

## Cycle Menu Reports – SAMPLES from the BluePrint Menu Management System

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Please contact the BluePrint Team at [BluePrintAdmin@usfoods.com](mailto:BluePrintAdmin@usfoods.com) or (800) 347-6368 with any questions or concerns.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Apr-09, May-07, Jun-04, Jul-02, Jul-30, Aug-27, Sep-24, Oct-22	Apr-10, May-08, Jun-05, Jul-03, Jul-31, Aug-28, Sep-25, Oct-23	Apr-11, May-09, Jun-06, Jul-04, Aug-01, Aug-29, Sep-26, Oct-24	Apr-12, May-10, Jun-07, Jul-05, Aug-02, Aug-30, Sep-27, Oct-25	Apr-13, May-11, Jun-08, Jul-06, Aug-03, Aug-31, Sep-28, Oct-26	Apr-14, May-12, Jun-09, Jul-07, Aug-04, Sep-01, Sep-29, Oct-27	Apr-15, May-13, Jun-10, Jul-08, Aug-05, Sep-02, Sep-30, Oct-28
<b>Breakfast</b>						
Juice of Choice Cereal of Choice Fresh Fruit Egg Wheat Toast Margarine & Jelly Milk Coffee or Hot Tea	Juice of Choice Cereal of Choice Fresh Fruit Egg French Toast Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Cereal of Choice Fresh Fruit Cheddar Egg Bake Wheat Toast Margarine & Jelly Milk Coffee or Hot Tea	Juice of Choice Cereal of Choice Fresh Fruit Egg Biscuit Margarine & Jelly Milk Coffee or Hot Tea	Juice of Choice Cereal of Choice Fresh Fruit Egg Wheat Toast Margarine & Jelly Milk Coffee or Hot Tea	Juice of Choice Cereal of Choice Fresh Fruit Breakfast Burrito Milk Coffee or Hot Tea	Juice of Choice Cereal of Choice Fresh Fruit Egg Sausage Links Pancakes Margarine & Syrup Milk Coffee or Hot Tea
<b>Lunch</b>						
Roast Turkey Poultry Gravy Sweet Whipped Carrots Green Beans Cornbread Margarine Praline Bar Milk Beverage of Choice Baked Herb Fish	Pork Medallions Whole Kernel Corn Spinach Souffle Wheat Dinner Roll or Bread Margarine Berry Cup Milk Beverage of Choice Rotisserie Chicken	Fried Chicken Mashed Potatoes Brown Gravy Mixed Vegetables Wheat Dinner Roll or Bread Margarine Ice Cream Milk Beverage of Choice Baked Veal Cutlet	Beef Tips with Mushroom Gravy Duchess Potatoes Southern Style Greens Wheat Dinner Roll or Bread Margarine Forest Pears Milk Beverage of Choice Seafood Croquette	Sliced Baked Ham Au Gratin Potatoes Asparagus Cuts Wheat Dinner Roll or Bread Margarine Pineapple Upside Down Cake Milk Beverage of Choice Blackened Chicken	BBQ Beef Platter Black-Eyed Peas Brussels Sprouts Wheat Dinner Roll or Bread Margarine Fruited Gelatin Milk Beverage of Choice Herbed Turkey	Chicken Tenders Dipping Sauce Tater Tots Steamed Okra Wheat Dinner Roll or Bread Margarine Cheesecake Milk Beverage of Choice Vegetable Frittata
<b>Dinner</b>						
Beef Fajita Parslied Rice Black Beans Mandarin Oranges Milk Beverage of Choice	Tuna Noodle Casserole Steamed Vegetables Wheat Dinner Roll or Bread Margarine Peanut Butter Cookie Milk Beverage of Choice	Savory Summer Soup Saltine Crackers Deli Sandwich Spring Mix with Dressing Chilled Peaches Milk Beverage of Choice	Chef Salad with Turkey Assorted Salad Dressing Macaroni Salad Wheat Dinner Roll or Bread Margarine Chocolate Tango Pudding Milk Beverage of Choice	Cream of Tomato Soup Saltine Crackers Grilled Cheese Sandwich Prince Edward Veg Blend Fruit Cocktail Milk Beverage of Choice	Stuffed Baked Fish Parmesan Noodles Broccoli Cuts Wheat Dinner Roll or Bread Margarine Chocolate Chip Bar Milk Beverage of Choice	Beefy King Ranch Casserole Green Peas Wheat Dinner Roll or Bread Margarine Fruit Crisp Milk Beverage of Choice
Pit Ham Wheat Dinner Roll or Bread Margarine	Beef Patty Melt	Thin Crust Cheese Pizza Breadstick Margarine	Sausage Jambalaya with Rice Capri Vegetable Blend	Meatballs with Sauce Spaghetti Noodles Garlic Bread	Italian Pork Chop	Fried Popcorn Shrimp Cocktail Sauce Southern Cheese Grits
<b>HS Snack</b>						
Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day

Week 1 Day 1

Breakfast

	Regular/NAS	1800 Calorie	2 gm Na	Cardiac	Pureed	Mech Altered	Finger Foods	HiCal/Pro	Lacto Ovo	Lib Renal	LCS	Low Fiber	Small Prtn	Soft
Juice of Choice	6 FL OZ	X	X	X	X	X	X	X	X	Ap/Crnbr Jc	X	X	X	X
Cereal of Choice	Serving	X	X	X	1/2 cup PurHotCereal	X	In mug	X	X	X	X	X	X	X
Fresh Fruit	1/2 cup	No	X	X	#10 scoop Pur FruitChoice	CndFruitChce	X	X	X	RenalFruitChce	X	CndFruitChce	X	CndFruitChce
Egg	Egg	X	X	1/4 cup Egg Substitute	#16 scoop Pureed Egg	X	X	2 Each	X	X	X	X	X	X
Wheat Toast	Slice	X	X	X	#20 scoop Pureed Bread	#20 scoop Pureed Bread	X	2 Slice	X	White Toast	X	White Toast	X	X
Margarine & Jelly	Packet	MrgarineDtJelly	X	X	X	X	X	2 packets	X	X	MrgarineDtJelly	X	X	X
Milk	8 FL OZ	Skim Milk	4 FL OZ	Skim Milk	X	X	X	Whole Milk	X	X	X	X	X	X
Coffee or Hot Tea	8 FL OZ	X	X	X	X	X	X	X	X	X	X	X	X	X

