

Day 1  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

BBQ Chicken Thighs	1 1 each	0000020469	226	7.73	<b><u>2.095</u></b>		<b><u>73</u></b>	658	16.4		<b><u>8.96</u></b>	21.43	<b><u>56.38</u></b>		<b><u>1.18</u></b>	<b><u>11.74</u></b>	<b><u>4</u></b>	<b><u>188</u></b>	<b><u>140.16</u></b>
Cornbread	1 3 x 2.5" pc	0000019741	151	3.78	1.62	0	0	336	27	1.1	8.64	2.16			1.19	33.14		0	
Southern-Style Ranch Beans	1 1/2 cup	0069242	176	0.43	0.011	0		343	38.56	6.9	<b><u>21.21</u></b>	5.91	<b><u>0.44</u></b>	<b><u>1.01</u></b>	2.15	60.3		<b><u>417</u></b>	<b><u>3.86</u></b>
Peach Cobbler	1 1/2Cup	Peach Cobbler	260	7.71	3.375	0	0	231	44.36	1	23.14	1.93			0.96	4.82		96	
<b>Meal SubTotal</b>			813.0	19.7	<b><u>7.1</u></b>	<b><u>0.0</u></b>	<b><u>73.0</u></b>	1,568.0	126.3	<b><u>9.0</u></b>	<b><u>62.0</u></b>	31.4	<b><u>56.8</u></b>	<b><u>1.0</u></b>	<b><u>5.5</u></b>	<b><u>110.0</u></b>	<b><u>4.0</u></b>	<b><u>701.0</u></b>	<b><u>144.0</u></b>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

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Unit Name: GREEN HILLS COMMUNITY 64594E

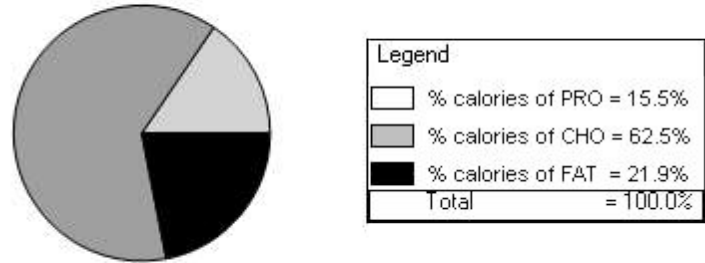
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	813.0	19.7	<u>7.1</u>	<u>0.0</u>	<u>73.0</u>	1,568.0	126.3	<u>9.0</u>	<u>62.0</u>	31.4	<u>56.8</u>	<u>1.0</u>	<u>5.5</u>	<u>110.0</u>	<u>4.0</u>	<u>701.0</u>	<u>144.0</u>
<b>1. Daily Totals</b>		813.0	19.7	<u>7.1</u>	<u>0.0</u>	<u>73.0</u>	1,568.0	126.3	<u>9.0</u>	<u>62.0</u>	31.4	<u>56.8</u>	<u>1.0</u>	<u>5.5</u>	<u>110.0</u>	<u>4.0</u>	<u>701.0</u>	<u>144.0</u>
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
<b>3. % Nutritional Goal</b>		39.6%	24.7%	30.9%		24.3%	65.3%	97.2%	30.0%		56.1%	1.3%	1.1%	68.8%	9.2%	0.7%	14.9%	20.6%
<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

5. Actual % Calorie Distribution

Actual % Calorie Distribution



\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 2  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Swedish Meatballs	1	4 oz of meatballs	0000021044	206	13.13	<b><u>5.08</u></b>	<b><u>0.773</u></b>	<b><u>56</u></b>	218	8.02	<b><u>0.4</u></b>	<b><u>0.52</u></b>	12.86	<b><u>20.28</u></b>	<b><u>0.28</u></b>	<b><u>1.14</u></b>	<b><u>20.95</u></b>	<b><u>4</u></b>	<b><u>26</u></b>	<b><u>10.61</u></b>
Parmesan Noodles	1	4z spoodle	0000025578	156	4.72	2.028	0	9	118	21.21	1	1.52	7.18		1.1	92.2		53	<b><u>42.59</u></b>	
Whole Baby Carrots	1	4z spoodle	0000020107	26	0	0	0	0	34	4.48	1.5	2.24	0	3735.46	0.9	0	14.94			
Do Not Use - Pudding Tapioca 4z	1	1 Each	01811154	120	2	1	0	5	130	22	0	16	3		0	97		128		
<b>Meal SubTotal</b>				508.0	19.9	<b><u>8.1</u></b>	<b><u>0.8</u></b>	<b><u>70.0</u></b>	500.0	55.7	<b><u>2.9</u></b>	<b><u>20.3</u></b>	23.0	<b><u>3,755.7</u></b>	<b><u>1.2</u></b>	<b><u>2.2</u></b>	<b><u>225.1</u></b>	<b><u>4.0</u></b>	<b><u>207.0</u></b>	<b><u>53.2</u></b>

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Day 2  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

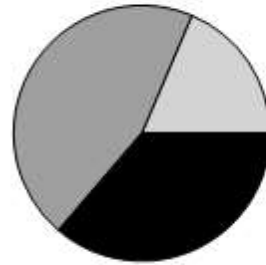
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	508.0	19.9	<b><u>8.1</u></b>	<b><u>0.8</u></b>	<b><u>70.0</u></b>	500.0	55.7	<b><u>2.9</u></b>	<b><u>20.3</u></b>	23.0	<b><u>3,755.7</u></b>	<b><u>1.2</u></b>	<b><u>2.2</u></b>	<b><u>225.1</u></b>	<b><u>4.0</u></b>	<b><u>207.0</u></b>	<b><u>53.2</u></b>
<b>1. Daily Totals</b>		508.0	19.9	<b><u>8.1</u></b>	<b><u>0.8</u></b>	<b><u>70.0</u></b>	500.0	55.7	<b><u>2.9</u></b>	<b><u>20.3</u></b>	23.0	<b><u>3,755.7</u></b>	<b><u>1.2</u></b>	<b><u>2.2</u></b>	<b><u>225.1</u></b>	<b><u>4.0</u></b>	<b><u>207.0</u></b>	<b><u>53.2</u></b>
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
<b>3. % Nutritional Goal</b>		24.7%	24.9%	35.2%		23.3%	20.8%	42.8%	9.7%		41.1%	83.5%	1.3%	27.5%	18.8%	0.7%	4.4%	7.6%
<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

**5. Actual % Calorie Distribution**

Actual % Calorie Distribution



Legend	
<span style="display:inline-block; width:15px; height:15px; background-color:lightgray; border:1px solid black;"></span>	% calories of PRO = 18.6%
<span style="display:inline-block; width:15px; height:15px; background-color:mediumgray; border:1px solid black;"></span>	% calories of CHO = 45.1%
<span style="display:inline-block; width:15px; height:15px; background-color:darkgray; border:1px solid black;"></span>	% calories of FAT = 36.3%
Total = 100.0%	

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Day 3  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Crunchy Baked Ranch Chicken Breast	1	1 Each	0146750	470	34.41	<b><u>6.3</u></b>		<b><u>94</u></b>	512	22.83	<b><u>0.5</u></b>	<b><u>0.67</u></b>	24.42			<b><u>0.25</u></b>	<b><u>12.47</u></b>		<b><u>365</u></b>	
Baked Potato	1	1 potato	0000020133	168	0.18	0.047	0	0	9	38.82	2.7	3.06	3.53	0	23.06	0.63	9.01	0	704	90.06
Broccoli and Cheese	1	4z spoodle	0165887	46	1.5	0.375	0	1	107	4.93	1.7	1.72	1.11			0	43.08			
Ice Cream Cookie Sandwich	1	4.5oz Serving	Cookie Ice Cream	12	0.59	0.295	0.092	1	6	1.59	0	0.85	0.15	7.38	0	0.05	1.48			
<b>Meal SubTotal</b>				696.0	36.7	<b><u>7.0</u></b>	<b><u>0.1</u></b>	<b><u>96.0</u></b>	634.0	68.2	<b><u>4.9</u></b>	<b><u>6.3</u></b>	29.2	<b><u>7.4</u></b>	<b><u>23.1</u></b>	<b><u>0.9</u></b>	<b><u>66.0</u></b>	<b><u>0.0</u></b>	<b><u>1,069.0</u></b>	<b><u>90.1</u></b>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

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Unit Name: GREEN HILLS COMMUNITY 64594E

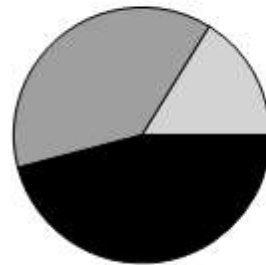
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	696.0	36.7	<u>7.0</u>	<u>0.1</u>	<u>96.0</u>	634.0	68.2	<u>4.9</u>	<u>6.3</u>	29.2	<u>7.4</u>	<u>23.1</u>	<u>0.9</u>	<u>66.0</u>	<u>0.0</u>	<u>1,069.0</u>	<u>90.1</u>
<b>1. Daily Totals</b>		696.0	36.7	<u>7.0</u>	<u>0.1</u>	<u>96.0</u>	634.0	68.2	<u>4.9</u>	<u>6.3</u>	29.2	<u>7.4</u>	<u>23.1</u>	<u>0.9</u>	<u>66.0</u>	<u>0.0</u>	<u>1,069.0</u>	<u>90.1</u>
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
<b>3. % Nutritional Goal</b>		33.9%	46.0%	30.4%		32.0%	26.4%	52.5%	16.3%		52.1%	0.2%	25.7%	11.3%	5.5%	0.0%	22.7%	12.9%
<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

**5. Actual % Calorie Distribution**

Actual % Calorie Distribution



Legend	
<span style="display:inline-block; width:15px; height:15px; background-color:white; border:1px solid black;"></span>	% calories of PRO = 16.2%
<span style="display:inline-block; width:15px; height:15px; background-color:grey; border:1px solid black;"></span>	% calories of CHO = 37.9%
<span style="display:inline-block; width:15px; height:15px; background-color:black; border:1px solid black;"></span>	% calories of FAT = 45.9%
	Total = 100.0%

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 4  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Beef & Veggie Stir Fry	1	3/4 Cup	Beef Veg Str Fry	335	20.69	<b><u>7.023</u></b>	<b><u>1.04</u></b>	<b><u>52</u></b>	668	21.94	<b><u>2.3</u></b>	<b><u>15.13</u></b>	16.58	<b><u>1727.39</u></b>	<b><u>70.45</u></b>	<b><u>1.91</u></b>	<b><u>30.07</u></b>		<b><u>171</u></b>	<b><u>14.34</u></b>
White Rice	1	#8 scoop	0000020023	103	0	0	0	0	2	22.32	0	0	2.41			0.87	2.28		43	
Vegetable Egg Roll	1	1 Each	0224221	165	5.3	1.201	0	0	530	24.71	2.4	3.5	3.5			1.4	35.32		212	
Coconut Cream Pie	1	1/10th slice	0000021416	290	15.88	11.047	0	0	200	34.52	0.7	23.47	1.38			0.69	27.62		32	
<b>Meal SubTotal</b>				893.0	41.9	<b><u>19.3</u></b>	<b><u>1.0</u></b>	<b><u>52.0</u></b>	1,400.0	103.5	<b><u>5.4</u></b>	<b><u>42.1</u></b>	23.9	<b><u>1,727.4</u></b>	<b><u>70.5</u></b>	<b><u>4.9</u></b>	<b><u>95.3</u></b>	<b><u>0.0</u></b>	<b><u>458.0</u></b>	<b><u>14.3</u></b>

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Day 4  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

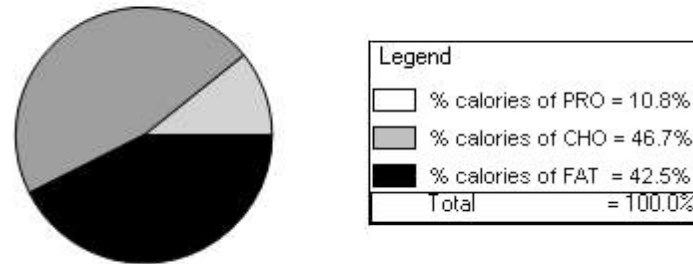
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	893.0	41.9	<b><u>19.3</u></b>	<b><u>1.0</u></b>	<b><u>52.0</u></b>	1,400.0	103.5	<b><u>5.4</u></b>	<b><u>42.1</u></b>	23.9	<b><u>1,727.4</u></b>	<b><u>70.5</u></b>	<b><u>4.9</u></b>	<b><u>95.3</u></b>	<b><u>0.0</u></b>	<b><u>458.0</u></b>	<b><u>14.3</u></b>
<b>1. Daily Totals</b>		893.0	41.9	<b><u>19.3</u></b>	<b><u>1.0</u></b>	<b><u>52.0</u></b>	1,400.0	103.5	<b><u>5.4</u></b>	<b><u>42.1</u></b>	23.9	<b><u>1,727.4</u></b>	<b><u>70.5</u></b>	<b><u>4.9</u></b>	<b><u>95.3</u></b>	<b><u>0.0</u></b>	<b><u>458.0</u></b>	<b><u>14.3</u></b>
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
<b>3. % Nutritional Goal</b>		43.5%	52.5%	83.9%		17.3%	58.3%	79.6%	18.0%		42.7%	38.4%	78.3%	61.3%	7.9%	0.0%	9.7%	2.0%
<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

**5. Actual % Calorie Distribution**

Actual % Calorie Distribution



\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.



