

MASTER MENU 28 DAY CYCLE 20240216 - 20261218

DAY 1
FRIDAY
2024: 19 JAN, 16 FEB, 15 MAR, 12 APR, 10 MAY, 07 JUN, 05 JUL, 02 AUG, 30 AUG, 27 SEP, 25 OCT, 22 NOV, 20 DEC
2025: 17 JAN, 14 FEB, 14 MAR, 11 APR, 09 MAY, 06 JUN, 04 JUL, 01 AUG, 29 AUG, 26 SEP, 24 OCT, 21 NOV, 19 DEC
2026: 16 JAN, 13 FEB, 13 MAR, 10 APR, 08 MAY, 05 JUN, 03 JUL, 31 JUL, 28 AUG, 25 SEP, 23 OCT, 20 NOV, 18 DEC

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
Breakfast										
L 175 00	POTATO FRITTATA	1 Piece		231	17.1	6.4	27.9	176	171	555
F 007 00	GRIDDLE FRIED EGGS (COOKED TO ORDER)	2 Each		134	10	9.8	0.6	297	45	113
LO/F 008 07	ASSORTED OMELETS	1 Omelet		239	17.4	16	5.8	354	130	484
F 010 00	SCRAMBLE EGGS	1/3 Cup		150	10.9	10.8	1.2	337	57	118
F 008 01	ASSORTED OMELETS (EGG WHITE)	1 Omelet		141	14.9	6.74	5.8	16	82	519
LO/F 010 05	SCRAMBLED EGGS (EGG WHITE)	1/3 Cup		52	8.4	1.1	1.1	0	9	153
LOCAL 001	DICED BACON (OVEN FRIED)	1 Ounce		227	14.8	17.9	0.6	44	4	907
LOCAL 002	DICED HAM	1 Ounce		34	5.2	1.3	0	11	2	356
M G 001 66	*2 PEPPERS, GREEN, FRESH, DICED	1 Ounce		6	0.2	0	1.3	0	3	1
M G 001 31	*2 ONIONS, DRY, CHOPPED	2 Tbsps		8	0.2	0	1.8	0	4	1
M G 001 51	*2 TOMATOES, FRESH, DICED	2 Tbsps		9	0.5	0.1	2	0	5	3
M G 001 29	OLIVES, BLACK, SLICED	3 Each		35	0.3	3.3	1.9	0	27	225
M G 001 28	*2 MUSHROOMS, SLICED, CANNED	1 Tbsp		5	0.3	0.1	0.9	0	2	77
M G 001 37	*2 PEPPERS, JALAPENO, CHOPPED (CANNED)	3 Tbsps		3	0.1	0.1	0.6	0	3	197
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 Tbsps		58	3.4	4.8	0.2	14	96	91
M G 001 69	*2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
F 004 00	HARD COOKED EGGS	2 Each		130	11.4	8.6	0.7	337	57	135
L 030 00	CREAMED GROUND BEEF	2/3 Cup		223	24	8.4	11.2	67	141	551
D 001 00	BAKING POWDER BISCUITS	1 Each		145	24	3.6	3.7	0	100	309
L 091 00	GRILLED SAUSAGE LINKS (COOKED PORK AND BEEF)	2 Pieces		182	5.4	16.6	2.4	39	0	402
L 002 00	OVEN FRIED BACON (3 Slice)	3 Slices		170	11.1	13.4	0.4	33	3	680
Q 049 00	O'BRIEN POTATOES	2/3 Cup		134	2.6	1.2	29.1	0	13	194
E 016 00	ISLANDER'S RICE	3/4 Cup		101	4.7	0.9	18.7	0	43	690
LO/Q 038 01	REFRIED BEANS (DEHYDRATED CANNED BEANS)	1/2 CUP		37	2	0.8	5.5	0	14	154
R/M	GRITS, INDIVIDUAL	1 PACKET		15	0.4	0.1	3.1	0	0	0
R/M	OATMEAL, INDIVIDUAL, ASST	1 PACKET		133	2.9	2.2	26.4	0	107	175
D 025 04	BUTTERMILK PANCAKES (PANCAKE MIX)	2 Cakes		209	5.5	1.8	41.8	1	195	613
Lunch										
P 010 01	SHRIMP GUMBO	1 CUP		87	3.6	4.7	8.2	24	53	1382
SDX 35560	BAYOU JERK PORK LOIN - SDX	4 Ounces		402	34.7	27.7	1.3	104	34	669
SDX 10841 01	CAJUN LIGHTNING CHICKEN (QUARTERED)	1 Quarter		508	48.3	24.2	21.3	154	46	817
Q 066 00	BAKED SWEET POTATOES	1 Each		138	2.5	0.3	32.2	0	49	49
SDX 00000480	AROMATIC BASMATI RICE	1/2 Cup		70	1.3	2.6	10.3	0	12	79
SDX 71709-0	OKRA AND TOMATOES	3/4 Cup		92	2.8	5.5	10.2	0	107	602
AMP 004	CLASSIC STEAMED VEGETABLES	1 Cup		74	5.5	1.4	13.5	0	87	195
O 016 00	BROWN GRAVY	1/4 CUP		75	0.9	5.9	4.6	0	4	462
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Dinner										
P 001 00	BEEF RICE SOUP	1 Cup		32	1.6	0.8	4.7	1	18	2074
L 217 00	ASIAN BARBECUE TURKEY	4 Ounces		208	33	2.8	12.9	75	30	872
SDX 74413-1	MAPLE GLAZED SALMON	3 1/2 Oz		243	19.6	10.9	16	56	21	515
E 005 03	LONG GRAIN AND WILD RICE	3/4 Cup		168	6.8	0.9	34.4	0	13	6
Q 048 00	MASHED POTATOES	1/2 Cup		106	2.1	1.9	20.6	5	25	167
SDX HUB 359	BRUSSEL SPRTS W/CARAMLZD ONION & BACON	1/2 Cup		82	5.8	1.5	14.5	3	65	515
Q G 003 20	SIMMERED MIXED VEGETABLES (FROZEN)	3/4 Cup		88	4.1	0.6	16.5	0	33	130
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Desserts										
USMC 002	APPLE CRISP-USMC	4 OZ Ea.		296	4.9	8.7	52	0	29	83
G 030 01	WHITE CAKE (CAKE MIX)	1 Piece		196	1.8	4.8	36.8	0	35	302
G 022 00	BUTTER CREAM FROSTING	1 1/2 Tbsp		118	0.2	4.3	20.2	11	8	59
H 020 00	CHOCOLATE CHIP COOKIES (PRE-CUT DOUGH)	2 Each		214	2.9	6.4	36	13	53	260
MFR	APPLE PIE, FROZEN	1/8 Each		319	2.6	14.8	45.8	0	15	271
HUB 067	*1 GELATIN PARFAIT	1 Each		103	1.9	1.8	20.3	0	14	110
Specialty Salads										
M 005 01	CARROT AND PINEAPPLE SALAD	1/2 Cup		67	1	2.7	10.7	2	32	232
AMP 008	QUINOA SALAD	6 Oz		138	4.6	4	21.8	0	29	8

STANDARD SALAD BAR See Master Menu Enclosure (3)

STANDARD FRUIT BAR See Master Menu Enclosure (4)

STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (5)

- NOTES:
1. Manager's choice, assorted flavored gelatin during all meal periods.
 2. These items will be available for eggs made to order and stir fry vegetables.

MASTER MENU 28 DAY CYCLE 20230217 - 20260216

DAY 2 2024: 20 JAN, 17 FEB, 16 MAR, 13 APR, 11 MAY, 08 JUN, 06 JUL, 03 AUG, 31 AUG, 28 SEP, 26 OCT, 23 NOV, 21 DEC
 SATURDAY 2025: 18 JAN, 15 FEB, 15 MAR, 12 APR, 10 MAY, 07 JUN, 05 JUL, 02 AUG, 30 AUG, 27 SEP, 25 OCT, 22 NOV, 20 DEC
 2026: 17 JAN, 14 FEB, 14 MAR, 11 APR, 09 MAY, 06 JUN, 04 JUL, 01 AUG, 29 AUG, 26 SEP, 24 OCT, 21 NOV, 19 DEC

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
Breakfast Brunch										
SDX 047396-1	LAREDO QUICHE (AMP)	1 Wedge		157	4.8	9	14.1	48	34	282
F 007 00	GRIDDLE FRIED EGGS (COOKED TO ORDER)	2 Each		134	10	9.8	0.6	297	45	113
LO/F 008 07	ASSORTED OMELETS	1 Omelet		239	17.4	16	5.8	354	130	484
F 010 00	SCRAMBLE EGGS	1/3 Cup		150	10.9	10.8	1.2	337	57	118
F 008 01	ASSORTED OMELETS (EGG WHITE)	1 Omelet		141	14.9	6.74	5.8	16	82	519
LO/F 010 05	SCRAMBLED EGGS (EGG WHITE)	1/3 Cup		52	8.4	1.1	1.1	0	9	153
LOCAL 001	DICED BACON (OVEN FRIED)	1 Ounce		227	14.8	17.9	0.6	44	4	907
LOCAL 002	DICED HAM	1 Ounce		34	5.2	1.3	0	11	2	356
M G 001 66	*2 PEPPERS, GREEN, FRESH, DICED	1 Ounce		6	0.2	0	1.3	0	3	1
M G 001 31	*2 ONIONS, DRY, CHOPPED	2 Tbsps		8	0.2	0	1.8	0	4	1
M G 001 51	*2 TOMATOES, FRESH, DICED	2 Tbsps		9	0.5	0.1	2	0	5	3
M G 001 29	OLIVES, BLACK, SLICED	3 Each		35	0.3	3.3	1.9	0	27	225
M G 001 28	*2 MUSHROOMS, SLICED, CANNED	1 Tbsp		5	0.3	0.1	0.9	0	2	77
M G 001 37	*2 PEPPERS, JALAPENO, CHOPPED (CANNED)	3 Tbsps		3	0.1	0.1	0.6	0	3	197
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 Tbsps		58	3.4	4.8	0.2	14	96	91
M G 001 18	CHEESE, MONTEREY JACK, SHREDDED	2 Tbsps		3.7	2	0.3	6.4	0.9	0	6
M G 001 19	CHEESE, MOZZORELLA, SHREDDED	2 Tbsps		23	2.2	1.4	0.3	6	71	56
M G 001 69	*2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
F 004 00	HARD COOKED EGGS	2 Each		130	11.4	8.6	0.7	337	57	135
SDX 7225	SAUSAGE GRAVY	2 Ounces		110	3.1	8.2	5.9	5	76	356
D 001 00	BAKING POWDER BISCUITS	1 Each		145	24	3.6	3.7	0	100	309
SDX HUB 076	CHORIZO	2 Ounces		407	21.5	34.2	1.7	79	7	1104
L 200 01	BAKED TURKEY SAUSAGE LINKS	2 Each		99	6.5	7.6	0.7	67	13	268
Q 046 01	COTTAGE FRIED POTATOES	2/3 Cup		167	24.6	2.8	6.7	0	20	244
SDX 71686-1	TOASTED ORZO YHYW (AMP)	4 Ounces		166	5.6	1.5	31.8	0	19	222
SDX 75353-1	JOLLOF RICE	3/4 Cup		58	1.5	2.3	8.6	0	27	69
D 022 01	FRENCH TOAST (THICK SLICE)	2 Slices		265	12.9	5.1	14.6	127	84	485
P 028 00	CURRIED VEGETABLE SOUP	1 Cup		71	2.4	1	14.4	0	30	160
L 186 00	BAKED YOGURT CHICKEN	1 Piece		260	35.6	5.4	15.1	89	91	218
Q G 003 07	SIMMERED CAULIFLOWER (FRESH)	5 Flowerets		46	1.1	3.8	2.6	10	18	120
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
R/M	GRITS, INDIVIDUAL	1 PACKET		15	0.4	0.1	3.1	0	0	0
R/M	OATMEAL, INDIVIDUAL, ASST	1 PACKET		133	2.9	2.2	26.4	0	107	175
Dinner Brunch										
SDX HUB 157	CHICKEN TORTILLA SOUP	1 Cup		223	15.7	2.9	36.3	26	60+	389
L 147 01	CHICKEN A LA KING (CANNED CHICKEN)	1 Cup		242	24.4	7.4	17.6	42	71	1374
L 007 04	GRILLED RIB EYE STEAKS	1 Steak		388	35.2	26.5	2.2	109	10	123
E 020 01	GINGER RICE (FRESH CARROTS)	1 Each		87	4	2	13	59	28	495
Q 044 00	BAKED POTATOES	1 Each		187	4.9	0.2	42.4	0	29	15
Q G 002 01	GRLED ASPARAGUS W/ PARMASAN BREAD CRMBS	5 Spears		185	5.3	10	19.7	12	81	803
Q 018 00	CAULIFLOWER AU GRATIN	3/4 Cup		134	5.5	8.3	10.8	22	124	225
O 016 00	BROWN GRAVY	1/4 CUP		75	0.9	5.9	4.6	0	4	462
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Desserts										
D 036 08	SUGAR ROLLS (SWEET DOUGHT MIX)	1 Roll		193	3.6	6	31.9	13	17	166
USMC 015	CHOCOLATE CUP CAKES	1 Each		196	3	8.5	28.1	29	52	257
MFR	SUGAR COOKIES (PRE CUT DOUGH)	2 Each		145	1.4	6.9	19.7	10	27	96
MFR	PECAN PIE, FROZEN	1 Slice		68	0.7	2.8	9.9	7	4	46
K 002 00	WHIPPED TOPPING (DEHYDRATED)	3 Tbsps		26	0.4	1.4	2.9	0	10	9
HUB 067	*1 GELATIN PARFAIT	1 Each		103	1.9	1.8	20.3	0	14	110
Specialty Salads										
OKI/MH 110	GERMAN STYLE TOMATO SALAD-OKI	1/3 Cup		47	0.9	3.1	4.6	5	12	175
M 014 00	COTTAGE CHEESE AND TOMATO SALAD	1 Serving		53	7.7	0.7	4.1	2	47	238

STANDARD SALAD BAR See Master Menu Enclosure (3)
 STANDARD FRUIT BAR See Master Menu Enclosure (4)
 STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (5)

NOTES: 1. Manager's choice, assorted flavored gelatin during all meal periods.
 2. These items will be available for eggs made to order and stir fry vegetables.

MASTER MENU 28 DAY CYCLE 20240216 - 20261218

DAY 3 2024: 21 JAN, 18 FEB, 17 MAR, 14 APR, 12 MAY, 09 JUN, 07 JUL, 04 AUG, 01 SEP, 29 SEP, 27 OCT, 24 NOV, 22 DEC
 SUNDAY 2025: 19 JAN, 16 FEB, 16 MAR, 13 APR, 11 MAY, 08 JUN, 06 JUL, 03 AUG, 31 AUG, 28 SEP, 26 OCT, 23 NOV, 21 DEC
 2026: 18 JAN, 15 FEB, 15 MAR, 12 APR, 10 MAY, 07 JUN, 05 JUL, 02 AUG, 30 AUG, 27 SEP, 25 OCT, 22 NOV, 20 DEC

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Calcium (mg)	Sodium (mg)
Breakfast Brunch										
L 174 00	RICE FRITTATA	1 Piece		344	23	21.5	15	194	433	794
F 007 00	GRIDDLE FRIED EGGS (COOKED TO ORDER)	2 Each		134	10	9.8	0.6	297	45	113
LO/F 008 07	ASSORTED OMELETS	1 Omelet		239	17.4	16	5.8	354	130	484
F 010 00	SCRAMBLE EGGS	1/3 Cup		150	10.9	10.8	1.2	337	57	118
F 008 01	ASSORTED OMELETS (EGG WHITE)	1 Omelet		141	14.9	6.74	5.8	16	82	519
LO/F 010 05	SCRAMBLED EGGS (EGG WHITE)	1/3 Cup		52	8.4	1.1	1.1	0	9	153
LOCAL 001	DICED BACON (OVEN FRIED)	1 Ounce		227	14.8	17.9	0.6	44	4	907
LOCAL 002	DICED HAM	1 Ounce		34	5.2	1.3	0	11	2	356
M G 001 66	*2 PEPPERS, GREEN, FRESH, DICED	1 Ounce		6	0.2	0	1.3	0	3	1
M G 001 31	*2 ONIONS, DRY, CHOPPED	2 Tbsps		8	0.2	0	1.8	0	4	1
M G 001 51	*2 TOMATOES, FRESH, DICED	2 Tbsps		9	0.5	0.1	2	0	5	3
M G 001 29	OLIVES, BLACK, SLICED	3 Each		35	0.3	3.3	1.9	0	27	225
M G 001 28	*2 MUSHROOMS, SLICED, CANNED	1 Tbsp		5	0.3	0.1	0.9	0	2	77
M G 001 37	*2 PEPPERS, JALAPENO, CHOPPED (CANNED)	3 Tbsps		3	0.1	0.1	0.6	0	3	197
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 Tbsps		58	3.4	4.8	0.2	14	96	91
M G 001 69	*2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
F 004 00	HARD COOKED EGGS	2 Each		130	11.4	8.6	0.7	337	57	135
L 030 00	CREAMED GROUND BEEF	2/3 Cup		223	24	8.4	11.2	67	141	551
D 001 00	BAKING POWDER BISCUITS	1 Each		145	24	3.6	3.7	0	100	309
L 089 03	BAKED SAUSAGE PATTIES (PREFORMED)	1 Patty		157	5.4	14.9	0.3	30	6	324
HUB 006	GRILLED CHICKEN BREAST (5 oz)	1 Breast		141	25.7	3.3	0.2	70	13	271
Q 047 00	HOME FRIED POTATOES	2/3 Cup		215	2.7	8.9	31.8	0	13	217
E 005 05	STEAMED BROWN RICE	3/4 Cup		168	3.5	1.7	34.3	0	14	216
D 025 07	BUTTERMILK WAFFLES (PANCAKE MIX)	1 Each		217	5.8	1.8	43.4	1	203	638
P 002 01	CHICKEN NOODLE SOUP	1 Cup		44	2.1	1.3	6	1	30	2043
L 146 00	BARBECUED CHICKEN (CUT-UP)	2 Pieces		444	43.4	21.9	17.4	137	40	923
SDX 75743-1	MACARONI AND CHEESE (AMP)	3/4 Cup		349	15	16.1	35.5	30	343	733
SDX HUB 403	BRAISED COLLARD GREENS	3/4 Cup		127	5.9	2.3	23.7	4	312	1396
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
R/M	GRITS, INDIVIDUAL	1 PACKET		15	0.4	0.1	3.1	0	0	0
R/M	OATMEAL, INDIVIDUAL, ASST	1 PACKET		133	2.9	2.2	26.4	0	107	175
Dinner Brunch										
P 013 01	NEW ENGLAND CLAM CHOWDER	1 Cup		216	18.7	6.1	20.9	42	190	301
L 119 12	BAKED SALMON	4 Ounces		257	23.5	17.2	0.4	77	18	304
L 304 00	CARIBBEAN BEEF CURRY	1 Cup		284	27.6	11.5	17.3	69	48	685
SDX 016504	JASMINE RICE	4 Ounces		172	3.4	0.3	37.7	0	16	5
USMC 029	LEMON ORZO	4 Ounces		209	6.3	4.6	35.3	0	22	514
Q G 003 08	SIMMERED CARROT SLICES (FROZEN)	3/4 Cup		49	1.1	0.6	10.8	0	51	164
USMC 017	CREAMED SPINACH, MEDITERRANEAN STYLE	5 Ounces		59	4.5	3.4	11.3	0	172	350
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Desserts										
D 037 01	QUICK APPLE COFFEE CAKE (BISCUIT MIX)	1 Piece		203	3.2	5.5	35.7	21	63	399
G 006 00	BANANA CAKE	1 Each		204	1.9	3.8	41	0	97	331
G 022 00	BUTTER CREAM FROSTING	1-1/2 Tbsps		118	0.2	4.3	20.2	11	8	59
H 025 00	ABRACADABRA BARS	2 Bars		202	2.4	4	39.5	0	12	187
MFR	CHEESE CAKE, ASST (MFR)	1 Slice		33	0.6	2.3	2.7	6	5	46
HUB 067	*1 GELATIN PARFAIT	1 Each		103	1.9	1.8	20.3	0	14	110
Specialty Salads										
SDX 74235-1	TOMATO CUCUMBER SALAD	4 Ounces		26	1.1	0.3	5.9	0	19	202
USMC 022	GARBANZO SALAD	3 Ounces		83	2.5	3.7	10.5	0	23	235

STANDARD SALAD BAR See Master Menu Enclosure (3)
 STANDARD FRUIT BAR See Master Menu Enclosure (4)
 STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (5)

- NOTES:
 1. Manager's choice, assorted flavored gelatin during all meal periods.
 2. These items will be available for eggs made to order and stir fry vegetables.

MASTER MENU 28 DAY CYCLE 20240216 - 20261218

DAY 4 MONDAY
 2024: 22 JAN, 19 FEB, 18 MAR, 15 APR, 13 MAY, 10 JUN, 08 JUL, 05 AUG, 02 SEP, 30 SEP, 28 OCT, 25 NOV, 23 DEC
 2025: 20 JAN, 17 FEB, 17 MAR, 14 APR, 12 MAY, 09 JUN, 07 JUL, 04 AUG, 01 SEP, 29 SEP, 27 OCT, 24 NOV, 22 DEC
 2026: 19 JAN, 16 FEB, 16 MAR, 13 APR, 11 MAY, 08 JUN, 06 JUL, 03 AUG, 31 AUG, 28 SEP, 26 OCT, 23 NOV, 21 DEC

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
Breakfast										
USMC 008	BRUNCH CASSEROLE	5 Ounces		355	19	16.3	32.3	162	265	698
F 007 00	GRIDDLE FRIED EGGS (COOKED TO ORDER)	2 Each		134	10	9.8	0.6	297	45	113
LO/F 008 07	ASSORTED OMELETS	1 Omelet		239	17.4	16	5.8	354	130	484
F 010 00	SCRAMBLE EGGS	1/3 Cup		150	10.9	10.8	1.2	337	57	118
F 008 01	ASSORTED OMELETS (EGG WHITE)	1 Omelet		141	14.9	6.74	5.8	16	82	519
LO/F 010 05	SCRAMBLED EGGS (EGG WHITE)	1/3 Cup		52	8.4	1.1	1.1	0	9	153
LOCAL 001	DICED BACON (OVEN FRIED)	1 Ounce		227	14.8	17.9	0.6	44	4	907
LOCAL 002	DICED HAM	1 Ounce		34	5.2	1.3	0	11	2	356
M G 001 66	*2 PEPPERS, GREEN, FRESH, DICED	1 Ounce		6	0.2	0	1.3	0	3	1
M G 001 31	*2 ONIONS, DRY, CHOPPED	2 Tbsps		8	0.2	0	1.8	0	4	1
M G 001 51	*2 TOMATOES, FRESH, DICED	2 Tbsps		9	0.5	0.1	2	0	5	3
M G 001 29	OLIVES, BLACK, SLICED	3 Each		35	0.3	3.3	1.9	0	27	225
M G 001 28	*2 MUSHROOMS, SLICED, CANNED	1 Tbsp		5	0.3	0.1	0.9	0	2	77
M G 001 37	*2 PEPPERS, JALAPENO, CHOPPED (CANNED)	3 Tbsps		3	0.1	0.1	0.6	0	3	197
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 Tbsps		58	3.4	4.8	0.2	14	96	91
M G 001 69	*2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
M G 001 69	2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
F 010 00	SCRAMBLE EGGS	1/3 Cup		150	10.9	10.8	1.2	337	57	118
L 030 00	CREAMED GROUND BEEF	2/3 Cup		223	24	8.4	11.2	67	141	551
D 001 00	BAKING POWDER BISCUITS	1 Each		145	24	3.6	3.7	0	100	309
L 061 01	TEXAS HASH (GROUND TURKEY)	1 Cup		269	28.8	11.8	13.3	102	70	401
L 088 01	GRILLED POLISH SAUSAGE (KIELBASA)	3 Ounces		276	9.2	25.2	3.2	52	20	789
Q 050 02	OVEN-GLO POTATOES	1/2 Cup		130	2.1	3.8	22.7	10	15	226
E 005 02	TOSSED GREEN RICE	3/4 cup		66	1.4	1.7	11.2	0	18	215
SDX 7225	SAUSAGE GRAVY	2 Ounces		110	3.1	8.2	5.9	5	76	356
LO/Q G 001	SIMMERED PINTO BEANS (CANNED)	3/4 Cup		166	30.6	9.3	1.1	0	95	541
D 025 04	BUTTERMILK PANCAKES (PANCAKE MIX)	2 Cakes		209	5.5	1.8	41.8	1	195	613
R/M	GRITS, INDIVIDUAL	1 PACKET		15	0.4	0.1	3.1	0	0	0
R/M	OATMEAL, INDIVIDUAL, ASST	1 PACKET		133	2.9	2.2	26.4	0	107	175
Lunch										
P 007 01	MINSTRONE SOUP	1 Cup		80	3.5	1	14.9	1	46	1218
L 080 00	PORK CHOP SUEY	1-1/4 Cups		303	22.9	9.8	29.7	48	63	2084
USMC 020	FISH FLORENTINE PARMESAN (COD)	5 Oz Ea.		205	32.4	7.6	6.5	92	261	884
SDX HUB 402	HERBED ORZO WITH CARAMELIZED ONIONS	3/4 Cup		273	7.4	8.2	42.1	0	28	665
SDX 00000484	YELLOW RICE	1 Cup		246	7.7	6.6	38.8	55	29	328
Q 063 00	TANGY SPINACH	1/2 cup		35	3.4	1.1	4.7	0	128	196
Q G 006 13	STEAMED PEAS WITH CARROTS (FROZEN)	3/4 Cup		65	4.2	0.6	13.7	0	33	97
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Dinner										
P 014 00	CREAM OF MUSHROOM SOUP	1 Cup		163	6.4	8.3	16.2	22	159	1346
L 150 00	TURKEY POT PIE	10 Ounces		287	20.7	6.9	34.6	45	117	1098
L 025 00	LASAGNA	9-1/2 OZ		393	33.1	12.9	36.7	181	298	1062
SDX 047711	ROASTED GARLIC & OREGANO POTATOES	2/3 Cup		140	2.2	4.4	23.5	0	8	200
Q G 003 19	SIMMERED SUCCOTASH (FROZEN)	3/4 Cup		114	5.3	1.1	24.4	0	22	128
Q 010 02	CAULIFLOWER POLONAISE	3 Ounces		55	2.7	2.6	6.4	20	32	182
D 007 00	TOASTED GARLIC BREAD	2 Slice		259	6.5	12.5	30.7	29	34	443
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Desserts										
D 018 01	SUGAR COATED DOUGHNUTS	1 Doughnut		164	3.5	2.9	30.9	20	67	173
G 034 04	VANILLA CUPCAKES	1 Cupcake		182	1.6	4.4	34.1	0	32	280
G 005 00	VANILLA FROSTING	1-1/2 Tbsps		82	0	3.2	13.6	5	2	40
I 011 00	CHOCOLATE MOUSSE PIE	1 Slice		229	3.5	10.4	30.2	1	65	427
D 030 00	BANANA BREAD	1 Slice		253	6	11.5	33.5	32	51	122
HUB 067	*1 GELATIN PARFAIT	1 Each		103	1.9	1.8	20.3	0	14	110
Specialty Salads										
M 017 00	FRUIT SALAD	1/2 Cup		71	1.5	0.3	17	1	45	13
M 029 00	ITALIAN STYLE PASTA SALAD	1/2 Cup		159	7	9	12.3	16	106	438

STANDARD SALAD BAR See Master Menu Enclosure (3)
 STANDARD FRUIT BAR See Master Menu Enclosure (4)
 STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (5)

- NOTES:
 1. Manager's choice, assorted flavored gelatin during all meal periods.
 2. These items will be available for eggs made to order and stir fry vegetables.

