		Serving Size	Calories (kcal)	Carbs (gm)	Protein (gm)	Fat (gm)	Cholesterol (mg)	Sodium (mg)
Recipe #	BREAKFAST							
L 512 00	**Turkey Sausage Patties**	**2 oz**	**106**	**3**	**13**	**5**	**42**	**244**
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**
D 025 06	**Waffles, frozen (brown)**	**2 ea**	**176**	**27**	**4**	**6**	**22**	**524**
Q 046 04	**Hash Browned Potatoes**	**1 patty**	**60**	**13**	**2**	**0**	**0**	**16**
	Apple Topping							
F 004 00	Hard Boiled Eggs	2 ea	149	1	12	10	425	126
	Eggs to Order							
	TOTAL							
	LUNCH							
N 027 02	BBQ Pork Sandwich	I sandwich	246	30	14	8	27	674
	Grilled Chicken w/ Italian Dressing							
E 508 00	**Southwestern Rice**	**0.75 cup**	**131**	**25**	**5**	**1**	**2**	**192**
Q 071 00	Herb Baked Potato Wedges	4 wedges	111	25	2	1	0	196
Q 017 01	Glazed Carrots	0.5 cup	73	14	1	2	5	166
Q 136 00	**Monaco Blend**	**0.5 cup**	**50**	**10**	**3**	**0**	**0**	**82**
P 027 00	**Lentil Soup**	**1 cup**	**113**	**22**	**7**	**0**	**0**	**432**
	TOTAL							
	DINNER							
L 832 00	Honey Glaze Chicken	4 oz	196	6	32	4	88	77
L 119 01	**Baked Fish w/ Garlic Butter Sauce**	**4 oz**	**178**	**0**	**26**	**8**	**72**	**246**
E 005 00	**Steamed Rice**	**0.75 cup**	**148**	**32**	**3**	**1**	**0**	**214**
Q 051 01	Potato Au Gratin	0.67 cup	152	12	4	10	28	517
Q 809 00	**Vegetable Stir Fry (frozen veg)**	**0.5 cup**	**121**	**19**	**3**	**4**	**0**	**1069**
Q 109 00	Cauliflower	0.75 cup	26	5	2	0	0	98
P 007 01	**Minestrone Soup**	**1 cup**	**75**	**14**	**3**	**1**	**1**	**1157**
	TOTAL							