

Name of Item	Type	Weight grams	Calories	Fat Grams	Saturated Fat Grams	Transfat Grams	Cholesterol Miligrams	Sodium milligrams	Carbohydrate Grams	Fibre Grams	Sugar Grams	Protein Grams	Vitamin A %	Vitamin C %	Calcium %	Iron %
<b>Menu 1 - Spaghetti With Meat Sauce</b>																
Spaghetti W Meat and Sauce	Entrée	227	220	8.0	3.5	-	30	680	26	2	7	14	10	15	8	20
Potato Cheddar Soup	Side	142	160	7.0	3.5	-	15	680	22	1	2	4	4	4	6	2
Carrot Pound Cake	Dessert	71	260	13.0	2.5	-	40	230	34	2	15	4	10	2	4	4
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Cheese Spread Fortified	Spread	43	180	17.0	10.0	-	50	300	1	-	-	5	60	70	15	-
Ice Tea	Beverage 1	16	60	-	-	-	-	16	-	-	16	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
<b>Total</b>		<b>588</b>	<b>1,240</b>	<b>55.0</b>	<b>22.0</b>	<b>2.0</b>	<b>135</b>	<b>2,065</b>	<b>159</b>	<b>7</b>	<b>64</b>	<b>33</b>	<b>92</b>	<b>91</b>	<b>33</b>	<b>42</b>

<b>Menu 2 - Chili With Beans</b>																
Chili With Beans	Entrée	227	240	10.0	4.5	-	35	990	22	4	5	16	35	25	6	20
Mexican Rice	Side	142	200	4.0	0.5	-	-	440	36	2	-	6	15	4	2	10
Cookies with Pan Coated																
Chocolate Discs	Dessert	60	280	13.0	4.0	-	10	210	39	1	20	3	-	-	2	6
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Cheese Spread Fortified	Spread	43	180	17.0	10.0	-	50	300	1	-	-	5	60	70	15	-
Lemon Lime Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
<b>Total</b>		<b>585</b>	<b>1,350</b>	<b>54.0</b>	<b>21.5</b>	<b>2.0</b>	<b>95</b>	<b>2,265</b>	<b>180</b>	<b>9</b>	<b>71</b>	<b>36</b>	<b>118</b>	<b>99</b>	<b>25</b>	<b>52</b>

<b>Menu 3 - Chicken and Dumplings</b>																
Chicken and Dumplings	Entrée	227	240	8.0	2.0	-	75	550	20	1	1	23	8	2	2	8
Mexican Rice	Side	142	200	4.0	0.5	-	-	440	36	2	-	6	15	4	2	10
Cookies with Pan Coated																
Chocolate Discs	Dessert	60	280	13.0	4.0	-	10	210	39	1	20	3	-	-	2	6
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Cheese Spread Fortified	Spread	43	180	17.0	10.0	-	50	300	1	-	-	5	60	70	15	-
Lemon Lime Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
<b>Total</b>		<b>585</b>	<b>1,350</b>	<b>52.0</b>	<b>19.0</b>	<b>2.0</b>	<b>135</b>	<b>1,825</b>	<b>178</b>	<b>6</b>	<b>67</b>	<b>43</b>	<b>91</b>	<b>76</b>	<b>21</b>	<b>40</b>

<b>Menu 4 - Chicken With Noodles</b>																
Chicken with Noodles	Entrée	227	260	8.0	2.5	-	75	230	19	2	1	28	30	4	4	10
Hash Browns With Bacon	Side	142	220	12.0	3.5	-	15	550	22	2	1	8	-	15	2	2
Fudge Brownie	Dessert	85	320	17.0	6.0	4.0	40	115	43	2	28	4	-	-	2	15
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Cheese Spread Fortified	Spread	43	180	17.0	10.0	-	50	300	1	-	-	5	60	70	15	-
Ice Tea	Beverage 1	16	60	-	-	-	-	16	-	-	16	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
<b>Total</b>		<b>602</b>	<b>1,400</b>	<b>64.0</b>	<b>24.5</b>	<b>6.0</b>	<b>180</b>	<b>1,370</b>	<b>161</b>	<b>8</b>	<b>70</b>	<b>51</b>	<b>98</b>	<b>89</b>	<b>23</b>	<b>43</b>

