		Serving Size	Calories (kcal)	Carbs (gm)	Protein (gm)	Fat (gm)	Cholesterol (mg)	Sodium (mg)
Recipe #	BREAKFAST							
L 200 00	**Turkey Sausage Links**	**2 oz**	**132**	**0**	**15**	**7**	**48**	**284**
L 001 01	Grilled Bacon (precooked)	2 slices	29	0	2	2	4	81
E 002 00	**Hominy Grits**	**0.67 cup**	**84**	**16**	**2**	**1**	**2**	**107**
E 001 00	Hot Oatmeal	0.75 cup	106	18	5	2	0	216
D 813 01	**French Toast Stick**	**2 slices**	**261**	**39**	**9**	**8**	**100**	**606**
Q 046 04	**Hash Browned Potatoes**	**1 patty**	**60**	**13**	**2**	**0**	**0**	**16**
F 004 00	Hard Boiled Eggs	2 ea	149	1	12	10	425	126
	Eggs to Order							
	TOTAL							
	LUNCH							
P 001 00	**Beef Rice Soup**	**1 cup**	**71**	**11**	**4**	**2**	**4**	**1702**
N 001 02	BLT	1 sandwich	281	29	10	14	17	573
L 119 03	**Lemon Baked Fish**	**4 oz**	**154**	**0**	**26**	**5**	**72**	**354**
Q 045 02	French Fried Potatoes (Frozen, Oven)	3.5 oz	238	39	3	8	0	527
E 005 00	**Steamed Rice**	**0.75 cup**	**148**	**32**	**3**	**1**	**0**	**214**
Q 041 03	**Peas and Onions**	**0.75 cup**	**130**	**22**	**7**	**2**	**0**	**96**
Q 126 00	Mixed Vegetables	0.75 cup	78	16	4	1	0	130
	TOTAL							
	DINNER							
P 007 00	**Vegetarian Vegetable Soup**	**1 cup**	**57**	**10**	**3**	**1**	**1**	**1278**
L 158 00	**Savory Baked Chicken**	**2 pcs**	**269**	**2**	**40**	**10**	**119**	**658**
L 021 01	Beef Pot Pie w/ Pie Crust Topping	1 cup	332	24	26	15	66	515
E 008 00	**Rice Pilaf**	**0.75 cup**	**201**	**37**	**4**	**4**	**4**	**927**
Q 057 00	Mashed Potatoes (Instant)	0.5 cup	150	30	4	2	5	185
O 016 02	**Chicken Gravy**	**0.25 cup**	**47**	**3**	**1**	**3**	**0**	**414**
Q 058 00	Stewed Tomatoes	0.5 cup	23	5	1	0	0	172
Q 101 00	**Steamed Green Beans**	**0.75 cup**	**36**	**8**	**2**	**0**	**0**	**76**
	TOTAL							