

# 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 : Alabama

**Menu: Alabama**      **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)	Dietry Fiber (gm)	Vit B12 (mcg)
<b>Noon Meal</b>											
AL Beef, Breaded, w/Bisct Gravy (Cntry Fric	1 each	180	337	21.2	19.6	718	36	77	0	1.6	2.16
AL Potatoes, Whipped	1/2 cup	111	118	21.5	1.8	75	31	86	47	1.6	0.09
AL Mix Veg, Country, w/o Potatoes	1/2 cup	184	69	12.3	2.3	51	31	4529	7	2.9	0.00
^AL Fruit Cocktail	1/2 cup	146	83	21.8	0.1	9	9	300	3	1.5	0.00
^AL Bread, Wheat, Sliced, Local	1 slice	25	65	11.8	1.0	133	26	0	0	1.1	0.00
AL Cookie, Fudge, Snakker	1 each	35	162	23.3	5.1	55	0	0	0	1.0	
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
<b>Noon Meal Totals</b>			<b>933</b>	<b>123.2</b>	<b>32.1</b>	<b>1157</b>	<b>423</b>	<b>5454</b>	<b>60</b>	<b>9.7</b>	<b>3.12+</b>
<b>Daily Totals for 4/1/2009</b>			<b>933</b>	<b>123.2</b>	<b>32.1</b>	<b>1157</b>	<b>423</b>	<b>5454</b>	<b>60</b>	<b>9.7</b>	<b>3.12+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL</b>			<b>852</b>	<b>117.2</b>	<b>28.4</b>	<b>433</b>	<b>400</b>		<b>30</b>	<b>10.0</b>	<b>0.80</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>109</b>	<b>105.1</b>	<b>113.1</b>	<b>267</b>	<b>106</b>		<b>199</b>	<b>96.6</b>	<b>390.09</b>

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Nutrient Totals Using Main Items Only

**Menu: Alabama**      **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)
<b>Noon Meal</b>											
^AL Juice, Tomato, 4 oz	1 each	126	21	5.3	0.1	339	13	567	23	0.5	0.00
AL Sausage, Patty, 1oz, 2 ea	2 each	56	190	0.0	15.9	419	7	23	1	0.0	0.66
^AL Potatoes, Hashbrown Casserole	1/2 cup	107	129	19.1	3.3	522	119	368	7	0.8	0.23
AL Apples, Spiced, Hot	1/2 cup	131	118	25.5	2.4	26	8	150	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 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
<b>Noon Meal Totals</b>			<b>887</b>	<b>121.7</b>	<b>31.3</b>	<b>2483</b>	<b>486</b>	<b>1571</b>	<b>34</b>	<b>7.7</b>	<b>1.76</b>
<b>Daily Totals for 4/2/2009</b>			<b>887</b>	<b>121.7</b>	<b>31.3</b>	<b>2483</b>	<b>486</b>	<b>1571</b>	<b>34</b>	<b>7.7</b>	<b>1.76</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL</b>			<b>852</b>	<b>117.2</b>	<b>28.4</b>	<b>433</b>	<b>400</b>		<b>30</b>	<b>10.0</b>	<b>0.80</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>104</b>	<b>103.9</b>	<b>110.1</b>	<b>573</b>	<b>121</b>		<b>112</b>	<b>76.7</b>	<b>220.52</b>

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Nutrient Totals Using Main Items Only

**Menu: Alabama**      **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)
<b>Noon Meal</b>											
AL Juice, Apple, 4 oz., Calcium Fortified	1 each	113	60	15.0	0.1	10	102	47	1	0.1	
AL Beef, Tamale Pie	3/4 cup	195	275	27.4	10.7	683	63	260	15	2.9	0.02
AL Rice, Mexican, w/Carrots/Peppers/Onion,	1/2 cup	98	96	20.5	0.4	72	10	609	4	0.5	0.00
AL Mix Veg, Fiesta (Hmd)	1/2 cup	172	74	10.9	2.2	143	33	2603	26	3.6	0.00
^AL Bread, Roll, White	1 each	28	85	14.3	2.1	148	34	0	0	0.9	0.02
^AL Cookie, Lemon, Creme, 4 pk	1 packet	40	193	28.8	8.0	140	11	0	0	0.6	0.00
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
<b>Noon Meal Totals</b>			<b>881</b>	<b>128.3</b>	<b>25.7</b>	<b>1313</b>	<b>543</b>	<b>3982</b>	<b>49</b>	<b>8.7</b>	<b>0.90+</b>
<b>Daily Totals for 4/3/2009</b>			<b>881</b>	<b>128.3</b>	<b>25.7</b>	<b>1313</b>	<b>543</b>	<b>3982</b>	<b>49</b>	<b>8.7</b>	<b>0.90+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL</b>			<b>852</b>	<b>117.2</b>	<b>28.4</b>	<b>433</b>	<b>400</b>		<b>30</b>	<b>10.0</b>	<b>0.80</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>103</b>	<b>109.5</b>	<b>90.5</b>	<b>303</b>	<b>136</b>		<b>163</b>	<b>86.6</b>	<b>112.26</b>
<b>Week Daily Average (04/01/09-04/04/09)</b>			<b>675</b>	<b>93.3</b>	<b>22.3</b>	<b>1238</b>	<b>363</b>	<b>2752</b>	<b>36</b>	<b>6.5</b>	<b>1.45+</b>

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Nutrient Totals Using Main Items Only

