Eat and Greet Café

August 1, 2013

Sweet and Sour Pork
Chinese Noodles
Buttered Rice
Oriental Vegetables
Peaches
Rice Cakes
Milk, 1%

Multi Column: Pork, Sweet and sour BLD Menu Day Seven SS

Multi-Column

Nutrients	Per Serving		Nutrients	Per Serving
Basic Components			Folate (mcg)	31.43
Gram Weight (g)	1015.77		Folate, DFE (mcg)	31.43
Calories (kcal)	666.54		Vitamin K (mcg)	4.56
Calories from Fat (kcal)	136.03		Pantothenic Acid (mg)	1.72
Calories from SatFat (kcal)	59.3		Beta-Carotene Equiv (mcg)	1450.17
Protein (g)	37.52		Vitamin E - mg (mg)	0.63
Carbohydrates (g)	95.67		Folic Acid (mcg)	0
Dietary Fiber (g)	8.77		Folate, food (mcg)	31.43
Soluble Fiber (g)	0.47		Cryptoxanthin (mcg)	84.11
Total Sugars (g)	38.2		Vitamin A - RE (RE)	415.48
Monosaccharides (g)	9.94		Vitamin E - IU (IU)	0.94
Disaccharides (g)	12.31		Minerals	
Other Carbs (g)	35.01		Calcium (mg)	388.32
Fat (g)	15.18		Chromium (mcg)	0.84
Saturated Fat (g)	6.59		Copper (mg)	0.34
Mono Fat (g)	4.94		Fluoride (mg)	0.06
Poly Fat (g)	1.38		Iodine (mcg)	0.53
Trans Fatty Acid (g)	0.22		Iron (mg)	3.1
Cholesterol (mg)	83.03		Magnesium (mg)	136.18
Water (g)	850.44		Manganese (mg)	2.14
Insoluble Fiber (g)	2.24		Molybdenum (mcg)	2.08
Vitamins			Phosphorus (mg)	572.08
Vitamin A - IU (IU)	2974.08		Potassium (mg)	1199.31
Vitamin A - RAE (RAE)	294.65		Selenium (mcg)	42.62
Carotenoid RE (RE)	241.66		Sodium (mg)	775.41
Retinol RE (RE)	173.81		Zinc (mg)	3.92
Beta-Carotene (mcg)	1223.15		Boron (mcg)	53.65
Vitamin B1 (mg)	0.91		Chloride (mg)	248.36
Vitamin B2 (mg)	0.72		Poly Fats	
Vitamin B3 (mg)	7.28		Omega 3 Fatty Acid (g)	0.09
Vitamin B3 - Niacin Equiv (mg)	14.31		Omega 6 Fatty Acid (g)	0.99
Vitamin B6 (mg)	0.77		Other Nutrients	
Vitamin B12 (mcg)	1.39		Alcohol (g)	0
Biotin (mcg)	3.97		Caffeine (mg)	0
Vitamin C (mg)	62.31		Choline (mg)	77.67
Vitamin D - IU (IU)	117.3		Lutein & Zeaxanthin (mcg)	133.83
Vitamin D - mcg (mcg)	2.95		Lycopene (mcg)	935.7
Vitamin E - Alpha-Toco (mg)	0.86			

Battered Fried Fish
Spinach Bake
Tossed Salad
Pear Halves
WW Roll
Milk 1%

Multi Column: Fish, Battered Fried BLD Menu Day Eight SS
Multi-Column

Nutrients	Per Serving		Nutrients	Per Serving
Basic Components			Folate (mcg)	129.66
Gram Weight (g)	903.26		Folate, DFE (mcg)	161.92
Calories (kcal)	1162.65		Vitamin K (mcg)	40.74
Calories from Fat (kcal)	430.26		Pantothenic Acid (mg)	2.99
Calories from SatFat (kcal)	133.61		Beta-Carotene Equiv (mcg)	570.09
Protein (g)	52.73		Vitamin E - mg (mg)	4.65
Carbohydrates (g)	129.8		Folic Acid (mcg)	46.14
Dietary Fiber (g)	10.11		Folate, food (mcg)	83.52
Soluble Fiber (g)	0.87		Cryptoxanthin (mcg)	2.87
Total Sugars (g)	45.96		Vitamin A - RE (RE)	635.15
Monosaccharides (g)	9.88		Vitamin E - IU (IU)	6.93
Disaccharides (g)	31.17		Minerals	
Other Carbs (g)	54.42		Calcium (mg)	626.81
Fat (g)	48.2		Chromium (mcg)	0.88
Saturated Fat (g)	14.85		Copper (mg)	0.53
Mono Fat (g)	12.5		Fluoride (mg)	0.08
Poly Fat (g)	12.72		Iodine (mcg)	9.15
Trans Fatty Acid (g)	1.07		Iron (mg)	5.52
Cholesterol (mg)	133.54		Magnesium (mg)	166.37
Water (g)	638.84		Manganese (mg)	1.74
Insoluble Fiber (g)	2.35		Molybdenum (mcg)	6.74
Vitamins			Phosphorus (mg)	927.64
Vitamin A - IU (IU)	4175.76		Potassium (mg)	1358.38
Vitamin A - RAE (RAE)	370.71		Selenium (mcg)	55.57
Carotenoid RE (RE)	94.89		Sodium (mg)	1114.51
Retinol RE (RE)	323.27		Zinc (mg)	4.45
Beta-Carotene (mcg)	538.62		Boron (mcg)	44.31
Vitamin B1 (mg)	0.88		Chloride (mg)	250.54
Vitamin B2 (mg)	1.01		Poly Fats	
Vitamin B3 (mg)	8.74		Omega 3 Fatty Acid (g)	3.09
Vitamin B3 - Niacin Equiv (mg)	17.9		Omega 6 Fatty Acid (g)	10.05
Vitamin B6 (mg)	0.73		Other Nutrients	
Vitamin B12 (mcg)	2.19		Alcohol (g)	0
Biotin (mcg)	4.56		Caffeine (mg)	0
Vitamin C (mg)	14.69		Choline (mg)	36.63
Vitamin D - IU (IU)	126.5		Lutein & Zeaxanthin (mcg)	281.71
Vitamin D - mcg (mcg)	3.15		Lycopene (mcg)	175.11
Vitamin E - Alpha-Toco (mg)	4.65			

Spaghetti Noodles
Meatballs
Romaine Tossed Salad
Italian Dressing
Garlic Bread
Cherries and
Bananas

Milk, 1%

Multi Column: Beef, Spaghetti Meatballs BLD Menu Day Nine SS
Multi-Column

Nutrients	Per Serving		Nutrients	Per Serving
Basic Components			Folate (mcg)	194.68
Gram Weight (g)	844.5		Folate, DFE (mcg)	276.58
Calories (kcal)	931.95		Vitamin K (mcg)	35.11
Calories from Fat (kcal)	375.83		Pantothenic Acid (mg)	2.02
Calories from SatFat (kcal)	143.1		Beta-Carotene Equiv (mcg)	2726.23
Protein (g)	38.85		Vitamin E - mg (mg)	5.11
Carbohydrates (g)	103.42		Folic Acid (mcg)	116.65
Dietary Fiber (g)	8.04		Folate, food (mcg)	78.04
Soluble Fiber (g)	0.95		Cryptoxanthin (mcg)	50.34
Total Sugars (g)	42.74		Vitamin A - RE (RE)	685.07
Monosaccharides (g)	9.99		Vitamin E - IU (IU)	7.61
Disaccharides (g)	14.2		Minerals	
Other Carbs (g)	52.63		Calcium (mg)	481.03
Fat (g)	41.93		Chromium (mcg)	0.18
Saturated Fat (g)	15.9		Copper (mg)	0.52
Mono Fat (g)	14.56		Fluoride (mg)	0.12
Poly Fat (g)	5.83		Iodine (mcg)	8.51
Trans Fatty Acid (g)	2.29		Iron (mg)	7.1
Cholesterol (mg)	119.48		Magnesium (mg)	121.68
Water (g)	572.4		Manganese (mg)	1.07
Insoluble Fiber (g)	1.99		Molybdenum (mcg)	1.6
Vitamins			Phosphorus (mg)	613.66
Vitamin A - IU (IU)	5338.76		Potassium (mg)	1417.11
Vitamin A - RAE (RAE)	451.56		Selenium (mcg)	62.47
Carotenoid RE (RE)	454.32		Sodium (mg)	1153.57
Retinol RE (RE)	223.22		Zinc (mg)	6.41
Beta-Carotene (mcg)	580.02		Boron (mcg)	287.83
Vitamin B1 (mg)	0.86		Chloride (mg)	71.53
Vitamin B2 (mg)	1.05		Poly Fats	
Vitamin B3 (mg)	12.5		Omega 3 Fatty Acid (g)	0.62
Vitamin B3 - Niacin Equiv (mg)	18.05		Omega 6 Fatty Acid (g)	4.93
Vitamin B6 (mg)	0.82		Other Nutrients	
Vitamin B12 (mcg)	3.04		Alcohol (g)	0
Biotin (mcg)	3.13		Caffeine (mg)	0
Vitamin C (mg)	33.82		Choline (mg)	104.55
Vitamin D - IU (IU)	119.91		Lutein & Zeaxanthin (mcg)	281.19
Vitamin D - mcg (mcg)	2.97		Lycopene (mcg)	13516.83
Vitamin E - Alpha-Toco (mg)	5.32			

