

Sept 21, 2020

Consolidated Management Company
2670 106th Street
Des Moines, Iowa 50322

Dear Consolidated Management Company:

This letter is to confirm, that after reviewing 3000 Hot 4-week Warren Menu, that the menu meets the minimum requirement of an average adult with an average of 3000 calories per day.

Please feel free to contact us if you have any additional questions.

Sincerely,

Jennifer Lincecum RDN, LD

9/21/2020

Jennifer Lincecum RDN, LD
ADA Registration# 895279
Iowa License# 001857
File Name: 3000.hot.4wk.Warren.08.2020

3000.hot.4wk.Warren.08.2020.xls

		<u>Calories</u>	<u>Fat (g)</u>	<u>Protein (g)</u>	<u>Fiber (g)</u>	<u>Sodium (mg)</u>	<u>Chol. (mg)</u>	<u>Iron (mg)</u>	<u>Ca (mg)</u>	<u>K (mg)</u>
Day 1										
Breakfast										
Cream of Wheat	1 Cup	140	2	3	2	331	0	49	244	208
Cinnamon Roll	1each	320	4	8	trace	2	310	60	0	2
Margarine	1/2 oz	75	8	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
1% Milk	1 cup	110	1	8	0	107	12	0	297	366
Lunch										
Turkey Burger	4 oz	178	8	25	0	66	73	1	14	312
Bread	2 slice	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
Peas & Carrots	1/2 cup	43	trace	2	3	13	0	1	18	192
Chips	2 oz	306	18	4	4	358	0	trace	72	80
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 Rice Casserole	10 WZ.	447	6	20	2	698	76	9	59	448
Broccoli Cuts	1/2 cup	11	trace	1	1	10	0	trace	18	119
Roll	2-2 oz	298	8	8	4	506	2	4	108	178
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Cookie	2 each	286	12	4	trace	214	30	2	12	38
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		3037								

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		<u>Calories</u>	<u>Fat (g)</u>	<u>Protein (g)</u>	<u>Fiber (g)</u>	<u>Sodium (mg)</u>	<u>Chol. (mg)</u>	<u>Iron (mg)</u>	<u>Ca (mg)</u>	<u>K (mg)</u>
Day 2										
Breakfast										
Cream of Wheat	1 Cup	140	2	3	2	331	0	49	244	208
Coffee Cake	2 each	226	12	4	trace	220	34	2	64	38
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
1% Milk	1 cup	110	1	8	0	107	12	0	297	366
Lunch										
BBQ Meat Sandwich	3 WZ	154	8	15	trace	335	67	1	17	253
Bread	2 slice	220	2	4	1	269	1	2	54	60
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Rice	1 Cup	242	trace	5	1	579	0	18	3	48
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										
Italian Pasta with Meat	10 oz	472	6.5	21	3.5	821	57	8	42	474
Tossed Salad	1/2 cup	33	0	2	0	54	0	1	27	356
Salad Dressing	2T	110	11	trace	1	358	2	trace	4	10
Roll	2-2 oz	298	8	8	4	506	2	4	108	178
Frosted Cake	1/54	347	5	2	0	287	34	trace	81	63
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		3035								

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		<u>Calories</u>	<u>Fat (g)</u>	<u>Protein (g)</u>	<u>Fiber (g)</u>	<u>Sodium (mg)</u>	<u>Chol. (mg)</u>	<u>Iron (mg)</u>	<u>Ca (mg)</u>	<u>K (mg)</u>
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	210	214
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
Turkey sausage Link	2 each	129	10	9	0	320	90	2	trace	trace
1% Milk	1 cup	110	1	8	0	107	12	0	297	366
Lunch										
Chili with Beans and Rice	8 oz.	317	8	11	6	712	23	6	76	548
Crackers	6 each	78	3	3	trace	192	0	6	0	27
Carrots	1/2 cup	28	trace	1	2	23	0	trace	17	208
Roll	2 oz	149	4	4	2	253	1	2	54	89
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
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										
Meat Stroganoff	10 oz	453	13	22	2	703	143	10	160	646
Green Beans	1/2 cup	17	trace	1	2	3	0	1	20	115
Roll	2 oz	149	4	4	2	253	1	2	54	89
Margarine	1/2 oz	75	8	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		3006								

