

Spreadsheet: JCS HDM 7 Day Week 3 Jan - June 2020 \* | All Days

Spreadsheet

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Fat (g)	Fib (g)	Vit A-RE (RE)	Vit C (mg)	Vit B6 (mg)	Vit B12 (mcg)	Calc (mg)
JCS HDM 7 Day Week 3 Jan - June 2020											
Monday			604.08	46.22	14.37	10.02	2956.96	60.32	0.66	0.99	441.31
Tilapia with Garlic Sauce (Gold Kosher)		1 Serving	196.45	29.80	8.15	0.07	3.75	4.77	0.01	0	2.30
Fish, tilapia, ckd		4 Ounce-w...	148.50	29.70	3.37	0	0	1.62	--	--	0
Oil, olive, salad or cooking		0.25 Tablespoon	29.84	0	3.38	0	0	0	0	0	0.03
Dressing, mayonnaise, light		0.25 Tablespoon	12.15	0.03	1.24	0	1.13	0	0	0	0.30
Juice, lemon, fresh		0.5 Tablespoon	1.68	0.03	0.02	0.02	0.05	2.95	0.00	0	0.46
Garlic, minced, wet		0.25 Teaspoon	3.75	0	0.13	--	--	--	--	--	--
Herb, parsley, dried		0.25 Teaspoon	0.36	0.03	0.01	0.03	0.24	0.16	0.00	0	1.42
Salt, Kosher, coarse		0.03125 Teaspoon	0	0	0	0	--	--	--	--	--
Spice, chili pepper, cayenne, dried, ground		0.03125 Teaspoon	0.18	0.01	0.01	0.02	2.34	0.04	0.00	0	0.08
Parsley Potatoes (Gold Kosher)		4 Ounce-w...	96.90	1.95	0.12	2.06	10.75	9.94	0.30	0	10.68
Potatoes, peeled, ckd, diced		3.95639 Ounce-w...	96.46	1.92	0.11	2.02	0.34	8.30	0.30	0	8.97

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Spreadsheet cont.

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Fat (g)	Fib (g)	Vit A-RE (RE)	Vit C (mg)	Vit B6 (mg)	Vit B12 (mcg)	Calc (mg)
Herb, parsley, fresh, chpd	0.9891	Teaspoon	0.45	0.04	0.01	0.04	10.42	1.64	0.00	0	1.71
Carrot, ckd f/fzn, drnd, slices	6	Ounce-w...	62.94	0.99	1.16	5.61	2879.40	3.91	0.14	0	59.53
Juice, Fruit, Comp	4	Fluid ounce	58.52	0.85	0.19	0.37	21.79	37.47	0.04	0	12.45
Bread, whole wheat, slice	1	Slice	69.16	3.63	0.94	1.90	0.08	0	0.06	0	29.96
Margarine, 80% fat, unsalted	1	Teaspoon	33.94	0.01	3.82	0	41.18	0.01	0.00	0.00	0.14
Milk, nonfat/skim, dry	1	Serving	86.18	9.00	0	0	0	4.21	0.11	0.99	326.25
Tuesday			675.32	50.61	13.26	11.37	1039.43	60.53	0.85	3.17	470.31
Beef Meatballs (Gold Kosher)	1	Serving	203.97	25.12	6.17	0.64	0	0	0.32	2.18	32.74
Beef, ground, hamburger, bkd, 5% fat	3	Ounce-w...	147.98	23.23	5.42	0	0	0	0.30	2.13	6.80
Bread Crumbs, plain, grated, dry	0.5	Ounce-w...	55.99	1.89	0.75	0.64	0	0	0.02	0.05	25.94
Sauce, sofrito, prep f/recipe	1	Ounce-w...	67.19	3.63	5.16	0.48	--	5.78	0.10	--	5.67
Beans, black, mature, ckd	2	Ounce-w...	74.84	5.02	0.31	4.93	0.34	0	0.04	0	15.31

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Spreadsheet cont.

