



## SEATTLE SUTTON'S HEALTHY EATING WEEK 5 - 2000 CALORIE MENU ANALYSIS

Nutritional data effective 4/8/10. SSHE reserves the right to make changes or substitutions.

Always check the label for accurate nutrition and allergy information.

Menus and ingredients may vary regionally.

| Name                                    | Amount Unit   | Kcal<br>kcal | Protein<br>g | Carb<br>g | Fat<br>g | Sodium<br>mg | Vit A (IU)<br>IU | Vit C<br>mg | Calcium<br>mg | Diet Fiber<br>g | Sugar<br>g |
|---|---------------|--------------|--------------|-----------|----------|--------------|------------------|-------------|---------------|-----------------|------------|
| <b>WEEK 5 Monday</b>                    |               | 676.173      | 42.067       | 68.603    | 18.717   | 1470.023     | 6813.038         | 42.141      | 842.183       | 11.745          | 27.185     |
| <b>Dinner</b>                           |               | 676.173      | 42.067       | 68.603    | 18.717   | 1470.023     | 6813.038         | 42.141      | 842.183       | 11.745          | 27.185     |
| Herb Wrap                               | 2.000 item    | 140.000      | 6.000        | 24.000    | 2.000    | 320.000      | 0.000            | 0.000       | 0.000         | 2.000           | 0.000      |
| Watermelon                              | 4.000 oz.     | 34.019       | 0.692        | 8.562     | 0.170    | 1.134        | 645.235          | 9.185       | 7.938         | 0.454           | 7.031      |
| TOMATO PIZZA Toppings                   | 2.000 svg.    | 316.671      | 24.323       | 12.010    | 10.683   | 861.665      | 492.908          | 2.968       | 484.648       | 4.973           | 3.745      |
| ANTIPASTO SALAD                         | 6.000 oz.     | 94.833       | 2.305        | 11.732    | 5.251    | 157.374      | 5177.544         | 27.539      | 33.547        | 4.318           | 4.110      |
| Nonfat, Skim or Fat Free Milk           | 8.000 fl. oz. | 90.650       | 8.747        | 12.299    | 0.613    | 129.850      | 497.350          | 2.450       | 316.050       | 0.000           | 12.299     |
| <b>Tuesday</b>                          |               | 1939.733     | 108.174      | 240.608   | 66.902   | 2164.977     | 3903.977         | 37.939      | 2089.596      | 21.630          | 127.345    |
| <b>Breakfast</b>                        |               | 618.200      | 22.832       | 89.891    | 19.072   | 688.217      | 597.350          | 3.150       | 641.967       | 6.000           | 57.891     |
| Lite Cream Cheese                       | 2.000 T.      | 60.000       | 2.000        | 1.000     | 5.000    | 120.000      | 100.000          |             | 20.000        |                 | 1.000      |
| APPLE CINNAMON WHOLE GRAIN MUFFIN 2.5oz | 2.000 item    | 380.000      | 8.000        | 62.000    | 12.000   | 380.000      | 0.000            | 0.000       | 160.000       | 6.000           | 30.000     |
| Low Fat Vanilla Yogurt                  | 3.500 oz.     | 87.550       | 4.086        | 14.592    | 1.459    | 58.367       | 0.000            | 0.700       | 145.917       | 0.000           | 14.592     |
| Nonfat, Skim or Fat Free Milk           | 8.000 fl. oz. | 90.650       | 8.747        | 12.299    | 0.613    | 129.850      | 497.350          | 2.450       | 316.050       | 0.000           | 12.299     |
| <b>Lunch</b>                            |               | 803.743      | 38.670       | 79.895    | 40.644   | 845.330      | 2382.068         | 22.776      | 1046.109      | 6.084           | 46.173     |
