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

		Seasona	ally adjusted	changes fro	m preceding	month		Un- adjusted
	Sep. 2014	Oct. 2014	Nov. 2014	Dec. 2014	Jan. 2015	Feb. 2015	Mar. 2015	12-mos. ended Mar. 2015
All items	0.1	0.1	-0.3	-0.3	-0.7	0.2	0.2	-0.1
Food	.3	.2	.2	.2	.0	.2	2	2.3
Food at home	.3	.2	.1	.2	2	.1	5	1.9
Food away from home 1	.3	.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 service	.4	-1.9	-1.3	1.4	-3.4	-2.0	-2.7	-14.4
All items less food and energy	.1	.2	.1	.1	.2	.2	.2	1.8
Commodities less food and energy								l.
commodities	.1	.0	3	2	1	.2	.3	2
New vehicles	.0	-1	.0	.0	1	.2	.2	.8
Used cars and trucks	.0	6	9	8	1	1.0	1.2	-1.3
Apparel	.1	3	7	8	.3	.3	.5	5
Medical care commodities	.5	.2	.6	.9	3	.7	.1	4.2
Services less energy services	.2	.2	.2	.2	.3	.1	.2	2.4
Shelter	.3	.2	.2	.2	.3	.2	.3	3.0
Transportation services	.1	.5	.2	.0	.4	.3	.0	2.0
Medical care services	.1	.2	.3	.3	.1	2	.4	1.9

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
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
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
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	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
	Ford Cutaway Van Ford Cutaway Van	1FDWE35L370A56335 1FDW3FL3BDB10075	2007 2011	18489 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 IMPONENT MCH_SER_NBR PRICE_AMT	HIPTO_Z	ET_STRT_DT	LEASE STRT DT IN	MPONENT	MCH SER NBR	PRIC	E AMT
SOUTH MISS CORR INST 3675	22689 HWY 63 N		LEAKESVILLE MS 39451	39451	21-Apr-95	28-Dec-07 ET44	T44	5804396	\$	183.19
MISSISSIPPI DEPT OF CORR	US HIGHWAY 49 W		PARCHMAN MS 38738	38738	01-Mar-01	01-Apr-15 ES2000	52000	15A300962	\$	87.09
CENTRAL MS CORR FAC	WOMENS KITCHEN	5001 HIGHWAY 468	PEARL MS 39208	39208	15-Aug-03	20-Jan-08 ES4000	54000	071231554	45-	120.07
CENTRAL MS CORR FAC	WOMENS KITCHEN	5001 HIGHWAY 468	PEARL MS 39208	39208	15-Aug-03	15-Sep-07 ES4000	54000	07F223609	\$	120.07
CENTRAL MS CORR FAC	WOMENS KITCHEN	5001 HIGHWAY 468	PEARL MS 39208	39208	15-Aug-03	20-Sep-03 ES4000	534000	ES52654	❖	120.07
CENTRAL MS CORR FAC	WOMENS KITCHEN	5001 HIGHWAY 468	PEARL MS 39208	39208	15-Aug-03	11-Oct-03 ES4000	S4000	ES57076	\$	120.07
MISSISSIPPI DEPT OF CORR	US HIGHWAY 49 W		PARCHMAN MS 38738	38738	01-Mar-01	17-Jul-14 ES4000	54000 54000	14E292805	\$	139.37
MISSISSIPPI DEPT OF CORR	US HIGHWAY 49 W		PARCHMAN MS 38738	38738	01-Mar-01	01-Feb-13 ES4000	54000	ES54697	٠	136.91
MISSISSIPPI DEPT OF CORR	US HIGHWAY 49 W		PARCHMAN MS 38738	38738	01-Mar-01	01-Oct-09 ES2000	52000	07F223601	\$	65.10
SOUTH MISS CORR INST 3675	22689 HWY 63 N		LEAKESVILLE MS 39451	39451	21-Apr-95	15-Jan-12 XL4000	KL4000	11G265907	÷	120.07
SOUTH MISS CORR INST 3675	22689 HWY 63 N		LEAKESVILLE MS 39451	39451	21-Apr-95	07-Sep-03 ES4000	ES4000	ES57005	❖	120.07
MISSISSIPPI DEPT OF CORR	US HIGHWAY 49 W		PARCHMAN MS 38738	38738	01-Mar-01	21-Mar-13 ES2000	ES2000	12K277380	か	85.55
MISSISSIPPI DEPT OF CORR	US HIGHWAY 49 W		PARCHMAN MS 38738	38738	01-Mar-01	28-Jan-13 ES2000	ES2000	ES20295	\$	85.55
MISSISSIPPI DEPT OF CORR	US HIGHWAY 49 W		PARCHMAN MS 38738	38738	01-Mar-01	01-Mar-01 ES2000	ES2000	ES9317	ş	61.03
SOUTH MISS CORR INST 3675	22689 HWY 63 N		LEAKESVILLE MS 39451	39451	21-Apr-95	21-Aug-10 ES4000	ES4000	07J228562	↔	120.07
CENTRAL MS CORR FAC	WOMENS KITCHEN	5001 HIGHWAY 468	PEARL MS 39208	39208	15-Aug-03	20-Sep-03 ES4000	ES4000	ES50694	ş	120.07
CENTRAL MS CORR FAC	WOMENS KITCHEN	5001 HIGHWAY 468	PEARL MS 39208	39208	15-Aug-03	11-Oct-03 ES4000	ES4000	ES57070	❖	120.07
CENTRAL MS CORR FAC	WOMENS KITCHEN	5001 HIGHWAY 468	PEARL MS 39208	39208	15-Aug-03	20-Sep-03 ES4000	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

Thu Feb 04, 2016 08:40 AM

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Report Selections

: Sat Jul 04, 2015 - Fri Jul 10, 2015 : MDOC Date Range Menus

mena. MDOO	Date: Out out or, 1010														
Recipe Name	Size	Amt	Calo	Pro	% Cal.	Carbo	Fat	% Cal.	Dietry	Cal	ξ	Zit	\ Vit	Sodium	Iron
		(mg)	ries (kcal)	tein (gm)	% % %	hydrat (gm)	(mg)	% %	Fiber (gm)	cium (mg)	√ ≘	B12 (mcg)	ပြီး	(mg)	(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 02	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		100	200			1040	1.08
C Bread, Biscuit, Mix, Large	1 each	27	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	00.0	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	20	0.0	0.2	13.1	0.0	0.1	0.2	-	-	0.00	0	9	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	6.0	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
at	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0'0	293	464	1.29	0	115	0.05
. 2 tbsp	? tablespoons	28	204	0.3	0.5	0.3	22.8	0.66	0'0	თ	1014	0.03	0	267	00.0
Bre	Breakfast Totals		1202	36.9	12.5	93.4	74.3	56.2	1.8+	644	2759	2.27+	+	2949	5.32
Noon Meal															
C Com Dog, All Meat, 2 oz Meat, Pro	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	88	42	00'0	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	+00.0	0	9/5	0.45
C Coleslaw, Hmd	1/2 cup	83	87	6.0	3.8	29	6.7	66.5	1.5	31	117	+00'0	27	185	0.38
C Cookie, Assorted, In House	1 each	14	92	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	9	0.0	0.0	0.0	0.0	0.0	0.0	6	0	00.0	75		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	0.9	18.0	68.1	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		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		1.15
Beans, Green, Frz	1/2 cup	103	53	1.7	12.6	2.0	2.0	34.4	2,4+	39+	+112	+00.0	12+		0.77+
C Bread, Roll, Mix, Large	1 each	123	344	8.4	8.6	58.8	8.4	22.0	+0'0	24	2	+00.0	0		2.94
C Cake, Chocolate, Mix	1 piece	48	161	2.8	6.8	25.9	5.6	30.5	1.4	42	+0	+00.0	+0	25	1.26
C Tea, Iced, Sweet**, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	6	0	00.0	0		
Evening	Evening Meal Totals		1207	32.3	10.6	179.2	40.4	29.7	8.4+	246+	1723+	0.21+	108+		8.53+
Daily Totals	Daily Totals for 07/04/15		3367	100.8	12.0	396.4	153.3	40.9	24.5+	1148+	4962+	2.93+	213+	_	5
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)	AL (M, 70 yo)		852	18.7		117.2	28.4		10.0	333		08.0	30		
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL	DS, 1 MEAL (%)		395	540.0		338.2	539.9		244.6+	344+		366.48+	710+		0,
Week Daily Average (07/04/15-07/04)	1/15-07/04/15)		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

Sorted in Menu Sequence

Menu: MDOC Date: Sun Jul 05, 2015

Recipe Name	Size	Amt	Calo	Pro	% Cal.	Carbo	Fat	% Cal.	Dietry	Cal	<u>‡</u> <	₹ 5	₹ ′	Sodium	<u>10</u>
		(mg)	(kcal)	(gm)	28	(gm)	(mb)	(%)	(mg)	(Bu)	(Ū)	(mcg)	(mg)	(mg)	(mg)
Breakfast														900	
^C Grits, w/Margarine**	1 cup	303	187	3.1	9.9	31.6	5.1	24.7	1.8	හ	219	00'0	0	52	1.22
C Egg, Hard Boiled**	1 each	20	72	6.3	36.2	4.0	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	8.9	14.6	2.2	23.4	0.8	22	83+	+00.0	4	110	0.26
C Bread, Biscuit, Mix, Large	1 each	22	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	00.0	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	20	0.0	0.2	13.1	0.0	0.1	0.2	-	-	00.00	0	9	0.04
C Coffee, 10 oz	10 oz	304	27	6.0	13.8	5.8	0.0	1.3	0.0	20	0	00.00	0	12	0.34
Ind, Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	00'0	0	0	0.01
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8			293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	tablespoons	28	204	0.3	0.5	0.3	22.8		0.0	6	1014	0.03	0	267	0.00
	Breakfast Totals		1003	24.2	6.6	118.8	46.7	42.1	2.8	522	2050+	1.77+	S	1361	4.18
Noon Meal															
C Turkey Ham, Breakfast	4 ounces	189	144	21.6	62.4	0.4	5.6		0.0	14	0	+00.0	0	786	3.12
C Gravy, Chicken	2 ounces	31	82	1.9	9.1	12.9	2.6		0.3	3	81	+00'0	0	114	0.53
C Rice, Buttered	1/2 cup	107	143	2.1	6.0	22.9	4.5		0.5	22	36	00'0	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	00'0	80	175	06.0
C Bread, White, Sliced, Local	2 slices	26	149	9.0	13.5	27.7	1.9	11.4	1.5	81	-	00'0	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	00.0	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	00.0	0	345	0.50
C Salad, Lettuce, Shredded, w/Pickl		56	4	0.2	19,6	7.0	0.0	10.3	0.3	00	104	00.0	1	09	0.10
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	9	0.0	0.0	0.0	0.0	0.0	0.0	6	0	00.00	75	6	0.00
Noon	Noon Meal Totals		738	37.3	20.6	101.6	19.5	23.9	7.2	180	895	+00'0	102	2086	7.43
Evening Meal															
C Beef, Country Fried Steak, w/o Gi	1 each	85	198	10.8	21.7	14.3	11.0			34	8341		1	656	2.11
C Gravy, Brown	.,	31	82	1.7	8.6	12.5	2.7	29.9		10	8,1	0.02	0	343	1.00
C Com, Whole Kemel, Frozen	1/2 cup	170	104	2.7	9.4	18.8	3.4		2.6	9	139	00.0	9	32	0.37
Beans, Green, Frz	1/2 cup	103	53	1.7	12.6	7.0	2.0			39+	577+	+00.0	12+	30	0.77+
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	٥	54		+00.0	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.	10 ounces	331	101	0.0	0.0	26.0	0.0		0.0	6	0	00.0	0	6	0.01
Evening	Evening Meal Totals		1049	25.8	9.7	153.5	39.3	33.0	7.4+	165+	9151+	0.05+	19+		7.51+
Daily Totals	Daily Totals for 07/05/15		2791	87.3	12.6	373.9	105.4		17.4+	+998	12096+	1.82+	126+	5064	19.11+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)	AL (M, 70 yo)		852	18.7		117.2	28.4		10.0	333		08.0	30	433	2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)	S, 1 MEAL (%)		328	467.9		319.1	371.1		173.9+	260+		227.26+	418+	1169	715.90+

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.