MASTER MENU 28 DAY CYCLE 20240216 - 20261218

DAY 5 TUESDAY
 2024: 23 JAN, 20 FEB, 19 MAR, 16 APR, 14 MAY, 11 JUN, 09 JUL, 06 AUG, 03 SEP, 01 OCT, 29 OCT, 26 NOV, 24 DEC
 2025: 21 JAN, 18 FEB, 18 MAR, 15 APR, 13 MAY, 10 JUN, 08 JUL, 05 AUG, 02 SEP, 30 SEP, 28 OCT, 25 NOV, 23 DEC
 2026: 20 JAN, 17 FEB, 17 MAR, 14 APR, 12 MAY, 09 JUN, 07 JUL, 04 AUG, 01 SEP, 29 SEP, 27 OCT, 24 NOV, 22 DEC

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
Breakfast										
SDX 034097	POTATO, TOMATO, & GARLIC FRITTATA	1 Piece		290	20.6	17	13.1	432	272	1042
F 007 00	GRIDDLE FRIED EGGS (COOKED TO ORDER)	2 Each		134	10	9.8	0.6	297	45	113
LO/F 008 07	ASSORTED OMELETS	1 Omelet		239	17.4	16	5.8	354	130	484
F 010 00	SCRAMBLE EGGS	1/3 Cup		150	10.9	10.8	1.2	337	57	118
F 008 01	ASSORTED OMELETS (EGG WHITE)	1 Omelet		141	14.9	6.74	5.8	16	82	519
LO/F 010 05	SCRAMBLED EGGS (EGG WHITE)	1/3 Cup		52	8.4	1.1	1.1	0	9	153
LOCAL 001	DICED BACON (OVEN FRIED)	1 Ounce		227	14.8	17.9	0.6	44	4	907
LOCAL 002	DICED HAM	1 Ounce		34	5.2	1.3	0	11	2	356
M G 001 66	*2 PEPPERS, GREEN, FRESH, DICED	1 Ounce		6	0.2	0	1.3	0	3	1
M G 001 31	*2 ONIONS, DRY, CHOPPED	2 Tbsps		8	0.2	0	1.8	0	4	1
M G 001 51	*2 TOMATOES, FRESH, DICED	2 Tbsps		9	0.5	0.1	2	0	5	3
M G 001 29	OLIVES, BLACK, SLICED	3 Each		35	0.3	3.3	1.9	0	27	225
M G 001 28	*2 MUSHROOMS, SLICED, CANNED	1 Tbsp		5	0.3	0.1	0.9	0	2	77
M G 001 37	*2 PEPPERS, JALAPENO, CHOPPED (CANNED)	3 Tbsps		3	0.1	0.1	0.6	0	3	197
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 Tbsps		58	3.4	4.8	0.2	14	96	91
M G 001 69	*2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
M G 001 69	2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
L 030 00	CREAMED GROUND BEEF	2/3 Cup		223	24	8.4	11.2	67	141	551
D 001 00	BAKING POWDER BISCUITS	1 Each		145	24	3.6	3.7	0	100	309
L 200 01	BAKED TURKEY SAUSAGE LINKS	2 Each		99	6.5	7.6	0.7	67	13	268
L 002 00	OVEN FRIED BACON (3 Slice)	3 Slices		170	11.1	13.4	0.4	33	3	680
Q 046 03	LYONNAISE POTATOES	2/3 Cup		186	3.6	5.8	30.8	0	23	220
SDX HUB 434	SPANISH RICE w SCALLIONS	3/4 Cup		211	4.4	5.5	36.3	0	35	1392
D 022 01	FRENCH TOAST (THICK SLICE)	2 Slices		267	12.8	5.4	41.7	127	85	485
R/M	GRITS, INDIVIDUAL	1 PACKET		15	0.4	0.1	3.1	0	0	0
R/M	OATMEAL, INDIVIDUAL, ASST	1 PACKET		133	2.9	2.2	26.4	0	107	175
Lunch										
P 803 00	EGG DROP SOUP	1 Cup		46	2.7	1	6.4	1	22	1655
SDX 72437	GENERAL TSO'S SPICY CHICKEN WITH RICE	1 Serving		300	21.8	5	41.3	51	38	930
SDX 14805	PORK TERIYAKI STIR FRY	6 Ounces		219	16.5	8.5	20.3	27	62	2629
F 006 00	EGG FOO YOUNG	1 Omelet		142	7.5	10.7	3.8	96	26	686
SDX 72427 CH	FRIED RICE - HOUSE SPECIAL	3/4 Cup		138	3.8	6.9	15.3	38	33	575
USMC 049	STIR FRY BOK CHOY - USMC	6 Ounces		74	2.8	5.9	4.4	0	184	529
USMC 006	BRAISED CABBAGE AND CARROTS	3/4 Cup		74	2.3	2.6	12	0	87	468
MFR	PHILIPPINE STYLE EGG ROLLS	1 Egg Roll		91	3.3	4.6	9.5	6	12	160
Dinner										
MFR	BROCCOLI CHEESE SOUP (KNORR)	1 Cup		367	10.5	11.8	47.2	13	2	1760
L 142 02	HERBED CORNISH HENS	6 Ounces		381	32.5	26.5	1	190	30	374
L 121 00	SHRIMP SCAMPI	2/3 Cup		168	15.8	8.6	6.5	135	78	948
Q 502 00	ITALIAN ROASTED POTATOES	1/3 Cup		126	2.6	0.8	28.2	0	25	233
SDX 0000048	AROMATIC BASMATI RICE	1/2 Cup		70	1.3	2.6	10.3	0	12	79
Q 027 01	CORN O'BRIEN	3/4 Cup		153	4.7	3.8	29.9	1	12	425
SDX 0000010	ZUCCHINI SAUTE	4 Ounces		57	1.7	4.1	4.7	0	25	167
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Desserts										
D 039 00	DANISH DIAMONDS (DANISH PASTRY DOUGH)	1 Danish		262	2.7	15.6	28	5	4	291
G 012 01	DEVILS FOOD CAKE (MIX)	1 Piece		108	1.4	1.7	23.7	0	14	224
G 022 00	BUTTER CREAM FROSTING	1-1/2 Tbsps		118	0.2	4.3	20.2	11	8	59
H 005 00	SHORTBREAD COOKIES	2 Cookies		269	3	15	31	39	9	117
SDX 012246A	PEACH CRUMBLE (AMP)	1 Serving		260	3.2	5.2	53	0	26	272
HUB 067	*1 GELATIN PARFAIT	1 Each		103	1.9	1.8	20.3	0	14	110
Specialty Salads										
M 038 00	PASTA SALAD	1/2 Cup		144	4.5	6.2	18	4	67	332
M 015 00	CUCUMBER AND ONION SALAD	1/2 Cup		34	0.6	0.1	7.9	0	14	119

STANDARD SALAD BAR See Master Menu Enclosure (3)
 STANDARD FRUIT BAR See Master Menu Enclosure (4)
 STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (5)
 NOTES: 1. Manager's choice, assorted flavored gelatin during all meal periods.
 2. These items will be available for eggs made to order and stir fry vegetables.

MASTER MENU 28 DAY CYCLE 20240216 - 20261218

DAY 6
WEDNESDAY

2024: 24 JAN, 21 FEB, 20 MAR, 17 APR, 15 MAY, 12 JUN, 10 JUL, 07 AUG, 04 SEP, 02 OCT, 30 OCT, 27 NOV, 25 DEC
 2025: 22 JAN, 19 FEB, 19 MAR, 16 APR, 14 MAY, 11 JUN, 09 JUL, 06 AUG, 03 SEP, 01 OCT, 29 OCT, 26 NOV, 24 DEC
 2026: 21 JAN, 18 FEB, 18 MAR, 15 APR, 13 MAY, 10 JUN, 08 JUL, 05 AUG, 02 SEP, 30 SEP, 28 OCT, 25 NOV, 23 DEC

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
Breakfast										
LO/F 011 01	BROCCOLI QUICHE (FRESH BROCCOLI)	1 Piece		206	12	10.7	15.3	102	265	196
F 007 00	GRIDDLE FRIED EGGS (COOKED TO ORDER)	2 Each		134	10	9.8	0.6	297	45	113
LO/F 008 07	ASSORTED OMELETS	1 Omelet		239	17.4	16	5.8	354	130	484
F 010 00	SCRAMBLE EGGS	1/3 Cup		150	10.9	10.8	1.2	337	57	118
F 008 01	ASSORTED OMELETS (EGG WHITE)	1 Omelet		141	14.9	6.74	5.8	16	82	519
LO/F 010 05	SCRAMBLED EGGS (EGG WHITE)	1/3 Cup		52	8.4	1.1	1.1	0	9	153
LOCAL 001	DICED BACON (OVEN FRIED)	1 Ounce		227	14.8	17.9	0.6	44	4	907
LOCAL 002	DICED HAM	1 Ounce		34	5.2	1.3	0	11	2	356
M G 001 66	*2 PEPPERS, GREEN, FRESH, DICED	1 Ounce		6	0.2	0	1.3	0	3	1
M G 001 31	*2 ONIONS, DRY, CHOPPED	2 Tbsps		8	0.2	0	1.8	0	4	1
M G 001 51	*2 TOMATOES, FRESH, DICED	2 Tbsps		9	0.5	0.1	2	0	5	3
M G 001 29	OLIVES, BLACK, SLICED	3 Each		35	0.3	3.3	1.9	0	27	225
M G 001 28	*2 MUSHROOMS, SLICED, CANNED	1 Tbsp		5	0.3	0.1	0.9	0	2	77
M G 001 37	*2 PEPPERS, JALAPENO, CHOPPED (CANNED)	3 Tbsps		3	0.1	0.1	0.6	0	3	197
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 Tbsps		58	3.4	4.8	0.2	14	96	91
M G 001 69	*2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
M G 001 69	2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
SDX 7225	SAUSAGE GRAVY	2 Ounces		110	3.1	8.2	5.9	5	76	356
D 001 00	BAKING POWDER BISCUITS	1 Each		145	24	3.6	3.7	0	100	309
L 184 00	GRILLED TURKEY PATTIES	1 Patty		271	29.7	13.1	8.7	108	58	304
SDX HUB 076	CHORIZO	2 Ounces		407	21.5	34.2	1.7	79	7	1104
Q 079 00	HACIENDA POTATOES (2003)	3/4 Cup		132	3.2	0.6	30.2	0	47	507
E 019 01	CILANTRO LIME RICE	4 Ounces		74	1.6	1.4	13.7	0	19	26
LO/Q G 001	BEANS FIESTA	1/2 Cup		101	4.9	1.6	17.4	0	46	324
D 025 07	BUTTERMILK WAFFLES (PANCAKE MIX)	1 Each		217	5.8	1.8	43.4	1	203	638
R/M	GRITS, INDIVIDUAL	1 PACKET		15	0.4	0.1	3.1	0	0	0
R/M	OATMEAL, INDIVIDUAL, ASST	1 PACKET		133	2.9	2.2	26.4	0	107	175
Lunch										
P 002 01	CHICKEN NOODLE SOUP	1 Cup		44	2.1	1.3	6	1	30	2043
L 095 00	CANTONESE SPARERIBS	8 Ounces		582	40.3	40.3	12.6	161	75	1335
L 148 00	CHICKEN CACCIATORE (CUT-UP)	1-1/4 Cups		357	47.5	11.5	15.5	136	89	480
SDX HUB 438	PAPRIKA ROASTED RED POTATOES W/ ONIONS	3/4 Cup		248	4.6	7.4	43.5	0	32	720
SDX HUB 171	SOUTHWEST ORZO PASTA	3/4 Cup		220	10.4	2.2	39.3	3	22	309
Q 008 00	HARVARD BEETS	3/4 Cup		104	1.3	2	21.1	5	35	340
SDX HUB 359	BRUSSEL SPRTS W/CARAMLZD ONION & BACON	1/2 Cup		82	5.8	1.5	14.5	3	65	515
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Dinner										
p 001 01	CHICKEN AND ORZO SOUP	1 Cup		126	8.3	2.7	16.9	18	42	292
L 028 00	CHILI CON CARNE	1 Cup		281	24.6	8	28.4	50	93	815
L 523 00	MAMBO PORK ROAST	4 Ounces		301	27.6	14.5	13.5	81	34	203
Q 070 00	GARLIC ROASTED POTATO WEDGES	2-3/4 Ounces		115	2.6	0.7	24.9	0	14	195
E 015 00	SICILIAN BROWN RICE AND VEGETABLES	3/4 Cup		150	5.9	2.4	27.7	5	113	497
Q G 006 21	STEAMED CAULIFLOWER (FRESH)	3/4 Cup		41	3.1	0.5	8.1	0	36	49
SDX 72982-1	GREEN BEANS W/RED PEPPER & GARLIC	1/2 Cup		57	1.9	2.6	8	0	35	207
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Desserts										
D 036 12	BEAR CLAWS (SWEET DOUGH MIX)	1 Roll		206	5.9	3.8	37	58	58	174
G 016 01	STRAWBERRY SHORTCAKE (CAKE MIX)	1 Each		325	2.8	3.6	73.7	0	123	346
K 002 00	WHIPPED TOPPING (DEHYDRATED)	3 Tbsps		26	0.4	1.4	2.9	0	10	9
MFR	OATMEAL RAISIN COOKIES (PRECUT DOUGH)	2 Cookies		136	1.7	6	18.9	8	10	94
MFR	PECAN PIE, FROZEN	1 Slice		68	0.7	2.8	9.9	7	4	46
HUB 067	*1 GELATIN PARFAIT	1 Each		103	1.9	1.8	20.3	0	14	110
Specialty Salads										
M 049 00	VEGETABLE SALAD	1/2 Cup		41	1.4	0.3	8.4	0	24	242
M 008 00	COLE SLAW	1/2 Cup		72	0.8	4.2	8.8	4	27	272

STANDARD SALAD BAR See Master Menu Enclosure (3)

STANDARD FRUIT BAR See Master Menu Enclosure (4)

STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (5)

- NOTES:
1. Manager's choice, assorted flavored gelatin during all meal periods.
 2. These items will be available for eggs made to order and stir fry vegetables.

MASTER MENU 28 DAY CYCLE 20240216 - 20261218

DAY 7 THURSDAY 2024: 25 JAN, 22 FEB, 21 MAR, 18 APR, 16 MAY, 13 JUN, 11 JUL, 08 AUG, 05 SEP, 03 OCT, 31 OCT, 28 NOV, 26 DEC
 2025: 23 JAN, 20 FEB, 20 MAR, 17 APR, 15 MAY, 12 JUN, 10 JUL, 07 AUG, 04 SEP, 02 OCT, 30 OCT, 27 NOV, 25 DEC
 2026: 22 JAN, 19 FEB, 19 MAR, 16 APR, 14 MAY, 11 JUN, 09 JUL, 06 AUG, 03 SEP, 01 OCT, 29 OCT, 26 NOV, 24 DEC

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
Breakfast										
SDX 050659A	ZUCCHINI & MUSHROOM FRITTATA (AMP)	1 Wedge		70	12.6	0.8	2.5	0	16	386
F 007 00	GRIDDLE FRIED EGGS (COOKED TO ORDER)	2 Each		134	10	9.8	0.6	297	45	113
LO/F 008 07	ASSORTED OMELETS	1 Omelet		239	17.4	16	5.8	354	130	484
F 010 00	SCRAMBLE EGGS	1/3 Cup		150	10.9	10.8	1.2	337	57	118
F 008 01	ASSORTED OMELETS (EGG WHITE)	1 Omelet		141	14.9	6.74	5.8	16	82	519
LO/F 010 05	SCRAMBLED EGGS (EGG WHITE)	1/3 Cup		52	8.4	1.1	1.1	0	9	153
LOCAL 001	DICED BACON (OVEN FRIED)	1 Ounce		227	14.8	17.9	0.6	44	4	907
LOCAL 002	DICED HAM	1 Ounce		34	5.2	1.3	0	11	2	356
M G 001 66	*2 PEPPERS, GREEN, FRESH, DICED	1 Ounce		6	0.2	0	1.3	0	3	1
M G 001 31	*2 ONIONS, DRY, CHOPPED	2 Tbsps		8	0.2	0	1.8	0	4	1
M G 001 51	*2 TOMATOES, FRESH, DICED	2 Tbsps		9	0.5	0.1	2	0	5	3
M G 001 29	OLIVES, BLACK, SLICED	3 Each		35	0.3	3.3	1.9	0	27	225
M G 001 28	*2 MUSHROOMS, SLICED, CANNED	1 Tbsp		5	0.3	0.1	0.9	0	2	77
M G 001 37	*2 PEPPERS, JALAPENO, CHOPPED (CANNED)	3 Tbsps		3	0.1	0.1	0.6	0	3	197
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 Tbsps		58	3.4	4.8	0.2	14	96	91
M G 001 69	*2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
M G 001 69	2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
L 030 00	CREAMED GROUND BEEF	2/3 Cup		223	24	8.4	11.2	67	141	551
D 001 00	BAKING POWDER BISCUITS	1 Each		145	24	3.6	3.7	0	100	309
L 089 03	BAKED SAUSAGE PATTIES (PREFORMED)	1 Patty		157	5.4	14.9	0.3	30	6	324
HUB 006	GRILLED CHICKEN BREAST (5 oz)	1 Breast		141	25.7	3.3	0.2	70	13	271
SDX HUB 088	OVEN BAKED DICED POTATOES	2 ounces		54	1.4	1.2	9.9	0	5	61
E 007 02	FILIPINO RICE	3/4 Cup		95	5.9	3	10.5	42	20	640
LO/Q G 001	SIMMERED PINTO BEANS (CANNED)	3/4 Cup		166	30.6	9.3	1.1	0	95	541
D 025 04	BUTTERMILK PANCAKES (PANCAKE MIX)	2 Cakes		209	5.5	1.8	41.8	1	195	613
R/M	GRITS, INDIVIDUAL	1 PACKET		15	0.4	0.1	3.1	0	0	0
R/M	OATMEAL, INDIVIDUAL, ASST	1 PACKET		133	2.9	2.2	26.4	0	107	175
Lunch										
P 006 00	TOMATO SOUP	1 Cup		43	1.6	1.2	7.5	0	50	1027
L 010 02	YANKEE POT ROAST	3-1/2Ounces		269	38	8.7	7.3	111	38	430
SDX 12252	SAVORY ROTISSERIE CHICKEN (CUP-UP)	2 Each		375	44.7	11	17	136	23	4707
SDX HUB 047	SAVORY ROTISSERIE GLAZE - SCRATCH	2-1/2 Tbsps		104	0.1	204	21.5	0	3	56
E 008 00	RICE PILAF	3/4 Cup		100	2.2	3.7	14.5	4	25	949
SDX HUB 144	SCALLION SMASHED POTATOES	1/2 Cup		121	3	2	23.9	5	57	175
N 006 00	GRILLED CHEESE SANDWICH	1 Sandwich		385	13.4	24.1	28.6	67	573	1112
Q G 003 15	SIMMERED BROCCOLI (FROZEN)	3/4 Cup		35	3.8	0.4	6.5	0	79	105
Q 126 02	CALIFORNIA BLEND	3/4 Cup		76	2.9	3.7	7.2	10	33	138
O 016 00	BROWN GRAVY	1/4 CUP		75	0.9	5.9	4.6	0	4	462
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Dinner										
P 014 00	CREAM OF MUSHROOM SOUP	1 Cup		163	6.5	8.3	16.2	22	159	1346
L 044 00	TURKEY CURRY	7 Ounces		229	20.6	6.7	23.2	59	49	1207
L 053 01	BEEF STROGANOFF (CREAM OF MUSHROOM)	3/4 Cup		295	32.7	14.2	7.8	92	46	519
E 004 02	BUTTERED EGG NOODLE - WHOLE GRAIN	1 Cup		60	1	2.5	39	0	20	100
SDX 016504	JASMINE RICE	4 Ounces		172	3.4	0.3	37.7	0	16	5
Q G 003 14	SIMMERED OKRA (FROZEN)	3/4 Cup		153	4.7	3.8	29.9	1	12	425
Q 017 00	LYONNAISE CARROTS	1/2 Cup		60	1	2.1	10.2	5	35	191
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Desserts										
J 023 00	BAKED CINNAMON APPLE SLICES	1/2 Cup		98	0.2	0.6	24.3	0	7	4
G 021 00	POUND CAKE	1 Slice		285	3.9	14.4	35.3	50	31	181
G 007 00	DECORATOR'S FROSTING	2 Tsp		39	0	1.4	7	0	0	0
H 012 00	CHOCOLATE DROP COOKIES	2 Cookies		273	3.7	13	37.6	18	37	167
MFR	PUMPKIN PIE, FROZEN (RTB)	1 Slice		370	5.9	14.9	53.1	40	98	364
HUB 067	*1 GELATIN PARFAIT	1 Each		103	1.9	1.8	20.3	0	14	110
Specialty Salads										
AMP 008	QUINOA SALAD (AMP)	6 Ounces		138	4.6	4	21.8	0	29	8
M 013 00	COTTAGE CHEESE AND PEACH SALAD (2%)	1/2 Cup		80	7.6	0.7	11.6	2	51	236

STANDARD SALAD BAR See Master Menu Enclosure (3)
 STANDARD FRUIT BAR See Master Menu Enclosure (4)
 STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (5)

- NOTES:
1. Manager's choice, assorted flavored gelatin during all meal periods.
 2. These items will be available for eggs made to order and stir fry vegetables.

