

Menu: Emergency Low Labor 7 Day / Regular/Regular Week 1 , Monday

Nutrient Breakdown by Menu

	Kcal (kcal)	Pro (g)	CHO (g)	Fat (g)	Fibr (g)	Chol (mg)	Vit A (RE)	Vit B12 (mcg)	Fol (mcg)	Vit C (mg)	Vit D (I.U.)	Cal (mg)	K (mg)	Na (mg)	Fe (mg)	Zn (mg)
Lower Parameter :	1,800.00	46.00	225.00	50.00		15.00		500.00	0.90	11.00	1.30	2.00	320.00	60.00	400.00	1,000.00
Breakfast																
6 Fl Oz Orange Juice	73.55	1.19	17.49	0.12	0.50	0.00	6.46	0.00	38.27	71.96	0.00	22.67	313.87	7.27	0.16	0.08
1/2 Cup Oatmeal	77.36	2.68	13.82	1.33	2.06	0.00	0.00	0.00	6.53	0.00	0.00	14.04	75.03	28.22	0.87	0.74
1 #16scp Scrambled Egg	97.46	7.43	0.95	6.86	0.00	217.53	103.75	0.62	51.11	0.01	64.82	44.97	89.18	85.45	1.02	0.81
1 Slice Dry Wheat Toast	68.50	2.67	11.89	1.13	1.00	0.00	0.00	0.00	21.25	0.05	0.00	31.25	35.25	118.25	0.90	0.26
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1 Each Grape Jelly	18.54	0.02	4.59	0.00	0.07	0.00	0.00	0.00	0.73	0.59	0.00	1.33	5.13	2.13	0.03	0.00
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Breakfast Total :	493.35	22.08	60.49	18.32	3.63	237.05	244.41	1.92	130.15	73.10	184.38	412.71	864.80	394.14	3.04	3.07
Lunch																
3 Oz Roast Beef	148.84	23.88	0.00	5.15	0.00	65.49	0.00	1.22	7.65	0.00	0.00	5.95	197.32	31.47	1.94	4.09
1/2 Cup Au Gratin Potatoes	134.27	3.23	26.98	3.63	1.49	0.00	19.60	0.00	14.54	5.62	0.00	116.49	360.94	782.31	0.59	0.33
1/2 Cup Seasoned Beets	47.83	0.93	7.35	1.98	1.83	0.00	1.02	0.00	30.48	4.16	0.00	15.36	150.65	211.46	1.85	0.22
1 Each Wheat Dinner Roll	113.12	3.70	21.73	2.00	3.19	0.00	0.00	0.00	12.76	0.00	0.00	45.08	115.67	221.56	1.03	0.85
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1/2 Cup Chocolate Pudding	120.64	3.74	22.41	2.35	0.89	7.81	53.68	0.52	5.67	0.20	47.83	127.64	178.12	140.93	0.38	0.65
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Lunch Total :	722.63	43.55	90.23	23.98	7.41	92.82	208.50	3.04	83.36	10.47	167.39	608.97	1,349.02	1,540.55	5.85	7.32
Dinner																
1 Pkg Saltine Crackers	25.08	0.57	4.44	0.52	0.17	0.00	0.06	0.01	8.04	0.00	0.00	1.14	9.12	56.46	0.33	0.04
6 Fl Oz Vegetable Soup	58.06	1.69	9.62	1.55	0.49	0.00	139.73	0.00	8.86	1.18	0.00	19.57	169.22	510.60	0.87	0.37
1 Each Soft Chicken Salad on Wheat	261.35	18.70	25.97	8.83	2.01	81.63	23.48	0.22	50.22	0.29	12.07	74.44	165.28	440.47	2.45	1.52
1/2 Cup Chilled Peaches	52.80	0.76	13.88	0.04	1.56	0.00	22.80	0.00	3.60	4.32	0.00	7.20	153.61	4.80	0.32	0.13
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Dinner Total :	519.37	29.78	65.64	15.77	4.23	101.15	320.28	1.52	82.91	6.28	131.63	400.64	842.65	1,132.46	4.02	3.24
Grand Total :	1,735.35	95.41	216.36	58.07	15.26	431.01	773.19	6.47	296.42	89.85	483.41	1,422.32	3,056.47	3,067.15	12.91	13.63

Menu: Emergency Low Labor 7 Day / Regular/Regular Week 1 , Tuesday

Nutrient Breakdown by Menu

	Kcal (kcal)	Pro (g)	CHO (g)	Fat (g)	Fibr (g)	Chol (mg)	Vit A (RE)	Vit B12 (mcg)	Fol (mcg)	Vit C (mg)	Vit D (I.U.)	Cal (mg)	K (mg)	Na (mg)	Fe (mg)	Zn (mg)
Lower Parameter :	1,800.00	46.00	225.00	50.00		15.00		500.00	0.90	11.00	1.30	2.00	320.00	60.00	400.00	1,000.00
Breakfast																
6 Fl Oz Grape Juice	64.38	0.87	15.24	0.21	0.18	0.00	0.88	0.00	5.73	52.83	0.00	16.17	214.86	5.59	0.22	0.08
1/2 Cup Cream of Rice	83.91	1.43	18.69	0.11	0.16	0.00	0.00	0.00	6.58	0.00	0.00	5.13	33.76	28.92	6.45	0.25
1 Each Sausage Patty	147.42	8.41	0.64	12.36	0.00	39.01	12.70	0.44	0.45	0.00	26.31	4.08	155.13	369.23	0.54	1.11
1 Each Biscuit	132.01	2.86	19.92	4.55	0.30	0.43	0.86	0.02	24.51	0.04	0.00	21.93	69.66	420.11	1.07	0.22
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1 Each Grape Jelly	18.54	0.02	4.59	0.00	0.07	0.00	0.00	0.00	0.73	0.59	0.00	1.33	5.13	2.13	0.03	0.00
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Breakfast Total :	604.20	21.66	70.84	26.11	0.71	58.96	148.65	1.76	50.26	53.95	145.87	347.08	824.88	978.81	8.37	2.84
Lunch																
3 Oz Teriyaki Chicken	122.47	23.85	0.00	3.04	0.00	73.14	4.25	0.23	9.36	0.00	0.00	11.06	241.54	278.96	0.39	0.74
1/2 Cup Fluffy Rice	123.55	1.95	23.76	1.97	0.84	0.00	0.00	0.00	69.32	0.00	0.00	2.70	23.78	63.90	1.27	0.33
1/2 Cup Seasoned Broccoli Florets	41.64	2.82	4.89	1.92	2.73	0.00	46.30	0.00	27.30	36.42	0.00	46.70	164.56	36.65	0.56	0.28
1 Each Wheat Dinner Roll	113.12	3.70	21.73	2.00	3.19	0.00	0.00	0.00	12.76	0.00	0.00	45.08	115.67	221.56	1.03	0.85
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1 Slice Pound Cake	330.84	4.42	44.65	15.22	0.85	49.33	29.77	0.12	30.62	0.09	0.00	54.43	90.15	340.20	1.38	0.33
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Lunch Total :	889.56	44.82	106.79	33.02	7.61	141.99	214.52	1.64	161.60	36.99	119.56	458.41	982.03	1,094.09	4.69	3.71
Dinner																
1 Each Fish Fillet Sndw on Bun	344.09	16.77	40.87	12.38	1.79	31.47	16.78	1.06	63.34	0.68	0.00	86.79	285.42	695.73	2.13	0.75
1/2 Cup Potato Salad	142.50	1.91	16.91	7.54	0.00	75.00	37.50	0.15	31.25	1.38	0.00	17.50	337.51	410.01	0.91	0.25
1 Each Tartar Sauce	25.32	0.12	1.60	2.00	0.06	0.84	1.32	0.00	0.60	0.28	0.24	3.12	8.16	80.04	0.03	0.01
1/2 Cup Chilled Mandarin Oranges	51.59	0.86	13.34	0.04	0.98	0.00	59.96	0.00	6.97	47.69	0.00	15.34	185.46	6.97	0.38	0.71
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Dinner Total :	685.60	27.74	84.44	26.79	2.82	126.83	249.77	2.50	114.36	50.51	119.80	421.04	1,161.98	1,312.88	3.50	2.90
Grand Total :	2,179.36	94.22	262.08	85.92	11.14	327.78	612.94	5.90	326.22	141.44	385.24	1,226.52	2,968.90	3,385.77	16.56	9.46

Menu: Emergency Low Labor 7 Day / Regular/Regular Week 1 , Wednesday

Nutrient Breakdown by Menu

	Kcal (kcal)	Pro (g)	CHO (g)	Fat (g)	Fibr (g)	Chol (mg)	Vit A (RE)	Vit B12 (mcg)	Fol (mcg)	Vit C (mg)	Vit D (I.U.)	Cal (mg)	K (mg)	Na (mg)	Fe (mg)	Zn (mg)
Lower Parameter :	1,800.00	46.00	225.00	50.00		15.00		500.00	0.90	11.00	1.30	2.00	320.00	60.00	400.00	1,000.00
Breakfast																
6 Fl Oz Apple Juice	71.51	0.22	17.66	0.16	0.00	0.00	0.00	0.00	0.43	38.30	0.00	12.88	194.41	15.03	0.39	0.06
1/2 Cup Cream of Wheat	58.10	1.68	11.99	0.22	0.52	0.00	212.89	0.00	56.68	0.00	0.00	60.10	19.40	117.64	4.54	0.16
1/2 Cup Vanilla Yogurt	103.65	6.01	16.83	1.52	0.00	6.10	14.63	0.65	13.41	0.98	1.22	208.52	267.05	80.48	0.09	1.01
1 Slice Cinnamon Toast	111.62	2.72	14.92	4.78	1.66	0.00	0.19	0.00	21.37	0.10	0.00	43.91	41.48	147.85	1.01	0.29
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1 Each Grape Jelly	18.54	0.02	4.59	0.00	0.07	0.00	0.00	0.00	0.73	0.59	0.00	1.33	5.13	2.13	0.03	0.00
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Breakfast Total :	521.36	18.74	77.75	15.56	2.26	25.62	361.92	1.94	104.87	40.44	120.78	625.19	873.81	515.97	6.12	2.69
Lunch																
3 Oz Meatloaf	182.01	22.64	0.00	9.44	0.00	74.84	2.55	2.12	5.10	0.00	1.70	11.06	255.15	51.88	2.46	5.66
2 Fl Oz Brown Gravy	22.37	0.65	3.62	0.59	0.12	0.18	0.49	0.04	1.89	0.02	0.00	9.82	16.56	296.97	0.10	0.07
1/2 Cup Mashed Potatoes	106.51	2.27	22.10	1.26	1.80	0.00	0.27	0.00	12.53	22.04	0.00	9.44	299.76	126.55	0.33	0.19
1/2 Cup Parslied Carrots	51.21	0.67	7.29	2.46	3.13	0.00	767.97	0.00	10.92	2.73	0.00	37.66	188.32	70.57	0.60	0.35
1 Each Wheat Dinner Roll	113.12	3.70	21.73	2.00	3.19	0.00	0.00	0.00	12.76	0.00	0.00	45.08	115.67	221.56	1.03	0.85
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
2 Each Sugar Cookies	182.93	1.68	25.69	8.17	0.38	4.62	4.62	0.01	26.43	0.00	0.00	3.36	61.68	137.62	0.78	0.10
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Lunch Total :	816.08	39.68	92.18	32.78	8.62	99.16	910.10	3.46	81.89	25.28	121.27	414.85	1,283.47	1,057.96	5.35	8.40
Dinner																
6 Fl Oz Minestrone Soup	59.04	3.02	7.96	1.78	0.69	0.87	73.80	0.00	25.18	0.78	0.00	26.82	222.24	450.53	0.65	0.52
1 Pkg Saltine Crackers	25.08	0.57	4.44	0.52	0.17	0.00	0.06	0.01	8.04	0.00	0.00	1.14	9.12	56.46	0.33	0.04
1 Each Turkey Sandwich on Wheat	217.16	18.42	28.95	3.04	2.55	24.95	5.67	0.05	50.46	3.35	1.13	75.41	199.58	705.91	2.40	1.34
1/2 Cup Soft Macaroni Salad	114.55	3.05	19.38	2.68	0.83	2.88	5.19	0.00	54.05	0.13	0.00	6.62	60.69	61.69	0.82	0.35
1 Each Mustard Pack	3.30	0.21	0.32	0.18	0.22	0.00	0.28	0.00	0.39	0.02	0.00	3.47	8.36	60.72	0.09	0.04
1/2 Cup Chilled Pears	63.49	0.43	16.43	0.09	2.03	0.00	0.00	0.00	1.27	2.03	0.00	11.43	121.90	5.08	0.37	0.11
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Dinner Total :	604.70	33.76	89.20	13.12	6.50	48.22	219.20	1.35	151.59	6.80	120.70	423.18	967.33	1,460.51	4.71	3.58

