

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

## Report Selections

Date Range : Sun Jun 21, 2026 - Sat Jul 11, 2026  
 Menus : Cafeteria  
 Meals : BLD (filtered)

Menu: Cafeteria Date: Sun Jun 21, 2026

Recipe Name	Size	Amt	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)
<b>Breakfast</b>																			
*****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
EGG, COOKED TO ORDER (YELL)	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
<b>Breakfast Totals</b>			<b>1119+</b>	<b>42.8+</b>	<b>77.3+</b>	<b>69.0+</b>	<b>25.82+</b>	<b>821+</b>	<b>3.8+</b>	<b>3.0+</b>	<b>1.49+</b>	<b>0.14+</b>	<b>240+</b>	<b>17+</b>	<b>451+</b>	<b>937+</b>	<b>2348+</b>	<b>6.44+</b>	<b>3.85+</b>
<b>Lunch</b>																			
*****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 (YELLOW)	1 piece	30	104	3.0	16.0	3.5	1.68	15	0.0	5.0			20+			40+	94	0.80+	
*****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+
TURKEY BURGER (GREEN)	1 each	279	462	37.5	40.5	17.6	3.02	105	1.5	6.0+	0.02+	0.01+	100+	4+	311+	510	1080	2.15+	0.06+
VEGGIE BURGER (GREEN)	1 each	268	387	16.7	69.4	4.1	0.02	0	10.7	6.0+	0.03+	0.01+	165	5+	12+	529	1153	4.81	0.08+
SANDWICH, GRILLED CHICKEN (I)	1 each	203	421	38.9	40.3	9.6	1.57	85	1.0+	6.0+	0.21+	0.10+	82+	0+	0+	593	949	3.08	0.00+
HOT DOG, GRILLED ON ROLL (RE)	1 each	113	333	13.1	25.6	20.0	7.99+	35	1.0	3.1						41+	824		
*****GRAB N GO*****	1 each																		
DESSERT, BLUEBERRY YOGURT	8 ounces	227	370	8.5	73.9	5.9	0.68	7	4.9	15.4+	0.05+	0.03+	137+	3+	107+	371	148	1.69	0.09+
DESSERT, STRAWBERRY YOGURF	8 ounces	227	357	8.4	70.1	5.9	0.68	7	4.8	15.4+	0.05+	0.04+	142+	7+	114+	414	148	1.77	0.08+
FRUIT, CUP GRAPE & CHEESE (R)	7 ounces	198	318	15.1	24.3	16.7	10.29	61	1.3		0.11+	0.03+	425	7+	14+	271+	347	0.41	0.06+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	114	1.1	29.2	0.6	0.19	0	1.5		0.13	0.04	24	9	17	325	3	0.49	0.07
FRUIT, CUP 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
<b>Lunch Totals</b>			<b>5152+</b>	<b>280.2+</b>	<b>604.4+</b>	<b>178.1+</b>	<b>55.20+</b>	<b>591+</b>	<b>41.9+</b>	<b>112.7+</b>	<b>4.55+</b>	<b>1.38+</b>	<b>1693+</b>	<b>110+</b>	<b>1745+</b>	<b>5923+</b>	<b>8595+</b>	<b>29.27+</b>	<b>18.52+</b>

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Sun Jun 21, 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)
<i>Dinner</i>																			
***ENTREES***	1 serving																		
BEEF, SALISBURY STEAK W/ GR/	1 each	175	272	15.3	11.5	19.6	8.00+	40+	2.0	0.0+	0.00+	0.00+	43+	2+	115+	322+	390	2.00+	0.00+
TURKEY, ROAST (GREEN)	4 ounces	125	162	25.2	0.1	7.7	1.80	71	0.0		0.42+	0.20+	1+	0+	285	309	297	0.79	0.00+
****VEGETABLES****	1 each																		
VEG CAULIFLOWER, ROASTED (C	3/4 cup	171	107	3.3	7.7	8.1	0.63	0	3.8		1.50	0.86	36	20	57	316	179	0.89	0.28
VEG, GREEN BEANS, FRESH (GR	3/4 cup	451	39	1.3	7.9	0.0	0.00	0	2.6	0.0+	0.00+	0.00+	60	3+	0+	205+	186	1.31	0.00+
*****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+
<b>Dinner Totals</b>			<b>1002+</b>	<b>51.1+</b>	<b>91.3+</b>	<b>50.1+</b>	<b>13.78+</b>	<b>124+</b>	<b>10.9+</b>	<b>1.3+</b>	<b>2.22+</b>	<b>1.22+</b>	<b>193+</b>	<b>27+</b>	<b>459+</b>	<b>1672+</b>	<b>2044+</b>	<b>5.56+</b>	<b>0.30+</b>
<b>Daily Totals for 06/21/26</b>			<b>7273+</b>	<b>374.1+</b>	<b>772.9+</b>	<b>297.2+</b>	<b>94.80+</b>	<b>1535+</b>	<b>56.7+</b>	<b>117.1+</b>	<b>8.26+</b>	<b>2.74+</b>	<b>2126+</b>	<b>155+</b>	<b>2655+</b>	<b>8531+</b>	<b>12986+</b>	<b>41.27+</b>	<b>22.66+</b>
<b>Daily Value</b>			<b>2000</b>	<b>50.0</b>	<b>275.0</b>	<b>78.0</b>	<b>20.00</b>	<b>300</b>	<b>28.0</b>	<b>50.0</b>			<b>1300</b>	<b>420</b>	<b>1250</b>	<b>4700</b>	<b>2300</b>	<b>18.00</b>	<b>11.00</b>
<b>Percent Daily Value (%)</b>			<b>364+</b>	<b>748.3+</b>	<b>281.1+</b>	<b>381.1+</b>	<b>474.01+</b>	<b>512+</b>	<b>202.4+</b>	<b>234.1+</b>			<b>164+</b>	<b>37+</b>	<b>212+</b>	<b>182+</b>	<b>565+</b>	<b>229.26+</b>	<b>206.01+</b>
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>2200</b>	<b>56.0</b>	<b>303.0</b>	<b>73.3</b>	<b>24.40</b>	<b>300</b>	<b>30.8</b>	<b>55.0</b>	<b>14.00</b>	<b>1.60</b>	<b>1000</b>	<b>420</b>	<b>700</b>	<b>4700</b>	<b>2300</b>	<b>8.00</b>	<b>11.00</b>
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>331+</b>	<b>668.1+</b>	<b>255.1+</b>	<b>405.3+</b>	<b>388.53+</b>	<b>512+</b>	<b>184.0+</b>	<b>212.8+</b>	<b>58.98+</b>	<b>171.48+</b>	<b>213+</b>	<b>37+</b>	<b>379+</b>	<b>182+</b>	<b>565+</b>	<b>515.83+</b>	<b>206.01+</b>

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: Mon Jun 22, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)	
<b>Breakfast</b>																				
*****BREAKFAST ENTREES*****	1 serving																			
CHICKEN, SAUSAGE LINK (YELL	1 each	23	43	3.0	0.1	3.2	0.77	20	0.0		0.04+	0.02+	0+	0+	0+	96	172	0.18	0.00+	
BACON, 1EA (RED)	1 slice	13	58	3.5	0.0	5.3	1.75	23	0.0	0.0			7				257	0.56	1.37	
SAUSAGE, GRAVY (RED)	4 ounces	117	181	3.4	8.2+	14.2	5.20	24	0.0+		0.00+	0.00+	2+	1+	0+	186	540	0.27+	0.00+	
*****BREAKFAST SIDES*****	1 serving																			
VEG, SAUTEED PEPPERS & ONIC	1/2 cup	69	41	0.7	4.9	2.3	0.19	0	1.0+		0.43+	0.20+	11+	7+	17+	117	72+	0.22+	0.12+	
POTATO, HOME FRIED (RED)	3/4 cup	116	219	3.5	24.2	11.7	0.48+	0	2.3		1.24+	0.60+	12	0+	0+	403	530	0.93	0.00+	
OATMEAL, QUICK COOK (GREEN	6 ounces	127	93	2.3	18.8	1.4	0.23	0	1.8	0.0+	0.00+	0.00+	18	2+	57	73	5	0.72	0.05	
GRITS (YELLOW)	3/4 cup	218	100	2.3	22.2	0.4	0.00+	0	1.5	0.0+	0.00+	0.00+	6	2+	0+	40	180	1.30	0.00+	
BREAD, BISCUIT (RED)	1 each	90	280	4.0	39.0	12.0	8.00	0	1.0	3.0			50			68	830	2.00		
*****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	151	287	16.2	39.3	7.9	1.98+	271	0.0	2.3+	0.05+	0.02+	194	11+	208	279	392	2.58	1.21+	
BREAKFAST, HAM, EGG & 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+	
<b>Breakfast Totals</b>			<b>2161+</b>	<b>70.3+</b>	<b>232.4+</b>	<b>106.0+</b>	<b>32.46+</b>	<b>737+</b>	<b>10.7+</b>	<b>27.3+</b>	<b>2.59+</b>	<b>0.89+</b>	<b>437+</b>	<b>38+</b>	<b>559+</b>	<b>1751+</b>	<b>4552+</b>	<b>13.09+</b>	<b>4.22+</b>	
<b>Lunch</b>																				
*****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 & 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 BLEND SAVORY ROOT (GRE	3/4 cup	102	129	1.5	16.1	7.3	0.16+	0	2.2	0.7+	0.41+	0.20+	30	0+	0+	249	242	0.53	0.00+	
*****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 HERBED (GREEN)	3/4 cup	192	232	4.7	38.0	7.4	1.53+	0	2.5	0.0+	1.02+	0.29+	39+	63+	153+	210+	199	1.79+	1.15+	
BREADSTICK, GARLIC CHEESE (	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, MINISTRONE (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																			
SANDWICH, ITALIAN GRILLED CH	1 each	154	358	17.6	6.3	30.7	16.31	49	1.0	0.2+	0.11+	0.02+	542+	14+	48+	286+	767	0.62+	0.34+	
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			
POTATO SWEET POTATO FRENC	6 ounces	171	289	2.0	48.7	8.7	0.04	0	6.1		0.11+	0.05+	0+	0+	0+	0+	264	0.00+	0.00+	
POTATO FRENCH FRIES, STRAIG	6 ounces	171	286	4.0	42.1	12.6	1.04	0	4.0	0.0+	0.11+	0.05+	0+	0+	0+	460	940	1.00	0.00+	
*****GRAB N GO*****	1 each																			
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+	
<b>Lunch Totals</b>			<b>5485+</b>	<b>291.4+</b>	<b>540.2+</b>	<b>232.6+</b>	<b>69.86+</b>	<b>755+</b>	<b>45.4+</b>	<b>37.0+</b>	<b>6.31+</b>	<b>2.02+</b>	<b>1654+</b>	<b>157+</b>	<b>1907+</b>	<b>6449+</b>	<b>11823+</b>	<b>27.21+</b>	<b>17.96+</b>	

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# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Mon Jun 22, 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)
<i>Dinner</i>																			
***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+
CHICKEN, TACO (YELLOW)	2 each	201	425	32.8	29.2	18.4	7.52	101	1.0	0.0+	0.76+	0.24+	253+	8+	382+	418	619	1.04+	1.03+
****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+
<b>Dinner Totals</b>			<b>1178+</b>	<b>70.0+</b>	<b>136.4+</b>	<b>39.5+</b>	<b>13.74+</b>	<b>150+</b>	<b>18.6+</b>	<b>0.0+</b>	<b>2.70+</b>	<b>0.66+</b>	<b>526+</b>	<b>107+</b>	<b>828+</b>	<b>2188+</b>	<b>2588+</b>	<b>9.73+</b>	<b>6.66+</b>
<b>Daily Totals for 06/22/26</b>			<b>8824+</b>	<b>431.7+</b>	<b>909.0+</b>	<b>378.0+</b>	<b>116.06+</b>	<b>1641+</b>	<b>74.7+</b>	<b>64.3+</b>	<b>11.60+</b>	<b>3.57+</b>	<b>2616+</b>	<b>302+</b>	<b>3294+</b>	<b>10388+</b>	<b>18963+</b>	<b>50.03+</b>	<b>28.84+</b>
<b>Daily Value</b>			<b>2000</b>	<b>50.0</b>	<b>275.0</b>	<b>78.0</b>	<b>20.00</b>	<b>300</b>	<b>28.0</b>	<b>50.0</b>			<b>1300</b>	<b>420</b>	<b>1250</b>	<b>4700</b>	<b>2300</b>	<b>18.00</b>	<b>11.00</b>
<b>Percent Daily Value (%)</b>			<b>441+</b>	<b>863.5+</b>	<b>330.5+</b>	<b>484.7+</b>	<b>580.32+</b>	<b>547+</b>	<b>266.8+</b>	<b>128.6+</b>			<b>201+</b>	<b>72+</b>	<b>263+</b>	<b>221+</b>	<b>824+</b>	<b>277.94+</b>	<b>262.16+</b>
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>2200</b>	<b>56.0</b>	<b>303.0</b>	<b>73.3</b>	<b>24.40</b>	<b>300</b>	<b>30.8</b>	<b>55.0</b>	<b>14.00</b>	<b>1.60</b>	<b>1000</b>	<b>420</b>	<b>700</b>	<b>4700</b>	<b>2300</b>	<b>8.00</b>	<b>11.00</b>
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>401+</b>	<b>771.0+</b>	<b>300.0+</b>	<b>515.5+</b>	<b>475.67+</b>	<b>547+</b>	<b>242.6+</b>	<b>117.0+</b>	<b>82.87+</b>	<b>222.96+</b>	<b>262+</b>	<b>72+</b>	<b>471+</b>	<b>221+</b>	<b>824+</b>	<b>625.36+</b>	<b>262.16+</b>

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: Cafeteria

Date: Tue Jun 23, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)
<b>Breakfast</b>																			
*****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	151	287	16.2	39.3	7.9	1.98+	271	0.0	2.3+	0.05+	0.02+	194	11+	208	279	392	2.58	1.21+
TACO, BREAKFAST EGG, CHEES	1 each	168	279	14.3	21.5	14.7	5.41+	296	1.5+	0.0+	0.28+	0.13+	121+	4+	192+	269	550+	1.94+	0.92+
<b>Breakfast Totals</b>			<b>2379+</b>	<b>83.9+</b>	<b>247.1+</b>	<b>118.3+</b>	<b>43.21+</b>	<b>995+</b>	<b>14.6+</b>	<b>5.3+</b>	<b>3.21+</b>	<b>1.09+</b>	<b>542+</b>	<b>69+</b>	<b>741+</b>	<b>1901+</b>	<b>4662+</b>	<b>15.13+</b>	<b>5.09+</b>
<b>Lunch</b>																			
*****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																		
QUESADILLA CHEESE AND CHIC	1 each	147	342	26.3+	14.5+	19.1+	7.75+	99+	0.5+	0.0+			26+			18+	686	0.50+	
POTATO SEASONED FRIES (RED)	6 ounces	171	289	4.1	38.6	12.7	3.07	0	4.0	0.0+	0.11+	0.05+	0+	0+	0+	709	669	0.00+	0.00+
<b>Lunch Totals</b>			<b>2532+</b>	<b>123.9+</b>	<b>236.5+</b>	<b>117.7+</b>	<b>36.53+</b>	<b>262+</b>	<b>27.9+</b>	<b>1.9+</b>	<b>2.24+</b>	<b>0.39+</b>	<b>443+</b>	<b>80+</b>	<b>469+</b>	<b>2457+</b>	<b>7414+</b>	<b>8.08+</b>	<b>2.10+</b>
<b>Dinner</b>																			
***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+
CHICKEN, CORDON BLEU (RED)	1 each	198	430	32.0	17.0	26.0	8.00	105	1.0				240		350	500	780	1.44	
****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	
PASTA, BOWTIE (YELLOW)	1/2 cup	408	101	3.5	21.3	0.5	0.00+	0	1.0	0.0+	0.00+	0.00+	11+	4+	0+	65	11	0.81	0.00+
GRAVY, POULTRY LOW SODIUM	2 ounces	59	19	0.0	2.9	0.5	0.00+	0	0.0	0.0+	0.00+	0.00+	8	1+	0+	39	138	0.00	0.00+
BREAD, TOASTED GARLIC (RED)	1 slice	37	140	3.0	14.0	7.0	1.50	0	1.0	0.0			0			0	190	1.00	
<b>Dinner Totals</b>			<b>1477+</b>	<b>73.6+</b>	<b>149.8+</b>	<b>65.4+</b>	<b>20.79+</b>	<b>173+</b>	<b>16.0+</b>	<b>0.8+</b>	<b>2.53+</b>	<b>0.98+</b>	<b>533+</b>	<b>85+</b>	<b>786+</b>	<b>2320+</b>	<b>2628+</b>	<b>9.64+</b>	<b>5.50+</b>
<b>Daily Totals for 06/23/26</b>			<b>6389+</b>	<b>281.4+</b>	<b>633.4+</b>	<b>301.4+</b>	<b>100.53+</b>	<b>1431+</b>	<b>58.5+</b>	<b>8.0+</b>	<b>7.97+</b>	<b>2.46+</b>	<b>1519+</b>	<b>235+</b>	<b>1996+</b>	<b>6678+</b>	<b>14704+</b>	<b>32.85+</b>	<b>12.69+</b>
<b>Daily Value</b>			<b>2000</b>	<b>50.0</b>	<b>275.0</b>	<b>78.0</b>	<b>20.00</b>	<b>300</b>	<b>28.0</b>	<b>50.0</b>			<b>1300</b>	<b>420</b>	<b>1250</b>	<b>4700</b>	<b>2300</b>	<b>18.00</b>	<b>11.00</b>

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Tue Jun 23, 2026**

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Fat (gm)	SFA (gm)	Chol estrol (mg)	Dietry Fiber (gm)	Added Sugars (gm)	Lin oleic (gm)	Lino lenic (gm)	Cal cium (mg)	Magne sium (mg)	Phos phorus (mg)	Potas sium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)
Percent Daily Value (%)			319+	562.8+	230.3+	386.4+	502.67+	477+	208.9+	16.0+			117+	56+	160+	142+	639+	182.52+	115.33+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			2200	56.0	303.0	73.3	24.40	300	30.8	55.0	14.00	1.60	1000	420	700	4700	2300	8.00	11.00
Percent RDA/DRI STANDARDS, 3 MEALS (%)			290+	502.5+	209.0+	411.0+	412.02+	477+	189.9+	14.5+	56.94+	153.73+	152+	56+	285+	142+	639+	410.67+	115.33+

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

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Wed Jun 24, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)	
<b>Breakfast</b>																				
*****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 ((	3/4 cup	171	107	3.3	7.7	8.1	0.63	0	3.8		1.50	0.86	36	20	57	316	179	0.89	0.28	
QUICHE, SPINACH & CHEESE (YE	1 each	61	110	5.4	2.1	8.8	3.69+	89	0.4	0.0+	0.29+	0.12+	104+	15+	95+	132+	276	0.73+	0.70+	
POTATO, HOME FRIED (RED)	3/4 cup	116	219	3.5	24.2	11.7	0.48+	0	2.3		1.24+	0.60+	12	0+	0+	403	530	0.93	0.00+	
OATMEAL, QUICK COOK (GREEN	6 ounces	127	93	2.3	18.8	1.4	0.23	0	1.8	0.0+	0.00+	0.00+	18	2+	57	73	5	0.72	0.05	
GRITS (YELLOW)	3/4 cup	218	100	2.3	22.2	0.4	0.00+	0	1.5	0.0+	0.00+	0.00+	6	2+	0+	40	180	1.30	0.00+	
BREAD, BISCUIT (RED)	1 each	90	280	4.0	39.0	12.0	8.00	0	1.0	3.0			50			68	830	2.00		
*****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	151	287	16.2	39.3	7.9	1.98+	271	0.0	2.3+	0.05+	0.02+	194	11+	208	279	392	2.58	1.21+	
SANDWICH, BRKFST, HASH BRO	1 each	217	570	22.2	52.8	28.8	8.85	176	2.8	6.0+			168+		60+	357+	1460	3.43+	2.75+	
<b>Breakfast Totals</b>			<b>2520+</b>	<b>81.0+</b>	<b>264.9+</b>	<b>125.8+</b>	<b>36.11+</b>	<b>851+</b>	<b>14.6+</b>	<b>41.3+</b>	<b>3.68+</b>	<b>1.65+</b>	<b>620+</b>	<b>55+</b>	<b>541+</b>	<b>2097+</b>	<b>5273+</b>	<b>14.31+</b>	<b>6.95+</b>	
<b>Lunch</b>																				
*****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 SHELL	3 each	354	604	25.4	56.9	24.5	13.35	91	3.4	3.8+	0.19+	0.02+	736	14+	130+	622	1278	4.85	0.93+	
*****VEGETABLES*****	1 each																			
VEG ASPARAGUS, SAUTEED (GR	1/2 cup	97	66	2.0	3.5	5.6	0.44	0	1.9		1.07+	0.51+	22	13+	47+	184+	177	1.94	0.49+	
VEG, CORN, SEASONED WHOLE	0.75 cup	182	177	4.4	31.7	3.5	0.99	0	3.2	0.0+	0.55+	0.02+	8+	31+	116+	339+	70	0.48+	0.65+	
*****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+	
*****GRILL*****	1 each																			
FISH, FISH & CHIPS (YELLOW)	10 ounces	322	611	22.0	69.0	28.5	3.43	54	2.8	0.0+	1.63+	0.45+	24+	1+	3+	652+	1691	2.90	0.03+	
POTATO TATER TOTS (RED)	6 ounces	172	310	4.1	36.8	16.7	4.10	0	4.1	0.0+	0.08+	0.04+	0+	0+	0+	795	673	0.00+	0.00+	
*****GRAB N GO*****	1 each																			
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+	
<b>Lunch Totals</b>			<b>4319+</b>	<b>171.9+</b>	<b>412.3+</b>	<b>216.5+</b>	<b>63.32+</b>	<b>494+</b>	<b>29.0+</b>	<b>3.8+</b>	<b>5.24+</b>	<b>1.69+</b>	<b>1142+</b>	<b>149+</b>	<b>809+</b>	<b>4592+</b>	<b>8399+</b>	<b>15.50+</b>	<b>3.89+</b>	

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

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Wed Jun 24, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)	
<i>Dinner</i>																				
***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+	
PORK CHOP, COOKED BREADED	2 each	181	600	28.0	32.0	44.0	14.00	70	2.0	2.0							1000			
****VEGETABLES****	1 each																			
VEG, GREEN BEANS, HERBED (G)	3/4 cup	138	98	1.8	11.0	5.2	0.41	0	3.3	0.0+	0.98+	0.47+	74	7+	12+	259	281	1.96	0.11+	
APPLES, CINNAMON SPICED (YE)	1/2 cup	140	142	0.2	36.3	0.5	0.08	0	2.2		0.11	0.02	7	4	7	76	50	0.28	0.06	
*****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+	
RICE, STEAMED (YELLOW)	3/4 cup	156	183	4.3	39.7	0.1	0.01	0	0.0		0.02+	0.01+	3+	1+	0+	1+	3	0.00+	0.00+	
GRAVY, PORK (YELLOW)	2 ounces	59	18	0.4	3.1	0.4	0.21	0	0.1		0.02	0.00	8	2	9	12	262	0.19	0.05	
ROLL, HAWAIIAN YEAST (YELLOW)	1 piece	30	104	3.0	16.0	3.5	1.68	15	0.0	5.0			20+			40+	94	0.80+		
<b>Dinner Totals</b>			<b>1620+</b>	<b>62.4+</b>	<b>200.3+</b>	<b>68.8+</b>	<b>19.89+</b>	<b>135+</b>	<b>13.7+</b>	<b>7.0+</b>	<b>1.79+</b>	<b>0.58+</b>	<b>153+</b>	<b>30+</b>	<b>236+</b>	<b>1376+</b>	<b>2094+</b>	<b>6.20+</b>	<b>0.54+</b>	
<b>Daily Totals for 06/24/26</b>			<b>8459+</b>	<b>315.3+</b>	<b>877.6+</b>	<b>411.0+</b>	<b>119.32+</b>	<b>1480+</b>	<b>57.4+</b>	<b>52.1+</b>	<b>10.71+</b>	<b>3.92+</b>	<b>1915+</b>	<b>234+</b>	<b>1586+</b>	<b>8065+</b>	<b>15766+</b>	<b>36.01+</b>	<b>11.38+</b>	
<b>Daily Value</b>			<b>2000</b>	<b>50.0</b>	<b>275.0</b>	<b>78.0</b>	<b>20.00</b>	<b>300</b>	<b>28.0</b>	<b>50.0</b>			<b>1300</b>	<b>420</b>	<b>1250</b>	<b>4700</b>	<b>2300</b>	<b>18.00</b>	<b>11.00</b>	
<b>Percent Daily Value (%)</b>			<b>423+</b>	<b>630.6+</b>	<b>319.1+</b>	<b>526.9+</b>	<b>596.59+</b>	<b>493+</b>	<b>204.8+</b>	<b>104.3+</b>			<b>147+</b>	<b>56+</b>	<b>127+</b>	<b>172+</b>	<b>685+</b>	<b>200.04+</b>	<b>103.44+</b>	
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>2200</b>	<b>56.0</b>	<b>303.0</b>	<b>73.3</b>	<b>24.40</b>	<b>300</b>	<b>30.8</b>	<b>55.0</b>	<b>14.00</b>	<b>1.60</b>	<b>1000</b>	<b>420</b>	<b>700</b>	<b>4700</b>	<b>2300</b>	<b>8.00</b>	<b>11.00</b>	
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>385+</b>	<b>563.1+</b>	<b>289.6+</b>	<b>560.5+</b>	<b>489.01+</b>	<b>493+</b>	<b>186.2+</b>	<b>94.8+</b>	<b>76.51+</b>	<b>244.81+</b>	<b>192+</b>	<b>56+</b>	<b>227+</b>	<b>172+</b>	<b>685+</b>	<b>450.09+</b>	<b>103.44+</b>	

