

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Report Selections

Date Range : Sun May 31, 2026 - Sat Jun 20, 2026
 Menus : Cafeteria
 Meals : BLD (filtered)

Menu: Cafeteria Date: Sun May 31, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (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	342	24.8	20.9	16.9	5.07	85	1.2		2.68	0.33	105	29	313	370	602	2.16	3.12
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+	
Lunch Totals			1370	62.7	149.5	59.0	16.62+	100+	10.2	48.3+	4.15+	1.07+	364+	70+	564+	1535+	2862	5.38+	3.60+
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 (I)	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 05/31/26			3418	150.7	317.6+	173.2	54.70+	862+	25.0+	52.6+	7.31+	2.39+	775+	110+	1412+	4087+	7191	16.68+	7.16+
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 (%)			171	301.3	115.5+	222.0	273.51+	287+	89.2+	105.2+			60+	26+	113+	87+	313	92.65+	65.08+
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 (%)			155	269.0	104.8+	236.2	224.19+	287+	81.1+	95.7+	52.20+	149.65+	77+	26+	202+	87+	313	208.46+	65.08+
Month Daily Average (05/31/26-05/31/26)			3418	150.7	317.6+	173.2	54.70+	862+	25.0+	52.6+	7.31+	2.39+	775+	110+	1412+	4087+	7191	16.68+	7.16+

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 Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Cafeteria **Date: Mon Jun 01, 2026**

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Fat (gm)	SFA (gm)	Chol estrol (mg)	Diety 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)
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	
MUFFIN, BANANA NUT (RED)	1 each	113	390	6.0	48.0	19.0	3.00	60	2.0	22.0			30			210	410	1.70	
FRENCH TOAST (RED)	1 each	151	287	16.2	39.3	7.9	1.98+	271	0.0	2.3+	0.05+	0.02+	194	11+	208	279	392	2.58	1.21+
BREAKFAST, HAM, EGG & CHEES	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			2089	64.4	232.0+	101.0	30.94+	554	10.7+	27.3+	2.04+	0.85+	415+	34+	496+	1694+	4489+	12.40+	3.64+
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 & 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
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 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 (P	1 each	28	79	2.9	10.3	1.0	0.98	5	0.5	0.5			24			23	231	0.49	
SOUP, MINESTRONE (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+
SANDWICH, ITALIAN GRILLED CH	1 each	234	578	25.6	52.3	32.7	16.31	49	1.0	4.3+	0.11+	0.02+	622+	14+	48+	346+	1208	3.22+	0.34+
HAMBURGER, GRILLED (YELLOW	1 each	269	492	38.6	39.1	17.7	6.06	91	1.4	6.0+	0.02+	0.00+	112	3+	285+	695	513	4.84	7.29+
CHEESEBURGER, GRILLED (YELI	1 each	280	532	40.6	39.6	21.2	8.31	101	1.4	6.0+	0.02+	0.00+	167	3+	345+	715	718	4.84+	7.29+
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		
POTATO SWEET POTATO FRENC	6 ounces	171	289	2.0	48.7	8.7	0.04	0	6.1		0.11+	0.05+	0+	0+	0+	0+	264	0.00+	0.00+
POTATO FRENCH FRIES, STRAIG	6 ounces	171	286	4.0	42.1	12.6	1.04	0	4.0	0.0+	0.11+	0.05+	0+	0+	0+	460	940	1.00	0.00+
SANDWICH, HOAGIE ASSORTED	1 each	210	581	36.6	71.0	18.0	7.81	71	4.1	0.0+	0.23+	0.01+	266+	10+	130+	338	1995	0.35+	0.75+
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)	2 each	77	351	4.1	49.3	15.4	6.11	17	1.8	5.0+	1.70+	0.10+	17+	11+	41+	68+	319	1.02+	0.24+
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			7622	373.6	891.7	282.8	92.50+	909	68.9+	73.5+	7.59+	2.12+	2771+	235+	2382+	8659+	15012	35.62+	19.79+
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 (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 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
BEANS, REFRIED PINTO BEANS (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 06/01/26			10889	508.1	1260.0+	423.3	137.18+	1612	98.2+	100.8+	12.32+	3.63+	3711+	376+	3705+	12541+	22090+	57.75+	30.09+
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	1016.2	458.2+	542.7	685.91+	537	350.6+	201.6+			285+	89+	296+	267+	960+	320.81+	273.52+
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

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+ 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 Jun 01, 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 RDA/DRI STANDARDS, 3 MEALS (%)			495	907.3	415.9+	577.2	562.22+	537	318.7+	183.3+	88.00+	226.80+	371+	89+	529+	267+	960+	721.82+	273.52+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Cafeteria **Date: Tue Jun 02, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (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 GR/	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, S	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	
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	151	287	16.2	39.3	7.9	1.98+	271	0.0	2.3+	0.05+	0.02+	194	11+	208	279	392	2.58	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			2379	83.9	247.1	118.3	43.21+	995	14.6+	5.3+	3.21+	1.09+	542+	69+	741+	1901+	4662+	15.13+	5.09+
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	31.5	40.9	30.9	7.63	80+	3.9	0.0+	0.71+	0.05+	65+	7+	16+	339+	1383	1.39+	0.11+
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+
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 (GREEE	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 (GREI	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+
QUESADILLA CHEESE AND CHIC	1 each	147	342	26.3+	14.5+	19.1+	7.75+	99+	0.5+	0.0+			26+			18+	686	0.50+	
POTATO SEASONED FRIES (RED)	6 ounces	171	289	4.1	38.6	12.7	3.07	0	4.0	0.0+	0.11+	0.05+	0+	0+	0+	709	669	0.00+	0.00+
Lunch Totals			2532	123.9+	236.6+	117.7+	36.53+	262+	27.9+	1.9+	2.24+	0.39+	443+	80+	469+	2457+	7414	8.08+	2.09+
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 (1/2 cup	109	117	2.5	14.2	5.9	3.77	17	1.7	0.0			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+
Daily Totals for 06/02/26			6389	281.4+	633.4+	301.4+	100.53+	1431+	58.5+	8.0+	7.97+	2.46+	1519+	235+	1996+	6678+	14705+	32.85+	12.68+
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 (%)			319	562.8+	230.3+	386.4+	502.67+	477+	208.9+	16.0+			117+	56+	160+	142+	639+	182.51+	115.25+
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 (%)			290	502.5+	209.0+	411.0+	412.02+	477+	189.9+	14.5+	56.94+	153.73+	152+	56+	285+	142+	639+	410.64+	115.25+

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

Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Cafeteria **Date: Wed Jun 03, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (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, PORK COUNTRY (REL	5 ounces	151	249	16.0	12.5	5.3	5.34	76	0.0	0.0							729		
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	
MUFFIN, BLUEBERRY (RED)	1 each	112	400	6.0	50.0	19.0	3.00	65	1.0	30.0						90	390		
FRENCH TOAST (RED)	1 each	151	287	16.2	39.3	7.9	1.98+	271	0.0	2.3+	0.05+	0.02+	194	11+	208	279	392	2.58	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			2696	91.1	276.9+	126.1	39.92+	745	14.6+	41.3+	3.13+	1.61+	598+	51+	478+	2040+	5940	13.61+	6.37+
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						190+	228+	1030		
PASTA, CHEESE STUFFED SHELI	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 (G	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+
FISH, FISH & CHIPS (YELLOW)	10 ounces	322	611	22.0	69.0	28.5	3.43	54	2.8	0.0+	1.63+	0.45+	24+	1+	3+	652+	1691	2.90	0.03+
POTATO TATER TOTS (RED)	6 ounces	172	310	4.1	36.8	16.7	4.10	0	4.1	0.0+	0.08+	0.04+	0+	0+	0+	795	673	0.00+	0.00+
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	203	377	20.5	28.1	20.5	5.49+	70	1.4+	0.0+	0.01+	0.00+	27+	2+	4+	158+	715	1.47+	0.03+
Lunch Totals			4320	171.9	413.0	216.1	63.22+	486+	29.0+	3.8+	5.22+	1.68+	1151+	149+	806+	4658+	8423	15.55+	3.87+
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 06/03/26			8636	325.4	890.2+	410.9	123.03+	1365+	57.3+	52.1+	10.13+	3.88+	1902+	229+	1520+	8074+	16457	35.36+	10.77+
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 (%)			432	650.9	323.7+	526.8	615.17+	455+	204.7+	104.3+			146+	55+	122+	172+	716	196.46+	97.94+
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 (%)			393	581.1	293.8+	560.4	504.24+	455+	186.1+	94.8+	72.37+	242.44+	190+	55+	217+	172+	716	442.04+	97.94+

