

Report Selections

Date Range

: Sun Aug 02, 2026 - Sat Aug 22, 2026

Menus

: Cafeteria

Meals

: BLD (filtered)

Menu: Cafeteria

Date: Sun Aug 02, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Breakfast																			
*****BREAKFAST ENTREES*****	1 serving																		
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	
*****GRILL *****	1 each																		
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																			
*****HOT ENTREES*****	1 each																		
PORK CHOP, OVEN FRIED (YELL	1 each	143	305	23.7	14.9	16.4	4.86	85	0.7	0.6+	2.34+	0.29+	87	21+	283+	354	533	1.76	2.86+
CHICKEN BARBECUE QTR (YELL	1 piece	269	543	26.0	49.5	27.4	7.61+	0+	0.1	43.3+	0.00+	0.00+	2+	1+	194+	242+	1180	0.07+	0.03+
*****VEGETABLES****	1 each																		
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
*****STARCH*****	1 each																		
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 (YELLO	1 piece	30	104	3.0	16.0	3.5	1.68	15	0.0	5.0			20+			40+	94	0.80+	
*****GRAB N GO*****	1 each																		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, ASSORTED PROTEI	1 each	261	438	24.5	41.5	21.0	8.01+	116	3.1+	3.4+	0.59+	0.06+	277+	27+	276+	437+	861	1.90+	1.69+
SALAD, SIDE (GREEN)	8 ounces	227	53	2.1	10.4	0.2	0.04	0	3.7		0.08+	0.01+	23+	16+	35+	285+	102	0.53+	0.26+
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			3621+	158.9+	477.7+	127.3+	44.13+	362+	36.8+	83.1+	5.20+	1.34+	1659+	158+	1252+	4138+	6401+	12.63+	6.65+
Dinner																			
ENTREES	1 serving																		
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+
*****VEGETABLES*****	1 each																		
VEG CAULIFLOWER, ROASTED (O	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+
*****STARCH*****	1 each																		
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			729+	35.8+	79.8+	30.5+	5.78+	84+	8.9+	1.3+	2.22+	1.22+	150+	26+	344+	1350+	1654+	3.56+	0.30+
Daily Totals for 08/02/26			5396+	231.6+	634.3+	221.8+	74.21+	1084+	49.6+	87.4+	8.36+	2.66+	2026+	196+	1984+	6368+	10340+	21.93+	10.21+
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 (%)			270+	463.2+	230.7+	284.4+	371.06+	361+	177.2+	174.8+			156+	47+	159+	135+	450+	121.86+	92.80+

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 Aug 02, 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)
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 (%)			245+	413.6+	209.3+	302.5+	304.15+	361+	161.1+	158.9+	59.69+	166.30+	203+	47+	283+	135+	450+	274.17+	92.80+

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

Menu: Cafeteria

Date: Mon Aug 03, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
(gm)		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Breakfast																			
*****BREAKFAST ENTREES*****	1 serving																		
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+
*****BREAKFAST SIDES*****	1 serving																		
VEG, SAUTEED PEPPERS & ONION	1/2 cup	69	41	0.7	4.9	2.3	0.19	0	1.0+		0.43+	0.20+	11+	7+	17+	117	72+	0.22+	0.12+
POTATO, HOME FRIED (RED)	3/4 cup	116	219	3.5	24.2	11.7	0.48+	0	2.3		1.24+	0.60+	12	0+	0+	403	530	0.93	0.00+
OATMEAL, QUICK COOK (GREEN)	6 ounces	127	93	2.3	18.8	1.4	0.23	0	1.8	0.0+	0.00+	0.00+	18	2+	57	73	5	0.72	0.05
GRITS (YELLOW)	3/4 cup	218	100	2.3	22.2	0.4	0.00+	0	1.5	0.0+	0.00+	0.00+	6	2+	0+	40	180	1.30	0.00+
BREAD, BISCUIT (RED)	1 each	90	280	4.0	39.0	12.0	8.00	0	1.0	3.0			50			68	830	2.00	
*****GRILL *****	1 each																		
SANDWICH, BREAKFAST (MTO)	1 each	186	451	22.1	32.6+	26.4	11.54	235	0.8+	2.5+	0.65+	0.04+	165+	8+	170+	292+	1185	2.75+	1.49+
*****BREAKFAST BAKERY*****	1 serving																		
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	
*****BREAKFAST ADDITIONS*****	1 serving																		
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	145	272	15.6	36.2	7.7	1.98+	271	0.0	2.0+	0.05+	0.02+	189	11+	208+	275	362	2.41	1.21+
BREAKFAST, HAM, EGG & CHEESE	1 each	167	397	19.6	27.3	23.6	9.34	156	1.0	0.0+	0.27+	0.01+	85	11+	213+	223+	1101	1.92+	0.88+
Breakfast Totals			2598+	91.9+	261.9+	132.2+	44.01+	972+	11.5+	29.5+	3.24+	0.93+	597+	46+	729+	2039+	5707+	15.67+	5.71+
Lunch																			
*****HOT ENTREES*****	1 each																		
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+
*****VEGETABLES*****	1 each																		
VEG, BROCCOLI, GARLIC ROAST	3/4 cup	102	115	2.7	6.7	9.5	0.71	0	2.4		1.76	0.86	46	20	62	294	170	0.70	0.39
VEG, ZUCCHINI, W/ GARLIC & ONION	1/2 cup	78	43	0.9	3.7	3.0	0.25	0	0.9		0.58	0.30	14	12	28	178	188	0.25	0.21
*****STARCH*****	1 each																		
POTATO, PARSLEY BUTTERED (GREEN)	4 ounces	118	101	2.2	17.2	2.8	1.27	0	2.2	0.0+	0.00+	0.00+	7+	1+	1+	379+	238	0.39+	0.01+
RICE, BROWN HERBED (GREEN)	3/4 cup	192	232	4.7	37.9	7.4	1.52+	0	2.5	0.0+	1.02+	0.29+	36+	62+	152+	207+	199	1.68+	1.14+
BREADSTICK, GARLIC CHEESE (RED)	1 each	28	79	2.9	10.3	1.0	0.98	5	0.5	0.5			24			23	231	0.49	
*****SOUP*****	1 each																		
SOUP, MINSTRONE (GREEN)	12 ounces	363	121	6.0	21.2	1.5	0.76	0	4.5		0.00+	0.00+	5+	2+	0+	410	1124	0.00+	0.00+
*****GRILL *****	1 each																		
HAMBURGER, GRILLED (YELLOW)	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YELLOW)	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (RED)	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RED)	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
*****GRAB N GO*****	1 each																		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, ASSORTED PROTEIN	1 each	261	438	24.5	41.5	21.0	8.01+	116	3.1+	3.4+	0.59+	0.06+	277+	27+	276+	437+	861	1.90+	1.69+
SALAD, SIDE (GREEN)	8 ounces	227	53	2.1	10.4	0.2	0.04	0	3.7		0.08+	0.01+	23+	16+	35+	285+	102	0.53+	0.26+
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGURT	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (RED)	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MIXED BERRY (GREEN)	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
FRUIT, CUP 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			6738+	364.2+	767.8+	242.2+	80.07+	968+	59.9+	70.2+	6.99+	2.03+	2397+	245+	2586+	8262+	13230+	32.75+	21.02+

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Menu: Cafeteria

Date: Mon Aug 03, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Fat (gm)	SFA (gm)	Chol estrol (mg)	Dietry Fiber (gm)	Added Sugars (gm)	Lin oleic (gm)	Lino lenic (gm)	Cal cium (mg)	Magne sium (mg)	Phos phorus (mg)	Potas sium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)
Dinner																			
ENTREES	1 serving																		
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+
****VEGETABLES****	1 each																		
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
*****STARCH*****	1 each																		
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			753+	37.2+	107.2+	21.1+	6.23+	48+	17.6+	0.0+	1.93+	0.42+	272+	99+	445+	1770+	1970+	8.69+	5.63+
Daily Totals for 08/03/26			10089+	493.3+	1136.9+	395.5+	130.31+	1988+	89.0+	99.7+	12.17+	3.38+	3266+	391+	3760+	12071+	20907+	57.11+	32.36+
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 (%)			504+	986.6+	413.4+	507.1+	651.54+	663+	317.9+	199.4+			251+	93+	301+	257+	909+	317.29+	294.16+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			2200	56.0	303.0	73.3	24.40	300	30.8	55.0	14.00	1.60	1000	420	700	4700	2300	8.00	11.00
Percent RDA/DRI STANDARDS, 3 MEALS (%)			459+	880.9+	375.2+	539.4+	534.05+	663+	289.0+	181.3+	86.94+	211.37+	327+	93+	537+	257+	909+	713.90+	294.16+

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: Tue Aug 04, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
(gm)		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Breakfast																			
*****BREAKFAST ENTREES*****	1 serving																		
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		
*****BREAKFAST SIDES*****	1 serving																		
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	
*****BREAKFAST BAKERY*****	1 serving																		
PASTRY, SCONE (RED)	1 each	106	405	6.6	48.0	20.7	11.29	108	1.9				38				310	1.69	
*****BREAKFAST ADDITIONS*****	1 serving																		
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	145	272	15.6	36.2	7.7	1.98+	271	0.0	2.0+	0.05+	0.02+	189	11+	208+	275	362	2.41	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			2365+	83.3+	244.0+	118.2+	43.21+	995+	14.6+	5.0+	3.21+	1.09+	537+	69+	741+	1897+	4633+	14.96+	5.09+
Lunch																			
*****HOT ENTREES*****	1 each																		
CHICKEN MEXICAN QTR	1 each	176	361	26.3	2.1	27.7	7.66	0+	0.7	0.0+	0.12+	0.01+	15+	7+	202	285	1142	0.80+	0.11+
PORK TACO, MOJO (YELLOW)	2 each	321	584	31.6	40.9	30.9	7.63	80+	3.9	0.0+	0.71+	0.05+	65+	7+	16+	339+	1383	1.39+	0.12+
*****VEGETABLES*****	1 each																		
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+
*****STARCH*****	1 each																		
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 (GREE	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*****	1 each																		
SOUP, CHICKEN TORTILLA (GRE	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+
*****GRILL *****	1 each																		
HAMBURGER, GRILLED (YELLOW	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YEL	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RE	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
*****GRAB N GO*****	1 each																		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, ASSORTED PROTEI	1 each	261	438	24.5	41.5	21.0	8.01+	116	3.1+	3.4+	0.59+	0.06+	277+	27+	276+	437+	861	1.90+	1.69+
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (F	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
Lunch Totals			6918+	375.6+	782.3+	252.1+	83.38+	850+	63.8+	71.6+	4.56+	0.81+	2317+	173+	2110+	6990+	14877+	34.69+	19.88+

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

Menu: Cafeteria

Date: Tue Aug 04, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Fat (gm)	SFA (gm)	Chol estrol (mg)	Dietry Fiber (gm)	Added Sugars (gm)	Lin oleic (gm)	Lino lenic (gm)	Cal cium (mg)	Magne sium (mg)	Phos phorus (mg)	Potas sium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)
Dinner																			
ENTREES	1 serving																		
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+
****VEGETABLES****	1 each																		
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
*****STARCH*****	1 each																		
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	
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			926+	38.0+	108.6+	38.4+	12.79+	68+	14.0+	0.8+	2.53+	0.98+	274+	81+	436+	1716+	1699+	7.39+	5.50+
Daily Totals for 08/04/26			10209+	497.0+	1134.8+	408.7+	139.39+	1913+	92.4+	77.4+	10.29+	2.88+	3127+	323+	3287+	10604+	21209+	57.04+	30.47+
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 (%)			510+	993.9+	412.7+	524.0+	696.93+	638+	330.1+	154.9+			241+	77+	263+	226+	922+	316.86+	276.99+
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 (%)			464+	887.5+	374.5+	557.4+	571.25+	638+	300.1+	140.8+	73.48+	179.91+	313+	77+	470+	226+	922+	712.94+	276.99+

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

Menu: Cafeteria

Date: Wed Aug 05, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
(gm)		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Breakfast																			
*****BREAKFAST ENTREES*****	1 serving																		
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+
*****BREAKFAST SIDES*****	1 serving																		
VEG CAULIFLOWER, ROASTED (GREEN)	3/4 cup	171	107	3.3	7.7	8.1	0.63	0	3.8		1.50	0.86	36	20	57	316	179	0.89	0.28
QUICHE, SPINACH & CHEESE (YELLOW)	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	
*****BREAKFAST BAKERY*****	1 serving																		
MUFFIN, BLUEBERRY (RED)	1 each	112	400	6.0	50.0	19.0	3.00	65	1.0	30.0						90	390		
*****BREAKFAST ADDITIONS*****	1 serving																		
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	145	272	15.6	36.2	7.7	1.98+	271	0.0	2.0+	0.05+	0.02+	189	11+	208+	275	362	2.41	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			2505+	80.4+	261.8+	125.6+	36.11+	851+	14.6+	41.0+	3.68+	1.65+	615+	55+	541+	2093+	5244+	14.13+	6.95+
Lunch																			
*****HOT ENTREES*****	1 each																		
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 (YELLOW)	1 each	175	365	25.8	3.0	27.4	7.60	0+	0.0	0.0					190+	228+	1030		
^PASTA, CHEESE STUFFED SHE	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+
*****VEGETABLES*****	1 each																		
VEG ASPARAGUS, SAUTEED (GREEN)	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+
*****STARCH*****	1 each																		
POTATO, SWEET, BAKED (GREEN)	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*****	1 each																		
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+
*****ADDITIONS*****	1 each																		
SALAD, CHICKEN CAESAR (GREEN)	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, CHEF, EGG / CHEESE (GREEN)	1 each	544	364	33.2	17.2	19.1	8.68	281	4.4+	0.0+	1.08+	0.17+	287+	44+	278+	1125	1525	2.15+	2.25+
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+
SANDWICH, TUNA SALAD CROIS	1 each	246	378	17.7	33.1	20.8	6.58	110	2.5	0.0+	0.30+	0.03+	45+	11+	49+	375	587	2.32+	0.39+
SANDWICH, CHICKEN SALAD CR	1 each	181	376	20.5	27.4	20.9	5.59+	79	1.5+	0.0+	0.04+	0.01+	18+	2+	7+	92+	691	1.42+	0.05+
*****GRAB N GO*****	1 each																		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, ASSORTED PROTEI	1 each	261	438	24.5	41.5	21.0	8.01+	116	3.1+	3.4+	0.59+	0.06+	277+	27+	276+	437+	861	1.90+	1.69+
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUR	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (RED)	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MIXED BERRY (GREEN)	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
FRUIT, CUP BLUEBERRY (GREEN)	4 ounces	113	65	0.8	16.4	0.4	0.03	0	2.7		0.10	0.07	7	7	14	87	1	0.32	0.18
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			6747+	331.7+	714.2+	288.1+	100.35+	1342+	58.7+	40.5+	7.56+	1.98+	2838+	314+	2386+	7911+	12197+	25.51+	12.70+

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

Menu: Cafeteria

Date: Wed Aug 05, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Fat (gm)	SFA (gm)	Chol estrol (mg)	Dietry Fiber (gm)	Added Sugars (gm)	Lin oleic (gm)	Lino lenic (gm)	Cal cium (mg)	Magne sium (mg)	Phos phorus (mg)	Potas sium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)
Dinner																			
ENTREES	1 serving																		
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+
****VEGETABLES****	1 each																		
VEG, GREEN BEANS, HERBED (G	3/4 cup	138	97	1.7	10.8	5.1	0.40	0	3.1	0.0+	0.98+	0.47+	64	4+	10+	247	280	1.54	0.08+
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
*****STARCH*****	1 each																		
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+
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			818+	29.6+	125.4+	24.2+	5.66+	65+	11.4+	5.0+	1.74+	0.57+	131+	23+	225+	1351+	828+	5.59+	0.46+
Daily Totals for 08/05/26			10070+	441.8+	1101.4+	437.9+	142.11+	2258+	84.7+	86.5+	12.99+	4.19+	3584+	392+	3153+	11355+	18269+	45.23+	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 (%)			504+	883.5+	400.5+	561.4+	710.56+	753+	302.5+	173.0+			276+	93+	252+	242+	794+	251.27+	182.75+
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 (%)			458+	788.9+	363.5+	597.2+	582.43+	753+	275.0+	157.3+	92.78+	262.08+	358+	93+	450+	242+	794+	565.36+	182.75+

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

Menu: Cafeteria

Date: Thu Aug 06, 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)
Breakfast																			
*****BREAKFAST ENTREES*****	1 serving																		
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 PATTY (RED)	1 each	57	250	7.0		24.0	8.00	50								300	440		
TURKEY, SAUSAGE PATTY (YELL	1 each	43	90	7.0	0.0	7.0	2.00	40	0.0							90	280	0.70	
*****BREAKFAST SIDES*****	1 serving																		
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	
*****BREAKFAST BAKERY*****	1 serving																		
ROLL, CINNAMON (RED)	1 each	99	283	5.0	59.8	3.0	1.00	5	1.0	0.0						69	190+	1.80+	
*****BREAKFAST ADDITIONS*****	1 serving																		
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	145	272	15.6	36.2	7.7	1.98+	271	0.0	2.0+	0.05+	0.02+	189	11+	208+	275	362	2.41	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			2154+	76.1+	229.2+	104.2+	35.27+	893+	11.3+	5.0+	2.65+	1.05+	461+	44+	583+	1919+	4110+	13.55+	4.52+

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 Aug 06, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Lunch																			
****HOT ENTREES****	1 each																		
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+
CHICKEN WINGS, THAI STYLE (R	1 each	58	158	7.5	10.0	9.6	2.50	53	0.0	6.9			5+			127	361	0.25+	
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+
****VEGETABLES****	1 each																		
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
****STARCH****	1 each																		
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****	1 each																		
SOUP, MULLIGATAWNY (RED)	12 ounces	392	639	19.3	34.9	47.3	22.63+	122	2.8+	0.0+	0.83+	0.08+	88+	18+	90+	427+	709	0.80+	0.34+
****GRILL ****	1 each																		
HAMBURGER, GRILLED (YELLOW	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YELI	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (I	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RE	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
****GRAB N GO****	1 each																		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, TUNA (RED)	1 each	256	502	32.9	38.0	26.7	11.87	166	1.3	0.0+	0.98+	0.10+	427+	23+	299+	355+	1077	2.06+	2.39+
SMALL BITE, CHICKEN SALAD (RI	1 each	256	532	33.8	34.7	30.0	11.35+	135	1.0+	0.0+	0.75+	0.08+	417+	20+	271+	189+	1241	1.19+	2.14+
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUR	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
FRUIT, CUP STRAWBERRY (GREI	4 ounces	113	37	0.8	8.7	0.3	0.02	0	2.5		0.10	0.07	18	15	27	173	1	0.46	0.16
Lunch Totals			7817+	408.1+	857.9+	310.8+	106.01+	1112+	62.9+	100.5+	12.66+	2.72+	3000+	253+	2385+	7928+	15778+	39.39+	23.83+
Dinner																			
ENTREES	1 serving																		
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+
****VEGETABLES****	1 each																		
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+
****STARCH****	1 each																		
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+
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+
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			891+	37.8+	72.6+	50.7+	11.60+	15+	6.1+	5.0+	3.22+	1.56+	382+	40+	360+	910+	1928+	4.35+	0.43+
Daily Totals for 08/06/26			10862+	522.1+	1159.7+	465.8+	152.89+	2021+	80.3+	110.5+	18.53+	5.32+	3843+	337+	3327+	10757+	21817+	57.29+	28.78+
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 (%)			543+	1044.2+	421.7+	597.1+	764.43+	674+	286.7+	221.0+			296+	80+	266+	229+	949+	318.30+	261.60+
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 (%)			494+	932.3+	382.8+	635.2+	626.58+	674+	260.6+	200.9+	132.34+	332.76+	384+	80+	475+	229+	949+	716.18+	261.60+

