February 9, 2016

Consolidated Management Company

2670 106th Street

Des Moines, Iowa 50322

RE: 3100 Hot 5 Week Specific Menu

Dear Consolidated Management Company:

This letter is to confirm that after reviewing the 3100 Hot 5 Week Specific Menu. The menus do meet the minimum requirement of an average adult of 3100 calories per day, with adequate carbohydrate, protein and fat content for the average adult and it exceeds at times.

Please feel free to contact me if you have any additional questions at 515-277-0396.

Sincerely,

Vanessa J. Dukes RD LD

Vanessa J. Dukes, M.Ed., R.D., L.D.

ADA Registration# 625318

Iowa License# 01381

File Name: 3000.hot.4wk.Warren.01.2016.xls

		Calories	Fat (g)	Protein (g)	Fiber (g)	Sodium (mg)	Chol. (mg)	Iron (mg)	Ca (mg)	K (mg)
Day 1										
Breakfast										
Cold Cereal	1 Cup	282	10	9	0	238	300	1	60	117
Country Gravy	6 oz.	180	5	1	0	1992	24	7	72	192
Biscuit	1 each	191	7	4	1	544	2	1	105	107
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
2% Milk	1 cup	121	5	8	0	122	18	trace	297	377
Sugar PKT	2 pkt	32	0	0	0	trace	0	trace	trace	trace
Lunch										
Turkey Burger	4 oz	178	8	25	0	66	73	1	14	312
Roll	1 each	220	2	4	1	269	1	2	54	60
Ketchup	2 Tbsp	32	trace	trace	trace	356	0	trace	6	144
Mustard	2 Tbsp	22	2	2	trace	376	0	trace	26	40
Corn Chips	2 oz	306	18	4	4	358	0	trace	72	80
Cookies	2 each	143	6	2	trace	107	15	1	6	19
Sweet Tea	8 oz	18	0	0	0	7	0	trace	trace	88
Dinner										
Turkey, Cream and Noodles	10 oz	790	16	39	5	374	229	9	75	621
Roll	1 each	220	2	4	1	269	1	2	54	60
Mixed Veggies	1/2 cup	44	trace	2	5	274	0	1	26	169
Jello	4 oz	94	trace	trace	0	55	0	trace	15	4
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		**3052**								

		Calories	Fat (g)	Protein (g)	Fiber (g)	Sodium (mg)	Chol. (mg)	Iron (mg)	Ca (mg)	K (mg)
Day 2										
Breakfast										
Cold Cereal	1 Cup	282	10	9	0	238	300	1	60	117
Coffee Cake	1 each	113	6	2	trace	110	17	1	32	19
Sugar PKT	2 pkt	32	0	0	0	trace	0	trace	trace	trace
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
2% Milk	1 cup	121	5	8	0	122	18	trace	297	377
Lunch										
BBQ Meat Sandwich	3 WZ	154	8	15	trace	335	67	1	17	253
Roll	1 each	220	2	4	1	269	1	2	54	60
Rice	1 Cup	213	trace	5	1	579	0	18	3	98
Peas	1/2 cup	59	trace	4	4	4	0	1	18	177
Frosted Cake	1/54	347	5	2	0	287	34	trace	81	63
Sweet Tea	8 oz	18	0	0	0	7	0	trace	trace	88
Dinner										
Pasta Spaghetti w/ Ground Turkey	8 oz.	546	8	29	4	197	53	6	40	474
Tossed Salad w/dressing	1/2 cup	202	23	1	trace	159	10	1	24	83
Roll	1 each	220	2	4	1	269	1	2	54	60
Frosted Cake	1/54	347	5	2	0	287	34	trace	81	63
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		**3053**								

		Calories	Fat (g)	Protein (g)	Fiber (g)	Sodium (mg)	Chol. (mg)	Iron (mg)	Ca (mg)	K (mg)
Day 3										
Breakfast										
Country Gravy	6 oz.	180	5	1	0	1992	24	7	72	192
Biscuit	2 each	382	14	8	2	1088	4	2	110	114
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
Turkey sausage Link	2 each	120	0	0	0	trace	0	trace	trace	trace
2% Milk	1 cup	121	5	8	0	122	18	trace	297	377
Lunch										
Chili with Beans and Rice	10 oz	397	10	14	8	891	29	8	96	686
Crackers	4 each	52	2	2	trace	128	0	4	0	18
Carrots	1/2 cup	28	trace	1	2	23	0	trace	17	208
Cookie	2 each	143	6	2	trace	107	15	1	6	19
Sweet Tea	8 oz.	18	0	0	0	7	0	trace	trace	88
Dinner										
Meat Stroganoff	12 oz	1039	21	54	6	843	306	12	192	93
Green Beans	1/2 cup	17	trace	1	2	3	0	1	20	115
Bread	2 slice	220	2	4	1	269	1	2	54	60
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Cookie	2 each	143	6	2	trace	107	15	1	6	19
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		**3039**								

