



MEAL KIT SUPPLY JULY 2022 MENU								
MEAL KIT SUPPLY	Entrée	Side	Dessert	Bread	Jam/Spread	Beverage 1	Beverage 2	Vegetarian
1	Spaghetti w/ Meat & Sauce	Au Gratin Potatoes	TFF Lemon Poppy Seed Cake	MRE Cracker Packed	Peanut Butter Fortified	Tropical Punch powder	Chocolate Protein Powder	No
2	Chili w/ Beans	Santa Fe Style Rice & Beans	TFF Marble Pound Cake	MRE Cracker Packed	Cheese Spread Fortified	Tropical Punch powder	Chocolate Protein Powder	Yes
3	Elbow Macaroni in Tomato Sauce	Au Gratin Potatoes	Chocolate Chip Cookie	MRE Cracker Packed	Cheese Spread Fortified	Tropical Punch powder	Chocolate Protein Powder	Yes
4	Cheese Tortellini	Santa Fe Style Rice & Beans	Applesauce Cake	Wheat Snack Bread	Peanut Butter Fortified	Grape Beverage Powder	Chocolate Protein Powder	Yes
5	Meatballs in Marinara Sauce	Black Beans In Sauce	Applesauce Cake	Wheat Snack Bread	Grape Jelly	Grape Beverage Powder	Chocolate Protein Powder	No
6	Beef Ravioli in Meat Sauce	Zapplesauce	TFF Vanilla Cake	MRE Cracker Packed	Blackberry Jam	Grape Beverage Powder	Chocolate Protein Powder	No
7	Beef Ravioli in Meat Sauce	Zapplesauce	Oatmeal Cookie	MRE Cracker Packed	Grape Jelly	Lemon Lime Powder	Chocolate Protein Powder	No
8	Vegetarian Taco Pasta	Black Beans In Sauce	Oatmeal Cookie	Tortillas	Grape Jelly	Lemon Lime Powder	Chocolate Protein Powder	Yes
9	Hash Browns 5oz	Pork Sausage Patty	Frosted Brown Sugar Toaster Pastry	MRE Cracker Packed	Blackberry Jam	Lemon Lime Powder		No
10	Cherry Almond Rolled Oats	Cherry Blueberry Cobbler	Frosted Brown Sugar Toaster Pastry	MRE Cracker Packed	Peanut Butter Fortified	Orange drink powder		Yes
11	Hash Browns 5oz	Pork Sausage Patty	Frosted Brown Sugar Toaster Pastry	MRE Cracker Packed	Strawberry Jam	Orange drink powder	Chocolate Protein Powder	Yes
12	Blueberry Maple Rolled Oats	Zapplesauce	Frosted Brown Sugar Toaster Pastry	MRE Cracker Packed	Peanut Butter Fortified	Orange drink powder		Yes

Average Menu Totals 1,295 calories per meal.
 Each menu will contain the following condiment kit:
 7" DARK BROWN SPOON WITH NAPKIN, WET NAP, SALT, PEPPER, COFFEE, CREAMER, SUGARS



JULY 2022 NUTRITIONAL DETAILS

Name of Item	Type	Weight (g)	Calories	Fat (g)	Saturated Fat (g)	Transfat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
MENU #1																
Spaghetti w/ Meat & Sauce	Entrée	227	290	12	5	0	20	640	24	2	7	20	10	40	10	15
Au Gratin Potatoes	Side	142	230	11	7	0	35	470	28	2	3	5	2	8	8	4
TFF Marble Poppy Seed Cake	Dessert	71	270	12	4	0	45	180	35	0	19	3	0	0	4	10
MRE Cracker Packed	Bread	47	180	5	1	0	0	85	28	1	1	4	0	0	0	10
Peanut Butter Fortified	Spread	43	250	21	4	0	0	220	10	3	4	10	0	0	0	2
Lemon Lime Electrolyte	Drink	24	90	0	0	0	0	130	23	0	22	0	0	0	0	0
Chocolate Protein Drink Powder	Drink	71	280	2	1	0	0	260	50	4	35	14	0	60	4	20
TOTAL		625	1,590	63	22	0	100	1,985	198	12	91	56	12	108	28	63
MENU #2																
