REGULAR MENU CYCLE 1

MONDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Cinnamon Rolls	1 each	309	5.1	13.6	42.2	55	318	2.0
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Blueberry Pancake	1 each	49	1.6	1.6	6.9	15	104	0.6
* Waffles, Convenience	2 each	176	4.1	5.5	27.0	22	524	1.5
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Hashbrowns	1/2 cup	55	1.3	0.2	12.3	0	199	2.1
* Ham Slice, Grilled	1 ounce	54	6.8	2.7	0.0	18	454	0.0
* Creamed Sausage Gravy	2 ounces	82	2.1	4.0	9.2	5	309	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Biscuits	1 each	132	3.0	5.0	18.7	1	356	0.6
Noon Meal								
* Chicken Gumbo Soup, Scratch	1 cup	134	5.1	6.5	14.8	51	550	0.8
* Pinto Bean Soup	1 cup	109	6.5	0.8	19.5	1	342	7.3
* Philly Steak Sandwich	1 each	490	28.0	23.5	38.3	71	467	1.5
* Egg Salad	1/3 cup	119	6.2	8.0	5.4	209	198	0.1
* Broccoli	1/2 cup	20	2.2	0.1	3.8	0	17	2.1
* French Fries	1 serving	180	2.2	9.7	22.0	0	21	2.7
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Meat Loaf	4 ounces	380	38.0	21.3	6.5	174	257	0.3
* Tomato Sauce	1/3 cup	41	1.4	0.1	9.8	0	391	1.5
* Baked Fish,Flounder	7 ounces	260	40.0	9.8	0.8	102	478	0.1
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* Mashed Potatoes	1/2 cup	65	1.3	2.9	8.8	0	41	0.0
* Brown Gravy	3 ounces	36	1.1	0.9	5.8	0	476	0.2
* Corn Bread	1 square	150	2.5	4.4	25.0	1	400	2.3
* Turnip Greens	1/2 cup	61	3.5	3.6	5.2	2	408	2.6
* Country Corn	1/2 cup	203	5.9	9.2	26.7	15	110	1.6

REGULAR MENU CYCLE 1

TUESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Bran Muffin	1 each	220	3.0	11.0	27.0	20	235	1.0
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* French Toast	1 slice	137	10.2	3.2	16.2	2	398	0.6
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Bacon, Fried	3 each	90	4.5	7.5	0.0	22	285	0.0
* Corned Beef Hash	3 ounces	191	9.6	12.0	11.5	35	628	2.4
* Hashbrowns	1/2 cup	55	1.3	0.2	12.3	0	199	2.1
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Waffles, Convenience	1 each	88	2.1	2.7	13.5	11	262	0.8
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Navy Bean Soup, Scratch	1 cup	124	8.0	0.9	21.9	1	567	8.3
* Corn Bread	1 square	150	2.5	4.4	25.0	1	400	2.3
* Vegetable Soup	1 cup	42	1.5	0.4	8.3	1	460	1.2
* Turkey Club Sandwich	1 each	319	24.6	12.2	24.8	71	674	1.2
* Ham Salad	1/2 cup	152	14.1	8.4	4.5	113	906	0.1
* Potato Chips	1 bag	167	2.2	10.8	16.5	0	185	1.5
* Green Beans	1/2 cup	16	0.8	0.1	3.7	0	272	1.6
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Salmon Patty	3 ounces	201	23.4	8.7	5.7	60	784	0.3
* New England Boiled Dinner	3 ounces	191	16.2	1.0	29.6	33	995	3.9
* Macaroni and Cheese	1/2 cup	181	6.3	5.6	25.9	10	224	0.7
* French Roll	1 each	167	5.6	2.5	30.0	0	310	1.3
* Cabbage	1/2 cup	54	2.7	0.4	12.2	0	43	5.2
* Blackeyed Peas	1/2 cup	36	1.2	0.1	7.5	0	90	2.0

REGULAR MENU CYCLE 1

WEDNESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Blueberry Muffin	1 each	167	3.3	3.9	28.9	18	269	1.6
* 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	10	0.9
* Pancakes	2 each	106	3.8	3.7	14.0	35	247	0.9
* Waffles, Convenience	2 each	176	4.1	5.5	27.0	22	524	1.5
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Sausage Link	2 ounces	97	5.2	8.2	0.3	22	341	0.0
* Creamed Chipped Beef	4 ounces	162	8.7	11.6	5.9	43	646	
* Baked Beans	1/2 cup	155	6.8	1.9	30.3	9	509	6.6
* Corn Bread	1 square	150	2.5	4.4	25.0	1	400	2.3
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Potato Pancakes	2 each	113	2.6	4.3	17.3	13	277	1.7
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Cream of Mushroom Soup	1 cup	111	3.4	6.0	10.9	2	468	0.6
* Split Pea Soup	1 cup	137	9.3	0.9	24.1	1	380	9.3
* Shrimp Salad	1/2 cup	200	26.0	6.9	7.2	272	350	0.3
* Pizza, Scratch	2 slices	458	28.3	30.9	15.9	96	893	2.1
* Baked Potato	1 each	186	3.6	0.6	42.5	0	11	3.8
* Mixed Vegetables	1/2 cup	36	1.8	0.0	6.2	0	18	1.8
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Fried Shrimp	4 ounces	480	42.4	24.4	22.8	351	683	0.8
* Polish Sausage	4 ounces	216	9.3	19.0	1.1	46	580	0.0
* Oven Browned Potatoes	1/2 cup	87	1.5	1.6	17.0	0	28	1.5
* Dinner Roll	1 each	90	2.4	2.1	15.1	10	118	0.5
* Green Beans, Italian	1/2 cup	46	1.3	2.4	5.9	0	98	2.1
* Squash Medley	1/2 cup	30	1.0	1.7	3.5	0	66	1.4

REGULAR MENU CYCLE 1

THURSDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Pecan Coffee Cake	1 square	80	0.9	2.1	14.4		116	
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* French Toast	1 slice	137	10.2	3.2	16.2	2	398	0.6
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Canadian Bacon	3 ounces	126	16.5	5.7	1.0	39	1052	0.0
* Minced Beef	3 ounces	128	12.1	6.5	5.2	37	172	0.1
* O'Brien Potatoes	1/2 cup	101	2.6	0.1	22.2	0	9	2.0
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Waffles, Convenience	1 each	88	2.1	2.7	13.5	11	262	0.8
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Cream of Tomato Soup, CN	1 cup	169	6.0	6.3	24.3	16	854	0.6
* Red Beans with Sliced Sausage	1 serving	178	9.7	7.1	19.5	16	243	4.7
* Bacon Lettuce and Tomato Sandwicl	1 each	287	11.2	12.3	31.1	31	711	1.6
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* Tator Tots	1/3 cup	200	2.7	8.0	29.4	0	39	2.7
* Succotash	1/2 cup	84	3.9	0.8	18.1	0	41	3.6
* Corn Bread	1 square	150	2.5	4.4	25.0	1	400	2.3
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Roast Pork	3 ounces	234	32.5	10.4	0.5	90	81	0.2
* Apple Slices	1/2 cup	53	0.3	0.4	13.6	0	3	2.2
* Grilled Chopped Steak	1 each	688	53.3	48.4	6.2	198	583	0.3
* Baked Sweet Potato	1 each	226	2.9	0.3	53.7	0	474	7.6
* Dinner Roll	1 each	90	2.4	2.1	15.1	10	118	0.5
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* Broccoli	1/2 cup	20	2.2	0.1	3.8	0	17	2.1
* Corn	1/2 cup	67	2.3	0.6	15.7	0	2	1.8

REGULAR MENU CYCLE 1

FRIDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Cinnamon Rolls	1 each	309	5.1	13.6	42.2	55	318	2.0
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Sweet Potato Pancake	2 each	170	6.9	5.3	24.0	50	467	2.3
* Waffles, Convenience	2 each	176	4.1	5.5	27.0	22	524	1.5
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Sausage Link	2 ounces	97	5.2	8.2	0.3	22	341	0.0
* Creamed Ground Beef	1/2 cup	139	10.7	7.2	7.3	33	213	0.0
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Lyonnaise Potatoes	1/2 cup	21	0.6	0.0	4.8	0	2	0.5
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Cream of Broccoli Soup	1 cup	115	3.7	6.0	12.0	2	422	0.8
* Great Northern Bean Soup	1 cup	129	8.1	0.8	23.0	1	347	7.3
* Tuna Salad	1/2 cup	96	8.4	4.6	5.0	75	234	0.2
* Barbecue Pork on Bun	1/2 cup	320	20.1	10.3	36.1	41	916	1.0
* Potato Chips	1 bag	167	2.2	10.8	16.5	0	185	1.5
* Corn	1/2 cup	67	2.3	0.6	15.7	0	2	1.8
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Brown Gravy	3 ounces	36	1.1	0.9	5.8	0	476	0.2
* Fried Catfish	4 ounces	436	34.5	25.4	15.2	154	533	1.3
* Lasagna	1 square	415	35.3	23.1	14.9	96	674	1.2
* Mashed Potatoes	1/2 cup	65	1.3	2.9	8.8	0	41	0.0
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* Dinner Roll	1 each	90	2.4	2.1	15.1	10	118	0.5
* Green Beans	1/2 cup	16	0.8	0.1	3.7	0	272	1.6
* Carrot Coins	1/2 cup	29	0.8	0.2	6.8	0	45	2.4

