

Menu: NWSDS Salem      Date: Tue Sep 01, 2026

| Recipe Name                                 | Size    | Amt<br>(gm) | Calo<br>ries<br>(kcal) | Pro<br>tein<br>(gm) | Carbo<br>hydrat<br>(gm) | Dietry<br>Fiber<br>(gm) | Sodium<br>(mg) | % Cal.<br>Fat<br>(%) | % Cal.<br>SFA<br>(%) | Cal<br>cium<br>(mg) |
|---------------------------------------------|---------|-------------|------------------------|---------------------|-------------------------|-------------------------|----------------|----------------------|----------------------|---------------------|
| Noon Meal                                   |         |             |                        |                     |                         |                         |                |                      |                      |                     |
| ^Chicken, Mozzarella, Breaded Patty, add M  | 1 each  | 143         | 277                    | 18.8                | 13.0                    | 2.5                     | 594            | 53.6                 | 5.5                  | 131                 |
| Sauce, Marinara                             | 1 oz    | 36          | 18                     | 0.5                 | 2.7                     | 0.7                     | 158            | 29.1                 | 3.9                  | 9                   |
| Cheese, Shredded, Mozzarella, 1 oz          | 1 oz    | 28          | 84                     | 6.7                 | 1.6                     | 0.0                     | 189            | 60.3                 | 34.4                 | 198                 |
| Beef, Pizza Casserole, w/Gr Bf/Gr Trky/Pork | 1 cup   | 328         | 385                    | 24.5                | 27.2                    | 2.6                     | 344            | 45.9                 | 17.5                 | 144                 |
| Mix Veg, Winter (Hmd), LF, LS               | 1/2 cup | 189         | 30                     | 2.8                 | 4.9                     | 2.8                     | 35             | 0.0                  | 0.0                  | 15                  |
| Salad, Bean, Garbanzo (OR)                  | 1/2 cup | 262         | 282                    | 13.6                | 41.7                    | 11.7                    | 335            | 19.2                 | 1.1                  | 79                  |
| Bread, French, HMD (OR)                     | 1.86 oz | 53          | 123                    | 4.2                 | 23.9                    | 0.9                     | 80             | 7.6                  | 0.9                  | 17                  |
| 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                 |
| Noon Meal Totals                            |         |             | 1358                   | 79.6                | 144.2                   | 23.5                    | 1840           | 34.2                 | 9.5                  | 891                 |
| Daily Totals for 09/01/26                   |         |             | 1358                   | 79.6                | 144.2                   | 23.5                    | 1840           | 34.2                 | 9.5                  | 891                 |
| 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 (%)   |         |             | 204                    | 426.6               | 157.3                   | 251.5                   | 240            |                      |                      | 267                 |

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

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem      Date: Wed Sep 02, 2026

| Recipe Name                                   | Size    | Amt<br>(gm) | Calo<br>ries<br>(kcal) | Pro<br>tein<br>(gm) | Carbo<br>hydrat<br>(gm) | Dietry<br>Fiber<br>(gm) | Sodium<br>(mg) | % Cal.<br>Fat<br>(%) | % Cal.<br>SFA<br>(%) | Cal<br>cium<br>(mg) |
|-----------------------------------------------|---------|-------------|------------------------|---------------------|-------------------------|-------------------------|----------------|----------------------|----------------------|---------------------|
| Noon Meal                                     |         |             |                        |                     |                         |                         |                |                      |                      |                     |
| Chicken, Shoyu Oriental, Patty (OR)           | 1 each  | 142         | 189                    | 17.5                | 23.3                    | 0.1                     | 715            | 16.2                 | 9.3                  | 27                  |
| Pork, Rib Patty, BBQ w/out Extra Sauce * (OR) | 1 each  | 85          | 192                    | 14.2                | 9.1                     |                         | 476            | 54.0                 | 18.0                 | 53                  |
| Potatoes, Whipped, Garlic, LF, LS             | 1/2 cup | 109         | 106                    | 3.5                 | 22.4                    | 2.1                     | 46             | 2.9                  | 2.1                  | 51                  |
| 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, Whole Wheat Honey, HMD (OR)            | 2 oz    | 37          | 99                     | 2.8                 | 16.4                    | 1.7                     | 5              | 25.3                 | 2.2                  | 15                  |
| Peaches, Diced (OR)                           | 1/2 cup | 150         | 66                     | 0.9                 | 17.3                    | 1.9                     | 6              | 0.6                  | 0.1                  | 9                   |
| Milk, 1%, Ind, Local                          | 1 each  | 227         | 95                     | 7.6                 | 13.0                    | 0.0                     | 100            | 19.4                 | 12.7                 | 283                 |
| Noon Meal Totals                              |         |             | 812                    | 49.4                | 114.5                   | 10.2+                   | 1385           | 22.5                 | 8.5                  | 465                 |
| Daily Totals for 09/02/26                     |         |             | 812                    | 49.4                | 114.5                   | 10.2+                   | 1385           | 22.5                 | 8.5                  | 465                 |
| 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 (%)     |         |             | 122                    | 264.6               | 124.9                   | 109.8+                  | 181            |                      |                      | 140                 |

