

# JCS- KOSHER HDM C2W2 05-09

Female

Age: 70

Height: 5 ft. 7 in.

Weight: 135.00 lb.

Lightly Active

BMI: 21.14

Item Name	Item Quantity	Item Measure	Cals (kcal)	Prot (g)	Carb (g)	Fib (g)	Fat (g)	Chol (mg)	Calc (mg)	B6 (mg)
<b>1- Monday</b>										
Fish, whitefish, mixed species, fillet, bkd/brld	3.00	oz	146.28	20.81	0.00	0.00	6.39	65.49	28.07	0.29
Capers, cnd, drained	1.00	Tbs	1.98	0.20	0.42	0.28	0.07	0.00	3.44	0.00
Rice, white, long grain, ckd	4.00	oz	147.41	3.05	31.94	0.45	0.32	0.00	11.34	0.11
Snap Beans, green, ckd, drained	4.00	oz	39.69	2.14	8.94	3.63	0.32	0.00	49.89	0.06
Juice, orange, unswtnd, cnd	4.00	fl-oz	52.29	0.73	12.26	0.25	0.17	0.00	9.96	0.11
Bread, whole wheat, slice	1.00	pce	69.16	3.63	11.56	1.90	0.94	0.00	29.96	0.06
Margarine, 80% fat, unsalted	1.00	tsp	34.03	0.04	0.04	0.00	3.81	0.00	0.80	0.00
Milk, nonfat/skim, calc fort	1.00	cup	86.45	8.40	11.98	0.00	0.44	4.94	503.88	0.10
Sauce, lemon butter dill	1.00	Tbs	60.00	0.00	2.00	--	5.00	0.00	--	--
<b>1- Monday Total</b>			<b>637.29</b>	<b>39.00</b>	<b>79.14</b>	<b>6.51</b>	<b>17.46</b>	<b>70.43</b>	<b>637.34</b>	<b>0.73</b>
<b>2- Tuesday</b>										
Chicken, broiler/fryer, thigh, w/skin, rstcd	3.00	oz	210.07	21.31	0.00	0.00	13.17	79.09	10.21	0.26
Kasha, rstcd, ckd	2.00	oz	52.16	1.92	11.31	1.53	0.35	0.00	3.97	0.04
Pasta, ckd f/fresh	2.00	oz	74.27	2.92	14.13	0.99	0.60	18.71	3.40	0.02
Carrots, fresh, chpd	4.00	oz	46.49	1.05	10.86	3.18	0.27	0.00	37.42	0.16
Milk, nonfat/skim, calc fort	1.00	cup	86.45	8.40	11.98	0.00	0.44	4.94	503.88	0.10
Margarine, 80% fat, unsalted	1.00	tsp	34.03	0.04	0.04	0.00	3.81	0.00	0.80	0.00
Juice, pineapple, unswtnd, w/add vit C, cnd	4.00	fl-oz	66.25	0.45	16.09	0.25	0.15	0.00	16.25	0.12
Bread, whole wheat, slice	1.00	pce	69.16	3.63	11.56	1.90	0.94	0.00	29.96	0.06
<b>2- Tuesday Total</b>			<b>638.88</b>	<b>39.72</b>	<b>75.97</b>	<b>7.85</b>	<b>19.73</b>	<b>102.74</b>	<b>605.89</b>	<b>0.76</b>
<b>3- Wednesday</b>										
Gravy, meat, low sod, prep	2.00	oz	30.05	2.15	3.49	0.17	1.36	1.70	3.40	0.01
Potatoes, peeled, ckd, diced	4.00	oz	97.52	1.94	22.69	2.04	0.11	0.00	9.07	0.31
Margarine, 80% fat, unsalted	1.00	tsp	34.03	0.04	0.04	0.00	3.81	0.00	0.80	0.00
Milk, nonfat/skim, calc fort	1.00	cup	86.45	8.40	11.98	0.00	0.44	4.94	503.88	0.10
Bread, whole wheat, slice	1.00	pce	69.16	3.63	11.56	1.90	0.94	0.00	29.96	0.06
Juice, apple, unswtnd, w/vit C, cnd/btl	4.00	fl-oz	58.28	0.07	14.48	0.12	0.14	0.00	8.68	0.04
Turkey, ground, patty, 8% fat, raw, 4oz	3.00	oz	126.72	14.85	0.00	0.00	7.02	67.19	11.06	0.30
Bread Crumbs, plain, grated, dry	0.13	cup	53.33	1.80	9.72	0.61	0.72	0.00	24.71	0.02
Peas, green, ckd f/fzn, drained	4.00	oz	88.45	5.84	16.17	6.24	0.31	0.00	27.22	0.13
<b>3- Wednesday Total</b>			<b>643.99</b>	<b>38.72</b>	<b>90.13</b>	<b>11.08</b>	<b>14.85</b>	<b>73.83</b>	<b>618.78</b>	<b>0.97</b>

