

Week 3 Days 1-5

1/3 Dietary Reference Intake: Ages 51+			500-800 kcal	17 g	43 g	9 g		400 mg	140.00	1566.00	500-800 mg	3.5 mg	0.57 mg	133 mg	0.80	300.00	27 mg	
Nutrient	Amount	Unit	Kcal	Protein	Carb	Fiber	Fat	Sat Fat	Calcium	Magnesium	Potassium	Sodium	Zinc	Vit B6	Folate	Vit B12	Vit A (IU)	Vit C
Unit			kcal	g	g	g	g	g	mg	mg	mg	mg	mg	Microgm	microgm	IU	mg	
Average			651.24	38.66	103.19	10.83	10.91	2.80	478.89	144.74	1574.31	675.88	4.18	0.77	156.03	1.89	3345.56	108.92
Week 3	Monday A		821.40	39.86	147.15	17.70	12.83	3.65	442.50	171.50	1628.50	623.80	7.17	1.05	235.00	2.06	5601.00	40.11
	Beef Bolognese	1.00 c	318.00	19.00	36.30	3.60	10.80	3.60	104.60	38.60	340.50	463.00	3.40	0.30	139.70	1.10	45.00	23.30
	Whole Wheat Pasta	0.50 c	180.00	8.00	39.00	6.00	1.50	0.00	9.10	37.80	145.00	2.80	2.02	0.14	32.00	0.00	0.00	0.00
	Mixed vegetables	0.50 c	59.20	2.60	11.90	4.00	0.14	0.03	22.80	20.00	154.00	22.00	0.47	0.07	20.80	0.00	3890.00	2.91
	spiced peaches	0.50 c	80.00	1.00	21.00	1.00	0.00	0.00	0.00	6.10	120.00	10.00	0.10	0.00	3.70	0.00	90.00	3.60
	Banana	1.00 med	105.00	1.27	26.95	3.10	0.39	0.02	6.00	32.00	422.00	1.00	0.18	0.43	24.00	0.00	76.00	10.30
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00
	Tuesday A		507.20	26.76	70.01	9.55	13.51	5.30	693.00	114.60	1542.00	821.00	3.46	0.38	134.55	2.38	1884.00	124.80
	Vegetarian Lasagna	1.00 ea	325.00	16.40	34.60	4.25	13.30	5.28	278.00	52.50	510.00	670.00	2.28	0.16	55.00	1.42	0.00	34.20
	Stewed Tomatoes	0.50 c	4.00	0.10	0.85	0.20	0.00	0.00	15.00	1.30	263.00	25.00	0.02	0.00	0.55	0.00	20.00	3.00
	Green Beans	0.50 c	30.00	1.00	5.00	2.00	0.00	0.00	40.00	8.80	90.00	0.00	0.05	0.00	16.20	0.00	18.00	4.90
	Orange	1.00 ea	69.00	1.27	17.56	3.10	0.21	0.02	60.00	15.00	232.00	1.00	0.11	0.11	48.00	0.00	346.00	82.70
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00
	Wednesday A		624.20	38.28	85.47	11.40	13.31	2.62	416.80	114.40	1476.60	901.40	3.75	0.23	151.85	1.76	2144.90	54.00
	Turkey	3.00 oz	135.00	24.70	0.00	0.00	3.26	0.96	11.00	24.60	203.00	82.00	2.13	0.05	7.65	0.80	11.90	0.00
	Gravy LS	1.00 oz	20.00	0.00	3.00	0.00	0.00	0.00	3.80	0.00	9.60	115.00	0.00	0.00	0.00	0.00	0.00	0.00
	Mashed Potatos	0.50 c	80.00	1.00	17.00	1.00	1.00	1.20	20.00	19.00	245.00	184.40	0.19	0.01	7.00	0.00	231.00	40.50
	Green Beans	0.50 c	30.00	1.00	5.00	2.00	0.00	0.00	40.00	8.80	90.00	0.00	0.05	0.00	16.20	0.00	18.00	4.90
	Combread Stuffing	0.50 c	179.00	2.90	21.90	2.90	8.80	0.00	26.00	13.00	304.00	393.00	0.20	0.00	97.00	0.00	340.00	0.80
	Pear	1.00 med	101.00	0.69	26.57	5.50	0.25	0.46	16.00	12.00	206.00	2.00	0.18	0.05	12.00	0.00	44.00	7.80
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	419.00	125.00	1.00	0.11	12.00	0.96	1500.00	0.00
	Thursday A		783.20	53.84	128.25	7.48	8.09	1.52	437.83	171.59	1747.15	840.20	3.75	1.50	141.07	1.36	5206.90	195.88
	Honey Garlic Chicken	10.00 oz.	377.00	37.80	44.10	0.70	5.70	1.50	39.83	48.69	388.85	706.00	1.77	0.76	31.07	0.40	19.20	1.48
	bok choy	4.00 oz.	10.00	1.30	1.50	0.80	0.00	0.00	79.00	9.30	315.30	0.00	0.10	0.10	34.90	0.00	3611.70	22.10
	Cauliflower	0.50 cup	4.00	0.28	0.70	0.28	0.00	0.00	10.00	5.60	88.00	4.20	0.00	0.00	27.30	0.00	0.00	162.00
	Brown Rice	0.50 c	208.00	5.20	43.00	2.60	2.00	0.00	3.00	39.00	86.00	4.00	0.70	0.10	9.00	0.00	0.00	0.00
	Banana	1.00 med	105.00	1.27	26.95	3.10	0.39	0.02	6.00	32.00	422.00	1.00	0.18	0.43	24.00	0.00	76.00	10.30
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00
	Friday B		520.20	34.56	85.06	8.00	6.81	0.92	404.30	151.60	1477.30	193.00	2.76	0.67	117.70	1.87	1891.00	129.80
	Cod	3.00 oz	82.00	18.00	0.00	0.00	1.00	0.00	16.00	35.70	413.00	54.00	0.45	0.25	7.00	0.91	7.00	1.40
	Red Bell Pepper	1.00 oz.	6.00	0.20	1.40	0.40	0.00	0.00	4.00	2.00	28.00	0.00	0.00	0.00	0.00	0.00	14.00	31.00
	Chilled Calabsitas	0.50 c	76.00	1.90	11.10	1.90	3.60	0.90	21.30	22.90	271.30	9.00	0.50	0.10	38.90	0.00	24.00	14.70
	Brown Rice	0.50 c	208.00	5.20	43.00	2.60	2.00	0.00	3.00	39.00	86.00	4.00	0.70	0.10	9.00	0.00	0.00	0.00
	Orange	1.00 ea	69.00	1.27	17.56	3.10	0.21	0.02	60.00	15.00	232.00	1.00	0.11	0.11	48.00	0.00	346.00	82.70
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00

