.5	16	1042	0.00	7	36	0.90
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
C Mustard, Bulk, 1 tbsp	1 tablespoon	31	19	1.2	21.9	1.8	1.0	44.0	1.2	20	34	0.00	0	345	0.50
Gelatin, Orange, Mix Fruit, 20 #10/1	1/2 cup	208	137	2.5	7.0	33.0	0.0	0.0	0.6	9	190	0.00	19	145	0.17
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
Noon Meal Totals			818	38.4	18.9	116.4	22.8	24.9	7.7+	154	6625	0.00+	108	1860	8.14
Evening Meal															
C Turkey, Dumplings, 1 cup	1 cup	635	415	29.4	28.3	60.2	4.0+	8.6	2.8+	42+	45+	0.21+	1+	1020	9.04
C Beans, Lima, Dry	1 cup	874	322	7.0	8.6	18.9	24.9	68.4	3.0	38	181	0.00	0	287	2.18
C Yams, Mashed	1/2 cup	237	184	1.2	2.7	30.3	6.6	32.2	2.8	26	8250	0.00	11	70	0.98
C Bread, Cornbread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.8	186	143	0.20	0	330	2.53
C Cake, White, Mix	1 piece	61	142	1.3	3.8	31.0	1.3	8.6	0.0	82	0	0.00	0	271	0.97
C Tea, Iced, Sweet**, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
Evening Meal Totals			1540	45.0	11.6	210.5	56.8+	32.7	10.0+	383+	8620+	0.41+	12+	1987	15.72
Daily Totals for 07/23/15			3320	104.7	12.7	445.3+	123.3+	33.3	20.5+	1038+	17025+	1.74+	125+	5178	27.41
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			852	18.7		117.2	28.4		10.0	333		0.80	30	433	2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			390	560.6		379.9+	434.1+		204.6+	311+		217.33+	417+	1195	1026.45

Includes main items only. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.
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Valley Services, Inc.

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Thu Feb 04, 2016 08:42 AM

Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Fri Jul 24, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrat (gm)	Fat (gm)	% Fat (%)	Dietary Fiber (gm)	Cal cium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
Breakfast															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	0.00	0	40	0.65
C Egg, Hard Boiled**	2 each	101	143	12.6	36.2	0.7	9.5	61.7	0.0	56	540	0.89	0	255	1.75
C Gravy, Country, w/Crumbles	4 ounces	88	204	11.1	21.9	16.0	10.4	46.4	1.8+	36	159	0.00+	0+	124+	2.12
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
Breakfast Totals			1066	39.5	15.1	90.7	59.2	50.3	3.4+	564	2374	2.21+	1+	1485+	6.32
Noon Meal															
C Beef, Potatoes	1 cup	278	236	15.3	24.7	15.5	13.9	50.3	4.0	70	28	2.59	5	774	2.45
C Beans, Pinto, Dry	1/2 cup	212	251	9.8	15.4	28.7	11.0	39.2	7.1	57	2	0.00	3	11	2.33
C Carrots, Sliced, Glazed	1/2 cup	174	68	0.7	4.1	12.0	2.2	28.4	3.0	36	12972	0.00	2	86	0.41
C Bread, Combread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
C Cookie, Assorted, In House, For S	1 each	14	65	0.8	4.6	9.2	2.9	39.6	0.3	4	2	0.01	0	49	0.51
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
Noon Meal Totals			1003	32.5	12.6	109.5	49.8	43.8	16.1	362	13147	2.80	85	1257	8.23
Evening Meal															
C Fish, Breaded, 4 oz	1 each	113	304	16.2	21.5	18.2	18.2	54.4	0.0	97	129	2.95	0	314	0.16
Potatoes, Au Gratin, Dry Mix *	1/2 cup	143	118	1.9	6.3	17.3	5.1	37.3	1.9	4	81	0.00+	0	576	0.45
Greens, Mustard	1/2 cup	197	44	2.7	21.5	4.9	2.1	38.7	3.3+	118+	8107+	0.00+	16+	58	1.29+
C Sauce, Tartar, Bulk, 1 tbsp	1 tablespoon	30	150	0.0	0.0	1.0	16.0	97.3	0.0	0	0	0.00	0	460	0.00
C Bread, Combread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
C Cake, White, Mix	1 piece	61	142	1.3	3.8	31.0	1.3	8.6	0.0	82	0	0.00	0	271	0.97
C Tea, Iced, Sweet**, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
Evening Meal Totals			1234	28.1	9.0	142.6	62.5	45.5	6.8+	496+	8460+	3.15+	16+	2018	5.42+
Daily Totals for 07/24/15			3304	100.1	12.1	342.8	171.5	46.5	26.3+	1422+	23982+	8.16+	102+	4760+	19.96+
1/3 RDA/DR1 STANDARDS, 1 MEAL (M, 70 yo)			852	18.7	117.2	28.4	10.0	33.3	10.0	333	3082+	0.80	30	433	2.67
Percent 1/3 RDA/DR1 STANDARDS, 1 MEAL (%)			388	536.4	292.5	603.8	263.4+	427+	263.4+	427+	1020.41+	4.82+	340+	1098+	747.74+
Week Daily Average (07/19/15-07/24/15)			3248	103.4	12.8	398.0+	139.0+	38.4	26.1+	1215+	19927+	4.82+	143+	4782+	24.53+
Daily Average (07/18/15-07/24/15)			3220	103.1	12.8	396.1+	137.2+	38.2	25.3+	1166+	17775+	4.47+	145+	4853+	23.59+

