

Day 1
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Lemon Butter Pollock	1	1 fillet	0209192	280	14	19	3	0	0	13				230	13	1				
Ranch Seasoned Wedge Cut French F	1	3 oz serving	0203683	123	2.05	5.13	1.026	0	2.1	19.5				314	17.21	1.01				
Capri Vegetable Blend	1	4z spoodle	0000020319	19	0.77	0	0	0	0.8	15.11			0.9	15	3.02	1.54				
Applesauce	1	1 Each	0141056	60	0	0	0	0	2	5				10	13	12				
2% Milk	1	8 Floz	0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0				
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86				
Meal SubTotal				734.0	28.7	34.0	9.3	<u>0.0</u>	7.7	377.1	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>3.2</u>	889.0	75.5	<u>17.4</u>			

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 1
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

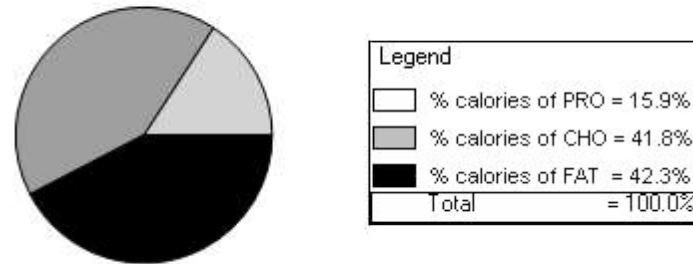
Diet Restriction: 2000 Calorie

Summary Information

		KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
		KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch	Totals	734.0	28.7	34.0	9.3	<u>0.0</u>	7.7	377.1	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>3.2</u>	889.0	75.5	<u>17.4</u>			
1. Daily Totals		734.0	28.7	34.0	9.3	<u>0.0</u>	7.7	377.1	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>3.2</u>	889.0	75.5	<u>17.4</u>	0.0	0.0	0.0
2. Nutritional Goals		700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal		104.9%	151.1%	147.8%	124.0%		77.0%	94.3%	28.2%	16.7%	112.5%	10.7%	111.1%	100.7%	99.4%			
4. Deviation From Nutritional Goal		34.0	9.7	11.0	1.8		0.0	0.0	0.0	0.0	0.1	0.0	89.0	0.5	0.0			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 2
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATRN	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Chicken Patty Grilled	1	1 Breast	0209211	111	14.14	4.55	1.515	0	0	0				535	3.03	2.02			
Lemon Chicken Gravy	1	2 oz	0209097	15	0	0.61				<u>1.21</u>				308	2.43				
*Vegetable Rice Pilaf	1	2 ounces	0198853	72	2.22	0.76	<u>0.017</u>		<u>1</u>	<u>6.94</u>	<u>0.38</u>			55	14.57	<u>0.38</u>			
Applesauce	1	1 Each	0141056	60	0	0	0	0	2	5				10	13	12			
2% Milk	1	8 Floz	0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62			
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0			
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86			
Beets	1	4z spoodle	0000020289	29	1.11	0.12	0.018	0	1.3	10.53	15.14	0.04	0	2.37	51	6.56	5.24		
Meal SubTotal				539.0	29.3	15.9	<u>6.8</u>	<u>0.0</u>	<u>7.1</u>	<u>348.2</u>	<u>48.3</u>	<u>0.2</u>	<u>0.9</u>	<u>4.7</u>	1,279.0	68.9	<u>21.5</u>		

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 2
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

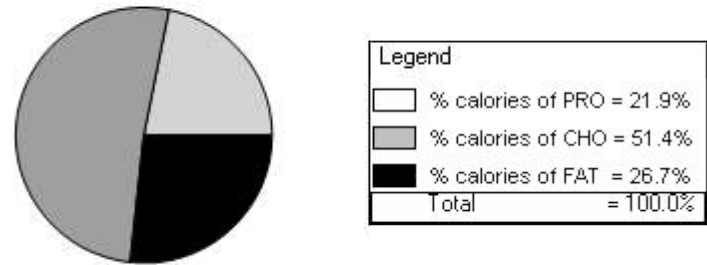
Diet Restriction: 2000 Calorie

Summary Information

	KCAL KCAL	PRO Gram	FAT Gram	SFA GRAM	FATRN GRAM	FIBTG GRAM	CA MG	MG MG	B6 MG	B12 MCG	VITC MG	NA MG	CHO GRAM	SUGAR GRAM			
Lunch Totals	539.0	29.3	15.9	<u>6.8</u>	<u>0.0</u>	<u>7.1</u>	<u>348.2</u>	<u>48.3</u>	<u>0.2</u>	<u>0.9</u>	<u>4.7</u>	1,279.0	68.9	<u>21.5</u>			
1. Daily Totals	539.0	29.3	15.9	<u>6.8</u>	<u>0.0</u>	<u>7.1</u>	<u>348.2</u>	<u>48.3</u>	<u>0.2</u>	<u>0.9</u>	<u>4.7</u>	1,279.0	68.9	<u>21.5</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	77.0%	154.2%	69.1%	90.7%		71.0%	87.1%	41.6%	33.3%	112.5%	15.7%	159.9%	91.9%	122.9%			
4. Deviation From Nutritional Goal	0.0	10.3	0.0	0.0		0.0	0.0	0.0	0.0	0.1	0.0	479.0	0.0	4.0			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 3
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Green Beans	1	4z spoodle	0000020099	22	0.73	0	0	0	1.5	29.02				0	4.35	0.73			
Salisbury Steak	1	1 patty	0209213	202	12.1	17.14	7.056	0.504	2	20.16			0	292	3.02	0			
LS Beef Gravy mix	1	2oz	0198561	23	0	0.75	0	0	0	0	2.55		0	158	3	0			
Instant Mashed Potatoes	1	#10 scoop-3.25oz	0209217	96	2.75	0	0	0	1.4	13.73				21	19.23	0			
Applesauce	1	1 Each	0141056	60	0	0	0	0	2	5				10	13	12			
2% Milk	1	8 Floz	0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62			
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0			
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86			

Meal SubTotal				655.0	27.4	27.8	12.4	<u>0.5</u>	9.7	392.4	<u>35.3</u>	<u>0.1</u>	<u>0.9</u>	<u>2.3</u>	801.0	71.9	<u>14.6</u>			
----------------------	--	--	--	-------	------	------	------	-------------------	-----	-------	--------------------	-------------------	-------------------	-------------------	-------	------	--------------------	--	--	--

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 3
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

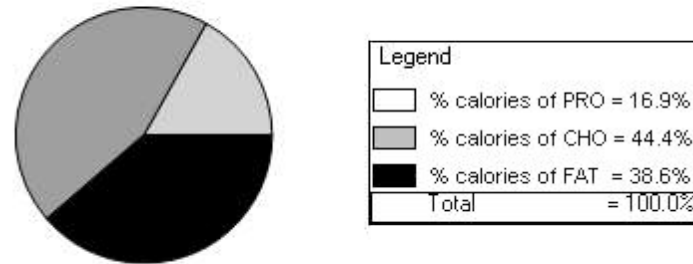
Diet Restriction: 2000 Calorie

Summary Information

	KCAL KCAL	PRO Gram	FAT Gram	SFA GRAM	FATRN GRAM	FIBTG GRAM	CA MG	MG MG	B6 MG	B12 MCG	VITC MG	NA MG	CHO GRAM	SUGAR GRAM			
Lunch Totals	655.0	27.4	27.8	12.4	<u>0.5</u>	9.7	392.4	<u>35.3</u>	<u>0.1</u>	<u>0.9</u>	<u>2.3</u>	801.0	71.9	<u>14.6</u>			
1. Daily Totals	655.0	27.4	27.8	12.4	<u>0.5</u>	9.7	392.4	<u>35.3</u>	<u>0.1</u>	<u>0.9</u>	<u>2.3</u>	801.0	71.9	<u>14.6</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	93.6%	144.2%	120.9%	165.3%		97.0%	98.1%	30.4%	16.7%	112.5%	7.7%	100.1%	95.9%	83.4%			
4. Deviation From Nutritional Goal	0.0	8.4	4.8	4.9		0.0	0.0	0.0	0.0	0.1	0.0	1.0	0.0	0.0			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 4
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Penne Pasta w/Italian Sausage Meat S 1	6 oz	0224498	529	23.19	20.13	5.59	0	6.4	42.68					1324	64.62	10.47			
Mixed Vegetables	1 4z spoodle	0000019725	38	1.54	0	0	0	2.3	0					12	8.46	3.08			
Squash Butternut	1 #8 scoop	0056638	58	1.29	0.13	0.027	0	2.6	62.05	43.95	0.2	0	27.15	5	15.11	2.84			
Applesauce	1 1 Each	0141056	60	0	0	0	0	2	5					10	13	12			
2% Milk	1 8 Floz	0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62				
Butter	1 1 each	0001012647	40	0	4	2.5	0	0	0					31	0	0			
Wheat Bread	1 1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12					167	17.67	1.86			
Meal SubTotal			937.0	37.9	30.2	10.9	<u>0.0</u>	16.1	434.2	<u>76.7</u>	<u>0.3</u>	<u>0.9</u>	<u>29.5</u>	1,671.0	130.5	<u>30.3</u>			

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 4
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

