



# Menu Template Report

Total Days: 20  
Total Foods: 155

Avg. Daily Kcals: 692.437  
Name: AAA November 2010

Name	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Sodium mg	Vit A (IU) IU	Vit C mg	Calcium mg	Diet Fiber g	Sugar g
Baked Ham		691.874	35.859	104.440	16.337	1046.793	4919.649	96.649	547.909	15.317	39.180
Lunch		691.874	35.859	104.440	16.337	1046.793	4919.649	96.649	547.909	15.317	39.180
Milk, Low Fat, 1%	8.000 fl. oz.	102.480	8.223	12.176	2.367	107.360	478.240	0.000	290.360	0.000	12.688
Roll, Dinner, Whole Wheat	1.000 item	75.544	2.471	14.512	1.335	135.752	0.000	0.000	30.104	2.130	2.403
Potatoes, Scalloped	1.000 c.	224.031	6.387	35.651	6.641	86.656	254.589	24.045	117.655	3.909	6.599
Vegetables, Mixed, Frozen, Boiled, Drained	0.500 c.	59.150	2.603	11.912	0.137	31.850	3892.070	2.912	22.750	4.004	2.839
Roll, Dinner, Whole Wheat	1.000 item	75.544	2.471	14.512	1.335	135.752	0.000	0.000	30.104	2.130	2.403
Orange	1.000 item	61.570	1.231	15.393	0.157	0.000	294.750	69.692	52.400	3.144	12.249
Ham, Low Sodium, Cured, Cooked	2.000 oz.	93.555	12.474	0.284	4.366	549.423	0.000	0.000	4.536	0.000	0.000
Chicken Breast w/Mushrooms		723.686	54.326	80.579	21.276	952.993	1338.005	44.318	492.952	4.491	29.923
Lunch		723.686	54.326	80.579	21.276	952.993	1338.005	44.318	492.952	4.491	29.923
Milk, Low Fat, 1%	8.000 fl. oz.	102.480	8.223	12.176	2.367	107.360	478.240	0.000	290.360	0.000	12.688
Chicken, Breast, Meat Only, Roasted	4.000 oz.	187.108	35.176	0.000	4.048	83.915	23.814	0.000	17.010	0.000	0.000
Mushrooms	3.000 oz.	23.568	2.767	2.351	1.564	3.593	0.000	0.000	2.387	0.605	1.677
Pilaf, Rice	0.500 c.	128.750	2.132	22.217	3.337	390.370	141.861	0.412	11.330	0.618	0.608
Biscuit, Plain, Prepared	1.000 item	211.800	4.200	26.760	9.780	348.000	49.200	0.120	141.000	0.900	1.308
Broccoli	0.500 c.	15.470	1.283	3.021	0.168	15.015	283.465	40.586	21.385	1.183	0.774
Fruit Cocktail, Canned in Juice	0.500 c.	54.510	0.545	14.054	0.012	4.740	361.425	3.200	9.480	1.185	12.869
veg chow turkey sand		718.851	30.427	97.110	23.735	1428.708	16461.950	68.083	427.280	8.632	55.668
Lunch		718.851	30.427	97.110	23.735	1428.708	16461.950	68.083	427.280	8.632	55.668
Milk, Low Fat, 1%	8.000 fl. oz.	102.480	8.223	12.176	2.367	107.360	478.240	0.000	290.360	0.000	12.688
Bread, Wheat	2.000 sl.	133.000	5.455	23.755	1.820	260.500	0.000	0.100	71.000	1.800	2.875
BOAR'S HEAD Our Premium Turkey Skinless, 47% Lower Sodium	2.000 oz.	60.000	12.000	0.000	0.500	340.000	0.000	0.000	0.000	0.000	0.000
Salad, Green	0.250 c.	5.520	0.431	1.111	0.024	8.970	391.920	8.004	4.485	0.745	0.498
