

Green Hills Community - Daybreak Adult Day Services

Day 1

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

BBQ Chicken Thighs	1 1 each	0000020469	199	6.22	<u>1.744</u>	<u>0.033</u>	<u>100</u>	665	16.4		<u>8.96</u>	18.56	<u>20.23</u>		<u>0.98</u>	<u>6.74</u>	<u>5</u>	<u>202</u>	<u>172.37</u>
Baked Beans	1 #8 scoop	0051395	181	3.44	<u>0.903</u>		<u>5</u>	515	30.44	<u>4.6</u>	<u>13.39</u>	9.28	<u>0.02</u>	<u>0.09</u>	<u>1.98</u>	<u>51.46</u>		<u>408</u>	<u>0.35</u>
Corn	1 4z spoodle	0000020112	80	0.8	0	0	0	0	16.81	0.8	4	2.4			0	0			
Tapioca Pudding Cup	1 1 Each	0001003850	120	3.01	2.506	0	0	150	21.05	0	16.04	2			0	60.14		100	
OJ/Apple/Cranberry	1 4 flz	0000024264	55	0				8	13.23		12.63	0.2		46.39		<u>2.82</u>		<u>89</u>	
Coffee/Tea	1 6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6

Meal SubTotal			637.0	13.5	<u>5.2</u>	<u>0.0</u>	<u>105.0</u>	1,343.0	98.2	<u>5.4</u>	<u>55.0</u>	32.6	<u>20.3</u>	<u>46.5</u>	<u>3.0</u>	<u>123.0</u>	<u>5.0</u>	<u>878.0</u>	<u>176.3</u>
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* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Green Hills Community - Daybreak Adult Day Services

Day 1

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Summary Information

	KCAL KCAL	FAT Gram	SFA GRAM	FATR GRAM	CHOL MG	NA MG	CHO GRAM	FIBTG GRAM	SUGAR GRAM	PRO Gram	VITAIU IU	VITC MG	FE MG	CA MG	VITDIU IU	K MG	P MG
Lunch Totals	637.0	13.5	<u>5.2</u>	<u>0.0</u>	<u>105.0</u>	1,343.0	98.2	<u>5.4</u>	<u>55.0</u>	32.6	<u>20.3</u>	<u>46.5</u>	<u>3.0</u>	<u>123.0</u>	<u>5.0</u>	<u>878.0</u>	<u>176.3</u>

1. Daily Totals	637.0	13.5	<u>5.2</u>	<u>0.0</u>	<u>105.0</u>	1,343.0	98.2	<u>5.4</u>	<u>55.0</u>	32.6	<u>20.3</u>	<u>46.5</u>	<u>3.0</u>	<u>123.0</u>	<u>5.0</u>	<u>878.0</u>	<u>176.3</u>
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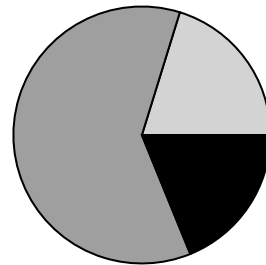
2. Nutritional Goals	2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
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3. % Nutritional Goal	31.0%	16.9%	22.6%		35.0%	56.0%	75.5%	18.0%		58.2%	0.5%	51.7%	37.5%	10.3%	0.8%	18.7%	25.2%
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4. Deviation From Nutritional Goal	0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
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5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 20.2%
	% calories of CHO = 60.9%
	% calories of FAT = 18.8%
	Total = 100.0%

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

Green Hills Community - Daybreak Adult Day Services

Day 2

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Grilled Pork Chop	1	1 chop	0245540	318	25.05	<u>5.405</u>		<u>55</u>	639	4.61	<u>0.2</u>	<u>3.48</u>	19.47	<u>5.51</u>	<u>1.01</u>	<u>0.68</u>	<u>6.28</u>	<u>19</u>	<u>255</u>	<u>150.17</u>
Company Potatoes	1	#8 scoop	0132839	122	3.51	1.847	0	5	94	18.71	1.7	2.65	4.12	<u>167.01</u>	<u>7.17</u>	0.8	81.29	<u>15</u>	<u>65</u>	<u>0.51</u>
Capri Vegetable Blend	1	4z spoodle	0000020319	19	0	0	0	0	15	3.02	0.8	1.54	0.77	756.35	0.9	0	15.11			
Brownie	1	2 x 2 squares	0242915	5	0.25	0.062	0	0	2	0.67	0	0.42	0.04	0	0	0.03	0			
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2		46.39		<u>2.82</u>		<u>89</u>	
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6

Meal SubTotal				521.0	28.8	<u>7.3</u>	<u>0.0</u>	<u>60.0</u>	763.0	40.5	<u>2.7</u>	<u>20.7</u>	24.7	<u>928.9</u>	<u>55.5</u>	<u>1.5</u>	<u>107.4</u>	<u>34.0</u>	<u>488.0</u>	<u>154.3</u>
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* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Green Hills Community - Daybreak Adult Day Services

Day 2

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

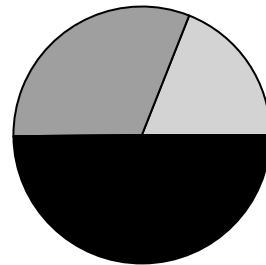
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	521.0	28.8	<u>7.3</u>	<u>0.0</u>	<u>60.0</u>	763.0	40.5	<u>2.7</u>	<u>20.7</u>	24.7	<u>928.9</u>	<u>55.5</u>	<u>1.5</u>	<u>107.4</u>	<u>34.0</u>	<u>488.0</u>	<u>154.3</u>
1. Daily Totals		521.0	28.8	<u>7.3</u>	<u>0.0</u>	<u>60.0</u>	763.0	40.5	<u>2.7</u>	<u>20.7</u>	24.7	<u>928.9</u>	<u>55.5</u>	<u>1.5</u>	<u>107.4</u>	<u>34.0</u>	<u>488.0</u>	<u>154.3</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		25.4%	36.1%	31.7%		20.0%	31.8%	31.2%	9.0%		44.1%	20.6%	61.7%	18.8%	9.0%	5.7%	10.4%	22.0%
4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 19.0%
	% calories of CHO = 31.2%
	% calories of FAT = 49.8%
Total = 100.0%	

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

Green Hills Community - Daybreak Adult Day Services

Day 3

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Baked Crunchy Ranch Chicken Thigh	1	1 Each	0251213	520	38.13	<u>7.556</u>	0.033	<u>130</u>	456	20.27	2	<u>0.67</u>	22.34	<u>21.93</u>	<u>0.14</u>	1.47	25.64	<u>5</u>	<u>283</u>	<u>174.75</u>
Chs-Toppd Baked Potato	1	1 each	0052933	272	11.44	5.519	0	13	163	38.02	2.5	4.14	5.82	<u>483.75</u>	<u>21.04</u>	0.58	101.58		<u>697</u>	<u>82.18</u>
Sour Cream	1	1 Each	0001027871	60	5	3	0	20	50	2	0	1	1			0	43		55	
Green Beans	1	4z spoodle	0000020099	22	0	0	0	0	0	4.35	1.5	0.73	0.73			0.52	29.02			
Oatmeal Cream Cookie	1	1 each	0198383	170	7	3	0	0	150	26	0	12	1	0	0	0.72	0		45	
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2		46.39				<u>2.82</u>	<u>89</u>
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6

Meal SubTotal				1,101.0	61.6	<u>19.1</u>	<u>0.0</u>	<u>163.0</u>	832.0	104.1	<u>6.0</u>	<u>31.2</u>	31.2	<u>505.7</u>	<u>67.6</u>	<u>3.3</u>	<u>203.9</u>	<u>5.0</u>	<u>1,248.0</u>	<u>260.5</u>
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* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Green Hills Community - Daybreak Adult Day Services

Day 3

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

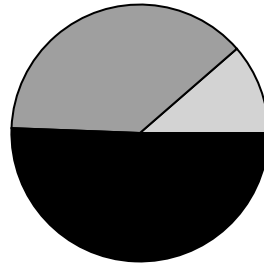
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	1,101.0	61.6	<u>19.1</u>	<u>0.0</u>	<u>163.0</u>	832.0	104.1	<u>6.0</u>	<u>31.2</u>	31.2	<u>505.7</u>	<u>67.6</u>	<u>3.3</u>	<u>203.9</u>	<u>5.0</u>	<u>1,248.0</u>	<u>260.5</u>
1. Daily Totals		1,101.0	61.6	<u>19.1</u>	<u>0.0</u>	<u>163.0</u>	832.0	104.1	<u>6.0</u>	<u>31.2</u>	31.2	<u>505.7</u>	<u>67.6</u>	<u>3.3</u>	<u>203.9</u>	<u>5.0</u>	<u>1,248.0</u>	<u>260.5</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		53.6%	77.2%	83.0%		54.3%	34.7%	80.1%	20.0%		55.7%	11.2%	75.1%	41.3%	17.0%	0.8%	26.6%	37.2%
4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 11.4%
	% calories of CHO = 38.0%
	% calories of FAT = 50.6%
	Total = 100.0%

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

Green Hills Community - Daybreak Adult Day Services

Day 4

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Beef Teriyaki	1	4z each, 1z sce	0000019739	416	27.17	<u>10.238</u>	<u>1.004</u>	<u>100</u>	371	8.67	<u>0.2</u>	<u>1.1</u>	32.47	<u>320</u>	<u>7.28</u>	<u>3.4</u>	<u>36</u>		<u>455</u>	
White Rice	1	#8 scoop	0000020023	103	0	0	0	0	2	22.92	0.6	0	2.41			1.21	20.37		49	
Broccoli	1	4z spoodle	0000020101	26	0	0	0	0	17	3.43	1.7	1.72	0.86			0	38.08		196	
Coconut Cake	1	2"x2" piece	0136406	153	5.19	3.806	0	0	202	24.25	1.4	14.39	1.54			0.46	20.92		55	
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2		46.39		<u>2.82</u>		<u>89</u>	
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6
Meal SubTotal				755.0	32.4	<u>14.0</u>	<u>1.0</u>	<u>100.0</u>	605.0	72.8	<u>3.9</u>	<u>29.8</u>	37.6	<u>320.0</u>	<u>53.7</u>	<u>5.1</u>	<u>120.1</u>	<u>0.0</u>	<u>923.0</u>	<u>3.6</u>

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

Green Hills Community - Daybreak Adult Day Services

Day 4

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

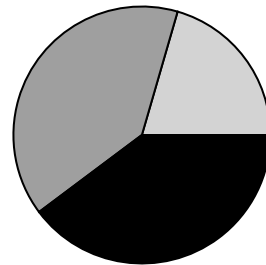
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	755.0	32.4	<u>14.0</u>	<u>1.0</u>	<u>100.0</u>	605.0	72.8	<u>3.9</u>	<u>29.8</u>	37.6	<u>320.0</u>	<u>53.7</u>	<u>5.1</u>	<u>120.1</u>	<u>0.0</u>	<u>923.0</u>	<u>3.6</u>
1. Daily Totals		755.0	32.4	<u>14.0</u>	<u>1.0</u>	<u>100.0</u>	605.0	72.8	<u>3.9</u>	<u>29.8</u>	37.6	<u>320.0</u>	<u>53.7</u>	<u>5.1</u>	<u>120.1</u>	<u>0.0</u>	<u>923.0</u>	<u>3.6</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		36.8%	40.6%	60.9%		33.3%	25.2%	56.0%	13.0%		67.1%	7.1%	59.7%	63.8%	10.0%	0.0%	19.6%	0.5%
4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 20.5%
	% calories of CHO = 39.7%
	% calories of FAT = 39.8%
Total = 100.0%	

