



MenuWorks Nutrient Analysis Report Days 1-7

Report Run By: CHRISTOPHER BORDEY
 Run Date: 02/09/2022
 LAC+USC Healthcare Network (18841)

Report Parameters			
Menus Included:	*018841 Entrée Reimagined - Assembly	Nutrition Analysis:	Sum All
Days/Dates Included:	1 - 7	Cost Analysis:	Sum All
Locations Included:	LAC+USC Healthcare Network	Menu Item Display:	All Items
Meal Periods Included:	Lunch, Dinner	Report Details:	Detailed Totals
Stations Included:	Exhibition, Verde, The Roost, Honest Bowl, Callaloo, Smokehouse, Drums & Flats, Spud Shack, Cheese Louise, Zen, Tavola Italiana		
Diets Included:			

Purpose of the Report:

The purpose of the MenuWorks Nutrient Analysis Report is to provide menu nutrition information and evaluate nutrition compliance against dietary standards assigned to the menu.

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

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MenuWorks Nutrient Analysis Report Days 1-7

Report Run By: CHRISTOPHER BORDEY
Run Date: 02/09/2022
LAC+USC Healthcare Network (18841)

Menu Name: *018841 Entrée Reimagined - Assembly
Location Name: LAC+USC Healthcare Network

Displaying Nutrient Set (1 of 1)

Sunday, Week 1

Lunch - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Corn Chowder (19622)	1 ladle-6oz	297.6	92.7	2	18.3	0	2.3	2.2	130.6	269.9	23.1	0.5	19.1+	0.42
Herb Tilapia (23875.2)	1 each	93.5	145	5.9	0.1	50.4	23.2	0	49.7	341	15.4	0.7	4	1.34
Ancient Grain (82756)	1/2 cup	151.2	139	0.8	28	0	5.3	3.9	25.4	151.7+	33.1	1.2	45.2+	0.41
Sauteed Zucchini and Squash (26267.3)	1/2 cup	63.1	35	2.9	2.1	0	0.7	0.6	2.9	145.2	11.3	0.2	5.4	2.22
Turkey Bolognese (5427.25)	1/2 cup	169.4	110.1	5.4	7.3	31.3	8.9	2.7	50	368.2	60	1.4	109.6	0.48
Whole Wheat Penne Pasta (14387)	1/2 cup	69.9	105.9	1.5	20.8	0	4.2	2.7	113.7	66.6	9.1	1.2	0	0.06
Fresh Green Beans (21354.2)	1/2 cup	69.5	36.3	1.6	5.4	0	1.3	2.2	30.2	99.3	30	0.4	21.8	0.46
Vegetarian Hoppin John (43093)	1 cup	289.7	352.8	19.9	37	0+	8.1	5.1	96.2	542.6+	63.2+	3.1	109.4+	1.02
Exhibition Totals			1,016.9	40	119	81.8+	54	19.5	498.5	1984.5+	245.1+	8.8	314.5+	6.41
Lunch Totals			1,016.9	40	119	81.8+	54	19.5	498.5	1984.5+	245.1+	8.8	314.5+	6.41

Dinner - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Corn Chowder (19622)	1 ladle-6oz	297.6	92.7	2	18.3	0	2.3	2.2	130.6	269.9	23.1	0.5	19.1+	0.42
Herb Tilapia (23875.2)	1 each	93.5	145	5.9	0.1	50.4	23.2	0	49.7	341	15.4	0.7	4	1.34
Ancient Grain (82756)	1/2 cup	151.2	139	0.8	28	0	5.3	3.9	25.4	151.7+	33.1	1.2	45.2+	0.41
Turkey Bolognese & White Penne Pasta (20767.1)	4 ounce	113.4	137.8	5	16.3	14.9	7.1	1.8	49.2	159.3	50.7	1.2	19.2	0.27
Vegetarian Hoppin John (43093)	1 cup	289.7	352.8	19.9	37	0+	8.1	5.1	96.2	542.6+	63.2+	3.1	109.4+	1.02
Squash Medley (20571.1)	1/2 cup	117.2	55.5	4.3	4.1	0	1.3	1.2+	45	273.5	23	0.5	13.8+	4.21

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Sunday, Week 1

Dinner - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Baked Turkey Bolognese & Wheat Pasta (20767.5)	1-3/4 cup	315.2	348.7	10.3	48.9	38.5	20	8	353.6	496.6	141.7	4	51	0.69
Fresh Green Beans (21354.2)	1/2 cup	69.5	36.3	1.6	5.4	0	1.3	2.2	30.2	99.3	30	0.4	21.8	0.46
Exhibition Totals			1,307.9	49.8	158	103.8+	68.6	24.5+	779.7	2334+	380.3+	11.6	283.5+	8.82
Dinner Totals			1,307.9	49.8	158	103.8+	68.6	24.5+	779.7	2334+	380.3+	11.6	283.5+	8.82
Daily Totals for Day 1			2,324.8	89.8	277	185.5+	122.5	44+	1,278.2	4318.5+	625.3+	20.4	598+	15.23
Daily Value			2000	78	275	300	50	28	2300	4700	1300	18	900	-
% Daily Value			116.24%	115.16%	100.73%	61.83%	245.03%	156.97%	55.57%	91.88%	48.1%	113.21%	66.45%	-

Monday, Week 1

Lunch - Verde

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Vegetable Beef Soup (22151.12)	1 serving(s)	180.5	68.3	4.6	2.9	9.3	3.7	0.7	152.7	115.6	17	0.4	87.9+	0.32
Broccoli Cheddar Soup (22097)	1 ladle-6oz	156.9	116.6	7.3	10.3	6	3.3	1.4	191	223.1	79.4	0.4	8.3+	0.57
Mexican Brown Rice (45929.1)	1/2 cup	91.8	106.8	2	20.1	0	2.2	1.7	52	112.1	12.8	0.6	25.9	0.10
Spicy Shrimp (41751.2)	1/2 cup	122	131	5.2	3.3	142.9	18.8	1.1+	572.6	324.6	67.9	0.8	59.6+	1.57
Mexican Street Corn Salad (105326)	4 ounce	113.4	182.5	13.6	12.6	13.9	3.9	2.5	250.1	246.4+	95.9	0.7	48.8+	0.87
Chipotle Salsa (41626.2)	2 floz	58.8	33.2	1.9	4	0	0.7	1	377.1	124.4+	13.7	0.2	28.1+	0.34
Guacamole (16042)	2 tbsp	27.6	29.1	2.5	2	0	0.4	1.3	125.9	105	3.5	0.1	5.7	0.29
Sliced Radishes (71070.1)	1/4 cup	29	4.6	0	1	0	0.2	0.5	11.3	67.6	7.2	0.1	0	0.21
Chips and Salsa (19670.5)	1 plate	141.7	237.7	8.4	38	0	5	5.7	195.8	273.2	71.1	1.1	22.5	0.48
Verde Totals			909.9	45.4	94.1	172.2	38.2	15.8+	1,928.4	1591.8+	368.7	4.4	286.7+	4.74

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Monday, Week 1
Lunch - The Roost

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Pickled Brined Fried Chicken (128584.1)	6 oz portion	284.7	411.6	10	54.5	58.4	25.1	3	3,170	310.3+	389.7	4.9	69.3+	1.10
Sweet and Spicy Brussel Sprouts (33992.104)	1/2 cup	83.5	60.7	2.2	10.1	0	2	2	140.2	244.6	28.3	1	29.5	0.31
Cheesy Scallion Hash Brown Casserole (128997)	1/2 cup	155.9	197.1	11.7	14.9	92.8+	8.8	1.7+	445.7	316.2+	176.2+	1.4+	82.7+	0.75
Fresh Dill Pickle Spears (112543.1)	1 each	44.9	6.8	0	1.5	0	0.3	0.2	266.8	62	7.1	0.1	2.1	0.20
Peppercorn Ranch Dressing (82821.2)	1 tbsp	14.2	20.3	0.1	4.6	0.1	0.1	0.1	92	1.7+	3.7	0	0+	0.06
Peach Crumble (92597)	1 each	137.4	462.3	26.8	53.1	18.5	4.4	2.1	235.5	93.7	34.2	1.8	58.6+	0.72
The Roost Totals			1,158.7	50.8	138.9	169.7+	40.5	9.1+	4,350.1	1028.5+	639.1+	9.3+	242.2+	3.15
Lunch Totals			2,068.6	96.3	233	341.9+	78.8	25+	6,278.5	2620.3+	1007.9+	13.7+	528.8+	7.88

Dinner - Verde

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Vegetable Beef Soup (22151.12)	1 serving(s)	180.5	68.3	4.6	2.9	9.3	3.7	0.7	152.7	115.6	17	0.4	87.9+	0.32
Broccoli Cheddar Soup (22097)	1 ladle-6oz	156.9	116.6	7.3	10.3	6	3.3	1.4	191	223.1	79.4	0.4	8.3+	0.57
Mexican Brown Rice (45929.1)	1/2 cup	91.8	106.8	2	20.1	0	2.2	1.7	52	112.1	12.8	0.6	25.9	0.10
Spicy Shrimp (41751.2)	1/2 cup	122	131	5.2	3.3	142.9	18.8	1.1+	572.6	324.6	67.9	0.8	59.6+	1.57
Mexican Street Corn Salad (105326)	4 ounce	113.4	182.5	13.6	12.6	13.9	3.9	2.5	250.1	246.4+	95.9	0.7	48.8+	0.87
Chipotle Salsa (41626.2)	2 floz	58.8	33.2	1.9	4	0	0.7	1	377.1	124.4+	13.7	0.2	28.1+	0.34
Guacamole (16042)	2 tbsp	27.6	29.1	2.5	2	0	0.4	1.3	125.9	105	3.5	0.1	5.7	0.29
Sliced Radishes (71070.1)	1/4 cup	29	4.6	0	1	0	0.2	0.5	11.3	67.6	7.2	0.1	0	0.21
Chips and Salsa (19670.5)	1 plate	141.7	237.7	8.4	38	0	5	5.7	195.8	273.2	71.1	1.1	22.5	0.48
Verde Totals			909.9	45.4	94.1	172.2	38.2	15.8+	1,928.4	1591.8+	368.7	4.4	286.7+	4.74

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Monday, Week 1

Dinner - The Roost

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Pickled Brined Fried Chicken (128584.1)	6 oz portion	284.7	411.6	10	54.5	58.4	25.1	3	3,170	310.3+	389.7	4.9	69.3+	1.10
Sweet and Spicy Brussel Sprouts (33992.104)	1/2 cup	83.5	60.7	2.2	10.1	0	2	2	140.2	244.6	28.3	1	29.5	0.31
Cheesy Scallion Hash Brown Casserole (128997)	1/2 cup	155.9	197.1	11.7	14.9	92.8+	8.8	1.7+	445.7	316.2+	176.2+	1.4+	82.7+	0.75
Fresh Dill Pickle Spears (112543.1)	1 each	44.9	6.8	0	1.5	0	0.3	0.2	266.8	62	7.1	0.1	2.1	0.20
Peppercorn Ranch Dressing (82821.2)	1 tbsp	14.2	20.3	0.1	4.6	0.1	0.1	0.1	92	1.7+	3.7	0	0+	0.06
Peach Crumble (92597)	1 each	137.4	462.3	26.8	53.1	18.5	4.4	2.1	235.5	93.7	34.2	1.8	58.6+	0.72
The Roost Totals			1,158.7	50.8	138.9	169.7+	40.5	9.1+	4,350.1	1028.5+	639.1+	9.3+	242.2+	3.15
Dinner Totals			2,068.6	96.3	233	341.9+	78.8	25+	6,278.5	2620.3+	1007.9+	13.7+	528.8+	7.88
Daily Totals for Day 2			4,137.2	192.5	466	683.8+	157.5	50+	12,557	5240.7+	2015.8+	27.4+	1057.7+	15.76
Daily Value			2000	78	275	300	50	28	2300	4700	1300	18	900	-
% Daily Value			206.86%	246.83%	169.44%	227.92%	315.05%	178.46%	545.96%	111.5%	155.06%	152.08%	117.52%	-

Tuesday, Week 1

Lunch - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Butternut Squash Soup (19061)	1 ladle-6oz	185	52.8	0.4	12.6	0	1.3	2.2	118.9	354.8	51.5	0.7	441.1+	0.35
Pozole Verde (132347)	6 ounce	170.1	111.5	2.7	12.6	20.3	9.4	2.4+	261.2	79.4+	23.8+	0.8+	6.8+	0.59
Baked Cajun Cod (4404)	1 serving(s)	216.6	414.3	31.3	10	67.4	24.5	2.8+	1,489.5	536.8+	75.5	1.6	455.9+	2.11
Cajun Stew with Garlic Rice (22072)	1 serving(s)	438.5	427.8	15.3	66.1	18.3	7.6	5.7	814.6	580.1	147.3	3.8	287.7	0.97
Fresh Steamed Carrots (30398.1)	3/4 cup	118.3	48.5	0.3	11.3	0	1.1	3.3	81.6	378.7	39	0.4	988	0.59

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Tuesday, Week 1

Lunch - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Garlic Herb Pork Loin (40330.1)	4 ounce	113.4	165.8	8.1	0.9	60.7	23.1	0.2	378.5	256.5+	9.7	0.6	-	0.82
Mashed Red Potatoes (3315)	1/2 cup	102.6	122	4.7	18.1	0.7	2.3	1.6	88.5	504.1	16.6	0.6	4.3	0.23
Fresh Steamed Broccoli (21387.2)	1/2 cup	57.6	35	2	3.7	0	1.6	1.4	36.2	174.9	26	0.4	43.8	0.37
Exhibition Totals			1,377.8	64.8	135.3	167.5	70.9	19.8+	3,268.9	2865.3+	389.5+	8.9+	2227.6+	6.04
Lunch Totals			1,377.8	64.8	135.3	167.5	70.9	19.8+	3,268.9	2865.3+	389.5+	8.9+	2227.6+	6.04

Dinner - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Butternut Squash Soup (19061)	1 ladle-6oz	185	52.8	0.4	12.6	0	1.3	2.2	118.9	354.8	51.5	0.7	441.1+	0.35
Pozole Verde (132347)	6 ounce	170.1	111.5	2.7	12.6	20.3	9.4	2.4+	261.2	79.4+	23.8+	0.8+	6.8+	0.59
Baked Cajun Cod (4404)	1 serving(s)	216.6	414.3	31.3	10	67.4	24.5	2.8+	1,489.5	536.8+	75.5	1.6	455.9+	2.11
Cajun Stew with Garlic Rice (22072)	1 serving(s)	438.5	427.8	15.3	66.1	18.3	7.6	5.7	814.6	580.1	147.3	3.8	287.7	0.97
Garlic Herb Pork Loin (40330.1)	4 ounce	113.4	165.8	8.1	0.9	60.7	23.1	0.2	378.5	256.5+	9.7	0.6	-	0.82
Mashed Red Potatoes (3315)	1/2 cup	102.6	122	4.7	18.1	0.7	2.3	1.6	88.5	504.1	16.6	0.6	4.3	0.23
Fresh Steamed Broccoli (21387.2)	1/2 cup	57.6	35	2	3.7	0	1.6	1.4	36.2	174.9	26	0.4	43.8	0.37
Fresh Steamed Carrots (4953)	1/2 cup	86.2	30.2	0.1	7.1	0	0.6	2.5	67.2	204.3	27.6	0.8	594.7	0.27
Exhibition Totals			1,359.4	64.7	131	167.5	70.3	19+	3,254.5	2690.9+	378+	9.3+	1834.2+	5.72
Dinner Totals			1,359.4	64.7	131	167.5	70.3	19+	3,254.5	2690.9+	378+	9.3+	1834.2+	5.72
Daily Totals for Day 3			2,737.2	129.5	266.3	335.1	141.2	38.8+	6,523.3	5556.2+	767.5+	18.2+	4061.8+	11.76
Daily Value			2000	78	275	300	50	28	2300	4700	1300	18	900	-
% Daily Value			136.86%	166.01%	96.85%	111.69%	282.37%	138.59%	283.62%	118.22%	59.04%	101.29%	451.32%	-

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Wednesday, Week 1
Lunch - Honest Bowl

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Chicken Tortilla Soup (19079)	1 ladle-6oz	273.8	165	4.5	19.2	27.1	12.9	4	148.5	368.7+	54.6	2.1	27.1+	0.63
Corn Chowder (19622)	1 ladle-6oz	297.6	92.7	2	18.3	0	2.3	2.2	130.6	269.9	23.1	0.5	19.1+	0.42
Cooked Farro (31886.1)	1/2 cup	208.4	161.3	0	33.3	0	7.1	3	35	1.6+	45.1	0.7	0+	0.43
Lemon Rosemary Chicken Thigh (16856.71)	4 ounce	113.4	158.5	7.4	0.3	114.6	21.4	0	114.8	233.7	8.4	1	7	0.55
Roasted Brussels Sprouts (33992.1)	1/2 cup	77.9	43.5	2.2	5.5	0	1.9	2	140	241.6	27.9	0.9	29.5	0.27
Grilled Peppers and Onions (76414)	1/2 cup	90.3	48.3	2.9	5.7	0	0.8	1.4	170.3	174.6	13.1	0.4	34.7	0.55
Tzatziki Sauce (85122)	2 tbsp	56.7	55.8	4	1.8	1.6	3.4	0.1	181.1	68.5	39.3	0.1	1.2	0.27
Sliced Green Olives (62340)	1/2 cup	67.2	105.5	10.3	2.6	0	0.7	2.2	1,310.4	-	34.9	0.3	-	0.22
Cinnamon Dusted Pita Chips (46314.1)	1 each	93.3	187.4	4.5	33.1	2.3	5.4	2.2	165.2	157.3	88.3	1.1	5.6	0.28
Honest Bowl Totals			1,018.1	37.7	119.7	145.7	55.9	17.3	2,395.8	1516+	334.7	7.2	124.2+	3.61

Lunch - Callaloo

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Yellow Rice (547.14)	1/2 cup	74.9	126.7	5.6	16.8	0.4	2	0.8	122.8	54.9	15.3	1.3	2.7+	0.15
Braised Cabbage (1829.3)	1/2 cup	166.4	60.9	2.5	9.1	0.2	1.9	3.3	74.1	227.9	53	0.8	6.2+	0.28
Curry Roasted Cauliflower (86569)	4 ounce	113.4	108.9	9.5	5.7	0	2.1	2.3	215	315+	26.5	0.6	0+	0.67
Cilantro Slaw (22469.16)	1/2 cup	48	61.8	5.5	3.2	0	0.5	1	155.9	93.3	16.3	0.2	81.8	0.18
Sweet Caribbean Muffin (575.13)	1 each	94.6	296.3	13.6	43.1	5.4	2.7	1.4+	357.4	56.9+	89.4	1.7	31+	0.36
Grilled Corn and Tomato Relish (104562)	1 oz portion	29.7	43	2.8	4.6	0	0.8	0.6	32.2	61.4+	3.8	0.3	5.7+	0.16
Jerk Turkey (80005.1)	4 ounce	113.4	151.5	5.3	3.7	57.4+	22.6	0.2	200.1	249.5	20.5	0.6	4.8	1.52
Callaloo Totals			849.2	44.8	86.2	63.5+	32.7	9.5+	1,157.5	1058.8+	224.8	5.6	132.1+	3.33

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

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MenuWorks Nutrient Analysis Report Days 1-7

Report Run By: CHRISTOPHER BORDEY
Run Date: 02/09/2022
LAC+USC Healthcare Network (18841)

Wednesday, Week 1

Lunch Totals 1,867.2 82.4 205.9 209.1+ 88.6 26.7+ 3,553.3 2574.8+ 559.5 12.8 256.3+ 6.94

Dinner - Honest Bowl

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Chicken Tortilla Soup (19079)	1 ladle-6oz	273.8	165	4.5	19.2	27.1	12.9	4	148.5	368.7+	54.6	2.1	27.1+	0.63
Corn Chowder (19622)	1 ladle-6oz	297.6	92.7	2	18.3	0	2.3	2.2	130.6	269.9	23.1	0.5	19.1+	0.42
Cooked Farro (31886.1)	1/2 cup	208.4	161.3	0	33.3	0	7.1	3	35	1.6+	45.1	0.7	0+	0.43
Lemon Rosemary Chicken Thigh (16856.71)	4 ounce	113.4	158.5	7.4	0.3	114.6	21.4	0	114.8	233.7	8.4	1	7	0.55
Roasted Brussels Sprouts (33992.1)	1/2 cup	77.9	43.5	2.2	5.5	0	1.9	2	140	241.6	27.9	0.9	29.5	0.27
Grilled Peppers and Onions (76414)	1/2 cup	90.3	48.3	2.9	5.7	0	0.8	1.4	170.3	174.6	13.1	0.4	34.7	0.55
Tzatziki Sauce (85122)	2 tbsp	56.7	55.8	4	1.8	1.6	3.4	0.1	181.1	68.5	39.3	0.1	1.2	0.27
Sliced Green Olives (62340)	1/2 cup	67.2	105.5	10.3	2.6	0	0.7	2.2	1,310.4	-	34.9	0.3	-	0.22
Cinnamon Dusted Pita Chips (46314.1)	1 each	93.3	187.4	4.5	33.1	2.3	5.4	2.2	165.2	157.3	88.3	1.1	5.6	0.28
Chicken Tortilla Soup (19079)	1 ladle-6oz	273.8	165	4.5	19.2	27.1	12.9	4	148.5	368.7+	54.6	2.1	27.1+	0.63
Corn Chowder (19622)	1 ladle-6oz	297.6	92.7	2	18.3	0	2.3	2.2	130.6	269.9	23.1	0.5	19.1+	0.42
Cooked Farro (31886.1)	1/2 cup	208.4	161.3	0	33.3	0	7.1	3	35	1.6+	45.1	0.7	0+	0.43
Lemon Rosemary Chicken Thigh (16856.71)	4 ounce	113.4	158.5	7.4	0.3	114.6	21.4	0	114.8	233.7	8.4	1	7	0.55
Roasted Brussels Sprouts (33992.1)	1/2 cup	77.9	43.5	2.2	5.5	0	1.9	2	140	241.6	27.9	0.9	29.5	0.27
Grilled Peppers and Onions (76414)	1/2 cup	90.3	48.3	2.9	5.7	0	0.8	1.4	170.3	174.6	13.1	0.4	34.7	0.55
Tzatziki Sauce (85122)	2 tbsp	56.7	55.8	4	1.8	1.6	3.4	0.1	181.1	68.5	39.3	0.1	1.2	0.27
Sliced Green Olives (62340)	1/2 cup	67.2	105.5	10.3	2.6	0	0.7	2.2	1,310.4	-	34.9	0.3	-	0.22
Cinnamon Dusted Pita Chips (46314.1)	1 each	93.3	187.4	4.5	33.1	2.3	5.4	2.2	165.2	157.3	88.3	1.1	5.6	0.28
Honest Bowl Totals		2,036.1	75.4	239.5	291.4	111.9	34.5	4,791.5	3031.9+	669.5	14.3	248.4+	7.22	

* Indicates Main/Non-Select Item

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Wednesday, Week 1

Dinner - Callaloo

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Yellow Rice (547.14)	1/2 cup	74.9	126.7	5.6	16.8	0.4	2	0.8	122.8	54.9	15.3	1.3	2.7+	0.15
Braised Cabbage (1829.3)	1/2 cup	166.4	60.9	2.5	9.1	0.2	1.9	3.3	74.1	227.9	53	0.8	6.2+	0.28
Curry Roasted Cauliflower (86569)	4 ounce	113.4	108.9	9.5	5.7	0	2.1	2.3	215	315+	26.5	0.6	0+	0.67
Cilantro Slaw (22469.16)	1/2 cup	48	61.8	5.5	3.2	0	0.5	1	155.9	93.3	16.3	0.2	81.8	0.18
Sweet Caribbean Muffin (575.13)	1 each	94.6	296.3	13.6	43.1	5.4	2.7	1.4+	357.4	56.9+	89.4	1.7	31+	0.36
Grilled Corn and Tomato Relish (104562)	1 oz portion	29.7	43	2.8	4.6	0	0.8	0.6	32.2	61.4+	3.8	0.3	5.7+	0.16
Sweet Caribbean Muffin (575.13)	1 each	94.6	296.3	13.6	43.1	5.4	2.7	1.4+	357.4	56.9+	89.4	1.7	31+	0.36
Grilled Corn and Tomato Relish (104562)	1 oz portion	29.7	43	2.8	4.6	0	0.8	0.6	32.2	61.4+	3.8	0.3	5.7+	0.16
Jerk Turkey (80005.1)	4 ounce	113.4	151.5	5.3	3.7	57.4+	22.6	0.2	200.1	249.5	20.5	0.6	4.8	1.52
Callaloo Totals			1,188.4	61.1	133.9	68.9+	36.2	11.5+	1,547.1	1177.2+	318	7.6	168.8+	3.85
Dinner Totals			3,224.5	136.5	373.4	360.3+	148	46+	6,338.6	4209.1+	987.5	21.9	417.2+	11.08
Daily Totals for Day 4			5,091.8	219	579.3	569.4+	236.6	72.7+	9,891.9	6783.8+	1,547	34.7	673.5+	18.02
Daily Value			2000	78	275	300	50	28	2300	4700	1300	18	900	-
% Daily Value			254.59%	280.72%	210.65%	189.79%	473.26%	259.7%	430.08%	144.34%	119%	192.91%	74.83%	-

Thursday, Week 1

Lunch - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Chicken Noodle Soup (22095)	1 ladle-6oz	187.2	97.2	3.5	10	21.5	6.1	0.9	105.1	114	18.1	1	106.4+	0.35
Blackened Tilapia (19306.1)	1 each	93.8	139	4.3	2.1	50.4	23.5	0.6	288.1	372.8	23.4	1	0+	1.31
Cajun-Style Lentil Stew (2390)	4 ounce	113.4	70.3	2.2	10.1	0	3.2	3.4	114.7	301+	26.7	1.4	11+	2.23

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

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Thursday, Week 1

Lunch - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
New Orleans Red Beans & Rice (1354)	1 serving(s)	334.4	274.2	1	56.7	0	9.6	7.5	143.9	473.1	88.5	3.3	10.7	0.51
Roast Beef with Au Jus (967)	4 ounce	113.4	271.5	11.5	0.2	102.4	39.1	0.1	51.3	366.7	7.1	3.6	0.1	1.54
Fingerling Potatoes (8936)	4 ounce	113.4	133.7	5.1	20.4	13	2.5	2	211.6	566.9	15.2	0.9	44.9	0.63
California Blend Vegetables (3536)	1/2 cup	91.1	23.9	0.2	4.7	0	1.8	2.7	162.7	136.9	24.7	0.5	172	0.23
Cajun Okra and Corn (77194)	1 cup	124.2	51.8	0.7	10.9	0	2.1	2.3	5.4	249.7	28.2	0.6	31.1+	0.45
Exhibition Totals			1,061.5	28.5	115	187.3	88	19.4	1,082.9	2581.1+	231.9	12.4	376.1+	7.24
Lunch Totals			1,061.5	28.5	115	187.3	88	19.4	1,082.9	2581.1+	231.9	12.4	376.1+	7.24

Dinner - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Chicken Noodle Soup (22095)	1 ladle-6oz	187.2	97.2	3.5	10	21.5	6.1	0.9	105.1	114	18.1	1	106.4+	0.35
Blackened Tilapia (19306.1)	1 each	93.8	139	4.3	2.1	50.4	23.5	0.6	288.1	372.8	23.4	1	0+	1.31
Cajun-Style Lentil Stew (2390)	4 ounce	113.4	70.3	2.2	10.1	0	3.2	3.4	114.7	301+	26.7	1.4	11+	2.23
New Orleans Red Beans & Rice (1354)	1 serving(s)	334.4	274.2	1	56.7	0	9.6	7.5	143.9	473.1	88.5	3.3	10.7	0.51
Roast Beef with Au Jus (967)	4 ounce	113.4	271.5	11.5	0.2	102.4	39.1	0.1	51.3	366.7	7.1	3.6	0.1	1.54
Fingerling Potatoes (8936)	4 ounce	113.4	133.7	5.1	20.4	13	2.5	2	211.6	566.9	15.2	0.9	44.9	0.63
Cajun Okra and Corn (77194)	1 cup	124.2	51.8	0.7	10.9	0	2.1	2.3	5.4	249.7	28.2	0.6	31.1+	0.45
California Blend Vegetables (3536)	1/2 cup	91.1	23.9	0.2	4.7	0	1.8	2.7	162.7	136.9	24.7	0.5	172	0.23
Exhibition Totals			1,061.5	28.5	115	187.3	88	19.4	1,082.9	2581.1+	231.9	12.4	376.1+	7.24
Dinner Totals			1,061.5	28.5	115	187.3	88	19.4	1,082.9	2581.1+	231.9	12.4	376.1+	7.24
Daily Totals for Day 5			2,123.1	57.1	230.1	374.6	176	38.9	2,165.7	5162.2+	463.8	24.8	752.2+	14.48

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MenuWorks Nutrient Analysis Report Days 1-7

Report Run By: CHRISTOPHER BORDEY
Run Date: 02/09/2022
LAC+USC Healthcare Network (18841)

	Thursday, Week 1												
Daily Value	2000	78	275	300	50	28	2300	4700	1300	18	900	-	
% Daily Value	106.15%	73.16%	83.67%	124.85%	352.09%	138.86%	94.16%	109.83%	35.67%	137.84%	83.58%	-	
	Friday, Week 1												

Lunch - Smokehouse

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Minestrone Soup (5229)	1 ladle-6oz	258.7	94.3	1.1	18.4	0	3.7	3.2	141.7	361.6	49.5	1.5	137.3+	0.32
Meatless Chicken Strips (92651.4)	4 ounce	113.4	158.8	2.3	3.4	0	31.8	1.1	294.8	-	6.8	17	-	1.10
Texas BBQ Brisket (36688.8)	4 oz portion	111.2	319.3	20.2	0.7	116.1	31.6	0	244.6	254.1+	17.9	2.7	0+	1.86
Country Style Green Beans (497.8)	1/2 cup	115.4	46.4	0.7	9.4	0	2.1	3.3	145.9	189.4+	46.9	0.8	21.7+	0.41
Smokey Collard Greens (17444.27)	1/2 cup	215.5	37	1	5.8	0	2.3	2.8	77.4	166.5+	157+	0.4+	160.7+	0.42
Dijon Roasted Potato Salad (34991.8)	1/2 cup	93.3	155.1	10.7	12.4	28.2	2.6	1.5	371.1	336.5+	19.5	0.6+	12.7+	0.29
Memphis BBQ Sauce (84851.1)	1 tbsp	25.4	34.5	0.1	8.8	0	0.2	0.1	149.7	59.8	6.5	0.1	4.1	0.05
Honey Kissed Cornbread (575.12)	1 each	85.6	240.5	9.8	37.4	5.4	2.3	1.1	343.8	5.4+	47	1.4	17.3+	0.24
Smokehouse Totals		1,085.9	45.9	96.5	149.8	76.6	13.2	1,769	1373.4+	351.1+	24.5+	353.8+	4.70	

Lunch - Drums & Flats

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Action Station Chicken Wings (1477.4)	5 each	307.1	555.9	29	38.2	166.3	33.2	1.7	4,818.4	600.4+	79.7	3.1	20.5+	3.09
Crispy Baked Buffalo Cauliflower (88796)	4 ounce	113.4	70.8	0.6	13.9	0.9	3.2	2	216.2	275	35.5	1.1	12.3	0.51
Spicy Garlic Buffalo Wing Sauce (119222.1)	1 ounce	28.3	105.9	7.7	9.9	20.3	0.4	0.1	383.5	48.9	7.1	0.1	68.6+	0.21
Jo Jo Potato Wedges (127581)	4 wedge	166.5	183.9	1.7	39	0	3.9	2.7	248.4	608.7+	13.7	1	9.4+	0.24
Carrot and Celery Sticks (4944)	1 plate	42.7	11.7	0.1	2.7	0	0.3	0.9	31.8	123.9	15.6	0.1	183.1	0.26
Farmhouse Ranch Dressing (111748.1)	1 floz	29	119.5	12.3	1.6	9	0.3	0.1	258.9	-	7.7	0.1	-	0.09