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: NWSDS Salem

Date: Thu Sep 03, 2026

| Recipe Name                               | Size         | Amt<br>(gm) | Calo<br>ries<br>(kcal) | Pro<br>tein<br>(gm) | Carbo<br>hydrat<br>(gm) | Dietry<br>Fiber<br>(gm) | Sodium<br>(mg) | % Cal.<br>Fat<br>(%) | % Cal.<br>SFA<br>(%) | Cal<br>cium<br>(mg) |
|-------------------------------------------|--------------|-------------|------------------------|---------------------|-------------------------|-------------------------|----------------|----------------------|----------------------|---------------------|
| Noon Meal                                 |              |             |                        |                     |                         |                         |                |                      |                      |                     |
| Eggs, Cheese Omelet (OR)                  | 1 each       | 85          | 163                    | 9.8                 | 1.6                     | 0.0                     | 267            | 71.1                 | 21.4                 | 134                 |
| Sauce, Salsa (OR)                         | 1 tablespoon | 14          | 7                      | 0.0                 | 0.5                     | 0.0                     | 45             | 69.2                 | 0.0                  | 0                   |
| Pork, Sausage Gravy (OR)                  | 1 cup        | 257         | 293                    | 16.0                | 29.8                    | 0.6                     | 383            | 36.3                 | 12.7                 | 351                 |
| Potatoes, Red, Fresh                      | 1/2 cup      | 68          | 59                     | 1.2                 | 13.6                    | 1.2                     | 3              | 1.0                  | 0.3                  | 5                   |
| Broccoli, Cuts, LF, LS                    | 1/2 cup      | 189         | 33                     | 2.6                 | 5.2                     | 2.6                     | 28             | 0.0                  | 0.0                  | 28                  |
| Bread, Biscuit, Mix (OR)                  | 1 each       | 33          | 76                     | 1.7                 | 11.0                    | 0.4                     | 217            | 32.8                 | 7.6                  | 42                  |
| 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                          |              |             | 786                    | 39.0                | 90.9                    | 6.4                     | 1046           | 34.7                 | 11.5                 | 850                 |
| Daily Totals for 09/03/26                 |              |             | 786                    | 39.0                | 90.9                    | 6.4                     | 1046           | 34.7                 | 11.5                 | 850                 |
| 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 (%) |              |             | 118                    | 208.9               | 99.1                    | 69.0                    | 136            |                      |                      | 255                 |

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: NWSDS Salem      Date: Fri Sep 04, 2026

| Recipe Name                               | Size    | Amt<br>(gm) | Calo<br>ries<br>(kcal) | Pro<br>tein<br>(gm) | Carbo<br>hydrat<br>(gm) | Dietry<br>Fiber<br>(gm) | Sodium<br>(mg) | % Cal.<br>Fat<br>(%) | % Cal.<br>SFA<br>(%) | Cal<br>cium<br>(mg) |
|-------------------------------------------|---------|-------------|------------------------|---------------------|-------------------------|-------------------------|----------------|----------------------|----------------------|---------------------|
| Noon Meal                                 |         |             |                        |                     |                         |                         |                |                      |                      |                     |
| Turkey, Sloppy Joe, w/Ground Trky (OR)    | 2/3 cup | 193         | 181                    | 15.9                | 17.6                    | 1.3                     | 400            | 28.4                 | 7.3                  | 42                  |
| Chicken, BBQ, Patty (OR)                  | 1 piece | 119         | 181                    | 17.3                | 20.7                    | 0.4                     | 775            | 17.7                 | 9.8                  | 4                   |
| Peas, Green, Frz, LF, LS                  | 1/2 cup | 167         | 70                     | 4.7                 | 12.4                    | 4.1                     | 100            | 4.6                  | 0.8                  | 22                  |
| Salad, Carrot Pineapple, HMD (OR)         | 1/2 cup | 113         | 102                    | 1.2                 | 18.0                    | 2.5                     | 177            | 29.0                 | 5.1                  | 37                  |
| Bread, Bun, Hamburger, WW (CACFP)         | 1 each  | 50          | 133                    | 6.1                 | 22.3                    | 3.0                     | 212            | 14.7                 | 3.1                  | 98                  |
| 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                          |         |             | 789                    | 53.0                | 111.1                   | 12.6                    | 1765           | 19.6                 | 6.7                  | 489                 |
| Daily Totals for 09/04/26                 |         |             | 789                    | 53.0                | 111.1                   | 12.6                    | 1765           | 19.6                 | 6.7                  | 489                 |
| 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 (%) |         |             | 118                    | 283.7               | 121.2                   | 135.1                   | 230            |                      |                      | 147                 |
| Week Daily Average (09/01/26-09/05/26)    |         |             | 936                    | 55.3                | 115.2                   | 13.2+                   | 1509           | 28.7                 | 9.1                  | 674                 |

