

Day 1
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Applesauce	1	1 Each	0001001635	45	0	0	0	0	1	5.02				0	13.05	11.04				
Lemon Butter Pollock	1	1 fillet	0209192	280	14	19	3	0	0	13				230	13	1				
Ranch Seasoned Wedge Cut French F	1	3 oz serving	0203683	123	2.05	5.13	1.026	0	2.1	19.5				287	17.45	0				
Capri Vegetable Blend	1	4z spoodle	0000020319	19	0.77	0	0	0	0.8	15.11			0.9	15	3.02	1.54				
2% Milk	1	8 Floz	0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0				
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86				
Meal SubTotal				719.0	28.7	34.0	9.3	<u>0.0</u>	6.7	377.1	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>3.2</u>	852.0	75.8	<u>15.4</u>			

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

Day 1
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

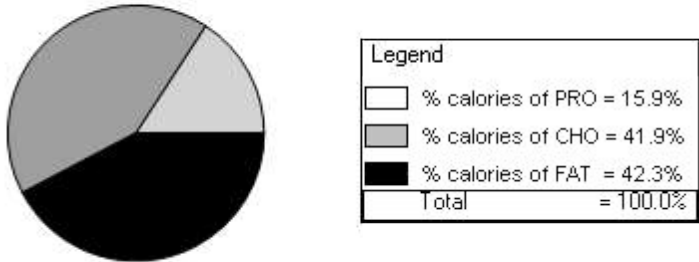
Diet Restriction: 2000 Calorie

Summary Information

	KCAL KCAL	PRO Gram	FAT Gram	SFA GRAM	FATR GRAM	FIBTG GRAM	CA MG	MG MG	B6 MG	B12 MCG	VITC MG	NA MG	CHO GRAM	SUGAR GRAM			
Lunch Totals	719.0	28.7	34.0	9.3	<u>0.0</u>	6.7	377.1	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>3.2</u>	852.0	75.8	<u>15.4</u>			
1. Daily Totals	719.0	28.7	34.0	9.3	<u>0.0</u>	6.7	377.1	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>3.2</u>	852.0	75.8	<u>15.4</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	102.7%	151.1%	147.8%	124.0%		67.0%	94.3%	28.2%	16.7%	112.5%	10.7%	106.5%	101.1%	88.0%			
4. Deviation From Nutritional Goal	19.0	9.7	11.0	1.8		0.0	0.0	0.0	0.0	0.1	0.0	52.0	0.8	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: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATRN	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Chicken Patty Grilled	1	1 Breast	0209211	111	14.14	4.55	1.515	0	0	0				535	3.03	2.02			
Lemon Chicken Gravy	1	2 oz	0209097	15	0	0.61				<u>1.21</u>				308	2.43				
*Vegetable Rice Pilaf	1	2 ounces	0198853	72	2.22	0.76	<u>0.017</u>		<u>1</u>	<u>6.94</u>	<u>0.38</u>			55	14.57	<u>0.38</u>			
Beets	1	4z spoodle	0000020289	29	1.11	0.12	0.018	0	1.3	10.53	15.14	0.04	0	2.37	51	6.56	5.24		
Diced Peaches	1	#8 scoop	0198575	53	1.05	0	0	0	1.1	9.46				0	12.61	10.51			
2% Milk	1	8 flz	0001023566	129	8.77	4.84	3.012		0	322.57	35.28	0.11	0.96	2.52	131	12.52			
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86			
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0			
Meal SubTotal				542.0	31.0	16.3	<u>7.1</u>	<u>0.0</u>	<u>6.2</u>	<u>375.8</u>	<u>50.8</u>	<u>0.2</u>	<u>1.0</u>	<u>4.9</u>	1,278.0	69.4	<u>20.0</u>		

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Day 2
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

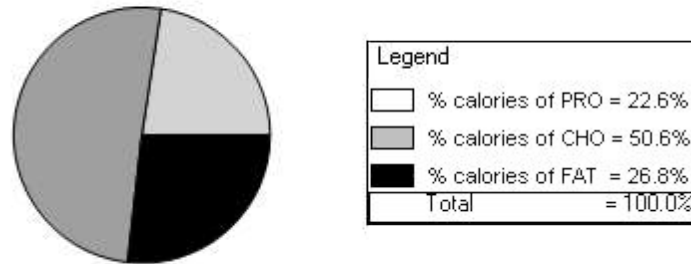
Diet Restriction: 2000 Calorie

Summary Information

		KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
		KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch	Totals	542.0	31.0	16.3	<u>7.1</u>	<u>0.0</u>	<u>6.2</u>	<u>375.8</u>	<u>50.8</u>	<u>0.2</u>	<u>1.0</u>	<u>4.9</u>	1,278.0	69.4	<u>20.0</u>			
1. Daily Totals		542.0	31.0	16.3	<u>7.1</u>	<u>0.0</u>	<u>6.2</u>	<u>375.8</u>	<u>50.8</u>	<u>0.2</u>	<u>1.0</u>	<u>4.9</u>	1,278.0	69.4	<u>20.0</u>	0.0	0.0	0.0
2. Nutritional Goals		700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal		77.4%	163.2%	70.9%	94.7%		62.0%	94.0%	43.8%	33.3%	125.0%	16.3%	159.8%	92.5%	114.3%			
4. Deviation From Nutritional Goal		0.0	12.0	0.0	0.0		0.0	0.0	0.0	0.0	0.2	0.0	478.0	0.0	2.5			

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 3
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Salisbury Steak	1	1 patty	0209213	202	12.1	17.14	7.056	0.504	2	20.16				0	292	3.02	0		
LS Beef Gravy mix	1	2oz	0198561	23	0	0.75	0	0	0	0	2.55			0	158	3	0		
Instant Mashed Potatoes	1	#10 scoop-3.25oz	0209217	96	2.75	0	0	0	1.4	13.73				21	19.23	0			
Green Beans	1	4z spoodle	0000020099	22	0.73	0	0	0	1.5	29.02				0	4.35	0.73			
Applesauce	1	1 Each	0001001635	45	0	0	0	0	1	5.02				0	13.05	11.04			
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86			
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0			
2% Milk	1	8 flz	0001023566	129	8.77	4.84	3.012		0	322.57	35.28	0.11	0.96	2.52	131	12.52			

Meal SubTotal				650.0	28.1	28.1	12.6	<u>0.5</u>	8.7	415.6	<u>37.8</u>	<u>0.1</u>	<u>1.0</u>	<u>2.5</u>	800.0	72.8	<u>13.6</u>		
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Day 3
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

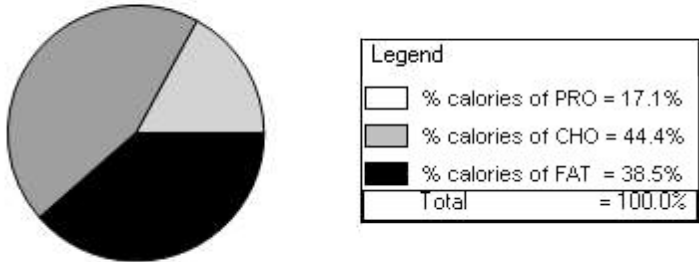
Diet Restriction: 2000 Calorie

Summary Information

	KCAL KCAL	PRO Gram	FAT Gram	SFA GRAM	FATRN GRAM	FIBTG GRAM	CA MG	MG MG	B6 MG	B12 MCG	VITC MG	NA MG	CHO GRAM	SUGAR GRAM			
Lunch Totals	650.0	28.1	28.1	12.6	<u>0.5</u>	8.7	415.6	<u>37.8</u>	<u>0.1</u>	<u>1.0</u>	<u>2.5</u>	800.0	72.8	<u>13.6</u>			
1. Daily Totals	650.0	28.1	28.1	12.6	<u>0.5</u>	8.7	415.6	<u>37.8</u>	<u>0.1</u>	<u>1.0</u>	<u>2.5</u>	800.0	72.8	<u>13.6</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	92.9%	147.9%	122.2%	168.0%		87.0%	103.9%	32.6%	16.7%	125.0%	8.3%	100.0%	97.1%	77.7%			
4. Deviation From Nutritional Goal	0.0	9.1	5.1	5.1		0.0	15.6	0.0	0.0	0.2	0.0	0.0	0.0	0.0			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



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Day 4
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Penne Pasta with Meat Sauce	1	6 oz	0203626	464	22.35	13.13	4.912	0.819	5.3	20.32				543	61.26	9.35				
Mixed Vegetables	1	4z spoodle	0000019725	38	1.54	0	0	0	2.3	0				12	8.46	3.08				
Squash Butternut	1	#8 scoop	0056638	58	1.29	0.13	0.027	0	2.6	62.05	43.95	0.2	0	27.15	5	15.11	2.84			
*Sweet Cherries	1	4 ouces	0199109	44	0.73	0	0	0	1.5	9.43				0	11.61	9.43				
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0				
2% Milk	1	8 Floz	0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62				
Meal SubTotal				856.0	37.8	23.2	10.2	<u>0.8</u>	14.5	416.3	<u>76.7</u>	<u>0.3</u>	<u>0.9</u>	<u>29.5</u>	880.0	125.7	<u>26.6</u>			

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Day 4
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

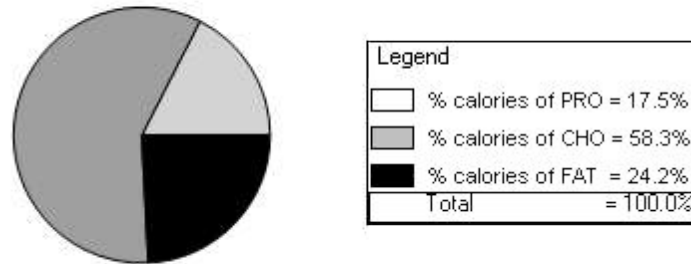
Diet Restriction: 2000 Calorie

Summary Information

		KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
		KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch	Totals	856.0	37.8	23.2	10.2	<u>0.8</u>	14.5	416.3	<u>76.7</u>	<u>0.3</u>	<u>0.9</u>	<u>29.5</u>	880.0	125.7	<u>26.6</u>			
1. Daily Totals		856.0	37.8	23.2	10.2	<u>0.8</u>	14.5	416.3	<u>76.7</u>	<u>0.3</u>	<u>0.9</u>	<u>29.5</u>	880.0	125.7	<u>26.6</u>	0.0	0.0	0.0
2. Nutritional Goals		700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal		122.3%	198.9%	100.9%	136.0%		145.0%	104.1%	66.1%	50.0%	112.5%	98.3%	110.0%	167.6%	152.0%			
4. Deviation From Nutritional Goal		156.0	18.8	0.2	2.7		4.5	16.3	0.0	0.0	0.1	0.0	80.0	50.7	9.1			