Tomato, Red	0.250 item	5.535	0.271	1.205	0.062	1.538	256.148	3.905	3.075	0.369	0.809
Mayonnaise, Low Calorie	1.000 T.	37.120	0.048	2.560	3.072	79.520	0.000	0.000	0.000	0.000	0.960
TREE TOP Cinnamon Applesauce	0.500 c.	83.456	0.000	20.864	0.000	0.000	0.000	50.074	0.000	0.835	19.195
Carrot Raisin Salad	0.500 c.	208.250	1.216	20.108	14.753	140.000	13159.840	4.988	28.000	2.100	13.204
Soup, Vegetable, Low Sodium, Prepared with Water	1.000 c.	83.490	2.783	15.332	1.139	490.820	2175.800	1.012	30.360	2.783	5.440
Corned Beef & Cabbage		668.440	27.778	100.644	19.437	1001.143	9576.320	50.212	400.820	9.887	46.037
Lunch		668.440	27.778	100.644	19.437	1001.143	9576.320	50.212	400.820	9.887	46.037
Milk, Low Fat, 1%	8.000 fl. oz.	102.480	8.223	12.176	2.367	107.360	478.240	0.000	290.360	0.000	12.688
Roll, Dinner, Whole Wheat	1.000 item	75.544	2.471	14.512	1.335	135.752	0.000	0.000	30.104	2.130	2.403
Beef, Corned Beef, Brisket, Cooked	2.000 oz.	142.315	10.302	0.266	10.762	642.971	0.000	0.000	4.536	0.000	0.000
Cabbage, Boiled, Drained, without Salt Added	0.500 c.	17.250	0.953	4.133	0.045	6.000	60.000	28.125	36.000	1.425	2.093
Applesauce, Unsweetened, Canned	0.500 c.	51.240	0.207	13.749	0.122	2.440	35.380	1.220	4.880	1.342	11.456
Potato, Frozen, Whole, Cooked, Boiled, Drained, without Salt Added	6.000 oz.	110.563	3.368	24.698	0.221	34.019	0.000	15.989	11.907	2.381	
Composite-Carrots, Raw or Cooked	0.250 c.	14.627	0.353	3.433	0.061	17.612	8611.974	1.714	9.701	1.050	1.863
Crisp, Peach Apple	0.500 c.	154.421	1.901	27.677	4.525	54.989	390.727	3.164	13.332	1.559	15.535
Pepper Steak		696.415	60.348	71.785	19.151	305.289	1115.898	62.818	356.643	5.402	18.867
New Meal		696.415	60.348	71.785	19.151	305.289	1115.898	62.818	356.643	5.402	18.867



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Total Days: 20  
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Name	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Sodium mg	Vit A (IU) IU	Vit C mg	Calcium mg	Diet Fiber g	Sugar g
Milk, Low Fat, 1%	8.000 fl. oz.	102.480	8.223	12.176	2.367	107.360	478.240	0.000	290.360	0.000	12.688
Beef, Top Round, Separable Lean and Fat, 0" Fat, Braised	4.000 oz.	237.003	40.393	0.000	7.155	51.029	0.000	0.000	4.536	0.000	0.000
Pepper, Bell or Sweet, Green	0.500 c.	14.900	0.641	3.457	0.127	2.235	275.650	59.898	7.450	1.267	1.788
Corn, Yellow, Sweet, Frozen, Boiled, Drained	0.500 c.	66.420	2.091	15.826	0.549	0.820	163.180	2.870	2.460	1.968	2.517
Bread, Wheat	1.000 sl.	66.500	2.728	11.878	0.910	130.250	0.000	0.050	35.500	0.900	1.438
