

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Mon Jul 01, 2024

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Dietary Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Chicken, Noodle Bake (OR)	1 cup	408	282	17.4	31.8	2.2+	332	28.7	7.3	77+
Beef, Chili, w/Grd Beef/Turkey, Black Beans	1 cup	254	273	17.6	34.7	9.4	574	26.4	8.5	88
Mix Veg, Broccoli & Carrots	1/2 cup	180	49	1.7	6.2	2.8	63	36.8	6.6	32
Salad, Coleslaw, Bayou, HMD, LF	1/2 cup	131	82	1.7	10.2	2.5	152	46.2	2.3	50
Bread, Cornbread, HMD (OR)	1 piece	83	216	5.3	32.3	1.1	426	30.4	6.2	150
Orange, Fresh	1 each	96	45	0.9	11.2	2.3	0	2.1	0.3	38
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	20.7	13.5	283
Noon Meal Totals			1043	52.1	137.8	20.3+	1648	28.3	7.2	719+
Daily Totals for 07/01/24			1043	52.1	137.8	20.3+	1648	28.3	7.2	719+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			156	279.1	150.4	217.4+	215			216+

Includes main items only. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem **Date: Tue Jul 02, 2024**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Dietary Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Beef, Stew, Cowboy Campfire (OR)	1 cup	280	352	22.5	41.6	9.7	697	28.6	9.3	104
^Vegetarian, Pasta Primavera (OR)	1 cup	290	313	18.3	33.5	2.6+	581	34.2	18.1	448
Carrots, Sliced, LF, LS	1/2 cup	167	33	0.7	7.2	3.0	64	10.7	1.1	35
Salad, Garden Vegetable (OR)	1/2 cup	43	8	0.6	1.5	0.6	10	9.0	1.5	14
Bread, Roll, Rye Bran, HMD (OR)	1.78 oz	45	128	3.4	21.6	2.1	115	24.0	2.0	17
Fruit, Fresh In Season	1 each	114	64	0.9	16.3	2.4	5	3.0	0.8	16
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	20.7	13.5	283
Salad Dressing, Balsamic Vinaigrette (OR)	1 tablespoon	20	18	0.1	3.5		5	0.0	0.0	6
Noon Meal Totals			1011	54.2	136.5	20.3+	1576	26.1	10.5	923
Daily Totals for 07/02/24			1011	54.2	136.5	20.3+	1576	26.1	10.5	923
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			152	290.2	148.9	217.9+	206			277

Includes main items only. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Wed Jul 03, 2024

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Dietary Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Holiday, Independence Day	1 each	0								
Chicken, BBQ, Diced (OR)	1/2 cup	132	177	12.0	19.8	0.5+	418	29.5	6.5	22
Sausage, Kielbasa (OR)	1 each	70	183	9.1	2.1	0.0	640	74.7	28.5	18
Sauerkraut, RTU (OR)	1/4 cup	36	7	0.3	1.5	1.0	235	5.7	1.4	11
Ind, Mustard (OR)	1 each	6	3	0.2	0.3	0.2	61	44.0	2.8	3
^Salad, Potato, HMD	1/2 cup	385	150	3.6	25.3	2.5	202	24.5	4.8	40
Beans, Baked, Great Northern (OR)	1/2 cup	150	201	10.2	40.1	9.3+	105	2.5	0.7	99
Bread, Bun, Hot Dog, Local (OR)	1 each	43	120	4.2	21.6	0.8	212	12.8	2.8	62
Ice Cream, Chocolate/Vanilla, 4 oz	1 each	113	240	4.1	29.4	1.1	88	45.6	28.2	134
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	20.7	13.5	283
Noon Meal Totals			1175+	51.4+	151.4+	15.3+	2061+	32.1	13.3	673+
Daily Totals for 07/03/24			1175+	51.4+	151.4+	15.3+	2061+	32.1	13.3	673+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			176+	275.4+	165.2+	164.3+	269+			202+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Thu Jul 04, 2024

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Holiday, Closed	1 each	0								
Noon Meal Totals										
Daily Totals for 07/04/24										
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)										

Includes main items only. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Fri Jul 05, 2024