**Menu: Alabama**      **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)
<b>Noon Meal</b>											
AL Juice, Orange, 4 oz, Calcium Fortified	1 each	113	60	14.0	0.2	30	102	97	48		
AL Beef, Meatloaf, w/Brown Gravy	1 each	157	207	11.1	11.6	437	29	158	8	1.1	1.41
^AL Potatoes, O'brien, Diced	1/2 cup	215	88	19.8	0.2	397	74	386	29	3.1	0.00
AL Carrots, Sliced, Buttered, Kettle	1/2 cup	178	52	7.9	2.3	91	38	11300	3	3.3	0.00
^AL Bread, Roll, White	1 each	28	85	14.3	2.1	148	34	0	0	0.9	0.02
AL Snack Cake, Fig Bar	1 each	43	150	31.0	3.5	110	17	14	0	1.0	
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
<b>Noon Meal Totals</b>			<b>740</b>	<b>109.4</b>	<b>22.2</b>	<b>1331</b>	<b>585</b>	<b>12417</b>	<b>91</b>	<b>9.3+</b>	<b>2.29+</b>
<b>Daily Totals for 4/6/2009</b>			<b>740</b>	<b>109.4</b>	<b>22.2</b>	<b>1331</b>	<b>585</b>	<b>12417</b>	<b>91</b>	<b>9.3+</b>	<b>2.29+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL</b>			<b>852</b>	<b>117.2</b>	<b>28.4</b>	<b>433</b>	<b>400</b>		<b>30</b>	<b>10.0</b>	<b>0.80</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>87</b>	<b>93.4</b>	<b>78.1</b>	<b>307</b>	<b>146</b>		<b>302</b>	<b>93.5</b>	<b>286.39</b>

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Nutrient Totals Using Main Items Only

**Menu: Alabama**      **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)
<b>Noon Meal</b>											
AL Chicken, Supreme	3/4 cup	260	314	28.8	11.4	765	62	374	1	1.9	0.09
AL Tomatoes, Scalloped	1/2 cup	172	71	15.5	0.6	397	56	282	24	2.6	0.03
^AL Beans, Green, Frz	1/2 cup	88	27	6.1	0.2	8	33	382	10	2.2	0.00
AL Salad, Tossed, w/Pep/Car/Tom/Cuc/Onio	1/2 cup	71	14	3.2	0.1	7	12	1414	9	0.9	0.00
AL Bread, Multigrain, Fiber	1 each	33	83	13.4	1.0	155	186			4.1	
AL Cookie, Apple Spice, Snakker	1 each	35	172	22.3	7.1	105	24	0	0	1.0	
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
<b>Noon Meal Totals</b>			<b>779</b>	<b>100.7</b>	<b>22.7</b>	<b>1555</b>	<b>664</b>	<b>2914+</b>	<b>46+</b>	<b>12.8</b>	<b>0.99+</b>
<b>Daily Totals for 4/7/2009</b>			<b>779</b>	<b>100.7</b>	<b>22.7</b>	<b>1555</b>	<b>664</b>	<b>2914+</b>	<b>46+</b>	<b>12.8</b>	<b>0.99+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL</b>			<b>852</b>	<b>117.2</b>	<b>28.4</b>	<b>433</b>	<b>400</b>		<b>30</b>	<b>10.0</b>	<b>0.80</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>91</b>	<b>85.9</b>	<b>79.9</b>	<b>359</b>	<b>166</b>		<b>154</b>	<b>128.1</b>	<b>123.15</b>

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**Menu: Alabama**      **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)
<b>Noon Meal</b>											
AL Beef, Fingers, Grilled, w/Gravy	3 each	151	243	6.2	17.5	443	22	40	0	0.9	1.10
^AL Peas, Crowder, Frozen	1/2 cup	172	133	24.1	0.7	13	26	80	4	4.8	0.00
AL Mix Veg, Broccoli/Corn Casserole	1/2 cup	184	130	13.2	8.1	141	42	892	24	2.5	0.04
^AL Pineapple, Tidbits	1/2 cup	150	90	23.6	0.1	2	21	57	14	1.2	0.00
^AL Bread, White, Sliced, Local	1 slice	28	74	14.2	0.9	191	42	0	0	0.7	0.00
AL Pudding, Banana, w/Wafers	1/2 cup	114	171	29.0	5.0	205	80	29	2	0.7	0.17
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
<b>Noon Meal Totals</b>			<b>940</b>	<b>121.6</b>	<b>34.6</b>	<b>1112</b>	<b>524</b>	<b>1561</b>	<b>47</b>	<b>10.7</b>	<b>2.17</b>
<b>Daily Totals for 4/8/2009</b>			<b>940</b>	<b>121.6</b>	<b>34.6</b>	<b>1112</b>	<b>524</b>	<b>1561</b>	<b>47</b>	<b>10.7</b>	<b>2.17</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL</b>			<b>852</b>	<b>117.2</b>	<b>28.4</b>	<b>433</b>	<b>400</b>		<b>30</b>	<b>10.0</b>	<b>0.80</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>110</b>	<b>103.7</b>	<b>121.9</b>	<b>257</b>	<b>131</b>		<b>155</b>	<b>107.1</b>	<b>271.43</b>

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Nutrient Totals Using Main Items Only

**Menu: Alabama**      **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)
<b>Noon Meal</b>											
AL Juice, Orange, 4 oz, Calcium Fortified	1 each	113	60	14.0	0.2	30	102	97	48		
^AL Ham, Baked, Sliced	3 ounces	99	105	3.5	1.7	630	0	0	63	0.0	
^Sauce, Pineapple, HMD	1 oz	55	24	6.3	0.0	1	4	8	2	0.2	0.00
^AL Potatoes, Scalloped, Dry Mix, Kettle	1/2 cup	103	87	11.9	4.5	233	14	81	1	1.2	0.00
AL Mix Veg, Peas & Carrots	1/2 cup	229	113	18.6	2.5	423	42	6495	16	6.2	0.00
^AL Bread, Roll, White	1 each	28	85	14.3	2.1	148	34	0	0	0.9	0.02
^AL Cake, German Chocolate, Iced, RTU, 30	1 piece	68	250	37.1	11.2	227	29	58	0	1.9	0.10
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
<b>Noon Meal Totals</b>			<b>822</b>	<b>117.1</b>	<b>24.4</b>	<b>1810</b>	<b>515</b>	<b>7201</b>	<b>132</b>	<b>10.3+</b>	<b>0.98+</b>
<b>Daily Totals for 4/9/2009</b>			<b>822</b>	<b>117.1</b>	<b>24.4</b>	<b>1810</b>	<b>515</b>	<b>7201</b>	<b>132</b>	<b>10.3+</b>	<b>0.98+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL</b>			<b>852</b>	<b>117.2</b>	<b>28.4</b>	<b>433</b>	<b>400</b>		<b>30</b>	<b>10.0</b>	<b>0.80</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>96</b>	<b>99.9</b>	<b>85.9</b>	<b>418</b>	<b>129</b>		<b>441</b>	<b>103.2</b>	<b>122.33</b>
<b>Week Daily Average (04/05/09-04/11/09)</b>			<b>469</b>	<b>64.1</b>	<b>14.8</b>	<b>830</b>	<b>327</b>	<b>3442+</b>	<b>45+</b>	<b>6.2+</b>	<b>0.92+</b>

