

Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem **Date: Wed Jul 01, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Holiday, Brunch Special	1 each	0								
Vegetarian, Strata, Broccoli Cheese, 1 cup	1 cup	167	222	14.7	12.7	1.2	414	49.8	21.8	225
Sausage, Patty, Ckd, 1.6 oz	1 each	42	191	8.0	0.0	0.0	380	82.7	29.2	10
Cheese, Sliced, Cheddar, .75 oz * (SF)	1 slice	28	108	6.7	1.3	0.0	182	72.4	41.4	202
Potatoes, Red, Oven Roasted	1/2 cup	71	79	1.3	14.0	1.4	4	25.2	4.0	11
Mix Veg, California (Hmd), LF, LS	1/2 cup	182	31	2.1	5.6	2.9	45	3.9	0.4	22
Bread, Biscuit, Mix (OR)	1 each	33	76	1.7	11.0	0.4	217	32.8	7.6	42
Applesauce, Cnd (OR)	1/2 cup	138	58	0.2	15.5	1.5	3	1.9	0.2	6
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			860+	42.3+	73.2+	7.4+	1345+	48.0	19.8	801+
Daily Totals for 07/01/26			860+	42.3+	73.2+	7.4+	1345+	48.0	19.8	801+
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+	226.6+	79.8+	78.9+	175+			240+

