

# JCS- KOSHER HDM C2W3 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>										
Chicken, broiler/fryer, breast, w/o skin, rstd	3.00	oz	140.33	26.38	0.00	0.00	3.04	72.29	12.76	0.51
Sauce, lemon butter dill	0.50	oz	58.65	0.00	1.96	--	4.89	0.00	--	--
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
Corn, yellow, sweet, kernels, ckd f/fzn, drained	4.00	oz	91.85	2.89	21.89	2.72	0.76	0.00	3.40	0.11
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
<b>1- Monday Total</b>			<b>660.90</b>	<b>44.30</b>	<b>78.85</b>	<b>6.57</b>	<b>18.81</b>	<b>78.36</b>	<b>585.71</b>	<b>1.17</b>
<b>2- Tuesday</b>										
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
Bread, whole wheat, slice	1.00	pce	69.16	3.63	11.56	1.90	0.94	0.00	29.96	0.06
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
<b>Beef Baked Ziti Marinara Sauce &amp; Green Peas (Golds)</b>			<b>415.51</b>	<b>33.38</b>	<b>45.86</b>	<b>9.01</b>	<b>10.35</b>	<b>65.77</b>	<b>52.73</b>	<b>0.62</b>
Bouillon/Broth, beef, low sod, cnd	0.50	tsp	0.40	0.05	0.01	0.00	0.02	0.00	0.10	0.00
Sauce, spaghetti/marinara, rts	2.00	oz	49.33	1.01	7.80	1.47	1.53	1.13	12.47	0.10
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
Oil, vegetable, low saturated fat, USDA	0.50	tsp	20.04	0.00	0.00	0.00	2.27	0.00	0.00	0.00
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
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
Pasta, spaghetti, enrich, ckd	0.50	cup	110.60	4.06	21.60	1.26	0.65	0.00	4.90	0.03
<b>2- Tuesday Total</b>			<b>671.40</b>	<b>45.90</b>	<b>85.53</b>	<b>11.16</b>	<b>15.69</b>	<b>70.71</b>	<b>603.62</b>	<b>0.90</b>
<b>3- Wednesday</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
Dressing, mayonnaise, low sod, low cal	1.00	tsp	10.78	0.01	0.75	0.00	0.90	1.12	0.00	0.00

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<b>3- Wednesday</b>										
Mustard, yellow, prep	1.00	tsp	3.35	0.22	0.27	0.17	0.20	0.00	2.90	0.00
Sauce, lemon butter dill	1.00	tsp	20.00	0.00	0.67	--	1.67	0.00	--	--
Rice, brown, long grain, ckd	2.00	oz	62.93	1.46	13.02	1.02	0.51	0.00	5.67	0.08
Vegetables, ckd f/fzn, drnd, 10oz pkg	2.00	oz	36.85	1.62	7.42	2.49	0.09	0.00	14.17	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
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
Squash, zucchini, w/skin, ckd, drained, slices	4.00	oz	18.14	0.73	4.46	1.59	0.06	0.00	14.74	0.09
Tomatoes, red, fresh, year round avg, chpd/sliced	0.13	cup	4.05	0.20	0.88	0.27	0.04	0.00	2.25	0.02
<b>3- Wednesday Total</b>			<b>555.77</b>	<b>37.36</b>	<b>66.99</b>	<b>7.56</b>	<b>15.16</b>	<b>71.55</b>	<b>607.44</b>	<b>0.73</b>
<b>4- Thursday</b>										
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
Gravy, meat, low sod, prep	2.00	oz	30.05	2.15	3.49	0.17	1.36	1.70	3.40	0.01
Pasta, spaghetti, enrich, ckd	0.50	cup	110.60	4.06	21.60	1.26	0.65	0.00	4.90	0.03
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
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
<b>4- Thursday Total</b>			<b>627.77</b>	<b>37.60</b>	<b>84.78</b>	<b>8.06</b>	<b>15.22</b>	<b>73.83</b>	<b>610.14</b>	<b>0.63</b>
<b>5- Friday</b>										
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
Snap Beans, green, ckd, drained	4.00	oz	39.69	2.14	8.94	3.63	0.32	0.00	49.89	0.06
Sweet Potatoes, dark orange, bkd f/fzn, cubes	4.00	oz	113.40	1.94	26.53	2.04	0.14	0.00	39.69	0.21

