DIET LINE **CYCLE 1**

MONDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Ham Slices - Diet	3 ounces	128	13.9	8.5	0	48	1035	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Pinto Bean Soup	1 cup	110	6.7	0.7	19.7	0	117	7.3
* Meat Loaf	4 ounces	367	24	27.2	4.1	125	195	0.3
* DL Mashed Potatoes	1/2 cup	59	1.3	0.1	13.6	0	11	1.1
* DL Turnip Greens	1/2 cup	18	1	0.2	4	0	26	3.2
* DL Country Corn	4 ounces	115	5.4	2.9	18.8	2	79	1.4
* DL Cookie, SF Choc Chip	1 serving	108	1.1	5.3	16.1	0	64	0.2
Dinner								
* DL Baked Pork Chop	5 ounces	214	22.7	12.6	0.9	68	52	0.3
* DL Macaroni and Cheese	6 ounces	126	4.1	1.1	24.4	1	80	0.7
* Broccoli Spears	1/2 cup	25	2.8	0.1	4.8	0	23	2.7
* DL Blackeyed Peas	1/2 cup	41	1.4	0.2	8.7	0	14	2.3
* Dinner Roll	1 each	102	2.9	2.5	17.1	0	177	1

DIET LINE **CYCLE 1**

TUESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Baked Turkey Bacon	2 each	44	2.7	3.6	0.3	16	214	0
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Vegetable Soup	1 cup	53	2	0.6	10.7	1	118	1.4
* DL Sweet and Sour Chicken	6 ounces	244	15.2	0.8	43.2	35	299	
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* DL Green Beans	1/2 cup	30	1.6	0.2	6.9	0	3	2.5
* DL Succotash	1/2 cup	84	3.9	0.8	18.1	0	43	3.6
* DL Cheesecake	1 slice	145	8.3	0	27.9	5	217	0
Dinner								
* DL Roast Beef with AuJus	4 ounces	155	25.3	4.3	2	66	102	0.1
* DL Boiled Potatoes w/Parsley	1/2 cup	79	1.7	0.1	18.2	0	7	1.6
* Carrots	1/2 cup	35	1	0.2	8.2	0	56	2.9
* Cabbage	1/2 cup	27	1.4	0.2	6.1	0	25	2.6
* Country Seeded Rolls	1 serving	103	3.7	1.2	19.1	0	321	1.8

****NOTE:** Analysis performed using Computrition program. Totals are based on items available in the database. There may be some variance due to product differences.

DIET LINE **CYCLE 1**

WEDNESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Cream of Wheat	3/4 cup	100	2.9	0.4	20.5	0	33	0.9
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Turkey Sausage Link	1 ounce	40	4.5	2.2	0.2	21	204	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Split Pea Soup	3/4 cup	134	9.2	0.6	23.9	0	36	9.3
* DL Grilled Chicken Romano	5 ounces	203	11.9	4.4	29.6	15	363	
* Noodles	1/2 cup	104	3.8	1.1	19.4	26	17	0.7
* Spinach	1/2 cup	25	2.8	0.2	4.8	0	79	2.7
* Okra and Tomatoes	1/2 cup	32	1.5	0.2	7.4	0	108	1.4
* DL Apple Pie	1 slice	160	2.1	9	17.6		99	0.9
Dinner								
* DL Vegetarian Cutlet	3 ounces	91	13.9	0.5	7.6	0	383	4.3
* Boiled Potatoes w/Parsley	1/2 cup	95	1.7	1.9	18.3	0	28	1.6
* Peas	1/2 cup	76	4.9	0.2	14.2	0	3	5
* Yellow Squash	1/2 cup	18	0.8	0.1	4.4	0	5	1.1
* Breadstick	1 serving	120	3	1.5	32.5	0	285	1.5

DIET LINE **CYCLE 1**

THURSDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Baked Turkey Bacon	2 each	44	2.7	3.6	0.3	16	214	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Red Bean Soup	6 ounces	132	8.2	1	23.3	1	575	5.2
* DL Chicken Tenders	5 ounces	247	44.5	5.5	2.5	120	114	0.9
* Oven Roasted Potatoes	1/2 cup	168	2	8.3	22.2	0	42	2.1
* Brussels Sprouts	1/2 cup	76	6.6	0.7	15.1	0	44	7.4
* Garlic Texas Toast	1 slice	177	5.1	2.9	34.7	3	336	0.2
* DL Chocolate Cake	1 slice	127	1.9	5.4	19	21	112	0.6
Dinner								
* DL Chopped Steak w/Onion Gra	1 each	233	34.2	8.6	2.2	99	567	0.2
* DL Mashed Potatoes	1/2 cup	59	1.3	0.1	13.6	0	11	1.1
* Whole Kernel Corn	1/2 cup	80	2.7	0.7	18.9	0	3	2.2
* Asparagus Spears	1/2 cup	58	2.7	4	4.5	0	46	1.5
* Panini Rolls	1 serving	130	5	0.5	26	0	140	0.5

****NOTE:** Analysis performed using Computrition program. Totals are based on items available in the database. There may be some variance due to product differences.

DIET LINE **CYCLE 1**

FRIDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Baked Turkey Bacon	2 each	44	2.7	3.6	0.3	16	214	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Cream of Broccoli Soup	1 cup	82	3.5	3.3	9.9	1	122	0.7
* DL Baked Fish with Lemon	6 ounces	306	28.9	1.7	43.2	75	212	0.2
* Baked Potato	1 each	183	3.6	0.2	42.5	0	11	3.8
* Peas	1/2 cup	76	4.9	0.2	14.2	0	3	5
* Squash Medley	1/2 cup	33	0.9	1.9	3.8	0	25	1.1
* DL Cookie, SF Choc Chip	1 serving	108	1.1	5.3	16.1	0	64	0.2
Dinner								
* DL Chicken Vega	2 pieces	550	39.7	22.9	42.8	115	221	1.2
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* French Cut Green Beans	1/2 cup	30	1.6	0.2	6.9	0	3	2.5
* Cauliflower	1/2 cup	17	1.5	0.2	3.4	0	17	2.4
* Dinner Roll	1 each	102	2.9	2.5	17.1	0	177	1

DIET LINE **CYCLE 1**

SATURDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Cream of Wheat	3/4 cup	100	2.9	0.4	20.5	0	33	0.9
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Creamed Ground Beef - Diet	4 ounces	402	25.4	23.3	20.4	85	203	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Turkey Noodle Soup	3/4 cup	63	5.4	0.9	8.2	19	73	0.5
* DL Shrimp Salad	1/2 cup	222	26	9.6	6.8	269	324	0.3
* DL Mashed Potatoes	1/2 cup	59	1.3	0.1	13.6	0	11	1.1
* Spinach	1/2 cup	25	2.8	0.2	4.8	0	79	2.7
* Whole Kernel Corn	1/2 cup	80	2.7	0.7	18.9	0	3	2.2
* DL Sponge Cake	1 ounce	89	1.1	3.3	13.7		106	0
Dinner								
* Braised Spareribs	6 ounces	459	32.9	33.8	3.8	135	106	0.8
* DL Oven Roasted Potatoes	1/2 cup	95	1.9	0.1	22.2	0	7	2.1
* DL Baked Beans	1/2 cup	151	7.1	2.1	29	9	622	7.6
* DL Collard Greens	1/2 cup	18	1.4	0.2	3.6	0	25	1.4
* Ciabatta Roll	1 serving	113	4.1	2.6	19.2	0	197	1.6

****NOTE:** Analysis performed using Computrition program. Totals are based on items available in the database. There may be some variance due to product differences.

