

Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Report Selections

Date Range : 04/01/09 - 06/30/09
 Menus : Rachel's Menu

Menu: Rachel's Menu Date: 01 Apr 2009, Wed

Menu Item Name	Size	Amt (gm)	Calories (kcal)	Carbohydrat (gm)	Fat (gm)	Sodium (mg)	Calcium (mg)	Vit A (IU)	Vit C (mg)	Dietary Fiber (gm)	Vit B12 (mcg)
Noon Meal											
AL Juice, Apple Cherry, 4 oz	1 each	113	60	15.0	0.0	5	14	0	0	0.0	
^AL Cereal, Total, Ind	1 each	40	129	29.9	1.0	255	1468	665	80	3.6	8.54
^AL Peaches, Diced	1/2 cup	152	82	22.1	0.0	8	5	537	4	2.0	0.00
AL Muffin, Bran, RTU	1 each	60	162	29.0	4.4	236	38	0	0	2.8	0.01
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
AL Ind, Margarine	1 each	5	36	0.0	4.0	39	3	179	0	0.0	0.01
Noon Meal Totals			567	107.4	11.7	661	1818	1844	86	8.4	9.42+
Daily Totals for 4/1/2009			567	107.4	11.7	661	1818	1844	86	8.4	9.42+
1/3 RDA/DRI STANDARDS, 1 MEAL			852	117.2	28.4	433	400		30	10.0	0.80
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			67	91.7	41.1	152	455		286	83.7	1177.12

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Menu Nutrient Analysis Report

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Nutrient Totals Using Main Items Only

Menu: Rachel's Menu **Date: 02 Apr 2009, Thu**

Menu Item Name	Size	Amt (gm)	Calo ries (kcal)	Carbo hydrat (gm)	Fat (gm)	Sodium (mg)	Cal cium (mg)	Vit A (IU)	Vit C (mg)	Dietry Fiber (gm)	Vit B12 (mcg)
Noon Meal											
AL Juice, Grape, 4 oz, Calcium Fortified	1 each	113	90	22.0	0.1	10	102	50	1	0.2	
^AL Cereal, Raisin Bran, Ind	1 each	39	124	29.8	1.0	231	19	330	0	4.6	0.99
^AL Mix Fruit, Man Org/P'apple	1/2 cup	170	80	20.9	0.1	5	21	837	39	1.3	0.00
^AL Bagel, Cinnamon Raisin, Sliced	1 each	65	192	38.7	1.2	226	13	46	0	1.6	0.00
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
Noon Meal Totals			584	122.7	4.5	591	445	1726	44	7.8	1.85+
Daily Totals for 4/2/2009			584	122.7	4.5	591	445	1726	44	7.8	1.85+
1/3 RDA/DRI STANDARDS, 1 MEAL			852	117.2	28.4	433	400		30	10.0	0.80
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			69	104.7	15.9	136	111		145	77.6	231.55

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Nutrient Totals Using Main Items Only

Menu: Rachel's Menu **Date: 03 Apr 2009, Fri**

Menu Item Name	Size	Amt (gm)	Calo ries (kcal)	Carbo hydrat (gm)	Fat (gm)	Sodium (mg)	Cal cium (mg)	Vit A (IU)	Vit C (mg)	Dietry Fiber (gm)	Vit B12 (mcg)
Noon Meal											
AL Juice, Orange, 4 oz, Calcium Fortified	1 each	113	60	14.0	0.2	30	102	97	48		
AI Cereal, Oatmeal, Ind Bowl	1 each	54	199	41.5	2.5	288	129	1288	0	3.6	0.00
^AL Bread, Biscuit, Baked, 2 oz	1 each	57	170	31.4	2.9	823	11	0	0	1.1	0.00
^AL Banana, Fresh	1 each	118	105	26.9	0.4	1	6	76	11	3.1	0.00
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
Noon Meal Totals			632	125.1	8.3	1260	538	1923	61	7.7+	0.86+
Daily Totals for 4/3/2009			632	125.1	8.3	1260	538	1923	61	7.7+	0.86+
1/3 RDA/DRI STANDARDS, 1 MEAL			852	117.2	28.4	433	400		30	10.0	0.80
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			74	106.8	29.1	291	134		203	77.0	107.73
Week Daily Average (04/01/09-04/04/09)			446	88.8	6.1	628	700	1373	48	6.0+	3.03+

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Nutrient Totals Using Main Items Only

