

July 13, 2018

Consolidated Management Company
2670 106th Street
Des Moines, Iowa 50322

Dear Consolidated Management Company:

This letter is to confirm, that after reviewing Warren County 3000 Calorie Hot Menu, that the menu meets the minimum requirement of an average adult for an average of 3000 calories per day, with adequate carbohydrate, protein, and fat content.

Please feel free to contact me if you have any additional questions at 712-470-5855.

Sincerely,

Jennifer Lincecum RDN, LD
7/13/2018

Jennifer Lincecum RDN, LD
ADA Registration# 895279
Iowa License# 001857
File Name: 3000.hot.4wk.Warren.06.18

		<u>Calories</u>	<u>Fat (g)</u>	<u>Protein (g)</u>	<u>Fiber (g)</u>	<u>Sodium (mg)</u>	<u>Chol. (mg)</u>	<u>Iron (mg)</u>	<u>Ca (mg)</u>	<u>K (mg)</u>
Day 28										
Breakfast										
Oatmeal	1cup	311	5	13	9	3	0	3	42	284
Mufin	1 each	168	6	4	2	266	22	1	114	69
Margarine	1/2 oz	102	11	trace	0	134	0	0	4	6
Sugar PKT	2 pkt	32	0	0	0	trace	0	trace	trace	trace
Canned Fruit Mix	3 oz	39	trace	1	1	3	0	trace	6	81
2% Milk	1 cup	121	5	8	0	122	18	trace	297	377
Lunch										
Hot Dogs	2 each	203	16	13	0	1283	96	2	95	161
Bread	2 slice	220	2	4	1	269	1	2	54	60
BBQ Sauce	1 oz	21	trace	trace	trace	231	0	1	0	49
Potato Salad	1/2 Cup	179	10	3	2	661	85	1	24	318
Corn Chips	1 oz	153	9	2	2	179	0	trace	36	40
Cookie	1 each	143	6	2	trace	107	15	1	6	19
Sweet Tea	8 oz	18	0	0	0	7	0	trace	trace	88
Dinner										
Chili Mac & Beans	10 oz	492	9.8	20	13	2446	77	10	100	1492
Roll	2 oz	149	4	4	2	253	1	2	54	89
Margarine	1/2 oz	102	11	trace	0	134	0	0	4	6
Tossed Salad w/Dressing	1/2 cup	202	23	1	trace	159	10	1	24	83
Frosted Cake	1 each	347	5	2	0	287	34	trace	81	63
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		3007				average cal	3047.8889			