Menu: NWSDS Salem      Date: Mon Sep 07, 2026

| Recipe Name                               | Size   | Amt<br>(gm) | Calo<br>ries<br>(kcal) | Pro<br>tein<br>(gm) | Carbo<br>hydrat<br>(gm) | Dietry<br>Fiber<br>(gm) | Sodium<br>(mg) | % Cal.<br>Fat<br>(%) | % Cal.<br>SFA<br>(%) | Cal<br>cium<br>(mg) |
|-------------------------------------------|--------|-------------|------------------------|---------------------|-------------------------|-------------------------|----------------|----------------------|----------------------|---------------------|
| Noon Meal                                 |        |             |                        |                     |                         |                         |                |                      |                      |                     |
| Holiday, Closed                           | 1 each | 0           |                        |                     |                         |                         |                |                      |                      |                     |
| Noon Meal Totals                          |        |             |                        |                     |                         |                         |                |                      |                      |                     |
| Daily Totals for 09/07/26                 |        |             |                        |                     |                         |                         |                |                      |                      |                     |
| 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 (%) |        |             |                        |                     |                         |                         |                |                      |                      |                     |

Menu: NWSDS Salem      Date: Tue Sep 08, 2026

| Recipe Name                                   | Size    | Amt<br>(gm) | Calo<br>ries<br>(kcal) | Pro<br>tein<br>(gm) | Carbo<br>hydrat<br>(gm) | Dietry<br>Fiber<br>(gm) | Sodium<br>(mg) | % Cal.<br>Fat<br>(%) | % Cal.<br>SFA<br>(%) | Cal<br>cium<br>(mg) |
|-----------------------------------------------|---------|-------------|------------------------|---------------------|-------------------------|-------------------------|----------------|----------------------|----------------------|---------------------|
| Noon Meal                                     |         |             |                        |                     |                         |                         |                |                      |                      |                     |
| Holiday, Labor Day                            | 1 each  | 0           |                        |                     |                         |                         |                |                      |                      |                     |
| Fish, Battered, WG (CACFP)                    | 1 each  | 102         | 210                    | 14.0                | 15.0                    | 1.9                     | 290            | 43.7                 | 4.4                  | 10                  |
| Cheese, Sliced, American, 1 oz                | 1 ounce | 28          | 104                    | 5.1                 | 1.4                     | 0.0                     | 474            | 75.1                 | 44.2                 | 296                 |
| Ind, Sauce, Tartar (OR)                       | 1 each  | 12          | 60                     | 0.0                 | 0.4                     | 0.0                     | 184            | 97.3                 | 15.2                 | 0                   |
| Pork Butt, BBQ * (SF)                         | 2/3 cup | 169         | 216                    | 21.9                | 15.1                    | 0.7                     | 348            | 29.0                 | 9.9                  | 26+                 |
| Beans, Baked, Great Northern (OR)             | 1/2 cup | 150         | 201                    | 10.2                | 40.1                    | 9.3+                    | 105            | 2.5                  | 0.7                  | 99                  |
| ^Salad, Macaroni, HMD                         | 1/2 cup | 225         | 155                    | 4.3                 | 24.0                    | 1.2                     | 225            | 27.4                 | 6.4                  | 36                  |
| Bread, Bun, Hamburger, WW (CACFP)             | 1 each  | 50          | 133                    | 6.1                 | 22.3                    | 3.0                     | 212            | 14.7                 | 3.1                  | 98                  |
| Gelatin, Lemon, Mix Fruit, 6 #10/1000 serving | 1/2 cup | 165         | 117                    | 2.3                 | 27.9                    | 0.2                     | 143            | 0.0                  | 0.0                  | 6                   |
| Diet, Gelatin, Assorted                       | 1/2 cup | 121         | 8                      | 1.2                 | 0.7                     | 0.0                     | 64             | 0.0                  | 0.0                  | 4                   |
| Milk, 1%, Ind, Local                          | 1 each  | 227         | 95                     | 7.6                 | 13.0                    | 0.0                     | 100            | 19.4                 | 12.7                 | 283                 |
| Noon Meal Totals                              |         |             | 1297+                  | 72.9+               | 159.9+                  | 16.2+                   | 2145+          | 29.0                 | 8.7                  | 857+                |
| Daily Totals for 09/08/26                     |         |             | 1297+                  | 72.9+               | 159.9+                  | 16.2+                   | 2145+          | 29.0                 | 8.7                  | 857+                |
| 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 (%)     |         |             | 195+                   | 390.2+              | 174.4+                  | 173.8+                  | 280+           |                      |                      | 257+                |