		Calories	Fat (g)	Protein (g)	Fiber (g)	Sodium (mg)	Chol. (mg)	Iron (mg)	Ca (mg)	K (mg)
Day 4										
Breakfast										
Cold Cereal	8 oz	110	10	9	0	238	300	1	60	117
Coffe Cake	1 each	113	6	2	trace	110	17	1	32	19
Pineapple	3 oz	28	trace	trace	1	1	0	trace	6	62
Sugar PKT	2 pkt	32	0	0	0	trace	0	trace	trace	trace
2% Milk	1 cup	121	5	8	0	122	18	trace	297	377
Lunch										
Grilled Cheese	1 each	342	22	10	1	808	27	2	233	111
Corn Chips	2 oz	306	18	4	4	358	0	trace	72	80
Pasta Salad	4 oz	296	24	4	1	157	10	trace	10	31
Cookie	2 each	143	6	2	trace	107	15	1	6	19
Sweet Tea	8 oz	18	0	0	0	7	0	trace	trace	88
Dinner										
Turkey Meatballs (2 each)	4 oz	131	5	10	2	39	32	1	15	159
Rice	1 Cup	675	1	13	2	9	0	8	52	213
Gravy	2 oz	88	2.5	2.5	0.5	1162.5	1	0.5	31.5	63
Corn Bread	1 each	173	4	4	0	427	26	1	162	95
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Frosted Cake	1/54	347	5	2	0	287	34	trace	81	63
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		**3030**								

		Calories	Fat (g)	Protein (g)	Fiber (g)	Sodium (mg)	Chol. (mg)	Iron (mg)	Ca (mg)	K (mg)
Day 5										
Breakfast										
Oatmeal	1cup	311	5	13	9	3	0	3	42	284
Coffe Cake	1 each	113	6	2	trace	110	17	1	32	19
Sugar PKT	2 pkt	32	0	0	0	trace	0	trace	trace	trace
2% Milk	1 cup	121	5	8	0	122	18	trace	297	377
Canned Fruit Mix	3 oz	39	trace	1	24	3	0	trace	6	81
Lunch										
Ham & Beans	10 oz	250	9	19	20	1080	20	14	6	546
Corn Bread	1 each	173	4	4	0	427	26	1	162	95
Cole Slaw	1/2 cup	41	2	1	1	14	5	trace	27	109
Cookie	2 each	143	6	2	trace	107	15	1	6	19
Sweet Tea	8 oz	18	0	0	0	7	0	trace	trace	88
Dinner										
Shepards Pie	10 oz	987	20	49	7	468	289	11	94	776
Roll	1 each	220	2	4	1	269	1	2	54	60
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Green Beans	1/2 cup	17	trace	1	2	3	0	1	20	115
Frosted Cake	1 each	347	5	2	0	287	34	trace	81	63
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		**2919**								

		Calories	Fat (g)	Protein (g)	Fiber (g)	Sodium (mg)	Chol. (mg)	Iron (mg)	Ca (mg)	K (mg)
Day 6										
Breakfast										
Scrambled Eggs	6 oz	282	10	9	0	238	300	1	60	117
Country Gravy	6 oz.	180	5	1	0	1992	24	7	72	192
Biscuit	1 each	191	7	4	1	544	2	1	105	107
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
2% Milk	1 cup	121	5	8	0	122	18	trace	297	377
Lunch										
Breaded Chicken Patty	3 WZ	221	14	13	1	373	29	5	0	0
Roll	1 each	220	2	4	1	269	1	2	54	60
Salad Dressing	1 Tbsp	99	12	trace	0	78	5	trace	2	5
Corn Chips	2 oz	256	18	4	4	358	0	trace	72	80
Salad w/ Dressing	1/2 cup	202	23	1	trace	159	10	1	24	83
Cookie	2 each	143	6	2	trace	107	15	1	6	19
Sweet Tea	8 oz	18	0	0	0	7	0	trace	trace	88
Dinner										
Turkey Ham, Mac and Cheese	10 oz	728	44	44	1	1518	147	4	16	372
Broccoli	1/2 cup	11	trace	1	1	10	0	trace	18	119
Roll	2 slice	220	2	4	1	269	1	2	54	60
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Pudding	1/2 cup	174	4	5	trace	181	17	trace	143	190
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		**3245**								

		Calories	Fat (g)	Protein (g)	Fiber (g)	Sodium (mg)	Chol. (mg)	Iron (mg)	Ca (mg)	K (mg)
Day 7										
Breakfast										
Oatmeal	1cup	311	5	13	9	3	0	3	42	284
Coffe Cake	1 each	113	6	2	trace	110	17	1	32	19
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Sugar PKT	2 pkt	32	0	0	0	trace	0	trace	trace	trace
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
2% Milk	1 cup	121	5	8	0	122	18	trace	297	377
Lunch										
HD Turkey	2 each	203	16	13	0	1283	96	2	95	161
Bread	2 slice	220	2	4	1	269	1	2	54	60
Ketchup	1 Tbsp	16	trace	trace	trace	178	0	trace	3	72
Mustard	1 Tbsp	11	1	1	trace	188	0	trace	13	20
Baked Beans	4 oz	118	1	6	6	504	0	trace	64	376
Chips	1 oz	153	9	2	2	179	0	trace	36	40
Sweet Tea	8 oz	18	0	0	0	7	0	trace	trace	88
Iced Cake	1 each	347	5	2	0	287	34	trace	81	63
Dinner										
Salisbury Steak	4 oz	203	7	16	1	299	67	2	24	321
Potatoes, Whipped	1 cup	210	7	3	2	485	2	3	5	2
Gravy	2 oz.	88	2	3	trace	1162	1	trace	32	63
Roll	1 each	220	2	4	1	269	1	2	54	60
Mixed Veggies	1/2 cup	44	trace	2	5	274	0	1	26	169
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Iced Cake	1 each	347	5	2	0	287	34	trace	81	63
Sweet Tea	8 oz	18	0	0	0	7	0	trace	trace	88
Total Calories		**3069**								