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Item Name	Item Quantity	Item Measure	Cals (kcal)	Prot (g)	Carb (g)	Fib (g)	Fat (g)	Chol (mg)	Calc (mg)	B6 (mg)
<b>4- Thursday</b>										
Bread, whole wheat, slice	1.00	pce	69.16	3.63	11.56	1.90	0.94	0.00	29.96	0.06
Margarine, 80% fat, unsalted	1.00	tsp	34.03	0.04	0.04	0.00	3.81	0.00	0.80	0.00
Juice Drink, grape, swtnd, w/add vit C, prep f/fzn conc	4.00	fl-oz	63.75	0.24	15.94	0.12	0.11	0.00	5.00	0.05
Milk, nonfat/skim, calc fort	1.00	cup	86.45	8.40	11.98	0.00	0.44	4.94	503.88	0.10
Peppers, bell, red, sweet, fresh, chpd	0.25	cup	11.55	0.37	2.25	0.75	0.11	0.00	2.61	0.11
<b>Beef Stroganoff w/ Zucchini (Golds)</b>			<b>374.00</b>	<b>36.51</b>	<b>31.61</b>	<b>3.88</b>	<b>11.52</b>	<b>40.89</b>	<b>62.92</b>	<b>0.46</b>
Gravy, meat, low sod, prep	0.25	cup	31.27	2.24	3.63	0.18	1.42	1.77	3.54	0.01
Carrots, fresh, chpd	1.00	tsp	1.09	0.02	0.26	0.07	0.01	0.00	0.88	0.00
Onion, pearl, fresh, chpd	1.00	tsp	1.33	0.04	0.31	0.06	0.00	0.00	0.77	0.00
Herb, parsley, fresh, chpd	1.00	tsp	0.45	0.04	0.08	0.04	0.01	0.00	1.73	0.00
Herb, thyme, fresh	1.00	tsp	0.81	0.04	0.20	0.11	0.01	0.00	3.24	0.00
Herb, basil, fresh, leaves, chpd	1.00	tsp	0.20	0.03	0.02	0.01	0.01	0.00	1.56	0.00
Spice, pepper, black	0.13	tsp	0.67	0.03	0.17	0.07	0.01	0.00	1.15	0.00
Salt, table	0.13	tsp	0.00	0.00	0.00	0.00	0.00	0.00	0.18	0.00
Water, tap	0.25	cup	0.00	0.00	0.00	0.00	0.00	0.00	1.78	0.00
Squash, zucchini, slices, stmd	6.00	oz	23.81	1.99	4.95	2.04	0.24	0.00	25.51	0.14
Herb, thyme, fresh	0.25	tsp	0.20	0.01	0.05	0.03	0.00	0.00	0.81	0.00
Garlic, cloves, fresh	0.25	tsp	1.06	0.05	0.23	0.01	0.00	0.00	1.28	0.01
Oil, vegetable, low saturated fat, USDA	0.25	tsp	10.02	0.00	0.00	0.00	1.13	0.00	0.00	0.00
Bouillon/Broth, beef, low sod, cnd	1.00	oz	4.54	0.57	0.11	0.00	0.17	0.00	1.13	0.00
Pasta, spaghetti, enrich, ckd	0.50	cup	110.60	4.06	21.60	1.26	0.65	0.00	4.90	0.03
Beef, brisket, flat half, brsd, choice, 0" trim	3.00	oz	187.95	27.39	0.00	0.00	7.86	39.12	14.46	0.27
<b>4- Thursday Total</b>			<b>638.94</b>	<b>49.19</b>	<b>73.38</b>	<b>6.65</b>	<b>16.93</b>	<b>45.83</b>	<b>605.17</b>	<b>0.78</b>
<b>5- Friday</b>										
Chicken, broiler/fryer, thigh, w/skin, rstcd	3.00	oz	210.07	21.31	0.00	0.00	13.17	79.09	10.21	0.26
Sauce, barbecue, low sod	1.00	Tbs	26.25	0.00	6.34	0.11	0.05	0.00	2.10	0.01
Rice, white, long grain, ckd	4.00	oz	147.41	3.05	31.94	0.45	0.32	0.00	11.34	0.11
Beans, lima, baby, mature, ckd	0.17	cup	38.30	2.44	7.08	2.34	0.12	0.00	8.81	0.02
Corn, yellow, sweet, kernels, ckd f/fzn, drained	0.17	cup	22.18	0.70	5.29	0.66	0.18	0.00	0.82	0.03