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: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Carrots	1	4z spoodle	0000020106	23	0	0	0	0	1.5	0				34	5.32	3.04				
Roast Beef	1	3 ounce	0209230	181	17.14	12.1	4.536	0	0	0			0	106	1.01	0				
LS Beef Gravy mix	1	2oz	0198561	23	0	0.75	0	0	0	0	2.55		0	158	3	0				
Instant Mashed Potatoes	1	#10 scoop-3.25oz	0209217	96	2.75	0	0	0	1.4	13.73				21	19.23	0				
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0				
2% Milk	1	8 flz	0001023566	129	8.77	4.84	3.012		0	322.57	35.28	0.11	0.96	2.52	131	12.52				
Meal SubTotal				585.0	32.4	23.1	10.0	<u>0.0</u>	5.7	361.4	<u>37.8</u>	<u>0.1</u>	<u>1.0</u>	<u>2.5</u>	648.0	58.8	<u>4.9</u>			

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Day 5
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

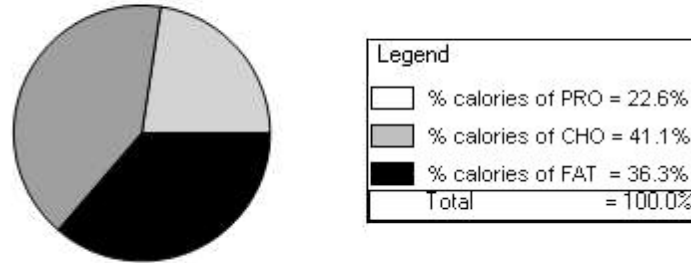
Diet Restriction: 2000 Calorie

Summary Information

	KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
	KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch Totals	585.0	32.4	23.1	10.0	<u>0.0</u>	5.7	361.4	<u>37.8</u>	<u>0.1</u>	<u>1.0</u>	<u>2.5</u>	648.0	58.8	<u>4.9</u>			
1. Daily Totals	585.0	32.4	23.1	10.0	<u>0.0</u>	5.7	361.4	<u>37.8</u>	<u>0.1</u>	<u>1.0</u>	<u>2.5</u>	648.0	58.8	<u>4.9</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	83.6%	170.5%	100.4%	133.3%		57.0%	90.4%	32.6%	16.7%	125.0%	8.3%	81.0%	78.4%	28.0%			
4. Deviation From Nutritional Goal	0.0	13.4	0.1	2.5		0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



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Day 8
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Macaroni and Cheese	1	6 ounce	0124706	330	10.05	14.76	6.494	0	1.2	206.81	<u>0.95</u>			<u>0.28</u>	737	40.29	8.9			
Green Peas	1	4z spoodle	0000020114	47	3.11	0	0	0	3.1	0					0	9.33	3.11			
Stewed Tomatoes	1	4z spoodle	0000020802	35	1	0	0	0	1	40				9	270	8	6			
Diced Peaches	1	#8 scoop	0198575	53	1.05	0	0	0	1.1	9.46					0	12.61	10.51			
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12					167	17.67	1.86			
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0					31	0	0			
2% Milk	1	8 flz	0001023566	129	8.77	4.84	3.012		0	322.57	35.28	0.11	0.96	2.52	131	12.52				
Meal SubTotal				727.0	27.7	25.0	12.0	<u>0.0</u>	9.2	604.0	<u>36.2</u>	<u>0.1</u>	<u>1.0</u>	<u>11.8</u>	1,336.0	100.4	<u>30.4</u>			

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Day 8
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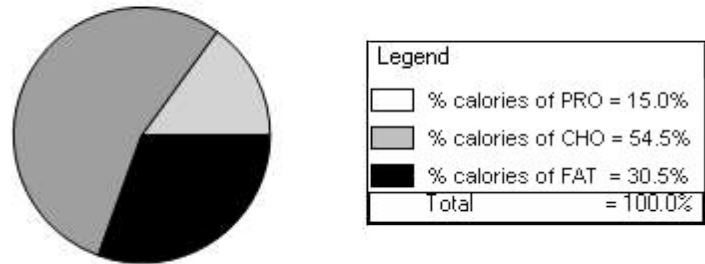
Diet Restriction: 2000 Calorie

Summary Information

	KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
	KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch Totals	727.0	27.7	25.0	12.0	<u>0.0</u>	9.2	604.0	<u>36.2</u>	<u>0.1</u>	<u>1.0</u>	<u>11.8</u>	1,336.0	100.4	<u>30.4</u>			
1. Daily Totals	727.0	27.7	25.0	12.0	<u>0.0</u>	9.2	604.0	<u>36.2</u>	<u>0.1</u>	<u>1.0</u>	<u>11.8</u>	1,336.0	100.4	<u>30.4</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	103.9%	145.8%	108.7%	160.0%		92.0%	151.0%	31.2%	16.7%	125.0%	39.3%	167.0%	133.9%	173.7%			
4. Deviation From Nutritional Goal	27.0	8.7	2.0	4.5		0.0	204.0	0.0	0.0	0.2	0.0	536.0	25.4	12.9			

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 9

Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

BBQ Pulled Pork	1	#12 Scoop-3 oz	0209244	125	8.72	4.98	1.558	0	0.6	24.92				2.24	536	10.59	8.72			
Roasted Red Potatoes	1	#10 scoop-3.25oz	0209246	105	3.96	0	0	0	2.6	13.19					0	23.73	1.32			
Mixed Vegetables	1	4z spoodle	0000019725	38	1.54	0	0	0	2.3	0					12	8.46	3.08			
Diced Pears	1	4z spoodle	0000021369	70	0	0	0	0	2	9.99					0	15.99	10.99			
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12					167	17.67	1.86			
Butter Cup	1	1 each	0001024349	40	0	4	2.5	0	0	0					31	0	0			
2% Milk	1	8 flz	0001023566	129	8.77	4.84	3.012		0	322.57	35.28	0.11	0.96	2.52	131	12.52				
Meal SubTotal				600.0	26.7	15.2	7.1	<u>0.0</u>	10.3	395.8	<u>35.3</u>	<u>0.1</u>	<u>1.0</u>	<u>4.8</u>	877.0	89.0	<u>26.0</u>			

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

Day 9
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

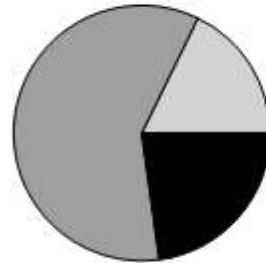
Diet Restriction: 2000 Calorie

Summary Information

	KCAL KCAL	PRO Gram	FAT Gram	SFA GRAM	FATR GRAM	FIBTG GRAM	CA MG	MG MG	B6 MG	B12 MCG	VITC MG	NA MG	CHO GRAM	SUGAR GRAM			
Lunch Totals	600.0	26.7	15.2	7.1	<u>0.0</u>	10.3	395.8	<u>35.3</u>	<u>0.1</u>	<u>1.0</u>	<u>4.8</u>	877.0	89.0	<u>26.0</u>			
1. Daily Totals	600.0	26.7	15.2	7.1	<u>0.0</u>	10.3	395.8	<u>35.3</u>	<u>0.1</u>	<u>1.0</u>	<u>4.8</u>	877.0	89.0	<u>26.0</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	85.7%	140.5%	66.1%	94.7%		103.0%	99.0%	30.4%	16.7%	125.0%	16.0%	109.6%	118.7%	148.6%			
4. Deviation From Nutritional Goal	0.0	7.7	0.0	0.0		0.3	0.0	0.0	0.0	0.2	0.0	77.0	14.0	8.5			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
□	% calories of PRO = 17.8%
■	% calories of CHO = 59.4%
■	% calories of FAT = 22.8%
Total = 100.0%	

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

Day 10
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Chicken Patty Grilled	1	1 Breast	0209211	111	14.14	4.55	1.515	0	0	0					535	3.03	2.02			
*Chicken Mushroom Gravy	1	2 ounce	0199117	112	0.24	3.54	0	0	0.2	0	<u>11.34</u>				676	15.14	0.24			
*Vegetable Rice Pilaf	1	2 ounces	0198853	72	2.22	0.76	<u>0.017</u>		<u>1</u>	<u>6.94</u>	<u>0.38</u>				55	14.57	<u>0.38</u>			
Zucchini & Summer Squash	1	4z spoodle	0105647	15	0.47	0.09	0.011	0	0.9	14.29	<u>5.31</u>	<u>0.02</u>		<u>1.51</u>	3	3.49	0.69			
Oranges Mand in Jce 4.5z	1	1 Each	0159036	50	1	0	0	0	0	20				9	13	10				
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0				
2% Milk	1	8 flz	0001023566	129	8.77	4.84	3.012		0	322.57	35.28	0.11	0.96	2.52	131	12.52				

Meal SubTotal				622.0	30.6	19.2	<u>7.1</u>	<u>0.0</u>	<u>4.9</u>	<u>388.9</u>	<u>52.3</u>	<u>0.1</u>	<u>1.0</u>	<u>4.0</u>	1,607.0	79.4	<u>15.2</u>			
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* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 10
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

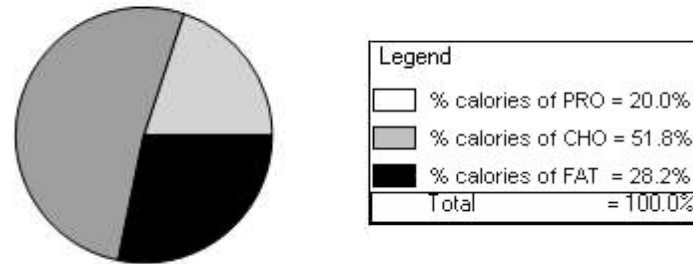
Diet Restriction: 2000 Calorie

Summary Information

		KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
		KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch	Totals	622.0	30.6	19.2	<u>7.1</u>	<u>0.0</u>	<u>4.9</u>	<u>388.9</u>	<u>52.3</u>	<u>0.1</u>	<u>1.0</u>	<u>4.0</u>	1,607.0	79.4	<u>15.2</u>			
1. Daily Totals		622.0	30.6	19.2	<u>7.1</u>	<u>0.0</u>	<u>4.9</u>	<u>388.9</u>	<u>52.3</u>	<u>0.1</u>	<u>1.0</u>	<u>4.0</u>	1,607.0	79.4	<u>15.2</u>	0.0	0.0	0.0
2. Nutritional Goals		700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal		88.9%	161.1%	83.5%	94.7%		49.0%	97.2%	45.1%	16.7%	125.0%	13.3%	200.9%	105.9%	86.9%			
4. Deviation From Nutritional Goal		0.0	11.6	0.0	0.0		0.0	0.0	0.0	0.0	0.2	0.0	807.0	4.4	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 11

Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86			
Meatloaf	1	1 Each	0001014368	185	14.22	12.25	4.771	0	1	23.7			8.02	177	5.62	0.02			
LS Beef Gravy mix	1	2oz	0198561	23	0	0.75	0	0	0	0	2.55			0	158	3	0		
Instant Mashed Potatoes	1	#10 scoop-3.25oz	0209217	96	2.75	0	0	0	1.4	13.73				21	19.23	0			
Green Beans	1	4z spoodle	0000020099	22	0.73	0	0	0	1.5	29.02				0	4.35	0.73			
Applesauce	1	#8 scoop	0000020862	52	0	0	0	0	2.1	5.22				10	13.57	9.4			
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0			
2% Milk	1	8 flz	0001023566	129	8.77	4.84	3.012		0	322.57	35.28	0.11	0.96	2.52	131	12.52			

Meal SubTotal				640.0	30.2	23.2	10.3	<u>0.0</u>	8.8	419.4	<u>37.8</u>	<u>0.1</u>	<u>1.0</u>	<u>10.5</u>	695.0	76.0	<u>12.0</u>			
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* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 11
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

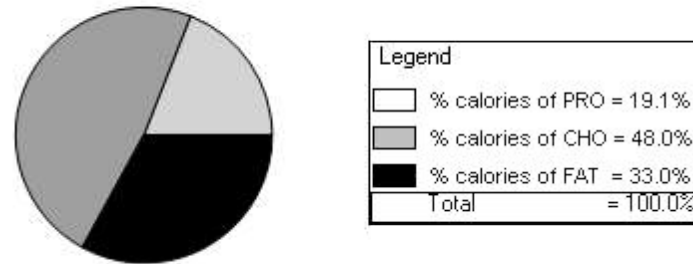
Diet Restriction: 2000 Calorie

Summary Information

	KCAL KCAL	PRO Gram	FAT Gram	SFA GRAM	FATR GRAM	FIBTG GRAM	CA MG	MG MG	B6 MG	B12 MCG	VITC MG	NA MG	CHO GRAM	SUGAR GRAM			
Lunch Totals	640.0	30.2	23.2	10.3	<u>0.0</u>	8.8	419.4	<u>37.8</u>	<u>0.1</u>	<u>1.0</u>	<u>10.5</u>	695.0	76.0	<u>12.0</u>			
1. Daily Totals	640.0	30.2	23.2	10.3	<u>0.0</u>	8.8	419.4	<u>37.8</u>	<u>0.1</u>	<u>1.0</u>	<u>10.5</u>	695.0	76.0	<u>12.0</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	91.4%	158.9%	100.9%	137.3%		88.0%	104.9%	32.6%	16.7%	125.0%	35.0%	86.9%	101.3%	68.6%			
4. Deviation From Nutritional Goal	0.0	11.2	0.2	2.8		0.0	19.4	0.0	0.0	0.2	0.0	0.0	1.0	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: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86				
Cheese Tortellini with Meat Sauce	1	6 ounces	0224735	492	25.35	20.12	7.457		6	71.58				979	56.23	11.39				
Wax Beans	1	4z spoodle	0000020569	22	0.75	0	0	0	1.5	22.46				0	4.49	0.75				
Peas & Pearl Onions	1	4z spoodle	0000021095	45	3.03	0	0	0	2.3	0				0	9.09	3.03				
Pineapple Tidbits	1	4z spoodle	0194401	68	0	0	0	0	0.9	5.99				0	17.12	14.55				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0				
2% Milk	1	8 flz	0001023566	129	8.77	4.84	3.012		0	322.57	35.28	0.11	0.96	2.52	131	12.52				
Meal SubTotal				889.0	41.6	30.4	13.0	<u>0.0</u>	13.5	447.7	<u>35.3</u>	<u>0.1</u>	<u>1.0</u>	<u>2.5</u>	1,308.0	117.1	<u>31.6</u>			

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

Day 12
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

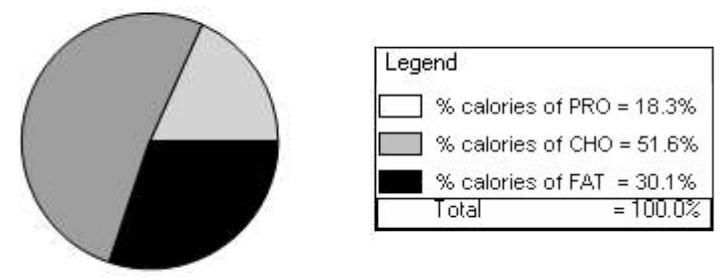
Diet Restriction: 2000 Calorie

Summary Information

	KCAL KCAL	PRO Gram	FAT Gram	SFA GRAM	FATR GRAM	FIBTG GRAM	CA MG	MG MG	B6 MG	B12 MCG	VITC MG	NA MG	CHO GRAM	SUGAR GRAM			
Lunch Totals	889.0	41.6	30.4	13.0	<u>0.0</u>	13.5	447.7	<u>35.3</u>	<u>0.1</u>	<u>1.0</u>	<u>2.5</u>	1,308.0	117.1	<u>31.6</u>			
1. Daily Totals	889.0	41.6	30.4	13.0	<u>0.0</u>	13.5	447.7	<u>35.3</u>	<u>0.1</u>	<u>1.0</u>	<u>2.5</u>	1,308.0	117.1	<u>31.6</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	127.0%	218.9%	132.2%	173.3%		135.0%	111.9%	30.4%	16.7%	125.0%	8.3%	163.5%	156.1%	180.6%			
4. Deviation From Nutritional Goal	189.0	22.6	7.4	5.5		3.5	47.7	0.0	0.0	0.2	0.0	508.0	42.1	14.1			

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 15
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Sloppy Joe	1	#12 scoop	0209285	238	14.76	15.85	<u>6.485</u>	<u>0.971</u>	<u>1.2</u>	<u>1.19</u>	<u>0.52</u>	<u>0.01</u>		<u>0.38</u>	462	7.84	<u>4.77</u>			
Cornbread	1	3 x 2.5" pc	0000019741	151	2.16	3.78	1.62	0	1.1	33.14	<u>0.25</u>				336	27	8.64			
Rosemary Roasted Potatoes	1	#10 scoop-3.25oz	0209293	151	3.78	3.78	0.63	0	2.5	0					239	23.94	1.26			
Mixed Vegetables	1	4z spoodle	0000019725	38	1.54	0	0	0	2.3	0					12	8.46	3.08			
Apple Slices	1	1 Each	0001021806	30	0	0			1					38.79	0	6.96	5.97			
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12					167	17.67	1.86			
Butter Cup	1	1 each	0001024349	40	0	4	2.5	0	0	0					31	0	0			
2% Milk	1	8 flz	0001023566	129	8.77	4.84	3.012		0	322.57	35.28	0.11	0.96	2.52	131	12.52				
Meal SubTotal				870.0	34.7	33.7	<u>14.2</u>	<u>1.0</u>	<u>10.9</u>	<u>382.0</u>	<u>36.1</u>	<u>0.1</u>	<u>1.0</u>	<u>41.7</u>	1,378.0	104.4	<u>25.6</u>			

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

Day 15
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

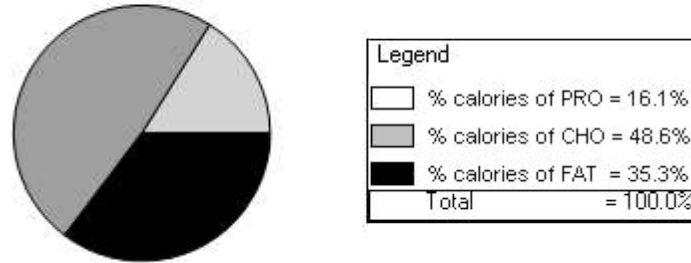
Diet Restriction: 2000 Calorie

Summary Information

		KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
		KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch	Totals	870.0	34.7	33.7	<u>14.2</u>	<u>1.0</u>	<u>10.9</u>	<u>382.0</u>	<u>36.1</u>	<u>0.1</u>	<u>1.0</u>	<u>41.7</u>	1,378.0	104.4	<u>25.6</u>			
1. Daily Totals		870.0	34.7	33.7	<u>14.2</u>	<u>1.0</u>	<u>10.9</u>	<u>382.0</u>	<u>36.1</u>	<u>0.1</u>	<u>1.0</u>	<u>41.7</u>	1,378.0	104.4	<u>25.6</u>	0.0	0.0	0.0
2. Nutritional Goals		700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal		124.3%	182.6%	146.5%	189.3%		109.0%	95.5%	31.1%	16.7%	125.0%	139.0%	172.3%	139.2%	146.3%			
4. Deviation From Nutritional Goal		170.0	15.7	10.7	6.7		0.9	0.0	0.0	0.0	0.2	11.7	578.0	29.4	8.1			

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 16
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86				
Chicken Patty Grilled	1	1 Breast	0209211	111	14.14	4.55	1.515	0	0	0				535	3.03	2.02				
Honey Mustard	1	2 oz	0209299	103	0	8.27	1.55	0	0	0.89	<u>0.3</u>			239	6.2	4.13				
Augratin Potatoes	1	#10 scoop-3.25oz	0209302	154	0.14	17.57	7.29	0	0.1	7.38				19	1.74	0.21				
Peas & Carrots	1	4z spoodle	0000019724	34	2.18	0.3	0.054	0	2.2	16.2	11.27	0.06	0	5.7	48	7.13	3.07			
Mandarin Oranges	1	4z spoodle	0000019870	54	0.9	0	0	0	0	18				9	12.6	9.9				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0				
2% Milk	1	8 flz	0001023566	129	8.77	4.84	3.012		0	322.57	35.28	0.11	0.96	2.52	131	12.52				
Meal SubTotal				718.0	29.9	40.9	15.9	<u>0.0</u>	5.1	390.2	<u>46.9</u>	<u>0.2</u>	<u>1.0</u>	<u>8.2</u>	1,179.0	60.9	<u>21.2</u>			

