

Report Selections

Date Range

: Tue Jun 30, 2026 - Sat Aug 01, 2026

Menus

: Cafeteria

Meals

: BLD (filtered)

Menu: Cafeteria

Date: Tue Jun 30, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Fat (gm)	SFA (gm)	Chol estrol (mg)	Dietry Fiber (gm)	Added Sugars (gm)	Lin oleic (gm)	Lino lenic (gm)	Cal cium (mg)	Magne sium (mg)	Phos phorus (mg)	Potas sium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)
Lunch																			
*****SPECIALTY SALADS & WRA	1 serving																		
SALAD, CHICKEN CAESAR (GREE	1 salad	275	208	25.8	13.4	6.1	0.92+	78	2.4	0.0+	0.12+	0.13+	90+	18+	323+	667	345	1.13+	0.50+
SALAD, COBB (YELLOW)	1 each	239	275	28.2	5.5	14.9	4.15	273	2.0	0.0+	0.55+	0.04+	33+	4+	253+	327+	613	1.54+	2.63+
SALAD, CHEF, EGG / CHEESE (GI	1 each	550	367	33.3	18.0	19.2	8.69	281	4.5+	0.0+	1.10+	0.17+	289+	45+	281+	1162	1527	2.03+	2.28+
Lunch Totals			851+	87.3+	36.9+	40.2+	13.75+	632+	8.9+	0.0+	1.77+	0.34+	412+	68+	857+	2156+	2485+	4.69+	5.41+
Daily Totals for 06/30/26			851+	87.3+	36.9+	40.2+	13.75+	632+	8.9+	0.0+	1.77+	0.34+	412+	68+	857+	2156+	2485+	4.69+	5.41+
Daily Value			2000	50.0	275.0	78.0	20.00	300	28.0	50.0			1300	420	1250	4700	2300	18.00	11.00
Percent Daily Value (%)			43+	174.7+	13.4+	51.5+	68.76+	211+	31.8+	0.0+			32+	16+	69+	46+	108+	26.08+	49.17+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			2200	56.0	303.0	73.3	24.40	300	30.8	55.0	14.00	1.60	1000	420	700	4700	2300	8.00	11.00
Percent RDA/DRI STANDARDS, 3 MEALS (%)			39+	155.9+	12.2+	54.8+	56.36+	211+	28.9+	0.0+	12.66+	21.29+	41+	16+	122+	46+	108+	58.68+	49.17+
Month Daily Average (06/30/26-06/30/26)			851+	87.3+	36.9+	40.2+	13.75+	632+	8.9+	0.0+	1.77+	0.34+	412+	68+	857+	2156+	2485+	4.69+	5.41+

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: Cafeteria

Date: Sun Jul 12, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
(gm)		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Breakfast																			
EGG, SCRAMBLED (YELLOW)	1/3 cup	91	141	11.8	1.0	9.5	2.75	381	0.0	0.0+	0.08+	0.04+	44	0+	163	118	127	1.51	1.12
EGG, HARD BOILED (YELLOW)	1 each	50	73	5.9	0.5	5.0	1.52	183	0.0		0.55	0.04	23	5	63	57	63	0.70	0.58
BACON, 1EA (RED)	1 slice	13	58	3.5	0.0	5.3	1.75	23	0.0	0.0			7				257	0.56	1.37
PORK, SAUSAGE PATTY (RED)	1 each	57	250	7.0		24.0	8.00	50								300	440		
POTATO, HASH BROWN PATTY (I	1 each	72	143	2.0	16.3	7.1	2.04	0	2.0	0.0						285	275		
BREAD, BISCUIT (RED)	1 each	90	280	4.0	39.0	12.0	8.00	0	1.0	3.0			50			68	830	2.00	
PANCAKE, 1EA (YELLOW)	1 each	58	102	2.6	20.0	1.1	0.24	1	0.8		0.30	0.03	94	8	162	52	293	0.97	0.19
Breakfast Totals			1046	36.9	76.8+	64.0	24.30	638	3.8+	3.0+	0.93+	0.10+	217+	12+	388+	880+	2285	5.74+	3.27+
Lunch																			
PORK CHOP, OVEN FRIED (YELL	1 each	143	305	23.7	14.9	16.4	4.86	85	0.7	0.6+	2.34+	0.29+	87	21+	283+	354	533	1.76	2.86+
CHICKEN BARBECUE QTR (YELL	1 piece	269	543	26.0	49.5	27.4	7.61+	0+	0.1	43.3+	0.00+	0.00+	2+	1+	194+	242+	1180	0.07+	0.03+
VEG, GREENS, COLLARD SEASO	3/4 cup	110	32	2.6	6.3	0.4	0.05+	0	3.5		0.07+	0.09+	193+	28+	26+	243+	327	1.03+	0.25+
VEG, CARROTS ROASTED BABY	3/4 cup	116	91	0.7	9.1	6.0	0.46	0	3.2		1.18	0.55	35	11	31	259	364	0.98	0.19
POTATO, PARSLEY OVEN ROAST	4 ounces	115	86	2.2	17.4	1.1	0.07	0	2.2	0.0+	0.21+	0.10+	6	0+	0+	373	152	0.33	0.00+
RICE, PILAF (YELLOW)	1/2 cup	146	173	3.3	30.3	3.8	1.69+	0	0.1	0.0+	0.00+	0.00+	4+	1+	1+	7+	143	0.01+	0.01+
ROLL, HAWAIIAN YEAST (YELLOW	1 piece	30	104	3.0	16.0	3.5	1.68	15	0.0	5.0			20+			40+	94	0.80+	
HAMBURGER, GRILLED (YELLOW	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YELI	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
SANDWICH, GRILLED CHICKEN (I	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RE	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, ASSORTED PROTEI	1 each	261	438	24.5	41.5	21.0	8.01+	116	3.1+	3.4+	0.59+	0.06+	277+	27+	276+	437+	861	1.90+	1.69+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUR	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
Lunch Totals			6175	341.5	717.6	217.1	71.02+	778+	49.3+	116.1+	5.38+	1.45+	2238+	150+	2156+	6745+	11452	31.58+	21.00+
Dinner																			
BEEF, SALISBURY STEAK W/ GR/	1 each	175	272	15.3	11.5	19.6	8.00+	40+	2.0	0.0+	0.00+	0.00+	43+	2+	115+	322+	390	2.00+	0.00+
TURKEY, ROAST (GREEN)	4 ounces	125	162	25.2	0.1	7.7	1.80	71	0.0		0.42+	0.20+	1+	0+	285	309	297	0.79	0.00+
VEG CAULIFLOWER, ROASTED (C	3/4 cup	171	107	3.3	7.7	8.1	0.63	0	3.8		1.50	0.86	36	20	57	316	179	0.89	0.28
VEG, GREEN BEANS, FRESH (GR	3/4 cup	451	39	1.3	7.9	0.0	0.00	0	2.6	0.0+	0.00+	0.00+	60	3+	0+	205+	186	1.31	0.00+
DRESSING, CORNBREAD MIX (YE	1/2 cup	134	182	4.7	27.5	5.6	2.61	13	1.2		0.10+	0.06+	6+	2+	2+	157+	456	0.04+	0.01+
POTATOES, SWEET POTATO WE	4 ounces	115	225	1.3	33.6	9.1	0.74	0	1.3	1.3+	0.21+	0.10+	40	0+	0+	347	254	0.53	0.00+
GRAVY, TURKEY (YELLOW)	2 ounces	61	15	0.0	3.0	0.0	0.00	0	0.0	0.0+	0.00+	0.00+	7	1+	0+	16	282	0.00	0.00+
Dinner Totals			1002	51.1	91.3	50.1	13.78+	124+	10.9	1.3+	2.22+	1.22+	193+	27+	459+	1672+	2044	5.56+	0.30+
Daily Totals for 07/12/26			8223	429.5	885.7+	331.3	109.10+	1540+	64.1+	120.5+	8.54+	2.78+	2648+	189+	3003+	9296+	15781	42.88+	24.56+
Daily Value			2000	50.0	275.0	78.0	20.00	300	28.0	50.0			1300	420	1250	4700	2300	18.00	11.00
Percent Daily Value (%)			411	859.0	322.1+	424.7	545.52+	513+	229.0+	241.0+			204+	45+	240+	198+	686	238.21+	223.27+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			2200	56.0	303.0	73.3	24.40	300	30.8	55.0	14.00	1.60	1000	420	700	4700	2300	8.00	11.00
Percent RDA/DRI STANDARDS, 3 MEALS (%)			374	766.9	292.3+	451.7	447.15+	513+	208.1+	219.1+	60.98+	173.64+	265+	45+	429+	198+	686	535.98+	223.27+

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

Nutrient Totals Using Main Items Only

Menu: Cafeteria Date: Mon Jul 13, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Breakfast																			
CHICKEN, SAUSAGE LINK (YELLOW)	1 each	23	43	3.0	0.1	3.2	0.77	20	0.0		0.04+	0.02+	0+	0+	0+	96	172	0.18	0.00+
BACON, 1EA (RED)	1 slice	13	58	3.5	0.0	5.3	1.75	23	0.0	0.0			7				257	0.56	1.37
SAUSAGE, GRAVY (RED)	4 ounces	117	181	3.4	8.2+	14.2	5.20	24	0.0+		0.00+	0.00+	2+	1+	0+	186	540	0.27+	0.00+
VEG, SAUTEED PEPPERS & ONION	1/2 cup	69	41	0.7	4.9	2.3	0.19	0	1.0+		0.43+	0.20+	11+	7+	17+	117	72+	0.22+	0.12+
POTATO, HOME FRIED (RED)	3/4 cup	116	219	3.5	24.2	11.7	0.48+	0	2.3		1.24+	0.60+	12	0+	0+	403	530	0.93	0.00+
OATMEAL, QUICK COOK (GREEN)	6 ounces	127	93	2.3	18.8	1.4	0.23	0	1.8	0.0+	0.00+	0.00+	18	2+	57	73	5	0.72	0.05
GRITS (YELLOW)	3/4 cup	218	100	2.3	22.2	0.4	0.00+	0	1.5	0.0+	0.00+	0.00+	6	2+	0+	40	180	1.30	0.00+
BREAD, BISCUIT (RED)	1 each	90	280	4.0	39.0	12.0	8.00	0	1.0	3.0			50			68	830	2.00	
EGG, SCRAMBLED (YELLOW)	1/3 cup	91	141	11.8	1.0	9.5	2.75	381	0.0	0.0+	0.08+	0.04+	44	0+	163	118	127	1.51	1.12
MUFFIN, APPLE CINNAMON (RED)	1 each	112	420	5.0	56.0	19.0	4.50	60	1.0	33.0						90	350		
EGG, HARD BOILED (YELLOW)	1 each	50	73	5.9	0.5	5.0	1.52	183	0.0		0.55	0.04	23	5	63	57	63	0.70	0.58
FRENCH TOAST (RED)	1 each	108	169	11.9	14.6	6.8	1.98+	271	0.0	0.1+	0.05+	0.02+	151	11+	208	247	155	1.18	1.21+
BREAKFAST, HAM, EGG & CHEESE	1 each	167	397	19.6	27.3	23.6	9.34	156	1.0	0.0+	0.27+	0.01+	85	11+	213+	223+	1101	1.92+	0.88+
Breakfast Totals			2214	76.8	216.7+	114.4	36.71+	1118	9.7+	36.1+	2.67+	0.93+	408+	38+	722+	1717+	4382+	11.51+	5.34+
Lunch																			
CHICKEN, SCALLOPINI (YELLOW)	1 each	233	352	35.7	11.7	17.2	5.82+	133	0.5	0.0+	0.76+	0.06+	91+	4+	400+	640	873	0.74+	0.10+
SHRIMP, ALFREDO (YELLOW)	2 cups	281	600	24.4	43.3	33.2	11.01	145	1.5	0.0+	0.35+	0.02+	246+	28+	256+	396+	1273	0.71+	1.03+
VEG, BROCCOLI, GARLIC ROAST	3/4 cup	102	115	2.7	6.7	9.5	0.71	0	2.4		1.76	0.86	46	20	62	294	170	0.70	0.39
VEG, ZUCCHINI, W/ GARLIC & ONION	1/2 cup	78	43	0.9	3.7	3.0	0.25	0	0.9		0.58	0.30	14	12	28	178	188	0.25	0.21
POTATO, PARSLEY BUTTERED (GREEN)	4 ounces	118	101	2.2	17.2	2.8	1.27	0	2.2	0.0+	0.00+	0.00+	7+	1+	1+	379+	238	0.39+	0.01+
RICE, BROWN HERBED (GREEN)	3/4 cup	192	232	4.7	38.0	7.4	1.53+	0	2.5	0.0+	1.02+	0.29+	39+	63+	153+	210+	199	1.79+	1.15+
BREADSTICK, GARLIC CHEESE (YELLOW)	1 each	28	79	2.9	10.3	1.0	0.98	5	0.5	0.5			24			23	231	0.49	
SOUP, MINSTRONE (GREEN)	12 ounces	363	121	6.0	21.2	1.5	0.76	0	4.5		0.00+	0.00+	5+	2+	0+	410	1124	0.00+	0.00+
HAMBURGER, GRILLED (YELLOW)	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YELLOW)	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (YELLOW)	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RED)	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, ASSORTED PROTEIN	1 each	261	438	24.5	41.5	21.0	8.01+	116	3.1+	3.4+	0.59+	0.06+	277+	27+	276+	437+	861	1.90+	1.69+
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGURT	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (RED)	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MIXED BERRY (GREEN)	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
Lunch Totals			6658	361.6	750.8	241.8	80.00+	968	55.6+	70.2+	6.89+	1.99+	2371+	221+	2542+	7790+	13115	32.18+	20.67+
Dinner																			
BEEF, CHILI MAC (GREEN)	1.5 cups	631	357	22.7	42.0	11.2	4.45	48	5.2	0.0+	0.43+	0.03+	137+	29+	203+	707	920	3.03+	3.82+
CHICKEN, TACO (YELLOW)	2 each	201	425	32.8	29.2	18.4	7.52	101	1.0	0.0+	0.76+	0.24+	253+	8+	382+	418	619	1.04+	1.03+
VEG, BLEND, NORMANDY (GREEN)	1/2 cup	187	48	2.3	6.6	2.0	0.86	0	2.6	0.0+	0.00+	0.00+	43+	1+	46+	227+	121	0.80+	0.29+
VEG ASPARAGUS, W/GARLIC & CHEESE	1/2 cup	112	47	2.3	5.5	2.4	0.36	0	2.2		0.26	0.03	28	15	54	213	282	2.02	0.53
BEANS, REFRIED PINTO BEANS (RED)	1/2 cup	75	80	4.6	14.1	0.2	0.03	0	3.6	0.0+	0.10+	0.01+	31	2+	5+	326	258	1.46	0.06+
RICE, MEXICAN BROWN (GREEN)	3/4 cup	240	221	5.4	39.0	5.2	0.53	0	4.0		1.14+	0.35+	33	53+	137+	297	390	1.39	0.93+
Dinner Totals			1178	70.0	136.4	39.5	13.74	150	18.6	0.0+	2.70+	0.66+	526+	107+	828+	2188+	2588	9.73+	6.66+
Daily Totals for 07/13/26			10050	508.5	1103.9+	395.8	130.45+	2236	83.9+	106.3+	12.26+	3.58+	3304+	366+	4091+	11694+	20086+	53.42+	32.67+
Daily Value			2000	50.0	275.0	78.0	20.00	300	28.0	50.0			1300	420	1250	4700	2300	18.00	11.00
Percent Daily Value (%)			502	1016.9	401.4+	507.4	652.27+	745	299.6+	212.7+			254+	87+	327+	249+	873+	296.79+	297.02+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			2200	56.0	303.0	73.3	24.40	300	30.8	55.0	14.00	1.60	1000	420	700	4700	2300	8.00	11.00
Percent RDA/DRI STANDARDS, 3 MEALS (%)			457	908.0	364.3+	539.7	534.65+	745	272.4+	193.4+	87.60+	223.91+	330+	87+	584+	249+	873+	667.77+	297.02+

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: Cafeteria

Date: Tue Jul 14, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Breakfast																			
TURKEY, TX HASH W/ RICE (GRE	1 cup	235	179	11.8	20.0	6.1	1.66	43	3.5		0.43+	0.03+	64	36+	164	393	477	1.64	0.62+
TURKEY, TURKEY SAUSAGE GRAVY	4 ounces	117	119	4.5	8.2	7.2	2.64	26	0.0		0.00+	0.00+	2+	1+	0+	99	508	0.72	0.00+
BACON, 1EA (RED)	1 slice	13	58	3.5	0.0	5.3	1.75	23	0.0	0.0			7				257	0.56	1.37
PORK, SAUSAGE LINKS (RED)	1 each	57	240	7.0	1.0	23.0	8.00	45	0.0								370		
VEG, MUSHROOMS & ONIONS, SAUCE	1/2 cup	87	49	2.0	4.4	3.1	0.25	0	1.0		0.65	0.27	8	8	57	220	190	0.35	0.34
POTATO, HOME FRIED (RED)	3/4 cup	116	219	3.5	24.2	11.7	0.48+	0	2.3		1.24+	0.60+	12	0+	0+	403	530	0.93	0.00+
OATMEAL, QUICK COOK (GREEN)	6 ounces	127	93	2.3	18.8	1.4	0.23	0	1.8	0.0+	0.00+	0.00+	18	2+	57	73	5	0.72	0.05
GRITS (YELLOW)	3/4 cup	218	100	2.3	22.2	0.4	0.00+	0	1.5	0.0+	0.00+	0.00+	6	2+	0+	40	180	1.30	0.00+
BREAD, BISCUIT (RED)	1 each	90	280	4.0	39.0	12.0	8.00	0	1.0	3.0			50			68	830	2.00	
EGG, SCRAMBLED (YELLOW)	1/3 cup	91	141	11.8	1.0	9.5	2.75	381	0.0	0.0+	0.08+	0.04+	44	0+	163	118	127	1.51	1.12
PASTRY, SCONE (RED)	1 each	106	405	6.6	48.0	20.7	11.29	108	1.9				38				310	1.69	
EGG, HARD BOILED (YELLOW)	1 each	50	73	5.9	0.5	5.0	1.52	183	0.0		0.55	0.04	23	5	63	57	63	0.70	0.58
FRENCH TOAST (RED)	1 each	108	169	11.9	14.6	6.8	1.98+	271	0.0	0.1+	0.05+	0.02+	151	11+	208	247	155	1.18	1.21+
TACO, BREAKFAST EGG, CHEESE	1 each	168	279	14.3	21.5	14.7	5.41+	296	1.5+	0.0+	0.28+	0.13+	121+	4+	192+	269	550+	1.94+	0.92+
Breakfast Totals			2402	91.4	223.4	126.8	45.96+	1376	14.6+	3.1+	3.29+	1.13+	543+	69+	905+	1987+	4553+	15.25+	6.22+
Lunch																			
CHICKEN MEXICAN QTR	1 each	176	361	26.3	2.1	27.7	7.66	0+	0.7	0.0+	0.12+	0.01+	15+	7+	202	285	1142	0.80+	0.11+
PORK TACO, MOJO (YELLOW)	2 each	321	584	31.6	40.9	30.9	7.63	80+	3.9	0.0+	0.71+	0.05+	65+	7+	16+	339+	1383	1.39+	0.12+
VEG, GREEN BEANS, FRESH (GREEN)	3/4 cup	451	39	1.3	7.9	0.0	0.00	0	2.6	0.0+	0.00+	0.00+	60	3+	0+	205+	186	1.31	0.00+
VEG, CORN, MEXICAN (GREEN)	1/2 cup	111	91	2.6	16.7	1.6	0.12	0	2.6	0.0+	0.31+	0.15+	0+	0+	0+	219	140	0.01+	0.00+
TORTILLA, 6" (YELLOW)	1 each	28	85	2.5	13.5	2.0	1.00	0	0.5	0.0			26			18	160	0.50	
RICE, BROWN JALAPENO (GREEN)	3/4 cup	145	159	3.3	32.1	1.9	0.28+	0	1.7		0.51+	0.05+	9+	50+	131+	124+	552	0.70+	0.91+
BEANS, PINTO (GREEN)	1/2 cup	290	102	5.9	18.0	0.0	0.00	0	4.3	0.0+	0.00+	0.00+	42	3+	2+	407	678	1.68	0.01+
BREAD, CORNBREAD JALAPENO	1 piece	125	289	8.3	22.7	18.1	8.27	61	1.2	1.9+	0.49+	0.07+	194+	9+	118+	132+	574	1.19+	0.94+
SOUP, CHICKEN TORTILLA (GREEN)	12 ounces	371	192	11.8	29.5	3.7	0.74	22	5.9		0.00+	0.00+	6+	2+	0+	2+	1245	0.00+	0.00+
HAMBURGER, GRILLED (YELLOW)	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YELLOW)	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (YELLOW)	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RED)	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, ASSORTED PROTEIN	1 each	261	438	24.5	41.5	21.0	8.01+	116	3.1+	3.4+	0.59+	0.06+	277+	27+	276+	437+	861	1.90+	1.69+
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGURT	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (RED)	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MIXED BERRY (GREEN)	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
FRUIT, CUP, canned, GRAPEFRUIT	5 ounces	142	83	1.2	20.1	0.0	0.00	0	1.2	9.4			12			201	6	0.12	
Lunch Totals			7001	376.8	802.3	252.1	83.38+	850+	65.0+	81.0+	4.56+	0.81+	2329+	173+	2110+	7191+	14883	34.80+	19.88+
Dinner																			
SPAGHETTI, BAKED (YELLOW)	1 slice	571	457	25.7	59.9	11.9	5.09	52	4.7	0.8+	0.54+	0.07+	163	40+	307+	792	767	3.91	4.50+
CHICKEN, CORDON BLEU (RED)	1 each	198	430	32.0	17.0	26.0	8.00	105	1.0				240		350	500	780	1.44	
VEG, PEAS & CARROTS (GREEN)	1/2 cup	141	98	4.2	13.8	4.1	1.73	0	4.2	0.0+	0.22+	0.05+	31+	22+	67+	215+	220	1.28+	0.61+
VEG, BROCCOLI, GARLIC ROAST	3/4 cup	102	115	2.7	6.7	9.5	0.71	0	2.4		1.76	0.86	46	20	62	294	170	0.70	0.39
POTATO, MASHED RED GARLIC (RED)	1/2 cup	109	117	2.5	14.2	5.9	3.77	17	1.7				33			415	352	0.50	
PASTA, BOWTIE (YELLOW)	1/2 cup	408	101	3.5	21.3	0.5	0.00+	0	1.0	0.0+	0.00+	0.00+	11+	4+	0+	65	11	0.81	0.00+
GRAVY, POULTRY LOW SODIUM	2 ounces	59	19	0.0	2.9	0.5	0.00+	0	0.0	0.0+	0.00+	0.00+	8	1+	0+	39	138	0.00	0.00+
BREAD, TOASTED GARLIC (RED)	1 slice	37	140	3.0	14.0	7.0	1.50	0	1.0	0.0			0			0	190	1.00	
Dinner Totals			1477	73.6	149.8	65.4	20.79+	173	16.0	0.8+	2.53+	0.98+	533+	85+	786+	2320+	2628	9.64+	5.50+

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: Cafeteria

Date: Tue Jul 14, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Fat (gm)	SFA (gm)	Chol estrol (mg)	Dietry Fiber (gm)	Added Sugars (gm)	Lin oleic (gm)	Lino lenic (gm)	Cal cium (mg)	Magne sium (mg)	Phos phorus (mg)	Potas sium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)
Daily Totals for 07/14/26			10880	541.7	1175.5	444.3	150.14+	2399+	95.6+	85.0+	10.37+	2.92+	3405+	327+	3801+	11498+	22064+	59.70+	31.59+
Daily Value			2000	50.0	275.0	78.0	20.00	300	28.0	50.0			1300	420	1250	4700	2300	18.00	11.00
Percent Daily Value (%)			544	1083.5	427.4	569.6	750.68+	800+	341.5+	170.0+			262+	78+	304+	245+	959+	331.64+	287.22+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			2200	56.0	303.0	73.3	24.40	300	30.8	55.0	14.00	1.60	1000	420	700	4700	2300	8.00	11.00
Percent RDA/DRI STANDARDS, 3 MEALS (%)			495	967.4	387.9	605.9	615.31+	800+	310.5+	154.5+	74.09+	182.46+	341+	78+	543+	245+	959+	746.19+	287.22+

Includes main items only. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.
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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Cafeteria Date: Wed Jul 15, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Breakfast																			
CHICKEN, SAUSAGE LINK (YELL	1 each	23	43	3.0	0.1	3.2	0.77	20	0.0		0.04+	0.02+	0+	0+	0+	96	172	0.18	0.00+
BACON, 1EA (RED)	1 slice	13	58	3.5	0.0	5.3	1.75	23	0.0	0.0			7				257	0.56	1.37
SAUSAGE, GRAVY (RED)	4 ounces	117	181	3.4	8.2+	14.2	5.20	24	0.0+		0.00+	0.00+	2+	1+	0+	186	540	0.27+	0.00+
VEG CAULIFLOWER, ROASTED (C	3/4 cup	171	107	3.3	7.7	8.1	0.63	0	3.8		1.50	0.86	36	20	57	316	179	0.89	0.28
QUICHE, SPINACH & CHEESE (YE	1 each	61	110	5.4	2.1	8.8	3.69+	89	0.4	0.0+	0.29+	0.12+	104+	15+	95+	132+	276	0.73+	0.70+
POTATO, HOME FRIED (RED)	3/4 cup	116	219	3.5	24.2	11.7	0.48+	0	2.3		1.24+	0.60+	12	0+	0+	403	530	0.93	0.00+
OATMEAL, QUICK COOK (GREEN	6 ounces	127	93	2.3	18.8	1.4	0.23	0	1.8	0.0+	0.00+	0.00+	18	2+	57	73	5	0.72	0.05
GRITS (YELLOW)	3/4 cup	218	100	2.3	22.2	0.4	0.00+	0	1.5	0.0+	0.00+	0.00+	6	2+	0+	40	180	1.30	0.00+
BREAD, BISCUIT (RED)	1 each	90	280	4.0	39.0	12.0	8.00	0	1.0	3.0			50			68	830	2.00	
EGG, SCRAMBLED (YELLOW)	1/3 cup	91	141	11.8	1.0	9.5	2.75	381	0.0	0.0+	0.08+	0.04+	44	0+	163	118	127	1.51	1.12
MUFFIN, BLUEBERRY (RED)	1 each	112	400	6.0	50.0	19.0	3.00	65	1.0	30.0						90	390		
EGG, HARD BOILED (YELLOW)	1 each	50	73	5.9	0.5	5.0	1.52	183	0.0		0.55	0.04	23	5	63	57	63	0.70	0.58
FRENCH TOAST (RED)	1 each	108	169	11.9	14.6	6.8	1.98+	271	0.0	0.1+	0.05+	0.02+	151	11+	208	247	155	1.18	1.21+
SANDWICH, BRKFST, HASH BRO'	1 each	217	570	22.2	52.8	28.8	8.85	176	2.8	6.0+			168+		60+	357+	1460	3.43+	2.75+
Breakfast Totals			2542	88.5	241.2+	134.2	38.86+	1232	14.6+	39.1+	3.76+	1.69+	621+	55+	704+	2183+	5164	14.42+	8.07+
Lunch																			
BEEF, HAMBURGER STEAK (RED)	1 each	209	528	27.3	2.6	45.6	16.69	127	0.7	0.0+	0.55+	0.26+	6+	4+	8+	66+	698	0.17+	0.05+
CHICKEN SEASONED QTR (YELL	1 each	175	365	25.8	3.0	27.4	7.60	0+	0.0	0.0					190+	228+	1030		
PASTA, CHEESE STUFFED SHELL	3 each	354	604	25.4	56.9	24.5	13.35	91	3.4	3.8+	0.19+	0.02+	736	14+	130+	622	1278	4.85	0.93+
VEG ASPARAGUS, SAUTEED (GR	1/2 cup	97	66	2.0	3.5	5.6	0.44	0	1.9		1.07+	0.51+	22	13+	47+	184+	177	1.94	0.49+
VEG, CORN, SEASONED WHOLE	0.75 cup	182	177	4.4	31.7	3.5	0.99	0	3.2	0.0+	0.55+	0.02+	8+	31+	116+	339+	70	0.48+	0.65+
POTATO, SWEET, BAKED (GREEK	1 each	201	199	4.0	41.5	2.3	0.23	0	6.5		0.56	0.20	75	53	107	940	73	1.37	0.63
RICE, STEAMED (YELLOW)	3/4 cup	156	183	4.3	39.7	0.1	0.01	0	0.0		0.02+	0.01+	3+	1+	0+	1+	3	0.00+	0.00+
ROLL, YEAST (YELLOW)	1 each	58	170	4.0	28.0	4.0	0.93	0	1.0	0.0+	0.02+	0.01+	0+	0+	0+	60+	169	0.00+	0.00+
SOUP, POTATO (YELLOW)	12 ounces	363	353	10.3	38.9	16.5	3.38+	33	1.5		0.22+	0.14+	205+	18+	152+	239+	1257	0.05+	0.67+
HAMBURGER, GRILLED (YELLOW	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YEL	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (C	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RE	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SANDWICH, TUNA SALAD CROIS:	1 each	246	378	17.7	33.1	20.8	6.58	110	2.5	0.0+	0.30+	0.03+	45+	11+	49+	375	587	2.32+	0.39+
SANDWICH, CHICKEN SALAD CR	1 each	181	376	20.5	27.4	20.9	5.59+	79	1.5+	0.0+	0.04+	0.01+	18+	2+	7+	92+	691	1.42+	0.05+
SMALL BITE, ASSORTED PROTEI	1 each	261	438	24.5	41.5	21.0	8.01+	116	3.1+	3.4+	0.59+	0.06+	277+	27+	276+	437+	861	1.90+	1.69+
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUR	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
Lunch Totals			8415	427.8	905.4	337.5	113.47+	1126+	62.7+	73.6+	5.95+	1.66+	3018+	240+	2448+	8405+	14853	39.70+	21.65+