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		<u>Calories</u>	<u>Fat (g)</u>	<u>Protein (g)</u>	<u>Fiber (g)</u>	<u>Sodium (mg)</u>	<u>Chol. (mg)</u>	<u>Iron (mg)</u>	<u>Ca (mg)</u>	<u>K (mg)</u>
Day 4										
Breakfast										
Cream of Wheat	1 Cup	140	2	3	2	331	0	49	244	208
Coffe Cake	1 each	113	6	2	trace	110	17	1	32	19
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
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
1% Milk	1 cup	110	1	8	0	107	12	0	297	366
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	1 cup	592	48	8	2	314	20	trace	20	62
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	1/2 cup	121	trace	2	1	289	0	9	1	25
Gravy	2 oz	88	2.5	2.5	0.5	1162.5	1	0.5	31.5	63
Corn Bread	2 each	346	8	8	0	854	52	2	324	190
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Cookie	1 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		3012								

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		<u>Calories</u>	<u>Fat (g)</u>	<u>Protein (g)</u>	<u>Fiber (g)</u>	<u>Sodium (mg)</u>	<u>Chol. (mg)</u>	<u>Iron (mg)</u>	<u>Ca (mg)</u>	<u>K (mg)</u>
Day 5										
Breakfast										
Oatmeal	1cup	160	5	6	4	270	0	3	42	129
Coffee Cake	2 each	226	12	4	trace	220	34	2	64	38
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Sugar PKT	2 pkt	32	0	0	0	trace	0	trace	trace	trace
1% Milk	1 cup	110	1	8	0	107	12	0	297	366
Canned Fruit Mix	3 oz	39	trace	1	0	3	0	trace	6	81
Lunch										
Ham & Beans	10 oz	250	9	19	9	1080	20	14	6	546
Corn Bread	2 each	356	8	8	0	854	52	2	324	190
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Carrots	1/2 cup	28 trace		1	2	23	0 trace		17	208
Cole Slaw	1/2 cup	41	2	1	1	14	5 trace		27	109
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										
Meat Stew	10 oz	277	13	20	3	1295	76	3	41	787
Roll	2-2 oz	298	8	8	4	506	2	4	108	178
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Corn Chips	2 oz	256	18	4	4	358	0	trace	72	80
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		3015								

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		<u>Calories</u>	<u>Fat (g)</u>	<u>Protein (g)</u>	<u>Fiber (g)</u>	<u>Sodium (mg)</u>	<u>Chol. (mg)</u>	<u>Iron (mg)</u>	<u>Ca (mg)</u>	<u>K (mg)</u>
Day 6										
Breakfast										
Scrambled Eggs	6 oz	280	21	19	0	0	600	2	121	250
American Fries	1/2 Cup	174	6	2	3	36	0	7	1	383
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Biscuit	1 each	191	7	4	1	544	2	1	105	107
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
1% Milk	1 cup	110	1	8	0	107	12	0	297	366
Lunch										
Salisbury Steak	4 oz	325	8	25	1	573	113	2	32	366
Potatoes, Whipped	1/2 Cup	105	3	1	1	242	1	1	2	1
Gravy	2 oz.	88	2	3	trace	1162	1	trace	32	63
Roll	2 oz	149	4	4	2	253	1	2	54	89
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Peas	1/2 cup	59	trace	4	4	4	0	1	18	177
Cookie	1 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	530	30	24	2	24	483	84	330	570
Green Beans	1/2 cup	17	trace	1	2	3	0	1	20	115
Roll	2-2 oz	298	8	8	4	506	2	4	108	178
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Cookie	1 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		2932								