REGULAR MENU CYCLE 1

SATURDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Banana Nut Muffin	1 each	191	2.7	10.4	21.8		142	0.6
* 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	10	0.9
* Pancakes	1 each	53	1.9	1.9	7.0	17	124	0.5
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Bacon, Fried	3 each	90	4.5	7.5	0.0	22	285	0.0
* Corned Beef Hash	3 ounces	191	9.6	12.0	11.5	35	628	2.4
* Cottage Fries	1/2 cup	81	1.1	4.4	9.7	0	146	1.0
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Waffles, Convenience	1 each	88	2.1	2.7	13.5	11	262	0.8
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Pepper Pot Soup	1 cup	108	3.5	6.0	10.3	1	479	0.6
* Cream of Potato Soup	1 cup	132	3.8	6.3	15.2	2	492	1.1
* Cold Cuts	1 serving	265	11.0	24.3	2.3	49	967	0.0
* Chicken Salad	1/3 cup	149	14.2	7.2	6.3	117	216	0.2
* Croissant	1 each	294	6.0	17.0	28.9		326	1.2
* Corn Chips	1 bag	200	2.0	13.0	19.0	0	200	1.0
* Brussels Sprouts	1/2 cup	34	3.0	0.3	6.8	0	19	3.3
* Assorted Cheeses	1 serving	213	14.3	16.6	1.4	53	258	0.0
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Chicken and Dumplings	8 ounces	266	13.0	14.5	21.2	64	591	
* Roast Beef with AuJus	4 ounces	227	32.3	9.0	1.9	92	402	0.1
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* Mashed Potatoes	1/2 cup	65	1.3	2.9	8.8	0	41	0.0
* Brown Gravy	3 ounces	36	1.1	0.9	5.8	0	476	0.2
* Stir Fry Vegetables	1/2 cup	32	1.3	0.0	6.4	0	26	2.6
* Creamy Style Corn	1/2 cup	65	1.6	0.4	16.4	0	3	1.1
* Dinner Roll	1 each	90	2.4	2.1	15.1	10	118	0.5

REGULAR MENU CYCLE 1

SUNDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Bran Muffin	1 each	220	3.0	11.0	27.0	20	235	1.0
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* French Toast	1 slice	137	10.2	3.2	16.2	2	398	0.6
* Waffles, Convenience	1 each	88	2.1	2.7	13.5	11	262	0.8
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Sausage Patty	3 ounces	98	5.2	8.3	0.3	22	345	0.0
* Creamed Ground Beef	1/2 cup	139	10.7	7.2	7.3	33	213	0.0
* O'Brien Potatoes	1/2 cup	101	2.6	0.1	22.2	0	9	2.0
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Fish Chowder, Scratch	1 cup	100	5.0	6.3	6.0	11	499	0.4
* Knickerbocker Soup	1 cup	143	8.7	0.9	26.1	1	381	9.0
* Chicken Filets	5 ounces	230	26.5	13.3	1.0	70	522	
* Turkey Salad	1/3 cup	134	13.9	5.8	6.3	116	207	0.2
* Glazed Carrots	1/2 cup	85	0.9	3.2	14.3	0	83	2.4
* French Fries	1 serving	180	2.2	9.7	22.0	0	21	2.7
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Salisbury Steak for Dinner	5 ounces	367	34.0	21.1	22.3	66	471	0.2
* Chicken & Sausage Jambalaya	1 cup	315	13.1	13.6	34.3	36	848	1.4
* Baked Potato	1 each	186	3.6	0.6	42.5	0	11	3.8
* Beets	1/2 cup	36	1.0	0.1	8.5	0	326	1.6
* Asparagus Spear	1/2 cup	25	2.7	0.4	4.4	0	218	1.5
* French Roll	1 each	167	5.6	2.5	30.0	0	310	1.3

REGULAR MENU CYCLE 2

MONDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Bran Muffin	1 each	220	3.0	11.0	27.0	20	235	1.0
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Blueberry Pancake	1 each	49	1.6	1.6	6.9	15	104	0.6
* Waffles, Convenience	2 each	176	4.1	5.5	27.0	22	524	1.5
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Hashbrowns	1/2 cup	55	1.3	0.2	12.3	0	199	2.1
* Ham Slice, Grilled	1 ounce	54	6.8	2.7	0.0	18	454	0.0
* Creamed Sausage Gravy	2 ounces	82	2.1	4.0	9.2	5	309	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
Noon Meal								
* Vegetable Soup	1 cup	42	1.5	0.4	8.3	1	460	1.2
* Navy Bean Soup, Scratch	1 cup	124	8.0	0.9	21.9	1	567	8.3
* Corn Bread	1 square	150	2.5	4.4	25.0	1	400	2.3
* Deli Sliced Meats	1 serving	130	23.5	2.3	3.5	51	1633	0.0
* Assorted Cheeses	1 serving	213	14.3	16.6	1.4	53	258	0.0
* Tuna Salad	1/2 cup	96	8.4	4.6	5.0	75	234	0.2
* Potato Chips	1 bag	167	2.2	10.8	16.5	0	185	1.5
* Green Beans	1/2 cup	16	0.8	0.1	3.7	0	272	1.6
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Pork Carnitas	4 ounces	199	16.4	8.6	13.0	43	700	0.0
* Stuffed Crabs	1 each	186	24.3	9.0	0.6	180	396	0.0
* Yellow Rice	1/2 cup	168	3.4	0.5	36.5	0	124	0.6
* Corn Mexical	1/2 cup	86	2.5	2.1	17.0	0	21	2.1
* Sugar Snaps	1/2 cup	61	3.2	1.9	8.2	0	22	2.8
* French Roll	1 each	167	5.6	2.5	30.0	0	310	1.3

REGULAR MENU CYCLE 2

TUESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Bran Muffin	1 each	220	3.0	11.0	27.0	20	235	1.0
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* French Toast	1 slice	137	10.2	3.2	16.2	2	398	0.6
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Bacon, Fried	3 each	90	4.5	7.5	0.0	22	285	0.0
* Corned Beef Hash	3 ounces	191	9.6	12.0	11.5	35	628	2.4
* Hashbrowns	1/2 cup	55	1.3	0.2	12.3	0	199	2.1
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Waffles, Convenience	1 each	88	2.1	2.7	13.5	11	262	0.8
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Chili,entree	1 cup	186	16.6	7.8	12.9	43	674	2.5
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* Cream of Broccoli Soup	1 cup	115	3.7	6.0	12.0	2	422	0.8
* Egg Salad	1/3 cup	119	6.2	8.0	5.4	209	198	0.1
* Knockwurst	3 ounces	279	10.1	25.1	2.9	54	851	0.0
* Corn Chips	1 bag	200	2.0	13.0	19.0	0	200	1.0
* Brussels Sprouts	1/2 cup	34	3.0	0.3	6.8	0	19	3.3
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Spaghetti Noodles	1/2 cup	144	4.6	1.7	27.1	0	9	0.9
* Meat Sauce for Spaghetti	6 ounces	326	28.6	16.5	16.2	82	1420	3.0
* Roast Turkey Breast	4 ounces	140	31.2	0.8	0.0	86	54	0.0
* Chicken Gravy	1/4 cup	46	1.4	1.2	7.5	2	502	
* Succotash	1/2 cup	84	3.9	0.8	18.1	0	41	3.6
* Mashed Potatoes	1/2 cup	65	1.3	2.9	8.8	0	41	0.0
* Mustard Greens	1/2 cup	75	3.7	2.2	11.9	1	460	3.9
* French Bread	1 slice	101	2.9	1.4	20.1	2	201	
* Garlic Bread	1/2 each	127	3.4	2.8	23.1	2	224	0.2

REGULAR MENU CYCLE 2

WEDNESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Blueberry Muffin	1 each	167	3.3	3.9	28.9	18	269	1.6
* 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	10	0.9
* Pancakes	2 each	106	3.8	3.7	14.0	35	247	0.9
* Waffles, Convenience	2 each	176	4.1	5.5	27.0	22	524	1.5
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Sausage Link	2 ounces	97	5.2	8.2	0.3	22	341	0.0
* Creamed Chipped Beef	4 ounces	162	8.7	11.6	5.9	43	646	
* Baked Beans	1/2 cup	155	6.8	1.9	30.3	9	509	6.6
* Corn Bread	1 square	150	2.5	4.4	25.0	1	400	2.3
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Potato Pancakes	2 each	113	2.6	4.3	17.3	13	277	1.7
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Chicken Noodle Soup	1 cup	70	5.2	1.7	8.2	20	361	0.6
* Corn and Shrimp Soup	1 cup	183	11.7	11.9	6.9	45	748	0.0
* Turkey Salad	1/3 cup	134	13.9	5.8	6.3	116	207	0.2
* Croissant	1 each	294	6.0	17.0	28.9		326	1.2
* Roast Beef Sandwich	3 ounces	430	39.5	12.3	38.3	92	489	1.5
* Brown Gravy	3 ounces	36	1.1	0.9	5.8	0	476	0.2
* French Fries	1 serving	180	2.2	9.7	22.0	0	21	2.7
* Whole Baby Carrots	1/2 cup	28	0.8	0.2	6.5	0	43	2.3
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Grilled Liver & Onions	3 ounces	223	27.1	8.1	8.8	486	107	0.2
* Brown Gravy	3 ounces	36	1.1	0.9	5.8	0	476	0.2
* Fried Catfish	4 ounces	436	34.5	25.4	15.2	154	533	1.3
* Hush Puppies	1/2 cup	306	7.0	12.2	41.7	41	606	2.5
* Mashed Potatoes	1/2 cup	65	1.3	2.9	8.8	0	41	0.0
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* Peas	1/2 cup	76	4.9	0.2	14.2	0	3	5.0
* Creamy Style Corn	1/2 cup	65	1.6	0.4	16.4	0	3	1.1
* Dinner Roll	1 each	90	2.4	2.1	15.1	10	118	0.5