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Menu: Cafeteria

Date: Wed Jul 15, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Fat (gm)	SFA (gm)	Chol estrol (mg)	Dietry Fiber (gm)	Added Sugars (gm)	Lin oleic (gm)	Lino lenic (gm)	Cal cium (mg)	Magne sium (mg)	Phos phorus (mg)	Potas sium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)
Dinner																			
CHICKEN, GIARDINO (GREEN)	1 cup	256	359	22.5	45.1	10.6	1.48+	50	3.8	0.0+	0.65+	0.07+	34+	16+	208+	613+	122	2.63+	0.32+
PORK CHOP, COOKED BREADED	2 each	181	600	28.0	32.0	44.0	14.00	70	2.0	2.0							1000		
VEG, GREEN BEANS, HERBED (G	3/4 cup	138	98	1.8	11.0	5.2	0.41	0	3.3	0.0+	0.98+	0.47+	74	7+	12+	259	281	1.96	0.11+
APPLES, CINNAMON SPICED (YE	1/2 cup	140	142	0.2	36.3	0.5	0.08	0	2.2		0.11	0.02	7	4	7	76	50	0.28	0.06
POTATO, RED WEDGE, OVEN RO	4 ounces	120	116	2.2	17.2	4.5	2.03	0	2.2	0.0+	0.01+	0.00+	6+	0+	0+	375+	281	0.35+	0.00+
RICE, STEAMED (YELLOW)	3/4 cup	156	183	4.3	39.7	0.1	0.01	0	0.0		0.02+	0.01+	3+	1+	0+	1+	3	0.00+	0.00+
GRAVY, PORK (YELLOW)	2 ounces	59	18	0.4	3.1	0.4	0.21	0	0.1		0.02	0.00	8	2	9	12	262	0.19	0.05
ROLL, HAWAIIAN YEAST (YELLOW	1 piece	30	104	3.0	16.0	3.5	1.68	15	0.0	5.0			20+			40+	94	0.80+	
Dinner Totals			1620	62.4	200.3	68.8	19.89+	135	13.7	7.0+	1.79+	0.58+	153+	30+	236+	1376+	2094	6.20+	0.54+
Daily Totals for 07/15/26			12577	578.7	1346.9+	540.5	172.21+	2493+	91.0+	119.7+	11.50+	3.93+	3791+	325+	3388+	11964+	22111	60.33+	30.26+
Daily Value			2000	50.0	275.0	78.0	20.00	300	28.0	50.0			1300	420	1250	4700	2300	18.00	11.00
Percent Daily Value (%)			629	1157.4	489.8+	692.9	861.06+	831+	325.1+	239.4+			292+	77+	271+	255+	961	335.17+	275.09+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			2200	56.0	303.0	73.3	24.40	300	30.8	55.0	14.00	1.60	1000	420	700	4700	2300	8.00	11.00
Percent RDA/DRI STANDARDS, 3 MEALS (%)			572	1033.4	444.5+	737.0	705.79+	831+	295.5+	217.6+	82.16+	245.91+	379+	77+	484+	255+	961	754.13+	275.09+

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: Cafeteria

Date: Thu Jul 16, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Breakfast																			
BACON, 1EA (RED)	1 slice	13	58	3.5	0.0	5.3	1.75	23	0.0	0.0			7				257	0.56	1.37
PORK, SAUSAGE PATTY (RED)	1 each	57	250	7.0		24.0	8.00	50								300	440		
TURKEY, SAUSAGE PATTY (YELL	1 each	43	90	7.0	0.0	7.0	2.00	40	0.0							90	280	0.70	
TURKEY, TURKEY SAUSAGE GRA	4 ounces	117	119	4.5	8.2	7.2	2.64	26	0.0		0.00+	0.00+	2+	1+	0+	99	508	0.72	0.00+
VEG, BROCCOLI, GARLIC ROAST	3/4 cup	102	115	2.7	6.7	9.5	0.71	0	2.4		1.76	0.86	46	20	62	294	170	0.70	0.39
POTATO, HASH BROWN PATTY (I	1 each	72	143	2.0	16.3	7.1	2.04	0	2.0	0.0						285	275		
OATMEAL, QUICK COOK (GREEN	6 ounces	127	93	2.3	18.8	1.4	0.23	0	1.8	0.0+	0.00+	0.00+	18	2+	57	73	5	0.72	0.05
GRITS (YELLOW)	3/4 cup	218	100	2.3	22.2	0.4	0.00+	0	1.5	0.0+	0.00+	0.00+	6	2+	0+	40	180	1.30	0.00+
BREAD, BISCUIT (RED)	1 each	90	280	4.0	39.0	12.0	8.00	0	1.0	3.0			50			68	830	2.00	
EGG, SCRAMBLED (YELLOW)	1/3 cup	91	141	11.8	1.0	9.5	2.75	381	0.0	0.0+	0.08+	0.04+	44	0+	163	118	127	1.51	1.12
ROLL, CINNAMON (RED)	1 each	99	283	5.0	59.8	3.0	1.00	5	1.0	0.0						69	190+	1.80+	
EGG, HARD BOILED (YELLOW)	1 each	50	73	5.9	0.5	5.0	1.52	183	0.0		0.55	0.04	23	5	63	57	63	0.70	0.58
FRENCH TOAST (RED)	1 each	108	169	11.9	14.6	6.8	1.98+	271	0.0	0.1+	0.05+	0.02+	151	11+	208	247	155	1.18	1.21+
TACO, BREAKFAST EGG, CHEES	1 each	168	279	14.3	21.5	14.7	5.41+	296	1.5+	0.0+	0.28+	0.13+	121+	4+	192+	269	550+	1.94+	0.92+
Breakfast Totals			2191	84.2	208.6+	112.8	38.02+	1274	11.3+	3.1+	2.73+	1.09+	467+	44+	746+	2009+	4030+	13.84+	5.64+
Lunch																			
BEEF, SZECHUAN STIR FRY (YEL	6 ounces	274	335	18.4	27.2	17.9	2.21	41	1.7+	14.5+	2.61+	1.25+	20+	8+	18+	475+	1428	0.97+	0.13+
TOFU STIR FRY (GREEN)	1.25 cups	278	216	12.9	16.8	10.9	1.57	0	4.9	3.2+	4.23+	0.46+	265+	39+	120+	492+	643+	2.05+	1.08+
VEG, GREEN BEANS, SESAME GI	3/4 cup	118	62	2.0	12.2	0.5	0.03	0	2.7	3.6+	0.08+	0.00+	50+	1+	3+	223	251	1.34+	0.04+
VEG, BROCCOLI, SAUTEED W/ G	1/2 cup	83	78	2.2	5.5	6.0	0.82	0	2.0		0.57	0.06	38	16	52	245	180	0.62	0.33
RICE, JASMINE (YELLOW)	1/2 cup	104	123	2.4	26.9	0.2	0.06	0	0.4		0.05	0.01	12	9	39	39	90	1.45	0.37
NOODLES, ASIAN STIR FRY (YEL	2/3 cup	613	235	7.5	44.7	3.2	0.29	0	2.1	6.0+	0.64+	0.19+	37+	38+	100+	238	781	1.79+	0.76+
EGG ROLL, PORK (RED)	1 each	85	180	7.0	20.0	8.0	2.00	20	2.0	0.0							510		
EGG ROLL, VEG (RED)	1 each	85	140	4.0	21.0	5.0	1.00	5	2.0	0.0						120	550	1.20	
SOUP, MULLIGATAWNY (RED)	12 ounces	392	639	19.3	34.9	47.3	22.63+	122	2.8+	0.0+	0.83+	0.08+	88+	18+	90+	427+	709	0.80+	0.34+
SALAD, POTATO (DEVILED) (YELI	1 ounce	66	43	1.0	5.0	2.2	0.30	10	0.9	0.0+	0.19+	0.08+	14+	8+	17+	106	126	1.47+	0.14+
^SALAD, FRUIT AL FRESCO	1 ounce	28	16	0.2	4.3	0.0	0.00	0	0.2	1.8			4			40	3	0.04	
SALAD, PASTA CALIFORNIA (YEL	1 ounce	44	38+	1.4+	4.5+	1.6+	0.15+	2+	0.1+	0.2+	0.01+	0.00+	5+	1+	10+	18+	51+	0.08+	0.01+
HAMBURGER, GRILLED (YELLOW	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YELI	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (I	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RE	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, TUNA (RED)	1 each	256	502	32.9	38.0	26.7	11.87	166	1.3	0.0+	0.98+	0.10+	427+	23+	299+	355+	1077	2.06+	2.39+
SMALL BITE, CHICKEN SALAD (RI	1 each	256	532	33.8	34.7	30.0	11.35+	135	1.0+	0.0+	0.75+	0.08+	417+	20+	271+	189+	1241	1.19+	2.14+
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (F	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
Lunch Totals			7719+	402.4+	852.9+	304.7+	103.94+	1072+	61.7+	95.6+	12.77+	2.73+	3000+	247+	2385+	7793+	15597+	40.27+	23.82+

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Menu: Cafeteria

Date: Thu Jul 16, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Dinner																			
CHICKEN OVEN FRIED QTR (YEL	1 each	607	580	28.3	18.8	43.6	8.80	0+	0.8	0.0+	3.15+	1.46+	94+	10+	334	276	982	1.21+	0.17+
FISH, SALMON, CUCUMBER DILL	6 ounces	236	309	42.8+	2.3+	13.1+	2.18+	157+	0.4+	0.0+	0.11+	0.05+	50+	6+	23+	1036+	502	1.61+	0.15+
VEG, GREENS, COLLARD SEASO	3/4 cup	110	32	2.6	6.3	0.4	0.05+	0	3.5		0.07+	0.09+	193+	28+	26+	243+	327	1.03+	0.25+
VEG, BLEND, NEW BRUNSWICK (	1/2 cup	153	39	0.6	3.5	2.4	1.08	0	1.2	0.0+	0.00+	0.00+	21+	1+	0+	100+	127	0.01+	0.00+
RICE, WILD (GREEN)	1/2 cup	118	118	3.3	25.2	0.4	0.00	0	0.6		0.00+	0.00+	45	1+	0+	211	260	1.29	0.00+
POTATO, ROSEMARY ROASTED	4 ounces	115	88	2.2	17.2	1.4	0.20	0	2.2	0.0+	0.14+	0.01+	6	0+	0+	374	151	0.35	0.00+
ROLL, HAWAIIAN YEAST (YELLOW	1 piece	30	104	3.0	16.0	3.5	1.68	15	0.0	5.0			20+			40+	94	0.80+	
Dinner Totals			1268	82.8+	89.2+	64.8+	13.98+	172+	8.7+	5.0+	3.46+	1.61+	429+	46+	383+	2281+	2444	6.31+	0.58+
Daily Totals for 07/16/26			11178+	569.4+	1150.7+	482.3+	155.95+	2518+	81.6+	103.8+	18.96+	5.43+	3896+	337+	3513+	12083+	22071+	60.42+	30.04+
Daily Value			2000	50.0	275.0	78.0	20.00	300	28.0	50.0			1300	420	1250	4700	2300	18.00	11.00
Percent Daily Value (%)			559+	1138.7+	418.4+	618.3+	779.74+	839+	291.5+	207.5+			300+	80+	281+	257+	960+	335.66+	273.12+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			2200	56.0	303.0	73.3	24.40	300	30.8	55.0	14.00	1.60	1000	420	700	4700	2300	8.00	11.00
Percent RDA/DRI STANDARDS, 3 MEALS (%)			508+	1016.7+	379.8+	657.7+	639.13+	839+	265.0+	188.7+	135.43+	339.47+	390+	80+	502+	257+	960+	755.25+	273.12+

Includes main items only. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.
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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Cafeteria Date: Fri Jul 17, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
(gm)		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Breakfast																			
CHICKEN, SAUSAGE LINK (YELL	1 each	23	43	3.0	0.1	3.2	0.77	20	0.0		0.04+	0.02+	0+	0+	0+	96	172	0.18	0.00+
BACON, 1EA (RED)	1 slice	13	58	3.5	0.0	5.3	1.75	23	0.0	0.0			7				257	0.56	1.37
SAUSAGE, GRAVY (RED)	4 ounces	117	181	3.4	8.2+	14.2	5.20	24	0.0+		0.00+	0.00+	2+	1+	0+	186	540	0.27+	0.00+
VEG, SAUTEED PEPPERS & ONIC	1/2 cup	69	41	0.7	4.9	2.3	0.19	0	1.0+		0.43+	0.20+	11+	7+	17+	117	72+	0.22+	0.12+
POTATO, HOME FRIED (RED)	3/4 cup	116	219	3.5	24.2	11.7	0.48+	0	2.3		1.24+	0.60+	12	0+	0+	403	530	0.93	0.00+
OATMEAL, QUICK COOK (GREEN	6 ounces	127	93	2.3	18.8	1.4	0.23	0	1.8	0.0+	0.00+	0.00+	18	2+	57	73	5	0.72	0.05
GRITS (YELLOW)	3/4 cup	218	100	2.3	22.2	0.4	0.00+	0	1.5	0.0+	0.00+	0.00+	6	2+	0+	40	180	1.30	0.00+
BREAD, BISCUIT (RED)	1 each	90	280	4.0	39.0	12.0	8.00	0	1.0	3.0			50			68	830	2.00	
EGG, SCRAMBLED (YELLOW)	1/3 cup	91	141	11.8	1.0	9.5	2.75	381	0.0	0.0+	0.08+	0.04+	44	0+	163	118	127	1.51	1.12
TURNOVER, APPLE (RED)	3.7 ounces	105	345	4.2	32.5	22.0	10.49	0	1.0	6.3			29			63	221	2.10	
FRENCH TOAST (RED)	1 each	108	169	11.9	14.6	6.8	1.98+	271	0.0	0.1+	0.05+	0.02+	151	11+	208	247	155	1.18	1.21+
EGG, HARD BOILED (YELLOW)	1 each	50	73	5.9	0.5	5.0	1.52	183	0.0		0.55	0.04	23	5	63	57	63	0.70	0.58
BISCUIT, SAUSAGE, EGG & CHEE	1 each	200	647	16.4	40.4+	45.5	19.53	179	1.0+	3.0+			122+		60+	388+	1590	2.31+	
Breakfast Totals			2388	72.8	206.4+	139.3	52.89+	1081	9.8+	12.5+	2.40+	0.92+	475+	27+	569+	1855+	4742+	13.99+	4.46+
Lunch																			
FISH, CATFISH, CAJUN CRUSTED	1 each	201	255	21.6+	38.5+	1.4+	0.00+	45+	0.1+	2.0+	0.01+	0.00+	14+	0+	1+	389+	1823	7.47+	0.01+
CHICKEN SEASONED QTR (YELL	1 each	175	365	25.8	3.0	27.4	7.60	0+	0.0	0.0					190+	228+	1030		
VEG, BRUSSEL SPROUTS, SAUTI	1/2 cup	79	70	2.5	6.7	4.6	0.37	0	2.8		0.86	0.47	32	17	51	288	297	1.04	0.31
VEG, CARROTS BABY W/THYME	1 cup	125	70	0.8	10.1	3.1	1.38	0	3.6	0.0+	0.07+	0.01+	43+	13+	34+	289+	215	1.33+	0.22+
VEG, CORN ON THE COB (GREEN	1 each	429	63	2.4	13.7	1.0	0.24	0	1.5		0.34	0.01	12	31	65	201	312	0.38	0.34
RICE, PILAF (YELLOW)	1/2 cup	146	173	3.3	30.3	3.8	1.69+	0	0.1	0.0+	0.00+	0.00+	4+	1+	1+	7+	143	0.01+	0.01+
MACARONI & CHEESE, BAKED (R	2/3 cup	146	389	15.8	38.8	19.1	9.96	39	1.7	0.0+	0.37+	0.04+	315+	14+	239+	211+	548	0.20+	1.28+
BREAD, CORNBREAD LOUISIANA	1 piece	91	231	2.9	29.5	11.2	4.40	4	0.9	1.9+	0.17+	0.08+	70+	3+	26+	119+	414	0.96+	0.12+
SOUP, CHICKEN NOODLE (GREE	12 ounces	348	135	6.0	18.0	3.7	1.50	30	1.5	1.5+	0.00+	0.00+	5+	2+	0+	152	1160	0.00+	0.00+
HAMBURGER, GRILLED (YELLOW	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YELI	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (I	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RE	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, COTTAGE CHEESE	1 each	333	428	25.4	60.4	10.9	2.26	188	5.0	15.4+	0.60+	0.05+	98+	18+	234+	453	622	2.70	1.14+
SMALL BITE, HUMMUS (GREEN)	1 each	262	350	13.8	51.5	13.2	1.71	0	9.3		0.08+	0.02+	73+	90+	224+	528+	844	4.34	2.21+
SMALL BITE, YOGURT (YELLOW)	1 each	277	448	14.3	75.9	10.9	2.25	190	4.1	15.4+	0.60+	0.05+	164+	7+	169+	492	211	2.40	0.60+
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
Lunch Totals			7556	392.0+	933.7+	255.5+	83.03+	1065+	68.0+	102.3+	4.93+	1.13+	2452+	262+	2601+	8179+	15577	46.02+	22.33+
Dinner																			
CHICKEN WINGS, THAI STYLE (R	1 each	52	132	6.7	8.5	7.6	2.22	49	0.0	6.2			0+			117	332	0.22+	
BEEF, BEEF & BROCCOLI (GREE	1 cup	328	190	17.7	19.4	5.7	1.11	40	3.0	0.0+	0.66+	0.32+	67+	33+	91+	630+	838	2.67	0.55+
VEG SNOW PEAS & CARROTS, G	3/4 cup	100	64	1.3	8.0	3.2	0.45+	0	2.5+		0.33+	0.03+	119+	8+	142+	212	147+	1.07+	0.22+
VEG, BLEND, MANDARIN STIR FR	1/2 cup	93	48	1.2	5.8	1.5	0.68	0	2.3	0.0+	0.00+	0.00+	0+	0+	0+	199+	72+	0.01+	0.00+
RICE, VEGETABLE FRIED (YELLOW	3/4 cup	224	228	7.1	36.5	5.8	0.85	55	1.5	0.0+	1.21+	0.28+	25+	15+	61+	143+	540	0.78+	0.44+
POTATOES, SWEET POTATO WE	4 ounces	115	225	1.3	33.6	9.1	0.74	0	1.3	1.3+	0.21+	0.10+	40	0+	0+	347	254	0.53	0.00+
Dinner Totals			887	35.2	111.9	32.9	6.04+	144	10.6+	7.6+	2.42+	0.73+	251+	56+	294+	1648+	2183+	5.28+	1.22+
Daily Totals for 07/17/26			10831	500.1+	1252.0+	427.7+	141.95+	2290+	88.4+	122.4+	9.76+	2.79+	3177+	345+	3464+	11682+	22503+	65.28+	28.00+
Daily Value			2000	50.0	275.0	78.0	20.00	300	28.0	50.0			1300	420	1250	4700	2300	18.00	11.00

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: Cafeteria

Date: Fri Jul 17, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Fat (gm)	SFA (gm)	Chol estrol (mg)	Dietry Fiber (gm)	Added Sugars (gm)	Lin oleic (gm)	Lino lenic (gm)	Cal cium (mg)	Magne sium (mg)	Phos phorus (mg)	Potas sium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)
Percent Daily Value (%)			542	1000.2+	455.3+	548.3+	709.77+	763+	315.6+	244.8+			244+	82+	277+	249+	978+	362.68+	254.59+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			2200	56.0	303.0	73.3	24.40	300	30.8	55.0	14.00	1.60	1000	420	700	4700	2300	8.00	11.00
Percent RDA/DRI STANDARDS, 3 MEALS (%)			492	893.0+	413.2+	583.2+	581.78+	763+	286.9+	222.5+	69.68+	174.18+	318+	82+	495+	249+	978+	816.02+	254.59+

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: Cafeteria

Date: Sat Jul 18, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Breakfast																			
EGG, SCRAMBLED (YELLOW)	1/3 cup	91	141	11.8	1.0	9.5	2.75	381	0.0	0.0+	0.08+	0.04+	44	0+	163	118	127	1.51	1.12
EGG, HARD BOILED (YELLOW)	1 each	50	73	5.9	0.5	5.0	1.52	183	0.0		0.55	0.04	23	5	63	57	63	0.70	0.58
BACON, 1EA (RED)	1 slice	13	58	3.5	0.0	5.3	1.75	23	0.0	0.0			7				257	0.56	1.37
PORK, SAUSAGE PATTY (RED)	1 each	57	250	7.0		24.0	8.00	50								300	440		
POTATO, HASH BROWN PATTY (I	1 each	72	143	2.0	16.3	7.1	2.04	0	2.0	0.0						285	275		
BREAD, BISCUIT (RED)	1 each	90	280	4.0	39.0	12.0	8.00	0	1.0	3.0			50			68	830	2.00	
FRENCH TOAST STICKS (YELLOW)	4 sticks	113	310	5.0	39.0	14.0	2.50	0	2.0	7.0			40			90	390	2.10	
Breakfast Totals			1254	39.3	95.8+	76.9	26.56	637	5.0+	10.0+	0.64+	0.08+	164+	5+	226+	918+	2382	6.87+	3.07+
Lunch																			
CHICKEN, ALFREDO (YELLOW)	1 cup	287	546	34.4	43.0	26.6	6.85	107	1.5	0.0+	0.24+	0.01+	159+	24+	464	677	738	1.50+	0.64+
BEEF, MEATLOAF W/ BROWN GR	6 ounces	248	300	28.4	12.8	14.2	5.22+	116+	0.5	0.6+	0.01+	0.00+	50+	4+	256+	511+	723	2.92+	6.06+
VEG ASPARAGUS, ROASTED (GF	1/2 cup	95	52	2.0	3.7	3.8	0.31	0	1.9		0.74+	0.35+	22	13+	47+	184+	119	1.94	0.49+
VEG, GREEN BEANS, HERBED (G	3/4 cup	138	98	1.8	11.0	5.2	0.41	0	3.3	0.0+	0.98+	0.47+	74	7+	12+	259	281	1.96	0.11+
POTATO, PARSLEY BUTTERED (C	4 ounces	118	101	2.2	17.2	2.8	1.27	0	2.2	0.0+	0.00+	0.00+	7+	1+	1+	379+	238	0.39+	0.01+
RICE, BROWN (GREEN)	3/4 cup	157	188	3.8	38.4	2.0	0.33	0	1.8		0.56	0.05	8	60	157	127	199	0.65	1.07
GRAVY, BROWN LOW SODIUM (Y	2 ounces	61	23	0.9	4.6	0.5	0.00+	0+	0.0		0.00+	0.00+	2+	1+	0+	1+	122	0.00+	0.00+
ROLL, HAWAIIAN YEAST (YELLOW	1 piece	30	104	3.0	16.0	3.5	1.68	15	0.0	5.0			20+			40+	94	0.80+	
HAMBURGER, GRILLED (YELLOW	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YELI	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
SANDWICH, GRILLED CHICKEN (C	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RE	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, ASSORTED PROTEI	1 each	261	438	24.5	41.5	21.0	8.01+	116	3.1+	3.4+	0.59+	0.06+	277+	27+	276+	437+	861	1.90+	1.69+
SALAD, SIDE (GREEN)	8 ounces	232	56	2.2	11.2	0.3	0.05	0	3.8		0.10+	0.01+	25+	18+	38+	322+	104	0.41+	0.29+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (F	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
Lunch Totals			6309	358.8	732.1	217.4	70.71+	916+	54.7+	72.8+	4.20+	1.30+	2257+	213+	2596+	7726+	11277	37.17+	26.34+
Dinner																			
BEEF, YAKISOBA, GROUND (YELI	1 cup	786	405	31.4	37.0	13.2	5.06	73	2.2	0.0+	0.30+	0.03+	52	39+	332+	617+	442	4.01	6.63+
CHICKEN, BREAST ASIAN BARBE	6 ounces	194	295	34.1	17.2	9.6	1.24	109	0.6	0.0+	1.10+	0.51+	28+	10+	356	583	331	0.47+	0.14+
VEG, SQUASH YELLOW/ZUCCHIN	1/2 cup	88	13	0.8	2.6	0.1	0.02	0	1.2		0.02	0.03	13	12	21	137	141	0.32	0.17
VEG, MIXED VEGETABLE STIR FF	3/4 cup	144	85	2.5	9.2	5.0	2.17	0	3.5	0.0+	0.07+	0.01+	58+	22+	57+	318+	206	0.79+	0.37+
RICE, BROWN (GREEN)	3/4 cup	157	188	3.8	38.4	2.0	0.33	0	1.8		0.56	0.05	8	60	157	127	199	0.65	1.07
Dinner Totals			986	72.7	104.4	29.8	8.83	182	9.4	0.0+	2.05+	0.63+	158+	142+	922+	1782+	1320	6.24+	8.40+
Daily Totals for 07/18/26			8548	470.8	932.3+	324.1	106.10+	1736+	69.1+	82.9+	6.89+	2.01+	2579+	360+	3744+	10426+	14978	50.29+	37.81+
Daily Value			2000	50.0	275.0	78.0	20.00	300	28.0	50.0			1300	420	1250	4700	2300	18.00	11.00
Percent Daily Value (%)			427	941.5	339.0+	415.5	530.52+	579+	246.7+	165.7+			198+	86+	300+	222+	651	279.37+	343.68+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			2200	56.0	303.0	73.3	24.40	300	30.8	55.0	14.00	1.60	1000	420	700	4700	2300	8.00	11.00
Percent RDA/DRI STANDARDS, 3 MEALS (%)			389	840.6	307.7+	442.0	434.85+	579+	224.2+	150.7+	49.22+	125.89+	258+	86+	535+	222+	651	628.59+	343.68+
Week Daily Average (07/12/26-07/18/26)			10327+	514.1+	1121.0+	420.8+	137.99+	2173+	82.0+	105.8+	11.18+	3.35+	3257+	321+	3572+	11235+	19942+	56.04+	30.71+

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: Cafeteria

Date: Sun Jul 19, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Lunch																			
FISH, COD, POTATO CRUSTED (C	1 each	157	242	23.5	15.4	7.7	1.43	62	0.0	0.0+	0.15+	0.07+	28	0+	0+	483	539	0.97	0.00+
BEEF, BRAISED CUBES (GREEN)	3/4 cup	170	251	37.5	8.6	7.5	3.20	75	0.5		0.01+	0.00+	12+	5+	7+	469+	230	0.37+	0.06+
VEG, BLEND, MIXED VEGETABLE	1/2 cup	167	65	3.0	12.2	0.5	0.09	0	3.6		0.16	0.06	25	23	54	193	45	0.86	0.41
VEG, BROCCOLI, STEAMED (GRE	3/4 cup	91	31	2.6	6.0	0.3	0.04	0	2.4		0.02	0.02	43	19	60	287	30	0.66	0.37
NOODLES, EGG (YELLOW)	3/4 cup	425	175	6.4	32.3	2.1	0.54	38	1.5		0.57	0.03	27	30	109	114	160	1.82	0.87
RICE, STEAMED (YELLOW)	3/4 cup	156	183	4.3	39.7	0.1	0.01	0	0.0		0.02+	0.01+	3+	1+	0+	1+	3	0.00+	0.00+
ROLL, HAWAIIAN YEAST (YELLOW	1 piece	30	104	3.0	16.0	3.5	1.68	15	0.0	5.0			20+			40+	94	0.80+	
HAMBURGER, GRILLED (YELLOW	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YELI	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (I	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RE	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, ASSORTED PROTEI	1 each	261	438	24.5	41.5	21.0	8.01+	116	3.1+	3.4+	0.59+	0.06+	277+	27+	276+	437+	861	1.90+	1.69+
SALAD, SIDE (GREEN)	8 ounces	232	56	2.2	11.2	0.3	0.05	0	3.8		0.10+	0.01+	25+	18+	38+	322+	104	0.41+	0.29+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (F	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MELON (GREEN)	6 ounces	77	27	0.5	6.7	0.1	0.03	0	0.7		0.02	0.03	6	8	10	191	13	0.15	0.10
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
Lunch Totals			5976	363.0	722.3	180.6	61.69+	869	52.1+	72.2+	2.61+	0.65+	2080+	191+	1900+	7326+	9877	32.63+	19.77+
Dinner																			
LASAGNA, SPINACH (GREEN)	1 serving	354	291	20.5	34.7	8.9	4.06+	68	6.3	0.0+	0.50+	0.17+	364+	93+	311+	1052+	615	4.27+	2.07+
CHICKEN, PRIMAVERA (GREEN)	4 ounces	480	246	24.8	24.0	6.0	0.33	73	5.3	0.0+	0.74+	0.26+	111+	33+	365	897	241	1.98+	0.47+
VEG, CARROTS ROASTED BABY	3/4 cup	116	91	0.7	9.1	6.0	0.46	0	3.2		1.18	0.55	35	11	31	259	364	0.98	0.19
VEG, BRUSSEL SPROUTS, SAUTI	1/2 cup	79	70	2.5	6.7	4.6	0.37	0	2.8		0.86	0.47	32	17	51	288	297	1.04	0.31
PASTA, BOWTIE (YELLOW)	1/2 cup	408	101	3.5	21.3	0.5	0.00+	0	1.0	0.0+	0.00+	0.00+	11+	4+	0+	65	11	0.81	0.00+
RICE, PILAF (YELLOW)	1/2 cup	146	173	3.3	30.3	3.8	1.69+	0	0.1	0.0+	0.00+	0.00+	4+	1+	1+	7+	143	0.01+	0.01+
Dinner Totals			972	55.4	126.0	29.8	6.90+	141	18.7	0.0+	3.28+	1.45+	557+	160+	758+	2567+	1672	9.09+	3.04+
Daily Totals for 07/19/26			6948	418.4	848.3	210.5	68.59+	1010	70.8+	72.2+	5.89+	2.10+	2637+	350+	2658+	9893+	11549	41.72+	22.81+
Daily Value			2000	50.0	275.0	78.0	20.00	300	28.0	50.0			1300	420	1250	4700	2300	18.00	11.00
Percent Daily Value (%)			347	836.8	308.5	269.8	342.95+	337	252.8+	144.5+			203+	83+	213+	210+	502	231.80+	207.34+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			2200	56.0	303.0	73.3	24.40	300	30.8	55.0	14.00	1.60	1000	420	700	4700	2300	8.00	11.00
Percent RDA/DRI STANDARDS, 3 MEALS (%)			316	747.2	280.0	287.0	281.10+	337	229.8+	131.3+	42.09+	131.15+	264+	83+	380+	210+	502	521.55+	207.34+