DIET LINE **CYCLE 1**

SUNDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Baked Turkey Bacon	2 each	44	2.7	3.6	0.3	16	214	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Knickerbocker Soup	3/4 cup	144	8.8	0.9	26.3	0	101	9
* DL Country Chops	6 ounces	297	27	14.2	13.5	76	407	0.7
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* Brown Gravy	1 ounce	13	0.4	0.3	2.1	0	172	0.1
* Mustard Greens	1/2 cup	35	4.1	0.5	5.7	0	52	5.1
* Carrot Coins - Reg.	1/2 cup	106	3	0.6	24.5	0	164	8.7
* DL Cherry Pie	1 slice	147	1.8	6.5	20.6	0	112	1.2
Dinner								
* Grilled T-Bone Steak	12 ounces	721	66	48.6	0	187	184	0
* Baked Potato	1 each	183	3.6	0.2	42.5	0	11	3.8
* Asparagus Spears	1/2 cup	58	2.7	4	4.5	0	46	1.5
* Mushrooms And Onions	1/2 cup	73	2.6	0.6	15.8	0	142	3.8
* Country Seeded Rolls	1 serving	103	3.7	1.2	19.1	0	321	1.8

****NOTE:** Analysis performed using Computrition program. Totals are based on items available in the database. There may be some variance due to product differences.

DIET LINE **CYCLE 2**

MONDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Ham Slices - Diet	3 ounces	128	13.9	8.5	0	48	1035	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Vegetable Soup	1 cup	53	2	0.6	10.7	1	118	1.4
* DL Braised Ribs	4 ounces	391	23	29.2	7.7	90	203	0.4
* Peas	1/2 cup	76	4.9	0.2	14.2	0	3	5
* Baby Carrots	1/2 cup	42	1.2	0.2	9.8	0	64	3.5
* DL Cheesecake	1 slice	145	8.3	0	27.9	5	217	0
Dinner								
* DL Chicken Kabob	2 each	177	12	9.1	11.8	36	862	
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* DL Brown Gravy	2 ounces	158	1	15	5	1	215	0.2
* Italian Green Beans	1/2 cup	30	1.6	0.2	6.9	0	3	2.5
* DL Yellow Squash	1/2 cup	18	0.8	0.1	4.4	0	5	1.1
* Dinner Roll	1 each	102	2.9	2.5	17.1	0	177	1

DIET LINE **CYCLE 2**

TUESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Baked Turkey Bacon	2 each	44	2.7	3.6	0.3	16	214	0
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Cream of Potato Soup	1 cup	98	3.8	3.3	13.5	1	124	0.7
* DL Beef Stew	6 ounces	621	40.2	37.5	30.2	125	513	3.4
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* DL Mashed Potatoes	1/2 cup	59	1.3	0.1	13.6	0	11	1.1
* Succotash	1/2 cup	84	3.9	0.8	18.1	0	41	3.6
* Spinach	1/2 cup	25	2.8	0.2	4.8	0	79	2.7
* DL Sponge Cake	1 ounce	89	1.1	3.3	13.7		106	0
Dinner								
* DL Braised Beef Cubes	8 ounces	484	37.3	32.4	8.3	126	244	0.5
^* DL Oven Roasted Potatoes	1/2 cup	95	1.9	0.1	22.2	0	7	2.1
* Whole Kernel Corn	1/2 cup	80	2.7	0.7	18.9	0	3	2.2
* Broccoli Spears	1/2 cup	25	2.8	0.1	4.8	0	23	2.7
* Panini Rolls	1 serving	130	5	0.5	26	0	140	0.5

****NOTE:** Analysis performed using Computrition program. Totals are based on items available in the database. There may be some variance due to product differences.

DIET LINE **CYCLE 2**

WEDNESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Cream of Wheat	3/4 cup	100	2.9	0.4	20.5	0	33	0.9
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Turkey Sausage Link	1 ounce	40	4.5	2.2	0.2	21	204	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Chicken Noodle Soup	3/4 cup	65	5.3	1.1	8.2	18	74	0.5
* Roast Turkey Breast	4 ounces	122	26.3	2	0	41	709	0
* DL Yellow Rice	1/2 cup	171	3.2	0.4	37.3	0	22	0.8
* Creamed Style Corn	1/2 cup	194	4.7	1.1	48.7	0	767	3.2
* Okra and Tomatoes	1/2 cup	32	1.5	0.2	7.4	0	108	1.4
* DL Cookie, SF Choc Chip	1 serving	108	1.1	5.3	16.1	0	64	0.2
Dinner								
* DL Chicken Marsela	6 ounces	130	15.6	6.5	5.2	46	534	0
* DL Mashed Potatoes	1/2 cup	59	1.3	0.1	13.6	0	11	1.1
* Cabbage	1/2 cup	27	1.4	0.2	6.1	0	25	2.6
* Asparagus Spears	1/2 cup	58	2.7	4	4.5	0	46	1.5

DIET LINE **CYCLE 2**

THURSDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Baked Turkey Bacon	2 each	44	2.7	3.6	0.3	16	214	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Cream of Mushroom Soup	1 cup	82	3.6	3.4	9.8	1	233	1
* DL Beef Lo Mein	6 ounces	181	13.6	8.1	12.9	39	196	0
* DL Smothered Potatoes	1/2 cup	154	3.1	0.2	35.7	0	12	3.4
* DL Eggplant	1/2 cup	149	4.1	1.1	32.5	0	280	4.3
* Steamed Beets	1/2 cup	36	1	0.1	8.5	0	326	1.6
* Garlic Texas Toast	1 slice	177	5.1	2.9	34.7	3	336	0.2
* DL Yellow Cake with Strawberry	1 slice	140	2	4.9	22.1	32	208	0.2
Dinner								
* Roast Pork Loin	3 ounces	239	32.5	11	0.5	92	66	0.2
* DL Au Gratin Potatoes	1/2 cup	326	10.8	13.6	41.1	21	253	3.1
* Peas and Mushrooms	1/2 cup	84	5.5	0.3	15.9	0	148	5.8
* Lima Beans	1/2 cup	150	8.6	0.5	28.5	0	59	6.8
* Panini Rolls	1 serving	130	5	0.5	26	0	140	0.5

****NOTE:** Analysis performed using Computrition program. Totals are based on items available in the database. There may be some variance due to product differences.

