

MASTER MENU 28 DAY CYCLE 20230217 - 20260216

DAY 1
FRIDAY
2023: 17 FEB, 17 MAR, 14 APR, 12 MAY, 9 JUN, 7 JUL, 4 AUG, 1 SEP, 29 SEP, 27 OCT, 24 NOV, 22 DEC
2024: 19 JAN, 16 FEB, 15 MAR, 12 APR, 10 MAY, 7 JUN, 5 JUL, 2 AUG, 30 AUG, 27 SEP, 25 OCT, 22 NOV, 20 DEC
2025: 17 JAN, 14 FEB, 14 MAR, 11 APR, 9 MAY, 6 JUN, 4 JUL, 1 AUG, 29 AUG, 26 SEP, 24 OCT, 21 NOV, 19 DEC
2026: 16 JAN, 13 FEB

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	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
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
HUB 006	GRILLED CHICKEN BREAST (5 oz)	1 3.5 Oz		175	32.1	4.1	0.2	88	17	286
L 089 03	BAKED SAUSAGE PATTIES (PERFORMED)	1 Patty		157	5.4	14.9	0.3	30	6	324
Q 046 01	COTTAGE FRIED POTATOES	2/3 Cup		167	24.6	2.8	6.7	0	20	244
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 04	BUTTERMILK PANCAKES (PANCAKE MIX)	2 Cakes		209	5.5	1.8	41.8	1	195	613
Lunch										
USMC 026	ITALIAN WEDDING SOUP	7 Ounces		159	11.6	5.3	15.7	22	48	1437
SDX 35560	BAYOU JERK PORK LOIN - SDX	4 Ounces		402	34.7	27.7	1.3	104	34	669
L 028 00	CHILI CON CARNE	1 Cup		281	24.6	8	28.4	50	93	882
Q 066 00	BAKED SWEET POTATOES	1 Each		138	2.5	0.3	32.2	0	49	49
SDX 16504	JASMINE RICE	4 Ounces		172	3.4	0.3	37.7	0	16	5
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
MFR	BROWN GRAVY (FROM MIX)	4 ounces		9	0.2	0.3	1.4	0	3	115
MFR	DINNER ROLL (BROWN &SERVE)	2 Rolls		215	6.7	4.5	36.4	35	35	396
Dinner										
MFR	BEEF VEGETABLE BARLEY SOUP (KNORR)	1 Cup		83	3.1	1	16.6	0	2	501
L 082 00	SWEET AND SOUR PORK	1 Cup		259	19.8	6.6	29.6	48	24	1392
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
MFR	DINNER ROLL (BROWN &SERVE)	2 Rolls		215	6.7	4.5	36.4	35	35	396
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
SATURDAY

2023: 18 FEB, 18 MAR, 15 APR, 13 MAY, 10 JUN, 8 JUL, 5 AUG, 2 SEP, 30 SEP, 28 OCT, 25 NOV, 23 DEC
 2024: 20 JAN, 17 FEB, 16 MAR, 13 APR, 11 MAY, 8 JUN, 6 JUL, 3 AUG, 31 AUG, 28 SEP, 26 OCT, 23 NOV, 21 DEC
 2025: 18 JAN, 15 FEB, 15 MAR, 12 APR, 10 MAY, 7 JUN, 5 JUL, 2 AUG, 30 AUG, 27 SEP, 25 OCT, 22 NOV, 20 DEC
 2026: 17 JAN, 14 FEB

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Calcium (mg)	Sodium (mg)
Breakfast Brunch										
SDX 047396-1	LAREDO QUICHE (AMP)	1 Wedge		157	4.8	9	14.1	48	34	282
E 001 01	HOMINY GRITS	3/4 Cup		100	1.8	0.4	21.7	0	6	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
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 110 01	CORNEED BEEF HASH (CANNED)	1/2 Cup		201	10.7	12.5	11.4	39	23	505
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 16504	JASMINE RICE	4 Ounces		172	3.4	0.3	37.7	0	16	5
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 006 22	STEAMED BROCCOLI (FRESH)	3/4 Cup		46	3.8	0.5	9	0	64	45
SDX 71686-1	TOASTED ORZO YHYW (AMP)	4 Ounces		166	5.6	1.5	31.8	0	19	222
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
Dinner Brunch										
MFR	CHICKEN TORTILLA SOUP	1 Cup		96	4.3	3.2	14.9	11	2	703
L 147 01	CHICKEN A LA KING (CANNED CHICKEN)	1 Cup		241	24.3	7.4	17.5	42	71	1305
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	SIMMERED ASPARAGUS (FRESH)	4 Spears		51	2	3.8	3.5	10	25	103
Q 018 00	CAULIFLOWER AU GRATIN	3/4 Cup		134	5.5	8.3	10.8	22	124	225
MFR	BROWN GRAVY (FROM MIX)	4 ounces		9	0.2	0.3	1.4	0	3	115
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
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 20230217 - 20260216

DAY 3 SUNDAY
 2023: 19 FEB, 19 MAR, 16 APR, 14 MAY, 11 JUN, 9 JUL, 6 AUG, 3 SEP, 1 OCT, 29 OCT, 26 NOV, 24 DEC
 2024: 21 JAN, 18 FEB, 17 MAR, 14 APR, 12 MAY, 9 JUN, 7 JUL, 4 AUG, 1 SEP, 29 SEP, 27 OCT, 24 NOV, 22 DEC
 2025: 19 JAN, 16 FEB, 16 MAR, 13 APR, 11 MAY, 8 JUN, 6 JUL, 31 AUG, 28 SEP, 26 OCT, 23 NOV, 21 DEC
 2026: 18 JAN, 15 FEB

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
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
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 002 00	OVEN FRIED BACON (3 Slice)	3 Slices		170	11.1	13.4	0.4	33	3	680
L 061 01	TEXAS HASH (GROUND TURKEY)	1 Cup		269	28.8	11.8	13.3	102	70	401
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
MFR	CHICKEN NOODLE SOUP (KNORR)	1 Cup		87	4.3	2.2	14.1	16	2	716
SDX 10331 0	BAKED PENNE W/CHICKEN n MUSHROOMS	1 Serving		521	43.9	17.1	50.2	109	295	902
F 001 00	BAKED MACARONI AND CHEESE	1 Cup		378	18.2	15.5	40.8	45	395	742
SDX HUB 403	BRAISED COLLARD GREENS	1-1/2 Cups		236	11.4	4.6	42.7	6	685	2675
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
Dinner Brunch										
MFR	NEW ENGLAND CLAM CHOWDER (KNORR)	1 Cup		178	4.9	5.9	25.7	10	2	654
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
MFR	BROWN GRAVY (FROM MIX)	4 Ounces		9	0.2	0.3	1.4	0	3	115
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
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										
M 009 01	COLE SLAW	1/2 Cup		72	0.8	4.2	8.8	4	27	272
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 20230217 - 20260216

DAY 4 MONDAY
 2023: 20 FEB, 20 MAR, 17 APR, 15 MAY, 12 JUN, 10 JUL, 7 AUG, 4 SEP, 2 OCT, 30 OCT, 27 NOV, 25 DEC
 2024: 22 JAN, 19 FEB, 18 MAR, 15 APR, 13 MAY, 10 JUN, 8 JUL, 5 AUG, 2 SEP, 30 SEP, 28 OCT, 25 NOV, 23 DEC
 2025: 20 JAN, 17 FEB, 17 MAR, 14 APR, 12 MAY, 9 JUN, 7 JUL, 4 AUG, 1 SEP, 29 SEP, 27 OCT, 24 NOV, 22 DEC
 2026: 19 JAN, 16 FEB

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Calcium (mg)	Sodium (mg)
Breakfast										
USMC 008	BRUNCH CASSEROLE	5 Ounces		355	19	16.3	32.3	162	265	698
E 001 01	HOMINY GRITS	3/4 Cup		100	1.8	0.4	21.7	0	6	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
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 091 00	GRILLED SAUSAGE LINKS	2 Pieces		182	5.4	16.6	2.4	39	0	402
L 184 00	GRILLED TURKEY PATTIES	1 Patty		271	29.7	13.1	8.7	108	58	304
Q 046 01	COTTAGE FRIED POTATOES	2/3 Cup		167	24.6	2.8	6.7	0	20	244
E 019 01	STEAMED RICE (OVEN METHOD)	3/4 Cup		162	4	1.5	33.7	0	39	149
LO/Q G 001	BUTTERED 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
Lunch										
MFR	MINESTRONE SOUP (KNORR)	1 Cup		96	3.2	0.5	18.1	0	2	609
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
E 005 06	STEAMED RICE (OVEN METHOD)	3/4 Cup		54	1.2	0.6	10.6	0	11	213
Q G 006 16	STEAMED SPINACH (FROZEN)	3/4 Cup		36	4.4	0.7	5.2	0	158	91
Q G 006 13	STEAMED PEAS WITH CARROTS (FROZEN)	3/4 Cup		65	4.2	0.6	13.7	0	33	97
MFR	BROWN GRAVY (FROM MIX)	4 Ounces		9	0.2	0.3	1.4	0	3	115
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
Dinner										
MFR	CREAM OF MUSHROOM SOUP (KNORR)	1 Cup		134	4.1	4.1	19.5	0	2	639
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
Q 057 00	MASHED POTATOES (INSTANT)	1/2 Cup		105	2.7	2	19.5	1	47	164
SDX 016504	JASMINE RICE	4 Ounces		172	3.4	0.3	37.7	0	16	5
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
MFR	BROWN GRAVY (FROM MIX)	4 Ounces		9	0.2	0.3	1.4	0	3	115
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
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
H 020 02	CHOCOLATE CHIP BARS (SUGAR COOKIES 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 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 20230217 - 20260216

DAY 5 TUESDAY
 2023: 21 FEB, 21 MAR, 18 APR, 16 MAY, 13 JUN, 11 JUL, 8 AUG, 5 SEP, 3 OCT, 31 OCT, 28 NOV, 26 DEC
 2024: 23 JAN, 20 FEB, 19 MAR, 16 APR, 14 MAY, 11 JUN, 9 JUL, 6 AUG, 3 SEP, 1 OCT, 29 OCT, 26 NOV, 24 DEC
 2025: 21 JAN, 18 FEB, 18 MAR, 15 APR, 13 MAY, 10 JUN, 8 JUL, 5 AUG, 2 SEP, 30 SEP, 28 OCT, 25 NOV, 23 DEC
 2026: 20 JAN, 17 FEB