MASTER MENU 28 DAY CYCLE 20240216 - 20261218

DAY 8
FRIDAY
2024: 26 JAN, 23 FEB, 22 MAR, 19 APR, 17 MAY, 14 JUN, 12 JUL, 09 AUG, 06 SEP, 04 OCT, 01 NOV, 29 NOV, 27 DEC
2025: 24 JAN, 21 FEB, 21 MAR, 18 APR, 16 MAY, 13 JUN, 11 JUL, 08 AUG, 05 SEP, 03 OCT, 31 OCT, 28 NOV, 26 DEC
2026: 23 JAN, 20 FEB, 20 MAR, 17 APR, 15 MAY, 12 JUN, 10 JUL, 07 AUG, 04 SEP, 02 OCT, 30 OCT, 27 NOV, 25 DEC

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
Breakfast										
SDX 042548A	HAM & SPINACH FRITTATA (AMP)	1 Piece		378	28	19.4	21.9	401	327	957
F 007 00	GRIDDLE FRIED EGGS (COOKED TO ORDER)	2 Each		134	10	9.8	0.6	297	45	113
LO/F 008 07	ASSORTED OMELETS	1 Omelet		239	17.4	16	5.8	354	130	484
F 010 00	SCRAMBLE EGGS	1/3 Cup		150	10.9	10.8	1.2	337	57	118
F 008 01	ASSORTED OMELETS (EGG WHITE)	1 Omelet		141	14.9	6.74	5.8	16	82	519
LO/F 010 05	SCRAMBLED EGGS (EGG WHITE)	1/3 Cup		52	8.4	1.1	1.1	0	9	153
LOCAL 001	DICED BACON (OVEN FRIED)	1 Ounce		227	14.8	17.9	0.6	44	4	907
LOCAL 002	DICED HAM	1 Ounce		34	5.2	1.3	0	11	2	356
M G 001 66	*2 PEPPERS, GREEN, FRESH, DICED	1 Ounce		6	0.2	0	1.3	0	3	1
M G 001 31	*2 ONIONS, DRY, CHOPPED	2 Tbsps		8	0.2	0	1.8	0	4	1
M G 001 51	*2 TOMATOES, FRESH, DICED	2 Tbsps		9	0.5	0.1	2	0	5	3
M G 001 29	OLIVES, BLACK, SLICED	3 Each		35	0.3	3.3	1.9	0	27	225
M G 001 28	*2 MUSHROOMS, SLICED, CANNED	1 Tbsp		5	0.3	0.1	0.9	0	2	77
M G 001 37	*2 PEPPERS, JALAPENO, CHOPPED (CANNED)	3 Tbsps		3	0.1	0.1	0.6	0	3	197
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 Tbsps		58	3.4	4.8	0.2	14	96	91
M G 001 69	*2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
M G 001 69	2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
SDX 7225	SAUSAGE GRAVY	2 Ounces		110	3.1	8.2	5.9	5	76	356
D 001 00	BAKING POWDER BISCUITS	1 Each		145	24	3.6	3.7	0	100	309
L 061 01	TEXAS HASH (GROUND TURKEY)	1 Cup		269	28.8	11.8	13.3	102	70	401
L 088 01	GRILLED POLISH SAUSAGE (KIELBASA)	3 Ounces		276	9.2	25.2	3.2	52	20	789
Q 046 01	COTTAGE FRIED POTATOES	2/3 Cup		167	24.6	2.8	6.7	0	20	244
HUB 050 03	PULAO (STREET STYLE)	3/4 Cup		482	7.2	25.7	57.9	0	67	817
c022 01	FRENCH TOAST (THICK SLICE)	2 Slices		265	12.8	5.1	41.6	127	84	485
R/M	GRITS, INDIVIDUAL	1 PACKET		15	0.4	0.1	3.1	0	0	0
R/M	OATMEAL, INDIVIDUAL, ASST	1 PACKET		133	2.9	2.2	26.4	0	107	175
Lunch										
P 014 01	CREAM OF BROCCOLI SOUP	1 Cup		139	6.8	6	15.2	16	180	1199
SDX 72305-2	BAKED CITRUS HERB CRUSTED FISH (POLLOCK)	4 Ounces		270	26	8.3	21.8	81	139	685
L 144 01	BAKED CHICKEN AND NOODLES (CHICKEN CAN)	1 Cup		322	27	10.3	28.7	65	89	1394
SDX 71686-1	TOASTED ORZO YHYW (AMP)	4 Ounces		166	5.6	1.5	31.8	0	19	222
Q 041 01	PEAS WITH CARROTS (FROZEN)	3/4 Cup		135	6.2	2.3	23.8	5	58	218
Q 024 02	CAULIFLOWER PARMESAN	3/4 Cup		77	5.5	2.2	10.1	6	123	236
D 015 01	CORN MUFFINS (CORN BREAD MIX)	1 Each		184	2.9	5	31.9	1	23	334
Dinner										
P 002 01	CHICKEN NOODLE SOUP	1 Cup		44	2.1	1.3	6	1	30	2043
O 005 00	CREOLE SAUCE	1/3 Cup		43	1.4	1.4	7.5	0	28	241
L 136 00	CREOLE SHRIMP	1 Cup		240	20.8	5	29.2	151	147	1472
SDX 33781 04	PARMESAN BASIL CHICKEN (CUT-UP)	2 Pieces		401	46.4	22.2	1.5	141	77	216
Q 071 00	ROSEMARY ROASTED POTATOE WEDGES	2-3/4 OZ		80	1.5	0.6	17.5	0	12	191
SDX 72410-2	PENNE WITH PARSLEY-WHOLE GRAIN	1 Cup		257	8.3	7.5	42.6	0	38	19
Q G 003 02	SIMMERED GREEN BEANS (FROZEN)	3/4 Cup		42	1.9	0.2	8.2	0	48	76
Q G 003 22	SIMMERED ITALIAN MIXED VEGETABLES	3/4 Cup		9	0.2	0.3	1.4	0	3	115
MFR	CHICKEN GRAVY (GRAVY MIX)-MFR	2 Ounces		215	6.7	4.5	36.4	35	41	396
D 015 01	CORN MUFFINS (CORN BREAD MIX)	1 Muffin		184	2.9	5	31.9	1	23	334
Desserts										
D 036 13	SNAILS (SWEET DOUGH MIX)	1 Roll		186	3.7	5.1	32.1	13	19	162
G 012 01	DEVIL'S FOOD CUPCAKE (MIX)	1 Piece		108	1.4	1.7	23.7	0	14	224
G 022 00	BUTTER CREAM FROSTING	1-1/2 Tbsps		118	0.2	4.3	20.2	11	8	59
G 025 00	SPICE CAKE	1 Piece		226	3.4	9.5	31.9	32	64	263
MFR	SWEET POTATO PIE, FROZEN	1 Slice		428	5.6	20.3	57.4	28	113	405
HUB 067	*1 GELATIN PARFAIT	1 Each		103	1.9	1.8	20.3	0	14	110
Specialty Salads										
M 017 00	FRUIT SALAD	1/2 Cup		71	1.5	0.3	17	1	45	13
M 053 01	COUNTRY STYLE TOMATO SALAD	1/2 Cup		48	0.6	2.3	6.4	0	11	115

STANDARD SALAD BAR See Master Menu Enclosure (3)
STANDARD FRUIT BAR See Master Menu Enclosure (4)
STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (5)

- NOTES:
1. Manager's choice, assorted flavored gelatin during all meal periods.
2. These items will be available for eggs made to order and stir fry vegetables.

MASTER MENU 28 DAY CYCLE 20240216 - 20261218

DAY 9 2024: 27 JAN, 24 FEB, 23 MAR, 20 APR, 18 MAY, 15 JUN, 13 JUL, 10 AUG, 07 SEP, 05 OCT, 02 NOV, 30 NOV, 28 DEC
 SATURDAY 2025: 25 JAN, 22 FEB, 22 MAR, 19 APR, 17 MAY, 14 JUN, 12 JUL, 09 AUG, 06 SEP, 04 OCT, 01 NOV, 29 NOV, 27 DEC
 2026: 24 JAN, 21 FEB, 21 MAR, 18 APR, 16 MAY, 13 JUN, 11 JUL, 08 AUG, 05 SEP, 03 OCT, 31 OCT, 28 NOV, 26 DEC

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
Breakfast Brunch										
F 011 00	MUSHROOM QUICHE	1 Piece		208	11.5	10.4	16.9	101	239	263
F 007 00	GRIDDLE FRIED EGGS (COOKED TO ORDER)	2 Each		134	10	9.8	0.6	297	45	113
LO/F 008 07	ASSORTED OMELETS	1 Omelet		239	17.4	16	5.8	354	130	484
F 010 00	SCRAMBLE EGGS	1/3 Cup		150	10.9	10.8	1.2	337	57	118
F 008 01	ASSORTED OMELETS (EGG WHITE)	1 Omelet		141	14.9	6.74	5.8	16	82	519
LO/F 010 05	SCRAMBLED EGGS (EGG WHITE)	1/3 Cup		52	8.4	1.1	1.1	0	9	153
LOCAL 001	DICED BACON (OVEN FRIED)	1 Ounce		227	14.8	17.9	0.6	44	4	907
LOCAL 002	DICED HAM	1 Ounce		34	5.2	1.3	0	11	2	356
M G 001 66	*2 PEPPERS, GREEN, FRESH, DICED	1 Ounce		6	0.2	0	1.3	0	3	1
M G 001 31	*2 ONIONS, DRY, CHOPPED	2 Tbsps		8	0.2	0	1.8	0	4	1
M G 001 51	*2 TOMATOES, FRESH, DICED	2 Tbsps		9	0.5	0.1	2	0	5	3
M G 001 29	OLIVES, BLACK, SLICED	3 Each		35	0.3	3.3	1.9	0	27	225
M G 001 28	*2 MUSHROOMS, SLICED, CANNED	1 Tbsp		5	0.3	0.1	0.9	0	2	77
M G 001 37	*2 PEPPERS, JALAPENO, CHOPPED (CANNED)	3 Tbsps		3	0.1	0.1	0.6	0	3	197
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 Tbsps		58	3.4	4.8	0.2	14	96	91
M G 001 18	CHEESE, MONTEREY JACK, SHREDDED	2 Tbsps		3.7	2	0.3	6.4	0.9	0	6
M G 001 19	CHEESE, MOZZARELLA, SHREDDED	2 Tbsps		23	2.2	1.4	0.3	6	71	56
M G 001 69	*2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
M G 001 69	2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
L 030 00	CREAMED GROUND BEEF	2/3 Cup		223	24	8.4	11.2	67	141	551
L 061 01	TEXAS HASH (GROUND TURKEY)	1 Cup		269	28.8	11.8	13.3	102	70	401
D 001 00	BAKING POWDER BISCUITS	1 Each		145	24	3.6	3.7	0	100	309
L 200 01	BAKED TURKEY SAUSAGE LINKS	2 Each		99	6.5	7.6	0.7	67	13	268
L 002 00	OVEN FRIED BACON (3 Slice)	3 Slices		170	11.1	13.4	0.4	33	3	680
Q 033 00	PARSLEY BUTTERED POTATOES	4 Pieces		169	2.8	3.8	31.8	10	20	600
E 019 01	BROWN RICE WITH TOMATOES (OVEN METHOD)	3/4 Cup		162	4	1.5	33.7	0	39	149
LO/Q G 001	SIMMERED PINTO BEANS (CANNED)	3/4 Cup		166	30.6	9.3	1.1	0	95	541
D 025 07	BUTTERMILK WAFFLES (PANCAKE MIX)	1 Each		217	5.8	1.8	43.4	1	203	638
P 001 02	BEEF NOODLE SOUP	1 Cup		38	2	0.9	5.4	4	18	2075
LOCAL 028 01	SPAGHETTI W MEAT SAUCE (90/10 BEEF/WG) ExH	1 Cup		612	48.4	18.6	69.6	115	197	1735
SDX 0284009	BALSAMIC ROASTED VEGETABLES	3/4 Cup		242	1.7	21.3	12.8	0	45	468
D 033 00	TOASTED GARLIC BREAD	2 Slices		259	6.5	12.5	30.7	29	34	443
R/M	GRITS, INDIVIDUAL	1 PACKET		15	0.4	0.1	3.1	0	0	0
R/M	OATMEAL, INDIVIDUAL, ASST	1 PACKET		133	2.9	2.2	26.4	0	107	175
Dinner Brunch										
SDX HUB 157	CHICKEN TORTILLA SOUP	1 Cup		223	15.7	2.9	36.3	26	60	389
SDX HUB 419	LEMON CHICKEN STIR FRY	4 Ounces		186	26	4.1	10.6	80	28	965
SDX 74413-1	MAPLE GLAZED SALMON	3-1/2 Ounces		243	19.6	10.9	16	56	21	515
E 020 01	GINGER RICE (FRESH CARROTS)	3/4 Cup		86	4	1.9	13	59	28	495
Q 069 00	MASHED SWEET POTATOES	1/2 Cup		155	1.9	2.1	32.4	5	41	204
Q G 002 01	SIMMERED ASPARAGUS (FRESH)	4 Spears		51	20	3.8	3.5	10	25	103
Q 001 03	CAULIFLOWER COMBO	3/4 Cup		95	4.2	4.2	13	10	36	118
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Desserts										
J 010 03	CHERRY CRUNCH (CHERRY PIE FILLING)	1 Piece		242	1.3	6	45.8	10	59	221
G 029 01	PINEAPPLE UPSIDE DOWN CAKE (CAKE MIX)	1 Piece		433	1.7	6.8	95.4	15	130	309
H 010 02	DOUBLE CHOCOLATE CHIP BARS (CHOCOLATE COOKIE MI	2 Bars		258	2.4	13.1	34	0	22	122
J 001 01	APPLE CRISP (PIE FILLING & COOKIE MIX)	1 Piece		249	2	8.9	42.1	9	12	203
HUB 067	*1 GELATIN PARFAIT	1 Each		103	1.9	1.8	20.3	0	14	110
Specialty Salads										
M 034 00	MACARONI SALAD	1/2 Cup		119	3.1	2.6	20.9	3	16	222
M 008 00	COLE SLAW	1/2 Cup		72	0.8	4.2	8.8	4	27	272

STANDARD SALAD BAR See Master Menu Enclosure (3)
 STANDARD FRUIT BAR See Master Menu Enclosure (4)
 STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (5)

- NOTES:
 1. Manager's choice, assorted flavored gelatin during all meal periods.
 2. These items will be available for eggs made to order and stir fry vegetables.

MASTER MENU 28 DAY CYCLE 20240216 - 20261218

DAY 10 2024: 28 JAN, 25 FEB, 24 MAR, 21 APR, 19 MAY, 16 JUN, 14 JUL, 11 AUG, 08 SEP, 06 OCT, 03 NOV, 01 DEC, 29 DEC
 SUNDAY 2025: 26 JAN, 23 FEB, 23 MAR, 20 APR, 18 MAY, 15 JUN, 13 JUL, 10 AUG, 07 SEP, 05 OCT, 02 NOV, 30 NOV, 28 DEC
 2026: 25 JAN, 22 FEB, 22 MAR, 19 APR, 17 MAY, 14 JUN, 12 JUL, 09 AUG, 06 SEP, 04 OCT, 01 NOV, 29 NOV, 29 DEC

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
Breakfast Brunch										
L 175 00	POTATO FRITTATA	1 Piece		231	17.1	6.4	27.9	176	171	555
F 007 00	GRIDDLE FRIED EGGS (COOKED TO ORDER)	2 Each		134	10	9.8	0.6	297	45	113
LO/F 008 07	ASSORTED OMELETS	1 Omelet		239	17.4	16	5.8	354	130	484
F 010 00	SCRAMBLE EGGS	1/3 Cup		150	10.9	10.8	1.2	337	57	118
F 008 01	ASSORTED OMELETS (EGG WHITE)	1 Omelet		141	14.9	6.74	5.8	16	82	519
LO/F 010 05	SCRAMBLED EGGS (EGG WHITE)	1/3 Cup		52	8.4	1.1	1.1	0	9	153
LOCAL 001	DICED BACON (OVEN FRIED)	1 Ounce		227	14.8	17.9	0.6	44	4	907
LOCAL 002	DICED HAM	1 Ounce		34	5.2	1.3	0	11	2	356
M G 001 66	*2 PEPPERS, GREEN, FRESH, DICED	1 Ounce		6	0.2	0	1.3	0	3	1
M G 001 31	*2 ONIONS, DRY, CHOPPED	2 Tbsps		8	0.2	0	1.8	0	4	1
M G 001 51	*2 TOMATOES, FRESH, DICED	2 Tbsps		9	0.5	0.1	2	0	5	3
M G 001 29	OLIVES, BLACK, SLICED	3 Each		35	0.3	3.3	1.9	0	27	225
M G 001 28	*2 MUSHROOMS, SLICED, CANNED	1 Tbsp		5	0.3	0.1	0.9	0	2	77
M G 001 37	*2 PEPPERS, JALAPENO, CHOPPED (CANNED)	3 Tbsps		3	0.1	0.1	0.6	0	3	197
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 Tbsps		58	3.4	4.8	0.2	14	96	91
M G 001 18	CHEESE, MONTEREY JACK, SHREDDED	2 Tbsps		3.7	2	0.3	6.4	0.9	0	6
M G 001 19	CHEESE, MOZZORELLA, SHREDDED	2 Tbsps		23	2.2	1.4	0.3	6	71	56
M G 001 69	*2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
M G 001 69	2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
SDX 7225	SAUSAGE GRAVY	2 Ounces		110	3.1	8.2	5.9	5	76	356
D 001 00	BAKING POWDER BISCUITS	1 Each		145	24	3.6	3.7	0	100	309
L 184 00	GRILLED TURKEY PATTIES	1 Patty		271	29.7	13.1	8.7	108	58	304
SDX HUB 076	CHORIZO	2 Ounces		407	21.5	34.2	1.7	79	7	1104
E 018 00	SPICY BROWN RICE PILAF	2/3 Cup		146	3.6	1.7	29.2	0	34	729
Q 049 00	O'BRIEN POTATOES	2/3 Cup		134	2.6	1.2	29.1	0	13	194
SDX 00000484	YELLOW RICE	1 Cup		246	7.7	6.6	38.8	55	29	328
D 025 04	BUTTERMILK PANCAKES (PANCAKE MIX)	2 Cakes		209	5.5	1.8	41.8	1	195	613
SDX 70885-1	CHUNKY BEEF NOODLE SOUP	1 Cup		146	6.1	4.8	18.1	19	40+	369
HUB L 114 04	TERIYAKI CHICKEN (BONELESS BREAST)	4 Ounces		181	32.6	4.1	1.3	88	19	393
USMC 006	BRAISED CABBAGE AND CARROTS	3/4 Cup		74	2.3	2.6	12	0	87	468
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
R/M	GRITS, INDIVIDUAL	1 PACKET		15	0.4	0.1	3.1	0	0	0
R/M	OATMEAL, INDIVIDUAL, ASST	1 PACKET		133	2.9	2.2	26.4	0	107	175
Dinner Brunch										
P 014 01	CREAM OF BROCCOLI SOUP	1 Cup		139	6.8	6	15.2	16	180	1199
L 007 02	GRILLED T-BONE STEAKS	1 Steak		463	58.6	23.6	0	173	41	145
L 504 00	BAKED FISH SCANDIA (POLLOCK)	4 Ounces		160	26.3	3.4	4.1	89	137	185
E 007 01	PORK FRIED RICE (GRIDDLE METHOD)	1/2 Cup		100	5.9	3.5	10.8	37	22	645
Q 070 00	GARLIC ROASTED POTATO WEDGES	2-3/4 OZ		115	2.6	0.7	24.9	0	14	195
SDX HUB 409	GRLED ASPARAGUS W PARMNS BREAD CRMBS	5 Spears		185	5.3	10	19.7	12	81	803
Q 063 00	TANGY SPINACH	1/2 cup		35	3.4	1.1	4.7	0	128	196
O 016 00	BROWN GRAVY	1/4 CUP		75	0.9	5.9	4.6	0	4	462
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Desserts										
D 036 14	BOWKNOTS, FIGURE 8's, AND S SHAPES	1 Roll		144	3.3	2.3	27.6	6	17	137
G 010 00	YELLOW CUPCAKES (MIX)	1 Cupcake		109	1.1	1	23.8	0	62	212
G 022 00	BUTTER CREAM FROSTING	1-1/2 Tbsps		118	0.2	4.3	20.2	11	8	59
H 002 01	BROWNIES (CHOCOLATE BROWNIE MIX)	1 Brownie		280	3.3	11.5	43.6	12	20	195
G 032 02	BOSTON CREAM PIE	1 Slice		352	5.3	10.4	60.4	43	110	368
K 002 00	WHIPPED TOPPING (DEHYDRATED)	3 Tbsps		26	0.4	1.4	2.9	0	10	9
HUB 067	*1 GELATIN PARFAIT	1 Each		103	1.9	1.8	20.3	0	14	110
Specialty Salads										
M 004 00	FRIJOLE SALAD	3/4 Cup		83	2.5	3	13.5	0	36	274
M 001 02	CABBAGE, APPLE, AND RAISIN SALAD	1/2 Cup		80	1.1	2.2	15.7	2	33	73

STANDARD SALAD BAR See Master Menu Enclosure (3)
 STANDARD FRUIT BAR See Master Menu Enclosure (4)
 STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (5)

- NOTES:
 1. Manager's choice, assorted flavored gelatin during all meal periods.
 2. These items will be available for eggs made to order and stir fry vegetables.

