

Menu: NWSDS Salem Date: Mon Aug 03, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Beef, Chili Macaroni (OR)	1 cup	341	254	17.4	20.9	4.6+	341	40.2	13.2	73
Vegetarian, Southwest Omelet Bake (OR)	1 slice	246	287	23.1	12.7	1.5+	579	50.0	25.3	516
Carrots, Sliced, LF, LS	1/2 cup	167	33	0.7	7.2	3.0	64	10.7	1.1	35
Salad, Cucumber, w/ItalianDressing/Red Oni	1/2 cup	84	25	0.7	5.2	0.6	365	11.3	3.9	19
Bread, Roll, Rye Bran, HMD (OR)	1.5 oz	66	131	3.9	22.1	2.4	117	23.7	2.0	18
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			870	54.3	92.3	14.4+	1565	34.8	14.1	982
Daily Totals for 08/03/26			870	54.3	92.3	14.4+	1565	34.8	14.1	982
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 (%)			131	291.1	100.7	154.2+	204			295

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Menu: NWSDS Salem

Date: Tue Aug 04, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Beef, Country Fried Steak, w/o Gravy (OR)	1 each	112	250	14.0	22.0	1.0	670	42.9	17.9	26
Gravy, Country, HMD, 2 oz (OR)	2 oz	57	81	2.8	6.9	0.2	93	52.2	10.0	91+
^Chicken, Breast, Breaded, Cooked, 3.45oz	1 each	99	233	18.3	12.2	2.0	426	47.4		26
Sauce, Creole, HMD	1 oz	67	21	1.0	4.5	1.2	16	4.0	0.8	15
Potatoes, Lyonnaise (OR)	1/2 cup	118	107	3.5	16.6	1.5	91	25.3	4.7	66+
Mix Veg, California (Hmd), LF, LS	1/2 cup	182	31	2.1	5.6	2.9	45	3.9	0.4	22
Bread, Roll, Oat Bran Wheat, HMD (OR)	1.95 oz	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			1053	54.1	128.2	12.1	1567	32.6	7.0	569+
Daily Totals for 08/04/26			1053	54.1	128.2	12.1	1567	32.6	7.0	569+
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 (%)			158	289.7	139.9	129.4	204			171+

Includes main items only. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.
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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Wed Aug 05, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Holiday, Special	1 each	0								
Frankfurter, Turkey, 8x1, 2 oz	1 each	58	149	7.8	0.0	0.0	470	78.9		61
Sausage, Bratwurst, Pork (OR)	1 each	70	234	9.6	2.0	0.0	595	79.8	27.4	20
Sauerkraut, RTU (OR)	1/8 cup	18	3	0.2	0.8	0.5	117	5.7	1.4	5
Ind, Mustard (OR)	1 each	6	3	0.2	0.3	0.2	61	44.0	2.8	3
Beans, Baked, Great Northern (OR)	1/2 cup	150	201	10.2	40.1	9.3+	105	2.5	0.7	99
^Salad, Potato, HMD	1/2 cup	355	125	2.8	20.2	2.1	190	28.7	5.3	26
Bread, Bun, Hot Dog, Local (OR)	1 each	43	120	4.2	21.6	0.8	212	12.8	2.8	62
^Pudding, Lemon, HS, w/Berries (OR)	1/2 cup	187	209	6.7	39.4	1.5+	95	6.2	3.1	239
Diet, Pudding, Vanilla, Mix (OR)	1/2 cup	111	75	5.0	12.2	0.0	144	1.3	0.9	257
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			1215+	54.3+	149.5+	14.4+	2089+	32.5	7.8	1055+
Daily Totals for 08/05/26			1215+	54.3+	149.5+	14.4+	2089+	32.5	7.8	1055+
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 (%)			182+	290.9+	163.1+	153.9+	273+			317+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Thu Aug 06, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Beef, Taco Meat, w/Ground Beef/trky	3 ounces	136	186	16.5	2.7	0.7	355	58.2	20.2	18
Chicken, Fajita Meat, Diced, w/Onion/Pep	1/2 cup	112	128	26.6	2.5	0.4	48	13.8	0.0	3