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: Thu Jun 04, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)
Breakfast																			
TURKEY, TURKEY SAUSAGE GR/	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+
BEEF, CORNED HASH (RED)	6 ounces	299	500	15.9	30.1	34.1	11.17+	42	2.8	1.0+	0.01+	0.00+	17+	2+	4+	489+	1677	1.14+	0.03+
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		
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	
CHICKEN BREAST, GRILLED (GRI	1 each	131	224	30.9	3.6	8.5	1.65	85	0.0+		0.47+	0.23+	0+	0+	0+	508	570	1.08	0.00+
ROLL, CINNAMON (RED)	1 each	99	283	5.0	59.8	3.0	1.00	5	1.0	0.0						69	190+	1.80+	
FRENCH TOAST (RED)	1 each	151	287	16.2	39.3	7.9	1.98+	271	0.0	2.3+	0.05+	0.02+	194	11+	208	279	392	2.58	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			2730	110.6	265.6+	134.9	44.58+	797	14.1+	6.3+	2.57+	1.24+	461+	42+	523+	2773+	6045+	14.54+	3.97+
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	19.9	34.9	47.7	18.47+	122	2.8+		3.14+	0.30+	106+	20+	105+	453+	744	0.81+	0.35+
SANDWICH, PHILLY STEAK w/ SW	1 each	256	672	33.2	73.8	28.1	11.40	82	5.0	0.0+	1.09+	0.36+	384+	19+	255+	118+	1077	0.20+	1.92+
ONION RINGS (YELLOW)	6 ounces	171	424	4.0	42.1	28.4	2.03	0	2.0	4.0+	0.08+	0.04+	48	0+	0+	188	640	1.80	0.00+
SMALL BITE, TUNA (RED)	1 each	381	819	48.2	59.5	46.8	22.63	222	1.8	0.0+	1.69+	0.18+	838+	41+	563+	506+	1628	2.70+	4.48+
SMALL BITE, CHICKEN SALAD (R	1 each	379	844	48.8	56.0	49.7	22.01+	183	1.5+	0.0+	1.43+	0.16+	826+	38+	532+	338+	1809	1.80+	4.20+
Lunch Totals			4768	210.5	440.6	252.4	84.52+	675	31.0+	31.3+	15.62+	3.00+	2625+	230+	1786+	3436+	10331+	16.74+	13.66+
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 06/04/26			8766	403.8+	795.4+	452.2+	143.08+	1644+	53.8+	42.6+	21.65+	5.86+	3515+	318+	2692+	8491+	18820+	37.59+	18.20+
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 (%)			438	807.7+	289.2+	579.7+	715.41+	548+	192.2+	85.1+			270+	76+	215+	181+	818+	208.85+	165.44+
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 (%)			398	721.2+	262.5+	616.6+	586.40+	548+	174.8+	77.4+	154.66+	366.02+	351+	76+	385+	181+	818+	469.91+	165.44+

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

Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Cafeteria **Date: Fri Jun 05, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (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 & ONIONS	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+
POTATOES, BREAKFAST CASSEI	1 square	129	229	5.7	18.6	15.0	7.51+	21+	1.4	0.0+	0.52+	0.13+	122+	16+	129+	302+	363	1.04+	0.75+
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	
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	151	287	16.2	39.3	7.9	1.98+	271	0.0	2.3+	0.05+	0.02+	194	11+	208	279	392	2.58	1.21+
BISCUIT, SAUSAGE, EGG & CHEESE	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			2523	65.2	248.2+	140.8	56.12+	538+	11.1+	14.6+	2.28+	0.97+	574+	39+	471+	2014+	5152+	14.21+	3.51+
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 (YELLOW)	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 (RED)	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 (GREEN)	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+
SANDWICH, BBQ PORK w/ COLESLAW	1 sandwich	244	593	34.9	50.7	27.3	8.95	104	2.1	13.4+			82+			455	1026	3.46+	
POTATO SEASONED FRIES (RED)	6 ounces	171	289	4.1	38.6	12.7	3.07	0	4.0	0.0+	0.11+	0.05+	0+	0+	0+	709	669	0.00+	0.00+
SMALL BITE, COTTAGE CHEESE	1 each	390	653	30.1	104.1	15.6	2.26	188	8.6	30.7+	0.60+	0.05+	98+	18+	234+	607	716	4.23	1.14+
SMALL BITE, HUMMUS (GREEN)	1 each	354	446	16.3	73.1	14.4	1.78	0	10.5		0.14+	0.03+	88+	95+	236+	690+	1043	5.10	2.27+
SMALL BITE, YOGURT (YELLOW)	1 each	390	711	19.4	129.4	15.9	2.32	190	8.1	30.7+	0.64+	0.06+	172+	10+	174+	754	307	4.10	0.63+
Lunch Totals			4442	185.7+	584.4+	161.1+	45.52+	599+	45.5+	80.2+	3.31+	0.80+	935+	204+	1253+	5097+	9703	28.27+	6.32+
Dinner																			
CHICKEN WINGS, THAI STYLE (RED)	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 (GREEN)	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, GREEN	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 FRY	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 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			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 06/05/26			7851	286.2+	944.5+	334.8+	107.68+	1281+	67.3+	102.4+	8.01+	2.51+	1759+	299+	2019+	8759+	17039+	47.76+	11.05+
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 (%)			393	572.3+	343.5+	429.2+	538.39+	427+	240.2+	204.7+			135+	71+	162+	186+	741+	265.34+	100.42+
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 (%)			357	511.0+	311.7+	456.6+	441.30+	427+	218.4+	186.1+	57.22+	156.83+	176+	71+	288+	186+	741+	597.02+	100.42+

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

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Cafeteria **Date: Sat Jun 06, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (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	334	29.5	18.5	14.7	5.42+	116+	1.0	0.0+	0.33+	0.03+	66+	11+	284+	527+	787	3.29+	6.30+
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+	
Lunch Totals			1445	77.7	152.4	59.0	16.25+	239+	11.7	5.0+	2.86+	0.91+	358+	116+	964+	2193+	2579	10.53+	8.63+
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 06/06/26			3685	189.7	352.6+	165.8	51.64+	1058+	26.1+	15.0+	5.54+	1.62+	679+	263+	2112+	4893+	6280	23.65+	20.10+
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 (%)			184	379.4	128.2+	212.5	258.19+	353+	93.2+	30.1+			52+	63+	169+	104+	273	131.38+	182.73+
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 (%)			167	338.7	116.4+	226.0	211.63+	353+	84.7+	27.3+	39.58+	101.44+	68+	63+	302+	104+	273	295.61+	182.73+
Week Daily Average (05/31/26-06/06/26)			7090	306.5+	742.0+	323.1+	102.55+	1322+	55.2+	53.4+	10.42+	3.19+	1980+	261+	2208+	7646+	14655+	35.95+	15.72+

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Cafeteria **Date: Sun Jun 07, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (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+	
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			1078	80.8	136.9	21.8	7.02	191	8.7	5.0+	0.94+	0.22+	164+	86+	240+	1778+	1115	5.62+	1.81+
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 06/07/26			2050	136.3	262.9	51.6	13.92+	332	27.3	5.0+	4.23+	1.68+	721+	246+	998+	4345+	2787	14.71+	4.86+
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 (%)			103	272.5	95.6	66.2	69.60+	111	97.7	10.0+			55+	59+	80+	92+	121	81.74+	44.14+
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 (%)			93	243.3	86.8	70.4	57.05+	111	88.8	9.1+	30.18+	104.73+	72+	59+	143+	92+	121	183.92+	44.14+

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

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Cafeteria **Date: Mon Jun 08, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)
Lunch																			
EGGPLANT CUTLET, OVEN-FRIED	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 (YELLOW)	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 (C)	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 (C)	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+
SANDWICH, PHILLY CHICKEN w/	1 each	275	674	41.3	75.5	23.9	9.30	103	4.9+	0.0+	1.09+	0.36+	384+	19+	255+	118+	1079	0.20+	1.92+
SMALL BITE, CHICKEN & CHEESE	1 each	376	804	54.0	54.3	43.8	21.52	186	1.0	0.0+	1.42+	0.16+	821+	36+	781+	663+	1396	1.69+	4.17+
SMALL BITE, SALAMI & CHEESE (C)	1 each	313	1167	58.1	34.0	90.3	41.14	437	0.0		1.88+	0.17+	828+	35+	579+	463+	3368	2.05+	4.71+
Lunch Totals			4153	230.3	287.2	231.9	98.04	973+	17.4+	0.5+	5.97+	0.95+	2492+	174+	2219+	2983+	9617	11.20+	14.85+
Dinner																			
FISH, SALMON, TERIYAKI GLAZE (I)	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 (YELLOW)	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 GLAZE	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 FRY	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 06/08/26			5055	315.2	357.6	260.6	103.83	1267+	24.2+	14.2+	8.03+	1.60+	2594+	195+	2294+	5144+	11678+	16.53+	15.40+
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 (%)			253	630.4	130.0	334.1	519.13	422+	86.5+	28.4+			200+	46+	184+	109+	508+	91.82+	140.04+
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 (%)			230	562.8	118.0	355.3	425.51	422+	78.6+	25.8+	57.39+	99.80+	259+	46+	328+	109+	508+	206.60+	140.04+