Menu: Rachel's Menu **Date: 06 Apr 2009, Mon**

Menu Item Name	Size	Amt (gm)	Calo ries (kcal)	Carbo hydrat (gm)	Fat (gm)	Sodium (mg)	Cal cium (mg)	Vit A (IU)	Vit C (mg)	Dietry Fiber (gm)	Vit B12 (mcg)
Noon Meal											
AL Juice, Grape, 4 oz, Calcium Fortified	1 each	113	90	22.0	0.1	10	102	50	1	0.2	
^AL Cereal, All Bran, Ind	1 each	50	130	37.1	2.5	121	195	874	10	14.7	9.40
^AL Danish	1 each	78	289	37.3	14.4	276	36	40	3	1.5	0.07
^AL Yogurt, Strawberry	1 each	113	57	9.1	0.0	51	125				0.24
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
Noon Meal Totals			663	116.8	19.2	576	747	1426+	16+	16.4+	10.57+
Daily Totals for 4/6/2009			663	116.8	19.2	576	747	1426+	16+	16.4+	10.57+
1/3 RDA/DRI STANDARDS, 1 MEAL			852	117.2	28.4	433	400		30	10.0	0.80
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			78	99.6	67.6	133	187		55	163.6	1321.27

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Nutrient Totals Using Main Items Only

Menu: Rachel's Menu **Date: 07 Apr 2009, Tue**

Menu Item Name	Size	Amt (gm)	Calo ries (kcal)	Carbo hydrat (gm)	Fat (gm)	Sodium (mg)	Cal cium (mg)	Vit A (IU)	Vit C (mg)	Dietry Fiber (gm)	Vit B12 (mcg)
Noon Meal											
AL Juice, Apple Cherry, 4 oz	1 each	113	60	15.0	0.0	5	14	0	0	0.0	
AI Cereal, Oatmeal, Ind Bowl	1 each	54	199	41.5	2.5	288	129	1288	0	3.6	0.00
^AL Fruit, Tropical,RTU	1/2 cup	155	134	34.8	0.2	3	20	197	27	2.0	0.00
AL Cereal Bar, Strawberry, Nutri-Grain	1 each	37	140	26.0	4.0	60	0	749	0	1.0	
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
Noon Meal Totals			630	128.6	8.9	474	453	2697	29	6.6	0.86+
Daily Totals for 4/7/2009			630	128.6	8.9	474	453	2697	29	6.6	0.86+
1/3 RDA/DRI STANDARDS, 1 MEAL			852	117.2	28.4	433	400		30	10.0	0.80
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			74	109.7	31.3	109	113		98	65.7	107.73

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Nutrient Totals Using Main Items Only

Menu: Rachel's Menu **Date: 08 Apr 2009, Wed**

Menu Item Name	Size	Amt (gm)	Calo ries (kcal)	Carbo hydrat (gm)	Fat (gm)	Sodium (mg)	Cal cium (mg)	Vit A (IU)	Vit C (mg)	Dietry Fiber (gm)	Vit B12 (mcg)
Noon Meal											
^Juice, Tomato, 4 oz	1 each	126	21	5.3	0.1	339	13	567	23	0.5	0.00
^AL Cereal, Raisin Bran, Ind	1 each	39	124	29.8	1.0	231	19	330	0	4.6	0.99
AL Apples, Sliced, Canned	1/2 cup	123	83	20.7	0.5	4	5	69	0	2.5	0.00
AL Muffin, Blueberry, RTU	1 each	60	200	26.0	9.0	110	20	50	0	1.0	
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
Noon Meal Totals			526	93.1	12.8	802	347	1479	26	8.6	1.85+
Daily Totals for 4/8/2009			526	93.1	12.8	802	347	1479	26	8.6	1.85+
1/3 RDA/DRI STANDARDS, 1 MEAL			852	117.2	28.4	433	400		30	10.0	0.80
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			62	79.5	45.1	185	87		87	86.1	231.55

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Nutrient Totals Using Main Items Only

Menu: Rachel's Menu **Date: 09 Apr 2009, Thu**

Menu Item Name	Size	Amt (gm)	Calo ries (kcal)	Carbo hydrat (gm)	Fat (gm)	Sodium (mg)	Cal cium (mg)	Vit A (IU)	Vit C (mg)	Dietry Fiber (gm)	Vit B12 (mcg)
Noon Meal											
AL Juice, Blended, 4 oz	1 each	113	61	14.9	0.1	3	9	27	14	0.0	
^AL Cereal, Total, Ind	1 each	40	129	29.9	1.0	255	1468	665	80	3.6	8.54
^AL Banana, Fresh	1 each	118	105	26.9	0.4	1	6	76	11	3.1	0.00
AL Cereal Bar, Apple Crisp Fruit Bar	1 each	43	200	28.7	7.6	120	26	65	0	1.3	0.00
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
Noon Meal Totals			592	111.7	11.2	497	1799	1296	107	8.1	9.40+
Daily Totals for 4/9/2009			592	111.7	11.2	497	1799	1296	107	8.1	9.40+
1/3 RDA/DRI STANDARDS, 1 MEAL			852	117.2	28.4	433	400		30	10.0	0.80
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			69	95.3	39.3	115	450		358	80.7	1175.05
Week Daily Average (04/05/09-04/11/09)			345	64.3	7.4	336	478	985+	26+	5.7+	3.24+