Cheese, Shredded, Cheddar, 1/2 oz *	1/2 oz	14	56	3.5	0.0	0.0	91	74.3	41.3	101
Salad, Cabbage, Lime (OR)	1/2 cup	100	45	1.2	5.7	2.2	17	44.5	6.2	44
Beans, Pinto, Dry, LF, LS	1/2 cup	181	153	8.8	28.3	6.4	11	3.0	0.6	51
Bread, Tortilla, Flour, 8" (OR)	1 each	32	98	2.6	15.8	1.1	236	23.8	8.7	47
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
Ind, Sauce, Picante (OR)	1 each	14	4	0.2	0.9	0.3	101	4.5	0.6	4
Noon Meal Totals			820	68.0	83.3	12.1	965	28.6	10.4	568
Daily Totals for 08/06/26			820	68.0	83.3	12.1	965	28.6	10.4	568
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 (%)			123	364.4	90.8	129.4	126			170

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Menu: NWSDS Salem Date: Fri Aug 07, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Vegetarian, Macaroni & Cheese (OR)	1 cup	236	432	24.2+	45.7	1.5+	502	34.1	18.6	557+
Chicken, Chili, White Bean (OR)	1 cup	248	233	16.1	31.9	7.6	224	18.5	3.9	79+
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, Broccoli Ranch (OR)	1/2 cup	101	78	2.5	6.3	1.1	254	57.0	10.4	64
^Bread, Squash, HMD (OR)	2.05 oz	57	155	4.0	25.9	1.4	185	23.1	2.0	23
Apple, Fresh, Slices, IW (CACFP)	1 each	52	27	0.1	7.2	1.3	1	2.6	0.4	3
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			1072	57.4+	139.7	16.4+	1347	27.4	10.6	1038+
Daily Totals for 08/07/26			1072	57.4+	139.7	16.4+	1347	27.4	10.6	1038+
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 (%)			161	307.4+	152.4	175.5+	176			312+
Week Daily Average (08/03/26-08/08/26)			1006+	57.6+	118.6+	13.9+	1507+	31.2	9.7	843+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Mon Aug 10, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Beef, Stew, Ground (OR)	1 cup	247	198	13.0	14.9	2.8	88	43.8	15.2	47
Vegetarian, Cheesy Bake (OR)	1 cup	455	383	19.6	38.9	4.1+	500	38.9	15.5	351
Mix Veg, 4 Way Mix	1/2 cup	178	83	2.9	13.1	4.4	56	23.4	4.4	27
Salad, Marinated Corn (OR)	1/2 cup	145	168	3.4	25.5	2.5	51	36.4	5.6	13
Bread, Roll, Multigrain, HMD (OR)	1.5 oz	45	120	3.5	19.7	1.7	171	24.4	2.1	16
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			1103	50.8	139.4	16.5+	973	33.1	10.6	755
Daily Totals for 08/10/26			1103	50.8	139.4	16.5+	973	33.1	10.6	755
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 (%)			165	272.2	152.1	177.4+	127			226

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Tue Aug 11, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Beef, Chili, w/ Grnd Bf/Kidney Beans (Dry), 1	1 cup	422	294	21.9	33.7	12.1	85	25.6	8.6	103
Chicken, Noodle Bake (OR)	1 cup	408	282	17.4	31.8	2.2+	332	28.7	7.3	77+
Greens, Spinach	1/2 cup	196	56	4.6	6.7	4.3	126	32.9	6.1	177
Salad, Coleslaw, Bayou, HMD, LF	1/2 cup	131	82	1.7	10.2	2.5	152	46.2	2.3	50
Bread, Cornbread, HMD (OR)	1 piece	83	216	5.3	32.3	1.1	426	30.4	6.2	150
Apple, Fresh, Slices, IW (CACFP)	1 each	52	27	0.1	7.2	1.3	1	2.6	0.4	3
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			1054	58.5	134.9	23.4+	1223	28.3	7.3	843+
Daily Totals for 08/11/26			1054	58.5	134.9	23.4+	1223	28.3	7.3	843+