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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: Fri Aug 07, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
(gm)		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Breakfast																			
*****BREAKFAST ENTREES*****	1 serving																		
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+
*****BREAKFAST SIDES*****	1 serving																		
VEG, SAUTEED PEPPERS & ONION	1/2 cup	69	41	0.7	4.9	2.3	0.19	0	1.0+		0.43+	0.20+	11+	7+	17+	117	72+	0.22+	0.12+
POTATO, HOME FRIED (RED)	3/4 cup	116	219	3.5	24.2	11.7	0.48+	0	2.3		1.24+	0.60+	12	0+	0+	403	530	0.93	0.00+
OATMEAL, QUICK COOK (GREEN)	6 ounces	127	93	2.3	18.8	1.4	0.23	0	1.8	0.0+	0.00+	0.00+	18	2+	57	73	5	0.72	0.05
GRITS (YELLOW)	3/4 cup	218	100	2.3	22.2	0.4	0.00+	0	1.5	0.0+	0.00+	0.00+	6	2+	0+	40	180	1.30	0.00+
BREAD, BISCUIT (RED)	1 each	90	280	4.0	39.0	12.0	8.00	0	1.0	3.0			50			68	830	2.00	
*****BREAKFAST BAKERY*****	1 serving																		
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	
*****BREAKFAST ADDITIONS*****	1 serving																		
FRENCH TOAST (RED)	1 each	145	272	15.6	36.2	7.7	1.98+	271	0.0	2.0+	0.05+	0.02+	189	11+	208+	275	362	2.41	1.21+
EGG, HARD BOILED (YELLOW)	1 each	50	73	5.9	0.5	5.0	1.52	183	0.0		0.55	0.04	23	5	63	57	63	0.70	0.58
BISCUIT, SAUSAGE, EGG & 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			2351+	64.8+	227.0+	130.7+	50.14+	700+	9.8+	14.4+	2.32+	0.88+	469+	27+	406+	1765+	4822+	13.70+	3.33+
Lunch																			
*****HOT ENTREES*****	1 each																		
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		
*****VEGETABLES*****	1 each																		
VEG, BRUSSEL SPROUTS, SAUTEED	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
*****STARCH*****	1 each																		
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*****	1 each																		
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+
*****GRILL *****	1 each																		
HAMBURGER, GRILLED (YELLOW)	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YELLOW)	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (RED)	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RED)	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
*****GRAB N GO*****	1 each																		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, COTTAGE CHEESE	1 each	333	428	25.4	60.4	10.9	2.26	188	5.0	15.4+	0.60+	0.05+	98+	18+	234+	453	622	2.70	1.14+
SMALL BITE, HUMMUS (GREEN)	1 each	262	350	13.8	51.5	13.2	1.71	0	9.3		0.08+	0.02+	73+	90+	224+	528+	844	4.34	2.21+
SMALL BITE, YOGURT (YELLOW)	1 each	277	448	14.3	75.9	10.9	2.25	190	4.1	15.4+	0.60+	0.05+	164+	7+	169+	492	211	2.40	0.60+
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGURT	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (RED)	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MIXED BERRY (GREEN)	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
FRUIT, CUP MELON (GREEN)	6 ounces	77	27	0.5	6.7	0.1	0.03	0	0.7		0.02	0.03	6	8	10	191	13	0.15	0.10
Lunch Totals			7583+	392.5+	940.4+	255.6+	83.06+	1065+	68.6+	102.3+	4.96+	1.16+	2458+	270+	2611+	8370+	15590+	46.16+	22.43+

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

Menu: Cafeteria

Date: Fri Aug 07, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Fat (gm)	SFA (gm)	Chol estrol (mg)	Dietry Fiber (gm)	Added Sugars (gm)	Lin oleic (gm)	Lino lenic (gm)	Cal cium (mg)	Magne sium (mg)	Phos phorus (mg)	Potas sium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)
Dinner																			
ENTREES	1 serving																		
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+
****VEGETABLES****	1 each																		
VEG SNOW PEAS & CARROTS, G	3/4 cup	100	64	1.3	8.0	3.2	0.45+	0	2.5+		0.33+	0.03+	119+	8+	142+	212	147+	1.07+	0.22+
VEG, BLEND, MANDARIN STIR FR	1/2 cup	93	48	1.2	5.8	1.5	0.68	0	2.3	0.0+	0.00+	0.00+	0+	0+	0+	199+	72+	0.01+	0.00+
*****STARCH*****	1 each																		
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			755+	28.6+	103.4+	25.3+	3.81+	95+	10.6+	1.3+	2.42+	0.73+	251+	56+	294+	1531+	1852+	5.06+	1.22+
Daily Totals for 08/07/26			10689+	485.9+	1270.8+	411.6+	137.02+	1860+	89.0+	118.0+	9.69+	2.78+	3177+	354+	3311+	11666+	22264+	64.91+	26.98+
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 (%)			534+	971.8+	462.1+	527.7+	685.08+	620+	318.0+	236.1+			244+	84+	265+	248+	968+	360.63+	245.29+
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 (%)			486+	867.7+	419.4+	561.3+	561.54+	620+	289.1+	214.6+	69.24+	173.53+	318+	84+	473+	248+	968+	811.42+	245.29+

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

Menu: Cafeteria

Date: Sat Aug 08, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Breakfast																			
*****BREAKFAST ENTREES*****	1 serving																		
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	
*****GRILL *****	1 each																		
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																			
*****HOT ENTREES*****	1 each																		
CHICKEN, ALFREDO (YELLOW)	1 cup	287	546	34.4	43.0	26.6	6.85	107	1.5	0.0+	0.24+	0.01+	159+	24+	464	677	738	1.50+	0.64+
BEEF, MEATLOAF W/ BROWN GR	6 ounces	248	300	28.4	12.8	14.2	5.22+	116+	0.5	0.6+	0.01+	0.00+	50+	4+	256+	511+	723	2.92+	6.06+
*****VEGETABLES****	1 each																		
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	97	1.7	10.8	5.1	0.40	0	3.1	0.0+	0.98+	0.47+	64	4+	10+	247	280	1.54	0.08+
*****STARCH*****	1 each																		
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+	
*****GRAB N GO*****	1 each																		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, ASSORTED PROTEI	1 each	261	438	24.5	41.5	21.0	8.01+	116	3.1+	3.4+	0.59+	0.06+	277+	27+	276+	437+	861	1.90+	1.69+
SALAD, SIDE (GREEN)	8 ounces	227	53	2.1	10.4	0.2	0.04	0	3.7		0.08+	0.01+	23+	16+	35+	285+	102	0.53+	0.26+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUR	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (F	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
Lunch Totals			3697+	173.9+	480.7+	127.3+	43.76+	500+	38.2+	39.8+	3.92+	1.18+	1643+	200+	1652+	4786+	6121+	17.40+	11.66+
Dinner																			
ENTREES	1 serving																		
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+
*****VEGETABLES*****	1 each																		
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+
*****STARCH*****	1 each																		
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			691+	38.6+	87.2+	20.2+	7.58+	73+	8.8+	0.0+	0.94+	0.12+	131+	132+	566+	1199+	989+	5.77+	8.25+
Daily Totals for 08/08/26			5642+	251.7+	663.8+	224.4+	77.91+	1211+	52.0+	49.8+	5.51+	1.38+	1937+	337+	2445+	6903+	9492+	30.04+	22.99+
Daily Value			2000	50.0	275.0	78.0	20.00	300	28.0	50.0			1300	420	1250	4700	2300	18.00	11.00
Percent Daily Value (%)			282+	503.5+	241.4+	287.7+	389.54+	404+	185.7+	99.6+			149+	80+	196+	147+	413+	166.88+	208.98+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			2200	56.0	303.0	73.3	24.40	300	30.8	55.0	14.00	1.60	1000	420	700	4700	2300	8.00	11.00
Percent RDA/DRI STANDARDS, 3 MEALS (%)			256+	449.5+	219.1+	306.1+	319.30+	404+	168.8+	90.5+	39.34+	86.03+	194+	80+	349+	147+	413+	375.47+	208.98+
Week Daily Average (08/02/26-08/08/26)			8994+	417.6+	1014.5+	366.5+	121.98+	1762+	76.7+	89.9+	11.08+	3.23+	2994+	333+	3038+	9961+	17757+	47.65+	24.55+

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

Menu: Cafeteria

Date: Sun Aug 09, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
(gm)		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Lunch																			
****HOT ENTREES****	1 each																		
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+
****VEGETABLES****	1 each																		
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
****STARCH****	1 each																		
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+	
****DESSERT (BAKERS CHOICE)	1 each																		
****GRAB N GO****	1 each																		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, ASSORTED PROTEI	1 each	261	438	24.5	41.5	21.0	8.01+	116	3.1+	3.4+	0.59+	0.06+	277+	27+	276+	437+	861	1.90+	1.69+
SALAD, SIDE (GREEN)	8 ounces	227	53	2.1	10.4	0.2	0.04	0	3.7		0.08+	0.01+	23+	16+	35+	285+	102	0.53+	0.26+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MELON (GREEN)	6 ounces	77	27	0.5	6.7	0.1	0.03	0	0.7		0.02	0.03	6	8	10	191	13	0.15	0.10
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
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			3417+	179.2+	484.0+	90.8+	34.77+	453+	36.5+	39.2+	2.41+	0.52+	1488+	198+	976+	4588+	4724+	13.68+	5.30+
Dinner																			
ENTREES	1 serving																		
LASAGNA, SPINACH (GREEN)	1 serving	354	290	20.5	34.5	8.9	4.06+	68	6.2	0.0+	0.50+	0.17+	358+	92+	309+	1045+	644	3.99+	2.04+
****VEGETABLES****	1 each																		
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
****STARCH****	1 each																		
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+
Dinner Totals			552+	27.2+	71.6+	20.0+	4.88+	68+	13.2+	0.0+	2.54+	1.19+	436+	123+	391+	1656+	1317+	6.82+	2.54+
Daily Totals for 08/09/26			3969+	206.4+	555.5+	110.8+	39.65+	520+	49.7+	39.2+	4.96+	1.71+	1924+	322+	1367+	6244+	6041+	20.50+	7.84+
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 (%)			198+	412.9+	202.0+	142.1+	198.27+	173+	177.4+	78.3+			148+	77+	109+	133+	263+	113.91+	71.25+
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 (%)			180+	368.6+	183.3+	151.1+	162.51+	173+	161.3+	71.2+	35.42+	106.94+	192+	77+	195+	133+	263+	256.30+	71.25+

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: Cafeteria

Date: Mon Aug 10, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Lunch																			
****HOT ENTREES****	1 each																		
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 (GREEN)	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		
****VEGETABLES****	1 each																		
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 & CHEESE	1/2 cup	112	47	2.3	5.5	2.4	0.36	0	2.2		0.26	0.03	28	15	54	213	282	2.02	0.53
****STARCH****	1 each																		
POTATO, MASHED RED GARLIC (RED)	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 (RED)	1 each	28	79	2.9	10.3	1.0	0.98	5	0.5	0.5			24			23	231	0.49	
****SOUP****	1 each																		
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+
****GRILL ****	1 each																		
HAMBURGER, GRILLED (YELLOW)	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YELLOW)	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (RED)	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RED)	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
****GRAB N GO****	1 each																		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, CHICKEN & CHEESE	1 each	251	487	38.7	32.8	23.8	10.76	129	0.5	0.0+	0.71+	0.08+	411+	18+	517+	511+	845	1.04+	2.09+
SMALL BITE, SALAMI & CHEESE (RED)	1 each	194	610	27.4	31.5	43.4	19.87	127	0.5		0.71+	0.08+	411+	18+	264+	311+	1744	1.04+	2.09+
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGURT	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (RED)	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MELON (GREEN)	6 ounces	77	27	0.5	6.7	0.1	0.03	0	0.7		0.02	0.03	6	8	10	191	13	0.15	0.10
FRUIT, CUP MIXED BERRY (GREEN)	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
Lunch Totals			7212+	401.1+	751.7+	286.2+	106.42+	1074+	50.6+	66.8+	4.84+	0.86+	2909+	193+	2760+	7576+	14333+	34.69+	24.41+
Dinner																			
ENTREES	1 serving																		
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+
****VEGETABLES****	1 each																		
VEG, GREEN BEANS, SESAME OIL	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+
****STARCH****	1 each																		
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+
****DESSERT (BAKERS CHOICE)****	1 each																		
Dinner Totals			629+	42.3+	66.5+	19.9+	4.33+	144+	6.8+	11.2+	1.92+	0.58+	80+	21+	75+	1213+	1669+	3.83+	0.55+
Daily Totals for 08/10/26			7841+	443.3+	818.2+	306.2+	110.75+	1218+	57.4+	77.9+	6.77+	1.44+	2989+	214+	2836+	8788+	16002+	38.52+	24.97+
Daily Value			2000	50.0	275.0	78.0	20.00	300	28.0	50.0			1300	420	1250	4700	2300	18.00	11.00
Percent Daily Value (%)			392+	886.7+	297.5+	392.5+	553.74+	406+	204.9+	155.8+			230+	51+	227+	187+	696+	214.02+	226.98+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			2200	56.0	303.0	73.3	24.40	300	30.8	55.0	14.00	1.60	1000	420	700	4700	2300	8.00	11.00
Percent RDA/DRI STANDARDS, 3 MEALS (%)			356+	791.7+	270.0+	417.5+	453.88+	406+	186.3+	141.7+	48.33+	90.21+	299+	51+	405+	187+	696+	481.53+	226.98+

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

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Cafeteria Date: Tue Aug 11, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Lunch																			
****HOT ENTREES****	1 each																		
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+
****VEGETABLES****	1 each																		
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+
****STARCH****	1 each																		
BEANS, BORRACHO (GREEN)	1/2 cup	317	144	8.8	25.7	1.1	0.20	0	7.0		0.15+	0.20+	86	42+	128+	350+	366	1.68	0.77+
RICE, CILANTRO LIME (YELLOW)	3/4 cup	133	218	3.9	36.1	5.9	1.94	0	0.0	0.0+	0.23+	0.02+	4+	1+	1+	10+	409	0.05+	0.01+
BREAD, CORNBREAD JALAPENO	1 piece	125	289	8.3	22.7	18.1	8.27	61	1.2	1.9+	0.49+	0.07+	194+	9+	118+	132+	574	1.19+	0.94+
****SOUP****	1 each																		
SOUP, ALBONDIGAS (RED)	12 ounces	376	237	10.0+	17.1+	15.2+	4.71+	40+	3.1+		1.83+	0.16+	68+	25+	146+	416+	844	1.14+	1.02+
****GRILL ****	1 each																		
HAMBURGER, GRILLED (YELLOW	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YEL	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RE	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
****GRAB N GO****	1 each																		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, BUFFALO CHICKEN	1 each	262	522	32.1	35.1	29.9	11.91	109	1.2+	0.3+	0.73+	0.08+	424+	22+	442+	474+	1041	1.23+	2.16+
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUR	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MELON (GREEN)	6 ounces	77	27	0.5	6.7	0.1	0.03	0	0.7		0.02	0.03	6	8	10	191	13	0.15	0.10
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
Lunch Totals			7067+	380.8+	777.5+	271.8+	95.30+	839+	66.7+	68.4+	5.97+	1.04+	2652+	222+	2709+	8175+	13441+	35.46+	26.22+
Dinner																			
ENTREES	1 serving																		
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+
****VEGETABLES****	1 each																		
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	119	50	3.4	5.0	2.6	0.24	0	2.6		0.45	0.36	117	90	60	644	230	3.12	0.63
****STARCH****	1 each																		
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+
Dinner Totals			832+	43.3+	96.3+	29.9+	7.09+	107+	6.1+	0.0+	0.72+	0.38+	292+	117+	524+	1384+	1348+	4.63+	1.28+
Daily Totals for 08/11/26			7899+	424.1+	873.8+	301.7+	102.40+	946+	72.8+	68.4+	6.69+	1.42+	2943+	339+	3233+	9559+	14789+	40.09+	27.50+
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 (%)			395+	848.2+	317.7+	386.8+	511.98+	315+	260.1+	136.8+			226+	81+	259+	203+	643+	222.73+	249.99+
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 (%)			359+	757.3+	288.4+	411.4+	419.66+	315+	236.4+	124.4+	47.77+	88.64+	294+	81+	462+	203+	643+	501.15+	249.99+