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Dietary Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Vegetarian, Lasagna, Cheese, Roll Up, WG (1 each	114	233	14.5	27.8	2.0	248	25.4	14.5	302
Sauce, Alfredo, Mix	1 oz	51	29	0.8	2.0	0.1	142	61.2	22.2	27
Chicken, Rice Bake (OR)	1 cup	260	326	20.9	31.2	1.1	333	34.9	10.7	259+
Greens, Spinach, w/Vinegar, LF, LS	1/2 cup	200	45	4.6	6.7	4.3	113	16.5	3.0	177
Salad, Coleslaw, Apple Cranberry (OR)	1/2 cup	79	71	2.4	15.1	1.4	38	9.0	1.4	40
Bread, French, HMD (OR)	1.86 oz	53	123	4.2	23.9	0.9	80	7.6	0.9	17
Fruit, Fresh In Season	1 each	114	64	0.9	16.3	2.4	5	3.0	0.8	16
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	20.7	13.5	283
Noon Meal Totals			986	55.9	134.3	12.1	1059	23.9	9.3	1120+
Daily Totals for 07/05/24			986	55.9	134.3	12.1	1059	23.9	9.3	1120+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			148	299.6	146.5	129.6	138			336+
Week Daily Average (07/01/24-07/06/24)			843+	42.7+	112.0+	13.6+	1269+	27.8	10.2	687+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Mon Jul 08, 2024

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Beef, Chili Macaroni (OR)	1 cup	343	258	17.4	21.2	4.6+	586	40.3	13.0	73
Vegetarian, Southwest Omelet Bake (OR)	1 slice	247	292	23.4	13.6	2.0+	580	49.5	24.9	537
Mix Veg, 5 Way Mix, LF, LS (OR)	1/2 cup	176	72	3.3	13.4	4.0	49	6.5	1.2	27
Salad, Bean, Black, w/Corn, Dried Beans * (C	1/2 cup	241	190	8.9	31.4	6.5	10	18.7	3.0	67
Bread, Onion, HMD (OR)	1.86 oz	50	135	3.7	22.4	1.3	138	23.4	3.7	20
Fruit, Fresh In Season	1 each	114	64	0.9	16.3	2.4	5	3.0	0.8	16
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	20.7	13.5	283
Noon Meal Totals			1106	65.3	129.7	20.9+	1469	30.9	11.9	1023
Daily Totals for 07/08/24			1106	65.3	129.7	20.9+	1469	30.9	11.9	1023
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			166	349.7	141.5	223.6+	192			307

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem **Date: Tue Jul 09, 2024**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Dietary Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Chicken, Breast, Breaded, Cooked, 3.45oz (1/2)	1 each	99	233	18.3	12.2	2.0	426	47.4		26
Gravy, Poultry, CC	1 oz	33	15	0.2	1.4	0.0	60	56.0	16.8	3
Pork, Rib Patty, BBQ w/out Extra Sauce * (OR)	1 each	85	192	14.2	9.1		476	54.0	18.0	53
^Potatoes, Colcannon	1/2 cup	123	101	3.3	16.9	2.0	67	21.6	5.1	73
Mix Veg, Peas & Carrots, LF, LS	1/2 cup	167	51	2.7	9.8	3.5	82	6.6	0.9	29
Bread, Seven Grain, HMD (OR)	1.749 oz	49	130	3.3	21.6	1.4	177	23.9	2.1	17
Cake, Chocolate, HMD (OR)	1 slice	68	202	2.6	34.2	1.6	279	30.0	8.6	29
Diet, Cake, Chocolate, (HMD) (OR)	1 piece	50	92	1.7	20.7	0.6	18	12.6	5.0	12
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	20.7	13.5	283
Noon Meal Totals			1113	53.9	137.3	11.1+	1684	33.3	7.2	525
Daily Totals for 07/09/24			1113	53.9	137.3	11.1+	1684	33.3	7.2	525
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			167	288.9	149.7	118.8+	220			158

