



UNITED STATES MARINE CORPS
MARINE CORPS INSTALLATIONS PACIFIC-MCB CAMP BUTLER
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MARINE CORPS INSTALLATIONS PACIFIC-MCB CAMP BUTLER BULLETIN 10110

From: Commanding General
To: Distribution List

Subj: MARINE CORPS INSTALLATIONS PACIFIC MASTER MENU COMMENCING 01
MARCH 2022 THROUGH 31 MARCH 2024

Ref: (a) MCO 10110.14N
(b) MCFMIS Standing Operating Procedures Revision 7
(c) MCO 10110.49
(d) MCO P10110.42
(e) MCO P10110.43
(f) MCIPAC-MCBBO 10110.1A 21 Jan 2021
(g) USDA Dietary Guidelines for Americans 2020-2025
(h) Department of Defense (DoD) Menu Standards 1338.10
(i) Defense Logistics Agency USMC Buyer's Guide 25 Mar 21

Encl: (1) HQMC Warfighter and Performance Dietitian Certification
(2) Military Dietary Reference Intakes (MDRIs)
(3) OCONUS Master Menu Guidance
(4) Master Menu 28 Day Cycle
(5) Standard Cold Bar
(6) Standard Fruit Bar
(7) Standard Beverage and Self Service Menu
(8) Standard Breakfast Menu
(9) Standard Specialty Bars
(10) Standard Convenience Line (Take-Out) Menu
(11) Standard Sub Shop Menu
(12) Standard Midnight Rations (MidRats) Menu
(13) Holiday and Special Meal Menus
(14) Standard Box Meal Menu
(15) Standard Recreational Menu
(16) Standard Force March Menu
(17) Utility Outage Menu
(18) Frequency Charts
(19) New Recipe Template Form

1. Purpose. To publish the Marine Corps Installations Pacific, Marine Corps Base Camp Smedley D. Butler (MCIPAC-MCBB) Master Menu for Calendar Year 2022/2023.

DISTRIBUTION STATEMENT A: Approved for public release; distribution is unlimited.

2. Background. The Installation Commander, MCIPAC-MCBB, performs routine menu planning in order to provide nutritionally adequate meals for authorized patrons, and to maintain interests commensurate with customer trends and preferences. Enclosure (1) certifies that the 28-Day Master Menu for MCBB Okinawa mess halls is compliant with nutrition and menu standards for human performance optimization. Enclosure (2) outlines quantitative estimates of nutrient intakes to be used for planning and assessing diets for the healthy military population. Enclosure (3) provides menu planning standards for developing a palatable, nutritious, and acceptable cyclic master menu for garrison mess halls. Enclosures (4) through (18) contain standard menus that will be served in all MCBB Okinawa mess halls during scheduled meal periods. Enclosure (19) is utilized to request the addition of new local recipes within the Marine Corps Food Management Information System (MCFMIS).

3. Action.

a. Commanders at subordinate MCIPAC-MCBB installations shall publish a cyclic master menu every two years in accordance with the references, and enclosures (1) through (3) of this bulletin. All cyclic master menus will be reviewed by the MCIPAC-MCBB Food Service Office and submitted to Marine Corps Installations, Command (MCICOM) for final nutrient analysis and approval. All cyclic master menus will contain, at minimum, procedures for:

- (1) Submitting modifications to the approved cyclic master menu.
- (2) Submitting changes to the approved cyclic master menu
- (3) Implementing routine holiday and special meals
- (4) Submitting special meal requests
- (5) Surveilling master menu compliance

b. Commanders with operational control of the garrison mess hall shall ensure compliance to the standard guidance contained in enclosures (4) through (18) of this bulletin. Additionally, Commanders will assist the CG MCIPAC-MCBB in installation command administration and operation of all garrison mess halls aboard their specific base/station/installation. This includes providing qualified and sufficient military personnel to operate military mess halls and perform mission essential tasks for essential station messing (ESM).

c. Mess Hall Officers shall ensure proper administration, management, and operation of the mess hall, and will be guided in the performance of his/her duties by the instructions contained in references (a) through (i).

d. Mess Hall Managers are responsible to the Commander with operational control of the mess hall. The manager will administer daily operations of the mess hall, to include staffing requirements for all assigned personnel, military and civilian. Mess Hall Managers will maintain compliance with minimum menu requirements.

(1) MCBB Okinawa mess halls operating within the consolidated food service system will incorporate at least 60% of cook chill items in all projected meal requirements identified in enclosures 4 thru 18.

(2) Cook-Chill products are offered at all MCBB Okinawa mess halls and provide cost reduction, reduction in labor, and food quality and production benefits.

4. Applicability. The guidance outlined in this bulletin, to include enclosures (1) through (3), are applicable to all active garrison mess halls in Japan, Hawaii, and the Republic of Korea that operate under MCIPAC-MCBB Food Service Program. Marine Corps Air Station Iwakuni, Camp Fuji, Camp Mujuk and MCB Hawaii have the option to develop a Master Menu, a copy must be provided to the MCIPAC FSO.

5. Cancellation Contingency. This Bulletin is cancelled when MCIPAC-MCBBul 10110 is published for Calendar Year 2024.



C. E. TIDWELL
By direction

DISTRIBUTION: List C



UNITED STATES MARINE CORPS
MARINE CORPS INSTALLATIONS COMMAND
3000 MARINE CORPS PENTAGON
WASHINGTON, DC 20350-3000

IN REPLY REFER TO:
4600
G-4
13 Jan 22

From: Sharlene Holladay, Registered Dietitian, Headquarters,
Marine Corps, Washington, DC

To: Marine Corps Installation Pacific Command (MCIPAC) Base
Food Service

Subj: MCIPAC MASTER MAIN LINE MENU 28 DAY CYCLE FOR OKINAWA,
JAPAN

1. I have reviewed the subject master menus for nutrient adequacy, macronutrient compliance and USMC Fueled to Fight® line requirements.

2. The current Okinawa master main line menu 28 day cycle captured in the Marine Corps Food Management Information System (MCFMIS) as of this date for 2022 is in compliance with the military dietary reference intake (MDRI) standards referenced in the MCO 10110.49, 2016.

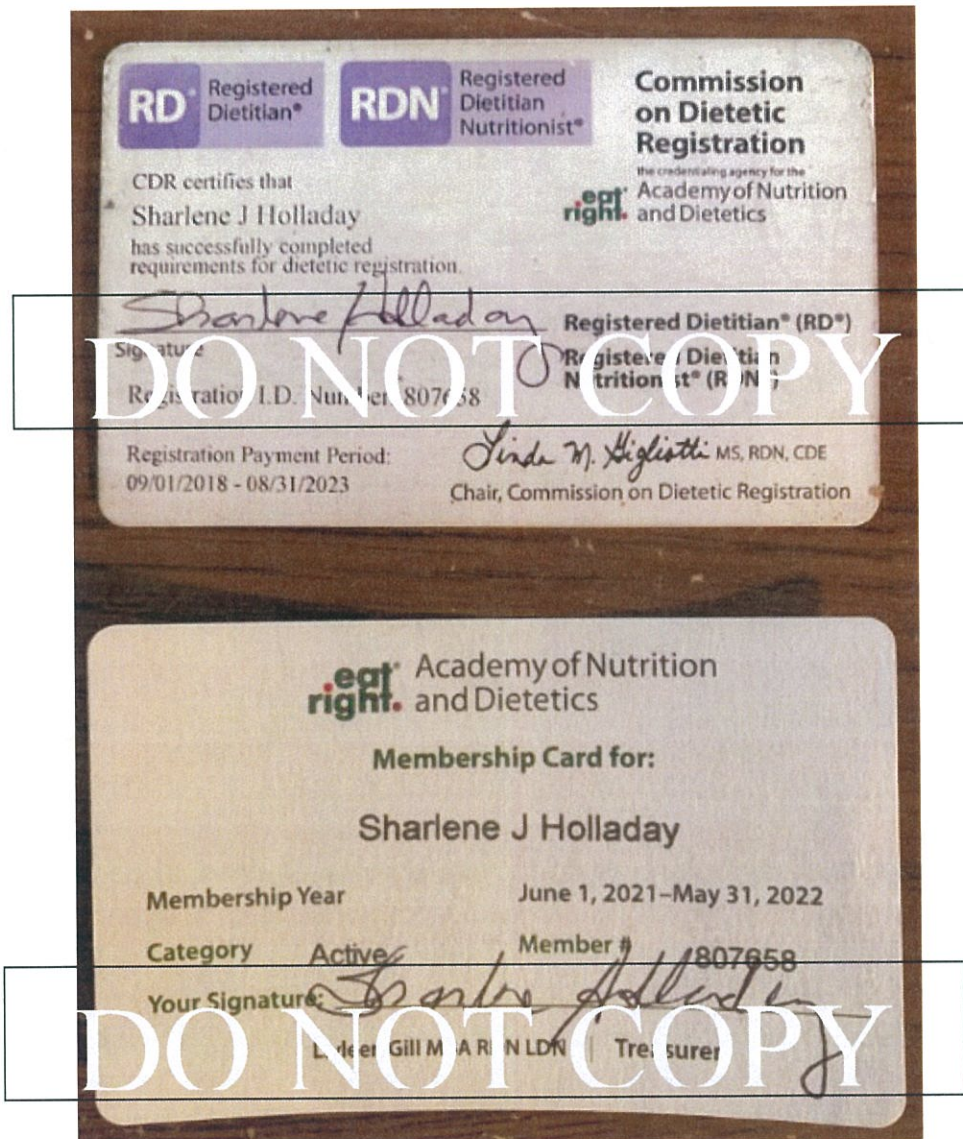
3. I certify that the meals served meet the nationally recommended dietary allowances for basic nutrition for military personnel along with the USMC Fueled to Fight® mess hall nutrition education program and have been approved in their entirety as outlined in this document. Subsequently, any remote feeding or brig support meals are also adequately supported by this menu submittal in its entirety.

5. If any additional information or clarification regarding this matter is needed I can be reached at (703) 604-3662 or by email at Sharlene.holladay@usmc.mil.

Sharlene Holladay, MS, RDN
HQMC Warfighter and Performance
Dietitian

Enclosure /

Subj: MCIPAC MASTER MAIN LINE MENU 28 DAY CYCLE FOR OKINAWA, JAPAN



Enclosure 1

Military Dietary Reference Intakes (MDRIs)¹ per day

<u>NUTRIENT</u>	<u>UNIT</u>	<u>MEN</u>	<u>WOMEN</u>
Energy ²	Kcal/d	3250 (3000-4600)	2300 (2200-3150)
Protein ³	g/d	91 (63-119)	72 (50-93)
Vitamin A ⁴	µg/d	1000	800
Vitamin D ⁵	µg/d	5	5
Vitamin E ⁶	mg/d	15	15
Vitamin K	µg/d	80	65
Vitamin C	mg/d	90	75
Thiamin (B ₁)	mg/d	1.2	1.1
Riboflavin (B ₂)	mg/d	1.3	1.1
Niacin ⁷	mg NE/d	16	14
Vitamin B ₆	mg/d	1.3	1.3
Folate ⁸	mg/d	400	400
Vitamin B ₁₂	µg/d	2.4	2.4
Calcium ⁹	mg/d	1000	1000
Phosphorous ¹⁰	mg/d	700	700
Magnesium ¹¹	mg/d	420	320
Iron ¹²	mg/d	10	15
Zinc	mg/d	15	12
Sodium ¹³	mg/d	5000 (4550-5525)	3600 (3220-3910)
Iodine	µg/d	150	150
Selenium	µg/d	55	55
Fluoride ¹⁴	mg/d	4.0	3.1
Potassium ¹⁵	mg/d	3200	2500

NOTES:

1. Values for energy, protein, and associated nutrients are expressed as average daily nutrient intakes and based on moderate activity levels and reference body weights of 79 kg (174 lbs) for military men and 62 kg (136 lbs) for military women.

2. Energy recommendations for various activity levels are estimates only and vary among individuals. The Master Menu Review Board will take into consideration moderate levels of activity for most personnel in garrison. Values are rounded up to the nearest 50 kcal.

3. The initial values in the table represent the midpoints of the ranges calculated using military reference body weights and protein intake recommendations of 0.8 g to 1.5 g per kg body weight.

4. The unit of measure is microgram retinol activity equivalents ($\mu\text{g RAE}$). $1 \mu\text{g RAE} = 1 \mu\text{g retinol} = 12 \mu\text{g } \beta\text{-carotene} = 24 \mu\text{g other provitamin A carotenoids}$. Vitamin A will also be expressed in IUs, a standard unit for the nutrition labeling in the United States. $1 \text{ IU} = 0.3 \mu\text{g retinol} = 0.6 \mu\text{g } \beta\text{-carotene} = 1.2 \mu\text{g provitamin A carotenoids}$.
5. As calciferol: $1 \mu\text{g calciferol} = 40 \text{ IU vitamin D}$.
6. The unit of measure is milligram α -tocopherol that includes RRR- α -tocopherol, the only form of α -tocopherol that is found in food and the 2R-stereoisomeric forms that are found in fortified foods and dietary supplements. This does not include the 2S-stereoisomeric forms that are also found in fortified foods and dietary supplements.
7. The unit of measure is niacin equivalent (NE). $1 \text{ mg NE} = 1 \text{ mg niacin or } 60 \text{ mg dietary tryptophan}$.
8. The unit of measure is dietary folate equivalent (DFE). One (1) $\mu\text{g DFE} = 1 \mu\text{g food folate, } 0.5 \mu\text{g synthetic folic acid taken on an empty stomach, or } 0.6 \mu\text{g synthetic folic acid taken with meals}$. Women capable of becoming pregnant should consume $400 \mu\text{g}$ of synthetic folic acid daily from fortified foods or supplements or a combination of both, in addition to food folate.
9. The MDRI for calcium will meet the needs of most personnel. However, personnel 17 to 18 years old have higher calcium needs not accounted for by this MDRI. A more appropriate dietary goal of personnel in this age group is 1300 mg/d . Special attention should be given to providing calcium-rich foods if serving meals to a group with a large proportion of military personnel younger than 19 years old.
10. The MDRI for phosphorus will meet the needs of most personnel. However, personnel 17 to 18 years have higher phosphorus needs not accounted for by this MDRI. A more appropriate dietary goal of personnel in this age group is 1250 mg/d . Special attention should be given to providing phosphorus-rich foods if serving meals to a group with a large proportion of military personnel younger than 19 years old.
11. The MDRI for magnesium will meet the needs of most personnel. However, female personnel 17 to 18 years old have higher magnesium needs not accounted for by this MDRI. A more appropriate dietary goal of women in this age group is 360 mg/d . Special attention should be given to providing magnesium rich foods if serving meals to a group with a large proportion of female personnel younger than 19 years old.
12. The MDRI for iron will meet the needs of most personnel. However, male personnel less than 19 years old have higher iron needs not accounted for by this MDRI. A more appropriate dietary goal of men in this age group is 11 mg/d .
13. Sodium recommendations are based on 1400 to 1700 milligrams of sodium per 1000 kcal of food served. The initial values in the table represent the rounded midpoints of the ranges calculated using energy intakes for moderate activity of 3250 kcal for men and 2300 kcal for women.
14. The MDRI is based on a recommended daily intake of $0.05 \text{ mg/kg body weight}$.

15. The minimal requirement for potassium is approximately 1600 to 2000 mg/day. The MDRI is based on a recommended daily intake of 40 mg/kg body weight.

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OCONUS Master Menu Guidance

1. General Information. This bulletin provides menu planning guidance for all MCIPAC-MCBB mess halls. A cyclic master menu will be developed in accordance with references (a) through (i) of this bulletin, the Marine Corps' Fueled to Fight® (F2F®) mess hall nutrition education program, and specified Department of Defense (DOD) Menu Standards.

2. Military Dietary Reference Intakes (MDRI). Menus will be based on nutrition standards described in reference (a), as Military Dietary Reference Intakes (MDRIs). The MDRIs are quantitative estimates of nutrient intakes to be used for planning and assessing diets for the healthy military population. Cyclic master menus will be in compliance with current MDRIs contained in enclosure (2), and meet nationally recommended dietary allowances for basic nutrition for military personnel.

3. USMC Fueled to Fight (F2F®) Nutrition Information Program.

a. The F2F® program empowers and educates Marines to make informed nutrition decisions on meal items, contributing to their ability to maintain a high level of mental and physical performance. The goal is for each Marine to identify foods that are: less-processed, most wholesome, nutrient-dense, and those which are high in fiber, low in added sugar, and contain healthy fats as identified by the F2F® stoplight color-code criteria.

