**This nutritional analysis applies ONLY to the menu as presented. Any changes made will affect the nutritional values for that day.

WEEK 1

Day	Meal Period	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)
Sunday	DailyTotals	1,265.10	44.7	146.6	177.7+	73.2	10	2,356.50	1,988.20	649	10.5	339.5+
	Lunch	685.5	26.9	73.7	109.6+	37.7	4.8	957.80	918.00	444	5.3	231.1+
	Dinner	579.5	17.8	72.9	68.2	35.5	5.2	1,398.60	1,070.20	205	5.2	108.4+
Monday	Daily Totals	968.5	43.1	97	176.1	54.8	12.5	2,106.40	1,720.60	800.80	5.8	512.6+
	Lunch	438	14.1	49.1	86.3	31.7	5.5	477.30	1,035.70	357.5	1.5	207.8
	Dinner	530.5	29	47.9	89.8	23.1	7	1,629.10	684.9	443.3	4.3	304.8+
Tuesday	Daily Totals	709.1	19.1	96.8	83.1	41.5	14.8	1,478.30	2,356.40	480	3.9	2861.5+
	Lunch	636.3	15.8	90.1	75.7	36.5	12.9	1,394.30	2,064.80	442.7	2.9	2618+
	Dinner	72.8	3.2	6.7	7.3	5	1.9	84	291.5	37.2	1	243.5
Wednesday	Daily Totals	1,564.20	64.6	179.5	148.1	63.6	14.7	2,427.90	2,494.30	724.3	6.3	596.5+
	Lunch	929	38.5	112.7	79.6	26.2	5.3	1,229.20	1,263.40	392.9	2.3	226.7+
	Dinner	635.3	26.1	66.8	68.5	37.3	9.4	1,198.70	1,230.90	331.5	4	369.8+
Thursday	Daily Totals	1,146.90	48.6	128.1	318.8	52.1	11.4	1,328.20	1,563.60	476.7	6.9	442.5+
	Lunch	697.6	23.4	84	95.3	39.2	8.7	847.8	1,174.30	412.5	4.9	247.3+
	Dinner	449.3	25.1	44.1	223.6	12.9	2.7	480.4	389.2	64.2	2	195.3+
Friday	Daily Totals	1,116.60	46.9	95.9	236.2	79.3	10.7	1,797.30	1,642.10	753.9	6.6	747.5+
	Lunch	779.9	36.6	73.9	119.1	39.5	6.3	1,222.90	1,059.50	554.6	5.5	396.9+
	Dinner	336.6	10.3	22	117.1	39.8	4.3	574.4	582.6	199.2	1.1	350.6+
Saturday	Daily Totals	1,105.90	51.5	106.5	163.5	60.9	13.9	2,299.10	1,928.80	706.6	5.6	1033.4+
	Lunch	585.5	25.8	61.7	95.4	31.3	7.3	833.8	1,153	360.1	2.4	229.3+
	Dinner	520.4	25.7	44.9	68	29.5	6.6	1,465.30	775.7	346.5	3.2	804.1