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Nutrient Totals Using Main Items Only

**Menu: Alabama**      **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)
<b>Noon Meal</b>											
AL Juice, Orange/Pineapple, 4 oz	1 each	113	61	14.7	0.1	1	12	55	29	0.1	
AL Chicken, Noodle Casserole	3/4 cup	198	307	24.0	12.3	293	125	560	5	1.1	0.12
AL Mix Veg, 5 Way Mix	1/2 cup	180	81	13.7	2.4	202	28	5218	11	4.0	0.00
AL Applesauce, Rosey	1/2 cup	148	63	16.7	0.1	3	4	43	2	1.8	0.00
^AL Bread, Wheat, Sliced, Local	1 slice	25	65	11.8	1.0	133	26	0	0	1.1	0.00
^AL Cookie, Vanilla, Creme, 4 pk	1 packet	40	193	28.8	8.0	140	11	0	0	0.6	0.00
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
<b>Noon Meal Totals</b>			<b>868</b>	<b>121.0</b>	<b>26.0</b>	<b>889</b>	<b>497</b>	<b>6338</b>	<b>49</b>	<b>8.7</b>	<b>0.99+</b>
<b>Daily Totals for 4/13/2009</b>			<b>868</b>	<b>121.0</b>	<b>26.0</b>	<b>889</b>	<b>497</b>	<b>6338</b>	<b>49</b>	<b>8.7</b>	<b>0.99+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL</b>			<b>852</b>	<b>117.2</b>	<b>28.4</b>	<b>433</b>	<b>400</b>		<b>30</b>	<b>10.0</b>	<b>0.80</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>102</b>	<b>103.3</b>	<b>91.6</b>	<b>205</b>	<b>124</b>		<b>163</b>	<b>86.9</b>	<b>123.28</b>

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Nutrient Totals Using Main Items Only

**Menu: Alabama**      **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)
<b>Noon Meal</b>											
AL Macaroni and Cheese/Kettle, 2 oz Chs, 3/	3/4 cup	359	369	36.4	18.3	680	270	455	1	1.2	0.30
^AL Peas, Blackeyed, Dry	1/2 cup	203	98	19.0	0.4	29	110	659	2	4.3	0.00
AL Salad, Coleslaw, RTU, w/Carrots	1/2 cup	128	199	19.6	13.3	252	63	2832	126	4.1	0.00
^AL Peaches, Sliced	1/2 cup	152	82	22.1	0.0	8	5	537	4	2.0	0.00
^AL Bread, Cornbread, Mexican, Mix, Shawn	1 piece	112	174	30.2	4.7	493	24	793	25	3.0	0.03
^Cake, Birthday, Yellow, RTU	1 piece	32	117	17.2	4.7	111	47	45	0	0.2	0.05
AL Frosting, White	1 piece	8	34	5.2	1.3	2	0	0	0	0.0	
AL Sprinkles, Rainbow	1/2 oz	14	69	10.5	2.7	0	4	1	0	0.8	0.00
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
<b>Noon Meal Totals</b>			<b>1240</b>	<b>171.5</b>	<b>47.7</b>	<b>1693</b>	<b>814</b>	<b>5785</b>	<b>160</b>	<b>15.5</b>	<b>1.25+</b>
<b>Daily Totals for 4/14/2009</b>			<b>1240</b>	<b>171.5</b>	<b>47.7</b>	<b>1693</b>	<b>814</b>	<b>5785</b>	<b>160</b>	<b>15.5</b>	<b>1.25+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL</b>			<b>852</b>	<b>117.2</b>	<b>28.4</b>	<b>433</b>	<b>400</b>		<b>30</b>	<b>10.0</b>	<b>0.80</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>145</b>	<b>146.4</b>	<b>168.1</b>	<b>391</b>	<b>204</b>		<b>533</b>	<b>155.0</b>	<b>156.26</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

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Alabama**      **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)
<b>Noon Meal</b>											
AL Pork, Grilled Patty, Ckd, Chop Shape	1 each	91	239	3.4	16.7	315	39	49	0	0.9	1.06
AL Sauce, Creole	1 oz	43	15	3.5	0.1	113	11	241	6	0.8	0.00
AL Rice, Kettle	1/2 cup	120	120	22.7	2.0	25	10	81	0	0.4	0.00
AL Broccoli, w/Cheese Sauce	1/2 cup	209	71	9.5	2.6	260	59	1147	41	3.0	0.03
^AL Orange, Fresh	1 each	96	45	11.3	0.1	0	38	215	51	2.3	0.00
^AL Bread, White, Sliced, Local	1 slice	28	74	14.2	0.9	191	42	0	0	0.7	0.00
AL Gelatin, Cherry	1/2 cup	144	87	20.2	0.0	66	2	0	14	0.0	0.00
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
<b>Noon Meal Totals</b>			<b>749</b>	<b>96.1</b>	<b>24.7</b>	<b>1087</b>	<b>493</b>	<b>2197</b>	<b>114</b>	<b>8.1</b>	<b>1.95</b>
<b>Daily Totals for 4/15/2009</b>			<b>749</b>	<b>96.1</b>	<b>24.7</b>	<b>1087</b>	<b>493</b>	<b>2197</b>	<b>114</b>	<b>8.1</b>	<b>1.95</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL</b>			<b>852</b>	<b>117.2</b>	<b>28.4</b>	<b>433</b>	<b>400</b>		<b>30</b>	<b>10.0</b>	<b>0.80</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>88</b>	<b>82.0</b>	<b>86.8</b>	<b>251</b>	<b>123</b>		<b>381</b>	<b>80.9</b>	<b>244.18</b>