REGULAR MENU CYCLE 2

THURSDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Pecan Coffee Cake	1 square	80	0.9	2.1	14.4		116	
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* French Toast	1 slice	137	10.2	3.2	16.2	2	398	0.6
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Canadian Bacon	3 ounces	126	16.5	5.7	1.0	39	1052	0.0
* Minced Beef	3 ounces	128	12.1	6.5	5.2	37	172	0.1
* O'Brien Potatoes	1/2 cup	101	2.6	0.1	22.2	0	9	2.0
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Waffles, Convenience	1 each	88	2.1	2.7	13.5	11	262	0.8
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Vegetable Soup	1 cup	42	1.5	0.4	8.3	1	460	1.2
* Split Pea Soup	1 cup	137	9.3	0.9	24.1	1	380	9.3
* Reuben Sandwich	1 each	349	19.6	14.0	35.8	43	1131	4.3
* Pimento Cheese	1/2 cup	243	14.3	20.2	1.1	61	925	0.0
* Potato Chips	1 bag	167	2.2	10.8	16.5	0	185	1.5
* Lima Beans	1/2 cup	85	5.2	0.7	15.3	0	6	3.7
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Fried Chicken	2 pieces	431	40.3	18.6	22.5	117	403	0.9
* Stuffed Green Peppers	1 each	365	34.1	18.1	15.3	105	232	2.2
* Macaroni and Cheese	1/2 cup	181	6.3	5.6	25.9	10	224	0.7
* Eggplant Casserole	1/2 cup	164	7.9	5.4	22.0	15	455	2.7
* Carrot Coins	1/2 cup	29	0.8	0.2	6.8	0	45	2.4
* French Roll	1 each	167	5.6	2.5	30.0	0	310	1.3

REGULAR MENU CYCLE 2

FRIDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Cinnamon Rolls	1 each	309	5.1	13.6	42.2	55	318	2.0
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Sweet Potato Pancake	2 each	170	6.9	5.3	24.0	50	467	2.3
* Waffles, Convenience	2 each	176	4.1	5.5	27.0	22	524	1.5
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Sausage Link	2 ounces	97	5.2	8.2	0.3	22	341	0.0
* Creamed Ground Beef	1/2 cup	139	10.7	7.2	7.3	33	213	0.0
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Lyonnaise Potatoes	1/2 cup	21	0.6	0.0	4.8	0	2	0.5
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Creole Soup	1 cup	47	2.0	0.4	9.5	0	695	1.1
* Knickerbocker Soup	1 cup	143	8.7	0.9	26.1	1	381	9.0
* Philly Steak Sandwich	1 each	490	28.0	23.5	38.3	71	467	1.5
* Shrimp Salad	1/2 cup	200	26.0	6.9	7.2	272	350	0.3
* French Fries	1 serving	180	2.2	9.7	22.0	0	21	2.7
* Mixed Vegetables	1/2 cup	36	1.8	0.0	6.2	0	18	1.8
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Baked Fish,Grouper	7 ounces	262	41.2	9.5	0.8	78	419	0.1
* Beef Pot Pie	1/2 cup	388	18.9	24.9	24.0	62	1042	2.2
* Baked Potato	1 each	186	3.6	0.6	42.5	0	11	3.8
* Broccoli	1/2 cup	20	2.2	0.1	3.8	0	17	2.1
* Yellow Squash	1/2 cup	15	0.6	0.1	3.6	0	4	0.9
* French Bread	1 slice	101	2.9	1.4	20.1	2	201	

REGULAR MENU CYCLE 2

SATURDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Banana Nut Muffin	1 each	191	2.7	10.4	21.8		142	0.6
* 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	10	0.9
* Pancakes	1 each	53	1.9	1.9	7.0	17	124	0.5
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Bacon, Fried	3 each	90	4.5	7.5	0.0	22	285	0.0
* Corned Beef Hash	3 ounces	191	9.6	12.0	11.5	35	628	2.4
* Cottage Fries	1/2 cup	81	1.1	4.4	9.7	0	146	1.0
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Waffles, Convenience	1 each	88	2.1	2.7	13.5	11	262	0.8
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Tomato Rice Soup	1 cup	32	1.1	0.3	6.5	0	472	0.3
* Cream of Potato Soup	1 cup	132	3.8	6.3	15.2	2	492	1.1
* Pizza, Scratch	1 slice	229	14.2	15.4	7.9	48	447	1.1
* Ham Salad	1/2 cup	152	14.1	8.4	4.5	113	906	0.1
* Corn Chips	1 bag	200	2.0	13.0	19.0	0	200	1.0
* Asparagus Spear	1/2 cup	25	2.7	0.4	4.4	0	218	1.5
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Pot Roast with Trimmings	6 ounces	587	44.4	36.2	18.9	150	210	2.8
* Chicken Tetrazzini	1/2 cup	272	19.7	10.6	23.6	56	662	0.8
* Stewed Tomatoes	1/2 cup	40	1.2	0.2	9.6	0	447	0.3
* Fried Okra	1/2 cup	80	2.7	0.9	16.0	0	240	3.6
* Corn Bread	1 square	150	2.5	4.4	25.0	1	400	2.3

REGULAR MENU CYCLE 2

SUNDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Bran Muffin	1 each	220	3.0	11.0	27.0	20	235	1.0
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* French Toast	1 slice	137	10.2	3.2	16.2	2	398	0.6
* Waffles, Convenience	1 each	88	2.1	2.7	13.5	11	262	0.8
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Sausage Patty	3 ounces	98	5.2	8.3	0.3	22	345	0.0
* Creamed Ground Beef	1/2 cup	139	10.7	7.2	7.3	33	213	0.0
* O'Brien Potatoes	1/2 cup	101	2.6	0.1	22.2	0	9	2.0
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Minestrone Soup	1 cup	53	2.6	0.4	10.2	0	537	1.3
* Cream of Broccoli Soup	1 cup	115	3.7	6.0	12.0	2	422	0.8
* Fish Nuggets	4 ounces	287	18.1	13.3	22.7	120	553	
* French Fries	1 serving	180	2.2	9.7	22.0	0	21	2.7
* Pimento Cheese	1/2 cup	243	14.3	20.2	1.1	61	925	0.0
* Collard Greens	1/2 cup	70	4.1	2.8	9.2	2	520	3.3
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Ravioli	1/2 cup	140	5.1	3.3	22.5	9	717	2.2
* Country Chops	1 each	407	52.7	14.2	13.4	138	453	0.6
* Au Gratin Potatoes	1/2 cup	76	2.8	4.2	6.7	6	124	0.4
* French Bread	1 slice	101	2.9	1.4	20.1	2	201	
* Garlic Bread	1/2 each	127	3.4	2.8	23.1	2	224	0.2
* Spinach	1/2 cup	31	1.5	0.9	5.2	0	42	1.5
* Corn on the Cob	1 each	74	2.5	0.6	17.6	0	4	2.1

REGULAR MENU CYCLE 3

MONDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Cinnamon Rolls	1 each	309	5.1	13.6	42.2	55	318	2.0
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Blueberry Pancake	1 each	49	1.6	1.6	6.9	15	104	0.6
* Waffles, Convenience	2 each	176	4.1	5.5	27.0	22	524	1.5
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Hashbrowns	1/2 cup	55	1.3	0.2	12.3	0	199	2.1
* Ham Slice, Grilled	1 ounce	54	6.8	2.7	0.0	18	454	0.0
* Creamed Sausage Gravy	2 ounces	82	2.1	4.0	9.2	5	309	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
Noon Meal								
* Vegetable Soup	1 cup	42	1.5	0.4	8.3	1	460	1.2
* Pinto Bean Soup	1 cup	109	6.5	0.8	19.5	1	342	7.3
* Corn Bread	1 square	150	2.5	4.4	25.0	1	400	2.3
* Chicken Fajita	4 ounces	148	7.3	3.4	22.7	9	379	1.0
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
* Grilled Ham and Cheese Sandwich	1 each	303	16.9	11.7	33.1	37	1160	1.4
* Corn Chips	1 bag	200	2.0	13.0	19.0	0	200	1.0
* Green Beans	1/2 cup	16	0.8	0.1	3.7	0	272	1.6
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
Evening Meal								
* Braised Beef Tips	4 ounces	430	26.8	33.7	7.2	103	784	0.6
* Crab Meat Casserole	1/2 cup	295	10.8	4.7	52.4	4	1305	4.0
* Noodles	1/2 cup	104	3.8	1.1	19.4	26	17	0.7
* Asparagus Spear	1/2 cup	25	2.7	0.4	4.4	0	218	1.5
* Yellow Squash	1/2 cup	15	0.6	0.1	3.6	0	4	0.9
* Dinner Roll	1 each	90	2.4	2.1	15.1	10	118	0.5

REGULAR MENU CYCLE 3

TUESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Bran Muffin	1 each	220	3.0	11.0	27.0	20	235	1.0
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* French Toast	1 slice	137	10.2	3.2	16.2	2	398	0.6
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Bacon, Fried	3 each	90	4.5	7.5	0.0	22	285	0.0
* Corned Beef Hash	3 ounces	191	9.6	12.0	11.5	35	628	2.4
* Hashbrowns	1/2 cup	55	1.3	0.2	12.3	0	199	2.1
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Waffles, Convenience	1 each	88	2.1	2.7	13.5	11	262	0.8
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Chicken Noodle Soup	1 cup	70	5.2	1.7	8.2	20	361	0.6
* Split Pea Soup	1 cup	137	9.3	0.9	24.1	1	380	9.3
* Egg Salad	1/3 cup	119	6.2	8.0	5.4	209	198	0.1
* Meatball Sub	1 sandwich	425	20.4	25.4	27.9	60	760	1.7
* Tator Tots	1/3 cup	200	2.7	8.0	29.4	0	39	2.7
* Creamy Style Corn	1/2 cup	65	1.6	0.4	16.4	0	3	1.1
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Chicken Cordon Bleu	1 serving	349	25.9	20.8	14.8	82	764	
* Red Beans with Sausage	1 serving	178	9.7	7.1	19.5	16	243	4.7
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* Chicken Gravy	1/4 cup	46	1.4	1.2	7.5	2	502	
* Turnip Greens	1/2 cup	61	3.5	3.6	5.2	2	408	2.6
* Cauliflower Polonaise	1/2 cup	96	3.1	3.4	13.9	0	172	2.4
* Corn Bread	1 square	150	2.5	4.4	25.0	1	400	2.3