MASTER MENU 28 DAY CYCLE 20240216 - 20261218

DAY 11 MONDAY
 2024: 01 JAN, 29 JAN, 26 FEB, 25 MAR, 22 APR, 20 MAY, 17 JUN, 15 JUL, 12 AUG, 09 SEP, 07 OCT, 04 NOV, 02 DEC, 30 DEC
 2025: 27 JAN, 24 FEB, 24 MAR, 21 APR, 19 MAY, 16 JUN, 14 JUL, 11 AUG, 08 SEP, 06 OCT, 03 NOV, 01 DEC, 29 DEC
 2026: 26 JAN, 23 FEB, 23 MAR, 20 APR, 18 MAY, 15 JUN, 13 JUL, 10 AUG, 07 SEP, 05 OCT, 02 NOV, 30 NOV, 28 DEC

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
Breakfast										
SDX 047396-1	LAREDO QUICHE (AMP)	1 Wedge		157	4.8	9	14.1	48	34	282
F 007 00	GRIDDLE FRIED EGGS (COOKED TO ORDER)	2 Each		134	10	9.8	0.6	297	45	113
LO/F 008 07	ASSORTED OMELETS	1 Omelet		239	17.4	16	5.8	354	130	484
F 010 00	SCRAMBLE EGGS	1/3 Cup		150	10.9	10.8	1.2	337	57	118
F 008 01	ASSORTED OMELETS (EGG WHITE)	1 Omelet		141	14.9	6.74	5.8	16	82	519
LO/F 010 05	SCRAMBLED EGGS (EGG WHITE)	1/3 Cup		52	8.4	1.1	1.1	0	9	153
LOCAL 001	DICED BACON (OVEN FRIED)	1 Ounce		227	14.8	17.9	0.6	44	4	907
LOCAL 002	DICED HAM	1 Ounce		34	5.2	1.3	0	11	2	356
M G 001 66	*2 PEPPERS, GREEN, FRESH, DICED	1 Ounce		6	0.2	0	1.3	0	3	1
M G 001 31	*2 ONIONS, DRY, CHOPPED	2 Tbsps		8	0.2	0	1.8	0	4	1
M G 001 51	*2 TOMATOES, FRESH, DICED	2 Tbsps		9	0.5	0.1	2	0	5	3
M G 001 29	OLIVES, BLACK, SLICED	3 Each		35	0.3	3.3	1.9	0	27	225
M G 001 28	*2 MUSHROOMS, SLICED, CANNED	1 Tbsp		5	0.3	0.1	0.9	0	2	77
M G 001 37	*2 PEPPERS, JALAPENO, CHOPPED (CANNED)	3 Tbsps		3	0.1	0.1	0.6	0	3	197
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 Tbsps		58	3.4	4.8	0.2	14	96	91
M G 001 69	*2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
M G 001 69	2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
L 030 00	CREAMED GROUND BEEF	2/3 Cup		223	24	8.4	11.2	67	141	551
D 001 00	BAKING POWDER BISCUITS	1 Each		145	24	3.6	3.7	0	100	309
L 089 03	BAKED SAUSAGE PATTIES (PERFORMED)	1 Patty		157	5.4	14.9	0.3	30	6	324
HUB 006	GRILLED CHICKEN BREAST (5 oz)	1 Breast		141	25.7	3.3	0.2	70	13	271
Q 047 00	HOME FRIED POTATOES	2/3 Cup		215	2.7	8.9	31.8	0	12	217
E 005 02	TOSSED GREEN RICE	3/4 cup		66	1.4	1.7	11.2	0	18	215
LO/Q G 001	SIMMERED PINTO BEANS (CANNED)	3/4 Cup		166	30.6	9.3	1.1	0	95	541
D 022 01	FRENCH TOAST (THICK SLICE)	2 Slices		267	12.8	5.4	41.7	127	85	485
R/M	GRITS, INDIVIDUAL	1 PACKET		15	0.4	0.1	3.1	0	0	0
R/M	OATMEAL, INDIVIDUAL, ASST	1 PACKET		133	2.9	2.2	26.4	0	107	175
Lunch										
SDX 73875-1	CHICKEN AND RICE SOUP YHYW (AMP)	2 Cup		265	15.8	5.8	37	35	86	590
L 150 01	CHICKEN POT PIE (CANNED CHICKEN)	1 Cup		373	28	8.4	45.5	42	120	1140
L 032 00	PARMESAN FISH	4 Ounces		150	38.7	8	2.9	142	254	455
E 015 00	SICILIAN BROWN RICE AND VEGETABLES	3/4 Cup		87	5.8	2.5	27.5	5	110	459
E 013 10	STEAMED ROTINI NOODLES	1 Cup		207	7.1	1.4	40.6	0	21	292
Q 017 01	GLAZED CARROTS	1/2 Cup		56	0.9	2.2	8.8	5	37	190
Q 024 01	BRUSSELS SPROUTS PARMESAN	3/4 Cup		95	7.4	2.4	13.6	6	127	221
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Dinner										
P 803 00	EGG DROP SOUP	1 Cup		46	2.7	1	6.4	1	22	1655
L 195 00	TERIYAKI BEEF STRIPS	2/3 Cup		161	22.2	4.5	6.8	56	19	591
L 157 00	PINEAPPLE CHICKEN (CUT-UP)	2 Pieces		452	43.5	21.4	20	137	43	305
SDX 75353-1	JOLLOF RICE	3/4 Cup		58	1.5	2.3	8.6	0	27	69
E 022 00	ORZO WITH LEMON AND HERBS-LOCAL	3/4 Cup		186	5.3	4.3	31.4	0	31	366
Q G 003 15	SIMMERED BROCCOLI (FROZEN)	3/4 Cup		35	3.8	0.4	6.5	0	79	105
USMC 049	STIR FRY BOK CHOY - USMC	6 Ounces		74	2.8	5.9	4.4	0	184	529
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Desserts										
D 036 06	CINNAMON RAISIN ROLLS (SWEET DOUGH MIX)	1 Roll		178	3.7	5.7	28.8	13	24	165
G 010 05	MARBLE CAKE (YELLOW CAKE MIX)	1 Piece		157	1.8	2	34.3	0	55	315
G 022 00	BUTTER CREAM FROSTING	1-1/2 Tbs		118	0.2	4.3	20.2	11	8	59
MFR	PEANUT BUTTER COOKIES (PRE-CUT DOUGH)	2 Cookies		147	2.6	8	16.7	9	32	127
H 004 01	CONGO BARS	2 Bars		252	3.1	10.6	36.7	32	43	150
HUB 067	*1 GELATIN PARFAIT	1 Each		103	1.9	1.8	20.3	0	14	110
Specialty Salads										
M 031 00	KIDNEY BEAN SALAD	1/2 Cup		142	6.3	4.4	19.8	36	46	464
M 032 00	FRUIT MEDLEY SALAD	1/2 Cup		99	1.6	3.5	16.6	0	32	29

STANDARD SALAD BAR See Master Menu Enclosure (3)
 STANDARD FRUIT BAR See Master Menu Enclosure (4)
 STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (5)

- NOTES:
 1. Manager's choice, assorted flavored gelatin during all meal periods.
 2. These items will be available for eggs made to order and stir fry vegetables.

MASTER MENU 28 DAY CYCLE 20240216 - 20261218

DAY 12 2024: 02 JAN, 30 JAN, 27 FEB, 26 MAR, 23 APR, 21 MAY, 18 JUN, 16 JUL, 13 AUG, 10 SEP, 08 OCT, 05 NOV, 03 DEC, 31 DEC
 TUESDAY 2025: 28 JAN, 25 FEB, 25 MAR, 22 APR, 20 MAY, 17 JUN, 15 JUL, 12 AUG, 09 SEP, 07 OCT, 04 NOV, 02 DEC, 30 DEC
 2026: 27 JAN, 24 FEB, 24 MAR, 21 PAR, 19 MAY, 16 JUN, 14 JUL, 11 AUG, 08 SEP, 06 OCT, 03 NOV, 01 DEC, 29 DEC

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Calcium (mg)	Sodium (mg)
Breakfast										
L 174 00	RICE FRITTATA	1 Piece		344	23	21.5	15	194	433	794
F 007 00	GRIDDLE FRIED EGGS (COOKED TO ORDER)	2 Each		134	10	9.8	0.6	297	45	113
LO/F 008 07	ASSORTED OMELETS	1 Omelet		239	17.4	16	5.8	354	130	484
F 010 00	SCRAMBLE EGGS	1/3 Cup		150	10.9	10.8	1.2	337	57	118
F 008 01	ASSORTED OMELETS (EGG WHITE)	1 Omelet		141	14.9	6.74	5.8	16	82	519
LO/F 010 05	SCRAMBLED EGGS (EGG WHITE)	1/3 Cup		52	8.4	1.1	1.1	0	9	153
LOCAL 001	DICED BACON (OVEN FRIED)	1 Ounce		227	14.8	17.9	0.6	44	4	907
LOCAL 002	DICED HAM	1 Ounce		34	5.2	1.3	0	11	2	356
M G 001 66	*2 PEPPERS, GREEN, FRESH, DICED	1 Ounce		6	0.2	0	1.3	0	3	1
M G 001 31	*2 ONIONS, DRY, CHOPPED	2 Tbsps		8	0.2	0	1.8	0	4	1
M G 001 51	*2 TOMATOES, FRESH, DICED	2 Tbsps		9	0.5	0.1	2	0	5	3
M G 001 29	OLIVES, BLACK, SLICED	3 Each		35	0.3	3.3	1.9	0	27	225
M G 001 28	*2 MUSHROOMS, SLICED, CANNED	1 Tbsp		5	0.3	0.1	0.9	0	2	77
M G 001 37	*2 PEPPERS, JALAPENO, CHOPPED (CANNED)	3 Tbsps		3	0.1	0.1	0.6	0	3	197
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 Tbsps		58	3.4	4.8	0.2	14	96	91
M G 001 69	*2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
M G 001 69	SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
SDX 7225	SAUSAGE GRAVY	2 Ounces		110	3.1	8.2	5.9	5	76	356
D 001 00	BAKING POWDER BISCUITS	1 Each		145	24	3.6	3.7	0	100	309
L 061 01	TEXAS HASH (GROUND TURKEY)	1 Cup		269	28.8	11.8	13.3	102	70	401
L 088 01	GRILLED POLISH SAUSAGE (KIELBASA)	3 Ounces		276	9.2	25.2	3.2	52	20	789
L 073 01	SCALLOPED HAM AND POTATOES (FRSH POTATOES)	1 Cup		366	24.7	18.4	25	75	221	1354
E 005 05	STEAMED BROWN RICE	3/4 Cup		168	3.5	1.7	34.3	0	14	216
D 025 07	BUTTERMILK WAFFLES (PANCAKE MIX)	1 Each		217	5.8	1.8	43.4	1	203	638
R/M	GRITS, INDIVIDUAL	1 PACKET		15	0.4	0.1	3.1	0	0	0
R/M	OATMEAL, INDIVIDUAL, ASST	1 PACKET		133	2.9	2.2	26.4	0	107	175
Lunch										
P 007 00	VEGETABLE SOUP	1 Cup		53	2.3	0.9	9.9	1	44	1333
LOCAL 034	CREOLE SHRIMP - WHOLE GRAIN	1 Cup		343	22.9	6.1	50.5	151	149	1475
L 304 00	CARIBBEAN BEEF CURRY	1 Cup		284	27.6	11.5	17.3	69	48	685
R/M	BREAD, PITA, 6"	1 Pita		165	5.5	0.7	33.4	0	52	322
SDX 016504	JASMINE RICE	4 Ounces		172	3.4	0.3	37.7	0	16	5
Q G 003 17	SIMMERED SPINACH (FROZEN)	3/4 Cup		36	4.4	0.7	5.2	0	159	161
LO/Q 064 01	SAVORY SUMMER SQUASH (FROZEN)	1/2 Cup		37	1.1	0.9	7.4	0	25	215
Dinner										
HUB 027 02	SOUTHWESTERN CORN CHOWDER (W/POTATOES)	1 Cup		71	2.4	3.4	8.2	1	52	593
L 083 01	BARBECUED PORK CHOPS	2 Serving		272	27.3	8.1	20.5	85	40	570
L 155 00	FRIED CHICKEN (CUT-UP)	2 Pieces		354	46.5	11.2	13.6	136	27	534
Q 069 00	MASHED SWEET POTATOES	1/2 Cup		155	1.9	2.1	32.4	5	41	204
SDX HUB 334	JAMAICAN RICE AND PEAS	3/4 Cup		178	4.7	3.8	31	0	33	1201
Q G 003 11	SIMMERED COLLARD GREENS (FROZEN)	3/4 Cup		88	7.3	1	17.4	0	518	196
SDX 72982-1	GREEN BEANS W/RED PEPPER & GARLIC	1/2 Cup		57	1.9	2.6	8	0	35	207
MFR	CHICKEN GRAVY (GRAVY MIX)	2 Ounces		23	0.7	0.6	3.8	1	10	253
O 021 00	SAVORY BREAD DRESSING	3-1/2 OZ		200	4.5	9.5	24.1	20	80	603
Desserts										
D 019 02	RAISED DOUGHNUTS (SWEET DOUGH MIX)	1 Doughnut		136	3.6	2	26.1	3	16	134
G 013 00	CARROT CAKE (CAKE MIX)	1 Piece		178	2.1	4.5	33.4	0	72	238
G 027 00	CREAM CHEESE FROSTING	1.5 Tbsps		109	1.1	6.2	12.7	20	18	6
MFR	SUGAR COOKIES (PRECUT DOUGH)	2 Cookies		145	1.4	6.9	19.7	10	27	96
J 008 02	CHERRY CRISP	1 Piece		194	2.1	6	34.5	14	27	159
HUB 067	*1 GELATIN PARFAIT	1 Each		103	1.9	1.8	20.3	0	14	110
Specialty Salads										
M 005 01	CARROT & PINEAPPLE SALAD	1/2 Cup		67	1	2.7	10.7	2	32	232
M 034 00	MACARONI SALAD	1/2 Cup		119	3.1	2.6	20.9	3	16	222

STANDARD SALAD BAR See Master Menu Enclosure (3)

STANDARD FRUIT BAR See Master Menu Enclosure (4)

STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (5)

- NOTES:
1. Manager's choice, assorted flavored gelatin during all meal periods.
 2. These items will be available for eggs made to order and stir fry vegetables.

MASTER MENU 28 DAY CYCLE 20240216 - 20261218

DAY 13
 WEDNESDAY
 2024: 03 JAN, 31 JAN, 28 FEB, 27 MAR, 24 APR, 22 MAY 19 JUN, 17 JUL, 14 AUG, 11 SEP, 09 OCT, 06 NOV, 04 DEC
 2025: 01 JAN, 29 JAN, 26 FEB, 26 MAR, 23 APR, 21 MAY, 18 JUN, 16 JUL, 13 AUG, 10 SEP, 08 OCT, 05 NOV, 03 DEC, 31 DEC
 2026: 28 JAN, 25 FEB, 25 MAR, 22 APR, 20 MAY, 17 JUN, 15 JUL, 12 AUG, 09 SEP, 07 OCT, 04 NOV, 02 DEC, 30 DEC

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
Breakfast										
USMC 008	BRUNCH CASSEROLE	5 Ounces		355	19	16.3	32.3	162	265	698
F 007 00	GRIDDLE FRIED EGGS (COOKED TO ORDER)	2 Each		134	10	9.8	0.6	297	45	113
LO/F 008 07	ASSORTED OMELETS	1 Omelet		239	17.4	16	5.8	354	130	484
F 010 00	SCRAMBLE EGGS	1/3 Cup		150	10.9	10.8	1.2	337	57	118
F 008 01	ASSORTED OMELETS (EGG WHITE)	1 Omelet		141	14.9	6.74	5.8	16	82	519
LO/F 010 05	SCRAMBLED EGGS (EGG WHITE)	1/3 Cup		52	8.4	1.1	1.1	0	9	153
LOCAL 001	DICED BACON (OVEN FRIED)	1 Ounce		227	14.8	17.9	0.6	44	4	907
LOCAL 002	DICED HAM	1 Ounce		34	5.2	1.3	0	11	2	356
M G 001 66	*2 PEPPERS, GREEN, FRESH, DICED	1 Ounce		6	0.2	0	1.3	0	3	1
M G 001 31	*2 ONIONS, DRY, CHOPPED	2 Tbsps		8	0.2	0	1.8	0	4	1
M G 001 51	*2 TOMATOES, FRESH, DICED	2 Tbsps		9	0.5	0.1	2	0	5	3
M G 001 29	OLIVES, BLACK, SLICED	3 Each		35	0.3	3.3	1.9	0	27	225
M G 001 28	*2 MUSHROOMS, SLICED, CANNED	1 Tbsp		5	0.3	0.1	0.9	0	2	77
M G 001 37	*2 PEPPERS, JALAPENO, CHOPPED (CANNED)	3 Tbsps		3	0.1	0.1	0.6	0	3	197
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 Tbsps		58	3.4	4.8	0.2	14	96	91
M G 001 69	*2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
M G 001 69	SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
L 030 00	CREAMED GROUND BEEF	2/3 Cup		223	24	8.4	11.2	67	141	551
D 001 00	BAKING POWDER BISCUITS	1 Each		145	24	3.6	3.7	0	100	309
L 200 01	BAKED TURKEY SAUSAGE LINKS	2 Each		99	6.5	7.6	0.7	67	13	268
L 002 00	OVEN FRIED BACON (3 Slice)	3 Slices		170	11.1	13.4	0.4	33	3	680
Q 046 03	LYONNAISE POTATOES	2/3 Cup		186	3.6	5.8	30.8	0	23	220
SDX 72804-3	DIRTY RICE (GROUND BEEF & BROWN RICE)	3/4 Cup		186	5.4	6.2	27.1	8	21	657
SDX 72334 CH	BEANS FIESTA	3/4 Cup		101	4.9	1.6	17.4	0	46	324
D 025 04	BUTTERMILK PANCAKES (PANCAKE MIX)	2 Cakes		209	5.5	1.8	41.8	1	195	613
R/M	GRITS, INDIVIDUAL	1 PACKET		15	0.4	0.1	3.1	0	0	0
R/M	OATMEAL, INDIVIDUAL, ASST	1 PACKET		133	2.9	2.2	26.4	0	107	175
Lunch										
SDX 45028 CH	SOPA DE FRIJOLAS NEGRO	1 Cup		188	8.6	4.2	30.3	0	92	573
LOCAL 139	BASIL BAKED FISH PORTION (POLLUCK)	9 Ounces		257	53	3.2	0.7	193	175	514
L 152 00	CHICKEN TETRAZZINI (CANNED CHICKEN)	1 Cup		308	22.4	11.5	28.1	45	118	1692
Q 050 02	OVEN-GLO POTATOES	1/2 Cup		130	2.1	3.8	22.7	10	15	260
USMC 029	LEMON ORZO	4 Ounces		209	6.3	4.6	35.3	0	22	514
Q 007 01	GREEN BEANS CREOLE	1/2 Cup		59	2.3	1.1	10.8	0	52	247
SDX 0000010	ZUCCHINI SAUTE	4 Ounces		57	1.7	4.1	4.7	0	25	167
O 016 00	BROWN GRAVY	1/4 CUP		75	0.9	5.9	4.6	0	4	462
D 015 01	CORN MUFFINS (CORN BREAD MIX)	1 Each		184	2.9	5	31.9	1	23	334
Dinner										
P 015 01	CREAM OF POTATO SOUP	1 Cup		155	7.5	0.5	30.9	3	203	494
L 177 00	BOMBAY CHICKEN	2 Pieces		368	39	10	30.8	119	27	120
LOCAL 084	BLACKENED FISH	4 Ounces		150	29.4	2.2	1.8	106	100	306
SDX 71501	ROASTED GARLIC MASHED POTATOES	1/2 Cup		200	2.8	8.8	28.2	0	28	302
SDX 0000048	AROMATIC BASMATI RICE	1/2 Cup		70	1.3	2.6	10.3	0	12	79
Q G 003 08	SIMMERED CARROT SLICES (FROZEN)	3/4 Cup		49	1.1	0.6	10.8	0	51	164
Q 012 00	FRIED CABBAGE	1/2 Cup		46	1.1	2.9	4.9	7	44	178
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Desserts										
D 037 00	QUICK COFFEE CAKE (BISCUIT MIX)	1 Piece		269	3.9	8.6	44.2	30	64	425
G 032 00	YELLOW CAKE (MIX)	1 Piece		170	1.7	1.6	37.2	0	96	331
G 022 00	BUTTER CREAM FROSTING	1-1/2 Tbsps		118	0.2	4.3	20.2	11	8	59
MFR	OATMEAL RAISIN COOKIES (PRE CUT DOUGH)	2 Cookies		136	1.7	6	18.9	8	10	94
G 032 02	BOSTON CREAM PIE	1 Slice		352	5.3	10.4	60.4	43	110	368
HUB 067	*1 GELATIN PARFAIT	1 Each		103	1.9	1.8	20.3	0	14	110
Specialty Salads										
M 012 00	COTTAGE CHEESE SALAD	14 Cup		44	7.3	0.6	2.1	2	41	235
M 009 01	COLE SLAW WITH VINEGAR DRESSING	1/2 Cup		47	0.7	0.1	11.2	0	29	127

STANDARD SALAD BAR See Master Menu Enclosure (3)
 STANDARD FRUIT BAR See Master Menu Enclosure (4)
 STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (5)
 NOTES: 1. Manager's choice, assorted flavored gelatin during all meal periods.
 2. These items will be available for eggs made to order and stir fry vegetables.

MASTER MENU 28 DAY CYCLE 20240216 - 20261218

DAY 14 THURSDAY
 2024: 04 JAN, 01 FEB, 29 FEB, 29 MAR, 25 APR, 23 MAY, 20 JUN, 18 JUL, 15 AUG, 12 SEP, 10 OCT, 07 NOV, 05 DEC
 2025: 02 JAN, 30 JAN, 27 FEB, 27 MAR, 24 APR, 22 MAY, 19 JUN, 17 JUL, 14 AUG, 09 OCT, 06 NOV, 04 DEC
 2026: 01 JAN, 29 JAN, 26 FEB, 26 MAR, 23 APR, 21 MAY, 18 JUL, 13 AUG, 10 SEP, 08 OCT, 05 NOV, 03 DEC, 31 DEC

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
Breakfast										
SDX 034097	POTATO, TOMATO, & GARLIC FRITTATA	1 Piece		290	20.6	17	13.1	432	272	1042
F 007 00	GRIDDLE FRIED EGGS (COOKED TO ORDER)	2 Each		134	10	9.8	0.6	297	45	113
LO/F 008 07	ASSORTED OMELETS	1 Omelet		239	17.4	16	5.8	354	130	484
F 010 00	SCRAMBLE EGGS	1/3 Cup		150	10.9	10.8	1.2	337	57	118
F 008 01	ASSORTED OMELETS (EGG WHITE)	1 Omelet		141	14.9	6.74	5.8	16	82	519
LO/F 010 05	SCRAMBLED EGGS (EGG WHITE)	1/3 Cup		52	8.4	1.1	1.1	0	9	153
LOCAL 001	DICED BACON (OVEN FRIED)	1 Ounce		227	14.8	17.9	0.6	44	4	907
LOCAL 002	DICED HAM	1 Ounce		34	5.2	1.3	0	11	2	356
M G 001 66	*2 PEPPERS, GREEN, FRESH, DICED	1 Ounce		6	0.2	0	1.3	0	3	1
M G 001 31	*2 ONIONS, DRY, CHOPPED	2 Tbsps		8	0.2	0	1.8	0	4	1
M G 001 51	*2 TOMATOES, FRESH, DICED	2 Tbsps		9	0.5	0.1	2	0	5	3
M G 001 29	OLIVES, BLACK, SLICED	3 Each		35	0.3	3.3	1.9	0	27	225
M G 001 28	*2 MUSHROOMS, SLICED, CANNED	1 Tbsp		5	0.3	0.1	0.9	0	2	77
M G 001 37	*2 PEPPERS, JALAPENO, CHOPPED (CANNED)	3 Tbsps		3	0.1	0.1	0.6	0	3	197
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 Tbsps		58	3.4	4.8	0.2	14	96	91
M G 001 69	*2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
SDX 7225	SAUSAGE GRAVY	2 Ounces		110	3.1	8.2	5.9	5	76	356
D 001 00	BAKING POWDER BISCUITS	1 Each		145	24	3.6	3.7	0	100	309
L 184 00	GRILLED TURKEY PATTIES	1 Patty		271	29.7	13.1	8.7	108	58	304
SDX HUB 076	CHORIZO	2 Ounces		407	21.5	34.2	1.7	79	7	1104
Q 079 00	HACIENDA POTATOES (2003)	3/4 Cup		132	3.2	0.6	30.2	0	47	507
AMP 036	CHICKEN FRIED RICE (AMP)	1 Serving		792	71.2	18.7	82.7	215	118	1480
D 022 01	FRENCH TOAST (THICK SLICE)	2 Slices		267	12.8	5.4	41.7	127	85	485
R/M	GRITS, INDIVIDUAL	1 PACKET		15	0.4	0.1	3.1	0	0	0
R/M	OATMEAL, INDIVIDUAL, ASST	1 PACKET		133	2.9	2.2	26.4	0	107	175
Lunch										
SDX 72303-1	AMERICAN BOUNTY VEGETABLE SOUP	1 Cup		55	1.7	1.9	9	0	41	109
SDX 34659	CUBAN PORK LOIN	4 ounces		368	34.6	24.1	1.1	104	30	312
L 158 00	SAVORY BAKED CHICKEN (CUT-UP)	2 Pieces		361	45.4	17.6	2.4	136	36	616
SDX 75743-1	MACARONI AND CHEESE (AMP)	3/4 Cup		349	15	16.1	35.5	30	343	733
USMC 007	HAWAIIAN STYLE BROWN AND QUINOA W/PINEAPPLE	4 ounces		126	3.4	206	22.7	0	26	552
Q 008 00	HARVARD BEETS	3/4 Cup		104	1.3	2	21.1	5	35	340
Q 024 00	BROCCOLI PARMESAN	1 Serving		79	6.3	2.3	10.2	6	160	236
O 016 00	BROWN GRAVY	1/4 CUP		75	0.9	5.9	4.6	0	4	462
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Dinner										
P 006 00	TOMATO SOUP	1 Cup		43	1.6	1.2	7.5	0	50	1027
SDX HUB 408	PIRI PIRI CHICKEN	3-1/2 OZ		211	32.8	6.6	3.5	88	37	2920
L 010 02	YANKEE POT ROAST	3-1/2 OZ		269	38	8.7	7.3	111	38	430
Q 070 00	GARLIC ROASTED POTATO WEDGES	2-3/4 OZ		115	2.6	0.7	24.9	0	14	195
SDX 72427 CH	FRIED RICE - HOUSE SPECIAL	3/4 Cup		138	3.8	6.9	15.3	38	33	575
Q 017 00	LYONNAISE CARROTS	1/2 Cup		60	1	2.1	10.2	5	35	191
SDX 72982-1	GREEN BEANS WITH RED PEPPER AND GARLIC	1/2 Cup		57	1.9	2.6	8	0	35	207
MFR	CHICKEN GRAVY (GRAVY MIX) -MFR	2 Ounces		23	0.7	0.6	3.8	1	10	253
O 021 00	SAVORY BREAD DRESSING	3-1/2 Oz		200	4.5	9.5	24.1	20	80	603
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Desserts										
D 027 01	KOLACHES (SWEET DOUGH MIX) PINEAPPLE FIL	1 Each		153	3.7	2.5	29.5	4	19	138
G 012 01	DEVILS FOOD CAKE (MIX)	1 Piece		108	1.4	1.7	23.7	0	14	224
G 009 00	CHOCOLATE FROSTING (ICING MIX, CHOCOLATE, POWDER)	1-1/2 Tbsps		71	0.2	0.9	16.7	0	2	14
MFR	WHITE CHOCO MACADAMIAN NUT COOKIES (PRE-CUT DOU	2 Cookies		116	1.3	6	13.7	4	0	99
MFR	PECAN PIE, FROZEN	1 Slice		68	0.7	2.8	9.9	7	4	46
HUB 067	*1 GELATIN PARFAIT	1 Each		103	1.9	1.8	20.3	0	14	110
Specialty Salads										
M 031 00	KIDNEY BEAN SALAD	1/2 Cup		142	6.3	4.4	19.8	36	46	464
M 008 00	COLE SLAW	1/2 Cup		72	0.8	4.2	8.8	4	27	272

STANDARD SALAD BAR See Master Menu Enclosure (3)
 STANDARD FRUIT BAR See Master Menu Enclosure (4)
 STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (5)
 NOTES:
 1. Manager's choice, assorted flavored gelatin during all meal periods.
 2. These items will be available for eggs made to order and stir fry vegetables.