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: Thu Jul 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										
Holiday, Independence Day	1 each	0								
Beef, Patty, 80/20, w/o Gravy (OR)	1 each	91	230	17.0	0.0	0.0	50	70.4	27.4	16
Sauce, Campfire (OR)	1 oz	31	66	0.2	8.6	0.2	244	46.5	7.2	3
Chicken, BBQ, Pulled (OR)	1/2 cup	132	188	18.2	19.1	0.5	372	21.3	4.8	26
Beans, Baked, Great Northern (OR)	1/2 cup	150	201	10.2	40.1	9.3+	105	2.5	0.7	99
Salad, Coleslaw, Creamy (OR)	1/2 cup	87	76	2.0	13.2	1.2+	190	24.6	4.3	42
Bread, Bun, Hamburger, WW (CACFP)	1 each	50	133	6.1	22.3	3.0	212	14.7	3.1	98
Gelatin, Cherry, w/Whip Topping	1/2 cup	157	138	2.2	28.0	0.0	143	15.1	15.1	4
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			1134+	64.7+	145.1+	14.2+	1479+	27.8	10.5	575+
Daily Totals for 07/02/26			1134+	64.7+	145.1+	14.2+	1479+	27.8	10.5	575+
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 (%)			170+	346.4+	158.3+	152.5+	193+			172+
Week Daily Average (07/01/26-07/04/26)			997+	53.5+	109.1+	10.8+	1412+	36.5	14.5	688+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem **Date: Mon Jul 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										
Turkey, Pattie, Homestyle (OR)	1 each	125	185	19.8	8.0	0.8	199	39.3	10.2	61+
Gravy, Poultry, HMD, 2 oz (OR)	1 oz	32	9	0.1	1.7	0.1+	90	14.5	0.6	2
Fish, Tilapia, Fillet, Baked (USE)	1 each	113	109	22.8	0.0	0.0	59	16.0	5.5	11
Sauce, Lemon Rosemary, HMD (SF)	2 ounces	71	11	0.1	2.3	0.1	23	1.4	0.3	4+
Potatoes, Red, Oven Roasted	1/2 cup	71	79	1.3	14.0	1.4	4	25.2	4.0	11
Mix Veg, San Francisco, LF, LS	1/2 cup	189	37	1.5	7.5	3.0	40	0.0	0.0	2
Bread, French, HMD (OR)	1.86 oz	53	123	4.2	23.9	0.9	80	7.6	0.9	17
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			694	58.2	81.5	8.5+	594	20.2	6.0	430+
Daily Totals for 07/06/26			694	58.2	81.5	8.5+	594	20.2	6.0	430+
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	311.8	88.9	91.1+	78			129+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem **Date: Tue Jul 07, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Dietary Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Beef, Chili, w/ Grnd Bf/Kidney Beans (Dry), 1	1 cup	422	294	21.9	33.7	12.1	85	25.6	8.6	103
Chicken, Noodle Bake (OR)	1 cup	408	282	17.4	31.8	2.2+	332	28.7	7.3	77+
Greens, Spinach	1/2 cup	196	56	4.6	6.7	4.3	126	32.9	6.1	177
Salad, Coleslaw, Bayou, HMD, LF	1/2 cup	131	82	1.7	10.2	2.5	152	46.2	2.3	50
Bread, Cornbread, HMD (OR)	1 piece	83	216	5.3	32.3	1.1	426	30.4	6.2	150
Apple, Fresh, Slices, IW (CACFP)	1 each	52	27	0.1	7.2	1.3	1	2.6	0.4	3
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			1054	58.5	134.9	23.4+	1223	28.3	7.3	843+
Daily Totals for 07/07/26			1054	58.5	134.9	23.4+	1223	28.3	7.3	843+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			158	313.4	147.2	250.8+	160			253+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem **Date: Wed Jul 08, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Holiday, Special	1 each	0								
Chicken, Pollo a la Crema, Thigh	1 each	204	174	8.5	12.9	3.0	251	52.7	12.3	59
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
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			1310+	51.3+	172.5+	17.9+	994+	33.7	8.4	574+
Daily Totals for 07/08/26			1310+	51.3+	172.5+	17.9+	994+	33.7	8.4	574+
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 (%)			196+	274.5+	188.2+	191.6+	130+			172+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem **Date: Thu Jul 09, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Salad, Tuna, HMD (OR)	1/2 cup	108	111	13.0	4.9	0.4	292	36.4	7.8	25
Sandwich, Ham & Swiss Cheese (OR)	3 ounces	94	239	21.2	0.0	0.0	957	65.3	30.6	271
Salad, Lettuce, Shredded	1/4 cup	19	3	0.2	0.6	0.2	2	7.5	1.0	3
Soup, Lentil, Vegetarian (OR)	1 cup	269	137	6.0+	20.5	3.2+	99	24.6	4.6	26+
Salad, Carrot Raisin * (SF)	1/2 cup	84	111	0.7	13.6	1.9	190	49.8	0.2	23
Bread, Whole Grain, Sliced, CACFP (OR)	1 slice	28	75	3.0	13.6	1.1	142	10.9	2.6	37
Fruit, Tropical, Canned (OR)	1/2 cup	155	134	0.6	34.7	2.0	3	1.0	0.2	20
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			904	52.2+	101.0	8.8+	1785	34.7	11.4	689+
Daily Totals for 07/09/26			904	52.2+	101.0	8.8+	1785	34.7	11.4	689+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			136	279.8+	110.1	94.5+	233			207+

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Menu Nutrient Analysis Report

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Nutrient Totals Using Main Items Only