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
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
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 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 022 01	FRENCH TOAST (THICK SLICE)	2 Slices		267	12.8	5.4	41.7	127	85	485
Lunch										
MFR	BROCCOLI CHEESE SOUP (KNORR)	1 Cup		367	10.5	11.8	47.2	13	2	1760
L 217 00	ASIAN BARBECUE TURKEY	4 Ounces		208	33	2.8	12.9	75	30	872
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 016504	JASMINE RICE	4 Ounces		172	3.4	0.3	37.7	0	16	5
Q 027 01	CORN O'BRIEN	3/4 Cup		153	4.7	3.8	29.9	1	12	425
SDX 71709-01	OKRA AND TOMATOES	3/4 Cup		92	2.8	5.5	10.2	0	107	602
MFR	BROWN GRAVY (FROM MIX)	4 Ounces		9	0.2	0.3	1.4	0	3	115
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
Dinner										
MFR	CHICKEN WITH WILD RICE SOUP (KNORR)	1 Cup		221	6.3	9.5	28.4	11	2	706
L 079 01	SWEET AND SOUR CHICKEN	1 Serving		366	45.4	12.1	16.2	139	29	206
SDX 14805	PORK TERIYAKI STIR FRY	6 Ounces		219	16.5	8.5	20.3	27	62	2629
E 013 01	STEAMED SPAGHETTI NOODLES-WHOLE WHEAT	1 Cup		72	2.9	0.8	14.4	0	18	290
SDX 72427 CH	FRIED RICE - HOUSE SPECIAL	3/4 Cup		138	3.8	6.9	15.3	38	33	575
Q G 003 01	SIMMERED ASPARAGUS (FROZEN)	3/4 Cup		20	2.6	0.2	3.3	0	22	78
LCAL Q 025 C	VEGETABLE STIR FRY (LOCAL)	1/2 Cup		39	0.9	1.8	5.3	0	31	108
MFR	BROWN GRAVY (FROM MIX)	4 Ounces		9	0.2	0.3	1.4	0	3	115
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
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 20230217 - 20260216

DAY 6 WEDNESDAY
 2023: 22 FEB, 22 MAR, 19 APR, 17 MAY, 14 JUN, 12 JUL, 9 AUG, 6 SEP, 4 OCT, 1 NOV, 29 NOV, 27 DEC
 2024: 24 JAN, 21 FEB, 20 MAR, 17 APR, 15 MAY, 12 JUN, 10 JUL, 7 AUG, 4 SEP, 2 OCT, 30 OCT, 27 NOV, 25 DEC
 2025: 22 JAN, 19 FEB, 19 MAR, 16 APR, 14 MAY, 11 JUN, 9 JUL, 6 AUG, 3 SEP, 1 OCT, 29 OCT, 26 NOV, 24 DEC
 2026: 21 JAN

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
E 001 01	HOMINY GRITS	3/4 Cup		100	1.8	0.4	21.7	0	6	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
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 110 01	CORNED BEEF HASH (CANNED)	1/2 Cup		201	10.7	12.5	11.4	39	23	505
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
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
Lunch										
p 001 01	BEEF BARLEY SOUP	1 Cup		60	2.8	1	10.4	1	20	2075
L 144 00	BAKED TURKEY AND NOODLES	1 Cup		276	20	8.7	28.2	66	108	750
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 005 00	STEAMED RICE	3/4 Cup		54	1.2	0.6	10.6	0	11	213
Q G 003 08	SIMMERED CARROT SLICES (FROZEN)	3/4 Cup		49	1.1	0.6	10.8	0	51	164
LOCAL Q G 001	SIMMERED PINTO BEANS (CANNED)	3/4 Cup		166	9.3	1.1	30.6	0	95	541
MFR	BROWN GRAVY (FROM MIX)	4 Ounces		9	0.2	0.3	1.4	0	3	115
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
Dinner										
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 191 00	CHICKEN AND ITALIAN VEGETABLE PASTA	1-1/4 Cups		272	22	4.3	36.9	42	181	635
SDX HUB 438	PAPRIKA ROASTED RED POTATOES W/ ONIONS	3/4 Cup		248	4.6	7.4	43.5	0	32	720
SDX 016504	JASMINE RICE	4 Ounces		172	3.4	0.3	37.7	0	16	5
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 & BALSAMIC	1/2 Cup		82	5.8	1.5	14.5	3	65	515
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
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 017 00	FRUIT SALAD	1/2 Cup		71	1.5	0.3	17	1	45	13
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 20230217 - 20260216

DAY 7 THURSDAY
 2023: 23 FEB, 23 MAR, 20 APR, 18 MAY, 15 JUN, 13 JUL, 10 AUG, 7 SEP, 5 OCT, 2 NOV, 30 NOV, 28 DEC
 2024: 25 JAN, 22 FEB, 21 MAR, 18 APR, 16 MAY, 13 JUN, 11 JUL, 8 AUG, 5 SEP, 2 OCT, 31 OCT, 28 NOV, 26 DEC
 2025: 23 JAN, 20 FEB, 20 MAR, 17 APR, 15 MAY, 12 JUN, 10 JUL, 7 AUG, 4 SEP, 2 OCT, 30 OCT, 27 NOV, 25 DEC
 2026: 22 JAN

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Calcium (mg)	Sodium (mg)
Breakfast										
SDX 050659A	ZUCCHINI & MUSHROOM FRITTATA (AMP)	1 Wedge		70	12.6	0.8	2.5	0	16	386
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
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 002 00	OVEN FRIED BACON (3 Slice)	3 Slices		170	11.1	13.4	0.4	33	3	680
L 061 01	TEXAS HASH (GROUND TURKEY)	1 Cup		269	28.8	11.8	13.3	102	70	401
Q 047 00	HOME FRIED POTATOES	2/3 Cup		215	2.7	8.9	31.8	0	13	217
E 005 06	STEAMED RICE (OVEN METHOD)	3/4 Cup		54	1.2	0.6	10.6	0	11	213
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
Lunch										
P 009 08	TOMATO SOUP (CANNED)	1 Cup		93	2.1	0.6	21.4	0	21	533
L 208 00	PASTA TOSCANO	9 Ounces		492	24.2	24.2	43.2	51	155	1112
L 146 00	BARBECUED CHICKEN (CUT-UP)	2 Pieces		444	43.4	21.9	17.4	137	40	923
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 PEAS (FROZEN)	3/4 Cup		103	6.6	0.3	19.1	0	35	76
Q 126 02	CALIFORNIA BLEND	3/4 Cup		76	2.9	3.7	7.2	10	33	138
MFR	BROWN GRAVY (FROM MIX)	4 Ounces		9	0.2	0.3	1.4	0	3	115
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
Dinner										
MFR	CREAM OF MUSHROOM SOUP (KNORR)	1 Cup		134	4.1	4.1	19.5	0	2	639
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		88	4.1	0.6	16.5	0	31	58
Q G 006 13	STEAMED PEAS W/CARROTS (FROZEN)	3/4 Cup		65	4.2	0.6	13.7	0	33	97
MFR	BROWN GRAVY (FROM MIX)	4 Ounces		9	0.2	0.3	1.4	0	3	115
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
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 03	COTTAGE CHEESE AND PINEAPPLE SALAD	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 20230217 - 20260216

DAY 8 2023: 24 FEB, 24 MAR, 21 APR, 19 MAY, 16 JUN, 14 JUL, 11 AUG, 8 SEP, 6 OCT, 3 NOV, 1 DEC, 29 DEC
 FRIDAY 2024: 26 JAN, 23 FEB, 22 MAR, 19 APR, 17 MAY, 14 JUN, 12 JUL, 9 AUG, 6 SEP, 4 OCT, 1 NOV, 29 NOV, 27 DEC
 2025: 24 JAN, 21 FEB, 21 MAR, 18 APR, 16 MAY, 13 JUN, 11 JUL, 8 AUG, 5 SEP, 3 OCT, 31 OCT, 28 NOV, 26 DEC
 2026: 23 JAN

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Calcium (mg)	Sodium (mg)
Breakfast										
SDX 042548A	HAM & SPINACH FRITTATA (AMP)	1 Piece		378	28	19.4	21.9	401	327	957
E 001 01	HOMINY GRITS	3/4 Cup		100	1.8	0.4	21.7	0	6	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
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 091 00	GRILLED SAUSAGE LINKS	2 Pieces		182	5.4	16.6	2.4	39	0	402
L 184 00	GRILLED TURKEY PATTIES	1 Patty		271	29.7	13.1	8.7	108	58	304
Q 046 01	COTTAGE FRIED POTATOES	2/3 Cup		167	24.6	2.8	6.7	0	20	244
E 019 01	BROWN RICE WITH TOMATOES (OVEN METHOD)	3/4 Cup		162	4	1.5	33.7	0	39	149
c022 01	FRENCH TOAST (THICK SLICE)	2 Slices		267	12.8	5.4	41.7	127	85	485
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
SDX 72804-3	DIRTY RICE (GROUND BEEF & BROWN RICE)	3/4 Cup		187	5.6	6.1	27.4	8	25	658
Q G 003 08	SIMMERED CARROT SLICES (FROZEN)	3/4 Cup		49	1.1	0.6	10.8	0	51	164
Q 024 02	CAULIFLOWER PARMESAN	3/4 Cup		77	5.5	2.2	10.1	6	123	236
MFR	BROWN GRAVY (FROM MIX)	4 Ounces		9	0.2	0.3	1.4	0	3	115
D 015 01	CORN MUFFINS (CORN BREAD MIX)	1 Each		184	2.9	5	31.9	1	23	334
Dinner										
P 009 03	CHICKEN NOODLE SOUP (CANNED)	1 Cup		75	3.7	2.4	9.5	12	12	1067
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 02	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 007 00	TOASTED GARLIC BREAD	2 Slices		259	6.5	12.5	30.7	29	34	443
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 20230217 - 20260216

DAY 9
SATURDAY

2023: 25 FEB, 25 MAR, 22 APR, 20 MAY, 17 JUN, 15 JUL, 12 AUG, 9 SEP, 7 OCT, 4 NOV, 2 DEC, 30 DEC
 2024: 27 JAN, 24 FEB, 23 MAR, 20 APR, 18 MAY, 15 JUN, 13 JUL, 10 AUG, 7 SEP, 5 OCT, 2 NOV, 30 NOV, 28 DEC
 2025: 25 JAN, 22 FEB, 22 MAR, 19 APR, 17 MAY, 14 JUN, 12 JUL, 9 AUG, 6 SEP, 4 OCT, 1 NOV, 29 NOV, 27 DEC
 2026: 24 JAN

