

Spreadsheet: JCS HDM 7 Day Week 4 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)
<input type="checkbox"/> JCS HDM 7 Day Week 4 Jan - June 2020											
<input type="checkbox"/> Monday			618.09	30.92	20.90	11.57	219.64	55.33	0.55	1.17	497.26
<input type="checkbox"/> Chicken, patty, fzn	1	Each	175.20	8.60	12.02	0.72	6.60	0	0.09	0.14	12.00
<input type="checkbox"/> Spanish Rice (Gold Kosher)	4	Ounce-w...	78.32	2.68	2.70	1.57	55.17	6.66	0.09	0.04	15.06
<input type="checkbox"/> Rice, white, long grain, ckd	0.12478	Cup	25.63	0.53	0.06	0.08	0	0	0.02	0	1.97
<input type="checkbox"/> Tomatoes, red, fresh, year round avg, chpd/sliced	0.08319	Cup	2.70	0.13	0.03	0.18	12.47	2.05	0.01	0	1.50
<input type="checkbox"/> Peas, green, ckd f/fzn, drnd (AP Uncooked)	0.08319	Cup	8.69	0.57	0.03	0.61	23.39	1.10	0.01	0	2.67
<input type="checkbox"/> Tomato Paste, 6oz can	0.04159	Cup	8.94	0.47	0.05	0.45	16.62	2.39	0.02	0	3.92
<input type="checkbox"/> Onion, pearl, fresh, chpd	0.08319	Cup	5.32	0.15	0.01	0.23	0.03	0.98	0.02	0	3.06
<input type="checkbox"/> Herb, cilantro, leaf, fresh	0.0208	Cup	0.08	0.01	0.00	0.01	2.25	0.09	0.00	0	0.22
<input type="checkbox"/> Oil, vegetable, low saturated fat, USDA	0.16637	Tablespoon	20.00	0	2.26	0	0	0	0	0	0
<input type="checkbox"/> Broth, chicken, low sod, cnd	0.16637	Cup	6.39	0.80	0.24	0	0	0	0.00	0.04	1.60

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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)
Snap Beans, green, ckd f/fzn, drnd	6	Ounce-w...	47.63	2.53	0.29	5.10	94.74	6.97	0.10	0	71.44
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
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			647.14	49.37	6.36	15.73	75.81	108.14	0.98	4.22	623.47
Breaded Pollock (Gold Kosher)	1	Serving	231.38	25.16	4.49	1.61	28.56	0.10	0.35	3.23	123.57
Fish, pollock, Atlantic, fillet, bkd/brld	3	Ounce-w...	100.36	21.19	1.07	0	10.21	0	0.28	3.13	65.49
Salt, Kosher, coarse	0.03125	Teaspoon	0	0	0	0	--	--	--	--	--
Spice, pepper, black, ground	0.25	Teaspoon	1.44	0.06	0.02	0.15	0.31	0	0.00	0	2.55
Spice, garlic, pwd	0.5	Teaspoon	5.13	0.26	0.01	0.14	0	0.02	0.03	0	1.22
Herb, sage, ground	0.375	Teaspoon	0.83	0.03	0.03	0.11	1.55	0.09	0.01	0	4.34
Butter, unsalted	0.5	Teaspoon	16.97	0.02	1.92	0	16.50	0	0.00	0.00	0.57
Bread Crumbs, plain, grated, dry	0.25	Cup	106.65	3.60	1.43	1.21	0	0	0.03	0.09	49.41

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)
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	6 Ounce-w...		39.12	2.16	0.10	3.23	13.61	63.79	0.19	0	81.65
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			651.47	45.31	12.97	11.35	207.05	88.56	0.96	3.17	500.50

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)
Meatloaf (Gold Kosher)	1	Serving	223.31	25.99	6.25	1.57	24.58	5.10	0.41	2.17	44.77
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	0.125	Cup	53.33	1.80	0.72	0.61	0	0	0.02	0.05	24.71
Tomato Sauce, unsalted	2	Ounce-w...	16.44	0.75	0.10	0.85	24.55	3.97	0.05	0	7.37
Garlic, cloves, fresh	1	Teaspoon	4.22	0.18	0.01	0.06	0.03	0.88	0.03	0	5.13
Onion, yellow, fresh, chpd	1	Teaspoon	1.33	0.04	0.00	0.06	0.01	0.25	0.00	0	0.77
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
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
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












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)
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"/> Thursday			648.06	33.97	15.43	14.95	788.33	62.17	0.68	1.28	706.55
<input type="checkbox"/> Eggplant Parmesan (Gold Kosher)	1	Serving	188.68	12.59	6.41	5.44	72.10	6.47	0.19	0.29	273.83
Eggplant, fresh, cubes	4	Ounce-w...	27.22	1.15	0.22	3.82	3.06	2.49	0.10	0	10.21
Bread Crumbs, plain	0.125	Cup	55.00	2.00	0.75	0.50	0	0	--	--	20.00
Herb, oregano, ground	0.125	Teaspoon	0.60	0.02	0.01	0.10	0.38	0.01	0.00	0	3.59
Herb, basil, dried, ground	0.125	Teaspoon	0.41	0.04	0.01	0.07	0.13	0.00	0.00	0	3.92
Spice, garlic, pwd	0.125	Teaspoon	1.28	0.06	0.00	0.03	0	0.00	0.01	0	0.31
Spice, pepper, black, ground	0.125	Teaspoon	0.72	0.03	0.01	0.07	0.16	0	0.00	0	1.27
Cheese, mozzarella, low sod, shred	0.275	Cup	87.01	8.55	5.31	0	43.82	0	0.02	0.29	227.16

