

JCS- KOSHER HDM C2W5 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)
1- Monday										
Chicken, broiler/fryer, thigh, w/skin, rstd	3.00	oz	210.07	21.31	0.00	0.00	13.17	79.09	10.21	0.26
Snap Beans, green, ckd, drained	4.00	oz	39.69	2.14	8.94	3.63	0.32	0.00	49.89	0.06
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, 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
Mashed Potatoes, flakes, prep f/dry w/milk & butter	4.00	oz	109.99	2.03	12.26	0.91	5.82	15.88	36.29	0.11
1- Monday Total			601.68	38.28	57.04	6.69	24.67	99.91	640.99	0.70
2- Tuesday										
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
Beef Hot Dogs w/ Macaroni Tomato Sauce & Mixed Veg (Golds)			408.40	18.77	38.30	5.67	19.73	43.39	41.01	0.23
Tomato Sauce, unsalted	2.00	oz	23.81	0.74	4.94	0.85	0.11	0.00	7.94	0.09
Pasta, macaroni, enrich, ckd	0.50	cup	110.60	4.06	21.60	1.26	0.65	0.00	4.90	0.03
Vegetables, peas & carrots, ckd f/fzn, drnd	4.00	oz	54.43	3.50	11.48	3.52	0.48	0.00	26.08	0.10
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
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
Frank, beef, rducd fat	3.00	oz	208.28	10.41	0.00	0.00	17.36	43.39	0.00	--
2- Tuesday Total			664.29	31.29	77.97	7.82	25.07	48.33	591.90	0.51
3- Wednesday										
Fish, salmon, pink, fillet, bkd/brld	3.00	oz	126.72	21.74	0.00	0.00	3.76	56.98	14.46	0.20
Peppers, bell, green, sweet, fresh, chpd	1.00	oz	5.67	0.24	1.32	0.48	0.05	0.00	2.83	0.06
Onion, pearl, fresh, chpd	1.00	oz	11.34	0.31	2.65	0.48	0.03	0.00	6.52	0.03
Tomatoes, red, fresh, year round avg, chpd/sliced	1.00	oz	5.10	0.25	1.11	0.34	0.06	0.00	2.83	0.02

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3- Wednesday										
Potatoes, peeled, ckd, diced	1.00	oz	24.38	0.48	5.67	0.51	0.03	0.00	2.27	0.08
Rice, white, long grain, ckd	4.00	oz	147.41	3.05	31.94	0.45	0.32	0.00	11.34	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
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
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
3- Wednesday Total			592.15	39.11	86.67	5.87	9.61	61.92	594.63	0.80
4- Thursday										
Kasha, rstd, 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, fzn, slices	4.00	oz	40.82	0.88	8.96	3.67	0.52	0.00	40.82	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
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
Chicken, broiler/fryer, thigh, w/skin, rstd	3.00	oz	210.07	21.31	0.00	0.00	13.17	79.09	10.21	0.26
4- Thursday Total			633.21	39.55	74.07	8.34	19.98	102.74	609.29	0.71
5- Friday										
Potatoes, peeled, ckd, diced	1.00	oz	24.38	0.48	5.67	0.51	0.03	0.00	2.27	0.08
Onion, pearl, fresh, chpd	1.00	oz	11.34	0.31	2.65	0.48	0.03	0.00	6.52	0.03
Tomatoes, red, fresh, year round avg, chpd/sliced	1.00	oz	5.10	0.25	1.11	0.34	0.06	0.00	2.83	0.02
Peppers, bell, green, sweet, fresh, chpd	1.00	oz	5.67	0.24	1.32	0.48	0.05	0.00	2.83	0.06
Vegetables, peas & carrots, ckd f/fzn, drnd	4.00	oz	54.43	3.50	11.48	3.52	0.48	0.00	26.08	0.10
Potatoes, rstd	4.00	oz	160.53	4.21	36.54	3.25	0.20	0.00	14.23	0.50
Juice, orange, unswtnd, cnd	4.00	fl-oz	52.29	0.73	12.26	0.25	0.17	0.00	9.96	0.11
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
Turkey, avg, w/o skin, rstd	3.00	oz	144.58	24.94	0.00	0.00	4.23	64.64	21.26	0.39
5- Friday Total			647.96	46.73	94.61	10.73	10.44	69.58	620.62	1.45

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6- Saturday										
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
Beans, lentils, mature, ckd	0.50	cup	114.84	8.93	19.93	7.82	0.38	0.00	18.81	0.18
Rice, white, long grain, ckd	0.50	cup	102.70	2.13	22.25	0.32	0.22	0.00	7.90	0.07
Peppers, bell, green, sweet, fresh, chpd	2.00	oz	11.34	0.49	2.63	0.96	0.10	0.00	5.67	0.13
Onion, pearl, ckd, drained, chpd	2.00	oz	24.95	0.77	5.75	0.79	0.11	0.00	12.47	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
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
6- Saturday Total			648.35	48.65	90.23	12.04	11.01	68.73	600.84	1.05
7- Sunday										
Fish, tilapia, bkd/brld	3.00	oz	108.86	22.24	0.00	0.00	2.25	48.48	11.91	0.10
Sauce, lemon butter dill	0.50	oz	58.65	0.00	1.96	--	4.89	0.00	--	--
Pasta, spaghetti, enrich, ckd	4.00	oz	179.17	6.58	34.99	2.04	1.05	0.00	7.94	0.06
Carrots, fzn, slices	4.00	oz	40.82	0.88	8.96	3.67	0.52	0.00	40.82	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
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
7- Sunday Total			640.89	42.01	85.43	7.73	14.01	53.42	600.31	0.48
Average of 7 days			632.65	40.80	80.86	8.46	16.40	72.09	608.37	0.81