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: Cafeteria

Date: Mon Jul 20, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Lunch																			
EGGPLANT CUTLET, OVEN-FRIE	3 slices	107	213	7.0	24.9	12.1	2.92	10+	1.1		0.20+	0.05+	114+	5+	85+	181	322	0.68	0.57+
SHRIMP, SEASONED GRILLED (G	4 ounces	143	189	14.0	2.3	7.9	3.27	149	0.6	0.0+	0.09+	0.01+	8+	3+	6+	136+	956	0.37+	0.07+
CHICKEN SEASONED QTR (YELL	1 each	175	365	25.8	3.0	27.4	7.60	0+	0.0	0.0					190+	228+	1030		
VEG, BLEND, MALIBU (GREEN)	1/2 cup	91	11	0.4	2.3	0.0	0.00	0	1.1	0.0			11			72	13		
VEG ASPARAGUS, W/GARLIC & C	1/2 cup	112	47	2.3	5.5	2.4	0.36	0	2.2		0.26	0.03	28	15	54	213	282	2.02	0.53
POTATO, MASHED RED GARLIC (	1/2 cup	109	117	2.5	14.2	5.9	3.77	17	1.7	0.0			33			415	352	0.50	
PASTA, LINGUINE (YELLOW)	3/4 cup	350	172	5.9	33.9	1.1	0.16	0	1.5		0.32	0.05	19	27	86	104	221	1.50	0.64
BREADSTICK, GARLIC CHEESE (	1 each	28	79	2.9	10.3	1.0	0.98	5	0.5	0.5			24			23	231	0.49	
SOUP, LASAGNA (RED)	12 ounces	818	316	16.1	27.0	16.1	7.03	66	2.8	0.0+	0.71+	0.13+	223+	33+	183+	367+	367	1.70+	2.23+
HAMBURGER, GRILLED (YELLOW	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YEL	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RE	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, CHICKEN & CHEESE	1 each	251	487	38.7	32.8	23.8	10.76	129	0.5	0.0+	0.71+	0.08+	411+	18+	517+	511+	845	1.04+	2.09+
SMALL BITE, SALAMI & CHEESE (	1 each	194	610	27.4	31.5	43.4	19.87	127	0.5		0.71+	0.08+	411+	18+	264+	311+	1744	1.04+	2.09+
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUR	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MELON (GREEN)	6 ounces	77	27	0.5	6.7	0.1	0.03	0	0.7		0.02	0.03	6	8	10	191	13	0.15	0.10
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
Lunch Totals			7212	401.1	751.7	286.2	106.42+	1074+	50.6+	66.8+	4.84+	0.86+	2909+	193+	2760+	7576+	14333	34.69+	24.41+
Dinner																			
FISH, SALMON, TERIYAKI GLAZE	6 ounces	186	273	42.6	3.9	8.8	1.45	150	0.0	2.6+	0.15+	0.07+	22+	0+	0+	948+	392	1.50+	0.00+
BEEF, MONGOLIAN GRILL (YELL	6 ounces	199	291	32.1	12.0	12.2	2.78	88	0.3+	7.6+	0.63+	0.30+	5+	5+	11+	648	806	1.70	0.07+
VEG, GREEN BEANS, SESAME GI	3/4 cup	118	62	2.0	12.2	0.5	0.03	0	2.7	3.6+	0.08+	0.00+	50+	1+	3+	223	251	1.34+	0.04+
VEG, BLEND, MANDARIN STIR FR	1/2 cup	93	48	1.2	5.8	1.5	0.68	0	2.3	0.0+	0.00+	0.00+	0+	0+	0+	199+	72+	0.01+	0.00+
RICE, VEGETABLE FRIED (YELLOW	3/4 cup	224	228	7.1	36.5	5.8	0.85	55	1.5	0.0+	1.21+	0.28+	25+	15+	61+	143+	540	0.78+	0.44+
Dinner Totals			902	84.9	70.4	28.7	5.78	294	6.8+	13.7+	2.07+	0.65+	103+	21+	75+	2161+	2061+	5.33+	0.55+
Daily Totals for 07/20/26			8114	486.0	822.1	314.9	112.20+	1368+	57.4+	80.5+	6.91+	1.51+	3011+	214+	2836+	9737+	16394+	40.02+	24.97+
Daily Value			2000	50.0	275.0	78.0	20.00	300	28.0	50.0			1300	420	1250	4700	2300	18.00	11.00
Percent Daily Value (%)			406	972.0	299.0	403.8	561.01+	456+	204.9+	160.9+			232+	51+	227+	207+	713+	222.36+	226.98+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			2200	56.0	303.0	73.3	24.40	300	30.8	55.0	14.00	1.60	1000	420	700	4700	2300	8.00	11.00
Percent RDA/DRI STANDARDS, 3 MEALS (%)			369	867.8	271.3	429.5	459.84+	456+	186.3+	146.3+	49.37+	94.60+	301+	51+	405+	207+	713+	500.31+	226.98+

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: Cafeteria

Date: Tue Jul 21, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Lunch																			
CHICKEN SPICY LIME QTR (YELL	1 each	197	430	26.0	9.3	32.6	9.21+	0+	0.3	0.0+	0.27+	0.02+	5+	2+	194+	253+	723	0.18+	0.05+
BEEF, ENCHILADA CASSEROLE (	1 piece	236	395	24.1	34.0	17.0	7.07+	58	3.6	0.0+	0.38+	0.03+	145+	10+	208+	562	1000	3.33+	4.44+
VEG, CABBAGE w/PEPPERS, SAL	1/2 cup	146	73	1.8	8.5	4.1	1.85	0	3.5	0.0+	0.03+	0.00+	54+	17+	37+	248+	84	0.65+	0.26+
VEG, BROCCOLI, STEAMED (GRE	3/4 cup	91	31	2.6	6.0	0.3	0.04	0	2.4		0.02	0.02	43	19	60	287	30	0.66	0.37
VEG, CORN, HACIENDA (GREEN)	1/2 cup	115	122	5.1	19.0	2.2	0.41	0	6.3	0.0+	0.00+	0.00+	1+	0+	0+	430+	399	0.01+	0.00+
BEANS, BORRACHO (GREEN)	1/2 cup	317	144	8.8	25.7	1.1	0.20	0	7.0		0.15+	0.20+	86	42+	128+	350+	366	1.68	0.77+
RICE, CILANTRO LIME (YELLOW)	3/4 cup	133	218	3.9	36.1	5.9	1.94	0	0.0	0.0+	0.23+	0.02+	4+	1+	1+	10+	409	0.05+	0.01+
BREAD, CORNBREAD JALAPENO	1 piece	125	289	8.3	22.7	18.1	8.27	61	1.2	1.9+	0.49+	0.07+	194+	9+	118+	132+	574	1.19+	0.94+
SOUP, ALBONDIGAS (RED)	12 ounces	376	237	10.0+	17.1+	15.2+	4.71+	40+	3.1+		1.83+	0.16+	68+	25+	146+	416+	844	1.14+	1.02+
HAMBURGER, GRILLED (YELLOW	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YEL	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RE	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, BUFFALO CHICKEN	1 each	262	522	32.1	35.1	29.9	11.91	109	1.2+	0.3+	0.73+	0.08+	424+	22+	442+	474+	1041	1.23+	2.16+
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (F	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MELON (GREEN)	6 ounces	77	27	0.5	6.7	0.1	0.03	0	0.7		0.02	0.03	6	8	10	191	13	0.15	0.10
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
*****ADDITIONS*****	1 each																		
Lunch Totals			7067+	380.8+	777.5+	271.8+	95.30+	839+	66.7+	68.4+	5.97+	1.04+	2652+	222+	2709+	8175+	13441+	35.46+	26.22+
Dinner																			
CHICKEN, ALFREDO (YELLOW)	1 cup	287	546	34.4	43.0	26.6	6.85	107	1.5	0.0+	0.24+	0.01+	159+	24+	464	677	738	1.50+	0.64+
SHRIMP, SEASONED GRILLED (G	4 ounces	143	189	14.0	2.3	7.9	3.27	149	0.6	0.0+	0.09+	0.01+	8+	3+	6+	136+	956	0.37+	0.07+
VEG, BLEND, BERMUDA (GREEN)	1/2 cup	189	34	1.2	5.6	0.1	0.00	0	2.1		0.00+	0.00+	4+	1+	1+	22+	239	0.01+	0.00+
VEG, SPINACH, SAUTEED (GREE	1/2 cup	128	50	3.4	5.0	2.6	0.24	0	2.6		0.45	0.36	118	90	60	644	230	3.12	0.63
PASTA, BUTTERED BOWTIE (YEL	1 cup	343	218	7.1	42.5	2.7	0.66+	0	2.0	0.0+	0.06+	0.03+	9+	3+	0+	124+	109	1.62+	0.00+
RICE, STEAMED (YELLOW)	3/4 cup	156	183	4.3	39.7	0.1	0.01	0	0.0		0.02+	0.01+	3+	1+	0+	1+	3	0.00+	0.00+
Dinner Totals			1220	64.4	138.1	40.0	11.02+	257	8.7	0.0+	0.87+	0.42+	300+	123+	530+	1604+	2275	6.62+	1.35+
Daily Totals for 07/21/26			8288+	445.2+	915.7+	311.8+	106.33+	1095+	75.4+	68.4+	6.84+	1.46+	2952+	345+	3239+	9780+	15716+	42.09+	27.57+
Daily Value			2000	50.0	275.0	78.0	20.00	300	28.0	50.0			1300	420	1250	4700	2300	18.00	11.00
Percent Daily Value (%)			414+	890.5+	333.0+	399.8+	531.63+	365+	269.3+	136.8+			227+	82+	259+	208+	683+	233.81+	250.64+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			2200	56.0	303.0	73.3	24.40	300	30.8	55.0	14.00	1.60	1000	420	700	4700	2300	8.00	11.00
Percent RDA/DRI STANDARDS, 3 MEALS (%)			377+	795.0+	302.2+	425.2+	435.76+	365+	244.8+	124.4+	48.84+	90.98+	295+	82+	463+	208+	683+	526.07+	250.64+

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: Cafeteria

Date: Wed Jul 22, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Lunch																			
CHICKEN SEASONED QTR (YELL	1 each	175	365	25.8	3.0	27.4	7.60	0+	0.0	0.0					190+	228+	1030		
FISH, COD, GARLIC LEMON CRU	1 each	157	201	21.3	13.4	6.9	1.57	56	0.0		0.15+	0.07+	0+	0+	231	408	620	0.00+	0.00+
VEG, GREENS, COLLARD SEASO	3/4 cup	110	32	2.6	6.3	0.4	0.05+	0	3.5		0.07+	0.09+	193+	28+	26+	243+	327	1.03+	0.25+
VEG, CARROTS ROASTED BABY	3/4 cup	116	91	0.7	9.1	6.0	0.46	0	3.2		1.18	0.55	35	11	31	259	364	0.98	0.19
RICE, STEAMED (YELLOW)	3/4 cup	156	183	4.3	39.7	0.1	0.01	0	0.0		0.02+	0.01+	3+	1+	0+	1+	3	0.00+	0.00+
MACARONI & CHEESE, BAKED (R	2/3 cup	146	389	15.8	38.8	19.1	9.96	39	1.7	0.0+	0.37+	0.04+	315+	14+	239+	211+	548	0.20+	1.28+
ROLL, YEAST (YELLOW)	1 each	58	170	4.0	28.0	4.0	0.93	0	1.0	0.0+	0.02+	0.01+	0+	0+	0+	60+	169	0.00+	0.00+
PUDDING, SHIRRIEL'S BANANA (I	1/2 cup	272	584	8.0	79.1	27.2	12.99	75	1.8	0.4+	1.79+	0.19+	174+	31+	191+	400+	453	0.99+	0.78+
SOUP, BROCCOLI & CHEESE (RE	12 ounces	363	384	14.4	19.2	27.2	9.60	32	1.6	0.0			288			400	1280	1.60	
HAMBURGER, GRILLED (YELLOW	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YELI	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (I	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RE	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, ASSORTED PROTEI	1 each	261	438	24.5	41.5	21.0	8.01+	116	3.1+	3.4+	0.59+	0.06+	277+	27+	276+	437+	861	1.90+	1.69+
SANDWICH, CHICKEN SALAD CR	1 each	181	376	20.5	27.4	20.9	5.59+	79	1.5+	0.0+	0.04+	0.01+	18+	2+	7+	92+	691	1.42+	0.05+
SANDWICH, TUNA SALAD CROIS	1 each	246	378	17.7	33.1	20.8	6.58	110	2.5	0.0+	0.30+	0.03+	45+	11+	49+	375	587	2.32+	0.39+
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP WATERMELON (GRE	6 ounces	170	51	1.0	12.8	0.3	0.03	0	0.7		0.09	0.00	12	17	19	191	2	0.41	0.17
FRUIT, CUP MELON (GREEN)	6 ounces	77	27	0.5	6.7	0.1	0.03	0	0.7		0.02	0.03	6	8	10	191	13	0.15	0.10
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
Lunch Totals			8246	418.7	915.5	326.7	113.07+	1076+	58.5+	70.1+	6.47+	1.49+	2988+	215+	2634+	8318+	14906	36.19+	20.99+
Dinner																			
TURKEY, ROAST (GREEN)	4 ounces	125	162	25.2	0.1	7.7	1.80	71	0.0		0.42+	0.20+	1+	0+	285	309	297	0.79	0.00+
PORK, SPARERIBS, COOKED (RE	3 ribs	139	374	27.2	2.2	27.8	11.34	112	0.0	1.6+	0.42+	0.20+	0+	0+	0+	304	466	1.76	0.00+
VEG, BLEND, NORMANDY (GREE	1/2 cup	187	48	2.3	6.6	2.0	0.86	0	2.6	0.0+	0.00+	0.00+	43+	1+	46+	227+	121	0.80+	0.29+
VEG, GREEN BEANS, LYONNAISE	3/4 cup	130	87	1.5	9.5	4.5	2.04	0	2.9	0.0+	0.00+	0.00+	56+	2+	5+	227+	253	1.41+	0.04+
RICE, PILAF (YELLOW)	1/2 cup	146	173	3.3	30.3	3.8	1.69+	0	0.1	0.0+	0.00+	0.00+	4+	1+	1+	7+	143	0.01+	0.01+
POTATOES, MASHED RED (YELL	1/2 cup	130	130	3.2	18.4	5.4	3.24	16	2.2	0.0			54			540	464	0.00	
GRAVY, TURKEY (YELLOW)	2 ounces	61	15	0.0	3.0	0.0	0.00	0	0.0	0.0+	0.00+	0.00+	7	1+	0+	16	282	0.00	0.00+
ROLL, HAWAIIAN YEAST (YELLOW	1 piece	30	104	3.0	16.0	3.5	1.68	15	0.0	5.0			20+			40+	94	0.80+	
Dinner Totals			1093	65.8	86.0	54.7	22.64+	214	7.8	6.6+	0.84+	0.40+	185+	5+	338+	1670+	2119	5.56+	0.33+
Daily Totals for 07/22/26			9339	484.5	1001.6	381.4	135.71+	1291+	66.3+	76.7+	7.31+	1.90+	3173+	220+	2972+	9988+	17025	41.75+	21.33+
Daily Value			2000	50.0	275.0	78.0	20.00	300	28.0	50.0			1300	420	1250	4700	2300	18.00	11.00
Percent Daily Value (%)			467	969.0	364.2	488.9	678.56+	430+	236.9+	153.4+			244+	52+	238+	213+	740	231.96+	193.87+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			2200	56.0	303.0	73.3	24.40	300	30.8	55.0	14.00	1.60	1000	420	700	4700	2300	8.00	11.00
Percent RDA/DRI STANDARDS, 3 MEALS (%)			424	865.2	330.6	520.1	556.20+	430+	215.3+	139.5+	52.22+	118.51+	317+	52+	425+	213+	740	521.91+	193.87+

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: Cafeteria

Date: Thu Jul 23, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Lunch																			
PORK, RIBS, KOREAN, COOKED	3 ribs	172	379	27.6	5.3	26.8	11.23+	112	0.0	1.6+	0.08+	0.04+	0+	0+	0+	304+	697	1.76+	0.00+
CHICKEN, TERIYAKI BAKED (YEL	1 each	170	214	29.1	11.4	5.7	1.38	128	0.0	7.6+	0.04+	0.02+	0+	0+	313+	329+	904	1.10+	2.15+
VEG, BLEND, MANDARIN STIR FR	1/2 cup	93	48	1.2	5.8	1.5	0.68	0	2.3	0.0+	0.00+	0.00+	0+	0+	0+	199+	72+	0.01+	0.00+
VEG, BRUSSEL SPROUTS, KUNG	1/2 cup	94	81	2.5	10.7	3.9	0.55	0	2.6	2.5+	0.39+	0.08+	33	14+	42+	269	255	0.84	0.26+
VEG, GREEN BEANS, KUNG PAO	3/4 cup	148	97	2.1	13.7	3.7	0.52	0	3.2	2.5+	0.37+	0.03+	61	2+	6+	272	242	1.45	0.04+
RICE, STEAMED (YELLOW)	3/4 cup	156	183	4.3	39.7	0.1	0.01	0	0.0		0.02+	0.01+	3+	1+	0+	1+	3	0.00+	0.00+
POTATOES, SWEET POTATO WE	4 ounces	115	225	1.3	33.6	9.1	0.74	0	1.3	1.3+	0.21+	0.10+	40	0+	0+	347	254	0.53	0.00+
POTSTICKERS, CHICKEN & VEGE	4 each	113	176	8.8	27.2	2.8	0.40	20	1.6								560		
SOUP, CHICKEN TIKKA MASALA (	12 ounces	417	249	15.5	16.2	14.4	5.12+	50	2.7+	0.2+	0.89+	0.36+	57+	38+	58+	522+	523	1.54+	0.51+
HAMBURGER, GRILLED (YELLOW	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YEL	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RE	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, CHICKEN SALAD (R	1 each	256	532	33.8	34.7	30.0	11.35+	135	1.0+	0.0+	0.75+	0.08+	417+	20+	271+	189+	1241	1.19+	2.14+
SMALL BITE, TUNA (RED)	1 each	256	502	32.9	38.0	26.7	11.87	166	1.3	0.0+	0.98+	0.10+	427+	23+	299+	355+	1077	2.06+	2.39+
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MELON (GREEN)	6 ounces	77	27	0.5	6.7	0.1	0.03	0	0.7		0.02	0.03	6	8	10	191	13	0.15	0.10
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
Lunch Totals			7292	417.0	800.4	270.0	93.54+	1180	54.1+	82.0+	5.60+	1.26+	2667+	173+	2365+	7802+	13799+	35.84+	23.68+
Dinner																			
CHICKEN, CITRUS HERB (GREEN	1 each	164	213	27.7	5.8	8.4	1.61	128	0.7		0.61+	0.26+	15+	5+	323	399	341	1.79	2.26
PORK LOIN, APPLE GLAZED (YEL	5 ounces	225	284	31.4	15.1	11.1	4.62	92	0.1	0.0+	0.01+	0.00+	9+	2+	217+	422	522	0.74+	0.01+
VEG, ZUCCHINI & SQUASH, SAUT	1/2 cup	89	23	1.0	3.7	0.7	0.10	0	1.4	0.0+	0.07+	0.03+	8+	8+	18+	168+	118	0.17+	0.13+
VEG, BLEND, NEW BRUNSWICK (	1/2 cup	153	39	0.6	3.5	2.4	1.08	0	1.2	0.0+	0.00+	0.00+	21+	1+	0+	100+	127	0.01+	0.00+
RICE, STEAMED (YELLOW)	3/4 cup	156	183	4.3	39.7	0.1	0.01	0	0.0		0.02+	0.01+	3+	1+	0+	1+	3	0.00+	0.00+
POTATO, MASHED (YELLOW)	3/4 cup	193	157	4.4	27.6	3.2	1.47	1	2.5	0.0+	0.00+	0.00+	69+	4+	118+	514+	500	0.53+	0.10+
GRAVY, PORK (YELLOW)	2 ounces	59	18	0.4	3.1	0.4	0.21	0	0.1		0.02	0.00	8	2	9	12	262	0.19	0.05
Dinner Totals			917	69.8	98.4	26.2	9.11	222	6.0	0.0+	0.74+	0.30+	134+	24+	685+	1615+	1873	3.44+	2.55+
Daily Totals for 07/23/26			8209	486.9	898.9	296.3	102.64+	1402	60.1+	82.0+	6.34+	1.57+	2801+	197+	3050+	9417+	15672+	39.28+	26.23+
Daily Value			2000	50.0	275.0	78.0	20.00	300	28.0	50.0			1300	420	1250	4700	2300	18.00	11.00
Percent Daily Value (%)			410	973.7	326.9	379.8	513.22+	467	214.8+	163.9+			215+	47+	244+	200+	681+	218.22+	238.49+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			2200	56.0	303.0	73.3	24.40	300	30.8	55.0	14.00	1.60	1000	420	700	4700	2300	8.00	11.00
Percent RDA/DRI STANDARDS, 3 MEALS (%)			373	869.4	296.7	404.0	420.67+	467	195.2+	149.0+	45.32+	97.94+	280+	47+	436+	200+	681+	490.99+	238.49+

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: Cafeteria

Date: Fri Jul 24, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
(gm)		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Lunch																			
CHICKEN SEASONED QTR (YELL)	1 each	175	365	25.8	3.0	27.4	7.60	0+	0.0	0.0					190+	228+	1030		
FISH, SALMON, CUCUMBER DILL	6 ounces	236	309	42.8+	2.3+	13.1+	2.18+	157+	0.4+	0.0+	0.11+	0.05+	50+	6+	23+	1036+	502	1.61+	0.15+
VEG ASPARAGUS, W/GARLIC & C	1/2 cup	112	47	2.3	5.5	2.4	0.36	0	2.2		0.26	0.03	28	15	54	213	282	2.02	0.53
VEG CAULIFLOWER, ROASTED (C	3/4 cup	171	107	3.3	7.7	8.1	0.63	0	3.8		1.50	0.86	36	20	57	316	179	0.89	0.28
VEG, CARROTS ROASTED BABY	3/4 cup	116	91	0.7	9.1	6.0	0.46	0	3.2		1.18	0.55	35	11	31	259	364	0.98	0.19
POTATO, PARSLEY BUTTERED (C	4 ounces	118	101	2.2	17.2	2.8	1.27	0	2.2	0.0+	0.00+	0.00+	7+	1+	1+	379+	238	0.39+	0.01+
RICE, GREEK (SPANAKORIZO) (Y	1/2 cup	134	165	3.0	27.8	4.7	0.67+	0	1.0		0.48+	0.06+	42+	23+	51+	143+	174	2.08+	0.47+
BREAD PITA, WHOLE WHEAT (GF	1 each	90	230	7.0	39.0	5.0	2.00	0	4.0						115	100	500		
SOUP, VEGETABLE BEEF (GREEK	12 ounces	348	128	5.7	19.8	2.8	0.00+	7	2.8	2.8+	0.00+	0.00+	5+	2+	0+	271	1125	0.00+	0.00+
HAMBURGER, GRILLED (YELLOW	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YELL	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (C	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RE	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, COTTAGE CHEESE	1 each	333	428	25.4	60.4	10.9	2.26	188	5.0	15.4+	0.60+	0.05+	98+	18+	234+	453	622	2.70	1.14+
SMALL BITE, YOGURT (YELLOW)	1 each	277	448	14.3	75.9	10.9	2.25	190	4.1	15.4+	0.60+	0.05+	164+	7+	169+	492	211	2.40	0.60+
SMALL BITE, VEGETABLE CRUDI	1 each	260	61	2.0	13.2	0.5	0.09	0	4.7		0.17+	0.01+	66	28	65	617	125	1.13	0.41
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUR	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP WATERMELON (GRE	6 ounces	170	51	1.0	12.8	0.3	0.03	0	0.7		0.09	0.00	12	17	19	191	2	0.41	0.17
FRUIT, CUP MELON (GREEN)	6 ounces	77	27	0.5	6.7	0.1	0.03	0	0.7		0.02	0.03	6	8	10	191	13	0.15	0.10
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
Lunch Totals			7136	393.5+	857.8+	240.3+	69.49+	1112+	72.1+	99.8+	6.83+	2.09+	2173+	221+	2383+	9712+	13325	39.94+	20.14+
Dinner																			
BEEF, COUNTRY STYLE STEAK (I	1 each	128	360	19.0	34.0	17.0	4.50	40	1.0				30				830	3.00	
FISH, COD, POTATO CRUSTED (C	1 each	157	242	23.5	15.4	7.7	1.43	62	0.0	0.0+	0.15+	0.07+	28	0+	0+	483	539	0.97	0.00+
VEG SQUASH, SUMMER, ROASTI	3/4 cup	202	90	2.0	8.1	5.7	0.41	0	4.0	0.0+	1.08+	0.52+	0+	0+	0+	241+	113	0.00+	0.00+
VEG, GREEN BEANS, HERBED (G	3/4 cup	138	98	1.8	11.0	5.2	0.41	0	3.3	0.0+	0.98+	0.47+	74	7+	12+	259	281	1.96	0.11+
RICE, BROWN (GREEN)	3/4 cup	157	188	3.8	38.4	2.0	0.33	0	1.8		0.56	0.05	8	60	157	127	199	0.65	1.07
MACARONI & CHEESE, FROZEN (	1/2 cup	120	159	6.9	17.5	6.9	4.24	16	0.5				117			74	440	0.69	
GRAVY MIX, COUNTRY STYLE (R	2 ounces	66	45	0.0	6.0	2.0	1.00	0	0.0		0.00+	0.00+	2+	1+	0+	31	242	0.20	0.00+
BREAD, CORNBREAD (FROZEN)	1 piece	60	212	3.0	25.2	10.1	2.02	40	0.0	11.1			20			40	262	1.01	
Dinner Totals			1395	60.0	155.6	56.5	14.33	158	10.6	11.1+	2.76+	1.11+	278+	67+	169+	1255+	2905	8.48+	1.19+
Daily Totals for 07/24/26			8531	453.5+	1013.4+	296.7+	83.82+	1270+	82.8+	110.9+	9.60+	3.19+	2451+	288+	2551+	10967+	16230	48.42+	21.32+
Daily Value			2000	50.0	275.0	78.0	20.00	300	28.0	50.0			1300	420	1250	4700	2300	18.00	11.00
Percent Daily Value (%)			427	907.0+	368.5+	380.4+	419.08+	423+	295.6+	221.8+			189+	69+	204+	233+	706	268.99+	193.86+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			2200	56.0	303.0	73.3	24.40	300	30.8	55.0	14.00	1.60	1000	420	700	4700	2300	8.00	11.00
Percent RDA/DRI STANDARDS, 3 MEALS (%)			388	809.8+	334.5+	404.7+	343.51+	423+	268.7+	201.6+	68.54+	199.59+	245+	69+	364+	233+	706	605.22+	193.86+

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

Nutrient Totals Using Main Items Only

Menu: Cafeteria Date: Sat Jul 25, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Lunch																			
BEEF, POT ROAST (RED)	6 ounces	170	340	42.0	0.0	20.0	8.00	100	0.0	0.0			0			564	160	4.00	
CHICKEN, GIARDINO (GREEN)	1 cup	256	359	22.5	45.1	10.6	1.48+	50	3.8	0.0+	0.65+	0.07+	34+	16+	208+	613+	122	2.63+	0.32+
VEG, PEAS & PEARL ONIONS (GF)	3/4 cup	141	128	6.4	17.6	3.6	1.62	0	6.4	0.0+	0.00+	0.00+	32+	0+	0+	149+	243+	1.60+	0.00+
VEG, GREEN BEANS, SEASONED	3/4 cup	204	46	1.6	9.1	0.2	0.00	1	2.8	0.0+	0.00+	0.00+	55+	2+	3+	254	35	1.33+	0.01+
POTATOES, MASHED RED (YELLOW)	1/2 cup	130	130	3.2	18.4	5.4	3.24	16	2.2	0.0			54			540	464	0.00	
GRAVY, BROWN LOW SODIUM (Y)	2 ounces	61	23	0.9	4.6	0.5	0.00+	0+	0.0		0.00+	0.00+	2+	1+	0+	1+	122	0.00+	0.00+
BREAD, PARKERHOUSE ROLL (Y)	1 each	48	133	3.0	22.3	3.7	1.54	0	1.0	3.0+	0.00+	0.00+	9+	0+	0+	31+	201	1.01+	0.01+
HAMBURGER, GRILLED (YELLOW)	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YELLOW)	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (G)	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RED)	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, ASSORTED PROTEIN	1 each	261	438	24.5	41.5	21.0	8.01+	116	3.1+	3.4+	0.59+	0.06+	277+	27+	276+	437+	861	1.90+	1.69+
SALAD, SIDE (GREEN)	8 ounces	232	56	2.2	11.2	0.3	0.05	0	3.8		0.10+	0.01+	25+	18+	38+	322+	104	0.41+	0.29+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGURT	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (RED)	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MIXED BERRY (GREEN)	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
FRUIT, CUP MELON (GREEN)	6 ounces	77	27	0.5	6.7	0.1	0.03	0	0.7		0.02	0.03	6	8	10	191	13	0.15	0.10
Lunch Totals			6084	362.3	709.2	202.9	70.59+	844+	60.3+	70.2+	2.34+	0.53+	2107+	131+	1880+	7890+	10123+	37.73+	18.39+
Dinner																			
BEEF, PEPPER STEAK (YELLOW)	4 ounces	197	218	29.0	5.6	8.3	2.77	80	0.9		0.34+	0.07+	17	30+	199+	384+	253	2.89	4.98+
CHICKEN, BREAST ASIAN BARBE	6 ounces	194	295	34.1	17.2	9.6	1.24	109	0.6	0.0+	1.10+	0.51+	28+	10+	356	583	331	0.47+	0.14+
VEG, BLEND, MANDARIN STIR FR	1/2 cup	93	48	1.2	5.8	1.5	0.68	0	2.3	0.0+	0.00+	0.00+	0+	0+	0+	199+	72+	0.01+	0.00+
VEG CAULIFLOWER, ROASTED (GREEN)	3/4 cup	171	107	3.3	7.7	8.1	0.63	0	3.8		1.50	0.86	36	20	57	316	179	0.89	0.28
RICE, STEAMED (YELLOW)	3/4 cup	156	183	4.3	39.7	0.1	0.01	0	0.0		0.02+	0.01+	3+	1+	0+	1+	3	0.00+	0.00+
POTATOES, SWEET POTATO WEDGES	4 ounces	115	225	1.3	33.6	9.1	0.74	0	1.3	1.3+	0.21+	0.10+	40	0+	0+	347	254	0.53	0.00+
Dinner Totals			1076	73.2	109.5	36.8	6.07	188	8.9	1.3+	3.18+	1.55+	124+	60+	612+	1830+	1092+	4.79+	5.41+
Daily Totals for 07/25/26			7160	435.5	818.7	239.7	76.66+	1033+	69.2+	71.6+	5.52+	2.08+	2231+	192+	2493+	9720+	11215+	42.52+	23.80+
Daily Value			2000	50.0	275.0	78.0	20.00	300	28.0	50.0			1300	420	1250	4700	2300	18.00	11.00
Percent Daily Value (%)			358	871.1	297.7	307.3	383.29+	344+	247.1+	143.1+			172+	46+	199+	207+	488+	236.20+	216.34+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			2200	56.0	303.0	73.3	24.40	300	30.8	55.0	14.00	1.60	1000	420	700	4700	2300	8.00	11.00
Percent RDA/DRI STANDARDS, 3 MEALS (%)			325	777.7	270.2	326.8	314.17+	344+	224.6+	130.1+	39.45+	129.87+	223+	46+	356+	207+	488+	531.44+	216.34+
Week Daily Average (07/19/26-07/25/26)			8084+	458.6+	902.7+	293.0+	97.99+	1210+	68.9+	80.3+	6.92+	1.97+	2751+	258+	2828+	9929+	14829+	42.26+	24.00+