(1) Green "Engage at Will": defined as ≤30% of calories from total fats, and ≤10% of calories from saturated fat.

(2) Yellow "Well Aimed Shots": defined as 31-49% of calories from total fats, and 11-15% of calories from saturated fat.

(3) Red "Check Fire": defined as ≥50% of calories from total fats, and ≥16% of calories from saturated fat.

b. The F2F® color-coding criteria is embedded into all Marine Corps mess halls. Integrating F2F® color-coding into MCFMIS, and posting each food item's color code on the serving line, are the critical links among all Marine installations, and distinguishes the Marine program from that of the other Services.

c. Nutrition calorie cards will be posted by the F2F® color code criteria for each main entrée, starch, vegetable, and accompaniment served, during each meal period. A nutrition calorie card will be posted for all food selections, where a patron can easily view the information when making a selection.

4. Menu Planning. A cyclic master menu will be used in all Marine Corps mess halls to ensure personnel authorized to subsist at government expense are provided sufficient, quality, nourishing meals. Each menu will provide standard menus and recipes to increase popularity and nutritional value of meals offered in all garrison mess halls.

a. Menu Planning Tools. The objective of menu planning is to keep pace with customer trends and preferences balanced with nutrition and fiscal goals. The following tools are required for menu planning and development:

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(1) Updates and revisions found in reference (b), which identify the effects of environmental factors on energy.

(2) Marine Corps Food Management Information System (MCFMIS) is required in accordance with reference (c) to perform cost and nutritional analysis of the master menu and post meal acceptability history of menu items.

(3) DoD menu standards provide minimum guidelines required for use by military food service programs during menu planning, food procurement, food preparation, and meal service, as outlined in reference (h) of this bulletin.

(4) The current Meal Plan Allowance (MPA) is a significant tool used to determine the fiscal constraints of the master menu.

(5) Dietary guidelines found in reference (g) published by the USDA and U.S. Department of Health and Human Services and the USDA My Plate and Food Guidelines.

(6) Customer satisfaction and preference survey data with demographic and trend information will guide plans and development.

(7) The Armed Forces Recipe Service (AFRS) index, contains approximately 1,700 standardized recipes. Items included in the master menu will be selected from those prescribed in the Federal Supply Catalog, C8900-SL. Standard recipes incorporated into the cyclic menu will be derived from references (d) and (e) of this bulletin.

(8) Local recipes as approved by MCICOM/DC, I&L.

(9) Manufacturer's recipes.

(10) The weekly Prime Vendor catalogs provide the items available for ordering and the current price.

(11) Expertise and recommendations from the Headquarters Marine Corps, Warfighter and Performance Dietitian.

b. Planning Factors. Many considerations affect the choice of foods in a master menu, such as restrictions set forth in reference (i), fiscal constraints, the availability and prices of food items listed in the Subsistence Prime Vendor catalog(s), manufacturer's recipes, nutrient density, F2F® color coding, and locally approved recipes. Consideration will be given to the design of the mess hall, equipment, and time constraints during menu planning.

(1) Patron acceptability will be balanced with cost and nutrition. Quality preparation and presentation are key to patron acceptability.

(2) Seasonal availability of foods is important. Master menus should be adjusted to capitalize on seasonal changes in the supply of fresh produce and seasonal changes in acceptability.

(3) Equipment and storage facilities affect the production capability of menu items.

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(4) Artistic factors play an important role in menu planning. A pleasing combination of color, texture, shape, and flavor in foods is necessary to consider. Varying food choices and the ways food is served will create esthetically pleasing menus and will avoid repetition.

(5) Variations in attendance effect the number of portions prepared. The principal advantage of a cyclic master menu is the accumulation of post meal history to determine accurate acceptability for forecasting and planning. Headcount and post meal historical information will be maintained to identify how many people were served each menu item for each meal. Future attendance forecasts are based on post meal history acceptability, weather, proximity to payday, leave trends, deployments, etc., and must all be taken into account when predicting attendance.

(6) Special menu planning for individual dietary requirements is the responsibility of the patron and not the food service management. Special menu demands may be met based on the selections available on the master menu.

5. Minimum Menu Standards. Most meals are planned around entrees of meat, fish, or poultry. Other food items are planned to complement the main dish. The following minimum menu standards were developed as the baseline to provide acceptable, nutritious, and well merchandised meals. These standards are not intended to restrict the mess hall initiative in surpassing them when practical. In addition, commanders at subordinate MCIPAC-MCBB installations will ensure that menu standards are developed and incorporated into the master menu for holiday meals, special meals, flight meals, night meals, specialty bars, etc. as outlined below. Mess Hall Mangers will ensure standard breakfast, lunch, dinner, breakfast brunch, and dinner brunch menus meet the following minimum menu requirements.

a. Main entrees. The main entrée is typically the main course of a standard meal offered on the main line. Patrons must be able to vary protein food sources daily (lean meat, poultry, or fish; egg; tablespoon peanut butter; nuts or seeds; beans or peas) in order to optimize human performance. When developing the master menu, there will be at least one "green" entree offered at every meal. Fish will be served at a minimum of three times per week as a main entrée, with at least one being high in Omega 3 (i.e. salmon, tuna, trout, herring, mackerel, and sardines). During the breakfast meal, at least one breakfast meat must be lower in fat (i.e. patties/links less than 12g fat per serving and less than 5g of fat per serving for turkey bacon, Canadian bacon, or center cut bacon). During the Sunday dinner brunch meals there will be at least one high end main entrée served (i.e. lobster, crab legs, prime rib roll, salmon etc.).

b. Vegetables. Dietary fiber found in vegetables is an important part of an overall healthy balanced diet. A minimum of two and a half (2.5) cups of vegetables is recommended per day. One or more good sources of vitamin A or vitamin C will be considered when developing the master menu (i.e. colorful, dark leafy, deep yellow, orange, and red vegetables). Fresh, frozen, or canned vegetables will be incorporated into the master menu, in that order of priority based on nutritional value. The master menu will include at least one "green" vegetable served for every meal, however, no more than one starch vegetable per meal. Starchy vegetables include potatoes, corn, peas (black-eyed, green), lentils and beans (i.e. baked beans, black beans, chick peas, garbanzo beans, kidney beans, Lima beans,

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navy beans, pinto and refried beans). Mess Halls will ensure that no more than one fried vegetable is served on the main line, per day.

c. Grains and Starches. Whole grains and other naturally starch foods are highly nutritious. It is recommended that patrons consume healthy whole grains to maintain a balanced diet. They are a main source of carbohydrates and play an important role in a healthy diet. Whole grains, rice, pasta and other starches will be selected to complement the main entree. During the development of the master menu there will be at least one green starch offered for every meal. At least two cereals containing greater than 8 grams of whole grain per serving will be offered. A minimum of two cereals will be without sugar coating. At least one whole grain hot cereal will be offered without added fat or sugars.

d. Desserts. Reduced fat recipes will be incorporated into the master menu to offer a variety of dessert options. Recipes may include variations to a menu item, such as offering cake without the frosting. Desserts must be planned for each meal just as other menu components are, taking into account preference, eye appeal, climate, and cooking facilities. Each week's menu must be carefully planned to provide an equal distribution of cakes, pies, cookies, and fresh fruit dessert options.

e. Soups. Soups are used to compliment the standard meal and often provide a nutrient density, or low calorie option, high in vegetables. When developing the master menu, a minimum of one soup will be offered during every meal. This sequence in menu development is not based on the relative importance of soup to a menu, but rather on its relation to other menu items. All soups will contain less than 800mg of sodium per 8 ounce serving. If more than one soup choice is provided, at least one reduce sodium soup, with fewer than 600 mg of sodium per 8 ounce serving will be offered.

f. Dairy and Eggs. It is recommended that patrons consume a good source of calcium, and vitamin D at least three times per day. Good sources include milk, yogurt, and egg whites. Egg whites will be incorporated into the master menu to provide a better assortment of protein during the meal period. Mess Halls will offer egg whites as an alternative to whole egg products. One percent milk will also be offered at every meal. Low-fat milk (1%) will be the primary milk served in bulk milk dispensers. Skim and low-fat chocolate flavored milk will be offered to patrons as alternatives. Revisions to the local catalog may be required to meet these standards.

g. Salads. Minimum menu requirements for the salad bar include 50% dark green leaves, such as spinach leaves. Unsalted nuts or seeds will be available as part of the standard salad bar menu. Additional protein alternatives will also be offered to increase variety, to include tuna, chicken breast, etc.

h. Fruits. It is recommended that at least two cups of fruit be consumed, each day. Fresh fruit will be served on the dessert bar, dessert display, or dessert carousel. A minimum of two fresh fruit choices will be offered during every meal to provide a good source of vitamin C. Seasonal fruit should be incorporated into standard fruit bar as often as possible.

6. Menu Development. All menus will be developed to include palatable and acceptable menu options. During menu development, nutrition principles will be applied that encourage optimal physical and cognitive performance.

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Accompaniments may vary to enhance menu options. Lean meats, starches, vegetables, salads, fruits, desserts and soups will be incorporated into the master menu during development.

a. Minimum Menu Requirements.

(1) Menu combinations offered at each meal will provide variety and contrast in texture, flavor, color, while keeping within the prescribed MPA.

(2) Cooking times will be adjusted as close to serving times as possible. Progressive cooking is necessary to maintain quality menu products.

(3) To enhance customer service and provide a high quality dining experience, the meat entrée must be appropriately cooked, sliced and served.

(4) Frequency charts (enclosure (18)) will be developed for entrees, vegetables, starches, sandwiches (Convenience Line), and pastry/desserts to avoid repetition. Frequency charts will outline the basic structure of the menu by listing menu items and the number of times they will appear during the menu cycle. Frequency charts identify repetition and adequate arrangement of similar items. It is particularly helpful in eliminating identical or similar items in meals served on successive days, e.g., the last three days of the cycle and the first three days at the beginning of the next cycle.

(5) Adherence to the AFRS, local recipes, and/or manufacturers recipes, to include recipe instructions and preparation methods (i.e. progressive cooking), is required to ensure consistent high quality products.

(6) The cyclic master menu will provide a choice of eggs, hot or cold cereals, fruits, beverages, and meat items for all breakfast and breakfast brunch meals.

(7) A choice of main entrees, vegetables, salads, desserts, and beverages will be offered for each lunch, dinner, and dinner brunch meals.

(8) Main line menu items will meet the minimum criterion of 30% "Green" in the category of main entrée, hot vegetable, and starch.

b. Standard Menu Requirements.

(1) A standard cyclic menu for lunch, dinner, breakfast brunch and dinner brunch meals will be offered at all mess halls. This standard menu will be served at correctional detainee facilities, also known as the Brig.

(2) A Standard Cold Bar Menu will be served during all lunch, dinner, breakfast brunch and dinner brunch meals.

(3) A Standard Fruit Bar Menu will be served during all meal periods.

(4) A Standard Beverage and Self-Service Menu will be served during all meal periods.

(5) The Standard Breakfast Menu will be offered during each breakfast and breakfast brunch meal period.

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(6) A Standard Specialty Bar (enclosure (9)) will be served at all MCBB Okinawa mess halls, and at subordinate installations where feasible based on available serving equipment. Standard Specialty Bars (e.g. Mongolian bar, taco bar, wing fling bar, etc.) will be served as an accompaniment to the main line, during the lunch period, in order to provide a greater variety of entrées for patrons subsisting in the mess hall. Specialty bars can provide a variety of highly acceptable entrees, as an alternative to the main line or convenience line entrees.

(7) A Standard Convenience Line (Take-Out) Menu (enclosure 10) will be incorporated in the cyclic master menu. Breakfast, lunch, dinner, breakfast brunch and dinner brunch menus will also include a choice of convenience foods/take-out food items, which will include a choice of five or more entrees, as well as at least one nutrient dense take-out item.

(8) A Standard Sub Shop Menu (enclosure (11)) will be served at satellite feeding locations, such as the Camp Kinser Sub Shop and MCAS Futenma Flight Line. Meal periods will be tailored around customer demand and mission requirements. The standard menu for satellite locations, such as these will ensure each enlisted member entitled to subsist receive three meals for each day on active duty. Either the two or three meal routine constitutes the total entitlement.

(9) A Standard Midnight-Rations (MidRats) Menu will be tailored around specific meal support requirements. A night meal is authorized during the late evening to early morning hours when there are a sufficient number of shift workers whose duties cause them to miss the regularly scheduled meals. This meal will consist of a variety of standard menu items from the cyclic master menu and healthy reduced calorie options.

(10) Enclosure (13) provides clarifying guidance on holiday and special menus served at all MCIPAC-MCBB mess halls. A minimum of two cooked vegetables, two entrees, two potatoes /pasta/rice choices, and three pastry options will be served during holiday and special meals. Mess halls that provide support to correctional facility detainees (e.g. Brig) will prepare and serve regularly scheduled meals on weekdays during the III MEF/MCIPAC-MCBB 2022 Holiday Schedule, and in accordance with the cyclic master menu.

(11) A Standard Box Meal Menu (enclosure (14)) will be served in accordance with authorized special meal support requirements contained in reference (f). Box meals will not be used simply for convenience. Frozen meal kits may be authorized after review and nutritional analysis by the Warfighter and Performance Dietitian.

(12) A Standard Recreational Menu (enclosure (15)) will be authorized for certain recreational events when they meet the required criteria found in reference (g). The standard cyclic menu will be served for meal support that require containerized field meals for personnel conducting field training/exercises.

(13) A Standard Force March Menu (enclosure (16)) will be used to provide a reduced portion of protein and fruit for conditioning hikes and similar types of meal support. Hot and cold beverage support to personnel performing strenuous outdoor activities is authorized, however, there are no monetary credits associated with this support. Mess halls will incorporate a

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standard menu for hot/cold beverage and fruit support in order to meet performance nutrition requirements for special meal support.

(14) Mess halls will incorporate a Utility Outage Menu (enclosure (17) in the event of a scheduled utility outage (i.e. water, gas, power, etc.). Most MCIPAC-MCBB mess halls are supplied with an on-site backup generator, which provides a reliable source of standby power to a limited set of kitchen and refrigerated equipment. When feasible, special consideration must be taken to ensure hot menu items are incorporated into the utility outages menu.

7. Additional Menu Variety and Services. Variety is essential. Menu items and variety are only limited by the Mess Hall Manager's creativity, initiative, and the ability of the logistics pipeline to support additional requirements while still remaining cognizant of customer acceptability feedback. Mess Hall Managers are authorized to offer additional menu variety and services under the following conditions:

a. Managers may add production items to a meal period. However, managers may not expunge or remove food or beverage items from the approved master menu.

b. Managers desiring to provide additional menu variety and/or services must ensure items served in addition to the standard menu are procured from an approved source and available for requisition through the local catalog, in accordance with reference (c).

c. All production items served in addition to the standard menu must include recipes derived from MCFMIS.

d. Direct coordination must be made to ensure sufficient lead-time is provided for functions of requisition and delivery (i.e. add-ons). This lead-time is necessary to allow additional subsistence supplies to arrive from the prime vendor.

e. Additional 1105 SIK (subsistence-in-kind) funding will not be permitted for additional menu variety, or services. Therefore, managers must remain within the parameters of the MPA, as published. This includes the addition of special menu items. Adjustments to increase inventory levels will not be permitted for additional menu services.

8. Modifications to the Master Menu/Menu Recipes.

a. Menu Changes. All cyclic menus will be prepared and served in compliance with standard menu guidance contained in this bulletin. Temporary menu changes may be permitted only under the conditions identified in reference (g). Permanent menu changes to the master menu must be routed through the MCIPAC-MCBB Food Service Office and submitted to MCICOM/DC, I&L, Food Service and Subsistence Branch for nutrient analysis and final approval.

b. New Recipes. All modifications to menu recipes will be consistent with DoD menu standards and the cyclic master menu (e.g. changing the preparation of eggs to order and omelets to scrambled eggs). Recipe changes will be submitted through the Installation Food Service Office. Any addition, deletion, or modification requested to a recipe will be prepared using the New Recipe Template Form, see enclosure (19). Prior to submission, recipes will

OCONUS Master Menu Guidance

be analyzed for cost, ingredients, compliance, and nutrient density value, and evaluated by a testing panel to ensure the recipe is adequate in taste and presentation.