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Friday, Week 1

Lunch - Drums & Flats

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Brownie Crinkle Cookies (22039.1)	1 each	93.8	352.1	10	63.2	0	2.4	2.1	280.2	0.2+	22.1	1.9	0+	0.28
Drums & Flats Totals			1,399.8	61.5	168.5	196.6	43.8	9.7	6,237.4	1657.2+	181.4	7.4	293.8+	4.68
Lunch Totals			2,485.7	107.4	265	346.4	120.4	22.9	8,006.4	3030.5+	532.5+	31.8+	647.6+	9.38

Dinner - Smokehouse

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Minestrone Soup (5229)	1 ladle-6oz	258.7	94.3	1.1	18.4	0	3.7	3.2	141.7	361.6	49.5	1.5	137.3+	0.32
Dry Rubbed Baby Back Ribs (17401)	4 ounce	113.4	315.1	22.7	2.3	87.6	24.3	0.5	442.4	286.9	55.7	1.4	30.3	2.07
Meatless Chicken Strips (92651.4)	4 ounce	113.4	158.8	2.3	3.4	0	31.8	1.1	294.8	-	6.8	17	-	1.10
Country Style Green Beans (497.8)	1/2 cup	115.4	46.4	0.7	9.4	0	2.1	3.3	145.9	189.4+	46.9	0.8	21.7+	0.41
Smokey Collard Greens (17444.27)	1/2 cup	215.5	37	1	5.8	0	2.3	2.8	77.4	166.5+	157+	0.4+	160.7+	0.42
Dijon Roasted Potato Salad (34991.8)	1/2 cup	93.3	155.1	10.7	12.4	28.2	2.6	1.5	371.1	336.5+	19.5	0.6+	12.7+	0.29
Memphis BBQ Sauce (84851.1)	1 tbsp	25.4	34.5	0.1	8.8	0	0.2	0.1	149.7	59.8	6.5	0.1	4.1	0.05
Honey Kissed Cornbread (575.12)	1 each	85.6	240.5	9.8	37.4	5.4	2.3	1.1	343.8	5.4+	47	1.4	17.3+	0.24
Smokehouse Totals			1,081.6	48.3	98.1	121.3	69.3	13.7	1,966.8	1406.2+	388.9+	23.2+	384.1+	4.91

Dinner - Drums & Flats

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Action Station Chicken Wings (1477.4)	5 each	307.1	555.9	29	38.2	166.3	33.2	1.7	4,818.4	600.4+	79.7	3.1	20.5+	3.09
Crispy Baked Buffalo Cauliflower (88796)	4 ounce	113.4	70.8	0.6	13.9	0.9	3.2	2	216.2	275	35.5	1.1	12.3	0.51
Spicy Garlic Buffalo Wing Sauce (119222.1)	1 ounce	28.3	105.9	7.7	9.9	20.3	0.4	0.1	383.5	48.9	7.1	0.1	68.6+	0.21
Jo Jo Potato Wedges (127581)	4 wedge	166.5	183.9	1.7	39	0	3.9	2.7	248.4	608.7+	13.7	1	9.4+	0.24

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

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Friday, Week 1

Dinner - Drums & Flats

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Carrot and Celery Sticks (4944)	1 plate	42.7	11.7	0.1	2.7	0	0.3	0.9	31.8	123.9	15.6	0.1	183.1	0.26
Farmhouse Ranch Dressing (111748.1)	1 floz	29	119.5	12.3	1.6	9	0.3	0.1	258.9	-	7.7	0.1	-	0.09
Brownie Crinkle Cookies (22039.1)	1 each	93.8	352.1	10	63.2	0	2.4	2.1	280.2	0.2+	22.1	1.9	0+	0.28
Action Station Chicken Wings (1477.4)	5 each	307.1	555.9	29	38.2	166.3	33.2	1.7	4,818.4	600.4+	79.7	3.1	20.5+	3.09
Crispy Baked Buffalo Cauliflower (88796)	4 ounce	113.4	70.8	0.6	13.9	0.9	3.2	2	216.2	275	35.5	1.1	12.3	0.51
Spicy Garlic Buffalo Wing Sauce (119222.1)	1 ounce	28.3	105.9	7.7	9.9	20.3	0.4	0.1	383.5	48.9	7.1	0.1	68.6+	0.21
Jo Jo Potato Wedges (127581)	4 wedge	166.5	183.9	1.7	39	0	3.9	2.7	248.4	608.7+	13.7	1	9.4+	0.24
Carrot and Celery Sticks (4944)	1 plate	42.7	11.7	0.1	2.7	0	0.3	0.9	31.8	123.9	15.6	0.1	183.1	0.26
Farmhouse Ranch Dressing (111748.1)	1 floz	29	119.5	12.3	1.6	9	0.3	0.1	258.9	-	7.7	0.1	-	0.09
Brownie Crinkle Cookies (22039.1)	1 each	93.8	352.1	10	63.2	0	2.4	2.1	280.2	0.2+	22.1	1.9	0+	0.28
Drums & Flats Totals			2,799.7	123	337	393.3	87.6	19.3	12,474.8	3314.3+	362.8	14.8	587.6+	9.36
Dinner Totals			3,881.3	171.3	435.1	514.6	156.9	33	14,441.5	4720.5+	751.7+	38+	971.7+	14.27
Daily Totals for Day 6			6,367	278.7	700	861	277.2	55.9	22,447.9	7751+	1284.2+	69.8+	1619.2+	23.64
Daily Value			2000	78	275	300	50	28	2300	4700	1300	18	900	-
% Daily Value			318.35%	357.32%	254.55%	287.01%	554.42%	199.71%	976%	164.92%	98.78%	387.87%	179.92%	-

Saturday, Week 1

Lunch - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Vegetable Soup (24335)	1 ladle-6oz	228.8	39.7	0.3	8.9	0	1.1	1.8	306.6	182.8+	36.4	0.4	73.2+	0.25

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MenuWorks Nutrient Analysis Report Days 1-7

Report Run By: CHRISTOPHER BORDEY
Run Date: 02/09/2022
LAC+USC Healthcare Network (18841)

Saturday, Week 1

Lunch - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Sesame Chicken (14164.28)	4 ounce	113.4	153	5.4	3.6	78.7	23	0.9	163	299.2+	12.4	0.7	24.2+	0.86
Tofu and Julienne of Vegetables (14164.29)	4 ounce	113.4	57	3.1	4.7	0	3.9	1.3	25.1	176.4+	148.7	2.4	11.1+	1.27
Sesame Broccoli and Carrots (5859.4)	1/2 cup	116	63.8	2.5	9.7	0	2.1	3.2	61.7	364.8	51.8	0.7	576.1	0.68
Grilled Salmon (12989)	1 each	89.8	145.5	5.8	0	48.6	21.7	0	137.8	389.2	7.4	0.4	37.2	1.52
Brown Rice (16882.5)	1/2 cup	109.8	113.2	1	23.5	0	2.3	1.1	3.9	77.9	5.1	0.4	0	0.05
Mashed Potatoes (550)	1/2 cup	98	112.1	3.9	18.3	10	1.7	1.6	146.4	301.9	11.2	0.3	32.2	0.33
Fresh Green Beans (21354.2)	1/2 cup	69.5	36.3	1.6	5.4	0	1.3	2.2	30.2	99.3	30	0.4	21.8	0.46
Exhibition Totals			720.6	23.6	74	137.3	57.1	12.1	874.7	1891.5+	302.9	5.7	775.7+	5.42
Lunch Totals			720.6	23.6	74	137.3	57.1	12.1	874.7	1891.5+	302.9	5.7	775.7+	5.42

Dinner - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Vegetable Soup (24335)	1 ladle-6oz	228.8	39.7	0.3	8.9	0	1.1	1.8	306.6	182.8+	36.4	0.4	73.2+	0.25
Sesame Chicken (14164.28)	4 ounce	113.4	153	5.4	3.6	78.7	23	0.9	163	299.2+	12.4	0.7	24.2+	0.86
Tofu and Julienne of Vegetables (14164.29)	4 ounce	113.4	57	3.1	4.7	0	3.9	1.3	25.1	176.4+	148.7	2.4	11.1+	1.27
Sesame Broccoli and Carrots (5859.4)	1/2 cup	116	63.8	2.5	9.7	0	2.1	3.2	61.7	364.8	51.8	0.7	576.1	0.68
Grilled Salmon (12989)	1 each	89.8	145.5	5.8	0	48.6	21.7	0	137.8	389.2	7.4	0.4	37.2	1.52
Parmesan Mashed Potatoes (70297)	4 oz portion	117.4	143	7.7	15.9	20.2	3.2	1.4	314.5	268.9	68.3	0.3	65.6	0.22
Fresh Green Beans (21354.2)	1/2 cup	69.5	36.3	1.6	5.4	0	1.3	2.2	30.2	99.3	30	0.4	21.8	0.46
Exhibition Totals			638.4	26.4	48.2	147.6	56.2	10.8	1,038.8	1780.7+	354.9	5.3	809.1+	5.26
Dinner Totals			638.4	26.4	48.2	147.6	56.2	10.8	1,038.8	1780.7+	354.9	5.3	809.1+	5.26

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MenuWorks Nutrient Analysis Report Days 1-7

Report Run By: CHRISTOPHER BORDEY
 Run Date: 02/09/2022
 LAC+USC Healthcare Network (18841)

													Saturday, Week 1
Daily Totals for Day 7	1,359	50	122.2	284.9	113.3	22.9	1,913.6	3672.3+	657.8	10.9	1584.9+	10.68	
Daily Value	2000	78	275	300	50	28	2300	4700	1300	18	900	-	
% Daily Value	67.95%	64.14%	44.43%	94.96%	226.61%	81.75%	83.2%	78.13%	50.6%	60.8%	176.1%	-	
Daily Average for Week 1	3,448.6	145.2	377.3	470.6+	174.9	46.2+	8,111.1	5497.8+	1051.6+	29.5+	1478.2+	15.65	
% Average for Week 1	172.4%	186.2%	137.2%	156.9%	349.8%	164.9%	352.7%	117%	80.9%	163.7%	164.2%	-	
Daily Average for Days (1 - 7)	3,448.6	145.2	377.3	470.6+	174.9	46.2+	8,111.1	5497.8+	1051.6+	29.5+	1478.2+		
% Average for Days (1 - 7)	172.4%	186.2%	137.2%	156.9%	349.8%	164.9%	352.7%	117%	80.9%	163.7%	164.2%	-	

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MenuWorks Nutrient Analysis Report Days 8-14

Report Run By: CHRISTOPHER BORDEY
 Run Date: 02/09/2022
 LAC+USC Healthcare Network (18841)

Report Parameters			
Menus Included:	*018841 Entrée Reimagined - Assembly	Nutrition Analysis:	Sum All
Days/Dates Included:	8 - 14	Cost Analysis:	Sum All
Locations Included:	LAC+USC Healthcare Network	Menu Item Display:	All Items
Meal Periods Included:	Lunch, Dinner	Report Details:	Detailed Totals
Stations Included:	Exhibition, Verde, The Roost, Honest Bowl, Callaloo, Smokehouse, Drums & Flats, Spud Shack, Cheese Louise, Zen, Tavola Italiana		
Diets Included:			

Purpose of the Report:

The purpose of the MenuWorks Nutrient Analysis Report is to provide menu nutrition information and evaluate nutrition compliance against dietary standards assigned to the menu.

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MenuWorks Nutrient Analysis Report Days 8-14

Report Run By: CHRISTOPHER BORDEY

Run Date: 02/09/2022

LAC+USC Healthcare Network (18841)

Menu Name: *018841 Entrée Reimagined - Assembly

Location Name: LAC+USC Healthcare Network

Displaying Nutrient Set (1 of 1)

Sunday, Week 2

Lunch - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Corn Chowder (19622)	1 ladle-6oz	297.6	92.7	2	18.3	0	2.3	2.2	130.6	269.9	23.1	0.5	19.1+	0.42
Mexican Lasagna (31910)	1 serving(s)	214.2	248.3	7.5	37.4	10.5	9.4	6.9	738.2	348.4+	142.2	1.8	36.5+	0.62
Rice and Beans (45932.1)	1 cup	352.9	277.6	3	54.3	0	8.7	7.2	170.6	379.2	42.8	2.1	0.4	0.17
Crispy Ranch Chicken (11892.2)	4 oz meat	156.8	254.9	4.3	21.4	109.7+	32.9	0.7	351.6	390.8+	20.8	4.6	219.9+	1.15
Roasted Vegetables (8289)	1/2 cup	111.6	52.7	2.5	7.1	0+	1.1	1.8+	96.5	246.7	21.3	0.4	180.3	3.21
Chicken Noodle Soup (22095)	1 ladle-6oz	187.2	97.2	3.5	10	21.5	6.1	0.9	105.1	114	18.1	1	106.4+	0.35
Sweet Corn Salad (35080)	1 cup	239.9	281.2	14.4	39.3	0	5	4.9	78.3	513	10.9	1	33.9	0.65
Herbed Quinoa (7901)	1/2 cup	121	198.1	4.8	32	0	7	3.6	160.5	295.4	30.3	2.3	4+	0.48
Exhibition Totals			1,502.7	42.1	219.7	141.7+	72.5	28.1+	1,831.4	2557.4+	309.4	13.9	600.6+	7.06
Lunch Totals			1,502.7	42.1	219.7	141.7+	72.5	28.1+	1,831.4	2557.4+	309.4	13.9	600.6+	7.06

Dinner - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Corn Chowder (19622)	1 ladle-6oz	297.6	92.7	2	18.3	0	2.3	2.2	130.6	269.9	23.1	0.5	19.1+	0.42
Mexican Lasagna (31910)	1 serving(s)	214.2	248.3	7.5	37.4	10.5	9.4	6.9	738.2	348.4+	142.2	1.8	36.5+	0.62
Rice and Beans (45932.1)	1 cup	352.9	277.6	3	54.3	0	8.7	7.2	170.6	379.2	42.8	2.1	0.4	0.17
Crispy Ranch Chicken (11892.2)	4 oz meat	156.8	254.9	4.3	21.4	109.7+	32.9	0.7	351.6	390.8+	20.8	4.6	219.9+	1.15
Creamy Polenta (21422)	1/2 cup	85.4	77.6	1	14.6	2.8	2.3	0.6	18.8	75	44	0.7	23.1	0.13
Roasted Vegetables (8289)	1/2 cup	111.6	52.7	2.5	7.1	0+	1.1	1.8+	96.5	246.7	21.3	0.4	180.3	3.21
Exhibition Totals			1,003.7	20.3	153	123+	56.8	19.4+	1,506.3	1710+	294.3	10.3	479.4+	5.71

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	Sunday, Week 2											
Dinner Totals	1,003.7	20.3	153	123+	56.8	19.4+	1,506.3	1710+	294.3	10.3	479.4+	5.71
Daily Totals for Day 8	2,506.4	62.4	372.7	264.7+	129.3	47.5+	3,337.6	4267.4+	603.7	24.1	1080+	12.76
Daily Value	2000	78	275	300	50	28	2300	4700	1300	18	900	-
% Daily Value	125.32%	80.02%	135.52%	88.22%	258.65%	169.59%	145.12%	90.8%	46.44%	134.16%	120%	-
	Monday, Week 2											

Lunch - The Roost

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Vegetable Beef Soup (22151.12)	1 serving(s)	180.5	68.3	4.6	2.9	9.3	3.7	0.7	152.7	115.6	17	0.4	87.9+	0.32
Sauteed Collard Greens (35015.2)	1/2 cup	34.7	32.2	2.4	2.6	0	0.6	0.8	312.8	55.9	29.8	0.1	29.4	0.13
Sweet and Spicy Brussel Sprouts (33992.104)	1/2 cup	83.5	60.7	2.2	10.1	0	2	2	140.2	244.6	28.3	1	29.5	0.31
Hot Honey (114562)	1 tbsp	21.3	64.5	0	17.5	0	0.1	0	0.9	11.4	1.3	0.1	0.1	0.16
Peach Crumble (92597)	1 each	137.4	462.3	26.8	53.1	18.5	4.4	2.1	235.5	93.7	34.2	1.8	58.6+	0.72
Crispy Buttermilk Ranch Chicken (128584.4)	1 each	185.3	453.7	16.4	42.6	79.4	31.9	2.5	652.9	344	142.4	4.2	49.1+	1.60
Cheesy Scallion Hash Brown Casserole (128997)	1/2 cup	155.9	197.1	11.7	14.9	92.8+	8.8	1.7+	445.7	316.2+	176.2+	1.4+	82.7+	0.75
Creamy Tomato Soup (27562.3)	1 ladle-6oz	171.7	88.8	1	15.8	0	5.5	5.8	157.3	416.3	70.8	1.8	39.9+	0.23
The Roost Totals		1,427.6	65.1	159.6	200+	56.8	15.6+	2,098	1597.6+	500+	10.8+	377.1+	4.21	

Lunch - Spud Shack

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Baked Sweet Potato (553.24)	1 each	230.2	224.2	2.6	47	0	4.6	7.5	528.3	1,077.4	86.5	1.6	2,179.5	0.53
White Cheese Sauce (122047.4)	2 floz	62	111.8	8.9	3.8	14	4.3	0.2	323.5	76.1	140.2	0.1	-	0.50
Beyond Texas Chili (1967.2)	4 ounce	113.4	198.2	10.1	16.6	0	12.5	6	548.1	465.5	94.1	4.2	43.8+	1.09

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Monday, Week 2

Lunch - Spud Shack

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Broccoli Bacon Salad (35086.12)	1/2 cup	59.2	188.5	15.9	8.1	16	4.1	0.8	240.4	137.4	72.4	0.3	34+	0.31
Chopped Green Onions (63606)	2 ounce	56.7	18.1	0.1	4.2	0	1	1.5	9.1	156.5	40.8	0.8	28.3	0.17
Warm Double Chocolate Brownies (4937.11)	1 each	77.5	285.4	9.8	48.1	0	2.1	2+	211	25.7+	18.9+	1.6+	0+	0.25
Caramelized Onions (45806)	1 ounce	28.3	40.5	3.4	2.4	0	0.3	0.4	1	37.8	6	0.1	0	0.06
Spud Shack Totals			1,066.6	50.8	130.3	30	29	18.4+	1,861.5	1976.4+	458.8+	8.8+	2285.6+	2.91
Lunch Totals			2,494.2	115.9	289.8	230.1+	85.8	34+	3,959.5	3574+	958.8+	19.6+	2662.7+	7.12

Dinner - The Roost

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Crispy Buttermilk Ranch Chicken (128584.4)	1 each	185.3	453.7	16.4	42.6	79.4	31.9	2.5	652.9	344	142.4	4.2	49.1+	1.60
Vegetable Beef Soup (22151.12)	1 serving(s)	180.5	68.3	4.6	2.9	9.3	3.7	0.7	152.7	115.6	17	0.4	87.9+	0.32
Creamy Tomato Soup (27562.3)	1 ladle-6oz	171.7	88.8	1	15.8	0	5.5	5.8	157.3	416.3	70.8	1.8	39.9+	0.23
Sauteed Collard Greens (35015.2)	1/2 cup	34.7	32.2	2.4	2.6	0	0.6	0.8	312.8	55.9	29.8	0.1	29.4	0.13
Sweet and Spicy Brussel Sprouts (33992.104)	1/2 cup	83.5	60.7	2.2	10.1	0	2	2	140.2	244.6	28.3	1	29.5	0.31
Hot Honey (114562)	1 tbsp	21.3	64.5	0	17.5	0	0.1	0	0.9	11.4	1.3	0.1	0.1	0.16
Peach Crumble (92597)	1 each	137.4	462.3	26.8	53.1	18.5	4.4	2.1	235.5	93.7	34.2	1.8	58.6+	0.72
The Roost Totals			1,230.5	53.4	144.7	107.2	48	13.9	1,652.3	1,281.5	323.8	9.4	294.4+	3.46

Dinner - Spud Shack

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Baked Sweet Potato (553.24)	1 each	230.2	224.2	2.6	47	0	4.6	7.5	528.3	1,077.4	86.5	1.6	2,179.5	0.53

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

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MenuWorks Nutrient Analysis Report Days 8-14

Report Run By: CHRISTOPHER BORDEY
Run Date: 02/09/2022
LAC+USC Healthcare Network (18841)

Monday, Week 2

Dinner - Spud Shack

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Beyond Texas Chili (1967.2)	4 ounce	113.4	198.2	10.1	16.6	0	12.5	6	548.1	465.5	94.1	4.2	43.8+	1.09
White Cheese Sauce (122047.4)	2 floz	62	111.8	8.9	3.8	14	4.3	0.2	323.5	76.1	140.2	0.1	-	0.50
Caramelized Onions (45806)	2 ounce	56.7	80.9	6.9	4.8	0	0.6	0.9	2.1	75.6	11.9	0.1	0	0.13
Broccoli Bacon Salad (35086.12)	1/2 cup	59.2	188.5	15.9	8.1	16	4.1	0.8	240.4	137.4	72.4	0.3	34+	0.31
Chopped Green Onions (63606)	2 ounce	56.7	18.1	0.1	4.2	0	1	1.5	9.1	156.5	40.8	0.8	28.3	0.17
Cheesy Scallion Hash Brown Casserole (128997)	1/2 cup	155.9	197.1	11.7	14.9	92.8+	8.8	1.7+	445.7	316.2+	176.2+	1.4+	82.7+	0.75
Warm Double Chocolate Brownies (4937.11)	1 each	77.5	285.4	9.8	48.1	0	2.1	2+	211	25.7+	18.9+	1.6+	0+	0.25
Spud Shack Totals			1,304.1	65.9	147.6	122.8+	38	20.5+	2,308.2	2330.3+	641+	10.3+	2368.3+	3.73
Dinner Totals			2,534.7	119.4	292.3	230.1+	86.1	34.5+	3,960.5	3611.8+	964.7+	19.6+	2662.7+	7.19
Daily Totals for Day 9			5,028.9	235.3	582.1	460.1+	171.9	68.5+	7,919.9	7185.8+	1923.5+	39.2+	5325.4+	14.31
Daily Value			2000	78	275	300	50	28	2300	4700	1300	18	900	-
% Daily Value			251.45%	301.66%	211.67%	153.37%	343.73%	244.52%	344.35%	152.89%	147.96%	217.87%	591.71%	-

Tuesday, Week 2

Lunch - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Chicken Noodle Soup (22095)	1 ladle-6oz	187.2	97.2	3.5	10	21.5	6.1	0.9	105.1	114	18.1	1	106.4+	0.35
Lentil Soup (8190)	1 ladle-6oz	248.5	81.3	1	14.7	0	4.4	3.3	328.3	270.5	63.3	1.3	146.3	0.48
Roasted Chicken (27288)	5 oz meat	150.3	295.3	12.5	0.5	131.2	42.7	0.2	375.1	367.7	25.4	1.9	23.8	1.45
Moroccan Vegetable Stew (4624.1)	1 serving(s)	229.1	110.8	1.3	23.2	0	3.4	4.9	99.4	431.9	56	1.5	596.5	2.14
Quinoa Cranberry Pilaf (8971.1)	1/2 cup	113.4	96.3	3.2	15.2	0	2.7	2.1	78.7	224.8	30.7	1.3	22	1.66

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Tuesday, Week 2

Lunch - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Latin Spiced Pork Loin (40330.3)	4 ounce	113.4	165.1	8.2	0.5	60.7	23.1	0.2	378.7	256.5+	11.1	0.9	-	0.81
pineapple mango salsa (41724)	2 floz	51.8	31.1	0.1	8	0	0.4	0.8	157.5	86.6	10.2	0.2	22.3	0.51
Garlic Roasted Potatoes (3245)	1/2 cup	96.3	118.6	4.5	18	0	2.1	1.7	122.8	498.8	9.9	0.7	2.2	0.23
Southwestern Grilled Vegetables (5294.8)	1/2 cup	82.9	33.8	1.7	4.6	0	0.9	1.4	31	176.5	13.4	0.3	28.2	1.53
California Blend Vegetables (3536)	1/2 cup	91.1	23.9	0.2	4.7	0	1.8	2.7	162.7	136.9	24.7	0.5	172	0.23
Exhibition Totals			1,053.4	36.3	99.4	213.4	87.7	18.1	1,839.3	2564.2+	262.9	9.4	1119.7+	9.39
Lunch Totals			1,053.4	36.3	99.4	213.4	87.7	18.1	1,839.3	2564.2+	262.9	9.4	1119.7+	9.39

Dinner - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Chicken Noodle Soup (22095)	1 ladle-6oz	187.2	97.2	3.5	10	21.5	6.1	0.9	105.1	114	18.1	1	106.4+	0.35
Lentil Soup (8190)	1 ladle-6oz	248.5	81.3	1	14.7	0	4.4	3.3	328.3	270.5	63.3	1.3	146.3	0.48
Roasted Chicken (27288)	5 oz meat	150.3	295.3	12.5	0.5	131.2	42.7	0.2	375.1	367.7	25.4	1.9	23.8	1.45
Moroccan Vegetable Stew (4624.1)	1 serving(s)	229.1	110.8	1.3	23.2	0	3.4	4.9	99.4	431.9	56	1.5	596.5	2.14
Quinoa Cranberry Pilaf (8971.1)	1/2 cup	113.4	96.3	3.2	15.2	0	2.7	2.1	78.7	224.8	30.7	1.3	22	1.66
Latin Spiced Pork Loin (40330.3)	4 ounce	113.4	165.1	8.2	0.5	60.7	23.1	0.2	378.7	256.5+	11.1	0.9	-	0.81
pineapple mango salsa (41724)	2 floz	51.8	31.1	0.1	8	0	0.4	0.8	157.5	86.6	10.2	0.2	22.3	0.51
Garlic Roasted Potatoes (3245)	1/2 cup	96.3	118.6	4.5	18	0	2.1	1.7	122.8	498.8	9.9	0.7	2.2	0.23
Southwestern Grilled Vegetables (5294.8)	1/2 cup	82.9	33.8	1.7	4.6	0	0.9	1.4	31	176.5	13.4	0.3	28.2	1.53
Exhibition Totals			1,029.5	36.1	94.7	213.4	85.8	15.4	1,676.6	2427.4+	238.2	9	947.7+	9.16
Dinner Totals			1,029.5	36.1	94.7	213.4	85.8	15.4	1,676.6	2427.4+	238.2	9	947.7+	9.16

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MenuWorks Nutrient Analysis Report Days 8-14

Report Run By: CHRISTOPHER BORDEY
Run Date: 02/09/2022
LAC+USC Healthcare Network (18841)

													Tuesday, Week 2	
Daily Totals for Day 10	2,082.9	72.4	194.1	426.9	173.5	33.5	3,515.9	4991.6+	501	18.4	2067.4+	18.54		
Daily Value	2000	78	275	300	50	28	2300	4700	1300	18	900	-		
% Daily Value	104.15%	92.77%	70.6%	142.29%	347%	119.58%	152.86%	106.2%	38.54%	102.32%	229.71%	-		
													Wednesday, Week 2	

Lunch - Cheese Louise

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Chicken Tortilla Soup (19079)	1 ladle-6oz	273.8	165	4.5	19.2	27.1	12.9	4	148.5	368.7+	54.6	2.1	27.1+	0.63
Baked Potato Soup (4808)	1 ladle-6oz	232.8	132.8	3.5	22.1	10.3	3.6	1.6	114.1	401.1	55	0.8	29.8+	0.26
Fire Braised Pulled Pork (118988.1)	4 oz portion	197.9	186.8	8	0.7	87.2	26.2	0.1	308.8	421.5	17.7	2.2	0.6+	1.04
Sauteed Kale (35015.12)	1/2 cup	155.7	84.3	5.7	7	0	4.5	6.2	196.6	530.2	385.8	2.4	364.4	1.00
Sauteed Mushrooms (26497)	1/2 cup	147	62.3	3.9	4.9	0	4.4	1.5	124.1	459	6.9	0.8	4	0.69
Pico de Gallo (8087.3)	2 ladle-1oz	57.4	12.5	0.1	2.8	0	0.5	0.8	80.5	128.2	7.4	0.2	22.8	0.28
Chopped Cilantro (58016)	1/4 tsp	0.2	0.1	0	0	0	0	0	0.1	1.1	0.1	0	0.7	0.01
Chopped Green Onions (63606)	1/4 cup	25	8	0	1.8	0	0.5	0.6	4	69	18	0.4	12.5	0.07
Jalapeno Cornbread Muffin (575.11)	1 each	74.1	173.3	6.8	26.9	0	2	1.1	286.5	13.1+	40.9	1.2	2.8+	0.16
Butternut Squash Mac & Cheese (119933)	1/2 cup	86	108.8	2.7	18.2	0	3.6	1.5	22.9	136.4+	18.1	1.1+	106.7+	0.26
Cheese Louise Totals			934	35.1	103.7	124.6	58.2	17.6	1,286.1	2528.3+	604.6	11.2+	571.3+	4.42

Lunch - Zen

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Steamed Jasmine Rice (38424)	1/2 cup	93.7	120.4	0.2	26.6	0	2.2	0.9+	2.2	32.3	3.2	1.5	0	0.22
Tempura Chicken (127585)	4 oz portion	182	238.1	3.3	24.5	82	26.7	0.9	898.9	307.2	13.3	1.9	7.5+	0.80
Stir Fry Marinated Tofu (39510)	4 oz portion	158.9	137.4	9.3	3.8	0	12.4	0.6	157.6	221.3	532.7	8.2	0.1+	0.65
Stir Fried Baby Bok Choy (29742.1)	1/2 cup	116.5	77.5	5.6	6.1	0.2	1.9	1.4	151.5	269	120.8	1.1	222.5	0.95

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MenuWorks Nutrient Analysis Report Days 8-14

Report Run By: CHRISTOPHER BORDEY

Run Date: 02/09/2022

LAC+USC Healthcare Network (18841)

Wednesday, Week 2

Lunch - Zen

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Sweet and Sour Sauce (61180.7)	1 floz	33	39.6	0.6	8.4	0	1	0.1	163.1	32	6.6	0.1	-	0.11
Spicy Asian Slaw (75022)	4 oz portion	110.5	31.5	0.2	6.7	0	1.2	1.5	199.9	234.9	58	0.5	286.8+	0.53
Sriracha Hot Chili Sauce (74417)	1 tsp	5.1	0.6	0	0.1	0	0	0	134.9	7.3	0.4	0	0.4	0.02
Zen Totals			645.1	19.2	76.2	82.1	45.5	5.4+	1,708.2	1,104.1	735.1	13.3	517.4+	3.28
Lunch Totals			1,579.1	54.4	179.9	206.7	103.7	23+	2,994.3	3632.4+	1,339.7	24.5+	1088.7+	7.70