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# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Alabama**      **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)
<b>Noon Meal</b>											
AL Juice, Blended, 4 oz	1 each	113	61	14.9	0.1	3	9	27	14	0.0	
AL Chicken, Alfredo	3/4 cup	187	282	20.9	9.8	452	207	311	8	1.1	0.35
AL Carrots, Sliced, Orange	1/2 cup	149	50	7.7	2.2	67	26	7373	3	2.2	0.00
^AL Pineapple, Tidbits	1/2 cup	150	90	23.6	0.1	2	21	57	14	1.2	0.00
AL Bread, Multigrain, Fiber	1 each	33	83	13.4	1.0	155	186			4.1	
AL Snack Cake, Oatmeal Creme Pie, Little D	1 each	38	170	26.0	7.0	190	9	0	0	0.5	
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
<b>Noon Meal Totals</b>			<b>833</b>	<b>117.8</b>	<b>22.4</b>	<b>986</b>	<b>747</b>	<b>8231+</b>	<b>42+</b>	<b>9.1</b>	<b>1.21+</b>
<b>Daily Totals for 4/16/2009</b>			<b>833</b>	<b>117.8</b>	<b>22.4</b>	<b>986</b>	<b>747</b>	<b>8231+</b>	<b>42+</b>	<b>9.1</b>	<b>1.21+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL</b>			<b>852</b>	<b>117.2</b>	<b>28.4</b>	<b>433</b>	<b>400</b>		<b>30</b>	<b>10.0</b>	<b>0.80</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>98</b>	<b>100.5</b>	<b>78.7</b>	<b>228</b>	<b>187</b>		<b>141</b>	<b>91.4</b>	<b>151.42</b>

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# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Alabama**      **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)
<b>Noon Meal</b>											
AL Beef, Taco Meat	4 ounces	201	240	9.3	12.7	848	49	960	7	1.6	0.00
AL Salad, Taco Mix	1 cup	143	140	6.1	9.6	194	222	3954	22	1.7	0.24
^AL Beans, Pinto, Dry	1/2 cup	184	161	29.2	0.6	21	57	10	3	7.2	0.00
^AL Chips, Corn, Ind, 1 oz	1 bag	35	184	22.3	10.1	218	58	0	0	1.9	0.00
^AL Gelatin, Orange w/Pineapple	1/2 cup	175	104	25.1	0.0	58	9	18	17	0.4	0.00
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
<b>Noon Meal Totals</b>			<b>927</b>	<b>103.4</b>	<b>35.2</b>	<b>1458</b>	<b>685</b>	<b>5404</b>	<b>52</b>	<b>12.7</b>	<b>1.10</b>
<b>Daily Totals for 4/17/2009</b>			<b>927</b>	<b>103.4</b>	<b>35.2</b>	<b>1458</b>	<b>685</b>	<b>5404</b>	<b>52</b>	<b>12.7</b>	<b>1.10</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL</b>			<b>852</b>	<b>117.2</b>	<b>28.4</b>	<b>433</b>	<b>400</b>		<b>30</b>	<b>10.0</b>	<b>0.80</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>109</b>	<b>88.2</b>	<b>124.0</b>	<b>336</b>	<b>171</b>		<b>173</b>	<b>127.2</b>	<b>137.14</b>
<b>Week Daily Average (04/12/09-04/18/09)</b>			<b>660</b>	<b>87.1</b>	<b>22.3</b>	<b>873</b>	<b>462</b>	<b>3994+</b>	<b>60+</b>	<b>7.7</b>	<b>0.93+</b>

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# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Alabama**      **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)
<b>Noon Meal</b>											
AL Chicken, Fingers, Grilled	3 each	113	222	4.2	14.1	533	17	50	2	0.0	0.30
AL Gravy, Onion	1 oz	29	15	3.1	0.2	60	3	0	1	0.1	0.00
AL Corn, O'Brien	1/2 cup	158	73	13.4	2.3	57	7	987	34	1.6	0.00
^AL Salad, Beet, Slcd, w/Oil/Vinegar/Onion	1/2 cup	164	94	11.2	5.4	213	28	35	5	1.8	0.00
^AL Pears, Diced	1/2 cup	110	62	16.7	0.0	5	5	0	1	1.8	0.00
AL Bread, Multigrain, Fiber	1 each	33	83	13.4	1.0	155	186			4.1	
AL Snack Cake, Chocolate Marshmallow Pie	1 each	43	180	28.0	7.0	105	8	0	0	0.0	
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
<b>Noon Meal Totals</b>			<b>826</b>	<b>101.3</b>	<b>32.3</b>	<b>1247</b>	<b>544</b>	<b>1534+</b>	<b>45+</b>	<b>9.5</b>	<b>1.16+</b>
<b>Daily Totals for 4/20/2009</b>			<b>826</b>	<b>101.3</b>	<b>32.3</b>	<b>1247</b>	<b>544</b>	<b>1534+</b>	<b>45+</b>	<b>9.5</b>	<b>1.16+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL</b>			<b>852</b>	<b>117.2</b>	<b>28.4</b>	<b>433</b>	<b>400</b>		<b>30</b>	<b>10.0</b>	<b>0.80</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>97</b>	<b>86.4</b>	<b>113.6</b>	<b>288</b>	<b>136</b>		<b>149</b>	<b>94.5</b>	<b>145.51</b>