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 Aug 12, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
(gm)		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Lunch																			
****HOT ENTREES****	1 each																		
CHICKEN SEASONED QTR (YELL	1 each	175	365	25.8	3.0	27.4	7.60	0+	0.0	0.0					190+	228+	1030		
FISH, COD, GARLIC LEMON CRU	1 each	157	201	21.3	13.4	6.9	1.57	56	0.0		0.15+	0.07+	0+	0+	231	408	620	0.00+	0.00+
****VEGETABLES****	1 each																		
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
****STARCH****	1 each																		
RICE, STEAMED (YELLOW)	3/4 cup	156	183	4.3	39.7	0.1	0.01	0	0.0		0.02+	0.01+	3+	1+	0+	1+	3	0.00+	0.00+
MACARONI & CHEESE, BAKED (R	2/3 cup	146	389	15.8	38.8	19.1	9.96	39	1.7	0.0+	0.37+	0.04+	315+	14+	239+	211+	548	0.20+	1.28+
ROLL, YEAST (YELLOW)	1 each	58	170	4.0	28.0	4.0	0.93	0	1.0	0.0+	0.02+	0.01+	0+	0+	0+	60+	169	0.00+	0.00+
****DESSERT (BAKERS CHOICE)	1 each																		
PUDDING, SHIRRIEL'S BANANA (F	1/2 cup	272	584	8.0	79.1	27.2	12.99	75	1.8	0.4+	1.79+	0.19+	174+	31+	191+	400+	453	0.99+	0.78+
****SOUP****	1 each																		
SOUP, BROCCOLI & CHEESE (RE	12 ounces	363	384	14.4	19.2	27.2	9.60	32	1.6	0.0			288			400	1280	1.60	
****GRILL ****	1 each																		
HAMBURGER, GRILLED (YELLOW	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YELI	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (C	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RE	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
****GRAB N GO****	1 each																		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, ASSORTED PROTEI	1 each	261	438	24.5	41.5	21.0	8.01+	116	3.1+	3.4+	0.59+	0.06+	277+	27+	276+	437+	861	1.90+	1.69+
SANDWICH, CHICKEN SALAD CR	1 each	181	376	20.5	27.4	20.9	5.59+	79	1.5+	0.0+	0.04+	0.01+	18+	2+	7+	92+	691	1.42+	0.05+
SANDWICH, TUNA SALAD CROIS'	1 each	246	378	17.7	33.1	20.8	6.58	110	2.5	0.0+	0.30+	0.03+	45+	11+	49+	375	587	2.32+	0.39+
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP WATERMELON (GRE	6 ounces	170	51	1.0	12.8	0.3	0.03	0	0.7		0.09	0.00	12	17	19	191	2	0.41	0.17
FRUIT, CUP MELON (GREEN)	6 ounces	77	27	0.5	6.7	0.1	0.03	0	0.7		0.02	0.03	6	8	10	191	13	0.15	0.10
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
Lunch Totals			8246+	418.7+	915.5+	326.7+	113.07+	1076+	58.5+	70.1+	6.47+	1.49+	2988+	215+	2634+	8318+	14906+	36.19+	20.99+
Dinner																			
ENTREES	1 serving																		
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+
****VEGETABLES****	1 each																		
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+
****STARCH****	1 each																		
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 (YELLOV	1 piece	30	104	3.0	16.0	3.5	1.68	15	0.0	5.0			20+			40+	94	0.80+	
Dinner Totals			545+	35.3+	53.6+	23.1+	9.61+	102+	7.8+	5.0+	0.42+	0.20+	181+	4+	336+	1359+	1511+	3.79+	0.33+
Daily Totals for 08/12/26			8791+	454.0+	969.1+	349.8+	122.68+	1179+	66.2+	75.1+	6.89+	1.69+	3169+	219+	2971+	9676+	16417+	39.98+	21.32+
Daily Value			2000	50.0	275.0	78.0	20.00	300	28.0	50.0			1300	420	1250	4700	2300	18.00	11.00
Percent Daily Value (%)			440+	908.0+	352.4+	448.4+	613.41+	393+	236.6+	150.2+			244+	52+	238+	206+	714+	222.13+	193.81+
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 (%)			400+	810.7+	319.8+	477.0+	502.79+	393+	215.1+	136.6+	49.18+	105.76+	317+	52+	424+	206+	714+	499.79+	193.81+

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

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Cafeteria Date: Thu Aug 13, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
(gm)		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Lunch																			
****HOT ENTREES****	1 each																		
PORK, RIBS, KOREAN, COOKED	3 ribs	172	379	27.6	5.3	26.8	11.23+	112	0.0	1.6+	0.08+	0.04+	0+	0+	0+	304+	697	1.76+	0.00+
CHICKEN, TERIYAKI BAKED (YEL	1 each	170	214	29.1	11.4	5.7	1.38	128	0.0	7.6+	0.04+	0.02+	0+	0+	313+	329+	904	1.10+	2.15+
****VEGETABLES****	1 each																		
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+
****STARCH****	1 each																		
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****	1 each																		
SOUP, CHICKEN TIKKA MASALA (	12 ounces	417	249	15.5	16.2	14.4	5.12+	50	2.7+	0.2+	0.89+	0.36+	57+	38+	58+	522+	523	1.54+	0.51+
HAMBURGER, GRILLED (YELLOW	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YEL	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RE	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
****GRAB N GO****	1 each																		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, CHICKEN SALAD (RI	1 each	256	532	33.8	34.7	30.0	11.35+	135	1.0+	0.0+	0.75+	0.08+	417+	20+	271+	189+	1241	1.19+	2.14+
SMALL BITE, TUNA (RED)	1 each	256	502	32.9	38.0	26.7	11.87	166	1.3	0.0+	0.98+	0.10+	427+	23+	299+	355+	1077	2.06+	2.39+
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MELON (GREEN)	6 ounces	77	27	0.5	6.7	0.1	0.03	0	0.7		0.02	0.03	6	8	10	191	13	0.15	0.10
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
FRUIT, CUP STRAWBERRY (GREI	4 ounces	113	37	0.8	8.7	0.3	0.02	0	2.5		0.10	0.07	18	15	27	173	1	0.46	0.16
Lunch Totals			7233+	415.7+	795.4+	266.6+	93.04+	1180+	53.4+	79.5+	5.34+	1.31+	2625+	185+	2386+	7703+	13558+	34.85+	23.80+
Dinner																			
ENTREES	1 serving																		
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
****VEGETABLES****	1 each																		
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+
****STARCH****	1 each																		
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			458+	33.5+	52.7+	11.5+	2.80+	128+	3.2+	0.0+	0.71+	0.30+	48+	15+	341+	668+	589+	1.98+	2.39+
Daily Totals for 08/13/26			7691+	449.2+	848.1+	278.2+	95.84+	1308+	56.6+	79.5+	6.04+	1.61+	2672+	200+	2727+	8371+	14147+	36.82+	26.19+
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 (%)			385+	898.5+	308.4+	356.6+	479.18+	436+	202.2+	158.9+			206+	48+	218+	178+	615+	204.58+	238.08+
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 (%)			350+	802.2+	279.9+	379.4+	392.77+	436+	183.8+	144.5+	43.17+	100.48+	267+	48+	390+	178+	615+	460.30+	238.08+

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

Menu: Cafeteria

Date: Fri Aug 14, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
(gm)		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Lunch																			
****HOT ENTREES****	1 each																		
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+
****VEGETABLES****	1 each																		
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
****STARCH****	1 each																		
POTATO, PARSLEY BUTTERED (C	4 ounces	118	101	2.2	17.2	2.8	1.27	0	2.2	0.0+	0.00+	0.00+	7+	1+	1+	379+	238	0.39+	0.01+
RICE, GREEK (SPANAKORIZO) (Y	1/2 cup	134	165	3.0	27.8	4.7	0.67+	0	1.0		0.48+	0.06+	42+	23+	51+	143+	174	2.08+	0.47+
BREAD PITA, WHOLE WHEAT (GF	1 each	90	230	7.0	39.0	5.0	2.00	0	4.0						115	100	500		
****DESSERT (BAKERS CHOICE)	1 each																		
BREAD, B/NUT SQUASH (CAKE M	1 slice	86	232	4.9	38.7	6.3	2.82	45	0.6+		0.26+	0.09+	35	5+	17+	119	330	1.22	0.15+
****SOUP****	1 each																		
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+
****GRILL ****	1 each																		
HAMBURGER, GRILLED (YELLOW	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YELI	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (C	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RE	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
****GRAB N GO****	1 each																		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, COTTAGE CHEESE	1 each	333	428	25.4	60.4	10.9	2.26	188	5.0	15.4+	0.60+	0.05+	98+	18+	234+	453	622	2.70	1.14+
SMALL BITE, YOGURT (YELLOW)	1 each	277	448	14.3	75.9	10.9	2.25	190	4.1	15.4+	0.60+	0.05+	164+	7+	169+	492	211	2.40	0.60+
SMALL BITE, VEGETABLE CRUDI	1 each	260	61	2.0	13.2	0.5	0.09	0	4.7		0.17+	0.01+	66	28	65	617	125	1.13	0.41
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (F	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP WATERMELON (GRE	6 ounces	170	51	1.0	12.8	0.3	0.03	0	0.7		0.09	0.00	12	17	19	191	2	0.41	0.17
FRUIT, CUP MIXED (GREEN)	6 ounces	77	27	0.5	6.7	0.1	0.03	0	0.7		0.02	0.03	6	8	10	191	13	0.15	0.10
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
Lunch Totals			7368+	398.4+	896.5+	246.5+	72.30+	1156+	72.7+	99.8+	7.10+	2.18+	2208+	225+	2400+	9831+	13654+	41.16+	20.29+
Dinner																			
ENTREES	1 serving																		
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+
****VEGETABLES****	1 each																		
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	97	1.7	10.8	5.1	0.40	0	3.1	0.0+	0.98+	0.47+	64	4+	10+	247	280	1.54	0.08+
****STARCH****	1 each																		
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			594+	36.5+	62.8+	21.1+	3.91+	80+	9.8+	0.0+	2.96+	1.10+	88+	93+	367+	999+	845+	5.08+	6.13+
Daily Totals for 08/14/26			7962+	434.9+	959.4+	267.7+	76.21+	1236+	82.6+	99.8+	10.06+	3.28+	2296+	318+	2767+	10830+	14499+	46.24+	26.43+
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 (%)			398+	869.8+	348.9+	343.2+	381.06+	412+	294.9+	199.6+			177+	76+	221+	230+	630+	256.90+	240.23+
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 (%)			362+	776.6+	316.6+	365.1+	312.34+	412+	268.1+	181.5+	71.83+	204.83+	230+	76+	395+	230+	630+	578.01+	240.23+

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

Menu: Cafeteria

Date: Sat Aug 15, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Lunch																			
****HOT ENTREES****	1 each																		
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+
****VEGETABLES****	1 each																		
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+
****STARCH****	1 each																		
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+
****GRAB N GO****	1 each																		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, ASSORTED PROTEI	1 each	261	438	24.5	41.5	21.0	8.01+	116	3.1+	3.4+	0.59+	0.06+	277+	27+	276+	437+	861	1.90+	1.69+
SALAD, SIDE (GREEN)	8 ounces	227	53	2.1	10.4	0.2	0.04	0	3.7		0.08+	0.01+	23+	16+	35+	285+	102	0.53+	0.26+
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
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			3474+	177.6+	458.0+	112.9+	43.65+	428+	43.9+	37.1+	2.06+	0.40+	1503+	121+	938+	4962+	4968+	18.37+	3.75+
Dinner																			
ENTREES	1 serving																		
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+
****VEGETABLES****	1 each																		
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 (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
****STARCH****	1 each																		
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			633+	42.9+	70.3+	19.3+	2.56+	109+	6.7+	0.0+	2.63+	1.38+	67+	31+	413+	1099+	585+	1.37+	0.42+
Daily Totals for 08/15/26			4107+	220.4+	528.3+	132.1+	46.21+	537+	50.6+	37.1+	4.69+	1.79+	1570+	152+	1351+	6061+	5553+	19.74+	4.18+
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 (%)			205+	440.9+	192.1+	169.4+	231.04+	179+	180.8+	74.3+			121+	36+	108+	129+	241+	109.66+	37.96+
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 (%)			187+	393.6+	174.4+	180.2+	189.38+	179+	164.3+	67.5+	33.48+	111.72+	157+	36+	193+	129+	241+	246.74+	37.96+
Week Daily Average (08/09/26-08/15/26)			6894+	376.1+	793.2+	249.5+	84.82+	992+	62.3+	68.1+	6.58+	1.85+	2509+	252+	2464+	8504+	12493+	34.56+	19.77+

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 Aug 16, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
(gm)		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Lunch																			
****HOT ENTREES****	1 each																		
CHICKEN, CUTLET (GREEN)	1 each	167	274	34.2	8.3	10.9	1.40	109	0.5	0.0+	1.34+	0.63+	42+	3+	399+	503+	436	0.87+	0.09+
PORK CHOP, OVEN FRIED (YELL)	1 each	143	305	23.7	14.9	16.4	4.86	85	0.7	0.6+	2.34+	0.29+	87	21+	283+	354	533	1.76	2.86+
****VEGETABLES****	1 each																		
VEG, GREENS, COLLARD SEASO	3/4 cup	110	32	2.6	6.3	0.4	0.05+	0	3.5		0.07+	0.09+	193+	28+	26+	243+	327	1.03+	0.25+
VEG, BROCCOLI, STEAMED (GRE	3/4 cup	91	31	2.6	6.0	0.3	0.04	0	2.4		0.02	0.02	43	19	60	287	30	0.66	0.37
*****STARCH*****	1 each																		
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	
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, ASSORTED PROTEI	1 each	261	438	24.5	41.5	21.0	8.01+	116	3.1+	3.4+	0.59+	0.06+	277+	27+	276+	437+	861	1.90+	1.69+
SALAD, SIDE (GREEN)	8 ounces	227	53	2.1	10.4	0.2	0.04	0	3.7		0.08+	0.01+	23+	16+	35+	285+	102	0.53+	0.26+
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MELON (GREEN)	6 ounces	77	27	0.5	6.7	0.1	0.03	0	0.7		0.02	0.03	6	8	10	191	13	0.15	0.10
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
FRUIT, CUP, canned, GRAPEFRUI	5 ounces	142	83	1.2	20.1	0.0	0.00	0	1.2	9.4			12			201	6	0.12	
Lunch Totals			3786+	175.9+	516.5+	118.4+	40.66+	505+	39.4+	57.8+	6.05+	1.43+	1804+	186+	1633+	5027+	6015+	14.30+	7.20+
Dinner																			
ENTREES	1 serving																		
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+
****VEGETABLES****	1 each																		
VEG, BLEND, ITALIAN VEGETABL	1/2 cup	208	39	2.3	8.1	0.1	0.00	0	3.3		0.00+	0.00+	3+	1+	0+	220	30	0.00+	0.00+
VEG, GREEN BEANS, LYONNAISE	3/4 cup	130	87	1.5	9.5	4.5	2.04	0	2.9	0.0+	0.00+	0.00+	56+	2+	5+	227+	253	1.41+	0.04+
*****STARCH*****	1 each																		
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			719+	35.2+	100.2+	19.1+	6.45+	56+	12.1+	6.1+	0.40+	0.06+	202+	33+	140+	1367+	1830+	5.88+	1.01+
Daily Totals for 08/16/26			4505+	211.1+	616.7+	137.5+	47.11+	562+	51.5+	64.0+	6.45+	1.48+	2006+	218+	1774+	6394+	7844+	20.17+	8.21+
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 (%)			225+	422.2+	224.3+	176.3+	235.56+	187+	184.1+	127.9+			154+	52+	142+	136+	341+	112.06+	74.63+
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 (%)			205+	376.9+	203.5+	187.5+	193.08+	187+	167.4+	116.3+	46.08+	92.75+	201+	52+	253+	136+	341+	252.15+	74.63+

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 Aug 17, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Lunch																			
****HOT ENTREES****	1 each																		
CHICKEN, MARRY ME (YELLOW)	1 each	357	556	38.4	18.5	37.5	18.49	197	1.7	0.0+	2.02+	0.51+	127+	23+	476+	956+	824	1.84+	0.46+
SPAGHETTI, W/ MEAT SAUCE (YE	1.5 cups	602	465	27.9	60.0	11.4	4.70	54	5.5	1.1+	0.47+	0.05+	145	38+	312+	933	802	4.55	4.90+
****VEGETABLES****	1 each																		
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 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+
****STARCH****	1 each																		
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****	1 each																		
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+
****GRILL ****	1 each																		
HAMBURGER, GRILLED (YELLOW)	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YELI	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (I	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RE	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
****GRAB N GO****	1 each																		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, SALAMI & CHEESE (	1 each	194	610	27.4	31.5	43.4	19.87	127	0.5		0.71+	0.08+	411+	18+	264+	311+	1744	1.04+	2.09+
SMALL BITE, CHICKEN & CHEESE	1 each	251	487	38.7	32.8	23.8	10.76	129	0.5	0.0+	0.71+	0.08+	411+	18+	517+	511+	845	1.04+	2.09+
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MELON (GREEN)	6 ounces	77	27	0.5	6.7	0.1	0.03	0	0.7		0.02	0.03	6	8	10	191	13	0.15	0.10
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
Lunch Totals			7742+	419.7+	823.1+	309.8+	125.25+	1182+	56.9+	67.9+	8.07+	1.73+	2910+	265+	3239+	8825+	14143+	40.02+	27.81+
Dinner																			
ENTREES	1 serving																		
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+
****VEGETABLES****	1 each																		
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	97	1.7	10.8	5.1	0.40	0	3.1	0.0+	0.98+	0.47+	64	4+	10+	247	280	1.54	0.08+
****STARCH****	1 each																		
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			1005+	42.8+	93.9+	50.8+	15.34+	17+	10.3+	0.0+	1.23+	0.53+	139+	29+	279+	1140+	1867+	4.43+	0.74+
Daily Totals for 08/17/26			8747+	462.5+	917.0+	360.6+	140.58+	1199+	67.2+	67.9+	9.30+	2.27+	3049+	294+	3518+	9965+	16010+	44.45+	28.55+
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 (%)			437+	925.1+	333.4+	462.3+	702.92+	400+	239.9+	135.8+			235+	70+	281+	212+	696+	246.95+	259.57+
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 (%)			398+	826.0+	302.6+	491.8+	576.16+	400+	218.1+	123.5+	66.42+	141.61+	305+	70+	503+	212+	696+	555.64+	259.57+