Grand Total :	1,942.14	92.18	259.13	61.46	17.37	173.00	1,491.22	6.75	338.36	72.52	362.75	1,463.21	3,124.61	3,034.44	16.18	14.67
---------------	----------	-------	--------	-------	-------	--------	----------	------	--------	-------	--------	----------	----------	----------	-------	-------

Menu: Emergency Low Labor 7 Day / Regular/Regular Week 1 , Thursday

Nutrient Breakdown by Menu

	Kcal (kcal)	Pro (g)	CHO (g)	Fat (g)	Fibr (g)	Chol (mg)	Vit A (RE)	Vit B12 (mcg)	Fol (mcg)	Vit C (mg)	Vit D (I.U.)	Cal (mg)	K (mg)	Na (mg)	Fe (mg)	Zn (mg)
Lower Parameter :	1,800.00	46.00	225.00	50.00		15.00		500.00	0.90	11.00	1.30	2.00	320.00	60.00	400.00	1,000.00
Breakfast																
6 Fl Oz Orange Juice	73.55	1.19	17.49	0.12	0.50	0.00	6.46	0.00	38.27	71.96	0.00	22.67	313.87	7.27	0.16	0.08
1/2 Cup Cinnamon Oatmeal	85.85	2.25	17.07	1.11	1.82	0.00	0.03	0.00	5.51	0.01	0.00	18.50	70.78	17.50	0.78	0.62
1/4 Cup Scrambled Egg & Cheese	127.85	9.19	1.08	9.42	0.02	194.45	129.37	0.65	46.09	0.00	55.49	130.05	80.50	152.23	0.87	1.15
1 Slice Dry Wheat Toast	68.50	2.67	11.89	1.13	1.00	0.00	0.00	0.00	21.25	0.05	0.00	31.25	35.25	118.25	0.90	0.26
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1 Each Grape Jelly	18.54	0.02	4.59	0.00	0.07	0.00	0.00	0.00	0.73	0.59	0.00	1.33	5.13	2.13	0.03	0.00
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Breakfast Total :	532.23	23.40	63.87	20.66	3.41	213.97	270.07	1.94	124.10	73.10	175.05	502.25	851.86	450.20	2.80	3.30
Lunch																
3 Oz Roast Turkey	150.54	25.13	0.04	4.74	0.00	75.69	8.51	0.43	7.65	0.00	11.91	9.36	210.92	85.90	0.68	1.50
1/2 Cup Cinnamon Sweet Potato	177.19	1.82	35.94	3.20	4.32	0.00	646.37	0.00	11.33	15.25	0.00	25.66	273.66	77.30	1.36	0.23
1/2 Cup Parsley Cauliflower	33.57	1.48	3.45	2.02	2.47	0.00	0.06	0.00	37.33	28.47	0.00	16.22	128.22	31.35	0.39	0.12
1 Each Wheat Dinner Roll	113.12	3.70	21.73	2.00	3.19	0.00	0.00	0.00	12.76	0.00	0.00	45.08	115.67	221.56	1.03	0.85
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1/2 Cup Vanilla Pudding	126.16	3.28	23.77	2.01	0.12	7.81	53.68	0.52	4.88	0.20	47.83	118.14	140.73	175.49	0.04	0.47
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Lunch Total :	758.52	43.49	96.69	22.84	10.09	103.02	842.83	2.24	86.21	44.41	179.30	512.89	1,215.53	744.42	3.55	4.36
Dinner																
1/3 Cup Beef Taco Filling	120.00	8.00	2.00	9.00	0.00	25.00	80.00	0.00	0.00	0.00	0.00	0.00	0.00	260.00	1.44	0.00
1/2 Cup Refried Beans	115.32	5.77	16.11	3.41	4.34	0.00	0.05	0.00	13.79	7.33	0.00	35.35	375.21	423.09	1.71	0.68
1 Each Flour Tortilla	92.14	2.47	15.76	2.01	0.94	0.00	0.00	0.00	34.87	0.00	0.00	11.06	37.14	135.51	0.94	0.20
1 Oz Cheddar Cheese Garnish	114.53	6.48	0.88	9.44	0.00	28.07	93.56	0.31	7.65	0.00	6.80	201.29	21.55	185.13	0.04	1.03
1/2 Cup Chilled Peaches	52.80	0.76	13.88	0.04	1.56	0.00	22.80	0.00	3.60	4.32	0.00	7.20	153.61	4.80	0.32	0.13
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Dinner Total :	616.87	31.54	60.36	28.73	6.84	72.59	330.61	1.61	72.12	12.14	126.37	553.18	932.93	1,128.65	4.50	3.21
Grand Total :	1,907.62	98.43	220.92	72.23	20.35	389.58	1,443.51	5.78	282.43	129.65	480.72	1,568.32	3,000.32	2,323.27	10.85	10.87

Menu: Emergency Low Labor 7 Day / Regular/Regular Week 1 , Friday

Nutrient Breakdown by Menu

	Kcal (kcal)	Pro (g)	CHO (g)	Fat (g)	Fibr (g)	Chol (mg)	Vit A (RE)	Vit B12 (mcg)	Fol (mcg)	Vit C (mg)	Vit D (I.U.)	Cal (mg)	K (mg)	Na (mg)	Fe (mg)	Zn (mg)
Lower Parameter :	1,800.00	46.00	225.00	50.00		15.00		500.00	0.90	11.00	1.30	2.00	320.00	60.00	400.00	1,000.00
Breakfast																
6 Fl Oz Grape Juice	64.38	0.87	15.24	0.21	0.18	0.00	0.88	0.00	5.73	52.83	0.00	16.17	214.86	5.59	0.22	0.08
1/2 Cup Cream of Rice	83.91	1.43	18.69	0.11	0.16	0.00	0.00	0.00	6.58	0.00	0.00	5.13	33.76	28.92	6.45	0.25
1 Oz Breakfast Ham	57.85	8.50	3.45	1.12	0.00	10.43	0.00	0.18	0.95	0.28	0.00	2.99	78.28	426.87	0.18	0.43
1 Slice Dry Wheat Toast	68.50	2.67	11.89	1.13	1.00	0.00	0.00	0.00	21.25	0.05	0.00	31.25	35.25	118.25	0.90	0.26
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1 Each Grape Jelly	18.54	0.02	4.59	0.00	0.07	0.00	0.00	0.00	0.73	0.59	0.00	1.33	5.13	2.13	0.03	0.00
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Breakfast Total :	451.12	21.56	65.61	11.45	1.41	29.95	135.09	1.47	47.49	54.24	119.56	355.31	713.62	734.59	7.84	2.21
Lunch																
6 Each Meatballs	182.25	17.01	4.86	10.94	1.22	42.53	40.10	0.00	0.00	1.46	0.00	48.60	0.00	303.75	2.19	0.00
2 Fl Oz Brown Gravy	22.37	0.65	3.62	0.59	0.12	0.18	0.49	0.04	1.89	0.02	0.00	9.82	16.56	296.97	0.10	0.07
1/2 Cup Seasoned Egg Noodles	120.66	3.86	19.41	3.03	0.90	22.86	4.63	0.08	62.62	0.00	2.99	17.18	69.34	37.32	1.09	0.53
1/2 Cup Seasoned Green Beans	41.69	1.37	5.90	1.97	2.74	0.00	19.07	0.00	21.07	3.72	0.00	39.51	146.23	15.68	0.66	0.22
1 Each Wheat Dinner Roll	113.12	3.70	21.73	2.00	3.19	0.00	0.00	0.00	12.76	0.00	0.00	45.08	115.67	221.56	1.03	0.85
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1 Slice Angel Food Cake	108.36	2.48	24.28	0.34	0.63	0.00	0.00	0.03	14.70	0.00	0.00	58.80	39.06	314.58	0.22	0.03
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Lunch Total :	746.38	37.14	91.55	27.72	8.80	85.09	198.49	1.44	125.29	5.68	122.56	517.43	733.18	1,342.68	5.34	2.88
Dinner																
3 Oz Chicken Tenders	206.84	12.60	12.81	11.70	1.47	31.03	6.03	0.16	24.13	0.43	2.59	33.61	242.17	454.18	0.72	0.53
1 Fl Oz Honey Mustard Sauce	57.93	0.23	6.25	3.83	0.18	4.61	0.22	0.00	0.38	0.03	0.00	2.96	10.39	143.68	0.09	0.06
1/2 Cup Potato Wedges	117.37	2.04	20.68	2.91	2.04	0.00	0.00	0.00	0.00	5.87	0.00	11.06	306.17	25.51	0.71	0.00
1 Each Wheat Dinner Roll	113.12	3.70	21.73	2.00	3.19	0.00	0.00	0.00	12.76	0.00	0.00	45.08	115.67	221.56	1.03	0.85
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1/2 Cup Chilled Applesauce	51.24	0.21	13.75	0.12	1.34	0.00	1.22	0.00	3.66	25.86	0.00	4.88	90.28	2.44	0.28	0.04
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Dinner Total :	704.43	26.85	86.96	29.43	8.22	55.15	141.68	1.45	53.17	32.68	122.15	396.02	1,111.01	1,000.19	2.88	2.65

Grand Total :	1,901.92	85.56	244.12	68.61	18.43	170.20	475.25	4.36	225.96	92.61	364.27	1,268.76	2,557.82	3,077.46	16.06	7.74
---------------	----------	-------	--------	-------	-------	--------	--------	------	--------	-------	--------	----------	----------	----------	-------	------