Day 5  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Ham Loaf	1	4z slice	0143966	322	12.86	<b><u>4.161</u></b>		<b><u>124</u></b>	806	25.09	<b><u>0.2</u></b>	<b><u>18.06</u></b>	27.36	<b><u>126.63</u></b>	<b><u>0.67</u></b>	<b><u>1.27</u></b>	<b><u>40.69</u></b>	<b><u>17</u></b>	<b><u>256</u></b>	<b><u>102.57</u></b>
Au Gratin Potatoes	1	#8 scoop	0000020041	110	3.1	1	0	0	241	19.57	0.8	2.7	1.8	<b><u>100</u></b>		0.27	30.2		<b><u>451</u></b>	
Green Peas	1	4z spoodle	0000020114	47	0	0	0	0	0	9.33	3.1	3.11	3.11			0.86	0		0	
Carrot Cake	1	2 x 2 2/3"pc	0201293	298	13.93	3.482	0	40	279	38.79	1	25.86	2.98			1.02	23.31			
<b>Meal SubTotal</b>				777.0	29.9	<b><u>8.6</u></b>	<b><u>0.0</u></b>	<b><u>164.0</u></b>	1,326.0	92.8	<b><u>5.1</u></b>	<b><u>49.7</u></b>	35.3	<b><u>226.6</u></b>	<b><u>0.7</u></b>	<b><u>3.4</u></b>	<b><u>94.2</u></b>	<b><u>17.0</u></b>	<b><u>707.0</u></b>	<b><u>102.6</u></b>

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Day 5  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

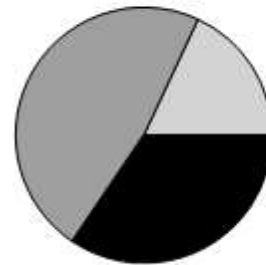
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	777.0	29.9	<b><u>8.6</u></b>	<b><u>0.0</u></b>	<b><u>164.0</u></b>	1,326.0	92.8	<b><u>5.1</u></b>	<b><u>49.7</u></b>	35.3	<b><u>226.6</u></b>	<b><u>0.7</u></b>	<b><u>3.4</u></b>	<b><u>94.2</u></b>	<b><u>17.0</u></b>	<b><u>707.0</u></b>	<b><u>102.6</u></b>
<b>1. Daily Totals</b>		777.0	29.9	<b><u>8.6</u></b>	<b><u>0.0</u></b>	<b><u>164.0</u></b>	1,326.0	92.8	<b><u>5.1</u></b>	<b><u>49.7</u></b>	35.3	<b><u>226.6</u></b>	<b><u>0.7</u></b>	<b><u>3.4</u></b>	<b><u>94.2</u></b>	<b><u>17.0</u></b>	<b><u>707.0</u></b>	<b><u>102.6</u></b>
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
<b>3. % Nutritional Goal</b>		37.8%	37.5%	37.4%		54.7%	55.3%	71.4%	17.0%		63.0%	5.0%	0.8%	42.5%	7.9%	2.8%	15.0%	14.7%
<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
<span style="display:inline-block; width:15px; height:15px; border:1px solid black; background-color:white;"></span>	% calories of PRO = 18.1%
<span style="display:inline-block; width:15px; height:15px; border:1px solid black; background-color:grey;"></span>	% calories of CHO = 47.5%
<span style="display:inline-block; width:15px; height:15px; border:1px solid black; background-color:black;"></span>	% calories of FAT = 34.4%
Total = 100.0%	

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 6  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Chicken Alfredo	1	2z mt, 1/4c sce	0236449	126	3.34	<b><u>1.589</u></b>		<b><u>50</u></b>	375	6.9		<b><u>3.13</u></b>	18.13			<b><u>0.53</u></b>	<b><u>40.6</u></b>		<b><u>217</u></b>	
Rotini Pasta	1	4z spoodle	0069327	120	0.51	0.074	0	0	0	24.12	1.2	1.73	4.04	0	0	1.25	5.82		52	48.44
Alfredo Sauce	1	1 Cup	0236452	198	7.44	4.961	0	25	1644	29.77	0	14.88	4.96			0	180.75		489	
California Vegetable Blend	1	4z spoodle	0000020309	19	0	0	0	0	23	3.87	2.3	1.55	1.55			0.77	23.22		159	
Orange Sherbet	1	1 each	0198381	111	1.51	1.008	0	5	35	24.19	0	23.18	1.01	100.8	0	0	40.32	0	50	
<b>Meal SubTotal</b>				574.0	12.8	<b><u>7.6</u></b>	<b><u>0.0</u></b>	<b><u>80.0</u></b>	2,077.0	88.9	<b><u>3.5</u></b>	<b><u>44.5</u></b>	29.7	<b><u>100.8</u></b>	<b><u>0.0</u></b>	<b><u>2.6</u></b>	<b><u>290.7</u></b>	<b><u>0.0</u></b>	<b><u>967.0</u></b>	<b><u>48.4</u></b>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 6  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

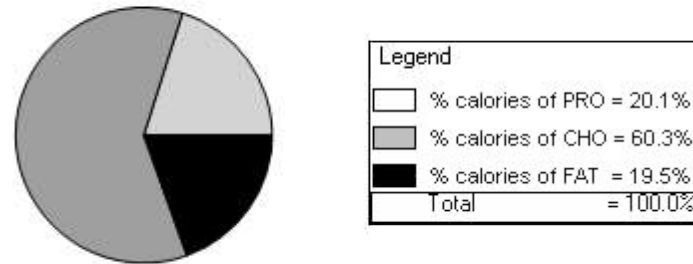
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	574.0	12.8	<b><u>7.6</u></b>	<b><u>0.0</u></b>	<b><u>80.0</u></b>	2,077.0	88.9	<b><u>3.5</u></b>	<b><u>44.5</u></b>	29.7	<b><u>100.8</u></b>	<b><u>0.0</u></b>	<b><u>2.6</u></b>	<b><u>290.7</u></b>	<b><u>0.0</u></b>	<b><u>967.0</u></b>	<b><u>48.4</u></b>
<b>1. Daily Totals</b>		574.0	12.8	<b><u>7.6</u></b>	<b><u>0.0</u></b>	<b><u>80.0</u></b>	2,077.0	88.9	<b><u>3.5</u></b>	<b><u>44.5</u></b>	29.7	<b><u>100.8</u></b>	<b><u>0.0</u></b>	<b><u>2.6</u></b>	<b><u>290.7</u></b>	<b><u>0.0</u></b>	<b><u>967.0</u></b>	<b><u>48.4</u></b>
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
<b>3. % Nutritional Goal</b>		27.9%	16.0%	33.0%		26.7%	86.5%	68.4%	11.7%		53.0%	2.2%	0.0%	32.5%	24.2%	0.0%	20.6%	6.9%
<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

5. Actual % Calorie Distribution

Actual % Calorie Distribution



\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 7  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Beef and Noodles	1	8z ladle	0213637	322	17	6.318	0	72	431	22.6	0.7	1.54	18.8	<b><u>375.76</u></b>	<b><u>0.33</u></b>	2.71	10.86	<b><u>66</u></b>	<b><u>55.38</u></b>	
Brussels Sprouts	1	4z spoodle	0000020296	29	0.29	0.06	0	0	7	5.61	2.7		2.7		0.66	18.49		264		
Cinnabun Snack	1	1 Each	0001019819	210	6.99	1.996	0	0	180	36.92	3	11.97	2.99		1.6	9.98		100		
<b>Meal SubTotal</b>				561.0	24.3	8.4	0.0	72.0	618.0	65.1	6.4	<b><u>13.5</u></b>	24.5	<b><u>375.8</u></b>	<b><u>0.3</u></b>	5.0	39.3	<b><u>0.0</u></b>	<b><u>430.0</u></b>	<b><u>55.4</u></b>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 7  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

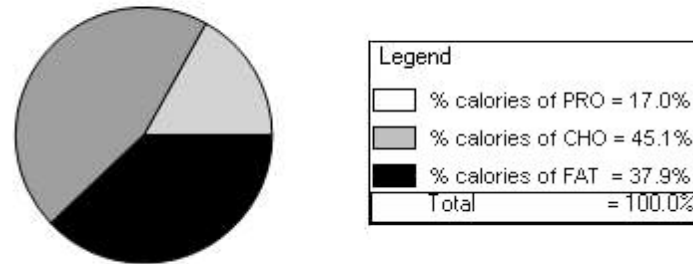
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	561.0	24.3	8.4	0.0	72.0	618.0	65.1	6.4	<b><u>13.5</u></b>	24.5	<b><u>375.8</u></b>	<b><u>0.3</u></b>	5.0	39.3	<b><u>0.0</u></b>	<b><u>430.0</u></b>	<b><u>55.4</u></b>
<b>1. Daily Totals</b>		561.0	24.3	8.4	0.0	72.0	618.0	65.1	6.4	<b><u>13.5</u></b>	24.5	<b><u>375.8</u></b>	<b><u>0.3</u></b>	5.0	39.3	<b><u>0.0</u></b>	<b><u>430.0</u></b>	<b><u>55.4</u></b>
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
<b>3. % Nutritional Goal</b>		27.3%	30.5%	36.5%		24.0%	25.8%	50.1%	21.3%		43.8%	8.4%	0.3%	62.5%	3.3%	0.0%	9.1%	7.9%
<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

**5. Actual % Calorie Distribution**

Actual % Calorie Distribution



\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 8  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Macaroni & Cheese	1	2 #8 scoops	0000019750	464	26.6	13.879	0	70	529	34.76	1.3	5.09	20.88	<b><u>253.12</u></b>	1.27	559.93	<b><u>32</u></b>	<b><u>254</u></b>		
Garden Seasoned Broccoli	1	4z spoodle	0085463	30	0				20	4.94	<b><u>2</u></b>	<b><u>1.98</u></b>	0.99			<b><u>43.91</u></b>				
Cookie Trpl Choc WGrain 1.5z Fz	1	1 Package	0234156																	
<b>Meal SubTotal</b>				<b><u>494.0</u></b>	<b><u>26.6</u></b>	<b><u>13.9</u></b>	<b><u>0.0</u></b>	<b><u>70.0</u></b>	<b><u>549.0</u></b>	<b><u>39.7</u></b>	<b><u>3.3</u></b>	<b><u>7.1</u></b>	<b><u>21.9</u></b>	<b><u>253.1</u></b>	<b><u>0.0</u></b>	<b><u>1.3</u></b>	<b><u>603.8</u></b>	<b><u>32.0</u></b>	<b><u>254.0</u></b>	<b><u>0.0</u></b>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 8  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

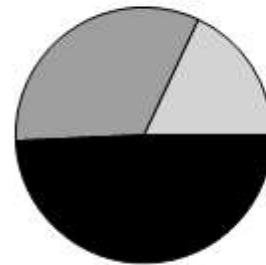
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	<b><u>494.0</u></b>	<b><u>26.6</u></b>	<b><u>13.9</u></b>	<b><u>0.0</u></b>	<b><u>70.0</u></b>	<b><u>549.0</u></b>	<b><u>39.7</u></b>	<b><u>3.3</u></b>	<b><u>7.1</u></b>	<b><u>21.9</u></b>	<b><u>253.1</u></b>	<b><u>0.0</u></b>	<b><u>1.3</u></b>	<b><u>603.8</u></b>	<b><u>32.0</u></b>	<b><u>254.0</u></b>	<b><u>0.0</u></b>
<b>1. Daily Totals</b>		<b><u>494.0</u></b>	<b><u>26.6</u></b>	<b><u>13.9</u></b>	<b><u>0.0</u></b>	<b><u>70.0</u></b>	<b><u>549.0</u></b>	<b><u>39.7</u></b>	<b><u>3.3</u></b>	<b><u>7.1</u></b>	<b><u>21.9</u></b>	<b><u>253.1</u></b>	<b><u>0.0</u></b>	<b><u>1.3</u></b>	<b><u>603.8</u></b>	<b><u>32.0</u></b>	<b><u>254.0</u></b>	<b><u>0.0</u></b>
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
<b>3. % Nutritional Goal</b>		24.1%	33.3%	60.4%		23.3%	22.9%	30.5%	11.0%		39.1%	5.6%	0.0%	16.3%	50.3%	5.3%	5.4%	0.0%
<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

**5. Actual % Calorie Distribution**

Actual % Calorie Distribution



Legend	
<span style="display:inline-block; width:15px; height:15px; background-color:white; border:1px solid black;"></span>	% calories of PRO = 18.0%
<span style="display:inline-block; width:15px; height:15px; background-color:grey; border:1px solid black;"></span>	% calories of CHO = 32.7%
<span style="display:inline-block; width:15px; height:15px; background-color:black; border:1px solid black;"></span>	% calories of FAT = 49.3%
Total = 100.0%	

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.



Day 9  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Ham Slice	1	4oz serving	0000019735	122	3.04	1.013	0	61	1175	0	0	0	20.26	0	0	1.46	0			
Roasted Sweet Potato Wedges	1	1/2 cup	0069270	175	3.63	<b><u>0.536</u></b>			159	33.2	<b><u>4.9</u></b>	<b><u>6.9</u></b>	2.59	<b><u>23407.78</u></b>	<b><u>3.96</u></b>	<b><u>1.15</u></b>	<b><u>49.54</u></b>		<b><u>556</u></b>	<b><u>77.55</u></b>
Cooked Cabbage	1	4z spoodle	0000020102	25	0.07	0	0	0	9	5.98	2.1	3.03	1.38	86.76	40.67	0.18	52.06	0	213	35.79
Harvest Apple Strudel	1	1 slice	0182847	327	15.46	<b><u>10.818</u></b>	<b><u>0.147</u></b>	<b><u>200</u></b>	276	46.93	<b><u>1.7</u></b>	<b><u>25.19</u></b>	2.86			<b><u>1.13</u></b>	<b><u>39.25</u></b>		<b><u>43</u></b>	
<b>Meal SubTotal</b>				649.0	22.2	<b><u>12.4</u></b>	<b><u>0.1</u></b>	<b><u>261.0</u></b>	1,619.0	86.1	<b><u>8.7</u></b>	<b><u>35.1</u></b>	27.1	<b><u>23,494.5</u></b>	<b><u>44.6</u></b>	<b><u>3.9</u></b>	<b><u>140.9</u></b>	<b><u>0.0</u></b>	<b><u>812.0</u></b>	<b><u>113.3</u></b>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 9  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

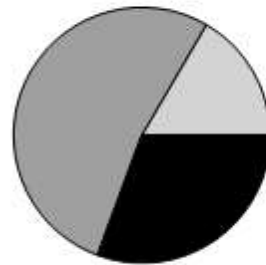
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	649.0	22.2	<b><u>12.4</u></b>	<b><u>0.1</u></b>	<b><u>261.0</u></b>	1,619.0	86.1	<b><u>8.7</u></b>	<b><u>35.1</u></b>	27.1	<b><u>23,494.5</u></b>	<b><u>44.6</u></b>	<b><u>3.9</u></b>	<b><u>140.9</u></b>	<b><u>0.0</u></b>	<b><u>812.0</u></b>	<b><u>113.3</u></b>
<b>1. Daily Totals</b>		649.0	22.2	<b><u>12.4</u></b>	<b><u>0.1</u></b>	<b><u>261.0</u></b>	1,619.0	86.1	<b><u>8.7</u></b>	<b><u>35.1</u></b>	27.1	<b><u>23,494.5</u></b>	<b><u>44.6</u></b>	<b><u>3.9</u></b>	<b><u>140.9</u></b>	<b><u>0.0</u></b>	<b><u>812.0</u></b>	<b><u>113.3</u></b>
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
<b>3. % Nutritional Goal</b>		31.6%	27.8%	53.9%		87.0%	67.5%	66.2%	29.0%		48.4%	522.1%	49.6%	48.8%	11.7%	0.0%	17.3%	16.2%
<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	18994.5	0.0	0.0	0.0	0.0	0.0	0.0