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 (%)			158	313.4	147.2	250.8+	160			253+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Wed Aug 12, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (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
Fish, Tilapia, Fillet, Baked (USE)	1 each	113	109	22.8	0.0	0.0	59	16.0	5.5	11
Sauce, Lemon Rosemary, HMD (SF)	2 ounces	71	11	0.1	2.3	0.1	23	1.4	0.3	4+
Potatoes, Red, Oven Roasted	1/2 cup	71	79	1.3	14.0	1.4	4	25.2	4.0	11
Mix Veg, San Francisco, LF, LS	1/2 cup	189	37	1.5	7.5	3.0	40	0.0	0.0	2
Bread, French, HMD (OR)	1.86 oz	53	123	4.2	23.9	0.9	80	7.6	0.9	17
Cake, Chocolate, HMD (OR)	1 slice	68	202	2.6	34.2	1.6	279	30.0	8.6	29
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			851	59.9	104.5	7.8+	873	23.5	6.9	420+
Daily Totals for 08/12/26			851	59.9	104.5	7.8+	873	23.5	6.9	420+
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 (%)			128	320.8	114.0	83.1+	114			126+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Thu Aug 13, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Holiday, Special	1 each	0								
Chicken, Pollo a la Crema, Thigh	1 each	253	222	9.9	17.3	3.6	611	52.8	12.9	71
Beef, Spanish Rice (OR)	1 cup	261	279	15.8	29.3	2.7	107	34.2	12.0	69
Broccoli, Cuts	1/2 cup	192	49	2.6	5.2	2.6	45	34.4	6.5	28
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, Onion, HMD (OR)	1.86 oz	50	135	3.7	22.4	1.3	138	23.4	3.7	20
Peaches, Spiced (OR)	1/2 cup	140	96	0.8	24.8	1.6	8	0.4	0.1	16
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			1064+	49.3+	143.5+	18.4+	1019+	29.6	8.2	554+
Daily Totals for 08/13/26			1064+	49.3+	143.5+	18.4+	1019+	29.6	8.2	554+
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+	264.1+	156.5+	197.2+	133+			166+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Fri Aug 14, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
^Salad, Tuna, HMD (OR)	1/2 cup	108	111	13.0	4.9	0.4	292	36.4	7.8	25
Sandwich, Ham & Swiss Cheese (OR)	3 ounces	94	239	21.2	0.0	0.0	957	65.3	30.6	271
Ind, Mayonnaise (OR)	1 each	12	90	0.0	0.0	0.0	65	100.0	15.0	0
Ind, Mustard (OR)	1 each	6	3	0.2	0.3	0.2	61	44.0	2.8	3
Soup, Lentil, Vegetarian (OR)	1 cup	269	137	6.0+	20.5	3.2+	99	24.6	4.6	26+
Salad, Carrot Raisin * (SF)	1/2 cup	84	111	0.7	13.6	1.9	190	49.8	0.2	23
Bread, Whole Grain, Sliced, CACFP (OR)	1 slice	28	75	3.0	13.6	1.1	142	10.9	2.6	37
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			994	52.3+	100.7	8.8+	1909	40.7	11.7	689+
Daily Totals for 08/14/26			994	52.3+	100.7	8.8+	1909	40.7	11.7	689+
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 (%)			149	279.9+	109.9	94.4+	249			207+
Week Daily Average (08/09/26-08/15/26)			1013+	54.2+	124.6+	15.0+	1199+	31.2	9.0	652+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Mon Aug 17, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Chicken, Wakiki (Pineapple), Breast (OR)	1 each	158	159	17.7	15.2	0.3+	775	19.6	11.1	9
Pork, Patty, Sausage, Homestyle (OR)	1 each	111	200	14.9	7.3	0.8	129	55.4	17.0	48
Gravy, Pork, HMD, 1 oz (OR)	1 oz	36	13	0.3	2.6	0.1	17	6.4	0.2	2+
Potatoes, Red, Oven Roasted	1/2 cup	71	79	1.3	14.0	1.4	4	25.2	4.0	11