Lunch

	Regular/NAS	1800 Calorie	2 gm Na	Cardiac	Pureed	Mech Altered	Finger Foods	HiCal/Pro	Lacto Ovo	Lib Renal	LCS	Low Fiber	Small Prtn	Soft
Roast Turkey	3 ounces	X	X	X	#8 scoop PurRoastTurkey	#8 scoop Grd Roast Tky	Bites	X	VegChixwChse	X	X	X	2 ounces	#8 scoop Grd Roast Tky
Poultry Gravy	2 oz ladle	X	LS PoultryGravy	LS PoultryGravy	X	X	On side	X	Vegetable Gravy	LS PoultryGravy	X	X	X	X
Sweet Whipped Carrots	1/2 cup	Sliced Carrots	X	Sliced Carrots	#10 scoop PurSwtWhpdCrrt	X	Sliced Carrots	X	X	X	X	X	X	X
Green Beans	1/2 cup	X	X	X	#10 scoop PurGreenBeans	X	X	X	X	X	X	X	X	X
Cornbread	2x2 square	X	No	Roll/Bread WheatRoll/Brd	#20 scoop Pur Crnbrd	#20 scoop Pur Crnbrd	X	2 2x2 square	X	Roll/Bread WheatRoll/Brd	X	X	X	X
Margarine	Packet	X	No	X	X	X	X	2 packets	X	X	X	X	X	X
Praline Bar	2x3 square	4 cookies Vanilla Wafers	X	YllwCakeFrst	#12 scoop Pur Praline Bar	X	X	X	X	X	1/2 2x3 square	YllwCakeFrst	1/2 2x3 square	X
Milk	8 FL OZ	Skim Milk	X	Skim Milk	X	X	X	Whole Milk	X	Fruit Punch	X	X	X	X
Beverage of Choice	8 FL OZ	Dt Bev of Chc	X	X	X	X	X	X	X	X	Dt Bev of Chc	X	X	X
<sup>ALT</sup> Baked Herb Fish	3 ounces	X	X	X	#8 scoop PurBkdHerbFish	X	Bites	X	4x4 square Cheese Frittata	X	X	X	2 ounces	X

Dietary Manager \_\_\_\_\_ Approval Date \_\_\_\_\_ Dietary Consultant \_\_\_\_\_ Approval Date \_\_\_\_\_

Week 1 Day 1

Dinner

	Regular/NAS	1800 Calorie	2 gm Na	Cardiac	Pureed	Mech Altered	Finger Foods	HiCal/Pro	Lacto Ovo	Lib Renal	LCS	Low Fiber	Small Prtn	Soft
Beef Fajita	2 fajitas	6 oz ladle Beef Tips w/Veg	X	X	2 #10 scoop Pur Beef Fajita	2 #10 scoop Pur Beef Fajita	X	3 fajitas Beef Fajitas	VeggieBfFajita	6 oz ladle Beef Tips w/Veg	X	6 oz ladle Beef Tips w/Veg	X	Grd Beef Fajita
Parslied Rice	1/2 cup	1/3 cup	X	X	#8 scoop PurParsliedRice	Noodles	Noodles	X	X	X	X	X	1/4 cup	X
Black Beans	1/2 cup	1/4 cup	X	X	#8 scoop PurBlckBeans	#8 scoop PurBlckBeans	X	X	X	Green Peas	X	Noodles	1/4 cup	X
Mandarin Oranges	1/2 cup	X	X	X	#10 scoop Pur Mndrn Orng	X	X	X	X	X	X	X	X	X
Milk	8 FL OZ	No	X	Skim Milk	X	X	X	Whole Milk	X	Fruit Punch	X	X	X	X
Beverage of Choice	8 FL OZ	Dt Bev of Chc	X	X	X	X	X	X	X	X	Dt Bev of Chc	X	X	X
<sup>ALT</sup> Pit Ham	2 ounces	X	BkdPorkChop	BkdPorkChop	#10 scoop Pureed Pit Ham	#10 scoop Ground Pit Ham	Bites	3 ounces	4 ounces VegMplGlzdHm	BkdPorkChop	X	X	X	#10 scoop Ground Pit Ham
<sup>ALT</sup> Wheat Dinner Roll/Bre:	Roll/Bread	X	X	X	#20 scoop PurWht RI/Brd	#20 scoop PurWht RI/Brd	X	2 Roll/Bread	X	X	X	Din Roll/Brd	X	X
<sup>ALT</sup> Margarine	Packet	X	X	X	X	X	X	2 packets	X	X	X	X	X	X

HS Snack

	Regular/NAS	1800 Calorie	2 gm Na	Cardiac	Pureed	Mech Altered	Finger Foods	HiCal/Pro	Lacto Ovo	Lib Renal	LCS	Low Fiber	Small Prtn	Soft
Snack of the Day	Each	X	X	X	X	X	X	X	X	X	X	X	X	X

SAMPLE

Dietary Manager \_\_\_\_\_ Approval Date \_\_\_\_\_ Dietary Consultant \_\_\_\_\_ Approval Date \_\_\_\_\_