August 6, 2013

Turkey ala King
Egg Noodles
Peas and Carrots
Peaches
Whole Wheat Roll
Milk 1%

Multi Column: Turkey, ala King BLD Menu Day Ten SS
Multi-Column

Nutrients	Per Serving		Nutrients	Per Serving
Basic Components			Folate (mcg)	185.1
Gram Weight (g)	1008.2		Folate, DFE (mcg)	252.58
Calories (kcal)	916		Vitamin K (mcg)	37.9
Calories from Fat (kcal)	316.98		Pantothenic Acid (mg)	2.7
Calories from SatFat (kcal)	118.49		Beta-Carotene Equiv (mcg)	6316.86
Protein (g)	47.07		Vitamin E - mg (mg)	2.68
Carbohydrates (g)	105.9		Folic Acid (mcg)	96.23
Dietary Fiber (g)	10.8		Folate, food (mcg)	88.86
Soluble Fiber (g)	1.26		Cryptoxanthin (mcg)	181.91
Total Sugars (g)	36.44		Vitamin A - RE (RE)	1375.29
Monosaccharides (g)	0.83		Vitamin E - IU (IU)	6.96
Disaccharides (g)	12.3		Minerals	
Other Carbs (g)	58.65		Calcium (mg)	461.31
Fat (g)	35.9		Chromium (mcg)	0.35
Saturated Fat (g)	13.17		Copper (mg)	0.46
Mono Fat (g)	9.68		Fluoride (mg)	0.16
Poly Fat (g)	5.5		Iodine (mcg)	14.19
Trans Fatty Acid (g)	1.41		Iron (mg)	6.98
Cholesterol (mg)	119.64		Magnesium (mg)	150.01
Water (g)	808.44		Manganese (mg)	1.56
Insoluble Fiber (g)	6.3		Molybdenum (mcg)	6.22
Vitamins			Phosphorus (mg)	792.67
Vitamin A - IU (IU)	11909.13		Potassium (mg)	1504.36
Vitamin A - RAE (RAE)	848.9		Selenium (mcg)	82.06
Carotenoid RE (RE)	1052.77		Sodium (mg)	1093.53
Retinol RE (RE)	322.51		Zinc (mg)	5.72
Beta-Carotene (mcg)	5319.12		Boron (mcg)	81.11
Vitamin B1 (mg)	1.09		Chloride (mg)	77.62
Vitamin B2 (mg)	1.14		Poly Fats	
Vitamin B3 (mg)	12.49		Omega 3 Fatty Acid (g)	0.68
Vitamin B3 - Niacin Equiv (mg)	21.12		Omega 6 Fatty Acid (g)	4.78
Vitamin B6 (mg)	0.69		Other Nutrients	
Vitamin B12 (mcg)	2.75		Alcohol (g)	0
Biotin (mcg)	7.37		Caffeine (mg)	0
Vitamin C (mg)	30.29		Choline (mg)	136.11
Vitamin D - IU (IU)	174.44		Lutein & Zeaxanthin (mcg)	2258.78
Vitamin D - mcg (mcg)	3.54		Lycopene (mcg)	0
Vitamin E - Alpha-Toco (mg)	2.68			

August 7, 2013

Breaded Pork Chop
Oven Browned Potatoes
Green Beans Almandine
Fresh Berries
Whole Wheat Roll
Milk, 1%

Multi Column: Pork, Breaded Pork Chop BLD Menu Day Eleven SS

Multi-Column

Nutrients	Per Serving		Nutrients	Per Serving
Basic Components			Folate (mcg)	132.17
Gram Weight (g)	819.42		Folate, DFE (mcg)	174.77
Calories (kcal)	1088.09		Vitamin K (mcg)	53.04
Calories from Fat (kcal)	408.86		Pantothenic Acid (mg)	2.92
Calories from SatFat (kcal)	156.59		Beta-Carotene Equiv (mcg)	398.62
Protein (g)	63.81		Vitamin E - mg (mg)	4.75
Carbohydrates (g)	105.08		Folic Acid (mcg)	60.86
Dietary Fiber (g)	12.42		Folate, food (mcg)	71.31
Soluble Fiber (g)	2.29		Cryptoxanthin (mcg)	0.59
Total Sugars (g)	24.67		Vitamin A - RE (RE)	346.46
Monosaccharides (g)	8.18		Vitamin E - IU (IU)	7.08
Disaccharides (g)	12.76		Minerals	
Other Carbs (g)	67.91		Calcium (mg)	508.21
Fat (g)	45.85		Chromium (mcg)	0.25
Saturated Fat (g)	17.4		Copper (mg)	0.56
Mono Fat (g)	18.73		Fluoride (mg)	0.03
Poly Fat (g)	6.1		Iodine (mcg)	6.06
Trans Fatty Acid (g)	0.67		Iron (mg)	6.76
Cholesterol (mg)	169.84		Magnesium (mg)	196.08
Water (g)	595.91		Manganese (mg)	3.86
Insoluble Fiber (g)	5.22		Molybdenum (mcg)	7.57
Vitamins			Phosphorus (mg)	905.8
Vitamin A - IU (IU)	1577.93		Potassium (mg)	1954.52
Vitamin A - RAE (RAE)	313.23		Selenium (mcg)	98.79
Carotenoid RE (RE)	66.45		Sodium (mg)	938.98
Retinol RE (RE)	280.01		Zinc (mg)	6.57
Beta-Carotene (mcg)	335.97		Boron (mcg)	147.11
Vitamin B1 (mg)	1.88		Chloride (mg)	31.04
Vitamin B2 (mg)	1.28		Poly Fats	
Vitamin B3 (mg)	18.83		Omega 3 Fatty Acid (g)	0.58
Vitamin B3 - Niacin Equiv (mg)	30.52		Omega 6 Fatty Acid (g)	5.39
Vitamin B6 (mg)	1.69		Other Nutrients	
Vitamin B12 (mcg)	2.09		Alcohol (g)	0
Biotin (mcg)	9.9		Caffeine (mg)	0
Vitamin C (mg)	38.16		Choline (mg)	164.25
Vitamin D - IU (IU)	120.58		Lutein & Zeaxanthin (mcg)	677.04
Vitamin D - mcg (mcg)	3.05		Lycopene (mcg)	0.04
Vitamin E - Alpha-Toco (mg)	4.75			

August 8, 2013

Baked Chicken
Mashed Sweet Potatoes
Cauliflower
Fresh Fruit Cup
Whole Wheat Roll
Milk, 1%

