



Menu Template Report

Total Days: 16
Total Foods: 137

Avg. Daily Kcals: 708.822
Name: bloomfield December 2024 menu

Name	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Sodium mg	Vit A (IU) IU	Vit C mg	Calcium mg	Diet Fiber g	Sugar g
Monday december 2		614.254	48.296	70.748	15.789	510.826	11317.550	43.744	618.401	14.676	23.873
Lunch		614.254	48.296	70.748	15.789	510.826	11317.550	43.744	618.401	14.676	23.873
Milk, Reduced Fat, Fluid, 2% Milkfat w/ Added Vitamin A & Vitamin D	8.000 fl. oz.	122.000	8.052	11.712	4.831	114.680	463.600	0.488	292.800	0.000	12.346
SILVERBROOK Chicken, Diced 1/2 Inch, Fully Ckd, 80% Dark, 20% White, Fz	3.000 oz.	130.000	22.000	0.000	3.500	85.000	0.000	2.400	0.000	0.000	0.000
Cheese, Cheddar, Shredded	0.500 oz.	57.124	3.242	0.478	4.722	92.561	176.050	0.000	100.641	0.000	0.068
ORTEGA Tortillas, Whole Wheat, 8 Inch Diameter	1.000 item	130.000	4.000	25.000	2.000	150.000	0.000	0.000	68.000	3.000	3.000
Beans, Black, Boiled	0.500 c.	113.520	7.620	20.391	0.464	0.860	5.160	0.000	23.220	7.482	0.275
CHOPPED GREEN CHILE	2.000 T.	5.000		0.900						0.900	
Spinach, Chopped, Boiled, Drained	0.500 c.	20.700	2.673	3.375	0.234	63.000	9432.900	8.820	122.400	2.160	0.387
Mandarin Oranges, Canned, Juice Pack, Drained	0.500 c.	35.910	0.709	8.892	0.038	4.725	1239.840	32.036	11.340	1.134	7.796
Tuesday December 3		650.819	23.813	82.805	26.770	914.306	11254.650	36.564	442.427	9.569	53.077
Lunch		650.819	23.813	82.805	26.770	914.306	11254.650	36.564	442.427	9.569	53.077
Milk, Reduced Fat, Fluid, 2% Milkfat w/ Added Vitamin A & Vitamin D	8.000 fl. oz.	122.000	8.052	11.712	4.831	114.680	463.600	0.488	292.800	0.000	12.346
PORCUPINE MEATBALLS	5.000 oz.	173.067	9.535	12.000	9.582	296.268	189.695	3.471	20.185	0.846	3.559
Green Beans, Frozen, Boiled, Drained	0.500 c.	18.900	1.006	4.354	0.115	0.675	282.825	2.768	28.350	2.025	1.269
TOSSED SALAD	1.000 svg.	42.303	1.791	9.647	0.156	40.482	9712.029	26.728	37.197	2.969	4.961
HIDDEN VALLEY THE ORIGINAL RANCH Salad Dressing, Light	2.000 T.	80.000	0.000	3.000	7.000	290.000	0.000	0.000	20.000	0.000	2.000
Bread, Wheat	1.000 sl.	68.500	2.668	11.885	1.133	118.250	0.500	0.050	31.250	1.000	1.433
Margarine	1.000 t.	33.699	0.008	0.033	3.793	44.321	167.837	0.009	1.410	0.000	0.000
Fruit Cocktail, Canned, Heavy Syrup, Drained	0.750 c.	112.350	0.754	30.174	0.161	9.630	438.165	3.050	11.235	2.729	27.510
Wednesday December 4		723.027	42.297	104.859	13.869	784.456	13973.930	169.527	426.561	13.047	66.241
Lunch		723.027	42.297	104.859	13.869	784.456	13973.930	169.527	426.561	13.047	66.241