Jesse Seilsky

Approved by Jesse Seilsky RDN
Food and Nutrition solutions LLC
August 4th 2024

Week 4 Days 1-5

1/3 Dietary Reference Intake: Ages 51+		500-800 kcal	17 g	43 g	9 g	400 mg	140.00	1566.00	500-800 mg	3.5 mg	0.57 mg	133 mg	0.80	300.00	27 mg			
Nutrient	Amount	Unit	Kcal	Protein	Carb	Fiber	Fat	Sat Fat	Calcium	Magnesium	Potassium	Sodium	Zinc	Vit B6	Folate	Vit B12	Vit A (IU)	Vit C
Unit			kcal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	Microgm	microgm	IU	mg
Average			602.15	37.65	79.81	9.31	15.43	4.03	465.06	163.50	1788.40	776.52	4.60	1.03	156.55	1.97	4307.89	66.96
Week 4	Monday A		713.20	28.26	86.60	8.10	29.09	7.82	515.40	221.10	1720.00	703.00	3.87	0.99	205.10	2.63	9896.00	20.20
	Egg Salad	3.00 oz.	187.00	12.60	3.35	0.00	13.30	4.90	75.00	15.00	189.00	139.00	1.58	0.18	66.00	1.67	520.00	0.00
	Whole Wheat Tortilla	1.00 ea	150.00	4.00	24.00	2.00	4.00	1.00	100.00	117.00	273.00	200.00	0.79	0.13	57.00	0.00	0.00	0.00
	Carrot & Cranberry Salad	0.50 cup	166.00	2.00	19.00	2.60	9.00	1.50	26.00	13.00	308.00	49.00	0.22	0.14	35.00	0.00	7800.00	8.00
	Marinated Cucumbers	0.5 c	26.00	0.40	1.30	0.40	2.40	0.40	8.40	7.10	81.00	189.00	0.10	0.00	8.30	0.00	0.00	1.90
	Banana	1.00 med	105.00	1.27	26.95	3.10	0.39	0.02	6.00	32.00	422.00	1.00	0.18	0.43	24.00	0.00	76.00	10.30
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00
	Tuesday A		547.20	43.16	63.06	9.70	12.71	3.42	458.30	114.90	1273.00	904.40	3.76	1.04	151.10	1.86	2364.80	94.10
	Turkey Tetrazini	1.00 c	300.00	29.00	16.00	1.20	12.20	3.40	44.00	34.70	324.40	776.00	2.20	0.70	63.00	0.90	253.20	0.70
	Dilled Peas & Carrots	0.50 c	78.00	3.90	13.00	3.90	0.00	0.00	26.00	3.00	68.00	1.40	0.05	0.02	4.30	0.00	43.00	4.90
	Roasted squash	0.50 c	21.00	1.00	4.50	1.50	0.30	0.00	28.30	25.20	201.60	1.00	0.40	0.10	21.00	0.00	222.60	5.80
	Orange	1.00 ea	69.00	1.27	17.56	3.10	0.21	0.02	60.00	15.00	232.00	1.00	0.11	0.11	48.00	0.00	346.00	82.70
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00
	Wednesday A		446.20	28.96	70.95	7.00	4.97	1.17	445.65	123.70	1507.20	898.30	4.16	0.66	107.90	0.96	3962.00	16.52
	Pork	3.00 oz	90.00	15.00	3.00	0.00	1.88	0.75	15.15	20.40	308.00	420.00	2.40	0.00	0.00	0.00	300.00	0.92
	Gravy LS	1.00 oz	20.00	0.00	3.00	0.00	0.00	0.00	3.80	1.20	20.30	115.00	0.10	0.00	0.00	0.00	0.00	0.00
	Carrots	0.50 oz	5.00	0.00	1.00	0.40	0.00	0.00	5.00	7.80	170.40	12.00	0.03	0.02	11.00	0.00	2068.00	0.40
	Green Beans	0.50 c	30.00	1.00	5.00	2.00	0.00	0.00	40.00	8.80	90.00	0.00	0.05	0.00	16.20	0.00	18.00	4.90
	Cracked Wheat roll	1.00 ea	117.00	3.70	20.00	1.50	2.70	0.40	75.70	16.50	49.50	225.30	0.40	0.10	41.90	0.00	0.00	0.00
	Banana	1.00 med	105.00	1.27	26.95	3.10	0.39	0.02	6.00	32.00	422.00	1.00	0.18	0.43	24.00	0.00	76.00	10.30
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00
	Thursday A		894.20	53.26	117.23	13.07	25.99	7.51	457.60	205.40	2018.80	810.90	8.53	1.70	207.85	2.52	2958.45	86.79
	Sesame Ginger Beef	10.00 oz	453.00	34.60	26.58	4.27	23.00	7.39	88.70	68.00	642.00	643.00	6.10	0.80	58.25	1.56	48.05	12.59
	Brown Rice	0.50 c	208.00	5.20	43.00	2.60	2.00	0.00	3.00	39.00	86.00	4.00	0.70	0.10	9.00	0.00	0.00	0.00
	Roasted Yellow Squash	0.50 c	13.00	1.00	2.30	0.70	0.20	0.10	11.90	13.40	192.80	5.90	0.20	0.10	17.80	0.00	7.40	13.30
	Broccoli	0.50 c	36.00	3.20	6.40	2.40	0.40	0.00	48.00	16.00	229.00	32.00	0.35	0.16	84.00	0.00	1327.00	50.60
	Banana	1.00 med	105.00	1.27	26.95	3.10	0.39	0.02	6.00	32.00	422.00	1.00	0.18	0.43	24.00	0.00	76.00	10.30
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00
	Friday A		409.93	34.60	61.22	8.69	4.38	0.22	448.33	152.40	2423.00	566.00	2.66	0.77	110.80	1.87	2358.20	117.20
	Cod	3.00 oz	82.00	18.00	0.00	0.00	1.00	0.00	16.00	35.70	413.00	54.00	0.45	0.25	7.00	0.91	7.00	1.40
	Veracruz Sauce	0.25 c	20.00	0.00	3.00	0.00	1.00	0.00	21.00	7.00	339.00	210.00	0.00	0.00	0.00	0.00	55.00	18.00
	Refried Beans (low sodium)	0.50 oz	100.00	6.01	18.00	4.94	0.49	0.20	36.40	42.00	789.00	164.00	0.70	0.10	13.00	0.00	0.00	0.00
	spanish rice	0.50 c	59.73	1.33	10.66	0.65	1.67	0.00	14.93	15.70	203.00	12.00	0.40	0.20	28.00	0.00	450.20	15.10
	Orange	1.00 ea	69.00	1.27	17.56	3.10	0.21	0.02	60.00	15.00	232.00	1.00	0.11	0.11	48.00	0.00	346.00	82.70
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00


