MONDAY CYCLE 1, 3 AND 5

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Noon Meal								
* Lettuce Leaf	1 each	4	0.3	0.1	0.7	0	2	0.4
* Dill Pickle Chips	2 each	2	0.1	0.0	0.4	0	116	0.1
* Tomato Slices	2 slices	24	1.0	0.4	5.2	0	10	1.2
* Cucumber Slices	1/2 cup	2	0.1	0.0	0.5	0	0	0.1
* Celery Sticks	2 sticks	3	0.2	0.0	0.7	0	18	0.3
* Carrot Sticks	2 sticks	9	0.2	0.0	2.0	0	7	0.6
* Onions, Sliced	2 slices	4	0.1	0.0	0.9	0	0	0.2
* Green Onions	1 serving	1	0.1	0.0	0.3	0	1	0.1
* Cheddar Cheese, Grated	1 ounce	27	1.7	2.3	0.1	7	42	0.0
* Jalapeno Peppers	1 serving	1	0.0	0.0	0.2	0	57	0.1
* Beets	1/2 cup	36	1.0	0.1	8.5	0	326	1.6
* Green Peppers, Sliced	1 serving	3	0.1	0.0	0.6	0	0	0.2
* Broccoli Florettes	1/4 cup	5	0.5	0.1	0.9	0	5	0.5
* Carrots, Shredded	1 serving	3	0.1	0.0	0.7	0	2	0.2
* Garbanzo Beans	1 serving	19	0.8	0.2	3.6	0	47	0.7
* Green Olives	1 serving	9	0.1	0.7	0.6	0	97	0.3
* Garden Salad, Marinated	1/2 cup	148	0.8	13.8	6.5	0	225	0.9
* Pineapple Chunks	1/2 cup	79	0.5	0.1	20.5	0	1	1.0
* Golden Glow Gelatin, Sugar Free	1 serving	10	2.0	0.0	0.4	0	7	0.0
* Sweet Pickles	1 serving	30	0.1	0.1	8.2	0	241	0.3
* Cottage Cheese	1/2 cup	31	4.7	0.7	1.2	3	138	0.0
* Coleslaw	1/3 cup	74	1.4	4.4	8.6	5	125	2.2

TUESDAY CYCLE 1, 3 AND 5

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Noon Meal								
* Lettuce Leaf	1 each	4	0.3	0.1	0.7	0	2	0.4
* Dill Pickle Chips	2 each	2	0.1	0.0	0.4	0	116	0.1
* Sweet Pickles	1 serving	30	0.1	0.1	8.2	0	241	0.3
* Tomato Slices	2 slices	24	1.0	0.4	5.2	0	10	1.2
* Cucumber Slices	1/2 cup	2	0.1	0.0	0.5	0	0	0.1
* Celery Sticks	2 sticks	3	0.2	0.0	0.7	0	18	0.3
* Carrot Sticks	2 sticks	9	0.2	0.0	2.0	0	7	0.6
* Onions, Sliced	2 slices	4	0.1	0.0	0.9	0	0	0.2
* Green Onions	1 serving	1	0.1	0.0	0.3	0	1	0.1
* Cheddar Cheese, Grated	1 ounce	27	1.7	2.3	0.1	7	42	0.0
* Jalapeno Peppers	1 serving	1	0.0	0.0	0.2	0	57	0.1
* Pickled Beets	1 serving	19	0.2	0.0	4.9	0	79	0.8
* Salsa	1 serving	3	0.1	0.0	0.6	0	81	0.0
* Green Peppers, Chopped	1 serving	3	0.1	0.0	0.6	0	0	0.2
* Black Olives, Whole	1 serving	10	0.1	0.9	0.6	0	77	0.3
* Cauliflower Florettes	1 serving	26	2.0	0.2	5.4	0	31	2.6
* Celery, Chopped	1 serving	3	0.2	0.0	0.7	0	18	0.3
* Potato Salad	1/3 cup	101	2.0	3.8	15.8	36	400	1.7
* Cottage Cheese	1/2 cup	31	4.7	0.7	1.2	3	138	0.0
* Coleslaw	1/3 cup	74	1.4	4.4	8.6	5	125	2.2
* Peach Slices	1/2 cup	86	1.2	0.1	22.7	0	8	2.5
* Strawberry Gelatin, Sugar Free	1 each	9	1.4	0.0	0.2	0	80	0.0