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Milk, Reduced Fat, Fluid, 2% Milkfat w/ Added Vitamin A & Vitamin D	8.000 fl. oz.	122.000	8.052	11.712	4.831	114.680	463.600	0.488	292.800	0.000	12.346
Chicken, Breast, Meat Only, Boneless, Skinless, Roasted	3.000 oz.	140.331	26.382	0.000	3.036	62.936	17.860	0.000	12.757	0.000	0.000
GN RECIPE #507 PARSLEY POTATOES	4.000 oz.	90.368	2.101	16.491	2.012	40.912	672.266	11.823	23.717	2.949	1.533
CASCADIAN FARM Vegetables, Organic, California Style Blend, Frozen	1.000 c.	37.481	1.499	7.496	0.000	37.481	1124.438	22.489	29.985	2.999	2.999
TOSSSED SALAD	1.000 svg.	42.303	1.791	9.647	0.156	40.482	9712.029	26.728	37.197	2.969	4.961
WISH BONE Salad Dressing, Italian, Light	2.000 T.	35.000	0.000	3.000	2.500	340.000	0.000	0.000	0.000	0.000	2.000
Roll, Dinner, Whole Wheat	1.000 item	75.544	2.471	14.512	1.335	147.964	0.000	0.000	30.104	2.130	2.403
DOLE Canned Fruit, Tropical Fruit, In Light Syrup	1.000 c.	180.000	0.000	42.000	0.000	0.000	1983.740	108.000	0.000	2.000	40.000
Thursday December 5		829.431	50.804	92.724	30.707	644.953	1805.744	46.709	535.976	17.964	32.632
Lunch		829.431	50.804	92.724	30.707	644.953	1805.744	46.709	535.976	17.964	32.632
Milk, Reduced Fat, Fluid, 2% Milkfat w/ Added Vitamin A & Vitamin D	8.000 fl. oz.	122.000	8.052	11.712	4.831	114.680	463.600	0.488	292.800	0.000	12.346
Potatoes, Baked	0.500 item	80.445	2.163	18.295	0.112	8.650	8.650	8.304	12.975	1.903	1.021
Beans, Pinto, Boiled	0.500 c.	122.265	7.704	22.418	0.556	0.855	0.000	0.684	39.330	7.695	0.291
NR # 66 RED CHILE SAUCE FROM RED CHILE PUREE	2.000 oz.	27.103	0.534	2.918	1.944	148.789	0.506	0.116	2.495	1.270	0.007
Beef, Ground, 85% Lean Meat / 15% Fat, Crumbles, Pan-Browned	3.000 oz.	217.728	23.584	0.000	13.013	75.695	7.655	0.000	18.711	0.000	0.000
Cheese, Cheddar, Shredded	0.500 oz.	57.124	3.242	0.478	4.722	92.561	176.050	0.000	100.641	0.000	0.068
Broccoli, Frozen, Chopped, Boiled, Drained	0.500 c.	25.760	2.852	4.922	0.110	10.120	930.120	36.892	30.360	2.760	1.352
Roll, Dinner, Whole Wheat	1.000 item	75.544	2.471	14.512	1.335	147.964	0.000	0.000	30.104	2.130	2.403
NR# 123 BAKED APPLES-US FOODS add 1 cup of sugar	3.768 oz.	101.461	0.203	17.470	4.084	45.639	219.164	0.225	8.560	2.206	15.144
Monday December 9		731.872	36.655	99.418	20.707	1062.978	14820.860	66.170	495.262	10.506	57.699
Lunch		731.872	36.655	99.418	20.707	1062.978	14820.860	66.170	495.262	10.506	57.699