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Calcium (mg)	Sodium (mg)
Breakfast Brunch										
F 011 00	MUSHROOM QUICHE	1 Piece		208	11.5	10.4	16.9	101	239	263
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
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 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 046 01	COTTAGE FRIED POTATOES	2/3 Cup		167	24.6	2.8	6.7	0	20	244
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 01	BEEF BARLEY SOUP	1 Cup		60	2.8	1	10.4	1	20	2075
USMC 031	MEDITERRANEAN CHICKEN WITH TOMATOES AND	6 Ounces		196	33.5	5	2.3	90	32	107
E 013 01	STEAMED SPAGHETTI NOODLES-WHOLE WHEAT	1 Cup		72	2.9	0.8	14.4	0	18	290
Q G 003 15	SIMMERED PEAS (FROZEN)	3/4 Cup		103	6.6	0.3	19.1	0	35	76
MFR	DINNER ROLL (BROWN & SERVE)	2 Rolls		215	6.7	4.5	36.4	35	41	396
Dinner Brunch										
MFR	CHICKEN TORTILLA SOUP (KNORR)	1 Cup		96	4.3	3.2	14.9	11	2	703
L 206 00	BAYOU CHICKEN (2003)	5 Ounces		186	32.5	4.5	2.7	88	27	435
SDX 74413-1	MAPLE GLAZED SALMON	3-1/2 Ounces		243	19.6	10.9	16	56	21	515
E 008 00	RICE PILAF	3/4 Cup		100	2.1	3.6	14.4	4	24	890
Q 069 00	MASHED SWEET POTATOES	1/2 Cup		155	1.9	2.1	32.4	5	41	204
Q G 003 01	SIMMERED ASPARAGUS (FROZEN)	3/4 Cup		20	2.6	0.2	3.3	0	22	78
Q 001 03	CAULIFLOWER COMBO	3/4 Cup		95	4.2	4.2	13	10	36	118
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
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 CC	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 20230217 - 20260216

DAY 10 2023: 26 FEB, 26 MAR, 23 APR, 21 MAY, 18 JUN, 16 JUL, 13 AUG, 10 SEP, 8 OCT, 5 NOV, 3 DEC, 31 DEC
 SUNDAY 2024: 28 JAN, 25 FEB, 24 MAR, 21 APR, 19 MAY, 16 JUN, 14 JUL, 11 AUG, 8 SEP, 6 OCT, 3 NOV, 1 DEC, 29 DEC
 2025: 26 JAN, 23 FEB, 23 MAR, 20 APR, 18 MAY, 15 JUN, 13 JUL, 10 AUG, 7 SEP, 5 OCT, 2 NOV, 30 NOV, 28 DEC
 2026: 25 JAN

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Calcium (mg)	Sodium (mg)
Breakfast Brunch										
L 175 00	POTATO FRITTATA	1 Piece		231	17.1	6.4	27.9	176	171	555
E 001 01	HOMINY GRITS	3/4 Cup		100	1.8	0.4	21.7	0	6	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
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 110 01	CORNEED BEEF HASH (CANNED)	1/2 Cup		201	10.7	12.5	11.4	39	23	505
L 200 01	BAKED TURKEY SAUSAGE LINKS	2 Each		99	6.5	7.6	0.7	67	13	268
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
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 02	TERIYAKI CHICKEN (BONELESS BREAST)	4 Ounces		181	32.6	4.1	1.3	88	19	393
E 004 02	BUTTERED EGG NOODLE	1 Cup		246	7.7	6.6	38.8	55	29	328
Q G 003 06	SIMMERED BROCCOLI (FROZEN)	3/4 Cup		35	3.8	0.4	6.5	0	79	105
MFR	DINNER ROLL (BROWN & SERVE)	2 Rolls		215	6.7	4.5	36.4	35	41	396
Dinner Brunch										
MFR	BROCCOLI CHEESE SOUP (KNORR)	1 Cup		367	10.5	11.8	47.2	13	2	1760
L 007 02	GRILLED T-BONE STEAKS	1 Steak		463	58.6	23.6	0	173	41	145
L 198 00	GREEK LEMON TURKEY PASTA	1-1/3 Cup		321	19.4	5.5	48.3	30	120	1359
E 015 00	SICILIAN BROWN RICE AND VEGETABLES	3/4 Cup		150	5.9	2.4	27.7	5	113	497
Q 070 00	GARLIC ROASTED POTATO WEDGES	2-3/4 OZ		115	2.6	0.7	24.9	0	14	195
LO/Q 064 01	SAVORY SUMMER SQUASH (FROZEN)	1/2 Cup		37	1.1	0.9	7.4	0	25	215
Q G 001 03	SIMMERED WAX BEANS (CANNED)	3/4 Cup		26	1.4	0.2	6	0	41	445
MFR	BROWN GRAVY	4 Ounces		9	0.2	0.3	1.4	0	3	115
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
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 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 20230217 - 20260216

DAY 11 MONDAY
 2023: 27 FEB, 27 MAR, 24 APR, 22 MAY, 19 JUN, 17 JUL, 14 AUG, 11 SEP, 9 OCT, 6 NOV, 4 DEC
 2024: 1 JAN, 29 JAN, 26 FEB, 25 MAR, 22 APR, 20 MAY, 17 JUN, 15 JUL, 12 AUG, 9 SEP, 7 OCT, 4 NOV, 2 DEC, 30 DEC
 2025: 26 JAN

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
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
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 002 00	OVEN FRIED BACON (3 Slice)	3 Slices		170	11.1	13.4	0.4	33	3	680
L 061 01	TEXAS HASH (GROUND TURKEY)	1 Cup		269	28.8	11.8	13.3	102	70	401
Q 046 01	COTTAGE FRIED POTATOES	2/3 Cup		167	24.6	2.8	6.7	0	20	244
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 022 01	FRENCH TOAST (THICK SLICE)	2 Slices		267	12.8	5.4	41.7	127	85	485
Lunch										
MFR	CHICKEN WITH WILD RICE SOUP (KNORR)	1 Cup		221	6.3	9.5	28.4	11	2	706
L 195 00	THERYAKI BEEF STRIPS	2/3 Cup		160	22.2	4.5	6.7	56	19	591
L 157 00	PINEAPPLE CHICKEN (CUT-UP)	2 Pieces		452	43.5	21.4	20	137	43	305
E 020 01	GINGER RICE (FRESH CARROTS)	3/4 Cup		87	4	2	13	59	28	495
SDX 71686-1	TOASTED ORZO YHYW (AMP)	4 Ounces		166	5.6	1.5	31.8	0	19	222
Q 017 01	GLAZED CARROTS	1/2 Cup		56	0.9	2.2	8.8	5	37	190
SDX 72334 CH	BEANS FIESTA	1/2 Cup		101	4.9	1.6	17.4	0	46	324
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
Dinner										
MFR	CHICKEN NOODLE SOUP (KNORR)	1 Cup		87	4.3	2.2	14.1	16	2	716
L 150 01	CHICKEN POT PIE (CANNED CHICKEN)	1 Cup		372	27.9	8.3	45.5	42	120	1101
L 032 00	PARMESAN FISH	4 Ounces		247	38.7	8	2.9	142	254	455
Local 152	SICILIAN BROWN RICE AND VEGETABLES	1-1/2 Cups		299	11.6	4.9	54.9	10	221	919
E 013 10	STEAMED ROTINI NOODLES	1 Cup		207	7.1	1.4	40.6	0	21	292
Q G 003 08	SIMMERED CARROTS SLICES (FROZEN)	3/4 Cup		49	1.1	0.6	10.8	0	51	164
Q 024 01	BRUSSELS SPROUTS PARMESAN	3/4 Cup		95	7.4	2.4	13.6	6	127	221
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
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 20230217 - 20260216

DAY 12 2023: 28 FEB, 28 MAR, 25 APR, 23 MAY, 20 JUN, 18 JUL, 15 AUG, 12 SEP, 10 OCT, 7 NOV, 5 DEC
 TUESDAY 2024: 2 JAN, 30 JAN, 27 FEB, 26 MAR, 23 APR, 21 MAY, 18 JUN, 16 JUL, 13 AUG, 10 SEP, 8 OCT, 5 NOV, 3 DEC, 31 DE
 2025: 28 JAN, 25 FEB, 25 MAR, 22 APR, 20 MAY, 17 JUN, 15 JUL, 12 AUG, 9 SEP, 7 OCT, 4 NOV, 2 DEC, 30 DEC
 2026: 27 JAN

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
E 001 01	HOMINY GRITS	3/4 Cup		100	1.8	0.4	21.7	0	6	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
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 091 00	GRILLED SAUSAGE LINKS	2 Pieces		182	5.4	16.6	2.4	39	0	402
L 184 00	GRILLED TURKEY PATTIES	1 Patty		271	29.7	13.1	8.7	108	58	304
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
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 114 00	TERIYAKI CHICKEN (CUT-UP)	2 Pieces		334	47.6	12.3	5.8	139	40	1538
SDX 016504	JASMINE RICE	4 Ounces		172	3.4	0.3	37.7	0	16	5
SDX 75743-1	MACARONI AND CHEESE (AMP)	3/4 Cup		349	15	16.1	35.5	30	343	733
USMC 018	CREAMED SPINACH	4 Ounces		61	5.5	3.6	10.7	0	206	378
LO/Q 064 01	SAVORY SUMMER SQUASH (FROZEN)	1/2 Cup		37	1.1	0.9	7.4	0	25	215
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
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
Q 053 01	SCALLOPED POTATOES AND ONIONS	2/3 Cup		157	4.4	2.5	29.9	7	82	337
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	3/4 Cup		76	2.9	3.7	7.2	10	33	138
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 20230217 - 20260216

DAY 13 2023: 1 MAR, 29 MAR, 26 APR, 24 MAY, 21 JUN, 19 JUL, 16 AUG, 13 SEP, 11 OCT, 8 NOV, 6 DEC
 WEDNESDAY 2024: 3 JAN, 31 JAN, 28 FEB, 27 MAR, 24 APR, 22 MAY, 19 JUN, 14 AUG, 11 SEP, 9 OCT, 6 NOV, 4 DEC
 2025: 1 JAN, 29 JAN, 26 FEB, 26 MAR, 23 APR, 21 MAY, 18 JUN, 16 JUL, 13 AUG, 10 SEP, 8 OCT, 5 NOV, 3 DEC, 31 DE
 2026: 28 JAN