WEDNESDAY CYCLE 1, 3 AND 5

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Noon Meal								
* Lettuce Leaf	1 each	4	0.3	0.1	0.7	0	2	0.4
* Dill Pickle Chips	2 each	2	0.1	0.0	0.4	0	116	0.1
* Tomato Slices	2 slices	24	1.0	0.4	5.2	0	10	1.2
* Cucumber Slices	1/2 cup	2	0.1	0.0	0.5	0	0	0.1
* Celery Sticks	2 sticks	3	0.2	0.0	0.7	0	18	0.3
* Carrot Sticks	2 sticks	9	0.2	0.0	2.0	0	7	0.6
* Onions, Sliced	2 slices	4	0.1	0.0	0.9	0	0	0.2
* Green Onions	1 serving	1	0.1	0.0	0.3	0	1	0.1
* Cheddar Cheese, Grated	1 ounce	27	1.7	2.3	0.1	7	42	0.0
* Jalapeno Peppers	1 serving	1	0.0	0.0	0.2	0	57	0.1
* Beets	1/2 cup	36	1.0	0.1	8.5	0	326	1.6
* Green Peppers, Sliced	1 serving	3	0.1	0.0	0.6	0	0	0.2
* Broccoli Florettes	1/4 cup	5	0.5	0.1	0.9	0	5	0.5
* Carrots, Shredded	1 serving	3	0.1	0.0	0.7	0	2	0.2
* Garbanzo Beans	1 serving	19	0.8	0.2	3.6	0	47	0.7
* Green Olives	1 serving	9	0.1	0.7	0.6	0	97	0.3
* Carrot Raisin Salad	1/3 Cup	116	1.1	4.4	20.1	5	253	2.2
* Pear Halves	1/2 cup	65	0.4	0.1	16.8	0	5	2.1
* Orange Gelatin, Sugar Free	1 each	9	2.0	0.0	0.3	0	7	
* Sweet Pickles	1 serving	30	0.1	0.1	8.2	0	241	0.3
* Cottage Cheese	1/2 cup	31	4.7	0.7	1.2	3	138	0.0
* Coleslaw	1/3 Cup	74	1.4	4.4	8.6	5	125	2.2

Menu: Salad Bar *Date: 23 Dec 2004, Thu*

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Noon Meal								
* Lettuce Leaf	1 each	4	0.3	0.1	0.7	0	2	0.4
* Dill Pickle Chips	2 each	2	0.1	0.0	0.4	0	116	0.1
* Sweet Pickles	1 serving	30	0.1	0.1	8.2	0	241	0.3
* Tomato Slices	2 slices	24	1.0	0.4	5.2	0	10	1.2
* Cucumber Slices	1/2 cup	2	0.1	0.0	0.5	0	0	0.1
* Celery Sticks	2 sticks	3	0.2	0.0	0.7	0	18	0.3
* Carrot Sticks	2 sticks	9	0.2	0.0	2.0	0	7	0.6
* Onions, Sliced	2 slices	4	0.1	0.0	0.9	0	0	0.2
* Green Onions	1 serving	1	0.1	0.0	0.3	0	1	0.1
* Cheddar Cheese, Grated	1 ounce	27	1.7	2.3	0.1	7	42	0.0
* Jalapeno Peppers	1 serving	1	0.0	0.0	0.2	0	57	0.1
* Pickled Beets	1 serving	19	0.2	0.0	4.9	0	79	0.8
* Salsa	1 serving	3	0.1	0.0	0.6	0	81	0.0
* Green Peppers, Chopped	1 serving	3	0.1	0.0	0.6	0	0	0.2
* Black Olives, Whole	1 serving	10	0.1	0.9	0.6	0	77	0.3
* Cauliflower Florettes	1 serving	26	2.0	0.2	5.4	0	31	2.6
* Celery, Chopped	1 serving	3	0.2	0.0	0.7	0	18	0.3
* Waldorf Salad	1/2 cup	109	1.0	7.3	11.5	5	122	1.7
* Cottage Cheese	1/2 cup	31	4.7	0.7	1.2	3	138	0.0
* Coleslaw	1/3 cup	74	1.4	4.4	8.6	5	125	2.2
* Apricot Halves	2 halves	30	0.8	0.2	7.2	0	3	1.8
* Raspberry Gelatin, Sugar Free	1 each	9	1.4	0.0	0.2	0	80	0.0

