Cycle Day 1 Sunday

Breakfast

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber
Starch	Pancakes (6 inch)	2 Each	248	7.6	36.8	7.6	460	0
	Syrup	2 Tbsp	104	12.8	0	0	4	0
Fruit	Orange or Orange Juice	1 or 1/2 Cup	80	0	20	0	1	2
	Fresh Fruit Group A	1 Each	80	0	20	0	1	3.5
Dairy	1% Milk	16 fl. oz.	204	16	24	5	246	0
Fat	Margarine	1 Tbsp	102	0	0	11	153	0
Beverage	Coffee/Tea	8 fl. oz.	0	0	0	0	0	0

Lunch

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber
Starch	Whole Wheat Pita	1 Each	280	9.8	55	2.6	532	0
	Rice, Brown Long Grain	1/2 Cup	108	3	22	1	5	2
Fruit	Canned Peaches	1/2 Cup	55	0	15	0	10	3
Vegetable	Steamed Asparagus	1/2 Cup	23	2.5	3	0	347	2
Protein	Northern Beans	1 Cup	299	19	55	1	10	13
Beverage	Tea or Drink Ade	8 fl. oz.	98	0	25	0	14	0
Fat	Margarine	1 Tbsp	102	0	0	11	153	0

Dinner

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber	
Starch	Noodles Jefferson	3/4 Cup	241	10	29	9	509	1.5	E 012 00
	Whole Wheat Bread Slice	1 Slices	65	2.4	11	1	159	2	
Fruit	Fresh Fruit Group B	1 Each	80	0	20	0	1	3.5	
Vegetable	Green Beans	1/2 Cup	22	1.2	4.9	0.2	2	0	
	Raw Carrot Sticks	1/2 Cup	31	0.7	7.3	0.1	25	2	
Protein	Baked Chicken Breast in Broth	3 oz.	107	19	0	2.4	171	0	L 143 03
Beverage	Tea or Drink Ade	8 fl. oz.	98	0	25	0	14	0	
Fat	Margarine	1 Tbsp	102	0	0	11	153	0	
		Totals	2529	104	373	62.9	2970	34.5	
				0.16	0.59	0.22			

Fresh Fruit Group A	Serving
Apple	1 Each
Banana	1 Each
Melon (may use frozen)	1 Cup

Fresh Fruit Group B	Serving
Pear	1 Each
Orange	1 Each
Strawberries	1 Cup

Cycle Day 2 Monday

Breakfast

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber
Grains	Whole Wheat Bagel	1 Each	285	4	63	2	360	3
	Oatmeal	1/2 Cup	73	3	13	1.2	0	1
Fruit	Orange or Orange Juice	1 or 1/2 Cup	80	0	20	0	1	2
	Fresh Fruit Group B	1 Each	80	0	20	0	1	3.5
Dairy	1% Milk	16 fl. oz.	204	16	24	5	246	0
Protein	Scrambled Eggs	1 Cup	135	9	1.7	10	126	0
Fat	Margarine	1 Tbsp	102	0	0	11	153	0
Beverage	Coffee/Tea	8 fl. oz.	0	0	0	0	0	0

Lunch

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber	
Starch	Whole Wheat Bread	1/4 Loaf	260	9.6	45.6	4.4	360	4	
	Tossed Green Rice	1/2 Cup	108	2	22	1	145	0	E 005 02
Fruit	Fresh Fruit Group A	1 Each	60	0	15	0	1	2	
Vegetable	Wax Beans	1/2 Cup	17	1	4	0	295	0	
Protein	Seasoned Beef Patty	3 oz.	317	29	0	21	205	0	L 010 00 - use halal beef patty and half the salt
Fat	Margarine	1 Tbsp	102	0	0	11	153	0	
Beverage	Tea or Drink Ade	8 fl. oz.	98	0	25	0	14	0	

Dinner

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber	
Starch	Rice Pilaf	1/2 Cup	160	7	20	6	340	0	E 008 00
	Whole Wheat Pita	1 Each	280	9.8	55	2.6	532	0	
Fruit	Fresh Fruit Group B	1 Each	80	0	20	0	1	3.5	
	Fresh Fruit Group A	1 Each	60	0	15	0	1	2	
Vegetable	Steamed Cauliflower	1/2 Cup	14	1.1	2.5	0	9	2	
Protein	Veggie Patty	1 Each	150	17	13	3	520	6	
Beverage	Tea or Drink Ade	8 fl. oz.	98	0	25	0	14	0	
Fat	Margarine	1 Tbsp	102	0	0	11	153	0	
		Totals	2865	108.5	403.8	89.2	3630	29	
				0.15	0.56	0.28			