**US Foods | BluePrint Menu**

Southern Entree Select  
Cycle I, 2017

Diet: Regular/No Added Salt

BluePrint Nutrition Goals

**Week 1 - DAILY SUMMARY**

	KCAL KCAL	CHO Gram	PRO Gram	FAT Gram	SFA Gram	CHOL MG	FIBTG Gram	NA MG	CA MG	K MG	P MG	VITA_R MCG	VITC MG	VITK1 MCG	FE MG	ZN MG	FOL MCG
Nutritional Goal	2,000.00	130.00	51.00	78.00	13.00	300.00	32.00	4,000.00	1,200.00	4,700.00	700.00	800.00	83.00	105.00	13.00	10.00	400.00
Sunday	2438	334.67	108.12	77.71	27.393	358	28.4	3179	1520	4211	1988	1710	214.2	77.1	22.75	14.56	631
Monday	2231	274.13	109.63	83.37	29.037	467	22.6	2332	1667	3915	1945	1658	188	374.5	16.39	12.59	524
Tuesday	2669	333.39	111.49	103.21	36.409	343	25.9	3661	1958	4197	2021	1622	191.8	93.5	18.45	13.29	491
Wednesday	2556	317.57	109.92	98.38	35.193	503	23.2	3931	1798	4197	2113	1298	179.8	79.5	18.36	16.69	495
Thursday	2608	316.9	114.36	102.77	41.599	420	23.9	6136	2357	4787	2408	1576	230.3	121.6	18.26	15.15	588
Friday	2178	298.85	105.05	68.78	22.673	343	25	2703	1435	4019	1751	935	241.3	105	17.85	12.35	578
Saturday	2959	352.3	112.52	128.05	39.444	404	27.6	4704	1727	4187	2364	1206	164.5	128.5	19.72	14.53	533

**Daily Average**

Meals	2,519.86	318.26	110.16	94.61	33.11	405.43	25.23	3,806.57	1,780.29	4,216.14	2,084.29	1,429.29	201.41	139.96	18.83	14.17	548.57
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**Daily Average %**

Week 1	125.99%	244.82%	216.00%	121.29%	254.69%	135.14%	78.84%	95.16%	148.36%	89.71%	297.76%	178.66%	242.66%	133.30%	144.85%	141.70%	137.14%
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**US Foods | BluePrint Menu**

Southern Entree Select  
Cycle I, 2017

Diet: Regular/No Added Salt

BluePrint Nutrition Goals

**Week 2 - DAILY SUMMARY**

	KCAL KCAL	CHO Gram	PRO Gram	FAT Gram	SFA Gram	CHOL MG	FIBTG Gram	NA MG	CA MG	K MG	P MG	VITA_R MCG	VITC MG	VITK1 MCG	FE MG	ZN MG	FOL MCG
Nutritional Goal	2,000.00	130.00	51.00	78.00	13.00	300.00	32.00	4,000.00	1,200.00	4,700.00	700.00	800.00	83.00	105.00	13.00	10.00	400.00
Sunday	2506	339.19	119.8	78.1	30.983	389	32.6	3352	1718	4733	2215	1581	210.3	68.7	19.98	14.12	593
Monday	2600	313.19	105.57	105.69	33.942	421	22.3	3276	1634	4105	1994	1174	201.3	104.7	18.9	13.85	485
Tuesday	2479	321.36	113.58	87.17	27.467	351	33.3	2890	1668	4455	2024	1291	153.3	413.6	17.75	13.24	683
Wednesday	2331	303.65	112.06	79.23	26.208	408	23.6	4125	1441	4477	2045	1536	220.2	109	17.78	16.22	448
Thursday	2897	377.09	108.68	116.51	40.699	811	29.9	3204	1607	4975	2110	1561	285.7	68.1	20.31	13.51	644
Friday	2371	326.47	105.16	75.43	24.563	430	26.4	2927	1506	4214	2026	1141	233.1	97.1	19.03	13.47	517
Saturday	2302	303.17	107.25	79.68	28.812	556	25.2	2543	1678	4373	1834	1415	186.7	531.4	16.12	13.6	481

**Daily Average**

Meals	2,498.00	326.30	110.30	88.83	30.38	480.86	27.61	3,188.14	1,607.43	4,476.00	2,035.43	1,385.57	212.94	198.94	18.55	14.00	550.14
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**Daily Average %**

Week 2	124.90%	251.00%	216.27%	113.88%	233.69%	160.29%	86.28%	79.70%	133.95%	95.23%	290.78%	173.20%	256.55%	189.47%	142.69%	140.00%	137.54%
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**US Foods | BluePrint Menu**

Southern Entree Select  
Cycle I, 2017

Diet: Regular/No Added Salt

BluePrint Nutrition Goals

**Week 3 - DAILY SUMMARY**

	KCAL KCAL	CHO Gram	PRO Gram	FAT Gram	SFA Gram	CHOL MG	FIBTG Gram	NA MG	CA MG	K MG	P MG	VITA_R MCG	VITC MG	VITK1 MCG	FE MG	ZN MG	FOL MCG
Nutritional Goal	2,000.00	130.00	51.00	78.00	13.00	300.00	32.00	4,000.00	1,200.00	4,700.00	700.00	800.00	83.00	105.00	13.00	10.00	400.00
Sunday	2444	316.19	115.49	84.06	30.056	398	28.2	4081	1572	4184	1985	1005	197.8	76.2	18.66	15.78	400
Monday	2756	352.15	116.23	103.1	38.875	429	25.7	3552	1782	4627	2094	2727	245.3	233.5	18.14	12.95	638
Tuesday	2549	338.68	112.71	88.2	28.082	350	26	3852	1418	4448	2006	1140	213.2	62	17.69	15.32	459
Wednesday	2276	319.59	109.14	65.07	22.981	411	22.3	2359	1411	4071	1927	828	201.5	78.2	16.87	11.95	522
Thursday	2642	352.35	113.8	92.15	30.558	446	26.8	3065	1695	4245	2130	1467	227	94.4	19.44	14.56	541
Friday	2406	296.69	107.09	92.73	30.381	401	23.8	3457	1537	4361	1808	1335	267.6	79.7	19.28	14.37	517
Saturday	2379	315.95	102.32	83.44	26.245	387	27.7	4085	1703	4199	1882	1300	184.6	596	20.49	14.37	604

