6-pack Nutritional Analysis - June, 2013

Name of Item	Type	Weight grams	Calories	Fat Grams	Saturated Fat Grams	Transfat Grams	Cholesterol Miligrams	Sodium milligrams	Carbohydrate Grams	Fibre Grams	Sugar Grams	Protein Grams	Vitamin A %	Vitamin C %	Calcium %	Iron %
Menu 1 - Chicken with Noodles																
Chicken with Noodles	Entrée	227	260	8.0	2.5	-	75	230	19	2	1	28	30	4	4	10
Carrot Pound Cake	Dessert	71	260	13.0	2.5	-	40	230	34	2	15	4	10	2	4	4
Grape Electrolyte	Beverage	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Total		**322**	**610**	**21.0**	**5.0**	**-**	**115**	**610**	**75**	**4**	**38**	**32**	**40**	**6**	**8**	**14**
Menu 2 - Beef Ravioli																
Beef Ravioli in Meat Sauce	Entrée	227	280	8.0	3.5	-	25	670	34	2	5	16	6	10	8	15
Carrot Pound Cake	Dessert	71	260	13.0	2.5	-	40	230	34	2	15	4	10	2	4	4
Grape Electrolyte	Beverage	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Total		**322**	**630**	**21.0**	**6.0**	**-**	**65**	**1,050**	**90**	**4**	**42**	**20**	**16**	**12**	**12**	**19**
Menu 3 - Vegetarian Ratatouille																
Vegetarian Ratatouille	Entrée	227	210	8.0	1.0	-	-	600	29	7	4	9	10	25	8	10
Marble Pound Cake	Dessert	71	290	13.0	3.5	3.5	55	150	40	1	21	4	-	-	2	8
Fruit Punch Electrolyte	Beverage	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Total		**322**	**590**	**21**	**5**	**4**	**55**	**900**	**91**	**8**	**47**	**13**	**10**	**25**	**10**	**18**
Menu 4 - Cheese Tortellini																
Cheese Tortellini	Entrée	227	240	6.0	1.0	-	25	510	37	2	4	9	2	2	10	10
Marble Pound Cake	Dessert	71	290	13.0	3.5	3.5	55	150	40	1	21	4	-	-	2	8
Fruit Punch Electrolyte	Beverage	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Total		**322**	**620**	**19**	**5**	**4**	**80**	**810**	**99**	**3**	**47**	**13**	**2**	**2**	**12**	**18**
Menu 5 - Penne with Vegetable Sausage Crumbles																
Penne W Vegetable Sausage	Entrée	227	320	4.5	1.0	-	-	710	54	5	7	16	15	10	10	20
Chocolate Chip Cookie	Dessert	60	280	13.0	4.0	-	10	210	39	1	20	3	-	-	2	6
Orange Electrolyte	Beverage	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Total		**311**	**690**	**17.5**	**5.0**	**-**	**10**	**1,070**	**115**	**6**	**49**	**19**	**15**	**10**	**12**	**26**
Menu 6 - Vegetable Lasagna																
Vegetable Lasagna	Entrée	227	250	4.5	1.5	-	5	840	44	5	7	11	8	15	10	15
Chocolate Chip Cookie	Dessert	60	280	13.0	4.0	-	10	210	39	1	20	3	-	-	2	6
Orange Electrolyte	Beverage	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Total		**311**	**620**	**17.5**	**5.5**	**-**	**15**	**1,200**	**105**	**6**	**49**	**14**	**8**	**15**	**12**	**21**
AVG Menu Totals (Per Meal)		**318**	**627**	**20**	**5**	**1**	**57**	**940**	**96**	**5**	**45**	**19**	**15**	**12**	**11**	**19**
% calories from fat		**28%**	28%													