| Potato Skins & Cheese                   | 1.500 svg.    | 420.860      | 25.430       | 22.077    | 27.739   | 598.267      | 1235.773         | 11.767      | 612.514       | 1.942           | 0.117      |
| Grapes                                  | 4.000 oz.     | 75.977       | 0.714        | 19.448    | 0.397    | 2.268        | 113.398          | 4.536       | 15.876        | 1.021           | 18.427     |
| WHOLE GRAIN CAROB CHIP COOKIE           | 1.000 item    | 150.000      | 2.000        | 21.000    | 7.000    | 50.000       | 0.000            | 1.200       |               | 3.000           | 12.000     |
| SOUR CREAM & CHIVES                     | 2.000 oz.     | 66.257       | 1.779        | 5.071     | 4.895    | 64.945       | 535.546          | 2.824       | 101.669       | 0.121           | 3.330      |
| Nonfat, Skim or Fat Free Milk           | 8.000 fl. oz. | 90.650       | 8.747        | 12.299    | 0.613    | 129.850      | 497.350          | 2.450       | 316.050       | 0.000           | 12.299     |
| <b>Dinner</b>                           |               | 517.789      | 46.672       | 70.822    | 7.187    | 631.430      | 924.559          | 12.012      | 401.521       | 9.546           | 23.281     |
| Oven Roasted Chicken                    | 1.500 svg.    | 23.710       | 0.803        | 4.082     | 0.497    | 15.769       | 26.625           | 0.273       | 15.063        | 0.172           | 0.881      |
| Walnut Bread Dressing                   | 5.500 oz.     | 198.976      | 9.141        | 36.919    | 4.491    | 339.215      | 100.413          | 6.738       | 40.443        | 5.099           | 1.911      |
| Oriental Ginger Whole Green Beans       | 4.500 oz.     | 37.371       | 1.493        | 5.981     | 0.000    | 14.926       | 300.171          | 1.795       | 29.965        | 2.996           | 2.996      |
| Chicken Breast                          | 4.700 oz.     | 118.967      | 26.173       | 0.000     | 1.586    | 126.898      |                  |             |               |                 |            |
| Applesauce                              | 3.000 oz.     | 48.115       | 0.315        | 11.542    | 0.000    | 4.773        |                  | 0.756       | 0.000         | 1.279           | 5.194      |
| Nonfat, Skim or Fat Free Milk           | 8.000 fl. oz. | 90.650       | 8.747        | 12.299    | 0.613    | 129.850      | 497.350          | 2.450       | 316.050       | 0.000           | 12.299     |
| <b>Wednesday</b>                        |               | 1864.501     | 70.857       | 237.703   | 74.925   | 2302.754     | 12558.700        | 111.903     | 1568.604      | 25.071          | 109.479    |
| <b>Breakfast</b>                        |               | 567.645      | 17.081       | 70.430    | 24.391   | 568.867      | 680.527          | 37.941      | 386.801       | 2.993           | 42.299     |
| Orange Bread                            | 2.000 svg.    | 364.349      | 5.512        | 43.842    | 18.778   | 312.873      | 22.926           | 8.342       | 34.586        | 0.911           | 19.500     |
| Fresh Fruit Average                     | 1.000 item    | 52.646       | 0.822        | 13.289    | 0.000    | 6.144        | 60.250           | 27.149      | 16.165        | 2.082           | 9.500      |
| Lite Cream Cheese                       | 2.000 T.      | 60.000       | 2.000        | 1.000     | 5.000    | 120.000      | 100.000          |             | 20.000        |                 | 1.000      |