Gravy, Meat or Poultry, Low Sodium	2.000 T.	15.635	1.121	1.817	0.708	5.310	0.000	0.000	1.770	0.089	0.003
Noodles, Egg, Enriched, Cooked	0.670 c.	142.570	5.092	26.627	1.576	7.504	21.399	0.000	12.863	1.179	0.429
Butter, Unsalted	0.500 T.	50.907	0.060	0.004	5.759	0.781	177.429	0.000	1.704	0.000	0.004
roast beef cabbage		680.992	39.816	63.391	31.135	351.804	13495.040	48.128	412.181	7.932	25.500
Lunch		680.992	39.816	63.391	31.135	351.804	13495.040	48.128	412.181	7.932	25.500
Milk, Low Fat, 1%	8.000 fl. oz.	102.480	8.223	12.176	2.367	107.360	478.240	0.000	290.360	0.000	12.688
Beef, Bottom Round, Choice, Separable Lean and Fat, 0" Fat, Roasted	3.000 oz.	169.248	22.759	0.000	7.969	29.767	0.000	0.000	5.103	0.000	0.000
Gravy, Meat or Poultry, Low Sodium	2.000 T.	15.635	1.121	1.817	0.708	5.310	0.000	0.000	1.770	0.089	0.003
Cabbage, Boiled, Drained, without Salt Added	0.500 c.	17.250	0.953	4.133	0.045	6.000	60.000	28.125	36.000	1.425	2.093
Carrots, Sliced, Frozen, Boiled, Drained	0.500 c.	27.010	0.423	5.643	0.496	43.070	12357.440	1.679	25.550	2.409	2.978
Potato, Frozen, Whole, Cooked, Boiled, Drained, without Salt Added	5.000 oz.	92.136	2.807	20.582	0.184	28.350	0.000	13.324	9.922	1.984	
Peach	0.500 item	29.250	0.683	7.155	0.188	0.000	244.500	4.950	4.500	1.125	6.293
Bread, Wheat	1.000 sl.	66.500	2.728	11.878	0.910	130.250	0.000	0.050	35.500	0.900	1.438
Butter, Unsalted	1.000 T.	101.814	0.121	0.009	11.518	1.562	354.858	0.000	3.408	0.000	0.009
Oil, Olive	0.500 T.	59.670	0.000	0.000	6.750	0.135	0.000	0.000	0.068	0.000	0.000
Beef Fajitas		742.674	51.529	71.444	28.099	685.846	1703.641	53.614	702.242	4.381	24.222
Lunch		742.674	51.529	71.444	28.099	685.846	1703.641	53.614	702.242	4.381	24.222
Milk, Low Fat, 1%	8.000 fl. oz.	102.480	8.223	12.176	2.367	107.360	478.240	0.000	290.360	0.000	12.688
Tortilla, Flour	1.000 item	99.840	2.653	16.432	2.480	203.520	0.000	0.000	41.280	0.992	0.614
Beef, Top Sirloin, Separable Lean, 0" Fat, Broiled	3.000 oz.	155.640	25.982	0.000	4.924	54.431	0.000	0.000	17.010	0.000	0.000
Pepper, Bell or Sweet, Green	0.250 c.	7.450	0.320	1.728	0.063	1.118	137.825	29.949	3.725	0.633	0.894
Onions, Red, Sliced	0.250 c.	12.015	0.263	2.892	0.023	0.858	0.000	1.831	6.294	0.400	1.224
Salsa	2.000 T.	8.640	0.493	2.003	0.051	192.000	93.440	0.608	8.640	0.512	0.979
Ambrosia Fruit Salad	1.000 svg.	63.531	0.594	10.304	2.865	16.171	275.843	13.124	11.361	0.553	5.536
Cheese, Cheddar or Colby, Low Sodium	1.500 oz.	169.250	10.355	0.812	13.872	8.930	423.549	0.000	298.951	0.000	0.208
Rice, Spanish	0.500 c.	123.828	2.646	25.096	1.454	101.458	294.744	8.102	24.622	1.290	2.078
