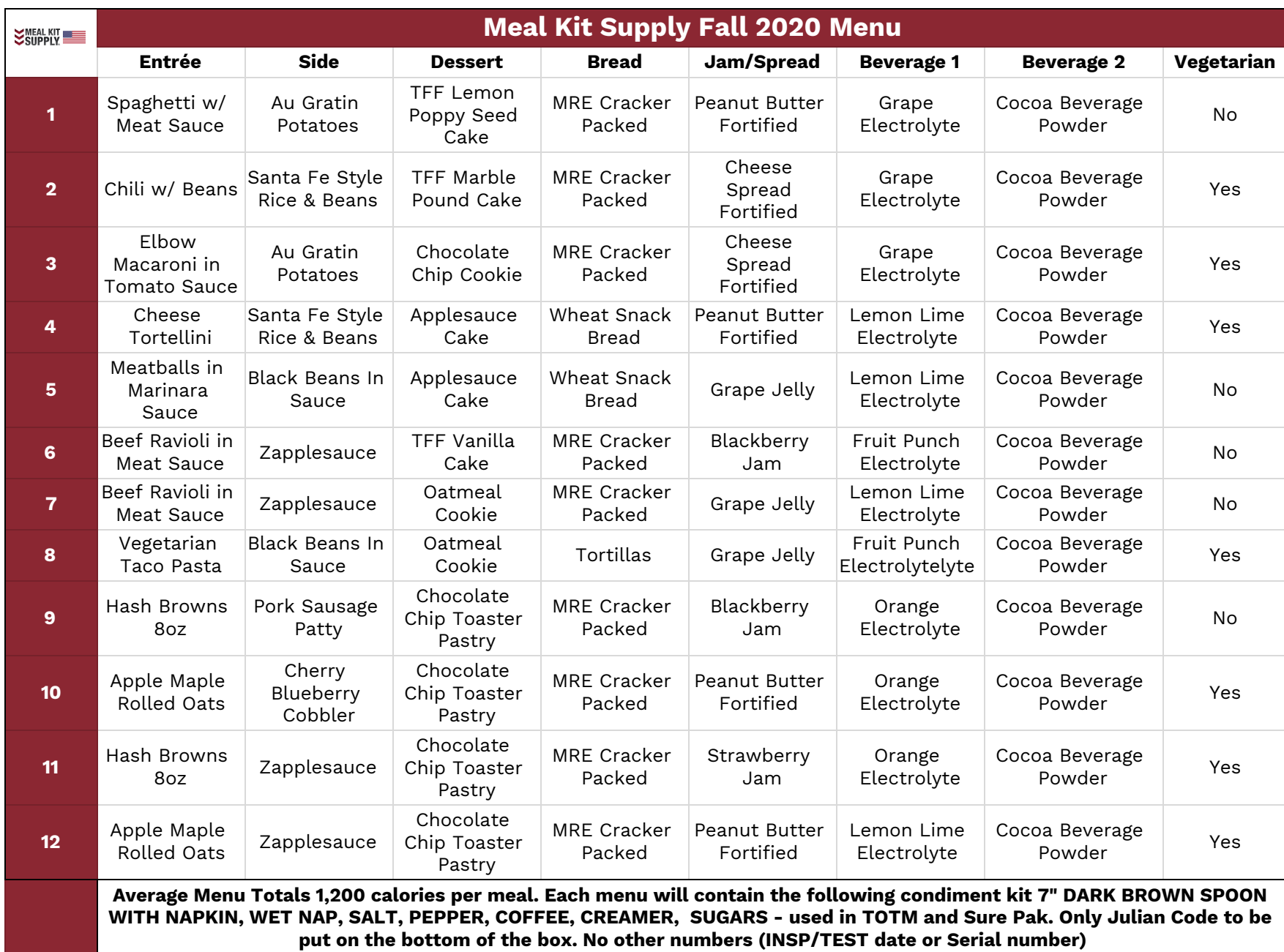






Meal Kit Supply Nutritional Details Fall 2020 Menu

Name of Item	Type	Weight (g)	Calories	Fat (g)	Saturated Fat (g)	Transfat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
MENU #1																
Spaghetti w/ Meat & Sauce	Entrée	227	290	12	5	0	20	640	24	2	7	20	10	40	10	15
Au Gratin Potatoes	Side	142	230	11	7	0	35	470	28	2	3	5	2	8	8	4
TFF Lemon poppy seed Cake	Dessert	71	270	12	4	0	45	180	35	0	19	3	0	0	4	10
MRE Cracker Packed	Bread	47	180	5	1	0	0	85	28	1	1	4	0	0	0	10
Peanut Butter Fortified	Spread	43	250	21	4	-	-	220	10	3	4	10	-	-	2	4
Grape Electrolyte	Drink	24	90	0	0	0	0	130	23	0	22	0	0	0	0	0
Cocoa Beverage Powder	Drink	35	140	5	4	0	0	20	25	1	17	1	2	0	2	4
TOTAL		589	1,450	66	25	0	100	1,745	173	9	73	43	14	48	26	47
MENU #2																
Chili With Beans	Entrée	227	280	11	4	0	15	540	29	6	6	18	6	25	8	20
Santa Fe Style Rice & Beans	Side	142	210	9	4	0	20	650	25	2	4	7	4	4	20	8
TFF Marble Pound Cake	Dessert	71	270	12	5	0	45	170	35	1	19	3	2	0	2	10
MRE Cracker Packed	Bread	47	180	5	1	0	0	85	28	1	1	4	0	0	0	10
Cheese Spread Fortified	Spread	43	180	17	10	-	50	300	1	-	-	5	60	70	15	-
Grape Electrolyte	Drink	24	90	0	0	0	0	130	23	0	22	0	0	0	0	0
Cocoa Beverage Powder	Drink	35	140	5	4	0	0	20	25	1	17	1	2	0	2	4
TOTAL		589	1,350	59	27	0	130	1,895	166	11	69	38	74	99	47	52
MENU #3																
Elbow Macaroni in Tomato Sauce	Entrée	227	220	4	0	0	0	500	40	4	12	7	10	45	6	10
Au Gratin Potatoes	Side	142	230	11	7	0	35	470	28	2	3	5	2	8	8	4
Chocolate Chip Cookie	Dessert	60	280	15	8	0	10	170	35	1	18	3	0	0	2	10
MRE Cracker Packed	Bread	47	180	5	1	0	0	85	28	1	1	4	0	0	0	10
Cheese Spread Fortified	Spread	43	180	17	10	-	50	300	1	-	-	5	60	70	15	-
Grape Electrolyte	Drink	24	90	0	0	0	0	130	23	0	22	0	0	0	0	0