|                                |               |         |        |        |        |          |          |        |         |        |        |
|--------------------------------|---------------|---------|--------|--------|--------|----------|----------|--------|---------|--------|--------|
| Nonfat, Skim or Fat Free Milk  | 8.000 fl. oz. | 90.650  | 8.747  | 12.299 | 0.613  | 129.850  | 497.350  | 2.450  | 316.050 | 0.000  | 12.299 |
| <b>Lunch</b>                   |               | 667.820 | 26.344 | 69.564 | 32.592 | 577.890  | 5877.660 | 58.782 | 638.467 | 9.305  | 42.736 |
| Fresh Spring Salad             | 3.000 oz.     | 12.951  | 1.377  | 2.129  | 0.255  | 30.156   | 4827.914 | 20.296 | 37.598  | 3.171  | 0.761  |
| Vegetable Juice                | 4.000 oz.     | 25.406  | 1.053  | 5.039  | 0.011  | 76.681   | 248.651  | 35.810 | 10.837  | 1.000  | 3.481  |
| Flatbread                      | 2.000 item    | 100.000 | 4.000  | 14.000 | 3.000  | 100.000  | 0.000    | 0.000  |         | 1.000  | 0.000  |
| Fat Free Raspberry Vinaigrette | 2.000 fl. oz. | 50.000  | 0.000  | 12.000 | 0.000  | 180.000  | 0.000    | 0.000  | 0.000   | 0.000  | 10.000 |
| Pecan Halves Spring Salad      | 1.000 oz.     | 210.000 | 3.000  | 4.000  | 20.500 | 0.000    | 0.000    |        | 20.000  | 3.000  | 1.000  |
| Swiss Cheese                   | 1.000 oz.     | 101.248 | 8.100  | 1.012  | 8.100  | 60.749   | 303.745  | 0.000  | 253.121 | 0.000  |        |
| Sweetened Dried Cranberries-ss | 0.800 oz.     | 77.564  | 0.068  | 19.085 | 0.113  | 0.454    |          | 0.227  | 0.862   | 1.134  | 15.195 |
| Nonfat, Skim or Fat Free Milk  | 8.000 fl. oz. | 90.650  | 8.747  | 12.299 | 0.613  | 129.850  | 497.350  | 2.450  | 316.050 | 0.000  | 12.299 |
| <b>Dinner</b>                  |               | 629.035 | 27.433 | 97.708 | 17.942 | 1155.997 | 6000.518 | 15.180 | 543.336 | 12.774 | 24.443 |
| Mostaccioli                    | 8.750 oz.     | 318.363 | 10.893 | 64.260 | 5.315  | 226.241  | 167.505  | 0.718  | 62.633  | 9.520  | 6.117  |
| Romano Shredded Cheese         | 0.500 oz.     | 56.699  | 2.835  | 0.000  | 5.670  | 311.845  | 283.495  |        | 113.398 |        |        |
| Mini Onion Poppy Roll          | 1.000 item    | 60.000  | 2.000  | 11.000 | 0.000  | 110.000  | 0.000    | 4.000  | 2.000   | 1.000  | 0.000  |
| Iceberg Lettuce                | 1.000 c.      | 7.700   | 0.495  | 1.634  | 0.077  | 5.500    | 276.100  | 1.540  | 9.900   | 0.660  | 1.084  |
| Edamame Shelled Soybeans       | 0.600 oz.     | 24.000  | 2.200  | 1.800  | 1.200  | 3.000    | 40.000   | 4.800  | 30.000  | 0.800  | 0.600  |