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Menu: Rachel's Menu **Date: 13 Apr 2009, Mon**

Menu Item Name	Size	Amt (gm)	Calo ries (kcal)	Carbo hydrat (gm)	Fat (gm)	Sodium (mg)	Cal cium (mg)	Vit A (IU)	Vit C (mg)	Dietry Fiber (gm)	Vit B12 (mcg)
Noon Meal											
AL Juice, Apple, 4 oz, Calcium Fortified	1 each	113	60	15.0	0.1	10	102	47	1	0.1	
AL Cereal, Bran Flakes, Ind	1 each	32	102	25.3	0.6	229	17	1379	66	5.6	6.62
^AL Pears, Diced	1/2 cup	110	62	16.7	0.0	5	5	0	1	1.8	0.00
^AL Bread, Biscuit, Baked, 2 oz	1 each	57	170	31.4	2.9	823	11	0	0	1.1	0.00
^AL Yogurt, Assorted	1 each	113	68	11.6	0.6	58	139				0.24
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
Noon Meal Totals			560	111.3	6.5	1243	564	1889+	70+	8.5+	7.72+
Daily Totals for 4/13/2009			560	111.3	6.5	1243	564	1889+	70+	8.5+	7.72+
1/3 RDA/DRI STANDARDS, 1 MEAL			852	117.2	28.4	433	400		30	10.0	0.80
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			66	95.0	22.9	287	141		235	85.5	965.50

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Nutrient Totals Using Main Items Only

Menu: Rachel's Menu **Date: 14 Apr 2009, Tue**

Menu Item Name	Size	Amt (gm)	Calo ries (kcal)	Carbo hydrat (gm)	Fat (gm)	Sodium (mg)	Cal cium (mg)	Vit A (IU)	Vit C (mg)	Dietry Fiber (gm)	Vit B12 (mcg)
Noon Meal											
AL Juice, Grape, 4 oz, Calcium Fortified	1 each	113	90	22.0	0.1	10	102	50	1	0.2	
^AL Cereal, Golden Grahams, Ind	1 each	28	104	23.2	1.0	251	327	467	6	0.8	1.40
^AL Mix Fruit, Man Org/P'apple	1/2 cup	170	80	20.9	0.1	5	21	837	39	1.3	0.00
^AL Bread, Wheat, Sliced, For Toast, 2 slices	2 slices	50	130	23.6	2.0	265	53	0	0	2.2	0.00
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
Noon Meal Totals			502	101.1	5.4	649	793	1816	48	4.5	2.26+
Daily Totals for 4/14/2009			502	101.1	5.4	649	793	1816	48	4.5	2.26+
1/3 RDA/DRI STANDARDS, 1 MEAL			852	117.2	28.4	433	400		30	10.0	0.80
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			59	86.3	19.0	150	198		161	44.8	282.73

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Nutrient Totals Using Main Items Only

Menu: Rachel's Menu **Date: 15 Apr 2009, Wed**

Menu Item Name	Size	Amt (gm)	Calo ries (kcal)	Carbo hydrat (gm)	Fat (gm)	Sodium (mg)	Cal cium (mg)	Vit A (IU)	Vit C (mg)	Dietry Fiber (gm)	Vit B12 (mcg)
Noon Meal											
AL Juice, Apple Cherry, 4 oz	1 each	113	60	15.0	0.0	5	14	0	0	0.0	
^AL Cereal, Raisin Bran, Ind	1 each	39	124	29.8	1.0	231	19	330	0	4.6	0.99
^AL Fruit, Banana/Pears/Strawberry Glaze	1/2 cup	150	108	28.4	0.2	8	8	28	6	2.5	0.00
AL Muffin, Banana Nut, RTU	1 each	60	185	21.0	10.0	137	20	77	2	0.5	
^AL Yogurt, Vanilla	1 each	113	102	19.3	2.3	79	181				0.24
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
Noon Meal Totals			677	124.8	15.7	578	533	898+	10+	7.7+	2.09+
Daily Totals for 4/15/2009			677	124.8	15.7	578	533	898+	10+	7.7+	2.09+
1/3 RDA/DRI STANDARDS, 1 MEAL			852	117.2	28.4	433	400		30	10.0	0.80
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			79	106.5	55.1	133	133		34	76.8	261.32