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: Tue Aug 18, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
(gm)		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Lunch																			
****HOT ENTREES****	1 each																		
BEEF, CHILI MAC (GREEN)	1.5 cups	631	357	22.7	42.0	11.2	4.45	48	5.2	0.0+	0.43+	0.03+	137+	29+	203+	707	920	3.03+	3.82+
CHICKEN SEASONED QTR (YELL	1 each	175	365	25.8	3.0	27.4	7.60	0+	0.0	0.0					190+	228+	1030		
****VEGETABLES****	1 each																		
VEG, SPINACH, SAUTEED (GREE	1/2 cup	119	50	3.4	5.0	2.6	0.24	0	2.6		0.45	0.36	117	90	60	644	230	3.12	0.63
BEANS, BLACK A LA OLLA (GREE	1/2 cup	193	149	7.9	25.8	3.0	0.34	0	7.5		0.28+	0.02+	67	8+	16+	503	397	2.55	0.12+
****STARCH****	1 each																		
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+	1+	10+	409	0.05+	0.01+
BREAD, CORNBREAD JALAPENO	1 piece	125	289	8.3	22.7	18.1	8.27	61	1.2	1.9+	0.49+	0.07+	194+	9+	118+	132+	574	1.19+	0.94+
****SOUP****	1 each																		
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+
****GRILL ****	1 each																		
HAMBURGER, GRILLED (YELLOW	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YELI	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (I	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RE	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
****GRAB N GO****	1 each																		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, ASSORTED PROTEI	1 each	261	438	24.5	41.5	21.0	8.01+	116	3.1+	3.4+	0.59+	0.06+	277+	27+	276+	437+	861	1.90+	1.69+
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MELON (GREEN)	6 ounces	77	27	0.5	6.7	0.1	0.03	0	0.7		0.02	0.03	6	8	10	191	13	0.15	0.10
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
FRUIT, CUP, canned, GRAPEFRUI	5 ounces	142	83	1.2	20.1	0.0	0.00	0	1.2	9.4			12			201	6	0.12	
Lunch Totals			6850+	371.8+	800.0+	243.8+	84.15+	828+	66.9+	81.0+	4.78+	1.03+	2523+	275+	2401+	9253+	14115+	41.67+	26.60+
Dinner																			
ENTREES	1 serving																		
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+
****VEGETABLES****	1 each																		
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+
****STARCH****	1 each																		
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			898+	39.7+	97.4+	40.1+	11.00+	0+	9.6+	0.0+	1.28+	0.52+	101+	31+	275+	1106+	1569+	3.23+	0.73+
Daily Totals for 08/18/26			7748+	411.5+	897.4+	283.9+	95.15+	829+	76.5+	81.0+	6.06+	1.54+	2624+	306+	2676+	10360+	15684+	44.90+	27.34+
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 (%)			387+	823.0+	326.3+	364.0+	475.77+	276+	273.2+	162.1+			202+	73+	214+	220+	682+	249.46+	248.53+
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 (%)			352+	734.8+	296.2+	387.1+	389.97+	276+	248.3+	147.3+	43.30+	96.42+	262+	73+	382+	220+	682+	561.28+	248.53+

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 Aug 19, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
(gm)		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Lunch																			
****HOT ENTREES****	1 each																		
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+
PASTA, CHEESE TORTELLINI W/	1 cup	619	339	12.2	58.6	6.6	2.52	20	4.2	5.0+	0.01+	0.00+	166	6+	160+	561	1547	2.34	0.03+
BEEF, BRISKET W/ CHIMICHURRI	6 ounces	264	637	41.7	7.5	50.0	9.07+	126	1.2	0.3+	4.37+	0.32+	85+	59+	445+	832+	840	5.96+	10.10+
****VEGETABLES****	1 each																		
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+
****STARCH****	1 each																		
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+
****DESSERT (BAKERS CHOICE)	1 each																		
****SOUP****	1 each																		
SOUP, CHICKEN SAUSAGE GUM	12 ounces	348	180	10.5	22.5	5.3	1.50	30	1.5	1.5+	0.00+	0.00+	50	2+	0+	257	1325	0.45	0.00+
****GRILL ****	1 each																		
HAMBURGER, GRILLED (YELLOW	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YEL	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (C	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RE	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
****GRAB N GO****	1 each																		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, CHICKEN SALAD (RI	1 each	256	532	33.8	34.7	30.0	11.35+	135	1.0+	0.0+	0.75+	0.08+	417+	20+	271+	189+	1241	1.19+	2.14+
SMALL BITE, TUNA (RED)	1 each	256	502	32.9	38.0	26.7	11.87	166	1.3	0.0+	0.98+	0.10+	427+	23+	299+	355+	1077	2.06+	2.39+
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUR	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (F	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MELON (GREEN)	6 ounces	77	27	0.5	6.7	0.1	0.03	0	0.7		0.02	0.03	6	8	10	191	13	0.15	0.10
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
Lunch Totals			7645+	445.3+	811.1+	294.8+	90.77+	1197+	57.6+	73.1+	10.91+	2.37+	2896+	206+	2614+	9349+	15379+	41.30+	31.26+
Dinner																			
ENTREES	1 serving																		
BEEF, MEATLOAF GLAZED (YELL	1 slice	200	288	27.6	12.4	12.8	4.92+	74	0.7	0.6+	0.01+	0.00+	62+	7+	254+	550	593	3.02+	6.08+
****VEGETABLES****	1 each																		
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+
****STARCH****	1 each																		
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+
Dinner Totals			734+	37.5+	88.7+	24.6+	11.19+	90+	8.0+	0.6+	0.15+	0.11+	323+	45+	303+	1418+	1444+	5.28+	6.46+
Daily Totals for 08/19/26			8379+	482.9+	899.7+	319.4+	101.96+	1287+	65.6+	73.7+	11.06+	2.49+	3220+	251+	2918+	10767+	16824+	46.58+	37.73+
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 (%)			419+	965.7+	327.2+	409.5+	509.80+	429+	234.3+	147.5+			248+	60+	233+	229+	731+	258.78+	342.97+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			2200	56.0	303.0	73.3	24.40	300	30.8	55.0	14.00	1.60	1000	420	700	4700	2300	8.00	11.00
Percent RDA/DRI STANDARDS, 3 MEALS (%)			381+	862.2+	296.9+	435.6+	417.87+	429+	213.0+	134.1+	78.98+	155.41+	322+	60+	417+	229+	731+	582.25+	342.97+

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

Menu: Cafeteria

Date: Thu Aug 20, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
(gm)		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Lunch																			
****HOT ENTREES****	1 each																		
CHICKEN CURRY QTR (YELLOW)	1 each	282	541	29.1	8.0	44.9	22.05+	4+	1.1	0.0+	0.12+	0.03+	20+	6+	202+	636+	705	0.43+	0.10+
PORK, SPARERIBS, CANTONESE	3 ribs	195	423	28.9	17.9	26.2	11.25	112	0.6	1.6+	0.14+	0.05+	11+	15+	33+	444	1181	2.15	0.20+
****VEGETABLES****	1 each																		
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+
****STARCH****	1 each																		
RICE, BASMATI (YELLOW)	3/4 cup	127	174	3.3	37.3	0.7	0.11	0	0.6		0.14	0.05	16	12	54	54	198	2.01	0.51
POTSTICKERS, CHICKEN & VEGE	4 each	113	176	8.8	27.2	2.8	0.40	20	1.6								560		
BREAD NAAN GARLIC HALF (RED	1 half	64	201	5.9	29.7	6.1	1.91	7	1.5	1.5					0+	74+	440		
****SOUP****	1 each																		
SOUP, THAI CURRY (YELLOW)	12 ounces	303	206	13.1	16.5	10.5	2.99	51	1.9	0.0+	0.38+	0.14+	29+	16+	158+	432+	689	1.01+	1.06+
****GRILL ****	1 each																		
HAMBURGER, GRILLED (YELLOW)	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YELI	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (I	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RE	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
****GRAB N GO****	1 each																		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, ASSORTED PROTEI	1 each	261	438	24.5	41.5	21.0	8.01+	116	3.1+	3.4+	0.59+	0.06+	277+	27+	276+	437+	861	1.90+	1.69+
SANDWICH, CHICKEN SALAD (GF	1 each	274	314	21.6	34.5	10.7	0.62+	79	2.8+	3.3+	0.07+	0.04+	51+	9+	111+	227+	769	1.89+	0.17+
SANDWICH, TUNA SALAD CROIS'	1 each	246	378	17.7	33.1	20.8	6.58	110	2.5	0.0+	0.30+	0.03+	45+	11+	49+	375	587	2.32+	0.39+
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MELON (GREEN)	6 ounces	77	27	0.5	6.7	0.1	0.03	0	0.7		0.02	0.03	6	8	10	191	13	0.15	0.10
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
Lunch Totals			7587+	414.5+	830.2+	293.3+	105.32+	1070+	59.9+	79.6+	3.72+	0.82+	2178+	187+	2297+	8168+	14418+	39.00+	20.60+
Dinner																			
ENTREES	1 serving																		
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+
****VEGETABLES****	1 each																		
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 (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
****STARCH****	1 each																		
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	298	190	5.5	32.2	4.7	0.52+	0	2.8	0.0+	0.51+	0.13+	18+	6+	6+	128	710+	0.24+	0.06+
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+
Dinner Totals			944+	51.9+	114.6+	31.7+	4.19+	109+	12.1+	0.0+	4.23+	2.09+	147+	48+	514+	1654+	2001+	3.43+	0.75+
Daily Totals for 08/20/26			8531+	466.4+	944.9+	325.0+	109.51+	1178+	71.9+	79.6+	7.95+	2.92+	2325+	235+	2812+	9822+	16419+	42.44+	21.35+
Daily Value			2000	50.0	275.0	78.0	20.00	300	28.0	50.0			1300	420	1250	4700	2300	18.00	11.00
Percent Daily Value (%)			427+	932.9+	343.6+	416.6+	547.56+	393+	256.9+	159.3+			179+	56+	225+	209+	714+	235.77+	194.06+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			2200	56.0	303.0	73.3	24.40	300	30.8	55.0	14.00	1.60	1000	420	700	4700	2300	8.00	11.00
Percent RDA/DRI STANDARDS, 3 MEALS (%)			388+	832.9+	311.8+	443.1+	448.82+	393+	233.5+	144.8+	56.82+	182.32+	232+	56+	402+	209+	714+	530.49+	194.06+

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 Aug 21, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
(gm)		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Lunch																			
****HOT ENTREES****	1 each																		
BEEF HERB CRUSTED FLANK ST	4 ounces	147	228	24.6	3.5	11.2	3.69	77	0.8	0.0+	0.23+	0.02+	66	9+	20+	486+	539	2.73	4.52+
FISH, COD, GARLIC LEMON CRUS	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+
****VEGETABLES****	1 each																		
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
****STARCH****	1 each																		
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+
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	
****DESSERT (BAKERS CHOICE)	1 each																		
BREAD, B/NUT SQUASH (CAKE M	1 slice	86	232	4.9	38.7	6.3	2.82	45	0.6+		0.26+	0.09+	35	5+	17+	119	330	1.22	0.15+
****SOUP****	1 each																		
SOUP, NAVY BEAN & HAM (GREE	12 ounces	348	210	13.5	33.0	3.0	1.50	7	12.0	1.5+	0.00+	0.00+	80	2+	0+	572	1175	2.55	0.00+
****GRILL ****	1 each																		
HAMBURGER, GRILLED (YELLOW	1 each	225	482	38.2	37.0	17.6	6.04	91	1.0	6.0			100		278+	599	471	4.72	7.24+
CHEESEBURGER, GRILLED (YELI	1 each	236	522	40.2	37.6	21.1	8.29	101	1.0	6.0+			155		338+	619	676	4.72+	7.24+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
SANDWICH, GRILLED CHICKEN (C	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RE	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
****GRAB N GO****	1 each																		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, COTTAGE CHEESE	1 each	333	428	25.4	60.4	10.9	2.26	188	5.0	15.4+	0.60+	0.05+	98+	18+	234+	453	622	2.70	1.14+
SMALL BITE, HUMMUS (GREEN)	1 each	262	350	13.8	51.5	13.2	1.71	0	9.3		0.08+	0.02+	73+	90+	224+	528+	844	4.34	2.21+
SMALL BITE, VEGETABLE CRUDI	1 each	260	61	2.0	13.2	0.5	0.09	0	4.7		0.17+	0.01+	66	28	65	617	125	1.13	0.41
COOKIES, FRESH BAKED (RED)	1 each	39	175	2.0	24.7	7.7	3.05	8	0.9	2.5+	0.85+	0.05+	8+	5+	20+	34+	160	0.51+	0.12+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP MELON (GREEN)	6 ounces	77	27	0.5	6.7	0.1	0.03	0	0.7		0.02	0.03	6	8	10	191	13	0.15	0.10
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	54	1.0	13.1	0.4	0.02	0	3.5		0.13	0.08	16	13	20	133	1	0.45	0.28
Lunch Totals			6959+	374.1+	867.6+	224.8+	67.73+	983+	79.0+	94.2+	5.39+	1.57+	2166+	253+	2234+	9127+	14094+	43.33+	25.09+
Dinner																			
ENTREES	1 serving																		
BEEF, BEEF & BROCCOLI (GREE	1 cup	328	190	17.7	19.4	5.7	1.11	40	3.0	0.0+	0.66+	0.32+	67+	33+	91+	630+	838	2.67	0.55+
****VEGETABLES****	1 each																		
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 (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+
****STARCH****	1 each																		
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			896+	38.3+	135.7+	25.0+	5.01+	79+	13.9+	0.0+	3.55+	1.26+	262+	148+	584+	1906+	2110+	7.18+	3.28+
Daily Totals for 08/21/26			7855+	412.4+	1003.4+	249.7+	72.74+	1062+	92.9+	94.2+	8.95+	2.83+	2428+	401+	2818+	11033+	16205+	50.51+	28.37+
Daily Value			2000	50.0	275.0	78.0	20.00	300	28.0	50.0			1300	420	1250	4700	2300	18.00	11.00
Percent Daily Value (%)			393+	824.7+	364.9+	320.1+	363.69+	354+	332.0+	188.4+			187+	95+	225+	235+	705+	280.59+	257.89+
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 (%)			357+	736.3+	331.1+	340.5+	298.11+	354+	301.8+	171.3+	63.91+	176.91+	243+	95+	403+	235+	705+	631.33+	257.89+

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

Menu: Cafeteria

Date: Sat Aug 22, 2026

Recipe Name	Size	Amt	Calo ries	Pro tein	Carbo hydrat	Fat	SFA	Chol estrol	Dietry Fiber	Added Sugars	Lin oleic	Lino lenic	Cal cium	Magne sium	Phos phorus	Potas sium	Sodium	Iron	Zinc
		(gm)	(kcal)	(gm)	(gm)	(gm)	(gm)	(mg)	(gm)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Lunch																			
****HOT ENTREES****	1 each																		
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+
****VEGETABLES****	1 each																		
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
*****STARCH*****	1 each																		
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	
*****DESSERT (BAKERS CHOICE)	1 each																		
*****GRAB N GO*****	1 each																		
SANDWICH, HOAGIE ASSORTED	1 each	230	585	36.8	71.8	18.0	7.82	71	4.4	0.0+	0.24+	0.01+	268+	12+	135+	385	1996	0.40+	0.79+
SMALL BITE, ASSORTED PROTEI	1 each	261	438	24.5	41.5	21.0	8.01+	116	3.1+	3.4+	0.59+	0.06+	277+	27+	276+	437+	861	1.90+	1.69+
SALAD, SIDE (GREEN)	8 ounces	227	53	2.1	10.4	0.2	0.04	0	3.7		0.08+	0.01+	23+	16+	35+	285+	102	0.53+	0.26+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGUR	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
Lunch Totals			3236+	169.9+	379.9+	120.5+	45.31+	491+	31.5+	35.8+	2.44+	0.41+	1446+	112+	1162+	3863+	5518+	11.54+	3.92+
Dinner																			
ENTREES	1 serving																		
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+
****VEGETABLES****	1 each																		
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
*****STARCH*****	1 each																		
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			1164+	43.6+	109.7+	61.1+	14.30+	53+	7.9+	5.0+	4.91+	1.78+	121+	127+	565+	1001+	2115+	6.28+	2.77+
Daily Totals for 08/22/26			4401+	213.5+	489.5+	181.6+	59.61+	544+	39.3+	40.8+	7.35+	2.19+	1568+	239+	1727+	4865+	7632+	17.82+	6.69+
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 (%)			220+	427.0+	178.0+	232.8+	298.03+	181+	140.5+	81.5+			121+	57+	138+	104+	332+	99.00+	60.78+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			2200	56.0	303.0	73.3	24.40	300	30.8	55.0	14.00	1.60	1000	420	700	4700	2300	8.00	11.00
Percent RDA/DRI STANDARDS, 3 MEALS (%)			200+	381.2+	161.6+	247.6+	244.29+	181+	127.7+	74.1+	52.53+	136.91+	157+	57+	247+	104+	332+	222.74+	60.78+
Week Daily Average (08/16/26-08/22/26)			7167+	380.0+	824.1+	265.4+	89.52+	952+	66.4+	71.6+	8.16+	2.25+	2460+	278+	2606+	9029+	13803+	38.12+	22.60+
Daily Average (08/02/26-08/22/26)			7685+	391.2+	877.3+	293.8+	98.77+	1235+	68.5+	76.6+	8.61+	2.44+	2655+	288+	2703+	9165+	14684+	40.11+	22.31+

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

Menu: Cafeteria

Date: Sun Aug 02, 2026

Recipe Name	Size	Amt	Copper	Man	Selen	Vit	Vit	Vit	Vit	Vit	Thia	Ribo	Niacin	Vit	Vit	Cho	Folate
		(gm)	(mg)	ganese	ium	A	E	D	K	C	min	flavin	(mg)	B6	B12	line	DFE
				(mg)	(mcg)	(mcg)	(aT)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Breakfast																	
*****BREAKFAST ENTREES*****	1 serving																
EGG, SCRAMBLED (YELLOW)	1/3 cup	91	0.00+		28	163	0.00+	0+	0.0+	0+	0.06	0.38	0.2	0.057	0.93	0.0+	64
EGG, HARD BOILED (YELLOW)	1 each	50	0.03	0.02	17	96	1.23	29	0.2	0	0.04	0.25	0.1	0.036	0.95	150.9	36
BACON, 1EA (RED)	1 slice	13												0.245	0.81		
PORK, SAUSAGE PATTY (RED)	1 each	57															
POTATO, HASH BROWN PATTY (I	1 each	72															
BREAD, BISCUIT (RED)	1 each	90															
*****GRILL *****	1 each																
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																	
*****HOT ENTREES*****	1 each																
PORK CHOP, OVEN FRIED (YELL	1 each	143	0.10+	0.12+	36+	23+	0.43+	34+	0.3+	0+	0.60+	0.40+	7.7+	0.475+	0.68+	87.9+	32+
CHICKEN BARBECUE QTR (YELL	1 piece	269	0.01+	0.04+	0+	0+	0.01+	0+	0.4+	0+	0.00+	0.00+	0.0+	0.014+	0.00+	0.6+	0+
*****VEGETABLES****	1 each																
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
*****STARCH*****	1 each																
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 (YELLO	1 piece	30															
*****GRAB N GO*****	1 each																
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, ASSORTED PROTEI	1 each	261	0.14+	0.49+	15+	259+	0.83+	16+	15.7+	12+	0.10+	0.28+	0.6+	0.162+	0.68+	54.8+	44+
SALAD, SIDE (GREEN)	8 ounces	227	0.08+	0.15+	0+	186+	0.35+	0+	16.4+	11+	0.05+	0.04+	0.6+	0.096+	0.00+	9.3+	19+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
Lunch Totals			0.83+	4.77+	66+	1689+	4.66+	51+	125.4+	169+	1.46+	1.18+	14.2+	1.559+	1.51+	224.0+	248+
Dinner																	
ENTREES	1 serving																
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+
*****VEGETABLES****	1 each																
VEG CAULIFLOWER, ROASTED (C	3/4 cup	171	0.05	0.33	1	2	1.45	0	29.7	80	0.08	0.11	0.7	0.201	0.00	68.4	105
VEG, GREEN BEANS, FRESH (GR	3/4 cup	451	0.03+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
*****STARCH*****	1 each																
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			0.10+	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 08/02/26			1.00+	5.34+	118+	2706+	7.85+	80+	159.7+	262+	1.77+	2.00+	16.3+	2.154+	4.29+	449.4+	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 (%)			110.58+	232.31+	215+	301+	52.33+	13+	133.0+	291+	147.58+	153.65+	101.9+	126.696+	178.81+	81.7+	114+
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 (%)			110.58+	232.31+	215+	301+	52.33+	13+	133.0+	291+	147.58+	153.65+	101.9+	126.696+	178.81+	81.7+	114+

