Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Tue Dec 01, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Turkey, Tetrazzini (OR)	1 cup	198	239	23.1	27.2	1.5+	255	13.4	3.7	103+
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)	1 each	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			**994**	**52.6**	**137.2**	**12.8+**	**846**	**24.8**	**6.5**	**538+**
Daily Totals for 12/01/26			**994**	**52.6**	**137.2**	**12.8+**	**846**	**24.8**	**6.5**	**538+**
Daily Value			**2000**	**50.0**	**275.0**	**28.0**	**2300**			**1300**
Percent Daily Value (%)			**50**	**105.2**	**49.9**	**45.6+**	**37**			**41+**
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			**149**	**281.7**	**149.6**	**136.8+**	**110**			**162+**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Wed Dec 02, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
^Chicken, Supreme, Breast (OR), NWSDS	1 each	165	165	19.5	13.9	0.1+	592	20.0	11.0	67+
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			**984**	**52.6**	**133.3**	**12.6+**	**1318**	**25.8**	**8.8**	**503+**
Daily Totals for 12/02/26			**984**	**52.6**	**133.3**	**12.6+**	**1318**	**25.8**	**8.8**	**503+**
Daily Value			**2000**	**50.0**	**275.0**	**28.0**	**2300**			**1300**
Percent Daily Value (%)			**49**	**105.3**	**48.5**	**45.1+**	**57**			**39+**
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 (%)			**148**	**282.0**	**145.4**	**135.4+**	**172**			**151+**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Thu Dec 03, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Beef, Meatballs Chili, HMD (OR)	2 each	133	211	16.7	7.8	1.1+	163	53.2	18.4	57+
Sauce, Tomato Zesty, w/Onion/Chili Powder	2 oz	101	24	0.8	4.1	1.6	13	0.4	0.1	24
^Chicken, Caribbean, Breast (OR)	1 each	140	165	17.7	16.6	0.7+	573	20.2	10.7	10+
Potatoes, Red, Oven Roasted	1/2 cup	71	79	1.3	14.0	1.4	4	25.2	4.0	11
Greens, Spinach, LF, LS	1/2 cup	195	43	4.6	6.7	4.3	113	16.6	3.0	177
Bread, Rye Bran, HMD (OR)	1.78 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			**837**	**53.1**	**107.6**	**16.3+**	**1084**	**26.8**	**9.1**	**594+**
Daily Totals for 12/03/26			**837**	**53.1**	**107.6**	**16.3+**	**1084**	**26.8**	**9.1**	**594+**
Daily Value			**2000**	**50.0**	**275.0**	**28.0**	**2300**			**1300**
Percent Daily Value (%)			**42**	**106.2**	**39.1**	**58.1+**	**47**			**46+**
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			**126**	**284.4**	**117.3**	**174.2+**	**141**			**178+**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Fri Dec 04, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Holiday, Brunch Special	1 each	0								
Eggs, Cheese Omelet (OR)	1 each	85	163	9.8	1.6	0.0	267	71.1	21.4	134
Sauce, Cheese, HMD, 1 oz (OR)	1 oz	30	63	2.9+	3.0	0.0+	187	62.5	29.3	130+
Ind, Sauce, Picante (OR)	1 each	14	4	0.2	0.9	0.3	101	4.5	0.6	4
Sausage, Patty, Ckd, 1.6 oz	1 each	42	191	8.0	0.0	0.0	380	82.7	29.2	10
Cheese, Sliced, American, 1 oz	1 ounce	28	104	5.1	1.4	0.0	474	75.1	44.2	296
Potatoes, Delmonico (OR)	1/2 cup	128	110	3.6	17.4	1.7	91	24.6	4.6	67+
Salad, Beet, Mandarin Orange (OR)	1/2 cup	113	53	0.9	12.8	1.2	87	1.5	0.3	17
Bread, Biscuit, Mix (OR)	1 each	33	76	1.7	11.0	0.4	217	32.8	7.6	42
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
Ind, Jelly, Assorted (OR)	1 each	14	38	0.0	9.9	0.1	4	0.1	0.0	1