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# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Thu Jun 25, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)	
<b>Breakfast</b>																				
*****BREAKFAST ENTREES*****	1 serving																			
TURKEY, TURKEY SAUSAGE GR/ BACON, 1EA (RED)	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+	
PORK, SAUSAGE PATTY (RED)	1 slice	13	58	3.5	0.0	5.3	1.75	23	0.0	0.0			7				257	0.56	1.37	
TURKEY, SAUSAGE PATTY (YELL)	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 GRITS (YELLOW))	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	
BREAD, BISCUIT (RED)	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+	
*****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	151	287	16.2	39.3	7.9	1.98+	271	0.0	2.3+	0.05+	0.02+	194	11+	208	279	392	2.58	1.21+	
TACO, BREAKFAST EGG, CHEES	1 each	168	279	14.3	21.5	14.7	5.41+	296	1.5+	0.0+	0.28+	0.13+	121+	4+	192+	269	550+	1.94+	0.92+	
<b>Breakfast Totals</b>			<b>2169+</b>	<b>76.7+</b>	<b>232.3+</b>	<b>104.4+</b>	<b>35.27+</b>	<b>893+</b>	<b>11.3+</b>	<b>5.3+</b>	<b>2.65+</b>	<b>1.05+</b>	<b>466+</b>	<b>44+</b>	<b>583+</b>	<b>1923+</b>	<b>4140+</b>	<b>13.72+</b>	<b>4.52+</b>	
<b>Lunch</b>																				
*****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+	
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+	
*****FUELING STATION*****	1 serving																			
SALAD, POTATO (DEVILED) (YEL)	1 ounce	66	43	1.0	5.0	2.2	0.30	10	0.9	0.0+	0.19+	0.08+	14+	8+	17+	106	126	1.47+	0.14+	
^SALAD, FRUIT AL FRESCO	1 ounce	28	16	0.2	4.3	0.0	0.00	0	0.2	1.8			4			40	3	0.04		
SALAD, PASTA CALIFORNIA (YEL)	1 ounce	44	38+	1.4+	4.5+	1.6+	0.15+	2+	0.1+	0.2+	0.01+	0.00+	5+	1+	10+	18+	51+	0.08+	0.01+	
*****GRILL *****	1 each																			
SANDWICH, PHILLY STEAK w/ SW	1 each	256	672	33.2	73.8	28.1	11.40	82	5.0	0.0+	1.09+	0.36+	384+	19+	255+	118+	1077	0.20+	1.92+	
ONION RINGS (YELLOW)	6 ounces	171	424	4.0	42.1	28.4	2.03	0	2.0	4.0+	0.08+	0.04+	48	0+	0+	188	640	1.80	0.00+	
*****GRAB N GO*****	1 each																			
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 (R)	1 each	256	532	33.8	34.7	30.0	11.35+	135	1.0+	0.0+	0.75+	0.08+	417+	20+	271+	189+	1241	1.19+	2.14+	
<b>Lunch Totals</b>			<b>4236+</b>	<b>182.1+</b>	<b>411.5+</b>	<b>215.9+</b>	<b>67.70+</b>	<b>583+</b>	<b>31.2+</b>	<b>33.3+</b>	<b>12.11+</b>	<b>2.72+</b>	<b>1809+</b>	<b>201+</b>	<b>1274+</b>	<b>3275+</b>	<b>9357+</b>	<b>17.07+</b>	<b>9.66+</b>	

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# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Thu Jun 25, 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)
<i>Dinner</i>																			
***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+
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, 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+
POTATO, ROSEMARY ROASTED	4 ounces	115	88	2.2	17.2	1.4	0.20	0	2.2	0.0+	0.14+	0.01+	6	0+	0+	374	151	0.35	0.00+
ROLL, HAWAIIAN YEAST (YELLOW	1 piece	30	104	3.0	16.0	3.5	1.68	15	0.0	5.0			20+			40+	94	0.80+	
<b>Dinner Totals</b>			<b>1268+</b>	<b>82.8+</b>	<b>89.2+</b>	<b>64.8+</b>	<b>13.98+</b>	<b>172+</b>	<b>8.7+</b>	<b>5.0+</b>	<b>3.46+</b>	<b>1.61+</b>	<b>429+</b>	<b>46+</b>	<b>383+</b>	<b>2281+</b>	<b>2444+</b>	<b>6.31+</b>	<b>0.58+</b>
<b>Daily Totals for 06/25/26</b>			<b>7673+</b>	<b>341.6+</b>	<b>733.0+</b>	<b>385.1+</b>	<b>116.96+</b>	<b>1649+</b>	<b>51.2+</b>	<b>43.6+</b>	<b>18.22+</b>	<b>5.38+</b>	<b>2704+</b>	<b>291+</b>	<b>2240+</b>	<b>7480+</b>	<b>15941+</b>	<b>37.10+</b>	<b>14.75+</b>
<b>Daily Value</b>			<b>2000</b>	<b>50.0</b>	<b>275.0</b>	<b>78.0</b>	<b>20.00</b>	<b>300</b>	<b>28.0</b>	<b>50.0</b>			<b>1300</b>	<b>420</b>	<b>1250</b>	<b>4700</b>	<b>2300</b>	<b>18.00</b>	<b>11.00</b>
<b>Percent Daily Value (%)</b>			<b>384+</b>	<b>683.2+</b>	<b>266.5+</b>	<b>493.7+</b>	<b>584.78+</b>	<b>550+</b>	<b>182.9+</b>	<b>87.3+</b>			<b>208+</b>	<b>69+</b>	<b>179+</b>	<b>159+</b>	<b>693+</b>	<b>206.10+</b>	<b>134.09+</b>
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>2200</b>	<b>56.0</b>	<b>303.0</b>	<b>73.3</b>	<b>24.40</b>	<b>300</b>	<b>30.8</b>	<b>55.0</b>	<b>14.00</b>	<b>1.60</b>	<b>1000</b>	<b>420</b>	<b>700</b>	<b>4700</b>	<b>2300</b>	<b>8.00</b>	<b>11.00</b>
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>349+</b>	<b>610.0+</b>	<b>241.9+</b>	<b>525.2+</b>	<b>479.33+</b>	<b>550+</b>	<b>166.2+</b>	<b>79.3+</b>	<b>130.17+</b>	<b>336.20+</b>	<b>270+</b>	<b>69+</b>	<b>320+</b>	<b>159+</b>	<b>693+</b>	<b>463.74+</b>	<b>134.09+</b>

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

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Fri Jun 26, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)	
<b>Breakfast</b>																				
*****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 & ONIONS	1/2 cup	69	41	0.7	4.9	2.3	0.19	0	1.0+		0.43+	0.20+	11+	7+	17+	117	72+	0.22+	0.12+	
POTATOES, BREAKFAST CASSEI	1 square	129	229	5.7	18.6	15.0	7.51+	21+	1.4	0.0+	0.52+	0.13+	122+	16+	129+	302+	363	1.04+	0.75+	
POTATO, HOME FRIED (RED)	3/4 cup	116	219	3.5	24.2	11.7	0.48+	0	2.3		1.24+	0.60+	12	0+	0+	403	530	0.93	0.00+	
OATMEAL, QUICK COOK (GREEN)	6 ounces	127	93	2.3	18.8	1.4	0.23	0	1.8	0.0+	0.00+	0.00+	18	2+	57	73	5	0.72	0.05	
GRITS (YELLOW)	3/4 cup	218	100	2.3	22.2	0.4	0.00+	0	1.5	0.0+	0.00+	0.00+	6	2+	0+	40	180	1.30	0.00+	
BREAD, BISCUIT (RED)	1 each	90	280	4.0	39.0	12.0	8.00	0	1.0	3.0			50			68	830	2.00		
*****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	151	287	16.2	39.3	7.9	1.98+	271	0.0	2.3+	0.05+	0.02+	194	11+	208	279	392	2.58	1.21+	
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+		
<b>Breakfast Totals</b>			<b>2595+</b>	<b>71.1+</b>	<b>248.7+</b>	<b>145.8+</b>	<b>57.64+</b>	<b>721+</b>	<b>11.1+</b>	<b>14.6+</b>	<b>2.84+</b>	<b>1.01+</b>	<b>596+</b>	<b>43+</b>	<b>534+</b>	<b>2071+</b>	<b>5215+</b>	<b>14.91+</b>	<b>4.09+</b>	
<b>Lunch</b>																				
*****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						190+	228+	1030			
*****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, 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																			
SANDWICH, BBQ PORK w/ COLESLAW	1 sandwich	244	593	34.9	50.7	27.3	8.95	104	2.1	13.4+			82+			455	1026	3.46+		
*****GRAB N GO*****	1 each																			
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+	
<b>Lunch Totals</b>			<b>3570+</b>	<b>169.4+</b>	<b>427.0+</b>	<b>137.5+</b>	<b>42.31+</b>	<b>599+</b>	<b>32.6+</b>	<b>49.4+</b>	<b>3.10+</b>	<b>0.72+</b>	<b>911+</b>	<b>196+</b>	<b>1235+</b>	<b>3811+</b>	<b>8646+</b>	<b>24.27+</b>	<b>6.24+</b>	
<b>Dinner</b>																				
***ENTREES***	1 serving																			
CHICKEN WINGS, THAI STYLE (RED)	1 each	52	132	6.7	8.5	7.6	2.22	49	0.0	6.2			0+			117	332	0.22+		
BEEF, BEEF & BROCCOLI (GREEN)	1 cup	328	190	17.7	19.4	5.7	1.11	40	3.0	0.0+	0.66+	0.32+	67+	33+	91+	630+	838	2.67	0.55+	
*****VEGETABLES*****	1 each																			
VEG SNOW PEAS & CARROTS, GREEN	3/4 cup	100	64	1.3	8.0	3.2	0.45+	0	2.5+		0.33+	0.03+	119+	8+	142+	212	147+	1.07+	0.22+	
VEG, BLEND, MANDARIN STIR FRY	1/2 cup	93	48	1.2	5.8	1.5	0.68	0	2.3	0.0+	0.00+	0.00+	0+	0+	0+	199+	72+	0.01+	0.00+	
*****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+	
<b>Dinner Totals</b>			<b>887+</b>	<b>35.2+</b>	<b>111.9+</b>	<b>32.9+</b>	<b>6.04+</b>	<b>144+</b>	<b>10.6+</b>	<b>7.6+</b>	<b>2.42+</b>	<b>0.73+</b>	<b>251+</b>	<b>56+</b>	<b>294+</b>	<b>1648+</b>	<b>2183+</b>	<b>5.28+</b>	<b>1.22+</b>	
<b>Daily Totals for 06/26/26</b>			<b>7052+</b>	<b>275.7+</b>	<b>787.7+</b>	<b>316.2+</b>	<b>105.99+</b>	<b>1464+</b>	<b>54.4+</b>	<b>71.6+</b>	<b>8.36+</b>	<b>2.47+</b>	<b>1759+</b>	<b>296+</b>	<b>2064+</b>	<b>7529+</b>	<b>16044+</b>	<b>44.45+</b>	<b>11.54+</b>	

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Fri Jun 26, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)
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 (%)			353+	551.4+	286.4+	405.4+	529.96+	488+	194.4+	143.3+			135+	70+	165+	160+	698+	246.97+	104.93+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			2200	56.0	303.0	73.3	24.40	300	30.8	55.0	14.00	1.60	1000	420	700	4700	2300	8.00	11.00
Percent RDA/DRI STANDARDS, 3 MEALS (%)			321+	492.3+	260.0+	431.2+	434.39+	488+	176.7+	130.3+	59.69+	154.11+	176+	70+	295+	160+	698+	555.69+	104.93+

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

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Sat Jun 27, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)	
<b>Breakfast</b>																				
*****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		
<b>Breakfast Totals</b>			<b>1254+</b>	<b>39.3+</b>	<b>95.8+</b>	<b>76.9+</b>	<b>26.56+</b>	<b>637+</b>	<b>5.0+</b>	<b>10.0+</b>	<b>0.64+</b>	<b>0.08+</b>	<b>164+</b>	<b>5+</b>	<b>226+</b>	<b>918+</b>	<b>2382+</b>	<b>6.87+</b>	<b>3.07+</b>	
<b>Lunch</b>																				
*****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	98	1.8	11.0	5.2	0.41	0	3.3	0.0+	0.98+	0.47+	74	7+	12+	259	281	1.96	0.11+	
*****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+		
<b>Lunch Totals</b>			<b>1411+</b>	<b>76.6+</b>	<b>146.7+</b>	<b>58.6+</b>	<b>16.04+</b>	<b>239+</b>	<b>11.2+</b>	<b>5.6+</b>	<b>2.54+</b>	<b>0.88+</b>	<b>342+</b>	<b>109+</b>	<b>936+</b>	<b>2178+</b>	<b>2514+</b>	<b>10.16+</b>	<b>8.38+</b>	
<b>Dinner</b>																				
*****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+	
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, 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	
<b>Dinner Totals</b>			<b>986+</b>	<b>72.7+</b>	<b>104.4+</b>	<b>29.8+</b>	<b>8.83+</b>	<b>182+</b>	<b>9.4+</b>	<b>0.0+</b>	<b>2.05+</b>	<b>0.63+</b>	<b>158+</b>	<b>142+</b>	<b>922+</b>	<b>1782+</b>	<b>1320+</b>	<b>6.24+</b>	<b>8.40+</b>	
<b>Daily Totals for 06/27/26</b>			<b>3651+</b>	<b>188.6+</b>	<b>346.9+</b>	<b>165.3+</b>	<b>51.43+</b>	<b>1058+</b>	<b>25.6+</b>	<b>15.6+</b>	<b>5.22+</b>	<b>1.59+</b>	<b>663+</b>	<b>256+</b>	<b>2084+</b>	<b>4878+</b>	<b>6216+</b>	<b>23.28+</b>	<b>19.85+</b>	
<b>Daily Value</b>			<b>2000</b>	<b>50.0</b>	<b>275.0</b>	<b>78.0</b>	<b>20.00</b>	<b>300</b>	<b>28.0</b>	<b>50.0</b>			<b>1300</b>	<b>420</b>	<b>1250</b>	<b>4700</b>	<b>2300</b>	<b>18.00</b>	<b>11.00</b>	
<b>Percent Daily Value (%)</b>			<b>183+</b>	<b>377.2+</b>	<b>126.2+</b>	<b>211.9+</b>	<b>257.17+</b>	<b>353+</b>	<b>91.5+</b>	<b>31.3+</b>			<b>51+</b>	<b>61+</b>	<b>167+</b>	<b>104+</b>	<b>270+</b>	<b>129.32+</b>	<b>180.48+</b>	
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>2200</b>	<b>56.0</b>	<b>303.0</b>	<b>73.3</b>	<b>24.40</b>	<b>300</b>	<b>30.8</b>	<b>55.0</b>	<b>14.00</b>	<b>1.60</b>	<b>1000</b>	<b>420</b>	<b>700</b>	<b>4700</b>	<b>2300</b>	<b>8.00</b>	<b>11.00</b>	
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>166+</b>	<b>336.8+</b>	<b>114.5+</b>	<b>225.4+</b>	<b>210.79+</b>	<b>353+</b>	<b>83.2+</b>	<b>28.4+</b>	<b>37.30+</b>	<b>99.46+</b>	<b>66+</b>	<b>61+</b>	<b>298+</b>	<b>104+</b>	<b>270+</b>	<b>290.97+</b>	<b>180.48+</b>	
<b>Week Daily Average (06/21/26-06/27/26)</b>			<b>7046+</b>	<b>315.5+</b>	<b>722.9+</b>	<b>322.1+</b>	<b>100.73+</b>	<b>1465+</b>	<b>54.1+</b>	<b>53.2+</b>	<b>10.05+</b>	<b>3.16+</b>	<b>1900+</b>	<b>253+</b>	<b>2274+</b>	<b>7650+</b>	<b>14374+</b>	<b>37.86+</b>	<b>17.39+</b>	

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Sun Jun 28, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)	
<b>Lunch</b>																				
****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+		
<b>Lunch Totals</b>			<b>1051+</b>	<b>80.3+</b>	<b>130.2+</b>	<b>21.7+</b>	<b>6.98+</b>	<b>191+</b>	<b>8.0+</b>	<b>5.0+</b>	<b>0.92+</b>	<b>0.19+</b>	<b>158+</b>	<b>78+</b>	<b>230+</b>	<b>1587+</b>	<b>1102+</b>	<b>5.48+</b>	<b>1.71+</b>	
<b>Dinner</b>																				
***ENTREES***	1 serving																			
LASAGNA, SPINACH (GREEN)	1 serving	354	291	20.5	34.7	8.9	4.06+	68	6.3	0.0+	0.50+	0.17+	364+	93+	311+	1052+	615	4.27+	2.07+	
CHICKEN, PRIMAVERA (GREEN)	4 ounces	480	246	24.8	24.0	6.0	0.33	73	5.3	0.0+	0.74+	0.26+	111+	33+	365	897	241	1.98+	0.47+	
****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+	
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+	
<b>Dinner Totals</b>			<b>972+</b>	<b>55.4+</b>	<b>126.0+</b>	<b>29.8+</b>	<b>6.90+</b>	<b>141+</b>	<b>18.7+</b>	<b>0.0+</b>	<b>3.28+</b>	<b>1.45+</b>	<b>557+</b>	<b>160+</b>	<b>758+</b>	<b>2567+</b>	<b>1672+</b>	<b>9.09+</b>	<b>3.04+</b>	
<b>Daily Totals for 06/28/26</b>			<b>2023+</b>	<b>135.7+</b>	<b>256.2+</b>	<b>51.5+</b>	<b>13.89+</b>	<b>332+</b>	<b>26.7+</b>	<b>5.0+</b>	<b>4.20+</b>	<b>1.65+</b>	<b>715+</b>	<b>237+</b>	<b>988+</b>	<b>4154+</b>	<b>2773+</b>	<b>14.57+</b>	<b>4.75+</b>	
<b>Daily Value</b>			<b>2000</b>	<b>50.0</b>	<b>275.0</b>	<b>78.0</b>	<b>20.00</b>	<b>300</b>	<b>28.0</b>	<b>50.0</b>			<b>1300</b>	<b>420</b>	<b>1250</b>	<b>4700</b>	<b>2300</b>	<b>18.00</b>	<b>11.00</b>	
<b>Percent Daily Value (%)</b>			<b>101+</b>	<b>271.5+</b>	<b>93.2+</b>	<b>66.0+</b>	<b>69.43+</b>	<b>111+</b>	<b>95.3+</b>	<b>10.0+</b>			<b>55+</b>	<b>56+</b>	<b>79+</b>	<b>88+</b>	<b>121+</b>	<b>80.93+</b>	<b>43.21+</b>	
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>2200</b>	<b>56.0</b>	<b>303.0</b>	<b>73.3</b>	<b>24.40</b>	<b>300</b>	<b>30.8</b>	<b>55.0</b>	<b>14.00</b>	<b>1.60</b>	<b>1000</b>	<b>420</b>	<b>700</b>	<b>4700</b>	<b>2300</b>	<b>8.00</b>	<b>11.00</b>	
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>92+</b>	<b>242.4+</b>	<b>84.6+</b>	<b>70.2+</b>	<b>56.91+</b>	<b>111+</b>	<b>86.7+</b>	<b>9.1+</b>	<b>30.01+</b>	<b>102.84+</b>	<b>72+</b>	<b>56+</b>	<b>141+</b>	<b>88+</b>	<b>121+</b>	<b>182.10+</b>	<b>43.21+</b>	

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Mon Jun 29, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)	
<b>Lunch</b>																				
*****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 (G)	4 ounces	143	189	14.0	2.3	7.9	3.27	149	0.6	0.0+	0.09+	0.01+	8+	3+	6+	136+	956	0.37+	0.07+	
CHICKEN SEASONED QTR (YELL)	1 each	175	365	25.8	3.0	27.4	7.60	0+	0.0	0.0					190+	228+	1030			
*****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 & 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																			
POTATO, MASHED RED GARLIC (	1/2 cup	109	117	2.5	14.2	5.9	3.77	17	1.7	0.0			33			415	352	0.50		
PASTA, LINGUINE (YELLOW)	3/4 cup	350	172	5.9	33.9	1.1	0.16	0	1.5		0.32	0.05	19	27	86	104	221	1.50	0.64	
BREADSTICK, GARLIC CHEESE (	1 each	28	79	2.9	10.3	1.0	0.98	5	0.5	0.5			24			23	231	0.49		
*****SOUP*****	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																			
SANDWICH, PHILLY CHICKEN w/	1 each	275	674	41.3	75.5	23.9	9.30	103	4.9+	0.0+	1.09+	0.36+	384+	19+	255+	118+	1079	0.20+	1.92+	
*****GRAB N GO*****	1 each																			
SMALL BITE, CHICKEN & CHEESE	1 each	251	487	38.7	32.8	23.8	10.76	129	0.5	0.0+	0.71+	0.08+	411+	18+	517+	511+	845	1.04+	2.09+	
SMALL BITE, SALAMI & CHEESE (	1 each	194	610	27.4	31.5	43.4	19.87	127	0.5		0.71+	0.08+	411+	18+	264+	311+	1744	1.04+	2.09+	
<b>Lunch Totals</b>			<b>3279+</b>	<b>184.3+</b>	<b>263.2+</b>	<b>164.8+</b>	<b>66.01+</b>	<b>607+</b>	<b>17.4+</b>	<b>0.5+</b>	<b>4.08+</b>	<b>0.78+</b>	<b>1664+</b>	<b>138+</b>	<b>1640+</b>	<b>2680+</b>	<b>7442+</b>	<b>9.54+</b>	<b>10.14+</b>	
<b>Dinner</b>																				
***ENTREES***	1 serving																			
FISH, SALMON, TERIYAKI GLAZE	6 ounces	186	273	42.6	3.9	8.8	1.45	150	0.0	2.6+	0.15+	0.07+	22+	0+	0+	948+	392	1.50+	0.00+	
BEEF, MONGOLIAN GRILL (YELL)	6 ounces	199	291	32.1	12.0	12.2	2.78	88	0.3+	7.6+	0.63+	0.30+	5+	5+	11+	648	806	1.70	0.07+	
*****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, 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 (YELLO	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+	
<b>Dinner Totals</b>			<b>902+</b>	<b>84.9+</b>	<b>70.4+</b>	<b>28.7+</b>	<b>5.78+</b>	<b>294+</b>	<b>6.8+</b>	<b>13.7+</b>	<b>2.07+</b>	<b>0.65+</b>	<b>103+</b>	<b>21+</b>	<b>75+</b>	<b>2161+</b>	<b>2061+</b>	<b>5.33+</b>	<b>0.55+</b>	
<b>Daily Totals for 06/29/26</b>			<b>4181+</b>	<b>269.2+</b>	<b>333.6+</b>	<b>193.5+</b>	<b>71.80+</b>	<b>901+</b>	<b>24.2+</b>	<b>14.2+</b>	<b>6.15+</b>	<b>1.43+</b>	<b>1767+</b>	<b>160+</b>	<b>1715+</b>	<b>4840+</b>	<b>9503+</b>	<b>14.87+</b>	<b>10.70+</b>	
<b>Daily Value</b>			<b>2000</b>	<b>50.0</b>	<b>275.0</b>	<b>78.0</b>	<b>20.00</b>	<b>300</b>	<b>28.0</b>	<b>50.0</b>			<b>1300</b>	<b>420</b>	<b>1250</b>	<b>4700</b>	<b>2300</b>	<b>18.00</b>	<b>11.00</b>	
<b>Percent Daily Value (%)</b>			<b>209+</b>	<b>538.5+</b>	<b>121.3+</b>	<b>248.1+</b>	<b>358.98+</b>	<b>300+</b>	<b>86.5+</b>	<b>28.4+</b>			<b>136+</b>	<b>38+</b>	<b>137+</b>	<b>103+</b>	<b>413+</b>	<b>82.64+</b>	<b>97.24+</b>	
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>2200</b>	<b>56.0</b>	<b>303.0</b>	<b>73.3</b>	<b>24.40</b>	<b>300</b>	<b>30.8</b>	<b>55.0</b>	<b>14.00</b>	<b>1.60</b>	<b>1000</b>	<b>420</b>	<b>700</b>	<b>4700</b>	<b>2300</b>	<b>8.00</b>	<b>11.00</b>	
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>190+</b>	<b>480.8+</b>	<b>110.1+</b>	<b>263.9+</b>	<b>294.25+</b>	<b>300+</b>	<b>78.6+</b>	<b>25.8+</b>	<b>43.95+</b>	<b>89.44+</b>	<b>177+</b>	<b>38+</b>	<b>245+</b>	<b>103+</b>	<b>413+</b>	<b>185.93+</b>	<b>97.24+</b>	