 Approved by Jesse Selinsky RDN
 Food and Nutrition solutions LLC
 August 4th 2024

Week 8 Days 1-5

1/3 Dietary Reference Intake: Ages 51+			500-800 kcal	17 g	43 g	9 g			400 mg	140.0	1566.00	500-800 3.5 mg	0.57 m	133 mg	0.80	300.00	27 mg	
Nutrient	Amount	Unit	Kcal	Protein	Carb	Fiber	Fat	Sat Fat	Calcium	Magnes	Potassium	Sodium	Zinc	Vit B6	Folate	Vit B12	Vit A (IU)	Vit C
Unit			kcal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	Microgm	microgm	IU	mg
Average			623.78	35.06	86.66	10.85	14.89	4.27	452.36	158.95	1571.86	530.65	5.58	0.95	148.10	1.85	5341.50	40.12
Week 8	Monday A		691.08	45.28	93.42	7.74	18.29	5.75	398.42	98.06	1540.60	680.75	8.42	0.73	108.38	3.48	3023.50	91.11
	Korean Bibibap w/ ground beef	1.00 sr	278.00	28.65	13.60	1.20	13.40	5.20	21.80	33.40	507.80	542.05	6.87	0.33	25.50	2.50	1177.50	4.47
	Brown Rice	0.50 c	208.00	5.20	43.00	2.60	2.00	0.00	0.00	0.00	42.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	Carrot, Mushroom & Zucchini	2.5 oz.	56.88	2.17	7.26	0.84	2.68	0.53	16.62	12.66	311.8	12.7	0.44	0.18	20.08	0.02	0.00	3.94
	Orange	1.00 ea	69.00	1.27	17.56	3.10	0.21	0.02	60.00	15.00	232.00	1.00	0.11	0.11	48.00	0.00	346.00	82.70
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00
	Tuesday A		692.20	41.09	109.85	12.90	12.46	3.66	498.00	206.50	1918.40	462.00	7.14	1.24	117.80	1.07	4331.00	21.30
	Turkey Burger	3.00 oz	160.00	18.00	0.00	0.00	10.00	3.00	60.00	17.00	168.40	69.00	2.90	0.20	13.00	0.00	0.00	3.20
	Whole Grain Bun	1.00 ea	120.00	6.00	23.00	3.00	1.50	0.50	60.00	53.00	136.00	205.00	0.96	0.11	24.00	0.11	67.00	0.70
	Baked beans	0.50 c	133.00	6.07	25.90	3.50	0.51	0.13	39.00	40.00	374.00	1.00	1.77	0.16	30.00	0.00	134.00	3.90
	sweet potatoes tots	0.50 c	95.00	1.76	22.00	3.30	0.06	0.01	33.00	27.50	371.00	61.00	0.33	0.22	12.00	0.00	2554.00	3.20
	Banana	1.00 med	105.00	1.27	26.95	3.10	0.39	0.02	6.00	32.00	422.00	1.00	0.18	0.43	24.00	0.00	76.00	10.30
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00
	Wednesday A		663.20	32.56	89.25	15.80	15.39	7.07	385.90	165.50	1493.50	472.80	5.71	1.19	192.70	1.17	1676.00	33.30
	Green Chili Cheese Tamale (Ta	5.00 oz	310.00	15.00	20.70	3.70	12.00	7.00	39.90	39.50	282.50	336.00	1.40	0.30	85.00	0.20	100.00	18
	Chuckwagon com	0.50 c	39.00	2.00	7.60	2.00	0.50	0.00	0.00	0.00	108.00	10.80	0.60	0.00	36.00	0.00	0.00	0.00
	Pinto beans	0.50 c	130.00	6.30	22.00	7.00	2.50	0.05	40.00	57.00	234.00	0.00	2.53	0.34	32.90	0.01	0.00	5.00
	Banana	1.00 med	105.00	1.27	26.95	3.10	0.39	0.02	6.00	32.00	422.00	1.00	0.18	0.43	24.00	0.00	76.00	10.30
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00
	Thursday A		508.20	30.33	61.53	9.70	15.92	3.06	539.80	196.00	1707.00	436.20	4.76	0.86	214.00	0.96	13988.00	30.30
	Turkey Meatball	3.00 oz.	180.00	14.00	6.00	0.00	9.00	2.50	40.00	0.00	223.00	182.00	2.30	0.00	8.00	0.00	2333.00	1.20
	swedish sauce	1.00 oz	20.00	0.00	3.00	0.00	0.00	0.00	0.00	0.00	0.00	115.00	0.00	0.00	0.00	0.00	0.00	0.00
	Spinach	0.50 c	21.00	2.67	3.38	2.20	0.23	0.04	122.00	78.00	419.00	10.00	0.68	0.22	131.00	0.00	9433.00	8.80
	Green Bean almondine	0.50 cup	103.00	4.40	10.20	4.40	6.30	0.50	71.80	49.00	224.00	3.20	0.60	0.10	39.00	0.00	646.00	10.00
	Banana	1.00 med	105.00	1.27	26.95	3.10	0.39	0.02	6.00	32.00	422.00	1.00	0.18	0.43	24.00	0.00	76.00	10.30
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	419.00	125.00	1.00	0.11	12.00	0.96	1500.00	0.00
	Friday A		564.20	26.06	79.25	8.10	12.39	1.82	439.70	128.70	1199.80	601.50	1.87	0.71	107.60	2.56	3689.00	24.60
	Tuna cakes on green beans	3.50 oz	245.00	12.80	16.30	0.60	10.50	1.80	39.70	28.90	242.80	373.50	0.30	0.10	9.60	1.60	27.00	9.00
	Green Beans	0.50 c	30.00	1.00	5.00	2.00	0.00	0.00	40.00	13.00	64.00	0.00	0.16	0.04	31.00	0.00	18.00	4.90
	Carrots	0.50 oz	5.00	0.00	1.00	0.40	0.00	0.00	5.00	7.80	36.00	12.00	0.03	0.02	11.00	0.00	2068.00	0.40
	WG Roll	1.00 ea	100.00	3.00	18.00	2.00	1.50	0.00	49.00	10.00	16.00	90.00	0.20	0.01	20.00	0.00	0.00	0.00
	Banana	1.00 med	105.00	1.27	26.95	3.10	0.39	0.02	6.00	32.00	422.00	1.00	0.18	0.43	24.00	0.00	76.00	10.30
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	419.00	125.00	1.00	0.11	12.00	0.96	1500.00	0.00



