

Demo Sponsor
Food and Vitamin Analysis By Meal
For Date Range: 12/01/2012 - 12/31/2012

Active & Hold, Monitor = Johnson, Lori(009)

01734 Ava Wohlferd

Serving Counts

High Fat Count: 18 18 / 206 = 8.7%	High Salt Count: 0	Vitamin A Count: 50 50 / 206 = 24.3%	Vitamin C Count: 51 51 / 206 = 24.8%	Iron Count: 31 31 / 206 = 15.0%
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Food Counts

High Fat Count: 11 11 / 89 = 12.4%	High Salt Count: 0	Vitamin A Count: 8 8 / 89 = 9.0%	Vitamin C Count: 22 22 / 89 = 24.7%	Iron Count: 20 20 / 89 = 22.5%
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<u>High Fat</u>	<u>Vitamin A</u>	<u>Vitamin C</u>	<u>Iron</u>
<u>Lunch</u>	<u>AM Snack</u>	<u>AM Snack</u>	<u>AM Snack</u>
1 Chicken Breaded (021) HF (I)	2 Lowfat Milk - 1% (5) (A)	2 Bananas (004) (C)	1 Egg (070) (I)
1 Corn Dog / Puppy (012) HF	<u>Lunch</u>	1 Apple Juice / Apple Cider / Blend (1 Raisins & Fruit / Veg (031) (I)
1 Chow Mein Noodles (004) HF	1 Carrots (163) (A)	<u>Lunch</u>	<u>Lunch</u>
1 Croissants (006) HF	1 Mixed Vegetables (183) (A)	2 Blackberries (005) (C)	3 Beef Ground (003) (I)
2 French Fries (170) HF (C)	1 Peas and Carrots (200) (ACI)	2 French Fries (170) HF (C)	1 Chicken Breaded (021) HF (I)
<u>PM Snack</u>	7 Lowfat Milk - 1% (5) (A)	1 Apples (001) (C)	1 Ham (037) (I)
2 American Cheese (082) HF	3 Flavored Milk 1% or skim (3) (A)	1 Oranges / Tangerines / Tangelos (02	1 Other Chicken (025) (I)
1 Cheese Curds (083) HF	<u>PM Snack</u>	1 Peas (188) (C)	1 Pepperoni (015) (I)
1 Corn Dog / Puppy (012) HF	1 Fruit Salad (017) (AC)	1 Peas and Carrots (200) (ACI)	1 Pork Roast (042) (I)
<u>Dinner</u>	4 Lowfat Milk - 1% (5) (A)	1 Pineapple (027) (C)	1 Tuna (054) (I)
1 Breaded Fish (048) HF	<u>Dinner</u>	1 Potatoes (203) (C)	1 Peas and Carrots (200) (ACI)
1 Cheddar / Colby Cheese (084) HF	4 Peas and Carrots (200) (ACI)	<u>PM Snack</u>	1 Raisins & Fruit / Veg (031) (I)
1 Corn Dog / Puppy (012) HF	2 Broccoli (160) (AC)	2 Apple Juice / Apple Cider / Blend (<u>PM Snack</u>
1 Turkey Franks (028) HF (I)	2 Fruit Salad (017) (AC)	1 Apples (001) (C)	1 Peanut Butter & Cottage Cheese (07
1 Croissants (006) HF	1 Carrots (163) (A)	1 Blueberries (006) (C)	1 Peanut Butter - Dip (075) (I)
1 Fried Rice (065) HF	1 Fruit Cocktail (012) (AC)	1 Fruit Salad (017) (AC)	<u>Dinner</u>
1 French Fries (170) HF (C)	1 Mixed Vegetables (183) (A)	1 Grape Juice / Blend (056) (C)	2 Chicken Unbreaded (022) (I)
<u>Evening Snack</u>	16 Lowfat Milk - 1% (5) (A)	1 Orange / Tangerine Juice / Blend (0	2 Ham (037) (I)
1 American Cheese (082) HF	<u>Evening Snack</u>	1 Pineapple (027) (C)	1 Beef Roast (007) (I)
	1 Carrots (163) (A)	<u>Dinner</u>	1 Canadian Bacon (035) (I)
	2 Lowfat Milk - 1% (5) (A)	4 Peas and Carrots (200) (ACI)	1 Deli Turkey (026) (I)
		4 Potatoes (203) (C)	1 Stew Meat - Beef (017) (I)
		2 Broccoli (160) (AC)	1 Turkey Franks (028) HF (I)
		2 Cabbage (162) (C)	1 Turkey Ground (030) (I)
		2 Fruit Salad (017) (AC)	1 Turkey Ham (031) (I)
		1 Asparagus (150) (C)	4 Peas and Carrots (200) (ACI)
		1 Bananas (004) (C)	<u>Evening Snack</u>
		1 Blueberries (006) (C)	1 Peanut Butter & Cottage Cheese (07
		1 French Fries (170) HF (C)	
		1 Fruit Cocktail (012) (AC)	
		1 Onions (186) (C)	
		1 Peaches / Nectarines (025) (C)	
		1 Peas (188) (C)	
		1 Raspberries (032) (C)	
		<u>Evening Snack</u>	
		2 Strawberries (035) (C)	
		1 Bananas (004) (C)	
		1 Blueberries (006) (C)	
		1 Grape Juice / Blend (056) (C)	
		1 Pineapple (027) (C)	
		1 Raspberries (032) (C)	