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

Green Hills Community - Daybreak Adult Day Services

Day 5

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Breaded Fish	1	1 fillet	0000021440	243	10.12	1.519	0	46	385	21.26	1	1.01	15.19		1.92	0		273		
Potato Wedges	1	4oz spoodle	0058909	97	1.94	<u>0.287</u>			61	18.49	<u>1.3</u>	<u>1.46</u>	1.68		<u>10.98</u>	<u>0.3</u>	<u>4.33</u>		<u>335</u>	<u>42.9</u>
Creamy Cole Slaw	1	#8 scoop	0000020055	207	16.98	<u>2.89</u>		<u>18</u>	122	14.58	<u>1.9</u>	<u>10.15</u>	3.06	<u>2132.59</u>	<u>27.49</u>	<u>0.35</u>	<u>57.81</u>		<u>197</u>	<u>20.37</u>
Orange Sherbet Jello	1	8oz Scoop	Orng Sherb Jello	305	10.03	9.639	0.105	6	163	52.48	0	42.61	2.56		<u>34.32</u>	<u>0.02</u>	5.77		6	
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2		46.39		<u>2.82</u>		<u>89</u>	
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6
Meal SubTotal				909.0	39.1	<u>14.3</u>	<u>0.1</u>	<u>70.0</u>	744.0	120.3	<u>4.2</u>	<u>67.9</u>	22.8	<u>2,132.6</u>	<u>119.2</u>	<u>2.6</u>	<u>72.6</u>	<u>0.0</u>	<u>979.0</u>	<u>66.9</u>

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

Green Hills Community - Daybreak Adult Day Services

Day 5

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

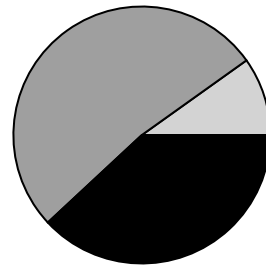
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	909.0	39.1	<u>14.3</u>	<u>0.1</u>	<u>70.0</u>	744.0	120.3	<u>4.2</u>	<u>67.9</u>	22.8	<u>2,132.6</u>	<u>119.2</u>	<u>2.6</u>	<u>72.6</u>	<u>0.0</u>	<u>979.0</u>	<u>66.9</u>
1. Daily Totals		909.0	39.1	<u>14.3</u>	<u>0.1</u>	<u>70.0</u>	744.0	120.3	<u>4.2</u>	<u>67.9</u>	22.8	<u>2,132.6</u>	<u>119.2</u>	<u>2.6</u>	<u>72.6</u>	<u>0.0</u>	<u>979.0</u>	<u>66.9</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		44.3%	49.0%	62.2%		23.3%	31.0%	92.5%	14.0%		40.7%	47.4%	132.4%	32.5%	6.1%	0.0%	20.8%	9.6%
4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	29.2	0.0	0.0	0.0	0.0	0.0

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 09.9%
	% calories of CHO = 52.1%
	% calories of FAT = 38.1%
Total = 100.0%	

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

Green Hills Community - Daybreak Adult Day Services

Day 6

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Red Wine Beef Tips & Mushrooms	1	6z ladle	0250825	247	12.86	<u>4.088</u>		<u>79</u>	253	7.36	<u>0.6</u>	<u>0.7</u>	24.04	<u>0.2</u>	<u>1.03</u>	<u>3.85</u>	<u>18.7</u>	<u>1</u>	<u>445</u>	<u>14.94</u>
Mashed Potatoes	1	#8 scoop	0000020022	73	0	0	0	0	15	16.28	1.6	0	1.63			0.24	11.06		270	
Carrots	1	4z spoodle	0000020106	23	0	0	0	0	34	5.32	1.5	3.04	0			0	0		84	
Chocolate Cream Pie	1	1/10th Slice	0159616	464	32.93	19.422	0.422	34	287	43.07	0.8	32.09	4.22	633.33	0	1.22	50.67			
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2		46.39		<u>2.82</u>		<u>89</u>	
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6
Meal SubTotal				864.0	45.8	<u>23.5</u>	<u>0.4</u>	<u>113.0</u>	602.0	85.5	<u>4.5</u>	<u>48.5</u>	30.2	<u>633.5</u>	<u>47.4</u>	<u>5.3</u>	<u>85.1</u>	<u>1.0</u>	<u>967.0</u>	<u>18.5</u>

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

Green Hills Community - Daybreak Adult Day Services

Day 6

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

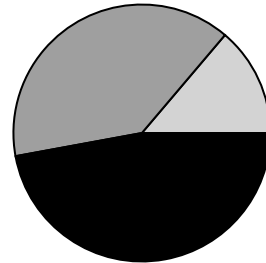
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	864.0	45.8	<u>23.5</u>	<u>0.4</u>	<u>113.0</u>	602.0	85.5	<u>4.5</u>	<u>48.5</u>	30.2	<u>633.5</u>	<u>47.4</u>	<u>5.3</u>	<u>85.1</u>	<u>1.0</u>	<u>967.0</u>	<u>18.5</u>
1. Daily Totals		864.0	45.8	<u>23.5</u>	<u>0.4</u>	<u>113.0</u>	602.0	85.5	<u>4.5</u>	<u>48.5</u>	30.2	<u>633.5</u>	<u>47.4</u>	<u>5.3</u>	<u>85.1</u>	<u>1.0</u>	<u>967.0</u>	<u>18.5</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		42.1%	57.4%	102.2%		37.7%	25.1%	65.8%	15.0%		53.9%	14.1%	52.7%	66.3%	7.1%	0.2%	20.6%	2.6%
4. Deviation From Nutritional Goal		0.0	0.0	0.5		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 13.8%
	% calories of CHO = 39.1%
	% calories of FAT = 47.1%
Total = 100.0%	

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

Green Hills Community - Daybreak Adult Day Services

Day 7

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Chicken Parmesan	1	1 each 1z sce	0000019827	326	18.74	<u>6.675</u>		<u>66</u>	846	16.12	<u>1.5</u>	<u>0.96</u>	22.85			<u>2.15</u>	<u>223.46</u>		<u>397</u>	
Spaghetti Noodles	1	4z spoodle	0000020017	105	0.45	0.065	0	0	0	21.21	1	1.52	3.55	0	0	1.46	5.11		46	42.59
California Vegetable Blend	1	4z spoodle	0000020309	23	0	0	0	0	18	4.53	1.8	1.81	0.91			0.27	18.14		145	
Strawberry Rhubarb Pie	1	1/10th slice	0265490	335	13.61	6.281	0	0	314	52.34	1	21.98	3.14			2.09	68.04		89	
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2		46.39		<u>2.82</u>		<u>89</u>	
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6

Meal SubTotal				846.0	32.8	<u>13.0</u>	<u>0.0</u>	<u>66.0</u>	1,191.0	107.7	<u>5.3</u>	<u>38.9</u>	30.8	<u>0.0</u>	<u>46.4</u>	<u>6.0</u>	<u>319.4</u>	<u>0.0</u>	<u>845.0</u>	<u>46.2</u>
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* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Green Hills Community - Daybreak Adult Day Services

Day 7

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

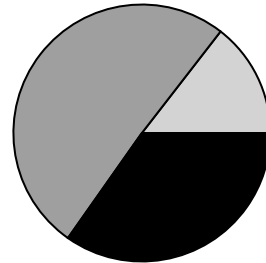
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	846.0	32.8	<u>13.0</u>	<u>0.0</u>	<u>66.0</u>	1,191.0	107.7	<u>5.3</u>	<u>38.9</u>	30.8	<u>0.0</u>	<u>46.4</u>	<u>6.0</u>	<u>319.4</u>	<u>0.0</u>	<u>845.0</u>	<u>46.2</u>
1. Daily Totals		846.0	32.8	<u>13.0</u>	<u>0.0</u>	<u>66.0</u>	1,191.0	107.7	<u>5.3</u>	<u>38.9</u>	30.8	<u>0.0</u>	<u>46.4</u>	<u>6.0</u>	<u>319.4</u>	<u>0.0</u>	<u>845.0</u>	<u>46.2</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		41.2%	41.1%	56.5%		22.0%	49.6%	82.8%	17.7%		55.0%	0.0%	51.6%	75.0%	26.6%	0.0%	18.0%	6.6%
4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 14.5%
	% calories of CHO = 50.7%
	% calories of FAT = 34.8%
Total = 100.0%	

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

Green Hills Community - Daybreak Adult Day Services

Day 8

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Apple Pork Chop	1	1 chop 2 ap	0000019996	247	10.02	<u>2.803</u>		<u>69</u>	126	<u>10.45</u>	<u>0.7</u>	<u>9.04</u>	26.64	<u>0.33</u>	<u>1.21</u>	<u>0.72</u>	<u>29.91</u>		<u>49</u>	<u>4.73</u>
Baked Sweet Potato Half	1	1/2 each	0027833	142	0.08	0.03	0	0	91	33.18	4.9	6.89	2.59	23398.1	3.96	1.01	49.48	0	556	77.52
Cauliflower	1	4z spoodle	0000020108	18	0	0	0	0	18	3.61	1.8	1.8	1.8			0	17.13		148	
Carnival Cookie	1	1 Each	0107931	168	5.93	1.483	0	10	124	26.7	2	12.86	1.98			1.09	9.89	0		
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2		46.39		<u>2.82</u>		<u>89</u>	
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6
Meal SubTotal				632.0	16.1	<u>4.3</u>	<u>0.0</u>	<u>79.0</u>	372.0	<u>87.4</u>	<u>9.4</u>	<u>43.2</u>	33.3	<u>23,398.4</u>	<u>51.6</u>	<u>2.9</u>	<u>111.1</u>	<u>0.0</u>	<u>921.0</u>	<u>85.9</u>

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

Green Hills Community - Daybreak Adult Day Services

Day 8

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

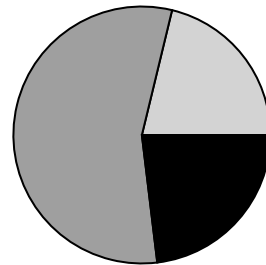
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	632.0	16.1	<u>4.3</u>	<u>0.0</u>	<u>79.0</u>	372.0	<u>87.4</u>	<u>9.4</u>	<u>43.2</u>	33.3	<u>23,398.4</u>	<u>51.6</u>	<u>2.9</u>	<u>111.1</u>	<u>0.0</u>	<u>921.0</u>	<u>85.9</u>
1. Daily Totals		632.0	16.1	<u>4.3</u>	<u>0.0</u>	<u>79.0</u>	372.0	<u>87.4</u>	<u>9.4</u>	<u>43.2</u>	33.3	<u>23,398.4</u>	<u>51.6</u>	<u>2.9</u>	<u>111.1</u>	<u>0.0</u>	<u>921.0</u>	<u>85.9</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		30.8%	20.2%	18.7%		26.3%	15.5%	67.2%	31.3%		59.5%	520.0%	57.3%	36.3%	9.3%	0.0%	19.6%	12.3%
4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	18898.4	0.0	0.0	0.0	0.0	0.0	0.0

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 21.2%
	% calories of CHO = 55.7%
	% calories of FAT = 23.1%
Total = 100.0%	

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

Green Hills Community - Daybreak Adult Day Services

Day 9

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Roast Beef	1	3z slice	0000019982	142	6.08	2.533	0	46	385	1.01	0	0	20.26		1.82	20.26				
Red Bliss Potatoes	1	3 potatoes	0000019728	127	3.67	<u>1.648</u>			40	21.91	<u>2</u>	<u>0.99</u>	2.04	<u>165.26</u>	<u>14.15</u>	<u>0.34</u>	<u>5.44</u>		<u>413</u>	<u>47.9</u>
Capri Vegetable Blend	1	4z spoodle	0000020319	19	0	0	0	0	15	3.02	0.8	1.54	0.77	756.35	0.9	0	15.11			
Fruit Mxd Cup in Jce 4z IW	1	1 Each	0226896	80	0	0	0	0	15	19	1	18	0		0	8		148		
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2		46.39		<u>2.82</u>		<u>89</u>	
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6

Meal SubTotal				425.0	9.8	<u>4.2</u>	<u>0.0</u>	<u>46.0</u>	468.0	58.4	<u>3.8</u>	<u>33.2</u>	23.4	<u>921.6</u>	<u>61.4</u>	<u>2.2</u>	<u>53.5</u>	<u>0.0</u>	<u>729.0</u>	<u>51.5</u>
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* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Green Hills Community - Daybreak Adult Day Services

