



MEAL KIT SUPPLY FALL 2021 MENU

	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	Lemon Lime Fortified Beverage Powder	Mocha Cappuccino	No
2	Chili w/ Beans	Santa Fe Style Rice & Beans	TFF Marble Pound Cake	MRE Cracker Packed	Cheese Spread Fortified	Lemon Lime Fortified Beverage Powder	Mocha Cappuccino	Yes
3	Elbow Macaroni in Tomato Sauce	Au Gratin Potatoes	Chocolate Chip Cookie	MRE Cracker Packed	Cheese Spread Fortified	Lemon Lime Fortified Beverage Powder	Mocha Cappuccino	Yes
4	Cheese Tortellini	Santa Fe Style Rice & Beans	Applesauce Cake	Wheat Snack Bread	Peanut Butter Fortified	Lemon Lime Fortified Beverage Powder	Mocha Cappuccino	Yes
5	Meatballs in Marinara Sauce	Black Beans In Sauce	Applesauce Cake	Wheat Snack Bread	Grape Jelly	Fruit Punch Fortified Beverage Powder	Mocha Cappuccino	No
6	Beef Ravioli in Meat Sauce	Zapplesauce	TFF Vanilla Cake	MRE Cracker Packed	Blackberry Jam	Fruit Punch Fortified Beverage Powder	Mocha Cappuccino	No
7	Beef Ravioli in Meat Sauce	Zapplesauce	Oatmeal Cookie	MRE Cracker Packed	Grape Jelly	Lemon Lime Fortified Beverage Powder	Mocha Cappuccino	No
8	Vegetarian Taco Pasta	Black Beans In Sauce	Oatmeal Cookie	Tortillas	Grape Jelly	Fruit Punch Fortified Beverage Powder	Mocha Cappuccino	Yes
9	Hash Browns 5oz	Pork Sausage Patty	Chocolate Chip Toaster Pastry	MRE Cracker Packed	Blackberry Jam	Fruit Punch Fortified Beverage Powder	n/a	No
10	Apple Maple Rolled Oats	Cherry Blueberry Cobbler	Chocolate Chip Toaster Pastry	MRE Cracker Packed	Peanut Butter Fortified	Fruit Punch Fortified Beverage Powder	n/a	Yes
11	Hash Browns 5oz	Pork Sausage Patty	Chocolate Chip Toaster Pastry	MRE Cracker Packed	Strawberry Jam	Fruit Punch Fortified Beverage Powder	Mocha Cappuccino	Yes
12	Apple Maple Rolled Oats	Zapplesauce	Chocolate Chip Toaster Pastry	MRE Cracker Packed	Peanut Butter Fortified	Lemon Lime Fortified Beverage Powder	n/a	Yes

Average Menu Totals 1,200 calories per meal.
 Each menu will contain the following condiment kit:
 7" DARK BROWN SPOON WITH NAPKIN, WET NAP, SALT, PEPPER, COFFEE, CREAMER, SUGARS
 Used in TOTM and Sure Pak.
 Only Julian Code to be put on the bottom of the box.
 No other numbers (INSP/TEST date or Serial number)