FRIDAY

CYCLE 1, 3 AND 5

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Noon Meal								
* Lettuce Leaf	1 each	4	0.3	0.1	0.7	0	2	0.4
* Dill Pickle Chips	2 each	2	0.1	0.0	0.4	0	116	0.1
* Tomato Slices	2 slices	24	1.0	0.4	5.2	0	10	1.2
* Cucumber Slices	1/2 cup	2	0.1	0.0	0.5	0	0	0.1
* Celery Sticks	2 sticks	3	0.2	0.0	0.7	0	18	0.3
* Carrot Sticks	2 sticks	9	0.2	0.0	2.0	0	7	0.6
* Onions, Sliced	2 slices	4	0.1	0.0	0.9	0	0	0.2
* Green Onions	1 serving	1	0.1	0.0	0.3	0	1	0.1
* Cheddar Cheese, Grated	1 ounce	27	1.7	2.3	0.1	7	42	0.0
* Jalapeno Peppers	1 serving	1	0.0	0.0	0.2	0	57	0.1
* Beets	1/2 cup	36	1.0	0.1	8.5	0	326	1.6
* Green Peppers, Sliced	1 serving	3	0.1	0.0	0.6	0	0	0.2
* Broccoli Florettes	1/4 cup	5	0.5	0.1	0.9	0	5	0.5
* Carrots, Shredded	1 serving	3	0.1	0.0	0.7	0	2	0.2
* Garbanzo Beans	1 serving	19	0.8	0.2	3.6	0	47	0.7
* Green Olives	1 serving	9	0.1	0.7	0.6	0	97	0.3
* Pineapple Slices	1/2 cup	101	0.7	0.1	26.4	0	2	1.3
* Lime Gelatin, Sugar Free	1 each	9	2.0	0.0	0.3	0	7	
* Country Style Tomato Salad	1 serving	103	0.7	9.3	5.2	0	160	0.9
* Sweet Pickles	1 serving	30	0.1	0.1	8.2	0	241	0.3
* Cottage Cheese	1/2 cup	31	4.7	0.7	1.2	3	138	0.0
* Coleslaw	1/3 CUP	74	1.4	4.4	8.6	5	125	2.2

SATURDAY

CYCLE 1, 3 AND 5

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Noon Meal								
* Lettuce Leaf	1 each	4	0.3	0.1	0.7	0	2	0.4
* Dill Pickle Chips	2 each	2	0.1	0.0	0.4	0	116	0.1
* Sweet Pickles	1 serving	30	0.1	0.1	8.2	0	241	0.3
* Tomato Slices	2 slices	24	1.0	0.4	5.2	0	10	1.2
* Cucumber Slices	1/2 cup	2	0.1	0.0	0.5	0	0	0.1
* Celery Sticks	2 sticks	3	0.2	0.0	0.7	0	18	0.3
* Carrot Sticks	2 sticks	9	0.2	0.0	2.0	0	7	0.6
* Onions, Sliced	2 slices	4	0.1	0.0	0.9	0	0	0.2
* Green Onions	1 serving	1	0.1	0.0	0.3	0	1	0.1
* Cheddar Cheese, Grated	1 ounce	27	1.7	2.3	0.1	7	42	0.0
* Jalapeno Peppers	1 serving	1	0.0	0.0	0.2	0	57	0.1
* Pickled Beets	1 serving	19	0.2	0.0	4.9	0	79	0.8
* Salsa	1 serving	3	0.1	0.0	0.6	0	81	0.0
* Green Peppers, Chopped	1 serving	3	0.1	0.0	0.6	0	0	0.2
* Black Olives, Whole	1 serving	10	0.1	0.9	0.6	0	77	0.3
* Cauliflower Florettes	1 serving	26	2.0	0.2	5.4	0	31	2.6
* Celery, Chopped	1 serving	3	0.2	0.0	0.7	0	18	0.3
* Macaroni Salad	1/3 Cup	152	3.2	4.6	24.9	5	197	1.0
* Cottage Cheese	1/2 cup	31	4.7	0.7	1.2	3	138	0.0
* Coleslaw	1/3 cup	74	1.4	4.4	8.6	5	125	2.2
* Peach Slices	1/2 cup	86	1.2	0.1	22.7	0	8	2.5
* Cherry Gelatin with Fruit, Sugar Fre	1 each	9	1.4	0.0	0.2	0	80	0.0