Thursday, April 23, 2015

Page 1 of 3

Alanya Systems Member #914



| Name                              | Amount Unit   | Kcal<br>kcal | Protein<br>g | Carb<br>g | Fat<br>g | Sodium<br>mg | Vit A (IU)<br>IU | Vit C<br>mg | Calcium<br>mg | Diet Fiber<br>g | Sugar<br>g |
|-----------------------------------|---------------|--------------|--------------|-----------|----------|--------------|------------------|-------------|---------------|-----------------|------------|
| Carrots, Grated                   | 1.000 oz.     | 11.623       | 0.264        | 2.716     | 0.068    | 19.561       | 4736.067         | 1.673       | 9.355         | 0.794           | 1.344      |
| Sun Dried Tomato Vinaigrette      | 2.000 T.      | 60.000       | 0.000        | 4.000     | 5.000    | 350.000      |                  | 0.000       | 0.000         |                 | 3.000      |
| Nonfat, Skim or Fat Free Milk     | 8.000 fl. oz. | 90.650       | 8.747        | 12.299    | 0.613    | 129.850      | 497.350          | 2.450       | 316.050       | 0.000           | 12.299     |
| <b>Thursday</b>                   |               | 1855.264     | 126.382      | 252.149   | 45.325   | 2828.914     | 3799.426         | 159.318     | 2069.454      | 26.388          | 105.680    |
| <b>Breakfast</b>                  |               | 679.490      | 40.834       | 89.976    | 22.114   | 785.589      | 1136.753         | 90.498      | 736.895       | 8.625           | 50.974     |
| Juicy Fruit Drink                 | 3.000 fl. oz. | 145.943      | 1.230        | 37.431    | 0.258    | 8.786        | 124.308          | 85.597      | 37.789        | 2.438           | 30.804     |
| Baked Eggs & Cheese               | 1.500 svg.    | 302.897      | 22.858       | 8.246     | 20.243   | 526.953      | 515.096          | 0.051       | 343.057       | 0.187           | 1.870      |
| CINNAMON RAISIN WHOLE GRAIN BREAD | 2.000 sl.     | 140.000      | 8.000        | 32.000    | 1.000    | 120.000      | 0.000            | 2.400       | 40.000        | 6.000           | 6.000      |
| Nonfat, Skim or Fat Free Milk     | 8.000 fl. oz. | 90.650       | 8.747        | 12.299    | 0.613    | 129.850      | 497.350          | 2.450       | 316.050       | 0.000           | 12.299     |
| <b>Lunch</b>                      |               | 697.774      | 39.453       | 112.024   | 12.067   | 1223.849     | 1718.390         | 36.072      | 832.194       | 11.182          | 35.819     |
| TOMATO RICE SOUP                  | 20.000 oz.    | 322.727      | 8.931        | 70.082    | 1.412    | 612.982      | 879.210          | 31.129      | 32.518        | 5.133           | 20.867     |
| CHEESE TOAST                      | 2.000 svg.    | 284.397      | 21.775       | 29.643    | 10.043   | 481.017      | 341.830          | 2.493       | 483.626       | 6.049           | 2.654      |
| Nonfat, Skim or Fat Free Milk     | 8.000 fl. oz. | 90.650       | 8.747        | 12.299    | 0.613    | 129.850      | 497.350          | 2.450       | 316.050       | 0.000           | 12.299     |
| <b>Dinner</b>                     |               | 478.000      | 46.095       | 50.149    | 11.144   | 819.477      | 944.283          | 32.748      | 500.366       | 6.582           | 18.887     |
| COUSCOUS & ZUCCHINI               | 4.750 oz.     | 106.484      | 3.906        | 21.479    | 0.142    | 12.782       | 0.000            | 0.092       | 7.298         | 1.812           | 0.767      |
| Grilled Salmon Fillet             | 4.000 oz.     | 110.000      | 21.000       | 2.000     | 1.500    | 530.000      | 0.000            | 0.000       | 20.000        |                 |            |
| DILL SAUCE                        | 1.000 oz.     | 48.646       | 0.643        | 4.438     | 3.290    | 130.293      | 4.096            | 0.159       | 17.017        | 0.014           | 1.999      |
| Edamame                           | 2.800 oz.     | 112.000      | 10.267       | 8.400     | 5.600    | 14.000       | 186.667          | 22.400      | 140.000       | 3.733           | 2.800      |