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 Jun 09, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (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+	2+	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	515	323	13.8+	23.6+	20.4+	6.42+	55+	4.4+		2.43+	0.19+	96+	35+	200+	577+	1154	1.60+	1.40+
SANDWICH, MEXICAN TORTA (YE	1 each	336	620	29.1	60.9	29.3	9.34	55	6.8	2.0+	1.51+	0.09+	194+	40+	272+	770+	2114	4.59+	1.84+
SMALL BITE, BUFFALO CHICKEN	1 each	386	827	47.4	56.8	48.7	22.20	164	1.7+	0.2+	1.44+	0.16+	835+	40+	705+	636+	1692	1.94+	4.24+
Lunch Totals			3472	170.8+	302.6+	179.8+	66.95+	393+	37.1+	4.1+	6.94+	0.80+	1655+	216+	1924+	4255+	8546	15.88+	14.33+
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 06/09/26			4692	235.3+	440.7+	219.8+	77.97+	650+	45.9+	4.1+	7.81+	1.21+	1955+	339+	2454+	5860+	10821	22.50+	15.68+
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 (%)			235	470.6+	160.3+	281.8+	389.83+	217+	163.8+	8.2+			150+	81+	196+	125+	470	125.01+	142.51+
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 (%)			213	420.1+	145.5+	299.8+	319.53+	217+	148.9+	7.4+	55.79+	75.84+	196+	81+	351+	125+	470	281.26+	142.51+

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 Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Cafeteria **Date: Wed Jun 10, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)
Lunch																			
BEEF, STEAK ARMY BDAY MEAL	8 ounces	234	594	59.7	0.9	39.0	16.58	175	0.0	0.0+	2.13+	0.34+	24	57+	388+	687+	187	5.20	14.75+
SHRIMP, BREADED (YELLOW)	8 each	136	277	19.3	44.6	1.8		102	1.2	0.0							867		
CHICKEN SEASONED QTR (YELL)	1 each	175	365	25.8	3.0	27.4	7.60	0+	0.0						190+	228+	1030		
FISH, SALMON FRESH BAKED (G)	1 each	187	434	35.3	2.6	30.8	9.84	113	0.8	0.0+	0.34+	0.15+	27	5+	14+	678	1119+	1.01	0.12+
VEG, GREEN BEANS, W/ SMOKEI	1/2 cup	165	90	4.2	11.8	2.6	0.98	9	3.5	0.0+	0.01+	0.00+	67+	1+	4+	273+	281	1.70+	0.03+
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
VEG, BROCCOLINI, ROASTED W/	1/2 cup	88	73	1.6+	8.6	4.0+	0.56+	0+	2.4+	2.0+	0.36+	0.03+	51+	1+	4+	222+	375	0.58+	0.03+
VEG, SAUTEED ONIONS (GREEN)	1/3 cup	103	103	1.1	9.0	7.4	0.58	0	1.7+		1.39+	0.67+	23+	10+	28+	143	236+	0.22+	0.17+
VEG, MUSHROOMS & ONIONS, S.	1/3 cup	58	33	1.4	2.9	2.1	0.17	0	0.7		0.43	0.18	5	5	38	147	127	0.23	0.23
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+
POTATOES, LOADED GARLIC MA	1/2 cup	131	193	7.6	16.0	11.6	6.13	38	1.9	0.0+	0.16+	0.02+	147	4+	63+	471+	603	0.33	1.16+
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+
SALAD, CHEF, EGG / CHEESE (G)	1 each	436	262	16.2	17.1	15.6	7.17	236	4.5		1.10	0.17	289	45	281	689	298	2.03	2.28
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+
Lunch Totals			3644	251.7+	241.0	187.8+	65.81+	1063+	25.8+	2.0+	7.33+	1.78+	1129+	197+	1890+	5214+	7371+	15.84+	23.51+
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 06/10/26			4737	317.5+	327.1	242.5+	88.45+	1277+	33.6+	8.6+	8.18+	2.19+	1314+	202+	2227+	6884+	9490+	21.40+	23.84+
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 (%)			237	635.0+	118.9	310.9+	442.26+	426+	120.1+	17.2+			101+	48+	178+	146+	413+	118.90+	216.74+
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 (%)			215	567.0+	108.0	330.7+	362.51+	426+	109.2+	15.6+	58.41+	136.62+	131+	48+	318+	146+	413+	267.53+	216.74+

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: Thu Jun 11, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)
Lunch																			
PORK, RIBS, KOREAN, COOKED	3 ribs	159	370	27.4	4.0	26.5	11.23+	112	0.0	1.6+	0.08+	0.04+	0+	0+	0+	304+	610	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+
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	385	280	19.2	19.8	14.4	6.84	51	3.6	0.3+	1.19+	0.47+	72+	49+	226+	738+	441	2.06+	0.68+
SANDWICH, BEEF BARBACOA (Y)	1 each	184	567	29.3	72.0	19.0	6.67	67	5.3	0.0+			0+			307	1253	0.00+	
Lunch Totals			2145	123.1	224.2	83.0	28.48+	378	16.7	13.3+	1.95+	0.73+	148+	65+	581+	2494+	4353+	6.29+	3.09+
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 06/11/26			3062	193.0	322.7	109.2	37.59+	599	22.7	13.3+	2.69+	1.03+	282+	88+	1266+	4110+	6226+	9.74+	5.64+
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 (%)			153	385.9	117.3	140.1	187.94+	200	81.2	26.5+			22+	21+	101+	87+	271+	54.10+	51.25+
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 (%)			139	344.6	106.5	149.0	154.05+	200	73.8	24.1+	19.22+	64.30+	28+	21+	181+	87+	271+	121.73+	51.25+

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 Jun 12, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (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	135	166	3.0	27.8	4.7	0.67+	0	1.0		0.48+	0.06+	43+	23+	51+	144+	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+
SANDWICH, BBQ PORK w/ COLES	1 sandwich	244	593	34.9	50.7	27.3	8.95	104	2.1	13.4+			82+			455	1026	3.46+	
SMALL BITE, VEGETABLE CRUDI	1 each	368	83	2.8	18.1	0.7	0.12	0	6.5		0.25+	0.02+	90	40	92	879	169	1.55	0.59
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
Lunch Totals			2269	131.5+	213.1+	100.6+	24.26+	268+	28.9+	16.2+	3.86+	1.55+	388+	133+	631+	4469+	5590	13.37+	2.38+
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 06/12/26			3664	191.5+	368.6+	157.0+	38.59+	426+	39.5+	27.3+	6.63+	2.66+	667+	200+	800+	5724+	8495	21.85+	3.57+
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 (%)			183	383.0+	134.0+	201.3+	192.93+	142+	141.1+	54.6+			51+	48+	64+	122+	369	121.37+	32.41+
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 (%)			167	342.0+	121.7+	214.1+	158.14+	142+	128.3+	49.6+	47.33+	166.35+	67+	48+	114+	122+	369	273.09+	32.41+

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 Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Cafeteria **Date: Sat Jun 13, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (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 (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, 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+
Lunch Totals			1159	79.7	117.1	44.0	15.89+	167+	16.2	3.0+	0.65+	0.07+	186+	18+	211+	2151+	1347+	10.57+	0.34+
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 (I)	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 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			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 06/13/26			2235	152.9	226.6	80.7	21.95+	355+	25.1	4.3+	3.83+	1.62+	310+	78+	823+	3982+	2440+	15.36+	5.74+
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 (%)			112	305.7	82.4	103.5	109.77+	118+	89.6	8.6+			24+	19+	66+	85+	106+	85.33+	52.21+
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 (%)			102	273.0	74.8	110.1	89.98+	118+	81.5	7.9+	27.37+	101.55+	31+	19+	118+	85+	106+	191.99+	52.21+
Week Daily Average (06/07/26-06/13/26)			3642	220.2+	329.5+	160.2+	54.61+	701+	31.2+	11.0+	5.91+	1.71+	1120+	193+	1552+	5150+	7419+	17.44+	10.67+

