



WEBINAR

Creating and Customizing Menu Plans and Reports with Food Processor

Presented by ESHA Research

Wednesday, February 9, 2022

11:00 AM PT | 1:00 PM CT | 2:00 PM ET



ESHA Research

ESHA Research was established in 1981 offering one of the very first nutrition software solutions. Today, ESHA's suite of nutritional software products, services, and databases are recognized as the industry's top choice for dietary and recipe nutrition analysis, food and supplement formulation, labeling.

ESHA Solutions

- Genesis R&D® Food Formulation & Nutrition Facts Labeling
- Genesis R&D® Supplement Formulation & Supplement Facts Labeling
- REX® Regulations Expert Document Search Portal
- Food Processor® Nutrition & Diet Analysis
 - Menu Planning Module add-on for Food Processor
- Consulting Services



Food Processor Software

ESHA's Food Processor® Nutrition Analysis software combines an extensive and meticulously researched food and ingredient database with an uncluttered, easy-to-use interface for accurate and comprehensive nutrition analysis. Since 1984, dietitians and other healthcare professionals, researchers, restaurants, educational facilities, and many more have used Food Processor to analyze menus, diets, foods, recipes, and nutritional and fitness needs.

- Dietary Intake Analysis
- Fitness Tracking
- Recipe Analysis
- Menu Planning
- Reporting

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- ✓ We'll email you a copy of the recording and the slides
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WEBINAR

What We'll Cover Today



- Food Processor Menu Planning Module
- Creating a Menu Plan
- Creating Cycle Menus
- Reports
- New – Menu Calendar Report
- Q&A





Food Processor Menu Planning Module

- Create menu plans from frequently used foods and recipes
- Quickly analyze menus and meals for nutritional content
- Build menu templates around the nutritional standards that match the dietary needs of the populations that you serve
- Choose from generic DRI or specific client nutrient profiles for comparative analysis
- Modify the menu analysis to view adjusted averages within your collections
- Use the Cycle Menu option to see a week (or other range of days) at a glance

Food Pick List

- As you build menu plans, a Pick List is formed from the foods you include so that they can easily be selected and used again in additional days
- Pick List can consist of individual foods as well as recipes
- Foods can be assigned to Meals and to Collections (categories)

| Food Pick List | | |
|---|----------|------------|
| Item Name | Quantity | Measure |
| Breakfast | | |
| Beverages | | |
| coffee, brewed, with tap water | 1 | Cup |
| tea, prepared from instant, unsweetened | 1 | Cup |
| Breads | | |
| bread, whole wheat, toasted | 2 | Slice |
| muffin, blueberry, prepared from recipe with 2% milk | 1 | Each |
| Protein | | |
| scrambled eggs | 2 | Each |
| pork steak, shoulder blade, boston, braised, lean, URMIS 3186 | 3 | Ounce-w... |
| Juice | | |
| juice, orange, prepared from concentrate, unsweetened | 1 | Cup |
| juice, grape, unsweetened | 1 | Cup |
| Lunch | | |
| Side | | |





Organizing Foods

- Meals:
 - Breakfast,
 - Morning Snack
 - Lunch
 - Afternoon Snack
 - Dinner
 - Evening Snack
 - No Meal - unassigned
- Collections (food type):
 - Beverage
 - Entree
 - Protein
 - Vegetable, etc.
 - No Collection - unassigned
 - Create your own

Modify Foodlist Item

juice, orange

Search...

☒ Name/Code ☐ User Code

Quantity: 1 Measure: Cup

Meals:

- No Meal
- No Meal
- Breakfast
- Morning Snack
- Lunch
- Afternoon Snack
- Dinner
- Evening Snack

Collections:

- <No Collection>
- Aux
- Beverages
- Breads
- Breakfast Foods
- Cereal
- Condiments
- Dessert
- Entrée
- Fruit
- Juice
- Protein
- Salad
- Side
- Soup

OK

Enter Foodlist Item name, ESHA Code or User Code to search for. Enter quantity and measure for foodlist item. Fields marked with an asterisk are optional.