|                                    |               |          |         |         |        |          |          |         |          |        |         |
|------------------------------------|---------------|----------|---------|---------|--------|----------|----------|---------|----------|--------|---------|
| Asparagus Spears                   | 1.500 oz.     | 10.220   | 1.533   | 1.533   | 0.000  | 2.551    | 256.170  | 7.647   | 0.000    | 1.022  | 1.022   |
| Nonfat, Skim or Fat Free Milk      | 8.000 fl. oz. | 90.650   | 8.747   | 12.299  | 0.613  | 129.850  | 497.350  | 2.450   | 316.050  | 0.000  | 12.299  |
| <b>Friday</b>                      |               | 1849.781 | 92.318  | 263.100 | 53.119 | 3995.716 | 9471.975 | 116.228 | 1696.665 | 30.973 | 132.189 |
| <b>Breakfast</b>                   |               | 297.940  | 14.689  | 52.719  | 4.086  | 278.632  | 770.152  | 33.104  | 374.184  | 7.137  | 32.219  |
| Fresh Fruit Average                | 1.000 item    | 52.646   | 0.822   | 13.289  | 0.000  | 6.144    | 60.250   | 27.149  | 16.165   | 2.082  | 9.500   |
| Oatmeal                            | 8.000 oz.     | 154.644  | 5.120   | 27.131  | 3.473  | 142.638  | 212.552  | 3.505   | 41.969   | 5.055  | 10.420  |
| Nonfat, Skim or Fat Free Milk      | 8.000 fl. oz. | 90.650   | 8.747   | 12.299  | 0.613  | 129.850  | 497.350  | 2.450   | 316.050  | 0.000  | 12.299  |
| <b>Lunch</b>                       |               | 746.627  | 26.976  | 81.030  | 37.623 | 1460.766 | 7365.868 | 32.066  | 686.869  | 11.381 | 42.648  |
| Lite Caesar Dressing               | 2.000 T.      | 70.000   | 1.000   | 3.000   | 6.000  | 550.000  |          |         |          |        |         |
| Caesar Salad                       | 4.000 oz.     | 19.278   | 1.395   | 3.731   | 0.340  | 9.072    | 6585.023 | 27.216  | 37.421   | 2.381  | 1.349   |
| Romano Shredded Cheese             | 0.500 oz.     | 56.699   | 2.835   | 0.000   | 5.670  | 311.845  | 283.495  |         | 113.398  |        |         |
| Slivered Almonds-ss                | 1.000 svg.    | 130.000  | 5.000   | 4.000   | 11.000 | 0.000    | 0.000    | 0.000   | 60.000   | 3.000  | 1.000   |
| ZUCCHINI WHOLE GRAIN MUFFIN 2.5 oz | 2.000 item    | 380.000  | 8.000   | 58.000  | 14.000 | 460.000  | 0.000    | 2.400   | 160.000  | 6.000  | 28.000  |
| Nonfat, Skim or Fat Free Milk      | 8.000 fl. oz. | 90.650   | 8.747   | 12.299  | 0.613  | 129.850  | 497.350  | 2.450   | 316.050  | 0.000  | 12.299  |
| <b>Dinner</b>                      |               | 805.215  | 50.653  | 129.352 | 11.411 | 2256.319 | 1335.954 | 51.058  | 635.611  | 12.454 | 57.321  |
| Tuna Veggie Square                 | 8.000 oz.     | 274.040  | 23.944  | 35.565  | 3.546  | 1399.591 | 293.497  | 6.660   | 68.741   | 1.656  | 13.740  |
| CHOCOLATE PUDDING                  | 4.000 oz.     | 140.000  | 4.000   | 24.000  | 3.500  | 140.000  | 119.000  | 0.900   | 123.000  | 0.500  | 19.000  |
| CHILLED VEGETABLE JUICE            | 4.000 oz.     | 25.406   | 1.053   | 5.039   | 0.011  | 76.681   | 248.651  | 35.810  | 10.837   | 1.000  | 3.481   |
| Sauce                              | 2.000 oz.     | 65.118   | 0.910   | 10.449  | 2.241  | 315.196  | 177.456  | 1.638   | 56.983   | 0.298  | 5.801   |
| RYE WHOLE GRAIN BREAD              | 3.000 sl.     | 210.000  | 12.000  | 42.000  | 1.500  | 195.000  | 0.000    | 3.600   | 60.000   | 9.000  | 3.000   |
| Nonfat, Skim or Fat Free Milk      | 8.000 fl. oz. | 90.650   | 8.747   | 12.299  | 0.613  | 129.850  | 497.350  | 2.450   | 316.050  | 0.000  | 12.299  |
| <b>Saturday</b>                    |               | 1766.400 | 110.838 | 251.892 | 37.261 | 3037.585 | 4209.049 | 192.896 | 1116.117 | 18.690 | 97.660  |
| <b>Breakfast</b>                   |               | 398.722  | 32.317  | 54.484  | 8.168  | 655.191  | 752.350  | 87.947  | 344.550  | 3.000  | 35.370  |
| Better n' Eggs Omelette            | 85.000 g      | 47.000   | 9.500   | 2.100   | 0.000  | 153.000  | 255.000  |         | 8.500    |        |         |
| Skinless turkey link               | 1.600 oz.     | 90.718   | 8.064   | 0.000   | 7.056  | 282.235  | 0.000    | 0.000   | 0.000    | 0.000  | 0.000   |
| Orange Juice                       | 8.000 fl. oz. | 100.354  | 2.007   | 24.085  | 0.000  | 30.106   |          | 84.297  |          | 0.000  | 20.071  |
| CINNAMON RAISIN WHOLE GRAIN BREAD  | 1.000 sl.     | 70.000   | 4.000   | 16.000  | 0.500  | 60.000   | 0.000    | 1.200   | 20.000   | 3.000  | 3.000   |
| Nonfat, Skim or Fat Free Milk      | 8.000 fl. oz. | 90.650   | 8.747   | 12.299  | 0.613  | 129.850  | 497.350  | 2.450   | 316.050  | 0.000  | 12.299  |
| <b>Lunch</b>                       |               | 780.008  | 42.278  | 119.411 | 15.423 | 1799.619 | 1563.005 | 16.910  | 361.617  | 9.580  | 32.295  |