Multi Column: Chicken, Baked BLD Menu Day Twelve SS

Multi-Column

Nutrients	Per Serving		Nutrients	Per Serving
Basic Components			Folate (mcg)	152.78
Gram Weight (g)	798.65		Folate, DFE (mcg)	202.81
Calories (kcal)	917.58		Vitamin K (mcg)	26.19
Calories from Fat (kcal)	296.15		Pantothenic Acid (mg)	3.94
Calories from SatFat (kcal)	105.94		Beta-Carotene Equiv (mcg)	7360.77
Protein (g)	45.13		Vitamin E - mg (mg)	3.92
Carbohydrates (g)	111.44		Folic Acid (mcg)	71.46
Dietary Fiber (g)	9.89		Folate, food (mcg)	81.32
Soluble Fiber (g)	2.87		Cryptoxanthin (mcg)	210.34
Total Sugars (g)	39.17		Vitamin A - RE (RE)	1650.91
Monosaccharides (g)	8.28		Vitamin E - IU (IU)	5.84
Disaccharides (g)	11.76		Minerals	
Other Carbs (g)	62.35		Calcium (mg)	463.74
Fat (g)	33.31		Chromium (mcg)	0.36
Saturated Fat (g)	11.77		Copper (mg)	0.53
Mono Fat (g)	11.82		Fluoride (mg)	0.02
Poly Fat (g)	6.07		Iodine (mcg)	4.42
Trans Fatty Acid (g)	1.93		Iron (mg)	7.49
Cholesterol (mg)	122.29		Magnesium (mg)	156.64
Water (g)	603.31		Manganese (mg)	2.43
Insoluble Fiber (g)	5.06		Molybdenum (mcg)	0.47
Vitamins			Phosphorus (mg)	709.53
Vitamin A - IU (IU)	13658.68		Potassium (mg)	1624.14
Vitamin A - RAE (RAE)	1037.46		Selenium (mcg)	67.98
Carotenoid RE (RE)	1226.89		Sodium (mg)	565.45
Retinol RE (RE)	424.02		Zinc (mg)	3.32
Beta-Carotene (mcg)	7196.44		Boron (mcg)	177.48
Vitamin B1 (mg)	0.98		Chloride (mg)	32.8
Vitamin B2 (mg)	1.04		Poly Fats	
Vitamin B3 (mg)	18.47		Omega 3 Fatty Acid (g)	1.1
Vitamin B3 - Niacin Equiv (mg)	27.99		Omega 6 Fatty Acid (g)	4.93
Vitamin B6 (mg)	1.53		Other Nutrients	
Vitamin B12 (mcg)	1.3		Alcohol (g)	0
Biotin (mcg)	3.21		Caffeine (mg)	0
Vitamin C (mg)	74.11		Choline (mg)	137.94
Vitamin D - IU (IU)	118.61		Lutein & Zeaxanthin (mcg)	149.12
Vitamin D - mcg (mcg)	2.93		Lycopene (mcg)	0
Vitamin E - Alpha-Toco (mg)	3.92			

August 9, 2013

Vegetable Lasagna
Green Beans
Garlic Bread
Fresh Fruit Cup
Milk, 1%

Multi Column: Vegetable Lasagna, BLD Menu Day Thirteen SS

Multi-Column

Nutrients	Per Serving		Nutrients	Per Serving
Basic Components			Folate (mcg)	254.92
Gram Weight (g)	872.61		Folate, DFE (mcg)	179.78
Calories (kcal)	733.6		Vitamin K (mcg)	122.61
Calories from Fat (kcal)	178.43		Pantothenic Acid (mg)	1.74
Calories from SatFat (kcal)	93.12		Beta-Carotene Equiv (mcg)	2248.68
Protein (g)	36.52		Vitamin E - mg (mg)	2.33
Carbohydrates (g)	104.74		Folic Acid (mcg)	31.33
Dietary Fiber (g)	10.47		Folate, food (mcg)	126.52
Soluble Fiber (g)	1.92		Cryptoxanthin (mcg)	1.32
Total Sugars (g)	34.88		Vitamin A - RE (RE)	634.18
Monosaccharides (g)	13.48		Vitamin E - IU (IU)	3.47
Disaccharides (g)	18.62		Minerals	
Other Carbs (g)	58.22		Calcium (mg)	682.54
Fat (g)	19.99		Chromium (mcg)	0.04
Saturated Fat (g)	10.35		Copper (mg)	0.51
Mono Fat (g)	5.56		Fluoride (mg)	0.05
Poly Fat (g)	1.26		Iodine (mcg)	12.65
Trans Fatty Acid (g)	1.16		Iron (mg)	6.19
Cholesterol (mg)	48.18		Magnesium (mg)	155.18
Water (g)	703.67		Manganese (mg)	1.88
Insoluble Fiber (g)	3.66		Molybdenum (mcg)	4.14
Vitamins			Phosphorus (mg)	674.44
Vitamin A - IU (IU)	4638.7		Potassium (mg)	1465.85
Vitamin A - RAE (RAE)	440.22		Selenium (mcg)	29.66
Carotenoid RE (RE)	375.23		Sodium (mg)	773.39
Retinol RE (RE)	251.43		Zinc (mg)	3.73
Beta-Carotene (mcg)	1759.98		Boron (mcg)	412.12
Vitamin B1 (mg)	1.04		Chloride (mg)	362.31
Vitamin B2 (mg)	1.21		Poly Fats	
Vitamin B3 (mg)	7.21		Omega 3 Fatty Acid (g)	0.27
Vitamin B3 - Niacin Equiv (mg)	14.03		Omega 6 Fatty Acid (g)	0.72
Vitamin B6 (mg)	0.5		Other Nutrients	
Vitamin B12 (mcg)	1.69		Alcohol (g)	0
Biotin (mcg)	3.5		Caffeine (mg)	0
Vitamin C (mg)	95.31		Choline (mg)	36.37
Vitamin D - IU (IU)	109.11		Lutein & Zeaxanthin (mcg)	2373.53
Vitamin D - mcg (mcg)	2.73		Lycopene (mcg)	7033.59
Vitamin E - Alpha-Toco (mg)	2.54			

August 12, 2013

Roast Turkey
Turkey Gravy
Potato Wedges
Grilled Vegetables
Pineapple
Whole Wheat Roll
Milk, 1%

Multi Column: Turkey, Roast Turkey BLD Menu Day Fourteen SS

Multi-Column

Nutrients	Per Serving		Nutrients	Per Serving
Basic Components			Folate (mcg)	131.23
Gram Weight (g)	831.75		Folate, DFE (mcg)	157.27
Calories (kcal)	1217.57		Vitamin K (mcg)	24.07
Calories from Fat (kcal)	581.86		Pantothenic Acid (mg)	2.9
Calories from SatFat (kcal)	208.5		Beta-Carotene Equiv (mcg)	354.52
Protein (g)	47.22		Vitamin E - mg (mg)	2.36
Carbohydrates (g)	112.18		Folic Acid (mcg)	37.14
Dietary Fiber (g)	9.66		Folate, food (mcg)	94.08
Soluble Fiber (g)	0.81		Cryptoxanthin (mcg)	0.17
Total Sugars (g)	35.48		Vitamin A - RE (RE)	387.73
Monosaccharides (g)	18.33		Vitamin E - IU (IU)	3.51
Disaccharides (g)	11.28		Minerals	
Other Carbs (g)	66.98		Calcium (mg)	416.34
Fat (g)	65.6		Chromium (mcg)	0.19
Saturated Fat (g)	23.17		Copper (mg)	0.61
Mono Fat (g)	19.56		Fluoride (mg)	0.02
Poly Fat (g)	6.7		Iodine (mcg)	3.81
Trans Fatty Acid (g)	0.54		Iron (mg)	5.82
Cholesterol (mg)	128.17		Magnesium (mg)	124.95
Water (g)	548.62		Manganese (mg)	2.57
Insoluble Fiber (g)	2.14		Molybdenum (mcg)	5.4
Vitamins			Phosphorus (mg)	573.25
Vitamin A - IU (IU)	1663.51		Potassium (mg)	1282.88
Vitamin A - RAE (RAE)	358.2		Selenium (mcg)	59.14
Carotenoid RE (RE)	59.06		Sodium (mg)	1051.23
Retinol RE (RE)	328.67		Zinc (mg)	5.14
Beta-Carotene (mcg)	323.01		Boron (mcg)	81.35
Vitamin B1 (mg)	0.74		Chloride (mg)	47.37
Vitamin B2 (mg)	1.12		Poly Fats	
Vitamin B3 (mg)	9.29		Omega 3 Fatty Acid (g)	0.56
Vitamin B3 - Niacin Equiv (mg)	17.19		Omega 6 Fatty Acid (g)	4.1
Vitamin B6 (mg)	0.73		Other Nutrients	
Vitamin B12 (mcg)	2.14		Alcohol (g)	0
Biotin (mcg)	3.28		Caffeine (mg)	0
Vitamin C (mg)	38.79		Choline (mg)	31.8
Vitamin D - IU (IU)	112.62		Lutein & Zeaxanthin (mcg)	356.21
Vitamin D - mcg (mcg)	2.81		Lycopene (mcg)	0.01
Vitamin E - Alpha-Toco (mg)	2.36			

August 13, 2013

Baked Cod
Scalloped Corn
Marinated Green Bean Salad
Fruit Cup with Citrus Sauce
Whole Wheat Roll
Milk 1%