Menu Plan

This example shows:

- 1 week of meals
- 3 meals each day
- Multiple offerings for each meal listed by Collections

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------|--|--|--|--|--|--|--|
| Breakfast | Whole Wheat Toast Blueberry Muffin Beverages Coffee Tea Protein Scrambled Eggs Pork Steak Juice Orange Juice Grape Juice | Whole Wheat Toast Blueberry Muffin Beverages Coffee Tea Protein Scrambled Eggs Pork Steak Juice Orange Juice Grape Juice | Pancake Beverages coffee Protein sausage | Whole Wheat Toast Blueberry Muffin Beverages Coffee Tea Protein Scrambled Eggs Pork Steak Juice Orange Juice Grape Juice | Whole Wheat Toast Blueberry Muffin Beverages Coffee Tea Protein Scrambled Eggs Pork Steak Juice Orange Juice Grape Juice | Whole Wheat Toast Blueberry Muffin Beverages Coffee Tea Protein Scrambled Eggs Pork Steak Juice Orange Juice Grape Juice | Pancake Beverages coffee Protein sausage |
| Lunch | Salad Green Salad Fruit Salad Beverages Coffee Tea Sandwiches Turkey Sub Beef Pocket Side French Fries Sweet Potato Fries | Salad Green Salad Fruit Salad Beverages Coffee Tea Sandwiches Turkey Sub Beef Pocket Side French Fries Sweet Potato Fries | Salad Green Salad Beverages Coffee Tea Sandwiches Turkey Sub Beef Pocket Side French Fries Sweet Potato Fries | Salad Green Salad Fruit Salad Beverages Coffee Tea Sandwiches Turkey Sub Beef Pocket Side French Fries Sweet Potato Fries | Salad Green Salad Fruit Salad Beverages Coffee Tea Sandwiches Turkey Sub Beef Pocket Side French Fries Sweet Potato Fries | Salad Green Salad Fruit Salad Beverages Coffee Tea Sandwiches Turkey Sub Beef Pocket Side French Fries Sweet Potato Fries | Salad Green Salad Beverages Coffee Tea Sandwiches Turkey Sub Beef Pocket Side French Fries Sweet Potato Fries |
| Dinner | Beverages Coffee Tea Side Mashed Potatoes Brown Rice Entrée Baked Salmon Roasted Chicken Breast Vegetable Cooked Carrots Cooked Green Beans | Beverages Coffee Tea Side Mashed Potatoes Brown Rice Entrée Baked Salmon Roasted Chicken Breast Vegetable Cooked Carrots Cooked Green Beans | Beverages Coffee Tea Cola Side Mashed Potatoes Brown Rice Entrée Baked Salmon Tofu Steak Vegetable Cooked Carrots | Beverages Coffee Tea Side Mashed Potatoes Brown Rice Entrée Baked Salmon Roasted Chicken Breast Vegetable Cooked Carrots Cooked Green Beans | Beverages Coffee Tea Side Mashed Potatoes Brown Rice Entrée Baked Salmon Roasted Chicken Breast Vegetable Cooked Carrots Cooked Green Beans | Beverages Coffee Tea Side Mashed Potatoes Brown Rice Entrée Baked Salmon Roasted Chicken Breast Vegetable Cooked Carrots Cooked Green Beans | Beverages Coffee Tea Cola Side Mashed Potatoes Brown Rice Entrée Baked Salmon Tofu Steak Vegetable Cooked Carrots |



Cycle Menu

- Enter meals and food selections to be offered
- Organize by numbers of days in cycle
- Can repeat days, e.g. enter 7 days of meals and repeat (in same order or mix them up) to create a 10-day cycle



| 2022 May Lunch - Cycle 2 - May 2022 - Lunch | | | | |
|--|---|---|---|---|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 2 Mini Corn Dogs Chicken and Bean Enchilada Fruit Salad Green Salad Bar Milk | 3 Chicken Strips Potato Bar Milk Banana | 4 Orange Chicken Turkey Sandwich Green Salad Bar Milk Pineapple | 5 Meatballs Spaghetti with Marinara Sauce Green Salad Bar Milk French Bread | 6 Cheese Pizza Pepperoni Pizza Milk Apple Slices |
| 9 Nacho Bar SW Chicken Fajita Bowl with Brown Rice Pears | 10 Hamburger Sliders Grilled Cheese Sandwich Coleslaw Milk French Fries Peaches Baby Carrots | 11 Ham and Cheese Pocket Green Salad Bar Milk Apple Slices | 12 Orange Chicken Turkey Sandwich Green Salad Bar Milk Pineapple | 13 Cheese Pizza Pepperoni Pizza Milk Apple Slices |
| 16 Vegetable Stir Fry Green Salad Bar Milk Pineapple | 17 Roasted Chicken Breast Milk Mashed Potatoes ,Gravy Baby Carrots Peaches | 18 Chicken Strips Potato Bar Milk Banana | 19 Meatballs Spaghetti with Marinara Sauce Green Salad Bar Milk French Bread | 20 Cheese Pizza Pepperoni Pizza Milk Apple Slices |
| 23 Mini Corn Dogs Chicken and Bean Enchilada Fruit Salad Green Salad Bar Milk | 24 Chicken Strips Potato Bar Milk Banana | 25 Orange Chicken Turkey Sandwich Green Salad Bar Milk Pineapple | 26 Meatballs Spaghetti with Marinara Sauce Green Salad Bar Milk French Bread | 27 Cheese Pizza Pepperoni Pizza Milk Apple Slices |
| 30 Nacho Bar | 31 Hamburger Sliders | 1 Ham and Cheese Pocket | 2 Orange Chicken | 3 Cheese Pizza |



