

## 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 :	<b>493.35</b>	<b>22.08</b>	<b>60.49</b>	<b>18.32</b>	<b>3.63</b>	<b>237.05</b>	<b>244.41</b>	<b>1.92</b>	<b>130.15</b>	<b>73.10</b>	<b>184.38</b>	<b>412.71</b>	<b>864.80</b>	<b>394.14</b>	<b>3.04</b>	<b>3.07</b>
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 :	<b>722.63</b>	<b>43.55</b>	<b>90.23</b>	<b>23.98</b>	<b>7.41</b>	<b>92.82</b>	<b>208.50</b>	<b>3.04</b>	<b>83.36</b>	<b>10.47</b>	<b>167.39</b>	<b>608.97</b>	<b>1,349.02</b>	<b>1,540.55</b>	<b>5.85</b>	<b>7.32</b>
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 :	<b>519.37</b>	<b>29.78</b>	<b>65.64</b>	<b>15.77</b>	<b>4.23</b>	<b>101.15</b>	<b>320.28</b>	<b>1.52</b>	<b>82.91</b>	<b>6.28</b>	<b>131.63</b>	<b>400.64</b>	<b>842.65</b>	<b>1,132.46</b>	<b>4.02</b>	<b>3.24</b>
Grand Total :	<b>1,735.35</b>	<b>95.41</b>	<b>216.36</b>	<b>58.07</b>	<b>15.26</b>	<b>431.01</b>	<b>773.19</b>	<b>6.47</b>	<b>296.42</b>	<b>89.85</b>	<b>483.41</b>	<b>1,422.32</b>	<b>3,056.47</b>	<b>3,067.15</b>	<b>12.91</b>	<b>13.63</b>

## 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 :	<b>604.20</b>	<b>21.66</b>	<b>70.84</b>	<b>26.11</b>	<b>0.71</b>	<b>58.96</b>	<b>148.65</b>	<b>1.76</b>	<b>50.26</b>	<b>53.95</b>	<b>145.87</b>	<b>347.08</b>	<b>824.88</b>	<b>978.81</b>	<b>8.37</b>	<b>2.84</b>
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 :	<b>889.56</b>	<b>44.82</b>	<b>106.79</b>	<b>33.02</b>	<b>7.61</b>	<b>141.99</b>	<b>214.52</b>	<b>1.64</b>	<b>161.60</b>	<b>36.99</b>	<b>119.56</b>	<b>458.41</b>	<b>982.03</b>	<b>1,094.09</b>	<b>4.69</b>	<b>3.71</b>
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 :	<b>685.60</b>	<b>27.74</b>	<b>84.44</b>	<b>26.79</b>	<b>2.82</b>	<b>126.83</b>	<b>249.77</b>	<b>2.50</b>	<b>114.36</b>	<b>50.51</b>	<b>119.80</b>	<b>421.04</b>	<b>1,161.98</b>	<b>1,312.88</b>	<b>3.50</b>	<b>2.90</b>
Grand Total :	<b>2,179.36</b>	<b>94.22</b>	<b>262.08</b>	<b>85.92</b>	<b>11.14</b>	<b>327.78</b>	<b>612.94</b>	<b>5.90</b>	<b>326.22</b>	<b>141.44</b>	<b>385.24</b>	<b>1,226.52</b>	<b>2,968.90</b>	<b>3,385.77</b>	<b>16.56</b>	<b>9.46</b>

## 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 :	<b>521.36</b>	<b>18.74</b>	<b>77.75</b>	<b>15.56</b>	<b>2.26</b>	<b>25.62</b>	<b>361.92</b>	<b>1.94</b>	<b>104.87</b>	<b>40.44</b>	<b>120.78</b>	<b>625.19</b>	<b>873.81</b>	<b>515.97</b>	<b>6.12</b>	<b>2.69</b>
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 :	<b>816.08</b>	<b>39.68</b>	<b>92.18</b>	<b>32.78</b>	<b>8.62</b>	<b>99.16</b>	<b>910.10</b>	<b>3.46</b>	<b>81.89</b>	<b>25.28</b>	<b>121.27</b>	<b>414.85</b>	<b>1,283.47</b>	<b>1,057.96</b>	<b>5.35</b>	<b>8.40</b>
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 :	<b>604.70</b>	<b>33.76</b>	<b>89.20</b>	<b>13.12</b>	<b>6.50</b>	<b>48.22</b>	<b>219.20</b>	<b>1.35</b>	<b>151.59</b>	<b>6.80</b>	<b>120.70</b>	<b>423.18</b>	<b>967.33</b>	<b>1,460.51</b>	<b>4.71</b>	<b>3.58</b>