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Calcium (mg)	Sodium (mg)
Breakfast										
USMC 008	BRUNCH CASSEROLE	5 Ounces		355	19	16.3	32.3	162	265	698
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
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 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 046 01	COTTAGE FRIED POTATOES	2/3 Cup		167	24.6	2.8	6.7	0	20	244
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 04	BUTTERMILK PANCAKES (PANCAKE MIX)	2 Cakes		209	5.5	1.8	41.8	1	195	613
Lunch										
P 009 06	MINESTRONE SOUP (KNORR)	1 Cup		96	3.2	0.5	18.1	0	2	609
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
LO/Q 064 01	SAVORY SUMMER SQUASH (FROZEN)	1/2 Cup		39	1.1	0.9	7.4	0	25	215
MFR	BROWN GRAVY (FROM MIX)	4 Ounces		9	0.2	0.3	1.4	0	3	115
D 015 01	CORN MUFFINS (CORN BREAD MIX)	1 Each		184	2.9	5	31.9	1	23	334
Dinner										
MFR	CREAM OF MUSHROOM SOUP (KNORR)	1 Cup		134	4.1	4.1	19.5	0	2	639
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 72410-2	PENNE WITH PARSLEY - WHOLE GRAIN	1 Cup		257	8.3	7.5	42.6	0	38	19
SDX 016504	JASMINE RICE	4 Ounces		172	3.4	0.3	37.7	0	16	5
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
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
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 (PRECUT 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 20230217 - 20260216

DAY 14 THURSDAY
 2023: 2 MAR, 30 MAR, 27 APR, 25 MAY, 22 JUN, 20 JUL, 17 AUG, 14 SEP, 12 OCT, 9 NOV, 7 DEC
 2024: 4 JAN, 1 FEB, 29 FEB, 29 MAR, 25 APR, 23 MAY, 20 JUN, 18 JUL, 15 AUG, 12 SEP, 10 OCT, 7 NOV, 5 DEC
 2025: 2 JAN, 30 JAN, 27 FEB, 27 MAR, 24 APR, 22 MAY, 19 JUN, 17 JUL, 14 AUG, 9 OCT, 6 NOV, 4 DEC
 2026: 1 JAN, 29 JAN

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Calcium (mg)	Sodium (mg)
Breakfast										
SDX 034097	POTATO, TOMATO, & GARLIC FRITTATA	1 Piece		290	20.6	17	13.1	432	272	1042
E 001 01	HOMINY GRITS	3/4 Cup		100	1.8	0.4	21.7	0	6	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 110 01	CORNED BEEF HASH (CANNED)	1/2 Cup		201	10.7	12.5	11.4	39	23	505
L 200 01	BAKED TURKEY SAUSAGE LINKS	2 Each		99	6.5	7.6	0.7	67	13	268
Q 047 00	HOME FRIED POTATOES	2/3 Cup		215	2.7	8.9	31.8	0	13	217
E 005 06	STEAMED RICE (OVEN METHOD)	3/4 Cup		54	1.2	0.6	10.6	0	11	213
D 022 01	FRENCH TOAST (THICK SLICE)	2 Slices		267	12.8	5.4	41.7	127	85	485
Lunch										
MFR	BROCCOLI CHEESE SOUP (KNORR)	1 Cup		367	10.5	11.8	47.2	13	2	1760
LOCAL 083	STUFFED GREEN PEPPERS (BROWN RICE)	1/2 Pepper		335	29.1	13.9	23.3	86	43	865
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
SDX 76177-1	BROWN RICE	4 ounces		219	4.6	2.1	45.1	0	13	75
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
MFR	BROWN GRAVY (FROM MIX)	4 ounces		9	0.2	0.3	1.4	0	3	115
MFR	DINNER ROLLS (BROWN & SERVE)	2 Ea		215	6.7	4.5	36.4	35	41	396
Dinner										
P 009 08	TOMATO SOUP (CANNED)	1 Cup		93	2.1	0.6	21.4	0	21	533
SDX HUB 408	PIRI PIRI CHICKEN	3-1/2 Ounces		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
SDX HUB 402	SOUTHWEST ORZO PASTA	3/4 Cup		220	10.4	2.2	39.3	3	22	309
SDX 016504	JASMINE RICE	4 ounces		172	3.4	0.3	37.7	0	16	5
Q G 003 01	SIMMERED ASPARAGUS (FROZEN)	3/4 Cup		20	2.6	0.2	3.3	0	22	78
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
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
Desserts										
D 027 01	KOLACHES (SWEET DOUGH MIX) PINEAPPLE FILLING	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)	1-1/2 Tbsps		71	0.2	0.9	16.7	0	2	14
MFR	WHITE CHOCO MACADAMIAN NUT COOKIES (PRE-BAKED)	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 20230217 - 20260216

DAY 15 2023: 3 MAR, 31 MAR, 28 APR, 26 MAY, 23 JUN, 21 JUL, 18 AUG, 15 SEP, 13 OCT, 10 NOV, 8 DEC
 FRIDAY 2024: 5 JAN, 2 FEB, 1 MAR, 29 MAR, 26 APR, 24 MAY, 21 JUN, 19 JUL, 16 AUG, 13 SEP, 11 OCT, 8 NOV, 6 DEC
 2025: 3 JAN, 31 JAN, 28 FEB, 28 MAR, 25 APR, 23 MAY, 20 JUN, 18 JUL, 15 AUG, 12 SEP, 10 OCT, 7 NOV, 5 DEC
 2026: 2 JAN, 30 JAN

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (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
E 001 00	HOT OATMEAL	3/4 Cup		106	4.6	1.9	18	0	20	215
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 061 01	TEXAS HASH (GROUND TURKEY)	1 Cup		269	28.8	11.8	13.3	102	70	401
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
Q 046 01	COTTAGE FRIED POTATOES	2/3 Cup		167	24.6	2.8	6.7	0	20	244
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
Lunch										
P 009 10	VEGETABLE WITH BEEF SOUP (CANNED)	1 Cup		89	6.3	2.1	11.4	6	21	996
SDX HUB 356	CARIBBEAN JERK PORK LOIN	3-1/2 OZ		353	33.5	18.3	11.9	99	31	802
SDX 74363-1	SMOKED BEEF BRISKET	4 Ounces		292	44.5	8.1	7.5	129	33	489
E 016 00	ISLANDER'S RICE	3/4 Cup		100	4.7	0.8	18.7	0	43	653
Local 060 02	ITALIAN ROASTED POTATOES (FRESH WHOLE PE	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
MFR	BROWN GRAVY (FROM MIX)	4 ounces		9	0.2	0.3	1.4	0	3	115
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
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 004 00	ITALIAN-STYLE BAKED BEANS	1/2 Cup		133	8.3	1.7	23	1	75	225
Q G 003 20	SIMMERED MIXED VEGETABLES (FROZEN)	3/4 Cup		88	4.1	0.6	16.5	0	33	130
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
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 Tsps		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 20230217 - 20260216

DAY 16
SATURDAY

2023: 4 MAR, 1 APR, 29 APR, 27 MAY, 24 JUN, 22 JUL, 19 AUG, 16 SEP, 14 OCT, 9 DEC
 2024: 6 JAN, 3 FEB, 2 MAR, 30 MAR, 27 APR, 25 MAY, 22 JUN, 20 JUL, 17 AUG, 14 SEP, 12 OCT, 9 NOV, 7 DEC
 2025: 4 JAN, 1 FEB, 1 MAR, 29 MAR, 26 APR, 24 MAY, 21 JUN, 19 JUL, 16 AUG, 13 SEP, 11 OCT, 8 NOV, 6 DEC
 2026: 3 JAN, 31 JAN

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Calcium (mg)	Sodium (mg)
Breakfast Brunch										
SDX 050659A	ZUCCHINI & MUSHRROM FRITTATA (AMP)	1 Wedge		70	12.6	0.8	2.5	0	16	386
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 091 00	GRILLED SAUSAGE LINKS	2 Pieces		182	5.4	16.6	2.4	39	0	402
L 184 00	GRILLED TURKEY PATTIES	1 Patty		271	29.7	13.1	8.7	108	58	304
Q 046 01	COTTAGE FRIED POTATOES	2/3 Cup		167	24.6	2.8	6.7	0	20	244
D 025 04	BUTTERMILK PANCAKES (PANCAKE MIX)	2 Cakes		209	5.5	1.8	41.8	1	195	613
P 001 01	BEEF BARLEY SOUP	1 Cup		60	2.8	1	10.4	1	20	2075
L 153 00	CHINESE FIVE-SPICE CHICKEN	2 Pieces		386	437	21.4	2.3	137	35	689
Q 504 00	ROASTED PEPPER POTATOES	2/3 Cup		105	2	2.4	19.4	0	21	172
Q G 003 20	SIMMERED MIXED VEGETABLE (FROZEN)	1-1/2 Cup		176	8.2	1.3	33	0	67	260
MFR	DINNER ROLL (BROWN & SERVE)	2 Rolls		215	6.7	4.5	36.4	35	41	396
Dinner Brunch										
MFR	CHICKEN NOODLE SOUP (KNORR)	1 Cup		87	4.3	2.2	14.1	16	2	716
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
Q G 003 01	SIMMERED ASPARAGUS (FROZEN)	3/4 Cup		20	2.6	0.2	3.3	0	22	78
Q G 003 07	SIMMERED CAULIFLOWER (FROZEN)	3/4 Cup		33	2.7	0.4	6.4	0	34	106
MFR	BROWN GRAVY (FROM MIX)	4 Ounces		9	0.2	0.3	1.4	0	3	115
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
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 20230217 - 20260216

DAY 17 2023: 5 MAR, 2 APR, 30 APR, 28 MAY, 25 JUN, 23 JUL, 20 AUG, 17 SEP, 15 OCT, 12 NOV, 10 DEC
 SUNDAY 2024: 7 JAN, 4 FEB, 3 MAR, 31 MAR, 28 APR, 26 MAY, 23 JUN, 21 JUL, 18 AUG, 15 SEP, 13 OCT, 10 NOV, 8 DEC
 2025: 5 JAN, 2 FEB, 2 MAR, 30 MAR, 27 APR, 25 MAY, 22 JUN, 20 JUL, 17 AUG, 14 SEP, 12 OCT, 9 NOV, 7 DEC
 2026: 4 JAN, 1 FEB