Cheese-Stuffed Chicken Breast		638.038	58.137	54.527	21.777	730.111	1887.067	20.087	638.856	7.534	23.437
Lunch		638.038	58.137	54.527	21.777	730.111	1887.067	20.087	638.856	7.534	23.437
Milk, Low Fat, 1%	8.000 fl. oz.	102.480	8.223	12.176	2.367	107.360	478.240	0.000	290.360	0.000	12.688
Roll, Dinner, Whole Wheat	1.000 item	75.544	2.471	14.512	1.335	135.752	0.000	0.000	30.104	2.130	2.403
Chicken, Breast, Meat Only, Roasted	4.000 oz.	187.108	35.176	0.000	4.048	83.915	23.814	0.000	17.010	0.000	0.000
Cheese, Swiss	1.000 oz.	107.730	7.635	1.525	7.881	54.432	235.305	0.000	224.249	0.000	0.374
Asparagus	0.670 c.	17.867	1.965	3.466	0.107	1.787	675.358	5.003	21.440	1.876	1.679



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Name	Amount	Unit	Kcal kcal	Protein g	Carb g	Fat g	Sodium mg	Vit A (IU) IU	Vit C mg	Calcium mg	Diet Fiber g	Sugar g
Potatoes, Mashed, Prepared from Flakes with Whole Milk and Margarine	0.500	c.	118.060	1.985	15.693	5.851	346.866	229.851	10.134	51.194	2.403	
Peach	0.500	item	29.250	0.683	7.155	0.188	0.000	244.500	4.950	4.500	1.125	6.293
Roast Turkey w/Stuffing			669.703	48.296	92.237	13.941	884.547	1704.548	27.394	492.833	13.628	37.508
Lunch			669.703	48.296	92.237	13.941	884.547	1704.548	27.394	492.833	13.628	37.508
Milk, Low Fat, 1%	8.000	fl. oz.	102.480	8.223	12.176	2.367	107.360	478.240	0.000	290.360	0.000	12.688
Roll, Dinner, Whole Wheat	1.000	item	75.544	2.471	14.512	1.335	135.752	0.000	0.000	30.104	2.130	2.403
Turkey, Light Meat, Meat Only, Roasted	3.000	oz.	133.527	25.430	0.000	2.739	54.431	0.000	0.000	16.159	0.000	0.000
Stuffing, Apple Whole Wheat	1.000	svg.	119.767	6.104	21.807	1.226	399.794	79.808	3.384	57.140	3.404	7.189
Gravy, Meat or Poultry, Low Sodium	2.000	T.	15.635	1.121	1.817	0.708	5.310	0.000	0.000	1.770	0.089	0.003
Green Beans, Boiled, Drained	1.000	c.	43.750	2.363	9.850	0.350	1.250	875.000	12.125	55.000	4.000	1.938
Apple, Slices	1.000	c.	57.200	0.286	15.191	0.187	1.100	59.400	5.060	6.600	2.640	11.429
Potatoes, Mashed, Prepared from Dehydrated Granules with Milk, Water, and Margarine	0.500	c.	121.800	2.300	16.884	5.030	179.550	212.100	6.825	35.700	1.365	1.859
supreme pizza/salad			720.943	25.613	88.706	30.390	851.148	1543.255	21.157	601.140	5.509	44.398
Lunch			720.943	25.613	88.706	30.390	851.148	1543.255	21.157	601.140	5.509	44.398
Milk, Low Fat, 1%	8.000	fl. oz.	102.480	8.223	12.176	2.367	107.360	478.240	0.000	290.360	0.000	12.688
Salad, Mixed Baby Greens with Arugula, Butterhead, Endive, Radicchio	1.000	c.	7.463	0.606	1.368	0.113	6.988	510.975	3.463	20.800	0.695	0.276
Salad Dressing, Oil and Vinegar	1.000	T.	71.840	0.000	0.400	8.016	0.160	0.000	0.000	0.000	0.000	0.400