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Milk, Reduced Fat, Fluid, 2% Milkfat w/ Added Vitamin A & Vitamin D	8.000 fl. oz.	122.000	8.052	11.712	4.831	114.680	463.600	0.488	292.800	0.000	12.346
TUNA NOODLE CASSEROLE-US FOODS-ADD PEAS AND CARROTS	6.000 oz.	223.888	22.064	14.996	7.878	359.631	271.343	0.313	104.825	0.666	2.243
Peas and Carrots, Frozen, Boiled, Drained	0.250 c.	19.200	1.236	4.048	0.168	27.200	3805.600	3.240	9.200	1.240	1.744
FLAV-R-PAC Vegetables, Mix, Winter, Frozen	1.000 c.	30.000	1.000	4.000	0.000	25.000	0.000	30.000	20.000	2.000	2.000
Roll, Dinner, Whole Wheat	1.000 item	75.544	2.471	14.512	1.335	147.964	0.000	0.000	30.104	2.130	2.403
Butter, Unsalted	1.000 t.	33.938	0.040	0.003	3.839	0.521	118.286	0.000	1.136	0.000	0.003
TOSSED SALAD	1.000 svg.	42.303	1.791	9.647	0.156	40.482	9712.029	26.728	37.197	2.969	4.961
WISH BONE Salad Dressing, Italian, Light	2.000 T.	35.000	0.000	3.000	2.500	340.000	0.000	0.000	0.000	0.000	2.000
DEL MONTE Peaches, Yellow Cling, Halves, Canned in Heavy Syrup	0.750 c.	150.000	0.000	37.500	0.000	7.500	450.000	5.400	0.000	1.500	30.000
Tuesday December 10		646.344	37.499	84.604	18.665	395.673	14866.170	38.274	441.182	8.793	34.542
Lunch		646.344	37.499	84.604	18.665	395.673	14866.170	38.274	441.182	8.793	34.542
Milk, Reduced Fat, Fluid, 2% Milkfat w/ Added Vitamin A & Vitamin D	8.000 fl. oz.	122.000	8.052	11.712	4.831	114.680	463.600	0.488	292.800	0.000	12.346
GN RECIPE #107 LS SALISBURY STEAK-UPDATED	3.000 oz.	210.918	21.977	3.961	11.190	116.683	110.838	0.202	46.867	0.221	1.267
Gravy, Meat or Poultry, Low Sodium, Prepared	1.000 oz.	15.025	1.077	1.746	0.680	5.103		0.000	1.701	0.085	0.003
Onions, Chopped	0.250 c.	16.000	0.440	3.736	0.040	1.600	0.800	2.960	9.200	0.680	1.696
Mushrooms, Boiled, Drained	0.250 c.	10.920	0.846	2.063	0.183	0.780	0.000	1.560	2.340	0.858	0.913
CILANTRO LIME BROWN RICE	4.000 oz.	117.206	2.381	23.434	1.523	93.525	44.020	1.324	17.469	1.190	0.599
Cabbage, Boiled, Drained, without Salt Added	0.500 c.	17.250	0.953	4.133	0.045	6.000	60.000	28.125	36.000	1.425	2.093
Potatoes, Sweet	0.750 c.	85.785	1.566	20.070	0.050	54.863	14151.530	2.394	29.925	2.993	4.170
Applesauce, Unsweetened, Canned	0.500 c.	51.240	0.207	13.749	0.122	2.440	35.380	1.220	4.880	1.342	11.456
Wednesday December 11		695.472	44.234	76.359	27.448	582.493	6163.859	158.139	452.087	11.152	46.466



