



Menu Template Report

Total Days: 1
Total Foods: 12

Avg. Daily Kcals: 2184.594
Name: Facility or Company Menu

Name	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Sodium mg	Vit A (IU) IU	Vit C mg	Calcium mg	Diet Fiber g	Sugar g
Day 1		2184.594	129.036	247.950	78.088	5063.934	2187.768	94.811	362.650	17.748	65.971
Breakfast		557.508	22.632	75.499	19.452	464.301	641.646	60.000	186.116	5.628	26.668
Bread, Whole Wheat, Prepared, Toasted	2.000 sl.	256.200	7.728	47.376	4.956	320.040	3.360	0.000	30.240	5.628	3.545
TROPICANA 100% Juice, Orange with Calcium, Non Refrigerated	8.000 fl. oz.	110.000	2.000	27.000	0.000	15.000	0.000	60.000	100.000	0.000	22.000
Eggs, Hard Boiled	2.000 item	155.000	12.580	1.120	10.610	124.000	520.000	0.000	50.000	0.000	1.120
Butter, Unsalted	1.000 t.	33.938	0.040	0.003	3.839	0.521	118.286	0.000	1.136	0.000	0.003
Coffee, Brewed	8.000 fl. oz.	2.370	0.284	0.000	0.047	4.740	0.000	0.000	4.740	0.000	0.000
Lunch		1118.000	66.000	123.000	42.000	3415.000	0.000			6.000	33.000
PANERA BREAD Sandwich, Bacon Turkey Bravo on Tomato Basil, Full	1.000 svg.	840.000	51.000	87.000	32.000	2930.000				4.000	9.000
PANERA BREAD Salad, Asian Sesame Chicken, Half	1.000 svg.	200.000	15.000	15.000	10.000	460.000				2.000	3.000
NESTEA Iced Tea, Raspberry	8.000 fl. oz.	78.000	0.000	21.000	0.000	25.000	0.000			0.000	21.000
Dinner		509.086	40.403	49.451	16.635	1184.633	1546.122	34.811	176.534	6.120	6.304
Tandoori Halibut	5.000 oz.	213.788	32.318	1.714	7.676	399.444	272.940	5.989	78.407	0.289	0.495
Soup, Vegetable Gumbo	1.000 svg.	200.273	5.212	33.988	5.642	620.411	359.523	23.231	69.108	4.198	4.021
Pasta Salad	0.380 c.	95.025	2.873	13.749	3.317	164.778	913.659	5.591	14.019	1.633	1.788
DANNON Water, Bottled	1.000 svg.	0.000	0.000	0.000	0.000	0.000			15.000		