

| Item Name | Quantity | Measure | User Code | Weight (g) | Cals | (kcal) | Prot (g) | Fat (g) | SatFat (g) | TransFat (g) | Carb (g) | Chol (mg) | Calc (mg) | Sod (mg) | Vit C (mg) | Fib (g) | Sugar (g) | Pot (mg) | Phos (mg) | Iron (mg) | Vit A-IU | (IU) | Vit B6 (mcg) | Vit B12 (mcg) | m Magn (mcg) | Zinc (mg) | Vit D-mcg | Copp (mcg) | Folate (mcg) | Vit B2 (mcg) | Vit E-mg | (Vit B1 (mg)) |
|--|------------------|---------|-----------|--------------|--------------|------------|------------|------------|------------|--------------|-------------|--------------|--------------|-------------|------------|-------------|--------------|-------------|------------|--------------|----------|-----------|--------------|---------------|--------------|-----------|-------------|------------|--------------|--------------|----------|---------------|
| DOC CWMH 2015 06.09 WEEK 1 | 1 Serving | | | 18443 | 17828 | 642 | 544 | 165 | 4 | 2640 | 2656 | 10986 | 21614 | 1610 | 220 | 1156 | 20698 | 8963 | 118 | 32163 | 8 | 23 | 1576 | 50 | 4 | 4 | 1395 | 16 | 15 | 11 | | |
| DOC CWMH 2015 06.09 WK1D1 BREAKFAST | 1 Serving | | | 599 | 707 | 27 | 30 | 5 | 0 | 81 | 334 | 373 | 1152 | 2 | 4 | 44 | 774 | 597 | 3 | 1038 | 0 | 2 | 39 | 3 | 1 | 0 | 42 | 1 | 1 | 0 | | |
| SCRAMBLED EGGS WITH DICED CURED TURKEY HAM, PANCAKES AN | 1 Serving | 11703 | | 306 | 395 | 16 | 10 | 1 | 0 | 59 | 260 | 71 | 770 | 2 | 3 | 28 | 384 | 276 | 3 | 474 | 0 | 1 | 9 | 2 | 1 | 0 | 21 | 0 | 1 | 0 | | |
| MINI WG PANCAKE, 2.25">504EA/CS | 10 Each | 10649 | | 85 | 170 | 4 | 3 | 1 | 0 | 31 | 5 | 20 | 320 | 0 | 3 | 6 | -- | -- | 1 | 0 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | | |
| EGGS, SCRAMBLED, W/HAM 3.8-OZ/SV | 4 Ounce-weigh | 30197 | | 108 | 123 | 12 | 7 | 0 | 0 | 2 | 255 | 50 | 443 | 1 | 0 | 1 | 254 | 276 | 1 | 257 | 0 | 1 | 9 | 2 | 1 | 0 | 21 | 0 | 1 | 0 | | |
| PEACH SLICES, SPICED, FM | 4 Ounce-weigh | 30445 | | 113 | 102 | 0 | 0 | 0 | 0 | 26 | 0 | 1 | 8 | 1 | 0 | 21 | 130 | 1 | 0 | 216 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| WHOLE GRAIN CORN MUFFINS>100CT/CS | 1 Each | 10383 | | 62 | 215 | 3 | 17 | 3 | 0 | 11 | 63 | 15 | 281 | 0 | 1 | 5 | 45 | 102 | 1 | 456 | 0 | 0 | 5 | 0 | 0 | 0 | 9 | 0 | 0 | 0 | | |
| DOC - CWMH Milk, 1% | 8 Fluid ounce | 18760 | | 230 | 97 | 8 | 2 | 1 | 0 | 11 | 12 | 288 | 101 | 0 | 0 | 11 | 345 | 219 | 0 | 108 | 0 | 1 | 25 | 1 | 0 | 0 | 12 | 0 | 0 | 0 | | |
| DOC CWMH 2015 06.09 W1D1 LUNCH | 1 Serving | | | 771 | 569 | 20 | 12 | 3 | 0 | 99 | 23 | 140 | 771 | 66 | 15 | 44 | 1133 | 172 | 7 | 1316 | 0 | 0 | 70 | 2 | 0 | 0 | 69 | 0 | 1 | 0 | | |
| SPAGHETTI WITH IMITATION MEAT SAUCE, GREEN BEANS AND APPL | 1 Serving | 11773 | | 495 | 309 | 13 | 9 | 3 | 0 | 47 | 22 | 93 | 497 | 23 | 8 | 25 | 849 | 106 | 5 | 988 | 0 | 0 | 39 | 1 | 0 | 0 | 46 | 0 | 0 | 0 | | |
| WATER>1GL=8.3454LB | 1 Ounce-weigh | 15247 | | 28 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| APPLESAUCE, W/ CINNAMON, FM | 4 Ounce-weigh | 30014 | | 107 | 48 | 0 | 0 | 0 | 0 | 12 | 0 | 1 | 19 | 2 | 1 | 11 | 64 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| SPAGHETTI, W/MEATSAUCE, FM | 10 Ounce-weigh | 30314 | | 284 | 236 | 12 | 8 | 3 | 0 | 29 | 22 | 60 | 475 | 11 | 5 | 11 | 643 | 82 | 3 | 637 | 0 | 0 | 22 | 1 | 0 | 0 | 35 | 0 | 0 | 0 | | |
| GREEN BEANS, IQF, FM | 3 Ounce-weigh | 32351 | | 77 | 25 | 1 | 0 | 0 | 0 | 6 | 0 | 32 | 2 | 10 | 2 | 2 | 142 | 24 | 1 | 351 | 0 | 0 | 17 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | | |
| WHITE WHOLE GRAIN DINNER ROLLS, I/W>200CT/CS | 1 Each | 10068 | | 51 | 138 | 5 | 1 | 0 | 0 | 27 | 1 | 16 | 73 | 3 | 3 | 2 | 85 | 49 | 2 | 27 | 0 | 0 | 20 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | | |
| DOC - CWMH Fruit (avg of apple & orange) | 1 Piece | 1000 | | 140 | 70 | 1 | 0 | 0 | 0 | 18 | 0 | 31 | 1 | 38 | 3 | 14 | 198 | 17 | 0 | 188 | 0 | 0 | 10 | 0 | 0 | 0 | 22 | 0 | 0 | 0 | | |
| DOC - CWMH Lettuce, iceberg, shredded | 1 Cup | 9316 | | 57 | 9 | 1 | 0 | 0 | 0 | 2 | 0 | 0 | 6 | 2 | 1 | 1 | -- | -- | 0 | 113 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | | |
| DOC - CWMH Salad Dressing, buttermilk ranch, light | 1 Ounce-weigh | 33159 | | 28 | 44 | 1 | 3 | 0 | 0 | 5 | 0 | 0 | 195 | 0 | -- | 2 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | | |
| DOC CWMH 2015 06.09 W1D1 DINNER | 1 Serving | | | 693 | 926 | 35 | 37 | 15 | 0 | 114 | 90 | 335 | 935 | 47 | 10 | 45 | 730 | 493 | 5 | 5194 | 0 | 1 | 81 | 3 | 0 | 0 | 58 | 1 | 1 | 1 | | |
| PASTA WITH CHEESE SAUCE, SAUTEED CHICKEN AND CARROTS>24I | 1 Serving | 11775 | | 360 | 401 | 26 | 22 | 9 | 0 | 23 | 72 | 281 | 540 | 4 | 3 | 6 | 427 | 415 | 2 | 4557 | 0 | 1 | 46 | 2 | 0 | 0 | 32 | 0 | 0 | 0 | | |
| CHEESE, 80/10/10 BLEND, SHREDDED>30LB(6BG@5LB)/CS | 1 Ounce-weigh | 15034 | | 14 | 43 | 3 | 3 | 2 | 0 | 0 | 9 | 95 | 92 | 0 | 0 | 0 | 40 | 219 | 0 | 95 | 0 | 0 | 11 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | | |
| WATER>1GL=8.3454LB | 2 Ounce-weigh | 15247 | | 57 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 2 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | |
| CHICKEN, SAUTE, FM | 3 Ounce-weigh | 30105 | | 71 | 135 | 14 | 7 | 2 | 0 | 1 | 48 | 6 | 221 | 2 | 0 | 1 | 143 | 115 | 0 | 30 | 0 | 0 | 14 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | | |
| ROTINI, SEASONED, W/SAUCE CHEESE, FM | 5 Ounce-weigh | 30155 | | 147 | 198 | 7 | 11 | 5 | 0 | 16 | 14 | 153 | 177 | 0 | 1 | 2 | 77 | 58 | 1 | 3 | 0 | 0 | 12 | 0 | 0 | 0 | 30 | 0 | 0 | 0 | | |
| DICED CARROTS, IQF, FM | 3 Ounce-weigh | 32353 | | 71 | 26 | 1 | 0 | 0 | 0 | 6 | 0 | 26 | 48 | 2 | 2 | 3 | 167 | 23 | 0 | 4430 | 0 | 0 | 9 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | |
| CHOCOLATE CHIP COOKIES, I/W, 2-PK>100-CT/CS | 1 Package | 10132 | | 57 | 265 | 3 | 12 | 6 | 0 | 38 | 17 | 7 | 121 | 0 | 1 | 21 | 20 | 12 | 1 | 309 | 0 | 0 | 5 | 0 | 0 | 0 | 4 | 0 | 0 | 0 | | |
| WHITE WHOLE GRAIN DINNER ROLLS, I/W>200CT/CS | 1 Each | 10068 | | 51 | 138 | 5 | 1 | 0 | 0 | 27 | 1 | 16 | 73 | 3 | 3 | 2 | 85 | 49 | 2 | 27 | 0 | 0 | 20 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | | |
| DOC - CWMH Fruit (avg of apple & orange) | 1 Piece | 1000 | | 140 | 70 | 1 | 0 | 0 | 0 | 18 | 0 | 31 | 1 | 38 | 3 | 14 | 198 | 17 | 0 | 188 | 0 | 0 | 10 | 0 | 0 | 0 | 22 | 0 | 0 | 0 | | |
| DOC - CWMH Lettuce, iceberg, shredded | 1 Cup | 9316 | | 57 | 9 | 1 | 0 | 0 | 0 | 2 | 0 | 0 | 6 | 2 | 1 | 1 | -- | -- | 0 | 113 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | | |
| DOC - CWMH Salad Dressing, buttermilk ranch, light | 1 Ounce-weigh | 33159 | | 28 | 44 | 1 | 3 | 0 | 0 | 5 | 0 | 0 | 195 | 0 | -- | 2 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | | |
| DOC CWMH 2015 06.09 WK1D2 BREAKFAST | 1 Serving | | | 626 | 748 | 25 | 32 | 6 | 0 | 92 | 333 | 467 | 1002 | 105 | 7 | 38 | 945 | 524 | 5 | 898 | 0 | 2 | 48 | 2 | 1 | 0 | 63 | 1 | 1 | 0 | | |