**Daily Average**

Meals	2,493.14	327.37	110.97	86.96	29.60	403.14	25.79	3,493.00	1,588.29	4,305.00	1,976.00	1,400.29	219.57	174.29	18.65	14.19	525.86
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**Daily Average %**

Week 3	124.66%	251.82%	217.59%	111.49%	227.69%	134.38%	80.59%	87.33%	132.36%	91.60%	282.29%	175.04%	264.54%	165.99%	143.46%	141.90%	131.47%
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**US Foods | BluePrint Menu**

Southern Entree Select  
Cycle I, 2017

Diet: Regular/No Added Salt

BluePrint Nutrition Goals

**Week 4 - DAILY SUMMARY**

	KCAL KCAL	CHO Gram	PRO Gram	FAT Gram	SFA Gram	CHOL MG	FIBTG Gram	NA MG	CA MG	K MG	P MG	VITA_R MCG	VITC MG	VITK1 MCG	FE MG	ZN MG	FOL MCG
Nutritional Goal	2,000.00	130.00	51.00	78.00	13.00	300.00	32.00	4,000.00	1,200.00	4,700.00	700.00	800.00	83.00	105.00	13.00	10.00	400.00
Sunday	2379	304.07	109.57	84.08	30.677	376	25.2	3415	1404	4352	1982	950	187.3	53.8	19.23	14.74	462
Monday	2341	320.44	101.1	77.65	24.665	524	23.1	2665	1665	4242	1823	1468	210.7	348.6	17.84	11.58	537
Tuesday	2499	340.62	109.78	82.54	28.971	412	26	2677	1438	4619	1737	2030	230.5	74.7	19.03	15.73	452
Wednesday	2422	298.73	123.84	84.85	28.911	633	25.4	5419	1901	4565	2198	1819	237.1	646.2	18.97	14.62	628
Thursday	2702	340.7	129.95	95.09	34.086	456	25.3	3669	1832	4326	2317	1216	181	59.5	20.93	17.26	499
Friday	2201	314.73	104.36	64.65	20.869	361	25.4	1967	1456	4100	1912	1113	277.7	97.6	17.84	11.48	647
Saturday	2706	333.08	111.63	107.93	33.402	413	29.3	3545	1637	4556	1940	1765	193	125.4	18.51	13.94	539

**Daily Average**

Meals	2,464.29	321.77	112.89	85.26	28.80	453.57	25.67	3,336.71	1,619.00	4,394.29	1,987.00	1,480.14	216.76	200.83	18.91	14.19	537.71
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**Daily Average %**

Week 4	123.21%	247.52%	221.35%	109.31%	221.54%	151.19%	80.22%	83.42%	134.92%	93.50%	283.86%	185.02%	261.16%	191.27%	145.46%	141.90%	134.43%
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**Southern Entree Select Cycle I, 2017      SUMMARY**

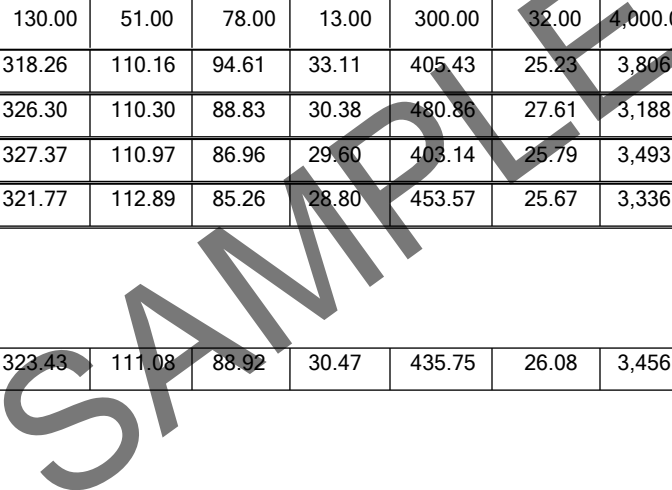
Diet: Regular/No Added Salt

BluePrint Nutrition Goals

	KCAL KCAL	CHO Gram	PRO Gram	FAT Gram	SFA Gram	CHOL MG	FIBTG Gram	NA MG	CA MG	K MG	P MG	VITA_R AE MCG	VITC MG	VITK1 MCG	FE MG	ZN MG	FOL MCG
Nutritional Goal	2,000.00	130.00	51.00	78.00	13.00	300.00	32.00	4,000.00	1,200.00	4,700.00	700.00	800.00	83.00	105.00	13.00	10.00	400.00
Week 1	2,519.86	318.26	110.16	94.61	33.11	405.43	25.23	3,806.57	1,780.29	4,216.14	2,084.29	1,429.29	201.41	139.96	18.83	14.17	548.57
Week 2	2,498.00	326.30	110.30	88.83	30.38	480.86	27.61	3,188.14	1,607.43	4,476.00	2,035.43	1,385.57	212.94	198.94	18.55	14.00	550.14
Week 3	2,493.14	327.37	110.97	86.96	29.60	403.14	25.79	3,493.00	1,588.29	4,305.00	1,976.00	1,400.29	219.57	174.29	18.65	14.19	525.86
Week 4	2,464.29	321.77	112.89	85.26	28.80	453.57	25.67	3,336.71	1,619.00	4,394.29	1,987.00	1,480.14	216.76	200.83	18.91	14.19	537.71