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)
Tomato Sauce, unsalted	2 Ounce-w...		16.44	0.75	0.10	0.85	24.55	3.97	0.05	0	7.37
Pasta with Garlic Sauce (Gold Kosher)	1 Serving		217.70	6.67	7.67	5.35	16.22	5.30	0.20	0	35.89
Pasta, spaghetti, whole wheat, ckd	0.25 Pound		140.61	6.04	0.61	5.10	0.34	0	0.09	0	17.01
Oil, olive, extra virgin	0.5 Tablespoon		63.00	0	7.00	0	--	--	--	--	--
Garlic, cloves, fresh	1 Serving		13.41	0.57	0.04	0.19	0.08	2.81	0.11	0	16.29
Herb, parsley, fresh, chpd	0.5 Tablespoon		0.68	0.06	0.01	0.06	15.80	2.49	0.00	0	2.59
Mixed Vegetables (Z, C, S) (Gold Kosher)	4 Ounce-w...		27.84	1.23	0.23	1.88	678.15	8.71	0.08	0	28.17
Squash, zucchini, w/skin, ckd, drnd, slices	1.33333 Ounce-w...		5.67	0.43	0.14	0.38	42.22	4.88	0.03	0	6.80
Carrot, fresh,	1.33333 Ounce-w...		15.50	0.35	0.09	1.06	631.48	2.23	0.05	0	12.47
Squash, yellow, smooth slices, fzn, FS	1.33333 Ounce-w...		6.67	0.44	0	0.44	4.45	1.60	--	--	8.89
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

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)
Friday			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
 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

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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)
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	--	--	--	--	--
Peas, green, ckd f/fzn, drmd	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
<input type="checkbox"/> Saturday			664.74	47.15	18.01	15.11	1125.22	57.32	0.88	1.81	519.07
<input type="checkbox"/> Fish Almondine (Gold Kosher)	1	Serving	212.41	23.25	12.07	1.40	33.18	0	0.31	0.82	58.43
Fish, whitefish, mixed species, fillet, bkd/brld	3	Ounce-w...	146.28	20.81	6.39	0	33.17	0	0.29	0.82	28.07

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)
Nuts, almonds, sliced	0.125 Cup		66.12	2.44	5.68	1.40	0.01	0	0.02	0	30.36
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
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, dmd, 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

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)
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
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
Sunday			677.36	47.73	11.39	11.85	1680.62	57.53	0.49	3.69	435.57
Beef Baked Ziti w/Marinara Sauce (Gold Kosher)	1	Serving	328.37	29.08	6.01	2.51	18.15	2.40	0.06	2.70	18.29
Sauce, pasta, marinara, low sodium	2	Ounce-w...	18.14	0.45	0.45	0.45	18.14	2.18	--	--	9.07
Pasta, macaroni, enrich, ckd	4	Ounce-w...	179.17	6.58	1.05	2.04	0	0	0.06	0	7.94
Garlic, cloves, fresh	0.25	Teaspoon	1.06	0.05	0.00	0.01	0.01	0.22	0.01	0	1.28
Beef, ground, extra lean, raw	4	Ounce-w...	130.00	22.00	4.50	0	0	0	--	2.70	0
Carrot, fresh, chpd	3	Ounce-w...	34.87	0.79	0.20	2.38	1420.82	5.02	0.12	0	28.07

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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	3	Ounce-w...	66.34	4.38	0.23	4.68	178.60	8.42	0.10	0	20.41
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
Average			651.16	43.17	14.40	13.42	659.00	77.37	0.78	2.64	532.30
% Recommendation			30.04	88.12	21.35	44.23		103.16	52.20	109.89	44.36
Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)							
JCS HDM 7 Day Week 4 Jan - June 2020											
Monday	3.33	1413.10	825.42	155.23							
Chicken, patty, fzn	0.56	148.80	310.80	15.00							
Spanish Rice (Gold Kosher)	0.33	222.29	108.52	12.95							
Rice, white, long grain, ckd	0.10	6.90	0.20	2.37							

Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
Tomatoes, red, fresh, year round avg, chpd/sliced	0.03	35.49	0.75	1.65
Peas, green, ckd f/fzn, drnd (AP Uncooked)	0.07	12.25	8.02	2.45
Tomato Paste, 6oz can	0.07	110.50	86.09	4.58
Onion, pearl, fresh, chpd	0.02	19.43	0.53	1.33
Herb, cilantro, leaf, fresh	0.00	1.73	0.15	0.09
Oil, vegetable, low saturated fat, USDA	0	0	0	0
Broth, chicken, low sod, cnd	0.04	34.34	11.98	0.40
Snap Beans, green, ckd f/fzn, drnd	0.41	270.45	1.70	32.32
Juice, Fruit, Comp	0.05	229.08	4.98	12.45
Bread, whole wheat, slice	1.01	138.88	264.32	45.92
Margarine, 80% fat, unsalted	0	0.85	0.09	0.14
Milk, nonfat/skim, dry	0.97	402.75	135.00	36.45

Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
Tuesday	3.79	1998.58	659.74	235.62
Breaded Pollock (Gold Kosher)	0.97	470.25	352.53	88.10
Fish, pollock, Atlantic, fillet, bkd/brld	0.51	387.82	93.55	73.14
Salt, Kosher, coarse	--	--	60.00	--
Spice, pepper, black, ground	0.01	7.64	0.11	0.98
Spice, garlic, pwd	0.05	18.49	0.93	1.19
Herb, sage, ground	0.01	2.81	0.03	1.12
Butter, unsalted	0.00	0.57	0.26	0.05
Bread Crumbs, plain, grated, dry	0.39	52.92	197.64	11.61
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
Tomato Paste, unsalted, 6oz can	0.04	66.99	3.90	2.77

Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
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	0.34	333.39	13.61	25.51
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
Wednesday	8.36	1791.07	464.43	158.64
Meatloaf (Gold Kosher)	6.18	498.27	155.00	34.63
Beef, ground, hamburger, bkd, 5% fat	5.83	267.90	49.33	18.71
Bread Crumbs, plain, grated, dry	0.20	26.46	98.82	5.80
Tomato Sauce, unsalted	0.11	187.67	6.24	9.07
Garlic, cloves, fresh	0.03	11.36	0.48	0.71

Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
Onion, yellow, fresh, chpd	0.01	4.87	0.13	0.33
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
Snap Beans, green, ckd, dmd	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
Margarine, 80% fat, unsalted	0	0.85	0.09	0.14
Milk, nonfat/skim, dry	0.97	402.75	135.00	36.45
Thursday	4.08	1512.28	429.29	156.45
Eggplant Parmesan (Gold Kosher)	1.30	493.89	123.96	35.67

Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
Eggplant, fresh, cubes	0.18	260.82	2.27	15.88
Bread Crumbs, plain	--	--	110.00	--
Herb, oregano, ground	0.01	2.84	0.06	0.61
Herb, basil, dried, ground	0.01	4.60	0.13	1.24
Spice, garlic, pwd	0.01	4.62	0.23	0.30
Spice, pepper, black, ground	0.00	3.82	0.06	0.49
Cheese, mozzarella, low sod, shred	0.97	29.52	4.97	8.08
Tomato Sauce, unsalted	0.11	187.67	6.24	9.07
Pasta with Garlic Sauce (Gold Kosher)	1.04	96.37	5.98	37.21
Pasta, spaghetti, whole wheat, ckd	0.92	49.90	3.40	34.02
Oil, olive, extra virgin	--	--	--	--
Garlic, cloves, fresh	0.10	36.09	1.53	2.25

Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
Herb, parsley, fresh, chpd	0.02	10.39	1.05	0.94
Mixed Vegetables (Z, C, S) (Gold Kosher)	0.22	220.75	27.22	11.72
Squash, zucchini, w/skin, ckd, drnd, slices	0.12	99.79	1.13	7.18
Carrot, fresh,	0.09	120.96	26.08	4.54
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
Milk, nonfat/skim, dry	0.97	402.75	135.00	36.45
Friday	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

Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
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
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	--

Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
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
Saturday	4.23	1953.28	389.92	206.26
Fish Almondine (Gold Kosher)	1.43	426.37	55.40	66.54
Fish, whitefish, mixed species, fillet, bkd/brld	1.08	345.30	55.28	35.72
Nuts, almonds, sliced	0.35	81.08	0.11	30.82
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
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
Margarine, 80% fat, unsalted	0	0.85	0.09	0.14
Milk, nonfat/skim, dry	0.97	402.75	135.00	36.45

Spreadsheet cont.

Item Name	Zinc (mg)	Pot (mg)	Sod (mg)	Magn (mg)
☐ Sunday	7.38	1120.57	503.77	121.51
☐ Beef Baked Ziti w/Marinara Sauce (Gold Kosher)	5.09	52.74	111.61	20.59
☐ Sauce, pasta, marinara, low sodium	--	--	45.36	--
☐ Pasta, macaroni, enrich, ckd	0.58	49.90	1.13	20.41
☐ Garlic, cloves, fresh	0.01	2.84	0.12	0.18
☐ Beef, ground, extra lean, raw	4.50	--	65.00	--
☐ Carrot, fresh, chpd	0.20	272.16	58.68	10.21
☐ Peas, green, ckd f/fzn, drnd	0.57	93.55	61.23	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
Average	5.72	1601.54	556.76	168.71
% Recommendation	71.51	34.08	42.83	52.72