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Wed Jul 10, 2024

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Beef, Meatloaf, w/ Turkey, HMD (OR)	4.14 ounces	142	271	20.2	7.0	1.5	472	59.1	20.8	66
Gravy, Brown, CC	2 oz	65	31	0.5	2.8	0.1	147	56.8	7.3	11
Chicken, A La King, w/ Mush/Pep (OR)	1 cup	206	237	22.8	16.8	0.9+	726	31.4	6.5	183
Potatoes, Whipped, LF, LS	1/2 cup	111	105	3.4	22.2	2.1	45	2.9	2.1	51
Mix Veg, California (Hmd), LF, LS	1/2 cup	182	31	2.1	5.6	2.9	45	3.9	0.4	22
Bread, Cracked Wheat, HMD (OR)	1.749 oz	49	131	3.7	21.5	1.1	195	23.6	2.1	19
Fruit, Fresh In Season	1 each	114	64	0.9	16.3	2.4	5	3.0	0.8	16
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	20.7	13.5	283
Noon Meal Totals			965	61.2	103.5	10.8+	1735	32.0	9.6	650
Daily Totals for 07/10/24			965	61.2	103.5	10.8+	1735	32.0	9.6	650
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			145	328.0	112.9	116.2+	226			195

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Thu Jul 11, 2024

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Dietary Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Beef, Bibimbap Bowl w/Grnd Beef & Turkey (1 cup	216	313	19.8	24.7	1.3	307	43.0	11.0	35
Vegetarian, Vegetable Romanoff (OR)	1 cup	455	382	19.7	38.9	4.4+	510	38.7	15.4	355
Greens, Spinach, w/Vinegar, LF, LS	1/2 cup	200	45	4.6	6.7	4.3	113	16.5	3.0	177
Salad, Cabbage, Vinaigrette (OR)	1/2 cup	60	15	0.7	3.3	1.4	66	5.7	0.8	28
Bread, Wheatberry, Sprouted	1 each	45	110	6.0	18.0	5.0	210	12.3	0.0	22
Oranges, Mandarin (OR)	1/2 cup	150	56	0.9	14.4	1.1	8	0.7	0.1	17
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	20.7	13.5	283
Noon Meal Totals			1016	59.3	117.4	17.3+	1314	31.9	10.6	916
Daily Totals for 07/11/24			1016	59.3	117.4	17.3+	1314	31.9	10.6	916
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			152	317.7	128.0	185.9+	171			275

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Fri Jul 12, 2024

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Beef, Sloppy Joe, w/Ground Beef/Trky (OR)	2/3 cup	192	218	14.6	17.8	1.3	591	41.2	13.9	41
Fish, Battered, WG (CACFP)	1 each	102	210	14.0	15.0	1.9	290	43.7	4.4	10
Ind, Sauce, Tartar (OR)	1 each	12	60	0.0	0.4	0.0	184	97.3	15.2	0
Corn, Chuckwagon, Frozen, LF, LS	1/2 cup	173	81	2.8	19.1	2.0	6	6.8	1.0	7
Salad, Coleslaw, Coleslaw Drsg (OR)	1/2 cup	125	121	1.6	11.1	2.3	229	59.8	0.2	49
^Bread, Bun, Hamburger, WW (CACFP)	1 each	50	157	6.0	28.0	1.0	269	16.6	0.0	40
Peaches, Spiced (OR)	1/2 cup	140	96	0.8	25.0	1.6	5	0.4	0.1	9
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	20.7	13.5	283
Noon Meal Totals			1038	47.4	127.8	10.1	1674	35.0	6.0	439
Daily Totals for 07/12/24			1038	47.4	127.8	10.1	1674	35.0	6.0	439
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			156	253.6	139.4	108.7	218			132
Week Daily Average (07/07/24-07/13/24)			1048	57.4	123.1	14.1+	1575	32.7	9.1	711

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Mon Jul 15, 2024

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Chicken, Breast, Breaded, Cooked, 3.45oz (1/2)	1 each	99	233	18.3	12.2	2.0	426	47.4		26
Sauce, Creole, HMD	1 oz	67	21	1.0	4.5	1.2	16	4.0	0.8	15
Pork, Loin, Ckd (OR)	3 ounces	64	160	17.5	0.0	0.0	38	54.9	20.1	12
Sauce, Apple Chutney, HMD	1 oz	25	37	0.0	5.1	0.1	20	46.2	8.8	4
Yams, Mashed, Spiced	1/2 cup	208	131	0.8	25.1	2.1	56	21.2	4.0	21
Mix Veg, Winter (Hmd), LF, LS	1/2 cup	189	30	2.8	4.9	2.8	35	0.0	0.0	15
^Bread, Sunflower Seed, HMD (OR)	2.01 oz	56	155	3.9	24.8	0.8	148	25.3	2.1	18
Applesauce, Cinnamon	1/2 cup	138	60	0.2	16.2	1.6	3	1.9	0.2	7
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	20.7	13.5	283
Noon Meal Totals			922	52.2	104.0	10.7	842	32.9	6.2	402
Daily Totals for 07/15/24			922	52.2	104.0	10.7	842	32.9	6.2	402
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			138	279.7	113.4	114.5	110			121