REGULAR MENU CYCLE 3

WEDNESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Blueberry Muffin	1 each	167	3.3	3.9	28.9	18	269	1.6
* 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	10	0.9
* Pancakes	2 each	106	3.8	3.7	14.0	35	247	0.9
* Waffles, Convenience	2 each	176	4.1	5.5	27.0	22	524	1.5
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Sausage Link	2 ounces	97	5.2	8.2	0.3	22	341	0.0
* Creamed Chipped Beef	4 ounces	162	8.7	11.6	5.9	43	646	
* Baked Beans	1/2 cup	155	6.8	1.9	30.3	9	509	6.6
* Corn Bread	1 square	150	2.5	4.4	25.0	1	400	2.3
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Potato Pancakes	2 each	113	2.6	4.3	17.3	13	277	1.7
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Mulligatawny Soup	1 cup	156	2.1	10.0	14.7	1	725	3.1
* Cream of Potato Soup	1 cup	132	3.8	6.3	15.2	2	492	1.1
* Turkey Slices/Sandwich	4 ounces	287	38.2	2.6	24.7	95	328	1.2
* Chicken Gravy	1/4 cup	46	1.4	1.2	7.5	2	502	
* Pimento Cheese	1/2 cup	243	14.3	20.2	1.1	61	925	0.0
* Mashed Potatoes	1/2 cup	65	1.3	2.9	8.8	0	41	0.0
* Peas	1/2 cup	76	4.9	0.2	14.2	0	3	5.0
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Lasagna	1 square	415	35.3	23.1	14.9	96	674	1.2
* Baked Fish,Snapper	7 ounces	279	43.6	10.2	0.8	78	442	0.1
* Smothered Potatoes	1/2 cup	86	1.8	5.8	7.4	1	818	0.5
* Broccoli	1/2 cup	20	2.2	0.1	3.8	0	17	2.1
* Corn	1/2 cup	67	2.3	0.6	15.7	0	2	1.8
* Garlic Bread	1/2 each	127	3.4	2.8	23.1	2	224	0.2
* French Bread	1 slice	101	2.9	1.4	20.1	2	201	

REGULAR MENU CYCLE 3

THURSDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Pecan Coffee Cake	1 square	80	0.9	2.1	14.4		116	
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* French Toast	1 slice	137	10.2	3.2	16.2	2	398	0.6
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Canadian Bacon	3 ounces	126	16.5	5.7	1.0	39	1052	0.0
* Minced Beef	3 ounces	128	12.1	6.5	5.2	37	172	0.1
* O'Brien Potatoes	1/2 cup	101	2.6	0.1	22.2	0	9	2.0
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Waffles, Convenience	1 each	88	2.1	2.7	13.5	11	262	0.8
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Chicken Sausage Gumbo Soup, Scra	1 cup	125	4.1	6.8	11.4	16	575	12.0
* Navy Bean Soup, Scratch	1 cup	124	8.0	0.9	21.9	1	567	8.3
* Corn Bread	1 square	150	2.5	4.4	25.0	1	400	2.3
* Turkey Salad	1/3 cup	134	13.9	5.8	6.3	116	207	0.2
* Potato Chips	1 bag	167	2.2	10.8	16.5	0	185	1.5
* Okra and Tomatoes	1/2 cup	32	1.5	0.2	7.4	0	108	1.4
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Meat Loaf	4 ounces	380	38.0	21.3	6.5	174	257	0.3
* Brown Gravy	3 ounces	36	1.1	0.9	5.8	0	476	0.2
* Chicken and Dumplings	8 ounces	266	13.0	14.5	21.2	64	591	
* Mashed Potatoes	1/2 cup	65	1.3	2.9	8.8	0	41	0.0
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* Lima Beans	1/2 cup	85	5.2	0.7	15.3	0	6	3.7
* Carrot Coins	1/2 cup	29	0.8	0.2	6.8	0	45	2.4
* French Roll	1 each	167	5.6	2.5	30.0	0	310	1.3

REGULAR MENU CYCLE 3

FRIDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Cinnamon Rolls	1 each	309	5.1	13.6	42.2	55	318	2.0
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Sweet Potato Pancake	2 each	170	6.9	5.3	24.0	50	467	2.3
* Waffles, Convenience	2 each	176	4.1	5.5	27.0	22	524	1.5
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Sausage Link	2 ounces	97	5.2	8.2	0.3	22	341	0.0
* Creamed Ground Beef	1/2 cup	139	10.7	7.2	7.3	33	213	0.0
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Lyonnaise Potatoes	1/2 cup	21	0.6	0.0	4.8	0	2	0.5
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* French Onion Soup	1 cup	18	0.6	1.2	1.4	0	402	0.2
* Cream of Mushroom Soup	1 cup	111	3.4	6.0	10.9	2	468	0.6
* Country Fried Steak with Gravy	4 ounces	452	23.4	26.9	29.1	120	906	0.0
* Tuna Salad	1/2 cup	96	8.4	4.6	5.0	75	234	0.2
* Mashed Potatoes	1/2 cup	65	1.3	2.9	8.8	0	41	0.0
* Brussels Sprouts	1/2 cup	34	3.0	0.3	6.8	0	19	3.3
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Spaghetti Noodles	1/2 cup	144	4.6	1.7	27.1	0	9	0.9
* Italian Meatballs	3 ounces	151	8.5	12.0	1.8	33	193	0.2
* Sauce for Spaghetti with Meatballs	6 ounces	210	16.0	9.5	16.2	42	1379	3.0
* Fried Catfish	4 ounces	436	34.5	25.4	15.2	154	533	1.3
* Hush Puppies	1/2 cup	306	7.0	12.2	41.7	41	606	2.5
* Spinach	1/2 cup	31	1.5	0.9	5.2	0	42	1.5
* Corn on the Cob	1 each	74	2.5	0.6	17.6	0	4	2.1
* Garlic Bread	1/2 each	127	3.4	2.8	23.1	2	224	0.2
* French Bread	1 slice	101	2.9	1.4	20.1	2	201	

REGULAR MENU CYCLE 3

SATURDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Banana Nut Muffin	1 each	191	2.7	10.4	21.8		142	0.6
* 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	10	0.9
* Pancakes	1 each	53	1.9	1.9	7.0	17	124	0.5
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Bacon, Fried	3 each	90	4.5	7.5	0.0	22	285	0.0
* Corned Beef Hash	3 ounces	191	9.6	12.0	11.5	35	628	2.4
* Cottage Fries	1/2 cup	81	1.1	4.4	9.7	0	146	1.0
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Waffles, Convenience	1 each	88	2.1	2.7	13.5	11	262	0.8
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Minestrone Soup	1 cup	53	2.6	0.4	10.2	0	537	1.3
* Corn Chowder, Scratch	1 cup	127	3.4	6.4	15.0	8	538	1.0
* Beef Taco	1 serving	334	27.4	17.9	15.6	82	466	1.9
* Ham Salad	1/2 cup	152	14.1	8.4	4.5	113	906	0.1
* Corn Chips	1 bag	200	2.0	13.0	19.0	0	200	1.0
* Refried Beans	1/2 cup	133	9.5	2.8	23.7	0	641	0.0
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Country Chops	1 each	407	52.7	14.2	13.4	138	453	0.6
* Chicken A La King	6 ounces	277	20.0	10.6	26.6	59	800	2.6
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* Mashed Potatoes	1/2 cup	65	1.3	2.9	8.8	0	41	0.0
* Brown Gravy	3 ounces	36	1.1	0.9	5.8	0	476	0.2
* Succotash	1/2 cup	84	3.9	0.8	18.1	0	41	3.6
* Asparagus Spear	1/2 cup	25	2.7	0.4	4.4	0	218	1.5
* Dinner Roll	1 each	90	2.4	2.1	15.1	10	118	0.5

REGULAR MENU CYCLE 3

SUNDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Bran Muffin	1 each	220	3.0	11.0	27.0	20	235	1.0
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* French Toast	1 slice	137	10.2	3.2	16.2	2	398	0.6
* Waffles, Convenience	1 each	88	2.1	2.7	13.5	11	262	0.8
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Sausage Patty	3 ounces	98	5.2	8.3	0.3	22	345	0.0
* Creamed Ground Beef	1/2 cup	139	10.7	7.2	7.3	33	213	0.0
* O'Brien Potatoes	1/2 cup	101	2.6	0.1	22.2	0	9	2.0
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Creole Soup	1 cup	47	2.0	0.4	9.5	0	695	1.1
* Pinto Bean Soup	1 cup	109	6.5	0.8	19.5	1	342	7.3
* Roast Beef Sandwich	3 ounces	430	39.5	12.3	38.3	92	489	1.5
* Au Jus	2 ounces	3	0.2	0.1	0.2	0	207	0.0
* Chicken Salad	1/3 cup	149	14.2	7.2	6.3	117	216	0.2
* Potato Chips	1 bag	167	2.2	10.8	16.5	0	185	1.5
* Broccoli	1/2 cup	20	2.2	0.1	3.8	0	17	2.1
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Roast Turkey	3 ounces	370	53.2	15.8	0.3	137	362	0.1
* Beef Stew	6 ounces	565	29.7	36.3	33.4	103	1187	3.5
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* Cranberry Sauce	1/3 cup	165	0.2	0.2	42.5	0	32	1.1
* Cornbread Dressing	1/2 cup	223	5.4	9.4	29.3	1	898	2.4
* Mashed Potatoes	1/2 cup	65	1.3	2.9	8.8	0	41	0.0
* Mustard Greens	1/2 cup	75	3.7	2.2	11.9	1	460	3.9
* Yellow Squash	1/2 cup	15	0.6	0.1	3.6	0	4	0.9

