

| 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 %    |
|---|------------|--------------|--------------|-------------|---------------------|----------------|------------------------|-------------------|--------------------|-------------|-------------|---------------|-------------|-------------|-----------|-----------|
| <b>Menu 1 - Spaghetti With Meat Sauce</b> |            |              |              |             |                     |                |                        |                   |                    |             |             |               |             |             |           |           |
| 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          | 4                   | 0              | 45                     | 180               | 35                 | 0           | 19          | 3             | 0           | 0           | 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         |
| <b>Total</b>                              |            | <b>574</b>   | <b>1,200</b> | <b>40.5</b> | <b>19.5</b>         | <b>-</b>       | <b>110</b>             | <b>1,565</b>      | <b>182</b>         | <b>6</b>    | <b>85</b>   | <b>27</b>     | <b>14</b>   | <b>23</b>   | <b>22</b> | <b>48</b> |

**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          | 4.5         | 0        | 45        | 170          | 35         | 1         | 19        | 3         | 2         | 0         | 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         |
| <b>Total</b>                  |            | <b>574</b> | <b>1,160</b> | <b>36.5</b> | <b>16.5</b> | <b>-</b> | <b>90</b> | <b>1,915</b> | <b>175</b> | <b>10</b> | <b>85</b> | <b>30</b> | <b>59</b> | <b>35</b> | <b>25</b> | <b>52</b> |

**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         |
| <b>Total</b>                   |            | <b>563</b> | <b>1,210</b> | <b>37.0</b> | <b>16.0</b> | <b>-</b> | <b>45</b> | <b>1,435</b> | <b>199</b> | <b>9</b> | <b>91</b> | <b>20</b> | <b>14</b> | <b>53</b> | <b>18</b> | <b>34</b> |

**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         |
| <b>Total</b>                  |            | <b>578</b> | <b>1,190</b> | <b>24.0</b> | <b>11.5</b> | <b>-</b> | <b>40</b> | <b>1,585</b> | <b>217</b> | <b>7</b> | <b>114</b> | <b>26</b> | <b>32</b> | <b>14</b> | <b>77</b> | <b>34</b> |

**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         |
| <b>Total</b>                |            | <b>578</b> | <b>1,190</b> | <b>30.5</b> | <b>13.5</b> | <b>-</b> | <b>35</b> | <b>2,475</b> | <b>210</b> | <b>17</b> | <b>114</b> | <b>29</b> | <b>20</b> | <b>14</b> | <b>66</b> | <b>41</b> |

**Menu 6 - Shredded Beef in BBQ Sauce**

| 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         |
| <b>Total</b>               |            | <b>560</b>   | <b>1,160</b> | <b>29.5</b> | <b>12.5</b>         | <b>-</b>       | <b>65</b>              | <b>1,115</b>      | <b>194</b>         | <b>7</b>    | <b>98</b>   | <b>24</b>     | <b>8</b>    | <b>530</b>  | <b>12</b> | <b>39</b> |

**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         |
| <b>Total</b>               |            | <b>564</b> | <b>1,190</b> | <b>21.0</b> | <b>11.5</b> | <b>-</b> | <b>30</b> | <b>1,265</b> | <b>220</b> | <b>6</b> | <b>129</b> | <b>27</b> | <b>16</b> | <b>532</b> | <b>60</b> | <b>33</b> |

**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         | -         | -         | -         | -         | -         |
| <b>Total</b>            |            | <b>588</b> | <b>1,160</b> | <b>23.5</b> | <b>11.0</b> | <b>-</b> | <b>5</b> | <b>2,800</b> | <b>221</b> | <b>24</b> | <b>117</b> | <b>31</b> | <b>39</b> | <b>82</b> | <b>88</b> | <b>51</b> |

**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         |
| <b>Total</b>               |            | <b>487</b> | <b>1,200</b> | <b>49.5</b> | <b>19.0</b> | <b>-</b> | <b>75</b> | <b>1,865</b> | <b>164</b> | <b>5</b> | <b>76</b> | <b>28</b> | <b>12</b> | <b>130</b> | <b>4</b> | <b>34</b> |

**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         |
| <b>Total</b>               |            | <b>579</b> | <b>1,190</b> | <b>25.0</b> | <b>10.0</b> | <b>-</b> | <b>-</b> | <b>830</b> | <b>235</b> | <b>7</b> | <b>146</b> | <b>11</b> | <b>12</b> | <b>4</b> | <b>8</b> | <b>38</b> |

**Menu 11 - Hash Browns with Sausage Patty**

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