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Tue Jun 30, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)	
<b>Lunch</b>																				
****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																			
SANDWICH, MEXICAN TORTA (YE	1 each	307	575	28.5	58.5	25.2	8.74	55	4.9	2.0+	1.04+	0.05+	191+	32+	257+	633+	2112	4.44+	1.66+	
****GRAB N GO****	1 each																			
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+	
<b>Lunch Totals</b>			<b>3036+</b>	<b>151.2+</b>	<b>272.0+</b>	<b>151.6+</b>	<b>54.34+</b>	<b>323+</b>	<b>33.5+</b>	<b>4.1+</b>	<b>5.15+</b>	<b>0.66+</b>	<b>1214+</b>	<b>180+</b>	<b>1591+</b>	<b>3794+</b>	<b>7583+</b>	<b>14.55+</b>	<b>11.69+</b>	
<b>Dinner</b>																				
***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+	
SHRIMP, SEASONED GRILLED (G	4 ounces	143	189	14.0	2.3	7.9	3.27	149	0.6	0.0+	0.09+	0.01+	8+	3+	6+	136+	956	0.37+	0.07+	
****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	128	50	3.4	5.0	2.6	0.24	0	2.6		0.45	0.36	118	90	60	644	230	3.12	0.63	
****STARCH****	1 each																			
PASTA, BUTTERED BOWTIE (YEL	1 cup	343	218	7.1	42.5	2.7	0.66+	0	2.0	0.0+	0.06+	0.03+	9+	3+	0+	124+	109	1.62+	0.00+	
RICE, STEAMED (YELLOW)	3/4 cup	156	183	4.3	39.7	0.1	0.01	0	0.0		0.02+	0.01+	3+	1+	0+	1+	3	0.00+	0.00+	
<b>Dinner Totals</b>			<b>1220+</b>	<b>64.4+</b>	<b>138.1+</b>	<b>40.0+</b>	<b>11.02+</b>	<b>257+</b>	<b>8.7+</b>	<b>0.0+</b>	<b>0.87+</b>	<b>0.42+</b>	<b>300+</b>	<b>123+</b>	<b>530+</b>	<b>1604+</b>	<b>2275+</b>	<b>6.62+</b>	<b>1.35+</b>	
<b>Daily Totals for 06/30/26</b>			<b>4257+</b>	<b>215.7+</b>	<b>410.1+</b>	<b>191.6+</b>	<b>65.36+</b>	<b>580+</b>	<b>42.2+</b>	<b>4.1+</b>	<b>6.02+</b>	<b>1.07+</b>	<b>1514+</b>	<b>303+</b>	<b>2121+</b>	<b>5399+</b>	<b>9858+</b>	<b>21.17+</b>	<b>13.03+</b>	
<b>Daily Value</b>			<b>2000</b>	<b>50.0</b>	<b>275.0</b>	<b>78.0</b>	<b>20.00</b>	<b>300</b>	<b>28.0</b>	<b>50.0</b>			<b>1300</b>	<b>420</b>	<b>1250</b>	<b>4700</b>	<b>2300</b>	<b>18.00</b>	<b>11.00</b>	
<b>Percent Daily Value (%)</b>			<b>213+</b>	<b>431.4+</b>	<b>149.1+</b>	<b>245.7+</b>	<b>326.80+</b>	<b>193+</b>	<b>150.6+</b>	<b>8.3+</b>			<b>116+</b>	<b>72+</b>	<b>170+</b>	<b>115+</b>	<b>429+</b>	<b>117.62+</b>	<b>118.50+</b>	
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>2200</b>	<b>56.0</b>	<b>303.0</b>	<b>73.3</b>	<b>24.40</b>	<b>300</b>	<b>30.8</b>	<b>55.0</b>	<b>14.00</b>	<b>1.60</b>	<b>1000</b>	<b>420</b>	<b>700</b>	<b>4700</b>	<b>2300</b>	<b>8.00</b>	<b>11.00</b>	
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>193+</b>	<b>385.2+</b>	<b>135.3+</b>	<b>261.3+</b>	<b>267.87+</b>	<b>193+</b>	<b>136.9+</b>	<b>7.5+</b>	<b>43.00+</b>	<b>66.96+</b>	<b>151+</b>	<b>72+</b>	<b>303+</b>	<b>115+</b>	<b>429+</b>	<b>264.65+</b>	<b>118.50+</b>	
<b>Month Daily Average (06/21/26-06/30/26)</b>			<b>5978+</b>	<b>282.9+</b>	<b>606.0+</b>	<b>269.1+</b>	<b>85.61+</b>	<b>1207+</b>	<b>47.2+</b>	<b>39.6+</b>	<b>8.67+</b>	<b>2.63+</b>	<b>1730+</b>	<b>247+</b>	<b>2074+</b>	<b>6794+</b>	<b>12275+</b>	<b>31.56+</b>	<b>15.02+</b>	

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Wed Jul 01, 2026**

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Fat (gm)	SFA (gm)	Chol estrol (mg)	Dietry Fiber (gm)	Added Sugars (gm)	Lin oleic (gm)	Lino lenic (gm)	Cal cium (mg)	Magne sium (mg)	Phos phorus (mg)	Potas sium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)
<b>Lunch</b>																			
****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 (I	1/2 cup	272	584	8.0	79.1	27.2	12.99	75	1.8	0.4+	1.79+	0.19+	174+	31+	191+	400+	453	0.99+	0.78+
****SOUP****	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																		
SANDWICH, ROAST BEEF & SWIS	1 each	137	397	20.7	27.7	23.6	11.54	54	1.1	3.3+	0.46+	0.05+	406+	14+	324+	141+	626	1.46+	1.84+
****GRAB N GO****	1 each																		
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+
<b>Lunch Totals</b>			<b>3548+</b>	<b>155.8+</b>	<b>324.8+</b>	<b>183.6+</b>	<b>66.87+</b>	<b>444+</b>	<b>17.7+</b>	<b>3.7+</b>	<b>4.39+</b>	<b>1.05+</b>	<b>1478+</b>	<b>111+</b>	<b>1288+</b>	<b>2817+</b>	<b>6700+</b>	<b>9.99+</b>	<b>4.77+</b>
<b>Dinner</b>																			
****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+
PORK, SPARERIBS, COOKED (RE	3 ribs	139	374	27.2	2.2	27.8	11.34	112	0.0	1.6+	0.42+	0.20+	0+	0+	0+	304	466	1.76	0.00+
****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																		
RICE, PILAF (YELLOW)	1/2 cup	146	173	3.3	30.3	3.8	1.69+	0	0.1	0.0+	0.00+	0.00+	4+	1+	1+	7+	143	0.01+	0.01+
POTATOES, MASHED RED (YELL)	1/2 cup	130	130	3.2	18.4	5.4	3.24	16	2.2	0.0			54			540	464	0.00	
GRAVY, TURKEY (YELLOW)	2 ounces	61	15	0.0	3.0	0.0	0.00	0	0.0	0.0+	0.00+	0.00+	7	1+	0+	16	282	0.00	0.00+
ROLL, HAWAIIAN YEAST (YELLOV	1 piece	30	104	3.0	16.0	3.5	1.68	15	0.0	5.0			20+			40+	94	0.80+	
<b>Dinner Totals</b>			<b>1093+</b>	<b>65.8+</b>	<b>86.0+</b>	<b>54.7+</b>	<b>22.64+</b>	<b>214+</b>	<b>7.8+</b>	<b>6.6+</b>	<b>0.84+</b>	<b>0.40+</b>	<b>185+</b>	<b>5+</b>	<b>338+</b>	<b>1670+</b>	<b>2119+</b>	<b>5.56+</b>	<b>0.33+</b>
<b>Daily Totals for 07/01/26</b>			<b>4640+</b>	<b>221.7+</b>	<b>410.9+</b>	<b>238.3+</b>	<b>89.51+</b>	<b>659+</b>	<b>25.6+</b>	<b>10.3+</b>	<b>5.24+</b>	<b>1.45+</b>	<b>1662+</b>	<b>116+</b>	<b>1626+</b>	<b>4487+</b>	<b>8819+</b>	<b>15.55+</b>	<b>5.11+</b>
<b>Daily Value</b>			<b>2000</b>	<b>50.0</b>	<b>275.0</b>	<b>78.0</b>	<b>20.00</b>	<b>300</b>	<b>28.0</b>	<b>50.0</b>			<b>1300</b>	<b>420</b>	<b>1250</b>	<b>4700</b>	<b>2300</b>	<b>18.00</b>	<b>11.00</b>
<b>Percent Daily Value (%)</b>			<b>232+</b>	<b>443.3+</b>	<b>149.4+</b>	<b>305.5+</b>	<b>447.57+</b>	<b>220+</b>	<b>91.3+</b>	<b>20.5+</b>			<b>128+</b>	<b>28+</b>	<b>130+</b>	<b>95+</b>	<b>383+</b>	<b>86.41+</b>	<b>46.42+</b>
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>2200</b>	<b>56.0</b>	<b>303.0</b>	<b>73.3</b>	<b>24.40</b>	<b>300</b>	<b>30.8</b>	<b>55.0</b>	<b>14.00</b>	<b>1.60</b>	<b>1000</b>	<b>420</b>	<b>700</b>	<b>4700</b>	<b>2300</b>	<b>8.00</b>	<b>11.00</b>
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>211+</b>	<b>395.8+</b>	<b>135.6+</b>	<b>325.0+</b>	<b>366.86+</b>	<b>220+</b>	<b>83.0+</b>	<b>18.6+</b>	<b>37.40+</b>	<b>90.64+</b>	<b>166+</b>	<b>28+</b>	<b>232+</b>	<b>95+</b>	<b>383+</b>	<b>194.42+</b>	<b>46.42+</b>

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 Jul 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)
<b>Lunch</b>																			
****HOT ENTREES****	1 each																		
PORK, RIBS, KOREAN, COOKED	3 ribs	159	370	27.4	4.0	26.5	11.23+	112	0.0	1.6+	0.08+	0.04+	0+	0+	0+	304+	610	1.76+	0.00+
CHICKEN, TERIYAKI BAKED (YEL	1 each	170	214	29.1	11.4	5.7	1.38	128	0.0	7.6+	0.04+	0.02+	0+	0+	313+	329+	904	1.10+	2.15+
****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+
****GRILL ****	1 each																		
SANDWICH, BEEF BARBACOA (YI	1 each	187	437	25.3	41.0	18.5	6.67	67	2.3	6.0+			82+			392	873	2.00+	
ONION RINGS (YELLOW)	6 ounces	171	424	4.0	42.1	28.4	2.03	0	2.0	4.0+	0.08+	0.04+	48	0+	0+	188	640	1.80	0.00+
****GRAB N GO****	1 each																		
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+
<b>Lunch Totals</b>			<b>3442+</b>	<b>186.1+</b>	<b>304.4+</b>	<b>167.6+</b>	<b>52.01+</b>	<b>677+</b>	<b>17.1+</b>	<b>23.2+</b>	<b>3.46+</b>	<b>0.84+</b>	<b>1108+</b>	<b>97+</b>	<b>983+</b>	<b>3095+</b>	<b>7013+</b>	<b>12.83+</b>	<b>7.45+</b>
<b>Dinner</b>																			
***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
PORK LOIN, APPLE GLAZED (YEL	5 ounces	225	284	31.4	15.1	11.1	4.62	92	0.1	0.0+	0.01+	0.00+	9+	2+	217+	422	522	0.74+	0.01+
****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+
POTATO, MASHED (YELLOW)	3/4 cup	193	157	4.4	27.6	3.2	1.47	1	2.5	0.0+	0.00+	0.00+	69+	4+	118+	514+	500	0.53+	0.10+
GRAVY, PORK (YELLOW)	2 ounces	59	18	0.4	3.1	0.4	0.21	0	0.1		0.02	0.00	8	2	9	12	262	0.19	0.05
<b>Dinner Totals</b>			<b>917+</b>	<b>69.8+</b>	<b>98.4+</b>	<b>26.2+</b>	<b>9.11+</b>	<b>222+</b>	<b>6.0+</b>	<b>0.0+</b>	<b>0.74+</b>	<b>0.30+</b>	<b>134+</b>	<b>24+</b>	<b>685+</b>	<b>1615+</b>	<b>1873+</b>	<b>3.44+</b>	<b>2.55+</b>
<b>Daily Totals for 07/02/26</b>			<b>4359+</b>	<b>255.9+</b>	<b>402.9+</b>	<b>193.9+</b>	<b>61.12+</b>	<b>898+</b>	<b>23.1+</b>	<b>23.2+</b>	<b>4.20+</b>	<b>1.14+</b>	<b>1242+</b>	<b>121+</b>	<b>1668+</b>	<b>4711+</b>	<b>8886+</b>	<b>16.28+</b>	<b>10.00+</b>
<b>Daily Value</b>			<b>2000</b>	<b>50.0</b>	<b>275.0</b>	<b>78.0</b>	<b>20.00</b>	<b>300</b>	<b>28.0</b>	<b>50.0</b>			<b>1300</b>	<b>420</b>	<b>1250</b>	<b>4700</b>	<b>2300</b>	<b>18.00</b>	<b>11.00</b>
<b>Percent Daily Value (%)</b>			<b>218+</b>	<b>511.9+</b>	<b>146.5+</b>	<b>248.5+</b>	<b>305.59+</b>	<b>299+</b>	<b>82.5+</b>	<b>46.4+</b>			<b>96+</b>	<b>29+</b>	<b>133+</b>	<b>100+</b>	<b>386+</b>	<b>90.43+</b>	<b>90.91+</b>
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>2200</b>	<b>56.0</b>	<b>303.0</b>	<b>73.3</b>	<b>24.40</b>	<b>300</b>	<b>30.8</b>	<b>55.0</b>	<b>14.00</b>	<b>1.60</b>	<b>1000</b>	<b>420</b>	<b>700</b>	<b>4700</b>	<b>2300</b>	<b>8.00</b>	<b>11.00</b>
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>198+</b>	<b>457.1+</b>	<b>133.0+</b>	<b>264.4+</b>	<b>250.48+</b>	<b>299+</b>	<b>75.0+</b>	<b>42.2+</b>	<b>30.03+</b>	<b>71.28+</b>	<b>124+</b>	<b>29+</b>	<b>238+</b>	<b>100+</b>	<b>386+</b>	<b>203.47+</b>	<b>90.91+</b>

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Fri Jul 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)
<b>Lunch</b>																			
****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		
****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																		
SANDWICH, BBQ PORK w/ COLES	1 sandwich	244	593	34.9	50.7	27.3	8.95	104	2.1	13.4+			82+			455	1026	3.46+	
****GRAB N GO****	1 each																		
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
<b>Lunch Totals</b>			<b>3072+</b>	<b>169.3+</b>	<b>331.6+</b>	<b>122.0+</b>	<b>28.71+</b>	<b>645+</b>	<b>35.5+</b>	<b>46.9+</b>	<b>4.89+</b>	<b>1.65+</b>	<b>614+</b>	<b>130+</b>	<b>989+</b>	<b>4962+</b>	<b>6378+</b>	<b>17.64+</b>	<b>3.78+</b>
<b>Dinner</b>																			
****ENTREES****	1 serving																		
BEEF, COUNTRY STYLE STEAK (I	1 each	128	360	19.0	34.0	17.0	4.50	40	1.0				30				830	3.00	
FISH, COD, POTATO CRUSTED (C	1 each	157	242	23.5	15.4	7.7	1.43	62	0.0	0.0+	0.15+	0.07+	28	0+	0+	483	539	0.97	0.00+
****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	98	1.8	11.0	5.2	0.41	0	3.3	0.0+	0.98+	0.47+	74	7+	12+	259	281	1.96	0.11+
****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
MACARONI & CHEESE, FROZEN	1/2 cup	120	159	6.9	17.5	6.9	4.24	16	0.5				117			74	440	0.69	
GRAVY MIX, COUNTRY STYLE (R	2 ounces	66	45	0.0	6.0	2.0	1.00	0	0.0		0.00+	0.00+	2+	1+	0+	31	242	0.20	0.00+
BREAD, CORNBREAD (FROZEN)	1 piece	60	212	3.0	25.2	10.1	2.02	40	0.0	11.1			20			40	262	1.01	
<b>Dinner Totals</b>			<b>1395+</b>	<b>60.0+</b>	<b>155.6+</b>	<b>56.5+</b>	<b>14.33+</b>	<b>158+</b>	<b>10.6+</b>	<b>11.1+</b>	<b>2.76+</b>	<b>1.11+</b>	<b>278+</b>	<b>67+</b>	<b>169+</b>	<b>1255+</b>	<b>2905+</b>	<b>8.48+</b>	<b>1.19+</b>
<b>Daily Totals for 07/03/26</b>			<b>4467+</b>	<b>229.3+</b>	<b>487.2+</b>	<b>178.4+</b>	<b>43.04+</b>	<b>804+</b>	<b>46.1+</b>	<b>58.0+</b>	<b>7.66+</b>	<b>2.75+</b>	<b>892+</b>	<b>197+</b>	<b>1157+</b>	<b>6217+</b>	<b>9283+</b>	<b>26.12+</b>	<b>4.96+</b>
<b>Daily Value</b>			<b>2000</b>	<b>50.0</b>	<b>275.0</b>	<b>78.0</b>	<b>20.00</b>	<b>300</b>	<b>28.0</b>	<b>50.0</b>			<b>1300</b>	<b>420</b>	<b>1250</b>	<b>4700</b>	<b>2300</b>	<b>18.00</b>	<b>11.00</b>
<b>Percent Daily Value (%)</b>			<b>223+</b>	<b>458.6+</b>	<b>177.2+</b>	<b>228.7+</b>	<b>215.19+</b>	<b>268+</b>	<b>164.6+</b>	<b>116.0+</b>			<b>69+</b>	<b>47+</b>	<b>93+</b>	<b>132+</b>	<b>404+</b>	<b>145.10+</b>	<b>45.11+</b>
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>2200</b>	<b>56.0</b>	<b>303.0</b>	<b>73.3</b>	<b>24.40</b>	<b>300</b>	<b>30.8</b>	<b>55.0</b>	<b>14.00</b>	<b>1.60</b>	<b>1000</b>	<b>420</b>	<b>700</b>	<b>4700</b>	<b>2300</b>	<b>8.00</b>	<b>11.00</b>
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>203+</b>	<b>409.5+</b>	<b>160.8+</b>	<b>243.3+</b>	<b>176.38+</b>	<b>268+</b>	<b>149.7+</b>	<b>105.5+</b>	<b>54.69+</b>	<b>172.18+</b>	<b>89+</b>	<b>47+</b>	<b>165+</b>	<b>132+</b>	<b>404+</b>	<b>326.47+</b>	<b>45.11+</b>

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Sat Jul 04, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)
<b>Lunch</b>																			
****HOT ENTREES****	1 each																		
PORK, SPARERIBS, SAM'S RUB (I	3 ribs	322	771	27.0	76.3	40.1	12.87+	136	1.0	64.9+	5.63+	0.15+	36+	33+	254+	484+	1542	2.06+	4.40+
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, 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+
****STARCH****	1 each																		
MACARONI & CHEESE, FROZEN (I	1/2 cup	120	159	6.9	17.5	6.9	4.24	16	0.5				117			74	440	0.69	
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+
<b>Lunch Totals</b>			<b>1582+</b>	<b>68.4+</b>	<b>185.0+</b>	<b>65.3+</b>	<b>21.80+</b>	<b>201+</b>	<b>16.2+</b>	<b>67.9+</b>	<b>6.35+</b>	<b>0.32+</b>	<b>421+</b>	<b>77+</b>	<b>488+</b>	<b>1593+</b>	<b>2875+</b>	<b>9.02+</b>	<b>4.97+</b>
<b>Dinner</b>																			
****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+
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 (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																		
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+
<b>Dinner Totals</b>			<b>1076+</b>	<b>73.2+</b>	<b>109.5+</b>	<b>36.8+</b>	<b>6.07+</b>	<b>188+</b>	<b>8.9+</b>	<b>1.3+</b>	<b>3.18+</b>	<b>1.55+</b>	<b>124+</b>	<b>60+</b>	<b>612+</b>	<b>1830+</b>	<b>1092+</b>	<b>4.79+</b>	<b>5.41+</b>
<b>Daily Totals for 07/04/26</b>			<b>2658+</b>	<b>141.5+</b>	<b>294.5+</b>	<b>102.0+</b>	<b>27.87+</b>	<b>390+</b>	<b>25.1+</b>	<b>69.2+</b>	<b>9.54+</b>	<b>1.87+</b>	<b>545+</b>	<b>137+</b>	<b>1101+</b>	<b>3423+</b>	<b>3968+</b>	<b>13.81+</b>	<b>10.38+</b>
<b>Daily Value</b>			<b>2000</b>	<b>50.0</b>	<b>275.0</b>	<b>78.0</b>	<b>20.00</b>	<b>300</b>	<b>28.0</b>	<b>50.0</b>			<b>1300</b>	<b>420</b>	<b>1250</b>	<b>4700</b>	<b>2300</b>	<b>18.00</b>	<b>11.00</b>
<b>Percent Daily Value (%)</b>			<b>133+</b>	<b>283.1+</b>	<b>107.1+</b>	<b>130.8+</b>	<b>139.34+</b>	<b>130+</b>	<b>89.8+</b>	<b>138.4+</b>			<b>42+</b>	<b>33+</b>	<b>88+</b>	<b>73+</b>	<b>173+</b>	<b>76.72+</b>	<b>94.34+</b>
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>2200</b>	<b>56.0</b>	<b>303.0</b>	<b>73.3</b>	<b>24.40</b>	<b>300</b>	<b>30.8</b>	<b>55.0</b>	<b>14.00</b>	<b>1.60</b>	<b>1000</b>	<b>420</b>	<b>700</b>	<b>4700</b>	<b>2300</b>	<b>8.00</b>	<b>11.00</b>
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>121+</b>	<b>252.7+</b>	<b>97.2+</b>	<b>139.1+</b>	<b>114.21+</b>	<b>130+</b>	<b>81.6+</b>	<b>125.8+</b>	<b>68.11+</b>	<b>116.90+</b>	<b>54+</b>	<b>33+</b>	<b>157+</b>	<b>73+</b>	<b>173+</b>	<b>172.63+</b>	<b>94.34+</b>
<b>Week Daily Average (06/28/26-07/04/26)</b>			<b>3798+</b>	<b>209.9+</b>	<b>370.8+</b>	<b>164.2+</b>	<b>53.23+</b>	<b>652+</b>	<b>30.4+</b>	<b>26.3+</b>	<b>6.14+</b>	<b>1.62+</b>	<b>1191+</b>	<b>182+</b>	<b>1482+</b>	<b>4747+</b>	<b>7584+</b>	<b>17.48+</b>	<b>8.42+</b>