REGULAR MENU CYCLE 4

MONDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Cinnamon Rolls	1 each	309	5.1	13.6	42.2	55	318	2.0
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Blueberry Pancake	1 each	49	1.6	1.6	6.9	15	104	0.6
* Waffles, Convenience	2 each	176	4.1	5.5	27.0	22	524	1.5
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Hashbrowns	1/2 cup	55	1.3	0.2	12.3	0	199	2.1
* Ham Slice, Grilled	1 ounce	54	6.8	2.7	0.0	18	454	0.0
* Creamed Sausage Gravy	2 ounces	82	2.1	4.0	9.2	5	309	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
Noon Meal								
* Vegetable Soup	1 cup	42	1.5	0.4	8.3	1	460	1.2
* Chicken Gumbo Soup, Scratch	1 cup	134	5.1	6.5	14.8	51	7550	0.8
* Turkey Club Sandwich	1 each	319	24.6	12.2	24.8	71	674	1.2
* Egg Salad	1/3 cup	119	6.2	8.0	5.4	209	198	0.1
* French Fries	1 serving	180	2.2	9.7	22.0	0	21	2.7
* Green Beans	1/2 cup	16	0.8	0.1	3.7	0	272	1.6
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Sweet and Sour Chicken	4 ounces	282	22.7	8.9	29.8	73	1072	2.7
* Cantonese Spareribs	1 serving	725	51.9	54.1	3.8	214	406	0.4
* Fried Rice	1/2 cup	61	3.0	2.6	6.6	43	455	0.8
* Stir Fry Vegetables	1/2 cup	32	1.3	0.0	6.4	0	26	2.6
* Chinese Noodles	1 ounce	125	2.0	7.3	13.6	0	104	0.9
* Peas	1/2 cup	76	4.9	0.2	14.2	0	3	5.0
* French Roll	1 each	167	5.6	2.5	30.0	0	310	1.3

REGULAR MENU CYCLE 4

TUESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Bran Muffin	1 each	220	3.0	11.0	27.0	20	235	1.0
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* French Toast	1 slice	137	10.2	3.2	16.2	2	398	0.6
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Bacon, Fried	3 each	90	4.5	7.5	0.0	22	285	0.0
* Corned Beef Hash	3 ounces	191	9.6	12.0	11.5	35	628	2.4
* Hashbrowns	1/2 cup	55	1.3	0.2	12.3	0	199	2.1
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Waffles, Convenience	1 each	88	2.1	2.7	13.5	11	262	0.8
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Chicken Noodle Soup	1 cup	70	5.2	1.7	8.2	20	361	0.6
* Split Pea Soup	1 cup	137	9.3	0.9	24.1	1	380	9.3
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Pizza, Scratch	1 slice	229	14.2	15.4	7.9	48	447	1.1
* Potato Chips	1 bag	167	2.2	10.8	16.5	0	185	1.5
* Spinach	1/2 cup	31	1.5	0.9	5.2	0	42	1.5
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Grilled Chopped Steak with mushroo	6 ounces	553	42.8	38.7	5.3	158	512	0.5
* Polish Sausage	4 ounces	216	9.3	19.0	1.1	46	580	0.0
* Broccoli	1/2 cup	20	2.2	0.1	3.8	0	17	2.1
* Cauliflower	1/2 cup	14	1.2	0.2	2.8	0	13	2.0
* Smothered Potatoes	1/2 cup	86	1.8	5.8	7.4	1	818	0.5
* Dinner Roll	1 each	90	2.4	2.1	15.1	10	118	0.5

REGULAR MENU CYCLE 4

WEDNESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Blueberry Muffin	1 each	167	3.3	3.9	28.9	18	269	1.6
* 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	10	0.9
* Pancakes	2 each	106	3.8	3.7	14.0	35	247	0.9
* Waffles, Convenience	2 each	176	4.1	5.5	27.0	22	524	1.5
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Sausage Link	2 ounces	97	5.2	8.2	0.3	22	341	0.0
* Creamed Chipped Beef	4 ounces	162	8.7	11.6	5.9	43	646	
* Baked Beans	1/2 cup	155	6.8	1.9	30.3	9	509	6.6
* Corn Bread	1 square	150	2.5	4.4	25.0	1	400	2.3
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Potato Pancakes	2 each	113	2.6	4.3	17.3	13	277	1.7
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Minestrone Soup	1 cup	53	2.6	0.4	10.2	0	537	1.3
* Cream of Corn Soup	1 cup	106	3.6	4.5	13.9	2	518	0.7
* Shrimp Po' Boy	4 ounces	565	38.6	21.3	55.0	257	916	2.1
* Turkey Salad	1/3 cup	134	13.9	5.8	6.3	116	207	0.2
* French Fries	1 serving	180	2.2	9.7	22.0	0	21	2.7
* Succotash	1/2 cup	84	3.9	0.8	18.1	0	41	3.6
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Spaghetti Noodles	1/2 cup	144	4.6	1.7	27.1	0	9	0.9
* Italian Meat Sauce for Spaghetti	6 ounces	341	26.8	18.8	16.6	80	1608	3.0
* Marinated Chicken Breast	6 ounces	272	38.1	9.6	6.1	104	906	0.1
* Yellow Rice	1/2 cup	168	3.4	0.5	36.5	0	124	0.6
* Asparagus Spear	1/2 cup	25	2.7	0.4	4.4	0	218	1.5
* Eggplant Casserole	1/2 cup	164	7.9	5.4	22.0	15	455	2.7
* Garlic Bread	1/2 each	127	3.4	2.8	23.1	2	224	0.2
* French Bread	1 slice	101	2.9	1.4	20.1	2	201	

REGULAR MENU CYCLE 4

THURSDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Pecan Coffee Cake	1 square	80	0.9	2.1	14.4		116	
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* French Toast	1 slice	137	10.2	3.2	16.2	2	398	0.6
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Canadian Bacon	3 ounces	126	16.5	5.7	1.0	39	1052	0.0
* Minced Beef	3 ounces	128	12.1	6.5	5.2	37	172	0.1
* O'Brien Potatoes	1/2 cup	101	2.6	0.1	22.2	0	9	2.0
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Waffles, Convenience	1 each	88	2.1	2.7	13.5	11	262	0.8
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Tomato Rice Soup	1 cup	32	1.1	0.3	6.5	0	472	0.3
* Navy Bean Soup, Scratch	1 cup	124	8.0	0.9	21.9	1	567	8.3
* Corn Bread	1 square	150	2.5	4.4	25.0	1	400	2.3
* Beef Fajita	4 ounces	279	15.3	15.8	19.6	51	300	1.3
* Sausage Po' Boy	4 ounces	400	14.7	28.6	20.3	63	977	0.8
* Onion Rings	1 serving	187	2.3	10.2	22.1	0	179	1.3
* Cauliflower	1/2 cup	14	1.2	0.2	2.8	0	13	2.0
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Baked Ham	3 ounces	147	16.6	7.6	2.1	48	1159	0.0
* Cabbage Rolls	1 each	254	22.8	11.4	14.6	65	271	2.5
* Baked Potato	1 each	186	3.6	0.6	42.5	0	11	3.8
* Turnip Greens	1/2 cup	61	3.5	3.6	5.2	2	408	2.6
* Corn Bread	1 square	150	2.5	4.4	25.0	1	400	2.3
* Mixed Vegetables	1/2 cup	36	1.8	0.0	6.2	0	18	1.8

REGULAR MENU CYCLE 4

FRIDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Cinnamon Rolls	1 each	309	5.1	13.6	42.2	55	318	2.0
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Sweet Potato Pancake	2 each	170	6.9	5.3	24.0	50	467	2.3
* Waffles, Convenience	2 each	176	4.1	5.5	27.0	22	524	1.5
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Sausage Link	2 ounces	97	5.2	8.2	0.3	22	341	0.0
* Creamed Ground Beef	1/2 cup	139	10.7	7.2	7.3	33	213	0.0
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Lyonnaise Potatoes	1/2 cup	21	0.6	0.0	4.8	0	2	0.5
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Turkey Noodle Soup	1 cup	62	5.3	0.9	7.9	19	355	0.5
* Fish Chowder, Scratch	1 cup	100	5.0	6.3	6.0	11	499	0.4
* Reuben Sandwich	1 each	349	19.6	14.0	35.8	43	1131	4.3
* Tuna Salad	1/2 cup	96	8.4	4.6	5.0	75	234	0.2
* Croissant	1 each	294	6.0	17.0	28.9		326	1.2
* Corn Chips	1 bag	200	2.0	13.0	19.0	0	200	1.0
* Fried Okra	1/2 cup	80	2.7	0.9	16.0	0	240	3.6
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Creole Shrimp	1 cup	223	29.8	5.6	13.6	207	1666	2.6
* Turkey Pot Pie	1/2 cup	302	29.0	9.5	24.0	71	888	2.2
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* Carrot Coins	1/2 cup	29	0.8	0.2	6.8	0	45	2.4
* Corn	1/2 cup	67	2.3	0.6	15.7	0	2	1.8
* French Bread	1 slice	101	2.9	1.4	20.1	2	201	
* Garlic Bread	1/2 each	127	3.4	2.8	23.1	2	224	0.2

REGULAR MENU CYCLE 4

SATURDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Banana Nut Muffin	1 each	191	2.7	10.4	21.8		142	0.6
* 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	10	0.9
* Pancakes	1 each	53	1.9	1.9	7.0	17	124	0.5
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Bacon, Fried	3 each	90	4.5	7.5	0.0	22	285	0.0
* Corned Beef Hash	3 ounces	191	9.6	12.0	11.5	35	628	2.4
* Cottage Fries	1/2 cup	81	1.1	4.4	9.7	0	146	1.0
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Waffles, Convenience	1 each	88	2.1	2.7	13.5	11	262	0.8
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Vegetable Soup	1 cup	42	1.5	0.4	8.3	1	460	1.2
* Pinto Bean Soup	1 cup	109	6.5	0.8	19.5	1	342	7.3
* Corn Bread	1 square	150	2.5	4.4	25.0	1	400	2.3
* Bacon Lettuce and Tomato Sandwicl	1 each	287	11.2	12.3	31.1	31	711	1.6
* Chicken Salad	1/3 cup	149	14.2	7.2	6.3	117	216	0.2
* French Fries	1 serving	180	2.2	9.7	22.0	0	21	2.7
* Peas	1/2 cup	76	4.9	0.2	14.2	0	3	5.0
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Chili,entree	1 cup	186	16.6	7.8	12.9	43	674	2.5
* Roast Pork	3 ounces	234	32.5	10.4	0.5	90	81	0.2
* Brown Gravy	3 ounces	36	1.1	0.9	5.8	0	476	0.2
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Oven Browned Potatoes	1/2 cup	87	1.5	1.6	17.0	0	28	1.5
* Dinner Roll	1 each	90	2.4	2.1	15.1	10	118	0.5
* Brussels Sprouts	1/2 cup	34	3.0	0.3	6.8	0	19	3.3
* Beets	1/2 cup	36	1.0	0.1	8.5	0	326	1.6