MASTER MENU 28 DAY CYCLE 20240216 - 20261218

DAY 15
FRIDAY
2024: 05 JAN, 02 FEB, 01 MAR, 29 MAR, 26 APR, 24 MAY, 21 JUN, 19 JUL, 16 AUG, 13 SEP, 11 OCT, 08 NOV, 06 DEC
2025: 03 JAN, 31 JAN, 28 FEB, 28 MAR, 25 APR, 23 MAY, 20 JUN, 18 JUL, 15 AUG, 12 SEP, 10 OCT, 07 NOV, 05 DEC
2026: 02 JAN, 30 JAN, 27 FEB, 27 MAR, 24 APR, 22 MAY, 19 JUN, 17 JUL, 14 AUG, 11 SEP, 09 OCT, 06 NOV, 04 DEC

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
Breakfast										
LO/F 011 01	BROCCOLI QUICHE (FRESH BROCCOLI)	1 Piece		206	12	10.7	15.3	102	265	196
F 004 00	HARD COOKED EGGS	2 Each		130	11.4	8.6	0.7	337	57	135
F 007 00	GRIDDLE FRIED EGGS (COOKED TO ORDER)	2 Each		134	10	9.8	0.6	297	45	113
LO/F 008 07	ASSORTED OMELETS	1 Omelet		239	17.4	16	5.8	354	130	484
F 010 00	SCRAMBLE EGGS	1/3 Cup		150	10.9	10.8	1.2	337	57	118
F 008 01	ASSORTED OMELETS (EGG WHITE)	1 Omelet		141	14.9	6.74	5.8	16	82	519
LO/F 010 05	SCRAMBLED EGGS (EGG WHITE)	1/3 Cup		52	8.4	1.1	1.1	0	9	153
LOCAL 001	DICED BACON (OVEN FRIED)	1 Ounce		227	14.8	17.9	0.6	44	4	907
LOCAL 002	DICED HAM	1 Ounce		34	5.2	1.3	0	11	2	356
M G 001 66	*2 PEPPERS, GREEN, FRESH, DICED	1 Ounce		6	0.2	0	1.3	0	3	1
M G 001 31	*2 ONIONS, DRY, CHOPPED	2 Tbsps		8	0.2	0	1.8	0	4	1
M G 001 51	*2 TOMATOES, FRESH, DICED	2 Tbsps		9	0.5	0.1	2	0	5	3
M G 001 29	OLIVES, BLACK, SLICED	3 Each		35	0.3	3.3	1.9	0	27	225
M G 001 28	*2 MUSHROOMS, SLICED, CANNED	1 Tbsp		5	0.3	0.1	0.9	0	2	77
M G 001 37	*2 PEPPERS, JALAPENO, CHOPPED (CANNED)	3 Tbsps		3	0.1	0.1	0.6	0	3	197
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 Tbsps		58	3.4	4.8	0.2	14	96	91
M G 001 69	*2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
L 030 00	CREAMED GROUND BEEF	2/3 Cup		223	24	8.4	11.2	67	141	551
L 089 03	BAKED SAUSAGE PATTIES (PREFORMED)	1 Patty		157	5.4	14.9	0.3	30	6	324
HUB 006	GRILLED CHICKEN BREAST (5 oz)	1 Breast		141	25.7	3.3	0.2	70	13	271
D 001 00	BAKING POWDER BISCUITS	1 Each		145	24	3.6	3.7	0	100	309
SDX HUB 088	OVEN BAKED DICED POTATOES	2 ounces		54	1.4	1.2	9.9	0	5	61
SDX 75359-1	CILANTRO LIME RICE	4 Ounces		74	1.6	1.4	13.7	0	19	26
LOCAL Q 038	REFRIED BEANS (DEHYDRATED CANNED BEANS)	1/2 Cup		37	2	0.8	5.5	0	14	154
D 025 07	BUTTERMILK WAFFLES (PANCAKE MIX)	1 Each		217	5.8	1.8	43.4	1	203	638
R/M	GRITS, INDIVIDUAL	1 PACKET		15	0.4	0.1	3.1	0	0	0
R/M	OATMEAL, INDIVIDUAL, ASST	1 PACKET		133	2.9	2.2	26.4	0	107	175
Lunch										
P 001 02	BEEF NOODLE SOUP	1 Cup		38	2	0.9	5.4	4	18	2075
SDX HUB 356	CARIBBEAN JERK PORK LOIN	3-1/2 OZ		401	33	26.7	5.7	99	45+	685
L 035 03	CAJUN MEAT LOAF	6 Ounces		400	37.9	16.7	24	150	118	1025
E 016 00	ISLANDER'S RICE	3/4 Cup		100	4.7	0.8	18.7	0	43	653
Local 060 04	ITALIAN ROASTED POTATOES (FRESH WHOLE PEELED)	1/2 Cup		126	2.6	0.8	28.2	0	25	233
Q G 003 14	SIMMERED OKRA (FROZEN)	3/4 Cup		27	2.3	0.3	5.5	0	96	79
Q G 003 19	SIMMERED SUCCOTASH (FROZEN)	3/4 Cup		114	5.3	1.1	24.4	0	22	128
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Dinner										
P 004 00	ONION SOUP	1 Cup		103	1.8	7.4	7.8	1	22	1553
L 119 05	MUSTARD-DILL BAKED COD	4 ounces		192	32.6	5.2	21	88	26	378
L 099 00	PORK ADOBO	2/3 Cup		166	19.2	6.5	6.1	48	15	1378
E 005 03	LONG GRAIN AND WILD RICE	3/4 Cup		168	6.8	0.9	34.4	0	13	6
Q 033 01	PAPRIKA BUTTERED POTATOES	4 Pieces		136	2.1	3.8	24	10	16	589
Q 010 02	CAULIFLOWER POLONAISE	3 ounces		55	2.7	2.6	6.4	20	32	182
Q G 003 21	SIMMERED BRUSSELS SPROUTS (FROZEN)	3/4 Cup		56	5.1	0.6	10.7	0	38	86
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Desserts										
D 036 07	BUTTERFLY ROLLS (SWEET DOUGH MIX)	1 Roll		171	3.7	5.1	28	13	19	160
G 021 00	POUND CAKE	1 Slice		285	3.9	14.4	35.3	50	31	181
G 007 00	DECORATOR'S FROSTING	2 Tsp		39	0	1.4	7	0	0	0
H 011 02	PEANUT BUTTER BARS (SUGAR COOKIES MIX)	2 Bars		265	3.6	14.2	31.7	0	12	221
MFR	PUMPKIN PIE, FROZEN (RTB)	1 Slice		370	5.9	14.9	53.1	40	98	364
HUB 067	*1 GELATIN PARFAIT	1 Each		103	1.9	1.8	20.3	0	14	110
Specialty Salads										
M 012 00	COTTAGE CHEESE SALAD	1/4 Cup		44	7.3	0.6	2.1	2	41	235
USMC 022	GARBANZO SALAD	3 Ounces		83	2.5	3.7	10.5	0	23	235

STANDARD SALAD BAR See Master Menu Enclosure (3)
STANDARD FRUIT BAR See Master Menu Enclosure (4)
STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (5)

- NOTES:
1. Manager's choice, assorted flavored gelatin during all meal periods.
2. These items will be available for eggs made to order and stir fry vegetables.

MASTER MENU 28 DAY CYCLE 20240216 - 20261218

DAY 16 2024: 06 JAN, 03 FEB, 02 MAR, 30 MAR, 27 APR, 25 MAY, 22 JUN, 20 JUL, 17 AUG, 14 SEP, 12 OCT, 09 NOV, 07 DEC
 SATURDAY 2025: 04 JAN, 01 FEB, 01 MAR, 29 MAR, 26 APR, 24 MAY, 21 JUN, 19 JUL, 16 AUG, 13 SEP, 11 OCT, 08 NOV, 06 DEC
 2026: 03 JAN, 31 JAN, 28 FEB, 28 MAR, 25 APR, 23 MAY, 20 JUN, 18 JUL, 15 AUG, 12 SEP, 10 OCT, 07 NOV, 05 DEC

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Calcium (mg)	Sodium (mg)
Breakfast Brunch										
SDX 050659A	ZUCCHINI & MUSHROOM FRITTATA (AMP)	1 Wedge		70	12.6	0.8	2.5	0	16	386
F 007 00	GRIDDLE FRIED EGGS (COOKED TO ORDER)	2 Each		134	10	9.8	0.6	297	45	113
LO/F 008 07	ASSORTED OMELETS	1 Omelet		239	17.4	16	5.8	354	130	484
F 010 00	SCRAMBLE EGGS	1/3 Cup		150	10.9	10.8	1.2	337	57	118
F 008 01	ASSORTED OMELETS (EGG WHITE)	1 Omelet		141	14.9	6.74	5.8	16	82	519
LO/F 010 05	SCRAMBLED EGGS (EGG WHITE)	1/3 Cup		52	8.4	1.1	1.1	0	9	153
LOCAL 001	DICED BACON (OVEN FRIED)	1 Ounce		227	14.8	17.9	0.6	44	4	907
LOCAL 002	DICED HAM	1 Ounce		34	5.2	1.3	0	11	2	356
M G 001 66	*2 PEPPERS, GREEN, FRESH, DICED	1 Ounce		6	0.2	0	1.3	0	3	1
M G 001 31	*2 ONIONS, DRY, CHOPPED	2 Tbsps		8	0.2	0	1.8	0	4	1
M G 001 51	*2 TOMATOES, FRESH, DICED	2 Tbsps		9	0.5	0.1	2	0	5	3
M G 001 29	OLIVES, BLACK, SLICED	3 Each		35	0.3	3.3	1.9	0	27	225
M G 001 28	*2 MUSHROOMS, SLICED, CANNED	1 Tbsp		5	0.3	0.1	0.9	0	2	77
M G 001 37	*2 PEPPERS, JALAPENO, CHOPPED (CANNED)	3 Tbsps		3	0.1	0.1	0.6	0	3	197
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 Tbsps		58	3.4	4.8	0.2	14	96	91
M G 001 18	CHEESE, MONTEREY JACK, SHREDDED	2 Tbsps		3.7	2	0.3	6.4	0.9	0	6
M G 001 19	CHEESE, MOZZARELLA, SHREDDED	2 Tbsps		23	2.2	1.4	0.3	6	71	56
M G 001 69	*2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
SDX 7225	SAUSAGE GRAVY	2 Ounces		110	3.1	8.2	5.9	5	76	356
D 001 00	BAKING POWDER BISCUITS	1 Each		145	24	3.6	3.7	0	100	309
L 061 01	TEXAS HASH (GROUND TURKEY)	1 Cup		269	28.8	11.8	13.3	102	70	401
L 088 01	GRILLED POLISH SAUSAGE (KIELBASA)	3 Ounces		276	9.2	25.2	3.2	52	20	789
Q 504 00	ROASTED PEPPER POTATOES	2/3 Cup		105	2	2.4	19.4	0	21	172
E 019 01	BROWN RICE WITH TOMATOES (OVEN METHOD)	3/4 Cup		159	3.8	1.6	33.1	0	33	133
E 007 02	FILIPINO RICE	3/4 Cup		95	5.9	3	10.5	42	20	640
D 025 04	BUTTERMILK PANCAKES (PANCAKE MIX)	2 Cakes		209	5.5	1.8	41.8	1	195	613
SDX 73038-1	CHICKEN AND ORZO SOUP	1 Cup		126	8.3	2.7	16.9	18	42	292
L 153 00	CHINESE FIVE-SPICE CHICKEN	2 Pieces		386	437	21.4	2.3	137	35	689
Q G 003 20	SIMMERED MIXED VEGETABLE (FROZEN)	1-1/2 Cup		176	8.2	1.3	33	0	67	260
O 016 00	BROWN GRAVY	1/4 CUP		75	0.9	5.9	4.6	0	4	462
R/M	GRITS, INDIVIDUAL	1 PACKET		15	0.4	0.1	3.1	0	0	0
R/M	OATMEAL, INDIVIDUAL, ASST	1 PACKET		133	2.9	2.2	26.4	0	107	175
Dinner Brunch										
P 002 01	CHICKEN NOODLE SOUP	1 Cup		44	2.1	1.3	6	1	30	2043
L 210 00	SANTE FE GLAZED CHICKEN (BREAST BONELESS)	4 Ounces		264	32.6	4.7	22.1	88	29	290
L 007 04	GRILLED RIB EYE STEAK	1 Each		388	35.2	26.5	2.2	109	10	123
E 008 00	RICE PILAF	3/4 Cup		100	2.1	3.6	14.4	4	24	890
Q 051 00	POTATOES AU GRATIN	2/3 Cup		242	6.4	10.7	30.7	29	137	451
SDX 0000010	PEAS AND MUSHROOMS	1/4 Cup		111	6.2	2.3	17.1	0	30	237
Q G 003 07	SIMMERED CAULIFLOWER (FRESH)	5 Flowerets		46	1.1	3.8	2.6	10	18	120
O 016 00	BROWN GRAVY	1/4 CUP		75	0.9	5.9	4.6	0	4	462
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Desserts										
D 019 03	LONGJOHNS (SWEET DOUGH MIX)	1 Each		120	3.6	2	22	3	16	134
G 013 00	CARROT CAKE (CAKE MIX)	1 Piece		178	2.1	4.5	33.4	0	72	238
G 022 00	BUTTER CREAM FROSTING	1-1/2 Tbs		118	0.2	4.3	20.2	11	8	59
H 005 00	SHORTBREAD COOKIES	2 Cookies		269	3	15	31	39	9	117
MFR	SWEET POTATO PIE, (FROZEN)	1 Slice		428	5.6	20.3	57.4	28	113	405
HUB 067	*1 GELATIN PARFAIT	1 Each		103	1.9	1.8	20.3	0	14	110
Specialty Salads										
M038 00	PASTA SALAD	1/2 Cup		144	4.5	6.2	18	4	67	332
AMP 008	QUINOA SALAD (AMP)	6 Ounces		138	4.6	4	21.8	0	29	8

STANDARD SALAD BAR See Master Menu Enclosure (3)
 STANDARD FRUIT BAR See Master Menu Enclosure (4)
 STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (5)

- NOTES:
 1. Manager's choice, assorted flavored gelatin during all meal periods.
 2. These items will be available for eggs made to order and stir fry vegetables.

MASTER MENU 28 DAY CYCLE 20240216 - 20261218

DAY 17 2024: 07 JAN, 04 FEB, 03 MAR, 31 MAR, 28 APR, 26 MAY, 23 JUN, 21 JUL, 18 AUG, 15 SEP, 13 OCT, 10 NOV, 08 DEC
 SUNDAY 2025: 05 JAN, 02 FEB, 02 MAR, 30 MAR, 27 APR, 25 MAY, 22 JUN, 20 JUL, 17 AUG, 14 SEP, 12 OCT, 09 NOV, 07 DEC
 2026: 04 JAN, 01 FEB, 01 MAR, 29 MAR, 26 PAR, 24 MAY, 21 JUN, 19 JUL, 16 AUG, 13 SEP, 11 OCT, 08 NOV, 06 DEC

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
Breakfast Brunch										
SDX 042548A	HAM & SPINACH FRITTATA (AMP)	1 Piece		378	28	19.4	21.9	401	327	957
F 007 00	GRIDDLE FRIED EGGS (COOKED TO ORDER)	2 Each		134	10	9.8	0.6	297	45	113
LO/F 008 07	ASSORTED OMELETS	1 Omelet		239	17.4	16	5.8	354	130	484
F 010 00	SCRAMBLE EGGS	1/3 Cup		150	10.9	10.8	1.2	337	57	118
F 008 01	ASSORTED OMELETS (EGG WHITE)	1 Omelet		141	14.9	6.74	5.8	16	82	519
LO/F 010 05	SCRAMBLED EGGS (EGG WHITE)	1/3 Cup		52	8.4	1.1	1.1	0	9	153
LOCAL 001	DICED BACON (OVEN FRIED)	1 Ounce		227	14.8	17.9	0.6	44	4	907
LOCAL 002	DICED HAM	1 Ounce		34	5.2	1.3	0	11	2	356
M G 001 66	*2 PEPPERS, GREEN, FRESH, DICED	1 Ounce		6	0.2	0	1.3	0	3	1
M G 001 31	*2 ONIONS, DRY, CHOPPED	2 Tbsps		8	0.2	0	1.8	0	4	1
M G 001 51	*2 TOMATOES, FRESH, DICED	2 Tbsps		9	0.5	0.1	2	0	5	3
M G 001 29	OLIVES, BLACK, SLICED	3 Each		35	0.3	3.3	1.9	0	27	225
M G 001 28	*2 MUSHROOMS, SLICED, CANNED	1 Tbsp		5	0.3	0.1	0.9	0	2	77
M G 001 37	*2 PEPPERS, JALAPENO, CHOPPED (CANNED)	3 Tbsps		3	0.1	0.1	0.6	0	3	197
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 Tbsps		58	3.4	4.8	0.2	14	96	91
M G 001 18	CHEESE, MONTEREY JACK, SHREDDED	2 Tbsps		3.7	2	0.3	6.4	0.9	0	6
M G 001 19	CHEESE, MOZZORELLA, SHREDDED	2 Tbsps		23	2.2	1.4	0.3	6	71	56
M G 001 69	*2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
L 030 00	CREAMED GROUND BEEF	2/3 Cup		223	24	8.4	11.2	67	141	551
L 200 01	BAKED TURKEY SAUSAGE LINKS	2 Each		99	6.5	7.6	0.7	67	13	268
L 002 00	OVEN FRIED BACON (3 Slice)	3 Slices		170	11.1	13.4	0.4	33	3	680
D 001 00	BAKING POWDER BISCUITS	1 Each		145	24	3.6	3.7	0	100	309
E 018 00	SPICY BROWN RICE PILAF	2/3 Cup		146	3.6	1.7	29.2	0	34	729
Q 047 00	HOME FRIED POTATOES	2/3 Cup		215	2.7	8.9	31.8	0	13	217
D 022 01	FRENCH TOAST (THICK SLICE)	2 Slices		267	12.8	5.4	41.7	127	85	485
SDX HUB 157	CHICKEN TORTILLA SOUP	1 Cup		223	15.7	2.9	36.3	26	60+	389
L 304 00	CARIBBEAN BEEF CURRY	1 Cup		284	27.6	11.5	17.3	69	48	685
E 005 02	TOSSED GREEN RICE	3/4 cup		66	1.4	1.7	11.2	0	18	215
Q G 003 02	SIMMERED GREEN BEANS (FROZEN)	3/4 Cup		42	1.9	0.2	8.2	0	48	76
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
R/M	GRITS, INDIVIDUAL	1 PACKET		15	0.4	0.1	3.1	0	0	0
R/M	OATMEAL, INDIVIDUAL, ASST	1 PACKET		133	2.9	2.2	26.4	0	107	175
Dinner Brunch										
P 007 01	MINESTRONE SOUP	1 Cup		80	3.5	1	14.9	1	45	1218
L 119 03	LEMON BAKED FISH (SALMON)	4 Ounces		258	24.5	16.9	0.5	77	19	299
L 208 00	PASTA TOSCANO (2003)	9 Ounces		492	24.2	24.2	43.2	51	155	1430
SDX HUB 434	SPANISH RICE w SCALLIONS	3/4 Cup		211	4.4	5.5	36.3	0	35	1392
Q 502 00	ITALIAN ROASTED POTATOES	1/2 Cup		126	2.6	0.8	28.2	0	25	233
AMP 004	CLASSIC STEAMED VEGETABLES	1 Cup		74	5.5	1.4	13.5	0	87	195
SDX HUB 403	BRAISED COLLARD GREENS	3/4 Cup		127	5.9	2.3	23.7	4	312	1396
MFR	CROISSANT (RTB)	1 Each		225	4	12	25.7	0	32	361
Desserts										
USMC 002	APPLE CRISP-USMC	4 OZ Ea.		296	4.9	8.7	52	0	29	83
G 030 01	WHITE CAKE (CAKE MIX)	1 Piece		196	1.8	4.8	36.8	0	35	302
G 022 00	BUTTER CREAM FROSTING	1-1/2 Tbsps		118	0.2	4.3	20.2	11	8	59
MFR	CHOCOLATE CHIP COOKIES (PRE-CUT DOUGH)	2 Cookies		256	2.3	12.1	34.6	4	8	182
J 001 01	APPLE CRISP (PIE FILLING & COOKIE MIX)	1 Piece		249	2	8.9	42.1	9	12	203
HUB 067	*1 GELATIN PARFAIT	1 Each		103	1.9	1.8	20.3	0	14	110
Specialty Salads										
M 504 00	BROCCOLI SALAD	1/2 Cup		222	3.9	10.2	33.3	3	51	142
M 034 00	MACARONI SALAD	1/2 Cup		119	3.1	2.6	20.9	3	16	222

STANDARD SALAD BAR See Master Menu Enclosure (3)
 STANDARD FRUIT BAR See Master Menu Enclosure (4)
 STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (5)

- NOTES:
 1. Manager's choice, assorted flavored gelatin during all meal periods.
 2. These items will be available for eggs made to order and stir fry vegetables.