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Lunch		695.472	44.234	76.359	27.448	582.493	6163.859	158.139	452.087	11.152	46.466
Milk, Reduced Fat, Fluid, 2% Milkfat w/ Added Vitamin A & Vitamin D	8.000 fl. oz.	122.000	8.052	11.712	4.831	114.680	463.600	0.488	292.800	0.000	12.346
LEMON GARLIC CHICKEN	3.578 oz.	228.348	26.787	3.149	12.146	64.837	139.367	18.791	33.479	1.085	0.630
Brussels Sprouts, Boiled, Drained	0.500 c.	28.080	1.989	5.538	0.390	16.380	604.500	48.360	28.080	2.028	1.357
Roll, Dinner, Whole Wheat	1.000 item	75.544	2.471	14.512	1.335	147.964	0.000	0.000	30.104	2.130	2.403
Grapes, Red or Green	1.000 c.	104.190	1.087	27.331	0.242	3.020	99.660	4.832	15.100	1.359	23.375
Roasted Cauliflower	0.500 c.	98.658	2.952	7.793	7.177	45.371	0.718	72.304	33.925	3.065	2.874
TOSSED SALAD	0.500 svg.	21.151	0.896	4.823	0.078	20.241	4856.015	13.364	18.598	1.485	2.480
WISH BONE Salad Dressing, Italian, Light	1.000 T.	17.500	0.000	1.500	1.250	170.000	0.000	0.000	0.000	0.000	1.000
Thursday December 12		785.019	34.115	115.819	24.313	898.967	10711.140	65.079	451.256	14.754	51.938
Lunch		785.019	34.115	115.819	24.313	898.967	10711.140	65.079	451.256	14.754	51.938
Milk, Reduced Fat, Fluid, 2% Milkfat w/ Added Vitamin A & Vitamin D	8.000 fl. oz.	122.000	8.052	11.712	4.831	114.680	463.600	0.488	292.800	0.000	12.346
GN RECIPE #105 MEATLOAF UPDATED	3.000 oz.	175.386	13.737	6.385	10.250	104.445	153.670	1.769	30.783	0.919	1.409
GN RECIPE #501 MASHED POTATOES-UPDATED	0.500 c.	126.971	3.048	20.930	3.758	107.345	211.638	22.463	40.386	2.381	1.995
Gravy, Meat or Poultry, Low Sodium, Prepared	2.000 oz.	30.050	2.154	3.492	1.361	10.206		0.000	3.402	0.170	0.006
TOSSED SALAD	1.000 svg.	42.303	1.791	9.647	0.156	40.482	9712.029	26.728	37.197	2.969	4.961
WISH BONE Salad Dressing, Italian, Light	2.000 T.	35.000	0.000	3.000	2.500	340.000	0.000	0.000	0.000	0.000	2.000
Roll, Dinner, Whole Wheat	1.000 item	75.544	2.471	14.512	1.335	147.964	0.000	0.000	30.104	2.130	2.403
GN RECIPE #631 FRUIT SALAD (CANNED AND FRESH FRUIT)	1.000 c.	128.165	0.862	32.441	0.122	13.446	170.203	13.631	16.584	2.244	26.819
VEGETABLE MEDLEY-USE THIS ONE (BROCCOLI, WAX BEANS, GREEN BEANS, CARROTS, RED PEPPERS, YELLOW PEPPERS)	1.000 c.	49.600	2.000	13.700		20.400				3.940	
Monday December 16		649.166	27.739	88.397	24.010	969.301	2115.598	59.130	627.584	11.553	54.696
Lunch		649.166	27.739	88.397	24.010	969.301	2115.598	59.130	627.584	11.553	54.696



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Milk, Reduced Fat, Fluid, 2% Milkfat w/ Added Vitamin A & Vitamin D	8.000 fl. oz.	122.000	8.052	11.712	4.831	114.680	463.600	0.488	292.800	0.000	12.346
HILLSHIRE FARM Sausage, Polska Kielbasa	2.000 oz.	180.000	7.000	3.000	16.000	510.000	0.000	0.000	20.000	0.500	1.000
NR#16 NMDOH HERB ROASTED POTATOES	0.300 oz.	6.645	0.116	1.357	0.087	11.272	0.616	0.031	0.969	0.116	0.111
GN RECIPE #474 TOMATO AND CUCUMBER SALAD	0.500 c.	24.645	1.283	5.058	0.369	72.423	343.251	11.968	39.408	2.100	3.411
Berries, frozen, NFS	1.000 c.	100.470	0.827	23.975	1.261	1.970	78.800	4.925	15.760	5.319	16.647
DANNON LIGHT 'N FIT Yogurt, Vanilla, Non Fat	1.000 c.	115.294	7.206	23.059	0.000	108.088	576.471	0.000	216.177	0.000	15.853
Roll, Dinner, Whole Wheat	1.000 item	75.544	2.471	14.512	1.335	147.964	0.000	0.000	30.104	2.130	2.403
PEPPERS AND ONIONS	0.500 c.	24.568	0.785	5.723	0.128	2.904	652.861	41.719	12.366	1.388	2.925
tuesday December 17		745.695	49.500	101.607	14.892	373.708	2473.951	75.721	461.061	12.703	44.907
Lunch		745.695	49.500	101.607	14.892	373.708	2473.951	75.721	461.061	12.703	44.907
Milk, Reduced Fat, Fluid, 2% Milkfat w/ Added Vitamin A & Vitamin D	8.000 fl. oz.	122.000	8.052	11.712	4.831	114.680	463.600	0.488	292.800	0.000	12.346
Chicken, Breast, Meat Only, Boneless, Skinless, Roasted	3.000 oz.	140.331	26.382	0.000	3.036	62.936	17.860	0.000	12.757	0.000	0.000
GREEN CHILE SAUCE	2.000 oz.	15.291	0.090	1.617	0.820	51.317	0.071	0.258	1.738	1.020	0.105
Beans, Black, Boiled	0.500 c.	113.520	7.620	20.391	0.464	0.860	5.160	0.000	23.220	7.482	0.275
Pepper, Bell or Sweet, Red	0.250 c.	9.685	0.369	2.246	0.112	1.490	1166.297	47.568	2.608	0.782	1.565
GN RECIPE #512 LOW SODIUM SPANISH RICE-UPDATED	0.500 c.	153.030	3.109	29.252	2.629	16.111	461.476	9.343	32.938	1.535	2.006
FLAV-R-PAC Zucchini, Crinkle Cut, Sliced, Frozen	0.500 c.	11.364	0.379	2.273	0.000	3.788	75.758	0.000	0.000	0.379	1.515
KRAFT Cheese, Cheddar, Mild, 2% Milk Natural Reduced Fat, Shredded	0.500 oz.	45.000	3.500	1.000	3.000	115.000	133.200		95.000	0.000	0.000
DEL MONTE Mixed Fruit, Canned in Heavy Syrup	6.000 oz.	135.476	0.000	33.116	0.000	7.526	150.528	18.063	0.000	1.505	27.095
Wednesday December 18		722.617	38.825	83.610	28.126	1000.658	11063.660	53.976	538.979	11.352	29.318
Lunch		722.617	38.825	83.610	28.126	1000.658	11063.660	53.976	538.979	11.352	29.318



