Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Mon Nov 02, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Beef, Spanish Rice (OR)	1 cup	261	279	15.8	29.3	2.7	107	34.2	12.0	69
Vegetarian, Creamy Vegetables w/Pasta (OR	1 cup	916	460	24.5	67.3	5.3	613	19.7	6.4	300
Corn, Chuckwagon, Frozen, LF, LS	1/2 cup	173	81	2.8	19.1	2.0	6	6.8	1.0	7
Salad, Coleslaw, Apple Cranberry (OR)	1/2 cup	79	71	2.4	15.1	1.4	38	9.0	1.4	40
Bread, Cornbread, HMD (OR)	1 piece	83	216	5.3	32.3	1.1	426	30.4	6.2	150
Orange, Fresh	1 each	96	45	0.9	11.2	2.3	0	2.1	0.3	38
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			**1248**	**59.2**	**187.4**	**14.8**	**1290**	**22.7**	**7.2**	**887**
Daily Totals for 11/02/26			**1248**	**59.2**	**187.4**	**14.8**	**1290**	**22.7**	**7.2**	**887**
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			**187**	**317.3**	**204.5**	**158.3**	**168**			**266**

Includes main items only. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Tue Nov 03, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Beef, Spaghetti Quaker (OR)	1 cup	234	315	18.1	37.2	3.0+	152	30.1	10.3	51
Chicken, Stir Fry, w/Jap Mix, Diced	1/2 cup	164	165	19.0	8.9	1.8	235	31.8	3.8	28+
Rice, Brown, LF, LS (OR)	1/2 cup	100	139	2.9	28.8	1.4	4	7.9	1.5	6
Beans, Green, Frz, LF, LS (OR)	1/2 cup	167	35	1.6	6.8	2.4	5	4.8	1.1	40
Salad, Tossed, Romaine/Spinach (OR)	1 cup	35	7	0.7	1.2	0.8	16	12.3	1.8	24
Pineapple, Tidbits (OR)	1/2 cup	150	90	0.6	23.6	1.2	2	1.1	0.1	21
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Salad Dressing, Raspberry Vinaigret, Fat Fre	1 tablespoon	14	15	0.0	3.6	0.0	109	0.0	0.0	0
Noon Meal Totals			**862**	**50.5**	**123.3**	**10.6+**	**622**	**20.9**	**6.2**	**453+**
Daily Totals for 11/03/26			**862**	**50.5**	**123.3**	**10.6+**	**622**	**20.9**	**6.2**	**453+**
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			**129**	**270.7**	**134.5**	**113.1+**	**81**			**136+**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Wed Nov 04, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Turkey, A La King, w/ Mush/Pep (OR)	1 cup	202	217	22.4	16.1	0.9	213	27.7	5.9	180
Rice, Brown, LF, LS (OR)	1/2 cup	100	139	2.9	28.8	1.4	4	7.9	1.5	6
Vegetarian, Lasagna, Cheese, Roll Up, WG (	1 each	99	190	11.0	27.0	2.0	150	17.2	9.8	200
Sauce, Marinara, RTU, 2 oz	3 oz	85	60	1.4	8.6	1.4	339	37.5		13
Beets, Harvard, Diced	1/2 cup	171	102	1.1	20.6	1.8	230	16.9	3.1	28
Mix Veg, California (Hmd), LF, LS	1/2 cup	182	31	2.1	5.6	2.9	45	3.9	0.4	22
Oranges, Mandarin (OR)	1/2 cup	150	56	0.9	14.4	1.1	8	0.7	0.1	17
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			**889**	**49.3**	**134.3**	**11.4**	**1088**	**18.4**	**5.5**	**748**
Daily Totals for 11/04/26			**889**	**49.3**	**134.3**	**11.4**	**1088**	**18.4**	**5.5**	**748**