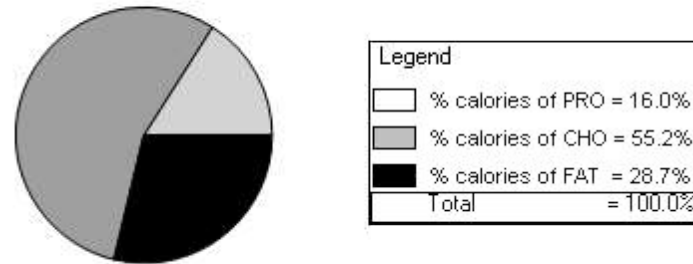
Diet Restriction: 2000 Calorie

Summary Information

		KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
		KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch	Totals	937.0	37.9	30.2	10.9	<u>0.0</u>	16.1	434.2	<u>76.7</u>	<u>0.3</u>	<u>0.9</u>	<u>29.5</u>	1,671.0	130.5	<u>30.3</u>			
1. Daily Totals		937.0	37.9	30.2	10.9	<u>0.0</u>	16.1	434.2	<u>76.7</u>	<u>0.3</u>	<u>0.9</u>	<u>29.5</u>	1,671.0	130.5	<u>30.3</u>	0.0	0.0	0.0
2. Nutritional Goals		700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal		133.9%	199.5%	131.3%	145.3%		161.0%	108.6%	66.1%	50.0%	112.5%	98.3%	208.9%	174.0%	173.1%			
4. Deviation From Nutritional Goal		237.0	18.9	7.2	3.4		6.1	34.2	0.0	0.0	0.1	0.0	871.0	55.5	12.8			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 5
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Carrots	1	4z spoodle	0000020106	23	0	0	0	0	1.5	0				34	5.32	3.04			
Pot Roast	1	3z piece	0000019978	182	17.22	12.16	4.559	0	0	0			0	106	1.01	0			
LS Beef Gravy mix	1	2oz	0198561	23	0	0.75	0	0	0	0	2.55			0	158	3	0		
Instant Mashed Potatoes	1	#10 scoop-3.25oz	0209217	96	2.75	0	0	0	1.4	13.73				21	19.23	0			
Applesauce	1	1 Each	0141056	60	0	0	0	0	2	5				10	13	12			
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0			
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86			
2% Milk	1	8 flz	0001023566	129	8.77	4.84	3.012		0	322.57	35.28	0.11	0.96	2.52	131	12.52			

Meal SubTotal				646.0	32.5	23.2	10.1	<u>0.0</u>	7.7	366.4	<u>37.8</u>	<u>0.1</u>	<u>1.0</u>	<u>2.5</u>	658.0	71.8	<u>16.9</u>			
----------------------	--	--	--	-------	------	------	------	-------------------	-----	-------	--------------------	-------------------	-------------------	-------------------	-------	------	--------------------	--	--	--

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 5
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

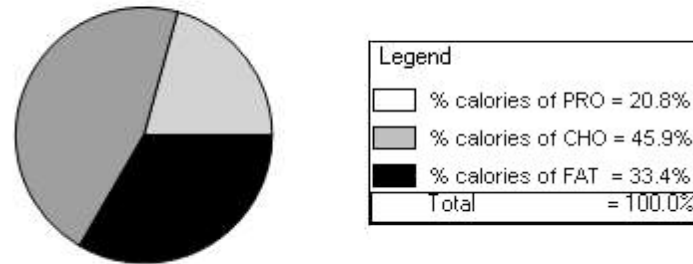
Diet Restriction: 2000 Calorie

Summary Information

	KCAL KCAL	PRO Gram	FAT Gram	SFA GRAM	FATR GRAM	FIBTG GRAM	CA MG	MG MG	B6 MG	B12 MCG	VITC MG	NA MG	CHO GRAM	SUGAR GRAM			
Lunch Totals	646.0	32.5	23.2	10.1	<u>0.0</u>	7.7	366.4	<u>37.8</u>	<u>0.1</u>	<u>1.0</u>	<u>2.5</u>	658.0	71.8	<u>16.9</u>			
1. Daily Totals	646.0	32.5	23.2	10.1	<u>0.0</u>	7.7	366.4	<u>37.8</u>	<u>0.1</u>	<u>1.0</u>	<u>2.5</u>	658.0	71.8	<u>16.9</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	92.3%	171.1%	100.9%	134.7%		77.0%	91.6%	32.6%	16.7%	125.0%	8.3%	82.3%	95.7%	96.6%			
4. Deviation From Nutritional Goal	0.0	13.5	0.2	2.6		0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 8
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Macaroni and Cheese	1	6 ounce	0124706	330	10.05	14.76	6.494	0	1.2	206.81	<u>0.95</u>			<u>0.28</u>	737	40.29	8.9			
Green Peas	1	4z spoodle	0000020114	47	3.11	0	0	0	3.1	0					0	9.33	3.11			
Stewed Tomatoes	1	4z spoodle	0000020802	35	1	0	0	0	1	40				9	270	8	6			
Applesauce	1	1 Each	0141056	60	0	0	0	0	2	5					10	13	12			
2% Milk	1	8 Floz	0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0					31	0	0			
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12					167	17.67	1.86			
Meal SubTotal				724.0	26.0	24.7	11.8	<u>0.0</u>	10.1	576.3	<u>33.7</u>	<u>0.1</u>	<u>0.9</u>	<u>11.6</u>	1,337.0	99.9	<u>31.9</u>			

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 8
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

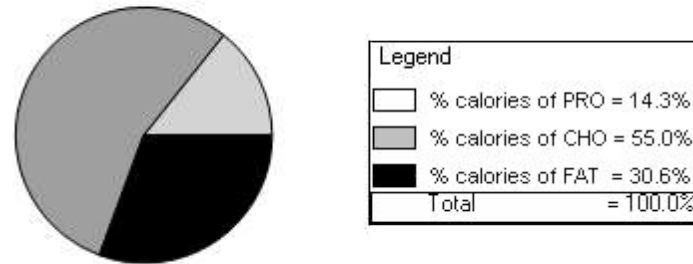
Diet Restriction: 2000 Calorie

Summary Information

		KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
		KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch	Totals	724.0	26.0	24.7	11.8	<u>0.0</u>	10.1	576.3	<u>33.7</u>	<u>0.1</u>	<u>0.9</u>	<u>11.6</u>	1,337.0	99.9	<u>31.9</u>			
1. Daily Totals		724.0	26.0	24.7	11.8	<u>0.0</u>	10.1	576.3	<u>33.7</u>	<u>0.1</u>	<u>0.9</u>	<u>11.6</u>	1,337.0	99.9	<u>31.9</u>	0.0	0.0	0.0
2. Nutritional Goals		700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal		103.4%	136.8%	107.4%	157.3%		101.0%	144.1%	29.1%	16.7%	112.5%	38.7%	167.1%	133.2%	182.3%			
4. Deviation From Nutritional Goal		24.0	7.0	1.7	4.3		0.1	176.3	0.0	0.0	0.1	0.0	537.0	24.9	14.4			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 9
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Mixed Vegetables	1	4z spoodle	0000019725	38	1.54	0	0	0	2.3	0				12	8.46	3.08				
BBQ Pulled Pork	1	#12 Scoop-3 oz	0209244	125	8.72	4.98	1.558	0	0.6	24.92				2.24	536	10.59	8.72			
Roasted Red Potatoes	1	#10 scoop-3.25oz	0209246	105	3.96	0	0	0	2.6	13.19				0	23.73	1.32				
Applesauce	1	1 Each	0141056	60	0	0	0	0	2	5				10	13	12				
2% Milk	1	8 Floz	0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0				
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86				
Meal SubTotal				580.0	26.1	14.9	6.9	<u>0.0</u>	10.3	367.6	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>4.6</u>	878.0	85.1	<u>27.0</u>			

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 9
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

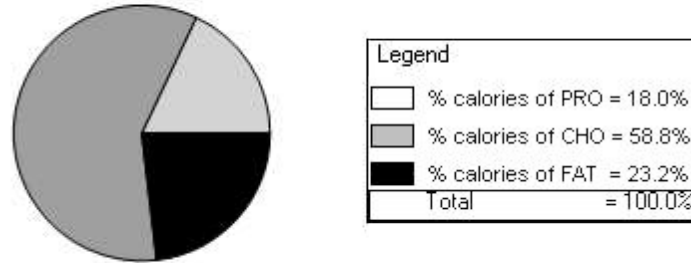
Diet Restriction: 2000 Calorie

Summary Information

	KCAL KCAL	PRO Gram	FAT Gram	SFA GRAM	FATR GRAM	FIBTG GRAM	CA MG	MG MG	B6 MG	B12 MCG	VITC MG	NA MG	CHO GRAM	SUGAR GRAM			
Lunch Totals	580.0	26.1	14.9	6.9	<u>0.0</u>	10.3	367.6	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>4.6</u>	878.0	85.1	<u>27.0</u>			
1. Daily Totals	580.0	26.1	14.9	6.9	<u>0.0</u>	10.3	367.6	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>4.6</u>	878.0	85.1	<u>27.0</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	82.9%	137.4%	64.8%	92.0%		103.0%	91.9%	28.2%	16.7%	112.5%	15.3%	109.8%	113.5%	154.3%			
4. Deviation From Nutritional Goal	0.0	7.1	0.0	0.0		0.3	0.0	0.0	0.0	0.1	0.0	78.0	10.1	9.5			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 10
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Soft & Bite-Sized Zucchini & Summr Sc 1 4z spoodle	0209311	15	0.41	0.08	0	0	0.9	14.7				3	3.67	0.69				
Chicken Patty Grilled	1 1 Breast 0209211	111	14.14	4.55	1.515	0	0	0				535	3.03	2.02				
*Chicken Mushroom Gravy	1 2 ounce 0199117	112	0.24	3.54	0	0	0.2	0	<u>11.34</u>			676	15.14	0.24				
*Vegetable Rice Pilaf	1 2 ounces 0198853	72	2.22	0.76	<u>0.017</u>		<u>1</u>	<u>6.94</u>	<u>0.38</u>			55	14.57	<u>0.38</u>				
Applesauce	1 1 Each 0141056	60	0	0	0	0	2	5				10	13	12				
2% Milk	1 8 Floz 0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62				
Butter	1 1 each 0001012647	40	0	4	2.5	0	0	0				31	0	0				
Wheat Bread	1 1 slice 0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86				
Meal SubTotal		622.0	28.9	18.8	<u>6.8</u>	<u>0.0</u>	<u>6.9</u>	<u>351.1</u>	<u>44.5</u>	<u>0.1</u>	<u>0.9</u>	<u>2.3</u>	1,599.0	78.7	<u>17.2</u>			