Day 9

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

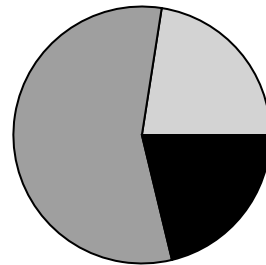
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	425.0	9.8	<u>4.2</u>	<u>0.0</u>	<u>46.0</u>	468.0	58.4	<u>3.8</u>	<u>33.2</u>	23.4	<u>921.6</u>	<u>61.4</u>	<u>2.2</u>	<u>53.5</u>	<u>0.0</u>	<u>729.0</u>	<u>51.5</u>
1. Daily Totals		425.0	9.8	<u>4.2</u>	<u>0.0</u>	<u>46.0</u>	468.0	58.4	<u>3.8</u>	<u>33.2</u>	23.4	<u>921.6</u>	<u>61.4</u>	<u>2.2</u>	<u>53.5</u>	<u>0.0</u>	<u>729.0</u>	<u>51.5</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		20.7%	12.3%	18.3%		15.3%	19.5%	44.9%	12.7%		41.8%	20.5%	68.2%	27.5%	4.5%	0.0%	15.5%	7.4%
4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 22.5%
	% calories of CHO = 56.2%
	% calories of FAT = 21.2%
Total = 100.0%	

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

Green Hills Community - Daybreak Adult Day Services

Day 10

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Braised Turkey w/ Egg Noodles	1	4z mt, 4z ndls	0092076	313	11.44	<u>3.131</u>		<u>94</u>	615	26.57	<u>1.4</u>	<u>3.49</u>	24.75	<u>225.51</u>	<u>3.76</u>	<u>2.5</u>	<u>74.59</u>		<u>157</u>	<u>56.42</u>
Green Beans	1	4z spoodle	0000020099	22	0	0	0	0	0	4.35	1.5	0.73	0.73			0.52	29.02			
Butterscotch Pudding	1	#8 scoop	0000020799	155	2.89	2.165	<u>0.001</u>	8	316	28.29	0	<u>20.23</u>	3.53	<u>204.48</u>	<u>1</u>	0.05	253.94	<u>40</u>	162	<u>100.24</u>
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2		46.39		<u>2.82</u>		<u>89</u>	
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6
Meal SubTotal				547.0	14.4	<u>5.3</u>	<u>0.0</u>	<u>102.0</u>	944.0	72.7	<u>2.9</u>	<u>37.1</u>	29.3	<u>430.0</u>	<u>51.2</u>	<u>3.1</u>	<u>362.2</u>	<u>40.0</u>	<u>487.0</u>	<u>160.3</u>

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

Green Hills Community - Daybreak Adult Day Services

Day 10

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

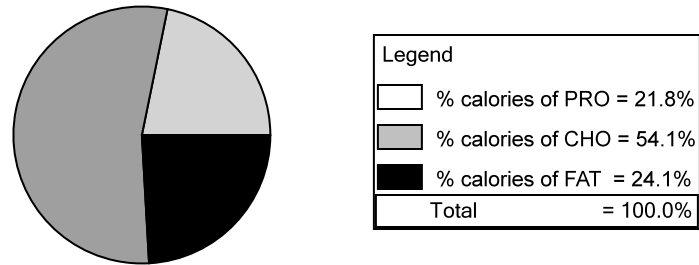
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	547.0	14.4	<u>5.3</u>	<u>0.0</u>	<u>102.0</u>	944.0	72.7	<u>2.9</u>	<u>37.1</u>	29.3	<u>430.0</u>	<u>51.2</u>	<u>3.1</u>	<u>362.2</u>	<u>40.0</u>	<u>487.0</u>	<u>160.3</u>
1. Daily Totals		547.0	14.4	<u>5.3</u>	<u>0.0</u>	<u>102.0</u>	944.0	72.7	<u>2.9</u>	<u>37.1</u>	29.3	<u>430.0</u>	<u>51.2</u>	<u>3.1</u>	<u>362.2</u>	<u>40.0</u>	<u>487.0</u>	<u>160.3</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		26.6%	18.0%	23.0%		34.0%	39.3%	55.9%	9.7%		52.3%	9.6%	56.9%	38.8%	30.2%	6.7%	10.4%	22.9%
4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	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.

Green Hills Community - Daybreak Adult Day Services

Day 11

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Ham Slice	1	4oz serving	0000019735	122	3.04	1.013	0	61	1175	0	0	0	20.26	0	0	1.46	0			
Roasted Sweet Potato Wedges	1	1/2 cup	0069270	175	3.63	<u>0.536</u>			159	33.2	<u>4.9</u>	<u>6.9</u>	2.59	<u>23407.78</u>	<u>3.96</u>	<u>1.15</u>	<u>49.54</u>		<u>556</u>	<u>77.55</u>
Corn	1	4z spoodle	0000020112	80	0.8	0	0	0	0	16.81	0.8	4	2.4		0	0				
Red Grapes	1	4z spoodle	0000019904	31	0.07	0.024	0	0	1	8.21	0.4	7.02	0.33	29.94	1.45	0.16	4.54	0	87	9.07
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2		46.39		<u>2.82</u>		<u>89</u>	
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6
Meal SubTotal				465.0	7.6	<u>1.6</u>	<u>0.0</u>	<u>61.0</u>	1,348.0	71.7	<u>6.1</u>	<u>30.6</u>	25.9	<u>23,437.78</u>	<u>51.8</u>	<u>2.8</u>	<u>58.8</u>	<u>0.0</u>	<u>811.0</u>	<u>90.2</u>

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

Green Hills Community - Daybreak Adult Day Services

Day 11

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

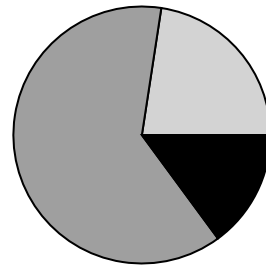
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	465.0	7.6	<u>1.6</u>	<u>0.0</u>	<u>61.0</u>	1,348.0	71.7	<u>6.1</u>	<u>30.6</u>	25.9	<u>23,437.7</u>	<u>51.8</u>	<u>2.8</u>	<u>58.8</u>	<u>0.0</u>	<u>811.0</u>	<u>90.2</u>
1. Daily Totals		465.0	7.6	<u>1.6</u>	<u>0.0</u>	<u>61.0</u>	1,348.0	71.7	<u>6.1</u>	<u>30.6</u>	25.9	<u>23,437.7</u>	<u>51.8</u>	<u>2.8</u>	<u>58.8</u>	<u>0.0</u>	<u>811.0</u>	<u>90.2</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		22.6%	9.5%	7.0%		20.3%	56.2%	55.2%	20.3%		46.3%	520.8%	57.6%	35.0%	4.9%	0.0%	17.3%	12.9%
4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	18937.7	0.0	0.0	0.0	0.0	0.0	0.0

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 22.6%
	% calories of CHO = 62.5%
	% calories of FAT = 14.9%
Total = 100.0%	

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

Green Hills Community - Daybreak Adult Day Services

Day 12

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATRN	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Cornflake Chicken Breast	1	1 each	0126001	198	4.33	<u>1.439</u>		<u>110</u>	251	11.88	<u>0.4</u>	<u>2.37</u>	26.22	<u>264.37</u>	<u>2.64</u>	<u>4.34</u>	<u>47.52</u>	<u>29</u>	<u>264</u>	<u>168.06</u>
Bread Stuffing	1	#8-Scoop	0213793	170	7.57	2.99	0	0	663	21.88	1	2.85	3.81	<u>83.27</u>		0.95	30.26		81	
Roasted Carrots	1	4z spoodle	0183936	40	1.29	<u>0.182</u>			49	6.81	<u>2</u>	<u>3.37</u>	0.66	<u>11875.5</u>	<u>4.19</u>	<u>0.21</u>	<u>23.46</u>		<u>227</u>	<u>24.88</u>
Cherry Crunch Pie	1	1/10th slice	Chry Crnch Pie	332	13.08	6.036	0	0	272	50.3	1	23.14	3.02			2.01	10.06		91	
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2		46.39		<u>2.82</u>		<u>89</u>	
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6
Meal SubTotal				797.0	26.3	<u>10.7</u>	<u>0.0</u>	<u>110.0</u>	1,248.0	104.4	<u>4.4</u>	<u>44.4</u>	34.0	<u>12,223.2</u>	<u>53.2</u>	<u>7.5</u>	<u>116.0</u>	<u>29.0</u>	<u>831.0</u>	<u>196.5</u>

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

Green Hills Community - Daybreak Adult Day Services

Day 12

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

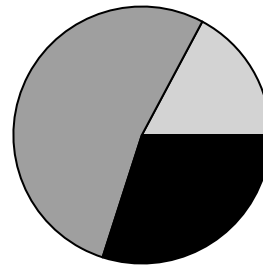
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	797.0	26.3	<u>10.7</u>	<u>0.0</u>	<u>110.0</u>	1,248.0	104.4	<u>4.4</u>	<u>44.4</u>	34.0	<u>12,223.2</u>	<u>53.2</u>	<u>7.5</u>	<u>116.0</u>	<u>29.0</u>	<u>831.0</u>	<u>196.5</u>
1. Daily Totals		797.0	26.3	<u>10.7</u>	<u>0.0</u>	<u>110.0</u>	1,248.0	104.4	<u>4.4</u>	<u>44.4</u>	34.0	<u>12,223.2</u>	<u>53.2</u>	<u>7.5</u>	<u>116.0</u>	<u>29.0</u>	<u>831.0</u>	<u>196.5</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		38.8%	33.0%	46.5%		36.7%	52.0%	80.3%	14.7%		60.7%	271.6%	59.1%	93.8%	9.7%	4.8%	17.7%	28.1%
4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	7723.2	0.0	0.0	0.0	0.0	0.0	0.0

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 17.2%
	% calories of CHO = 52.8%
	% calories of FAT = 30.0%
	Total = 100.0%

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

Green Hills Community - Daybreak Adult Day Services

Day 13

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Roasted Pork Tenderloin	1	3z slice	0000019990	204	9.65	<u>3.372</u>		<u>79</u>	72	0		27.44	<u>7.62</u>	<u>0.38</u>	<u>0.95</u>	<u>5.72</u>	<u>28</u>	<u>346</u>	<u>211.47</u>	
Au Gratin Potatoes	1	#8 scoop	0000020041	110	3.1	1	0	0	241	19.57	0.9	2.7	1.8	<u>100</u>	0.27	30.2		<u>451</u>		
Green Peas	1	4z spoodle	0000020114	47	0	0	0	0	0	9.33	3.1	3.11	3.11		0.86	0		0		
Frosted Banana Cake	1	2 x 2 2/3" pc	0201331	199	7.3	2.986	0	23	186	30.53	0.7	19.91	1.99		0.66	0		36		
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2	46.39		<u>2.82</u>		<u>89</u>		
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6

Meal SubTotal				617.0	20.1	<u>7.4</u>	<u>0.0</u>	<u>102.0</u>	512.0	72.9	<u>4.7</u>	<u>38.4</u>	34.7	<u>107.6</u>	<u>46.8</u>	<u>2.8</u>	<u>40.6</u>	<u>28.0</u>	<u>1,001.0</u>	<u>215.1</u>
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* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Green Hills Community - Daybreak Adult Day Services

Day 13

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

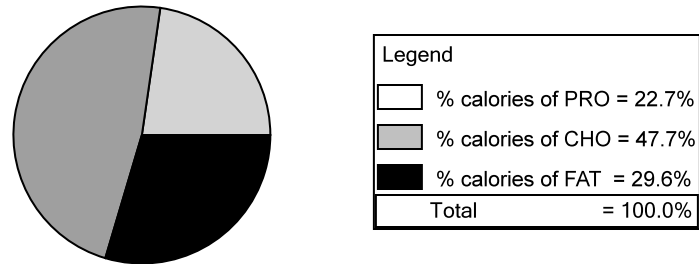
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	617.0	20.1	<u>7.4</u>	<u>0.0</u>	<u>102.0</u>	512.0	72.9	<u>4.7</u>	<u>38.4</u>	34.7	<u>107.6</u>	<u>46.8</u>	<u>2.8</u>	<u>40.6</u>	<u>28.0</u>	<u>1,001.0</u>	<u>215.1</u>
1. Daily Totals		617.0	20.1	<u>7.4</u>	<u>0.0</u>	<u>102.0</u>	512.0	72.9	<u>4.7</u>	<u>38.4</u>	34.7	<u>107.6</u>	<u>46.8</u>	<u>2.8</u>	<u>40.6</u>	<u>28.0</u>	<u>1,001.0</u>	<u>215.1</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		30.0%	25.2%	32.2%		34.0%	21.3%	56.1%	15.7%		62.0%	2.4%	52.0%	35.0%	3.4%	4.7%	21.3%	30.7%
4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	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.