DIET LINE **CYCLE 2**

FRIDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Baked Turkey Bacon	2 each	44	2.7	3.6	0.3	16	214	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Chicken Rice Soup	1 cup	40	4.2	0.7	4	9	70	0.2
* Herb Baked Fish	6 ounces	290	27.2	18.9	2.1	91	187	0.5
* DL Mashed Potatoes	1/2 cup	59	1.3	0.1	13.6	0	11	1.1
* Mexican Corn	1/2 cup	86	2.5	2.1	17	0	21	2.1
* Peas	1/2 cup	76	4.9	0.2	14.2	0	3	5
* DL Apple Pie	1 slice	160	2.1	9	17.6		99	0.9
Dinner								
DL Garden Vegetable Pie	6 ounces	136	4	8	11.6	17	541	
Boiled Potatoes w/Parsley	1/2 cup	95	1.7	1.9	18.3	0	28	1.6
Green Beans	1/2 cup	30	1.6	0.2	6.9	0	3	2.5
Zucchini Squash - Reg	1/2 cup	15	1.1	0.1	3.3	0	2	1.2
Breadstick	1 serving	120	3	1.5	32.5	0	285	1.5

DIET LINE **CYCLE 2**

SATURDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Cream of Wheat	3/4 cup	100	2.9	0.4	20.5	0	33	0.9
*Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
*Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Creamed Ground Beef - Diet	4 ounces	402	25.4	23.3	20.4	85	203	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
DL Pinto Bean Soup	1 cup	110	6.7	0.7	19.7	0	117	7.3
Stuffed Green Peppers	1 each	381	22.7	24.3	16.9	87	334	2.5
DL Potato Casserole	1/2 cup	201	5.6	5.1	34.3	10	105	2.9
Mixed Vegetables	1/2 cup	58	3	0.5	12.2	0	44	3.6
Blackeyed Peas	1/2 cup	105	6.3	0.7	19	0	529	4.7
DL Chocolate Cake with Cherries	1 slice	137	2	5.8	20.5	21	112	0.7
Dinner								
* DL Baked Chicken Quarter, No	1 serving	274	30.6	15.6	0.8	98	93	0.2
* DL Chicken Gravy	0.5 ounce	25	0.7	0.7	3.9	2	203	0.1
* DL Mashed Potatoes	1/2 cup	59	1.3	0.1	13.6	0	11	1.1
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* Corn on the Cob	1 each	202	5.6	8.3	31.6	1	137	3.5
* DL Collard Greens	1/2 cup	18	1.4	0.2	3.6	0	25	1.4
* Corn Bread	1 square	96	2.4	2.6	15.7	14	237	

****NOTE:** Analysis performed using Computrition program. Totals are based on items available in the database. There may be some variance due to product differences.

DIET LINE **CYCLE 2**

SUNDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Baked Turkey Bacon	2 each	44	2.7	3.6	0.3	16	214	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Cream of Celery Soup	1 cup	70	3	3.3	7.2	1	126	0.3
* DL Grilled Tuna	6 ounces	328	52.3	11.4	0.9	85	90	0.3
^* DL Oven Roasted Potatoe	1/2 cup	95	1.9	0.1	22.2	0	7	2.1
* Asparagus Spears	1/2 cup	58	2.7	4	4.5	0	46	1.5
* DL Country Corn	4 ounces	115	5.4	2.9	18.8	2	79	1.4
* Breadstick	1 serving	120	3	1.5	32.5	0	285	1.5
* DL Cherry Pie	1 slice	147	1.8	6.5	20.6	0	112	1.2
Dinner								
* DL Roast Beef with AuJus	4 ounces	155	25.3	4.3	2	66	102	0.1
* Mushroom Gravy	2 ounces	39	1	2.7	3.1	0	155	0.7
* Baked Potato	1 each	183	3.6	0.2	42.5	0	11	3.8
* Brussels Sprouts	1/2 cup	76	6.6	0.7	15.1	0	44	7.4
* Carrots	1/2 cup	35	1	0.2	8.2	0	56	2.9
* Panini Rolls	1 serving	130	5	0.5	26	0	140	0.5

****NOTE:** Analysis performed using Computrition program. Totals are based on items available in the database. There may be some variance due to product differences.

DIET LINE **CYCLE 3**

MONDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Ham Slices - Diet	3 ounces	128	13.9	8.5	0	48	1035	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Turkey Noodle Soup	3/4 cup	63	5.4	0.9	8.2	19	73	0.5
* DL Chicken Alfredo	1/2 cup	188	28.1	6.9	1.8	81	269	0
* Fettucine Noodles	1/2 cup	135	4.6	0.6	27.1	0	3	0.9
* Mixed Vegetables	1/2 cup	58	3	0.5	12.2	0	44	3.6
* Yellow Squash	1/2 cup	18	0.8	0.1	4.4	0	5	1.1
* Panini Rolls	1 serving	130	5	0.5	26	0	140	0.5
* DL Chocolate Cake with Ch	1 slice	137	2	5.8	20.5	21	112	0.7
Dinner								
* DL Catfish with Lemon	6 ounces	274	33.3	14.5	0.9	113	143	0.3
* DL Mashed Potatoes	1/2 cup	59	1.3	0.1	13.6	0	11	1.1
* Broccoli Spears	1/2 cup	25	2.8	0.1	4.8	0	23	2.7
* Carrots	1/2 cup	35	1	0.2	8.2	0	56	2.9

DIET LINE **CYCLE 3**

TUESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Baked Turkey Bacon	2 each	44	2.7	3.6	0.3	16	214	0
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Cream of Potato Soup	1 cup	98	3.8	3.3	13.5	1	124	0.7
* DL Veggie Pizza	1 slice	81	5.3	3.1	7.7	10	173	1
* Green Beans	1/2 cup	30	1.6	0.2	6.9	0	3	2.5
* Whole Kernel Corn	1/2 cup	80	2.7	0.7	18.9	0	3	2.2
* DL Banana Pudding	1/2 cup	175	6.6	3.8	29.1	25	114	1.2
Dinner								
* DL Braised Beef Cubes	8 ounces	484	37.3	32.4	8.3	126	244	0.5
* Noodles	1/2 cup	104	3.8	1.1	19.4	26	17	0.7
* DL Eggplant	1/2 cup	149	4.1	1.1	32.5	0	280	4.3
* Cauliflower	1/2 cup	17	1.5	0.2	3.4	0	17	2.4
* Dinner Roll	1 each	102	2.9	2.5	17.1	0	177	1

****NOTE:** Analysis performed using Computrition program. Totals are based on items available in the database. There may be some variance due to product differences.