Thu Feb 04, 2016 08:40 AM

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Menu: MDOC D	Date: Mon Jul 06, 2015	n Jai	70, 70	2											
Recipe Name	Size	Amt (am)	Calo ries (kcal)	Pro (am)	% Cal. Pro (%)	Carbo hydrat (am)	Fat (am)	% Cal. Fat	Dietry Fiber	Cal cium (ma)	¥ ⋖ ᢓ	Vit B12 (mca)	j c ≰	Sodium (ma)	Iron (ma)
Breakfast		(20.00)		1			1.61	100	1.61	16.1	1	(6)	/6	6	ía.
Cereal, Assorted, Ind	1 each	32	110	2.3	6.7	25.7	0.8	5.9	2.3	6	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+	+00.0	4	110	0.26
C Gravy, Country, w/Crumbles	4 ounces	88	204	11.1	21.9	16.0	10.4	46.4	Γ	36	159	+00.0	to	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	00.0	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	6.0	13.8	5.8	0.0	6.	0.0	20	0	00.0	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	თ	1014	0.03	0	267	00.0
	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						10.00									
Beef, Fiesta Mac & Cheese, w/ Спл	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	8.0	5.7	7.5	2.3	38.0	3.1	37	13617	00.0	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	+00.0	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	9	0.0	0.0	0.0	0.0	0.0	0.0	O	0	0.00	75	6	0.00
Noon	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	+00.0	18	409	3.94
C Rice, Buttered	1/2 cup	107	143	2.1	0.9	22.9	4.5	28.8	0.5	22	36	00'0	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	6	0	00.0	0	တ	0.01
Evening	Evening Meal Totals		1041	35.7	13.4	156.8	31.4	56.9	13.2	440	1321	0.24+	22	1242	7.98
Daily Totals	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)	L (M, 70 yo)		852	18.7		117.2	28.4		10.0	333		080	30	433	2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%	S, 1 MEAL (%)		366	515.1		323.8	482.7		327.1+	452		719.16+	523+	+966	980.90

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Thu Feb 04, 2016 08:40 AM

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Menu: MDOC Date: Tue Jul 07, 2015

433 2.67 1518 647.08+ 0.93 0.95 0.90 0.90 0.01 0.01 3.79+ 0.09 0.02 0.02 0.03 0.03 0.05 0.05 0.05 Iron (gm) 192 1333 64 64 0 0 112 115 267 2394 29 175 16 2559 5 509 34 34 375 1863 924 Sodium 1624 (mg) 0074701-54 000000+ 24+ 171+ 30 570+ 0 9 ≨ο∭ gg 0.00 0.00 0.00 0.00 1.29 0.03 0.00 0.00 0.00 0.00 0.00 1.48+ 1.48+ 1.48+ 1.48+ Vit B12 (mcg) 111 0 0 464 1014 1677 108 81 81 91 8 8 8 8 0 0 0 5358 639 500 6918+ 188 420 ₹∢ĝ 22 8 9 4 4 4 6 6 1 46 272 272 272 20 20 20 20 9 9 93+ 964+ 333 289+ 19 32 14 Cal Cium (mg) 1.5 0.0 0.0 0.0 0.0 0.0 0.0 1.4 0.9 2.3 3.3 3.3 1.8 0.0 9.7+ 19.7+ 10.0 Dietry Fiber (gm) 28.7 73.9 73.9 6.0 0.0 34.1 39.2 8.9 8.9 8.0 5.0 0.0 0.0 30.8 24.7 51.4 14.3 0.0 0.0 1.3 1.3 35.5 30.6 % Cal. Fat (%) 6.5 2.6 1.8 1.8 8.1 0.0 0.0 0.0 38.1 11.6 0.3 1.1 7.2 3.8 0.0 0.0 0.0 107.3 28.4 377.9 (mg) Fat 25.3 5.1 21.2 6.2 9.5 32.7 26.0 126.0 17.2 390.4 30.4 90.6 12.0 12.0 5.8 5.8 0.3 0.3 Carbo hydrat (gm) 136 136 14.8 14.8 17.7 17.2 11.2 11.2 % Cal. Pro (%) 15.3 1.2 3.7 1.0 0.0 0.0 24.9 87.1 466.3 g tein (gm) 184 80 445 184 122 27 122 204 1292 141 82 118 344 146 6 6 257 23 23 83 83 83 131 101 101 807 852 852 363 Calo ries (kcal) 316 42 257 79 79 12 244 244 28 84 1177 1123 30 30 297 97 97 266 164 146 154 331 Amt (mb) 1 cup 1 each 3 each 2 oz 2 each 10 oz 1 each 2 tablespoons 1/2 cup 1 tablespoon Evening Meal Totals

Daily Totals for 07/07/15

1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%) Noon Meal Totals **Breakfast Totals** 6 each
2 ounces
1/2 cup
1/2 cup
1 each 10 ounces 1/2 cup 1/2 cup 1/2 cup 1/2 cup Size 202 E Grits, w/Cheese**
C Sausage, Turkey, Patty, Cooked,
C Pancakes, Mix**
C Syup, Pancake, Bulk
Ind, Sugar
C Coffee, 10 oz
C Milk, 2% Lowfat
C Margarine, Bulk, 2 tbsp Evening Meal
C Sandwich, Chicken/Cheese/Brock Sauce, Tomato, Cnd asta, Spaghetti Noodles, LF, w/Pa ? Mix Veg, Farm Vegetables Noon Meal
C Chicken, Nuggets, 6 Nuggets
C Gravy, Chicken Catsup, Bulk, 1 tbsp Drink Mix, w/Vitamin C, 10 oz Cobbler, Peach Tea, Iced, Sweet**, 10 oz. C Gravy, Chicken C Potatoes, Whipped C Beans, Green, Frz C Bread, Roll, Mix, Large fousse, Strawberry Peas, Green Recipe Name

Includes main items only. A 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.

Sorted in Menu Sequence

mena. mpoo	Date. Med Jul 00, 2019		(
Recipe Name	Size	Amt	Calo	Pro tein	% Cal. Pro	Carbo hydrat	Fat	% Cal. Fat	Dietry Fiber	Cal	¥ K	Vit B12	ξo	Sodium	Iron
		(mg)	(kcal)	(gm)	(%)	(gm)	(gm)	(%)	(gm)	(gm)	<u>(</u>	(mcg)	(mg)	(Bm)	(mg)
Breakfast		10000	The second second	1000		10000									
C Oatmeal, w/Marganne**	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	68.0	0	255	1.75
C Chicken, Bologna, Sirced, GoodS	2 ounces	25	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	22	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
	1 tablespoon	19	20	0.0	0.2	13.1	0.0	0.1	0.2	-	-	0.00	0	9	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	6.0	13.8	5.8	0.0	1.3	0.0	20	0	00.0	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	6.7	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	თ	1014		0	267	0.00
Bre	Breakfast Totals		1041	35.8	14.0	92.1	57.8	50.3	89.	577	2216+	2.36	-	1864	5.10
Noon Meal															
C Frankfurter, All Meat	2 each	06	275	10.4	15.3	1.5	24.9	82.4	0.0	10	52	1.17	0		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	00.00	12		1.00
C Bread, White, Sliced, Local	2 slices	99	149	9.0	13.5	27.7	1.9	11.4	1.5	84	-	00.0	0	274	2.02
1 tbsp	1 tablespoon	31	19	1.2	21.9	1.8	1.0	44.0	1.2	20	34	00.0	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	00.0	18	143	0.04
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	9	0.0	0.0	0.0	0.0	0.0	0.0	6	0	0.00	75		0.00
Noon	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	00.00	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	00.0	12		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	00'0	0	271	0.97
Tea, Iced, Sweet**, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	6	0	00.0	0	ısı	0.01
Evening	Evening Meal Totals		1233	28.2	9.1	148.9+	57.1	41.5	6.6	5651	11106	0.22+	13		8.01
Daily Totals	Daily Totals for 07/08/15		3237	91.6	11.4	343.3+	164.0	45.6	20.5	6472	24320+	3.79+	119	"	19.18
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)	(L (M, 70 yo)		852	18.7		117.2	28.4		10.0	333		080	30		2.67
Degrant 4/3 RDA/DRI STANDARDS 4 MEA1 19/	C 4 MEA! /PL		380	AGO E		200 04	6 664		30E A	40.40		199 00	100	ľ	BAS 25

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

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

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Kecipe Name								- 0				1 4.0	100		
	Size	Amt (gm)	Calo ries (kcal)	g te ro (g	Pro (§	Carbo hydrat (gm)	gm)	Sat Sa %	Dietry Fiber (gm)	cium (mg)	¥∢ĝ	Vit B12 (mcg)	¥ο∭E	Cmg)	mg (mg
Breakfast															
Cereal, Assorted, Ind	1 each	32	110	2.3	7.9	25.7	0.8	5.9	2.3	6	725	1.29	00	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	+00.0	+0	124+	2.12
C Potatoes, Breakfast Hashbrowns	1/2 cup	252	85	1.4	8.9	14.6	2.2	23.4	8.0	22	83+	+00.0	4	110	0.26
Bread, Biscuit, Mix, Large	1 each	25	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	00.0	0	0	0.01
Coffee, 10 oz	10 oz	304	27	6.0	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	6	1014	0.03	0	267	0.00
Bre	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		1000													
Pork, BBQ, Pulled/Chopped, 4 oz	4 ounces	149	240	18.3	31.1	18.9	9.6	36.7	9.0	69	185	1.27+	2	1441	1.42
C Beans, Baked, Navy, Dry	1 cup	505	405	20.1	19.3	629	8.1	17.5	18.6	178	84	00.0	9	166	5.1(
Salad, Macaroni, HMD	1/2 cup	224	155	4.3	11.1	24.0	4.8	27.5	1,1	34	323	0.07	က	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	+00.0	0	909	2.94
Mousse, Chocolate	1/2 cup	72	168	0.5	12	16.1	117	61.3	1.0	12	11	0.02+	0	36	0.30
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	9	0.0	0.0	0.0	0.0	0.0	0.0	o	0	00.0	75	0	0.00
Noon	Noon Meal Totals		1319	51.6	15.6	183.8	42.6	28.8	20.5+	357	605	1.37+	98	2387	10.74
Evening Meal															
C Chicken, Baked	1 each	85	206	15.0	29.1		14.4	62.9	2.7	5274	129		-	556	2.28
C Gravy, Chicken	2 ounces	31	82	1.9	9.1	12.9	2.6	28.7	0.3	က	81	+00'0	0	114	0.53
C Potatoes, Whipped	1 cup	221	236	4.7	.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+	+775	+00.0	12+	30	+77.0
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	+0.0	54	2	+00.0	0	209	2.94
C Cake, Chocolate, Mix	1 piece	48	161	2.8	6.8	25.9	5.6	30.5	1.4	42	+0	+00.0	+0	294	1.26
C Tea, Iced, Sweet**, 10 oz. 10 ounces	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	စာ	0	0.00	0	တ	0.01
Evening	Meal Totals		1183	34.5	11.7	173.6+	36.7	28.0	1 6.6	5482+	971+	+61.0	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)	L (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	5, 1 MEAL (%)		412	612.6		403.4+	448.3		352.3+	+0161		521.19+	683+	1265+	1265+ 1125.99+

Includes main items only. ^A 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. Valley Services, Inc.