Approved by Jesse Selinsky RDN
Food and Nutrition solutions LLC
August 4th 2024

Week 1 B Days 1-5

Nutrient Reference Values Agri 15*															21.8		86.6		2.87	
Nutrient	Amount Unit	Kcal	200-800 kcal			400-600 kcal			1000-2000 kcal			200-800 kcal 2.5 kg, 0.27 mg			100 kcal		100 kcal			
			Protein	Carb	Fat	Fiber	Fat	Carb	Protein	Carb	Fiber	Protein	Carb	Fiber	Protein	Carb	Fiber	Protein	Carb	
Energy	1000	3800	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
Protein	1000	3800	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
Carb	1000	3800	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
Fiber	1000	3800	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
Water	1000	3800	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
Minerals	1000	3800	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
Calcium	1000	3800	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
Phosphorus	1000	3800	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
Potassium	1000	3800	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
Sodium	1000	3800	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
Magnesium	1000	3800	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
Zinc	1000	3800	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
Copper	1000	3800	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
Iron	1000	3800	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
Manganese	1000	3800	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
Selenium	1000	3800	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
Chlorine	1000	3800	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
Sulfur	1000	3800	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	

Approved by: [Signature]
August 2018

Week 2B Days 1-5


1/3 Dietary Reference Intake: Ages 51+			500-800 kcal	17 g	43 g	9	400 mg	140	1566	500-800 mg	3.5 mg	0.57 mg	133 mg	0.8	300	27 mg		
Nutrient	Amount	Unit	Kcal	Protein	Carb	Fiber	Fat	Sat Fat	Calcium	Magnesium	Potassium	Sodium	Zinc	Vit B6	Folate	Vit B12	Vit A (IU)	Vit C
Unit			kcal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	Microgm	microgm	IU	mg
Average			728.8	27.96	103.69	6.2	26.02	10.52	571.9	122.9	1372.7	863	2.8524	0.715	179.34	1.56	1739	51.16
Week 2	Monday		743.2	27.96	107.45	6.2	26.09	10.52	550.3	129.7	1454.3	863	2.88	0.843	170.3	1.56	1631	22.2
	BLT Wrap	1.00 ea	440.00	14.00	55.00	2.00	20.00	8.70	160.00	42.30	357.00	423.00	1.00	0.20	107.80	0.20	27.00	8.60
	Com chowder	0.5 c	119	4.7	13.5	1.1	5.7	1.8	84.3	18.4	228.3	314	0.7	0.1	23.7	0.4	28	3.3
	Banana	1.00 med	105.00	1.27	26.95	3.10	0.39	0.02	6.00	32.00	422.00	1.00	0.18	0.43	24.00	0.00	76.00	10.30
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00
	Tuesday		707.20	27.96	98.06	6.20	25.91	10.52	604.30	112.70	1264.30	863.00	2.81	0.52	194.30	1.56	1901.00	94.60
	BLT Wrap	1.00 ea	440.00	14.00	55.00	2.00	20.00	8.70	160.00	42.30	357.00	423.00	1.00	0.20	107.80	0.20	27.00	8.60
	Com chowder	0.5 c	119	4.7	13.5	1.1	5.7	1.8	84.3	18.4	228.3	314	0.7	0.1	23.7	0.4	28	3.3
	Orange	1.00 ea	69.00	1.27	17.56	3.10	0.21	0.02	60.00	15.00	232.00	1.00	0.11	0.11	48.00	0.00	346.00	82.70
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00
	Wednesday		743.20	27.96	107.45	6.20	26.09	10.52	550.30	129.70	1426.30	863.00	2.88	0.84	167.50	1.56	1631.00	22.20
	BLT Wrap	1.00 ea	440.00	14.00	55.00	2.00	20.00	8.70	160.00	42.30	357.00	423.00	1.00	0.20	107.80	0.20	27.00	8.60
	Com chowder	0.5 c	119	4.7	13.5	1.1	5.7	1.8	84.3	18.4	228.3	314	0.7	0.1	23.7	0.4	28	3.3
	Banana	1.00 med	105.00	1.27	26.95	3.10	0.39	0.02	6.00	32.00	422.00	1.00	0.18	0.43	24.00	0.00	76.00	10.30
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	419.00	125.00	1.00	0.11	12.00	0.96	1500.00	0.00
	Thursday		707.20	27.96	98.06	6.20	25.91	10.52	604.30	112.70	1264.30	863.00	2.81	0.52	194.30	1.56	1901.00	94.60
	BLT Wrap	1.00 ea	440.00	14.00	55.00	2.00	20.00	8.70	160.00	42.30	357.00	423.00	1.00	0.20	107.80	0.20	27.00	8.60
	Com chowder	0.5 c	119	4.7	13.5	1.1	5.7	1.8	84.3	18.4	228.3	314	0.7	0.1	23.7	0.4	28	3.3
	Orange	1.00 ea	69.00	1.27	17.56	3.10	0.21	0.02	60.00	15.00	232.00	1.00	0.11	0.11	48.00	0.00	346.00	82.70
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00
	Friday		743.20	27.96	107.45	6.20	26.09	10.52	550.30	129.70	1454.30	863.00	2.88	0.84	170.30	1.56	1631.00	22.20
	BLT Wrap	1.00 ea	440.00	14.00	55.00	2.00	20.00	8.70	160.00	42.30	357.00	423.00	1.00	0.20	107.80	0.20	27.00	8.60
	Com chowder	0.5 c	119	4.7	13.5	1.1	5.7	1.8	84.3	18.4	228.3	314	0.7	0.1	23.7	0.4	28	3.3
	Banana	1.00 med	105.00	1.27	26.95	3.10	0.39	0.02	6.00	32.00	422.00	1.00	0.18	0.43	24.00	0.00	76.00	10.30
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00