**Cycle Average**

Total	2,493.82	323.43	111.08	88.92	30.47	435.75	26.08	3,456.11	1,648.75	4,347.86	2,020.68	1,423.82	212.67	178.51	18.74	14.14	540.57
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Day 1  
Menu Cycle: Southern Entree Select Cycle I, 2017

Unit Name: US Foods | BluePrint Menu      Diet Restriction: Regular/No Added Salt

Nutritional Goal:	KCAL	CHO	PRO	FAT	SFA	CHOL	FIBTG	NA	CA	K	P	VITA_R	VITC	VITK1	FE	ZN	FOL
BluePrint Nutrition Goals	KCAL	Gram	Gram	Gram	Gram	MG	Gram	MG	MG	MG	MG	MG	MG	MCG	MG	MG	MCG
	2,000.0	130.0	51.0	78.0	13.0	300.0	32.0	4,000.0	1,200.0	4,700.0	700.0	800.0	83.0	105.0	13.0	10.0	400.0

**Food Description**

**Breakfast**

Juice of Choice	1	6 FL OZ	0033460	109	26.56	1.15	0.16	0.034	0	0.5	6	21	342	31	6	71.3	<b>0.2</b>	0.29	0.1	35
Cereal of Choice	1	Serving	0033063	87	17.39	2.3	1.15	0.23	0	1.5	74	34	75	65	96	2.2	<b>0.2</b>	4.57	1.28	67
Fresh Fruit	1	1/2 cup	0034569	92	23.59	1.11	0.32	0.09	0	3.3	1	18	334	23	6	23.8	1	0.25	0.14	24
Egg	1	Egg	0033110	73	2.54	6.92	3.87	1.022	170	0	83	18	77	53	42	0	0.6	0.46	0.33	16
Wheat Toast	1	Slice	0034274	100	16.38	5.05	1.6	0.33	0	2.8	144	39	87	86	0	0	0.5	0.94	0.64	28
Margarine & Jelly	1	Packet	0033535	74	9.96	0.07	4.03	0.836	0	0.1	51	2	10	2	41	0.1		0.03	0	0
Milk	1	8 FL OZ	0033259	113	11.38	7.68	4.15	2.482	16	0	103	278	335	217	127	0.2	0.4	0.06	0.99	12
Coffee or Hot Tea	1	8 FL OZ	0033176	9	1.94	0.31	0.01	0.005	0	0	6	9	93	8	0	0	0	0.11	0.01	0

<b>Meal SubTotal</b>				657.0	109.7	24.6	15.3	5.0	186.0	8.2	468.0	419.0	1,353.0	485.0	318.0	97.6	<b>2.9</b>	6.7	3.5	182.0
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**Lunch**

Roast Turkey	1	3 ounces	0041795	139	0.05	21.58	5.19	1.332	41	0	549	10	243	209	19	0	<b>0.1</b>	0.65	1.49	5
Poultry Gravy	1	2 oz ladle	0033872	49	3.89	0.51	3.46	0.983	0	0.1	252	3	<b>6</b>	<b>5</b>	0	0	<b>0.1</b>	0.23	<b>0.03</b>	<b>9</b>
Sweet Whipped Carrots	1	1/2 cup	0034166	118	11.61	2.13	7.54	4.231	21	3.2	129	66	249	56	697	2.3	16.2	0.47	0.43	11
Green Beans	1	1/2 cup	0034465	48	6.18	1.48	2	0.417	0	2.1	25	36	153	27	41	10.5	<b>36.6</b>	0.69	0.21	12
Cornbread	1	2x2 square	0034117	103	17.08	1.72	3	0.759	0	1.6	201	15	28	120	5	0	1.2	0.61	0.14	23
Margarine	1	Packet	0033519	36	0.04	0.04	4.02	0.835	0	0	47	2	2	1	41	0		0	0	0
Praline Bar	1	2x3 square	0038944	288	44.44	3.35	11.67	2.645	15	1.6	355	113	79	143	195	0	<b>1.2</b>	3.74	0.45	24
Milk	1	8 FL OZ	0033258	118	11.86	8	4.32	2.585	16	0	107	289	349	226	132	0.2	0.4	0.07	1.03	12
Beverage of Choice	1	8 FL OZ	0033424	13	3.1	0.15	0	0.002	0	0	9	12	<b>47</b>	<b>4</b>	0	6.1		0.05		

<b>Meal SubTotal</b>				912.0	98.3	39.0	41.2	13.8	93.0	8.6	1,674.0	546.0	<b>1,156.0</b>	<b>791.0</b>	1,130.0	19.1	<b>55.8</b>	6.5	<b>3.8</b>	<b>96.0</b>
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\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 1  
Menu Cycle: Southern Entree Select Cycle I, 2017

Unit Name: US Foods | BluePrint Menu

Diet Restriction: Regular/No Added Salt

Nutritional Goal:  
BluePrint Nutrition Goals

KCAL	CHO	PRO	FAT	SFA	CHOL	FIBTG	NA	CA	K	P	VITA_R	VITC	VITK1	FE	ZN	FOL
KCAL	Gram	Gram	Gram	Gram	MG	Gram	MG	MG	MG	MG	MG	MG	MCG	MG	MG	MCG
2,000.0	130.0	51.0	78.0	13.0	300.0	32.0	4,000.0	1,200.0	4,700.0	700.0	800.0	83.0	105.0	13.0	10.0	400.0