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<b>5- Friday</b>										
Tomatoes, red, fresh, year round avg, chpd/sliced	0.17	cup	5.41	0.26	1.18	0.36	0.06	0.00	3.01	0.02
Juice, orange, unswtnd, cnd	4.00	fl-oz	52.29	0.73	12.26	0.25	0.17	0.00	9.96	0.11
Milk, nonfat/skim, calc fort	1.00	cup	86.45	8.40	11.98	0.00	0.44	4.94	503.88	0.10
Bread, whole wheat, slice	1.00	pce	69.16	3.63	11.56	1.90	0.94	0.00	29.96	0.06
Margarine, 80% fat, unsalted	1.00	tsp	34.03	0.04	0.04	0.00	3.81	0.00	0.80	0.00
<b>5- Friday Total</b>			<b>691.55</b>	<b>40.56</b>	<b>87.67</b>	<b>6.07</b>	<b>19.26</b>	<b>84.03</b>	<b>580.89</b>	<b>0.72</b>
<b>6- Saturday</b>										
Dish, fish fillet, brd/batter fried	3.00	oz	197.31	12.47	14.43	0.43	10.45	28.92	15.31	0.09
Sweet Potatoes, dark orange, ckd w/o skin, mashed	4.00	oz	86.18	1.55	20.09	2.83	0.16	0.00	30.62	0.19
Vegetables, ckd f/fzn, drnd, 10oz pkg	0.50	cup	59.15	2.60	11.91	4.00	0.14	0.00	22.75	0.07
Milk, nonfat/skim, calc fort	1.00	cup	86.45	8.40	11.98	0.00	0.44	4.94	503.88	0.10
Margarine, 80% fat, unsalted	1.00	tsp	34.03	0.04	0.04	0.00	3.81	0.00	0.80	0.00
Juice Drink, grape, swtnd, w/add vit C, prep f/fzn conc	4.00	fl-oz	63.75	0.24	15.94	0.12	0.11	0.00	5.00	0.05
Bread, whole wheat, slice	1.00	pce	69.16	3.63	11.56	1.90	0.94	0.00	29.96	0.06
<b>6- Saturday Total</b>			<b>596.03</b>	<b>28.93</b>	<b>85.95</b>	<b>9.28</b>	<b>16.05</b>	<b>33.86</b>	<b>608.32</b>	<b>0.56</b>
<b>7- Sunday</b>										
Beef, ground, hamburger patty, brld, 5% fat	3.00	oz	145.43	22.36	0.00	0.00	5.57	64.64	5.95	0.35
Bread Crumbs, plain, grated, dry	0.13	cup	53.33	1.80	9.72	0.61	0.72	0.00	24.71	0.02
Snap Beans, green, ckd, drained	4.00	oz	39.69	2.14	8.94	3.63	0.32	0.00	49.89	0.06
Mashed Potatoes, prep f/rec w/whole milk & margarine	4.00	oz	128.14	2.23	19.16	1.70	4.76	1.13	24.95	0.28
Juice, apple, unswtnd, w/vit C, cnd/btl	4.00	fl-oz	58.28	0.07	14.48	0.12	0.14	0.00	8.68	0.04
Margarine, 80% fat, unsalted	1.00	tsp	34.03	0.04	0.04	0.00	3.81	0.00	0.80	0.00
Milk, nonfat/skim, calc fort	1.00	cup	86.45	8.40	11.98	0.00	0.44	4.94	503.88	0.10
Bread, whole wheat, slice	1.00	pce	69.16	3.63	11.56	1.90	0.94	0.00	29.96	0.06
<b>7- Sunday Total</b>			<b>614.51</b>	<b>40.67</b>	<b>75.88</b>	<b>7.96</b>	<b>16.70</b>	<b>70.71</b>	<b>648.82</b>	<b>0.91</b>
<b>Average of 7 days</b>			<b>637.31</b>	<b>39.54</b>	<b>81.16</b>	<b>7.91</b>	<b>17.28</b>	<b>68.78</b>	<b>615.03</b>	<b>0.78</b>

