

Name of Item	Type	Weight grams	Calories	Fat (g) Grams	Saturated Fat Grams	Transfat Grams	Cholesterol Milligrams	Sodium milligrams	Carbohydrate Grams	Fibre Grams	Sugars Grams	Protein Grams	Vitamin A %	Vitamin C %	Calcium %	Iron %
Menu 1 - Spaghetti With Meat Sauce																
Spaghetti W Meat and Sauce	Entrée	227	300	8.0	3.5	-	25	670	42	3	7	16	10	15	8	20
Fried Rice	Side	142	220	3.0	0.5	-	-	490	43	2	2	5	25	15	4	25
Carrot Pound Cake	Dessert	71	270	13.0	3.0	2.0	45	210	36	1	19	3	10	-	2	4
Wheat Snack Bread	Bread	57	180	6.0	1.5	1.5	-	350	30	2	3	4	-	-	20	10
Apple Jelly	Jam	28	70	-	-	-	-	-	19	-	12	-	-	-	-	-
Ice Tea	Beverage Cold	16	60	-	-	-	-	-	16	-	16	-	-	-	-	-
Cocoa Beverage	Beverage Hot	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		584	1,280	35.0	10.0	5.5	70	1,810	218	9	82	30	53	30	34	65
Menu 2 - Chili With Beans																
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	14.0	4.5	3.5	10	220	37	1	18	3	-	-	2	8
Wheat Snack Bread	Bread	57	180	6.0	1.5	1.5	-	350	30	2	3	4	-	-	20	10
Blackberry Jam	Jam	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Orange Sqwincher	Beverage Cold	25	-	-	-	-	-	55	-	-	-	-	-	100	-	-
Cocoa Beverage	Beverage Hot	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		582	1,150	39.0	12.5	7.0	45	2,145	174	10	65	31	58	129	30	54
Menu 3 - Chicken and Dumplings																
Chicken and Dumplings	Entrée	227	190	4.0	1.0	-	60	240	20	1	1	17	30	4	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	14.0	4.5	3.5	10	220	37	1	18	3	-	-	2	8
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Grape Jelly	Jam	28	70	-	-	-	-	-	17	-	11	-	-	-	-	-
Lemon Lime	Beverage Cold	34	130	-	-	-	-	20	33	-	20	-	-	100	-	-
Cocoa Beverage	Beverage Hot	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		581	1,230	32.0	8.5	5.5	70	1,095	203	6	74	32	53	108	6	42
Menu 4 - Chicken With Noodles																
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
Strawberry Jam	Jam	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Ice Tea	Beverage Cold	16	60	-	-	-	-	-	16	-	16	-	-	-	-	-
Cocoa Beverage	Beverage Hot	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		588	1,290	47.0	14.5	6.0	130	1,070	177	8	86	46	38	19	8	43
Menu 5 - Sloppy Joe Filling with beef																
Sloppy Joe Filling w beef	Entrée	227	310	17.0	7.0	-	35	1,230	20	2	9	20	35	60	2	15
Fried Rice	Side	142	220	3.0	0.5	-	-	490	43	2	2	5	25	15	4	25
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	Jam	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Lemon Lime	Beverage Cold	34	130	-	-	-	-	20	33	-	20	-	-	100	-	-
Cocoa Beverage	Beverage Hot	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		616	1,410	48.0	16.5	7.5	75	2,295	218	9	101	35	68	175	28	71
Menu 6 - Vegetable lasagna																
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	Jam	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Fruit Punch Sqwincher	Beverage Cold	25	-	-	-	-	-	55	-	-	-	-	-	100	-	-
Cocoa Beverage	Beverage Hot	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		579	1,130	31.5	9.0	6.0	15	1,935	194	10	69	26	31	119	36	47

Name of Item	Type	Weight grams	Calories	Fat (g) Grams	Saturated Fat Grams	Transfat Grams	Cholesterol Milligrams	Sodium milligrams	Carbohydrate Grams	Fibre Grams	Sugars Grams	Protein Grams	Vitamin A %	Vitamin C %	Calcium %	Iron %
Menu 7 - Beef Ravioli																
Beef Ravioli in Meat Sauce	Entrée	227	280	8.0	3.5	-	25	670	34	2	5	16	6	10	8	15
Cornbread Stuffing	Side	142	170	7.0	2.0	-	5	150	24	1	2	3	-	2	4	8
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
Blackberry Jam	Jam	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Lemon Lime	Beverage Cold	34	130	-	-	-	-	20	33	-	20	-	-	100	-	-
Cocoa Beverage	Beverage Hot	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		578	1,260	37.0	12.0	4.5	40	1,175	203	5	87	28	14	112	16	45
Menu 8 - Chicken Pesto Pasta																
Chicken Pesto Pasta	Entrée	227	340	4.5	6.0	-	40	490	26	1	4	18	2	6	8	8
Mexican Rice	Side	142	200	4.0	0.5	-	-	440	36	2	-	6	15	4	2	10
Carrot Pound Cake	Dessert	71	270	13.0	3.0	2.0	45	210	36	1	19	3	10	-	2	4
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Strawberry Jam	Jam	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Fruit Punch Sqwincher	Beverage Cold	25	-	-	-	-	-	55	-	-	-	-	-	100	-	-
Cocoa Beverage	Beverage Hot	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		583	1,240	31.5	12.0	4.0	85	1,370	175	6	63	33	35	110	12	38
Menu 9 - Cheese Omelet																
Cheese Omelet with Vegetables	Entrée	227	290	17.0	6.0	-	550	700	11	1	1	23	20	8	20	15
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	Jam	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Orange Drink Crystals	Beverage Cold	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage Hot	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		572	1,240	49.0	15.5	3.5	565	2,020	171	6	82	39	38	23	42	43
Menu 10 - Apple Maple Oatmeal																
Apple Maple Rolled Oats	Entrée	227	220	1.5	-	-	-	135	46	3	10	4	-	2	4	10
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
Strawberry Jam	Jam	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Lemon Lime	Beverage Cold	34	130	-	-	-	-	20	33	-	20	-	-	100	-	-
Cocoa Beverage	Beverage Hot	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		582	1,210	33.5	9.5	3.5	15	1,325	217	8	89	20	18	117	26	38
Menu 11 - Cheese Omelet																
Cheese Omelet with Vegetables	Entrée	227	290	17.0	6.0	-	550	700	11	1	1	23	20	8	20	15
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	Jam	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Orange Drink Crystals	Beverage Cold	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage Hot	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		572	1,240	49.0	15.5	3.5	565	2,020	171	6	82	39	38	23	42	43
Menu 12 - Apple Maple Oatmeal																
Apple Maple Rolled Oats	Entrée	227	220	1.5	-	-	-	135	46	3	10	4	-	2	4	10
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
Strawberry Jam	Jam	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Lemon Lime	Beverage Cold	34	130	-	-	-	-	20	33	-	20	-	-	100	-	-
Cocoa Beverage	Beverage Hot	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		568	1,110	21.5	6.0	3.5	-	835	223	6	113	13	22	202	24	36
AVG Menu Totals (Per Meal)		582	1,233	38	12	5	140	1,591	195	7	83	31	39	97	25	47