Fresh Fruit Group A	Serving
Apple	1 Each
Banana	1 Each
Melon (may use frozen)	1 Cup

Fresh Fruit Group B	Serving
Pear	1 Each
Orange	1 Each
Strawberries	1 Cup

Cycle Day 3 Tuesday

Breakfast

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber
Grains	Pancakes (6 inch)	2 Each	248	7.6	36.8	7.6	460	0
	Syrup	2 Tbsp	104	12.8	0	0	4	0
Fruit	Orange or Orange Juice	1 or 1/2 Cup	80	0	20	0	1	2
	Fresh Fruit Group A	1 Each	80	0	20	0	1	3.5
Dairy	1% Milk	16 fl. oz.	204	16	24	5	246	0
Fat	Margarine	1 Tbsp	102	0	0	11	153	0
Beverage	Coffee/Tea	8 fl. oz.	0	0	0	0	0	0

Lunch

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber
Starch	Whole Wheat Bread Slice	2 Slices	130	4.8	22.8	2.2	318	4
	Garlic Mashed Potatoes	1/2 Cup	111	2	18	4	310	2
Fruit	Canned Pears	1/2 Cup	62	0	16	0	5	2
Vegetable	Seasoned Peas	1/2 Cup	59	4	11	0	214	3.5
Protein	Kidney Beans	1 Cup	225	15.4	40.4	0.9	4	6.4
Fat	Margarine	1 Tbsp	102	0	0	11	153	0
Beverage	Tea or Drink Ade	8 fl. oz.	98	0	25	0	14	0

Dinner

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber
Starch	Whole Wheat Bread	1/4 Loaf	260	9.6	45.6	4.4	360	4
	Rice, Brown Long Grain	1 Cup	216	5	44.8	1.8	9	3
Fruit	Fresh Fruit Group B	1 Each	80	0	20	0	1	3.5
Vegetable	Steamed Carrots	1 Cup	70	1.8	16.4	0.2	104	0
	Broccoli or Celery, Raw	1/2 Cup	12	1.3	2.3	0	12	1
Protein	Lemon Baked Fish	3 oz.	89	19.4	0	0.7	66	0
Fat	Margarine	1 Tbsp	102	0	0	11	153	0
Beverage	Tea or Drink Ade	8 fl. oz.	98	0	25	0	14	0
	Totals		2532	99.7	388.1	59.8	2602	34.9
				0.16	0.61	0.21		

Fresh Fruit Group A	Serving
Apple	1 Each
Banana	1 Each
Melon (may use frozen)	1 Cup

Fresh Fruit Group B	Serving
Pear	1 Each
Orange	1 Each
Strawberries	1 Cup

Cycle Day 4 Wednesday

Breakfast

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber
Grains	Whole Wheat Bread	1/4 Loaf	260	9.6	45.6	4.4	360	4
	Raisin Bran	1 Cup	132	4.5	33.3	0.6	308	9
Fruit	Orange or Orange Juice	1 or 1/2 Cup	80	0	20	0	1	2
	Fresh Fruit Group B	1 Each	80	0	20	0	1	3.5
Dairy	1% Milk	16 fl. oz.	204	16	24	5	246	0
Protein	Veggie Patty	1 Each	150	17	13	3.5	520	6
Fat	Margarine	1 Tbsp	102	0	0	11	153	0
Beverage	Coffee/Tea	8 fl. oz.	0	0	0	0	0	0

Lunch

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber	
Starch	Whole Wheat Pita	1 Each	280	9.8	55	2.6	532	0	
	Lyonaise Rice	1/2 Cup	109	2	22	1	143	1	E 005 01
Fruit	Fresh Fruit Group A	1 Each	80	0	20	0	1	2	
Vegetable	Acorn or Winter Squash	1/2 Cup	57	1.1	14.9	0.1	4	0	
Protein	Honey Glazed Chicken	3 oz	165	21	0	9	125	0	
Beverage	Tea or Drink Ade	8 fl. oz.	98	0	25	0	14	0	