Carrots, Sliced, Glazed, LF, LS	1/2 cup	172	52	0.7	12.0	3.0	64	6.9	0.7	35
Bread, Cracked Wheat, HMD (OR)	1.749 oz	50	136	4.1	21.8	1.4	193	24.7	2.7	18
Apple, Fresh, Slices, IW (CACFP)	1 each	52	27	0.1	7.2	1.3	1	2.6	0.4	3
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			761	46.7	93.2	8.2+	1282	28.7	9.3	409+
Daily Totals for 08/17/26			761	46.7	93.2	8.2+	1282	28.7	9.3	409+
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 (%)			114	250.1	101.6	88.2+	167			123+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Tue Aug 18, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
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, BBQ (OR)	1 oz	32	46	0.2	11.1	0.3	184	2.0	0.2	3
Vegetarian, Burger, Black Bean (OR)	1 each	96	120	11.0	16.0	7.0	730	20.0	0.0	50
Ind, Mayonnaise (OR)	1 each	12	90	0.0	0.0	0.0	65	100.0	15.0	0
Ind, Mustard (OR)	1 each	6	3	0.2	0.3	0.2	61	44.0	2.8	3
Ind, Ketchup (OR)	1 each	9	9	0.1	2.5	0.0	82	0.8	0.1	1
Salad, Lettuce, Shredded	1/4 cup	19	3	0.2	0.6	0.2	2	7.5	1.0	3
Beans, Baked, Great Northern (OR)	1/2 cup	150	201	10.2	40.1	9.3+	105	2.5	0.7	99
Salad, Coleslaw, Coleslaw Drsg (OR)	1/2 cup	125	121	1.6	11.1	2.3	229	59.8	0.2	49
Bread, Bun, Hamburger, WW (CACFP)	1 each	50	133	6.1	22.3	3.0	212	14.7	3.1	98
Pears, Blushing	1/2 cup	150	75	0.5	19.4	2.4	6	1.2	0.1	13
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			1126	54.7	136.3	24.8+	1825	35.1	8.4	620
Daily Totals for 08/18/26			1126	54.7	136.3	24.8+	1825	35.1	8.4	620
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 (%)			169	292.8	148.7	265.3+	238			186

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Wed Aug 19, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Beef, Spaghetti Quaker (OR)	1 cup	234	315	18.1	37.2	3.0+	152	30.1	10.3	51
Chicken, Piccata, Boneless Breast (Raw \$)	1 each	113	105	18.7	1.0	0.1	84	20.3	4.3	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
^Bread, Garlic French, HMD (OR)	1 each	60	140	4.8	27.1	1.0	200	7.6	1.2	19
Fruit, Fresh In Season	1 each	114	64	0.9	16.3	2.4	5	3.0	0.8	16
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Salad Dressing, French (OR)	1 tablespoon	14	65	0.1	2.2	0.0	119	86.0	10.8	3
Noon Meal Totals			826	52.5	104.8	9.6+	680	24.9	7.1	442+
Daily Totals for 08/19/26			826	52.5	104.8	9.6+	680	24.9	7.1	442+
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 (%)			124	281.0	114.3	103.0+	89			133+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Thu Aug 20, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Cheese, Cottage, 1/2 cup * (OR)	3/4 cup	170	138	17.8	8.1	0.0	524	25.1	13.7	189
^Salad, Chicken, Deluxe, Bacon (OR)	1/2 cup	99	137	14.3	2.4	0.4	217	50.2	19.2	62
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
Salad, Beet, Pickled (OR)	1/2 cup	117	68	0.7	16.2	1.2+	115	1.4	0.3	19
Mix Fruit, Peach/P'apple	1/2 cup	150	78	0.8	20.5	1.6	4	0.9	0.1	15
Bread, Roll, Whole Wheat HMD (OR)	1.5 oz	50	134	3.8	22.0	1.4	162	23.5	2.0	17
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			778	46.1	85.1	5.3+	1392	34.6	10.0	617
Daily Totals for 08/20/26			778	46.1	85.1	5.3+	1392	34.6	10.0	617