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 10
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

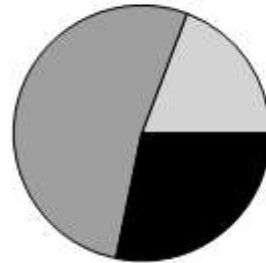
Diet Restriction: 2000 Calorie

Summary Information

	KCAL KCAL	PRO Gram	FAT Gram	SFA GRAM	FATR GRAM	FIBTG GRAM	CA MG	MG MG	B6 MG	B12 MCG	VITC MG	NA MG	CHO GRAM	SUGAR GRAM			
Lunch Totals	622.0	28.9	18.8	<u>6.8</u>	<u>0.0</u>	<u>6.9</u>	<u>351.1</u>	<u>44.5</u>	<u>0.1</u>	<u>0.9</u>	<u>2.3</u>	1,599.0	78.7	<u>17.2</u>			
1. Daily Totals	622.0	28.9	18.8	<u>6.8</u>	<u>0.0</u>	<u>6.9</u>	<u>351.1</u>	<u>44.5</u>	<u>0.1</u>	<u>0.9</u>	<u>2.3</u>	1,599.0	78.7	<u>17.2</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	88.9%	152.1%	81.7%	90.7%		69.0%	87.8%	38.4%	16.7%	112.5%	7.7%	199.9%	104.9%	98.3%			
4. Deviation From Nutritional Goal	0.0	9.9	0.0	0.0		0.0	0.0	0.0	0.0	0.1	0.0	799.0	3.7	0.0			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 19.3%
	% calories of CHO = 52.5%
	% calories of FAT = 28.2%
	Total = 100.0%

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 11
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Green Beans	1	4z spoodle	0000020099	22	0.73	0	0	0	1.5	29.02				0	4.35	0.73				
Meatloaf	1	1 Each	0001014368	185	14.22	12.25	4.771	0	1	23.7			8.02	177	5.62	0.02				
LS Beef Gravy mix	1	2oz	0198561	23	0	0.75	0	0	0	0	2.55		0	158	3	0				
*Mashed Potatoes	1	#8 scoop	0198912	105	2.37	2.6	1.658	0	1.6	46.74	<u>0.66</u>			52	17.47	1.11				
Applesauce	1	1 Each	0141056	60	0	0	0	0	2	5				10	13	12				
2% Milk	1	8 Floz	0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0				
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86				
Meal SubTotal				647.0	29.2	25.5	11.7	<u>0.0</u>	8.9	429.0	<u>36.0</u>	<u>0.1</u>	<u>0.9</u>	<u>10.4</u>	717.0	72.7	<u>15.7</u>			

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 11

Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

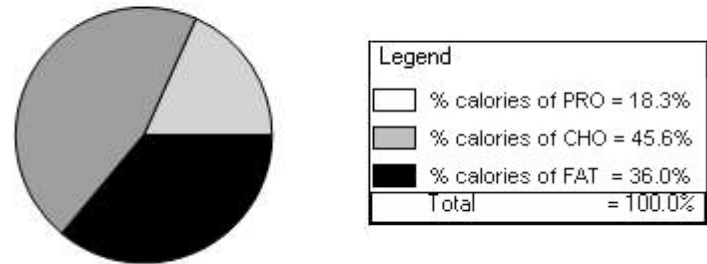
Diet Restriction: 2000 Calorie

Summary Information

	KCAL KCAL	PRO Gram	FAT Gram	SFA GRAM	FATR GRAM	FIBTG GRAM	CA MG	MG MG	B6 MG	B12 MCG	VITC MG	NA MG	CHO GRAM	SUGAR GRAM			
Lunch Totals	647.0	29.2	25.5	11.7	<u>0.0</u>	8.9	429.0	<u>36.0</u>	<u>0.1</u>	<u>0.9</u>	<u>10.4</u>	717.0	72.7	<u>15.7</u>			
1. Daily Totals	647.0	29.2	25.5	11.7	<u>0.0</u>	8.9	429.0	<u>36.0</u>	<u>0.1</u>	<u>0.9</u>	<u>10.4</u>	717.0	72.7	<u>15.7</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	92.4%	153.7%	110.9%	156.0%		89.0%	107.3%	31.0%	16.7%	112.5%	34.7%	89.6%	96.9%	89.7%			
4. Deviation From Nutritional Goal	0.0	10.2	2.5	4.2		0.0	29.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 12
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Capri Vegetable Blend	1	4z spoodle	0000020319	19	0.77	0	0	0	0.8	15.11				0.9	15	3.02	1.54			
Stuffed Pepper	1	1 pepper	0209203	180	8	12	5	0.5	1	38					350	12	2			
*Meat Sauce	1	2 ounces	0199111	255	16.38	13.59	5.825		2.8	18.55					506	12.99	6.49			
Scalloped Potatoes	1	#10 scoop-3.25oz	0209205	88	1.31	2.6	0.81	0	0.7	20.09					131	14.36	2.61			
Applesauce	1	1 Each	0141056	60	0	0	0	0	2	5					10	13	12			
2% Milk	1	8 Floz	0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0					31	0	0			
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12					167	17.67	1.86			

Meal SubTotal				854.0	38.3	38.1	16.9	<u>0.5</u>	10.1	421.2	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>3.2</u>	1,332.0	84.7	<u>26.5</u>			
----------------------	--	--	--	-------	------	------	------	-------------------	------	-------	--------------------	-------------------	-------------------	-------------------	---------	------	--------------------	--	--	--

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 12
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

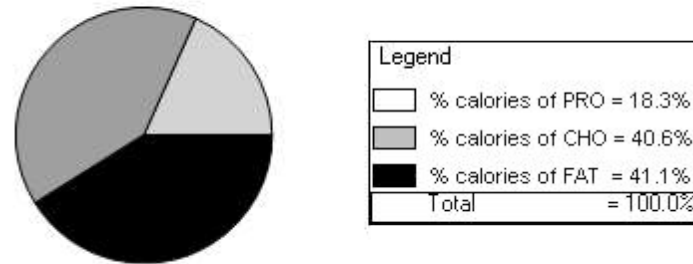
Diet Restriction: 2000 Calorie

Summary Information

	KCAL KCAL	PRO Gram	FAT Gram	SFA GRAM	FATR GRAM	FIBTG GRAM	CA MG	MG MG	B6 MG	B12 MCG	VITC MG	NA MG	CHO GRAM	SUGAR GRAM			
Lunch Totals	854.0	38.3	38.1	16.9	<u>0.5</u>	10.1	421.2	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>3.2</u>	1,332.0	84.7	<u>26.5</u>			
1. Daily Totals	854.0	38.3	38.1	16.9	<u>0.5</u>	10.1	421.2	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>3.2</u>	1,332.0	84.7	<u>26.5</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	122.0%	201.6%	165.7%	225.3%		101.0%	105.3%	28.2%	16.7%	112.5%	10.7%	166.5%	112.9%	151.4%			
4. Deviation From Nutritional Goal	154.0	19.3	15.1	9.4		0.1	21.2	0.0	0.0	0.1	0.0	532.0	9.7	9.0			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 15
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Mixed Vegetables	1	4z spoodle	0000019725	38	1.54	0	0	0	2.3	0				12	8.46	3.08				
Sloppy Joe	1	#12 scoop	0209285	238	14.76	15.85	<u>6.485</u>	<u>0.971</u>	<u>1.2</u>	<u>1.19</u>	<u>0.52</u>	<u>0.01</u>		<u>0.38</u>	462	7.84	<u>4.77</u>			
Rosemary Roasted Potatoes	1	#10 scoop-3.25oz	0209293	151	3.78	3.78	0.63	0	2.5	0				239	23.94	1.26				
Applesauce	1	1 Each	0141056	60	0	0	0	0	2	5				10	13	12				
2% Milk	1	8 Floz	0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0				
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86				
Meal SubTotal				739.0	31.9	29.5	<u>12.4</u>	<u>1.0</u>	<u>10.8</u>	<u>330.7</u>	<u>33.3</u>	<u>0.1</u>	<u>0.9</u>	<u>2.7</u>	1,043.0	82.5	<u>23.0</u>			

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 15
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

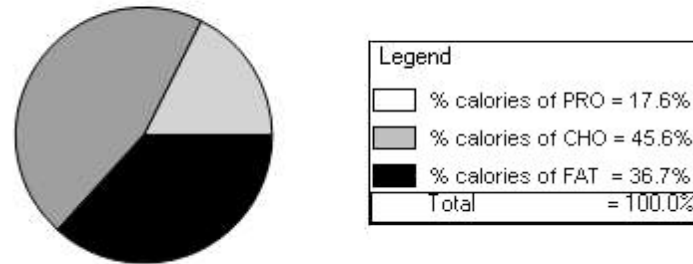
Diet Restriction: 2000 Calorie

Summary Information

		KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
		KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch	Totals	739.0	31.9	29.5	<u>12.4</u>	<u>1.0</u>	<u>10.8</u>	<u>330.7</u>	<u>33.3</u>	<u>0.1</u>	<u>0.9</u>	<u>2.7</u>	1,043.0	82.5	<u>23.0</u>			
1. Daily Totals		739.0	31.9	29.5	<u>12.4</u>	<u>1.0</u>	<u>10.8</u>	<u>330.7</u>	<u>33.3</u>	<u>0.1</u>	<u>0.9</u>	<u>2.7</u>	1,043.0	82.5	<u>23.0</u>	0.0	0.0	0.0
2. Nutritional Goals		700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal		105.6%	167.9%	128.3%	165.3%		108.0%	82.7%	28.7%	16.7%	112.5%	9.0%	130.4%	110.0%	131.4%			
4. Deviation From Nutritional Goal		39.0	12.9	6.5	4.9		0.8	0.0	0.0	0.0	0.1	0.0	243.0	7.5	5.5			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 16
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Peas & Carrots	1	4z spoodle	0000019724	34	2.18	0.3	0.054	0	2.2	16.2	11.27	0.06	0	5.7	48	7.13	3.07			
Chicken Patty Grilled	1	1 Breast	0209211	111	14.14	4.55	1.515	0	0	0					535	3.03	2.02			
Honey Mustard	1	2 oz	0209299	103	0	8.27	1.55	0	0	0.89	<u>0.3</u>				239	6.2	4.13			
Augratin Potatoes	1	#10 scoop-3.25oz	0209302	154	0.14	17.57	7.29	0	0.1	7.38					19	1.74	0.21			
Applesauce	1	1 Each	0141056	60	0	0	0	0	2	5					10	13	12			
2% Milk	1	8 Floz	0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0					31	0	0			
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12					167	17.67	1.86			