Thu Feb 04, 2016 08:40 AM

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Menu: MDOC Date: Fri Jul 10, 2015

0.16 0.45 1.00 0.11 2.53 0.30 0.01 4.57 15.92 2.67 2.67 2.67 2.67 2.1.29+ 0.65 0.20 0.20 0.04 0.04 0.03 349 2.28 0.15 0.098 1.00 2.94 0.51 0.00 0.00 (mg) <u>당</u> +2055 1598 4946 433 1141 5289+ 115 267 267 556 70 70 58 509 49 9 314 576 58 275 330 36 327 672 Sodium (mg) 00000 j o gi 0.00 0.00 0.00 0.00 0.01 0.00 0.00 2.95 0.00+ 0.00 0.00 0.00 0.02+ 0.02+ 0.02+ 4.75+ 0.00 3.63+ 0.80 3.53+ 593.90+ Vit B12 (mcg) 0 464 1014 **1694** 129 81 10716 160 129 54 8250 10716 2 19152 10 11241 3381+ 15119+ 197 18 32087 16811+ **₹**∢≘ 293 5439 6345 3753+ 5 5 186 140 26 4 54 6 26 × 97 2 6 377 Cium (mg) 2.7 2.8 2.8 4.6 0.0 0.0 10.6+ 0.0 1.9 1.6 1.6 0.0 1.6 1.8 4.8 4.8 208.2+24.4+ Dietry Fiber (gm) 38.5 3.3 32.2 69.2 69.2 22.0 39.6 0.0 54.4 37.3 69.2 0.8 0.0 0.0 47.8 47.8 37.4 86.5 31.9 31.9 0.0 0.0 1.3 35.5 39.0 54.3 % Cal. Fat (%) 18.2 14.5 10.0 19.7 11.7 17.9 69.2 17.9 632.3 136.8 139.1 (mg) Fat 9.8 30.3 12.4 58.8 9.2 0.0 120.5+ 18.2 17.3 12.4 18.3 44.0 16.1 26.0 26.0 351.2+ 117.2 299.7+ 396.4+ 14.9 0.5 12.0 13.1 12.0 13.1 11.7 11.7 0.3 0.3 396.4+ Carbo hydrat (gm) 11.8 19 9.8 9.8 10.0 10.7 8.9 46.1 12.2 8.5 8.5 8.5 8.5 13.8 26.3 26.3 26.3 26.3 26.3 11.8 % Cal. Pro (%) 15.0 0.2 2.0 2.0 8.4 0.8 0.0 0.0 27.6 26.9 85.7 18.7 459.0 93.7 94.7 16.2 2.0 0.3 0.5 0.0 0.0 Pro tein (gm) 109 80 206 210 50 46 46 27 122 27 122 1055 206 41 183 344 65 3212 ries (kcal) Calo 110 42 49 19 12 12 44 244 85 32 329 123 14 14 113 143 329 30 118 72 331 (mg) Amt 2 tablespoons Breakfast Totals | Teach | 1 oz | 1 oz | 1/2 cup | 1 cup | 1 cach | 1 each | 1 each | 2 cm | 1 ounces | 10 Evening Meal Totals Daily Totals for 07/10/15 Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)
Week Daily Average (07/05/15-07/10/15)
Daily Average (07/04/15-07/10/15) 1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo) 1 tablespoon 1 tablespoon 10 ounces 1 piece 1/2 cup 1/2 cup 1 cup 1 each 1 cup 1 each 2 slices 2 each 10 oz 1 each Size C Chicken, Baked
Sauce, BBQ
C Vams, Mashed
C Vix Veg, Farm Vegetables
C Cookie, Assorted, Large
C Cookie, Assorted, In House, For \$\circ C \text{Drink Mix, w/Vitamin C, 10 oz} \tag{1} C Oatmeal, w/Margarine** C Sausage, Turkey, Patty, Cooked, C Bacon, Pork, Layflat Bread, Combread, Large Cut Evening Meal
C Fish, Breaded, 4 oz
Potatoes, Au Gratin, Dry Mix * Mix Veg, Farm Vegetables Tea, Iced, Sweet 10 oz. Bread, Biscuit, Mix, Large C Coffee, 10 oz C Milk, 2% Lowfat C Margarine, Bulk, 2 tbsp Catsup, Bulk, 1 tbsp Noon Meal Breakfast Jousse, Chocolate elly, Grape, Bulk Recipe Name Sugar

Includes main items only. A 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.

Thu Feb 04, 2016 08:41 AM

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Report Selections

Date Range Menus

: Sat Jul 11, 2015 - Fri Jul 17, 2015 : MDOC

Date: Sat Jul 11, 2015 Menu: MDOC

Recipe Name	Size	Amt	Calo	Pro	% Cal.	Carbo	Fat	% Cal.	Dietry	Cal	ξ	Λŧ	Vit	Sodium	Iron
		(mg)	ries (kcal)	tein (gm)	5 %	hydrat (gm)	(gm)	(%)	Fiber (gm)	cium (mg)	4	B12 (mcg)	ပ ဤ	(mg)	(mg)
Breakfast															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	00.00	0	40	0.65
C Egg, Hard Boiled**	2 each	101	143	12.6	36.2	0.7	9.5	61.7	0.0	99	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	411	0.80
C Bread, Biscuit, Mix, Large	1 each	25	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	00'0	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	20	0.0	0.2	13.1	0.0	0.1	0.2	_	-	00.0	0	9	0.04
Ind, Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	00.0	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	6.0	13.8	5.8	0.0	1.3	0.0	20	0	00'0	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		0	115	0.05
2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	တ	1014	0.03	0	267	00.0
Bre	Breakfast Totals		992	37.5	15.5	88.4	53.3	48.7	8.	582	2216	2.21+	-	1777	5.04
Noon Meal															
ý	4 tablespoons	64	311	9.5	11.4	24.4	21.9	59.2	2.3	22	-	00.00	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	_	00'0	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	22	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	ın	69		0	4	0.30
C Cookie, Assorted, in House, For S		14	65	8.0	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	9	0.0	0.0	0.0	0.0	0.0	0.0	თ	0	00.0	75	6	0.00
Noor	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 Gi	1 each	85	198	10.8	21.7	14.3	11.0	49.6	1.8	34	8341		1	929	2,11
C Gravy, Brown	2 ounces	31	82	1.7	8.6	12.5	2.7	29.9	9.0	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	00.00	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+	+273	+00'0	12+	30	0.77+
C Bread, Roll, Mix, Large	1 each	123	344	8.4	8.0	58.8	8.4	22.0	+0.0	54	2	+00.0	0	609	2.94
C Cake, Lemon, Mix	1 piece	61	149	6.0	2.3	30.8	3.1	17.9	6.0	18	0	+00.0	0	264	0.63
, 10 02	10 ounces		101	0.0	0.0	26.0	0.0	0.0	0.0	D	0	0.00	0	(D)	0.01
Evening	Evening Meal Totals		1070	25.6	9.6	172.3		26.6	+1.9	+187+	9038+	0.03+	13+	1992	7.68+
Daily Totals for 07/11/1	s for 07/11/15		3049	90.4	11.9	403.5	Ì	35.3	17.4+	1027+	11522+	2.28+	+68	4745	19.81+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)	AL (M, 70 yo)		852	18.7		117.2			10.0	333		0.80	30	433	2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%	S. 1 MEAL (%)		358	484.3		344.3	Ì		174.0+	308+		284.71+	297+	1095	741.82+
Week Daily Average (07/11/15-07/11/15	(15-07/11/15)		3049	90.4	11.9	403.5		35.3	17.4+	1027+	11522+	2.28+	+68	4745	19.81+

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.

Valley Services, Inc.

Thu Feb 04, 2016 08:41 AM

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Date: Sun Jul 12, 2015 Menu: MDOC

4,14 0.58 0.90 0.18 2.94 0.00 0.00 195 0.21 195 0.63 620 1.89 95 0.97 9 0.01 1762 6.12 458 32.09+ 433 2.67 1069 1201.82+ <u>6</u> (mg 310 110 393 672 56 86 86 86 34 34 34 34 9 320 343 180 195 620 95 941 Sodium (gm) 0 0 178+ 30 592+ 000004 20020 mg) د ≨ت 0.00 0.00 0.00 0.00 0.00 0.00 0.00 2.13 0.00+ 0.00 0.00 0.00 0.00 0.00 1.29 0.03 3.45+ 3.37 0.00+ 0.00+ 0.00 0.03+ 0.00+ 0.00+ 3.49+ 7.03+ 0.80 879.29+ Vit B12 (mcg) 0 91 91 8 8 8 8 0 0 759 464 1014 2321+ 881 81 36 6761 911+ 87 11078+ € 4 ≦ 333 255+ 142+ 140 5 4 19 30 6 30 10 30 45 45 Cal cium (mg) 0.0 1.6 0.0 0.0 6.3+ 0.5 0 0.5 4 9 4 9 1.3 0.0 10.4 19.0+ 10.0 190.4+ Dietry Fiber (gm) 19.9 26.1 14.7 47.7 22.0 22.0 26.0 28.8 28.8 28.8 26.4 15.1 15.1 33.5 33.5 32.5 % Cal. Fat (%) 0.0 0.0 0.0 39.8 39.8 18.0 2.7 4.5 7.2 9.2 9.2 0.0 44.4 115.2 28.4 405.5 3.9 9.1.8 8.1.8 1.0 0.0 0.0 0.0 0.0 0.0 (mb) Fat 13.1 12.0 5.8 11.7 0.3 0.3 21.5 21.5 21.5 19.4 19.4 130.9 6.0 12.5 22.9 8.9 32.9 26.0 26.0 161.8 415.6 354.6 14.6 0.2 29.4 Carbo hydrat (gm) 80.1 1.3 9.8 9.8 1.3 9.8 9.8 0.0 **24.3** 21.8 8.6 6.0 6.7 6.7 3.3 3.3 7.0 0.0 0.0 % Cal. Pro (%) 13.0 1.7 2.1 2.1 1.3 0.0 0.0 1.16.4 18.7 623.5 3.2 3.2 3.1 3.1 0.5 62.6 Pro tein (gm) 230 82 101 101 156 101 101 101 101 3169 352 372 137 118 83 146 344 6 152 210 210 50 46 27 122 204 969 Calo ries (kcal) 252 95 95 19 12 12 304 284 28 145 145 146 146 123 123 297 85 31 144 151 151 83 331 Amt (mg) 1 each
2 tablespoons
Breakfast Totals C Drink Mix. w/Vitamin C, 10 oz Noon Meal Totals Evening Meal Totals
Daily Totals for 07/12/15
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo) 1 tablespoon Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%) 2 ounces 1/2 cup 2 ounces 4 ounces
2 oz
1/2 cup
1/2 cup
1/2 cup
1/2 cup
1 each 2 ounces 1/2 cup 1/2 cup 10 ounces 1 each 2 each 10 oz 1 each 1 piece 1 each Size Noon Meal
Beef, Roast, Sliced, w/o Gravy, 2 oz
C Gravy, Brown (Homemade)
C Potatoes, Whipped Bread, Combread, Mix, Large Cur Brownie, Mix Potatoes, Breakfast Hashbrowns Greens, Mixed (Mustard, Turnip) C Turkey Ham, Breakfast C Bread, Biscuit, Mix, Large Tea, iced, Sweet**, 10 oz. C Milk, 2% Lowfat C Margarine, Bulk, 2 tbsp Evening Meal C Beef, Salisbury Steak Breakfast Jelly, Grape, Bulk Ind, Sugar C Coffee, 10 oz C Gravy, Brown C Rice, Buttered Peas, Green Recipe Name C Cereal**

Page 2 of 7

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.