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Item Name	B12 (mcg)	A-RAE (RAE)	Vit C (mg)	Magn (mg)	Sod (mg)	Zinc (mg)	Pot (mg)			
1- Monday										
Chicken, broiler/fryer, thigh, w/skin, rstd	0.25	42.52	0.00	18.71	71.44	2.01	188.80			
Snap Beans, green, ckd, drained	0.00	39.69	11.00	20.41	1.13	0.28	165.56			
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, 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			
Mashed Potatoes, flakes, prep f/dry w/milk & butter	0.12	48.76	11.00	12.47	185.97	0.20	188.24			
1- Monday Total	1.31	519.37	67.30	115.50	521.72	4.07	1,241.11			
2- Tuesday										
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			
Beef Hot Dogs w/ Macaroni Tomato Sauce & Mixed Veg (Golds)	0.00	552.15	17.16	42.01	709.03	1.02	424.38			
Tomato Sauce, unsalted	0.00	11.91	7.43	10.77	6.24	0.14	210.35			
Pasta, macaroni, enrich, ckd	0.00	0.00	0.00	12.60	0.70	0.36	30.80			
Vegetables, peas & carrots, ckd f/fzn, drnd	0.00	539.76	9.19	18.14	77.11	0.51	179.17			
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			
Frank, beef, rducd fat	--	0.00	0.00	--	624.84	--	--			
2- Tuesday Total	0.94	929.66	74.38	107.23	972.22	2.65	1,067.52			
3- Wednesday										
Fish, salmon, pink, fillet, bkd/brld	2.94	34.87	0.00	28.07	73.14	0.60	352.09			
Peppers, bell, green, sweet, fresh, chpd	0.00	5.10	22.79	2.83	0.85	0.04	49.61			
Onion, pearl, fresh, chpd	0.00	0.03	2.10	2.83	1.13	0.05	41.39			

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Item Name	B12 (mcg)	A-RAE (RAE)	Vit C (mg)	Magn (mg)	Sod (mg)	Zinc (mg)	Pot (mg)			
3- Wednesday										
Tomatoes, red, fresh, year round avg, chpd/sliced	0.00	11.91	3.60	3.12	1.42	0.05	67.19			
Potatoes, peeled, ckd, diced	0.00	0.04	2.10	5.67	1.42	0.08	92.98			
Rice, white, long grain, ckd	0.00	0.00	0.00	13.61	1.13	0.56	39.69			
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			
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			
Squash, zucchini, w/skin, ckd, drained, slices	0.00	63.50	5.22	24.95	3.40	0.20	286.89			
3- Wednesday Total	3.88	493.15	68.15	136.30	345.68	3.12	1,436.73			
4- Thursday										
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, fzn, slices	0.00	805.11	2.83	13.61	77.11	0.37	266.48			
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			
Chicken, broiler/fryer, thigh, w/skin, rstd	0.25	42.52	0.00	18.71	71.44	2.01	188.80			
4- Thursday Total	1.27	1,228.54	60.05	136.67	417.41	4.68	1,161.92			
5- Friday										
Potatoes, peeled, ckd, diced	0.00	0.04	2.10	5.67	1.42	0.08	92.98			
Onion, pearl, fresh, chpd	0.00	0.03	2.10	2.83	1.13	0.05	41.39			
Tomatoes, red, fresh, year round avg, chpd/sliced	0.00	11.91	3.60	3.12	1.42	0.05	67.19			
Peppers, bell, green, sweet, fresh, chpd	0.00	5.10	22.79	2.83	0.85	0.04	49.61			
Vegetables, peas & carrots, ckd f/fzn, drnd	0.00	539.76	9.19	18.14	77.11	0.51	179.17			
Potatoes, rstd	0.00	0.00	32.03	42.68	12.19	0.79	1,103.47			
Juice, orange, unswtnd, cnd	0.00	11.20	42.83	13.69	2.49	0.09	217.87			
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			

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5- Friday										
Turkey, avg, w/o skin, rstd	0.31	0.00	0.00	22.11	59.53	2.64	253.44			
5- Friday Total	1.25	945.24	117.11	161.29	416.83	5.74	2,485.76			
6- Saturday										
Beef, bottom round roast, lean, ckd, 1/8" trim	1.31	0.00	0.00	16.16	31.47	4.10	195.61			
Beans, lentils, mature, ckd	0.00	0.40	1.49	35.64	1.98	1.26	365.31			
Rice, white, long grain, ckd	0.00	0.00	0.00	9.48	0.79	0.39	27.65			
Peppers, bell, green, sweet, fresh, chpd	0.00	10.21	45.59	5.67	1.70	0.07	99.22			
Onion, pearl, ckd, drained, chpd	0.00	0.06	2.95	6.24	1.70	0.12	94.12			
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			
6- Saturday Total	2.25	388.18	107.25	138.41	300.83	7.57	1,425.05			
7- Sunday										
Fish, tilapia, bkd/brld	1.58	0.00	0.00	28.92	47.63	0.35	323.18			
Sauce, lemon butter dill	--	--	--	--	102.64	--	--			
Pasta, spaghetti, enrich, ckd	0.00	0.00	0.00	20.41	1.13	0.58	49.89			
Carrots, fzn, slices	0.00	805.11	2.83	13.61	77.11	0.37	266.48			
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 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			
7- Sunday Total	2.52	1,182.81	35.17	118.16	491.70	2.84	1,146.44			
Average of 7 days	1.92	812.42	75.63	130.51	495.20	4.38	1,423.50			