DIET LINE **CYCLE 3**

WEDNESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Cream of Wheat	3/4 cup	100	2.9	0.4	20.5	0	33	0.9
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Turkey Sausage Link	1 ounce	40	4.5	2.2	0.2	21	204	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Navy Bean Soup	1 cup	189	12.3	1.2	33.5	1	98	13
* DL Vegetarian Cutlet	3 ounces	91	13.9	0.5	7.6	0	383	4.3
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* DL Brown Gravy	2 ounces	158	1	15	5	1	215	0.2
* Brussels Sprouts	1/2 cup	76	6.6	0.7	15.1	0	44	7.4
* DL Baked Beans	1/2 cup	151	7.1	2.1	29	9	622	7.6
* DL Sponge Cake	1 ounce	89	1.1	3.3	13.7		106	0
Dinner								
* DL Salisbury Steak	3 ounces	292	18	20.3	7.7	71	432	0.8
* Boiled Potatoes w/Parsley	1/2 cup	95	1.7	1.9	18.3	0	28	1.6
* Peas and Mushrooms	1/2 cup	84	5.5	0.3	15.9	0	148	5.8
* DL Country Corn	4 ounces	115	5.4	2.9	18.8	2	79	1.4

DIET LINE **CYCLE 3**

THURSDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Baked Turkey Bacon	2 each	44	2.7	3.6	0.3	16	214	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Cream of Asparagus Soup	1 cup	83	3.6	3.4	10	1	116	0.6
* DL Meatballs for Spaghetti	6 ounces	227	9.6	14.7	17	25	989	3.8
* Spaghetti Noodles	1/2 cup	135	4.6	0.6	27.1	0	9	0.9
* Cauliflower Au Gratin	1/2 cup	90	6	6.2	3.7	19	129	2.4
* DL Turnip Greens	1/2 cup	18	1	0.2	4	0	26	3.2
* Garlic Texas Toast	1 slice	177	5.1	2.9	34.7	3	336	0.2
* DL Cheesecake	1 slice	145	8.3	0	27.9	5	217	0
Dinner								
* Baked Pork Chops	5 ounces	196	21.2	11.5	0.6	64	46	0.2
* DL Mashed Potatoes	1/2 cup	59	1.3	0.1	13.6	0	11	1.1
* Corn on the Cob	1 each	202	5.6	8.3	31.6	1	137	3.5
* Spinach w/Chopped Eggs	1/2 cup	156	5.6	11.4	9.5	32	299	3.6
* Breadstick	1 serving	120	3	1.5	32.5	0	285	1.5

****NOTE:** Analysis performed using Computrition program. Totals are based on items available in the database. There may be some variance due to product differences.

DIET LINE **CYCLE 3**

FRIDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Baked Turkey Bacon	2 each	44	2.7	3.6	0.3	16	214	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Minestrone Soup	1 cup	57	2.5	0.7	10.5	1	209	1.4
* DL Grilled Chicken Romano	5 ounces	203	11.9	4.4	29.6	15	363	
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* Calico Corn	1/2 cup	85	2.5	2.1	16.9	0	20	2.1
* Green Beans	1/2 cup	30	1.6	0.2	6.9	0	3	2.5
* DL Cookie, SF Choc Chip	1 serving	108	1.1	5.3	16.1	0	64	0.2
Dinner								
* DL Beef Pot Pie	6 ounces	374	20.5	20.8	25.6	59	406	1.9
^* DL Oven Roasted Potatoes	1/2 cup	95	1.9	0.1	22.2	0	7	2.1
* Okra and Tomatoes	1/2 cup	32	1.5	0.2	7.4	0	108	1.4
* Country Seeded Rolls	1 serving	103	3.7	1.2	19.1	0	321	1.8

DIET LINE **CYCLE 3**

SATURDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Cream of Wheat	3/4 cup	100	2.9	0.4	20.5	0	33	0.9
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Creamed Ground Beef - Diet	4 ounces	402	25.4	23.3	20.4	85	203	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Corn Chowder Soup	1 cup	98	2.2	4.4	13.6	1	210	0.8
* DL Sauteed Shrimp	1/2 cup	180	23.4	2.3	15.2	172	172	0.2
* DL Mashed Potatoes	1/2 cup	59	1.3	0.1	13.6	0	11	1.1
* Oriental Vegetables	1/2 cup	43	2.1	0	7.5	0	21	2.1
* Asparagus Spears	1/2 cup	58	2.7	4	4.5	0	46	1.5
* Dinner Roll	1 each	102	2.9	2.5	17.1	0	177	1
* DL Strawberry Mousse	1 slice	76	5.4	2.7	8.4	2	120	0
Dinner								
* DL Hawaiian Lamb Chops	4 ounces	281	16.2	16.2	18.6	64	223	1.6
* DL Macaroni and Cheese	6 ounces	126	4.1	1.1	24.4	1	80	0.7
* Succotash	1/2 cup	84	3.9	0.8	18.1	0	41	3.6
* Sugar Snap Peas	1/2 cup	47	3.2	0.3	8.2	0	5	2.8
* Panini Rolls	1 serving	130	5	0.5	26	0	140	0.5

****NOTE:** Analysis performed using Computrition program. Totals are based on items available in the database. There may be some variance due to product differences.

DIET LINE **CYCLE 3**

SUNDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Baked Turkey Bacon	2 each	44	2.7	3.6	0.3	16	214	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Knickerbocker Soup	3/4 cup	144	8.8	0.9	26.3	0	101	9
* DL Chicken Marsela	6 ounces	130	15.6	6.5	5.2	46	534	0
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* Peas and Pearl Onions - Re	1/2 cup	64	3.6	0.3	12.2	0	55	3.2
* Squash Medley	1/2 cup	33	0.9	1.9	3.8	0	25	1.1
* DL Cherry Pie	1 slice	147	1.8	6.5	20.6	0	112	1.2
Dinner								
* Roast Pork Loin	3 ounces	239	32.5	11	0.5	92	66	0.2
* Baked Sweet Potato	1/2 cup	121	2	0.1	28.6	0	12	3.5
* DL Asparagus Casserole	1/2 cup	171	7.1	7.9	19.3	11	287	2
* Carrots	1/2 cup	35	1	0.2	8.2	0	56	2.9
* Panini Rolls	1 serving	130	5	0.5	26	0	140	0.5

****NOTE:** Analysis performed using Computrition program. Totals are based on items available in the database. There may be some variance due to product differences.