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Nutrient Totals Using Main Items Only

Menu: Rachel's Menu **Date: 16 Apr 2009, Thu**

Menu Item Name	Size	Amt (gm)	Calo ries (kcal)	Carbo hydrat (gm)	Fat (gm)	Sodium (mg)	Cal cium (mg)	Vit A (IU)	Vit C (mg)	Dietry Fiber (gm)	Vit B12 (mcg)
Noon Meal											
AL Juice, Orange, 4 oz, Calcium Fortified	1 each	113	60	14.0	0.2	30	102	97	48		
^AL Cereal, All Bran, Ind	1 each	50	130	37.1	2.5	121	195	874	10	14.7	9.40
^AL Fruit Cocktail	1/2 cup	146	83	21.8	0.1	9	9	300	3	1.5	0.00
^AL Bagel, Plain, Sliced	1 each	89	229	44.9	1.4	399	79	0	1	2.0	0.00
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
Noon Meal Totals			600	129.2	6.4	676	675	1733	64	18.1+	10.26+
Daily Totals for 4/16/2009			600	129.2	6.4	676	675	1733	64	18.1+	10.26+
1/3 RDA/DRI STANDARDS, 1 MEAL			852	117.2	28.4	433	400		30	10.0	0.80
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			70	110.2	22.5	156	169		213	180.7	1282.73

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Nutrient Totals Using Main Items Only

Menu: Rachel's Menu **Date: 17 Apr 2009, Fri**

Menu Item Name	Size	Amt (gm)	Calo ries (kcal)	Carbo hydrat (gm)	Fat (gm)	Sodium (mg)	Cal cium (mg)	Vit A (IU)	Vit C (mg)	Dietry Fiber (gm)	Vit B12 (mcg)
Noon Meal											
^AL Juice, Tomato, 4 oz	1 each	126	21	5.3	0.1	339	13	567	23	0.5	0.00
^AL Cereal, Cinnamon Toast Crunch, Ind	1 each	30	127	23.7	3.3	206	100	500	6	1.2	1.50
^AL Peaches, Diced	1/2 cup	152	82	22.1	0.0	8	5	537	4	2.0	0.00
^AL Waffles	2 each	70	200	30.1	6.8	447	216	890	0	1.5	2.05
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
Noon Meal Totals			527	92.6	12.4	1117	623	2956	35	5.2	4.41
Daily Totals for 4/17/2009			527	92.6	12.4	1117	623	2956	35	5.2	4.41
1/3 RDA/DRI STANDARDS, 1 MEAL			852	117.2	28.4	433	400		30	10.0	0.80
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			62	79.0	43.7	258	156		117	52.2	551.60
Week Daily Average (04/12/09-04/18/09)			409	79.8	6.6	609	455	1328+	33+	6.3+	3.82+

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Nutrient Totals Using Main Items Only

Menu: Rachel's Menu **Date: 20 Apr 2009, Mon**

Menu Item Name	Size	Amt (gm)	Calo ries (kcal)	Carbo hydrat (gm)	Fat (gm)	Sodium (mg)	Cal cium (mg)	Vit A (IU)	Vit C (mg)	Dietry Fiber (gm)	Vit B12 (mcg)
Noon Meal											
AL Juice, Orange, 4 oz, Calcium Fortified	1 each	113	60	14.0	0.2	30	102	97	48		
^AL Cereal, Total, Ind	1 each	40	129	29.9	1.0	255	1468	665	80	3.6	8.54
^AL Mix Fruit, Peach/Pear/P'apple	1/2 cup	138	78	20.9	0.1	5	11	195	6	1.6	0.00
AL Cereal Bar, Apple Crisp Fruit Bar	1 each	43	200	28.7	7.6	120	26	65	0	1.3	0.00
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
Noon Meal Totals			565	104.8	11.0	527	1897	1485	137	6.6+	9.40+
Daily Totals for 4/20/2009			565	104.8	11.0	527	1897	1485	137	6.6+	9.40+
1/3 RDA/DRI STANDARDS, 1 MEAL			852	117.2	28.4	433	400		30	10.0	0.80
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			66	89.4	38.8	122	474		456	66.0	1175.05

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Nutrient Totals Using Main Items Only