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<b>5- Friday</b>										
Chicken, broiler/fryer, thigh, w/skin, rstd	2.00	oz	140.04	14.21	0.00	0.00	8.78	52.73	6.80	0.18
Chicken, broiler/fryer, leg, w/skin, rstd	1.00	oz	65.77	7.36	0.00	0.00	3.82	26.08	3.40	0.09
<b>5- Friday Total</b>			<b>600.83</b>	<b>38.45</b>	<b>71.31</b>	<b>7.82</b>	<b>18.42</b>	<b>83.75</b>	<b>644.38</b>	<b>0.81</b>
<b>6- Saturday</b>										
Beef, bottom round roast, lean, ckd, 1/8" trim	3.00	oz	138.63	23.81	0.00	0.00	4.86	63.79	5.10	0.32
Rice, white, long grain, ckd	0.50	cup	102.70	2.13	22.25	0.32	0.22	0.00	7.90	0.07
Beans, black, mature, ckd	0.50	cup	113.52	7.62	20.39	7.48	0.46	0.00	23.22	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
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>6- Saturday Total</b>			<b>610.74</b>	<b>46.08</b>	<b>82.31</b>	<b>9.95</b>	<b>10.88</b>	<b>68.73</b>	<b>587.11</b>	<b>0.73</b>
<b>7- Sunday</b>										
Fish, tilapia, bkd/brld	4.00	oz	145.15	29.65	0.00	0.00	3.00	64.64	15.88	0.14
Tomato Sauce, unsalted	2.00	oz	23.81	0.74	4.94	0.85	0.11	0.00	7.94	0.09
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
Bread, whole wheat, slice	1.00	pce	69.16	3.63	11.56	1.90	0.94	0.00	29.96	0.06
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, 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
Vegetables, ckd f/fzn, drnd, 10oz pkg	4.00	oz	73.71	3.24	14.84	4.99	0.17	0.00	28.35	0.08
<b>7- Sunday Total</b>			<b>618.73</b>	<b>48.00</b>	<b>77.00</b>	<b>9.56</b>	<b>13.37</b>	<b>70.71</b>	<b>620.44</b>	<b>0.79</b>
<b>Average of 7 days</b>			<b>620.88</b>	<b>42.53</b>	<b>78.11</b>	<b>8.67</b>	<b>15.36</b>	<b>73.95</b>	<b>608.41</b>	<b>0.82</b>

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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>										
Chicken, broiler/fryer, breast, w/o skin, rstd	0.29	5.10	0.00	24.66	62.93	0.85	217.72			
Sauce, lemon butter dill	--	--	--	--	102.64	--	--			
Mashed Potatoes, prep f/rec w/whole milk & margarine	0.08	46.49	11.91	21.55	377.61	0.34	371.94			
Corn, yellow, sweet, kernels, ckd f/fzn, drained	0.00	11.34	3.97	31.75	1.13	0.71	264.21			
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			
<b>1- Monday Total</b>	<b>1.31</b>	<b>451.33</b>	<b>61.18</b>	<b>141.87</b>	<b>807.49</b>	<b>3.48</b>	<b>1,552.38</b>			
<b>2- Tuesday</b>										
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			
Bread, whole wheat, slice	0.00	0.04	0.00	22.96	132.16	0.50	69.44			
Juice, pineapple, unswtnd, w/add vit C, cnd	0.00	0.31	54.75	15.00	2.50	0.14	162.50			
<b>Beef Baked Ziti Marinara Sauce &amp; Green Peas (Golds)</b>	2.10	132.59	12.90	68.70	370.98	6.91	636.88			
Bouillon/Broth, beef, low sod, cnd	0.00	0.00	0.00	0.03	0.75	0.00	2.15			
Sauce, spaghetti/marinara, rts	0.00	13.04	1.13	11.91	232.46	0.31	179.17			
Peas, green, ckd f/fzn, drained	0.00	119.07	11.23	24.95	81.65	0.76	124.74			
Oil, vegetable, low saturated fat, USDA	0.00	0.00	0.00	0.00	0.00	0.00	0.00			
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			
Beef, ground, hamburger patty, brld, 5% fat	2.10	0.00	0.00	18.71	55.28	5.47	295.96			
Pasta, spaghetti, enrich, ckd	0.00	0.00	0.00	12.60	0.70	0.36	30.80			
<b>2- Tuesday Total</b>	<b>3.04</b>	<b>510.10</b>	<b>70.12</b>	<b>133.92</b>	<b>634.17</b>	<b>8.54</b>	<b>1,280.02</b>			
<b>3- Wednesday</b>										
Fish, whitefish, mixed species, fillet, bkd/brld	0.82	33.17	0.00	35.72	55.28	1.08	345.29			
Dressing, mayonnaise, low sod, low cal	0.00	0.00	0.00	0.00	5.13	0.01	0.47			