Menu: Emergency Low Labor 7 Day / Regular/Regular Week 1 , Saturday

Nutrient Breakdown by Menu

	Kcal (kcal)	Pro (g)	CHO (g)	Fat (g)	Fibr (g)	Chol (mg)	Vit A (RE)	Vit B12 (mcg)	Fol (mcg)	Vit C (mg)	Vit D (I.U.)	Cal (mg)	K (mg)	Na (mg)	Fe (mg)	Zn (mg)
Lower Parameter :	1,800.00	46.00	225.00	50.00		15.00		500.00	0.90	11.00	1.30	2.00	320.00	60.00	400.00	1,000.00
Breakfast																
6 Fl Oz Apple Juice	71.51	0.22	17.66	0.16	0.00	0.00	0.00	0.00	0.43	38.30	0.00	12.88	194.41	15.03	0.39	0.06
1/2 Cup Cream of Wheat	58.10	1.68	11.99	0.22	0.52	0.00	212.89	0.00	56.68	0.00	0.00	60.10	19.40	117.64	4.54	0.16
1 #16scp Scrambled Egg	97.46	7.43	0.95	6.86	0.00	217.53	103.75	0.62	51.11	0.01	64.82	44.97	89.18	85.45	1.02	0.81
1 Slice Dry Wheat Toast	68.50	2.67	11.89	1.13	1.00	0.00	0.00	0.00	21.25	0.05	0.00	31.25	35.25	118.25	0.90	0.26
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1 Each Grape Jelly	18.54	0.02	4.59	0.00	0.07	0.00	0.00	0.00	0.73	0.59	0.00	1.33	5.13	2.13	0.03	0.00
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Breakfast Total :	472.05	20.10	58.83	17.24	1.60	237.05	450.85	1.92	142.45	39.44	184.38	448.98	689.71	491.33	6.94	2.46
Lunch																
3 Oz Pork Roast	169.25	22.52	0.00	8.78	0.00	64.64	1.70	0.71	0.00	0.00	18.71	10.21	373.37	56.98	0.76	2.05
1/2 Cup Garlic Mashed Potatoes	106.67	2.28	22.14	1.26	1.80	0.00	0.27	0.00	12.56	22.05	0.00	9.48	300.34	126.57	0.33	0.19
1/2 Cup Wax Beans	41.74	1.37	5.90	1.98	2.74	0.00	5.51	0.00	21.00	3.80	0.00	45.25	116.43	23.18	0.82	0.44
1 Each Wheat Dinner Roll	113.12	3.70	21.73	2.00	3.19	0.00	0.00	0.00	12.76	0.00	0.00	45.08	115.67	221.56	1.03	0.85
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
2 Each Snickerdoodle Cookies	182.93	1.68	25.69	8.17	0.38	4.62	4.62	0.01	26.43	0.00	0.00	3.36	61.68	137.62	0.78	0.10
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Lunch Total :	771.64	39.62	87.21	31.05	8.11	88.77	146.30	2.02	85.00	26.33	138.28	411.80	1,313.81	718.74	3.77	4.82
Dinner																
1 Pkg Saltine Crackers	25.08	0.57	4.44	0.52	0.17	0.00	0.06	0.01	8.04	0.00	0.00	1.14	9.12	56.46	0.33	0.04
6 Fl Oz Split Pea Soup	171.32	9.33	25.29	3.99	2.07	7.29	20.66	0.24	2.43	1.34	0.00	22.64	361.93	768.67	2.07	1.20
1 Each Soft Tuna Salad on Wheat	210.99	14.10	25.92	5.71	2.01	41.94	16.64	1.11	47.25	0.56	24.78	72.89	154.15	406.09	2.55	0.88
1/2 Cup Pickled Beets	73.78	0.91	18.48	0.09	0.91	0.00	2.27	0.00	30.65	2.61	0.00	12.49	130.53	169.12	0.47	0.30
1/2 Cup Chilled Pears	63.49	0.43	16.43	0.09	2.03	0.00	0.00	0.00	1.27	2.03	0.00	11.43	121.90	5.08	0.37	0.11
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Dinner Total :	666.74	33.41	102.28	15.23	7.19	68.75	173.83	2.65	101.84	7.03	144.35	418.87	1,123.06	1,525.54	5.83	3.71
Grand Total :	1,910.42	93.13	248.32	63.52	16.89	394.57	770.98	6.58	329.29	72.80	467.01	1,279.65	3,126.58	2,735.62	16.53	10.99

Menu: Emergency Low Labor 7 Day / Regular/Regular Week 1 , Sunday

Nutrient Breakdown by Menu

	Kcal (kcal)	Pro (g)	CHO (g)	Fat (g)	Fibr (g)	Chol (mg)	Vit A (RE)	Vit B12 (mcg)	Fol (mcg)	Vit C (mg)	Vit D (I.U.)	Cal (mg)	K (mg)	Na (mg)	Fe (mg)	Zn (mg)
Lower Parameter :	1,800.00	46.00	225.00	50.00		15.00		500.00	0.90	11.00	1.30	2.00	320.00	60.00	400.00	1,000.00
Breakfast																
6 Fl Oz Orange Juice	73.55	1.19	17.49	0.12	0.50	0.00	6.46	0.00	38.27	71.96	0.00	22.67	313.87	7.27	0.16	0.08
1/2 Cup Oatmeal	77.36	2.68	13.82	1.33	2.06	0.00	0.00	0.00	6.53	0.00	0.00	14.04	75.03	28.22	0.87	0.74
1 Each Hard Boiled Egg	71.50	6.28	0.36	4.76	0.00	186.00	80.00	0.45	23.50	0.00	41.00	28.00	69.00	71.00	0.88	0.65
1 Each Cinnamon Roll	206.82	1.91	33.51	7.35	0.62	0.00	0.00	0.00	1.18	0.04	0.00	12.76	5.01	370.32	0.87	0.01
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Breakfast Total :	551.32	20.13	76.90	18.39	3.17	205.52	220.67	1.74	81.68	72.50	160.56	375.76	808.34	596.93	2.83	2.65
Lunch																
3 Oz Grilled Chicken Breast	165.85	20.92	4.08	6.85	1.02	51.03	0.00	0.64	2.55	0.00	7.65	29.77	274.71	455.02	1.52	2.86
1/2 Cup Macaroni & Cheese	253.52	5.94	40.03	7.56	1.14	8.35	20.32	0.17	105.97	0.33	0.00	89.72	212.80	1,173.98	0.98	0.74
1/2 Cup California Blend Vegetables	42.83	1.07	5.35	1.82	2.13	0.00	95.09	0.00	0.02	28.82	0.00	21.41	0.41	41.41	0.39	0.00
1 Each Wheat Dinner Roll	113.12	3.70	21.73	2.00	3.19	0.00	0.00	0.00	12.76	0.00	0.00	45.08	115.67	221.56	1.03	0.85
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1/2 Cup Vanilla Ice Cream	149.05	2.52	16.99	7.92	0.50	31.68	84.96	0.28	3.60	0.43	5.76	92.16	143.28	57.60	0.06	0.50
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Lunch Total :	882.29	42.23	99.94	35.01	7.99	110.58	334.58	2.38	137.15	30.06	132.98	576.58	1,093.20	2,102.39	4.04	6.13
Dinner																
1 Each Cheeseburger on Bun	397.42	25.15	28.37	19.68	0.94	81.28	69.21	2.11	56.80	0.68	32.30	273.03	315.49	647.93	3.35	4.77
4 Oz French Fries	247.21	3.90	38.59	9.30	3.63	0.00	0.00	0.00	19.28	10.77	0.00	11.34	544.31	51.03	1.69	0.46
1 Each Pickle Spear	3.40	0.14	0.68	0.09	0.28	0.00	1.70	0.00	2.27	0.65	0.00	16.16	33.17	229.35	0.07	0.03
1 Each Mustard Pack	3.30	0.21	0.32	0.18	0.22	0.00	0.28	0.00	0.39	0.02	0.00	3.47	8.36	60.72	0.09	0.04
1/2 Cup Chilled Mandarin Oranges	51.59	0.86	13.34	0.04	0.98	0.00	59.96	0.00	6.97	47.69	0.00	15.34	185.46	6.97	0.38	0.71
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Dinner Total :	825.01	38.33	93.03	34.13	6.04	100.80	265.35	3.40	97.90	60.30	151.86	617.63	1,432.22	1,116.12	5.63	7.18
Grand Total :	2,258.62	100.69	269.87	87.53	17.20	416.90	820.60	7.52	316.73	162.85	445.40	1,569.97	3,333.76	3,815.44	12.50	15.97

Menu: Emergency Low Labor 7 Day / Consistent CHO/Regular Week 1 , Monday

Nutrient Breakdown by Menu

	Kcal (kcal)	Pro (g)	CHO (g)	Fat (g)	Fibr (g)	Chol (mg)	Vit A (RE)	Vit B12 (mcg)	Fol (mcg)	Vit C (mg)	Vit D (I.U.)	Cal (mg)	K (mg)	Na (mg)	Fe (mg)	Zn (mg)
Lower Parameter :	1,600.00	46.00	200.00	50.00		15.00		500.00	0.90	11.00	1.30	2.00	320.00	60.00	400.00	1,000.00
Breakfast																
4 Fl Oz Orange Juice	49.04	0.80	11.66	0.08	0.33	0.00	4.31	0.00	25.51	47.98	0.00	15.12	209.25	4.84	0.11	0.05
1/2 Cup Oatmeal	77.36	2.68	13.82	1.33	2.06	0.00	0.00	0.00	6.53	0.00	0.00	14.04	75.03	28.22	0.87	0.74
1 #16scp Scrambled Egg	97.46	7.43	0.95	6.86	0.00	217.53	103.75	0.62	51.11	0.01	64.82	44.97	89.18	85.45	1.02	0.81
1 Slice Dry Wheat Toast	68.50	2.67	11.89	1.13	1.00	0.00	0.00	0.00	21.25	0.05	0.00	31.25	35.25	118.25	0.90	0.26
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1 Each LoCal Grape Jelly PC	6.16	0.01	2.49	0.01	0.12	0.00	0.00	0.00	0.42	0.00	0.00	0.42	3.22	0.00	0.02	0.00
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Breakfast Total :	456.45	21.67	52.56	18.28	3.51	237.05	242.26	1.92	117.08	48.53	184.38	404.24	758.26	389.59	2.97	3.04
Lunch																
3 Oz Roast Beef	148.84	23.88	0.00	5.15	0.00	65.49	0.00	1.22	7.65	0.00	0.00	5.95	197.32	31.47	1.94	4.09
1/2 Cup Au Gratin Potatoes	134.27	3.23	26.98	3.63	1.49	0.00	19.60	0.00	14.54	5.62	0.00	116.49	360.94	782.31	0.59	0.33
1/2 Cup Seasoned Beets	47.83	0.93	7.35	1.98	1.83	0.00	1.02	0.00	30.48	4.16	0.00	15.36	150.65	211.46	1.85	0.22
1 Each Wheat Dinner Roll	113.12	3.70	21.73	2.00	3.19	0.00	0.00	0.00	12.76	0.00	0.00	45.08	115.67	221.56	1.03	0.85
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1/2 Cup LoCal Chocolate Pudding	75.82	4.99	14.41	0.09	0.00	2.21	67.25	0.55	5.51	0.00	51.82	134.51	280.60	103.80	0.03	0.46
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Lunch Total :	677.80	44.81	82.23	21.72	6.51	87.21	222.07	3.07	83.20	10.27	171.38	615.83	1,451.50	1,503.42	5.50	7.13
Dinner																
1 Pkg Saltine Crackers	25.08	0.57	4.44	0.52	0.17	0.00	0.06	0.01	8.04	0.00	0.00	1.14	9.12	56.46	0.33	0.04
6 Fl Oz Vegetable Soup	58.06	1.69	9.62	1.55	0.49	0.00	139.73	0.00	8.86	1.18	0.00	19.57	169.22	510.60	0.87	0.37
1 Each Soft Chicken Salad on Wheat	261.35	18.70	25.97	8.83	2.01	81.63	23.48	0.22	50.22	0.29	12.07	74.44	165.28	440.47	2.45	1.52
1/2 Cup Chilled Peaches	52.80	0.76	13.88	0.04	1.56	0.00	22.80	0.00	3.60	4.32	0.00	7.20	153.61	4.80	0.32	0.13
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Dinner Total :	519.37	29.78	65.64	15.77	4.23	101.15	320.28	1.52	82.91	6.28	131.63	400.64	842.65	1,132.46	4.02	3.24
Grand Total :	1,653.63	96.26	200.44	55.77	14.25	425.41	784.61	6.51	283.19	65.08	487.40	1,420.72	3,052.41	3,025.47	12.49	13.42