Dinner

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber	
Starch	Paprika Potatoes	2 Pieces	85	2	16	2	304	1	Q 033 01
	Whole Wheat Bread Slice	1 Slice	65	2.4	11	1	159	2	
Fruit	Dates	5 Each	114	0.8	30	0.2	1	2	
	Fruited Yogurt*	1 Cup	225	9	42	2.6	120	0	
Vegetable	Stewed Tomatoes	1 Cup	80	2	13.2	2.7	460	0	
Protein	Chick Peas	1 Cup	269	14.5	45	4.3	11	6	
Beverage	Tea or Drink Ade	8 fl. oz.	98	0	25	0	14	0	
Fat	Margarine	1 Tbsp	102	0	0	11	153	0	
		Totals	2835	111.7	475	61	3630	38.5	
				0.16	0.67	0.19			

Fresh Fruit Group A	Serving
Apple	1 Each
Banana	1 Each
Melon (may use frozen)	1 Cup

Fresh Fruit Group B	Serving
Pear	1 Each
Orange	1 Each
Strawberries	1 Cup

Cycle Day 5 Thursday

Breakfast

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber
Grains	Pancakes (6 inch)	2 Each	248	7.6	36.8	7.6	460	0
	Syrup	2 Tbsp	104	12.8	0	0	4	0
Fruit	Orange or Orange Juice	1 or 1/2 Cup	80	0	20	0	1	2
	Fresh Fruit Group A	1 Each	80	0	20	0	1	3.5
Dairy	1% Milk	16 fl. oz.	204	16	24	5	246	0
Fat	Margarine	1 Tbsp	102	0	0	11	153	0
Beverage	Coffee/Tea	8 fl. oz.	0	0	0	0	0	0

Lunch

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber	
Starch	Whole Wheat Bread	1/4 Loaf	260	9.6	45.6	4.4	360	4	
	Rice, Brown Long Grain	1/2 Cup	108	3	22	1	5	2	
Fruit	Pineapple (canned)	1/2 Cup	40	0	10	0	1	1	
Vegetable	Spinach	1/2 Cup	30	3	4	1	29	3	
Protein	Mustard Dill Baked Fish	4 oz.	168	26	2	6	183	0	L 119 05
Fat	Margarine	2 Tbsp	204	0	0	22	306	0	
Beverage	Tea or Drink Ade	8 fl. oz.	98	0	25	0	14	0	

Dinner

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber	
Starch	Rice Pilaf	1/2 Cup	134	3	25	3	618	1	E 008 00
	Whole Wheat Pita	1 Each	280	9.8	55	2.6	532	0	
Fruit	Fresh Fruit Group B	1 Each	80	0	20	0	1	3.5	
Vegetable	Brussels Sprouts	1/2 Cup	30	2	7	0	17	4	
	Carrots or Celery, Raw	1/2 Cup	12	0.6	3	0	70	1	
Protein	Tandouri Chicken Breast	4 oz.	219	34	8	5	260	0	L 818 00
Beverage	Tea or Drink Ade	8 fl. oz.	98	0	25	0	14	0	
Fat	Margarine	1 Tbsp	102	0	0	11	153	0	
		Totals	2681	127.4	352.4	79.6	3428	25	
				0.19	0.53	0.27			

Fresh Fruit Group A	Serving
Apple	1 Each
Banana	1 Each
Melon (may use frozen)	1 Cup

Fresh Fruit Group B	Serving
Pear	1 Each
Orange	1 Each
Strawberries	1 Cup

Cycle Day 6 Friday

Breakfast

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber
Grains	Whole Wheat Bagel	1 Each	285	4	63	2	360	3
	Oatmeal	1 Cup	146	6	25.5	2.4	1.5	2
Fruit	Orange or Orange Juice	1 or 1/2 Cup	60	0	15	0	1	2
	Fresh Fruit Group B	1 Each	80	0	20	0	1	3.5
Dairy	1% Milk	16 fl. oz.	204	16	24	5	246	0
Protein	Scrambled Eggs	1 Cup	135	9	1.7	10	126	0
Fat	Margarine	1 Tbsp	102	0	0	11	153	0
Beverage	Coffee/Tea	8 fl. oz.	0	0	0	0	0	0