DOLE Pineapple in 100% Juice, Canned	0.500	sl.	15.000	0.000	3.750	0.000	2.500	0.000	3.750	0.000	0.250	3.250
DEL MONTE Pineapple Chunks, Canned in Heavy Syrup	0.500	c.	90.000	0.000	24.000	0.000	10.000	0.000	12.000	0.000	1.000	22.000
Pizza, Cheese, Regular Crust, Frozen	2.000	svg.	434.160	16.784	47.012	19.894	724.140	554.040	1.944	289.980	3.564	5.784
Meatloaf			653.853	34.941	93.224	17.416	485.151	39684.770	88.870	458.277	12.047	42.809
Lunch			653.853	34.941	93.224	17.416	485.151	39684.770	88.870	458.277	12.047	42.809
Milk, Low Fat, 1%	8.000	fl. oz.	102.480	8.223	12.176	2.367	107.360	478.240	0.000	290.360	0.000	12.688
Meat Loaf	1.000	svg.	215.669	17.132	8.437	12.309	149.866	201.326	2.465	36.115	1.354	2.066
Roll, Dinner, Whole Wheat	1.000	item	75.544	2.471	14.512	1.335	135.752	0.000	0.000	30.104	2.130	2.403
Peas, Sugar or Snow	0.500	c.	13.230	0.882	2.378	0.063	1.260	342.405	18.900	13.545	0.819	1.260
Composite-Melon	1.000	c.	51.295	1.092	12.484	0.334	13.603	226.793	28.305	10.383	1.055	11.429
Gravy, Meat or Poultry, Low Sodium	2.000	T.	15.635	1.121	1.817	0.708	5.310	0.000	0.000	1.770	0.089	0.003
Potato, Sweet, Baked, Peeled	1.000	c.	180.000	4.020	41.420	0.300	72.000	38436.000	39.200	76.000	6.600	12.960
Pan Fried Fish			661.489	35.970	74.640	25.608	653.852	836.143	24.351	368.918	7.059	31.816
New Meal			661.489	35.970	74.640	25.608	653.852	836.143	24.351	368.918	7.059	31.816
Milk, Low Fat, 1%	8.000	fl. oz.	102.480	8.223	12.176	2.367	107.360	478.240	0.000	290.360	0.000	12.688
Roll, Dinner, Whole Wheat	1.000	item	75.544	2.471	14.512	1.335	135.752	0.000	0.000	30.104	2.130	2.403
Fish Fillets, Baked	3.000	oz.	98.660	21.717	0.000	0.673	86.142	29.482	2.991	8.493	0.000	0.000
Potato, Baked, Flesh Only	1.000	c.	113.460	2.391	26.291	0.122	6.100	0.000	15.616	6.100	1.830	2.074
Sauce, Tartar	1.000	svg.	147.944	0.258	4.402	14.824	187.094	185.024	0.472	4.058	0.173	3.230
Rosemary, Fresh	0.500	t.	0.459	0.012	0.072	0.021	0.091	10.234	0.076	1.110	0.049	
Cucumber salad food for 50	0.330	c.	74.803	0.583	4.355	6.167	130.483	114.073	1.709	21.223	0.304	3.287
Pear	0.500	item	48.140	0.315	12.832	0.100	0.830	19.090	3.486	7.470	2.573	8.134
Sweet & Sour Chicken			731.721	53.560	102.696	9.943	425.942	2697.687	13.167	395.186	9.277	37.236



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Lunch		731.721	53.560	102.696	9.943	425.942	2697.687	13.167	395.186	9.277	37.236
Milk, Low Fat, 1%	8.000 fl. oz.	102.480	8.223	12.176	2.367	107.360	478.240	0.000	290.360	0.000	12.688
Brown Rice Crackers	4.000 item	60.000	1.500	11.000	1.000	115.000	0.000	0.000	10.000	1.000	0.250