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: Cafeteria

Date: Sun Jul 26, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Lunch																			
CHICKEN, CUTLET (GREEN)	1 each	167	274	34.2	8.3	10.9	1.40	109	0.5	0.0+	1.34+	0.63+	42+	3+	399+	503+	436	0.87+	0.09+
PORK CHOP, OVEN FRIED (YELL)	1 each	143	305	23.7	14.9	16.4	4.86	85	0.7	0.6+	2.34+	0.29+	87	21+	283+	354	533	1.76	2.86+
VEG, GREENS, COLLARD SEASO	3/4 cup	110	32	2.6	6.3	0.4	0.05+	0	3.5		0.07+	0.09+	193+	28+	26+	243+	327	1.03+	0.25+
VEG, BROCCOLI, STEAMED (GRE	3/4 cup	91	31	2.6	6.0	0.3	0.04	0	2.4		0.02	0.02	43	19	60	287	30	0.66	0.37
POTATO, MASHED (YELLOW)	3/4 cup	193	157	4.4	27.6	3.2	1.47	1	2.5	0.0+	0.00+	0.00+	69+	4+	118+	514+	500	0.53+	0.10+
RICE, STEAMED (YELLOW)	3/4 cup	156	183	4.3	39.7	0.1	0.01	0	0.0		0.02+	0.01+	3+	1+	0+	1+	3	0.00+	0.00+
GRAVY, POULTRY LOW SODIUM	2 ounces	59	19	0.0	2.9	0.5	0.00+	0	0.0	0.0+	0.00+	0.00+	8	1+	0+	39	138	0.00	0.00+
BREAD, CORNBREAD (FROZEN)	1 piece	60	212	3.0	25.2	10.1	2.02	40	0.0	11.1			20			40	262	1.01	
HAMBURGER, GRILLED (YELLOW	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YELI	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (I	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RE	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, ASSORTED PROTEI	1 each	261	438	24.5	41.5	21.0	8.01+	116	3.1+	3.4+	0.59+	0.06+	277+	27+	276+	437+	861	1.90+	1.69+
SALAD, SIDE (GREEN)	8 ounces	232	56	2.2	11.2	0.3	0.05	0	3.8		0.10+	0.01+	25+	18+	38+	322+	104	0.41+	0.29+
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (F	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MELON (GREEN)	6 ounces	77	27	0.5	6.7	0.1	0.03	0	0.7		0.02	0.03	6	8	10	191	13	0.15	0.10
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
FRUIT, CUP, canned, GRAPEFRUI	5 ounces	142	83	1.2	20.1	0.0	0.00	0	1.2	9.4			12			201	6	0.12	
Lunch Totals			6396	360.6	767.7	208.5	67.60+	921	55.7+	90.9+	6.33+	1.55+	2408+	196+	2576+	7955+	11170	33.65+	21.84+
Dinner																			
CHICKEN, PARMESAN (GREEN)	1 each	252	318	22.5	32.7	9.9	2.59	41	4.4	1.1+	0.07+	0.01+	104	3+	49+	776	1232	2.17	0.33+
BEEF, LASAGNA, BOLOGNESE (Y	10 ounces	391	567	41.3	41.5	26.2	13.34+	107	4.5	0.0+	0.74+	0.11+	550+	59+	558+	924+	1108	4.81+	6.89+
VEG, BLEND, ITALIAN VEGETABL	1/2 cup	208	39	2.3	8.1	0.1	0.00	0	3.3		0.00+	0.00+	3+	1+	0+	220	30	0.00+	0.00+
VEG, GREEN BEANS, LYONNAISE	3/4 cup	130	87	1.5	9.5	4.5	2.04	0	2.9	0.0+	0.00+	0.00+	56+	2+	5+	227+	253	1.41+	0.04+
PASTA, LINGUINE (YELLOW)	3/4 cup	350	172	5.9	33.9	1.1	0.16	0	1.5		0.32	0.05	19	27	86	104	221	1.50	0.64
ROLL, HAWAIIAN YEAST (YELLOW	1 piece	30	104	3.0	16.0	3.5	1.68	15	0.0	5.0			20+			40+	94	0.80+	
Dinner Totals			1285	76.5	141.7	45.3	19.79+	163	16.6	6.1+	1.14+	0.17+	752+	92+	698+	2292+	2938	10.69+	7.90+
Daily Totals for 07/26/26			7681	437.1	909.4	253.8	87.39+	1085	72.3+	97.0+	7.47+	1.72+	3160+	288+	3275+	10247+	14107	44.34+	29.74+
Daily Value			2000	50.0	275.0	78.0	20.00	300	28.0	50.0			1300	420	1250	4700	2300	18.00	11.00
Percent Daily Value (%)			384	874.2	330.7	325.4	436.97+	362	258.4+	194.1+			243+	68+	262+	218+	613	246.33+	270.38+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			2200	56.0	303.0	73.3	24.40	300	30.8	55.0	14.00	1.60	1000	420	700	4700	2300	8.00	11.00
Percent RDA/DRI STANDARDS, 3 MEALS (%)			349	780.6	300.1	346.1	358.17+	362	234.9+	176.4+	53.39+	107.38+	316+	68+	468+	218+	613	554.24+	270.38+

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: Cafeteria

Date: Mon Jul 27, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Lunch																			
CHICKEN, MARRY ME (YELLOW)	1 each	357	556	38.4	18.5	37.5	18.49	197	1.7	0.0+	2.02+	0.51+	127+	23+	476+	956+	824	1.84+	0.46+
SPAGHETTI, W/ MEAT SAUCE (YE	1.5 cups	603	465	27.9	60.0	11.5	4.70	54	5.6	1.1+	0.47+	0.05+	148	39+	312+	936	802	4.66	4.90+
VEG ITALIAN ROASTED MEDLEY	3/4 cup	183	171	3.5	22.2	8.5	1.16	0	3.2	0.0+	0.94+	0.13+	45+	30+	87+	558+	304	1.26+	0.55+
VEG ASPARAGUS, ROASTED (GF	1/2 cup	95	52	2.0	3.7	3.8	0.31	0	1.9		0.74+	0.35+	22	13+	47+	184+	119	1.94	0.49+
RICE, BROWN (GREEN)	3/4 cup	157	188	3.8	38.4	2.0	0.33	0	1.8		0.56	0.05	8	60	157	127	199	0.65	1.07
PASTA, PARMESAN GARLIC BUT	1 cup	353	247	8.1	44.1	4.9	1.24+	2	2.2	0.0+	0.24+	0.05+	38+	5+	22+	152+	155	1.81+	0.16+
BREADSTICK, GARLIC CHEESE (	1 each	28	79	2.9	10.3	1.0	0.98	5	0.5	0.5			24			23	231	0.49	
SOUP, TOSCANA (RED)	12 ounces	337	413	10.2	11.6	36.6	18.86	98	0.9+	0.0+	0.75+	0.13+	94+	15+	69+	393+	1223	1.31+	0.36+
PIZZA, CHEESE, SS TONY'S (YEL	1 each	147	380	13.0	45.0	16.0	8.00	30	2.0	1.0			230			230	680	2.70	
PIZZA, SUPREME, SS TONY'S (RE	1 each	171	424	14.6	46.0	19.7	9.26	37	2.3+	1.0+	0.20+	0.01+	238	2+	8+	260+	840	3.02	0.12+
PIZZA, MEAT LOVERS, TONY'S BA	1 each	162	434	15.4	45.3	20.6	9.69	41	2.0+	1.0+	0.16+	0.01+	235+	1+	7+	269	872	2.92+	0.10+
PIZZA, PEPPERONI, TONY'S BASE	1 each	155	422	14.6	45.1	19.9	9.49	38	2.0	1.0+	0.33+	0.01+	232	2+	13+	253	813	2.81	0.20+
HAMBURGER, GRILLED (YELLOW	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YEL	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RE	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, SALAMI & CHEESE (	1 each	194	610	27.4	31.5	43.4	19.87	127	0.5		0.71+	0.08+	411+	18+	264+	311+	1744	1.04+	2.09+
SMALL BITE, CHICKEN & CHEESE	1 each	251	487	38.7	32.8	23.8	10.76	129	0.5	0.0+	0.71+	0.08+	411+	18+	517+	511+	845	1.04+	2.09+
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MELON (GREEN)	6 ounces	77	27	0.5	6.7	0.1	0.03	0	0.7		0.02	0.03	6	8	10	191	13	0.15	0.10
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
Lunch Totals			9535	478.6	1018.7	394.3	162.84+	1328	65.2+	71.9+	9.70+	1.90+	3890+	299+	3355+	10178+	17622	52.85+	28.80+
Dinner																			
PASTA, PENNE BAKED (YELLOW)	1 cup	197	401	27.6	30.7	17.9	8.91	73	2.9	0.5+	0.54+	0.05+	344	31+	382+	590	710	2.94	5.07+
CHICKEN ROSEMARY GARLIC RC	1 each	194	369	27.1	1.4	28.5	7.93	0+	0.2	0.0+	0.01+	0.00+	6+	2+	202	261	706	0.09+	0.05+
VEG, PEAS & CARROTS, ROSEM	3/4 cup	141	98	4.2	13.8	4.1	1.73	0	4.2	0.0+	0.22+	0.05+	32+	22+	67+	216+	336	1.30+	0.62+
VEG, GREEN BEANS, HERBED (G	3/4 cup	138	98	1.8	11.0	5.2	0.41	0	3.3	0.0+	0.98+	0.47+	74	7+	12+	259	281	1.96	0.11+
POTATO, MASHED RED GARLIC (	1/2 cup	109	117	2.5	14.2	5.9	3.77	17	1.7	0.0			33			415	352	0.50	
RICE, STEAMED (YELLOW)	3/4 cup	156	183	4.3	39.7	0.1	0.01	0	0.0		0.02+	0.01+	3+	1+	0+	1+	3	0.00+	0.00+
BREAD, TOASTED GARLIC (RED)	1 slice	37	140	3.0	14.0	7.0	1.50	0	1.0	0.0			0			0	190	1.00	
Dinner Totals			1408	70.5	124.8	68.7	24.26	90+	13.3	0.5+	1.78+	0.58+	493+	63+	662+	1742+	2577	7.79+	5.85+
Daily Totals for 07/27/26			10943	549.1	1143.5	463.0	187.10+	1417+	78.5+	72.5+	11.48+	2.48+	4384+	362+	4018+	11920+	20199	60.63+	34.65+
Daily Value			2000	50.0	275.0	78.0	20.00	300	28.0	50.0			1300	420	1250	4700	2300	18.00	11.00
Percent Daily Value (%)			547	1098.2	415.8	593.6	935.52+	472+	280.5+	144.9+			337+	86+	321+	254+	878	336.85+	314.97+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			2200	56.0	303.0	73.3	24.40	300	30.8	55.0	14.00	1.60	1000	420	700	4700	2300	8.00	11.00
Percent RDA/DRI STANDARDS, 3 MEALS (%)			497	980.5	377.4	631.4	766.82+	472+	255.0+	131.7+	81.97+	155.13+	438+	86+	574+	254+	878	757.91+	314.97+

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: Cafeteria

Date: Tue Jul 28, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Lunch																			
BEEF, CHILI MAC (GREEN)	1.5 cups	631	357	22.7	42.0	11.2	4.45	48	5.2	0.0+	0.43+	0.03+	137+	29+	203+	707	920	3.03+	3.82+
CHICKEN SEASONED QTR (YELL)	1 each	175	365	25.8	3.0	27.4	7.60	0+	0.0	0.0					190+	228+	1030		
VEG, SPINACH, SAUTEED (GREE	1/2 cup	128	50	3.4	5.0	2.6	0.24	0	2.6		0.45	0.36	118	90	60	644	230	3.12	0.63
BEANS, BLACK A LA OLLA (GREE	1/2 cup	193	149	7.9	25.8	3.0	0.34	0	7.5		0.28+	0.02+	67	8+	16+	503	397	2.55	0.12+
POTATO, PAPRIKA BUTTERED (G	4 ounces	118	102	2.3	17.5	2.9	1.28	0	2.4	0.0+	0.05+	0.00+	7+	1+	2+	387+	321	0.46+	0.03+
RICE, CILANTRO LIME (YELLOW)	3/4 cup	133	218	3.9	36.1	5.9	1.94	0	0.0	0.0+	0.23+	0.02+	4+	1+	1+	10+	409	0.05+	0.01+
BREAD, CORNBREAD JALAPENO	1 piece	125	289	8.3	22.7	18.1	8.27	61	1.2	1.9+	0.49+	0.07+	194+	9+	118+	132+	574	1.19+	0.94+
SOUP, TACO (GREEN)	12 ounces	311	195	13.8	22.2	6.4	2.32+	33+	5.7	0.0+	0.40+	0.03+	79+	35+	159+	991+	1396	3.91+	3.16+
HAMBURGER, GRILLED (YELLOW	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YELI	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (I	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RE	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, ASSORTED PROTEI	1 each	261	438	24.5	41.5	21.0	8.01+	116	3.1+	3.4+	0.59+	0.06+	277+	27+	276+	437+	861	1.90+	1.69+
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGURF	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MELON (GREEN)	6 ounces	77	27	0.5	6.7	0.1	0.03	0	0.7		0.02	0.03	6	8	10	191	13	0.15	0.10
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
FRUIT, CUP, canned, GRAPEFRUI	5 ounces	142	83	1.2	20.1	0.0	0.00	0	1.2	9.4			12			201	6	0.12	
Lunch Totals			6850	371.8	800.0	243.8	84.15+	828+	66.9+	81.0+	4.78+	1.03+	2523+	275+	2401+	9253+	14115	41.67+	26.60+
Dinner																			
CHICKEN SZECHUAN QTR (YELL)	1 each	234	407	26.6	13.6	27.5	7.62	0+	0.3	0.0+	0.05+	0.00+	5+	6+	204+	295	695	0.16+	0.07+
PORK CHOP, GRILLED HONEY G	1 each	134	280	21.3	19.4	13.1	4.54	67	0.1		1.81	0.08	43	21	230	337	204	0.87	2.82
VEG, GREEN BEANS, SAUTEED V	3/4 cup	116	85	1.4	8.3	4.9	0.36	0	2.7	0.0+	0.94+	0.45+	53	0+	2+	208	210	1.34	0.02+
VEG, PEAS & CARROTS (GREEN)	1/2 cup	141	98	4.2	13.8	4.1	1.73	0	4.2	0.0+	0.22+	0.05+	31+	22+	67+	215+	220	1.28+	0.61+
POTATO, PAPRIKA BUTTERED (C	4 ounces	118	102	2.3	17.5	2.9	1.28	0	2.4	0.0+	0.05+	0.00+	7+	1+	2+	387+	321	0.46+	0.03+
RICE, STEAMED (YELLOW)	3/4 cup	156	183	4.3	39.7	0.1	0.01	0	0.0		0.02+	0.01+	3+	1+	0+	1+	3	0.00+	0.00+
GRAVY, BROWN LOW SODIUM (Y	2 ounces	61	23	0.9	4.6	0.5	0.00+	0+	0.0		0.00+	0.00+	2+	1+	0+	1+	122	0.00+	0.00+
Dinner Totals			1178	61.0	116.8	53.1	15.54+	67+	9.7	0.0+	3.09+	0.60+	144+	53+	504+	1444+	1773	4.11+	3.55+
Daily Totals for 07/28/26			8027	432.8	916.8	297.0	99.70+	896+	76.6+	81.0+	7.88+	1.63+	2667+	328+	2905+	10697+	15888	45.78+	30.16+
Daily Value			2000	50.0	275.0	78.0	20.00	300	28.0	50.0			1300	420	1250	4700	2300	18.00	11.00
Percent Daily Value (%)			401	865.6	333.4	380.7	498.48+	299+	273.5+	162.1+			205+	78+	232+	228+	691	254.31+	274.16+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			2200	56.0	303.0	73.3	24.40	300	30.8	55.0	14.00	1.60	1000	420	700	4700	2300	8.00	11.00
Percent RDA/DRI STANDARDS, 3 MEALS (%)			365	772.8	302.6	405.0	408.59+	299+	248.7+	147.3+	56.26+	101.72+	267+	78+	415+	228+	691	572.21+	274.16+

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: Cafeteria

Date: Wed Jul 29, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Lunch																			
FISH, SALMON BAKED (GREEN)	1 each	175	256	42.1+	0.5+	8.5+	1.44+	150+	0.1+	0.0+	0.09+	0.04+	24+	1+	1+	956+	429	1.55+	0.01+
MUSHROOM CAPS, VEGGIE STU	1 each	264	349	17.3	14.5	25.6	12.14	55	3.0	0.1+	1.28+	0.24+	479+	45+	394+	757+	955	1.96+	2.14+
BEEF, BRISKET W/ CHIMICHURRI	6 ounces	264	638	41.9	7.8	50.1	9.08+	126	1.4	0.3+	4.37+	0.32+	98+	64+	447+	848+	841	6.49+	10.14+
VEG, BROCCOLI, GARLIC ROAST	3/4 cup	102	115	2.7	6.7	9.5	0.71	0	2.4		1.76	0.86	46	20	62	294	170	0.70	0.39
VEG SQUASH, SUMMER, ROAST	3/4 cup	202	90	2.0	8.1	5.7	0.41	0	4.0	0.0+	1.08+	0.52+	0+	0+	0+	241+	113	0.00+	0.00+
RICE, WILD (GREEN)	1/2 cup	118	118	3.3	25.2	0.4	0.00	0	0.6		0.00+	0.00+	45	1+	0+	211	260	1.29	0.00+
POTATO, PARSLEY BUTTERED (C	4 ounces	118	101	2.2	17.2	2.8	1.27	0	2.2	0.0+	0.00+	0.00+	7+	1+	1+	379+	238	0.39+	0.01+
ROLL, YEAST (YELLOW)	1 each	58	170	4.0	28.0	4.0	0.93	0	1.0	0.0+	0.02+	0.01+	0+	0+	0+	60+	169	0.00+	0.00+
SOUP, CHICKEN SAUSAGE GUM	12 ounces	348	180	10.5	22.5	5.3	1.50	30	1.5	1.5+	0.00+	0.00+	50	2+	0+	257	1325	0.45	0.00+
HAMBURGER, GRILLED (YELLOW	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YEL	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (C	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RE	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, CHICKEN SALAD (R	1 each	256	532	33.8	34.7	30.0	11.35+	135	1.0+	0.0+	0.75+	0.08+	417+	20+	271+	189+	1241	1.19+	2.14+
SMALL BITE, TUNA (RED)	1 each	256	502	32.9	38.0	26.7	11.87	166	1.3	0.0+	0.98+	0.10+	427+	23+	299+	355+	1077	2.06+	2.39+
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUR	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MELON (GREEN)	6 ounces	77	27	0.5	6.7	0.1	0.03	0	0.7		0.02	0.03	6	8	10	191	13	0.15	0.10
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
Lunch Totals			7657	450.5+	767.2+	313.9+	100.40+	1232+	56.6+	68.2+	12.18+	2.61+	3223+	249+	2850+	9561+	14787	41.44+	33.41+
Dinner																			
BEEF, MEATLOAF GLAZED (YELL	1 slice	200	288	27.6	12.4	12.8	4.92+	74	0.7	0.6+	0.01+	0.00+	62+	7+	254+	550	593	3.02+	6.08+
CHICKEN BARBECUE QTR (YELL	1 piece	269	543	26.0	49.5	27.4	7.61+	0+	0.1	43.3+	0.00+	0.00+	2+	1+	194+	242+	1180	0.07+	0.03+
VEG, GREENS, COLLARD SEASO	3/4 cup	110	32	2.6	6.3	0.4	0.05+	0	3.5		0.07+	0.09+	193+	28+	26+	243+	327	1.03+	0.25+
VEG, CARROTS BABY, GLAZED (C	1/2 cup	102	114	0.6	16.1	5.5	2.45	0	2.1	0.0+	0.05+	0.01+	32+	9+	23+	209+	169	0.72+	0.13+
POTATO, MASHED RED GARLIC (C	1/2 cup	109	117	2.5	14.2	5.9	3.77	17	1.7	0.0			33			415	352	0.50	
RICE, STEAMED (YELLOW)	3/4 cup	156	183	4.3	39.7	0.1	0.01	0	0.0		0.02+	0.01+	3+	1+	0+	1+	3	0.00+	0.00+
GRAVY, BROWN LOW SODIUM (Y	2 ounces	61	23	0.9	4.6	0.5	0.00+	0+	0.0		0.00+	0.00+	2+	1+	0+	1+	122	0.00+	0.00+
Dinner Totals			1300	64.5	142.8	52.4	18.80+	90+	8.1	43.9+	0.15+	0.11+	327+	47+	497+	1661+	2746	5.35+	6.49+
Daily Totals for 07/29/26			8957	515.0+	910.1+	366.3+	119.20+	1322+	64.7+	112.1+	12.34+	2.73+	3550+	296+	3347+	11221+	17534	46.79+	39.90+
Daily Value			2000	50.0	275.0	78.0	20.00	300	28.0	50.0			1300	420	1250	4700	2300	18.00	11.00
Percent Daily Value (%)			448	1030.0+	330.9+	469.7+	595.98+	441+	231.1+	224.1+			273+	71+	268+	239+	762	259.95+	362.71+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			2200	56.0	303.0	73.3	24.40	300	30.8	55.0	14.00	1.60	1000	420	700	4700	2300	8.00	11.00
Percent RDA/DRI STANDARDS, 3 MEALS (%)			407	919.7+	300.4+	499.6+	488.51+	441+	210.1+	203.7+	88.13+	170.35+	355+	71+	478+	239+	762	584.90+	362.71+

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: Cafeteria

Date: Thu Jul 30, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Lunch																			
CHICKEN CURRY QTR (YELLOW)	1 each	282	541	29.1	8.0	44.9	22.05+	4+	1.1	0.0+	0.12+	0.03+	20+	6+	202+	636+	705	0.43+	0.10+
PORK, SPARERIBS, CANTONESE	3 ribs	195	423	28.9	17.9	26.2	11.25	112	0.6	1.6+	0.14+	0.05+	11+	15+	33+	444	1181	2.15	0.20+
VEG, CABBAGE, CARIBBEAN (GR	1/2 cup	137	68	1.6	8.4	3.7	1.67	0	3.4	0.0+	0.04+	0.00+	52+	16+	36+	252+	206	0.59+	0.25+
VEG, GREEN BEANS, SESAME GI	3/4 cup	118	62	2.0	12.2	0.5	0.03	0	2.7	3.6+	0.08+	0.00+	50+	1+	3+	223	251	1.34+	0.04+
RICE, BASMATI (YELLOW)	3/4 cup	127	174	3.3	37.3	0.7	0.11	0	0.6		0.14	0.05	16	12	54	54	198	2.01	0.51
POTSTICKERS, CHICKEN & VEGE	4 each	113	176	8.8	27.2	2.8	0.40	20	1.6								560		
BREAD NAAN GARLIC HALF (RED	1 half	64	201	5.9	29.7	6.1	1.91	7	1.5	1.5					0+	74+	440		
SOUP, THAI CURRY (YELLOW)	12 ounces	303	206	13.1	16.5	10.5	2.99	51	1.9	0.0+	0.38+	0.14+	29+	16+	158+	432+	689	1.01+	1.06+
HAMBURGER, GRILLED (YELLOW	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YELI	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (C	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RE	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, ASSORTED PROTEI	1 each	261	438	24.5	41.5	21.0	8.01+	116	3.1+	3.4+	0.59+	0.06+	277+	27+	276+	437+	861	1.90+	1.69+
SANDWICH, CHICKEN SALAD (GF	1 each	274	314	21.6	34.5	10.7	0.62+	79	2.8+	3.3+	0.07+	0.04+	51+	9+	111+	227+	769	1.89+	0.17+
SANDWICH, TUNA SALAD CROIS:	1 each	246	378	17.7	33.1	20.8	6.58	110	2.5	0.0+	0.30+	0.03+	45+	11+	49+	375	587	2.32+	0.39+
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUR	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MELON (GREEN)	6 ounces	77	27	0.5	6.7	0.1	0.03	0	0.7		0.02	0.03	6	8	10	191	13	0.15	0.10
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
Lunch Totals			7587	414.5	830.2	293.3	105.32+	1070+	59.9+	79.6+	3.72+	0.82+	2178+	187+	2297+	8168+	14418	39.00+	20.60+
Dinner																			
CHICKEN, CUTLET (GREEN)	1 each	167	274	34.2	8.3	10.9	1.40	109	0.5	0.0+	1.34+	0.63+	42+	3+	399+	503+	436	0.87+	0.09+
FISH, LEMON BAKED COD (GREE	6 ounces	179	160	29.4	0.4	4.0	1.65	76	0.1	0.0+	0.10+	0.04+	2+	1+	1+	569+	357	0.05+	0.02+
VEG, BRUSSEL SPROUTS, SAUTI	1/2 cup	79	70	2.5	6.7	4.6	0.37	0	2.8		0.86	0.47	32	17	51	288	297	1.04	0.31
VEG CAULIFLOWER, ROASTED (C	3/4 cup	171	107	3.3	7.7	8.1	0.63	0	3.8		1.50	0.86	36	20	57	316	179	0.89	0.28
POTATO, PARSLEY BUTTERED (C	4 ounces	118	101	2.2	17.2	2.8	1.27	0	2.2	0.0+	0.00+	0.00+	7+	1+	1+	379+	238	0.39+	0.01+
PASTA, ORZO WITH LEMON & HE	3/4 cup	299	191	5.6	32.4	4.8	0.53+	0	3.0	0.0+	0.51+	0.13+	28+	9+	8+	140	711+	0.66+	0.09+
RICE, STEAMED (YELLOW)	3/4 cup	156	183	4.3	39.7	0.1	0.01	0	0.0		0.02+	0.01+	3+	1+	0+	1+	3	0.00+	0.00+
Dinner Totals			1085	81.4	112.4	35.2	5.86+	185	12.3	0.0+	4.33+	2.14+	150+	51+	517+	2195+	2221+	3.90+	0.80+
Daily Totals for 07/30/26			8672	496.0	942.6	328.5	111.18+	1254+	72.2+	79.6+	8.05+	2.96+	2328+	239+	2814+	10363+	16639+	42.91+	21.40+
Daily Value			2000	50.0	275.0	78.0	20.00	300	28.0	50.0			1300	420	1250	4700	2300	18.00	11.00
Percent Daily Value (%)			434	991.9	342.8	421.2	555.88+	418+	257.9+	159.3+			179+	57+	225+	220+	723+	238.37+	194.51+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			2200	56.0	303.0	73.3	24.40	300	30.8	55.0	14.00	1.60	1000	420	700	4700	2300	8.00	11.00
Percent RDA/DRI STANDARDS, 3 MEALS (%)			394	885.6	311.1	448.0	455.64+	418+	234.4+	144.8+	57.51+	185.09+	233+	57+	402+	220+	723+	536.34+	194.51+

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: Cafeteria

Date: Fri Jul 31, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Lunch																			
BEEF HERB CRUSTED FLANK ST	4 ounces	147	229	24.8	3.9	11.2	3.70	77	1.1	0.0+	0.23+	0.02+	82	14+	22+	505+	539	3.36	4.57+
FISH, COD, GARLIC LEMON CRU:	1 each	157	201	21.3	13.4	6.9	1.57	56	0.0		0.15+	0.07+	0+	0+	231	408	620	0.00+	0.00+
CAULIFLOWER STEAK (GREEN)	1 slice	236	225	6.5	13.6	17.8	3.42+	6	5.1		1.79+	0.22+	113+	39+	147+	703+	316	1.51+	0.98+
VEG, ZUCCHINI, W/ GARLIC & ON	1/2 cup	78	43	0.9	3.7	3.0	0.25	0	0.9		0.58	0.30	14	12	28	178	188	0.25	0.21
VEG, CARROTS ROASTED BABY	3/4 cup	116	91	0.7	9.1	6.0	0.46	0	3.2		1.18	0.55	35	11	31	259	364	0.98	0.19
POTATOES, GREEK ROASTED W	4 ounces	157	158	3.4	25.1	5.3	0.40+	0	3.5	0.0+	0.29+	0.02+	42+	2+	4+	415+	611	0.76+	0.04+
RICE, PILAF WITH ORZO & VEGE	1/2 cup	126	140	2.4	26.7	3.1	1.27	0	1.0	0.0+	0.01+	0.00+	7+	2+	5+	36+	444	0.31+	0.03+
ROLL, YEAST (YELLOW)	1 each	58	170	4.0	28.0	4.0	0.93	0	1.0	0.0+	0.02+	0.01+	0+	0+	0+	60+	169	0.00+	0.00+
SOUP, NAVY BEAN & HAM (GREE	12 ounces	348	210	13.5	33.0	3.0	1.50	7	12.0	1.5+	0.00+	0.00+	80	2+	0+	572	1175	2.55	0.00+
HAMBURGER, GRILLED (YELLOW	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YELI	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (I	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RE	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, COTTAGE CHEESE	1 each	333	428	25.4	60.4	10.9	2.26	188	5.0	15.4+	0.60+	0.05+	98+	18+	234+	453	622	2.70	1.14+
SMALL BITE, HUMMUS (GREEN)	1 each	262	350	13.8	51.5	13.2	1.71	0	9.3		0.08+	0.02+	73+	90+	224+	528+	844	4.34	2.21+
SMALL BITE, VEGETABLE CRUDI	1 each	260	61	2.0	13.2	0.5	0.09	0	4.7		0.17+	0.01+	66	28	65	617	125	1.13	0.41
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MELON (GREEN)	6 ounces	77	27	0.5	6.7	0.1	0.03	0	0.7		0.02	0.03	6	8	10	191	13	0.15	0.10
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
Lunch Totals			6911	376.9	845.7	230.3	67.27+	904	84.8+	83.1+	6.95+	1.71+	2240+	292+	2366+	9749+	13988	43.24+	25.97+
Dinner																			
BEEF, BEEF & BROCCOLI (GREEK	1 cup	328	190	17.7	19.4	5.7	1.11	40	3.0	0.0+	0.66+	0.32+	67+	33+	91+	630+	838	2.67	0.55+
PORK CHOP, BRAISED (YELLOW)	5 ounces	159	257	20.9	8.2	14.2	4.61	67	0.1	0.0+	2.02+	0.19+	45	19+	222+	321+	686	0.78	2.74+
VEG, BROCCOLI, GARLIC ROAST	3/4 cup	102	115	2.7	6.7	9.5	0.71	0	2.4		1.76	0.86	46	20	62	294	170	0.70	0.39
VEG, BLEND, NORMANDY (GREEK	1/2 cup	187	48	2.3	6.6	2.0	0.86	0	2.6	0.0+	0.00+	0.00+	43+	1+	46+	227+	121	0.80+	0.29+
POTATO, MASHED (YELLOW)	3/4 cup	193	157	4.4	27.6	3.2	1.47	1	2.5	0.0+	0.00+	0.00+	69+	4+	118+	514+	500	0.53+	0.10+
NOODLES, EGG (YELLOW)	3/4 cup	425	175	6.4	32.3	2.1	0.54	38	1.5		0.57	0.03	27	30	109	114	160	1.82	0.87
RICE, BROWN (GREEN)	3/4 cup	157	188	3.8	38.4	2.0	0.33	0	1.8		0.56	0.05	8	60	157	127	199	0.65	1.07
GRAVY, BROWN LOW SODIUM (Y	2 ounces	61	23	0.9	4.6	0.5	0.00+	0+	0.0		0.00+	0.00+	2+	1+	0+	1+	122	0.00+	0.00+
Dinner Totals			1153	59.2	143.9	39.1	9.62+	146+	14.0	0.0+	5.57+	1.45+	307+	167+	806+	2227+	2796	7.96+	6.01+
Daily Totals for 07/31/26			8065	436.0	989.6	269.4	76.89+	1050+	98.7+	83.1+	12.52+	3.16+	2547+	459+	3172+	11976+	16784	51.20+	31.99+
Daily Value			2000	50.0	275.0	78.0	20.00	300	28.0	50.0			1300	420	1250	4700	2300	18.00	11.00
Percent Daily Value (%)			403	872.0	359.9	345.4	384.44+	350+	352.7+	166.2+			196+	109+	254+	255+	730	284.45+	290.78+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			2200	56.0	303.0	73.3	24.40	300	30.8	55.0	14.00	1.60	1000	420	700	4700	2300	8.00	11.00
Percent RDA/DRI STANDARDS, 3 MEALS (%)			367	778.6	326.6	367.4	315.12+	350+	320.6+	151.1+	89.43+	197.54+	255+	109+	453+	255+	730	640.01+	290.78+
Month Daily Average (07/01/26-07/31/26)			5846+	312.1+	644.4+	225.0+	75.27+	990+	49.0+	59.0+	6.01+	1.67+	1958+	194+	2075+	6922+	11114+	31.61+	18.41+