**5. Actual % Calorie Distribution**

Actual % Calorie Distribution



Legend	
<span style="display:inline-block; width:15px; height:15px; background-color:white; border:1px solid black;"></span>	% calories of PRO = 16.6%
<span style="display:inline-block; width:15px; height:15px; background-color:lightgray; border:1px solid black;"></span>	% calories of CHO = 52.8%
<span style="display:inline-block; width:15px; height:15px; background-color:black; border:1px solid black;"></span>	% calories of FAT = 30.6%
Total = 100.0%	

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 10  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Casserole Turkey Noodle	1	8oz serving	Turk Nood Cass	386	23.74	<b><u>9.568</u></b>		<b><u>100</u></b>	847	21.09	<b><u>1.9</u></b>	<b><u>4.23</u></b>	20.68	<b><u>47.93</u></b>	<b><u>0.99</u></b>	<b><u>1.96</u></b>	<b><u>227.64</u></b>	<b><u>10</u></b>	<b><u>445</u></b>	<b><u>80.21</u></b>
Green Beans	1	4z spoodle	0000020099	22	0	0	0	0	0	4.35	1.5	0.73	0.73			0.52	29.02			
Blackberry Fruit Cobbler	1	4oz serving	0000021121	243	8.1	3.15	0	0	225	41.4	1.8	19.8	2.7			0.9	13.5		27	
<b>Meal SubTotal</b>				651.0	31.8	<b><u>12.7</u></b>	<b><u>0.0</u></b>	<b><u>100.0</u></b>	1,072.0	66.8	<b><u>5.2</u></b>	<b><u>24.8</u></b>	24.1	<b><u>47.9</u></b>	<b><u>1.0</u></b>	<b><u>3.4</u></b>	<b><u>270.2</u></b>	<b><u>10.0</u></b>	<b><u>472.0</u></b>	<b><u>80.2</u></b>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 10  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

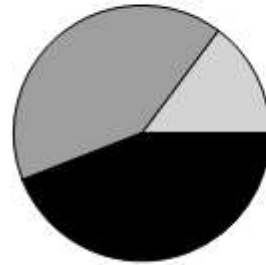
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	651.0	31.8	<b><u>12.7</u></b>	<b><u>0.0</u></b>	<b><u>100.0</u></b>	1,072.0	66.8	<b><u>5.2</u></b>	<b><u>24.8</u></b>	24.1	<b><u>47.9</u></b>	<b><u>1.0</u></b>	<b><u>3.4</u></b>	<b><u>270.2</u></b>	<b><u>10.0</u></b>	<b><u>472.0</u></b>	<b><u>80.2</u></b>
<b>1. Daily Totals</b>		651.0	31.8	<b><u>12.7</u></b>	<b><u>0.0</u></b>	<b><u>100.0</u></b>	1,072.0	66.8	<b><u>5.2</u></b>	<b><u>24.8</u></b>	24.1	<b><u>47.9</u></b>	<b><u>1.0</u></b>	<b><u>3.4</u></b>	<b><u>270.2</u></b>	<b><u>10.0</u></b>	<b><u>472.0</u></b>	<b><u>80.2</u></b>
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
<b>3. % Nutritional Goal</b>		31.7%	39.8%	55.2%		33.3%	44.7%	51.4%	17.3%		43.0%	1.1%	1.1%	42.5%	22.5%	1.7%	10.0%	11.5%
<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

**5. Actual % Calorie Distribution**

Actual % Calorie Distribution



Legend	
<span style="display:inline-block; width:15px; height:15px; background-color:white; border:1px solid black;"></span>	% calories of PRO = 14.8%
<span style="display:inline-block; width:15px; height:15px; background-color:grey; border:1px solid black;"></span>	% calories of CHO = 41.1%
<span style="display:inline-block; width:15px; height:15px; background-color:black; border:1px solid black;"></span>	% calories of FAT = 44.0%
	Total = 100.0%

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 11

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Roast Beef	1	3z slice	0000019982	142	6.08	2.533	0	46	385	1.01	0	0	20.26		1.82	20.26				
Baby Baker Potatoes	1	5 potatoes	0000024605	116	2.32	0	0	0	209	19.69	1.2	0	3.48		0.93	11.58		301		
Normandy Vegetable Blend	1	4z spoodle	0000021091	16	0	0	0	0	15	2.18	0.6	1.2	0.6	3.65	0.22	11.97		93		
Banana Cream Pie	1	1/10th Slice	0177045	281	16.66	8.328	0	26	198	31.23	0	13.53	3.12		0	57.25		125		
<b>Meal SubTotal</b>				555.0	25.1	10.9	0.0	72.0	807.0	54.1	1.8	14.7	27.5	<u>0.0</u>	<u>3.7</u>	3.0	101.1	<u>0.0</u>	<u>519.0</u>	<u>0.0</u>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 11

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

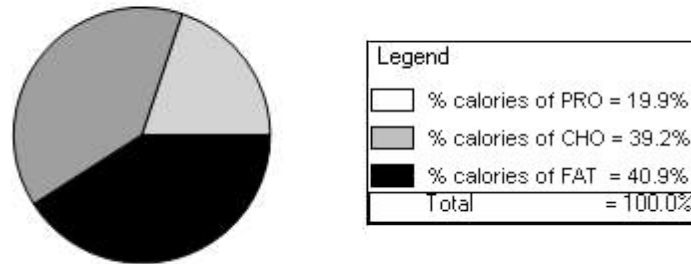
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	555.0	25.1	10.9	0.0	72.0	807.0	54.1	1.8	14.7	27.5	<b><u>0.0</u></b>	<b><u>3.7</u></b>	3.0	101.1	<b><u>0.0</u></b>	<b><u>519.0</u></b>	<b><u>0.0</u></b>
<b>1. Daily Totals</b>		555.0	25.1	10.9	0.0	72.0	807.0	54.1	1.8	14.7	27.5	<b><u>0.0</u></b>	<b><u>3.7</u></b>	3.0	101.1	<b><u>0.0</u></b>	<b><u>519.0</u></b>	<b><u>0.0</u></b>
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
<b>3. % Nutritional Goal</b>		27.0%	31.5%	47.4%		24.0%	33.6%	41.6%	6.0%		49.1%	0.0%	4.1%	37.5%	8.4%	0.0%	11.0%	0.0%
<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

**5. Actual % Calorie Distribution**

Actual % Calorie Distribution



\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 12  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Cornflake Chicken Breast	1	1 each	0126001	198	4.33	<b><u>1.439</u></b>		<b><u>110</u></b>	251	11.88	<b><u>0.4</u></b>	<b><u>2.37</u></b>	26.22	<b><u>264.37</u></b>	<b><u>2.64</u></b>	<b><u>4.34</u></b>	<b><u>47.52</u></b>	<b><u>29</u></b>	<b><u>264</u></b>	<b><u>168.06</u></b>
Rice Pilaf	1	#8 scoop	0000020015	126	2.65	1.203	0	0	50	22.06	0.2	0.22	<b><u>2.45</u></b>	<b><u>124.5</u></b>	<b><u>1.29</u></b>	0.85	2.87		<b><u>56</u></b>	<b><u>1.55</u></b>
Carrots	1	4z spoodle	0000020106	23	0	0	0	0	34	5.32	1.5	3.04	0			0	0		84	
Strawberry Rhubarb Pie	1	1/10th slice	Straw Rhu Pie																	
<b>Meal SubTotal</b>				<b><u>347.0</u></b>	<b><u>7.0</u></b>	<b><u>2.6</u></b>	<b><u>0.0</u></b>	<b><u>110.0</u></b>	<b><u>335.0</u></b>	<b><u>39.3</u></b>	<b><u>2.1</u></b>	<b><u>5.6</u></b>	<b><u>28.7</u></b>	<b><u>388.9</u></b>	<b><u>3.9</u></b>	<b><u>5.2</u></b>	<b><u>50.4</u></b>	<b><u>29.0</u></b>	<b><u>404.0</u></b>	<b><u>169.6</u></b>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 12  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	<b><u>347.0</u></b>	<b><u>7.0</u></b>	<b><u>2.6</u></b>	<b><u>0.0</u></b>	<b><u>110.0</u></b>	<b><u>335.0</u></b>	<b><u>39.3</u></b>	<b><u>2.1</u></b>	<b><u>5.6</u></b>	<b><u>28.7</u></b>	<b><u>388.9</u></b>	<b><u>3.9</u></b>	<b><u>5.2</u></b>	<b><u>50.4</u></b>	<b><u>29.0</u></b>	<b><u>404.0</u></b>	<b><u>169.6</u></b>

<b>1. Daily Totals</b>		<b><u>347.0</u></b>	<b><u>7.0</u></b>	<b><u>2.6</u></b>	<b><u>0.0</u></b>	<b><u>110.0</u></b>	<b><u>335.0</u></b>	<b><u>39.3</u></b>	<b><u>2.1</u></b>	<b><u>5.6</u></b>	<b><u>28.7</u></b>	<b><u>388.9</u></b>	<b><u>3.9</u></b>	<b><u>5.2</u></b>	<b><u>50.4</u></b>	<b><u>29.0</u></b>	<b><u>404.0</u></b>	<b><u>169.6</u></b>
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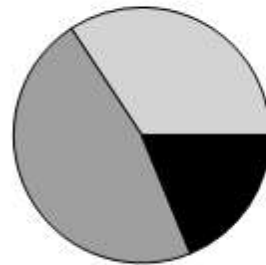
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
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<b>3. % Nutritional Goal</b>		16.9%	8.8%	11.3%		36.7%	14.0%	30.2%	7.0%		51.3%	8.6%	4.3%	65.0%	4.2%	4.8%	8.6%	24.2%
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<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
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**5. Actual % Calorie Distribution**

Actual % Calorie Distribution



Legend	
<span style="display:inline-block; width:15px; height:15px; background-color:lightgray; border:1px solid black;"></span>	% calories of PRO = 34.3%
<span style="display:inline-block; width:15px; height:15px; background-color:gray; border:1px solid black;"></span>	% calories of CHO = 46.9%
<span style="display:inline-block; width:15px; height:15px; background-color:black; border:1px solid black;"></span>	% calories of FAT = 18.8%
Total = 100.0%	

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.



Day 13  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Chicken Enchiladas	1	2 enchiladas	Chick Enchiladas	44	3.39	1.83	0	11	74	0.94	0.1	0	2.37		0.03	72.66		15		
Enchilada Sauce	1	2oz ladle	Enchilada Sauce	2971	238.21	<b><u>33.007</u></b>			5146	141.84	<b><u>38.8</u></b>	<b><u>53.41</u></b>	<b><u>9.32</u></b>	<b><u>381</u></b>	<b><u>2.6</u></b>	<b><u>21.93</u></b>	<b><u>338.74</u></b>		<b><u>2744</u></b>	
Sour Cream	1	1 tbsp	0224561	16	1.05	0.527	0	3	18	1.58	0	1.05	0.53	105.41	0	0	21.08		32	
Red Beans and Rice	1	#8 scoop	0000024757	207	3.61	<b><u>0.533</u></b>			<b><u>116</u></b>	36.22	<b><u>6</u></b>	<b><u>3.16</u></b>	6.6	<b><u>55.89</u></b>	<b><u>15.11</u></b>	<b><u>2.36</u></b>	<b><u>38.3</u></b>		<b><u>376</u></b>	<b><u>15.31</u></b>
Shredded Lettuce Diced Tomato Garni:	1	6oz Servings	Shred Diced LT	17	0.18	0.024	0	0	9	3.72	1.4	2.48	1.01	694.37	7.3	0.41	17.39	0	196	24.19
Gelatin Cup	1	1 Each	0001002230	80	0	0	0	0	55	18.04	0	18.04	0		0	0	0		0	0
<b>Meal SubTotal</b>				3,335.0	246.4	<b><u>35.9</u></b>	<b><u>0.0</u></b>	<b><u>14.0</u></b>	<b><u>5,418.0</u></b>	202.3	<b><u>46.3</u></b>	<b><u>78.1</u></b>	<b><u>19.8</u></b>	<b><u>1,236.7</u></b>	<b><u>25.0</u></b>	<b><u>24.7</u></b>	<b><u>488.2</u></b>	<b><u>0.0</u></b>	<b><u>3,363.0</u></b>	<b><u>39.5</u></b>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 13

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

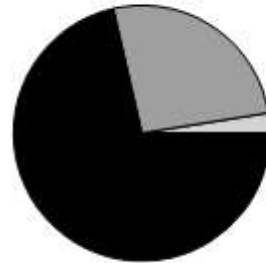
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	3,335.0	246.4	<b><u>35.9</u></b>	<b><u>0.0</u></b>	<b><u>14.0</u></b>	<b><u>5,418.0</u></b>	202.3	<b><u>46.3</u></b>	<b><u>78.1</u></b>	<b><u>19.8</u></b>	<b><u>1,236.7</u></b>	<b><u>25.0</u></b>	<b><u>24.7</u></b>	<b><u>488.2</u></b>	<b><u>0.0</u></b>	<b><u>3,363.0</u></b>	<b><u>39.5</u></b>
<b>1. Daily Totals</b>		3,335.0	246.4	<b><u>35.9</u></b>	<b><u>0.0</u></b>	<b><u>14.0</u></b>	<b><u>5,418.0</u></b>	202.3	<b><u>46.3</u></b>	<b><u>78.1</u></b>	<b><u>19.8</u></b>	<b><u>1,236.7</u></b>	<b><u>25.0</u></b>	<b><u>24.7</u></b>	<b><u>488.2</u></b>	<b><u>0.0</u></b>	<b><u>3,363.0</u></b>	<b><u>39.5</u></b>
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
<b>3. % Nutritional Goal</b>		162.4%	308.8%	156.1%		4.7%	225.8%	155.6%	154.3%		35.4%	27.5%	27.8%	308.8%	40.7%	0.0%	71.6%	5.6%
<b>4. Deviation From Nutritional Goal</b>		1281.0	166.6	12.9		0.0	3018.0	72.3	16.3		0.0	0.0	0.0	16.7	0.0	0.0	0.0	0.0

**5. Actual % Calorie Distribution**

Actual % Calorie Distribution



Legend	
<span style="display:inline-block; width:15px; height:15px; background-color:lightgray; border:1px solid black;"></span>	% calories of PRO = 02.5%
<span style="display:inline-block; width:15px; height:15px; background-color:gray; border:1px solid black;"></span>	% calories of CHO = 26.1%
<span style="display:inline-block; width:15px; height:15px; background-color:black; border:1px solid black;"></span>	% calories of FAT = 71.4%
Total = 100.0%	

