



Name of Item	Type	Weight grams	Calories	Fat Grams	Saturated Fat Grams	Transfat Grams	Cholesterol Milligrams	Sodium milligrams	Carbohydrate Grams	Fibre Grams	Sugar Grams	Protein Grams	Vitamin A %	Vitamin C %	Calcium %	Iron %
Menu 1 - Spaghetti With Meat Sauce																
Spaghetti W Meat and Sauce	Entrée	227	260	10.0	5.0	-	35	560	25	3	6	19	15	15	10	20
Potatoes, Au Gratin	Side	142	220	11.0	7.0	-	35	420	26	1	3	4	6	90	8	2
Strawberry/Banana Dairy Shake	Dessert	100	460	19.0	3.0	6.0	-	290	56	-	48	17	-	2	60	2
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	-
Grape Electrolyte	Beverage 1	24	90	-	-	-	-	130	23	-	22	-	-	-	-	-
Total		583	1,390	62.0	26.0	6.0	120	1,785	159	5	80	49	81	177	93	34
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
Fried Rice	Side	142	220	3.0	0.5	-	-	490	43	2	2	5	25	25	4	15
Strawberry Dairy Shake	Dessert	100	460	19.0	3.0	6.0	-	290	56	-	48	17	-	2	60	2
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Strawberry Jam	Spread	28	70	-	-	-	-	17	-	-	16	-	-	-	-	-
Lemon Lime Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Hot Sauce	Sauce	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Total		568	1,260	37.0	9.0	6.0	35	2,005	188	7	94	42	60	52	70	47
Menu 3 - Vegetarian Ratatouille (Vegetarian)																
Vegetarian Ratatouille	Entrée	227	210	8.0	1.0	-	-	600	29	7	4	9	10	25	8	10
Potatoes, Au Gratin	Side	142	220	11.0	7.0	-	35	420	26	1	3	4	6	90	8	2
Chocolate Chip Cookie	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
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	-	-	-	-	-
Hot Sauce	Sauce	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Total		543	1,230	58	17	-	45	1,685	154	13	54	30	16	115	20	32
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
Fried Rice	Side	142	220	3.0	0.5	-	-	490	43	2	2	5	25	25	4	15
Strawberry Toaster Pastry	Dessert	52	210	9.0	3.0	-	-	180	37	-	16	2	10	-	-	10
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	-
Grape Electrolyte	Beverage 1	24	90	-	-	-	-	130	23	-	22	-	-	-	-	-
Total		534	1,140	42.0	17.0	-	125	1,415	151	5	42	44	125	99	23	45
Menu 5 - Beef Ravioli																
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
Chocolate Pudding	Dessert	75	300	5.0	1.0	1.5	5	340	59	-	49	6	8	2	50	2
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
Total		600	1,370	47	21	4	95	2,315	198	5	102	37	86	86	79	35
Menu 6 - Chicken Fajita																
Chicken Fajita	Entrée	227	210	3.5	1.0	-	75	700	16	2	4	27	25	100	4	8
Fried Rice	Side	142	220	3.0	0.5	-	-	490	43	2	2	5	25	25	4	15
Spice Pound Cake	Dessert	71	270	13.0	3.5	3.0	50	140	37	1	19	3	-	-	4	8
Tortillas	Bread	62	220	8.0	2.0	1.0	-	320	34	-	-	4	-	-	15	8
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
Hot Sauce	Sauce	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Total		569	1,190	33	9	6	125	1,890	184	6	70	41	58	125	27	45