Menu: NWSDS Salem **Date: Fri Jul 10, 2026**

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Beef, Stew, Ground (OR)	1 cup	247	198	13.0	14.9	2.8	88	43.8	15.2	47
Vegetarian, Cheesy Bake (OR)	1 cup	455	383	19.6	38.9	4.1+	500	38.9	15.5	351
Mix Veg, 4 Way Mix	1/2 cup	178	83	2.9	13.1	4.4	56	23.4	4.4	27
Salad, Marinated Corn (OR)	1/2 cup	145	168	3.4	25.5	2.5	51	36.4	5.6	13
Bread, Roll, Multigrain, HMD (OR)	1.5 oz	45	120	3.5	19.7	1.7	171	24.4	2.1	16
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 07/10/26			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
Week Daily Average (07/05/26-07/11/26)			1014+	54.2+	126.2+	15.3+	1113+	30.7	8.8	658+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Mon Jul 13, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Dietary Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Chicken, Wakiki (Pineapple), Breast (OR)	1 each	158	159	17.7	15.2	0.3+	775	19.6	11.1	9
Pork, Patty, Sausage, Homestyle (OR)	1 each	111	200	14.9	7.3	0.8	129	55.4	17.0	48
Gravy, Pork, HMD, 1 oz (OR)	1 oz	36	13	0.3	2.6	0.1	17	6.4	0.2	2+
Potatoes, Red, Oven Roasted	1/2 cup	71	79	1.3	14.0	1.4	4	25.2	4.0	11
Carrots, Sliced, Glazed, LF, LS	1/2 cup	172	52	0.7	12.0	3.0	64	6.9	0.7	35
Bread, Cracked Wheat, HMD (OR)	1.749 oz	50	136	4.1	21.8	1.4	193	24.7	2.7	18
Apple, Fresh, Slices, IW (CACFP)	1 each	52	27	0.1	7.2	1.3	1	2.6	0.4	3
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			761	46.7	93.2	8.2+	1282	28.7	9.3	409+
Daily Totals for 07/13/26			761	46.7	93.2	8.2+	1282	28.7	9.3	409+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			114	250.1	101.6	88.2+	167			123+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem **Date: Tue Jul 14, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Dietary 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, 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 07/14/26			826	52.5	104.8	9.6+	680	24.9	7.1	442+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			124	281.0	114.3	103.0+	89			133+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem **Date: Wed Jul 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										
Cheese, Cottage, 1/2 cup * (OR)	3/4 cup	170	138	17.8	8.1	0.0	524	25.1	13.7	189
Salad, Chicken, Deluxe, Bacon (OR)	1/2 cup	99	137	14.3	2.4	0.4	217	50.2	19.2	62
Salad Dressing, Ranch, 2 TBSP (OR)	2 tablespoons	28	122	0.4	1.7	0.0	255	93.3	14.6	8
Salad, Tossed, Romaine/Spinach (OR)	1 cup	35	7	0.7	1.2	0.8	16	12.3	1.8	24
Salad, Beet, Pickled (OR)	1/2 cup	117	68	0.7	16.2	1.2+	115	1.4	0.3	19
Fruit, Tropical, Canned (OR)	1/2 cup	155	134	0.6	34.7	2.0	3	1.0	0.2	20
Bread, Roll, Whole Wheat HMD (OR)	1.5 oz	50	134	3.8	22.0	1.4	162	23.5	2.0	17
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			834	45.9	99.4	5.7+	1391	32.4	9.4	622
Daily Totals for 07/15/26			834	45.9	99.4	5.7+	1391	32.4	9.4	622
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	246.0	108.4	61.5+	182			187

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem **Date: Thu Jul 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										
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 07/16/26			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+

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Menu Nutrient Analysis Report

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Nutrient Totals Using Main Items Only

Menu: NWSDS Salem **Date: Fri Jul 17, 2026**

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
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	1/8 cup	9	1	0.1	0.3	0.1	1	7.5	1.0	2
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			1125	54.6	136.0	24.6+	1824	35.1	8.4	618
Daily Totals for 07/17/26			1125	54.6	136.0	24.6+	1824	35.1	8.4	618
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	292.3	148.4	264.1+	238			185
Week Daily Average (07/12/26-07/18/26)			915	52.4	114.2	14.0+	1308	29.1	7.9	531+