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 14

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Pork Chopette Honey Glazed	1	1 chop	PrkChp Honey Glz	266	17	6	0	75	848	6.09	0	5.41	21.64		0.72	20.2		<b><u>4</u></b>		
Baked Sweet Potato Half	1	1/2 each	0027833	142	0.08	0.03	0	0	91	33.18	4.9	6.89	2.59	23398.1	3.96	1.01	49.48	0	556	77.52
Cauliflower	1	4z spoodle	0000020108	18	0	0	0	0	18	3.61	1.8	1.8	1.8		0	17.13		148		
Chocolate Chip Cookies	1	1 Package	0001003360	280	13	5	0	5	210	38	2	18	2		2.4	10		100		
<b>Meal SubTotal</b>				706.0	30.1	11.0	0.0	80.0	1,167.0	80.9	8.7	32.1	28.0	<b><u>23,398.1</u></b>	<b><u>4.0</u></b>	4.1	96.8	<b><u>0.0</u></b>	<b><u>808.0</u></b>	<b><u>77.5</u></b>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 14

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

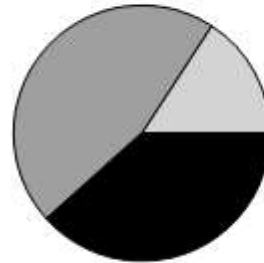
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	706.0	30.1	11.0	0.0	80.0	1,167.0	80.9	8.7	32.1	28.0	<b><u>23,398.1</u></b>	<b><u>4.0</u></b>	4.1	96.8	<b><u>0.0</u></b>	<b><u>808.0</u></b>	<b><u>77.5</u></b>
<b>1. Daily Totals</b>		706.0	30.1	11.0	0.0	80.0	1,167.0	80.9	8.7	32.1	28.0	<b><u>23,398.1</u></b>	<b><u>4.0</u></b>	4.1	96.8	<b><u>0.0</u></b>	<b><u>808.0</u></b>	<b><u>77.5</u></b>
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
<b>3. % Nutritional Goal</b>		34.4%	37.7%	47.8%		26.7%	48.6%	62.2%	29.0%		50.0%	520.0%	4.4%	51.3%	8.1%	0.0%	17.2%	11.1%
<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	18898.1	0.0	0.0	0.0	0.0	0.0	0.0

**5. Actual % Calorie Distribution**

Actual % Calorie Distribution



Legend	
<span style="display:inline-block; width:15px; height:15px; background-color:lightgray; border:1px solid black;"></span>	% calories of PRO = 15.9%
<span style="display:inline-block; width:15px; height:15px; background-color:mediumgray; border:1px solid black;"></span>	% calories of CHO = 45.8%
<span style="display:inline-block; width:15px; height:15px; background-color:darkgray; border:1px solid black;"></span>	% calories of FAT = 38.3%
	Total = 100.0%

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 15  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

BBQ Pulled Pork	1	#8 scoop	0192329	226	8	2.5	0	45	1045	23.69	1	20.17	14	<b><u>200</u></b>	<b><u>3.6</u></b>	0.72	40			
On a Bun	1	4oz bun	Bun	2	0.02	0	0	0	3	0.38	0	0.06	0.05			0.02	0.35		0	
Baked Beans	1	#8 scoop	0051395	181	3.44	<b><u>0.903</u></b>		<b><u>5</u></b>	515	30.44	<b><u>4.6</u></b>	<b><u>13.39</u></b>	9.28	<b><u>0.02</u></b>	<b><u>0.09</u></b>	<b><u>1.98</u></b>	<b><u>51.46</u></b>		<b><u>408</u></b>	<b><u>0.35</u></b>
Southern Green Beans	1	4z spoodle	0000021100	36	0.37	<b><u>0.123</u></b>		<b><u>7</u></b>	310	4.26	<b><u>2</u></b>	<b><u>2.11</u></b>	3.44	<b><u>0.09</u></b>	<b><u>3.22</u></b>	<b><u>0.57</u></b>	<b><u>29.87</u></b>		<b><u>103</u></b>	<b><u>1.32</u></b>
Ambrosia Salad	1	#8 scoop	0000021429	114	2.08	1.549	0	2	31	22.92	1	17.24	0.99	<b><u>71.68</u></b>		0.25	23.2		103	
<b>Meal SubTotal</b>				559.0	13.9	<b><u>5.1</u></b>	<b><u>0.0</u></b>	<b><u>59.0</u></b>	1,904.0	81.7	<b><u>8.6</u></b>	<b><u>53.0</u></b>	27.8	<b><u>271.8</u></b>	<b><u>6.9</u></b>	<b><u>3.5</u></b>	<b><u>144.9</u></b>	<b><u>0.0</u></b>	<b><u>614.0</u></b>	<b><u>1.7</u></b>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 15  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

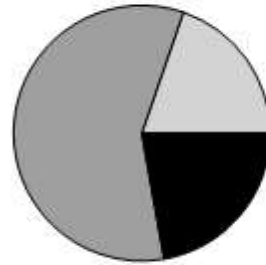
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	559.0	13.9	<b><u>5.1</u></b>	<b><u>0.0</u></b>	<b><u>59.0</u></b>	1,904.0	81.7	<b><u>8.6</u></b>	<b><u>53.0</u></b>	27.8	<b><u>271.8</u></b>	<b><u>6.9</u></b>	<b><u>3.5</u></b>	<b><u>144.9</u></b>	<b><u>0.0</u></b>	<b><u>614.0</u></b>	<b><u>1.7</u></b>
<b>1. Daily Totals</b>		559.0	13.9	<b><u>5.1</u></b>	<b><u>0.0</u></b>	<b><u>59.0</u></b>	1,904.0	81.7	<b><u>8.6</u></b>	<b><u>53.0</u></b>	27.8	<b><u>271.8</u></b>	<b><u>6.9</u></b>	<b><u>3.5</u></b>	<b><u>144.9</u></b>	<b><u>0.0</u></b>	<b><u>614.0</u></b>	<b><u>1.7</u></b>
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
<b>3. % Nutritional Goal</b>		27.2%	17.4%	22.2%		19.7%	79.3%	62.8%	28.7%		49.6%	6.0%	7.7%	43.8%	12.1%	0.0%	13.1%	0.2%
<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

**5. Actual % Calorie Distribution**

Actual % Calorie Distribution



Legend	
<span style="display:inline-block; width:15px; height:15px; border:1px solid black; background-color:white;"></span>	% calories of PRO = 19.7%
<span style="display:inline-block; width:15px; height:15px; border:1px solid black; background-color:grey;"></span>	% calories of CHO = 58.0%
<span style="display:inline-block; width:15px; height:15px; border:1px solid black; background-color:black;"></span>	% calories of FAT = 22.2%
Total = 100.0%	

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 16  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Chicken Cornbread Bake	1	2-#8 scoops	0245389	481	13.54	<b><u>6.189</u></b>		<b><u>85</u></b>	1647	59.64	<b><u>2.2</u></b>	<b><u>9.22</u></b>	27.92	<b><u>22.45</u></b>	<b><u>0.15</u></b>	<b><u>2.82</u></b>	<b><u>117.79</u></b>		<b><u>404</u></b>	<b><u>1.2</u></b>
Broccoli	1	4z spoodle	0000020101	26	0	0	0	0	17	3.43	1.7	1.72	0.86		0	38.08				
Brownie	1	2 x 2 squares	0242915	5	0.25	0.062	0	0	2	0.67	0	0.42	0.04	0	0	0.03	0			
<b>Meal SubTotal</b>				512.0	13.8	<b><u>6.3</u></b>	<b><u>0.0</u></b>	<b><u>85.0</u></b>	1,666.0	63.7	<b><u>3.9</u></b>	<b><u>11.4</u></b>	28.8	<b><u>22.5</u></b>	<b><u>0.2</u></b>	<b><u>2.9</u></b>	<b><u>155.9</u></b>	<b><u>0.0</u></b>	<b><u>404.0</u></b>	<b><u>1.2</u></b>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 16

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

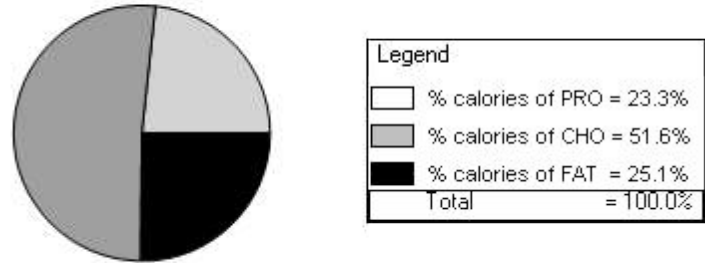
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	512.0	13.8	<b><u>6.3</u></b>	<b><u>0.0</u></b>	<b><u>85.0</u></b>	1,666.0	63.7	<b><u>3.9</u></b>	<b><u>11.4</u></b>	28.8	<b><u>22.5</u></b>	<b><u>0.2</u></b>	<b><u>2.9</u></b>	<b><u>155.9</u></b>	<b><u>0.0</u></b>	<b><u>404.0</u></b>	<b><u>1.2</u></b>
<b>1. Daily Totals</b>		512.0	13.8	<b><u>6.3</u></b>	<b><u>0.0</u></b>	<b><u>85.0</u></b>	1,666.0	63.7	<b><u>3.9</u></b>	<b><u>11.4</u></b>	28.8	<b><u>22.5</u></b>	<b><u>0.2</u></b>	<b><u>2.9</u></b>	<b><u>155.9</u></b>	<b><u>0.0</u></b>	<b><u>404.0</u></b>	<b><u>1.2</u></b>
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
<b>3. % Nutritional Goal</b>		24.9%	17.3%	27.4%		28.3%	69.4%	49.0%	13.0%		51.4%	0.5%	0.2%	36.3%	13.0%	0.0%	8.6%	0.2%
<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

**5. Actual % Calorie Distribution**

Actual % Calorie Distribution



\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.



Day 17  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Salisbury Steak	1	1 ea, 2z gvy	0000020060	442	28.69	<b><u>11.827</u></b>	<b><u>1.519</u></b>	<b><u>126</u></b>	671	17.15	<b><u>0.7</u></b>	<b><u>1.12</u></b>	25.87	<b><u>245.61</u></b>	<b><u>0.85</u></b>	<b><u>2.55</u></b>	<b><u>42.26</u></b>	<b><u>8</u></b>	<b><u>70</u></b>	<b><u>23.55</u></b>
Mashed Potatoes	1	#8 scoop	0000020022	73	0	0	0	0	15	16.28	1.6	0	1.63			0.24	11.06		270	
Brown Gravy	1	2z ladle	0000019758	48	3.76	1.59	0	0	256	2.85	0.1	0.01	0.66	<b><u>158.4</u></b>		0.16	3.06		<b><u>5</u></b>	
Mixed Vegetables	1	4z spoodle	0000019725	38	0	0	0	0	12	8.46	2.3	3.08	1.54			0.38	0		77	
Frozen Ice Cream Sandwich	1	4 Oz Each	0047984	304	10.12	7.087	0	30	243	50.62	0	22.27	4.05	202.5	0	0	121.5			
<b>Meal SubTotal</b>				905.0	42.6	<b><u>20.5</u></b>	<b><u>1.5</u></b>	<b><u>156.0</u></b>	1,197.0	95.4	<b><u>4.7</u></b>	<b><u>26.5</u></b>	33.8	<b><u>606.5</u></b>	<b><u>0.9</u></b>	<b><u>3.3</u></b>	<b><u>177.9</u></b>	<b><u>8.0</u></b>	<b><u>422.0</u></b>	<b><u>23.6</u></b>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 17  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

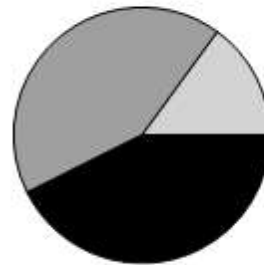
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	905.0	42.6	<b><u>20.5</u></b>	<b><u>1.5</u></b>	<b><u>156.0</u></b>	1,197.0	95.4	<b><u>4.7</u></b>	<b><u>26.5</u></b>	33.8	<b><u>606.5</u></b>	<b><u>0.9</u></b>	<b><u>3.3</u></b>	<b><u>177.9</u></b>	<b><u>8.0</u></b>	<b><u>422.0</u></b>	<b><u>23.6</u></b>
<b>1. Daily Totals</b>		905.0	42.6	<b><u>20.5</u></b>	<b><u>1.5</u></b>	<b><u>156.0</u></b>	1,197.0	95.4	<b><u>4.7</u></b>	<b><u>26.5</u></b>	33.8	<b><u>606.5</u></b>	<b><u>0.9</u></b>	<b><u>3.3</u></b>	<b><u>177.9</u></b>	<b><u>8.0</u></b>	<b><u>422.0</u></b>	<b><u>23.6</u></b>
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
<b>3. % Nutritional Goal</b>		44.1%	53.4%	89.1%		52.0%	49.9%	73.4%	15.7%		60.4%	13.5%	1.0%	41.3%	14.8%	1.3%	9.0%	3.4%
<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

**5. Actual % Calorie Distribution**

Actual % Calorie Distribution



Legend	
<span style="display:inline-block; width:15px; height:15px; background-color:lightgrey; border:1px solid black;"></span>	% calories of PRO = 15.0%
<span style="display:inline-block; width:15px; height:15px; background-color:darkgrey; border:1px solid black;"></span>	% calories of CHO = 42.4%
<span style="display:inline-block; width:15px; height:15px; background-color:black; border:1px solid black;"></span>	% calories of FAT = 42.6%
	Total = 100.0%

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 18  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Baked Potato Soup	1	6z ladle	0177793	118	4.27	<b><u>1.938</u></b>		<b><u>9</u></b>	270	15.72	<b><u>1.6</u></b>	<b><u>0.84</u></b>	4.81	<b><u>126.04</u></b>	<b><u>15.11</u></b>	<b><u>0.62</u></b>	<b><u>75.08</u></b>	<b><u>9</u></b>	<b><u>375</u></b>	<b><u>64.92</u></b>
BLT Sandwich	1	1 each	0000021063	425	24.78	5.513	0	34	865	38.63	6.7	5.2	15.85	<b><u>491.1</u></b>	<b><u>6.95</u></b>	2.28	60.23		<b><u>352</u></b>	<b><u>11.04</u></b>
Pretzels	1	1 Each	0001004040	60	0.5	0	0	0	231	11.06	0	1.01	1.01			0.36	0			
Dill Pickle Spear	1	1 Each	0001018320	3	0	0	0	0	173	0.66	0	0	0			0.11	7.31			
Chocolate Cream Pie	1	1/10th Slice	0159616	464	32.93	19.422	0.422	34	287	43.07	0.8	32.09	4.22	633.33	0	1.22	50.67			
<b>Meal SubTotal</b>				1,070.0	62.5	<b><u>26.9</u></b>	<b><u>0.4</u></b>	<b><u>77.0</u></b>	1,826.0	109.1	<b><u>9.1</u></b>	<b><u>39.1</u></b>	25.9	<b><u>1,250.5</u></b>	<b><u>22.1</u></b>	<b><u>4.6</u></b>	<b><u>193.3</u></b>	<b><u>9.0</u></b>	<b><u>727.0</u></b>	<b><u>76.0</u></b>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 18  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