Green Hills Community - Daybreak Adult Day Services

Day 14

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Citrus-Glazed Turkey Breast	1	4z mt	0085147	158	4.88	<u>0.334</u>		<u>51</u>	631	8.74		6.23	18.36	<u>2.71</u>	<u>10.29</u>	<u>0.01</u>	<u>41.42</u>		<u>252</u>	<u>0.79</u>
Roasted Red Potatoes	1	1/2 cup	0198671	176	7.29	<u>1.07</u>			112	24.87	<u>2.5</u>	<u>2.83</u>	2.92	<u>11.91</u>	<u>16.39</u>	<u>0.85</u>	<u>16.74</u>		<u>660</u>	<u>89.89</u>
Green Beans	1	4z spoodle	0000020099	22	0	0	0	0	0	4.35	1.5	0.73	0.73			0.52	29.02			
Soft Peanut Butter Cookies	1	1 Package	0036904	321	16.04	4.01	0	10	301	40.1	2	20.05	6.02			1.4	20.05		201	
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2		46.39		<u>2.82</u>		<u>89</u>	
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6
Meal SubTotal				734.0	28.2	<u>5.4</u>	<u>0.0</u>	<u>61.0</u>	1,057.0	91.6	<u>6.0</u>	<u>42.5</u>	28.3	<u>14.6</u>	<u>73.1</u>	<u>2.8</u>	<u>111.9</u>	<u>0.0</u>	<u>1,281.0</u>	<u>94.3</u>

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

Green Hills Community - Daybreak Adult Day Services

Day 14

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

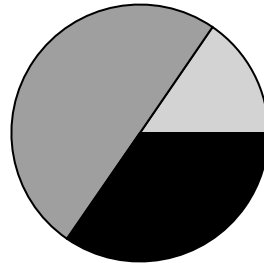
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	734.0	28.2	<u>5.4</u>	<u>0.0</u>	<u>61.0</u>	1,057.0	91.6	<u>6.0</u>	<u>42.5</u>	28.3	<u>14.6</u>	<u>73.1</u>	<u>2.8</u>	<u>111.9</u>	<u>0.0</u>	<u>1,281.0</u>	<u>94.3</u>
1. Daily Totals		734.0	28.2	<u>5.4</u>	<u>0.0</u>	<u>61.0</u>	1,057.0	91.6	<u>6.0</u>	<u>42.5</u>	28.3	<u>14.6</u>	<u>73.1</u>	<u>2.8</u>	<u>111.9</u>	<u>0.0</u>	<u>1,281.0</u>	<u>94.3</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		35.7%	35.3%	23.5%		20.3%	44.0%	70.5%	20.0%		50.5%	0.3%	81.2%	35.0%	9.3%	0.0%	27.3%	13.5%
4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 15.4%
	% calories of CHO = 50.0%
	% 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.

Green Hills Community - Daybreak Adult Day Services

Day 15

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Hamburger Stroganoff	1	4z ladle	0000020452	249	19.15	<u>7.943</u>	<u>0.834</u>	<u>55</u>	175	4.59	<u>0.8</u>	<u>1.07</u>	13.21	<u>215.07</u>	<u>1.02</u>	<u>1.55</u>	<u>31.47</u>	<u>2</u>	<u>253</u>	<u>116.66</u>
Egg Noodles	1	4z spoodle	0000020018	100	1.11	0.237	0	25	6	18.75	0.5	1.06	3.7	16.34	0	1.19	8.17		62	56.42
Brussels Sprouts	1	4z spoodle	0000020296	29	0.29	0.06	0	0	7	5.61	2.7		2.7			0.66	18.49		264	
Chocolate Ice Cream Cup	1	1 Each	0001025631	102	2.03	1.015	0	5	41	19.29	1	14.22	3.05			0.61	81.23		193	
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2		46.39		<u>2.82</u>		<u>89</u>	
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6

Meal SubTotal				537.0	22.6	<u>9.3</u>	<u>0.8</u>	<u>85.0</u>	242.0	61.7	<u>5.0</u>	<u>29.0</u>	23.0	<u>231.4</u>	<u>47.4</u>	<u>4.0</u>	<u>144.0</u>	<u>2.0</u>	<u>940.0</u>	<u>176.7</u>
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* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Green Hills Community - Daybreak Adult Day Services

Day 15

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

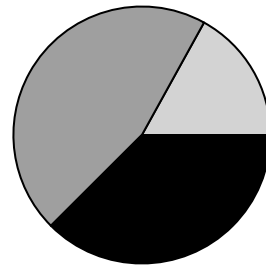
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	537.0	22.6	<u>9.3</u>	<u>0.8</u>	<u>85.0</u>	242.0	61.7	<u>5.0</u>	<u>29.0</u>	23.0	<u>231.4</u>	<u>47.4</u>	<u>4.0</u>	<u>144.0</u>	<u>2.0</u>	<u>940.0</u>	<u>176.7</u>
1. Daily Totals		537.0	22.6	<u>9.3</u>	<u>0.8</u>	<u>85.0</u>	242.0	61.7	<u>5.0</u>	<u>29.0</u>	23.0	<u>231.4</u>	<u>47.4</u>	<u>4.0</u>	<u>144.0</u>	<u>2.0</u>	<u>940.0</u>	<u>176.7</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		26.1%	28.3%	40.4%		28.3%	10.1%	47.5%	16.7%		41.1%	5.1%	52.7%	50.0%	12.0%	0.3%	20.0%	25.2%
4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 17.0%
	% calories of CHO = 45.5%
	% calories of FAT = 37.5%
	Total = 100.0%

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

Green Hills Community - Daybreak Adult Day Services

Day 16

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Honey Mustard Chicken Breast	1	1 Each	0183770	304	14.72	<u>5.638</u>	<u>0.008</u>	<u>83</u>	386	17.01		<u>17.01</u>	25.51	<u>534.02</u>		<u>0.72</u>	<u>16.17</u>	<u>1</u>	<u>398</u>	<u>241.54</u>
Baby Baker Potatoes	1	5 potatoes	0000024605	116	2.32	0	0	0	209	19.69	1.2	0	3.48			0.93	11.58		301	
Broccoli	1	4z spoodle	0000020101	26	0	0	0	0	17	3.43	1.7	1.72	0.86			0	38.08		196	
Vanilla Pudding	1	1 Each	0001012776	90	1	1.003	0	0	161	20.06	0	15.05		0	0	0	20.06		30	40.13
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2		46.39		<u>2.82</u>		<u>89</u>	
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6
Meal SubTotal				593.0	18.1	<u>6.6</u>	<u>0.0</u>	<u>83.0</u>	786.0	73.7	<u>2.9</u>	<u>46.4</u>	<u>30.2</u>	<u>534.0</u>	<u>46.4</u>	<u>1.7</u>	<u>90.6</u>	<u>1.0</u>	<u>1,093.0</u>	<u>285.3</u>

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

Green Hills Community - Daybreak Adult Day Services

Day 16

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Summary Information

	KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
	KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch Totals	593.0	18.1	<u>6.6</u>	<u>0.0</u>	<u>83.0</u>	786.0	73.7	<u>2.9</u>	<u>46.4</u>	<u>30.2</u>	<u>534.0</u>	<u>46.4</u>	<u>1.7</u>	<u>90.6</u>	<u>1.0</u>	<u>1,093.0</u>	<u>285.3</u>

1. Daily Totals	593.0	18.1	<u>6.6</u>	<u>0.0</u>	<u>83.0</u>	786.0	73.7	<u>2.9</u>	<u>46.4</u>	<u>30.2</u>	<u>534.0</u>	<u>46.4</u>	<u>1.7</u>	<u>90.6</u>	<u>1.0</u>	<u>1,093.0</u>	<u>285.3</u>
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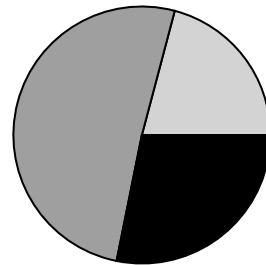
2. Nutritional Goals	2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
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3. % Nutritional Goal	28.9%	22.7%	28.7%		27.7%	32.8%	56.7%	9.7%		53.9%	11.9%	51.6%	21.3%	7.6%	0.2%	23.3%	40.8%
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4. Deviation From Nutritional Goal	0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
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5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 20.9%
	% calories of CHO = 51.0%
	% 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.

Green Hills Community - Daybreak Adult Day Services

Day 17

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Blackberry Dijon Pork	1	1 each	0203068	437	23.06	<u>5.163</u>	<u>0.006</u>	<u>86</u>	524	<u>27</u>	<u>0.9</u>	<u>8.77</u>	28.49	<u>124.12</u>		<u>1.69</u>	<u>31.23</u>		<u>48</u>	<u>0.79</u>
Rice Pilaf	1	#8 scoop	0000020015	126	2.65	1.203	0	0	50	22.64	0.8	0.22	<u>2.45</u>	<u>124.5</u>	<u>1.29</u>	1.17	20.24		<u>61</u>	<u>1.56</u>
Malibu Vegetable Blend	1	4z spoodle	0058676	14	0	0	0	0	19	2.86	1.4	1.43	0.48			0	13.85		91	
Lorna Doones	1	1 Package	0001012931	142	7.09	2.025	0	0	152	20.25	0	5.06	1.01			0.81	0		20	
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2			46.39			<u>89</u>	
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6
Meal SubTotal				776.0	32.8	<u>8.4</u>	<u>0.0</u>	<u>86.0</u>	758.0	<u>86.3</u>	<u>3.1</u>	<u>28.1</u>	<u>32.7</u>	<u>248.6</u>	<u>47.7</u>	<u>3.7</u>	<u>70.0</u>	<u>0.0</u>	<u>388.0</u>	<u>6.0</u>

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

Green Hills Community - Daybreak Adult Day Services

Day 17

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

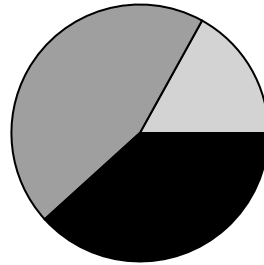
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	776.0	32.8	<u>8.4</u>	<u>0.0</u>	<u>86.0</u>	758.0	<u>86.3</u>	<u>3.1</u>	<u>28.1</u>	<u>32.7</u>	<u>248.6</u>	<u>47.7</u>	<u>3.7</u>	<u>70.0</u>	<u>0.0</u>	<u>388.0</u>	<u>6.0</u>
1. Daily Totals		776.0	32.8	<u>8.4</u>	<u>0.0</u>	<u>86.0</u>	758.0	<u>86.3</u>	<u>3.1</u>	<u>28.1</u>	<u>32.7</u>	<u>248.6</u>	<u>47.7</u>	<u>3.7</u>	<u>70.0</u>	<u>0.0</u>	<u>388.0</u>	<u>6.0</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		37.8%	41.1%	36.5%		28.7%	31.6%	66.4%	10.3%		58.4%	5.5%	53.0%	46.3%	5.8%	0.0%	8.3%	0.9%
4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 17.0%
	% calories of CHO = 44.8%
	% calories of FAT = 38.3%
	Total = 100.0%

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

Green Hills Community - Daybreak Adult Day Services

Day 18

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Chili Mac	1	6z ladle	0236336	463	24.89	10.283	1.124	76	471	33.41	2.7	4.67	25.92	<u>67.55</u>	2.6	162.87		<u>221</u>		
Cornbread	1	3 x 2.5" pc	0000019741	151	3.78	1.62	0	0	336	27	1.1	8.64	2.16		1.19	33.14		0		
Roasted Zucchini	1	4z spoodle	0188680	79	7.31	<u>1.07</u>			186	2.37	<u>0.7</u>	<u>1.7</u>	0.82	<u>136.08</u>	<u>12.18</u>	<u>0.25</u>	<u>11.03</u>		<u>178</u>	<u>25.85</u>
Pie Cookies and Cream	1	1/10th Slice	0253026	368	22.44	17.955	0	4	314	39.5	1.8	26.03	2.69		1.35	31.42		121		
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2		46.39		<u>2.82</u>		<u>89</u>	
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6

Meal SubTotal				1,118.0	58.4	<u>30.9</u>	<u>1.1</u>	<u>80.0</u>	1,320.0	115.8	<u>6.3</u>	<u>53.7</u>	31.9	<u>203.6</u>	<u>58.6</u>	<u>5.4</u>	<u>243.1</u>	<u>0.0</u>	<u>688.0</u>	<u>29.5</u>
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* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Green Hills Community - Daybreak Adult Day Services