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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
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## 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 :	<b>532.23</b>	<b>23.40</b>	<b>63.87</b>	<b>20.66</b>	<b>3.41</b>	<b>213.97</b>	<b>270.07</b>	<b>1.94</b>	<b>124.10</b>	<b>73.10</b>	<b>175.05</b>	<b>502.25</b>	<b>851.86</b>	<b>450.20</b>	<b>2.80</b>	<b>3.30</b>
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 :	<b>758.52</b>	<b>43.49</b>	<b>96.69</b>	<b>22.84</b>	<b>10.09</b>	<b>103.02</b>	<b>842.83</b>	<b>2.24</b>	<b>86.21</b>	<b>44.41</b>	<b>179.30</b>	<b>512.89</b>	<b>1,215.53</b>	<b>744.42</b>	<b>3.55</b>	<b>4.36</b>
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 :	<b>616.87</b>	<b>31.54</b>	<b>60.36</b>	<b>28.73</b>	<b>6.84</b>	<b>72.59</b>	<b>330.61</b>	<b>1.61</b>	<b>72.12</b>	<b>12.14</b>	<b>126.37</b>	<b>553.18</b>	<b>932.93</b>	<b>1,128.65</b>	<b>4.50</b>	<b>3.21</b>
Grand Total :	<b>1,907.62</b>	<b>98.43</b>	<b>220.92</b>	<b>72.23</b>	<b>20.35</b>	<b>389.58</b>	<b>1,443.51</b>	<b>5.78</b>	<b>282.43</b>	<b>129.65</b>	<b>480.72</b>	<b>1,568.32</b>	<b>3,000.32</b>	<b>2,323.27</b>	<b>10.85</b>	<b>10.87</b>

## 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 :	<b>451.12</b>	<b>21.56</b>	<b>65.61</b>	<b>11.45</b>	<b>1.41</b>	<b>29.95</b>	<b>135.09</b>	<b>1.47</b>	<b>47.49</b>	<b>54.24</b>	<b>119.56</b>	<b>355.31</b>	<b>713.62</b>	<b>734.59</b>	<b>7.84</b>	<b>2.21</b>
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 :	<b>746.38</b>	<b>37.14</b>	<b>91.55</b>	<b>27.72</b>	<b>8.80</b>	<b>85.09</b>	<b>198.49</b>	<b>1.44</b>	<b>125.29</b>	<b>5.68</b>	<b>122.56</b>	<b>517.43</b>	<b>733.18</b>	<b>1,342.68</b>	<b>5.34</b>	<b>2.88</b>
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 :	<b>704.43</b>	<b>26.85</b>	<b>86.96</b>	<b>29.43</b>	<b>8.22</b>	<b>55.15</b>	<b>141.68</b>	<b>1.45</b>	<b>53.17</b>	<b>32.68</b>	<b>122.15</b>	<b>396.02</b>	<b>1,111.01</b>	<b>1,000.19</b>	<b>2.88</b>	<b>2.65</b>

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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
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## 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 :	<b>472.05</b>	<b>20.10</b>	<b>58.83</b>	<b>17.24</b>	<b>1.60</b>	<b>237.05</b>	<b>450.85</b>	<b>1.92</b>	<b>142.45</b>	<b>39.44</b>	<b>184.38</b>	<b>448.98</b>	<b>689.71</b>	<b>491.33</b>	<b>6.94</b>	<b>2.46</b>
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 :	<b>771.64</b>	<b>39.62</b>	<b>87.21</b>	<b>31.05</b>	<b>8.11</b>	<b>88.77</b>	<b>146.30</b>	<b>2.02</b>	<b>85.00</b>	<b>26.33</b>	<b>138.28</b>	<b>411.80</b>	<b>1,313.81</b>	<b>718.74</b>	<b>3.77</b>	<b>4.82</b>
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 :	<b>666.74</b>	<b>33.41</b>	<b>102.28</b>	<b>15.23</b>	<b>7.19</b>	<b>68.75</b>	<b>173.83</b>	<b>2.65</b>	<b>101.84</b>	<b>7.03</b>	<b>144.35</b>	<b>418.87</b>	<b>1,123.06</b>	<b>1,525.54</b>	<b>5.83</b>	<b>3.71</b>
Grand Total :	<b>1,910.42</b>	<b>93.13</b>	<b>248.32</b>	<b>63.52</b>	<b>16.89</b>	<b>394.57</b>	<b>770.98</b>	<b>6.58</b>	<b>329.29</b>	<b>72.80</b>	<b>467.01</b>	<b>1,279.65</b>	<b>3,126.58</b>	<b>2,735.62</b>	<b>16.53</b>	<b>10.99</b>