WEEK 2

Day	Meal Period	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)
Sunday	Daily Totals	926.5	43.2	84.3	139.9	53.1	4.5	1,062.60	1,351.20	374.9	5.4	414.3+
	Lunch	564.2	14.8	69.4	101.5	39.8	3.6	599.1	1,066.20	350.2	4	400.1
	Dinner	362.4	28.4	14.9	38.4	13.3	0.9	463.6	285.1	24.7	1.4	14.2+
Monday	Daily Totals	1,175.10	39.1	145.5	134	62	6.5	1,349.70	1,507.50	484.9	9.8	180.5+
	Lunch	808.4	28.8	96.3	94.4	40.5	4.6	608.8	994.5	393.3	6.2	180.5
	Dinner	366.7	10.2	49.1	39.6	21.5	1.9	740.9	513.1	91.7	3.6	0+
Tuesday	Daily Totals	940.10	20.5	136.9	120.8	61.1	19.6	1,998.60	2,414.70	685.9	6.2	2461+
	Lunch	566.7	10.1	83.6	71.2	39.7	12.3	1,041.40	1,974.90	439.6	2.9	2370.6+
	Dinner	373.3	10.4	53.3	49.6	21.4	7.3	957.2	439.8	246.3	3.3	90.4+
Wednesday	Daily Totals	1,099.60	55.1	107.6	351.3	48.3	11.6	2,286.00	1,954.80	467.7	5.2	1535.8+
	Lunch	630.3	25.5	73.7	86.8	30.4	8.8	1,618.80	1,337.20	374	2.3	1210.9+
	Dinner	469.2	29.5	33.9	264.5	17.9	2.8	667.1	617.6	93.7	2.9	324.9+
Thursday	Daily Totals	1,289.90	37.7	163.6	176.8	76	15.1	2,734	2,925.90	666	6.5	359+
	Lunch	931.6	24.6	130.2	113.9	48.1	10.6	1,483.50	2,318.80	363.4	4	200.5+
	Dinner	358.3	13.1	33.4	62.9	27.9	4.5	1,250.20	607.1	302.6	2.5	158.5
Friday	Daily Totals	958.00	29.1	131.5	71.9	47.6	10.1	979.40	1,428.00	442.3	5	206.2+
	Lunch	549.4	12.6	74.3	71.9	35.7	6	572.60	1,085.80	337.3	2.2	188.4+
	Dinner	408.6	16.5	57.2	0	11.9	4.1	406.70	342.2	105	2.8	17.8+
Saturday	Daily Totals	1,149.00	47.9	115.7	173.7+	69.2	14.9	1,663.60	2194.5+	602.4+	6.3+	566.1+
	Lunch	597.7	20.1	71.4	88.2+	35.9	8.3	683	1381.1+	392.8+	3.7+	194.5+
	Dinner	551.4	27.9	44.2	85.6	33.3	6.6	980.6	813.4	209.6	2.6	371.5+

WEEK 3

Day	Meal Period	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)
Sunday	Daily Totals	1,294.70	56.1	125.1	170.3	77.3	11.6	3,145.10	2557.1+	708.9	8.8	746.5+
	Lunch	533.6	15.3	63	76	38.1	6.1	822.3	1320.1+	376	2.4	457.8+
	Dinner	761.1	40.8	62	94.3	39.2	5.5	2,322.80	1237+	333	6.4	288.7+
Monday	Daily Totals	953.3	40.9	92.3	141.4	55.6	9.1	2,021.70	1,368.10	843.3	7	874.2+
	Lunch	589.8	27	63.3	65.5	25.2	4.9	781.6	1,019.90	574.1	3.8	790.9+
	Dinner	363.6	13.9	28.9	75.9	30.4	4.2	1,240.10	348.2	269.2	3.1	83.4+
Tuesday	Daily Totals	1,105.10	29.3	130	184.4+	83.2	12.1	1,628.60	1,811.30	432.7	5.1	504.6+
	Lunch	671.2	18.3	86.3	114.9	42.7	6.8	1,020.90	1,152.90	389.5	3.7	471.5+
	Dinner	433.9	11	43.7	69.4+	40.5	5.3	607.7	658.3	43.2	1.4	33.1+
Wednesday	Daily Totals	929.5	31	117.5	88.4	48.7	12.1	2,366.10	1,297.40	604.1	5.3	572.2+
	Lunch	675.6	25.8	81.6	57.8	32.4	7.8	1,314.30	656.8	463.2	2.4	149.9+
	Dinner	253.9	5.3	35.9	30.6	16.3	4.3	1,051.80	640.6	140.9	2.9	422.3
Thursday	Daily Totals	1,188	53.8	119.5	133.7	58	13.1	1,747.50	1,564.30	538.3	8.6	301.3+
	Lunch	697.8	23.4	83.8	95.3	39	9.7	850.50	1,130.40	414.3	4.9	245+
	Dinner	490.3	30.4	35.7	38.4	18.9	3.3	897	433.9	124	3.6	56.4+
Friday	Daily Totals	865.3	26.4	116.5	60.2	43.6	12.7	1,473.50	1,909.50	579	9.2	908.8+
	Lunch	486.4	16	62.3	46.2	27.3	8.5	610.5	1,295.10	438.7	4.7	589+
	Dinner	378.9	10.4	54.3	14.1	16.3	4.2	863.1	614.4	140.3	4.4	319.8+
Saturday	Daily Totals	1,354.50	60.5	126	192.1	77.1	11.3	1,924.20	2,111	639.4	9.9	982.3+
	Lunch	588.4	29	46.2	95.1	36.1	5.9	755.3	1,203.80	373.5	3.8	603.3+
	Dinner	766	31.5	79.8	97	41	5.5	1,169	907.2	265.9	6.1	379

