

MKA-01 2018 Menu and Nutritional Analysis

Name of Item	Type	Weight grams	Calories	Fat Grams	Saturated Fat Grams	Transfat Grams	Cholesterol Miligrams	Sodium milligrams	Carbohydrate Grams	Fibre Grams	Sugar Grams	Protein Grams	Vitamin A %	Vitamin C %	Calcium %	Iron %
<b>Menu 1 - Spaghetti With Meat Sauce</b>																
Spaghetti W Meat and Sauce	Entrée	227	220	8.0	3.5	-	30	680	26	2	7	14	10	15	8	20
Au Gratin Potatoes	Side	142	230	11.0	7.0	-	35	470	28	2	3	5	2	8	8	4
TFF Lemon poppy seed Pound Cake	Dessert	71	270	12.0	4.0	-	45	180	35	-	19	3	-	-	4	10
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Cheese Spread Fortified	Spread	43	180	17.0	10.0	-	50	300	1	-	-	5	60	70	15	-
Grape Electrolyte	Beverage 1	24	90	-	-	-	-	130	23	-	22	-	-	-	-	-
Cocoa Beverage Powder	Drink	35	140	4.5	4.0	-	-	20	25	1	17	1	2	-	2	4
<b>Total</b>		<b>589</b>	<b>1,310</b>	<b>57.5</b>	<b>29.5</b>	<b>-</b>	<b>160</b>	<b>1,865</b>	<b>166</b>	<b>6</b>	<b>69</b>	<b>32</b>	<b>74</b>	<b>93</b>	<b>37</b>	<b>48</b>

<b>Menu 2 - Chili With Beans</b>																
Chili With Beans	Entrée	227	240	10.0	4.5	-	35	990	22	4	5	16	35	25	6	20
Santa Fe Style Rice and Beans	Side	142	170	5.0	2.5	-	10	500	26	3	5	6	20	10	15	8
TFF Carrot Pound Cake	Dessert	71	290	13.0	2.0	-	45	230	40	1	22	3	10	-	6	10
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Strawberry Jam	Spread	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Grape Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage Powder	Drink	35	140	4.5	4.0	-	-	20	25	1	17	1	2	-	2	4
<b>Total</b>		<b>574</b>	<b>1,180</b>	<b>37.5</b>	<b>14.0</b>	<b>-</b>	<b>90</b>	<b>1,975</b>	<b>180</b>	<b>10</b>	<b>88</b>	<b>30</b>	<b>67</b>	<b>35</b>	<b>29</b>	<b>52</b>

<b>Menu 3 - Elbow Macaroni (Vegetarian)</b>																
Elbow Macaroni in Tomato Sauce	Entree	227	220	3.5	-	-	-	500	40	4	12	7	10	45	6	10
Au Gratin Potatoes	Side	142	230	11.0	7.0	-	35	470	28	2	3	5	2	8	8	4
Chocolate Chip Cookie	Dessert	60	280	13.0	4.0	-	10	210	39	1	20	3	-	-	2	6
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Cheese Spread Fortified	Spread	43	180	17.0	10.0	-	50	300	1	-	-	5	60	70	15	-
Lemon Lime Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage Powder	Drink	35	140	4.5	4.0	-	-	20	25	1	17	1	2	-	2	4
<b>Total</b>		<b>578</b>	<b>1,320</b>	<b>54.0</b>	<b>26.0</b>	<b>-</b>	<b>95</b>	<b>1,735</b>	<b>183</b>	<b>9</b>	<b>75</b>	<b>25</b>	<b>74</b>	<b>123</b>	<b>33</b>	<b>34</b>

<b>Menu 4 -Cheese Tortellini (Vegetarian)</b>																
Cheese Tortellini	Entrée	227	240	6.0	1.0	-	25	510	37	2	4	9	2	2	10	10
Santa Fe Style Rice and Beans	Side	142	170	5.0	2.5	-	10	500	26	3	5	6	20	10	15	8
Chocolate Chip Cookie	Dessert	60	280	13.0	4.0	-	10	210	39	1	20	3	-	-	2	6
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Grape Jelly	Spread	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Lemon Lime Electrolyte	Beverage 1	24	90	-	-	-	-	130	23	-	22	-	-	-	-	-
Cocoa Beverage Powder	Drink	35	140	4.5	4.0	-	-	20	25	1	17	1	2	-	2	4
<b>Total</b>		<b>563</b>	<b>1,170</b>	<b>33.5</b>	<b>12.5</b>	<b>-</b>	<b>45</b>	<b>1,455</b>	<b>195</b>	<b>8</b>	<b>85</b>	<b>23</b>	<b>24</b>	<b>12</b>	<b>29</b>	<b>38</b>