Meal SubTotal				714.0	28.3	40.6	15.7	<u>0.0</u>	7.1	354.0	<u>44.3</u>	<u>0.2</u>	<u>0.9</u>	<u>8.0</u>	1,171.0	60.4	<u>23.3</u>			
----------------------	--	--	--	-------	------	------	------	-------------------	-----	-------	--------------------	-------------------	-------------------	-------------------	---------	------	--------------------	--	--	--

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 16
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

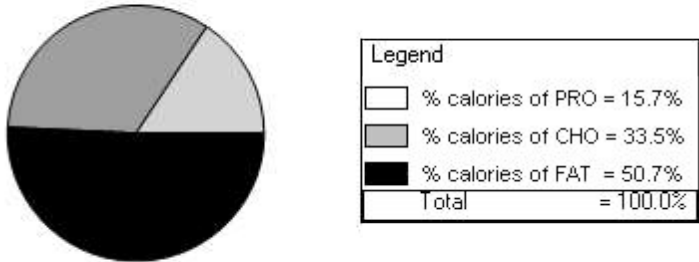
Diet Restriction: 2000 Calorie

Summary Information

	KCAL KCAL	PRO Gram	FAT Gram	SFA GRAM	FATR GRAM	FIBTG GRAM	CA MG	MG MG	B6 MG	B12 MCG	VITC MG	NA MG	CHO GRAM	SUGAR GRAM			
Lunch Totals	714.0	28.3	40.6	15.7	<u>0.0</u>	7.1	354.0	<u>44.3</u>	<u>0.2</u>	<u>0.9</u>	<u>8.0</u>	1,171.0	60.4	<u>23.3</u>			
1. Daily Totals	714.0	28.3	40.6	15.7	<u>0.0</u>	7.1	354.0	<u>44.3</u>	<u>0.2</u>	<u>0.9</u>	<u>8.0</u>	1,171.0	60.4	<u>23.3</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	102.0%	148.9%	176.5%	209.3%		71.0%	88.5%	38.2%	33.3%	112.5%	26.7%	146.4%	80.5%	133.1%			
4. Deviation From Nutritional Goal	14.0	9.3	17.6	8.2		0.0	0.0	0.0	0.0	0.1	0.0	371.0	0.0	5.8			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 17

Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Shepherd's Pie	1	6 ounce	0125005	294	18.31	18.16	<u>7.297</u>		<u>2</u>	<u>8.29</u>	<u>6.75</u>	<u>0.02</u>		<u>1.01</u>	308	12.09	<u>2.82</u>			
Instant Mashed Potatoes	1	#10 scoop-3.25oz	0209217	96	2.75	0	0	0	1.4	13.73					21	19.23	0			
Prince Charles Vegetables	1	4z spoodle	0209330	39	1.32	0	0	0	2.6	39.49					20	7.9	2.63			
Applesauce	1	1 Each	0141056	60	0	0	0	0	2	5					10	13	12			
2% Milk	1	8 Floz	0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0					31	0	0			
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12					167	17.67	1.86			
Meal SubTotal				741.0	34.2	28.1	<u>12.6</u>	<u>0.0</u>	<u>10.8</u>	<u>391.0</u>	<u>39.5</u>	<u>0.1</u>	<u>0.9</u>	<u>3.4</u>	679.0	81.5	<u>19.3</u>			

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 17
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

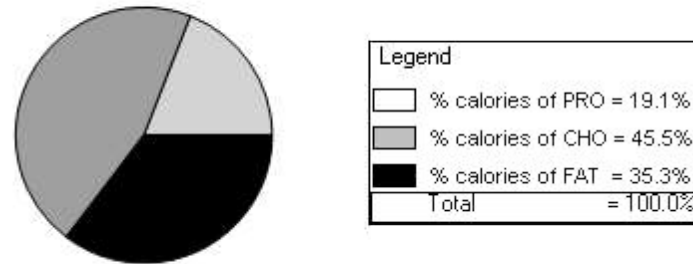
Diet Restriction: 2000 Calorie

Summary Information

		KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
		KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch	Totals	741.0	34.2	28.1	<u>12.6</u>	<u>0.0</u>	<u>10.8</u>	<u>391.0</u>	<u>39.5</u>	<u>0.1</u>	<u>0.9</u>	<u>3.4</u>	679.0	81.5	<u>19.3</u>			
1. Daily Totals		741.0	34.2	28.1	<u>12.6</u>	<u>0.0</u>	<u>10.8</u>	<u>391.0</u>	<u>39.5</u>	<u>0.1</u>	<u>0.9</u>	<u>3.4</u>	679.0	81.5	<u>19.3</u>	0.0	0.0	0.0
2. Nutritional Goals		700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal		105.9%	180.0%	122.2%	168.0%		108.0%	97.8%	34.1%	16.7%	112.5%	11.3%	84.9%	108.7%	110.3%			
4. Deviation From Nutritional Goal		41.0	15.2	5.1	5.1		0.8	0.0	0.0	0.0	0.1	0.0	0.0	6.5	1.8			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 18
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Sweet and Sour Chicken	1	6 ounce	0124854	227	27.37	1.59	0.013	0	1.1	10.1	<u>3.32</u>	<u>0.04</u>		<u>6.44</u>	408	24.53	18.7			
Brown Rice	1	4 ounce	0209366	170	4	1.5	0	0	1	8.56	<u>1.19</u>				4	36	0			
Midori Vegetables	1	#8 scoop-4oz	0209369	77	5.15	2.58	0.644	0	2.6	32.22					52	9.02	2.58			
Applesauce	1	1 Each	0141056	60	0	0	0	0	2	5					10	13	12			
2% Milk	1	8 Floz	0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0					31	0	0			
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12					167	17.67	1.86			
Meal SubTotal				786.0	48.4	15.6	6.0	<u>0.0</u>	9.5	380.4	<u>37.3</u>	<u>0.2</u>	<u>0.9</u>	<u>8.8</u>	794.0	111.8	<u>35.1</u>			

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 18
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

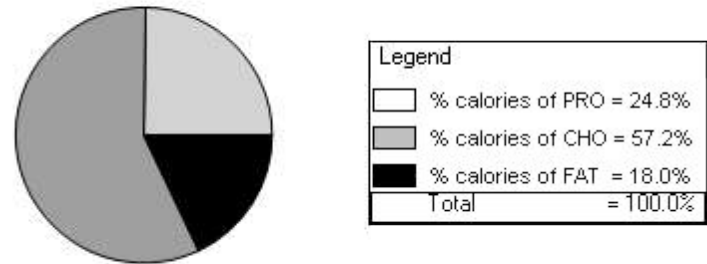
Diet Restriction: 2000 Calorie

Summary Information

		KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
		KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch	Totals	786.0	48.4	15.6	6.0	<u>0.0</u>	9.5	380.4	<u>37.3</u>	<u>0.2</u>	<u>0.9</u>	<u>8.8</u>	794.0	111.8	<u>35.1</u>			
1. Daily Totals		786.0	48.4	15.6	6.0	<u>0.0</u>	9.5	380.4	<u>37.3</u>	<u>0.2</u>	<u>0.9</u>	<u>8.8</u>	794.0	111.8	<u>35.1</u>	0.0	0.0	0.0
2. Nutritional Goals		700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal		112.3%	254.7%	67.8%	80.0%		95.0%	95.1%	32.2%	33.3%	112.5%	29.3%	99.3%	149.1%	200.6%			
4. Deviation From Nutritional Goal		86.0	29.4	0.0	0.0		0.0	0.0	0.0	0.0	0.1	0.0	0.0	36.8	17.6			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 19
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Egg Patty	1	2 ounce	0040244	120	6	8	2	0	0	36				220	2	0			
Sausage Patty	1	1 patty	0000019736	101	6.54	8.55	3.019	0	0	0			0	156	0	0			
Battered Potato Bites	1	4oz	0001007459	200	1.33	12	2	0	1.3	0				480	22.67	1.33			
Stewed Tomatoes	1	4z spoodle	0000020802	35	1	0	0	0	1	40			9	270	8	6			
Applesauce	1	1 Each	0141056	60	0	0	0	0	2	5				10	13	12			
2% Milk	1	8 Floz	0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62			
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0			
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86			

Meal SubTotal				768.0	26.7	38.4	12.3	<u>0.0</u>	7.1	405.5	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>11.3</u>	1,456.0	75.0	<u>21.2</u>			
----------------------	--	--	--	-------	------	------	------	-------------------	-----	-------	--------------------	-------------------	-------------------	--------------------	---------	------	--------------------	--	--	--

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 19
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