Noon Meal Totals			**992+**	**40.5+**	**95.8+**	**5.3+**	**1916+**	**46.7**	**17.9**	**1001+**
Daily Totals for 12/04/26			**992+**	**40.5+**	**95.8+**	**5.3+**	**1916+**	**46.7**	**17.9**	**1001+**
Daily Value			**2000**	**50.0**	**275.0**	**28.0**	**2300**			**1300**
Percent Daily Value (%)			**50+**	**81.1+**	**34.8+**	**18.9+**	**83+**			**77+**
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			**149+**	**217.1+**	**104.5+**	**56.7+**	**250+**			**300+**
Week Daily Average (12/01/26-12/05/26)			**952+**	**49.7+**	**118.4+**	**11.7+**	**1291+**	**31.2**	**10.6**	**659+**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Mon Dec 07, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Holiday, Christmas	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, Meatloaf, w/ Turkey, HMD (OR)	4.14 ounces	146	263	20.1	6.5	1.4	103	59.3	21.2	58
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
Carrots, Sliced, LF, LS	1/2 cup	167	33	0.7	7.2	3.0	64	10.7	1.1	35
^Bread, Seven Grain, HMD (OR)	1 slice	49	130	3.3	21.6	1.4	177	23.9	2.1	17
Cake, Carrot, HMD (OR)	1 slice	90	324	3.2	44.1	1.4	337	42.9	8.0	26
Diet, Cake, Carrot, HMD (OR)	1 slice	53	65	0.9	14.2	0.3	5+	19.9	5.0	21
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			**1186+**	**67.9+**	**135.8+**	**9.8+**	**1108+**	**32.5**	**9.1**	**507+**
Daily Totals for 12/07/26			**1186+**	**67.9+**	**135.8+**	**9.8+**	**1108+**	**32.5**	**9.1**	**507+**
Daily Value			**2000**	**50.0**	**275.0**	**28.0**	**2300**			**1300**
Percent Daily Value (%)			**59+**	**135.9+**	**49.4+**	**35.2+**	**48+**			**39+**
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 (%)			**178+**	**363.9+**	**148.2+**	**105.5+**	**145+**			**152+**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Tue Dec 08, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Turkey, A La King, w/ Mush/Pep (OR)	1 cup	202	217	22.4	16.1	0.9	213	27.7	5.9	180
Rice, Brown, LF, LS (OR)	1/2 cup	100	139	2.9	28.8	1.4	4	7.9	1.5	6
Vegetarian, Lasagna, Cheese, Roll Up, WG (	1 each	99	190	11.0	27.0	2.0	150	17.2	9.8	200
Sauce, Marinara, RTU, 2 oz	3 oz	85	60	1.4	8.6	1.4	339	37.5		13
Beets, Harvard, Diced	1/2 cup	171	102	1.1	20.6	1.8	230	16.9	3.1	28
Mix Veg, California (Hmd), LF, LS	1/2 cup	182	31	2.1	5.6	2.9	45	3.9	0.4	22
Oranges, Mandarin (OR)	1/2 cup	150	56	0.9	14.4	1.1	8	0.7	0.1	17
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			**889**	**49.3**	**134.3**	**11.4**	**1088**	**18.4**	**5.5**	**748**
Daily Totals for 12/08/26			**889**	**49.3**	**134.3**	**11.4**	**1088**	**18.4**	**5.5**	**748**
Daily Value			**2000**	**50.0**	**275.0**	**28.0**	**2300**			**1300**
Percent Daily Value (%)			**44**	**98.7**	**48.8**	**40.7**	**47**			**58**
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			**133**	**264.3**	**146.5**	**122.1**	**142**			**224**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Wed Dec 09, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Holiday, Christmas	1 each	0								
Chicken, Rotisserie, Breast (OR)	1 each	90	143	18.7	0.9	0.1	178	43.7	8.6	9
Ham, Sliced, w/ Raisin Sauce (OR)	3 ounces	153	158	17.6	12.4	0.2+	793	26.6	1.0	6
Yams, Mashed, Spiced	1/2 cup	208	131	0.8	25.1	2.1	56	21.2	4.0	21
Mix Veg, Green Bean (frz)/Carrots, LF, LS	1/2 cup	167	34	1.2	7.0	2.7	34	7.7	1.1	38
Bread, French, HMD (OR)	1.86 oz	53	123	4.2	23.9	0.9	80	7.6	0.9	17