Day 18

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

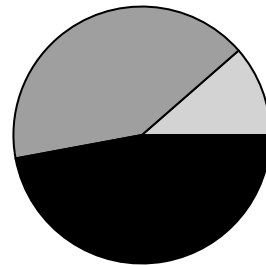
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	1,118.0	58.4	<u>30.9</u>	<u>1.1</u>	<u>80.0</u>	1,320.0	115.8	<u>6.3</u>	<u>53.7</u>	31.9	<u>203.6</u>	<u>58.6</u>	<u>5.4</u>	<u>243.1</u>	<u>0.0</u>	<u>688.0</u>	<u>29.5</u>
1. Daily Totals		1,118.0	58.4	<u>30.9</u>	<u>1.1</u>	<u>80.0</u>	1,320.0	115.8	<u>6.3</u>	<u>53.7</u>	31.9	<u>203.6</u>	<u>58.6</u>	<u>5.4</u>	<u>243.1</u>	<u>0.0</u>	<u>688.0</u>	<u>29.5</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		54.4%	73.2%	134.3%		26.7%	55.0%	89.1%	21.0%		57.0%	4.5%	65.1%	67.5%	20.3%	0.0%	14.6%	4.2%
4. Deviation From Nutritional Goal		0.0	0.0	7.9		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 11.4%
	% calories of CHO = 41.5%
	% calories of FAT = 47.1%
	Total = 100.0%

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

Green Hills Community - Daybreak Adult Day Services

Day 19

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Garlic Parmesan Chicken	1	4 oz servings	0251795	277	23.52	<u>6.566</u>		<u>72</u>	307	1.22	<u>0.5</u>		16.99		<u>0.65</u>	<u>133.02</u>		<u>12</u>		
Alfredo Florentine Rice Pilaf	1	#8 scoop	0000025807	201	7.26	3.704	0	10	380	27.85	1.2	2.97	<u>6.08</u>	<u>124.5</u>	<u>1.29</u>	1.32	136.42		<u>178</u>	<u>1.56</u>
Spinach	1	4z spoodle	0000020304	38	0.63	0	0	0	95	5.07	3.8	1.27	5.07		2.41	164.8		444		
Angel Food Cake w/ Strawberries	1	1/10th sl, 2Tsb	0216356	162	0	0	0	0	105	46.19	0.5	36.2	3.49		0.25	41.18		80		
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2		46.39	<u>2.82</u>		<u>89</u>		
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6
Meal SubTotal				735.0	31.4	<u>10.3</u>	<u>0.0</u>	<u>82.0</u>	900.0	93.8	<u>6.0</u>	<u>53.1</u>	<u>31.9</u>	<u>124.5</u>	<u>47.7</u>	<u>4.7</u>	<u>480.1</u>	<u>0.0</u>	<u>882.0</u>	<u>5.2</u>

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

Green Hills Community - Daybreak Adult Day Services

Day 19

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

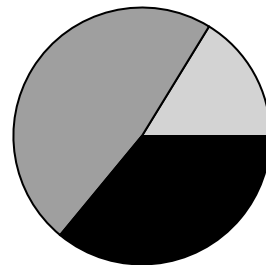
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	735.0	31.4	<u>10.3</u>	<u>0.0</u>	<u>82.0</u>	900.0	93.8	<u>6.0</u>	<u>53.1</u>	<u>31.9</u>	<u>124.5</u>	<u>47.7</u>	<u>4.7</u>	<u>480.1</u>	<u>0.0</u>	<u>882.0</u>	<u>5.2</u>
1. Daily Totals		735.0	31.4	<u>10.3</u>	<u>0.0</u>	<u>82.0</u>	900.0	93.8	<u>6.0</u>	<u>53.1</u>	<u>31.9</u>	<u>124.5</u>	<u>47.7</u>	<u>4.7</u>	<u>480.1</u>	<u>0.0</u>	<u>882.0</u>	<u>5.2</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		35.8%	39.3%	44.8%		27.3%	37.5%	72.2%	20.0%		57.0%	2.8%	53.0%	58.8%	40.0%	0.0%	18.8%	0.7%
4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 16.2%
	% calories of CHO = 47.8%
	% calories of FAT = 36.0%
	Total = 100.0%

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

Green Hills Community - Daybreak Adult Day Services

Day 20

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Cheese Lasagna Roll	1	3oz roll	Chs Lasagna Roll	292	6	3.5	0	25	1236	49.41	7.1	17.22	10.06			2.63	120.79		1004	
Cauliflower	1	4z spoodle	0000020108	18	0	0	0	0	18	3.61	1.8	1.8	1.8			0	17.13		148	
Breadstick	1	1 each	0000019755	172	5.06	1.62	0	0	285	25.9	1	1.99	3.98	162		1.49	49.81		40	
Lemon Cookie	1	1 Each	0222299	113	5.08	2.84		12	133	15.44	0.3	7.49	1.36	0.22	0.52	0.48	13.84		22	0.16
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2		46.39		2.82		89	
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6

Meal SubTotal				652.0	16.2	8.0	0.0	37.0	1,685.0	107.9	10.2	41.1	17.5	162.2	46.9	4.6	206.3	0.0	1,382.0	3.8
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* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Green Hills Community - Daybreak Adult Day Services

Day 20

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

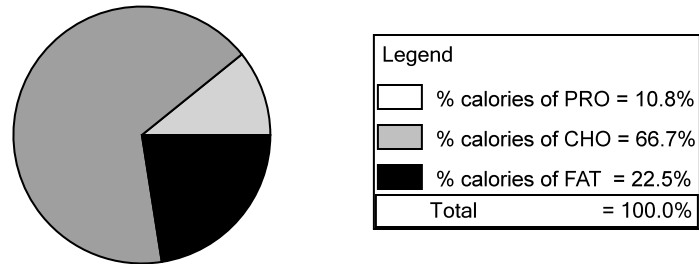
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	652.0	16.2	<u>8.0</u>	<u>0.0</u>	<u>37.0</u>	1,685.0	107.9	<u>10.2</u>	41.1	17.5	<u>162.2</u>	<u>46.9</u>	<u>4.6</u>	<u>206.3</u>	<u>0.0</u>	<u>1,382.0</u>	<u>3.8</u>
1. Daily Totals		652.0	16.2	<u>8.0</u>	<u>0.0</u>	<u>37.0</u>	1,685.0	107.9	<u>10.2</u>	41.1	17.5	<u>162.2</u>	<u>46.9</u>	<u>4.6</u>	<u>206.3</u>	<u>0.0</u>	<u>1,382.0</u>	<u>3.8</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		31.7%	20.3%	34.8%		12.3%	70.2%	83.0%	34.0%		31.3%	3.6%	52.1%	57.5%	17.2%	0.0%	29.4%	0.5%
4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	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.

Green Hills Community - Daybreak Adult Day Services

Day 21

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Fried Chicken	1	1 thigh	0000020171	166	6.18	<u>1.749</u>	<u>0.033</u>	<u>100</u>	288	6.72	<u>0.3</u>	<u>0.04</u>	19.62	<u>82.3</u>		<u>1.27</u>	<u>8.55</u>	<u>5</u>	<u>214</u>	<u>172.77</u>
Macaroni & Cheese	1	#8 scoop	0000024363	234	13.3	6.939	0	35	264	17.23	0.6	2.83	10.42	<u>228.62</u>		0.69	275.87	<u>16</u>	<u>130</u>	
Green Beans	1	4z spoodle	0000020099	22	0	0	0	0	0	4.35	1.5	0.73	0.73			0.52	29.02			
Mandarin Oranges in Gelatin	1	1 Each	0001002754	101	0	0	0	0	62	27.04	1.1	24.79	0			0	0		34	
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2		46.39		<u>2.82</u>		<u>89</u>	
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6

Meal SubTotal				580.0	19.5	<u>8.7</u>	<u>0.0</u>	<u>135.0</u>	627.0	68.8	<u>3.5</u>	<u>41.0</u>	31.1	<u>310.9</u>	<u>46.4</u>	<u>2.5</u>	<u>318.1</u>	<u>21.0</u>	<u>546.0</u>	<u>176.4</u>
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* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Green Hills Community - Daybreak Adult Day Services

Day 21

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

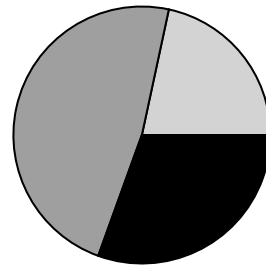
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	580.0	19.5	<u>8.7</u>	<u>0.0</u>	<u>135.0</u>	627.0	68.8	<u>3.5</u>	<u>41.0</u>	31.1	<u>310.9</u>	<u>46.4</u>	<u>2.5</u>	<u>318.1</u>	<u>21.0</u>	<u>546.0</u>	<u>176.4</u>
1. Daily Totals		580.0	19.5	<u>8.7</u>	<u>0.0</u>	<u>135.0</u>	627.0	68.8	<u>3.5</u>	<u>41.0</u>	31.1	<u>310.9</u>	<u>46.4</u>	<u>2.5</u>	<u>318.1</u>	<u>21.0</u>	<u>546.0</u>	<u>176.4</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		28.2%	24.4%	37.8%		45.0%	26.1%	52.9%	11.7%		55.5%	6.9%	51.6%	31.3%	26.5%	3.5%	11.6%	25.2%
4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 21.6%
	% calories of CHO = 47.9%
	% calories of FAT = 30.5%
	Total = 100.0%

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

Green Hills Community - Daybreak Adult Day Services

Day 22

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Smothered Beef Burrito	1	1 burrito	Smother Bf Burri	462	22.21	11.003	0	54	912	44.61	6	3.95	20.8	<u>72.05</u>	3.44	280.12		476		
Sour Cream	1	1 tbsp	0224561	16	1.05	0.527	0	3	18	1.58	0	1.05	0.53	105.41	0	0	21.08		32	
Shredded Lettuce Diced Tomato Garnis	1	6oz Servings	Shred Diced LT	17	0.18	0.024	0	0	9	3.72	1.4	2.48	1.01	694.37	7.3	0.41	17.39	0	196	24.19
Spanish Rice	1	#8 scoop	0000020034	129	2.85	1.176	0	0	297	23.15	0.5	1.58	2.63	<u>117.6</u>	1.05	22.3		<u>111</u>		
Fruit Mixed Dcd in Jce 4z	1	1 Each	0251078	50	0	0	0	0	5	13.05	1	9.03	0		0.3	13.05		126		
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2		46.39		<u>2.82</u>		<u>89</u>	
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6

Meal SubTotal				731.0	26.3	<u>12.7</u>	<u>0.0</u>	<u>57.0</u>	1,254.0	99.6	<u>8.9</u>	30.7	25.3	<u>989.4</u>	<u>53.7</u>	<u>5.2</u>	<u>358.6</u>	<u>0.0</u>	<u>1,109.0</u>	<u>27.8</u>
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* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Green Hills Community - Daybreak Adult Day Services

Day 22

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

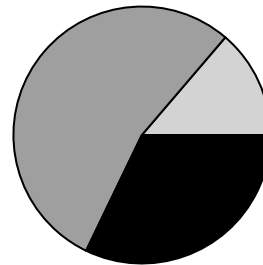
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	731.0	26.3	<u>12.7</u>	<u>0.0</u>	<u>57.0</u>	1,254.0	99.6	<u>8.9</u>	30.7	25.3	<u>989.4</u>	<u>53.7</u>	<u>5.2</u>	<u>358.6</u>	<u>0.0</u>	<u>1,109.0</u>	<u>27.8</u>
1. Daily Totals		731.0	26.3	<u>12.7</u>	<u>0.0</u>	<u>57.0</u>	1,254.0	99.6	<u>8.9</u>	30.7	25.3	<u>989.4</u>	<u>53.7</u>	<u>5.2</u>	<u>358.6</u>	<u>0.0</u>	<u>1,109.0</u>	<u>27.8</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		35.6%	33.0%	55.2%		19.0%	52.3%	76.6%	29.7%		45.2%	22.0%	59.7%	65.0%	29.9%	0.0%	23.6%	4.0%
4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 13.7%
	% calories of CHO = 54.1%
	% calories of FAT = 32.1%
Total = 100.0%	