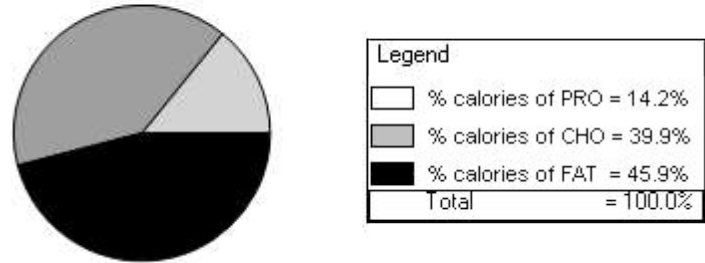
Diet Restriction: 2000 Calorie

Summary Information

	KCAL KCAL	PRO Gram	FAT Gram	SFA GRAM	FATRN GRAM	FIBTG GRAM	CA MG	MG MG	B6 MG	B12 MCG	VITC MG	NA MG	CHO GRAM	SUGAR GRAM			
Lunch Totals	768.0	26.7	38.4	12.3	<u>0.0</u>	7.1	405.5	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>11.3</u>	1,456.0	75.0	<u>21.2</u>			
1. Daily Totals	768.0	26.7	38.4	12.3	<u>0.0</u>	7.1	405.5	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>11.3</u>	1,456.0	75.0	<u>21.2</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	109.7%	140.5%	167.0%	164.0%		71.0%	101.4%	28.2%	16.7%	112.5%	37.7%	182.0%	100.0%	121.1%			
4. Deviation From Nutritional Goal	68.0	7.7	15.4	4.8		0.0	5.5	0.0	0.0	0.1	0.0	656.0	0.0	3.7			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 22

Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

*Mashed Potatoes	1	#8 scoop	0198912	105	2.37	2.6	1.658	0	1.6	46.74	<u>0.66</u>				52	17.47	1.11			
Turkey	1	#12 Scoop-3 oz	0209391	120	24.82	1.71	0	0.086	0	12.84					48	0	0			
*Turkey Gravy	1	2 ounce	0199108	23	0.91	0.46	0	0	0	6.38					346	3.64	0.91			
Carrots	1	4z spoodle	0000020106	23	0	0	0	0	1.5	0					34	5.32	3.04			
Applesauce	1	1 Each	0141056	60	0	0	0	0	2	5					10	13	12			
2% Milk	1	8 Floz	0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0					31	0	0			
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12					167	17.67	1.86			
Meal SubTotal				583.0	40.0	14.7	7.0	<u>0.1</u>	7.9	395.5	<u>33.4</u>	<u>0.1</u>	<u>0.9</u>	<u>2.3</u>	810.0	68.7	<u>18.9</u>			

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 22

Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

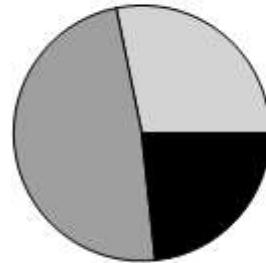
Diet Restriction: 2000 Calorie

Summary Information

	KCAL KCAL	PRO Gram	FAT Gram	SFA GRAM	FATR GRAM	FIBTG GRAM	CA MG	MG MG	B6 MG	B12 MCG	VITC MG	NA MG	CHO GRAM	SUGAR GRAM			
Lunch Totals	583.0	40.0	14.7	7.0	<u>0.1</u>	7.9	395.5	<u>33.4</u>	<u>0.1</u>	<u>0.9</u>	<u>2.3</u>	810.0	68.7	<u>18.9</u>			
1. Daily Totals	583.0	40.0	14.7	7.0	<u>0.1</u>	7.9	395.5	<u>33.4</u>	<u>0.1</u>	<u>0.9</u>	<u>2.3</u>	810.0	68.7	<u>18.9</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	83.3%	210.5%	63.9%	93.3%		79.0%	98.9%	28.8%	16.7%	112.5%	7.7%	101.3%	91.6%	108.0%			
4. Deviation From Nutritional Goal	0.0	21.0	0.0	0.0		0.0	0.0	0.0	0.0	0.1	0.0	10.0	0.0	1.4			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 28.2%
	% calories of CHO = 48.5%
	% calories of FAT = 23.3%
	Total = 100.0%

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 23
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

*Meatballs	1 Each	0209585	45	2.35	3.36	1.342	0.168	0.3	6.71			0	126	1.34	0.17		
*Marinara Sauce	1 4 ounce	0199107	0	0.01	0.01	0.001	0	0	0.08				1	0.04	0.03		
Mixed Vegetables	1 4z spoodle	0000019725	38	1.54	0	0	0	2.3	0				12	8.46	3.08		
Beets	1 4z spoodle	0000020289	29	1.11	0.12	0.018	0	1.3	10.53	15.14	0.04	0	2.37	51	6.56	5.24	
Applesauce	1 1 Each	0141056	60	0	0	0	0	2	5				10	13	12		
2% Milk	1 8 Floz	0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62		
Butter	1 1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0		
Wheat Bread	1 1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86		

Meal SubTotal			424.0	16.9	13.4	6.7	<u>0.2</u>	8.7	346.8	<u>47.9</u>	<u>0.2</u>	<u>0.9</u>	<u>4.7</u>	520.0	58.7	<u>22.4</u>		
----------------------	--	--	-------	------	------	-----	-------------------	-----	-------	--------------------	-------------------	-------------------	-------------------	-------	------	--------------------	--	--

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 23
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

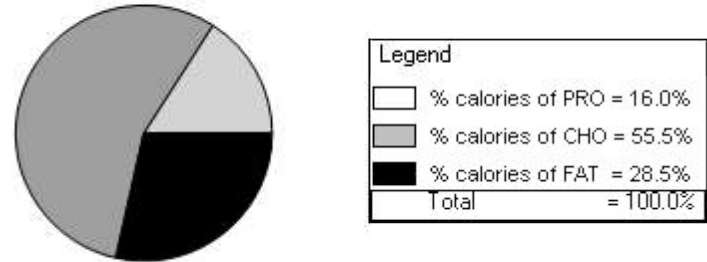
Diet Restriction: 2000 Calorie

Summary Information

		KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
		KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch	Totals	424.0	16.9	13.4	6.7	<u>0.2</u>	8.7	346.8	<u>47.9</u>	<u>0.2</u>	<u>0.9</u>	<u>4.7</u>	520.0	58.7	<u>22.4</u>			
1. Daily Totals		424.0	16.9	13.4	6.7	<u>0.2</u>	8.7	346.8	<u>47.9</u>	<u>0.2</u>	<u>0.9</u>	<u>4.7</u>	520.0	58.7	<u>22.4</u>	0.0	0.0	0.0
2. Nutritional Goals		700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal		60.6%	88.9%	58.3%	89.3%		87.0%	86.7%	41.3%	33.3%	112.5%	15.7%	65.0%	78.3%	128.0%			
4. Deviation From Nutritional Goal		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	4.9			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 24
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Zucchini Squash	1	4z spoodle	0000020305	19	1.28	0.15	0.03	0	1.5	18.99	14.52	0.05	0	4.13	2	3.98	1.89			
Goulash	1	6z ladle	0000019875	326	22.42	11.66	<u>4.193</u>	<u>0.481</u>	<u>2.5</u>	<u>45.49</u>	<u>16.45</u>	<u>0.29</u>	<u>1.79</u>	<u>1.29</u>	386	32.55	<u>7.87</u>			
Corn	1	4z spoodle	0000020112	80	2.4	0.8	0	0	0.8	0				0	16.81	4				
Applesauce	1	1 Each	0141056	60	0	0	0	0	2	5				10	13	12				
2% Milk	1	8 Floz	0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0				
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86				
Meal SubTotal				737.0	38.0	22.5	<u>9.5</u>	<u>0.5</u>	<u>9.6</u>	<u>394.0</u>	<u>63.7</u>	<u>0.5</u>	<u>2.7</u>	<u>7.8</u>	718.0	95.6	<u>27.6</u>			

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 24
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

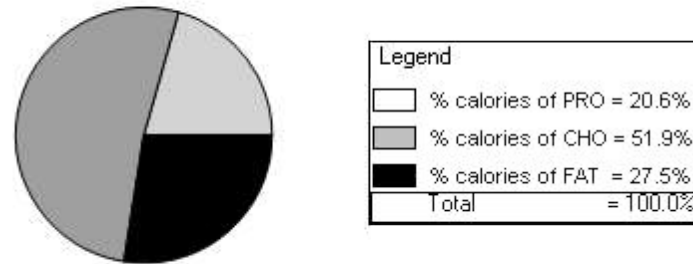
Diet Restriction: 2000 Calorie

Summary Information

		KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
		KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch	Totals	737.0	38.0	22.5	<u>9.5</u>	<u>0.5</u>	<u>9.6</u>	<u>394.0</u>	<u>63.7</u>	<u>0.5</u>	<u>2.7</u>	<u>7.8</u>	718.0	95.6	<u>27.6</u>			
1. Daily Totals		737.0	38.0	22.5	<u>9.5</u>	<u>0.5</u>	<u>9.6</u>	<u>394.0</u>	<u>63.7</u>	<u>0.5</u>	<u>2.7</u>	<u>7.8</u>	718.0	95.6	<u>27.6</u>	0.0	0.0	0.0
2. Nutritional Goals		700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal		105.3%	200.0%	97.8%	126.7%		96.0%	98.5%	54.9%	83.3%	337.5%	26.0%	89.8%	127.5%	157.7%			
4. Deviation From Nutritional Goal		37.0	19.0	0.0	2.0		0.0	0.0	0.0	0.0	1.9	0.0	0.0	20.6	10.1			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 25

Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Succotash Vegetable Blend	1	4z spoodle	0000020131	75	2.98	0.37	0	0	3	0				22	14.17	3.73			
*Cabbage Roll	1	1 each	0199110	120	5	7	3.002	0	1	32.02				230	9.01	1			
*Meat Sauce	1	2 ounces	0199111	255	16.38	13.59	5.825		2.8	18.55				506	12.99	6.49			
Instant Mashed Potatoes	1	#10 scoop-3.25oz	0209217	96	2.75	0	0	0	1.4	13.73				21	19.23	0			
Applesauce	1	1 Each	0141056	60	0	0	0	0	2	5				10	13	12			
2% Milk	1	8 Floz	0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62			
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0			
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86			
2% Milk	1	8 flz	0001023566	129	8.77	4.84	3.012		0	322.57	35.28	0.11	0.96	2.52	131	12.52			
Meal SubTotal				987.0	47.7	35.7	17.1	0.0	13.0	716.4	68.0	0.2	1.9	4.9	1,240.0	110.2	25.1		

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 25
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