## 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 :	<b>551.32</b>	<b>20.13</b>	<b>76.90</b>	<b>18.39</b>	<b>3.17</b>	<b>205.52</b>	<b>220.67</b>	<b>1.74</b>	<b>81.68</b>	<b>72.50</b>	<b>160.56</b>	<b>375.76</b>	<b>808.34</b>	<b>596.93</b>	<b>2.83</b>	<b>2.65</b>
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 :	<b>882.29</b>	<b>42.23</b>	<b>99.94</b>	<b>35.01</b>	<b>7.99</b>	<b>110.58</b>	<b>334.58</b>	<b>2.38</b>	<b>137.15</b>	<b>30.06</b>	<b>132.98</b>	<b>576.58</b>	<b>1,093.20</b>	<b>2,102.39</b>	<b>4.04</b>	<b>6.13</b>
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 :	<b>825.01</b>	<b>38.33</b>	<b>93.03</b>	<b>34.13</b>	<b>6.04</b>	<b>100.80</b>	<b>265.35</b>	<b>3.40</b>	<b>97.90</b>	<b>60.30</b>	<b>151.86</b>	<b>617.63</b>	<b>1,432.22</b>	<b>1,116.12</b>	<b>5.63</b>	<b>7.18</b>
Grand Total :	<b>2,258.62</b>	<b>100.69</b>	<b>269.87</b>	<b>87.53</b>	<b>17.20</b>	<b>416.90</b>	<b>820.60</b>	<b>7.52</b>	<b>316.73</b>	<b>162.85</b>	<b>445.40</b>	<b>1,569.97</b>	<b>3,333.76</b>	<b>3,815.44</b>	<b>12.50</b>	<b>15.97</b>

# 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 :	<b>485.15</b>	<b>18.65</b>	<b>69.76</b>	<b>15.52</b>	<b>2.30</b>	<b>25.62</b>	<b>361.92</b>	<b>1.94</b>	<b>104.42</b>	<b>27.09</b>	<b>120.78</b>	<b>619.98</b>	<b>807.09</b>	<b>508.82</b>	<b>5.97</b>	<b>2.67</b>
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 :	<b>724.61</b>	<b>38.84</b>	<b>79.34</b>	<b>28.70</b>	<b>8.43</b>	<b>96.86</b>	<b>907.79</b>	<b>3.46</b>	<b>68.67</b>	<b>25.28</b>	<b>121.27</b>	<b>413.17</b>	<b>1,252.63</b>	<b>989.15</b>	<b>4.96</b>	<b>8.35</b>
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 :	<b>604.70</b>	<b>33.76</b>	<b>89.20</b>	<b>13.12</b>	<b>6.50</b>	<b>48.22</b>	<b>219.20</b>	<b>1.35</b>	<b>151.59</b>	<b>6.80</b>	<b>120.70</b>	<b>423.18</b>	<b>967.33</b>	<b>1,460.51</b>	<b>4.71</b>	<b>3.58</b>