Menu: NWSDS Salem      Date: Wed Sep 09, 2026

| Recipe Name                                | Size    | Amt<br>(gm) | Calo<br>ries<br>(kcal) | Pro<br>tein<br>(gm) | Carbo<br>hydrat<br>(gm) | Dietry<br>Fiber<br>(gm) | Sodium<br>(mg) | % Cal.<br>Fat<br>(%) | % Cal.<br>SFA<br>(%) | Cal<br>cium<br>(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, Cucumber, w/ItalianDressing/Red Oni | 1/2 cup | 84          | 25                     | 0.7                 | 5.2                     | 0.6                     | 365            | 11.3                 | 3.9                  | 19                  |
| ^Bread, Squash, HMD (OR)                   | 2.05 oz | 57          | 155                    | 4.0                 | 25.9                    | 1.4                     | 185            | 23.1                 | 2.0                  | 23                  |
| Cake, Red Devil Beet, HMD (OR)             | 1 slice | 81          | 264                    | 2.7                 | 36.7                    | 1.9                     | 158            | 42.7                 | 7.9                  | 15                  |
| Diet, Cake, Chocolate, (HMD) (OR)          | 1 piece | 50          | 92                     | 1.7                 | 20.7                    | 0.6                     | 18             | 12.6                 | 5.0                  | 12                  |
| Milk, 1%, Ind, Local                       | 1 each  | 227         | 95                     | 7.6                 | 13.0                    | 0.0                     | 100            | 19.4                 | 12.7                 | 283                 |
| Noon Meal Totals                           |         |             | 1347                   | 59.8+               | 188.9                   | 17.1+                   | 1634           | 27.8                 | 9.7                  | 1018+               |
| Daily Totals for 09/09/26                  |         |             | 1347                   | 59.8+               | 188.9                   | 17.1+                   | 1634           | 27.8                 | 9.7                  | 1018+               |
| 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 (%)  |         |             | 202                    | 320.4+              | 206.0                   | 183.4+                  | 213            |                      |                      | 305+                |

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

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem      Date: Thu Sep 10, 2026

| Recipe Name                               | Size         | Amt<br>(gm) | Calo<br>ries<br>(kcal) | Pro<br>tein<br>(gm) | Carbo<br>hydrat<br>(gm) | Dietry<br>Fiber<br>(gm) | Sodium<br>(mg) | % Cal.<br>Fat<br>(%) | % Cal.<br>SFA<br>(%) | Cal<br>cium<br>(mg) |
|-------------------------------------------|--------------|-------------|------------------------|---------------------|-------------------------|-------------------------|----------------|----------------------|----------------------|---------------------|
| Noon Meal                                 |              |             |                        |                     |                         |                         |                |                      |                      |                     |
| Sandwich, Turkey, Shaved (OR)             | 1 each       | 57          | 83                     | 17.1                | 0.0                     | 0.0                     | 56             | 13.4                 | 3.8                  | 5                   |
| Beef, Meatloaf Sandwich, w/Turkey, HMD (O | 1 each       | 71          | 128                    | 9.7                 | 3.1                     | 0.7                     | 50             | 59.3                 | 21.2                 | 28                  |
| Bread, Whole Grain, Sliced, CACFP (OR)    | 1 slice      | 28          | 75                     | 3.0                 | 13.6                    | 1.1                     | 142            | 10.9                 | 2.6                  | 37                  |
| Soup, Potato Onion (OR)                   | 1 cup        | 258         | 223                    | 6.3+                | 26.7                    | 1.8+                    | 154            | 41.1                 | 3.4                  | 180+                |
| Salad, Spinach, w/Radishes                | 1 cup        | 68          | 16                     | 1.9                 | 2.5                     | 1.5                     | 54             | 11.9                 | 1.9                  | 67                  |
| 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                 |
| Sauce, Dijonaise (OR)                     | 0.5 oz       | 15          | 33                     | 0.0+                | 5.3                     | 0.0                     | 148            | 80.1                 | 12.4                 | 1+                  |
| Salad, Lettuce, Shredded                  | 1/4 cup      | 19          | 3                      | 0.2                 | 0.6                     | 0.2                     | 2              | 7.5                  | 1.0                  | 3                   |
| Salad Dressing, Balsamic Vinaigrette (OR) | 1 tablespoon | 20          | 18                     | 0.1                 | 3.5                     |                         | 5              | 0.0                  | 0.0                  | 6                   |
| Noon Meal Totals                          |              |             | 807                    | 46.7+               | 103.0                   | 7.4+                    | 714            | 29.1                 | 7.0                  | 630+                |
| Daily Totals for 09/10/26                 |              |             | 807                    | 46.7+               | 103.0                   | 7.4+                    | 714            | 29.1                 | 7.0                  | 630+                |
| 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 (%) |              |             | 121                    | 249.9+              | 112.4                   | 78.8+                   | 93             |                      |                      | 189+                |