Thursday, April 23, 2010

Page 8 of 10

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| 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 |
|--|-------------|-----------|-----------|---------|--------|-----------|---------------|----------|------------|--------------|---------|
| Southwest Fiesta Veggie Stuffed Sandwich | 10.000 oz.  | 600.000   | 24.000    | 102.000 | 12.000 | 1460.000  | 1000.000      |          |            | 8.000        | 18.000  |
| Organic Spring Salad-Southwest Dressing  | 2.250 oz.   | 50.894    | 8.535     | 0.898   | 1.235  |           |               | 9.882    | 25.604     | 0.898        |         |
|  | 1.000 oz.   | 28.248    | 0.315     | 2.164   | 1.575  | 206.372   | 31.499        | 2.939    | 6.300      | 0.000        | 0.630   |

|                                 |               |          |        |         |        |          |           |         |          |        |         |
|---------------------------------|---------------|----------|--------|---------|--------|----------|-----------|---------|----------|--------|---------|
| Snap Peas                       | 1.000 oz.     | 10.216   | 0.682  | 2.049   | 0.000  | 3.397    | 34.156    | 1.639   | 13.662   | 0.682  | 1.366   |
| Nonfat, Skim or Fat Free Milk   | 8.000 fl. oz. | 90.650   | 8.747  | 12.299  | 0.613  | 129.850  | 497.350   | 2.450   | 316.050  | 0.000  | 12.299  |
| <b>Dinner</b>                   |               | 587.669  | 36.242 | 77.997  | 13.670 | 582.775  | 1893.694  | 88.038  | 409.950  | 6.110  | 29.995  |
| Stuffed Peppers                 | 11.000 oz.    | 309.851  | 22.366 | 30.183  | 10.553 | 87.938   | 603.701   | 80.643  | 43.762   | 4.629  | 7.644   |
| Marinara Sauce                  | 2.000 fl. oz. | 30.000   | 1.000  | 5.000   | 0.500  | 130.000  | 750.000   | 4.800   | 0.000    | 1.000  | 3.000   |
| CORNBREAD                       | 2.700 oz.     | 157.168  | 4.129  | 30.515  | 2.004  | 234.987  | 42.643    | 0.145   | 50.138   | 0.480  | 7.051   |
| Nonfat, Skim or Fat Free Milk   | 8.000 fl. oz. | 90.650   | 8.747  | 12.299  | 0.613  | 129.850  | 497.350   | 2.450   | 316.050  | 0.000  | 12.299  |
| <b>Sunday</b>                   |               | 1906.861 | 88.142 | 297.882 | 45.866 | 3050.157 | 4583.729  | 104.266 | 1652.180 | 27.378 | 125.992 |
| <b>Breakfast</b>                |               | 427.624  | 15.280 | 87.523  | 2.787  | 397.893  | 915.816   | 32.118  | 466.994  | 5.321  | 56.571  |
| Eileen's Fruit Bread            | 2.000 svg.    | 284.328  | 5.712  | 61.935  | 2.175  | 261.899  | 358.216   | 2.519   | 134.779  | 3.239  | 34.772  |
| Fresh Fruit Average             | 1.000 item    | 52.646   | 0.822  | 13.289  | 0.000  | 6.144    | 60.250    | 27.149  | 16.165   | 2.082  | 9.500   |
| Nonfat, Skim or Fat Free Milk   | 8.000 fl. oz. | 90.650   | 8.747  | 12.299  | 0.613  | 129.850  | 497.350   | 2.450   | 316.050  | 0.000  | 12.299  |
| <b>Lunch</b>                    |               | 805.851  | 34.349 | 127.285 | 20.955 | 1045.594 | 1421.936  | 31.263  | 462.903  | 15.167 | 44.311  |
| Southwestern Bean & Pasta Salad | 12.000 oz.    | 499.263  | 15.642 | 69.662  | 19.485 | 758.693  | 910.975   | 24.382  | 98.944   | 9.786  | 9.654   |