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Menu Nutrient Analysis Report

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Nutrient Totals Using Main Items Only

Sorted in Menu Sequence

Report Selections

Date Range : Sat Jul 25, 2015 - Fri Jul 31, 2015
Menus : MDOC

Menu: MDOC Date: Sat Jul 25, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrate (gm)	Fat (gm)	% Cal. Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
Breakfast															
*C Grits, w/Margarine**	1 cup	303	187	3.1	6.6	31.6	5.1	24.7	1.8	9	219	0.00	0	52	1.22
C Egg, Hard Boiled**	2 each	101	143	12.6	36.2	0.7	9.5	61.7	0.0	56	540	0.89	0	255	1.75
C Potatoes, Breakfast Hashbrowns	1/2 cup	252	85	1.4	6.8	14.6	2.2	23.4	0.8	22	83+	0.00+	4	110	0.26
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	50	0.0	0.2	13.1	0.0	0.1	0.2	1	1	0.00	0	6	0.04
Ind, Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
Breakfast Totals			1075	30.5	11.6	119.2	51.4	43.4	2.8	650	2320+	2.21+	5	1489	5.06
Noon Meal															
Pork, BBQ, w/ Sauce, RTU	4 ounces	113	183	18.3	41.3	8.0	8.0	40.6	1.1	55	211		6	434	1.10
C Beans, Pinto, Dry	1/2 cup	212	251	9.8	15.4	28.7	11.0	39.2	7.1	57	2	0.00	3	11	2.33
C Corn, Whole Kernel, Cnd	1/2 cup	185	107	3.0	10.0	21.5	2.7	19.6	2.6	8	118	0.00	4	320	0.56
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
Gelatin, Strawberry, Mix Fruit, 6 #1C	1/2 cup	164	117	2.3	7.6	27.9	0.0	0.0	0.2	6	57	0.00	18	143	0.08
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
Noon Meal Totals			1009	41.8	16.6	144.9	30.1	26.7	11.1+	188	390	0.00+	106	1426	7.01
Evening Meal															
Beef, Fiesta Mac & Cheese, w/ Crul	1 cup	263	373	22.0	22.8	29.1	20.2	47.1	5.4	189	527	2.69	10	953	3.43
Beans, Green, Frz	1/2 cup	103	53	1.7	12.6	7.0	2.0	34.4	2.4+	39+	577+	0.00+	12+	30	0.77+
Carrots, Sliced, Parslied	1 cup	169	49	0.8	5.9	7.3	2.3	38.6	3.0	38	12976	0.00	2	86	0.44
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
Margarine, w/Garlic, Bulk	1 teaspoon	5	35	0.1	1.2	0.3	3.8	95.1	0.0	2	169	0.00	0	45	0.02
C Candler, Apple	1/2 cup	131	112	0.3	1.1	26.9	1.1	8.2	1.5	6	70	0.00	0	12	0.22
C Tea, Iced, Sweet**, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
Evening Meal Totals			1067	33.3	12.2	155.4	37.8	31.0	12.3+	337+	14320+	2.70+	24+	1645	7.84+
Daily Totals for 07/25/15			3151	105.5	13.4	419.5	119.3	33.9	26.2+	1075+	17030+	4.91+	135+	4560	19.90+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 YO)			852	18.7		117.2	28.4		10.0	333		0.80	30	433	2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			370	565.3		357.9	420.1		261.9+	323+		614.18+	451+	1052	745.28+
Week Daily Average (07/25/15-07/25/15)			3151	105.5	13.4	419.5	119.3	33.9	26.2+	1075+	17030+	4.91+	135+	4560	19.90+

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+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

Menu Nutrient Analysis Report

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Nutrient Totals Using Main Items Only