| APPLE PIE BURRITO, SCRAMBLED EGGS AND O'BRIEN POTATOES>24I | 1 Serving | 11738 | | 333 | 436 | 15 | 12 | 2 | 0 | 70 | 259 | 165 | 620 | 105 | 6 | 21 | 556 | 203 | 4 | 334 | 0 | 1 | 18 | 1 | 1 | 0 | 42 | 0 | 1 | 0 | | |
| WHOLE GRAIN APPLE PIE BURRITO>60CT(5.75OZ)/CS | 6 Ounce-weigh | 13163 | | 163 | 249 | 5 | 3 | 2 | 0 | 52 | 0 | 108 | 348 | 96 | 5 | 20 | 155 | 12 | 2 | 44 | 0 | 0 | 5 | 0 | 0 | 0 | 19 | 0 | 0 | 0 | | |
| SCRAMBLED EGGS, COOKED, FM | 3 Ounce-weigh | 30502 | | 85 | 100 | 8 | 6 | -- | -- | 3 | 258 | 55 | 255 | 0 | 0 | 1 | 129 | 131 | 1 | 282 | 0 | 1 | -- | 1 | 1 | 0 | 23 | 0 | 1 | 0 | | |
| POTATO, O'BRIEN, FM | 3 Ounce-weigh | 30060 | | 85 | 87 | 2 | 3 | 0 | 0 | 15 | 0 | 3 | 17 | 9 | 2 | 1 | 271 | 59 | 1 | 8 | 0 | 0 | 14 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | |
| WHOLE GRAIN CORN MUFFINS>100CT/CS | 1 Each | 10383 | | 62 | 215 | 3 | 17 | 3 | 0 | 11 | 63 | 15 | 281 | 0 | 1 | 5 | 45 | 102 | 1 | 456 | 0 | 0 | 5 | 0 | 0 | 0 | 9 | 0 | 0 | 0 | | |
| DOC - CWMH Milk, 1% | 8 Fluid ounce | 18760 | | 230 | 97 | 8 | 2 | 1 | 0 | 11 | 12 | 288 | 101 | 0 | 0 | 11 | 345 | 219 | 0 | 108 | 0 | 1 | 25 | 1 | 0 | 0 | 12 | 0 | 0 | 0 | | |
| DOC CWMH 2015 06.09 W1D2 LUNCH | 1 Serving | | | 727 | 588 | 33 | 8 | 1 | 0 | 99 | 40 | 104 | 1224 | 62 | 12 | 23 | 624 | 135 | 4 | 699 | 0 | 0 | 66 | 1 | 0 | 0 | 34 | 0 | 1 | 1 | | |
| GRAVY, SLICED ROAST TURKEY ON BREAD, MASHED POTATOES ANI | 1 Serving | 11763 | | 451 | 328 | 26 | 5 | 1 | 0 | 47 | 39 | 57 | 950 | 19 | 5 | 4 | 340 | 68 | 3 | 371 | 0 | 0 | 35 | 1 | 0 | 0 | 11 | 0 | 0 | 0 | | |
| WATER>1GL=8.3454LB | 1 Ounce-weigh | 15247 | | 28 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | |
| LOAF BREAD, WHITE WHOLE GRAIN, FM>18 USABLE SL/LF@1.220Z | 1 Ounce-weigh | 30006 | | 34 | 92 | 3 | 1 | 0 | 0 | 18 | 1 | 10 | 41 | 2 | 2 | 1 | 58 | 36 | 1 | 18 | 0 | 0 | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | |
| POTATOES, MASHED, FM | 4 Ounce-weigh | 30008 | | 113 | 93 | 2 | 2 | 0 | 0 | 17 | 0 | 11 | 18 | 7 | 1 | 1 | 138 | 8 | 0 | 2 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | |
| GRAVY, CHICKEN, FM | 4 Ounce-weigh | 30073 | | 113 | 41 | 0 | 1 | 0 | 0 | 7 | 0 | 3 | 494 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | |
| GREEN BEANS, IQF, FM | 3 Ounce-weigh | 32351 | | 77 | 25 | 1 | 0 | 0 | 0 | 6 | 0 | 32 | 2 | 10 | 2 | 2 | 142 | 24 | 1 | 351 | 0 | 0 | 17 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | | |
| TURKEY, ROAST, BULK, SLICED | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| Item Name | Quantity | Measure | User Code | Weight (g) | Cals | (kcal) | Prot (g) | Fat (g) | SatFat (g) | TransFat (g) | Carb (g) | Chol (mg) | Calc (mg) | Sod (mg) | Vit C (mg) | Fib (g) | Sugar (g) | Pot (mg) | Phos (mg) | Iron (mg) | Vit A-IU | (IU) | Vit B6 (mcg) | Vit B12 (mcg) | m Magn (mcg) | Zinc (mg) | Vit D-mcg | Copp (mcg) | Folate (mcg) | Vit B2 (mcg) | Vit E-mg | (mg) | Vit B1 (mg) | | | | |
|---|------------------|---------|-----------|------------|-------------|-----------|-----------|-----------|------------|--------------|------------|------------|-------------|-----------|------------|-----------|-------------|------------|-----------|-------------|----------|----------|--------------|---------------|--------------|-----------|------------|------------|--------------|--------------|----------|------|-------------|----|----|----|----|
| DOC CWMH 2015 06.09 W1D3 DINNER | 1 Serving | | | 786 | 865 | 32 | 18 | 3 | 0 | 146 | 100 | 98 | 745 | 79 | 12 | 61 | 779 | 300 | 11 | 2617 | 0 | 0 | 68 | 2 | 0 | 0 | 109 | 1 | 1 | 1 | | | | | | | |
| CHICKEN FRIED RICE, VEGETABLES AND PINEAPPLE>24EA/CS | 1 Serving | 11790 | | 454 | 395 | 22 | 8 | 2 | 0 | 57 | 99 | 50 | 329 | 36 | 4 | 17 | 483 | 219 | 3 | 2289 | 0 | 0 | 30 | 1 | 0 | 0 | 86 | 0 | 1 | 0 | | | | | | | |
| WATER>1GL=8.3454LB | 1 Ounce-wei | 15247 | | 28 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | |
| PINEAPPLE, TIDBITS, #10>6CN(106OZ)/CS | 4 Ounce-wei | 15471 | | 113 | 56 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | 0 | 17 | 1 | 14 | 139 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | |
| RICE, FRIED, MEAT, FM | 9 Ounce-wei | 30152 | | 241 | 318 | 20 | 8 | 2 | 0 | 38 | 99 | 28 | 291 | 7 | 2 | 1 | 210 | 191 | 2 | 105 | 0 | 0 | 21 | 1 | 0 | 0 | 72 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | |
| VEG, ORIENTAL BLEND, FM | 3 Ounce-wei | 30214 | | 71 | 22 | 1 | 0 | 0 | 0 | 4 | 0 | 21 | 37 | 12 | 2 | 134 | 28 | 0 | 2183 | 0 | 0 | 8 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | |
| WHITE WHOLE GRAIN DINNER ROLLS, I/W>200CT/CS | 1 Each | 10068 | | 51 | 138 | 5 | 1 | 0 | 0 | 27 | 1 | 16 | 73 | 3 | 3 | 2 | 85 | 49 | 2 | 27 | 0 | 0 | 20 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | |
| CHOCOLATE BROWNIES, I/W>100-CT/CS | 1 Each | 10025 | | 57 | 209 | 2 | 6 | 1 | 0 | 38 | 0 | 0 | 142 | 0 | 1 | 25 | 12 | 15 | 6 | 0 | 0 | 8 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | |
| DOC - CWMH Fruit (avg of apple & orange) | 1 Piece | 1000 | | 140 | 70 | 1 | 0 | 0 | 0 | 18 | 0 | 31 | 1 | 38 | 3 | 14 | 198 | 17 | 0 | 188 | 0 | 0 | 10 | 0 | 0 | 0 | 22 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | |
| DOC - CWMH Lettuce, iceberg, shredded | 1 Cup | 9316 | | 57 | 9 | 1 | 0 | 0 | 0 | 2 | 0 | 0 | 6 | 2 | 1 | 1 | -- | -- | 0 | 113 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | | |
| DOC - CWMH Salad Dressing, buttermilk ranch, light | 1 Ounce-wei | 33159 | | 28 | 44 | 1 | 3 | 0 | 0 | 5 | 0 | 0 | 195 | 0 | -- | 2 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | | |
| DOC CWMH 2015 06.09 WK1D4 BREAKFAST | 1 Serving | | | 574 | 691 | 19 | 24 | 6 | 0 | 101 | 65 | 307 | 705 | 10 | 5 | 45 | 834 | 362 | 4 | 765 | 0 | 1 | 46 | 1 | 0 | 0 | 19 | 1 | 0 | 0 | | | | | | | |
| CINNAMON FRENCH TOAST O'BRIEN POTATOES AND PEACHES>24E | 1 Serving | 11765 | | 287 | 345 | 8 | 8 | 1 | 0 | 62 | 15 | 3 | 398 | 10 | 4 | 17 | 444 | 61 | 3 | 588 | 0 | 0 | 14 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| POTATO, O'BRIEN, FM | 3 Ounce-wei | 30060 | | 85 | 87 | 2 | 3 | 0 | 0 | 15 | 0 | 3 | 17 | 9 | 2 | 1 | 271 | 59 | 1 | 8 | 0 | 0 | 14 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| PEACHES, DICED OR SLICED, #10>6CN(106OZ)/CS | 4 Ounce-wei | 15422 | | 113 | 46 | 0 | 0 | 0 | 0 | 11 | -- | 0 | 0 | 9 | 1 | 0 | 167 | 0 | 0 | 279 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| WHOLE GRAIN CINNAMON FRENCH TOAST STICKS>176EA/CS | 3 Ounce-wei | 10648 | | 88 | 211 | 6 | 5 | 1 | -- | 36 | 15 | -- | 372 | -- | 2 | 7 | 5 | 2 | 2 | 302 | -- | -- | -- | -- | -- | -- | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| WHOLE GRAIN CHOCOLATE CHIP MUFFINS, I/W>100CT/CS | 1 Each | 10447 | | 57 | 250 | 3 | 14 | 4 | 0 | 28 | 38 | 17 | 206 | 0 | 1 | 17 | 45 | 82 | 1 | 69 | 0 | 0 | 8 | 0 | 0 | 0 | 8 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| DOC - CWMH Milk, 1% | 8 Fluid ounce | 18760 | | 230 | 97 | 8 | 2 | 1 | 0 | 11 | 12 | 288 | 101 | 0 | 0 | 11 | 345 | 219 | 0 | 108 | 0 | 1 | 25 | 1 | 0 | 0 | 12 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| DOC CWMH 2015 06.09 W1D4 LUNCH | 1 Serving | | | 778 | 694 | 25 | 11 | 2 | 0 | 128 | 15 | 155 | 485 | 57 | 21 | 37 | 1249 | 200 | 8 | 1432 | 0 | 0 | 101 | 2 | 0 | 0 | 110 | 0 | 1 | 1 | | | | | | | |