Menu: Rachel's Menu **Date: 21 Apr 2009, Tue**

Menu Item Name	Size	Amt (gm)	Calo ries (kcal)	Carbo hydrat (gm)	Fat (gm)	Sodium (mg)	Cal cium (mg)	Vit A (IU)	Vit C (mg)	Dietry Fiber (gm)	Vit B12 (mcg)
Noon Meal											
AL Juice, Grape, 4 oz, Calcium Fortified	1 each	113	90	22.0	0.1	10	102	50	1	0.2	
^AL Cereal, All Bran, Ind	1 each	50	130	37.1	2.5	121	195	874	10	14.7	9.40
^AL Fruit, Tropical, RTU	1/2 cup	155	134	34.8	0.2	3	20	197	27	2.0	0.00
^AL Bread, Pancakes, Buttermilk, Frozen	2 each	85	191	33.4	4.4	429	60	184	0	2.0	0.08
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
Noon Meal Totals			642	138.7	9.3	682	667	1767	41	18.9	10.34+
Daily Totals for 4/21/2009			642	138.7	9.3	682	667	1767	41	18.9	10.34+
1/3 RDA/DRI STANDARDS, 1 MEAL			852	117.2	28.4	433	400		30	10.0	0.80
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			75	118.3	32.9	157	167		135	189.4	1292.30

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Nutrient Totals Using Main Items Only

Menu: Rachel's Menu **Date: 22 Apr 2009, Wed**

Menu Item Name	Size	Amt (gm)	Calo ries (kcal)	Carbo hydrat (gm)	Fat (gm)	Sodium (mg)	Cal cium (mg)	Vit A (IU)	Vit C (mg)	Dietry Fiber (gm)	Vit B12 (mcg)
Noon Meal											
^AL Juice, Pineapple, 4 oz	1 each	125	66	16.1	0.1	3	16	6	13	0.3	0.00
AI Cereal, Oatmeal, Ind Bowl	1 each	54	199	41.5	2.5	288	129	1288	0	3.6	0.00
^AL Fruit, Fresh, In Season	1 each	114	72	18.6	0.2	1	17	120	23	2.8	0.00
AL Muffin, Banana Nut, RTU	1 each	60	185	21.0	10.0	137	20	77	2	0.5	
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
Noon Meal Totals			620	108.6	15.1	546	473	1953	39	7.2	0.86+
Daily Totals for 4/22/2009			620	108.6	15.1	546	473	1953	39	7.2	0.86+
1/3 RDA/DRI STANDARDS, 1 MEAL			852	117.2	28.4	433	400		30	10.0	0.80
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			73	92.6	53.2	126	118		130	71.5	107.73

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Nutrient Totals Using Main Items Only

Menu: Rachel's Menu **Date: 23 Apr 2009, Thu**

Menu Item Name	Size	Amt (gm)	Calo ries (kcal)	Carbo hydrat (gm)	Fat (gm)	Sodium (mg)	Cal cium (mg)	Vit A (IU)	Vit C (mg)	Dietry Fiber (gm)	Vit B12 (mcg)
Noon Meal											
AL Juice, Apple Cherry, 4 oz	1 each	113	60	15.0	0.0	5	14	0	0	0.0	
AL Cereal, Bran Flakes, Ind	1 each	32	102	25.3	0.6	229	17	1379	66	5.6	6.62
^AL Pears, Diced	1/2 cup	110	62	16.7	0.0	5	5	0	1	1.8	0.00
^AL Bread, White, Sliced, 2 Slices, Local	2 slices	56	149	28.3	1.8	381	85	0	0	1.3	0.00
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
Noon Meal Totals			471	96.6	4.7	739	411	1842	69	8.7	7.49+
Daily Totals for 4/23/2009			471	96.6	4.7	739	411	1842	69	8.7	7.49+
1/3 RDA/DRI STANDARDS, 1 MEAL			852	117.2	28.4	433	400		30	10.0	0.80
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			55	82.4	16.6	170	103		231	87.0	935.73

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Nutrient Totals Using Main Items Only