Lunch

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber
Starch	Whole Wheat Bread Slice	1 Slice	65	2.4	11	1	159	2
	Yams	1 Cup	158	2	37.6	0.2	12	0
Fruit	Fresh Fruit Group A	1 Each	80	0	20	0	1	2
Vegetable	Boiled Cabbage	1 Cup	32	1.4	7.2	0.2	28	0
Protein	Veggie Patty	1 Each	150	17	13	3	520	6
Fat	Margarine	1 Tbsp	102	0	0	11	153	0
Beverage	Tea or Drink Ade	8 fl. oz.	98	0	25	0	14	0

Dinner

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber	
Starch	Whole Wheat Bread	1/4 Loaf	260	9.6	45.6	4.4	360	4	
	Herbed Pasta	1/2 Cup	103	3	20	1	146	0	E 004 00
Fruit	Fresh Fruit Group A	1 Each	80	0	20	0	1	2	
	Fresh Fruit Group B	1 Each	80	0	20	0	1	3.5	
Vegetable	Steamed Corn	1/2 Cup	89	3	21	0	175	2	
Protein	Ginger Beef Patty	3 oz.	227	21	2	15	237	0	L 010 01 half the salt
Fat	Margarine	1 Tbsp	102	0	0	11	153	0	
Beverage	Tea or Drink Ade	8 fl. oz.	98	0	25	0	14	0	
		Totals	2736	94.4	416.6	77.2	2862.5	32	
				0.14	0.61	0.25			

Fresh Fruit Group A	Serving
Apple	1 Each
Banana	1 Each
Melon (may use frozen)	1 Cup

Fresh Fruit Group B	Serving
Pear	1 Each
Orange	1 Each
Strawberries	1 Cup

Cycle Day 7 Saturday

Breakfast

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber
Grains	Pancakes (6 inch)	2 Each	248	7.6	36.8	7.6	460	0
	Syrup	2 Tbsp	104	12.8	0	0	4	0
Fruit	Orange or Orange Juice	1 or 1/2 Cup	80	0	20	0	1	2
	Fresh Fruit Group A	1 Each	80	0	20	0	1	3.5
Dairy	1% Milk	16 fl. oz.	204	16	24	5	246	0
Fat	Margarine	1 Tbsp	102	0	0	11	153	0
Beverage	Coffee/Tea	8 fl. oz.	0	0	0	0	0	0

Lunch

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber	
Starch	Whole Wheat Pita	1 Each	280	9.8	55	2.6	532	0	
	Rice, Brown Long Grain	1/2 Cup	108	3	22	1	5	2	
Fruit	Fruit Cocktail (canned)	1/2 Cup	40	0	10	0	1	0	
Vegetable	Okra	1/2 Cup	34	2	8	0	3	0	
Protein	Fish Amandine	4 oz.	181	26	1	7	364	0	L 119 06
Fat	Margarine	1 Tbsp	102	0	0	11	153	0	
Beverage	Tea or Drink Ade	8 fl. oz.	98	0	25	0	14	0	

Dinner

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber	
Starch	Oven Browned Potatoes	1/2 Cup	126	2	22	4	234	1	Q 050 00
	Whole Wheat Bread Slice	1 Slice	65	3	11	1	159	2	
Fruit	Fresh Fruit Group B	1 Each	80	0	20	0	1	3.5	
Vegetable	Broccoli (steamed)	1/2 Cup	25	3	5	0	22	2	
	Cauliflower, Raw	1/2 Cup	10	0.5	1.6	0	11	0	
Protein	Pinto Beans	1 Cup	234	14	44	1	3	15	
Beverage	Tea or Drink Ade	8 fl. oz.	98	0	25	0	14	0	
Fat	Margarine	1 Tbsp	102	0	0	11	153	0	

	Kcal	Protein	CHO	Fat	Sodium	Fiber
Totals	2401	99.7	350.4	62.2	2534	31
Weekly Total	18579	745.4	2759.3	491.9	21656.5	224.9
Daily Average	2654	106	394	70	3094	32
		16.05%	59.41%	23.83%		

Fresh Fruit Group A	Serving
Apple	1 Each
Banana	1 Each
Melon (may use frozen)	1 Cup