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: Cafeteria

Date: Sat Aug 01, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Lunch																			
PORK, SPARERIBS, TUSCAN STY	3 ribs	143	376	27.3	2.8	27.9	11.49	112	0.3	1.6+	0.29+	0.06+	9+	3+	3+	325+	817	2.14	0.04+
CHICKEN, BRUSCHETTA (GREEN	1 each	194	236	36.4	3.1	8.2	2.52	117	0.5	0.0+	0.33+	0.07+	99+	9+	411+	586+	256	0.30+	0.53+
VEG, BLEND, ITALIAN VEGETABL	1/2 cup	208	39	2.3	8.1	0.1	0.00	0	3.3		0.00+	0.00+	3+	1+	0+	220	30	0.00+	0.00+
VEG, BROCCOLI, SAUTEED W/ G,	1/2 cup	83	78	2.2	5.5	6.0	0.82	0	2.0		0.57	0.06	38	16	52	245	180	0.62	0.33
RICE, PILAF WITH ORZO (YELLOW	1/2 cup	109	134	2.3	25.2	3.1	1.27	0	0.6	0.0+	0.00+	0.00+	2+	1+	0+	1+	439	0.27+	0.00+
BREAD, TOASTED GARLIC (RED)	1 slice	37	140	3.0	14.0	7.0	1.50	0	1.0	0.0			0			0	190	1.00	
HAMBURGER, GRILLED (YELLOW	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YELI	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (I	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RE	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, ASSORTED PROTEI	1 each	261	438	24.5	41.5	21.0	8.01+	116	3.1+	3.4+	0.59+	0.06+	277+	27+	276+	437+	861	1.90+	1.69+
SALAD, SIDE (GREEN)	8 ounces	232	56	2.2	11.2	0.3	0.05	0	3.8		0.10+	0.01+	25+	18+	38+	322+	104	0.41+	0.29+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
Lunch Totals			5847	354.6	631.0	210.6	72.25+	907	47.8+	68.8+	2.72+	0.53+	2050+	122+	2105+	6791+	10673	30.89+	18.56+
Dinner																			
CHICKEN SAVORY BAKED QTR (^	1 each	222	537	27.5	1.3	45.6	8.95	0+	0.2	0.0+	3.48+	1.66+	6+	13+	222	297	1210	0.27+	0.16+
BEEF, SWEDISH MEATBALLS (RE	8 each	215	393	24.4	11.3	27.8	10.12	53	1.5	1.3+	1.05+	0.49+	92	2+	135+	539+	446	2.68	0.04+
VEG, CARROTS BABY, GLAZED (^	1/2 cup	102	114	0.6	16.1	5.5	2.45	0	2.1	0.0+	0.05+	0.01+	32+	9+	23+	209+	169	0.72+	0.13+
VEG ASPARAGUS, W/GARLIC & C	1/2 cup	112	47	2.3	5.5	2.4	0.36	0	2.2		0.26	0.03	28	15	54	213	282	2.02	0.53
RICE, BROWN (GREEN)	3/4 cup	157	188	3.8	38.4	2.0	0.33	0	1.8		0.56	0.05	8	60	157	127	199	0.65	1.07
NOODLES, EGG (YELLOW)	3/4 cup	425	175	6.4	32.3	2.1	0.54	38	1.5		0.57	0.03	27	30	109	114	160	1.82	0.87
ROLL, HAWAIIAN YEAST (YELLOW	1 piece	30	104	3.0	16.0	3.5	1.68	15	0.0	5.0			20+			40+	94	0.80+	
Dinner Totals			1557	68.0	121.0	88.9	24.42	106+	9.4	6.3+	5.96+	2.27+	214+	129+	700+	1540+	2560	8.96+	2.81+
Daily Totals for 08/01/26			7404	422.6	752.0	299.5	96.67+	1013+	57.2+	75.1+	8.68+	2.80+	2264+	251+	2805+	8331+	13233	39.85+	21.37+
Daily Value			2000	50.0	275.0	78.0	20.00	300	28.0	50.0			1300	420	1250	4700	2300	18.00	11.00
Percent Daily Value (%)			370	845.2	273.5	384.0	483.34+	338+	204.3+	150.3+			174+	60+	224+	177+	575	221.41+	194.25+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			2200	56.0	303.0	73.3	24.40	300	30.8	55.0	14.00	1.60	1000	420	700	4700	2300	8.00	11.00
Percent RDA/DRI STANDARDS, 3 MEALS (%)			337	754.7	248.2	408.4	396.18+	338+	185.7+	136.6+	62.00+	175.24+	226+	60+	401+	177+	575	498.18+	194.25+
Week Daily Average (07/26/26-08/01/26)			8536	469.8+	937.7+	325.4+	111.16+	1148+	74.3+	85.8+	9.77+	2.50+	2985+	317+	3191+	10679+	16341+	47.36+	29.88+
Month Daily Average (08/01/26-08/01/26)			7404	422.6	752.0	299.5	96.67+	1013+	57.2+	75.1+	8.68+	2.80+	2264+	251+	2805+	8331+	13233	39.85+	21.37+
Daily Average (06/30/26-08/01/26)			5742+	308.6+	629.3+	221.7+	74.05+	980+	48.0+	57.7+	5.97+	1.67+	1920+	192+	2061+	6820+	10917+	31.04+	18.11+

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

Menu: Cafeteria

Date: Tue Jun 30, 2026

Recipe Name	Size	Amt	Copper	Man ganese	Selen ium	Vit A	Vit E (aT)	Vit D	Vit K	Vit C	Thia min	Ribo flavin	Niacin	Vit B6	Vit B12	Cho line	Folate DFE
		(gm)	(mg)	(mg)	(mcg)	(mcg)	(mg)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Lunch																	
*****SPECIALTY SALADS & WRA	1 serving																
SALAD, CHICKEN CAESAR (GREE	1 salad	275	0.06+	0.18+	2+	509+	0.18+	1+	116.3+	5+	0.08+	0.10+	0.4+	0.089+	0.08+	12.0+	155+
SALAD, COBB (YELLOW)	1 each	239	0.03+	0.02+	17+	96+	1.23+	29+	0.2+	0+	0.04+	0.25+	0.1+	0.404+	2.16+	150.9+	36+
SALAD, CHEF, EGG / CHEESE (GI	1 each	550	0.17+	0.45+	28+	507+	2.44+	40+	60.4+	36+	0.19+	0.49+	1.0+	0.314+	1.23+	194.5+	111+
Lunch Totals			0.26+	0.65+	48+	1113+	3.85+	70+	176.9+	41+	0.31+	0.83+	1.5+	0.806+	3.47+	357.4+	302+
Daily Totals for 06/30/26			0.26+	0.65+	48+	1113+	3.85+	70+	176.9+	41+	0.31+	0.83+	1.5+	0.806+	3.47+	357.4+	302+
Daily Value			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent Daily Value (%)			28.41+	28.39+	86+	124+	25.64+	12+	147.4+	45+	25.62+	63.99+	9.1+	47.421+	144.47+	65.0+	75+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent RDA/DRI STANDARDS, 3 MEALS (%)			28.41+	28.39+	86+	124+	25.64+	12+	147.4+	45+	25.62+	63.99+	9.1+	47.421+	144.47+	65.0+	75+
Month Daily Average (06/30/26-06/30/26)			0.26+	0.65+	48+	1113+	3.85+	70+	176.9+	41+	0.31+	0.83+	1.5+	0.806+	3.47+	357.4+	302+

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: Cafeteria

Date: Sun Jul 12, 2026

Recipe Name	Size	Amt	Copper	Man ganese	Selen ium	Vit A	Vit E (aT)	Vit D	Vit K	Vit C	Thia min	Ribo flavin	Niacin	Vit B6	Vit B12	Cho line	Folate DFE
		(gm)	(mg)	(mg)	(mcg)	(mcg)	(mg)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Breakfast																	
EGG, SCRAMBLED (YELLOW)	1/3 cup	91	0.00+		28	163	0.00+	0+	0.0+	0+	0.06	0.38	0.2	0.057	0.93	0.0+	64
EGG, HARD BOILED (YELLOW)	1 each	50	0.03	0.02	17	96	1.23	29	0.2	0	0.04	0.25	0.1	0.036	0.95	150.9	36
BACON, 1EA (RED)	1 slice	13												0.245	0.81		
PORK, SAUSAGE PATTY (RED)	1 each	57															
POTATO, HASH BROWN PATTY (I	1 each	72															
BREAD, BISCUIT (RED)	1 each	90															
PANCAKE, 1EA (YELLOW)	1 each	58	0.04	0.18+	6	0+	0.00+	0+	0.0+	0+	0.12	0.07	1.2	0.046	0.09	4.9	0+
Breakfast Totals			0.06+	0.21+	51+	259+	1.23+	29+	0.2+	0+	0.22+	0.70+	1.4+	0.385+	2.77+	155.8+	100+
Lunch																	
PORK CHOP, OVEN FRIED (YELL	1 each	143	0.10+	0.12+	36+	23+	0.43+	34+	0.3+	0+	0.60+	0.40+	7.7+	0.475+	0.68+	87.9+	32+
CHICKEN BARBECUE QTR (YELL	1 piece	269	0.01+	0.04+	0+	0+	0.01+	0+	0.4+	0+	0.00+	0.00+	0.0+	0.014+	0.00+	0.6+	0+
VEG, GREENS, COLLARD SEASO	3/4 cup	110	0.05+	0.62+	1+	437+	0.00+	0+	0.2+	38+	0.05+	0.11+	0.6+	0.110+	0.00+	0.0+	70+
VEG, CARROTS ROASTED BABY	3/4 cup	116	0.11	0.17+	1	751	0.95+	0	14.2	3	0.03	0.04	0.6	0.114	0.00	8.2	29
POTATO, PARSLEY OVEN ROAST	4 ounces	115	0.00+	0.00+	0+	0+	0.00+	0+	0.3+	23	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
RICE, PILAF (YELLOW)	1/2 cup	146	0.01+	0.01+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.005+	0.00+	0.3+	1+
ROLL, HAWAIIAN YEAST (YELLOW	1 piece	30															
HAMBURGER, GRILLED (YELLOW	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YELI	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
SANDWICH, GRILLED CHICKEN (I	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RE	1 each	113															
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, ASSORTED PROTEI	1 each	261	0.14+	0.49+	15+	259+	0.83+	16+	15.7+	12+	0.10+	0.28+	0.6+	0.162+	0.68+	54.8+	44+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUR	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
Lunch Totals			0.79+	4.71+	114+	1520+	5.03+	51+	117.0+	166+	1.58+	1.62+	29.0+	2.621+	8.19+	219.7+	259+
Dinner																	
BEEF, SALISBURY STEAK W/ GR/	1 each	175	0.01+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
TURKEY, ROAST (GREEN)	4 ounces	125	0.00+	0.02+	0+	0+	0.38+	0+	1.9+	0+	0.00+	0.00+	0.0+	0.001+	0.00+	0.0+	0+
VEG CAULIFLOWER, ROASTED (C	3/4 cup	171	0.05	0.33	1	2	1.45	0	29.7	80	0.08	0.11	0.7	0.201	0.00	68.4	105
VEG, GREEN BEANS, FRESH (GR	3/4 cup	451	0.03+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
DRESSING, CORNBREAD MIX (YE	1/2 cup	134	0.01+	0.01+	0+	36+	0.14+	0+	2.5+	1+	0.00+	0.00+	0.0+	0.008+	0.01+	1.2+	1+
POTATOES, SWEET POTATO WE	4 ounces	115	0.00+		0+	720	0.00+	0+	0.0+	12	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
GRAVY, TURKEY (YELLOW)	2 ounces	61	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
Dinner Totals			0.11+	0.36+	1+	758+	1.97+	0+	34.1+	93+	0.09+	0.12+	0.7+	0.210+	0.01+	69.7+	106+
Daily Totals for 07/12/26			0.96+	5.29+	167+	2538+	8.22+	80+	151.2+	259+	1.88+	2.44+	31.1+	3.216+	10.97+	445.1+	465+
Daily Value			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent Daily Value (%)			106.39+	229.81+	303+	282+	54.81+	13+	126.0+	287+	157.07+	187.85+	194.6+	189.150+	457.09+	80.9+	116+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent RDA/DRI STANDARDS, 3 MEALS (%)			106.39+	229.81+	303+	282+	54.81+	13+	126.0+	287+	157.07+	187.85+	194.6+	189.150+	457.09+	80.9+	116+

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

Nutrient Totals Using Main Items Only

Menu: Cafeteria Date: Mon Jul 13, 2026

Recipe Name	Size	Amt	Copper	Man	Selen	Vit	Vit	Vit	Vit	Vit	Thia	Ribo	Niacin	Vit	Vit	Cho	Folate
		(gm)	(mg)	ganese	ium	A	E	D	K	C	min	flavin	(mg)	B6	B12	line	DFE
				(mg)	(mcg)	(mcg)	(aT)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Breakfast																	
CHICKEN, SAUSAGE LINK (YELLOW)	1 each	23	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
BACON, 1EA (RED)	1 slice	13												0.245	0.81		
SAUSAGE, GRAVY (RED)	4 ounces	117	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
VEG, SAUTEED PEPPERS & ONION	1/2 cup	69	0.04+	0.09+	0+	22+	0.62+	0+	3.3+	49+	0.03+	0.02+	0.3+	0.118+	0.00+	3.2+	16+
POTATO, HOME FRIED (RED)	3/4 cup	116	0.00+	0.01+	0+	0+	1.14+	0+	4.7+	0+	0.00+	0.00+	0.0+	0.002+	0.00+	0.1+	0+
OATMEAL, QUICK COOK (GREEN)	6 ounces	127	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.08	0.00+	0.0+	0.003+	0.00+	0.2+	0+
GRITS (YELLOW)	3/4 cup	218	0.02+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.15	0.08	1.2	0.000+	0.00+	0.0+	74
BREAD, BISCUIT (RED)	1 each	90															
EGG, SCRAMBLED (YELLOW)	1/3 cup	91	0.00+		28	163	0.00+	0+	0.0+	0+	0.06	0.38	0.2	0.057	0.93	0.0+	64
MUFFIN, APPLE CINNAMON (RED)	1 each	112															
EGG, HARD BOILED (YELLOW)	1 each	50	0.03	0.02	17	96	1.23	29	0.2	0	0.04	0.25	0.1	0.036	0.95	150.9	36
FRENCH TOAST (RED)	1 each	108	0.01+	0.02+	22+	182+	0.00+	42+	0.0+	1+	0.08+	0.44+	0.2+	0.073+	1.03+	15.9+	50+
BREAKFAST, HAM, EGG & CHEESE	1 each	167	0.03+	0.00+	13+	0+	0.16+	2+	0.0+	0+	0.32+	0.07+	2.5+	0.130+	0.18+	35.4+	0+
Breakfast Totals			0.14+	0.15+	81+	464+	3.16+	73+	8.2+	50+	0.77+	1.23+	4.5+	0.665+	3.89+	205.5+	241+
Lunch																	
CHICKEN, SCALLOPINI (YELLOW)	1 each	233	0.02+	0.14+	4+	7+	1.13+	0+	6.9+	0+	0.07+	0.05+	0.7+	0.018+	0.00+	1.5+	33+
SHRIMP, ALFREDO (YELLOW)	2 cups	281	0.14+	0.42+	32+	29+	0.11+	2+	20.1+	2+	0.04+	0.06+	0.8+	0.073+	0.13+	1.4+	11+
VEG, BROCCOLI, GARLIC ROAST	3/4 cup	102	0.05	0.23+	2	28	2.23	0	98.6	81	0.07	0.11	0.6	0.176	0.00	17.3	57
VEG, ZUCCHINI, W/ GARLIC & ONION	1/2 cup	78	0.04	0.14	0	6	0.58	0	3.9	11	0.04	0.09	0.3	0.156	0.00	5.0	20
POTATO, PARSLEY BUTTERED (GREEN)	4 ounces	118	0.00+	0.00+	0+	5+	0.01+	0+	18.7+	24+	0.00+	0.00+	0.0+	0.001+	0.00+	0.1+	2+
RICE, BROWN HERBED (GREEN)	3/4 cup	192	0.18+	1.39+	8+	46+	0.95+	0+	184.4+	15+	0.26+	0.07+	3.2+	0.241+	0.00+	11.8+	34+
BREADSTICK, GARLIC CHEESE (YELLOW)	1 each	28															
SOUP, MINSTRONE (GREEN)	12 ounces	363	0.02+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HAMBURGER, GRILLED (YELLOW)	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YELLOW)	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (YELLOW)	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RED)	1 each	113															
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, ASSORTED PROTEIN	1 each	261	0.14+	0.49+	15+	259+	0.83+	16+	15.7+	12+	0.10+	0.28+	0.6+	0.162+	0.68+	54.8+	44+
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGURT	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (RED)	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MIXED BERRY (GREEN)	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
Lunch Totals			0.97+	6.20+	123+	440+	8.92+	19+	434.8+	235+	1.43+	1.49+	26.0+	2.577+	7.66+	161.0+	300+
Dinner																	
BEEF, CHILI MAC (GREEN)	1.5 cups	631	0.16+	0.19+	15+	106+	2.04+	2+	7.2+	22+	0.60+	0.24+	4.6+	0.466+	1.54+	14.6+	20+
CHICKEN, TACO (YELLOW)	2 each	201	0.01+	0.01+	8+	94+	0.60+	7+	2.3+	0+	0.01+	0.12+	0.0+	0.019+	0.31+	4.7+	8+
VEG, BLEND, NORMANDY (GREEN)	1/2 cup	187	0.01+	0.01+	0+	0+	0.00+	0+	0.1+	43+	0.06+	0.08+	0.6+	0.159+	0.00+	0.0+	0+
VEG ASPARAGUS, W/GARLIC & CHEESE	1/2 cup	112	0.18	0.19	2	34	1.36	0	39.3	7	0.14	0.13	0.9	0.116	0.00	15.8	50
BEANS, REFRIED PINTO BEANS (RED)	1/2 cup	75	0.01+	0.02+	0+	17+	0.43+	0+	1.2+	0+	0.00+	0.01+	0.1+	0.030+	0.00+	1.1+	1+
RICE, MEXICAN BROWN (GREEN)	3/4 cup	240	0.16+	1.17+	7+	9+	1.09+	0+	4.4+	9+	0.40+	0.06+	2.9+	0.250+	0.00+	13.4+	49+
Dinner Totals			0.53+	1.60+	32+	260+	5.52+	9+	54.5+	81+	1.22+	0.65+	9.1+	1.040+	1.86+	49.5+	128+
Daily Totals for 07/13/26			1.64+	7.94+	236+	1163+	17.60+	101+	497.5+	366+	3.41+	3.37+	39.6+	4.282+	13.41+	416.1+	668+
Daily Value			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent Daily Value (%)			182.31+	345.28+	430+	129+	117.36+	17+	414.5+	407+	284.38+	259.04+	247.5+	251.879+	558.64+	75.6+	167+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent RDA/DRI STANDARDS, 3 MEALS (%)			182.31+	345.28+	430+	129+	117.36+	17+	414.5+	407+	284.38+	259.04+	247.5+	251.879+	558.64+	75.6+	167+

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: Cafeteria

Date: Tue Jul 14, 2026

Recipe Name	Size	Amt	Copper	Man	Selen	Vit	Vit	Vit	Vit	Vit	Thia	Ribo	Niacin	Vit	Vit	Cho	Folate
		(gm)	(mg)	ganese	ium	A	E	D	K	C	min	flavin	(mg)	B6	B12	line	DFE
				(mg)	(mcg)	(mcg)	(aT)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Breakfast																	
TURKEY, TX HASH W/ RICE (GRE	1 cup	235	0.14+	0.66+	4+	48+	1.39+	0+	6.0+	24	0.66+	0.09+	2.1+	0.274+	0.00+	13.3+	16+
TURKEY, TURKEY SAUSAGE GRAVY	4 ounces	117	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
BACON, 1EA (RED)	1 slice	13												0.245	0.81		
PORK, SAUSAGE LINKS (RED)	1 each	57															
VEG, MUSHROOMS & ONIONS, SAUCE	1/2 cup	87	0.19	0.07	5	0	0.52	4	2.2	3	0.06	0.24	2.1	0.091	0.02	11.4	15
POTATO, HOME FRIED (RED)	3/4 cup	116	0.00+	0.01+	0+	0+	1.14+	0+	4.7+	0+	0.00+	0.00+	0.0+	0.002+	0.00+	0.1+	0+
OATMEAL, QUICK COOK (GREEN)	6 ounces	127	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.08	0.00+	0.0+	0.003+	0.00+	0.2+	0+
GRITS (YELLOW)	3/4 cup	218	0.02+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.15	0.08	1.2	0.000+	0.00+	0.0+	74
BREAD, BISCUIT (RED)	1 each	90															
EGG, SCRAMBLED (YELLOW)	1/3 cup	91	0.00+		28	163	0.00+	0+	0.0+	0+	0.06	0.38	0.2	0.057	0.93	0.0+	64
PASTRY, SCONE (RED)	1 each	106								0							
EGG, HARD BOILED (YELLOW)	1 each	50	0.03	0.02	17	96	1.23	29	0.2	0	0.04	0.25	0.1	0.036	0.95	150.9	36
FRENCH TOAST (RED)	1 each	108	0.01+	0.02+	22+	182+	0.00+	42+	0.0+	1+	0.08+	0.44+	0.2+	0.073+	1.03+	15.9+	50+
TACO, BREAKFAST EGG, CHEESE	1 each	168	0.02+	0.05+	21+	142+	0.40+	0+	2.1+	42+	0.07+	0.30+	0.4+	0.125+	0.69+	1.7+	59+
Breakfast Totals			0.43+	0.83+	99+	632+	4.68+	75+	15.2+	69+	1.20+	1.77+	6.3+	0.906+	4.43+	193.4+	315+
Lunch																	
CHICKEN MEXICAN QTR	1 each	176	0.02+	0.11+	0+	26+	0.41+	0+	2.9+	1+	0.01+	0.02+	0.2+	0.051+	0.00+	1.6+	2+
PORK TACO, MOJO (YELLOW)	2 each	321	0.05+	0.14+	0+	23+	1.24+	0+	13.8+	7+	0.02+	0.02+	0.3+	0.065+	0.00+	3.5+	8+
VEG, GREEN BEANS, FRESH (GREEN)	3/4 cup	451	0.03+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
VEG, CORN, MEXICAN (GREEN)	1/2 cup	111	0.00+	0.01+	0+	0+	0.29+	0+	1.3+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
TORTILLA, 6" (YELLOW)	1 each	28															
RICE, BROWN JALAPENO (GREEN)	3/4 cup	145	0.15+	1.19+	7+	6+	0.37+	0+	1.5+	1+	0.23+	0.04+	2.7+	0.217+	0.00+	9.2+	11+
BEANS, PINTO (GREEN)	1/2 cup	290	0.02+	0.01+	0+	0+	0.00+	0+	0.1+	0+	0.00+	0.00+	0.0+	0.007+	0.00+	0.4+	1+
BREAD, CORNBREAD JALAPENO	1 piece	125	0.02+	0.03+	10+	93+	0.44+	11+	0.8+	0+	0.02+	0.15+	0.2+	0.037+	0.44+	39.5+	14+
SOUP, CHICKEN TORTILLA (GREEN)	12 ounces	371	0.02+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HAMBURGER, GRILLED (YELLOW)	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YELLOW)	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (YELLOW)	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RED)	1 each	113															
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, ASSORTED PROTEIN	1 each	261	0.14+	0.49+	15+	259+	0.83+	16+	15.7+	12+	0.10+	0.28+	0.6+	0.162+	0.68+	54.8+	44+
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGURT	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (RED)	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MIXED BERRY (GREEN)	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
FRUIT, CUP, canned, GRAPEFRUIT	5 ounces	142															
Lunch Totals			0.84+	5.35+	95+	466+	6.67+	29+	122.6+	111+	1.23+	1.34+	23.8+	2.290+	7.97+	177.8+	179+
Dinner																	
SPAGHETTI, BAKED (YELLOW)	1 slice	571	0.21+	0.53+	49+	49+	0.60+	3+	1.1+	1+	0.52+	0.41+	7.5+	0.366+	1.63+	13.4+	224+
CHICKEN, CORDON BLEU (RED)	1 each	198															
VEG, PEAS & CARROTS (GREEN)	1/2 cup	141	0.10+	0.28+	1+	648+	0.71+	0+	25.6+	11+	0.31+	0.09+	1.6+	0.118+	0.00+	24.6+	35+
VEG, BROCCOLI, GARLIC ROAST	3/4 cup	102	0.05	0.23+	2	28	2.23	0	98.6	81	0.07	0.11	0.6	0.176	0.00	17.3	57
POTATO, MASHED RED GARLIC (RED)	1/2 cup	109															
PASTA, BOWTIE (YELLOW)	1/2 cup	408	0.03+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
GRAVY, POULTRY LOW SODIUM	2 ounces	59	0.00+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
BREAD, TOASTED GARLIC (RED)	1 slice	37															
Dinner Totals			0.40+	1.04+	53+	725+	3.54+	3+	125.3+	94+	0.89+	0.61+	9.6+	0.660+	1.63+	55.4+	316+

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

Nutrient Totals Using Main Items Only

Menu: Cafeteria Date: Tue Jul 14, 2026

Recipe Name	Size	Amt (gm)	Copper (mg)	Man ganese (mg)	Selen ium (mcg)	Vit A (mcg)	Vit E (aT) (mg)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
Daily Totals for 07/14/26			1.67+	7.22+	247+	1822+	14.89+	106+	263.2+	274+	3.32+	3.72+	39.7+	3.857+	14.03+	426.6+	810+
Daily Value			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent Daily Value (%)			185.11+	313.78+	449+	202+	99.25+	18+	219.3+	304+	277.06+	285.79+	248.1+	226.855+	584.57+	77.6+	202+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent RDA/DRI STANDARDS, 3 MEALS (%)			185.11+	313.78+	449+	202+	99.25+	18+	219.3+	304+	277.06+	285.79+	248.1+	226.855+	584.57+	77.6+	202+