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			**133**	**264.3**	**146.5**	**122.1**	**142**			**224**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Thu Nov 05, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Chicken, BBQ, Diced (OR)	1/2 cup	132	177	12.0	19.8	0.5+	418	29.5	6.5	22
^Beef, Philly Cheesesteak, 5 oz	2/3 cup	139	377	21.2	1.7	0.2	165	75.8	33.3	110
Beans, Ranch, w/Pintos (Dry)	1/2 cup	188	155	9.1	28.8	6.7+	23	3.3	0.6	54+
Mix Veg, 4 Way Mix, LF, LS (OR)	1/2 cup	176	65	2.9	13.1	4.4	37	2.1	0.4	27
Bread, Bun, Hoagie, Local	1 each	69	190	7.0	33.0	4.0	350	10.1	0.0	98
Fruit, Tropical, Canned (OR)	1/2 cup	155	134	0.6	34.7	2.0	3	1.0	0.2	20
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			**1193**	**60.4**	**144.1**	**17.9+**	**1097**	**32.1**	**12.6**	**615+**
Daily Totals for 11/05/26			**1193**	**60.4**	**144.1**	**17.9+**	**1097**	**32.1**	**12.6**	**615+**
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			**179**	**323.3**	**157.2**	**191.5+**	**143**			**184+**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Fri Nov 06, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Turkey, Divan Casserole (OR)	1 cup	276	296	25.1+	30.4	1.8+	384	22.5	8.5	275+
Pork, Loin, Ckd (OR)	3 ounces	64	160	17.5	0.0	0.0	38	54.9	20.1	12
Sauce, Blueberry Berry Chutney, HMD (OR)	1 oz	27	31	0.2	7.9	0.6	1	2.9	0.4	4
Pasta, Orzo (OR)	1/2 cup	109	146	3.7	21.2	0.9	4	30.9	4.9	9
Mix Veg, Winter (Hmd), LF, LS	1/2 cup	189	30	2.8	4.9	2.8	35	0.0	0.0	15
Salad, Coleslaw w/Coleslaw Dressing (OR)	1/2 cup	48	83	0.5	5.1	0.7	176	73.4	0.1	16
Hot, Applesauce, Cinnamon	1/2 cup	138	60	0.2	16.2	1.6	3	1.9	0.2	7
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			**901**	**57.6+**	**98.7**	**8.5+**	**740**	**31.2**	**8.5**	**621+**
Daily Totals for 11/06/26			**901**	**57.6+**	**98.7**	**8.5+**	**740**	**31.2**	**8.5**	**621+**
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			**135**	**308.6+**	**107.7**	**91.4+**	**97**			**186+**
Week Daily Average (11/02/26-11/07/26)			**1019**	**55.4+**	**137.6**	**12.6+**	**968**	**25.3**	**8.2**	**665+**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Mon Nov 09, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
^Chicken, Parmesan, Breaded, USE (OR)-AL	1 piece	139	258	19.3	16.1	2.6	497	45.0	1.3	60
Sauce, Marinara	1 oz	36	18	0.5	2.7	0.7	158	29.1	3.9	9
Cheese, Parmesan, for Chicken (OR)	1 teaspoon	2	10	0.6	0.3	0.0	41	59.7	32.9	19
Beef, Stroganoff, w/ Short Cuts, 1/2 cup (no p	1/2 cup	206	118	13.4	4.4	0.5	122	39.2	19.0	16
Potatoes, Whipped	1/2 cup	111	121	3.4	22.2	2.1	62	16.0	4.4	51
Beans, Green, Frz	1/2 cup	103	53	1.7	7.0	2.4+	26	34.5	6.6	38+
^Bread, Garlic French, HMD (OR)	1 each	60	140	4.8	27.1	1.0	200	7.6	1.2	19
Banana, Fresh	1 each	118	105	1.3	27.0	3.1	1	3.0	1.0	6
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			**918**	**52.5**	**119.8**	**12.2+**	**1207**	**26.5**	**5.8**	**502+**
Daily Totals for 11/09/26			**918**	**52.5**	**119.8**	**12.2+**	**1207**	**26.5**	**5.8**	**502+**