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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
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## 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 :	<b>495.33</b>	<b>22.99</b>	<b>55.95</b>	<b>20.63</b>	<b>3.29</b>	<b>213.97</b>	<b>267.91</b>	<b>1.94</b>	<b>111.03</b>	<b>48.53</b>	<b>175.05</b>	<b>493.78</b>	<b>745.32</b>	<b>445.64</b>	<b>2.74</b>	<b>3.27</b>
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 :	<b>758.52</b>	<b>43.49</b>	<b>96.69</b>	<b>22.84</b>	<b>10.09</b>	<b>103.02</b>	<b>842.83</b>	<b>2.24</b>	<b>86.21</b>	<b>44.41</b>	<b>179.30</b>	<b>512.89</b>	<b>1,215.53</b>	<b>744.42</b>	<b>3.55</b>	<b>4.36</b>
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 :	<b>616.87</b>	<b>31.54</b>	<b>60.36</b>	<b>28.73</b>	<b>6.84</b>	<b>72.59</b>	<b>330.61</b>	<b>1.61</b>	<b>72.12</b>	<b>12.14</b>	<b>126.37</b>	<b>553.18</b>	<b>932.93</b>	<b>1,128.65</b>	<b>4.50</b>	<b>3.21</b>
Grand Total :	<b>1,870.72</b>	<b>98.02</b>	<b>212.99</b>	<b>72.20</b>	<b>20.23</b>	<b>389.58</b>	<b>1,441.35</b>	<b>5.78</b>	<b>269.36</b>	<b>105.07</b>	<b>480.72</b>	<b>1,559.85</b>	<b>2,893.78</b>	<b>2,318.71</b>	<b>10.78</b>	<b>10.84</b>

## 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 :	<b>417.28</b>	<b>21.26</b>	<b>58.43</b>	<b>11.39</b>	<b>1.39</b>	<b>29.95</b>	<b>134.79</b>	<b>1.47</b>	<b>45.27</b>	<b>36.04</b>	<b>119.56</b>	<b>349.01</b>	<b>640.09</b>	<b>730.59</b>	<b>7.75</b>	<b>2.18</b>
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 :	<b>746.38</b>	<b>37.14</b>	<b>91.55</b>	<b>27.72</b>	<b>8.80</b>	<b>85.09</b>	<b>198.49</b>	<b>1.44</b>	<b>125.29</b>	<b>5.68</b>	<b>122.56</b>	<b>517.43</b>	<b>733.18</b>	<b>1,342.68</b>	<b>5.34</b>	<b>2.88</b>
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 :	<b>704.43</b>	<b>26.85</b>	<b>86.96</b>	<b>29.43</b>	<b>8.22</b>	<b>55.15</b>	<b>141.68</b>	<b>1.45</b>	<b>53.17</b>	<b>32.68</b>	<b>122.15</b>	<b>396.02</b>	<b>1,111.01</b>	<b>1,000.19</b>	<b>2.88</b>	<b>2.65</b>

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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
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## 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 :	<b>435.83</b>	<b>20.02</b>	<b>50.84</b>	<b>17.20</b>	<b>1.64</b>	<b>237.05</b>	<b>450.85</b>	<b>1.92</b>	<b>142.00</b>	<b>26.08</b>	<b>184.38</b>	<b>443.77</b>	<b>622.99</b>	<b>484.19</b>	<b>6.79</b>	<b>2.44</b>
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 :	<b>680.17</b>	<b>38.78</b>	<b>74.37</b>	<b>26.96</b>	<b>7.92</b>	<b>86.47</b>	<b>143.99</b>	<b>2.01</b>	<b>71.78</b>	<b>26.33</b>	<b>138.28</b>	<b>410.13</b>	<b>1,282.98</b>	<b>649.93</b>	<b>3.38</b>	<b>4.77</b>
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 :	<b>666.74</b>	<b>33.41</b>	<b>102.28</b>	<b>15.23</b>	<b>7.19</b>	<b>68.75</b>	<b>173.83</b>	<b>2.65</b>	<b>101.84</b>	<b>7.03</b>	<b>144.35</b>	<b>418.87</b>	<b>1,123.06</b>	<b>1,525.54</b>	<b>5.83</b>	<b>3.71</b>
Grand Total :	<b>1,782.74</b>	<b>92.21</b>	<b>227.49</b>	<b>59.38</b>	<b>16.74</b>	<b>392.27</b>	<b>768.67</b>	<b>6.58</b>	<b>315.62</b>	<b>59.45</b>	<b>467.01</b>	<b>1,272.77</b>	<b>3,029.03</b>	<b>2,659.66</b>	<b>16.00</b>	<b>10.92</b>