Sorted in Menu Sequence

Menu: MDOC Date: Sun Jul 26, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Protein (%)	Carbohydrate (gm)	Fat (gm)	% Cal. Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
Breakfast															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	0.00	0	40	0.65
C Potatoes, Breakfast Hashbrowns	1/2 cup	252	85	1.4	6.8	14.6	2.2	23.4	0.8	22	83+	0.00+	4	110	0.26
C Gravy, Country, w/Crumbles	4 ounces	88	204	11.1	21.9	16.0	10.4	46.4	1.8+	36	159	0.00+	0+	124+	2.12
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
Breakfast Totals			1008	28.4	11.4	104.6	51.8	46.4	4.2+	530	1917+	1.32+	5+	1340+	4.82
Noon Meal															
C Beef, Meatloaf, Homestyle	1 each	84	230	12.0	20.5	6.0	18.0	69.2	2.0	10	81	0.02	0	343	1.00
C Gravy, Brown	2 ounces	31	82	1.7	8.6	12.5	2.7	29.9	0.5	10	749	0.00+	2	204	0.94
C Peas, Blackeyed, Dry	1/2 cup	248	199	2.8	5.7	17.3	12.6	58.5	4.2	113	749	0.00+	7	246	0.92
C Mix Veg, Peas & Carrots	1/2 cup	151	67	2.3	13.5	8.8	2.7	35.5	2.8	25	6404	0.00	0	330	2.53
C Bread, Combread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	49	0.51
C Cookie, Assorted, In House, For S	1 each	14	65	0.8	4.6	9.2	2.9	39.6	0.3	4	2	0.01	0	75	0.00
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	0	1350	5.89+
Noon Meal Totals			1026	25.6	9.9	97.8	58.6	51.4	11.5	347+	7379+	0.23+	84+	1350	5.89+
Evening Meal															
C Chicken, Fried Patty	1 each	85	198	10.8	21.7	14.3	11.0	49.6	1.8	34	8341	0.00+	1	656	2.11
C Gravy, Chicken	2 ounces	31	82	1.9	9.1	12.9	2.6	28.7	0.3	3	81	0.00+	0	114	0.53
C Potatoes, Whipped	1 cup	221	236	4.7	8.4	43.0	3.7	14.7	3.1	61	182	0.18+	94	144	1.15
C Mix Veg, Peas & Carrots	1/2 cup	151	67	2.3	13.5	8.8	2.7	35.5	2.8	25	6404	0.00	7	246	0.92
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
C Cake, Chocolate, Mix	1 piece	48	161	2.8	6.8	25.9	5.6	30.5	1.4	42	0+	0.00+	0+	294	1.26
C Tea, Iced, Sweet**	10 oz.	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
Evening Meal Totals			1190	31.0	10.4	189.7	34.0	25.7	9.5+	228	15009+	0.18+	102+	1972	8.92
Daily Totals for 07/26/15			3226	84.9	10.6	392.1	144.5	40.3	25.2+	1105+	24305+	1.74+	190+	4662+	19.63+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			852	18.7		117.2	28.4		10.0	333		0.80	30	433	2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			378	454.7		334.6	508.8		252.0+	332+		217.34+	635+	1076+	735.26+

Includes main items only. * Denotes a menu item whose nutrient analysis may no longer be valid or accepted.
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Mon Jul 27, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrat (gm)	Fat (gm)	% Cal. Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
Breakfast															
*C Grits, w/Margarine**	1 cup	303	187	3.1	6.6	31.6	5.1	24.7	1.8	9	219	0.00	0	52	1.22
C Beef, Breakfast, Casserole	1 cup	219	223	12.4	22.0	16.8	12.1	48.2	2.9	80	338	0.30+	14+	396+	2.15
Bread, Tortilla, Flour, 7"	1 each	32	94	2.5	11.0	16.4	1.9	18.3	0.8	41	0	0.00	0	227	1.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
Breakfast Totals			903	27.2	12.0	94.5	46.7	46.1	5.6	451	2035	1.63+	15+	1068+	4.81
Noon Meal															
Salad, Chicken, Pulled	1/2 cup	166	228	28.0	50.4	4.6	10.2	41.4	0.7	36	569	0.21+	14	256	1.62
C Yams, Mashed	1/2 cup	237	184	1.2	2.7	30.3	6.6	32.2	2.8	26	8250	0.00	11	70	0.98
C Mix Veg, Farm Vegetables	1/2 cup	164	92	1.0	4.3	6.2	7.2	69.2	2.3	32	5358	0.00	6	29	0.50
C Bread, Roli, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
Mousse, Chocolate	1/2 cup	72	168	0.5	1.2	16.1	11.7	61.3	0.1	12	11	0.02+	0	36	0.30
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
Noon Meal Totals			1022	39.2	15.6	116.0	44.2	38.7	5.9+	169	14190	0.23+	106	910	6.35
Evening Meal															
C Beef, Stroganoff, w/ Crumbles, N	1/2 cup	109	219	15.0	25.9	9.8	14.7	57.2	3.5	61	9	2.58	1	598	2.28
C Pasta, Egg Noodles, Buttered	1/2 cup	271	151	4.0	10.7	20.2	6.0	35.7	0.9	17	199	0.08	0	49	0.54
C Corn, Whole Kernel, Frozen	1/2 cup	170	104	2.7	9.4	18.8	3.4	26.3	2.6	6	139	0.00	6	32	0.37
Beans, Green, Frz	1/2 cup	103	53	1.7	12.6	7.0	2.0	34.4	2.4+	39+	577+	0.00+	12+	30	0.77+
C Bread, Combread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
C Cake, Yellow, Mix	1 piece	61	141	1.4	4.0	31.0	1.3	8.4	0.5	80	0	0.04	0	276	0.79
C Tea, Iced, Sweet**	10 oz	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
Evening Meal Totals			1146	30.7	10.3	156.8	47.2	36.1	11.5+	399+	1068+	2.90+	18+	1325	7.30+
Daily Totals for 07/27/15			3071	97.1	12.6	367.3	138.1	39.9	23.0+	1018+	17292+	4.76+	139+	3303+	18.46+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 Yo)			852	18.7		117.2	28.4		10.0	333		0.80	30	433	2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			360	520.2		313.4	486.1		230.2+	305+		594.72+	463+	762+	691.44+