Cobbler, Apple (OR)	1/2 cup	151	175	1.0	38.5	2.4+	110	12.8	2.6	25
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Diet, Cobbler, Apple (OR)	1/2 cup	8	10	0.1	2.1	0.1	7	13.5	2.9	2
Noon Meal Totals			**869+**	**51.2+**	**122.8+**	**8.5+**	**1358+**	**21.5**	**4.3**	**400+**
Daily Totals for 12/09/26			**869+**	**51.2+**	**122.8+**	**8.5+**	**1358+**	**21.5**	**4.3**	**400+**
Daily Value			**2000**	**50.0**	**275.0**	**28.0**	**2300**			**1300**
Percent Daily Value (%)			**43+**	**102.3+**	**44.7+**	**30.3+**	**59+**			**31+**
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 (%)			**130+**	**274.0+**	**134.0+**	**90.8+**	**177+**			**120+**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Thu Dec 10, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Holiday, Christmas	1 each	0								
Beef, Salisbury, w/o Gravy, HMD (OR)	4 oz	125	220	17.3	7.0	0.8	132	55.2	19.3	52
Gravy, Brown, HMD	2 oz	57	17	0.5	3.6	0.2+	2	2.5	0.4	3+
Fish, Pollock, Potato Crusted * (SF)	1 each	102	210	14.0	15.0	1.9	290	43.7	4.4	10
Sauce, Lemon Butter, HMD (SF)	1 oz	29	164	0.1	0.6	0.1	172	98.4	18.5	3
Potatoes, Whipped, LF, LS	1/2 cup	111	105	3.4	22.2	2.1	45	2.9	2.1	51
Broccoli, Cuts, LF, LS	1/2 cup	189	33	2.6	5.2	2.6	28	0.0	0.0	28
Bread, Cracked Wheat, HMD (OR)	1.749 oz	50	136	4.1	21.8	1.4	193	24.7	2.7	18
Cake, Candy Cane, HMD (OR)	1 piece	67	189	0.8	36.1	0.8	244	24.3	7.5	17
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Diet, Cake, Candy Cane, HMD (OR)	1 piece	41	57	0.8	12.1	0.0	0+	22.0	5.5	17
Noon Meal Totals			**1226+**	**51.2+**	**136.7+**	**9.8+**	**1208+**	**39.8**	**9.6**	**481+**
Daily Totals for 12/10/26			**1226+**	**51.2+**	**136.7+**	**9.8+**	**1208+**	**39.8**	**9.6**	**481+**
Daily Value			**2000**	**50.0**	**275.0**	**28.0**	**2300**			**1300**
Percent Daily Value (%)			**61+**	**102.3+**	**49.7+**	**35.0+**	**53+**			**37+**
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 (%)			**184+**	**274.1+**	**149.1+**	**105.0+**	**158+**			**144+**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Fri Dec 11, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Beef, Spaghetti Quaker (OR)	1 cup	234	315	18.1	37.2	3.0+	152	30.1	10.3	51
Chicken, Stir Fry, w/Jap Mix, Diced	1/2 cup	164	165	19.0	8.9	1.8	235	31.8	3.8	28+
Rice, Brown, LF, LS (OR)	1/2 cup	100	139	2.9	28.8	1.4	4	7.9	1.5	6
Beans, Green, Frz, LF, LS (OR)	1/2 cup	167	35	1.6	6.8	2.4	5	4.8	1.1	40
Salad, Tossed, Romaine/Spinach (OR)	1 cup	35	7	0.7	1.2	0.8	16	12.3	1.8	24
Pineapple, Tidbits (OR)	1/2 cup	150	90	0.6	23.6	1.2	2	1.1	0.1	21
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Salad Dressing, Raspberry Vinaigret, Fat Fre	1 tablespoon	14	15	0.0	3.6	0.0	109	0.0	0.0	0
Noon Meal Totals			**862**	**50.5**	**123.3**	**10.6+**	**622**	**20.9**	**6.2**	**453+**
Daily Totals for 12/11/26			**862**	**50.5**	**123.3**	**10.6+**	**622**	**20.9**	**6.2**	**453+**
Daily Value			**2000**	**50.0**	**275.0**	**28.0**	**2300**			**1300**
Percent Daily Value (%)			**43**	**101.1**	**44.8**	**37.7+**	**27**			**35+**
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			**129**	**270.7**	**134.5**	**113.1+**	**81**			**136+**
Week Daily Average (12/06/26-12/12/26)			**1006+**	**54.0+**	**130.6+**	**10.0+**	**1077+**	**27.9**	**7.3**	**518+**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Mon Dec 14, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Turkey, Potato Scalloped,w/Turkey (OR)	1 cup	194	217	22.7	16.5	0.7+	222	26.2	5.4	166+
