

		NUTRITIONAL DETAILS: January 2026															
Name of Item	Type	Vegetarian	Weight (g)	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
Menu 1																	
SPAGHETTI W/ MEAT & SAUCE	Entrée	NO	227	290	12	5	0	20	640	24	2	7	20	10	40	10	15
AU GRATIN POTATOES	Side	YES	142	210	10	7	0	26	450	26	1	4	4	0	0	6	2
MRE CRACKER PACKED	Bread	YES	39	170	5	3	0	0	130	28	1	0	4	0	0	15	6
MRE OATMEAL CHOCOLATE CHUNK COOKIE TFF	Dessert	YES	57	290	15	8	0	15	115	36	2	20	3	0	0	2	10
PEANUT BUTTER FORTIFIED	Jam/Spread	YES	43	250	21	4	0	0	220	10	3	4	10	0	0	2	4
LEMON LIME ELECTROLYTE	Beverage 1	YES	24	90	0	0	0	0	130	23	0	22	0	0	0	0	0
-	Beverage 2	YES	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
TOTAL		No	532	1,300	63	27	0	61	1,685	147	9	57	41	10	40	35	37
Menu 2																	
CHILI WITH BEANS	Entrée	NO	227	280	10	5	0	40	520	29	5	7	18	10	35	8	20
MEXICAN RICE AND BEAN BOWL	Side	YES	227	230	2	0	0	0	740	47	2	4	9	25	0	6	20
MRE CRACKER PACKED	Bread	YES	39	170	5	3	0	0	130	28	1	0	4	0	0	15	6
MRE MARBLE POUND CAKE TFF	Dessert	YES	71	270	12	5	0	45	170	35	1	19	3	2	0	2	10
CHEESE SPREAD FORTIFIED	Jam/Spread	YES	43	180	17	10	0	50	300	1	0	0	5	60	70	15	0
LEMON LIME ELECTROLYTE	Beverage 1	YES	24	90	0	0	0	0	130	23	0	22	0	0	0	0	0
-	Beverage 2	YES	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
TOTAL		No	631	1,220	46	22	0	135	1,990	163	9	52	39	97	105	46	56
Menu 3																	
ELBOW MACARONI IN TOMATO SAUCE	Entrée	YES	227	220	4	0	0	0	500	40	4	12	7	10	45	6	10
AU GRATIN POTATOES	Side	YES	142	210	10	7	0	26	450	26	1	4	4	0	0	6	2
MRE CRACKER PACKED	Bread	YES	39	170	5	3	0	0	130	28	1	0	4	0	0	15	6
OATMEAL COOKIE TFF	Dessert	YES	57	280	15	7	0	15	125	33	1	17	3	0	0	2	6
CHEESE SPREAD FORTIFIED	Jam/Spread	YES	43	180	17	10	0	50	300	1	0	0	5	60	70	15	0
LEMON LIME ELECTROLYTE	Beverage 1	YES	24	90	0	0	0	0	130	23	0	22	0	0	0	0	0
-	Beverage 2	YES	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
TOTAL		Yes	532	1,150	51	27	0	91	1,635	151	7	55	23	70	115	44	24
Menu 4																	
CHEESE TORTELLINI	Entrée	YES	227	250	6	3	0	20	480	38	3	4	11	8	30	10	10
SANTA FE STYLE BROWN RICE AND BEANS	Side	YES	142	210	9	4	0	20	650	25	2	4	7	4	4	20	8
MRE CRACKER PACKED	Bread	YES	39	170	5	3	0	0	130	28	1	0	4	0	0	15	6
APPLESAUCE CAKE	Dessert	YES	71	270	13	5	0	40	190	33	1	21	3	0	35	2	6
PEANUT BUTTER FORTIFIED	Jam/Spread	YES	43	250	21	4	0	0	220	10	3	4	10	0	0	2	4
LEMON LIME ELECTROLYTE	Beverage 1	YES	24	90	0	0	0	0	130	23	0	22	0	0	0	0	0
-	Beverage 2	YES	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
TOTAL		Yes	546	1,240	54	18	0	80	1,800	157	10	55	35	12	69	49	34
Menu 5																	
MEATBALLS IN MARINARA SAUCE	Entrée	NO	227	280	14	5	0	30	1,030	27	2	7	10	6	2	8	10
SANTA FE STYLE BROWN RICE AND BEANS	Side	YES	142	210	9	4	0	20	650	25	2	4	7	4	4	20	8
MRE CRACKER PACKED	Bread	YES	39	170	5	3	0	0	130	28	1	0	4	0	0	15	6
MRE OATMEAL CHOCOLATE CHUNK COOKIE TFF	Dessert	YES	57	290	15	8	0	15	115	36	2	20	3	0	0	2	10
GRAPE JELLY	Jam/Spread	YES	28	70	0	0	0	0	0	17	0	12	0	0	0	0	0
FRUIT PUNCH ELECTROLYTE	Beverage 1	YES	24	90	0	0	0	0	135	23	0	22	0	0	0	0	0
CHOCOLATE PROTEIN DRINK POWDER	Beverage 2	YES	71	280	2	1	0	0	260	50	4	35	14	0	60	4	20
