

# JCS- KOSHER HDM C2W6 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>										
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
<b>Meatballs w/ Noodles Marinara Sauce &amp; Mixed Veg (Golds)</b>			415.97	32.20	47.48	6.94	11.03	65.89	66.64	0.61
Sauce, spaghetti/marinara, rts	0.25	cup	54.38	1.11	8.60	1.62	1.68	1.25	13.75	0.11
Vegetables, peas & carrots, ckd f/fzn, drnd	0.75	cup	57.60	3.71	12.14	3.72	0.50	0.00	27.60	0.10
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
Bread Crumbs, plain, grated, dry	1.00	Tbs	26.66	0.90	4.86	0.30	0.36	0.00	12.35	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
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
<b>1- Monday Total</b>			<b>657.90</b>	<b>45.00</b>	<b>83.32</b>	<b>9.09</b>	<b>16.39</b>	<b>70.83</b>	<b>611.24</b>	<b>0.88</b>
<b>2- Tuesday</b>										
Chicken, broiler/fryer, breast, w/o skin, rstcd	3.00	oz	140.33	26.38	0.00	0.00	3.04	72.29	12.76	0.51
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
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
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
Tomato Sauce, unsalted	2.00	oz	23.81	0.74	4.94	0.85	0.11	0.00	7.94	0.09
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>2- Tuesday Total</b>			<b>607.14</b>	<b>44.82</b>	<b>85.98</b>	<b>10.03</b>	<b>8.80</b>	<b>77.23</b>	<b>639.63</b>	<b>1.17</b>
<b>3- Wednesday</b>										
Fish, salmon, pink, fillet, bkd/brld	4.00	oz	168.96	28.98	0.00	0.00	5.01	75.98	19.28	0.26
Pasta, spaghetti, enrich, ckd	4.00	oz	179.17	6.58	34.99	2.04	1.05	0.00	7.94	0.06

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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>3- Wednesday</b>										
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
Peppers, bell, green, sweet, fresh, chpd	0.25	cup	7.45	0.32	1.73	0.63	0.06	0.00	3.72	0.08
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
<b>3- Wednesday Total</b>			<b>627.11</b>	<b>48.92</b>	<b>80.70</b>	<b>6.28</b>	<b>11.48</b>	<b>80.92</b>	<b>585.32</b>	<b>0.70</b>
<b>4- Thursday</b>										
Chicken, broiler/fryer, breast, w/o skin, rstcd	3.00	oz	140.33	26.38	0.00	0.00	3.04	72.29	12.76	0.51
Rice, brown, long grain, ckd	4.00	oz	125.87	2.93	26.04	2.04	1.02	0.00	11.34	0.16
Sauce, lemon butter dill	0.50	oz	58.65	0.00	1.96	--	4.89	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
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
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
<b>4- Thursday Total</b>			<b>613.59</b>	<b>42.33</b>	<b>75.02</b>	<b>7.73</b>	<b>14.80</b>	<b>77.23</b>	<b>608.24</b>	<b>0.98</b>
<b>5- Friday</b>										
Beef, ground, hamburger patty, brld, 10% fat	3.00	oz	184.55	22.21	0.00	0.00	9.98	72.29	11.06	0.34
Gravy, meat, low sod, prep	2.00	oz	30.05	2.15	3.49	0.17	1.36	1.70	3.40	0.01
Bread Crumbs, plain, grated, dry	0.13	cup	53.33	1.80	9.72	0.61	0.72	0.00	24.71	0.02
Beans, lima, baby, mature, ckd	1.00	oz	35.72	2.28	6.61	2.18	0.11	0.00	8.22	0.02
Corn, yellow, sweet, kernels, ckd f/fzn, drained	1.00	oz	22.96	0.72	5.47	0.68	0.19	0.00	0.85	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
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