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: Fri Sep 11, 2026

| Recipe Name                               | Size     | Amt<br>(gm) | Calo<br>ries<br>(kcal) | Pro<br>tein<br>(gm) | Carbo<br>hydrat<br>(gm) | Dietry<br>Fiber<br>(gm) | Sodium<br>(mg) | % Cal.<br>Fat<br>(%) | % Cal.<br>SFA<br>(%) | Cal<br>cium<br>(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                  |
| Salad, Lettuce, Shredded                  | 1/4 cup  | 19          | 3                      | 0.2                 | 0.6                     | 0.2                     | 2              | 7.5                  | 1.0                  | 3                   |
| 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 oz * (SF)    | 1 oz     | 28          | 111                    | 7.1                 | 0.0                     | 0.0                     | 182            | 74.3                 | 41.3                 | 202                 |
| 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                          |          |             | 878                    | 71.8                | 83.8                    | 12.3                    | 1058           | 31.4                 | 12.3                 | 673                 |
| Daily Totals for 09/11/26                 |          |             | 878                    | 71.8                | 83.8                    | 12.3                    | 1058           | 31.4                 | 12.3                 | 673                 |
| 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                    | 384.3               | 91.5                    | 131.8                   | 138            |                      |                      | 202                 |
| Week Daily Average (09/06/26-09/12/26)    |          |             | 866+                   | 50.2+               | 107.1+                  | 10.6+                   | 1110+          | 29.1                 | 9.4                  | 636+                |

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+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem      Date: Mon Sep 14, 2026

| Recipe Name                               | Size     | Amt<br>(gm) | Calo<br>ries<br>(kcal) | Pro<br>tein<br>(gm) | Carbo<br>hydrat<br>(gm) | Dietry<br>Fiber<br>(gm) | Sodium<br>(mg) | % Cal.<br>Fat<br>(%) | % Cal.<br>SFA<br>(%) | Cal<br>cium<br>(mg) |
|-------------------------------------------|----------|-------------|------------------------|---------------------|-------------------------|-------------------------|----------------|----------------------|----------------------|---------------------|
| Noon Meal                                 |          |             |                        |                     |                         |                         |                |                      |                      |                     |
| Holiday, Special                          | 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                   |
| Beef, A1 Chopped Patty, HMD (Legacy Bate  | 1 each   | 113         | 192                    | 16.3                | 3.7                     | 0.3+                    | 288            | 57.9                 | 20.1                 | 23+                 |
| Gravy, Brown, HMD (OR)                    | 2 oz     | 66          | 17                     | 0.3                 | 3.7                     | 0.2+                    | 4              | 1.9                  | 0.4                  | 4+                  |
| Potatoes, Whipped, LF, LS                 | 1/2 cup  | 111         | 105                    | 3.4                 | 22.2                    | 2.1                     | 45             | 2.9                  | 2.1                  | 51                  |
| Mix Veg, California (Hmd), LF, LS         | 1/2 cup  | 182         | 31                     | 2.1                 | 5.6                     | 2.9                     | 45             | 3.9                  | 0.4                  | 22                  |
| ^Bread, Garlic French, HMD (OR)           | 1 each   | 60          | 140                    | 4.8                 | 27.1                    | 1.0                     | 200            | 7.6                  | 1.2                  | 19                  |
| Cake, Applesauce Gingerbread, HMD (OR)    | 1 slice  | 77          | 209                    | 2.9                 | 31.3                    | 1.1                     | 242            | 35.1                 | 7.0                  | 36                  |
| Diet, Cake, Yellow, (HMD) (OR)            | 1 piece  | 75          | 200                    | 4.6                 | 28.1                    | 0.5                     | 309            | 34.8                 | 7.2                  | 104                 |
| Milk, 1%, Ind, Local                      | 1 each   | 227         | 95                     | 7.6                 | 13.0                    | 0.0                     | 100            | 19.4                 | 12.7                 | 283                 |
| Noon Meal Totals                          |          |             | 1143+                  | 70.5+               | 138.1+                  | 8.1+                    | 1504+          | 27.0                 | 7.8                  | 555+                |
| Daily Totals for 09/14/26                 |          |             | 1143+                  | 70.5+               | 138.1+                  | 8.1+                    | 1504+          | 27.0                 | 7.8                  | 555+                |
| 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 (%) |          |             | 171+                   | 377.4+              | 150.7+                  | 87.3+                   | 196+           |                      |                      | 166+                |