Dinner - Cheese Louise

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Chicken Tortilla Soup (19079)	1 ladle-6oz	273.8	165	4.5	19.2	27.1	12.9	4	148.5	368.7+	54.6	2.1	27.1+	0.63
Baked Potato Soup (4808)	1 ladle-6oz	232.8	132.8	3.5	22.1	10.3	3.6	1.6	114.1	401.1	55	0.8	29.8+	0.26
Fire Braised Pulled Pork (118988.1)	4 oz portion	197.9	186.8	8	0.7	87.2	26.2	0.1	308.8	421.5	17.7	2.2	0.6+	1.04
Sauteed Kale (35015.12)	1/2 cup	155.7	84.3	5.7	7	0	4.5	6.2	196.6	530.2	385.8	2.4	364.4	1.00
Sauteed Mushrooms (26497)	1/2 cup	147	62.3	3.9	4.9	0	4.4	1.5	124.1	459	6.9	0.8	4	0.69
Pico de Gallo (8087.3)	2 ladle-1oz	57.4	12.5	0.1	2.8	0	0.5	0.8	80.5	128.2	7.4	0.2	22.8	0.28
Chopped Cilantro (58016)	1/4 tsp	0.2	0.1	0	0	0	0	0	0.1	1.1	0.1	0	0.7	0.01
Chopped Green Onions (63606)	1/4 cup	25	8	0	1.8	0	0.5	0.6	4	69	18	0.4	12.5	0.07
Jalapeno Cornbread Muffin (575.11)	1 each	74.1	173.3	6.8	26.9	0	2	1.1	286.5	13.1+	40.9	1.2	2.8+	0.16
Cheese Louise Totals			825.2	32.5	85.5	124.6	54.6	16	1,263.2	2391.9+	586.5	10	464.6+	4.16

Dinner - Zen

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Steamed Jasmine Rice (38424)	1/2 cup	93.7	120.4	0.2	26.6	0	2.2	0.9+	2.2	32.3	3.2	1.5	0	0.22
Tempura Chicken (127585)	4 oz portion	182	238.1	3.3	24.5	82	26.7	0.9	898.9	307.2	13.3	1.9	7.5+	0.80

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Wednesday, Week 2

Dinner - Zen

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Stir Fry Marinated Tofu (39510)	4 oz portion	158.9	137.4	9.3	3.8	0	12.4	0.6	157.6	221.3	532.7	8.2	0.1+	0.65
Stir Fried Baby Bok Choy (29742.1)	1/2 cup	116.5	77.5	5.6	6.1	0.2	1.9	1.4	151.5	269	120.8	1.1	222.5	0.95
Sweet and Sour Sauce (61180.7)	1 floz	33	39.6	0.6	8.4	0	1	0.1	163.1	32	6.6	0.1	-	0.11
Spicy Asian Slaw (75022)	4 oz portion	110.5	31.5	0.2	6.7	0	1.2	1.5	199.9	234.9	58	0.5	286.8+	0.53
Sriracha Hot Chili Sauce (74417)	1 tsp	5.1	0.6	0	0.1	0	0	0	134.9	7.3	0.4	0	0.4	0.02
Zen Totals			645.1	19.2	76.2	82.1	45.5	5.4+	1,708.2	1,104.1	735.1	13.3	517.4+	3.28
Dinner Totals			1,470.2	51.7	161.7	206.7	100.1	21.5+	2,971.3	3496+	1,321.6	23.4	982+	7.44
Daily Totals for Day 11			3,049.3	106.1	341.6	413.5	203.8	44.5+	5,965.6	7128.4+	2,661.3	47.9+	2070.7+	15.14
Daily Value			2000	78	275	300	50	28	2300	4700	1300	18	900	-
% Daily Value			152.46%	136.04%	124.2%	137.83%	407.65%	158.75%	259.37%	151.67%	204.72%	265.95%	230.07%	-

Thursday, Week 2

Lunch - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Minestrone Soup (5229)	1 ladle-6oz	258.7	94.3	1.1	18.4	0	3.7	3.2	141.7	361.6	49.5	1.5	137.3+	0.32
Pozole Verde (132347)	6 ounce	170.1	111.5	2.7	12.6	20.3	9.4	2.4+	261.2	79.4+	23.8+	0.8+	6.8+	0.59
Roast Turkey Breast (20544)	4 oz meat	169.4	159.1	2.9	4.3	68.9	27.2	0.1	296.8	267.3	17.6	0.7	4.6+	1.85
White Bean and Kale Stew (31922)	1 serving(s)	309	278.2	7.4	45	43.2	9.6	6.7	557.8	541.7	236.7	2.9	290	0.79
Cabernet Medley Rice (19464)	1/2 cup	105.2	121.5	2.3	22.6	0	2.5	1.6	33.1	3.8+	12.2	1	0+	0.16
Roasted Vegetables (8289)	1/2 cup	111.6	52.7	2.5	7.1	0+	1.1	1.8+	96.5	246.7	21.3	0.4	180.3	3.21
Chicken Breast Dijon (4998)	1 each	138.7	164	5.8	3.9	82.3	24.2	0.8	363	316.3+	19.4	0.6+	52.9+	0.89
Mashed Red Potatoes (3315)	1/2 cup	102.6	122	4.7	18.1	0.7	2.3	1.6	88.5	504.1	16.6	0.6	4.3	0.23

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

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Thursday, Week 2

Lunch - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Summer Succotash (15858)	1/2 cup	136.6	74.6	0.8	14.7	0	3.4	3.2	328.7	320.4	24.6	1	29.6	0.66
Exhibition Totals			1,178	30.3	146.8	215.4+	83.4	21.4+	2,167.2	2641.4+	421.8+	9.5+	705.8+	8.71
Lunch Totals			1,178	30.3	146.8	215.4+	83.4	21.4+	2,167.2	2641.4+	421.8+	9.5+	705.8+	8.71

Dinner - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Minestrone Soup (5229)	1 ladle-6oz	258.7	94.3	1.1	18.4	0	3.7	3.2	141.7	361.6	49.5	1.5	137.3+	0.32
Pozole Verde (132347)	6 ounce	170.1	111.5	2.7	12.6	20.3	9.4	2.4+	261.2	79.4+	23.8+	0.8+	6.8+	0.59
Roast Turkey Breast (20544)	4 oz meat	169.4	159.1	2.9	4.3	68.9	27.2	0.1	296.8	267.3	17.6	0.7	4.6+	1.85
White Bean and Kale Stew (31922)	1 serving(s)	309	278.2	7.4	45	43.2	9.6	6.7	557.8	541.7	236.7	2.9	290	0.79
Cabernet Medley Rice (19464)	1/2 cup	105.2	121.5	2.3	22.6	0	2.5	1.6	33.1	3.8+	12.2	1	0+	0.16
Roasted Vegetables (8289)	1/2 cup	111.6	52.7	2.5	7.1	0+	1.1	1.8+	96.5	246.7	21.3	0.4	180.3	3.21
Chicken Breast Dijon (4998)	1 each	138.7	164	5.8	3.9	82.3	24.2	0.8	363	316.3+	19.4	0.6+	52.9+	0.89
Mashed Red Potatoes (3315)	1/2 cup	102.6	122	4.7	18.1	0.7	2.3	1.6	88.5	504.1	16.6	0.6	4.3	0.23
Summer Succotash (15858)	1/2 cup	136.6	74.6	0.8	14.7	0	3.4	3.2	328.7	320.4	24.6	1	29.6	0.66
Exhibition Totals			1,178	30.3	146.8	215.4+	83.4	21.4+	2,167.2	2641.4+	421.8+	9.5+	705.8+	8.71
Dinner Totals			1,178	30.3	146.8	215.4+	83.4	21.4+	2,167.2	2641.4+	421.8+	9.5+	705.8+	8.71
Daily Totals for Day 12			2,355.9	60.6	293.6	430.7+	166.8	42.8+	4,334.3	5282.8+	843.5+	19.1+	1411.5+	17.42
Daily Value			2000	78	275	300	50	28	2300	4700	1300	18	900	-
% Daily Value			117.8%	77.72%	106.78%	143.57%	333.62%	152.79%	188.45%	112.4%	64.89%	106.07%	156.83%	-

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

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Friday, Week 2

Lunch - Honest Bowl

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Vegetable Soup (22151.17)	1 ladle-6oz	169.2	53.6	3.8	4.3	0	1.1	0.8	122.3	74+	14.8	0.3	50.8+	0.23
Cooked Tri Colored Quinoa (78758)	1/2 cup	80.1	96	0.9	18.6	0	3.3	1.9	4.5	162	11.2	1.2	0+	0.29
Red Lentils with Cilantro and Mint (59470)	1/2 cup	206.9	259.4	7.6	36.2	0	14.1	12.9	68.6	703.3	71	6.4	24.2	0.79
Tomato Braised Beef (57449)	4 ounce	113.4	144.9	11	2.8	53.4	9.6	1	243.2	256+	18.3	0.9	10.5+	1.13
Roasted Brussels Sprouts (33992.1)	1/2 cup	77.9	43.5	2.2	5.5	0	1.9	2	140	241.6	27.9	0.9	29.5	0.27
Pickled Onions (24160.7)	1 tbsp	20.2	6.4	0	1.4	0	0.2	0.2	44.3	21.1	3.6	0	0	0.06
Red Pepper Coulis (15292.1)	2 tbsp	27.6	11.1	0.1	2.6	0	0.3	0.5	147.6	54	3.8	0.3	50.3	0.10
Cinnamon Dusted Pita Chips (46314.1)	1 each	93.3	187.4	4.5	33.1	2.3	5.4	2.2	165.2	157.3	88.3	1.1	5.6	0.28
New England Clam Chowder (1977)	1 ladle-6oz	156.3	134.5	5.2	13.5	16.1	8.4	1	170.6	397.4	44.1	1.4	51.2+	0.56
Honest Bowl Totals			936.8	35.4	118	71.8	44.2	22.6	1,106.4	2066.5+	283	12.4	222.2+	3.70

Lunch - Drums & Flats

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Baked Chicken Wings (18622.1)	5 each	121.2	306	19.9	1.6	165.8	28.2	0.4	660.4	273.4+	30.5	1.2	26.7+	2.58
Sweet Heat Buffalo Wing Sauce (119222)	1 ounce	28.3	112.6	7.7	12	20.3	0.2	0.1	310	26.2	4.4	0.1	66.2	0.21
Memphis BBQ Sauce (84851.1)	1 tbsp	25.4	34.5	0.1	8.8	0	0.2	0.1	149.7	59.8	6.5	0.1	4.1	0.05
Jo Jo Potato Wedges (127581)	4 wedge	166.5	183.9	1.7	39	0	3.9	2.7	248.4	608.7+	13.7	1	9.4+	0.24
Blue Cheese Slaw (35093)	1/2 cup	48.6	105.4	10.2	2	5.1	1.9	0.8	150.9	74+	50.2	0.3+	21.1+	0.20
Brownie Crinkle Cookies (22039.1)	1 each	93.8	352.1	10	63.2	0	2.4	2.1	280.2	0.2+	22.1	1.9	0+	0.28
Green Onion (8011)	1/4 tsp	0.5	0.2	0	0	0	0	0	0.1	1.4	0.4	0	0.2	0.00
Drums & Flats Totals			1,094.7	49.6	126.6	191.2	36.9	6.2	1,799.7	1043.8+	127.7	4.6+	127.8+	3.56

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MenuWorks Nutrient Analysis Report Days 8-14

Report Run By: CHRISTOPHER BORDEY
Run Date: 02/09/2022
LAC+USC Healthcare Network (18841)

Friday, Week 2

Lunch Totals 2,031.5 85 244.7 263 81.2 28.8 2,906.1 3110.3+ 410.7 17+ 350+ 7.26

Dinner - Honest Bowl

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Vegetable Soup (22151.17)	1 ladle-6oz	169.2	53.6	3.8	4.3	0	1.1	0.8	122.3	74+	14.8	0.3	50.8+	0.23
Cooked Tri Colored Quinoa (78758)	1/2 cup	80.1	96	0.9	18.6	0	3.3	1.9	4.5	162	11.2	1.2	0+	0.29
Red Lentils with Cilantro and Mint (59470)	1/2 cup	206.9	259.4	7.6	36.2	0	14.1	12.9	68.6	703.3	71	6.4	24.2	0.79
Tomato Braised Beef (57449)	4 ounce	113.4	144.9	11	2.8	53.4	9.6	1	243.2	256+	18.3	0.9	10.5+	1.13
Roasted Brussels Sprouts (33992.1)	1/2 cup	77.9	43.5	2.2	5.5	0	1.9	2	140	241.6	27.9	0.9	29.5	0.27
Pickled Onions (24160.7)	1 tbsp	20.2	6.4	0	1.4	0	0.2	0.2	44.3	21.1	3.6	0	0	0.06
Red Pepper Coulis (15292.1)	2 tbsp	27.6	11.1	0.1	2.6	0	0.3	0.5	147.6	54	3.8	0.3	50.3	0.10
Cinnamon Dusted Pita Chips (46314.1)	1 each	93.3	187.4	4.5	33.1	2.3	5.4	2.2	165.2	157.3	88.3	1.1	5.6	0.28
Honest Bowl Totals		802.2	30.2	104.6	55.7	35.9	21.6	935.8	1669.1+	238.9	11	171+	3.14	

Dinner - Drums & Flats

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Baked Chicken Wings (18622.1)	5 each	121.2	306	19.9	1.6	165.8	28.2	0.4	660.4	273.4+	30.5	1.2	26.7+	2.58
Sweet Heat Buffalo Wing Sauce (119222)	1 ounce	28.3	112.6	7.7	12	20.3	0.2	0.1	310	26.2	4.4	0.1	66.2	0.21
Memphis BBQ Sauce (84851.1)	1 tbsp	25.4	34.5	0.1	8.8	0	0.2	0.1	149.7	59.8	6.5	0.1	4.1	0.05
Jo Jo Potato Wedges (127581)	4 wedge	166.5	183.9	1.7	39	0	3.9	2.7	248.4	608.7+	13.7	1	9.4+	0.24
Chopped Cilantro (58016)	1/4 tsp	0.2	0.1	0	0	0	0	0	0.1	1.1	0.1	0	0.7	0.01
Blue Cheese Slaw (35093)	1/2 cup	48.6	105.4	10.2	2	5.1	1.9	0.8	150.9	74+	50.2	0.3+	21.1+	0.20
Brownie Crinkle Cookies (22039.1)	1 each	93.8	352.1	10	63.2	0	2.4	2.1	280.2	0.2+	22.1	1.9	0+	0.28
Drums & Flats Totals		1,094.6	49.6	126.6	191.2	36.9	6.2	1,799.7	1043.6+	127.4	4.6+	128.3+	3.56	

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	Friday, Week 2											
Dinner Totals	1,896.8	79.8	231.2	246.9	72.8	27.8	2,735.5	2712.7+	366.3	15.7+	299.3+	6.70
Daily Totals for Day 13	3,928.3	164.9	475.9	509.9	153.9	56.6	5,641.5	5823+	777	32.7+	649.3+	13.96
Daily Value	2000	78	275	300	50	28	2300	4700	1300	18	900	-
% Daily Value	196.42%	211.36%	173.04%	169.97%	307.84%	202.18%	245.28%	123.89%	59.77%	181.69%	72.14%	-

Saturday, Week 2

Lunch - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Vegetable Soup (24335)	1 ladle-6oz	228.8	39.7	0.3	8.9	0	1.1	1.8	306.6	182.8+	36.4	0.4	73.2+	0.25
Beef Chili (4843)	4 oz portion	119.2	116.2	5.6	6.7	26.6	9.8	2.1	114.7	239.5	22	1.4	8.5+	0.35
Black and Red Bean Chili (2385)	1 ladle-4oz	119.6	108.1	2	18.5	0	5.5	5.1	232.1	394.3+	31.5	2	72.7+	0.23
Cornbread (575)	1 each	78.7	196.2	7.8	30.4	0	2.2	1.1	327.3	0.3+	46	1.4	0+	0.16
Blanched Broccoli (16207)	1/2 cup	68	23.1	0.3	4.5	0	1.9	1.8	22.5	215	32	0.5	21.1	0.23
Broiled Fish (420)	1 serving(s)	223	321.1	22.6	4.1	80.9	28	2.3+	2,492.5	640	43	1.5	271.1+	2.87
Quinoa Cranberry Pilaf (8971.1)	1/2 cup	113.4	96.3	3.2	15.2	0	2.7	2.1	78.7	224.8	30.7	1.3	22	1.66
Tomato Basil Summer Squash (14223)	1/2 cup	120	42.3	2.5	4.8	0	1.2	1.3	77.4	268.4	25.2	0.5	16.9	0.30
Vegetable Beef Soup (22151.12)	1 serving(s)	180.5	68.3	4.6	2.9	9.3	3.7	0.7	152.7	115.6	17	0.4	87.9+	0.32
Exhibition Totals			1,011.4	48.7	95.9	116.9	56.1	18.3+	3,804.5	2280.8+	283.9	9.4	573.5+	6.37
Lunch Totals			1,011.4	48.7	95.9	116.9	56.1	18.3+	3,804.5	2280.8+	283.9	9.4	573.5+	6.37

Dinner - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Vegetable Soup (24335)	1 ladle-6oz	228.8	39.7	0.3	8.9	0	1.1	1.8	306.6	182.8+	36.4	0.4	73.2+	0.25
Beef Chili (4843)	4 oz portion	119.2	116.2	5.6	6.7	26.6	9.8	2.1	114.7	239.5	22	1.4	8.5+	0.35
Black and Red Bean Chili (2385)	1 ladle-4oz	119.6	108.1	2	18.5	0	5.5	5.1	232.1	394.3+	31.5	2	72.7+	0.23

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MenuWorks Nutrient Analysis Report Days 8-14

Report Run By: CHRISTOPHER BORDEY
Run Date: 02/09/2022
LAC+USC Healthcare Network (18841)

Saturday, Week 2

Dinner - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Cornbread (575)	1 each	78.7	196.2	7.8	30.4	0	2.2	1.1	327.3	0.3+	46	1.4	0+	0.16
Blanched Broccoli (16207)	1/2 cup	68	23.1	0.3	4.5	0	1.9	1.8	22.5	215	32	0.5	21.1	0.23
Broiled Fish (420)	1 serving(s)	223	321.1	22.6	4.1	80.9	28	2.3+	2,492.5	640	43	1.5	271.1+	2.87
Quinoa Cranberry Pilaf (8971.1)	1/2 cup	113.4	96.3	3.2	15.2	0	2.7	2.1	78.7	224.8	30.7	1.3	22	1.66
Tomato Basil Summer Squash (14223)	1/2 cup	120	42.3	2.5	4.8	0	1.2	1.3	77.4	268.4	25.2	0.5	16.9	0.30
Exhibition Totals			943.1	44.1	93	107.5	52.5	17.7+	3,651.7	2165.2+	266.9	9	485.6+	6.06
Dinner Totals			943.1	44.1	93	107.5	52.5	17.7+	3,651.7	2165.2+	266.9	9	485.6+	6.06
Daily Totals for Day 14			1,954.5	92.8	189	224.4	108.6	36+	7,456.2	4445.9+	550.7	18.4	1059.1+	12.43
Daily Value			2000	78	275	300	50	28	2300	4700	1300	18	900	-
% Daily Value			97.73%	118.92%	68.72%	74.81%	217.22%	128.64%	324.18%	94.59%	42.37%	102.5%	117.68%	-
Daily Average for Week 2			2,986.6	113.5	349.9	390+	158.3	47+	5,453	5589.3+	1123+	28.6+	1951.9+	14.94
% Average for Week 2			149.3%	145.5%	127.2%	130%	316.5%	168%	237.1%	118.9%	86.4%	158.7%	216.9%	-
Daily Average for Days (8 - 14)			2,986.6	113.5	349.9	390+	158.3	47+	5,453	5589.3+	1123+	28.6+	1951.9+	
% Average for Days (8 - 14)			149.3%	145.5%	127.2%	130%	316.5%	168%	237.1%	118.9%	86.4%	158.7%	216.9%	-

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MenuWorks Nutrient Analysis Report Days 15-21

Report Run By: CHRISTOPHER BORDEY
Run Date: 02/09/2022
LAC+USC Healthcare Network (18841)

Report Parameters			
Menus Included:	*018841 Entrée Reimagined - Assembly	Nutrition Analysis:	Sum All
Days/Dates Included:	15 - 21	Cost Analysis:	Sum All
Locations Included:	LAC+USC Healthcare Network	Menu Item Display:	All Items
Meal Periods Included:	Lunch, Dinner	Report Details:	Detailed Totals
Stations Included:	Exhibition, Verde, The Roost, Honest Bowl, Callaloo, Smokehouse, Drums & Flats, Spud Shack, Cheese Louise, Zen, Tavola Italiana		
Diets Included:			

Purpose of the Report:

The purpose of the MenuWorks Nutrient Analysis Report is to provide menu nutrition information and evaluate nutrition compliance against dietary standards assigned to the menu.

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

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MenuWorks Nutrient Analysis Report Days 15-21

Report Run By: CHRISTOPHER BORDEY
Run Date: 02/09/2022
LAC+USC Healthcare Network (18841)

Menu Name: *018841 Entrée Reimagined - Assembly
Location Name: LAC+USC Healthcare Network

Displaying Nutrient Set (1 of 1)

Sunday, Week 3

Lunch - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Corn Chowder (19622)	1 ladle-6oz	297.6	92.7	2	18.3	0	2.3	2.2	130.6	269.9	23.1	0.5	19.1+	0.42
Farro Couscous with Brussels Sprouts (56070)	1/2 cup	128.4	160.5	2.2	32.6	0	4.6	3.5	38.6	195.6	24.1	1.2	15	0.44
Carrots and Squash (19839)	4 oz portion	85.5	19.9	0.2	4.3	0	0.8	1.3	134.2	193.8	20.9	0.5	151.8	0.22
Cajun Chicken (4524)	4 oz meat	93.9	209.1	12.6	0.9	82	23.6	0.3	246.6	259.1+	9.2	0.5	7.5+	0.79
Brown Rice (16882.5)	1/2 cup	109.8	113.2	1	23.5	0	2.3	1.1	3.9	77.9	5.1	0.4	0	0.05
Okra and Tomatoes (521)	1/2 cup	147.1	48.3	1.4	8.5	2.4	1.9	2.6	89.8	236.8	79.7	0.7	27.4+	0.38
Vegetarian Hoppin John (43093)	1 cup	289.7	352.8	19.9	37	0+	8.1	5.1	96.2	542.6+	63.2+	3.1	109.4+	1.02
Exhibition Totals			996.4	39.2	125.1	84.4+	43.7	16.2	739.8	1775.8+	225.3+	6.9	330.3+	3.33
Lunch Totals			996.4	39.2	125.1	84.4+	43.7	16.2	739.8	1775.8+	225.3+	6.9	330.3+	3.33

Dinner - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Corn Chowder (19622)	1 ladle-6oz	297.6	92.7	2	18.3	0	2.3	2.2	130.6	269.9	23.1	0.5	19.1+	0.42
Farro Couscous with Brussels Sprouts (56070)	1/2 cup	128.4	160.5	2.2	32.6	0	4.6	3.5	38.6	195.6	24.1	1.2	15	0.44
Carrots and Squash (19839)	4 oz portion	85.5	19.9	0.2	4.3	0	0.8	1.3	134.2	193.8	20.9	0.5	151.8	0.22
Cajun Chicken (4524)	4 oz meat	93.9	209.1	12.6	0.9	82	23.6	0.3	246.6	259.1+	9.2	0.5	7.5+	0.79
Exhibition Totals			482.1	16.9	56.1	82	31.3	7.4	549.9	918.5+	77.2	2.8	193.5+	1.88
Dinner Totals			482.1	16.9	56.1	82	31.3	7.4	549.9	918.5+	77.2	2.8	193.5+	1.88

* Indicates Main/Non-Select Item

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MenuWorks Nutrient Analysis Report Days 15-21

Report Run By: CHRISTOPHER BORDEY
Run Date: 02/09/2022
LAC+USC Healthcare Network (18841)

	Sunday, Week 3												
Daily Totals for Day 15	1,478.6	56.2	181.2	166.3+	74.9	23.6	1,289.7	2694.2+	302.4+	9.7	523.8+	5.20	
Daily Value	2000	78	275	300	50	28	2300	4700	1300	18	900	-	
% Daily Value	73.93%	72.02%	65.9%	55.45%	149.85%	84.13%	56.07%	57.32%	23.26%	53.69%	58.19%	-	

Monday, Week 3

Lunch - Smokehouse

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Dry Rubbed Baby Back Ribs (17401)	4 ounce	113.4	315.1	22.7	2.3	87.6	24.3	0.5	442.4	286.9	55.7	1.4	30.3	2.07
South Carolina Barbeque Sauce (22533)	2 tbsp	43.2	48.5	0.6	11	0	0.4	0.6	90.1	188.7	27.5	0.7	9.5	0.13
Smokey Collard Greens (17444.27)	1/2 cup	215.5	37	1	5.8	0	2.3	2.8	77.4	166.5+	157+	0.4+	160.7+	0.42
Radish Jicama Cucumber Salad (45934)	1/2 cup	110.1	42.1	1.9	6.2	0	0.8	2.6	57.9	186.3	21.9	0.7	8	0.79
Tomato & Cucumber Salad (59385)	4 ounce	113.4	24.7	0.2	5.4	0	0.9	1.3	185.5	176	19.3	0.4	14.1	0.45
Honey Kissed Cornbread (575.12)	1 each	85.6	240.5	9.8	37.4	5.4	2.3	1.1	343.8	5.4+	47	1.4	17.3+	0.24
Sliced Black Olives (62339)	1/4 cup	35.2	40.8	3.8	2.1	0	0.3	0.6	258.4	2.8	30.9	2.2	6	0.09
White Cheese Sauce (122047.4)	1 floz	31	55.9	4.4	1.9	7	2.2	0.1	161.8	38	70.1	0.1	-	0.25
Vegetable Beef Soup (22151.12)	1 serving(s)	180.5	68.3	4.6	2.9	9.3	3.7	0.7	152.7	115.6	17	0.4	87.9+	0.32
Potato Soup (22062.1)	1 ladle-6oz	225	65.4	0.7	13.8	0	1.6	1.9	405.9	290.2	28.8	0.3	8.2+	0.37
Vegan Chicken-Vegetable Wine Sauce (795.4)	5 oz portion	175.2	199.4	7.6	13	0	18.8	5.5	400.7	123.6+	24.3+	0.6+	60.7+	1.44
Smokehouse Totals		1,137.6	57.3	102	109.4	57.5	17.7	2,576.5	1580.1+	499.5+	8.4+	402.6+	6.56	

Lunch - Spud Shack

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Tater Tots (1178)	1/2 cup	90.7	143.8	7.7	17.7	0	1.1	1.1	398.3	265.5	0	0	-	0.14
Beyond Texas Chili (1967.2)	4 ounce	113.4	198.2	10.1	16.6	0	12.5	6	548.1	465.5	94.1	4.2	43.8+	1.09

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

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MenuWorks Nutrient Analysis Report Days 15-21

Report Run By: CHRISTOPHER BORDEY

Run Date: 02/09/2022

LAC+USC Healthcare Network (18841)

Monday, Week 3

Lunch - Spud Shack

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
White Cheese Sauce (122047.4)	2 floz	62	111.8	8.9	3.8	14	4.3	0.2	323.5	76.1	140.2	0.1	-	0.50
Sauteed Mushrooms (26497)	1/4 cup	73.5	31.2	1.9	2.4	0	2.2	0.7	62	229.5	3.5	0.4	2	0.35
Broccoli Bacon Salad (35086.12)	1/2 cup	59.2	188.5	15.9	8.1	16	4.1	0.8	240.4	137.4	72.4	0.3	34+	0.31
Sliced Black Olives (62339)	1/4 cup	35.2	40.8	3.8	2.1	0	0.3	0.6	258.4	2.8	30.9	2.2	6	0.09
Warm Double Chocolate Brownies (4937.11)	1 each	77.5	285.4	9.8	48.1	0	2.1	2+	211	25.7+	18.9+	1.6+	0+	0.25
Spud Shack Totals			999.6	58.2	99	30	26.7	11.4+	2,041.7	1202.5+	360+	8.9+	85.7+	2.72
Lunch Totals			2,137.2	115.4	201	139.5	84.2	29.1+	4,618.2	2782.6+	859.5+	17.3+	488.3+	9.28

Dinner - Spud Shack

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Tater Tots (1178)	1/2 cup	90.7	143.8	7.7	17.7	0	1.1	1.1	398.3	265.5	0	0	-	0.14
Beyond Texas Chili (1967.2)	4 ounce	113.4	198.2	10.1	16.6	0	12.5	6	548.1	465.5	94.1	4.2	43.8+	1.09
White Cheese Sauce (122047.4)	2 floz	62	111.8	8.9	3.8	14	4.3	0.2	323.5	76.1	140.2	0.1	-	0.50
Broccoli Bacon Salad (35086.12)	1/2 cup	59.2	188.5	15.9	8.1	16	4.1	0.8	240.4	137.4	72.4	0.3	34+	0.31
Sliced Black Olives (62339)	1/4 cup	35.2	40.8	3.8	2.1	0	0.3	0.6	258.4	2.8	30.9	2.2	6	0.09
Warm Double Chocolate Brownies (4937.11)	1 each	77.5	285.4	9.8	48.1	0	2.1	2+	211	25.7+	18.9+	1.6+	0+	0.25
Spud Shack Totals			968.4	56.2	96.5	30	24.5	10.7+	1,979.7	973+	356.5+	8.5+	83.7+	2.38
Dinner Totals			968.4	56.2	96.5	30	24.5	10.7+	1,979.7	973+	356.5+	8.5+	83.7+	2.38
Daily Totals for Day 16			3,105.6	171.7	297.6	169.5	108.7	39.8+	6,597.9	3755.6+	1216+	25.9+	572+	11.66
Daily Value			2000	78	275	300	50	28	2300	4700	1300	18	900	-
% Daily Value			155.28%	220.07%	108.2%	56.5%	217.41%	141.97%	286.87%	79.91%	93.54%	143.62%	63.56%	-

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MenuWorks Nutrient Analysis Report Days 15-21

Report Run By: CHRISTOPHER BORDEY
Run Date: 02/09/2022
LAC+USC Healthcare Network (18841)

Tuesday, Week 3

Lunch - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Chicken Noodle Soup (22095)	1 ladle-6oz	187.2	97.2	3.5	10	21.5	6.1	0.9	105.1	114	18.1	1	106.4+	0.35
Navy Bean Soup (694)	1 ladle-6oz	252.7	174.1	4.7	25.8	0+	8.1	5.4	174	442.2	61.9	2.1	94.3+	0.23
Jerked Beef Brisket (6815)	4 ounce	113.4	318.9	20.2	0.6	116.1	31.6	0.1	141.2	260.8	20.9	2.8	0.9	1.85
Jerked Tofu Steak, Mango Salsa (28173.3)	1 serving(s)	303.1	296.1	20.1	14.8	0	19.1	2.1	218.2	409.2	818	12.7	34.6+	1.43
Roasted Sweet Potatoes (33992)	1/2 cup	85	86.5	2.8	14.6	0	1.1	2.1	199	190.7	23.1	0.6	642.6	0.28
Sauteed Zucchini and Squash (26267.3)	1/2 cup	63.1	35	2.9	2.1	0	0.7	0.6	2.9	145.2	11.3	0.2	5.4	2.22
Pesto Crusted Cod (3717)	1 each	114.2	99.7	2.4	1.5	52.1	17.4	0.4	377.6	298+	33.3	0.3	10+	1.81
Cabernet Medley Rice (19464)	1/2 cup	105.2	121.5	2.3	22.6	0	2.5	1.6	33.1	3.8+	12.2	1	0+	0.16
Summer Succotash (15858)	1/2 cup	136.6	74.6	0.8	14.7	0	3.4	3.2	328.7	320.4	24.6	1	29.6	0.66
Exhibition Totals			1,303.6	59.7	106.6	189.7+	89.9	16.3	1,579.9	2184.2+	1,023.4	21.8	923.9+	8.98
Lunch Totals			1,303.6	59.7	106.6	189.7+	89.9	16.3	1,579.9	2184.2+	1,023.4	21.8	923.9+	8.98