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

Day 16
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

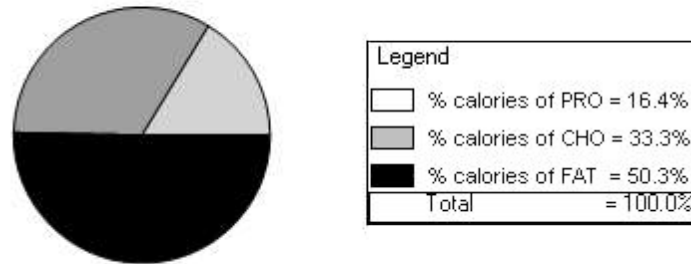
Diet Restriction: 2000 Calorie

Summary Information

	KCAL KCAL	PRO Gram	FAT Gram	SFA GRAM	FATRN GRAM	FIBTG GRAM	CA MG	MG MG	B6 MG	B12 MCG	VITC MG	NA MG	CHO GRAM	SUGAR GRAM			
Lunch Totals	718.0	29.9	40.9	15.9	<u>0.0</u>	5.1	390.2	<u>46.9</u>	<u>0.2</u>	<u>1.0</u>	<u>8.2</u>	1,179.0	60.9	<u>21.2</u>			
1. Daily Totals	718.0	29.9	40.9	15.9	<u>0.0</u>	5.1	390.2	<u>46.9</u>	<u>0.2</u>	<u>1.0</u>	<u>8.2</u>	1,179.0	60.9	<u>21.2</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	102.6%	157.4%	177.8%	212.0%		51.0%	97.6%	40.4%	33.3%	125.0%	27.3%	147.4%	81.2%	121.1%			
4. Deviation From Nutritional Goal	18.0	10.9	17.9	8.4		0.0	0.0	0.0	0.0	0.2	0.0	379.0	0.0	3.7			

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: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86				
Shepherd's Pie	1	6 ounce	0125005	294	18.31	18.16	7.297		2	8.29	<u>6.75</u>	<u>0.02</u>		<u>1.01</u>	308	12.09	2.82			
Instant Mashed Potatoes	1	#10 scoop-3.25oz	0209217	96	2.75	0	0	0	1.4	13.73				21	19.23	0				
Prince Charles Vegetables	1	4z spoodle	0209330	39	1.32	0	0	0	2.6	39.49				20	7.9	2.63				
Tropical Fruit Salad	1	4z spoodle	0209328	52	0	0	0	0	1.7	6.12				0	13.12	12.25				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0				
2% Milk	1	8 flz	0001023566	129	8.77	4.84	3.012		0	322.57	35.28	0.11	0.96	2.52	131	12.52				
Meal SubTotal				743.0	34.9	28.4	12.8	<u>0.0</u>	10.5	415.3	<u>42.0</u>	<u>0.1</u>	<u>1.0</u>	<u>3.5</u>	678.0	82.5	<u>19.6</u>			

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

Day 17

Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

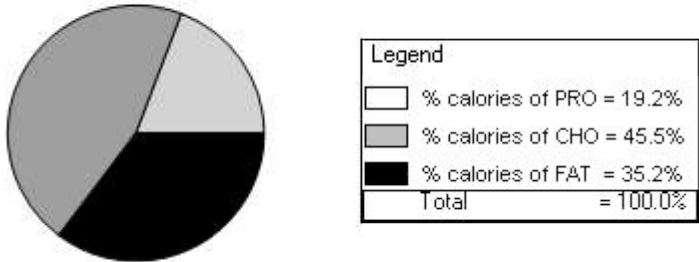
Diet Restriction: 2000 Calorie

Summary Information

	KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
	KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch Totals	743.0	34.9	28.4	12.8	<u>0.0</u>	10.5	415.3	<u>42.0</u>	<u>0.1</u>	<u>1.0</u>	<u>3.5</u>	678.0	82.5	<u>19.6</u>			
1. Daily Totals	743.0	34.9	28.4	12.8	<u>0.0</u>	10.5	415.3	<u>42.0</u>	<u>0.1</u>	<u>1.0</u>	<u>3.5</u>	678.0	82.5	<u>19.6</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	106.1%	183.7%	123.5%	170.7%		105.0%	103.8%	36.2%	16.7%	125.0%	11.7%	84.8%	110.0%	112.0%			
4. Deviation From Nutritional Goal	43.0	15.9	5.4	5.3		0.5	15.3	0.0	0.0	0.2	0.0	0.0	7.5	2.1			

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 18
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Sweet and Sour Chicken	1	6 ounce	0124854	227	27.37	1.59	0.013	0	1.1	16.29	<u>3.32</u>	<u>0.04</u>		<u>6.44</u>	408	24.53	18.7			
Brown Rice	1	4 ounce	0209366	170	4	1.5	0	0	1	8.56	<u>1.19</u>				4	36	0			
Midori Vegetables	1	#8 scoop-4oz	0209369	77	5.15	2.58	0.644	0	2.6	32.22					52	9.02	2.58			
Broccoli Salad	1	#8 Scoop	0209368	145	4.71	7.41	1.31	0	3.8	79.28	<u>25.51</u>	<u>0.21</u>		<u>108.4</u>	108	17.79	9.63			
Diced Pears	1	4z spoodle	0000021369	70	0	0	0	0	2	9.99					0	15.99	10.99			
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12					167	17.67	1.86			
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0					31	0	0			
2% Milk	1	8 flz	0001023566	129	8.77	4.84	3.012		0	322.57	35.28	0.11	0.96	2.52	131	12.52				
Meal SubTotal				951.0	53.7	23.3	7.5	<u>0.0</u>	13.3	494.0	<u>65.3</u>	<u>0.4</u>	<u>1.0</u>	<u>117.4</u>	901.0	133.5	<u>43.8</u>			

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

Day 18
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

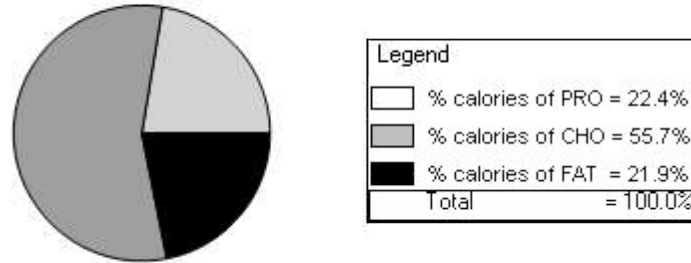
Diet Restriction: 2000 Calorie

Summary Information

		KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
		KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch	Totals	951.0	53.7	23.3	7.5	<u>0.0</u>	13.3	494.0	<u>65.3</u>	<u>0.4</u>	<u>1.0</u>	<u>117.4</u>	901.0	133.5	<u>43.8</u>			
1. Daily Totals		951.0	53.7	23.3	7.5	<u>0.0</u>	13.3	494.0	<u>65.3</u>	<u>0.4</u>	<u>1.0</u>	<u>117.4</u>	901.0	133.5	<u>43.8</u>	0.0	0.0	0.0
2. Nutritional Goals		700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal		135.9%	282.6%	101.3%	100.0%		133.0%	123.5%	56.3%	66.7%	125.0%	391.3%	112.6%	178.0%	250.3%			
4. Deviation From Nutritional Goal		251.0	34.7	0.3	0.0		3.3	94.0	0.0	0.0	0.2	87.4	101.0	58.5	26.3			

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 19

Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Fried Egg	1	1 egg	0000024183	70	6	4.5	1.5	0	0	28				70	0	0			
Sausage Patty	1	1 patty	0000019736	101	6.54	8.55	3.019	0	0	0			0	156	0	0			
Battered Potato Bites	1	4oz	0001007459	200	1.33	12	2	0	1.3	0				480	22.67	1.33			
Stewed Tomatoes	1	4z spoodle	0000020802	35	1	0	0	0	1	40			9	270	8	6			
Peaches	1	4z spoodle	0001026137	50	1	0	0	0	1	8.99				0	11.99	9.99			
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86			
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0			
2% Milk	1	8 flz	0001023566	129	8.77	4.84	3.012		0	322.57	35.28	0.11	0.96	2.52	131	12.52			

Meal SubTotal				718.0	28.4	35.3	12.0	<u>0.0</u>	6.1	424.7	<u>35.3</u>	<u>0.1</u>	<u>1.0</u>	<u>11.5</u>	1,305.0	72.9	<u>19.2</u>			
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* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 19
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

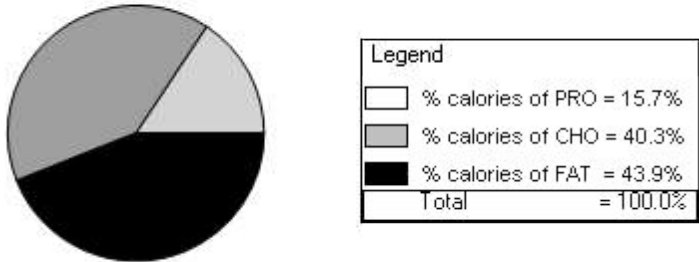
Diet Restriction: 2000 Calorie

Summary Information

	KCAL KCAL	PRO Gram	FAT Gram	SFA GRAM	FATR GRAM	FIBTG GRAM	CA MG	MG MG	B6 MG	B12 MCG	VITC MG	NA MG	CHO GRAM	SUGAR GRAM			
Lunch Totals	718.0	28.4	35.3	12.0	<u>0.0</u>	6.1	424.7	<u>35.3</u>	<u>0.1</u>	<u>1.0</u>	<u>11.5</u>	1,305.0	72.9	<u>19.2</u>			
1. Daily Totals	718.0	28.4	35.3	12.0	<u>0.0</u>	6.1	424.7	<u>35.3</u>	<u>0.1</u>	<u>1.0</u>	<u>11.5</u>	1,305.0	72.9	<u>19.2</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	102.6%	149.5%	153.5%	160.0%		61.0%	106.2%	30.4%	16.7%	125.0%	38.3%	163.1%	97.2%	109.7%			
4. Deviation From Nutritional Goal	18.0	9.4	12.3	4.5		0.0	24.7	0.0	0.0	0.2	0.0	505.0	0.0	1.7			

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 22

Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Turkey	1	#12 Scoop-3 oz	0209391	120	24.82	1.71	0	0.086	0	12.84				48	0	0				
*Turkey Gravy	1	2 ounce	0199108	23	0.91	0.46	0	0	0	6.38				346	3.64	0.91				
Carrots	1	4z spoodle	0000020106	23	0	0	0	0	1.5	0				34	5.32	3.04				
Blueberries	1	4z ladle	0037654	49	0.61	0	0	0	1.8	0				0	12.19	8.53				
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0				
2% Milk	1	8 flz	0001023566	129	8.77	4.84	3.012		0	322.57	35.28	0.11	0.96	2.52	131	12.52				
Meal SubTotal				477.0	38.8	12.4	5.5	<u>0.1</u>	6.1	366.9	<u>35.3</u>	<u>0.1</u>	<u>1.0</u>	<u>2.5</u>	757.0	51.3	<u>14.3</u>			