REGULAR MENU CYCLE 4

SUNDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Bran Muffin	1 each	220	3.0	11.0	27.0	20	235	1.0
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* French Toast	1 slice	137	10.2	3.2	16.2	2	398	0.6
* Waffles, Convenience	1 each	88	2.1	2.7	13.5	11	262	0.8
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Sausage Patty	3 ounces	98	5.2	8.3	0.3	22	345	0.0
* Creamed Ground Beef	1/2 cup	139	10.7	7.2	7.3	33	213	0.0
* O'Brien Potatoes	1/2 cup	101	2.6	0.1	22.2	0	9	2.0
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Chicken Rice Soup, Scratch	1 cup	70	5.2	1.7	8.2	20	361	0.6
* Knickerbocker Soup	1 cup	143	8.7	0.9	26.1	1	381	9.0
* Baked Potato	1 each	186	3.6	0.6	42.5	0	11	3.8
* Crab Po' Boy	1 serving	373	18.8	13.8	43.4	82	908	1.8
* Pimento Cheese	1/2 cup	243	14.3	20.2	1.1	61	925	0.0
* Baked Beans	1/2 cup	155	6.8	1.9	30.3	9	509	6.6
* Home Fried Potatoes	4 ounces	150	1.5	7.5	19.5	9	330	
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Fried Chicken	2 pieces	431	40.3	18.6	22.5	117	403	0.9
* Lima Beans with Ham	1 cup	169	14.2	4.7	17.6	23	1271	4.2
* Mashed Potatoes	1/2 cup	65	1.3	2.9	8.8	0	41	0.0
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* Chicken Gravy	1/4 cup	46	1.4	1.2	7.5	2	502	
* Collard Greens	1/2 cup	70	4.1	2.8	9.2	2	520	3.3
* Corn on the Cob	1 each	74	2.5	0.6	17.6	0	4	2.1
* Corn Bread	1 square	150	2.5	4.4	25.0	1	400	2.3

REGULAR MENU CYCLE 5

MONDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Cinnamon Rolls	1 each	309	5.1	13.6	42.2	55	318	2.0
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Blueberry Pancake	1 each	49	1.6	1.6	6.9	15	104	0.6
* Waffles, Convenience	2 each	176	4.1	5.5	27.0	22	524	1.5
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Hashbrowns	1/2 cup	55	1.3	0.2	12.3	0	199	2.1
* Ham Slice, Grilled	1 ounce	54	6.8	2.7	0.0	18	454	0.0
* Creamed Sausage Gravy	2 ounces	82	2.1	4.0	9.2	5	309	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
Noon Meal								
* Vegetable Soup	1 cup	42	1.5	0.4	8.3	1	460	1.2
* Asparagus, Corn and Shrimp Soup	1 cup	185	11.9	11.9	7.3	45	770	0.2
* Chicken Salad	1/3 cup	149	14.2	7.2	6.3	117	216	0.2
* Croissant	1 each	294	6.0	17.0	28.9		326	1.2
* Sloppy Joe on Bun	1 each	308	27.5	15.2	13.2	82	229	0.7
* French Fries	1 serving	180	2.2	9.7	22.0	0	21	2.7
* Green Beans	1/2 cup	16	0.8	0.1	3.7	0	272	1.6
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Corned Beef and Cabbage	3 ounces	223	18.9	1.2	34.5	38	1161	4.5
* Fried Catfish	4 ounces	436	34.5	25.4	15.2	154	533	1.3
* French Bread	1 slice	101	2.9	1.4	20.1	2	201	
* Garlic Bread	1/2 each	127	3.4	2.8	23.1	2	224	0.2

REGULAR MENU CYCLE 5

TUESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Bran Muffin	1 each	220	3.0	11.0	27.0	20	235	1.0
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* French Toast	1 slice	137	10.2	3.2	16.2	2	398	0.6
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Bacon, Fried	3 each	90	4.5	7.5	0.0	22	285	0.0
* Corned Beef Hash	3 ounces	191	9.6	12.0	11.5	35	628	2.4
* Hashbrowns	1/2 cup	55	1.3	0.2	12.3	0	199	2.1
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Waffles, Convenience	1 each	88	2.1	2.7	13.5	11	262	0.8
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Turkey Noodle Soup	1 cup	62	5.3	0.9	7.9	19	355	0.5
* Navy Bean Soup, Scratch	1 cup	124	8.0	0.9	21.9	1	567	8.3
* Corn Bread	1 square	150	2.5	4.4	25.0	1	400	2.3
* Fettuccine with Clam Sauce	1 serving	261	8.6	10.0	33.8	18	947	1.3
* Potato Chips	1 bag	167	2.2	10.8	16.5	0	185	1.5
* Cauliflower	1/2 cup	14	1.2	0.2	2.8	0	13	2.0
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Sweet and Sour Pork	6 ounces	398	25.2	23.1	22.5	89	417	1.3
* Chicken Ranchero	6 ounces	177	10.9	4.5	23.7	17	497	0.0
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* Broccoli	1/2 cup	20	2.2	0.1	3.8	0	17	2.1
* Creamy Style Corn	1/2 cup	65	1.6	0.4	16.4	0	3	1.1
* Dinner Roll	1 each	90	2.4	2.1	15.1	10	118	0.5

REGULAR MENU CYCLE 5

WEDNESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Blueberry Muffin	1 each	167	3.3	3.9	28.9	18	269	1.6
* 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	10	0.9
* Pancakes	2 each	106	3.8	3.7	14.0	35	247	0.9
* Waffles, Convenience	2 each	176	4.1	5.5	27.0	22	524	1.5
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Sausage Link	2 ounces	97	5.2	8.2	0.3	22	341	0.0
* Creamed Chipped Beef	4 ounces	162	8.7	11.6	5.9	43	646	
* Baked Beans	1/2 cup	155	6.8	1.9	30.3	9	509	6.6
* Corn Bread	1 square	150	2.5	4.4	25.0	1	400	2.3
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Potato Pancakes	2 each	113	2.6	4.3	17.3	13	277	1.7
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Minestrone Soup	1 cup	53	2.6	0.4	10.2	0	537	1.3
* Split Pea Soup	1 cup	137	9.3	0.9	24.1	1	380	9.3
* Beef Taco	1 serving	334	27.4	17.9	15.6	82	466	1.9
* Turkey Salad	1/3 cup	134	13.9	5.8	6.3	116	207	0.2
* Mixed Vegetables	1/2 cup	36	1.8	0.0	6.2	0	18	1.8
* Tator Tots	1/3 cup	200	2.7	8.0	29.4	0	39	2.7
* Refried Beans	1/2 cup	133	9.5	2.8	23.7	0	641	0.0
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Braised Short Ribs of Beef	8 ounces	1054	63.4	81.8	11.5	232	663	0.4
* Spaghetti Noodles	1/2 cup	144	4.6	1.7	27.1	0	9	0.9
* Sauce for Spaghetti with Meatballs	6 ounces	210	16.0	9.5	16.2	42	1379	3.0
* Italian Meatballs	3 ounces	151	8.5	12.0	1.8	33	193	0.2
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* Spinach	1/2 cup	31	1.5	0.9	5.2	0	42	1.5
* Yellow Squash	1/2 cup	15	0.6	0.1	3.6	0	4	0.9
* Candied Sweet Potatoes	1/2 cup	208	1.8	2.7	44.9	0	38	4.8
* French Bread	1 slice	101	2.9	1.4	20.1	2	201	
* Garlic Bread	1/2 each	127	3.4	2.8	23.1	2	224	0.2

REGULAR MENU CYCLE 5

THURSDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Pecan Coffee Cake	1 square	80	0.9	2.1	14.4		116	
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* French Toast	1 slice	137	10.2	3.2	16.2	2	398	0.6
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Canadian Bacon	3 ounces	126	16.5	5.7	1.0	39	1052	0.0
* Minced Beef	3 ounces	128	12.1	6.5	5.2	37	172	0.1
* O'Brien Potatoes	1/2 cup	101	2.6	0.1	22.2	0	9	2.0
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Waffles, Convenience	1 each	88	2.1	2.7	13.5	11	262	0.8
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Pepper Pot Soup	1 cup	108	3.5	6.0	10.3	1	479	0.6
* Chicken Sausage Gumbo Soup, Scr	1 cup	125	4.1	6.8	11.4	16	575	12.0
* Pastrami, Sliced	3 ounces	132	6.5	11.0	1.1	35	464	0.0
* Kaiser Roll	1 each	167	5.6	2.5	30.0	0	310	1.3
* Pimento Cheese	1/2 cup	243	14.3	20.2	1.1	61	925	0.0
* Home Fried Potatoes	4 ounces	150	1.5	7.5	19.5	9	330	
* Baked Beans	1/2 cup	155	6.8	1.9	30.3	9	509	6.6
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Meat Loaf	4 ounces	380	38.0	21.3	6.5	174	257	0.3
* Tomato Sauce	1/3 cup	41	1.4	0.1	9.8	0	391	1.5
* Baked Chicken	2 pieces	389	44.3	22.1	0.3	143	271	0.0
* Mashed Potatoes	1/2 cup	65	1.3	2.9	8.8	0	41	0.0
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* Brown Gravy	3 ounces	36	1.1	0.9	5.8	0	476	0.2
* Turnip Greens	1/2 cup	61	3.5	3.6	5.2	2	408	2.6
* Succotash	1/2 cup	84	3.9	0.8	18.1	0	41	3.6
* Dinner Roll	1 each	90	2.4	2.1	15.1	10	118	0.5