Multi Column: Fish, Baked Cod BLD Menu Day Fifteen SS

Multi-Column

Nutrients	Per Serving		Nutrients	Per Serving
Basic Components			Folate (mcg)	151.73
Gram Weight (g)	905.1		Folate, DFE (mcg)	177.48
Calories (kcal)	884.18		Vitamin K (mcg)	36.77
Calories from Fat (kcal)	320.06		Pantothenic Acid (mg)	2.12
Calories from SatFat (kcal)	105.76		Beta-Carotene Equiv (mcg)	782.8
Protein (g)	46.71		Vitamin E - mg (mg)	4.4
Carbohydrates (g)	99.75		Folic Acid (mcg)	36.78
Dietary Fiber (g)	9.59		Folate, food (mcg)	114.95
Soluble Fiber (g)	1.93		Cryptoxanthin (mcg)	215.15
Total Sugars (g)	38.95		Vitamin A - RE (RE)	456.77
Monosaccharides (g)	11.2		Vitamin E - IU (IU)	8.89
Disaccharides (g)	13.31		Minerals	
Other Carbs (g)	51.17		Calcium (mg)	470.96
Fat (g)	36.3		Chromium (mcg)	0.45
Saturated Fat (g)	11.75		Copper (mg)	0.41
Mono Fat (g)	13.11		Fluoride (mg)	0.06
Poly Fat (g)	6.21		Iodine (mcg)	50.09
Trans Fatty Acid (g)	1.58		Iron (mg)	4.79
Cholesterol (mg)	106.98		Magnesium (mg)	193.86
Water (g)	714.79		Manganese (mg)	1.91
Insoluble Fiber (g)	5.72		Molybdenum (mcg)	5.24
Vitamins			Phosphorus (mg)	797.53
Vitamin A - IU (IU)	2629.61		Potassium (mg)	1842.71
Vitamin A - RAE (RAE)	391.48		Selenium (mcg)	74.87
Carotenoid RE (RE)	130.57		Sodium (mg)	702.58
Retinol RE (RE)	326.2		Zinc (mg)	3.6
Beta-Carotene (mcg)	583.03		Boron (mcg)	297.51
Vitamin B1 (mg)	0.89		Chloride (mg)	605.89
Vitamin B2 (mg)	1.01		Poly Fats	
Vitamin B3 (mg)	8.49		Omega 3 Fatty Acid (g)	1.5
Vitamin B3 - Niacin Equiv (mg)	17.65		Omega 6 Fatty Acid (g)	4.69
Vitamin B6 (mg)	0.98		Other Nutrients	
Vitamin B12 (mcg)	2.42		Alcohol (g)	0
Biotin (mcg)	5.75		Caffeine (mg)	0
Vitamin C (mg)	61.25		Choline (mg)	162.25
Vitamin D - IU (IU)	197.62		Lutein & Zeaxanthin (mcg)	746.04
Vitamin D - mcg (mcg)	4.3		Lycopene (mcg)	0.01
Vitamin E - Alpha-Toco (mg)	4.4			

Beef Cabbage Rolls
Wax Beans
Seasoned Cottage Cheese
Apricots
Whole Wheat Roll
Milk, 1%

Multi Column: Beef, Cabbage Rolls BLD Menu Day Sixteen SS
Multi-Column

Nutrients	Per Serving		Nutrients	Per Serving
Basic Components			Folate (mcg)	95.8
Gram Weight (g)	943.09		Folate, DFE (mcg)	122.84
Calories (kcal)	849.23		Vitamin K (mcg)	35.92
Calories from Fat (kcal)	277.93		Pantothenic Acid (mg)	2.17
Calories from SatFat (kcal)	138.81		Beta-Carotene Equiv (mcg)	2694.13
Protein (g)	46		Vitamin E - mg (mg)	3.34
Carbohydrates (g)	96.81		Folic Acid (mcg)	38.6
Dietary Fiber (g)	10.1		Folate, food (mcg)	57.2
Soluble Fiber (g)	2.21		Cryptoxanthin (mcg)	25.95
Total Sugars (g)	50.95		Vitamin A - RE (RE)	747.26
Monosaccharides (g)	2.39		Vitamin E - IU (IU)	4.98
Disaccharides (g)	12.31		Minerals	
Other Carbs (g)	35.75		Calcium (mg)	567.8
Fat (g)	31.14		Chromium (mcg)	0.34
Saturated Fat (g)	15.42		Copper (mg)	0.4
Mono Fat (g)	9.21		Fluoride (mg)	0.04
Poly Fat (g)	2.19		Iodine (mcg)	25.04
Trans Fatty Acid (g)	1.01		Iron (mg)	6.03
Cholesterol (mg)	134.91		Magnesium (mg)	131.86
Water (g)	670.11		Manganese (mg)	2
Insoluble Fiber (g)	3.57		Molybdenum (mcg)	3.08
Vitamins			Phosphorus (mg)	587.46
Vitamin A - IU (IU)	5530.85		Potassium (mg)	1433.17
Vitamin A - RAE (RAE)	480.53		Selenium (mcg)	38.3
Carotenoid RE (RE)	448.8		Sodium (mg)	887.89
Retinol RE (RE)	256.13		Zinc (mg)	5.82
Beta-Carotene (mcg)	2643.95		Boron (mcg)	57.31
Vitamin B1 (mg)	0.58		Chloride (mg)	40.04
Vitamin B2 (mg)	0.86		Poly Fats	
Vitamin B3 (mg)	7.64		Omega 3 Fatty Acid (g)	0.42
Vitamin B3 - Niacin Equiv (mg)	12.54		Omega 6 Fatty Acid (g)	1.75
Vitamin B6 (mg)	0.71		Other Nutrients	
Vitamin B12 (mcg)	2.68		Alcohol (g)	0
Biotin (mcg)	7.15		Caffeine (mg)	0
Vitamin C (mg)	38.13		Choline (mg)	90.89
Vitamin D - IU (IU)	121.24		Lutein & Zeaxanthin (mcg)	152.64
Vitamin D - mcg (mcg)	3.03		Lycopene (mcg)	4566.52
Vitamin E - Alpha-Toco (mg)	3.34			

August 15, 2013

Herb Bake Chicken

Mashed Potatoes/Gravy

Spring Mix Salad with Dressing

Strawberries and Whip Topping

Whole Wheat Roll

Milk, 1%

Multi Column: Chicken, Herb Baked BLD Menu Day Seventeen SS

Multi-Column

Nutrients	Per Serving		Nutrients	Per Serving
Basic Components			Folate (mcg)	171.78
Gram Weight (g)	866.48		Folate, DFE (mcg)	210.61
Calories (kcal)	904.81		Vitamin K (mcg)	41.46
Calories from Fat (kcal)	317.49		Pantothenic Acid (mg)	3.8
Calories from SatFat (kcal)	112.45		Beta-Carotene Equiv (mcg)	1774.79
Protein (g)	45.88		Vitamin E - mg (mg)	3.13
Carbohydrates (g)	101.96		Folic Acid (mcg)	55.47
Dietary Fiber (g)	10.74		Folate, food (mcg)	116.31
Soluble Fiber (g)	2.84		Cryptoxanthin (mcg)	158.63
Total Sugars (g)	31.67		Vitamin A - RE (RE)	568.73
Monosaccharides (g)	2.71		Vitamin E - IU (IU)	4.66
Disaccharides (g)	12.86		Minerals	
Other Carbs (g)	59.52		Calcium (mg)	493.7
Fat (g)	35.68		Chromium (mcg)	1.27
Saturated Fat (g)	12.49		Copper (mg)	0.47
Mono Fat (g)	11.39		Fluoride (mg)	0.07
Poly Fat (g)	8.63		Iodine (mcg)	5.31
Trans Fatty Acid (g)	0.77		Iron (mg)	4.77
Cholesterol (mg)	126.47		Magnesium (mg)	165.61
Water (g)	676.51		Manganese (mg)	1.47
Insoluble Fiber (g)	2.77		Molybdenum (mcg)	3.87
Vitamins			Phosphorus (mg)	780.18
Vitamin A - IU (IU)	3845.48		Potassium (mg)	1941.3
Vitamin A - RAE (RAE)	420.81		Selenium (mcg)	67.78
Carotenoid RE (RE)	295.84		Sodium (mg)	719.18
Retinol RE (RE)	272.89		Zinc (mg)	3.4
Beta-Carotene (mcg)	1419.25		Boron (mcg)	116.54
Vitamin B1 (mg)	0.97		Chloride (mg)	53.51
Vitamin B2 (mg)	1.01		Poly Fats	
Vitamin B3 (mg)	17.62		Omega 3 Fatty Acid (g)	1.33
Vitamin B3 - Niacin Equiv (mg)	26.98		Omega 6 Fatty Acid (g)	7.27
Vitamin B6 (mg)	1.46		Other Nutrients	
Vitamin B12 (mcg)	1.39		Alcohol (g)	0
Biotin (mcg)	6.16		Caffeine (mg)	0
Vitamin C (mg)	100.21		Choline (mg)	137.27
Vitamin D - IU (IU)	120.04		Lutein & Zeaxanthin (mcg)	422.52
Vitamin D - mcg (mcg)	2.97		Lycopene (mcg)	0.39
Vitamin E - Alpha-Toco (mg)	3.13			