# 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 :	<b>423.39</b>	<b>18.78</b>	<b>54.32</b>	<b>14.68</b>	<b>2.70</b>	<b>205.52</b>	<b>218.51</b>	<b>1.74</b>	<b>68.33</b>	<b>48.49</b>	<b>160.56</b>	<b>361.83</b>	<b>701.22</b>	<b>409.35</b>	<b>2.34</b>	<b>2.62</b>
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 :	<b>813.25</b>	<b>43.71</b>	<b>102.95</b>	<b>27.09</b>	<b>12.48</b>	<b>78.90</b>	<b>249.62</b>	<b>2.10</b>	<b>133.55</b>	<b>29.63</b>	<b>127.22</b>	<b>634.41</b>	<b>949.92</b>	<b>2,109.78</b>	<b>3.97</b>	<b>5.64</b>
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 :	<b>825.01</b>	<b>38.33</b>	<b>93.03</b>	<b>34.13</b>	<b>6.04</b>	<b>100.80</b>	<b>265.35</b>	<b>3.40</b>	<b>97.90</b>	<b>60.30</b>	<b>151.86</b>	<b>617.63</b>	<b>1,432.22</b>	<b>1,116.12</b>	<b>5.63</b>	<b>7.18</b>
Grand Total :	<b>2,061.65</b>	<b>100.82</b>	<b>250.29</b>	<b>75.89</b>	<b>21.23</b>	<b>385.22</b>	<b>733.49</b>	<b>7.24</b>	<b>299.78</b>	<b>138.41</b>	<b>439.64</b>	<b>1,613.86</b>	<b>3,083.35</b>	<b>3,635.25</b>	<b>11.94</b>	<b>15.44</b>

## 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 :	<b>493.35</b>	<b>22.08</b>	<b>60.49</b>	<b>18.32</b>	<b>3.63</b>	<b>237.05</b>	<b>244.41</b>	<b>1.92</b>	<b>130.15</b>	<b>73.10</b>	<b>184.38</b>	<b>412.71</b>	<b>864.80</b>	<b>394.14</b>	<b>3.04</b>	<b>3.07</b>
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 :	<b>722.63</b>	<b>43.55</b>	<b>90.23</b>	<b>23.98</b>	<b>7.41</b>	<b>92.82</b>	<b>208.50</b>	<b>3.04</b>	<b>83.36</b>	<b>10.47</b>	<b>167.39</b>	<b>608.97</b>	<b>1,349.02</b>	<b>1,540.55</b>	<b>5.85</b>	<b>7.32</b>
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 :	<b>519.55</b>	<b>29.78</b>	<b>65.66</b>	<b>15.79</b>	<b>4.23</b>	<b>101.15</b>	<b>320.22</b>	<b>1.52</b>	<b>83.27</b>	<b>6.28</b>	<b>131.63</b>	<b>406.64</b>	<b>876.97</b>	<b>1,087.88</b>	<b>4.00</b>	<b>3.25</b>
Grand Total :	<b>1,735.53</b>	<b>95.41</b>	<b>216.38</b>	<b>58.08</b>	<b>15.27</b>	<b>431.01</b>	<b>773.13</b>	<b>6.47</b>	<b>296.78</b>	<b>89.85</b>	<b>483.41</b>	<b>1,428.32</b>	<b>3,090.79</b>	<b>3,022.57</b>	<b>12.88</b>	<b>13.64</b>