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			**138**	**281.4**	**130.6**	**131.1+**	**157**			**151+**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Tue Nov 10, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Holiday, Veteran's Day	1 each	0								
Chicken, BBQ, Patty (OR)	1 piece	119	181	17.3	20.7	0.4	775	17.7	9.8	4
Beef, Patty, 80/20, w/o Gravy (OR)	1 each	91	230	17.0	0.0	0.0	50	70.4	27.4	16
Sauce, Campfire (OR)	1 oz	31	66	0.2	8.6	0.2	244	46.5	7.2	3
Bread, Bun, Hamburger, Local (OR)	1 each	40	112	3.9	20.0	0.7	198	12.8	2.8	58
Corn, Whole Kernel, Frozen, LF, LS	1/2 cup	167	80	2.7	18.8	1.9	5	6.9	1.1	6
^Salad, Potato, HMD	1/2 cup	355	125	2.8	20.2	2.1	190	28.7	5.3	26
Cake, Confetti, HMD (OR)	1 piece	185	287	5.1	49.5	0.8	338	25.6	6.7	170
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Diet, Cake, Yellow, (HMD) (OR)	1 piece	75	200	4.6	28.1	0.5	309	34.8	7.2	104
Noon Meal Totals			**1376+**	**61.2+**	**179.0+**	**6.6+**	**2208+**	**32.1**	**10.3**	**669+**
Daily Totals for 11/10/26			**1376+**	**61.2+**	**179.0+**	**6.6+**	**2208+**	**32.1**	**10.3**	**669+**
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			**206+**	**328.0+**	**195.3+**	**70.3+**	**288+**			**201+**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Wed Nov 11, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Holiday, Closed	1 each	0								
Noon Meal Totals										
Daily Totals for 11/11/26										
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)										

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Thu Nov 12, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Holiday, Special	1 each	0								
Chicken, Baked, Thigh, Boneless, Skinless, 4	1 each	142	177	28.5	0.0	0.0	120	32.6	8.3	17
Sauce, Tikka Masala, HMD	1 oz	8	8	0.2	0.6	0.1	23	60.4	10.3	6
Pork, Szechuan (OR)	3 ounces	109	263	17.8+	12.6	0.5	609	52.9	14.3	50+
Rice, Herbed, Basmati * (SF)	1/2 cup	144	153	3.1	30.8	0.2	50	11.7	3.0	50
Mix Veg, Peas & Carrots	1/2 cup	93	68	2.6	9.7	3.5	93	29.7	5.5	26
Salad, Cucumber, w/Vinegar/Tom/Pep	1/2 cup	107	19	0.7	4.0	0.7	4	5.6	1.4	14
Hot, Fruit, Spiced, w/P'apple/Peach/Pears	1/2 cup	155	96	0.7	25.0	1.8	5	0.8	0.1	20
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			**879+**	**61.2+**	**95.7+**	**6.8+**	**1004+**	**29.6**	**8.4**	**467+**
Daily Totals for 11/12/26			**879+**	**61.2+**	**95.7+**	**6.8+**	**1004+**	**29.6**	**8.4**	**467+**
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			**132+**	**328.0+**	**104.4+**	**73.0+**	**131+**			**140+**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Fri Nov 13, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Turkey, Potato Scalloped,w/Turkey (OR)	1 cup	194	217	22.7	16.5	0.7+	222	26.2	5.4	166+
Vegetarian, Pasta, Southwestern Spicy, 1 cu	1 cup	168	143	6.4	17.9	3.6	186	32.6	19.7	113