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: Sun Jun 14, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (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 (YELLOW)	1 each	143	342	24.8	20.9	16.9	5.07	85	1.2		2.68	0.33	105	29	313	370	602	2.16	3.12
VEG. GREENS, COLLARD SEASON	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 (GREEN)	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	
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			1332	77.1	157.0	42.3	10.06+	235	11.2	20.5+	4.13+	1.08+	495+	85+	916+	2199+	2303	6.38+	3.93+
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 (YELLOW)	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 VEGETABLE	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 06/14/26			2617	153.5	298.7	87.6	29.85+	399	27.8	26.7+	5.27+	1.25+	1247+	177+	1614+	4490+	5241	17.07+	11.83+
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 (%)			131	307.1	108.6	112.4	149.26+	133	99.5	53.4+			96+	42+	129+	96+	228	94.83+	107.57+
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 (%)			119	274.2	98.6	119.5	122.35+	133	90.4	48.5+	37.65+	77.91+	125+	42+	231+	96+	228	213.38+	107.57+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Cafeteria **Date: Mon Jun 15, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)
Lunch																			
CHICKEN, MARRY ME (YELLOW)	1 each	282	437	37.9	20.6	23.7	8.44	146	2.8	0.0+	1.79+	0.44+	95+	35+	469+	1219+	794	2.19+	0.50+
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	422	14.6	46.1	19.6	9.14	35	2.3+	1.0+	0.04+	0.00+	237+	1+	2+	248+	840	2.96+	0.02+
PIZZA, MEAT LOVERS, TONY'S BA	1 each	162	432	15.4	45.4	20.5	9.58	39	2.0+	1.0+			234+			257+	872	2.86+	
PIZZA, PEPPERONI, TONY'S BASE	1 each	151	400	13.8	45.1	17.8	8.63	32	2.0	1.0			230+			230+	747	2.70+	
SANDWICH, PANINI ITALIAN (YEL	1 each	262	656	35.6	56.7	33.2	13.10	95	4.3	0.3+	0.21+	0.02+	392+	15+	121+	489+	2019	4.09+	0.72+
Lunch Totals			4343	188.8	449.3	198.9	84.47+	535	31.4+	6.0+	5.74+	1.22+	1798+	212+	1286+	5047+	8988	29.63+	8.77+
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 06/15/26			5751	259.3	574.1	267.6	108.73+	625+	44.8+	6.5+	7.52+	1.81+	2291+	275+	1949+	6789+	11566	37.42+	14.62+
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 (%)			288	518.6	208.8	343.1	543.65+	208+	159.9+	13.0+			176+	66+	156+	144+	503	207.88+	132.93+
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 (%)			261	463.1	189.5	365.0	445.61+	208+	145.4+	11.9+	53.71+	112.93+	229+	66+	278+	144+	503	467.73+	132.93+

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 Jun 16, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (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						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	0.11+
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, 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+	2+	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+
QUESADILLA CHEESE AND CHIC	1 each	147	342	26.3+	14.5+	19.1+	7.75+	99+	0.5+	0.0+			26+			18+	686	0.50+	
Lunch Totals			2065	114.4+	188.9+	96.6+	34.19+	241+	25.0+	1.9+	2.34+	0.53+	632+	174+	749+	3619+	5965	14.80+	8.70+
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 06/16/26			3242	175.4+	305.7+	149.7+	49.74+	308+	34.7+	1.9+	5.43+	1.13+	776+	227+	1254+	5063+	7738	18.90+	12.26+
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 (%)			162	350.7+	111.2+	191.9+	248.68+	103+	124.1+	3.7+			60+	54+	100+	108+	336	105.01+	111.44+
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 (%)			147	313.2+	100.9+	204.1+	203.84+	103+	112.8+	3.4+	38.79+	70.47+	78+	54+	179+	108+	336	236.28+	111.44+

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

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Cafeteria **Date: Wed Jun 17, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (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	356	17.5	15.5	25.7	12.18	55	3.0	0.0+	1.34+	0.25+	482+	46+	399+	760+	967	2.03+	2.18+
BEEF, BRISKET W/ CHIMICHURRI	6 ounces	261	632	41.8	7.0	49.7	9.04+	126	1.4	0.3+	4.34+	0.32+	97+	63+	446+	832+	883	6.42+	10.08+
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 GUMBO (WAMC)	12 ounces	496	273	14.9	13.0	18.5	5.72	3+	1.9	0.0+	0.10+	0.01+	60+	18+	137+	414+	677	0.73+	0.20+
SANDWICH, PANINI TURKEY & S	1 each	198	464	26.6	29.7	26.4	13.25	60	2.5	4.4+	0.47+	0.06+	455+	20+	331+	422+	1041	1.66+	1.90+
Lunch Totals			2574	156.9+	150.9+	151.2+	44.94+	394+	19.2+	4.7+	9.20+	2.06+	1217+	170+	1377+	4569+	4947	14.79+	14.78+
Dinner																			
BEEF, MEATLOAF GLAZED (YELL)	1 slice	201	330	28.7	18.2	14.0	5.18+	74	1.2	0.0+	0.47+	0.10+	79+	14+	283+	565	660	3.40+	6.33+
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 (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 (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			1342	65.6	148.7	53.6	19.06+	90+	8.6	43.3+	0.62+	0.21+	344+	55+	526+	1676+	2813	5.73+	6.74+
Daily Totals for 06/17/26			3916	222.5+	299.6+	204.8+	64.01+	484+	27.8+	47.9+	9.82+	2.27+	1560+	224+	1903+	6245+	7760	20.53+	21.52+
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 (%)			196	445.0+	108.9+	262.6+	320.03+	161+	99.3+	95.9+			120+	53+	152+	133+	337	114.03+	195.62+
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 (%)			178	397.3+	98.9+	279.4+	262.32+	161+	90.3+	87.2+	70.14+	141.72+	156+	53+	272+	133+	337	256.57+	195.62+

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: Thu Jun 18, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)
Lunch																			
CHICKEN CURRY QTR (YELLOW)	1 each	275	445	27.2	6.0	35.2	12.36+	0+	2.0	0.0+	0.20+	0.05+	36+	12+	214+	434+	680	0.75+	0.19+
^PORK, SPARERIBS, CANTONESI	3 ribs	195	419	28.9	18.0	25.8	11.23	112	0.7	1.6+	0.06+	0.01+	13+	15+	34+	449	1181	2.19	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 (REC	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+	1.05+
SAUSAGE, SMOKED DOG (RED)	5 ounces	290	656	23.5	38.6	47.3	12.92+	87	5.1	8.1+	1.00+	0.47+	40+	9+	23+	494	1454	1.51+	0.14+
CORN DOG, ALL MEAT (YELLOW)	1 each	76	220	6.0	23.0	11.0	2.50	25	0.0	7.0			40			80	489	1.10	
Lunch Totals			2628	120.5	216.7	143.5	46.11+	303+	19.5	21.7+	1.91+	0.71+	275+	82+	521+	2491+	6148	10.51+	2.38+
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 ((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 06/18/26			3714	201.9	329.1	178.7	51.97+	488+	31.9	21.7+	6.24+	2.85+	426+	133+	1038+	4686+	8369+	14.41+	3.18+
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 (%)			186	403.8	119.7	229.1	259.85+	163+	113.8	43.5+			33+	32+	83+	100+	364+	80.06+	28.89+
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 (%)			169	360.6	108.6	243.7	212.99+	163+	103.5	39.5+	44.58+	178.21+	43+	32+	148+	100+	364+	180.14+	28.89+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Cafeteria **Date: Fri Jun 19, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (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+	504+	539	3.35	4.55+
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	320	135	7.5	18.0	4.2	0.55+	8	7.8+		0.58+	0.27+	21+	6+	14+	193+	400	0.32+	0.09+
SANDWICH, BBQ PORK w/ COLES	1 sandwich	244	593	34.9	50.7	27.3	8.95	104	2.1	13.4+			82+			455	1026	3.46+	
Lunch Totals			1984	106.6	192.3	88.8	21.51+	251	25.6+	13.4+	4.82+	1.46+	397+	86+	482+	3211+	4677	10.94+	6.09+
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 06/19/26			3138	165.7	336.2	127.9	31.13+	397+	39.6+	13.4+	10.40+	2.91+	704+	254+	1288+	5439+	7473	18.90+	12.10+
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 (%)			157	331.4	122.3	164.0	155.67+	132+	141.3+	26.7+			54+	60+	103+	116+	325	105.02+	110.00+
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 (%)			143	295.9	111.0	174.4	127.60+	132+	128.5+	24.3+	74.26+	182.01+	70+	60+	184+	116+	325	236.30+	110.00+