DIET LINE **CYCLE 4**

MONDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Ham Slices - Diet	3 ounces	128	13.9	8.5	0	48	1035	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Cream of Broccoli Soup	1 cup	82	3.5	3.3	9.9	1	122	0.7
* Baked Fish	4 ounces	111	23.6	1	0.2	57	72	0
* DL Mashed Potatoes	1/2 cup	59	1.3	0.1	13.6	0	11	1.1
* Broccoli Spears	1/2 cup	25	2.8	0.1	4.8	0	23	2.7
* Creamed Style Corn	1/2 cup	194	4.7	1.1	48.7	0	767	3.2
* DL Apple Pie	1 slice	160	2.1	9	17.6		99	0.9
Dinner								
* Meat Loaf	4 ounces	367	24	27.2	4.1	125	195	0.3
* DL Brown Gravy	2 ounces	158	1	15	5	1	215	0.2
* DL Au Gratin Potatoes	1/2 cup	326	10.8	13.6	41.1	21	253	3.1
* Asparagus Spears	1/2 cup	58	2.7	4	4.5	0	46	1.5
* Carrots	1/2 cup	35	1	0.2	8.2	0	56	2.9
* Panini Rolls	1 serving	130	5	0.5	26	0	140	0.5

DIET LINE **CYCLE 4**

TUESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Baked Turkey Bacon	2 each	44	2.7	3.6	0.3	16	214	0
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Vegetable Soup	1 cup	53	2	0.6	10.7	1	118	1.4
* DL Chicken Tenders	5 ounces	247	44.5	5.5	2.5	120	114	0.9
* Baked Potato	1 each	183	3.6	0.2	42.5	0	11	3.8
* Green Beans	1/2 cup	30	1.6	0.2	6.9	0	3	2.5
* Yellow Squash	1/2 cup	18	0.8	0.1	4.4	0	5	1.1
* DL Cookie, SF Choc Chip	1 serving	108	1.1	5.3	16.1	0	64	0.2
Dinner								
* DL Roast Beef with AuJus	4 ounces	155	25.3	4.3	2	66	102	0.1
* DL Boiled Potatoes w/Parsley	1/2 cup	79	1.7	0.1	18.2	0	7	1.6
* Carrots	1/2 cup	35	1	0.2	8.2	0	56	2.9
* Cabbage	1/2 cup	27	1.4	0.2	6.1	0	25	2.6

****NOTE:** Analysis performed using Computrition program. Totals are based on items available in the database. There may be some variance due to product differences.

DIET LINE **CYCLE 4**

WEDNESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Cream of Wheat	3/4 cup	100	2.9	0.4	20.5	0	33	0.9
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Turkey Sausage Link	1 ounce	40	4.5	2.2	0.2	21	204	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Minestrone Soup	1 cup	57	2.5	0.7	10.5	1	209	1.4
* Spaghetti Noodles	1/2 cup	135	4.6	0.6	27.1	0	9	0.9
* DL Sauce for Spaghetti	6 ounces	73	2.4	2.1	12.6	1	523	2.3
* DL Collard Greens	1/2 cup	18	1.4	0.2	3.6	0	25	1.4
* Garlic Texas Toast	1 slice	177	5.1	2.9	34.7	3	336	0.2
* DL Chocolate Cake with Ch	1 slice	137	2	5.8	20.5	21	112	0.7
Dinner								
* DL Baked Chicken Quarter,	1 serving	274	30.6	15.6	0.8	98	93	0.2
* DL Macaroni and Cheese	6 ounces	126	4.1	1.1	24.4	1	80	0.7
* Peas	1/2 cup	76	4.9	0.2	14.2	0	3	5
* Steamed Beets	1/2 cup	36	1	0.1	8.5	0	326	1.6
* Golden Dinner Rolls	1 serving	100	4	0	19	0	210	1

DIET LINE **CYCLE 4**

THURSDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Baked Turkey Bacon	2 each	44	2.7	3.6	0.3	16	214	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Cream of Mushroom Soup	1 cup	82	3.6	3.4	9.8	1	233	1
* DL Catfish with Lemon	6 ounces	274	33.3	14.5	0.9	113	143	0.3
* Lima Beans	1/2 cup	150	8.6	0.5	28.5	0	59	6.8
* Corn on the Cob	1 each	202	5.6	8.3	31.6	1	137	3.5
* DL Sponge Cake	1 ounce	89	1.1	3.3	13.7		106	0
Dinner								
* Baked Pork Chops	5 ounces	196	21.2	11.5	0.6	64	46	0.2
* DL Fried Rice	1/2 cup	159	4	4.1	26.9	0	96	1.8
* DL Turnip Greens	1/2 cup	18	1	0.2	4	0	26	3.2
* Squash Medley	1/2 cup	33	0.9	1.9	3.8	0	25	1.1
* Panini Rolls	1 serving	130	5	0.5	26	0	140	0.5

****NOTE:** Analysis performed using Computrition program. Totals are based on items available in the database. There may be some variance due to product differences.

DIET LINE **CYCLE 4**

FRIDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Baked Turkey Bacon	2 each	44	2.7	3.6	0.3	16	214	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Knickerbocker Soup	3/4 cup	144	8.8	0.9	26.3	0	101	9
* DL Veggie Pizza	1 slice	81	5.3	3.1	7.7	10	173	1
* Cauliflower	1/2 cup	17	1.5	0.2	3.4	0	17	2.4
* DL Blackeyed Peas	1/2 cup	41	1.4	0.2	8.7	0	14	2.3
* DL Cheesecake	1 slice	145	8.3	0	27.9	5	217	0
Dinner								
* DL Vegetarian Cutlet	3 ounces	91	13.9	0.5	7.6	0	383	4.3
* DL Mashed Potatoes	1/2 cup	59	1.3	0.1	13.6	0	11	1.1
* DL Carrots	1/4 cup	71	2	0.4	16.3	0	109	5.8
* DL Green Beans	1/2 cup	30	1.6	0.2	6.9	0	3	2.5

DIET LINE **CYCLE 4**

SATURDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Cream of Wheat	3/4 cup	100	2.9	0.4	20.5	0	33	0.9
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Creamed Ground Beef - Diet	4 ounces	402	25.4	23.3	20.4	85	203	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Vegetable Soup	1 cup	53	2	0.6	10.7	1	118	1.4
* DL Vegetable Lasagna	6 ounces	312	17.8	15.3	26	36	607	
* DL Oriental Vegetables	1/2 cup	43	2.1	0	7.5	0	21	2.1
* DL Spinach	1/2 cup	137	15.4	1	26	0	424	14.7
* DL Cherry Pie	1 slice	147	1.8	6.5	20.6	0	112	1.2
Dinner								
* Braised Veal	5 ounces	406	28.8	30.4	5.2	149	149	0.4
* DL Garlic Mashed Potatoes	1/2 cup	85	1.6	1.9	15.7	0	34	1.3
* Broccoli Spears	1/2 cup	25	2.8	0.1	4.8	0	23	2.7
* DL Country Corn	4 ounces	115	5.4	2.9	18.8	2	79	1.4
* Dinner Roll	1 each	102	2.9	2.5	17.1	0	177	1

****NOTE:** Analysis performed using Computrition program. Totals are based on items available in the database. There may be some variance due to product differences.