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

Day 22
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

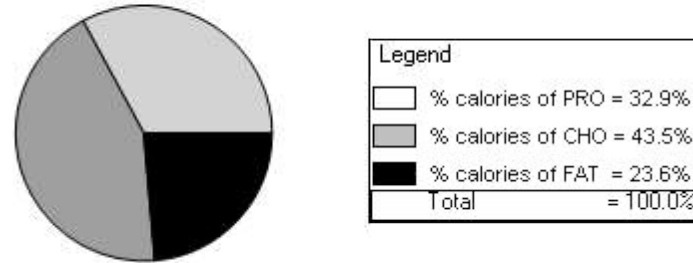
Diet Restriction: 2000 Calorie

Summary Information

	KCAL KCAL	PRO Gram	FAT Gram	SFA GRAM	FATRN GRAM	FIBTG GRAM	CA MG	MG MG	B6 MG	B12 MCG	VITC MG	NA MG	CHO GRAM	SUGAR GRAM			
Lunch Totals	477.0	38.8	12.4	5.5	<u>0.1</u>	6.1	366.9	<u>35.3</u>	<u>0.1</u>	<u>1.0</u>	<u>2.5</u>	757.0	51.3	<u>14.3</u>			
1. Daily Totals	477.0	38.8	12.4	5.5	<u>0.1</u>	6.1	366.9	<u>35.3</u>	<u>0.1</u>	<u>1.0</u>	<u>2.5</u>	757.0	51.3	<u>14.3</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	68.1%	204.2%	53.9%	73.3%		61.0%	91.7%	30.4%	16.7%	125.0%	8.3%	94.6%	68.4%	81.7%			
4. Deviation From Nutritional Goal	0.0	19.8	0.0	0.0		0.0	0.0	0.0	0.0	0.2	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 23

Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

*Meatballs	1 Each	0209585	45	2.35	3.36	1.342	0.168	0.3	6.71			0	126	1.34	0.17				
*Marinara Sauce	1 4 ounce	0199107	0	0.01	0.01	0	0	0	0.08			0	1	0.02	0.03				
Beets	1 4z spoodle	0000020289	29	1.11	0.12	0.018	0	1.3	10.53	15.14	0.04	0	2.37	51	6.56	5.24			
Mixed Vegetables	1 4z spoodle	0000019725	38	1.54	0	0	0	2.3	0				12	8.46	3.08				
Diced Pears	1 4z spoodle	0000021369	70	0	0	0	0	2	9.99				0	15.99	10.99				
Wheat Bread	1 1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86				
Butter Cup	1 1 each	0001024349	40	0	4	2.5	0	0	0				31	0	0				
2% Milk	1 8 flz	0001023566	129	8.77	4.84	3.012		0	322.57	35.28	0.11	0.96	2.52	131	12.52				
Meal SubTotal			444.0	17.5	13.7	6.9	<u>0.2</u>	8.7	375.0	<u>50.4</u>	<u>0.2</u>	<u>1.0</u>	<u>4.9</u>	519.0	62.6	<u>21.4</u>			

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

Day 23
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

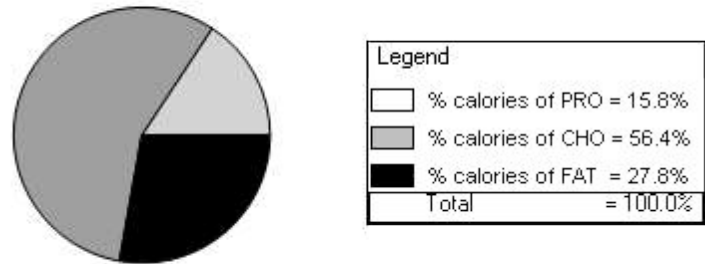
Diet Restriction: 2000 Calorie

Summary Information

		KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
		KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch	Totals	444.0	17.5	13.7	6.9	<u>0.2</u>	8.7	375.0	<u>50.4</u>	<u>0.2</u>	<u>1.0</u>	<u>4.9</u>	519.0	62.6	<u>21.4</u>			
1. Daily Totals		444.0	17.5	13.7	6.9	<u>0.2</u>	8.7	375.0	<u>50.4</u>	<u>0.2</u>	<u>1.0</u>	<u>4.9</u>	519.0	62.6	<u>21.4</u>	0.0	0.0	0.0
2. Nutritional Goals		700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal		63.4%	92.1%	59.6%	92.0%		87.0%	93.8%	43.4%	33.3%	125.0%	16.3%	64.9%	83.5%	122.3%			
4. Deviation From Nutritional Goal		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	3.9			

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: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Goulash	1	6z ladle	0000019875	326	22.42	11.66	<u>4.193</u>	<u>0.481</u>	<u>2.5</u>	<u>45.49</u>	<u>16.45</u>	<u>0.29</u>	<u>1.79</u>	<u>1.29</u>	386	32.55	<u>7.87</u>			
Corn	1	4z spoodle	0000020112	80	2.4	0.8	0	0	0.8	0					0	16.81	4			
Zucchini Squash	1	4z spoodle	0000020305	19	1.28	0.15	0.03	0	1.5	18.99	14.52	0.05	0	4.13	2	3.98	1.89			
2% Milk	1	8 flz	0001023566	129	8.77	4.84	3.012		0	322.57	35.28	0.11	0.96	2.52	131	12.52				
Sliced Peaches	1	#8 scoop-4oz	0209443	53	1.05	0	0	0	1.1	9.46					0	12.61	10.51			
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12					167	17.67	1.86			
Butter Cup	1	1 each	0001024349	40	0	4	2.5	0	0	0					31	0	0			
Meal SubTotal				740.0	39.6	22.9	<u>9.7</u>	<u>0.5</u>	<u>8.7</u>	<u>421.6</u>	<u>66.3</u>	<u>0.5</u>	<u>2.8</u>	<u>7.9</u>	717.0	96.1	<u>26.1</u>			

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

Day 24

Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

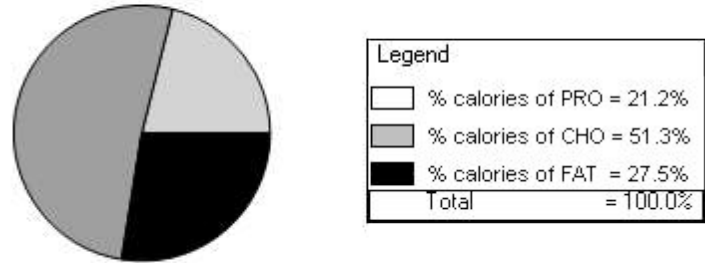
Diet Restriction: 2000 Calorie

Summary Information

		KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
		KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch	Totals	740.0	39.6	22.9	<u>9.7</u>	<u>0.5</u>	<u>8.7</u>	<u>421.6</u>	<u>66.3</u>	<u>0.5</u>	<u>2.8</u>	<u>7.9</u>	717.0	96.1	<u>26.1</u>			
1. Daily Totals		740.0	39.6	22.9	<u>9.7</u>	<u>0.5</u>	<u>8.7</u>	<u>421.6</u>	<u>66.3</u>	<u>0.5</u>	<u>2.8</u>	<u>7.9</u>	717.0	96.1	<u>26.1</u>	0.0	0.0	0.0
2. Nutritional Goals		700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal		105.7%	208.4%	99.6%	129.3%		87.0%	105.4%	57.2%	83.3%	350.0%	26.3%	89.6%	128.1%	149.1%			
4. Deviation From Nutritional Goal		40.0	20.6	0.0	2.2		0.0	21.6	0.0	0.0	2.0	0.0	0.0	21.1	8.6			

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 25

Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Grilled Chicken Breast Fillet	1 1 each	0000019841	120	22	2.5	0.5	0	0	12					320	1	0			
Barbecue Sauce	1 2 oz	0209450	55	0.15	0.01	0.003	0	0.3	0.85			0.79		231	14.71	13.81			
Instant Mashed Potatoes	1 #10 scoop-3.25oz	0209217	96	2.75	0	0	0	1.4	13.73					21	19.23	0			
Succotash	1 1/2 cup	0089625	119	4.77	0.6	0	0	4.8	1.46	<u>0.47</u>				81	22.68	5.97			
Wheat Bread	1 1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12					167	17.67	1.86			
Applesauce	1 1 Each	0001001635	45	0	0	0	0	1	5.02					0	13.05	11.04			
Butter	1 1 each	0001012647	40	0	4	2.5	0	0	0					31	0	0			
2% Milk	1 8 flz	0001023566	129	8.77	4.84	3.012		0	322.57	35.28	0.11	0.96	2.52	131	12.52				
Meal SubTotal			697.0	42.2	13.4	6.0	<u>0.0</u>	10.3	380.8	<u>35.8</u>	<u>0.1</u>	<u>1.0</u>	<u>3.3</u>	982.0	100.9	<u>32.7</u>			

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

Day 25

Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

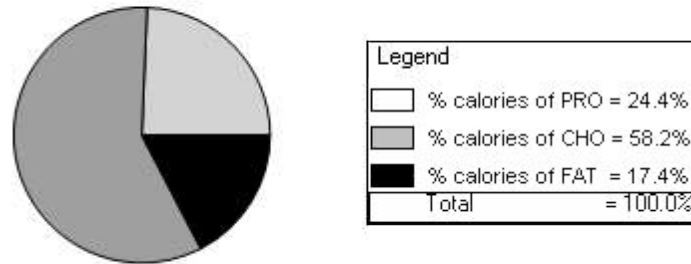
Diet Restriction: 2000 Calorie

Summary Information

	KCAL KCAL	PRO Gram	FAT Gram	SFA GRAM	FATR GRAM	FIBTG GRAM	CA MG	MG MG	B6 MG	B12 MCG	VITC MG	NA MG	CHO GRAM	SUGAR GRAM			
Lunch Totals	697.0	42.2	13.4	6.0	<u>0.0</u>	10.3	380.8	<u>35.8</u>	<u>0.1</u>	<u>1.0</u>	<u>3.3</u>	982.0	100.9	<u>32.7</u>			
1. Daily Totals	697.0	42.2	13.4	6.0	<u>0.0</u>	10.3	380.8	<u>35.8</u>	<u>0.1</u>	<u>1.0</u>	<u>3.3</u>	982.0	100.9	<u>32.7</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	99.6%	222.1%	58.3%	80.0%		103.0%	95.2%	30.9%	16.7%	125.0%	11.0%	122.8%	134.5%	186.9%			
4. Deviation From Nutritional Goal	0.0	23.2	0.0	0.0		0.3	0.0	0.0	0.0	0.2	0.0	182.0	25.9	15.2			