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem **Date: Tue Jul 16, 2024**

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Salad, Egg, HMD (OR)	1/2 cup	113	161	10.3	3.5	0.4	247	65.1	17.5	49
Salad, Chicken, HMD (OR)	1/2 cup	124	167	12.1	5.7	0.9	353	57.0	11.0	32
Salad, Lettuce, Shredded	1/4 cup	19	3	0.2	0.6	0.2	2	7.5	1.0	3
Soup, Split Pea Green w/Vegetarian (OR)	1 cup	226	68	2.6+	11.5	2.9+	54	17.8	3.3	17+
Crackers, Saltines, No Salt Top, 4 crkrs (2/2)	1 packet	7	35	1.0	1.8	0.0	0	62.1	0.0	0
Salad, Bean, Garbanzo (OR)	1/2 cup	262	282	13.6	41.7	11.7	335	19.2	1.1	79
Bread, Wheatberry, Sprouted	1 each	45	110	6.0	18.0	5.0	210	12.3	0.0	22
Strawberries, Fresh	4 each	48	15	0.3	3.7	1.0	0	7.5	0.4	8
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	20.7	13.5	283
Noon Meal Totals			936	53.7+	97.6	22.0+	1301	34.5	6.9	493+
Daily Totals for 07/16/24			936	53.7+	97.6	22.0+	1301	34.5	6.9	493+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			140	287.6+	106.5	236.0+	170			148+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Wed Jul 17, 2024

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Dietary Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Beef, Sukiyaki (OR)	1 cup	343	151	11.9	18.3	2.1+	645	18.5	4.4	46+
Rice, Brown, LF, LS (OR)	1/2 cup	100	139	2.9	28.8	1.4	4	7.9	1.5	6
Vegetarian, Lasagna, Spinach (OR)	1 slice	216	225	13.7+	27.9	3.3+	470	28.2	12.8	232+
Mix Veg, Peas & Carrots, LF, LS	1/2 cup	167	51	2.7	9.8	3.5	82	6.6	0.9	29
Salad, Beet, Mandarin Orange (OR)	1/2 cup	113	53	0.9	12.8	1.2	87	1.5	0.3	17
Bread, French, HMD (OR)	1.86 oz	53	123	4.2	23.9	0.9	80	7.6	0.9	17
Fruit, Fresh In Season	1 each	114	64	0.9	16.3	2.4	5	3.0	0.8	16
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	20.7	13.5	283
Noon Meal Totals			901	44.7+	149.2	14.8+	1472	15.3	5.8	646+
Daily Totals for 07/17/24			901	44.7+	149.2	14.8+	1472	15.3	5.8	646+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			135	239.6+	162.7	158.2+	192			194+

Includes main items only. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.

+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Thu Jul 18, 2024

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Dietary Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Chicken, Creamed & Vegetables (OR)	1 cup	230	235	16.7	19.5	3.7	421	37.9	8.0	126
Beef, Country Fried Steak, w/o Gravy (OR)	1 each	112	250	14.0	22.0	1.0	670	42.9	17.9	26
Gravy, Country, HMD, 2 oz (OR)	1 oz	29	40	1.4	3.4	0.1	64	52.6	10.0	45
^Potatoes, Whipped, Garlic, LF, LS	1/2 cup	109	103	2.4	21.7	1.6	54	0.2	0.1	31
Beans, Green, Frz, LF, LS (OR)	1/2 cup	167	35	1.6	6.8	2.4	5	4.8	1.1	40
Bread, Roll, Rye Bran, HMD (OR)	1.78 oz	45	128	3.4	21.6	2.1	115	24.0	2.0	17
Banana, Fresh	1 each	118	105	1.3	27.0	3.1	1	3.0	1.0	6
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	20.7	13.5	283
Noon Meal Totals			991	48.5	133.4	13.9	1431	27.5	8.5	575
Daily Totals for 07/18/24			991	48.5	133.4	13.9	1431	27.5	8.5	575
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			149	259.5	145.6	149.1	187			173