Menu: Rachel's Menu **Date: 24 Apr 2009, Fri**

Menu Item Name	Size	Amt (gm)	Calo ries (kcal)	Carbo hydrat (gm)	Fat (gm)	Sodium (mg)	Cal cium (mg)	Vit A (IU)	Vit C (mg)	Dietry Fiber (gm)	Vit B12 (mcg)
Noon Meal											
AL Juice, Grape, 4 oz, Calcium Fortified	1 each	113	90	22.0	0.1	10	102	50	1	0.2	
^AL Cereal, Raisin Bran, Ind	1 each	39	124	29.8	1.0	231	19	330	0	4.6	0.99
^AL Yogurt, Strawberry	1 each	113	57	9.1	0.0	51	125				0.24
AL Apples, Sliced, Canned	1/2 cup	123	83	20.7	0.5	4	5	69	0	2.5	0.00
^AL Bread, Biscuit, Baked, 2 oz	1 each	57	170	31.4	2.9	823	11	0	0	1.1	0.00
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
Noon Meal Totals			621	124.3	6.8	1237	551	912+	4+	8.4+	2.09+
Daily Totals for 4/24/2009			621	124.3	6.8	1237	551	912+	4+	8.4+	2.09+
1/3 RDA/DRI STANDARDS, 1 MEAL			852	117.2	28.4	433	400		30	10.0	0.80
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			73	106.1	23.8	285	138		13	84.1	261.32
Week Daily Average (04/19/09-04/25/09)			417	81.8	6.7	533	571	1137+	41+	7.1+	4.31+

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Nutrient Totals Using Main Items Only

Menu: Rachel's Menu **Date: 27 Apr 2009, Mon**

Menu Item Name	Size	Amt (gm)	Calo ries (kcal)	Carbo hydrat (gm)	Fat (gm)	Sodium (mg)	Cal cium (mg)	Vit A (IU)	Vit C (mg)	Dietry Fiber (gm)	Vit B12 (mcg)
Noon Meal											
AL Juice, Blended, 4 oz	1 each	113	61	14.9	0.1	3	9	27	14	0.0	
AL Grits, Butter, Ind Bowl	1 each	54	200	42.9	0.6	1	1	2	0	0.9	0.00
^AL Peaches, Diced	1/2 cup	152	82	22.1	0.0	8	5	537	4	2.0	0.00
^AL Waffles	2 each	70	200	30.1	6.8	447	216	890	0	1.5	2.05
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
Noon Meal Totals			640	121.3	9.8	576	520	1918	20	4.4	2.91+
Daily Totals for 4/27/2009			640	121.3	9.8	576	520	1918	20	4.4	2.91+
1/3 RDA/DRI STANDARDS, 1 MEAL			852	117.2	28.4	433	400		30	10.0	0.80
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			75	103.5	34.4	133	130		67	44.1	364.10

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Nutrient Totals Using Main Items Only

Menu: Rachel's Menu **Date: 28 Apr 2009, Tue**

Menu Item Name	Size	Amt (gm)	Calo ries (kcal)	Carbo hydrat (gm)	Fat (gm)	Sodium (mg)	Cal cium (mg)	Vit A (IU)	Vit C (mg)	Dietry Fiber (gm)	Vit B12 (mcg)
Noon Meal											
AL Juice, Apple, 4 oz., Calcium Fortified	1 each	113	60	15.0	0.1	10	102	47	1	0.1	
^AL Cereal, Total, Ind	1 each	40	129	29.9	1.0	255	1468	665	80	3.6	8.54
^AL Fruit Cocktail	1/2 cup	146	83	21.8	0.1	9	9	300	3	1.5	0.00
^AL Bagel, Cinnamon Raisin, Sliced	1 each	65	192	38.7	1.2	226	13	46	0	1.6	0.00
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
Noon Meal Totals			562	116.7	4.5	617	1882	1521	86	6.8	9.40+
Daily Totals for 4/28/2009			562	116.7	4.5	617	1882	1521	86	6.8	9.40+
1/3 RDA/DRI STANDARDS, 1 MEAL			852	117.2	28.4	433	400		30	10.0	0.80
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			66	99.6	16.0	142	471		288	68.4	1175.05

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Nutrient Totals Using Main Items Only

Menu: Rachel's Menu **Date: 29 Apr 2009, Wed**

Menu Item Name	Size	Amt (gm)	Calo ries (kcal)	Carbo hydrat (gm)	Fat (gm)	Sodium (mg)	Cal cium (mg)	Vit A (IU)	Vit C (mg)	Dietry Fiber (gm)	Vit B12 (mcg)
Noon Meal											
AL Juice, Orange, 4 oz, Calcium Fortified	1 each	113	60	14.0	0.2	30	102	97	48		
^AL Cereal, Cornflakes, Ind	1 each	21	76	18.3	0.1	152	1	376	5	0.5	1.99
^AL Fruit, Fresh, In Season	1 each	114	72	18.6	0.2	1	17	120	23	2.8	0.00
^AL Bread, Wheat, Sliced, For Toast, 2 slices	2 slices	50	130	23.6	2.0	265	53	0	0	2.2	0.00
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
Noon Meal Totals			435	85.8	4.8	566	463	1055	78	5.5+	2.85+
Daily Totals for 4/29/2009			435	85.8	4.8	566	463	1055	78	5.5+	2.85+
1/3 RDA/DRI STANDARDS, 1 MEAL			852	117.2	28.4	433	400		30	10.0	0.80
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			51	73.2	17.1	131	116		258	54.8	356.32