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 (%)			117	246.8	92.9	56.7+	182			185

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Fri Aug 21, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Chicken, Spanish Rice, 1 cup (OR)	1 cup	218	204	14.4	22.8	2.2	226	24.5	5.4	36+
Tuna, Noodle Casserole, 1 cup	1 cup	466	269	23.4	26.7	1.9	813	25.4	7.6	100
Mix Veg, California (Hmd), LF, LS	1/2 cup	182	31	2.1	5.6	2.9	45	3.9	0.4	22
Salad, Bean, Kidney, Dry	1/2 cup	175	244	9.7	34.6	10.3	52	29.1	4.5	64
Bread, Roll, Oat Bran Wheat, HMD (OR)	1.95 oz	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			1032	62.3	137.6	21.6	1360	23.7	5.6	563+
Daily Totals for 08/21/26			1032	62.3	137.6	21.6	1360	23.7	5.6	563+
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 (%)			155	334.0	150.1	231.2	177			169+
Week Daily Average (08/16/26-08/22/26)			904	52.4	111.4	13.9+	1308	29.5	8.0	530+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Mon Aug 24, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Chicken, Fajita Bowl (OR) add rice add cheese	1 cup	163	248	19.8	14.7	2.4	63	45.8	8.3	35
Turkey, Tetrazzini (OR)	1 cup	198	239	23.1	27.2	1.5+	255	13.4	3.7	103+
Mix Veg, Fiesta (Hmd), No Pintos, LF	1/2 cup	187	65	3.6	12.2	4.2	57	4.0	0.7	33
Salad, Coleslaw, Cilantro * (SF)	1/2 cup	125	50	1.7	9.3	2.4	77	22.7	3.4	53
Bread, Roll, Oat Bran Wheat, HMD (OR)	1.95 oz	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			931	60.7	123.7	13.7+	678	22.9	5.0	547+
Daily Totals for 08/24/26			931	60.7	123.7	13.7+	678	22.9	5.0	547+
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 (%)			140	325.4	135.0	146.4+	88			164+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Tue Aug 25, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Turkey, Rice Bake (OR)	1 cup	260	323	26.7	30.5	1.1	299	27.4	9.0	260+
Vegetarian, Lasagna, Cheese, Roll Up, WG (	1 each	99	190	11.0	27.0	2.0	150	17.2	9.8	200
Sauce, Alfredo, Mix	1 oz	51	29	0.8	2.0	0.1	142	61.2	22.2	27
Tomatoes, Stewed	1/2 cup	175	60	1.4	8.7	2.7	37	24.9	4.7	41
Salad, Coleslaw, Apple Cranberry (OR)	1/2 cup	79	71	2.4	15.1	1.4	38	9.0	1.4	40
Bread, Roll, Seven Grain, HMD (OR)	1.5 oz	43	114	3.2	18.9	1.4	116	23.7	2.1	15
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			1016	53.7	150.0	10.7	885	20.4	7.1	885+
Daily Totals for 08/25/26			1016	53.7	150.0	10.7	885	20.4	7.1	885+
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 (%)			152	287.8	163.6	114.6	115			265+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Wed Aug 26, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Holiday, Special	1 each	0								
Chicken, Orange Glazed, Patty (OR)	1 piece	143	223	17.3	25.0	0.1+	578	26.1	10.1	3+
Vegetarian, Meatballs, Kofta, 1 oz (OR)	3 each	176	202	18.5+	12.4	4.4+	518	38.7	6.6	50+
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, Sesame	1/2 cup	173	55	1.7	7.1	2.4	21	37.0	6.7	44
Salad, Carrot Mandarin, HMD (OR)	1/2 cup	96	92	1.0	15.5	2.0	158	31.8	5.6	31
Cookie, Fortune, RTU	1 each	8	30	0.3	6.7	0.1	2	6.4	1.6	1