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

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Sun Jul 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)
<b>Lunch</b>																			
****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	
<b>Lunch Totals</b>			<b>1213+</b>	<b>74.8+</b>	<b>130.9+</b>	<b>41.8+</b>	<b>9.84+</b>	<b>235+</b>	<b>9.6+</b>	<b>11.7+</b>	<b>3.79+</b>	<b>1.04+</b>	<b>466+</b>	<b>77+</b>	<b>886+</b>	<b>1981+</b>	<b>2229+</b>	<b>5.87+</b>	<b>3.67+</b>
<b>Dinner</b>																			
***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+
BEEF, LASAGNA, BOLOGNESE (Y	10 ounces	391	567	41.3	41.5	26.2	13.34+	107	4.5	0.0+	0.74+	0.11+	550+	59+	558+	924+	1108	4.81+	6.89+
****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+	
<b>Dinner Totals</b>			<b>1285+</b>	<b>76.5+</b>	<b>141.7+</b>	<b>45.3+</b>	<b>19.79+</b>	<b>163+</b>	<b>16.6+</b>	<b>6.1+</b>	<b>1.14+</b>	<b>0.17+</b>	<b>752+</b>	<b>92+</b>	<b>698+</b>	<b>2292+</b>	<b>2938+</b>	<b>10.69+</b>	<b>7.90+</b>
<b>Daily Totals for 07/05/26</b>			<b>2498+</b>	<b>151.2+</b>	<b>272.6+</b>	<b>87.2+</b>	<b>29.63+</b>	<b>399+</b>	<b>26.2+</b>	<b>17.9+</b>	<b>4.93+</b>	<b>1.21+</b>	<b>1218+</b>	<b>169+</b>	<b>1585+</b>	<b>4273+</b>	<b>5166+</b>	<b>16.56+</b>	<b>11.57+</b>
<b>Daily Value</b>			<b>2000</b>	<b>50.0</b>	<b>275.0</b>	<b>78.0</b>	<b>20.00</b>	<b>300</b>	<b>28.0</b>	<b>50.0</b>			<b>1300</b>	<b>420</b>	<b>1250</b>	<b>4700</b>	<b>2300</b>	<b>18.00</b>	<b>11.00</b>
<b>Percent Daily Value (%)</b>			<b>125+</b>	<b>302.4+</b>	<b>99.1+</b>	<b>111.7+</b>	<b>148.17+</b>	<b>133+</b>	<b>93.5+</b>	<b>35.7+</b>			<b>94+</b>	<b>40+</b>	<b>127+</b>	<b>91+</b>	<b>225+</b>	<b>91.98+</b>	<b>105.18+</b>
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>2200</b>	<b>56.0</b>	<b>303.0</b>	<b>73.3</b>	<b>24.40</b>	<b>300</b>	<b>30.8</b>	<b>55.0</b>	<b>14.00</b>	<b>1.60</b>	<b>1000</b>	<b>420</b>	<b>700</b>	<b>4700</b>	<b>2300</b>	<b>8.00</b>	<b>11.00</b>
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>114+</b>	<b>270.0+</b>	<b>90.0+</b>	<b>118.8+</b>	<b>121.45+</b>	<b>133+</b>	<b>85.0+</b>	<b>32.5+</b>	<b>35.22+</b>	<b>75.80+</b>	<b>122+</b>	<b>40+</b>	<b>226+</b>	<b>91+</b>	<b>225+</b>	<b>206.94+</b>	<b>105.18+</b>

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Mon Jul 06, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)
<b>Lunch</b>																			
****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	603	465	27.9	60.0	11.5	4.70	54	5.6	1.1+	0.47+	0.05+	148	39+	312+	936	802	4.66	4.90+
****VEGETABLES****	1 each																		
VEG ITALIAN ROASTED MEDLEY	3/4 cup	183	171	3.5	22.2	8.5	1.16	0	3.2	0.0+	0.94+	0.13+	45+	30+	87+	558+	304	1.26+	0.55+
VEG ASPARAGUS, ROASTED (GF	1/2 cup	95	52	2.0	3.7	3.8	0.31	0	1.9		0.74+	0.35+	22	13+	47+	184+	119	1.94	0.49+
****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+
****FUELING STATION****	1 serving																		
PIZZA, CHEESE, SS TONY'S (YEL	1 each	147	380	13.0	45.0	16.0	8.00	30	2.0	1.0			230			230	680	2.70	
PIZZA, SUPREME, SS TONY'S (RE	1 each	171	424	14.6	46.0	19.7	9.26	37	2.3+	1.0+	0.20+	0.01+	238	2+	8+	260+	840	3.02	0.12+
PIZZA, MEAT LOVERS, TONY'S BA	1 each	162	434	15.4	45.3	20.6	9.69	41	2.0+	1.0+	0.16+	0.01+	235+	1+	7+	269	872	2.92+	0.10+
PIZZA, PEPPERONI, TONY'S BASE	1 each	155	422	14.6	45.1	19.9	9.49	38	2.0	1.0+	0.33+	0.01+	232	2+	13+	253	813	2.81	0.20+
****GRAB N GO****	1 each																		
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+
<b>Lunch Totals</b>			<b>4929+</b>	<b>220.5+</b>	<b>454.6+</b>	<b>248.9+</b>	<b>113.14+</b>	<b>758+</b>	<b>27.1+</b>	<b>5.6+</b>	<b>7.85+</b>	<b>1.46+</b>	<b>2262+</b>	<b>225+</b>	<b>1980+</b>	<b>5164+</b>	<b>9652+</b>	<b>27.50+</b>	<b>12.60+</b>
<b>Dinner</b>																			
***ENTREES***	1 serving																		
PASTA, PENNE BAKED (YELLOW)	1 cup	197	401	27.6	30.7	17.9	8.91	73	2.9	0.5+	0.54+	0.05+	344	31+	382+	590	710	2.94	5.07+
CHICKEN ROSEMARY GARLIC RC	1 each	194	369	27.1	1.4	28.5	7.93	0+	0.2	0.0+	0.01+	0.00+	6+	2+	202	261	706	0.09+	0.05+
****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	98	1.8	11.0	5.2	0.41	0	3.3	0.0+	0.98+	0.47+	74	7+	12+	259	281	1.96	0.11+
****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	
<b>Dinner Totals</b>			<b>1408+</b>	<b>70.5+</b>	<b>124.8+</b>	<b>68.7+</b>	<b>24.26+</b>	<b>90+</b>	<b>13.3+</b>	<b>0.5+</b>	<b>1.78+</b>	<b>0.58+</b>	<b>493+</b>	<b>63+</b>	<b>662+</b>	<b>1742+</b>	<b>2577+</b>	<b>7.79+</b>	<b>5.85+</b>
<b>Daily Totals for 07/06/26</b>			<b>6337+</b>	<b>291.1+</b>	<b>579.4+</b>	<b>317.6+</b>	<b>137.40+</b>	<b>847+</b>	<b>40.4+</b>	<b>6.2+</b>	<b>9.62+</b>	<b>2.04+</b>	<b>2755+</b>	<b>288+</b>	<b>2642+</b>	<b>6906+</b>	<b>12229+</b>	<b>35.28+</b>	<b>18.45+</b>
<b>Daily Value</b>			<b>2000</b>	<b>50.0</b>	<b>275.0</b>	<b>78.0</b>	<b>20.00</b>	<b>300</b>	<b>28.0</b>	<b>50.0</b>			<b>1300</b>	<b>420</b>	<b>1250</b>	<b>4700</b>	<b>2300</b>	<b>18.00</b>	<b>11.00</b>
<b>Percent Daily Value (%)</b>			<b>317+</b>	<b>582.1+</b>	<b>210.7+</b>	<b>407.2+</b>	<b>687.00+</b>	<b>282+</b>	<b>144.3+</b>	<b>12.4+</b>			<b>212+</b>	<b>69+</b>	<b>211+</b>	<b>147+</b>	<b>532+</b>	<b>196.02+</b>	<b>167.76+</b>
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>2200</b>	<b>56.0</b>	<b>303.0</b>	<b>73.3</b>	<b>24.40</b>	<b>300</b>	<b>30.8</b>	<b>55.0</b>	<b>14.00</b>	<b>1.60</b>	<b>1000</b>	<b>420</b>	<b>700</b>	<b>4700</b>	<b>2300</b>	<b>8.00</b>	<b>11.00</b>
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>288+</b>	<b>519.7+</b>	<b>191.2+</b>	<b>433.2+</b>	<b>563.12+</b>	<b>282+</b>	<b>131.2+</b>	<b>11.2+</b>	<b>68.74+</b>	<b>127.72+</b>	<b>276+</b>	<b>69+</b>	<b>377+</b>	<b>147+</b>	<b>532+</b>	<b>441.04+</b>	<b>167.76+</b>

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Tue Jul 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)	
<b>Lunch</b>																				
****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	128	50	3.4	5.0	2.6	0.24	0	2.6		0.45	0.36	118	90	60	644	230	3.12	0.63	
BEANS, BLACK A LA OLLA (GREE)	1/2 cup	193	149	7.9	25.8	3.0	0.34	0	7.5		0.28+	0.02+	67	8+	16+	503	397	2.55	0.12+	
****STARCH****	1 each																			
POTATO, PAPRIKA BUTTERED (G)	4 ounces	118	102	2.3	17.5	2.9	1.28	0	2.4	0.0+	0.05+	0.00+	7+	1+	2+	387+	321	0.46+	0.03+	
RICE, CILANTRO LIME (YELLOW)	3/4 cup	133	218	3.9	36.1	5.9	1.94	0	0.0	0.0+	0.23+	0.02+	4+	1+	1+	10+	409	0.05+	0.01+	
BREAD, CORNBREAD JALAPENO	1 piece	125	289	8.3	22.7	18.1	8.27	61	1.2	1.9+	0.49+	0.07+	194+	9+	118+	132+	574	1.19+	0.94+	
****SOUP****	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																			
QUESADILLA CHEESE AND CHIC	1 each	147	342	26.3+	14.5+	19.1+	7.75+	99+	0.5+	0.0+			26+			18+	686	0.50+		
<b>Lunch Totals</b>			<b>2065+</b>	<b>114.4+</b>	<b>188.9+</b>	<b>96.6+</b>	<b>34.19+</b>	<b>241+</b>	<b>25.0+</b>	<b>1.9+</b>	<b>2.34+</b>	<b>0.53+</b>	<b>632+</b>	<b>174+</b>	<b>749+</b>	<b>3620+</b>	<b>5964+</b>	<b>14.80+</b>	<b>8.72+</b>	
<b>Dinner</b>																				
****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+	
PORK CHOP, GRILLED HONEY G,	1 each	134	280	21.3	19.4	13.1	4.54	67	0.1		1.81	0.08	43	21	230	337	204	0.87	2.82	
****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 (G)	4 ounces	118	102	2.3	17.5	2.9	1.28	0	2.4	0.0+	0.05+	0.00+	7+	1+	2+	387+	321	0.46+	0.03+	
RICE, 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+	
<b>Dinner Totals</b>			<b>1178+</b>	<b>61.0+</b>	<b>116.8+</b>	<b>53.1+</b>	<b>15.54+</b>	<b>67+</b>	<b>9.7+</b>	<b>0.0+</b>	<b>3.09+</b>	<b>0.60+</b>	<b>144+</b>	<b>53+</b>	<b>504+</b>	<b>1444+</b>	<b>1773+</b>	<b>4.11+</b>	<b>3.55+</b>	
<b>Daily Totals for 07/07/26</b>			<b>3242+</b>	<b>175.4+</b>	<b>305.7+</b>	<b>149.7+</b>	<b>49.74+</b>	<b>308+</b>	<b>34.7+</b>	<b>1.9+</b>	<b>5.43+</b>	<b>1.13+</b>	<b>776+</b>	<b>227+</b>	<b>1254+</b>	<b>5063+</b>	<b>7738+</b>	<b>18.91+</b>	<b>12.27+</b>	
<b>Daily Value</b>			<b>2000</b>	<b>50.0</b>	<b>275.0</b>	<b>78.0</b>	<b>20.00</b>	<b>300</b>	<b>28.0</b>	<b>50.0</b>			<b>1300</b>	<b>420</b>	<b>1250</b>	<b>4700</b>	<b>2300</b>	<b>18.00</b>	<b>11.00</b>	
<b>Percent Daily Value (%)</b>			<b>162+</b>	<b>350.7+</b>	<b>111.2+</b>	<b>191.9+</b>	<b>248.68+</b>	<b>103+</b>	<b>124.1+</b>	<b>3.7+</b>			<b>60+</b>	<b>54+</b>	<b>100+</b>	<b>108+</b>	<b>336+</b>	<b>105.03+</b>	<b>111.57+</b>	
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>2200</b>	<b>56.0</b>	<b>303.0</b>	<b>73.3</b>	<b>24.40</b>	<b>300</b>	<b>30.8</b>	<b>55.0</b>	<b>14.00</b>	<b>1.60</b>	<b>1000</b>	<b>420</b>	<b>700</b>	<b>4700</b>	<b>2300</b>	<b>8.00</b>	<b>11.00</b>	
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>147+</b>	<b>313.2+</b>	<b>100.9+</b>	<b>204.1+</b>	<b>203.84+</b>	<b>103+</b>	<b>112.8+</b>	<b>3.4+</b>	<b>38.79+</b>	<b>70.47+</b>	<b>78+</b>	<b>54+</b>	<b>179+</b>	<b>108+</b>	<b>336+</b>	<b>236.31+</b>	<b>111.57+</b>	

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Wed Jul 08, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Fat (gm)	SFA (gm)	Cholesterol (mg)	Dietary Fiber (gm)	Added Sugars (gm)	Linoleic (gm)	Linolenic (gm)	Calcium (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)
<b>Lunch</b>																			
****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+
MUSHROOM CAPS, VEGGIE STU	1 each	264	349	17.3	14.5	25.6	12.14	55	3.0	0.1+	1.28+	0.24+	479+	45+	394+	757+	955	1.96+	2.14+
BEEF, BRISKET W/ CHIMICHURRI	6 ounces	264	638	41.9	7.8	50.1	9.08+	126	1.4	0.3+	4.37+	0.32+	98+	64+	447+	848+	841	6.49+	10.14+
****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+
****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																		
SANDWICH, PANINI TURKEY & S	1 each	220	542	29.0	48.2	27.2	13.25	60	0.4	4.0+	0.47+	0.06+	460+	20+	248+	366+	1131	2.83+	1.90+
****GRAB N GO****	1 each																		
SMALL BITE, CHICKEN SALAD (R)	1 each	256	532	33.8	34.7	30.0	11.35+	135	1.0+	0.0+	0.75+	0.08+	417+	20+	271+	189+	1241	1.19+	2.14+
SMALL BITE, TUNA (RED)	1 each	256	502	32.9	38.0	26.7	11.87	166	1.3	0.0+	0.98+	0.10+	427+	23+	299+	355+	1077	2.06+	2.39+
<b>Lunch Totals</b>			<b>3593+</b>	<b>221.5+</b>	<b>251.4+</b>	<b>195.8+</b>	<b>63.95+</b>	<b>721+</b>	<b>18.8+</b>	<b>5.9+</b>	<b>10.80+</b>	<b>2.24+</b>	<b>2055+</b>	<b>196+</b>	<b>1723+</b>	<b>4913+</b>	<b>7948+</b>	<b>18.93+</b>	<b>19.11+</b>
<b>Dinner</b>																			
***ENTREES***	1 serving																		
BEEF, MEATLOAF GLAZED (YELL	1 slice	200	294	27.6	12.4	13.5	4.97+	74	0.7	0.6+	0.15+	0.07+	62+	7+	254+	550	593	3.02+	6.08+
CHICKEN BARBECUE QTR (YELL	1 piece	269	543	26.0	49.5	27.4	7.61+	0+	0.1	43.3+	0.00+	0.00+	2+	1+	194+	242+	1180	0.07+	0.03+
****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+
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+
<b>Dinner Totals</b>			<b>1307+</b>	<b>64.5+</b>	<b>142.8+</b>	<b>53.2+</b>	<b>18.85+</b>	<b>90+</b>	<b>8.1+</b>	<b>43.9+</b>	<b>0.29+</b>	<b>0.18+</b>	<b>327+</b>	<b>47+</b>	<b>497+</b>	<b>1661+</b>	<b>2746+</b>	<b>5.35+</b>	<b>6.49+</b>
<b>Daily Totals for 07/08/26</b>			<b>4899+</b>	<b>286.0+</b>	<b>394.2+</b>	<b>249.0+</b>	<b>82.80+</b>	<b>812+</b>	<b>27.0+</b>	<b>49.8+</b>	<b>11.10+</b>	<b>2.42+</b>	<b>2382+</b>	<b>243+</b>	<b>2220+</b>	<b>6574+</b>	<b>10694+</b>	<b>24.27+</b>	<b>25.60+</b>
<b>Daily Value</b>			<b>2000</b>	<b>50.0</b>	<b>275.0</b>	<b>78.0</b>	<b>20.00</b>	<b>300</b>	<b>28.0</b>	<b>50.0</b>			<b>1300</b>	<b>420</b>	<b>1250</b>	<b>4700</b>	<b>2300</b>	<b>18.00</b>	<b>11.00</b>
<b>Percent Daily Value (%)</b>			<b>245+</b>	<b>572.0+</b>	<b>143.4+</b>	<b>319.2+</b>	<b>413.99+</b>	<b>271+</b>	<b>96.3+</b>	<b>99.5+</b>			<b>183+</b>	<b>58+</b>	<b>178+</b>	<b>140+</b>	<b>465+</b>	<b>134.86+</b>	<b>232.75+</b>
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>2200</b>	<b>56.0</b>	<b>303.0</b>	<b>73.3</b>	<b>24.40</b>	<b>300</b>	<b>30.8</b>	<b>55.0</b>	<b>14.00</b>	<b>1.60</b>	<b>1000</b>	<b>420</b>	<b>700</b>	<b>4700</b>	<b>2300</b>	<b>8.00</b>	<b>11.00</b>
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>223+</b>	<b>510.7+</b>	<b>130.1+</b>	<b>339.5+</b>	<b>339.34+</b>	<b>271+</b>	<b>87.5+</b>	<b>90.5+</b>	<b>79.26+</b>	<b>150.97+</b>	<b>238+</b>	<b>58+</b>	<b>317+</b>	<b>140+</b>	<b>465+</b>	<b>303.43+</b>	<b>232.75+</b>

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 Jul 09, 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)
<b>Lunch</b>																			
****HOT ENTREES****	1 each																		
CHICKEN CURRY QTR (YELLOW)	1 each	275	445	27.2	6.0	35.2	12.36+	0+	2.0	0.0+	0.20+	0.05+	35+	12+	214+	433+	679	0.75+	0.19+
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 (REC	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																		
SAUSAGE, SMOKED DOG (RED)	5 ounces	290	656	23.5	38.6	47.3	12.92+	87	5.1	8.1+	1.00+	0.47+	40+	9+	23+	494	1454	1.51+	0.14+
CORN DOG, ALL MEAT (YELLOW)	1 each	76	220	6.0	23.0	11.0	2.50	25	0.0	7.0			40			80	489	1.10	
****GRAB N GO****	1 each																		
^SANDWICH, CHICKEN SALAD (G	1 each	273	320	22.4	34.5	9.8	0.53+	70	3.9+	4.4+	0.05+	0.03+	91+	10+	108+	276+	807	1.86+	0.15+
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+
<b>Lunch Totals</b>			<b>3329+</b>	<b>160.6+</b>	<b>284.3+</b>	<b>174.5+</b>	<b>53.24+</b>	<b>483+</b>	<b>25.8+</b>	<b>26.1+</b>	<b>2.34+</b>	<b>0.82+</b>	<b>410+</b>	<b>101+</b>	<b>677+</b>	<b>3136+</b>	<b>7543+</b>	<b>14.65+</b>	<b>2.92+</b>
<b>Dinner</b>																			
***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+
FISH, LEMON BAKED COD (GREE	6 ounces	179	160	29.4	0.4	4.0	1.65	76	0.1	0.0+	0.10+	0.04+	2+	1+	1+	569+	357	0.05+	0.02+
****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 ((	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 ((	4 ounces	118	101	2.2	17.2	2.8	1.27	0	2.2	0.0+	0.00+	0.00+	7+	1+	1+	379+	238	0.39+	0.01+
PASTA, ORZO WITH LEMON & HE	3/4 cup	299	191	5.6	32.4	4.8	0.53+	0	3.0	0.0+	0.51+	0.13+	28+	9+	8+	140	711+	0.66+	0.09+
RICE, STEAMED (YELLOW)	3/4 cup	156	183	4.3	39.7	0.1	0.01	0	0.0		0.02+	0.01+	3+	1+	0+	1+	3	0.00+	0.00+
<b>Dinner Totals</b>			<b>1085+</b>	<b>81.4+</b>	<b>112.4+</b>	<b>35.2+</b>	<b>5.86+</b>	<b>185+</b>	<b>12.3+</b>	<b>0.0+</b>	<b>4.33+</b>	<b>2.14+</b>	<b>150+</b>	<b>51+</b>	<b>517+</b>	<b>2195+</b>	<b>2221+</b>	<b>3.90+</b>	<b>0.80+</b>
<b>Daily Totals for 07/09/26</b>			<b>4415+</b>	<b>242.0+</b>	<b>396.6+</b>	<b>209.7+</b>	<b>59.10+</b>	<b>668+</b>	<b>38.2+</b>	<b>26.1+</b>	<b>6.67+</b>	<b>2.95+</b>	<b>560+</b>	<b>152+</b>	<b>1194+</b>	<b>5331+</b>	<b>9764+</b>	<b>18.55+</b>	<b>3.72+</b>
<b>Daily Value</b>			<b>2000</b>	<b>50.0</b>	<b>275.0</b>	<b>78.0</b>	<b>20.00</b>	<b>300</b>	<b>28.0</b>	<b>50.0</b>			<b>1300</b>	<b>420</b>	<b>1250</b>	<b>4700</b>	<b>2300</b>	<b>18.00</b>	<b>11.00</b>
<b>Percent Daily Value (%)</b>			<b>221+</b>	<b>484.0+</b>	<b>144.2+</b>	<b>268.9+</b>	<b>295.49+</b>	<b>223+</b>	<b>136.4+</b>	<b>52.2+</b>			<b>43+</b>	<b>36+</b>	<b>96+</b>	<b>113+</b>	<b>425+</b>	<b>103.06+</b>	<b>33.79+</b>
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>2200</b>	<b>56.0</b>	<b>303.0</b>	<b>73.3</b>	<b>24.40</b>	<b>300</b>	<b>30.8</b>	<b>55.0</b>	<b>14.00</b>	<b>1.60</b>	<b>1000</b>	<b>420</b>	<b>700</b>	<b>4700</b>	<b>2300</b>	<b>8.00</b>	<b>11.00</b>
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>201+</b>	<b>432.1+</b>	<b>130.9+</b>	<b>286.0+</b>	<b>242.21+</b>	<b>223+</b>	<b>124.0+</b>	<b>47.5+</b>	<b>47.65+</b>	<b>184.54+</b>	<b>56+</b>	<b>36+</b>	<b>171+</b>	<b>113+</b>	<b>425+</b>	<b>231.89+</b>	<b>33.79+</b>