SUNDAY

CYCLE 1, 3 AND 5

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Noon Meal								
* Lettuce Leaf	1 each	4	0.3	0.1	0.7	0	2	0.4
* Dill Pickle Chips	2 each	2	0.1	0.0	0.4	0	116	0.1
* Sweet Pickles	1 serving	30	0.1	0.1	8.2	0	241	0.3
* Tomato Slices	2 slices	24	1.0	0.4	5.2	0	10	1.2
* Cucumber Slices	1/2 cup	2	0.1	0.0	0.5	0	0	0.1
* Celery Sticks	2 sticks	3	0.2	0.0	0.7	0	18	0.3
* Carrot Sticks	2 sticks	9	0.2	0.0	2.0	0	7	0.6
* Onions, Sliced	2 slices	4	0.1	0.0	0.9	0	0	0.2
* Green Onions	1 serving	1	0.1	0.0	0.3	0	1	0.1
* Cheddar Cheese, Grated	1 ounce	27	1.7	2.3	0.1	7	42	0.0
* Jalapeno Peppers	1 serving	1	0.0	0.0	0.2	0	57	0.1
* Beets	1/2 cup	36	1.0	0.1	8.5	0	326	1.6
* Black Eyed Peas	1 serving	24	1.5	0.2	4.3	0	94	1.0
* Black Olives, Sliced	1 serving	20	0.1	1.9	1.1	0	154	0.6
* Broccoli Florettes	1/4 cup	5	0.5	0.1	0.9	0	5	0.5
* Green Peppers, Sliced	1 serving	3	0.1	0.0	0.6	0	0	0.2
* Carrots, Shredded	1 serving	3	0.1	0.0	0.7	0	2	0.2
* Three Bean Salad	1/2 cup	105	1.3	0.7	23.6	0	394	5.3
* Cottage Cheese	1/2 cup	31	4.7	0.7	1.2	3	138	0.0
* Coleslaw	1/3 Cup	74	1.4	4.4	8.6	5	125	2.2
* Pear Halves	1/2 cup	65	0.4	0.1	16.8	0	5	2.1

MONDAY

CYCLE 2, 4 AND 6

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Noon Meal								
* Lettuce Leaf	1 each	4	0.3	0.1	0.7	0	2	0.4
* Dill Pickle Chips	2 each	2	0.1	0.0	0.4	0	116	0.1
* Tomato Slices	2 slices	24	1.0	0.4	5.2	0	10	1.2
* Cucumber Slices	1/2 cup	2	0.1	0.0	0.5	0	0	0.1
* Celery Sticks	2 sticks	3	0.2	0.0	0.7	0	18	0.3
* Carrot Sticks	2 sticks	9	0.2	0.0	2.0	0	7	0.6
* Onions, Sliced	2 slices	4	0.1	0.0	0.9	0	0	0.2
* Green Onions	1 serving	1	0.1	0.0	0.3	0	1	0.1
* Cheddar Cheese, Grated	1 ounce	27	1.7	2.3	0.1	7	42	0.0
* Jalapeno Peppers	1 serving	1	0.0	0.0	0.2	0	57	0.1
* Beets	1/2 cup	36	1.0	0.1	8.5	0	326	1.6
* Green Peppers, Sliced	1 serving	3	0.1	0.0	0.6	0	0	0.2
* Broccoli Florettes	1/4 cup	5	0.5	0.1	0.9	0	5	0.5
* Carrots, Shredded	1 serving	3	0.1	0.0	0.7	0	2	0.2
* Garbanzo Beans	1 serving	19	0.8	0.2	3.6	0	47	0.7
* Green Olives	1 serving	9	0.1	0.7	0.6	0	97	0.3
* Waldorf Salad	1/2 cup	109	1.0	7.3	11.5	5	122	1.7
* Pineapple Chunks	1/2 cup	79	0.5	0.1	20.5	0	1	1.0
* Lemon Gelatin, Sugar Free	1 each	9	2.0	0.0	0.3	0	7	
* Sweet Pickles	1 serving	30	0.1	0.1	8.2	0	241	0.3
* Cottage Cheese	1/2 cup	31	4.7	0.7	1.2	3	138	0.0
* Coleslaw	1.3 Cup	74	1.4	4.4	8.6	5	125	2.2