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

Green Hills Community - Daybreak Adult Day Services

Day 23

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Fish Sticks	1	4 Sticks	0000019980	243	10.12	1.519	0	46	415	23.29	1	1.01	14.17			1.82	0		273	
Hushpuppies	1	3 Each	0000024169	118	4.42	0.491	0	0	353	17.66	1	1.96	1.96							
Creamy Cole Slaw	1	#8 scoop	0000020055	207	16.98	<u>2.89</u>		<u>18</u>	122	14.58	<u>1.9</u>	<u>10.15</u>	3.06	<u>2132.59</u>	<u>27.49</u>	<u>0.35</u>	<u>57.81</u>		<u>197</u>	<u>20.37</u>
Orange Sherbet Cup	1	1 Each	0001023908	128	1.6	1.07	0	5	21	27.82	0	22.47	0			0.43	21.4		86	
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2		46.39		<u>2.82</u>		<u>89</u>	
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6
Meal SubTotal				753.0	33.1	<u>6.0</u>	<u>0.0</u>	<u>69.0</u>	924.0	96.9	<u>3.9</u>	<u>48.2</u>	19.5	<u>2,132.6</u>	<u>73.9</u>	<u>2.6</u>	<u>83.9</u>	<u>0.0</u>	<u>724.0</u>	<u>24.0</u>

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

Green Hills Community - Daybreak Adult Day Services

Day 23

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

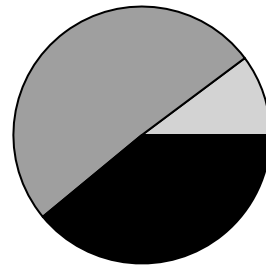
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	753.0	33.1	<u>6.0</u>	<u>0.0</u>	<u>69.0</u>	924.0	96.9	<u>3.9</u>	<u>48.2</u>	19.5	<u>2,132.6</u>	<u>73.9</u>	<u>2.6</u>	<u>83.9</u>	<u>0.0</u>	<u>724.0</u>	<u>24.0</u>
1. Daily Totals		753.0	33.1	<u>6.0</u>	<u>0.0</u>	<u>69.0</u>	924.0	96.9	<u>3.9</u>	<u>48.2</u>	19.5	<u>2,132.6</u>	<u>73.9</u>	<u>2.6</u>	<u>83.9</u>	<u>0.0</u>	<u>724.0</u>	<u>24.0</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		36.7%	41.5%	26.1%		23.0%	38.5%	74.5%	13.0%		34.8%	47.4%	82.1%	32.5%	7.0%	0.0%	15.4%	3.4%
4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 10.2%
	% calories of CHO = 50.8%
	% calories of FAT = 39.0%
Total = 100.0%	

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

Green Hills Community - Daybreak Adult Day Services

Day 24

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Meatloaf	1	3z slice	0000019962	304	19.12	<u>7.172</u>	<u>1.07</u>	<u>97</u>	250	13.86	<u>1</u>	<u>3.29</u>	18.13	<u>14.35</u>	<u>0.41</u>	<u>2.76</u>	<u>24.5</u>	<u>3</u>	<u>268</u>	<u>144.92</u>
Mashed Potatoes w/Gravy	1	#8 scp, 2z ladle	0000024187	117	3.51	1.59	0	0	57	18.89	1.7	0.01	2.04	<u>158.4</u>		0.4	13.37		<u>274</u>	
Peas & Pearl Onions	1	4z spoodle	0000021095	45	0	0	0	0	0	9.09	2.3	3.03	3.03			0.76	0			
Pound Cake	1	1" Slice	0212523	173	8.95	4.775	0	57	125	21.49	0.6	11.34	2.39			0.6	11.94		27	
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2		46.39		<u>2.82</u>		<u>89</u>	
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6

Meal SubTotal				696.0	31.6	<u>13.5</u>	<u>1.1</u>	<u>154.0</u>	445.0	76.8	<u>5.6</u>	<u>30.3</u>	25.9	<u>172.8</u>	<u>46.8</u>	<u>4.6</u>	<u>54.5</u>	<u>3.0</u>	<u>737.0</u>	<u>148.5</u>
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* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Green Hills Community - Daybreak Adult Day Services

Day 24

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

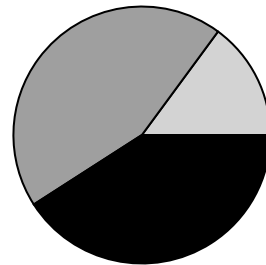
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	696.0	31.6	<u>13.5</u>	<u>1.1</u>	<u>154.0</u>	445.0	76.8	<u>5.6</u>	<u>30.3</u>	25.9	<u>172.8</u>	<u>46.8</u>	<u>4.6</u>	<u>54.5</u>	<u>3.0</u>	<u>737.0</u>	<u>148.5</u>
1. Daily Totals		696.0	31.6	<u>13.5</u>	<u>1.1</u>	<u>154.0</u>	445.0	76.8	<u>5.6</u>	<u>30.3</u>	25.9	<u>172.8</u>	<u>46.8</u>	<u>4.6</u>	<u>54.5</u>	<u>3.0</u>	<u>737.0</u>	<u>148.5</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		33.9%	39.6%	58.7%		51.3%	18.5%	59.1%	18.7%		46.3%	3.8%	52.0%	57.5%	4.5%	0.5%	15.7%	21.2%
4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 14.9%
	% calories of CHO = 44.2%
	% calories of FAT = 40.9%
	Total = 100.0%

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

Green Hills Community - Daybreak Adult Day Services

Day 25

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

BBQ Pork on Bun	1	4oz mt, bun	0130779	319	13.27	4.629	0	78	500	23.48	2.3	1.11	27.42			2.86	84.33		<u>331</u>	
Corn Casserole	1	3"x2.5" sq	0222301	390	18.86	10.912	0	52	657	46.52	2.5	16.13	6.75	<u>33.77</u>		1.17	182.79		<u>127</u>	
Capri Vegetable Blend	1	4z spoodle	0000020319	19	0	0	0	0	15	3.02	0.8	1.54	0.77	756.35	0.9	0	15.11			
Watermelon	1	4z spoodle	0000021194	23	0.11	0.012	0	0	1	5.73	0.3	4.7	0.46	431.75	6.15	0.18	5.31	0	85	8.35
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2		46.39		<u>2.82</u>		<u>89</u>	
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6

Meal SubTotal				808.0	32.3	<u>15.6</u>	<u>0.0</u>	<u>130.0</u>	1,186.0	92.3	<u>5.9</u>	36.1	35.7	<u>1,221.9</u>	<u>53.4</u>	<u>4.2</u>	<u>292.2</u>	<u>0.0</u>	<u>711.0</u>	<u>12.0</u>
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* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Green Hills Community - Daybreak Adult Day Services

Day 25

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

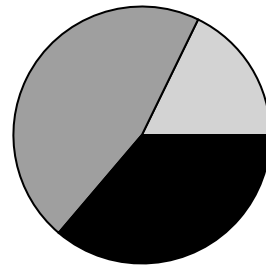
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	808.0	32.3	<u>15.6</u>	<u>0.0</u>	<u>130.0</u>	1,186.0	92.3	<u>5.9</u>	36.1	35.7	<u>1,221.9</u>	<u>53.4</u>	<u>4.2</u>	<u>292.2</u>	<u>0.0</u>	<u>711.0</u>	<u>12.0</u>
1. Daily Totals		808.0	32.3	<u>15.6</u>	<u>0.0</u>	<u>130.0</u>	1,186.0	92.3	<u>5.9</u>	36.1	35.7	<u>1,221.9</u>	<u>53.4</u>	<u>4.2</u>	<u>292.2</u>	<u>0.0</u>	<u>711.0</u>	<u>12.0</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		39.3%	40.5%	67.8%		43.3%	49.4%	71.0%	19.7%		63.8%	27.2%	59.3%	52.5%	24.4%	0.0%	15.1%	1.7%
4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 17.8%
	% calories of CHO = 46.0%
	% calories of FAT = 36.2%
	Total = 100.0%

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

Green Hills Community - Daybreak Adult Day Services

Day 26

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Zesty Orange Chicken	1	4oz Servings	Orange chicken	5	0.16	<u>0.029</u>		<u>1</u>	13	0.56		0.21	0.35	<u>3.89</u>		<u>0.02</u>	<u>0.39</u>		<u>7</u>	
White Rice	1	#8 scoop	0000020023	103	0	0	0	0	2	22.92	0.6	0	2.41			1.21	20.37		49	
Broccoli	1	4z spoodle	0000020101	26	0	0	0	0	17	3.43	1.7	1.72	0.86			0	38.08		196	
Red Gelatin Cake	1	2 x 2" pc	0000019884	129	2.48	1.727	0.001	0	185	24.87		18.87	1.6			<u>9.18</u>	<u>0.35</u>	<u>15.52</u>		<u>19</u>
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2			46.39		<u>2.82</u>		<u>89</u>
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6

Meal SubTotal				320.0	2.7	<u>1.8</u>	<u>0.0</u>	<u>1.0</u>	230.0	65.3	<u>2.3</u>	33.4	5.5	<u>3.9</u>	<u>55.6</u>	<u>1.6</u>	<u>79.0</u>	<u>0.0</u>	<u>439.0</u>	<u>3.6</u>
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* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Green Hills Community - Daybreak Adult Day Services

Day 26

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

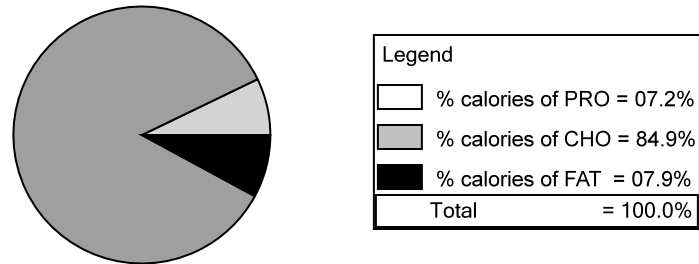
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	320.0	2.7	<u>1.8</u>	<u>0.0</u>	<u>1.0</u>	230.0	65.3	<u>2.3</u>	33.4	5.5	<u>3.9</u>	<u>55.6</u>	<u>1.6</u>	<u>79.0</u>	<u>0.0</u>	<u>439.0</u>	<u>3.6</u>
1. Daily Totals		320.0	2.7	<u>1.8</u>	<u>0.0</u>	<u>1.0</u>	230.0	65.3	<u>2.3</u>	33.4	5.5	<u>3.9</u>	<u>55.6</u>	<u>1.6</u>	<u>79.0</u>	<u>0.0</u>	<u>439.0</u>	<u>3.6</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		15.6%	3.4%	7.8%		0.3%	9.6%	50.2%	7.7%		9.8%	0.1%	61.8%	20.0%	6.6%	0.0%	9.3%	0.5%
4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	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.