Menu: Emergency Low Labor 7 Day / Consistent CHO/Regular Week 1 , Tuesday

Nutrient Breakdown by Menu

	Kcal (kcal)	Pro (g)	CHO (g)	Fat (g)	Fibr (g)	Chol (mg)	Vit A (RE)	Vit B12 (mcg)	Fol (mcg)	Vit C (mg)	Vit D (I.U.)	Cal (mg)	K (mg)	Na (mg)	Fe (mg)	Zn (mg)
Lower Parameter :	1,600.00	46.00	200.00	50.00		15.00		500.00	0.90	11.00	1.30	2.00	320.00	60.00	400.00	1,000.00
Breakfast																
4 Fl Oz Grape Juice	42.92	0.58	10.16	0.14	0.12	0.00	0.59	0.00	3.82	35.22	0.00	10.78	143.24	3.72	0.14	0.05
1/2 Cup Cream of Rice	83.91	1.43	18.69	0.11	0.16	0.00	0.00	0.00	6.58	0.00	0.00	5.13	33.76	28.92	6.45	0.25
1 Each Sausage Patty	147.42	8.41	0.64	12.36	0.00	39.01	12.70	0.44	0.45	0.00	26.31	4.08	155.13	369.23	0.54	1.11
1 Each Biscuit	132.01	2.86	19.92	4.55	0.30	0.43	0.86	0.02	24.51	0.04	0.00	21.93	69.66	420.11	1.07	0.22
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1 Each LoCal Grape Jelly PC	6.16	0.01	2.49	0.01	0.12	0.00	0.00	0.00	0.42	0.00	0.00	0.42	3.22	0.00	0.02	0.00
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Breakfast Total :	570.36	21.36	63.66	26.05	0.69	58.96	148.35	1.76	48.03	35.75	145.87	340.78	751.35	974.81	8.28	2.81
Lunch																
3 Oz Teriyaki Chicken	122.47	23.85	0.00	3.04	0.00	73.14	4.25	0.23	9.36	0.00	0.00	11.06	241.54	278.96	0.39	0.74
1/2 Cup Fluffy Rice	123.55	1.95	23.76	1.97	0.84	0.00	0.00	0.00	69.32	0.00	0.00	2.70	23.78	63.90	1.27	0.33
1/2 Cup Seasoned Broccoli Florets	41.64	2.82	4.89	1.92	2.73	0.00	46.30	0.00	27.30	36.42	0.00	46.70	164.56	36.65	0.56	0.28
1 Each Wheat Dinner Roll	113.12	3.70	21.73	2.00	3.19	0.00	0.00	0.00	12.76	0.00	0.00	45.08	115.67	221.56	1.03	0.85
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1 Slice Pound Cake	330.84	4.42	44.65	15.22	0.85	49.33	29.77	0.12	30.62	0.09	0.00	54.43	90.15	340.20	1.38	0.33
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Lunch Total :	889.56	44.82	106.79	33.02	7.61	141.99	214.52	1.64	161.60	36.99	119.56	458.41	982.03	1,094.09	4.69	3.71
Dinner																
1 Each Fish Fillet Sndw on Bun	344.09	16.77	40.87	12.38	1.79	31.47	16.78	1.06	63.34	0.68	0.00	86.79	285.42	695.73	2.13	0.75
1/2 Cup Potato Salad	142.50	1.91	16.91	7.54	0.00	75.00	37.50	0.15	31.25	1.38	0.00	17.50	337.51	410.01	0.91	0.25
1 Each Tartar Sauce	25.32	0.12	1.60	2.00	0.06	0.84	1.32	0.00	0.60	0.28	0.24	3.12	8.16	80.04	0.03	0.01
1/2 Cup Chilled Mandarin Oranges	51.59	0.86	13.34	0.04	0.98	0.00	59.96	0.00	6.97	47.69	0.00	15.34	185.46	6.97	0.38	0.71
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Dinner Total :	685.60	27.74	84.44	26.79	2.82	126.83	249.77	2.50	114.36	50.51	119.80	421.04	1,161.98	1,312.88	3.50	2.90
Grand Total :	2,145.52	93.92	254.90	85.85	11.13	327.78	612.64	5.90	324.00	123.25	385.24	1,220.22	2,895.36	3,381.78	16.47	9.43

Menu: Emergency Low Labor 7 Day / Consistent CHO/Regular Week 1 , Wednesday

Nutrient Breakdown by Menu

	Kcal (kcal)	Pro (g)	CHO (g)	Fat (g)	Fibr (g)	Chol (mg)	Vit A (RE)	Vit B12 (mcg)	Fol (mcg)	Vit C (mg)	Vit D (I.U.)	Cal (mg)	K (mg)	Na (mg)	Fe (mg)	Zn (mg)
Lower Parameter :	1,600.00	46.00	200.00	50.00		15.00		500.00	0.90	11.00	1.30	2.00	320.00	60.00	400.00	1,000.00
Breakfast																
4 Fl Oz Apple Juice	47.67	0.15	11.77	0.11	0.00	0.00	0.00	0.00	0.29	25.53	0.00	8.59	129.61	10.02	0.26	0.04
1/2 Cup Cream of Wheat	58.10	1.68	11.99	0.22	0.52	0.00	212.89	0.00	56.68	0.00	0.00	60.10	19.40	117.64	4.54	0.16
1/2 Cup Vanilla Yogurt	103.65	6.01	16.83	1.52	0.00	6.10	14.63	0.65	13.41	0.98	1.22	208.52	267.05	80.48	0.09	1.01
1 Slice Cinnamon Toast	111.62	2.72	14.92	4.78	1.66	0.00	0.19	0.00	21.37	0.10	0.00	43.91	41.48	147.85	1.01	0.29
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1 Each LoCal Grape Jelly PC	6.16	0.01	2.49	0.01	0.12	0.00	0.00	0.00	0.42	0.00	0.00	0.42	3.22	0.00	0.02	0.00
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Breakfast Total :	485.15	18.65	69.76	15.52	2.30	25.62	361.92	1.94	104.42	27.09	120.78	619.98	807.09	508.82	5.97	2.67
Lunch																
3 Oz Meatloaf	182.01	22.64	0.00	9.44	0.00	74.84	2.55	2.12	5.10	0.00	1.70	11.06	255.15	51.88	2.46	5.66
2 Fl Oz Brown Gravy	22.37	0.65	3.62	0.59	0.12	0.18	0.49	0.04	1.89	0.02	0.00	9.82	16.56	296.97	0.10	0.07
1/2 Cup Mashed Potatoes	106.51	2.27	22.10	1.26	1.80	0.00	0.27	0.00	12.53	22.04	0.00	9.44	299.76	126.55	0.33	0.19
1/2 Cup Parslied Carrots	51.21	0.67	7.29	2.46	3.13	0.00	767.97	0.00	10.92	2.73	0.00	37.66	188.32	70.57	0.60	0.35
1 Each Wheat Dinner Roll	113.12	3.70	21.73	2.00	3.19	0.00	0.00	0.00	12.76	0.00	0.00	45.08	115.67	221.56	1.03	0.85
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1 Each Sugar Cookies	91.47	0.84	12.84	4.09	0.19	2.31	2.31	0.00	13.22	0.00	0.00	1.68	30.84	68.81	0.39	0.05
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Lunch Total :	724.61	38.84	79.34	28.70	8.43	96.86	907.79	3.46	68.67	25.28	121.27	413.17	1,252.63	989.15	4.96	8.35
Dinner																
6 Fl Oz Minestrone Soup	59.04	3.02	7.96	1.78	0.69	0.87	73.80	0.00	25.18	0.78	0.00	26.82	222.24	450.53	0.65	0.52
1 Pkg Saltine Crackers	25.08	0.57	4.44	0.52	0.17	0.00	0.06	0.01	8.04	0.00	0.00	1.14	9.12	56.46	0.33	0.04
1 Each Turkey Sandwich on Wheat	217.16	18.42	28.95	3.04	2.55	24.95	5.67	0.05	50.46	3.35	1.13	75.41	199.58	705.91	2.40	1.34
1/2 Cup Soft Macaroni Salad	114.55	3.05	19.38	2.68	0.83	2.88	5.19	0.00	54.05	0.13	0.00	6.62	60.69	61.69	0.82	0.35
1 Each Mustard Pack	3.30	0.21	0.32	0.18	0.22	0.00	0.28	0.00	0.39	0.02	0.00	3.47	8.36	60.72	0.09	0.04
1/2 Cup Chilled Pears	63.49	0.43	16.43	0.09	2.03	0.00	0.00	0.00	1.27	2.03	0.00	11.43	121.90	5.08	0.37	0.11
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Dinner Total :	604.70	33.76	89.20	13.12	6.50	48.22	219.20	1.35	151.59	6.80	120.70	423.18	967.33	1,460.51	4.71	3.58

Grand Total :	1,814.46	91.26	238.30	57.33	17.23	170.69	1,488.92	6.75	324.68	59.17	362.75	1,456.32	3,027.06	2,958.49	15.64	14.60
---------------	----------	-------	--------	-------	-------	--------	----------	------	--------	-------	--------	----------	----------	----------	-------	-------