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Tue Jul 28, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrate (gm)	Fat (gm)	% Cal. Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
Breakfast															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	0.00	0	40	0.65
C Egg, Hard Boiled**	2 each	101	143	12.6	36.2	0.7	9.5	61.7	0.0	56	540	0.89	0	256	1.75
C Beef, Fingers, Breaded, 2 each	2 each	57	145	10.0	27.6	0.7	11.3	70.4	0.6	14	27	0.73	0	200	1.29
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	50	0.0	0.2	13.1	0.0	0.1	0.2	1	1	0.00	0	6	0.04
Ind, Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
Breakfast Totals			1057	38.5	14.8	88.6	60.1	51.5	2.4	543	2242	2.94	1	1566	5.52
Noon Meal															
C Beef, Fingers, Breaded, 3 each	5 each	142	363	25.0	27.6	1.8	28.3	70.4	1.5	35	67	1.83	0	500	3.23
C Gravy, Brown	2 ounces	31	82	1.7	8.6	12.5	2.7	29.9	0.5	10	81	0.02	0	343	1.00
C Potatoes, Whipped	1/2 cup	111	118	2.4	8.4	21.5	1.8	14.7	1.6	30	91	0.09+	47	72	0.58
C Greens, Mixed (Mustard, Turnip)	1/2 cup	144	101	1.4	5.2	8.9	7.2	61.2	2.1	98	6761	0.00	20	195	0.63
C Bread, Combread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
C Cookie, Assorted, In House, For S	1 each	14	65	0.8	4.6	9.2	2.9	39.6	0.3	4	2	0.01	0	49	0.51
C Catsup, Bulk, 1 tbsp	1 tablespoon	30	31	0.3	3.6	8.3	0.0	0.8	0.1	5	160	0.00	1	275	0.11
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
Noon Meal Totals			1142	37.5	13.2	106.3	62.7	49.2	7.7	376	7305	2.16+	143	1772	8.59
Evening Meal															
Soup, Chicken Noodle, w/Vegetable	1.5 cups	349	192	23.0	48.1	16.4	3.7	17.6	3.4+	49+	7317+	0.00+	20+	130	1.89+
Carrots, Sliced, Parslaid	1/2 cup	169	49	0.8	5.9	7.3	2.3	38.6	3.0	38	12976	0.00	2	86	0.44
C Beans, Green, Frz	1/2 cup	177	128	1.6	5.0	6.8	10.7	73.9	2.4	40	496	0.00	12	5	0.78
C Bread, Combread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
C Brownie, Mix	1 each	63	156	1.3	3.3	32.9	2.7	15.1	1.3	1	0	0.00+	0	95	0.97
C Tea, Iced, Sweet** , 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
Evening Meal Totals			1002	32.6	13.0	133.5	39.1	34.7	11.8+	322+	20932+	0.20+	35+	656	6.63+
Daily Totals for 07/28/15			3201	108.7	13.7	328.4	161.9	45.4	21.9+	1242+	30479+	5.30+	179+	3994	20.74+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			852	18.7		117.2	28.4		10.0	333		0.80	30	433	2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			376	582.0		280.2	570.2		218.6+	373+		662.77+	596+	922	776.64+

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Wed Jul 29, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrate (gm)	Fat (gm)	% Cal. Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
Breakfast															
C Grits, w/Margarine**	1 cup	303	187	3.1	6.6	31.6	5.1	24.7	1.8	9	219	0.00	0	52	1.22
C Sausage, Turkey, Patty, Cooked,	1 each	42	80	9.0	46.1	0.5	4.5	51.4	0.0	52	0	0.00	0	411	0.80
C Pancakes, Mix**	3 each	257	445	8.8	7.6	90.6	7.3	14.3	2.4	272	11	0.00+	0+	1333	4.90
C Syrup, Pancake, Bulk	2 oz	79	184	0.0	0.0	48.3	0.0	0.0	0.0	2	0	0.00	0	64	0.02
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
Breakfast Totals			1295	30.1	9.3	200.7	44.6	30.6	4.3	657	1708	1.32+	1+	2254	7.34
Noon Meal															
Chicken, Spaghetti, Pulled, w/Tomato	1 cup	537	425	43.4	41.1	37.0	11.1	23.7	4.7	169	1031	0.11+	27	434	3.97
C Corn, Whole Kernel, Frozen	1/2 cup	170	104	2.7	9.4	18.8	3.4	26.3	2.6	6	139	0.00	6	32	0.37
C Greens, Mixed (Mustard, Turnip)	1/2 cup	144	101	1.4	5.2	8.9	7.2	61.2	2.1	98	6761	0.00	20	195	0.63
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
Margarine, w/Garlic, Bulk	1 teaspoon	5	35	0.1	1.2	0.3	3.8	95.1	0.0	2	169	0.00	0	45	0.02
C Cake, White, Mix	1 piece	61	142	1.3	3.8	31.0	1.3	8.6	0.0	82	0	0.00	0	271	0.97
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
Noon Meal Totals			1158	57.4	19.8	155.0	35.3	26.9	9.4+	419	8101	0.11+	128	1495	8.91
Evening Meal															
C Beef, Patty, Charbroiled	1 each	85	206	15.0	29.1	14.4	62.9	2.7	52.7	129	129	0.02	1	556	2.28
C Gravy, Brown	2 ounces	31	82	1.7	8.6	12.5	2.7	29.9	0.5	10	81	0.09+	0	343	1.00
C Potatoes, Whipped	1/2 cup	111	118	2.4	8.4	21.5	1.8	14.7	1.6	30	91	0.09+	47	72	0.58
C Beans, Baked, Navy, Dry	1/2 cup	253	203	10.1	19.3	33.0	4.0	17.5	9.3	89	42	0.00	3	83	2.55
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
C Cake, Yellow, Mix	1 piece	61	141	1.4	4.0	31.0	1.3	8.4	0.5	80	0	0.04	0	276	0.79
C Tea, Iced, Sweet**, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
Evening Meal Totals			1195	39.0	13.0	182.7+	32.7	24.6	14.5+	551	345	0.15+	51	1848	10.14
Daily Totals for 07/29/15			3648	126.5	13.8	538.4+	112.6	27.5	28.2+	6627	10154	1.58+	179+	5597	26.39
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			852	18.7		117.2	28.4		10.0	333		0.80	30	433	2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			428	67.3		459.4+	396.4		282.1+	1988		198.03+	597+	1292	988.43