Green Hills Community - Daybreak Adult Day Services

Day 27

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Baked Spaghetti	1	6z ladle	0000021050	374	18.6	<u>7.503</u>	<u>0.856</u>	<u>64</u>	322	31.22	<u>2.6</u>	<u>8.42</u>	19.82	<u>46.19</u>		<u>4.02</u>	<u>93.97</u>	<u>2</u>	<u>606</u>	<u>114.67</u>
Breadstick	1	1 each	0000019755	172	5.06	1.62	0	0	285	25.9	1	1.99	3.98	<u>162</u>		1.49	49.81		<u>40</u>	
Cauliflower	1	4z spoodle	0000020108	18	0	0	0	0	18	3.61	1.8	1.8	1.8			0	17.13		148	
Lemon Ice	1	1 Each	0001018934	80	0	0	0	0	10	20	0	15			60	0	0			
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2		46.39		<u>2.82</u>		<u>89</u>	
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6

Meal SubTotal				701.0	23.7	<u>9.1</u>	<u>0.9</u>	<u>64.0</u>	648.0	94.2	<u>5.4</u>	<u>39.8</u>	<u>25.9</u>	<u>208.2</u>	<u>106.4</u>	<u>5.5</u>	<u>165.6</u>	<u>2.0</u>	<u>962.0</u>	<u>118.3</u>
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* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Green Hills Community - Daybreak Adult Day Services

Day 27

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

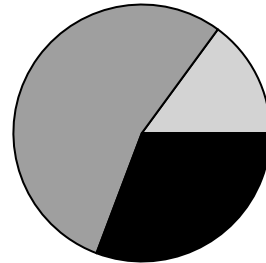
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	701.0	23.7	<u>9.1</u>	<u>0.9</u>	<u>64.0</u>	648.0	94.2	<u>5.4</u>	<u>39.8</u>	<u>25.9</u>	<u>208.2</u>	<u>106.4</u>	<u>5.5</u>	<u>165.6</u>	<u>2.0</u>	<u>962.0</u>	<u>118.3</u>
1. Daily Totals		701.0	23.7	<u>9.1</u>	<u>0.9</u>	<u>64.0</u>	648.0	94.2	<u>5.4</u>	<u>39.8</u>	<u>25.9</u>	<u>208.2</u>	<u>106.4</u>	<u>5.5</u>	<u>165.6</u>	<u>2.0</u>	<u>962.0</u>	<u>118.3</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		34.1%	29.7%	39.6%		21.3%	27.0%	72.5%	18.0%		46.3%	4.6%	118.2%	68.8%	13.8%	0.3%	20.5%	16.9%
4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	16.4	0.0	0.0	0.0	0.0	0.0

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 14.9%
	% calories of CHO = 54.3%
	% calories of FAT = 30.7%
Total = 100.0%	

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

Green Hills Community - Daybreak Adult Day Services

Day 28

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Baked Chicken	1	1 thigh	0000020025	135	6.14	<u>1.737</u>	<u>0.033</u>	<u>100</u>	80	0.14	<u>0.1</u>	<u>0.03</u>	18.59	<u>144.35</u>		<u>0.9</u>	<u>7.32</u>	<u>5</u>	<u>207</u>	<u>173.16</u>
Baked Sweet Potato Half	1	1/2 each	0027833	142	0.08	0.03	0	0	91	33.18	4.9	6.89	2.59	23398.1	3.96	1.01	49.48	0	556	77.52
Asparagus	1	4z spoodle	0000019722	12	0.29	0.066	0	0	2	1.33	1.1	0.22	2.04	557.12	16.87	0.39	12.44	0	119	33.87
Fruit Mixed Dcd in Jce 4z	1	1 Each	0251078	50	0	0	0	0	5	13.05	1	9.03	0			0.3	13.05		126	
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2		46.39		<u>2.82</u>		<u>89</u>	
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6

Meal SubTotal				396.0	6.5	<u>1.8</u>	<u>0.0</u>	<u>100.0</u>	191.0	61.2	<u>7.1</u>	<u>28.8</u>	23.5	<u>24.099.6</u>	<u>67.2</u>	<u>2.6</u>	<u>87.0</u>	<u>5.0</u>	<u>1,176.0</u>	<u>288.2</u>
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* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Green Hills Community - Daybreak Adult Day Services

Day 28

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

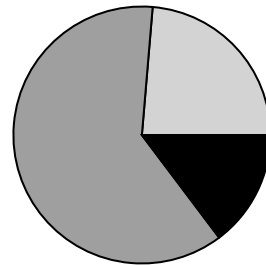
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	396.0	6.5	<u>1.8</u>	<u>0.0</u>	<u>100.0</u>	191.0	61.2	<u>7.1</u>	<u>28.8</u>	23.5	<u>24,099.6</u>	<u>67.2</u>	<u>2.6</u>	<u>87.0</u>	<u>5.0</u>	<u>1,176.0</u>	<u>288.2</u>
1. Daily Totals		396.0	6.5	<u>1.8</u>	<u>0.0</u>	<u>100.0</u>	191.0	61.2	<u>7.1</u>	<u>28.8</u>	23.5	<u>24,099.6</u>	<u>67.2</u>	<u>2.6</u>	<u>87.0</u>	<u>5.0</u>	<u>1,176.0</u>	<u>288.2</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		19.3%	8.1%	7.8%		33.3%	8.0%	47.1%	23.7%		42.0%	535.5%	74.7%	32.5%	7.3%	0.8%	25.0%	41.2%
4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	19599.6	0.0	0.0	0.0	0.0	0.0	0.0

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 23.7%
	% calories of CHO = 61.6%
	% calories of FAT = 14.7%
Total = 100.0%	

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

Green Hills Community - Daybreak Adult Day Services

Day 29

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Ham Green Beans and Potatoes	1	8oz	0251448	164	2.86	<u>0.817</u>		<u>33</u>	1031	23.08	<u>4.1</u>	<u>2.08</u>	15.35		<u>1.11</u>	<u>42.25</u>		<u>408</u>		
Cheese Streusel Muffin	1	1 Each	Chs Streusel Muf	452	18.06	4.014	0	45	311	67.24	1	38.13	6.02		2.01	40.14		201		
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2	46.39		<u>2.82</u>		<u>89</u>		
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0.03	1.86	0	79	3.6	
Meal SubTotal				673.0	20.9	<u>4.8</u>	<u>0.0</u>	<u>78.0</u>	1,355.0	103.8	<u>5.1</u>	<u>52.8</u>	21.7	<u>0.0</u>	<u>46.4</u>	<u>3.2</u>	<u>87.1</u>	<u>0.0</u>	<u>777.0</u>	<u>3.6</u>

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

Green Hills Community - Daybreak Adult Day Services

Day 29

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

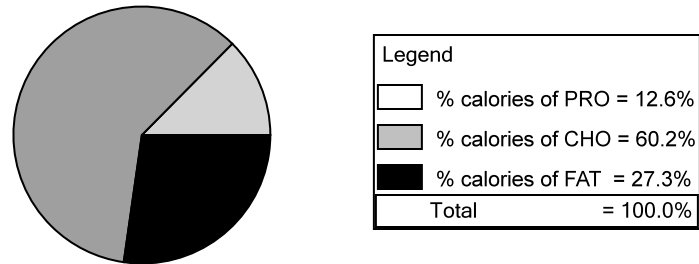
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	673.0	20.9	<u>4.8</u>	<u>0.0</u>	<u>78.0</u>	1,355.0	103.8	<u>5.1</u>	<u>52.8</u>	21.7	<u>0.0</u>	<u>46.4</u>	<u>3.2</u>	<u>87.1</u>	<u>0.0</u>	<u>777.0</u>	<u>3.6</u>
1. Daily Totals		673.0	20.9	<u>4.8</u>	<u>0.0</u>	<u>78.0</u>	1,355.0	103.8	<u>5.1</u>	<u>52.8</u>	21.7	<u>0.0</u>	<u>46.4</u>	<u>3.2</u>	<u>87.1</u>	<u>0.0</u>	<u>777.0</u>	<u>3.6</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		32.8%	26.2%	20.9%		26.0%	56.5%	79.8%	17.0%		38.8%	0.0%	51.6%	40.0%	7.3%	0.0%	16.5%	0.5%
4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	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.

Green Hills Community - Daybreak Adult Day Services

Day 30

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Roasted Greek Chicken	1 3 oz	0240433	<u>1</u>	<u>0.1</u>	<u>0.014</u>				<u>1</u>	<u>0.02</u>		<u>0.02</u>				<u>0.02</u>			
Rice Pilaf	1 #8 scoop	0000020015	126	2.65	1.203	0	0	50	22.64	0.8	0.22	<u>2.45</u>	<u>124.5</u>	<u>1.29</u>	1.17	20.24		<u>61</u>	<u>1.56</u>
Carrots	1 4z spoodle	0000020106	23	0	0	0	0	34	5.32	1.5	3.04	0		0	0			84	
Oreo Cookies	1 1 Package	0001028988	100	4.5	1	0	0	85	16	0	9	0	0	0	1.08	0		35	
OJ/Apple/Cranberry	1 4 flz	0000024264	55	0				8	13.23		12.63	0.2		46.39		<u>2.82</u>		<u>89</u>	
Coffee/Tea	1 6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6
Meal SubTotal			<u>307.0</u>	<u>7.3</u>	<u>2.2</u>	<u>0.0</u>	<u>0.0</u>	<u>183.0</u>	<u>57.5</u>	<u>2.3</u>	<u>24.9</u>	<u>2.8</u>	<u>124.5</u>	<u>47.7</u>	<u>2.3</u>	<u>24.9</u>	<u>0.0</u>	<u>348.0</u>	<u>5.2</u>

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

Green Hills Community - Daybreak Adult Day Services

Day 30

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	<u>307.0</u>	<u>7.3</u>	<u>2.2</u>	<u>0.0</u>	<u>0.0</u>	<u>183.0</u>	<u>57.5</u>	<u>2.3</u>	<u>24.9</u>	<u>2.8</u>	<u>124.5</u>	<u>47.7</u>	<u>2.3</u>	<u>24.9</u>	<u>0.0</u>	<u>348.0</u>	<u>5.2</u>

1. Daily Totals		<u>307.0</u>	<u>7.3</u>	<u>2.2</u>	<u>0.0</u>	<u>0.0</u>	<u>183.0</u>	<u>57.5</u>	<u>2.3</u>	<u>24.9</u>	<u>2.8</u>	<u>124.5</u>	<u>47.7</u>	<u>2.3</u>	<u>24.9</u>	<u>0.0</u>	<u>348.0</u>	<u>5.2</u>
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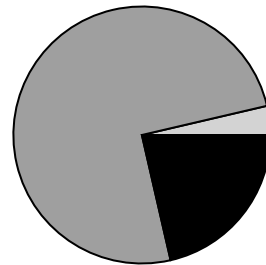
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
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3. % Nutritional Goal		14.9%	9.1%	9.6%		0.0%	7.6%	44.2%	7.7%		5.0%	2.8%	53.0%	28.8%	2.1%	0.0%	7.4%	0.7%
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4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
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5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 03.6%
	% calories of CHO = 74.9%
	% calories of FAT = 21.4%
Total = 100.0%	

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

Green Hills Community - Daybreak Adult Day Services

Day 31

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Pork and Beans	1	6oz serving	Pork and Beans	260	8.73	3.022	0	35	616	31.1	5.6	8.02	16.37	<u>9.28</u>		2.57	63.4		566	
Cornbread	1	3 x 2.5" pc	0000019741	151	3.78	1.62	0	0	336	27	1.1	8.64	2.16			1.19	33.14		0	
Tossed Salad	1	1 cup	0000020061	17	0.14	0.029	0	0	4	3.45	0.9	1.86	0.95	<u>211.88</u>	<u>4.26</u>	0.25	12.28	<u>1</u>	186	<u>28.61</u>
Choice of Dressing	1	1 Tbsp	0000024204	51	4.57	0.751	0	2	156	2.44	0	1.5	0			0	0		4	
Frozen Ice Cream Sandwich	1	4 Oz Each	0047984	304	10.12	7.087	0	30	243	50.62	0	22.27	4.05	202.5	0	0	121.5			
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2		46.39		<u>2.82</u>		<u>89</u>	
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6

Meal SubTotal				840.0	27.4	<u>12.5</u>	<u>0.0</u>	<u>67.0</u>	1,368.0	128.1	<u>7.6</u>	54.9	23.8	<u>423.7</u>	<u>50.7</u>	<u>4.0</u>	<u>235.0</u>	<u>1.0</u>	<u>924.0</u>	<u>32.2</u>
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* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Green Hills Community - Daybreak Adult Day Services

Day 31

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

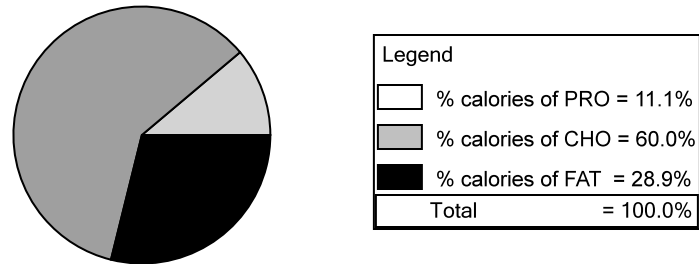
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	840.0	27.4	<u>12.5</u>	<u>0.0</u>	<u>67.0</u>	1,368.0	128.1	<u>7.6</u>	54.9	23.8	<u>423.7</u>	<u>50.7</u>	<u>4.0</u>	<u>235.0</u>	<u>1.0</u>	<u>924.0</u>	<u>32.2</u>
1. Daily Totals		840.0	27.4	<u>12.5</u>	<u>0.0</u>	<u>67.0</u>	1,368.0	128.1	<u>7.6</u>	54.9	23.8	<u>423.7</u>	<u>50.7</u>	<u>4.0</u>	<u>235.0</u>	<u>1.0</u>	<u>924.0</u>	<u>32.2</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		40.9%	34.3%	54.3%		22.3%	57.0%	98.5%	25.3%		42.5%	9.4%	56.3%	50.0%	19.6%	0.2%	19.7%	4.6%
4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	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.