Thu Feb 04, 2016 08:41 AM

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Date: Mon Jul 13, 2015 Menu: MDOC

Recipe Name	Size	Amt	Calo	Pro	% Cal.	Carbo	Fat	% Cal. Fat	Dietry	Cal	ŧ ₹	R12	₹ 0	Sodium	<u>ro</u>
		(mg)	(kcal)	(mg)	(%)	(mg)	(mg)	(%)	(mg)	(mg)	5	(mcg)	(gm)	(mg)	(mg)
Breakfast															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	00'0	0	40	0.65
C Egg, Hard Boiled**	2 each	101	143	12.6	36.2	0.7	9.5	51.7	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	411	0.80
Bread, Tortilla, Flour, 7"	1 each	32	94	2.5	11.0	16.4	1.9	18.3	0.8	41	0	00.00	0	227	1.05
	1 tablespoon	19	20	0.0	0.2	13.1	0.0	0.1	0.2	-	_	00'0	0	9	0.04
nd, Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	00'0	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	6.0	13.8	5.8	0.0	1.3	0.0	20	0	00.0	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
, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	o	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+	٦	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			556	2.28
Potatoes, Tater Gems	1/2 cup	98	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	00.0	00	175	06.0
C Bread, White, Sliced, Local	2 slices	56	149	5.0	13.5	27.7	1.9	11.4	1.5	81	Ī	00.0	0	274	2.02
C Salad, Lettuce, Shredded, w/Pick	1/4 cup	56	4	0.2	19.6	2.0	0.0	10.3	0.3	80	104	00'0	-	09	0.10
C Mayonnaise, Bulk, 1 tbsp	1 tablespoon	29	73	0.2	1,0	4.3	6.3	75.9	0.0	-	6	0.01	0	192	0.04
C Catsup, Bulk, 1 tbsp	1 tablespoon	30	31	0.3	3.6	8.3	0.0	8.0	0.1	5	160	00.0	,	275	0.11
C Cookie, Assorted, In House, For §	1 each	14	65	0.8	4.6	9.5	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	9	0.0	0.0	0.0	0.0	0.0	0.0	တ	0	00.0	75	o	0.00
Noon	Noon Meal Totals		692	26.6	13.8	82.1+	35.4	41.2	10.2	5403	1042	0.02+	90	1620	6.68
Evening Meal				The second			20.000	100000							1000
Beef, Fiesta Mac & Cheese, w/ Crur	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+	+773	+00'0	12+	30	0.77+
Carrots, Sliced, Glazed	1/2 cup	174	89	0.7	4.1	12.0	2.2	28.4	3.0	36	12972	00.00	2	98	0.41
C Bread, Roll, Mix, Large	1 each	123	344	8.4	8.6	58.8	8.4	22.0	+0.0	54	2	+00'0	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	6	0	00.00	0	6	0.01
Evening	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	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)	AL (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 (%)	S. 1 MEAL (%)		320	517.4		274.2+	414.8		240.5+	1888+		620.26+	382+	1111	738.45+

Includes main items only. A 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,
Valley Services, Inc.

Thu Feb 04, 2016 08:41 AM

Menu Nutrient Analysis Report

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Nutrient Totals Using Main Items Only

Sorted in Menu Sequence

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Recipe Name	Size	Amt	Calo	Pro tein	"Cal. Pro	Carbo hydrat	Fat	% Cal. Fat	Dietry Fiber	cium cium	¥ ∢	Vit B12	ട് ပ	Sodium	<u>0</u>
		(mg)	(kcal)	(mg)	(%)	(gm)	(gm)	(%)	(mg)	(mg)	0	(шса)	(mg)	(mg)	(mg)
Breakfast															
^C Grits, w/Margarine**	1 cup	303	187	3.1	9.9	31.6	5.1	24.7	1.8	Ø	219	00.0	0	52	1.22
C Egg, Hard Boiled**	2 each	101	143	12.6	36.2	0.7	9.5	61.7	0.0	99	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	+00.0	to	124+	2.12
C Bread, Biscuit, Mix, Large	1 each	257	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	6.0	13.8	5.8	0.0	1.3	0.0	20	0	00.0	0		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	တ	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+	+	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		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		1.00
C Rice, Buttered	1/2 cup	107	143	2.1	0.9	22.9	4.5	28.8	0.5	22	36		0		0.21
C Greens, Turnip	1 cup	282	158	1.7	4.2	7.6	14.3	77.5	5.3	211	11541	00'0	42		1.22
C Bread, Combread, Mix, Large Cur	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 S	1 each	14	65	8.0	4.6	9.2	2.9	39.6	0.3	4	2	10:0	0	49	0.51
Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	9	0.0	0.0	0.0	0.0	0.0	0.0	6	0	00.00	75	6	0.00
Noon	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				400000000000000000000000000000000000000		100000									
C Chicken, Fried Patty	1 each	82	198	10.8	21.7	14.3	11.0	49.6	1.8	34	8341		1	929	2.11
Pasta, Spaghetti Noodles, Buttered,	1 cup	539	274	7.5	11.0	42.5	8.0	26.5	1.8	30	262	10.01	0		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	00'0	3		0.75
C Bread, Roll, Mix, Large	1 each	123	344	8.4	8.6	58.8	8.4	22.0	+0.0	54	2	+00.0	0	509	2.94
Crisp, Apple	1/2 cup	306	241	6.0	1.5	51.2	4.6	16.4	1.7	49	200	0.02	0	168	0.59
C Tea, loed, Sweet**, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	6	0	00'0	0		0.01
Evening	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	Daily Totals for 07/14/15		3387	98.2	11.6	427.0	143.6	37.9	27.0+	1122	27442	2	130+	52	22.94
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)	(L (M, 70 yo)		852	18.7		117.2	28.4		10.0	333		0.80	30	433	2.67
Persont 4/3 PDA/DRI STANDARDS 4 MEA! (%)	C 1 MEAI (%)		398	525.8		364.3	505.6		769.6+	337		292.41+	474+	1220+	859 11

Includes main items only. A 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

Sorted in Menu Sequence

				ı											
Recipe Name	Size	Amt (am)	Calo ries (kcal)	Pro tein (gm)	% Cal. Pro	Carbo hydrat	Fat (om)	% Cal. Fat	Dietry Fiber	Cal cium (mg)	# ₹ E	Vit B12 (mcn)	Ç 7≝	Sodium	lron (ma)
Breakfast		/61	(moun)		(6/)	(1.1.6)	(111)	(0/)	(3)	(S)	(2)	(60)	â	ía	(Sun)
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 Eqq. Hard Boiled**	2 each	101	143	12.6	36.2	0.7	9.5	61.7	0.0	26	540	0,89	0	255	1.75
C Sausage, Turkey, Link, 1 each	1 each	19	30	3.3	44.0		2.0	60.0		7				97	0.24
C Bread, Biscuit, Mix, Large	1 each	257	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	00'0	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	20	0.0	0.2	13.1	0.0	0.1	0.2	-	-	00'0	0	9	0.04
nd, 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 02	304	27	6.0	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
3 Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	0.66	0.0	ത	1014	0.03	0	267	0.00
Bre	Breakfast Totals		942	31.8	13.8	+6.78	50.8	48.8	1.8+	536	2216+	2.21+	+	1463	4.47
Noon Meal															
Chicken, Fajita Meat, Pulled, w/Onk	1/2 cup	117	153	25.6	69.5	1,8	4.2	25.8	0.4	14	276	+00'0	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	00'0	0	454	2.09
C Rice, Mexican	1/2 cup	93	110	2.2	8.3	22.8	8.0	9'9	+9'0	22+	17+	+00'0	3+	16	0.23+
C Com, Whole Kemel, Frozen	1/2 cup	170	104	2.7	9.4	18.8	3.4	26.3	2.6	9	139	00'0	9	32	0.37
C Cookie, Assorted, In House, For §	1 each	14	65	8.0	4.6	9.5	5.9	39.6	0.3	4	2	0.01	0	49	0.51
Sauce, Mexican Picante	1 oz	32	22	0.5	6.6	6	1.3	53.9	0.0	က	57	+00.0	0	204	0.23
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	9	0.0	0.0	0.0	0.0	0.0	0.0	თ	0	0.00	75	თ	0.00
Noor	Noon Meal Totals		647	36.9	23.3	87.3	16.4	22.5	5.5+	140+	492+	+10.0	+86	841	4.85+
Evening Meal		100 mg		711,000		1000000	100000				The second			10-20-	30,000
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		19.6	86.5	0.0	2	18	0.25	0	327	0.20
C Pancakes, Mix**	3 each	257	445	88	7.6	90.6	7.3	14.3	2.4	272	11	+00'0	÷	1333	4.90
Ind, Syrup, Pancake	2 each	25	133	0.0	0.0		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	9	0.0	0.0	0.0	0.0	0.0	0.0	თ	0	00.0	75		0.00
C Margarine, Bulk, 2 tbsp 2 tablespoons	2 tablespoons	28	204	0,3	0.5		22.8	0.66	0.0	တ	1014	0.03	0	267	0.00
Evening	Meal Totals		1177	19.1	6.4	156.7	54.8	41.5	4.0	340	1231	0.31+	75+	2175	6.21
Daily Totals	s 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+
/3 RDA/DRI STANDARDS, 1 ME.	AL (M, 70 yo)		852	18.7		117.2	28.4		10.0	333		0.80	30	433	2.67
Dorroot 1/3 PDA/DPI STANDAPI	S 1 MEAL (%)		325	470 3		283 24	479 2		113.3+	305+		315 FG+	581+	1034	584 RD+

Thu Feb 04, 2016 08:41 AM

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

Menu Nutrient Analysis Report

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Nutrient Totals Using Main Items Only

Sorted in Menu Sequence

Date: Thu Jul 16, 2015 Menu: MDOC

Recipe Name	Size	Amt	Calo	Pro	% Cal.	Carbo	Fat	% Cal.	Dietry Fiber	Cal	ŧ ₹	₹ <u>₹</u>	₹ 0	Sodium	<u> </u>
		(mg)	(kcal)	(mg)	(%)	(mg)	(mg)	(%)	(mg)	(mg)	(<u>C</u>	(mcg)	(gm)	(вш)	(gm)
Breakfast															
Cereal, Assorted, Ind	1 each	32	110	2.3	7.9	25.7	0.8	5.9	2.3	6	725	1.29	80	135	6.21
C Potatoes, Breakfast Hashbrowns	1/2 cup	252	85	1.4	8.9	14.6	2.2	23.4		22	83+	+00'0	4	110	0.26
C Gravy, Country, w/Crumbles	4 ounces	80	204	11.1	21.9	16.0	10.4	46.4	1.8+	36	159	+00.0	ŧ	124+	2.12
C Bread, Biscuit, Mix, Large	1 each	27	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	00'0	0	672	1,40
Ind, Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	00'0	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	6.0	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
, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	6	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, Sirced, GoodS	4 ounces	113	257	14.5	22.8	8.5	18.0	63.8	0.0	95		0.31	0	986	1.73
Beans, Green, Frz	1/2 cup	103	53	1.7	12.6	7.0	2.0	34.4	2.4+	39+	+115	+00'0	12+	30	0.77+
C Yams, Mashed	1/2 cup	237	184	1.2	2.7	30.3	9.9	32.2	2.8	26	8250	00.0	11	70	0.98
C Bread, Roll, Mix, Large	1 each	123	344	8.4	8.6	58.8	8.4	22.0	+0.0	54	2	+00.0	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	ω	104	0.00	-	9	0.10
telatin, Cherry, Mix Fruit, 12 #10/10	1/2 cup	183	125	2.4	7.3	30.1	0.0	0.0	0.4	7	114	00.0	19	144	0.12
C Mustard, Bulk, 1 tbsp	1 tablespoon	31	10	1.2	21.9	, 0	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	9	0.0	0.0	0.0	0.0	0.0	0.0	(D)	0	00.0	75	6	00'0
Noon	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		7.00			100000	10000000									
C Chicken, BBQ, Patty	1 piece	109	239	11.0	18.3	24.1	11.2	41.7	2.0	42	8395	+00.0	1	905	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	00'0	3	83	2.55
C Greens, Mixed (Mustard, Turnip)	1/2 cup	144	101	1.4	5.2	8.9	7.2		2.1	98	6761	00.0	20	195	0.63
C Com, Whole Kemel, Frozen	1/2 cup	170	104	2.7	4.6	18.8	3.4	26.3	2.6	9	139	0.00	9	32	0.37
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		0.0	82	0	00.0	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	6	0	0.00	0	0	0.01
Evening	Evening Meal Totals		1266	32.5	10.0	185.9		32.7	17.6	511	15480	0.20+	30	1822	9.34
Daily Totals	Daily Totals for 07/16/15		3267	90.3	11.0	438.5		35.9	29.6+	1297+	27005+	3.13+	160+	5422+	26.86+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)	(L (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 1%	S. 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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Nutrient Totals Using Main Items Only