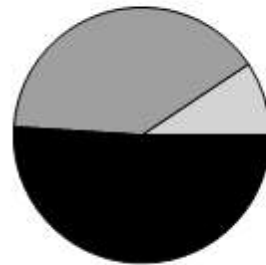
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	1,070.0	62.5	<b><u>26.9</u></b>	<b><u>0.4</u></b>	<b><u>77.0</u></b>	1,826.0	109.1	<b><u>9.1</u></b>	<b><u>39.1</u></b>	25.9	<b><u>1,250.5</u></b>	<b><u>22.1</u></b>	<b><u>4.6</u></b>	<b><u>193.3</u></b>	<b><u>9.0</u></b>	<b><u>727.0</u></b>	<b><u>76.0</u></b>
<b>1. Daily Totals</b>		1,070.0	62.5	<b><u>26.9</u></b>	<b><u>0.4</u></b>	<b><u>77.0</u></b>	1,826.0	109.1	<b><u>9.1</u></b>	<b><u>39.1</u></b>	25.9	<b><u>1,250.5</u></b>	<b><u>22.1</u></b>	<b><u>4.6</u></b>	<b><u>193.3</u></b>	<b><u>9.0</u></b>	<b><u>727.0</u></b>	<b><u>76.0</u></b>
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
<b>3. % Nutritional Goal</b>		52.1%	78.3%	117.0%		25.7%	76.1%	83.9%	30.3%		46.3%	27.8%	24.6%	57.5%	16.1%	1.5%	15.5%	10.9%
<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	3.9		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

**5. Actual % Calorie Distribution**

Actual % Calorie Distribution



Legend	
<span style="display:inline-block; width:15px; height:15px; background-color:white; border:1px solid black;"></span>	% calories of PRO = 09.4%
<span style="display:inline-block; width:15px; height:15px; background-color:grey; border:1px solid black;"></span>	% calories of CHO = 39.6%
<span style="display:inline-block; width:15px; height:15px; background-color:black; border:1px solid black;"></span>	% calories of FAT = 51.0%
Total = 100.0%	

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 19  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Chicken Tenders	1	2 tenders	0000019977	280	13.98	2.331	0	52	676	16.32	0	0	20.98		0.93	23.31		186		
Macaroni & Cheese	1	#8 scoop	0000024363	232	13.3	6.939	0	35	264	17.38	0.7	2.55	10.44	<b><u>126.56</u></b>	0.64	279.96	<b><u>16</u></b>	<b><u>127</u></b>		
Peas & Carrots	1	4z spoodle	0000019724	34	0.3	0.054	0	0	48	7.13	2.2	3.07	2.18	6699.69	5.7	0.66	16.2	0	111	34.51
Strawberry Applesauce	1	1 Each	0001000460	50	0	0	0	0	10	13.03	1	10.02	0		0	6.01		99		
<b>Meal SubTotal</b>				596.0	27.6	9.3	0.0	87.0	998.0	53.9	3.9	15.6	33.6	<b><u>6,826.3</u></b>	<b><u>5.7</u></b>	2.2	325.5	<b><u>16.0</u></b>	<b><u>523.0</u></b>	<b><u>34.5</u></b>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 19  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

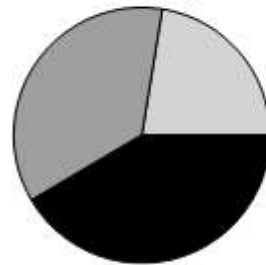
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	596.0	27.6	9.3	0.0	87.0	998.0	53.9	3.9	15.6	33.6	<b><u>6,826.3</u></b>	<b><u>5.7</u></b>	2.2	325.5	<b><u>16.0</u></b>	<b><u>523.0</u></b>	<b><u>34.5</u></b>
<b>1. Daily Totals</b>		596.0	27.6	9.3	0.0	87.0	998.0	53.9	3.9	15.6	33.6	<b><u>6,826.3</u></b>	<b><u>5.7</u></b>	2.2	325.5	<b><u>16.0</u></b>	<b><u>523.0</u></b>	<b><u>34.5</u></b>
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
<b>3. % Nutritional Goal</b>		29.0%	34.6%	40.4%		29.0%	41.6%	41.5%	13.0%		60.0%	151.7%	6.3%	27.5%	27.1%	2.7%	11.1%	4.9%
<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	2326.3	0.0	0.0	0.0	0.0	0.0	0.0

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
<span style="display:inline-block; width:15px; height:15px; background-color:lightgray; border:1px solid black;"></span>	% calories of PRO = 22.5%
<span style="display:inline-block; width:15px; height:15px; background-color:mediumgray; border:1px solid black;"></span>	% calories of CHO = 36.0%
<span style="display:inline-block; width:15px; height:15px; background-color:darkgray; border:1px solid black;"></span>	% calories of FAT = 41.5%
	Total = 100.0%

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 20  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Goulash	1	6z ladle	0000019875	326	11.66	<b><u>4.193</u></b>	<b><u>0.481</u></b>	<b><u>57</u></b>	359	32.53	<b><u>2.5</u></b>	<b><u>7.85</u></b>	22.42	<b><u>6.1</u></b>	<b><u>1.29</u></b>	<b><u>2.98</u></b>	<b><u>32.54</u></b>	<b><u>1</u></b>	<b><u>593</u></b>	<b><u>149.57</u></b>
Choice of Roll	1	1 Each	0201053	79	1.64	0.25	0	3	117	11.68	0.5	1.85	1.81			0.59	2.12		19	
Margarine	1	1 Each	0001021169	25	2.5	0	0	0	35	0	0	0	0	500	0	0	0			
Parslied Cauliflower	1	4z spoodle	0085145	35	1.32	0.599	0	0	36	3.69	0.9	1.82	0.94	61.94	16.35	0.03	1.32		<b><u>3</u></b>	<b><u>0.5</u></b>
Cookie Bday Cake	1	1 Each	0198128	110	6	4	0	10	40	12	0	8	0	0	0	0	0			
<b>Meal SubTotal</b>				575.0	23.1	<b><u>9.0</u></b>	<b><u>0.5</u></b>	<b><u>70.0</u></b>	587.0	59.9	<b><u>3.9</u></b>	<b><u>19.5</u></b>	25.2	<b><u>568.0</u></b>	<b><u>17.6</u></b>	<b><u>3.6</u></b>	<b><u>36.0</u></b>	<b><u>1.0</u></b>	<b><u>615.0</u></b>	<b><u>150.1</u></b>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 20  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

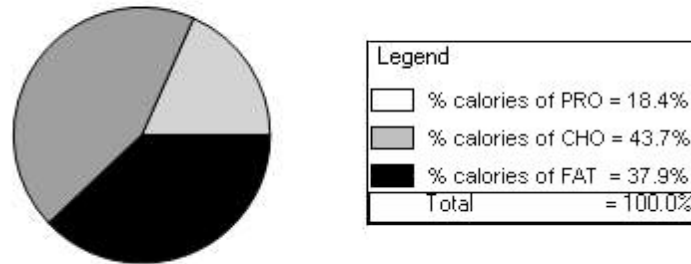
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	575.0	23.1	<u>9.0</u>	<u>0.5</u>	<u>70.0</u>	587.0	59.9	<u>3.9</u>	<u>19.5</u>	25.2	<u>568.0</u>	<u>17.6</u>	<u>3.6</u>	<u>36.0</u>	<u>1.0</u>	<u>615.0</u>	<u>150.1</u>
<b>1. Daily Totals</b>		575.0	23.1	<u>9.0</u>	<u>0.5</u>	<u>70.0</u>	587.0	59.9	<u>3.9</u>	<u>19.5</u>	25.2	<u>568.0</u>	<u>17.6</u>	<u>3.6</u>	<u>36.0</u>	<u>1.0</u>	<u>615.0</u>	<u>150.1</u>
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
<b>3. % Nutritional Goal</b>		28.0%	28.9%	39.1%		23.3%	24.5%	46.1%	13.0%		45.0%	12.6%	19.6%	45.0%	3.0%	0.2%	13.1%	21.4%
<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

5. Actual % Calorie Distribution

Actual % Calorie Distribution



\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.



Day 21

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Fried Chicken	1	1 thigh	0000020171	192	7.69	<b><u>2.1</u></b>		<b><u>73</u></b>	281	6.72	<b><u>0.3</u></b>	<b><u>0.04</u></b>	22.49	<b><u>118.44</u></b>		<b><u>1.47</u></b>	<b><u>13.55</u></b>	<b><u>4</u></b>	<b><u>200</u></b>	<b><u>140.55</u></b>
Mashed Potatoes	1	#8 scoop	0000020022	73	0	0	0	0	15	16.28	1.6	0	1.63			0.24	11.06		270	
Gravy	1	2z ladle	0000019761	41	2.91	1.271	0	0	198	2.81	0.1	0.22	0.62	<b><u>126.56</u></b>		0.16	2.52		<b><u>6</u></b>	
Southern Green Beans	1	4z spoodle	0000021100	36	0.37	<b><u>0.123</u></b>		<b><u>7</u></b>	310	4.26	<b><u>2</u></b>	<b><u>2.11</u></b>	3.44	<b><u>0.09</u></b>	<b><u>3.22</u></b>	<b><u>0.57</u></b>	<b><u>29.87</u></b>		<b><u>103</u></b>	<b><u>1.32</u></b>
Apple Crisp	1	3 x 2" pc	0000019843	208	6.21	2.75	0	0	131	39.84	1.4	29.34	1.02	<b><u>269</u></b>		0.36	18.64		<b><u>63</u></b>	
<b>Meal SubTotal</b>				550.0	17.2	<b><u>6.2</u></b>	<b><u>0.0</u></b>	<b><u>80.0</u></b>	935.0	69.9	<b><u>5.4</u></b>	<b><u>31.7</u></b>	29.2	<b><u>514.1</u></b>	<b><u>3.2</u></b>	<b><u>2.8</u></b>	<b><u>75.6</u></b>	<b><u>4.0</u></b>	<b><u>642.0</u></b>	<b><u>141.9</u></b>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 21

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	550.0	17.2	<b><u>6.2</u></b>	<b><u>0.0</u></b>	<b><u>80.0</u></b>	935.0	69.9	<b><u>5.4</u></b>	<b><u>31.7</u></b>	29.2	<b><u>514.1</u></b>	<b><u>3.2</u></b>	<b><u>2.8</u></b>	<b><u>75.6</u></b>	<b><u>4.0</u></b>	<b><u>642.0</u></b>	<b><u>141.9</u></b>

<b>1. Daily Totals</b>		550.0	17.2	<b><u>6.2</u></b>	<b><u>0.0</u></b>	<b><u>80.0</u></b>	935.0	69.9	<b><u>5.4</u></b>	<b><u>31.7</u></b>	29.2	<b><u>514.1</u></b>	<b><u>3.2</u></b>	<b><u>2.8</u></b>	<b><u>75.6</u></b>	<b><u>4.0</u></b>	<b><u>642.0</u></b>	<b><u>141.9</u></b>
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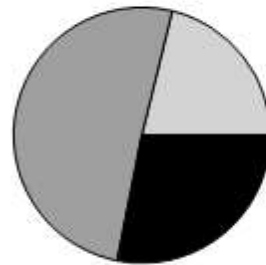
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
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<b>3. % Nutritional Goal</b>		26.8%	21.6%	27.0%		26.7%	39.0%	53.8%	18.0%		52.1%	11.4%	3.6%	35.0%	6.3%	0.7%	13.7%	20.3%
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<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
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**5. Actual % Calorie Distribution**

Actual % Calorie Distribution



Legend	
<span style="display:inline-block; width:15px; height:15px; background-color:white; border:1px solid black;"></span>	% calories of PRO = 21.2%
<span style="display:inline-block; width:15px; height:15px; background-color:grey; border:1px solid black;"></span>	% calories of CHO = 50.7%
<span style="display:inline-block; width:15px; height:15px; background-color:black; border:1px solid black;"></span>	% calories of FAT = 28.1%
Total = 100.0%	

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 22

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Smothered Pork	1	1 chop, 2flz sce	0000021070	211	14.19	<b><u>4.74</u></b>		<b><u>56</u></b>	645	3.42	<b><u>1</u></b>	<b><u>0.28</u></b>	16.7	<b><u>0.02</u></b>	<b><u>0.08</u></b>	<b><u>0.54</u></b>	<b><u>20.89</u></b>		<b><u>37</u></b>	<b><u>0.3</u></b>
Potato Wedges	1	4oz spoodle	0058909	97	1.94	<b><u>0.287</u></b>			61	18.49	<b><u>1.3</u></b>	<b><u>1.46</u></b>	1.68		<b><u>10.98</u></b>	<b><u>0.3</u></b>	<b><u>4.33</u></b>		<b><u>335</u></b>	<b><u>42.9</u></b>
Spinach	1	4z spoodle	0000020304	44	0	0	0	0	185	4.44	1.5	0	2.96			1.07	118.39			
Rice Krispie Treat	1	1 Each	0001027963	150	4	1	0	0	180	29	0	13	1			1.1	0	16	10	
<b>Meal SubTotal</b>				502.0	20.1	<b><u>6.0</u></b>	<b><u>0.0</u></b>	<b><u>56.0</u></b>	1,071.0	55.4	<b><u>3.8</u></b>	<b><u>14.7</u></b>	22.3	<b><u>0.0</u></b>	<b><u>11.1</u></b>	<b><u>3.0</u></b>	<b><u>143.6</u></b>	<b><u>16.0</u></b>	<b><u>382.0</u></b>	<b><u>43.2</u></b>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 22

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	502.0	20.1	<b><u>6.0</u></b>	<b><u>0.0</u></b>	<b><u>56.0</u></b>	1,071.0	55.4	<b><u>3.8</u></b>	<b><u>14.7</u></b>	22.3	<b><u>0.0</u></b>	<b><u>11.1</u></b>	<b><u>3.0</u></b>	<b><u>143.6</u></b>	<b><u>16.0</u></b>	<b><u>382.0</u></b>	<b><u>43.2</u></b>