9. Low Volume Mess Halls. The Installation Food Service Office may adjust minimum menu requirements for mess halls that serve 100 man-days or less daily. Mess halls feeding an average of less than 100 man-days over a six-month extended period of time may use the following considerations for meal preparation:

a. All main line, specialty bar, holiday meal, and special meal menus will be prepared and served in accordance with the cyclic master menu.

b. Fruit, salad, and beverage bars will be maintained in accordance with the guidelines and DoD menu standards outlined in this bulletin. Maximum use of food serving equipment, to include counter space, cold bars and/or steam tables, is required to ensure that all meals are served in their entirety and meet the nationally recommended military dietary references allowances for service members.

c. All Convenience Line items will be advertised (i.e. made to order) for patrons during each breakfast, lunch, dinner, breakfast brunch and dinner brunch meal period.

d. Low volume mess halls may consider cost-effective alternatives and efficient use of inventory space, when considering batch cooking.

e. Low volume mess halls are omitted from the 60% minimum ordering requirement for cook chill items when electing to make menu items from scratch.

10. Consumer Consumption. The cyclic master menu is designed and developed to meet specified DoD Menu Standards and current MDRIs described in reference (h). For this reason, consumers must be provided the opportunity to consume all items depicted on the approved master menu. From the first patron to the last patron, all menu items will be made available for consumer consumption throughout the entire meal period. When items require substitutions for reasons such as an item not in stock (i.e., NIS), temporary substitutions may be permitted. All substitutions will be equivalent in nutrient density levels to meet the color-code criteria, cost, and quality of food.

11. The following abbreviations are applicable in Marine Corps master menus:

C = cup	Lb = pound
Cyl = cylinder	Lk = link
Cn = can	LR = local recipe
Dz = dozen	MR = manufacturer's recipe
Ea = each	Min = minimum
Gal = gallon	N = none
Ind = individual	No = number
Jr = jar	Oz = ounce
Pc = piece	Cal = calories
Pt = pint	Mg = milligrams
Qt = quart	Mcg = micrograms
RM = ready-made	Sl = slice

OCONUS Master Menu Guidance

Kg = kilograms

Tbsp = tablespoon

RE = Retinal Equivalent

Var = variable

Pk = package

Sq = square

TE = Alpha-Tocopherol Equivalent

Tsp = teaspoon

Pkt = packet

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DAY 1 Friday

2022 : 1/7	2/4	3/4	4/1	4/29	5/27	6/24	7/22	8/19	9/16	10/14	11/11	12/9
2023 : 1/6	2/3	3/3	3/31	4/28	5/26	6/23	7/21	8/18	9/15	10/13	11/10	12/8
2024 : 1/5	2/2	3/1	3/29	4/26	5/24	6/21	7/19	8/16	9/13	10/11	11/8	12/6

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
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Lunch

OKI/MH 145	#CANTONESE STYLE HOT AND SOUR SOUP	1 C		19 kcal	1.9 g	0.8 g	0.9 g	11.0 mg	310 mg	6 mg
OKI/MH 020	#TEXAS SMOKY BBQ DICED PORK	1/2 C		295 kcal	24.1 g	8.5 g	29.3 g	60.0 mg	2087 mg	40 mg
MFR	CHICKEN CORDON BLEU	4 OZ		237 kcal	19.7 g	13.3 g	9.8 g	61.0 mg	665 mg	116 mg
LOCAL 309	BAKED POTATO CASSEROLE (PLANT BASED)	5 OZ		216 kcal	14.4 g	4.9 g	30.3 g	0.0 mg	432 mg	95 mg
Q 057 00	MASHED POTATOES (INSTANT)	1/2 C		105 kcal	2.7 g	2 g	19.5 g	1.0 mg	164 mg	47 mg
USMC 007	HAWAIIAN STYLE BROWN AND QUINOA	4 OZ		126 kcal	3.4 g	2.6 g	22.7 g	0.0 mg	552 mg	26 mg
Q 001 03	CAULIFLOWER COMBO (FROZEN)	3/4 C		95 kcal	4.2 g	4.2 g	13 g	10.0 mg	118 mg	36 mg
Q G 006 19	STEAMED COLLARD GREENS (FROZEN)	3/4 C		88 kcal	7.3 g	1 g	17.4 g	0.0 mg	122 mg	514 mg
O 016 02	CHICKEN OR TURKEY GRAVY	1/4 C		46 kcal	0.7 g	3.4 g	3.2 g	0.0 mg	424 mg	6 mg
D 015 01	CORN MUFFINS (MIX)	1 EA		184 kcal	2.9 g	5 g	31.9 g	1.0 mg	334 mg	23 mg

Dinner

OKI/MH 145	#CANTONESE STYLE HOT AND SOUR SOUP	1 C		19 kcal	1.9 g	0.8 g	0.9 g	11.0 mg	310 mg	6 mg
OKI/MH 107	JAEGERSCHNITZEL (VEAL W/MUSHROOM GRAVY)	1 EA		545 kcal	35.4 g	35.5 g	20.3 g	140.0 mg	1087 mg	60 mg
LOCAL 331	TERIYAKI CHICKEN (BONELESS BREAST)	4 OZ		186 kcal	32.9 g	4 g	2.1 g	88.0 mg	574 mg	19 mg
OKI/MH 196	YAKISOBA (PLANT BASED)	1 C		338 kcal	32.4 g	6.4 g	37 g	0.0 mg	1311 mg	169 mg
LO/E 006	JASMINE RICE-LOCAL	3/4 C		153 kcal	2.9 g	0.7 g	32.6 g	0.0 mg	214 mg	14 mg
Q 502 00	ITALIAN ROASTED POTATOES	1/2 C		126 kcal	2.6 g	0.8 g	28.2 g	0.0 mg	233 mg	25 mg
USMC 018	CREAMED SPINACH	4 OZ		86 kcal	6 g	3.5 g	10.5 g	3.0 mg	229 mg	227 mg
Q G 006 09	STEAMED CARROTS (FROZEN)	3/4 C		49 kcal	1.1 g	0.6 g	10.8 g	0.0 mg	93 mg	49 mg
O 016 02	CHICKEN OR TURKEY GRAVY	1/4 C		46 kcal	0.7 g	3.4 g	3.2 g	0.0 mg	424 mg	6 mg
D 015 01	CORN MUFFINS (MIX)	1 EA		184 kcal	2.9 g	5 g	31.9 g	1.0 mg	334 mg	23 mg

Desserts

D 037 01	1 QUICK APPLE COFFEE CAKE (MIX)	1 PC		203 kcal	3.2 g	5.4 g	35.6 g	21.0 mg	399 mg	63 mg
D 036 12	1 BEAR CLAWS (SWT MIX)	1 EA		251 kcal	7.1 g	5.2 g	43.5 g	55.0 mg	298 mg	39+ mg
HUB 064	2 GELATIN PARFAIT (W/FZN TOPPING)	1 EA		108 kcal	2.2 g	1 g	23.6 g	3.0 mg	113 mg	26 mg
MFR	2 CHOCOLATE CHIP COOKIES (MFR)	2 EA		256 kcal	2.3 g	12.1 g	34.6 g	4.0 mg	182 mg	8 mg
MFR	2 SWEET POTATO PIE, FROZEN	1 PC		427 kcal	5.6 g	20.3 g	57.4 g	28.0 mg	405 mg	112 mg
G 006 00	2 BANANA CAKE	1 PC		204 kcal	1.9 g	3.8 g	41 g	0.0 mg	331 mg	97 mg

Specialty Salad

OKI/MH 078	BROCCOLI SALAD (#BROCCOLI)	1/2 C		224 kcal	4 g	10.3 g	33.4 g	4.0 mg	146 mg	51 mg
OKI/MH 074	COLE SLAW W/VINEGAR DRESSING (#CABBAGE)	1/2 C		48 kcal	0.8 g	0.1 g	11.5 g	0.0 mg	127 mg	25 mg

STANDARD SALAD BAR see Master Menu Enclosure (5)

STANDARD FRUIT BAR see Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR see Master Menu Enclosure (7)

NOTES:

1. Must be served during the breakfast and breakfast brunch meals.
2. Must be Served during all lunch, dinner, and dinner brunch meals.
3. A take-out container will be provided when requested for main line items.

DAY 2 Saturday

2022 : 1/8 2/5 3/5 4/2 4/30 5/28 6/25 7/23 8/20 9/17 10/15 11/12 12/10
 2023 : 1/7 2/4 3/4 4/1 4/29 5/27 6/24 7/22 8/19 9/16 10/14 11/11 12/9
 2024 : 1/6 2/3 3/2 3/30 4/27 5/25 6/22 7/20 8/17 9/14 10/12 11/9 12/7

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
Breakfast Brunch										
OKI/MH 146	#CHEESEBURGER SOUP	1 C		175 kcal	8.7 g	10.5 g	11.4 g	30.0 mg	325 mg	141 mg
L 181 00	CHICKEN IN ORANGE SAUCE	4 OZ		209 kcal	32.7 g	4.2 g	8.3 g	88.0 mg	265 mg	24 mg
E 004 02	BUTTERED EGG NOODLE	1 C		246 kcal	7.7 g	6.6 g	38.8 g	55.0 mg	328 mg	29 mg
Q G 006 18	STEAMED SQUASH (FROZEN)	3/4 C		54 kcal	2.3 g	0.4 g	13.1 g	0.0 mg	14 mg	49 mg
O 016 02	CHICKEN OR TURKEY GRAVY	1/4 C		46 kcal	0.7 g	3.4 g	3.2 g	0.0 mg	424 mg	6 mg
	STD Breakfast Menu (see enclosure 8)									

Dinner Brunch										
OKI/MH 146	#CHEESEBURGER SOUP	1 C		175 kcal	8.7 g	10.5 g	11.4 g	30.0 mg	325 mg	141 mg
OKI/MH 027	#TEXAS SMOKY BBQ CHICKEN (QTR)	1 QTR		612 kcal	52.4 g	26.3 g	38.1 g	166.0 mg	1114 mg	59 mg
L 119 02	ONION-LEMON BAKED FISH (SALMON)	4 OZ		260 kcal	23.6 g	17.2 g	1.3 g	77.0 mg	305 mg	20 mg
LOCAL 311	PROTEIN STUFFED GREEN PEPPERS (PLANT BASED)	1 EA		427 kcal	28.4 g	5.9 g	65.7 g	3.0 mg	931 mg	169 mg
E 019 01	BROWN RICE WITH TOMATOES	3/4 C		159 kcal	3.8 g	1.6 g	33.1 g	0.0 mg	133 mg	33 mg
Q 504 00	ROASTED PEPPER POTATOES	2/3 C		105 kcal	2 g	2.4 g	19.4 g	0.0 mg	172 mg	21 mg
OKI/MH 075	PEAS WITH ONIONS	3/4 C		131 kcal	6.9 g	2.1 g	22 g	5.0 mg	91 mg	43 mg
Q G 006 03	STEAMED BEANS, GREEN (FROZEN)	3/4 C		42 kcal	1.9 g	0.2 g	8.2 g	0.0 mg	3 mg	46 mg
O 016 00	BROWN GRAVY	1/4 C		75 kcal	0.9 g	5.9 g	4.6 g	0.0 mg	462 mg	4 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg

Convenience Line										
N 012 00	GRILLED HAMBURGER (BEEF PATTIES)	1 EA		293 kcal	22.9 g	12.1 g	21.6 g	64.0 mg	259 mg	75 mg
N 012 01	CHEESEBURGER (BEEF PATTIES)	1 EA		381 kcal	27.2 g	19.5 g	22.4 g	87.0 mg	652 mg	321 mg
MFR	GRILLED PERFECT BURGER (VEG)	1 EA		351 kcal	24.3 g	15.7 g	28.6 g	0.0 mg	544 mg	102 mg
OKI/MH 122	GRILLED CHICKEN BREAST SANDWICH	1 EA		270 kcal	30.3 g	5.1 g	23.7 g	70.0 mg	277 mg	81 mg
LO/N 030 00	SIMMERED FRANKFURTER ON ROLL	1 EA		478 kcal	16.9 g	33.8 g	25.4 g	62.0 mg	1339 mg	77 mg
OKI/MH 123	BAKED BEANS (CANNED)	1/2 OZ		182 kcal	8.1 g	3 g	34.1 g	12.0 mg	691 mg	81 mg
Q 045 00	FRENCH FRIED POTATOES (FROZEN)	1 C		458 kcal	3.6 g	32.8 g	39.4 g	0.0 mg	527 mg	14 mg
Q 035 01	FRENCH FRIED ONION RINGS (FZN)	3 OZ		413 kcal	3.6 g	29.6 g	34.6 g	0.0 mg	279 mg	52 mg
OKI/MH 168	CATALAN TUNA WRAP	1 EA		635 kcal	24.1 g	30.3 g	66.2 g	33.0 mg	1352 mg	220 mg
R/M	GATORADE, FRUIT PUNCH, INDV	1 EA		195 kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	GATORADE, ORANGE, INDV	1 EA		159 kcal	0 g	0 g	39.2 g	0.0 mg	238 mg	6 mg
R/M	GATORADE, LEMON LIME, INDV	1 EA		195 kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	JUICE, APPLE, INDIVIDUAL (VIT C)	1 EA		143 kcal	0.3 g	0.4 g	35 g	0.0 mg	12 mg	25 mg
R/M	JUICE, ORANGE, BOTTLE, INDIVIDUAL	1 EA		122 kcal	0.5 g	0 g	30.4 g	0.0 mg	5 mg	5 mg
R/M	JUICE, CRANBERRY COCKTAIL, INDIVIDUAL	1 EA		171 kcal	0 g	0.3 g	42.8 g	0.0 mg	6 mg	9 mg

Desserts										
MFR	1 BANANA NUT MUFFINS (MIX)	1 EA		315 kcal	4.3 g	15.7 g	37.5 g	57.0 mg	319 mg	7+ mg
D 036 14	1 BOWKNOTS, FIGURE 8's, & S SHAPES (SWT MIX)	1 EA		189 kcal	4.4 g	3.6 g	34 g	3.0 mg	251 mg	2+ mg
HUB 064	2 GELATIN PARFAIT (W/FZN TOPPING)	1 EA		108 kcal	2.2 g	1 g	23.6 g	3.0 mg	113 mg	26 mg
MFR	2 OATMEAL COOKIES (MFR)	2 EA		136 kcal	1.7 g	6 g	18.9 g	8.0 mg	94 mg	10 mg
MFR	2 BLUEBERRY PIE, FROZEN	1 PC		36 kcal	0.3 g	1.6 g	5.5 g	0.0 mg	45 mg	1 mg
H 002 01	2 BROWNIES (BROWNIE MIX)	1 PC		280 kcal	3.3 g	11.5 g	43.6 g	12.0 mg	195 mg	20 mg

Specialty Salad										
OKI/MH 017	#MACARONI SALAD	1/2 C		242 kcal	4.2 g	15.8 g	20.4 g	29.0 mg	272 mg	21 mg
OKI/MH 119	KIDNEY BEAN SALAD	1/2 C		142 kcal	6.3 g	4.4 g	19.8 g	36.0 mg	464 mg	46 mg

STANDARD SALAD BAR see Master Menu Enclosure (5)
 STANDARD FRUIT BAR see Master Menu Enclosure (6)
 STANDARD BEVERAGE AND SELF SERVICE BAR see Master Menu Enclosure (7)

NOTES:

1. Must be served during the breakfast and breakfast brunch meals.
2. Must be Served during all lunch, dinner, and dinner brunch meals.
3. A take-out container will be provided when requested for main line items.
4. Convenience Line will be served for all meals.

