

2019 March Component Table

Date	Kcal >550	CHO 70 g	Protein 2 oz daily	C 25 mg/d	A 233ug x 3 d/wk	Fiber 7 g ave weekly	Calcium 400 mg ave wk	Na <1000 mg
3/1/2019	555	69	2 F	112	195	8	470	482
Average								
3/4/2019	568	65	2 CHX/1B	31	245	10	583	586
3/5/2019	677	71	2 M/1B	25	366	10	466	705
3/6/2019	601	76	2.5 F	28	244	7	378	1150
3/7/2019	563	72	2 V	77	623	6	569	963
3/8/2019	550	68	3 CHX	77	193	6	476	401
Average					334	8	494	
3/11/2019	706	63	3 M	93	547	8	457	689
3/12/2019	550	74	3 T	25	740	13	422	911
3/13/2019	650	65	2 F	42	284	4	616	935
3/14/2019	710	77	3 CHX	120	214	6	431	782
3/15/2019	591	67	3 M	64	383	7	398	1192
Average					434	8	465	
3/18/2019	574	72	2 P	43	161	7	396	481
3/19/2019	722	72	3 M	52	470	7	1129	790
3/20/2019	571	75	3 M	57	325	7	393	656
3/21/2019	740	77	2 M	54	249	10	538	1366
3/22/2019	559	78	3 CHX	66	225	9	471	890
Average					286	8	585	
3/25/2019	613	78	3 P	72	799	7	434	1652
3/26/2019	731	72	3 T	25	449	6	584	581
3/27/2019	629	78	3 M	54	180	9	394	673
3/28/2019	692	79	3 M	25	143	7	404	424
3/29/2019	664	76	2P/1B	59	348	11	600	582
Average					384	8	483	

Abbreviations:

B = Beans	V = Vegetarian	CHX = Chicken
M = Beef	F = Fish	P = Pork
T = Turkey	C = Cheese	B = Beans