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

# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Fri Jul 10, 2026**

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Fat (gm)	SFA (gm)	Chol estrol (mg)	Diety Fiber (gm)	Added Sugars (gm)	Lin oleic (gm)	Lino lenic (gm)	Cal cium (mg)	Magne sium (mg)	Phos phorus (mg)	Potas sium (mg)	Sodium (mg)	Iron (mg)	Zinc (mg)	
<b>Lunch</b>																				
*****HOT ENTREES*****	1 each																			
BEEF HERB CRUSTED FLANK ST	4 ounces	147	229	24.8	3.9	11.2	3.70	77	1.1	0.0+	0.23+	0.02+	82	14+	22+	505+	539	3.36	4.57+	
FISH, COD, GARLIC LEMON CRUJ	1 each	157	201	21.3	13.4	6.9	1.57	56	0.0		0.15+	0.07+	0+	0+	231	408	620	0.00+	0.00+	
CAULIFLOWER STEAK (GREEN)	1 slice	236	225	6.5	13.6	17.8	3.42+	6	5.1		1.79+	0.22+	113+	39+	147+	703+	316	1.51+	0.98+	
*****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+	
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, 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																			
SANDWICH, BBQ PORK w/ COLES	1 sandwich	244	593	34.9	50.7	27.3	8.95	104	2.1	13.4+			82+			455	1026	3.46+		
*****GRAB N GO*****	1 each																			
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	
<b>Lunch Totals</b>			<b>2898+</b>	<b>153.7+</b>	<b>332.4+</b>	<b>112.2+</b>	<b>26.51+</b>	<b>438+</b>	<b>48.8+</b>	<b>30.2+</b>	<b>5.09+</b>	<b>1.27+</b>	<b>693+</b>	<b>218+</b>	<b>990+</b>	<b>5189+</b>	<b>7043+</b>	<b>21.35+</b>	<b>9.78+</b>	
<b>Dinner</b>																				
*****ENTREES*****	1 serving																			
BEEF, BEEF & BROCCOLI (GREEI	1 cup	328	190	17.7	19.4	5.7	1.11	40	3.0	0.0+	0.66+	0.32+	67+	33+	91+	630+	838	2.67	0.55+	
PORK CHOP, BRAISED (YELLOW)	5 ounces	159	257	20.9	8.2	14.2	4.61	67	0.1	0.0+	2.02+	0.19+	45	19+	222+	321+	686	0.78	2.74+	
*****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+	
<b>Dinner Totals</b>			<b>1153+</b>	<b>59.2+</b>	<b>143.9+</b>	<b>39.1+</b>	<b>9.62+</b>	<b>146+</b>	<b>14.0+</b>	<b>0.0+</b>	<b>5.57+</b>	<b>1.45+</b>	<b>307+</b>	<b>167+</b>	<b>806+</b>	<b>2227+</b>	<b>2796+</b>	<b>7.96+</b>	<b>6.01+</b>	
<b>Daily Totals for 07/10/26</b>			<b>4052+</b>	<b>212.8+</b>	<b>476.2+</b>	<b>151.3+</b>	<b>36.14+</b>	<b>584+</b>	<b>62.8+</b>	<b>30.2+</b>	<b>10.67+</b>	<b>2.72+</b>	<b>1000+</b>	<b>385+</b>	<b>1797+</b>	<b>7416+</b>	<b>9839+</b>	<b>29.31+</b>	<b>15.79+</b>	
<b>Daily Value</b>			<b>2000</b>	<b>50.0</b>	<b>275.0</b>	<b>78.0</b>	<b>20.00</b>	<b>300</b>	<b>28.0</b>	<b>50.0</b>			<b>1300</b>	<b>420</b>	<b>1250</b>	<b>4700</b>	<b>2300</b>	<b>18.00</b>	<b>11.00</b>	
<b>Percent Daily Value (%)</b>			<b>203+</b>	<b>425.7+</b>	<b>173.2+</b>	<b>194.0+</b>	<b>180.68+</b>	<b>195+</b>	<b>224.2+</b>	<b>60.5+</b>			<b>77+</b>	<b>92+</b>	<b>144+</b>	<b>158+</b>	<b>428+</b>	<b>162.83+</b>	<b>143.57+</b>	
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>2200</b>	<b>56.0</b>	<b>303.0</b>	<b>73.3</b>	<b>24.40</b>	<b>300</b>	<b>30.8</b>	<b>55.0</b>	<b>14.00</b>	<b>1.60</b>	<b>1000</b>	<b>420</b>	<b>700</b>	<b>4700</b>	<b>2300</b>	<b>8.00</b>	<b>11.00</b>	
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>184+</b>	<b>380.1+</b>	<b>157.2+</b>	<b>206.4+</b>	<b>148.10+</b>	<b>195+</b>	<b>203.8+</b>	<b>55.0+</b>	<b>76.20+</b>	<b>170.12+</b>	<b>100+</b>	<b>92+</b>	<b>257+</b>	<b>158+</b>	<b>428+</b>	<b>366.37+</b>	<b>143.57+</b>	

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Sat Jul 11, 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)
<b>Lunch</b>																			
****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	
<b>Lunch Totals</b>			<b>1003+</b>	<b>73.5+</b>	<b>58.7+</b>	<b>52.2+</b>	<b>17.60+</b>	<b>229+</b>	<b>7.8+</b>	<b>1.6+</b>	<b>1.18+</b>	<b>0.19+</b>	<b>151+</b>	<b>30+</b>	<b>465+</b>	<b>1376+</b>	<b>1912+</b>	<b>4.33+</b>	<b>0.89+</b>
<b>Dinner</b>																			
****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+
BEEF, SWEDISH MEATBALLS (RE	8 each	215	393	24.4	11.3	27.8	10.12	53	1.5	1.3+	1.05+	0.49+	92	2+	135+	539+	446	2.68	0.04+
****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+	
<b>Dinner Totals</b>			<b>1557+</b>	<b>68.0+</b>	<b>121.0+</b>	<b>88.9+</b>	<b>24.42+</b>	<b>106+</b>	<b>9.4+</b>	<b>6.3+</b>	<b>5.96+</b>	<b>2.27+</b>	<b>214+</b>	<b>129+</b>	<b>700+</b>	<b>1540+</b>	<b>2560+</b>	<b>8.96+</b>	<b>2.81+</b>
<b>Daily Totals for 07/11/26</b>			<b>2560+</b>	<b>141.5+</b>	<b>179.7+</b>	<b>141.1+</b>	<b>42.02+</b>	<b>335+</b>	<b>17.2+</b>	<b>7.9+</b>	<b>7.14+</b>	<b>2.46+</b>	<b>364+</b>	<b>159+</b>	<b>1165+</b>	<b>2916+</b>	<b>4472+</b>	<b>13.30+</b>	<b>3.70+</b>
<b>Daily Value</b>			<b>2000</b>	<b>50.0</b>	<b>275.0</b>	<b>78.0</b>	<b>20.00</b>	<b>300</b>	<b>28.0</b>	<b>50.0</b>			<b>1300</b>	<b>420</b>	<b>1250</b>	<b>4700</b>	<b>2300</b>	<b>18.00</b>	<b>11.00</b>
<b>Percent Daily Value (%)</b>			<b>128+</b>	<b>283.0+</b>	<b>65.4+</b>	<b>180.9+</b>	<b>210.11+</b>	<b>112+</b>	<b>61.6+</b>	<b>15.8+</b>			<b>28+</b>	<b>38+</b>	<b>93+</b>	<b>62+</b>	<b>194+</b>	<b>73.86+</b>	<b>33.60+</b>
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>2200</b>	<b>56.0</b>	<b>303.0</b>	<b>73.3</b>	<b>24.40</b>	<b>300</b>	<b>30.8</b>	<b>55.0</b>	<b>14.00</b>	<b>1.60</b>	<b>1000</b>	<b>420</b>	<b>700</b>	<b>4700</b>	<b>2300</b>	<b>8.00</b>	<b>11.00</b>
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>116+</b>	<b>252.6+</b>	<b>59.3+</b>	<b>192.4+</b>	<b>172.22+</b>	<b>112+</b>	<b>56.0+</b>	<b>14.4+</b>	<b>51.00+</b>	<b>153.69+</b>	<b>36+</b>	<b>38+</b>	<b>166+</b>	<b>62+</b>	<b>194+</b>	<b>166.19+</b>	<b>33.60+</b>
<b>Week Daily Average (07/05/26-07/11/26)</b>			<b>4000+</b>	<b>214.3+</b>	<b>372.1+</b>	<b>186.5+</b>	<b>62.40+</b>	<b>565+</b>	<b>35.2+</b>	<b>20.0+</b>	<b>7.94+</b>	<b>2.13+</b>	<b>1294+</b>	<b>232+</b>	<b>1694+</b>	<b>5497+</b>	<b>8557+</b>	<b>22.31+</b>	<b>13.01+</b>
<b>Month Daily Average (07/01/26-07/11/26)</b>			<b>4012+</b>	<b>213.5+</b>	<b>381.8+</b>	<b>183.5+</b>	<b>59.85+</b>	<b>609+</b>	<b>33.3+</b>	<b>27.3+</b>	<b>7.47+</b>	<b>2.01+</b>	<b>1218+</b>	<b>200+</b>	<b>1583+</b>	<b>5211+</b>	<b>8260+</b>	<b>20.72+</b>	<b>11.05+</b>
<b>Daily Average (06/21/26-07/11/26)</b>			<b>4948+</b>	<b>246.6+</b>	<b>488.6+</b>	<b>224.3+</b>	<b>72.12+</b>	<b>894+</b>	<b>39.9+</b>	<b>33.2+</b>	<b>8.04+</b>	<b>2.31+</b>	<b>1462+</b>	<b>222+</b>	<b>1817+</b>	<b>5965+</b>	<b>10172+</b>	<b>25.88+</b>	<b>12.94+</b>

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Sun Jun 21, 2026**

Recipe Name	Size	Amt (gm)	Copper (mg)	Man ganese (mg)	Selen ium (mcg)	Vit A (mcg)	Vit E (aT) (mg)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
<b>Breakfast</b>																	
*****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+
EGG, COOKED TO ORDER (YELL)	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
<b>Breakfast Totals</b>			<b>0.09+</b>	<b>0.23+</b>	<b>68+</b>	<b>355+</b>	<b>2.45+</b>	<b>58+</b>	<b>0.3+</b>	<b>0+</b>	<b>0.26+</b>	<b>0.95+</b>	<b>1.5+</b>	<b>0.421+</b>	<b>3.72+</b>	<b>306.6+</b>	<b>136+</b>
<b>Lunch</b>																	
*****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 (YELLOW)	1 piece	30															
*****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+
TURKEY BURGER (GREEN)	1 each	279	0.02+	0.04+	0+	7+	0.08+	0+	3.6+	3+	0.02+	0.01+	0.1+	0.030+	0.00+	2.1+	5+
VEGGIE BURGER (GREEN)	1 each	268	0.02+	0.05+	0+	10+	0.13+	0+	4.3+	4+	0.02+	0.02+	0.2+	0.040+	0.00+	2.9+	7+
SANDWICH, GRILLED CHICKEN (I)	1 each	203	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
HOT DOG, GRILLED ON ROLL (RE)	1 each	113															
*****GRAB N GO*****	1 each																
DESSERT, BLUEBERRY YOGURT	8 ounces	227	0.03+	0.19+	0+	2+	0.32+	0+	10.9+	5+	0.02+	0.02+	0.2+	0.029+	0.00+	3.4+	3+
DESSERT, STRAWBERRY YOGURF	8 ounces	227	0.03+	0.22+	0+	1+	0.16+	0+	1.2+	33+	0.01+	0.01+	0.2+	0.027+	0.00+	3.2+	14+
FRUIT, CUP GRAPE & CHEESE (R)	7 ounces	198	0.06+	1.02+	0+	7+	0.27+	0+	20.7+	6	0.13+	0.08+	0.4+	0.156+	0.00+	7.9+	6+
FRUIT, CUP GRAPE (GREEN)	6 ounces	170	0.07	1.22	0	9	0.32	0	24.8	7	0.16	0.10	0.5	0.187	0.00	9.5	7
FRUIT, CUP 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
<b>Lunch Totals</b>			<b>0.60+</b>	<b>4.18+</b>	<b>88+</b>	<b>1251+</b>	<b>3.94+</b>	<b>34+</b>	<b>98.3+</b>	<b>151+</b>	<b>1.20+</b>	<b>1.28+</b>	<b>26.2+</b>	<b>2.327+</b>	<b>7.36+</b>	<b>133.4+</b>	<b>210+</b>
<b>Dinner</b>																	
***ENTREES***	1 serving																
BEEF, SALISBURY STEAK W/ GR/	1 each	175	0.01+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
TURKEY, ROAST (GREEN)	4 ounces	125	0.00+	0.02+	0+	0+	0.38+	0+	1.9+	0+	0.00+	0.00+	0.0+	0.001+	0.00+	0.0+	0+
*****VEGETABLES*****	1 each																
VEG CAULIFLOWER, ROASTED (I)	3/4 cup	171	0.05	0.33	1	2	1.45	0	29.7	80	0.08	0.11	0.7	0.201	0.00	68.4	105
VEG, GREEN BEANS, FRESH (GR)	3/4 cup	451	0.03+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
*****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+
<b>Dinner Totals</b>			<b>0.11+</b>	<b>0.36+</b>	<b>1+</b>	<b>758+</b>	<b>1.97+</b>	<b>0+</b>	<b>34.1+</b>	<b>93+</b>	<b>0.09+</b>	<b>0.12+</b>	<b>0.7+</b>	<b>0.210+</b>	<b>0.01+</b>	<b>69.7+</b>	<b>106+</b>
<b>Daily Totals for 06/21/26</b>			<b>0.80+</b>	<b>4.78+</b>	<b>158+</b>	<b>2365+</b>	<b>8.36+</b>	<b>92+</b>	<b>132.7+</b>	<b>244+</b>	<b>1.54+</b>	<b>2.35+</b>	<b>28.4+</b>	<b>2.957+</b>	<b>11.09+</b>	<b>509.8+</b>	<b>452+</b>
<b>Daily Value</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent Daily Value (%)</b>			<b>89.11+</b>	<b>207.78+</b>	<b>287+</b>	<b>263+</b>	<b>55.71+</b>	<b>15+</b>	<b>110.6+</b>	<b>271+</b>	<b>128.35+</b>	<b>180.60+</b>	<b>177.7+</b>	<b>173.959+</b>	<b>461.92+</b>	<b>92.7+</b>	<b>113+</b>

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Sun Jun 21, 2026**

Recipe Name	Size	Amt (gm)	Copper (mg)	Man ganese (mg)	Selen ium (mcg)	Vit A (mcg)	Vit E (aT) (mg)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
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 (%)			89.11+	207.78+	287+	263+	55.71+	15+	110.6+	271+	128.35+	180.60+	177.7+	173.959+	461.92+	92.7+	113+

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

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Mon Jun 22, 2026**

Recipe Name	Size	Amt (gm)	Copper (mg)	Man ganese (mg)	Selen ium (mcg)	Vit A (mcg)	Vit E (aT) (mg)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
<b>Breakfast</b>																	
*****BREAKFAST ENTREES*****	1 serving																
CHICKEN, SAUSAGE LINK (YELL	1 each	23	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
BACON, 1EA (RED)	1 slice	13												0.245	0.81		
SAUSAGE, GRAVY (RED)	4 ounces	117	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
*****BREAKFAST SIDES*****	1 serving																
VEG, SAUTEED PEPPERS & ONIC	1/2 cup	69	0.04+	0.09+	0+	22+	0.62+	0+	3.3+	49+	0.03+	0.02+	0.3+	0.118+	0.00+	3.2+	16+
POTATO, HOME FRIED (RED)	3/4 cup	116	0.00+	0.01+	0+	0+	1.14+	0+	4.7+	0+	0.00+	0.00+	0.0+	0.002+	0.00+	0.1+	0+
OATMEAL, QUICK COOK (GREEN	6 ounces	127	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.08	0.00+	0.0+	0.003+	0.00+	0.2+	0+
GRITS (YELLOW)	3/4 cup	218	0.02+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.15	0.08	1.2	0.000+	0.00+	0.0+	74
BREAD, BISCUIT (RED)	1 each	90															
*****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	151	0.01+	0.02+	22+	182+	0.00+	42+	0.0+	1+	0.08+	0.44+	0.2+	0.073+	1.03+	15.9+	50+
BREAKFAST, HAM, EGG & CHEES	1 each	167	0.03+	0.00+	13+	0+	0.16+	2+	0.0+	0+	0.32+	0.07+	2.5+	0.130+	0.18+	35.4+	0+
<b>Breakfast Totals</b>			<b>0.14+</b>	<b>0.15+</b>	<b>52+</b>	<b>301+</b>	<b>3.16+</b>	<b>73+</b>	<b>8.2+</b>	<b>50+</b>	<b>0.71+</b>	<b>0.85+</b>	<b>4.3+</b>	<b>0.608+</b>	<b>2.97+</b>	<b>205.5+</b>	<b>176+</b>
<b>Lunch</b>																	
*****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 & 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 BLEND SAVORY ROOT (GRE	3/4 cup	102	0.00+	0.00+	0+	198	0.38+	0+	1.6+	13	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
*****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 HERBED (GREEN)	3/4 cup	192	0.18+	1.39+	8+	46+	0.95+	0+	184.4+	15+	0.26+	0.07+	3.2+	0.241+	0.00+	11.8+	34+
BREADSTICK, GARLIC CHEESE (	1 each	28															
*****SOUP*****	1 each																
SOUP, MINESTRONE (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																
SANDWICH, ITALIAN GRILLED CH	1 each	154	0.05+	0.15+	2+	71+	0.53+	1+	40.4+	10+	0.03+	0.04+	0.4+	0.068+	0.07+	6.1+	24+
HAMBURGER, GRILLED (YELLOW	1 each	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															
POTATO SWEET POTATO FRENC	6 ounces	171	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
POTATO FRENCH FRIES, STRAIG	6 ounces	171	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
*****GRAB N GO*****	1 each																
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+
<b>Lunch Totals</b>			<b>0.56+</b>	<b>2.68+</b>	<b>98+</b>	<b>416+</b>	<b>6.93+</b>	<b>3+</b>	<b>383.2+</b>	<b>164+</b>	<b>0.72+</b>	<b>0.94+</b>	<b>21.7+</b>	<b>1.900+</b>	<b>6.89+</b>	<b>49.4+</b>	<b>227+</b>

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Mon Jun 22, 2026**

Recipe Name	Size	Amt (gm)	Copper (mg)	Man ganese (mg)	Selen ium (mcg)	Vit A (mcg)	Vit E (aT) (mg)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
<i>Dinner</i>																	
***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+
CHICKEN, TACO (YELLOW)	2 each	201	0.01+	0.01+	8+	94+	0.60+	7+	2.3+	0+	0.01+	0.12+	0.0+	0.019+	0.31+	4.7+	8+
****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+
<b>Dinner Totals</b>			<b>0.53+</b>	<b>1.60+</b>	<b>32+</b>	<b>260+</b>	<b>5.52+</b>	<b>9+</b>	<b>54.5+</b>	<b>81+</b>	<b>1.22+</b>	<b>0.65+</b>	<b>9.1+</b>	<b>1.040+</b>	<b>1.86+</b>	<b>49.5+</b>	<b>128+</b>
<b>Daily Totals for 06/22/26</b>			<b>1.23+</b>	<b>4.43+</b>	<b>183+</b>	<b>977+</b>	<b>15.61+</b>	<b>85+</b>	<b>445.9+</b>	<b>296+</b>	<b>2.64+</b>	<b>2.44+</b>	<b>35.2+</b>	<b>3.548+</b>	<b>11.71+</b>	<b>304.4+</b>	<b>531+</b>
<b>Daily Value</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent Daily Value (%)</b>			<b>136.62+</b>	<b>192.40+</b>	<b>333+</b>	<b>109+</b>	<b>104.08+</b>	<b>14+</b>	<b>371.6+</b>	<b>329+</b>	<b>220.27+</b>	<b>187.49+</b>	<b>219.7+</b>	<b>208.710+</b>	<b>488.07+</b>	<b>55.4+</b>	<b>133+</b>
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>136.62+</b>	<b>192.40+</b>	<b>333+</b>	<b>109+</b>	<b>104.08+</b>	<b>14+</b>	<b>371.6+</b>	<b>329+</b>	<b>220.27+</b>	<b>187.49+</b>	<b>219.7+</b>	<b>208.710+</b>	<b>488.07+</b>	<b>55.4+</b>	<b>133+</b>

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Tue Jun 23, 2026**

Recipe Name	Size	Amt (gm)	Copper (mg)	Man ganese (mg)	Selen ium (mcg)	Vit A (mcg)	Vit E (aT) (mg)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
<b>Breakfast</b>																	
*****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	151	0.01+	0.02+	22+	182+	0.00+	42+	0.0+	1+	0.08+	0.44+	0.2+	0.073+	1.03+	15.9+	50+
TACO, BREAKFAST EGG, CHEES	1 each	168	0.02+	0.05+	21+	142+	0.40+	0+	2.1+	42+	0.07+	0.30+	0.4+	0.125+	0.69+	1.7+	59+
<b>Breakfast Totals</b>			<b>0.43+</b>	<b>0.83+</b>	<b>70+</b>	<b>468+</b>	<b>4.68+</b>	<b>75+</b>	<b>15.2+</b>	<b>69+</b>	<b>1.14+</b>	<b>1.39+</b>	<b>6.1+</b>	<b>0.849+</b>	<b>3.50+</b>	<b>193.4+</b>	<b>250+</b>
<b>Lunch</b>																	
*****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																
QUESADILLA CHEESE AND CHIC	1 each	147															
POTATO SEASONED FRIES (RED)	6 ounces	171	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
<b>Lunch Totals</b>			<b>0.31+</b>	<b>1.49+</b>	<b>18+</b>	<b>147+</b>	<b>2.75+</b>	<b>11+</b>	<b>20.4+</b>	<b>9+</b>	<b>0.29+</b>	<b>0.23+</b>	<b>3.3+</b>	<b>0.377+</b>	<b>0.44+</b>	<b>54.1+</b>	<b>36+</b>
<b>Dinner</b>																	
***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+
CHICKEN, CORDON BLEU (RED)	1 each	198															
*****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															
PASTA, BOWTIE (YELLOW)	1/2 cup	408	0.03+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
GRAVY, POULTRY LOW SODIUM	2 ounces	59	0.00+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
BREAD, TOASTED GARLIC (RED)	1 slice	37															
<b>Dinner Totals</b>			<b>0.40+</b>	<b>1.04+</b>	<b>53+</b>	<b>725+</b>	<b>3.54+</b>	<b>3+</b>	<b>125.3+</b>	<b>94+</b>	<b>0.89+</b>	<b>0.61+</b>	<b>9.6+</b>	<b>0.660+</b>	<b>1.63+</b>	<b>55.4+</b>	<b>316+</b>
<b>Daily Totals for 06/23/26</b>			<b>1.14+</b>	<b>3.36+</b>	<b>142+</b>	<b>1340+</b>	<b>10.97+</b>	<b>89+</b>	<b>160.9+</b>	<b>172+</b>	<b>2.32+</b>	<b>2.22+</b>	<b>19.1+</b>	<b>1.886+</b>	<b>5.57+</b>	<b>302.9+</b>	<b>602+</b>
<b>Daily Value</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Tue Jun 23, 2026**

Recipe Name	Size	Amt (gm)	Copper (mg)	Man ganese (mg)	Selen ium (mcg)	Vit A (mcg)	Vit E (aT) (mg)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
Percent Daily Value (%)			126.35+	145.89+	257+	149+	73.12+	15+	134.1+	191+	193.36+	170.91+	119.1+	110.967+	232.25+	55.1+	151+
RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)			0.90	2.30	55	900	15.00	600	120.0	90	1.20	1.30	16.0	1.700	2.40	550.0	400
Percent RDA/DRI STANDARDS, 3 MEALS (%)			126.35+	145.89+	257+	149+	73.12+	15+	134.1+	191+	193.36+	170.91+	119.1+	110.967+	232.25+	55.1+	151+