Chili With Beans	Entrée	227	280	11	4	0	15	540	29	6	6	18	6	25	8	20
Santa Fe Style Rice & Beans	Side	142	210	9	4	0	20	650	25	2	4	7	4	4	20	8
TFF Marble Pound Cake	Dessert	71	270	12	5	0	45	170	35	1	19	3	0	0	2	10
MRE Cracker Packed	Bread	47	180	5	1	0	0	85	28	1	1	4	0	0	0	10
Cheese Spread Fortified	Spread	43	180	17	10	0	0	300	1	0	0	5	60	70	15	0
Lemon Lime Electrolyte	Drink	24	90	0	0	0	0	130	23	0	22	0	0	0	0	0
Chocolate Protein Drink Powder	Drink	71	280	2	1	0	0	260	50	4	35	14	0	60	4	20
TOTAL		625	1,490	56	24	0	130	2,135	191	14	87	51	72	159	49	68
MENU #3																
Elbow Macaroni in Tomato Sauce	Entrée	227	220	4	0	0	0	500	40	4	12	7	10	45	6	10
Au Gratin Potatoes	Side	142	230	11	7	0	35	470	28	2	3	5	2	8	8	4
Chocolate Chip Cookie	Dessert	60	280	15	8	0	10	170	35	1	18	3	0	0	2	10
MRE Cracker Packed	Bread	47	180	5	1	0	0	85	28	1	1	4	0	0	0	10
Cheese Spread Fortified	Spread	43	180	17	10	0	0	300	1	0	0	5	60	70	15	0
Lemon Lime Electrolyte	Drink	24	90	0	0	0	0	130	23	0	22	0	0	0	0	0
Chocolate Protein Drink Powder	Drink	71	280	2	1	0	0	260	50	4	35	14	0	60	4	20
TOTAL		614	1,460	53	27	0	95	1,915	205	12	91	38	72	183	35	54
MENU #4																
Cheese Tortellini	Entrée	227	250	6	3	0	20	480	38	3	4	11	8	30	10	10
Santa Fe Style Rice and Beans	Side	142	210	9	4	0	20	650	25	2	4	7	4	4	20	8
Applesauce Cake	Dessert	71	270	13	5	0	40	190	33	1	21	3	0	35	2	6
Wheat Snack Bread	Bread	57	190	5	3	0	0	350	27	1	3	4	0	0	20	10
Peanut Butter Fortified	Spread	43	250	21	4	0	0	220	10	3	4	10	0	0	2	4
Lemon Lime Electrolyte	Drink	24	90	0	0	0	0	130	23	0	22	0	0	0	0	0
Chocolate Protein Drink Powder	Drink	71	280	2	1	0	0	260	50	4	35	14	0	60	4	20
TOTAL		635	1,540	56	19	0	80	2,280	206	14	93	49	12	129	58	58
MENU #5																
Meatballs in Marinara Sauce	Entrée	227	280	14	5	0	30	1,030	27	2	7	10	6	2	8	10
Black Beans in Sauce	Side	142	130	4	1	0	0	850	30	13	2	8	4	10	6	15
Applesauce Cake	Dessert	71	270	13	5	0	40	190	33	1	21	3	0	35	2	6
Wheat Snack Bread	Bread	57	190	5	3	0	0	350	27	1	3	4	0	0	20	10
Grape Jelly	Spread	28	70	0	0	0	0	17	0	12	0	0	0	0	0	0
Fruit Punch Electrolyte	Drink	24	90	0	0	0	0	135	23	0	22	0	0	0	0	0
Chocolate Protein Drink Powder	Drink	71	280	2	1	0	0	260	50	4	35	14	0	60	4	20
TOTAL		620	1,310	38	14	0	70	2,815	207	21	102	39	10	107	40	61
MENU #6																
Beef Ravioli in Meat Sauce	Entrée	227	270	7	3	0	15	680	36	3	5	15	6	30	8	15
Zapplesauce	Side	128	130	0	0	0	0	0	33	2	19	0	0	520	0	0
TFF Vanilla Cake	Dessert	71	270	12	4	0	40	190	35	1	18	3	0	0	2	8
MRE Cracker Packed	Bread	47	180	5	1	0	0	85	28	1	1	4	0	0	0	10
Blackberry Jam	Spread	28	80	0	0	0	0	19	1	18	0	0	0	0	0	0
Fruit Punch Electrolyte	Drink	24	90	0	0	0	0	135	23	0	22	0	0	0	0	0
Chocolate Protein Drink Powder	Drink	71	280	2	1	0	0	260	50	4	35	14	0	60	4	20
TOTAL		596	1,300	26	9	0	55	1,350	224	12	118	36	6	610	14	53
MENU #7																
Beef Ravioli in Meat Sauce	Entrée	227	270	7	3	0	15	680	36	3	5	15	6	30	8	15
Zapplesauce	Side	128	130	0	0	0	0	0	33	2	19	0	0	520	0	0