DIET LINE **CYCLE 4**

SUNDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Baked Turkey Bacon	2 each	44	2.7	3.6	0.3	16	214	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Turkey Noodle Soup	3/4 cup	63	5.4	0.9	8.2	19	73	0.5
* Grilled Chopped Steak w/Gı	1 each	246	34.3	8.5	5.5	97	902	0.2
* DL Potato Casserole	1/2 cup	201	5.6	5.1	34.3	10	105	2.9
* Carrot & Celery Amandine	1/2 cup	92	1.5	7.9	4.9	0	86	1.8
* DL Green Beans	1/2 cup	30	1.6	0.2	6.9	0	3	2.5
* DL Cherry Pie	1 slice	147	1.8	6.5	20.6	0	112	1.2
Dinner								
* Roast Turkey	3 ounces	394	12	38	0.2	85	222	0.1
* Baked Sweet Potato	1/2 cup	121	2	0.1	28.6	0	12	3.5
* Asparagus Spears	1/2 cup	58	2.7	4	4.5	0	46	1.5
* Corn on the Cob	1 each	202	5.6	8.3	31.6	1	137	3.5
* Panini Rolls	1 serving	130	5	0.5	26	0	140	0.5

****NOTE:** Analysis performed using Computrition program. Totals are based on items available in the database. There may be some variance due to product differences.

DIET LINE **CYCLE 5**

MONDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Ham Slices - Diet	3 ounces	128	13.9	8.5	0	48	1035	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Chicken Rice Soup	1 cup	40	4.2	0.7	4	9	70	0.2
^* Baked Fish with Lemon (sr	6 ounces	219	26.7	11.5	0.9	91	115	0.3
* DL Mashed Potatoes	1/2 cup	59	1.3	0.1	13.6	0	11	1.1
* DL Baked Beans	1/2 cup	151	7.1	2.1	29	9	622	7.6
^* DL Broccoli Spears	1/2 cup	25	2.8	0.1	4.8	0	23	2.7
* DL Cheesecake	1 slice	145	8.3	0	27.9	5	217	0
Dinner								
* DL Chicken with Vegetables	1 each	194	27.2	5.1	9.5	70	88	2.4
* Fettucine Noodles - Diet	1/2 cup	136	4.3	1.7	25.4	0	90	1.5
* Squash Medley	1/2 cup	33	0.9	1.9	3.8	0	25	1.1
* DL Peas and Pearl Onions	1/2 cup	41	2.3	0.2	7.8	0	34	2
* Dinner Roll	1 each	102	2.9	2.5	17.1	0	177	1

DIET LINE **CYCLE 5**

TUESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Baked Turkey Bacon	2 each	44	2.7	3.6	0.3	16	214	0
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Cream of Broccoli Soup	1 cup	82	3.5	3.3	9.9	1	122	0.7
* Spaghetti Noodles	1/2 cup	135	4.6	0.6	27.1	0	9	0.9
* DL Sauce for Spaghetti	6 ounces	73	2.4	2.1	12.6	1	523	2.3
* DL Asparagus Spears	1/2 cup	58	2.7	4	4.5	0	46	1.5
* DL Whole Kernel Corn	1/2 cup	80	2.7	0.7	18.9	0	3	2.2
* Garlic Texas Toast	1 slice	177	5.1	2.9	34.7	3	336	0.2
* DL Yellow Cake with Strawberry	1 slice	140	2	4.9	22.1	32	208	0.2
Dinner								
* DL Roast Beef with AuJus	4 ounces	155	25.3	4.3	2	66	102	0.1
* DL Brown Gravy	2 ounces	158	1	15	5	1	215	0.2
* Noodles	1/2 cup	104	3.8	1.1	19.4	26	17	0.7
* DL Mashed Potatoes	1/2 cup	59	1.3	0.1	13.6	0	11	1.1
^* DL Cauliflower	1/2 cup	17	1.5	0.2	3.4	0	16	2.4
* DL Spinach	1/2 cup	137	15.4	1	26	0	424	14.7
* Panini Rolls	1 serving	130	5	0.5	26	0	140	0.5

****NOTE:** Analysis performed using Computrition program. Totals are based on items available in the database. There may be some variance due to product differences.

DIET LINE **CYCLE 5**

WEDNESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Cream of Wheat	3/4 cup	100	2.9	0.4	20.5	0	33	0.9
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Turkey Sausage Link	1 ounce	40	4.5	2.2	0.2	21	204	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Cream of Asparagus So	1 cup	83	3.6	3.4	10	1	116	0.6
* DL Garden Vegetable Pie	6 ounces	136	4	8	11.6	17	541	
* DL Green Beans	1/2 cup	30	1.6	0.2	6.9	0	3	2.5
* DL Carrots	1/4 cup	71	2	0.4	16.3	0	109	5.8
* DL Cookie, SF Choc Chip	1 serving	108	1.1	5.3	16.1	0	64	0.2
Dinner								
* Stuffed Green Peppers	1 each	381	22.7	24.3	16.9	87	334	2.5
* DL Au Gratin Potatoes	1/2 cup	326	10.8	13.6	41.1	21	253	3.1
* Peas and Mushrooms	1/2 cup	84	5.5	0.3	15.9	0	148	5.8
^* DL Corn on the Cob	1 each	123	4.1	1	29.4	0	6	3.5

DIET LINE **CYCLE 5**

THURSDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Baked Turkey Bacon	2 each	44	2.7	3.6	0.3	16	214	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Cream of Potato Soup	1 cup	98	3.8	3.3	13.5	1	124	0.7
* Roast Turkey Breast	4 ounces	122	26.3	2	0	41	709	0
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* DL Mashed Potatoes	1/2 cup	59	1.3	0.1	13.6	0	11	1.1
* DL Eggplant	1/2 cup	149	4.1	1.1	32.5	0	280	4.3
* DL Succotash	1/2 cup	84	3.9	0.8	18.1	0	43	3.6
* DL Cherry Pie	1 slice	147	1.8	6.5	20.6	0	112	1.2
Dinner								
* DL Baked Chicken Quarter, No	1 serving	274	30.6	15.6	0.8	98	93	0.2
* DL Mashed Potatoes	1/2 cup	59	1.3	0.1	13.6	0	11	1.1
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* Cauliflower Au Gratin	1/2 cup	90	6	6.2	3.7	19	129	2.4
^* DL Mixed Vegetables	1/2 cup	58	3	0.5	12.2	0	43	3.6

****NOTE:** Analysis performed using Computrition program. Totals are based on items available in the database. There may be some variance due to product differences.