Jewel Pork Loin
Sweet Potato
Marinated Tomatoes
Canned Pears
Whole Wheat Bread
Milk, 1%

Multi Column: Pork, Jewel Pork Loin BLD Menu Day Eighteen SS
Multi-Column

Nutrients	Per Serving		Nutrients	Per Serving
Basic Components			Folate (mcg)	69.76
Gram Weight (g)	785.3		Folate, DFE (mcg)	90.99
Calories (kcal)	809.85		Vitamin K (mcg)	29.72
Calories from Fat (kcal)	261.5		Pantothenic Acid (mg)	2.87
Calories from SatFat (kcal)	112.92		Beta-Carotene Equiv (mcg)	13806.75
Protein (g)	40.98		Vitamin E - mg (mg)	2.78
Carbohydrates (g)	96.59		Folic Acid (mcg)	30.27
Dietary Fiber (g)	10.35		Folate, food (mcg)	39.49
Soluble Fiber (g)	1.21		Cryptoxanthin (mcg)	18.58
Total Sugars (g)	44.31		Vitamin A - RE (RE)	2549.32
Monosaccharides (g)	15.59		Vitamin E - IU (IU)	4.15
Disaccharides (g)	22.68		Minerals	
Other Carbs (g)	39.31		Calcium (mg)	459.06
Fat (g)	29.31		Chromium (mcg)	0.2
Saturated Fat (g)	12.55		Copper (mg)	0.48
Mono Fat (g)	10.03		Fluoride (mg)	0.01
Poly Fat (g)	4.07		Iodine (mcg)	3.81
Trans Fatty Acid (g)	0.54		Iron (mg)	5.25
Cholesterol (mg)	109.75		Magnesium (mg)	146.3
Water (g)	612.01		Manganese (mg)	1.64
Insoluble Fiber (g)	2.93		Molybdenum (mcg)	3.16
Vitamins			Phosphorus (mg)	647.06
Vitamin A - IU (IU)	23817.92		Potassium (mg)	1823.02
Vitamin A - RAE (RAE)	1398.69		Selenium (mcg)	51.58
Carotenoid RE (RE)	2301.25		Sodium (mg)	607.99
Retinol RE (RE)	248.06		Zinc (mg)	4.36
Beta-Carotene (mcg)	13569.44		Boron (mcg)	235.01
Vitamin B1 (mg)	1.4		Chloride (mg)	26.65
Vitamin B2 (mg)	1.05		Poly Fats	
Vitamin B3 (mg)	9.15		Omega 3 Fatty Acid (g)	0.57
Vitamin B3 - Niacin Equiv (mg)	17.87		Omega 6 Fatty Acid (g)	3.46
Vitamin B6 (mg)	1.02		Other Nutrients	
Vitamin B12 (mcg)	1.59		Alcohol (g)	0
Biotin (mcg)	5.7		Caffeine (mg)	0
Vitamin C (mg)	43.24		Choline (mg)	116.58
Vitamin D - IU (IU)	133.98		Lutein & Zeaxanthin (mcg)	184.66
Vitamin D - mcg (mcg)	3.37		Lycopene (mcg)	1161.14
Vitamin E - Alpha-Toco (mg)	2.78			

August 19, 2013

Tore's Meatloaf
Mashed Potatoes
Beef Gravy
Orange Glazed Beets
Almond Peaches
Whole Wheat Roll
Milk, 1%

Multi Column: Beef, Tore's Meatloaf BLD Menu Day Nineteen SS

Multi-Column

Nutrients	Per Serving		Nutrients	Per Serving
Basic Components			Folate (mcg)	138.93
Gram Weight (g)	901.47		Folate, DFE (mcg)	165.08
Calories (kcal)	918.98		Vitamin K (mcg)	13.81
Calories from Fat (kcal)	314.34		Pantothenic Acid (mg)	2.64
Calories from SatFat (kcal)	141.19		Beta-Carotene Equiv (mcg)	386.07
Protein (g)	42.53		Vitamin E - mg (mg)	3.75
Carbohydrates (g)	110.79		Folic Acid (mcg)	37.35
Dietary Fiber (g)	10.47		Folate, food (mcg)	101.57
Soluble Fiber (g)	1.18		Cryptoxanthin (mcg)	92.13
Total Sugars (g)	44.56		Vitamin A - RE (RE)	386.55
Monosaccharides (g)	6.92		Vitamin E - IU (IU)	5.59
Disaccharides (g)	25.61		Minerals	
Other Carbs (g)	52.98		Calcium (mg)	462.61
Fat (g)	35.24		Chromium (mcg)	2.1
Saturated Fat (g)	15.69		Copper (mg)	0.6
Mono Fat (g)	12.54		Fluoride (mg)	0.09
Poly Fat (g)	3.69		Iodine (mcg)	9.21
Trans Fatty Acid (g)	1.18		Iron (mg)	8.13
Cholesterol (mg)	155.35		Magnesium (mg)	173.16
Water (g)	704.67		Manganese (mg)	1.66
Insoluble Fiber (g)	2.91		Molybdenum (mcg)	1.85
Vitamins			Phosphorus (mg)	717.14
Vitamin A - IU (IU)	1714.96		Potassium (mg)	1963.03
Vitamin A - RAE (RAE)	341.64		Selenium (mcg)	44.94
Carotenoid RE (RE)	64.21		Sodium (mg)	747.3
Retinol RE (RE)	309.53		Zinc (mg)	7.93
Beta-Carotene (mcg)	309.53		Boron (mcg)	616.42
Vitamin B1 (mg)	0.73		Chloride (mg)	29.65
Vitamin B2 (mg)	1.04		Poly Fats	
Vitamin B3 (mg)	9.61		Omega 3 Fatty Acid (g)	0.5
Vitamin B3 - Niacin Equiv (mg)	15.84		Omega 6 Fatty Acid (g)	3.13
Vitamin B6 (mg)	0.87		Other Nutrients	
Vitamin B12 (mcg)	3.03		Alcohol (g)	0.06
Biotin (mcg)	5.81		Caffeine (mg)	0
Vitamin C (mg)	50.41		Choline (mg)	115.68
Vitamin D - IU (IU)	115.45		Lutein & Zeaxanthin (mcg)	213.64
Vitamin D - mcg (mcg)	2.89		Lycopene (mcg)	913.3
Vitamin E - Alpha-Toco (mg)	3.75			

August 20, 2013

Hot Turkey Sandwich (WW Bread)
Mashed Potatoes
Green Peas
Carrot Raisin Salad
Fresh Melon Cubes
Milk, 1%

Multi Column: Turkey, Hot Sandwich BLD Menu Day Twenty SS

Multi-Column

Nutrients	Per Serving		Nutrients	Per Serving
Basic Components			Folate (mcg)	128.31
Gram Weight (g)	901.14		Folate, DFE (mcg)	138.21
Calories (kcal)	704.34		Vitamin K (mcg)	42.04
Calories from Fat (kcal)	208.32		Pantothenic Acid (mg)	2.2
Calories from SatFat (kcal)	54.35		Beta-Carotene Equiv (mcg)	7799.59
Protein (g)	36.9		Vitamin E - mg (mg)	2.73
Carbohydrates (g)	92.21		Folic Acid (mcg)	14.12
Dietary Fiber (g)	12.51		Folate, food (mcg)	114.19
Soluble Fiber (g)	1.85		Cryptoxanthin (mcg)	2.73
Total Sugars (g)	40.78		Vitamin A - RE (RE)	1471.45
Monosaccharides (g)	8.36		Vitamin E - IU (IU)	4.07
Disaccharides (g)	17.84		Minerals	
Other Carbs (g)	38.89		Calcium (mg)	456.86
Fat (g)	23.32		Chromium (mcg)	1.8
Saturated Fat (g)	6.04		Copper (mg)	0.5
Mono Fat (g)	9.37		Fluoride (mg)	0.13
Poly Fat (g)	6.26		Iodine (mcg)	1.52
Trans Fatty Acid (g)	0.41		Iron (mg)	4.84
Cholesterol (mg)	60.82		Magnesium (mg)	131.83
Water (g)	616.73		Manganese (mg)	1.21
Insoluble Fiber (g)	6.62		Molybdenum (mcg)	5.08
Vitamins			Phosphorus (mg)	613.65
Vitamin A - IU (IU)	13547.94		Potassium (mg)	1527.51
Vitamin A - RAE (RAE)	821.51		Selenium (mcg)	39.44
Carotenoid RE (RE)	1299.89		Sodium (mg)	524.3
Retinol RE (RE)	171.56		Zinc (mg)	4.28
Beta-Carotene (mcg)	6636.8		Boron (mcg)	463.34
Vitamin B1 (mg)	0.66		Chloride (mg)	8.59
Vitamin B2 (mg)	0.83		Poly Fats	
Vitamin B3 (mg)	8.17		Omega 3 Fatty Acid (g)	1.01
Vitamin B3 - Niacin Equiv (mg)	14.44		Omega 6 Fatty Acid (g)	5.22
Vitamin B6 (mg)	0.84		Other Nutrients	
Vitamin B12 (mcg)	1.19		Alcohol (g)	0
Biotin (mcg)	5.5		Caffeine (mg)	0
Vitamin C (mg)	45.84		Choline (mg)	53.92
Vitamin D - IU (IU)	99.36		Lutein & Zeaxanthin (mcg)	2045.12
Vitamin D - mcg (mcg)	2.48		Lycopene (mcg)	1.14
Vitamin E - Alpha-Toco (mg)	2.73			