Fresh Fruit Group B	Serving
Pear	1 Each
Orange	1 Each
Strawberries	1 Cup

Cycle Day 8 Sunday

Breakfast

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber
Grains	Whole Wheat Bread	1/4 Loaf	260	9.6	45.6	4.4	360	4
	Raisin Bran	1 Cup	132	4.5	33.3	0.6	308	9
Fruit	Orange or Orange Juice	1 or 1/2 Cup	80	0	20	0	1	2
	Fresh Fruit Group B	1 Each	80	0	20	0	1	3.5
Dairy	1% Milk	16 fl. oz.	204	16	24	5	246	0
Protein	Veggie Patty	1 Each	150	17	13	3.5	520	6
Fat	Margarine	1 Tbsp	102	0	0	11	153	0
Beverage	Coffee/Tea	8 fl. oz.	0	0	0	0	0	0

Lunch

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber	
Starch	Whole Wheat Bread	1/4 Loaf	260	9.6	45.6	4.4	360	4	
	Parsleyed Potatoes	2 pieces	85	2	16	2	151	1	Q 033 00 use half the salt
Fruit	Fresh Fruit Group A	1 Each	160	0	40	0	1	2	
Vegetable	Glazed Carrots	1/2 Cup	73	1	14	2	166	2	Q 017 01
Protein	Kidney Beans	1/2 Cup	112	8	20	0.5	2	3.2	
Fat	Margarine	1 Tbsp	102	0	0	11	153	0	
Beverage	Tea or Drink Ade	8 fl. oz.	98	0	25	0	14	0	

Dinner

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber	
Starch	Whole Wheat Pita	1 Each	280	9.8	55	2.6	532	0	
	Rice Pilaf	1/2 Cup	160	7	20	6	340	0	
Fruit	Fresh Fruit Group A	1 Each	80	0	20	0	1	3.5	
Vegetable	Steamed Peas & Mushrooms	1/2 Cup	31	1	4	1	168	2	Q 041 04
	Broccoli or Celery, Raw	1/2 Cup	12	1.3	2.3	0	12	1	
Protein	Oven Fried Chicken Breast	3 oz.	341	41	15	12	244	0	L 156 00 use halal chicken breast and half the salt
Beverage	Tea or Drink Ade	8 fl. oz.	98	0	25	0	14	0	
Fat	Margarine	1 Tbsp	102	0	0	11	153	0	
		Totals	3002	127.8	457.8	77	3900	43.2	
				0.17	0.61	0.23			

Fresh Fruit Group A	Serving
Apple	1 Each
Banana	1 Each
Melon (may use frozen)	1 Cup

Fresh Fruit Group B	Serving
Pear	1 Each
Orange	1 Each
Strawberries	1 Cup

Cycle Day 9 Monday

Breakfast

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber
Grains	Pancakes (6 inch)	2 Each	248	7.6	36.8	7.6	460	0
	Syrup	2 Tbsp	104	12.8	0	0	4	0
Fruit	Orange or Orange Juice	1 or 1/2 Cup	80	0	20	0	1	2
	Fresh Fruit Group A	1 Each	80	0	20	0	1	3.5
Dairy	1% Milk	16 fl. oz.	204	16	24	5	246	0
Fat	Margarine	1 Tbsp	102	0	0	11	153	0
Beverage	Coffee/Tea	8 fl. oz.	0	0	0	0	0	0

Lunch

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber	
Starch	Whole Wheat Bread	1 Slice	65	2.4	11.4	1.1	159	2	
	Rice, Brown Long Grain	1/2 Cup	108	3	22	1	5	2	
Fruit	Canned Peaches	1/2 Cup	55	1	14	0	5	2	
Vegetable	Green Beans	1 Cup	44	2.4	9.8	0.4	4	0	
Protein	Baked Fish Scandia	4 oz.	179	28	5	4	192	0	L 504 00
Fat	Margarine	1 Tbsp	102	0	0	11	153	0	
Beverage	Tea or Drink Ade	8 fl. oz.	98	0	25	0	14	0	

Dinner

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber	
Starch	Roasted Potatoe Wedge	2 wedges	56	1	12	1	97	1	Q 071 00
	Whole Wheat Bread	1/4 Loaf	260	9.6	45.6	4.4	360	4	
Fruit	Fresh Fruit Group B	1 Each	80	0	20	0	1	3.5	
	Fresh Fruit Group A	1 Each	80	0	20	0	1	3.5	
Vegetable	Steamed Cauliflower Combo	1/2 c	62	3	9	3	87	1	Q 001 03
Protein	Seasoned Lentils	1 Cup	231	18	40	0.7	229	8	
Beverage	Tea or Drink Ade	8 fl. oz.	98	0	25	0	14	0	
Fat	Margarine	1 Tbsp	102	0	0	11	153	0	
		Totals	2438	104.8	359.6	61.2	2339	32.5	
				0.17	0.59	0.23			