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		<u>Calories</u>	<u>Fat (g)</u>	<u>Protein (g)</u>	<u>Fiber (g)</u>	<u>Sodium (mg)</u>	<u>Chol. (mg)</u>	<u>Iron (mg)</u>	<u>Ca (mg)</u>	<u>K (mg)</u>
Day 7										
Breakfast										
Cream of Wheat	1 Cup	140	2	3	2	331	0	49	244	208
Coffee Cake	2 each	226	12	4	trace	220	34	2	64	38
Margarine	1/2 oz	75	8	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
1% Milk	1 cup	110	1	8	0	107	12	0	297	366
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
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
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	325	8	25	1	573	113	2	32	366
Potatoes, Whipped	1 cup	210	6	2	2	484	2	2	4	2
Gravy	3 oz	132	3	4	1	1743	1	1	48	94
Roll	2 oz	149	4	4	2	253	1	2	54	89
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Mixed Veggies	1/2 cup	44	trace	2	5	274	0	1	26	169
Cookie	1 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		2957								

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		<u>Calories</u>	<u>Fat (g)</u>	<u>Protein (g)</u>	<u>Fiber (g)</u>	<u>Sodium (mg)</u>	<u>Chol. (mg)</u>	<u>Iron (mg)</u>	<u>Ca (mg)</u>	<u>K (mg)</u>
Day 8										
Breakfast										
Country Gravy	6 oz.	180	5	1	0	1992	24	7	72	192
Biscuit	2 each	382	14	8	2	1088	4	2	210	214
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
1% Milk	1 cup	110	1	8	0	107	12	0	297	366
Lunch										
Cheeseburger Casserole	10 oz	410	13	34	1	370	116	5	143	608
Roll	2 oz	149	4	4	2	253	1	2	54	89
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Tossed Salad	1/2 cup	33	0	2	0	54	0	1	27	356
Salad Dressing	2T	110	11	trace	1	358	2	trace	4	10
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 Tetrazinni	10 oz	358	16	22	1	431	77	9	244	235
Peas	1/2 cup	59	trace	4	4	4	0	1	18	177
Roll	2-2 oz	298	8	8	4	506	2	4	108	178
Margarine	1/2 oz	75	8	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		3103								

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		<u>Calories</u>	<u>Fat (g)</u>	<u>Protein (g)</u>	<u>Fiber (g)</u>	<u>Sodium (mg)</u>	<u>Chol. (mg)</u>	<u>Iron (mg)</u>	<u>Ca (mg)</u>	<u>K (mg)</u>
Day 9										
Breakfast										
Cream of Wheat	1 Cup	140	2	3	2	331	0	49	244	208
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
1% Milk	1 cup	110	1	8	0	107	12	0	297	366
Lunch										
Chili Cheese Fritos (2oz/1oz)										
Chili Con Carne	1/2 cup	168	3	16	5	30	28	0.19	4	234
Fritos	1 oz	153	9	2	2	179	0	trace	36	40
Shredded Cheese	1 oz	114	9	7	0	176	30	1	20	28
Tossed Salad	1/2 cup	33	0	2	0	54	0	1	27	356
Salad Dressing	2T	110	11	trace	1	358	2	trace	4	10
Roll	2 oz	149	4	4	2	253	1	2	54	89
Frosted Cake	1/54	347	5	2	0	287	34	trace	81	63
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Sweet Tea	8 oz	18	0	0	0	7	0	trace	trace	88
Dinner										
Italian Pasta with Meat	12 oz	566	8	25	4	985	68	10	50	568
Green Beans	1/2 cup	17	trace	1	2	3	0	1	20	115
Roll	2 oz	149	4	4	2	253	1	2	54	89
Cookie	2 each	286	12	4	trace	214	30	2	12	38
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		2940								

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		<u>Calories</u>	<u>Fat (g)</u>	<u>Protein (g)</u>	<u>Fiber (g)</u>	<u>Sodium (mg)</u>	<u>Chol. (mg)</u>	<u>Iron (mg)</u>	<u>Ca (mg)</u>	<u>K (mg)</u>
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	210	214
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
1% Milk	1 cup	110	1	8	0	107	12	0	297	366
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
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 Rice Casserole	10 oz	447	6	20	2	698	76	9	59	448
Roll	2 oz	149	4	4	2	253	1	2	54	89
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Pinto Beans	1/2 cup	123	trace	6	4	25	0	1	1	265
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		3092								