<b>Menu 5 - Meatballs in Marinara Sauce</b>																
Meatballs in Marinara Sauce	Entrée	227	280	14.0	5.0	-	30	1,030	27	2	7	10	6	2	8	10
Black Beans in Sauce	Side	142	130	3.5	0.5	-	-	850	30	13	2	8	4	10	6	15
Vanilla Pudding	Dessert	75	300	3.5	3.0	-	5	340	61	-	49	6	8	2	50	2
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Cheese Spread Fortified	Spread	43	180	17.0	10.0	-	50	300	1	-	-	5	60	70	15	-
Fruit Punch Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage Powder	Drink	35	140	4.5	4.0	-	-	20	25	1	17	1	2	-	2	4
<b>Total</b>		<b>593</b>	<b>1,300</b>	<b>47.5</b>	<b>23.5</b>	<b>-</b>	<b>85</b>	<b>2,775</b>	<b>194</b>	<b>17</b>	<b>98</b>	<b>34</b>	<b>80</b>	<b>84</b>	<b>81</b>	<b>41</b>

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Name of Item	Type	Weight grams	Calories	Fat Grams	Saturated Fat Grams	Transfat Grams	Cholesterol Miligrams	Sodium milligrams	Carbohydrate Grams	Fibre Grams	Sugar Grams	Protein Grams	Vitamin A %	Vitamin C %	Calcium %	Iron %
<b>Menu 6 -Vegetable lasagna (Vegetarian)</b>																
Vegetable Lasagna	Entrée	227	250	4.5	1.5	-	5	840	44	5	7	11	8	15	10	15
Zapplesauce	Side	128	130	-	-	-	-	-	33	2	19	-	-	520	-	2
TFF Spice Pound Cake	Dessert	71	260	12.0	4.0	-	40	190	34	1	18	3	-	-	2	8
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Grape Jelly	Spread	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Fruit Punch Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage Powder	Drink	35	140	4.5	4.0	-	-	20	25	1	17	1	2	-	2	4
<b>Total</b>		<b>560</b>	<b>1,120</b>	<b>26.0</b>	<b>10.5</b>	<b>-</b>	<b>45</b>	<b>1,285</b>	<b>203</b>	<b>10</b>	<b>100</b>	<b>19</b>	<b>10</b>	<b>535</b>	<b>14</b>	<b>39</b>

<b>Menu 7 - Beef Ravioli</b>																
Beef Ravioli in Meat Sauce	Entrée	227	280	8.0	3.5	-	25	670	34	2	5	16	6	10	8	15
Zapplesauce	Side	128	130	-	-	-	-	-	33	2	19	-	-	520	-	2
Chocolate Pudding	Dessert	75	300	3.5	3.0	-	5	340	61	-	49	6	8	2	50	2
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Strawberry Jam	Spread	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Lemon Lime Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage Powder	Drink	35	140	4.5	4.0	-	-	20	25	1	17	1	2	-	2	4
<b>Total</b>		<b>564</b>	<b>1,190</b>	<b>21.0</b>	<b>11.5</b>	<b>-</b>	<b>30</b>	<b>1,265</b>	<b>220</b>	<b>6</b>	<b>129</b>	<b>27</b>	<b>16</b>	<b>532</b>	<b>60</b>	<b>33</b>

<b>Menu 8 - Vegetarian Taco Pasta (Vegetarian)</b>																
Vegetarian Taco Pasta	Entree	227	250	7.0	1.0	-	-	1,080	40	9	8	12	25	70	10	20
Black Beans in Sauce	Side	142	130	3.5	0.5	-	-	850	30	13	2	8	4	10	6	15
TFF Spice Pound Cake	Dessert	71	260	12.0	4.0	-	40	190	34	1	18	3	-	-	2	8
Tortillas	Bread	57	180	5.0	2.5	-	-	360	26	1	3	4	-	-	20	10
Fruit Punch Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage Powder	Drink	35	140	4.5	4.0	-	-	20	25	1	17	1	2	-	2	4
Blackberry Jam	Spread	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
<b>Total</b>		<b>584</b>	<b>1,120</b>	<b>32.0</b>	<b>12.0</b>	<b>-</b>	<b>40</b>	<b>2,650</b>	<b>194</b>	<b>25</b>	<b>86</b>	<b>28</b>	<b>31</b>	<b>80</b>	<b>40</b>	<b>57</b>

<b>Menu 9 - Hash Browns with Sausage Patty</b>																
Hash Browns	Entree	227	270	10.0	4.0	-	25	910	33	3	-	11	-	130	2	6
Pork Sausage Patty	Side	74	240	21.0	7.0	-	50	520	2	-	4	10	-	-	-	4
Brown Sugar Toaster Pastry	Dessert	52	210	9.0	3.0	-	-	180	37	-	16	2	10	-	-	10
Wheat Snack Bread	Bread	57	180	5.0	2.5	-	-	360	26	1	3	4	-	-	20	10
Blackberry Jam	Spread	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Orange Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage Powder	Drink	35	140	4.5	4.0	-	-	20	25	1	17	1	2	-	2	4
<b>Total</b>		<b>497</b>	<b>1,200</b>	<b>49.5</b>	<b>20.5</b>	<b>-</b>	<b>75</b>	<b>2,140</b>	<b>162</b>	<b>5</b>	<b>78</b>	<b>28</b>	<b>12</b>	<b>130</b>	<b>24</b>	<b>34</b>