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

Menu: Cafeteria

Date: Mon Aug 03, 2026

Recipe Name	Size	Amt	Copper	Man	Selen	Vit	Vit	Vit	Vit	Vit	Thia	Ribo	Niacin	Vit	Vit	Cho	Folate
		(gm)	(mg)	ganese	ium	A	E	D	K	C	min	flavin	(mg)	B6	B12	line	DFE
				(mg)	(mcg)	(mcg)	(aT)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Breakfast																	
*****BREAKFAST ENTREES*****	1 serving																
CHICKEN, SAUSAGE LINK (YELLOW)	1 each	23	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
BACON, 1EA (RED)	1 slice	13												0.245	0.81		
SAUSAGE, GRAVY (RED)	4 ounces	117	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
*****BREAKFAST SIDES*****	1 serving																
VEG, SAUTEED PEPPERS & ONION	1/2 cup	69	0.04+	0.09+	0+	22+	0.62+	0+	3.3+	49+	0.03+	0.02+	0.3+	0.118+	0.00+	3.2+	16+
POTATO, HOME FRIED (RED)	3/4 cup	116	0.00+	0.01+	0+	0+	1.14+	0+	4.7+	0+	0.00+	0.00+	0.0+	0.002+	0.00+	0.1+	0+
OATMEAL, QUICK COOK (GREEN)	6 ounces	127	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.08	0.00+	0.0+	0.003+	0.00+	0.2+	0+
GRITS (YELLOW)	3/4 cup	218	0.02+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.15	0.08	1.2	0.000+	0.00+	0.0+	74
BREAD, BISCUIT (RED)	1 each	90															
*****GRILL *****	1 each																
SANDWICH, BREAKFAST (MTO)	1 each	186	0.04+	0.03+	21+	108+	1.28+	29+	0.2+	0+	0.10+	0.27+	0.6+	0.164+	1.44+	158.6+	36+
*****BREAKFAST BAKERY*****	1 serving																
MUFFIN, BANANA NUT (RED)	1 each	113															
*****BREAKFAST ADDITIONS*****	1 serving																
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	145	0.01+	0.02+	22+	182+	0.00+	42+	0.0+	1+	0.08+	0.44+	0.2+	0.073+	1.03+	15.9+	50+
BREAKFAST, HAM, EGG & CHEESE	1 each	167	0.03+	0.00+	13+	0+	0.16+	2+	0.0+	0+	0.32+	0.07+	2.5+	0.130+	0.18+	35.4+	0+
Breakfast Totals			0.18+	0.17+	73+	409+	4.44+	102+	8.4+	50+	0.81+	1.13+	4.8+	0.772+	4.41+	364.1+	213+
Lunch																	
*****HOT ENTREES*****	1 each																
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+
*****VEGETABLES*****	1 each																
VEG, BROCCOLI, GARLIC ROAST	3/4 cup	102	0.05	0.23+	2	28	2.23	0	98.6	81	0.07	0.11	0.6	0.176	0.00	17.3	57
VEG, ZUCCHINI, W/ GARLIC & ONION	1/2 cup	78	0.04	0.14	0	6	0.58	0	3.9	11	0.04	0.09	0.3	0.156	0.00	5.0	20
*****STARCH*****	1 each																
POTATO, PARSLEY BUTTERED (GREEN)	4 ounces	118	0.00+	0.00+	0+	5+	0.01+	0+	18.7+	24+	0.00+	0.00+	0.0+	0.001+	0.00+	0.1+	2+
RICE, BROWN HERBED (GREEN)	3/4 cup	192	0.18+	1.38+	8+	46+	0.94+	0+	182.4+	15+	0.26+	0.07+	3.2+	0.239+	0.00+	11.8+	34+
BREADSTICK, GARLIC CHEESE (RED)	1 each	28															
*****SOUP*****	1 each																
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+
*****GRILL *****	1 each																
HAMBURGER, GRILLED (YELLOW)	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YELLOW)	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (RED)	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RED)	1 each	113															
*****GRAB N GO*****	1 each																
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, ASSORTED PROTEIN	1 each	261	0.14+	0.49+	15+	259+	0.83+	16+	15.7+	12+	0.10+	0.28+	0.6+	0.162+	0.68+	54.8+	44+
SALAD, SIDE (GREEN)	8 ounces	227	0.08+	0.15+	0+	186+	0.35+	0+	16.4+	11+	0.05+	0.04+	0.6+	0.096+	0.00+	9.3+	19+
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGURT	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (RED)	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MIXED BERRY (GREEN)	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
FRUIT, CUP 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			1.08+	6.36+	124+	688+	9.29+	19+	451.2+	267+	1.50+	1.54+	27.0+	2.734+	7.66+	176.1+	334+

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

Menu: Cafeteria

Date: Mon Aug 03, 2026

Recipe Name	Size	Amt	Copper	Man ganese	Selen ium	Vit A	Vit E (aT)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
		(gm)	(mg)	(mg)	(mcg)	(mcg)	(mg)										
Dinner																	
ENTREES	1 serving																
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+
****VEGETABLES****	1 each																
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
*****STARCH*****	1 each																
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			0.52+	1.59+	24+	166+	4.93+	2+	52.2+	81+	1.21+	0.53+	9.1+	1.021+	1.54+	44.8+	120+
Daily Totals for 08/03/26			1.77+	8.13+	222+	1263+	18.66+	124+	511.8+	398+	3.52+	3.19+	40.9+	4.527+	13.61+	585.1+	667+
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 (%)			197.02+	353.26+	403+	140+	124.38+	21+	426.5+	442+	293.08+	245.25+	255.8+	266.287+	567.08+	106.4+	167+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent RDA/DRI STANDARDS, 3 MEALS (%)			197.02+	353.26+	403+	140+	124.38+	21+	426.5+	442+	293.08+	245.25+	255.8+	266.287+	567.08+	106.4+	167+

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

Menu: Cafeteria

Date: Tue Aug 04, 2026

Recipe Name	Size	Amt	Copper	Man ganese	Selen ium	Vit A	Vit E	Vit D	Vit K	Vit C	Thia min	Ribo flavin	Niacin	Vit B6	Vit B12	Cho line	Folate DFE
(gm)	(mg)	(mcg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Breakfast																	
*****BREAKFAST ENTREES*****	1 serving																
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															
*****BREAKFAST SIDES*****	1 serving																
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															
*****BREAKFAST BAKERY*****	1 serving																
PASTRY, SCONE (RED)	1 each	106								0							
*****BREAKFAST ADDITIONS*****	1 serving																
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	145	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																	
*****HOT ENTREES*****	1 each																
CHICKEN MEXICAN QTR	1 each	176	0.02+	0.11+	0+	26+	0.41+	0+	2.9+	1+	0.01+	0.02+	0.2+	0.051+	0.00+	1.6+	2+
PORK TACO, MOJO (YELLOW)	2 each	321	0.05+	0.14+	0+	23+	1.24+	0+	13.8+	7+	0.02+	0.02+	0.3+	0.065+	0.00+	3.5+	8+
****VEGETABLES****	1 each																
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+
*****STARCH*****	1 each																
TORTILLA, 6" (YELLOW)	1 each	28															
RICE, BROWN JALAPENO (GREE	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*****	1 each																
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+
*****GRILL *****	1 each																
HAMBURGER, GRILLED (YELLOW	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YEL	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RE	1 each	113															
*****GRAB N GO*****	1 each																
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, ASSORTED PROTEI	1 each	261	0.14+	0.49+	15+	259+	0.83+	16+	15.7+	12+	0.10+	0.28+	0.6+	0.162+	0.68+	54.8+	44+
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (F	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
Lunch Totals			0.84+	5.35+	95+	466+	6.67+	29+	122.6+	111+	1.23+	1.34+	23.8+	2.290+	7.97+	177.8+	179+

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 Aug 04, 2026

Recipe Name	Size	Amt	Copper	Man	Selen	Vit	Vit E	Vit	Vit	Vit	Thia	Ribo	Niacin	Vit	Vit	Cho	Folate
		(gm)	(mg)	ganese	ium	A	(aT)	D	K	C	min	flavin	(mg)	B6	B12	line	DFE
				(mg)	(mcg)	(mcg)	(mg)	(IU)	(mcg)	(mg)	(mg)	(mg)		(mg)	(mcg)	(mg)	(mcg)
Dinner																	
ENTREES	1 serving																
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+
****VEGETABLES****	1 each																
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
*****STARCH*****	1 each																
POTATO, MASHED RED GARLIC	1/2 cup	109															
BREAD, TOASTED GARLIC (RED)	1 slice	37															
Dinner Totals			0.36+	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 08/04/26			1.63+	7.22+	219+	1659+	14.89+	106+	263.2+	274+	3.26+	3.33+	39.5+	3.799+	13.10+	426.6+	745+
Daily Value			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent Daily Value (%)			180.78+	313.78+	398+	184+	99.25+	18+	219.3+	304+	271.77+	256.48+	247.0+	223.493+	546.01+	77.6+	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 (%)			180.78+	313.78+	398+	184+	99.25+	18+	219.3+	304+	271.77+	256.48+	247.0+	223.493+	546.01+	77.6+	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: Wed Aug 05, 2026

Recipe Name	Size	Amt	Copper	Man	Selen	Vit	Vit	Vit	Vit	Vit	Thia	Ribo	Niacin	Vit	Vit	Cho	Folate
		(gm)	(mg)	ganese	ium	A	E	D	K	C	min	flavin	(mg)	B6	B12	line	DFE
				(mg)	(mcg)	(mcg)	(aT)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Breakfast																	
*****BREAKFAST ENTREES*****	1 serving																
CHICKEN, SAUSAGE LINK (YELLOW)	1 each	23	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
BACON, 1EA (RED)	1 slice	13												0.245	0.81		
SAUSAGE, GRAVY (RED)	4 ounces	117	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
*****BREAKFAST SIDES*****	1 serving																
VEG CAULIFLOWER, ROASTED (GREEN)	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 (YELLOW)	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															
*****BREAKFAST BAKERY*****	1 serving																
MUFFIN, BLUEBERRY (RED)	1 each	112															
*****BREAKFAST ADDITIONS*****	1 serving																
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	145	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 BROWN	1 each	217								0+				0.493+	1.62+		
Breakfast Totals			0.15+	0.53+	50+	418+	4.18+	78+	103.4+	84+	0.47+	1.04+	2.4+	1.109+	4.76+	241.5+	310+
Lunch																	
*****HOT ENTREES*****	1 each																
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 (YELLOW)	1 each	175															
PASTA, CHEESE STUFFED SHEPHERD	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+
*****VEGETABLES*****	1 each																
VEG ASPARAGUS, SAUTEED (GREEN)	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+
*****STARCH*****	1 each																
POTATO, SWEET, BAKED (GREEN)	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*****	1 each																
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+
*****ADDITIONS*****	1 each																
SALAD, CHICKEN CAESAR (GREEN)	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, CHEF, EGG / CHEESE (GREEN)	1 each	544	0.18+	0.44+	28+	427+	2.26+	40+	58.8+	35+	0.18+	0.48+	0.9+	0.298+	1.23+	193.7+	112+
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+
SANDWICH, TUNA SALAD CROISSANT	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 CROISSANT	1 each	181	0.01+	0.02+	1+	7+	0.08+	1+	2.7+	1+	0.01+	0.02+	0.1+	0.014+	0.04+	7.4+	5+
*****GRAB N GO*****	1 each																
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, ASSORTED PROTEIN	1 each	261	0.14+	0.49+	15+	259+	0.83+	16+	15.7+	12+	0.10+	0.28+	0.6+	0.162+	0.68+	54.8+	44+
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGURT	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (RED)	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MIXED BERRY (GREEN)	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
FRUIT, CUP BLUEBERRY (GREEN)	4 ounces	113	0.06	0.38	0	3	0.65	0	21.9	11	0.04	0.05	0.5	0.059	0.00	6.8	7
FRUIT, CUP MELON (GREEN)	6 ounces	77	0.02	0.03	0	63	0.03	0	2.1	21	0.03	0.01	0.4	0.062	0.00	5.9	15
Lunch Totals			1.59+	6.46+	102+	3566+	12.36+	198+	374.2+	243+	1.75+	2.48+	14.5+	2.738+	5.84+	675.8+	551+

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

Menu: Cafeteria

Date: Wed Aug 05, 2026

Recipe Name	Size	Amt	Copper	Man	Selen	Vit	Vit E	Vit	Vit	Vit	Thia	Ribo	Niacin	Vit	Vit	Cho	Folate
		(gm)	(mg)	ganese	ium	A	(aT)	D	K	C	min	flavin	(mg)	B6	B12	line	DFE
				(mg)	(mcg)	(mcg)	(mg)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Dinner																	
ENTREES	1 serving																
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+
****VEGETABLES****	1 each																
VEG, GREEN BEANS, HERBED (G	3/4 cup	138	0.02+	0.09+	0+	0+	0.91+	0+	5.7+	2+	0.02+	0.01+	0.0+	0.061+	0.00+	1.9+	5+
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
*****STARCH*****	1 each																
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+
ROLL, HAWAIIAN YEAST (YELLOW	1 piece	30															
Dinner Totals			0.14+	0.49+	2+	42+	2.62+	1+	60.8+	66+	0.08+	0.12+	0.7+	0.248+	0.01+	15.5+	42+
Daily Totals for 08/05/26			1.88+	7.48+	154+	4027+	19.16+	276+	538.5+	393+	2.30+	3.63+	17.5+	4.095+	10.61+	932.8+	902+
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 (%)			208.75+	325.39+	280+	447+	127.72+	46+	448.7+	437+	192.07+	279.57+	109.5+	240.861+	441.96+	169.6+	226+
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 (%)			208.75+	325.39+	280+	447+	127.72+	46+	448.7+	437+	192.07+	279.57+	109.5+	240.861+	441.96+	169.6+	226+

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Menu: Cafeteria

Date: Thu Aug 06, 2026

Recipe Name	Size	Amt	Copper	Man	Selen	Vit	Vit	Vit	Vit	Vit	Thia	Ribo	Niacin	Vit	Vit	Cho	Folate
		(gm)	(mg)	ganese	ium	A	E	D	K	C	min	flavin	(mg)	B6	B12	line	DFE
				(mg)	(mcg)	(mcg)	(aT)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Breakfast																	
*****BREAKFAST ENTREES*****	1 serving																
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 PATTY (RED)	1 each	57															
TURKEY, SAUSAGE PATTY (YELL	1 each	43															
*****BREAKFAST SIDES*****	1 serving																
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															
*****BREAKFAST BAKERY*****	1 serving																
ROLL, CINNAMON (RED)	1 each	99															
*****BREAKFAST ADDITIONS*****	1 serving																
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	145	0.01+	0.02+	22+	182+	0.00+	42+	0.0+	1+	0.08+	0.44+	0.2+	0.073+	1.03+	15.9+	50+
TACO, BREAKFAST EGG, CHEES	1 each	168	0.02+	0.05+	21+	142+	0.40+	0+	2.1+	42+	0.07+	0.30+	0.4+	0.125+	0.69+	1.7+	59+
Breakfast Totals			0.14+	0.33+	63+	448+	3.86+	71+	100.9+	123+	0.49+	1.17+	2.5+	0.658+	3.48+	185.9+	276+

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

Menu: Cafeteria

Date: Thu Aug 06, 2026

Recipe Name	Size	Amt	Copper	Man	Selen	Vit	Vit	Vit	Vit	Vit	Thia	Ribo	Niacin	Vit	Vit	Cho	Folate
		(gm)	(mg)	ganese (mg)	ium (mcg)	A (mcg)	E (aT) (mg)	D (IU)	K (mcg)	C (mg)	min (mg)	flavin (mg)	(mg)	B6 (mg)	B12 (mcg)	line (mg)	DFE (mcg)
Lunch																	
****HOT ENTREES****	1 each																
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+
CHICKEN WINGS, THAI STYLE (R	1 each	58															
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+
****VEGETABLES****	1 each																
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
****STARCH****	1 each																
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****	1 each																
SOUP, MULLIGATAWNY (RED)	12 ounces	392	0.07+	0.27+	4+	293+	1.07+	35+	13.6+	5+	0.08+	0.17+	0.6+	0.097+	0.09+	15.8+	37+
****GRILL ****	1 each																
HAMBURGER, GRILLED (YELLOW	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YEL	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RE	1 each	113															
****GRAB N GO****	1 each																
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, TUNA (RED)	1 each	256	0.07+	0.46+	24+	238+	1.10+	27+	13.2+	4+	0.09+	0.40+	0.4+	0.133+	0.99+	80.2+	35+
SMALL BITE, CHICKEN SALAD (R	1 each	256	0.05+	0.44+	17+	197+	0.59+	15+	12.3+	3+	0.07+	0.29+	0.3+	0.113+	0.66+	20.0+	23+
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
FRUIT, CUP STRAWBERRY (GREI	4 ounces	113	0.05	0.44	0	1	0.33	0	2.5	67	0.03	0.02	0.4	0.053	0.00	6.5	27
Lunch Totals			1.21+	6.89+	157+	886+	11.50+	79+	251.9+	341+	1.88+	2.13+	27.8+	2.760+	8.59+	254.5+	625+
Dinner																	
ENTREES	1 serving																
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+
****VEGETABLES****	1 each																
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+
****STARCH****	1 each																
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+
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+
ROLL, HAWAIIAN YEAST (YELLOW	1 piece	30															
Dinner Totals			0.15+	0.91+	10+	444+	2.48+	0+	10.8+	38+	0.40+	0.21+	3.8+	0.136+	0.00+	3.0+	142+
Daily Totals for 08/06/26			1.50+	8.12+	229+	1779+	17.84+	149+	363.6+	502+	2.76+	3.51+	34.1+	3.554+	12.07+	443.3+	1044+
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 (%)			166.80+	353.07+	417+	198+	118.94+	25+	303.0+	558+	230.30+	269.65+	213.1+	209.067+	502.86+	80.6+	261+
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 (%)			166.80+	353.07+	417+	198+	118.94+	25+	303.0+	558+	230.30+	269.65+	213.1+	209.067+	502.86+	80.6+	261+