Greens, Spinach, w/Garlic	1/2 cup	197	58	4.7	7.0	4.3+	132	32.2	5.9	177+
Salad, Bean, Black, w/Corn, Dried Beans * (C	1/2 cup	241	190	8.9	31.4	6.5	10	18.7	3.0	67
^Bread, Seven Grain, HMD (OR)	1 slice	49	130	3.3	21.6	1.4	177	23.9	2.1	17
Orange, Fresh	1 each	96	45	0.9	11.2	2.3	0	2.1	0.3	38
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			**878**	**54.5**	**118.7**	**18.8+**	**827**	**23.7**	**7.3**	**860+**
Daily Totals for 11/13/26			**878**	**54.5**	**118.7**	**18.8+**	**827**	**23.7**	**7.3**	**860+**
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			**132**	**291.9**	**129.5**	**201.7+**	**108**			**258+**
Week Daily Average (11/08/26-11/14/26)			**810+**	**45.9+**	**102.6+**	**8.9+**	**1049+**	**28.5**	**8.2**	**500+**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Mon Nov 16, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Turkey, Kidney Beans, Dry (OR)	1 cup	278	317	27.3	48.4	15.9+	136	5.1	0.9	126+
^Beef, Swiss Steak, w/Beef Patty (OR)	1 each	192	278	18.0	6.3	1.3+	96	65.4	23.0	37
Sauce, Swiss Steak, HMD, 2 oz (OR)	2 oz	80	38	0.8	5.1	1.0+	37	42.0	6.7	16
Rice, Pilaf w/Brown Rice (USE)	1/2 cup	124	117	2.6+	24.2	1.7+	45	7.6	1.4	10+
Mix Veg, 4 Way Mix, LF, LS (OR)	1/2 cup	176	65	2.9	13.1	4.4	37	2.1	0.4	27
Salad, Carrot Mandarin, HMD (OR)	1/2 cup	96	92	1.0	15.5	2.0	158	31.8	5.6	31
Pineapple, Tidbits (OR)	1/2 cup	150	90	0.6	23.6	1.2	2	1.1	0.1	21
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			**1092**	**60.8+**	**149.2**	**27.4+**	**611**	**25.0**	**8.1**	**552+**
Daily Totals for 11/16/26			**1092**	**60.8+**	**149.2**	**27.4+**	**611**	**25.0**	**8.1**	**552+**
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			**164**	**325.8+**	**162.8**	**293.9+**	**80**			**166+**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Tue Nov 17, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Beef, Stew, Cowboy Campfire (OR)	1 cup	280	352	22.5	41.6	9.7	697	28.6	9.3	104
Vegetarian, Meatballs, 1 oz (OR)	3 each	84	165	17.6	6.7	3.9	462	41.1	6.5	21
Sauce, Alfredo, Mix	3 oz	153	87	2.5	6.0	0.3	427	61.2	22.2	80
Pasta, Spaghetti Noodles	1/2 cup	266	111	3.7	21.2	0.9	9	8.9	1.5	13
Mix Veg, California (Hmd), LF, LS	1/2 cup	182	31	2.1	5.6	2.9	45	3.9	0.4	22
Salad, Tossed, Romaine/Iceberg (OR)	1 cup	34	5	0.4	1.1	0.6	3	10.5	1.4	9
^Bread, Roll, Rye Bran, HMD (OR)	1 each	66	131	3.9	22.1	2.4	117	23.7	2.0	18
Mix Fruit, Man Org/P'appl	1/2 cup	170	80	0.9	20.9	1.3	5	0.9	0.1	21
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Salad Dressing, Italian, Fat Free (OR)	1 tablespoon	14	7	0.1	1.2	0.1	160	16.8	5.7	4
Noon Meal Totals			**1066**	**61.3**	**139.4**	**22.0**	**2024**	**26.8**	**7.5**	**576**
Daily Totals for 11/17/26			**1066**	**61.3**	**139.4**	**22.0**	**2024**	**26.8**	**7.5**	**576**