Fresh Fruit Group A	Serving
Apple	1 Each
Banana	1 Each
Melon (may use frozen)	1 Cup

Fresh Fruit Group B	Serving
Pear	1 Each
Orange	1 Each
Strawberries	1 Cup

Cycle Day 10 Tuesday

Breakfast

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber
Grains	Whole Wheat Bagel	1 Each	285	4	63	2	360	3
	Oatmeal	1 Cup	146	6	25.5	2.4	1.5	2
Fruit	Orange or Orange Juice	1 or 1/2 Cup	80	0	20	0	1	2
	Fresh Fruit Group B	1 Each	80	0	20	0	1	3.5
Dairy	1% Milk	16 fl. oz.	204	16	24	5	246	0
Protein	Scrambled Eggs	1 Cup	135	9	1.7	10	126	0
Fat	Margarine	1 Tbsp	102	0	0	11	153	0
Beverage	Coffee/Tea	8 fl. oz.	0	0	0	0	0	0

Lunch

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber
Starch	Whole Wheat Pita	1 Each	280	9.8	55	2.6	532	0
	Rice, Brown Long Grain	1/2 Cup	108	3	22	1	5	2
Fruit	Fresh Fruit Group B	1 Each	80	0	20	0	1	3.5
Vegetable	Brussels Sprouts	1 Cup	60	4	13.6	0.8	34	7
Protein	Veggie Patty	1 Each	150	17	13	3	520	6
Fat	Margarine	1 Tbsp	102	0	0	11	153	0
Beverage	Tea or Drink Ade	8 fl. oz.	98	0	25	0	14	0

Dinner

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber	
Starch	Tossed Green Rice	1/2 Cup	109	2	22	1	145	1	E 005 02
	Whole Wheat Bread	1 Slice	65	2.4	11.4	1.1	159	2	
Fruit	Fresh Fruit Group A	1 Each	80	0	20	0	1	3.5	
Vegetable	Acorn or Winter Squash	1/2 Cup	57	1.1	14.9	0.1	4	0	
	Raw Carrot Sticks	1/2 Cup	31	0.7	7.3	0.1	25	2	
Protein	Honey Ginger Chicken	4 oz.	217	33	11	4	481	0	L 179 00
Beverage	Tea or Drink Ade	8 fl. oz.	98	0	25	0	14	0	
Fat	Margarine	1 Tbsp	102	0	0	11	153	0	
		Totals	2669	108	414.4	66.1	3129.5	37.5	
				0.16	0.62	0.22			

Fresh Fruit Group A	Serving
Apple	1 Each
Banana	1 Each
Melon (may use frozen)	1 Cup

Fresh Fruit Group B	Serving
Pear	1 Each
Orange	1 Each
Strawberries	1 Cup

Cycle Day 11 Wednesday

Breakfast

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber
Grains	Pancakes (6 inch)	2 Each	248	7.6	36.8	7.6	460	0
	Syrup	2 Tbsp	104	12.8	0	0	4	0
Fruit	Orange or Orange Juice	1 or 1/2 Cup	80	0	20	0	1	2
	Fresh Fruit Group A	1 Each	80	0	20	0	1	3.5
Dairy	1% Milk	16 fl. oz.	204	16	24	5	246	0
Fat	Margarine	1 Tbsp	102	0	0	11	153	0
Beverage	Coffee/Tea	8 fl. oz.	0	0	0	0	0	0

Lunch

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber	
Starch	Whole Wheat Bread	1/4 Loaf	260	9.6	45.6	4.4	360	4	
	Garlic Mashed Potatoes	1/2 Cup	117	4	19	3	244	0	Q 500 01
Fruit	Pineapple (canned)	1/2 Cup	40	0	10	0	1	1	
Vegetable	Okra	1/2 Cup	34	2	8	0	3	0	
Protein	Beef Patty with Onions	3 oz.	329	37	8	16	297	0	L 015 00
Fat	Margarine	1 Tbsp	102	0	0	11	153	0	
Beverage	Tea or Drink Ade	8 fl. oz.	98	0	25	0	14	0	