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

Nutrient Totals Using Main Items Only

Menu: Cafeteria Date: Wed Jul 15, 2026

Recipe Name	Size	Amt	Copper	Man	Selen	Vit	Vit	Vit	Vit	Vit	Thia	Ribo	Niacin	Vit	Vit	Cho	Folate
		(gm)	(mg)	ganese	ium	A	E	D	K	C	min	flavin	(mg)	B6	B12	line	DFE
				(mg)	(mcg)	(mcg)	(aT)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Breakfast																	
CHICKEN, SAUSAGE LINK (YELL	1 each	23	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
BACON, 1EA (RED)	1 slice	13												0.245	0.81		
SAUSAGE, GRAVY (RED)	4 ounces	117	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
VEG CAULIFLOWER, ROASTED (C	3/4 cup	171	0.05	0.33	1	2	1.45	0	29.7	80	0.08	0.11	0.7	0.201	0.00	68.4	105
QUICHE, SPINACH & CHEESE (YE	1 each	61	0.03+	0.15+	9+	138+	0.36+	7+	68.8+	4+	0.03+	0.17+	0.2+	0.055+	0.35+	6.1+	44+
POTATO, HOME FRIED (RED)	3/4 cup	116	0.00+	0.01+	0+	0+	1.14+	0+	4.7+	0+	0.00+	0.00+	0.0+	0.002+	0.00+	0.1+	0+
OATMEAL, QUICK COOK (GREEN	6 ounces	127	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.08	0.00+	0.0+	0.003+	0.00+	0.2+	0+
GRITS (YELLOW)	3/4 cup	218	0.02+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.15	0.08	1.2	0.000+	0.00+	0.0+	74
BREAD, BISCUIT (RED)	1 each	90															
EGG, SCRAMBLED (YELLOW)	1/3 cup	91	0.00+		28	163	0.00+	0+	0.0+	0+	0.06	0.38	0.2	0.057	0.93	0.0+	64
MUFFIN, BLUEBERRY (RED)	1 each	112															
EGG, HARD BOILED (YELLOW)	1 each	50	0.03	0.02	17	96	1.23	29	0.2	0	0.04	0.25	0.1	0.036	0.95	150.9	36
FRENCH TOAST (RED)	1 each	108	0.01+	0.02+	22+	182+	0.00+	42+	0.0+	1+	0.08+	0.44+	0.2+	0.073+	1.03+	15.9+	50+
SANDWICH, BRKFST, HASH BRO'	1 each	217								0+				0.493+	1.62+		
Breakfast Totals			0.15+	0.53+	78+	581+	4.18+	78+	103.4+	84+	0.53+	1.42+	2.6+	1.166+	5.68+	241.5+	374+
Lunch																	
BEEF, HAMBURGER STEAK (RED	1 each	209	0.03+	0.11+	0+	6+	0.13+	0+	3.3+	27+	0.02+	0.01+	0.2+	0.076+	0.00+	1.9+	3+
CHICKEN SEASONED QTR (YELL	1 each	175															
PASTA, CHEESE STUFFED SHELL	3 each	354	0.03+	0.12+	7+	58+	0.23+	4+	18.5+	0+	0.01+	0.10+	0.1+	0.038+	0.31+	3.8+	8+
VEG ASPARAGUS, SAUTEED (GR	1/2 cup	97	0.17+	0.15+	2+	34+	1.98+	0+	41.7+	5	0.13+	0.13+	0.9+	0.083+	0.00+	14.5+	47+
VEG, CORN, SEASONED WHOLE	0.75 cup	182	0.07+	0.16+	0+	15+	0.12+	0+	0.5+	0+	0.10+	0.06+	2.5+	0.147+	0.00+	37.1+	0+
POTATO, SWEET, BAKED (GREEK	1 each	201	0.32	0.98+	0	1902	1.41	0	4.6	39	0.21	0.21	2.9	0.566	0.00	25.9	12
RICE, STEAMED (YELLOW)	3/4 cup	156	0.01+	0.00+	0+	0+	0.02+	0+	0.1+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
ROLL, YEAST (YELLOW)	1 each	58	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
SOUP, POTATO (YELLOW)	12 ounces	363	0.05+	0.01+	7+	83+	0.13+	93+	0.5+	0+	0.08+	0.31+	0.2+	0.065+	0.82+	25.9+	9+
HAMBURGER, GRILLED (YELLOW	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YEL	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (C	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RE	1 each	113															
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SANDWICH, TUNA SALAD CROIS:	1 each	246	0.05+	0.10+	8+	59+	0.75+	13+	8.7+	6+	0.04+	0.14+	0.3+	0.083+	0.37+	71.1+	29+
SANDWICH, CHICKEN SALAD CR	1 each	181	0.01+	0.02+	1+	7+	0.08+	1+	2.7+	1+	0.01+	0.02+	0.1+	0.014+	0.04+	7.4+	5+
SMALL BITE, ASSORTED PROTEI	1 each	261	0.14+	0.49+	15+	259+	0.83+	16+	15.7+	12+	0.10+	0.28+	0.6+	0.162+	0.68+	54.8+	44+
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUR	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (F	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
Lunch Totals			1.27+	5.50+	102+	2485+	8.76+	128+	182.9+	179+	1.54+	2.08+	27.6+	2.984+	9.06+	311.5+	257+

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: Cafeteria

Date: Wed Jul 15, 2026

Recipe Name	Size	Amt	Copper	Man ganese	Selen ium	Vit A	Vit E (aT)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
		(gm)	(mg)	(mg)	(mcg)	(mcg)	(mg)										
Dinner																	
CHICKEN, GIARDINO (GREEN)	1 cup	256	0.06+	0.19+	1+	37+	1.46+	1+	54.3+	40+	0.06+	0.09+	0.5+	0.137+	0.01+	10.1+	37+
PORK CHOP, COOKED BREADED	2 each	181															
VEG, GREEN BEANS, HERBED (G	3/4 cup	138	0.03+	0.14+	1+	0+	0.96+	0+	13.7+	2+	0.02+	0.02+	0.1+	0.067+	0.00+	2.2+	6+
APPLES, CINNAMON SPICED (YE	1/2 cup	140	0.06	0.20+	0	3	0.23	0	0.7	0	0.01	0.01	0.1	0.047	0.00	3.4	0
POTATO, RED WEDGE, OVEN RO	4 ounces	120	0.00+	0.01+	0+	2+	0.03+	0+	0.2+	23+	0.00+	0.00+	0.0+	0.002+	0.00+	0.1+	0+
RICE, STEAMED (YELLOW)	3/4 cup	156	0.01+	0.00+	0+	0+	0.02+	0+	0.1+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
GRAVY, PORK (YELLOW)	2 ounces	59	0.01	0.02	0	2	0.01	0	0.0	0	0.01	0.01	0.1	0.004	0.02	1.2	2
ROLL, HAWAIIAN YEAST (YELLOW	1 piece	30															
Dinner Totals			0.17+	0.55+	2+	44+	2.71+	1+	68.9+	66+	0.09+	0.14+	0.8+	0.258+	0.03+	17.0+	45+
Daily Totals for 07/15/26			1.60+	6.58+	182+	3110+	15.64+	206+	355.2+	329+	2.17+	3.64+	31.0+	4.408+	14.77+	569.9+	676+
Daily Value			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent Daily Value (%)			177.23+	286.26+	332+	346+	104.25+	34+	296.0+	366+	180.63+	279.72+	193.7+	259.310+	615.36+	103.6+	169+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent RDA/DRI STANDARDS, 3 MEALS (%)			177.23+	286.26+	332+	346+	104.25+	34+	296.0+	366+	180.63+	279.72+	193.7+	259.310+	615.36+	103.6+	169+

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: Cafeteria

Date: Thu Jul 16, 2026

Recipe Name	Size	Amt	Copper	Man	Selen	Vit	Vit	Vit	Vit	Vit	Thia	Ribo	Niacin	Vit	Vit	Cho	Folate
		(gm)	(mg)	ganese	ium	A	E	D	K	C	min	flavin	(mg)	B6	B12	line	DFE
				(mg)	(mcg)	(mcg)	(aT)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Breakfast																	
BACON, 1EA (RED)	1 slice	13												0.245	0.81		
PORK, SAUSAGE PATTY (RED)	1 each	57															
TURKEY, SAUSAGE PATTY (YELL	1 each	43															
TURKEY, TURKEY SAUSAGE GRA	4 ounces	117	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
VEG, BROCCOLI, GARLIC ROAST	3/4 cup	102	0.05	0.23+	2	28	2.23	0	98.6	81	0.07	0.11	0.6	0.176	0.00	17.3	57
POTATO, HASH BROWN PATTY (I	1 each	72															
OATMEAL, QUICK COOK (GREEN	6 ounces	127	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.08	0.00+	0.0+	0.003+	0.00+	0.2+	0+
GRITS (YELLOW)	3/4 cup	218	0.02+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.15	0.08	1.2	0.000+	0.00+	0.0+	74
BREAD, BISCUIT (RED)	1 each	90															
EGG, SCRAMBLED (YELLOW)	1/3 cup	91	0.00+		28	163	0.00+	0+	0.0+	0+	0.06	0.38	0.2	0.057	0.93	0.0+	64
ROLL, CINNAMON (RED)	1 each	99															
EGG, HARD BOILED (YELLOW)	1 each	50	0.03	0.02	17	96	1.23	29	0.2	0	0.04	0.25	0.1	0.036	0.95	150.9	36
FRENCH TOAST (RED)	1 each	108	0.01+	0.02+	22+	182+	0.00+	42+	0.0+	1+	0.08+	0.44+	0.2+	0.073+	1.03+	15.9+	50+
TACO, BREAKFAST EGG, CHEES	1 each	168	0.02+	0.05+	21+	142+	0.40+	0+	2.1+	42+	0.07+	0.30+	0.4+	0.125+	0.69+	1.7+	59+
Breakfast Totals			0.14+	0.33+	91+	611+	3.86+	71+	100.9+	123+	0.55+	1.55+	2.7+	0.716+	4.41+	185.9+	341+
Lunch																	
BEEF, SZECHUAN STIR FRY (YEL	6 ounces	274	0.04+	0.10+	0+	31+	2.71+	0+	11.8+	67+	0.03+	0.03+	0.4+	0.148+	0.00+	3.2+	17+
TOFU STIR FRY (GREEN)	1.25 cups	278	0.19+	0.71+	12+	3+	0.53+	0+	4.8+	0+	0.05+	0.07+	0.3+	0.102+	0.00+	33.7+	13+
VEG, GREEN BEANS, SESAME GI	3/4 cup	118	0.01+	0.01+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.001+	0.00+	0.1+	0+
VEG, BROCCOLI, SAUTEED W/ G	1/2 cup	83	0.04	0.20	2	23	1.41	0	80.5	68	0.06	0.09	0.5	0.147	0.00	14.4	48
RICE, JASMINE (YELLOW)	1/2 cup	104	0.08	0.37	5	0	0.04	0	0.0	0	0.19	0.02	1.4	0.055	0.00	1.9	130
NOODLES, ASIAN STIR FRY (YEL	2/3 cup	613	0.21+	0.53+	29+	40+	0.65+	0+	26.6+	37+	0.43+	0.21+	3.5+	0.161+	0.00+	9.7+	196+
EGG ROLL, PORK (RED)	1 each	85															
EGG ROLL, VEG (RED)	1 each	85															
SOUP, MULLIGATAWNY (RED)	12 ounces	392	0.07+	0.27+	4+	293+	1.07+	35+	13.6+	5+	0.08+	0.17+	0.6+	0.097+	0.09+	15.8+	37+
SALAD, POTATO (DEVILED) (YELI	1 ounce	66	0.21+	0.31+	1+	7+	0.22+	1+	2.5+	2+	0.01+	0.02+	0.3+	0.061+	0.04+	7.0+	5+
^SALAD, FRUIT AL FRESCO	1 ounce	28															
SALAD, PASTA CALIFORNIA (YEL	1 ounce	44	0.00+	0.00+	0+	1+	0.01+	0+	0.4+	0+	0.00+	0.00+	0.0+	0.003+	0.00+	0.3+	1+
HAMBURGER, GRILLED (YELLOW	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YELI	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (I	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RE	1 each	113															
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, TUNA (RED)	1 each	256	0.07+	0.46+	24+	238+	1.10+	27+	13.2+	4+	0.09+	0.40+	0.4+	0.133+	0.99+	80.2+	35+
SMALL BITE, CHICKEN SALAD (RI	1 each	256	0.05+	0.44+	17+	197+	0.59+	15+	12.3+	3+	0.07+	0.29+	0.3+	0.113+	0.66+	20.0+	23+
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUR	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (F	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
Lunch Totals			1.37+	6.76+	157+	893+	11.41+	80+	252.3+	277+	1.86+	2.13+	27.7+	2.771+	8.63+	255.3+	603+

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: Cafeteria

Date: Thu Jul 16, 2026

Recipe Name	Size	Amt	Copper	Man ganese	Selen ium	Vit A	Vit E (aT)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
Dinner																	
CHICKEN OVEN FRIED QTR (YEL	1 each	607	0.07+	0.28+	8+	7+	2.48+	0+	10.4+	0+	0.16+	0.10+	1.4+	0.025+	0.00+	2.9+	73+
FISH, SALMON, CUCUMBER DILL	6 ounces	236	0.01+	0.04+	1+	5+	0.05+	0+	6.3+	1+	0.01+	0.04+	0.1+	0.028+	0.05+	3.6+	8+
VEG, GREENS, COLLARD SEASO	3/4 cup	110	0.05+	0.62+	1+	437+	0.00+	0+	0.2+	38+	0.05+	0.11+	0.6+	0.110+	0.00+	0.0+	70+
VEG, BLEND, NEW BRUNSWICK (	1/2 cup	153	0.01+	0.01+	0+	0+	0.00+	0+	0.1+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
RICE, WILD (GREEN)	1/2 cup	118	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.19	0.00+	1.8	0.000+	0.00+	0.0+	0+
POTATO, ROSEMARY ROASTED	4 ounces	115	0.00+	0.01+	0+	0+	0.20+	0+	1.0+	23	0.00+	0.00+	0.0+	0.001+	0.00+	0.0+	0+
ROLL, HAWAIIAN YEAST (YELLOW	1 piece	30															
Dinner Totals			0.16+	0.96+	10+	450+	2.73+	0+	18.0+	62+	0.41+	0.24+	3.9+	0.165+	0.05+	6.5+	151+
Daily Totals for 07/16/26			1.67+	8.04+	259+	1954+	18.00+	151+	371.2+	462+	2.83+	3.92+	34.2+	3.651+	13.09+	447.8+	1095+
Daily Value			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent Daily Value (%)			185.43+	349.77+	470+	217+	119.98+	25+	309.4+	514+	235.52+	301.64+	214.0+	214.772+	545.58+	81.4+	274+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent RDA/DRI STANDARDS, 3 MEALS (%)			185.43+	349.77+	470+	217+	119.98+	25+	309.4+	514+	235.52+	301.64+	214.0+	214.772+	545.58+	81.4+	274+

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

Nutrient Totals Using Main Items Only

Menu: Cafeteria Date: Fri Jul 17, 2026

Recipe Name	Size	Amt	Copper	Man	Selen	Vit	Vit	Vit	Vit	Vit	Thia	Ribo	Niacin	Vit	Vit	Cho	Folate
		(gm)	(mg)	ganese	ium	A	E	D	K	C	min	flavin	(mg)	B6	B12	line	DFE
				(mg)	(mcg)	(mcg)	(aT)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Breakfast																	
CHICKEN, SAUSAGE LINK (YELL	1 each	23	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
BACON, 1EA (RED)	1 slice	13												0.245	0.81		
SAUSAGE, GRAVY (RED)	4 ounces	117	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
VEG, SAUTEED PEPPERS & ONIC	1/2 cup	69	0.04+	0.09+	0+	22+	0.62+	0+	3.3+	49+	0.03+	0.02+	0.3+	0.118+	0.00+	3.2+	16+
POTATO, HOME FRIED (RED)	3/4 cup	116	0.00+	0.01+	0+	0+	1.14+	0+	4.7+	0+	0.00+	0.00+	0.0+	0.002+	0.00+	0.1+	0+
OATMEAL, QUICK COOK (GREEN	6 ounces	127	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.08	0.00+	0.0+	0.003+	0.00+	0.2+	0+
GRITS (YELLOW)	3/4 cup	218	0.02+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.15	0.08	1.2	0.000+	0.00+	0.0+	74
BREAD, BISCUIT (RED)	1 each	90															
EGG, SCRAMBLED (YELLOW)	1/3 cup	91	0.00+		28	163	0.00+	0+	0.0+	0+	0.06	0.38	0.2	0.057	0.93	0.0+	64
TURNOVER, APPLE (RED)	3.7 ounces	105															
FRENCH TOAST (RED)	1 each	108	0.01+	0.02+	22+	182+	0.00+	42+	0.0+	1+	0.08+	0.44+	0.2+	0.073+	1.03+	15.9+	50+
EGG, HARD BOILED (YELLOW)	1 each	50	0.03	0.02	17	96	1.23	29	0.2	0	0.04	0.25	0.1	0.036	0.95	150.9	36
BISCUIT, SAUSAGE, EGG & CHEE	1 each	200								0+							
Breakfast Totals			0.11+	0.14+	68+	464+	2.99+	71+	8.2+	50+	0.45+	1.17+	2.0+	0.535+	3.71+	170.1+	241+
Lunch																	
FISH, CATFISH, CAJUN CRUSTED	1 each	201	0.00+	0.00+	0+	4+	0.04+	0+	0.1+	0+	0.00+	0.00+	0.0+	0.006+	0.00+	0.2+	133+
CHICKEN SEASONED QTR (YELL	1 each	175															
VEG, BRUSSEL SPROUTS, SAUTI	1/2 cup	79	0.05	0.26	1	28	1.41	0	133.4	62	0.10	0.07	0.5	0.161	0.00	14.1	45
VEG, CARROTS BABY W/THYME	1 cup	125	0.12+	0.20+	1+	835+	0.02+	0+	14.9+	3+	0.04+	0.04+	0.7+	0.128+	0.00+	9.2+	33+
VEG, CORN ON THE COB (GREEN	1 each	429	0.07	0.12	0	7	0.05	0	0.2	5	0.11	0.04	1.3	0.068	0.00	16.8	31
RICE, PILAF (YELLOW)	1/2 cup	146	0.01+	0.01+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.005+	0.00+	0.3+	1+
MACARONI & CHEESE, BAKED (R	2/3 cup	146	0.02+	0.04+	11+	126+	0.22+	23+	0.8+	0+	0.04+	0.21+	0.2+	0.034+	0.48+	11.4+	19+
BREAD, CORNBREAD LOUISIANA	1 piece	91	0.00+	0.00+	1+	20+	0.02+	12+	0.0+	0+	0.01+	0.05+	0.0+	0.009+	0.12+	7.0+	2+
SOUP, CHICKEN NOODLE (GREE	12 ounces	348	0.02+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HAMBURGER, GRILLED (YELLOW	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YELI	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (I	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RE	1 each	113															
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, COTTAGE CHEESE	1 each	333	0.12+	0.08+	28+	130+	1.79+	29+	2.2+	4+	0.07+	0.45+	0.9+	0.135+	1.66+	175.3+	53+
SMALL BITE, HUMMUS (GREEN)	1 each	262	0.69+	1.39+	4+	472+	0.11+	0+	14.7+	4+	0.28+	0.13+	1.2+	0.361+	0.00+	8.3+	115+
SMALL BITE, YOGURT (YELLOW)	1 each	277	0.05+	0.43+	17+	99+	1.33+	29+	8.4+	2+	0.09+	0.28+	0.2+	0.098+	0.95+	154.0+	38+
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
Lunch Totals			1.54+	5.91+	125+	1779+	8.08+	95+	261.3+	172+	1.58+	2.11+	25.0+	2.757+	10.06+	465.5+	569+
Dinner																	
CHICKEN WINGS, THAI STYLE (R	1 each	52															
BEEF, BEEF & BROCCOLI (GREE	1 cup	328	0.09+	0.55+	3+	28+	1.33+	0+	94.8+	83+	0.09+	0.14+	0.8+	0.244+	0.00+	22.9+	67+
VEG SNOW PEAS & CARROTS, G	3/4 cup	100	0.05+	0.11+	2+	338+	0.69+	0+	6.9+	23+	0.07+	0.06+	0.6+	0.114+	0.00+	5.2+	22+
VEG, BLEND, MANDARIN STIR FR	1/2 cup	93	0.00+	0.01+	0+	0+	0.00+	0+	0.1+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
RICE, VEGETABLE FRIED (YELLO	3/4 cup	224	0.05+	0.24+	5+	197+	0.80+	0+	10.9+	12+	0.10+	0.11+	0.6+	0.094+	0.13+	10.2+	28+
POTATOES, SWEET POTATO WE	4 ounces	115	0.00+		0+	720	0.00+	0+	0.0+	12	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
Dinner Totals			0.19+	0.90+	10+	1284+	2.83+	0+	112.8+	131+	0.25+	0.32+	2.0+	0.452+	0.13+	38.3+	117+
Daily Totals for 07/17/26			1.84+	6.95+	203+	3526+	13.90+	165+	382.3+	353+	2.28+	3.59+	29.0+	3.743+	13.91+	673.9+	927+
Daily Value			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400

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: Cafeteria

Date: Fri Jul 17, 2026

Recipe Name	Size	Amt (gm)	Copper (mg)	Man ganese (mg)	Selen ium (mcg)	Vit A (mcg)	Vit E (aT) (mg)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
Percent Daily Value (%)			204.43+	302.18+	368+	392+	92.68+	28+	318.6+	392+	190.39+	276.40+	181.1+	220.197+	579.40+	122.5+	232+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent RDA/DRI STANDARDS, 3 MEALS (%)			204.43+	302.18+	368+	392+	92.68+	28+	318.6+	392+	190.39+	276.40+	181.1+	220.197+	579.40+	122.5+	232+

Menu: Cafeteria

Date: Sat Jul 18, 2026

Recipe Name	Size	Amt	Copper	Man	Selen	Vit	Vit	Vit	Vit	Vit	Thia	Ribo	Niacin	Vit	Vit	Cho	Folate
		(gm)	(mg)	ganese	ium	A	E	D	K	C	min	flavin	(mg)	B6	B12	line	DFE
				(mg)	(mcg)	(mcg)	(aT)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Breakfast																	
EGG, SCRAMBLED (YELLOW)	1/3 cup	91	0.00+		28	163	0.00+	0+	0.0+	0+	0.06	0.38	0.2	0.057	0.93	0.0+	64
EGG, HARD BOILED (YELLOW)	1 each	50	0.03	0.02	17	96	1.23	29	0.2	0	0.04	0.25	0.1	0.036	0.95	150.9	36
BACON, 1EA (RED)	1 slice	13												0.245	0.81		
PORK, SAUSAGE PATTY (RED)	1 each	57															
POTATO, HASH BROWN PATTY (I	1 each	72															
BREAD, BISCUIT (RED)	1 each	90															
FRENCH TOAST STICKS (YELLOW)	4 sticks	113															
Breakfast Totals			0.03+	0.02+	45+	259+	1.23+	29+	0.2+	0+	0.10+	0.63+	0.2+	0.339+	2.68+	150.9+	100+
Lunch																	
CHICKEN, ALFREDO (YELLOW)	1 cup	287	0.13+	0.42+	29+	0+	0.05+	0+	0.0+	0+	0.40+	0.18+	3.3+	0.064+	0.00+	6.8+	177+
BEEF, MEATLOAF W/ BROWN GR	6 ounces	248	0.02+	0.03+	23+	28+	0.27+	3+	1.9+	12+	0.08+	0.25+	6.3+	0.474+	2.84+	2.7+	20+
VEG ASPARAGUS, ROASTED (GF	1/2 cup	95	0.17+	0.15+	2+	34+	1.60+	0+	40.1+	5	0.13+	0.13+	0.9+	0.083+	0.00+	14.5+	47+
VEG, GREEN BEANS, HERBED (G	3/4 cup	138	0.03+	0.14+	1+	0+	0.96+	0+	13.7+	2+	0.02+	0.02+	0.1+	0.067+	0.00+	2.2+	6+
POTATO, PARSLEY BUTTERED (C	4 ounces	118	0.00+	0.00+	0+	5+	0.01+	0+	18.7+	24+	0.00+	0.00+	0.0+	0.001+	0.00+	0.1+	2+
RICE, BROWN (GREEN)	3/4 cup	157	0.16	1.44	9	0	0.37	0	0.6	0	0.27	0.05	3.3	0.240	0.00	10.8	12
GRAVY, BROWN LOW SODIUM (Y	2 ounces	61	0.00+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
ROLL, HAWAIIAN YEAST (YELLOW	1 piece	30															
HAMBURGER, GRILLED (YELLOW	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YELI	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
SANDWICH, GRILLED CHICKEN (I	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RE	1 each	113															
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, ASSORTED PROTEI	1 each	261	0.14+	0.49+	15+	259+	0.83+	16+	15.7+	12+	0.10+	0.28+	0.6+	0.162+	0.68+	54.8+	44+
SALAD, SIDE (GREEN)	8 ounces	232	0.07+	0.16+	0+	266+	0.54+	0+	18.0+	12+	0.06+	0.05+	0.7+	0.112+	0.00+	10.1+	19+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (F	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
Lunch Totals			1.09+	6.08+	138+	642+	7.43+	20+	194.5+	157+	1.85+	1.75+	34.5+	2.944+	10.35+	170.1+	410+
Dinner																	
BEEF, YAKISOBA, GROUND (YELI	1 cup	786	0.21+	0.61+	49+	6+	0.41+	0+	11.3+	19+	0.48+	0.39+	9.6+	0.585+	2.71+	11.0+	195+
CHICKEN, BREAST ASIAN BARBE	6 ounces	194	0.03+	0.14+	1+	12+	0.21+	0+	29.7+	3+	0.02+	0.03+	0.2+	0.049+	0.00+	3.9+	13+
VEG, SQUASH YELLOW/ZUCCHIN	1/2 cup	88	0.05	0.14	0	5	0.09	0	2.9	6	0.04	0.03	0.3	0.051	0.00	2.4+	12
VEG, MIXED VEGETABLE STIR FF	3/4 cup	144	0.05+	0.31+	1+	138+	0.62+	0+	100.4+	64+	0.09+	0.09+	0.6+	0.209+	0.00+	17.8+	62+
RICE, BROWN (GREEN)	3/4 cup	157	0.16	1.44	9	0	0.37	0	0.6	0	0.27	0.05	3.3	0.240	0.00	10.8	12
Dinner Totals			0.50+	2.64+	59+	161+	1.70+	0+	144.9+	92+	0.89+	0.59+	14.1+	1.135+	2.71+	46.0+	293+
Daily Totals for 07/18/26			1.62+	8.75+	243+	1063+	10.36+	49+	339.5+	249+	2.84+	2.97+	48.8+	4.418+	15.74+	367.0+	803+
Daily Value			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent Daily Value (%)			179.96+	380.48+	442+	118+	69.04+	8+	282.9+	277+	236.71+	228.46+	305.3+	259.892+	655.82+	66.7+	201+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent RDA/DRI STANDARDS, 3 MEALS (%)			179.96+	380.48+	442+	118+	69.04+	8+	282.9+	277+	236.71+	228.46+	305.3+	259.892+	655.82+	66.7+	201+
Week Daily Average (07/12/26-07/18/26)			1.57+	7.25+	219+	2168+	14.09+	123+	337.2+	327+	2.68+	3.38+	36.2+	3.939+	13.70+	478.0+	778+

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: Cafeteria

Date: Sun Jul 19, 2026

Recipe Name	Size	Amt	Copper	Man ganese	Selen ium	Vit A	Vit E	Vit D	Vit K	Vit C	Thia min	Ribo flavin	Niacin	Vit B6	Vit B12	Cho line	Folate DFE
		(gm)	(mg)	(mg)	(mcg)	(mcg)	(aT) (mg)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Lunch																	
FISH, COD, POTATO CRUSTED (C	1 each	157	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
BEEF, BRAISED CUBES (GREEN)	3/4 cup	170	0.02+	0.07+	0+	2+	0.13+	0+	5.6+	1+	0.01+	0.02+	0.1+	0.030+	0.00+	1.8+	4+
VEG, BLEND, MIXED VEGETABLE	1/2 cup	167	0.09	0.22	0	230	0.00+	0	0.0+	9	0.11	0.08	1.1	0.087	0.00	0.0+	26
VEG, BROCCOLI, STEAMED (GRE	3/4 cup	91	0.04	0.19	2	28	0.71	0	92.2	81	0.06	0.11	0.6	0.159	0.00	17.0	57
NOODLES, EGG (YELLOW)	3/4 cup	425	0.17	0.39	36	8	0.18	5	0.3	0	0.51	0.19	3.8	0.098	0.13	35.7	168
RICE, STEAMED (YELLOW)	3/4 cup	156	0.01+	0.00+	0+	0+	0.02+	0+	0.1+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
ROLL, HAWAIIAN YEAST (YELLOW	1 piece	30															
HAMBURGER, GRILLED (YELLOW	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YELI	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (C	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RE	1 each	113															
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, ASSORTED PROTEI	1 each	261	0.14+	0.49+	15+	259+	0.83+	16+	15.7+	12+	0.10+	0.28+	0.6+	0.162+	0.68+	54.8+	44+
SALAD, SIDE (GREEN)	8 ounces	232	0.07+	0.16+	0+	266+	0.54+	0+	18.0+	12+	0.06+	0.05+	0.7+	0.112+	0.00+	10.1+	19+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (F	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MELON (GREEN)	6 ounces	77	0.02	0.03	0	63	0.03	0	2.1	21	0.03	0.01	0.4	0.062	0.00	5.9	15
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
Lunch Totals			0.94+	4.81+	115+	906+	5.24+	22+	219.7+	226+	1.68+	1.53+	26.9+	2.451+	7.64+	193.2+	416+
Dinner																	
LASAGNA, SPINACH (GREEN)	1 serving	354	0.30+	0.86+	18+	466+	3.69+	4+	343.1+	42+	0.83+	0.47+	2.5+	0.423+	0.74+	46.0+	168+
CHICKEN, PRIMAVERA (GREEN)	4 ounces	480	0.18+	0.38+	5+	44+	1.81+	0+	13.8+	48+	1.02+	0.16+	2.0+	0.349+	0.00+	20.5+	56+
VEG, CARROTS ROASTED BABY	3/4 cup	116	0.11	0.17+	1	751	0.95+	0	14.2	3	0.03	0.04	0.6	0.114	0.00	8.2	29
VEG, BRUSSEL SPROUTS, SAUTI	1/2 cup	79	0.05	0.26	1	28	1.41	0	133.4	62	0.10	0.07	0.5	0.161	0.00	14.1	45
PASTA, BOWTIE (YELLOW)	1/2 cup	408	0.03+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
RICE, PILAF (YELLOW)	1/2 cup	146	0.01+	0.01+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.005+	0.00+	0.3+	1+
Dinner Totals			0.69+	1.69+	25+	1289+	7.87+	4+	504.5+	156+	1.98+	0.74+	5.7+	1.053+	0.74+	88.9+	299+
Daily Totals for 07/19/26			1.63+	6.49+	140+	2195+	13.11+	27+	724.1+	382+	3.66+	2.26+	32.6+	3.504+	8.38+	282.1+	716+
Daily Value			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent Daily Value (%)			180.60+	282.30+	254+	244+	87.37+	4+	603.4+	424+	304.87+	174.18+	203.5+	206.134+	349.28+	51.3+	179+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent RDA/DRI STANDARDS, 3 MEALS (%)			180.60+	282.30+	254+	244+	87.37+	4+	603.4+	424+	304.87+	174.18+	203.5+	206.134+	349.28+	51.3+	179+