Chicken, Breast, Meat Only, Roasted	4.000 oz.	187.108	35.176	0.000	4.048	83.915	23.814	0.000	17.010	0.000	0.000
Sweet & Sour Sauce	2.000 T.	60.000	0.000	14.000	0.500	90.000	128.000	0.000	2.000	0.000	14.000
Rice, Brown, Medium Grain, Cooked	1.000 c.	218.400	4.524	45.845	1.619	1.950	0.000	0.000	19.500	3.510	0.596
Stir Fry Vegetables	8.000 oz.	53.333	2.667	8.000	0.000	26.667	45.333	2.667	42.667	2.667	0.000
Apricots	3.000 item	50.400	1.470	11.676	0.410	1.050	2022.300	10.500	13.650	2.100	9.702
Soft Beef Tacos		734.355	48.805	57.983	34.434	707.498	1788.123	15.927	641.944	6.519	27.735
Lunch		734.355	48.805	57.983	34.434	707.498	1788.123	15.927	641.944	6.519	27.735
Milk, Low Fat, 1%	8.000 fl. oz.	102.480	8.223	12.176	2.367	107.360	478.240	0.000	290.360	0.000	12.688
Tortilla, Flour	1.000 item	99.840	2.653	16.432	2.480	203.520	0.000	0.000	41.280	0.992	0.614
Beef, Ground, Lean, Crumbled, Pan-Fried, Degree of Doneness: Well Done	3.000 oz.	219.425	24.664	0.000	12.630	79.414		0.000	12.056	0.000	0.000
Tomato, Red	3.000 sl.	10.800	0.528	2.352	0.120	3.000	499.800	7.620	6.000	0.720	1.578
Salsa, Red, Cooked	2.000 T.	26.033	0.211	1.346	2.305	50.018	112.445	2.194	3.218	0.293	0.714
Beans, Refried, Cooked	0.250 c.	103.353	4.908	10.382	4.906	249.477	190.626	0.855	76.169	3.153	0.239
tropical Fruit Salad	0.250 c.	57.726	0.564	14.412	0.350	7.009	96.902	4.392	8.361	1.188	11.694
Salad, Mixed Baby Greens with Arugula, Butterhead, Endive, Radicchio	0.250 c.	1.866	0.152	0.342	0.028	1.747	127.744	0.866	5.200	0.174	0.069
Cheese, Cheddar or Colby, Low Sodium	1.000 oz.	112.833	6.903	0.541	9.248	5.954	282.366	0.000	199.301	0.000	0.139
Chicken Soup & Sandwich		767.262	41.756	88.396	28.424	1022.661	2670.363	61.487	640.095	8.323	34.219
New Meal		767.262	41.756	88.396	28.424	1022.661	2670.363	61.487	640.095	8.323	34.219
Milk, Low Fat, 1%	8.000 fl. oz.	102.480	8.223	12.176	2.367	107.360	478.240	0.000	290.360	0.000	12.688
CAMPBELL'S RTS Low Sodium Chicken with Noodles Soup	1.000 c.	170.000	12.000	17.000	6.000	140.000	1500.000	0.000	20.000	2.000	4.000
Bread, Wheat	2.000 sl.	133.000	5.455	23.755	1.820	260.500	0.000	0.100	71.000	1.800	2.875
Ham, Low Sodium, Cured, Cooked	1.000 oz.	46.778	6.237	0.142	2.183	274.712	0.000	0.000	2.268	0.000	0.000
Cheese, Cheddar or Colby, Low Sodium	1.000 oz.	112.833	6.903	0.541	9.248	5.954	282.366	0.000	199.301	0.000	0.139
Potato Salad	1.000 c.	159.871	2.092	24.207	6.698	234.136	207.257	13.507	21.166	2.363	6.102
Orange Sections	0.500 c.	42.300	0.846	10.575	0.108	0.000	202.500	47.880	36.000	2.160	8.415