Dinner - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Chicken Noodle Soup (22095)	1 ladle-6oz	187.2	97.2	3.5	10	21.5	6.1	0.9	105.1	114	18.1	1	106.4+	0.35
Navy Bean Soup (694)	1 ladle-6oz	252.7	174.1	4.7	25.8	0+	8.1	5.4	174	442.2	61.9	2.1	94.3+	0.23
Jerked Beef Brisket (6815)	4 ounce	113.4	318.9	20.2	0.6	116.1	31.6	0.1	141.2	260.8	20.9	2.8	0.9	1.85
Jerked Tofu Steak, Mango Salsa (28173.3)	1 serving(s)	303.1	296.1	20.1	14.8	0	19.1	2.1	218.2	409.2	818	12.7	34.6+	1.43
Roasted Sweet Potatoes (33992)	1/2 cup	85	86.5	2.8	14.6	0	1.1	2.1	199	190.7	23.1	0.6	642.6	0.28
Pesto Crusted Cod (3717)	1 each	114.2	99.7	2.4	1.5	52.1	17.4	0.4	377.6	298+	33.3	0.3	10+	1.81
Cabernet Medley Rice (19464)	1/2 cup	105.2	121.5	2.3	22.6	0	2.5	1.6	33.1	3.8+	12.2	1	0+	0.16

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Tuesday, Week 3

Dinner - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Summer Succotash (15858)	1/2 cup	136.6	74.6	0.8	14.7	0	3.4	3.2	328.7	320.4	24.6	1	29.6	0.66
Exhibition Totals			1,268.6	56.8	104.5	189.7+	89.3	15.7	1,577	2039+	1,012.1	21.6	918.5+	6.77
Dinner Totals			1,268.6	56.8	104.5	189.7+	89.3	15.7	1,577	2039+	1,012.1	21.6	918.5+	6.77
Daily Totals for Day 17			2,572.3	116.6	211.1	379.5+	179.2	32	3,157	4223.2+	2,035.4	43.4	1842.4+	15.75
Daily Value			2000	78	275	300	50	28	2300	4700	1300	18	900	-
% Daily Value			128.61%	149.47%	76.77%	126.5%	358.44%	114.34%	137.26%	89.86%	156.57%	240.89%	204.71%	-

Wednesday, Week 3

Lunch - Verde

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Corn Taco Shell (47189)	1 each	10.7	49.9	2.4	6.7	0	0.8	0.8	1.6	19.1	17.1	0.3	0	0.23
Taco Meat (21255.4)	4 ounce	113.4	230.1	13.4	10.6	53.7	17.7	2.5	102.8	610+	49.1	3.8	40.8+	0.80
Pulled Chicken (118989)	3 oz portion	142.9	95.9	2.4	0.7	63	18.1	0.2	327.1	218.5	9.3	0.4	12.6	0.59
Mexican Brown Rice (45929.1)	1 cup	183.7	213.6	3.9	40.2	0	4.5	3.3	103.9	224.1	25.6	1.1	51.7	0.19
Grilled Peppers and Onions (76414)	1/2 cup	90.3	48.3	2.9	5.7	0	0.8	1.4	170.3	174.6	13.1	0.4	34.7	0.55
Pickled red onions (49316)	2 tbsp	23.8	10.3	0.1	2.4	0+	0.3	0.5	55.7	38.4	6	0.1	5.1	0.08
salsa verde (41588)	1/4 cup	59	44.6	2.6	5.2	0	0.9	1.1	185.5	144.5	17.1	0.4	12.3+	0.35
Verde Totals			692.7	27.7	71.5	116.8+	43	9.8	947	1429.3+	137.2	6.5	157.1+	2.79

Lunch - Tavola Italiana

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Creamy Tomato Soup (27562.3)	1 ladle-6oz	171.7	88.8	1	15.8	0	5.5	5.8	157.3	416.3	70.8	1.8	39.9+	0.23
Chicken Tortilla Soup (19079)	1 ladle-6oz	273.8	165	4.5	19.2	27.1	12.9	4	148.5	368.7+	54.6	2.1	27.1+	0.63

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Wednesday, Week 3

Lunch - Tavola Italiana

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Spaghetti Squash (9032.2)	1/2 cup	82.8	54	3.8	5.3	0	0.6	1.1	200.4	100.7	19.9	0.4	11.7	0.33
Beyond Meatballs (118949.2)	7 oz portion	223.8	408.2	30.1	15.3	0	23.3	4.8+	583.9	665.5	186.7	9.4	14.1+	2.10
Sauteed Kale (35015.12)	1/2 cup	155.7	84.3	5.7	7	0	4.5	6.2	196.6	530.2	385.8	2.4	364.4	1.00
Garlic and Spice Roasted Broccoli (33992.100)	1/2 cup	148.4	83.5	3.4	11.7	0	4.4	4	233.1	478.4	79.1	1.3	48.7	0.56
Chiffonade Basil (31314)	1/4 tsp	0.1	0	0	0	0	0	0	0	0.4	0.3	0	0.4	0.01
Mamma's Blessing (25532)	1 tbsp	17.8	73.7	4.7	3.1	14.3	4.9	0.2	301.1	44.5	145.6	0.3	51.5	0.19
Garlic Breadstick (5262)	1 each	31	84.3	2.9	12.3	1.3	2.3	0.5	148.5	1.7+	3	0.7	29.6+	0.10
Impossible Meatballs (118949.1)	5 oz portion	204.9	460.7	31.1	20.1	0	28.1	1.7+	559.3	1,016.5	314.4	10	7.4+	3.10
Tavola Italiana Totals			1,502.6	87.2	109.9	42.8	86.5	28.4+	2,528.5	3622.9+	1,260.1	28.4	594.7+	8.24
Lunch Totals			2,195.3	114.9	181.4	159.5+	129.5	38.2+	3,475.6	5052.2+	1,397.4	34.9	751.8+	11.03
Daily Totals for Day 18			2,195.3	114.9	181.4	159.5+	129.5	38.2+	3,475.6	5052.2+	1,397.4	34.9	751.8+	11.03
Daily Value			2000	78	275	300	50	28	2300	4700	1300	18	900	-
% Daily Value			109.76%	147.27%	65.95%	53.18%	259.09%	136.38%	151.11%	107.49%	107.49%	193.8%	83.54%	-

Thursday, Week 3

Lunch - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Pozole Verde (132347)	6 ounce	170.1	111.5	2.7	12.6	20.3	9.4	2.4+	261.2	79.4+	23.8+	0.8+	6.8+	0.59
Butternut Squash Soup (19061)	1 ladle-6oz	185	52.8	0.4	12.6	0	1.3	2.2	118.9	354.8	51.5	0.7	441.1+	0.35
Tilapia Vera Cruz (4810)	6 ounce	170.1	141.6	3.2	5.2	50.4	24.3	1.6	1,198.6	546.6	50.6	1.3	26.4	1.41
Vegetable Paella (38410)	1-1/2 cup	306.8	348.7	12.2	53.5	0	6.5	3.7	168.5	394.3	35.7	1.7	43.9+	1.18
Herbed Polenta (18249)	4 ounce	113.4	103.4	1.3	19.4	3.7	3.1	0.9	25.1	99.9	58.7	1	30.8	0.18

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

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Thursday, Week 3

Lunch - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Summer Vegetable Ratatouile (15328)	1/2 cup	76.4	20.9	0.4	4.2	0	0.9	1.1	196.9	175.8	17.3	0.4	24	0.60
Roasted Herb Chicken (5626)	1 each	103.4	259.9	15.6	1.9	85.1	26.8	0.9	522.9	258	46.6	2.4	59	1.32
Smoked Gouda Macaroni & Cheese (14454)	1/2 cup	104.4	217.5	12.9	18	26.9	7.4	0.9	446.4	85.2	143.8	0.8	76.7	0.24
Collard Greens (21242)	1/2 cup	168	40.1	0.6	7.7	0	2.8	2.6	90.8	233.5	184.3	1	492.1+	0.29
Exhibition Totals			1,296.5	49.2	135.1	186.5	82.4	16.2+	3,029.4	2227.7+	612.3+	10.1+	1200.7+	6.17
Lunch Totals			1,296.5	49.2	135.1	186.5	82.4	16.2+	3,029.4	2227.7+	612.3+	10.1+	1200.7+	6.17

Dinner - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Pozole Verde (132347)	6 ounce	170.1	111.5	2.7	12.6	20.3	9.4	2.4+	261.2	79.4+	23.8+	0.8+	6.8+	0.59
Butternut Squash Soup (19061)	1 ladle-6oz	185	52.8	0.4	12.6	0	1.3	2.2	118.9	354.8	51.5	0.7	441.1+	0.35
Tilapia Vera Cruz (4810)	6 ounce	170.1	141.6	3.2	5.2	50.4	24.3	1.6	1,198.6	546.6	50.6	1.3	26.4	1.41
Vegetable Paella (38410)	1-1/2 cup	306.8	348.7	12.2	53.5	0	6.5	3.7	168.5	394.3	35.7	1.7	43.9+	1.18
Herbed Polenta (18249)	4 ounce	113.4	103.4	1.3	19.4	3.7	3.1	0.9	25.1	99.9	58.7	1	30.8	0.18
Summer Vegetable Ratatouile (15328)	1/2 cup	76.4	20.9	0.4	4.2	0	0.9	1.1	196.9	175.8	17.3	0.4	24	0.60
Roasted Herb Chicken (5626)	1 each	103.4	259.9	15.6	1.9	85.1	26.8	0.9	522.9	258	46.6	2.4	59	1.32
Smoked Gouda Macaroni & Cheese (14454)	1/2 cup	104.4	217.5	12.9	18	26.9	7.4	0.9	446.4	85.2	143.8	0.8	76.7	0.24
Collard Greens (21242)	1/2 cup	168	40.1	0.6	7.7	0	2.8	2.6	90.8	233.5	184.3	1	492.1+	0.29
Exhibition Totals			1,296.5	49.2	135.1	186.5	82.4	16.2+	3,029.4	2227.7+	612.3+	10.1+	1200.7+	6.17
Dinner Totals			1,296.5	49.2	135.1	186.5	82.4	16.2+	3,029.4	2227.7+	612.3+	10.1+	1200.7+	6.17
Daily Totals for Day 19			2,592.9	98.3	270.2	373	164.8	32.3+	6,058.7	4455.3+	1224.7+	20.1+	2401.4+	12.34

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MenuWorks Nutrient Analysis Report Days 15-21

Report Run By: CHRISTOPHER BORDEY
Run Date: 02/09/2022
LAC+USC Healthcare Network (18841)

	Thursday, Week 3												
Daily Value	2000	78	275	300	50	28	2300	4700	1300	18	900	-	
% Daily Value	129.65%	126.03%	98.26%	124.35%	329.59%	115.41%	263.42%	94.79%	94.21%	111.75%	266.83%	-	

Friday, Week 3

Lunch - Cheese Louise

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Pimento Macaroni and Cheese (762.21)	1/2 cup	141.6	264.9	14.8	22.5	28.1	10.3	1.2	609.9	126.4	222.1	0.9	38.9+	0.70
Memphis BBQ Sauce (84851.1)	1 tbsp	25.4	34.5	0.1	8.8	0	0.2	0.1	149.7	59.8	6.5	0.1	4.1	0.05
Caramelized Onions (45806)	1 ounce	28.3	40.5	3.4	2.4	0	0.3	0.4	1	37.8	6	0.1	0	0.06
Blue Cheese Slaw (35093)	1/2 cup	48.6	105.4	10.2	2	5.1	1.9	0.8	150.9	74+	50.2	0.3+	21.1+	0.20
Jalapeno Cornbread Muffin (575.11)	1 each	74.1	173.3	6.8	26.9	0	2	1.1	286.5	13.1+	40.9	1.2	2.8+	0.16
Chopped Green Onions (63606)	1/4 cup	25	8	0	1.8	0	0.5	0.6	4	69	18	0.4	12.5	0.07
Pulled Chicken (118989)	3 oz portion	142.9	95.9	2.4	0.7	63	18.1	0.2	327.1	218.5	9.3	0.4	12.6	0.59
Cheese Louise Totals			722.5	37.8	65.3	96.2	33.3	4.6	1,529.1	598.6+	352.8	3.4+	92+	1.83

Lunch - Zen

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Lo Mein Noodles, Oyster Sauce (49503)	1/2 cup	83.8	180.4	3.2	32.2	0	5.3	1.2	303.5	12+	6.5+	1.2	0+	0.29
Stir Fried Mushrooms and Vegetables (120978.12)	1/2 cup	103.1	91.5	4.2	12	0.5	2.6	1.8	468	223.5+	37.2	0.8	9.8+	1.98
Chinese Boneless Spare Ribs (127587)	4 oz portion	101.2	146.2	7.1	5.6	42.5	16.4	0.1	429.7	397.1	8.3	0.6	1.2+	0.72
Stir Fry Marinated Tofu (39510)	3 oz portion	119.2	103	7	2.8	0	9.3	0.4	118.2	166	399.6	6.2	0.1+	0.49
Sweet Garlic Ginger Sauce (116809.1)	1 tbsp	18.2	34.7	0	9	0	0.3	0	218.4	50.6	1.2	0	0+	0.10
Thai Sweet and Sour Slaw (35351.2)	1/2 cup	49.6	23.9	0.1	5.8	0	0.6	1	36	101.5	15.2	0.2	89.2	0.19

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Friday, Week 3

Lunch - Zen

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Vegetarian Minestrone (3504)	8 floz	241.9	82.1	0.8	15.6	0.1	3.5	2.7	746.3	393	55.4	1.1	-	0.65
New England Clam Chowder (2024)	1 ladle-6oz	254.2	145.3	5.4	13.9	20	10.2	0.8	181	405.4	107.2	1.3	80.1+	0.54
Zen Totals			807.2	27.6	96.8	63	48.1	8.1	2,501.1	1749.1+	630.6+	11.5	180.4+	4.96
Lunch Totals			1,529.7	65.4	162.1	159.2	81.4	12.7	4,030.3	2347.7+	983.4+	14.8+	272.4+	6.80

Dinner - Cheese Louise

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Pimento Macaroni and Cheese (762.21)	1/2 cup	141.6	264.9	14.8	22.5	28.1	10.3	1.2	609.9	126.4	222.1	0.9	38.9+	0.70
Memphis BBQ Sauce (84851.1)	1 tbsp	25.4	34.5	0.1	8.8	0	0.2	0.1	149.7	59.8	6.5	0.1	4.1	0.05
Caramelized Onions (45806)	1 ounce	28.3	40.5	3.4	2.4	0	0.3	0.4	1	37.8	6	0.1	0	0.06
Pulled Chicken (118989)	3 oz portion	142.9	95.9	2.4	0.7	63	18.1	0.2	327.1	218.5	9.3	0.4	12.6	0.59
Blue Cheese Slaw (35093)	1/2 cup	48.6	105.4	10.2	2	5.1	1.9	0.8	150.9	74+	50.2	0.3+	21.1+	0.20
Chopped Green Onions (63606)	1/4 cup	25	8	0	1.8	0	0.5	0.6	4	69	18	0.4	12.5	0.07
Jalapeno Cornbread Muffin (575.11)	1 each	74.1	173.3	6.8	26.9	0	2	1.1	286.5	13.1+	40.9	1.2	2.8+	0.16
Cheese Louise Totals			722.5	37.8	65.3	96.2	33.3	4.6	1,529.1	598.6+	352.8	3.4+	92+	1.83

Dinner - Zen

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Lo Mein Noodles, Oyster Sauce (49503)	1/2 cup	83.8	180.4	3.2	32.2	0	5.3	1.2	303.5	12+	6.5+	1.2	0+	0.29
Stir Fried Mushrooms and Vegetables (120978.12)	1/2 cup	103.1	91.5	4.2	12	0.5	2.6	1.8	468	223.5+	37.2	0.8	9.8+	1.98

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Friday, Week 3

Dinner - Zen

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Chinese Boneless Spare Ribs (127587)	4 oz portion	101.2	146.2	7.1	5.6	42.5	16.4	0.1	429.7	397.1	8.3	0.6	1.2+	0.72
Stir Fry Marinated Tofu (39510)	3 oz portion	119.2	103	7	2.8	0	9.3	0.4	118.2	166	399.6	6.2	0.1+	0.49
Sweet Garlic Ginger Sauce (116809.1)	1 tbsp	18.2	34.7	0	9	0	0.3	0	218.4	50.6	1.2	0	0+	0.10
Thai Sweet and Sour Slaw (35351.2)	1/2 cup	49.6	23.9	0.1	5.8	0	0.6	1	36	101.5	15.2	0.2	89.2	0.19
Zen Totals			579.8	21.5	67.4	42.9	34.5	4.6	1,573.8	950.6+	468+	9.1	100.2+	3.77
Dinner Totals			1,302.2	59.2	132.7	139.1	67.7	9.2	3,102.9	1549.2+	820.8+	12.4+	192.2+	5.61
Daily Totals for Day 20			2,832	124.6	294.7	298.3	149.1	21.8	7,133.2	3896.9+	1804.2+	27.3+	464.6+	12.40
Daily Value			2000	78	275	300	50	28	2300	4700	1300	18	900	-
% Daily Value			141.6%	159.79%	107.18%	99.42%	298.16%	77.99%	310.14%	82.91%	138.79%	151.56%	51.62%	-

Saturday, Week 3

Lunch - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Vegetable Rice Soup (22151.1)	1 ladle-6oz	189.3	80.2	4.1	9.5	0	2	1.7	147.5	140.7+	20.6	0.5	114.8+	0.32
Beef Broccoli Stir Fry (6809)	1 serving(s)	268.1	393.1	12.1	34.1	80.6	34.8	2.6	425.3	643.8	58	4.3	291.7+	1.77
Thai Curry with Tofu (48363)	4 ounce	113.4	136.9	10	9	0	5.1+	1.7+	175.5	309.1+	144.2+	2.1+	17.7+	0.52
Roast Turkey Breast (20544)	4 oz meat	169.4	159.1	2.9	4.3	68.9	27.2	0.1	296.8	267.3	17.6	0.7	4.6+	1.85
Mashed Potatoes (19672)	1/2 cup	97.5	117	4.4	18.3	0	1.6	1.6	5.7	301.4	10.3	0.3	1.5	0.32
Roasted Carrots (33992.8)	1/2 cup	130.6	70.9	3.2	10.4	0	0.8	3.7	718.6	298.7	40.7	1.1	869.4	0.42
White Rice (2)	1/2 cup	89	118	1.6	22.9	0	2.1	0.5	25.6	49.9	21.9	1	0	0.07
Exhibition Totals			1,075.1	38.3	108.5	149.5	73.6+	11.9+	1,795	2011.1+	313.2+	9.9+	1299.7+	5.26

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Saturday, Week 3

Lunch Totals 1,075.1 38.3 108.5 149.5 73.6+ 11.9+ 1,795 2011.1+ 313.2+ 9.9+ 1299.7+ 5.26

Dinner - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Vegetable Rice Soup (22151.1)	1 ladle-6oz	189.3	80.2	4.1	9.5	0	2	1.7	147.5	140.7+	20.6	0.5	114.8+	0.32
Beef Broccoli Stir Fry (6809)	1 serving(s)	268.1	393.1	12.1	34.1	80.6	34.8	2.6	425.3	643.8	58	4.3	291.7+	1.77
Thai Curry with Tofu (48363)	4 ounce	113.4	136.9	10	9	0	5.1+	1.7+	175.5	309.1+	144.2+	2.1+	17.7+	0.52
Roast Turkey Breast (20544)	4 oz meat	169.4	159.1	2.9	4.3	68.9	27.2	0.1	296.8	267.3	17.6	0.7	4.6+	1.85
Mashed Potatoes (19672)	1/2 cup	97.5	117	4.4	18.3	0	1.6	1.6	5.7	301.4	10.3	0.3	1.5	0.32
Roasted Carrots (33992.8)	1/2 cup	130.6	70.9	3.2	10.4	0	0.8	3.7	718.6	298.7	40.7	1.1	869.4	0.42
White Rice (2)	1/2 cup	89	118	1.6	22.9	0	2.1	0.5	25.6	49.9	21.9	1	0	0.07
Exhibition Totals		1,075.1	38.3	108.5	149.5	73.6+	11.9+	1,795	2011.1+	313.2+	9.9+	1299.7+	5.26	
Dinner Totals		1,075.1	38.3	108.5	149.5	73.6+	11.9+	1,795	2011.1+	313.2+	9.9+	1299.7+	5.26	
Daily Totals for Day 21		2,150.2	76.7	217	299.1	147.1+	23.8+	3,590	4022.2+	626.5+	19.7+	2599.3+	10.52	
Daily Value		2000	78	275	300	50	28	2300	4700	1300	18	900	-	
% Daily Value		107.51%	98.33%	78.92%	99.69%	294.26%	84.99%	156.09%	85.58%	48.19%	109.55%	288.82%	-	
Daily Average for Week 3		2,418.1	108.4	236.2	263.6+	136.2+	30.2+	4,471.7	4014.2+	1229.5+	25.8+	1307.9+	11.27	
% Average for Week 3		120.9%	139%	85.9%	87.9%	272.4%	107.9%	194.4%	85.4%	94.6%	143.6%	145.3%	-	
Daily Average for Days (15 - 21)		2,418.1	108.4	236.2	263.6+	136.2+	30.2+	4,471.7	4014.2+	1229.5+	25.8+	1307.9+		
% Average for Days (15 - 21)		120.9%	139%	85.9%	87.9%	272.4%	107.9%	194.4%	85.4%	94.6%	143.6%	145.3%	-	

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MenuWorks Nutrition Analysis Report

Report Run By: CHRISTOPHER BORDEY
Run Date: 04/05/2022
LAC+USC Healthcare Network (18841)

Report Parameters			
Menus Included:	*018841 Chutes	Nutrition Analysis:	Sum All
Days/Dates Included:	1 - 7	Cost Analysis:	Sum All
Locations Included:	LAC+USC Healthcare Network	Menu Item Display:	All Items
Meal Periods Included:	Breakfast, Lunch, Dinner	Report Details:	Detailed Totals
Stations Included:	Good Morning Market Grill, Italian Kitchen Foundation, Italian Kitchen Specials		
Diets Included:			

Purpose of the Report:

The purpose of the MenuWorks Nutrient Analysis Report is to provide menu nutrition information and evaluate nutrition compliance against dietary standards assigned to the menu.

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

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MenuWorks Nutrition Analysis Report

Report Run By: CHRISTOPHER BORDEY
Run Date: 04/05/2022
LAC+USC Healthcare Network (18841)

Menu Name: *018841 Chutes
Location Name: LAC+USC Healthcare Network

Displaying Nutrient Set (1 of 1)

Sunday, Week 1

Breakfast - Good Morning Market Grill

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Bacon, Egg & Cheese Croissant (68351)	1 each	164.1	494.6	84.7	43.6	212.5	22.7	1.7	855.1	164.3+	144.3	3.4	195.5	1.62
Spinach & Mushroom Breakfast Burrito (68373)	1 each	323.8	496.6	20.7	52.3	26.4	26.3	6.7	913.1	696.7	434.8	3.7	329.9+	1.49
Good Morning Market Grill Totals			991.2	105.4	95.9	238.9	49	8.4	1,768.2	861+	579.1	7.1	525.4+	3.10
Breakfast Totals			991.2	105.4	95.9	238.9	49	8.4	1,768.2	861+	579.1	7.1	525.4+	3.10

Lunch - Italian Kitchen Specials

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Pepperoni Pizza (67985)	1 slice	226.9	550.1	19.5	67.2	41.7	25.6	4.3	1,136.8	356.7	378.1	4.5	113.2+	0.85
Classic Cheese Pizza (67966)	1 slice	215.9	494.6	14.4	67	31.1	23.5	4.3	962.8	326.6	376	4.4	113.2+	0.77
Italian Kitchen Specials Totals			1,044.7	33.9	134.2	72.8	49.2	8.5	2,099.6	683.3	754.1	8.9	226.3+	1.62
Lunch Totals			1,044.7	33.9	134.2	72.8	49.2	8.5	2,099.6	683.3	754.1	8.9	226.3+	1.62

Dinner - Italian Kitchen Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Pepperoni Pizza (67985)	1 slice	226.9	550.1	19.5	67.2	41.7	25.6	4.3	1,136.8	356.7	378.1	4.5	113.2+	0.85
Classic Cheese Pizza (67966)	1 slice	215.9	494.6	14.4	67	31.1	23.5	4.3	962.8	326.6	376	4.4	113.2+	0.77

* Indicates Main/Non-Select Item

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MenuWorks Nutrition Analysis Report

Report Run By: CHRISTOPHER BORDEY

Run Date: 04/05/2022

LAC+USC Healthcare Network (18841)

Sunday, Week 1

Dinner - Italian Kitchen Foundation

Italian Kitchen Foundation Totals	1,044.7	33.9	134.2	72.8	49.2	8.5	2,099.6	683.3	754.1	8.9	226.3+	1.62
Dinner Totals	1,044.7	33.9	134.2	72.8	49.2	8.5	2,099.6	683.3	754.1	8.9	226.3+	1.62
Daily Totals for Day 1	3,080.6	173.1	364.3	384.5	147.4	25.4	5,967.3	2227.7+	2,087.4	24.9	978+	6.34
Daily Value	2000	78	275	300	50	28	2300	4700	1300	18	900	-
% Daily Value	154.03%	221.97%	132.49%	128.16%	294.72%	90.89%	259.45%	47.4%	160.57%	138.32%	108.67%	-

Monday, Week 1

Breakfast - Good Morning Market Grill

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Sriracha Egg & Cheese Sandwich (75620)	1 each	183.1	430.9	15.4	52.1	212.4	23	7.6	988.5	106.5+	341	3.7	169+	0.86
Ham & Cheese Egg White Delight (68364)	1 each	140.9	214.2	6.5	24.2	21.4	16.1	3.8	694.5	271.7	303.5	1.6	46.7	0.74
sausage breakfast burrito (44573)	1 sandwich	352.1	839.1	52.7	61.9	266.7	29.3	4	1,506.3	453.1+	361	1.2+	236.7+	1.71
Egg, Tomato & Cheese on Wheat Bagel (19505.5)	1 each	149.3	211.3	3.8	30.5	9.1	13.3	2.8	422.5	281.7	122.5	2.1	51.6+	0.86
Good Morning Market Grill Totals		1,695.5	78.4	168.7	509.6	81.8	18.2	3,611.9	1113+	1,128	8.7+	504+	4.18	
Breakfast Totals		1,695.5	78.4	168.7	509.6	81.8	18.2	3,611.9	1113+	1,128	8.7+	504+	4.18	

Lunch - Italian Kitchen Specials

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Pepperoni Pizza (67985)	1 slice	226.9	550.1	19.5	67.2	41.7	25.6	4.3	1,136.8	356.7	378.1	4.5	113.2+	0.85
Margherita Pizza (67987)	1 slice	260.8	502.8	14.5	68.8	31.1	23.9	4.8	965	433.7	382.4	4.5	134.5+	0.94

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Monday, Week 1
**Lunch - Italian Kitchen
Specials**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Buffalo Chicken Pizza (67978)	1 slice	247	530.3	15.7	67.1	54.9	29.5	4.6	1,344.1	425.4+	308.6	4.6	99.9+	1.04
Meatballs and Spaghetti (315)	1 serving(s)	292	333.4	13.3	30.9	76.2	21.8	2.3	584.9	401.4	55.2	3	26.1+	1.04
Spinach Parmesan Flatbread (68022)	1 each	200	361.9	18.3	28.9	40.4	20.8	4.7	731.5	322.3+	481.4	1.1	217.3+	0.93
Italian Kitchen Specials Totals			2,278.5	81.4	262.8	244.3	121.7	20.7	4,762.3	1939.5+	1,605.7	17.8	591+	4.80
Lunch Totals			2,278.5	81.4	262.8	244.3	121.7	20.7	4,762.3	1939.5+	1,605.7	17.8	591+	4.80

**Dinner - Italian Kitchen
Foundation**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Pepperoni Pizza (67985)	1 slice	226.9	550.1	19.5	67.2	41.7	25.6	4.3	1,136.8	356.7	378.1	4.5	113.2+	0.85
Classic Cheese Pizza (67966)	1 slice	215.9	494.6	14.4	67	31.1	23.5	4.3	962.8	326.6	376	4.4	113.2+	0.77
Italian Kitchen Foundation Totals			1,044.7	33.9	134.2	72.8	49.2	8.5	2,099.6	683.3	754.1	8.9	226.3+	1.62
Dinner Totals			1,044.7	33.9	134.2	72.8	49.2	8.5	2,099.6	683.3	754.1	8.9	226.3+	1.62
Daily Totals for Day 2			5,018.7	193.7	565.8	826.7	252.6	47.4	10,473.8	3735.8+	3,487.9	35.3+	1321.3+	10.59
Daily Value			2000	78	275	300	50	28	2300	4700	1300	18	900	-
% Daily Value			250.94%	248.29%	205.74%	275.58%	505.24%	169.12%	455.38%	79.49%	268.3%	196.3%	146.81%	-

Tuesday, Week 1
**Breakfast - Good Morning
Market Grill**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
sausage breakfast burrito (44573)	1 sandwich	352.1	839.1	52.7	61.9	266.7	29.3	4	1,506.3	453.1+	361	1.2+	236.7+	1.71

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Tuesday, Week 1

Breakfast - Good Morning Market Grill

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Spinach & Mushroom Breakfast Burrito (68373)	1 each	323.8	496.6	20.7	52.3	26.4	26.3	6.7	913.1	696.7	434.8	3.7	329.9+	1.49
Farm Fresh Egg Sandwich (69193)	1 each	267.4	527.3	24.2	48.6	449.9	28.4	2.1	813.3	385.8	288.4	5.1	354.1+	1.35
Chilaquiles (13540)	1 serving(s)	117	197	10	20.4	22.5	8.3	2.4	543	87.2+	191.5	0.5	76.4+	0.39
Good Morning Market Grill Totals			2,060.1	107.6	183.2	765.5	92.3	15.1	3,775.8	1622.8+	1,275.7	10.5+	997.1+	4.94
Breakfast Totals			2,060.1	107.6	183.2	765.5	92.3	15.1	3,775.8	1622.8+	1,275.7	10.5+	997.1+	4.94

Lunch - Italian Kitchen Specials

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Pepperoni Pizza (67985)	1 slice	226.9	550.1	19.5	67.2	41.7	25.6	4.3	1,136.8	356.7	378.1	4.5	113.2+	0.85
Greek Pizza (67989)	1 slice	270.8	528.6	17.8	68.9	41.3	23	5.1	1,298.8	393.9	377.6	4.7	117.2+	1.03
Spinach & Bacon Alfredo Pizza (67986)	1 slice	233.3	577	20.5	66.9	50.2	30	3.9	1,186	371	441.9	4.4	164.1+	1.27
Chicken Bowtie Alfredo (4889)	6 oz portion	170.4	308.2	11.5	26.1	70.5	23.6	1.5	177	226.4	71.2	1.8	73.7	0.78
Pepperoni Flatbread (10211)	1 each	166.5	442	25.5	31	53+	22	2.3	1,166	339+	403.7	2.1	111.8+	0.86
Italian Kitchen Specials Totals			2,406	94.8	260.1	256.7+	124.3	17	4,964.7	1687.1+	1,672.6	17.5	580+	4.79
Lunch Totals			2,406	94.8	260.1	256.7+	124.3	17	4,964.7	1687.1+	1,672.6	17.5	580+	4.79

Dinner - Italian Kitchen Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Pepperoni Pizza (67985)	1 slice	226.9	550.1	19.5	67.2	41.7	25.6	4.3	1,136.8	356.7	378.1	4.5	113.2+	0.85

