		Serving Size	Calories (kcal)	Carbs (gm)	Protein (gm)	Fat (gm)	Cholesterol (mg)	Sodium (mg)
Recipe #	BREAKFAST							
L 091 00	**Grilled Sausage Links**	**2 pieces**	**176**	**1**	**6**	**16**	**38**	**461**
L 515 00	Grilled Turkey Bacon	2 slices	57	0	4	4	21	308
E 001 02	**Hot Farina**	**0.75 cup**	**104**	**22**	**3**	**0**	**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 062 00	Beef Yakisoba	1 cup	329	31	30	8	70	1002
L 832 00	**Honey Glazed Chicken**	**4 oz**	**196**	**6**	**32**	**4**	**88**	**77**
Q 500 01	Garlic Cheese Potatoes (INSTANT)	0.5 cup	112	17	3	3	9	233
E 508 00	**Southwestern Rice**	**0.75 cup**	**131**	**25**	**5**	**1**	**2**	**192**
Q 089 00	Summer Squash (FROZEN)	0.75 cup	46	10	3	0	0	76
Q 106 00	Brussel Sprouts	0.75 cup	57	11	5	0	0	104
P 014 01	**Cream of Broccoli Soup**	**1 cup**	**128**	**14**	**6**	**6**	**16**	**1156**
	TOTAL							
	DINNER							
L 114 00	Teriyaki Chicken	8 oz	296	6	42	10	119	1726
L 099 00	**Pork Abodo**	**5 oz**	**262**	**6**	**28**	**13**	**98**	**325**
Q 033 01	Paprika Buttered Potatoes	4 pcs	170	32	3	4	10	608
E 005 00	**Steamed Rice**	**0.75 cup**	**148**	**32**	**3**	**1**	**0**	**214**
Q 001 05	**Green Bean Combo**	**0.75 cup**	**77**	**10**	**2**	**4**	**0**	**81**
Q 130 00	California Blend	0.5 cup	121	19	3	4	0	1069
P 007 00	**Vegetable Soup**	**1 cup**	**57**	**10**	**3**	**1**	**1**	**1278**
	TOTAL							