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Calcium (mg)	Sodium (mg)
Breakfast Brunch										
SDX 042548A	HAM & SPINACH FRITTATA (AMP)	1 Piece		378	28	19.4	21.9	401	327	957
E 001 01	HOMINY GRITS	3/4 Cup		100	1.8	0.4	21.7	0	6	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
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
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
P 002 01	CHICKEN NOODLE SOUP	1 Cup		87	4.3	2.2	14.1	16	2	716
I 023 00	CARIBBEAN CHICKEN BREAST	1 Piece		218	32.5	6.1	7.2	88	25	197
E 004 02	BUTTERED EGG NOODLE	1 Cup		246	7.7	6.6	38.8	55	29	328
Q G 003 01	SIMMERED ASPARAGUS (FROZEN)	3/4 Cup		20	2.6	0.2	3.3	0	22	78
MFR	DINNER ROLL (BROWN & SERVE)	2 Rolls		215	6.7	4.5	36.4	35	41	396
Dinner Brunch										
MFR	BEEF VEGETABLE BARLEY SOUP (KNORR)	1 Cup		83	3.1	1	16.6	0	2	501
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 016504	JASMINE RICE	4 Ounces		172	3.4	0.3	37.7	0	16	5
Q 069 01	SWEET POTATOES SOUTHERN STYLE	1/2 Cup		158	1.9	1.7	34.1	4	45	201
Q G 003 08	SIMMERED CARROT SLICES (FROZEN)	3/4 Cup		49	1.1	0.6	10.8	0	51	164
Q 007 00	LYONNAISE GREEN BEANS	1/2 Cup		58	1.5	2.9	6.8	7	36	96
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
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 20230217 - 20260216

DAY 18 MONDAY
 2023: 6 MAR, 3 APR, 1 MAY, 29 MAY, 26 JUN, 24 JUL, 21 AUG, 18 SEP, 16 OCT, 13 NOV, 11 DEC
 2024: 8 JAN, 5 FEB, 4 MAR, 1 APR, 29 APR, 27 MAY, 24 JUN, 22 JUL, 19 AUG, 16 SEP, 14 OCT, 11 NOV, 9 DEC
 2025: 6 JAN, 3 FEB, 3 MAR, 31 MAR, 28 APR, 26 MAY, 23 JUN, 21 JUL, 18 AUG, 15 SEP, 13 OCT, 10 NOV, 8 DEC
 2026: 5 JAN, 2 FEB

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
E 001 01	HOMINY GRITS	3/4 Cup		100	1.8	0.4	21.7	0	6	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 110 01	CORNEED BEEF HASH (CANNED)	1/2 Cup		201	10.7	12.5	11.4	39	23	505
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
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
Lunch										
MFR	CHICKEN GUMBO SOUP (KNORR)	1 Cup		111	5.1	2.5	16.2	10	2	842
SDX 72310-1	SPICY SHRIMP WITH CHEESY GRITS	1 Serving		354	24.3	16.6	27.2	193	195	1473
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
SDX 048404A	YELLOW RICE	2/3 Cup		95	1.5	4.6	12.1	0	15	62
Q 030 01	SAUTEED MUSHROOMS AND ONIONS	1/4 Cup		75	1.2	5.7	5.9	15	16	183
SDX 73029 CH	RANCH STYLE BLACK BEANS	1/2 Cup		68	3.3	2	10	0	27	251
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
Dinner										
P 009 08	TOMATO SOUP (CANNED)	1 Cup		93	5.1	0.6	21.4	0	21	533
L 049 00	TURKEY CUTLET	1 Cutlet		334	46.7	6.9	17.8	149	52	264
SDX 8390	TATER TOT CASSEROLE	7 Ounces		401	30.3	22.5	17.9	98	171	830
Q 057 00	MASHED POTATOES (INSTANT)	1/2 Cup		105	2.7	2	19.5	1	47	164
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 07	SIMMERED CAULIFLOWER (FROZEN)	3/4 Cup		33	2.7	0.4	6.4	0	34	106
MFR	CHICKEN GRAVY (GRAVY MIX)-MFR	2 Ounces		23	0.7	0.6	3.8	1	10	253
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
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-	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 20230217 - 20260216

DAY 19 TUESDAY
 2023: 7 MAR, 4 APR, 2 MAY, 30 MAY, 27 JUN, 25 JUL, 22 AUG, 19 SEP, 17 OCT, 14 NOV, 12 DEC
 2024: 9 JAN, 6 FEB, 5 MAR, 2 APR, 30 APR, 28 MAY, 25 JUN, 23 JUL, 20 AUG, 17 SEP, 15 OCT, 12 NOV, 10 DEC
 2025: 7 JAN, 4 FEB, 4 MAR, 1 APR, 29 APR, 27 MAY, 24 JUN, 22 JUL, 19 AUG, 16 SEP, 14 OCT, 11 NOV, 9 DEC
 2026: 6 JAN, 3 FEB

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	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 061 01	TEXAS HASH (GROUND TURKEY)	1 Cup		269	28.8	11.8	13.3	102	70	401
L 002 00	OVEN FRIED BACON (3 Slice)	3 Slices		170	11.1	13.4	0.4	33	3	680
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 04	BUTTERMILK PANCAKES (PANCAKE MIX)	2 Cakes		209	5.5	1.8	41.8	1	195	613
Lunch										
MFR	BROCCOLI CHEESE SOUP (KNORR)	1 Cup		367	10.5	11.8	47.2	13	2	1760
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 71686-1	TOASTED ORZO YHYW (AMP)	4 Ounces		166	5.6	1.5	31.8	0	19	222
SDX 047711	ROASTED GARLIC & OREGANO POTATOES	2/3 Cup		140	2.2	4.4	23.5	0	8	200
Q G 003 01	SIMMERED ASPARAGUS (FROZEN)	3/4 Cup		20	2.6	0.2	3.3	0	22	78
LOCAL Q 025	VEGETABLE STIR FRY (LOCAL)	1/2 Cup		39	0.9	1.8	5.3	0	31	108
MFR	CHICKEN GRAVY (GRAVY MIX)	2 Ounces		23	0.7	0.6	3.8	1	10	253
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
Dinner										
MFR	NEW ENGLAND CLAM CHOWDER (KNORR)	1 Cup		178	4.9	5.9	25.7	10	2	654
L 210 00	STANTE FE GLAZED CHICKEN (BREAST BONELES	4 Ounces		264	32.6	4.7	22.1	88	29	290
L 038 01	SPAGHETTI WITH MEAT SAUCE (GROUND BEEF)	1 Cup Each		427	28.1	9.2	59.2	57	105	869
No 2nd start	STEAMED SPAGHETTI NOODLES-WHOLE WHEAT	3/4 Cup		72	2.9	0.8	14.4	0	18	290
E 007 01	PORK FRIED RICE (GRIDDLE METHOD)	1/2 Cup		100	5.9	3.5	10.8	37	22	645
Q 105 00	BROCCOLI, FRESH (STEAMED)	3/4 Cup		39	3.2	0.4	7.6	0	54	38
Q 017 01	GLAZED CARROTS	1/2 Cup		71	0.8	2	13.3	5	30	143
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
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)

Enclosure (2)

- 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 20 2023: 8 MAR, 5 APR, 3 MAY, 31 MAY, 28 JUN, 26 JUL, 23 AUG, 20 SEP, 18 OCT, 15 NOV, 13 DEC
 WEDNESDAY 2024: 10 JAN, 7 FEB, 6 MAR, 3 APR, 1 MAY, 29 MAY, 26 JUN, 24 JUL, 21 AUG, 18 SEP, 16 OCT, 13 NOV, 11 DEC
 2025: 8 JAN, 5 FEB, 5 MAR, 2 APR, 30 APR, 28 MAY, 25 JUN, 23 JUL, 20 AUG, 17 SEP, 15 OCT, 12 NOV, 10 DEC
 2026: 7 JAN, 4 FEB

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
E 001 01	HOMINY GRITS	3/4 Cup		100	1.8	0.4	21.7	0	6	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 091 00	GRILLED SAUSAGE LINKS	2 Pieces		182	5.4	16.6	2.4	39	0	402
L 184 00	GRILLED TURKEY PATTIES	1 Patty		271	29.7	13.1	8.7	108	58	304
Q 046 01	COTTAGE FRIED POTATOES	2/3 Cup		167	24.6	2.8	6.7	0	20	244
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 022 01	FRENCH TOAST (THICK SLICE)	2 Slices		267	12.8	5.4	41.7	127	85	485
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
E 005 02	TOSSED GREEN RICE	3/4 Cup		66	1.4	1.7	11.2	0	18	215
E 022 00	ORZO WITH LEMON AND HERBS-LOCAL	3/4 Cup		186	5.3	4.3	31.4	0	31	366
LOCAL Q 064	SAVORY SUMMER SQUASH (FROZEN)	1/2 Cup		37	1.1	0.9	7.4	0	25	215
SDX 00000109	PEAS AND MUSHROOMS	1/4 Cup		111	6.2	2.3	17.1	0	30	237
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
Dinner										
P 009 10	VEGETABLE WITH BEEF SOUP (CANNED)	1 Cup		89	6.3	2.1	11.4	6	21	996
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
SDX 72410-2	PENNE WITH PARSLEY - WHOLE GRAIN	1 Cup		257	8.3	7.5	42.6	0	38	19
Q G 006 09	STEAMED CARROTS (FROZEN)	1/2 Cup		49	1.1	0.6	10.8	0	49	93
Q 024 00	BROCCOLI PARMESAN	1 Serving		79	6.3	2.3	10.2	6	160	236
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
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 20230217 - 20260216

DAY 21
THURSDAY

2023: 9 MAR, 6 APR, 4 MAY, 1 JUN, 29 JUN, 27 JUL, 24 AUG, 21 SEP, 19 OCT, 16 NOV, 14 DEC
 2024: 11 JAN, 8 FEB, 7 MAR, 4 APR, 2 MAY, 30 MAY, 27 JUN, 25 JUL, 22 AUG, 19 SEP, 17 OCT, 14 NOV, 12 DEC
 2025: 9 JAN, 6 FEB, 6 MAR, 3 APR, 1 MAY, 29 MAY, 26 JUN, 24 JUL, 21 AUG, 18 SEP, 16 OCT, 13 NOV, 11 DEC
 2026: 8 JAN, 5 FEB

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
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 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
Lunch										
MFR	CHICKEN TORTILLA SOUP (KNORR)	1 Cup		96	4.3	3.2	14.9	11	2	703
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
MFR	BROWN GRAVY (FROM MIX)	4 Ounces		9	0.2	0.3	1.4	0	3	115
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
Dinner										
P 009 08	TOMATO SOUP (CANNED)	1 Cup		93	2.1	0.6	21.4	0	21	533
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 069 00	MASHED SWEET POTATOES	1/2 Cup		155	1.9	2.1	32.4	5	41	204
N 006 00	GRILLED CHEESE SANDWICH	1 EA		385	13.4	24.1	28.6	67	573	1112
E 004 02	BUTTERED EGG NOODLE	1 Cup		246	7.7	6.6	38.8	55	29	328
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
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
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 20230217 - 20260216

