		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 009 01	**Bean with Bacon Soup**	**1 cup**	**166**	**26**	**9**	**3**	**4**	**1046**
L 166 00	Pizza, Asst. with Pepperoni, Bacon	4 oz	259	35	11	8	20	456
L 079 01	**Sweet and Sour Chicken**	**8 oz**	**351**	**23**	**39**	**10**	**119**	**198**
E 004 00	Boiled Pasta with Olive Oil	1 cup	207	41	7	1	0	292
N/A	Potato Chips - Baked LAYS	1 container	130	26	2	2	0	200
Q 001 01	**Broccolli Combo**	**0.75 cup**	**107**	**17**	**4**	**4**	**0**	**67**
E 005 00	**Steamed Rice**	**0.75 cup**	**148**	**32**	**3**	**1**	**0**	**214**
	TOTAL							
	DINNER							
P 009 08	**Tomato Soup (CANNED)**	**1 cup**	**96**	**19**	**2**	**2**	**0**	**788**
L 230 00	Chicken Alfredo w/ Penne Pasta	6 oz	652	53	48	26	133	689
L 837 00	**Meatloaf (precooked)**	**6 oz**	**355**	**19**	**31**	**17**	**95**	**1770**
Q 500 01	**Garlic Cheese Potatoes (INSTANT)**	**0.5 cup**	**112**	**17**	**3**	**3**	**9**	**233**
Q 104 01	Beets (CANNED)	0.75 cup	50	12	1	0	0	446
Q 041 03	**Peas w/ Onions**	**0.75 cup**	**130**	**22**	**7**	**2**	**0**	**96**
O 016 00	**Brown Gravy**	**0.25 cup**	**73**	**5**	**1**	**5**	**0**	**363**
	TOTAL							