**Food Description**

**Dinner**

Beef Fajita	1	2 fajitas	0037357	352	34.4	22.33	13.4	4.731	54	3.1	626	103	350	244	15	22	9.4	3.77	3.25	72
Parslied Rice	1	1/2 cup	0034236	100	21.89	2.01	0.19	0.053	0	0.4	99	13	39	32	0	0.3	3.5	1.23	0.31	63
Black Beans	1	1/2 cup	0034745	116	21.32	7.36	0.48	0.125	0	5.3	7	47	507	120	0	0	1.9	1.71	1.25	151
Mandarin Oranges	1	1/2 cup	0034595	46	11.91	0.77	0.04	0.004	0	0.9	6	14	166	12	54	42.6	0	0.34	0.63	6
Milk	1	8 FL OZ	0033258	118	11.86	8	4.32	2.585	16	0	107	289	349	226	132	0.2	0.4	0.07	1.03	12
Beverage of Choice	1	8 FL OZ	0033424	13	3.1	0.15	0	0.002	0	0	9	12	<b>47</b>	<b>4</b>	0	6.1		0.05		

**Alternates**

Pit Ham	1	2 ounces	0037473	137	0	17.36	6.92	2.395	45	0	1151	6	314	216	0	0	0	1.03	1.9	2
Wheat Dinner Roll or Bread	1	Roll/Bread	0034228	102	18.08	4.21	1.71	0.327	0	2.8	173	40	96	86	0	0	0.7	0.94	0.71	20
Margarine	1	Packet	0033519	36	0.04	0.04	4.02	0.835	0	0	47	2	2	1	41	0		0	0	0

<b>Meal SubTotal</b>				745.0	104.5	40.6	18.4	7.5	70.0	9.7	854.0	478.0	<b>1,458.0</b>	<b>638.0</b>	201.0	71.2	<b>15.2</b>	7.2	<b>6.5</b>	<b>304.0</b>
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**HS Snack**

Snack of the Day	1	Each	0041528	124	22.2	3.95	2.79	1.075	9	1.9	183	77	<b>244</b>	<b>74</b>	61	26.3	<b>3.2</b>	2.36	<b>0.82</b>	<b>49</b>
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<b>Meal SubTotal</b>				124.0	22.2	4.0	2.8	1.1	9.0	1.9	183.0	77.0	<b>244.0</b>	<b>74.0</b>	61.0	26.3	<b>3.2</b>	2.4	<b>0.8</b>	<b>49.0</b>
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\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

Day 1  
Menu Cycle: Southern Entree Select Cycle I, 2017

Unit Name: US Foods | BluePrint Menu

Diet Restriction: Regular/No Added Salt

Summary Information

		KCAL KCAL	CHO Gram	PRO Gram	FAT Gram	SFA Gram	CHOL MG	FIBTG Gram	NA MG	CA MG	K MG	P MG	VITA_R MCG	VITC MG	VITK1 MCG	FE MG	ZN MG	FOL MCG
<b>Breakfast</b>	<b>Totals</b>	657.0	109.7	24.6	15.3	5.0	186.0	8.2	468.0	419.0	1,353.0	485.0	318.0	97.6	<u>2.9</u>	6.7	3.5	182.0
<b>Lunch</b>	<b>Totals</b>	912.0	98.3	39.0	41.2	13.8	93.0	8.6	1,674.0	546.0	<u>1,156.0</u>	<u>791.0</u>	1,130.0	19.1	<u>55.8</u>	6.5	<u>3.8</u>	<u>96.0</u>
<b>Dinner</b>	<b>Totals</b>	745.0	104.5	40.6	18.4	7.5	70.0	9.7	854.0	478.0	<u>1,458.0</u>	<u>638.0</u>	201.0	71.2	<u>15.2</u>	7.2	<u>6.5</u>	<u>304.0</u>
<b>HS Snack</b>	<b>Totals</b>	124.0	22.2	4.0	2.8	1.1	9.0	1.9	183.0	77.0	<u>244.0</u>	<u>74.0</u>	61.0	26.3	<u>3.2</u>	2.4	<u>0.8</u>	<u>49.0</u>

<b>1. Daily Totals</b>		2,438.0	334.7	108.1	77.7	27.4	358.0	28.4	3,179.0	1,520.0	<u>4,211.0</u>	<u>1,988.0</u>	1,710.0	214.2	<u>77.1</u>	22.8	<u>14.6</u>	<u>631.0</u>
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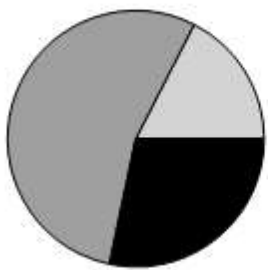
<b>2. Nutritional Goals</b>		2,000.0	130.0	51.0	78.0	13.0	300.0	32.0	4,000.0	1,200.0	4,700.0	700.0	800.0	83.0	105.0	13.0	10.0	400.0
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<b>3. % Nutritional Goal</b>		121.9%	257.5%	212.0%	99.6%	210.8%	119.3%	88.8%	79.5%	126.7%	89.6%	284.0%	213.8%	258.1%	73.4%	175.4%	146.0%	157.8%
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<b>4. Deviation From Nutritional Goal</b>		438.0	204.7	57.1	0.0	14.4	58.0	0.0	0.0	320.0	0.0	1288.0	910.0	131.2	0.0	9.8	4.6	231.0
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5. Actual % Calorie Distribution

Actual % Calorie Distribution



Legend	
□	% calories of PRO = 17.5%
■	% calories of CHO = 54.2%
■	% calories of FAT = 28.3%
	Total = 100.0%