REGULAR MENU CYCLE 5

FRIDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Cinnamon Rolls	1 each	309	5.1	13.6	42.2	55	318	2.0
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Sweet Potato Pancake	2 each	170	6.9	5.3	24.0	50	467	2.3
* Waffles, Convenience	2 each	176	4.1	5.5	27.0	22	524	1.5
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Sausage Link	2 ounces	97	5.2	8.2	0.3	22	341	0.0
* Creamed Ground Beef	1/2 cup	139	10.7	7.2	7.3	33	213	0.0
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Lyonnaise Potatoes	1/2 cup	21	0.6	0.0	4.8	0	2	0.5
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Vegetable Soup	1 cup	42	1.5	0.4	8.3	1	460	1.2
* Pinto Bean Soup	1 cup	109	6.5	0.8	19.5	1	342	7.3
* Corn Bread	1 square	150	2.5	4.4	25.0	1	400	2.3
* Shrimp Salad	1/2 cup	200	26.0	6.9	7.2	272	350	0.3
* Deli Sliced Meats	1 serving	130	23.5	2.3	3.5	51	1633	0.0
* Corn Chips	1 bag	200	2.0	13.0	19.0	0	200	1.0
* Peas	1/2 cup	76	4.9	0.2	14.2	0	3	5.0
* Assorted Cheeses	1 serving	213	14.3	16.6	1.4	53	258	0.0
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Beef Stew	6 ounces	565	29.7	36.3	33.4	103	1187	3.5
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* Stuffed Crabs	1 each	186	24.3	9.0	0.6	180	396	0.0
* Oven Browned Potatoes	1/2 cup	87	1.5	1.6	17.0	0	28	1.5
* Green Beans	1/2 cup	16	0.8	0.1	3.7	0	272	1.6
* Corn on the Cob	1 each	74	2.5	0.6	17.6	0	4	2.1
* Corn Bread	1 square	150	2.5	4.4	25.0	1	400	2.3

REGULAR MENU CYCLE 5

SATURDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Banana Nut Muffin	1 each	191	2.7	10.4	21.8		142	0.6
* 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	10	0.9
* Pancakes	1 each	53	1.9	1.9	7.0	17	124	0.5
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Bacon, Fried	3 each	90	4.5	7.5	0.0	22	285	0.0
* Corned Beef Hash	3 ounces	191	9.6	12.0	11.5	35	628	2.4
* Cottage Fries	1/2 cup	81	1.1	4.4	9.7	0	146	1.0
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Waffles, Convenience	1 each	88	2.1	2.7	13.5	11	262	0.8
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Tomato Bisque	1 cup	102	1.9	2.1	19.7	4	867	0.9
* Cream of Mushroom Soup	1 cup	111	3.4	6.0	10.9	2	468	0.6
* Grilled Ham and Cheese Sandwich	1 each	303	16.9	11.7	33.1	37	1160	1.4
* Chicken Salad	1/3 cup	149	14.2	7.2	6.3	117	216	0.2
* French Fries	1 serving	180	2.2	9.7	22.0	0	21	2.7
* Corn	1/2 cup	67	2.3	0.6	15.7	0	2	1.8
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Tuna Noodle Casserole	6 ounces	200	12.5	4.2	28.0	39	432	1.1
* Stuffed Green Peppers	1 each	365	34.1	18.1	15.3	105	232	2.2
* Baked Sweet Potato	1 each	226	2.9	0.3	53.7	0	474	7.6
* Stir Fry Vegetables	1/2 cup	32	1.3	0.0	6.4	0	26	2.6
* Broccoli	1/2 cup	20	2.2	0.1	3.8	0	17	2.1
* Pistolette Roll	1 each	79	2.4	1.2	14.2	0	173	0.9

REGULAR MENU CYCLE 5

SUNDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Bran Muffin	1 each	220	3.0	11.0	27.0	20	235	1.0
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* French Toast	1 slice	137	10.2	3.2	16.2	2	398	0.6
* Waffles, Convenience	1 each	88	2.1	2.7	13.5	11	262	0.8
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Sausage Patty	3 ounces	98	5.2	8.3	0.3	22	345	0.0
* Creamed Ground Beef	1/2 cup	139	10.7	7.2	7.3	33	213	0.0
* O'Brien Potatoes	1/2 cup	101	2.6	0.1	22.2	0	9	2.0
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Great Northern Bean Soup	1 cup	129	8.1	0.8	23.0	1	347	7.3
* Cream of Broccoli Soup	1 cup	115	3.7	6.0	12.0	2	422	0.8
* Roast Beef Sandwich	3 ounces	430	39.5	12.3	38.3	92	489	1.5
* Brown Gravy	3 ounces	36	1.1	0.9	5.8	0	476	0.2
* Tuna Salad	1/2 cup	96	8.4	4.6	5.0	75	234	0.2
* Mashed Potatoes	1/2 cup	65	1.3	2.9	8.8	0	41	0.0
* Mixed Vegetables	1/2 cup	36	1.8	0.0	6.2	0	18	1.8
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Chicken Sausage Gumbo Soup, Scr	1 cup	125	4.1	6.8	11.4	16	575	12.0
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* Fried Shrimp	4 ounces	480	42.4	24.4	22.8	351	683	0.8
* French Roll	1 each	167	5.6	2.5	30.0	0	310	1.3
* Whole Baby Carrots	1/2 cup	28	0.8	0.2	6.5	0	43	2.3
* Asparagus Spear	1/2 cup	25	2.7	0.4	4.4	0	218	1.5
* Baked Potato	1 each	186	3.6	0.6	42.5	0	11	3.8

REGULAR MENU CYCLE 6

MONDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Cinnamon Rolls	1 each	309	5.1	13.6	42.2	55	318	2.0
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Blueberry Pancake	1 each	49	1.6	1.6	6.9	15	104	0.6
* Waffles, Convenience	2 each	176	4.1	5.5	27.0	22	524	1.5
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Hashbrowns	1/2 cup	55	1.3	0.2	12.3	0	199	2.1
* Ham Slice, Grilled	1 ounce	54	6.8	2.7	0.0	18	454	0.0
* Creamed Sausage Gravy	2 ounces	82	2.1	4.0	9.2	5	309	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
Noon Meal								
* Cream of Celery Soup	1 cup	108	3.3	6.3	9.8	2	442	0.4
* Navy Bean Soup, Scratch	1 cup	124	8.0	0.9	21.9	1	567	8.3
* Corn Bread	1 square	150	2.5	4.4	25.0	1	400	2.3
* Beef Enchiladas	2 each	275	13.8	16.3	18.2	58	1425	0.7
* Chicken Salad with Almonds	1/2 cup	144	11.9	8.2	6.1	68	165	0.9
* French Fries	1 serving	180	2.2	9.7	22.0	0	21	2.7
* Peas and Carrots	1/2 cup	32	2.1	0.3	6.8	0	48	2.1
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Peppered Swiss Steak	6 ounces	577	44.2	39.6	8.8	162	535	1.3
* Brown Gravy	3 ounces	36	1.1	0.9	5.8	0	476	0.2
* Teriyaki Chicken Breast	6 ounces	272	38.1	9.6	6.1	104	906	0.1
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* Mashed Potatoes	1/2 cup	65	1.3	2.9	8.8	0	41	0.0
* Dinner Roll	1 each	90	2.4	2.1	15.1	10	118	0.5
* Broccoli	1/2 cup	20	2.2	0.1	3.8	0	17	2.1
* Green Beans	1/2 cup	16	0.8	0.1	3.7	0	272	1.6

REGULAR MENU CYCLE 6

TUESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Bran Muffin	1 each	220	3.0	11.0	27.0	20	235	1.0
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* French Toast	1 slice	137	10.2	3.2	16.2	2	398	0.6
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Bacon, Fried	3 each	90	4.5	7.5	0.0	22	285	0.0
* Corned Beef Hash	3 ounces	191	9.6	12.0	11.5	35	628	2.4
* Hashbrowns	1/2 cup	55	1.3	0.2	12.3	0	199	2.1
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Waffles, Convenience	1 each	88	2.1	2.7	13.5	11	262	0.8
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Vegetable Soup	1 cup	42	1.5	0.4	8.3	1	460	1.2
* Cream of Asparagus Soup	1 cup	121	3.9	6.3	12.6	2	470	0.7
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Ham Salad	1/2 cup	152	14.1	8.4	4.5	113	906	0.1
* Croissant	1 each	294	6.0	17.0	28.9		326	1.2
* Potato Chips	1 bag	167	2.2	10.8	16.5	0	185	1.5
* Succotash	1/2 cup	84	3.9	0.8	18.1	0	41	3.6
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Barbecue Pork Loin	3 ounces	263	35.6	11.5	1.9	98	180	0.2
* Parmesan Fish	1 each	298	41.2	13.7	0.5	103	385	0.1
* Oven Browned Potatoes	1/2 cup	87	1.5	1.6	17.0	0	28	1.5
* Mustard Greens	1/2 cup	75	3.7	2.2	11.9	1	460	3.9
* Carrot Coins	1/2 cup	29	0.8	0.2	6.8	0	45	2.4
* French Roll	1 each	167	5.6	2.5	30.0	0	310	1.3

REGULAR MENU CYCLE 6

WEDNESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Blueberry Muffin	1 each	167	3.3	3.9	28.9	18	269	1.6
* 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	10	0.9
* Pancakes	2 each	106	3.8	3.7	14.0	35	247	0.9
* Waffles, Convenience	2 each	176	4.1	5.5	27.0	22	524	1.5
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Sausage Link	2 ounces	97	5.2	8.2	0.3	22	341	0.0
* Creamed Chipped Beef	4 ounces	162	8.7	11.6	5.9	43	646	
* Baked Beans	1/2 cup	155	6.8	1.9	30.3	9	509	6.6
* Corn Bread	1 square	150	2.5	4.4	25.0	1	400	2.3
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Potato Pancakes	2 each	113	2.6	4.3	17.3	13	277	1.7
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Pinto Bean Soup	1 cup	109	6.5	0.8	19.5	1	342	7.3
* Corn Chowder, Scratch	1 cup	127	3.4	6.4	15.0	8	538	1.0
* Grilled Ham and Cheese Sandwich	1 each	303	16.9	11.7	33.1	37	1160	1.4
* Shrimp Salad	1/2 cup	200	26.0	6.9	7.2	272	350	0.3
* Cold Cuts	1 serving	265	11.0	24.3	2.3	49	967	0.0
* Corn Chips	1 bag	200	2.0	13.0	19.0	0	200	1.0
* Mixed Vegetables	1/2 cup	36	1.8	0.0	6.2	0	18	1.8
* Baked Potato	1 each	186	3.6	0.6	42.5	0	11	3.8
* Assorted Cheeses	1 serving	213	14.3	16.6	1.4	53	258	0.0
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Grilled Chopped Steak with mushroo	6 ounces	553	42.8	38.7	5.3	158	512	0.5
* Fried Chicken	2 pieces	431	40.3	18.6	22.5	117	403	0.9
* Garlic Mashed Potatoes	1/2 cup	99	2.1	3.9	14.3	0	58	0.0
* Asparagus Spear	1/2 cup	25	2.7	0.4	4.4	0	218	1.5
* Creamy Style Corn	1/2 cup	65	1.6	0.4	16.4	0	3	1.1
* Dinner Roll	1 each	90	2.4	2.1	15.1	10	118	0.5