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Fri Jul 19, 2024

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Dietary Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
^Beef, Spaghetti Quaker (OR)	1 cup	228	291	17.1	31.8	2.9+	416	32.9	11.1	53
Chicken, Sweet & Sour (OR)	1 cup	237	206	18.9	30.5	1.7	368	6.9	0.2	53
Rice, Brown, LF, LS (OR)	1/2 cup	100	139	2.9	28.8	1.4	4	7.9	1.5	6
Broccoli, Cuts, LF, LS	1/2 cup	189	33	2.6	5.2	2.6	28	0.0	0.0	28
Salad, Tossed, Romaine/Iceberg (OR)	1 cup	34	5	0.4	1.1	0.6	3	10.5	1.4	9
Bread, Garlic French, HMD (OR)	2.1 oz	60	140	4.8	27.1	1.0	200	7.6	1.2	19
Fruit, Fresh In Season	1 each	114	64	0.9	16.3	2.4	5	3.0	0.8	16
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	20.7	13.5	283
Salad Dressing, Raspberry Vinaigret, Fat Fre	1 tablespoon	14	15	0.0	3.6	0.0	109	0.0	0.0	0
Noon Meal Totals			988	55.1	155.7	12.4+	1234	15.6	5.1	467
Daily Totals for 07/19/24			988	55.1	155.7	12.4+	1234	15.6	5.1	467
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			148	295.0	169.9	133.4+	161			140
Week Daily Average (07/14/24-07/20/24)			948	50.8+	128.0	14.8+	1256	25.1	6.5	517+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Mon Jul 22, 2024

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Dietary Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Beef, Carne Asada, w/Inside Round (OR)	3 ounces	251	202	17.9	6.0	1.1	500	51.5	18.5	29
Vegetarian, Cheese & Gr. Chili Bake (OR)	1 cup	328	429	19.9	42.0	2.9	650	42.5	21.1	372
Corn, Whole Kernel, Frozen, LF, LS	1/2 cup	167	80	2.7	18.8	1.9	5	6.9	1.1	6
Salad, Coleslaw, Cilantro * (SF)	1/2 cup	125	50	1.7	9.3	2.4	77	22.7	3.4	53
Bread, Tortilla, Flour, 8" (OR)	1 each	32	98	2.6	15.8	1.1	236	23.8	8.7	47
Cake, Cinnamon, Mix	1 piece	55	135	0.8	28.1	1.0	219	17.1	7.3	20
^Diet, Cake, Yellow, (HMD) (OR)	1 piece	75	200	4.7	28.1	0.5	325	34.7	7.8	106
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	20.7	13.5	283
Noon Meal Totals			1289	58.0	159.4	10.9	2111	34.0	13.8	917
Daily Totals for 07/22/24			1289	58.0	159.4	10.9	2111	34.0	13.8	917
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			193	310.7	173.9	116.6	275			275

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Tue Jul 23, 2024

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Dietary Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Vegetarian, Spinach Strata (OR)	1 slice	244	298	22.2	20.3	2.0	647	42.9	19.7	496
Pork, Sausage Gravy (OR)	1 cup	257	293	16.0	29.8	0.6	383	36.3	12.7	351
Potatoes, Parslied, Diced, LF	1/2 cup	505	97	2.6	22.0	2.7	20	1.1	0.3	29
Fruit, Tropical, Canned (OR)	1/2 cup	155	134	0.6	34.7	2.0	3	1.0	0.2	20
Bread, Biscuit, Mix (OR)	1 each	33	76	1.7	11.0	0.4	217	32.8	7.6	42
Fruit, Fresh In Season	1 each	114	64	0.9	16.3	2.4	5	3.0	0.8	16
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	20.7	13.5	283
Noon Meal Totals			1057	51.6	145.5	10.1	1375	26.8	10.9	1238
Daily Totals for 07/23/24			1057	51.6	145.5	10.1	1375	26.8	10.9	1238
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			159	276.2	158.7	107.9	179			371