| CHILI SAUCE FLAVORED WITH MEAT WITH MACARONI, GREEN BEAN: | 1 Serving | 11784 | | 502 | 434 | 18 | 7 | 2 | 0 | 76 | 14 | 108 | 211 | 14 | 15 | 18 | 966 | 133 | 6 | 1104 | 0 | 0 | 70 | 2 | 0 | 0 | 87 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | | |
| WATER>1GL=8.3454LB | 1 Ounce-wei | 15247 | | 28 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| PEARS, DICED, SLICED OR HALVES, #10>6CN(105OZ)/CS | 4 Ounce-wei | 15472 | | 113 | 54 | 0 | 0 | 0 | 0 | 14 | 0 | 0 | 9 | 0 | 2 | 11 | 73 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| MACARONI, CHILI, FM | 10 Ounce-wei | 30068 | | 284 | 354 | 17 | 7 | 2 | 0 | 57 | 14 | 75 | 199 | 4 | 11 | 5 | 750 | 109 | 5 | 753 | 0 | 0 | 53 | 2 | 0 | 0 | 77 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| GREEN BEANS, IQF, FM | 3 Ounce-wei | 32351 | | 77 | 25 | 1 | 0 | 0 | 0 | 6 | 0 | 32 | 2 | 10 | 2 | 2 | 142 | 24 | 1 | 351 | 0 | 0 | 17 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| WHITE WHOLE GRAIN DINNER ROLLS, I/W>200CT/CS | 1 Each | 10068 | | 51 | 138 | 5 | 1 | 0 | 0 | 27 | 1 | 16 | 73 | 3 | 3 | 2 | 85 | 49 | 2 | 27 | 0 | 0 | 20 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| DOC - CWMH Fruit (avg of apple & orange) | 1 Piece | 1000 | | 140 | 70 | 1 | 0 | 0 | 0 | 18 | 0 | 31 | 1 | 38 | 3 | 14 | 198 | 17 | 0 | 188 | 0 | 0 | 10 | 0 | 0 | 0 | 22 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| DOC - CWMH Lettuce, iceberg, shredded | 1 Cup | 9316 | | 57 | 9 | 1 | 0 | 0 | 0 | 2 | 0 | 0 | 6 | 2 | 1 | 1 | -- | -- | 0 | 113 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | |
| DOC - CWMH Salad Dressing, buttermilk ranch, light | 1 Ounce-wei | 33159 | | 28 | 44 | 1 | 3 | 0 | 0 | 5 | 0 | 0 | 195 | 0 | -- | 2 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | |
| DOC CWMH 2015 06.09 W1D4 DINNER | 1 Serving | | | 660 | 1057 | 33 | 38 | 14 | 1 | 153 | 60 | 275 | 1507 | 59 | 13 | 43 | 931 | 552 | 7 | 815 | 0 | 1 | 87 | 4 | 0 | 0 | 28 | 1 | 1 | 1 | | | | | | | |
| BEEF, TURKEY AND TEXTURED VEGETABLE PROTEIN SOFT TACO, T/ | 1 Serving | 11728 | | 327 | 544 | 23 | 25 | 9 | 1 | 62 | 47 | 208 | 983 | 16 | 6 | 4 | 625 | 468 | 4 | 446 | 0 | 1 | 55 | 3 | 0 | 0 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| TATOR PUFFS>30LB(6@5LB)/CS | 2 Ounce-wei | 10330 | | 57 | 113 | 1 | 7 | 2 | -- | 13 | 0 | 0 | 227 | 3 | 1 | 0 | 148 | 65 | 0 | 0 | 0 | 6 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| BEEF, TURKEY AND TEXTURED VEGETABLE PROTEIN TACO>60CT(| 6 Ounce-wei | 13157 | | 163 | 371 | 20 | 18 | 7 | 1 | 36 | 47 | 203 | 753 | 4 | 3 | 3 | 325 | 356 | 4 | 314 | 0 | 1 | 36 | 3 | 0 | 0 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| WATER>1GL=8.3454LB | 1 Ounce-wei | 15247 | | 28 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| VEG, MEXICALI CORN BLEND, FM | 3 Ounce-wei | 30203 | | 79 | 60 | 2 | 1 | 0 | 0 | 14 | 0 | 5 | 3 | 8 | 2 | 2 | 151 | 47 | 0 | 133 | 0 | 0 | 13 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| WHITE WHOLE GRAIN DINNER ROLLS, I/W>200CT/CS | 1 Each | 10068 | | 51 | 138 | 5 | 1 | 0 | 0 | 27 | 1 | 16 | 73 | 3 | 3 | 2 | 85 | 49 | 2 | 27 | 0 | 0 | 20 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| KRACKLE SUGAR COOKIES, I/W, 2-PK>100-CT/CS | 1 Package | 10390 | | 57 | 253 | 3 | 10 | 5 | 0 | 39 | 12 | 20 | 249 | 0 | 1 | 19 | 23 | 18 | 1 | 41 | 0 | 0 | 2 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| DOC - CWMH Fruit (avg of apple & orange) | 1 Piece | 1000 | | 140 | 70 | 1 | 0 | 0 | 0 | 18 | 0 | 31 | 1 | 38 | 3 | 14 | 198 | 17 | 0 | 188 | 0 | 0 | 10 | 0 | 0 | 0 | 22 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| DOC - CWMH Lettuce, iceberg, shredded | 1 Cup | 9316 | | 57 | 9 | 1 | 0 | 0 | 0 | 2 | 0 | 0 | 6 | 2 | 1 | 1 | -- | -- | 0 | 113 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- |
| DOC - CWMH Salad Dressing, buttermilk ranch, light | 1 Ounce-wei | 33159 | | 28 | 44 | 1 | 3 | 0 | 0 | 5 | 0 | 0 | 195 | 0 | -- | 2 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- |
| DOC CWMH 2015 06.09 WK1D5 BREAKFAST | 1 Serving | | | 574 | 691 | 19 | 24 | 6 | 0 | 101 | 65 | 307 | < | | | | | | | | | | | | | | | | | | | | | | | | |

| Item Name | Quantity | Measure | User Code | Weight (g) | Cals | (kcal) | Prot (g) | Fat (g) | SatFat (g) | TransFat (g) | Carb (g) | Chol (mg) | Calc (mg) | Sod (mg) | Vit C (mg) | Fib (g) | Sugar (g) | Pot (mg) | Phos (mg) | Iron (mg) | Vit A-IU | (IU) | Vit B6 (mcg) | Vit B12 (mcg) | m Magn (mg) | Zinc (mg) | Vit D-mcg | Copp (mg) | Folate (mcg) | Vit B2 (mcg) | Vit E-mg | Vit B1 (mg) |
|---|----------|----------------|-----------|------------|------------|------------|-----------|-----------|------------|--------------|------------|------------|------------|-------------|------------|-----------|-----------|-------------|------------|-----------|-------------|----------|--------------|---------------|-------------|-----------|-----------|------------|--------------|--------------|----------|-------------|
| DOC CWMH 2015 06.09 W1D6 LUNCH | 1 | Serving | | | 657 | 749 | 24 | 32 | 4 | 0 | 95 | 61 | 157 | 1514 | 56 | 16 | 22 | 1109 | 275 | 6 | 2083 | 0 | 0 | 60 | 2 | 0 | 0 | 52 | 1 | 1 | 0 | |
| BATTER WRAPPED CHICKEN FRANK WITH TATOR PUFFS, CHILI AND TATOR PUFFS>30LB(6@5LB)/CS | 1 | Serving | 11717 | 432 | 627 | 22 | 29 | 4 | 0 | 70 | 61 | 126 | 1312 | 16 | 12 | 5 | 910 | 258 | 6 | 1782 | 0 | 0 | 0 | 50 | 2 | 0 | 0 | 30 | 1 | 1 | 0 | |
| CORN DOG, CHICKEN, STICKLESS>72EA(4OZ)/CS | 4 | Ounce-weigh | 10330 | 99 | 198 | 2 | 12 | 3 | -- | 22 | 0 | 0 | 397 | 6 | 2 | 0 | 259 | 113 | 0 | -- | 0 | 0 | 0 | 11 | 0 | -- | 0 | 0 | 0 | 0 | 0 | |
| WATER>1GL=8.3454LB | 1 | Ounce-weigh | 15247 | 28 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| CHILI, CON CARNE, FM | 4 | Ounce-weigh | 30353 | 113 | 110 | 7 | 3 | 1 | 0 | 16 | 8 | 44 | 118 | 2 | 5 | 2 | 398 | 24 | 2 | 450 | 0 | 0 | 0 | 21 | 0 | 0 | 0 | 3 | 0 | 0 | 0 | |
| VEG, ITALIAN BLEND, FM | 3 | Ounce-weigh | 30213 | 78 | 47 | 2 | 0 | 0 | 0 | 10 | 0 | 21 | 56 | 8 | 2 | 2 | 83 | 13 | 1 | 1332 | 0 | 0 | 0 | 7 | 0 | -- | 0 | 28 | 0 | 0 | 0 | |
| DOC - CWMH Fruit (avg of apple & orange) | 1 | Piece | 1000 | 140 | 70 | 1 | 0 | 0 | 0 | 18 | 0 | 31 | 1 | 38 | 3 | 14 | 198 | 17 | 0 | 188 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 22 | 0 | 0 | 0 | |
| DOC - CWMH Lettuce, iceberg, shredded | 1 | Cup | 9316 | 57 | 9 | 1 | 0 | 0 | 0 | 2 | 0 | 0 | 6 | 2 | 1 | 1 | -- | -- | 0 | 113 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | |
| DOC - CWMH Salad Dressing, buttermilk ranch, light | 1 | Ounce-weigh | 33159 | 28 | 44 | 1 | 3 | 0 | 0 | 5 | 0 | 0 | 195 | 0 | -- | 2 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | |