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		<u>Calories</u>	<u>Fat (g)</u>	<u>Protein (g)</u>	<u>Fiber (g)</u>	<u>Sodium (mg)</u>	<u>Chol. (mg)</u>	<u>Iron (mg)</u>	<u>Ca (mg)</u>	<u>K (mg)</u>
Day 11										
Breakfast										
Oatmeal	1 Cup	160	5	6	4	270	0	3	42	129
Muffin	2 each	336	12	8	4	532	44	2	228	138
Margarine	1/2 oz	75	8	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
1% Milk	1 cup	110	1	8	0	107	12	0	297	366
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
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	75	8	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										
Scalloped Potatoes & Turkey Ham	10 WZ	315	23	20	3	1565	133	3	192	869
Mixed Veggies	1/2 cup	44	trace	2	5	274	0	1	26	169
Roll	2-2 oz	298	8	8	4	506	2	4	108	178
Margarine	1/2 oz	75	8	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		3065								

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		<u>Calories</u>	<u>Fat (g)</u>	<u>Protein (g)</u>	<u>Fiber (g)</u>	<u>Sodium (mg)</u>	<u>Chol. (mg)</u>	<u>Iron (mg)</u>	<u>Ca (mg)</u>	<u>K (mg)</u>
Day 12										
Breakfast										
Cream of Wheat	1 Cup	140	2	3	2	331	0	49	244	208
Coffee Cake	2 each	226	12	4	trace	220	34	2	64	38
Margarine	1/2 oz	75	8	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
1% Milk	1 cup	110	1	8	0	107	12	0	297	366
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	242	trace	5	1	579	0	18	3	48
Corn	1/2 cup	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										
Beans and Franks	12oz	420	14	16	10	1639	19	4	247	717
Corn Bread	2 each	346	8	8	0	854	52	2	324	190
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Cole Slaw	1/2 cup	41	2	1	1	14	5	trace	27	109
Cookie	1 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		2919								

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		<u>Calories</u>	<u>Fat (g)</u>	<u>Protein (g)</u>	<u>Fiber (g)</u>	<u>Sodium (mg)</u>	<u>Chol. (mg)</u>	<u>Iron (mg)</u>	<u>Ca (mg)</u>	<u>K (mg)</u>
Day 13										
Breakfast										
Scrambled Eggs	6 oz	361	27	23	0	381	725	2	100	250
Margarine	1/2 oz	75	8	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	1	3	0	trace	6	81
1% Milk	1 cup	110	1	8	0	107	12	0	297	366
Lunch										
Texas Tator	1 each 8oz	307	5	10	8	460	14	5	62	1213
Cheese Sauce	2 oz	102	7	4	trace	187	15	1	14	98
Tossed Salad	1/2 cup	33	0	2	0	54	0	1	27	356
Salad Dressing	2T	110	11	trace	1	358	2	trace	4	10
Carrots	1/2 cup	28	trace	1	2	23	0	trace	17	208
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 Tetrazinni	10 oz	358	16	22	1	431	77	9	244	235
Rice	1 Cup	242	trace	5	1	579	0	18	3	48
Biscuit	1 each	191	7	4	1	544	2	1	105	107
Margarine	1/2 oz	75	8	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
Fruit Drink	8 oz.	5	0	0	trace	0	0	0	0	0
Total Calories		2998								

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		<u>Calories</u>	<u>Fat (g)</u>	<u>Protein (g)</u>	<u>Fiber (g)</u>	<u>Sodium (mg)</u>	<u>Chol. (mg)</u>	<u>Iron (mg)</u>	<u>Ca (mg)</u>	<u>K (mg)</u>
Day 14										
Breakfast										
Oatmeal	1 cup	160	5	6	4	270	0	3	42	129
Coffee Cake	2 each	226	12	4	trace	220	34	2	64	38
Margarine	1/2 oz	75	8	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
1% Milk	1 cup	110	1	8	0	107	12	0	297	366
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
BBQ Sauce	2 oz	42	trace	trace	trace	462	0	2	0	98
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
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 Rice Burrito	10 oz	671	10	26	2	316	69	7	59	382
Pinto Beans	1 cup	246	trace	12	8	50	0	2	2	530
Chips	1 oz	153	9	2	2	179	0	trace	36	40
Cookie	1 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		3020								