MASTER MENU 28 DAY CYCLE 20240216 - 20261218

DAY 18 2024: 08 JAN, 05 FEB, 04 MAR, 01 APR, 29 APR, 27 MAY, 24 JUN, 22 JUL, 19 AUG, 16 SEP, 14 OCT, 11 NOV, 09 DEC
 MONDAY 2025: 06 JAN, 03 FEB, 03 MAR, 31 MAR, 28 APR, 26 MAY, 23 JUN, 21 JUL, 18 AUG, 15 SEP, 13 OCT, 10 NOV, 08 DEC
 2026: 05 JAN, 02 FEB, 02 MAR, 30 MAR, 27 APR, 25 MAY, 22 JUN, 20 JUL, 17 AUG, 14 SEP, 12 OCT, 09 NOV, 07 DEC

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
Breakfast										
F 011 00	MUSHROOM QUICHE	1 Piece		208	11.5	10.4	16.9	101	239	263
F 007 00	GRIDDLE FRIED EGGS (COOKED TO ORDER)	2 Each		134	10	9.8	0.6	297	45	113
LO/F 008 07	ASSORTED OMELETS	1 Omelet		239	17.4	16	5.8	354	130	484
F 010 00	SCRAMBLE EGGS	1/3 Cup		150	10.9	10.8	1.2	337	57	118
F 008 01	ASSORTED OMELETS (EGG WHITE)	1 Omelet		141	14.9	6.74	5.8	16	82	519
LO/F 010 05	SCRAMBLED EGGS (EGG WHITE)	1/3 Cup		52	8.4	1.1	1.1	0	9	153
LOCAL 001	DICED BACON (OVEN FRIED)	1 Ounce		227	14.8	17.9	0.6	44	4	907
LOCAL 002	DICED HAM	1 Ounce		34	5.2	1.3	0	11	2	356
M G 001 66	*2 PEPPERS, GREEN, FRESH, DICED	1 Ounce		6	0.2	0	1.3	0	3	1
M G 001 31	*2 ONIONS, DRY, CHOPPED	2 Tbsps		8	0.2	0	1.8	0	4	1
M G 001 51	*2 TOMATOES, FRESH, DICED	2 Tbsps		9	0.5	0.1	2	0	5	3
M G 001 29	OLIVES, BLACK, SLICED	3 Each		35	0.3	3.3	1.9	0	27	225
M G 001 28	*2 MUSHROOMS, SLICED, CANNED	1 Tbsp		5	0.3	0.1	0.9	0	2	77
M G 001 37	*2 PEPPERS, JALAPENO, CHOPPED (CANNED)	3 Tbsps		3	0.1	0.1	0.6	0	3	197
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 Tbsps		58	3.4	4.8	0.2	14	96	91
M G 001 69	*2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
SDX 7225	SAUSAGE GRAVY	2 Ounces		110	3.1	8.2	5.9	5	76	356
D 001 00	BAKING POWDER BISCUITS	1 Each		145	24	3.6	3.7	0	100	309
L 184 00	GRILLED TURKEY PATTIES	1 Patty		271	29.7	13.1	8.7	108	58	304
SDX HUB 076	CHORIZO	2 Ounces		407	21.5	34.2	1.7	79	7	1104
Q 046 01	COTTAGE FRIED POTATOES	2/3 Cup		167	24.6	2.8	6.7	0	20	244
HUB 050	PULAO (STREET STYLE)	3/4 Cup		406	5.7	24.9	42.3	0	73	817
LO/Q G 001	SIMMERED PINTO BEANS (CANNED)	3/4 Cup		166	30.6	9.3	1.1	0	95	541
D 025 07	BUTTERMILK WAFFLES (PANCAKE MIX)	1 Each		217	5.8	1.8	43.4	1	203	638
R/M	GRITS, INDIVIDUAL	1 PACKET		15	0.4	0.1	3.1	0	0	0
R/M	OATMEAL, INDIVIDUAL, ASST	1 PACKET		133	2.9	2.2	26.4	0	107	175
Lunch										
P 010 00	CHICKEN GUMBO SOUP	1 Cup		51	2.2	1.2	8.5	1	47	1293
SDX HUB 233	FIRECRACKER SHRIMP	4-1/2 Ounces		713	33.9	34.9	63.5	302	153+	1492
SDX 10841-1	CAJUN LIGHTNING CHICKEN (TYSON BREAST)	3-1/2 OZ		203	19	2.8	25.6	50	24	967
SDX HUB 171	SOUTHWEST ORZO PASTA	3/4 Cup		220	10.4	2.2	39.3	3	22	309
LOCAL 054	RED BEANS WITH BROWN RICE	1/2 Cup		260	10.3	6.5	39.7	8	50	592
Q G 003 15	SIMMERED BROCCOLI (FROZEN)	3/4 Cup		35	3.8	0.4	6.5	0	79	105
Q 030 01	SAUTEED MUSHROOMS AND ONIONS	1/4 Cup		75	1.2	5.7	5.9	15	16	183
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Dinner										
SDX 70885-1	CHUNKY BEEF NOODLE SOUP	1 Cup		146	6.1	4.8	18.1	19	40+	369
L 322 00	CAJUN GRILLED SALMON	4 Ounces		208	19.8	13.2	1.5	56	27	610
SDX 8390	TATER TOT CASSEROLE	7 Ounces		401	30.3	22.5	17.9	98	171	830
SDX 71501	ROASTED GARLIC MASHED POTATOES	1/2 Cup		200	2.8	8.8	28.2	0	28	302
SDX 44010 CH	IMPERIAL FRIED RICE-PORK	2 Cups		645	33.2	22.2	76.3	173	104	1264
Q G 001 11	SIMMERED CREAM STYLE CORN (CANNED)	3/4 Cup		130	3.1	0.8	32.7	0	5	471
Q G 003 16	SIMMERED PEAS AND CARROTS, W/BUTTER (FROZEN)	3/4 Cup		65	2.8	2.8	9.1	7	25	132
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Desserts										
D 036 08	SUGAR ROLLS	1 Roll		193	3.6	6	31.9	13	17	166
USMC 015	CHOCOLATE CUP CAKES	1 Each		196	3	8.5	28.1	29	52	257
MFR	WHITE CHOCO MACADAMIAN NUT COOKIES (PRE-CUT DOU	2 Cookies		116	1.3	6	13.7	4	0	99
MFR	PECAN PIE, FROZEN	1 Slice		68	0.7	2.8	9.9	7	4	46
K 002 00	WHIPPED TOPPING (DEHYDRATED)	3 Tbsps		26	0.4	1.4	2.9	0	10	9
HUB 067	*1 GELATIN PARFAIT	1 Each		103	1.9	1.8	20.3	0	14	110
Specialty Salads										
M 053 01	COUNTRY STYLE TOMATO SALAD	1/2 Cup		48	0.6	2.3	6.4	0	11	115
M 008 00	COLE SLAW	1/2 Cup		72	0.8	4.2	8.8	4	27	272

STANDARD SALAD BAR See Master Menu Enclosure (3)

STANDARD FRUIT BAR See Master Menu Enclosure (4)

STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (5)

- NOTES: 1. Manager's choice, assorted flavored gelatin during all meal periods.
 2. These items will be available for eggs made to order and stir fry vegetables.

MASTER MENU 28 DAY CYCLE 20240216 - 20261218

DAY 19 2024: 09 JAN, 06 FEB, 05 MAR, 02 APR, 30 APR, 28 MAY, 25 JUN, 23 JUL, 20 AUG, 17 SEP, 15 OCT, 12 NOV, 10 DEC
 TUESDAY 2025: 07 JAN, 04 FEB, 04 MAR, 01 APR, 29 APR, 27 MAY, 24 JUN, 22 JUL, 19 AUG, 16 SEP, 14 OCT, 11 NOV, 09 DEC
 2026: 06 JAN, 03 FEB, 03 MAR, 31 MAR, 28 APR, 26 MAY, 23 JUN, 21 JUL, 18 AUG, 15 SEP, 13 OCT, 10 NOV, 08 DEC

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mcg)	Calcium (mg)	Sodium (mg)
Breakfast										
L 175 00	POTATO FRITTATA	1 Piece		231	17.1	6.4	27.9	176	171	555
E 001 00	HOT OATMEAL	3/4 Cup		106	4.6	1.9	18	0	20	215
F 007 00	GRIDDLE FRIED EGGS (COOKED TO ORDER)	2 Each		134	10	9.8	0.6	297	45	113
LO/F 008 07	ASSORTED OMELETS	1 Omelet		239	17.4	16	5.8	354	130	484
F 010 00	SCRAMBLE EGGS	1/3 Cup		150	10.9	10.8	1.2	337	57	118
F 008 01	ASSORTED OMELETS (EGG WHITE)	1 Omelet		141	14.9	6.74	5.8	16	82	519
LO/F 010 05	SCRAMBLED EGGS (EGG WHITE)	1/3 Cup		52	8.4	1.1	1.1	0	9	153
LOCAL 001	DICED BACON (OVEN FRIED)	1 Ounce		227	14.8	17.9	0.6	44	4	907
LOCAL 002	DICED HAM	1 Ounce		34	5.2	1.3	0	11	2	356
M G 001 66	*2 PEPPERS, GREEN, FRESH, DICED	1 Ounce		6	0.2	0	1.3	0	3	1
M G 001 31	*2 ONIONS, DRY, CHOPPED	2 Tbsps		8	0.2	0	1.8	0	4	1
M G 001 51	*2 TOMATOES, FRESH, DICED	2 Tbsps		9	0.5	0.1	2	0	5	3
M G 001 29	OLIVES, BLACK, SLICED	3 Each		35	0.3	3.3	1.9	0	27	225
M G 001 28	*2 MUSHROOMS, SLICED, CANNED	1 Tbsp		5	0.3	0.1	0.9	0	2	77
M G 001 37	*2 PEPPERS, JALAPENO, CHOPPED (CANNED)	3 Tbsps		3	0.1	0.1	0.6	0	3	197
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 Tbsps		58	3.4	4.8	0.2	14	96	91
M G 001 69	*2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
L 030 00	CREAMED GROUND BEEF	2/3 Cup		223	24	8.4	11.2	67	141	551
D 001 00	BAKING POWDER BISCUITS	1 Each		145	24	3.6	3.7	0	100	309
L 089 03	BAKED SAUSAGE PATTIES (PREFORMED)	1 Patty		157	5.4	14.9	0.3	30	6	324
HUB 006	GRILLED CHICKEN BREAST (5 oz)	1 Breast		141	25.7	3.3	0.2	70	13	271
Q 049 00	O'BRIEN POTATOES	2/3 Cup		134	2.6	1.2	29.1	0	13	194
AMP 036	CHICKEN FRIED RICE (AMP)	1 Serving		792	71.2	18.7	82.7	215	118	1480
D 025 04	BUTTERMILK PANCAKES (PANCAKE MIX)	2 Cakes		209	5.5	1.8	41.8	1	195	613
R/M	GRITS, INDIVIDUAL	1 PACKET		15	0.4	0.1	3.1	0	0	0
R/M	OATMEAL, INDIVIDUAL, ASST	1 PACKET		133	2.9	2.2	26.4	0	107	175
Lunch										
SDX 72229-1	CREAM OF SPINACH SOUP	1 Cup		176	5.1	10.4	16.9	1	134	607
L 142 00	HONEY GLAZED ROCK CORNISH HEN	6 Ounces		440	32.5	26.5	16.5	190	29	96
USMC 034	PASTA PRIMAVERA WITH GRILLED SHRIMP	4 Ounces		188	17.2	7.3	26.3	116	122	2022
SDX 047711	ROASTED GARLIC & OREGANO POTATOES	2/3 Cup		140	2.2	4.4	23.5	0	8	200
Q 024 01	BRUSSELS SPROUTS PARMESAN	3/4 Cup		95	7.4	2.4	13.6	6	127	221
LOCAL Q 025	VEGETABLE STIR FRY (LOCAL)	1/2 Cup		39	0.9	1.8	5.3	0	31	108
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Dinner										
P 013 01	NEW ENGLAND CLAM CHOWDER	1 Cup		216	18.7	6.1	20.9	42	190	301
LOCAL 277	SANTE FE GLAZED CHICKEN (CUT-UP)	2 Pieces		383	45.2	12	22	136	35	328
L 038 01	CREAMY CAJUN SHRIMP PENNE	1-1/4 cup		427	28.1	9.2	59.2	57	105	869
E 007 01	PORK FRIED RICE (GRIDDLE METHOD)	1/2 Cup		100	5.9	3.5	10.8	37	22	645
Q 024 02	CAULIFLOWER PARMESAN	3/4 Cup		77	5.5	2.2	10.1	6	123	236
Q 017 01	GLAZED CARROTS	1/2 Cup		71	0.8	2	13.3	5	30	143
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Desserts										
D 037 00	QUICK COFFEE CAKE (BISCUIT MIX)	1 Piece		206	5.9	3.8	37	58	58	174
G 006 00	BANANA CAKE	1 Each		204	1.9	3.8	41	0	97	331
G 022 00	BUTTER CREAM FROSTING	1-1/2 Tbs		118	0.2	4.3	20.2	11	8	59
H 025 00	ABRACADABRA BARS	2 Bars		202	2.4	4	39.5	0	12	187
G 026 02	CHEESE CAKE PIE (CHEESE CAKE MIX)	1 Slice		230	5.1	10	30.4	12	136	305
HUB 067	*1 GELATIN PARFAIT	1 Each		103	1.9	1.8	20.3	0	14	110
Specialty Salads										
AMP 008	QUINOA SALAD (AMP)	1/2 Cup		138	21.8	4.6	4	0	8	29
M 017 00	FRUIT SALAD	1/2 Cup		71	1.5	0.3	17	1	45	13

STANDARD SALAD BAR See Master Menu Enclosure (3)
 STANDARD FRUIT BAR See Master Menu Enclosure (4)
 STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (5)
 NOTES: 1. Manager's choice, assorted flavored gelatin during all meal periods.
 2. These items will be available for eggs made to order and stir fry vegetables.

MASTER MENU 28 DAY CYCLE 20240216 - 20261218

DAY 20 2024: 10 JAN, 07 FEB, 06 MAR, 03 APR, 01 MAY, 29 MAY, 26 JUN, 24 JUL, 21 AUG, 18 SEP, 16 OCT, 13 NOV, 11 DEC
 WEDNESDAY 2025: 08 JAN, 05 FEB, 05 MAR, 02 APR, 30 APR, 28 MAY, 25 JUN, 23 JUL, 20 AUG, 17 SEP, 15 OCT, 12 NOV, 10 DEC
 2026: 07 JAN, 04 FEB, 04 MAR, 01 APR, 29 APR, 27 MAY, 24 JUN, 22 JUL, 19 AUG, 16 AEP, 14 OCT, 11 NOV, 09 DEC

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Calcium (mg)	Sodium (mg)
Breakfast										
SDX 047396-1	LAREDO QUICHE (AMP)	1 Wedge		157	4.8	9	14.1	48	34	282
F 007 00	GRIDDLE FRIED EGGS (COOKED TO ORDER)	2 Each		134	10	9.8	0.6	297	45	113
LO/F 008 07	ASSORTED OMELETS	1 Omelet		239	17.4	16	5.8	354	130	484
F 010 00	SCRAMBLE EGGS	1/3 Cup		150	10.9	10.8	1.2	337	57	118
F 008 01	ASSORTED OMELETS (EGG WHITE)	1 Omelet		141	14.9	6.74	5.8	16	82	519
LO/F 010 05	SCRAMBLED EGGS (EGG WHITE)	1/3 Cup		52	8.4	1.1	1.1	0	9	153
LOCAL 001	DICED BACON (OVEN FRIED)	1 Ounce		227	14.8	17.9	0.6	44	4	907
LOCAL 002	DICED HAM	1 Ounce		34	5.2	1.3	0	11	2	356
M G 001 66	*2 PEPPERS, GREEN, FRESH, DICED	1 Ounce		6	0.2	0	1.3	0	3	1
M G 001 31	*2 ONIONS, DRY, CHOPPED	2 Tbsps		8	0.2	0	1.8	0	4	1
M G 001 51	*2 TOMATOES, FRESH, DICED	2 Tbsps		9	0.5	0.1	2	0	5	3
M G 001 29	OLIVES, BLACK, SLICED	3 Each		35	0.3	3.3	1.9	0	27	225
M G 001 28	*2 MUSHROOMS, SLICED, CANNED	1 Tbsp		5	0.3	0.1	0.9	0	2	77
M G 001 37	*2 PEPPERS, JALAPENO, CHOPPED (CANNED)	3 Tbsps		3	0.1	0.1	0.6	0	3	197
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 Tbsps		58	3.4	4.8	0.2	14	96	91
M G 001 69	*2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
SDX 7225	SAUSAGE GRAVY	2 Ounces		110	3.1	8.2	5.9	5	76	356
D 001 00	BAKING POWDER BISCUITS	1 Each		145	24	3.6	3.7	0	100	309
L 200 01	BAKED TURKEY SAUSAGE LINKS	2 Each		99	6.5	7.6	0.7	67	13	268
L 002 00	OVEN FRIED BACON (3 Slice)	3 Slices		170	11.1	13.4	0.4	33	3	680
Q 079 00	HACIENDA POTATOES (2003)	3/4 Cup		132	3.2	0.6	30.2	0	47	507
SDX 0000048	YELLOW RICE	1 Cup		246	7.7	6.6	38.8	55	29	328
LO/Q G 001	SIMMERED PINTO BEANS (CANNED)	3/4 Cup		166	30.6	9.3	1.1	0	95	541
D 022 01	FRENCH TOAST (THICK SLICE)	2 Slices		267	12.8	5.4	41.7	127	85	485
R/M	GRITS, INDIVIDUAL	1 PACKET		15	0.4	0.1	3.1	0	0	0
R/M	OATMEAL, INDIVIDUAL, ASST	1 PACKET		133	2.9	2.2	26.4	0	107	175
Lunch										
P 003 00	CREOLE SOUP	1 Cup		64	2.6	1.9	9.5	1	19	1780
L 043 02	TURKEY FAJITAS	2 Fajitas		411	19.6	11.1	57.3	33	167	1444
Mfr	TORTILLAS, FLOUR 10"	1 Each		211	5.7	4.2	36.8	0	91	510
L 119 03	LEMON BAKED FISH (POLLUCK)	4 Ounces		143	23.8	4.4	0.5	94	75	337
SDX 75359-1	CILANTRO LIME RICE	4 Ounces		74	1.6	1.4	13.7	0	19	26
E 022 00	ORZO WITH LEMON AND HERBS-LOCAL	3/4 Cup		186	5.3	4.3	31.4	0	31	366
Q 001 03	CAULIFLOWER COMBO	3/4 Cup		95	4.2	4.2	13	10	36	118
SDX 71709-0	OKRA AND TOMATOES	3/4 Cup		92	2.8	5.5	10.2	0	107	602
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Dinner										
SDX 77049-1	SWEET SUMMER CORN SOUP	1 Cup		257	8.6	5.9	50.4	3	45	324
L 138 00	SHRIMP CURRY	3/4 Cup		203	17.7	9.1	11.9	151	84	998
L 154 00	CREOLE CHICKEN	2 Pieces		465	45.6	24	16.1	137	85	670
SDX 016504	JASMINE RICE	4 Ounces		172	3.4	0.3	37.7	0	16	5
Q 050 01	FRANCONIA POTATOES	1 Cup		126	1.9	3.8	21.9	10	12	223
Q 003 00	BOSTON BAKED BEANS	1/2 Cup		181	10.1	1	33.9	1	84	211
Q 024 00	BROCCOLI PARMESAN	1 Serving		79	6.3	2.3	10.2	6	160	236
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Desserts										
HUB 044	APPLE ENCHILADAS	1 Enchilada		480	4.1	13.4	88.2	0	91	525
G 034 04	VANILLA CUPCAKES	1 Cupcake		182	1.6	4.4	34.1	0	32	280
G 005 00	VANILLA FROSTING	1-1/2 Tbsp		82	0	3.2	13.6	5	2	40
H 020 02	CHOCOLATE CHIP BARS (SUGAR COOKIE MIX)	2 Bars		274	1.8	12.3	38.9	0	12	191
D 030 00	BANANA BREAD	1 Slice		253	6	11.5	33.5	32	51	122
HUB 067	*1 GELATIN PARFAIT	1 Each		103	1.9	1.8	20.3	0	14	110
Specialty Salads										
M 015 00	CUCUMBER AND ONION SALAD	1/2 Cup		34	0.6	0.1	7.9	0	14	119
M 012 00	COTTAGE CHEESE SALAD	1/4 Cup		44	7.3	0.6	2.1	2	41	235

STANDARD SALAD BAR See Master Menu Enclosure (3)
 STANDARD FRUIT BAR See Master Menu Enclosure (4)
 STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (5)

- NOTES:
1. Manager's choice, assorted flavored gelatin during all meal periods.
 2. These items will be available for eggs made to order and stir fry vegetables.

MASTER MENU 28 DAY CYCLE 20240216 - 20261218

DAY 21 THURSDAY 2024: 11 JAN, 08 FEB, 07 MAR, 04 APR, 02 MAY, 30 MAY, 27 JUN, 25 JUL, 22 AUG, 19 SEP, 17 OCT, 14 NOV, 12 DEC
 2025: 09 JAN, 06 FEB, 06 MAR, 03 APR, 01 MAY, 29 MAY, 26 JUN, 24 JUL, 21 AUG, 18 SEP, 16 OCT, 13 NOV, 11 DEC
 2026: 08 JAN, 05 FEB, 05 MAR, 02 APR, 30 APR, 28 MAY, 25 JUN, 23 JUL, 20 AUG, 17 SEP, 15 OCT, 12 NOV, 10 DEC

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
Breakfast										
L 174 00	RICE FRITTATA	1 Piece		344	23	21.5	15	194	433	794
F 007 00	GRIDDLE FRIED EGGS (COOKED TO ORDER)	2 Each		134	10	9.8	0.6	297	45	113
LO/F 008 07	ASSORTED OMELETS	1 Omelet		239	17.4	16	5.8	354	130	484
F 010 00	SCRAMBLE EGGS	1/3 Cup		150	10.9	10.8	1.2	337	57	118
F 008 01	ASSORTED OMELETS (EGG WHITE)	1 Omelet		141	14.9	6.74	5.8	16	82	519
LO/F 010 05	SCRAMBLED EGGS (EGG WHITE)	1/3 Cup		52	8.4	1.1	1.1	0	9	153
LOCAL 001	DICED BACON (OVEN FRIED)	1 Ounce		227	14.8	17.9	0.6	44	4	907
LOCAL 002	DICED HAM	1 Ounce		34	5.2	1.3	0	11	2	356
M G 001 66	*2 PEPPERS, GREEN, FRESH, DICED	1 Ounce		6	0.2	0	1.3	0	3	1
M G 001 31	*2 ONIONS, DRY, CHOPPED	2 Tbsps		8	0.2	0	1.8	0	4	1
M G 001 51	*2 TOMATOES, FRESH, DICED	2 Tbsps		9	0.5	0.1	2	0	5	3
M G 001 29	OLIVES, BLACK, SLICED	3 Each		35	0.3	3.3	1.9	0	27	225
M G 001 28	*2 MUSHROOMS, SLICED, CANNED	1 Tbsp		5	0.3	0.1	0.9	0	2	77
M G 001 37	*2 PEPPERS, JALAPENO, CHOPPED (CANNED)	3 Tbsps		3	0.1	0.1	0.6	0	3	197
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 Tbsps		58	3.4	4.8	0.2	14	96	91
M G 001 69	*2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
L 030 00	CREAMED GROUND BEEF	2/3 Cup		223	24	8.4	11.2	67	141	551
D 001 00	BAKING POWDER BISCUITS	1 Each		145	24	3.6	3.7	0	100	309
L 184 00	GRILLED TURKEY PATTIES	1 Patty		271	29.7	13.1	8.7	108	58	304
SDX HUB 076	CHORIZO	2 Ounces		407	21.5	34.2	1.7	79	7	1104
Q 033 00	PARSLEY BUTTERED POTATOES	4 Pieces		169	2.8	3.8	31.8	10	20	600
E 005 05	STEAMED BROWN RICE	3/4 Cup		168	3.5	1.7	34.3	0	14	216
D 025 07	BUTTERMILK WAFFLES (PANCAKE MIX)	1 Each		217	5.8	1.8	43.4	1	203	638
R/M	GRITS, INDIVIDUAL	1 PACKET		15	0.4	0.1	3.1	0	0	0
R/M	OATMEAL, INDIVIDUAL, ASST	1 PACKET		133	2.9	2.2	26.4	0	107	175
Lunch										
SDX HUB 157	CHICKEN TORTILLA SOUP	1 Cup		223	15.7	2.9	36.3	26	60+	389
L 062 00	YAKISOBA (BEEF AND SPAGHETTI)	1 Cup		279	26.6	4.8	30.7	56	31	925
L 081 01	ROAST PORK TENDERLOIN	4 Ounces		300	32.7	17.7	0.2	99	24	71
Q 070 00	GARLIC ROASTED POTATO WEDGES	2-3/4 OZ		115	2.6	0.7	24.9	0	14	195
Q G 001 10	SIMMERED BEETS (CANNED)	3/4 Cup		53	1.3	0.2	12.6	0	32	253
SDX 72299-1	CAULIFLOWER MASHED	1-1/2 Cup		219	7.1	15.5	17.1	1	111	699
O 016 00	BROWN GRAVY	1/4 CUP		75	0.9	5.9	4.6	0	4	462
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Dinner										
P 006 00	TOMATO SOUP	1 Cup		43	1.6	1.2	7.5	0	50	1027
L 148 00	CHICKEN CACCIATORE (CUT-UP)	2 Pieces		357	47.5	11.5	15.5	136	89	480
L 028 02	CHILI MACARONI	1-1/4 Cup		447	27	8.7	65.1	50	76	742
Q 066 00	BAKED SWEET POTATOES	1 Each		138	2.5	0.3	32.2	0	49	49
N 006 00	GRILLED CHEESE SANDWICH	1 EA		385	13.4	24.1	28.6	67	573	1112
E 004 02	BUTTERED EGG NOODLE - WHOLE GRAIN	1 Cup		60	1	2.5	39	0	20	100
Q G 003 11	SIMMERED COLLARD GREENS (FROZEN)	3/4 Cup		88	7.3	1	17.4	0	518	196
Q 126 02	CALIFORNIA BLEND	1/2 Cup		76	2.9	3.7	7.2	10	33	138
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Desserts										
D 039 00	DANISH DIAMONDS (DANISH PASTRY DOUGH)	1 Danish		262	2.7	15.6	28	5	4	291
G 012 01	DEVILS FOOD CAKE (MIX)	1 Piece		156	2	2.4	34.2	0	20	323
G 022 00	BUTTER CREAM FROSTING	1-1/2 Tbs		118	0.2	4.3	20.2	11	8	59
H 005 00	SHORTBREAD COOKIES	2 Cookies		269	3	15	31	39	9	117
MFR	LEMON MERINGUE PIE (MFR)	1 Slice		338	2.5	10	60	0	0	375
HUB 067	*1 GELATIN PARFAIT	1 Each		103	1.9	1.8	20.3	0	14	110
Specialty Salads										
M 049 00	VEGETABLE SALAD	1/2 Cup		41	1.4	3	8.4	0	24	242
M 005 00	CARROT SALAD	1/2 Cup		82	1.3	2.7	14.5	2	37	248

STANDARD SALAD BAR See Master Menu Enclosure (3)
 STANDARD FRUIT BAR See Master Menu Enclosure (4)
 STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (5)

NOTES: 1. Manager's choice, assorted flavored gelatin during all meal periods.
 2. These items will be available for eggs made to order and stir fry vegetables.