DAY 3 Sunday

2022 : 1/9	2/6	3/6	4/3	5/1	5/29	6/26	7/24	8/21	9/18	10/16	11/13	12/11
2023 : 1/8	2/5	3/5	4/2	4/30	5/28	6/25	7/23	8/20	9/17	10/15	11/12	12/10
2024 : 1/7	2/4	3/3	3/31	4/28	5/26	6/23	7/21	8/18	9/15	10/13	11/10	12/8

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
Breakfast Brunch										
OKI/MH 092	#CHICKEN RICE SOUP	1 C		648 kcal	61.3 g	19.7 g	51.8 g	162.0 mg	11011 mg	211 mg
L 504 00	BAKED FISH SCANDIA (POLLOCK)	4 OZ		160 kcal	26.3 g	3.4 g	4.1 g	89.0 mg	185 mg	137 mg
Q 050 00	OVEN BROWNED POTATOES	1/2 C		126 kcal	1.9 g	3.8 g	21.9 g	10.0 mg	221 mg	10 mg
Q G 006 14	STEAMED MIXED VEGETABLES (FZN)	3/4 C		88 kcal	4.1 g	0.6 g	16.5 g	0.0 mg	58 mg	31 mg
O 016 02	CHICKEN OR TURKEY GRAVY	1/4 C		46 kcal	0.7 g	3.4 g	3.2 g	0.0 mg	424 mg	6 mg
	STD Breakfast Menu (see enclosure 8)									

Dinner Brunch										
OKI/MH 092	#CHICKEN RICE SOUP	1 C		648 kcal	61.3 g	19.7 g	51.8 g	162.0 mg	11011 mg	211 mg
L 210 00	SANTA FE GLAZED CHICKEN (BREAST)	4 OZ		264 kcal	32.6 g	4.7 g	22 g	88.0 mg	290 mg	28 mg
OKI/MH 039	#ROAST RIB OF BEEF (PRIME RIB ROLL)	6 OZ		569 kcal	44.8 g	42.9 g	1.1 g	153.0 mg	1235 mg	29 mg
HUB 053	BAKED LOBSTER TAILS	1 EA		208 kcal	16.8 g	15.5 g	0.1 g	166.0 mg	593 mg	89 mg
LOCAL 310	PASTA PRIMAVERA (PLANT BASED)	1 C		285 kcal	21.1 g	5.4 g	42.2 g	2.0 mg	4232 mg	117 mg
E 020 00	GINGER RICE	3/4 C		86 kcal	4 g	1.9 g	12.9 g	59.0 mg	495 mg	28 mg
Q 050 02	OVEN-GLO POTATOES	1/2 C		130 kcal	2.1 g	3.8 g	22.7 g	10.0 mg	226 mg	15 mg
Q G 001 15	SIMMERED BLACK-EYED PEAS (CANNED)	3/4 C		139 kcal	8.5 g	1 g	24.6 g	0.0 mg	528 mg	36 mg
USMC 006	BRAISED CABBAGE AND CARROTS	3/4 C		74 kcal	2.3 g	2.6 g	12 g	0.0 mg	468 mg	87 mg
O 016 00	BROWN GRAVY	1/4 C		75 kcal	0.9 g	5.9 g	4.6 g	0.0 mg	462 mg	4 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg

Convenience Line										
N 012 00	GRILLED HAMBURGER (BEEF PATTIES)	1 EA		293 kcal	22.9 g	12.1 g	21.6 g	64.0 mg	259 mg	75 mg
N 012 01	CHEESEBURGER (BEEF PATTIES)	1 EA		381 kcal	27.2 g	19.5 g	22.4 g	87.0 mg	652 mg	321 mg
MFR	GRILLED PERFECT BURGER (VEG)	1 EA		351 kcal	24.3 g	15.7 g	28.6 g	0.0 mg	544 mg	102 mg
OKI/MH 122	GRILLED CHICKEN BREAST SANDWICH	1 EA		270 kcal	30.3 g	5.1 g	23.7 g	70.0 mg	277 mg	81 mg
LO/N 030 00	SIMMERED FRANKFURTER ON ROLL	1 EA		478 kcal	16.9 g	33.8 g	25.4 g	62.0 mg	1339 mg	77 mg
OKI/MH 123	BAKED BEANS (CANNED)	1/2 OZ		182 kcal	8.1 g	3 g	34.1 g	12.0 mg	691 mg	81 mg
Q 045 00	FRENCH FRIED POTATOES (FROZEN)	1 C		458 kcal	3.6 g	32.8 g	39.4 g	0.0 mg	527 mg	14 mg
Q 035 01	FRENCH FRIED ONION RINGS (FZN)	3 OZ		413 kcal	3.6 g	29.6 g	34.6 g	0.0 mg	279 mg	52 mg
OKI/MH 174	GRILLED CHICKEN BLT WRAP	1 EA		638 kcal	36.7 g	23.8 g	69.2 g	124.0 mg	2363 mg	256 mg
R/M	CHIPS, ASSORTED	1 BG		153 kcal	1.7 g	9.5 g	16.1 g	0.0 mg	146 mg	39 mg
R/M	GATORADE, FRUIT PUNCH, INDV	1 EA		195 kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	GATORADE, ORANGE, INDV	1 EA		159 kcal	0 g	0 g	39.2 g	0.0 mg	238 mg	6 mg
R/M	GATORADE, LEMON LIME, INDV	1 EA		195 kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	JUICE, APPLE, INDIVIDUAL (VIT C)	1 EA		143 kcal	0.3 g	0.4 g	35 g	0.0 mg	12 mg	25 mg
R/M	JUICE, ORANGE, BOTTLE, INDIVIDUAL	1 EA		122 kcal	0.5 g	0 g	30.4 g	0.0 mg	5 mg	5 mg
R/M	JUICE, CRANBERRY COCKTAIL, INDIVIDUAL	1 EA		171 kcal	0 g	0.3 g	42.8 g	0.0 mg	6 mg	9 mg

Desserts										
D 037 03	1 QUICK CHERRY COFFEE CAKE (MIX)	1 PC		284 kcal	4.2 g	8.6 g	47.9 g	29.0 mg	427 mg	68 mg
D 036 07	1 BUTTERFLY ROLLS (SWT MIX)	1 EA		213 kcal	4.4 g	6.4 g	34 g	10.0 mg	274 mg	3+ mg
HUB 064	2 GELATIN PARFAIT (W/FZN TOPPING)	1 EA		108 kcal	2.2 g	1 g	23.6 g	3.0 mg	113 mg	26 mg
H 012 01	2 CHOCOLATE DROP COOKIES (BROWNIE MIX)	2 EA		191 kcal	2.3 g	7.7 g	30.2 g	8.0 mg	135 mg	14 mg
MFR	2 BOSTON CREAM PIE (MFR)	1 PC		341 kcal	3.2 g	11.5 g	58 g	50.0 mg	343 mg	31 mg
G 010 00	2 YELLOW CAKE (MIX)	1 PC		170 kcal	1.7 g	1.6 g	37.2 g	0.0 mg	331 mg	96 mg
USMC 002	2 APPLE CRISP	4 OZ		296 kcal	4.9 g	8.7 g	52 g	0.0 mg	83 mg	29 mg

Specialty Salad										
OKI/MH 025	#PASTA SALAD	1/2 C		129 kcal	4.7 g	5 g	16.7 g	5.0 mg	283 mg	79 mg
USMC 021	FOUR GRAIN AND DRIED FRUIT SALAD	4 OZ		414 kcal	8.2 g	23.5 g	45.9 g	0.0 mg	146 mg	60 mg

STANDARD SALAD BAR see Master Menu Enclosure (5)
 STANDARD FRUIT BAR see Master Menu Enclosure (6)
 STANDARD BEVERAGE AND SELF SERVICE BAR see Master Menu Enclosure (7)
 NOTES:

1. Must be served during the breakfast and breakfast brunch meals.
2. Must be Served during all lunch, dinner, and dinner brunch meals.
3. A take-out container will be provided when requested for main line items.
4. Convenience Line will be served for all meals.

DAY 4 Monday

2022 : 1/10	2/7	3/7	4/4	5/2	5/30	6/27	7/25	8/22	9/19	10/17	11/14	12/12
2023 : 1/9	2/6	3/6	4/3	5/1	5/29	6/26	7/24	8/21	9/18	10/16	11/13	12/11
2024 : 1/8	2/5	3/4	4/1	4/29	5/27	6/24	7/22	8/19	9/16	10/14	11/11	12/9

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
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Lunch

OKI/MH 049	#CREAM OF BROCCOLI SOUP	1 C		148 kcal	6.7 g	5.8 g	17.7 g	16.0 mg	1183 mg	167 mg
L 012 00	COUNTRY STYLE STEAK	1 EA		394 kcal	38.4 g	19.4 g	14.2 g	124.0 mg	616 mg	56 mg
OKI/MH 043	#ZESTY ORANGE CHICKEN (QTR)	1 PC		862 kcal	66.6 g	33.5 g	68.9 g	213.0 mg	693 mg	40 mg
LOCAL 312	BEAN AND PROTEIN CHILI (PLANT BASED)	10 OZ		230 kcal	18.4 g	4.3 g	30.5 g	0.0 mg	1060 mg	128 mg
F 001 00	BAKED MACARONI AND CHEESE	1 C		377 kcal	17.8 g	15.3 g	41.5 g	44.0 mg	745 mg	408 mg
Q 050 01	FRANCONIA POTATOES	1/2 C		126 kcal	1.9 g	3.8 g	21.9 g	10.0 mg	223 mg	12 mg
Q G 006 15	STEAMED SUCCOTASH (FROZEN)	3/4 C		114 kcal	5.3 g	1.1 g	24.4 g	0.0 mg	55 mg	20 mg
Q G 006 17	STEAMED CORN ON THE COB (FROZEN)	3/4 C		143 kcal	4.8 g	1.1 g	34.2 g	0.0 mg	7 mg	6 mg
O 016 02	CHICKEN OR TURKEY GRAVY	1/4 C		46 kcal	0.7 g	3.4 g	3.2 g	0.0 mg	424 mg	6 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg

Dinner

OKI/MH 049	#CREAM OF BROCCOLI SOUP	1 C		148 kcal	6.7 g	5.8 g	17.7 g	16.0 mg	1183 mg	167 mg
L 083 01	BARBECUED PORK CHOPS	1 EA		272 kcal	27.3 g	8.1 g	20.5 g	85.0 mg	570 mg	40 mg
OKI/MH 136	#TURKEY A LA KING	1 C		364 kcal	30.6 g	14.8 g	25.7 g	86.0 mg	816 mg	265 mg
L 189 00	ITALIAN BROCCOLI PASTA	1 EA		342 kcal	15.2 g	4.2 g	65 g	6.0 mg	1236 mg	228 mg
E 004 02	BUTTERED EGG NOODLE	1 C		246 kcal	7.7 g	6.6 g	38.8 g	55.0 mg	328 mg	29 mg
OKI/MH 070	RICE PILAF	3/4 C		100 kcal	2.2 g	3.7 g	14.5 g	4.0 mg	949 mg	25 mg
Q 060 01	CLUB SPINACH (FROZEN SPINACH)	1/2 C		158 kcal	9.9 g	9.3 g	11.5 g	22.0 mg	409 mg	317 mg
OKI/MH 140	SPANISH STYLE BEANS (CANNED)	1/2 C		134 kcal	6.2 g	2.3 g	23.1 g	0.0 mg	235 mg	64 mg
O 016 00	BROWN GRAVY	1/4 C		75 kcal	0.9 g	5.9 g	4.6 g	0.0 mg	462 mg	4 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg

Desserts

D 031 00	1 MUFFINS (MIX)	1 EA		171 kcal	2 g	5.2 g	29.4 g	16.0 mg	238 mg	16 mg
D 036 06	1 CINNAMON RAISIN ROLLS (SWT MIX)	1 EA		220 kcal	4.4 g	6.9 g	34.8 g	10.0 mg	278 mg	9+ mg
HUB 064	2 GELATIN PARFAIT (W/FZN TOPPING)	1 EA		108 kcal	2.2 g	1 g	23.6 g	3.0 mg	113 mg	26 mg
MFR	2 PEANUT BUTTER COOKIES (MFR)	2 EA		147 kcal	2.6 g	8 g	16.7 g	9.0 mg	127 mg	32 mg
MFR	2 PECAN PIE, FROZEN	1 PC		424 kcal	4.7 g	17.4 g	62.1 g	44.0 mg	286 mg	23 mg
G 010 05	2 MARBLE CAKE (YELLOW CAKE MIX)	1 PC		157 kcal	1.8 g	2 g	34.3 g	0.0 mg	315 mg	55 mg

Specialty Salad

OKI/MH 062	CUCUMBER AND ONION SALAD	1/2 C		36 kcal	0.6 g	0.1 g	8.3 g	0.0 mg	119 mg	15 mg
OKI/MH 060	CABBAGE, APPLE, AND CELERY SALAD #CABBAGE	1/2 C		50 kcal	0.9 g	2.1 g	7.6 g	2.0 mg	86 mg	31 mg

STANDARD SALAD BAR see Master Menu Enclosure (5)

STANDARD FRUIT BAR see Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR see Master Menu Enclosure (7)

NOTES:

1. Must be served during the breakfast and breakfast brunch meals.
2. Must be Served during all lunch, dinner, and dinner brunch meals.
3. A take-out container will be provided when requested for main line items.

DAY 5 Tuesday

2022 : 1/11 2/8 3/8 4/5 5/3 5/31 6/28 7/26 8/23 9/20 10/18 11/15 12/13
 2023 : 1/10 2/7 3/7 4/4 5/2 5/30 6/27 7/25 8/22 9/19 10/17 11/14 12/12
 2024 : 1/9 2/6 3/5 4/2 4/30 5/28 6/25 7/23 8/20 9/17 10/15 11/12 12/10

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
Lunch										
OKI/MH 026	#FRENCH ONION SOUP	1 C		118 kcal	1.8 g	8.1 g	9.9 g	1.0 mg	1612 mg	27 mg
OKI/MH 019	#BEEF FOR BROCCOLI	3/4 C		234 kcal	21.1 g	3.6 g	30.6 g	42.0 mg	1055 mg	96 mg
L 155 01	SOUTHERN FRIED CHICKEN	2 PC		579 kcal	46.5 g	36.6 g	13.6 g	136.0 mg	534 mg	27 mg
LOCAL 310	PASTA PRIMAVERA (PLANT BASED)	1 C		285 kcal	21.1 g	5.4 g	42.2 g	2.0 mg	4232 mg	117 mg
E 016 00	ISLANDER'S RICE	3/4 C		101 kcal	4.7 g	0.9 g	18.7 g	0.0 mg	690 mg	43 mg
Q 067 00	CANDIED SWEET POTATOES	1/2 C		188 kcal	1.1 g	3.9 g	38 g	10.0 mg	226 mg	31 mg
Q G 006 19	STEAMED COLLARD GREENS (FROZEN)	3/4 C		88 kcal	7.3 g	1 g	17.4 g	0.0 mg	122 mg	514 mg
Q 010 02	CAULIFLOWER POLONAISE	3 OZ		55 kcal	2.7 g	2.6 g	6.4 g	20.0 mg	182 mg	32 mg
O 016 00	BROWN GRAVY	1/4 C		75 kcal	0.9 g	5.9 g	4.6 g	0.0 mg	462 mg	4 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg
Dinner										
OKI/MH 026	#FRENCH ONION SOUP	1 C		118 kcal	1.8 g	8.1 g	9.9 g	1.0 mg	1612 mg	27 mg
L 006 00	SUKIYAKI	7-1/2 OZ		188 kcal	23.3 g	6.4 g	9 g	56.0 mg	668 mg	50 mg
L 119 03	LEMON BAKED FISH (POLLOCK)	4 OZ		143 kcal	23.8 g	4.4 g	0.5 g	94.0 mg	337 mg	75 mg
LOCAL 309	BAKED POTATO CASSEROLE (PLANT BASED)	5 OZ		216 kcal	14.4 g	4.9 g	30.3 g	0.0 mg	432 mg	95 mg
E 004 06	BOILED RAINBOW ROTINI NOODLES	1 C		347 kcal	12 g	1.9 g	68.8 g	0.0 mg	293 mg	28 mg
OKI/MH 121	POTATOES AND HERBS	2/3 C		111 kcal	3 g	0.3 g	24.8 g	0.0 mg	47 mg	25 mg
OKI/MH 059	BROCCOLI PARMESAN	1 EA		79 kcal	6.3 g	2.3 g	10.3 g	6.0 mg	236 mg	160 mg
OKI/MH 082	GLAZED CARROTS (#CARROT SLICE)	1/2 C		71 kcal	0.8 g	2 g	13.3 g	5.0 mg	143 mg	30 mg
O 017 00	CREAM GRAVY	1/4 C		64 kcal	2.4 g	3.5 g	5.7 g	1.0 mg	244 mg	76 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg
Desserts										
D 037 00	1 QUICK COFFEE CAKE (BISCUIT MIX)	1 PC		269 kcal	3.9 g	8.6 g	44.2 g	30.0 mg	425 mg	64 mg
D 027 01	1 KOLACHES (SWT MIX)	1 EA		199 kcal	4.5 g	3.5 g	37 g	0.0 mg	263 mg	0 mg
HUB 064	2 GELATIN PARFAIT (W/FZN TOPPING)	1 EA		108 kcal	2.2 g	1 g	23.6 g	3.0 mg	113 mg	26 mg
MFR	2 DOUBLE CHOCOLATE CHIP COOKIES (MFR)	2 EA		340 kcal	3 g	16.1 g	46 g	5.0 mg	242 mg	11 mg
MFR	2 CHERRY PIE, FROZEN	1 PC		325 kcal	2.5 g	13.8 g	49.8 g	0.0 mg	308 mg	15 mg
H 024 00	2 BANANA SPLIT BROWNIES	1 PC		250 kcal	2.9 g	9.4 g	41.3 g	9.0 mg	157 mg	18 mg
Specialty Bar										
OKI/MH 007	#POTATO SALAD (#SAUCE)	2/3 C		371 kcal	4.1 g	28.2 g	25.9 g	63.0 mg	770 mg	38 mg
USMC 032	MEDITERRANEAN ORZO SALAD	5 OZ		122 kcal	3.4 g	2.9 g	23.9 g	0.0 mg	450 mg	19 mg

STANDARD SALAD BAR see Master Menu Enclosure (5)
 STANDARD FRUIT BAR see Master Menu Enclosure (6)
 STANDARD BEVERAGE AND SELF SERVICE BAR see Master Menu Enclosure (7)

NOTES:

1. Must be served during the breakfast and breakfast brunch meals.
2. Must be Served during all lunch, dinner, and dinner brunch meals.
3. A take-out container will be provided when requested for main line items.

