



**MEAL KIT SUPPLY JUNE 2022 MENU**

	<b>Entrée</b>	<b>Side</b>	<b>Dessert</b>	<b>Bread</b>	<b>Jam/Spread</b>	<b>Beverage 1</b>	<b>Beverage 2</b>	<b>Vegetarian</b>
<b>1</b>	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
<b>2</b>	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
<b>3</b>	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
<b>4</b>	Cheese Tortellini	Santa Fe Style Rice & Beans	Applesauce Cake	Wheat Snack Bread	Peanut Butter Fortified	Lemon Lime Fortified Beverage Powder	Mocha Cappuccino	Yes
<b>5</b>	Meatballs in Marinara Sauce	Black Beans In Sauce	Applesauce Cake	Wheat Snack Bread	Grape Jelly	Fruit Punch Fortified Beverage Powder	Mocha Cappuccino	No
<b>6</b>	Beef Ravioli in Meat Sauce	Zapplesauce	TFF Vanilla Cake	MRE Cracker Packed	Blackberry Jam	Fruit Punch Fortified Beverage Powder	Mocha Cappuccino	No
<b>7</b>	Beef Ravioli in Meat Sauce	Zapplesauce	Oatmeal Cookie	MRE Cracker Packed	Grape Jelly	Lemon Lime Fortified Beverage Powder	Mocha Cappuccino	No
<b>8</b>	Vegetarian Taco Pasta	Black Beans In Sauce	Oatmeal Cookie	Tortillas	Grape Jelly	Fruit Punch Fortified Beverage Powder	Mocha Cappuccino	Yes
<b>9</b>	Hash Browns 5oz	Pork Sausage Patty	Chocolate Chip Toaster Pastry	MRE Cracker Packed	Blackberry Jam	Fruit Punch Fortified Beverage Powder	n/a	No
<b>10</b>	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
<b>11</b>	Hash Browns 5oz	Pork Sausage Patty	Chocolate Chip Toaster Pastry	MRE Cracker Packed	Strawberry Jam	Fruit Punch Fortified Beverage Powder	Mocha Cappuccino	Yes
<b>12</b>	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)



### 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 %
<b>MENU #1</b>																
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
<b>TOTAL</b>		<b>592</b>	<b>1,470</b>	<b>64</b>	<b>24</b>	<b>0</b>	<b>100</b>	<b>1,770</b>	<b>180</b>	<b>8</b>	<b>73</b>	<b>44</b>	<b>12</b>	<b>98</b>	<b>30</b>	<b>43</b>
<b>MENU #2</b>																
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
<b>TOTAL</b>		<b>592</b>	<b>1,370</b>	<b>57</b>	<b>26</b>	<b>0</b>	<b>130</b>	<b>1,920</b>	<b>173</b>	<b>10</b>	<b>69</b>	<b>39</b>	<b>72</b>	<b>149</b>	<b>51</b>	<b>48</b>
<b>MENU #3</b>																
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
<b>TOTAL</b>		<b>581</b>	<b>1,340</b>	<b>54</b>	<b>29</b>	<b>0</b>	<b>95</b>	<b>1,700</b>	<b>187</b>	<b>8</b>	<b>73</b>	<b>26</b>	<b>72</b>	<b>173</b>	<b>37</b>	<b>34</b>
<b>MENU #4</b>																
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
<b>TOTAL</b>		<b>602</b>	<b>1,410</b>	<b>57</b>	<b>20</b>	<b>0</b>	<b>80</b>	<b>2,075</b>	<b>187</b>	<b>10</b>	<b>75</b>	<b>37</b>	<b>12</b>	<b>119</b>	<b>60</b>	<b>38</b>
<b>MENU #5</b>																
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
<b>TOTAL</b>		<b>587</b>	<b>1,180</b>	<b>39</b>	<b>16</b>	<b>0</b>	<b>70</b>	<b>2,605</b>	<b>188</b>	<b>17</b>	<b>84</b>	<b>27</b>	<b>10</b>	<b>97</b>	<b>42</b>	<b>41</b>
<b>MENU #6</b>																
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
<b>TOTAL</b>		<b>563</b>	<b>1,180</b>	<b>27</b>	<b>11</b>	<b>0</b>	<b>55</b>	<b>1,130</b>	<b>206</b>	<b>8</b>	<b>100</b>	<b>24</b>	<b>6</b>	<b>600</b>	<b>16</b>	<b>33</b>
<b>MENU #7</b>																
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
<b>TOTAL</b>		<b>549</b>	<b>1,180</b>	<b>30</b>	<b>14</b>	<b>0</b>	<b>30</b>	<b>1,065</b>	<b>202</b>	<b>7</b>	<b>93</b>	<b>24</b>	<b>6</b>	<b>600</b>	<b>16</b>	<b>31</b>
<b>MENU #8</b>																
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
<b>TOTAL</b>		<b>573</b>	<b>1,160</b>	<b>33</b>	<b>14</b>	<b>0</b>	<b>15</b>	<b>2,590</b>	<b>201</b>	<b>24</b>	<b>81</b>	<b>29</b>	<b>29</b>	<b>130</b>	<b>44</b>	<b>51</b>
<b>MENU #9</b>																
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



## 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 %
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
<b>TOTAL</b>		<b>377</b>	<b>990</b>	<b>37</b>	<b>13</b>	<b>0</b>	<b>60</b>	<b>1,485</b>	<b>138</b>	<b>5</b>	<b>61</b>	<b>25</b>	<b>0</b>	<b>50</b>	<b>4</b>	<b>24</b>
<b>MENU #10</b>																
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
<b>TOTAL</b>		<b>545</b>	<b>1,170</b>	<b>39</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>930</b>	<b>190</b>	<b>10</b>	<b>77</b>	<b>21</b>	<b>0</b>	<b>52</b>	<b>8</b>	<b>34</b>
<b>MENU #11</b>																
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
<b>TOTAL</b>		<b>377</b>	<b>1,030</b>	<b>40</b>	<b>15</b>	<b>0</b>	<b>60</b>	<b>1,520</b>	<b>141</b>	<b>4</b>	<b>62</b>	<b>27</b>	<b>0</b>	<b>50</b>	<b>10</b>	<b>24</b>
<b>MENU #12</b>																
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
<b>TOTAL</b>		<b>531</b>	<b>1,090</b>	<b>34</b>	<b>7</b>	<b>0</b>	<b>0</b>	<b>820</b>	<b>183</b>	<b>10</b>	<b>72</b>	<b>19</b>	<b>0</b>	<b>572</b>	<b>6</b>	<b>28</b>
<b>Average Menu Totals (Per Meal)</b>		<b>539</b>	<b>1,214</b>	<b>42</b>	<b>16</b>	<b>0</b>	<b>58</b>	<b>1,634</b>	<b>181</b>	<b>10</b>	<b>77</b>	<b>29</b>	<b>18</b>	<b>224</b>	<b>27</b>	<b>36</b>
<b>Menu Total (All Meals)</b>		<b>6,468</b>	<b>14,570</b>	<b>508</b>	<b>194</b>	<b>0</b>	<b>695</b>	<b>19,610</b>	<b>2,176</b>	<b>121</b>	<b>920</b>	<b>342</b>	<b>219</b>	<b>2,690</b>	<b>324</b>	<b>429</b>