Approved by Jesse Selinsky RDN
 Food and Nutrition solutions LLC
 August 4th, 2024

Week 3B Days 1-5

1/3 Dietary Reference Intake: Ages 51+			500-800 kcal	17 g	43 g	9 g	400 mg	140	1566	500-800 mg	3.5 mg	0.57 mg	133 mg	0.8	300	27 mg		
Nutrient	Amount	Unit	Kcal	Protein	Carb	Fiber	Fat	Sat Fat	Calcium	Magnesium	Potassium	Sodium	Zinc	Vit B6	Folate	Vit B12	Vit A (IU)	Vit C
Unit			kcal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	Microgram	microgm	IU	mg
Average			843.80	48.96	120.29	6.90	20.32	9.92	677.60	127.00	1,291.60	1,259.00	5.95	1.02	318.04	2.36	1,802.00	46.06
Week 3	Monday		858.20	48.96	124.05	6.90	20.39	9.92	656.00	133.80	1373.20	1259.00	5.98	1.14	309.00	2.36	1694.00	17.10
	Baguette low fat	1.00 ea	413.00	16.30	78.90	3.30	3.70	0.80	79.00	48.60	177.80	439.00	1.60	0.20	258.40	0.00	0.00	0.00
	Ham, low sodium	3.00 oz	95.00	14.00	0.90	0.00	3.40	1.10	5.80	10.30	193.00	291.00	1.90	0.30	1.90	0.40	0.00	0.00
	Swiss Cheese	1.00 slice	100.00	8.00	1.00	0.00	8.00	5.00	250.00	0.00	20.40	60.00	1.20	0.00	2.80	0.90	90.00	4.90
	french onion soup	0.50 c	66.00	1.40	4.30	0.50	4.90	3.00	15.20	5.90	113.00	343.00	0.10	0.10	7.10	0.10	28.00	1.90
	Banana	1.00 med	105.00	1.27	26.95	3.10	0.39	0.02	6.00	32.00	422.00	1.00	0.18	0.43	24.00	0.00	76.00	10.30
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00
	Tuesday		822.20	48.96	114.66	6.90	20.21	9.92	710.00	116.80	1183.20	1259.00	5.91	0.82	333.00	2.36	1964.00	89.50
	Baguette low fat	1.00 ea	413.00	16.30	78.90	3.30	3.70	0.80	79.00	48.60	177.80	439.00	1.60	0.20	258.40	0.00	0.00	0.00
	Ham, low sodium	3.00 oz	95.00	14.00	0.90	0.00	3.40	1.10	5.80	10.30	193.00	291.00	1.90	0.30	1.90	0.40	0.00	0.00
	Swiss Cheese	1.00 slice	100.00	8.00	1.00	0.00	8.00	5.00	250.00	0.00	20.40	60.00	1.20	0.00	2.80	0.90	90.00	4.90
	french onion soup	0.50 c	66.00	1.40	4.30	0.50	4.90	3.00	15.20	5.90	113.00	343.00	0.10	0.10	7.10	0.10	28.00	1.90
	Orange	1.00 ea	69.00	1.27	17.56	3.10	0.21	0.02	60.00	15.00	232.00	1.00	0.11	0.11	48.00	0.00	346.00	82.70
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00
	Wednesday		858.20	48.96	124.05	6.90	20.39	9.92	656.00	133.80	1345.20	1259.00	5.98	1.14	306.20	2.36	1694.00	17.10
	Baguette low fat	1.00 ea	413.00	16.30	78.90	3.30	3.70	0.80	79.00	48.60	177.80	439.00	1.60	0.20	258.40	0.00	0.00	0.00
	Ham, low sodium	3.00 oz	95.00	14.00	0.90	0.00	3.40	1.10	5.80	10.30	193.00	291.00	1.90	0.30	1.90	0.40	0.00	0.00
	Swiss Cheese	1.00 slice	100.00	8.00	1.00	0.00	8.00	5.00	250.00	0.00	20.40	60.00	1.20	0.00	2.80	0.90	90.00	4.90
	french onion soup	0.50 c	66.00	1.40	4.30	0.50	4.90	3.00	15.20	5.90	113.00	343.00	0.10	0.10	7.10	0.10	28.00	1.90
	Banana	1.00 med	105.00	1.27	26.95	3.10	0.39	0.02	6.00	32.00	422.00	1.00	0.18	0.43	24.00	0.00	76.00	10.30
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00
	Thursday		858.20	48.96	124.05	6.90	20.39	9.92	656.00	133.80	1373.20	1259.00	5.98	1.14	309.00	2.36	1694.00	17.10
	Baguette low fat	1.00 ea	413.00	16.30	78.90	3.30	3.70	0.80	79.00	48.60	177.80	439.00	1.60	0.20	258.40	0.00	0.00	0.00
	Ham, low sodium	3.00 oz	95.00	14.00	0.90	0.00	3.40	1.10	5.80	10.30	193.00	291.00	1.90	0.30	1.90	0.40	0.00	0.00
	Swiss Cheese	1.00 slice	100.00	8.00	1.00	0.00	8.00	5.00	250.00	0.00	20.40	60.00	1.20	0.00	2.80	0.90	90.00	4.90
	french onion soup	0.50 c	66.00	1.40	4.30	0.50	4.90	3.00	15.20	5.90	113.00	343.00	0.10	0.10	7.10	0.10	28.00	1.90
	Banana	1.00 med	105.00	1.27	26.95	3.10	0.39	0.02	6.00	32.00	422.00	1.00	0.18	0.43	24.00	0.00	76.00	10.30
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00
	Friday		822.20	48.96	114.66	6.90	20.21	9.92	710.00	116.80	1183.20	1259.00	5.91	0.82	333.00	2.36	1964.00	89.50
	Baguette low fat	1.00 ea	413.00	16.30	78.90	3.30	3.70	0.80	79.00	48.60	177.80	439.00	1.60	0.20	258.40	0.00	0.00	0.00
	Ham, low sodium	3.00 oz	95.00	14.00	0.90	0.00	3.40	1.10	5.80	10.30	193.00	291.00	1.90	0.30	1.90	0.40	0.00	0.00
	Swiss Cheese	1.00 slice	100.00	8.00	1.00	0.00	8.00	5.00	250.00	0.00	20.40	60.00	1.20	0.00	2.80	0.90	90.00	4.90
	french onion soup	0.50 c	66.00	1.40	4.30	0.50	4.90	3.00	15.20	5.90	113.00	343.00	0.10	0.10	7.10	0.10	28.00	1.90
	Orange	1.00 ea	69.00	1.27	17.56	3.10	0.21	0.02	60.00	15.00	232.00	1.00	0.11	0.11	48.00	0.00	346.00	82.70
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00