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Nutrient Totals Using Main Items Only

Menu: Rachel's Menu **Date: 30 Apr 2009, Thu**

Menu Item Name	Size	Amt (gm)	Calo ries (kcal)	Carbo hydrat (gm)	Fat (gm)	Sodium (mg)	Cal cium (mg)	Vit A (IU)	Vit C (mg)	Dietry Fiber (gm)	Vit B12 (mcg)
Noon Meal											
^AL Juice, Pineapple, 4 oz	1 each	125	66	16.1	0.1	3	16	6	13	0.3	0.00
^AL Cereal, All Bran, Ind	1 each	50	130	37.1	2.5	121	195	874	10	14.7	9.40
^AL Fruit, Banana/Pears/Strawberry Glaze	1/2 cup	150	108	28.4	0.2	8	8	28	6	2.5	0.00
^AL Bread, Pancakes, Buttermilk, Frozen	2 each	85	191	33.4	4.4	429	60	184	0	2.0	0.08
^AL Yogurt, Strawberry	1 each	113	57	9.1	0.0	51	125				0.24
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
Noon Meal Totals			650	135.4	9.3	730	694	1555+	31+	19.4+	10.58
Daily Totals for 4/30/2009			650	135.4	9.3	730	694	1555+	31+	19.4+	10.58
1/3 RDA/DRI STANDARDS, 1 MEAL			852	117.2	28.4	433	400		30	10.0	0.80
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			76	115.5	32.9	168	174		102	194.4	1322.06
Month Daily Average (04/01/09-04/30/09)			409	79.9	6.6	511	563	1190+	37+	6.4+	3.92+

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Nutrient Totals Using Main Items Only

Menu: Rachel's Menu **Date: 01 May 2009, Fri**

Menu Item Name	Size	Amt (gm)	Calo ries (kcal)	Carbo hydrat (gm)	Fat (gm)	Sodium (mg)	Cal cium (mg)	Vit A (IU)	Vit C (mg)	Dietry Fiber (gm)	Vit B12 (mcg)
Noon Meal											
AL Juice, Grape, 4 oz, Calcium Fortified	1 each	113	90	22.0	0.1	10	102	50	1	0.2	
AI Cereal, Oatmeal, Ind Bowl	1 each	54	199	41.5	2.5	288	129	1288	0	3.6	0.00
^AL Mix Fruit, Man Org/P'apple	1/2 cup	170	80	20.9	0.1	5	21	837	39	1.3	0.00
AL Cereal Bar, Apple Crisp Fruit Bar	1 each	43	200	28.7	7.6	120	26	65	0	1.3	0.00
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
Noon Meal Totals			667	124.4	12.5	541	568	2703	43	6.4	0.86+
Daily Totals for 5/1/2009			667	124.4	12.5	541	568	2703	43	6.4	0.86+
1/3 RDA/DRI STANDARDS, 1 MEAL			852	117.2	28.4	433	400		30	10.0	0.80
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			78	106.2	43.9	125	142		144	63.8	107.73
Week Daily Average (04/26/09-05/02/09)			422	83.4	5.9	433	590	1250+	37+	6.1+	3.80+

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Nutrient Totals Using Main Items Only

Menu: Rachel's Menu **Date: 07 May 2009, Thu**

Menu Item Name	Size	Amt (gm)	Calo ries (kcal)	Carbo hydrat (gm)	Fat (gm)	Sodium (mg)	Cal cium (mg)	Vit A (IU)	Vit C (mg)	Dietry Fiber (gm)	Vit B12 (mcg)
Noon Meal											
AL Juice, Blended, 4 oz	1 each	113	61	14.9	0.1	3	9	27	14	0.0	
^AL Cereal, Crisp Rice, Ind	1 each	25	97	21.4	0.3	238	2	428	6	0.2	1.53
^AL Bread, Muffin, English	1 each	57	129	25.2	1.0	242	93	0	1	2.0	0.02
^Mix Fruit, Man Org/P'appl/Apricot	1/2 cup	160	86	22.4	0.1	5	20	916	25	1.5	0.00
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
Noon Meal Totals			470	95.2	3.6	606	414	1833	48	3.7	2.41+
Daily Totals for 5/7/2009			470	95.2	3.6	606	414	1833	48	3.7	2.41+
1/3 RDA/DRI STANDARDS, 1 MEAL			852	117.2	28.4	433	400		30	10.0	0.80
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			55	81.2	12.8	140	103		161	37.0	301.20