Vegetarian, Pasta, Southwestern Spicy, 1 cu	1 cup	168	143	6.4	17.9	3.6	186	32.6	19.7	113
Greens, Spinach, w/Garlic	1/2 cup	197	58	4.7	7.0	4.3+	132	32.2	5.9	177+
Salad, Bean, Black, w/Corn, Dried Beans * (C	1/2 cup	241	190	8.9	31.4	6.5	10	18.7	3.0	67
^Bread, Seven Grain, HMD (OR)	1 slice	49	130	3.3	21.6	1.4	177	23.9	2.1	17
Orange, Fresh	1 each	96	45	0.9	11.2	2.3	0	2.1	0.3	38
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			**878**	**54.5**	**118.7**	**18.8+**	**827**	**23.7**	**7.3**	**860+**
Daily Totals for 12/14/26			**878**	**54.5**	**118.7**	**18.8+**	**827**	**23.7**	**7.3**	**860+**
Daily Value			**2000**	**50.0**	**275.0**	**28.0**	**2300**			**1300**
Percent Daily Value (%)			**44**	**109.0**	**43.2**	**67.2+**	**36**			**66+**
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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+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Tue Dec 15, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Holiday, Special	1 each	0								
Chicken, Baked, Thigh, Boneless, Skinless, 4	1 each	142	177	28.5	0.0	0.0	120	32.6	8.3	17
Sauce, Tikka Masala, HMD	1 oz	8	8	0.2	0.6	0.1	23	60.4	10.3	6
Pork, Szechuan (OR)	3 ounces	109	263	17.8+	12.6	0.5	609	52.9	14.3	50+
Rice, Basmati, Herbed	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 12/15/26			**879+**	**61.2+**	**95.7+**	**6.8+**	**1004+**	**29.6**	**8.4**	**467+**
Daily Value			**2000**	**50.0**	**275.0**	**28.0**	**2300**			**1300**
Percent Daily Value (%)			**44+**	**122.5+**	**34.8+**	**24.3+**	**44+**			**36+**
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			**132+**	**328.0+**	**104.4+**	**73.0+**	**131+**			**140+**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Wed Dec 16, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
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 12/16/26			**851**	**48.9**	**89.9**	**12.3+**	**670**	**35.8**	**11.1**	**420**
Daily Value			**2000**	**50.0**	**275.0**	**28.0**	**2300**			**1300**
Percent Daily Value (%)			**43**	**97.9**	**32.7**	**44.0+**	**29**			**32**
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 Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Thu Dec 17, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Chicken, Parmesan, Breaded, USE (OR)-AD	1 piece	99	233	18.3	12.2	2.0	426	47.4		26
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			**893**	**51.5**	**115.9**	**11.7+**	**1136**	**26.6**	**5.6**	**468+**
Daily Totals for 12/17/26			**893**	**51.5**	**115.9**	**11.7+**	**1136**	**26.6**	**5.6**	**468+**
Daily Value			**2000**	**50.0**	**275.0**	**28.0**	**2300**			**1300**
Percent Daily Value (%)			**45**	**103.0**	**42.1**	**41.7+**	**49**			**36+**
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 (%)			**134**	**275.8**	**126.4**	**125.2+**	**148**			**141+**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Fri Dec 18, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
^Salad, 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 12/18/26			**937**	**60.6+**	**128.8**	**21.9+**	**868**	**21.3**	**4.6**	**471+**
Daily Value			**2000**	**50.0**	**275.0**	**28.0**	**2300**			**1300**
Percent Daily Value (%)			**47**	**121.2+**	**46.8**	**78.1+**	**38**			**36+**