Approved by Jesse Selinsky RDN
 Food and Nutrition solutions LLC
 August 4th 2024

Week 4B Days 1-5

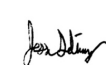
1/3 Dietary Reference Intake: Ages 51+		500-800 kcal	17 g	43 g	9 g		400 mg	140.00	1566.00	500-800 mg	3.5 mg	0.57 mg	133 mg	0.80	300.00	27 mg		
Nutrient	Amount	Unit	Kcal	Protein	Carb	Fiber	Fat	Sat Fat	Calcium	Magnesium	Potassium	Sodium	Zinc	Vit B6	Folate	Vit B12	Vit A (IU)	Vit C
Unit			kcal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	Microgm	microgm	IU	mg
Average			668	37	69	7	30	18	925	190	1349	1440	6	1	109	2	1950	45
Week 4	Monday		682.20	37.35	72.95	7.49	29.69	17.72	903.70	196.40	1424.50	1439.60	6.24	1.25	99.60	2.17	1842.00	15.80
	pimento cheese	3.00 oz	319.00	18.80	1.50	0.10	26.50	16.70	522.00	18.70	137.80	778.00	2.50	0.10	6.80	0.60	161.00	2.00
	Cucumbers	1.00 oz	4.00	0.29	1.00	0.29	0.00	0.00	5.70	3.70	41.70	0.60	0.10	0.00	2.00	0.00	10.00	0.80
	Whole Grain Bun	1.00 ea	120.00	6.00	23.00	3.00	1.50	0.50	60.00	53.00	136.00	205.00	0.96	0.11	24.00	0.11	67.00	0.70
	Chk Sausage Gumbo	0.50 c	55.00	3.00	8.50	1.00	1.30	0.50	10.00	52.00	240.00	330.00	1.50	0.50	28.00	0.50	28.00	2.00
	Banana	1.00 med	105.00	1.27	26.95	3.10	0.39	0.02	6.00	32.00	422.00	1.00	0.18	0.43	24.00	0.00	76.00	10.30
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00
	Tuesday		646.20	37.35	63.56	7.49	29.51	17.72	957.70	179.40	1234.50	1439.60	6.17	0.93	123.60	2.17	2112.00	88.20
	pimento cheese	3.00 oz	319.00	18.80	1.50	0.10	26.50	16.70	522.00	18.70	137.80	778.00	2.50	0.10	6.80	0.60	161.00	2.00
	Cucumbers	1.00 oz	4.00	0.29	1.00	0.29	0.00	0.00	5.70	3.70	41.70	0.60	0.10	0.00	2.00	0.00	10.00	0.80
	Whole Grain Bun	1.00 ea	120.00	6.00	23.00	3.00	1.50	0.50	60.00	53.00	136.00	205.00	0.96	0.11	24.00	0.11	67.00	0.70
	Chk Sausage Gumbo	0.50 c	55.00	3.00	8.50	1.00	1.30	0.50	10.00	52.00	240.00	330.00	1.50	0.50	28.00	0.50	28.00	2.00
	Orange	1.00 ea	69.00	1.27	17.56	3.10	0.21	0.02	60.00	15.00	232.00	1.00	0.11	0.11	48.00	0.00	346.00	82.70
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00
	Wednesday		682.20	37.35	72.95	7.49	29.69	17.72	903.70	196.40	1424.50	1439.60	6.24	1.25	99.60	2.17	1842.00	15.80
	pimento cheese	3.00 oz	319.00	18.80	1.50	0.10	26.50	16.70	522.00	18.70	137.80	778.00	2.50	0.10	6.80	0.60	161.00	2.00
	Cucumbers	1.00 oz	4.00	0.29	1.00	0.29	0.00	0.00	5.70	3.70	41.70	0.60	0.10	0.00	2.00	0.00	10.00	0.80
	Whole Grain Bun	1.00 ea	120.00	6.00	23.00	3.00	1.50	0.50	60.00	53.00	136.00	205.00	0.96	0.11	24.00	0.11	67.00	0.70
	Chk Sausage Gumbo	0.50 c	55.00	3.00	8.50	1.00	1.30	0.50	10.00	52.00	240.00	330.00	1.50	0.50	28.00	0.50	28.00	2.00
	Banana	1.00 med	105.00	1.27	26.95	3.10	0.39	0.02	6.00	32.00	422.00	1.00	0.18	0.43	24.00	0.00	76.00	10.30
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00
	Thursday		682.20	37.35	72.95	7.49	29.69	17.72	903.70	196.40	1424.50	1439.60	6.24	1.25	99.60	2.17	1842.00	15.80
	pimento cheese	3.00 oz	319.00	18.80	1.50	0.10	26.50	16.70	522.00	18.70	137.80	778.00	2.50	0.10	6.80	0.60	161.00	2.00
	Cucumbers	1.00 oz	4.00	0.29	1.00	0.29	0.00	0.00	5.70	3.70	41.70	0.60	0.10	0.00	2.00	0.00	10.00	0.80
	Whole Grain Bun	1.00 ea	120.00	6.00	23.00	3.00	1.50	0.50	60.00	53.00	136.00	205.00	0.96	0.11	24.00	0.11	67.00	0.70
	Chk Sausage Gumbo	0.50 c	55.00	3.00	8.50	1.00	1.30	0.50	10.00	52.00	240.00	330.00	1.50	0.50	28.00	0.50	28.00	2.00
	Banana	1.00 med	105.00	1.27	26.95	3.10	0.39	0.02	6.00	32.00	422.00	1.00	0.18	0.43	24.00	0.00	76.00	10.30
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00
	Friday		646.20	37.35	63.56	7.49	29.51	17.72	957.70	179.40	1234.50	1439.60	6.17	0.93	123.60	2.17	2112.00	88.20
	pimento cheese	3.00 oz	319.00	18.80	1.50	0.10	26.50	16.70	522.00	18.70	137.80	778.00	2.50	0.10	6.80	0.60	161.00	2.00
	Cucumbers	1.00 oz	4.00	0.29	1.00	0.29	0.00	0.00	5.70	3.70	41.70	0.60	0.10	0.00	2.00	0.00	10.00	0.80
	Whole Grain Bun	1.00 ea	120.00	6.00	23.00	3.00	1.50	0.50	60.00	53.00	136.00	205.00	0.96	0.11	24.00	0.11	67.00	0.70
	Chk Sausage Gumbo	0.50 c	55.00	3.00	8.50	1.00	1.30	0.50	10.00	52.00	240.00	330.00	1.50	0.50	28.00	0.50	28.00	2.00
	Orange	1.00 ea	69.00	1.27	17.56	3.10	0.21	0.02	60.00	15.00	232.00	1.00	0.11	0.11	48.00	0.00	346.00	82.70
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00



