

May 2025 Menu- Nederland		Nutrient Analysis	
<i>Wednesday, May 07, 2025</i>		<i>Wednesday, May 07, 2025</i>	
Garlic Ginger Pork Stir Fry		Garlic Ginger Pork Stir Fry	
Spinach Salad w/ Pine Nuts & Tahini		Calories:	852.69
Pears		Protein:	49.84
		Carbs:	83.96
		Fat:	39.01
		Fiber:	12.48
		Sodium:	1066.21
<i>Wednesday, May 14, 2025</i>		<i>Wednesday, May 14, 2025</i>	
Cod w/ Tomato Basil Sauce		Cod w/ Tomato Basil Sauce	
Quinoa		Calories:	759.54
Spinach Salad w/ Balsamic Dressing		Protein:	45.59
Pears		Carbs:	91.35
WW Roll		Fat:	25.07
		Fiber:	14.87
		Sodium:	968.67
<i>Wednesday, May 21, 2025</i>		<i>Wednesday, May 21, 2025</i>	
Oven Fried Chicken		Oven Fried Chicken	
Mashed Potatoes w/ Gravy		Calories:	1083.78
Corn, Tomato & Avocado Salad		Protein:	45.76
Pineapple		Carbs:	98.33
WW Roll		Fat:	58.85
		Fiber:	12.31
		Sodium:	549.2
<i>Wednesday, May 28, 2025</i>		<i>Wednesday, May 28, 2025</i>	
CLOSED		*CLOSED*	
<i>*All Nutrient analyses include a cup of 1% milk.</i>			

Multi Column: *Pork, Garlic Ginger Pork Stir Fry, Pear, BLD Menu						
Multi-Column						
Nutrients	Per Servin Rcmd		Nutrients	Per Servin Rcmd		
Basic Components			Minerals			
Calories (kcal)	852.69	2271.02	Sodium (mg)	1066.21	2300	
Water (g)	463.21	3700	Potassium (mg)	1685.51	3400	
Protein (g)	49.84	56	Chloride (mg)	259.04	1800	
Carbohydrates (g)	83.96	312.27	Calcium (mg)	453.01	1200	
Fat (g)	39.01	70.65	Phosphorus (mg)	766.21	700	
Total Dietary Fiber (g)	12.48	31.79	Magnesium (mg)	236.61	420	
Vitamins			Iron (mg)	8.68	8	
Vitamin A - RAE (mcg)	503.51	900	Zinc (mg)	5.95	11	
Vitamin D - mcg (mcg)	3.3	20	Fluoride (mg)	0.01	4	
Vitamin E - Alpha-Toco	2.48	15	Manganese (mg)	2.2	2.3	
Vitamin K (mcg)	422.21	120	Iodine (mcg)	88.2	150	
Vitamin C (mg)	47.17	90	Selenium (mcg)	58.31	55	
Vitamin B1 - Thiamin (1.14	1.2	Copper (mg)	0.53	0.9	
Vitamin B2 - Riboflavin	0.96	1.3	Chromium (mcg) --		30	
Vitamin B3 - Niacin Eq	20.87	16	Molybdenum (mcg)	8.24	45	
Vitamin B6 (mg)	0.64	1.7	Poly Fats			
Folate, DFE (mcg DFE)	26.15	400	18:2 - Linoleic (g)	5.43	14	
Vitamin B12 (mcg)	1.64	2.4	18:3 - Linolenic (g)	0.11	1.6	
Pantothenic Acid (mg)	2.08	5	Other Nutrients			
Biotin (mcg)	7.79	30	Choline (mg)	121.61	550	

Multi Column: *Fish, Cod in White Wine Tomato Sauce w/ Quinoa, BLD Menu						
Multi-Column						
Nutrients	Per Servin	Rcmd		Nutrients	Per Servin	Rcmd
Basic Components				Minerals		
Calories (kcal)	759.54	2271.02		Sodium (mg)	968.67	2300
Water (g)	768.6	3700		Potassium (mg)	2015.58	3400
Protein (g)	45.59	56		Chloride (mg)	1079.61	1800
Carbohydrates (g)	91.35	312.27		Calcium (mg)	512.59	1200
Fat (g)	25.07	70.65		Phosphorus (mg)	748.16	700
Total Dietary Fiber (g)	14.87	31.79		Magnesium (mg)	275.18	420
Vitamins				Iron (mg)	7.21	8
Vitamin A - RAE (mcg)	927.74	900		Zinc (mg)	4.6	11
Vitamin D - mcg (mcg)	4.1	20		Fluoride (mg)	0.03	4
Vitamin E - Alpha-Toco	7.06	15		Manganese (mg)	3.04	2.3
Vitamin K (mcg)	540.64	120		Iodine (mcg)	147.27	150
Vitamin C (mg)	86.19	90		Selenium (mcg)	69.14	55
Vitamin B1 - Thiamin (0.7	1.2		Copper (mg)	0.66	0.9
Vitamin B2 - Riboflavin	1.08	1.3		Chromium (mcg)	5.4	30
Vitamin B3 - Niacin Eq	16.08	16		Molybdenum (mc	18.72	45
Vitamin B6 (mg)	1.13	1.7		Poly Fats		
Folate, DFE (mcg DFE)	371.16	400		18:2 - Linoleic (g)	2.91	14
Vitamin B12 (mcg)	2.18	2.4		18:3 - Linolenic (g)	0.5	1.6
Pantothenic Acid (mg)	1.95	5		Other Nutrients		
Biotin (mcg)	10.47	30		Choline (mg)	215.61	550

Multi Column: *Chicken, Oven Fried Chicken, Pineapple, BLD Menu					
Multi-Column					
Nutrients	Per Servin	Rcmd	Nutrients	Per Servin	Rcmd
Basic Components			Minerals		
Calories (kcal)	1083.78	2271.02	Sodium (mg)	549.2	2300
Water (g)	657.89	3700	Potassium (mg)	1780.03	3400
Protein (g)	45.76	56	Chloride (mg)	512.6	1800
Carbohydrates (g)	98.33	312.27	Calcium (mg)	501.77	1200
Fat (g)	58.85	70.65	Phosphorus (mg)	752.84	700
Total Dietary Fiber (g)	12.31	31.79	Magnesium (mg)	195.35	420
Vitamins			Iron (mg)		
Vitamin A - RAE (mcg)	577.55	900	Zinc (mg)	4.53	11
Vitamin D - mcg (mcg)	3.35	20	Fluoride (mg)	0.05	4
Vitamin E - Alpha-Toco	3.28	15	Manganese (mg)	1.56	2.3
Vitamin K (mcg)	107.53	120	Iodine (mcg)	108.27	150
Vitamin C (mg)	40.16	90	Selenium (mcg)	50.94	55
Vitamin B1 - Thiamin (0.73	1.2	Copper (mg)	0.6	0.9
Vitamin B2 - Riboflavin	1.03	1.3	Chromium (mcg)	0.63	30
Vitamin B3 - Niacin Eq	23.8	16	Molybdenum (mc	7.43	45
Vitamin B6 (mg)	1.21	1.7	Poly Fats		
Folate, DFE (mcg DFE)	168.5	400	18:2 - Linoleic (g)	8.39	14
Vitamin B12 (mcg)	1.85	2.4	18:3 - Linolenic (g)	0.87	1.6
Pantothenic Acid (mg)	3.24	5	Other Nutrients		
Biotin (mcg)	8.89	30	Choline (mg)	141.32	550