Sorted in Menu Sequence

Date: Fri Jul 17, 2015

Menu: MDOC

Recipe Name	Size	Amt	Calo	Pro tein	Cal. Pro	Carbo	Fat	% Cal. Fat	Dietry Fiber	cium Cium	₹ ∢	912 B12	⋚ 0	Sodium	<u>5</u>
		(mg)	(kcal)	(mg)	(%)	(gm)	(mg)	(%)	(mg)	(gm)	(E)	(mcg)	(gm)	(mg)	(gm)
Breakfast															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	6.8	14.9	4.6	37.4	1.6	11	197	00.00	0	40	0.65
C Chicken, Bologna, Sliced, GoodS	2 ounces	25	129	7.3	22.8	4.3	9.6	63.8	0.0	48		0.15	0	498	0.87
C Potatoes, Breakfast Hashbrowns	1/2 cup	252	85	1.4	89	14.6	2.2	23.4	0.8	22	83+	+00'0	4	110	0.26
C Bread, Biscuit, Mix, Large	1 each	22	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	00.00	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	20	0.0	0.2	13.1	0.0	0.1	0.2	Ī	Ī	00.00	0	9	0.04
nd, 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	6.0	13.8	5.8	0.0	1.3	0.0	20	0	00'0	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
. 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	တ	1014	0.03	0	267	00.00
	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	20	7905	00'0	9	26	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	+00.0	0	509	2.94
C Cookie, Assorted, In House, For S	1 each	14	99	0.8	4.6	9.2	2.9	39.6	0.3	4	2	10.0	0	49	0.51
C Drink Mix, w/Vrtamin C, 10 oz	10 ounces	297	9	0.0	0.0	0.0	0.0	0.0	0.0	6	0	00.00	75	6	0.00
Noon	Noon Meal Totals		1177	33.8	11.4	143.9	51.4	39.2	+8.6	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	26	129	2.95	0	314	0.16
C Macaroni and Cheese	1/2 cup	213	224	6.9	12.5	33.1	8.9	27.6	1.4	22	196	0.03	0	178	1.47
C Colesiaw, Hmd	1/2 cup	83	87	6.0	3.8	2.9	6.7	66.5	1.5	31	117	+00'0	27	185	0.38
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.6	58.8	8.4	22.0	+0'0	24	2	+00'0	0	209	2.94
C Catsup, Bulk, 1 tbsp	1 tablespoon	30	31	0.3	3.6	83	0.0	0.8	0.1	5	160	0,00	Ļ	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	+00.0	+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	(D)	0	00.0	0	6	0.01
Evening	Evening Meal Totals		1251	35.5	11.4	177.0	45.7	32.8	4.4+	295	603+	2.98+	28+	1765	6.33
Daily Totals	Daily Totals for 07/17/15		3411	93.9	11.0	426.8	147.6	38.9	16.8+	866	10693+	4.81+	132+	5302	16.29
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)	4L (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 (%)	S, 1 MEAL (%)		400	502.9		364.2	519.7		167.9+	299		601.68+	442+	1224	610.05
Week Daily Average (07/12/15-07/17/15)	(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)	(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+

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. Valley Services, Inc.

Thu Feb 04, 2016 08:42 AM

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Report Selections

Date Range Menus

: Sat Jul 18, 2015 - Fri Jul 24, 2015 : MDOC

Date: Sat Jul 18, 2015

Menu: MDOC

Recipe Name	Size	Amt	Calo	Pro i	% Cal.	Carbo	Fat	% Cal.	Dietry	<u>ප</u> ද්	₹ <	₹ã	ij,	Sodium	Iron
		(mg)	(kcal)	(gm)	28	nyarat (gm)	(mg)	(%	(am)	E (GILL)	€ <u></u>	(mcg)	ğ (j	(mg)	(mg)
Breakfast															
^C Grits, w/Margarine™	1 cup	303	187	3.1	9.9	31.6	5.1	24.7	1.8	o	219	00'0	0	25	1.22
C Egg, Hard Boiled**	2 each	101	143	12.6	36.2	0.7	9.5	61.7	0.0	99	540	0.89	0	255	1.75
C Sausage, Turkey, Patty, Cooked,	1 each	42	80	9.0	46.1	9.0	4.5	51.4	0.0	52	0		0	411	0.80
	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	00.0	0	672	1.40
	1 tablespoon	19	99	0.0	0.2	13.1	0.0	0.1	0.2	-	,	00.00	0	9	0.04
	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	00'0	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	6.0	13.8	5.8	0.0	1.3	0.0	20	0	00'0	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
. 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	6	1014	0.03	0	267	0.00
	Breakfast Totals		1070	38.1	14.6	105.1	53.7	45.6	2.0	280	2238	2.21+	-	1789	5.60
Noon Meal															
C Sandwich, Chicken/Cheese/Brock	1 each	128	267	15.3	23.0	25.3	11.6	39.2						1863	
Com, Whole Kernel, Frozen	1/2 cup	170	104	2.7	9.4	18.8	3.4	26.3	2.6	9	139	00'0	9	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	00.00	12	10	0.78
C Salad, Potato, Hmd	1/2 cup	131	86	2.9	12.2	18.8	8.0	7.6	1.4	38	181	0.17+	36	121	0.59
C Cookie, Assorted, in House, For S	1 each	14	92	9.0	4.6	9.2	2.9	39.6	0.3	4	2	10.0	0	49	0.51
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	9	0.0	0.0	0.0	0.0	0.0	0.0	6	0	00.0	75	o	0.00
Noon	Noon Meal Totals		899	23.3	13.8	78.9	29.4	38.9	+9.9	+26	818+	0.17+	128+	2078	2.25+
Evening Meal															
C Beef, Meatballs, w/ Spaghetti Sau	6 each	273	219	16.2	28.2	11.7	13.2	51.6	2.8	74	598	+00.0	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 Com, Whole Kernel, Frozen	1/2 cup	170	104	2.7	9.4	18.8	3.4	26.3	2.6	9	139	00.0	9	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	00.0	00	175	06'0
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	+0.0	54	2	+00'0	0	209	2.94
Margarine, w/Garlic, Bulk	1 teaspoon	5	35	0.1	1.2	0.3	3,8	95.1	0.0	2	169	00.00	0	45	0.02
C Brownie, Mix	1 each	63	156	1,3	3,3	32.9	2.7	15.1	1.3	-	0	+00'0	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	6	0	00.00	0	თ	0.01
Evening	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	Daily Totals for 07/18/15		3054	100.8	13.1	384.5	126.4	36.9	20.6+	872+	4865+	2.40+	156+	5279	17.95+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)	(L (M, 70 yo)		852	18.7		117.2	28.4		10.0	333		0.80	30		2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)	S. 1 MEAL (%)		358	540.0		328.1	445.2		206.3+	262+		299.79+	519+		672.11+
Week Daily Average (07/18/15-07/18/15)	15-07/18/15)		3054	100.8	13.1	384.5	126.4	36.9	20.6+	872+	4865+	2.40+	156+	5279	17.95+

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.

Valley Services, Inc.

Thu Feb 04, 2016 08:42 AM

Menu Nutrient Analysis Report

Sorted in Menu Sequence

	Darc. 02	an oan 10, 2010	2, 10												
Recipe Name	Size	Amt	Calo	Pro tein	% Cal. Pro	Carbo hydrat	Fat	% Cal. Fat	Dietry Fiber	Cal	≽ ≼	Vit B12	₹ 0	Sodium	lron
Brastfact		(gm)	(kcal)	(gm)	(%)	(gm)	(gm)	(%)	(gm)	(mg)	<u>(</u>	(шса)	(mg)	(mg)	(gm)
Cotton Williams	4 0.10	440	400	30	0	44.0	OF	A 70	4.0	44	407	000	0	OF	000
C Catmeal, W/Marganne	dno i	OLL	801	2.5	o o	14.9	4.0	37.4	0.1	F	/61	00.00	0	40	0.65
C Beef, Fingers, Breaded, 3 each	3 each	85	218	15.0	27.6	1.4	17.0	70.4	6.0	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	1	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		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		0.3	0.5	0.3	22.8	99.0	0.0	6	1014	0.03	0	267	0.00
C Coffee, 10 oz	10 oz	304		6.0	13.8	2.8	0.0	1.3	0.0	20	0	00'0	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
Bre	Breakfast Totals		1019	32.6	12.9	87.6	59.0	52.2	3.0	503	1796	2.44	-	1748	5.38
Noon Meal															
C Frankfurter, All Meat	2 each	96	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	629	8.1	17.5	18.6	178	84	0.00	9	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	20.0	60	226	0.98
C Bread, White, Sliced, Local	2 slices	56	149	2.0	13.5	27.7	9.1	11.4	1.5	84	_	00'0	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	00'0	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	00'0	18	144	0.13
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	9	0.0	0.0	0.0	0.0	0.0	0.0	თ	0	0.00	75	6	00'0
Noor	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, Stew, Pulled	1 cup	315	298	38.8	53.0	19.5	6.6	20.4	+9.6	63+	+0778	+00'0	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	00.0	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	00'0	40	390	1.26
C Bread, Combread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.5	186	143	0.20	0	330	2.53
C Cake, Lemon, Mix	1 piece	61	149	6.0	2.3	30.8	3.1	17.9	6.0	138	0	+00.0	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	თ	0	0.00	0	6	0.01
Evening	Evening Meal Totals		1269	50.5	16.1	161.1	48.4	33.8	12.8+	494+	19472+	0.20+	+73	1586	7.91+
Daily Totals	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)	AL (M, 70 yo)		852	18.7		117.2	28.4		10.0	333		0.80	30	433	2.67
Dorront 1/3 Dhainbi STANDADDS 4 MEAL	1/0/ 1 BACA 1 /0/1		404	7 000		0 000									

Page 2 of 7

Includes main items only. A 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.

Thu Feb 04, 2016 08:42 AM

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Recipe Name	Size	Amt (am)	Calo ries (kral)	Pro tein (am)	% Cal. Pro	Carbo hydrat	Fat (gm)	% Cal. Fat	Dietry Fiber	Cal cium (mg)	} ∨ ₹	Vit B12	# ∪ [a	Sodium	lron (ma)
Breakfast		(36)	(man)	(6)	(2)	(36)	(16)		(16		(So)	6	163	(G)
Sereal, Assorted, Ind	1 each	32	110	2.3	7.9	25.7	0.8	5.9	2.3	ð	725	1.29	00	135	6.21
C Potatoes, Breakfast Hashbrowns	1/2 cup	252	85	1.4	8.9	14.6	2.2	23.4	0.8	22	83+	+00.0	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	+00.0	÷	124+	2.12
C Bread, Biscuit, Mix, Large	1 each	25	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	00.0	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	6.0	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	თ	1014	0.03	0	267	0.00
Bre	Breakfast Totals		1008	28.3	11.3	115.4	48.0	43.0	4.8+	528	2445+	2.62+	13+	14	10.38
Noon Meal															
C Beef, Country Fried Steak, w/o Gi	1 each	85	198	10.8	21.7	14.3	11.0	49.6	1.8	34	8341		+	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 Potatoes, Whipped	1/2 cup	111	118	2.4	8.4	21.5	1.8	14.7	1.6	30	91	+60.0	47	72	0.58
C Greens, Turnip	1/2 cup	141	62	6.0	4.2	3.8	7.2	77.5	2.7	106	5770	00'0	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	63	0.30
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	Ø	0.0	0.0	0.0	0.0	0.0	0.0	6	0	00'0	75	o	0.00
Noon	Noon Meal Totals		1027	22.2	9.8	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+	+275	+00.0	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		0.41
C Bread, Roll, Mix, Large	1 each	123	344	8.4	8.0	58.8	8.4	22.0	+0.0	54	2	+00'0	0	509	2.94
Mousse, Strawberry	1/2 cup	83	146	0.5	1,3	19.4	8.1	47.7	90	14	80	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	6	0	00.0	0	O	0.01
Evening	Evening Meal Totals		978	34.5	14.3	159.2	23.3	21.2	8.0+	192+	13668+	+95.0	30+	780	6.75+
Daily Totals for 07/20/15	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	L (M. 70 yo)		852	18.7		117.2	28.4		10.0	333		08.0	30	433	2.67
Doront 479 DOA/DDI CTANDADDS 4 MEA! 19/1	4 BAEA1 10/1		25.4	O VYV		220 4	A 64 E		244 9A	TGGG		420 CO.		TGGO	TOP OUG