DIET LINE **CYCLE 5**

FRIDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Baked Turkey Bacon	2 each	44	2.7	3.6	0.3	16	214	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Vegetable Soup	1 cup	53	2	0.6	10.7	1	118	1.4
* DL Catfish with Lemon	6 ounces	274	33.3	14.5	0.9	113	143	0.3
* DL Mashed Potatoes	1/2 cup	59	1.3	0.1	13.6	0	11	1.1
* DL Green Beans	1/2 cup	30	1.6	0.2	6.9	0	3	2.5
^* DL Corn on the Cob	1 each	123	4.1	1	29.4	0	6	3.5
* DL Sponge Cake	1 ounce	89	1.1	3.3	13.7		106	0
Dinner								
* DL Smothered Short Ribs	8 ounces	459	17.1	41.9	2.2	88	153	0.2
^* DL Roasted Redskin Potat	1 each	280	5.9	0.5	64.8	0	21	6.3
* DL Asparagus Spears	1/2 cup	58	2.7	4	4.5	0	46	1.5
* DL Yellow Squash	1/2 cup	18	0.8	0.1	4.4	0	5	1.1
* Dinner Roll	1 each	102	2.9	2.5	17.1	0	177	1

DIET LINE **CYCLE 5**

SATURDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Cream of Wheat	3/4 cup	100	2.9	0.4	20.5	0	33	0.9
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Creamed Ground Beef - Diet	4 ounces	402	25.4	23.3	20.4	85	203	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Cream of Mushroom Soup	1 cup	82	3.6	3.4	9.8	1	233	1
* DL Baked Chicken Quarter, No	1 serving	274	30.6	15.6	0.8	98	93	0.2
* DL Macaroni and Cheese	6 ounces	126	4.1	1.1	24.4	1	80	0.7
* DL Peas and Pearl Onions	1/2 cup	41	2.3	0.2	7.8	0	34	2
* DL Carrots	1/4 cup	71	2	0.4	16.3	0	109	5.8
* DL Apple Pie	1 slice	160	2.1	9	17.6		99	0.9
Dinner								
* DL Swiss Steak 5 oz	5 ounces	132	6.4	9.6	4.5	18	28	0.2
* DL Mashed Potatoes	1/2 cup	59	1.3	0.1	13.6	0	11	1.1
* DL Whole Kernel Corn	1/2 cup	80	2.7	0.7	18.9	0	3	2.2
* DL Italian Green Beans	1/2 cup	30	1.6	0.2	6.9	0	3	2.5
* Dinner Roll	1 each	102	2.9	2.5	17.1	0	177	1

****NOTE:** Analysis performed using Computrition program. Totals are based on items available in the database. There may be some variance due to product differences.

DIET LINE **CYCLE 5**

SUNDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Baked Turkey Bacon	2 each	44	2.7	3.6	0.3	16	214	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Cream of Broccoli Soup	1 cup	82	3.5	3.3	9.9	1	122	0.7
^* DL Turkey Pot Pie	6 ounces	283	29.5	6.6	25.5	71	422	1.8
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* DL Oriental Vegetables	1/2 cup	43	2.1	0	7.5	0	21	2.1
* DL Spinach	1/2 cup	137	15.4	1	26	0	424	14.7
* DL Banana Pudding	1/2 cup	175	6.6	3.8	29.1	25	114	1.2
Dinner								
* DL Sauteed Shrimp	1/2 cup	180	23.4	2.3	15.2	172	172	0.2
* DL Potato Casserole	1/2 cup	201	5.6	5.1	34.3	10	105	2.9
* Okra and Tomatoes	1/2 cup	32	1.5	0.2	7.4	0	108	1.4
* Panini Rolls	1 serving	130	5	0.5	26	0	140	0.5

****NOTE:** Analysis performed using Computrition program. Totals are based on items available in the database. There may be some variance due to product differences.

DIET LINE **CYCLE 6**

MONDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Ham Slices - Diet	3 ounces	128	13.9	8.5	0	48	1035	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Navy Bean Soup	1 cup	189	12.3	1.2	33.5	1	98	13
* DL Turkey Taco	1 each	247	14	8.2	28.7	35	420	1.9
^* Refried Beans	1/3 cup	124	7.3	1.7	20.5	11	396	7
^* DL Mixed Vegetables	1/2 cup	58	3	0.5	12.2	0	43	3.6
* DL Cookie, SF Choc Chip	1 serving	108	1.1	5.3	16.1	0	64	0.2
Dinner								
* DL Baked Chicken Breast	4 ounces	140	25.9	3	1	70	65	0.3
* DL Chicken Gravy	0.5 ounce	25	0.7	0.7	3.9	2	203	0.1
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* Brussels Sprouts	1/2 cup	76	6.6	0.7	15.1	0	44	7.4
* Boiled Okra	1/2 cup	27	1.5	0.2	6	0	3	2
* Panini Rolls	1 serving	130	5	0.5	26	0	140	0.5

DIET LINE **CYCLE 6**

TUESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Baked Turkey Bacon	2 each	44	2.7	3.6	0.3	16	214	0
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Vegetable Soup	1 cup	53	2	0.6	10.7	1	118	1.4
* Baked Fish	4 ounces	111	23.6	1	0.2	57	72	0
^* DL Oven Roasted Potatoes	1/2 cup	95	1.9	0.1	22.2	0	7	2.1
* Whole Kernel Corn	1/2 cup	80	2.7	0.7	18.9	0	3	2.2
* Peas	1/2 cup	76	4.9	0.2	14.2	0	3	5
* DL Cheesecake	1 slice	145	8.3	0	27.9	5	217	0
Dinner								
* Meat Loaf	4 ounces	367	24	27.2	4.1	125	195	0.3
* DL Lyonnaise Potatoes	1/2 cup	155	3	0.6	35.1	0	12	3.2
* Cabbage	1/2 cup	27	1.4	0.2	6.1	0	25	2.6
* Steamed Beets	1/2 cup	36	1	0.1	8.5	0	326	1.6
* Breadstick	1 serving	120	3	1.5	32.5	0	285	1.5

****NOTE:** Analysis performed using Computrition program. Totals are based on items available in the database. There may be some variance due to product differences.