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Female

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Item Name	B12 (mcg)	A-RAE (RAE)	Vit C (mg)	Magn (mg)	Sod (mg)	Zinc (mg)	Pot (mg)			
<b>1- Monday</b>										
Fish, whitefish, mixed species, fillet, bkd/brld	0.82	33.17	0.00	35.72	55.28	1.08	345.29			
Capers, cnd, drained	0.00	0.60	0.37	2.84	254.90	0.03	3.44			
Rice, white, long grain, ckd	0.00	0.00	0.00	13.61	1.13	0.56	39.69			
Snap Beans, green, ckd, drained	0.00	39.69	11.00	20.41	1.13	0.28	165.56			
Juice, orange, unswtnd, cnd	0.00	11.20	42.83	13.69	2.49	0.09	217.87			
Bread, whole wheat, slice	0.00	0.04	0.00	22.96	132.16	0.50	69.44			
Margarine, 80% fat, unsalted	0.00	38.77	0.00	0.09	0.09	0.00	1.18			
Milk, nonfat/skim, calc fort	0.94	338.39	2.47	27.17	128.44	0.99	410.02			
Sauce, lemon butter dill	--	--	--	--	105.00	--	--			
<b>1- Monday Total</b>	<b>1.76</b>	<b>461.86</b>	<b>56.67</b>	<b>136.49</b>	<b>680.62</b>	<b>3.53</b>	<b>1,252.49</b>			
<b>2- Tuesday</b>										
Chicken, broiler/fryer, thigh, w/skin, rstd	0.25	42.52	0.00	18.71	71.44	2.01	188.80			
Kasha, rstd, ckd	0.00	0.00	0.00	28.92	2.27	0.35	49.89			
Pasta, ckd f/fresh	0.08	3.40	0.00	10.21	3.40	0.32	13.61			
Carrots, fresh, chpd	0.00	946.86	6.69	13.61	78.24	0.27	362.87			
Milk, nonfat/skim, calc fort	0.94	338.39	2.47	27.17	128.44	0.99	410.02			
Margarine, 80% fat, unsalted	0.00	38.77	0.00	0.09	0.09	0.00	1.18			
Juice, pineapple, unswtnd, w/add vit C, cnd	0.00	0.31	54.75	15.00	2.50	0.14	162.50			
Bread, whole wheat, slice	0.00	0.04	0.00	22.96	132.16	0.50	69.44			
<b>2- Tuesday Total</b>	<b>1.27</b>	<b>1,370.29</b>	<b>63.91</b>	<b>136.67</b>	<b>418.54</b>	<b>4.58</b>	<b>1,258.31</b>			
<b>3- Wednesday</b>										
Gravy, meat, low sod, prep	0.06	0.00	0.00	1.13	10.21	0.57	45.93			
Potatoes, peeled, ckd, diced	0.00	0.17	8.39	22.68	5.67	0.31	371.94			
Margarine, 80% fat, unsalted	0.00	38.77	0.00	0.09	0.09	0.00	1.18			
Milk, nonfat/skim, calc fort	0.94	338.39	2.47	27.17	128.44	0.99	410.02			
Bread, whole wheat, slice	0.00	0.04	0.00	22.96	132.16	0.50	69.44			
Juice, apple, unswtnd, w/vit C, cnd/btl	0.00	0.06	51.58	3.72	3.72	0.04	147.56			
Turkey, ground, patty, 8% fat, raw, 4oz	0.29	1.70	0.00	16.16	79.94	1.64	198.16			
Bread Crumbs, plain, grated, dry	0.05	0.00	0.00	5.80	98.82	0.20	26.46			
Peas, green, ckd f/fzn, drained	0.00	119.07	11.23	24.95	81.65	0.76	124.74			