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Tuesday, Week 1

Dinner - Italian Kitchen Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Classic Cheese Pizza (67966)	1 slice	215.9	494.6	14.4	67	31.1	23.5	4.3	962.8	326.6	376	4.4	113.2+	0.77
Italian Kitchen Foundation Totals			1,044.7	33.9	134.2	72.8	49.2	8.5	2,099.6	683.3	754.1	8.9	226.3+	1.62
Dinner Totals			1,044.7	33.9	134.2	72.8	49.2	8.5	2,099.6	683.3	754.1	8.9	226.3+	1.62
Daily Totals for Day 3			5,510.7	236.3	577.5	1095+	265.7	40.6	10,840	3993.2+	3,702.3	36.9+	1803.5+	11.35
Daily Value			2000	78	275	300	50	28	2300	4700	1300	18	900	-
% Daily Value			275.53%	302.91%	210.01%	364.98%	531.35%	144.97%	471.31%	84.96%	284.79%	205.08%	200.39%	-

Wednesday, Week 1

Breakfast - Good Morning Market Grill

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Chorizo and Egg Burrito (7889.6)	1 each	184.7	406.3	21.6	37.5	234	18.9	1.6	940.7	238.8	282.3	3.2	171.2+	0.75
Ham, Egg & Cheese Croissant (68348)	1 each	172.1	441.1	79.6	43.7	208.5	21.2	1.7	856.6	154.9+	144.7	3.5	196.9	1.28
Egg, Tomato & Cheese on Wheat Bagel (19505.5)	1 each	149.3	211.3	3.8	30.5	9.1	13.3	2.8	422.5	281.7	122.5	2.1	51.6+	0.86
sausage breakfast burrito (44573)	1 sandwich	352.1	839.1	52.7	61.9	266.7	29.3	4	1,506.3	453.1+	361	1.2+	236.7+	1.71
Good Morning Market Grill Totals			1,897.9	157.7	173.7	718.3	82.7	10.1	3,726.1	1128.5+	910.4	10+	656.5+	4.61
Breakfast Totals			1,897.9	157.7	173.7	718.3	82.7	10.1	3,726.1	1128.5+	910.4	10+	656.5+	4.61

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Wednesday, Week 1

Lunch - Italian Kitchen Specials

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Pepperoni Pizza (67985)	1 slice	226.9	550.1	19.5	67.2	41.7	25.6	4.3	1,136.8	356.7	378.1	4.5	113.2+	0.85
Chicken Broccoli Alfredo Pizza (67991)	1 slice	289.5	606.2	19.5	72.3	65.7	35.2	5.2	1,078.9	520.4+	471.5	4.8	157+	1.31
Penne Pesto Chicken (15933)	1-1/2 cup	427.1	994.8	74.3	41.4	186	46.2	2.8	611.2	257.9+	129.8	2.9	427.4+	3.05
Spicy Portobello Flatbread (68021)	1 each	149.7	330.2	16.6	27.5	35.6	18.3	4.4	615.1	228.5+	384.4	0.8	144+	0.87
Pepperoni Flatbread (10211)	1 each	166.5	442	25.5	31	53+	22	2.3	1,166	339+	403.7	2.1	111.8+	0.86
Mediterranean Flatbread (67970)	1 each	157.9	378.7	19.2	33.3	35.6	19.1	5	838.3	339.4+	414	1.4	145.5+	0.93
Italian Kitchen Specials Totals			3,301.9	174.5	272.8	417.6+	166.4	24	5,446.3	2042+	2,181.7	16.6	1098.9+	7.87
Lunch Totals			3,301.9	174.5	272.8	417.6+	166.4	24	5,446.3	2042+	2,181.7	16.6	1098.9+	7.87

Dinner - Italian Kitchen Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Pepperoni Pizza (67985)	1 slice	226.9	550.1	19.5	67.2	41.7	25.6	4.3	1,136.8	356.7	378.1	4.5	113.2+	0.85
Classic Cheese Pizza (67966)	1 slice	215.9	494.6	14.4	67	31.1	23.5	4.3	962.8	326.6	376	4.4	113.2+	0.77
Italian Kitchen Foundation Totals			1,044.7	33.9	134.2	72.8	49.2	8.5	2,099.6	683.3	754.1	8.9	226.3+	1.62
Dinner Totals			1,044.7	33.9	134.2	72.8	49.2	8.5	2,099.6	683.3	754.1	8.9	226.3+	1.62
Daily Totals for Day 4			6,244.5	366.1	580.7	1208.7+	298.3	42.6	11,272	3853.8+	3,846.2	35.5+	1981.7+	14.10
Daily Value			2000	78	275	300	50	28	2300	4700	1300	18	900	-
% Daily Value			312.22%	469.37%	211.15%	402.91%	596.56%	152.11%	490.09%	82%	295.86%	197.11%	220.18%	-

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Thursday, Week 1

Breakfast - Good Morning Market Grill

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Chilaquiles (13540)	1 serving(s)	117	197	10	20.4	22.5	8.3	2.4	543	87.2+	191.5	0.5	76.4+	0.39
Spinach & Mushroom Breakfast Burrito (68373)	1 each	323.8	496.6	20.7	52.3	26.4	26.3	6.7	913.1	696.7	434.8	3.7	329.9+	1.49
sausage breakfast burrito (44573)	1 sandwich	352.1	839.1	52.7	61.9	266.7	29.3	4	1,506.3	453.1+	361	1.2+	236.7+	1.71
Bacon, Egg Whites & Cheese Biscuit (58754)	1 each	146.3	389.5	21.4	28.5	32.6	18.6	2	832.5	255.6	331.3	1.7	75.6+	1.07
Good Morning Market Grill Totals			1,922.2	104.8	163.1	348.2	82.5	15	3,794.9	1492.6+	1,318.5	7+	718.6+	4.67
Breakfast Totals			1,922.2	104.8	163.1	348.2	82.5	15	3,794.9	1492.6+	1,318.5	7+	718.6+	4.67

Lunch - Italian Kitchen Specials

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Pepperoni Pizza (67985)	1 slice	226.9	550.1	19.5	67.2	41.7	25.6	4.3	1,136.8	356.7	378.1	4.5	113.2+	0.85
Spicy Portobello Flatbread (68021)	1 each	149.7	330.2	16.6	27.5	35.6	18.3	4.4	615.1	228.5+	384.4	0.8	144+	0.87
Classic Cheese Pizza (67966)	1 slice	215.9	494.6	14.4	67	31.1	23.5	4.3	962.8	326.6	376	4.4	113.2+	0.77
Spicy Portobello Flatbread (68021)	1 each	149.7	330.2	16.6	27.5	35.6	18.3	4.4	615.1	228.5+	384.4	0.8	144+	0.87
Italian Kitchen Specials Totals			1,705	67.1	189.3	144	85.7	17.3	3,329.7	1140.3+	1,523	10.5	514.3+	3.35
Lunch Totals			1,705	67.1	189.3	144	85.7	17.3	3,329.7	1140.3+	1,523	10.5	514.3+	3.35

Dinner - Italian Kitchen Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Pepperoni Pizza (67985)	1 slice	226.9	550.1	19.5	67.2	41.7	25.6	4.3	1,136.8	356.7	378.1	4.5	113.2+	0.85

* Indicates Main/Non-Select Item

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MenuWorks Nutrition Analysis Report

Report Run By: CHRISTOPHER BORDEY
Run Date: 04/05/2022
LAC+USC Healthcare Network (18841)

Thursday, Week 1

Dinner - Italian Kitchen Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Classic Cheese Pizza (67966)	1 slice	215.9	494.6	14.4	67	31.1	23.5	4.3	962.8	326.6	376	4.4	113.2+	0.77
Italian Kitchen Foundation Totals			1,044.7	33.9	134.2	72.8	49.2	8.5	2,099.6	683.3	754.1	8.9	226.3+	1.62
Dinner Totals			1,044.7	33.9	134.2	72.8	49.2	8.5	2,099.6	683.3	754.1	8.9	226.3+	1.62
Daily Totals for Day 5			4,671.9	205.8	486.6	565	217.3	40.9	9,224.2	3316.2+	3,595.7	26.4+	1459.3+	9.63
Daily Value			2000	78	275	300	50	28	2300	4700	1300	18	900	-
% Daily Value			233.59%	263.81%	176.94%	188.35%	434.65%	146.07%	401.05%	70.56%	276.59%	146.84%	162.14%	-

Friday, Week 1

Breakfast - Good Morning Market Grill

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Ham & Cheese Egg White Delight (68364)	1 each	140.9	214.2	6.5	24.2	21.4	16.1	3.8	694.5	271.7	303.5	1.6	46.7	0.74
sausage breakfast burrito (44573)	1 sandwich	352.1	839.1	52.7	61.9	266.7	29.3	4	1,506.3	453.1+	361	1.2+	236.7+	1.71
Egg, Tomato & Cheese on Wheat Bagel (19505.5)	1 each	149.3	211.3	3.8	30.5	9.1	13.3	2.8	422.5	281.7	122.5	2.1	51.6+	0.86
Egg, Bacon and Cheddar Sandwich (12699)	1 sandwich	140.6	350.7	19	24.3	203.1	21.7	3.8	720.9	288.7	327.9	2.4	144.1	1.28
Good Morning Market Grill Totals			1,615.4	82	140.9	500.3	80.4	14.4	3,344.3	1295.3+	1,114.9	7.3+	479.1+	4.59
Breakfast Totals			1,615.4	82	140.9	500.3	80.4	14.4	3,344.3	1295.3+	1,114.9	7.3+	479.1+	4.59

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Friday, Week 1

Lunch - Italian Kitchen Specials

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Pepperoni Pizza (67985)	1 slice	226.9	550.1	19.5	67.2	41.7	25.6	4.3	1,136.8	356.7	378.1	4.5	113.2+	0.85
Cheese Ravioli (15937)	1-1/2 cup	350	790.2	40.2	87.6	152	26.3	5.1	638	268.1+	525.9	3.7	252.7+	1.74
Italian Kitchen Specials Totals			1,340.3	59.7	154.8	193.7	52	9.3	1,774.7	624.9+	904	8.2	365.8+	2.58
Lunch Totals			1,340.3	59.7	154.8	193.7	52	9.3	1,774.7	624.9+	904	8.2	365.8+	2.58

Dinner - Italian Kitchen Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Pepperoni Pizza (67985)	1 slice	226.9	550.1	19.5	67.2	41.7	25.6	4.3	1,136.8	356.7	378.1	4.5	113.2+	0.85
Classic Cheese Pizza (67966)	1 slice	215.9	494.6	14.4	67	31.1	23.5	4.3	962.8	326.6	376	4.4	113.2+	0.77
Italian Kitchen Foundation Totals			1,044.7	33.9	134.2	72.8	49.2	8.5	2,099.6	683.3	754.1	8.9	226.3+	1.62
Dinner Totals			1,044.7	33.9	134.2	72.8	49.2	8.5	2,099.6	683.3	754.1	8.9	226.3+	1.62
Daily Totals for Day 6			4,000.3	175.6	429.9	766.9	181.6	32.3	7,218.6	2603.5+	2,773.1	24.5+	1071.2+	8.79
Daily Value			2000	78	275	300	50	28	2300	4700	1300	18	900	-
% Daily Value			200.02%	225.11%	156.32%	255.62%	363.13%	115.19%	313.85%	55.39%	213.31%	135.96%	119.03%	-

Saturday, Week 1

Breakfast - Good Morning Market Grill

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Chilaquiles (13540)	1 serving(s)	117	197	10	20.4	22.5	8.3	2.4	543	87.2+	191.5	0.5	76.4+	0.39
sausage breakfast burrito (44573)	1 sandwich	352.1	839.1	52.7	61.9	266.7	29.3	4	1,506.3	453.1+	361	1.2+	236.7+	1.71

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Saturday, Week 1

Breakfast - Good Morning Market Grill

Good Morning Market Grill Totals	1,036.1	62.8	82.3	289.2	37.6	6.3	2,049.3	540.3+	552.5	1.7+	313.1+	2.11
Breakfast Totals	1,036.1	62.8	82.3	289.2	37.6	6.3	2,049.3	540.3+	552.5	1.7+	313.1+	2.11

Lunch - Italian Kitchen Specials

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Pepperoni Pizza (67985)	1 slice	226.9	550.1	19.5	67.2	41.7	25.6	4.3	1,136.8	356.7	378.1	4.5	113.2+	0.85
Classic Cheese Pizza (67966)	1 slice	215.9	494.6	14.4	67	31.1	23.5	4.3	962.8	326.6	376	4.4	113.2+	0.77
Italian Kitchen Specials Totals			1,044.7	33.9	134.2	72.8	49.2	8.5	2,099.6	683.3	754.1	8.9	226.3+	1.62
Lunch Totals			1,044.7	33.9	134.2	72.8	49.2	8.5	2,099.6	683.3	754.1	8.9	226.3+	1.62

Dinner - Italian Kitchen Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Pepperoni Pizza (67985)	1 slice	226.9	550.1	19.5	67.2	41.7	25.6	4.3	1,136.8	356.7	378.1	4.5	113.2+	0.85
Classic Cheese Pizza (67966)	1 slice	215.9	494.6	14.4	67	31.1	23.5	4.3	962.8	326.6	376	4.4	113.2+	0.77
Italian Kitchen Foundation Totals			1,044.7	33.9	134.2	72.8	49.2	8.5	2,099.6	683.3	754.1	8.9	226.3+	1.62
Dinner Totals			1,044.7	33.9	134.2	72.8	49.2	8.5	2,099.6	683.3	754.1	8.9	226.3+	1.62
Daily Totals for Day 7			3,125.5	130.6	350.7	434.8	135.9	23.4	6,248.5	1906.9+	2,060.7	19.5+	765.8+	5.34
Daily Value			2000	78	275	300	50	28	2300	4700	1300	18	900	-
% Daily Value			156.27%	167.37%	127.53%	144.93%	271.8%	83.46%	271.67%	40.57%	158.52%	108.2%	85.09%	-
Daily Average for Week 1			4,521.7	211.6	479.4	754.5+	214.1	36.1	8,749.2	3091+	3,079	29+	1340.1+	9.45
% Average for Week 1			226.1%	271.3%	174.3%	251.5%	428.2%	128.8%	380.4%	65.8%	236.8%	161.1%	148.9%	-

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MenuWorks Nutrition Analysis Report

Report Run By: CHRISTOPHER BORDEY
 Run Date: 04/05/2022
 LAC+USC Healthcare Network (18841)

Daily Average for Days (1 - 7)	4,521.7	211.6	479.4	754.5+	214.1	36.1	8,749.2	3091+	3,079	29+	1340.1+	9.45
% Average for Days (1 - 7)	226.1%	271.3%	174.3%	251.5%	428.2%	128.8%	380.4%	65.8%	236.8%	161.1%	148.9%	-

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MenuWorks Nutrition Analysis Report

Report Run By: CHRISTOPHER BORDEY
Run Date: 04/05/2022
LAC+USC Healthcare Network (18841)

Report Parameters			
Menus Included:	*018841 Deli	Nutrition Analysis:	Sum All
Days/Dates Included:	1 - 7	Cost Analysis:	Sum All
Locations Included:	LAC+USC Healthcare Network	Menu Item Display:	All Items
Meal Periods Included:	Breakfast, Lunch	Report Details:	Detailed Totals
Stations Included:	Exhibition, Market Street Deli - Made to Order Foundation		
Diets Included:			

Purpose of the Report:

The purpose of the MenuWorks Nutrient Analysis Report is to provide menu nutrition information and evaluate nutrition compliance against dietary standards assigned to the menu.

* Indicates Main/Non-Select Item

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MenuWorks Nutrition Analysis Report

Report Run By: CHRISTOPHER BORDEY
Run Date: 04/05/2022
LAC+USC Healthcare Network (18841)

Menu Name: *018841 Deli
Location Name: LAC+USC Healthcare Network

Displaying Nutrient Set (1 of 1)

Monday, Week 1

Breakfast - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Everything Bagel (63651.2)	1 each	113.4	300	2	61	0	11	3	560	-	60	4.5	-	0.42
Onion Bagel (63651.5)	1 each	113.4	288.5	1	60.7	0	9.9	2	567	-	19.9	3.6	-	0.35
Multigrain Bagel (63651.19)	1 each	113.4	299.5	2.1	58.8	0	9.6	3.2	385.1	-	0	2.9	-	0.36
Whole Grain Bagel (63651.39)	1 each	85	220	1	44	0	8	5	400	173	17	2	-	0.38
Blueberry Bagel (1109.1)	1 each	85	230	1	48	0	8	1	520	203	14	3	-	0.39
Udi's Plain Bagel (1390.4)	1 each	98	285.7	9.4	42.8	0	7	2.2	458.2	166.7	31.2	0.5	-	1.16
Pork Bacon (608)	1 slice	9.3	43.5	3.3	0.2	9.2	3.2	0	156.6	46.4	1	0.1	1	0.24
Thinly Sliced Smoked Ham (14910)	1 ounce	28.3	35.7	1.6	0.4	15.3	5	0	334.8	88.7	2.6	0.2	3.7	0.15
Sliced Black Forest Ham (48144.11)	1 ounce	28.3	43.7	2.3	1	15.2	4.4	0.3	216.9	76.5	6.4	0.3	0	0.16
Thinly Sliced Deli Turkey Breast (48144.1)	1 ounce	28.3	29.7	1.2	0.9	13.3	3.7	0.1	258.3	40.7	3.1	0.2	-	0.18
Sliced Red Onion (14918)	1 slice	12.6	5	0	1.2	0	0.1	0.2	0.5	18.4	2.9	0	0	0.03
Baby Spinach (47960.1)	1/4 cup	7.5	1.7	0	0.3	0	0.2	0.2	5.9	41.8	7.4	0.2	35.2	0.08
Sliced Tomatoes (47955.4)	1 slice	12.9	2.3	0	0.5	0	0.1	0.2	0.6	30.6	1.3	0	5.4	0.03
Sliced Cucumber (68562)	1/4 cup	26	3.9	0	0.9	0	0.2	0.1	0.5	38.2	4.2	0.1	1.3	0.13
Exhibition Totals			1,789.3	25	320.6	53	70.6	17.5	3,864.5	924+	171	17.6	46.6+	4.05
Breakfast Totals			1,789.3	25	320.6	53	70.6	17.5	3,864.5	924+	171	17.6	46.6+	4.05

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Monday, Week 1

Lunch - Market Street Deli - Made to Order Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
French Petite Roll (5238)	1 each	38.3	89.4	1.2	16.7	3.6	3	0.6	175.4	-	4.1	1	-	0.28
Pretzel Roll (62279.1)	1 each	99.2	280	5	51	35	9	3	720	167	31	1	-	0.57
Ciabatta Roll (62279)	1 each	127.6	353.4	5.5	64	0	11	4.1	732.3	145.4	116.1	3.5	0	0.56
Kaiser Roll (63969)	1 each	73.7	216	3.2	38.8	0	7.3	1.7	401	79.6	70	2.4	0	0.39
Provolone Cheese (14917)	1 slice	21.3	74.6	5.7	0.5	14.7	5.4	0	154.6	29.3	160.7	0.1	50.2	0.14
Thinly Sliced Deli Turkey Breast (48144.1)	1 ounce	28.3	29.7	1.2	0.9	13.3	3.7	0.1	258.3	40.7	3.1	0.2	-	0.18
Roasted Eggplant (8117)	1/2 cup	77.1	50.5	3.8	4.3	0	0.7	2.2	7.3	168.4	6.6	0.2	0.7	0.13
Classic Chicken Salad (36215.6)	4 ounce	113.4	292.7	22.9	1.4	75.2	20.2	0.6	510.8	251+	18.7	0.4+	9+	0.91
Dill Lime Tuna Salad (19110)	1/2 cup	123.6	139.9	6.6	2.2	40.2	17.9	0.2	380.6	178.1+	20.2	1.5	15.6+	0.95
Pesto Mayo (8174)	1 oz portion	25.4	145	15.6	0.5	6	0.8	0.2	140.8	2.8+	25.6	0.1	0+	0.18
Hummus (19230)	2 tbsp	27.6	33	1.8	3.4	0	1.3	1.1	66.4	40.6	13.5	0.5	0.4	0.06
Jalapeno Spiked Slaw (35095)	1 cup	288.9	199.6	14.4	16.3	18.8	3.3	5.7	441	397.9+	93.2	1.2	21.4+	0.93
Sliced Cucumber (68562.2)	1/4 cup	21.7	2.2	0	0.5	0	0.1	0.2	0.4	29.5	3	0	0.9	0.15
Red Onion Ring (14918.2)	1 slice	5.4	2.2	0	0.5	0	0.1	0.1	0.2	7.9	1.3	0	0	0.01
Sliced Pepperoncini Peppers (68563)	1 tbsp	8.7	1.8	0	0.4	0	0.1	0.1	101.9	16.2	0.6	0	3.1	0.03
Spring Mix (47795.1)	1 cup	55	7.1	0.1	1.2	0	0.7	0.6	2.7	130.9	19.2	0.7	91.3	0.61
Market Street Deli - Made to Order Foundation Totals			1,917	86.9	202.7	206.8	84.6	20.4	4,093.6	1685.4+	587.1	12.8+	192.6+	6.07
Lunch Totals			1,917	86.9	202.7	206.8	84.6	20.4	4,093.6	1685.4+	587.1	12.8+	192.6+	6.07
Daily Totals for Day 2			3,706.3	111.8	523.4	259.8	155.2	37.9	7,958.1	2609.4+	758.1	30.5+	239.2+	10.12
Daily Value			2000	78	275	300	50	28	2300	4700	1300	18	900	-

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MenuWorks Nutrition Analysis Report

Report Run By: CHRISTOPHER BORDEY

Run Date: 04/05/2022

LAC+USC Healthcare Network (18841)

% Daily Value	185.32%	143.39%	190.32%	86.59%	310.36%	135.24%	346%	55.52%	58.32%	169.29%	26.58%	-
	Monday, Week 1											
	Tuesday, Week 1											

Breakfast - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Everything Bagel (63651.2)	1 each	113.4	300	2	61	0	11	3	560	-	60	4.5	-	0.42
Onion Bagel (63651.5)	1 each	113.4	288.5	1	60.7	0	9.9	2	567	-	19.9	3.6	-	0.35
Multigrain Bagel (63651.19)	1 each	113.4	299.5	2.1	58.8	0	9.6	3.2	385.1	-	0	2.9	-	0.36
Whole Grain Bagel (63651.39)	1 each	85	220	1	44	0	8	5	400	173	17	2	-	0.38
Blueberry Bagel (1109.1)	1 each	85	230	1	48	0	8	1	520	203	14	3	-	0.39
Udi's Plain Bagel (1390.4)	1 each	98	285.7	9.4	42.8	0	7	2.2	458.2	166.7	31.2	0.5	-	1.16
Pork Bacon (608)	1 slice	9.3	43.5	3.3	0.2	9.2	3.2	0	156.6	46.4	1	0.1	1	0.24
Thinly Sliced Smoked Ham (14910)	1 ounce	28.3	35.7	1.6	0.4	15.3	5	0	334.8	88.7	2.6	0.2	3.7	0.15
Sliced Black Forest Ham (48144.11)	1 ounce	28.3	43.7	2.3	1	15.2	4.4	0.3	216.9	76.5	6.4	0.3	0	0.16
Thinly Sliced Deli Turkey Breast (48144.1)	1 ounce	28.3	29.7	1.2	0.9	13.3	3.7	0.1	258.3	40.7	3.1	0.2	-	0.18
Sliced Red Onion (14918)	1 slice	12.6	5	0	1.2	0	0.1	0.2	0.5	18.4	2.9	0	0	0.03
Baby Spinach (47960.1)	1/4 cup	7.5	1.7	0	0.3	0	0.2	0.2	5.9	41.8	7.4	0.2	35.2	0.08
Sliced Tomatoes (47955.4)	1 slice	12.9	2.3	0	0.5	0	0.1	0.2	0.6	30.6	1.3	0	5.4	0.03
Sliced Cucumber (68562)	1/4 cup	26	3.9	0	0.9	0	0.2	0.1	0.5	38.2	4.2	0.1	1.3	0.13
Exhibition Totals			1,789.3	25	320.6	53	70.6	17.5	3,864.5	924+	171	17.6	46.6+	4.05
Breakfast Totals			1,789.3	25	320.6	53	70.6	17.5	3,864.5	924+	171	17.6	46.6+	4.05

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

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Tuesday, Week 1
**Lunch - Market Street Deli -
Made to Order Foundation**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
French Petite Roll (5238)	1 each	38.3	89.4	1.2	16.7	3.6	3	0.6	175.4	-	4.1	1	-	0.28
Pretzel Roll (62279.1)	1 each	99.2	280	5	51	35	9	3	720	167	31	1	-	0.57
Ciabatta Roll (62279)	1 each	127.6	353.4	5.5	64	0	11	4.1	732.3	145.4	116.1	3.5	0	0.56
Kaiser Roll (63969)	1 each	73.7	216	3.2	38.8	0	7.3	1.7	401	79.6	70	2.4	0	0.39
Provolone Cheese (14917)	1 slice	21.3	74.6	5.7	0.5	14.7	5.4	0	154.6	29.3	160.7	0.1	50.2	0.14
Thinly Sliced Deli Turkey Breast (48144.1)	1 ounce	28.3	29.7	1.2	0.9	13.3	3.7	0.1	258.3	40.7	3.1	0.2	-	0.18
Roasted Eggplant (8117)	1/2 cup	77.1	50.5	3.8	4.3	0	0.7	2.2	7.3	168.4	6.6	0.2	0.7	0.13
Classic Chicken Salad (36215.6)	4 ounce	113.4	292.7	22.9	1.4	75.2	20.2	0.6	510.8	251+	18.7	0.4+	9+	0.91
Dill Lime Tuna Salad (19110)	1/2 cup	123.6	139.9	6.6	2.2	40.2	17.9	0.2	380.6	178.1+	20.2	1.5	15.6+	0.95
Pesto Mayo (8174)	1 oz portion	25.4	145	15.6	0.5	6	0.8	0.2	140.8	2.8+	25.6	0.1	0+	0.18
Hummus (19230)	2 tbsp	27.6	33	1.8	3.4	0	1.3	1.1	66.4	40.6	13.5	0.5	0.4	0.06
Jalapeno Spiked Slaw (35095)	1 cup	288.9	199.6	14.4	16.3	18.8	3.3	5.7	441	397.9+	93.2	1.2	21.4+	0.93
Sliced Cucumber (68562.2)	1/4 cup	21.7	2.2	0	0.5	0	0.1	0.2	0.4	29.5	3	0	0.9	0.15
Red Onion Ring (14918.2)	1 slice	5.4	2.2	0	0.5	0	0.1	0.1	0.2	7.9	1.3	0	0	0.01
Sliced Pepperoncini Peppers (68563)	1 tbsp	8.7	1.8	0	0.4	0	0.1	0.1	101.9	16.2	0.6	0	3.1	0.03
Spring Mix (47795.1)	1 cup	55	7.1	0.1	1.2	0	0.7	0.6	2.7	130.9	19.2	0.7	91.3	0.61
Market Street Deli - Made to Order Foundation Totals			1,917	86.9	202.7	206.8	84.6	20.4	4,093.6	1685.4+	587.1	12.8+	192.6+	6.07
Lunch Totals			1,917	86.9	202.7	206.8	84.6	20.4	4,093.6	1685.4+	587.1	12.8+	192.6+	6.07
Daily Totals for Day 3			3,706.3	111.8	523.4	259.8	155.2	37.9	7,958.1	2609.4+	758.1	30.5+	239.2+	10.12
Daily Value			2000	78	275	300	50	28	2300	4700	1300	18	900	-

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

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												Tuesday, Week 1	
% Daily Value	185.32%	143.39%	190.32%	86.59%	310.36%	135.24%	346%	55.52%	58.32%	169.29%	26.58%	-	
												Wednesday, Week 1	

Breakfast - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Everything Bagel (63651.2)	1 each	113.4	300	2	61	0	11	3	560	-	60	4.5	-	0.42
Onion Bagel (63651.5)	1 each	113.4	288.5	1	60.7	0	9.9	2	567	-	19.9	3.6	-	0.35
Multigrain Bagel (63651.19)	1 each	113.4	299.5	2.1	58.8	0	9.6	3.2	385.1	-	0	2.9	-	0.36
Whole Grain Bagel (63651.39)	1 each	85	220	1	44	0	8	5	400	173	17	2	-	0.38
Blueberry Bagel (1109.1)	1 each	85	230	1	48	0	8	1	520	203	14	3	-	0.39
Udi's Plain Bagel (1390.4)	1 each	98	285.7	9.4	42.8	0	7	2.2	458.2	166.7	31.2	0.5	-	1.16
Pork Bacon (608)	1 slice	9.3	43.5	3.3	0.2	9.2	3.2	0	156.6	46.4	1	0.1	1	0.24
Thinly Sliced Smoked Ham (14910)	1 ounce	28.3	35.7	1.6	0.4	15.3	5	0	334.8	88.7	2.6	0.2	3.7	0.15
Sliced Black Forest Ham (48144.11)	1 ounce	28.3	43.7	2.3	1	15.2	4.4	0.3	216.9	76.5	6.4	0.3	0	0.16
Thinly Sliced Deli Turkey Breast (48144.1)	1 ounce	28.3	29.7	1.2	0.9	13.3	3.7	0.1	258.3	40.7	3.1	0.2	-	0.18
Sliced Red Onion (14918)	1 slice	12.6	5	0	1.2	0	0.1	0.2	0.5	18.4	2.9	0	0	0.03
Baby Spinach (47960.1)	1/4 cup	7.5	1.7	0	0.3	0	0.2	0.2	5.9	41.8	7.4	0.2	35.2	0.08
Sliced Tomatoes (47955.4)	1 slice	12.9	2.3	0	0.5	0	0.1	0.2	0.6	30.6	1.3	0	5.4	0.03
Sliced Cucumber (68562)	1/4 cup	26	3.9	0	0.9	0	0.2	0.1	0.5	38.2	4.2	0.1	1.3	0.13
Exhibition Totals			1,789.3	25	320.6	53	70.6	17.5	3,864.5	924+	171	17.6	46.6+	4.05
Breakfast Totals			1,789.3	25	320.6	53	70.6	17.5	3,864.5	924+	171	17.6	46.6+	4.05

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

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Wednesday, Week 1
**Lunch - Market Street Deli -
Made to Order Foundation**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
French Petite Roll (5238)	1 each	38.3	89.4	1.2	16.7	3.6	3	0.6	175.4	-	4.1	1	-	0.28
Pretzel Roll (62279.1)	1 each	99.2	280	5	51	35	9	3	720	167	31	1	-	0.57
Ciabatta Roll (62279)	1 each	127.6	353.4	5.5	64	0	11	4.1	732.3	145.4	116.1	3.5	0	0.56
Kaiser Roll (63969)	1 each	73.7	216	3.2	38.8	0	7.3	1.7	401	79.6	70	2.4	0	0.39
Provolone Cheese (14917)	1 slice	21.3	74.6	5.7	0.5	14.7	5.4	0	154.6	29.3	160.7	0.1	50.2	0.14
Thinly Sliced Deli Turkey Breast (48144.1)	1 ounce	28.3	29.7	1.2	0.9	13.3	3.7	0.1	258.3	40.7	3.1	0.2	-	0.18
Roasted Eggplant (8117)	1/2 cup	77.1	50.5	3.8	4.3	0	0.7	2.2	7.3	168.4	6.6	0.2	0.7	0.13
Classic Chicken Salad (36215.6)	4 ounce	113.4	292.7	22.9	1.4	75.2	20.2	0.6	510.8	251+	18.7	0.4+	9+	0.91
Dill Lime Tuna Salad (19110)	1/2 cup	123.6	139.9	6.6	2.2	40.2	17.9	0.2	380.6	178.1+	20.2	1.5	15.6+	0.95
Pesto Mayo (8174)	1 oz portion	25.4	145	15.6	0.5	6	0.8	0.2	140.8	2.8+	25.6	0.1	0+	0.18
Hummus (19230)	2 tbsp	27.6	33	1.8	3.4	0	1.3	1.1	66.4	40.6	13.5	0.5	0.4	0.06
Jalapeno Spiked Slaw (35095)	1 cup	288.9	199.6	14.4	16.3	18.8	3.3	5.7	441	397.9+	93.2	1.2	21.4+	0.93
Sliced Cucumber (68562.2)	1/4 cup	21.7	2.2	0	0.5	0	0.1	0.2	0.4	29.5	3	0	0.9	0.15
Red Onion Ring (14918.2)	1 slice	5.4	2.2	0	0.5	0	0.1	0.1	0.2	7.9	1.3	0	0	0.01
Sliced Pepperoncini Peppers (68563)	1 tbsp	8.7	1.8	0	0.4	0	0.1	0.1	101.9	16.2	0.6	0	3.1	0.03
Spring Mix (47795.1)	1 cup	55	7.1	0.1	1.2	0	0.7	0.6	2.7	130.9	19.2	0.7	91.3	0.61
Market Street Deli - Made to Order Foundation Totals			1,917	86.9	202.7	206.8	84.6	20.4	4,093.6	1685.4+	587.1	12.8+	192.6+	6.07
Lunch Totals			1,917	86.9	202.7	206.8	84.6	20.4	4,093.6	1685.4+	587.1	12.8+	192.6+	6.07
Daily Totals for Day 4			3,706.3	111.8	523.4	259.8	155.2	37.9	7,958.1	2609.4+	758.1	30.5+	239.2+	10.12
Daily Value			2000	78	275	300	50	28	2300	4700	1300	18	900	-