Menu Plan Calendar Report

Calendar Report Display Options

- Month and Year
 - Select the month and year, and the calendar formats to the correct days of the week
- Days Per Week
 - Toggles between a 5-day and 7-day week option
- Show Prev/Next Month
 - Shows end of previous month and beginning of next when selected

The screenshot shows a web interface for 'Calendar Report Options'. It contains three dropdown menus: 'Month:' set to 'January', 'Year:' set to '2022', and 'Meal:' set to 'Lunch'. Below the 'Meal:' dropdown is a checked checkbox. To the right of the checkbox is the text 'Show Prev/Next Month'. Below the dropdowns is the text 'Days per Week:' followed by a dropdown set to '5 Days'. The entire form is titled 'Calendar Report Options' at the bottom.

| | | | |
|----------------|---------|-------------------------------------|----------------------|
| Month: | January | Year: | 2022 |
| Meal: | Lunch | <input checked="" type="checkbox"/> | Show Prev/Next Month |
| Days per Week: | 5 Days | | |

Calendar Report Options

Menu Plan Calendar Report 5-Day Example



| School Lunch Menu - Cycle 1 - April 2022 - Lunch | | | | |
|---|---|---|--|---|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 28 Turkey Sub Sweet Potato Fries Fruit Salad Lowfat Milk | 29 Chili with Beans Cornbread Apple Slices Lowfat Milk | 30 Chicken Nuggets Tater Tots Garden Salad Lowfat Milk | 31 Bean and Rice Burrito Creamed Corn Fruit Salad Lowfat Milk | 1 Cheese Pizza Garden Salad Lowfat Milk |
| 4 Turkey Sub Sweet Potato Fries Fruit Salad Lowfat Milk | 5 Chili with Beans Cornbread Apple Slices Lowfat Milk | 6 Chicken Nuggets Tater Tots Garden Salad Lowfat Milk | 7 Bean and Rice Burrito Creamed Corn Fruit Salad Lowfat Milk | 8 Cheese Pizza Garden Salad Lowfat Milk |

- Menu Calendar report begins the cycle in the left corner
- Note “Pizza Friday” – this menu cycle lists “Day 5” with the pizza menu
- “Show Prev/Next Month” option will show all days in the cycle; uncheck to only display days only in the current calendar month
- This example shows one meal only, the lunch menu



Resources for Using Food Processor



eLearning Center

- Tutorials
- Blogs
- Webinars

CREATING A RECIPE | FOOD PROCESSOR

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CREATING A RECIPE

Software program: Food Processor

Food Processor allows you to create recipes and evaluate the nutritional value of each recipe. This tutorial will show you how to create a Recipe and cover a few of the Recipe Analysis reports available in Food Processor.

| Basic Components | Fluctuates | Value |
|--------------------------|------------|--------|
| Calories (kcal) | | 69.26 |
| Calories (kcal) | | 197.46 |
| Calories from Fat (kcal) | | 105.45 |
| Calories from Fat (kcal) | | 13.42 |
| Protein (g) | | 10.93 |
| Carbohydrate (g) | | 1.52 |
| Dietary Fiber (g) | | 0.28 |
| Soluble Fiber (g) | | 0 |
| Total Sugars (g) | | 0.01 |
| Monosaccharides | | 0.01 |
| Disaccharides (g) | | 0.01 |
| Other Carbs (g) | | 1.26 |
| Fat (g) | | 12.05 |

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QUESTIONS?



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