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 Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Cafeteria **Date: Sat Jun 20, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (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	
Lunch Totals			1003	73.5	58.7	52.2	17.60	229	7.8	1.6+	1.18+	0.19+	151+	30+	465+	1376+	1912	4.33+	0.89+
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 06/20/26			2560	141.5	179.7	141.1	42.02	335+	17.2	7.9+	7.14+	2.46+	364+	159+	1165+	2916+	4472	13.30+	3.70+
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 (%)			128	283.0	65.4	180.9	210.11	112+	61.6	15.8+			28+	38+	93+	62+	194	73.86+	33.60+
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 (%)			116	252.6	59.3	192.4	172.22	112+	56.0	14.4+	51.00+	153.69+	36+	38+	166+	62+	194	166.19+	33.60+
Week Daily Average (06/14/26-06/20/26)			3562	188.6+	331.9+	165.4+	53.92+	434+	32.0+	18.0+	7.40+	2.10+	1052+	207+	1459+	5090+	7517+	20.08+	11.32+
Month Daily Average (06/01/26-06/20/26)			4832	242.8+	475.3+	218.4+	71.14+	817+	40.2+	26.2+	7.94+	2.33+	1415+	226+	1756+	6056+	9997+	24.88+	12.84+
Daily Average (05/31/26-06/20/26)			4765	238.4+	467.8+	216.2+	70.36+	819+	39.4+	27.4+	7.91+	2.33+	1384+	220+	1740+	5962+	9864+	24.49+	12.57+

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: Sun May 31, 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)
Breakfast																	
EGG, SCRAMBLED (YELLOW)	1/3 cup	91	0.00+		28	163	0.00+	0+	0.00+	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	0.15	0.28+	41	23	0.45	34	1.5	0	0.77	0.47	8.9	0.496	0.74	90.5	62
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															
Lunch Totals			0.33+	1.13+	43+	1211+	1.41+	34+	16.7+	64+	0.86+	0.62+	10.1+	0.740+	0.74+	99.6+	162+
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 (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
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 05/31/26			0.50+	1.70+	96+	2229+	4.60+	63+	50.9+	157+	1.17+	1.44+	12.3+	1.335+	3.52+	325.0+	368+
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 (%)			56.01+	73.78+	174+	248+	30.69+	10+	42.5+	174+	97.18+	110.75+	76.7+	78.510+	146.68+	59.1+	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 (%)			56.01+	73.78+	174+	248+	30.69+	10+	42.5+	174+	97.18+	110.75+	76.7+	78.510+	146.68+	59.1+	92+
Month Daily Average (05/31/26-05/31/26)			0.50+	1.70+	96+	2229+	4.60+	63+	50.9+	157+	1.17+	1.44+	12.3+	1.335+	3.52+	325.0+	368+

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 Jun 01, 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)
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															
MUFFIN, BANANA NUT (RED)	1 each	113															
FRENCH TOAST (RED)	1 each	151	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 & CHEES	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			0.11+	0.12+	35+	205+	1.93+	44+	8.0+	50+	0.67+	0.61+	4.2+	0.572+	2.02+	54.7+	140+
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 & 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
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 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 (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+
SANDWICH, ITALIAN GRILLED CH	1 each	234	0.05+	0.15+	2+	71+	0.53+	1+	40.4+	10+	0.03+	0.04+	0.4+	0.068+	0.07+	6.1+	24+
HAMBURGER, GRILLED (YELLOW	1 each	269	0.01+	0.03+	24+	7+	0.35+	0+	2.2+	3+	0.07+	0.23+	7.7+	0.569+	3.34+	1.8+	14+
CHEESEBURGER, GRILLED (YELI	1 each	280	0.01+	0.03+	24+	7+	0.35+	0+	2.2+	3+	0.07+	0.23+	7.7+	0.569+	3.34+	1.8+	14+
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															
POTATO SWEET POTATO FRENC	6 ounces	171	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
POTATO FRENCH FRIES, STRAIG	6 ounces	171	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
SANDWICH, HOAGIE ASSORTED	1 each	210	0.03+	0.02+	10+	1+	0.15+	2+	1.4+	0+	0.27+	0.06+	2.1+	0.116+	0.15+	30.1+	2+
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)	2 each	77	0.06+	0.21+	4+	19+	0.57+	0+	1.6+	0+	0.09+	0.07+	0.8+	0.020+	0.03+	2.0+	32+
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			1.00+	6.16+	112+	533+	9.54+	5+	481.1+	249+	1.48+	1.35+	27.0+	2.640+	7.06+	125.7+	320+
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 (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 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
BEANS, REFRIED PINTO BEANS (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 06/01/26			1.64+	7.88+	179+	997+	16.99+	58+	543.6+	380+	3.36+	2.60+	40.4+	4.251+	10.93+	229.9+	588+
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 (%)			182.11+	342.54+	326+	111+	113.28+	10+	453.0+	423+	280.33+	200.00+	252.6+	250.087+	455.53+	41.8+	147+
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

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 Jun 01, 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 RDA/DRI STANDARDS, 3 MEALS (%)			182.11+	342.54+	326+	111+	113.28+	10+	453.0+	423+	280.33+	200.00+	252.6+	250.087+	455.53+	41.8+	147+

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 Jun 02, 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)
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 GR/	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, S	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															
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	151	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			0.43+	0.83+	70+	468+	4.68+	75+	15.2+	69+	1.14+	1.39+	6.1+	0.849+	3.50+	193.4+	250+
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+	15+	1.19+	0+	7.1+	7+	0.02+	0.02+	0.3+	0.065+	0.00+	3.3+	6+
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+
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 (GREEE	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 (GRE	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+
QUESADILLA CHEESE AND CHIC	1 each	147															
POTATO SEASONED FRIES (RED)	6 ounces	171	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
Lunch Totals			0.31+	1.49+	18+	140+	2.70+	11+	13.6+	9+	0.29+	0.23+	3.3+	0.377+	0.44+	53.8+	34+
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 (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+
Daily Totals for 06/02/26			1.14+	3.36+	142+	1333+	10.91+	89+	154.2+	172+	2.32+	2.22+	19.1+	1.886+	5.57+	302.6+	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 (%)			126.35+	145.89+	257+	148+	72.76+	15+	128.5+	191+	193.35+	170.95+	119.2+	110.945+	232.25+	55.0+	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 (%)			126.35+	145.89+	257+	148+	72.76+	15+	128.5+	191+	193.35+	170.95+	119.2+	110.945+	232.25+	55.0+	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 Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Cafeteria **Date: Wed Jun 03, 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)
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, PORK COUNTRY (REL	5 ounces	151															
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															
MUFFIN, BLUEBERRY (RED)	1 each	112															
FRENCH TOAST (RED)	1 each	151	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			0.12+	0.51+	33+	322+	2.95+	49+	103.3+	84+	0.44+	0.79+	2.3+	1.073+	3.80+	90.6+	274+
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 SHELI	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 (G	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+
FISH, FISH & CHIPS (YELLOW)	10 ounces	322	0.00+	0.01+	0+	6+	0.21+	0+	24.6+	2+	0.00+	0.00+	0.0+	0.006+	0.00+	1.1+	2+
POTATO TATER TOTS (RED)	6 ounces	172	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
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	203	0.01+	0.02+	0+	3+	0.03+	0+	2.8+	1+	0.00+	0.01+	0.1+	0.011+	0.00+	0.8+	4+
Lunch Totals			0.75+	1.66+	24+	2168+	5.00+	109+	105.3+	79+	0.60+	0.96+	7.2+	1.075+	1.49+	182.2+	115+
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 (YELLO	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 06/03/26			1.04+	2.72+	59+	2534+	10.65+	159+	277.5+	229+	1.13+	1.89+	10.3+	2.406+	5.33+	289.8+	434+
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 (%)			115.85+	118.21+	108+	282+	71.01+	26+	231.3+	255+	94.08+	145.34+	64.5+	141.544+	222.01+	52.7+	108+
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 (%)			115.85+	118.21+	108+	282+	71.01+	26+	231.3+	255+	94.08+	145.34+	64.5+	141.544+	222.01+	52.7+	108+