<b>1. Daily Totals</b>		502.0	20.1	<b><u>6.0</u></b>	<b><u>0.0</u></b>	<b><u>56.0</u></b>	1,071.0	55.4	<b><u>3.8</u></b>	<b><u>14.7</u></b>	22.3	<b><u>0.0</u></b>	<b><u>11.1</u></b>	<b><u>3.0</u></b>	<b><u>143.6</u></b>	<b><u>16.0</u></b>	<b><u>382.0</u></b>	<b><u>43.2</u></b>
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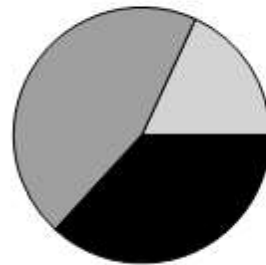
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
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<b>3. % Nutritional Goal</b>		24.4%	25.2%	26.1%		18.7%	44.6%	42.6%	12.7%		39.8%	0.0%	12.3%	37.5%	12.0%	2.7%	8.1%	6.2%
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<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
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**5. Actual % Calorie Distribution**

Actual % Calorie Distribution



Legend	
<span style="display:inline-block; width:15px; height:15px; background-color:lightgray; border:1px solid black;"></span>	% calories of PRO = 18.1%
<span style="display:inline-block; width:15px; height:15px; background-color:mediumgray; border:1px solid black;"></span>	% calories of CHO = 45.1%
<span style="display:inline-block; width:15px; height:15px; background-color:darkgray; border:1px solid black;"></span>	% calories of FAT = 36.8%
	Total = 100.0%

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 23

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Hamburger	1	1 each	0000021473	370	16.62	5.753	0.656	75	284	27	1	4	25.9	<b><u>7.65</u></b>	4.11	70.41	2	309	<b><u>164.99</u></b>	
Steakhouse Potato Salad	1	1/2 cup	Red Potato Salad	168	3.15	0.841	0.009	5	334	30.46	3.1	4.97	4.53	<b><u>215.68</u></b>	<b><u>30.89</u></b>	1.15	18.26		<b><u>553</u></b>	<b><u>69.19</u></b>
Corn on the Cob	1	1/2 each	0000021253	40	0.31	0.048	0	0	2	9.49	1.2	1.53	1.32	98.6	2.04	0.26	1.27	0	107	31.87
Lettuce / Tomato / Onion	1	1 garnish	0000020067	18	0.07	0.018	0	0	4	3.77	1	1.92	0.78	245.08	5.53	0.26	11.39		123	<b><u>13.61</u></b>
Watermelon	1	4z spoodle	0000021194	23	0.11	0.012	0	0	1	5.73	0.3	4.7	0.46	431.75	6.15	0.18	5.31	0	85	8.35
<b>Meal SubTotal</b>				619.0	20.3	6.7	0.7	80.0	625.0	76.5	6.6	17.1	33.0	<b><u>998.8</u></b>	<b><u>44.6</u></b>	6.0	106.6	<b><u>2.0</u></b>	<b><u>1,177.0</u></b>	<b><u>288.0</u></b>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 23

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

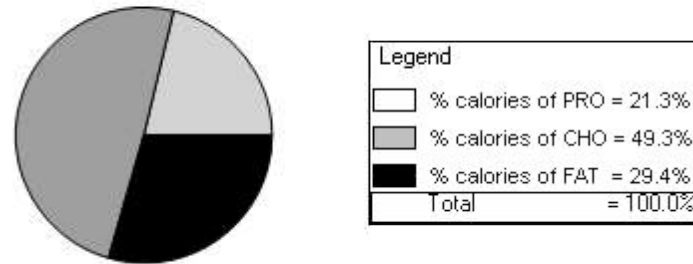
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	619.0	20.3	6.7	0.7	80.0	625.0	76.5	6.6	17.1	33.0	<b><u>998.8</u></b>	<b><u>44.6</u></b>	6.0	106.6	<b><u>2.0</u></b>	<b><u>1,177.0</u></b>	<b><u>288.0</u></b>
<b>1. Daily Totals</b>		619.0	20.3	6.7	0.7	80.0	625.0	76.5	6.6	17.1	33.0	<b><u>998.8</u></b>	<b><u>44.6</u></b>	6.0	106.6	<b><u>2.0</u></b>	<b><u>1,177.0</u></b>	<b><u>288.0</u></b>
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
<b>3. % Nutritional Goal</b>		30.1%	25.4%	29.1%		26.7%	26.0%	58.8%	22.0%		58.9%	22.2%	49.6%	75.0%	8.9%	0.3%	25.0%	41.1%
<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

**5. Actual % Calorie Distribution**

Actual % Calorie Distribution



\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 24

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Country Fried Steak	1	1 each	0000019967	264	13.96	<b><u>6.105</u></b>		<b><u>41</u></b>	180	4	<b><u>0.1</u></b>	<b><u>0.01</u></b>	24.44	<b><u>318.4</u></b>		<b><u>2.18</u></b>	<b><u>5.31</u></b>		<b><u>261</u></b>	<b><u>123.82</u></b>
Mashed Potatoes	1	#8 scoop	0000020022	73	0	0	0	0	15	16.28	1.6	0	1.63			0.24	11.06		270	
Country Gravy	1	2fz ladle	0120783	48	2.66	1.063	0	0	278	6.38	0	1.06	0			0	2.84		42	
Parmesan Brussel Sprouts	1	4z spoodle	0252481	54	2.38	1.284	0	5	75	5.61	2.7		4.61	<b><u>44.78</u></b>		0.66	64.37		<b><u>268</u></b>	
Ice Cream Bar	1	3oz Bars	Ice Cream Bar	1	0.07	0.063	0	0	0	0.15	0	0.11	0.02	0	0	0	0.42			
<b>Meal SubTotal</b>				440.0	19.1	<b><u>8.5</u></b>	<b><u>0.0</u></b>	<b><u>46.0</u></b>	548.0	32.4	<b><u>4.4</u></b>	<b><u>1.2</u></b>	30.7	<b><u>363.2</u></b>	<b><u>0.0</u></b>	<b><u>3.1</u></b>	<b><u>84.0</u></b>	<b><u>0.0</u></b>	<b><u>841.0</u></b>	<b><u>123.8</u></b>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 24

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	440.0	19.1	<b><u>8.5</u></b>	<b><u>0.0</u></b>	<b><u>46.0</u></b>	548.0	32.4	<b><u>4.4</u></b>	<b><u>1.2</u></b>	30.7	<b><u>363.2</u></b>	<b><u>0.0</u></b>	<b><u>3.1</u></b>	<b><u>84.0</u></b>	<b><u>0.0</u></b>	<b><u>841.0</u></b>	<b><u>123.8</u></b>

<b>1. Daily Totals</b>	440.0	19.1	<b><u>8.5</u></b>	<b><u>0.0</u></b>	<b><u>46.0</u></b>	548.0	32.4	<b><u>4.4</u></b>	<b><u>1.2</u></b>	30.7	<b><u>363.2</u></b>	<b><u>0.0</u></b>	<b><u>3.1</u></b>	<b><u>84.0</u></b>	<b><u>0.0</u></b>	<b><u>841.0</u></b>	<b><u>123.8</u></b>
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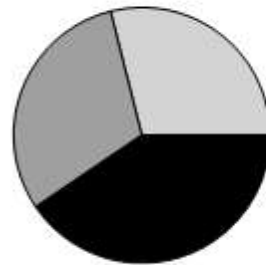
<b>2. Nutritional Goals</b>	2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
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<b>3. % Nutritional Goal</b>	21.4%	23.9%	37.0%		15.3%	22.8%	24.9%	14.7%		54.8%	8.1%	0.0%	38.8%	7.0%	0.0%	17.9%	17.7%
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<b>4. Deviation From Nutritional Goal</b>	0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
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**5. Actual % Calorie Distribution**

Actual % Calorie Distribution



Legend	
<span style="display:inline-block; width:15px; height:15px; background-color:white; border:1px solid black;"></span>	% calories of PRO = 28.9%
<span style="display:inline-block; width:15px; height:15px; background-color:lightgrey; border:1px solid black;"></span>	% calories of CHO = 30.5%
<span style="display:inline-block; width:15px; height:15px; background-color:darkgrey; border:1px solid black;"></span>	% calories of FAT = 40.5%
Total = 100.0%	

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.



Day 25

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Ham Steak w/Maple Mustard Glaze	1	4oz Slice	0137473	169	4.52	<b><u>1.131</u></b>		<b><u>51</u></b>	1113	15.66		<b><u>5.03</u></b>	15.83	<b><u>0.01</u></b>	<b><u>0.01</u></b>	<b><u>0.41</u></b>	<b><u>0.07</u></b>		<b><u>1</u></b>	
Butter Beans	1	4z spoodle	0089626	111	0	0	0	0	332	21.23	6.5	3.69	6.46			2.77	28.62		550	
Green Beans	1	4z spoodle	0000020099	22	0	0	0	0	0	4.35	1.5	0.73	0.73			0.52	29.02			
Strawberry Shortcake Cake	1	1.5 x 2" pc	0201329	232	12.11	5.048	0	56	222	28.27	1	19.18	2.02			0.71	50.48		71	
<b>Meal SubTotal</b>				534.0	16.6	<b><u>6.2</u></b>	<b><u>0.0</u></b>	<b><u>107.0</u></b>	1,667.0	69.5	<b><u>9.0</u></b>	<b><u>28.6</u></b>	25.0	<b><u>0.0</u></b>	<b><u>0.0</u></b>	<b><u>4.4</u></b>	<b><u>108.2</u></b>	<b><u>0.0</u></b>	<b><u>622.0</u></b>	<b><u>0.0</u></b>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 25

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

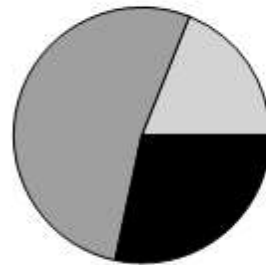
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	534.0	16.6	<b><u>6.2</u></b>	<b><u>0.0</u></b>	<b><u>107.0</u></b>	1,667.0	69.5	<b><u>9.0</u></b>	<b><u>28.6</u></b>	25.0	<b><u>0.0</u></b>	<b><u>0.0</u></b>	<b><u>4.4</u></b>	<b><u>108.2</u></b>	<b><u>0.0</u></b>	<b><u>622.0</u></b>	<b><u>0.0</u></b>
<b>1. Daily Totals</b>		534.0	16.6	<b><u>6.2</u></b>	<b><u>0.0</u></b>	<b><u>107.0</u></b>	1,667.0	69.5	<b><u>9.0</u></b>	<b><u>28.6</u></b>	25.0	<b><u>0.0</u></b>	<b><u>0.0</u></b>	<b><u>4.4</u></b>	<b><u>108.2</u></b>	<b><u>0.0</u></b>	<b><u>622.0</u></b>	<b><u>0.0</u></b>
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
<b>3. % Nutritional Goal</b>		26.0%	20.8%	27.0%		35.7%	69.5%	53.5%	30.0%		44.6%	0.0%	0.0%	55.0%	9.0%	0.0%	13.2%	0.0%
<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

**5. Actual % Calorie Distribution**

Actual % Calorie Distribution



Legend	
<span style="display:inline-block; width:15px; height:15px; border:1px solid black; background-color:white;"></span>	% calories of PRO = 19.0%
<span style="display:inline-block; width:15px; height:15px; border:1px solid black; background-color:grey;"></span>	% calories of CHO = 52.7%
<span style="display:inline-block; width:15px; height:15px; border:1px solid black; background-color:black;"></span>	% calories of FAT = 28.3%
Total = 100.0%	

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 26

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Meatloaf	1	3z slice	0000019962	315	16.33	<b><u>6.01</u></b>	<b><u>0.657</u></b>	<b><u>111</u></b>	382	13.8	<b><u>0.4</u></b>	<b><u>3.29</u></b>	26.14	<b><u>9.5</u></b>	<b><u>0.41</u></b>	<b><u>2.87</u></b>	<b><u>35.02</u></b>	<b><u>2</u></b>	<b><u>355</u></b>	<b><u>198.91</u></b>
Garlic Mashed Potatoes	1	#8 scoop	0069182	68	0				67	15	<b><u>1.5</u></b>		1.5	<b><u>0.08</u></b>	<b><u>0.01</u></b>	<b><u>0.23</u></b>	<b><u>10.2</u></b>		<b><u>248</u></b>	<b><u>0.02</u></b>
Brown Gravy	1	2z ladle	0000019758	48	3.76	1.59	0	0	256	2.85	0.1	0.01	0.66	<b><u>158.4</u></b>		0.16	3.06		<b><u>5</u></b>	
Green Peas	1	4z spoodle	0000020114	47	0	0	0	0	0	9.33	3.1	3.11	3.11			0.86	0		0	
Red Velvet Cake	1	2 1/3" x 2 2/3"pc	0000019901	258	11.06	4.146	0	28	295	35.93	0.9	24.88	2.76			0.92	32.25		74	
<b>Meal SubTotal</b>				736.0	31.2	<b><u>11.7</u></b>	<b><u>0.7</u></b>	<b><u>139.0</u></b>	1,000.0	76.9	<b><u>6.0</u></b>	<b><u>31.3</u></b>	34.2	<b><u>168.0</u></b>	<b><u>0.4</u></b>	<b><u>5.0</u></b>	<b><u>80.5</u></b>	<b><u>2.0</u></b>	<b><u>682.0</u></b>	<b><u>198.9</u></b>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 26

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

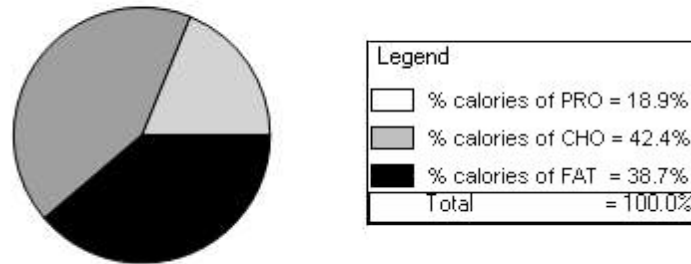
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	736.0	31.2	<b><u>11.7</u></b>	<b><u>0.7</u></b>	<b><u>139.0</u></b>	1,000.0	76.9	<b><u>6.0</u></b>	<b><u>31.3</u></b>	34.2	<b><u>168.0</u></b>	<b><u>0.4</u></b>	<b><u>5.0</u></b>	<b><u>80.5</u></b>	<b><u>2.0</u></b>	<b><u>682.0</u></b>	<b><u>198.9</u></b>
<b>1. Daily Totals</b>		736.0	31.2	<b><u>11.7</u></b>	<b><u>0.7</u></b>	<b><u>139.0</u></b>	1,000.0	76.9	<b><u>6.0</u></b>	<b><u>31.3</u></b>	34.2	<b><u>168.0</u></b>	<b><u>0.4</u></b>	<b><u>5.0</u></b>	<b><u>80.5</u></b>	<b><u>2.0</u></b>	<b><u>682.0</u></b>	<b><u>198.9</u></b>
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
<b>3. % Nutritional Goal</b>		35.8%	39.1%	50.9%		46.3%	41.7%	59.2%	20.0%		61.1%	3.7%	0.4%	62.5%	6.7%	0.3%	14.5%	28.4%
<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