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

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Wed Jun 24, 2026**

Recipe Name	Size	Amt (gm)	Copper (mg)	Man ganese (mg)	Selen ium (mcg)	Vit A (mcg)	Vit E (aT) (mg)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
<b>Breakfast</b>																	
*****BREAKFAST ENTREES*****	1 serving																
CHICKEN, SAUSAGE LINK (YELL	1 each	23	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
BACON, 1EA (RED)	1 slice	13												0.245	0.81		
SAUSAGE, GRAVY (RED)	4 ounces	117	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
*****BREAKFAST SIDES*****	1 serving																
VEG CAULIFLOWER, ROASTED ((	3/4 cup	171	0.05	0.33	1	2	1.45	0	29.7	80	0.08	0.11	0.7	0.201	0.00	68.4	105
QUICHE, SPINACH & CHEESE (YE	1 each	61	0.03+	0.15+	9+	138+	0.36+	7+	68.8+	4+	0.03+	0.17+	0.2+	0.055+	0.35+	6.1+	44+
POTATO, HOME FRIED (RED)	3/4 cup	116	0.00+	0.01+	0+	0+	1.14+	0+	4.7+	0+	0.00+	0.00+	0.0+	0.002+	0.00+	0.1+	0+
OATMEAL, QUICK COOK (GREEN	6 ounces	127	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.08	0.00+	0.0+	0.003+	0.00+	0.2+	0+
GRITS (YELLOW)	3/4 cup	218	0.02+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.15	0.08	1.2	0.000+	0.00+	0.0+	74
BREAD, BISCUIT (RED)	1 each	90															
*****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	151	0.01+	0.02+	22+	182+	0.00+	42+	0.0+	1+	0.08+	0.44+	0.2+	0.073+	1.03+	15.9+	50+
SANDWICH, BRKFST, HASH BRO	1 each	217								0+				0.493+	1.62+		
<b>Breakfast Totals</b>			<b>0.15+</b>	<b>0.53+</b>	<b>50+</b>	<b>418+</b>	<b>4.18+</b>	<b>78+</b>	<b>103.4+</b>	<b>84+</b>	<b>0.47+</b>	<b>1.04+</b>	<b>2.4+</b>	<b>1.109+</b>	<b>4.76+</b>	<b>241.5+</b>	<b>310+</b>
<b>Lunch</b>																	
*****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 (YELL	1 each	175															
PASTA, CHEESE STUFFED SHELL	3 each	354	0.03+	0.12+	7+	58+	0.23+	4+	18.5+	0+	0.01+	0.10+	0.1+	0.038+	0.31+	3.8+	8+
*****VEGETABLES*****	1 each																
VEG ASPARAGUS, SAUTEED (GR	1/2 cup	97	0.17+	0.15+	2+	34+	1.98+	0+	41.7+	5	0.13+	0.13+	0.9+	0.083+	0.00+	14.5+	47+
VEG, CORN, SEASONED WHOLE	0.75 cup	182	0.07+	0.16+	0+	15+	0.12+	0+	0.5+	0+	0.10+	0.06+	2.5+	0.147+	0.00+	37.1+	0+
*****STARCH*****	1 each																
POTATO, SWEET, BAKED (GREEK	1 each	201	0.32	0.98+	0	1902	1.41	0	4.6	39	0.21	0.21	2.9	0.566	0.00	25.9	12
RICE, STEAMED (YELLOW)	3/4 cup	156	0.01+	0.00+	0+	0+	0.02+	0+	0.1+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
ROLL, YEAST (YELLOW)	1 each	58	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
*****SOUP*****	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+
*****GRILL *****	1 each																
FISH, FISH & CHIPS (YELLOW)	10 ounces	322	0.00+	0.01+	0+	6+	0.21+	0+	24.6+	2+	0.00+	0.00+	0.0+	0.006+	0.00+	1.1+	2+
POTATO TATER TOTS (RED)	6 ounces	172	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
*****GRAB N GO*****	1 each																
SANDWICH, TUNA SALAD CROIS:	1 each	246	0.05+	0.10+	8+	59+	0.75+	13+	8.7+	6+	0.04+	0.14+	0.3+	0.083+	0.37+	71.1+	29+
SANDWICH, CHICKEN SALAD CR	1 each	181	0.01+	0.02+	1+	7+	0.08+	1+	2.7+	1+	0.01+	0.02+	0.1+	0.014+	0.04+	7.4+	5+
<b>Lunch Totals</b>			<b>0.75+</b>	<b>1.65+</b>	<b>25+</b>	<b>2172+</b>	<b>5.05+</b>	<b>111+</b>	<b>105.2+</b>	<b>79+</b>	<b>0.60+</b>	<b>0.97+</b>	<b>7.2+</b>	<b>1.078+</b>	<b>1.53+</b>	<b>188.9+</b>	<b>116+</b>

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

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Wed Jun 24, 2026**

Recipe Name	Size	Amt (gm)	Copper (mg)	Man ganese (mg)	Selen ium (mcg)	Vit A (mcg)	Vit E (aT) (mg)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
<i>Dinner</i>																	
***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+
PORK CHOP, COOKED BREADED	2 each	181															
****VEGETABLES****	1 each																
VEG, GREEN BEANS, HERBED (G	3/4 cup	138	0.03+	0.14+	1+	0+	0.96+	0+	13.7+	2+	0.02+	0.02+	0.1+	0.067+	0.00+	2.2+	6+
APPLES, CINNAMON SPICED (YE	1/2 cup	140	0.06	0.20+	0	3	0.23	0	0.7	0	0.01	0.01	0.1	0.047	0.00	3.4	0
*****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+
RICE, STEAMED (YELLOW)	3/4 cup	156	0.01+	0.00+	0+	0+	0.02+	0+	0.1+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
GRAVY, PORK (YELLOW)	2 ounces	59	0.01	0.02	0	2	0.01	0	0.0	0	0.01	0.01	0.1	0.004	0.02	1.2	2
ROLL, HAWAIIAN YEAST (YELLOW)	1 piece	30															
<b>Dinner Totals</b>			<b>0.17+</b>	<b>0.55+</b>	<b>2+</b>	<b>44+</b>	<b>2.71+</b>	<b>1+</b>	<b>68.9+</b>	<b>66+</b>	<b>0.09+</b>	<b>0.14+</b>	<b>0.8+</b>	<b>0.258+</b>	<b>0.03+</b>	<b>17.0+</b>	<b>45+</b>
<b>Daily Totals for 06/24/26</b>			<b>1.07+</b>	<b>2.74+</b>	<b>77+</b>	<b>2634+</b>	<b>11.93+</b>	<b>189+</b>	<b>277.6+</b>	<b>229+</b>	<b>1.17+</b>	<b>2.15+</b>	<b>10.4+</b>	<b>2.444+</b>	<b>6.32+</b>	<b>447.3+</b>	<b>471+</b>
<b>Daily Value</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent Daily Value (%)</b>			<b>118.96+</b>	<b>119.01+</b>	<b>140+</b>	<b>293+</b>	<b>79.53+</b>	<b>32+</b>	<b>231.3+</b>	<b>255+</b>	<b>97.17+</b>	<b>165.20+</b>	<b>64.9+</b>	<b>143.793+</b>	<b>263.14+</b>	<b>81.3+</b>	<b>118+</b>
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>118.96+</b>	<b>119.01+</b>	<b>140+</b>	<b>293+</b>	<b>79.53+</b>	<b>32+</b>	<b>231.3+</b>	<b>255+</b>	<b>97.17+</b>	<b>165.20+</b>	<b>64.9+</b>	<b>143.793+</b>	<b>263.14+</b>	<b>81.3+</b>	<b>118+</b>

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

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Thu Jun 25, 2026**

Recipe Name	Size	Amt (gm)	Copper (mg)	Man ganese (mg)	Selen ium (mcg)	Vit A (mcg)	Vit E (aT) (mg)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
<b>Breakfast</b>																	
*****BREAKFAST ENTREES*****	1 serving																
TURKEY, TURKEY SAUSAGE GR/ BACON, 1EA (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+
PORK, SAUSAGE PATTY (RED)	1 slice	13												0.245	0.81		
TURKEY, SAUSAGE PATTY (YELL)	1 each	57															
*****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 GRITS (YELLOW))	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+
BREAD, BISCUIT (RED)	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
*****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	151	0.01+	0.02+	22+	182+	0.00+	42+	0.0+	1+	0.08+	0.44+	0.2+	0.073+	1.03+	15.9+	50+
TACO, BREAKFAST EGG, CHEES	1 each	168	0.02+	0.05+	21+	142+	0.40+	0+	2.1+	42+	0.07+	0.30+	0.4+	0.125+	0.69+	1.7+	59+
<b>Breakfast Totals</b>			<b>0.14+</b>	<b>0.33+</b>	<b>63+</b>	<b>448+</b>	<b>3.86+</b>	<b>71+</b>	<b>100.9+</b>	<b>123+</b>	<b>0.49+</b>	<b>1.17+</b>	<b>2.5+</b>	<b>0.658+</b>	<b>3.48+</b>	<b>185.9+</b>	<b>276+</b>
<b>Lunch</b>																	
*****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+
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+
*****FUELING STATION*****	1 serving																
SALAD, POTATO (DEVILED) (YEL)	1 ounce	66	0.21+	0.31+	1+	7+	0.22+	1+	2.5+	2+	0.01+	0.02+	0.3+	0.061+	0.04+	7.0+	5+
^SALAD, FRUIT AL FRESCO	1 ounce	28															
SALAD, PASTA CALIFORNIA (YEL)	1 ounce	44	0.00+	0.00+	0+	1+	0.01+	0+	0.4+	0+	0.00+	0.00+	0.0+	0.003+	0.00+	0.3+	1+
*****GRILL*****	1 each																
SANDWICH, PHILLY STEAK w/ SW	1 each	256	0.05+	0.08+	13+	125+	0.91+	0+	4.6+	20+	0.03+	0.14+	0.2+	0.119+	1.29+	9.8+	13+
ONION RINGS (YELLOW)	6 ounces	171	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
*****GRAB N GO*****	1 each																
SMALL BITE, TUNA (RED)	1 each	256	0.07+	0.46+	24+	238+	1.10+	27+	13.2+	4+	0.09+	0.40+	0.4+	0.133+	0.99+	80.2+	35+
SMALL BITE, CHICKEN SALAD (RI)	1 each	256	0.05+	0.44+	17+	197+	0.59+	15+	12.3+	3+	0.07+	0.29+	0.3+	0.113+	0.66+	20.0+	23+
<b>Lunch Totals</b>			<b>1.03+</b>	<b>3.47+</b>	<b>108+</b>	<b>959+</b>	<b>9.22+</b>	<b>78+</b>	<b>170.4+</b>	<b>206+</b>	<b>1.06+</b>	<b>1.44+</b>	<b>8.0+</b>	<b>1.139+</b>	<b>3.07+</b>	<b>196.2+</b>	<b>517+</b>

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# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Thu Jun 25, 2026**

Recipe Name	Size	Amt (gm)	Copper (mg)	Man ganese (mg)	Selen ium (mcg)	Vit A (mcg)	Vit E (aT) (mg)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
<i>Dinner</i>																	
***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+
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, 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+
POTATO, ROSEMARY ROASTED	4 ounces	115	0.00+	0.01+	0+	0+	0.20+	0+	1.0+	23	0.00+	0.00+	0.0+	0.001+	0.00+	0.0+	0+
ROLL, HAWAIIAN YEAST (YELLOW	1 piece	30															
<b>Dinner Totals</b>			<b>0.16+</b>	<b>0.96+</b>	<b>10+</b>	<b>450+</b>	<b>2.73+</b>	<b>0+</b>	<b>18.0+</b>	<b>62+</b>	<b>0.41+</b>	<b>0.24+</b>	<b>3.9+</b>	<b>0.165+</b>	<b>0.05+</b>	<b>6.5+</b>	<b>151+</b>
<b>Daily Totals for 06/25/26</b>			<b>1.33+</b>	<b>4.76+</b>	<b>182+</b>	<b>1856+</b>	<b>15.82+</b>	<b>149+</b>	<b>289.3+</b>	<b>392+</b>	<b>1.95+</b>	<b>2.85+</b>	<b>14.3+</b>	<b>1.962+</b>	<b>6.61+</b>	<b>388.6+</b>	<b>944+</b>
<b>Daily Value</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent Daily Value (%)</b>			<b>147.66+</b>	<b>206.78+</b>	<b>330+</b>	<b>206+</b>	<b>105.44+</b>	<b>25+</b>	<b>241.1+</b>	<b>435+</b>	<b>162.86+</b>	<b>219.10+</b>	<b>89.6+</b>	<b>115.415+</b>	<b>275.23+</b>	<b>70.7+</b>	<b>236+</b>
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>147.66+</b>	<b>206.78+</b>	<b>330+</b>	<b>206+</b>	<b>105.44+</b>	<b>25+</b>	<b>241.1+</b>	<b>435+</b>	<b>162.86+</b>	<b>219.10+</b>	<b>89.6+</b>	<b>115.415+</b>	<b>275.23+</b>	<b>70.7+</b>	<b>236+</b>

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

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Fri Jun 26, 2026**

Recipe Name	Size	Amt (gm)	Copper (mg)	Man ganese (mg)	Selen ium (mcg)	Vit A (mcg)	Vit E (aT) (mg)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
<b>Breakfast</b>																	
*****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+
POTATOES, BREAKFAST CASSEI	1 square	129	0.10+	0.17+	5+	76+	0.17+	8+	1.8+	8+	0.10+	0.08+	1.6+	0.102+	0.21+	3.7+	8+
POTATO, HOME FRIED (RED)	3/4 cup	116	0.00+	0.01+	0+	0+	1.14+	0+	4.7+	0+	0.00+	0.00+	0.0+	0.002+	0.00+	0.1+	0+
OATMEAL, QUICK COOK (GREEN)	6 ounces	127	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.08	0.00+	0.0+	0.003+	0.00+	0.2+	0+
GRITS (YELLOW)	3/4 cup	218	0.02+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.15	0.08	1.2	0.000+	0.00+	0.0+	74
BREAD, BISCUIT (RED)	1 each	90															
*****BREAKFAST BAKERY*****	1 serving																
TURNOVER, APPLE (RED)	3.7 ounces	105															
*****BREAKFAST ADDITIONS*****	1 serving																
FRENCH TOAST (RED)	1 each	151	0.01+	0.02+	22+	182+	0.00+	42+	0.0+	1+	0.08+	0.44+	0.2+	0.073+	1.03+	15.9+	50+
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+							
<b>Breakfast Totals</b>			<b>0.21+</b>	<b>0.31+</b>	<b>44+</b>	<b>377+</b>	<b>3.16+</b>	<b>79+</b>	<b>9.9+</b>	<b>58+</b>	<b>0.48+</b>	<b>0.87+</b>	<b>3.4+</b>	<b>0.579+</b>	<b>2.99+</b>	<b>173.8+</b>	<b>184+</b>
<b>Lunch</b>																	
*****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, SAUTI	1/2 cup	79	0.05	0.26	1	28	1.41	0	133.4	62	0.10	0.07	0.5	0.161	0.00	14.1	45
VEG, CARROTS BABY W/THYME	1 cup	125	0.12+	0.20+	1+	835+	0.02+	0+	14.9+	3+	0.04+	0.04+	0.7+	0.128+	0.00+	9.2+	33+
VEG, CORN ON THE COB (GREEN)	1 each	429	0.07	0.12	0	7	0.05	0	0.2	5	0.11	0.04	1.3	0.068	0.00	16.8	31
*****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																
SANDWICH, BBQ PORK w/ COLESLAW	1 sandwich	244								0+							
*****GRAB N GO*****	1 each																
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+
<b>Lunch Totals</b>			<b>1.15+</b>	<b>2.54+</b>	<b>63+</b>	<b>1719+</b>	<b>4.99+</b>	<b>93+</b>	<b>174.8+</b>	<b>82+</b>	<b>0.74+</b>	<b>1.27+</b>	<b>5.1+</b>	<b>1.006+</b>	<b>3.21+</b>	<b>396.5+</b>	<b>470+</b>
<b>Dinner</b>																	
*****ENTREES*****	1 serving																
CHICKEN WINGS, THAI STYLE (RED)	1 each	52															
BEEF, BEEF & BROCCOLI (GREEN)	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, GREEN	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 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+
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+
<b>Dinner Totals</b>			<b>0.19+</b>	<b>0.90+</b>	<b>10+</b>	<b>1284+</b>	<b>2.83+</b>	<b>0+</b>	<b>112.8+</b>	<b>131+</b>	<b>0.25+</b>	<b>0.32+</b>	<b>2.0+</b>	<b>0.452+</b>	<b>0.13+</b>	<b>38.3+</b>	<b>117+</b>
<b>Daily Totals for 06/26/26</b>			<b>1.55+</b>	<b>3.75+</b>	<b>117+</b>	<b>3380+</b>	<b>10.98+</b>	<b>172+</b>	<b>297.5+</b>	<b>270+</b>	<b>1.48+</b>	<b>2.46+</b>	<b>10.5+</b>	<b>2.037+</b>	<b>6.34+</b>	<b>608.6+</b>	<b>771+</b>

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Fri Jun 26, 2026**

Recipe Name	Size	Amt (gm)	Copper (mg)	Man ganese (mg)	Selen ium (mcg)	Vit A (mcg)	Vit E (aT) (mg)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
	Daily 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 (%)		172.75+	162.97+	213+	376+	73.19+	29+	247.9+	300+	123.19+	189.42+	65.7+	119.815+	264.07+	110.7+	193+
	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 (%)		172.75+	162.97+	213+	376+	73.19+	29+	247.9+	300+	123.19+	189.42+	65.7+	119.815+	264.07+	110.7+	193+

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

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Sat Jun 27, 2026**

Recipe Name	Size	Amt (gm)	Copper (mg)	Man ganese (mg)	Selen ium (mcg)	Vit A (mcg)	Vit E (aT) (mg)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
<b>Breakfast</b>																	
*****BREAKFAST ENTREES*****	1 serving																
EGG, SCRAMBLED (YELLOW)	1/3 cup	91	0.00+		28	163	0.00+	0+	0.00+	0+	0.06	0.38	0.2	0.057	0.93	0.0+	64
EGG, HARD BOILED (YELLOW)	1 each	50	0.03	0.02	17	96	1.23	29	0.2	0	0.04	0.25	0.1	0.036	0.95	150.9	36
BACON, 1EA (RED)	1 slice	13												0.245	0.81		
PORK, SAUSAGE PATTY (RED)	1 each	57															
POTATO, HASH BROWN PATTY (I)	1 each	72															
BREAD, BISCUIT (RED)	1 each	90															
*****GRILL *****	1 each																
FRENCH TOAST STICKS (YELLOW)	4 sticks	113															
<b>Breakfast Totals</b>			<b>0.03+</b>	<b>0.02+</b>	<b>45+</b>	<b>259+</b>	<b>1.23+</b>	<b>29+</b>	<b>0.2+</b>	<b>0+</b>	<b>0.10+</b>	<b>0.63+</b>	<b>0.2+</b>	<b>0.339+</b>	<b>2.68+</b>	<b>150.9+</b>	<b>100+</b>
<b>Lunch</b>																	
*****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	0.03+	0.14+	1+	0+	0.96+	0+	13.7+	2+	0.02+	0.02+	0.1+	0.067+	0.00+	2.2+	6+
*****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															
<b>Lunch Totals</b>			<b>0.52+</b>	<b>2.17+</b>	<b>63+</b>	<b>67+</b>	<b>3.25+</b>	<b>3+</b>	<b>75.0+</b>	<b>43+</b>	<b>0.90+</b>	<b>0.63+</b>	<b>13.8+</b>	<b>0.930+</b>	<b>2.84+</b>	<b>37.3+</b>	<b>264+</b>
<b>Dinner</b>																	
***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+
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, 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
<b>Dinner Totals</b>			<b>0.50+</b>	<b>2.64+</b>	<b>59+</b>	<b>161+</b>	<b>1.70+</b>	<b>0+</b>	<b>144.9+</b>	<b>92+</b>	<b>0.89+</b>	<b>0.59+</b>	<b>14.1+</b>	<b>1.135+</b>	<b>2.71+</b>	<b>46.0+</b>	<b>293+</b>
<b>Daily Totals for 06/27/26</b>			<b>1.05+</b>	<b>4.84+</b>	<b>168+</b>	<b>488+</b>	<b>6.18+</b>	<b>32+</b>	<b>220.1+</b>	<b>136+</b>	<b>1.89+</b>	<b>1.85+</b>	<b>28.1+</b>	<b>2.404+</b>	<b>8.23+</b>	<b>234.1+</b>	<b>657+</b>
<b>Daily Value</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent Daily Value (%)</b>			<b>116.35+</b>	<b>210.40+</b>	<b>305+</b>	<b>54+</b>	<b>41.21+</b>	<b>5+</b>	<b>183.4+</b>	<b>151+</b>	<b>157.44+</b>	<b>142.12+</b>	<b>175.5+</b>	<b>141.390+</b>	<b>342.77+</b>	<b>42.6+</b>	<b>164+</b>
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>116.35+</b>	<b>210.40+</b>	<b>305+</b>	<b>54+</b>	<b>41.21+</b>	<b>5+</b>	<b>183.4+</b>	<b>151+</b>	<b>157.44+</b>	<b>142.12+</b>	<b>175.5+</b>	<b>141.390+</b>	<b>342.77+</b>	<b>42.6+</b>	<b>164+</b>
<b>Week Daily Average (06/21/26-06/27/26)</b>			<b>1.17+</b>	<b>4.09+</b>	<b>147+</b>	<b>1863+</b>	<b>11.41+</b>	<b>115+</b>	<b>260.6+</b>	<b>248+</b>	<b>1.86+</b>	<b>2.33+</b>	<b>20.9+</b>	<b>2.463+</b>	<b>7.98+</b>	<b>399.4+</b>	<b>633+</b>

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Sun Jun 28, 2026**

Recipe Name	Size	Amt (gm)	Copper (mg)	Man ganese (mg)	Selen ium (mcg)	Vit A (mcg)	Vit E (aT) (mg)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
<b>Lunch</b>																	
****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															
<b>Lunch Totals</b>			<b>0.34+</b>	<b>0.87+</b>	<b>39+</b>	<b>268+</b>	<b>1.04+</b>	<b>5+</b>	<b>98.1+</b>	<b>92+</b>	<b>0.70+</b>	<b>0.39+</b>	<b>5.6+</b>	<b>0.374+</b>	<b>0.13+</b>	<b>54.5+</b>	<b>255+</b>
<b>Dinner</b>																	
***ENTREES***	1 serving																
LASAGNA, SPINACH (GREEN)	1 serving	354	0.30+	0.86+	18+	466+	3.69+	4+	343.1+	42+	0.83+	0.47+	2.5+	0.423+	0.74+	46.0+	168+
CHICKEN, PRIMAVERA (GREEN)	4 ounces	480	0.18+	0.38+	5+	44+	1.81+	0+	13.8+	48+	1.02+	0.16+	2.0+	0.349+	0.00+	20.5+	56+
****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+
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+
<b>Dinner Totals</b>			<b>0.69+</b>	<b>1.69+</b>	<b>25+</b>	<b>1289+</b>	<b>7.87+</b>	<b>4+</b>	<b>504.5+</b>	<b>156+</b>	<b>1.98+</b>	<b>0.74+</b>	<b>5.7+</b>	<b>1.053+</b>	<b>0.74+</b>	<b>88.9+</b>	<b>299+</b>
<b>Daily Totals for 06/28/26</b>			<b>1.03+</b>	<b>2.56+</b>	<b>64+</b>	<b>1557+</b>	<b>8.91+</b>	<b>9+</b>	<b>602.6+</b>	<b>247+</b>	<b>2.68+</b>	<b>1.13+</b>	<b>11.3+</b>	<b>1.428+</b>	<b>0.87+</b>	<b>143.4+</b>	<b>554+</b>
<b>Daily Value</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent Daily Value (%)</b>			<b>114.24+</b>	<b>111.09+</b>	<b>116+</b>	<b>173+</b>	<b>59.37+</b>	<b>2+</b>	<b>502.2+</b>	<b>275+</b>	<b>223.05+</b>	<b>86.93+</b>	<b>70.9+</b>	<b>83.971+</b>	<b>36.23+</b>	<b>26.1+</b>	<b>139+</b>
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>114.24+</b>	<b>111.09+</b>	<b>116+</b>	<b>173+</b>	<b>59.37+</b>	<b>2+</b>	<b>502.2+</b>	<b>275+</b>	<b>223.05+</b>	<b>86.93+</b>	<b>70.9+</b>	<b>83.971+</b>	<b>36.23+</b>	<b>26.1+</b>	<b>139+</b>