Dinner

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber
Starch	Rice, Brown Long Grain	1/2 Cup	108	3	22	1	5	2
	Whole Wheat Pita	1 Each	280	9.8	55	2.6	532	0
Fruit	Fresh Fruit Group B	1 Each	80	0	20	0	1	3.5
	Fresh Fruit Group A	1 Each	80	0	20	0	1	3.5
Vegetable	Succotash	1/2 Cup	81	3	18	0	283	3
Protein	Blackeye Peas	1 Cup	184	11.4	32.7	1.3	5	17
Beverage	Tea or Drink Ade	8 fl. oz.	98	0	25	0	14	0
Fat	Margarine	1 Tbsp	102	0	0	11	153	0
		Totals	2811	116.2	409.1	73.9	2931	39.5
				0.17	0.58	0.24		

Fresh Fruit Group A	Serving
Apple	1 Each
Banana	1 Each
Melon (may use frozen)	1 Cup

Fresh Fruit Group B	Serving
Pear	1 Each
Orange	1 Each
Strawberries	1 Cup

Cycle Day 12 Thursday

Breakfast

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber
Grains	Whole Wheat Bread	1/4 Loaf	260	9.6	45.6	4.4	636	4
	Raisin Bran	1 Cup	132	4.5	33.3	0.6	308	9
Fruit	Orange or Orange Juice	1 or 1/2 Cup	80	0	20	0	1	2
	Fresh Fruit Group B	1 Each	80	0	20	0	1	3.5
Dairy	1% Milk	16 fl. oz.	204	16	24	5	246	0
Protein	Veggie Patty	1 Each	150	17	13	3.5	520	6
Fat	Margarine	1 Tbsp	102	0	0	11	153	0
Beverage	Coffee/Tea	8 fl. oz.	0	0	0	0	0	0

Lunch

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber	
Starch	Whole Wheat Bread	1 Slice	65	2.4	11.4	1.1	159	2	
	Lyonnaise Rice	1 Cup	158	2	37.6	0.2	12	0	
Fruit	Fresh Fruit Group B	1 Each	80	0	20	0	1	3.5	
Vegetable	Steamed Asparagus	1/2 cup	25	3	4	0	3	2	
Protein	Spicy Baked Fish	4 oz.	191	27	8	5	585	0	L 115 00
Fat	Margarine	1 Tbsp	102	0	0	11	153	0	
Beverage	Tea or Drink Ade	8 fl. oz.	98	0	25	0	14	0	

Dinner

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber	
Starch	Oven Browned Potatoes	1/2 Cup	126	2	22	4	234	1	Q 050 00
	Whole Wheat Bread	1/4 Loaf	260	9.6	45.6	4.4	360	4	
Fruit	Fresh Fruit Group A	1 Each	80	0	20	0	1	3.5	
Vegetable	Broccoli (steamed)	1 Cup	50	5.8	9.8	0.2	44	4	
	Cauliflower, Raw	1/2 Cup	12	1	2.5	0	7	1	
Protein	Bayou Chicken Breast	4 oz.	186	32	3	4	435	0	L 206 00
Beverage	Tea or Drink Ade	8 fl. oz.	98	0	25	0	14	0	
Fat	Margarine	1 Tbsp	102	0	0	11	153	0	
		Totals	2641	131.9	389.8	65.4	4040	45.5	
				0.20	0.59	0.22			

Fresh Fruit Group A	Serving
Apple	1 Each
Banana	1 Each
Melon (may use frozen)	1 Cup

Fresh Fruit Group B	Serving
Pear	1 Each
Orange	1 Each
Strawberries	1 Cup

Cycle Day 13 Friday

Breakfast

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber
Grains	Pancakes (6 inch)	2 Each	248	7.6	36.8	7.6	460	0
	Syrup	2 Tbsp	104	12.8	0	0	4	0
Fruit	Orange or Orange Juice	1 or 1/2 Cup	80	0	20	0	1	2
	Fresh Fruit Group A	1 Each	80	0	20	0	1	3.5
Dairy	1% Milk	16 fl. oz.	204	16	24	5	246	0
Fat	Margarine	1 Tbsp	102	0	0	11	153	0
Beverage	Coffee/Tea	8 fl. oz.	0	0	0	0	0	0