DAY 6 Wednesday

2022 : 1/12 2/9 3/9 4/6 5/4 6/1 6/29 7/27 8/24 9/21 10/19 11/16 12/14
 2023 : 1/11 2/8 3/8 4/5 5/3 5/31 6/28 7/26 8/23 9/20 10/18 11/15 12/13
 2024 : 1/10 2/7 3/6 4/3 5/1 5/29 6/26 7/24 8/21 9/18 10/16 11/13 12/11

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
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Lunch

OKI/MH 028	#NEW ENGLAND CLAM CHOWDER	1 C		272 kcal	19.4 g	7.5 g	30.8 g	49.0 mg	1099 mg	105 mg
OKI/MH 163	#ROTISSERIE CHICKEN (QTR)	1 PC		422 kcal	48.2 g	24 g	3.8 g	155.0 mg	1431 mg	26 mg
BP-MFR	BREADED PORK CHOP (FROZEN)	5 OZ		654 kcal	23.3 g	46.7 g	32.7 g	70.0 mg	1004 mg	93 mg
LOCAL 311	PROTEIN STUFFED GREEN PEPPERS (PLANT BASED)	1 EA		427 kcal	28.4 g	5.9 g	65.7 g	3.0 mg	931 mg	169 mg
Q 051 00	POTATOES AU GRATIN	2/3 C		242 kcal	6.4 g	10.7 g	30.7 g	29.0 mg	451 mg	137 mg
USMC 029	LEMON ORZO	4 OZ		209 kcal	6.3 g	4.6 g	35.3 g	0.0 mg	514 mg	22 mg
OKI/MH 073	LOUISIANA STYLE SMOTHERED SQUASH (FZN)	1/2 C		57 kcal	1 g	2.9 g	7.9 g	7.0 mg	238 mg	23 mg
OKI/MH 109	LYONNAISE GREEN BEANS (FROZEN)	1/2 C		58 kcal	1.5 g	2.9 g	6.8 g	7.0 mg	96 mg	36 mg
OKI/MH 076	ONION GRAVY	1/4 C		84 kcal	1.1 g	6.1 g	6.3 g	0.0 mg	444 mg	7 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg

Dinner

OKI/MH 028	#NEW ENGLAND CLAM CHOWDER	1 C		272 kcal	19.4 g	7.5 g	30.8 g	49.0 mg	1099 mg	105 mg
LO/L 069 00	BAKED HAM (BONE-IN)	4 OZ		147 kcal	21.6 g	2.9 g	8.8 g	27.0 mg	1084 mg	7 mg
L 010 02	YANKEE POT ROAST	3-1/2 OZ		269 kcal	38 g	8.7 g	7.3 g	111.0 mg	430 mg	38 mg
OKI/MH 196	YAKISOBA (PLANT BASED)	1 C		338 kcal	32.4 g	6.4 g	37 g	0.0 mg	1311 mg	169 mg
E 005 03	LONG GRAIN AND WILD RICE	3/4 C		168 kcal	6.8 g	0.9 g	34.4 g	0.0 mg	6 mg	13 mg
E 012 00	NOODLES JEFFERSON	3/4 C		243 kcal	8.7 g	9.6 g	30.5 g	55.0 mg	511 mg	108 mg
OKI/MH 108	CALICO CABBAGE (#CABBAGE)	1/2 C		52 kcal	1.2 g	2.9 g	6.5 g	7.0 mg	180 mg	37 mg
OKI/MH 157	SAVORY STYLE BEANS (CANNED)	2/3 C		103 kcal	5.8 g	1.5 g	16.6 g	0.0 mg	330 mg	44 mg
O 016 00	BROWN GRAVY	1/4 C		75 kcal	0.9 g	5.9 g	4.6 g	0.0 mg	462 mg	4 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg

Desserts

MFR	1 MUFFINS, STRAWBERRY SHORTCAKE	1 EA		260 kcal	3 g	12 g	36 g	40.0 mg	210 mg	0 mg
D 019 03	1 LONGJOHNS (SWT MIX)	1 EA		161 kcal	4.3 g	3.2 g	27.9 g	0.0 mg	247 mg	0 mg
HUB 064	2 GELATIN PARFAIT (W/FZN TOPPING)	1 EA		108 kcal	2.2 g	1 g	23.6 g	3.0 mg	113 mg	26 mg
H 005 00	2 SHORTBREAD COOKIES	2 EA		269 kcal	3 g	15 g	31 g	39.0 mg	117 mg	9 mg
MFR	2 APPLE PIE, FZN	1 PC		319 kcal	2.6 g	14.8 g	45.8 g	0.0 mg	271 mg	15 mg
G 012 01	2 DEVIL'S FOOD CUPCAKES (MIX)	1 EA		108 kcal	1.4 g	1.7 g	23.7 g	0.0 mg	224 mg	14 mg

Specialty Salad

OKI/MH 116	COUNTRY STYLE TOMATO SALAD	1/2 C		48 kcal	0.6 g	2.3 g	6.4 g	0.0 mg	115 mg	11 mg
USMC 005	BLACK BEAN AND CORN SALAD	4 OZ		141 kcal	3.6 g	8.4 g	14.9 g	0.0 mg	165 mg	33 mg

STANDARD SALAD BAR see Master Menu Enclosure (5)

STANDARD FRUIT BAR see Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR see Master Menu Enclosure (7)

NOTES:

1. Must be served during the breakfast and breakfast brunch meals.
2. Must be Served during all lunch, dinner, and dinner brunch meals.
3. A take-out container will be provided when requested for main line items.

DAY 7 Thursday

2022	: 1/13	2/10	3/10	4/7	5/5	6/2	6/30	7/28	8/25	9/22	10/20	11/17	12/15
2023	: 1/12	2/9	3/9	4/6	5/4	6/1	6/29	7/27	8/24	9/21	10/19	11/16	12/14
2024	: 1/11	2/8	3/7	4/4	5/2	5/30	6/27	7/25	8/22	9/19	10/17	11/14	12/12

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
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Lunch

OKI/MH 145	#CANTONESE STYLE HOT AND SOUR SOUP	1 C		19 kcal	1.9 g	0.8 g	0.9 g	11.0 mg	310 mg	6 mg
OKI 015	BOMBAY CHICKEN	2 PC		410 kcal	45.4 g	11.7 g	30.8 g	139.0 mg	139 mg	31 mg
OKI/MH 036	#PEPPER STEAK	3/4 C		180 kcal	20.8 g	6.3 g	9.7 g	52.0 mg	578 mg	18 mg
LOCAL 339	PERFECT BURGER PARMESAN	1 EA		289 kcal	21.4 g	13.1 g	20.9 g	47.0 mg	629 mg	508 mg
E 005 05	STEAMED BROWN RICE	3/4 C		167 kcal	3.3 g	1.8 g	33.9 g	0.0 mg	215 mg	7 mg
Q 050 02	OVEN-GLO POTATOES	1/2 C		130 kcal	2.1 g	3.8 g	22.7 g	10.0 mg	226 mg	15 mg
USMC 017	CREAMED SPINACH, MEDITERRANEAN	5 OZ		84 kcal	5.1 g	3.3 g	11.1 g	3.0 mg	201 mg	192 mg
Q G 001 15	SIMMERED BLACK-EYED PEAS (CANNED)	3/4 C		139 kcal	8.5 g	1 g	24.6 g	0.0 mg	528 mg	36 mg
O 016 02	CHICKEN OR TURKEY GRAVY	1/4 C		46 kcal	0.7 g	3.4 g	3.2 g	0.0 mg	424 mg	6 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg

Dinner

OKI/MH 145	#CANTONESE STYLE HOT AND SOUR SOUP	1 C		19 kcal	1.9 g	0.8 g	0.9 g	11.0 mg	310 mg	6 mg
USMC 034	PASTA PRIMAVERA WITH GRILLED SHRIMP	4 OZ		249 kcal	18.6 g	7.6 g	27.5 g	121.0 mg	1725 mg	163 mg
OKI/MH 139	#BEEF STEW	1-1/4 C		397 kcal	33.2 g	20 g	19.5 g	123.0 mg	129 mg	57 mg
MFR	VEGETABLE LASAGNA (FROZEN)	1 PC		345 kcal	14.6 g	13.9 g	42 g	23.0 mg	885 mg	313 mg
Q 057 00	MASHED POTATOES (INSTANT)	1/2 C		105 kcal	2.7 g	2 g	19.5 g	1.0 mg	164 mg	47 mg
Q G 006 01	STEAMED BROCCOLI (FROZEN)	3/4 C		38 kcal	4.2 g	0.2 g	7.3 g	0.0 mg	15 mg	45 mg
USMC 012	CAULIFLOWER WITH PESTO (FROZEN)	3 OZ		64 kcal	3.1 g	3.1 g	7.3 g	0.0 mg	142 mg	42 mg
O 016 00	BROWN GRAVY	1/4 C		75 kcal	0.9 g	5.9 g	4.6 g	0.0 mg	462 mg	4 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg

Desserts

D 037 02	1 QUICK FRENCH COFFEE CAKE (MIX)	1 PC		339 kcal	5.9 g	12 g	53.5 g	29.0 mg	426 mg	73 mg
D 019 02	1 RAISED DOUGHNUTS (SWT MIX)	1 EA		177 kcal	4.3 g	3.2 g	31.9 g	0.0 mg	248 mg	1+ mg
HUB 064	2 GELATIN PARFAIT (W/FZN TOPPING)	1 EA		108 kcal	2.2 g	1 g	23.6 g	3.0 mg	113 mg	26 mg
MFR	2 SUGAR COOKIES (MFR)	2 EA		147 kcal	1.4 g	6.9 g	19.7 g	10.0 mg	109 mg	27 mg
MFR	2 PUMPKIN PIE, FROZEN	1 PC		370 kcal	5.9 g	14.9 g	53.1 g	40.0 mg	364 mg	98 mg
G 010 06	2 ORANGE CAKE WITH ORANGE ZEST	1 PC		171 kcal	1.7 g	1.6 g	37.4 g	0.0 mg	331 mg	98 mg

Specialty Salad

OKI/MH 078	BROCCOLI SALAD (#BROCCOLI)	1/2 C		224 kcal	4 g	10.3 g	33.4 g	4.0 mg	146 mg	51 mg
OKI/MH 079	MEXICAN COLE SLAW (#CABBAGE)	1/2 C		73 kcal	0.9 g	4 g	9.2 g	3.0 mg	275 mg	21 mg

STANDARD SALAD BAR see Master Menu Enclosure (5)

STANDARD FRUIT BAR see Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR see Master Menu Enclosure (7)

NOTES:

1. Must be served during the breakfast and breakfast brunch meals.
2. Must be Served during all lunch, dinner, and dinner brunch meals.
3. A take-out container will be provided when requested for main line items.

DAY 8 Friday

2022 : 1/14 2/11 3/11 4/8 5/6 6/3 7/1 7/29 8/26 9/23 10/21 11/18 12/16
 2023 : 1/13 2/10 3/10 4/7 5/5 6/2 6/30 7/28 8/25 9/22 10/20 11/17 12/15
 2024 : 1/12 2/9 3/8 4/5 5/3 5/31 6/28 7/26 8/23 9/20 10/18 11/15 12/13

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
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Lunch

OKI/MH 051	#CHICKEN NOODLE SOUP	1 C		116 kcal	8.6 g	2.9 g	13.4 g	29.0 mg	1562 mg	29 mg
OKI/MH 035	#ROAST TURKEY	4 OZ		188 kcal	40.7 g	2.7 g	0 g	97.0 mg	157 mg	19 mg
OKI/MH 077	SWISS STEAK WITH BROWN GRAVY	1 EA		299 kcal	38.7 g	12.5 g	5.7 g	107.0 mg	661 mg	19 mg
LOCAL 309	BAKED POTATO CASSEROLE (PLANT BASED)	5 OZ		216 kcal	14.4 g	4.9 g	30.3 g	0.0 mg	432 mg	95 mg
E 004 02	BUTTERED EGG NOODLE	1 C		246 kcal	7.7 g	6.6 g	38.8 g	55.0 mg	328 mg	29 mg
Q 049 00	O'BRIEN POTATOES	2/3 C		134 kcal	2.6 g	1.2 g	29.1 g	0.0 mg	194 mg	13 mg
Q G 006 19	STEAMED COLLARD GREENS (FROZEN)	3/4 C		88 kcal	7.3 g	1 g	17.4 g	0.0 mg	122 mg	514 mg
OKI/MH 072	FRIED CABBAGE WITH BACON (#CABBAGE)	1/2 C		61 kcal	2.1 g	4 g	5.3 g	10.0 mg	164 mg	38 mg
O 016 02	CHICKEN OR TURKEY GRAVY	1/4 C		46 kcal	0.7 g	3.4 g	3.2 g	0.0 mg	424 mg	6 mg
D 015 01	CORN MUFFINS (MIX)	1 EA		184 kcal	2.9 g	5 g	31.9 g	1.0 mg	334 mg	23 mg

Dinner

OKI/MH 051	#CHICKEN NOODLE SOUP	1 C		116 kcal	8.6 g	2.9 g	13.4 g	29.0 mg	1562 mg	29 mg
USMC 001	AMAYONNAISING CRUSTED FISH	5 OZ		832 kcal	36.4 g	18.9 g	123.9 g	70.0 mg	1105 mg	20 mg
USMC 042	TURKEY AND SPINACH MEATLOAF W/BROWN GRAVY	6 OZ		308 kcal	25.6 g	18 g	11.4 g	105.0 mg	749 mg	73 mg
LOCAL 310	PASTA PRIMAVERA (PLANT BASED)	1 C		285 kcal	21.1 g	5.4 g	42.2 g	2.0 mg	4232 mg	117 mg
OKI/MH 065	PORK FRIED RICE (GRIDDLE METHOD)	1/2 C		103 kcal	6.1 g	3.5 g	11.3 g	37.0 mg	591 mg	22 mg
OKI/MH 121	POTATOES AND HERBS	2/3 C		111 kcal	3 g	0.3 g	24.8 g	0.0 mg	47 mg	25 mg
Q G 006 15	STEAMED SUCCOTASH (FROZEN)	3/4 C		114 kcal	5.3 g	1.1 g	24.4 g	0.0 mg	55 mg	20 mg
Q G 006 09	STEAMED CARROTS (FROZEN)	3/4 C		49 kcal	1.1 g	0.6 g	10.8 g	0.0 mg	93 mg	49 mg
O 016 00	BROWN GRAVY	1/4 C		75 kcal	0.9 g	5.9 g	4.6 g	0.0 mg	462 mg	4 mg
D 015 01	CORN MUFFINS (MIX)	1 EA		184 kcal	2.9 g	5 g	31.9 g	1.0 mg	334 mg	23 mg

Desserts

MFR	1 BANANA NUT MUFFINS (MIX)	1 EA		315 kcal	4.3 g	15.7 g	37.5 g	57.0 mg	319 mg	7+ mg
D 036 13	1 SNAILS (SWT MIX)	1 EA		228 kcal	4.4 g	6.3 g	38.1 g	10.0 mg	275 mg	3+ mg
HUB 064	2 GELATIN PARFAIT (W/FZN TOPPING)	1 EA		108 kcal	2.2 g	1 g	23.6 g	3.0 mg	113 mg	26 mg
LO/H 020 02	2 CHOCOLATE CHIP BARS (SCRATCH)	2 EA		286 kcal	3.6 g	10.2 g	45.2 g	17.0 mg	202 mg	56 mg
MFR	2 BLUEBERRY PIE, FROZEN	1 PC		36 kcal	0.3 g	1.6 g	5.5 g	0.0 mg	45 mg	1 mg
G 021 00	2 POUND CAKE	1 PC		284 kcal	4 g	14.3 g	35.3 g	50.0 mg	181 mg	31 mg

Specialty Salad

OKI/MH 106	CARROT, CELERY, AND APPLE SALAD #CARROTS	1/2 C		64 kcal	1 g	2.7 g	9.8 g	2.0 mg	237 mg	33 mg
USMC 022	GARBANZO SALAD	3 OZ		83 kcal	2.5 g	3.7 g	10.4 g	0.0 mg	236 mg	23 mg

STANDARD SALAD BAR see Master Menu Enclosure (5)

STANDARD FRUIT BAR see Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR see Master Menu Enclosure (7)

NOTES:

1. Must be served during the breakfast and breakfast brunch meals.
2. Must be Served during all lunch, dinner, and dinner brunch meals.
3. A take-out container will be provided when requested for main line items.