TUESDAY

CYCLE 2, 4 AND 6

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Noon Meal								
* Lettuce Leaf	1 each	4	0.3	0.1	0.7	0	2	0.4
* Dill Pickle Chips	2 each	2	0.1	0.0	0.4	0	116	0.1
* Sweet Pickles	1 serving	30	0.1	0.1	8.2	0	241	0.3
* Tomato Slices	2 slices	24	1.0	0.4	5.2	0	10	1.2
* Cucumber Slices	1/2 cup	2	0.1	0.0	0.5	0	0	0.1
* Celery Sticks	2 sticks	3	0.2	0.0	0.7	0	18	0.3
* Carrot Sticks	2 sticks	9	0.2	0.0	2.0	0	7	0.6
* Onions, Sliced	2 slices	4	0.1	0.0	0.9	0	0	0.2
* Green Onions	1 serving	1	0.1	0.0	0.3	0	1	0.1
* Cheddar Cheese, Grated	1 ounce	27	1.7	2.3	0.1	7	42	0.0
* Jalapeno Peppers	1 serving	1	0.0	0.0	0.2	0	57	0.1
* Pickled Beets	1 serving	19	0.2	0.0	4.9	0	79	0.8
* Salsa	1 serving	3	0.1	0.0	0.6	0	81	0.0
* Green Peppers, Chopped	1 serving	3	0.1	0.0	0.6	0	0	0.2
* Black Olives, Whole	1 serving	10	0.1	0.9	0.6	0	77	0.3
* Celery, Chopped	1 serving	3	0.2	0.0	0.7	0	18	0.3
* Cardinal Salad	1 serving	136	6.8	7.2	11.5	63	185	2.8
* Cottage Cheese	1/2 cup	31	4.7	0.7	1.2	3	138	0.0
* Coleslaw	1/3 Cup	74	1.4	4.4	8.6	5	125	2.2
* Peach Slices	1/2 cup	86	1.2	0.1	22.7	0	8	2.5
* Strawberry Gelatin, Sugar Free	1 each	9	1.4	0.0	0.2	0	80	0.0

WEDNESDAY

CYCLE 2, 4 AND 6

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Noon Meal								
* Lettuce Leaf	1 each	4	0.3	0.1	0.7	0	2	0.4
* Dill Pickle Chips	2 each	2	0.1	0.0	0.4	0	116	0.1
* Tomato Slices	2 slices	24	1.0	0.4	5.2	0	10	1.2
* Cucumber Slices	1/2 cup	2	0.1	0.0	0.5	0	0	0.1
* Celery Sticks	2 sticks	3	0.2	0.0	0.7	0	18	0.3
* Carrot Sticks	2 sticks	9	0.2	0.0	2.0	0	7	0.6
* Onions, Sliced	2 slices	4	0.1	0.0	0.9	0	0	0.2
* Green Onions	1 serving	1	0.1	0.0	0.3	0	1	0.1
* Cheddar Cheese, Grated	1 ounce	27	1.7	2.3	0.1	7	42	0.0
* Jalapeno Peppers	1 serving	1	0.0	0.0	0.2	0	57	0.1
* Beets	1/2 cup	36	1.0	0.1	8.5	0	326	1.6
* Green Peppers, Sliced	1 serving	3	0.1	0.0	0.6	0	0	0.2
* Broccoli Florettes	1/4 cup	5	0.5	0.1	0.9	0	5	0.5
* Carrots, Shredded	1 serving	3	0.1	0.0	0.7	0	2	0.2
* Garbanzo Beans	1 serving	19	0.8	0.2	3.6	0	47	0.7
* Green Olives	1 serving	9	0.1	0.7	0.6	0	97	0.3
* Kidney Bean Salad	1/2 cup	185	8.4	5.6	26.5	44	638	5.2
* Pear Slices	1/2 cup	65	0.4	0.1	16.8	0	5	2.1
* Sweet Pickles	1 serving	30	0.1	0.1	8.2	0	241	0.3
* Cottage Cheese	1/2 cup	31	4.7	0.7	1.2	3	138	0.0
* Coleslaw	1/3 Cup	74	1.4	4.4	8.6	5	125	2.2