| DOC CWMH 2015 06.09 W1D6 DINNER | 1 | Serving | | | 611 | 789 | 27 | 22 | 4 | 0 | 125 | 51 | 70 | 711 | 61 | 13 | 47 | 743 | 181 | 10 | 2692 | 1 | 0 | 63 | 1 | 0 | 0 | 40 | 0 | 1 | 0 | |
| BREADED FISH PATTY, CHUNK ROAST POTATOES AND BROCCOLI>2< | 1 | Serving | 11777 | 278 | 320 | 17 | 12 | 2 | 0 | 36 | 50 | 22 | 296 | 18 | 6 | 3 | 448 | 100 | 2 | 2364 | 0 | 0 | 0 | 24 | 1 | -- | 0 | 17 | 0 | 0 | 0 | |
| CHUNK ROASTED POTATOES>36LB(6@6LB)/CS | 3 | Ounce-weigh | 10332 | 85 | 110 | 2 | 4 | 1 | 0 | 18 | 0 | 0 | 20 | 5 | 2 | 0 | 330 | 74 | 1 | 0 | 0 | 0 | 0 | 16 | 0 | -- | -- | 0 | 0 | 0 | 0 | |
| FISH, CRUNCHY CORNMEAL POLLOCK, COOKED>10LB(3.6OZ EA) | 4 | Ounce-weigh | 15176 | 102 | 190 | 14 | 8 | 2 | -- | 14 | 50 | -- | 250 | -- | 2 | 1 | -- | -- | 1 | 100 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | |
| WATER>1GL=8.3454LB | 1 | Ounce-weigh | 15247 | 28 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| VEG, BROCCOLI BLEND, FM | 2 | Ounce-weigh | 32356 | 62 | 20 | 1 | 0 | 0 | 0 | 4 | 0 | 22 | 25 | 13 | 2 | 2 | 118 | 26 | 0 | 2264 | 0 | 0 | 0 | 8 | 0 | -- | 0 | 17 | 0 | 0 | 0 | |
| WHITE WHOLE GRAIN DINNER ROLLS, I/W>200CT/CS | 1 | Each | 10068 | 51 | 138 | 5 | 1 | 0 | 0 | 27 | 1 | 16 | 73 | 3 | 3 | 2 | 85 | 49 | 2 | 27 | 0 | 0 | 0 | 20 | 0 | -- | 0 | 1 | 0 | 0 | 0 | |
| CHOCOLATE BROWNIES, I/W>100-CT/CS | 1 | Each | 10025 | 57 | 209 | 2 | 6 | 1 | 0 | 38 | 0 | 0 | 142 | 0 | 1 | 25 | 12 | 15 | 6 | 0 | 0 | 0 | 0 | 8 | 0 | -- | 0 | 0 | 0 | 0 | 0 | |
| DOC - CWMH Fruit (avg of apple & orange) | 1 | Piece | 1000 | 140 | 70 | 1 | 0 | 0 | 0 | 18 | 0 | 31 | 1 | 38 | 3 | 14 | 198 | 17 | 0 | 188 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 22 | 0 | 0 | 0 | |
| DOC - CWMH Lettuce, iceberg, shredded | 1 | Cup | 9316 | 57 | 9 | 1 | 0 | 0 | 0 | 2 | 0 | 0 | 6 | 2 | 1 | 1 | -- | -- | 0 | 113 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | |
| DOC - CWMH Salad Dressing, buttermilk ranch, light | 1 | Ounce-weigh | 33159 | 28 | 44 | 1 | 3 | 0 | 0 | 5 | 0 | 0 | 195 | 0 | -- | 2 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | |
| DOC CWMH 2015 06.09 W1D6 BREAKFAST | 1 | Serving | | | 542 | 684 | 27 | 28 | 9 | 0 | 81 | 126 | 365 | 798 | 1 | 4 | 43 | 673 | 382 | 3 | 456 | 0 | 2 | 41 | 1 | 0 | 0 | 28 | 1 | 0 | 0 | |
| PANCAKES, TURKEY SAUSAGE LINKS AND PEACHES>24EA/CS | 1 | Serving | 11702 | 255 | 338 | 16 | 12 | 4 | 0 | 42 | 76 | 61 | 491 | 1 | 3 | 15 | 283 | 81 | 2 | 279 | 0 | 0 | 0 | 8 | 0 | 0 | 0 | 8 | 0 | 0 | 0 | |
| MINI WG PANCAKE, 2.25">504EA/CS | 10 | Each | 10649 | 85 | 170 | 4 | 3 | 1 | 0 | 31 | 5 | 20 | 320 | 0 | 3 | 6 | -- | -- | 1 | 0 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | |
| TURKEY, SAUSAGE LINK, COOKED>10.25LB(164@1OZ)/CS | 2 | Ounce-weigh | 15315 | 57 | 122 | 12 | 9 | 3 | 0 | 0 | 71 | 41 | 162 | 0 | 0 | 0 | 115 | 81 | 1 | 0 | 0 | 0 | 0 | 8 | 0 | 0 | 0 | 8 | 0 | 0 | 0 | |
| PEACHES, DICED OR SLICED, #10>6CN(106OZ)/CS | 4 | Ounce-weigh | 15422 | 113 | 46 | 0 | 0 | 0 | 0 | 11 | -- | 0 | 9 | 1 | 0 | 9 | 167 | 0 | 0 | 279 | 0 | 0 | 0 | 0 | 0 | -- | -- | 0 | 0 | 0 | 0 | |
| WHOLE GRAIN CHOCOLATE CHIP MUFFINS, I/W>100CT/CS | 1 | Each | 10447 | 57 | 250 | 3 | 14 | 4 | 0 | 28 | 38 | 17 | 206 | 0 | 1 | 17 | 45 | 82 | 1 | 69 | 0 | 0 | 0 | 8 | 0 | -- | 0 | 8 | 0 | 0 | 0 | |
| DOC - CWMH Milk, 1% | 8 | Fluid ounce | 18760 | 230 | 97 | 8 | 2 | 1 | 0 | 11 | 12 | 288 | 101 | 0 | 0 | 11 | 345 | 219 | 0 | 108 | 0 | 1 | 25 | 1 | 0 | 0 | 0 | 12 | 0 | 0 | 0 | |
| DOC CWMH 2015 06.09 W1D7 LUNCH | 1 | Serving | | | 778 | 838 | 28 | 25 | 11 | 0 | 127 | 32 | 415 | 677 | 54 | 12 | 35 | 768 | 288 | 5 | 681 | 0 | 0 | 89 | 3 | 1 | 0 | 162 | 1 | 1 | 1 | |
| CHEESE SAUCE WITH MACARONI, GREEN BEANS AND APPLES>24EA | 1 | Serving | 11704 | 502 | 578 | 21 | 21 | 10 | 0 | 75 | 31 | 368 | 403 | 11 | 6 | 16 | 485 | 222 | 4 | 354 | 0 | 0 | 0 | 59 | 2 | 1 | 0 | 139 | 0 | 0 | 1 | |
| WATER>1GL=8.3454LB | 1 | Ounce-weigh | 15247 | 28 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | -- | 0 | 0 | 0 | 0 | 0 | |
| APPLES, SLICED, #10>6CN(104OZ)/CS | 4 | Ounce-weigh | 15423 | 113 | 32 | 0 | 0 | 0 | 0 | 8 | 0 | 0 | 5 | 1 | 1 | 6 | 77 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | -- | 0 | 0 | 0 | 0 | 0 | |
| MACARONI, W/CHEESE SAUCE | 10 | Ounce-weigh | 30305 | 284 | 521 | 20 | 21 | 10 | 0 | 61 | 31 | 335 | 395 | 0 | 3 | 8 | 265 | 197 | 3 | 3 | 0 | 0 | 0 | 42 | 2 | 1 | 0 | 129 | 0 | 0 | 1 | |
| GREEN BEANS, IQF, FM | 3 | Ounce-weigh | 32351 | 77 | 25 | 1 | 0 | 0 | 0 | 6 | 0 | 32 | 2 | 10 | 2 | 2 | 142 | 24 | 1 | 351 | 0 | 0 | 0 | 17 | 0 | -- | 0 | 10 | 0 | 0 | 0 | |
| WHITE WHOLE GRAIN DINNER ROLLS, I/W>200CT/CS | 1 | Each | 10068 | 51 | 138 | 5 | 1 | 0 | 0 | 27 | 1 | 16 | 73 | 3 | 3 | 2 | 85 | 49 | 2 | 27 | 0 | 0 | 0 | 20 | 0 | -- | 0 | 1 | 0 | 0 | 0 | |
| DOC - CWMH Fruit (avg of apple & orange) | 1 | Piece | 1000 | 140 | 70 | 1 | 0 | 0 | 0 | 18 | 0 | 31 | 1 | 38 | 3 | 14 | 198 | 17 | 0 | 188 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 22 | 0 | 0 | 0 | |
| DOC - CWMH Lettuce, iceberg, shredded | 1 | Cup | 9316 | 57 | 9 | 1 | 0 | 0 | 0 | 2 | 0 | 0 | 6 | 2 | 1 | 1 | -- | -- | 0 | 113 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | |
| DOC - CWMH Salad Dressing, buttermilk ranch, light | 1 | Ounce-weigh | 33159 | 28 | 44 | 1 | 3 | 0 | 0 | 5 | 0 | 0 | 195 | 0 | -- | 2 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | |
| DOC CWMH 2015 06.09 W1D7 DINNER | 1 | Serving | | | 822 | 985 | 29 | 35 | 13 | 1 | 141 | 140 | 142 | 1079 | 62 | 13 | 55 | 1097 | 235 | 7 | 2364 | 0 | 1 | 76 | 2 | 0 | 0 | 57 | 1 | 1 | 1 | |
| SALISBURY STEAK WITH GRAVY, MASHED POTATOES, VEGETABLE B | 1 | Serving | 11768 | 489 | 460 | 19 | 20 | 7 | 1 | 51 | 122 | 88 | 684 | 18 | 5 | 16 | 794 | 157 | 3 | 1727 | 0 | 0 | 0 | 40 | 1 | 0 | 0 | 31 | 0 | 0 | 0 | |
| POTATOES, MASHED, FM | 4 | Ounce-weigh | 30008 | 113 | 93 | 2 | 2 | 0 | 0 | 17 | 0 | 11 | 18 | 7 | 1 | 1 | 138 | 8 | 0 | 2 | 0 | 0 | 0 | 2 | 0 | -- | 0 | 0 | 0 | 0 | 0 | |
| PEACHES, DICED OR SLICED, #10>6CN(106OZ)/CS | 4 | Ounce-weigh | 15422 | 113 | 46 | 0 | 0 | 0 | 0 | 11 | -- | 0 | 9 | 1 | 0 | 9 | 167 | 0 | 0 | 279 | 0 | 0 | 0 | 0 | 0 | -- | -- | 0 | 0 | 0 | 0 | |
| GRAVY, BEEF, FM | 2 | Ounce-weigh | 30070 | 57 | 20 | 0 | 0 | 0 | 0 | 4 | 0 | 2 | 230 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | -- | 0 | 0 | 0 | 0 | 0 | |
| BEEF SALISBURY STEAK>100CT(3.5OZ)/CS | 4 | Ounce-weigh | 10013 | 99 | 252 | 16 | 17 | 6 | 1 | 9 | 122 | 56 | 388 | 2 | 1 | 2 | 336 | 106 | 2 | 93 | 0 | 0 | 0 | 22 | 1 | 0 | 0 | 17 | 0 | 0 | 0 | |
| VEG, 4-WAY BLEND, IQF, FM | 3 | Ounce-weigh | 32355 | 78 | 47 | 2 | 0 | 0 | 0 | 10 | 0 | 19 | 37 | 8 | 2 | 3 | 151 | 43 | | | | | | | | | | | | | | |

| Item Name | Quantity | Measure | User Code | Weight (g) | Cals | kcal | Prot (g) | Fat (g) | SatFat (g) | TransFat (g) | Carb (g) | Chol (mg) | Calc (mg) | Sod (mg) | Vit C (mg) | Fib (g) | Sugar (g) | Pot (mg) | Phos (mg) | Iron (mg) | Vit A-IU (IU) | Vit B6 (mcg) | Vit B12 (mcg) | Magn (mg) | Zinc (mg) | Vit D-mcg | Copp (mg) | Folate (mcg) | Vit B2 (mcg) | Vit E-mg (mg) | Vit B1 (mg) | |