DIET LINE **CYCLE 6**

WEDNESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Cream of Wheat	3/4 cup	100	2.9	0.4	20.5	0	33	0.9
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Turkey Sausage Link	1 ounce	40	4.5	2.2	0.2	21	204	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Pinto Bean Soup	1 cup	110	6.7	0.7	19.7	0	117	7.3
* Roast Turkey Breast	4 ounces	122	26.3	2	0	41	709	0
* DL Mashed Potatoes	1/2 cup	59	1.3	0.1	13.6	0	11	1.1
* Broccoli Spears	1/2 cup	25	2.8	0.1	4.8	0	23	2.7
* DL Blackeyed Peas	1/2 cup	41	1.4	0.2	8.7	0	14	2.3
* DL Apple Pie	1 slice	160	2.1	9	17.6		99	0.9
Dinner								
* DL Chicken Primavera with	5 ounces	259	30.4	5.8	19.7	98	170	1.2
* DL Eggplant Casserole	1/2 cup	137	6	3.1	22.1	5	196	2.7
* Carrot & Celery Amandine	1/2 cup	92	1.5	7.9	4.9	0	86	1.8
* Golden Dinner Rolls	1 serving	100	4	0	19	0	210	1

DIET LINE **CYCLE 6**

THURSDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Baked Turkey Bacon	2 each	44	2.7	3.6	0.3	16	214	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Minestrone Soup	1 cup	57	2.5	0.7	10.5	1	209	1.4
* Roast Pork Loin	3 ounces	239	32.5	11	0.5	92	66	0.2
* DL Mashed Potatoes	1/2 cup	59	1.3	0.1	13.6	0	11	1.1
* DL Kale	1/2 cup	49	4.7	0.8	8.6	0	44	3.3
* Creamed Style Corn	1/2 cup	194	4.7	1.1	48.7	0	767	3.2
* DL Chocolate Cake	1 slice	127	1.9	5.4	19	21	112	0.6
Dinner								
* DL Braised Beef Cubes	8 ounces	484	37.3	32.4	8.3	126	244	0.5
* Noodles	1/2 cup	104	3.8	1.1	19.4	26	17	0.7
* DL Turnip Greens	1/2 cup	18	1	0.2	4	0	26	3.2
* Lima Beans - Diet	1/2 cup	150	8.6	0.5	28.5	0	59	6.8

****NOTE:** Analysis performed using Computrition program. Totals are based on items available in the database. There may be some variance due to product differences.

DIET LINE **CYCLE 6**

FRIDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Baked Turkey Bacon	2 each	44	2.7	3.6	0.3	16	214	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Turkey Noodle Soup	3/4 cup	63	5.4	0.9	8.2	19	73	0.5
* DL Veggie Pizza	1 slice	81	5.3	3.1	7.7	10	173	1
^* DL Cauliflower	1/2 cup	17	1.5	0.2	3.4	0	16	2.4
* Peas	1/2 cup	76	4.9	0.2	14.2	0	3	5
* DL Cherry Pie	1 slice	147	1.8	6.5	20.6	0	112	1.2
Dinner								
^* DL Salmon Patties	3 ounces	170	22.5	6.2	4.6	55	147	0.3
^* DL Potato Wedges	1/2 cup	144	3.9	0.2	31.9	0	14	3.6
* DL Succotash	1/2 cup	84	3.9	0.8	18.1	0	43	3.6
^* DL Zucchini Squash	1/2 cup	15	1.1	0.1	3.3	0	2	1.2
* Country Seeded Rolls	1 serving	103	3.7	1.2	19.1	0	321	1.8

DIET LINE **CYCLE 6**

SATURDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Cream of Wheat	3/4 cup	100	2.9	0.4	20.5	0	33	0.9
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Creamed Ground Beef - Diet	4 ounces	402	25.4	23.3	20.4	85	203	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Vegetable Soup	1 cup	53	2	0.6	10.7	1	118	1.4
* DL Sauteed Shrimp	1/2 cup	180	23.4	2.3	15.2	172	172	0.2
* Baked Potato	1 each	183	3.6	0.2	42.5	0	11	3.8
^* DL Mushrooms & Onions	1/2 cup	45	1.5	1.8	5.2	0	333	2.2
* DL Italian Green Beans	1/2 cup	30	1.6	0.2	6.9	0	3	2.5
* Ciabatta Roll	1 serving	113	4.1	2.6	19.2	0	197	1.6
* DL Cookie, SF Choc Chip	1 serving	108	1.1	5.3	16.1	0	64	0.2
Dinner								
* DL Yankee Pot Roast	4 ounces	395	45.7	13.4	21.2	124	272	3.3
* Corn on the Cob	1 each	202	5.6	8.3	31.6	1	137	3.5
* French Dinner Roll	1 serving	100	4	0	19	0	210	1

****NOTE:** Analysis performed using Computrition program. Totals are based on items available in the database. There may be some variance due to product differences.

DIET LINE **CYCLE 6**

SUNDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4
* Egg Beaters	1/4 cup	104	6.4	7.7	1.8	1	113	0
* Baked Turkey Bacon	2 each	44	2.7	3.6	0.3	16	214	0
* Biscuits	1 each	127	2.2	5.8	17	0	368	0.5
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Lunch								
* DL Chicken Noodle Soup	3/4 cup	65	5.3	1.1	8.2	18	74	0.5
* DL Baked Fish with Lemon	6 ounces	306	28.9	1.7	43.2	75	212	0.2
* Baked Sweet Potato	1/2 cup	121	2	0.1	28.6	0	12	3.5
* DL Asparagus Spears	1/2 cup	58	2.7	4	4.5	0	46	1.5
* DL Yellow Squash	1/2 cup	18	0.8	0.1	4.4	0	5	1.1
* DL Sponge Cake	1 ounce	89	1.1	3.3	13.7		106	0
Dinner								
* DL Baked Chicken Quarter,	1 serving	274	30.6	15.6	0.8	98	93	0.2
* DL Au Gratin Potatoes	1/2 cup	326	10.8	13.6	41.1	21	253	3.1
* Peas and Carrots	1/2 cup	48	3.1	0.4	10.2	0	72	3.1
* Sugar Snap Peas	1/2 cup	47	3.2	0.3	8.2	0	5	2.8
* Panini Rolls	1 serving	130	5	0.5	26	0	140	0.5

****NOTE:** Analysis performed using Computrition program. Totals are based on items available in the database. There may be some variance due to product differences.