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		<u>Calories</u>	<u>Fat (g)</u>	<u>Protein (g)</u>	<u>Fiber (g)</u>	<u>Sodium (mg)</u>	<u>Chol. (mg)</u>	<u>Iron (mg)</u>	<u>Ca (mg)</u>	<u>K (mg)</u>
Day 15										
Breakfast										
Cream of Wheat	1 Cup	140	2	3	2	331	0	49	244	208
Cinnamon Roll	1each	320	4	8	trace	2	310	60	0	2
Margarine	1/2 oz	75	8	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
1% Milk	1 cup	110	1	8	0	107	12	0	297	366
Lunch										
Turkey Burger	4 oz	178	8	25	0	66	73	1	14	312
Bread	2 slice	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
Peas & Carrots	1/2 cup	43	trace	2	3	13	0	1	18	192
Chips	2 oz	306	18	4	4	358	0	trace	72	80
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										
Chili Mac & Beans	10 oz	492	9.8	20	13	2446	77	10	100	1492
Tossed Salad	1/2 cup	33	0	2	0	54	0	1	27	356
Salad Dressing	2T	110	11	trace	1	358	2	trace	4	10
Roll	2oz	149	4	4	2	253	1	2	54	89
Margarine	1/2 oz	75	8	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		3126								

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		<u>Calories</u>	<u>Fat (g)</u>	<u>Protein (g)</u>	<u>Fiber (g)</u>	<u>Sodium (mg)</u>	<u>Chol. (mg)</u>	<u>Iron (mg)</u>	<u>Ca (mg)</u>	<u>K (mg)</u>
Day 16										
Breakfast										
Country Gravy	4 oz	120	3	1	0	1328	16	3	48	128
Biscuit	1 each	191	7	4	1	544	2	1	105	107
Margarine	1/2 oz	75	8	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
1% Milk	1 cup	110	1	8	0	107	12	0	297	366
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
Bread	2 slice	220	2	4	1	269	1	2	54	60
Margarine	1/2 oz	75	8	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										
Meat Stew	10 oz	277	13	20	3	1295	76	3	41	787
Roll	2oz	149	4	4	2	253	1	2	54	89
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Pretzels	1 oz	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		3106								

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		<u>Calories</u>	<u>Fat (g)</u>	<u>Protein (g)</u>	<u>Fiber (g)</u>	<u>Sodium (mg)</u>	<u>Chol. (mg)</u>	<u>Iron (mg)</u>	<u>Ca (mg)</u>	<u>K (mg)</u>
Day 17										
Breakfast										
Scrambled Eggs	6 oz	361	27	23	0	381	725	2	100	250
Turkey sausage Link	2 each	120	0	0	0	trace	0	trace	trace	trace
Biscuit	2 each	382	14	8	2	1088	4	2	210	214
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
1% Milk	1 cup	110	1	8	0	107	12	0	297	366
Lunch										
BBQ Meat Sandwich	3 WZ	154	8	15	trace	335	67	1	17	253
Bread	2 slice	220	2	4	1	269	1	2	54	60
Corn	1/2 cup	67	1	2	2	12	0	trace	2	209
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
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										
Salisbury Steak	3 oz	244	6	19	1	430	85	2	24	275
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
Mixed Veggies	1/2 cup	44	trace	2	5	274	0	1	26	169
Roll	2 oz	149	4	4	2	253	1	2	54	89
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Cookie	1 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		2956								

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		<u>Calories</u>	<u>Fat (g)</u>	<u>Protein (g)</u>	<u>Fiber (g)</u>	<u>Sodium (mg)</u>	<u>Chol. (mg)</u>	<u>Iron (mg)</u>	<u>Ca (mg)</u>	<u>K (mg)</u>
Day 18										
Breakfast										
Cream of Wheat	1 Cup	140	2	3	2	331	0	49	244	208
Muffin	2 each	336	12	8	4	532	44	2	228	138
Margarine	1/2 oz	75	8	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
1% Milk	1 cup	110	1	8	0	107	12	0	297	366
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	2-2 oz	298	8	8	4	506	2	4	108	178
Margarine	1/2 oz	75	8	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	242	trace	5	1	579	0	18	3	48
Gravy	2 oz	88	2	2	1	1162	1	1	32	62
Mixed Veggies	1/2 cup	44	trace	2	5	274	0	1	26	169
Roll	2 oz	149	4	4	2	253	1	2	54	89
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Cookie	1 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		2949								