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Thu Jul 30, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrate (gm)	Fat (gm)	% Cal. Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
Breakfast															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	0.00	0	40	0.65
C Egg, Hard Boiled**	2 each	101	143	12.6	36.2	0.7	9.5	61.7	0.0	56	540	0.89	0	255	1.75
C Bacon, Pork, Layflat	2 slices	49	206	6.2	12.2	0.6	19.6	86.5	0.0	2	18	0.25	0	327	0.20
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	50	0.0	0.2	13.1	0.0	0.1	0.2	1	1	0.00	0	6	0.04
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
Breakfast Totals			1072	34.7	13.2	76.5	68.4	57.9	1.8	532	2234	2.46	1	1694	4.43
Noon Meal															
C Sandwich, Chicken/Cheese/Broccoli	1 each	128	267	15.3	23.0	25.3	11.6	39.2						1863	
C Salad, Macaroni, HMD, No Cheese	1/2 cup	225	155	3.8	9.7	24.5	4.8	27.7	1.1	19	302	0.06	0	236	0.98
C Carrots, Sliced, Parslaid	1/2 cup	169	49	0.8	5.9	7.3	2.3	38.6	3.0	38	12976	0.00	2	86	0.44
C Beans, Baked, Navy, Dry	1/2 cup	253	203	10.1	19.3	33.0	4.0	17.5	9.3	89	42	0.00	3	83	2.55
C Cookie, Assorted, In House, For S	1 each	14	65	0.8	4.6	9.2	2.9	39.6	0.3	4	2	0.01	0	49	0.51
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
Noon Meal Totals			745	30.7	16.3	99.2	25.6	30.5	13.8+	159+	13321+	0.07+	83+	2325	4.47+
Evening Meal															
C Chicken, Baked	1 each	85	206	15.0	29.1		14.4	62.9	2.7	5274	129		1	556	2.28
C Gravy, Chicken	2 ounces	31	82	1.9	9.1	12.9	2.6	28.7	0.3	3	81	0.00+	0	114	0.53
C Potatoes, Whipped	1/2 cup	111	118	2.4	8.4	21.5	1.8	14.7	1.6	30	91	0.09+	47	72	0.58
C Beans, Green, Frz	1/2 cup	103	53	1.7	12.6	7.0	2.0	34.4	2.4+	39+	577+	0.00+	12+	30	0.77+
C Bread, Cornbread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
Peanut Butter, Bulk, 1 oz	1 ounce	28	170	6.3	13.9	6.3	14.6	72.2	1.4	14	0	0.00	0	121	0.49
Mousse, Chocolate	1/2 cup	72	168	0.5	1.2	16.1	11.7	61.3	0.1	12	11	0.02+	0	36	0.30
C Tea, Iced, Sweet**, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
Evening Meal Totals			1273	33.7	10.5	133.9+	66.9	46.4	10.1+	5567+	1033+	0.32+	60+	1268	7.50+
Daily Totals for 07/30/15			3090	99.1	12.8	309.7+	161.0	46.6	25.7+	6258+	15588+	2.84+	144+	5286	16.40+
1/3 RDA/DRDI STANDARDS, 1 MEAL (M, 70 yo)			852	18.7		117.2	28.4		10.0	333		0.80	30	433	2.67
Percent 1/3 RDA/DRDI STANDARDS, 1 MEAL (%)			363	530.8		264.2+	566.8		256.9+	1877+		355.29+	479+	1220	614.05+