Menu: Emergency Low Labor 7 Day / Consistent CHO/Regular Week 1 , Thursday

Nutrient Breakdown by Menu

	Kcal (kcal)	Pro (g)	CHO (g)	Fat (g)	Fibr (g)	Chol (mg)	Vit A (RE)	Vit B12 (mcg)	Fol (mcg)	Vit C (mg)	Vit D (I.U.)	Cal (mg)	K (mg)	Na (mg)	Fe (mg)	Zn (mg)
Lower Parameter :	1,600.00	46.00	200.00	50.00		15.00		500.00	0.90	11.00	1.30	2.00	320.00	60.00	400.00	1,000.00
Breakfast																
4 Fl Oz Orange Juice	49.04	0.80	11.66	0.08	0.33	0.00	4.31	0.00	25.51	47.98	0.00	15.12	209.25	4.84	0.11	0.05
1/2 Cup Cinnamon Oatmeal	85.85	2.25	17.07	1.11	1.82	0.00	0.03	0.00	5.51	0.01	0.00	18.50	70.78	17.50	0.78	0.62
1/4 Cup Scrambled Egg & Cheese	127.85	9.19	1.08	9.42	0.02	194.45	129.37	0.65	46.09	0.00	55.49	130.05	80.50	152.23	0.87	1.15
1 Slice Dry Wheat Toast	68.50	2.67	11.89	1.13	1.00	0.00	0.00	0.00	21.25	0.05	0.00	31.25	35.25	118.25	0.90	0.26
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1 Each LoCal Grape Jelly PC	6.16	0.01	2.49	0.01	0.12	0.00	0.00	0.00	0.42	0.00	0.00	0.42	3.22	0.00	0.02	0.00
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Breakfast Total :	495.33	22.99	55.95	20.63	3.29	213.97	267.91	1.94	111.03	48.53	175.05	493.78	745.32	445.64	2.74	3.27
Lunch																
3 Oz Roast Turkey	150.54	25.13	0.04	4.74	0.00	75.69	8.51	0.43	7.65	0.00	11.91	9.36	210.92	85.90	0.68	1.50
1/2 Cup Cinnamon Sweet Potato	177.19	1.82	35.94	3.20	4.32	0.00	646.37	0.00	11.33	15.25	0.00	25.66	273.66	77.30	1.36	0.23
1/2 Cup Parsley Cauliflower	33.57	1.48	3.45	2.02	2.47	0.00	0.06	0.00	37.33	28.47	0.00	16.22	128.22	31.35	0.39	0.12
1 Each Wheat Dinner Roll	113.12	3.70	21.73	2.00	3.19	0.00	0.00	0.00	12.76	0.00	0.00	45.08	115.67	221.56	1.03	0.85
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1/2 Cup Vanilla Pudding	126.16	3.28	23.77	2.01	0.12	7.81	53.68	0.52	4.88	0.20	47.83	118.14	140.73	175.49	0.04	0.47
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Lunch Total :	758.52	43.49	96.69	22.84	10.09	103.02	842.83	2.24	86.21	44.41	179.30	512.89	1,215.53	744.42	3.55	4.36
Dinner																
1/3 Cup Beef Taco Filling	120.00	8.00	2.00	9.00	0.00	25.00	80.00	0.00	0.00	0.00	0.00	0.00	0.00	260.00	1.44	0.00
1/2 Cup Refried Beans	115.32	5.77	16.11	3.41	4.34	0.00	0.05	0.00	13.79	7.33	0.00	35.35	375.21	423.09	1.71	0.68
1 Each Flour Tortilla	92.14	2.47	15.76	2.01	0.94	0.00	0.00	0.00	34.87	0.00	0.00	11.06	37.14	135.51	0.94	0.20
1 Oz Cheddar Cheese Garnish	114.53	6.48	0.88	9.44	0.00	28.07	93.56	0.31	7.65	0.00	6.80	201.29	21.55	185.13	0.04	1.03
1/2 Cup Chilled Peaches	52.80	0.76	13.88	0.04	1.56	0.00	22.80	0.00	3.60	4.32	0.00	7.20	153.61	4.80	0.32	0.13
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Dinner Total :	616.87	31.54	60.36	28.73	6.84	72.59	330.61	1.61	72.12	12.14	126.37	553.18	932.93	1,128.65	4.50	3.21
Grand Total :	1,870.72	98.02	212.99	72.20	20.23	389.58	1,441.35	5.78	269.36	105.07	480.72	1,559.85	2,893.78	2,318.71	10.78	10.84

Menu: Emergency Low Labor 7 Day / Consistent CHO/Regular Week 1 , Friday

Nutrient Breakdown by Menu

	Kcal (kcal)	Pro (g)	CHO (g)	Fat (g)	Fibr (g)	Chol (mg)	Vit A (RE)	Vit B12 (mcg)	Fol (mcg)	Vit C (mg)	Vit D (I.U.)	Cal (mg)	K (mg)	Na (mg)	Fe (mg)	Zn (mg)
Lower Parameter :	1,600.00	46.00	200.00	50.00		15.00		500.00	0.90	11.00	1.30	2.00	320.00	60.00	400.00	1,000.00
Breakfast																
4 Fl Oz Grape Juice	42.92	0.58	10.16	0.14	0.12	0.00	0.59	0.00	3.82	35.22	0.00	10.78	143.24	3.72	0.14	0.05
1/2 Cup Cream of Rice	83.91	1.43	18.69	0.11	0.16	0.00	0.00	0.00	6.58	0.00	0.00	5.13	33.76	28.92	6.45	0.25
1 Oz Breakfast Ham	57.85	8.50	3.45	1.12	0.00	10.43	0.00	0.18	0.95	0.28	0.00	2.99	78.28	426.87	0.18	0.43
1 Slice Dry Wheat Toast	68.50	2.67	11.89	1.13	1.00	0.00	0.00	0.00	21.25	0.05	0.00	31.25	35.25	118.25	0.90	0.26
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1 Each LoCal Grape Jelly PC	6.16	0.01	2.49	0.01	0.12	0.00	0.00	0.00	0.42	0.00	0.00	0.42	3.22	0.00	0.02	0.00
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Breakfast Total :	417.28	21.26	58.43	11.39	1.39	29.95	134.79	1.47	45.27	36.04	119.56	349.01	640.09	730.59	7.75	2.18
Lunch																
6 Each Meatballs	182.25	17.01	4.86	10.94	1.22	42.53	40.10	0.00	0.00	1.46	0.00	48.60	0.00	303.75	2.19	0.00
2 Fl Oz Brown Gravy	22.37	0.65	3.62	0.59	0.12	0.18	0.49	0.04	1.89	0.02	0.00	9.82	16.56	296.97	0.10	0.07
1/2 Cup Seasoned Egg Noodles	120.66	3.86	19.41	3.03	0.90	22.86	4.63	0.08	62.62	0.00	2.99	17.18	69.34	37.32	1.09	0.53
1/2 Cup Seasoned Green Beans	41.69	1.37	5.90	1.97	2.74	0.00	19.07	0.00	21.07	3.72	0.00	39.51	146.23	15.68	0.66	0.22
1 Each Wheat Dinner Roll	113.12	3.70	21.73	2.00	3.19	0.00	0.00	0.00	12.76	0.00	0.00	45.08	115.67	221.56	1.03	0.85
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1 Slice Angel Food Cake	108.36	2.48	24.28	0.34	0.63	0.00	0.00	0.03	14.70	0.00	0.00	58.80	39.06	314.58	0.22	0.03
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Lunch Total :	746.38	37.14	91.55	27.72	8.80	85.09	198.49	1.44	125.29	5.68	122.56	517.43	733.18	1,342.68	5.34	2.88
Dinner																
3 Oz Chicken Tenders	206.84	12.60	12.81	11.70	1.47	31.03	6.03	0.16	24.13	0.43	2.59	33.61	242.17	454.18	0.72	0.53
1 Fl Oz Honey Mustard Sauce	57.93	0.23	6.25	3.83	0.18	4.61	0.22	0.00	0.38	0.03	0.00	2.96	10.39	143.68	0.09	0.06
1/2 Cup Potato Wedges	117.37	2.04	20.68	2.91	2.04	0.00	0.00	0.00	0.00	5.87	0.00	11.06	306.17	25.51	0.71	0.00
1 Each Wheat Dinner Roll	113.12	3.70	21.73	2.00	3.19	0.00	0.00	0.00	12.76	0.00	0.00	45.08	115.67	221.56	1.03	0.85
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1/2 Cup Chilled Applesauce	51.24	0.21	13.75	0.12	1.34	0.00	1.22	0.00	3.66	25.86	0.00	4.88	90.28	2.44	0.28	0.04
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Dinner Total :	704.43	26.85	86.96	29.43	8.22	55.15	141.68	1.45	53.17	32.68	122.15	396.02	1,111.01	1,000.19	2.88	2.65

Grand Total :	1,868.08	85.26	236.95	68.55	18.41	170.20	474.95	4.36	223.73	74.41	364.27	1,262.46	2,484.28	3,073.47	15.98	7.71
---------------	----------	-------	--------	-------	-------	--------	--------	------	--------	-------	--------	----------	----------	----------	-------	------

Menu: Emergency Low Labor 7 Day / Consistent CHO/Regular Week 1 , Saturday

Nutrient Breakdown by Menu

	Kcal (kcal)	Pro (g)	CHO (g)	Fat (g)	Fibr (g)	Chol (mg)	Vit A (RE)	Vit B12 (mcg)	Fol (mcg)	Vit C (mg)	Vit D (I.U.)	Cal (mg)	K (mg)	Na (mg)	Fe (mg)	Zn (mg)
Lower Parameter :	1,600.00	46.00	200.00	50.00		15.00		500.00	0.90	11.00	1.30	2.00	320.00	60.00	400.00	1,000.00
Breakfast																
4 Fl Oz Apple Juice	47.67	0.15	11.77	0.11	0.00	0.00	0.00	0.00	0.29	25.53	0.00	8.59	129.61	10.02	0.26	0.04
1/2 Cup Cream of Wheat	58.10	1.68	11.99	0.22	0.52	0.00	212.89	0.00	56.68	0.00	0.00	60.10	19.40	117.64	4.54	0.16
1 #16scp Scrambled Egg	97.46	7.43	0.95	6.86	0.00	217.53	103.75	0.62	51.11	0.01	64.82	44.97	89.18	85.45	1.02	0.81
1 Slice Dry Wheat Toast	68.50	2.67	11.89	1.13	1.00	0.00	0.00	0.00	21.25	0.05	0.00	31.25	35.25	118.25	0.90	0.26
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1 Each LoCal Grape Jelly PC	6.16	0.01	2.49	0.01	0.12	0.00	0.00	0.00	0.42	0.00	0.00	0.42	3.22	0.00	0.02	0.00
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Breakfast Total :	435.83	20.02	50.84	17.20	1.64	237.05	450.85	1.92	142.00	26.08	184.38	443.77	622.99	484.19	6.79	2.44
Lunch																
3 Oz Pork Roast	169.25	22.52	0.00	8.78	0.00	64.64	1.70	0.71	0.00	0.00	18.71	10.21	373.37	56.98	0.76	2.05
1/2 Cup Garlic Mashed Potatoes	106.67	2.28	22.14	1.26	1.80	0.00	0.27	0.00	12.56	22.05	0.00	9.48	300.34	126.57	0.33	0.19
1/2 Cup Wax Beans	41.74	1.37	5.90	1.98	2.74	0.00	5.51	0.00	21.00	3.80	0.00	45.25	116.43	23.18	0.82	0.44
1 Each Wheat Dinner Roll	113.12	3.70	21.73	2.00	3.19	0.00	0.00	0.00	12.76	0.00	0.00	45.08	115.67	221.56	1.03	0.85
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1 Each Snickerdoodle Cookies	91.47	0.84	12.84	4.09	0.19	2.31	2.31	0.00	13.22	0.00	0.00	1.68	30.84	68.81	0.39	0.05
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Lunch Total :	680.17	38.78	74.37	26.96	7.92	86.47	143.99	2.01	71.78	26.33	138.28	410.13	1,282.98	649.93	3.38	4.77
Dinner																
1 Pkg Saltine Crackers	25.08	0.57	4.44	0.52	0.17	0.00	0.06	0.01	8.04	0.00	0.00	1.14	9.12	56.46	0.33	0.04
6 Fl Oz Split Pea Soup	171.32	9.33	25.29	3.99	2.07	7.29	20.66	0.24	2.43	1.34	0.00	22.64	361.93	768.67	2.07	1.20
1 Each Soft Tuna Salad on Wheat	210.99	14.10	25.92	5.71	2.01	41.94	16.64	1.11	47.25	0.56	24.78	72.89	154.15	406.09	2.55	0.88
1/2 Cup Pickled Beets	73.78	0.91	18.48	0.09	0.91	0.00	2.27	0.00	30.65	2.61	0.00	12.49	130.53	169.12	0.47	0.30
1/2 Cup Chilled Pears	63.49	0.43	16.43	0.09	2.03	0.00	0.00	0.00	1.27	2.03	0.00	11.43	121.90	5.08	0.37	0.11
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Dinner Total :	666.74	33.41	102.28	15.23	7.19	68.75	173.83	2.65	101.84	7.03	144.35	418.87	1,123.06	1,525.54	5.83	3.71
Grand Total :	1,782.74	92.21	227.49	59.38	16.74	392.27	768.67	6.58	315.62	59.45	467.01	1,272.77	3,029.03	2,659.66	16.00	10.92