		Calories	Fat (g)	Protein (g)	Fiber (g)	Sodium (mg)	Chol. (mg)	Iron (mg)	Ca (mg)	K (mg)
Day 8										
Breakfast										
Country Gravy	6 oz.	180	5	1	0	1992	24	7	72	192
Biscuit	1 each	191	7	4	1	544	2	1	105	107
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
2% Milk	1 cup	121	5	8	0	122	18	trace	297	377
Lunch										
Cheeseburger Casserole	8 oz	546	29	24	1	182	88	4	114	486
Roll	1 each	220	2	4	1	269	1	2	54	60
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Salad w/ Dressing	1/2 cup	202	23	1	trace	159	10	1	24	83
Cookie	2 each	143	6	2	trace	107	15	1	6	19
Sweet Tea	8 oz	18	0	0	0	7	0	trace	trace	88
Dinner										
Turkey Tetrazinni	8 oz	683	13	36	3	828	61	7	195	464
Peas	1/2 cup	59	trace	4	4	4	0	1	18	177
Roll	1 each	220	2	4	1	269	1	2	54	60
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Cookie	2 each	143	6	2	trace	107	15	1	6	19
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		**3109**								

		Calories	Fat (g)	Protein (g)	Fiber (g)	Sodium (mg)	Chol. (mg)	Iron (mg)	Ca (mg)	K (mg)
Day 9										
Breakfast										
Cold Cereal	8 oz	110	10	9	0	238	300	1	60	117
French Toast	1 each	159	6	5	trace	320	90	9	8	80
Syrup	2 oz	162	0	0	0	47	0	trace	1	1
Sugar PKT	2 pkt	32	0	0	0	trace	0	trace	trace	trace
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
2% Milk	1 cup	121	5	8	0	122	18	trace	297	377
Lunch										
Chili Cheese Fritos (2oz/2oz)	4 oz	408	25	8	4	545	15	1	86	178
Tossed Salad w/dressing	1/2 cup	202	23	1	trace	159	10	1	24	83
Roll	1 each	220	2	4	1	269	1	2	54	60
Cookie	2 each	143	6	2	trace	107	15	1	6	19
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Sweet Tea	8 oz	18	0	0	0	7	0	trace	trace	88
Dinner										
Pasta Spaghetti w/ Ground Turkey	10 oz	683	11	37	5	246	67	8	50	593
Grean Beans	1/2 cup	17	trace	1	2	3	0	1	20	115
Roll	1 each	220	2	4	1	269	1	2	54	60
Frosted Cake	1/54	347	5	2	0	287	34	trace	81	63
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		**3123**								

		Calories	Fat (g)	Protein (g)	Fiber (g)	Sodium (mg)	Chol. (mg)	Iron (mg)	Ca (mg)	K (mg)
Day 10										
Breakfast										
Country Gravy	6 oz.	180	5	1	0	1992	24	7	72	192
Biscuit	2 each	382	14	8	2	1088	4	2	110	114
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
2% Milk	1 cup	121	5	8	0	122	18	trace	297	377
Lunch										
Grilled Cheese	1 each	342	22	10	1	808	27	2	233	111
Carrots	1/2 cup	28	trace	1	2	23	0	trace	17	208
Macaroni Salad	4 oz	392	24	7	1	160	10	2	14	94
Cookie	2 each	143	6	2	trace	107	15	1	6	19
Sweet Tea	8 oz	18	0	0	0	7	0	trace	trace	88
Dinner										
BBQ Burgers on bun	3oz/1oz	437	12	26	1	1078	86	14	56	334
American Fries	2 slice	174	6	2	3	36	0	7	1	383
Coleslaw	1 cup	82	4	2	2	28	10	trace	54	218
Baked Beans	1/2 cup	118	1	6	6	504	0	trace	64	376
Frosted Cake	1 each	347	5	2	0	287	34	trace	81	63
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		**2943**								