Oatmeal Cookie	Dessert	57	280	15	7	0	15	125	33	1	17	3	0	0	2	6
MRE Cracker Packed	Bread	47	180	5	1	0	0	85	28	1	1	4	0	0	0	10
Grape Jelly	Spread	28	70	0	0	0	0	17	0	12	0	0	0	0	0	0
Lemon Lime Electrolyte	Drink	24	90	0	0	0	0	130	23	0	22	0	0	0	0	0
Chocolate Protein Drink Powder	Drink	71	280	2	1	0	0	260	50	4	35	14	0	60	4	20
TOTAL		582	1,300	29	12	0	30	1,280	220	11	111	36	6	610	14	51
MENU #8																
Vegetarian Taco Pasta	Entrée	227	250	7	1	0	0	1,080	40	9	8	12	25	70	10	20
Black Beans in Sauce	Side	142	130	4	1	0	0	850	30	13	2	8	4	10	6	15
Oatmeal Cookie	Dessert	57	280	15	7	0	15	125	33	1	17	3	0	0	2	6
Tortillas	Bread	57	190	5	3	0	0	360	26	1	3	4	0	0	20	10
Grape Jelly	Spread	28	70	0	0	0	0	17	0	12	0	0	0	0	0	0
Fruit Punch Electrolyte	Drink	24	90	0	0	0	0	135	23	0	22	0	0	0	0	0
Chocolate Protein Drink Powder	Drink	71	280	2	1	0	0	260	50	4	35	14	0	60	4	20
TOTAL		606	1,280	32	12	0	15	2,810	219	28	99	41	29	140	42	71
MENU #9																
Hash Browns Soz	Entrée	142	160	7	3	0	15	610	18	2	0	7	0	0	2	4
Pork Sausage Patty	Side	74	230	19	7	0	45	410	4	0	4	12	0	0	2	4
Chocolate Chip Toaster Pastry	Dessert	52	210	6	2	0	0	240	36	1	18	2	0	0	0	6
MRE Cracker Packed	Bread	47	180	5	1	0	0	85	28	1	1	4	0	0	0	10
Blackberry Jam	Spread	28	80	0	0	0	0	19	1	18	0	0	0	0	0	0
Fruit Punch Electrolyte	Drink	24	90	0	0	0	0	135	23	0	22	0	0	0	0	0
TOTAL		367	950	37	13	0	60	1,480	128	5	63	25	0	0	4	24
MENU #10																
Apple Maple Rolled Oats	Entrée	227	190	2	0	0	0	135	43	3	10	3	0	2	4	8
Cherry Blueberry Cobbler	Side	142	210	5	2	0	0	110	40	2	24	2	0	0	2	6
Chocolate Chip Toaster Pastry	Dessert	52	210	6	2	0	0	240	36	1	18	2	0	0	0	6
MRE Cracker Packed	Bread	47	180	5	1	0	0	85	28	1	1	4	0	0	0	10
Peanut Butter Fortified	Spread	43	250	21	4	0	0	220	10	3	4	10	0	0	2	4
Fruit Punch Electrolyte	Drink	24	90	0	0	0	0	135	23	0	22	0	0	0	0	0
TOTAL		535	1,130	39	9	0	0	925	180	10	79	21	0	2	8	34
MENU #11																
Hash Browns Soz	Entrée	142	160	7	3	0	15	610	18	2	0	7	0	0	2	4
Pork Sausage Patty	Side	74	230	19	7	0	45	410	4	0	4	12	0	0	2	4
Chocolate Chip Toaster Pastry	Dessert	52	210	6	2	0	0	240	36	1	18	2	0	0	0	6
MRE Cracker Packed	Bread	47	180	5	1	0	0	85	28	1	1	4	0	0	0	10
Strawberry Jam	Spread	28	80	0	0	0	0	19	1	18	0	0	0	0	0	0
Fruit Punch Electrolyte	Drink	24	90	0	0	0	0	130	23	0	22	0	0	0	0	0
Chocolate Protein Drink Powder	Drink	71	280	2	1	0	0	260	50	4	35	14	0	60	4	20
TOTAL		410	1,350	39	14	0	60	1,735	159	8	80	39	0	60	8	44
MENU #12																
Apple Maple Rolled Oats	Entrée	227	190	2	0	0	0	135	43	3	10	3	0	2	4	8
Zapplesauce	Side	128	130	0	0	0	0	0	33	2	19	0	0	520	0	0
Chocolate Chip Toaster Pastry	Dessert	52	210	6	2	0	0	240	36	1	18	2	0	0	0	6
MRE Cracker Packed	Bread	47	180	5	1	0	0	85	28	1	1	4	0	0	0	10
Peanut Butter Fortified	Spread	43	250	21	4	0	0	220	10	3	4	10	0	0	2	4
Lemon Lime Electrolyte	Drink	24	90	0	0	0	0	130	23	0	22	0	0	0	0	0
TOTAL		521	1,050	34	7	0	0	810								