THURSDAY

CYCLE 2, 4 AND 6

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Noon Meal								
* Lettuce Leaf	1 each	4	0.3	0.1	0.7	0	2	0.4
* Dill Pickle Chips	2 each	2	0.1	0.0	0.4	0	116	0.1
* Sweet Pickles	1 serving	30	0.1	0.1	8.2	0	241	0.3
* Tomato Slices	2 slices	24	1.0	0.4	5.2	0	10	1.2
* Cucumber Slices	1/2 cup	2	0.1	0.0	0.5	0	0	0.1
* Celery Sticks	2 sticks	3	0.2	0.0	0.7	0	18	0.3
* Carrot Sticks	2 sticks	9	0.2	0.0	2.0	0	7	0.6
* Onions, Sliced	2 slices	4	0.1	0.0	0.9	0	0	0.2
* Green Onions	1 serving	1	0.1	0.0	0.3	0	1	0.1
* Cheddar Cheese, Grated	1 ounce	27	1.7	2.3	0.1	7	42	0.0
* Jalapeno Peppers	1 serving	1	0.0	0.0	0.2	0	57	0.1
* Pickled Beets	1 serving	19	0.2	0.0	4.9	0	79	0.8
* Salsa	1 serving	3	0.1	0.0	0.6	0	81	0.0
* Green Peppers, Chopped	1 serving	3	0.1	0.0	0.6	0	0	0.2
* Black Olives, Whole	1 serving	10	0.1	0.9	0.6	0	77	0.3
* Cauliflower Florettes	1 serving	26	2.0	0.2	5.4	0	31	2.6
* Celery, Chopped	1 serving	3	0.2	0.0	0.7	0	18	0.3
* Pasta Salad	1/2 cup	208	5.6	11.2	21.9	4	262	1.5
* Cottage Cheese	1/2 cup	31	4.7	0.7	1.2	3	138	0.0
* Coleslaw	1/3 cup	74	1.4	4.4	8.6	5	125	2.2
* Apricot Halves	2 halves	30	0.8	0.2	7.2	0	3	1.8

FRIDAY

CYCLE 2, 4 AND 6

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Noon Meal								
* Lettuce Leaf	1 each	4	0.3	0.1	0.7	0	2	0.4
* Dill Pickle Chips	2 each	2	0.1	0.0	0.4	0	116	0.1
* Tomato Slices	2 slices	24	1.0	0.4	5.2	0	10	1.2
* Cucumber Slices	1/2 cup	2	0.1	0.0	0.5	0	0	0.1
* Celery Sticks	2 sticks	3	0.2	0.0	0.7	0	18	0.3
* Carrot Sticks	2 sticks	9	0.2	0.0	2.0	0	7	0.6
* Onions, Sliced	2 slices	4	0.1	0.0	0.9	0	0	0.2
* Green Onions	1 serving	1	0.1	0.0	0.3	0	1	0.1
* Cheddar Cheese, Grated	1 ounce	27	1.7	2.3	0.1	7	42	0.0
* Jalapeno Peppers	1 serving	1	0.0	0.0	0.2	0	57	0.1
* Beets	1/2 cup	36	1.0	0.1	8.5	0	326	1.6
* Green Peppers, Sliced	1 serving	3	0.1	0.0	0.6	0	0	0.2
* Broccoli Florettes	1/4 cup	5	0.5	0.1	0.9	0	5	0.5
* Carrots, Shredded	1 serving	3	0.1	0.0	0.7	0	2	0.2
* Garbanzo Beans	1 serving	19	0.8	0.2	3.6	0	47	0.7
* Green Olives	1 serving	9	0.1	0.7	0.6	0	97	0.3
* Potato Salad	1/3 Cup	101	2.0	3.8	15.8	36	400	1.7
* Pineapple Slices	1/2 cup	101	0.7	0.1	26.4	0	2	1.3
* Lime Gelatin, Sugar Free	1 each	9	2.0	0.0	0.3	0	7	
* Sweet Pickles	1 serving	30	0.1	0.1	8.2	0	241	0.3
* Cottage Cheese	1/2 cup	31	4.7	0.7	1.2	3	138	0.0
* Coleslaw	1/3 cup	74	1.4	4.4	8.6	5	125	2.2