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

**US Foods | BluePrint Menu**

Menu Planning Group: Entree Red Meat

**Beef Fajita [2] (scr)**  
**0037357**

**Recipe # 65**

Week 1 Day 1 -Dinner

Portion Size: 2 fajitas

CookingTemp:  
Internal Temp:

Serving Pan:  
Serving Utensil:

	10 Serving	25 Serving	50 Serving	75 Serving	100 Serving
Cnd Whl Green Chili Peppers	1 2/3 Tablespoon	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup
Lemon Juice	1/4 Cup 2/3 Tablespoon	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup
Bulk Unswtd Pineapple Juice	1/4 Cup 2/3 Tablespoon	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup
Salt	5/8 Teaspoon	1 1/2 Teaspoon	1 Tablespoon	1 1/3 Tablespoon	2 Tablespoon
Ground Black Pepper	1 1/4 Teaspoon	1 Tablespoon	2 Tablespoon	3 Tablespoon	1/4 Cup
Water	1/2 Cup 1 2/3 Tablespoon	1 1/2 Cup	3 Cup	1 Quart 1/2 Cup	1 1/2 Quart
Beef Bottom Round	1 Pound 10 1/2 Ounce	4 Pound 3 Ounce	8 Pound 4 Ounce	12 Pound 8 Ounce	16 Pound 12 Ounce
Vegetable Oil	2 3/8 Teaspoon	2 Tablespoon	1/4 Cup	1/4 Cup 2 Tablespoon	1/2 Cup
Yellow Onion	9 1/2 Ounce	1 Pound 8 Ounce	3 Pound	4 Pound 8 Ounce	6 Pound
Medium Green Pepper	6 1/2 Ounce	1 Pound	2 Pound	3 Pound	4 Pound
Tomatoes	9 1/2 Ounce	1 Pound 8 Ounce	3 Pound	4 Pound 8 Ounce	6 Pound
6" Flour Tortilla	20 Tortilla	50 Tortilla	100 Tortilla	150 Tortilla	200 Tortilla

1. Puree chilies. Combine pureed chili with lemon juice, pineapple juice, salt, pepper, and water to make marinade.
2. Cut beef into strips 1/4-inch thick. Marinate for 24 hours.  
CCP: Cover product and marinate at or below 41 degree F. Discard excess marinade before cooking.
3. Remove meat from marinade and stir fry with a small amount of oil until cooked.  
CCP: Cook to a minimum internal temperature of 145 degree F (63 degree C) for 15 seconds.
4. Add onions and peppers to meat, cooking until tender-crisp.
5. Add tomatoes to mixture to warm. Lift meat and vegetables from juice.
6. Heat tortillas to soften. Evenly distribute 3 oz of meat and vegetable mixture among 2 tortillas. Tortillas may be rolled or folded in half.  
CCP: Hold or serve hot food at or above 135 degree F.

<b>Southern Entrée Select Shopping List Report</b>	<b>Cycle 1, 2017</b>	<b>Day 1</b>		
<b>Product Group</b>	<b>Item Name</b>	<b>Purchase Unit</b>	<b>*Default Product #</b>	<b>Notes</b>
Beef	Beef Round Bottom	3/20 LBA LB	9016213	
Beef	Beef Stew Meat Cubed	2/5 LBA LB	4618666	
Beef	Beef Stew Meat Cubed	2/5 LBA LB	4618666	
Beverages	Juice Base Apple	3/128 OZ CS	8903114	
Beverages	Juice Base Cranberry	3 GA CS	896811	
Beverages	Juice Base Orange 100%	3/128 OZ CS	8899536	
Beverages	Juice Lemon	12/32 OZ CS	6773394	
Beverages	Juice Pineapple	12/46 OZ CS	6952519	
Cheese	Cheese American Pre	4/5 LB CS	3340510	
Cheese	Cheese Cream	10/3 LB CS	8340861	
Cheese	Cheese Swiss	2/8 LBA LB	8404014	
Cheese	Cheese Swiss Pre Sliced	4/2.5 LB CS	4996989	
Cnd Fruits & Vegetables	Apples Sliced Cnd	6/#10 CN CS	1328376	
Cnd Fruits & Vegetables	Fruit Cocktail Juice Pack	6/#10 CN CS	7852015	
Cnd Fruits & Vegetables	Oranges Mandarin Juice	6/#10 CN CS	2463479	
Cnd Fruits & Vegetables	Peaches Sliced Juice Pack	6/#10 CN CS	4333522	
Cnd Fruits & Vegetables	Pears Halves Juice Pack	6/#10 CN CS	3355716	
Cnd Fruits & Vegetables	Pepper Green Chili Whole	12/26 OZ CS	4957077	
Dairy	Milk Reduced Fat 2% Gallon	4/1 GA CS	785493	
Dairy	Milk Skim/Nonfat Gallon	4/1 GA CS	762146	
Dairy	Milk Whole Gallon	4/1 GA CS	8350258	
Dried Fruits & Vegetables	Beans Black Dry	50 LB CS	586214	
Dry Grocery	Bread Wheat Loaf	10/24 OZ CS	8340309	
Dry Grocery	Bread Wheat Multigrain Loaf	8/27 OZ CS	8241634	
Dry Grocery	Bread White Loaf	10/24 OZ CS	4340303	
Dry Grocery	Cake Mix Yellow	6/5 LB CS	9316498	
Dry Grocery	Cereal Corn Flakes Bulk	4/34 OZ CS	5621339	
Dry Grocery	Cereal Cream of Rice	12/28 OZ CS	5000286	
Dry Grocery	Cereal Cream of Wheat	12/28 OZ CS	8007551	
Dry Grocery	Cereal Frosted Flakes Bulk	4/45 OZ CS	5621412	
Dry Grocery	Cereal Grits Instant	8/3 LB CS	7958994	
Dry Grocery	Cereal Oatmeal Instant	8/27.5 OZ CS	4402780	
Dry Grocery	Cereal Rice Crunchies Bulk	4/35 OZ CS	9176843	
Dry Grocery	Cereal Oatmeal Rolled	12/42 OZ CS	7008410	
Dry Grocery	Cereal Toasted Oat O's	4/34 OZ CS	5622261	
Dry Grocery	Spice Cinnamon Ground	18 OZ EA	5353115	
Dry Grocery	Coffee Decaf Ground	42/2 OZ CS	9556416	
Dry Grocery	Coffee Regular Ground	42/2.5 OZ CS	2769537	
Dry Grocery	Cookie Vanilla Wafer	12/13.3 OZ CS	4369997	
Dry Grocery	Cornbread Mix	6/5 LB CS	8000176	
Dry Grocery	Crackers Graham PC	150/3 EA CS	7612351	
Dry Grocery	Drink Mix Fruit Punch	12/24 OZ CS	7328024	
Dry Grocery	Drink Mix Fruit Punch Diet	12/2 OZ CS	8371593	
Dry Grocery	Flour All Purpose	50 LB CS	5330949	
Dry Grocery	Frosting Mix White Creme	6/5 LB CS	7402796	
Dry Grocery	Jelly Diet Assorted PC	200/12 GR CS	7328958	
Dry Grocery	Jelly Grape PC	200/.5 OZ CS	7329279	
Dry Grocery	Mayonnaise Heavy	4/1 GA CS	7329113	
Dry Grocery	Mustard Yellow	4/1 GA CS	4364063	
Dry Grocery	Noodles Egg Medium Dry	2/5 LB CS	7328651	
Dry Grocery	Spice Onion Powder	20 OZ EA	4353280	
Dry Grocery	Spice Parsley Dehydrated	11 OZ CS	760868	
Dry Grocery	Spice Pepper Black Ground	5 LB EA	760785	
Dry Grocery	Spice Pepper White Ground	18 OZ EA	6353403	
Dry Grocery	Rice White Long Grain Dry	50 LB CS	9419433	
Dry Grocery	Spice Salt Iodized	24/26 OZ CS	3329885	
Dry Grocery	Seasoning Italian	6 OZ EA	760314	