		Calories	Fat (g)	Protein (g)	Fiber (g)	Sodium (mg)	Chol. (mg)	Iron (mg)	Ca (mg)	K (mg)
Day 11										
Breakfast										
Cold Cereal	8 oz	110	10	9	0	238	300	1	60	117
Muffin	1 each	168	6	4	2	266	22	1	114	69
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
Sugar PKT	2 pkt	32	0	0	0	trace	0	trace	trace	trace
2% Milk	1 cup	121	5	8	0	122	18	trace	297	377
Lunch										
Breaded Chicken Patty	3 oz	221	14	13	1	373	29	5	0	0
Potatoes, Whipped	1 cup	210	7	3	2	485	2	3	5	2
Gravy	2 oz.	88	2	3	trace	1162	1	trace	32	63
Roll	1 Each	220	2	4	1	269	1	2	54	60
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Cookie	2 each	143	6	2	trace	107	15	1	6	19
Sweet Tea	8 oz	18	0	0	0	7	0	trace	trace	88
Dinner										
Beef Stroganoff	10 WZ	790	16	39	5	373	228	8	75	1086
Mixed Veggies	1/2 cup	44	trace	2	5	274	0	1	26	169
Roll	1 Each	220	2	4	1	269	1	2	54	60
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Frosted Cake	1 each	347	5	2	0	287	34	trace	81	63
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		**3013**								

		Calories	Fat (g)	Protein (g)	Fiber (g)	Sodium (mg)	Chol. (mg)	Iron (mg)	Ca (mg)	K (mg)
Day 12										
Breakfast										
Oatmeal	1cup	311	5	13	9	3	0	3	42	284
Coffe Cake	1 each	113	6	2	trace	110	17	1	32	19
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Sugar PKT	2 pkt	32	0	0	0	trace	0	trace	trace	trace
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
2% Milk	1 cup	121	5	8	0	122	18	trace	297	377
Lunch										
Taco Meat w/Beans	4 oz	276	2	12	7	66	22	2	44	464
Tortilla Chips	2 WZ	284	15	4	4	299	0	1	87	112
Rice	1 Cup	213	trace	5	1	579	0	18	3	98
Corn	4 oz	67	1	2	2	12	0	trace	2	209
Frosted Cake	1 each	347	5	2	0	287	34	trace	81	63
Sweet Tea	8 oz	18	0	0	0	7	0	trace	trace	88
Dinner										
Ham & Beans	10 oz	250	9	19	20	1080	20	14	6	546
Corn Bread	2 each	346	8	8	0	854	52	2	324	190
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Cole Slaw	1/2 cup	41	2	1	1	14	5	trace	27	109
Frosted Cake	1 each	347	5	2	0	287	34	trace	81	63
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		**3047**								

		Calories	Fat (g)	Protein (g)	Fiber (g)	Sodium (mg)	Chol. (mg)	Iron (mg)	Ca (mg)	K (mg)
Day 13										
Breakfast										
Scrambled Eggs	6 oz	282	10	9	0	238	300	1	60	117
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Biscuit	1 each	191	7	4	1	544	2	1	105	107
Canned Fruit Mix	3 oz	39	trace	1	24	3	0	trace	6	81
2% Milk	1 cup	121	5	8	0	122	18	trace	297	377
Lunch										
Texas Tator	1 each	307	5	10	8	460	14	5	62	1213
Cheese Sauce	2 oz	102	7	4	trace	187	15	1	14	98
Tossed Salad w/dressing	1/2 cup	202	23	1	trace	159	10	1	24	83
Carrots	1/2 cup	28	trace	1	2	23	0	trace	17	208
Cookie	2 each	143	6	2	trace	107	15	1	6	19
Sweet Tea	8 oz	18	0	0	0	7	0	trace	trace	88
Dinner										
Turkey Ala King	10 WZ	286	14	30	2	476	92	3	45	464
Rice	1 Cup	675	1	13	2	9	0	8	52	213
Biscuit	1 each	191	7	4	1	544	2	1	105	107
Peas	1/2 cup	59	trace	4	4	4	0	1	18	177
Frosted Cake	1 each	347	5	2	0	287	34	trace	81	63
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		**3098**								

		Calories	Fat (g)	Protein (g)	Fiber (g)	Sodium (mg)	Chol. (mg)	Iron (mg)	Ca (mg)	K (mg)
Day 14										
Breakfast										
Oatmeal	1cup	311	5	13	9	3	0	3	42	284
Coffee Cake	1 each	113	6	2	trace	110	17	1	32	19
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
Sugar PKT	2 pkt	32	0	0	0	trace	0	trace	trace	trace
2% Milk	1 cup	121	5	8	0	122	18	trace	297	377
Lunch										
H.D. Turkey	2 each	203	16	13	0	1283	96	2	95	161
Bread	2 slice	220	2	4	1	269	1	2	54	60
Ketchup	1 Tbsp	16	trace	trace	trace	178	0	trace	3	72
Mustard	1 Tbsp	11	1	1	trace	188	0	trace	13	20
Baked Beans	1/2 cup	118	1	6	6	504	0	trace	64	376
Cole Slaw	1/2 cup	41	2	1	1	14	5	trace	27	109
Chips	2 oz	256	18	4	4	358	0	trace	72	80
Sweet Tea	8 oz	18	0	0	0	7	0	trace	trace	88
Dinner										
Turkey Rice Burrito	10 oz	905	16	28	4	419	69	8	104	432
Pinto Beans	1/2 cup	94	1	20	24	10	0	6	117	1282
Chips	1 oz	153	9	2	2	179	0	trace	36	40
Tossed Salad w/dressing	1/2 cup	202	23	1	trace	156	10	1	24	83
Jello	4 oz	94	trace	trace	0	55	0	trace	15	4
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		**3087**								