DAY 9 Saturday

2022 : 1/15	2/12	3/12	4/9	5/7	6/4	7/2	7/30	8/27	9/24	10/22	11/19	12/17
2023 : 1/14	2/11	3/11	4/8	5/6	6/3	7/1	7/29	8/26	9/23	10/21	11/18	12/16
2024 : 1/13	2/10	3/9	4/6	5/4	6/1	6/29	7/27	8/24	9/21	10/19	11/16	12/14

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
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Breakfast Brunch

P 003 00	CREOLE SOUP	1 C		64 kcal	2.6 g	1.9 g	9.5 g	1.0 mg	1780 mg	19 mg
L 206 00	BAYOU CHICKEN (CONC LEMON JUICE)	5 OZ		187 kcal	32.5 g	4.5 g	2.7 g	88.0 mg	433 mg	27 mg
Q 504 00	ROASTED PEPPER POTATOES	2/3 C		105 kcal	2 g	2.4 g	19.4 g	0.0 mg	172 mg	21 mg
Q 007 01	GREEN BEANS CREOLE (FROZEN)	1/2 C		59 kcal	2.3 g	1.1 g	10.8 g	0.0 mg	247 mg	52 mg
O 016 02	CHICKEN OR TURKEY GRAVY	1/4 C		46 kcal	0.7 g	3.4 g	3.2 g	0.0 mg	424 mg	6 mg
STD Breakfast Menu (Enclosure 8)										

Dinner Brunch

P 003 00	CREOLE SOUP	1 C		64 kcal	2.6 g	1.9 g	9.5 g	1.0 mg	1780 mg	19 mg
OKI/MH 029	CHILI AND MACARONI (#CHILI SAUCE)	1-1/2 C		528 kcal	28.3 g	9 g	83.8 g	43.0 mg	610 mg	76 mg
N 006 00	GRILLED CHEESE SANDWICH	1 EA		385 kcal	13.4 g	24.1 g	28.6 g	67.0 mg	1112 mg	573 mg
OKI/MH 033	#SAVORY BAKED CHICKEN	1 PC		523 kcal	52.2 g	32.4 g	2.4 g	166.0 mg	610 mg	42 mg
L 083 01	BARBECUED PORK CHOPS	1 EA		272 kcal	27.3 g	8.1 g	20.5 g	85.0 mg	570 mg	40 mg
LOCAL 312	BEAN AND PROTEIN CHILI (PLANT BASED)	10 OZ		230 kcal	18.4 g	4.3 g	30.5 g	0.0 mg	1060 mg	128 mg
Q 057 00	MASHED POTATOES (INSTANT)	1/2 C		105 kcal	2.7 g	2 g	19.5 g	1.0 mg	164 mg	47 mg
OKI/MH 100	CREOLE SUMMER SQUASH (FROZEN)	2/3 C		43 kcal	1.4 g	0.9 g	8.7 g	2.0 mg	274 mg	31 mg
Q G 006 13	STEAMED PEAS WITH CARROTS (FZN)	3/4 C		65 kcal	4.2 g	0.6 g	13.7 g	0.0 mg	97 mg	33 mg
O 017 00	CREAM GRAVY	1/4 C		64 kcal	2.4 g	3.5 g	5.7 g	1.0 mg	244 mg	76 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg

Convenience Line

N 012 00	GRILLED HAMBURGER (BEEF PATTIES)	1 EA		293 kcal	22.9 g	12.1 g	21.6 g	64.0 mg	259 mg	75 mg
N 012 01	CHEESEBURGER (BEEF PATTIES)	1 EA		381 kcal	27.2 g	19.5 g	22.4 g	87.0 mg	652 mg	321 mg
MFR	GRILLED PERFECT BURGER (VEG)	1 EA		351 kcal	24.3 g	15.7 g	28.6 g	0.0 mg	544 mg	102 mg
OKI/MH 122	GRILLED CHICKEN BREAST SANDWICH	1 EA		270 kcal	30.3 g	5.1 g	23.7 g	70.0 mg	277 mg	81 mg
LO/N 030 00	SIMMERED FRANKFURTER ON ROLL	1 EA		478 kcal	16.9 g	33.8 g	25.4 g	62.0 mg	1339 mg	77 mg
OKI/MH 123	BAKED BEANS (CANNED)	1/2 OZ		182 kcal	8.1 g	3 g	34.1 g	12.0 mg	691 mg	81 mg
Q 045 00	FRENCH FRIED POTATOES (FROZEN)	1 C		458 kcal	3.6 g	32.8 g	39.4 g	0.0 mg	527 mg	14 mg
Q 035 01	FRENCH FRIED ONION RINGS (FZN)	3 OZ		413 kcal	3.6 g	29.6 g	34.6 g	0.0 mg	279 mg	52 mg
OKI/MH 174	GRILLED CHICKEN BLT WRAP	1 EA		638 kcal	36.7 g	23.8 g	69.2 g	124.0 mg	2363 mg	256 mg
R/M	CHIPS, ASSORTED	1 BG		153 kcal	1.7 g	9.5 g	16.1 g	0.0 mg	146 mg	39 mg
R/M	GATORADE, FRUIT PUNCH, INDV	1 EA		195 kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	GATORADE, ORANGE, INDV	1 EA		159 kcal	0 g	0 g	39.2 g	0.0 mg	238 mg	6 mg
R/M	GATORADE, LEMON LIME, INDV	1 EA		195 kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	JUICE, APPLE, INDIVIDUAL (VIT C)	1 EA		143 kcal	0.3 g	0.4 g	35 g	0.0 mg	12 mg	25 mg
R/M	JUICE, ORANGE, BOTTLE, INDIVIDUAL	1 EA		122 kcal	0.5 g	0 g	30.4 g	0.0 mg	5 mg	5 mg
R/M	JUICE, CRANBERRY COCKTAIL, INDIVIDUAL	1 EA		171 kcal	0 g	0.3 g	42.8 g	0.0 mg	6 mg	9 mg

Desserts

D 037 01	1 QUICK APPLE COFFEE CAKE (MIX)	1 PC		203 kcal	3.2 g	5.4 g	35.6 g	21.0 mg	399 mg	63 mg
D 036 08	1 SUGAR ROLLS (SWT MIX)	1 EA		236 kcal	4.3 g	7.2 g	37.9 g	11.0 mg	280 mg	2+ mg
HUB 064	2 GELATIN PARFAIT (W/FZN TOPPING)	1 EA		108 kcal	2.2 g	1 g	23.6 g	3.0 mg	113 mg	26 mg
MFR	2 OATMEAL COOKIES (MFR)	2 EA		136 kcal	1.7 g	6 g	18.9 g	8.0 mg	94 mg	10 mg
MFR	2 APPLE PIE, FZN	1 PC		319 kcal	2.6 g	14.8 g	45.8 g	0.0 mg	271 mg	15 mg
G 016 01	2 STRAWBERRY SHORTCAKE (MIX)	1 PC		316 kcal	2.6 g	3.5 g	71.7 g	0.0 mg	346 mg	120 mg
USMC 035	2 PEACH CRISP-USMC	4 OZ		205 kcal	3.5 g	5.7 g	36.7 g	0.0 mg	58 mg	19 mg

Specialty Salad

OKI/MH 012	#ITALIAN STYLE PASTA SALAD	1/2 C		255 kcal	10.2 g	15.7 g	18 g	23.0 mg	561 mg	161 mg
OKI/MH 119	KIDNEY BEAN SALAD	1/2 C		142 kcal	6.3 g	4.4 g	19.8 g	36.0 mg	464 mg	46 mg

STANDARD SALAD BAR see Master Menu Enclosure (5)

STANDARD FRUIT BAR see Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR see Master Menu Enclosure (7)

NOTES:

1. Must be served during the breakfast and breakfast brunch meals.
2. Must be Served during all lunch, dinner, and dinner brunch meals.
3. A take-out container will be provided when requested for main line items.
4. Convenience Line will be served for all meals.

DAY 10 Sunday

2022 : 1/16 2/13 3/13 4/10 5/8 6/5 7/3 7/31 8/28 9/25 10/23 11/20 12/18
 2023 : 1/15 2/12 3/12 4/9 5/7 6/4 7/2 7/30 8/27 9/24 10/22 11/19 12/17
 2024 : 1/14 2/11 3/10 4/7 5/5 6/2 6/30 7/28 8/25 9/22 10/20 11/17 12/15

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
Breakfast Brunch										
OKI/MH 156	#HEARTY LENTIL SOUP	1 C		118 kcal	6.1 g	1.8 g	20.7 g	0.0 mg	737 mg	66 mg
OKI/MH 010	#JERKED ROAST TURKEY	4 OZ		283 kcal	40.1 g	10.4 g	5.1 g	102.0 mg	659 mg	49 mg
OKI/MH 042	ORIENTAL STIR-FRY CABBAGE #CABBAGE	3/4 C		58 kcal	2.5 g	0.4 g	12.8 g	0.0 mg	256 mg	56 mg
OKI/MH 121	POTATOES AND HERBS	2/3 C		111 kcal	3 g	0.3 g	24.8 g	0.0 mg	47 mg	25 mg
O 016 02	CHICKEN OR TURKEY GRAVY	1/4 C		46 kcal	0.7 g	3.4 g	3.2 g	0.0 mg	424 mg	6 mg
STD Breakfast Menu (Enclosure 8)										

Dinner Brunch										
OKI/MH 156	#HEARTY LENTIL SOUP	1 C		118 kcal	6.1 g	1.8 g	20.7 g	0.0 mg	737 mg	66 mg
OKI/MH 039	#ROAST RIB OF BEEF (PRIME RIB ROLL)	6 OZ		569 kcal	44.8 g	42.9 g	1.1 g	153.0 mg	1235 mg	29 mg
OKI/MH 004	#HONEY GLAZED ROCK CORNISH HENS	1 EA		390 kcal	28.7 g	23.5 g	14.7 g	169.0 mg	85 mg	25 mg
HUB 053	BAKED LOBSTER TAILS	1 EA		208 kcal	16.8 g	15.5 g	0.1 g	166.0 mg	593 mg	89 mg
LOCAL 309	BAKED POTATO CASSEROLE (PLANT BASED)	5 OZ		216 kcal	14.4 g	4.9 g	30.3 g	0.0 mg	432 mg	95 mg
Q 044 00	BAKED POTATOES	1 EA		187 kcal	5 g	0.2 g	42.5 g	0.0 mg	15 mg	29 mg
E 801 00	WILD GARDEN RICE	1/2 C		130 kcal	5.3 g	0.4 g	27.2 g	0.0 mg	3 mg	8 mg
OKI/MH 059	BROCCOLI PARMESAN	1 EA		79 kcal	6.3 g	2.3 g	10.3 g	6.0 mg	236 mg	160 mg
OKI/MH 157	SAVORY STYLE BEANS (CANNED)	2/3 C		103 kcal	5.8 g	1.5 g	16.6 g	0.0 mg	330 mg	44 mg
O 016 00	BROWN GRAVY	1/4 C		75 kcal	0.9 g	5.9 g	4.6 g	0.0 mg	462 mg	4 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg

Convenience Line										
N 012 00	GRILLED HAMBURGER (BEEF PATTIES)	1 EA		293 kcal	22.9 g	12.1 g	21.6 g	64.0 mg	259 mg	75 mg
N 012 01	CHEESEBURGER (BEEF PATTIES)	1 EA		381 kcal	27.2 g	19.5 g	22.4 g	87.0 mg	652 mg	321 mg
MFR	GRILLED PERFECT BURGER (VEG)	1 EA		351 kcal	24.3 g	15.7 g	28.6 g	0.0 mg	544 mg	102 mg
OKI/MH 122	GRILLED CHICKEN BREAST SANDWICH	1 EA		270 kcal	30.3 g	5.1 g	23.7 g	70.0 mg	277 mg	81 mg
LO/N 030 00	SIMMERED FRANKFURTER ON ROLL	1 EA		478 kcal	16.9 g	33.8 g	25.4 g	62.0 mg	1339 mg	77 mg
OKI/MH 123	BAKED BEANS (CANNED)	1/2 OZ		182 kcal	8.1 g	3 g	34.1 g	12.0 mg	691 mg	81 mg
Q 045 00	FRENCH FRIED POTATOES (FROZEN)	1 C		458 kcal	3.6 g	32.8 g	39.4 g	0.0 mg	527 mg	14 mg
Q 035 01	FRENCH FRIED ONION RINGS (FZN)	3 OZ		413 kcal	3.6 g	29.6 g	34.6 g	0.0 mg	279 mg	52 mg
OKI/MH 187	TURKEY WRAP	1 EA		566 kcal	30.2 g	17.6 g	71.5 g	57.0 mg	1947 mg	227 mg
R/M	CHIPS, ASSORTED	1 BG		153 kcal	1.7 g	9.5 g	16.1 g	0.0 mg	146 mg	39 mg
R/M	GATORADE, FRUIT PUNCH, INDV	1 EA		195 kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	GATORADE, ORANGE, INDV	1 EA		159 kcal	0 g	0 g	39.2 g	0.0 mg	238 mg	6 mg
R/M	GATORADE, LEMON LIME, INDV	1 EA		195 kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	JUICE, APPLE, INDIVIDUAL (VIT C)	1 EA		143 kcal	0.3 g	0.4 g	35 g	0.0 mg	12 mg	25 mg
R/M	JUICE, ORANGE, BOTTLE, INDIVIDUAL	1 EA		122 kcal	0.5 g	0 g	30.4 g	0.0 mg	5 mg	5 mg
R/M	JUICE, CRANBERRY COCKTAIL, INDIVIDUAL	1 EA		171 kcal	0 g	0.3 g	42.8 g	0.0 mg	6 mg	9 mg

Desserts										
D 031 00	1 MUFFINS (MIX)	1 EA		171 kcal	2 g	5.2 g	29.4 g	16.0 mg	238 mg	16 mg
D 036 12	1 BEAR CLAWS (SWT MIX)	1 EA		251 kcal	7.1 g	5.2 g	43.5 g	55.0 mg	298 mg	39+ mg
HUB 064	2 GELATIN PARFAIT (W/FZN TOPPING)	1 EA		108 kcal	2.2 g	1 g	23.6 g	3.0 mg	113 mg	26 mg
MFR	2 CHOCOLATE CHIP COOKIES (MFR)	2 EA		256 kcal	2.3 g	12.1 g	34.6 g	4.0 mg	182 mg	8 mg
MFR	2 SWEET POTATO PIE, FROZEN	1 PC		427 kcal	5.6 g	20.3 g	57.4 g	28.0 mg	405 mg	112 mg
G 012 01	2 DEVIL'S FOOD CUPCAKES (MIX)	1 EA		108 kcal	1.4 g	1.7 g	23.7 g	0.0 mg	224 mg	14 mg

Specialty Salad										
OKI/MH 017	#MACARONI SALAD	1/2 C		242 kcal	4.2 g	15.8 g	20.4 g	29.0 mg	272 mg	21 mg
OKI/MH 060	CABBAGE, APPLE, AND CELERY SALAD #CABBAGE	1/2 C		50 kcal	0.9 g	2.1 g	7.6 g	2.0 mg	86 mg	31 mg

STANDARD SALAD BAR see Master Menu Enclosure (5)
 STANDARD FRUIT BAR see Master Menu Enclosure (6)
 STANDARD BEVERAGE AND SELF SERVICE BAR see Master Menu Enclosure (7)

NOTES:

1. Must be served during the breakfast and breakfast brunch meals.
2. Must be Served during all lunch, dinner, and dinner brunch meals.
3. A take-out container will be provided when requested for main line items.
4. Convenience Line will be served for all meals.