DAY 22 2023: 10 MAR, 7 APR, 5 MAY, 2 JUN, 30 JUN, 28 JUL, 25 AUG, 22 SEP, 20 OCT, 17 NOV, 15 DEC
 FRIDAY 2024: 12 JAN, 9 FEB, 8 MAR, 5 APR, 3 MAY, 31 MAY, 28 JUN, 26 JUL, 23 AUG, 20 SEP, 18 OCT, 15 NOV, 13 DEC
 2025: 10 JAN, 7 FEB, 7 MAR, 4 APR, 2 MAY, 30 MAY, 27 JUN, 25 JUL, 22 AUG, 19 SEP, 17 OCT, 14 NOV, 12 DEC
 2026: 9 JAN, 6 FEB

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
E 001 01	HOMINY GRITS	3/4 Cup		100	1.8	0.4	21.7	0	6	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 110 01	CORNEB BEEF HASH (CANNED)	1/2 Cup		201	10.7	12.5	11.4	39	23	505
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
E 005 06	STEAMED RICE (OVEN METHOD)	3/4 Cup		54	1.2	0.6	10.6	0	11	213
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
Lunch										
MFR	MINESTRONE SOUP (KNORR)	1 Cup		96	3.2	0.5	18.1	0	2	609
SDX 72914-1	SALMON W/TOMATO CUCUMBER RELISH	3-1/2 Ounces		214	20.9	11.2	7.4	56	47	267
L 035 03	CAJUN MEATLOAF	6 Ounces		400	37.9	16.7	24	150	118	1025
SDX 72804-3	DIRTY RICE (GROUND BEEF & BROWN RICE)	3/4 Cup		187	5.6	6.1	27.4	8	25	658
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 G 003 19	SIMMERED SUCCOTASH (FROZEN)	3/4 Cup		114	5.3	1.1	24.4	0	22	128
MFR	BROWN GRAVY (FROM MIX)	4 Ounces		9	0.2	0.3	1.4	0	3	115
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
Dinner										
MFR	CREAM OF MUSHROOM SOUP (KNORR)	1 Cup		134	4.1	4.1	19.5	0	2	639
L 097 00	JAMBALAYA (OVEN METHOD)	1/1/2 Cup		247	19.8	8.3	24.3	68	113	1667
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 0284009	BALSAMIC ROASTED VEGETABLES	3/4 Cup		242	1.7	21.3	12.8	0	45	468
Q G 003 02	SIMMERED GREEN BEANS (FROZEN)	3/4 Cup		26	1.2	0.3	5.6	0	50	330
MFR	BROWN GRAVY (FROM MIX)	4 Ounces		9	0.2	0.3	1.4	0	3	115
D 007 00	TOASTED GARLIC BREAD	2 Slices		259	6.5	12.5	30.7	29	34	443
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 20230217 - 20260216

DAY 23 2023: 11 MAR, 8 APR, 6 MAY, 3 JUN, 1 JUL, 29 JUL, 26 AUG, 23 SEP, 21 OCT, 18 NOV, 16 DEC
 SATURDAY 2024: 13 JAN, 10 FEB, 9 MAR, 6 APR, 4 MAY, 1 JUN, 29 JUN, 27 JUL, 24 AUG, 21 SEP, 19 OCT, 16 NOV, 14 DEC
 2025: 11 JAN, 8 FEB, 8 MAR, 5 APR, 3 MAY, 31 MAY, 28 JUN, 26 JUL, 23 AUG, 20 SEP, 18 OCT, 15 NOV, 13 DEC
 2026: 10 JAN, 7 FEB

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Calcium (mg)	Sodium (mg)
Breakfast Brunch										
SDX 034097	POTATO, TOMATO, & GARLIC FRITTATA	1 Piece		290	20.6	17	13.1	432	272	1042
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 061 01	TEXAS HASH (GROUND TURKEY)	1 Cup		269	28.8	11.8	13.3	102	70	401
L 002 00	OVEN FRIED BACON (3 Slice)	3 Slices		170	11.1	13.4	0.4	33	3	680
Q 046 01	COTTAGE FRIED POTATOES	2/3 Cup		167	24.6	2.8	6.7	0	20	244
E 019 01	BROWN RICE WITH TOMATOES (OVEN METHOD)	3/4 Cup		162	4	1.5	33.7	0	39	149
D 022 01	FRENCH TOAST (THICK SLICE)	2 Slices		267	12.8	5.4	41.7	127	85	485
P 001 01	BEEF BARLEY SOUP	1 Cup		60	2.8	1	10.4	1	20	2075
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
4 004 11	BOILED EGG NOODLES	1 Cup		145	5.2	2.2	26	31	22	295
MFR	DINNER ROLL (BROWN & SERVE)	2 Rolls		215	6.7	4.5	36.4	35	41	396
Dinner Brunch										
MFR	CHICKEN WITH WILD RICE SOUP (KNORR)	1 Cup		221	6.3	9.5	28.4	11	2	706
SDX 74363-1	SMOKED BEEF BRISKET	4 Ounces		292	44.5	8.1	7.5	129	33	489
L 152 00	CHICKEN TETRAZZINI (CANNED CHICKEN)	1 Cup		308	22.4	11.5	28.1	45	118	1692
SDX 71686-1	TOASTED ORZO YHYW (AMP)	4 Ounces		166	5.6	1.5	31.8	0	19	222
Q 078 00	POTATOES AND HERBS	2/3 Cup		112	3	0.3	24.9	0	25	56
Q G 003 08	SIMMERED CARROT SLICES (FROZEN)	3/4 Cup		49	1.1	0.6	10.8	0	51	164
SDX 00000109	PEAS AND MUSHROOMS	3/4 Cup		111	6.2	2.3	17.1	0	30	237
MFR	BROWN GRAVY (FROM MIX)	4 Ounces		9	0.2	0.3	1.4	0	3	115
MFR	DINNER ROLLS (BROWN & SERVE)	2 Rolls		215	6.7	4.5	36.4	35	41	396
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 Tsps		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 20230217 - 20260216

DAY 24 2023: 12 MAR, 9 APR, 7 MAY, 4 JUN, 2 JUL, 30 JUL, 27 AUG, 24 SEP, 22 OCT, 19 NOV, 17 DEC
 SUNDAY 2024: 14 JAN, 11 FEB, 10 MAR, 7 APR, 5 MAY, 2 JUN, 30 JUN, 28 JUL, 25 AUG, 22 SEP, 20 OCT, 17 NOV, 15 DEC
 2025: 12 JAN, 9 FEB, 9 MAR, 6 APR, 4 MAY, 1 JUN, 29 JUN, 27 JUL, 24 AUG, 21 SEP, 19 OCT, 16 NOV, 14 DEC
 2026: 11 JAN, 8 FEB

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (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
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 091 00	GRILLED SAUSAGE LINKS	2 Pieces		182	5.4	16.6	2.4	39	0	402
L 184 00	GRILLED TURKEY PATTIES	1 Patty		271	29.7	13.1	8.7	108	58	304
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
D 025 07	BUTTERMILK WAFFLES (PANCAKE MIX)	1 Each		217	5.8	1.8	43.4	1	203	638
MFR	CHICKEN NOODLE SOUP (KNORR)	1 Cup		87	4.3	2.2	14.1	16	2	716
SDX 73217-2	BAKED FISH W/SPINACH TOPPING (POLLOCK)	3-1/2 OZ		155	25	4.6	2.2	86	160	648
SDX 72410-2	PENNE WITH PARSLEY-WHOLE GRAIN	1 Cup		257	8.3	7.5	42.6	0	38	19
G Q 003 01	SIMMERED ASPARAGUS (FROZEN)	3/4 Cup		20	2.6	0.2	3.3	0	22	78
MFR	DINNER ROLL (BROWN & SERVE)	2 Rolls		215	6.7	4.5	36.4	35	41	396
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
SDX 00000165	JASMINE RICE	4 Ounces		172	3.4	0.3	37.7	0	16	5
Q 050 02	OVEN-GLO POTATOES	1/2 Cup		130	2.1	3.8	22.7	10	15	260
LO/L Q 025	VEGETABLE STIR FRY (LOCAL)	1/2 Cup		39	0.9	1.8	5.3	0	31	108
Q G 003 11	SIMMERED COLLARD GREENS (FROZEN)	3/4 Cup		88	7.3	1	17.4	0	518	196
MFR	BROWN GRAVY (FROM MIX)	4 Ounces		9	0.2	0.3	1.4	0	3	115
MFR	DINNER ROLLS (BROWN & SERVE)	2 Rolls		215	6.7	4.5	36.4	35	41	396
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 20230217 - 20260216

DAY 25 MONDAY
 2023: 13 MAR, 10 APR, 8 MAY, 5 JUN, 3 JUL, 31 JUL, 28 AUG, 25 SEP, 23 OCT, 20 NOV, 18 DEC
 2024: 15 JAN, 12 FEB, 11 MAR, 8 APR, 6 MAY, 3 JUN, 1 JUL, 29 JUL, 26 AUG, 23 SEP, 21 OCT, 18 NOV, 16 DEC
 2025: 13 JAN, 10 FEB, 10 MAR, 7 APR, 3 MAY, 2 JUN, 30 JUN, 28 JUL, 25 AUG, 22 SEP, 20 OCT, 17 NOV, 15 DEC
 2026: 12 JAN, 9 FEB

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Calcium (mg)	Sodium (mg)
Breakfast										
SDX 050659A	ZUCCHINI & MUSHRRROM FRITTATA (AMP)	1 Wedge		70	12.6	0.8	2.5	0	16	386
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 046 01	COTTAGE FRIED POTATOES	2/3 Cup		167	24.6	2.8	6.7	0	20	244
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 04	BUTTERMILK PANCAKES (PANCAKE MIX)	2 Cakes		209	5.5	1.8	41.8	1	195	613
Lunch										
MFR	CHICKEN NOODLE SOUP (KNORR)	1 Cup		87	4.3	2.2	14.1	16	2	716
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
SDX 00000165	JASMINE RICE	4 Ounces		172	3.4	0.3	37.7	0	16	5
Q G 006 02	STEAMED ASPARAGUS (FROZEN)	3/4 Cup		20	2.6	0.2	3.3	0	20	7
SDX 72334 CH	BEANS FIESTTA	1/2 Cup		101	4.9	1.6	17.4	0	46	324
MFR	CHICKEN GRAVY (GRAVY MIX)-MFR	2 Ounces		23	0.7	0.6	3.8	1	10	253
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
Dinner										
MFR	CREAM OF MUSHROOM SOUP (KNORR)	1 Cup		134	4.1	4.1	19.5	0	2	639
SDX 12252	SAVORY ROTISSERIE CHICKEN (CUP-UP)	2 Each		375	44.7	11	17	136	23	4707
L 119 02	ONION-LEMON BAKED FISH (SALMON)	4 Ounces		260	23.6	17.2	1.3	77	20	305
Q 504 01	ROASTED PEPPER POTATOES (INSTANT)	2/3 Cup		114	2.9	2.5	20.7	0	54	127
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
MFR	DINNER ROLL (BROWN & SERVE)	2 Rolls		215	6.7	4.5	36.4	35	41	396
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 20230217 - 20260216