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: Thu Jun 04, 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)
Breakfast																	
TURKEY, TURKEY SAUSAGE GR/	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+
BEEF, CORNED HASH (RED)	6 ounces	299	0.01+	0.04+	0+	4+	0.05+	0+	0.7+	12+	0.01+	0.01+	0.1+	0.027+	0.00+	0.5+	2+
BACON, 1EA (RED)	1 slice	13												0.245	0.81		
PORK, SAUSAGE PATTY (RED)	1 each	57															
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															
CHICKEN BREAST, GRILLED (GRI	1 each	131	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
ROLL, CINNAMON (RED)	1 each	99															
FRENCH TOAST (RED)	1 each	151	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			0.13+	0.34+	46+	357+	2.68+	42+	101.4+	135+	0.46+	0.93+	2.5+	0.649+	2.53+	35.5+	243+
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+	0.28+	4+	574+	2.34+	35+	42.6+	5+	0.08+	0.19+	0.6+	0.102+	0.15+	15.8+	38+
SANDWICH, PHILLY STEAK w/ SW	1 each	256	0.05+	0.08+	13+	125+	0.91+	0+	4.6+	20+	0.03+	0.14+	0.2+	0.119+	1.29+	9.8+	13+
ONION RINGS (YELLOW)	6 ounces	171	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
SMALL BITE, TUNA (RED)	1 each	381	0.11+	0.89+	40+	428+	1.61+	40+	22.8+	6+	0.16+	0.67+	0.6+	0.232+	1.61+	92.8+	53+
SMALL BITE, CHICKEN SALAD (RI	1 each	379	0.09+	0.87+	32+	383+	1.05+	27+	22.1+	5+	0.14+	0.56+	0.5+	0.211+	1.25+	25.8+	39+
Lunch Totals			0.90+	4.02+	139+	1607+	11.23+	103+	215.8+	208+	1.19+	1.97+	8.1+	1.278+	4.29+	207.3+	546+
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 06/04/26			1.18+	5.31+	195+	2413+	16.65+	144+	335.3+	406+	2.05+	3.14+	14.4+	2.091+	6.88+	249.4+	940+
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 (%)			131.66+	230.91+	355+	268+	111.00+	24+	279.4+	451+	171.24+	241.90+	90.3+	123.028+	286.57+	45.3+	235+
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 (%)			131.66+	230.91+	355+	268+	111.00+	24+	279.4+	451+	171.24+	241.90+	90.3+	123.028+	286.57+	45.3+	235+

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 Jun 05, 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)
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+
POTATOES, BREAKFAST CASSEI	1 square	129	0.10+	0.17+	5+	76+	0.17+	8+	1.8+	8+	0.10+	0.08+	1.6+	0.102+	0.21+	3.7+	8+
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															
TURNOVER, APPLE (RED)	3.7 ounces	105															
FRENCH TOAST (RED)	1 each	151	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+
BISCUIT, SAUSAGE, EGG & CHEE	1 each	200								0+							
Breakfast Totals			0.18+	0.29+	27+	281+	1.93+	50+	9.8+	58+	0.45+	0.62+	3.4+	0.543+	2.04+	23.0+	148+
Lunch																	
FISH, CATFISH, CAJUN CRUSTEC	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 (GREE	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+
SANDWICH, BBQ PORK w/ COLES	1 sandwich	244								0+							
POTATO SEASONED FRIES (RED	6 ounces	171	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
SMALL BITE, COTTAGE CHEESE	1 each	390	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	354	0.73+	1.83+	4+	632+	0.22+	0+	25.1+	7+	0.34+	0.17+	1.5+	0.447+	0.00+	13.2+	123+
SMALL BITE, YOGURT (YELLOW)	1 each	390	0.07+	0.84+	17+	102+	1.44+	29+	16.7+	5+	0.14+	0.31+	0.4+	0.161+	0.95+	157.2+	41+
Lunch Totals			1.22+	3.39+	63+	1882+	5.21+	93+	193.5+	87+	0.86+	1.35+	5.6+	1.154+	3.21+	404.6+	481+
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+	0.07+	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 06/05/26			1.60+	4.57+	101+	3446+	9.97+	143+	316.0+	275+	1.55+	2.29+	10.9+	2.149+	5.39+	465.8+	746+
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 (%)			177.26+	198.79+	183+	383+	66.46+	24+	263.4+	306+	129.49+	175.98+	68.3+	126.436+	224.46+	84.7+	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 (%)			177.26+	198.79+	183+	383+	66.46+	24+	263.4+	306+	129.49+	175.98+	68.3+	126.436+	224.46+	84.7+	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 Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Cafeteria **Date: Sat Jun 06, 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)
Breakfast																	
EGG, SCRAMBLED (YELLOW)	1/3 cup	91	0.00+		28	163	0.00+	0+	0.00+	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	0.06+	0.19+	27+	28+	0.29+	3+	3.1+	12+	0.24+	0.32+	7.4+	0.495+	2.90+	5.2+	48+
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															
Lunch Totals			0.56+	2.33+	67+	67+	3.27+	3+	76.2+	43+	1.06+	0.70+	14.9+	0.950+	2.90+	39.8+	292+
Dinner																	
BEEF, YAKISOBA, GROUND (YEL)	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 06/06/26			1.09+	5.00+	172+	488+	6.20+	32+	221.2+	136+	2.05+	1.92+	29.2+	2.424+	8.29+	236.6+	685+
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 (%)			121.17+	217.20+	312+	54+	41.30+	5+	184.3+	151+	171.14+	147.39+	182.5+	142.601+	345.25+	43.0+	171+
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 (%)			121.17+	217.20+	312+	54+	41.30+	5+	184.3+	151+	171.14+	147.39+	182.5+	142.601+	345.25+	43.0+	171+
Week Daily Average (05/31/26-06/06/26)			1.17+	4.36+	135+	1920+	10.85+	98+	271.3+	251+	1.95+	2.21+	19.5+	2.363+	6.56+	299.9+	623+

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: Sun Jun 07, 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)
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															
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			0.36+	0.89+	39+	331+	1.07+	5+	100.2+	112+	0.73+	0.41+	6.1+	0.437+	0.13+	60.3+	271+
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 06/07/26			1.05+	2.58+	64+	1620+	8.93+	9+	604.7+	268+	2.71+	1.14+	11.8+	1.490+	0.87+	149.3+	570+
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 (%)			116.99+	112.22+	117+	180+	59.54+	2+	503.9+	298+	225.60+	87.84+	73.7+	87.633+	36.23+	27.1+	142+
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 (%)			116.99+	112.22+	117+	180+	59.54+	2+	503.9+	298+	225.60+	87.84+	73.7+	87.633+	36.23+	27.1+	142+

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 Jun 08, 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)
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+
SANDWICH, PHILLY CHICKEN w/	1 each	275	0.05+	0.08+	13+	125+	0.91+	0+	4.6+	20+	0.03+	0.14+	0.2+	0.119+	1.29+	9.8+	13+
SMALL BITE, CHICKEN & CHEESE	1 each	376	0.08+	0.84+	32+	380+	1.02+	27+	19.3+	5+	0.14+	0.55+	0.4+	0.200+	1.25+	25.1+	35+
SMALL BITE, SALAMI & CHEESE (1 each	313	0.06+	0.06+	49+	470+	2.03+	56+	2.9+	0+	0.07+	0.73+	0.1+	0.111+	2.20+	169.6+	67+
Lunch Totals			0.73+	1.94+	143+	1223+	7.23+	95+	141.9+	43+	1.13+	2.01+	7.0+	0.904+	5.75+	246.3+	373+
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 (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+
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 06/08/26			0.80+	2.33+	148+	1428+	8.80+	95+	162.4+	70+	1.25+	2.14+	7.8+	1.036+	5.88+	258.4+	408+
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 (%)			88.90+	101.33+	269+	159+	58.65+	16+	135.3+	78+	104.09+	164.31+	48.9+	60.963+	245.02+	47.0+	102+
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 (%)			88.90+	101.33+	269+	159+	58.65+	16+	135.3+	78+	104.09+	164.31+	48.9+	60.963+	245.02+	47.0+	102+