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Wed Jul 24, 2024

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Salad, Chicken Pasta, Greek, Diced (OR)	3/4 cup	391	254	20.6	23.3	3.1	482	32.0	10.5	84
Salad, Turkey, Cranberry, Walnut HMD (OR)	1/2 cup	148	245	19.0+	24.0	1.7	318	39.0	6.0	47+
Salad Dressing, Ranch (OR)	1 tablespoon	14	61	0.2	0.8	0.0	128	93.3	14.6	4
Salad, Tossed, Romaine/Spinach (OR)	1 cup	35	7	0.7	1.2	0.8	16	12.3	1.8	24
Crackers, Saltines, No Salt Top, 4 crkrs (2/2)	1 packet	7	35	1.0	1.8	0.0	0	62.1	0.0	0
Soup, Lentil, Vegetarian (OR)	1 cup	269	137	6.0+	20.5	3.2+	99	24.6	4.6	26+
Bread, Roll, Rye Bran, HMD (OR)	1.78 oz	45	128	3.4	21.6	2.1	115	24.0	2.0	17
Pineapple, Tidbits (OR)	1/2 cup	150	90	0.6	23.6	1.2	2	1.1	0.1	21
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	20.7	13.5	283
Noon Meal Totals			1053	59.2+	128.1	12.1+	1259	32.5	6.9	506+
Daily Totals for 07/24/24			1053	59.2+	128.1	12.1+	1259	32.5	6.9	506+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			158	316.9+	139.8	129.3+	164			152+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Thu Jul 25, 2024

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Beef, Taco Meat, w/Ground Beef/trky	3 ounces	136	186	16.5	2.7	0.7	355	58.2	20.2	18
Chicken, Taco Meat, Diced	3 oz	135	135	27.1	3.7	0.7	347	13.0	0.0	2
Salad, Lettuce & Tomato, w/Shred Lettuce, 1	1/4 cup	29	5	0.3	1.0	0.4	2	8.2	1.1	4
Cheese, Shredded, Cheddar, 1/2 oz *	1/2 oz	14	56	3.5	0.0	0.0	91	74.3	41.3	101
Beans, Mixed, Dry, North/Pinto/Kidney, LF, L	1/2 cup	179	147	9.6	26.8	8.8	11	2.8	0.6	67
Salad, Coleslaw, Pineapple	1/2 cup	123	93	1.2	13.4	1.8	131	40.5	1.9	38
Bread, Tortilla, Flour, 8" (OR)	1 each	32	98	2.6	15.8	1.1	236	23.8	8.7	47
Fruit, Fresh In Season	1 each	114	64	0.9	16.3	2.4	5	3.0	0.8	16
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	20.7	13.5	283
Noon Meal Totals			879	69.4	91.0	15.8	1278	28.9	9.7	576
Daily Totals for 07/25/24			879	69.4	91.0	15.8	1278	28.9	9.7	576
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			132	371.5	99.3	169.0	167			173

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem **Date: Fri Jul 26, 2024**

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Beef, Patty, w/ Gravy/Peppers/Onions (OR)	1 each	250	311	19.0	17.1	1.6+	523	53.4	20.5	35+
Gravy, Brown, CC	1 oz	33	16	0.2	1.4	0.0	73	56.8	7.3	5
Turkey, Meatballs,Apple,HMD (OR)	3 each	184	243	25.3	12.4	1.2	280	38.1	10.2	59
Glaze, Cider (OR)	2 oz	85	75	0.6	16.6	0.8+	4	10.4	1.2	13
Potatoes, Whipped, LF, LS	1/2 cup	111	105	3.4	22.2	2.1	45	2.9	2.1	51
Gravy, Brown, CC	1 oz	33	16	0.2	1.4	0.0	73	56.8	7.3	5
Brussels Sprouts, Frz, LF, LS	1/2 cup	176	42	3.6	8.3	4.1	17	6.8	1.4	28
Bread, Wheatberry, Sprouted	1 each	45	110	6.0	18.0	5.0	210	12.3	0.0	22
Banana, Fresh	1 each	118	105	1.3	27.0	3.1	1	3.0	1.0	6
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	20.7	13.5	283
Noon Meal Totals			1117	67.4	135.6	17.9+	1328	29.2	9.7	508+
Daily Totals for 07/26/24			1117	67.4	135.6	17.9+	1328	29.2	9.7	508+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			168	360.9	147.9	191.4+	173			152+
Week Daily Average (07/21/24-07/27/24)			1079	61.1+	131.9	13.3+	1470	30.5	10.4	749+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Mon Jul 29, 2024