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# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Alabama**      **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)
<b>Noon Meal</b>											
AL Juice, Orange/Pineapple, 4 oz	1 each	113	61	14.7	0.1	1	12	55	29	0.1	
AL Ham, Macaroni Casserole	3/4 cup	212	255	26.4	8.4	703	128	413	45	1.0	0.55
AL Mix Veg, 5 Way Mix	1/2 cup	180	81	13.7	2.4	202	28	5218	11	4.0	0.00
^AL Peaches, Sliced	1/2 cup	152	82	22.1	0.0	8	5	537	4	2.0	0.00
^AL Bread, Wheat, Sliced, Local	1 slice	25	65	11.8	1.0	133	26	0	0	1.1	0.00
AL Cookie, Chocolate Chip, Snakker	1 each	35	172	22.3	8.1	81	0	0	0		
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
<b>Noon Meal Totals</b>			<b>814</b>	<b>122.3</b>	<b>22.2</b>	<b>1245</b>	<b>489</b>	<b>6686</b>	<b>90</b>	<b>8.2+</b>	<b>1.41+</b>
<b>Daily Totals for 4/21/2009</b>			<b>814</b>	<b>122.3</b>	<b>22.2</b>	<b>1245</b>	<b>489</b>	<b>6686</b>	<b>90</b>	<b>8.2+</b>	<b>1.41+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL</b>			<b>852</b>	<b>117.2</b>	<b>28.4</b>	<b>433</b>	<b>400</b>		<b>30</b>	<b>10.0</b>	<b>0.80</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>95</b>	<b>104.4</b>	<b>78.0</b>	<b>287</b>	<b>122</b>		<b>300</b>	<b>81.6</b>	<b>176.15</b>

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# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Alabama**      **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)
<b>Noon Meal</b>											
AL Beef, Salisbury, w/o Gravy	1 each	85	212	3.9	15.0	512	32	70	1	1.3	1.95
AL Rice, Oven	1/2 cup	120	120	22.7	2.0	25	10	81	0	0.4	0.00
AL Mix Veg, Fiesta (Hmd)	1/2 cup	172	74	10.9	2.2	143	33	2603	26	3.6	0.00
^AL Bread, Roll, White	1 each	28	85	14.3	2.1	148	34	0	0	0.9	0.02
^AL Fruit, Fresh, In Season	1 each	114	72	18.6	0.2	1	17	120	23	2.8	0.00
AL Cake, Strawberry, RTU, 30 cut	1 piece	49	157	20.6	6.9	177	24	44	0	0.0	
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
<b>Noon Meal Totals</b>			<b>818</b>	<b>102.4</b>	<b>30.6</b>	<b>1123</b>	<b>440</b>	<b>3381</b>	<b>52</b>	<b>9.0</b>	<b>2.83+</b>
<b>Daily Totals for 4/22/2009</b>			<b>818</b>	<b>102.4</b>	<b>30.6</b>	<b>1123</b>	<b>440</b>	<b>3381</b>	<b>52</b>	<b>9.0</b>	<b>2.83+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL</b>			<b>852</b>	<b>117.2</b>	<b>28.4</b>	<b>433</b>	<b>400</b>		<b>30</b>	<b>10.0</b>	<b>0.80</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>96</b>	<b>87.4</b>	<b>107.9</b>	<b>259</b>	<b>110</b>		<b>174</b>	<b>89.7</b>	<b>354.17</b>

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# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Alabama**      **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)
<b>Noon Meal</b>											
AL Beef, Patty, All Beef (Hamburger)	1 each	85	217	0.2	16.8	179	7	0	0	0.0	1.83
^AL Beans, Baked, Cnd	1/2 cup	169	178	34.5	2.4	689	86	385	6	8.8	0.00
AL Salad, Potato, RTU	1/2 cup	128	123	16.1	5.7	359	0	383	85	2.8	
AL Lettuce, Tomato, Onion	1/2 cup	82	21	4.7	0.1	5	14	363	6	1.0	0.00
^AL Bread, Bun, Hamburger, Local	1 each	40	112	19.8	1.7	192	55	0	0	0.8	0.08
AL Cobbler, Apple	1/2 cup	164	218	42.4	5.7	121	14	103	0	2.9	0.01
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
<b>Noon Meal Totals</b>			<b>965</b>	<b>129.1</b>	<b>34.6</b>	<b>1662</b>	<b>466</b>	<b>1697</b>	<b>100</b>	<b>16.4</b>	<b>2.78+</b>
<b>Daily Totals for 4/23/2009</b>			<b>965</b>	<b>129.1</b>	<b>34.6</b>	<b>1662</b>	<b>466</b>	<b>1697</b>	<b>100</b>	<b>16.4</b>	<b>2.78+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL</b>			<b>852</b>	<b>117.2</b>	<b>28.4</b>	<b>433</b>	<b>400</b>		<b>30</b>	<b>10.0</b>	<b>0.80</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>113</b>	<b>110.1</b>	<b>121.9</b>	<b>384</b>	<b>117</b>		<b>332</b>	<b>164.3</b>	<b>347.15</b>

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Alabama**      **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)
<b>Noon Meal</b>											
AL Juice, Blended, 4 oz	1 each	113	61	14.9	0.1	3	9	27	14	0.0	
AL Pork, Patty, Breaded w/Biscuit Gravy	1 each	180	388	22.1	24.1	754	53	79	0	1.7	0.92
AL Peas, Green, Cnd	1/2 cup	153	96	15.6	1.9	392	28	2229	15	4.9	0.00
AL Tomatoes, Country, Cold	1/2 cup	173	68	12.8	2.0	346	45	328	27	2.4	0.00
^AL Bread, Wheat, Sliced, Local	1 slice	25	65	11.8	1.0	133	26	0	0	1.1	0.00
^AL Pudding, Marble, RTU	1/2 cup	138	184	30.8	5.2	183	122	36	1	0.5	0.09
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
<b>Noon Meal Totals</b>			<b>959</b>	<b>119.3</b>	<b>36.5</b>	<b>1928</b>	<b>573</b>	<b>3161</b>	<b>59</b>	<b>10.6</b>	<b>1.87+</b>
<b>Daily Totals for 4/24/2009</b>			<b>959</b>	<b>119.3</b>	<b>36.5</b>	<b>1928</b>	<b>573</b>	<b>3161</b>	<b>59</b>	<b>10.6</b>	<b>1.87+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL</b>			<b>852</b>	<b>117.2</b>	<b>28.4</b>	<b>433</b>	<b>400</b>		<b>30</b>	<b>10.0</b>	<b>0.80</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>113</b>	<b>101.8</b>	<b>128.4</b>	<b>445</b>	<b>143</b>		<b>196</b>	<b>106.4</b>	<b>234.11</b>
<b>Week Daily Average (04/19/09-04/25/09)</b>			<b>626</b>	<b>82.0</b>	<b>22.3</b>	<b>1029</b>	<b>359</b>	<b>2351+</b>	<b>49+</b>	<b>7.7+</b>	<b>1.44+</b>