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		<u>Calories</u>	<u>Fat (g)</u>	<u>Protein (g)</u>	<u>Fiber (g)</u>	<u>Sodium (mg)</u>	<u>Chol. (mg)</u>	<u>Iron (mg)</u>	<u>Ca (mg)</u>	<u>K (mg)</u>
Day 19										
Breakfast										
Oatmeal	1cup	160	5	6	4	270	0	3	42	129
Coffee Cake	2 each	226	12	4	trace	220	34	2	64	38
Margarine	1/2 oz	75	8	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
1% Milk	1 cup	110	1	8	0	107	12	0	297	366
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	242	trace	5	1	579	0	18	3	48
Tossed Salad	1/2 cup	33	0	2	0	54	0	1	27	356
Salad Dressing	2T	110	11	trace	1	358	2	trace	4	10
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										
Italian Pasta with Meat	10 oz	472	6.5	21	3.5	821	57	8	42	474
Green Beans	1/2 cup	17	trace	1	2	3	0	1	20	115
Roll	2 oz	149	4	4	2	253	1	2	54	89
Margarine	1/2 oz	75	8	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		3050								

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		<u>Calories</u>	<u>Fat (g)</u>	<u>Protein (g)</u>	<u>Fiber (g)</u>	<u>Sodium (mg)</u>	<u>Chol. (mg)</u>	<u>Iron (mg)</u>	<u>Ca (mg)</u>	<u>K (mg)</u>
Day 20										
Breakfast										
Scrambled Eggs	6 oz	361	27	23	0	381	725	2	100	250
Biscuit	1 each	191	7	4	1	544	2	1	105	107
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
American Fries	1/2 Cup	174	6	2	3	36	0	7	1	383
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
1% Milk	1 cup	110	1	8	0	107	12	0	297	366
Lunch										
Breaded Chicken Patty	3 oz	221	14	13	1	373	29	5	0	0
Rice	1 Cup	242	trace	5	1	579	0	18	3	48
Gravy	2 oz	88	2	2	1	1162	1	1	32	62
Bread	2 slice	220	2	4	1	269	1	2	54	60
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Carrots	1/2 cup	28	trace	1	2	23	0	trace	17	208
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 Tetrazinni	10 oz	358	16	22	1	431	77	9	244	235
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	75	8	trace	0	134	0	0	4	6
Cookie	1 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		3038								

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		<u>Calories</u>	<u>Fat (g)</u>	<u>Protein (g)</u>	<u>Fiber (g)</u>	<u>Sodium (mg)</u>	<u>Chol. (mg)</u>	<u>Iron (mg)</u>	<u>Ca (mg)</u>	<u>K (mg)</u>
Day 21										
Breakfast										
Oatmeal	1cup	160	5	6	4	270	0	3	42	129
Coffee Cake	2 each	226	12	4	trace	220	34	2	64	38
Margarine	1/2 oz	75	8	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
1% Milk	1 cup	110	1	8	0	107	12	0	297	366
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	1/2 cup	118	1	6	6	504	0	trace	64	376
Corn Chips	1 oz	153	9	2	2	179	0	trace	36	40
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										
Beans & Turkey Ham	10 WZ	436	23	25	9	2321	133	5	210	729
Corn Bread	2 each	346	10	10	856	856	52	2	324	192
Margarine	1/2 oz	75	8	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		3026								