|--|------------------|---------|-----------|--------------|--------------|------------|------------|------------|------------|--------------|-------------|-------------|--------------|-------------|------------|-------------|--------------|-------------|------------|--------------|---------------|--------------|---------------|-----------|-----------|-----------|-------------|--------------|--------------|---------------|-------------|----|
| DOC CWMH 2015 06.09 WEEK 2 | 1 Serving | | | 19301 | 16932 | 612 | 442 | 122 | 4 | 2656 | 2311 | 9839 | 22432 | 1182 | 232 | 1186 | 20735 | 7939 | 118 | 39301 | 8 | 23 | 1472 | 46 | 3 | 3 | 1255 | 22 | 16 | 12 | | |
| DOC CWMH 2015 06.09 WK2D1 BREAKFAST | 1 Serving | | | 579 | 657 | 18 | 27 | 5 | 0 | 84 | 90 | 305 | 780 | 10 | 5 | 33 | 833 | 382 | 3 | 1152 | 0 | 1 | 44 | 1 | 0 | 0 | 21 | 1 | 0 | 0 | | |
| CINNAMON FRENCH TOAST O'BRIEN POTATOES AND PEACHES>24E | 1 Serving | 11765 | | 287 | 345 | 8 | 8 | 1 | 0 | 62 | 15 | 3 | 398 | 10 | 4 | 17 | 444 | 61 | 3 | 588 | 0 | 0 | 14 | 0 | -- | 0 | 0 | 0 | 0 | 0 | 0 | |
| POTATO, O'BRIEN, FM | 3 Ounce-weigh | 30060 | | 85 | 87 | 2 | 3 | 0 | 0 | 15 | 0 | 3 | 17 | 9 | 2 | 1 | 271 | 59 | 1 | 8 | 0 | 0 | 14 | 0 | -- | 0 | 0 | 0 | 0 | 0 | 0 | |
| PEACHES, DICED OR SLICED, #10>6CN(106OZ)/CS | 4 Ounce-weigh | 15422 | | 113 | 46 | 0 | 0 | 0 | 0 | 11 | -- | 0 | 9 | 1 | 0 | 9 | 167 | 0 | 0 | 279 | 0 | 0 | 0 | 0 | 0 | -- | -- | 0 | 0 | 0 | 0 | |
| WHOLE GRAIN CINNAMON FRENCH TOAST STICKS>176EA/CS | 3 Ounce-weigh | 10648 | | 88 | 211 | 6 | 5 | 1 | -- | 36 | 15 | -- | 372 | -- | 2 | 7 | 5 | 2 | 2 | 302 | -- | -- | -- | -- | -- | -- | -- | 0 | -- | 0 | 0 | |
| WHOLE GRAIN CORN MUFFINS>100CT/CS | 1 Each | 10383 | | 62 | 215 | 3 | 17 | 3 | 0 | 11 | 63 | 15 | 281 | 0 | 1 | 5 | 45 | 102 | 1 | 456 | 0 | 0 | 5 | 0 | -- | 0 | 0 | 9 | 0 | 0 | 0 | |
| DOC - CWMH Milk, 1% | 8 Fluid ounce | 18760 | | 230 | 97 | 8 | 2 | 1 | 0 | 11 | 12 | 288 | 101 | 0 | 0 | 11 | 345 | 219 | 0 | 108 | 0 | 1 | 25 | 1 | 0 | 0 | 12 | 0 | 0 | 0 | 0 | |
| DOC CWMH 2015 06.09 W2D1 LUNCH | 1 Serving | | | 778 | 694 | 25 | 11 | 2 | 0 | 128 | 15 | 155 | 485 | 57 | 21 | 37 | 1249 | 200 | 8 | 1432 | 0 | 0 | 101 | 2 | 0 | 0 | 110 | 0 | 1 | 1 | | |
| CHILI SAUCE FLAVORED WITH MEAT WITH MACARONI, GREEN BEAN: | 1 Serving | 11784 | | 502 | 434 | 18 | 7 | 2 | 0 | 76 | 14 | 108 | 211 | 14 | 15 | 18 | 966 | 133 | 6 | 1104 | 0 | 0 | 70 | 2 | 0 | 0 | 87 | 0 | 1 | 0 | 0 | |
| WATER>1GL=8.3454LB | 1 Ounce-weigh | 15247 | | 28 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | -- | 0 | 0 | 0 | 0 | 0 | 0 |
| PEARS, DICED, SLICED OR HALVES, #10>6CN(105OZ)/CS | 4 Ounce-weigh | 15472 | | 113 | 54 | 0 | 0 | 0 | 0 | 14 | 0 | 0 | 9 | 0 | 2 | 11 | 73 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | -- | -- | 0 | 0 | 0 | 0 | 0 |
| MACARONI, CHILI, FM | 10 Ounce-weigh | 30068 | | 284 | 354 | 17 | 7 | 2 | 0 | 57 | 14 | 75 | 199 | 4 | 11 | 5 | 750 | 109 | 5 | 753 | 0 | 0 | 53 | 2 | 0 | 0 | 0 | 77 | 0 | 0 | 0 | 0 |
| GREEN BEANS, IQF, FM | 3 Ounce-weigh | 32351 | | 77 | 25 | 1 | 0 | 0 | 0 | 6 | 0 | 32 | 2 | 10 | 2 | 2 | 142 | 24 | 1 | 351 | 0 | 0 | 17 | 0 | -- | 0 | 0 | 10 | 0 | 0 | 0 | 0 |
| WHITE WHOLE GRAIN DINNER ROLLS, I/W>200CT/CS | 1 Each | 10068 | | 51 | 138 | 5 | 1 | 0 | 0 | 27 | 1 | 16 | 73 | 3 | 3 | 2 | 85 | 49 | 2 | 27 | 0 | 0 | 20 | 0 | -- | 0 | 1 | 0 | 0 | 0 | 0 | 0 |
| DOC - CWMH Fruit (avg of apple & orange) | 1 Piece | 1000 | | 140 | 70 | 1 | 0 | 0 | 0 | 18 | 0 | 31 | 1 | 38 | 3 | 14 | 198 | 17 | 0 | 188 | 0 | 0 | 10 | 0 | 0 | 0 | 0 | 22 | 0 | 0 | 0 | 0 |
| DOC - CWMH Lettuce, iceberg, shredded | 1 Cup | 9316 | | 57 | 9 | 1 | 0 | 0 | 0 | 2 | 0 | 0 | 6 | 2 | 1 | 1 | -- | -- | 0 | 113 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- |
| DOC - CWMH Salad Dressing, buttermilk ranch, light | 1 Ounce-weigh | 33159 | | 28 | 44 | 1 | 3 | 0 | 0 | 5 | 0 | 0 | 195 | 0 | -- | 2 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- |
| DOC CWMH 2015 06.09 W2D1 DINNER | 1 Serving | | | 802 | 1036 | 33 | 24 | 8 | 0 | 178 | 51 | 166 | 1569 | 65 | 15 | 45 | 929 | 302 | 9 | 1110 | 1 | 0 | 91 | 3 | 0 | 0 | 87 | 1 | 1 | 1 | | |
| CHICKEN ENCHILADA WITH ENCHILADA SAUCE, RICE BLEND AND VEI | 1 Serving | 11723 | | 469 | 523 | 23 | 11 | 3 | 0 | 67 | 38 | 98 | 1045 | 22 | 7 | 7 | 623 | 218 | 6 | 742 | 0 | 0 | 59 | 2 | 0 | 0 | 62 | 0 | 1 | 0 | 0 | |
| CHICKEN AND TEXTURED VEGETABLE PROTEIN ENCHILADA>60CT | 6 Ounce-weigh | 13155 | | 163 | 295 | 17 | 10 | 3 | 0 | 37 | 38 | 71 | 753 | 7 | 3 | 2 | 294 | 112 | 3 | 191 | 0 | 0 | 29 | 1 | 0 | 0 | 3 | 0 | 0 | 0 | 0 | 0 |
| WATER>1GL=8.3454LB | 2 Ounce-weigh | 15247 | | 57 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 2 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | -- | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| RICE, W/PEAS, FM | 4 Ounce-weigh | 30020 | | 113 | 135 | 4 | 0 | 0 | 0 | 29 | 0 | 14 | 33 | 5 | 2 | 1 | 50 | 51 | 2 | 85 | 0 | 0 | 11 | 1 | 0 | 0 | 0 | 60 | 0 | 0 | 0 | 0 |
| SAUCE, ENCHILADA, FM | 2 Ounce-weigh | 30047 | | 57 | 33 | 1 | 0 | 0 | 0 | 7 | 0 | 7 | 253 | 2 | 1 | 1 | 128 | 9 | 1 | 333 | 0 | 0 | 5 | 0 | -- | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| VEG, MEXICALI CORN BLEND, FM | 3 Ounce-weigh | 30203 | | 79 | 60 | 2 | 1 | 0 | 0 | 14 | 0 | 5 | 3 | 8 | 2 | 2 | 151 | 47 | 0 | 133 | 0 | 0 | 13 | 0 | -- | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| WHITE WHOLE GRAIN DINNER ROLLS, I/W>200CT/CS | 1 Each | 10068 | | 51 | 138 | 5 | 1 | 0 | 0 | 27 | 1 | 16 | 73 | 3 | 3 | 2 | 85 | 49 | 2 | 27 | 0 | 0 | 20 | 0 | -- | 0 | 1 | 0 | 0 | 0 | 0 | 0 |
| KRACKLE SUGAR COOKIES, I/W, 2-PK>100-CT/CS | 1 Package | 10390 | | 57 | 253 | 3 | 10 | 5 | 0 | 19 | 12 | 20 | 249 | 0 | 1 | 19 | 23 | 18 | 1 | 41 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 0 |
| DOC - CWMH Fruit (avg of apple & orange) | 1 Piece | 1000 | | 140 | 70 | 1 | 0 | 0 | 0 | 18 | 0 | 31 | 1 | 38 | 3 | 14 | 198 | 17 | 0 | 188 | 0 | 0 | 10 | 0 | 0 | 0 | 0 | 22 | 0 | 0 | 0 | 0 |
| DOC - CWMH Lettuce, iceberg, shredded | 1 Cup | 9316 | | 57 | 9 | 1 | 0 | 0 | 0 | 2 | 0 | 0 | 6 | 2 | 1 | 1 | -- | -- | 0 | 113 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- |
| DOC - CWMH Salad Dressing, buttermilk ranch, light | 1 Ounce-weigh | 33159 | | 28 | 44 | 1 | 3 | 0 | 0 | 5 | 0 | 0 | 195 | 0 | -- | 2 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- |
| DOC CWMH 2015 06.09 W2D2 BREAKFAST | 1 Serving | | | 593 | 742 | 27 | 27 | 6 | 0 | 99 | 309 | 376 | 1077 | 2 | 4 | 56 | 775 | 577 | 4 | 650 | 0 | 2 | 42 | 3 | 1 | 0 | 41 | 1 | 1 | 0 | | |
| SCRAMBLED EGGS WITH DICED CURED TURKEY HAM, PANCAKES AN | 1 Serving | 11703 | | 306 | 395 | 16 | 10 | 1 | 0 | 59 | 260 | 71 | 770 | 2 | 3 | 28 | 384 | 276 | 3 | 474 | 0 | 1 | 9 | 2 | 1 | 0 | 21 | 0 | 1 | 0 | 0 | |