| Pineapple Bread Pudding         | 4.730 oz.     | 215.938  | 9.960  | 45.324  | 0.858  | 157.051  | 13.611    | 4.431   | 47.909   | 5.381  | 22.357  |
| Nonfat, Skim or Fat Free Milk   | 8.000 fl. oz. | 90.650   | 8.747  | 12.299  | 0.613  | 129.850  | 497.350   | 2.450   | 316.050  | 0.000  | 12.299  |
| <b>Dinner</b>                   |               | 673.386  | 38.513 | 83.073  | 22.124 | 1606.671 | 2245.977  | 40.885  | 722.283  | 6.890  | 25.110  |
| Taco Pie                        | 8.000 oz.     | 288.766  | 23.362 | 23.149  | 10.204 | 900.720  | 918.870   | 7.600   | 337.957  | 2.597  | 6.189   |
| Crunchy Corn Salad              | 4.000 oz.     | 63.970   | 2.405  | 15.125  | 0.807  | 16.101   | 529.757   | 23.035  | 18.276   | 1.793  | 4.622   |
| Blue chips                      | 1.500 oz.     | 210.000  | 3.000  | 28.500  | 10.500 | 240.000  | 0.000     | 1.800   | 30.000   | 1.500  | 0.000   |
| Salsa Dipping Sauce             | 2.000 oz.     | 20.000   | 1.000  | 4.000   | 0.000  | 320.000  | 300.000   | 6.000   | 20.000   | 1.000  | 2.000   |
| Nonfat, Skim or Fat Free Milk   | 8.000 fl. oz. | 90.650   | 8.747  | 12.299  | 0.613  | 129.850  | 497.350   | 2.450   | 316.050  | 0.000  | 12.299  |
| <b>Monday</b>                   |               | 1323.411 | 63.584 | 197.344 | 35.639 | 846.636  | 24926.960 | 32.601  | 900.712  | 24.580 | 79.919  |
| <b>Breakfast</b>                |               | 692.348  | 24.192 | 102.063 | 21.101 | 196.883  | 497.384   | 2.960   | 429.458  | 14.035 | 33.503  |
| Pumpkin FlaxPlus Cereal-ss      | 3.500 oz.     | 463.042  | 13.230 | 69.456  | 16.537 | 66.149   |           |         | 66.149   | 9.922  | 16.537  |
| Almonds, Slivered               | 1.500 t.      | 19.406   | 0.716  | 0.731   | 1.668  | 0.034    | 0.034     | 0.000   | 8.910    | 0.412  | 0.131   |
| Dried Cranberries               | 1.000 oz.     | 86.749   | 0.000  | 17.577  | 0.283  | 0.850    |           | 0.510   | 28.350   | 1.701  | 4.536   |
| Organic Milled Flax Seed        | 1.000 T.      | 32.500   | 1.500  | 2.000   | 2.000  | 0.000    | 0.000     | 0.000   | 10.000   | 2.000  | 0.000   |
| Nonfat, Skim or Fat Free Milk   | 8.000 fl. oz. | 90.650   | 8.747  | 12.299  | 0.613  | 129.850  | 497.350   | 2.450   | 316.050  | 0.000  | 12.299  |
| <b>Lunch</b>                    |               | 631.063  | 39.392 | 95.281  | 14.538 | 649.753  | 24429.580 | 29.641  | 471.254  | 10.545 | 46.415  |
| Grapes                          | 6.000 oz.     | 117.367  | 1.225  | 30.788  | 0.272  | 3.402    | 112.264   | 18.370  | 17.010   | 1.531  | 26.331  |
| Carrots                         | 5.000 oz.     | 58.116   | 1.318  | 13.579  | 0.340  | 97.806   | 23680.340 | 8.363   | 46.777   | 3.969  | 6.719   |
| BARBECUE ON TEXAS CRUST         | 3.000 oz.     | 194.930  | 20.102 | 3.615   | 10.813 | 178.695  | 139.627   | 0.457   | 91.417   | 0.045  | 0.066   |
| Whole Wheat Pizza Crust         | 1.000 item    | 170.000  | 8.000  | 35.000  | 2.500  | 240.000  | 0.000     | 0.000   | 0.000    | 5.000  | 1.000   |
| Nonfat, Skim or Fat Free Milk   | 8.000 fl. oz. | 90.650   | 8.747  | 12.299  | 0.613  | 129.850  | 497.350   | 2.450   | 316.050  | 0.000  | 12.299  |

Thursday, April 08, 2010

Axxya Systems Nutritionist Pro™

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