

Menu: NWSDS Salem Date: Thu Oct 01, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Holiday, Special	1 each	0								
Chicken, Orange Glazed, Patty (OR)	1 piece	143	223	17.3	25.0	0.1+	578	26.1	10.1	3+
Vegetarian, Meatballs, Kofta, 1 oz (OR)	3 each	176	202	18.5+	12.4	4.4+	518	38.7	6.6	50+
Rice, Brown, LF, LS (OR)	1/2 cup	100	139	2.9	28.8	1.4	4	7.9	1.5	6
Beans, Green, Frz, Sesame	1/2 cup	173	55	1.7	7.1	2.4	21	37.0	6.7	44
Salad, Carrot Mandarin, HMD (OR)	1/2 cup	96	92	1.0	15.5	2.0	158	31.8	5.6	31
Cookie, Fortune, RTU	1 each	8	30	0.3	6.7	0.1	2	6.4	1.6	1
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			835+	49.3+	108.5+	10.4+	1381+	26.0	7.1	416+
Daily Totals for 10/01/26			835+	49.3+	108.5+	10.4+	1381+	26.0	7.1	416+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			125+	263.9+	118.4+	111.2+	180+			125+

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 Oct 02, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Beef, Meatballs Country, HMD (OR)	2 each	125	197	15.1	8.1	1.2+	150	52.5	18.3	55+
^Chicken, Breast, Breaded, Cooked, 3.45oz	1 each	99	233	18.3	12.2	2.0	426	47.4		26
Gravy, Country, HMD, 2 oz (OR)	2 oz	57	81	2.8	6.9	0.2	93	52.2	10.0	91+
Potatoes, Whipped	1/2 cup	111	121	3.4	22.2	2.1	62	16.0	4.4	51
Greens, Spinach	1/2 cup	196	56	4.6	6.7	4.3	126	32.9	6.1	177
Bread, Onion, HMD (OR)	1.86 oz	50	135	3.7	22.4	1.3	138	23.4	3.7	20
Orange, Fresh	1 each	96	45	0.9	11.2	2.3	0	2.1	0.3	38
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			964	56.4	102.7	13.4+	1096	35.8	7.3	742+
Daily Totals for 10/02/26			964	56.4	102.7	13.4+	1096	35.8	7.3	742+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			145	302.3	112.0	144.0+	143			222+
Week Daily Average (10/01/26-10/03/26)			900+	52.9+	105.6+	11.9+	1239+	31.2	7.2	579+

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Menu: NWSDS Salem Date: Mon Oct 05, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Beef, Chili Macaroni (OR)	1 cup	341	254	17.4	20.9	4.6+	341	40.2	13.2	73
Pork, Loin, Ckd (OR)	3 ounces	64	160	17.5	0.0	0.0	38	54.9	20.1	12
Sauce, Apple Chutney, HMD	1 oz	25	37	0.0	5.1	0.1	20	46.2	8.8	4
Rice, Brown, LF, LS (OR)	1/2 cup	100	139	2.9	28.8	1.4	4	7.9	1.5	6
Mix Veg, 4 Way Mix	1/2 cup	178	83	2.9	13.1	4.4	56	23.4	4.4	27
Salad, Tossed, Romaine/Iceberg (OR)	1 cup	34	5	0.4	1.1	0.6	3	10.5	1.4	9
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
Ind, Salad Dressing, Ranch, 12 Gram	1 each	12	52	0.2	0.7	0.0	108	93.3	14.6	3
Noon Meal Totals			851	48.9	89.9	12.3+	670	35.8	11.1	420
Daily Totals for 10/05/26			851	48.9	89.9	12.3+	670	35.8	11.1	420
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			128	262.1	98.1	132.2+	87			126