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			**160**	**328.5**	**152.1**	**235.4**	**264**			**173**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Wed Nov 18, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Salad, Chicken, Caesar (Chkn Only)(OR)	1/3 cup	57	87	11.3	0.7	0.0	90	42.9	10.7	4
Cheese, Parmesan, Grated	1/2 oz	14	60	4.0	2.0	0.0	256	59.7	32.9	121
Cheese, Shredded, Monterey, 1/2 oz *	1/2 oz	14	44	4.0	0.1	0.0	111	62.7	40.8	100
Salad Dressing, Caesar, 2 TBSP (OR)	2 tablespoons	28	154	0.6	0.9	0.1	343	96.0	14.6	14
Salad, Turkey, Club, Mini (OR)	1/2 cup	112	174	22.8	1.8	0.6	263	41.5	19.0	119
Salad Dressing, Ranch, 2 TBSP (OR)	2 tablespoons	28	122	0.4	1.7	0.0	255	93.3	14.6	8
Salad, Tossed, Romaine/Spinach (OR)	1 cup	35	7	0.7	1.2	0.8	16	12.3	1.8	24
Soup, Split Pea Green w/Vegetarian (OR)	1 cup	226	68	2.6+	11.5	2.9+	54	17.8	3.3	17+
^Bread, Roll, Multigrain, HMD (OR)	1 each	45	120	3.5	19.7	1.7	171	24.4	2.1	16
Fruit, Tropical, Canned (OR)	1/2 cup	155	134	0.6	34.7	2.0	3	1.0	0.2	20
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			**1063**	**58.2+**	**87.2**	**8.0+**	**1662**	**46.6**	**12.9**	**725+**
Daily Totals for 11/18/26			**1063**	**58.2+**	**87.2**	**8.0+**	**1662**	**46.6**	**12.9**	**725+**
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			**159**	**311.8+**	**95.1**	**86.3+**	**217**			**218+**

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Thu Nov 19, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Vegetarian, Cheesy Bake (OR)	1 cup	455	383	19.6	38.9	4.1+	500	38.9	15.5	351
Pork, Diced, Noodles (OR)	1 cup	303	240	13.0	24.4	1.3	283	36.2	11.8	24+
Greens, Spinach, LF, LS	1/2 cup	195	43	4.6	6.7	4.3	113	16.6	3.0	177
Salad, Broccoli Raisin (OR)	1/2 cup	110	113	3.1	12.7	2.4	25	48.2	3.8	48
^Bread, Roll, Oat Bran Wheat, HMD (OR)	1 each	50	144	4.2	23.7	2.0	125	24.1	2.1	19
Orange, Fresh	1 each	96	45	0.9	11.2	2.3	0	2.1	0.3	38
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			**1064**	**53.1**	**130.6**	**16.3+**	**1145**	**33.1**	**10.2**	**940+**
Daily Totals for 11/19/26			**1064**	**53.1**	**130.6**	**16.3+**	**1145**	**33.1**	**10.2**	**940+**
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			**160**	**284.3**	**142.4**	**175.1+**	**149**			**282+**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Fri Nov 20, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Holiday, Special	1 each	0								
Chicken, Baked, Boneless Breast (Raw $)	1 each	83	99	18.6	0.0	0.0	37	20.8	4.5	4
Sauce, BBQ, Korean, HMD, 2 oz	1 oz	42	34	0.7	8.0	0.1	393	0.4	0.1	20+
Pork, Loin, Ckd (OR)	3 ounces	64	160	17.5	0.0	0.0	38	54.9	20.1	12
Glaze, Honey Ginger	1 oz	22	36	0.8	6.0	0.1	349	27.0	4.4	22
Rice, Jasmine, Coconut (OR)	1/2 cup	108	196	3.3	26.1	0.4+	11	37.8	26.6	10+
Mix Veg, Kyoto	1/2 cup	176	73	4.9	8.5	3.7	21	23.5	0.0	38
Salad, Coleslaw, Sesame (OR)	1/2 cup	82	42	1.2	5.3	1.4	182	41.2	4.1	38
Oranges, Mandarin (OR)	1/2 cup	150	56	0.9	14.4	1.1	8	0.7	0.1	17