DAY 11 Monday

2022 :	1/17	2/14	3/14	4/11	5/9	6/6	7/4	8/1	8/29	9/26	10/24	11/21	12/19
2023 :	1/16	2/13	3/13	4/10	5/8	6/5	7/3	7/31	8/28	9/25	10/23	11/20	12/18
2024 :	1/15	2/12	3/11	4/8	5/6	6/3	7/1	7/29	8/26	9/23	10/21	11/18	12/16

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
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Lunch

OKI/MH 031	#MINESTRONE SOUP	1 C		102 kcal	4 g	2.1 g	17.6 g	6.0 mg	1257 mg	45 mg
OKI/MH 019	#BEEF FOR BROCCOLI	3/4 C		234 kcal	21.1 g	3.6 g	30.6 g	42.0 mg	1055 mg	96 mg
L 119 07	CAJUN BAKED FISH (POLLOCK)	4 OZ		152 kcal	23.9 g	5.3 g	0.8 g	96.0 mg	344 mg	78 mg
LOCAL 312	BEAN AND PROTEIN CHILI (PLANT BASED)	10 OZ		230 kcal	18.4 g	4.3 g	30.5 g	0.0 mg	1060 mg	128 mg
MFR	KANSAS MEDLEY RICE	3/4 C		142 kcal	0.0+ g	0.4 g	30.2 g	0+ mg	11 mg	2+ mg
E 004 02	BUTTERED EGG NOODLE	1 C		246 kcal	7.7 g	6.6 g	38.8 g	55.0 mg	328 mg	29 mg
Q 001 03	CAULIFLOWER COMBO (FROZEN)	3/4 C		95 kcal	4.2 g	4.2 g	13 g	10.0 mg	118 mg	36 mg
Q G 006 14	STEAMED MIXED VEGETABLES (FZN)	3/4 C		88 kcal	4.1 g	0.6 g	16.5 g	0.0 mg	58 mg	31 mg
LO/O 016 06	PORK GRAVY (HAM BASE)	1/4 C		69 kcal	0.7 g	5.2 g	4.7 g	0.0 mg	124 mg	4 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg

Dinner

OKI/MH 031	#MINESTRONE SOUP	1 C		102 kcal	4 g	2.1 g	17.6 g	6.0 mg	1257 mg	45 mg
IWA 013	JERKED STYLE CHICKEN (QUARTERED)	1 QTR		476 kcal	38.5 g	31.2 g	8.2 g	122.0 mg	768 mg	36 mg
OKI/MH 117	CAJUN MEAT LOAF	6 OZ		400 kcal	37.9 g	16.7 g	24 g	150.0 mg	1025 mg	118 mg
OKI/MH 196	YAKISOBA (PLANT BASED)	1 C		338 kcal	32.4 g	6.4 g	37 g	0.0 mg	1311 mg	169 mg
Q 502 00	ITALIAN ROASTED POTATOES	1/2 C		126 kcal	2.6 g	0.8 g	28.2 g	0.0 mg	233 mg	25 mg
USMC 029	LEMON ORZO	4 OZ		209 kcal	6.3 g	4.6 g	35.3 g	0.0 mg	514 mg	22 mg
OKI/MH 140	SPANISH STYLE BEANS (CANNED)	1/2 C		134 kcal	6.2 g	2.3 g	23.1 g	0.0 mg	235 mg	64 mg
USMC 018	CREAMED SPINACH	4 OZ		86 kcal	6 g	3.5 g	10.5 g	3.0 mg	229 mg	227 mg
OKI/MH 076	ONION GRAVY	1/4 C		84 kcal	1.1 g	6.1 g	6.3 g	0.0 mg	444 mg	7 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg

Desserts

D 037 03	1 QUICK CHERRY COFFEE CAKE (MIX)	1 PC		284 kcal	4.2 g	8.6 g	47.9 g	29.0 mg	427 mg	68 mg
D 036 14	1 BOWKNOTS, FIGURE 8's, & S SHAPES (SWT MIX)	1 EA		189 kcal	4.4 g	3.6 g	34 g	3.0 mg	251 mg	2+ mg
HUB 064	2 GELATIN PARFAIT (W/FZN TOPPING)	1 EA		108 kcal	2.2 g	1 g	23.6 g	3.0 mg	113 mg	26 mg
MFR	2 PEANUT BUTTER COOKIES (MFR)	2 EA		147 kcal	2.6 g	8 g	16.7 g	9.0 mg	127 mg	32 mg
MFR	2 BOSTON CREAM PIE (MFR)	1 PC		341 kcal	3.2 g	11.5 g	58 g	50.0 mg	343 mg	31 mg
G 006 00	2 BANANA CAKE	1 PC		204 kcal	1.9 g	3.8 g	41 g	0.0 mg	331 mg	97 mg

Specialty Salad

OKI/MH 025	#PASTA SALAD	1/2 C		129 kcal	4.7 g	5 g	16.7 g	5.0 mg	283 mg	79 mg
OKI/MH 015	#COLE SLAW	1/2 C		237 kcal	1.7 g	20.5 g	12.7 g	11.0 mg	431 mg	49 mg

STANDARD SALAD BAR see Master Menu Enclosure (5)

STANDARD FRUIT BAR see Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR see Master Menu Enclosure (7)

NOTES:

1. Must be served during the breakfast and breakfast brunch meals.
2. Must be Served during all lunch, dinner, and dinner brunch meals.
3. A take-out container will be provided when requested for main line items.

DAY 12 Tuesday

2022 : 1/18 2/15 3/15 4/12 5/10 6/7 7/5 8/2 8/30 9/27 10/25 11/22 12/20
 2023 : 1/17 2/14 3/14 4/11 5/9 6/6 7/4 8/1 8/29 9/26 10/24 11/21 12/19
 2024 : 1/16 2/13 3/12 4/9 5/7 6/4 7/2 7/30 8/27 9/24 10/22 11/19 12/17

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
Lunch										
OKI/MH 026	#FRENCH ONION SOUP	1 C		118 kcal	1.8 g	8.1 g	9.9 g	1.0 mg	1612 mg	27 mg
OKI/MH 107	JAEGERSCHNITZEL (VEAL W/MUSHROOM GRAVY)	1 EA		545 kcal	35.4 g	35.5 g	20.3 g	140.0 mg	1087 mg	60 mg
OKI/MH 029	CHILI AND MACARONI (#CHILI SAUCE)	1-1/2 C		528 kcal	28.3 g	9 g	83.8 g	43.0 mg	610 mg	76 mg
N 006 00	GRILLED CHEESE SANDWICH	1 EA		385 kcal	13.4 g	24.1 g	28.6 g	67.0 mg	1112 mg	573 mg
L 189 00	ITALIAN BROCCOLI PASTA	1 EA		342 kcal	15.2 g	4.2 g	65 g	6.0 mg	1236 mg	228 mg
E 017 00	MEDITERRANEAN BROWN RICE	3/4 C		245 kcal	5.5 g	8 g	39.1 g	0.0 mg	716 mg	45 mg
Q G 006 01	STEAMED BROCCOLI (FROZEN)	3/4 C		38 kcal	4.2 g	0.2 g	7.3 g	0.0 mg	15 mg	45 mg
Q G 001 15	SIMMERED BLACK-EYED PEAS (CANNED)	3/4 C		139 kcal	8.5 g	1 g	24.6 g	0.0 mg	528 mg	36 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg
Dinner										
OKI/MH 026	#FRENCH ONION SOUP	1 C		118 kcal	1.8 g	8.1 g	9.9 g	1.0 mg	1612 mg	27 mg
L 095 00	CANTONESE SPARERIBS	8 OZ		582 kcal	40.3 g	40.3 g	12.6 g	161.0 mg	1335 mg	75 mg
L 181 00	CHICKEN IN ORANGE SAUCE	4 OZ		209 kcal	32.7 g	4.2 g	8.3 g	88.0 mg	265 mg	24 mg
LOCAL 311	PROTEIN STUFFED GREEN PEPPERS (PLANT BASED)	1 EA		427 kcal	28.4 g	5.9 g	65.7 g	3.0 mg	931 mg	169 mg
Q 070 00	GARLIC ROASTED POTATO WEDGES	2-3/4 OZ		115 kcal	2.6 g	0.7 g	24.9 g	0.0 mg	195 mg	14 mg
F 001 00	BAKED MACARONI AND CHEESE	1 C		377 kcal	17.8 g	15.3 g	41.5 g	44.0 mg	745 mg	408 mg
LO/Q 064 01	SAVORY SUMMER SQUASH (FROZEN)	1/2 C		37 kcal	1.1 g	0.9 g	7.4 g	0.0 mg	215 mg	2 mg
OKI/MH 063	LYONNAISE CARROTS	1/2 C		60 kcal	1 g	2.1 g	10.2 g	5.0 mg	191 mg	35 mg
O 016 02	CHICKEN OR TURKEY GRAVY	1/4 C		46 kcal	0.7 g	3.4 g	3.2 g	0.0 mg	424 mg	6 mg
OKI/MH 105	CORN BREAD DRESSING (MIX)	3-1/2 OZ		223 kcal	4.6 g	9.2 g	30.1 g	16.0 mg	665 mg	62 mg
Desserts										
MFR	1 MUFFINS, STRAWBERRY SHORTCAKE	1 EA		260 kcal	3 g	12 g	36 g	40.0 mg	210 mg	0 mg
D 036 07	1 BUTTERFLY ROLLS (SWT MIX)	1 EA		213 kcal	4.4 g	6.4 g	34 g	10.0 mg	274 mg	3+ mg
HUB 064	2 GELATIN PARFAIT (W/FZN TOPPING)	1 EA		108 kcal	2.2 g	1 g	23.6 g	3.0 mg	113 mg	26 mg
H 005 00	2 SHORTBREAD COOKIES	2 EA		269 kcal	3 g	15 g	31 g	39.0 mg	117 mg	9 mg
G 026 02	2 CHEESE CAKE PIE (MIX)	1 PC		230 kcal	5.1 g	10 g	30.4 g	12.0 mg	305 mg	136 mg
G 010 00	2 YELLOW CAKE (MIX)	1 PC		170 kcal	1.7 g	1.6 g	37.2 g	0.0 mg	331 mg	96 mg
Specialty Salad										
USMC 032	MEDITERRANEAN ORZO SALAD	5 OZ		122 kcal	3.4 g	2.9 g	23.9 g	0.0 mg	450 mg	19 mg
USMC 021	FOUR GRAIN AND DRIED FRUIT SALAD	4 OZ		414 kcal	8.2 g	23.5 g	45.9 g	0.0 mg	146 mg	60 mg

STANDARD SALAD BAR see Master Menu Enclosure (5)
 STANDARD FRUIT BAR see Master Menu Enclosure (6)
 STANDARD BEVERAGE AND SELF SERVICE BAR see Master Menu Enclosure (7)

NOTES:

1. Must be served during the breakfast and breakfast brunch meals.
2. Must be Served during all lunch, dinner, and dinner brunch meals.
3. A take-out container will be provided when requested for main line items.

DAY 13 Wednesday

2022 : 1/19 2/16 3/16 4/13 5/11 6/8 7/6 8/3 8/31 9/28 10/26 11/23 12/21
 2023 : 1/18 2/15 3/15 4/12 5/10 6/7 7/5 8/2 8/30 9/27 10/25 11/22 12/20
 2024 : 1/17 2/14 3/13 4/10 5/8 6/5 7/3 7/31 8/28 9/25 10/23 11/20 12/18

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
Lunch										
OKI/MH 008	#BEEF VEGETABLE SOUP	1 C		115 kcal	9.9 g	3.4 g	11.9 g	23.0 mg	1267 mg	43 mg
L 136 00	CREOLE SHRIMP	1 C		240 kcal	20.8 g	5 g	29.2 g	151.0 mg	1472 mg	147 mg
OKI/MH 139	#BEEF STEW	1-1/4 C		397 kcal	33.2 g	20 g	19.5 g	123.0 mg	129 mg	57 mg
LOCAL 339	PERFECT BURGER PARMESAN	1 EA		289 kcal	21.4 g	13.1 g	20.9 g	47.0 mg	629 mg	508 mg
Q 049 00	O'BRIEN POTATOES	2/3 C		134 kcal	2.6 g	1.2 g	29.1 g	0.0 mg	194 mg	13 mg
E 004 02	BUTTERED EGG NOODLE	1 C		246 kcal	7.7 g	6.6 g	38.8 g	55.0 mg	328 mg	29 mg
OKI/MH 075	PEAS WITH ONIONS	3/4 C		131 kcal	6.9 g	2.1 g	22 g	5.0 mg	91 mg	43 mg
USMC 006	BRAISED CABBAGE AND CARROTS	3/4 C		74 kcal	2.3 g	2.6 g	12 g	0.0 mg	468 mg	87 mg
O 016 00	BROWN GRAVY	1/4 C		75 kcal	0.9 g	5.9 g	4.6 g	0.0 mg	462 mg	4 mg
D 015 01	CORN MUFFINS (MIX)	1 EA		184 kcal	2.9 g	5 g	31.9 g	1.0 mg	334 mg	23 mg
Dinner										
OKI/MH 008	#BEEF VEGETABLE SOUP	1 C		115 kcal	9.9 g	3.4 g	11.9 g	23.0 mg	1267 mg	43 mg
OKI/MH 143	#KALUA PORK	4 OZ		394 kcal	31.8 g	25.8 g	7.2 g	116.0 mg	836 mg	45 mg
OKI/MH 142	CHICKEN AND ITALIAN VEGETABLE PASTA	1-1/4 C		262 kcal	15.2 g	4.8 g	40.5 g	33.0 mg	849 mg	179 mg
LOCAL 310	PASTA PRIMAVERA (PLANT BASED)	1 C		285 kcal	21.1 g	5.4 g	42.2 g	2.0 mg	4232 mg	117 mg
E 019 01	BROWN RICE WITH TOMATOES	3/4 C		159 kcal	3.8 g	1.6 g	33.1 g	0.0 mg	133 mg	33 mg
Q 010 02	CAULIFLOWER POLONAISE	3 OZ		55 kcal	2.7 g	2.6 g	6.4 g	20.0 mg	182 mg	32 mg
Q G 006 03	STEAMED BEANS, GREEN (FROZEN)	3/4 C		42 kcal	1.9 g	0.2 g	8.2 g	0.0 mg	3 mg	46 mg
O 017 00	CREAM GRAVY	1/4 C		64 kcal	2.4 g	3.5 g	5.7 g	1.0 mg	244 mg	76 mg
D 015 01	CORN MUFFINS (MIX)	1 EA		184 kcal	2.9 g	5 g	31.9 g	1.0 mg	334 mg	23 mg
Desserts										
D 037 00	1 QUICK COFFEE CAKE (BISCUIT MIX)	1 PC		269 kcal	3.9 g	8.6 g	44.2 g	30.0 mg	425 mg	64 mg
D 036 04	1 CINNAMON ROLLS (SWT MIX)	1 EA		211 kcal	4.3 g	6.9 g	32.5 g	10.0 mg	278 mg	7+ mg
HUB 064	2 GELATIN PARFAIT (W/FZN TOPPING)	1 EA		108 kcal	2.2 g	1 g	23.6 g	3.0 mg	113 mg	26 mg
MFR	2 DOUBLE CHOCOLATE CHIP COOKIES (MFR)	2 EA		340 kcal	3 g	16.1 g	46 g	5.0 mg	242 mg	11 mg
MFR	2 CHERRY PIE, FROZEN	1 PC		325 kcal	2.5 g	13.8 g	49.8 g	0.0 mg	308 mg	15 mg
G 030 01	2 WHITE CAKE (MIX)	1 PC		196 kcal	1.8 g	4.8 g	36.8 g	0.0 mg	302 mg	35 mg
Specialty Salad										
OKI/MH 007	#POTATO SALAD (#SAUCE)	2/3 C		371 kcal	4.1 g	28.2 g	25.9 g	63.0 mg	770 mg	38 mg
OKI/MH 062	CUCUMBER AND ONION SALAD	1/2 C		36 kcal	0.6 g	0.1 g	8.3 g	0.0 mg	119 mg	15 mg

STANDARD SALAD BAR see Master Menu Enclosure (5)
 STANDARD FRUIT BAR see Master Menu Enclosure (6)
 STANDARD BEVERAGE AND SELF SERVICE BAR see Master Menu Enclosure (7)

NOTES:

1. Must be served during the breakfast and breakfast brunch meals.
2. Must be Served during all lunch, dinner, and dinner brunch meals.
3. A take-out container will be provided when requested for main line items.