2021 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 Lemon 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	2	4
Lemon Lime Fortified Beverage Powder	Drink	34	130	0	0	0	0	140	33	0	20	0	0	50	0	0
Mocha Cappuccino	Drink	28	120	3	3	0	0	35	22	0	19	2	0	0	6	0
TOTAL		592	1,470	64	24	0	100	1,770	180	8	73	44	12	98	30	43
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	2	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	50	300	1	0	0	5	60	70	15	0
Lemon Lime Fortified Beverage Powder	Drink	34	130	0	0	0	0	140	33	0	20	0	0	50	0	0
Mocha Cappuccino	Drink	28	120	3	3	0	0	35	22	0	19	2	0	0	6	0
TOTAL		592	1,370	57	26	0	130	1,920	173	10	69	39	72	149	51	48
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	50	300	1	0	0	5	60	70	15	0
Lemon Lime Fortified Beverage Powder	Drink	34	130	0	0	0	0	140	33	0	20	0	0	50	0	0
Mocha Cappuccino	Drink	28	120	3	3	0	0	35	22	0	19	2	0	0	6	0
TOTAL		581	1,340	54	29	0	95	1,700	187	8	73	26	72	173	37	34
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	180	5	3	0	0	360	26	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 Fortified Beverage Powder	Drink	34	130	0	0	0	0	140	33	0	20	0	0	50	0	0
Mocha Cappuccino	Drink	28	120	3	3	0	0	35	22	0	19	2	0	0	6	0
TOTAL		602	1,410	57	20	0	80	2,075	187	10	75	37	12	119	60	38
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	180	5	3	0	0	360	26	1	3	4	0	0	20	10
Grape Jelly	Spread	28	70	0	0	0	0	0	17	0	12	0	0	0	0	0
Fruit Punch Fortified Beverage Powder	Drink	34	130	0	0	0	0	140	33	0	20	0	0	50	0	0
Mocha Cappuccino	Drink	28	120	3	3	0	0	35	22	0	19	2	0	0	6	0
TOTAL		587	1,180	39	16	0	70	2,605	188	17	84	27	10	97	42	41
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	0	19	1	18	0	0	0	0	0
Fruit Punch Fortified Beverage Powder	Drink	34	130	0	0	0	0	140	33	0	20	0	0	50	0	0
Mocha Cappuccino	Drink	28	120	3	3	0	0	35	22	0	19	2	0	0	6	0
TOTAL		563	1,180	27	11	0	55	1,130	206	8	100	24	6	600	16	33
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	0	17	0	12	0	0	0	0	0
Lemon Lime Fortified Beverage Powder	Drink	34	130	0	0	0	0	140	33	0	20	0	0	50	0	0
Mocha Cappuccino	Drink	28	120	3	3	0	0	35	22	0	19	2	0	0	6	0
TOTAL		549	1,180	30	14	0	30	1,065	202	7	93	24	6	600	16	31
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	180	5	3	0	0	360	26	1	3	4	0	0	20	10
Grape Jelly	Spread	28	70	0	0	0	0	0	17	0	12	0	0	0	0	0
Fruit Punch Fortified Beverage Powder	Drink	34	130	0	0	0	0	140	33	0	20	0	0	50	0	0
Mocha Cappuccino	Drink	28	120	3	3	0	0	35	22	0	19	2	0	0	6	0
TOTAL		573	1,160	33	14	0	15	2,590	201	24	81	29	29	130	44	51
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



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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	0	19	1	18	0	0	0	0	0
Fruit Punch Fortified Beverage Powder	Drink	34	130	0	0	0	0	140	33	0	20	0	0	50	0	0
TOTAL		377	990	37	13	0	60	1,485	138	5	61	25	0	50	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 Fortified Beverage Powder	Drink	34	130	0	0	0	0	140	33	0	20	0	0	50	0	0
TOTAL		545	1,170	39	9	0	0	930	190	10	77	21	0	52	8	34
MENU #11																
Hash Browns 5oz	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															
Fruit Punch Fortified Beverage Powder	Drink	34	130	0	0	0	0	140	33	0	20	0	0	50	0	0
Mocha Cappuccino	Drink	28	120	3	3	0	0	35	22	0	19	2	0	0	6	0
TOTAL		377	1,030	40	15	0	60	1,520	141	4	62	27	0	50	10	24
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 Fortified Beverage Powder	Drink	34	130	0	0	0	0	140	33	0	20	0	0	50	0	0
TOTAL		531	1,090	34	7	0	0	820	183	10	72	19	0	572	6	28
Average Menu Totals (Per Meal)		539	1,214	42	16	0	58	1,634	181	10	77	29	18	224	27	36
Menu Total (All Meals)		6,468	14,570	508	194	0	695	19,610	2,176	121	920	342	219	2,690	324	429