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			**792+**	**55.4+**	**81.2+**	**6.6+**	**1139+**	**31.0**	**13.2**	**443+**
Daily Totals for 11/20/26			**792+**	**55.4+**	**81.2+**	**6.6+**	**1139+**	**31.0**	**13.2**	**443+**
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			**119+**	**296.9+**	**88.6+**	**71.2+**	**149+**			**133+**
Week Daily Average (11/15/26-11/21/26)			**1015+**	**57.8+**	**117.5+**	**16.1+**	**1316+**	**32.5**	**10.2**	**647+**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Mon Nov 23, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Turkey, Stew, Hearty (OR)	1 cup	246	184	19.5	22.3	3.5+	139	9.4	2.7	95+
Onlok Vegetarian, Bolognese Tofu, Sauce	1/2 cup	142	147	16.4	5.9	2.9	186	45.3	6.5	630
Pasta, Spaghetti Noodles	1/2 cup	266	111	3.7	21.2	0.9	9	8.9	1.5	13
Mix Veg, Peas & Carrots, LF, LS	1/2 cup	167	51	2.7	9.8	3.5	82	6.6	0.9	29
Salad, Coleslaw, Creamy (OR)	1/2 cup	87	76	2.0	13.2	1.2+	190	24.6	4.3	42
^Bread, Roll, Oat Bran Wheat, HMD (OR)	1 each	50	144	4.2	23.7	2.0	125	24.1	2.1	19
Pineapple, Tidbits (OR)	1/2 cup	150	90	0.6	23.6	1.2	2	1.1	0.1	21
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			**898**	**56.7**	**132.6**	**15.3+**	**832**	**18.9**	**3.9**	**1131+**
Daily Totals for 11/23/26			**898**	**56.7**	**132.6**	**15.3+**	**832**	**18.9**	**3.9**	**1131+**
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			**135**	**303.8**	**144.7**	**163.8+**	**109**			**339+**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Tue Nov 24, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Holiday, Thanksgiving	1 each	0								
Turkey, Breast, Sliced, (OR)	3 ounces	94	138	28.2	0.0	0.0	93	13.4	3.8	8
^Gravy, Poultry, HMD, 2 oz (OR)	2 oz	64	18	0.2	3.4	0.1+	179	14.5	0.6	5
Ham, Sliced, 3 oz	3 ounces	94	190	18.9	0.0	0.0	1297	58.9	20.9	7
Glaze, Pineapple	1 oz	29	9	0.1	2.1	0.0	1	1.8	0.1	2
Yams, Mashed, Spiced	1/2 cup	208	131	0.8	25.1	2.1	56	21.2	4.0	21
Beans, Green, Frz, LF, LS (OR)	1/2 cup	167	35	1.6	6.8	2.4	5	4.8	1.1	40
^Bread, Onion, HMD (OR)	1 slice	50	135	3.7	22.4	1.3	138	23.4	3.7	20
Custard, Pumpkin (OR)	1 square	145	189	6.0	37.9	2.6	73	10.3	4.6	155
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Diet, Cookie, Splenda Sugar, HMD (OR)	1 each	32	134	1.7	16.8	0.3	122	45.0	8.8	10
Sauce, Cranberry	1 oz	49	78	0.4	19.9	0.6	2	0.3	0.0	1
Noon Meal Totals			**1150+**	**69.2+**	**147.5+**	**9.5+**	**2066+**	**25.4**	**7.7**	**553+**
Daily Totals for 11/24/26			**1150+**	**69.2+**	**147.5+**	**9.5+**	**2066+**	**25.4**	**7.7**	**553+**
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			**172+**	**370.5+**	**160.9+**	**101.3+**	**270+**			**166+**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Wed Nov 25, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Holiday, Thanksgiving	1 each	0								
Beef, Salisbury, w/o Gravy, HMD (OR)	4 oz	125	220	17.3	7.0	0.8	132	55.2	19.3	52