WEEK 4

Day	Meal Period	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)
Sunday	Daily Totals	1,141.80	45.5	126.7	158.6	60.9	11.6	2,814.10	1,842.40	575	8	1622.8+
	Lunch	669.8	28.7	74.8	95.4	31.6	7.2	1,565.80	1,156.10	357.9	1.9	1236.2+
	Dinner	472	16.8	51.8	63.1	29.3	4.4	1,248.20	686.4	217.1	6.1	386.6+
Monday	Daily Totals	1,277.60	52.5	143.7	137.6	62.3	14	1,922.20	2,281.20	569.1	5.8	313.8+
	Lunch	579.7	16.9	82.1	52	28	7.2	868.6	1,272.20	389.2	3.4	226.9+
	Dinner	698	35.6	61.7	85.6	34.3	6.8	1,053.60	1,009	179.9	2.5	86.9+
Tuesday	Daily Totals	1,157.80	48.4	138.5	116	50	11.5	1,428.20	1,708.50	650.5	7.1	624.5+
	Lunch	724.4	31.7	75	116	37.7	6.7	1,022.80	1,243.40	538.8	4	600.8+
	Dinner	433.4	16.7	63.5	0	12.4	4.8	405.4	465.1	111.7	3	23.7+
Wednesday	DailyTotals	1,380	49.9	177.9	313.3+	59	16.3	1,640	2376.7+	477.8+	7.6+	487.5+
	Lunch	829.2	20.9	119.4	89.7+	43.6	12.7	1,057.50	1949.2+	387+	5+	301+
	Dinner	550.8	29	58.5	223.6	15.4	3.6	582.5	427.4	90.7+	2.6	186.5+
Thursday	Daily Totals	1,080.70	42.4	123.3	143.5	56.7	8.6+	2,214.30	1,278.30	580.8	4.8+	384.1+
	Lunch	839.3	35.4	94.2	115	39.5	4.4+	1,550.50	1,131.50	447.3	4.4+	303+
	Dinner	241.4	7	29.1	28.5	17.1	4.2	663.8	146.9	133.5	0.4	81.2+
Friday	Daily Totals	928.3	34.3	99.5	127	63.8	13.2	1,710.80	2,178.50	701.3	7.4	1019.4+
	Lunch	599.8	24.5	65.8	69.9	36.3	10.1	920.9	1,467.90	405.8	3.5	838.3+
	Dinner	328.5	9.8	33.8	57.1	27.5	3.1	789.9	710.6	295.5	3.9	181.1+
Saturday	Daily Totals	1,076.10	36.3	132.4	131.9	60.3	10.3	1,482.30	1412.7+	410+	7.6+	237.4+
	Lunch	605.60	13.1	82.2	102.1	41.2	4	817.50	1041.5+	374.1+	6.2+	158.9+
	Dinner	470.6	23.1	50.2	29.8	19.1	6.2	664.8	371.1	35.9	1.5	78.5+