Menu: Emergency Low Labor 7 Day / Consistent CHO/Regular Week 1 , Sunday

Nutrient Breakdown by Menu

	Kcal (kcal)	Pro (g)	CHO (g)	Fat (g)	Fibr (g)	Chol (mg)	Vit A (RE)	Vit B12 (mcg)	Fol (mcg)	Vit C (mg)	Vit D (I.U.)	Cal (mg)	K (mg)	Na (mg)	Fe (mg)	Zn (mg)
Lower Parameter :	1,600.00	46.00	200.00	50.00		15.00		500.00	0.90	11.00	1.30	2.00	320.00	60.00	400.00	1,000.00
Breakfast																
4 Fl Oz Orange Juice	49.04	0.80	11.66	0.08	0.33	0.00	4.31	0.00	25.51	47.98	0.00	15.12	209.25	4.84	0.11	0.05
1/2 Cup Oatmeal	77.36	2.68	13.82	1.33	2.06	0.00	0.00	0.00	6.53	0.00	0.00	14.04	75.03	28.22	0.87	0.74
1 Each Hard Boiled Egg	71.50	6.28	0.36	4.76	0.00	186.00	80.00	0.45	23.50	0.00	41.00	28.00	69.00	71.00	0.88	0.65
1/2 Each Cinnamon Roll	103.41	0.95	16.76	3.68	0.31	0.00	0.00	0.00	0.59	0.02	0.00	6.38	2.51	185.16	0.44	0.01
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Breakfast Total :	423.39	18.78	54.32	14.68	2.70	205.52	218.51	1.74	68.33	48.49	160.56	361.83	701.22	409.35	2.34	2.62
Lunch																
3 Oz Grilled Chicken Breast	165.85	20.92	4.08	6.85	1.02	51.03	0.00	0.64	2.55	0.00	7.65	29.77	274.71	455.02	1.52	2.86
1/2 Cup Macaroni & Cheese	253.52	5.94	40.03	7.56	1.14	8.35	20.32	0.17	105.97	0.33	0.00	89.72	212.80	1,173.98	0.98	0.74
1/2 Cup California Blend Vegetables	42.83	1.07	5.35	1.82	2.13	0.00	95.09	0.00	0.02	28.82	0.00	21.41	0.41	41.41	0.39	0.00
1 Each Wheat Dinner Roll	113.12	3.70	21.73	2.00	3.19	0.00	0.00	0.00	12.76	0.00	0.00	45.08	115.67	221.56	1.03	0.85
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1 Each NSA FF Vanilla Ice Cream PC	80.00	4.00	20.00	0.00	5.00	0.00	0.00	0.00	0.00	0.00	0.00	150.00	0.00	65.00	0.00	0.00
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Lunch Total :	813.25	43.71	102.95	27.09	12.48	78.90	249.62	2.10	133.55	29.63	127.22	634.41	949.92	2,109.78	3.97	5.64
Dinner																
1 Each Cheeseburger on Bun	397.42	25.15	28.37	19.68	0.94	81.28	69.21	2.11	56.80	0.68	32.30	273.03	315.49	647.93	3.35	4.77
4 Oz French Fries	247.21	3.90	38.59	9.30	3.63	0.00	0.00	0.00	19.28	10.77	0.00	11.34	544.31	51.03	1.69	0.46
1 Each Pickle Spear	3.40	0.14	0.68	0.09	0.28	0.00	1.70	0.00	2.27	0.65	0.00	16.16	33.17	229.35	0.07	0.03
1 Each Mustard Pack	3.30	0.21	0.32	0.18	0.22	0.00	0.28	0.00	0.39	0.02	0.00	3.47	8.36	60.72	0.09	0.04
1/2 Cup Chilled Mandarin Oranges	51.59	0.86	13.34	0.04	0.98	0.00	59.96	0.00	6.97	47.69	0.00	15.34	185.46	6.97	0.38	0.71
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Dinner Total :	825.01	38.33	93.03	34.13	6.04	100.80	265.35	3.40	97.90	60.30	151.86	617.63	1,432.22	1,116.12	5.63	7.18
Grand Total :	2,061.65	100.82	250.29	75.89	21.23	385.22	733.49	7.24	299.78	138.41	439.64	1,613.86	3,083.35	3,635.25	11.94	15.44

Menu: Emergency Low Labor 7 Day / No Added Salt/Regular Week 1 , Monday

Nutrient Breakdown by Menu

	Kcal (kcal)	Pro (g)	CHO (g)	Fat (g)	Fibr (g)	Chol (mg)	Vit A (RE)	Vit B12 (mcg)	Fol (mcg)	Vit C (mg)	Vit D (I.U.)	Cal (mg)	K (mg)	Na (mg)	Fe (mg)	Zn (mg)
Lower Parameter :	1,800.00	46.00	225.00	50.00		15.00		500.00	0.90	11.00	1.30	2.00	320.00	60.00	400.00	1,000.00
Breakfast																
6 Fl Oz Orange Juice	73.55	1.19	17.49	0.12	0.50	0.00	6.46	0.00	38.27	71.96	0.00	22.67	313.87	7.27	0.16	0.08
1/2 Cup Oatmeal	77.36	2.68	13.82	1.33	2.06	0.00	0.00	0.00	6.53	0.00	0.00	14.04	75.03	28.22	0.87	0.74
1 #16scp Scrambled Egg	97.46	7.43	0.95	6.86	0.00	217.53	103.75	0.62	51.11	0.01	64.82	44.97	89.18	85.45	1.02	0.81
1 Slice Dry Wheat Toast	68.50	2.67	11.89	1.13	1.00	0.00	0.00	0.00	21.25	0.05	0.00	31.25	35.25	118.25	0.90	0.26
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1 Each Grape Jelly	18.54	0.02	4.59	0.00	0.07	0.00	0.00	0.00	0.73	0.59	0.00	1.33	5.13	2.13	0.03	0.00
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Breakfast Total :	493.35	22.08	60.49	18.32	3.63	237.05	244.41	1.92	130.15	73.10	184.38	412.71	864.80	394.14	3.04	3.07
Lunch																
3 Oz Roast Beef	148.84	23.88	0.00	5.15	0.00	65.49	0.00	1.22	7.65	0.00	0.00	5.95	197.32	31.47	1.94	4.09
1/2 Cup Au Gratin Potatoes	134.27	3.23	26.98	3.63	1.49	0.00	19.60	0.00	14.54	5.62	0.00	116.49	360.94	782.31	0.59	0.33
1/2 Cup Seasoned Beets	47.83	0.93	7.35	1.98	1.83	0.00	1.02	0.00	30.48	4.16	0.00	15.36	150.65	211.46	1.85	0.22
1 Each Wheat Dinner Roll	113.12	3.70	21.73	2.00	3.19	0.00	0.00	0.00	12.76	0.00	0.00	45.08	115.67	221.56	1.03	0.85
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1/2 Cup Chocolate Pudding	120.64	3.74	22.41	2.35	0.89	7.81	53.68	0.52	5.67	0.20	47.83	127.64	178.12	140.93	0.38	0.65
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Lunch Total :	722.63	43.55	90.23	23.98	7.41	92.82	208.50	3.04	83.36	10.47	167.39	608.97	1,349.02	1,540.55	5.85	7.32
Dinner																
1 Pkg LS Crackers	25.26	0.57	4.46	0.53	0.17	0.00	0.00	0.01	8.40	0.00	0.00	7.14	43.44	11.88	0.31	0.05
6 Fl Oz Vegetable Soup	58.06	1.69	9.62	1.55	0.49	0.00	139.73	0.00	8.86	1.18	0.00	19.57	169.22	510.60	0.87	0.37
1 Each Soft Chicken Salad on Wheat	261.35	18.70	25.97	8.83	2.01	81.63	23.48	0.22	50.22	0.29	12.07	74.44	165.28	440.47	2.45	1.52
1/2 Cup Chilled Peaches	52.80	0.76	13.88	0.04	1.56	0.00	22.80	0.00	3.60	4.32	0.00	7.20	153.61	4.80	0.32	0.13
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Dinner Total :	519.55	29.78	65.66	15.79	4.23	101.15	320.22	1.52	83.27	6.28	131.63	406.64	876.97	1,087.88	4.00	3.25
Grand Total :	1,735.53	95.41	216.38	58.08	15.27	431.01	773.13	6.47	296.78	89.85	483.41	1,428.32	3,090.79	3,022.57	12.88	13.64

Menu: Emergency Low Labor 7 Day / No Added Salt/Regular Week 1 , Tuesday

Nutrient Breakdown by Menu

	Kcal (kcal)	Pro (g)	CHO (g)	Fat (g)	Fibr (g)	Chol (mg)	Vit A (RE)	Vit B12 (mcg)	Fol (mcg)	Vit C (mg)	Vit D (I.U.)	Cal (mg)	K (mg)	Na (mg)	Fe (mg)	Zn (mg)
Lower Parameter :	1,800.00	46.00	225.00	50.00		15.00		500.00	0.90	11.00	1.30	2.00	320.00	60.00	400.00	1,000.00
Breakfast																
6 Fl Oz Grape Juice	64.38	0.87	15.24	0.21	0.18	0.00	0.88	0.00	5.73	52.83	0.00	16.17	214.86	5.59	0.22	0.08
1/2 Cup Cream of Rice	83.91	1.43	18.69	0.11	0.16	0.00	0.00	0.00	6.58	0.00	0.00	5.13	33.76	28.92	6.45	0.25
1 #16scp Scrambled Egg	97.46	7.43	0.95	6.86	0.00	217.53	103.75	0.62	51.11	0.01	64.82	44.97	89.18	85.45	1.02	0.81
1 Each Biscuit	132.01	2.86	19.92	4.55	0.30	0.43	0.86	0.02	24.51	0.04	0.00	21.93	69.66	420.11	1.07	0.22
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1 Each Grape Jelly	18.54	0.02	4.59	0.00	0.07	0.00	0.00	0.00	0.73	0.59	0.00	1.33	5.13	2.13	0.03	0.00
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Breakfast Total :	554.24	20.69	71.14	20.60	0.71	237.48	239.69	1.94	100.92	53.96	184.38	387.97	758.93	695.03	8.84	2.54
Lunch																
3 Oz Teriyaki Chicken	122.47	23.85	0.00	3.04	0.00	73.14	4.25	0.23	9.36	0.00	0.00	11.06	241.54	278.96	0.39	0.74
1/2 Cup Fluffy Rice	123.55	1.95	23.76	1.97	0.84	0.00	0.00	0.00	69.32	0.00	0.00	2.70	23.78	63.90	1.27	0.33
1/2 Cup Seasoned Broccoli Florets	41.64	2.82	4.89	1.92	2.73	0.00	46.30	0.00	27.30	36.42	0.00	46.70	164.56	36.65	0.56	0.28
1 Each Wheat Dinner Roll	113.12	3.70	21.73	2.00	3.19	0.00	0.00	0.00	12.76	0.00	0.00	45.08	115.67	221.56	1.03	0.85
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1 Slice Pound Cake	330.84	4.42	44.65	15.22	0.85	49.33	29.77	0.12	30.62	0.09	0.00	54.43	90.15	340.20	1.38	0.33
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Lunch Total :	889.56	44.82	106.79	33.02	7.61	141.99	214.52	1.64	161.60	36.99	119.56	458.41	982.03	1,094.09	4.69	3.71
Dinner																
1 Each Fish Fillet Sndw on Bun	344.09	16.77	40.87	12.38	1.79	31.47	16.78	1.06	63.34	0.68	0.00	86.79	285.42	695.73	2.13	0.75
1/2 Cup Potato Salad	142.50	1.91	16.91	7.54	0.00	75.00	37.50	0.15	31.25	1.38	0.00	17.50	337.51	410.01	0.91	0.25
1 Each Tartar Sauce	25.32	0.12	1.60	2.00	0.06	0.84	1.32	0.00	0.60	0.28	0.24	3.12	8.16	80.04	0.03	0.01
1/2 Cup Chilled Mandarin Oranges	51.59	0.86	13.34	0.04	0.98	0.00	59.96	0.00	6.97	47.69	0.00	15.34	185.46	6.97	0.38	0.71
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Dinner Total :	685.60	27.74	84.44	26.79	2.82	126.83	249.77	2.50	114.36	50.51	119.80	421.04	1,161.98	1,312.88	3.50	2.90
Grand Total :	2,129.40	93.25	262.38	80.41	11.14	506.30	703.98	6.08	376.88	141.46	423.75	1,267.42	2,902.94	3,101.99	17.03	9.15