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Fat (g)	Fib (g)	Vit A-RE (RE)	Vit C (mg)	Vit B6 (mg)	Vit B12 (mcg)	Calc (mg)
Rice, white, long grain, ckd	2 Ounce-w...		73.71	1.53	0.16	0.23	0	0	0.05	0	5.67
Mixed Vegetables (Z, C, S) (Gold Kosher)	6 Ounce-w...		41.76	1.84	0.34	2.82	1017.22	13.06	0.12	0	42.26
Squash, zucchini, w/skin, ckd, drnd, slices	2 Ounce-w...		8.50	0.65	0.20	0.56	63.33	7.31	0.05	0	10.21
Carrot, fresh,	2 Ounce-w...		23.25	0.53	0.14	1.59	947.21	3.35	0.08	0	18.71
Squash, yellow, smooth slices, fzn, FS	2 Ounce-w...		10.01	0.67	0	0.67	6.67	2.40	--	--	13.34
Juice, Fruit, Comp	4 Fluid ounce		58.52	0.85	0.19	0.37	21.79	37.47	0.04	0	12.45
Bread, whole wheat, slice	1 Slice		69.16	3.63	0.94	1.90	0.08	0	0.06	0	29.96
Milk, nonfat/skim, dry	1 Serving		86.18	9.00	0	0	0	4.21	0.11	0.99	326.25
Wednesday			651.23	47.72	15.72	13.37	516.35	112.55	0.94	3.12	443.67
Picadillo (Gold Kosher)	1 Serving		194.47	24.73	5.63	1.62	96.09	53.87	0.51	2.13	28.09
Beef, ground, hamburger, bkd, 5% fat	3 Ounce-w...		147.98	23.23	5.42	0	0	0	0.30	2.13	6.80
Potatoes, peeled, ckd, diced	0.5 Ounce-w...		12.19	0.24	0.01	0.26	0.04	1.05	0.04	0	1.13

Spreadsheet cont.

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Fat (g)	Fib (g)	Vit A-RE (RE)	Vit C (mg)	Vit B6 (mg)	Vit B12 (mcg)	Calc (mg)
Onion, pearl, ckd, drnd, chpd	1 Ounce-w...		12.47	0.39	0.05	0.40	0.06	1.47	0.04	0	6.24
Peppers, sweet, bell, red, ckd, drnd, chpd	1 Ounce-w...		7.94	0.26	0.06	0.34	83.38	48.48	0.07	0	2.55
Tomato Sauce, unsalted	1 Ounce-w...		8.22	0.37	0.05	0.43	12.28	1.98	0.03	0	3.69
Spice, pepper, black, ground	0.25 Teaspoon		1.44	0.06	0.02	0.15	0.31	0	0.00	0	2.55
Garlic, cloves, fresh	1 Teaspoon		4.22	0.18	0.01	0.06	0.03	0.88	0.03	0	5.13
Yellow rice (Gold Kosher)	4 Ounce-w...		76.29	0.75	4.69	0.12	0.00	0.15	0.03	0	5.96
Water, tap	0.33893 Cup		0	0	0	0	0	0	0	0	2.41
Rice, white, long grain, ckd	0.16946 Cup		34.81	0.72	0.07	0.11	0	0	0.02	0	2.68
Oil, vegetable, low saturated fat, USDA	0.33893 Tablespoon		40.75	0	4.61	0	0	0	0	0	0
Yellow Food Coloring (Durkee)	0.16946 Teaspoon		0.02	0	0	0	--	--	--	--	--
Garlic, cloves, fresh	0.16946 Teaspoon		0.72	0.03	0.00	0.01	0.00	0.15	0.01	0	0.87
Salt, Kosher, coarse	0.08473 Teaspoon		0	0	0	0	--	--	--	--	--

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Spreadsheet cont.