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# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Alabama**      **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)
<b>Noon Meal</b>											
AL Juice, Grape, 4 oz, Calcium Fortified	1 each	113	90	22.0	0.1	10	102	50	1	0.2	
^AL Ham, w/White Beans (Dry)	3/4 cup	217	187	25.5	1.5	383	68	21	38	7.4	0.00
AL Mix Veg, 5 Way Mix	1/2 cup	180	81	13.7	2.4	202	28	5218	11	4.0	0.00
^AL Bread, Roll, White	1 each	28	85	14.3	2.1	148	34	0	0	0.9	0.02
^Pineapple, Tidbits	1/2 cup	150	90	23.6	0.1	2	21	57	14	1.2	0.00
AL Cookie, Molasses, Snakker	1 each	35	160	21.0	7.0	220	24			1.0	
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
<b>Noon Meal Totals</b>			<b>791</b>	<b>131.4</b>	<b>15.3</b>	<b>1082</b>	<b>567</b>	<b>5809+</b>	<b>67+</b>	<b>14.8</b>	<b>0.88+</b>
<b>Daily Totals for 4/27/2009</b>			<b>791</b>	<b>131.4</b>	<b>15.3</b>	<b>1082</b>	<b>567</b>	<b>5809+</b>	<b>67+</b>	<b>14.8</b>	<b>0.88+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL</b>			<b>852</b>	<b>117.2</b>	<b>28.4</b>	<b>433</b>	<b>400</b>		<b>30</b>	<b>10.0</b>	<b>0.80</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>93</b>	<b>112.1</b>	<b>53.9</b>	<b>250</b>	<b>142</b>		<b>222</b>	<b>147.6</b>	<b>110.14</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: Alabama**      **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)
<b>Noon Meal</b>											
^AL Juice, Cranberry, 4 oz	1 each	127	68	17.1	0.1	3	4	10	53	0.0	0.00
AL Beef, Meatballs, w/Spaghetti Sauce	3 each	274	244	11.8	15.2	770	56	428	13	2.9	1.92
AL Pasta, Rotini	1/2 cup	277	153	29.7	1.3	7	12	0	0	1.3	0.00
^AL Beans, Green, Italian	1/2 cup	144	30	6.6	0.2	383	37	626	7	2.7	0.00
AL Bread, Texas, Local	1 slice	57	139	27.8	2.0	278	40	0	0	0.7	0.00
AL Mix Fruit, Ban/P'apple/Strwbry Glaze	1/2 cup	165	154	40.6	0.2	14	14	57	11	1.8	0.00
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
<b>Noon Meal Totals</b>			<b>885</b>	<b>144.9</b>	<b>21.1</b>	<b>1572</b>	<b>454</b>	<b>1584</b>	<b>87</b>	<b>9.4</b>	<b>2.79</b>
<b>Daily Totals for 4/28/2009</b>			<b>885</b>	<b>144.9</b>	<b>21.1</b>	<b>1572</b>	<b>454</b>	<b>1584</b>	<b>87</b>	<b>9.4</b>	<b>2.79</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL</b>			<b>852</b>	<b>117.2</b>	<b>28.4</b>	<b>433</b>	<b>400</b>		<b>30</b>	<b>10.0</b>	<b>0.80</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>104</b>	<b>123.7</b>	<b>74.5</b>	<b>363</b>	<b>113</b>		<b>288</b>	<b>93.7</b>	<b>348.13</b>

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# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Alabama**      **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)
<b>Noon Meal</b>											
AL Juice, Apple Cherry, 4 oz	1 each	113	60	15.0	0.0	5	14	0	0	0.0	
AL Frankfurter	1 each	85	273	1.4	25.2	797	16	0	19	0.0	1.20
^AL Beans, Baked, Cnd	1/2 cup	169	178	34.5	2.4	689	86	385	6	8.8	0.00
AL Salad, Coleslaw, RTU, w/Carrots	1/2 cup	128	199	19.6	13.3	252	63	2832	126	4.1	0.00
^AL Bread, Bun, Hot Dog, Local	1 each	43	120	21.3	1.8	206	59	0	0	0.9	0.09
AL Crisp, Peach, w/Oatmeal Topping	1/2 cup	237	300	54.8	9.6	118	18	948	4	2.8	0.01
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
<b>Noon Meal Totals</b>			<b>1228</b>	<b>157.9</b>	<b>54.6</b>	<b>2184</b>	<b>546</b>	<b>4628</b>	<b>156</b>	<b>16.6</b>	<b>2.16+</b>
<b>Daily Totals for 4/29/2009</b>			<b>1228</b>	<b>157.9</b>	<b>54.6</b>	<b>2184</b>	<b>546</b>	<b>4628</b>	<b>156</b>	<b>16.6</b>	<b>2.16+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL</b>			<b>852</b>	<b>117.2</b>	<b>28.4</b>	<b>433</b>	<b>400</b>		<b>30</b>	<b>10.0</b>	<b>0.80</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>144</b>	<b>134.7</b>	<b>192.1</b>	<b>504</b>	<b>137</b>		<b>522</b>	<b>165.6</b>	<b>270.42</b>