Cocoa Beverage Powder	Drink	35	140	5	4	0	0	20	25	1	17	1	2	0	2	4
TOTAL		578	1,320	56	30	0	95	1,675	180	9	73	25	74	123	33	38
MENU #4																
Cheese Tortellini	Entrée	227	250	6	3	0	20	480	38	3	4	11	8	30	10	10
Santa Fe Style Rice and Beans	Side	142	210	9	4	0	20	650	25	2	4	7	4	4	20	8
Applesauce Cake	Dessert	71	270	13	5	0	40	190	33	1	21	3	0	35	2	6
Wheat Snack Bread	Bread	57	180	5	3	-	-	360	26	1	3	4	0	0	20	10
Peanut Butter Fortified	Spread	43	250	21	4	-	-	220	10	3	4	10	-	-	2	4
Lemon Lime Electrolyte	Drink	24	90	0	0	0	0	130	23	0	22	0	0	0	0	0
Cocoa Beverage Powder	Drink	35	140	5	4	0	0	20	25	1	17	1	2	0	2	4
TOTAL		599	1,390	59	22	0	80	2,050	180	11	75	36	14	69	56	42
MENU #5																
Meatballs in Marinara Sauce	Entrée	227	280	14	5	-	30	1,030	27	2	7	10	6	2	8	10
Black Beans in Sauce	Side	142	130	4	1	-	0	850	30	13	2	8	4	10	6	15
Applesauce Cake	Dessert	71	270	13	5	0	40	190	33	1	21	3	0	35	2	6
Wheat Snack Bread	Bread	57	180	5	3	-	-	360	26	1	3	4	0	0	20	10
Grape Jelly	Spread	28	70	0	0	0	0	0	17	0	12	0	0	0	0	0
Fruit Punch Electrolyte	Drink	24	90	0	0	0	0	135	23	0	22	0	0	0	0	0



Meal Kit Supply Nutritional Details Fall 2020 Menu

Name of Item	Type	Weight (g)	Calories	Fat (g)	Saturated Fat (g)	Transfat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
Cocoa Beverage Powder	Drink	35	140	5	4	0	0	20	25	1	17	1	2	0	2	4
TOTAL		584	1,160	40	17	0	70	2,585	181	18	84	26	12	47	38	45
MENU #6																
Beef Ravioli in Meat Sauce	Entrée	227	270	7	3	0	15	680	36	3	5	15	6	30	8	15
Zapplesauce	Side	128	130	-	-	-	-	-	33	2	19	-	-	520	-	0
TFF Vanilla Cake	Dessert	71	270	12	4	0	40	190	35	1	18	3	0	0	2	8
MRE Cracker Packed	Bread	47	180	5	1	0	0	85	28	1	1	4	0	0	0	10
Blackberry Jam	Spread	28	80	0	0	0	0	0	19	1	18	0	0	0	0	0
Fruit Punch Electrolyte	Drink	24	90	0	0	0	0	135	23	0	22	0	0	0	0	0