Green Hills Community - Daybreak Adult Day Services

Day 32

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Swedish Meatballs	1	4 oz of meatballs	0000021044	204	13.03	<u>5.08</u>	<u>0.773</u>	<u>56</u>	209	8.12	<u>0.7</u>	<u>0.6</u>	12.86	<u>20.28</u>	<u>0.28</u>	<u>1.44</u>	<u>19.63</u>	<u>4</u>	<u>26</u>	<u>10.61</u>
Rotini Pasta	1	4z spoodle	0069327	120	0.51	0.074	0	0	0	24.12	1.2	1.73	4.04	0	0	1.25	5.82		52	48.44
Broccoli	1	4z spoodle	0000020101	26	0	0	0	0	17	3.43	1.7	1.72	0.86			0	38.08		196	
Double Chocolate Cake	1	2 x 2 2/3" pc	0201319	227	9.85	3.032	0	23	235	33.35	1.5	20.46	3.03			1.52	18.95		0	
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2		46.39		<u>2.82</u>		<u>89</u>	
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6
Meal SubTotal				634.0	23.4	<u>8.2</u>	<u>0.8</u>	<u>79.0</u>	474.0	82.5	<u>5.1</u>	<u>37.1</u>	21.1	<u>20.3</u>	<u>46.7</u>	<u>4.2</u>	<u>87.2</u>	<u>4.0</u>	<u>442.0</u>	<u>62.7</u>

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

Green Hills Community - Daybreak Adult Day Services

Day 32

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

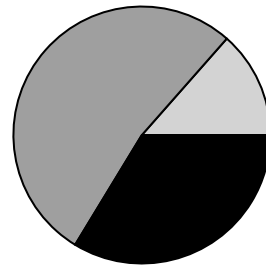
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	634.0	23.4	<u>8.2</u>	<u>0.8</u>	<u>79.0</u>	474.0	82.5	<u>5.1</u>	<u>37.1</u>	21.1	<u>20.3</u>	<u>46.7</u>	<u>4.2</u>	<u>87.2</u>	<u>4.0</u>	<u>442.0</u>	<u>62.7</u>
1. Daily Totals		634.0	23.4	<u>8.2</u>	<u>0.8</u>	<u>79.0</u>	474.0	82.5	<u>5.1</u>	<u>37.1</u>	21.1	<u>20.3</u>	<u>46.7</u>	<u>4.2</u>	<u>87.2</u>	<u>4.0</u>	<u>442.0</u>	<u>62.7</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		30.9%	29.3%	35.7%		26.3%	19.8%	63.5%	17.0%		37.7%	0.5%	51.9%	52.5%	7.3%	0.7%	9.4%	9.0%
4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 13.5%
	% calories of CHO = 52.8%
	% calories of FAT = 33.7%
	Total = 100.0%

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

Green Hills Community - Daybreak Adult Day Services

Day 33

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Zesty Lemon Pepper Turkey	1	4z slice	0146972	168	7.83	<u>2.319</u>		<u>66</u>	674	0		21.26	<u>80</u>		<u>1.09</u>	<u>20.25</u>				
Baby Baker Potatoes	1	5 potatoes	0000024605	116	2.32	0	0	0	209	19.69	1.2	0	3.48		0.93	11.58		301		
Malibu Vegetable Blend	1	4z spoodle	0058676	14	0	0	0	0	19	2.86	1.4	1.43	0.48		0	13.85		91		
Blackberry Pie	1	1/10th slice	Blackberry Pie	365	13.95	6.438	0	0	311	55.79	2.1	25.75	3.22		2.15	16.09		43		
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2	46.39		<u>2.82</u>		<u>89</u>		
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6
Meal SubTotal				720.0	24.1	<u>8.8</u>	<u>0.0</u>	<u>66.0</u>	1,226.0	91.8	<u>4.7</u>	<u>39.8</u>	28.8	<u>80.0</u>	<u>46.4</u>	<u>4.2</u>	<u>66.5</u>	<u>0.0</u>	<u>603.0</u>	<u>3.6</u>

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

Green Hills Community - Daybreak Adult Day Services

Day 33

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

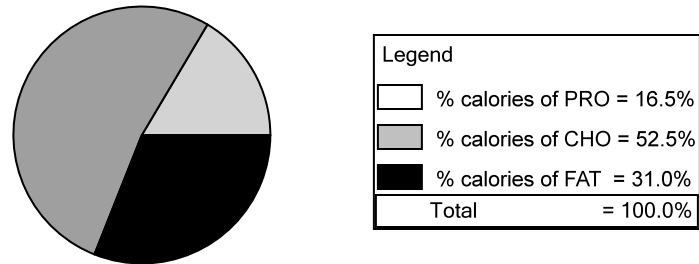
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	720.0	24.1	<u>8.8</u>	<u>0.0</u>	<u>66.0</u>	1,226.0	91.8	<u>4.7</u>	<u>39.8</u>	28.8	<u>80.0</u>	<u>46.4</u>	<u>4.2</u>	<u>66.5</u>	<u>0.0</u>	<u>603.0</u>	<u>3.6</u>
1. Daily Totals		720.0	24.1	<u>8.8</u>	<u>0.0</u>	<u>66.0</u>	1,226.0	91.8	<u>4.7</u>	<u>39.8</u>	28.8	<u>80.0</u>	<u>46.4</u>	<u>4.2</u>	<u>66.5</u>	<u>0.0</u>	<u>603.0</u>	<u>3.6</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		35.1%	30.2%	38.3%		22.0%	51.1%	70.6%	15.7%		51.4%	1.8%	51.6%	52.5%	5.5%	0.0%	12.8%	0.5%
4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	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.

Green Hills Community - Daybreak Adult Day Services

Day 34

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Pot Roast	1	3z piece	0000019978	182	12.16	4.559	0	56	106	1.01	0	0	17.22	0	0	1.82	0			
Mashed Potatoes w/Gravy	1	#8 scp, 2z ladle	0000024187	117	3.51	1.59	0	0	57	18.89	1.7	0.01	2.04	<u>158.4</u>		0.4	13.37		<u>274</u>	
Brussels Sprouts	1	4z spoodle	0000020296	29	0.29	0.06	0	0	7	5.61	2.7		2.7			0.66	18.49		264	
White Chocolate Raspberry Cookie	1	1 Each	0274243	196	8.72	5.452	0	16	136	28.35	0	17.45	2.18			1.09	25.08		48	
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2		46.39		<u>2.82</u>		<u>89</u>	
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6
Meal SubTotal				581.0	24.7	<u>11.7</u>	<u>0.0</u>	<u>72.0</u>	319.0	67.4	<u>4.4</u>	<u>30.1</u>	24.5	<u>158.4</u>	<u>46.4</u>	<u>4.0</u>	<u>61.6</u>	<u>0.0</u>	<u>754.0</u>	<u>3.6</u>

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

Green Hills Community - Daybreak Adult Day Services

Day 34

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

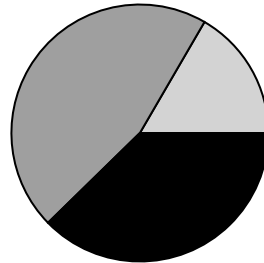
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	581.0	24.7	<u>11.7</u>	<u>0.0</u>	<u>72.0</u>	319.0	67.4	<u>4.4</u>	<u>30.1</u>	24.5	<u>158.4</u>	<u>46.4</u>	<u>4.0</u>	<u>61.6</u>	<u>0.0</u>	<u>754.0</u>	<u>3.6</u>
1. Daily Totals		581.0	24.7	<u>11.7</u>	<u>0.0</u>	<u>72.0</u>	319.0	67.4	<u>4.4</u>	<u>30.1</u>	24.5	<u>158.4</u>	<u>46.4</u>	<u>4.0</u>	<u>61.6</u>	<u>0.0</u>	<u>754.0</u>	<u>3.6</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		28.3%	31.0%	50.9%		24.0%	13.3%	51.8%	14.7%		43.8%	3.5%	51.6%	50.0%	5.1%	0.0%	16.0%	0.5%
4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 16.6%
	% calories of CHO = 45.7%
	% calories of FAT = 37.7%
	Total = 100.0%

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

Green Hills Community - Daybreak Adult Day Services

Day 35

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

Diet Restriction: Regular

Nutritional Goal:

Males >70 Years

KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0

Food Description

Lunch

Ham Loaf	1	4z slice	0143966	333	14	<u>5.295</u>		<u>130</u>	920	26.22	<u>0.2</u>	<u>18.06</u>	25.09	<u>126.63</u>	<u>0.67</u>	<u>1.32</u>	<u>43.36</u>	<u>17</u>	<u>710</u>	<u>102.57</u>
Butter Beans	1	4z spoodle	0089626	111	0	0	0	0	332	21.23	6.5	3.69	6.46			2.77	28.62		550	
Prince Charles Veggie Blend	1	4z spoodle	0000020123	21	0	0	0	0	11	4.24	1.4	1.41	0.71			0.28	21.22		64	
Carrot Cake	1	2 x 2 2/3"pc	0201293	298	13.93	3.482	0	40	279	38.79	1	25.86	2.98			1.02	23.31			
OJ/Apple/Cranberry	1	4 flz	0000024264	55	0				8	13.23		12.63	0.2			46.39	<u>2.82</u>		<u>89</u>	
Coffee/Tea	1	6 flz	0000020563	2	0.02	0.004	0	0	5	0.27	0	0	0.11	0	0	0.03	1.86	0	79	3.6

Meal SubTotal				820.0	28.0	<u>8.8</u>	<u>0.0</u>	<u>170.0</u>	1,555.0	104.0	<u>9.1</u>	<u>61.7</u>	35.6	<u>126.6</u>	<u>47.1</u>	<u>5.4</u>	<u>121.2</u>	<u>17.0</u>	<u>1,492.0</u>	<u>106.2</u>
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* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Green Hills Community - Daybreak Adult Day Services

Day 35

Menu Cycle: 2024 Spring/Summer Green Hills Community

Unit Name: GREEN HILLS COMMUNITY 64594E

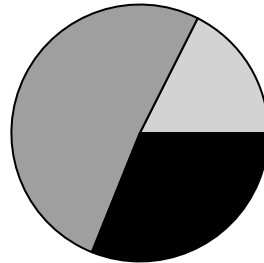
Diet Restriction: Regular

Summary Information

		KCAL	FAT	SFA	FATR	CHOL	NA	CHO	FIBTG	SUGAR	PRO	VITAIU	VITC	FE	CA	VITDIU	K	P
		KCAL	Gram	GRAM	GRAM	MG	MG	GRAM	GRAM	GRAM	Gram	IU	MG	MG	MG	IU	MG	MG
Lunch	Totals	820.0	28.0	<u>8.8</u>	<u>0.0</u>	<u>170.0</u>	1,555.0	104.0	<u>9.1</u>	<u>61.7</u>	35.6	<u>126.6</u>	<u>47.1</u>	<u>5.4</u>	<u>121.2</u>	<u>17.0</u>	<u>1,492.0</u>	<u>106.2</u>
1. Daily Totals		820.0	28.0	<u>8.8</u>	<u>0.0</u>	<u>170.0</u>	1,555.0	104.0	<u>9.1</u>	<u>61.7</u>	35.6	<u>126.6</u>	<u>47.1</u>	<u>5.4</u>	<u>121.2</u>	<u>17.0</u>	<u>1,492.0</u>	<u>106.2</u>
2. Nutritional Goals		2,054.0	79.8	23.0		300.0	2,400.0	130.0	30.0	0.0	56.0	4,500.0	90.0	8.0	1,200.0	600.0	4,700.0	700.0
3. % Nutritional Goal		39.9%	35.1%	38.3%		56.7%	64.8%	80.0%	30.3%		63.6%	2.8%	52.3%	67.5%	10.1%	2.8%	31.7%	15.2%
4. Deviation From Nutritional Goal		0.0	0.0	0.0		0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
	% calories of PRO = 17.6%
	% calories of CHO = 51.3%
	% calories of FAT = 31.1%
	Total = 100.0%

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