		Serving Size	Calories (kcal)	Carbs (gm)	Protein (gm)	Fat (gm)	Cholesterol (mg)	Sodium (mg)
Recipe #	BREAKFAST							
L 089 02	**Grilled Sausage Patties**	**1 patty**	**147**	**0**	**8**	**12**	**33**	**517**
L 515 00	Grilled Turkey Bacon	2 slices	57	0	4	4	21	308
E 001 00	**Hot Oatmeal**	**0.75 cup**	**106**	**18**	**5**	**2**	**0**	**216**
D 813 00	**French Toast**	**2 ea**	**176**	**27**	**4**	**6**	**22**	**524**
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
K 007 00	Strawberry Topping	2.5 Tbsp	36	9	0	0	0	2
	Eggs to Order							
	TOTAL							
	LUNCH							
L 226 00	Pizza Casserole (penne)	1 cup	279	28	13	13	31	708
L 158 00	**Savory Baked Chicken**	**2 pcs**	**269**	**2**	**40**	**10**	**119**	**658**
E 801 00	Long Grain Wild Rice	0.5 cup	37	8	1	0	0	1
Q 502 00	**Italian Roasted Potatoes**	**0.5 cup**	**129**	**29**	**3**	**1**	**0**	**237**
Q 012 00	Fried Cabbage	0.5 cup	47	5	1	3	7	184
Q 087 00	**Italian Blend Vegetables**	**0.75 cup**	**81**	**10**	**3**	**3**	**0**	**188**
P 004 01	**French Onion Soup**	**1 cup**	**163**	**13**	**3**	**11**	**9**	**1377**
	TOTAL							
	DINNER							
L 021 01	**Beef Pot Pie w/Pie Crust Topping**	**1 cup**	**332**	**24**	**26**	**15**	**66**	**515**
L 032 00	Parmesan Fish	4 oz	212	1	32	8	88	395
E 005 00	**Steamed Rice**	**0.75 cup**	**148**	**32**	**3**	**1**	**0**	**214**
Q 055 01	Scalloped Potatoes	0.67 cup	89	10	2	5	12	285
Q 127 00	Peas and Carrots (FROZEN)	0.75 cup	65	14	4	1	0	169
P 009 08	**Tomato Soup (Canned)**	**1 cup**	**85**	**19**	**2**	**1**	**0**	**783**
Q 101 02	**Wax Beans (CANNED)**	**0.75 cup**	**26**	**6**	**1**	**0**	**0**	**443**
	TOTAL							