DAY 26 TUESDAY
 2023: 14 MAR, 11 APR, 9 MAY, 6 JUN, 4 JUL, 1 AUG, 29 AUG, 26 SEP, 24 OCT, 21 NOV, 19 DEC
 2024: 16 JAN, 13 FEB, 12 MAR, 9 APR, 7 MAY, 4 JUN, 2 JUL, 20 JUL, 27 AUG, 24 SEP, 22 OCT, 19 NOV, 17 DEC
 2025: 14 JAN, 11 FEB, 11 MAR, 8 APR, 6 MAY, 3 JUN, 1 JUL, 29 JUL, 26 AUG, 23 SEP, 21 OCT, 18 NOV, 16 DEC
 2026: 13 JAN, 10 FEB

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
E 001 01	HOMINY GRITS	3/4 Cup		100	1.8	0.4	21.7	0	6	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 110 01	CORNEB BEEF HASH (CANNED)	1/2 Cup		201	10.7	12.5	11.4	39	23	505
L 200 01	BAKED TURKEY SAUSAGE LINKS	2 Each		99	6.5	7.6	0.7	67	13	268
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 022 01	FRENCH TOAST (THICK SLICE)	2 Slices		267	12.8	5.4	41.7	127	85	485
Lunch										
P 025 00	TEXAS TORTILLA SOUP	1 Cup		123	5.9	3.9	18	7	122	1141
SDX HUB 405	MOJO FLANK STEAK	3-1/2 Ounces		253	28.9	11.9	6	83	36	707
SDX 76236-1	CHICKEN FRIED CHICKEN	1 Each		656	42.9	33.7	42.9	238	95	1068
SDX HUB 452	CILANTRO LIME BROWN RICE	4 Ounces		174	3.5	2.6	34.4	0	15	27
Q 048 00	MASHED POTATOES	1/2 Cup		106	2.1	1.9	20.6	5	25	167
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
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
Dinner										
MFR	CREAM OF MUSHROOM SOUP (KNORR)	1 Cup		134	4.1	4.1	19.5	0	2	639
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
SDX 71501	ROASTED GARLIC MASHED POTATOES	1/2 Cup		200	2.8	8.8	28.2	0	28	302
E 005 06	STEAMED RICE (OVEN METHOD)	3/4 Cup		54	1.2	0.6	10.6	0	11	213
Q 025 00	VEGETABLE STIR FRY	1/2 Cup		50	0.9	3.3	5.1	0	29	112
SDX 72299-1	CAULIFLOWER MASHED	3/4 Cup		110	3.6	7.8	8.6	0	55	350
MFR	CHICKEN GRAVY (GRAVY MIX)-MFR	2 ounces		23	0.7	0.6	3.8	1	10	253
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 20230217 - 20260216

DAY 27
WEDNESDAY

2023: 15 MAR, 12 APR, 10 MAY, 7 JUN, 5 JUL, 2 AUG, 30 AUG, 27 SEP, 25 OCT, 22 NOV, 20 DEC
 2024: 17 JAN, 14 FEB, 13 MAR, 10 APR, 8 MAY, 5 JUN, 3 JUL, 31 JUL, 28 AUG, 25 SEP, 23 OCT, 20 NOV, 18 DEC
 2025: 15 JAN, 12 FEB, 12 MAR, 9 APR, 7 MAY, 4 JUN, 2 JUL, 30 JUL, 27 AUG, 24 SEP, 22 OCT, 19 NOV, 17 DEC
 2026: 14 JAN, 11 FEB

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Calcium (mg)	Sodium (mg)
Breakfast										
SDX 042548A	HAM & SPINACH FRITTATA (AMP)	1 Piece		378	28	19.4	21.9	401	327	957
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 061 01	TEXAS HASH (GROUND TURKEY)	1 Cup		269	28.8	11.8	13.3	102	70	401
L 002 00	OVEN FRIED BACON (3 Slice)	3 Slices		170	11.1	13.4	0.4	33	3	680
Q 046 01	COTTAGE FRIED POTATOES	2/3 Cup		167	24.6	2.8	6.7	0	20	244
E 005 06	STEAMED RICE (OVEN METHOD)	3/4 Cup		54	1.2	0.6	10.6	0	11	213
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
Lunch										
HUB 027 02	SOUTHWESTERN CORN CHOWDER (W/POTATOES)	1 Cup		71	2.4	3.4	8.2	1	52	593
L 013 00	PEPPER STEAK	3/4 Cup		258	31.4	11.2	6.8	85	20	393
L 119 03	CAJUN BAKED FISH (POLLUCK)	4 Ounces		200	34	5.9	0.8	134	109	389
Q 070 00	GARLIC ROASTED POTATO WEDGES	2-3/4 OZ		115	2.6	0.7	24.9	0	14	195
SDX 00000 16	JASMINE RICE	4 Ounces		172	3.4	0.3	37.7	0	16	5
Q G 003 08	SIMMERED CARROT SLICES (FROZEN)	3/4 Cup		49	1.1	0.6	10.8	0	51	164
Q 105 00	STEAMED BROCCOLI (FRESH)	3/4 Cup		46	3.8	0.5	9	0	64	45
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
Dinner										
MFR	NEW ENGLAND CLAM CHOWDER (KNORR)	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 72310-1	SPICY SHRIMP WITH CHEESY GRITS	1 Serving		354	24.5	16.7	27	193	191	1472
USMC 007	HAWAIIAN STYLE BROWN AND QUINOA w/ PINEA	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 104 01	BEETS (CANNED)	3/4 Cup		58	1.4	0.2	13.8	0	35	277
MFR	CHICKEN GRAVY (GRAVY MIX)	4 Ounces		46	1.4	1.2	7.5	2	21	504
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
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 (JP)	1 Serving		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 20230217 - 20260216

DAY 28 THURSDAY
 2023: 16 MAR, 13 APR, 11 MAY, 8 JUN, 6 JUL, 3 AUG, 31 AUG, 28 SEP, 26 OCT, 23 NOV, 21 DEC
 2024: 18 JAN, 15 FEB, 14 MAR, 11 APR, 9 MAY, 6 JUN, 4 JUL, 1 AUG, 29 AUG, 26 SEP, 24 OCT, 21 NOV, 19 DEC
 2025: 16 JAN, 13 FEB, 13 MAR, 10 APR, 8 MAY, 5 JUN, 3 JUL, 31 JUL, 28 AUG, 25 SEP, 23 OCT, 20 NOV, 18 DEC
 2026: 15 JAN, 12 FEB

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
E 001 01	HOMINY GRITS	3/4 Cup		100	1.8	0.4	21.7	0	6	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 091 00	GRILLED SAUSAGE LINKS	2 Pieces		182	5.4	16.6	2.4	39	0	402
L 184 00	GRILLED TURKEY PATTIES	1 Patty		271	29.7	13.1	8.7	108	58	304
Q 047 00	HOME FRIED POTATOES	2/3 Cup		215	2.7	8.9	31.8	0	13	217
E 005 05	STEAMER 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
Lunch										
MFR	MINESTRONE SOUP (KNORR)	1 Cup		96	3.2	0.5	18.1	0	2	609
L 119 01	BAKED FISH WITH GARLIC BUTER (COD)	4 Ounces		145	20	6.5	0.4	75	13	509
LO/045 01	BEEF BROGUL	1 Serving		409	32.7	12.2	45.3	67	163	1676
Q 070 00	GARLIC ROASTED POTATO WEDGES	2-3/4 Ounces		115	2.6	0.7	24.9	0	14	195
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 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
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
Dinner										
MFR	CHICKEN GUMBO SOUP (KNORR)	1 Cup		111	5.1	2.5	16.2	10	2	842
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
MFR	CHICKEN GRAVY (GRAVY MIX)	4 Ounces		46	1.4	1.2	7.5	2	21	504
MFR	DINNER ROLLS (BROWN & SERVE)	2 Each		215	6.7	4.5	36.4	35	41	396
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.