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Dietary Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Chicken, Chili Relleno Bake (OR)	1 cup	285	461	32.6	21.1	0.7	833	52.9	27.4	445+
Beef, Stew, Ground (OR)	1 cup	249	203	13.0	15.2	2.8	346	44.0	15.0	47
Corn, Southwest, Frozen, w/Black Bean/Onion	1/2 cup	174	110	5.1	23.7	4.6	5	5.0	0.9	26
Salad, Carrot Mandarin, HMD (OR)	1/2 cup	113	99	1.2	17.2	2.5	170	29.8	5.3	37
Bread, Squash, HMD (OR)	2.048 oz	57	155	4.0	25.9	1.4	185	23.1	2.0	23
Fruit, Fresh In Season	1 each	114	64	0.9	16.3	2.4	5	3.0	0.8	16
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	20.7	13.5	283
Noon Meal Totals			1187	64.5	130.7	14.4	1645	35.9	15.1	876+
Daily Totals for 07/29/24			1187	64.5	130.7	14.4	1645	35.9	15.1	876+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			178	345.3	142.6	154.4	215			263+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem **Date: Tue Jul 30, 2024**

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Vegetarian, Macaroni & Cheese (OR)	1 cup	236	432	24.2+	45.7	1.5+	502	34.1	18.6	557+
Chicken, Chili, White Bean (OR)	1 cup	248	233	16.1	31.9	7.6	224	18.5	3.9	79+
Cabbage, Green, w/Carrots, LF, LS	1/2 cup	147	28	1.3	6.2	2.5	25	5.7	0.7	51
Salad, Tossed, Romaine/Iceberg (OR)	1 cup	34	5	0.4	1.1	0.6	3	10.5	1.4	9
Bread, Roll, Multigrain, HMD (OR)	1.5 oz	45	120	3.5	19.7	1.7	171	24.4	2.1	16
Fruit, Fresh In Season	1 each	114	64	0.9	16.3	2.4	5	3.0	0.8	16
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	20.7	13.5	283
Salad Dressing, Thousand Island, 1 TBSP (C	1 tablespoon	14	19	0.1	4.1	0.5	112	9.9	1.3	2
Noon Meal Totals			995	54.1+	136.2	16.8+	1142	24.6	10.6	1013+
Daily Totals for 07/30/24			995	54.1+	136.2	16.8+	1142	24.6	10.6	1013+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			149	289.6+	148.6	179.6+	149			304+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Wed Jul 31, 2024

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Chicken, Pomodoro (OR)	1 cup	217	188	22.2	21.8	2.2+	376	9.9	0.5	121
Turkey, Stew, Hearty (OR)	1 cup	270	222	14.6	19.6	2.8+	842	38.4	9.5	35+
Peas, Green, Frz, w/Onion, LF, LS *	1/2 cup	196	82	5.5	14.5	4.8	115	4.5	0.7	26
Salad, Cucumber Creamy (OR)	1/2 cup	82	54	0.5	6.3	0.3	122	52.2	8.3	11
Bread, Dill, HMD (OR)	2 oz	57	152	4.3	25.1	1.6	198	23.5	2.0	22
Fruit, Fresh In Season	1 each	114	64	0.9	16.3	2.4	5	3.0	0.8	16
Milk, 1%, Ind, Local	1 each	227	95	7.6	11.3	0.0	100	20.7	13.5	283
Noon Meal Totals			857	55.5	115.0	14.0+	1758	22.6	5.1	515+
Daily Totals for 07/31/24			857	55.5	115.0	14.0+	1758	22.6	5.1	515+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			129	297.4	125.5	150.0+	229			155+
Week Daily Average (07/28/24-07/31/24)			1013	58.0+	127.3	15.0+	1515	28.4	10.8	802+
Daily Average (07/01/24-07/31/24)			984+	53.7+	124.2+	14.1+	1408+	29.1	9.3	683+

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