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Item Name	B12 (mcg)	A-RAE (RAE)	Vit C (mg)	Magn (mg)	Sod (mg)	Zinc (mg)	Pot (mg)			
<b>3- Wednesday Total</b>	<b>1.34</b>	<b>498.20</b>	<b>73.67</b>	<b>124.66</b>	<b>540.70</b>	<b>5.01</b>	<b>1,395.43</b>			
<b>4- Thursday</b>										
Bread, whole wheat, slice	0.00	0.04	0.00	22.96	132.16	0.50	69.44			
Margarine, 80% fat, unsalted	0.00	38.77	0.00	0.09	0.09	0.00	1.18			
Juice Drink, grape, swtnd, w/add vit C, prep f/fzn conc	0.00	0.50	29.87	5.00	2.50	0.05	26.25			
Milk, nonfat/skim, calc fort	0.94	338.39	2.47	27.17	128.44	0.99	410.02			
Peppers, bell, red, sweet, fresh, chpd	0.00	58.48	47.57	4.47	1.49	0.09	78.60			
<b>Beef Stroganoff w/ Zucchini (Golds)</b>	<b>2.32</b>	<b>59.84</b>	<b>17.16</b>	<b>74.08</b>	<b>365.23</b>	<b>7.54</b>	<b>776.05</b>			
Gravy, meat, low sod, prep	0.06	0.00	0.00	1.18	10.62	0.59	47.79			
Carrots, fresh, chpd	0.00	22.27	0.16	0.32	1.84	0.01	8.53			
Onion, pearl, fresh, chpd	0.00	0.00	0.25	0.33	0.13	0.01	4.87			
Herb, parsley, fresh, chpd	0.00	5.26	1.66	0.63	0.70	0.01	6.93			
Herb, thyme, fresh	0.00	1.90	1.28	1.28	0.07	0.01	4.87			
Herb, basil, fresh, leaves, chpd	0.00	2.33	0.16	0.57	0.04	0.01	2.61			
Spice, pepper, black	0.00	0.04	0.06	0.51	0.12	0.00	3.30			
Salt, table	0.00	0.00	0.00	0.01	290.68	0.00	0.06			
Water, tap	0.00	0.00	0.00	0.59	2.37	0.01	0.00			
Squash, zucchini, slices, stmd	0.00	27.56	13.05	37.42	5.10	0.34	421.83			
Herb, thyme, fresh	0.00	0.48	0.32	0.32	0.02	0.00	1.22			
Garlic, cloves, fresh	0.00	0.00	0.22	0.18	0.12	0.01	2.84			
Oil, vegetable, low saturated fat, USDA	0.00	0.00	0.00	0.00	0.00	0.00	0.00			
Bouillon/Broth, beef, low sod, cnd	0.03	0.00	0.00	0.28	8.50	0.03	24.38			
Pasta, spaghetti, enrich, ckd	0.00	0.00	0.00	12.60	0.70	0.36	30.80			
Beef, brisket, flat half, brsd, choice, 0" trim	2.23	0.00	0.00	17.86	44.22	6.15	216.02			
<b>4- Thursday Total</b>	<b>3.26</b>	<b>496.02</b>	<b>97.07</b>	<b>133.77</b>	<b>629.91</b>	<b>9.17</b>	<b>1,361.54</b>			
<b>5- Friday</b>										
Chicken, broiler/fryer, thigh, w/skin, rstcd	0.25	42.52	0.00	18.71	71.44	2.01	188.80			
Sauce, barbecue, low sod	0.00	2.10	0.12	2.10	23.27	0.02	36.40			
Rice, white, long grain, ckd	0.00	0.00	0.00	13.61	1.13	0.56	39.69			
Beans, lima, baby, mature, ckd	0.00	0.00	0.00	16.11	0.91	0.31	121.88			