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Menu: NWSDS Salem Date: Tue Oct 06, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
^Chicken, Parmesan, Breaded, USE (OR)-AI	1 piece	139	258	19.3	16.1	2.6	497	45.0	1.3	60
Sauce, Marinara	1 oz	36	18	0.5	2.7	0.7	158	29.1	3.9	9
Cheese, Parmesan, for Chicken (OR)	1 teaspoon	2	10	0.6	0.3	0.0	41	59.7	32.9	19
Beef, Stroganoff, w/ Short Cuts, 1/2 cup (no p	1/2 cup	206	118	13.4	4.4	0.5	122	39.2	19.0	16
Potatoes, Whipped	1/2 cup	111	121	3.4	22.2	2.1	62	16.0	4.4	51
Beans, Green, Frz	1/2 cup	103	53	1.7	7.0	2.4+	26	34.5	6.6	38+
^Bread, Garlic French, HMD (OR)	1 each	60	140	4.8	27.1	1.0	200	7.6	1.2	19
Banana, Fresh	1 each	118	105	1.3	27.0	3.1	1	3.0	1.0	6
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			918	52.5	119.8	12.2+	1207	26.5	5.8	502+
Daily Totals for 10/06/26			918	52.5	119.8	12.2+	1207	26.5	5.8	502+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			138	281.4	130.6	131.1+	157			151+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Wed Oct 07, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
^Salad, Tuna, HMD (OR)	1/2 cup	108	111	13.0	4.9	0.4	292	36.4	7.8	25
Salad, Turkey, HMD (OR)	1/2 cup	99	107	17.7	3.0	0.9	112	19.8	4.5	31
Soup, Lentil, Vegetarian (OR)	1 cup	269	137	6.0+	20.5	3.2+	99	24.6	4.6	26+
Salad, Bean, Kidney, Dry	1/2 cup	175	244	9.7	34.6	10.3	52	29.1	4.5	64
Bread, Wheatberry, Sprouted	1 each	45	110	6.0	18.0	5.0	210	12.3	0.0	22
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			937	60.6+	128.8	21.9+	868	21.3	4.6	471+
Daily Totals for 10/07/26			937	60.6+	128.8	21.9+	868	21.3	4.6	471+
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 (%)			141	324.6+	140.5	234.3+	113			141+

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Menu: NWSDS Salem Date: Thu Oct 08, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Turkey, Potato Scalloped,w/Turkey (OR)	1 cup	194	217	22.7	16.5	0.7+	222	26.2	5.4	166+
Vegetarian, Pasta, Southwestern Spicy, 1 cu	1 cup	168	143	6.4	17.9	3.6	186	32.6	19.7	113
Greens, Spinach, w/Garlic	1/2 cup	197	58	4.7	7.0	4.3+	132	32.2	5.9	177+
Salad, Bean, Black, w/Corn, Dried Beans * (C	1/2 cup	241	190	8.9	31.4	6.5	10	18.7	3.0	67
Bread, Seven Grain, HMD (OR)	1.749 oz	49	130	3.3	21.6	1.4	177	23.9	2.1	17
Orange, Fresh	1 each	96	45	0.9	11.2	2.3	0	2.1	0.3	38
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			878	54.5	118.7	18.8+	827	23.7	7.3	860+
Daily Totals for 10/08/26			878	54.5	118.7	18.8+	827	23.7	7.3	860+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			132	291.9	129.5	201.7+	108			258+