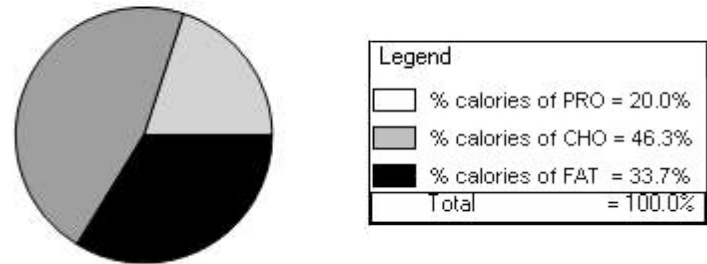
Diet Restriction: 2000 Calorie

Summary Information

	KCAL KCAL	PRO Gram	FAT Gram	SFA GRAM	FATR GRAM	FIBTG GRAM	CA MG	MG MG	B6 MG	B12 MCG	VITC MG	NA MG	CHO GRAM	SUGAR GRAM			
Lunch Totals	987.0	47.7	35.7	17.1	<u>0.0</u>	13.0	716.4	<u>68.0</u>	<u>0.2</u>	<u>1.9</u>	<u>4.9</u>	1,240.0	110.2	<u>25.1</u>			
1. Daily Totals	987.0	47.7	35.7	17.1	<u>0.0</u>	13.0	716.4	<u>68.0</u>	<u>0.2</u>	<u>1.9</u>	<u>4.9</u>	1,240.0	110.2	<u>25.1</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	141.0%	251.1%	155.2%	228.0%		130.0%	179.1%	58.6%	33.3%	237.5%	16.3%	155.0%	146.9%	143.4%			
4. Deviation From Nutritional Goal	287.0	28.7	12.7	9.6		3.0	316.4	0.0	0.0	1.1	0.0	440.0	35.2	7.6			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 26
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Brown Rice	1	1 Oz Serving	0209366	43	1	0.38	0	0	0.3	2.14	<u>0.3</u>			1	9	0				
GWI Navy Bean Soup	1	6z ladle	0214604	102	9.81	2.34	<u>0.38</u>		<u>9.8</u>	<u>32.58</u>	<u>5.5</u>	<u>0.04</u>		<u>2.1</u>	271	19.99	<u>1.97</u>			
Winter Squash	1	#8 scoop	0000020834	32	1.66	0.26	0.052		1.8	25.85				8	7.16	3.01				
Applesauce	1	1 Each	0141056	60	0	0	0	0	2	5				10	13	12				
2% Milk	1	8 Floz	0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0				
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86				
Meal SubTotal				489.0	24.3	12.9	<u>5.7</u>	<u>0.0</u>	<u>16.7</u>	<u>390.1</u>	<u>38.5</u>	<u>0.2</u>	<u>0.9</u>	<u>4.4</u>	610.0	78.4	<u>18.8</u>			

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 26
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

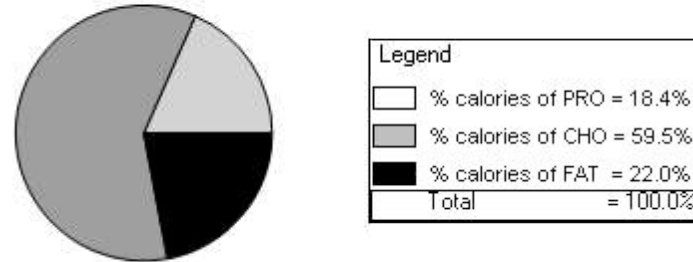
Diet Restriction: 2000 Calorie

Summary Information

		KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
		KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch	Totals	489.0	24.3	12.9	<u>5.7</u>	<u>0.0</u>	<u>16.7</u>	<u>390.1</u>	<u>38.5</u>	<u>0.2</u>	<u>0.9</u>	<u>4.4</u>	610.0	78.4	<u>18.8</u>			
1. Daily Totals		489.0	24.3	12.9	<u>5.7</u>	<u>0.0</u>	<u>16.7</u>	<u>390.1</u>	<u>38.5</u>	<u>0.2</u>	<u>0.9</u>	<u>4.4</u>	610.0	78.4	<u>18.8</u>	0.0	0.0	0.0
2. Nutritional Goals		700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal		69.9%	127.9%	56.1%	76.0%		167.0%	97.5%	33.2%	33.3%	112.5%	14.7%	76.3%	104.5%	107.4%			
4. Deviation From Nutritional Goal		0.0	5.3	0.0	0.0		6.7	0.0	0.0	0.0	0.1	0.0	0.0	3.4	1.3			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 29

Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Corn	1	4z spoodle	0000020112	80	2.4	0.8	0	0	0.8	0				0	16.81	4				
Green Beans	1	4z spoodle	0000020099	22	0.73	0	0	0	1.5	29.02				0	4.35	0.73				
Chicken Alfredo with a Twist	1	6oz.	0227703	444	36.23	11.8	6.541	0	2.8	230.88				1973	52.88	12.26				
Applesauce	1	1 Each	0141056	60	0	0	0	0	2	5				10	13	12				
2% Milk	1	8 Floz	0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0				
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86				
Meal SubTotal				858.0	51.2	22.5	11.8	<u>0.0</u>	9.9	589.4	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>2.3</u>	2,303.0	116.3	<u>30.9</u>			

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 29
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

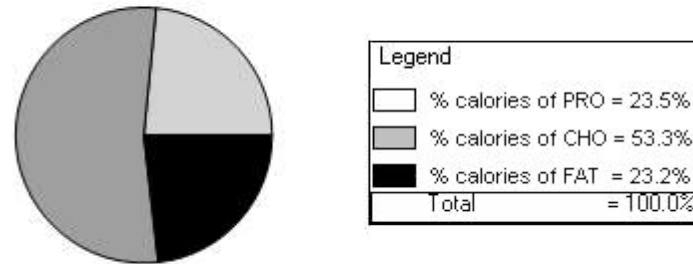
Diet Restriction: 2000 Calorie

Summary Information

	KCAL KCAL	PRO Gram	FAT Gram	SFA GRAM	FATR GRAM	FIBTG GRAM	CA MG	MG MG	B6 MG	B12 MCG	VITC MG	NA MG	CHO GRAM	SUGAR GRAM			
Lunch Totals	858.0	51.2	22.5	11.8	<u>0.0</u>	9.9	589.4	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>2.3</u>	2,303.0	116.3	<u>30.9</u>			
1. Daily Totals	858.0	51.2	22.5	11.8	<u>0.0</u>	9.9	589.4	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>2.3</u>	2,303.0	116.3	<u>30.9</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	122.6%	269.5%	97.8%	157.3%		99.0%	147.4%	28.2%	16.7%	112.5%	7.7%	287.9%	155.1%	176.6%			
4. Deviation From Nutritional Goal	158.0	32.2	0.0	4.3		0.0	189.4	0.0	0.0	0.1	0.0	1503.0	41.3	13.4			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 30
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATRN	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

*Baked Beans CND	1	4 ounce	0199118	132	7.13	0.51	0	0	5.1	52.97				316	26.48	6.11				
Grilled Hamburger	1	portions	0134192	181	13.1	13.1	5.037	0.504	0	40.3				322	2.01	0				
*Ranch Potato Wedges	1	3 ounce	0209467	148	2.46	6.16	1.232	0	2.5	23.4				377	20.65	1.22				
Applesauce	1	1 Each	0141056	60	0	0	0	0	2	5				10	13	12				
2% Milk	1	8 Floz	0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0				
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86				
Meal SubTotal				773.0	34.6	29.7	11.6	<u>0.5</u>	12.4	446.2	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>2.3</u>	1,345.0	91.4	<u>21.2</u>			

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 30
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

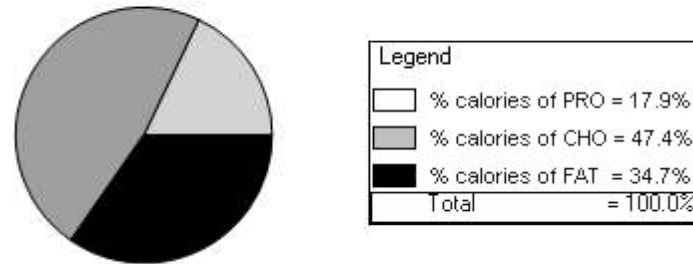
Diet Restriction: 2000 Calorie

Summary Information

		KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
		KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch	Totals	773.0	34.6	29.7	11.6	<u>0.5</u>	12.4	446.2	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>2.3</u>	1,345.0	91.4	<u>21.2</u>			
1. Daily Totals		773.0	34.6	29.7	11.6	<u>0.5</u>	12.4	446.2	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>2.3</u>	1,345.0	91.4	<u>21.2</u>	0.0	0.0	0.0
2. Nutritional Goals		700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal		110.4%	182.1%	129.1%	154.7%		124.0%	111.6%	28.2%	16.7%	112.5%	7.7%	168.1%	121.9%	121.1%			
4. Deviation From Nutritional Goal		73.0	15.6	6.7	4.1		2.4	46.2	0.0	0.0	0.1	0.0	545.0	16.4	3.7			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 31

Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Sweet and Sour Meatballs	1 portions	0148997	563	28.13	40.02	<u>16.009</u>	<u>2.001</u>	4	<u>80.33</u>	<u>0.09</u>				1594	21.73	<u>6.88</u>			
Brown Rice MTG	1 1 Oz Serving	0196291	42	0.98	0.37	0	0	0.2	2.48	<u>0.42</u>				1	8.81	0			
Midori Vegetable Blend	1 4 ounce	0203859	77	5.15	2.58	0.644	0	2.6	32.22					52	9.02	2.58			
Applesauce	1 1 Each	0141056	60	0	0	0	0	2	5					10	13	12			
2% Milk	1 8 Floz	0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62				
Butter	1 1 each	0001012647	40	0	4	2.5	0	0	0					31	0	0			
Wheat Bread	1 1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12					167	17.67	1.86			
Meal SubTotal			994.0	46.1	52.9	<u>21.9</u>	<u>2.0</u>	11.6	<u>444.5</u>	<u>33.3</u>	<u>0.1</u>	<u>0.9</u>	<u>2.3</u>	1,977.0	81.9	<u>23.3</u>			