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		<u>Calories</u>	<u>Fat (g)</u>	<u>Protein (g)</u>	<u>Fiber (g)</u>	<u>Sodium (mg)</u>	<u>Chol. (mg)</u>	<u>Iron (mg)</u>	<u>Ca (mg)</u>	<u>K (mg)</u>
Day 22										
Breakfast										
Cream of Wheat	1 Cup	140	2	3	2	331	0	49	244	208
Cinnamon Roll	1each	320	4	8	66	2	310	60	0	2
Margarine	1/2 oz	75	8	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
1% Milk	1 cup	110	1	8	0	107	12	0	297	366
Lunch										
Texas Tator	1 each 8 oz	307	5	10	8	460	14	5	62	1213
Cheese Sauce	2 oz	102	7	4	trace	187	15	1	14	98
Tossed Salad	1/2 cup	33	0	2	0	54	0	1	27	356
Salad Dressing	2T	110	11	trace	1	358	2	trace	4	10
Roll	2 oz	149	4	4	2	253	1	2	54	89
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
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										
Salisbury Steak	3 oz	244	6	19	1	430	85	2	24	275
Roasted Potatoes with oil	1/2 cup	361	17	5	4	234	0	1	16	815
Gravy	2 oz.	88	2	3	trace	1162	1	trace	32	63
Green Beans	1/2 cup	17	trace	1	2	3	0	1	20	115
Roll	2 oz	149	4	4	2	253	1	2	54	89
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Cookie	1 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								

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		<u>Calories</u>	<u>Fat (g)</u>	<u>Protein (g)</u>	<u>Fiber (g)</u>	<u>Sodium (mg)</u>	<u>Chol. (mg)</u>	<u>Iron (mg)</u>	<u>Ca (mg)</u>	<u>K (mg)</u>
Day 23										
Breakfast										
Oatmeal	1cup	160	5	6	4	270	0	3	42	129
Coffee Cake	2 each	226	12	4	trace	220	34	2	64	38
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Sugar PKT	2 pkt	32	0	0	0	trace	0	trace	trace	trace
Canned Fruit Mix	3 oz	39	trace	1	1	3	0	trace	6	81
1% Milk	1 cup	110	1	8	0	107	12	0	297	366
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	242	trace	5	1	579	0	18	3	48
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										
Meat Stew	10 oz	277	13	20	3	1295	76	3	41	787
Biscuit	1 each	191	7	4	1	544	2	1	105	107
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Fritos	1 oz	153	9	2	2	179	0	trace	36	40
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		2924								

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		<u>Calories</u>	<u>Fat (g)</u>	<u>Protein (g)</u>	<u>Fiber (g)</u>	<u>Sodium (mg)</u>	<u>Chol. (mg)</u>	<u>Iron (mg)</u>	<u>Ca (mg)</u>	<u>K (mg)</u>
Day 24										
Breakfast										
Country Gravy	6 oz.	180	5	1	0	1992	24	7	72	192
Biscuit	2 each	382	14	8	2	1088	4	2	210	214
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
1% Milk	1 cup	110	1	8	0	107	12	0	297	366
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
Bread	2 slice	220	2	4	1	269	1	2	54	60
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Ketchup	2 Tbsp	32	trace	trace	trace	356	0	trace	6	144
Mustard	2 Tbsp	22	2	2	trace	376	0	trace	26	40
Chips	2 oz	256	18	4	4	358	0	trace	72	80
Tossed Salad	1/2 cup	33	0	2	0	54	0	1	27	356
Salad Dressing	2T	110	11	trace	1	358	2	trace	4	10
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 & Noodle	10 oz	375	12	20	1	153	70	2	75	327
Mixed Veggies	1/2 cup	44	trace	2	5	274	0	1	26	169
Roll	2-2oz	298	8	8	4	506	2	4	108	178
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Cookie	1 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		3083								