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Milk, Reduced Fat, Fluid, 2% Milkfat w/ Added Vitamin A & Vitamin D	8.000 fl. oz.	122.000	8.052	11.712	4.831	114.680	463.600	0.488	292.800	0.000	12.346
GN RECIPE #155 Roast Beef UPDATED	3.000 oz.	185.277	16.747	0.067	12.564	70.613	0.573	0.000	4.726	0.027	0.001
Gravy, Meat or Poultry, Low Sodium, Prepared	2.000 oz.	30.050	2.154	3.492	1.361	10.206		0.000	3.402	0.170	0.006
GN RECIPE #501 MASHED POTATOES-UPDATED	0.500 c.	126.971	3.048	20.930	3.758	107.345	211.638	22.463	40.386	2.381	1.995
Green Beans, Frozen, Boiled, Drained	0.750 c.	28.350	1.509	6.531	0.172	1.013	424.238	4.151	42.525	3.038	1.904
TOSSED SALAD	1.000 svg.	42.303	1.791	9.647	0.156	40.482	9712.029	26.728	37.197	2.969	4.961
WISH BONE Salad Dressing, Italian, Light	2.000 T.	35.000	0.000	3.000	2.500	340.000	0.000	0.000	0.000	0.000	2.000
Roll, Dinner, Whole Wheat	1.000 item	75.544	2.471	14.512	1.335	147.964	0.000	0.000	30.104	2.130	2.403
CHOCOLATE MINT PUDDING	0.300 c.	77.122	3.053	13.719	1.449	168.355	251.580	0.146	87.840	0.638	3.704
Thursday December 19		698.718	35.154	92.132	22.102	538.767	4384.326	99.898	418.061	10.647	34.517
Lunch		698.718	35.154	92.132	22.102	538.767	4384.326	99.898	418.061	10.647	34.517
Milk, Reduced Fat, Fluid, 2% Milkfat w/ Added Vitamin A & Vitamin D	8.000 fl. oz.	122.000	8.052	11.712	4.831	114.680	463.600	0.488	292.800	0.000	12.346
Mandarin Oranges, Canned, Juice Pack, Drained	0.750 c.	53.865	1.063	13.339	0.057	7.088	1859.760	48.053	17.010	1.701	11.694
FLAV-R-PAC Vegetable, Stir Fry, Frozen	0.500 c.	16.667	0.333	3.333	0.000	16.667	333.333	6.000	13.333	0.667	1.333
Rice, Brown, Medium Grain, Cooked	1.000 c.	218.400	4.524	45.845	1.619	1.950	0.000	0.000	19.500	3.510	0.596
PORK STIR FRY- SAUCE	1.000 oz.	28.311	1.022	4.816	0.697	340.685	0.079	0.289	4.597	0.100	2.946
PORK STIR FRY-MEAT	4.336 oz.	172.515	16.003	3.789	10.755	50.577	673.474	27.467	13.141	0.837	1.707
Seeds, Sesame Kernels, Toasted	1.000 T.	45.360	1.357	2.083	3.840	3.120	5.280	0.000	10.480	1.352	0.038
Peas, Snow or Sugar, Frozen, Boiled, Drained	0.500 c.	41.600	2.800	7.216	0.304	4.000	1048.800	17.600	47.200	2.480	3.856
Monday December 23		739.037	42.968	73.749	31.339	562.014	7649.568	125.705	589.538	13.759	34.117
Lunch		739.037	42.968	73.749	31.339	562.014	7649.568	125.705	589.538	13.759	34.117