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 26
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Stuffed Green Pepper	1	1 each	0000020054	210	9	12	5	0.5	2	50				790	19	6				
*Meat Sauce	1	2 ounces	0199111	255	16.38	13.59	5.825		2.8	18.55				506	12.99	6.49				
Scalloped Potatoes	1	4z spoodle	0000020008	141	3.73	4.04	1.964		1.3	68.61	<u>27.44</u>	<u>0.27</u>	<u>0.19</u>	<u>10.98</u>	170	22.88	<u>1.45</u>			
Winter Squash	1	#8 scoop	0000020834	32	1.66	0.26	0.052		1.8	25.85				8	7.16	3.01				
*Sweet Cherries	1	4 ouces	0199109	44	0.73	0	0	0	1.5	9.43				0	11.61	9.43				
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0				
2% Milk	1	8 flz	0001023566	129	8.77	4.84	3.012		0	322.57	35.28	0.11	0.96	2.52	131	12.52				
Meal SubTotal				944.0	44.0	40.1	18.4	<u>0.5</u>	12.2	520.1	<u>62.7</u>	<u>0.4</u>	<u>1.2</u>	<u>13.5</u>	1,803.0	103.8	<u>28.2</u>			

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

Day 26
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

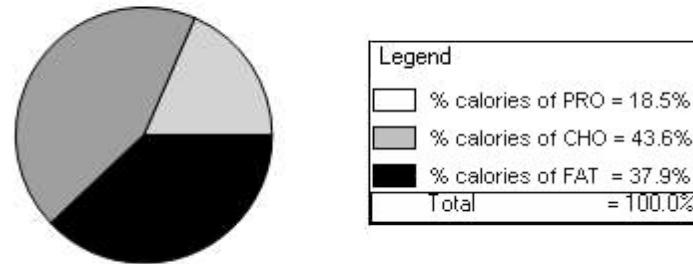
Diet Restriction: 2000 Calorie

Summary Information

		KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
		KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch	Totals	944.0	44.0	40.1	18.4	<u>0.5</u>	12.2	520.1	<u>62.7</u>	<u>0.4</u>	<u>1.2</u>	<u>13.5</u>	1,803.0	103.8	<u>28.2</u>			
1. Daily Totals		944.0	44.0	40.1	18.4	<u>0.5</u>	12.2	520.1	<u>62.7</u>	<u>0.4</u>	<u>1.2</u>	<u>13.5</u>	1,803.0	103.8	<u>28.2</u>	0.0	0.0	0.0
2. Nutritional Goals		700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal		134.9%	231.6%	174.3%	245.3%		122.0%	130.0%	54.1%	66.7%	150.0%	45.0%	225.4%	138.4%	161.1%			
4. Deviation From Nutritional Goal		244.0	25.0	17.1	10.9		2.2	120.1	0.0	0.0	0.4	0.0	1003.0	28.8	10.7			

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: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Alfredo Chicken with a Twist	1	1/2 Cup	0229394	87	6.62	3.1	<u>1.393</u>		<u>0.9</u>	<u>26.25</u>				119	<u>8.71</u>	<u>0.79</u>				
Green Beans	1	4z spoodle	0000020099	22	0.73	0	0	0	1.5	29.02				0	4.35	0.73				
Mixed Fruit	1	4z spoodle	0000020233	60	0	0	0	0	1	7.99				0	15.97	11.98				
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86				
Butter Cup	1	1 each	0001024349	40	0	4	2.5	0	0	0				31	0	0				
2% Milk	1	8 flz	0001023566	129	8.77	4.84	3.012		0	322.57	35.28	0.11	0.96	2.52	131	12.52				
Corn	1	4z spoodle	0000020112	80	2.4	0.8	0	0	0.8	0				0	16.81	4				
Meal SubTotal				511.0	22.2	14.1	<u>6.9</u>	<u>0.0</u>	<u>7.0</u>	<u>411.0</u>	<u>35.3</u>	<u>0.1</u>	<u>1.0</u>	<u>2.5</u>	448.0	<u>76.0</u>	<u>19.4</u>			

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

Day 29

Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

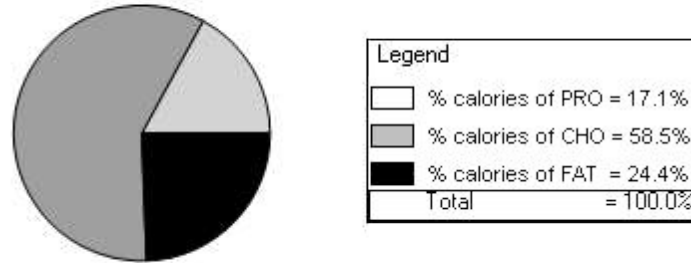
Diet Restriction: 2000 Calorie

Summary Information

		KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
		KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch	Totals	511.0	22.2	14.1	<u>6.9</u>	<u>0.0</u>	<u>7.0</u>	<u>411.0</u>	<u>35.3</u>	<u>0.1</u>	<u>1.0</u>	<u>2.5</u>	448.0	<u>76.0</u>	<u>19.4</u>			
1. Daily Totals		511.0	22.2	14.1	<u>6.9</u>	<u>0.0</u>	<u>7.0</u>	<u>411.0</u>	<u>35.3</u>	<u>0.1</u>	<u>1.0</u>	<u>2.5</u>	448.0	<u>76.0</u>	<u>19.4</u>	0.0	0.0	0.0
2. Nutritional Goals		700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal		73.0%	116.8%	61.3%	92.0%		70.0%	102.8%	30.4%	16.7%	125.0%	8.3%	56.0%	101.3%	110.9%			
4. Deviation From Nutritional Goal		0.0	3.2	0.0	0.0		0.0	11.0	0.0	0.0	0.2	0.0	0.0	1.0	1.9			

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 30

Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Grilled Hamburger	1 portions	0134192	181	13.1	13.1	5.037	0.504	0	40.3					322	2.01	0			
*Baked Beans CND	1 4 ounce	0199118	132	7.13	0.51	0	0	5.1	52.97					316	26.48	6.11			
*Ranch Potato Wedges	1 3 ounce	0209467	148	2.46	6.16	1.232	0	2.5	23.4					345	20.94	0			
Oranges Mand in 100% Jce 4z	1 1 Each	0083663	90	0	0	0	0	1	40.14					5	22.08	18.06			
Wheat Bread	1 1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12					167	17.67	1.86			
Butter Cup	1 1 each	0001024349	40	0	4	2.5	0	0	0					31	0	0			
2% Milk	1 8 flz	0001023566	129	8.77	4.84	3.012		0	322.57	35.28	0.11	0.96	2.52	131	12.52				
Meal SubTotal			813.0	35.2	30.0	11.8	<u>0.5</u>	11.4	504.5	<u>35.3</u>	<u>0.1</u>	<u>1.0</u>	<u>2.5</u>	1,317.0	101.7	<u>26.0</u>			

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

Day 30
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

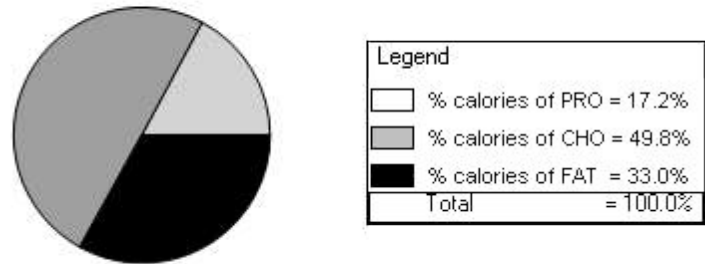
Diet Restriction: 2000 Calorie

Summary Information

		KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
		KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch	Totals	813.0	35.2	30.0	11.8	<u>0.5</u>	11.4	504.5	<u>35.3</u>	<u>0.1</u>	<u>1.0</u>	<u>2.5</u>	1,317.0	101.7	<u>26.0</u>			
1. Daily Totals		813.0	35.2	30.0	11.8	<u>0.5</u>	11.4	504.5	<u>35.3</u>	<u>0.1</u>	<u>1.0</u>	<u>2.5</u>	1,317.0	101.7	<u>26.0</u>	0.0	0.0	0.0
2. Nutritional Goals		700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal		116.1%	185.3%	130.4%	157.3%		114.0%	126.1%	30.4%	16.7%	125.0%	8.3%	164.6%	135.6%	148.6%			
4. Deviation From Nutritional Goal		113.0	16.2	7.0	4.3		1.4	104.5	0.0	0.0	0.2	0.0	517.0	26.7	8.5			

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 31
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Sweet and Sour Meatballs	1 portions	0148997	563	28.13	40.02	<u>16.009</u>	<u>2.001</u>	4	<u>80.33</u>	<u>0.09</u>				1594	21.73	<u>6.88</u>			
Brown Rice MTG	1 1 Oz Serving	0196291	13	0.36	0.12	0	0	0.2	<u>1.26</u>	<u>0.42</u>				2	2.64	0			
Midori Vegetable Blend	1 4 ounce	0203859	77	5.15	2.58	0.644	0	2.6	32.22					52	9.02	2.58			
Mixed Fruit	1 4z spoodle	0000020233	60	0	0	0	0	1	7.99					0	15.97	11.98			
Wheat Bread	1 1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12					167	17.67	1.86			
Butter	1 1 each	0001012647	40	0	4	2.5	0	0	0					31	0	0			
2% Milk	1 8 flz	0001023566	129	8.77	4.84	3.012		0	322.57	35.28	0.11	0.96	2.52	131	12.52				
Meal SubTotal			975.0	46.1	53.0	<u>22.2</u>	<u>2.0</u>	10.6	<u>469.5</u>	<u>35.8</u>	<u>0.1</u>	<u>1.0</u>	<u>2.5</u>	1,977.0	79.6	<u>23.3</u>			

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

Day 31
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

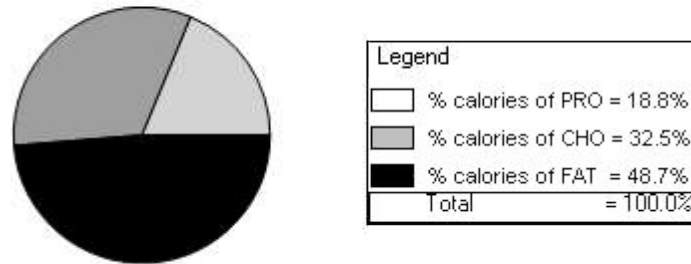
Diet Restriction: 2000 Calorie

Summary Information

		KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
		KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch	Totals	975.0	46.1	53.0	<u>22.2</u>	<u>2.0</u>	10.6	<u>469.5</u>	<u>35.8</u>	<u>0.1</u>	<u>1.0</u>	<u>2.5</u>	1,977.0	79.6	<u>23.3</u>			
1. Daily Totals		975.0	46.1	53.0	<u>22.2</u>	<u>2.0</u>	10.6	<u>469.5</u>	<u>35.8</u>	<u>0.1</u>	<u>1.0</u>	<u>2.5</u>	1,977.0	79.6	<u>23.3</u>	0.0	0.0	0.0
2. Nutritional Goals		700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal		139.3%	242.6%	230.4%	296.0%		106.0%	117.4%	30.9%	16.7%	125.0%	8.3%	247.1%	106.1%	133.1%			
4. Deviation From Nutritional Goal		275.0	27.1	30.0	14.7		0.6	69.5	0.0	0.0	0.2	0.0	1177.0	4.6	5.8			