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Menu: NWSDS Salem Date: Fri Oct 09, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Holiday, Special	1 each	0								
Chicken, Baked, Thigh, Boneless, Skinless, 4	1 each	142	177	28.5	0.0	0.0	120	32.6	8.3	17
Sauce, Tikka Masala, HMD	1 oz	8	8	0.2	0.6	0.1	23	60.4	10.3	6
Pork, Szechuan (OR)	3 ounces	109	263	17.8+	12.6	0.5	609	52.9	14.3	50+
Rice, Herbed, Basmati * (SF)	1/2 cup	144	153	3.1	30.8	0.2	50	11.7	3.0	50
Mix Veg, Peas & Carrots	1/2 cup	93	68	2.6	9.7	3.5	93	29.7	5.5	26
Salad, Cucumber, w/Vinegar/Tom/Pep	1/2 cup	107	19	0.7	4.0	0.7	4	5.6	1.4	14
Hot, Fruit, Spiced, w/P'apple/Peach/Pears	1/2 cup	155	96	0.7	25.0	1.8	5	0.8	0.1	20
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			879+	61.2+	95.7+	6.8+	1004+	29.6	8.4	467+
Daily Totals for 10/09/26			879+	61.2+	95.7+	6.8+	1004+	29.6	8.4	467+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			132+	328.0+	104.4+	73.0+	131+			140+
Week Daily Average (10/04/26-10/10/26)			892+	55.6+	110.6+	14.4+	915+	27.2	7.4	544+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Mon Oct 12, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Beef, Stew, Cowboy Campfire (OR)	1 cup	280	352	22.5	41.6	9.7	697	28.6	9.3	104
Mix Veg, California (Hmd), LF, LS	1/2 cup	182	31	2.1	5.6	2.9	45	3.9	0.4	22
Salad, Tossed, Romaine/Iceberg (OR)	1 cup	34	5	0.4	1.1	0.6	3	10.5	1.4	9
Bread, Roll, Rye Bran, HMD (OR)	1.5 oz	66	131	3.9	22.1	2.4	117	23.7	2.0	18
Mix Fruit, Man Org/P'appl	1/2 cup	170	80	0.9	20.9	1.3	5	0.9	0.1	21
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			695	37.3	104.3	16.8	966	22.0	6.9	457
Daily Totals for 10/12/26			695	37.3	104.3	16.8	966	22.0	6.9	457
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 (%)			104	200.0	113.8	179.8	126			137

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Tue Oct 13, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Salad, Chicken, Caesar (Chkn Only)(OR)	1/3 cup	57	87	11.3	0.7	0.0	90	42.9	10.7	4
Cheese, Parmesan, Grated	1/2 oz	14	60	4.0	2.0	0.0	256	59.7	32.9	121
Cheese, Shredded, Monterey, 1/2 oz *	1/2 oz	14	44	4.0	0.1	0.0	111	62.7	40.8	100
Salad, Tossed, Romaine/Spinach (OR)	1 cup	35	7	0.7	1.2	0.8	16	12.3	1.8	24
Soup, Split Pea Green w/Vegetarian (OR)	1 cup	226	68	2.6+	11.5	2.9+	54	17.8	3.3	17+
Bread, Roll, Multigrain, HMD (OR)	1.5 oz	45	120	3.5	19.7	1.7	171	24.4	2.1	16
Fruit, Tropical, Canned (OR)	1/2 cup	155	134	0.6	34.7	2.0	3	1.0	0.2	20
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			614	34.4+	82.8	7.3+	800	26.5	10.5	585+
Daily Totals for 10/13/26			614	34.4+	82.8	7.3+	800	26.5	10.5	585+
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 (%)			92	184.2+	90.3	78.6+	104			175+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Wed Oct 14, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Vegetarian, Cheesy Bake (OR)	1 cup	455	383	19.6	38.9	4.1+	500	38.9	15.5	351
Pork, Diced, Noodles (OR)	1 cup	303	240	13.0	24.4	1.3	283	36.2	11.8	24+
Greens, Spinach, LF, LS	1/2 cup	195	43	4.6	6.7	4.3	113	16.6	3.0	177
Salad, Broccoli Raisin (OR)	1/2 cup	110	113	3.1	12.7	2.4	25	48.2	3.8	48
Bread, Roll, Oat Bran Wheat, HMD (OR)	1.95 oz	50	144	4.2	23.7	2.0	125	24.1	2.1	19
Cake, Applesauce Gingerbread, HMD (OR)	1 slice	77	209	2.9	31.3	1.1	242	35.1	7.0	36
Diet, Cake, Spice, (HMD) (OR)	1 piece	35	40	0.6	8.6	0.1	1+	22.0	5.7	13
Glaze, Plain, For Cake	1/2 oz	14	44	0.0	11.3	0.0	2	0.1	0.0	0
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			1311	55.7	170.6	15.2+	1389+	33.0	9.5	951+
Daily Totals for 10/14/26			1311	55.7	170.6	15.2+	1389+	33.0	9.5	951+
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 (%)			197	298.4	186.1	162.9+	181+			285+