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+**
Week Daily Average (12/13/26-12/19/26)			**888+**	**55.4+**	**109.8+**	**14.3+**	**901+**	**27.3**	**7.3**	**537+**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Mon Dec 21, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Holiday, Special	1 each	0								
Chicken, Baked, Boneless Breast (Raw $)	1 each	83	99	18.6	0.0	0.0	37	20.8	4.5	4
Sauce, BBQ, Korean, HMD, 2 oz	1 oz	42	34	0.7	8.0	0.1	393	0.4	0.1	20+
Pork, Loin, Ckd (OR)	3 ounces	64	160	17.5	0.0	0.0	38	54.9	20.1	12
Glaze, Honey Ginger	1 oz	22	36	0.8	6.0	0.1	349	27.0	4.4	22
Rice, Jasmine, Coconut (OR)	1/2 cup	108	196	3.3	26.1	0.4+	11	37.8	26.6	10+
Mix Veg, Kyoto	1/2 cup	176	73	4.9	8.5	3.7	21	23.5	0.0	38
Salad, Coleslaw, Sesame (OR)	1/2 cup	82	42	1.2	5.3	1.4	182	41.2	4.1	38
Oranges, Mandarin (OR)	1/2 cup	150	56	0.9	14.4	1.1	8	0.7	0.1	17
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			**792+**	**55.4+**	**81.2+**	**6.6+**	**1139+**	**31.0**	**13.2**	**443+**
Daily Totals for 12/21/26			**792+**	**55.4+**	**81.2+**	**6.6+**	**1139+**	**31.0**	**13.2**	**443+**
Daily Value			**2000**	**50.0**	**275.0**	**28.0**	**2300**			**1300**
Percent Daily Value (%)			**40+**	**110.9+**	**29.5+**	**23.7+**	**50+**			**34+**
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			**119+**	**296.9+**	**88.6+**	**71.2+**	**149+**			**133+**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Tue Dec 22, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Salad, Chicken, Caesar (Chkn Only)(OR)	1/3 cup	57	87	11.3	0.7	0.0	90	42.9	10.7	4
Cheese, Parmesan, Monterey Blend	1 oz	28	104	8.0	2.1	0.0	366	61.0	36.3	221
Salad Dressing, Caesar, 2 TBSP (OR)	2 tablespoons	28	154	0.6	0.9	0.1	343	96.0	14.6	14
Salad, Turkey, Club, Mini (OR)	1/2 cup	112	174	22.8	1.8	0.6	263	41.5	19.0	119
Salad Dressing, Ranch, 2 TBSP (OR)	2 tablespoons	28	122	0.4	1.7	0.0	255	93.3	14.6	8
Salad, Tossed, Romaine/Spinach (OR)	1 cup	35	7	0.7	1.2	0.8	16	12.3	1.8	24
Soup, Split Pea Green w/Vegetarian (OR)	1 cup	226	68	2.6+	11.5	2.9+	54	17.8	3.3	17+
^Bread, Roll, Multigrain, HMD (OR)	1 each	45	120	3.5	19.7	1.7	171	24.4	2.1	16
Fruit, Tropical, Canned (OR)	1/2 cup	155	134	0.6	34.7	2.0	3	1.0	0.2	20
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			**1063**	**58.2+**	**87.2**	**8.0+**	**1662**	**46.6**	**12.9**	**725+**
Daily Totals for 12/22/26			**1063**	**58.2+**	**87.2**	**8.0+**	**1662**	**46.6**	**12.9**	**725+**
Daily Value			**2000**	**50.0**	**275.0**	**28.0**	**2300**			**1300**
Percent Daily Value (%)			**53**	**116.4+**	**31.7**	**28.7+**	**72**			**56+**
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			**159**	**311.8+**	**95.1**	**86.3+**	**217**			**218+**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Wed Dec 23, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Turkey, Kidney Beans, Dry (OR)	1 cup	278	317	27.3	48.4	15.9+	136	5.1	0.9	126+
^Beef, Swiss Steak, w/Beef Patty (OR)	1 each	192	278	18.0	6.3	1.3+	96	65.4	23.0	37
Sauce, Swiss Steak, HMD, 2 oz (OR)	2 oz	80	38	0.8	5.1	1.0+	37	42.0	6.7	16
Rice, Pilaf w/Brown Rice (USE)	1/2 cup	124	117	2.6+	24.2	1.7+	45	7.6	1.4	10+
Mix Veg, 4 Way Mix, LF, LS (OR)	1/2 cup	176	65	2.9	13.1	4.4	37	2.1	0.4	27
Salad, Carrot Mandarin, HMD (OR)	1/2 cup	96	92	1.0	15.5	2.0	158	31.8	5.6	31
Pineapple, Tidbits (OR)	1/2 cup	150	90	0.6	23.6	1.2	2	1.1	0.1	21