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: Cafeteria

Date: Mon Jul 20, 2026

Recipe Name	Size	Amt	Copper	Man ganese	Selen ium	Vit A	Vit E (aT)	Vit D	Vit K	Vit C	Thia min	Ribo flavin	Niacin	Vit B6	Vit B12	Cho line	Folate DFE
		(gm)	(mg)	(mg)	(mcg)	(mcg)	(mg)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Lunch																	
EGGPLANT CUTLET, OVEN-FRIE	3 slices	107	0.01+	0.01+	4+	40+	0.08+	2+	0.2+	0+	0.00+	0.06+	0.0+	0.018+	0.21+	2.3+	4+
SHRIMP, SEASONED GRILLED (G	4 ounces	143	0.02+	0.06+	0+	28+	0.36+	0+	2.8+	0+	0.01+	0.02+	0.1+	0.034+	0.00+	1.0+	1+
CHICKEN SEASONED QTR (YELL	1 each	175															
VEG, BLEND, MALIBU (GREEN)	1/2 cup	91															
VEG ASPARAGUS, W/GARLIC & C	1/2 cup	112	0.18	0.19	2	34	1.36	0	39.3	7	0.14	0.13	0.9	0.116	0.00	15.8	50
POTATO, MASHED RED GARLIC (	1/2 cup	109															
PASTA, LINGUINE (YELLOW)	3/4 cup	350	0.16	0.42	29	0	0.12	0	0.3	0	0.40	0.18	3.3	0.064	0.00	6.9	177
BREADSTICK, GARLIC CHEESE (	1 each	28															
SOUP, LASAGNA (RED)	12 ounces	818	0.18+	0.29+	13+	145+	1.35+	9+	72.5+	12+	0.34+	0.20+	2.0+	0.243+	0.80+	15.9+	25+
HAMBURGER, GRILLED (YELLOW	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YEL	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RE	1 each	113															
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, CHICKEN & CHEESE	1 each	251	0.04+	0.42+	16+	190+	0.51+	14+	9.6+	2+	0.07+	0.27+	0.2+	0.100+	0.62+	12.5+	18+
SMALL BITE, SALAMI & CHEESE (	1 each	194	0.04+	0.42+	16+	190+	0.51+	14+	9.6+	2+	0.07+	0.27+	0.2+	0.100+	0.62+	12.5+	18+
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUR	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MELON (GREEN)	6 ounces	77	0.02	0.03	0	63	0.03	0	2.1	21	0.03	0.01	0.4	0.062	0.00	5.9	15
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
Lunch Totals			1.03+	5.20+	143+	750+	7.41+	41+	223.1+	135+	1.91+	1.98+	27.1+	2.487+	9.11+	141.7+	408+
Dinner																	
FISH, SALMON, TERIYAKI GLAZE	6 ounces	186	0.00+	0.00+	0+	0+	0.10+	0+	0.4+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
BEEF, MONGOLIAN GRILL (YELL	6 ounces	199	0.01+	0.13+	0+	8+	0.67+	0+	9.0+	15+	0.01+	0.02+	0.2+	0.038+	0.00+	1.9+	7+
VEG, GREEN BEANS, SESAME GI	3/4 cup	118	0.01+	0.01+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.001+	0.00+	0.1+	0+
VEG, BLEND, MANDARIN STIR FR	1/2 cup	93	0.00+	0.01+	0+	0+	0.00+	0+	0.1+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
RICE, VEGETABLE FRIED (YELLOW	3/4 cup	224	0.05+	0.24+	5+	197+	0.80+	0+	10.9+	12+	0.10+	0.11+	0.6+	0.094+	0.13+	10.2+	28+
Dinner Totals			0.07+	0.39+	5+	205+	1.57+	0+	20.5+	27+	0.11+	0.13+	0.8+	0.132+	0.13+	12.2+	35+
Daily Totals for 07/20/26			1.10+	5.59+	148+	955+	8.97+	41+	243.6+	162+	2.02+	2.11+	27.9+	2.620+	9.25+	153.9+	443+
Daily Value			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent Daily Value (%)			122.59+	243.06+	268+	106+	59.83+	7+	203.0+	180+	168.30+	162.08+	174.1+	154.100+	385.24+	28.0+	111+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent RDA/DRI STANDARDS, 3 MEALS (%)			122.59+	243.06+	268+	106+	59.83+	7+	203.0+	180+	168.30+	162.08+	174.1+	154.100+	385.24+	28.0+	111+

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: Cafeteria

Date: Tue Jul 21, 2026

Recipe Name	Size	Amt	Copper	Man ganese	Selen ium	Vit A	Vit E	Vit D	Vit K	Vit C	Thia min	Ribo flavin	Niacin	Vit B6	Vit B12	Cho line	Folate DFE
		(gm)	(mg)	(mg)	(mcg)	(mcg)	(aT) (mg)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Lunch																	
CHICKEN SPICY LIME QTR (YELL	1 each	197	0.01+	0.04+	0+	6+	0.49+	0+	2.1+	1+	0.01+	0.01+	0.1+	0.017+	0.00+	1.1+	1+
BEEF, ENCHILADA CASSEROLE (	1 piece	236	0.05+	0.11+	17+	81+	1.52+	2+	3.9+	1+	0.05+	0.20+	4.5+	0.404+	1.90+	4.6+	9+
VEG, CABBAGE w/PEPPERS, SAL	1/2 cup	146	0.03+	0.23+	0+	54+	0.28+	0+	96.9+	53+	0.09+	0.06+	0.4+	0.185+	0.00+	14.5+	57+
VEG, BROCCOLI, STEAMED (GRE	3/4 cup	91	0.04	0.19	2	28	0.71	0	92.2	81	0.06	0.11	0.6	0.159	0.00	17.0	57
VEG, CORN, HACIENDA (GREEN)	1/2 cup	115	0.00+	0.02+	0+	0+	0.00+	0+	0.2+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
BEANS, BORRACHO (GREEN)	1/2 cup	317	0.34+	0.49+	0+	0+	0.00+	0+	0.1+	0	0.07+	0.02+	0.3+	0.002+	0.00+	0.1+	31+
RICE, CILANTRO LIME (YELLOW)	3/4 cup	133	0.01+	0.01+	0+	4+	0.36+	0+	4.7+	1+	0.00+	0.00+	0.0+	0.008+	0.00+	0.4+	1+
BREAD, CORNBREAD JALAPENO	1 piece	125	0.02+	0.03+	10+	93+	0.44+	11+	0.8+	0+	0.02+	0.15+	0.2+	0.037+	0.44+	39.5+	14+
SOUP, ALBONDIGAS (RED)	12 ounces	376	0.11+	0.23+	9+	135+	0.55+	1+	13.9+	2+	0.09+	0.15+	1.9+	0.158+	0.55+	28.4+	32+
HAMBURGER, GRILLED (YELLOW	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YEL	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RE	1 each	113															
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, BUFFALO CHICKEN	1 each	262	0.06+	0.46+	16+	276+	0.65+	14+	33.2+	5+	0.08+	0.29+	0.4+	0.126+	0.62+	14.5+	29+
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUR	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (F	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MELON (GREEN)	6 ounces	77	0.02	0.03	0	63	0.03	0	2.1	21	0.03	0.01	0.4	0.062	0.00	5.9	15
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
*****ADDITIONS*****	1 each																
Lunch Totals			1.10+	5.21+	117+	798+	8.12+	30+	336.6+	255+	1.34+	1.84+	28.7+	2.908+	10.37+	194.8+	345+
Dinner																	
CHICKEN, ALFREDO (YELLOW)	1 cup	287	0.13+	0.42+	29+	0+	0.05+	0+	0.0+	0+	0.40+	0.18+	3.3+	0.064+	0.00+	6.8+	177+
SHRIMP, SEASONED GRILLED (G	4 ounces	143	0.02+	0.06+	0+	28+	0.36+	0+	2.8+	0+	0.01+	0.02+	0.1+	0.034+	0.00+	1.0+	1+
VEG, BLEND, BERMUDA (GREEN)	1/2 cup	189	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.003+	0.00+	0.2+	0+
VEG, SPINACH, SAUTEED (GREE	1/2 cup	128	0.16	1.07	2	532	2.69	0	549.3	33	0.09	0.22	0.8	0.255	0.00	22.5	220
PASTA, BUTTERED BOWTIE (YEL	1 cup	343	0.03+	0.00+	0+	0+	0.06+	0+	0.2+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
RICE, STEAMED (YELLOW)	3/4 cup	156	0.01+	0.00+	0+	0+	0.02+	0+	0.1+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
Dinner Totals			0.35+	1.55+	30+	560+	3.18+	0+	552.5+	33+	0.51+	0.42+	4.2+	0.356+	0.00+	30.5+	399+
Daily Totals for 07/21/26			1.45+	6.75+	147+	1358+	11.30+	30+	889.1+	288+	1.85+	2.25+	32.9+	3.265+	10.37+	225.3+	745+
Daily Value			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent Daily Value (%)			160.89+	293.54+	267+	151+	75.32+	5+	740.9+	320+	153.97+	173.13+	205.8+	192.034+	432.15+	41.0+	186+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent RDA/DRI STANDARDS, 3 MEALS (%)			160.89+	293.54+	267+	151+	75.32+	5+	740.9+	320+	153.97+	173.13+	205.8+	192.034+	432.15+	41.0+	186+

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: Cafeteria

Date: Wed Jul 22, 2026

Recipe Name	Size	Amt	Copper	Man ganese	Selen ium	Vit A	Vit E (aT)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
		(gm)	(mg)	(mg)	(mcg)	(mcg)	(mg)		(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Lunch																	
CHICKEN SEASONED QTR (YELL	1 each	175															
FISH, COD, GARLIC LEMON CRU	1 each	157	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
VEG, GREENS, COLLARD SEASO	3/4 cup	110	0.05+	0.62+	1+	437+	0.00+	0+	0.2+	38+	0.05+	0.11+	0.6+	0.110+	0.00+	0.0+	70+
VEG, CARROTS ROASTED BABY	3/4 cup	116	0.11	0.17+	1	751	0.95+	0	14.2	3	0.03	0.04	0.6	0.114	0.00	8.2	29
RICE, STEAMED (YELLOW)	3/4 cup	156	0.01+	0.00+	0+	0+	0.02+	0+	0.1+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
MACARONI & CHEESE, BAKED (R	2/3 cup	146	0.02+	0.04+	11+	126+	0.22+	23+	0.8+	0+	0.04+	0.21+	0.2+	0.034+	0.48+	11.4+	19+
ROLL, YEAST (YELLOW)	1 each	58	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
PUDDING, SHIRRIEL'S BANANA (I	1/2 cup	272	0.08+	0.21+	14+	173+	0.57+	2+	3.3+	5+	0.15+	0.40+	1.4+	0.235+	0.31+	60.8+	47+
SOUP, BROCCOLI & CHEESE (RE	12 ounces	363															
HAMBURGER, GRILLED (YELLOW	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YELI	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (I	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RE	1 each	113															
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, ASSORTED PROTEI	1 each	261	0.14+	0.49+	15+	259+	0.83+	16+	15.7+	12+	0.10+	0.28+	0.6+	0.162+	0.68+	54.8+	44+
SANDWICH, CHICKEN SALAD CR	1 each	181	0.01+	0.02+	1+	7+	0.08+	1+	2.7+	1+	0.01+	0.02+	0.1+	0.014+	0.04+	7.4+	5+
SANDWICH, TUNA SALAD CROIS:	1 each	246	0.05+	0.10+	8+	59+	0.75+	13+	8.7+	6+	0.04+	0.14+	0.3+	0.083+	0.37+	71.1+	29+
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP WATERMELON (GRE	6 ounces	170	0.07	0.06	1	48	0.09	0	0.2	14	0.06	0.04	0.3	0.077	0.00	7.0	5
FRUIT, CUP MELON (GREEN)	6 ounces	77	0.02	0.03	0	63	0.03	0	2.1	21	0.03	0.01	0.4	0.062	0.00	5.9	15
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
Lunch Totals			0.96+	5.12+	114+	1983+	6.62+	58+	134.5+	189+	1.35+	2.07+	24.5+	2.641+	8.73+	295.5+	363+
Dinner																	
TURKEY, ROAST (GREEN)	4 ounces	125	0.00+	0.02+	0+	0+	0.38+	0+	1.9+	0+	0.00+	0.00+	0.0+	0.001+	0.00+	0.0+	0+
PORK, SPARERIBS, COOKED (RE	3 ribs	139	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
VEG, BLEND, NORMANDY (GREE	1/2 cup	187	0.01+	0.01+	0+	0+	0.00+	0+	0.1+	43+	0.06+	0.08+	0.6+	0.159+	0.00+	0.0+	0+
VEG, GREEN BEANS, LYONNAISE	3/4 cup	130	0.01+	0.05+	0+	0+	0.01+	0+	0.8+	1+	0.01+	0.00+	0.0+	0.026+	0.00+	1.1+	3+
RICE, PILAF (YELLOW)	1/2 cup	146	0.01+	0.01+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.005+	0.00+	0.3+	1+
POTATOES, MASHED RED (YELL	1/2 cup	130															
GRAVY, TURKEY (YELLOW)	2 ounces	61	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
ROLL, HAWAIIAN YEAST (YELLOW	1 piece	30															
Dinner Totals			0.04+	0.08+	0+	0+	0.39+	0+	2.8+	45+	0.07+	0.09+	0.6+	0.191+	0.00+	1.3+	4+
Daily Totals for 07/22/26			1.00+	5.20+	114+	1983+	7.01+	58+	137.3+	234+	1.41+	2.15+	25.1+	2.832+	8.73+	296.8+	367+
Daily Value			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent Daily Value (%)			111.01+	226.18+	207+	220+	46.75+	10+	114.4+	260+	117.63+	165.77+	156.7+	166.592+	363.57+	54.0+	92+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent RDA/DRI STANDARDS, 3 MEALS (%)			111.01+	226.18+	207+	220+	46.75+	10+	114.4+	260+	117.63+	165.77+	156.7+	166.592+	363.57+	54.0+	92+

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: Cafeteria

Date: Thu Jul 23, 2026

Recipe Name	Size	Amt	Copper	Man ganese	Selen ium	Vit A	Vit E (aT)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
		(gm)	(mg)	(mg)	(mcg)	(mcg)	(mg)										
Lunch																	
PORK, RIBS, KOREAN, COOKED	3 ribs	172	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
CHICKEN, TERIYAKI BAKED (YEL	1 each	170	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.12+	0.27+	7.5+	0.612+	0.83+	0.0+	5+
VEG, BLEND, MANDARIN STIR FR	1/2 cup	93	0.00+	0.01+	0+	0+	0.00+	0+	0.1+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
VEG, BRUSSEL SPROUTS, KUNG	1/2 cup	94	0.05+	0.20+	1+	94+	1.02+	0+	90.2+	44+	0.08+	0.05+	0.5+	0.140+	0.00+	11.2+	35+
VEG, GREEN BEANS, KUNG PAO	3/4 cup	148	0.01+	0.03+	0+	76+	0.59+	0+	3.5+	2+	0.01+	0.01+	0.1+	0.026+	0.00+	1.5+	4+
RICE, STEAMED (YELLOW)	3/4 cup	156	0.01+	0.00+	0+	0+	0.02+	0+	0.1+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
POTATOES, SWEET POTATO WE	4 ounces	115	0.00+		0+	720	0.00+	0+	0.0+	12	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
POTSTICKERS, CHICKEN & VEGE	4 each	113															
SOUP, CHICKEN TIKKA MASALA (	12 ounces	417	0.16+	0.53+	1+	195+	1.38+	0+	106.2+	28+	0.07+	0.06+	0.6+	0.137+	0.00+	14.0+	85+
HAMBURGER, GRILLED (YELLOW	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YEL	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RE	1 each	113															
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, CHICKEN SALAD (R	1 each	256	0.05+	0.44+	17+	197+	0.59+	15+	12.3+	3+	0.07+	0.29+	0.3+	0.113+	0.66+	20.0+	23+
SMALL BITE, TUNA (RED)	1 each	256	0.07+	0.46+	24+	238+	1.10+	27+	13.2+	4+	0.09+	0.40+	0.4+	0.133+	0.99+	80.2+	35+
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUR	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MELON (GREEN)	6 ounces	77	0.02	0.03	0	63	0.03	0	2.1	21	0.03	0.01	0.4	0.062	0.00	5.9	15
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
Lunch Totals			0.76+	5.07+	106+	1643+	7.83+	44+	314.3+	203+	1.32+	1.93+	29.6+	2.975+	9.33+	201.7+	301+
Dinner																	
CHICKEN, CITRUS HERB (GREEN	1 each	164	0.02+	0.09+	0+	30+	0.86+	0+	7.9+	6+	0.14	0.29	7.7	0.669	0.83	2.2+	11
PORK LOIN, APPLE GLAZED (YEL	5 ounces	225	0.01+	0.04+	0+	0+	0.00+	0+	0.0+	0+	0.01+	0.01+	0.0+	0.008+	0.00+	0.7+	0+
VEG, ZUCCHINI & SQUASH, SAUT	1/2 cup	89	0.03+	0.10+	0+	4+	0.13+	0+	1.8+	19	0.02+	0.06+	0.2+	0.099+	0.00+	3.2+	13+
VEG, BLEND, NEW BRUNSWICK (	1/2 cup	153	0.01+	0.01+	0+	0+	0.00+	0+	0.1+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
RICE, STEAMED (YELLOW)	3/4 cup	156	0.01+	0.00+	0+	0+	0.02+	0+	0.1+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
POTATO, MASHED (YELLOW)	3/4 cup	193	0.01+	0.00+	1+	16+	0.00+	10+	0.0+	6+	0.02+	0.11+	1.8+	0.008+	0.09+	3.8+	1+
GRAVY, PORK (YELLOW)	2 ounces	59	0.01	0.02	0	2	0.01	0	0.0	0	0.01	0.01	0.1	0.004	0.02	1.2	2
Dinner Totals			0.10+	0.25+	2+	52+	1.03+	10+	9.9+	30+	0.19+	0.49+	9.8+	0.789+	0.95+	11.1+	27+
Daily Totals for 07/23/26			0.86+	5.32+	107+	1695+	8.87+	54+	324.2+	234+	1.51+	2.42+	39.5+	3.764+	10.27+	212.9+	329+
Daily Value			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent Daily Value (%)			95.19+	231.26+	195+	188+	59.11+	9+	270.1+	260+	125.98+	186.23+	246.7+	221.413+	428.09+	38.7+	82+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent RDA/DRI STANDARDS, 3 MEALS (%)			95.19+	231.26+	195+	188+	59.11+	9+	270.1+	260+	125.98+	186.23+	246.7+	221.413+	428.09+	38.7+	82+

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: Cafeteria

Date: Fri Jul 24, 2026

Recipe Name	Size	Amt	Copper	Man ganese	Selen ium	Vit A	Vit E (aT)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
		(gm)	(mg)	(mg)	(mcg)	(mcg)	(mg)										
Lunch																	
CHICKEN SEASONED QTR (YELL)	1 each	175															
FISH, SALMON, CUCUMBER DILL	6 ounces	236	0.01+	0.04+	1+	5+	0.05+	0+	6.3+	1+	0.01+	0.04+	0.1+	0.028+	0.05+	3.6+	8+
VEG ASPARAGUS, W/GARLIC & C	1/2 cup	112	0.18	0.19	2	34	1.36	0	39.3	7	0.14	0.13	0.9	0.116	0.00	15.8	50
VEG CAULIFLOWER, ROASTED (C	3/4 cup	171	0.05	0.33	1	2	1.45	0	29.7	80	0.08	0.11	0.7	0.201	0.00	68.4	105
VEG, CARROTS ROASTED BABY	3/4 cup	116	0.11	0.17+	1	751	0.95+	0	14.2	3	0.03	0.04	0.6	0.114	0.00	8.2	29
POTATO, PARSLEY BUTTERED (C	4 ounces	118	0.00+	0.00+	0+	5+	0.01+	0+	18.7+	24+	0.00+	0.00+	0.0+	0.001+	0.00+	0.1+	2+
RICE, GREEK (SPANAKORIZO) (Y	1/2 cup	134	0.10+	0.52+	5+	55+	0.89+	0+	57.6+	5+	0.20+	0.04+	1.5+	0.112+	0.00+	5.2+	146+
BREAD PITA, WHOLE WHEAT (GF	1 each	90															
SOUP, VEGETABLE BEEF (GREEK	12 ounces	348	0.02+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HAMBURGER, GRILLED (YELLOW	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YELL	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (C	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RE	1 each	113															
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, COTTAGE CHEESE	1 each	333	0.12+	0.08+	28+	130+	1.79+	29+	2.2+	4+	0.07+	0.45+	0.9+	0.135+	1.66+	175.3+	53+
SMALL BITE, YOGURT (YELLOW)	1 each	277	0.05+	0.43+	17+	99+	1.33+	29+	8.4+	2+	0.09+	0.28+	0.2+	0.098+	0.95+	154.0+	38+
SMALL BITE, VEGETABLE CRUDI	1 each	260	0.16	0.31	1	543	0.86+	0	37.9+	78	0.08	0.11	1.4	0.294	0.00	15.9+	71
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUR	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP WATERMELON (GRE	6 ounces	170	0.07	0.06	1	48	0.09	0	0.2	14	0.06	0.04	0.3	0.077	0.00	7.0	5
FRUIT, CUP MELON (GREEN)	6 ounces	77	0.02	0.03	0	63	0.03	0	2.1	21	0.03	0.01	0.4	0.062	0.00	5.9	15
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
Lunch Totals			1.29+	5.54+	119+	1794+	11.90+	60+	303.1+	329+	1.64+	2.09+	26.9+	2.989+	9.52+	528.4+	622+
Dinner																	
BEEF, COUNTRY STYLE STEAK (I	1 each	128															
FISH, COD, POTATO CRUSTED (C	1 each	157	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
VEG SQUASH, SUMMER, ROAST	3/4 cup	202	0.00+	0.01+	0+	0+	0.92+	0+	3.8+	53	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
VEG, GREEN BEANS, HERBED (G	3/4 cup	138	0.03+	0.14+	1+	0+	0.96+	0+	13.7+	2+	0.02+	0.02+	0.1+	0.067+	0.00+	2.2+	6+
RICE, BROWN (GREEN)	3/4 cup	157	0.16	1.44	9	0	0.37	0	0.6	0	0.27	0.05	3.3	0.240	0.00	10.8	12
MACARONI & CHEESE, FROZEN (	1/2 cup	120															
GRAVY MIX, COUNTRY STYLE (R	2 ounces	66	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
BREAD, CORNBREAD (FROZEN) (	1 piece	60															
Dinner Totals			0.20+	1.58+	9+	0+	2.24+	0+	18.1+	56+	0.29+	0.06+	3.3+	0.308+	0.00+	13.0+	18+
Daily Totals for 07/24/26			1.49+	7.12+	128+	1794+	14.14+	60+	321.2+	384+	1.93+	2.15+	30.2+	3.297+	9.52+	541.5+	640+
Daily Value			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent Daily Value (%)			165.34+	309.58+	233+	199+	94.24+	10+	267.7+	427+	160.58+	165.64+	188.8+	193.959+	396.61+	98.4+	160+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent RDA/DRI STANDARDS, 3 MEALS (%)			165.34+	309.58+	233+	199+	94.24+	10+	267.7+	427+	160.58+	165.64+	188.8+	193.959+	396.61+	98.4+	160+

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: Cafeteria

Date: Sat Jul 25, 2026

Recipe Name	Size	Amt	Copper	Man ganese	Selen ium	Vit A	Vit E	Vit D	Vit K	Vit C	Thia min	Ribo flavin	Niacin	Vit B6	Vit B12	Cho line	Folate DFE
		(gm)	(mg)	(mg)	(mcg)	(mcg)	(aT) (mg)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Lunch																	
BEEF, POT ROAST (RED)	6 ounces	170															
CHICKEN, GIARDINO (GREEN)	1 cup	256	0.06+	0.19+	1+	37+	1.46+	1+	54.3+	40+	0.06+	0.09+	0.5+	0.137+	0.01+	10.1+	37+
VEG, PEAS & PEARL ONIONS (GF	3/4 cup	141	0.00+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
VEG, GREEN BEANS, SEASONED	3/4 cup	204	0.01+	0.02+	0+	0+	0.00+	0+	0.1+	1+	0.00+	0.00+	0.0+	0.010+	0.00+	0.5+	2+
POTATOES, MASHED RED (YELL)	1/2 cup	130															
GRAVY, BROWN LOW SODIUM (Y	2 ounces	61	0.00+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
BREAD, PARKERHOUSE ROLL (Y	1 each	48	0.00+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.001+	0.00+	0.1+	0+
HAMBURGER, GRILLED (YELLOW	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YEL)	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RE	1 each	113															
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, ASSORTED PROTEI	1 each	261	0.14+	0.49+	15+	259+	0.83+	16+	15.7+	12+	0.10+	0.28+	0.6+	0.162+	0.68+	54.8+	44+
SALAD, SIDE (GREEN)	8 ounces	232	0.07+	0.16+	0+	266+	0.54+	0+	18.0+	12+	0.06+	0.05+	0.7+	0.112+	0.00+	10.1+	19+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (F	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
FRUIT, CUP MELON (GREEN)	6 ounces	77	0.02	0.03	0	63	0.03	0	2.1	21	0.03	0.01	0.4	0.062	0.00	5.9	15
Lunch Totals			0.68+	4.15+	77+	675+	5.66+	18+	175.9+	175+	1.04+	1.23+	21.7+	2.225+	7.52+	149.4+	200+
Dinner																	
BEEF, PEPPER STEAK (YELLOW)	4 ounces	197	0.12+	0.14+	32+	10+	0.85+	0+	4.0+	20+	0.08+	0.21+	5.8+	0.474+	1.64+	112.6+	16+
CHICKEN, BREAST ASIAN BARBE	6 ounces	194	0.03+	0.14+	1+	12+	0.21+	0+	29.7+	3+	0.02+	0.03+	0.2+	0.049+	0.00+	3.9+	13+
VEG, BLEND, MANDARIN STIR FR	1/2 cup	93	0.00+	0.01+	0+	0+	0.00+	0+	0.1+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
VEG CAULIFLOWER, ROASTED (I	3/4 cup	171	0.05	0.33	1	2	1.45	0	29.7	80	0.08	0.11	0.7	0.201	0.00	68.4	105
RICE, STEAMED (YELLOW)	3/4 cup	156	0.01+	0.00+	0+	0+	0.02+	0+	0.1+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
POTATOES, SWEET POTATO WE	4 ounces	115	0.00+		0+	720	0.00+	0+	0.0+	12	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
Dinner Totals			0.21+	0.62+	34+	744+	2.53+	0+	63.6+	115+	0.18+	0.36+	6.7+	0.725+	1.64+	185.0+	134+
Daily Totals for 07/25/26			0.89+	4.77+	111+	1419+	8.19+	18+	239.5+	290+	1.22+	1.58+	28.4+	2.950+	9.16+	334.4+	334+
Daily Value			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent Daily Value (%)			99.15+	207.23+	202+	158+	54.60+	3+	199.6+	322+	102.01+	121.85+	177.7+	173.533+	381.84+	60.8+	84+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent RDA/DRI STANDARDS, 3 MEALS (%)			99.15+	207.23+	202+	158+	54.60+	3+	199.6+	322+	102.01+	121.85+	177.7+	173.533+	381.84+	60.8+	84+
Week Daily Average (07/19/26-07/25/26)			1.20+	5.89+	128+	1628+	10.23+	41+	411.3+	282+	1.94+	2.13+	30.9+	3.176+	9.38+	292.4+	510+

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: Cafeteria

Date: Sun Jul 26, 2026

Recipe Name	Size	Amt	Copper	Man	Selen	Vit	Vit	Vit	Vit	Vit	Thia	Ribo	Niacin	Vit	Vit	Cho	Folate
		(gm)	(mg)	ganese	ium	A	E	D	K	C	min	flavin	(mg)	B6	B12	line	DFE
				(mg)	(mcg)	(mcg)	(aT)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Lunch																	
CHICKEN, CUTLET (GREEN)	1 each	167	0.02+	0.14+	4+	1+	1.21+	0+	9.2+	0+	0.07+	0.05+	0.6+	0.008+	0.00+	1.2+	34+
PORK CHOP, OVEN FRIED (YELL)	1 each	143	0.10+	0.12+	36+	23+	0.43+	34+	0.3+	0+	0.60+	0.40+	7.7+	0.475+	0.68+	87.9+	32+
VEG. GREENS, COLLARD SEASO	3/4 cup	110	0.05+	0.62+	1+	437+	0.00+	0+	0.2+	38+	0.05+	0.11+	0.6+	0.110+	0.00+	0.0+	70+
VEG. BROCCOLI, STEAMED (GRE	3/4 cup	91	0.04	0.19	2	28	0.71	0	92.2	81	0.06	0.11	0.6	0.159	0.00	17.0	57
POTATO, MASHED (YELLOW)	3/4 cup	193	0.01+	0.00+	1+	16+	0.00+	10+	0.0+	6+	0.02+	0.11+	1.8+	0.008+	0.09+	3.8+	1+
RICE, STEAMED (YELLOW)	3/4 cup	156	0.01+	0.00+	0+	0+	0.02+	0+	0.1+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
GRAVY, POULTRY LOW SODIUM	2 ounces	59	0.00+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
BREAD, CORNBREAD (FROZEN)	1 piece	60															
HAMBURGER, GRILLED (YELLOW	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YELI	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (C	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RE	1 each	113															
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, ASSORTED PROTEI	1 each	261	0.14+	0.49+	15+	259+	0.83+	16+	15.7+	12+	0.10+	0.28+	0.6+	0.162+	0.68+	54.8+	44+
SALAD, SIDE (GREEN)	8 ounces	232	0.07+	0.16+	0+	266+	0.54+	0+	18.0+	12+	0.06+	0.05+	0.7+	0.112+	0.00+	10.1+	19+
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUR	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (F	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MELON (GREEN)	6 ounces	77	0.02	0.03	0	63	0.03	0	2.1	21	0.03	0.01	0.4	0.062	0.00	5.9	15
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
FRUIT, CUP, canned, GRAPEFRUI	5 ounces	142															
Lunch Totals			0.88+	5.11+	122+	1152+	6.86+	61+	224.3+	260+	1.83+	1.94+	32.9+	2.846+	8.30+	249.6+	370+
Dinner																	
CHICKEN, PARMESAN (GREEN)	1 each	252	0.00+	0.00+	3+	23+	0.04+	1+	0.1+	0+	0.00+	0.03+	0.0+	0.009+	0.12+	1.3+	2+
BEEF, LASAGNA, BOLOGNESE (Y	10 ounces	391	0.34+	0.42+	40+	201+	2.83+	21+	22.5+	16+	0.19+	0.54+	6.2+	0.652+	2.66+	37.4+	49+
VEG. BLEND, ITALIAN VEGETABL	1/2 cup	208	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
VEG. GREEN BEANS, LYONNAISE	3/4 cup	130	0.01+	0.05+	0+	0+	0.01+	0+	0.8+	1+	0.01+	0.00+	0.0+	0.026+	0.00+	1.1+	3+
PASTA, LINGUINE (YELLOW)	3/4 cup	350	0.16	0.42	29	0	0.12	0	0.3	0	0.40	0.18	3.3	0.064	0.00	6.9	177
ROLL, HAWAIIAN YEAST (YELLOW	1 piece	30															
Dinner Totals			0.52+	0.89+	72+	224+	3.00+	23+	23.8+	17+	0.61+	0.76+	9.5+	0.752+	2.78+	46.6+	231+
Daily Totals for 07/26/26			1.40+	6.00+	194+	1376+	9.86+	84+	248.1+	276+	2.44+	2.70+	42.5+	3.598+	11.08+	296.1+	601+
Daily Value			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent Daily Value (%)			155.21+	260.92+	352+	153+	65.75+	14+	206.8+	307+	203.11+	207.78+	265.4+	211.646+	461.62+	53.8+	150+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent RDA/DRI STANDARDS, 3 MEALS (%)			155.21+	260.92+	352+	153+	65.75+	14+	206.8+	307+	203.11+	207.78+	265.4+	211.646+	461.62+	53.8+	150+