Gravy, Brown, HMD	2 oz	57	17	0.5	3.6	0.2+	2	2.5	0.4	3+
Turkey, Breast, Sliced, (OR)	3 ounces	94	138	28.2	0.0	0.0	93	13.4	3.8	8
^Gravy, Poultry, HMD, 2 oz (OR)	2 oz	64	18	0.2	3.4	0.1+	179	14.5	0.6	5
Potatoes, Whipped, LF, LS	1/2 cup	111	105	3.4	22.2	2.1	45	2.9	2.1	51
Peas, Green, Frz, LF, LS	1/2 cup	167	70	4.7	12.4	4.1	100	4.6	0.8	22
Dressing, Bread	1/2 cup	139	167	3.6	18.4	1.3	292	47.1	8.8	60+
Bar, Pumpkin (OR)	1 square	82	298	3.4	48.5	0.6	216	31.4	6.9	40
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Sauce, Cranberry	1 oz	49	78	0.4	19.9	0.6	2	0.3	0.0	1
Diet, Cookie, Splenda Sugar, HMD (OR)	1 each	32	134	1.7	16.8	0.3	122	45.0	8.8	10
Noon Meal Totals			**1339+**	**71.0+**	**165.2+**	**10.0+**	**1285+**	**29.9**	**8.2**	**535+**
Daily Totals for 11/25/26			**1339+**	**71.0+**	**165.2+**	**10.0+**	**1285+**	**29.9**	**8.2**	**535+**
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			**201+**	**380.3+**	**180.2+**	**107.3+**	**168+**			**160+**

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Thu Nov 26, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Holiday, Closed	1 each	0								
Noon Meal Totals										
Daily Totals for 11/26/26										
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)										

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Fri Nov 27, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Holiday, Closed	1 each	0								
Noon Meal Totals										
Daily Totals for 11/27/26										
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)										
Week Daily Average (11/22/26-11/28/26)			**677+**	**39.4+**	**89.1+**	**6.9+**	**837+**	**25.5**	**6.9**	**444+**

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Mon Nov 30, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Turkey, Pattie, Homestyle (OR)	1 each	125	185	19.8	8.0	0.8	199	39.3	10.2	61+
^Gravy, Poultry, HMD, 2 oz (OR)	1 oz	32	9	0.1	1.7	0.1+	90	14.5	0.6	2
Pork, Rib Patty, BBQ w/out Extra Sauce * (Ol	1 each	85	192	14.2	9.1		476	54.0	18.0	53
Potatoes, Sweet, Frz	1/2 cup	113	109	1.9	25.2	1.9	7	1.7	0.4	42
Mix Veg, Peas & Carrots	1/2 cup	93	68	2.6	9.7	3.5	93	29.7	5.5	26
^Bread, Onion, HMD (OR)	1 slice	50	135	3.7	22.4	1.3	138	23.4	3.7	20
Orange, Fresh	1 each	96	45	0.9	11.2	2.3	0	2.1	0.3	38
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			**838**	**50.9**	**100.3**	**10.0+**	**1102**	**29.9**	**8.9**	**525+**
Daily Totals for 11/30/26			**838**	**50.9**	**100.3**	**10.0+**	**1102**	**29.9**	**8.9**	**525+**
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			**126**	**272.7**	**109.4**	**107.1+**	**144**			**158+**
Week Daily Average (11/29/26-11/30/26)			**838**	**50.9**	**100.3**	**10.0+**	**1102**	**29.9**	**8.9**	**525+**
Daily Average (11/02/26-11/30/26)			**878+**	**49.7+**	**111.2+**	**11.1+**	**1045+**	**28.2**	**8.6**	**562+**

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