Menu: Emergency Low Labor 7 Day / No Added Salt/Regular Week 1 , Wednesday

Nutrient Breakdown by Menu

	Kcal (kcal)	Pro (g)	CHO (g)	Fat (g)	Fibr (g)	Chol (mg)	Vit A (RE)	Vit B12 (mcg)	Fol (mcg)	Vit C (mg)	Vit D (I.U.)	Cal (mg)	K (mg)	Na (mg)	Fe (mg)	Zn (mg)
Lower Parameter :	1,800.00	46.00	225.00	50.00		15.00		500.00	0.90	11.00	1.30	2.00	320.00	60.00	400.00	1,000.00
Breakfast																
6 Fl Oz Apple Juice	71.51	0.22	17.66	0.16	0.00	0.00	0.00	0.00	0.43	38.30	0.00	12.88	194.41	15.03	0.39	0.06
1/2 Cup Cream of Wheat	58.10	1.68	11.99	0.22	0.52	0.00	212.89	0.00	56.68	0.00	0.00	60.10	19.40	117.64	4.54	0.16
1/2 Cup Vanilla Yogurt	103.65	6.01	16.83	1.52	0.00	6.10	14.63	0.65	13.41	0.98	1.22	208.52	267.05	80.48	0.09	1.01
1 Slice Cinnamon Toast	111.62	2.72	14.92	4.78	1.66	0.00	0.19	0.00	21.37	0.10	0.00	43.91	41.48	147.85	1.01	0.29
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1 Each Grape Jelly	18.54	0.02	4.59	0.00	0.07	0.00	0.00	0.00	0.73	0.59	0.00	1.33	5.13	2.13	0.03	0.00
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Breakfast Total :	521.36	18.74	77.75	15.56	2.26	25.62	361.92	1.94	104.87	40.44	120.78	625.19	873.81	515.97	6.12	2.69
Lunch																
3 Oz Meatloaf	182.01	22.64	0.00	9.44	0.00	74.84	2.55	2.12	5.10	0.00	1.70	11.06	255.15	51.88	2.46	5.66
2 Fl Oz LS Brown Gravy	3.23	0.23	0.38	0.15	0.02	0.18	0.00	0.01	1.52	0.00	0.00	2.14	5.53	2.87	0.04	0.06
1/2 Cup Mashed Potatoes	106.51	2.27	22.10	1.26	1.80	0.00	0.27	0.00	12.53	22.04	0.00	9.44	299.76	126.55	0.33	0.19
1/2 Cup Parslied Carrots	51.21	0.67	7.29	2.46	3.13	0.00	767.97	0.00	10.92	2.73	0.00	37.66	188.32	70.57	0.60	0.35
1 Each Wheat Dinner Roll	113.12	3.70	21.73	2.00	3.19	0.00	0.00	0.00	12.76	0.00	0.00	45.08	115.67	221.56	1.03	0.85
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
2 Each Sugar Cookies	182.93	1.68	25.69	8.17	0.38	4.62	4.62	0.01	26.43	0.00	0.00	3.36	61.68	137.62	0.78	0.10
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Lunch Total :	796.94	39.26	88.94	32.34	8.51	99.16	909.61	3.43	81.52	25.26	121.27	407.17	1,272.44	763.86	5.29	8.39
Dinner																
6 Fl Oz Minestrone Soup	59.04	3.02	7.96	1.78	0.69	0.87	73.80	0.00	25.18	0.78	0.00	26.82	222.24	450.53	0.65	0.52
1 Pkg LS Crackers	25.26	0.57	4.46	0.53	0.17	0.00	0.00	0.01	8.40	0.00	0.00	7.14	43.44	11.88	0.31	0.05
1 Each Turkey Sandwich on Wheat	217.16	18.42	28.95	3.04	2.55	24.95	5.67	0.05	50.46	3.35	1.13	75.41	199.58	705.91	2.40	1.34
1/2 Cup Soft Macaroni Salad	114.55	3.05	19.38	2.68	0.83	2.88	5.19	0.00	54.05	0.13	0.00	6.62	60.69	61.69	0.82	0.35
1 . -	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.03	0.01	0.03	0.00	0.00
1/2 Cup Chilled Pears	63.49	0.43	16.43	0.09	2.03	0.00	0.00	0.00	1.27	2.03	0.00	11.43	121.90	5.08	0.37	0.11
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Dinner Total :	601.58	33.56	88.90	12.95	6.28	48.22	218.87	1.35	151.57	6.78	120.70	425.74	993.30	1,355.24	4.59	3.55

Grand Total :	1,919.88	91.55	255.58	60.85	17.05	173.00	1,490.40	6.71	337.97	72.48	362.75	1,458.09	3,139.55	2,635.08	16.00	14.63
---------------	----------	-------	--------	-------	-------	--------	----------	------	--------	-------	--------	----------	----------	----------	-------	-------

Menu: Emergency Low Labor 7 Day / No Added Salt/Regular Week 1 , Thursday

Nutrient Breakdown by Menu

	Kcal (kcal)	Pro (g)	CHO (g)	Fat (g)	Fibr (g)	Chol (mg)	Vit A (RE)	Vit B12 (mcg)	Fol (mcg)	Vit C (mg)	Vit D (I.U.)	Cal (mg)	K (mg)	Na (mg)	Fe (mg)	Zn (mg)
Lower Parameter :	1,800.00	46.00	225.00	50.00		15.00		500.00	0.90	11.00	1.30	2.00	320.00	60.00	400.00	1,000.00
Breakfast																
6 Fl Oz Orange Juice	73.55	1.19	17.49	0.12	0.50	0.00	6.46	0.00	38.27	71.96	0.00	22.67	313.87	7.27	0.16	0.08
1/2 Cup Cinnamon Oatmeal	85.85	2.25	17.07	1.11	1.82	0.00	0.03	0.00	5.51	0.01	0.00	18.50	70.78	17.50	0.78	0.62
1/4 Cup Scrambled Egg & Cheese	127.85	9.19	1.08	9.42	0.02	194.45	129.37	0.65	46.09	0.00	55.49	130.05	80.50	152.23	0.87	1.15
1 Slice Dry Wheat Toast	68.50	2.67	11.89	1.13	1.00	0.00	0.00	0.00	21.25	0.05	0.00	31.25	35.25	118.25	0.90	0.26
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1 Each Grape Jelly	18.54	0.02	4.59	0.00	0.07	0.00	0.00	0.00	0.73	0.59	0.00	1.33	5.13	2.13	0.03	0.00
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Breakfast Total :	532.23	23.40	63.87	20.66	3.41	213.97	270.07	1.94	124.10	73.10	175.05	502.25	851.86	450.20	2.80	3.30
Lunch																
3 Oz Roast Turkey	150.54	25.13	0.04	4.74	0.00	75.69	8.51	0.43	7.65	0.00	11.91	9.36	210.92	85.90	0.68	1.50
1/2 Cup Cinnamon Sweet Potato	177.19	1.82	35.94	3.20	4.32	0.00	646.37	0.00	11.33	15.25	0.00	25.66	273.66	77.30	1.36	0.23
1/2 Cup Parsley Cauliflower	33.57	1.48	3.45	2.02	2.47	0.00	0.06	0.00	37.33	28.47	0.00	16.22	128.22	31.35	0.39	0.12
1 Each Wheat Dinner Roll	113.12	3.70	21.73	2.00	3.19	0.00	0.00	0.00	12.76	0.00	0.00	45.08	115.67	221.56	1.03	0.85
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1/2 Cup Vanilla Pudding	126.16	3.28	23.77	2.01	0.12	7.81	53.68	0.52	4.88	0.20	47.83	118.14	140.73	175.49	0.04	0.47
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Lunch Total :	758.52	43.49	96.69	22.84	10.09	103.02	842.83	2.24	86.21	44.41	179.30	512.89	1,215.53	744.42	3.55	4.36
Dinner																
1/3 Cup Beef Taco Filling	120.00	8.00	2.00	9.00	0.00	25.00	80.00	0.00	0.00	0.00	0.00	0.00	0.00	260.00	1.44	0.00
1/2 Cup Refried Beans	115.32	5.77	16.11	3.41	4.34	0.00	0.05	0.00	13.79	7.33	0.00	35.35	375.21	423.09	1.71	0.68
1 Each Flour Tortilla	92.14	2.47	15.76	2.01	0.94	0.00	0.00	0.00	34.87	0.00	0.00	11.06	37.14	135.51	0.94	0.20
1 Oz Cheddar Cheese Garnish	114.53	6.48	0.88	9.44	0.00	28.07	93.56	0.31	7.65	0.00	6.80	201.29	21.55	185.13	0.04	1.03
1/2 Cup Chilled Peaches	52.80	0.76	13.88	0.04	1.56	0.00	22.80	0.00	3.60	4.32	0.00	7.20	153.61	4.80	0.32	0.13
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Dinner Total :	616.87	31.54	60.36	28.73	6.84	72.59	330.61	1.61	72.12	12.14	126.37	553.18	932.93	1,128.65	4.50	3.21
Grand Total :	1,907.62	98.43	220.92	72.23	20.35	389.58	1,443.51	5.78	282.43	129.65	480.72	1,568.32	3,000.32	2,323.27	10.85	10.87