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Mon Jun 29, 2026**

Recipe Name	Size	Amt (gm)	Copper (mg)	Man ganese (mg)	Selen ium (mcg)	Vit A (mcg)	Vit E (aT) (mg)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
<b>Lunch</b>																	
****HOT ENTREES****	1 each																
EGGPLANT CUTLET, OVEN-FRIE	3 slices	107	0.01+	0.01+	4+	40+	0.08+	2+	0.2+	0+	0.00+	0.06+	0.0+	0.018+	0.21+	2.3+	4+
SHRIMP, SEASONED GRILLED (G	4 ounces	143	0.02+	0.06+	0+	28+	0.36+	0+	2.8+	0+	0.01+	0.02+	0.1+	0.034+	0.00+	1.0+	1+
CHICKEN SEASONED QTR (YELL	1 each	175															
****VEGETABLES****	1 each																
VEG, BLEND, MALIBU (GREEN)	1/2 cup	91															
VEG ASPARAGUS, W/GARLIC & C	1/2 cup	112	0.18	0.19	2	34	1.36	0	39.3	7	0.14	0.13	0.9	0.116	0.00	15.8	50
****STARCH****	1 each																
POTATO, MASHED RED GARLIC (	1/2 cup	109															
PASTA, LINGUINE (YELLOW)	3/4 cup	350	0.16	0.42	29	0	0.12	0	0.3	0	0.40	0.18	3.3	0.064	0.00	6.9	177
BREADSTICK, GARLIC CHEESE (	1 each	28															
****SOUP****	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																
SANDWICH, PHILLY CHICKEN w/	1 each	275	0.05+	0.08+	13+	125+	0.91+	0+	4.6+	20+	0.03+	0.14+	0.2+	0.119+	1.29+	9.8+	13+
****GRAB N GO****	1 each																
SMALL BITE, CHICKEN & CHEESE	1 each	251	0.04+	0.42+	16+	190+	0.51+	14+	9.6+	2+	0.07+	0.27+	0.2+	0.100+	0.62+	12.5+	18+
SMALL BITE, SALAMI & CHEESE (	1 each	194	0.04+	0.42+	16+	190+	0.51+	14+	9.6+	2+	0.07+	0.27+	0.2+	0.100+	0.62+	12.5+	18+
<b>Lunch Totals</b>			<b>0.67+</b>	<b>1.89+</b>	<b>93+</b>	<b>753+</b>	<b>5.20+</b>	<b>39+</b>	<b>139.0+</b>	<b>43+</b>	<b>1.07+</b>	<b>1.28+</b>	<b>6.9+</b>	<b>0.793+</b>	<b>3.55+</b>	<b>76.7+</b>	<b>307+</b>
<b>Dinner</b>																	
***ENTREES***	1 serving																
FISH, SALMON, TERIYAKI GLAZE	6 ounces	186	0.00+	0.00+	0+	0+	0.10+	0+	0.4+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
BEEF, MONGOLIAN GRILL (YELL	6 ounces	199	0.01+	0.13+	0+	8+	0.67+	0+	9.0+	15+	0.01+	0.02+	0.2+	0.038+	0.00+	1.9+	7+
****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, 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 (YELLO	3/4 cup	224	0.05+	0.24+	5+	197+	0.80+	0+	10.9+	12+	0.10+	0.11+	0.6+	0.094+	0.13+	10.2+	28+
<b>Dinner Totals</b>			<b>0.07+</b>	<b>0.39+</b>	<b>5+</b>	<b>205+</b>	<b>1.57+</b>	<b>0+</b>	<b>20.5+</b>	<b>27+</b>	<b>0.11+</b>	<b>0.13+</b>	<b>0.8+</b>	<b>0.132+</b>	<b>0.13+</b>	<b>12.2+</b>	<b>35+</b>
<b>Daily Totals for 06/29/26</b>			<b>0.74+</b>	<b>2.28+</b>	<b>98+</b>	<b>958+</b>	<b>6.77+</b>	<b>39+</b>	<b>159.5+</b>	<b>70+</b>	<b>1.18+</b>	<b>1.40+</b>	<b>7.7+</b>	<b>0.926+</b>	<b>3.68+</b>	<b>88.9+</b>	<b>342+</b>
<b>Daily Value</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent Daily Value (%)</b>			<b>82.07+</b>	<b>98.94+</b>	<b>179+</b>	<b>106+</b>	<b>45.11+</b>	<b>6+</b>	<b>132.9+</b>	<b>78+</b>	<b>98.39+</b>	<b>107.93+</b>	<b>48.1+</b>	<b>54.443+</b>	<b>153.44+</b>	<b>16.2+</b>	<b>85+</b>
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>82.07+</b>	<b>98.94+</b>	<b>179+</b>	<b>106+</b>	<b>45.11+</b>	<b>6+</b>	<b>132.9+</b>	<b>78+</b>	<b>98.39+</b>	<b>107.93+</b>	<b>48.1+</b>	<b>54.443+</b>	<b>153.44+</b>	<b>16.2+</b>	<b>85+</b>

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Tue Jun 30, 2026**

Recipe Name	Size	Amt (gm)	Copper (mg)	Man ganese (mg)	Selen ium (mcg)	Vit A (mcg)	Vit E (aT) (mg)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
<b>Lunch</b>																	
****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																
SANDWICH, MEXICAN TORTA (YE	1 each	307	0.16+	0.12+	19+	34+	1.14+	3+	11.2+	9+	0.53+	0.16+	4.4+	0.351+	0.27+	59.1+	32+
****GRAB N GO****	1 each																
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+
<b>Lunch Totals</b>			<b>0.85+</b>	<b>1.93+</b>	<b>74+</b>	<b>711+</b>	<b>6.14+</b>	<b>32+</b>	<b>259.2+</b>	<b>153+</b>	<b>1.00+</b>	<b>1.15+</b>	<b>12.8+</b>	<b>1.447+</b>	<b>3.80+</b>	<b>179.1+</b>	<b>263+</b>
<b>Dinner</b>																	
***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+
SHRIMP, SEASONED GRILLED (G	4 ounces	143	0.02+	0.06+	0+	28+	0.36+	0+	2.8+	0+	0.01+	0.02+	0.1+	0.034+	0.00+	1.0+	1+
****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	128	0.16	1.07	2	532	2.69	0	549.3	33	0.09	0.22	0.8	0.255	0.00	22.5	220
****STARCH****	1 each																
PASTA, BUTTERED BOWTIE (YEL	1 cup	343	0.03+	0.00+	0+	0+	0.06+	0+	0.2+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
RICE, STEAMED (YELLOW)	3/4 cup	156	0.01+	0.00+	0+	0+	0.02+	0+	0.1+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
<b>Dinner Totals</b>			<b>0.35+</b>	<b>1.55+</b>	<b>30+</b>	<b>560+</b>	<b>3.18+</b>	<b>0+</b>	<b>552.5+</b>	<b>33+</b>	<b>0.51+</b>	<b>0.42+</b>	<b>4.2+</b>	<b>0.356+</b>	<b>0.00+</b>	<b>30.5+</b>	<b>399+</b>
<b>Daily Totals for 06/30/26</b>			<b>1.19+</b>	<b>3.47+</b>	<b>104+</b>	<b>1270+</b>	<b>9.32+</b>	<b>32+</b>	<b>811.7+</b>	<b>186+</b>	<b>1.50+</b>	<b>1.56+</b>	<b>17.0+</b>	<b>1.803+</b>	<b>3.80+</b>	<b>209.6+</b>	<b>663+</b>
<b>Daily Value</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent Daily Value (%)</b>			<b>132.77+</b>	<b>150.93+</b>	<b>189+</b>	<b>141+</b>	<b>62.13+</b>	<b>5+</b>	<b>676.4+</b>	<b>207+</b>	<b>125.31+</b>	<b>120.15+</b>	<b>106.5+</b>	<b>106.046+</b>	<b>158.25+</b>	<b>38.1+</b>	<b>166+</b>
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>132.77+</b>	<b>150.93+</b>	<b>189+</b>	<b>141+</b>	<b>62.13+</b>	<b>5+</b>	<b>676.4+</b>	<b>207+</b>	<b>125.31+</b>	<b>120.15+</b>	<b>106.5+</b>	<b>106.046+</b>	<b>158.25+</b>	<b>38.1+</b>	<b>166+</b>
<b>Month Daily Average (06/21/26-06/30/26)</b>			<b>1.11+</b>	<b>3.69+</b>	<b>129+</b>	<b>1682+</b>	<b>10.48+</b>	<b>89+</b>	<b>339.8+</b>	<b>224+</b>	<b>1.84+</b>	<b>2.04+</b>	<b>18.2+</b>	<b>2.139+</b>	<b>6.42+</b>	<b>323.8+</b>	<b>599+</b>

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Wed Jul 01, 2026**

Recipe Name	Size	Amt (gm)	Copper (mg)	Man ganese (mg)	Selen ium (mcg)	Vit A (mcg)	Vit E (aT) (mg)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
<b>Lunch</b>																	
****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 (I	1/2 cup	272	0.08+	0.21+	14+	173+	0.57+	2+	3.3+	5+	0.15+	0.40+	1.4+	0.235+	0.31+	60.8+	47+
****SOUP****	1 each																
SOUP, BROCCOLI & CHEESE (RE	12 ounces	363															
****GRILL ****	1 each																
SANDWICH, ROAST BEEF & SWIS	1 each	137	0.02+	0.01+	13+	121+	0.25+	0+	0.6+	0+	0.00+	0.13+	0.0+	0.030+	1.29+	6.5+	4+
****GRAB N GO****	1 each																
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+
<b>Lunch Totals</b>			<b>0.36+</b>	<b>1.18+</b>	<b>48+</b>	<b>1675+</b>	<b>2.84+</b>	<b>40+</b>	<b>30.6+</b>	<b>53+</b>	<b>0.32+</b>	<b>1.03+</b>	<b>3.3+</b>	<b>0.619+</b>	<b>2.48+</b>	<b>165.4+</b>	<b>204+</b>
<b>Dinner</b>																	
****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+
PORK, SPARERIBS, COOKED (RE	3 ribs	139	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
****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																
RICE, PILAF (YELLOW)	1/2 cup	146	0.01+	0.01+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.005+	0.00+	0.3+	1+
POTATOES, MASHED RED (YELL	1/2 cup	130															
GRAVY, TURKEY (YELLOW)	2 ounces	61	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
ROLL, HAWAIIAN YEAST (YELLO	1 piece	30															
<b>Dinner Totals</b>			<b>0.04+</b>	<b>0.08+</b>	<b>0+</b>	<b>0+</b>	<b>0.39+</b>	<b>0+</b>	<b>2.8+</b>	<b>45+</b>	<b>0.07+</b>	<b>0.09+</b>	<b>0.6+</b>	<b>0.191+</b>	<b>0.00+</b>	<b>1.3+</b>	<b>4+</b>
<b>Daily Totals for 07/01/26</b>			<b>0.39+</b>	<b>1.26+</b>	<b>48+</b>	<b>1675+</b>	<b>3.23+</b>	<b>40+</b>	<b>33.4+</b>	<b>98+</b>	<b>0.39+</b>	<b>1.12+</b>	<b>3.9+</b>	<b>0.810+</b>	<b>2.48+</b>	<b>166.7+</b>	<b>208+</b>
<b>Daily Value</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent Daily Value (%)</b>			<b>43.75+</b>	<b>54.82+</b>	<b>88+</b>	<b>186+</b>	<b>21.56+</b>	<b>7+</b>	<b>27.8+</b>	<b>109+</b>	<b>32.39+</b>	<b>86.30+</b>	<b>24.4+</b>	<b>47.656+</b>	<b>103.36+</b>	<b>30.3+</b>	<b>52+</b>
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>43.75+</b>	<b>54.82+</b>	<b>88+</b>	<b>186+</b>	<b>21.56+</b>	<b>7+</b>	<b>27.8+</b>	<b>109+</b>	<b>32.39+</b>	<b>86.30+</b>	<b>24.4+</b>	<b>47.656+</b>	<b>103.36+</b>	<b>30.3+</b>	<b>52+</b>

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 Jul 02, 2026**

Recipe Name	Size	Amt (gm)	Copper (mg)	Man ganese (mg)	Selen ium (mcg)	Vit A (mcg)	Vit E (aT) (mg)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
<b>Lunch</b>																	
****HOT ENTREES****	1 each																
PORK, RIBS, KOREAN, COOKED	3 ribs	159	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
CHICKEN, TERIYAKI BAKED (YEL	1 each	170	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.12+	0.27+	7.5+	0.612+	0.83+	0.0+	5+
****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+
****GRILL ****	1 each																
SANDWICH, BEEF BARBACOA (YI	1 each	187															
ONION RINGS (YELLOW)	6 ounces	171	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
****GRAB N GO****	1 each																
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+
<b>Lunch Totals</b>			<b>0.33+</b>	<b>1.64+</b>	<b>43+</b>	<b>1445+</b>	<b>4.12+</b>	<b>42+</b>	<b>222.1+</b>	<b>90+</b>	<b>0.44+</b>	<b>1.08+</b>	<b>9.2+</b>	<b>1.136+</b>	<b>2.48+</b>	<b>125.4+</b>	<b>183+</b>
<b>Dinner</b>																	
***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
PORK LOIN, APPLE GLAZED (YEL	5 ounces	225	0.01+	0.04+	0+	0+	0.00+	0+	0.0+	0+	0.01+	0.01+	0.0+	0.008+	0.00+	0.7+	0+
****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+
POTATO, MASHED (YELLOW)	3/4 cup	193	0.01+	0.00+	1+	16+	0.00+	10+	0.0+	6+	0.02+	0.11+	1.8+	0.008+	0.09+	3.8+	1+
GRAVY, PORK (YELLOW)	2 ounces	59	0.01	0.02	0	2	0.01	0	0.0	0	0.01	0.01	0.1	0.004	0.02	1.2	2
<b>Dinner Totals</b>			<b>0.10+</b>	<b>0.25+</b>	<b>2+</b>	<b>52+</b>	<b>1.03+</b>	<b>10+</b>	<b>9.9+</b>	<b>30+</b>	<b>0.19+</b>	<b>0.49+</b>	<b>9.8+</b>	<b>0.789+</b>	<b>0.95+</b>	<b>11.1+</b>	<b>27+</b>
<b>Daily Totals for 07/02/26</b>			<b>0.44+</b>	<b>1.90+</b>	<b>45+</b>	<b>1497+</b>	<b>5.16+</b>	<b>52+</b>	<b>232.0+</b>	<b>121+</b>	<b>0.63+</b>	<b>1.57+</b>	<b>19.0+</b>	<b>1.925+</b>	<b>3.43+</b>	<b>136.5+</b>	<b>211+</b>
<b>Daily Value</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent Daily Value (%)</b>			<b>48.47+</b>	<b>82.40+</b>	<b>82+</b>	<b>166+</b>	<b>34.39+</b>	<b>9+</b>	<b>193.4+</b>	<b>134+</b>	<b>52.42+</b>	<b>120.51+</b>	<b>119.0+</b>	<b>113.216+</b>	<b>142.75+</b>	<b>24.8+</b>	<b>53+</b>
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>48.47+</b>	<b>82.40+</b>	<b>82+</b>	<b>166+</b>	<b>34.39+</b>	<b>9+</b>	<b>193.4+</b>	<b>134+</b>	<b>52.42+</b>	<b>120.51+</b>	<b>119.0+</b>	<b>113.216+</b>	<b>142.75+</b>	<b>24.8+</b>	<b>53+</b>

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Fri Jul 03, 2026**

Recipe Name	Size	Amt (gm)	Copper (mg)	Man ganese (mg)	Selen ium (mcg)	Vit A (mcg)	Vit E (aT) (mg)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
<b>Lunch</b>																	
****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															
****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																
SANDWICH, BBQ PORK w/ COLES	1 sandwich	244								0+							
****GRAB N GO****	1 each																
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
<b>Lunch Totals</b>			<b>0.81+</b>	<b>2.08+</b>	<b>56+</b>	<b>1624+</b>	<b>8.69+</b>	<b>58+</b>	<b>214.2+</b>	<b>204+</b>	<b>0.71+</b>	<b>1.21+</b>	<b>6.2+</b>	<b>1.100+</b>	<b>2.67+</b>	<b>446.6+</b>	<b>503+</b>
<b>Dinner</b>																	
****ENTREES****	1 serving																
BEEF, COUNTRY STYLE STEAK (I	1 each	128															
FISH, COD, POTATO CRUSTED (C	1 each	157	0.00+		0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
****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	0.03+	0.14+	1+	0+	0.96+	0+	13.7+	2+	0.02+	0.02+	0.1+	0.067+	0.00+	2.2+	6+
****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
MACARONI & CHEESE, FROZEN (	1/2 cup	120															
GRAVY MIX, COUNTRY STYLE (R	2 ounces	66	0.01+	0.00+	0+	0+	0.00+	0+	0.0+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
BREAD, CORNBREAD (FROZEN)	1 piece	60															
<b>Dinner Totals</b>			<b>0.20+</b>	<b>1.58+</b>	<b>9+</b>	<b>0+</b>	<b>2.24+</b>	<b>0+</b>	<b>18.1+</b>	<b>56+</b>	<b>0.29+</b>	<b>0.06+</b>	<b>3.3+</b>	<b>0.308+</b>	<b>0.00+</b>	<b>13.0+</b>	<b>18+</b>
<b>Daily Totals for 07/03/26</b>			<b>1.00+</b>	<b>3.66+</b>	<b>65+</b>	<b>1624+</b>	<b>10.93+</b>	<b>58+</b>	<b>232.3+</b>	<b>260+</b>	<b>1.00+</b>	<b>1.27+</b>	<b>9.6+</b>	<b>1.408+</b>	<b>2.67+</b>	<b>459.7+</b>	<b>521+</b>
<b>Daily Value</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent Daily Value (%)</b>			<b>111.63+</b>	<b>159.11+</b>	<b>119+</b>	<b>180+</b>	<b>72.90+</b>	<b>10+</b>	<b>193.6+</b>	<b>288+</b>	<b>83.28+</b>	<b>97.82+</b>	<b>59.9+</b>	<b>82.804+</b>	<b>111.26+</b>	<b>83.6+</b>	<b>130+</b>
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>111.63+</b>	<b>159.11+</b>	<b>119+</b>	<b>180+</b>	<b>72.90+</b>	<b>10+</b>	<b>193.6+</b>	<b>288+</b>	<b>83.28+</b>	<b>97.82+</b>	<b>59.9+</b>	<b>82.804+</b>	<b>111.26+</b>	<b>83.6+</b>	<b>130+</b>

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Sat Jul 04, 2026**

Recipe Name	Size	Amt (gm)	Copper (mg)	Man ganese (mg)	Selen ium (mcg)	Vit A (mcg)	Vit E (aT) (mg)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
<b>Lunch</b>																	
****HOT ENTREES****	1 each																
PORK, SPARERIBS, SAM'S RUB (I	3 ribs	322	0.17+	0.26+	39+	25+	1.27+	155+	2.9+	0+	0.56+	0.45+	8.2+	1.042+	0.65+	104.1+	2+
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, 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+
****STARCH****	1 each																
MACARONI & CHEESE, FROZEN (I	1/2 cup	120															
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+
<b>Lunch Totals</b>			<b>0.29+</b>	<b>1.07+</b>	<b>41+</b>	<b>499+</b>	<b>2.74+</b>	<b>156+</b>	<b>57.3+</b>	<b>78+</b>	<b>0.66+</b>	<b>0.64+</b>	<b>9.3+</b>	<b>1.290+</b>	<b>0.65+</b>	<b>114.3+</b>	<b>109+</b>
<b>Dinner</b>																	
****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+
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+
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+
<b>Dinner Totals</b>			<b>0.21+</b>	<b>0.62+</b>	<b>34+</b>	<b>744+</b>	<b>2.53+</b>	<b>0+</b>	<b>63.6+</b>	<b>115+</b>	<b>0.18+</b>	<b>0.36+</b>	<b>6.7+</b>	<b>0.725+</b>	<b>1.64+</b>	<b>185.0+</b>	<b>134+</b>
<b>Daily Totals for 07/04/26</b>			<b>0.50+</b>	<b>1.69+</b>	<b>75+</b>	<b>1243+</b>	<b>5.26+</b>	<b>156+</b>	<b>120.9+</b>	<b>193+</b>	<b>0.84+</b>	<b>1.00+</b>	<b>16.0+</b>	<b>2.015+</b>	<b>2.30+</b>	<b>299.3+</b>	<b>242+</b>
<b>Daily Value</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent Daily Value (%)</b>			<b>56.11+</b>	<b>73.50+</b>	<b>137+</b>	<b>138+</b>	<b>35.08+</b>	<b>26+</b>	<b>100.8+</b>	<b>215+</b>	<b>70.17+</b>	<b>76.86+</b>	<b>100.0+</b>	<b>118.520+</b>	<b>95.72+</b>	<b>54.4+</b>	<b>61+</b>
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>56.11+</b>	<b>73.50+</b>	<b>137+</b>	<b>138+</b>	<b>35.08+</b>	<b>26+</b>	<b>100.8+</b>	<b>215+</b>	<b>70.17+</b>	<b>76.86+</b>	<b>100.0+</b>	<b>118.520+</b>	<b>95.72+</b>	<b>54.4+</b>	<b>61+</b>
<b>Week Daily Average (06/28/26-07/04/26)</b>			<b>0.76+</b>	<b>2.40+</b>	<b>71+</b>	<b>1403+</b>	<b>7.08+</b>	<b>55+</b>	<b>313.2+</b>	<b>168+</b>	<b>1.17+</b>	<b>1.29+</b>	<b>12.1+</b>	<b>1.473+</b>	<b>2.75+</b>	<b>214.9+</b>	<b>391+</b>

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 Jul 05, 2026**

Recipe Name	Size	Amt (gm)	Copper (mg)	Man ganese (mg)	Selen ium (mcg)	Vit A (mcg)	Vit E (aT) (mg)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
<b>Lunch</b>																	
****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															
<b>Lunch Totals</b>			<b>0.25+</b>	<b>1.07+</b>	<b>44+</b>	<b>505+</b>	<b>2.38+</b>	<b>44+</b>	<b>102.0+</b>	<b>125+</b>	<b>0.80+</b>	<b>0.77+</b>	<b>11.3+</b>	<b>0.759+</b>	<b>0.77+</b>	<b>109.9+</b>	<b>193+</b>
<b>Dinner</b>																	
***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+
BEEF, LASAGNA, BOLOGNESE (Y	10 ounces	391	0.34+	0.42+	40+	201+	2.83+	21+	22.5+	16+	0.19+	0.54+	6.2+	0.652+	2.66+	37.4+	49+
****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 (YELLOV	1 piece	30															
<b>Dinner Totals</b>			<b>0.52+</b>	<b>0.89+</b>	<b>72+</b>	<b>224+</b>	<b>3.00+</b>	<b>23+</b>	<b>23.8+</b>	<b>17+</b>	<b>0.61+</b>	<b>0.76+</b>	<b>9.5+</b>	<b>0.752+</b>	<b>2.78+</b>	<b>46.6+</b>	<b>231+</b>
<b>Daily Totals for 07/05/26</b>			<b>0.77+</b>	<b>1.96+</b>	<b>116+</b>	<b>729+</b>	<b>5.38+</b>	<b>66+</b>	<b>125.8+</b>	<b>142+</b>	<b>1.41+</b>	<b>1.53+</b>	<b>20.9+</b>	<b>1.511+</b>	<b>3.55+</b>	<b>156.4+</b>	<b>424+</b>
<b>Daily Value</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent Daily Value (%)</b>			<b>85.61+</b>	<b>85.10+</b>	<b>211+</b>	<b>81+</b>	<b>35.84+</b>	<b>11+</b>	<b>104.8+</b>	<b>158+</b>	<b>117.40+</b>	<b>117.68+</b>	<b>130.4+</b>	<b>88.887+</b>	<b>147.86+</b>	<b>28.4+</b>	<b>106+</b>
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>85.61+</b>	<b>85.10+</b>	<b>211+</b>	<b>81+</b>	<b>35.84+</b>	<b>11+</b>	<b>104.8+</b>	<b>158+</b>	<b>117.40+</b>	<b>117.68+</b>	<b>130.4+</b>	<b>88.887+</b>	<b>147.86+</b>	<b>28.4+</b>	<b>106+</b>