Includes main items only. A 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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Nutrient Totals Using Main Items Only

Sorted in Menu Sequence

Menu: MDOC Di

Date: Tue Jul 21, 2015

Recipe Name	Size	Amt	Calo	Pro tein	% Cal.	Carbo	Fat	% Cal. Fat	Dietry	Cal	₹ ∢	Vit B12	ặ 0	Sodium	<u>ro</u>
		(mg)	(kcal)	(mg)	8	(mg)	(mg)	(%)	(mg)	(Bm)	<u>(</u>	(mcg)	(mg)	(gm)	(gm)
Breakfast															
C Oatmeai, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	00'0	0	40	0.65
C Eqq. 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	+00.0	÷	1333	4.90
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
Ind, Syrup, Pancake	2 each	22	133	0.0	0.0	34.9	0.0	0.0	0.0	2	0	00.0	0	46	0.02
C Coffee, 10 oz	10 oz	304	27	6.0	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
. 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	6	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+	+	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	ŧΩ.	401	1.56
Carrots, Sliced, Glazed	1/2 cup	174	89	0.7	4.1	12.0	2.2	28.4	3.0	36	12972		2	98	0.41
C Peas, Green	1/2 cup	146	83	1.	14.8	9.5	33	40.2	3.3	19	639	00.00	00	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	+00'0	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	9	0.0	0.0	0.0	0.0	0.0	0.0	6	0	00'0	75	6	00'0
Noon	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+	+02	27+	+22.0	13+	510	3.36+
C Rice, Buttered	1/2 cup	107	143	2.1	0.9	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	9'0	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	6	0	00.0	0	0	0.01
Evening	Evening Meal Totals		1168	28.4	8.6	162.2	45.3	34.9	12.7+	410+	426+	1.01+	+09	1343	7.39+
Daily Totals	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/DRI STANDARDS, 1 MEAL (M, 70 yo)	(L (M, 70 yo)		852	18.7		117.2	28.4		10.0	333		080	30	433	2.67
Dorcont 473 DDA/DDI CTANDADDC 4 MEA! (%)	C 4 MEA! (%)		364	492.7		365.1	412.8		237.6+	366+		683.14+	471+	1071	802 54+

Valley Services, Inc.

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Date: Wed Jul 22, 2015 Menu: MDOC

Recipe Name	Size	Amt	Calo	Pro	% Cal.	Carbo	Fat	% Cal.	Dietry	Cal	ΛĦ	Vit	Vit	Sodium	ron
		(gm)	(kcal)	(gm)	%) %)	nydrat (gm)	(mg)	(%)	(gm)	Caum (mg)	∢ <u>5</u>	(meg)	o (gu)	(mg)	(mg)
Breakfast															
Cereal, Assorted, Ind	1 each	32	110	2.3	7.9	25.7	0.8	5.9	2.3	O	725	1,29	80	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	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	00'0	0	0	0.01
Jelly, Grape, Bulk	1 tablespoon	19	20	0.0	0.2	13.1	0.0	0.1	0.2	1	1	00'0	0	9	0.04
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8		1,3	0.0	20	0	00.0	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
, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0		1014	0.03	0	267	0.00
	Breakfast Totals		992	37.4	15.3	99.2	49.5	45.2	2.5	280	2743	3.51+	6	1873	10.59
Noon Meal															
C Com 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	813	6.18
C Beans, Baked, Navy, Dry		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	25	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	00.0	9	13	0.21
Ind, Salad Dressing, Assorted	1 each	12	20	0.0	0.0	8.0	5.0	93.5	0.0	0	0		0	92	00'0
C Cookie, Assorted, in House, For S	1 each	14	65	8.0	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	00.0	0	345	0.50
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	9	0.0	0.0	0.0	0.0	0.0	0.0	6	0	00'0	75	6	0.00
Noon	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					The second	0.00			12.00			0.000			-
3 Beef, Fingers, Breaded, 3 each	5 each	142	363	25.0	27.6	1.8	28.3	70.4	1.5	35	29	1.83	0	200	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
3 Potatoes, Whipped	1/2 cup	111	118	2.4	8.4	21.5	1.8	14.7	1.6	30	91	+60'0	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	00.0	(5)	49	0.75
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
Brownie, Mix	1 each	63	156	1.3	3.3	32.9		15.1	1.3	1	0	+00'0	0	98	0.97
Tea, Iced, Sweet**, 10 oz.	10 ounces	331	101	0.0	0.0	26.0		0.0	0.0	6	0	0.00	0		0.01
Evening	Evening Meal Totals		1299	39.0	12.0	150.7			10.5	296	4335	2.15+	20		9.07
Daily Totals	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)	AL (M, 70 yo)		852	18.7		117.2	28.4		10.0	333		0.80	30		2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)	DS, 1 MEAL (%)		391	602.8		329.3	522.9		260.3+	351		766.25+	477	1157	1163.90

Includes main items only. ^a 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.
Valley Services, Inc.

Thu Feb 04, 2016 08:42 AM

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Date: Thu Jul 23, 2015 Menu: MDOC

Recipe Name	Size	Amt	Calo	Pro	% Cal.	Carbo	Fat	% Cal.	Dietry	Cal	ž	ζĘ	ξ	Sodium	Lou
		(am)	ries (kcal)	tein (qm)	5 %	hydrat (qm)	(mp)	Eat %	Fiber (gm)	cium (mg)	9 ک	B12 (mcg)	ပ (ရှိ	(mg)	(mg)
Breakfast		2		2											
AC Grits, w/Margarine**	1 cup	303	187	3.1	9.9	31.6	5.1	24.7	1,8	6	219	0.00	0	52	1.22
C Sausage, Turkey, Link, 1 each	1 each	19	30	3.3	44.0		2.0	0.09		7				26	0.24
C Potatoes, Breakfast Hashbrowns	1/2 cup	252	82	1.4	6.8	14.6	2.2	23.4	0.8	22	83+	+00.0	4	110	0.26
C Bread, Biscuit, Mix, Large	1 each	25	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	00'0	0	672	1.40
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	00.0	0	0	0.01
Jelly, Grape, Bulk	1 tablespoon	19	20	0.0	0.2	13.1	0.0	0,1	0.2	Ţ	1	00'0	0	9	0.04
C Coffee, 10 oz	10 oz	304	72	0.9	13.8	5.8	0'0	1.3	0.0	20	0	00.0	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
. 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	0.66	0.0	G	1014	0.03	0	267	00.00
Bre	Breakfast Totals		962	21.2	9.0	118.4+	43.9	41.3	2.8+	501	1780+	1.32+	2+	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	+00.0	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	9	29	0.50
Mix Veg, Peas & Corn, North Louisi		167	9/	3.7	17.9	16.1	0.5	5.2	3.5	16	1042	00.0	7	36	06.0
C Bread, Roll, Mix, Large	1 each	123	344	8.4	8	58.8	8.4	22.0	+0'0	54	2	+00.0	0	509	2.94
C Mustard, Bulk, 1 tbsp	1 tablespoon	31	19	1.2	21.9	 80.	1.0	44.0	1.2	20	34	00.0	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	9.0	6	190	00.0	19	145	0.17
C Drink Mix, w/Vrtamin C, 10 oz	10 ounces	297	ဖ	0.0	0.0	0.0	0.0	0.0	0.0	6	0	0.00	75	6	00.00
Noon	Noon Meal Totals		818	38.4	18.9	116.4	22.8	24.9	7.7+	154	6625	+00'0	108	1860	8.14
Evening Meal			000						1200	12.9	200				
C Turkey, Dumplings, 1 cup	1 cup	635	415	29.4	28.3	60.2	40+	8.6	2.6+	42+	45+	0.21+	+	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	00'0	0	287	2.18
C Yams, Mashed	1/2 cup	237	184	1.2	2.7	30.3	9.9	32.2	2.8	26	8250	00'0	11	70	0.98
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	00'0	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	6	0	0.00	0	6	0.01
Evening	Evening Meal Totals		1540	45.0	11.6	210.5	+9.95	32.7	10.0+	383+	8620+	0.41+	12+	1987	15.72
Daily Totals	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	AL (M, 70 yo)		852	18.7		117.2	28.4		10.0	333		08'0	30	433	2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%	S, 1 MEAL (%)		390	9.095		379.9+	434.1+		204.6+	311+		217.33+	417+	1195	1026.45

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

Menu Nutrient Analysis Report

Sorted in Menu Sequence

	9:10	1	100	1	100 /0	1	1	100 /0	Dist.	-	154	1,524	1774	- Coding	100
recipe name	azio	(mg)	ries (kcal)	tein (gm)		hydrat (gm)	gm)	Sat (%)	Fiber (gm)	E Engl	∄∢ĝ	B12 (mcg)	ျှီပြူ	(Bm)	E (Bu)
Breakfast															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	00.00	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	+00.0	+0	124+	2.12
C Bread, Biscuit, Mix, Large	1 each	25	210	4.2	8.5	29,4	7.0	31.9		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	00.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	6.0	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	1.8	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	0.66	0.0	စာ	1014	0.03	0	267	0.00
	Breakfast Totals		1066	39.5	15.1	206	59.2	50.3	3.4+	564	2374	2.21+	+	1485+	6.32
Noon Meal															
C Beef, Potatoes	1 cup	278	236	15.3	24.7	15.5	13,9	50.3		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		22	2	0.00	က	11	2.33
Carrots, Sliced, Glazed	1/2 cup	174	89	0.7	4.1	12.0	2.2	28.4	3.0	36	12972	00.00	2	98	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 §	1 each	14	65	8.0	4.6	9.5	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	9	0.0	0.0	0.0	0'0	0.0	0.0	6	0	00:00	75	თ	0.00
Noor	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	ا	6.3	17.3	5.1	37.3	1.9	4	81	+00.0	0	929	0.45
Greens, Mustard	1/2 cup	197	44	2.7	21.5	4.9	2.1	38.7	3.3+	118+	8107+	+00'0	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	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	£.	3.8	31.0	13	8.6	0.0	82	0	00'0	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	6	0	0.00	0	6	0.01
Evening	Evening Meal Totals		1234	28.1	9.0	142.6		45.5	+8.9	496+	8460+	3.15+	16+	2018	5.42+
Daily Totals	Daily Totals for 07/24/15		3304	1001	12.1	342.8	171.5	46.5	26.3+	1422+	23982+	8.16+	102+	4760+	19.96+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)	AL (M, 70 yo)		852	18.7		117.2			10.0	333		08'0	30	433	2.67
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)	S, 1 MEAL (%)		388	536.4		292.5			263.4+	427+		1020.41+	340+	1098+	747.74+
Week Daily Average (07/19/15-07/24/15)	(15-07/24/15)		3248	103.4	12.8	398.0+	_	38.4	26.1+	1215+	19927+	4.82+	143+	4782+	24.53+
Daily Average (07/18/15,07/24/15)	115.071241151		3220	103.1	12.8	396.1+	137 2+	38.2	25.3+	1166+	17775+	4.47+	145+	4863+	23 FG+

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.

Valley Services, Inc.