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Fri Jul 31, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbo hydrat (gm)	Fat (gm)	% Cal. Fat (%)	Dietary Fiber (gm)	Cal cium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
Breakfast															
1/2 C Grits, w/Margarine**	1 cup	303	187	3.1	6.6	31.6	5.1	24.7	1.8	9	219	0.00	0	52	1.22
C Gravy, Country, w/Crumbles	4 ounces	88	204	11.1	21.9	16.0	10.4	46.4	1.8+	36	159	0.00+	0+	124+	2.12
C Potatoes, Breakfast Hashbrowns	1/2 cup	252	85	1.4	6.8	14.6	2.2	23.4	0.8	22	83+	0.00+	4	110	0.26
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	98.0	0.0	9	1014	0.03	0	267	0.00
Breakfast Totals			1086	29.0	10.8	121.3	52.3	43.6	4.4+	528	1939+	1.32+	5+	1352+	5.39
Noon Meal															
Beef, BBQ Brisket, 3 oz	3 oz	111	172	22.6	39.0	23.5	5.2	20.4	1.8	35	45+	0.00+	3	708	1.18
C Corn, Whole Kernel, Frozen	1/2 cup	170	104	2.7	9.4	18.8	3.4	26.3	2.6	6	139	0.00	6	32	0.37
C Coleslaw, Hmd	1/2 cup	83	87	0.9	3.8	6.7	6.7	66.5	1.5	31	117	0.00+	27	185	0.38
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
Mousse, Strawberry	1/2 cup	83	146	0.5	1.3	19.4	8.1	47.7	0.6	14	8	0.03+	11	34	0.18
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
Noon Meal Totals			861	35.0	13.4	127.2	31.8	30.9	6.5+	149	310+	0.04+	122	1477	5.06
Evening Meal															
C Fish, Breaded, 4 oz	1 each	113	304	16.2	21.5	18.2	18.2	54.4	0.0	97	129	2.95	0	314	0.16
C Macaroni and Cheese	1/2 cup	213	224	6.9	12.5	33.1	6.8	27.6	1.4	57	196	0.03	0	178	1.47
Greens, Mustard	1 cup	395	87	5.3	21.5	9.9	4.3	38.7	6.5+	237+	16214+	0.00+	32+	116	2.57+
C Bread, Combread, Mix, Large Cut	1 piece	151	316	5.3	6.7	52.5	9.2	26.4	4.9	45	87	0.07	0	620	1.89
C Catsup, Bulk, 1 tbsp	1 tablespoon	30	31	0.3	3.6	8.3	0.0	0.8	0.1	5	160	0.00	1	275	0.11
C Cake, Yellow, Mix	1 piece	61	141	1.4	4.0	31.0	1.3	8.4	0.5	80	0	0.04	0	276	0.79
C Tea, Iced, Sweet**, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
Evening Meal Totals			1203	35.5	11.6	179.0	39.8	29.6	13.4+	530+	16786+	3.09+	33+	1789	7.00+
Daily Totals for 07/31/15			3150	99.5	11.8	427.5	123.9	34.8	24.3+	1208+	19034+	4.46+	160+	4617+	17.44+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			852	18.7		117.2	28.4		10.0	333		0.80	30	433	2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			370	52.7		364.7	436.3		242.9+	362+		556.47+	533+	1066+	663.35+
Week Daily Average (07/26/15-07/31/15)			3231	102.6	12.6	393.9+	140.3	38.8	24.7+	2910+	19642+	3.45+	165+	4577+	19.84+
Daily Average (07/25/15-07/31/15)			3219	103.0	12.7	397.5+	137.3	38.1	24.9+	2643+	19269+	3.66+	161+	4574+	19.85+

Includes main items only. * Denotes a menu item whose nutrient analysis may no longer be valid or accepted.
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

Agriculture Enterprises
Periodic Sales Report
By Customer and State
07/01/2014 thru 06/30/2015

Customer: COLD STORAGE

State: Processed

Crop	Number of ISO's	Quantity	Price	Value
Rice	17	295,375	0.2000	59,075.00
Cabbage	4	25,500	0.2000	5,100.00
Cantaloupe	4	14,076	0.4300	6,052.68
Sweet Corn	1	112	0.6500	72.80
Watermelon	5	32,100	0.1700	5,457.00
Turnip Bottoms	2	13,370	0.4600	6,150.20
English Peas	3	1,610	1.2500	2,012.50
Blueberry	2	7,610	3.0000	22,830.00
Broccoli	1	738	1.0500	774.90
Totals:	39	390,491	0.2754	107,525.08

Agriculture Enterprises
Periodic Sales Report
By Customer and State
07/01/2014 thru 06/30/2015

Customer: COLD STORAGE
State: Processed and Frozen

Crop	Number of ISO's	Quantity	Price	Value
Cabbage	4	4,370	0.4500	1,966.50
Blueberry	4	25,600	3.0000	76,800.00
Sweet Corn	12	36,470	0.6517	23,767.80
Mustard Greens	11	154,670	0.4682	72,417.50
Turnip Greens	18	302,560	0.4900	148,254.40
Okra	17	3,976	1.1800	4,691.68
Yellow Squash	26	96,620	0.4300	41,546.60
Turnip Bottoms	2	53,470	0.4600	24,596.20
Purple Hull Peas	8	5,820	0.7200	4,190.40
Butter Beans	4	2,590	0.8000	2,072.00
Broccoli	7	25,944	1.0500	27,241.20
Totals:	113	712,090	0.6004	427,544.28

Agriculture Enterprises
Periodic Sales Report
By Customer and State
07/01/2014 thru 06/30/2015

Grand Total Pounds of Produce Sold:	1,102,581.00
Grand Total Value of Produce Sold:	535,069.36
Average price of Produce:	0.49

Agriculture Enterprises
Periodic Sales Report
By Customer and State
07/01/2015 through 01/28/2016

Customer: COLD STORAGE

State: Processed

Crop	Number of ISO's	Quantity	Price	Value
Watermelon	5	172,500	0.1700	29,325.00
Cabbage	5	14,100	0.2000	2,820.00
Totals:	10	186,600	0.1723	32,145.00