Mashed Potatoes, prep f/rec w/whole milk & margarine	0.50	cup	118.65	2.07	17.75	1.58	4.41	1.05	23.10	0.26

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<b>5- Friday Total</b>			<b>692.29</b>	<b>44.28</b>	<b>79.99</b>	<b>7.71</b>	<b>22.19</b>	<b>79.98</b>	<b>618.77</b>	<b>0.97</b>
<b>6- Saturday</b>										
Onion, pearl, ckd, drained, chpd	0.17	cup	15.43	0.48	3.56	0.49	0.07	0.00	7.72	0.05
Peppers, bell, green, sweet, fresh, chpd	0.17	cup	4.98	0.21	1.15	0.42	0.04	0.00	2.49	0.06
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
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
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
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
Rice, white, long grain, ckd	4.00	oz	147.41	3.05	31.94	0.45	0.32	0.00	11.34	0.11
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
<b>6- Saturday Total</b>			<b>663.85</b>	<b>43.17</b>	<b>93.67</b>	<b>10.11</b>	<b>12.53</b>	<b>70.43</b>	<b>630.74</b>	<b>0.94</b>
<b>7- Sunday</b>										
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
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, 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
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
Beef, brisket, flat half, brsd, choice, 1/8" trim	3.00	oz	253.44	24.37	0.00	0.00	16.56	68.04	13.61	0.24
<b>7- Sunday Total</b>			<b>627.23</b>	<b>40.20</b>	<b>67.09</b>	<b>8.48</b>	<b>22.37</b>	<b>72.98</b>	<b>637.44</b>	<b>0.69</b>
<b>Average of 7 days</b>			<b>641.30</b>	<b>44.10</b>	<b>80.82</b>	<b>8.49</b>	<b>15.51</b>	<b>75.66</b>	<b>618.77</b>	<b>0.90</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>										
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			
<b>Meatballs w/ Noodles Marinara Sauce &amp; Mixed Veg (Golds)</b>	2.12	586.06	11.51	67.03	443.38	6.82	731.15			
Sauce, spaghetti/marinara, rts	0.00	14.38	1.25	13.12	256.25	0.34	197.50			
Vegetables, peas & carrots, ckd f/fzn, drnd	0.00	571.20	9.72	19.20	81.60	0.54	189.60			
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			
Bread Crumbs, plain, grated, dry	0.02	0.00	0.00	2.90	49.41	0.10	13.23			
Pasta, spaghetti, enrich, ckd	0.00	0.00	0.00	12.60	0.70	0.36	30.80			
Beef, ground, hamburger patty, brld, 5% fat	2.10	0.00	0.00	18.71	55.28	5.47	295.96			
<b>1- Monday Total</b>	<b>3.06</b>	<b>974.46</b>	<b>56.81</b>	<b>130.94</b>	<b>706.56</b>	<b>8.40</b>	<b>1,429.66</b>			
<b>2- Tuesday</b>										
Chicken, broiler/fryer, breast, w/o skin, rstd	0.29	5.10	0.00	24.66	62.93	0.85	217.72			
Sweet Potatoes, dark orange, bkd f/fzn, cubes	0.00	1,182.72	10.32	23.81	9.07	0.34	427.50			
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			
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			
Tomato Sauce, unsalted	0.00	11.91	7.43	10.77	6.24	0.14	210.35			
Vegetables, ckd f/fzn, drnd, 10oz pkg	0.00	242.67	3.63	24.95	39.69	0.56	191.64			
<b>2- Tuesday Total</b>	<b>1.23</b>	<b>1,819.91</b>	<b>78.60</b>	<b>149.41</b>	<b>381.12</b>	<b>3.52</b>	<b>1,690.35</b>			
<b>3- Wednesday</b>										
Fish, salmon, pink, fillet, bkd/brld	3.92	46.49	0.00	37.42	97.52	0.81	469.46			

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<b>3- Wednesday</b>										
Pasta, spaghetti, enrich, ckd	0.00	0.00	0.00	20.41	1.13	0.58	49.89			