		Calories	Fat (g)	Protein (g)	Fiber (g)	Sodium (mg)	Chol. (mg)	Iron (mg)	Ca (mg)	K (mg)
Day 15										
Breakfast										
Cold Cereal	1 Cup	282	10	9	0	238	300	1	60	117
Bread	2 slice	220	2	4	1	269	1	2	54	60
Sugar PKT	2 pkt	32	0	0	0	trace	0	trace	trace	trace
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
2% Milk	1 cup	121	5	8	0	122	18	trace	297	377
Lunch										
Turkey Burger	4 oz	178	8	25	0	66	73	1	14	312
Roll	1 each	220	2	4	1	269	1	2	54	60
Ketchup	2 Tbsp	32	trace	trace	trace	356	0	trace	6	144
Mustard	2 Tbsp	22	2	2	trace	376	0	trace	26	40
Tossed Salad	1/2 cup	202	23	1	trace	159	10	1	24	83
Chips	2 oz	306	18	4	4	358	0	trace	72	80
Cookies	2 each	143	6	2	trace	107	15	1	6	19
Sweet Tea	8 oz	18	0	0	0	7	0	trace	trace	88
Dinner										
Turkey Mac & Cheese	10 WZ.	872	19	44	4	268	97	8	246	502
Broccoli Cuts	1/2 cup	11	trace	1	1	10	0	trace	18	119
Bread	1 slice	67	1	2	0.5	134	0.5	1	27	30
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Cookies	2 each	143	6	2	trace	107	15	1	6	19
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		**3048**								

		Calories	Fat (g)	Protein (g)	Fiber (g)	Sodium (mg)	Chol. (mg)	Iron (mg)	Ca (mg)	K (mg)
Day 16										
Breakfast										
Country Gravy	6 oz.	180	5	1	0	1992	24	7	72	192
Biscuit	1 each	191	7	4	1	544	2	1	105	107
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Roasted Potatoes	4 oz	361	17	5	4	234	0	1	16	815
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
2% Milk	1 cup	121	5	8	0	122	18	trace	297	377
Lunch										
Breaded Chicken Patty	3 oz	221	14	13	1	373	29	5	0	0
Potatoes, Whipped	1/2 Cup	83	2	2	2	245	2	1	32	352
Gravy	2 oz.	88	2	3	trace	1162	1	trace	32	63
Roll	1 Each	220	2	4	1	269	1	2	54	60
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Peas	1/2 cup	59	trace	4	4	4	0	1	18	177
Frosted Cake	1 each	347	5	2	0	287	34	trace	81	63
Sweet Tea	8 oz	18	0	0	0	7	0	trace	trace	88
Dinner										
Grilled Ham & Cheese	1 each	208	15	13	0	866	79	3	104	189
Pinto Beans	1/2 cup	94	1	20	24	10	0	6	117	1282
Pretzels	1/2 cup	86	trace	2	trace	305	0	6	0	
Frosted Cake	1 each	347	5	2	0	287	34	trace	81	63
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		**2905**								

		Calories	Fat (g)	Protein (g)	Fiber (g)	Sodium (mg)	Chol. (mg)	Iron (mg)	Ca (mg)	K (mg)
Day 17										
Breakfast										
Scrambled Eggs	6 oz	282	10.5	9	0	238.5	300	1.5	60	117
Turkey sausage Link	2 each	120	0	0	0	trace	0	trace	trace	trace
Biscuit	2 each	382	14	8	2	1088	4	2	110	114
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
2% Milk	1 cup	121	5	8	0	122	18	trace	297	377
Lunch										
BBQ Meat Sandwich	3 WZ	154	8	15	trace	335	67	1	17	253
Roll	1 each	220	2	4	1	269	1	2	54	60
Corn	4 oz	67	1	2	2	12	0	trace	2	209
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
Frosted Cake	1/54	347	5	2	0	287	34	trace	81	63
Sweet Tea	8 oz	18	0	0	0	7	0	trace	trace	88
Dinner										
Salisbury Steak	3 oz	152	7	16	1	299	67	2	24	321
Gravy	2 oz.	88	2	3	trace	1162	1	trace	32	63
Rice	1 cup	213	trace	5	1	579	0	18	3	98
Roll	1 each	220	2	4	1	269	1	2	54	60
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Frosted Cake	1/54	347	5	2	0	287	34	trace	81	63
Green Beans	1/2 cup	17	trace	1	2	3	0	1	20	115
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		**2999**								