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			835+	49.3+	108.5+	10.4+	1381+	26.0	7.1	416+
Daily Totals for 08/26/26			835+	49.3+	108.5+	10.4+	1381+	26.0	7.1	416+
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 (%)			125+	263.9+	118.4+	111.2+	180+			125+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Thu Aug 27, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Beef, Meatballs Country, HMD (OR)	2 each	125	197	15.1	8.1	1.2+	150	52.5	18.3	55+
^Chicken, Breast, Breaded, Cooked, 3.45oz	1 each	99	233	18.3	12.2	2.0	426	47.4		26
Gravy, Country, HMD, 2 oz (OR)	2 oz	57	81	2.8	6.9	0.2	93	52.2	10.0	91+
Potatoes, Whipped	1/2 cup	111	121	3.4	22.2	2.1	62	16.0	4.4	51
Greens, Spinach	1/2 cup	196	56	4.6	6.7	4.3	126	32.9	6.1	177
Bread, Onion, HMD (OR)	1.86 oz	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			964	56.4	102.7	13.4+	1096	35.8	7.3	742+
Daily Totals for 08/27/26			964	56.4	102.7	13.4+	1096	35.8	7.3	742+
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 (%)			145	302.3	112.0	144.0+	143			222+

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Menu: NWSDS Salem Date: Fri Aug 28, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Chicken, Breast Filet, SENIORS, Cooked (Of	1 each	87	120	17.0	6.0	0.0	530	25.5	14.6	0
Sauce, Creamy Dijon, HMD, 2 oz * (OR)	1 oz	26	31	0.2+	5.9	0.0+	57	79.1	50.5	5+
Fish, Pollock, Potato Crusted * (SF)	1 each	102	210	14.0	15.0	1.9	290	43.7	4.4	10
Ind, Sauce, Tartar (OR)	1 each	12	60	0.0	0.4	0.0	184	97.3	15.2	0
Potatoes, Delmonico (OR)	1/2 cup	128	110	3.6	17.4	1.7	91	24.6	4.6	67+
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, Roll, Rye Bran, HMD (OR)	1.5 oz	66	131	3.9	22.1	2.4	117	23.7	2.0	18
Apple, Fresh, Slices, IW (CACFP)	1 each	52	27	0.1	7.2	1.3	1	2.6	0.4	3
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			849	49.2+	100.0	11.6+	1407	33.4	8.4	414+
Daily Totals for 08/28/26			849	49.2+	100.0	11.6+	1407	33.4	8.4	414+
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 (%)			127	263.7+	109.1	124.7+	184			124+
Week Daily Average (08/23/26-08/29/26)			919+	53.9+	117.0+	12.0+	1090+	27.6	7.0	601+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Mon Aug 31, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Vegetarian, Pasta Primavera (OR)	1 cup	290	313	18.3	33.5	2.6+	581	34.2	18.1	448
Pork, Sweet & Sour (OR)	1 cup	290	336	16.2	31.7	2.6	418	42.8	14.6	60
Rice, Brown, LF, LS (OR)	1/2 cup	100	139	2.9	28.8	1.4	4	7.9	1.5	6
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
Onlok Salad, Coleslaw, Pineapple *	1/2 cup	123	111	1.2	13.7	1.8	170	48.6	0.1	38
Bread, Seven Grain, HMD (OR)	1.749 oz	49	130	3.3	21.6	1.4	177	23.9	2.1	17
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			1322	53.0	190.1	16.2+	1490	27.8	9.3	899
Daily Totals for 08/31/26			1322	53.0	190.1	16.2+	1490	27.8	9.3	899
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 (%)			198	283.7	207.4	173.1+	194			270
Week Daily Average (08/30/26-08/31/26)			1322	53.0	190.1	16.2+	1490	27.8	9.3	899
Daily Average (08/03/26-08/31/26)			978+	54.5+	121.3+	13.8+	1286+	29.8	8.5	668+

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