Menu: Emergency Low Labor 7 Day / No Added Salt/Regular Week 1 , Friday

Nutrient Breakdown by Menu

	Kcal (kcal)	Pro (g)	CHO (g)	Fat (g)	Fibr (g)	Chol (mg)	Vit A (RE)	Vit B12 (mcg)	Fol (mcg)	Vit C (mg)	Vit D (I.U.)	Cal (mg)	K (mg)	Na (mg)	Fe (mg)	Zn (mg)
Lower Parameter :	1,800.00	46.00	225.00	50.00		15.00		500.00	0.90	11.00	1.30	2.00	320.00	60.00	400.00	1,000.00
Breakfast																
6 Fl Oz Grape Juice	64.38	0.87	15.24	0.21	0.18	0.00	0.88	0.00	5.73	52.83	0.00	16.17	214.86	5.59	0.22	0.08
1/2 Cup Cream of Rice	83.91	1.43	18.69	0.11	0.16	0.00	0.00	0.00	6.58	0.00	0.00	5.13	33.76	28.92	6.45	0.25
1 Each Hard Boiled Egg	71.50	6.28	0.36	4.76	0.00	186.00	80.00	0.45	23.50	0.00	41.00	28.00	69.00	71.00	0.88	0.65
1 Slice Dry Wheat Toast	68.50	2.67	11.89	1.13	1.00	0.00	0.00	0.00	21.25	0.05	0.00	31.25	35.25	118.25	0.90	0.26
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1 Each Grape Jelly	18.54	0.02	4.59	0.00	0.07	0.00	0.00	0.00	0.73	0.59	0.00	1.33	5.13	2.13	0.03	0.00
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Breakfast Total :	464.77	19.34	62.52	15.08	1.41	205.52	215.09	1.74	70.04	53.96	160.56	380.32	704.34	378.71	8.53	2.42
Lunch																
6 Each Meatballs	182.25	17.01	4.86	10.94	1.22	42.53	40.10	0.00	0.00	1.46	0.00	48.60	0.00	303.75	2.19	0.00
2 Fl Oz LS Brown Gravy	3.23	0.23	0.38	0.15	0.02	0.18	0.00	0.01	1.52	0.00	0.00	2.14	5.53	2.87	0.04	0.06
1/2 Cup Seasoned Egg Noodles	120.66	3.86	19.41	3.03	0.90	22.86	4.63	0.08	62.62	0.00	2.99	17.18	69.34	37.32	1.09	0.53
1/2 Cup Seasoned Green Beans	41.69	1.37	5.90	1.97	2.74	0.00	19.07	0.00	21.07	3.72	0.00	39.51	146.23	15.68	0.66	0.22
1 Each Wheat Dinner Roll	113.12	3.70	21.73	2.00	3.19	0.00	0.00	0.00	12.76	0.00	0.00	45.08	115.67	221.56	1.03	0.85
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1 Slice Angel Food Cake	108.36	2.48	24.28	0.34	0.63	0.00	0.00	0.03	14.70	0.00	0.00	58.80	39.06	314.58	0.22	0.03
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Lunch Total :	727.24	36.72	88.31	27.28	8.69	85.09	198.00	1.40	124.92	5.67	122.56	509.75	722.15	1,048.59	5.28	2.87
Dinner																
3 Oz Chicken Tenders	206.84	12.60	12.81	11.70	1.47	31.03	6.03	0.16	24.13	0.43	2.59	33.61	242.17	454.18	0.72	0.53
1 Fl Oz Honey Mustard Sauce	57.93	0.23	6.25	3.83	0.18	4.61	0.22	0.00	0.38	0.03	0.00	2.96	10.39	143.68	0.09	0.06
1/2 Cup Potato Wedges	117.37	2.04	20.68	2.91	2.04	0.00	0.00	0.00	0.00	5.87	0.00	11.06	306.17	25.51	0.71	0.00
1 Each Wheat Dinner Roll	113.12	3.70	21.73	2.00	3.19	0.00	0.00	0.00	12.76	0.00	0.00	45.08	115.67	221.56	1.03	0.85
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1/2 Cup Chilled Applesauce	51.24	0.21	13.75	0.12	1.34	0.00	1.22	0.00	3.66	25.86	0.00	4.88	90.28	2.44	0.28	0.04
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Dinner Total :	704.43	26.85	86.96	29.43	8.22	55.15	141.68	1.45	53.17	32.68	122.15	396.02	1,111.01	1,000.19	2.88	2.65

Grand Total :	1,896.44	82.91	237.79	71.80	18.32	345.76	554.76	4.59	248.14	92.30	405.27	1,286.09	2,537.50	2,427.49	16.69	7.94
---------------	----------	-------	--------	-------	-------	--------	--------	------	--------	-------	--------	----------	----------	----------	-------	------

Menu: Emergency Low Labor 7 Day / No Added Salt/Regular Week 1 , Saturday

Nutrient Breakdown by Menu

	Kcal (kcal)	Pro (g)	CHO (g)	Fat (g)	Fibr (g)	Chol (mg)	Vit A (RE)	Vit B12 (mcg)	Fol (mcg)	Vit C (mg)	Vit D (I.U.)	Cal (mg)	K (mg)	Na (mg)	Fe (mg)	Zn (mg)
Lower Parameter :	1,800.00	46.00	225.00	50.00		15.00		500.00	0.90	11.00	1.30	2.00	320.00	60.00	400.00	1,000.00
Breakfast																
6 Fl Oz Apple Juice	71.51	0.22	17.66	0.16	0.00	0.00	0.00	0.00	0.43	38.30	0.00	12.88	194.41	15.03	0.39	0.06
1/2 Cup Cream of Wheat	58.10	1.68	11.99	0.22	0.52	0.00	212.89	0.00	56.68	0.00	0.00	60.10	19.40	117.64	4.54	0.16
1 #16scp Scrambled Egg	97.46	7.43	0.95	6.86	0.00	217.53	103.75	0.62	51.11	0.01	64.82	44.97	89.18	85.45	1.02	0.81
1 Slice Dry Wheat Toast	68.50	2.67	11.89	1.13	1.00	0.00	0.00	0.00	21.25	0.05	0.00	31.25	35.25	118.25	0.90	0.26
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1 Each Grape Jelly	18.54	0.02	4.59	0.00	0.07	0.00	0.00	0.00	0.73	0.59	0.00	1.33	5.13	2.13	0.03	0.00
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Breakfast Total :	472.05	20.10	58.83	17.24	1.60	237.05	450.85	1.92	142.45	39.44	184.38	448.98	689.71	491.33	6.94	2.46
Lunch																
3 Oz Pork Roast	169.25	22.52	0.00	8.78	0.00	64.64	1.70	0.71	0.00	0.00	18.71	10.21	373.37	56.98	0.76	2.05
1/2 Cup Garlic Mashed Potatoes	106.67	2.28	22.14	1.26	1.80	0.00	0.27	0.00	12.56	22.05	0.00	9.48	300.34	126.57	0.33	0.19
1/2 Cup Wax Beans	41.74	1.37	5.90	1.98	2.74	0.00	5.51	0.00	21.00	3.80	0.00	45.25	116.43	23.18	0.82	0.44
1 Each Wheat Dinner Roll	113.12	3.70	21.73	2.00	3.19	0.00	0.00	0.00	12.76	0.00	0.00	45.08	115.67	221.56	1.03	0.85
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
2 Each Snickerdoodle Cookies	182.93	1.68	25.69	8.17	0.38	4.62	4.62	0.01	26.43	0.00	0.00	3.36	61.68	137.62	0.78	0.10
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Lunch Total :	771.64	39.62	87.21	31.05	8.11	88.77	146.30	2.02	85.00	26.33	138.28	411.80	1,313.81	718.74	3.77	4.82
Dinner																
1 Pkg LS Crackers	25.26	0.57	4.46	0.53	0.17	0.00	0.00	0.01	8.40	0.00	0.00	7.14	43.44	11.88	0.31	0.05
6 Fl Oz Split Pea Soup	171.32	9.33	25.29	3.99	2.07	7.29	20.66	0.24	2.43	1.34	0.00	22.64	361.93	768.67	2.07	1.20
1 Each Soft Tuna Salad on Wheat	210.99	14.10	25.92	5.71	2.01	41.94	16.64	1.11	47.25	0.56	24.78	72.89	154.15	406.09	2.55	0.88
1/2 Cup Pickled Beets	73.78	0.91	18.48	0.09	0.91	0.00	2.27	0.00	30.65	2.61	0.00	12.49	130.53	169.12	0.47	0.30
1/2 Cup Chilled Pears	63.49	0.43	16.43	0.09	2.03	0.00	0.00	0.00	1.27	2.03	0.00	11.43	121.90	5.08	0.37	0.11
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Dinner Total :	666.92	33.41	102.30	15.24	7.19	68.75	173.77	2.65	102.20	7.03	144.35	424.87	1,157.38	1,480.96	5.80	3.72
Grand Total :	1,910.60	93.13	248.34	63.53	16.90	394.57	770.92	6.58	329.65	72.80	467.01	1,285.65	3,160.90	2,691.04	16.51	11.00

Menu: Emergency Low Labor 7 Day / No Added Salt/Regular Week 1 , Sunday

Nutrient Breakdown by Menu

	Kcal (kcal)	Pro (g)	CHO (g)	Fat (g)	Fibr (g)	Chol (mg)	Vit A (RE)	Vit B12 (mcg)	Fol (mcg)	Vit C (mg)	Vit D (I.U.)	Cal (mg)	K (mg)	Na (mg)	Fe (mg)	Zn (mg)
Lower Parameter :	1,800.00	46.00	225.00	50.00		15.00		500.00	0.90	11.00	1.30	2.00	320.00	60.00	400.00	1,000.00
Breakfast																
6 Fl Oz Orange Juice	73.55	1.19	17.49	0.12	0.50	0.00	6.46	0.00	38.27	71.96	0.00	22.67	313.87	7.27	0.16	0.08
1/2 Cup Oatmeal	77.36	2.68	13.82	1.33	2.06	0.00	0.00	0.00	6.53	0.00	0.00	14.04	75.03	28.22	0.87	0.74
1 Each Hard Boiled Egg	71.50	6.28	0.36	4.76	0.00	186.00	80.00	0.45	23.50	0.00	41.00	28.00	69.00	71.00	0.88	0.65
1 Each Cinnamon Roll	206.82	1.91	33.51	7.35	0.62	0.00	0.00	0.00	1.18	0.04	0.00	12.76	5.01	370.32	0.87	0.01
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Breakfast Total :	551.32	20.13	76.90	18.39	3.17	205.52	220.67	1.74	81.68	72.50	160.56	375.76	808.34	596.93	2.83	2.65
Lunch																
3 Oz Grilled Chicken Breast	165.85	20.92	4.08	6.85	1.02	51.03	0.00	0.64	2.55	0.00	7.65	29.77	274.71	455.02	1.52	2.86
1/2 Cup Macaroni & Cheese	253.52	5.94	40.03	7.56	1.14	8.35	20.32	0.17	105.97	0.33	0.00	89.72	212.80	1,173.98	0.98	0.74
1/2 Cup California Blend Vegetables	42.83	1.07	5.35	1.82	2.13	0.00	95.09	0.00	0.02	28.82	0.00	21.41	0.41	41.41	0.39	0.00
1 Each Wheat Dinner Roll	113.12	3.70	21.73	2.00	3.19	0.00	0.00	0.00	12.76	0.00	0.00	45.08	115.67	221.56	1.03	0.85
1 Each Margarine	35.85	0.01	0.04	4.04	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.15	0.90	32.70	0.01	0.01
1/2 Cup Vanilla Ice Cream	149.05	2.52	16.99	7.92	0.50	31.68	84.96	0.28	3.60	0.43	5.76	92.16	143.28	57.60	0.06	0.50
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Lunch Total :	882.29	42.23	99.94	35.01	7.99	110.58	334.58	2.38	137.15	30.06	132.98	576.58	1,093.20	2,102.39	4.04	6.13
Dinner																
1 Each Cheeseburger on Bun	397.42	25.15	28.37	19.68	0.94	81.28	69.21	2.11	56.80	0.68	32.30	273.03	315.49	647.93	3.35	4.77
4 Oz French Fries	247.21	3.90	38.59	9.30	3.63	0.00	0.00	0.00	19.28	10.77	0.00	11.34	544.31	51.03	1.69	0.46
1 . -	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.03	0.01	0.03	0.00	0.00
1 . -	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.03	0.01	0.03	0.00	0.00
1/2 Cup Chilled Mandarin Oranges	51.59	0.86	13.34	0.04	0.98	0.00	59.96	0.00	6.97	47.69	0.00	15.34	185.46	6.97	0.38	0.71
8 Fl Oz 2% Milk	122.00	8.05	11.71	4.83	0.00	19.52	134.20	1.29	12.20	0.49	119.56	292.81	341.61	114.68	0.05	1.17
6 Fl Oz Coffee	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.48	3.82	5.44	0.00	0.00
Dinner Total :	818.31	37.98	92.02	33.86	5.54	100.80	263.38	3.40	95.25	59.63	151.86	598.06	1,390.71	826.11	5.47	7.12
Grand Total :	2,251.92	100.34	268.87	87.26	16.70	416.90	818.63	7.52	314.08	162.19	445.40	1,550.40	3,292.25	3,525.43	12.33	15.90