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# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Alabama**      **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)
<b>Noon Meal</b>											
^AL Turkey, Breast, Sliced	3 ounces	100	155	3.1	5.8	679	5	0	0	0.0	1.52
AL Gravy, Turkey	1 oz	31	17	2.0	0.7	48	2	21	0	0.0	0.04
AL Potatoes, Country, w/Whip & Diced	1/2 cup	146	103	18.7	1.9	266	54	107	28	2.0	0.05
^AL Greens, Mustard	1/2 cup	180	58	4.9	3.8	36	116	8026	16	3.3	0.00
^Pears, Diced	1/2 cup	110	62	16.7	0.0	5	5	0	1	1.8	0.00
AL Bread, Cornbread, Mix, Shawnee Mills	1 piece	77	158	26.3	4.6	421	22	43	0	2.5	0.03
^AL Gelatin, Cranberry Congealed Dessert	1/2 cup	170	121	29.3	0.0	64	6	17	15	0.4	0.00
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
<b>Noon Meal Totals</b>			<b>772</b>	<b>112.3</b>	<b>19.1</b>	<b>1636</b>	<b>502</b>	<b>8676</b>	<b>62</b>	<b>9.9</b>	<b>2.50</b>
<b>Daily Totals for 4/30/2009</b>			<b>772</b>	<b>112.3</b>	<b>19.1</b>	<b>1636</b>	<b>502</b>	<b>8676</b>	<b>62</b>	<b>9.9</b>	<b>2.50</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL</b>			<b>852</b>	<b>117.2</b>	<b>28.4</b>	<b>433</b>	<b>400</b>		<b>30</b>	<b>10.0</b>	<b>0.80</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>91</b>	<b>95.8</b>	<b>67.2</b>	<b>377</b>	<b>126</b>		<b>207</b>	<b>98.8</b>	<b>312.43</b>
<b>Month Daily Average (04/01/09-04/30/09)</b>			<b>622</b>	<b>85.1</b>	<b>20.5</b>	<b>1018</b>	<b>385</b>	<b>3340+</b>	<b>53+</b>	<b>7.6+</b>	<b>1.24+</b>

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# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Alabama**      **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)
<b>Noon Meal</b>											
^AL Chicken, Roasted Leg Quarters	1 piece	103	257	0.0	19.9	111	17	258	3	0.0	
^AL Peas, Blackeyed, Dry	1/2 cup	203	98	19.0	0.4	29	110	659	2	4.3	0.00
AL Mix Veg, Okra/Tomatoes/Corn	1/2 cup	113	68	12.3	2.2	150	35	321	13	2.0	0.00
^AL Fruit, Fresh, In Season	1 each	114	72	18.6	0.2	1	17	120	23	2.8	0.00
AL Bread, Multigrain, Fiber	1 each	33	83	13.4	1.0	155	186			4.1	
^AL Cake, White, RTU, 30 cut	1 piece	38	135	21.6	4.7	124	49	20	0	0.3	0.03
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
<b>Noon Meal Totals</b>			<b>810</b>	<b>96.3</b>	<b>30.6</b>	<b>687</b>	<b>705</b>	<b>1840+</b>	<b>44+</b>	<b>13.5</b>	<b>0.89+</b>
<b>Daily Totals for 5/1/2009</b>			<b>810</b>	<b>96.3</b>	<b>30.6</b>	<b>687</b>	<b>705</b>	<b>1840+</b>	<b>44+</b>	<b>13.5</b>	<b>0.89+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL</b>			<b>852</b>	<b>117.2</b>	<b>28.4</b>	<b>433</b>	<b>400</b>		<b>30</b>	<b>10.0</b>	<b>0.80</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>95</b>	<b>82.2</b>	<b>107.7</b>	<b>159</b>	<b>176</b>		<b>145</b>	<b>135.3</b>	<b>111.79</b>
<b>Week Daily Average (04/26/09-05/02/09)</b>			<b>641</b>	<b>91.8</b>	<b>20.1</b>	<b>1023</b>	<b>396</b>	<b>3220+</b>	<b>59+</b>	<b>9.2</b>	<b>1.32+</b>

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# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Alabama**      **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)
<b>Noon Meal</b>											
AL Chicken, Breaded Patty, w/Gravy	1 each	166	248	14.7	13.8	474	25	0	0	2.0	0.00
AL Potatoes, Whipped, Garlic	1/2 cup	111	120	21.9	1.8	75	31	86	47	1.6	0.09
^AL Greens, Mixed, Turnip & Mustard	1/2 cup	180	65	6.2	3.9	29	151	10536	21	3.7	0.00
AL Apples, Sliced, Canned	1/2 cup	123	83	20.7	0.5	4	5	69	0	2.5	0.00
AL Bread, Cornbread, Mix, Shawnee Mills	1 piece	77	158	26.3	4.6	421	22	43	0	2.5	0.03
AL Cake, Marble, RTU	1 piece	49	162	22.1	7.4	187	24	221	0	0.0	
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
<b>Noon Meal Totals</b>			<b>933</b>	<b>123.3</b>	<b>34.3</b>	<b>1307</b>	<b>549</b>	<b>11418</b>	<b>71</b>	<b>12.2</b>	<b>0.99+</b>
<b>Daily Totals for 5/7/2009</b>			<b>933</b>	<b>123.3</b>	<b>34.3</b>	<b>1307</b>	<b>549</b>	<b>11418</b>	<b>71</b>	<b>12.2</b>	<b>0.99+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL</b>			<b>852</b>	<b>117.2</b>	<b>28.4</b>	<b>433</b>	<b>400</b>		<b>30</b>	<b>10.0</b>	<b>0.80</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>109</b>	<b>105.2</b>	<b>120.7</b>	<b>302</b>	<b>137</b>		<b>236</b>	<b>122.2</b>	<b>123.58</b>