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<b>3- Wednesday</b>										
Mustard, yellow, prep	0.00	0.20	0.08	2.45	56.75	0.03	6.90			
Sauce, lemon butter dill	--	--	--	--	35.00	--	--			
Rice, brown, long grain, ckd	0.00	0.00	0.00	24.38	2.83	0.36	24.38			
Vegetables, ckd f/fzn, drnd, 10oz pkg	0.00	121.33	1.81	12.47	19.84	0.28	95.82			
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			
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			
Squash, zucchini, w/skin, ckd, drained, slices	0.00	63.50	5.22	24.95	3.40	0.20	286.89			
Tomatoes, red, fresh, year round avg, chpd/sliced	0.00	9.45	2.86	2.48	1.13	0.04	53.33			
<b>3- Wednesday Total</b>	<b>1.76</b>	<b>605.35</b>	<b>42.31</b>	<b>157.67</b>	<b>442.55</b>	<b>3.54</b>	<b>1,319.97</b>			
<b>4- Thursday</b>										
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			
Gravy, meat, low sod, prep	0.06	0.00	0.00	1.13	10.21	0.57	45.93			
Pasta, spaghetti, enrich, ckd	0.00	0.00	0.00	12.60	0.70	0.36	30.80			
Vegetables, ckd f/fzn, drnd, 10oz pkg	0.00	194.74	2.91	20.02	31.85	0.45	153.79			
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			
<b>4- Thursday Total</b>	<b>1.34</b>	<b>573.70</b>	<b>56.96</b>	<b>109.65</b>	<b>485.93</b>	<b>4.75</b>	<b>1,083.34</b>			
<b>5- Friday</b>										
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			
Snap Beans, green, ckd, drained	0.00	39.69	11.00	20.41	1.13	0.28	165.56			

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<b>5- Friday</b>										
Sweet Potatoes, dark orange, bkd f/fzn, cubes	0.00	1,182.72	10.32	23.81	9.07	0.34	427.50			
Chicken, broiler/fryer, thigh, w/skin, rstd	0.16	28.35	0.00	12.47	47.63	1.34	125.87			
Chicken, broiler/fryer, leg, w/skin, rstd	0.09	11.62	0.00	6.52	24.66	0.74	63.79			
<b>5- Friday Total</b>	<b>1.19</b>	<b>1,650.78</b>	<b>66.62</b>	<b>127.12</b>	<b>345.67</b>	<b>4.28</b>	<b>1,481.23</b>			
<b>6- Saturday</b>										
Beef, bottom round roast, lean, ckd, 1/8" trim	1.31	0.00	0.00	16.16	31.47	4.10	195.61			
Rice, white, long grain, ckd	0.00	0.00	0.00	9.48	0.79	0.39	27.65			
Beans, black, mature, ckd	0.00	0.26	0.00	60.20	0.86	0.96	305.30			
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			
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>6- Saturday Total</b>	<b>2.25</b>	<b>377.77</b>	<b>57.22</b>	<b>151.06</b>	<b>296.31</b>	<b>7.08</b>	<b>1,171.70</b>			
<b>7- Sunday</b>										
Fish, tilapia, bkd/brld	2.11	0.00	0.00	38.55	63.50	0.46	430.90			
Tomato Sauce, unsalted	0.00	11.91	7.43	10.77	6.24	0.14	210.35			
Mashed Potatoes, prep f/rec w/whole milk & margarine	0.08	46.49	11.91	21.55	377.61	0.34	371.94			
Bread, whole wheat, slice	0.00	0.04	0.00	22.96	132.16	0.50	69.44			
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, apple, unswtnd, w/vit C, cnd/btl	0.00	0.06	51.58	3.72	3.72	0.04	147.56			
Vegetables, ckd f/fzn, drnd, 10oz pkg	0.00	242.67	3.63	24.95	39.69	0.56	191.64			
<b>7- Sunday Total</b>	<b>3.13</b>	<b>678.33</b>	<b>77.02</b>	<b>149.76</b>	<b>751.45</b>	<b>3.03</b>	<b>1,833.03</b>			
<b>Average of 7 days</b>	<b>2.00</b>	<b>692.48</b>	<b>61.63</b>	<b>138.72</b>	<b>537.65</b>	<b>4.96</b>	<b>1,388.81</b>			