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 Aug 07, 2026

Recipe Name	Size	Amt	Copper	Man	Selen	Vit	Vit	Vit	Vit	Vit	Thia	Ribo	Niacin	Vit	Vit	Cho	Folate
		(gm)	(mg)	ganese	ium	A	E	D	K	C	min	flavin	(mg)	B6	B12	line	DFE
				(mg)	(mcg)	(mcg)	(aT)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Breakfast																	
*****BREAKFAST ENTREES*****	1 serving																
CHICKEN, SAUSAGE LINK (YELLOW)	1 each	23	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
BACON, 1EA (RED)	1 slice	13												0.245	0.81		
SAUSAGE, GRAVY (RED)	4 ounces	117	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
*****BREAKFAST SIDES*****	1 serving																
VEG, SAUTEED PEPPERS & ONION	1/2 cup	69	0.04+	0.09+	0+	22+	0.62+	0+	3.3+	49+	0.03+	0.02+	0.3+	0.118+	0.00+	3.2+	16+
POTATO, HOME FRIED (RED)	3/4 cup	116	0.00+	0.01+	0+	0+	1.14+	0+	4.7+	0+	0.00+	0.00+	0.0+	0.002+	0.00+	0.1+	0+
OATMEAL, QUICK COOK (GREEN)	6 ounces	127	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.08	0.00+	0.0+	0.003+	0.00+	0.2+	0+
GRITS (YELLOW)	3/4 cup	218	0.02+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.15	0.08	1.2	0.000+	0.00+	0.0+	74
BREAD, BISCUIT (RED)	1 each	90															
*****BREAKFAST BAKERY*****	1 serving																
TURNOVER, APPLE (RED)	3.7 ounces	105															
*****BREAKFAST ADDITIONS*****	1 serving																
FRENCH TOAST (RED)	1 each	145	0.01+	0.02+	22+	182+	0.00+	42+	0.0+	1+	0.08+	0.44+	0.2+	0.073+	1.03+	15.9+	50+
EGG, HARD BOILED (YELLOW)	1 each	50	0.03	0.02	17	96	1.23	29	0.2	0	0.04	0.25	0.1	0.036	0.95	150.9	36
BISCUIT, SAUSAGE, EGG & CHEESE	1 each	200								0+							
Breakfast Totals			0.11+	0.14+	40+	301+	2.99+	71+	8.2+	50+	0.38+	0.78+	1.8+	0.477+	2.79+	170.1+	176+
Lunch																	
*****HOT ENTREES*****	1 each																
FISH, CATFISH, CAJUN CRUSTED	1 each	201	0.00+	0.00+	0+	4+	0.04+	0+	0.1+	0+	0.00+	0.00+	0.0+	0.006+	0.00+	0.2+	133+
CHICKEN SEASONED QTR (YELLOW)	1 each	175															
*****VEGETABLES*****	1 each																
VEG, BRUSSEL SPROUTS, SAUTÉED	1/2 cup	79	0.05	0.26	1	28	1.41	0	133.4	62	0.10	0.07	0.5	0.161	0.00	14.1	45
VEG, CARROTS BABY W/THYME	1 cup	125	0.12+	0.20+	1+	835+	0.02+	0+	14.9+	3+	0.04+	0.04+	0.7+	0.128+	0.00+	9.2+	33+
VEG, CORN ON THE COB (GREEN)	1 each	429	0.07	0.12	0	7	0.05	0	0.2	5	0.11	0.04	1.3	0.068	0.00	16.8	31
*****STARCH*****	1 each																
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 (RED)	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*****	1 each																
SOUP, CHICKEN NOODLE (GREEN)	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+
*****GRILL *****	1 each																
HAMBURGER, GRILLED (YELLOW)	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YELLOW)	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (RED)	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RED)	1 each	113															
*****GRAB N GO*****	1 each																
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, COTTAGE CHEESE	1 each	333	0.12+	0.08+	28+	130+	1.79+	29+	2.2+	4+	0.07+	0.45+	0.9+	0.135+	1.66+	175.3+	53+
SMALL BITE, HUMMUS (GREEN)	1 each	262	0.69+	1.39+	4+	472+	0.11+	0+	14.7+	4+	0.28+	0.13+	1.2+	0.361+	0.00+	8.3+	115+
SMALL BITE, YOGURT (YELLOW)	1 each	277	0.05+	0.43+	17+	99+	1.33+	29+	8.4+	2+	0.09+	0.28+	0.2+	0.098+	0.95+	154.0+	38+
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGURT	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (RED)	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MIXED BERRY (GREEN)	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
FRUIT, CUP 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			1.57+	5.94+	125+	1842+	8.11+	95+	263.4+	193+	1.62+	2.12+	25.4+	2.819+	10.06+	471.3+	584+

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 Aug 07, 2026

Recipe Name	Size	Amt	Copper	Man	Selen	Vit	Vit E	Vit	Vit	Vit	Thia	Ribo	Niacin	Vit	Vit	Cho	Folate
		(gm)	(mg)	ganese	ium	A	(aT)	D	K	C	min	flavin	(mg)	B6	B12	line	DFE
				(mg)	(mcg)	(mcg)	(mg)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Dinner																	
ENTREES	1 serving																
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+
****VEGETABLES****	1 each																
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+
*****STARCH*****	1 each																
RICE, VEGETABLE FRIED (YELLOW)	3/4 cup	224	0.05+	0.24+	5+	197+	0.80+	0+	10.9+	12+	0.10+	0.11+	0.6+	0.094+	0.13+	10.2+	28+
POTATOES, SWEET POTATO WEDGES	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 08/07/26			1.86+	6.98+	175+	3426+	13.93+	165+	384.4+	373+	2.25+	3.22+	29.2+	3.748+	12.98+	679.7+	878+
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 (%)			207.19+	303.31+	318+	381+	92.86+	28+	320.3+	415+	187.65+	248.00+	182.7+	220.497+	540.85+	123.6+	219+
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 (%)			207.19+	303.31+	318+	381+	92.86+	28+	320.3+	415+	187.65+	248.00+	182.7+	220.497+	540.85+	123.6+	219+

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

Date: Sat Aug 08, 2026

Recipe Name	Size	Amt	Copper	Man	Selen	Vit	Vit	Vit	Vit	Vit	Thia	Ribo	Niacin	Vit	Vit	Cho	Folate
		(gm)	(mg)	ganese	ium	A	E	D	K	C	min	flavin	(mg)	B6	B12	line	DFE
				(mg)	(mcg)	(mcg)	(aT)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Breakfast																	
*****BREAKFAST ENTREES*****	1 serving																
EGG, SCRAMBLED (YELLOW)	1/3 cup	91	0.00+		28	163	0.00+	0+	0.0+	0+	0.06	0.38	0.2	0.057	0.93	0.0+	64
EGG, HARD BOILED (YELLOW)	1 each	50	0.03	0.02	17	96	1.23	29	0.2	0	0.04	0.25	0.1	0.036	0.95	150.9	36
BACON, 1EA (RED)	1 slice	13												0.245	0.81		
PORK, SAUSAGE PATTY (RED)	1 each	57															
POTATO, HASH BROWN PATTY (I	1 each	72															
BREAD, BISCUIT (RED)	1 each	90															
*****GRILL *****	1 each																
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																	
*****HOT ENTREES*****	1 each																
CHICKEN, ALFREDO (YELLOW)	1 cup	287	0.13+	0.42+	29+	0+	0.05+	0+	0.0+	0+	0.40+	0.18+	3.3+	0.064+	0.00+	6.8+	177+
BEEF, MEATLOAF W/ BROWN GR	6 ounces	248	0.02+	0.03+	23+	28+	0.27+	3+	1.9+	12+	0.08+	0.25+	6.3+	0.474+	2.84+	2.7+	20+
*****VEGETABLES*****	1 each																
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	0.02+	0.09+	0+	0+	0.91+	0+	5.7+	2+	0.02+	0.01+	0.0+	0.061+	0.00+	1.9+	5+
*****STARCH*****	1 each																
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															
*****GRAB N GO*****	1 each																
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, ASSORTED PROTEI	1 each	261	0.14+	0.49+	15+	259+	0.83+	16+	15.7+	12+	0.10+	0.28+	0.6+	0.162+	0.68+	54.8+	44+
SALAD, SIDE (GREEN)	8 ounces	227	0.08+	0.15+	0+	186+	0.35+	0+	16.4+	11+	0.05+	0.04+	0.6+	0.096+	0.00+	9.3+	19+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUR	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (F	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
Lunch Totals			1.05+	5.94+	90+	545+	6.46+	20+	176.9+	148+	1.68+	1.25+	19.0+	1.765+	3.67+	164.0+	378+
Dinner																	
ENTREES	1 serving																
BEEF, YAKISOBA, GROUND (YELI	1 cup	786	0.21+	0.61+	49+	6+	0.41+	0+	11.3+	19+	0.48+	0.39+	9.6+	0.585+	2.71+	11.0+	195+
*****VEGETABLES*****	1 each																
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+
*****STARCH*****	1 each																
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			0.47+	2.50+	59+	149+	1.49+	0+	115.2+	89+	0.88+	0.56+	13.9+	1.086+	2.71+	42.1+	280+
Daily Totals for 08/08/26			1.55+	8.46+	194+	953+	9.18+	49+	292.3+	237+	2.65+	2.44+	33.1+	3.189+	9.06+	357.0+	758+
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 (%)			172.36+	368.03+	353+	106+	61.22+	8+	243.6+	264+	221.17+	187.72+	206.7+	187.600+	377.54+	64.9+	190+
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 (%)			172.36+	368.03+	353+	106+	61.22+	8+	243.6+	264+	221.17+	187.72+	206.7+	187.600+	377.54+	64.9+	190+
Week Daily Average (08/02/26-08/08/26)			1.60+	7.39+	187+	2259+	14.50+	136+	359.1+	349+	2.65+	3.05+	30.1+	3.581+	10.82+	553.4+	778+

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

Menu: Cafeteria

Date: Sun Aug 09, 2026

Recipe Name	Size	Amt	Copper	Man	Selen	Vit	Vit	Vit	Vit	Vit	Thia	Ribo	Niacin	Vit	Vit	Cho	Folate
		(gm)	(mg)	ganese	ium	A	E	D	K	C	min	flavin	(mg)	B6	B12	line	DFE
				(mg)	(mcg)	(mcg)	(aT)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Lunch																	
****HOT ENTREES****	1 each																
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+
****VEGETABLES****	1 each																
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
*****STARCH*****	1 each																
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															
*****DESSERT (BAKERS CHOICE)	1 each																
****GRAB N GO****	1 each																
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, ASSORTED PROTEI	1 each	261	0.14+	0.49+	15+	259+	0.83+	16+	15.7+	12+	0.10+	0.28+	0.6+	0.162+	0.68+	54.8+	44+
SALAD, SIDE (GREEN)	8 ounces	227	0.08+	0.15+	0+	186+	0.35+	0+	16.4+	11+	0.05+	0.04+	0.6+	0.096+	0.00+	9.3+	19+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MELON (GREEN)	6 ounces	77	0.02	0.03	0	63	0.03	0	2.1	21	0.03	0.01	0.4	0.062	0.00	5.9	15
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
FRUIT, CUP 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			0.98+	4.77+	67+	856+	4.41+	22+	210.3+	231+	1.56+	1.07+	11.6+	1.354+	0.97+	194.4+	392+
Dinner																	
ENTREES	1 serving																
LASAGNA, SPINACH (GREEN)	1 serving	354	0.30+	0.84+	18+	466+	3.66+	4+	338.1+	42+	0.83+	0.46+	2.5+	0.418+	0.74+	45.7+	167+
****VEGETABLES****	1 each																
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
*****STARCH*****	1 each																
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+
Dinner Totals			0.50+	1.27+	20+	1245+	6.02+	4+	485.7+	108+	0.96+	0.57+	3.7+	0.694+	0.74+	68.0+	241+
Daily Totals for 08/09/26			1.47+	6.04+	87+	2101+	10.43+	27+	696.0+	339+	2.52+	1.64+	15.3+	2.048+	1.70+	262.3+	633+
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 (%)			163.72+	262.77+	159+	233+	69.55+	4+	580.0+	376+	210.28+	126.36+	95.4+	120.484+	71.00+	47.7+	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 (%)			163.72+	262.77+	159+	233+	69.55+	4+	580.0+	376+	210.28+	126.36+	95.4+	120.484+	71.00+	47.7+	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: Cafeteria

Date: Mon Aug 10, 2026

Recipe Name	Size	Amt	Copper	Man	Selen	Vit	Vit	Vit	Vit	Vit	Thia	Ribo	Niacin	Vit	Vit	Cho	Folate
		(gm)	(mg)	ganese	ium	A	E	D	K	C	min	flavin	(mg)	B6	B12	line	DFE
				(mg)	(mcg)	(mcg)	(aT)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Lunch																	
****HOT ENTREES****	1 each																
EGGPLANT CUTLET, OVEN-FRIED	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 (GREEN)	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 (YELLOW)	1 each	175															
****VEGETABLES****	1 each																
VEG, BLEND, MALIBU (GREEN)	1/2 cup	91															
VEG ASPARAGUS, W/GARLIC & CHEESE	1/2 cup	112	0.18	0.19	2	34	1.36	0	39.3	7	0.14	0.13	0.9	0.116	0.00	15.8	50
****STARCH****	1 each																
POTATO, MASHED RED GARLIC (RED)	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 (RED)	1 each	28															
****SOUP****	1 each																
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+
****GRILL ****	1 each																
HAMBURGER, GRILLED (YELLOW)	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YELLOW)	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (RED)	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RED)	1 each	113															
****GRAB N GO****	1 each																
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, CHICKEN & CHEESE	1 each	251	0.04+	0.42+	16+	190+	0.51+	14+	9.6+	2+	0.07+	0.27+	0.2+	0.100+	0.62+	12.5+	18+
SMALL BITE, SALAMI & CHEESE (RED)	1 each	194	0.04+	0.42+	16+	190+	0.51+	14+	9.6+	2+	0.07+	0.27+	0.2+	0.100+	0.62+	12.5+	18+
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGURT	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (RED)	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MELON (GREEN)	6 ounces	77	0.02	0.03	0	63	0.03	0	2.1	21	0.03	0.01	0.4	0.062	0.00	5.9	15
FRUIT, CUP MIXED BERRY (GREEN)	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
Lunch Totals			1.03+	5.20+	143+	750+	7.41+	41+	223.1+	135+	1.91+	1.98+	27.1+	2.487+	9.11+	141.7+	408+
Dinner																	
ENTREES	1 serving																
BEEF, MONGOLIAN GRILL (YELLOW)	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+
****VEGETABLES****	1 each																
VEG, GREEN BEANS, SESAME OIL	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 FRY	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+
****STARCH****	1 each																
RICE, VEGETABLE FRIED (YELLOW)	3/4 cup	224	0.05+	0.24+	5+	197+	0.80+	0+	10.9+	12+	0.10+	0.11+	0.6+	0.094+	0.13+	10.2+	28+
****DESSERT (BAKERS CHOICE)****	1 each																
Dinner Totals			0.07+	0.38+	5+	205+	1.47+	0+	20.1+	27+	0.11+	0.13+	0.8+	0.132+	0.13+	12.2+	35+
Daily Totals for 08/10/26			1.10+	5.59+	148+	955+	8.88+	41+	243.1+	162+	2.02+	2.11+	27.9+	2.620+	9.25+	153.9+	443+
Daily Value			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent Daily Value (%)			122.53+	242.94+	268+	106+	59.19+	7+	202.6+	180+	168.30+	162.07+	174.1+	154.096+	385.24+	28.0+	111+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent RDA/DRI STANDARDS, 3 MEALS (%)			122.53+	242.94+	268+	106+	59.19+	7+	202.6+	180+	168.30+	162.07+	174.1+	154.096+	385.24+	28.0+	111+

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

Menu: Cafeteria

Date: Tue Aug 11, 2026

Recipe Name	Size	Amt	Copper	Man ganese	Selen ium	Vit A	Vit E	Vit D	Vit K	Vit C	Thia min	Ribo flavin	Niacin	Vit B6	Vit B12	Cho line	Folate DFE
		(gm)	(mg)	(mg)	(mcg)	(mcg)	(aT) (mg)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Lunch																	
****HOT ENTREES****	1 each																
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+
****VEGETABLES****	1 each																
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+
****STARCH****	1 each																
BEANS, BORRACHO (GREEN)	1/2 cup	317	0.34+	0.49+	0+	0+	0.00+	0+	0.1+	0	0.07+	0.02+	0.3+	0.002+	0.00+	0.1+	31+
RICE, CILANTRO LIME (YELLOW)	3/4 cup	133	0.01+	0.01+	0+	4+	0.36+	0+	4.7+	1+	0.00+	0.00+	0.0+	0.008+	0.00+	0.4+	1+
BREAD, CORNBREAD JALAPENO	1 piece	125	0.02+	0.03+	10+	93+	0.44+	11+	0.8+	0+	0.02+	0.15+	0.2+	0.037+	0.44+	39.5+	14+
****SOUP****	1 each																
SOUP, ALBONDIGAS (RED)	12 ounces	376	0.11+	0.23+	9+	135+	0.55+	1+	13.9+	2+	0.09+	0.15+	1.9+	0.158+	0.55+	28.4+	32+
****GRILL ****	1 each																
HAMBURGER, GRILLED (YELLOW	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YEL	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RE	1 each	113															
****GRAB N GO****	1 each																
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, BUFFALO CHICKEN	1 each	262	0.06+	0.46+	16+	276+	0.65+	14+	33.2+	5+	0.08+	0.29+	0.4+	0.126+	0.62+	14.5+	29+
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUR	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MELON (GREEN)	6 ounces	77	0.02	0.03	0	63	0.03	0	2.1	21	0.03	0.01	0.4	0.062	0.00	5.9	15
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
Lunch Totals			1.10+	5.21+	117+	798+	8.12+	30+	336.6+	255+	1.34+	1.84+	28.7+	2.908+	10.37+	194.8+	345+
Dinner																	
ENTREES	1 serving																
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+
****VEGETABLES****	1 each																
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	119	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
****STARCH****	1 each																
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+
Dinner Totals			0.31+	1.49+	30+	532+	2.76+	0+	549.4+	33+	0.50+	0.40+	4.1+	0.322+	0.00+	29.5+	398+
Daily Totals for 08/11/26			1.41+	6.69+	147+	1330+	10.88+	30+	886.1+	288+	1.84+	2.23+	32.8+	3.231+	10.37+	224.3+	743+
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 (%)			156.81+	291.03+	267+	148+	72.51+	5+	738.4+	320+	153.46+	171.89+	205.0+	190.044+	432.15+	40.8+	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 (%)			156.81+	291.03+	267+	148+	72.51+	5+	738.4+	320+	153.46+	171.89+	205.0+	190.044+	432.15+	40.8+	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: Wed Aug 12, 2026