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 31

Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

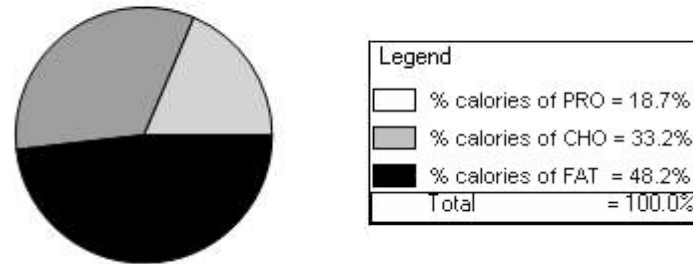
Diet Restriction: 2000 Calorie

Summary Information

		KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
		KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch	Totals	994.0	46.1	52.9	<u>21.9</u>	<u>2.0</u>	11.6	<u>444.5</u>	<u>33.3</u>	<u>0.1</u>	<u>0.9</u>	<u>2.3</u>	1,977.0	81.9	<u>23.3</u>			
1. Daily Totals		994.0	46.1	52.9	<u>21.9</u>	<u>2.0</u>	11.6	<u>444.5</u>	<u>33.3</u>	<u>0.1</u>	<u>0.9</u>	<u>2.3</u>	1,977.0	81.9	<u>23.3</u>	0.0	0.0	0.0
2. Nutritional Goals		700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal		142.0%	242.6%	230.0%	292.0%		116.0%	111.1%	28.7%	16.7%	112.5%	7.7%	247.1%	109.2%	133.1%			
4. Deviation From Nutritional Goal		294.0	27.1	29.9	14.4		1.6	44.5	0.0	0.0	0.1	0.0	1177.0	6.9	5.8			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 32
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Tuna Noodle Casserole	1	6z ladle	0000024680	198	14.07	6.64	<u>2.125</u>		<u>1.7</u>	<u>59.28</u>	<u>25.98</u>	<u>0.12</u>	<u>0.56</u>	<u>0.85</u>	425	20.03	<u>2.28</u>			
Beets	1	4z spoodle	0000020289	29	1.11	0.12	0.018	0	1.3	10.53	15.14	0.04	0	2.37	51	6.56	5.24			
Carrots	1	4z spoodle	0000020106	23	0	0	0	0	1.5	0					34	5.32	3.04			
Applesauce	1	1 Each	0141056	60	0	0	0	0	2	5					10	13	12			
2% Milk	1	8 Floz	0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0					31	0	0			
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12					167	17.67	1.86			
Meal SubTotal				562.0	27.0	16.7	<u>7.4</u>	<u>0.0</u>	<u>9.3</u>	<u>399.3</u>	<u>73.9</u>	<u>0.3</u>	<u>1.5</u>	<u>5.6</u>	840.0	74.2	<u>24.4</u>			

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 32
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

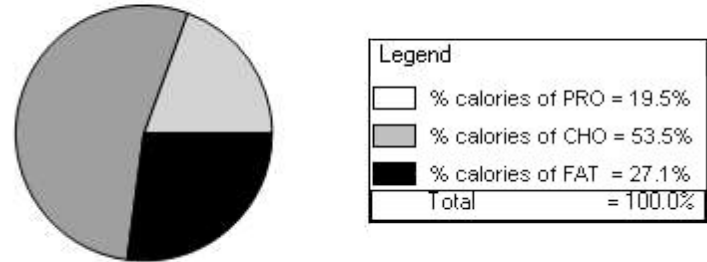
Diet Restriction: 2000 Calorie

Summary Information

	KCAL KCAL	PRO Gram	FAT Gram	SFA GRAM	FATR GRAM	FIBTG GRAM	CA MG	MG MG	B6 MG	B12 MCG	VITC MG	NA MG	CHO GRAM	SUGAR GRAM			
Lunch Totals	562.0	27.0	16.7	<u>7.4</u>	<u>0.0</u>	<u>9.3</u>	<u>399.3</u>	<u>73.9</u>	<u>0.3</u>	<u>1.5</u>	<u>5.6</u>	840.0	74.2	<u>24.4</u>			
1. Daily Totals	562.0	27.0	16.7	<u>7.4</u>	<u>0.0</u>	<u>9.3</u>	<u>399.3</u>	<u>73.9</u>	<u>0.3</u>	<u>1.5</u>	<u>5.6</u>	840.0	74.2	<u>24.4</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	80.3%	142.1%	72.6%	98.7%		93.0%	99.8%	63.7%	50.0%	187.5%	18.7%	105.0%	98.9%	139.4%			
4. Deviation From Nutritional Goal	0.0	8.0	0.0	0.0		0.0	0.0	0.0	0.0	0.7	0.0	40.0	0.0	6.9			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 33

Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Baked Ham Steak	1	3 ounces	0224731	195	26.98	6.75	2.249	0	0	14.99				1799	6	3				
Whipped Sweet Potatoes	1	#8 scoop	0000020562	161	0	6.93	3.15	0	3	12.05				73	25.6	16.57				
Green Peas	1	4z spoodle	0000020114	47	3.11	0	0	0	3.1	0				0	9.33	3.11				
Applesauce	1	1 Each	0141056	60	0	0	0	0	2	5				10	13	12				
2% Milk	1	8 Floz	0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0				
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86				
Meal SubTotal				715.0	42.0	23.6	10.7	<u>0.0</u>	10.9	356.5	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>2.3</u>	2,202.0	83.2	<u>36.5</u>			

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 33
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

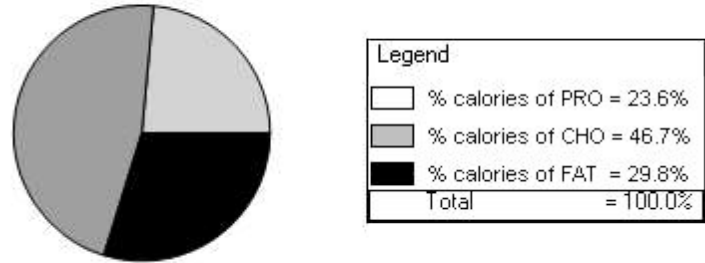
Diet Restriction: 2000 Calorie

Summary Information

		KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
		KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch	Totals	715.0	42.0	23.6	10.7	<u>0.0</u>	10.9	356.5	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>2.3</u>	2,202.0	83.2	<u>36.5</u>			
1. Daily Totals		715.0	42.0	23.6	10.7	<u>0.0</u>	10.9	356.5	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>2.3</u>	2,202.0	83.2	<u>36.5</u>	0.0	0.0	0.0
2. Nutritional Goals		700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal		102.1%	221.1%	102.6%	142.7%		109.0%	89.1%	28.2%	16.7%	112.5%	7.7%	275.3%	110.9%	208.6%			
4. Deviation From Nutritional Goal		15.0	23.0	0.6	3.2		0.9	0.0	0.0	0.0	0.1	0.0	1402.0	8.2	19.0			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 36

Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

yellow squash	1	4 ounces	0224734	23	0	0.11	0	0	1.1	20.41				6	5.67	0			
Ground Beef Stroganoff	1	4z ladle	0215207	248	14.24	18.61	7.733	0.936	0.6	26.56	0.38			266	5.78	1.59			
Egg Noodles	1	4z spoodle	0000020018	100	3.7	1.11	0.237	0	0.5	8.17	15.82	0.03	0.11	0	6	18.75	1.06		
Brussels Sprouts	1	4z spoodle	0000020296	29	2.7	0.29	0.06	0	2.7	18.49				7	5.61				
Applesauce	1	1 Each	0141056	60	0	0	0	0	2	5				10	13	12			
2% Milk	1	8 Floz	0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62			
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0			
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86			
Meal SubTotal				712.0	32.5	30.0	13.3	0.9	9.7	403.1	48.9	0.1	1.0	2.3	615.0	78.1	16.5		

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 36
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

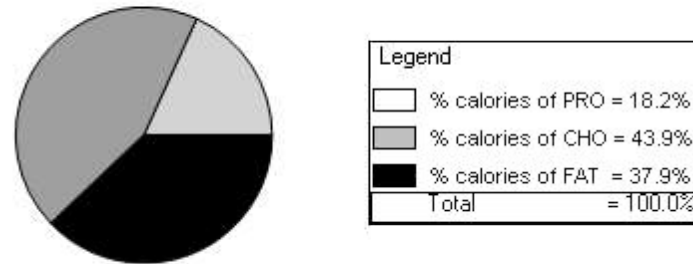
Diet Restriction: 2000 Calorie

Summary Information

		KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
		KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch	Totals	712.0	32.5	30.0	<u>13.3</u>	<u>0.9</u>	<u>9.7</u>	<u>403.1</u>	<u>48.9</u>	<u>0.1</u>	<u>1.0</u>	<u>2.3</u>	615.0	78.1	<u>16.5</u>			
1. Daily Totals		712.0	32.5	30.0	<u>13.3</u>	<u>0.9</u>	<u>9.7</u>	<u>403.1</u>	<u>48.9</u>	<u>0.1</u>	<u>1.0</u>	<u>2.3</u>	615.0	78.1	<u>16.5</u>	0.0	0.0	0.0
2. Nutritional Goals		700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal		101.7%	171.1%	130.4%	177.3%		97.0%	100.8%	42.2%	16.7%	125.0%	7.7%	76.9%	104.1%	94.3%			
4. Deviation From Nutritional Goal		12.0	13.5	7.0	5.8		0.0	3.1	0.0	0.0	0.2	0.0	0.0	3.1	0.0			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 37

Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Chili	1	6 ounce	0124996	462	31.94	22.69	<u>9.72</u>		<u>10.2</u>	<u>66.35</u>			<u>4.95</u>	355	31.54	<u>7.16</u>				
Corn	1	4z spoodle	0000020112	80	2.4	0.8	0	0	0.8	0				0	16.81	4				
Carrots	1	4z spoodle	0000020106	23	0	0	0	0	1.5	0				34	5.32	3.04				
Applesauce	1	1 Each	0141056	60	0	0	0	0	2	5				10	13	12				
2% Milk	1	8 Floz	0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0				
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86				
Meal SubTotal				877.0	46.2	33.4	<u>15.0</u>	<u>0.0</u>	<u>17.3</u>	<u>395.8</u>	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>7.3</u>	719.0	96.0	<u>28.1</u>			

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 37
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

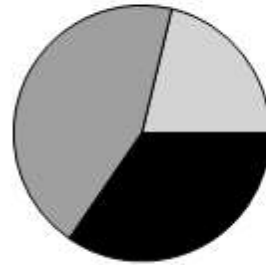
Diet Restriction: 2000 Calorie

Summary Information

		KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
		KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch	Totals	877.0	46.2	33.4	<u>15.0</u>	<u>0.0</u>	<u>17.3</u>	<u>395.8</u>	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>7.3</u>	719.0	96.0	<u>28.1</u>			
1. Daily Totals		877.0	46.2	33.4	<u>15.0</u>	<u>0.0</u>	<u>17.3</u>	<u>395.8</u>	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>7.3</u>	719.0	96.0	<u>28.1</u>	0.0	0.0	0.0
2. Nutritional Goals		700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal		125.3%	243.2%	145.2%	200.0%		173.0%	99.0%	28.2%	16.7%	112.5%	24.3%	89.9%	128.0%	160.6%			
4. Deviation From Nutritional Goal		177.0	27.2	10.4	7.5		7.3	0.0	0.0	0.0	0.1	0.0	0.0	21.0	10.6			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 21.3%
	% calories of CHO = 44.2%
	% calories of FAT = 34.6%
	Total = 100.0%

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 38
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Cheese Omelet	1	1 each	0000019742	190	12	14	6	0	0	141				560	4	2				
Hashbrown Patty	1	1 each	0000020049	142	2.02	7.09	2.025	0	2	9.11				273	16.2	1.01				
Stewed Tomatoes	1	4z spoodle	0000020802	35	1	0	0	0	1	40			9	270	8	6				
Applesauce	1	1 Each	0141056	60	0	0	0	0	2	5				10	13	12				
2% Milk	1	8 Floz	0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0				
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86				
Meal SubTotal				679.0	26.9	31.0	13.3	<u>0.0</u>	7.8	519.6	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>11.3</u>	1,433.0	70.5	<u>22.9</u>			

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 38
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

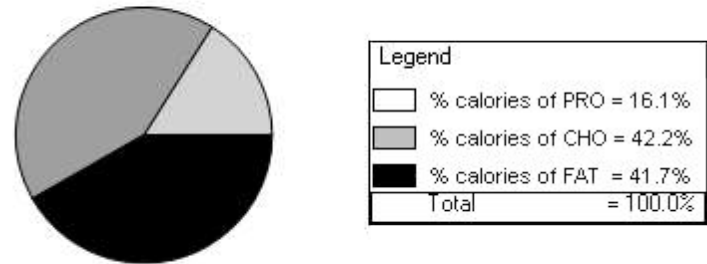
Diet Restriction: 2000 Calorie

Summary Information

	KCAL KCAL	PRO Gram	FAT Gram	SFA GRAM	FATR GRAM	FIBTG GRAM	CA MG	MG MG	B6 MG	B12 MCG	VITC MG	NA MG	CHO GRAM	SUGAR GRAM			
Lunch Totals	679.0	26.9	31.0	13.3	<u>0.0</u>	7.8	519.6	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>11.3</u>	1,433.0	70.5	<u>22.9</u>			
1. Daily Totals	679.0	26.9	31.0	13.3	<u>0.0</u>	7.8	519.6	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>11.3</u>	1,433.0	70.5	<u>22.9</u>	0.0	0.0	0.0
2. Nutritional Goals	700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal	97.0%	141.6%	134.8%	177.3%		78.0%	129.9%	28.2%	16.7%	112.5%	37.7%	179.1%	94.0%	130.9%			
4. Deviation From Nutritional Goal	0.0	7.9	8.0	5.8		0.0	119.6	0.0	0.0	0.1	0.0	633.0	0.0	5.4			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 39
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Beets	1	4z spoodle	0000020289	29	1.11	0.12	0.018	0	1.3	10.53	15.14	0.04	0	2.37	51	6.56	5.24			
*Meatballs	1	6 each	0209585	272	14.1	20.14	8.055	1.007	2	40.27				0	755	8.05	1.01			
*Mashed Potatoes	1	#8 scoop	0198912	105	2.37	2.6	1.658	0	1.6	46.74	0.66				52	17.47	1.11			
Swedish Style Sauce	1	2 ounce	0001008982	43	0.95	2.36	1.417	0	0	9.45					255	4.72	0			
Applesauce	1	1 Each	0141056	60	0	0	0	0	2	5					10	13	12			
2% Milk	1	8 Floz	0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0					31	0	0			
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12					167	17.67	1.86			
Meal SubTotal				761.0	30.4	35.1	16.4	1.0	9.7	436.5	48.5	0.2	0.9	4.7	1,443.0	79.1	21.2			

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 39

Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

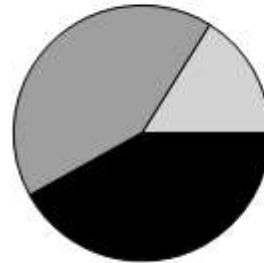
Diet Restriction: 2000 Calorie

Summary Information

		KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
		KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch	Totals	761.0	30.4	35.1	16.4	<u>1.0</u>	9.7	436.5	<u>48.5</u>	<u>0.2</u>	<u>0.9</u>	<u>4.7</u>	1,443.0	79.1	<u>21.2</u>			
1. Daily Totals		761.0	30.4	35.1	16.4	<u>1.0</u>	9.7	436.5	<u>48.5</u>	<u>0.2</u>	<u>0.9</u>	<u>4.7</u>	1,443.0	79.1	<u>21.2</u>	0.0	0.0	0.0
2. Nutritional Goals		700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal		108.7%	160.0%	152.6%	218.7%		97.0%	109.1%	41.8%	33.3%	112.5%	15.7%	180.4%	105.5%	121.1%			
4. Deviation From Nutritional Goal		61.0	11.4	12.1	8.9		0.0	36.5	0.0	0.0	0.1	0.0	643.0	4.1	3.7			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 16.1%
	% calories of CHO = 42.0%
	% calories of FAT = 41.9%
	Total = 100.0%

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 40

Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

Diet Restriction: 2000 Calorie

Nutritional Goal:

Senior Meals (Michigan 1 Meal)

KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			

Food Description

Lunch

Wax Beans	1	4z spoodle	0000020569	22	0.75	0	0	0	1.5	22.46				0	4.49	0.75				
Cheese Ravioli with Meat Sauce	1	4 ea, 2z sce	0227710	464	24.96	19.57	9.75		4.2	224.4				782	43.04	6.61				
Peas & Pearl Onions	1	4z spoodle	0000021095	45	3.03	0	0	0	2.3	0				0	9.09	3.03				
Applesauce	1	1 Each	0141056	60	0	0	0	0	2	5				10	13	12				
2% Milk	1	8 Floz	0037138	119	8.14	4.49	2.795		0	299.37	32.74	0.11	0.89	2.34	122	11.62				
Butter	1	1 each	0001012647	40	0	4	2.5	0	0	0				31	0	0				
Wheat Bread	1	1 slice	0189773	93	3.72	1.4	0	0	2.8	25.12				167	17.67	1.86				
Meal SubTotal				843.0	40.6	29.5	15.0	<u>0.0</u>	12.8	576.4	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>2.3</u>	1,112.0	98.9	<u>24.3</u>			

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 40
Menu Cycle: Spring 2022 Cycle Menu

Unit Name: GOODWILL INDUSTRIES

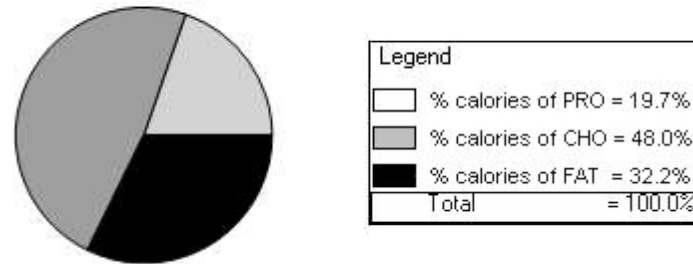
Diet Restriction: 2000 Calorie

Summary Information

		KCAL	PRO	FAT	SFA	FATR	FIBTG	CA	MG	B6	B12	VITC	NA	CHO	SUGAR			
		KCAL	Gram	Gram	GRAM	GRAM	GRAM	MG	MG	MG	MCG	MG	MG	GRAM	GRAM			
Lunch	Totals	843.0	40.6	29.5	15.0	<u>0.0</u>	12.8	576.4	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>2.3</u>	1,112.0	98.9	<u>24.3</u>			
1. Daily Totals		843.0	40.6	29.5	15.0	<u>0.0</u>	12.8	576.4	<u>32.7</u>	<u>0.1</u>	<u>0.9</u>	<u>2.3</u>	1,112.0	98.9	<u>24.3</u>	0.0	0.0	0.0
2. Nutritional Goals		700.0	19.0	23.0	7.5	0.0	10.0	400.0	116.0	0.6	0.8	30.0	800.0	75.0	17.5			
3. % Nutritional Goal		120.4%	213.7%	128.3%	200.0%		128.0%	144.1%	28.2%	16.7%	112.5%	7.7%	139.0%	131.9%	138.9%			
4. Deviation From Nutritional Goal		143.0	21.6	6.5	7.5		2.8	176.4	0.0	0.0	0.1	0.0	312.0	23.9	6.8			

5. Actual % Calorie Distribution

Actual % Calorie Distribution



* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.