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

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Wednesday, Week 1

% Daily Value 185.32% 143.39% 190.32% 86.59% 310.36% 135.24% 346% 55.52% 58.32% 169.29% 26.58% -

Thursday, Week 1
Breakfast - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Everything Bagel (63651.2)	1 each	113.4	300	2	61	0	11	3	560	-	60	4.5	-	0.42
Onion Bagel (63651.5)	1 each	113.4	288.5	1	60.7	0	9.9	2	567	-	19.9	3.6	-	0.35
Multigrain Bagel (63651.19)	1 each	113.4	299.5	2.1	58.8	0	9.6	3.2	385.1	-	0	2.9	-	0.36
Whole Grain Bagel (63651.39)	1 each	85	220	1	44	0	8	5	400	173	17	2	-	0.38
Blueberry Bagel (1109.1)	1 each	85	230	1	48	0	8	1	520	203	14	3	-	0.39
Udi's Plain Bagel (1390.4)	1 each	98	285.7	9.4	42.8	0	7	2.2	458.2	166.7	31.2	0.5	-	1.16
Pork Bacon (608)	1 slice	9.3	43.5	3.3	0.2	9.2	3.2	0	156.6	46.4	1	0.1	1	0.24
Thinly Sliced Smoked Ham (14910)	1 ounce	28.3	35.7	1.6	0.4	15.3	5	0	334.8	88.7	2.6	0.2	3.7	0.15
Sliced Black Forest Ham (48144.11)	1 ounce	28.3	43.7	2.3	1	15.2	4.4	0.3	216.9	76.5	6.4	0.3	0	0.16
Thinly Sliced Deli Turkey Breast (48144.1)	1 ounce	28.3	29.7	1.2	0.9	13.3	3.7	0.1	258.3	40.7	3.1	0.2	-	0.18
Sliced Red Onion (14918)	1 slice	12.6	5	0	1.2	0	0.1	0.2	0.5	18.4	2.9	0	0	0.03
Baby Spinach (47960.1)	1/4 cup	7.5	1.7	0	0.3	0	0.2	0.2	5.9	41.8	7.4	0.2	35.2	0.08
Sliced Tomatoes (47955.4)	1 slice	12.9	2.3	0	0.5	0	0.1	0.2	0.6	30.6	1.3	0	5.4	0.03
Sliced Cucumber (68562)	1/4 cup	26	3.9	0	0.9	0	0.2	0.1	0.5	38.2	4.2	0.1	1.3	0.13
Exhibition Totals			1,789.3	25	320.6	53	70.6	17.5	3,864.5	924+	171	17.6	46.6+	4.05
Breakfast Totals			1,789.3	25	320.6	53	70.6	17.5	3,864.5	924+	171	17.6	46.6+	4.05

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

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Thursday, Week 1

Lunch - Market Street Deli - Made to Order Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
French Petite Roll (5238)	1 each	38.3	89.4	1.2	16.7	3.6	3	0.6	175.4	-	4.1	1	-	0.28
Pretzel Roll (62279.1)	1 each	99.2	280	5	51	35	9	3	720	167	31	1	-	0.57
Ciabatta Roll (62279)	1 each	127.6	353.4	5.5	64	0	11	4.1	732.3	145.4	116.1	3.5	0	0.56
Kaiser Roll (63969)	1 each	73.7	216	3.2	38.8	0	7.3	1.7	401	79.6	70	2.4	0	0.39
Provolone Cheese (14917)	1 slice	21.3	74.6	5.7	0.5	14.7	5.4	0	154.6	29.3	160.7	0.1	50.2	0.14
Thinly Sliced Deli Turkey Breast (48144.1)	1 ounce	28.3	29.7	1.2	0.9	13.3	3.7	0.1	258.3	40.7	3.1	0.2	-	0.18
Roasted Eggplant (8117)	1/2 cup	77.1	50.5	3.8	4.3	0	0.7	2.2	7.3	168.4	6.6	0.2	0.7	0.13
Classic Chicken Salad (36215.6)	4 ounce	113.4	292.7	22.9	1.4	75.2	20.2	0.6	510.8	251+	18.7	0.4+	9+	0.91
Dill Lime Tuna Salad (19110)	1/2 cup	123.6	139.9	6.6	2.2	40.2	17.9	0.2	380.6	178.1+	20.2	1.5	15.6+	0.95
Pesto Mayo (8174)	1 oz portion	25.4	145	15.6	0.5	6	0.8	0.2	140.8	2.8+	25.6	0.1	0+	0.18
Hummus (19230)	2 tbsp	27.6	33	1.8	3.4	0	1.3	1.1	66.4	40.6	13.5	0.5	0.4	0.06
Jalapeno Spiked Slaw (35095)	1 cup	288.9	199.6	14.4	16.3	18.8	3.3	5.7	441	397.9+	93.2	1.2	21.4+	0.93
Sliced Cucumber (68562.2)	1/4 cup	21.7	2.2	0	0.5	0	0.1	0.2	0.4	29.5	3	0	0.9	0.15
Red Onion Ring (14918.2)	1 slice	5.4	2.2	0	0.5	0	0.1	0.1	0.2	7.9	1.3	0	0	0.01
Sliced Pepperoncini Peppers (68563)	1 tbsp	8.7	1.8	0	0.4	0	0.1	0.1	101.9	16.2	0.6	0	3.1	0.03
Spring Mix (47795.1)	1 cup	55	7.1	0.1	1.2	0	0.7	0.6	2.7	130.9	19.2	0.7	91.3	0.61
Market Street Deli - Made to Order Foundation Totals			1,917	86.9	202.7	206.8	84.6	20.4	4,093.6	1685.4+	587.1	12.8+	192.6+	6.07
Lunch Totals			1,917	86.9	202.7	206.8	84.6	20.4	4,093.6	1685.4+	587.1	12.8+	192.6+	6.07
Daily Totals for Day 5			3,706.3	111.8	523.4	259.8	155.2	37.9	7,958.1	2609.4+	758.1	30.5+	239.2+	10.12
Daily Value			2000	78	275	300	50	28	2300	4700	1300	18	900	-

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

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MenuWorks Nutrition Analysis Report

Report Run By: CHRISTOPHER BORDEY
Run Date: 04/05/2022
LAC+USC Healthcare Network (18841)

% Daily Value

185.32% 143.39% 190.32% 86.59% 310.36% 135.24% 346% 55.52% 58.32% 169.29% 26.58% -

Thursday, Week 1

Friday, Week 1

Breakfast - Exhibition

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Everything Bagel (63651.2)	1 each	113.4	300	2	61	0	11	3	560	-	60	4.5	-	0.42
Onion Bagel (63651.5)	1 each	113.4	288.5	1	60.7	0	9.9	2	567	-	19.9	3.6	-	0.35
Multigrain Bagel (63651.19)	1 each	113.4	299.5	2.1	58.8	0	9.6	3.2	385.1	-	0	2.9	-	0.36
Whole Grain Bagel (63651.39)	1 each	85	220	1	44	0	8	5	400	173	17	2	-	0.38
Blueberry Bagel (1109.1)	1 each	85	230	1	48	0	8	1	520	203	14	3	-	0.39
Udi's Plain Bagel (1390.4)	1 each	98	285.7	9.4	42.8	0	7	2.2	458.2	166.7	31.2	0.5	-	1.16
Pork Bacon (608)	1 slice	9.3	43.5	3.3	0.2	9.2	3.2	0	156.6	46.4	1	0.1	1	0.24
Thinly Sliced Smoked Ham (14910)	1 ounce	28.3	35.7	1.6	0.4	15.3	5	0	334.8	88.7	2.6	0.2	3.7	0.15
Sliced Black Forest Ham (48144.11)	1 ounce	28.3	43.7	2.3	1	15.2	4.4	0.3	216.9	76.5	6.4	0.3	0	0.16
Thinly Sliced Deli Turkey Breast (48144.1)	1 ounce	28.3	29.7	1.2	0.9	13.3	3.7	0.1	258.3	40.7	3.1	0.2	-	0.18
Sliced Red Onion (14918)	1 slice	12.6	5	0	1.2	0	0.1	0.2	0.5	18.4	2.9	0	0	0.03
Baby Spinach (47960.1)	1/4 cup	7.5	1.7	0	0.3	0	0.2	0.2	5.9	41.8	7.4	0.2	35.2	0.08
Sliced Tomatoes (47955.4)	1 slice	12.9	2.3	0	0.5	0	0.1	0.2	0.6	30.6	1.3	0	5.4	0.03
Sliced Cucumber (68562)	1/4 cup	26	3.9	0	0.9	0	0.2	0.1	0.5	38.2	4.2	0.1	1.3	0.13
Exhibition Totals			1,789.3	25	320.6	53	70.6	17.5	3,864.5	924+	171	17.6	46.6+	4.05
Breakfast Totals			1,789.3	25	320.6	53	70.6	17.5	3,864.5	924+	171	17.6	46.6+	4.05

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

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Friday, Week 1

**Lunch - Market Street Deli -
Made to Order Foundation**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
French Petite Roll (5238)	1 each	38.3	89.4	1.2	16.7	3.6	3	0.6	175.4	-	4.1	1	-	0.28
Pretzel Roll (62279.1)	1 each	99.2	280	5	51	35	9	3	720	167	31	1	-	0.57
Ciabatta Roll (62279)	1 each	127.6	353.4	5.5	64	0	11	4.1	732.3	145.4	116.1	3.5	0	0.56
Kaiser Roll (63969)	1 each	73.7	216	3.2	38.8	0	7.3	1.7	401	79.6	70	2.4	0	0.39
Provolone Cheese (14917)	1 slice	21.3	74.6	5.7	0.5	14.7	5.4	0	154.6	29.3	160.7	0.1	50.2	0.14
Thinly Sliced Deli Turkey Breast (48144.1)	1 ounce	28.3	29.7	1.2	0.9	13.3	3.7	0.1	258.3	40.7	3.1	0.2	-	0.18
Roasted Eggplant (8117)	1/2 cup	77.1	50.5	3.8	4.3	0	0.7	2.2	7.3	168.4	6.6	0.2	0.7	0.13
Classic Chicken Salad (36215.6)	4 ounce	113.4	292.7	22.9	1.4	75.2	20.2	0.6	510.8	251+	18.7	0.4+	9+	0.91
Dill Lime Tuna Salad (19110)	1/2 cup	123.6	139.9	6.6	2.2	40.2	17.9	0.2	380.6	178.1+	20.2	1.5	15.6+	0.95
Pesto Mayo (8174)	1 oz portion	25.4	145	15.6	0.5	6	0.8	0.2	140.8	2.8+	25.6	0.1	0+	0.18
Hummus (19230)	2 tbsp	27.6	33	1.8	3.4	0	1.3	1.1	66.4	40.6	13.5	0.5	0.4	0.06
Jalapeno Spiked Slaw (35095)	1 cup	288.9	199.6	14.4	16.3	18.8	3.3	5.7	441	397.9+	93.2	1.2	21.4+	0.93
Sliced Cucumber (68562.2)	1/4 cup	21.7	2.2	0	0.5	0	0.1	0.2	0.4	29.5	3	0	0.9	0.15
Red Onion Ring (14918.2)	1 slice	5.4	2.2	0	0.5	0	0.1	0.1	0.2	7.9	1.3	0	0	0.01
Sliced Pepperoncini Peppers (68563)	1 tbsp	8.7	1.8	0	0.4	0	0.1	0.1	101.9	16.2	0.6	0	3.1	0.03
Spring Mix (47795.1)	1 cup	55	7.1	0.1	1.2	0	0.7	0.6	2.7	130.9	19.2	0.7	91.3	0.61
Market Street Deli - Made to Order Foundation Totals			1,917	86.9	202.7	206.8	84.6	20.4	4,093.6	1685.4+	587.1	12.8+	192.6+	6.07
Lunch Totals			1,917	86.9	202.7	206.8	84.6	20.4	4,093.6	1685.4+	587.1	12.8+	192.6+	6.07
Daily Totals for Day 6			3,706.3	111.8	523.4	259.8	155.2	37.9	7,958.1	2609.4+	758.1	30.5+	239.2+	10.12
Daily Value			2000	78	275	300	50	28	2300	4700	1300	18	900	-

* Indicates Main/Non-Select Item

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MenuWorks Nutrition Analysis Report

Report Run By: CHRISTOPHER BORDEY
 Run Date: 04/05/2022
 LAC+USC Healthcare Network (18841)

	Friday, Week 1											
% Daily Value	185.32%	143.39%	190.32%	86.59%	310.36%	135.24%	346%	55.52%	58.32%	169.29%	26.58%	-
Daily Average for Week 1	3,706.3	111.8	523.4	259.8	155.2	37.9	7,958.1	2609.4+	758.1	30.5+	239.2+	10.12
% Average for Week 1	185.3%	143.4%	190.3%	86.6%	310.4%	135.2%	346%	55.5%	58.3%	169.3%	26.6%	-
Daily Average for Days (1 - 7)	3,706.3	111.8	523.4	259.8	155.2	37.9	7,958.1	2609.4+	758.1	30.5+	239.2+	10.12
% Average for Days (1 - 7)	185.3%	143.4%	190.3%	86.6%	310.4%	135.2%	346%	55.5%	58.3%	169.3%	26.6%	-

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MenuWorks Nutrition Analysis Report

Report Run By: CHRISTOPHER BORDEY
 Run Date: 04/05/2022
 LAC+USC Healthcare Network (18841)

Report Parameters			
Menus Included:	*018841 Café Grille	Nutrition Analysis:	Sum All
Days/Dates Included:	1 - 7	Cost Analysis:	Sum All
Locations Included:	LAC+USC Healthcare Network	Menu Item Display:	All Items
Meal Periods Included:	Breakfast, Lunch, Dinner	Report Details:	Detailed Totals
Stations Included:	Good Morning Market Grill, Grill & Co Foundation		
Diets Included:			

Purpose of the Report:

The purpose of the MenuWorks Nutrient Analysis Report is to provide menu nutrition information and evaluate nutrition compliance against dietary standards assigned to the menu.

* Indicates Main/Non-Select Item

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Menu Name: *018841 Café Grille
 Location Name: LAC+USC Healthcare Network

Displaying Nutrient Set (1 of 1)

Sunday, Week 1

Breakfast - Good Morning Market Grill

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Omelet Station (8786)	1 each	522.3	533.5	28.1	31.5	373	38.4	4.6	874	1,114.7	359.5	3.6	310.8+	2.73
Scrambled Egg (2031)	1/2 cup	117.8	62.7	0.2	1.6	0.2	11.2	0	223	194.6	32.5	1.2	5.6+	0.71
Scrambled Egg Whites (2031.3)	1/2 cup	117.8	61	0.4	1.2	0.2	12.1	0	182.7	189.9	18.7	0.1	5.6+	0.56
Peaches 'N Cream Pancakes (21023.6)	2 each	279.2	488.8	6.8	90.2	5.1	15.8	8.9	742	261.6+	467.8	3.3	74.5+	0.66
Good Morning Market Grill Totals			1,146	35.4	124.4	378.4	77.5	13.6	2,021.6	1760.8+	878.6	8.2	396.5+	4.67
Breakfast Totals			1,146	35.4	124.4	378.4	77.5	13.6	2,021.6	1760.8+	878.6	8.2	396.5+	4.67

Lunch - Grill & Co Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Beef Patty (44726)	1 each	81.6	177.2	9.6	0	71.8	21.3	0	55.5	271.9	10.6	2.2	2.4	0.96
Turkey Burger Patty (37216.3)	1 each	102.6	171.8	8	3.5	86.9	19.9	0.6	316.5	180.7+	24.4	1.7	0+	0.64
Grilled Chicken Breast (30116.1)	1 each	85.6	140.8	5.3	0.2	82	23.4	0.1	258.8	262.7	5.4	0.4	7.5	0.83
All Beef Hot Dog (78667)	1 each	113.4	365.1	33.3	3	65.8	13.3	0	966.2	285.8	12.5	1.4	0	0.76
Meatless Black Bean Burger (82258.1)	1 each	93.6	171	5	18.1	0	15.1	6	472.8	-	91.7	2.7	-	1.17
American Cheese Slice (1748)	1 slice	14.2	51.9	4.4	0.7	14.2	2.6	0	236.9	18.7	148.1	0.1	44.9	0.09
Sliced American Swiss Cheese (43034.1)	1 slice	28.3	103.8	8.7	1.4	28.3	5.1	0	473.7	37.4	296.3	0.2	89.9	0.15
Provolone Cheese (14917)	1 slice	21.3	74.6	5.7	0.5	14.7	5.4	0	154.6	29.3	160.7	0.1	50.2	0.14
Sliced Pepper Jack Cheese (43037.2)	1 ounce	28.3	105.7	8.6	0.2	25.2	6.9	0	170.1	23	211.5	0.2	56.1	0.22

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Sunday, Week 1
Lunch - Grill & Co Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Lettuce Leaf (14957)	1 each	7.7	1.2	0	0.2	0	0.1	0.1	2.2	14.9	2.8	0.1	28.4	0.07
Sliced Tomatoes (47955.4)	1 slice	12.9	2.3	0	0.5	0	0.1	0.2	0.6	30.6	1.3	0	5.4	0.03
Dill Pickle Slices (63438)	4 each	28	3.4	0.1	0.7	0	0.1	0.3	226.5	32.8	16	0.1	1.7	0.03
Caramelized Onions (45806)	1 ounce	28.3	40.5	3.4	2.4	0	0.3	0.4	1	37.8	6	0.1	0	0.07
Whole Wheat Hamburger Bun (62312.1)	1 each	77.1	202.8	4.6	34.4	0	7.4	2.9	353.2	123.4	73.3	3	0	0.25
White Hamburger Bun (1646.6)	1 each	77.9	217.4	3	39.1	0	7.6	1.4	385	95.1	112.2	2.7	22.6	0.46
Pretzel Roll (62279.1)	1 each	99.2	280	5	51	35	9	3	720	167	31	1	-	0.57
Brioche Bun (84417)	1 each	70.9	253.1	7.1	39.5	60.7	7.1	1	334.1	-	-	-	-	0.52
White Hot Dog Bun (1646.4)	1 each	41.1	114.7	1.6	20.6	0	4	0.7	203.1	50.2	59.2	1.4	11.9	0.19
White Bread (62272)	1 slice	42.5	113.1	1.4	21	0	3.8	1.1	208.4	53.6	61.2	1.5	0	0.19
Whole Wheat Bread (62274)	1 slice	42.5	107.2	1.5	18.2	0	5.3	2.6	193.5	108	68.5	1.1	0	0.20
Sourdough Bread (62272.8)	1 slice	43	97.7	0.8	18.8	0	3.3	0.9	278.4	24	55	1.1	0	0.19
Chicken Tenders (11332)	4 ounce	113.4	349.4	22.5	16	46.7	21.3	0	693.3	0+	0	1	0+	0.62
French Fries (765)	1/2 cup	98.4	167.8	10.1	19.2	0	1.1	1.1	304.3	288.1	0.2	0	0+	0.24
Bratwurst (4900)	4 ounce	113.4	319.3	28.2	2.7	68.8	12.8	0	786.7	323.6	26	0.5	1.9	0.99
Grill & Co Foundation Totals			3,631.7	178	311.8	600.2	196.4	22.4	7,795.2	2458.3+	1473.7+	22.5+	323+	9.58
Lunch Totals			3,631.7	178	311.8	600.2	196.4	22.4	7,795.2	2458.3+	1473.7+	22.5+	323+	9.58

Dinner - Grill & Co Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Beef Patty (44726)	1 each	81.6	177.2	9.6	0	71.8	21.3	0	55.5	271.9	10.6	2.2	2.4	0.96
Turkey Burger Patty (37216.3)	1 each	102.6	171.8	8	3.5	86.9	19.9	0.6	316.5	180.7+	24.4	1.7	0+	0.64

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MenuWorks Nutrition Analysis Report

Report Run By: CHRISTOPHER BORDEY

Run Date: 04/05/2022

LAC+USC Healthcare Network (18841)

Sunday, Week 1

Dinner - Grill & Co Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Grilled Chicken Breast (30116.1)	1 each	85.6	140.8	5.3	0.2	82	23.4	0.1	258.8	262.7	5.4	0.4	7.5	0.83
All Beef Hot Dog (78667)	1 each	113.4	365.1	33.3	3	65.8	13.3	0	966.2	285.8	12.5	1.4	0	0.76
Meatless Black Bean Burger (82258.1)	1 each	93.6	171	5	18.1	0	15.1	6	472.8	-	91.7	2.7	-	1.17
American Cheese Slice (1748)	1 slice	14.2	51.9	4.4	0.7	14.2	2.6	0	236.9	18.7	148.1	0.1	44.9	0.09
Sliced American Swiss Cheese (43034.1)	1 slice	28.3	103.8	8.7	1.4	28.3	5.1	0	473.7	37.4	296.3	0.2	89.9	0.15
Provolone Cheese (14917)	1 slice	21.3	74.6	5.7	0.5	14.7	5.4	0	154.6	29.3	160.7	0.1	50.2	0.14
Sliced Pepper Jack Cheese (43037.2)	1 ounce	28.3	105.7	8.6	0.2	25.2	6.9	0	170.1	23	211.5	0.2	56.1	0.22
Lettuce Leaf (14957)	1 each	7.7	1.2	0	0.2	0	0.1	0.1	2.2	14.9	2.8	0.1	28.4	0.07
Sliced Tomatoes (47955.4)	1 slice	12.9	2.3	0	0.5	0	0.1	0.2	0.6	30.6	1.3	0	5.4	0.03
Dill Pickle Slices (63438)	4 each	28	3.4	0.1	0.7	0	0.1	0.3	226.5	32.8	16	0.1	1.7	0.03
Caramelized Onions (45806)	1 ounce	28.3	40.5	3.4	2.4	0	0.3	0.4	1	37.8	6	0.1	0	0.07
Whole Wheat Hamburger Bun (62312.1)	1 each	77.1	202.8	4.6	34.4	0	7.4	2.9	353.2	123.4	73.3	3	0	0.25
White Hamburger Bun (1646.6)	1 each	77.9	217.4	3	39.1	0	7.6	1.4	385	95.1	112.2	2.7	22.6	0.46
Pretzel Roll (62279.1)	1 each	99.2	280	5	51	35	9	3	720	167	31	1	-	0.57
Brioche Bun (84417)	1 each	70.9	253.1	7.1	39.5	60.7	7.1	1	334.1	-	-	-	-	0.52
White Hot Dog Bun (1646.4)	1 each	41.1	114.7	1.6	20.6	0	4	0.7	203.1	50.2	59.2	1.4	11.9	0.19
White Bread (62272)	1 slice	42.5	113.1	1.4	21	0	3.8	1.1	208.4	53.6	61.2	1.5	0	0.19
Whole Wheat Bread (62274)	1 slice	42.5	107.2	1.5	18.2	0	5.3	2.6	193.5	108	68.5	1.1	0	0.20
Sourdough Bread (62272.8)	1 slice	43	97.7	0.8	18.8	0	3.3	0.9	278.4	24	55	1.1	0	0.19
Chicken Tenders (11332)	4 ounce	113.4	349.4	22.5	16	46.7	21.3	0	693.3	0+	0	1	0+	0.62
French Fries (765)	1/2 cup	98.4	167.8	10.1	19.2	0	1.1	1.1	304.3	288.1	0.2	0	0+	0.24

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Sunday, Week 1

Dinner - Grill & Co Foundation

Grill & Co Foundation Totals	3,312.4	149.8	309.1	531.4	183.6	22.4	7,008.5	2134.7+	1447.7+	22+	321.1+	8.59
Dinner Totals	3,312.4	149.8	309.1	531.4	183.6	22.4	7,008.5	2134.7+	1447.7+	22+	321.1+	8.59
Daily Totals for Day 1	8,090.2	363.2	745.3	1,509.9	457.5	58.5	16,825.4	6353.8+	3800+	52.7+	1040.6+	22.84
Daily Value	2000	78	275	300	50	28	2300	4700	1300	18	900	-
% Daily Value	404.51%	465.65%	271.01%	503.31%	914.97%	208.76%	731.54%	135.19%	292.31%	292.92%	115.62%	-

Monday, Week 1

Breakfast - Good Morning

Market Grill

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Omelet Station (8786)	1 each	522.3	533.5	28.1	31.5	373	38.4	4.6	874	1,114.7	359.5	3.6	310.8+	2.73
Scrambled Egg (2031)	1/2 cup	117.8	62.7	0.2	1.6	0.2	11.2	0	223	194.6	32.5	1.2	5.6+	0.71
Scrambled Egg Whites (2031.3)	1/2 cup	117.8	61	0.4	1.2	0.2	12.1	0	182.7	189.9	18.7	0.1	5.6+	0.56
Whole Grain Pancakes (23375.1)	3 each	174.1	307.2	4.9	55.9	0	8.4	7	547.4	0.9+	282.1	2.5	0+	0.19
Good Morning Market Grill Totals		964.5	33.6	90.1	373.3	70.1	11.6	1,827.1	1500.1+	692.9	7.4	322+	4.20	
Breakfast Totals		964.5	33.6	90.1	373.3	70.1	11.6	1,827.1	1500.1+	692.9	7.4	322+	4.20	

Lunch - Grill & Co Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Beef Patty (44726)	1 each	81.6	177.2	9.6	0	71.8	21.3	0	55.5	271.9	10.6	2.2	2.4	0.96
Turkey Burger Patty (37216.3)	1 each	102.6	171.8	8	3.5	86.9	19.9	0.6	316.5	180.7+	24.4	1.7	0+	0.64
Grilled Chicken Breast (30116.1)	1 each	85.6	140.8	5.3	0.2	82	23.4	0.1	258.8	262.7	5.4	0.4	7.5	0.83
All Beef Hot Dog (78667)	1 each	113.4	365.1	33.3	3	65.8	13.3	0	966.2	285.8	12.5	1.4	0	0.76
Meatless Black Bean Burger (82258.1)	1 each	93.6	171	5	18.1	0	15.1	6	472.8	-	91.7	2.7	-	1.17

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

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MenuWorks Nutrition Analysis Report

Report Run By: CHRISTOPHER BORDEY

Run Date: 04/05/2022

LAC+USC Healthcare Network (18841)

Monday, Week 1

Lunch - Grill & Co Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
American Cheese Slice (1748)	1 slice	14.2	51.9	4.4	0.7	14.2	2.6	0	236.9	18.7	148.1	0.1	44.9	0.09
Sliced American Swiss Cheese (43034.1)	1 slice	28.3	103.8	8.7	1.4	28.3	5.1	0	473.7	37.4	296.3	0.2	89.9	0.15
Provolone Cheese (14917)	1 slice	21.3	74.6	5.7	0.5	14.7	5.4	0	154.6	29.3	160.7	0.1	50.2	0.14
Sliced Pepper Jack Cheese (43037.2)	1 ounce	28.3	105.7	8.6	0.2	25.2	6.9	0	170.1	23	211.5	0.2	56.1	0.22
Lettuce Leaf (14957)	1 each	7.7	1.2	0	0.2	0	0.1	0.1	2.2	14.9	2.8	0.1	28.4	0.07
Sliced Tomatoes (47955.4)	1 slice	12.9	2.3	0	0.5	0	0.1	0.2	0.6	30.6	1.3	0	5.4	0.03
Dill Pickle Slices (63438)	4 each	28	3.4	0.1	0.7	0	0.1	0.3	226.5	32.8	16	0.1	1.7	0.03
Caramelized Onions (45806)	1 ounce	28.3	40.5	3.4	2.4	0	0.3	0.4	1	37.8	6	0.1	0	0.07
Whole Wheat Hamburger Bun (62312.1)	1 each	77.1	202.8	4.6	34.4	0	7.4	2.9	353.2	123.4	73.3	3	0	0.25
White Hamburger Bun (1646.6)	1 each	77.9	217.4	3	39.1	0	7.6	1.4	385	95.1	112.2	2.7	22.6	0.46
Pretzel Roll (62279.1)	1 each	99.2	280	5	51	35	9	3	720	167	31	1	-	0.57
Brioche Bun (84417)	1 each	70.9	253.1	7.1	39.5	60.7	7.1	1	334.1	-	-	-	-	0.52
White Hot Dog Bun (1646.4)	1 each	41.1	114.7	1.6	20.6	0	4	0.7	203.1	50.2	59.2	1.4	11.9	0.19
White Bread (62272)	1 slice	42.5	113.1	1.4	21	0	3.8	1.1	208.4	53.6	61.2	1.5	0	0.19
Whole Wheat Bread (62274)	1 slice	42.5	107.2	1.5	18.2	0	5.3	2.6	193.5	108	68.5	1.1	0	0.20
Sourdough Bread (62272.8)	1 slice	43	97.7	0.8	18.8	0	3.3	0.9	278.4	24	55	1.1	0	0.19
Chicken Tenders (11332)	4 ounce	113.4	349.4	22.5	16	46.7	21.3	0	693.3	0+	0	1	0+	0.62
French Fries (765)	1/2 cup	98.4	167.8	10.1	19.2	0	1.1	1.1	304.3	288.1	0.2	0	0+	0.24
Bratwurst (4900)	4 ounce	113.4	319.3	28.2	2.7	68.8	12.8	0	786.7	323.6	26	0.5	1.9	0.99
Grill & Co Foundation Totals			3,631.7	178	311.8	600.2	196.4	22.4	7,795.2	2458.3+	1473.7+	22.5+	323+	9.58
Lunch Totals			3,631.7	178	311.8	600.2	196.4	22.4	7,795.2	2458.3+	1473.7+	22.5+	323+	9.58