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

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem      Date: Tue Sep 15, 2026

| Recipe Name                               | Size    | Amt<br>(gm) | Calo<br>ries<br>(kcal) | Pro<br>tein<br>(gm) | Carbo<br>hydrat<br>(gm) | Dietry<br>Fiber<br>(gm) | Sodium<br>(mg) | % Cal.<br>Fat<br>(%) | % Cal.<br>SFA<br>(%) | Cal<br>cium<br>(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                  |
| 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                 |
| Noon Meal Totals                          |         |             | 1111                   | 50.8                | 141.3                   | 17.9+                   | 971            | 33.0                 | 10.6                 | 754                 |
| Daily Totals for 09/15/26                 |         |             | 1111                   | 50.8                | 141.3                   | 17.9+                   | 971            | 33.0                 | 10.6                 | 754                 |
| 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 (%) |         |             | 167                    | 271.8               | 154.1                   | 191.4+                  | 127            |                      |                      | 226                 |

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

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem      Date: Wed Sep 16, 2026

| Recipe Name                                          | Size    | Amt<br>(gm) | Calo<br>ries<br>(kcal) | Pro<br>tein<br>(gm) | Carbo<br>hydrat<br>(gm) | Dietry<br>Fiber<br>(gm) | Sodium<br>(mg) | % Cal.<br>Fat<br>(%) | % Cal.<br>SFA<br>(%) | Cal<br>cium<br>(mg) |
|------------------------------------------------------|---------|-------------|------------------------|---------------------|-------------------------|-------------------------|----------------|----------------------|----------------------|---------------------|
| Noon Meal                                            |         |             |                        |                     |                         |                         |                |                      |                      |                     |
| Turkey, Pattie, Homestyle w/Gravy (OR)               | 1 each  | 125         | 185                    | 19.8                | 8.0                     | 0.8+                    | 200            | 39.3                 | 10.2                 | 61+                 |
| ^Fish, Tilapia, Fillet, Baked w/Lemon Rosemary Sauce | 1 each  | 113         | 109                    | 22.8                | 0.0                     | 0.0                     | 59             | 16.0                 | 5.5                  | 11                  |
| 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                  |
| 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                                     |         |             | 674                    | 58.0                | 77.5                    | 8.4+                    | 482            | 20.6                 | 6.1                  | 423+                |
| Daily Totals for 09/16/26                            |         |             | 674                    | 58.0                | 77.5                    | 8.4+                    | 482            | 20.6                 | 6.1                  | 423+                |
| 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 (%)            |         |             | 101                    | 310.8               | 84.6                    | 89.6+                   | 63             |                      |                      | 127+                |

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

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem      Date: Thu Sep 17, 2026

| Recipe Name                                   | Size    | Amt<br>(gm) | Calo<br>ries<br>(kcal) | Pro<br>tein<br>(gm) | Carbo<br>hydrat<br>(gm) | Dietry<br>Fiber<br>(gm) | Sodium<br>(mg) | % Cal.<br>Fat<br>(%) | % Cal.<br>SFA<br>(%) | Cal<br>cium<br>(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                                  | 1 each  | 127         | 66                     | 0.3                 | 17.5                    | 3.0                     | 1              | 2.6                  | 0.4                  | 8                   |
| Milk, 1%, Ind, Local                          | 1 each  | 227         | 95                     | 7.6                 | 13.0                    | 0.0                     | 100            | 19.4                 | 12.7                 | 283                 |
| Noon Meal Totals                              |         |             | 1093                   | 58.7                | 145.2                   | 25.2+                   | 1223           | 27.4                 | 7.0                  | 847+                |
| Daily Totals for 09/17/26                     |         |             | 1093                   | 58.7                | 145.2                   | 25.2+                   | 1223           | 27.4                 | 7.0                  | 847+                |
| 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                    | 314.5               | 158.4                   | 270.0+                  | 160            |                      |                      | 254+                |

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# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem      Date: Fri Sep 18, 2026

| Recipe Name                                  | Size    | Amt<br>(gm) | Calo<br>ries<br>(kcal) | Pro<br>tein<br>(gm) | Carbo<br>hydrat<br>(gm) | Dietry<br>Fiber<br>(gm) | Sodium<br>(mg) | % Cal.<br>Fat<br>(%) | % Cal.<br>SFA<br>(%) | Cal<br>cium<br>(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 09/18/26                    |         |             | 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+                |
| Week Daily Average (09/13/26-09/19/26)       |         |             | 1017+                  | 57.4+               | 129.1+                  | 15.6+                   | 1040+          | 28.1                 | 8.1                  | 627+                |