## 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 :	<b>554.24</b>	<b>20.69</b>	<b>71.14</b>	<b>20.60</b>	<b>0.71</b>	<b>237.48</b>	<b>239.69</b>	<b>1.94</b>	<b>100.92</b>	<b>53.96</b>	<b>184.38</b>	<b>387.97</b>	<b>758.93</b>	<b>695.03</b>	<b>8.84</b>	<b>2.54</b>
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 :	<b>889.56</b>	<b>44.82</b>	<b>106.79</b>	<b>33.02</b>	<b>7.61</b>	<b>141.99</b>	<b>214.52</b>	<b>1.64</b>	<b>161.60</b>	<b>36.99</b>	<b>119.56</b>	<b>458.41</b>	<b>982.03</b>	<b>1,094.09</b>	<b>4.69</b>	<b>3.71</b>
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 :	<b>685.60</b>	<b>27.74</b>	<b>84.44</b>	<b>26.79</b>	<b>2.82</b>	<b>126.83</b>	<b>249.77</b>	<b>2.50</b>	<b>114.36</b>	<b>50.51</b>	<b>119.80</b>	<b>421.04</b>	<b>1,161.98</b>	<b>1,312.88</b>	<b>3.50</b>	<b>2.90</b>
Grand Total :	<b>2,129.40</b>	<b>93.25</b>	<b>262.38</b>	<b>80.41</b>	<b>11.14</b>	<b>506.30</b>	<b>703.98</b>	<b>6.08</b>	<b>376.88</b>	<b>141.46</b>	<b>423.75</b>	<b>1,267.42</b>	<b>2,902.94</b>	<b>3,101.99</b>	<b>17.03</b>	<b>9.15</b>

## 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 :	<b>521.36</b>	<b>18.74</b>	<b>77.75</b>	<b>15.56</b>	<b>2.26</b>	<b>25.62</b>	<b>361.92</b>	<b>1.94</b>	<b>104.87</b>	<b>40.44</b>	<b>120.78</b>	<b>625.19</b>	<b>873.81</b>	<b>515.97</b>	<b>6.12</b>	<b>2.69</b>
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 :	<b>796.94</b>	<b>39.26</b>	<b>88.94</b>	<b>32.34</b>	<b>8.51</b>	<b>99.16</b>	<b>909.61</b>	<b>3.43</b>	<b>81.52</b>	<b>25.26</b>	<b>121.27</b>	<b>407.17</b>	<b>1,272.44</b>	<b>763.86</b>	<b>5.29</b>	<b>8.39</b>
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 :	<b>601.58</b>	<b>33.56</b>	<b>88.90</b>	<b>12.95</b>	<b>6.28</b>	<b>48.22</b>	<b>218.87</b>	<b>1.35</b>	<b>151.57</b>	<b>6.78</b>	<b>120.70</b>	<b>425.74</b>	<b>993.30</b>	<b>1,355.24</b>	<b>4.59</b>	<b>3.55</b>

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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
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## 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 :	<b>532.23</b>	<b>23.40</b>	<b>63.87</b>	<b>20.66</b>	<b>3.41</b>	<b>213.97</b>	<b>270.07</b>	<b>1.94</b>	<b>124.10</b>	<b>73.10</b>	<b>175.05</b>	<b>502.25</b>	<b>851.86</b>	<b>450.20</b>	<b>2.80</b>	<b>3.30</b>
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 :	<b>758.52</b>	<b>43.49</b>	<b>96.69</b>	<b>22.84</b>	<b>10.09</b>	<b>103.02</b>	<b>842.83</b>	<b>2.24</b>	<b>86.21</b>	<b>44.41</b>	<b>179.30</b>	<b>512.89</b>	<b>1,215.53</b>	<b>744.42</b>	<b>3.55</b>	<b>4.36</b>
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 :	<b>616.87</b>	<b>31.54</b>	<b>60.36</b>	<b>28.73</b>	<b>6.84</b>	<b>72.59</b>	<b>330.61</b>	<b>1.61</b>	<b>72.12</b>	<b>12.14</b>	<b>126.37</b>	<b>553.18</b>	<b>932.93</b>	<b>1,128.65</b>	<b>4.50</b>	<b>3.21</b>
Grand Total :	<b>1,907.62</b>	<b>98.43</b>	<b>220.92</b>	<b>72.23</b>	<b>20.35</b>	<b>389.58</b>	<b>1,443.51</b>	<b>5.78</b>	<b>282.43</b>	<b>129.65</b>	<b>480.72</b>	<b>1,568.32</b>	<b>3,000.32</b>	<b>2,323.27</b>	<b>10.85</b>	<b>10.87</b>