Approved by Jesse Seisnky RDN
 Food and Nutrition solutions LLC
 August 4th 2024

Week 5B Days 1-5

1/3 Dietary Reference Intake: Ages 51+			500-800 kcal	17 g	43 g	9 g		400 mg	140.00	1566.00	500-800 mg	3.5 mg	0.57 mg	133 mg	0.80	300.00	27 mg	
Nutrient	Amount	Unit	Kcal	Protein	Carb	Fiber	Fat	Sat Fat	Calcium	Magnesium	Potassium	Sodium	Zinc	Vit B6	Folate	Vit B12	Vit A (IU)	Vit C
Unit			kcal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	Microgm	microgm	IU	mg
Average			694.80	40.26	85.69	7.00	21.62	4.52	478.60	132.20	1557.40	1162.00	3.85	1.37	279.84	1.36	1717.00	49.16
Week 5	Monday		673.20	40.26	80.06	7.00	21.51	4.52	511.00	122.00	1449.00	1162.00	3.81	1.17	294.80	1.36	1879.00	92.60
	Turkey and cheddar on sweet slider roll	1.00 ea	485.00	30.00	44.00	2.90	20.00	4.50	136.00	48.00	620.00	821.00	2.20	0.70	160.00	0.40	27.00	5.90
	Creamy potato leek soup	0.50 c	40.00	1.00	6.50	1.00	1.30	0.00	15.00	22.00	150.00	215.00	0.50	0.25	72.00	0.00	6.00	4.00
	Orange	1.00 ea	69.00	1.27	17.56	3.10	0.21	0.02	60.00	15.00	232.00	1.00	0.11	0.11	48.00	0.00	346.00	82.70
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00
	Tuesday		709.20	40.26	89.45	7.00	21.69	4.52	457.00	139.00	1639.00	1162.00	3.88	1.49	270.80	1.36	1609.00	20.20
	Turkey and cheddar on sweet slider roll	1.00 ea	485.00	30.00	44.00	2.90	20.00	4.50	136.00	48.00	620.00	821.00	2.20	0.70	160.00	0.40	27.00	5.90
	Creamy potato leek soup	0.50 c	40.00	1.00	6.50	1.00	1.30	0.00	15.00	22.00	150.00	215.00	0.50	0.25	72.00	0.00	6.00	4.00
	Banana	1.00 med	105.00	1.27	26.95	3.10	0.39	0.02	6.00	32.00	422.00	1.00	0.18	0.43	24.00	0.00	76.00	10.30
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00
	Wednesday		709.20	40.26	89.45	7.00	21.69	4.52	457.00	139.00	1639.00	1162.00	3.88	1.49	270.80	1.36	1609.00	20.20
	Turkey and cheddar on sweet slider roll	1.00 ea	485.00	30.00	44.00	2.90	20.00	4.50	136.00	48.00	620.00	821.00	2.20	0.70	160.00	0.40	27.00	5.90
	Creamy potato leek soup	0.50 c	40.00	1.00	6.50	1.00	1.30	0.00	15.00	22.00	150.00	215.00	0.50	0.25	72.00	0.00	6.00	4.00
	Banana	1.00 med	105.00	1.27	26.95	3.10	0.39	0.02	6.00	32.00	422.00	1.00	0.18	0.43	24.00	0.00	76.00	10.30
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00
	Thursday		673.20	40.26	80.06	7.00	21.51	4.52	511.00	122.00	1421.00	1162.00	3.81	1.17	292.00	1.36	1879.00	92.60
	Turkey and cheddar on sweet slider roll	1.00 ea	485.00	30.00	44.00	2.90	20.00	4.50	136.00	48.00	620.00	821.00	2.20	0.70	160.00	0.40	27.00	5.90
	Creamy potato leek soup	0.50 c	40.00	1.00	6.50	1.00	1.30	0.00	15.00	22.00	150.00	215.00	0.50	0.25	72.00	0.00	6.00	4.00
	Orange	1.00 ea	69.00	1.27	17.56	3.10	0.21	0.02	60.00	15.00	232.00	1.00	0.11	0.11	48.00	0.00	346.00	82.70
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	419.00	125.00	1.00	0.11	12.00	0.96	1500.00	0.00
	Friday		709.20	40.26	89.45	7.00	21.69	4.52	457.00	139.00	1639.00	1162.00	3.88	1.49	270.80	1.36	1609.00	20.20
	Turkey and cheddar on sweet slider roll	1.00 ea	485.00	30.00	44.00	2.90	20.00	4.50	136.00	48.00	620.00	821.00	2.20	0.70	160.00	0.40	27.00	5.90
	Creamy potato leek soup	0.50 c	40.00	1.00	6.50	1.00	1.30	0.00	15.00	22.00	150.00	215.00	0.50	0.25	72.00	0.00	6.00	4.00
	Banana	1.00 med	105.00	1.27	26.95	3.10	0.39	0.02	6.00	32.00	422.00	1.00	0.18	0.43	24.00	0.00	76.00	10.30
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00