* Indicates Main/Non-Select Item

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Monday, Week 1

Dinner - Grill & Co Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Beef Patty (44726)	1 each	81.6	177.2	9.6	0	71.8	21.3	0	55.5	271.9	10.6	2.2	2.4	0.96
Turkey Burger Patty (37216.3)	1 each	102.6	171.8	8	3.5	86.9	19.9	0.6	316.5	180.7+	24.4	1.7	0+	0.64
Grilled Chicken Breast (30116.1)	1 each	85.6	140.8	5.3	0.2	82	23.4	0.1	258.8	262.7	5.4	0.4	7.5	0.83
All Beef Hot Dog (78667)	1 each	113.4	365.1	33.3	3	65.8	13.3	0	966.2	285.8	12.5	1.4	0	0.76
Meatless Black Bean Burger (82258.1)	1 each	93.6	171	5	18.1	0	15.1	6	472.8	-	91.7	2.7	-	1.17
American Cheese Slice (1748)	1 slice	14.2	51.9	4.4	0.7	14.2	2.6	0	236.9	18.7	148.1	0.1	44.9	0.09
Sliced American Swiss Cheese (43034.1)	1 slice	28.3	103.8	8.7	1.4	28.3	5.1	0	473.7	37.4	296.3	0.2	89.9	0.15
Provolone Cheese (14917)	1 slice	21.3	74.6	5.7	0.5	14.7	5.4	0	154.6	29.3	160.7	0.1	50.2	0.14
Sliced Pepper Jack Cheese (43037.2)	1 ounce	28.3	105.7	8.6	0.2	25.2	6.9	0	170.1	23	211.5	0.2	56.1	0.22
Lettuce Leaf (14957)	1 each	7.7	1.2	0	0.2	0	0.1	0.1	2.2	14.9	2.8	0.1	28.4	0.07
Sliced Tomatoes (47955.4)	1 slice	12.9	2.3	0	0.5	0	0.1	0.2	0.6	30.6	1.3	0	5.4	0.03
Dill Pickle Slices (63438)	4 each	28	3.4	0.1	0.7	0	0.1	0.3	226.5	32.8	16	0.1	1.7	0.03
Caramelized Onions (45806)	1 ounce	28.3	40.5	3.4	2.4	0	0.3	0.4	1	37.8	6	0.1	0	0.07
Whole Wheat Hamburger Bun (62312.1)	1 each	77.1	202.8	4.6	34.4	0	7.4	2.9	353.2	123.4	73.3	3	0	0.25
White Hamburger Bun (1646.6)	1 each	77.9	217.4	3	39.1	0	7.6	1.4	385	95.1	112.2	2.7	22.6	0.46
Pretzel Roll (62279.1)	1 each	99.2	280	5	51	35	9	3	720	167	31	1	-	0.57
Brioche Bun (84417)	1 each	70.9	253.1	7.1	39.5	60.7	7.1	1	334.1	-	-	-	-	0.52
White Hot Dog Bun (1646.4)	1 each	41.1	114.7	1.6	20.6	0	4	0.7	203.1	50.2	59.2	1.4	11.9	0.19
White Bread (62272)	1 slice	42.5	113.1	1.4	21	0	3.8	1.1	208.4	53.6	61.2	1.5	0	0.19
Whole Wheat Bread (62274)	1 slice	42.5	107.2	1.5	18.2	0	5.3	2.6	193.5	108	68.5	1.1	0	0.20
Sourdough Bread (62272.8)	1 slice	43	97.7	0.8	18.8	0	3.3	0.9	278.4	24	55	1.1	0	0.19

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

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Monday, Week 1

Dinner - Grill & Co Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Chicken Tenders (11332)	4 ounce	113.4	349.4	22.5	16	46.7	21.3	0	693.3	0+	0	1	0+	0.62
French Fries (765)	1/2 cup	98.4	167.8	10.1	19.2	0	1.1	1.1	304.3	288.1	0.2	0	0+	0.24
Grill & Co Foundation Totals			3,312.4	149.8	309.1	531.4	183.6	22.4	7,008.5	2134.7+	1447.7+	22+	321.1+	8.59
Dinner Totals			3,312.4	149.8	309.1	531.4	183.6	22.4	7,008.5	2134.7+	1447.7+	22+	321.1+	8.59
Daily Totals for Day 2			7,908.6	361.3	711	1,504.9	450.1	56.5	16,630.8	6093.1+	3614.4+	51.9+	966.1+	22.37
Daily Value			2000	78	275	300	50	28	2300	4700	1300	18	900	-
% Daily Value			395.43%	463.26%	258.54%	501.62%	900.17%	201.8%	723.08%	129.64%	278.03%	288.37%	107.35%	-

Tuesday, Week 1

Breakfast - Good Morning Market Grill

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Omelet Station (8786)	1 each	522.3	533.5	28.1	31.5	373	38.4	4.6	874	1,114.7	359.5	3.6	310.8+	2.73
Scrambled Egg (2031)	1/2 cup	117.8	62.7	0.2	1.6	0.2	11.2	0	223	194.6	32.5	1.2	5.6+	0.71
Scrambled Egg Whites (2031.3)	1/2 cup	117.8	61	0.4	1.2	0.2	12.1	0	182.7	189.9	18.7	0.1	5.6+	0.56
Whole Grain Apple Cinnamon Pancakes (18930)	1 each	62.1	95.4	1.4	17.8	0	2.5	2.3	159.7	11+	84.5	0.8	0.2+	0.08
Good Morning Market Grill Totals			752.6	30.1	52.1	373.3	64.2	6.9	1,439.3	1510.2+	495.3	5.7	322.3+	4.08
Breakfast Totals			752.6	30.1	52.1	373.3	64.2	6.9	1,439.3	1510.2+	495.3	5.7	322.3+	4.08

Lunch - Grill & Co Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Beef Patty (44726)	1 each	81.6	177.2	9.6	0	71.8	21.3	0	55.5	271.9	10.6	2.2	2.4	0.96

* Indicates Main/Non-Select Item

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Tuesday, Week 1
Lunch - Grill & Co Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Turkey Burger Patty (37216.3)	1 each	102.6	171.8	8	3.5	86.9	19.9	0.6	316.5	180.7+	24.4	1.7	0+	0.64
Grilled Chicken Breast (30116.1)	1 each	85.6	140.8	5.3	0.2	82	23.4	0.1	258.8	262.7	5.4	0.4	7.5	0.83
All Beef Hot Dog (78667)	1 each	113.4	365.1	33.3	3	65.8	13.3	0	966.2	285.8	12.5	1.4	0	0.76
Meatless Black Bean Burger (82258.1)	1 each	93.6	171	5	18.1	0	15.1	6	472.8	-	91.7	2.7	-	1.17
American Cheese Slice (1748)	1 slice	14.2	51.9	4.4	0.7	14.2	2.6	0	236.9	18.7	148.1	0.1	44.9	0.09
Sliced American Swiss Cheese (43034.1)	1 slice	28.3	103.8	8.7	1.4	28.3	5.1	0	473.7	37.4	296.3	0.2	89.9	0.15
Provolone Cheese (14917)	1 slice	21.3	74.6	5.7	0.5	14.7	5.4	0	154.6	29.3	160.7	0.1	50.2	0.14
Sliced Pepper Jack Cheese (43037.2)	1 ounce	28.3	105.7	8.6	0.2	25.2	6.9	0	170.1	23	211.5	0.2	56.1	0.22
Lettuce Leaf (14957)	1 each	7.7	1.2	0	0.2	0	0.1	0.1	2.2	14.9	2.8	0.1	28.4	0.07
Sliced Tomatoes (47955.4)	1 slice	12.9	2.3	0	0.5	0	0.1	0.2	0.6	30.6	1.3	0	5.4	0.03
Dill Pickle Slices (63438)	4 each	28	3.4	0.1	0.7	0	0.1	0.3	226.5	32.8	16	0.1	1.7	0.03
Caramelized Onions (45806)	1 ounce	28.3	40.5	3.4	2.4	0	0.3	0.4	1	37.8	6	0.1	0	0.07
Whole Wheat Hamburger Bun (62312.1)	1 each	77.1	202.8	4.6	34.4	0	7.4	2.9	353.2	123.4	73.3	3	0	0.25
White Hamburger Bun (1646.6)	1 each	77.9	217.4	3	39.1	0	7.6	1.4	385	95.1	112.2	2.7	22.6	0.46
Pretzel Roll (62279.1)	1 each	99.2	280	5	51	35	9	3	720	167	31	1	-	0.57
Brioche Bun (84417)	1 each	70.9	253.1	7.1	39.5	60.7	7.1	1	334.1	-	-	-	-	0.52
White Hot Dog Bun (1646.4)	1 each	41.1	114.7	1.6	20.6	0	4	0.7	203.1	50.2	59.2	1.4	11.9	0.19
White Bread (62272)	1 slice	42.5	113.1	1.4	21	0	3.8	1.1	208.4	53.6	61.2	1.5	0	0.19
Whole Wheat Bread (62274)	1 slice	42.5	107.2	1.5	18.2	0	5.3	2.6	193.5	108	68.5	1.1	0	0.20
Sourdough Bread (62272.8)	1 slice	43	97.7	0.8	18.8	0	3.3	0.9	278.4	24	55	1.1	0	0.19
Chicken Tenders (11332)	4 ounce	113.4	349.4	22.5	16	46.7	21.3	0	693.3	0+	0	1	0+	0.62

* Indicates Main/Non-Select Item

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Tuesday, Week 1

Lunch - Grill & Co Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
French Fries (765)	1/2 cup	98.4	167.8	10.1	19.2	0	1.1	1.1	304.3	288.1	0.2	0	0+	0.24
Bratwurst (4900)	4 ounce	113.4	319.3	28.2	2.7	68.8	12.8	0	786.7	323.6	26	0.5	1.9	0.99
Grill & Co Foundation Totals			3,631.7	178	311.8	600.2	196.4	22.4	7,795.2	2458.3+	1473.7+	22.5+	323+	9.58
Lunch Totals			3,631.7	178	311.8	600.2	196.4	22.4	7,795.2	2458.3+	1473.7+	22.5+	323+	9.58

Dinner - Grill & Co Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Beef Patty (44726)	1 each	81.6	177.2	9.6	0	71.8	21.3	0	55.5	271.9	10.6	2.2	2.4	0.96
Turkey Burger Patty (37216.3)	1 each	102.6	171.8	8	3.5	86.9	19.9	0.6	316.5	180.7+	24.4	1.7	0+	0.64
Grilled Chicken Breast (30116.1)	1 each	85.6	140.8	5.3	0.2	82	23.4	0.1	258.8	262.7	5.4	0.4	7.5	0.83
All Beef Hot Dog (78667)	1 each	113.4	365.1	33.3	3	65.8	13.3	0	966.2	285.8	12.5	1.4	0	0.76
Meatless Black Bean Burger (82258.1)	1 each	93.6	171	5	18.1	0	15.1	6	472.8	-	91.7	2.7	-	1.17
American Cheese Slice (1748)	1 slice	14.2	51.9	4.4	0.7	14.2	2.6	0	236.9	18.7	148.1	0.1	44.9	0.09
Sliced American Swiss Cheese (43034.1)	1 slice	28.3	103.8	8.7	1.4	28.3	5.1	0	473.7	37.4	296.3	0.2	89.9	0.15
Provolone Cheese (14917)	1 slice	21.3	74.6	5.7	0.5	14.7	5.4	0	154.6	29.3	160.7	0.1	50.2	0.14
Sliced Pepper Jack Cheese (43037.2)	1 ounce	28.3	105.7	8.6	0.2	25.2	6.9	0	170.1	23	211.5	0.2	56.1	0.22
Lettuce Leaf (14957)	1 each	7.7	1.2	0	0.2	0	0.1	0.1	2.2	14.9	2.8	0.1	28.4	0.07
Sliced Tomatoes (47955.4)	1 slice	12.9	2.3	0	0.5	0	0.1	0.2	0.6	30.6	1.3	0	5.4	0.03
Dill Pickle Slices (63438)	4 each	28	3.4	0.1	0.7	0	0.1	0.3	226.5	32.8	16	0.1	1.7	0.03
Caramelized Onions (45806)	1 ounce	28.3	40.5	3.4	2.4	0	0.3	0.4	1	37.8	6	0.1	0	0.07
Whole Wheat Hamburger Bun (62312.1)	1 each	77.1	202.8	4.6	34.4	0	7.4	2.9	353.2	123.4	73.3	3	0	0.25

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

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Tuesday, Week 1

Dinner - Grill & Co Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
White Hamburger Bun (1646.6)	1 each	77.9	217.4	3	39.1	0	7.6	1.4	385	95.1	112.2	2.7	22.6	0.46
Pretzel Roll (62279.1)	1 each	99.2	280	5	51	35	9	3	720	167	31	1	-	0.57
Brioche Bun (84417)	1 each	70.9	253.1	7.1	39.5	60.7	7.1	1	334.1	-	-	-	-	0.52
White Hot Dog Bun (1646.4)	1 each	41.1	114.7	1.6	20.6	0	4	0.7	203.1	50.2	59.2	1.4	11.9	0.19
White Bread (62272)	1 slice	42.5	113.1	1.4	21	0	3.8	1.1	208.4	53.6	61.2	1.5	0	0.19
Whole Wheat Bread (62274)	1 slice	42.5	107.2	1.5	18.2	0	5.3	2.6	193.5	108	68.5	1.1	0	0.20
Sourdough Bread (62272.8)	1 slice	43	97.7	0.8	18.8	0	3.3	0.9	278.4	24	55	1.1	0	0.19
Chicken Tenders (11332)	4 ounce	113.4	349.4	22.5	16	46.7	21.3	0	693.3	0+	0	1	0+	0.62
French Fries (765)	1/2 cup	98.4	167.8	10.1	19.2	0	1.1	1.1	304.3	288.1	0.2	0	0+	0.24
Grill & Co Foundation Totals			3,312.4	149.8	309.1	531.4	183.6	22.4	7,008.5	2134.7+	1447.7+	22+	321.1+	8.59
Dinner Totals			3,312.4	149.8	309.1	531.4	183.6	22.4	7,008.5	2134.7+	1447.7+	22+	321.1+	8.59
Daily Totals for Day 3			7,696.7	357.9	673	1,504.9	444.2	51.8	16,243.1	6103.2+	3416.7+	50.1+	966.4+	22.26
Daily Value			2000	78	275	300	50	28	2300	4700	1300	18	900	-
% Daily Value			384.84%	458.84%	244.71%	501.62%	888.37%	184.96%	706.22%	129.86%	262.82%	278.6%	107.37%	-

Wednesday, Week 1

Breakfast - Good Morning

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Omelet Station (8786)	1 each	522.3	533.5	28.1	31.5	373	38.4	4.6	874	1,114.7	359.5	3.6	310.8+	2.73
Scrambled Egg (2031)	1/2 cup	117.8	62.7	0.2	1.6	0.2	11.2	0	223	194.6	32.5	1.2	5.6+	0.71
Scrambled Egg Whites (2031.3)	1/2 cup	117.8	61	0.4	1.2	0.2	12.1	0	182.7	189.9	18.7	0.1	5.6+	0.56

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MenuWorks Nutrition Analysis Report

Report Run By: CHRISTOPHER BORDEY

Run Date: 04/05/2022

LAC+USC Healthcare Network (18841)

Wednesday, Week 1

Breakfast - Good Morning Market Grill

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Banana Chocolate Chip Pancakes (21023.8)	2 each	349.9	640.8	14.6	112.1	14.7	17.1	11.4	745.2	479.1+	487.8	3.7	99.8+	1.12
Good Morning Market Grill Totals			1,298	43.3	146.4	388.1	78.7	16.1	2,024.9	1978.3+	898.6	8.6	421.8+	5.13
Breakfast Totals			1,298	43.3	146.4	388.1	78.7	16.1	2,024.9	1978.3+	898.6	8.6	421.8+	5.13

Lunch - Grill & Co Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Beef Patty (44726)	1 each	81.6	177.2	9.6	0	71.8	21.3	0	55.5	271.9	10.6	2.2	2.4	0.96
Turkey Burger Patty (37216.3)	1 each	102.6	171.8	8	3.5	86.9	19.9	0.6	316.5	180.7+	24.4	1.7	0+	0.64
Grilled Chicken Breast (30116.1)	1 each	85.6	140.8	5.3	0.2	82	23.4	0.1	258.8	262.7	5.4	0.4	7.5	0.83
All Beef Hot Dog (78667)	1 each	113.4	365.1	33.3	3	65.8	13.3	0	966.2	285.8	12.5	1.4	0	0.76
Meatless Black Bean Burger (82258.1)	1 each	93.6	171	5	18.1	0	15.1	6	472.8	-	91.7	2.7	-	1.17
American Cheese Slice (1748)	1 slice	14.2	51.9	4.4	0.7	14.2	2.6	0	236.9	18.7	148.1	0.1	44.9	0.09
Sliced American Swiss Cheese (43034.1)	1 slice	28.3	103.8	8.7	1.4	28.3	5.1	0	473.7	37.4	296.3	0.2	89.9	0.15
Provolone Cheese (14917)	1 slice	21.3	74.6	5.7	0.5	14.7	5.4	0	154.6	29.3	160.7	0.1	50.2	0.14
Sliced Pepper Jack Cheese (43037.2)	1 ounce	28.3	105.7	8.6	0.2	25.2	6.9	0	170.1	23	211.5	0.2	56.1	0.22
Lettuce Leaf (14957)	1 each	7.7	1.2	0	0.2	0	0.1	0.1	2.2	14.9	2.8	0.1	28.4	0.07
Sliced Tomatoes (47955.4)	1 slice	12.9	2.3	0	0.5	0	0.1	0.2	0.6	30.6	1.3	0	5.4	0.03
Dill Pickle Slices (63438)	4 each	28	3.4	0.1	0.7	0	0.1	0.3	226.5	32.8	16	0.1	1.7	0.03
Caramelized Onions (45806)	1 ounce	28.3	40.5	3.4	2.4	0	0.3	0.4	1	37.8	6	0.1	0	0.07
Whole Wheat Hamburger Bun (62312.1)	1 each	77.1	202.8	4.6	34.4	0	7.4	2.9	353.2	123.4	73.3	3	0	0.25

* Indicates Main/Non-Select Item

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Wednesday, Week 1
Lunch - Grill & Co Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
White Hamburger Bun (1646.6)	1 each	77.9	217.4	3	39.1	0	7.6	1.4	385	95.1	112.2	2.7	22.6	0.46
Pretzel Roll (62279.1)	1 each	99.2	280	5	51	35	9	3	720	167	31	1	-	0.57
Brioche Bun (84417)	1 each	70.9	253.1	7.1	39.5	60.7	7.1	1	334.1	-	-	-	-	0.52
White Hot Dog Bun (1646.4)	1 each	41.1	114.7	1.6	20.6	0	4	0.7	203.1	50.2	59.2	1.4	11.9	0.19
White Bread (62272)	1 slice	42.5	113.1	1.4	21	0	3.8	1.1	208.4	53.6	61.2	1.5	0	0.19
Whole Wheat Bread (62274)	1 slice	42.5	107.2	1.5	18.2	0	5.3	2.6	193.5	108	68.5	1.1	0	0.20
Sourdough Bread (62272.8)	1 slice	43	97.7	0.8	18.8	0	3.3	0.9	278.4	24	55	1.1	0	0.19
Chicken Tenders (11332)	4 ounce	113.4	349.4	22.5	16	46.7	21.3	0	693.3	0+	0	1	0+	0.62
French Fries (765)	1/2 cup	98.4	167.8	10.1	19.2	0	1.1	1.1	304.3	288.1	0.2	0	0+	0.24
Bratwurst (4900)	4 ounce	113.4	319.3	28.2	2.7	68.8	12.8	0	786.7	323.6	26	0.5	1.9	0.99
Grill & Co Foundation Totals			3,631.7	178	311.8	600.2	196.4	22.4	7,795.2	2458.3+	1473.7+	22.5+	323+	9.58
Lunch Totals			3,631.7	178	311.8	600.2	196.4	22.4	7,795.2	2458.3+	1473.7+	22.5+	323+	9.58

Dinner - Grill & Co Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Beef Patty (44726)	1 each	81.6	177.2	9.6	0	71.8	21.3	0	55.5	271.9	10.6	2.2	2.4	0.96
Turkey Burger Patty (37216.3)	1 each	102.6	171.8	8	3.5	86.9	19.9	0.6	316.5	180.7+	24.4	1.7	0+	0.64
Grilled Chicken Breast (30116.1)	1 each	85.6	140.8	5.3	0.2	82	23.4	0.1	258.8	262.7	5.4	0.4	7.5	0.83
All Beef Hot Dog (78667)	1 each	113.4	365.1	33.3	3	65.8	13.3	0	966.2	285.8	12.5	1.4	0	0.76
Meatless Black Bean Burger (82258.1)	1 each	93.6	171	5	18.1	0	15.1	6	472.8	-	91.7	2.7	-	1.17
American Cheese Slice (1748)	1 slice	14.2	51.9	4.4	0.7	14.2	2.6	0	236.9	18.7	148.1	0.1	44.9	0.09
Sliced American Swiss Cheese (43034.1)	1 slice	28.3	103.8	8.7	1.4	28.3	5.1	0	473.7	37.4	296.3	0.2	89.9	0.15

* Indicates Main/Non-Select Item

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MenuWorks Nutrition Analysis Report

Report Run By: CHRISTOPHER BORDEY

Run Date: 04/05/2022

LAC+USC Healthcare Network (18841)

Wednesday, Week 1

Dinner - Grill & Co Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Provolone Cheese (14917)	1 slice	21.3	74.6	5.7	0.5	14.7	5.4	0	154.6	29.3	160.7	0.1	50.2	0.14
Sliced Pepper Jack Cheese (43037.2)	1 ounce	28.3	105.7	8.6	0.2	25.2	6.9	0	170.1	23	211.5	0.2	56.1	0.22
Lettuce Leaf (14957)	1 each	7.7	1.2	0	0.2	0	0.1	0.1	2.2	14.9	2.8	0.1	28.4	0.07
Sliced Tomatoes (47955.4)	1 slice	12.9	2.3	0	0.5	0	0.1	0.2	0.6	30.6	1.3	0	5.4	0.03
Dill Pickle Slices (63438)	4 each	28	3.4	0.1	0.7	0	0.1	0.3	226.5	32.8	16	0.1	1.7	0.03
Caramelized Onions (45806)	1 ounce	28.3	40.5	3.4	2.4	0	0.3	0.4	1	37.8	6	0.1	0	0.07
Whole Wheat Hamburger Bun (62312.1)	1 each	77.1	202.8	4.6	34.4	0	7.4	2.9	353.2	123.4	73.3	3	0	0.25
White Hamburger Bun (1646.6)	1 each	77.9	217.4	3	39.1	0	7.6	1.4	385	95.1	112.2	2.7	22.6	0.46
Pretzel Roll (62279.1)	1 each	99.2	280	5	51	35	9	3	720	167	31	1	-	0.57
Brioche Bun (84417)	1 each	70.9	253.1	7.1	39.5	60.7	7.1	1	334.1	-	-	-	-	0.52
White Hot Dog Bun (1646.4)	1 each	41.1	114.7	1.6	20.6	0	4	0.7	203.1	50.2	59.2	1.4	11.9	0.19
White Bread (62272)	1 slice	42.5	113.1	1.4	21	0	3.8	1.1	208.4	53.6	61.2	1.5	0	0.19
Whole Wheat Bread (62274)	1 slice	42.5	107.2	1.5	18.2	0	5.3	2.6	193.5	108	68.5	1.1	0	0.20
Sourdough Bread (62272.8)	1 slice	43	97.7	0.8	18.8	0	3.3	0.9	278.4	24	55	1.1	0	0.19
Chicken Tenders (11332)	4 ounce	113.4	349.4	22.5	16	46.7	21.3	0	693.3	0+	0	1	0+	0.62
French Fries (765)	1/2 cup	98.4	167.8	10.1	19.2	0	1.1	1.1	304.3	288.1	0.2	0	0+	0.24
Grill & Co Foundation Totals			3,312.4	149.8	309.1	531.4	183.6	22.4	7,008.5	2134.7+	1447.7+	22+	321.1+	8.59
Dinner Totals			3,312.4	149.8	309.1	531.4	183.6	22.4	7,008.5	2134.7+	1447.7+	22+	321.1+	8.59
Daily Totals for Day 4			8,242.2	371.1	767.2	1,519.6	458.8	61	16,828.6	6571.3+	3820.1+	53.1+	1065.9+	23.30
Daily Value			2000	78	275	300	50	28	2300	4700	1300	18	900	-
% Daily Value			412.11%	475.72%	278.99%	506.53%	917.52%	217.71%	731.68%	139.82%	293.85%	295.16%	118.43%	-

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Thursday, Week 1
Breakfast - Good Morning Market Grill

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Omelet Station (8786)	1 each	522.3	533.5	28.1	31.5	373	38.4	4.6	874	1,114.7	359.5	3.6	310.8+	2.73
Scrambled Egg (2031)	1/2 cup	117.8	62.7	0.2	1.6	0.2	11.2	0	223	194.6	32.5	1.2	5.6+	0.71
Scrambled Egg Whites (2031.3)	1/2 cup	117.8	61	0.4	1.2	0.2	12.1	0	182.7	189.9	18.7	0.1	5.6+	0.56
Latkes (18789)	4 oz portion	121.4	264.1	20.8	15.7	81.8+	4.6	1.2	637.4	250.9	21	1.3	35.2	0.48
Good Morning Market Grill Totals			921.3	49.4	49.9	455.2+	66.3	5.8	1,917.1	1,750.1	431.8	6.2	357.2+	4.49
Breakfast Totals			921.3	49.4	49.9	455.2+	66.3	5.8	1,917.1	1,750.1	431.8	6.2	357.2+	4.49

Lunch - Grill & Co Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Beef Patty (44726)	1 each	81.6	177.2	9.6	0	71.8	21.3	0	55.5	271.9	10.6	2.2	2.4	0.96
Turkey Burger Patty (37216.3)	1 each	102.6	171.8	8	3.5	86.9	19.9	0.6	316.5	180.7+	24.4	1.7	0+	0.64
Grilled Chicken Breast (30116.1)	1 each	85.6	140.8	5.3	0.2	82	23.4	0.1	258.8	262.7	5.4	0.4	7.5	0.83
All Beef Hot Dog (78667)	1 each	113.4	365.1	33.3	3	65.8	13.3	0	966.2	285.8	12.5	1.4	0	0.76
Meatless Black Bean Burger (82258.1)	1 each	93.6	171	5	18.1	0	15.1	6	472.8	-	91.7	2.7	-	1.17
American Cheese Slice (1748)	1 slice	14.2	51.9	4.4	0.7	14.2	2.6	0	236.9	18.7	148.1	0.1	44.9	0.09
Sliced American Swiss Cheese (43034.1)	1 slice	28.3	103.8	8.7	1.4	28.3	5.1	0	473.7	37.4	296.3	0.2	89.9	0.15
Provolone Cheese (14917)	1 slice	21.3	74.6	5.7	0.5	14.7	5.4	0	154.6	29.3	160.7	0.1	50.2	0.14
Sliced Pepper Jack Cheese (43037.2)	1 ounce	28.3	105.7	8.6	0.2	25.2	6.9	0	170.1	23	211.5	0.2	56.1	0.22
Lettuce Leaf (14957)	1 each	7.7	1.2	0	0.2	0	0.1	0.1	2.2	14.9	2.8	0.1	28.4	0.07
Sliced Tomatoes (47955.4)	1 slice	12.9	2.3	0	0.5	0	0.1	0.2	0.6	30.6	1.3	0	5.4	0.03
Dill Pickle Slices (63438)	4 each	28	3.4	0.1	0.7	0	0.1	0.3	226.5	32.8	16	0.1	1.7	0.03

* Indicates Main/Non-Select Item

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Thursday, Week 1
Lunch - Grill & Co Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Caramelized Onions (45806)	1 ounce	28.3	40.5	3.4	2.4	0	0.3	0.4	1	37.8	6	0.1	0	0.07
Whole Wheat Hamburger Bun (62312.1)	1 each	77.1	202.8	4.6	34.4	0	7.4	2.9	353.2	123.4	73.3	3	0	0.25
White Hamburger Bun (1646.6)	1 each	77.9	217.4	3	39.1	0	7.6	1.4	385	95.1	112.2	2.7	22.6	0.46
Pretzel Roll (62279.1)	1 each	99.2	280	5	51	35	9	3	720	167	31	1	-	0.57
Brioche Bun (84417)	1 each	70.9	253.1	7.1	39.5	60.7	7.1	1	334.1	-	-	-	-	0.52
White Hot Dog Bun (1646.4)	1 each	41.1	114.7	1.6	20.6	0	4	0.7	203.1	50.2	59.2	1.4	11.9	0.19
White Bread (62272)	1 slice	42.5	113.1	1.4	21	0	3.8	1.1	208.4	53.6	61.2	1.5	0	0.19
Whole Wheat Bread (62274)	1 slice	42.5	107.2	1.5	18.2	0	5.3	2.6	193.5	108	68.5	1.1	0	0.20
Sourdough Bread (62272.8)	1 slice	43	97.7	0.8	18.8	0	3.3	0.9	278.4	24	55	1.1	0	0.19
Chicken Tenders (11332)	4 ounce	113.4	349.4	22.5	16	46.7	21.3	0	693.3	0+	0	1	0+	0.62
French Fries (765)	1/2 cup	98.4	167.8	10.1	19.2	0	1.1	1.1	304.3	288.1	0.2	0	0+	0.24
Bratwurst (4900)	4 ounce	113.4	319.3	28.2	2.7	68.8	12.8	0	786.7	323.6	26	0.5	1.9	0.99
Grill & Co Foundation Totals			3,631.7	178	311.8	600.2	196.4	22.4	7,795.2	2458.3+	1473.7+	22.5+	323+	9.58
Lunch Totals			3,631.7	178	311.8	600.2	196.4	22.4	7,795.2	2458.3+	1473.7+	22.5+	323+	9.58

Dinner - Grill & Co Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Beef Patty (44726)	1 each	81.6	177.2	9.6	0	71.8	21.3	0	55.5	271.9	10.6	2.2	2.4	0.96
Turkey Burger Patty (37216.3)	1 each	102.6	171.8	8	3.5	86.9	19.9	0.6	316.5	180.7+	24.4	1.7	0+	0.64
Grilled Chicken Breast (30116.1)	1 each	85.6	140.8	5.3	0.2	82	23.4	0.1	258.8	262.7	5.4	0.4	7.5	0.83
All Beef Hot Dog (78667)	1 each	113.4	365.1	33.3	3	65.8	13.3	0	966.2	285.8	12.5	1.4	0	0.76
Meatless Black Bean Burger (82258.1)	1 each	93.6	171	5	18.1	0	15.1	6	472.8	-	91.7	2.7	-	1.17

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

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MenuWorks Nutrition Analysis Report

Report Run By: CHRISTOPHER BORDEY

Run Date: 04/05/2022

LAC+USC Healthcare Network (18841)

Thursday, Week 1

Dinner - Grill & Co Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
American Cheese Slice (1748)	1 slice	14.2	51.9	4.4	0.7	14.2	2.6	0	236.9	18.7	148.1	0.1	44.9	0.09
Sliced American Swiss Cheese (43034.1)	1 slice	28.3	103.8	8.7	1.4	28.3	5.1	0	473.7	37.4	296.3	0.2	89.9	0.15
Provolone Cheese (14917)	1 slice	21.3	74.6	5.7	0.5	14.7	5.4	0	154.6	29.3	160.7	0.1	50.2	0.14
Sliced Pepper Jack Cheese (43037.2)	1 ounce	28.3	105.7	8.6	0.2	25.2	6.9	0	170.1	23	211.5	0.2	56.1	0.22
Lettuce Leaf (14957)	1 each	7.7	1.2	0	0.2	0	0.1	0.1	2.2	14.9	2.8	0.1	28.4	0.07
Sliced Tomatoes (47955.4)	1 slice	12.9	2.3	0	0.5	0	0.1	0.2	0.6	30.6	1.3	0	5.4	0.03
Dill Pickle Slices (63438)	4 each	28	3.4	0.1	0.7	0	0.1	0.3	226.5	32.8	16	0.1	1.7	0.03
Caramelized Onions (45806)	1 ounce	28.3	40.5	3.4	2.4	0	0.3	0.4	1	37.8	6	0.1	0	0.07
Whole Wheat Hamburger Bun (62312.1)	1 each	77.1	202.8	4.6	34.4	0	7.4	2.9	353.2	123.4	73.3	3	0	0.25
White Hamburger Bun (1646.6)	1 each	77.9	217.4	3	39.1	0	7.6	1.4	385	95.1	112.2	2.7	22.6	0.46
Pretzel Roll (62279.1)	1 each	99.2	280	5	51	35	9	3	720	167	31	1	-	0.57
Brioche Bun (84417)	1 each	70.9	253.1	7.1	39.5	60.7	7.1	1	334.1	-	-	-	-	0.52
White Hot Dog Bun (1646.4)	1 each	41.1	114.7	1.6	20.6	0	4	0.7	203.1	50.2	59.2	1.4	11.9	0.19
White Bread (62272)	1 slice	42.5	113.1	1.4	21	0	3.8	1.1	208.4	53.6	61.2	1.5	0	0.19
Whole Wheat Bread (62274)	1 slice	42.5	107.2	1.5	18.2	0	5.3	2.6	193.5	108	68.5	1.1	0	0.20
Sourdough Bread (62272.8)	1 slice	43	97.7	0.8	18.8	0	3.3	0.9	278.4	24	55	1.1	0	0.19
Chicken Tenders (11332)	4 ounce	113.4	349.4	22.5	16	46.7	21.3	0	693.3	0+	0	1	0+	0.62
French Fries (765)	1/2 cup	98.4	167.8	10.1	19.2	0	1.1	1.1	304.3	288.1	0.2	0	0+	0.24
Grill & Co Foundation Totals			3,312.4	149.8	309.1	531.4	183.6	22.4	7,008.5	2134.7+	1447.7+	22+	321.1+	8.59
Dinner Totals			3,312.4	149.8	309.1	531.4	183.6	22.4	7,008.5	2134.7+	1447.7+	22+	321.1+	8.59
Daily Totals for Day 5			7,865.5	377.2	670.8	1586.7+	446.3	50.7	16,720.8	6343.1+	3353.2+	50.6+	1001.3+	22.66