## 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 :	<b>464.77</b>	<b>19.34</b>	<b>62.52</b>	<b>15.08</b>	<b>1.41</b>	<b>205.52</b>	<b>215.09</b>	<b>1.74</b>	<b>70.04</b>	<b>53.96</b>	<b>160.56</b>	<b>380.32</b>	<b>704.34</b>	<b>378.71</b>	<b>8.53</b>	<b>2.42</b>
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 :	<b>727.24</b>	<b>36.72</b>	<b>88.31</b>	<b>27.28</b>	<b>8.69</b>	<b>85.09</b>	<b>198.00</b>	<b>1.40</b>	<b>124.92</b>	<b>5.67</b>	<b>122.56</b>	<b>509.75</b>	<b>722.15</b>	<b>1,048.59</b>	<b>5.28</b>	<b>2.87</b>
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 :	<b>704.43</b>	<b>26.85</b>	<b>86.96</b>	<b>29.43</b>	<b>8.22</b>	<b>55.15</b>	<b>141.68</b>	<b>1.45</b>	<b>53.17</b>	<b>32.68</b>	<b>122.15</b>	<b>396.02</b>	<b>1,111.01</b>	<b>1,000.19</b>	<b>2.88</b>	<b>2.65</b>



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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
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# 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 :	<b>472.05</b>	<b>20.10</b>	<b>58.83</b>	<b>17.24</b>	<b>1.60</b>	<b>237.05</b>	<b>450.85</b>	<b>1.92</b>	<b>142.45</b>	<b>39.44</b>	<b>184.38</b>	<b>448.98</b>	<b>689.71</b>	<b>491.33</b>	<b>6.94</b>	<b>2.46</b>
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 :	<b>771.64</b>	<b>39.62</b>	<b>87.21</b>	<b>31.05</b>	<b>8.11</b>	<b>88.77</b>	<b>146.30</b>	<b>2.02</b>	<b>85.00</b>	<b>26.33</b>	<b>138.28</b>	<b>411.80</b>	<b>1,313.81</b>	<b>718.74</b>	<b>3.77</b>	<b>4.82</b>
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 :	<b>666.92</b>	<b>33.41</b>	<b>102.30</b>	<b>15.24</b>	<b>7.19</b>	<b>68.75</b>	<b>173.77</b>	<b>2.65</b>	<b>102.20</b>	<b>7.03</b>	<b>144.35</b>	<b>424.87</b>	<b>1,157.38</b>	<b>1,480.96</b>	<b>5.80</b>	<b>3.72</b>
Grand Total :	<b>1,910.60</b>	<b>93.13</b>	<b>248.34</b>	<b>63.53</b>	<b>16.90</b>	<b>394.57</b>	<b>770.92</b>	<b>6.58</b>	<b>329.65</b>	<b>72.80</b>	<b>467.01</b>	<b>1,285.65</b>	<b>3,160.90</b>	<b>2,691.04</b>	<b>16.51</b>	<b>11.00</b>

## 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 :	<b>551.32</b>	<b>20.13</b>	<b>76.90</b>	<b>18.39</b>	<b>3.17</b>	<b>205.52</b>	<b>220.67</b>	<b>1.74</b>	<b>81.68</b>	<b>72.50</b>	<b>160.56</b>	<b>375.76</b>	<b>808.34</b>	<b>596.93</b>	<b>2.83</b>	<b>2.65</b>
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 :	<b>882.29</b>	<b>42.23</b>	<b>99.94</b>	<b>35.01</b>	<b>7.99</b>	<b>110.58</b>	<b>334.58</b>	<b>2.38</b>	<b>137.15</b>	<b>30.06</b>	<b>132.98</b>	<b>576.58</b>	<b>1,093.20</b>	<b>2,102.39</b>	<b>4.04</b>	<b>6.13</b>
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 :	<b>818.31</b>	<b>37.98</b>	<b>92.02</b>	<b>33.86</b>	<b>5.54</b>	<b>100.80</b>	<b>263.38</b>	<b>3.40</b>	<b>95.25</b>	<b>59.63</b>	<b>151.86</b>	<b>598.06</b>	<b>1,390.71</b>	<b>826.11</b>	<b>5.47</b>	<b>7.12</b>
Grand Total :	<b>2,251.92</b>	<b>100.34</b>	<b>268.87</b>	<b>87.26</b>	<b>16.70</b>	<b>416.90</b>	<b>818.63</b>	<b>7.52</b>	<b>314.08</b>	<b>162.19</b>	<b>445.40</b>	<b>1,550.40</b>	<b>3,292.25</b>	<b>3,525.43</b>	<b>12.33</b>	<b>15.90</b>