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Fat (g)	Fib (g)	Vit A-RE (RE)	Vit C (mg)	Vit B6 (mg)	Vit B12 (mcg)	Calc (mg)
Peas, green, ckd f/fzn, drnd	6	Ounce-w...	132.68	8.76	0.46	9.36	357.20	16.84	0.19	0	40.82
Juice, Fruit, Comp	4	Fluid ounce	58.52	0.85	0.19	0.37	21.79	37.47	0.04	0	12.45
Bread, whole wheat, slice	1	Slice	69.16	3.63	0.94	1.90	0.08	0	0.06	0	29.96
Margarine, 80% fat, unsalted	1	Teaspoon	33.94	0.01	3.82	0	41.18	0.01	0.00	0.00	0.14
Milk, nonfat/skim, dry	1	Serving	86.18	9.00	0	0	0	4.21	0.11	0.99	326.25
Thursday			671.90	38.33	16.65	10.78	320.75	59.32	0.49	1.42	828.35
Cheese Stuffed Shells (Gold Kosher)	1	Serving	364.57	21.63	11.23	3.06	138.63	1.13	0.19	0.43	384.70
Pasta, shells, sml, enrich, ckd	4	Ounce-w...	179.17	6.58	1.05	2.04	0	0	0.06	0	7.94
Sauce, spaghetti, rts	2	Ounce-w...	27.78	0.80	0.84	1.02	36.85	1.13	0.10	0	15.31
Cheese, mozzarella, low sod, shred	1	Ounce-w...	79.38	7.80	4.85	0	39.97	0	0.02	0.26	207.24
Cheese, ricotta, part skim	2	Ounce-w...	78.24	6.46	4.48	0	61.80	0	0.01	0.16	154.22
Snap Beans, green, ckd, drnd	6	Ounce-w...	59.53	3.21	0.48	5.44	119.07	16.50	0.10	0	74.84
Juice, Fruit, Comp	4	Fluid ounce	58.52	0.85	0.19	0.37	21.79	37.47	0.04	0	12.45

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Spreadsheet cont.

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Fat (g)	Fib (g)	Vit A-RE (RE)	Vit C (mg)	Vit B6 (mg)	Vit B12 (mcg)	Calc (mg)
Bread, whole wheat, slice	1	Slice	69.16	3.63	0.94	1.90	0.08	0	0.06	0	29.96
Milk, nonfat/skim, dry	1	Serving	86.18	9.00	0	0	0	4.21	0.11	0.99	326.25
Margarine, 80% fat, unsalted	1	Teaspoon	33.94	0.01	3.82	0	41.18	0.01	0.00	0.00	0.14
Friday			645.42	31.85	17.50	10.70	1618.09	80.75	0.65	1.13	508.71
Chicken, patty, fzn	1	Each	175.20	8.60	12.02	0.72	6.60	0	0.09	0.14	12.00
Fried rice vegetarian (Gold kosher)	4	Ounce-w...	136.18	4.58	2.78	1.38	143.03	5.22	0.12	0	27.50
Onion, pearl, fresh, chpd	0.02753	Cup	1.76	0.05	0.00	0.07	0.01	0.33	0.01	0	1.01
Oil, vegetable, low saturated fat, USDA	0.11014	Tablespoon	13.24	0	1.50	0	0	0	0	0	0
Carrot, fresh, chpd, USDA	0.05507	Cup	2.89	0.07	0.02	0.20	117.76	0.42	0.01	0	2.33
Peas, green, ckd f/fzn, drnd	0.05507	Cup	6.87	0.45	0.02	0.48	18.50	0.87	0.01	0	2.11
Rice, white, long grain, ckd	0.44055	Cup	90.49	1.87	0.19	0.28	0	0	0.06	0	6.96
Onion, green, tops & bulb, fresh, med, 4 1/8" long	0.44055	Each	2.11	0.12	0.01	0.17	6.59	1.24	0.00	0	4.76
Sprouts, soybean, mature, fresh	0.22028	Cup	18.81	2.02	1.03	0.17	0.17	2.36	0.03	0	10.33

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Spreadsheet cont.