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			**1092**	**60.8+**	**149.2**	**27.4+**	**611**	**25.0**	**8.1**	**552+**
Daily Totals for 12/23/26			**1092**	**60.8+**	**149.2**	**27.4+**	**611**	**25.0**	**8.1**	**552+**
Daily Value			**2000**	**50.0**	**275.0**	**28.0**	**2300**			**1300**
Percent Daily Value (%)			**55**	**121.7+**	**54.3**	**97.9+**	**27**			**42+**
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			**164**	**325.8+**	**162.8**	**293.9+**	**80**			**166+**

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Thu Dec 24, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Vegetarian, Cheesy Bake (OR)	1 cup	455	383	19.6	38.9	4.1+	500	38.9	15.5	351
Pork, Diced, Noodles (OR)	1 cup	303	240	13.0	24.4	1.3	283	36.2	11.8	24+
Greens, Spinach, LF, LS	1/2 cup	195	43	4.6	6.7	4.3	113	16.6	3.0	177
Salad, Broccoli Raisin (OR)	1/2 cup	110	113	3.1	12.7	2.4	25	48.2	3.8	48
^Bread, Roll, Oat Bran Wheat, HMD (OR)	1 each	50	144	4.2	23.7	2.0	125	24.1	2.1	19
Orange, Fresh	1 each	96	45	0.9	11.2	2.3	0	2.1	0.3	38
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			**1064**	**53.1**	**130.6**	**16.3+**	**1145**	**33.1**	**10.2**	**940+**
Daily Totals for 12/24/26			**1064**	**53.1**	**130.6**	**16.3+**	**1145**	**33.1**	**10.2**	**940+**
Daily Value			**2000**	**50.0**	**275.0**	**28.0**	**2300**			**1300**
Percent Daily Value (%)			**53**	**106.2**	**47.5**	**58.4+**	**50**			**72+**
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			**160**	**284.3**	**142.4**	**175.1+**	**149**			**282+**

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Fri Dec 25, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Holiday, Closed	1 each	0								
Noon Meal Totals										
Daily Totals for 12/25/26										
Daily Value			**2000**	**50.0**	**275.0**	**28.0**	**2300**			**1300**
Percent Daily Value (%)										
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)										
Week Daily Average (12/20/26-12/26/26)			**802+**	**45.5+**	**89.6+**	**11.7+**	**911+**	**34.1**	**10.9**	**532+**

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

Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Mon Dec 28, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Turkey, Stew, Hearty (OR)	1 cup	246	184	19.5	22.3	3.5+	139	9.4	2.7	95+
Onlok Vegetarian, Bolognese Tofu, Sauce	1/2 cup	142	147	16.4	5.9	2.9	186	45.3	6.5	630
Pasta, Spaghetti Noodles	1/2 cup	266	111	3.7	21.2	0.9	9	8.9	1.5	13
Mix Veg, Peas & Carrots, LF, LS	1/2 cup	167	51	2.7	9.8	3.5	82	6.6	0.9	29
Salad, Coleslaw, Creamy (OR)	1/2 cup	87	76	2.0	13.2	1.2+	190	24.6	4.3	42
^Bread, Roll, Oat Bran Wheat, HMD (OR)	1 each	50	144	4.2	23.7	2.0	125	24.1	2.1	19
Pineapple, Tidbits (OR)	1/2 cup	150	90	0.6	23.6	1.2	2	1.1	0.1	21
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			**898**	**56.7**	**132.6**	**15.3+**	**832**	**18.9**	**3.9**	**1131+**
Daily Totals for 12/28/26			**898**	**56.7**	**132.6**	**15.3+**	**832**	**18.9**	**3.9**	**1131+**
Daily Value			**2000**	**50.0**	**275.0**	**28.0**	**2300**			**1300**
Percent Daily Value (%)			**45**	**113.4**	**48.2**	**54.6+**	**36**			**87+**
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			**667**	**18.7**	**91.7**	**9.3**	**767**			**333**