Recipe Name	Size	Amt	Copper	Man	Selen	Vit	Vit	Vit	Vit	Vit	Thia	Ribo	Niacin	Vit	Vit	Cho	Folate
		(gm)	(mg)	ganese	ium	A	E	D	K	C	min	flavin	(mg)	B6	B12	line	DFE
				(mg)	(mcg)	(mcg)	(mg)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Lunch																	
*****HOT ENTREES*****	1 each																
CHICKEN SEASONED QTR (YELL	1 each	175															
FISH, COD, GARLIC LEMON CRU	1 each	157	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
*****VEGETABLES*****	1 each																
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
*****STARCH*****	1 each																
RICE, STEAMED (YELLOW)	3/4 cup	156	0.01+	0.00+	0+	0+	0.02+	0+	0.1+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
MACARONI & CHEESE, BAKED (R	2/3 cup	146	0.02+	0.04+	11+	126+	0.22+	23+	0.8+	0+	0.04+	0.21+	0.2+	0.034+	0.48+	11.4+	19+
ROLL, YEAST (YELLOW)	1 each	58	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
*****DESSERT (BAKERS CHOICE)	1 each																
PUDDING, SHIRRIEL'S BANANA (F	1/2 cup	272	0.08+	0.21+	14+	173+	0.57+	2+	3.3+	5+	0.15+	0.40+	1.4+	0.235+	0.31+	60.8+	47+
*****SOUP*****	1 each																
SOUP, BROCCOLI & CHEESE (RE	12 ounces	363															
*****GRILL *****	1 each																
HAMBURGER, GRILLED (YELLOW	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YELI	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (C	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RE	1 each	113															
*****GRAB N GO*****	1 each																
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, ASSORTED PROTEI	1 each	261	0.14+	0.49+	15+	259+	0.83+	16+	15.7+	12+	0.10+	0.28+	0.6+	0.162+	0.68+	54.8+	44+
SANDWICH, CHICKEN SALAD CR	1 each	181	0.01+	0.02+	1+	7+	0.08+	1+	2.7+	1+	0.01+	0.02+	0.1+	0.014+	0.04+	7.4+	5+
SANDWICH, TUNA SALAD CROIS'	1 each	246	0.05+	0.10+	8+	59+	0.75+	13+	8.7+	6+	0.04+	0.14+	0.3+	0.083+	0.37+	71.1+	29+
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP WATERMELON (GRE	6 ounces	170	0.07	0.06	1	48	0.09	0	0.2	14	0.06	0.04	0.3	0.077	0.00	7.0	5
FRUIT, CUP MELON (GREEN)	6 ounces	77	0.02	0.03	0	63	0.03	0	2.1	21	0.03	0.01	0.4	0.062	0.00	5.9	15
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
Lunch Totals			0.96+	5.12+	114+	1983+	6.62+	58+	134.5+	189+	1.35+	2.07+	24.5+	2.641+	8.73+	295.5+	363+
Dinner																	
ENTREES	1 serving																
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+
*****VEGETABLES*****	1 each																
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+
*****STARCH*****	1 each																
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 (YELLO	1 piece	30															
Dinner Totals			0.02+	0.08+	0+	0+	0.39+	0+	2.8+	45+	0.06+	0.09+	0.6+	0.186+	0.00+	1.1+	3+
Daily Totals for 08/12/26			0.99+	5.20+	114+	1983+	7.01+	58+	137.3+	234+	1.41+	2.15+	25.1+	2.827+	8.73+	296.6+	366+
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 (%)			109.83+	225.93+	207+	220+	46.74+	10+	114.4+	260+	117.47+	165.68+	156.6+	166.296+	363.57+	53.9+	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 (%)			109.83+	225.93+	207+	220+	46.74+	10+	114.4+	260+	117.47+	165.68+	156.6+	166.296+	363.57+	53.9+	92+

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

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Cafeteria Date: Thu Aug 13, 2026

Recipe Name	Size	Amt	Copper	Man	Selen	Vit	Vit	Vit	Vit	Vit	Thia	Ribo	Niacin	Vit	Vit	Cho	Folate
		(gm)	(mg)	ganese	ium	A	E	D	K	C	min	flavin	(mg)	B6	B12	line	DFE
				(mg)	(mcg)	(mcg)	(aT)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Lunch																	
*****HOT ENTREES*****	1 each																
PORK, RIBS, KOREAN, COOKED	3 ribs	172	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
CHICKEN, TERIYAKI BAKED (YEL	1 each	170	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.12+	0.27+	7.5+	0.612+	0.83+	0.0+	5+
****VEGETABLES****	1 each																
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+
*****STARCH*****	1 each																
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*****	1 each																
SOUP, CHICKEN TIKKA MASALA (	12 ounces	417	0.16+	0.53+	1+	195+	1.38+	0+	106.2+	28+	0.07+	0.06+	0.6+	0.137+	0.00+	14.0+	85+
HAMBURGER, GRILLED (YELLOW	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YEL	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RE	1 each	113															
*****GRAB N GO*****	1 each																
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, CHICKEN SALAD (RI	1 each	256	0.05+	0.44+	17+	197+	0.59+	15+	12.3+	3+	0.07+	0.29+	0.3+	0.113+	0.66+	20.0+	23+
SMALL BITE, TUNA (RED)	1 each	256	0.07+	0.46+	24+	238+	1.10+	27+	13.2+	4+	0.09+	0.40+	0.4+	0.133+	0.99+	80.2+	35+
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MELON (GREEN)	6 ounces	77	0.02	0.03	0	63	0.03	0	2.1	21	0.03	0.01	0.4	0.062	0.00	5.9	15
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
FRUIT, CUP STRAWBERRY (GREI	4 ounces	113	0.05	0.44	0	1	0.33	0	2.5	67	0.03	0.02	0.4	0.053	0.00	6.5	27
Lunch Totals			0.80+	5.48+	106+	1568+	7.57+	44+	313.3+	268+	1.33+	1.95+	30.0+	3.002+	9.33+	206.7+	325+
Dinner																	
ENTREES	1 serving																
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
****VEGETABLES****	1 each																
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+
*****STARCH*****	1 each																
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			0.07+	0.20+	1+	34+	1.02+	0+	9.9+	24+	0.16+	0.35+	7.9+	0.769+	0.83+	5.4+	24+
Daily Totals for 08/13/26			0.87+	5.67+	106+	1602+	8.59+	44+	323.2+	292+	1.50+	2.31+	37.8+	3.771+	10.16+	212.1+	349+
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 (%)			96.54+	246.61+	194+	178+	57.24+	7+	269.3+	325+	124.71+	177.34+	236.5+	221.822+	423.29+	38.6+	87+
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 (%)			96.54+	246.61+	194+	178+	57.24+	7+	269.3+	325+	124.71+	177.34+	236.5+	221.822+	423.29+	38.6+	87+

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

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Cafeteria Date: Fri Aug 14, 2026

Recipe Name	Size	Amt	Copper	Man	Selen	Vit	Vit	Vit	Vit	Vit	Thia	Ribo	Niacin	Vit	Vit	Cho	Folate
		(gm)	(mg)	ganese	ium	A	E	D	K	C	min	flavin	(mg)	B6	B12	line	DFE
				(mg)	(mcg)	(mcg)	(aT)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Lunch																	
****HOT ENTREES****	1 each																
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+
****VEGETABLES****	1 each																
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
****STARCH****	1 each																
POTATO, PARSLEY BUTTERED (C	4 ounces	118	0.00+	0.00+	0+	5+	0.01+	0+	18.7+	24+	0.00+	0.00+	0.0+	0.001+	0.00+	0.1+	2+
RICE, GREEK (SPANAKORIZO) (Y	1/2 cup	134	0.10+	0.52+	5+	55+	0.89+	0+	57.6+	5+	0.20+	0.04+	1.5+	0.112+	0.00+	5.2+	146+
BREAD PITA, WHOLE WHEAT (GF	1 each	90															
****DESSERT (BAKERS CHOICE)	1 each																
BREAD, B/NUT SQUASH (CAKE M	1 slice	86	0.02+	0.16+	4+	92+	0.48+	6+	0.6+	2+	0.15	0.14	1.2	0.023+	0.20+	32.1+	10+
****SOUP****	1 each																
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+
****GRILL ****	1 each																
HAMBURGER, GRILLED (YELLOW	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YELI	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (C	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RE	1 each	113															
****GRAB N GO****	1 each																
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, COTTAGE CHEESE	1 each	333	0.12+	0.08+	28+	130+	1.79+	29+	2.2+	4+	0.07+	0.45+	0.9+	0.135+	1.66+	175.3+	53+
SMALL BITE, YOGURT (YELLOW)	1 each	277	0.05+	0.43+	17+	99+	1.33+	29+	8.4+	2+	0.09+	0.28+	0.2+	0.098+	0.95+	154.0+	38+
SMALL BITE, VEGETABLE CRUDI	1 each	260	0.16	0.31	1	543	0.86+	0	37.9+	78	0.08	0.11	1.4	0.294	0.00	15.9+	71
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (F	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP WATERMELON (GRE	6 ounces	170	0.07	0.06	1	48	0.09	0	0.2	14	0.06	0.04	0.3	0.077	0.00	7.0	5
FRUIT, CUP MELON (GREEN)	6 ounces	77	0.02	0.03	0	63	0.03	0	2.1	21	0.03	0.01	0.4	0.062	0.00	5.9	15
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
Lunch Totals			1.31+	5.69+	123+	1886+	12.38+	66+	303.7+	331+	1.79+	2.23+	28.1+	3.013+	9.72+	560.5+	632+
Dinner																	
ENTREES	1 serving																
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+
****VEGETABLES****	1 each																
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	0.02+	0.09+	0+	0+	0.91+	0+	5.7+	2+	0.02+	0.01+	0.0+	0.061+	0.00+	1.9+	5+
****STARCH****	1 each																
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			0.30+	1.68+	41+	11+	3.04+	0+	14.1+	75+	0.37+	0.27+	9.1+	0.776+	1.64+	125.4+	33+
Daily Totals for 08/14/26			1.61+	7.37+	164+	1896+	15.42+	66+	317.8+	406+	2.16+	2.50+	37.2+	3.789+	11.37+	685.9+	665+
Daily Value			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent Daily Value (%)			179.19+	320.41+	298+	211+	102.77+	11+	264.8+	451+	179.74+	192.35+	232.2+	222.874+	473.55+	124.7+	166+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent RDA/DRI STANDARDS, 3 MEALS (%)			179.19+	320.41+	298+	211+	102.77+	11+	264.8+	451+	179.74+	192.35+	232.2+	222.874+	473.55+	124.7+	166+

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 Aug 15, 2026

Recipe Name	Size	Amt	Copper	Man	Selen	Vit	Vit	Vit	Vit	Vit	Thia	Ribo	Niacin	Vit	Vit	Cho	Folate
		(gm)	(mg)	ganese	ium	A	E	D	K	C	min	flavin	(mg)	B6	B12	line	DFE
				(mg)	(mcg)	(mcg)	(aT)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Lunch																	
****HOT ENTREES****	1 each																
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+
****VEGETABLES****	1 each																
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+
*****STARCH*****	1 each																
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+
*****GRAB N GO*****	1 each																
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, ASSORTED PROTEI	1 each	261	0.14+	0.49+	15+	259+	0.83+	16+	15.7+	12+	0.10+	0.28+	0.6+	0.162+	0.68+	54.8+	44+
SALAD, SIDE (GREEN)	8 ounces	227	0.08+	0.15+	0+	186+	0.35+	0+	16.4+	11+	0.05+	0.04+	0.6+	0.096+	0.00+	9.3+	19+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (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
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			0.65+	4.05+	29+	577+	4.75+	18+	166.4+	167+	0.87+	0.74+	6.2+	1.052+	0.84+	143.6+	170+
Dinner																	
ENTREES	1 serving																
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+
****VEGETABLES****	1 each																
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 (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
*****STARCH*****	1 each																
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			0.09+	0.48+	2+	13+	1.68+	0+	59.6+	83+	0.10+	0.15+	0.9+	0.250+	0.00+	72.4+	117+
Daily Totals for 08/15/26			0.74+	4.53+	31+	591+	6.43+	18+	225.9+	250+	0.97+	0.88+	7.1+	1.302+	0.84+	216.0+	288+
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 (%)			82.23+	196.90+	56+	66+	42.87+	3+	188.3+	277+	80.94+	67.98+	44.4+	76.598+	35.10+	39.3+	72+
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 (%)			82.23+	196.90+	56+	66+	42.87+	3+	188.3+	277+	80.94+	67.98+	44.4+	76.598+	35.10+	39.3+	72+
Week Daily Average (08/09/26-08/15/26)			1.17+	5.87+	114+	1494+	9.66+	40+	404.2+	281+	1.77+	1.98+	26.2+	2.798+	7.49+	293.0+	498+

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

Menu: Cafeteria

Date: Sun Aug 16, 2026

Recipe Name	Size	Amt	Copper	Man ganese	Selen ium	Vit A	Vit E	Vit D	Vit K	Vit C	Thia min	Ribo flavin	Niacin	Vit B6	Vit B12	Cho line	Folate DFE
		(gm)	(mg)	(mg)	(mcg)	(mcg)	(aT) (mg)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Lunch																	
****HOT ENTREES****	1 each																
CHICKEN, CUTLET (GREEN)	1 each	167	0.02+	0.14+	4+	1+	1.21+	0+	9.2+	0+	0.07+	0.05+	0.6+	0.008+	0.00+	1.2+	34+
PORK CHOP, OVEN FRIED (YELL)	1 each	143	0.10+	0.12+	36+	23+	0.43+	34+	0.3+	0+	0.60+	0.40+	7.7+	0.475+	0.68+	87.9+	32+
****VEGETABLES****	1 each																
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
*****STARCH*****	1 each																
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															
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, ASSORTED PROTEI	1 each	261	0.14+	0.49+	15+	259+	0.83+	16+	15.7+	12+	0.10+	0.28+	0.6+	0.162+	0.68+	54.8+	44+
SALAD, SIDE (GREEN)	8 ounces	227	0.08+	0.15+	0+	186+	0.35+	0+	16.4+	11+	0.05+	0.04+	0.6+	0.096+	0.00+	9.3+	19+
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MELON (GREEN)	6 ounces	77	0.02	0.03	0	63	0.03	0	2.1	21	0.03	0.01	0.4	0.062	0.00	5.9	15
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
FRUIT, CUP, canned, GRAPEFRUI	5 ounces	142															
Lunch Totals			0.85+	5.01+	74+	1055+	5.95+	61+	214.8+	251+	1.66+	1.45+	17.4+	1.673+	1.62+	243.8+	340+
Dinner																	
ENTREES	1 serving																
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+
****VEGETABLES****	1 each																
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+
*****STARCH*****	1 each																
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			0.18+	0.47+	31+	23+	0.17+	1+	1.3+	1+	0.41+	0.22+	3.3+	0.100+	0.12+	9.2+	182+
Daily Totals for 08/16/26			1.03+	5.48+	105+	1078+	6.12+	63+	216.1+	252+	2.07+	1.67+	20.7+	1.773+	1.74+	253.0+	522+
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 (%)			113.97+	238.21+	191+	120+	40.82+	10+	180.1+	280+	172.68+	128.29+	129.3+	104.266+	72.53+	46.0+	131+
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 (%)			113.97+	238.21+	191+	120+	40.82+	10+	180.1+	280+	172.68+	128.29+	129.3+	104.266+	72.53+	46.0+	131+

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

Menu: Cafeteria

Date: Mon Aug 17, 2026

Recipe Name	Size	Amt	Copper	Man	Selen	Vit	Vit	Vit	Vit	Vit	Thia	Ribo	Niacin	Vit	Vit	Cho	Folate
		(gm)	(mg)	ganese	ium	A	E	D	K	C	min	flavin	(mg)	B6	B12	line	DFE
				(mg)	(mcg)	(mcg)	(aT)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Lunch																	
****HOT ENTREES****	1 each																
CHICKEN, MARRY ME (YELLOW)	1 each	357	0.09+	0.29+	7+	347+	1.46+	47+	134.7+	20+	0.13+	0.24+	1.2+	0.094+	0.12+	16.2+	60+
SPAGHETTI, W/ MEAT SAUCE (YE	1.5 cups	602	0.20+	0.55+	51+	25+	0.31+	2+	1.4+	1+	0.55+	0.38+	7.9+	0.384+	1.82+	10.9+	230+
****VEGETABLES****	1 each																
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 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+
****STARCH****	1 each																
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****	1 each																
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+
****GRILL ****	1 each																
HAMBURGER, GRILLED (YELLOW	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YELI	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (I	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RE	1 each	113															
****GRAB N GO****	1 each																
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, SALAMI & CHEESE (	1 each	194	0.04+	0.42+	16+	190+	0.51+	14+	9.6+	2+	0.07+	0.27+	0.2+	0.100+	0.62+	12.5+	18+
SMALL BITE, CHICKEN & CHEESE	1 each	251	0.04+	0.42+	16+	190+	0.51+	14+	9.6+	2+	0.07+	0.27+	0.2+	0.100+	0.62+	12.5+	18+
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUR	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MELON (GREEN)	6 ounces	77	0.02	0.03	0	63	0.03	0	2.1	21	0.03	0.01	0.4	0.062	0.00	5.9	15
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
Lunch Totals			1.23+	6.84+	168+	1160+	8.76+	108+	318.0+	149+	2.13+	2.32+	34.5+	2.984+	10.20+	167.7+	512+
Dinner																	
ENTREES	1 serving																
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+
****VEGETABLES****	1 each																
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	0.02+	0.09+	0+	0+	0.91+	0+	5.7+	2+	0.02+	0.01+	0.0+	0.061+	0.00+	1.9+	5+
****STARCH****	1 each																
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			0.14+	0.41+	2+	649+	1.67+	0+	31.5+	16+	0.33+	0.10+	1.7+	0.206+	0.00+	27.6+	42+
Daily Totals for 08/17/26			1.38+	7.25+	170+	1808+	10.43+	108+	349.5+	165+	2.46+	2.42+	36.2+	3.190+	10.20+	195.3+	554+
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 (%)			152.84+	315.29+	309+	201+	69.51+	18+	291.2+	183+	205.04+	186.37+	226.3+	187.660+	424.86+	35.5+	139+
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 (%)			152.84+	315.29+	309+	201+	69.51+	18+	291.2+	183+	205.04+	186.37+	226.3+	187.660+	424.86+	35.5+	139+

