

Name of Item	Type	Weight grams	Calories	Fat Grams	Saturated Fat Grams	Transfat Grams	Cholesterol Milligrams	Sodium milligrams	Carbohydrate Grams	Fibre Grams	Sugar Grams	Protein Grams	Vitamin A %	Vitamin C %	Calcium %	Iron %
Menu 1 - Spaghetti With Meat Sauce																
Spaghetti W Meat and Sauce	Entrée	227	220	8.0	3.5	-	30	680	26	2	7	14	10	15	8	20
Au Gratin Potatoes	Side	142	230	11.0	7.0	-	35	470	28	2	3	5	2	8	8	4
Lemon Poppyseed Cake	Dessert	71	270	12.0	4.0	-	45	180	35	-	19	3	-	-	4	10
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Blackberry Jam	Spread	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Grape Electrolyte	Beverage 1	24	90	-	-	-	-	130	23	-	22	-	-	-	-	-
Cocoa Beverage Powder	Drink	35	140	4.5	4.0	-	-	20	25	1	17	1	2	-	2	4
Total		574	1,200	40.5	19.5	-	110	1,565	182	6	85	27	14	23	22	48

Menu 2 - Chili With Beans

Chili With Beans	Entrée	227	240	10.0	4.5	-	35	990	22	4	5	16	35	25	6	20
Santa Fe Style Rice and Beans	Side	142	170	5.0	2.5	-	10	500	26	3	5	6	20	10	15	8
Marble Cake	Dessert	71	270	12.0	4.5	-	45	170	35	1	19	3	2	-	2	10
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Strawberry Jam	Spread	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Grape Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage Powder	Drink	35	140	4.5	4.0	-	-	20	25	1	17	1	2	-	2	4
Total		574	1,160	36.5	16.5	-	90	1,915	175	10	85	30	59	35	25	52

Menu 3 - Elbow Macaroni (Vegetarian)

Elbow Macaroni in Tomato Sauce	Entree	227	220	3.5	-	-	-	500	40	4	12	7	10	45	6	10
Au Gratin Potatoes	Side	142	230	11.0	7.0	-	35	470	28	2	3	5	2	8	8	4
Chocolate Chip Cookie	Dessert	60	280	13.0	4.0	-	10	210	39	1	20	3	-	-	2	6
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Strawberry Jam	Spread	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Grape Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage Powder	Drink	35	140	4.5	4.0	-	-	20	25	1	17	1	2	-	2	4
Total		563	1,210	37.0	16.0	-	45	1,435	199	9	91	20	14	53	18	34

Menu 4 -Cheese Tortellini (Vegetarian)

Cheese Tortellini	Entrée	227	240	6.0	1.0	-	25	510	37	2	4	9	2	2	10	10
Santa Fe Style Rice and Beans	Side	142	170	5.0	2.5	-	10	500	26	3	5	6	20	10	15	8
Vanilla Pudding	Dessert	75	300	3.5	3.0	-	5	340	61	-	49	6	8	2	50	2
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Grape Jelly	Spread	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Lemon Lime Electrolyte	Beverage 1	24	90	-	-	-	-	130	23	-	22	-	-	-	-	-
Cocoa Beverage Powder	Drink	35	140	4.5	4.0	-	-	20	25	1	17	1	2	-	2	4
Total		578	1,190	24.0	11.5	-	40	1,585	217	7	114	26	32	14	77	34

Menu 5 - Meatballs in Marinara Sauce

Meatballs in Marinara Sauce	Entrée	227	280	14.0	5.0	-	30	1,030	27	2	7	10	6	2	8	10
Black Beans in Sauce	Side	142	130	3.5	0.5	-	-	850	30	13	2	8	4	10	6	15
Vanilla Pudding	Dessert	75	300	3.5	3.0	-	5	340	61	-	49	6	8	2	50	2
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Grape Jelly	Spread	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Fruit Punch Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage Powder	Drink	35	140	4.5	4.0	-	-	20	25	1	17	1	2	-	2	4
Total		578	1,190	30.5	13.5	-	35	2,475	210	17	114	29	20	14	66	41