		Calories	Fat (g)	Protein (g)	Fiber (g)	Sodium (mg)	Chol. (mg)	Iron (mg)	Ca (mg)	K (mg)
Day 18										
Breakfast										
Cold Cereal	8 oz	110	10	9	0	238	300	1	60	117
Muffin	1 each	168	6	4	2	266	22	1	114	69
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
Sugar PKT	2 pkt	32	0	0	0	trace	0	trace	trace	trace
2% Milk	1 cup	121	5	8	0	122	18	trace	297	377
Lunch										
Chili with Beans and Rice	12 oz	476	12	17	9	1069	35	9	115	823
Crackers	4 each	52	2	2	trace	128	0	4	0	18
Cole Slaw	1/2 cup	41	2	1	1	14	5	trace	27	109
Roll	1 each	220	2	4	1	269	1	2	54	60
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Frosted Cake	1 each	347	5	2	0	287	34	trace	81	63
Sweet Tea	8 oz.	18	0	0	0	7	0	trace	trace	88
Dinner										
Turkey Meatballs (2 each)	4 oz	131	5	10	2	39	32	1	15	159
Rice	1 Cup	213	trace	5	1	579	0	18	3	98
Gravy	3 oz	132	3	4	1	1743	1	1	48	94
Mixed Veggies	1/2 cup	44	trace	2	5	274	0	1	26	169
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Frosted Cake	1 each	347	5	2	0	287	34	trace	81	63
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		**2835**								

		Calories	Fat (g)	Protein (g)	Fiber (g)	Sodium (mg)	Chol. (mg)	Iron (mg)	Ca (mg)	K (mg)
Day 19										
Breakfast										
Oatmeal	1cup	311	5	13	9	3	0	3	42	284
Coffe Cake	1 each	113	6	2	trace	110	17	1	32	19
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
Sugar PKT	2 pkt	32	0	0	0	trace	0	trace	trace	trace
2% Milk	1 cup	121	5	8	0	122	18	trace	297	377
Lunch										
Taco Meat w/Beans	4 oz	276	2	12	7	66	22	2	44	464
Tortilla Chips	2 WZ	284	15	4	4	299	0	1	87	112
Rice	1 Cup	213	trace	5	1	579	0	18	3	98
Tossed Salad w/dressing	1/2 cup	202	23	1	trace	159	10	1	24	83
Cookie	2 each	143	6	2	trace	107	15	1	6	19
Sweet Tea	8 oz	18	0	0	0	7	0	trace	trace	88
Dinner										
Italian Pasta w/Meat Sauce	10 WZ	792	10	37	4	92	67	8	42	474
Green Beans	1/2 cup	17	trace	1	2	3	0	1	20	115
Roll	1 each	220	1	2	1	134	1	1	27	30
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Cookie	2 each	143	6	2	trace	107	15	1	6	19
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		**3064**								

		Calories	Fat (g)	Protein (g)	Fiber (g)	Sodium (mg)	Chol. (mg)	Iron (mg)	Ca (mg)	K (mg)
Day 20										
Breakfast										
Scrambled Eggs	6 oz	282	10	9	0	238	300	1	60	117
Muffin	1 each	168	6	4	2	266	22	1	114	69
American Fries	1/2 Cup	361	17	5	4	434	0	1	16	815
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
2% Milk	1 cup	121	5	8	0	122	18	trace	297	377
Lunch										
Breaded Chicken Patty	3 oz	221	14	13	1	373	29	5	0	0
Rice	1/2 cup	106	trace	2	1	289	0	9	1	49
Roll	1 Each	220	1	2	0	134	0	1	27	30
Carrots	1/2 cup	28	trace	1	2	23	0	trace	17	208
Cookie	2 each	143	6	2	trace	107	15	1	6	19
Sweet Tea	8 oz	18	0	0	0	7	0	trace	trace	88
Dinner										
Turkey Tetrazzini	10 WZ	854	16	45	4	1035	77	9	244	580
Mixed Veggies	1/2 cup	44	trace	2	5	274	0	1	26	169
Biscuit	1 each	191	7	4	1	544	2	1	105	107
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Cookie	2 each	143	6	2	trace	107	15	1	6	19
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		**3079**								

		Calories	Fat (g)	Protein (g)	Fiber (g)	Sodium (mg)	Chol. (mg)	Iron (mg)	Ca (mg)	K (mg)
Day 21										
Breakfast										
Oatmeal	1cup	311	5	13	9	3	0	3	42	284
Cinnamon Roll	1each	320	4	8	66	2	310	60	0	2
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
Sugar PKT	2 pkt	32	0	0	0	trace	0	trace	trace	trace
2% Milk	1 cup	121	5	8	0	122	18	trace	297	377
Lunch										
Hot Dogs	2 each	203	16	13	0	1283	96	2	95	161
Bread	2 slice	220	2	4	1	269	1	2	54	60
BBQ Sauce	2 oz	42	trace	trace	trace	462	0	2	0	98
Baked Beans	1 cup	236	2	12	12	1008	0	trace	128	752
Corn Chips	1 oz	153	9	2	2	179	0	trace	36	40
Pudding	1/2 cup	174	4	5	trace	181	17	trace	143	190
Sweet Tea	8 oz	18	0	0	0	7	0	trace	trace	88
Dinner										
Beans & Turkey Ham	10 WZ	436	23	25	9	2321	133	5	210	729
Corn Bread	2 each	346	10	10	0	856	52	2	324	192
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Cole Slaw	1/2 cup	41	2	1	1	14	5	trace	27	109
Frosted Cake	1 each	347	5	2	0	287	34	trace	81	63
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		**3179**								