Thu Feb 04, 2016 08:59 AM

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Report Selections

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

Date: Sat Jul 25, 2015 Menu: MDOC

Recipe Name	Size	Amt	Calo	Pro	% Cal.	Carbo	Fat	% Cal.	Dietry	Cal	Vit.	Z K	Vit	Sodium	Iron
		(mg)	(kcal)	(gm)	28	(gm)	(mg)	(%	(am)	(mg)	£ <u>5</u>	(mcg)	g (j	(mg)	(mg)
Breakfast															
^C Grits, w/Margarine**	1 cup	303	187	3.1	9.9	31.6	5.1	24.7	1.8	6	219	00'0	0	52	1.22
C Egg, Hard Boiled**	2 each	101	143	12.6	36.2	0.7	9.5	61.7	0.0	99	540	0.89	0	255	1.75
C Potatoes, Breakfast Hashbrowns	1/2 cup	252	85	1.4	8.9	14.6	2.2	23.4	0.8	22	83+	+00.0	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	00'0	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	20	0.0	0.2	13.1	0.0	0.1	0.2	χ-	ţ	0.00	0	9	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 02	304	27	60	13.8	5.8	0.0	1.3	0.0	20	0	00.0	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
, 2 tbsp	2 tablespoons	28	204	0.3	9.0	0.3	22.8	99.0	0.0	6	1014	0.03	0	267	00'0
	Breakfast Totals		1075	30.5	11.6	119.2	51.4	43.4	2.8	920	2320+	2.21+	2	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		9	434	1.10
C Beans, Pinto, Dry	1/2 cup	212	251	8.6	15.4	28.7	11.0	39.2	7.1	57	2	00.00	8	11	2.33
C Com, Whole Kemel, Cnd	1/2 cup	185	107	3.0	10.0	21.5	2.7	19.6	2.6	œ	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	+00.0	0	609	2.94
Gelatin, Strawberry, Mix Fruit, 6 #10	1/2 cup	164	117	2.3	9.7	27.9	0.0	0.0	0.2	9	57	00'0	18	143	0.08
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	9	0.0	0.0	0.0	0.0	0.0	0.0	<u>ග</u>	0	00.0	75	5	0.00
NooN	Noon Meal Totals		1009	41.8	16.6	144.9	30.1	26.7	11.1+	188	390	+00.0	106	1426	7.01
Evening Meal															
Beef, Fiesta Mac & Cheese, w/ Crur	1 cup	263	373	22.0	22.8	29.1	20.2	47.1	5.4	189	527	2.69	10	0,	3.43
Beans, Green, Frz	1/2 cup	103	53	1.7	12.6	7.0	2.0	34.4	2.4+	39+	577+	+00.0	12+		0.77+
Carrots, Sliced, Parslied	1/2 cup	169	49	8.0	5.9	7.3	2.3	38.6	3.0	38	12976	00.00	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+		2	0.00+	0	209	2.94
Margarine, w/Garlic, Bulk	1 teaspoon	5	35	0.1	1.2	0.3	3.8	95.1	0.0		169	0.00	0	45	0.02
C Cobbler, Apple	1/2 cup	131	112	0.3	1.1	26.9	1.1	8.2		9	70	00.00	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	D)	0	0.00	0	6	0.01
Evening	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	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)	AL (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 (%)	3S, 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)	(115-07/25/15)		3151	105.5	13.4	419.5	119.3	33.9	26.2+	1075+	17030+	4.91+	135+	4560	19.90+

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.

Valley Services, Inc.

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Menu: MDOC Date: Sun Jul 26, 2015

Recipe Name	Size	Amt	Calo	Pro	% Cal.	Carbo	Fat	% Cal.	Dietry	S al	¥ 4	7.E	⋚ 0	Sodium	<u>5</u>
		(mg)	(kcal)	(mg)	(%)	(mg)	(mg)	(%)	(gm)	(mg)	(<u>(</u>)	(mcg)	(mg)	(шд)	(mg)
Breakfast															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	00.00	0	40	0.65
C Potatoes, Breakfast Hashbrowns	1/2 cup	252	85	14	6.8	14.6	2.2	23.4	8.0	22		+00'0	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	+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	00'0	0	672	1.40
nd. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	00'0	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	6.0	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	6	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+	2+	1340+	4.82
Noon Meal									2						
S Beef, Meatloaf, Homestyle	1 each	84	230	12.0	20.5	0.9	18.0	69.2	2.0					170	W 200
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 Peas, Blackeyed, Dry	1/2 cup	248	199	2.8	5.7	17.3	12.6	58.5	4.2	113	749	+00'0	2	204	0.94
C Mix Veg, Peas & Carrots	1/2 cup	151	29	2.3	13.5	88	2.7	35.5	2.8	25	6404	00.00	7	246	0.92
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 §	1 each	14	65	8.0	4.6	9.5	2.9	39.6	0.3	4	2	0.01	0	49	0.51
C Drink Mix, w/Vitamin C, 10 oz	10 onuces	297	9	0.0	0.0	0.0	0.0	0.0	0.0	6	0	00.00	75	6	0.00
Noon	Noon Meal Totals		1026	25.6	6.6	87.8	58.6	51.4	11.5	347+	7379+	0.23+	84+	1350	5.89+
Evening Meal		100	11000000			100000000000000000000000000000000000000				11					
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
C Gravy, Chicken	2 ounces	31	82	1.9	9.1	12.9	2.6	28.7	0.3	3	81	+00.0	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	29	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	4.0	9.6	58.8	8.4	22.0	+0.0	54	2	+00'0	0	209	2.94
C Cake, Chocolate, Mix	1 piece	48	161	2.8	8.9	25.9	5.6	30.5	1.4	42	+0	+00.0	+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	6	0	00.0	0	0	0.01
Evening	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	Daily Totals for 07/26/15		3225	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)	4L (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 (%)	S. 1 MEAL (%)		378	454.7		334.6	508.8		252.0+	332+		217.34+	635+	1076+	735.26+

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Date: Mon Jul 27, 2015 Menu: MDOC

Recipe Name	Size	Amt	Calo	Pro tein	% Cal.	Carbo	Fat	% Cal. Fat	Dietry Fiber	Cal	¥ <	Vit B12	∯ ∪	Sodium	<u> </u>
		(mg)	(kcal)	(mg)	(%)	(mg)	(mg)	(%)	(mg)	(mg)	(<u>[</u>	(mcg)	(mg)	(mg)	(mg)
Breakfast											100				
AC Grits, w/Margarine**	1 cup	303	187	3.1	9.9	31.6	5.1	24.7	1.8	ത	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+	+968	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	o	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	00.0	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	6.0	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	80	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
Bre	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	414	0.7	36	569	0.21+	14	256	1.62
C Yams, Mashed	1/2 cup	237	184	1.2	2.7	30.3	9'9	32.2	2.8	26	8250	00.00	11	22	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	00.00	9	29	0.50
C Bread, Roif, Mix, Large	1 each	123	344	8.4	8.6	58.8	8.4	22.0	+0.0	54	2	+00.0	0	909	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	9	0.0	0.0	0.0	0.0	0.0	0.0	თ	0	0.00	75	6	0.00
Noon	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, No.	1/2 cup	109	219	15.0	25.9	9.8	14.7	57.2	3.5	61	0	2.58	1	598	2.28
C Pasta, Egg Noodles, Buttered	1/2 cup	271	151	4.0	10.7	20.2	0.9	35.7	6.0	17	199	0.08	0	49	0.54
C Com, Whole Kemel, Frozen	1/2 cup	170	104	2.7	9.4	18.8	3.4	26.3	2.6	9	139	00.0	9	32	0.37
Beans, Green, Frz	1/Z cup	103	53	1.7	12.6	7.0	2.0	34.4	2.4+	39+	+275	+00'0	12+	30	+77.0
C Bread, Combread, Large Cut	1 prece	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	6	0	0.00	0	6	0.01
Evening	Evening Meal Totals		1146	30.7	10.3	156.8		36.1	11.5+	399+	1068+	2.90+	18+	1325	7.30+
Daily Totals	Daily Totals for 07/27/15		3071	97.1	12.6	367.3	138.1			1018+	17292+	4.76+	139+	3303+	18.46+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)	AL (M, 70 yo)		852	18.7		117.2	28.4		10.0	333		0.80	30	433	2.67
Domont 412 DOA/ADI CTANIDADAG 4 MEAL 79/	1%) IAFA! (%)		360	520.2		313.4			230.2+	305+		594.72+	463+	762+	691 44+

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. Valley Services, Inc.

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Date: Tue Jul 28, 2015 Menu: MDOC

Recipe Name	Size	Amt	Calo	Pro	S Cal.	Carbo	Fat	% Cal. Fat	Dietry	Cal	≱ <	7. K	ქ ი	Sodium	Iron
		(mg)	(kcal)	(mg)	8	(mg)	(mg)	(%)	(mg)	(gm)	: 2	(mcg)	(gm)	(mg)	(mg)
Breakfast															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	-	197	00.00	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 Beef, Fingers, Breaded, 2 each	2 each	57	145	10.0	27.6	0.7	11.3	70.4	9.0	14	27	0,73	0	200	1.29
C Bread, Biscuit, Mix, Large	1 each	22	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	00.0	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	20	0.0	0.2	13.1	0.0	0.1	0.2			00.0	0	9	0.04
Ind, Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0		00'0	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	6.0	13.8	5.8	0.0	1.3	0.0	20	0	00'0	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	8.4	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	6	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	*	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	19	1.83	0	200	3.23
C Gravy, Brown	2 ounces	31	82	1.7	8.6	12.5	2.7	29.9	0.5	10	84	0.02	0	343	1.00
C Potatoes, Whipped	1/2 cup	111	118	2.4	8.4	21.5	20.	14.7	1.6	30	91	+60.0	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	00.00	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	92	8.0	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	00'0	1	275	0.11
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	9	0.0	0.0	0.0	0.0	0.0	0.0	6	0	00'0	75	O	0.00
Noon	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			0.00000			3		-							200,000
Soup, Chicken Noodle, w/Vegetable	1.5 cups	349	192	23.0	48.1	16.4	3.7	17.6	3.4+	48+		+00'0	50+	130	1.89+
Carrots, Sliced, Parslied	1/2 cup	169	49	8.0	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	1771	128	1.6	5.0	6.8	10.7	73.9	2.4		496	00'0	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	6.1	3.3	32.9	2.7	15.1	1.3		0	+00'0	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	6	0	0.00	0	ß	0.01
Evening	Evening Meal Totals		1002	32.6	13.0	133.5	39.1	34.7	11.8+	322+		0.20+	35+	929	6.63+
Daily Totals	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)	AL (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 MFAI (%)	3. 1 MEAL (%)		376	582.0		280.2	570.2		218.6+	373+		662.77+	+969	922	776.64+

Includes main items only. A 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

Sorted in Menu Sequence

Menu: MDOC Date: Wed Jul 29, 2015

Recipe Name	Size	Amt	Calo	P.C	% Cal.	Carbo	Ħ	% Cal.	Dietry	<u>ا</u> و	¥ <	7 K	¥	Sodium	Lou
		(mg)	(kcal)	(mg)	(%)	(gm)	(mg)	(%)	(am)	(mg)	(Ĵ)	(mcg)	(mg)	(gm)	(mg)
Breakfast															
AC Grits, w/Margarine**	1 cup	303	187	3.1	9.9	31.6	5.1	24,7	1,8	6	219	00'0	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	411	0.80
C Pancakes, Mix**	3 each	257	445	8.8	7.6	90.6	7.3	14.3	2.4	272	11	+00.0	+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	00.0	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	6.0	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	တ	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+	+	2254	7.34
Noon Meal															
Chicken, Spaghetti, Pulled, w/Toms	1 cup	537	425	43.4	41.1	37.0	111	23.7	4.7	169	1031	0.11+	27	434	3.97
C Com, Whole Kemel, Frozen	1/2 cup	170	104	2.7	9.4	18.8	3.4	26.3	2.6	9	139	00'0	9		0.37
C Greens, Mixed (Mustard, Turnip)	1/2 cup	144	101	1.4	5.2	8.9	7.2	61.2	2.1	86	6761	00.0	20	195	0.63
C Bread, Roll, Mix, Large	1 each	123	344	8.4	8.6	58.8	8.4	22.0	+0.0	54	2	+00.0	0	509	2.94
Margarine, w/Garlic, Bulk	1 teaspoon	S	35	0.1	1.2	0.3	38	95.1	0.0	2	169	00.0	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	00'0	0	27	0.97
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	9	0.0	0.0	0.0	0.0	0.0	0.0	О	0	0.00	75	0	0.00
Noon	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								20000	10000						
C Beef, Patty, Charbroiled	1 each	85	206	15.0	29.1		14.4	62.9	2.7	5277	129	0.000	Ţ	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		1.00
C Potatoes, Whipped	1/2 cup	111	118	2.4	8.4	21.5	1.8	14.7	1.6	30	91	+60'0	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	68	42	0.00	B		2.55
C Bread, Roll, Mix, Large	1 each	123	344	8.4	8.6	58.8	8.4	22.0	+0'0	54	2	+00.0	0		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	6	0	00'0	0	6	0.01
Evening	Evening Meal Totals		1195	39.0	13.0	182.7+	32.7	24.6	14.5+	5551	345	0.15+	51	1848	10.14
Daily Totals for 07/29/15	for 07/29/15		3648	126.5	13.8	538.4+	112.6	27.5	28.2+	6627	10154	1.58+	179+		26.39
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo	(L (M, 70 yo)		852	18.7		117.2	28.4		10.0	333		08'0	30		2.67
Percent 1/3 RDA/DRI STANDARDS 1 MEA! 192	S 1 MFA! (%)		428	677.3		459 44	29E A		282 1+	1988		198.03+	+265	1292	988 43

