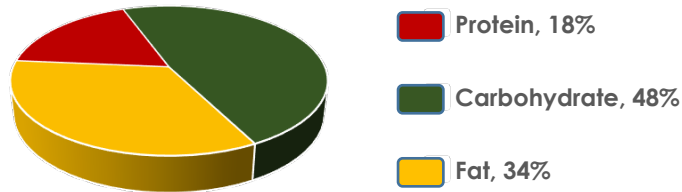


This Nutritional Analysis represents a realistic daily nutrient intake, consisting of full portions of entrées and main choices in each meal, based on a variety of reasonable and representative meal choices from the available 28-day menu cycle. Desserts are not included in the Nutritional Analysis.

### Average Percentage of Calories



### Average Daily Nutrient Content

Nutrient	Average Daily Nutrient Content					RDI Goal (Adults)
	Week 1	Week 2	Week 3	Week 4	4 Week Average	
Calories, kcal	2,031	2,040	2,041	1,975	2,022	2,000 kcal
Protein, g	92	101	90	92	94	50 g
Carbohydrate, g	239	235	252	240	242	275 g
Fat, Total, g	79	80	75	72	77	78 g
- Polyunsaturated Fat, g	13	14	16	13	14	---
- Monounsaturated, g	32	33	27	30	31	---
- Saturated Fat, g	23	27	26	20	24	20 g
- Trans Fatty Acid, g	1.3	1	1	1	1.1	---
- Cholesterol, mg	450	419	438	420	432	300 mg
Dietary Fiber, Total, g	27	24	28	28	27	28 g
Sodium, mg	2,785	2,344	2,558	3,120	2,702	2,300 mg
Potassium, mg	3,395	3,557	3,440	3,522	3,479	4,700 mg
Vitamin A, IU	12,578	6,490	11,958	10,057	10,271	5,000 IU
Vitamin C, mg	332	256	263	301	288	90 mg
Thiamin (B1), mg	1.5	1.8	1.9	1.6	1.7	1.2 mg
Riboflavin (B2), mg	1.7	2.3	1.6	1.3	1.7	1.3 mg
Niacin (B3), mg	24.2	31.5	24.6	24.3	26.2	20.0 mg
Vitamin B6, mg	1.9	2.4	2.2	2.1	2.2	1.7 mg
Vitamin B12, mcg	3.5	6.9	4.9	4.1	4.9	2.4 mcg
Folate (Total), mcg	401	474	414	407	424	400 mcg
Calcium, mg	1,350	1,380	1,410	1,325	1,366	1,300 mg
Iron, mg	19	19	20	18	19	18 mg
Phosphorus, mg	1,216	1,379	1,237	1,258	1,273	1,250 mg
Magnesium, mg	275	313	241	275	276	420 mg
Zinc, mg	11.5	11.3	10.8	10.9	11.1	11.0 mg