		Calories	Fat (g)	Protein (g)	Fiber (g)	Sodium (mg)	Chol. (mg)	Iron (mg)	Ca (mg)	K (mg)
Day 22										
Breakfast										
Cold Cereal	8 oz	110	10	9	0	238	300	1	60	117
Cinnamon Roll	1each	320	4	8	66	2	310	60	0	2
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
Sugar PKT	2 pkt	32	0	0	0	trace	0	trace	trace	trace
2% Milk	1 cup	121	5	8	0	122	18	trace	297	377
Lunch										
Texas Tator	1 each	307	5	10	8	460	14	5	62	1213
Cheese Sauce	2 oz	102	7	4	trace	187	15	1	14	98
Tossed Salad w/dressing	1/2 cup	202	23	1	trace	159	10	1	24	83
Corn	4 oz	67	1	2	2	12	0	trace	2	209
Cookie	2 each	143	6	2	trace	107	15	1	6	19
Sweet Tea	8 oz	18	0	0	0	7	0	trace	trace	88
Dinner										
Salisbury Steak	4 oz	203	7	16	1	299	67	2	24	321
Roasted Potatoes	1 cup	722	34	10	8	468	0	2	32	1630
Gravy	2 oz.	88	2	3	trace	1162	1	trace	32	63
Grean Beans	1/2 cup	17	trace	1	2	3	0	1	20	115
Roll	1 each	220	1	2	1	134	1	1	27	30
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Frosted Cake	1 each	347	5	2	0	287	34	trace	81	63
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		**3198**								

		Calories	Fat (g)	Protein (g)	Fiber (g)	Sodium (mg)	Chol. (mg)	Iron (mg)	Ca (mg)	K (mg)
Day 23										
Breakfast										
Oatmeal	1cup	311	5	13	9	3	0	3	42	284
Coffe Cake	1 each	113	6	2	trace	110	17	1	32	19
Sugar PKT	2 pkt	32	0	0	0	trace	0	trace	trace	trace
Canned Fruit Mix	3 oz	39	trace	1	24	3	0	trace	6	81
2% Milk	1 cup	121	5	8	0	122	18	trace	297	377
Lunch										
Taco Meat w/Beans	4 oz	276	2	12	7	66	22	2	44	464
Tortilla Chips	2 WZ	284	15	4	4	299	0	1	87	112
Rice	1 Cup	675	1	13	2	9	0	8	52	213
Corn	4 oz	67	1	2	2	12	0	trace	2	209
Frosted Cake	1 each	347	5	2	0	287	34	trace	81	63
Sweet Tea	8 oz	18	0	0	0	7	0	trace	trace	88
Dinner										
Mom's Meatloaf	4 oz	344	15	23	1	169	95			
Potatoes, Whipped	1/2 Cup	83	2	2	2	245	2	1	32	352
Gravy	2 oz.	88	2	3	trace	1162	1	trace	32	63
Peas	1/2 cup	59	trace	4	4	4	0	1	18	177
Cookie	2 each	143	6	2	trace	107	15	1	6	19
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		**3005**								

		Calories	Fat (g)	Protein (g)	Fiber (g)	Sodium (mg)	Chol. (mg)	Iron (mg)	Ca (mg)	K (mg)
Day 24										
Breakfast										
Country Gravy	6 oz.	180	5	1	0	1992	24	7	72	192
Biscuit	1 each	191	7	4	1	544	2	1	105	107
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
2% Milk	1 cup	121	5	8	0	122	18	trace	297	377
Sugar PKT	2 pkt	32	0	0	0	trace	0	trace	trace	trace
Lunch										
Turkey Burger	4 oz	179	6	19	0	50	55	1	11	234
Roll	2 slice	220	2	4	1	269	1	2	54	60
Chips	2 oz	256	18	4	4	358	0	trace	72	80
Salad w/ Dressing	1/2 cup	202	23	1	trace	159	10	1	24	83
Cookie	2 each	143	6	2	trace	107	15	1	6	19
Sweet Tea	8 oz	18	0	0	0	7	0	trace	trace	88
Dinner										
Turkey Tetrazinni	10 WZ	854	16	45	4	1035	77	9	244	580
Mixed Veggies	1/2 cup	44	trace	2	5	274	0	1	26	169
Roll	1 Each	220	2	4	1	269	1	2	54	60
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Frosted Cake	1 each	347	5	2	0	287	34	trace	81	63
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		**3186**								