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 32
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Tuna Noodle Casserole	1	8z ladle	0000024680	290	20.61	9.72	<u>3.113</u>		<u>2.5</u>	<u>86.85</u>	<u>38.07</u>	<u>0.18</u>	<u>0.82</u>	<u>1.24</u>	622	29.34	<u>3.34</u>			
Beets	1	4z spoodle	0000020289	29	1.11	0.12	0.018	0	1.3	10.53	15.14	0.04	0	2.37	51	6.56	5.24			
Carrots	1	4z spoodle	0000020106	23	0	0	0	0	1.5	0					34	5.32	3.04			
Mixed Fruit	1	4z spoodle	0000020233	60	0	0	0	0	1	7.99					0	15.97	11.98			
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0					31	0	0			
Dinner Roll	1	1 roll	0189752	66	2.55	0.77	0.255	0	1	25.52					143	11.74	1.53			
2% Milk	1	8 flz	0001023566	129	8.77	4.84	3.012		0	322.57	35.28	0.11	0.96	2.52	131	12.52				
Meal SubTotal				637.0	33.0	19.5	<u>8.9</u>	<u>0.0</u>	<u>7.3</u>	<u>453.5</u>	<u>88.5</u>	<u>0.3</u>	<u>1.8</u>	<u>6.1</u>	1,012.0	81.5	<u>25.1</u>			

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

Day 32
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

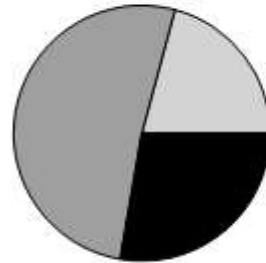
Diet Restriction: 2000 Calorie

Summary Information

	KCAL KCAL	PRO Gram	FAT Gram	SFA GRAM	FATR GRAM	FIBTG GRAM	CA MG	MG MG	B6 MG	B12 MCG	VITC MG	NA MG	CHO GRAM	SUGAR GRAM			
Lunch Totals	637.0	33.0	19.5	<u>8.9</u>	<u>0.0</u>	<u>7.3</u>	<u>453.5</u>	<u>88.5</u>	<u>0.3</u>	<u>1.8</u>	<u>6.1</u>	1,012.0	81.5	<u>25.1</u>			
1. Daily Totals	637.0	33.0	19.5	<u>8.9</u>	<u>0.0</u>	<u>7.3</u>	<u>453.5</u>	<u>88.5</u>	<u>0.3</u>	<u>1.8</u>	<u>6.1</u>	1,012.0	81.5	<u>25.1</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	91.0%	173.7%	84.8%	118.7%		73.0%	113.4%	76.3%	50.0%	225.0%	20.3%	126.5%	108.7%	143.4%			
4. Deviation From Nutritional Goal	0.0	14.0	0.0	1.4		0.0	53.5	0.0	0.0	1.0	0.0	212.0	6.5	7.6			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
□	% calories of PRO = 20.8%
■	% calories of CHO = 51.5%
■	% calories of FAT = 27.7%
Total = 100.0%	

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

Day 33
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Baked Ham Steak	1	3 ounces	0224731	220	28	7	2	0	0	0				2.4	1280	6	2			
Whipped Sweet Potatoes	1	#8 scoop	0000020562	161	0	6.93	3.15	0	3	12.05					73	25.6	16.57			
Green Peas	1	4z spoodle	0000020114	47	3.11	0	0	0	3.1	0					0	9.33	3.11			
Applesauce	1	#8 scoop	0000020862	52	0	0	0	0	2.1	5.22					10	13.57	9.4			
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12					167	17.67	1.86			
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0					31	0	0			
2% Milk	1	8 flz	0001023566	129	8.77	4.84	3.012		0	322.57	35.28	0.11	0.96	2.52	131	12.52				
Meal SubTotal				742.0	43.6	24.2	10.7	<u>0.0</u>	11.0	365.0	<u>35.3</u>	<u>0.1</u>	<u>1.0</u>	<u>4.9</u>	1,692.0	84.7	<u>32.9</u>			

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

Day 33
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

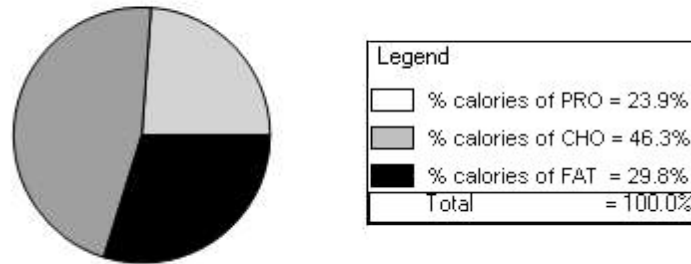
Diet Restriction: 2000 Calorie

Summary Information

	KCAL KCAL	PRO Gram	FAT Gram	SFA GRAM	FATR GRAM	FIBTG GRAM	CA MG	MG MG	B6 MG	B12 MCG	VITC MG	NA MG	CHO GRAM	SUGAR GRAM			
Lunch Totals	742.0	43.6	24.2	10.7	<u>0.0</u>	11.0	365.0	<u>35.3</u>	<u>0.1</u>	<u>1.0</u>	<u>4.9</u>	1,692.0	84.7	<u>32.9</u>			
1. Daily Totals	742.0	43.6	24.2	10.7	<u>0.0</u>	11.0	365.0	<u>35.3</u>	<u>0.1</u>	<u>1.0</u>	<u>4.9</u>	1,692.0	84.7	<u>32.9</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	106.0%	229.5%	105.2%	142.7%		110.0%	91.3%	30.4%	16.7%	125.0%	16.3%	211.5%	112.9%	188.0%			
4. Deviation From Nutritional Goal	42.0	24.6	1.2	3.2		1.0	0.0	0.0	0.0	0.2	0.0	892.0	9.7	15.4			

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 36
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Pesto Chicken	1	6 ounce	0124852	253	22.8	6.39	<u>0.583</u>		<u>3.5</u>	<u>32.25</u>	<u>2.09</u>	<u>0.01</u>		<u>0.79</u>	667	28.87	<u>1.5</u>			
Penne Pasta	1	4z spoodle	0000025569	105	3.5	0.5	0	0	1	0				0	0	21	1.5			
yellow squash	1	4 ounces	0224734	23	0	0.11	0	0	1.1	20.41					6	5.67	0			
Brussels Sprouts	1	4z spoodle	0000020296	29	2.7	0.29	0.06	0	2.7	18.49					7	5.61				
Diced Peaches	1	#8 scoop	0198575	53	1.05	0	0	0	1.1	9.46					0	12.61	10.51			
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12					167	17.67	1.86			
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0					31	0	0			
2% Milk	1	8 flz	0001023566	129	8.77	4.84	3.012		0	322.57	35.28	0.11	0.96	2.52	131	12.52				

Meal SubTotal				725.0	42.5	17.5	<u>6.2</u>	<u>0.0</u>	<u>12.2</u>	<u>428.3</u>	<u>37.4</u>	<u>0.1</u>	<u>1.0</u>	<u>3.3</u>	1,009.0	104.0	<u>15.4</u>			
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* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 36

Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

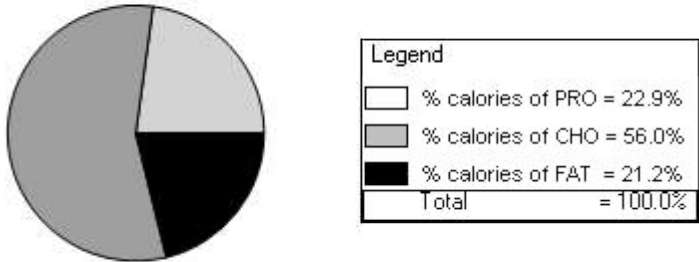
Diet Restriction: 2000 Calorie

Summary Information

	KCAL KCAL	PRO Gram	FAT Gram	SFA GRAM	FATRN GRAM	FIBTG GRAM	CA MG	MG MG	B6 MG	B12 MCG	VITC MG	NA MG	CHO GRAM	SUGAR GRAM			
Lunch Totals	725.0	42.5	17.5	<u>6.2</u>	<u>0.0</u>	<u>12.2</u>	<u>428.3</u>	<u>37.4</u>	<u>0.1</u>	<u>1.0</u>	<u>3.3</u>	1,009.0	104.0	<u>15.4</u>			
1. Daily Totals	725.0	42.5	17.5	<u>6.2</u>	<u>0.0</u>	<u>12.2</u>	<u>428.3</u>	<u>37.4</u>	<u>0.1</u>	<u>1.0</u>	<u>3.3</u>	1,009.0	104.0	<u>15.4</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	103.6%	223.7%	76.1%	82.7%		122.0%	107.1%	32.2%	16.7%	125.0%	11.0%	126.1%	138.7%	88.0%			
4. Deviation From Nutritional Goal	25.0	23.5	0.0	0.0		2.2	28.3	0.0	0.0	0.2	0.0	209.0	29.0	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 37

Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Chili	1	6 ounce	0124996	462	31.94	22.69	<u>9.72</u>		<u>10.2</u>	<u>66.35</u>			<u>4.95</u>	355	31.54	<u>7.16</u>				
Corn	1	4z spoodle	0000020112	80	2.4	0.8	0	0	0.8	0				0	16.81	4				
Carrots	1	4z spoodle	0000020106	23	0	0	0	0	1.5	0				34	5.32	3.04				
Blueberries	1	4z ladle	0037654	49	0.61	0	0	0	1.8	0				0	12.19	8.53				
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0				
2% Milk	1	8 flz	0001023566	129	8.77	4.84	3.012		0	322.57	35.28	0.11	0.96	2.52	131	12.52				
Meal SubTotal				876.0	47.4	33.7	<u>15.2</u>	<u>0.0</u>	<u>17.1</u>	<u>414.0</u>	<u>35.3</u>	<u>0.1</u>	<u>1.0</u>	<u>7.5</u>	718.0	96.1	<u>24.6</u>			