Squash, zucchini, w/skin, ckd, drained, slices	0.00	63.50	5.22	24.95	3.40	0.20	286.89			
Peppers, bell, green, sweet, fresh, chpd	0.00	6.70	29.95	3.72	1.12	0.05	65.19			
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			
<b>3- Wednesday Total</b>	<b>4.86</b>	<b>494.39</b>	<b>67.51</b>	<b>141.72</b>	<b>366.36</b>	<b>3.18</b>	<b>1,378.32</b>			
<b>4- Thursday</b>										
Chicken, broiler/fryer, breast, w/o skin, rstd	0.29	5.10	0.00	24.66	62.93	0.85	217.72			
Rice, brown, long grain, ckd	0.00	0.00	0.00	48.76	5.67	0.71	48.76			
Sauce, lemon butter dill	--	--	--	--	102.64	--	--			
Juice, apple, unswtnd, w/vit C, cnd/btl	0.00	0.06	51.58	3.72	3.72	0.04	147.56			
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			
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			
<b>4- Thursday Total</b>	<b>1.23</b>	<b>1,187.47</b>	<b>56.88</b>	<b>140.97</b>	<b>512.76</b>	<b>3.46</b>	<b>1,161.16</b>			
<b>5- Friday</b>										
Beef, ground, hamburger patty, brld, 10% fat	2.18	0.00	0.00	18.71	57.83	5.42	283.21			
Gravy, meat, low sod, prep	0.06	0.00	0.00	1.13	10.21	0.57	45.93			
Bread Crumbs, plain, grated, dry	0.05	0.00	0.00	5.80	98.82	0.20	26.46			
Beans, lima, baby, mature, ckd	0.00	0.00	0.00	15.02	0.85	0.29	113.68			
Corn, yellow, sweet, kernels, ckd f/fzn, drained	0.00	2.83	0.99	7.94	0.28	0.18	66.05			
Tomatoes, red, fresh, year round avg, chpd/sliced	0.00	11.91	3.60	3.12	1.42	0.05	67.19			
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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<b>5- Friday</b>										
Mashed Potatoes, prep f/rec w/whole milk & margarine	0.07	43.05	11.02	19.95	349.65	0.32	344.40			
<b>5- Friday Total</b>	<b>3.30</b>	<b>446.19</b>	<b>60.91</b>	<b>135.58</b>	<b>782.24</b>	<b>8.61</b>	<b>1,645.43</b>			
<b>6- Saturday</b>										
Onion, pearl, ckd, drained, chpd	0.00	0.04	1.82	3.86	1.05	0.07	58.22			
Peppers, bell, green, sweet, fresh, chpd	0.00	4.48	20.01	2.49	0.75	0.03	43.55			
Tomatoes, red, fresh, year round avg, chpd/sliced	0.00	12.63	3.82	3.31	1.50	0.05	71.24			
Peas, green, ckd f/fzn, drained	0.00	119.07	11.23	24.95	81.65	0.76	124.74			
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			
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			
Rice, white, long grain, ckd	0.00	0.00	0.00	13.61	1.13	0.56	39.69			
Fish, whitefish, mixed species, fillet, bkd/brld	0.82	33.17	0.00	35.72	55.28	1.08	345.29			
<b>6- Saturday Total</b>	<b>1.76</b>	<b>546.90</b>	<b>94.10</b>	<b>149.16</b>	<b>404.55</b>	<b>4.18</b>	<b>1,325.87</b>			
<b>7- Sunday</b>										
Sweet Potatoes, dark orange, ckd w/o skin, mashed	0.00	892.43	14.51	20.41	30.62	0.23	260.81			
Snap Beans, green, ckd, drained	0.00	39.69	11.00	20.41	1.13	0.28	165.56			
Juice, apple, unswtnd, w/vit C, cnd/btl	0.00	0.06	51.58	3.72	3.72	0.04	147.56			
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			
Beef, brisket, flat half, brsd, choice, 1/8" trim	1.98	0.00	0.00	15.31	39.12	5.50	193.06			
<b>7- Sunday Total</b>	<b>2.92</b>	<b>1,309.38</b>	<b>79.56</b>	<b>110.07</b>	<b>335.28</b>	<b>7.54</b>	<b>1,247.63</b>			
<b>Average of 7 days</b>	<b>2.62</b>	<b>968.39</b>	<b>70.62</b>	<b>136.84</b>	<b>498.41</b>	<b>5.56</b>	<b>1,411.20</b>			