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 Jun 09, 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)
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+	0+	0.33+	0+	1.4+	1+	0.00+	0.00+	0.0+	0.008+	0.00+	0.2+	0+
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	515	0.16+	0.37+	12+	183+	0.69+	2+	18.4+	3+	0.12+	0.20+	2.6+	0.218+	0.76+	38.8+	43+
SANDWICH, MEXICAN TORTA (YE	1 each	336	0.21+	0.16+	19+	36+	1.73+	3+	17.2+	12+	0.55+	0.19+	4.9+	0.424+	0.27+	63.1+	55+
SMALL BITE, BUFFALO CHICKEN	1 each	386	0.09+	0.88+	33+	466+	1.16+	27+	42.9+	7+	0.15+	0.57+	0.6+	0.225+	1.25+	27.0+	46+
Lunch Totals			0.99+	2.53+	93+	947+	7.35+	46+	276.0+	159+	1.12+	1.51+	14.2+	1.679+	4.62+	205.9+	315+
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 06/09/26			1.34+	4.08+	124+	1507+	10.53+	46+	828.5+	192+	1.63+	1.93+	18.4+	2.035+	4.62+	236.4+	714+
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 (%)			148.61+	177.19+	225+	167+	70.20+	8+	690.4+	214+	135.44+	148.49+	115.2+	119.717+	192.69+	43.0+	178+
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 (%)			148.61+	177.19+	225+	167+	70.20+	8+	690.4+	214+	135.44+	148.49+	115.2+	119.717+	192.69+	43.0+	178+

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 Jun 10, 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)
Lunch																	
BEEF, STEAK ARMY BDAY MEAL	8 ounces	234	0.21+	0.01+	81+	18+	0.13+	11+	4.2+	0+	0.17+	0.66+	12.7+	1.286+	4.94+	0.4+	14+
SHRIMP, BREADED (YELLOW)	8 each	136															
CHICKEN SEASONED QTR (YELL)	1 each	175															
FISH, SALMON FRESH BAKED (G	1 each	187	0.03+	0.16+	1+	90+	0.55+	0+	3.2+	0+	0.01+	0.02+	0.1+	1.142	5.51	3.5+	2+
VEG, GREEN BEANS, W/ SMOKEI	1/2 cup	165	0.01+	0.06+	0+	0+	0.00+	0+	0.5+	1+	0.01+	0.00+	0.0+	0.024+	0.00+	0.7+	1+
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
VEG, BROCCOLINI, ROASTED W/	1/2 cup	88	0.01+	0.08+	0+	0+	0.52+	0+	2.7+	1+	0.01+	0.00+	0.0+	0.028+	0.00+	0.6+	0+
VEG, SAUTEED ONIONS (GREEN	1/3 cup	103	0.04+	0.15+	0+	0+	1.29+	0+	5.9+	7+	0.04+	0.03+	0.1+	0.115+	0.00+	5.8+	18+
VEG, MUSHROOMS & ONIONS, S.	1/3 cup	58	0.13	0.04	4	0	0.35	3	1.5	2	0.04	0.16	1.4	0.061	0.02	7.6	10
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+
POTATOES, LOADED GARLIC MA	1/2 cup	131	0.01+	0.02+	4+	46+	0.11+	3+	5.1+	0+	0.01+	0.06+	0.0+	0.128+	0.54+	2.4+	5+
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+
SALAD, CHEF, EGG / CHEESE (GI	1 each	436	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
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+
Lunch Totals			0.79+	1.35+	149+	1399+	7.07+	110+	201.0+	58+	0.93+	2.01+	19.1+	3.692+	14.95+	406.6+	402+
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 06/10/26			0.82+	1.43+	149+	1399+	7.46+	110+	203.8+	103+	1.00+	2.10+	19.7+	3.883+	14.95+	407.9+	406+
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 (%)			91.64+	62.15+	271+	155+	49.76+	18+	169.8+	115+	83.33+	161.37+	123.3+	228.412+	622.92+	74.2+	101+
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 (%)			91.64+	62.15+	271+	155+	49.76+	18+	169.8+	115+	83.33+	161.37+	123.3+	228.412+	622.92+	74.2+	101+

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: Thu Jun 11, 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)
Lunch																	
PORK, RIBS, KOREAN, COOKED	3 ribs	159	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+
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	385	0.19+	0.71+	2+	260+	1.85+	0+	141.7+	38+	0.09+	0.08+	0.8+	0.183+	0.00+	18.7+	114+
SANDWICH, BEEF BARBACOA (Y)	1 each	184															
Lunch Totals			0.25+	0.92+	3+	1075+	2.89+	0+	232.0+	93+	0.29+	0.41+	8.7+	0.936+	0.83+	29.9+	154+
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 06/11/26			0.35+	1.17+	4+	1127+	3.93+	10+	242.0+	124+	0.49+	0.90+	18.6+	1.724+	1.78+	41.0+	181+
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 (%)			38.97+	50.86+	8+	125+	26.18+	2+	201.6+	137+	40.49+	68.98+	116.2+	101.426+	73.97+	7.5+	45+
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 (%)			38.97+	50.86+	8+	125+	26.18+	2+	201.6+	137+	40.49+	68.98+	116.2+	101.426+	73.97+	7.5+	45+

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 Jun 12, 2026**

Recipe Name	Size	Amt (gm)	Copper (mg)	Man ganese (mg)	Selenium (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)
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	135	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+
SANDWICH, BBQ PORK w/ COLES	1 sandwich	244								0+							
SMALL BITE, VEGETABLE CRUDI	1 each	368	0.23	0.44	1	729	1.24+	0	52.8+	87	0.12	0.14	1.9	0.384	0.00	23.2+	96
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
Lunch Totals			0.78+	1.76+	12+	1629+	6.04+	0+	218.7+	220+	0.64+	0.54+	6.0+	1.033+	0.05+	131.5+	442+
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, ROASTI	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 06/12/26			0.98+	3.34+	21+	1629+	8.28+	0+	236.8+	276+	0.93+	0.61+	9.3+	1.341+	0.05+	144.5+	459+
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 (%)			108.45+	145.15+	39+	181+	55.19+	0+	197.3+	307+	77.77+	46.83+	58.4+	78.902+	2.29+	26.3+	115+
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 (%)			108.45+	145.15+	39+	181+	55.19+	0+	197.3+	307+	77.77+	46.83+	58.4+	78.902+	2.29+	26.3+	115+

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: Sat Jun 13, 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)
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+
Lunch Totals			0.08+	0.21+	1+	37+	1.46+	1+	54.4+	41+	0.06+	0.09+	0.5+	0.148+	0.01+	10.7+	39+
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 06/13/26			0.30+	0.83+	35+	781+	3.99+	1+	117.9+	156+	0.24+	0.45+	7.2+	0.873+	1.65+	195.7+	173+
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 (%)			32.78+	36.02+	64+	87+	26.60+	0+	98.3+	173+	20.19+	34.60+	45.1+	51.370+	68.79+	35.6+	43+
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 (%)			32.78+	36.02+	64+	87+	26.60+	0+	98.3+	173+	20.19+	34.60+	45.1+	51.370+	68.79+	35.6+	43+
Week Daily Average (06/07/26-06/13/26)			0.81+	2.25+	78+	1356+	7.42+	39+	342.3+	170+	1.18+	1.32+	13.3+	1.769+	4.26+	204.7+	416+

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: Sun Jun 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)
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	0.15	0.28+	41	23	0.45	34	1.5	0	0.77	0.47	8.9	0.496	0.74	90.5	62
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															
FRUIT, CUP, canned, GRAPEFRUI	5 ounces	142															
Lunch Totals			0.30+	1.23+	49+	505+	2.39+	44+	103.2+	125+	0.98+	0.84+	12.6+	0.781+	0.83+	112.5+	223+
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 06/14/26			0.82+	2.12+	120+	729+	5.39+	66+	127.0+	142+	1.58+	1.60+	22.1+	1.533+	3.61+	159.1+	454+
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 (%)			90.75+	92.35+	219+	81+	35.94+	11+	105.8+	158+	132.02+	123.31+	137.9+	90.179+	150.50+	28.9+	113+
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 (%)			90.75+	92.35+	219+	81+	35.94+	11+	105.8+	158+	132.02+	123.31+	137.9+	90.179+	150.50+	28.9+	113+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Cafeteria **Date: Mon Jun 15, 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)
Lunch																	
CHICKEN, MARRY ME (YELLOW)	1 each	282	0.18+	0.35+	6+	171+	0.99+	18+	124.7+	40+	0.15+	0.23+	1.8+	0.141+	0.05+	8.3+	57+
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	0.01+	0.01+	0+	52+	0.09+	0+	0.4+	4+	0.00+	0.00+	0.0+	0.013+	0.00+	0.8+	1+
PIZZA, MEAT LOVERS, TONY'S BA	1 each	162				50+											
PIZZA, PEPPERONI, TONY'S BASE	1 each	151				50+											
SANDWICH, PANINI ITALIAN (YEL	1 each	262	0.04+	0.08+	10+	33+	0.27+	2+	34.3+	3+	2.93+	0.07+	1.9+	0.125+	0.14+	28.6+	16+
Lunch Totals			1.05+	3.26+	84+	739+	5.83+	53+	268.7+	113+	4.18+	1.10+	17.9+	1.620+	2.17+	106.2+	414+
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 06/15/26			1.31+	4.06+	126+	1506+	8.05+	61+	322.6+	129+	4.57+	1.49+	23.4+	2.153+	4.12+	140.7+	479+
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 (%)			145.33+	176.71+	229+	167+	53.66+	10+	268.9+	143+	381.20+	114.92+	146.3+	126.641+	171.55+	25.6+	120+
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 (%)			145.33+	176.71+	229+	167+	53.66+	10+	268.9+	143+	381.20+	114.92+	146.3+	126.641+	171.55+	25.6+	120+