TOTAL		No	588	1,390	45	20	0	65	2,320	206	11	100	38	10	66	49	54
Menu 6																	
BEEF RAVIOLI IN MEAT SAUCE	Entrée	NO	227	270	7	3	0	30	540	37	3	6	16	15	45	10	15
ZAPPLESAUCE	Side	YES	128	140	0	0	0	0	10	37	2	23	0	0	520	2	0
MRE CRACKER PACKED	Bread	YES	39	170	5	3	0	0	130	28	1	0	4	0	0	15	6
MRE VANILLA POUND CAKE TFF	Dessert	YES	71	270	12	4	0	40	190	35	1	18	3	0	0	2	8
BLACKBERRY JAM	Jam/Spread	YES	28	80	0	0	0	0	0	19	1	18	0	0	0	0	0
FRUIT PUNCH ELECTROLYTE	Beverage 1	YES	24	90	0	0	0	0	135	23	0	22	0	0	0	0	0
CHOCOLATE PROTEIN DRINK POWDER	Beverage 2	YES	71	280	2	1	0	0	260	50	4	35	14	0	60	4	20
TOTAL		No	588	1,300	26	11	0	70	1,265	229	12	122	37	15	625	33	49
Menu 7																	
BEEF RAVIOLI IN MEAT SAUCE	Entrée	NO	227	270	7	3	0	30	540	37	3	6	16	15	45	10	15
ZAPPLESAUCE	Side	YES	128	140	0	0	0	0	10	37	2	23	0	0	520	2	0
MRE CRACKER PACKED	Bread	YES	39	170	5	3	0	0	130	28	1	0	4	0	0	15	6
OATMEAL COOKIE TFF	Dessert	YES	57	280	15	7	0	15	125	33	1	17	3	0	0	2	6
GRAPE JELLY	Jam/Spread	YES	28	70	0	0	0	0	0	17	0	12	0	0	0	0	0
LEMON LIME ELECTROLYTE	Beverage 1	YES	24	90	0	0	0	0	130	23	0	22	0	0	0	0	0
CHOCOLATE PROTEIN DRINK POWDER	Beverage 2	YES	71	280	2	1	0	0	260	50	4	35	14	0	60	4	20
TOTAL		No	574	1,300	29	14	0	45	1,195	225	11	115	37	15	625	33	47
Menu 8																	
MEXICAN RICE AND BEAN BOWL	Entrée	YES	227	230	2	0	0	0	740	47	2	4	9	25	0	6	20
APPLESAUCE WITH RASPBERRY PUREE	Side	YES	128	110	0	0	0	0	60	27	1	25	0	0	60	0	0
TORTILLAS	Bread	YES	63	220	5	2	0	0	350	37	1	1	5	0	0	6	10
OATMEAL COOKIE TFF	Dessert	YES	57	280	15	7	0	15	125	33	1	17	3	0	0	2	6
STRAWBERRY JAM	Jam/Spread	YES	28	70	0	0	0	0	0	17	0	16	0	0	0	0	0
FRUIT PUNCH ELECTROLYTE	Beverage 1	YES	24	90	0	0	0	0	135	23	0	22	0	0	0	0	0
CHOCOLATE PROTEIN DRINK POWDER	Beverage 2	YES	71	280	2	1	0	0	260	50	4	35	14	0	60	4	20
TOTAL		Yes	598	1,280	23	10	0	15	1,670	234	9	120	31	25	120	18	56
Menu 9																	
PORK SAUSAGE PATTY	Entrée	NO	74	230	19	7	0	45	410	4	0	4	12	0	0	2	4
HASH BROWNS SOZ	Side	NO	142	160	7	3	0	15	610	18	2	0	7	0	15	0	4
MRE CRACKER PACKED	Bread	YES	39	170	5	3	0	0	130	28	1	0	4	0	0	15	6
FROSTED BROWN SUGAR TOASTER PASTRY	Dessert	YES	52	210	6	2	0	0	240	36	1	18	2	0	0	0	6
BLACKBERRY JAM	Jam/Spread	YES	28	80	0	0	0	0	0	19	1	18	0	0	0	0	0
ORANGE ELECTROLYTE	Beverage 1	YES	24	90	0	0	0	0	135	23	0	22	0	0	0	0	0
-	Beverage 2	YES	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
TOTAL		No	359	940	37	14	0	60	1,525	128	5	62	25	0	15	17	20
Menu 10																	
APPLE MAPLE ROLLED OATS	Entrée	YES	227	190	2	0	0	0	135	43	3	10	3	0	2	4	8
ZAPPLESAUCE	Side	YES	128	140	0	0	0	0	10	37	2	23	0	0	520	2	0
MRE CRACKER PACKED	Bread	YES	39	170	5	3	0	0	130	28	1	0	4	0	0	15	6
CHOCOLATE CHIP COOKIE	Dessert	YES	60	280	15	8	0	10	170	35	1	18	3	0	0	2	10
PEANUT BUTTER FORTIFIED	Jam/Spread	YES	43	250	21	4	0	0	220	10	3	4	10	0	0	2	4
ORANGE ELECTROLYTE	Beverage 1	YES	24	90	0	0	0	0	135	23	0	22	0	0	0	0	0
-	Beverage 2	YES	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
TOTAL		Yes	521	1,120	43	15	0	10	800	176	10	77	20	0	522	25	28
Menu 11																	
PORK SAUSAGE PATTY	Entrée	NO	74	230	19	7											