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

Day 37
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

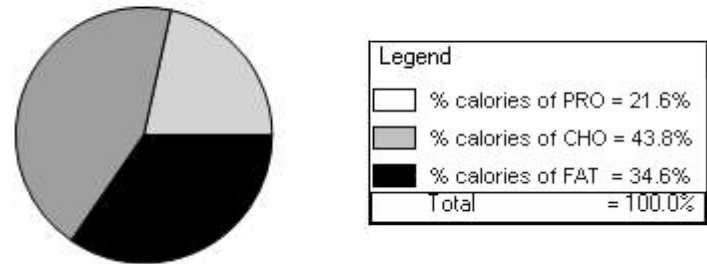
Diet Restriction: 2000 Calorie

Summary Information

	KCAL KCAL	PRO Gram	FAT Gram	SFA GRAM	FATR GRAM	FIBTG GRAM	CA MG	MG MG	B6 MG	B12 MCG	VITC MG	NA MG	CHO GRAM	SUGAR GRAM			
Lunch Totals	876.0	47.4	33.7	<u>15.2</u>	<u>0.0</u>	<u>17.1</u>	<u>414.0</u>	<u>35.3</u>	<u>0.1</u>	<u>1.0</u>	<u>7.5</u>	718.0	96.1	<u>24.6</u>			
1. Daily Totals	876.0	47.4	33.7	<u>15.2</u>	<u>0.0</u>	<u>17.1</u>	<u>414.0</u>	<u>35.3</u>	<u>0.1</u>	<u>1.0</u>	<u>7.5</u>	718.0	96.1	<u>24.6</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	125.1%	249.5%	146.5%	202.7%		171.0%	103.5%	30.4%	16.7%	125.0%	25.0%	89.8%	128.1%	140.6%			
4. Deviation From Nutritional Goal	176.0	28.4	10.7	7.7		7.1	14.0	0.0	0.0	0.2	0.0	0.0	21.1	7.1			

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 38
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Cheese Omelet	1	1 each	0000019742	190	12	14	6	0	0	141				560	4	2				
Hashbrown Patty	1	1 each	0000020049	138	2.21	7.2	1.938	0	2.2	8.86				271	16.06	0				
Stewed Tomatoes	1	4z spoodle	0000020802	35	1	0	0	0	1	40			9	270	8	6				
Applesauce	1	1 Each	0001001635	45	0	0	0	0	1	5.02				0	13.05	11.04				
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0				
2% Milk	1	8 flz	0001023566	129	8.77	4.84	3.012		0	322.57	35.28	0.11	0.96	2.52	131	12.52				
Meal SubTotal				670.0	27.7	31.4	13.5	<u>0.0</u>	7.0	542.6	<u>35.3</u>	<u>0.1</u>	<u>1.0</u>	<u>11.5</u>	1,430.0	71.3	<u>20.9</u>			

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

Day 38

Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

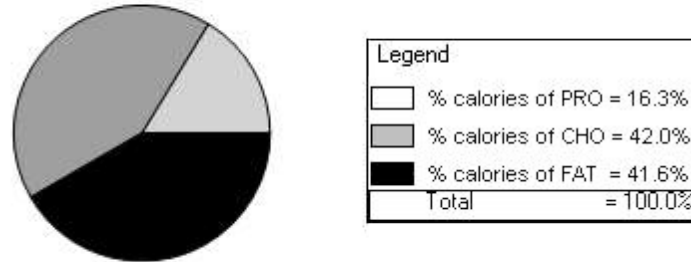
Diet Restriction: 2000 Calorie

Summary Information

		KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
		KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch	Totals	670.0	27.7	31.4	13.5	<u>0.0</u>	7.0	542.6	<u>35.3</u>	<u>0.1</u>	<u>1.0</u>	<u>11.5</u>	1,430.0	71.3	<u>20.9</u>			
1. Daily Totals		670.0	27.7	31.4	13.5	<u>0.0</u>	7.0	542.6	<u>35.3</u>	<u>0.1</u>	<u>1.0</u>	<u>11.5</u>	1,430.0	71.3	<u>20.9</u>	0.0	0.0	0.0
2. Nutritional Goals		700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal		95.7%	145.8%	136.5%	180.0%		70.0%	135.7%	30.4%	16.7%	125.0%	38.3%	178.8%	95.1%	119.4%			
4. Deviation From Nutritional Goal		0.0	8.7	8.4	6.0		0.0	142.6	0.0	0.0	0.2	0.0	630.0	0.0	3.4			

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 39
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

*Meatballs	1 6 each	0209585	272	14.1	20.14	8.055	1.007	2	40.27			0	755	8.05	1.01			
Instant Mashed Potatoes	1 #10 scoop-3.25oz	0209217	96	2.75	0	0	0	1.4	13.73				21	19.23	0			
Swedish Style Sauce	1 2 ounce	0001008982	38	0.95	2.36	1.417	0	0	18.9			0	236	3.78	0.95			
Green Beans	1 4z spoodle	0000020099	22	0.73	0	0	0	1.5	29.02				0	4.35	0.73			
Pineapple Tidbits	1 4z spoodle	0194401	68	0	0	0	0	0.9	5.99				0	17.12	14.55			
Wheat Bread	1 1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86			
Butter	1 1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0			
2% Milk	1 8 flz	0001023566	129	8.77	4.84	3.012		0	322.57	35.28	0.11	0.96	2.52	131	12.52			

Meal SubTotal			758.0	31.0	32.7	15.0	<u>1.0</u>	8.6	455.6	<u>35.3</u>	<u>0.1</u>	<u>1.0</u>	<u>2.5</u>	1,341.0	82.7	<u>19.1</u>			
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* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 39
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

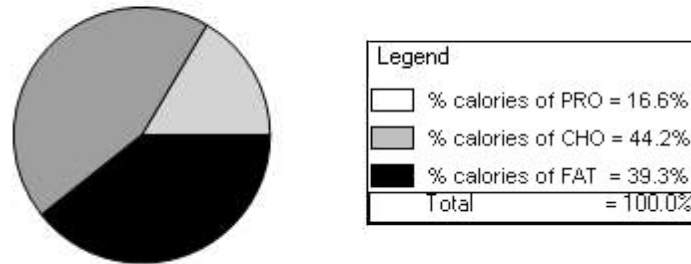
Diet Restriction: 2000 Calorie

Summary Information

	KCAL KCAL	PRO Gram	FAT Gram	SFA GRAM	FATR GRAM	FIBTG GRAM	CA MG	MG MG	B6 MG	B12 MCG	VITC MG	NA MG	CHO GRAM	SUGAR GRAM			
Lunch Totals	758.0	31.0	32.7	15.0	<u>1.0</u>	8.6	455.6	<u>35.3</u>	<u>0.1</u>	<u>1.0</u>	<u>2.5</u>	1,341.0	82.7	<u>19.1</u>			
1. Daily Totals	758.0	31.0	32.7	15.0	<u>1.0</u>	8.6	455.6	<u>35.3</u>	<u>0.1</u>	<u>1.0</u>	<u>2.5</u>	1,341.0	82.7	<u>19.1</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	108.3%	163.2%	142.2%	200.0%		86.0%	113.9%	30.4%	16.7%	125.0%	8.3%	167.6%	110.3%	109.1%			
4. Deviation From Nutritional Goal	58.0	12.0	9.7	7.5		0.0	55.6	0.0	0.0	0.2	0.0	541.0	7.7	1.6			

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 40

Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Chicken Pot Pie	1	8z ladle	0000019733	312	<u>20.61</u>	15.08	<u>7.924</u>		<u>2.2</u>	<u>26.5</u>	<u>7.5</u>	<u>0.04</u>		<u>4.62</u>	290	24.03	<u>2.22</u>			
Wax Beans	1	4z spoodle	0000020569	22	0.75	0	0	0	1.5	22.46					0	4.49	0.75			
Peas & Pearl Onions	1	4z spoodle	0000021095	45	3.03	0	0	0	2.3	0					0	9.09	3.03			
Butter Cup	1	1 each	0001024349	40	0	4	2.5	0	0	0					31	0	0			
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12					167	17.67	1.86			
Mixed Fruit	1	4z spoodle	0000020233	60	0	0	0	0	1	7.99					0	15.97	11.98			
2% Milk	1	8 flz	0001023566	129	8.77	4.84	3.012		0	322.57	35.28	0.11	0.96	2.52	131	12.52				
Meal SubTotal				701.0	<u>36.9</u>	25.3	<u>13.4</u>	<u>0.0</u>	<u>9.8</u>	<u>404.6</u>	<u>42.8</u>	<u>0.2</u>	<u>1.0</u>	<u>7.1</u>	619.0	83.8	<u>19.8</u>			

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

Day 40
Menu Cycle: Fall 2021 6 Week Cycle Menu

Unit Name: GOODWILL INDUSTRIES

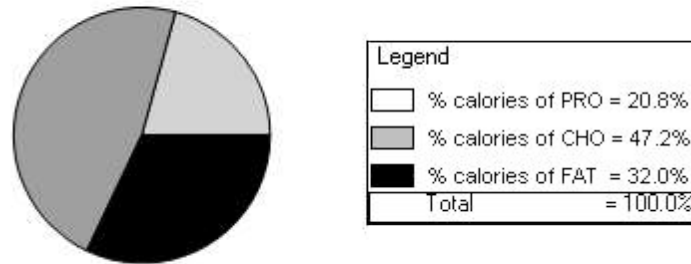
Diet Restriction: 2000 Calorie

Summary Information

		KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
		KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch	Totals	701.0	<u>36.9</u>	25.3	<u>13.4</u>	<u>0.0</u>	<u>9.8</u>	<u>404.6</u>	<u>42.8</u>	<u>0.2</u>	<u>1.0</u>	<u>7.1</u>	619.0	83.8	<u>19.8</u>			
1. Daily Totals		701.0	<u>36.9</u>	25.3	<u>13.4</u>	<u>0.0</u>	<u>9.8</u>	<u>404.6</u>	<u>42.8</u>	<u>0.2</u>	<u>1.0</u>	<u>7.1</u>	619.0	83.8	<u>19.8</u>	0.0	0.0	0.0
2. Nutritional Goals		700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal		100.1%	194.2%	110.0%	178.7%		98.0%	101.2%	36.9%	33.3%	125.0%	23.7%	77.4%	111.7%	113.1%			
4. Deviation From Nutritional Goal		1.0	17.9	2.3	5.9		0.0	4.6	0.0	0.0	0.2	0.0	0.0	8.8	2.3			

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.