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			**135**	**303.8**	**144.7**	**163.8+**	**109**			**339+**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Tue Dec 29, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Beef, Country Fried Steak, w/o Gravy (OR)	1 each	112	250	14.0	22.0	1.0	670	42.9	17.9	26
Gravy, Country, HMD, 2 oz (OR)	1 oz	29	40	1.4	3.5	0.1	47	52.2	10.0	45+
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 each	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			**918**	**63.9**	**109.9**	**14.3+**	**1340**	**26.7**	**8.4**	**641+**
Daily Totals for 12/29/26			**918**	**63.9**	**109.9**	**14.3+**	**1340**	**26.7**	**8.4**	**641+**
Daily Value			**2000**	**50.0**	**275.0**	**28.0**	**2300**			**1300**
Percent Daily Value (%)			**46**	**127.8**	**40.0**	**51.0+**	**58**			**49+**
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**	**342.4**	**119.9**	**153.1+**	**175**			**192+**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Wed Dec 30, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Vegetarian, Macaroni & Cheese (OR)	1 cup	236	432	24.2+	45.7	1.5+	502	34.1	18.6	557+
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
Salad Dressing, Balsamic Vinaigrette (OR)	1 tablespoon	20	18	0.1	3.5		5	0.0	0.0	6
Noon Meal Totals			**1171**	**56.4+**	**169.2**	**12.0+**	**1182**	**23.2**	**9.3**	**970+**
Daily Totals for 12/30/26			**1171**	**56.4+**	**169.2**	**12.0+**	**1182**	**23.2**	**9.3**	**970+**
Daily Value			**2000**	**50.0**	**275.0**	**28.0**	**2300**			**1300**
Percent Daily Value (%)			**59**	**112.8+**	**61.5**	**43.0+**	**51**			**75+**
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 (%)			**176**	**302.2+**	**184.5**	**128.9+**	**154**			**291+**

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Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Thu Dec 31, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Holiday, New Year's Day	1 each	0								
Beef, Meatballs Teriyaki, HMD (OR)	2 each	116	173	12.0	10.3	1.1	90	48.2	16.8	35
Sauce, Teriyaki Meatballs, HMD, 3 oz (OR)	2 oz	60	36	1.0	8.0	0.8+	246	1.3	0.3	10
Rice, Brown, LF, LS (OR)	1/2 cup	100	139	2.9	28.8	1.4	4	7.9	1.5	6
Chicken, Mushroom, Bake (OR)	1 cup	563	304	20.9	36.4	1.8+	263	23.9	6.5	159+
Salad, Marinated Vegetable (OR)	1/2 cup	101	31	1.5	6.1	1.6	333	11.0	3.4	32
Carrots, Sliced, Glazed, LF, LS	1/3 cup	114	35	0.5	8.0	2.0	43	6.9	0.7	23
Bread, Sunflower Seed, HMD (OR)	1 each	58	158	4.4	25.2	1.1	149	25.1	2.1	19
Cake, Coconut Treasure, HMD (OR)	1 piece	82	252	1.5	45.0	0.7	295	27.3	12.9	74
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Diet, Cake, Yellow, (HMD) (OR)	1 piece	75	200	4.6	28.1	0.5	309	34.8	7.2	104
Noon Meal Totals			**1423+**	**56.9+**	**208.9+**	**11.0+**	**1832+**	**26.0**	**8.1**	**744+**
Daily Totals for 12/31/26			**1423+**	**56.9+**	**208.9+**	**11.0+**	**1832+**	**26.0**	**8.1**	**744+**
Daily Value			**2000**	**50.0**	**275.0**	**28.0**	**2300**			**1300**
Percent Daily Value (%)			**71+**	**113.8+**	**76.0+**	**39.2+**	**80+**			**57+**
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 (%)			**213+**	**304.8+**	**227.9+**	**117.7+**	**239+**			**223+**
Week Daily Average (12/27/26-12/31/26)			**1103+**	**58.5+**	**155.2+**	**13.1+**	**1297+**	**24.0**	**7.6**	**871+**
Daily Average (12/01/26-12/31/26)			**943+**	**52.5+**	**119.3+**	**12.2+**	**1078+**	**28.7**	**8.6**	**611+**

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