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Menu: NWSDS Salem Date: Thu Oct 15, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Holiday, Special	1 each	0								
Chicken, Baked, Boneless Breast (Raw \$)	1 each	83	99	18.6	0.0	0.0	37	20.8	4.5	4
Sauce, BBQ, Korean, HMD, 2 oz	1 oz	42	34	0.7	8.0	0.1	393	0.4	0.1	20+
Rice, Jasmine, Coconut (OR)	1/2 cup	108	196	3.3	26.1	0.4+	11	37.8	26.6	10+
Mix Veg, Kyoto	1/2 cup	176	73	4.9	8.5	3.7	21	23.5	0.0	38
Salad, Coleslaw, Sesame (OR)	1/2 cup	82	42	1.2	5.3	1.4	182	41.2	4.1	38
Oranges, Mandarin (OR)	1/2 cup	150	56	0.9	14.4	1.1	8	0.7	0.1	17
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			596+	37.2+	75.2+	6.6+	751+	24.9	11.8	409+
Daily Totals for 10/15/26			596+	37.2+	75.2+	6.6+	751+	24.9	11.8	409+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			89+	199.2+	82.1+	70.3+	98+			123+

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Menu: NWSDS Salem Date: Fri Oct 16, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Turkey, Kidney Beans, Dry (OR)	1 cup	278	317	27.3	48.4	15.9+	136	5.1	0.9	126+
Rice, Pilaf w/Brown Rice (USE)	1/2 cup	124	117	2.6+	24.2	1.7+	45	7.6	1.4	10+
Mix Veg, 4 Way Mix, LF, LS (OR)	1/2 cup	176	65	2.9	13.1	4.4	37	2.1	0.4	27
Salad, Carrot Mandarin, HMD (OR)	1/2 cup	96	92	1.0	15.5	2.0	158	31.8	5.6	31
Pineapple, Tidbits (OR)	1/2 cup	150	90	0.6	23.6	1.2	2	1.1	0.1	21
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			776	42.0+	137.8	25.2+	478	9.7	2.8	498+
Daily Totals for 10/16/26			776	42.0+	137.8	25.2+	478	9.7	2.8	498+
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 (%)			116	224.9+	150.3	269.9+	62			149+
Week Daily Average (10/11/26-10/17/26)			799+	41.3+	114.1+	14.2+	877+	24.3	8.3	580+

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Mon Oct 19, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
^Chicken, Breast, Breaded, Cooked, 3.45oz	1 each	99	233	18.3	12.2	2.0	426	47.4		26
Sauce, Creamy Paprika, HMD	1 oz	19	18	0.2	1.1	0.2	53	70.1	18.4	2+
Potatoes, Whipped, Garlic, LF, LS	1/2 cup	109	106	3.5	22.4	2.1	46	2.9	2.1	51
Carrots, Sliced, LF, LS	1/2 cup	167	33	0.7	7.2	3.0	64	10.7	1.1	35
Bread, Cracked Wheat, HMD (OR)	1.749 oz	50	136	4.1	21.8	1.4	193	24.7	2.7	18
Orange, Fresh	1 each	96	45	0.9	11.2	2.3	0	2.1	0.3	38
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			666	35.2	88.8	11.0	882	27.4	3.3	455+
Daily Totals for 10/19/26			666	35.2	88.8	11.0	882	27.4	3.3	455+
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 (%)			100	188.8	96.9	117.7	115			136+