<b>Menu 5 - Sloppy Joe Filling with beef</b>																
Sloppy Joe Filling w beef	Entrée	227	370	22.0	9.0	-	100	820	22	2	9	21	35	60	2	15
Potato Cheddar Soup	Side	142	160	7.0	3.5	-	15	680	22	1	2	4	4	4	6	2
Fudge Brownie	Dessert	85	320	17.0	6.0	4.0	40	115	43	2	28	4	-	-	2	15
Wheat Snack Bread	Bread	57	180	6.0	1.5	1.5	-	350	30	2	3	4	-	-	20	10
Blackberry Jam	Spread	28	70	-	-	-	-	17	-	-	16	-	-	-	-	-
Lemon Lime Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
<b>Total</b>		<b>606</b>	<b>1,370</b>	<b>57.0</b>	<b>21.5</b>	<b>7.5</b>	<b>155</b>	<b>2,205</b>	<b>188</b>	<b>8</b>	<b>103</b>	<b>35</b>	<b>47</b>	<b>64</b>	<b>30</b>	<b>48</b>

<b>Menu 6 -Vegetable lasagna</b>																
Vegetable Lasagna	Entrée	227	250	4.5	1.5	-	5	840	44	5	7	11	8	15	10	15
Mexican Rice	Side	142	200	4.0	0.5	-	-	440	36	2	-	6	15	4	2	10
Raspberry White Chip Cookie	Dessert	57	250	12.0	4.0	2.5	10	160	35	-	20	3	-	-	4	6
Wheat Snack Bread	Bread	57	180	6.0	1.5	1.5	-	350	30	2	3	4	-	-	20	10
Strawberry Jam	Spread	28	70	-	-	-	-	17	-	-	16	-	-	-	-	-
Orange Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
<b>Total</b>		<b>578</b>	<b>1,220</b>	<b>31.5</b>	<b>9.0</b>	<b>6.0</b>	<b>15</b>	<b>2,030</b>	<b>216</b>	<b>10</b>	<b>91</b>	<b>26</b>	<b>31</b>	<b>19</b>	<b>36</b>	<b>47</b>

Name of Item	Type	Weight grams	Calories	Fat Grams	Saturated Fat Grams	Transfat Grams	Cholesterol Miligrams	Sodium milligrams	Carbohydrate Grams	Fibre Grams	Sugar Grams	Protein Grams	Vitamin A %	Vitamin C %	Calcium %	Iron %
<b>Menu 7 - Beef Ravioli</b>																
Beef Ravioli in Meat Sauce	Entrée	227	280	8.0	3.5	-	25	670	34	2	5	16	6	10	8	15
Potato Cheddar Soup	Side	142	160	7.0	3.5	-	15	680	22	1	2	4	4	4	6	2
Raspberry White Chip Cookie	Dessert	57	250	12.0	4.0	2.5	10	160	35	-	20	3	-	-	4	6
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Peanut Butter Fortified	Spread	43	250	21.0	4.0	-	-	220	10	3	4	10	-	-	2	4
Lemon Lime Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
<b>Total</b>		<b>582</b>	<b>1,390</b>	<b>58.0</b>	<b>17.5</b>	<b>4.5</b>	<b>50</b>	<b>2,055</b>	<b>183</b>	<b>8</b>	<b>77</b>	<b>39</b>	<b>18</b>	<b>14</b>	<b>20</b>	<b>43</b>

<b>Menu 8 -Chicken Pesto Pasta</b>																
Chicken Pesto Pasta	Entrée	227	340	4.5	6.0	-	40	490	26	1	4	18	2	6	8	8
Potato Cheddar Soup	Side	142	160	7.0	3.5	-	15	680	22	1	2	4	4	4	6	2
Carrot Pound Cake	Dessert	71	260	13.0	2.5	-	40	230	34	2	15	4	10	2	4	4
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Peanut Butter Fortified	Spread	43	250	21.0	4.0	-	-	220	10	3	4	10	-	-	2	4
Orange Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
<b>Total</b>		<b>596</b>	<b>1,460</b>	<b>55.5</b>	<b>18.5</b>	<b>2.0</b>	<b>95</b>	<b>1,945</b>	<b>174</b>	<b>9</b>	<b>71</b>	<b>42</b>	<b>24</b>	<b>12</b>	<b>20</b>	<b>34</b>