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Avg. Daily Kcals: 708.822
Name: bloomfield December 2024 menu

Name	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Sodium mg	Vit A (IU) IU	Vit C mg	Calcium mg	Diet Fiber g	Sugar g
Milk, Reduced Fat, Fluid, 2% Milkfat w/ Added Vitamin A & Vitamin D	8.000 fl. oz.	122.000	8.052	11.712	4.831	114.680	463.600	0.488	292.800	0.000	12.346
NR# 70 ROASTED BRUSSEL SPROUTS	0.500 c.	49.076	1.501	4.020	3.511	11.123	332.137	37.426	19.064	1.705	0.969
Roll, Dinner, Whole Wheat	1.000 item	75.544	2.471	14.512	1.335	147.964	0.000	0.000	30.104	2.130	2.403
Orange	1.000 item	61.570	1.231	15.393	0.157	0.000	294.750	69.692	52.400	3.144	12.249
Pork, Loin, Whole, Separable Lean and Fat, Roasted	3.000 oz.	210.922	23.040	0.000	12.460	50.179	7.654	0.510	16.159	0.000	0.000
Gravy, Meat or Poultry, Low Sodium, Prepared	2.000 oz.	30.050	2.154	3.492	1.361	10.206		0.000	3.402	0.170	0.006
FLAV-R-PAC Greens, Collard, Chopped, Frozen	0.500 c.	15.000	1.000	1.500	0.000	15.000	875.000	2.400	40.000	1.000	0.000
Peas, Cowpeas or Blackeyed, Boiled, Drained	0.500 c.	80.025	2.615	16.764	0.314	3.300	652.575	1.815	105.600	4.125	2.665
TOSSED SALAD	0.500 svg.	21.151	0.896	4.823	0.078	20.241	4856.015	13.364	18.598	1.485	2.480
HIDDEN VALLEY THE ORIGINAL RANCH Salad Dressing, Light	1.000 T.	40.000	0.000	1.500	3.500	145.000	0.000	0.000	10.000	0.000	1.000
Margarine	1.000 t.	33.699	0.008	0.033	3.793	44.321	167.837	0.009	1.410	0.000	0.000
Tuesday December 24		690.606	43.678	94.641	16.414	965.463	12826.050	44.250	457.251	11.667	40.608
Lunch		690.606	43.678	94.641	16.414	965.463	12826.050	44.250	457.251	11.667	40.608
Milk, Reduced Fat, Fluid, 2% Milkfat w/ Added Vitamin A & Vitamin D	8.000 fl. oz.	122.000	8.052	11.712	4.831	114.680	463.600	0.488	292.800	0.000	12.346
GN RECIPE #511 CHICKEN TACO-UPDATED ADD TORTILLA OR CHEESE	3.033 oz.	164.042	27.279	4.723	3.682	115.997	1147.162	2.174	37.320	1.550	0.952
ORTEGA Tortillas, Whole Wheat, 6 Inch Diameter	1.000 item	105.000	3.000	19.500	1.750	120.000	0.000	0.000	50.000	2.500	2.500
LETTUCE AND TOMATO	0.500 c.	10.098	0.541	2.137	0.125	3.190	1398.275	6.635	8.378	0.787	1.323
Salsa, Red, Cooked	2.000 T.	16.380	0.243	1.264	1.275	126.360	0.000	6.581	8.483	0.527	0.737
TOSSED SALAD	1.000 svg.	42.303	1.791	9.647	0.156	40.482	9712.029	26.728	37.197	2.969	4.961
WISH BONE Salad Dressing, Italian, Light	2.000 T.	35.000	0.000	3.000	2.500	340.000	0.000	0.000	0.000	0.000	2.000
CILANTRO LIME BROWN RICE	4.349 oz.	127.443	2.589	25.481	1.656	101.694	47.865	1.440	18.994	1.294	0.652



