		Serving Size	Calories (kcal)	Carbs (gm)	Protein (gm)	Fat (gm)	Cholesterol (mg)	Sodium (mg)
Recipe #	BREAKFAST							
L 001 01	**Grilled Bacon (precooked)**	**2 slices**	**29**	**0**	**2**	**2**	**4**	**81**
L 110 01	Corn Beef Hash	4 oz	258	6	12	20	50	443
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 137 00	**Tater Tots**	**3 oz**	**123**	**14**	**2**	**6**	**0**	**264**
F 004 00	Hard Boiled Eggs	2 ea	149	1	12	10	425	126
	Eggs to Order							
	TOTAL							
	LUNCH							
L 022 00	Beef Stew	1.25 cup	286	22	25	11	66	593
L 156 01	**Fried Chicken**	**2 pcs**	**583**	**18**	**46**	**35**	**207**	**569**
E 004 01	**Buttered Pasta**	**1 cup**	**239**	**41**	**7**	**5**	**10**	**329**
Q 067 00	Candied Sweet Potatoes (CANNED)	0.5 cup	193	38	1	4	10	247
Q 012 00	**Fried Cabbage**	**0.5 cup**	**47**	**5**	**1**	**3**	**7**	**184**
Q 108 00	Steamed Carrots	0.75 cup	49	11	1	1	0	164
P 059 00	**Tuscano Soup**	**1 cup**	**99**	**7**	**6**	**5**	**0**	**244**
	TOTAL							
	DINNER							
L 207 00	Southwestern Shrimp Linguine	10 oz	290	36	24	5	168	656
L 210 00	**Santa Fe Chicken Breast**	**4 oz**	**262**	**21**	**33**	**5**	**88**	**288**
Q 050 02	Oven Glo Potatoes	0.5 cup	130	23	2	4	10	268
E 011 00	**Mexican Rice**	**0.75 cup**	**193**	**34**	**3**	**5**	**0**	**244**
Q 109 00	Steamed Cauliflower	0.75 cup	26	5	2	0	0	98
Q 126 00	**Mixed Vegetables**	**0.75 cup**	**78**	**16**	**4**	**1**	**0**	**130**
P 009 07	**Split Pea Soup**	**1 cup**	**200**	**29**	**11**	**5**	**9**	**1065**
	TOTAL							