Cocoa Beverage Powder	Drink	35	140	5	4	0	0	20	25	1	17	1	2	0	2	4
TOTAL		560	1,160	29	12	0	55	1,110	199	9	100	23	8	550	12	37
MENU #7																
Beef Ravioli in Meat Sauce	Entrée	227	270	7	3	0	15	680	36	3	5	15	6	30	8	15
Zapplesauce	Side	128	130	-	-	-	-	-	33	2	19	-	-	520	-	0
Oatmeal Cookie	Dessert	57	280	15	7	0	15	125	33	1	17	3	0	0	2	6
MRE Cracker Packed	Bread	47	180	5	1	0	0	85	28	1	1	4	0	0	0	10
Grape Jelly	Spread	28	70	0	0	0	0	0	17	0	12	0	0	0	0	0
Lemon Lime Electrolyte	Drink	24	90	0	0	0	0	130	23	0	22	0	0	0	0	0
Cocoa Beverage Powder	Drink	35	140	5	4	0	0	20	25	1	17	1	2	0	2	4
TOTAL		546	1,160	32	15	0	30	1,040	195	8	93	23	8	550	12	35
MENU #8																
Vegetarian Taco Pasta	Entrée	227	250	7	1	0	0	1,080	40	9	8	12	25	70	10	20
Black Beans in Sauce	Side	142	130	4	1	0	0	850	30	13	2	8	4	10	6	15
Oatmeal Cookie	Dessert	57	280	15	7	0	15	125	33	1	17	3	0	0	2	6
Tortillas	Bread	57	180	5	3			360	26	1	3	4	0	0	20	10
Grape Jelly	Spread	28	70	0	0	0	0	0	17	0	12	0	0	0	0	0
Fruit Punch Electrolyte	Drink	24	90	0	0	0	0	135	23	0	22	0	0	0	0	0
Cocoa Beverage Powder	Drink	35	140	5	4	0	0	20	25	1	17	1	2	0	2	4
TOTAL		570	1,140	35	15	0	15	2,570	194	25	81	28	31	80	40	55
MENU #9																
Hash Browns 8oz	Entrée	227	270	10	4	0	25	910	33	3	0	11	0	130	2	6
Pork Sausage Patty	Side	74	240	21	7	0	50	520	2	0	1	10	0	0	0	4
Chocolate Chip Toaster Pastry	Dessert	52	210	6	2	0	0	240	36	1	18	2	0	0	0	6
MRE Cracker Packed	Bread	47	180	5	1	0	0	85	28	1	1	4	0	0	0	10
Blackberry Jam	Spread	28	80	0	0	0	0	0	19	1	18	0	0	0	0	0
Orange Electrolyte	Drink	24	90	0	0	0	0	130	23	0	22	0	0	0	0	0
TOTAL		452	1,070	42	14	0	75	1,885	141	6	60	27	0	130	2	26
MENU #10																
Apple Maple Rolled Oats	Entrée	227	190	2	0	0	0	135	43	3	10	3	0	2	4	8