| MINI WG PANCAKE, 2.25">504EA/CS | 10 Each | 10649 | | 85 | 170 | 4 | 3 | 1 | 0 | 31 | 5 | 20 | 320 | 0 | 3 | 6 | -- | -- | 1 | 0 | -- | -- | 9 | 2 | -- | -- | -- | -- | -- | -- | -- | |
| EGGS, SCRAMBLED, W/HAM 3.8-OZ/SV | 4 Ounce-weigh | 30197 | | 108 | 123 | 12 | 7 | 0 | 0 | 2 | 255 | 50 | 443 | 1 | 0 | 1 | 254 | 276 | 1 | 257 | 0 | 1 | 9 | 2 | 1 | 0 | 21 | 0 | 1 | 0 | 0 | |
| PEACH SLICES, SPICED, FM | 4 Ounce-weigh | 30445 | | 113 | 102 | 0 | 0 | 0 | 0 | 26 | 0 | 1 | 8 | 1 | 0 | 21 | 130 | 1 | 0 | 216 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| WHOLE GRAIN CHOCOLATE CHIP MUFFINS, I/W>100CT/CS | 1 Each | 10447 | | 57 | 250 | 3 | 14 | 4 | 0 | 28 | 38 | 17 | 206 | 0 | 1 | 17 | 45 | 82 | 1 | 69 | 0 | 0 | 8 | 0 | -- | 0 | 8 | 0 | 0 | 0 | 0 | |
| DOC - CWMH Milk, 1% | 8 Fluid ounce | 18760 | | 230 | 97 | 8 | 2 | 1 | 0 | 11 | 12 | 288 | 101 | 0 | 0 | 11 | 345 | 219 | 0 | 108 | 0 | 1 | 25 | 1 | 0 | 0 | 12 | 0 | 0 | 0 | 0 | |
| DOC CWMH 2015 06.09 W2D2 LUNCH | 1 Serving | | | 642 | 444 | 21 | 9 | 2 | 0 | 74 | 31 | 73 | 1452 | 53 | 9 | 24 | 696 | 136 | 2 | 4756 | 0 | 0 | 48 | 1 | 0 | 0 | 22 | 0 | 0 | 0 | | |
| GRAVY, SLICED ROAST BEEF ON BREAD, CARROTS AND POTATOES I | 1 Serving | 11762 | | 417 | 322 | 19 | 6 | 1 | 0 | 49 | 31 | 42 | 1251 | 12 | 5 | 7 | 497 | 119 | 2 | 4455 | 0 | 0 | 38 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| WATER>1GL=8.3454LB | 1 Ounce-weigh | 15247 | | 28 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | -- | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| LOAF BREAD, WHITE WHOLE GRAIN, FM>18 USABLE SL/LF@1.22O2 | 1 Ounce-weigh | 30006 | | 34 | 92 | 3 | 1 | 0 | 0 | 18 | 1 | 10 | 41 | 2 | 2 | 1 | 58 | 36 | 1 | 18 | 0 | 0 | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| POTATO, O'BRIEN, FM | 3 Ounce-weigh | 30060 | | 85 | 87 | 2 | 3 | 0 | 0 | 15 | 0 | 3 | 17 | 9 | 2 | 1 | 271 | 59 | 1 | 8 | 0 | 0 | 14 | 0 | -- | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| GRAVY, BEEF, FM | 4 Ounce-weigh | 30070 | | 113 | 41 | 0 | 0 | 0 | 0 | 8 | 0 | 3 | 461 | 0 | 0 | 2 | 1 | 0 | 0 | 0</ | | | | | | | | | | | | |

| Item Name | Quantity | Measure | User Code | Weight (g) | Cals | (kcal) | Prot (g) | Fat (g) | SatFat (g) | TransFat (g) | Carb (g) | Chol (mg) | Calc (mg) | Sod (mg) | Vit C (mg) | Fib (g) | Sugar (g) | Pot (mg) | Phos (mg) | Iron (mg) | Vit A-IU (IU) | Vit B6 (mg) | Vit B12 (mcg) | m Magn (mg) | Zinc (mg) | Vit D-mcg | Copp (mg) | Folate (mcg) | Vit B2 (mcg) | Vit E-mg (mg) | Vit B1 (mg) |
|---|------------------|---------|-----------|------------|------------|------------|-----------|-----------|------------|--------------|------------|------------|------------|-------------|------------|-----------|-----------|-------------|------------|-----------|---------------|-------------|---------------|-------------|-----------|-----------|-----------|--------------|--------------|---------------|-------------|
| DOC CWMH 2015 06.09 W2D3 LUNCH | 1 Serving | | | | 554 | 580 | 24 | 16 | 3 | 0 | 88 | 51 | 69 | 570 | 61 | 12 | 22 | 731 | 166 | 4 | 2692 | 1 | 0 | 55 | 1 | 0 | 0 | 40 | 0 | 1 | 0 |
| BREADED FISH PATTY, CHUNK ROAST POTATOES AND BROCCOLI>2- | 1 Serving | 11777 | | 278 | 320 | 17 | 12 | 2 | 0 | 36 | 50 | 22 | 296 | 18 | 6 | 3 | 448 | 100 | 2 | 2364 | 0 | 0 | 0 | 24 | 1 | -- | 0 | 17 | 0 | 0 | 0 |
| CHUNK ROASTED POTATOES>36LB(6@6LB)/CS | 3 Ounce-wei | 10332 | | 85 | 110 | 2 | 4 | 1 | 0 | 18 | 0 | 0 | 20 | 5 | 2 | 0 | 330 | 74 | 1 | 0 | 0 | 0 | 16 | 0 | -- | -- | -- | 0 | 0 | 0 | 0 |
| FISH, CRUNCHY CORNMEAL POLLOCK, COOKED>10LB(3.6OZ EA) | 4 Ounce-wei | 15176 | | 102 | 190 | 14 | 8 | 2 | -- | 14 | 50 | -- | 250 | -- | 2 | 1 | -- | -- | 1 | 100 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- |
| WATER>1GL=8.3454LB | 1 Ounce-wei | 15247 | | 28 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | -- | 0 | 0 | 0 | 0 | 0 |
| VEG, BROCCOLI BLEND, FM | 2 Ounce-wei | 32356 | | 62 | 20 | 1 | 0 | 0 | 0 | 4 | 0 | 22 | 25 | 13 | 2 | 2 | 118 | 26 | 0 | 2264 | 0 | 0 | 8 | 0 | -- | 0 | 0 | 17 | 0 | 0 | 0 |
| WHITE WHOLE GRAIN DINNER ROLLS, I/W>200CT/CS | 1 Each | 10068 | | 51 | 138 | 5 | 1 | 0 | 0 | 27 | 1 | 16 | 73 | 3 | 3 | 2 | 85 | 49 | 2 | 27 | 0 | 0 | 20 | 0 | -- | 0 | 1 | 0 | 0 | 0 | 0 |
| DOC - CWMH Fruit (avg of apple & orange) | 1 Piece | 1000 | | 140 | 70 | 1 | 0 | 0 | 0 | 18 | 0 | 31 | 1 | 38 | 3 | 14 | 198 | 17 | 0 | 188 | 0 | 0 | 10 | 0 | -- | 0 | 22 | 0 | 0 | 0 | 0 |
| DOC - CWMH Lettuce, iceberg, shredded | 1 Cup | 9316 | | 57 | 9 | 1 | 0 | 0 | 0 | 2 | 0 | 6 | 2 | 1 | 1 | -- | -- | -- | 0 | 113 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- |
| DOC - CWMH Salad Dressing, buttermilk ranch, light | 1 Ounce-wei | 33159 | | 28 | 44 | 1 | 3 | 0 | 0 | 5 | 0 | 0 | 195 | 0 | -- | 2 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- |
| DOC CWMH 2015 06.09 W2D3 DINNER | 1 Serving | | | | 735 | 899 | 26 | 32 | 11 | 1 | 131 | 98 | 129 | 1133 | 63 | 14 | 48 | 1099 | 264 | 7 | 782 | 1 | 1 | 74 | 2 | 0 | 0 | 42 | 1 | 1 | 1 |
| MEAT LOAF PATTY WITH ROASTED POTATOES, GREEN BEANS AND / | 1 Serving | 11720 | | 403 | 406 | 15 | 22 | 7 | 1 | 38 | 88 | 66 | 621 | 20 | 6 | 10 | 775 | 155 | 3 | 422 | 0 | 0 | 42 | 1 | 0 | 0 | 17 | 0 | 1 | 0 | 0 |
| BEEF MEATLOAF PATTY>100CT(3.5OZ)/CS | 4 Ounce-wei | 13630 | | 99 | 239 | 12 | 18 | 7 | 1 | 6 | 88 | 33 | 593 | 4 | 1 | 1 | 225 | 56 | 2 | 71 | 0 | 0 | 9 | 1 | 0 | 0 | 7 | 0 | 0 | 0 | 0 |
| WATER>1GL=8.3454LB | 1 Ounce-wei | 15247 | | 28 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | -- | 0 | 0 | 0 | 0 | 0 |
| GREEN BEANS, IQF, FM | 3 Ounce-wei | 32351 | | 77 | 25 | 1 | 0 | 0 | 0 | 6 | 0 | 32 | 2 | 10 | 2 | 2 | 142 | 24 | 1 | 351 | 0 | 0 | 17 | 0 | -- | 0 | 10 | 0 | 0 | 0 | 0 |
| APPLES, SLICED, #10>6CN(104OZ)/CS | 4 Ounce-wei | 15423 | | 113 | 32 | 0 | 0 | 0 | 0 | 8 | 0 | 0 | 5 | 1 | 1 | 6 | 77 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | -- | 0 | 10 | 0 | 0 | 0 | 0 |
| CHUNK ROASTED POTATOES>36LB(6@6LB)/CS | 3 Ounce-wei | 10332 | | 85 | 110 | 2 | 4 | 1 | 0 | 18 | 0 | 0 | 20 | 5 | 2 | 0 | 330 | 74 | 1 | 0 | 0 | 0 | 16 | 0 | -- | -- | 0 | 0 | 0 | 0 | 0 |
| WHITE WHOLE GRAIN DINNER ROLLS, I/W>200CT/CS | 1 Each | 10068 | | 51 | 138 | 5 | 1 | 0 | 0 | 27 | 1 | 16 | 73 | 3 | 3 | 2 | 85 | 49 | 2 | 27 | 0 | 0 | 20 | 0 | -- | 0 | 1 | 0 | 0 | 0 | 0 |
| OATMEAL COOKIES, I/W, 2-PK>100-CT/CS | 1 Package | 10173 | | 57 | 233 | 3 | 7 | 3 | 0 | 41 | 9 | 16 | 238 | 0 | 1 | 19 | 41 | 43 | 1 | 33 | 0 | 0 | 1 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 0 |
| DOC - CWMH Fruit (avg of apple & orange) | 1 Piece | 1000 | | 140 | 70 | 1 | 0 | 0 | 0 | 18 | 0 | 31 | 1 | 38 | 3 | 14 | 198 | 17 | 0 | 188 | 0 | 0 | 10 | 0 | -- | 0 | 22 | 0 | 0 | 0 | 0 |
| DOC - CWMH Lettuce, iceberg, shredded | 1 Cup | 9316 | | 57 | 9 | 1 | 0 | 0 | 0 | 2 | 0 | 6 | 2 | 1 | 1 | -- | -- | -- | 0 | 113 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- |