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Nutrient Totals Using Main Items Only

Menu: Rachel's Menu **Date: 08 May 2009, Fri**

Menu Item Name	Size	Amt (gm)	Calo ries (kcal)	Carbo hydrat (gm)	Fat (gm)	Sodium (mg)	Cal cium (mg)	Vit A (IU)	Vit C (mg)	Dietry Fiber (gm)	Vit B12 (mcg)
Noon Meal											
AL Juice, Apple, 4 oz, Calcium Fortified	1 each	113	60	15.0	0.1	10	102	47	1	0.1	
^AL Cereal, Golden Grahams, Ind	1 each	28	104	23.2	1.0	251	327	467	6	0.8	1.40
^AL Banana, Fresh	1 each	118	105	26.9	0.4	1	6	76	11	3.1	0.00
AL Cereal Bar, Strawberry, Nutri-Grain	1 each	37	140	26.0	4.0	60	0	749	0	1.0	
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
Noon Meal Totals			507	102.5	7.6	440	725	1801	20	5.0	2.26+
Daily Totals for 5/8/2009			507	102.5	7.6	440	725	1801	20	5.0	2.26+
1/3 RDA/DRI STANDARDS, 1 MEAL			852	117.2	28.4	433	400		30	10.0	0.80
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			59	87.4	26.9	101	181		66	50.2	282.73
Week Daily Average (05/03/09-05/09/09)			140	28.2	1.6	149	163	519	10	1.2	0.67+
Month Daily Average (05/01/09-05/31/09)			53	10.4	0.8	51	55	204	4	0.5	0.18+

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Nutrient Totals Using Main Items Only

Menu: Rachel's Menu **Date: 29 Jun 2009, Mon**

Menu Item Name	Size	Amt (gm)	Calo ries (kcal)	Carbo hydrat (gm)	Fat (gm)	Sodium (mg)	Cal cium (mg)	Vit A (IU)	Vit C (mg)	Dietry Fiber (gm)	Vit B12 (mcg)
Noon Meal											
AL Juice, Orange, 4 oz, Calcium Fortified	1 each	113	60	14.0	0.2	30	102	97	48		
^AL Cereal, Raisin Bran, Ind	1 each	39	124	29.8	1.0	231	19	330	0	4.6	0.99
^AL Applesauce, Canned	1/2 cup	147	63	16.7	0.1	3	4	43	2	1.8	0.00
^AL Bread, Wheat, Sliced, For Toast, 2 slices	2 slices	50	130	23.6	2.0	265	53	0	0	2.2	0.00
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
Noon Meal Totals			475	95.4	5.5	647	468	933	52	8.6+	1.85+
Daily Totals for 6/29/2009			475	95.4	5.5	647	468	933	52	8.6+	1.85+
1/3 RDA/DRI STANDARDS, 1 MEAL			852	117.2	28.4	433	400		30	10.0	0.80
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			56	81.4	19.5	149	117		175	85.6	231.55

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Nutrient Totals Using Main Items Only

Menu: Rachel's Menu **Date: 30 Jun 2009, Tue**

Menu Item Name	Size	Amt (gm)	Calo ries (kcal)	Carbo hydrat (gm)	Fat (gm)	Sodium (mg)	Cal cium (mg)	Vit A (IU)	Vit C (mg)	Dietry Fiber (gm)	Vit B12 (mcg)
Noon Meal											
AL Juice, Apple Cherry, 4 oz	1 each	113	60	15.0	0.0	5	14	0	0	0.0	
^AL Cereal, All Bran, Ind	1 each	50	130	37.1	2.5	121	195	874	10	14.7	9.40
^AL Fruit, Tropical,RTU	1/2 cup	155	134	34.8	0.2	3	20	197	27	2.0	0.00
^AL Danish, Pecan Spin	1 each	38	165	17.5	9.6	139	36	14	1	0.8	0.08
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
Noon Meal Totals			586	115.7	14.4	386	555	1547	40	17.4	10.34+
Daily Totals for 6/30/2009			586	115.7	14.4	386	555	1547	40	17.4	10.34+
1/3 RDA/DRI STANDARDS, 1 MEAL			852	117.2	28.4	433	400		30	10.0	0.80
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			69	98.7	50.9	89	139		134	174.3	1292.77
Week Daily Average (06/28/09-06/30/09)			354	70.4	6.7	344	341	827	31	8.7+	4.06+
Month Daily Average (06/01/09-06/30/09)			35	7.0	0.7	34	34	83	3	0.9+	0.41+
Daily Average (04/01/09-06/30/09)			165	32.2	2.7	197	216	489+	14+	2.6+	1.49+

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