Cherry Blueberry Cobbler	Side	142	210	5	2	0	0	110	40	2	24	2	0	0	2	6
Chocolate Chip Toaster Pastry	Dessert	52	210	6	2	0	0	240	36	1	18	2	0	0	0	6
MRE Cracker Packed	Bread	47	180	5	1	0	0	85	28	1	1	4	0	0	0	10
Peanut Butter Fortified	Spread	43	250	21	4	-	-	220	10	3	4	10	-	-	2	4



Meal Kit Supply Nutritional Details Fall 2020 Menu

Name of Item	Type	Weight (g)	Calories	Fat (g)	Saturated Fat (g)	Transfat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
Orange Electrolyte	Drink	24	90	0	0	0	0	130	23	0	22	0	0	0	0	0
TOTAL		535	1,130	39	9	0	0	920	180	10	79	21	0	2	8	34
MENU #11																
Hash Browns 8oz	Entrée	227	270	10	4	0	25	910	33	3	0	11	0	130	2	6
Zapplesauce	Side	128	130	-	-	-	-	-	33	2	19	-	-	520	-	0
Chocolate Chip Toaster Pastry	Dessert	52	210	6	2	0	0	240	36	1	18	2	0	0	0	6
MRE Cracker Packed	Bread	47	180	5	1	0	0	85	28	1	1	4	0	0	0	10
Strawberry Jam	Spread															
Orange Electrolyte	Drink	24	90	0	0	0	0	130	23	0	22	0	0	0	0	0
Cocoa Beverage Powder	Drink	35	140	5	4	0	0	20	25	1	17	1	2	0	2	4
TOTAL		513	1,020	26	11	0	25	1,385	178	8	77	18	2	650	4	26
MENU #12																
Apple Maple Rolled Oats	Entrée	227	190	2	0	0	0	135	43	3	10	3	0	2	4	8
Zapplesauce	Side	128	130	-	-	-	-	-	33	2	19	-	-	520	-	0
Chocolate Chip Toaster Pastry	Dessert	52	210	6	2	0	0	240	36	1	18	2	0	0	0	6
MRE Cracker Packed	Bread	47	180	5	1	0	0	85	28	1	1	4	0	0	0	10
Peanut Butter Fortified	Spread	43	250	21	4	-	-	220	10	3	4	10	-	-	2	4
Lemon Lime Electrolyte	Drink	24	90	0	0	0	0	130	23	0	22	0	0	0	0	0
TOTAL		521	1,050	34	7	0	0	810	173	10	74	19	0	522	6	28
Average Menu Totals (Per Meal)		Weight (g)	Calories	Fat (g)	Saturated Fat (g)	Transfat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
Menu Total (All Meals)		6,636	14,400	514	203	0	675	19,670	2,140	134	938	327	237	2,870	284	465