MASTER MENU 28 DAY CYCLE 20240216 - 20261218

DAY 22 2024: 12 JAN, 09 FEB, 08 MAR, 05 APR, 03 MAY, 31 MAY, 28 JUN, 26 JUL, 23 AUG, 20 SEP, 18 OCT, 15 NOV, 13 DEC
 FRIDAY 2025: 10 JAN, 07 FEB, 07 MAR, 04 APR, 02 MAY, 30 MAY, 27 JUN, 25 JUL, 22 AUG, 19 SEP, 17 OCT, 14 NOV, 12 DEC
 2026: 09 JAN, 06 FEB, 06 MAR, 03 APR, 01 MAY, 29 MAY, 26 JUN, 24 JUL, 21 AUG, 18 SEP, 16 OCT, 13 NOV, 11 DEC

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
Breakfast										
USMC 008	BRUNCH CASSEROLE	5 Ounces		355	19	16.3	32.3	162	265	698
F 007 00	GRIDDLE FRIED EGGS (COOKED TO ORDER)	2 Each		134	10	9.8	0.6	297	45	113
LO/F 008 07	ASSORTED OMELETS	1 Omelet		239	17.4	16	5.8	354	130	484
F 010 00	SCRAMBLE EGGS	1/3 Cup		150	10.9	10.8	1.2	337	57	118
F 008 01	ASSORTED OMELETS (EGG WHITE)	1 Omelet		141	14.9	6.74	5.8	16	82	519
LO/F 010 05	SCRAMBLED EGGS (EGG WHITE)	1/3 Cup		52	8.4	1.1	1.1	0	9	153
LOCAL 001	DICED BACON (OVEN FRIED)	1 Ounce		227	14.8	17.9	0.6	44	4	907
LOCAL 002	DICED HAM	1 Ounce		34	5.2	1.3	0	11	2	356
M G 001 66	*2 PEPPERS, GREEN, FRESH, DICED	1 Ounce		6	0.2	0	1.3	0	3	1
M G 001 31	*2 ONIONS, DRY, CHOPPED	2 Tbsps		8	0.2	0	1.8	0	4	1
M G 001 51	*2 TOMATOES, FRESH, DICED	2 Tbsps		9	0.5	0.1	2	0	5	3
M G 001 29	OLIVES, BLACK, SLICED	3 Each		35	0.3	3.3	1.9	0	27	225
M G 001 28	*2 MUSHROOMS, SLICED, CANNED	1 Tbsp		5	0.3	0.1	0.9	0	2	77
M G 001 37	*2 PEPPERS, JALAPENO, CHOPPED (CANNED)	3 Tbsps		3	0.1	0.1	0.6	0	3	197
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 Tbsps		58	3.4	4.8	0.2	14	96	91
M G 001 69	*2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
SDX 7225	SAUSAGE GRAVY	2 Ounces		110	3.1	8.2	5.9	5	76	356
D 001 00	BAKING POWDER BISCUITS	1 Each		145	24	3.6	3.7	0	100	309
L 089 03	BAKED SAUSAGE PATTIES (PREFORMED)	1 Patty		157	5.4	14.9	0.3	30	6	324
HUB 006	GRILLED CHICKEN BREAST (5 oz)	1 Breast		141	25.7	3.3	0.2	70	13	271
L 073 01	SCALLOPED HAM AND POTATOES (FRSH POTATOES)	1 Cup		366	24.7	18.4	25	75	221	1354
SDX 75353-1	JOLLOF RICE	3/4 Cup		58	1.5	2.3	8.6	0	27	69
LO/Q G 001	SIMMERED PINTO BEANS (CANNED)	3/4 Cup		166	30.6	9.3	1.1	0	95	541
D 025 04	BUTTERMILK PANCAKES (PANCAKE MIX)	2 Cakes		209	5.5	1.8	41.8	1	195	613
R/M	GRITS, INDIVIDUAL	1 PACKET		15	0.4	0.1	3.1	0	0	0
R/M	OATMEAL, INDIVIDUAL, ASST	1 PACKET		133	2.9	2.2	26.4	0	107	175
Lunch										
P 007 01	MINESTRONE SOUP	1 Cup		80	3.5	1	14.9	1	46	1218
SDX 72305-2	BAKED CITRUS HERB CRUSTED FISH (POLLOCK)	4 Ounces		270	26	8.3	21.8	81	139	685
L 035 03	CAJUN MEATLOAF	6 Ounces		400	37.9	16.7	24	150	118	1025
E 008 00	RICE PILAF	3/4 Cup		100	2.2	3.7	14.5	4	25	949
SDX HUB 402	SOUTHWEST ORZO PASTA	3/4 Cup		220	10.4	2.2	39.3	3	22	309
Q 018 00	CAULIFLOWER AU GRATIN	1/2 Cup		134	5.5	8.3	10.8	22	124	225
Q 027 01	CORN O'BRIEN	3/4 Cup		153	4.7	3.8	29.9	1	12	425
O 016 00	BROWN GRAVY	1/4 CUP		75	0.9	5.9	4.6	0	4	462
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Dinner										
P 014 00	CREAM OF MUSHROOM SOUP	1 Cup		163	6.4	8.3	16.2	22	159	1346
L 177 00	BOMBAY CHICKEN	2 Pieces		358	39	10	30.8	119	27	120
SDX HUB 424	SHEPHERDS PIE	1 Piece		469	37	18.4	38.8	114	101	1834
Q 071 00	ROSEMARY ROASTED POTATO WEDGES	2-3/4 OZ		80	1.5	0.6	17.5	0	12	191
SDX 72427 CH	FRIED RICE - HOUSE SPECIAL	3/4 Cup		138	3.8	6.9	15.3	38	33	575
SDX 72982-1	GREEN BEANS WITH RED PEPPER AND GARLIC	1/2 Cup		57	1.9	2.6	8	0	35	207
USMC 017	CREAMED SPINACH, MEDITERRANEAN STYLE	5 Ounces		59	4.5	3.4	11.3	0	172	350
O 016 00	BROWN GRAVY	1/4 CUP		75	0.9	5.9	4.6	0	4	462
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Desserts										
D 036 12	BEAR CLAWS (SWEET DOUGH MIX)	1 Roll		206	5.9	3.8	37	58	58	174
G 016 01	STRAWBERRY SHORTCAKE (CAKE MIX)	1 Each		325	2.8	3.6	73.7	0	123	346
K 002 00	WHIPPED TOPPING (DEHYDRATED)	3 Tbsps		26	0.4	1.4	2.9	0	10	9
MFR	OATMEAL RAISIN COOKIES (PRE CUT DOUGH)	2 Cookies		136	1.7	6	18.9	8	10	94
MFR	PECAN PIE, FROZEN	1 Slice		68	0.7	2.8	9.9	7	4	46
HUB 067	*1 GELATIN PARFAIT	1 Each		103	1.9	1.8	20.3	0	14	110
Specialty Salads										
M 045 00	THREE BEAN SALAD	1/3 Cup		137	2.3	6.9	16.7	0	32	4
M 008 00	COLE SLAW	1/2 Cup		72	0.8	4.2	8.8	4	27	272

STANDARD SALAD BAR See Master Menu Enclosure (3)
 STANDARD FRUIT BAR See Master Menu Enclosure (4)
 STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (5)

- NOTES:
1. Manager's choice, assorted flavored gelatin during all meal periods.
 2. These items will be available for eggs made to order and stir fry vegetables.

MASTER MENU 28 DAY CYCLE 20240216 - 20261218

DAY 23 2024: 13 JAN, 10 FEB, 09 MAR, 06 APR, 04 MAY, 01 JUN, 29 JUN, 27 JUL, 24 AUG, 21 SEP, 19 OCT, 16 NOV, 14 DEC
 SATURDAY 2025: 11 JAN, 08 FEB, 08 MAR, 05 APR, 03 MAY, 31 MAY, 28 JUN, 26 JUL, 23 AUG, 20 SEP, 18 OCT, 15 NOV, 13 DEC
 2026: 10 JAN, 07 FEB, 07 MAR, 04 APR, 02 MAY, 30 MAY, 27 JUN, 25 JUL, 22 AUG, 19 SEP, 17 OCT, 14 NOV, 12 DEC

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
Breakfast Brunch										
SDX 034097	POTATO, TOMATO, & GARLIC FRITTATA	1 Piece		290	20.6	17	13.1	432	272	1042
F 007 00	GRIDDLE FRIED EGGS (COOKED TO ORDER)	2 Each		134	10	9.8	0.6	297	45	113
LO/F 008 07	ASSORTED OMELETS	1 Omelet		239	17.4	16	5.8	354	130	484
F 010 00	SCRAMBLE EGGS	1/3 Cup		150	10.9	10.8	1.2	337	57	118
F 008 01	ASSORTED OMELETS (EGG WHITE)	1 Omelet		141	14.9	6.74	5.8	16	82	519
LO/F 010 05	SCRAMBLED EGGS (EGG WHITE)	1/3 Cup		52	8.4	1.1	1.1	0	9	153
LOCAL 001	DICED BACON (OVEN FRIED)	1 Ounce		227	14.8	17.9	0.6	44	4	907
LOCAL 002	DICED HAM	1 Ounce		34	5.2	1.3	0	11	2	356
M G 001 66	*2 PEPPERS, GREEN, FRESH, DICED	1 Ounce		6	0.2	0	1.3	0	3	1
M G 001 31	*2 ONIONS, DRY, CHOPPED	2 Tbsps		8	0.2	0	1.8	0	4	1
M G 001 51	*2 TOMATOES, FRESH, DICED	2 Tbsps		9	0.5	0.1	2	0	5	3
M G 001 29	OLIVES, BLACK, SLICED	3 Each		35	0.3	3.3	1.9	0	27	225
M G 001 28	*2 MUSHROOMS, SLICED, CANNED	1 Tbsp		5	0.3	0.1	0.9	0	2	77
M G 001 37	*2 PEPPERS, JALAPENO, CHOPPED (CANNED)	3 Tbsps		3	0.1	0.1	0.6	0	3	197
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 Tbsps		58	3.4	4.8	0.2	14	96	91
M G 001 18	CHEESE, MONTEREY JACK, SHREDDED	2 Tbsps		3.7	2	0.3	6.4	0.9	0	6
M G 001 19	CHEESE, MOZZORELLA, SHREDDED	2 Tbsps		23	2.2	1.4	0.3	6	71	56
M G 001 69	*2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
L 030 00	CREAMED GROUND BEEF	2/3 Cup		223	24	8.4	11.2	67	141	551
D 001 00	BAKING POWDER BISCUITS	1 Each		145	24	3.6	3.7	0	100	309
L 061 01	TEXAS HASH (GROUND TURKEY)	1 Cup		269	28.8	11.8	13.3	102	70	401
L 088 01	GRILLED POLISH SAUSAGE (KIELBASA)	3 Ounces		276	9.2	25.2	3.2	52	20	789
Local 060 01	ITALIAN ROASTED POTATOES (FRESH WHOLE PEELED)	1/2 Cup		126	2.6	0.8	28.2	0	25	233
E 019 01	BROWN RICE WITH TOMATOES (OVEN METHOD)	3/4 Cup		162	4	1.5	33.7	0	39	149
SDX HUB 334	JAMAICAN RICE AND PEAS	3/4 Cup		178	4.7	3.8	31	0	33	1201
D 022 01	FRENCH TOAST (THICK SLICE)	2 Slices		267	12.8	5.4	41.7	127	85	485
P 010 00	CHICKEN GUMBO SOUP	1 Cup		51	2.2	1.2	8.5	1	47	1293
SDX 34659	CUBAN PORK LOIN	4 Ounces		368	34.6	24.1	1.2	104	32	313
Q 106 00	BRUSSELS SPROUTS (FROZEN)	3/4 Cup		56	5.1	0.6	10.7	0	38	86
R/M	GRITS, INDIVIDUAL	1 PACKET		15	0.4	0.1	3.1	0	0	0
R/M	OATMEAL, INDIVIDUAL, ASST	1 PACKET		133	2.9	2.2	26.4	0	107	175
Dinner Brunch										
SDX 73038-1	CHICKEN AND ORZO SOUP	1 Cup		126	8.3	2.7	16.9	18	42	292
SDX 74363-1	SMOKED BEEF BRISKET	4 Ounces		292	44.5	8.1	7.5	129	33	489
L 097 00	JAMBALAYA (OVEN METHOD)	1-1/2 Cups		247	19.8	8.3	24.3	68	113	1619
Q 078 00	POTATOES AND HERBS	2/3 Cup		112	3	0.3	24.9	0	25	56
Q G 003 22	SIMMERED ITALIAN MIXED VEGETABLES	3/4 Cup		9	0.2	0.3	1.4	0	3	115
Q 007 01	GREEN BEANS CREOLE	1/2 Cup		59	2.3	1.1	10.8	0	52	247
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Desserts										
J 023 00	BAKED CINNAMON APPLE SLICES	1/2 Cup		96	0.2	0.6	24.3	0	7	4
G 021 00	POUND CAKE	1 Slice		285	3.9	14.4	35.3	50	31	181
G 007 00	DECORATOR'S FROSTING	2 Tsp		39	0	1.4	7	0	0	0
H 012 00	CHOCOLATE DROP COOKIES	2 Each		273	3.7	13	37.6	18	37	167
MFR	PUMPKIN PIE, FROZEN (RTB)	1 Slice		302	4.9	12.1	43.3	32	80	297
HUB 067	*1 GELATIN PARFAIT	1 Each		103	1.9	1.8	20.3	0	14	110
Specialty Salads										
M 038 00	PASTA SALAD	1/2 Cup		144	4.5	6.2	18	4	67	332
M 017 00	FRUIT SALAD	1/2 Cup		71	1.5	0.3	17	1	45	13

STANDARD SALAD BAR See Master Menu Enclosure (3)
 STANDARD FRUIT BAR See Master Menu Enclosure (4)
 STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (5)

- NOTES:
 1. Manager's choice, assorted flavored gelatin during all meal periods.
 2. These items will be available for eggs made to order and stir fry vegetables.

MASTER MENU 28 DAY CYCLE 20240216 - 20261218

DAY 24 2024: 14 JAN, 11 FEB, 10 MAR, 07 APR, 05 MAY, 02 JUN, 30 JUN, 28 JUL, 25 AUG, 22 SEP, 20 OCT, 17 NOV, 15 DEC
 SUNDAY 2025: 12 JAN, 09 FEB, 09 MAR, 06 APR, 04 MAY, 01 JUN, 29 JUN, 27 JUL, 24 AUG, 21 SEP, 19 OCT, 16 NOV, 14 DEC
 2026: 11 JAN, 08 FEB, 08 MAR, 05 APR, 03 MAY, 31 MAY, 28 JUN, 26 JUL, 23 AUG, 20 SEP, 18 OCT, 15 NOV, 13 DEC

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
Breakfast Brunch										
LO/F 011 01	BROCCOLI QUICHE (FRESH BROCCOLI)	1 Piece		206	12	10.7	15.3	102	265	196
F 007 00	GRIDDLE FRIED EGGS (COOKED TO ORDER)	2 Each		134	10	9.8	0.6	297	45	113
LO/F 008 07	ASSORTED OMELETS	1 Omelet		239	17.4	16	5.8	354	130	484
F 010 00	SCRAMBLE EGGS	1/3 Cup		150	10.9	10.8	1.2	337	57	118
F 008 01	ASSORTED OMELETS (EGG WHITE)	1 Omelet		141	14.9	6.74	5.8	16	82	519
LO/F 010 05	SCRAMBLED EGGS (EGG WHITE)	1/3 Cup		52	8.4	1.1	1.1	0	9	153
LOCAL 001	DICED BACON (OVEN FRIED)	1 Ounce		227	14.8	17.9	0.6	44	4	907
LOCAL 002	DICED HAM	1 Ounce		34	5.2	1.3	0	11	2	356
M G 001 66	*2 PEPPERS, GREEN, FRESH, DICED	1 Ounce		6	0.2	0	1.3	0	3	1
M G 001 31	*2 ONIONS, DRY, CHOPPED	2 Tbsps		8	0.2	0	1.8	0	4	1
M G 001 51	*2 TOMATOES, FRESH, DICED	2 Tbsps		9	0.5	0.1	2	0	5	3
M G 001 29	OLIVES, BLACK, SLICED	3 Each		35	0.3	3.3	1.9	0	27	225
M G 001 28	*2 MUSHROOMS, SLICED, CANNED	1 Tbsp		5	0.3	0.1	0.9	0	2	77
M G 001 37	*2 PEPPERS, JALAPENO, CHOPPED (CANNED)	3 Tbsps		3	0.1	0.1	0.6	0	3	197
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 Tbsps		58	3.4	4.8	0.2	14	96	91
M G 001 69	*2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
SDX 7225	SAUSAGE GRAVY	2 Ounces		110	3.1	8.2	5.9	5	76	356
D 001 00	BAKING POWDER BISCUITS	1 Each		145	24	3.6	3.7	0	100	309
L 200 01	BAKED TURKEY SAUSAGE LINKS	2 Each		99	6.5	7.6	0.7	67	13	268
L 002 00	OVEN FRIED BACON (3 Slice)	3 Slices		170	11.1	13.4	0.4	33	3	680
E 018 00	SPICY BROWN RICE PILAF	2/3 Cup		146	3.6	1.7	29.2	0	34	729
Q 049 00	O'BRIEN POTATOES	2/3 Cup		134	2.6	1.2	29.1	0	13	194
SDX 72410-2	PENNE WITH PARSLEY-WHOLE GRAIN	1 Cup		257	8.3	7.5	42.6	0	38	19
D 025 07	BUTTERMILK WAFFLES (PANCAKE MIX)	1 Each		217	5.8	1.8	43.4	1	203	638
USMC 016	COLCHANON SOUP	1 Cup		99	1.8	2	19.3	5	27	109
SDX 73217-2	BAKED FISH W/SPINACH TOPPING (POLLOCK)	3-1/2 OZ		155	25	4.6	2.2	86	160	648
Q G 002 01	SIMMERED ASPARAGUS (FRESH)	4 Spears		51	2	3.8	3.5	10	25	103
D 007 00	TOASTED GARLIC BREAD	2 Slices		259	6.5	12.5	30.7	29	34	443
R/M	GRITS, INDIVIDUAL	1 PACKET		15	0.4	0.1	3.1	0	0	0
R/M	OATMEAL, INDIVIDUAL, ASST	1 PACKET		133	2.9	2.2	26.4	0	107	175
Dinner Brunch										
SDX HUB 426	TOMATO BISQUE WITH BACON SOUP	1 Cup		122	5.9	4.1	18	8	106	1090
SDX 72914-1	SALMON W/TOMATO CUCUMBER RELISH	3-1/2 OZ		215	20.9	11.2	7.6	56	47	267
L 007 02	GRILLED T-BONE STEAK	1 Steak		463	58.6	23.6	0	173	41	145
E 007 01	PORK FRIED RICE (GRIDDLE METHOD)	1/2 Cup		100	5.9	3.5	10.8	37	22	645
Q 050 02	OVEN-GLO POTATOES	1/2 Cup		130	2.1	3.8	22.7	10	15	260
Q G 006 13	STEAMED PEAS WITH CARROTS (FROZEN)	3/4 Cup		65	4.2	0.6	13.7	0	33	97
SDX HUB 480	SAUTEED MUSHROOMS & ONIONS	1/4 Cup		64	1.1	4.5	5.9	0	14	139
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Desserts										
D 036 13	SNAILS (SWEET DOUGH MIX)	1 Roll		186	3.7	5.1	32.1	13	19	162
G 026 02	CHEESE CAKE PIE (CHEESE CAKE MIX)	1 Slice		230	5.1	10	30.4	12	136	305
H 004 01	CONGO BARS	2 Bars		252	3.1	10.6	36.7	32	43	150
G 022 00	BUTTER CREAM FROSTING	1-1/2 Tbs		118	0.2	4.3	20.2	11	8	59
G 025 00	SPICE CAKE	1 Piece		226	3.4	9.5	31.9	32	64	263
MFR	SWEET POTATO PIE, (FROZEN)	1 Slice		428	5.6	20.3	57.4	28	113	405
HUB 067	*1 GELATIN PARFAIT	1 Each		103	1.9	1.8	20.3	0	14	110
Specialty Salads										
M 040 00	POTATO SALAD	1/2 Cup		147	2.4	7.7	17.8	34	19	583
USMC 022	GARBANZO SALAD	1/2 Cup		83	2.5	3.7	10.5	0	23	235

STANDARD SALAD BAR See Master Menu Enclosure (3)
 STANDARD FRUIT BAR See Master Menu Enclosure (4)
 STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (5)

- NOTES:
 1. Manager's choice, assorted flavored gelatin during all meal periods.
 2. These items will be available for eggs made to order and stir fry vegetables.

MASTER MENU 28 DAY CYCLE 20240216 - 20261218

DAY 25 MONDAY
 2024: 15 JAN, 12 FEB, 11 MAR, 08 APR, 06 MAY, 03 JUN, 01 JUL, 29 JUL, 26 AUG, 23 SEP, 21 OCT, 18 NOV, 16 DEC
 2025: 13 JAN, 10 FEB, 10 MAR, 07 APR, 05 MAY, 02 JUN, 30 JUN, 28 JUL, 25 AUG, 22 SEP, 20 OCT, 17 NOV, 15 DEC
 2026: 12 JAN, 09 FEB, 09 MAR, 06 APR, 04 MAY, 01 JUN, 29 JUN, 27 JUL, 24 AUG, 21 SEP, 19 OCT, 16 NOV, 14 DEC

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
Breakfast										
SDX 050659A	ZUCCHINI & MUSHROOM FRITTATA (AMP)	1 Wedge		70	12.6	0.8	2.5	0	16	386
F 007 00	GRIDDLE FRIED EGGS (COOKED TO ORDER)	2 Each		134	10	9.8	0.6	297	45	113
LO/F 008 07	ASSORTED OMELETS	1 Omelet		239	17.4	16	5.8	354	130	484
F 010 00	SCRAMBLE EGGS	1/3 Cup		150	10.9	10.8	1.2	337	57	118
F 008 01	ASSORTED OMELETS (EGG WHITE)	1 Omelet		141	14.9	6.74	5.8	16	82	519
LO/F 010 05	SCRAMBLED EGGS (EGG WHITE)	1/3 Cup		52	8.4	1.1	1.1	0	9	153
LOCAL 001	DICED BACON (OVEN FRIED)	1 Ounce		227	14.8	17.9	0.6	44	4	907
LOCAL 002	DICED HAM	1 Ounce		34	5.2	1.3	0	11	2	356
M G 001 66	*2 PEPPERS, GREEN, FRESH, DICED	1 Ounce		6	0.2	0	1.3	0	3	1
M G 001 31	*2 ONIONS, DRY, CHOPPED	2 Tbsps		8	0.2	0	1.8	0	4	1
M G 001 51	*2 TOMATOES, FRESH, DICED	2 Tbsps		9	0.5	0.1	2	0	5	3
M G 001 29	OLIVES, BLACK, SLICED	3 Each		35	0.3	3.3	1.9	0	27	225
M G 001 28	*2 MUSHROOMS, SLICED, CANNED	1 Tbsp		5	0.3	0.1	0.9	0	2	77
M G 001 37	*2 PEPPERS, JALAPENO, CHOPPED (CANNED)	3 Tbsps		3	0.1	0.1	0.6	0	3	197
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 Tbsps		58	3.4	4.8	0.2	14	96	91
M G 001 69	*2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
L 030 00	CREAMED GROUND BEEF	2/3 Cup		223	24	8.4	11.2	67	141	551
D 001 00	BAKING POWDER BISCUITS	1 Each		145	24	3.6	3.7	0	100	309
L 184 00	GRILLED TURKEY PATTIES	1 Patty		271	29.7	13.1	8.7	108	58	304
SDX HUB 076	CHORIZO	2 Ounces		407	21.5	34.2	1.7	79	7	1104
Q 046 01	COTTAGE FRIED POTATOES	2/3 Cup		167	24.6	2.8	6.7	0	20	244
SDX 72804-3	DIRTY RICE (GROUND BEEF & BROWN RICE)	3/4 Cup		186	5.4	6.2	27.1	8	21	657
LO/Q G 001	SIMMERED PINTO BEANS (CANNED)	3/4 Cup		166	30.6	9.3	1.1	0	95	541
D 025 04	BUTTERMILK PANCAKES (PANCAKE MIX)	2 Cakes		209	5.5	1.8	41.8	1	195	613
R/M	GRITS, INDIVIDUAL	1 PACKET		15	0.4	0.1	3.1	0	0	0
R/M	OATMEAL, INDIVIDUAL, ASST	1 PACKET		133	2.9	2.2	26.4	0	107	175
Lunch										
P 006 00	TOMATO SOUP	1 Cup		43	1.6	1.2	7.5	0	50	1027
L 010 02	YANKEE POT ROAST	3-1/2 Ounces		269	38	8.7	7.3	111	38	430
L 143 01	MEXICAN BAKED CHICKEN	2 Pieces		381	43	21.5	1.5	137	41	432
N 006 00	GRILLED CHEESE SANDWICH	1 EA		385	13.4	24.1	28.6	67	573	1112
SDX HUB 402	SOUTHWEST ORZO PASTA	3/4 Cup		220	10.4	2.2	39.3	3	22	309
E 005 02	TOSSED GREEN RICE	3/4 cup		66	1.4	1.7	11.2	0	18	215
Q 012 00	FRIED CABBAGE	1/2 Cup		46	1.1	2.9	4.9	7	44	178
SDX 72334 CH	BEANS FIESTA	1/2 Cup		101	4.9	1.6	17.4	0	46	324
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Dinner										
MFR	CREAM OF MUSHROOM SOUP	1 Cup		164	6.4	8.3	16.2	22	159	1346
SDX 12252	SAVORY ROTISSERIE CHICKEN (CUP-UP)	2 Each		375	44.7	11	17	136	23	4707
SDX HUB 047	SAVORY ROTISSERIE GLAZE - SCRATCH	2-1/2 Tbsps		104	0.1	204	21.5	0	3	56
L 119 02	ONION-LEMON BAKED FISH (SALMON)	4 Ounces		260	23.6	17.2	1.3	77	20	305
SDX 0000048	AROMATIC BASMATI RICE	1/2 Cup		70	1.3	2.6	10.3	0	12	79
Q 504 00	ROASTED PEPPER POTATOES	2/3 Cup		105	2	2.4	19.4	0	21	172
Q G 003 21	SIMMERED BRUSSELS SPROUTS (FROZEN)	3/4 Cup		56	5.1	0.6	10.7	0	38	86
Q G 001 10	SIMMERED BEETS (CANNED)	3/4 Cup		53	1.3	0.2	12.6	0	32	253
MFR	CHICKEN GRAVY (GRAVY MIX)-MFR	2 Ounces		23	0.7	0.6	3.8	1	10	253
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Desserts										
J 010 03	CHERRY CRUNCH (CHERRY PIE FILLING)	1 Piece		242	1.3	6	45.8	10	59	221
G 029 01	PINEAPPLE UPSIDE DOWN CAKE (CAKE MIX)	1 Piece		433	1.7	6.8	94.4	15	130	309
LO/H 010 02	DOUBLE CHOCOLATE CHIP BARS (LOCAL)	2 Bars		274	3.6	13.6	36.6	51	17	181
J 001 01	APPLE CRISP (PIE FILLING & COOKIE MIX)	1 Piece		249	2	8.9	42.1	9	12	203
HUB 067	*1 GELATIN PARFAIT	1 Each		103	1.9	1.8	20.3	0	14	110
Specialty Salads										
M 008 00	COLE SLAW	1/2 Cup		72	0.8	4.2	8.8	4	27	272
M 014 00	COTTAGE CHEESE AND TOMATO SALAD	1 Serving		53	7.7	0.7	4.1	2	47	238

STANDARD SALAD BAR See Master Menu Enclosure (3)
 STANDARD FRUIT BAR See Master Menu Enclosure (4)
 STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (5)

- NOTES:
 1. Manager's choice, assorted flavored gelatin during all meal periods.
 2. These items will be available for eggs made to order and stir fry vegetables.