August 21, 2013

Chefs Salad
Raspberry Vinaigrette Dressing
Whole Wheat Roll
Fresh Fruit Cup
Milk 1%

Multi Column: *Turkey, Chef Salad, BLD Menu 8/17/11

Multi-Column

Nutrients	Per Serving		Nutrients	Per Serving
Basic Components			Folate (mcg)	209.3
Gram Weight (g)	1223.78		Folate, DFE (mcg)	246.68
Calories (kcal)	898.14		Vitamin K (mcg)	109.07
Calories from Fat (kcal)	381.72		Pantothenic Acid (mg)	4.52
Calories from SatFat (kcal)	154.17		Beta-Carotene Equiv (mcg)	3907.99
Protein (g)	39.74		Vitamin E - mg (mg)	7.37
Carbohydrates (g)	96.43		Folic Acid (mcg)	53.31
Dietary Fiber (g)	11.38		Folate, food (mcg)	155.99
Soluble Fiber (g)	1.72		Cryptoxanthin (mcg)	223.65
Total Sugars (g)	47.72		Vitamin A - RE (RE)	1167.58
Monosaccharides (g)	15.73		Vitamin E - IU (IU)	10.98
Disaccharides (g)	19.26		Minerals	
Other Carbs (g)	37.31		Calcium (mg)	784.33
Fat (g)	42.67		Chromium (mcg)	1.63
Saturated Fat (g)	17.13		Copper (mg)	0.84
Mono Fat (g)	12.02		Fluoride (mg)	0.04
Poly Fat (g)	8.53		Iodine (mcg)	34.76
Trans Fatty Acid (g)	0.54		Iron (mg)	8.02
Cholesterol (mg)	201.43		Magnesium (mg)	207.9
Water (g)	1015.97		Manganese (mg)	1.89
Insoluble Fiber (g)	5.33		Molybdenum (mcg)	39.75
Vitamins			Phosphorus (mg)	1014.1
Vitamin A - IU (IU)	8210.06		Potassium (mg)	2237.62
Vitamin A - RAE (RAE)	842.2		Selenium (mcg)	57.86
Carotenoid RE (RE)	650.75		Sodium (mg)	716.51
Retinol RE (RE)	516.82		Zinc (mg)	5.66
Beta-Carotene (mcg)	3234.73		Boron (mcg)	833.86
Vitamin B1 (mg)	0.88		Chloride (mg)	326.52
Vitamin B2 (mg)	1.35		Poly Fats	
Vitamin B3 (mg)	8.51		Omega 3 Fatty Acid (g)	0.58
Vitamin B3 - Niacin Equiv (mg)	16.27		Omega 6 Fatty Acid (g)	7.93
Vitamin B6 (mg)	1		Other Nutrients	
Vitamin B12 (mcg)	1.73		Alcohol (g)	0
Biotin (mcg)	15.4		Caffeine (mg)	0
Vitamin C (mg)	55.93		Choline (mg)	173.37
Vitamin D - IU (IU)	144.6		Lutein & Zeaxanthin (mcg)	795.98
Vitamin D - mcg (mcg)	3.62		Lycopene (mcg)	933.95
Vitamin E - Alpha-Toco (mg)	7.37			

Beef Tips
in Gravy
Egg Noodles
Tossed Salad
WW Bread Slice
Butter
Fresh Apple Slices

Milk, 1%

Multi Column: Beef, Beef Tips BLD Menu Day Twenty Two SS
Multi-Column

Nutrients	Per Serving		Nutrients	Per Serving
Basic Components			Folate (mcg)	196.84
Gram Weight (g)	1058.89		Folate, DFE (mcg)	259.29
Calories (kcal)	875.29		Vitamin K (mcg)	29.57
Calories from Fat (kcal)	232.89		Pantothenic Acid (mg)	2.85
Calories from SatFat (kcal)	51.84		Beta-Carotene Equiv (mcg)	792.46
Protein (g)	47.96		Vitamin E - mg (mg)	4.05
Carbohydrates (g)	113.62		Folic Acid (mcg)	91.23
Dietary Fiber (g)	10.3		Folate, food (mcg)	104.07
Soluble Fiber (g)	1.48		Cryptoxanthin (mcg)	89.18
Total Sugars (g)	31.3		Vitamin A - RE (RE)	332.31
Monosaccharides (g)	8.04		Vitamin E - IU (IU)	6.03
Disaccharides (g)	15.22		Minerals	
Other Carbs (g)	54.46		Calcium (mg)	468.75
Fat (g)	25.99		Chromium (mcg)	1.2
Saturated Fat (g)	5.76		Copper (mg)	0.6
Mono Fat (g)	7.73		Fluoride (mg)	0.16
Poly Fat (g)	6.13		Iodine (mcg)	12.04
Trans Fatty Acid (g)	0.95		Iron (mg)	6.7
Cholesterol (mg)	88.22		Magnesium (mg)	145.4
Water (g)	773.39		Manganese (mg)	1.51
Insoluble Fiber (g)	5.15		Molybdenum (mcg)	3.14
Vitamins			Phosphorus (mg)	768.53
Vitamin A - IU (IU)	1964.37		Potassium (mg)	1532.15
Vitamin A - RAE (RAE)	266.27		Selenium (mcg)	75.65
Carotenoid RE (RE)	132.08		Sodium (mg)	837.88
Retinol RE (RE)	200.24		Zinc (mg)	6.92
Beta-Carotene (mcg)	607.39		Boron (mcg)	346.73
Vitamin B1 (mg)	0.86		Chloride (mg)	154.03
Vitamin B2 (mg)	0.99		Poly Fats	
Vitamin B3 (mg)	12.24		Omega 3 Fatty Acid (g)	0.55
Vitamin B3 - Niacin Equiv (mg)	18.67		Omega 6 Fatty Acid (g)	6.01
Vitamin B6 (mg)	1.01		Other Nutrients	
Vitamin B12 (mcg)	2.3		Alcohol (g)	0
Biotin (mcg)	7.16		Caffeine (mg)	0
Vitamin C (mg)	57.88		Choline (mg)	134.6
Vitamin D - IU (IU)	107.49		Lutein & Zeaxanthin (mcg)	416.35
Vitamin D - mcg (mcg)	2.69		Lycopene (mcg)	175.09
Vitamin E - Alpha-Toco (mg)	4.05			