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

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem      Date: Mon Sep 21, 2026

| Recipe Name                               | Size    | Amt<br>(gm) | Calo<br>ries<br>(kcal) | Pro<br>tein<br>(gm) | Carbo<br>hydrat<br>(gm) | Dietry<br>Fiber<br>(gm) | Sodium<br>(mg) | % Cal.<br>Fat<br>(%) | % Cal.<br>SFA<br>(%) | Cal<br>cium<br>(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 09/21/26                 |         |             | 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+                |

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

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem      Date: Tue Sep 22, 2026

| Recipe Name                               | Size    | Amt<br>(gm) | Calo<br>ries<br>(kcal) | Pro<br>tein<br>(gm) | Carbo<br>hydrat<br>(gm) | Dietry<br>Fiber<br>(gm) | Sodium<br>(mg) | % Cal.<br>Fat<br>(%) | % Cal.<br>SFA<br>(%) | Cal<br>cium<br>(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 09/22/26                 |         |             | 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                 |

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

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem      Date: Wed Sep 23, 2026

| Recipe Name                                | Size     | Amt<br>(gm) | Calo<br>ries<br>(kcal) | Pro<br>tein<br>(gm) | Carbo<br>hydrat<br>(gm) | Dietry<br>Fiber<br>(gm) | Sodium<br>(mg) | % Cal.<br>Fat<br>(%) | % Cal.<br>SFA<br>(%) | Cal<br>cium<br>(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, w/Pork Gr | 1 each   | 111         | 200                    | 14.9                | 7.4                     | 0.8                     | 129            | 55.3                 | 17.0                 | 48+                 |
| 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                           |          |             | 748                    | 46.4                | 90.6                    | 8.2+                    | 1265           | 29.1                 | 9.5                  | 407+                |
| Daily Totals for 09/23/26                  |          |             | 748                    | 46.4                | 90.6                    | 8.2+                    | 1265           | 29.1                 | 9.5                  | 407+                |
| 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 (%)  |          |             | 112                    | 248.4               | 98.8                    | 87.4+                   | 165            |                      |                      | 122+                |

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: NWSDS Salem      Date: Thu Sep 24, 2026

| Recipe Name                                | Size         | Amt<br>(gm) | Calo<br>ries<br>(kcal) | Pro<br>tein<br>(gm) | Carbo<br>hydrat<br>(gm) | Dietry<br>Fiber<br>(gm) | Sodium<br>(mg) | % Cal.<br>Fat<br>(%) | % Cal.<br>SFA<br>(%) | Cal<br>cium<br>(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 09/24/26                  |              |             | 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+                |

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

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem      Date: Fri Sep 25, 2026

| Recipe Name                               | Size    | Amt<br>(gm) | Calo<br>ries<br>(kcal) | Pro<br>tein<br>(gm) | Carbo<br>hydrat<br>(gm) | Dietry<br>Fiber<br>(gm) | Sodium<br>(mg) | % Cal.<br>Fat<br>(%) | % Cal.<br>SFA<br>(%) | Cal<br>cium<br>(mg) |
|-------------------------------------------|---------|-------------|------------------------|---------------------|-------------------------|-------------------------|----------------|----------------------|----------------------|---------------------|
| Noon Meal                                 |         |             |                        |                     |                         |                         |                |                      |                      |                     |
| Holiday, Oktoberfest                      | 1 each  | 0           |                        |                     |                         |                         |                |                      |                      |                     |
| Beef, Meatballs German, HMD (OR)          | 2 each  | 191         | 291                    | 23.7                | 13.0                    | 1.8+                    | 217            | 49.5                 | 16.8                 | 102+                |
| Sauce, German Meatball, 2 oz (OR)         | 2 oz    | 61          | 23                     | 0.6                 | 3.4                     | 0.4+                    | 56             | 29.6                 | 12.3                 | 14+                 |
| Sausage, Polish (OR)                      | 1 each  | 76          | 229                    | 9.2                 | 1.5                     | 0.0                     | 644            | 81.0                 | 28.1                 | 5                   |
| Sauerkraut, RTU (OR)                      | 1/8 cup | 18          | 3                      | 0.2                 | 0.8                     | 0.5                     | 117            | 5.7                  | 1.4                  | 5                   |
| Corn, Chuckwagon, Frozen, LF, LS          | 1/2 cup | 173         | 81                     | 2.8                 | 19.1                    | 2.0                     | 6              | 6.8                  | 1.0                  | 7                   |
| Salad, Potato, German, HMD Vegetarian (OF | 1/2 cup | 109         | 88                     | 1.7                 | 20.3                    | 1.6                     | 372            | 1.1                  | 0.2                  | 13                  |
| Bread, Roll, Rye Bran, HMD (OR)           | 1.5 oz  | 66          | 131                    | 3.9                 | 22.1                    | 2.4                     | 117            | 23.7                 | 2.0                  | 18                  |
| Cake, German Chocolate, Mix               | 1 slice | 105         | 266                    | 3.0                 | 50.0                    | 1.9                     | 472            | 22.5                 | 8.4                  | 40                  |
| Frosting German Chocolate (Coconut Walnut | 1 piece | 53          | 183                    | 2.9                 | 16.9                    | 0.6                     | 95             | 58.0                 | 21.2                 | 49                  |
| Diet, Cake, Yellow, (HMD) (OR)            | 1 piece | 75          | 200                    | 4.6                 | 28.1                    | 0.5                     | 309            | 34.8                 | 7.2                  | 104                 |
| Milk, 1%, Ind, Local                      | 1 each  | 227         | 95                     | 7.6                 | 13.0                    | 0.0                     | 100            | 19.4                 | 12.7                 | 283                 |
| Noon Meal Totals                          |         |             | 1591+                  | 60.1+               | 188.2+                  | 11.7+                   | 2505+          | 39.5                 | 13.0                 | 640+                |
| Daily Totals for 09/25/26                 |         |             | 1591+                  | 60.1+               | 188.2+                  | 11.7+                   | 2505+          | 39.5                 | 13.0                 | 640+                |
| 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 (%) |         |             | 239+                   | 322.0+              | 205.2+                  | 125.2+                  | 327+           |                      |                      | 192+                |
| Week Daily Average (09/20/26-09/26/26)    |         |             | 1064+                  | 55.2+               | 131.5+                  | 15.2+                   | 1527+          | 31.8                 | 9.2                  | 534+                |