Agriculture Enterprises
Periodic Sales Report
By Customer and State
07/01/2015 through 01/28/2016

Customer: COLD STORAGE

State: Processed and Frozen

Crop	Number of ISO's	Quantity	Price	Value
Butter Beans	11	11,890	0.8000	9,512.00
Purple Hull Peas	38	81,260	0.7500	60,945.00
Turnip Bottoms	1	2,240	0.4600	1,030.40
Yellow Squash	12	67,600	0.4300	29,068.00
Okra	9	992	1.1800	1,170.56
Turnip Greens	12	158,490	0.4900	77,660.10
Mustard Greens	4	51,890	0.4900	25,426.10
Sweet Corn	16	70,150	0.6500	45,597.50
Cabbage	3	16,760	0.4500	7,542.00
Broccoli	4	1,484	1.0500	1,558.20
Green Beans	14	35,490	0.5900	20,939.10
Totals:	124	498,246	0.5629	280,448.96

Agriculture Enterprises
Periodic Sales Report
By Customer and State
07/01/2015 through 01/28/2016

Grand Total Pounds of Produce Sold:	684,846.00
Grand Total Value of Produce Sold:	312,593.96
Average price of Produce:	0.46

IFB 16-009 - MAGIC RFX # 3160000662

MSP Pre-bid Conference and Tour

January 4, 2015 10:00 a.m.

NAME

COMPANY

Amanda Werrell	Valley Services, Inc.
John Kirk	Valley Services
Roger Davis	Valley Services
William Waid	Community Education Center
GARRY Bloeken	Community Educ. Centers
Steve Sleight	Trinity Services Group
John D Gees	Trinity Service Group
Christopher Robinson	Trinity Service Group
Duanita Smith	Trinity Service Group
STANLEY H. BROOKS	MDOC
Earnest Lee	MDOC

IFB 16-009 - MAGIC RFX # 3160000662

CMCF Tour

January 5, 2015 9:00 a.m.

NAME

COMPANY

Garry Bloeker	Community Educ. Centers
William Ward	Community Education Centers
Dave Geer	Trinity Services Group
Tony Taw/crewicz	Aramark
Vince Phipps	Aramark
Paul D. Church	ARAMARK
Michael Elchenko	Aramark
Juanita Smith	Trinity Services Group
Christopher Robinson	Trinity Services Group
Steve Steig	Trinity Services Group
Roger Davis	Valley Services
STANLEY H. BROOKS	MDOC
Dan Trigg	MDOC
Brian Ladner	m Doc

IFB 16-009 - MAGIC RFX # 3160000662

CMCF Tour

January 5, 2015 9:00 a.m.

NAME

COMPANY

[illegible]

IFB 16-009 - MAGIC RFX # 3160000662

SMCI Tour

January 6, 2015 9:00 a.m.

NAME _____

COMPANY

[illegible]

IFB 16-009 - MAGIC RFX # 3160000662

SMCI Tour

January 6, 2015 9:00 a.m.

NAME

COMPANY

STEPHEN MILLER	PREMIER RESTAURANT GROUP
John Vlami's	CBM managed services
Chris Robinson	Trinity
Marlin Sejnowa Jr.	CBM managed services
Naomi McLaughlin	CBM managed Services
W Carl Preyer	CBM managed Services
Michael Elchenko	Michael Elchenko Armark
Vince Phipps	Armark
Roger Davis	Valley
AMANDA EVERETT	Valley
JOHN KIRK	Valley

IFB 16-009 - MAGIC RFX # 3160000662

CENTRAL OFFICE EXIT CONFERENCE

January 7, 2015 9:00 a.m.

NAME

COMPANY

DAVE GEER	Trinity Svc Group
Chris Robinson	Trinity Svc Group
Juanita Smith	Trinity Svc Group
Stephen J Miller	PREMIER RESTAURANT GROUP
William Wald	Community Education Centers
Garry Bloeken	COMMUNITY EDUC. CENTERS
CARL PLOYER	CBM MANAGED SERVICES
JOHN KIRK	VALLEY, INC
Aminda Werett	Valley Services, Inc.

CENTRAL OFFICE EXIT CONFERENCE

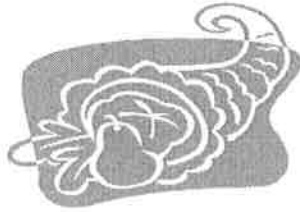
January 7, 2015 9:00 a.m.

NAME

COMPANY

[illegible]

Thanksgiving Menu



<i>Entrée</i>	<i>Turkey 4 oz</i>
<i>Starch</i>	<i>Cornbread Dressing 8 oz</i>
<i>Starch</i>	<i>Sweet Potatoes 4 oz</i>
<i>Veg</i>	<i>Green Beans 4 oz</i>
<i>Bread</i>	<i>Dinner Roll</i>
<i>Dessert</i>	<i>Cake</i>
<i>Drink</i>	<i>Punch 10 oz</i>

Christmas Menu

2015



Entrée	Turkey	2oz
	Ham	2oz

Starch	Cornbread Dressing	4oz
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Starch	Sweet Potatoes	4oz
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Veg	Green Beans	4oz
	Turkey Gravy	2oz

Bread	Dinner Roll	1ea
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Dessert	Cake	1ea
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Drink	Punch	8oz
	Chocolate Milk	8oz