Roast Pork
Gravy
Sweet Potatoes
Green Beans
Pineapple
Milk, 1%
WW Bread

Multi Column: Pork, Roast BLD Menu Day Twenty Three SS

Multi-Column

Nutrients	Per Serving		Nutrients	Per Serving
Basic Components			Folate (mcg)	96.66
Gram Weight (g)	858.37		Folate, DFE (mcg)	117.89
Calories (kcal)	955.6		Vitamin K (mcg)	62.57
Calories from Fat (kcal)	345.4		Pantothenic Acid (mg)	3.26
Calories from SatFat (kcal)	130.89		Beta-Carotene Equiv (mcg)	10120.61
Protein (g)	52.54		Vitamin E - mg (mg)	4.52
Carbohydrates (g)	100.61		Folic Acid (mcg)	30.27
Dietary Fiber (g)	10.78		Folate, food (mcg)	66.39
Soluble Fiber (g)	2.07		Cryptoxanthin (mcg)	0.19
Total Sugars (g)	39.9		Vitamin A - RE (RE)	1967.04
Monosaccharides (g)	21.73		Vitamin E - IU (IU)	6.73
Disaccharides (g)	14.51		Minerals	
Other Carbs (g)	47.72		Calcium (mg)	492.97
Fat (g)	38.73		Chromium (mcg)	0.21
Saturated Fat (g)	14.54		Copper (mg)	0.62
Mono Fat (g)	16.34		Fluoride (mg)	0.06
Poly Fat (g)	4.87		Iodine (mcg)	3.92
Trans Fatty Acid (g)	0.54		Iron (mg)	5.67
Cholesterol (mg)	138.1		Magnesium (mg)	197.93
Water (g)	660.25		Manganese (mg)	3.22
Insoluble Fiber (g)	4.28		Molybdenum (mcg)	11.63
Vitamins			Phosphorus (mg)	774.37
Vitamin A - IU (IU)	17780.15		Potassium (mg)	1874.86
Vitamin A - RAE (RAE)	1123.7		Selenium (mcg)	65.24
Carotenoid RE (RE)	1686.68		Sodium (mg)	453.73
Retinol RE (RE)	280.36		Zinc (mg)	5.62
Beta-Carotene (mcg)	10047.58		Boron (mcg)	262.31
Vitamin B1 (mg)	1.93		Chloride (mg)	23.79
Vitamin B2 (mg)	1.26		Poly Fats	
Vitamin B3 (mg)	10.87		Omega 3 Fatty Acid (g)	0.52
Vitamin B3 - Niacin Equiv (mg)	22.13		Omega 6 Fatty Acid (g)	4.29
Vitamin B6 (mg)	1.23		Other Nutrients	
Vitamin B12 (mcg)	1.85		Alcohol (g)	0
Biotin (mcg)	10.01		Caffeine (mg)	0
Vitamin C (mg)	31.97		Choline (mg)	153.95
Vitamin D - IU (IU)	143.37		Lutein & Zeaxanthin (mcg)	778.81
Vitamin D - mcg (mcg)	3.61		Lycopene (mcg)	0.36
Vitamin E - Alpha-Toco (mg)	4.52			

August 26, 2013

Turkey Slice
Turkey Gravy
Roasted Red Potatoes
Zucchini Spears
Whole Wheat Roll
Grapes
Milk 1%

Multi Column: Turkey, Sliced BLD Menu Day Twenty Four SS

Multi-Column

Nutrients	Per Serving		Nutrients	Per Serving
Basic Components			Folate (mcg)	123.82
Gram Weight (g)	839.47		Folate, DFE (mcg)	145.05
Calories (kcal)	749.86		Vitamin K (mcg)	25.63
Calories from Fat (kcal)	265.57		Pantothenic Acid (mg)	1.91
Calories from SatFat (kcal)	116.06		Beta-Carotene Equiv (mcg)	1261.05
Protein (g)	25.87		Vitamin E - mg (mg)	1.72
Carbohydrates (g)	99.85		Folic Acid (mcg)	30.27
Dietary Fiber (g)	9.73		Folate, food (mcg)	93.55
Soluble Fiber (g)	0.72		Cryptoxanthin (mcg)	0.14
Total Sugars (g)	38.55		Vitamin A - RE (RE)	487.15
Monosaccharides (g)	20.14		Vitamin E - IU (IU)	2.56
Disaccharides (g)	11.4		Minerals	
Other Carbs (g)	49.65		Calcium (mg)	433.25
Fat (g)	29.92		Chromium (mcg)	0.48
Saturated Fat (g)	12.9		Copper (mg)	0.51
Mono Fat (g)	8.04		Fluoride (mg)	0.02
Poly Fat (g)	2.72		Iodine (mcg)	5.07
Trans Fatty Acid (g)	0.69		Iron (mg)	4.45
Cholesterol (mg)	78.5		Magnesium (mg)	131.41
Water (g)	555.84		Manganese (mg)	1.63
Insoluble Fiber (g)	2.93		Molybdenum (mcg)	3.49
Vitamins			Phosphorus (mg)	599.06
Vitamin A - IU (IU)	3002.58		Potassium (mg)	1655.37
Vitamin A - RAE (RAE)	382.06		Selenium (mcg)	30.67
Carotenoid RE (RE)	210.18		Sodium (mg)	1005.26
Retinol RE (RE)	276.97		Zinc (mg)	2.54
Beta-Carotene (mcg)	127.59		Boron (mcg)	584.23
Vitamin B1 (mg)	0.67		Chloride (mg)	22.8
Vitamin B2 (mg)	0.83		Poly Fats	
Vitamin B3 (mg)	5.79		Omega 3 Fatty Acid (g)	0.5
Vitamin B3 - Niacin Equiv (mg)	9.82		Omega 6 Fatty Acid (g)	1.66
Vitamin B6 (mg)	0.62		Other Nutrients	
Vitamin B12 (mcg)	1.44		Alcohol (g)	0
Biotin (mcg)	3.46		Caffeine (mg)	0
Vitamin C (mg)	75.83		Choline (mg)	45.5
Vitamin D - IU (IU)	115.35		Lutein & Zeaxanthin (mcg)	285.73
Vitamin D - mcg (mcg)	2.88		Lycopene (mcg)	0
Vitamin E - Alpha-Toco (mg)	1.72			

August 27, 2013

Cheese Stuffed Chicken
Baked Potato
Asparagus
Fresh Berries
Multigrain Bread
Milk 1%

Multi Column: *Chicken, Cheese Stuffed Breast BLD Menu Day Twenty Five

Multi-Column

Nutrients	Per Serving		Nutrients	Per Serving
Basic Components			Folate (mcg)	205.93
Gram Weight (g)	872.9		Folate, DFE (mcg)	165.93
Calories (kcal)	752.21		Vitamin K (mcg)	63.47
Calories from Fat (kcal)	217.18		Pantothenic Acid (mg)	3.09
Calories from SatFat (kcal)	99.79		Beta-Carotene Equiv (mcg)	647.1
Protein (g)	58.57		Vitamin E - mg (mg)	3.3
Carbohydrates (g)	77.36		Folic Acid (mcg)	40
Dietary Fiber (g)	13.15		Folate, food (mcg)	165.93
Soluble Fiber (g)	1.51		Cryptoxanthin (mcg)	0
Total Sugars (g)	27.85		Vitamin A - RE (RE)	316.7
Monosaccharides (g)	11.46		Vitamin E - IU (IU)	4.91
Disaccharides (g)	12.77		Minerals	
Other Carbs (g)	36.15		Calcium (mg)	659.3
Fat (g)	24.37		Chromium (mcg)	0.73
Saturated Fat (g)	11.09		Copper (mg)	0.59
Mono Fat (g)	5.85		Fluoride (mg)	0.03
Poly Fat (g)	3.17		Iodine (mcg)	67.66
Trans Fatty Acid (g)	0.42		Iron (mg)	7.21
Cholesterol (mg)	143.27		Magnesium (mg)	142.48
Water (g)	705.55		Manganese (mg)	1.19
Insoluble Fiber (g)	4.89		Molybdenum (mcg)	11.24
Vitamins			Phosphorus (mg)	699.27
Vitamin A - IU (IU)	1811.82		Potassium (mg)	1975.43
Vitamin A - RAE (RAE)	238.12		Selenium (mcg)	41.63
Carotenoid RE (RE)	107.87		Sodium (mg)	429.42
Retinol RE (RE)	184.18		Zinc (mg)	3.78
Beta-Carotene (mcg)	641.07		Boron (mcg)	447.83
Vitamin B1 (mg)	0.59		Chloride (mg)	343.38
Vitamin B2 (mg)	0.9		Poly Fats	
Vitamin B3 (mg)	20.67		Omega 3 Fatty Acid (g)	0.25
Vitamin B3 - Niacin Equiv (mg)	30.51		Omega 6 Fatty Acid (g)	1.34
Vitamin B6 (mg)	1.45		Other Nutrients	
Vitamin B12 (mcg)	1.63		Alcohol (g)	0
Biotin (mcg)	7.05		Caffeine (mg)	0
Vitamin C (mg)	109.62		Choline (mg)	190.25
Vitamin D - IU (IU)	161.32		Lutein & Zeaxanthin (mcg)	1036.88
Vitamin D - mcg (mcg)	3.95		Lycopene (mcg)	0
Vitamin E - Alpha-Toco (mg)	3.3			

