

February 9, 2016

Consolidated Management Company

2670 106th Street

Des Moines, Iowa 50322

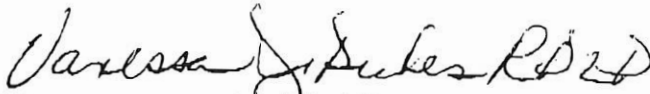
RE: 3100 Hot 5 Week Specific Menu

Dear Consolidated Management Company:

This letter is to confirm that after reviewing the 3100 Hot 5 Week Specific Menu. The menus do meet the minimum requirement of an average adult of 3100 calories per day, with adequate carbohydrate, protein and fat content for the average adult and it exceeds at times.

Please feel free to contact me if you have any additional questions at 515-277-0396.

Sincerely,



Vanessa J. Dukes, M.Ed., R.D., L.D.

ADA Registration# 625318

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File Name: 3000.hot.4wk.Warren.01.2016.xls

		<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
Sugar PKT	2 pkt	32	0	0	0	trace	0	trace	trace	trace
Canned Fruit Mix	3 oz	39	trace	1	24	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	2 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	758	11	24	10	896	29	10	100	805
Roll	1 Each	134	2	4	1	269	1	2	54	60
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
Cookie	2 each	143	6	2	trace	107	15	1	6	19
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		2952				average cal	3054.3704			