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Item Name	B12 (mcg)	A-RAE (RAE)	Vit C (mg)	Magn (mg)	Sod (mg)	Zinc (mg)	Pot (mg)			
<b>5- Friday</b>										
Corn, yellow, sweet, kernels, ckd f/fzn, drained	0.00	2.74	0.96	7.67	0.27	0.17	63.81			
Tomatoes, red, fresh, year round avg, chpd/sliced	0.00	12.63	3.82	3.31	1.50	0.05	71.24			
Juice, orange, unswtnd, cnd	0.00	11.20	42.83	13.69	2.49	0.09	217.87			
Milk, nonfat/skim, calc fort	0.94	338.39	2.47	27.17	128.44	0.99	410.02			
Bread, whole wheat, slice	0.00	0.04	0.00	22.96	132.16	0.50	69.44			
Margarine, 80% fat, unsalted	0.00	38.77	0.00	0.09	0.09	0.00	1.18			
<b>5- Friday Total</b>	<b>1.19</b>	<b>448.39</b>	<b>50.20</b>	<b>125.42</b>	<b>361.70</b>	<b>4.70</b>	<b>1,220.33</b>			
<b>6- Saturday</b>										
Dish, fish fillet, brd/batter fried	0.94	9.36	0.00	20.41	452.45	0.37	272.15			
Sweet Potatoes, dark orange, ckd w/o skin, mashed	0.00	892.43	14.51	20.41	30.62	0.23	260.81			
Vegetables, ckd f/fzn, drnd, 10oz pkg	0.00	194.74	2.91	20.02	31.85	0.45	153.79			
Milk, nonfat/skim, calc fort	0.94	338.39	2.47	27.17	128.44	0.99	410.02			
Margarine, 80% fat, unsalted	0.00	38.77	0.00	0.09	0.09	0.00	1.18			
Juice Drink, grape, swtnd, w/add vit C, prep f/fzn conc	0.00	0.50	29.87	5.00	2.50	0.05	26.25			
Bread, whole wheat, slice	0.00	0.04	0.00	22.96	132.16	0.50	69.44			
<b>6- Saturday Total</b>	<b>1.88</b>	<b>1,474.23</b>	<b>49.76</b>	<b>116.06</b>	<b>778.11</b>	<b>2.59</b>	<b>1,193.64</b>			
<b>7- Sunday</b>										
Beef, ground, hamburger patty, brld, 5% fat	2.10	0.00	0.00	18.71	55.28	5.47	295.96			
Bread Crumbs, plain, grated, dry	0.05	0.00	0.00	5.80	98.82	0.20	26.46			
Snap Beans, green, ckd, drained	0.00	39.69	11.00	20.41	1.13	0.28	165.56			
Mashed Potatoes, prep f/rec w/whole milk & margarine	0.08	46.49	11.91	21.55	377.61	0.34	371.94			
Juice, apple, unswtnd, w/vit C, cnd/btl	0.00	0.06	51.58	3.72	3.72	0.04	147.56			
Margarine, 80% fat, unsalted	0.00	38.77	0.00	0.09	0.09	0.00	1.18			
Milk, nonfat/skim, calc fort	0.94	338.39	2.47	27.17	128.44	0.99	410.02			
Bread, whole wheat, slice	0.00	0.04	0.00	22.96	132.16	0.50	69.44			
<b>7- Sunday Total</b>	<b>3.17</b>	<b>463.44</b>	<b>76.96</b>	<b>120.41</b>	<b>797.25</b>	<b>7.82</b>	<b>1,488.12</b>			
<b>Average of 7 days</b>	<b>1.98</b>	<b>744.63</b>	<b>66.89</b>	<b>127.64</b>	<b>600.98</b>	<b>5.34</b>	<b>1,309.98</b>			