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		<u>Calories</u>	<u>Fat (g)</u>	<u>Protein (g)</u>	<u>Fiber (g)</u>	<u>Sodium (mg)</u>	<u>Chol. (mg)</u>	<u>Iron (mg)</u>	<u>Ca (mg)</u>	<u>K (mg)</u>
Day 25										
Breakfast										
Cream of Wheat	1 Cup	140	2	3	2	331	0	49	244	208
Coffee Cake	2 each	226	12	4	trace	220	34	2	64	38
Margarine	1/2 oz	75	8	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
1% Milk	1 cup	110	1	8	0	107	12	0	297	366
Lunch										
Sloppy Joe	4 oz	206	7	15	0	80	67	1	11	198
Bread	2 slice	220	2	4	1	269	1	2	54	60
Fritos	1 oz	153	9	2	2	179	0	trace	36	40
Macaroni Salad	4 oz	392	24	7	1	160	10	2	14	94
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										
Italian Pasta with Meat	10 oz	472	6.5	21	3.5	821	57	8	42	474
Green Beans	1/2 cup	17	trace	1	2	3	0	1	20	115
Roll	2-2oz	298	8	8	4	506	2	4	108	178
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Cookie	1 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		3001								

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		<u>Calories</u>	<u>Fat (g)</u>	<u>Protein (g)</u>	<u>Fiber (g)</u>	<u>Sodium (mg)</u>	<u>Chol. (mg)</u>	<u>Iron (mg)</u>	<u>Ca (mg)</u>	<u>K (mg)</u>
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	210	214
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Fruit	3 oz	72	trace	trace	1	3	0	trace	4	0
1% Milk	1 cup	110	1	8	0	107	12	0	297	366
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
Tossed Salad	1/2 cup	33	0	2	0	54	0	1	27	356
Salad Dressing	2T	110	11	trace	1	358	2	trace	4	10
Roll	2 oz	149	4	4	2	253	1	2	54	89
Margarine	1/2 oz	75	8	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										
Scalloped Potatoes & Turkey Ham	10 WZ	315	23	20	3	1565	133	3	192	869
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	75	8	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		3000								

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		<u>Calories</u>	<u>Fat (g)</u>	<u>Protein (g)</u>	<u>Fiber (g)</u>	<u>Sodium (mg)</u>	<u>Chol. (mg)</u>	<u>Iron (mg)</u>	<u>Ca (mg)</u>	<u>K (mg)</u>
Day 27										
Breakfast										
Scrambled Eggs	6 oz	361	27	23	0	381	725	2	100	250
Biscuit	2 each	382	14	8	2	1088	4	2	210	214
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
American Fries	1/2 Cup	174	6	2	3	36	0	7	1	383
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
Roll	2 oz	149	4	4	2	253	1	2	54	89
Potatoes, Whipped	1/2 Cup	105	3	1	1	242	1	1	2	1
Gravy	3 oz	132	3	4	1	1743	1	1	48	94
Peas	1/2 cup	59	trace	4	4	4	0	1	18	177
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Cookie	1 each	143	6	2	trace	107	15	1	6	19
Sweet Tea	8 oz	18	0	0	0	7	0	trace	trace	88
Dinner										
Cheeseburger Casserole	10 oz	410	13	34	1	370	116	5	143	608
Tossed Salad	1/2 cup	33	0	2	0	54	0	1	27	356
Salad Dressing	2T	110	11	trace	1	358	2	trace	4	10
Biscuit	1 each	191	7	4	1	544	2	1	105	107
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Cookie	1 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		3036								

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		<u>Calories</u>	<u>Fat (g)</u>	<u>Protein (g)</u>	<u>Fiber (g)</u>	<u>Sodium (mg)</u>	<u>Chol. (mg)</u>	<u>Iron (mg)</u>	<u>Ca (mg)</u>	<u>K (mg)</u>
Day 28										
Breakfast										
Oatmeal	1cup	160	5	13	9	3	0	3	42	284
Mufin	2 each	336	12	8	4	532	44	2	228	138
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
Canned Fruit Mix	3 oz	39	trace	1	1	3	0	trace	6	81
1% Milk	1 cup	110	1	8	0	107	12	0	297	366
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
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										
Chili Mac & Beans	10 oz	492	9.8	20	13	2446	77	10	100	1492
Roll	2 oz	149	4	4	2	253	1	2	54	89
Margarine	1/2 oz	75	8	trace	0	134	0	0	4	6
Tossed Salad	1/2 cup	33	0	2	0	54	0	1	27	356
Salad Dressing	2T	110	11	trace	1	358	2	trace	4	10
Cookie	1 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		2927				average cal	3013.1852			