Menu Template Report

Total Days: 16
Total Foods: 137

Avg. Daily Kcals: 708.822
Name: bloomfield December 2024 menu

Name	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Sodium mg	Vit A (IU) IU	Vit C mg	Calcium mg	Diet Fiber g	Sugar g
Apple, Slices, Sweetened, Canned, Drained, Heated	0.500 c.	68.340	0.184	17.177	0.439	3.060	57.120	0.204	4.080	2.040	15.137
Monday December 30		668.169	32.056	84.325	24.770	1047.207	30132.100	77.451	802.165	10.349	47.354
Lunch		668.169	32.056	84.325	24.770	1047.207	30132.100	77.451	802.165	10.349	47.354
Milk, Reduced Fat, Fluid, 2% Milkfat w/ Added Vitamin A & Vitamin D	8.000 fl. oz.	122.000	8.052	11.712	4.831	114.680	463.600	0.488	292.800	0.000	12.346
VEGETABLE QUICHE WITH SWEET POTATO CRUST	1.000 svg.	193.989	11.454	10.421	11.799	205.712	5917.780	5.081	189.558	1.470	3.580
Carrots, Sliced, Boiled, Drained	0.500 c.	27.300	0.593	6.412	0.140	45.240	13285.740	2.808	23.400	2.340	2.691
TOSSED SALAD	1.000 svg.	42.303	1.791	9.647	0.156	40.482	9712.029	26.728	37.197	2.969	4.961
Roll, Dinner, Whole Wheat	1.000 item	75.544	2.471	14.512	1.335	147.964	0.000	0.000	30.104	2.130	2.403
DANNON LIGHT 'N FIT Yogurt, Vanilla, Non Fat	1.000 c.	115.294	7.206	23.059	0.000	108.088	576.471	0.000	216.177	0.000	15.853
Strawberries (Strawberry)	0.500 c.	23.040	0.482	5.530	0.216	0.720	8.640	42.336	11.520	1.440	3.521
WISH BONE Salad Dressing, Italian, Light	2.000 T.	35.000	0.000	3.000	2.500	340.000	0.000	0.000	0.000	0.000	2.000
Margarine	1.000 t.	33.699	0.008	0.033	3.793	44.321	167.837	0.009	1.410	0.000	0.000
Tuesday December 31		750.914	38.775	108.337	16.325	479.951	7821.763	133.557	373.816	12.079	64.189
Lunch		750.914	38.775	108.337	16.325	479.951	7821.763	133.557	373.816	12.079	64.189
Milk, Reduced Fat, Fluid, 2% Milkfat w/ Added Vitamin A & Vitamin D	8.000 fl. oz.	122.000	8.052	11.712	4.831	114.680	463.600	0.488	292.800	0.000	12.346
NEW MEXICAN GREEN CHILE CHICKEN STEW	1.000 c.	299.671	27.578	33.413	6.365	139.653	3539.919	23.460	22.835	5.282	5.440
FLAV-R-PAC Vegetables, Capri, Frozen	1.000 c.	40.000	0.667	6.667	0.000	33.333	1666.667	1.600	26.667	2.667	4.000
Roll, Dinner, Whole Wheat	1.000 item	75.544	2.471	14.512	1.335	147.964	0.000	0.000	30.104	2.130	2.403
Margarine	1.000 t.	33.699	0.008	0.033	3.793	44.321	167.837	0.009	1.410	0.000	0.000
DOLE Canned Fruit, Tropical Fruit, In Light Syrup	1.000 c.	180.000	0.000	42.000	0.000	0.000	1983.740	108.000	0.000	2.000	40.000