Menu 6 - Beef Ravioli

Name of Item	Type	Weight grams	Calories	Fat Grams	Saturated Fat Grams	Transfat Grams	Cholesterol Milligrams	Sodium milligrams	Carbohydrate Grams	Fibre Grams	Sugar Grams	Protein Grams	Vitamin A %	Vitamin C %	Calcium %	Iron %
Beef Ravioli in Meat Sauce	Entrée	227	280	8.0	3.5	-	25	670	34	2	5	16	6	10	8	15
Zapplesauce	Side	128	130	-	-	-	-	-	33	2	19	-	-	520	-	2
Vanilla Cake	Dessert	71	270	12	4	0	40	190	35	1	18	3	0	0	2	8
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Blackberry Jam	Spread	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Fruit Punch Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage Powder	Drink	35	140	4.5	4.0	-	-	20	25	1	17	1	2	-	2	4
Total		560	1,160	29.5	12.5	-	65	1,115	194	7	98	24	8	530	12	39

Menu 7 - Beef Ravioli

Beef Ravioli in Meat Sauce	Entrée	227	280	8.0	3.5	-	25	670	34	2	5	16	6	10	8	15
Zapplesauce	Side	128	130	-	-	-	-	-	33	2	19	-	-	520	-	2
Chocolate Pudding	Dessert	75	300	3.5	3.0	-	5	340	61	-	49	6	8	2	50	2
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Grape Jelly	Spread	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Lemon Lime Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage Powder	Drink	35	140	4.5	4.0	-	-	20	25	1	17	1	2	-	2	4
Total		564	1,190	21.0	11.5	-	30	1,265	220	6	129	27	16	532	60	33

Menu 8 - Vegetarian Taco Pasta (Vegetarian)

Vegetarian Taco Pasta	Entree	227	250	7.0	1.0	-	-	1,080	40	9	8	12	25	70	10	20
Black Beans in Sauce	Side	142	130	3.5	0.5	-	-	850	30	13	2	8	4	10	6	15
Chocolate Pudding	Dessert	75	300	3.5	3.0	-	5	340	61	-	49	6	8	2	50	2
Tortillas	Bread	57	180	5.0	2.5	-	-	360	26	1	3	4	-	-	20	10
Fruit Punch Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage Powder	Drink	35	140	4.5	4.0	-	-	20	25	1	17	1	2	-	2	4
Blackberry Jam	Spread	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Total		588	1,160	23.5	11.0	-	5	2,800	221	24	117	31	39	82	88	51

Menu 9 - Hash Browns with Sausage Patty

Hash Browns	Entree	227	270	10.0	4.0	-	25	910	33	3	-	11	-	130	2	6
Pork Sausage Patty	Side	74	240	21.0	7.0	-	50	520	2	-	4	10	-	-	-	4
Brown Sugar Toaster Pastry	Dessert	52	210	9.0	3.0	-	-	180	37	-	16	2	10	-	-	10
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Blackberry Jam	Spread	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Orange Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage Powder	Drink	35	140	4.5	4.0	-	-	20	25	1	17	1	2	-	2	4
Total		487	1,200	49.5	19.0	-	75	1,865	164	5	76	28	12	130	4	34

Menu 10 - Apple Maple Oatmeal (Vegetarian)

Apple Maple Rolled Oats	Entrée	227	200	1.5	-	-	-	135	44	3	28	4	-	4	4	8
Cherry Blueberry Cobbler	Side	142	210	5.0	2.0	-	-	110	40	2	24	-	-	-	2	6
Brown Sugar Toaster Pastry	Dessert	52	210	9.0	3.0	-	-	180	37	-	16	2	10	-	-	10
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Grape Jelly	Spread	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Double Orange Electrolyte	Beverage 1	48	180	-	-	-	-	300	44	-	44	-	-	-	-	-
Cocoa Beverage Powder	Drink	35	140	4.5	4.0	-	-	20	25	1	17	1	2	-	2	4
Total		579	1,190	25.0	10.0	-	-	830	235	7	146	11	12	4	8	38

Menu 11 - Hash Browns with Sausage Patty

Hash Browns	Entree	227	270	10.0	4.0	-	25	910	33	3	-	11	-	130	2	6
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