| DOC - CWMH Salad Dressing, buttermilk ranch, light | 1 Ounce-wei | 33159 | | 28 | 44 | 1 | 3 | 0 | 0 | 5 | 0 | 0 | 195 | 0 | -- | 2 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- |
| DOC CWMH 2015 06.09 WK2D4 BREAKFAST | 1 Serving | | | | 590 | 609 | 25 | 32 | 9 | 0 | 54 | 432 | 421 | 855 | 9 | 4 | 29 | 774 | 456 | 3 | 1375 | 0 | 1 | 44 | 1 | 0 | 0 | 21 | 1 | 0 | 0 |
| CHEESY EGG OMELET, O'BRIEN POTATOES AND PEARS>24EA/CS | 1 Serving | 11730 | | 298 | 297 | 15 | 12 | 5 | 0 | 32 | 358 | 119 | 473 | 9 | 4 | 12 | 384 | 135 | 2 | 810 | 0 | 0 | 14 | 0 | -- | 0 | 0 | 0 | 0 | 0 | 0 |
| CHEESE, AMERICAN, BULK, SLICED>30LB(6EA@5LB(16OZ))CS | 1 Ounce-wei | 15259 | | 14 | 35 | 3 | 2 | 1 | 0 | 2 | 8 | 76 | 177 | 0 | 0 | 1 | 41 | 76 | 0 | 203 | -- | -- | -- | -- | -- | -- | -- | 0 | -- | -- | -- |
| PEARS, DICED, SLICED OR HALVES, #10>6CN(105OZ)/CS | 4 Ounce-wei | 15472 | | 113 | 54 | 0 | 0 | 0 | 0 | 14 | 0 | 0 | 9 | 0 | 2 | 11 | 73 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | -- | -- | 0 | 0 | 0 | 0 | 0 |
| EGG, PATTY, FROZEN>200EA(200@1.5OZ)/CS | 3 Ounce-wei | 15620 | | 85 | 120 | 10 | 7 | 3 | 0 | 2 | 350 | 40 | 270 | -- | -- | -- | -- | -- | 1 | 600 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- |
| POTATO, O'BRIEN, FM | 3 Ounce-wei | 30060 | | 85 | 87 | 2 | 3 | 0 | 0 | 15 | 0 | 3 | 17 | 9 | 2 | 1 | 271 | 59 | 1 | 80 | -- | -- | 14 | 0 | -- | 0 | 0 | 0 | 0 | 0 | 0 |
| WHOLE GRAIN CORN MUFFINS>100CT/CS | 1 Each | 10383 | | 62 | 215 | 3 | 17 | 3 | 0 | 11 | 63 | 15 | 281 | 0 | 1 | 5 | 45 | 102 | 1 | 456 | 0 | 0 | 5 | 0 | -- | 0 | 9 | 0 | 0 | 0 | 0 |
| DOC - CWMH Milk, 1% | 8 Fluid ounce | 18760 | | 230 | 97 | 8 | 2 | 1 | 0 | 11 | 12 | 288 | 101 | 0 | 0 | 11 | 345 | 219 | 0 | 108 | 0 | 1 | 25 | 1 | 0 | 0 | 12 | 0 | 0 | 0 | 0 |
| DOC CWMH 2015 06.09 W2D4 LUNCH | 1 Serving | | | | 724 | 782 | 29 | 16 | 5 | 0 | 138 | 31 | 189 | 933 | 67 | 17 | 25 | 906 | 370 | 7 | 1647 | 1 | 0 | 89 | 3 | 0 | 0 | 86 | 0 | 1 | 1 |
| BEEF AND CHICKEN BURRITO WITH ENCHILADA SAUCE, RICE BLEND | 1 Serving | 11732 | | 448 | 522 | 22 | 12 | 4 | 0 | 86 | 30 | 142 | 659 | 24 | 11 | 6 | 623 | 304 | 6 | 1319 | 0 | 0 | 58 | 3 | 0 | 0 | 63 | 0 | 0 | 0 | 0 |
| CHEESE, 80/10/10 BLEND, SHREDDED>30LB(6BG@5LB)/CS | 0 Ounce-wei | 15034 | | 7 | 21 | 2 | 2 | 1 | 0 | 0 | 5 | 47 | 46 | 0 | 0 | -- | -- | 20 | 109 | 0 | 47 | 0 | 0 | 5 | 1 | 0 | -- | 0 | 0 | 0 | 0 |
| WATER>1GL=8.3454LB | 2 Ounce-wei | 15247 | | 57 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 2 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | -- | 0 | 0 | 0 | 0 | 0 |
| BEEF, CHICKEN AND TEXTURED VEGETABLE PROTEIN WHOLE GR/ | 6 Ounce-wei | 13184 | | 163 | 298 | 15 | 10 | 3 | 0 | 40 | 25 | 74 | 416 | 8 | 7 | 3 | 336 | 111 | 3 | 880 | 0 | 0 | 31 | 1 | 0 | 0 | 18 | 0 | 0 | 0 | 0 |
| SAUCE, ENCHILADA, FM | 2 Ounce-wei | 30047 | | 43 | 25 | 1 | 0 | 0 | 0 | 5 | 0 | 6 | 190 | 1 | 1 | 1 | 96 | 7 | 1 | 250 | 0 | 0 | 3 | 0 | -- | 0 | 0 | 0 | 0 | 0 | 0 |
| RICE, PEPPER & PIMIENTO, FM | 4 Ounce-wei | 30132 | | 99 | 118 | 2 | 0 | 0 | 0 | 26 | 0 | 9 | 2 | 6 | 1 | 0 | 20 | 30 | 1 | 10 | 0 | 0 | 5 | 0 | 0 | 0 | 45 | 0 | 0 | 0 | 0 |
| VEG, MEXICALI CORN BLEND, FM | 3 Ounce-wei | 30203 | | 79 | 60 | 2 | 1 | 0 | 0 | 14 | 0 | 5 | 3 | 8 | 2 | 2 | 151 | 47 | 0 | 133 | 0 | 0 | 13 | 0 | -- | 0 | 0 | 0 | 0 | 0 | 0 |
| WHITE WHOLE GRAIN DINNER ROLLS, I/W>200CT/CS | 1 Each | 10068 | | 51 | 138 | 5 | 1 | 0 | 0 | 27 | 1 | 16 | 73 | 3 | 3 | 2 | 85 | 49 | 2 | 27 | 0 | 0 | 20 | 0 | -- | 0 | 1 | 0 | 0 | 0 | 0 |
| DOC - CWMH Fruit (avg of apple & orange) | 1 Piece | 1000 | | 140 | 70 | 1 | 0 | 0 | 0 | 18 | 0 | 31 | 1 | 38 | 3 | 14 | 198 | 17 | 0 | 188 | 0 | 0 | 10 | 0 | -- | 0 | 22 | 0 | 0 | 0 | 0 |
| DOC - CWMH Lettuce, iceberg, shredded | 1 Cup | 9316 | | 57 | 9 | 1 | 0 | 0 | 0 | 2 | 0 | 6 | 2 | 1 | 1 | -- | -- | -- | 0 | 113 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- |
| DOC - CWMH Salad Dressing, buttermilk ranch, light | 1 Ounce-wei | 33159 | | 28 | 44 | 1 | 3 | 0 | 0 | 5 | 0 | 0 | 195 | 0 | -- | 2 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- |
| DOC CWMH 2015 06.09 W2D4 DINNER | 1 Serving | | | | 815 | 890 | 29 | 21 | 8 | 0 | 147 | 50 | 90 | 957 | 81 | 15 | 54 | 768 | 233 | 6 | 2282 | 0 | 0 | 71 | 1 | 0 | 0 | 146 | 6 | 1 | 3 |
| SZECHWAN STYLE CHICKEN WITH FETTUCCINI NOODLES, PEAS AND | 1 Serving | 11778 | | 482 | 365 | 19 | 6 | 1 | 0 | 57 | 31 | 36 | 562 | 38 | 7 | 15 | 465 | 155 | 3 | 1646 | 0 | 0 | 36 | 1 | 0 | 0 | 119 | | | | |

| Item Name | Quantity | Measure | User Code | Weight (g) | Cals | kcal | Prot (g) | Fat (g) | SatFat (g) | TransFat (g) | Carb (g) | Chol (mg) | Calc (mg) | Sod (mg) | Vit C (mg) | Fib (g) | Sugar (g) | Pot (mg) | Phos (mg) | Iron (mg) | Vit A-IU (IU) | Vit B6 (mcg) | Vit B12 (mcg) | m Magn (mg) | Zinc (mg) | Vit D-mcg | Copp (mg) | Folate (mcg) | Vit B2 (mcg) | Vit E-mg (mg) | Vit B1 (mg) |
|---|------------------|---------|-----------|------------|------------|-------------|-----------|-----------|------------|--------------|------------|------------|------------|-------------|------------|-----------|-----------|-------------|------------|-----------|---------------|--------------|---------------|-------------|-----------|-----------|-----------|--------------|--------------|---------------|-------------|
| DOC CWMH 2015 06.09 W2D5 DINNER | 1 Serving | | | | 778 | 1039 | 37 | 28 | 8 | 0 | 163 | 63 | 182 | 1807 | 58 | 12 | 53 | 853 | 150 | 7 | 1308 | 0 | 0 | 77 | 2 | 0 | 0 | 97 | 3 | 2 | 2 |
| CHICKEN FRITTERS WITH HOT SAUCE, SEASONED RICE AND GREEN CHICKEN, TENDERLOIN, BREADED FRITTER->10LB(2@5LB)/CS | 1 Serving | 11744 | | 445 | 526 | 27 | 15 | 3 | 0 | 72 | 51 | 115 | 1283 | 14 | 5 | 15 | 547 | 66 | 4 | 939 | 0 | 0 | 45 | 2 | 0 | 0 | 72 | 3 | 1 | 1 | |
| WATER->1GL=8.3454LB | 2 Ounce-wei | 15247 | | 57 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 2 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| SAUCE, HOT TENDER, FM | 3 Ounce-wei | 30044 | | 85 | 68 | 1 | 0 | 0 | 0 | 17 | 0 | 51 | 254 | 4 | 1 | 12 | 135 | 4 | 1 | 588 | 0 | 0 | 2 | 0 | 0 | 0 | 4 | 3 | 1 | 1 | |
| RICE, SEASONED, FM | 4 Ounce-wei | 30201 | | 113 | 150 | 3 | 0 | 0 | 0 | 33 | 0 | 10 | 337 | 0 | 1 | 0 | 10 | 37 | 1 | 0 | 0 | 0 | 6 | 0 | 0 | 0 | 58 | 0 | 0 | 0 | |
| GREEN BEANS, IQF, FM | 3 Ounce-wei | 32351 | | 77 | 25 | 1 | 0 | 0 | 0 | 6 | 0 | 32 | 2 | 10 | 2 | 2 | 142 | 24 | 1 | 351 | 0 | 0 | 17 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | |
| WHITE WHOLE GRAIN DINNER ROLLS, I/W->200CT/CS | 1 Each | 10068 | | 51 | 138 | 5 | 1 | 0 | 0 | 27 | 1 | 16 | 73 | 3 | 3 | 2 | 85 | 49 | 2 | 27 | 0 | 0 | 20 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | |
| KRACKLE SUGAR COOKIES, I/W, 2-PK->100-CT/CS | 1 Package | 10390 | | 57 | 253 | 3 | 10 | 5 | 0 | 19 | 12 | 20 | 249 | 0 | 1 | 19 | 23 | 18 | 1 | 41 | 0 | 0 | 2 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | |