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: Tue Oct 20, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Pork, Diced, Sesame (Legacy Bateman)	1/2 cup	126	206	14.3	2.5	0.1	145	66.5	22.4	19+
Rice, Brown, LF, LS (OR)	1/2 cup	100	139	2.9	28.8	1.4	4	7.9	1.5	6
Beans, Green, Frz, Sesame	1/2 cup	173	55	1.7	7.1	2.4	21	37.0	6.7	44
Salad, Cucumber, w/Vinegar/Tom/Pep	1/2 cup	107	19	0.7	4.0	0.7	4	5.6	1.4	14
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			610	28.0	80.3	6.3	281	30.8	10.5	382+
Daily Totals for 10/20/26			610	28.0	80.3	6.3	281	30.8	10.5	382+
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 (%)			91	149.9	87.6	67.2	37			115+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Wed Oct 21, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Chicken, Spanish Rice, 1 cup (OR)	1 cup	218	204	14.4	22.8	2.2	226	24.5	5.4	36+
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, Tossed, Romaine/Iceberg (OR)	1 cup	34	5	0.4	1.1	0.6	3	10.5	1.4	9
Bread, Cornmeal,WW HMD (OR)	1 piece	81	218	5.4	36.3	1.6	286	23.6	2.0	26
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			721	32.1	120.0	10.5	675	17.2	3.9	407+
Daily Totals for 10/21/26			721	32.1	120.0	10.5	675	17.2	3.9	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 (%)			108	172.0	130.9	112.5	88			122+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Thu Oct 22, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Onlok Vegetarian, Bolognese Tofu, Sauce	1/2 cup	142	147	16.4	5.9	2.9	186	45.3	6.5	630
Pasta, Spaghetti Noodles	1/2 cup	266	111	3.7	21.2	0.9	9	8.9	1.5	13
Mix Veg, Peas & Carrots, LF, LS	1/2 cup	167	51	2.7	9.8	3.5	82	6.6	0.9	29
Salad, Coleslaw, Creamy (OR)	1/2 cup	87	76	2.0	13.2	1.2+	190	24.6	4.3	42
Bread, Roll, Oat Bran Wheat, HMD (OR)	1.95 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			714	37.3	110.3	11.8+	693	21.4	4.2	1036
Daily Totals for 10/22/26			714	37.3	110.3	11.8+	693	21.4	4.2	1036
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 (%)			107	199.6	120.3	126.1+	90			311

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Fri Oct 23, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Turkey, 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)	1 oz	32	9	0.1	1.7	0.1+	90	14.5	0.6	2
Potatoes, Delmonico (OR)	1/2 cup	128	110	3.6	17.4	1.7	91	24.6	4.6	67+
Greens, Spinach, w/Garlic	1/2 cup	197	58	4.7	7.0	4.3+	132	32.2	5.9	177+
Bread, Roll, Rye Bran, HMD (OR)	1.5 oz	66	131	3.9	22.1	2.4	117	23.7	2.0	18
Pear, Fresh	1 each	153	87	0.5	23.3	4.7	2	2.0	0.3	14
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			628	48.5	84.4	13.2+	624	18.6	4.6	570+
Daily Totals for 10/23/26			628	48.5	84.4	13.2+	624	18.6	4.6	570+
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 (%)			94	259.9	92.1	141.3+	81			171+
Week Daily Average (10/18/26-10/24/26)			668	36.2	96.8	10.5+	631	22.9	5.2	570+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Mon Oct 26, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Beef, Stew, Bavarian (pork sausage)(OR)	1 cup	217	193	12.7	10.5	2.0	152	51.2	17.9	48
Mix Veg, 4 Way Mix	1/2 cup	178	83	2.9	13.1	4.4	56	23.4	4.4	27
Salad, Coleslaw, Pineapple	1/2 cup	123	93	1.2	13.4	1.8	131	40.5	1.9	38
Bread, Sunflower Seed, HMD (OR)	2.01 oz	58	158	4.4	25.2	1.1	149	25.1	2.1	19
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			755	29.5	110.0	11.3	591	28.5	7.4	435
Daily Totals for 10/26/26			755	29.5	110.0	11.3	591	28.5	7.4	435
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 (%)			113	157.8	120.0	121.2	77			131

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Menu: NWSDS Salem Date: Tue Oct 27, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Pork, Sweet & Sour (OR)	1 cup	290	336	16.2	31.7	2.6	418	42.8	14.6	60
Rice, Brown, LF, LS (OR)	1/2 cup	100	139	2.9	28.8	1.4	4	7.9	1.5	6
Mix Veg, Kyoto	1/2 cup	176	73	4.9	8.5	3.7	21	23.5	0.0	38
Salad, Carrot Pineapple, HMD (OR)	1/2 cup	113	102	1.2	18.0	2.5	177	29.0	5.1	37
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			820	33.2	119.4	12.5	726	26.9	8.4	436
Daily Totals for 10/27/26			820	33.2	119.4	12.5	726	26.9	8.4	436
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			123	177.7	130.2	134.2	95			131