		Calories	Fat (g)	Protein (g)	Fiber (g)	Sodium (mg)	Chol. (mg)	Iron (mg)	Ca (mg)	K (mg)
Day 25										
Breakfast										
Cold Cereal	1 Cup	282	10	9	0	238	300	1	60	117
Coffee Cake	1 each	113	6	2	trace	110	17	1	32	19
Sugar PKT	2 pkt	32	0	0	0	trace	0	trace	trace	trace
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
2% Milk	1 cup	121	5	8	0	122	18	trace	297	377
Lunch										
Sloppy Joe	4 oz	206	7	15	0	80	67	1	11	198
Roll	1 Each	220	2	4	1	269	1	2	54	60
Cole Slaw	1/2 cup	41	2	1	1	14	5	trace	27	109
Baked Potato	1 each	154	1	4	3	14	34	1	16	943
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Cookie	2 each	143	6	2	trace	107	15	1	6	19
Sweet Tea	8 oz	18	0	0	0	7	0	trace	trace	88
Dinner										
Spaghetti with Turkey Meat Sauce	10 WZ.	683	11	37	5	246	67	8	50	593
Tossed Salad w/Dressing	1/2 cup	202	23	1	trace	159	10	1	24	83
Green Beans	1/2 cup	17	trace	1	2	3	0	1	20	115
Roll	1 Each	220	2	4	1	269	1	2	54	60
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Frosted Cake	1/54	347	5	2	0	287	34	trace	81	63
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		**3080**								

		Calories	Fat (g)	Protein (g)	Fiber (g)	Sodium (mg)	Chol. (mg)	Iron (mg)	Ca (mg)	K (mg)
Day 26										
Breakfast										
Country Gravy	6 oz.	180	5	1	0	1992	24	7	72	192
Biscuit	2 each	382	14	8	2	1088	4	2	110	114
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
2% Milk	1 cup	121	5	8	0	122	18	trace	297	377
Lunch										
Chili with Beans and Rice 10 oz.	10 oz	397	10	14	8	891	29	8	96	686
Crackers	4 each	52	2	2	trace	128	0	4	0	18
Tossed Salad w/Dressing	1/2 cup	202	23	1	trace	159	10	1	24	83
Cookie	2 each	143	6	2	trace	107	15	1	6	19
Sweet Tea	8 oz.	18	0	0	0	7	0	trace	trace	88
Dinner										
Turkey ala King	10 WZ	286	14	30	2	476	92	3	45	464
Rice	1 Cup	675	1	13	2	9	0	8	52	213
Broccoli	1/2 cup	11	trace	1	1	10	0	trace	18	119
Roll	1 Each	220	1	2	1	134	1	1	27	30
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Cookie	2 each	143	6	2	trace	107	15	1	6	19
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		**3111**								

		Calories	Fat (g)	Protein (g)	Fiber (g)	Sodium (mg)	Chol. (mg)	Iron (mg)	Ca (mg)	K (mg)
Day 27										
Breakfast										
Scrambled Eggs	6 oz	282	10	9	0	238	300	1	60	117
Biscuit	1 each	191	7	4	1	544	2	1	105	107
American Fries	1/2 Cup	361	17	5	4	434	0	1	16	815
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
2% Milk	1 cup	121	5	8	0	122	18	trace	297	377
Lunch										
Salisbury Steak	4 oz	203	7	16	1	299	67	2	24	321
Potatoes, Whipped	1/2 Cup	83	2	2	2	245	2	1	32	352
Gravy	2 oz.	88	2	3	trace	1162	1	trace	32	63
Peas	1/2 cup	59	trace	4	4	4	0	1	18	177
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Cookie	2 each	143	6	2	trace	107	15	1	6	19
Sweet Tea	8 oz	18	0	0	0	7	0	trace	trace	88
Dinner										
Shepards Pie	10 oz	951	30	40	10	1016	210	3	73	866
Potatoes, Whipped	1/2 Cup	83	2	2	2	245	2	1	32	352
Corn	4 oz	67	1	2	2	12	0	trace	2	209
Biscuit	1 each	191	7	4	1	544	2	1	105	107
Margarine	1/2 oz.	102	11	trace	0	134	0	0	4	6
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		**3122**								

		Calories	Fat (g)	Protein (g)	Fiber (g)	Sodium (mg)	Chol. (mg)	Iron (mg)	Ca (mg)	K (mg)
Day 28										
Breakfast										
Oatmeal	1cup	311	5	13	9	3	0	3	42	284
Mufin	1 each	168	6	4	2	266	22	1	114	69
Sugar PKT	2 pkt	32	0	0	0	trace	0	trace	trace	trace
Canned Fruit Mix	3 oz	39	trace	1	24	3	0	trace	6	81
2% Milk	1 cup	121	5	8	0	122	18	trace	297	377
Lunch										
Hot Dogs	2 each	203	16	13	0	1283	96	2	95	161
Bread	2 slice	220	2	4	1	269	1	2	54	60
BBQ Sauce	1 oz	21	trace	trace	trace	231	0	1	0	49
Potato Salad	1/2 Cup	179	10	3	2	661	85	1	24	318
Corn Chips	1 oz	153	9	2	2	179	0	trace	36	40
Cookie	2 each	143	6	2	trace	107	15	1	6	19
Sweet Tea	8 oz	18	0	0	0	7	0	trace	trace	88
Dinner										
Chili Mac & Beans	10 oz	758	11	24	10	896	29	10	100	805
Roll	1 Each	134	2	4	1	269	1	2	54	60
Margarine	1/2 oz	102	11	trace	0	134	0	0	4	6
Tossed Salad w/Dressing	1/2 cup	202	23	1	trace	159	10	1	24	83
Cookie	2 each	143	6	2	trace	107	15	1	6	19
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		**2952**				average cal	3054.3704			