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Fat (g)	Fib (g)	Vit A-RE (RE)	Vit C (mg)	Vit B6 (mg)	Vit B12 (mcg)	Calc (mg)
Cabbage, ckd, drnd, shredded	3	Ounce-w...	19.56	1.08	0.05	1.62	6.80	31.89	0.10	0	40.82
Carrot, ckd f/fzn, drnd, slices	3	Ounce-w...	31.47	0.49	0.58	2.81	1439.70	1.96	0.07	0	29.77
Juice, Fruit, Comp	4	Fluid ounce	58.52	0.85	0.19	0.37	21.79	37.47	0.04	0	12.45
Bread, whole wheat, slice	2	Slice	138.32	7.25	1.88	3.81	0.17	0	0.12	0	59.92
Milk, nonfat/skim, dry	1	Serving	86.18	9.00	0	0	0	4.21	0.11	0.99	326.25
Saturday			648.41	37.76	13.43	9.58	1983.00	69.57	0.59	3.12	476.42
Salisbury Steak (Gold Kosher)	1	Serving	209.48	20.28	4.88	1.28	0	0	0.03	2.12	51.88
Bread Crumbs, plain, grated, dry	1	Ounce-w...	111.98	3.78	1.50	1.28	0	0	0.03	0.10	51.88
Beef, ground, extra lean, raw	3	Ounce-w...	97.50	16.50	3.37	0	0	0	--	2.02	0
Gravy, mushroom, cnd	2	Ounce-w...	28.35	0.71	1.54	0.23	0	0	0.01	0	3.97
Mashed Potatoes (Golds)	4	Ounce-w...	120.84	2.62	1.30	2.06	0.35	25.27	0.24	0	12.09
Oil, vegetable, low saturated fat, USDA	0.2576	Teaspoon	10.32	0	1.17	0	0	0	0	0	0
Garlic, cloves, fresh	0.2576	Teaspoon	1.09	0.05	0.00	0.02	0.01	0.23	0.01	0	1.32

Spreadsheet cont.

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Fat (g)	Fib (g)	Vit A-RE (RE)	Vit C (mg)	Vit B6 (mg)	Vit B12 (mcg)	Calc (mg)
Mashed Potatoes, flakes, w/o milk, dry	0.5152	Cup	109.43	2.58	0.13	2.04	0.34	25.04	0.23	0	8.35
Water, tap	0.34003	Cup	0	0	0	0	0	0	0	0	2.42
Carrot, ckd f/fzn, drnd, slices	4	Ounce-w...	41.96	0.66	0.77	3.74	1919.60	2.61	0.10	0	39.69
Juice, Fruit, Comp	4	Fluid ounce	58.52	0.85	0.19	0.37	21.79	37.47	0.04	0	12.45
Bread, whole wheat, slice	1	Slice	69.16	3.63	0.94	1.90	0.08	0	0.06	0	29.96
Margarine, 80% fat, unsalted	1	Teaspoon	33.94	0.01	3.82	0	41.18	0.01	0.00	0.00	0.14
Milk, nonfat/skim, dry	1	Serving	86.18	9.00	0	0	0	4.21	0.11	0.99	326.25
<input type="checkbox"/> Sunday			634.32	39.04	17.29	13.63	326.23	90.83	0.82	2.04	553.95
<input type="checkbox"/> Spanish Omelet (Gold Kosher)	6	Ounce-w...	188.93	15.39	11.59	0.56	233.94	2.69	0.24	1.05	79.51
Egg, whole, raw, lrg	2.35715	Each	168.54	14.80	11.21	0	189.46	0	0.20	1.05	66.00
Sauce, pasta, marinara, low sodium	1.57143	Ounce-w...	14.26	0.36	0.36	0.36	14.26	1.71	--	--	7.13
Garlic, cloves, fresh	0.78572	Teaspoon	3.32	0.14	0.01	0.05	0.02	0.69	0.03	0	4.03
Onion, pearl, ckd, drnd, chpd	0.78572	Teaspoon	1.51	0.05	0.01	0.05	0.01	0.18	0.00	0	0.76



Spreadsheet cont.