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

Menu: Cafeteria

Date: Tue Aug 18, 2026

Recipe Name	Size	Amt	Copper	Man	Selen	Vit	Vit	Vit	Vit	Vit	Thia	Ribo	Niacin	Vit	Vit	Cho	Folate
		(gm)	(mg)	ganese	ium	A	E	D	K	C	min	flavin	(mg)	B6	B12	line	DFE
				(mg)	(mcg)	(mcg)	(aT)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Lunch																	
*****HOT ENTREES*****	1 each																
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 (YELLOW)	1 each	175															
*****VEGETABLES*****	1 each																
VEG, SPINACH, SAUTEED (GREEN)	1/2 cup	119	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 (GREEN)	1/2 cup	193	0.04+	0.08+	0+	18+	0.65+	0+	17.5+	7	0.23+	0.03+	0.4+	0.073+	0.00+	4.2+	153
*****STARCH*****	1 each																
POTATO, PAPRIKA BUTTERED (C)	4 ounces	118	0.01+	0.01+	0+	14+	0.24+	0+	0.7+	23+	0.00+	0.01+	0.1+	0.015+	0.00+	0.4+	0+
RICE, CILANTRO LIME (YELLOW)	3/4 cup	133	0.01+	0.01+	0+	4+	0.36+	0+	4.7+	1+	0.00+	0.00+	0.0+	0.008+	0.00+	0.4+	1+
BREAD, CORNBREAD JALAPENO	1 piece	125	0.02+	0.03+	10+	93+	0.44+	11+	0.8+	0+	0.02+	0.15+	0.2+	0.037+	0.44+	39.5+	14+
*****SOUP*****	1 each																
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+
*****GRILL *****	1 each																
HAMBURGER, GRILLED (YELLOW)	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YELLOW)	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (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 (RED)	1 each	113															
*****GRAB N GO*****	1 each																
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, ASSORTED PROTEIN	1 each	261	0.14+	0.49+	15+	259+	0.83+	16+	15.7+	12+	0.10+	0.28+	0.6+	0.162+	0.68+	54.8+	44+
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGURT	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (RED)	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MELON (GREEN)	6 ounces	77	0.02	0.03	0	63	0.03	0	2.1	21	0.03	0.01	0.4	0.062	0.00	5.9	15
FRUIT, CUP MIXED BERRY (GREEN)	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
FRUIT, CUP, canned, GRAPEFRUIT	5 ounces	142															
Lunch Totals			1.23+	5.67+	115+	1210+	13.25+	31+	696.8+	226+	2.07+	1.96+	31.8+	3.323+	10.72+	230.7+	596+
Dinner																	
*****ENTREES*****	1 serving																
CHICKEN SZECHUAN QTR (YELLOW)	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+
*****VEGETABLES*****	1 each																
VEG, GREEN BEANS, SAUTEED (YELLOW)	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+
*****STARCH*****	1 each																
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 (YELLOW)	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			0.14+	0.40+	2+	673+	2.10+	0+	30.5+	35+	0.32+	0.13+	1.9+	0.183+	0.00+	28.4+	40+
Daily Totals for 08/18/26			1.38+	6.07+	117+	1883+	15.34+	31+	727.2+	260+	2.38+	2.09+	33.6+	3.506+	10.72+	259.1+	635+
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 (%)			153.08+	263.89+	212+	209+	102.29+	5+	606.0+	289+	198.50+	160.72+	210.2+	206.265+	446.61+	47.1+	159+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent RDA/DRI STANDARDS, 3 MEALS (%)			153.08+	263.89+	212+	209+	102.29+	5+	606.0+	289+	198.50+	160.72+	210.2+	206.265+	446.61+	47.1+	159+

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

Menu: Cafeteria

Date: Wed Aug 19, 2026

Recipe Name	Size	Amt	Copper	Man	Selen	Vit	Vit	Vit	Vit	Vit	Thia	Ribo	Niacin	Vit	Vit	Cho	Folate
		(gm)	(mg)	ganese	ium	A	E	D	K	C	min	flavin	(mg)	B6	B12	line	DFE
				(mg)	(mcg)	(mcg)	(aT)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Lunch																	
*****HOT ENTREES*****	1 each																
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+
PASTA, CHEESE TORTELLINI W/	1 cup	619	0.04+	0.06+	0+	0+	0.05+	0+	3.8+	0+	0.00+	0.00+	0.0+	0.021+	0.00+	0.5+	1+
BEEF, BRISKET W/ CHIMICHURRI	6 ounces	264	0.22+	0.39+	48+	56+	6.42+	8+	151.3+	15+	0.18+	0.35+	12.3+	1.345+	3.40+	125.0+	22+
*****VEGETABLES*****	1 each																
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+
*****STARCH*****	1 each																
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+
*****DESSERT (BAKERS CHOICE)	1 each																
*****SOUP*****	1 each																
SOUP, CHICKEN SAUSAGE GUMBO	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+
*****GRILL *****	1 each																
HAMBURGER, GRILLED (YELLOW	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YELL	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (C	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RE	1 each	113															
*****GRAB N GO*****	1 each																
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, CHICKEN SALAD (RI	1 each	256	0.05+	0.44+	17+	197+	0.59+	15+	12.3+	3+	0.07+	0.29+	0.3+	0.113+	0.66+	20.0+	23+
SMALL BITE, TUNA (RED)	1 each	256	0.07+	0.46+	24+	238+	1.10+	27+	13.2+	4+	0.09+	0.40+	0.4+	0.133+	0.99+	80.2+	35+
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUR	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MELON (GREEN)	6 ounces	77	0.02	0.03	0	63	0.03	0	2.1	21	0.03	0.01	0.4	0.062	0.00	5.9	15
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
Lunch Totals			0.88+	5.05+	154+	647+	14.45+	51+	391.1+	292+	1.47+	2.01+	35.6+	3.604+	11.90+	318.0+	254+
Dinner																	
ENTREES	1 serving																
BEEF, MEATLOAF GLAZED (YELL	1 slice	200	0.02+	0.06+	25+	15+	0.56+	14+	3.0+	9+	0.08+	0.28+	6.4+	0.496+	2.81+	4.7+	15+
*****VEGETABLES*****	1 each																
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+
*****STARCH*****	1 each																
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+
Dinner Totals			0.17+	0.80+	27+	954+	0.61+	14+	10.1+	53+	0.16+	0.41+	7.4+	0.690+	2.81+	11.2+	107+
Daily Totals for 08/19/26			1.05+	5.84+	181+	1601+	15.06+	65+	401.2+	345+	1.63+	2.42+	43.1+	4.294+	14.71+	329.3+	362+
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 (%)			116.12+	254.07+	329+	178+	100.41+	11+	334.4+	384+	135.95+	186.02+	269.1+	252.562+	612.93+	59.9+	90+
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 (%)			116.12+	254.07+	329+	178+	100.41+	11+	334.4+	384+	135.95+	186.02+	269.1+	252.562+	612.93+	59.9+	90+

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

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Cafeteria Date: Thu Aug 20, 2026

Recipe Name	Size	Amt	Copper	Man	Selen	Vit	Vit	Vit	Vit	Vit	Thia	Ribo	Niacin	Vit	Vit	Cho	Folate
		(gm)	(mg)	ganese	ium	A	E	D	K	C	min	flavin	(mg)	B6	B12	line	DFE
				(mg)	(mcg)	(mcg)	(aT)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Lunch																	
****HOT ENTREES****	1 each																
CHICKEN CURRY QTR (YELLOW)	1 each	282	0.03+	0.11+	1+	13+	0.39+	0+	2.0+	5+	0.22+	0.03+	0.3+	0.072+	0.00+	3.6+	4+
PORK, SPARERIBS, CANTONESE	3 ribs	195	0.03+	0.25+	1+	12+	0.46+	0+	0.9+	2+	0.01+	0.08+	0.5+	0.081+	0.00+	8.0+	9+
****VEGETABLES****	1 each																
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+
*****STARCH*****	1 each																
RICE, BASMATI (YELLOW)	3/4 cup	127	0.11	0.51	7	0	0.12	0	0.3	0	0.27	0.02	2.0	0.077	0.00	2.7	181
POTSTICKERS, CHICKEN & VEGE	4 each	113															
BREAD NAAN GARLIC HALF (RED	1 half	64															
****SOUP****	1 each																
SOUP, THAI CURRY (YELLOW)	12 ounces	303	0.09+	0.20+	1+	142+	0.59+	0+	6.7+	32+	0.09+	0.13+	3.3+	0.318+	0.31+	5.8+	33+
****GRILL ****	1 each																
HAMBURGER, GRILLED (YELLOW)	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YELI	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (I	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RE	1 each	113															
****GRAB N GO****	1 each																
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, ASSORTED PROTEI	1 each	261	0.14+	0.49+	15+	259+	0.83+	16+	15.7+	12+	0.10+	0.28+	0.6+	0.162+	0.68+	54.8+	44+
SANDWICH, CHICKEN SALAD (GF	1 each	274	0.06+	0.10+	1+	26+	0.27+	1+	25.3+	6+	0.03+	0.04+	0.3+	0.069+	0.04+	13.0+	21+
SANDWICH, TUNA SALAD CROIS'	1 each	246	0.05+	0.10+	8+	59+	0.75+	13+	8.7+	6+	0.04+	0.14+	0.3+	0.083+	0.37+	71.1+	29+
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MELON (GREEN)	6 ounces	77	0.02	0.03	0	63	0.03	0	2.1	21	0.03	0.01	0.4	0.062	0.00	5.9	15
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
Lunch Totals			0.97+	5.40+	97+	791+	6.81+	32+	236.9+	216+	1.73+	1.62+	28.1+	2.840+	8.24+	247.6+	486+
Dinner																	
ENTREES	1 serving																
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+
****VEGETABLES****	1 each																
VEG, BRUSSEL SPROUTS, SAUTI	1/2 cup	79	0.05	0.26	1	28	1.41	0	133.4	62	0.10	0.07	0.5	0.161	0.00	14.1	45
VEG CAULIFLOWER, ROASTED (I	3/4 cup	171	0.05	0.33	1	2	1.45	0	29.7	80	0.08	0.11	0.7	0.201	0.00	68.4	105
*****STARCH*****	1 each																
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	298	0.03+	0.05+	0+	0+	0.70+	0+	5.8+	2+	0.01+	0.01+	0.0+	0.028+	0.00+	1.5+	149+
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+
Dinner Totals			0.17+	0.79+	6+	35+	4.80+	0+	196.8+	169+	0.27+	0.24+	1.9+	0.399+	0.00+	85.4+	333+
Daily Totals for 08/20/26			1.14+	6.19+	103+	827+	11.61+	32+	433.7+	385+	2.00+	1.86+	30.0+	3.240+	8.24+	333.0+	820+
Daily Value			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent Daily Value (%)			127.04+	268.95+	187+	92+	77.39+	5+	361.4+	428+	166.52+	142.72+	187.8+	190.575+	343.53+	60.5+	205+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent RDA/DRI STANDARDS, 3 MEALS (%)			127.04+	268.95+	187+	92+	77.39+	5+	361.4+	428+	166.52+	142.72+	187.8+	190.575+	343.53+	60.5+	205+

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

Menu: Cafeteria

Date: Fri Aug 21, 2026

Recipe Name	Size	Amt	Copper	Man	Selen	Vit	Vit	Vit	Vit	Vit	Thia	Ribo	Niacin	Vit	Vit	Cho	Folate
		(gm)	(mg)	ganese	ium	A	E	D	K	C	min	flavin	(mg)	B6	B12	line	DFE
				(mg)	(mcg)	(mcg)	(aT)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Lunch																	
*****HOT ENTREES*****	1 each																
BEEF HERB CRUSTED FLANK ST	4 ounces	147	0.05+	0.21+	1+	49+	0.52+	0+	152.4+	14+	0.03+	0.03+	0.2+	0.748+	1.33+	3.5+	18+
FISH, COD, GARLIC LEMON CRUS	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+
*****VEGETABLES****	1 each																
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
*****STARCH*****	1 each																
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+
BREAD, CORNBREAD (FROZEN) (	1 piece	60															
*****DESSERT (BAKERS CHOICE)	1 each																
BREAD, B/NUT SQUASH (CAKE M	1 slice	86	0.02+	0.16+	4+	92+	0.48+	6+	0.6+	2+	0.15	0.14	1.2	0.023+	0.20+	32.1+	10+
*****SOUP*****	1 each																
SOUP, NAVY BEAN & HAM (GREE	12 ounces	348	0.02+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
*****GRILL *****	1 each																
HAMBURGER, GRILLED (YELLOW	1 each	225			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
CHEESEBURGER, GRILLED (YELI	1 each	236			24+		0.26+			0+	0.06+	0.23+	7.6+	0.544+	3.34+		9+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
SANDWICH, GRILLED CHICKEN (C	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RE	1 each	113															
*****GRAB N GO*****	1 each																
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, COTTAGE CHEESE	1 each	333	0.12+	0.08+	28+	130+	1.79+	29+	2.2+	4+	0.07+	0.45+	0.9+	0.135+	1.66+	175.3+	53+
SMALL BITE, HUMMUS (GREEN)	1 each	262	0.69+	1.39+	4+	472+	0.11+	0+	14.7+	4+	0.28+	0.13+	1.2+	0.361+	0.00+	8.3+	115+
SMALL BITE, VEGETABLE CRUDI	1 each	260	0.16	0.31	1	543	0.86+	0	37.9+	78	0.08	0.11	1.4	0.294	0.00	15.9+	71
COOKIES, FRESH BAKED (RED)	1 each	39	0.03+	0.11+	2+	9+	0.29+	0+	0.8+	0+	0.05+	0.04+	0.4+	0.010+	0.02+	1.0+	16+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUF	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP MELON (GREEN)	6 ounces	77	0.02	0.03	0	63	0.03	0	2.1	21	0.03	0.01	0.4	0.062	0.00	5.9	15
FRUIT, CUP MIXED BERRY (GREE	4 ounces	113	0.09	0.48	0	5	0.74	0	17.2	28	0.03	0.04	0.5	0.051	0.00	7.4	17
Lunch Totals			1.64+	5.95+	101+	2225+	8.93+	37+	319.4+	229+	1.56+	1.85+	26.2+	3.694+	10.05+	325.0+	434+
Dinner																	
ENTREES	1 serving																
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+
*****VEGETABLES****	1 each																
VEG, BROCCOLI, GARLIC ROAST	3/4 cup	102	0.05	0.23+	2	28	2.23	0	98.6	81	0.07	0.11	0.6	0.176	0.00	17.3	57
VEG, BLEND, NORMANDY (GREE	1/2 cup	187	0.01+	0.01+	0+	0+	0.00+	0+	0.1+	43+	0.06+	0.08+	0.6+	0.159+	0.00+	0.0+	0+
*****STARCH*****	1 each																
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			0.49+	2.61+	51+	80+	4.12+	15+	194.4+	214+	1.01+	0.69+	10.9+	0.925+	0.22+	90.6+	305+
Daily Totals for 08/21/26			2.13+	8.56+	152+	2305+	13.05+	52+	513.9+	443+	2.57+	2.53+	37.1+	4.619+	10.27+	415.6+	739+
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 (%)			237.04+	372.18+	275+	256+	86.99+	9+	428.2+	492+	214.01+	194.87+	231.9+	271.728+	427.97+	75.6+	185+
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 (%)			237.04+	372.18+	275+	256+	86.99+	9+	428.2+	492+	214.01+	194.87+	231.9+	271.728+	427.97+	75.6+	185+

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 Aug 22, 2026

Recipe Name	Size	Amt	Copper	Man	Selen	Vit	Vit	Vit	Vit	Vit	Thia	Ribo	Niacin	Vit	Vit	Cho	Folate
		(gm)	(mg)	ganese	ium	A	E	D	K	C	min	flavin	(mg)	B6	B12	line	DFE
				(mg)	(mcg)	(mcg)	(aT)	(IU)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mcg)
Lunch																	
****HOT ENTREES****	1 each																
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+
****VEGETABLES****	1 each																
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
*****STARCH*****	1 each																
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															
*****DESSERT (BAKERS CHOICE)	1 each																
*****GRAB N GO*****	1 each																
SANDWICH, HOAGIE ASSORTED	1 each	230	0.04+	0.04+	10+	10+	0.26+	2+	3.0+	3+	0.28+	0.06+	2.2+	0.132+	0.15+	31.4+	5+
SMALL BITE, ASSORTED PROTEI	1 each	261	0.14+	0.49+	15+	259+	0.83+	16+	15.7+	12+	0.10+	0.28+	0.6+	0.162+	0.68+	54.8+	44+
SALAD, SIDE (GREEN)	8 ounces	227	0.08+	0.15+	0+	186+	0.35+	0+	16.4+	11+	0.05+	0.04+	0.6+	0.096+	0.00+	9.3+	19+
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGUR	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (R	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
Lunch Totals			0.55+	3.67+	33+	553+	4.75+	19+	191.7+	150+	0.83+	0.74+	5.5+	1.002+	0.99+	138.7+	157+
Dinner																	
ENTREES	1 serving																
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+
****VEGETABLES****	1 each																
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
*****STARCH*****	1 each																
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			0.60+	2.32+	48+	544+	5.18+	5+	60.4+	13+	0.96+	0.45+	8.6+	0.574+	0.13+	74.7+	261+
Daily Totals for 08/22/26			1.15+	6.00+	80+	1097+	9.93+	24+	252.1+	163+	1.79+	1.19+	14.1+	1.576+	1.12+	213.4+	418+
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 (%)			128.32+	260.74+	146+	122+	66.20+	4+	210.1+	181+	148.96+	91.72+	88.2+	92.729+	46.87+	38.8+	104+
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 (%)			128.32+	260.74+	146+	122+	66.20+	4+	210.1+	181+	148.96+	91.72+	88.2+	92.729+	46.87+	38.8+	104+
Week Daily Average (08/16/26-08/22/26)			1.32+	6.48+	130+	1514+	11.65+	54+	413.4+	288+	2.13+	2.03+	30.7+	3.171+	8.14+	285.5+	579+
Daily Average (08/02/26-08/22/26)			1.36+	6.58+	144+	1756+	11.94+	77+	392.2+	306+	2.18+	2.35+	29.0+	3.183+	8.82+	377.3+	618+

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