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 Jun 16, 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)
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+	11+	0.60+	0+	10.9+	7	0.23+	0.03+	0.4+	0.073+	0.00+	3.9+	152+
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+	0+	0.33+	0+	1.4+	1+	0.00+	0.00+	0.0+	0.008+	0.00+	0.2+	0+
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+
QUESADILLA CHEESE AND CHIC	1 each	147															
Lunch Totals			0.68+	1.79+	37+	818+	9.22+	14+	582.4+	103+	1.09+	0.84+	10.9+	1.348+	3.19+	100.7+	435+
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 06/16/26			0.93+	2.27+	71+	1497+	11.56+	44+	612.9+	139+	1.95+	1.32+	20.0+	2.017+	3.77+	202.5+	477+
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 (%)			103.01+	98.84+	129+	166+	77.05+	7+	510.7+	154+	162.15+	101.44+	124.7+	118.640+	157.21+	36.8+	119+
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 (%)			103.01+	98.84+	129+	166+	77.05+	7+	510.7+	154+	162.15+	101.44+	124.7+	118.640+	157.21+	36.8+	119+

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 Jun 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)
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	0.38+	0.47+	30+	304+	2.26+	17+	217.6+	37+	0.16+	0.38+	5.4+	0.361+	0.59+	39.6+	105+
BEEF, BRISKET W/ CHIMICHURRI	6 ounces	261	0.23+	0.45+	48+	17+	6.23+	8+	95.1+	12+	0.18+	0.36+	12.3+	1.350+	3.40+	124.0+	15+
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 GUMBO (WAMC)	12 ounces	496	0.09+	0.24+	2+	20+	0.47+	0+	10.6+	14+	0.41+	0.07+	0.8+	0.103+	0.00+	7.4+	41+
SANDWICH, PANINI TURKEY & S!	1 each	198	0.04+	0.08+	13+	154+	0.47+	0+	27.8+	4+	0.02+	0.14+	0.2+	0.056+	1.29+	8.9+	18+
Lunch Totals			0.80+	1.54+	95+	529+	12.59+	24+	473.0+	227+	1.01+	1.06+	21.0+	2.049+	5.27+	197.5+	238+
Dinner																	
BEEF, MEATLOAF GLAZED (YELL)	1 slice	201	0.07+	0.22+	29+	15+	0.71+	14+	4.6+	9+	0.25+	0.35+	7.5+	0.517+	2.87+	7.3+	43+
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 (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 (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			0.22+	1.00+	32+	954+	0.76+	14+	12.2+	53+	0.33+	0.48+	8.6+	0.725+	2.87+	14.3+	136+
Daily Totals for 06/17/26			1.02+	2.54+	127+	1484+	13.36+	38+	485.2+	280+	1.34+	1.55+	29.6+	2.773+	8.15+	211.8+	374+
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 (%)			113.53+	110.54+	231+	165+	89.04+	6+	404.3+	311+	111.88+	119.01+	185.1+	163.143+	339.43+	38.5+	94+
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 (%)			113.53+	110.54+	231+	165+	89.04+	6+	404.3+	311+	111.88+	119.01+	185.1+	163.143+	339.43+	38.5+	94+

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: Thu Jun 18, 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)
Lunch																	
CHICKEN CURRY QTR (YELLOW)	1 each	275	0.06+	0.21+	1+	22+	0.66+	0+	3.0+	10+	0.38+	0.05+	0.6+	0.132+	0.00+	6.6+	8+
^PORK, SPARERIBS, CANTONESI	3 ribs	195	0.04+	0.30+	1+	12+	0.47+	0+	1.5+	2+	0.01+	0.08+	0.5+	0.082+	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 (REC	1 half	64															
SOUP, THAI CURRY (YELLOW)	12 ounces	303	0.09+	0.20+	1+	138+	0.55+	0+	2.5+	32+	0.09+	0.13+	3.3+	0.318+	0.31+	5.6+	32+
SAUSAGE, SMOKED DOG (RED)	5 ounces	290	0.05+	0.12+	0+	9+	1.09+	0+	7.5+	44+	0.05+	0.03+	0.3+	0.166+	0.00+	5.5+	14+
CORN DOG, ALL MEAT (YELLOW)	1 each	76															
Lunch Totals			0.38+	1.56+	11+	338+	3.18+	0+	103.5+	130+	0.89+	0.37+	7.1+	0.941+	0.31+	42.2+	295+
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 ((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 06/18/26			0.56+	2.40+	17+	377+	8.08+	0+	309.5+	299+	1.16+	0.61+	9.1+	1.351+	0.31+	128.2+	631+
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 (%)			62.35+	104.46+	31+	42+	53.87+	0+	257.9+	332+	96.67+	47.24+	57.1+	79.488+	12.97+	23.3+	158+
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 (%)			62.35+	104.46+	31+	42+	53.87+	0+	257.9+	332+	96.67+	47.24+	57.1+	79.488+	12.97+	23.3+	158+

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 Jun 19, 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)
Lunch																	
BEEF HERB CRUSTED FLANK ST	4 ounces	147	0.07+	0.28+	1+	35+	0.49+	0+	151.0+	15+	0.03+	0.04+	0.3+	0.757+	1.33+	3.4+	18+
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	320	0.05+	0.09+	1+	201+	0.52+	0+	6.3+	2+	0.02+	0.02+	0.2+	0.066+	0.00+	3.4+	11+
SANDWICH, BBQ PORK w/ COLES	1 sandwich	244								0+							
Lunch Totals			0.40+	1.17+	7+	1122+	5.92+	1+	223.7+	134+	0.24+	0.37+	2.8+	1.595+	1.43+	117.5+	203+
Dinner																	
BEEF, BEEF & BROCCOLI (GREEK)	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 (GREEK)	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 06/19/26			0.99+	3.81+	90+	1208+	10.26+	47+	418.3+	348+	1.79+	1.39+	20.8+	2.982+	2.24+	279.9+	508+
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 (%)			110.34+	165.87+	163+	134+	68.43+	8+	348.5+	387+	148.99+	107.13+	130.1+	175.438+	93.28+	50.9+	127+
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 (%)			110.34+	165.87+	163+	134+	68.43+	8+	348.5+	387+	148.99+	107.13+	130.1+	175.438+	93.28+	50.9+	127+

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 Jun 20, 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)
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															
Lunch Totals			0.10+	0.34+	6+	81+	2.22+	2+	98.9+	73+	0.08+	0.15+	0.8+	0.212+	0.16+	19.1+	58+
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 06/20/26			0.72+	2.74+	55+	626+	8.29+	7+	163.1+	86+	1.08+	0.62+	9.8+	0.792+	0.29+	94.5+	338+
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 (%)			80.11+	119.01+	101+	70+	55.25+	1+	135.9+	95+	90.15+	48.04+	61.1+	46.580+	12.10+	17.2+	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 (%)			80.11+	119.01+	101+	70+	55.25+	1+	135.9+	95+	90.15+	48.04+	61.1+	46.580+	12.10+	17.2+	84+
Week Daily Average (06/14/26-06/20/26)			0.91+	2.85+	87+	1061+	9.28+	38+	348.4+	203+	1.93+	1.23+	19.3+	1.943+	3.21+	173.8+	466+
Month Daily Average (06/01/26-06/20/26)			0.98+	3.23+	100+	1406+	9.41+	58+	334.1+	211+	1.71+	1.60+	17.6+	2.060+	4.73+	221.2+	508+
Daily Average (05/31/26-06/20/26)			0.96+	3.15+	100+	1446+	9.18+	58+	320.6+	208+	1.68+	1.59+	17.4+	2.025+	4.68+	226.2+	502+

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