Country Fried Steak		666.039	33.755	72.555	28.115	836.047	2001.912	37.671	425.377	6.380	25.373
Lunch		666.039	33.755	72.555	28.115	836.047	2001.912	37.671	425.377	6.380	25.373
Country Fried Steak	1.000 svg.	227.519	17.146	7.350	13.889	321.028	81.802	1.331	14.009	0.377	0.607
Ambrosia Fruit Salad	1.000 svg.	63.531	0.594	10.304	2.865	16.171	275.843	13.124	11.361	0.553	5.536
Milk, Low Fat, 1%	8.000 fl. oz.	102.480	8.223	12.176	2.367	107.360	478.240	0.000	290.360	0.000	12.688
Roll, Dinner, Whole Wheat	1.000 item	75.544	2.471	14.512	1.335	135.752	0.000	0.000	30.104	2.130	2.403
Potatoes, Mashed, Prepared from Dehydrated Granules with Milk, Water, and Margarine	0.670 c.	163.212	3.081	22.625	6.740	240.597	284.214	9.146	47.838	1.829	2.490
Gravy, Meat or Poultry, Low Sodium	2.000 T.	15.635	1.121	1.817	0.708	5.310	0.000	0.000	1.770	0.089	0.003
Field Green Salad/Tom/Cum	1.000 c.	18.117	1.119	3.771	0.212	9.829	881.813	14.070	29.935	1.402	1.646
Breaded Pork Chops		605.670	48.923	75.831	13.109	612.137	1793.590	97.153	467.917	9.218	35.821
Lunch		605.670	48.923	75.831	13.109	612.137	1793.590	97.153	467.917	9.218	35.821
Milk, Low Fat, 1%	8.000 fl. oz.	102.480	8.223	12.176	2.367	107.360	478.240	0.000	290.360	0.000	12.688



# Menu Template Report

Total Days: 20  
Total Foods: 155

Avg. Daily Kcals: 692.437  
Name: AAA November 2010

Name	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Sodium mg	Vit A (IU) IU	Vit C mg	Calcium mg	Diet Fiber g	Sugar g
Pork, Loin, Center Cut, Chops, Separable Lean, Broiled	4.000 oz.	204.000	30.328	0.000	8.262	63.467	0.000	0.000	26.067	0.000	0.000
Bread Crumbs, Seasoned	2.000 T.	57.450	2.120	10.274	0.822	263.850	28.950	0.405	27.300	0.735	0.861
Broccoli	1.000 c.	30.940	2.566	6.042	0.337	30.030	566.930	81.172	42.770	2.366	1.547
Tomato, Red	4.000 sl.	14.400	0.704	3.136	0.160	4.000	666.400	10.160	8.000	0.960	2.104
Applesauce, Unsweetened, Canned	0.750 c.	76.860	0.311	20.624	0.183	3.660	53.070	1.830	7.320	2.013	17.184
Bread, Wheat	1.000 sl.	66.500	2.728	11.878	0.910	130.250	0.000	0.050	35.500	0.900	1.438
Potato, Skin Only, Boiled, Cooked in Skin, Drained	2.000 item	53.040	1.944	11.702	0.068	9.520		3.536	30.600	2.244	
Roast Beef Sandwiches		688.264	45.921	70.020	25.602	988.465	18333.860	15.583	439.175	7.637	33.629
Lunch		688.264	45.921	70.020	25.602	988.465	18333.860	15.583	439.175	7.637	33.629
Milk, Low Fat, 1%	8.000 fl. oz.	102.480	8.223	12.176	2.367	107.360	478.240	0.000	290.360	0.000	12.688
Beef, Chuck, Arm Pot Roast, Choice, Separable Lean, 0" Fat, Braised	3.000 oz.	180.304	28.372	0.000	6.523	45.926	0.000	0.000	11.907	0.000	0.000