Lunch

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber
Starch	Whole Wheat Pita	1 Each	280	9.8	55	2.6	532	0
	Paprika Potatoes	2 pieces	85	2	16	2	304	1
Fruit	Canned Pears	1/2 Cup	62	0	16	0	10	2
Vegetable	Steamed Corn	1/2 Cup	89	3	21	0	175	2
Protein	Chick Peas	1 Cup	269	14.5	45	4.3	11	6
Fat	Margarine	1 Tbsp	102	0	0	11	153	0
Beverage	Tea or Drink Ade	8 fl. oz.	98	0	25	0	14	0

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Dinner

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber
Starch	Rice, Brown Long Grain	1/2 Cup	108	3	22	1	5	2
	Whole Wheat Bread	1 Slice	65	2.4	11.4	1.1	159	2
Fruit	Fresh Fruit Group B	1 Each	80	0	20	0	1	3.5
	Fresh Fruit Group A	1 Each	80	0	20	0	1	3.5
Vegetable	Brussels Sprouts	1 Cup	60	4	13.6	0.8	34	7
Protein	Lemon Pepper Fish	4 oz.	162	9.6	15.4	6.9	250	0
Beverage	Tea or Drink Ade	8 fl. oz.	98	0	25	0	14	0
Fat	Margarine	1 Tbsp	102	0	0	11	153	0
		Totals	2558	84.7	406.2	64.3	2681	34.5
				0.13	0.64	0.23		

Fresh Fruit Group A	Serving
Apple	1 Each
Banana	1 Each
Melon (may use frozen)	1 Cup

Fresh Fruit Group B	Serving
Pear	1 Each
Orange	1 Each
Strawberries	1 Cup

Cycle Day 14 Saturday

Breakfast

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber
Grains	Whole Wheat Bagel	1 Each	285	4	63	2	360	3
	Oatmeal	1 Cup	146	6	25.5	2.4	1.5	2
Fruit	Orange or Orange Juice	1 or 1/2 Cup	80	0	20	0	1	2
	Fresh Fruit Group B	1 Each	80	0	20	0	1	3.5
Dairy	1% Milk	16 fl. oz.	204	16	24	5	246	0
Protein	Scrambled Eggs	1 Cup	135	9	1.7	10	126	0
Fat	Margarine	1 Tbsp	102	0	0	11	153	0
Beverage	Coffee/Tea	8 fl. oz.	0	0	0	0	0	0

Lunch

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber	
Starch	Whole Wheat Bread	1/4 Loaf	260	9.6	45.6	4.4	360	4	
	Rice Pilaf	1/2 Cup	160	7	20	6	340	0	E 008 00
Fruit	Fresh Fruit Group B	1 Each	80	0	20	0	1	3.5	
Vegetable	Okra	1/2 Cup	34	2	8	0	3	0	
Protein	Chicken Breast in Orange Sauce	4 oz.	208	33	8	4	264	0	L 181 00
Fat	Margarine	1 Tbsp	102	0	0	11	153	0	
Beverage	Tea or Drink Ade	8 fl. oz.	98	0	25	0	14	0	

Dinner

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber
Starch	Yams	1 Cup	158	2	37.6	0.2	12	0
	Whole Wheat Pita	1 Each	280	9.8	55	2.6	532	0
Fruit	Fresh Fruit Group A	1 Each	80	0	20	0	1	3.5
Vegetable	Boiled Cabbage	1 Cup	32	1.4	7.2	0.2	28	0
	Celery, Raw	1/2 Cup	12	0.6	3	0	70	2
Protein	Veggie Patty	1 Each	150	17	13	3	520	6
Beverage	Tea or Drink Ade	8 fl. oz.	98	0	25	0	14	0
Fat	Margarine	1 Tbsp	102	0	0	11	153	0
		Totals	2886	117.4	441.6	72.8	3353.5	29.5

Menu Total	37584	1536.2	5637.8	972.6	44030.5	487.1
Daily Average	2685	110	403	69	3145	35

16.35% 60.00% 23.29%

Fresh Fruit Group A	Serving
Apple	1 Each
Banana	1 Each
Melon (may use frozen)	1 Cup

Fresh Fruit Group B	Serving
Pear	1 Each
Orange	1 Each
Strawberries	1 Cup