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Calcium (mg)
FRESH FRUIT (See Standard Fruit Bar Encl 6)										
SPECIALITY SALADS (See Master Menu)										
191	ICE BERGE LETTUCE	1 Cup		8	0.5	0.1	1.6	0	6	14
M G 001 49	TOMATOES FRESH, CHERRY	3 Each		6	0.3	0.1	1.2	0	2	3
M G 001 29	BLACK OLIVES	3 Each		35	0.3	3.3	1.9	0	225	27
M G 001 45	RADISHES, FRESH, SLICES	2 Tbsp		2	0.1	0	0.5	0	6	4
M G 001 36	PEAS, CHICK	2 Tbsp		17	0	0	3.4	0	283	0
M G 001 04	KIDNEY BEANS	2 Tbsp		30	1.9	0.2	5.3	0	107	12
RM	WALNUTS	1 Tbsp		39	1.4	3.4	1.5	0	0	18
HUB 002	TUNA	3 Tbsp		20	4.6	0.2	0	9	59	4
M G 001 50	TOMATOES FRESH, WEDGES	2 Each		7	0.3	0.1	1.5	0	2	4
M G 001 29	GREEN OLIVES	3 Each		24	0.3	2.1	1.7	0	275	29
M G 001 64	PEPPERS,RED,FRESH,STRIPS	1 Ounce		7	0.2	0.1	1.5	0	1	2
Q 110 01	CORN, WHOLE KERNEL(CAN)	3/4 Cup		122	3.9	1.5	27.7	0	389	8
LO/Q G 001	BLACK BEANS (CANNED)	3/4 Cup		184	12.2	0.6	33.4	0	279	71
MFR	RAISINS	2 Tbsp		85	0.9	0.1	22.4	0	3	14
M G 001 71	PEACAN SHELLED	1 Tbsp		93	2.2	9.2	1.9	0	0	14
M G 001 11	*CARROTS STICKS	2 Tbsp		8	0.2	0	1.8	0	13	6
M G 001 14	*CELERY STICKS	4 Slices		2	0.1	0	0.4	0	11	6
M G 001 40	PEPPER GREEN SLICED	4 Slices		5	0.2	0	1.1	0	1	2
M G 001 33	RED ONION SLICED	2 Tbsp		8	0.2	0	1.8	0	1	4
M G 001 09	*BROCCOLI, FLOWERETS	2 Each		7	0.6	0.1	1.4	0	7	10
M G 001 13	CAULIFLOWER, FLOWERETS	2 Each		11	0.9	0.1	2.3	0	14	10
M G 001 24	CUCUMERS FRESH, PARED, SLICED	4 Slices		7	0.5	0.1	1.3	0	9	20
M G 001 69	SPINACH (FRESH)	3/4 Cup		5	0.6	0.1	0.7	0	16	20
LO/F 004 01	EGGS, HARD COOKED, CHOPPED	3 Tbsp		73	6.4	4.9	0.4	190	72	29
R/M	CHEESE, CHEDDAR, SHREDDED	2 Tbsp		58	3.4	4.8	0.2	14	91	96
R/M	FETA CHEESE	1 Ounce		75	4	6	1.2	25	260	140
M G 001 03	BACON BITS	1 Tbsp		34	2.3	1.8	2	0	125	7
M G 001 23	CROUTONS	8 Each		42	1	1.7	5.8	1	99	9
M G 001 37	PEPPERS JALAPENO CHOPPED	3 Tbsp		3	0.1	0.1	0.6	0	197	3
M G 001 28	MUSHROOMS	1 Tbsp		5	0.3	0.1	0.9	0	77	2
MFR	DICED CHICKEN	1 Ounce		58	7.8	2.8	0	26	26	4
MFR	COTTAGE CHEESE	2 Ounce		46	5.9	1.3	2.7	7	175	63
HUB 048	STEAMED SHRIMP (P&D)	2-1/2 Oz		84	16	1.2	1.1	148	666	64
LOCAL 002	DICED HAM	1 Ounce		29	4.5	1.1	0	9	302	1
DRESSINGS										
R/M	ITALIAN DRESSING	1 Pkt		35	0.1	3.1	1.8	0	146	2
R/M	ITALIAN DRESSING, LITE	1 Pkt		57	0.1	5.7	1.9	0	304	2
R/M	THOUSAND ISLAND DRESSING	1 Pkt		210	0	21	6	20	310	0
R/M	RANCH DRESSING	1 Pkt		179	0.6	18.9	2.4	11	383	12
R/M	RANCH DRESSING, LITE	1 Pkt		56	0.4	3.5	6	5	318	11
R/M	FRENCH DRESSING	1 Pkt		194	0.3	19.1	6.6	0	356	10
R/M	BLUE CHEESE DRESSING	1 Pkt		218	0.6	23	2.1	14	289	17
R/M	CREAMY CAESAR DRESSING	1 Pkt		154	0.6	16.4	0.9	11	343	14
R/M	DEEP-ROASTED SESAME DRESSING	2 Tbsp		140	1	1	4	0	320	26
R/M	BALSAMIC VINEGAR DRESSING	1 Pkt		80	0	6.6	5.3	0	0	0
R/M	RASPBERRY VINEGAR	1 Pkt		45	0	0	10.9	0	326	0
R/M	RED WINE VINEGAR	2 Tbsp		0	0	0	0.1	0	0	0

- NOTES:
1. All Salad Bar items will be made available during Lunch, Dinner, Breakfast Brunch, Dinner Brunch meal. (*Red Items Served Breakfast)
 2. Offer at least two low calorie dressing and three regular dressings daily.
 3. Manager's choice of two meats to be made available during Lunch, Dinner, Breakfast Brunch, and Dinner Brunch meal.

STANDARD FRUIT BAR 20230217 - 20260216

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Sodium (mg)	Calcium (mg)
A 013	APPLES, FRESH	1 Each		88	0	0	24	0	10	2
A 013	ORANGES, FRESH	1 Each		80	2	0	20	0	68	0
A 013	BANANAS, FRESH	1 Each		105	1	0	27	0	6	1
A 013	GRAPEFRUIT, FRESH	Half		40	1	0	10	0	15	0
R/M	YOGURT ASSORTED	1 Each		216	10	1	43	5	345	132

CANNED FRUIT (Minimum one Type each meal)

A 013	APPLES, CANNED, DRAINED	1/4 cup		56	0	0	14	0	3	3
MFR	CHILLED APPLESAUCE	1/2 cup		84	0	0	22	0	4	2
A 013	APRICOTS, CANNED	1-1/2 oz		33	0	0	9	0	6	2
A 013	FRUIT COCKTAIL CANNED	4 oz		88	1	0	23	0	15	8
A 013	PEACHES CANNED SLICED	1/2 cup		66	1	0	18	0	4	6
A 013	PEARS CANNED SLICED	3-1/2 oz		94	0	0	25	0	8	8

SEASONAL FRUIT (Minimum one Type each meal)

A 013	GRAPES, RED, FRESH (Seeds removed)	1/2 cup		49	1	0	13	0	10	1
A 013	HONEYDEW MELONS FRESH SLICED	3 oz		31	1	0	8	0	5	15
A 013	KIWI FRUIT FRESH SLICED	1/2 oz		14	1	0	3	0	8	1
A 013	PEARS FRESH	1/2 cup		87	1	0	23	0	14	2
A 013	PINEAPPLE FRESH 3/4 to 1" pices	2-1/2 oz		33	0	0	9	0	9	1
A 013	TANGERINES FRESH	1 ea		41	1	0	10	0	28	2
A 013	CANTALOUPE, FRESH, 3/4 TO 1" PICES	2-1/2 oz		28	0.7	0.2	6.6	0	7	13
A 013	WATERMELON, FRESH, PARED, 1"	2-1/2 oz		24	0.5	0.1	6.1	0	8	1

- NOTES:
1. Fruit Bars shall be made available daily using existing cold food counter equipment.
 2. At a minimum one canned fruit must be available for all meals served.
 3. At a minimum one seasonal fruit must be available for all meals served.

STANDARD BEVERAGE AND SELF SERVICE MENU 20230217 - 20260216

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholestrol (mg)	Calcium (mg)	Sodium (mg)
MFR	MILK, WHITE, 1%	8 Oz		118	9.7	2.9	13.6	10	349	143
R/M	MILK, CHOCOLATE 1%	8 Oz		178	8.1	2.5	31.5	8	290	153
R/M	MILK, WHITE IND, 1%	1 Ea		102	8.2	2.4	12.2	12	305	107
R/M	MILK, CHOCOLATE, IND, 1%.	1 Ea		150	9	0	28	0	300	210
R/M	HOT TEA	1 C		3	0.2	0	0.6	0	1	1
MFR	ASSORTED COFFEE FOR DISP	8 Oz		126	0.7	7	14	0	4	53
MFR	ASSORTED JUICE (FZN) FOR DISP	8 Oz		108	15.5	0.6	0.1	0	16	13
R/M	*1 ASSORTED, YOGURT	1 C		170	5	1.5	33	10	200	80
R/M	TAPIOCA PUDDING	1 Ea		143	2.1	4.3	23.9	1	78	160
R/M	WHITE BREAD	2 Sl		110	3.7	1.4	20.4	0	59	202
R/M	WHEAT BREAD	2 Sl		109	4.4	1.3	19.9	0	54	207
R/M	RYE BREAD	2 Sl		107	3.5	1.4	19.9	0	30	249
R/M	CINNAMON RAISIN BREAD	2 Sl		233	6.7	3.7	44.5	0	56	332
R/M	*2 ENGLISH MUFFINS	2 Sl		129	5.1	1	25.2	0	93	242
MFR	*2 ASSORTED BAGELS (MFR)	1 Ea		289	11	1.7	56	0	19	561
MFR	*2 CROISSANTS	1 Ea		231	4.7	12	26.1	28	21	266
R/M	*2 CREAM CHEESE IND.	1 Pkt		97	1.7	9.7	1.2	31	28	103
R/M	*2 SYRUP PACKET	1 Pkt		83	0	0	21.8	0	1	29
MFR	*3 ASSORTED SODA FOR DISP	8 Oz		74	18.3	0.5	0.1	0	3	44
R/M	ASSORTED ICE CREAM	4 Oz		143	2.5	7.3	18.7	23	72	50
R/M	ASSORTED CRACKERS	2 Pkt		50	1.1	1	8.9	0	2	113
R/M	*4 ASSORTED DRY CEREAL	1 Ea		110	1.8	0.3	25.2	0	3	231
R/M	*4 ASST DRY CEREAL (W/O SUGAR COATING)	1 Ea		110	1.8	0.3	25.2	0	3	231
R/M	SALT, IND.	2 Pkt		0	0	0	0	0	0	775
R/M	PEPPER, IND.	2 Pkt		1	0	0	0.2	0	1	0
R/M	SUGAR, IND.	2 Pkt		22	0	0	5.6	0	0	0
R/M	CREAMER, IND.	2 Pkt		33	0.3	2.1	3.3	0	1	7
R/M	BUTTER PATTIES	1 Ea		36	0	4.1	0	11	1	32
R/M	STEAK SAUCE	2 Tbsp		18	0.2	0	4.1	0	4	303
R/M	WORCESTERSHIRE SAUCE	1 Tbsp		13	0	0	3.3	0	18	168
R/M	SOY SAUCE	2 Tbsp		17	2.6	0.2	1.6	0	11	1758
R/M	CATSUP, BOTTLE.	2 Tbsp		30	0.3	0	8.2	0	5	272
R/M	ASSORTED JAMS/JELLIES	2 Pkt		30	0	0	6	0	0	10
R/M	PEANUT BUTTER, IND.	2 Pkt		170	6.3	14.6	6.3	0	14	121
R/M	CATSUP, IND.	1 Pkt		9	0.1	0	2.5	0	1	82
R/M	MUSTARD, IND.	2 Pkt		7	0.4	0.4	0.6	0	7	121
R/M	SALAD DRESSING, IND.	2 Pkt		50	0.1	4.3	3	4	1	131
R/M	PICKLE RELISH, IND.	2 Pkt		24	0	0	6	0	0	140
R/M	HOT SAUCE, BTL	2 Tbsp		3	0.1	0.1	0.5	0	2	745
MFR	BBQ SAUCE, IND.	2 Pkt		41	0.2	0.1	9.8	0	11	298
R/M	TARTAR SAUCE PACKET	2 Pkt		51	0.2	4	3.2	2	6	160
R/M	COCKTAIL SAUCE	2 Tbsp		37	0.4	0.3	8.5	0	8	297

- NOTES:
1. Minimum two types of assorted yogurt will be served during all meals.
 2. English Muffins, Croissants, Bagels, Cream Cheese, and Syrup will be served daily for Breakfast and Breakfast Brunch.
 3. At least one carbonated beverage must be low-calorie.
 4. Minimum three types of assorted dry cereal must be served during Breakfast and Breakfast Brunch meals. At least two cereals containing greater than eight (8) grams of whole grain per serving will be offered; rotate choices. One type of assorted cereal must be non-presweetened and fortified with folic acid, calcium, and iron; rotate choices.