**5. Actual % Calorie Distribution**

Actual % Calorie Distribution



\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 27

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Roast Pork	1	3z slice	0000019984	203	11.14	4.052	0	76	365	1.01	0	0	23.3			1.09	0			
Potato Pancakes	1	3 Each	0102580	100	6.03	1.675	0	10	221	9.38	0.7	0.67	1.34			0.24	7.37		221	
Cauliflower and Cheese	1	4z spoodle	0193717	38	1.5	0.375	0	1	108	5.11	1.8	1.8	2.05			0	22.13		148	
Pineapple Bits	1	1 Each	0001008737	60	0	0	0	0	0	14.95	1	13.95	1			0	0		120	
<b>Meal SubTotal</b>				401.0	18.7	6.1	0.0	87.0	694.0	30.5	3.5	16.4	27.7	<u>0.0</u>	<u>0.0</u>	1.3	29.5	<u>0.0</u>	<u>489.0</u>	<u>0.0</u>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 27

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

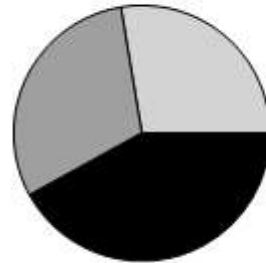
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	401.0	18.7	6.1	0.0	87.0	694.0	30.5	3.5	16.4	27.7	<b><u>0.0</u></b>	<b><u>0.0</u></b>	1.3	29.5	<b><u>0.0</u></b>	<b><u>489.0</u></b>	<b><u>0.0</u></b>
<b>1. Daily Totals</b>		401.0	18.7	6.1	0.0	87.0	694.0	30.5	3.5	16.4	27.7	<b><u>0.0</u></b>	<b><u>0.0</u></b>	1.3	29.5	<b><u>0.0</u></b>	<b><u>489.0</u></b>	<b><u>0.0</u></b>
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
<b>3. % Nutritional Goal</b>		19.5%	23.4%	26.5%		29.0%	28.9%	23.5%	11.7%		49.5%	0.0%	0.0%	16.3%	2.5%	0.0%	10.4%	0.0%
<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

**5. Actual % Calorie Distribution**

Actual % Calorie Distribution



Legend	
<span style="display:inline-block; width:15px; height:15px; border:1px solid black; background-color:white;"></span>	% calories of PRO = 27.6%
<span style="display:inline-block; width:15px; height:15px; border:1px solid black; background-color:lightgrey;"></span>	% calories of CHO = 30.4%
<span style="display:inline-block; width:15px; height:15px; border:1px solid black; background-color:darkgrey;"></span>	% calories of FAT = 42.0%
Total = 100.0%	

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 28

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Savory Baked Chicken Breast	1	1 Breast	0146734	254	8.34	3.064		69	809	15.14	0.4	0.62	26.76	<b><u>274.06</u></b>		2.32	118.74	<b><u>4</u></b>	274	<b><u>169.7</u></b>
Baked Sweet Potato Half	1	1/2 each	0027833	142	0.08	0.03	0	0	91	33.18	4.9	6.89	2.59	23398.1	3.96	1.01	49.48	0	556	77.52
Baked Lima Beans	1	#8 scoop	0144342	148	2.35	0.828	0	5	150	26.76	4.3	13.49	6.17	<b><u>24.09</u></b>	<b><u>5.98</u></b>	0.9	22.95		<b><u>239</u></b>	<b><u>4.42</u></b>
Peanut Butter Cookie	1	1 cookie	0000019862	122	6.57	2.346	0	5	131	14.07	0	8.44	1.88			0.34	0			
<b>Meal SubTotal</b>				666.0	17.3	6.3	<b><u>0.0</u></b>	79.0	1,181.0	89.2	9.6	29.4	37.4	<b><u>23,696.3</u></b>	<b><u>9.9</u></b>	4.6	191.2	<b><u>4.0</u></b>	<b><u>1,069.0</u></b>	<b><u>251.6</u></b>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 28

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

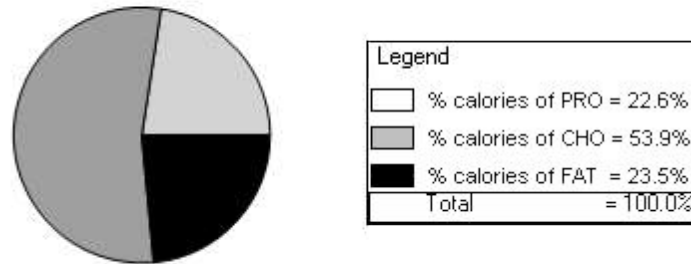
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	666.0	17.3	6.3	<b><u>0.0</u></b>	79.0	1,181.0	89.2	9.6	29.4	37.4	<b><u>23,696.3</u></b>	<b><u>9.9</u></b>	4.6	191.2	<b><u>4.0</u></b>	<b><u>1,069.0</u></b>	<b><u>251.6</u></b>
<b>1. Daily Totals</b>		666.0	17.3	6.3	<b><u>0.0</u></b>	79.0	1,181.0	89.2	9.6	29.4	37.4	<b><u>23,696.3</u></b>	<b><u>9.9</u></b>	4.6	191.2	<b><u>4.0</u></b>	<b><u>1,069.0</u></b>	<b><u>251.6</u></b>
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
<b>3. % Nutritional Goal</b>		32.4%	21.7%	27.4%		26.3%	49.2%	68.6%	32.0%		66.8%	526.6%	11.0%	57.5%	15.9%	0.7%	22.7%	35.9%
<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	19196.3	0.0	0.0	0.0	0.0	0.0	0.0

**5. Actual % Calorie Distribution**

Actual % Calorie Distribution



\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.



Day 29  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Zesty Orange Chicken	1	4oz Servings	Orange chicken	2	0.04	<b><u>0.007</u></b>			5	0.31		0.21	0.09	<b><u>0.97</u></b>		<b><u>0.01</u></b>	<b><u>0.1</u></b>		<b><u>2</u></b>	
White Rice	1	#8 scoop	0000020023	103	0	0	0	0	2	22.32	0	0	2.41			0.87	2.28		43	
Vegetarian Potsticker	1	1 Each	0001033339	32	0.3	0	0	0	164	6.6	0.6	1	1.2			0.36	8			
Midori Blend Vegetables	1	4oz Servings	Midori	11	0.12	0.003	0	0	29	2.06	0.4	0.67	0.37		<b><u>0.04</u></b>	0.15	1.93		<b><u>26</u></b>	
Pound Cake	1	1" Slice	0000025035	252	10.16	4.397	0	69	347	35.4	0.5	17.16	5.4	<b><u>216.22</u></b>		1.44	45.55		<b><u>79</u></b>	
<b>Meal SubTotal</b>				400.0	10.6	<b><u>4.4</u></b>	<b><u>0.0</u></b>	<b><u>69.0</u></b>	547.0	66.7	<b><u>1.5</u></b>	19.0	9.5	<b><u>217.2</u></b>	<b><u>0.0</u></b>	<b><u>2.8</u></b>	<b><u>57.9</u></b>	<b><u>0.0</u></b>	<b><u>150.0</u></b>	<b><u>0.0</u></b>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 29

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

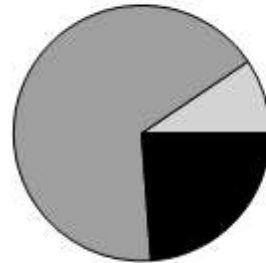
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	400.0	10.6	<b><u>4.4</u></b>	<b><u>0.0</u></b>	<b><u>69.0</u></b>	547.0	66.7	<b><u>1.5</u></b>	19.0	9.5	<b><u>217.2</u></b>	<b><u>0.0</u></b>	<b><u>2.8</u></b>	<b><u>57.9</u></b>	<b><u>0.0</u></b>	<b><u>150.0</u></b>	<b><u>0.0</u></b>
<b>1. Daily Totals</b>		400.0	10.6	<b><u>4.4</u></b>	<b><u>0.0</u></b>	<b><u>69.0</u></b>	547.0	66.7	<b><u>1.5</u></b>	19.0	9.5	<b><u>217.2</u></b>	<b><u>0.0</u></b>	<b><u>2.8</u></b>	<b><u>57.9</u></b>	<b><u>0.0</u></b>	<b><u>150.0</u></b>	<b><u>0.0</u></b>
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
<b>3. % Nutritional Goal</b>		19.5%	13.3%	19.1%		23.0%	22.8%	51.3%	5.0%		17.0%	4.8%	0.0%	35.0%	4.8%	0.0%	3.2%	0.0%
<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

**5. Actual % Calorie Distribution**

Actual % Calorie Distribution



Legend	
<span style="display:inline-block; width:15px; height:15px; border:1px solid black; background-color:white;"></span>	% calories of PRO = 09.5%
<span style="display:inline-block; width:15px; height:15px; border:1px solid black; background-color:grey;"></span>	% calories of CHO = 66.7%
<span style="display:inline-block; width:15px; height:15px; border:1px solid black; background-color:black;"></span>	% calories of FAT = 23.8%
Total = 100.0%	

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 30

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Beef Taco Salad	1	8oz Salad	Taco Salad	259	16.82	7.891	0.731	56	824	10.35	4	2.99	14.99	<b><u>546.73</u></b>	<b><u>5.95</u></b>	2.26	132.13	<b><u>164</u></b>	<b><u>18.84</u></b>	
Black Bean & Corn Relish	1	#8 scoop	0000024114	159	7.7	<b><u>1.22</u></b>			251	19.95	<b><u>2.3</u></b>	<b><u>6.69</u></b>	3.25	<b><u>0.23</u></b>	<b><u>0.84</u></b>	1.42	<b><u>30.47</u></b>	<b><u>174</u></b>	<b><u>3.3</u></b>	
Cinnamon Sugar Churro	1	5in pastry stick	Churro	51	2.53	1.053	0	4	48	6.32	0	0	0.42			0.08	4.21	4		
<b>Meal SubTotal</b>				469.0	27.1	<b><u>10.2</u></b>	<b><u>0.7</u></b>	<b><u>60.0</u></b>	1,123.0	36.6	<b><u>6.3</u></b>	<b><u>9.7</u></b>	18.7	<b><u>547.0</u></b>	<b><u>6.8</u></b>	3.8	<b><u>166.8</u></b>	<b><u>0.0</u></b>	<b><u>342.0</u></b>	<b><u>22.1</u></b>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 30  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

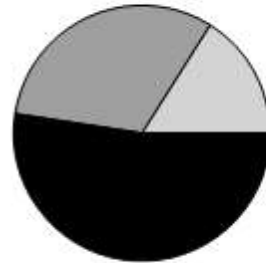
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	469.0	27.1	<b><u>10.2</u></b>	<b><u>0.7</u></b>	<b><u>60.0</u></b>	1,123.0	36.6	<b><u>6.3</u></b>	<b><u>9.7</u></b>	18.7	<b><u>547.0</u></b>	<b><u>6.8</u></b>	3.8	<b><u>166.8</u></b>	<b><u>0.0</u></b>	<b><u>342.0</u></b>	<b><u>22.1</u></b>
<b>1. Daily Totals</b>		469.0	27.1	<b><u>10.2</u></b>	<b><u>0.7</u></b>	<b><u>60.0</u></b>	1,123.0	36.6	<b><u>6.3</u></b>	<b><u>9.7</u></b>	18.7	<b><u>547.0</u></b>	<b><u>6.8</u></b>	3.8	<b><u>166.8</u></b>	<b><u>0.0</u></b>	<b><u>342.0</u></b>	<b><u>22.1</u></b>
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
<b>3. % Nutritional Goal</b>		22.8%	34.0%	44.3%		20.0%	46.8%	28.2%	21.0%		33.4%	12.2%	7.6%	47.5%	13.9%	0.0%	7.3%	3.2%
<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

**5. Actual % Calorie Distribution**

Actual % Calorie Distribution



Legend	
<span style="display:inline-block; width:10px; height:10px; background-color:white; border:1px solid black;"></span>	% calories of PRO = 16.1%
<span style="display:inline-block; width:10px; height:10px; background-color:grey; border:1px solid black;"></span>	% calories of CHO = 31.5%
<span style="display:inline-block; width:10px; height:10px; background-color:black; border:1px solid black;"></span>	% calories of FAT = 52.4%
Total = 100.0%	

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 31

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Chicken Parmesan	1	1 each 1z sce	0000019827	326	18.74	<b><u>6.675</u></b>		<b><u>66</u></b>	846	16.12	<b><u>1.5</u></b>	<b><u>0.96</u></b>	22.85		<b><u>2.15</u></b>	<b><u>223.46</u></b>		<b><u>397</u></b>		
Italian Pasta Salad	1	4oz Spoodle	It Pasta Salad	11	0.64	0.088	0	0	18	1.13	0	0.32	0.14		0.05	0.35		4		
Fresh Baked Tomato	1	1/2 Tomato	0139086	78	3.72	<b><u>1.917</u></b>		<b><u>6</u></b>	136	8.15	<b><u>1.3</u></b>	<b><u>2.21</u></b>	3.5	<b><u>704.34</u></b>	<b><u>10.35</u></b>	<b><u>0.28</u></b>	<b><u>68.8</u></b>		<b><u>186</u></b>	<b><u>18.13</u></b>
Strawberry Ice Cream Bar	1	4oz Servings/Bar	Strawb Ice Bar	8	0.42	0.167	0	0	4	1.08	0	0.67	0.08		0	2.08		3		
<b>Meal SubTotal</b>				423.0	23.5	<b><u>8.8</u></b>	<b><u>0.0</u></b>	<b><u>72.0</u></b>	1,004.0	26.5	<b><u>2.8</u></b>	<b><u>4.2</u></b>	26.6	<b><u>704.3</u></b>	<b><u>10.4</u></b>	<b><u>2.5</u></b>	<b><u>294.7</u></b>	<b><u>0.0</u></b>	<b><u>590.0</u></b>	<b><u>18.1</u></b>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 31