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# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Alabama**      **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)
<b>Noon Meal</b>											
AL Juice, Orange/Pineapple, 4 oz	1 each	113	61	14.7	0.1	1	12	55	29	0.1	
AL Pork, Rib Patty, w/BBQ Sauce	1 each	122	221	8.2	13.3	451	41	125	3	1.3	0.73
^AL Bread, Bun, Hamburger, Local	1 each	40	112	19.8	1.7	192	55	0	0	0.8	0.08
AL Salad, Coleslaw, RTU, w/Carrots	1/2 cup	128	199	19.6	13.3	252	63	2832	126	4.1	0.00
^AL Peas, Field, w/Snaps,Frz	1/2 cup	172	133	24.1	0.7	13	26	80	4	4.8	0.00
^AL Gelatin, Strawberry Congealed Dessert	1/2 cup	149	94	22.4	0.0	58	5	6	19	0.3	0.00
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
<b>Noon Meal Totals</b>			<b>918</b>	<b>120.1</b>	<b>31.3</b>	<b>1084</b>	<b>493</b>	<b>3560</b>	<b>183</b>	<b>11.4</b>	<b>1.67+</b>
<b>Daily Totals for 5/8/2009</b>			<b>918</b>	<b>120.1</b>	<b>31.3</b>	<b>1084</b>	<b>493</b>	<b>3560</b>	<b>183</b>	<b>11.4</b>	<b>1.67+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL</b>			<b>852</b>	<b>117.2</b>	<b>28.4</b>	<b>433</b>	<b>400</b>		<b>30</b>	<b>10.0</b>	<b>0.80</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>108</b>	<b>102.4</b>	<b>110.2</b>	<b>250</b>	<b>123</b>		<b>610</b>	<b>113.6</b>	<b>208.98</b>
<b>Week Daily Average (05/03/09-05/09/09)</b>			<b>264</b>	<b>34.8</b>	<b>9.4</b>	<b>342</b>	<b>149</b>	<b>2140</b>	<b>36</b>	<b>3.4</b>	<b>0.38+</b>
<b>Month Daily Average (05/01/09-05/31/09)</b>			<b>86</b>	<b>11.0</b>	<b>3.1</b>	<b>99</b>	<b>56</b>	<b>543+</b>	<b>10+</b>	<b>1.2</b>	<b>0.11+</b>

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Alabama**      **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)
<b>Noon Meal</b>											
AL Juice, Orange/Pineapple, 4 oz	1 each	113	61	14.7	0.1	1	12	55	29	0.1	
AL Beef, Pepper Patty, w/Gravy	1 each	171	239	9.4	15.5	543	31	270	17	1.3	0.68
AL Rice, Kettle	1/2 cup	120	120	22.7	2.0	25	10	81	0	0.4	0.00
AL Carrots, Sliced, Parslied	1/2 cup	178	53	8.1	2.3	93	44	11344	4	3.4	0.00
AL Bread, Multigrain, Fiber	1 each	33	83	13.4	1.0	155	186			4.1	
AL Snack Cake/Cookie, Variety, Little Debb/s	1 each	71	314	42.9	16.5	165	7	0	0	0.0	
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
<b>Noon Meal Totals</b>			<b>966</b>	<b>122.6</b>	<b>39.7</b>	<b>1100</b>	<b>581</b>	<b>12213+</b>	<b>52+</b>	<b>9.3</b>	<b>1.55+</b>
<b>Daily Totals for 6/29/2009</b>			<b>966</b>	<b>122.6</b>	<b>39.7</b>	<b>1100</b>	<b>581</b>	<b>12213+</b>	<b>52+</b>	<b>9.3</b>	<b>1.55+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL</b>			<b>852</b>	<b>117.2</b>	<b>28.4</b>	<b>433</b>	<b>400</b>		<b>30</b>	<b>10.0</b>	<b>0.80</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>113</b>	<b>104.6</b>	<b>139.8</b>	<b>254</b>	<b>145</b>		<b>173</b>	<b>93.3</b>	<b>193.30</b>

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

**Menu: Alabama**      **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)
<b>Noon Meal</b>											
AL Juice, Blended, 4 oz	1 each	113	61	14.9	0.1	3	9	27	14	0.0	
AL Chicken, Pot Pie	3/4 cup	206	248	21.0	9.4	288	31	3416	30	2.6	0.01
AL Corn, Cream & Whole Kernel (Frz)	1/2 cup	167	114	24.1	2.5	266	6	234	7	2.0	0.00
^AL Fruit, Fresh, In Season	1 each	114	72	18.6	0.2	1	17	120	23	2.8	0.00
^AL Bread, Roll, Wheat	1 each	21	58	9.8	1.3	72	37	0	0	0.8	0.00
^AL Pudding, Strawberry/Vanilla Swirl	1/2 cup	139	185	33.4	4.5	173	110	26	0	0.0	0.13
AL Milk, 1%, Ind	1 each	227	98	11.3	2.2	118	290	463	2	0.0	0.86
<b>Noon Meal Totals</b>			<b>835</b>	<b>133.1</b>	<b>20.3</b>	<b>922</b>	<b>500</b>	<b>4287</b>	<b>75</b>	<b>8.3</b>	<b>1.00+</b>
<b>Daily Totals for 6/30/2009</b>			<b>835</b>	<b>133.1</b>	<b>20.3</b>	<b>922</b>	<b>500</b>	<b>4287</b>	<b>75</b>	<b>8.3</b>	<b>1.00+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL</b>			<b>852</b>	<b>117.2</b>	<b>28.4</b>	<b>433</b>	<b>400</b>		<b>30</b>	<b>10.0</b>	<b>0.80</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>98</b>	<b>113.6</b>	<b>71.6</b>	<b>213</b>	<b>125</b>		<b>251</b>	<b>83.3</b>	<b>124.39</b>
<b>Week Daily Average (06/28/09-06/30/09)</b>			<b>600</b>	<b>85.2</b>	<b>20.0</b>	<b>674</b>	<b>360</b>	<b>5500+</b>	<b>42+</b>	<b>5.9</b>	<b>0.85+</b>
<b>Month Daily Average (06/01/09-06/30/09)</b>			<b>60</b>	<b>8.5</b>	<b>2.0</b>	<b>67</b>	<b>36</b>	<b>550+</b>	<b>4+</b>	<b>0.6</b>	<b>0.08+</b>
<b>Daily Average (04/01/09-06/30/09)</b>			<b>254</b>	<b>34.6</b>	<b>8.5</b>	<b>392</b>	<b>158</b>	<b>1467+</b>	<b>22+</b>	<b>3.1+</b>	<b>0.47+</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.