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Mon Jul 06, 2026**

Recipe Name	Size	Amt (gm)	Copper (mg)	Man ganese (mg)	Selen ium (mcg)	Vit A (mcg)	Vit E (aT) (mg)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
<b>Lunch</b>																	
*****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	603	0.21+	0.57+	51+	25+	0.32+	2+	3.5+	1+	0.55+	0.38+	7.9+	0.386+	1.82+	10.9+	230+
*****VEGETABLES*****	1 each																
VEG ITALIAN ROASTED MEDLEY	3/4 cup	183	0.17+	0.49+	3+	22+	1.32+	1+	32.0+	53+	0.10+	0.12+	1.5+	0.463+	0.00+	16.9+	37+
VEG ASPARAGUS, ROASTED (GF	1/2 cup	95	0.17+	0.15+	2+	34+	1.60+	0+	40.1+	5	0.13+	0.13+	0.9+	0.083+	0.00+	14.5+	47+
*****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+
*****FUELING STATION*****	1 serving																
PIZZA, CHEESE, SS TONY'S (YEL	1 each	147				50											
PIZZA, SUPREME, SS TONY'S (RE	1 each	171	0.02+	0.05+	1+	52+	0.13+	2+	0.6+	4+	0.02+	0.01+	0.2+	0.028+	0.05+	3.0+	1+
PIZZA, MEAT LOVERS, TONY'S BA	1 each	162	0.00+	0.05+	1+	50+	0.04+	2+	0.2+	0+	0.01+	0.01+	0.2+	0.015+	0.05+	2.2+	0+
PIZZA, PEPPERONI, TONY'S BASE	1 each	155	0.01+	0.09+	2+	50	0.09+	4+	0.5+	0+	0.02+	0.02+	0.4+	0.030+	0.11+	4.3+	0+
*****GRAB N GO*****	1 each																
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+
<b>Lunch Totals</b>			<b>1.02+</b>	<b>4.14+</b>	<b>113+</b>	<b>1261+</b>	<b>7.23+</b>	<b>116+</b>	<b>264.7+</b>	<b>94+</b>	<b>1.41+</b>	<b>1.64+</b>	<b>16.6+</b>	<b>1.709+</b>	<b>3.57+</b>	<b>119.2+</b>	<b>437+</b>
<b>Dinner</b>																	
***ENTREES***	1 serving																
PASTA, PENNE BAKED (YELLOW)	1 cup	197	0.11+	0.35+	39+	119+	0.49+	8+	14.4+	0+	0.06+	0.28+	3.8+	0.320+	1.95+	6.7+	22+
CHICKEN ROSEMARY GARLIC RC	1 each	194	0.01+	0.04+	0+	1+	0.03+	0+	0.1+	3+	0.01+	0.00+	0.0+	0.026+	0.00+	1.1+	2+
*****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	0.03+	0.14+	1+	0+	0.96+	0+	13.7+	2+	0.02+	0.02+	0.1+	0.067+	0.00+	2.2+	6+
*****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															
<b>Dinner Totals</b>			<b>0.26+</b>	<b>0.80+</b>	<b>42+</b>	<b>767+</b>	<b>2.21+</b>	<b>8+</b>	<b>53.9+</b>	<b>16+</b>	<b>0.39+</b>	<b>0.39+</b>	<b>5.5+</b>	<b>0.533+</b>	<b>1.95+</b>	<b>34.5+</b>	<b>65+</b>
<b>Daily Totals for 07/06/26</b>			<b>1.28+</b>	<b>4.94+</b>	<b>155+</b>	<b>2029+</b>	<b>9.45+</b>	<b>123+</b>	<b>318.6+</b>	<b>111+</b>	<b>1.81+</b>	<b>2.03+</b>	<b>22.1+</b>	<b>2.242+</b>	<b>5.52+</b>	<b>153.7+</b>	<b>502+</b>
<b>Daily Value</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent Daily Value (%)</b>			<b>142.15+</b>	<b>214.85+</b>	<b>282+</b>	<b>225+</b>	<b>62.98+</b>	<b>21+</b>	<b>265.5+</b>	<b>123+</b>	<b>150.45+</b>	<b>156.36+</b>	<b>138.2+</b>	<b>131.892+</b>	<b>229.92+</b>	<b>28.0+</b>	<b>125+</b>
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>142.15+</b>	<b>214.85+</b>	<b>282+</b>	<b>225+</b>	<b>62.98+</b>	<b>21+</b>	<b>265.5+</b>	<b>123+</b>	<b>150.45+</b>	<b>156.36+</b>	<b>138.2+</b>	<b>131.892+</b>	<b>229.92+</b>	<b>28.0+</b>	<b>125+</b>

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Tue Jul 07, 2026**

Recipe Name	Size	Amt (gm)	Copper (mg)	Man ganese (mg)	Selen ium (mcg)	Vit A (mcg)	Vit E (aT) (mg)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
<b>Lunch</b>																	
*****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 (YELL)	1 each	175															
*****VEGETABLES*****	1 each																
VEG, SPINACH, SAUTEED (GREE)	1/2 cup	128	0.16	1.07	2	532	2.69	0	549.3	33	0.09	0.22	0.8	0.255	0.00	22.5	220
BEANS, BLACK A LA OLLA (GREE)	1/2 cup	193	0.04+	0.08+	0+	18+	0.65+	0+	17.5+	7	0.23+	0.03+	0.4+	0.073+	0.00+	4.2+	153
*****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																
QUESADILLA CHEESE AND CHIC	1 each	147															
<b>Lunch Totals</b>			<b>0.68+</b>	<b>1.79+</b>	<b>37+</b>	<b>828+</b>	<b>9.30+</b>	<b>14+</b>	<b>592.4+</b>	<b>103+</b>	<b>1.09+</b>	<b>0.84+</b>	<b>10.9+</b>	<b>1.348+</b>	<b>3.19+</b>	<b>101.1+</b>	<b>437+</b>
<b>Dinner</b>																	
****ENTREES****	1 serving																
CHICKEN SZECHUAN QTR (YELL)	1 each	234	0.02+	0.08+	0+	11+	0.27+	0+	0.6+	1+	0.00+	0.03+	0.2+	0.033+	0.00+	3.1+	4+
PORK CHOP, GRILLED HONEY G,	1 each	134	0.10	0.09	32	6	0.24	31	0.0	1	0.54	0.35	7.2	0.486	0.58	73.4	2
*****VEGETABLES*****	1 each																
VEG, GREEN BEANS, SAUTEED V	3/4 cup	116	0.00+	0.03+	0+	0+	0.86+	0+	3.6+	0+	0.00+	0.00+	0.0+	0.017+	0.00+	0.3+	0+
VEG, PEAS & CARROTS (GREEN)	1/2 cup	141	0.10+	0.28+	1+	648+	0.71+	0+	25.6+	11+	0.31+	0.09+	1.6+	0.118+	0.00+	24.6+	35+
*****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 (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+
<b>Dinner Totals</b>			<b>0.25+</b>	<b>0.49+</b>	<b>34+</b>	<b>679+</b>	<b>2.34+</b>	<b>31+</b>	<b>30.5+</b>	<b>35+</b>	<b>0.85+</b>	<b>0.48+</b>	<b>9.1+</b>	<b>0.669+</b>	<b>0.58+</b>	<b>101.9+</b>	<b>42+</b>
<b>Daily Totals for 07/07/26</b>			<b>0.93+</b>	<b>2.27+</b>	<b>71+</b>	<b>1508+</b>	<b>11.64+</b>	<b>44+</b>	<b>622.9+</b>	<b>138+</b>	<b>1.95+</b>	<b>1.32+</b>	<b>19.9+</b>	<b>2.017+</b>	<b>3.77+</b>	<b>203.0+</b>	<b>479+</b>
<b>Daily Value</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent Daily Value (%)</b>			<b>103.01+</b>	<b>98.84+</b>	<b>129+</b>	<b>168+</b>	<b>77.58+</b>	<b>7+</b>	<b>519.1+</b>	<b>154+</b>	<b>162.16+</b>	<b>101.39+</b>	<b>124.7+</b>	<b>118.672+</b>	<b>157.21+</b>	<b>36.9+</b>	<b>120+</b>
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>103.01+</b>	<b>98.84+</b>	<b>129+</b>	<b>168+</b>	<b>77.58+</b>	<b>7+</b>	<b>519.1+</b>	<b>154+</b>	<b>162.16+</b>	<b>101.39+</b>	<b>124.7+</b>	<b>118.672+</b>	<b>157.21+</b>	<b>36.9+</b>	<b>120+</b>

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Wed Jul 08, 2026**

Recipe Name	Size	Amt (gm)	Copper (mg)	Man ganese (mg)	Selen ium (mcg)	Vit A (mcg)	Vit E (aT) (mg)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
<b>Lunch</b>																	
****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+
MUSHROOM CAPS, VEGGIE STU	1 each	264	0.37+	0.44+	29+	304+	2.26+	17+	217.4+	37+	0.13+	0.37+	5.2+	0.357+	0.58+	39.2+	100+
BEEF, BRISKET W/ CHIMICHURRI	6 ounces	264	0.23+	0.45+	48+	57+	6.48+	8+	161.3+	15+	0.18+	0.36+	12.3+	1.353+	3.40+	125.3+	24+
****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+
****SOUP****	1 each																
SOUP, CHICKEN SAUSAGE GUMI	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																
SANDWICH, PANINI TURKEY & S	1 each	220	0.04+	0.08+	13+	154+	0.47+	0+	27.8+	4+	0.02+	0.14+	0.2+	0.056+	1.29+	8.9+	18+
****GRAB N GO****	1 each																
SMALL BITE, CHICKEN SALAD (R)	1 each	256	0.05+	0.44+	17+	197+	0.59+	15+	12.3+	3+	0.07+	0.29+	0.3+	0.113+	0.66+	20.0+	23+
SMALL BITE, TUNA (RED)	1 each	256	0.07+	0.46+	24+	238+	1.10+	27+	13.2+	4+	0.09+	0.40+	0.4+	0.133+	0.99+	80.2+	35+
<b>Lunch Totals</b>			<b>0.85+</b>	<b>2.17+</b>	<b>134+</b>	<b>983+</b>	<b>14.06+</b>	<b>66+</b>	<b>553.9+</b>	<b>222+</b>	<b>0.74+</b>	<b>1.67+</b>	<b>20.7+</b>	<b>2.191+</b>	<b>6.91+</b>	<b>291.1+</b>	<b>258+</b>
<b>Dinner</b>																	
***ENTREES***	1 serving																
BEEF, MEATLOAF GLAZED (YELL	1 slice	200	0.02+	0.06+	25+	15+	0.69+	14+	3.5+	9+	0.08+	0.28+	6.4+	0.496+	2.81+	4.7+	15+
CHICKEN BARBECUE QTR (YELL	1 piece	269	0.01+	0.04+	0+	0+	0.01+	0+	0.4+	0+	0.00+	0.00+	0.0+	0.014+	0.00+	0.6+	0+
****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+
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+
<b>Dinner Totals</b>			<b>0.18+</b>	<b>0.84+</b>	<b>27+</b>	<b>954+</b>	<b>0.75+</b>	<b>14+</b>	<b>11.0+</b>	<b>53+</b>	<b>0.16+</b>	<b>0.41+</b>	<b>7.4+</b>	<b>0.704+</b>	<b>2.81+</b>	<b>11.8+</b>	<b>108+</b>
<b>Daily Totals for 07/08/26</b>			<b>1.03+</b>	<b>3.01+</b>	<b>161+</b>	<b>1937+</b>	<b>14.81+</b>	<b>80+</b>	<b>565.0+</b>	<b>275+</b>	<b>0.90+</b>	<b>2.08+</b>	<b>28.1+</b>	<b>2.895+</b>	<b>9.73+</b>	<b>302.9+</b>	<b>366+</b>
<b>Daily Value</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent Daily Value (%)</b>			<b>113.99+</b>	<b>130.96+</b>	<b>292+</b>	<b>215+</b>	<b>98.76+</b>	<b>13+</b>	<b>470.8+</b>	<b>305+</b>	<b>75.19+</b>	<b>160.20+</b>	<b>175.5+</b>	<b>170.273+</b>	<b>405.21+</b>	<b>55.1+</b>	<b>91+</b>
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>113.99+</b>	<b>130.96+</b>	<b>292+</b>	<b>215+</b>	<b>98.76+</b>	<b>13+</b>	<b>470.8+</b>	<b>305+</b>	<b>75.19+</b>	<b>160.20+</b>	<b>175.5+</b>	<b>170.273+</b>	<b>405.21+</b>	<b>55.1+</b>	<b>91+</b>

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 Jul 09, 2026**

Recipe Name	Size	Amt (gm)	Copper (mg)	Man ganese (mg)	Selen ium (mcg)	Vit A (mcg)	Vit E (aT) (mg)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
<b>Lunch</b>																	
*****HOT ENTREES*****	1 each																
CHICKEN CURRY QTR (YELLOW)	1 each	275	0.06+	0.21+	1+	23+	0.67+	0+	3.4+	10+	0.38+	0.05+	0.6+	0.132+	0.00+	6.6+	8+
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 (REC	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																
SAUSAGE, SMOKED DOG (RED)	5 ounces	290	0.05+	0.12+	0+	9+	1.09+	0+	7.5+	44+	0.05+	0.03+	0.3+	0.166+	0.00+	5.5+	14+
CORN DOG, ALL MEAT (YELLOW)	1 each	76															
*****GRAB N GO*****	1 each																
^SANDWICH, CHICKEN SALAD (G	1 each	273	0.06+	0.11+	0+	21+	0.22+	0+	25.4+	6+	0.03+	0.03+	0.3+	0.068+	0.00+	6.4+	20+
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+
<b>Lunch Totals</b>			<b>0.50+</b>	<b>1.73+</b>	<b>19+</b>	<b>424+</b>	<b>4.18+</b>	<b>13+</b>	<b>141.6+</b>	<b>142+</b>	<b>0.96+</b>	<b>0.53+</b>	<b>7.7+</b>	<b>1.091+</b>	<b>0.68+</b>	<b>119.9+</b>	<b>345+</b>
<b>Dinner</b>																	
***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+
FISH, LEMON BAKED COD (GREE	6 ounces	179	0.00+	0.01+	0+	4+	0.05+	0+	1.1+	1+	0.00+	0.00+	0.0+	0.005+	0.00+	0.3+	1+
*****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 ((	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 ((	4 ounces	118	0.00+	0.00+	0+	5+	0.01+	0+	18.7+	24+	0.00+	0.00+	0.0+	0.001+	0.00+	0.1+	2+
PASTA, ORZO WITH LEMON & HE	3/4 cup	299	0.04+	0.10+	0+	1+	0.75+	0+	13.8+	2+	0.01+	0.01+	0.1+	0.034+	0.00+	1.8+	150+
RICE, STEAMED (YELLOW)	3/4 cup	156	0.01+	0.00+	0+	0+	0.02+	0+	0.1+	0+	0.00+	0.00+	0.0+	0.000+	0.00+	0.0+	0+
<b>Dinner Totals</b>			<b>0.18+</b>	<b>0.85+</b>	<b>6+</b>	<b>39+</b>	<b>4.90+</b>	<b>0+</b>	<b>206.0+</b>	<b>169+</b>	<b>0.27+</b>	<b>0.25+</b>	<b>2.0+</b>	<b>0.410+</b>	<b>0.00+</b>	<b>86.0+</b>	<b>335+</b>
<b>Daily Totals for 07/09/26</b>			<b>0.67+</b>	<b>2.57+</b>	<b>25+</b>	<b>463+</b>	<b>9.08+</b>	<b>13+</b>	<b>347.5+</b>	<b>311+</b>	<b>1.23+</b>	<b>0.78+</b>	<b>9.7+</b>	<b>1.501+</b>	<b>0.68+</b>	<b>205.9+</b>	<b>680+</b>
<b>Daily Value</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent Daily Value (%)</b>			<b>74.97+</b>	<b>111.82+</b>	<b>46+</b>	<b>51+</b>	<b>60.52+</b>	<b>2+</b>	<b>289.6+</b>	<b>346+</b>	<b>102.87+</b>	<b>59.82+</b>	<b>60.8+</b>	<b>88.303+</b>	<b>28.24+</b>	<b>37.4+</b>	<b>170+</b>
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>74.97+</b>	<b>111.82+</b>	<b>46+</b>	<b>51+</b>	<b>60.52+</b>	<b>2+</b>	<b>289.6+</b>	<b>346+</b>	<b>102.87+</b>	<b>59.82+</b>	<b>60.8+</b>	<b>88.303+</b>	<b>28.24+</b>	<b>37.4+</b>	<b>170+</b>

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

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Fri Jul 10, 2026**

Recipe Name	Size	Amt (gm)	Copper (mg)	Man ganese (mg)	Selen ium (mcg)	Vit A (mcg)	Vit E (aT) (mg)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
<b>Lunch</b>																	
****HOT ENTREES****	1 each																
BEEF HERB CRUSTED FLANK ST	4 ounces	147	0.07+	0.28+	1+	49+	0.60+	0+	164.4+	14+	0.03+	0.04+	0.3+	0.757+	1.33+	3.9+	20+
FISH, COD, GARLIC LEMON 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+
CAULIFLOWER STEAK (GREEN)	1 slice	236	0.11+	0.41+	4+	69+	2.86+	1+	43.3+	101+	0.12+	0.18+	1.3+	0.452+	0.10+	95.8+	122+
****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+
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, 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																
SANDWICH, BBQ PORK w/ COLES	1 sandwich	244								0+							
****GRAB N GO****	1 each																
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
<b>Lunch Totals</b>			<b>1.33+</b>	<b>2.87+</b>	<b>39+</b>	<b>2080+</b>	<b>8.27+</b>	<b>30+</b>	<b>285.5+</b>	<b>217+</b>	<b>0.66+</b>	<b>1.04+</b>	<b>6.0+</b>	<b>2.319+</b>	<b>3.10+</b>	<b>314.3+</b>	<b>434+</b>
<b>Dinner</b>																	
****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+
PORK CHOP, BRAISED (YELLOW)	5 ounces	159	0.10+	0.03+	31+	6+	0.23+	31+	0.1+	0+	0.53+	0.33+	7.1+	0.462+	0.58+	71.8+	0+
****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+
<b>Dinner Totals</b>			<b>0.59+</b>	<b>2.64+</b>	<b>82+</b>	<b>87+</b>	<b>4.34+</b>	<b>46+</b>	<b>194.5+</b>	<b>214+</b>	<b>1.54+</b>	<b>1.02+</b>	<b>18.0+</b>	<b>1.388+</b>	<b>0.81+</b>	<b>162.4+</b>	<b>305+</b>
<b>Daily Totals for 07/10/26</b>			<b>1.92+</b>	<b>5.51+</b>	<b>121+</b>	<b>2167+</b>	<b>12.61+</b>	<b>76+</b>	<b>480.1+</b>	<b>431+</b>	<b>2.20+</b>	<b>2.06+</b>	<b>24.1+</b>	<b>3.706+</b>	<b>3.90+</b>	<b>476.7+</b>	<b>739+</b>
<b>Daily Value</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent Daily Value (%)</b>			<b>213.72+</b>	<b>239.47+</b>	<b>220+</b>	<b>241+</b>	<b>84.07+</b>	<b>13+</b>	<b>400.0+</b>	<b>479+</b>	<b>183.21+</b>	<b>158.81+</b>	<b>150.4+</b>	<b>218.018+</b>	<b>162.65+</b>	<b>86.7+</b>	<b>185+</b>
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>213.72+</b>	<b>239.47+</b>	<b>220+</b>	<b>241+</b>	<b>84.07+</b>	<b>13+</b>	<b>400.0+</b>	<b>479+</b>	<b>183.21+</b>	<b>158.81+</b>	<b>150.4+</b>	<b>218.018+</b>	<b>162.65+</b>	<b>86.7+</b>	<b>185+</b>

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

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Cafeteria**      **Date: Sat Jul 11, 2026**

Recipe Name	Size	Amt (gm)	Copper (mg)	Man ganese (mg)	Selen ium (mcg)	Vit A (mcg)	Vit E (aT) (mg)	Vit D (IU)	Vit K (mcg)	Vit C (mg)	Thia min (mg)	Ribo flavin (mg)	Niacin (mg)	Vit B6 (mg)	Vit B12 (mcg)	Cho line (mg)	Folate DFE (mcg)
<b>Lunch</b>																	
****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															
<b>Lunch Totals</b>			<b>0.10+</b>	<b>0.34+</b>	<b>6+</b>	<b>81+</b>	<b>2.22+</b>	<b>2+</b>	<b>98.9+</b>	<b>73+</b>	<b>0.08+</b>	<b>0.15+</b>	<b>0.8+</b>	<b>0.212+</b>	<b>0.16+</b>	<b>19.1+</b>	<b>58+</b>
<b>Dinner</b>																	
***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+
BEEF, SWEDISH MEATBALLS (RE	8 each	215	0.02+	0.07+	2+	2+	0.88+	0+	3.7+	0+	0.04+	0.03+	0.4+	0.005+	0.00+	0.7+	19+
****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															
<b>Dinner Totals</b>			<b>0.62+</b>	<b>2.39+</b>	<b>50+</b>	<b>546+</b>	<b>6.06+</b>	<b>5+</b>	<b>64.1+</b>	<b>13+</b>	<b>1.00+</b>	<b>0.47+</b>	<b>9.0+</b>	<b>0.579+</b>	<b>0.13+</b>	<b>75.4+</b>	<b>280+</b>
<b>Daily Totals for 07/11/26</b>			<b>0.72+</b>	<b>2.74+</b>	<b>55+</b>	<b>626+</b>	<b>8.29+</b>	<b>7+</b>	<b>163.1+</b>	<b>86+</b>	<b>1.08+</b>	<b>0.62+</b>	<b>9.8+</b>	<b>0.792+</b>	<b>0.29+</b>	<b>94.5+</b>	<b>338+</b>
<b>Daily Value</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent Daily Value (%)</b>			<b>80.11+</b>	<b>119.01+</b>	<b>101+</b>	<b>70+</b>	<b>55.25+</b>	<b>1+</b>	<b>135.9+</b>	<b>95+</b>	<b>90.15+</b>	<b>48.04+</b>	<b>61.1+</b>	<b>46.580+</b>	<b>12.10+</b>	<b>17.2+</b>	<b>84+</b>
<b>RDA/DRI STANDARDS, 3 MEALS (M, 55 yo)</b>			<b>0.90</b>	<b>2.30</b>	<b>55</b>	<b>900</b>	<b>15.00</b>	<b>600</b>	<b>120.0</b>	<b>90</b>	<b>1.20</b>	<b>1.30</b>	<b>16.0</b>	<b>1.700</b>	<b>2.40</b>	<b>550.0</b>	<b>400</b>
<b>Percent RDA/DRI STANDARDS, 3 MEALS (%)</b>			<b>80.11+</b>	<b>119.01+</b>	<b>101+</b>	<b>70+</b>	<b>55.25+</b>	<b>1+</b>	<b>135.9+</b>	<b>95+</b>	<b>90.15+</b>	<b>48.04+</b>	<b>61.1+</b>	<b>46.580+</b>	<b>12.10+</b>	<b>17.2+</b>	<b>84+</b>
<b>Week Daily Average (07/05/26-07/11/26)</b>			<b>1.05+</b>	<b>3.29+</b>	<b>101+</b>	<b>1351+</b>	<b>10.18+</b>	<b>59+</b>	<b>374.7+</b>	<b>213+</b>	<b>1.51+</b>	<b>1.49+</b>	<b>19.2+</b>	<b>2.095+</b>	<b>3.92+</b>	<b>227.6+</b>	<b>504+</b>
<b>Month Daily Average (07/01/26-07/11/26)</b>			<b>0.88+</b>	<b>2.86+</b>	<b>85+</b>	<b>1409+</b>	<b>8.71+</b>	<b>65+</b>	<b>294.7+</b>	<b>197+</b>	<b>1.22+</b>	<b>1.40+</b>	<b>16.6+</b>	<b>1.893+</b>	<b>3.48+</b>	<b>241.4+</b>	<b>428+</b>
<b>Daily Average (06/21/26-07/11/26)</b>			<b>0.99+</b>	<b>3.26+</b>	<b>106+</b>	<b>1539+</b>	<b>9.56+</b>	<b>76+</b>	<b>316.2+</b>	<b>210+</b>	<b>1.51+</b>	<b>1.70+</b>	<b>17.4+</b>	<b>2.010+</b>	<b>4.88+</b>	<b>280.6+</b>	<b>509+</b>

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