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

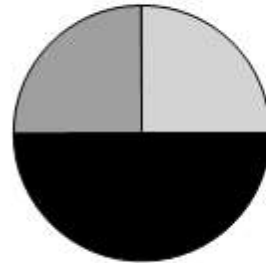
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	423.0	23.5	<b><u>8.8</u></b>	<b><u>0.0</u></b>	<b><u>72.0</u></b>	1,004.0	26.5	<b><u>2.8</u></b>	<b><u>4.2</u></b>	26.6	<b><u>704.3</u></b>	<b><u>10.4</u></b>	<b><u>2.5</u></b>	<b><u>294.7</u></b>	<b><u>0.0</u></b>	<b><u>590.0</u></b>	<b><u>18.1</u></b>
<b>1. Daily Totals</b>		423.0	23.5	<b><u>8.8</u></b>	<b><u>0.0</u></b>	<b><u>72.0</u></b>	1,004.0	26.5	<b><u>2.8</u></b>	<b><u>4.2</u></b>	26.6	<b><u>704.3</u></b>	<b><u>10.4</u></b>	<b><u>2.5</u></b>	<b><u>294.7</u></b>	<b><u>0.0</u></b>	<b><u>590.0</u></b>	<b><u>18.1</u></b>
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
<b>3. % Nutritional Goal</b>		20.6%	29.4%	38.3%		24.0%	41.8%	20.4%	9.3%		47.5%	15.7%	11.6%	31.3%	24.6%	0.0%	12.6%	2.6%
<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

**5. Actual % Calorie Distribution**

Actual % Calorie Distribution



Legend	
<span style="display:inline-block; width:15px; height:15px; background-color:white; border:1px solid black;"></span>	% calories of PRO = 25.1%
<span style="display:inline-block; width:15px; height:15px; background-color:grey; border:1px solid black;"></span>	% calories of CHO = 25.0%
<span style="display:inline-block; width:15px; height:15px; background-color:black; border:1px solid black;"></span>	% calories of FAT = 49.9%
Total = 100.0%	

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 32  
Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Pork Loin w/Dijon-Apple Relish	1	3z mt, 2z sce	Pork Loin Ro	269	14.77	<b><u>4.239</u></b>		<b><u>60</u></b>	106	10.61	<b><u>2.1</u></b>	<b><u>7.09</u></b>	21.73	<b><u>15.88</u></b>	<b><u>3.4</u></b>	<b><u>0.83</u></b>	<b><u>27.04</u></b>		<b><u>72</u></b>	<b><u>11.34</u></b>
Baby Baker Potatoes	1	5 potatoes	0000024605	116	2.32	0	0	0	209	19.69	1.2	0	3.48			0.93	11.58		301	
Carrots	1	4z spoodle	0000020106	23	0	0	0	0	34	5.32	1.5	3.04	0			0	0		84	
Lemon Meringue Pie	1	1/10th slc	0000021125	246	6.8	2.55	0	0	229	45.89	0.8	32.3	1.7			0.85	9.35		41	
<b>Meal SubTotal</b>				654.0	23.9	<b><u>6.8</u></b>	<b><u>0.0</u></b>	<b><u>60.0</u></b>	578.0	81.5	<b><u>5.6</u></b>	<b><u>42.4</u></b>	26.9	<b><u>15.9</u></b>	<b><u>3.4</u></b>	<b><u>2.6</u></b>	<b><u>48.0</u></b>	<b><u>0.0</u></b>	<b><u>498.0</u></b>	<b><u>11.3</u></b>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 32

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

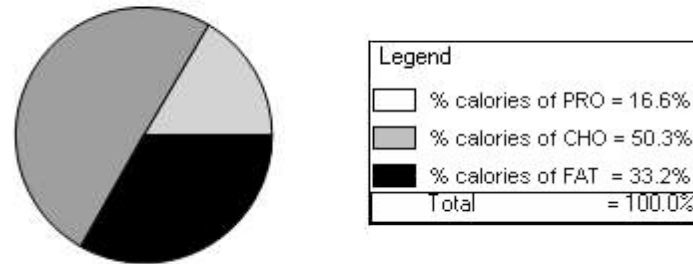
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	654.0	23.9	<b><u>6.8</u></b>	<b><u>0.0</u></b>	<b><u>60.0</u></b>	578.0	81.5	<b><u>5.6</u></b>	<b><u>42.4</u></b>	26.9	<b><u>15.9</u></b>	<b><u>3.4</u></b>	<b><u>2.6</u></b>	<b><u>48.0</u></b>	<b><u>0.0</u></b>	<b><u>498.0</u></b>	<b><u>11.3</u></b>
<b>1. Daily Totals</b>		654.0	23.9	<b><u>6.8</u></b>	<b><u>0.0</u></b>	<b><u>60.0</u></b>	578.0	81.5	<b><u>5.6</u></b>	<b><u>42.4</u></b>	26.9	<b><u>15.9</u></b>	<b><u>3.4</u></b>	<b><u>2.6</u></b>	<b><u>48.0</u></b>	<b><u>0.0</u></b>	<b><u>498.0</u></b>	<b><u>11.3</u></b>
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
<b>3. % Nutritional Goal</b>		31.8%	29.9%	29.6%		20.0%	24.1%	62.7%	18.7%		48.0%	0.4%	3.8%	32.5%	4.0%	0.0%	10.6%	1.6%
<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

**5. Actual % Calorie Distribution**

Actual % Calorie Distribution



\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.



Day 33

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Kielbasa	1	1 each	0065934	341	30.11	11.039	1.004	75	1034	2.01	0	2.01	15.05			1.36	15.17		622	
Mashed Potatoes	1	1/2 Cup	0105730	72	0	0	0	0	19	16.1	1.6	0	1.61			0.29	18.76		130	
Cooked Cabbage	1	4z spoodle	0000020102	25	0.07	0	0	0	9	5.98	2.1	3.03	1.38	86.76	40.67	0.18	52.06	0	213	35.79
Cherry Angel Food Cake	1	1/10th sl, 2oz	Chry Angel Cake	289	8.21	5.501	0.266	33	140	59.66	0	45.65	4.11			0.02	56.84		69	
<b>Meal SubTotal</b>				727.0	38.4	16.5	1.3	108.0	1,202.0	83.8	3.7	50.7	22.2	<b><u>86.8</u></b>	<b><u>40.7</u></b>	1.9	142.8	<b><u>0.0</u></b>	1,034.0	<b><u>35.8</u></b>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 33

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

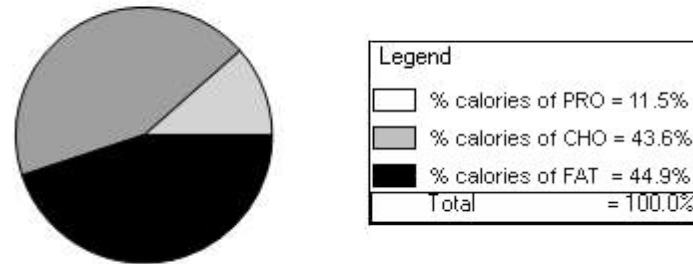
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	727.0	38.4	16.5	1.3	108.0	1,202.0	83.8	3.7	50.7	22.2	<b><u>86.8</u></b>	<b><u>40.7</u></b>	1.9	142.8	<b><u>0.0</u></b>	1,034.0	<b><u>35.8</u></b>
<b>1. Daily Totals</b>		727.0	38.4	16.5	1.3	108.0	1,202.0	83.8	3.7	50.7	22.2	<b><u>86.8</u></b>	<b><u>40.7</u></b>	1.9	142.8	<b><u>0.0</u></b>	1,034.0	<b><u>35.8</u></b>
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
<b>3. % Nutritional Goal</b>		35.4%	48.1%	71.7%		36.0%	50.1%	64.5%	12.3%		39.6%	1.9%	45.2%	23.8%	11.9%	0.0%	22.0%	5.1%
<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

**5. Actual % Calorie Distribution**

Actual % Calorie Distribution



\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 34

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Ham & Potato Au Gratin	1	8z ladle	0000020004	403	20.98	<b><u>8.922</u></b>		<b><u>75</u></b>	1316	31.65	<b><u>1.5</u></b>	<b><u>1.55</u></b>	25.86	<b><u>710.51</u></b>	<b><u>10.92</u></b>	<b><u>1.61</u></b>	<b><u>255.84</u></b>	<b><u>60</u></b>	<b><u>542</u></b>	<b><u>186.51</u></b>
Green Beans	1	4z spoodle	0000020099	22	0	0	0	0	0	4.35	1.5	0.73	0.73			0.52	29.02			
Oatmeal Cream Cookie	1	1 each	0198383	170	7	3	0	0	150	26	0	12	1	0	0	0.72	0		45	
<b>Meal SubTotal</b>				595.0	28.0	<b><u>11.9</u></b>	<b><u>0.0</u></b>	<b><u>75.0</u></b>	1,466.0	62.0	<b><u>3.0</u></b>	<b><u>14.3</u></b>	27.6	<b><u>710.5</u></b>	<b><u>10.9</u></b>	<b><u>2.9</u></b>	<b><u>284.9</u></b>	<b><u>60.0</u></b>	<b><u>587.0</u></b>	<b><u>186.5</u></b>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 34

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

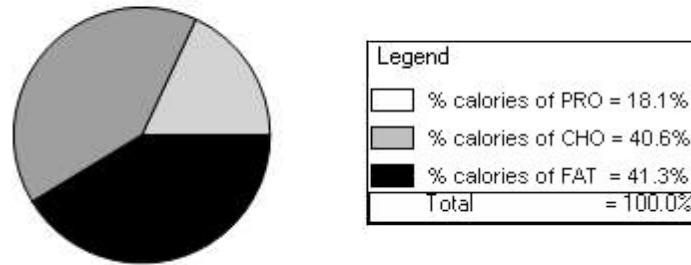
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	595.0	28.0	<b><u>11.9</u></b>	<b><u>0.0</u></b>	<b><u>75.0</u></b>	1,466.0	62.0	<b><u>3.0</u></b>	<b><u>14.3</u></b>	27.6	<b><u>710.5</u></b>	<b><u>10.9</u></b>	<b><u>2.9</u></b>	<b><u>284.9</u></b>	<b><u>60.0</u></b>	<b><u>587.0</u></b>	<b><u>186.5</u></b>
<b>1. Daily Totals</b>		595.0	28.0	<b><u>11.9</u></b>	<b><u>0.0</u></b>	<b><u>75.0</u></b>	1,466.0	62.0	<b><u>3.0</u></b>	<b><u>14.3</u></b>	27.6	<b><u>710.5</u></b>	<b><u>10.9</u></b>	<b><u>2.9</u></b>	<b><u>284.9</u></b>	<b><u>60.0</u></b>	<b><u>587.0</u></b>	<b><u>186.5</u></b>
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
<b>3. % Nutritional Goal</b>		29.0%	35.1%	51.7%		25.0%	61.1%	47.7%	10.0%		49.3%	15.8%	12.1%	36.3%	23.7%	10.0%	12.5%	26.6%
<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

**5. Actual % Calorie Distribution**

Actual % Calorie Distribution



\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 35

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

**Food Description**

**Lunch**

Baked Spaghetti	1	6z ladle	0000021050	380	16.21	<b><u>6.574</u></b>	<b><u>0.526</u></b>	<b><u>74</u></b>	337	31.22	<b><u>2.6</u></b>	<b><u>8.42</u></b>	26.22	<b><u>6.29</u></b>		<b><u>4.55</u></b>	<b><u>100.86</u></b>	<b><u>1</u></b>	<b><u>676</u></b>	<b><u>157.87</u></b>
Buttered Breadstick	1	1 each	0087370	164	4.17	1.215	0	0	276	25.9	1	1.99	3.98	<b><u>121.5</u></b>		1.49	49.81		<b><u>40</u></b>	
Italian Blend Mixed Vegetables	1	4z spoodle	0000020118	33	0	0	0	0	25	4.97	1.7	1.66	0.83	103.44	4.14	0.33	0		91	
Cheesecake	1	1 slice (1/8th)	0000019902	323	11.32	5.719		10	453	50.62	0.5	<b><u>35.56</u></b>	6.11	<b><u>372.62</u></b>	<b><u>0.58</u></b>	0.57	209.61	<b><u>23</u></b>	<b><u>267</u></b>	<b><u>58.47</u></b>
<b>Meal SubTotal</b>				900.0	31.7	<b><u>13.5</u></b>	<b><u>0.5</u></b>	<b><u>84.0</u></b>	1,091.0	112.7	<b><u>5.8</u></b>	<b><u>47.6</u></b>	37.1	<b><u>603.9</u></b>	<b><u>4.7</u></b>	<b><u>6.9</u></b>	<b><u>360.3</u></b>	<b><u>24.0</u></b>	<b><u>1,074.0</u></b>	<b><u>216.3</u></b>

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 35

Menu Cycle: 2023 Spring Summer Menus

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
<b>Lunch</b>	<b>Totals</b>	900.0	31.7	<b><u>13.5</u></b>	<b><u>0.5</u></b>	<b><u>84.0</u></b>	1,091.0	112.7	<b><u>5.8</u></b>	<b><u>47.6</u></b>	37.1	<b><u>603.9</u></b>	<b><u>4.7</u></b>	<b><u>6.9</u></b>	<b><u>360.3</u></b>	<b><u>24.0</u></b>	<b><u>1,074.0</u></b>	<b><u>216.3</u></b>

<b>1. Daily Totals</b>		900.0	31.7	<b><u>13.5</u></b>	<b><u>0.5</u></b>	<b><u>84.0</u></b>	1,091.0	112.7	<b><u>5.8</u></b>	<b><u>47.6</u></b>	37.1	<b><u>603.9</u></b>	<b><u>4.7</u></b>	<b><u>6.9</u></b>	<b><u>360.3</u></b>	<b><u>24.0</u></b>	<b><u>1,074.0</u></b>	<b><u>216.3</u></b>
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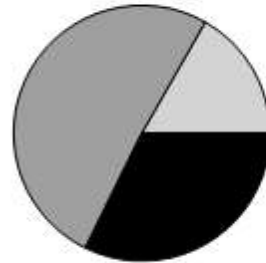
<b>2. Nutritional Goals</b>		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
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<b>3. % Nutritional Goal</b>		43.8%	39.7%	58.7%		28.0%	45.5%	86.7%	19.3%		66.3%	13.4%	5.2%	86.3%	30.0%	4.0%	22.9%	30.9%
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<b>4. Deviation From Nutritional Goal</b>		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
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**5. Actual % Calorie Distribution**

Actual % Calorie Distribution



Legend	
<span style="display:inline-block; width:15px; height:15px; background-color:white; border:1px solid black;"></span>	% calories of PRO = 16.8%
<span style="display:inline-block; width:15px; height:15px; background-color:grey; border:1px solid black;"></span>	% calories of CHO = 51.0%
<span style="display:inline-block; width:15px; height:15px; background-color:black; border:1px solid black;"></span>	% calories of FAT = 32.3%
Total = 100.0%	

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.