August 28, 2013

Roast Beef
Baked Potato
Glazed Carrots
Banana Half
WW Roll
Milk 1%

Multi Column: Beef, Roast BLD Menu Day Twenty Six SS
Multi-Column

Nutrients	Per Serving		Nutrients	Per Serving
Basic Components			Folate (mcg)	131.16
Gram Weight (g)	892.58		Folate, DFE (mcg)	152.39
Calories (kcal)	957.61		Vitamin K (mcg)	9.38
Calories from Fat (kcal)	240.9		Pantothenic Acid (mg)	2.81
Calories from SatFat (kcal)	110.2		Beta-Carotene Equiv (mcg)	6874.73
Protein (g)	66.39		Vitamin E - mg (mg)	2.02
Carbohydrates (g)	112.5		Folic Acid (mcg)	30.27
Dietary Fiber (g)	10.39		Folate, food (mcg)	100.89
Soluble Fiber (g)	1.42		Cryptoxanthin (mcg)	374.17
Total Sugars (g)	40.34		Vitamin A - RE (RE)	1392.18
Monosaccharides (g)	4.19		Vitamin E - IU (IU)	3.01
Disaccharides (g)	14.03		Minerals	
Other Carbs (g)	61.32		Calcium (mg)	416.23
Fat (g)	27.02		Chromium (mcg)	4.57
Saturated Fat (g)	12.24		Copper (mg)	0.5
Mono Fat (g)	9.53		Fluoride (mg)	0.06
Poly Fat (g)	2.27		Iodine (mcg)	5.06
Trans Fatty Acid (g)	0.54		Iron (mg)	8.02
Cholesterol (mg)	169.79		Magnesium (mg)	162.37
Water (g)	679.81		Manganese (mg)	1.35
Insoluble Fiber (g)	4.06		Molybdenum (mcg)	6.02
Vitamins			Phosphorus (mg)	788.9
Vitamin A - IU (IU)	12256.02		Potassium (mg)	1962.39
Vitamin A - RAE (RAE)	819.33		Selenium (mcg)	82.34
Carotenoid RE (RE)	1145.7		Sodium (mg)	295.16
Retinol RE (RE)	246.48		Zinc (mg)	10.45
Beta-Carotene (mcg)	5518.2		Boron (mcg)	201.76
Vitamin B1 (mg)	0.68		Chloride (mg)	28.4
Vitamin B2 (mg)	0.98		Poly Fats	
Vitamin B3 (mg)	12.78		Omega 3 Fatty Acid (g)	0.43
Vitamin B3 - Niacin Equiv (mg)	21.65		Omega 6 Fatty Acid (g)	1.84
Vitamin B6 (mg)	1.34		Other Nutrients	
Vitamin B12 (mcg)	3.38		Alcohol (g)	0
Biotin (mcg)	3.7		Caffeine (mg)	0
Vitamin C (mg)	46.34		Choline (mg)	221.84
Vitamin D - IU (IU)	112.62		Lutein & Zeaxanthin (mcg)	169.88
Vitamin D - mcg (mcg)	2.81		Lycopene (mcg)	0.1
Vitamin E - Alpha-Toco (mg)	2.02			

August 29, 2013

Baked Lemon Fish
Lemon Sauce
Brown Rice Mix
Broccoli
Whole Wheat Roll
Fresh Fruit Cup
Milk, 1%

Multi Column: Fish, Baked Lemon BLD Menu Day Twenty Seven SS

Multi-Column

Nutrients	Per Serving		Nutrients	Per Serving
Basic Components			Folate (mcg)	162.24
Gram Weight (g)	841.84		Folate, DFE (mcg)	183.47
Calories (kcal)	994.1		Vitamin K (mcg)	17.9
Calories from Fat (kcal)	319.19		Pantothenic Acid (mg)	2.22
Calories from SatFat (kcal)	129.24		Beta-Carotene Equiv (mcg)	2615.73
Protein (g)	40.71		Vitamin E - mg (mg)	3.92
Carbohydrates (g)	131.5		Folic Acid (mcg)	30.27
Dietary Fiber (g)	11		Folate, food (mcg)	131.97
Soluble Fiber (g)	1.33		Cryptoxanthin (mcg)	230.2
Total Sugars (g)	49.27		Vitamin A - RE (RE)	833.71
Monosaccharides (g)	8.3		Vitamin E - IU (IU)	5.84
Disaccharides (g)	29.72		Minerals	
Other Carbs (g)	68.57		Calcium (mg)	451.38
Fat (g)	35.93		Chromium (mcg)	0.61
Saturated Fat (g)	14.36		Copper (mg)	0.34
Mono Fat (g)	12.44		Fluoride (mg)	0.05
Poly Fat (g)	5.9		Iodine (mcg)	5.25
Trans Fatty Acid (g)	2.8		Iron (mg)	4.77
Cholesterol (mg)	98.36		Magnesium (mg)	164.57
Water (g)	623.41		Manganese (mg)	1.77
Insoluble Fiber (g)	5.13		Molybdenum (mcg)	6.36
Vitamins			Phosphorus (mg)	669.23
Vitamin A - IU (IU)	5662.55		Potassium (mg)	1681.74
Vitamin A - RAE (RAE)	615.73		Selenium (mcg)	60.94
Carotenoid RE (RE)	435.96		Sodium (mg)	253.27
Retinol RE (RE)	397.75		Zinc (mg)	3.07
Beta-Carotene (mcg)	318.44		Boron (mcg)	105.04
Vitamin B1 (mg)	0.7		Chloride (mg)	39.81
Vitamin B2 (mg)	0.9		Poly Fats	
Vitamin B3 (mg)	5.86		Omega 3 Fatty Acid (g)	1.05
Vitamin B3 - Niacin Equiv (mg)	13.02		Omega 6 Fatty Acid (g)	4.84
Vitamin B6 (mg)	0.79		Other Nutrients	
Vitamin B12 (mcg)	1.94		Alcohol (g)	0
Biotin (mcg)	4.46		Caffeine (mg)	0
Vitamin C (mg)	152.1		Choline (mg)	97.16
Vitamin D - IU (IU)	151.27		Lutein & Zeaxanthin (mcg)	202.32
Vitamin D - mcg (mcg)	3.78		Lycopene (mcg)	0
Vitamin E - Alpha-Toco (mg)	3.92			

August 30, 2013

Turkey and Noodles
Caesar Salad
Apricots
Whole Grain Roll
Milk 1%

Multi Column: Turkey, Noodles BLD Menu Day Twenty Eight SS

Multi-Column

Nutrients	Per Serving		Nutrients	Per Serving
Basic Components			Folate (mcg)	164.39
Gram Weight (g)	901.64		Folate, DFE (mcg)	104.55
Calories (kcal)	841.6		Vitamin K (mcg)	92.72
Calories from Fat (kcal)	293.81		Pantothenic Acid (mg)	2.17
Calories from SatFat (kcal)	113.15		Beta-Carotene Equiv (mcg)	6432.19
Protein (g)	38.74		Vitamin E - mg (mg)	3.67
Carbohydrates (g)	101.3		Folic Acid (mcg)	30.27
Dietary Fiber (g)	9.56		Folate, food (mcg)	134.12
Soluble Fiber (g)	2.68		Cryptoxanthin (mcg)	26
Total Sugars (g)	45.26		Vitamin A - RE (RE)	1330.93
Monosaccharides (g)	1.24		Vitamin E - IU (IU)	5.47
Disaccharides (g)	11.75		Minerals	
Other Carbs (g)	34.13		Calcium (mg)	503.58
Fat (g)	32.9		Chromium (mcg)	0.25
Saturated Fat (g)	12.57		Copper (mg)	0.45
Mono Fat (g)	9.16		Fluoride (mg)	0.11
Poly Fat (g)	7.83		Iodine (mcg)	21.44
Trans Fatty Acid (g)	0.54		Iron (mg)	5.17
Cholesterol (mg)	97.83		Magnesium (mg)	147.58
Water (g)	722.38		Manganese (mg)	1.55
Insoluble Fiber (g)	4.88		Molybdenum (mcg)	5.27
Vitamins			Phosphorus (mg)	625.93
Vitamin A - IU (IU)	11559.39		Potassium (mg)	1338.07
Vitamin A - RAE (RAE)	702.13		Selenium (mcg)	46.1
Carotenoid RE (RE)	1071.83		Sodium (mg)	619.62
Retinol RE (RE)	259.1		Zinc (mg)	4.37
Beta-Carotene (mcg)	6070.79		Boron (mcg)	92.62
Vitamin B1 (mg)	0.62		Chloride (mg)	127.87
Vitamin B2 (mg)	0.86		Poly Fats	
Vitamin B3 (mg)	7.27		Omega 3 Fatty Acid (g)	1.04
Vitamin B3 - Niacin Equiv (mg)	14.7		Omega 6 Fatty Acid (g)	6.89
Vitamin B6 (mg)	0.72		Other Nutrients	
Vitamin B12 (mcg)	1.35		Alcohol (g)	0
Biotin (mcg)	5.76		Caffeine (mg)	0
Vitamin C (mg)	43.78		Choline (mg)	79.79
Vitamin D - IU (IU)	118.77		Lutein & Zeaxanthin (mcg)	6317.64
Vitamin D - mcg (mcg)	2.96		Lycopene (mcg)	1.04
Vitamin E - Alpha-Toco (mg)	3.67			