Includes main items only. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.  
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Menu: NWSDS Salem      Date: Mon Sep 28, 2026

| Recipe Name                                | Size    | Amt<br>(gm) | Calo<br>ries<br>(kcal) | Pro<br>tein<br>(gm) | Carbo<br>hydrat<br>(gm) | Dietry<br>Fiber<br>(gm) | Sodium<br>(mg) | % Cal.<br>Fat<br>(%) | % Cal.<br>SFA<br>(%) | Cal<br>cium<br>(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 09/28/26                  |         |             | 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+                |

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: Tue Sep 29, 2026

| Recipe Name                                  | Size    | Amt<br>(gm) | Calo<br>ries<br>(kcal) | Pro<br>tein<br>(gm) | Carbo<br>hydrat<br>(gm) | Dietry<br>Fiber<br>(gm) | Sodium<br>(mg) | % Cal.<br>Fat<br>(%) | % Cal.<br>SFA<br>(%) | Cal<br>cium<br>(mg) |
|----------------------------------------------|---------|-------------|------------------------|---------------------|-------------------------|-------------------------|----------------|----------------------|----------------------|---------------------|
| Noon Meal                                    |         |             |                        |                     |                         |                         |                |                      |                      |                     |
| Chicken, Fajita Bowl (OR) add rice & Cheddar | 3/4 cup | 163         | 248                    | 19.8                | 14.7                    | 2.4                     | 63             | 45.8                 | 8.3                  | 35                  |
| Rice, Brown, LF, LS (OR)                     | 1/2 cup | 100         | 139                    | 2.9                 | 28.8                    | 1.4                     | 4              | 7.9                  | 1.5                  | 6                   |
| Cheese, Shredded, Cheddar, 1/2 oz *          | 1/2 oz  | 14          | 56                     | 3.5                 | 0.0                     | 0.0                     | 91             | 74.3                 | 41.3                 | 101                 |
| 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                             |         |             | 1125                   | 67.2                | 152.6                   | 15.0+                   | 773            | 23.6                 | 6.4                  | 654+                |
| Daily Totals for 09/29/26                    |         |             | 1125                   | 67.2                | 152.6                   | 15.0+                   | 773            | 23.6                 | 6.4                  | 654+                |
| 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                    | 359.7               | 166.5                   | 161.2+                  | 101            |                      |                      | 196+                |

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# Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem      Date: Wed Sep 30, 2026

| Recipe Name                                | Size    | Amt<br>(gm) | Calo<br>ries<br>(kcal) | Pro<br>tein<br>(gm) | Carbo<br>hydrat<br>(gm) | Dietry<br>Fiber<br>(gm) | Sodium<br>(mg) | % Cal.<br>Fat<br>(%) | % Cal.<br>SFA<br>(%) | Cal<br>cium<br>(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 09/30/26                  |         |             | 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+                |
| Week Daily Average (09/27/26-09/30/26)     |         |             | 997                    | 56.7+               | 134.2                   | 12.5+                   | 1022           | 25.3                 | 7.2                  | 651+                |
| Daily Average (09/01/26-09/30/26)          |         |             | 976+                   | 54.8+               | 122.8+                  | 13.5+                   | 1249+          | 28.9                 | 8.7                  | 620+                |

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