Peach, Canned in Extra Light Syrup	0.500 c.	51.870	0.494	13.709	0.124	6.175	333.450	3.705	6.175	1.235	13.700
Almonds, Chopped	1.000 t.	11.021	0.407	0.415	0.947	0.019	0.019	0.000	5.060	0.234	0.075
Composite-Carrots, Raw or Cooked	0.500 c.	29.254	0.707	6.866	0.122	35.224	17223.950	3.428	19.403	2.099	3.726
Light Ranch Dressing	2.000 T.	80.000	1.000	3.000	7.000	290.000	0.000	0.000	20.000	0.000	2.000
Bread, Wheat	1.000 sl.	66.500	2.728	11.878	0.910	130.250	0.000	0.050	35.500	0.900	1.438
Potatoes, Mashed, without Milk and Margarine, Prepared from Granules	0.667 c.	151.200	2.870	20.160	6.902	368.200	298.200	8.400	49.000	3.080	
Gravy, Meat or Poultry, Low Sodium	2.000 T.	15.635	1.121	1.817	0.708	5.310	0.000	0.000	1.770	0.089	0.003
Roast Pork		706.169	38.411	90.841	22.624	534.228	31905.490	28.220	426.418	12.184	48.956
Lunch		706.169	38.411	90.841	22.624	534.228	31905.490	28.220	426.418	12.184	48.956
Milk, Low Fat, 1%	8.000 fl. oz.	102.480	8.223	12.176	2.367	107.360	478.240	0.000	290.360	0.000	12.688
Roll, Dinner, Whole Wheat	1.000 item	75.544	2.471	14.512	1.335	135.752	0.000	0.000	30.104	2.130	2.403
Pork, Loin, Whole, Separable Lean and Fat, Roasted	3.000 oz.	210.922	23.040	0.000	12.460	50.179	7.654	0.510	16.159	0.000	0.000
Bean Salad, Three Bean	0.500 c.	96.080	1.924	9.582	5.962	207.320	211.332	9.188	27.368	2.586	3.776
Carrots, Sliced, Boiled, Drained	0.250 c.	13.650	0.296	3.206	0.070	22.620	6642.870	1.404	11.700	1.170	1.346
Apple, Baked, with Liquid, Unsweetened	1.000 item	90.160	0.451	23.909	0.290	1.610	77.990	6.440	9.660	4.186	17.984
Potato, Sweet, Frozen, Baked	0.670 c.	117.333	2.006	27.456	0.141	9.387	24487.400	10.677	41.067	2.112	10.759
Swiss Steak		682.290	49.043	84.465	18.655	726.143	1597.872	93.487	418.572	11.718	31.481
Lunch		682.290	49.043	84.465	18.655	726.143	1597.872	93.487	418.572	11.718	31.481
Milk, Low Fat, 1%	8.000 fl. oz.	102.480	8.223	12.176	2.367	107.360	478.240	0.000	290.360	0.000	12.688
Beef, Top Round, Separable Lean and Fat, 0" Fat, Braised	3.000 oz.	177.752	30.294	0.000	5.367	38.272	0.000	0.000	3.402	0.000	0.000
Gravy, Brown	2.000 T.	32.454	0.924	2.790	2.031	53.379	82.392	0.021	2.846	0.096	0.023
Brussels Sprouts	1.000 c.	37.840	2.974	7.876	0.264	22.000	663.520	74.800	36.960	3.344	1.936
Roll, Dinner, Whole Wheat	1.000 item	75.544	2.471	14.512	1.335	135.752	0.000	0.000	30.104	2.130	2.403
Potatoes, Mashed, without Milk and Margarine, Prepared from Granules	0.667 c.	151.200	2.870	20.160	6.902	368.200	298.200	8.400	49.000	3.080	
Banana	1.000 item	105.020	1.286	26.951	0.389	1.180	75.520	10.266	5.900	3.068	14.431