<b>Menu 9 - Sausage Patty with Hash Browns</b>																
Pork Sausage Patty	Entrée	74	240	21.0	7.0	-	50	520	2	-	4	10	-	-	-	4
Hash Browns With Bacon	Side	142	220	12.0	3.5	-	15	550	22	2	1	8	-	15	2	2
Toaster Pastry	Dessert	52	210	9.0	3.0	-	-	180	37	-	16	2	10	-	-	10
Wheat Snack Bread	Bread	57	180	6.0	1.5	1.5	-	350	30	2	3	4	-	-	20	10
Peanut Butter Fortified	Spread	43	250	21.0	4.0	-	-	220	10	3	4	10	-	-	2	4
Orange Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
<b>Total</b>		<b>434</b>	<b>1,370</b>	<b>74.0</b>	<b>20.5</b>	<b>3.5</b>	<b>65</b>	<b>2,060</b>	<b>155</b>	<b>8</b>	<b>73</b>	<b>36</b>	<b>18</b>	<b>15</b>	<b>24</b>	<b>36</b>

<b>Menu 10 - Apple Maple Oatmeal</b>																
Apple Maple Rolled Oats	Entrée	227	200	1.5	-	-	-	135	44	3	28	4	-	4	4	8
Hash Browns With Bacon	Side	142	220	12.0	3.5	-	15	550	22	2	1	8	-	15	2	2
Toaster Pastry	Dessert	52	210	9.0	3.0	-	-	180	37	-	16	2	10	-	-	10
Wheat Snack Bread	Bread	57	180	6.0	1.5	1.5	-	350	30	2	3	4	-	-	20	10
Blackberry Jam	Spread	28	70	-	-	-	-	17	-	-	16	-	-	-	-	-
Lemon Lime Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
<b>Total</b>		<b>572</b>	<b>1,150</b>	<b>33.5</b>	<b>9.5</b>	<b>3.5</b>	<b>15</b>	<b>1,455</b>	<b>204</b>	<b>8</b>	<b>109</b>	<b>20</b>	<b>18</b>	<b>19</b>	<b>26</b>	<b>36</b>

<b>Menu 11 - Sausage Patty with Hash Browns</b>																
Pork Sausage Patty	Entrée	74	240	21.0	7.0	-	50	520	2	-	4	10	-	-	-	4
Hash Browns With Bacon	Side	142	220	12.0	3.5	-	15	550	22	2	1	8	-	15	2	2
Toaster Pastry	Dessert	52	210	9.0	3.0	-	-	180	37	-	16	2	10	-	-	10
Wheat Snack Bread	Bread	57	180	6.0	1.5	1.5	-	350	30	2	3	4	-	-	20	10
Peanut Butter Fortified	Spread	43	250	21.0	4.0	-	-	200	10	3	4	10	-	-	2	4
Orange Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
<b>Total</b>		<b>434</b>	<b>1,370</b>	<b>74.0</b>	<b>20.5</b>	<b>3.5</b>	<b>65</b>	<b>2,040</b>	<b>155</b>	<b>8</b>	<b>73</b>	<b>36</b>	<b>18</b>	<b>15</b>	<b>24</b>	<b>36</b>

<b>Menu 12 - Apple Maple Oatmeal</b>																
Apple Maple Rolled Oats	Entrée	227	200	1.5	-	-	-	135	44	3	28	4	-	4	4	8
Mixed Fruit	Side	128	120	-	-	-	-	60	28	-	25	1	4	100	-	-
Toaster Pastry	Dessert	52	210	9.0	3.0	-	-	180	37	-	16	2	10	-	-	10
Wheat Snack Bread	Bread	57	180	6.0	1.5	1.5	-	350	30	2	3	4	-	-	20	10
Blackberry Jam	Spread	28	70	-	-	-	-	17	-	-	16	-	-	-	-	-
Lemon Lime Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
<b>Total</b>		<b>558</b>	<b>1,050</b>	<b>21.5</b>	<b>6.0</b>	<b>3.5</b>	<b>-</b>	<b>965</b>	<b>210</b>	<b>6</b>	<b>133</b>	<b>13</b>	<b>22</b>	<b>104</b>	<b>24</b>	<b>34</b>

<b>AVG Menu Totals (Per Meal)</b>		<b>560</b>	<b>1,310</b>	<b>52.5</b>	<b>17.5</b>	<b>3.8</b>	<b>84</b>	<b>1,857</b>	<b>180</b>	<b>8</b>	<b>84</b>	<b>34</b>	<b>50</b>	<b>51</b>	<b>26</b>	<b>41</b>
-----------------------------------	--	------------	--------------	-------------	-------------	------------	-----------	--------------	------------	----------	-----------	-----------	-----------	-----------	-----------	-----------

% calories from fat 36% 36%