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Wed Oct 28, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Holiday, Halloween	1 each	0								
Beef, Patty, w/ Gravy/Peppers/Onions (OR)	1 each	249	306	19.0	16.8	1.6+	278	53.4	20.7	35+
Turkey, Breast, Sliced, (OR)	3 ounces	94	138	28.2	0.0	0.0	93	13.4	3.8	8
^Gravy, Poultry, HMD, 2 oz (OR)	2 oz	64	18	0.2	3.4	0.1+	179	14.5	0.6	5
Potatoes, Whipped, LF, LS	1/2 cup	111	105	3.4	22.2	2.1	45	2.9	2.1	51
Mix Veg, Broccoli & Carrots	1/2 cup	180	49	1.7	6.2	2.8	63	36.8	6.6	32
^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
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Diet, Cake, Chocolate, (HMD) (OR)	1 piece	50	92	1.7	20.7	0.6	18	12.6	5.0	12
Noon Meal Totals			1221+	68.5+	144.9+	10.5+	1119+	31.4	9.4	464+
Daily Totals for 10/28/26			1221+	68.5+	144.9+	10.5+	1119+	31.4	9.4	464+
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 (%)			183+	367.1+	158.0+	112.4+	146+			139+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Thu Oct 29, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Holiday, Halloween	1 each	0								
Chicken, Creamy Paprika, Chicken Patty (OF	1 each	172	173	18.7	13.2	1.3+	575	28.8	13.3	29+
Beef, Patty, w/Mushroom Gravy (OR)	1 each	178	265	18.1	7.5	0.7+	85	61.5	23.8	26+
Potatoes, Whipped, Garlic, LF, LS	1/2 cup	109	106	3.5	22.4	2.1	46	2.9	2.1	51
Tomatoes, Stewed, LF	1/2 cup	173	47	1.4	8.7	2.7	23	0.5	0.1	41
Bread, Cracked Wheat, HMD (OR)	1.749 oz	50	136	4.1	21.8	1.4	193	24.7	2.7	18
Bar, Pumpkin (OR)	1 square	82	298	3.4	48.5	0.6	216	31.4	6.9	40
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Diet, Cookie, Splenda Sugar, HMD (OR)	1 each	32	134	1.7	16.8	0.3	122	45.0	8.8	10
Noon Meal Totals			1254+	58.3+	151.9+	9.1+	1361+	33.6	10.9	498+
Daily Totals for 10/29/26			1254+	58.3+	151.9+	9.1+	1361+	33.6	10.9	498+
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 (%)			188+	312.4+	165.7+	97.6+	178+			149+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Fri Oct 30, 2026

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Pork, Rib Patty, BBQ w/out Extra Sauce * (OR)	1 each	85	192	14.2	9.1		476	54.0	18.0	53
Potatoes, Sweet, Frz	1/2 cup	113	109	1.9	25.2	1.9	7	1.7	0.4	42
Mix Veg, Peas & Carrots	1/2 cup	93	68	2.6	9.7	3.5	93	29.7	5.5	26
Bread, Onion, HMD (OR)	1.86 oz	50	135	3.7	22.4	1.3	138	23.4	3.7	20
Orange, Fresh	1 each	96	45	0.9	11.2	2.3	0	2.1	0.3	38
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			644	31.0	90.6	9.1+	814	27.4	8.7	462
Daily Totals for 10/30/26			644	31.0	90.6	9.1+	814	27.4	8.7	462
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 (%)			97	165.9	98.9	97.6+	106			139
Week Daily Average (10/25/26-10/30/26)			939+	44.1+	123.4+	10.5+	922+	30.2	9.2	459+
Daily Average (10/01/26-10/30/26)			831+	45.1+	110.7+	12.4+	873+	27.0	7.6	542+

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