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Date: Thu Jul 30, 2015 Menu: MDOC

Recipe Name	Size	Amt	Calo	Pro	% Cal.	Carbo	Fat	% Cal. Fat	Dietry Fiber	Cal Cin	¥ <	Vit B12	ქ ს	Sodium	Lou
		(mg)	(kcal)	(mg)	(%)	(gm)	(mg)	(%)	(gm)	(mg)	(IU)	(mcg)	(mg)	(mg)	(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	99	540	0.89	0	255	1.75
C Bacon, Pork, Layflat	2 slices	49	206	6.2	12.2	9.0	19.6	86.5	0.0	2	18	0.25	0	327	0.20
C Bread, Biscuit, Mix, Large	1 each	25	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	00.0	0	672	1 40
Jelly, Grape, Bulk	1 tablespoon	19	20	0.0	0.2	13.1	0.0	0.1	0.2	-	-	00'0	0	9	0.04
C Coffee, 10 oz	10 oz	304	27	6.0	13.8	5.8	0.0	1.3	0.0	20	0	00.0	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
, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	0.66	0.0	6	1014	0.03	0	267	0.00
18A	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/Brock	1 each	128	267	15.3	23.0	25.3	11.6	39.2						1863	
Salad, Macaroni, HMD, No Cheese	1/2 cup	225	155	3.8	9.7	24.5	4.8	27.7	1.1	19	302	90.0	3	236	0.98
Carrots, Sliced, Parslied	1/2 cup	169	49	0.8	5.9	7.3	2.3	38.6	3.0	38	12976	00'0	2	98	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	00.00	3	83	2.55
C Cookie, Assorted, in House, For §	1 each	14	65	8.0	4.6	9.5	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	9	0.0	0.0	0.0	0.0	0.0	0'0	6	0	00'0	75		0.00
Noon	Noon Meal Totals		745	30.7	16.3	99.2	25.6	30.5	13.8+	159+	13321+	+70.0	83+	2325	4.47+
Evening Meal		2000													
C Chicken, Baked	1 each	85	506	15.0	29.1		14.4	67.9	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	+00'0	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	+60.0	47	72	0.58
Beans, Green, Frz	1/2 cup	103	53	1.7	12.6	7.0	2.0	34.4	2.4+	39+	+229	+00'0	12+		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
Peanut Butter, Bufk, 1 oz	1 ounce	28	170	6.3	13.9	6,3	14.6	72.2	1.4	14	0	00.00	0	-	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
10 07	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	6	0	00'0	0	6	0.01
Evening	Meal Totals		1273	33.7	10.5	133.9+	6.99	46.4	10.1+	+2955	1033+	0.32+	+09		7.50+
Daily Totals for 07/30/1	ly Totals for 07/30/15		3090	99.1	12.8	309.7+	161.0	46.6	25.7+	6258+	16588+	2.84+	144+	۷,	16.40+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)	(M, 70 yo)		852	18.7		117.2	28.4		10.0	333		08.0	30		2.67
Porcent 1/3 RDA/DRI STANDARDS 1 MEA! (%)	S 1 MFAL (%)		363	530.8		264.2+	566.8		256.9+	1877+		355.29+	479+	1220	614.05+

Nutrient Totals Using Main Items Only

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Date: Fri Jul 31, 2015 Menu: MDOC

Recipe Name	Size	Amt	Calo	Pro	% Cal. Pro	Carbo hydrat	Fat	% Cal. Fat	Dietry Fiber	cium cium	# <	Vit B12	ქ ი	Sodium	<u>.</u>
		(mb)	(kcal)	(mg)	(%)	(gm)	(am)	(%)	(mg)	(mg)	(D)	(mcg)	(шд)	(mg)	(mg)
Breakfast															
AC Grits, w/Margarine**	1 cup	303	187	3.1	9'9	31.6	5.1	24.7	1.8	0	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	+00'0	+0	124+	2,12
C Potatoes, Breakfast Hashbrowns	1/2 cup	252	85	1.4	8.9	14.6	2.2	23.4	0.8	22	83+	+00.0	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	00'0	0	672	1.40
Ind, Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	00'0	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	6.0	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
. 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	6	1014	0.03	0	267	0.00
Brea	Breakfast Totals		1086	29.0	10.8	121.3	52.3	43.6	4.4+	528	1939+	1.32+	2+	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+	+00'0	က	208	1.18
C Com, Whole Kemel, Frozen	1/2 cup	170	104	2.7	9.4	18.8	3.4	26.3	2.6	9	139	00'0	9	32	0.37
C Cofeslaw, Hmd	1/2 cup	83	87	6.0	3.8	6.7	6.7	66.5	1.5	31	117	+00.0	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	+00.0	0	509	2.94
Mousse, Strawberry	1/2 cup	83	146	9.0	1.3	19.4	8.1	47.7	9.0	14	œ	0.03+	11	34	0.18
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	9	0.0	0.0	0.0	0.0	0'0	0.0	6	0	00'0	75	6	0.00
Noon	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					12001100010										
C Fish, Breaded, 4 oz	1 each	113	304	16.2	21.5	18.2	18.2	54.4	0.0	26	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	25	196	0.03	0	178	1.47
Greens, Mustard	1 cup	395	87	5.3	21.5	6.6	4.3	38.7	6.5+	237+	16214+	+00.0	32+	116	2.57+
C Bread, Combread, Mix, Large Cur	1 piece	151	316	5.3	6.7	52.5	9.2	26.4	4.9	45	87	20.0	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	=	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	6	0	0.00	0	တ	0.01
Evening	Evening Meal Totals		1203	35.5	11.6	179.0	39.8	29.6	13.4+	530+	16785+	3.09+	33+	1789	7.00+
Daily Totals	Daily Totals for 07/31/15		3150	99.5	11.8	427.5	123.9	34.8	24.3+	1208+	19034+	4.45+	160+	4617+	17.44+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)	L (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 (%)	S, 1 MEAL (%)		370	532.7		364.7	436.3		242.9+	362+		556.47+	533+	+9901	653.35+
Week Daily Average (07/26/15-07/31/15)	15-07/31/15)		3231	102.6	12.6	393.9+	140.3		24.7+	2910+	19642+	3.45+	165+	4577+	19.84+
Daily Average (07/25/15-07/31/15)	15-07/31/15)		3219	103.0	12.7	397.5+	137.3	38.1	24.9+	2648+	19269+	3.66+	161+	4574+	19.85+

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

Report Date: Thursday, July 02, 2015 01:37 PM

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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

Report Date: Thursday, January 28, 2016 11:49 AM

Page 3

IFB 16-009 - MAGIC RFX # 3160000662

MSP Pre-bid Conference and Tour January 4, 2015 10:00 a.m.

NAME

Michiel Elderko	Armark
Paul D. Church	Aramark
VINCE PHIPPS	Anamane
STEPHEN MILLER	PREMIERE RESTAURANT GROUP
Naominclaughlin	CBM managed Services
MARCIN Sejnohn, SR	CBM MANAGED SERVICES
CARI Pereyer	CBM managed Services
John Vlasis	Com managed services
	•

IFB 16-009 - MAGIC RFX # 3160000662

MSP Pre-bid Conference and Tour January 4, 2015 10:00 a.m.

NAME

Amanda Evercet	Valley Services, Inc.
JOHN KIRK	VALLOY STAVICOS
Xoger DAU'S	VAlley GERVICE'S
William waid	Commity Education Cate
GORRY BLOCKER	community Educ. Centers
SteveSleigh	Trinity Services Group
John D Geer	Trivity Service Encop
Christophe Robinson	Thirity Service Coroup
Duanita Smith	Trinity Sevia any
STANLEY H. BRUEKS	MAOC
Earnest Lee	MDOC

IFB 16-009 - MAGIC RFX # 3160000662 CMCF Tour

January 5, 2015 9:00 a.m.

NAME

Garry BLocken	Community Educ, Centers
William Wait	Community Edwart Centas
Dave Geer	TRINGY Services GROUP
TRACY Tam/CIEWICZ	Arameric
VINCE PHIPPS	Ausmanle
Paul D. Church	ARAMARK
Michel Elchenko	Aramk
Juanita Smitz	Trinity Services GROUP
(Maistophe Robinsa)	TRINITY SERVICES GROUP
Steve Sleig 1	Triniti Services Group
Roger DAU,5	VAlloy Services
STANLEY H. BROOKS	MODE
Dan Trigg	MOOC
Brian Ladren	u poc

IFB 16-009 - MAGIC RFX # 3160000662 CMCF Tour

January 5, 2015 9:00 a.m.

NAME

STEPHEN MILLER	PREMIER RESTAURANT GROUP
MARLIN Sejnoha, JR	CBM MANAged Services
Solun Vlauis	CBu managel services
Naomi McLaughlin	CBM managed Services
AManda Everalt	Valley Services
William CARI ProyoR	CBM MANAGED SERVICE

IFB 16-009 - MAGIC RFX # 3160000662 SMCI Tour

January 6, 2015 9:00 a.m.

NAME

Garry Blocken	Community Educ, CENTRO
WILLIAM Wald	Community Education Contes
Dunnith Smith	Trinity
Dave Gree	Triwety
Steve Sleigh	Triwity
Pane D. Chemry	DRAMARK
TRACY TONKI EWICZ	LOAMARY
Joe Errington	SMCI

IFB 16-009 - MAGIC RFX # 3160000662 SMCI Tour

January 6, 2015 9:00 a.m.

NAME

PREMIER RESTAURANT GROUP
CAM Managed services
Trinity
CBM Managed services
CBM Managed Services
CBM managed Services
Armork
Aramork
VAlley
VAIley
VAlley

IFB 16-009 - MAGIC RFX # 3160000662 CENTRAL OFFICE EXIT CONFERENCE

January 7, 2015 9:00 a.m.

NAME

Dave Geer	Triwity Suc Group
Chris Robinson	TRINITY Six GROUP
Juanita Smith	Trinity Suc Group
Stephen J Miller	PARMIER RESTAURANT GROUP
William wald	Commity Education Centres
Garry Blocken	Community Educ. Centens
CARL PIONER	CBM MANAGED STRVICES
JOHN KIRK	YALLEY, THC
Amanda Guerrett	VALLEY, FAC Valley Services, Enc
	U
27	

IFB 16-009 - MAGIC RFX # 3160000662 CENTRAL OFFICE EXIT CONFERENCE

January 7, 2015 9:00 a.m.

NAME

Roger DAU'S	UAlley Seevices
Michael Elchenko	Armark
John Vlam's	CBM mangel sorvices
naomi Mchaughlin	CBM Munaged Services
MARLIN C. Sejnoha, JR	CBM MANAged Services
Dell bouly	dhenly prodoc. State, MSUS
STANLEY H. BROOKS	Moc
ř.	

Thanksgiving Menu



Entrée Turkey 4 oz

Starch Cornbread Dressing 8 oz

Starch Sweet Potatoes 4 oz

Veg Green Beans 4 oz

Bread Dinner Roll

Dessert Cake

Drink Punch 10 oz

Christmas Menu

2015



Entrée Turkey 2oz

Š

Ham 2oz

Starch Cornbread Dressing 4oz

Starch Sweet Potatoes 4oz

Veg Green Beans 4oz

Turkey Gravy 2oz

Bread Dinner Roll 1ea

Dessert Cake 1ea

Drink Punch 8oz

Chocolate Milk 8oz

New Year's Day Menu

JANUARY

2016

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THE THE

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-1EA

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

<u>Safety</u>

- 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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- 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 MCCANN SINGLETON, KEIRA SMCI RIVERS, SHERRY D

Route Truck Driver Warehouse Manager