* Indicates Main/Non-Select Item

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	Thursday, Week 1												
Daily Value	2000	78	275	300	50	28	2300	4700	1300	18	900	-	
% Daily Value	393.27%	483.6%	243.92%	528.9%	892.62%	180.98%	726.99%	134.96%	257.94%	281.38%	111.26%	-	
	Friday, Week 1												

Breakfast - Good Morning Market Grill

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Omelet Station (8786)	1 each	522.3	533.5	28.1	31.5	373	38.4	4.6	874	1,114.7	359.5	3.6	310.8+	2.73
Scrambled Egg (2031)	1/2 cup	117.8	62.7	0.2	1.6	0.2	11.2	0	223	194.6	32.5	1.2	5.6+	0.71
Scrambled Egg Whites (2031.3)	1/2 cup	117.8	61	0.4	1.2	0.2	12.1	0	182.7	189.9	18.7	0.1	5.6+	0.56
Blueberry Pancakes (45293)	1 serving(s)	59.3	97.5	2.8	15.6	28.1	3.4	1.9	118.4	102.1+	50.9	0.8	14.9+	0.22
Good Morning Market Grill Totals			754.7	31.4	49.8	401.4	65.1	6.5	1,398	1601.3+	461.7	5.6	336.9+	4.23
Breakfast Totals			754.7	31.4	49.8	401.4	65.1	6.5	1,398	1601.3+	461.7	5.6	336.9+	4.23

Lunch - Grill & Co Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Beef Patty (44726)	1 each	81.6	177.2	9.6	0	71.8	21.3	0	55.5	271.9	10.6	2.2	2.4	0.96
Turkey Burger Patty (37216.3)	1 each	102.6	171.8	8	3.5	86.9	19.9	0.6	316.5	180.7+	24.4	1.7	0+	0.64
Grilled Chicken Breast (30116.1)	1 each	85.6	140.8	5.3	0.2	82	23.4	0.1	258.8	262.7	5.4	0.4	7.5	0.83
All Beef Hot Dog (78667)	1 each	113.4	365.1	33.3	3	65.8	13.3	0	966.2	285.8	12.5	1.4	0	0.76
Meatless Black Bean Burger (82258.1)	1 each	93.6	171	5	18.1	0	15.1	6	472.8	-	91.7	2.7	-	1.17
American Cheese Slice (1748)	1 slice	14.2	51.9	4.4	0.7	14.2	2.6	0	236.9	18.7	148.1	0.1	44.9	0.09
Sliced American Swiss Cheese (43034.1)	1 slice	28.3	103.8	8.7	1.4	28.3	5.1	0	473.7	37.4	296.3	0.2	89.9	0.15
Provolone Cheese (14917)	1 slice	21.3	74.6	5.7	0.5	14.7	5.4	0	154.6	29.3	160.7	0.1	50.2	0.14
Sliced Pepper Jack Cheese (43037.2)	1 ounce	28.3	105.7	8.6	0.2	25.2	6.9	0	170.1	23	211.5	0.2	56.1	0.22

* Indicates Main/Non-Select Item

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Friday, Week 1
Lunch - Grill & Co Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Lettuce Leaf (14957)	1 each	7.7	1.2	0	0.2	0	0.1	0.1	2.2	14.9	2.8	0.1	28.4	0.07
Sliced Tomatoes (47955.4)	1 slice	12.9	2.3	0	0.5	0	0.1	0.2	0.6	30.6	1.3	0	5.4	0.03
Dill Pickle Slices (63438)	4 each	28	3.4	0.1	0.7	0	0.1	0.3	226.5	32.8	16	0.1	1.7	0.03
Caramelized Onions (45806)	1 ounce	28.3	40.5	3.4	2.4	0	0.3	0.4	1	37.8	6	0.1	0	0.07
Whole Wheat Hamburger Bun (62312.1)	1 each	77.1	202.8	4.6	34.4	0	7.4	2.9	353.2	123.4	73.3	3	0	0.25
White Hamburger Bun (1646.6)	1 each	77.9	217.4	3	39.1	0	7.6	1.4	385	95.1	112.2	2.7	22.6	0.46
Pretzel Roll (62279.1)	1 each	99.2	280	5	51	35	9	3	720	167	31	1	-	0.57
Brioche Bun (84417)	1 each	70.9	253.1	7.1	39.5	60.7	7.1	1	334.1	-	-	-	-	0.52
White Hot Dog Bun (1646.4)	1 each	41.1	114.7	1.6	20.6	0	4	0.7	203.1	50.2	59.2	1.4	11.9	0.19
White Bread (62272)	1 slice	42.5	113.1	1.4	21	0	3.8	1.1	208.4	53.6	61.2	1.5	0	0.19
Whole Wheat Bread (62274)	1 slice	42.5	107.2	1.5	18.2	0	5.3	2.6	193.5	108	68.5	1.1	0	0.20
Sourdough Bread (62272.8)	1 slice	43	97.7	0.8	18.8	0	3.3	0.9	278.4	24	55	1.1	0	0.19
Chicken Tenders (11332)	4 ounce	113.4	349.4	22.5	16	46.7	21.3	0	693.3	0+	0	1	0+	0.62
French Fries (765)	1/2 cup	98.4	167.8	10.1	19.2	0	1.1	1.1	304.3	288.1	0.2	0	0+	0.24
Bratwurst (4900)	4 ounce	113.4	319.3	28.2	2.7	68.8	12.8	0	786.7	323.6	26	0.5	1.9	0.99
Grill & Co Foundation Totals			3,631.7	178	311.8	600.2	196.4	22.4	7,795.2	2458.3+	1473.7+	22.5+	323+	9.58
Lunch Totals			3,631.7	178	311.8	600.2	196.4	22.4	7,795.2	2458.3+	1473.7+	22.5+	323+	9.58

Dinner - Grill & Co Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Beef Patty (44726)	1 each	81.6	177.2	9.6	0	71.8	21.3	0	55.5	271.9	10.6	2.2	2.4	0.96
Turkey Burger Patty (37216.3)	1 each	102.6	171.8	8	3.5	86.9	19.9	0.6	316.5	180.7+	24.4	1.7	0+	0.64

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Friday, Week 1
Dinner - Grill & Co Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Grilled Chicken Breast (30116.1)	1 each	85.6	140.8	5.3	0.2	82	23.4	0.1	258.8	262.7	5.4	0.4	7.5	0.83
All Beef Hot Dog (78667)	1 each	113.4	365.1	33.3	3	65.8	13.3	0	966.2	285.8	12.5	1.4	0	0.76
Meatless Black Bean Burger (82258.1)	1 each	93.6	171	5	18.1	0	15.1	6	472.8	-	91.7	2.7	-	1.17
American Cheese Slice (1748)	1 slice	14.2	51.9	4.4	0.7	14.2	2.6	0	236.9	18.7	148.1	0.1	44.9	0.09
Sliced American Swiss Cheese (43034.1)	1 slice	28.3	103.8	8.7	1.4	28.3	5.1	0	473.7	37.4	296.3	0.2	89.9	0.15
Provolone Cheese (14917)	1 slice	21.3	74.6	5.7	0.5	14.7	5.4	0	154.6	29.3	160.7	0.1	50.2	0.14
Sliced Pepper Jack Cheese (43037.2)	1 ounce	28.3	105.7	8.6	0.2	25.2	6.9	0	170.1	23	211.5	0.2	56.1	0.22
Lettuce Leaf (14957)	1 each	7.7	1.2	0	0.2	0	0.1	0.1	2.2	14.9	2.8	0.1	28.4	0.07
Sliced Tomatoes (47955.4)	1 slice	12.9	2.3	0	0.5	0	0.1	0.2	0.6	30.6	1.3	0	5.4	0.03
Dill Pickle Slices (63438)	4 each	28	3.4	0.1	0.7	0	0.1	0.3	226.5	32.8	16	0.1	1.7	0.03
Caramelized Onions (45806)	1 ounce	28.3	40.5	3.4	2.4	0	0.3	0.4	1	37.8	6	0.1	0	0.07
Whole Wheat Hamburger Bun (62312.1)	1 each	77.1	202.8	4.6	34.4	0	7.4	2.9	353.2	123.4	73.3	3	0	0.25
White Hamburger Bun (1646.6)	1 each	77.9	217.4	3	39.1	0	7.6	1.4	385	95.1	112.2	2.7	22.6	0.46
Pretzel Roll (62279.1)	1 each	99.2	280	5	51	35	9	3	720	167	31	1	-	0.57
Brioche Bun (84417)	1 each	70.9	253.1	7.1	39.5	60.7	7.1	1	334.1	-	-	-	-	0.52
White Hot Dog Bun (1646.4)	1 each	41.1	114.7	1.6	20.6	0	4	0.7	203.1	50.2	59.2	1.4	11.9	0.19
White Bread (62272)	1 slice	42.5	113.1	1.4	21	0	3.8	1.1	208.4	53.6	61.2	1.5	0	0.19
Whole Wheat Bread (62274)	1 slice	42.5	107.2	1.5	18.2	0	5.3	2.6	193.5	108	68.5	1.1	0	0.20
Sourdough Bread (62272.8)	1 slice	43	97.7	0.8	18.8	0	3.3	0.9	278.4	24	55	1.1	0	0.19
Chicken Tenders (11332)	4 ounce	113.4	349.4	22.5	16	46.7	21.3	0	693.3	0+	0	1	0+	0.62
French Fries (765)	1/2 cup	98.4	167.8	10.1	19.2	0	1.1	1.1	304.3	288.1	0.2	0	0+	0.24

* Indicates Main/Non-Select Item

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Friday, Week 1

Dinner - Grill & Co Foundation

Grill & Co Foundation Totals	3,312.4	149.8	309.1	531.4	183.6	22.4	7,008.5	2134.7+	1447.7+	22+	321.1+	8.59
Dinner Totals	3,312.4	149.8	309.1	531.4	183.6	22.4	7,008.5	2134.7+	1447.7+	22+	321.1+	8.59
Daily Totals for Day 6	7,698.8	359.2	670.7	1,532.9	445.1	51.4	16,201.8	6194.3+	3383.2+	50.1+	981+	22.40
Daily Value	2000	78	275	300	50	28	2300	4700	1300	18	900	-
% Daily Value	384.94%	460.54%	243.88%	510.98%	890.28%	183.5%	704.42%	131.79%	260.24%	278.59%	109%	-

Saturday, Week 1

Breakfast - Good Morning

Market Grill

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Omelet Station (8786)	1 each	522.3	533.5	28.1	31.5	373	38.4	4.6	874	1,114.7	359.5	3.6	310.8+	2.73
Scrambled Egg (2031)	1/2 cup	117.8	62.7	0.2	1.6	0.2	11.2	0	223	194.6	32.5	1.2	5.6+	0.71
Scrambled Egg Whites (2031.3)	1/2 cup	117.8	61	0.4	1.2	0.2	12.1	0	182.7	189.9	18.7	0.1	5.6+	0.56
Whole Grain Pancakes (23375.1)	3 each	174.1	307.2	4.9	55.9	0	8.4	7	547.4	0.9+	282.1	2.5	0+	0.19
Good Morning Market Grill Totals			964.5	33.6	90.1	373.3	70.1	11.6	1,827.1	1500.1+	692.9	7.4	322+	4.20
Breakfast Totals			964.5	33.6	90.1	373.3	70.1	11.6	1,827.1	1500.1+	692.9	7.4	322+	4.20

Lunch - Grill & Co Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Beef Patty (44726)	1 each	81.6	177.2	9.6	0	71.8	21.3	0	55.5	271.9	10.6	2.2	2.4	0.96
Turkey Burger Patty (37216.3)	1 each	102.6	171.8	8	3.5	86.9	19.9	0.6	316.5	180.7+	24.4	1.7	0+	0.64
Grilled Chicken Breast (30116.1)	1 each	85.6	140.8	5.3	0.2	82	23.4	0.1	258.8	262.7	5.4	0.4	7.5	0.83
All Beef Hot Dog (78667)	1 each	113.4	365.1	33.3	3	65.8	13.3	0	966.2	285.8	12.5	1.4	0	0.76
Meatless Black Bean Burger (82258.1)	1 each	93.6	171	5	18.1	0	15.1	6	472.8	-	91.7	2.7	-	1.17

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

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Saturday, Week 1
Lunch - Grill & Co Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
American Cheese Slice (1748)	1 slice	14.2	51.9	4.4	0.7	14.2	2.6	0	236.9	18.7	148.1	0.1	44.9	0.09
Sliced American Swiss Cheese (43034.1)	1 slice	28.3	103.8	8.7	1.4	28.3	5.1	0	473.7	37.4	296.3	0.2	89.9	0.15
Provolone Cheese (14917)	1 slice	21.3	74.6	5.7	0.5	14.7	5.4	0	154.6	29.3	160.7	0.1	50.2	0.14
Sliced Pepper Jack Cheese (43037.2)	1 ounce	28.3	105.7	8.6	0.2	25.2	6.9	0	170.1	23	211.5	0.2	56.1	0.22
Lettuce Leaf (14957)	1 each	7.7	1.2	0	0.2	0	0.1	0.1	2.2	14.9	2.8	0.1	28.4	0.07
Sliced Tomatoes (47955.4)	1 slice	12.9	2.3	0	0.5	0	0.1	0.2	0.6	30.6	1.3	0	5.4	0.03
Dill Pickle Slices (63438)	4 each	28	3.4	0.1	0.7	0	0.1	0.3	226.5	32.8	16	0.1	1.7	0.03
Caramelized Onions (45806)	1 ounce	28.3	40.5	3.4	2.4	0	0.3	0.4	1	37.8	6	0.1	0	0.07
Whole Wheat Hamburger Bun (62312.1)	1 each	77.1	202.8	4.6	34.4	0	7.4	2.9	353.2	123.4	73.3	3	0	0.25
White Hamburger Bun (1646.6)	1 each	77.9	217.4	3	39.1	0	7.6	1.4	385	95.1	112.2	2.7	22.6	0.46
Pretzel Roll (62279.1)	1 each	99.2	280	5	51	35	9	3	720	167	31	1	-	0.57
Brioche Bun (84417)	1 each	70.9	253.1	7.1	39.5	60.7	7.1	1	334.1	-	-	-	-	0.52
White Hot Dog Bun (1646.4)	1 each	41.1	114.7	1.6	20.6	0	4	0.7	203.1	50.2	59.2	1.4	11.9	0.19
White Bread (62272)	1 slice	42.5	113.1	1.4	21	0	3.8	1.1	208.4	53.6	61.2	1.5	0	0.19
Whole Wheat Bread (62274)	1 slice	42.5	107.2	1.5	18.2	0	5.3	2.6	193.5	108	68.5	1.1	0	0.20
Sourdough Bread (62272.8)	1 slice	43	97.7	0.8	18.8	0	3.3	0.9	278.4	24	55	1.1	0	0.19
Chicken Tenders (11332)	4 ounce	113.4	349.4	22.5	16	46.7	21.3	0	693.3	0+	0	1	0+	0.62
French Fries (765)	1/2 cup	98.4	167.8	10.1	19.2	0	1.1	1.1	304.3	288.1	0.2	0	0+	0.24
Bratwurst (4900)	4 ounce	113.4	319.3	28.2	2.7	68.8	12.8	0	786.7	323.6	26	0.5	1.9	0.99
Grill & Co Foundation Totals			3,631.7	178	311.8	600.2	196.4	22.4	7,795.2	2458.3+	1473.7+	22.5+	323+	9.58
Lunch Totals			3,631.7	178	311.8	600.2	196.4	22.4	7,795.2	2458.3+	1473.7+	22.5+	323+	9.58

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Saturday, Week 1

Dinner - Grill & Co Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Beef Patty (44726)	1 each	81.6	177.2	9.6	0	71.8	21.3	0	55.5	271.9	10.6	2.2	2.4	0.96
Turkey Burger Patty (37216.3)	1 each	102.6	171.8	8	3.5	86.9	19.9	0.6	316.5	180.7+	24.4	1.7	0+	0.64
Grilled Chicken Breast (30116.1)	1 each	85.6	140.8	5.3	0.2	82	23.4	0.1	258.8	262.7	5.4	0.4	7.5	0.83
All Beef Hot Dog (78667)	1 each	113.4	365.1	33.3	3	65.8	13.3	0	966.2	285.8	12.5	1.4	0	0.76
Meatless Black Bean Burger (82258.1)	1 each	93.6	171	5	18.1	0	15.1	6	472.8	-	91.7	2.7	-	1.17
American Cheese Slice (1748)	1 slice	14.2	51.9	4.4	0.7	14.2	2.6	0	236.9	18.7	148.1	0.1	44.9	0.09
Sliced American Swiss Cheese (43034.1)	1 slice	28.3	103.8	8.7	1.4	28.3	5.1	0	473.7	37.4	296.3	0.2	89.9	0.15
Provolone Cheese (14917)	1 slice	21.3	74.6	5.7	0.5	14.7	5.4	0	154.6	29.3	160.7	0.1	50.2	0.14
Sliced Pepper Jack Cheese (43037.2)	1 ounce	28.3	105.7	8.6	0.2	25.2	6.9	0	170.1	23	211.5	0.2	56.1	0.22
Lettuce Leaf (14957)	1 each	7.7	1.2	0	0.2	0	0.1	0.1	2.2	14.9	2.8	0.1	28.4	0.07
Sliced Tomatoes (47955.4)	1 slice	12.9	2.3	0	0.5	0	0.1	0.2	0.6	30.6	1.3	0	5.4	0.03
Dill Pickle Slices (63438)	4 each	28	3.4	0.1	0.7	0	0.1	0.3	226.5	32.8	16	0.1	1.7	0.03
Caramelized Onions (45806)	1 ounce	28.3	40.5	3.4	2.4	0	0.3	0.4	1	37.8	6	0.1	0	0.07
Whole Wheat Hamburger Bun (62312.1)	1 each	77.1	202.8	4.6	34.4	0	7.4	2.9	353.2	123.4	73.3	3	0	0.25
White Hamburger Bun (1646.6)	1 each	77.9	217.4	3	39.1	0	7.6	1.4	385	95.1	112.2	2.7	22.6	0.46
Pretzel Roll (62279.1)	1 each	99.2	280	5	51	35	9	3	720	167	31	1	-	0.57
Brioche Bun (84417)	1 each	70.9	253.1	7.1	39.5	60.7	7.1	1	334.1	-	-	-	-	0.52
White Hot Dog Bun (1646.4)	1 each	41.1	114.7	1.6	20.6	0	4	0.7	203.1	50.2	59.2	1.4	11.9	0.19
White Bread (62272)	1 slice	42.5	113.1	1.4	21	0	3.8	1.1	208.4	53.6	61.2	1.5	0	0.19
Whole Wheat Bread (62274)	1 slice	42.5	107.2	1.5	18.2	0	5.3	2.6	193.5	108	68.5	1.1	0	0.20
Sourdough Bread (62272.8)	1 slice	43	97.7	0.8	18.8	0	3.3	0.9	278.4	24	55	1.1	0	0.19

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MenuWorks Nutrition Analysis Report

Report Run By: CHRISTOPHER BORDEY

Run Date: 04/05/2022

LAC+USC Healthcare Network (18841)

Saturday, Week 1

Dinner - Grill & Co Foundation

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Chicken Tenders (11332)	4 ounce	113.4	349.4	22.5	16	46.7	21.3	0	693.3	0+	0	1	0+	0.62
French Fries (765)	1/2 cup	98.4	167.8	10.1	19.2	0	1.1	1.1	304.3	288.1	0.2	0	0+	0.24
Grill & Co Foundation Totals			3,312.4	149.8	309.1	531.4	183.6	22.4	7,008.5	2134.7+	1447.7+	22+	321.1+	8.59
Dinner Totals			3,312.4	149.8	309.1	531.4	183.6	22.4	7,008.5	2134.7+	1447.7+	22+	321.1+	8.59
Daily Totals for Day 7			7,908.6	361.3	711	1,504.9	450.1	56.5	16,630.8	6093.1+	3614.4+	51.9+	966.1+	22.37
Daily Value			2000	78	275	300	50	28	2300	4700	1300	18	900	-
% Daily Value			395.43%	463.26%	258.54%	501.62%	900.17%	201.8%	723.08%	129.64%	278.03%	288.37%	107.35%	-
Daily Average for Week 1			7,915.8	364.5	707	1523.4+	450.3	55.2	16,583.1	6250.3+	3571.7+	51.5+	998.2+	22.60
% Average for Week 1			395.8%	467.3%	257.1%	507.8%	900.6%	197.1%	721%	133%	274.7%	286.2%	110.9%	-
Daily Average for Days (1 - 7)			7,915.8	364.5	707	1523.4+	450.3	55.2	16,583.1	6250.3+	3571.7+	51.5+	998.2+	22.60
% Average for Days (1 - 7)			395.8%	467.3%	257.1%	507.8%	900.6%	197.1%	721%	133%	274.7%	286.2%	110.9%	-

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

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MenuWorks Nutrition Analysis Report

Report Run By: CHRISTOPHER BORDEY
Run Date: 04/15/2022
LAC+USC Healthcare Network (18841)

Report Parameters			
Menus Included:	*18841 Taco Shoppe	Nutrition Analysis:	Sum All
Days/Dates Included:	1 - 1	Cost Analysis:	Sum All
Locations Included:	LAC+USC Healthcare Network	Menu Item Display:	All Items
Meal Periods Included:	Lunch, Dinner	Report Details:	Detailed Totals
Stations Included:	The Taco Shoppe		
Diets Included:			

Purpose of the Report:

The purpose of the MenuWorks Nutrient Analysis Report is to provide menu nutrition information and evaluate nutrition compliance against dietary standards assigned to the menu.

* Indicates Main/Non-Select Item

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MenuWorks Nutrition Analysis Report

Report Run By: CHRISTOPHER BORDEY
Run Date: 04/15/2022
LAC+USC Healthcare Network (18841)

Menu Name: *18841 Taco Shoppe
Location Name: LAC+USC Healthcare Network

Displaying Nutrient Set (1 of 1)

Sunday, Week 1

Lunch - The Taco Shoppe

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
6" Flour Tortilla (47204)	1 each	29	90	2.5	14	0	2	1	170	22	36	1	-	0.09
6" Corn Tortilla (47193)	1 each	23.5	51.2	0.7	10.5	0	1.3	1.5	10.6	43.7	19	0.3	0	0.06
Pork Carnitas (1792)	2 oz portion	51.4	100	5.4	1	41.1	11	0.2	80.8	155	13.4	0.8	42.1	0.30
Shredded Barbacoa Beef (82203)	2 ounce	56.7	106.2	6.5	2	34.6	9.8	0.7	94.4	135.5+	15	1.3	21.6+	0.59
Tacos de Pollo Tinga (105196.3)	2 ounce	56.7	70.7	2.7	8	15.1+	3.9	1.4	95.1	113.2+	19.1+	0.4	5.8+	0.18
Beyond Taco Meat (21255.3)	2 ounce	56.7	123.6	7.8	6.4	0	8.3	2	170.3	321.3+	46.3	2.8	19.5+	0.78
Spanish Rice (999)	4 ounce	113.4	114.8	2.9	20.2	0	2.2	2	78.7	193.1	40.2	1.1	14.9	0.24
Charro Beans (41618.7)	4 ounce	113.4	105.9	1.4	18.9	0	6	6.2	207.7	368.7	60.8	2.7	34.4	0.24
Chips and Salsa (19670.5)	2 ounce	56.7	95.1	3.4	15.2	0	2	2.3	78.3	109.3	28.5	0.5	9	0.16
guacamole (41706)	2 ounce	56.7	57.9	4.8	4.2	0	0.9	2.5	153.9	209.4	8.4	0.3	11.2	0.56
Queso Dip with Tortilla Chips (99456)	2 ounce	56.7	142.6	9.1	10.4	24.7	5.4	1.2	367.9	114.4	193	0.5	53.4	0.25
salsa verde (41588)	2 ounce	56.7	42.9	2.5	5	0	0.8	1.1	178.2	138.8	16.4	0.3	11.8+	0.31
salsa roja (41586)	2 floz	77.6	96.9	9.3	3.5	0+	0.8	1.2	477.7	163.7+	14.7+	0.3	26.5+	0.24
Sour Cream (1105)	2 ounce	56.7	112.3	11	2.6	33.5	1.4	0	17.6	70.9	57.3	0	70.3	0.16
guacamole (41706)	2 ounce	56.7	57.9	4.8	4.2	0	0.9	2.5	153.9	209.4	8.4	0.3	11.2	0.56
Chopped Yellow Onions (14888)	1 tsp	3.3	1.3	0	0.3	0	0	0.1	0.1	4.9	0.8	0	0	0.01
Fresh Cilantro (63600)	1 tsp	0.3	0.1	0	0	0	0	0	0.2	1.7	0.2	0	1.1	0.01
Sliced Radishes (71070.1)	1 floz	14.5	2.3	0	0.5	0	0.1	0.2	5.7	33.8	3.6	0	0	0.10
Limes (68558)	1 wedge	8.4	2.5	0	0.9	0	0.1	0.2	0.2	8.6	2.8	0.1	0.2	0.02

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Sunday, Week 1
Lunch - The Taco Shoppe

The Taco Shoppe Totals	1,374.1	74.8	127.8	149+	56.9	26.4	2,341.4	2417.3+	583.9+	12.7	332.9+	4.87
Lunch Totals	1,374.1	74.8	127.8	149+	56.9	26.4	2,341.4	2417.3+	583.9+	12.7	332.9+	4.87

Dinner - The Taco Shoppe

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
6" Flour Tortilla (47204)	1 each	29	90	2.5	14	0	2	1	170	22	36	1	-	0.09
6" Corn Tortilla (47193)	1 each	23.5	51.2	0.7	10.5	0	1.3	1.5	10.6	43.7	19	0.3	0	0.06
Pork Carnitas (1792)	2 oz portion	51.4	100	5.4	1	41.1	11	0.2	80.8	155	13.4	0.8	42.1	0.30
Shredded Barbacoa Beef (82203)	2 ounce	56.7	106.2	6.5	2	34.6	9.8	0.7	94.4	135.5+	15	1.3	21.6+	0.59
Tacos de Pollo Tinga (105196.3)	2 ounce	56.7	70.7	2.7	8	15.1+	3.9	1.4	95.1	113.2+	19.1+	0.4	5.8+	0.18
Beyond Taco Meat (21255.3)	2 ounce	56.7	123.6	7.8	6.4	0	8.3	2	170.3	321.3+	46.3	2.8	19.5+	0.78
Spanish Rice (999)	4 ounce	113.4	114.8	2.9	20.2	0	2.2	2	78.7	193.1	40.2	1.1	14.9	0.24
Charro Beans (41618.7)	4 ounce	113.4	105.9	1.4	18.9	0	6	6.2	207.7	368.7	60.8	2.7	34.4	0.24
Chips and Salsa (19670.5)	2 ounce	56.7	95.1	3.4	15.2	0	2	2.3	78.3	109.3	28.5	0.5	9	0.16
guacamole (41706)	2 ounce	56.7	57.9	4.8	4.2	0	0.9	2.5	153.9	209.4	8.4	0.3	11.2	0.56
Queso Dip with Tortilla Chips (99456)	2 ounce	56.7	142.6	9.1	10.4	24.7	5.4	1.2	367.9	114.4	193	0.5	53.4	0.25
salsa verde (41588)	2 ounce	56.7	42.9	2.5	5	0	0.8	1.1	178.2	138.8	16.4	0.3	11.8+	0.31
salsa roja (41586)	2 floz	77.6	96.9	9.3	3.5	0+	0.8	1.2	477.7	163.7+	14.7+	0.3	26.5+	0.24
Sour Cream (1105)	2 ounce	56.7	112.3	11	2.6	33.5	1.4	0	17.6	70.9	57.3	0	70.3	0.16
guacamole (41706)	2 ounce	56.7	57.9	4.8	4.2	0	0.9	2.5	153.9	209.4	8.4	0.3	11.2	0.56
Chopped Yellow Onions (14888)	1 tsp	3.3	1.3	0	0.3	0	0	0.1	0.1	4.9	0.8	0	0	0.01
Fresh Cilantro (63600)	1 tsp	0.3	0.1	0	0	0	0	0	0.2	1.7	0.2	0	1.1	0.01
Sliced Radishes (71070.1)	1 floz	14.5	2.3	0	0.5	0	0.1	0.2	5.7	33.8	3.6	0	0	0.10
Limes (68558)	1 wedge	8.4	2.5	0	0.9	0	0.1	0.2	0.2	8.6	2.8	0.1	0.2	0.02

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

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MenuWorks Nutrition Analysis Report

Report Run By: CHRISTOPHER BORDEY
Run Date: 04/15/2022
LAC+USC Healthcare Network (18841)

Sunday, Week 1

Dinner - The Taco Shoppe

The Taco Shoppe Totals	1,374.1	74.8	127.8	149+	56.9	26.4	2,341.4	2417.3+	583.9+	12.7	332.9+	4.87
Dinner Totals	1,374.1	74.8	127.8	149+	56.9	26.4	2,341.4	2417.3+	583.9+	12.7	332.9+	4.87
Daily Totals for Day 1	2,748.2	149.5	255.6	298+	113.8	52.8	4,682.8	4834.7+	1167.9+	25.4	665.9+	9.74
Daily Value	2000	78	275	300	50	28	2300	4700	1300	18	900	-
% Daily Value	137.41%	191.72%	92.95%	99.32%	227.65%	188.43%	203.6%	102.87%	89.84%	141.31%	73.99%	-
Daily Average for Week 1	2,748.2	149.5	255.6	298+	113.8	52.8	4,682.8	4834.7+	1167.9+	25.4	665.9+	9.74
% Average for Week 1	137.4%	191.7%	93%	99.3%	227.6%	188.4%	203.6%	102.9%	89.8%	141.3%	74%	-
Daily Average for Days (1 - 1)	2,748.2	149.5	255.6	298+	113.8	52.8	4,682.8	4834.7+	1167.9+	25.4	665.9+	9.74
% Average for Days (1 - 1)	137.4%	191.7%	93%	99.3%	227.6%	188.4%	203.6%	102.9%	89.8%	141.3%	74%	-

* Indicates Main/Non-Select Item

(+) indicates partial nutritional value (-) indicates no nutritional value available

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