<b>Menu 10 - Apple Maple Oatmeal (Vegetarian)</b>																
Apple Maple Rolled Oats	Entrée	227	200	1.5	-	-	-	135	44	3	28	4	-	4	4	8
Zapplesauce	Side	128	130	-	-	-	-	-	33	2	19	-	-	520	-	2
Brown Sugar Toaster Pastry	Dessert	52	210	9.0	3.0	-	-	180	37	-	16	2	10	-	-	10
Wheat Snack Bread	Bread	57	180	5.0	2.5	-	-	360	26	1	3	4	-	-	20	10
Peanut Butter Fortified	Spread	43	250	21.0	4.0	-	-	220	10	3	4	10	-	-	2	4
Double Orange Electrolyte	Beverage 1	48	180	-	-	-	-	300	44	-	44	-	-	-	-	-
Cocoa Beverage Powder	Drink	35	140	4.5	4.0	-	-	20	25	1	17	1	2	-	2	4
<b>Total</b>		<b>589</b>	<b>1,290</b>	<b>41.0</b>	<b>13.5</b>	<b>-</b>	<b>-</b>	<b>1,215</b>	<b>219</b>	<b>10</b>	<b>131</b>	<b>21</b>	<b>12</b>	<b>524</b>	<b>28</b>	<b>38</b>

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Name of Item	Type	Weight grams	Calories	Fat Grams	Saturated Fat Grams	Transfat Grams	Cholesterol Miligrams	Sodium milligrams	Carbohydrate Grams	Fibre Grams	Sugar Grams	Protein Grams	Vitamin A %	Vitamin C %	Calcium %	Iron %
<b>Menu 11 - Hash Browns with Sausage Patty</b>																
Hash Browns	Entree	227	270	10.0	4.0	-	25	910	33	3	-	11	-	130	2	6
Pork Sausage Patty	Side	74	240	21.0	7.0	-	50	520	2	-	4	10	-	-	-	4
Brown Sugar Toaster Pastry	Dessert	52	210	9.0	3.0	-	-	180	37	-	16	2	10	-	-	10
Wheat Snack Bread	Bread	57	180	5.0	2.5	-	-	360	26	1	3	4	-	-	20	10
Strawberry Jam	Spread	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Orange Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage Powder	Drink	35	140	4.5	4.0	-	-	20	25	1	17	1	2	-	2	4
<b>Total</b>		<b>497</b>	<b>1,200</b>	<b>49.5</b>	<b>20.5</b>	<b>-</b>	<b>75</b>	<b>2,140</b>	<b>162</b>	<b>5</b>	<b>78</b>	<b>28</b>	<b>12</b>	<b>130</b>	<b>24</b>	<b>34</b>
<b>Menu 12 - Apple Maple Oatmeal (Vegetarian)</b>																
Apple Maple Rolled Oats	Entrée	227	200	1.5	-	-	-	135	44	3	28	4	-	4	4	8
Zapplesauce	Side	128	130	-	-	-	-	-	33	2	19	-	-	520	-	2
Brown Sugar Toaster Pastry	Dessert	52	210	9.0	3.0	-	-	180	37	-	16	2	10	-	-	10
Wheat Snack Bread	Bread	57	180	5.0	2.5	-	-	360	26	1	3	4	-	-	20	10
Peanut Butter Fortified	Spread	43	250	21.0	4.0	-	-	220	10	3	4	10	-	-	2	4
Orange Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage Powder	Drink	35	140	4.5	4.0	-	-	20	25	1	17	1	2	-	2	4
<b>Total</b>		<b>565</b>	<b>1,200</b>	<b>41.0</b>	<b>13.5</b>	<b>-</b>	<b>-</b>	<b>1,065</b>	<b>197</b>	<b>10</b>	<b>109</b>	<b>21</b>	<b>12</b>	<b>524</b>	<b>28</b>	<b>38</b>
<b>AVG Menu Totals (Per Meal)</b>		<b>563</b>	<b>1,217</b>	<b>40.8</b>	<b>17.3</b>	<b>-</b>	<b>62</b>	<b>1,797</b>	<b>190</b>	<b>10</b>	<b>94</b>	<b>33</b>	<b>35</b>	<b>234</b>	<b>36</b>	<b>41</b>
<b>% calories from fat</b>		<b>30%</b>	<b>30%</b>													