Dry Grocery	Soup Base Chicken	6/1 LB CS	1333426	
Dry Grocery	Soup Base Chicken LS	6/1 LB CS	2330926	
Dry Grocery	Soup Base Vegetable	6/1 LB CS	9333493	
Dry Grocery	Sugar Brown Light	12/2 LB CS	855387	
Dry Grocery	Syrup Corn Light	4/1 GA CS	1373935	
Dry Grocery	Syrup Maple Bulk	4/1 GA CS	3247426	
Dry Grocery	Tea Bag PC	6/15 EA CS	2211826	
Egg	Egg Liquid Scrambled	15/2 LB CS	882373	
Egg	Egg Fresh Large	15 DZ CS	8848087	
Egg	Egg Hard Cooked Select	12/1 DZ CS	827428	
Egg	Egg Liquid Substitute Chol	15/2 LB CS	6504856	
Fresh Produce	Apple Medium	88 EA CS	5757646	
Fresh Produce	Banana Medium	10 LB CS	9353863	
Fresh Produce	Celery Pre Diced Fresh	4/5 LB CS	2332104	
Fresh Produce	Lettuce Green Leaf Head	24 EA CS	6711923	
Fresh Produce	Lettuce Iceberg Fresh	24 EA CS	2326411	
Fresh Produce	Onion Yellow Fresh	50 LB CS	8326696	
Fresh Produce	Orange Fresh	113 EA CS	877621	
Fresh Produce	Pepper Green Medium	5 LB CS	4732624	
Fresh Produce	Tomatoes Fresh	25 LB CS	1331339	
Fzn Fruits & Vegetables	Beans Green Fzn	20 LB CS	3328226	
Fzn Fruits & Vegetables	Carrots Sliced Fzn	20 LB CS	2328235	
Fzn Fruits & Vegetables	Peas Green Fzn	20 LB CS	8328247	
Fzn Fruits & Vegetables	Vegetables Mixed 5-Way	20 LB CS	8328080	
Meat Substitute	Meatless Beef Patty	48/5 OZ CS	9491036	
Oils & Shortening	Margarine Bulk	30/1 LB CS	6485746	
Oils & Shortening	Margarine Spread PC	600/5 GR CS	6933816	
Oils & Shortening	Oil Vegetable	4/1 GA CS	7022049	
Oils & Shortening	Shortening Vegetable	12/3 LB CS	9782053	
Pork	Pork Chop Loin Bone in	40/4 OZ CS	3090107	
Pork	Pork Ham Bnls Pit	2/16 LBA LB	5888342	
Pork	Pork Ham Deli Sliced	4/3 LB CS	7125446	
Poultry	Turkey Breast Deli Sliced	6/2 LB CS	7223548	
Poultry	Turkey Breast Bnls Ckd	2/8 LBA LB	1569425	
Poultry	Turkey Breast Raw	2/10 LBA LB	7833213	
Ref & Fzn Grocery	Dough Roll Fzn	240/1.5 OZ CS	9000951	
Ref & Fzn Grocery	Dough Roll Whole Wheat	240/1.25 OZ CS	8013047	
Ref & Fzn Grocery	Tortilla Flour 6"	12/24 EA CS	6620934	
Seafood	Fish Pollock Fillet Raw	10 LB CS	4722815	
Seafood	Fish Tuna Water Packed	6/66.5 OZ CS	2598469	