SATURDAY

CYCLE 2, 4 AND 6

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Noon Meal								
* Lettuce Leaf	1 each	4	0.3	0.1	0.7	0	2	0.4
* Dill Pickle Chips	2 each	2	0.1	0.0	0.4	0	116	0.1
* Sweet Pickles	1 serving	30	0.1	0.1	8.2	0	241	0.3
* Tomato Slices	2 slices	24	1.0	0.4	5.2	0	10	1.2
* Cucumber Slices	1/2 cup	2	0.1	0.0	0.5	0	0	0.1
* Celery Sticks	2 sticks	3	0.2	0.0	0.7	0	18	0.3
* Carrot Sticks	2 sticks	9	0.2	0.0	2.0	0	7	0.6
* Onions, Sliced	2 slices	4	0.1	0.0	0.9	0	0	0.2
* Green Onions	1 serving	1	0.1	0.0	0.3	0	1	0.1
* Cheddar Cheese, Grated	1 ounce	27	1.7	2.3	0.1	7	42	0.0
* Jalapeno Peppers	1 serving	1	0.0	0.0	0.2	0	57	0.1
* Pickled Beets	1 serving	19	0.2	0.0	4.9	0	79	0.8
* Salsa	1 serving	3	0.1	0.0	0.6	0	81	0.0
* Cauliflower Florettes	1 serving	26	2.0	0.2	5.4	0	31	2.6
* Green Peppers, Chopped	1 serving	3	0.1	0.0	0.6	0	0	0.2
* Black Olives, Whole	1 serving	10	0.1	0.9	0.6	0	77	0.3
* Celery, Chopped	1 serving	3	0.2	0.0	0.7	0	18	0.3
* Carrot Raisin Salad	1/3 Cup	116	1.1	4.4	20.1	5	253	2.2
* Cottage Cheese	1/2 cup	31	4.7	0.7	1.2	3	138	0.0
* Coleslaw	1/3 cup	74	1.4	4.4	8.6	5	125	2.2
* Peach Slices	1/2 cup	86	1.2	0.1	22.7	0	8	2.5

SUNDAY

CYCLE 2, 4 AND 6

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Noon Meal								
* Lettuce Leaf	1 each	4	0.3	0.1	0.7	0	2	0.4
* Dill Pickle Chips	2 each	2	0.1	0.0	0.4	0	116	0.1
* Sweet Pickles	1 serving	30	0.1	0.1	8.2	0	241	0.3
* Tomato Slices	2 slices	24	1.0	0.4	5.2	0	10	1.2
* Cucumber Slices	1/2 cup	2	0.1	0.0	0.5	0	0	0.1
* Celery Sticks	2 sticks	3	0.2	0.0	0.7	0	18	0.3
* Carrot Sticks	2 sticks	9	0.2	0.0	2.0	0	7	0.6
* Onions, Sliced	2 slices	4	0.1	0.0	0.9	0	0	0.2
* Green Onions	1 serving	1	0.1	0.0	0.3	0	1	0.1
* Cheddar Cheese, Grated	1 ounce	27	1.7	2.3	0.1	7	42	0.0
* Jalapeno Peppers	1 serving	1	0.0	0.0	0.2	0	57	0.1
* Beets	1/2 cup	36	1.0	0.1	8.5	0	326	1.6
* Black Eyed Peas	1 serving	24	1.5	0.2	4.3	0	94	1.0
* Black Olives, Sliced	1 serving	20	0.1	1.9	1.1	0	154	0.6
* Broccoli Florettes	1/4 cup	5	0.5	0.1	0.9	0	5	0.5
* Green Peppers, Sliced	1 serving	3	0.1	0.0	0.6	0	0	0.2
* Carrots, Shredded	1 serving	3	0.1	0.0	0.7	0	2	0.2
* Three Bean Salad	1/2 cup	105	1.3	0.7	23.6	0	394	5.3
* Cottage Cheese	1/2 cup	31	4.7	0.7	1.2	3	138	0.0
* Coleslaw	1/3 Cup	74	1.4	4.4	8.6	5	125	2.2
* Pear Slices	1/2 cup	65	0.4	0.1	16.8	0	5	2.1