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: Mon Jul 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										
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	3 oz	153	87	2.5	6.0	0.3	427	61.2	22.2	80
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			1074	55.4	154.0	10.9	1170	22.6	8.0	938+
Daily Totals for 07/20/26			1074	55.4	154.0	10.9	1170	22.6	8.0	938+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			161	296.7	168.0	117.0	153			281+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem **Date: Tue Jul 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										
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 07/21/26			835+	49.3+	108.5+	10.4+	1381+	26.0	7.1	416+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			125+	263.9+	118.4+	111.2+	180+			125+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem **Date: Wed Jul 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										
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 07/22/26			964	56.4	102.7	13.4+	1096	35.8	7.3	742+
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			145	302.3	112.0	144.0+	143			222+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem **Date: Thu Jul 23, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Dietary Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (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 07/23/26			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+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Fri Jul 24, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Dietary Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
^Chicken, Fajita Bowl (OR) add rice add cheese	1 cup	223	321	21.3	29.4	3.1	68	38.2	6.9	38
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			1004	62.2	138.4	14.4+	683	22.2	4.8	550+
Daily Totals for 07/24/26			1004	62.2	138.4	14.4+	683	22.2	4.8	550+
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 (%)			151	333.2	151.0	153.9+	89			165+
Week Daily Average (07/19/26-07/25/26)			945+	54.5+	120.7+	12.1+	1147+	27.7	7.1	612+

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Mon Jul 27, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
^Chicken, Mozzarella, Breaded Patty, add Ma	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 07/27/26			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

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem **Date: Tue Jul 28, 2026**

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Dietary Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (mg)
Noon Meal										
Chicken, Shoyu Oriental, Patty (OR)	1 each	142	190	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 07/28/26			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	109.7+	181			140

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem **Date: Wed Jul 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										
Eggs, Cheese Omelet (OR)	1 each	85	163	9.8	1.6	0.0	267	71.1	21.4	134
Ind, Sauce, Picante (OR)	1 each	14	4	0.2	0.9	0.3	101	4.5	0.6	4
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			783	39.2	91.3	6.7	1102	34.2	11.5	854
Daily Totals for 07/29/26			783	39.2	91.3	6.7	1102	34.2	11.5	854
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			117	210.1	99.7	71.9	144			256

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem Date: Thu Jul 30, 2026

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	Carbohydrate (gm)	Dietary Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Calcium (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, Diced (OR)	1/2 cup	132	177	12.0	19.8	0.5+	418	29.5	6.5	22
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			785	47.6	110.2	12.7+	1408	22.3	6.0	507
Daily Totals for 07/30/26			785	47.6	110.2	12.7+	1408	22.3	6.0	507
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	255.1	120.2	135.7+	184			152

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Menu Nutrient Analysis Report

Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: NWSDS Salem **Date: Fri Jul 31, 2026**

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	Carbo hydrat (gm)	Dietry Fiber (gm)	Sodium (mg)	% Cal. Fat (%)	% Cal. SFA (%)	Cal cium (mg)
Noon Meal										
Vegetarian, Pasta Primavera (OR)	1 cup	290	313	18.3	33.5	2.6+	581	34.2	18.1	448
Pork, Sweet & Sour (OR)	1 cup	290	336	16.2	31.7	2.6	418	42.8	14.6	60
Rice, Brown, LF, LS (OR)	1/2 cup	100	139	2.9	28.8	1.4	4	7.9	1.5	6
Mix Veg, 4 Way Mix, LF, LS (OR)	1/2 cup	176	65	2.9	13.1	4.4	37	2.1	0.4	27
Onlok Salad, Coleslaw, Pineapple *	1/2 cup	123	111	1.2	13.7	1.8	170	48.6	0.1	38
Bread, Seven Grain, HMD (OR)	1.749 oz	49	130	3.3	21.6	1.4	177	23.9	2.1	17
Fruit, Tropical, Canned (OR)	1/2 cup	155	134	0.6	34.7	2.0	3	1.0	0.2	20
Milk, 1%, Ind, Local	1 each	227	95	7.6	13.0	0.0	100	19.4	12.7	283
Noon Meal Totals			1322	53.0	190.1	16.2+	1490	27.8	9.3	899
Daily Totals for 07/31/26			1322	53.0	190.1	16.2+	1490	27.8	9.3	899
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			667	18.7	91.7	9.3	767			333
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			198	283.7	207.4	173.1+	194			270
Week Daily Average (07/26/26-07/31/26)			1012	53.8	130.1	13.8+	1445	28.8	9.0	723
Daily Average (07/01/26-07/31/26)			974+	53.7+	121.6+	13.5+	1268+	29.8	8.8	636+

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