New Year's Day Menu

2016



Entrée **Ham 4oz**
 Gravy 2oz

Starch **Mashed Potatoes 4oz**

Veg **Blackeye Peas 4oz**

Veg **Cabbage 4oz**

Bread **Dinner Roll 1ea**

Dessert **Cake 1ea**

Drink **Punch 10oz**



MENU

HAMBURGER- 1 EA

HOT DOG- 1 EA

BAKED BEANS- 4 OZ

COLESLAW- 4 OZ

ROLL- 1 EA

WHITE BREAD- 1 EA

FRUIT- 1 EA

PUNCH- 10OZ

LETTUCE, PICKLES, KETCHUP, MAYO, MUSTARD



The following is a list of education/ training completed within our department since July 1, 2015:

Keep Food Safe

- Safe Food Prep
- Cooling Food Safely
- Hazards to Food Safety
- Reducing Foodborne Illness
- Good Hand Hygiene

Safety

- Personal Protective Equipment
- Respect
- Preventing Colds and Flu
- Accident Reporting
- Remember to Report Injury and Illness

Driver Training

- Proper Preparation
- Keeping a Proper Lookout
- Blind Spots
- Preventative Maintenance
- Proper Passing and Lane Changing
- Inclement Weather

Others

- Face to Face Service
- Taking Initiative
- Making It on the Team

The following is a list of education/ training completed within our department since July 1, 2015:

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- Blind Spots
- Preventative Maintenance
- Proper Passing and Lane Changing
- Inclement Weather

Others

- Face to Face Service
- Taking Initiative
- Making It on the Team

Unit	Person Name	Job Title
CMCF	WATSON, KENNETH	Food Service Supervisor
CMCF	ROBERTS, STACY L	Food Service Supervisor
CMCF	CHEEKS, YOLANDA F	Food Service Supervisor
CMCF	BONE, EDWARD F	Food Service Supervisor
CMCF	STAPLETON, TRACEY D	Food Service Supervisor
CMCF	MCINTYRE, CHAZ T	Maintenance and Asset Manager
CMCF	SIVIRA, ALEX V	Primary Site Manager
CMCF	BUTLER, SHIRLEY A	Production Manager
CMCF	FALCONER, PAULETTE M	Quality Control Manager
CMCF	WILLIAMS, TANESHA D	Route Truck Driver
CMCF	CROSSLEY, JOHN H	Route Truck Driver
CMCF	BROWN, MAPLE L	Route Truck Driver
CMCF	HANNAH, KARL C	Warehouse Manager
MSP	LAKE, CHARLES E	18 Wheeler Driver
MSP	RAWSON, JAMES A	Assistant District Manager
MSP	DAVIS, NOLAN R	District Manager
MSP	JENNINGS, TIMMIE L	Food Service Supervisor
MSP	ADAMS, SUNYA L	Food Service Supervisor
MSP	MINTON, MARIA	Food Service Supervisor
MSP	JONES, MORIYO	Food Service Supervisor
MSP	FRANKLIN, LATUNYA Y	Food Service Supervisor
MSP	DUMAS, LISA A	Food Service Supervisor
MSP	SPEARMAN, WONDER R	Food Service Supervisor
MSP	RASH, MAEOLA	Food Service Supervisor
MSP	WASHINGTON, NEACE	Food Service Supervisor
MSP	MABRY, PAMELA R	Food Service Supervisor
MSP	MCCLINTON, STEVE	Maintenance and Asset Manager
MSP	BILES, ROBERT H	Primary Site Manager
MSP	BLAINE, CHRISTOPHER M	Primary Site Manager
MSP	GOODEN, EDDIE M	Production Manager
MSP	PARKER, BONNIE M	Quality Control Manager
MSP	COCHRAN, THOMAS C	Registered Dietician
MSP	TOWERS, WILLIE	Route Truck Driver
MSP	GREEN, LARRY	Route Truck Driver
MSP	PHILLIPS, KEVIN E	Route Truck Driver
MSP	GRANT, CORNELL	Warehouse Driver
MSP	BALLARD, EDWARD F	Warehouse Inventory Manager
MSP	BOYD, RORY L	Warehouse Manager
MSP	MONTGOMERY, BRAD L	Warehouse Manager
SMCI	BONNER, COURTNEY Q	Food Service Supervisor
SMCI	JOHNSON, TOMMY J	Food Service Supervisor
SMCI	LEWIS, SHERRY M	Food Service Supervisor
SMCI	BRASSFIELD, LAKESHA N	Food Service Supervisor
SMCI	MOODY, CYNTHIA R	Food Service Supervisor
SMCI	RANKIN, ANDRAE G	Food Service Supervisor
SMCI	ELLIOTT, HOMER R	Maintenance and Asset Manager
SMCI	NEWSOME, EZRA G	Primary Site Manager
SMCI	SMITH, ELY	Production Manager
SMCI	BENN, LAWANNA R	Quality Control Manager
SMCI	HENRY, SAMUEL L	Route Truck Driver
SMCI	TAYLOR, JAMES D	Route Truck Driver

SMCI
SMCI

MCCANN SINGLETON, KEIRA
RIVERS, SHERRY D

Route Truck Driver
Warehouse Manager