REGULAR MENU CYCLE 6

THURSDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Pecan Coffee Cake	1 square	80	0.9	2.1	14.4		116	
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* French Toast	1 slice	137	10.2	3.2	16.2	2	398	0.6
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Canadian Bacon	3 ounces	126	16.5	5.7	1.0	39	1052	0.0
* Minced Beef	3 ounces	128	12.1	6.5	5.2	37	172	0.1
* O'Brien Potatoes	1/2 cup	101	2.6	0.1	22.2	0	9	2.0
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Waffles, Convenience	1 each	88	2.1	2.7	13.5	11	262	0.8
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Minestrone Soup	1 cup	53	2.6	0.4	10.2	0	537	1.3
* Cream of Potato Soup	1 cup	132	3.8	6.3	15.2	2	492	1.1
* Pasta Primavera with Salisbury Stea	4 ounces	518	39.3	26.3	43.4	95	681	1.6
* Pimento Cheese	1/2 cup	243	14.3	20.2	1.1	61	925	0.0
* Green Beans	1/2 cup	16	0.8	0.1	3.7	0	272	1.6
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Spaghetti Noodles	1/2 cup	144	4.6	1.7	27.1	0	9	0.9
* Meat Sauce for Spaghetti	6 ounces	326	28.6	16.5	16.2	82	1420	3.0
* Roast Turkey Breast	4 ounces	140	31.2	0.8	0.0	86	54	0.0
* Brown Gravy	3 ounces	36	1.1	0.9	5.8	0	476	0.2
* Cornbread Dressing	1/2 cup	223	5.4	9.4	29.3	1	898	2.4
* Cauliflower	1/2 cup	14	1.2	0.2	2.8	0	13	2.0
* Turnip Greens	1/2 cup	61	3.5	3.6	5.2	2	408	2.6
* French Bread	1 slice	101	2.9	1.4	20.1	2	201	
* Garlic Bread	1/2 each	127	3.4	2.8	23.1	2	224	0.2

REGULAR MENU CYCLE 6

FRIDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Cinnamon Rolls	1 each	309	5.1	13.6	42.2	55	318	2.0
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Sweet Potato Pancake	2 each	170	6.9	5.3	24.0	50	467	2.3
* Waffles, Convenience	2 each	176	4.1	5.5	27.0	22	524	1.5
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Sausage Link	2 ounces	97	5.2	8.2	0.3	22	341	0.0
* Creamed Ground Beef	1/2 cup	139	10.7	7.2	7.3	33	213	0.0
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Lyonnaise Potatoes	1/2 cup	21	0.6	0.0	4.8	0	2	0.5
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Turkey Noodle Soup	1 cup	62	5.3	0.9	7.9	19	355	0.5
* New England Clam Chowder, Scratc	1 cup	132	6.3	9.0	6.3	24	258	0.4
* Barbecue Pork on Bun	1/2 cup	320	20.1	10.3	36.1	41	916	1.0
* Tuna Salad	1/2 cup	96	8.4	4.6	5.0	75	234	0.2
* Croissant	1 each	294	6.0	17.0	28.9		326	1.2
* Corn Nuggets	1/2 cup	192	3.2	7.5	28.8	0	523	2.1
* Peas and Pearl Onions	1/2 cup	68	3.9	0.3	13.1	0	59	3.4
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Lemon Baked Fish	3 ounces	240	42.1	2.9	8.4	76	133	0.0
* Yakisoba Beef	6 ounces	252	23.9	5.6	25.3	52	911	1.5
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* Mashed Potatoes	1/2 cup	65	1.3	2.9	8.8	0	41	0.0
* Fried Eggplant in Cream Sauce	1/2 cup	297	4.9	18.1	28.1	0	885	4.2
* Beets	1/2 cup	36	1.0	0.1	8.5	0	326	1.6
* French Bread	1 slice	101	2.9	1.4	20.1	2	201	
* Garlic Bread	1/2 each	127	3.4	2.8	23.1	2	224	0.2

REGULAR MENU CYCLE 6

SATURDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Banana Nut Muffin	1 each	191	2.7	10.4	21.8		142	0.6
* 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	10	0.9
* Pancakes	1 each	53	1.9	1.9	7.0	17	124	0.5
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	2 each	149	12.5	10.0	1.2	425	133	0.0
* Bacon, Fried	3 each	90	4.5	7.5	0.0	22	285	0.0
* Corned Beef Hash	3 ounces	191	9.6	12.0	11.5	35	628	2.4
* Cottage Fries	1/2 cup	81	1.1	4.4	9.7	0	146	1.0
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Waffles, Convenience	1 each	88	2.1	2.7	13.5	11	262	0.8
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Vegetable Soup	1 cup	42	1.5	0.4	8.3	1	460	1.2
* Split Pea Soup	1 cup	137	9.3	0.9	24.1	1	380	9.3
* Pizza, Scratch	1 slice	229	14.2	15.4	7.9	48	447	1.1
* Ham Salad	1/2 cup	152	14.1	8.4	4.5	113	906	0.1
* Corn Chips	1 bag	200	2.0	13.0	19.0	0	200	1.0
* Cauliflower	1/2 cup	14	1.2	0.2	2.8	0	13	2.0
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Red Beans with Sausage	1 serving	178	9.7	7.1	19.5	16	243	4.7
* Country Fried Steak with Gravy	4 ounces	452	23.4	26.9	29.1	120	906	0.0
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* Mashed Potatoes	1/2 cup	65	1.3	2.9	8.8	0	41	0.0
* Cabbage	1/2 cup	54	2.7	0.4	12.2	0	43	5.2
* Collard Greens	1/2 cup	70	4.1	2.8	9.2	2	520	3.3
* Corn Bread	1 square	150	2.5	4.4	25.0	1	400	2.3

REGULAR MENU CYCLE 6

SUNDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Bran Muffin	1 each	220	3.0	11.0	27.0	20	235	1.0
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* French Toast	1 slice	137	10.2	3.2	16.2	2	398	0.6
* Waffles, Convenience	1 each	88	2.1	2.7	13.5	11	262	0.8
* Scrambled Eggs	1/4 cup	149	12.5	10.0	1.2	425	126	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Sausage Patty	3 ounces	98	5.2	8.3	0.3	22	345	0.0
* Creamed Ground Beef	1/2 cup	139	10.7	7.2	7.3	33	213	0.0
* O'Brien Potatoes	1/2 cup	101	2.6	0.1	22.2	0	9	2.0
* Breakfast Gravy	1/4 cup	58	0.8	2.0	9.1		226	
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Fruit Cocktail	1/2 cup	95	1.0	0.0	24.7	0	8	2.1
* Banana	1 each	109	1.2	0.6	27.6	0	1	2.8
* Grapefruit, Half	1 each	37	0.7	0.1	9.5	0	0	
* Orange Sections	1/2 cup	52	1.2	0.1	13.2	0	1	2.7
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Fruit Deluxe	1/2 cup	47	0.4	0.0	11.2	0	0	1.1
* Applesauce	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Noon Meal								
* Chicken Noodle Soup	1 cup	70	5.2	1.7	8.2	20	361	0.6
* Chili,entree	1 cup	186	16.6	7.8	12.9	43	674	2.5
* Crawfish Bisque	1 cup	157	6.2	10.1	9.5	44	608	0.3
* Baked Potato	1 each	186	3.6	0.6	42.5	0	11	3.8
* Chili without Beans (lunch)	1/2 cup	188	8.1	13.8	7.7	37	695	1.3
* Turkey Salad	1/3 cup	134	13.9	5.8	6.3	116	207	0.2
* California Mix	1/2 cup	27	1.8	0.0	4.4	0	22	1.8
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* Corn Bread	1 square	150	2.5	4.4	25.0	1	400	2.3
* Grilled Cheese Sandwich	1 each	268	10.8	14.5	24.1	26	490	2.1
* Grilled Hamburger on Bun	1 each	363	24.5	18.9	21.6	80	306	1.2
* Grilled Cheeseburger on Bun	1 each	415	27.6	23.3	21.9	93	397	1.2
* Hot Dog	1 each	171	6.5	15.6	0.9	28	637	0.0
* Sauerkraut	1/2 cup	24	1.1	0.2	5.3	0	820	3.1
* Grilled Chicken Breast	4 ounces	142	26.7	3.1	0.0	73	64	0.0
Evening Meal								
* Roast Pork	3 ounces	234	32.5	10.4	0.5	90	81	0.2
* Brown Gravy	3 ounces	36	1.1	0.9	5.8	0	476	0.2
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* Chicken and Dumplings	8 ounces	266	13.0	14.5	21.2	64	591	
* Baked Sweet Potato	1 each	226	2.9	0.3	53.7	0	474	7.6
* Blackeyed Peas	1/2 cup	36	1.2	0.1	7.5	0	90	2.0
* Green Beans	1/2 cup	16	0.8	0.1	3.7	0	272	1.6
* Dinner Roll	1 each	90	2.4	2.1	15.1	10	118	0.5