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Fat (g)	Fib (g)	Vit A-RE (RE)	Vit C (mg)	Vit B6 (mg)	Vit B12 (mcg)	Calc (mg)
Spice, pepper, black, ground	0.09821	Teaspoon	0.57	0.02	0.01	0.06	0.12	0	0.00	0	1.00
Carrot, fresh, grated, USDA	0.78572	Teaspoon	0.74	0.02	0.00	0.05	30.08	0.11	0.00	0	0.59
Vegetarian Baked Beans (Gold Kosher)	4 Ounce-w...		162.79	8.58	0.65	8.62	11.77	2.56	0.23	0	49.59
Beans, pinto, mature, ckd	0.20173	Pound	130.85	8.24	0.59	8.24	0	0.73	0.21	0	42.09
Sugar, brown, unpacked	0.02522	Cup	13.89	0.00	0	0	0	0	0.00	0	3.03
Onion, yellow, fresh, chpd	0.02522	Cup	1.61	0.04	0.00	0.07	0.01	0.30	0.00	0	0.93
Tomato Paste, unsalted, 6oz can	0.02522	Cup	5.42	0.29	0.03	0.27	10.08	1.45	0.01	0	2.38
Mustard, deli	0.05043	Teaspoon	0.20	0	0	0	--	--	--	--	--
Sauce, worcestershire	0.05043	Teaspoon	0.22	0	0	0	0.03	0.04	0	0	0.31
Sauce, barbecue, low sod	0.02522	Cup	10.59	0	0.02	0.04	1.66	0.05	0.00	0	0.85
Cabbage, ckd, drnd, shredded	4 Ounce-w...		26.08	1.44	0.07	2.15	9.07	42.52	0.13	0	54.43
Ketchup, pkt	1	Each	8.73	0.16	0.03	0.03	8.40	1.36	0.01	0	1.62
Juice, Fruit, Comp	4	Fluid ounce	58.52	0.85	0.19	0.37	21.79	37.47	0.04	0	12.45
Bread, whole wheat, slice	1	Slice	69.16	3.63	0.94	1.90	0.08	0	0.06	0	29.96

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Spreadsheet cont.

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Fat (g)	Fib (g)	Vit A-RE (RE)	Vit C (mg)	Vit B6 (mg)	Vit B12 (mcg)	Calc (mg)
Margarine, 80% fat, unsalted	1	Teaspoon	33.94	0.01	3.82	0	41.18	0.01	0.00	0.00	0.14
Milk, nonfat/skim, dry	1	Serving	86.18	9.00	0	0	0	4.21	0.11	0.99	326.25
Average			647.24	41.65	15.46	11.35	1251.54	76.27	0.71	2.14	531.82
% Recommendation			29.86	85.02	22.93	37.41		101.69	47.66	89.24	44.32
Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)							
JCS HDM 7 Day Week 3 Jan - June 2020											
Monday	2.45	1903.31	505.35	114.88							
Tilapia with Garlic Sauce (Gold Kosher)	0.02	499.87	126.46	1.12							
Fish, tilapia, ckd	--	485.99	40.50	--							
Oil, olive, salad or cooking	0	0.03	0.07	0							
Dressing, mayonnaise, light	0.01	1.50	25.24	0.07							
Juice, lemon, fresh	0.00	7.85	0.08	0.46							
Garlic, minced, wet	--	--	0	--							

Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
Herb, parsley, dried	0.01	3.35	0.56	0.50
Salt, Kosher, coarse	--	--	60.00	--
Spice, chili pepper, cayenne, dried, ground	0.00	1.13	0.02	0.09
Parsley Potatoes (Gold Kosher)	0.32	374.74	6.30	23.05
Potatoes, peeled, ckd, diced	0.30	367.89	5.61	22.43
Herb, parsley, fresh, chpd	0.01	6.85	0.69	0.62
Carrot, ckd f/fzn, drnd, slices	0.60	326.59	100.36	18.71
Juice, Fruit, Comp	0.05	229.08	4.98	12.45
Bread, whole wheat, slice	0.50	69.44	132.16	22.96
Margarine, 80% fat, unsalted	0	0.85	0.09	0.14
Milk, nonfat/skim, dry	0.97	402.75	135.00	36.45
Tuesday	9.20	1662.89	791.79	167.82

Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
Beef Meatballs (Gold Kosher)	6.04	295.69	153.09	24.81
Beef, ground, hamburger, bkd, 5% fat	5.83	267.90	49.33	18.71
Bread Crumbs, plain, grated, dry	0.21	27.78	103.76	6.10
Sauce, sofrito, prep f/recipe	0.40	113.68	324.60	7.09
Beans, black, mature, ckd	0.64	201.28	0.57	39.69
Rice, white, long grain, ckd	0.28	19.84	0.57	6.80
Mixed Vegetables (Z, C, S) (Gold Kosher)	0.32	331.12	40.82	17.58
Squash, zucchini, w/skin, ckd, drnd, slices	0.19	149.69	1.70	10.77
Carrot, fresh,	0.14	181.44	39.12	6.80
Squash, yellow, smooth slices, fzn, FS	--	--	0	--
Juice, Fruit, Comp	0.05	229.08	4.98	12.45
Bread, whole wheat, slice	0.50	69.44	132.16	22.96

Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
└ Milk, nonfat/skim, dry	0.97	402.75	135.00	36.45
└ Wednesday	8.87	1421.88	624.71	147.29
└ └ Picadillo (Gold Kosher)	6.06	521.36	55.17	33.73
└ └ └ Beef, ground, hamburger, bkd, 5% fat	5.83	267.90	49.33	18.71
└ └ └ Potatoes, peeled, ckd, diced	0.04	46.49	0.71	2.83
└ └ └ Onion, pearl, ckd, drnd, chpd	0.06	47.06	0.85	3.12
└ └ └ Peppers, sweet, bell, red, ckd, drnd, chpd	0.03	47.06	0.57	2.83
└ └ └ Tomato Sauce, unsalted	0.06	93.84	3.12	4.54
└ └ └ Spice, pepper, black, ground	0.01	7.64	0.11	0.98
└ └ └ Garlic, cloves, fresh	0.03	11.36	0.48	0.71
└ └ └ Yellow rice (Gold Kosher)	0.14	11.30	174.84	4.14
└ └ └ Water, tap	0.01	0	3.21	0.80


Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
Rice, white, long grain, ckd	0.13	9.37	0.27	3.21
Oil, vegetable, low saturated fat, USDA	0	0	0	0
Yellow Food Coloring (Durkee)	--	--	8.59	--
Garlic, cloves, fresh	0.01	1.93	0.08	0.12
Salt, Kosher, coarse	--	--	162.69	--
Peas, green, ckd f/fzn, drnd	1.14	187.11	122.47	37.42
Juice, Fruit, Comp	0.05	229.08	4.98	12.45
Bread, whole wheat, slice	0.50	69.44	132.16	22.96
Margarine, 80% fat, unsalted	0	0.85	0.09	0.14
Milk, nonfat/skim, dry	0.97	402.75	135.00	36.45
Thursday	4.29	1279.03	588.05	149.11
Cheese Stuffed Shells (Gold Kosher)	2.34	328.57	314.11	46.49

Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
Pasta, shells, sml, enrich, ckd	0.58	49.90	1.13	20.41
Sauce, spaghetti, rts	0.11	180.87	237.57	10.21
Cheese, mozzarella, low sod, shred	0.89	26.93	4.54	7.37
Cheese, ricotta, part skim	0.76	70.87	70.87	8.50
Snap Beans, green, ckd, drnd	0.43	248.34	1.70	30.62
Juice, Fruit, Comp	0.05	229.08	4.98	12.45
Bread, whole wheat, slice	0.50	69.44	132.16	22.96
Milk, nonfat/skim, dry	0.97	402.75	135.00	36.45
Margarine, 80% fat, unsalted	0	0.85	0.09	0.14
Friday	3.69	1405.41	787.38	155.93
Chicken, patty, fzn	0.56	148.80	310.80	15.00
Fried rice vegetarian (Gold kosher)	0.63	155.91	15.30	24.00
Onion, pearl, fresh, chpd	0.01	6.43	0.18	0.44

Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
Oil, vegetable, low saturated fat, USDA	0	0	0	0
Carrot, fresh, chpd, USDA	0.02	22.56	4.86	0.85
Peas, green, ckd f/fzn, drnd	0.06	9.69	6.34	1.94
Rice, white, long grain, ckd	0.34	24.36	0.70	8.35
Onion, green, tops & bulb, fresh, med, 4 1/8" long	0.03	18.24	1.06	1.32
Sprouts, soybean, mature, fresh	0.18	74.63	2.16	11.10
Cabbage, ckd, drnd, shredded	0.17	166.70	6.80	12.76
Carrot, ckd f/fzn, drnd, slices	0.30	163.29	50.18	9.36
Juice, Fruit, Comp	0.05	229.08	4.98	12.45
Bread, whole wheat, slice	1.01	138.88	264.32	45.92
Milk, nonfat/skim, dry	0.97	402.75	135.00	36.45
 Saturday	6.33	1377.86	954.09	119.19



Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
Salisbury Steak (Gold Kosher)	3.79	55.57	256.27	12.19
Bread Crumbs, plain, grated, dry	0.41	55.57	207.52	12.19
Beef, ground, extra lean, raw	3.37	--	48.75	--
Gravy, mushroom, cnd	0.40	60.10	323.18	1.13
Mashed Potatoes (Golds)	0.23	342.34	35.50	21.39
Oil, vegetable, low saturated fat, USDA	0	0	0	0
Garlic, cloves, fresh	0.01	2.93	0.12	0.18
Mashed Potatoes, flakes, w/o milk, dry	0.22	339.42	32.15	20.40
Water, tap	0.01	0	3.22	0.81
Carrot, ckd f/fzn, drnd, slices	0.40	217.72	66.90	12.47
Juice, Fruit, Comp	0.05	229.08	4.98	12.45
Bread, whole wheat, slice	0.50	69.44	132.16	22.96
Margarine, 80% fat, unsalted	0	0.85	0.09	0.14

Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
└─ Milk, nonfat/skim, dry	0.97	402.75	135.00	36.45
└─ Sunday	4.29	1638.47	607.80	156.54
└─ Spanish Omelet (Gold Kosher)	1.56	186.04	204.77	15.68
└─ Egg, whole, raw, lrg	1.52	162.64	167.36	14.14
└─ Sauce, pasta, marinara, low sodium	--	--	35.64	--
└─ Garlic, cloves, fresh	0.03	8.93	0.38	0.56
└─ Onion, pearl, ckd, drnd, chpd	0.01	5.71	0.10	0.38
└─ Spice, pepper, black, ground	0.00	3.00	0.05	0.39
└─ Carrot, fresh, grated, USDA	0.00	5.76	1.24	0.22
└─ Vegetarian Baked Beans (Gold Kosher)	0.96	493.67	21.47	50.14
└─ Beans, pinto, mature, ckd	0.90	398.95	0.92	45.75
└─ Sugar, brown, unpacked	0.00	4.86	1.02	0.33
└─ Onion, yellow, fresh, chpd	0.01	5.89	0.16	0.40

Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
Tomato Paste, unsalted, 6oz can	0.04	66.99	3.90	2.77
Mustard, deli	--	--	3.28	--
Sauce, worcestershire	0.00	2.29	2.80	0.04
Sauce, barbecue, low sod	0.01	14.69	9.39	0.85
Cabbage, ckd, drnd, shredded	0.23	222.26	9.07	17.01
Ketchup, pkt	0.02	34.38	100.26	1.71
Juice, Fruit, Comp	0.05	229.08	4.98	12.45
Bread, whole wheat, slice	0.50	69.44	132.16	22.96
Margarine, 80% fat, unsalted	0	0.85	0.09	0.14
Milk, nonfat/skim, dry	0.97	402.75	135.00	36.45
Average	5.59	1526.98	694.17	144.40
% Recommendation	69.84	32.49	53.40	45.12