

Menu Analysis

Approved by H McCoy RD, LD

Prepared for Regular Diet

Menu File: FW1011

Dietary Solutions

Based on Menu including Condiments and Snacks

Diet/Day of Cycle	Cost	Fat		Saturated Fat		Chol (mg)	Na (mg)	Carbohydrates		Fiber (g)	Sugar (g)	Protein		K (mg)	Vitamins		Co (mg)	Iron (mg)	H2O (cc)	Food Guide Pyramid							
		Kcal	Kcal	(g)	(%)			(g)	(%)			(g)	(%)		(g)	(%)				A (IU)	C (mg)	fats	milk	meat	veg	frt	brd
Average for days in Week 2		2536	839	93	33 %	30	11 %	377	4089	321	51 %	19	167	104	16 %	3824	9358	186	1399	24	2518	7	3	2	3	2	9
Average for days in Week 3		2532	889	99	35 %	31	11 %	401	3864	316	50 %	15	175	96	15 %	3663	22158	187	1469	24	2482	8	4	2	4	2	9
Average for days in Week 4		2625	934	104	36 %	35	12 %	403	3794	314	48 %	17	168	109	17 %	3824	11749	181	1509	25	2531	8	4	2	4	2	9
Average for days in Week 5		2587	900	100	35 %	33	11 %	386	4097	323	50 %	17	178	102	16 %	3668	11556	171	1408	23	2495	7	3	2	3	2	8
Average for All Days		2573	901	100	35 %	33	11 %	397	3940	317	49 %	17	172	102	16 %	3744	13135	184	1450	24	2506	8	4	2	4	2	9