MASTER MENU 28 DAY CYCLE 20240216 - 20261218

DAY 26 TUESDAY
 2024: 16 JAN, 13 FEB, 12 MAR, 09 APR, 07 MAY, 04 JUN, 02 JUL, 30 JUL, 27 AUG, 24 SEP, 22 OCT, 19 NOV, 17 DEC
 2025: 14 JAN, 11 FEB, 11 MAR, 08 APR, 06 MAY, 03 JUN, 01 JUL, 29 JUL, 26 AUG, 23 SEP, 21 OCT, 18 NOV, 16 DEC
 2026: 13 JAN, 10 FEB, 10 MAR, 07 APR, 05 MAY, 02 JUN, 30 JUN, 28 JUL, 25 AUG, 22 SEP, 20 OCT, 17 NOV, 15 DEC

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
Breakfast										
L 174 00	RICE FRITTATA	1 Piece		344	23	21.5	15	194	433	794
F 007 00	GRIDDLE FRIED EGGS (COOKED TO ORDER)	2 Each		134	10	9.8	0.6	297	45	113
LO/F 008 07	ASSORTED OMELETS	1 Omelet		239	17.4	16	5.8	354	130	484
F 010 00	SCRAMBLE EGGS	1/3 Cup		150	10.9	10.8	1.2	337	57	118
F 008 01	ASSORTED OMELETS (EGG WHITE)	1 Omelet		141	14.9	6.74	5.8	16	82	519
LO/F 010 05	SCRAMBLED EGGS (EGG WHITE)	1/3 Cup		52	8.4	1.1	1.1	0	9	153
LOCAL 001	DICED BACON (OVEN FRIED)	1 Ounce		227	14.8	17.9	0.6	44	4	907
LOCAL 002	DICED HAM	1 Ounce		34	5.2	1.3	0	11	2	356
M G 001 66	*2 PEPPERS, GREEN, FRESH, DICED	1 Ounce		6	0.2	0	1.3	0	3	1
M G 001 31	*2 ONIONS, DRY, CHOPPED	2 Tbsps		8	0.2	0	1.8	0	4	1
M G 001 51	*2 TOMATOES, FRESH, DICED	2 Tbsps		9	0.5	0.1	2	0	5	3
M G 001 29	OLIVES, BLACK, SLICED	3 Each		35	0.3	3.3	1.9	0	27	225
M G 001 28	*2 MUSHROOMS, SLICED, CANNED	1 Tbsp		5	0.3	0.1	0.9	0	2	77
M G 001 37	*2 PEPPERS, JALAPENO, CHOPPED (CANNED)	3 Tbsps		3	0.1	0.1	0.6	0	3	197
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 Tbsps		58	3.4	4.8	0.2	14	96	91
M G 001 69	*2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
SDX 7225	SAUSAGE GRAVY	2 Ounces		110	3.1	8.2	5.9	5	76	356
D 001 00	BAKING POWDER BISCUITS	1 Each		145	24	3.6	3.7	0	100	309
L 089 03	BAKED SAUSAGE PATTIES (PREFORMED)	1 Patty		157	5.4	14.9	0.3	30	6	324
HUB 006	GRILLED CHICKEN BREAST (5 oz)	1 Breast		141	25.7	3.3	0.2	70	13	271
Q 047 00	HOME FRIED POTATOES	2/3 Cup		215	2.7	8.9	31.8	0	13	217
AMP 036	CHICKEN FRIED RICE (AMP)	1 Serving		792	71.2	18.7	82.7	215	118	1480
D 022 01	FRENCH TOAST (THICK SLICE)	2 Slices		267	12.8	5.4	41.7	127	85	485
R/M	GRITS, INDIVIDUAL	1 PACKET		15	0.4	0.1	3.1	0	0	0
R/M	OATMEAL, INDIVIDUAL, ASST	1 PACKET		133	2.9	2.2	26.4	0	107	175
Lunch										
P 025 00	TEXAS TORTILLA SOUP	1 Cup		123	5.9	3.9	18	7	122	1141
L 015 00	STEAK SMOTHERED WITH ONIONS	1 Steak		327	38.8	14.4	8.6	107	31	317
SDX 76236-1	CHICKEN FRIED CHICKEN	1 Each		656	42.9	33.7	42.9	238	95	1068
SDX 75359-1	CILANTRO LIME RICE	4 Ounces		74	1.6	1.4	13.7	0	19	26
SDX 71501	ROASTED GARLIC MASHED POTATOES	1/2 Cup		200	2.8	8.8	28.2	0	28	302
LO/Q 064 01	SAVORY SUMMER SQUASH (FROZEN)	1/2 Cup		37	1.1	0.9	7.4	0	25	215
USMC 006	BRAISED CABBAGE AND CARROTS	3/4 Cup		74	2.3	2.6	12	0	87	468
O 017 00	CREAM GRAVY	1/4 Cup		64	2.4	3.5	5.7	1	76	244
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Dinner										
P 803 00	EGG DROP SOUP	1 Cup		46	2.7	1	6.4	1	22	1655
L 195 00	TERIYAKI BEEF STRIPS	2/3 Cup		160	22.2	4.5	6.7	56	19	591
L 153 00	CHINESE FIVE SPICE CHICKEN	2 Pieces		386	43.7	21.4	2.3	137	35	689
Q 078 00	POTATOES AND HERBS	2/3 Cup		111	3	0.3	24.8	0	25	47
E 016 00	ISLANDER'S RICE	3/4 Cup		100	4.7	0.8	18.7	0	43	653
LOCAL Q 025	VEGETABLE STIR FRY (LOCAL)	1/2 Cup		39	0.9	1.8	5.3	0	31	112
SDX 72299-1	CAULIFLOWER MASHED	3/4 Cup		110	3.6	7.8	8.6	0	55	350
Desserts										
D 036 14	BOWKNOTS, FIGURE 8's, AND S SHAPES	1 Roll		144	3.3	2.3	27.6	6	17	137
G 034 00	YELLOW CUPCAKES	1 Cupcake		161	1.6	1.9	34.5	0	89	306
G 022 00	BUTTER CREAM FROSTING	1-1/2 Tbsps		118	0.2	4.3	20.2	11	8	59
H 002 01	BROWNIES (CHOCOLATE BROWNIE MIX)	1 Brownie		280	3.3	11.5	43.6	12	20	195
MFR	SWEET POTATO PIE, FROZEN	1 Slice		428	5.6	20.3	57.4	28	113	405
K 002 00	WHIPPED TOPPING (DEHYDRATED)	3 Tbsps		26	0.4	1.4	2.9	0	10	9
HUB 067	*1 GELATIN PARFAIT	1 Each		103	1.9	1.8	20.3	0	14	110
Specialty Salads										
M 034 00	MACARONI SALAD	1/2 Cup		119	3.1	2.6	20.9	3	16	222
M 504 00	BROCCOLI SALAD	1/2 Cup		222	3.9	10.2	33.3	3	51	142

STANDARD SALAD BAR See Master Menu Enclosure (3)
 STANDARD FRUIT BAR See Master Menu Enclosure (4)
 STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (5)
 NOTES: 1. Manager's choice, assorted flavored gelatin during all meal periods.
 2. These items will be available for eggs made to order and stir fry vegetables.

MASTER MENU 28 DAY CYCLE 20240216 - 20261218

DAY 27 WEDNESDAY
 2024: 17 JAN, 14 FEB, 13 MAR, 10 APR, 08 MAY, 05 JUN, 03 JUL, 31 JUL, 28 AUG, 25 SEP, 23 OCT, 20 NOV, 18 DEC
 2025: 15 JAN, 12 FEB, 12 MAR, 09 APR, 07 MAY, 04 JUN, 02 JUL, 30 JUL, 27 AUG, 24 SEP, 22 OCT, 19 NOV, 17 DEC
 2026: 14 JAN, 11 FEB, 11 MAR, 08 APR, 06 MAY, 03 JUN, 01 JUL, 29 JUL, 26 AUG, 23 SEP, 21 OCT, 18 NOV, 16 DEC

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
Breakfast										
SDX 042548A	HAM & SPINACH FRITTATA (AMP)	1 Piece		378	28	19.4	21.9	401	327	957
F 007 00	GRIDDLE FRIED EGGS (COOKED TO ORDER)	2 Each		134	10	9.8	0.6	297	45	113
LO/F 008 07	ASSORTED OMELETS	1 Omelet		239	17.4	16	5.8	354	130	484
F 010 00	SCRAMBLE EGGS	1/3 Cup		150	10.9	10.8	1.2	337	57	118
F 008 01	ASSORTED OMELETS (EGG WHITE)	1 Omelet		141	14.9	6.74	5.8	16	82	519
LO/F 010 05	SCRAMBLED EGGS (EGG WHITE)	1/3 Cup		52	8.4	1.1	1.1	0	9	153
LOCAL 001	DICED BACON (OVEN FRIED)	1 Ounce		227	14.8	17.9	0.6	44	4	907
LOCAL 002	DICED HAM	1 Ounce		34	5.2	1.3	0	11	2	356
M G 001 66	*2 PEPPERS, GREEN, FRESH, DICED	1 Ounce		6	0.2	0	1.3	0	3	1
M G 001 31	*2 ONIONS, DRY, CHOPPED	2 Tbsps		8	0.2	0	1.8	0	4	1
M G 001 51	*2 TOMATOES, FRESH, DICED	2 Tbsps		9	0.5	0.1	2	0	5	3
M G 001 29	OLIVES, BLACK, SLICED	3 Each		35	0.3	3.3	1.9	0	27	225
M G 001 28	*2 MUSHROOMS, SLICED, CANNED	1 Tbsp		5	0.3	0.1	0.9	0	2	77
M G 001 37	*2 PEPPERS, JALAPENO, CHOPPED (CANNED)	3 Tbsps		3	0.1	0.1	0.6	0	3	197
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 Tbsps		58	3.4	4.8	0.2	14	96	91
M G 001 69	*2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
L 030 00	CREAMED GROUND BEEF	2/3 Cup		223	24	8.4	11.2	67	141	551
D 001 00	BAKING POWDER BISCUITS	1 Each		145	24	3.6	3.7	0	100	309
L 061 01	TEXAS HASH (GROUND TURKEY)	1 Cup		269	28.8	11.8	13.3	102	70	401
L 088 01	GRILLED POLISH SAUSAGE (KIELBASA)	3 Ounces		276	9.2	25.2	3.2	52	20	789
SDX HUB 088	OVEN BAKED DICED POTATOES	2 ounces		54	1.4	1.2	9.9	0	5	61
SDX 0000048	YELLOW RICE	1 Cup		246	7.7	6.6	38.8	55	29	328
LO/Q G 001	SIMMERED PINTO BEANS (CANNED)	3/4 Cup		166	30.6	9.3	1.1	0	95	541
D 022 01	FRENCH TOAST (THICK SLICE)	2 Slices		267	12.8	5.4	41.7	127	85	485
R/M	GRITS, INDIVIDUAL	1 PACKET		15	0.4	0.1	3.1	0	0	0
R/M	OATMEAL, INDIVIDUAL, ASST	1 PACKET		133	2.9	2.2	26.4	0	107	175
Lunch										
SDX 72229-1	CREAM OF SPINACH SOUP	1 Cup		176	5.1	10.4	16.9	1	134	607
L 013 00	PEPPER STEAK	3/4 Cup		258	31.4	11.2	6.8	85	20	393
L 119 07	CAJUN BAKED FISH (POLLUCK)	4 Ounces		200	34	5.9	0.8	134	109	389
SDX HUB 438	PAPRIKA ROASTED RED POTATOES W/ ONIONS	3/4 Cup		248	4.6	7.4	43.5	0	32	720
SDX 00000 1	JASMINE RICE	4 Ounces		172	3.4	0.3	37.7	0	16	5
SDX 0284009	BALSAMIC ROASTED VEGETABLES	3/4 Cup		242	1.7	21.3	12.8	0	45	468
SDX 0000010	PEAS AND MUSHROOMS	1/4 Cup		111	6.2	2.3	17.1	0	30	237
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Dinner										
P 014 00	CREAM OF MUSHROOM SOUP	1 Cup		216	18.7	6.1	20.9	42	190	301
L 158 00	SAVORY BAKED CHICKEN (CUT UP)	2 Pieces		361	45.4	17.6	2.4	136	36	616
SDX HUB 233	FIRECRACKER SHRIMP	4-1/2 Ounces		713	33.9	34.9	63.5	302	153+	1492
USMC 007	HAWAIIAN STYLE BROWN AND QUINOA W/PINEAPPLE	4 Ounces		126	3.4	2.5	22.8	0	27	513
E 007 02	FILIPINO RICE	3/4 Cup		96	5.9	3.1	10.5	42	21	640
Q G 006 21	STEAMED CAULIFLOWER (FRESH)	3/4 Cup		41	3.1	0.5	8.1	0	36	49
Q G 003 16	SIMMERED PEAS AND CARROTS, W/BUTTER (FROZEN)	3/4 Cup		65	2.8	2.8	9.1	7	25	132
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Desserts										
D 036 06	CINNAMON RAISIN ROLLS (SWEET DOUGH MIX)	1 Roll		178	3.7	5.7	28.8	13	24	165
G 010 05	MARBLE CAKE (YELLOW CAKE MIX)	1 Piece		157	1.8	2	34.3	0	55	315
G 022 00	BUTTER CREAM FROSTING	1-1/2 Tbs		118	0.2	4.3	20.2	11	8	59
MFR	PEANUT BUTTER COOKIES (PRE-CUT DOUGH)	2 Cookies		147	2.6	8	16.7	9	32	127
MFR	LEMON MERINGUE PIE (MFR)	1 Slice		338	2.5	10	60	0	0	375
HUB 067	*1 GELATIN PARFAIT	1 Each		103	1.9	1.8	20.3	0	14	110
Specialty Salads										
M 029 00	ITALIAN STYLE PASTA SALAD	1/2 Cup		159	7	9	12.3	16	106	438
M 013 03	COTTAGE CHEESE AND PINEAPPLE SALAD	1 Serving		95	6.9	2.5	12	10	64	212

STANDARD SALAD BAR See Master Menu Enclosure (3)
 STANDARD FRUIT BAR See Master Menu Enclosure (4)
 STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (5)
 NOTES: 1. Manager's choice, assorted flavored gelatin during all meal periods.
 2. These items will be available for eggs made to order and stir fry vegetables.

MASTER MENU 28 DAY CYCLE 20240216 - 20261218

DAY 28 THURSDAY
 2024: 18 JAN, 15 FEB, 14 MAR, 11 APR, 09 MAY, 06 JUN, 04 JUL, 01 AUG, 29 AUG, 26 SEP, 24 OCT, 21 NOV, 19 DEC
 2025: 16 JAN, 13 FEB, 13 MAR, 10 APR, 08 MAY, 05 JUN, 03 JUL, 31 JUL, 28 AUG, 25 SEP, 23 OCT, 20 NOV, 18 DEC
 2026: 15 JAN, 12 FEB, 12 MAR, 09 APR, 07 MAY, 04 JUN, 02 JUL, 30 JUL, 27 AUG, 24 SEP, 22 OCT, 19 NOV, 17 DEC

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Calcium (mg)	Sodium (mg)
Breakfast										
F 011 00	MUSHROOM QUICHE	1 Piece		208	11.5	10.4	16.9	101	239	263
F 007 00	GRIDDLE FRIED EGGS (COOKED TO ORDER)	2 Each		134	10	9.8	0.6	297	45	113
LO/F 008 07	ASSORTED OMELETS	1 Omelet		239	17.4	16	5.8	354	130	484
F 010 00	SCRAMBLE EGGS	1/3 Cup		150	10.9	10.8	1.2	337	57	118
F 008 01	ASSORTED OMELETS (EGG WHITE)	1 Omelet		141	14.9	6.74	5.8	16	82	519
LO/F 010 05	SCRAMBLED EGGS (EGG WHITE)	1/3 Cup		52	8.4	1.1	1.1	0	9	153
LOCAL 001	DICED BACON (OVEN FRIED)	1 Ounce		227	14.8	17.9	0.6	44	4	907
LOCAL 002	DICED HAM	1 Ounce		34	5.2	1.3	0	11	2	356
M G 001 66	*2 PEPPERS, GREEN, FRESH, DICED	1 Ounce		6	0.2	0	1.3	0	3	1
M G 001 31	*2 ONIONS, DRY, CHOPPED	2 Tbsps		8	0.2	0	1.8	0	4	1
M G 001 51	*2 TOMATOES, FRESH, DICED	2 Tbsps		9	0.5	0.1	2	0	5	3
M G 001 29	OLIVES, BLACK, SLICED	3 Each		35	0.3	3.3	1.9	0	27	225
M G 001 28	*2 MUSHROOMS, SLICED, CANNED	1 Tbsp		5	0.3	0.1	0.9	0	2	77
M G 001 37	*2 PEPPERS, JALAPENO, CHOPPED (CANNED)	3 Tbsps		3	0.1	0.1	0.6	0	3	197
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 Tbsps		58	3.4	4.8	0.2	14	96	91
M G 001 69	*2 SPINACH, FRESH, LEAF	3/4 Cup		5	0.6	0.1	0.7	0	20	16
SDX 7225	SAUSAGE GRAVY	2 Ounces		110	3.1	8.2	5.9	5	76	356
D 001 00	BAKING POWDER BISCUITS	1 Each		145	24	3.6	3.7	0	100	309
L 200 01	BAKED TURKEY SAUSAGE LINKS	2 Each		99	6.5	7.6	0.7	67	13	268
L 002 00	OVEN FRIED BACON (3 Slice)	3 Slices		170	11.1	13.4	0.4	33	3	680
L 073 01	SCALLOPED HAM AND POTATOES (FRSH POTATOES)	1 Cup		366	24.7	18.4	25	75	221	1354
E 005 05	STEAMED BROWN RICE	3/4 Cup		168	3.5	1.7	34.3	0	14	216
D 025 07	BUTTERMILK WAFFLES (PANCAKE MIX)	1 Each		217	5.8	1.8	43.4	1	203	638
R/M	GRITS, INDIVIDUAL	1 PACKET		15	0.4	0.1	3.1	0	0	0
R/M	OATMEAL, INDIVIDUAL, ASST	1 PACKET		133	2.9	2.2	26.4	0	107	175
Lunch										
P 007 01	MINESTRONE SOUP	1 Cup		80	3.5	1	14.9	1	46	1218
L 119 01	BAKED FISH WITH GARLIC BUTTER (COD)	4 Ounces		145	20	6.5	0.4	75	13	509
KOR 009	BULGOGI (KOREAN BBQ BEEF)	2/3 Cup		231	29.5	5.6	14.6	74	35	963
Q 070 00	GARLIC ROASTED POTATO WEDGES	2-3/4 Ounces		115	2.6	0.7	24.9	0	14	195
E 020 01	GINGER RICE (FRESH CARROTS)	3/4 Cup		86	4	1.9	13	59	28	495
Q G 003 17	SIMMERED SPINACH (FROZEN)	3/4 Cup		36	4.4	0.7	5.2	0	159	161
Q 041 01	PEAS WITH CARROTS (FROZEN)	3/4 Cup		135	6.2	2.3	23.8	5	58	218
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Dinner										
P 010 00	CHICKEN GUMBO SOUP	1 Cup		51	2.2	1.2	8.5	1	47	1293
L 172 00	BEEF STEW	1-1/4 Cups		354	29.2	17.5	19	107	49	126
L 142 02	HERBED CORNISH HENS	6 Ounces		381	32.5	26.5	1	190	30	374
SDX 71686-1	TOASTED ORZO YHYW (AMP)	4 Ounces		166	5.6	1.5	31.8	0	19	222
SDX HUB 434	SPANISH RICE w SCALLIONS	3/4 Cup		211	4.4	5.5	36.3	0	35	1392
Q 001 11	SIMMERED CREAM STYLE CORN (CANNED)	3/4 Cup		130	3.1	0.8	32.7	0	5	471
Q 003 00	BOSTON BAKED BEANS	1/2 Cup		181	10.1	1	33.9	1	84	211
D 033 00	HOT ROLLS	2 Rolls		343	9	8.9	56.1	0	33	379
Desserts										
D 019 02	RAISED DOUGHNUTS (SWEET DOUGH MIX)	1 Doughnut		136	3.6	2	26.1	3	16	134
G 013 00	CARROT CAKE (CAKE MIX)	1 Piece		178	2.1	4.5	33.4	0	72	238
G 027 00	CREAM CHEESE FROSTING	1.5 Tbsps		109	1.1	6.2	12.7	20	18	66
MFR	SUGAR COOKIES (PRECUT DOUGH)	2 Cookies		218	1.4	9.5	31.8		8	191
J 008 02	CHERRY CRISP	1 Piece		194	2.1	6	34.5	14	27	159
HUB 067	*1 GELATIN PARFAIT	1 Each		103	1.9	1.8	20.3	0	14	110
Specialty Salads										
SDX 74235-1	TOMATO CUCUMBER SALAD	4 Ounces		26	1.1	0.3	5.9	0	19	202
M 012 00	COTTAGE CHEESE SALAD	1/4 Cup		44	7.3	0.6	2.1	2	41	235

STANDARD SALAD BAR See Master Menu Enclosure (3)
 STANDARD FRUIT BAR See Master Menu Enclosure (4)
 STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (5)

- NOTES:
 1. Manager's choice, assorted flavored gelatin during all meal periods.
 2. These items will be available for eggs made to order and stir fry vegetables.