| DOC - CWMH Fruit (avg of apple & orange) | 1 Piece | 1000 | | 140 | 70 | 1 | 0 | 0 | 0 | 18 | 0 | 31 | 1 | 38 | 3 | 14 | 198 | 17 | 0 | 188 | 0 | 0 | 10 | 0 | 0 | 0 | 22 | 0 | 0 | 0 | |
| DOC - CWMH Lettuce, iceberg, shredded | 1 Cup | 9316 | | 57 | 9 | 1 | 0 | 0 | 0 | 2 | 0 | 6 | 2 | 1 | 1 | 1 | 198 | 17 | 0 | 113 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | |
| DOC - CWMH Salad Dressing, buttermilk ranch, light | 1 Ounce-wei | 33159 | | 28 | 44 | 1 | 3 | 0 | 0 | 5 | 0 | 0 | 195 | 0 | -- | 2 | -- | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- | -- | -- | |
| DOC CWMH 2015 06.09 WK2D6 BREAKFAST | 1 Serving | | | | 574 | 628 | 18 | 17 | 4 | 0 | 101 | 62 | 307 | 698 | 20 | 5 | 46 | 832 | 353 | 3 | 765 | 0 | 1 | 42 | 1 | 0 | 0 | 21 | 1 | 0 | 0 |
| CINNAMON FRENCH TOAST O'BRIEN POTATOES AND PEACHES->24EA | 1 Serving | 11765 | | 287 | 345 | 8 | 8 | 1 | 0 | 62 | 15 | 3 | 398 | 10 | 4 | 17 | 444 | 61 | 3 | 588 | 0 | 0 | 14 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| POTATO, O'BRIEN, FM | 3 Ounce-wei | 30060 | | 85 | 87 | 2 | 3 | 0 | 0 | 15 | 0 | 3 | 17 | 9 | 2 | 1 | 271 | 59 | 1 | 8 | 0 | 0 | 14 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| PEACHES, DICED OR SLICED, #10->6CN(106OZ)/CS | 4 Ounce-wei | 15422 | | 113 | 46 | 0 | 0 | 0 | 0 | 11 | -- | 0 | 9 | 1 | 0 | 9 | 167 | 0 | 0 | 279 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| WHOLE GRAIN CINNAMON FRENCH TOAST STICKS->176EA/CS | 3 Ounce-wei | 10648 | | 88 | 211 | 6 | 5 | 1 | -- | 36 | 15 | -- | 372 | -- | 2 | 7 | 5 | 2 | 2 | 302 | -- | -- | -- | -- | -- | -- | 0 | -- | 0 | 0 | |
| WHOLE GRAIN APPLE CHUNK MUFFINS, I/W->100CT/CS | 1 Each | 10437 | | 57 | 186 | 3 | 7 | 2 | 0 | 28 | 36 | 16 | 199 | 10 | 1 | 18 | 44 | 74 | 1 | 68 | 0 | 0 | 3 | 0 | 0 | 0 | 9 | 0 | 0 | 0 | |
| DOC - CWMH Milk, 1% | 8 Fluid ounce | 18760 | | 230 | 97 | 8 | 2 | 1 | 0 | 11 | 12 | 288 | 101 | 0 | 0 | 11 | 345 | 219 | 0 | 108 | 0 | 1 | 25 | 1 | 0 | 0 | 12 | 0 | 0 | 0 | |
| DOC CWMH 2015 06.09 W2D6 LUNCH | 1 Serving | | | | 778 | 629 | 29 | 13 | 5 | 0 | 104 | 31 | 273 | 691 | 63 | 23 | 31 | 1512 | 370 | 8 | 3811 | 0 | 1 | 101 | 3 | 0 | 0 | 47 | 1 | 1 | 0 |
| CHILI SAUCE WITH MEAT, BROCCOLI BLEND AND APPLES->24EA/CS | 1 Serving | 11719 | | 502 | 369 | 22 | 10 | 4 | 0 | 52 | 30 | 226 | 416 | 20 | 16 | 12 | 1229 | 304 | 6 | 3483 | 0 | 1 | 70 | 2 | 0 | 0 | 24 | 0 | 1 | 0 | |
| CHEESE, 80/10/10 BLEND, SHREDDED->30LB(6BG@5LB)/CS | 1 Ounce-wei | 15034 | | 14 | 43 | 3 | 3 | 2 | 0 | 0 | 9 | 95 | 92 | 0 | 0 | 0 | 40 | 219 | 0 | 95 | 0 | 0 | 11 | 1 | 0 | -- | 0 | 0 | 0 | 0 | |
| WATER->1GL=8.3454LB | 1 Ounce-wei | 15247 | | 28 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| CHILI, CON CARNE, FM | 10 Ounce-wei | 30353 | | 284 | 275 | 18 | 6 | 2 | 0 | 39 | 21 | 109 | 294 | 6 | 14 | 4 | 994 | 60 | 6 | 1124 | 0 | 0 | 51 | 1 | 0 | 0 | 7 | 0 | 0 | 0 | |
| VEG, BROCCOLI BLEND, FM | 2 Ounce-wei | 32356 | | 62 | 20 | 1 | 0 | 0 | 0 | 4 | 0 | 22 | 25 | 13 | 2 | 2 | 118 | 26 | 0 | 2264 | 0 | 0 | 8 | 0 | 0 | 0 | 17 | 0 | 0 | 0 | |
| APPLES, SLICED, #10->6CN(104OZ)/CS | 4 Ounce-wei | 15423 | | 113 | 32 | 0 | 0 | 0 | 0 | 8 | 0 | 0 | 5 | 1 | 1 | 6 | 77 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| WHITE WHOLE GRAIN DINNER ROLLS, I/W->200CT/CS | 1 Each | 10068 | | 51 | 138 | 5 | 1 | 0 | 0 | 27 | 1 | 16 | 73 | 3 | 3 | 2 | 85 | 49 | 2 | 27 | 0 | 0 | 20 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | |
| DOC - CWMH Fruit (avg of apple & orange) | 1 Piece | 1000 | | 140 | 70 | 1 | 0 | 0 | 0 | 18 | 0 | 31 | 1 | 38 | 3 | 14 | 198 | 17 | 0 | 188 | 0 | 0 | 10 | 0 | 0 | 0 | 22 | 0 | 0 | 0 | |
| DOC - CWMH Lettuce, iceberg, shredded | 1 Cup | 9316 | | 57 | 9 | 1 | 0 | 0 | 0 | 2 | 0 | 6 | 2 | 1 | 1 | 1 | 198 | 17 | 0 | 113 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | |
| DOC - CWMH Salad Dressing, buttermilk ranch, light | 1 Ounce-wei | 33159 | | 28 | 44 | 1 | 3 | 0 | 0 | 5 | 0 | 0 | 195 | 0 | -- | 2 | -- | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- | -- | -- | |
| DOC CWMH 2015 06.09 W2D6 DINNER | 1 Serving | | | | 744 | 720 | 30 | 15 | 3 | 0 | 122 | 42 | 87 | 1739 | 52 | 11 | 49 | 601 | 113 | 9 | 4759 | 0 | 0 | 51 | 1 | 0 | 0 | 23 | 0 | 0 | 0 |
| ROAST BEEF AND GRAVY, MASHED POTATOES AND CARROTS->24EA | 1 Serving | 11743 | | 411 | 251 | 20 | 5 | 1 | 0 | 32 | 41 | 39 | 1324 | 9 | 3 | 5 | 306 | 32 | 1 | 4432 | 0 | 0 | 12 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| WATER->1GL=8.3454LB | 1 Ounce-wei | 15247 | | 28 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| BEEF, ROAST, SLICED, FM > 4-OZ NET/SV | 4 Ounce-wei | 30043 | | 113 | 101 | 18 | 3 | 1 | 0 | 4 | 41 | 0 | 911 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| POTATOES, MASHED, FM | 4 Ounce-wei | 30008 | | 113 | 93 | 2 | 2 | 0 | 0 | 17 | 0 | 11 | 18 | 7 | 1 | 1 | 138 | 8 | 0 | 2 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| GRAVY, BEEF, FM | 3 Ounce-wei | 30070 | | 85 | 31 | 0 | 0 | 0 | 0 | 6 | 0 | 2 | 346 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| DICED CARROTS, IQF, FM | 3 Ounce-wei | 32353 | | 71 | 26 | 1 | 0 | 0 | 0 | 6 | 0 | 26 | 48 | 2 | 2 | 3 | 167 | 23 | 0 | 4430 | 0 | 0 | 9 | 0 | 0 | -- | 0 | -- | 0 | 0 | |
| WHITE WHOLE GRAIN DINNER ROLLS, I/W->200CT/CS | 1 Each | 10068 | | 51 | 138 | 5 | 1 | 0 | 0 | 27 | 1 | 16 | 73 | 3 | 3 | 2 | 85 | 49 | 2 | 27 | 0 | 0 | 20 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | |
| CHOCOLATE BROWNIES, I/W->100-CT/CS | 1 Each | 10025 | | 57 | 209 | 2 | 6 | 1 | 0 | 38 | 0 | 0 | 142 | 0 | 1 | 25 | 12 | 15 | 6 | 0 | 0 | 0 | 8 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| DOC - CWMH Fruit (avg of apple & orange) | 1 Piece | 1000 | | 140 | 70 | 1 | 0 | 0 | 0 | 18 | 0 | 31 | 1 | 38 | 3 | 14 | 198 | 17 | 0 | 188 | 0 | 0 | 10 | 0 | 0 | 0 | 22 | 0 | 0 | 0 | |
| DOC - CWMH Lettuce, iceberg, shredded | 1 Cup | 9316 | | 57 | 9 | 1 | 0 | 0 | 0 | 2 | 0 | 6 | 2 | 1 | 1 | 1 | 198 | 17 | 0 | 113 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | |
| DOC - CWMH Salad Dressing, buttermilk ranch, light | 1 Ounce-wei | 33159 | | 28 | 44 | 1 | 3 | 0 | 0 | 5 | 0 | 0 | 195 | 0 | -- | 2 | -- | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- | -- | -- | |
| DOC CWMH 2015 06.09 WK2D7 BREAKFAST | 1 Serving | | | | 548 | 650 | 27 | 32 | 8 | 0 | 64 | 151 | 363 | 873 | 1 | 4 | 31 | 672 | 402 | 3 | 843 | 0 | 2 | 38 | 1 | 0 | 0 | 29 | 1 | 0 | 0 |
| PANCAKES, TURKEY SAUSAGE LINKS AND PEACHES->24EA/CS | 1 Serving | 11702 | | 255 | 338 | 16 | 12 | 4 | 0 | 42 | 76 | 61 | 491 | 1 | 3 | 15 | 283 | 81 | 2 | 279 | 0 | 0 | 8 | 0 | 0 | 0 | 8 | 0 | 0 | 0 | |
| MINI WG PANCAKE, 2.25->504EA/CS | 10 Each | 10649 | | 85 | 170 | 4 | 3 | 1 | 0 | 31 | 5 | 20 | 320 | 0 | 3 | 6 | -- | -- | 1 | 0 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | |
| TURKEY, SAUSAGE LINK, COOKED->10.25LB(16@10Z)/CS | 2 Ounce-wei | 15315 | | 57 | 122 | 12 | 9 | 3 | 0 | 0 | 71 | 41 | 162 | 0 | 0 | 0 | 115 | 81 | | | | | | | | | | | | | |