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: Cafeteria

Date: Mon Jul 27, 2026

Recipe Name	Size	Amt	Copper	Man ganese	Selen ium	Vit A	Vit E (aT)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
		(gm)	(mg)	(mg)	(mcg)	(mcg)	(mg)										
Lunch																	
CHICKEN, MARRY ME (YELLOW)	1 each	357	0.09+	0.29+	7+	347+	1.46+	47+	134.7+	20+	0.13+	0.24+	1.2+	0.094+	0.12+	16.2+	60+
SPAGHETTI, W/ MEAT SAUCE (YE	1.5 cups	603	0.21+	0.57+	51+	25+	0.32+	2+	3.5+	1+	0.55+	0.38+	7.9+	0.386+	1.82+	10.9+	230+
VEG ITALIAN ROASTED MEDLEY	3/4 cup	183	0.17+	0.49+	3+	22+	1.32+	1+	32.0+	53+	0.10+	0.12+	1.5+	0.463+	0.00+	16.9+	37+
VEG ASPARAGUS, ROASTED (GF	1/2 cup	95	0.17+	0.15+	2+	34+	1.60+	0+	40.1+	5	0.13+	0.13+	0.9+	0.083+	0.00+	14.5+	47+
RICE, BROWN (GREEN)	3/4 cup	157	0.16	1.44	9	0	0.37	0	0.6	0	0.27	0.05	3.3	0.240	0.00	10.8	12
PASTA, PARMESAN GARLIC BUT	1 cup	353	0.04+	0.06+	1+	14+	0.29+	1+	30.3+	3+	0.01+	0.01+	0.0+	0.046+	0.03+	1.4+	3+
BREADSTICK, GARLIC CHEESE (	1 each	28															
SOUP, TOSCANA (RED)	12 ounces	337	0.07+	0.11+	3+	237+	0.59+	30+	2.9+	4+	0.03+	0.12+	0.5+	0.124+	0.12+	14.0+	11+
PIZZA, CHEESE, SS TONY'S (YEL	1 each	147				50											
PIZZA, SUPREME, SS TONY'S (RE	1 each	171	0.02+	0.05+	1+	52+	0.13+	2+	0.6+	4+	0.02+	0.01+	0.2+	0.028+	0.05+	3.0+	1+
PIZZA, MEAT LOVERS, TONY'S BA	1 each	162	0.00+	0.05+	1+	50+	0.04+	2+	0.2+	0+	0.01+	0.01+	0.2+	0.015+	0.05+	2.2+	0+
PIZZA, PEPPERONI, TONY'S BASE	1 each	155	0.01+	0.09+	2+	50	0.09+	4+	0.5+	0+	0.02+	0.02+	0.4+	0.030+	0.11+	4.3+	0+
HAMBURGER, GRILLED (YELLOW	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YELI	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (C	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RE	1 each	113															
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, SALAMI & CHEESE (C	1 each	194	0.04+	0.42+	16+	190+	0.51+	14+	9.6+	2+	0.07+	0.27+	0.2+	0.100+	0.62+	12.5+	18+
SMALL BITE, CHICKEN & CHEESE	1 each	251	0.04+	0.42+	16+	190+	0.51+	14+	9.6+	2+	0.07+	0.27+	0.2+	0.100+	0.62+	12.5+	18+
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MELON (GREEN)	6 ounces	77	0.02	0.03	0	63	0.03	0	2.1	21	0.03	0.01	0.4	0.062	0.00	5.9	15
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
Lunch Totals			1.43+	7.53+	176+	1384+	10.35+	118+	353.4+	205+	2.28+	2.49+	36.9+	3.522+	10.42+	194.0+	551+
Dinner																	
PASTA, PENNE BAKED (YELLOW)	1 cup	197	0.11+	0.35+	39+	119+	0.49+	8+	14.4+	0+	0.06+	0.28+	3.8+	0.320+	1.95+	6.7+	22+
CHICKEN ROSEMARY GARLIC RC	1 each	194	0.01+	0.04+	0+	1+	0.03+	0+	0.1+	3+	0.01+	0.00+	0.0+	0.026+	0.00+	1.1+	2+
VEG, PEAS & CARROTS, ROSEM	3/4 cup	141	0.10+	0.28+	2+	648+	0.71+	0+	25.6+	11+	0.31+	0.09+	1.6+	0.120+	0.00+	24.6+	36+
VEG, GREEN BEANS, HERBED (G	3/4 cup	138	0.03+	0.14+	1+	0+	0.96+	0+	13.7+	2+	0.02+	0.02+	0.1+	0.067+	0.00+	2.2+	6+
POTATO, MASHED RED GARLIC (	1/2 cup	109															
RICE, STEAMED (YELLOW)	3/4 cup	156	0.01+	0.00+	0+	0+	0.02+	0+	0.1+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
BREAD, TOASTED GARLIC (RED)	1 slice	37															
Dinner Totals			0.26+	0.80+	42+	767+	2.21+	8+	53.9+	16+	0.39+	0.39+	5.5+	0.533+	1.95+	34.5+	65+
Daily Totals for 07/27/26			1.69+	8.34+	217+	2151+	12.56+	125+	407.3+	222+	2.68+	2.88+	42.4+	4.055+	12.37+	228.5+	616+
Daily Value			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent Daily Value (%)			187.92+	362.50+	395+	239+	83.76+	21+	339.4+	246+	223.08+	221.44+	265.2+	238.545+	515.27+	41.6+	154+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent RDA/DRI STANDARDS, 3 MEALS (%)			187.92+	362.50+	395+	239+	83.76+	21+	339.4+	246+	223.08+	221.44+	265.2+	238.545+	515.27+	41.6+	154+

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: Cafeteria

Date: Tue Jul 28, 2026

Recipe Name	Size	Amt	Copper	Man ganese	Selen ium	Vit A	Vit E (aT)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
		(gm)	(mg)	(mg)	(mcg)	(mcg)	(mg)										
Lunch																	
BEEF, CHILI MAC (GREEN)	1.5 cups	631	0.16+	0.19+	15+	106+	2.04+	2+	7.2+	22+	0.60+	0.24+	4.6+	0.466+	1.54+	14.6+	20+
CHICKEN SEASONED QTR (YELL)	1 each	175															
VEG, SPINACH, SAUTEED (GREE	1/2 cup	128	0.16	1.07	2	532	2.69	0	549.3	33	0.09	0.22	0.8	0.255	0.00	22.5	220
BEANS, BLACK A LA OLLA (GREE	1/2 cup	193	0.04+	0.08+	0+	18+	0.65+	0+	17.5+	7	0.23+	0.03+	0.4+	0.073+	0.00+	4.2+	153
POTATO, PAPRIKA BUTTERED (C	4 ounces	118	0.01+	0.01+	0+	14+	0.24+	0+	0.7+	23+	0.00+	0.01+	0.1+	0.015+	0.00+	0.4+	0+
RICE, CILANTRO LIME (YELLOW)	3/4 cup	133	0.01+	0.01+	0+	4+	0.36+	0+	4.7+	1+	0.00+	0.00+	0.0+	0.008+	0.00+	0.4+	1+
BREAD, CORNBREAD JALAPENO	1 piece	125	0.02+	0.03+	10+	93+	0.44+	11+	0.8+	0+	0.02+	0.15+	0.2+	0.037+	0.44+	39.5+	14+
SOUP, TACO (GREEN)	12 ounces	311	0.29+	0.39+	10+	62+	2.88+	0+	12.2+	17+	0.14+	0.19+	4.8+	0.495+	1.20+	19.6+	29+
HAMBURGER, GRILLED (YELLOW	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YELI	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (C	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RE	1 each	113															
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, ASSORTED PROTEI	1 each	261	0.14+	0.49+	15+	259+	0.83+	16+	15.7+	12+	0.10+	0.28+	0.6+	0.162+	0.68+	54.8+	44+
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGURF	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MELON (GREEN)	6 ounces	77	0.02	0.03	0	63	0.03	0	2.1	21	0.03	0.01	0.4	0.062	0.00	5.9	15
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
FRUIT, CUP, canned, GRAPEFRUI	5 ounces	142															
Lunch Totals			1.23+	5.67+	115+	1210+	13.25+	31+	696.8+	226+	2.07+	1.96+	31.8+	3.323+	10.72+	230.7+	596+
Dinner																	
CHICKEN SZECHUAN QTR (YELL)	1 each	234	0.02+	0.08+	0+	11+	0.27+	0+	0.6+	1+	0.00+	0.03+	0.2+	0.033+	0.00+	3.1+	4+
PORK CHOP, GRILLED HONEY G.	1 each	134	0.10	0.09	32	6	0.24	31	0.0	1	0.54	0.35	7.2	0.486	0.58	73.4	2
VEG, GREEN BEANS, SAUTEED V	3/4 cup	116	0.00+	0.03+	0+	0+	0.86+	0+	3.6+	0+	0.00+	0.00+	0.0+	0.017+	0.00+	0.3+	0+
VEG, PEAS & CARROTS (GREEN)	1/2 cup	141	0.10+	0.28+	1+	648+	0.71+	0+	25.6+	11+	0.31+	0.09+	1.6+	0.118+	0.00+	24.6+	35+
POTATO, PAPRIKA BUTTERED (C	4 ounces	118	0.01+	0.01+	0+	14+	0.24+	0+	0.7+	23+	0.00+	0.01+	0.1+	0.015+	0.00+	0.4+	0+
RICE, STEAMED (YELLOW)	3/4 cup	156	0.01+	0.00+	0+	0+	0.02+	0+	0.1+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
GRAVY, BROWN LOW SODIUM (Y	2 ounces	61	0.00+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
Dinner Totals			0.25+	0.49+	34+	679+	2.34+	31+	30.5+	35+	0.85+	0.48+	9.1+	0.669+	0.58+	101.9+	42+
Daily Totals for 07/28/26			1.48+	6.16+	148+	1889+	15.58+	62+	727.3+	261+	2.92+	2.44+	40.8+	3.993+	11.30+	332.6+	637+
Daily Value			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent Daily Value (%)			164.52+	267.86+	270+	210+	103.89+	10+	606.1+	290+	243.11+	187.87+	255.3+	234.860+	470.97+	60.5+	159+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent RDA/DRI STANDARDS, 3 MEALS (%)			164.52+	267.86+	270+	210+	103.89+	10+	606.1+	290+	243.11+	187.87+	255.3+	234.860+	470.97+	60.5+	159+

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: Cafeteria

Date: Wed Jul 29, 2026

Recipe Name	Size	Amt	Copper	Man	Selen	Vit	Vit	Vit	Vit	Vit	Thia	Ribo	Niacin	Vit	Vit	Cho	Folate
		(gm)	(mg)	ganese	ium	A	E	D	K	C	min	flavin	(mg)	B6	B12	line	DFE
				(mg)	(mcg)	(mcg)	(aT)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Lunch																	
FISH, SALMON BAKED (GREEN)	1 each	175	0.01+	0.06+	0+	0+	0.01+	0+	0.8+	0+	0.00+	0.00+	0.0+	0.002+	0.00+	0.1+	0+
MUSHROOM CAPS, VEGGIE STU	1 each	264	0.37+	0.44+	29+	304+	2.26+	17+	217.4+	37+	0.13+	0.37+	5.2+	0.357+	0.58+	39.2+	100+
BEEF, BRISKET W/ CHIMICHURRI	6 ounces	264	0.23+	0.45+	48+	57+	6.48+	8+	161.3+	15+	0.18+	0.36+	12.3+	1.353+	3.40+	125.3+	24+
VEG, BROCCOLI, GARLIC ROAST	3/4 cup	102	0.05	0.23+	2	28	2.23	0	98.6	81	0.07	0.11	0.6	0.176	0.00	17.3	57
VEG SQUASH, SUMMER, ROAST	3/4 cup	202	0.00+	0.01+	0+	0+	0.92+	0+	3.8+	53	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
RICE, WILD (GREEN)	1/2 cup	118	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.19	0.00+	1.8	0.000+	0.00+	0.0+	0+
POTATO, PARSLEY BUTTERED (C	4 ounces	118	0.00+	0.00+	0+	5+	0.01+	0+	18.7+	24+	0.00+	0.00+	0.0+	0.001+	0.00+	0.1+	2+
ROLL, YEAST (YELLOW)	1 each	58	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
SOUP, CHICKEN SAUSAGE GUM	12 ounces	348	0.02+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HAMBURGER, GRILLED (YELLOW	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YELI	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (C	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RE	1 each	113															
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, CHICKEN SALAD (R	1 each	256	0.05+	0.44+	17+	197+	0.59+	15+	12.3+	3+	0.07+	0.29+	0.3+	0.113+	0.66+	20.0+	23+
SMALL BITE, TUNA (RED)	1 each	256	0.07+	0.46+	24+	238+	1.10+	27+	13.2+	4+	0.09+	0.40+	0.4+	0.133+	0.99+	80.2+	35+
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUR	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MELON (GREEN)	6 ounces	77	0.02	0.03	0	63	0.03	0	2.1	21	0.03	0.01	0.4	0.062	0.00	5.9	15
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
Lunch Totals			1.22+	5.49+	183+	951+	16.71+	68+	614.8+	329+	1.60+	2.37+	40.8+	3.948+	12.48+	357.1+	355+
Dinner																	
BEEF, MEATLOAF GLAZED (YELL	1 slice	200	0.02+	0.06+	25+	15+	0.56+	14+	3.0+	9+	0.08+	0.28+	6.4+	0.496+	2.81+	4.7+	15+
CHICKEN BARBECUE QTR (YELL	1 piece	269	0.01+	0.04+	0+	0+	0.01+	0+	0.4+	0+	0.00+	0.00+	0.0+	0.014+	0.00+	0.6+	0+
VEG, GREENS, COLLARD SEASO	3/4 cup	110	0.05+	0.62+	1+	437+	0.00+	0+	0.2+	38+	0.05+	0.11+	0.6+	0.110+	0.00+	0.0+	70+
VEG, CARROTS BABY, GLAZED (C	1/2 cup	102	0.08+	0.12+	1+	502+	0.03+	0+	6.8+	6+	0.03+	0.03+	0.4+	0.084+	0.00+	6.5+	23+
POTATO, MASHED RED GARLIC (C	1/2 cup	109															
RICE, STEAMED (YELLOW)	3/4 cup	156	0.01+	0.00+	0+	0+	0.02+	0+	0.1+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
GRAVY, BROWN LOW SODIUM (Y	2 ounces	61	0.00+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
Dinner Totals			0.18+	0.84+	27+	954+	0.62+	14+	10.5+	53+	0.16+	0.41+	7.4+	0.704+	2.81+	11.8+	108+
Daily Totals for 07/29/26			1.40+	6.33+	210+	1905+	17.34+	81+	625.3+	382+	1.76+	2.79+	48.2+	4.652+	15.29+	368.9+	462+
Daily Value			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent Daily Value (%)			155.49+	275.08+	382+	212+	115.57+	14+	521.1+	424+	146.46+	214.45+	301.4+	273.621+	637.01+	67.1+	116+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent RDA/DRI STANDARDS, 3 MEALS (%)			155.49+	275.08+	382+	212+	115.57+	14+	521.1+	424+	146.46+	214.45+	301.4+	273.621+	637.01+	67.1+	116+

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: Cafeteria

Date: Thu Jul 30, 2026

Recipe Name	Size	Amt	Copper	Man ganese	Selen ium	Vit A	Vit E (aT)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
		(gm)	(mg)	(mg)	(mcg)	(mcg)	(mg)										
Lunch																	
CHICKEN CURRY QTR (YELLOW)	1 each	282	0.03+	0.11+	1+	13+	0.39+	0+	2.0+	5+	0.22+	0.03+	0.3+	0.072+	0.00+	3.6+	4+
PORK, SPARERIBS, CANTONESE	3 ribs	195	0.03+	0.25+	1+	12+	0.46+	0+	0.9+	2+	0.01+	0.08+	0.5+	0.081+	0.00+	8.0+	9+
VEG, CABBAGE, CARIBBEAN (GR	1/2 cup	137	0.03+	0.22+	0+	157+	0.29+	0+	88.7+	43+	0.08+	0.06+	0.4+	0.166+	0.00+	13.7+	52+
VEG, GREEN BEANS, SESAME GI	3/4 cup	118	0.01+	0.01+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.001+	0.00+	0.1+	0+
RICE, BASMATI (YELLOW)	3/4 cup	127	0.11	0.51	7	0	0.12	0	0.3	0	0.27	0.02	2.0	0.077	0.00	2.7	181
POTSTICKERS, CHICKEN & VEGE	4 each	113															
BREAD NAAN GARLIC HALF (RED	1 half	64															
SOUP, THAI CURRY (YELLOW)	12 ounces	303	0.09+	0.20+	1+	142+	0.59+	0+	6.7+	32+	0.09+	0.13+	3.3+	0.318+	0.31+	5.8+	33+
HAMBURGER, GRILLED (YELLOW	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	0.34+		9+
CHEESEBURGER, GRILLED (YELI	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	0.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (I	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RE	1 each	113															
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, ASSORTED PROTEI	1 each	261	0.14+	0.49+	15+	259+	0.83+	16+	15.7+	12+	0.10+	0.28+	0.6+	0.162+	0.68+	54.8+	44+
SANDWICH, CHICKEN SALAD (GF	1 each	274	0.06+	0.10+	1+	26+	0.27+	1+	25.3+	6+	0.03+	0.04+	0.3+	0.069+	0.04+	13.0+	21+
SANDWICH, TUNA SALAD CROIS:	1 each	246	0.05+	0.10+	8+	59+	0.75+	13+	8.7+	6+	0.04+	0.14+	0.3+	0.083+	0.37+	71.1+	29+
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MELON (GREEN)	6 ounces	77	0.02	0.03	0	63	0.03	0	2.1	21	0.03	0.01	0.4	0.062	0.00	5.9	15
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
Lunch Totals			0.97+	5.40+	97+	791+	6.81+	32+	236.9+	216+	1.73+	1.62+	28.1+	2.840+	8.24+	247.6+	486+
Dinner																	
CHICKEN, CUTLET (GREEN)	1 each	167	0.02+	0.14+	4+	1+	1.21+	0+	9.2+	0+	0.07+	0.05+	0.6+	0.008+	0.00+	1.2+	34+
FISH, LEMON BAKED COD (GREE	6 ounces	179	0.00+	0.01+	0+	4+	0.05+	0+	1.1+	1+	0.00+	0.00+	0.0+	0.005+	0.00+	0.3+	1+
VEG, BRUSSEL SPROUTS, SAUTI	1/2 cup	79	0.05	0.26	1	28	1.41	0	133.4	62	0.10	0.07	0.5	0.161	0.00	14.1	45
VEG CAULIFLOWER, ROASTED (I	3/4 cup	171	0.05	0.33	1	2	1.45	0	29.7	80	0.08	0.11	0.7	0.201	0.00	68.4	105
POTATO, PARSLEY BUTTERED (C	4 ounces	118	0.00+	0.00+	0+	5+	0.01+	0+	18.7+	24+	0.00+	0.00+	0.0+	0.001+	0.00+	0.1+	2+
PASTA, ORZO WITH LEMON & HE	3/4 cup	299	0.04+	0.10+	0+	1+	0.75+	0+	13.8+	2+	0.01+	0.01+	0.1+	0.034+	0.00+	1.8+	150+
RICE, STEAMED (YELLOW)	3/4 cup	156	0.01+	0.00+	0+	0+	0.02+	0+	0.1+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
Dinner Totals			0.18+	0.85+	6+	39+	4.90+	0+	206.0+	169+	0.27+	0.25+	2.0+	0.410+	0.00+	86.0+	335+
Daily Totals for 07/30/26			1.15+	6.24+	103+	831+	11.71+	32+	442.8+	386+	2.00+	1.87+	30.1+	3.251+	8.24+	333.6+	822+
Daily Value			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent Daily Value (%)			127.85+	271.39+	187+	92+	78.09+	5+	369.0+	429+	166.66+	143.46+	188.1+	191.230+	343.53+	60.7+	205+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent RDA/DRI STANDARDS, 3 MEALS (%)			127.85+	271.39+	187+	92+	78.09+	5+	369.0+	429+	166.66+	143.46+	188.1+	191.230+	343.53+	60.7+	205+

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: Cafeteria

Date: Fri Jul 31, 2026

Recipe Name	Size	Amt	Copper	Man ganese	Selen ium	Vit A	Vit E (aT)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
		(gm)	(mg)	(mg)	(mcg)	(mcg)	(mg)										
Lunch																	
BEEF HERB CRUSTED FLANK ST	4 ounces	147	0.07+	0.28+	1+	49+	0.60+	0+	164.4+	14+	0.03+	0.04+	0.3+	0.757+	1.33+	3.9+	20+
FISH, COD, GARLIC LEMON CRU:	1 each	157	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
CAULIFLOWER STEAK (GREEN)	1 slice	236	0.11+	0.41+	4+	69+	2.86+	1+	43.3+	101+	0.12+	0.18+	1.3+	0.452+	0.10+	95.8+	122+
VEG, ZUCCHINI, W/ GARLIC & ON	1/2 cup	78	0.04	0.14	0	6	0.58	0	3.9	11	0.04	0.09	0.3	0.156	0.00	5.0	20
VEG, CARROTS ROASTED BABY	3/4 cup	116	0.11	0.17+	1	751	0.95+	0	14.2	3	0.03	0.04	0.6	0.114	0.00	8.2	29
POTATOES, GREEK ROASTED W	4 ounces	157	0.01+	0.07+	0+	0+	0.47+	0+	4.0+	1+	0.00+	0.00+	0.0+	0.029+	0.00+	0.6+	1+
RICE, PILAF WITH ORZO & VEGE	1/2 cup	126	0.01+	0.02+	0+	59+	0.05+	0+	1.0+	1+	0.01+	0.01+	0.1+	0.020+	0.00+	1.2+	3+
ROLL, YEAST (YELLOW)	1 each	58	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
SOUP, NAVY BEAN & HAM (GREE	12 ounces	348	0.02+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HAMBURGER, GRILLED (YELLOW	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YELI	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (I	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RE	1 each	113															
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, COTTAGE CHEESE	1 each	333	0.12+	0.08+	28+	130+	1.79+	29+	2.2+	4+	0.07+	0.45+	0.9+	0.135+	1.66+	175.3+	53+
SMALL BITE, HUMMUS (GREEN)	1 each	262	0.69+	1.39+	4+	472+	0.11+	0+	14.7+	4+	0.28+	0.13+	1.2+	0.361+	0.00+	8.3+	115+
SMALL BITE, VEGETABLE CRUDI	1 each	260	0.16	0.31	1	543	0.86+	0	37.9+	78	0.08	0.11	1.4	0.294	0.00	15.9+	71
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MELON (GREEN)	6 ounces	77	0.02	0.03	0	63	0.03	0	2.1	21	0.03	0.01	0.4	0.062	0.00	5.9	15
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
Lunch Totals			1.74+	6.26+	101+	2202+	11.39+	32+	374.2+	328+	1.53+	1.89+	26.4+	4.132+	9.95+	389.1+	548+
Dinner																	
BEEF, BEEF & BROCCOLI (GREEI	1 cup	328	0.09+	0.55+	3+	28+	1.33+	0+	94.8+	83+	0.09+	0.14+	0.8+	0.244+	0.00+	22.9+	67+
PORK CHOP, BRAISED (YELLOW	5 ounces	159	0.10+	0.03+	31+	6+	0.23+	31+	0.1+	0+	0.53+	0.33+	7.1+	0.462+	0.58+	71.8+	0+
VEG, BROCCOLI, GARLIC ROAST	3/4 cup	102	0.05	0.23+	2	28	2.23	0	98.6	81	0.07	0.11	0.6	0.176	0.00	17.3	57
VEG, BLEND, NORMANDY (GREE	1/2 cup	187	0.01+	0.01+	0+	0+	0.00+	0+	0.1+	43+	0.06+	0.08+	0.6+	0.159+	0.00+	0.0+	0+
POTATO, MASHED (YELLOW)	3/4 cup	193	0.01+	0.00+	1+	16+	0.00+	10+	0.0+	6+	0.02+	0.11+	1.8+	0.008+	0.09+	3.8+	1+
NOODLES, EGG (YELLOW)	3/4 cup	425	0.17	0.39	36	8	0.18	5	0.3	0	0.51	0.19	3.8	0.098	0.13	35.7	168
RICE, BROWN (GREEN)	3/4 cup	157	0.16	1.44	9	0	0.37	0	0.6	0	0.27	0.05	3.3	0.240	0.00	10.8	12
GRAVY, BROWN LOW SODIUM (Y	2 ounces	61	0.00+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
Dinner Totals			0.59+	2.64+	82+	87+	4.34+	46+	194.5+	214+	1.54+	1.02+	18.0+	1.388+	0.81+	162.4+	305+
Daily Totals for 07/31/26			2.34+	8.90+	183+	2289+	15.73+	78+	568.7+	542+	3.07+	2.91+	44.4+	5.519+	10.75+	551.5+	853+
Daily Value			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent Daily Value (%)			259.49+	387.13+	333+	254+	104.85+	13+	474.0+	603+	255.83+	223.89+	277.4+	324.671+	448.00+	100.3+	213+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent RDA/DRI STANDARDS, 3 MEALS (%)			259.49+	387.13+	333+	254+	104.85+	13+	474.0+	603+	255.83+	223.89+	277.4+	324.671+	448.00+	100.3+	213+
Month Daily Average (07/01/26-07/31/26)			0.93+	4.32+	112+	1194+	8.16+	52+	266.4+	204+	1.52+	1.75+	23.2+	2.415+	7.44+	242.1+	420+

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: Cafeteria

Date: Sat Aug 01, 2026

Recipe Name	Size	Amt	Copper	Man ganese	Selen ium	Vit A	Vit E	Vit D	Vit K	Vit C	Thia min	Ribo flavin	Niacin	Vit B6	Vit B12	Cho line	Folate DFE
		(gm)	(mg)	(mg)	(mcg)	(mcg)	(aT) (mg)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Lunch																	
PORK, SPARERIBS, TUSCAN STY	3 ribs	143	0.01+	0.06+	0+	10+	0.38+	0+	6.5+	1+	0.00+	0.01+	0.1+	0.014+	0.00+	0.4+	1+
CHICKEN, BRUSCHETTA (GREEN	1 each	194	0.03+	0.08+	4+	47+	0.44+	2+	11.9+	4+	0.02+	0.05+	0.2+	0.051+	0.16+	4.2+	9+
VEG, BLEND, ITALIAN VEGETABL	1/2 cup	208	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
VEG, BROCCOLI, SAUTEED W/ G,	1/2 cup	83	0.04	0.20	2	23	1.41	0	80.5	68	0.06	0.09	0.5	0.147	0.00	14.4	48
RICE, PILAF WITH ORZO (YELLOW	1/2 cup	109	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
BREAD, TOASTED GARLIC (RED)	1 slice	37															
HAMBURGER, GRILLED (YELLOW	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YELI	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (I	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RE	1 each	113															
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, ASSORTED PROTEI	1 each	261	0.14+	0.49+	15+	259+	0.83+	16+	15.7+	12+	0.10+	0.28+	0.6+	0.162+	0.68+	54.8+	44+
SALAD, SIDE (GREEN)	8 ounces	232	0.07+	0.16+	0+	266+	0.54+	0+	18.0+	12+	0.06+	0.05+	0.7+	0.112+	0.00+	10.1+	19+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUFI	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
Lunch Totals			0.58+	3.77+	81+	650+	5.66+	19+	201.2+	159+	1.00+	1.24+	21.0+	2.176+	7.67+	144.5+	187+
Dinner																	
CHICKEN SAVORY BAKED QTR (^	1 each	222	0.01+	0.19+	0+	0+	3.25+	0+	13.5+	0+	0.01+	0.04+	0.2+	0.036+	0.00+	5.9+	8+
BEEF, SWEDISH MEATBALLS (RE	8 each	215	0.02+	0.07+	2+	2+	0.88+	0+	3.7+	0+	0.04+	0.03+	0.4+	0.005+	0.00+	0.7+	19+
VEG, CARROTS BABY, GLAZED (^	1/2 cup	102	0.08+	0.12+	1+	502+	0.03+	0+	6.8+	6+	0.03+	0.03+	0.4+	0.084+	0.00+	6.5+	23+
VEG ASPARAGUS, W/GARLIC & C	1/2 cup	112	0.18	0.19	2	34	1.36	0	39.3	7	0.14	0.13	0.9	0.116	0.00	15.8	50
RICE, BROWN (GREEN)	3/4 cup	157	0.16	1.44	9	0	0.37	0	0.6	0	0.27	0.05	3.3	0.240	0.00	10.8	12
NOODLES, EGG (YELLOW)	3/4 cup	425	0.17	0.39	36	8	0.18	5	0.3	0	0.51	0.19	3.8	0.098	0.13	35.7	168
ROLL, HAWAIIAN YEAST (YELLOW	1 piece	30															
Dinner Totals			0.62+	2.39+	50+	546+	6.06+	5+	64.1+	13+	1.00+	0.47+	9.0+	0.579+	0.13+	75.4+	280+
Daily Totals for 08/01/26			1.20+	6.17+	131+	1196+	11.72+	24+	265.3+	171+	2.00+	1.71+	30.0+	2.755+	7.80+	219.9+	466+
Daily Value			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent Daily Value (%)			133.42+	268.09+	237+	133+	78.16+	4+	221.1+	190+	166.64+	131.54+	187.6+	162.063+	325.15+	40.0+	117+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent RDA/DRI STANDARDS, 3 MEALS (%)			133.42+	268.09+	237+	133+	78.16+	4+	221.1+	190+	166.64+	131.54+	187.6+	162.063+	325.15+	40.0+	117+
Week Daily Average (07/26/26-08/01/26)			1.52+	6.88+	169+	1662+	13.50+	70+	469.3+	320+	2.41+	2.47+	39.8+	3.975+	10.98+	333.0+	637+
Month Daily Average (08/01/26-08/01/26)			1.20+	6.17+	131+	1196+	11.72+	24+	265.3+	171+	2.00+	1.71+	30.0+	2.755+	7.80+	219.9+	466+
Daily Average (06/30/26-08/01/26)			0.92+	4.27+	111+	1192+	8.14+	52+	263.7+	198+	1.50+	1.72+	22.7+	2.377+	7.33+	244.9+	417+

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.