 Approved by Jesse Selinsky RDN
 Food and Nutrition solutions LLC
 August 4th 2024

Week 8B Days 1-5

1/3 Dietary Reference Intake: Ages 51+			500-800 kcal	17 g	43 g	9 g		400 mg	140.00	1566.00	500-800 mg	3.5 mg	0.57 mg	133 mg	0.80	300.00	27 mg	
Nutrient	Amount	Unit	Kcal	Protein	Carb	Fiber	Fat	Sat Fat	Calcium	Magnesium	Potassium	Sodium	Zinc	Vit B6	Folate	Vit B12	Vit A (IU)	Vit C
Unit			kcal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	Microgm	microgm	IU	mg
Average			650	36	70	8	26	0	408	153	1442	698	4	1	138	1	3842	52
Week 8	Monday		628.20	35.96	64.66	8.30	26.11	0.18	440.70	142.40	1313.00	698.30	3.95	0.81	152.60	1.36	4004.00	95.00
	Greek chk pita	1.00 ea	415.00	24.30	23.80	1.60	24.90	0.00	51.80	67.00	374.50	534.80	2.40	0.50	59.70	0.40	90.00	5.50
	Carrots	0.50 oz	5.00	0.00	1.00	0.40	0.00	0.00	5.00	7.80	36.00	12.00	0.03	0.02	11.00	0.00	2068.00	0.40
	Minestrone Soup	1.00 c	60.00	2.40	10.30	3.20	1.00	0.16	23.90	15.60	223.50	25.50	0.41	0.07	19.10	0.00	0.00	6.40
	Orange	1.00 ea	69.00	1.27	17.56	3.10	0.21	0.02	60.00	15.00	232.00	1.00	0.11	0.11	48.00	0.00	346.00	82.70
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00
	Tuesday		664.20	35.96	74.05	8.30	26.29	0.18	386.70	159.40	1503.00	698.30	4.02	1.13	128.60	1.36	3734.00	22.60
	Greek chk pita	1.00 ea	415.00	24.30	23.80	1.60	24.90	0.00	51.80	67.00	374.50	534.80	2.40	0.50	59.70	0.40	90.00	5.50
	Carrots	0.50 oz	5.00	0.00	1.00	0.40	0.00	0.00	5.00	7.80	36.00	12.00	0.03	0.02	11.00	0.00	2068.00	0.40
	Minestrone Soup	1.00 c	60.00	2.40	10.30	3.20	1.00	0.16	23.90	15.60	223.50	25.50	0.41	0.07	19.10	0.00	0.00	6.40
	Banana	1.00 med	105.00	1.27	26.95	3.10	0.39	0.02	6.00	32.00	422.00	1.00	0.18	0.43	24.00	0.00	76.00	10.30
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00
	Wednesday		664.20	35.96	74.05	8.30	26.29	0.18	386.70	159.40	1503.00	698.30	4.02	1.13	128.60	1.36	3734.00	22.60
	Greek chk pita	1.00 ea	415.00	24.30	23.80	1.60	24.90	0.00	51.80	67.00	374.50	534.80	2.40	0.50	59.70	0.40	90.00	5.50
	Carrots	0.50 oz	5.00	0.00	1.00	0.40	0.00	0.00	5.00	7.80	36.00	12.00	0.03	0.02	11.00	0.00	2068.00	0.40
	Minestrone Soup	1.00 c	60.00	2.40	10.30	3.20	1.00	0.16	23.90	15.60	223.50	25.50	0.41	0.07	19.10	0.00	0.00	6.40
	Banana	1.00 med	105.00	1.27	26.95	3.10	0.39	0.02	6.00	32.00	422.00	1.00	0.18	0.43	24.00	0.00	76.00	10.30
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00
	Thursday		664.20	35.96	74.05	8.30	26.29	0.18	386.70	159.40	1475.00	698.30	4.02	1.13	125.80	1.36	3734.00	22.60
	Greek chk pita	1.00 ea	415.00	24.30	23.80	1.60	24.90	0.00	51.80	67.00	374.50	534.80	2.40	0.50	59.70	0.40	90.00	5.50
	Carrots	0.50 oz	5.00	0.00	1.00	0.40	0.00	0.00	5.00	7.80	36.00	12.00	0.03	0.02	11.00	0.00	2068.00	0.40
	Minestrone Soup	1.00 c	60.00	2.40	10.30	3.20	1.00	0.16	23.90	15.60	223.50	25.50	0.41	0.07	19.10	0.00	0.00	6.40
	Banana	1.00 med	105.00	1.27	26.95	3.10	0.39	0.02	6.00	32.00	422.00	1.00	0.18	0.43	24.00	0.00	76.00	10.30
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	419.00	125.00	1.00	0.11	12.00	0.96	1500.00	0.00
	Friday		628.20	35.96	64.66	8.30	26.11	0.18	440.70	142.40	1313.00	698.30	3.95	0.81	152.60	1.36	4004.00	95.00
	Greek chk pita	1.00 ea	415.00	24.30	23.80	1.60	24.90	0.00	51.80	67.00	374.50	534.80	2.40	0.50	59.70	0.40	90.00	5.50
	Carrots	0.50 oz	5.00	0.00	1.00	0.40	0.00	0.00	5.00	7.80	36.00	12.00	0.03	0.02	11.00	0.00	2068.00	0.40
	Minestrone Soup	1.00 c	60.00	2.40	10.30	3.20	1.00	0.16	23.90	15.60	223.50	25.50	0.41	0.07	19.10	0.00	0.00	6.40
	Orange	1.00 ea	69.00	1.27	17.56	3.10	0.21	0.02	60.00	15.00	232.00	1.00	0.11	0.11	48.00	0.00	346.00	82.70
	Skim Milk	8.00 fl. oz.	79.20	7.99	12.00	0.00	0.00	0.00	300.00	37.00	447.00	125.00	1.00	0.11	14.80	0.96	1500.00	0.00



Approved by Jesse Selinsky RDN
 Food and Nutrition solutions LLC
 August 4th 2024