DAY 14 Thursday

2022	: 1/20	2/17	3/17	4/14	5/12	6/9	7/7	8/4	9/1	9/29	10/27	11/24	12/22
2023	: 1/19	2/16	3/16	4/13	5/11	6/8	7/6	8/3	8/31	9/28	10/26	11/23	12/21
2024	: 1/18	2/15	3/14	4/11	5/9	6/6	7/4	8/1	8/29	9/26	10/24	11/21	12/19

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
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Lunch

OKI/MH 146	#CHEESEBURGER SOUP	1 C		175 kcal	8.7 g	10.5 g	11.4 g	30.0 mg	325 mg	141 mg
OKI/MH 010	#JERKED ROAST TURKEY	4 OZ		283 kcal	40.1 g	10.4 g	5.1 g	102.0 mg	659 mg	49 mg
L 504 00	BAKED FISH SCANDIA (POLLOCK)	4 OZ		160 kcal	26.3 g	3.4 g	4.1 g	89.0 mg	185 mg	137 mg
OKI/MH 196	YAKISOBA (PLANT BASED)	1 C		338 kcal	32.4 g	6.4 g	37 g	0.0 mg	1311 mg	169 mg
Q 051 00	POTATOES AU GRATIN	2/3 C		242 kcal	6.4 g	10.7 g	30.7 g	29.0 mg	451 mg	137 mg
USMC 029	LEMON ORZO	4 OZ		209 kcal	6.3 g	4.6 g	35.3 g	0.0 mg	514 mg	22 mg
Q G 006 19	STEAMED COLLARD GREENS (FROZEN)	3/4 C		88 kcal	7.3 g	1 g	17.4 g	0.0 mg	122 mg	514 mg
OKI/MH 073	LOUISIANA STYLE SMOTHERED SQUASH (FZN)	1/2 C		57 kcal	1 g	2.9 g	7.9 g	7.0 mg	238 mg	23 mg
O 016 02	CHICKEN OR TURKEY GRAVY	1/4 C		46 kcal	0.7 g	3.4 g	3.2 g	0.0 mg	424 mg	6 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg

Dinner

OKI/MH 146	#CHEESEBURGER SOUP	1 C		175 kcal	8.7 g	10.5 g	11.4 g	30.0 mg	325 mg	141 mg
L 012 00	COUNTRY STYLE STEAK	1 EA		394 kcal	38.4 g	19.4 g	14.2 g	124.0 mg	616 mg	56 mg
L 085 00	BRAISED PORK CHOPS	5 OZ		186 kcal	26.9 g	7.8 g	0.1 g	85.0 mg	197 mg	24 mg
LOCAL 312	BEAN AND PROTEIN CHILI (PLANT BASED)	10 OZ		230 kcal	18.4 g	4.3 g	30.5 g	0.0 mg	1060 mg	128 mg
USMC 007	HAWAIIAN STYLE BROWN AND QUINOA	4 OZ		126 kcal	3.4 g	2.6 g	22.7 g	0.0 mg	552 mg	26 mg
Q 057 00	MASHED POTATOES (INSTANT)	1/2 C		105 kcal	2.7 g	2 g	19.5 g	1.0 mg	164 mg	47 mg
Q G 006 15	STEAMED SUCCOTASH (FROZEN)	3/4 C		114 kcal	5.3 g	1.1 g	24.4 g	0.0 mg	55 mg	20 mg
OKI/MH 120	CORN O'BRIEN (FROZEN CORN)	3/4 C		187 kcal	4.9 g	7.4 g	30.4 g	12.0 mg	146 mg	14 mg
O 016 00	BROWN GRAVY	1/4 C		75 kcal	0.9 g	5.9 g	4.6 g	0.0 mg	462 mg	4 mg
OKI/MH 111	SAVORY BREAD DRESSING	3-1/2 OZ		200 kcal	4.5 g	9.6 g	24.1 g	20.0 mg	628 mg	81 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg

Desserts

MFR	1 BANANA NUT MUFFINS (MIX)	1 EA		315 kcal	4.3 g	15.7 g	37.5 g	57.0 mg	319 mg	7+ mg
D 027 01	1 KOLACHES (SWT MIX)	1 EA		199 kcal	4.5 g	3.5 g	37 g	0.0 mg	263 mg	0 mg
HUB 064	2 GELATIN PARFAIT (W/FZN TOPPING)	1 EA		108 kcal	2.2 g	1 g	23.6 g	3.0 mg	113 mg	26 mg
MFR	2 SUGAR COOKIES (MFR)	2 EA		147 kcal	1.4 g	6.9 g	19.7 g	10.0 mg	109 mg	27 mg
MFR	2 PECAN PIE, FROZEN	1 PC		424 kcal	4.7 g	17.4 g	62.1 g	44.0 mg	286 mg	23 mg
G 010 05	2 MARBLE CAKE (YELLOW CAKE MIX)	1 PC		157 kcal	1.8 g	2 g	34.3 g	0.0 mg	315 mg	55 mg

Specialty Salad

OKI/MH 116	COUNTRY STYLE TOMATO SALAD	1/2 C		48 kcal	0.6 g	2.3 g	6.4 g	0.0 mg	115 mg	11 mg
OKI/MH 074	COLE SLAW W/VINEGAR DRESSING (#CABBAGE)	1/2 C		48 kcal	0.8 g	0.1 g	11.5 g	0.0 mg	127 mg	25 mg

STANDARD SALAD BAR see Master Menu Enclosure (5)

STANDARD FRUIT BAR see Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR see Master Menu Enclosure (7)

NOTES:

1. Must be served during the breakfast and breakfast brunch meals.
2. Must be Served during all lunch, dinner, and dinner brunch meals.
3. A take-out container will be provided when requested for main line items.

DAY 15 Friday

2022 : 1/21 2/18 3/18 4/15 5/13 6/10 7/8 8/5 9/2 9/30 10/28 11/25 12/23
 2023 : 1/20 2/17 3/17 4/14 5/12 6/9 7/7 8/4 9/1 9/29 10/27 11/24 12/22
 2024 : 1/19 2/16 3/15 4/12 5/10 6/7 7/5 8/2 8/30 9/27 10/25 11/22 12/20

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
Lunch										
OKI/MH 112	CREAM OF POTATO SOUP (FRESH POTATOES)	1 C		155 kcal	7.5 g	0.5 g	30.9 g	3.0 mg	494 mg	203 mg
OKI/MH 148	#TEXAS SMOKY BBQ PORK RIBS	7 OZ		580 kcal	38.8 g	40.4 g	12.7 g	161.0 mg	444 mg	73 mg
OKI/MH 163	#ROTISSERIE CHICKEN (QTR)	1 PC		422 kcal	48.2 g	24 g	3.8 g	155.0 mg	1431 mg	26 mg
L 189 00	ITALIAN BROCCOLI PASTA	1 EA		342 kcal	15.2 g	4.2 g	65 g	6.0 mg	1236 mg	228 mg
OKI/MH 121	POTATOES AND HERBS	2/3 C		111 kcal	3 g	0.3 g	24.8 g	0.0 mg	47 mg	25 mg
E 004 02	BUTTERED EGG NOODLE	1 C		246 kcal	7.7 g	6.6 g	38.8 g	55.0 mg	328 mg	29 mg
OKI/MH 157	SAVORY STYLE BEANS (CANNED)	2/3 C		103 kcal	5.8 g	1.5 g	16.6 g	0.0 mg	330 mg	44 mg
Q 007 01	GREEN BEANS CREOLE (FROZEN)	1/2 C		59 kcal	2.3 g	1.1 g	10.8 g	0.0 mg	247 mg	52 mg
O 016 02	CHICKEN OR TURKEY GRAVY	1/4 C		46 kcal	0.7 g	3.4 g	3.2 g	0.0 mg	424 mg	6 mg
D 015 01	CORN MUFFINS (MIX)	1 EA		184 kcal	2.9 g	5 g	31.9 g	1.0 mg	334 mg	23 mg
Dinner										
OKI/MH 112	CREAM OF POTATO SOUP (FRESH POTATOES)	1 C		155 kcal	7.5 g	0.5 g	30.9 g	3.0 mg	494 mg	203 mg
OKI/MH 030	#BEEF BALLS STROGANOFF	3 EA		325 kcal	2.5 g	20.3 g	13.6 g	63.0 mg	370 mg	63 mg
L 217 00	ASIAN BARBECUE TURKEY	4 OZ		208 kcal	33 g	2.8 g	12.9 g	75.0 mg	872 mg	30 mg
LOCAL 309	BAKED POTATO CASSEROLE (PLANT BASED)	5 OZ		216 kcal	14.4 g	4.9 g	30.3 g	0.0 mg	432 mg	95 mg
Q 050 01	FRANCONIA POTATOES	1/2 C		126 kcal	1.9 g	3.8 g	21.9 g	10.0 mg	223 mg	12 mg
OKI/MH 065	PORK FRIED RICE (GRIDDLE METHOD)	1/2 C		103 kcal	6.1 g	3.5 g	11.3 g	37.0 mg	591 mg	22 mg
Q 060 01	CLUB SPINACH (FROZEN SPINACH)	1/2 C		158 kcal	9.9 g	9.3 g	11.5 g	22.0 mg	409 mg	317 mg
Q G 006 10	STEAMED CAULIFLOWER (FROZEN)	3/4 C		33 kcal	2.7 g	0.4 g	6.4 g	0.0 mg	0.33 mg	30 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg
Desserts										
D 037 02	1 QUICK FRENCH COFFEE CAKE (MIX)	1 PC		339 kcal	5.9 g	12 g	53.5 g	29.0 mg	426 mg	73 mg
D 019 03	1 LONGJOHNS (SWT MIX)	1 EA		161 kcal	4.3 g	3.2 g	27.9 g	0.0 mg	247 mg	0 mg
HUB 064	2 GELATIN PARFAIT (W/FZN TOPPING)	1 EA		108 kcal	2.2 g	1 g	23.6 g	3.0 mg	113 mg	26 mg
MFR	2 OATMEAL COOKIES (MFR)	2 EA		136 kcal	1.7 g	6 g	18.9 g	8.0 mg	94 mg	10 mg
A PIE-MFR	2 APPLE PIE, FZN	1 PC		319 kcal	2.6 g	14.8 g	45.8 g	0.0 mg	271 mg	15 mg
H 024 00	2 BANANA SPLIT BROWNIES	1 PC		250 kcal	2.9 g	9.4 g	41.3 g	9.0 mg	157 mg	18 mg
Specialty Salad										
OKI/MH 078	BROCCOLI SALAD (#BROCCOLI)	1/2 C		224 kcal	4 g	10.3 g	33.4 g	4.0 mg	146 mg	51 mg
USMC 005	BLACK BEAN AND CORN SALAD	4 OZ		141 kcal	3.6 g	8.4 g	14.9 g	0.0 mg	165 mg	33 mg

STANDARD SALAD BAR see Master Menu Enclosure (5)
 STANDARD FRUIT BAR see Master Menu Enclosure (6)
 STANDARD BEVERAGE AND SELF SERVICE BAR see Master Menu Enclosure (7)

NOTES:

1. Must be served during the breakfast and breakfast brunch meals.
2. Must be Served during all lunch, dinner, and dinner brunch meals.
3. A take-out container will be provided when requested for main line items.

DAY 16 Saturday

2022 :	1/22	2/19	3/19	4/16	5/14	6/11	7/9	8/6	9/3	10/1	10/29	11/26	12/24
2023 :	1/21	2/18	3/18	4/15	5/13	6/10	7/8	8/5	9/2	9/30	10/28	11/25	12/23
2024 :	1/20	2/17	3/16	4/13	5/11	6/8	7/6	8/3	8/31	9/28	10/26	11/23	12/21

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
Breakfast Brunch										
OKI/MH 049	#CREAM OF BROCCOLI SOUP	1 C		148 kcal	6.7 g	5.8 g	17.7 g	16.0 mg	1183 mg	167 mg
OKI/MH 029	CHILI AND MACARONI (#CHILI SAUCE)	1-1/2 C		528 kcal	28.3 g	9 g	83.8 g	43.0 mg	610 mg	76 mg
N 006 00	GRILLED CHEESE SANDWICH	1 EA		385 kcal	13.4 g	24.1 g	28.6 g	67.0 mg	1112 mg	573 mg
OKI/MH 021	#VEGETABLE STIR FRY	1/2 C		47 kcal	1.2 g	1.9 g	7 g	0.0 mg	127 mg	35 mg
O 016 02	CHICKEN OR TURKEY GRAVY	1/4 C		46 kcal	0.7 g	3.4 g	3.2 g	0.0 mg	424 mg	6 mg
	STD Breakfast Menu (see Enclosure 8)									

Dinner Brunch										
OKI/MH 049	#CREAM OF BROCCOLI SOUP	1 C		148 kcal	6.7 g	5.8 g	17.7 g	16.0 mg	1183 mg	167 mg
OKI/MH 144	#BEEF TIPS WITH ONIONS AND GRAVY	6 OZ		294 kcal	19.5 g	19.3 g	9.7 g	64.0 mg	644 mg	25 mg
L 179 00	HONEY GINGER CHICKEN (BONELESS)	5 OZ		280 kcal	44.8 g	5.3 g	11.2 g	120.0 mg	457 mg	29 mg
SDX 33254-2	BAJA FISH - SALSA RICO (POLLOCK)	3 OZ		308 kcal	21.5 g	18.7 g	12.5 g	72.0 mg	388 mg	67 mg
LOCAL 311	PROTEIN STUFFED GREEN PEPPERS (PLANT BASED)	1 EA		427 kcal	28.4 g	5.9 g	65.7 g	3.0 mg	931 mg	169 mg
Q 070 00	GARLIC ROASTED POTATO WEDGES	2-3/4 OZ		115 kcal	2.6 g	0.7 g	24.9 g	0.0 mg	195 mg	14 mg
OKI/MH 070	RICE PILAF	3/4 C		100 kcal	2.2 g	3.7 g	14.5 g	4.0 mg	949 mg	25 mg
OKI/MH 059	BROCCOLI PARMESAN	1 EA		79 kcal	6.3 g	2.3 g	10.3 g	6.0 mg	236 mg	160 mg
OKI/MH 082	GLAZED CARROTS (#CARROT SLICE)	1/2 C		71 kcal	0.8 g	2 g	13.3 g	5.0 mg	143 mg	30 mg
O 016 02	CHICKEN OR TURKEY GRAVY	1/4 C		46 kcal	0.7 g	3.4 g	3.2 g	0.0 mg	424 mg	6 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg

Convenience Line										
N 012 00	GRILLED HAMBURGER (BEEF PATTIES)	1 EA		293 kcal	22.9 g	12.1 g	21.6 g	64.0 mg	259 mg	75 mg
N 012 01	CHEESEBURGER (BEEF PATTIES)	1 EA		381 kcal	27.2 g	19.5 g	22.4 g	87.0 mg	652 mg	321 mg
MFR	GRILLED PERFECT BURGER (VEG)	1 EA		351 kcal	24.3 g	15.7 g	28.6 g	0.0 mg	544 mg	102 mg
OKI/MH 122	GRILLED CHICKEN BREAST SANDWICH	1 EA		270 kcal	30.3 g	5.1 g	23.7 g	70.0 mg	277 mg	81 mg
LO/N 030 00	SIMMERED FRANKFURTER ON ROLL	1 EA		478 kcal	16.9 g	33.8 g	25.4 g	62.0 mg	1339 mg	77 mg
OKI/MH 123	BAKED BEANS (CANNED)	1/2 OZ		182 kcal	8.1 g	3 g	34.1 g	12.0 mg	691 mg	81 mg
Q 045 00	FRENCH FRIED POTATOES (FROZEN)	1 C		458 kcal	3.6 g	32.8 g	39.4 g	0.0 mg	527 mg	14 mg
Q 035 01	FRENCH FRIED ONION RINGS (FZN)	3 OZ		413 kcal	3.6 g	29.6 g	34.6 g	0.0 mg	279 mg	52 mg
OKI/MH 168	CATALAN TUNA WRAP	1 EA		635 kcal	24.1 g	30.3 g	66.2 g	33.0 mg	1352 mg	220 mg
R/M	CHIPS, ASSORTED	1 BG		153 kcal	1.7 g	9.5 g	16.1 g	0.0 mg	146 mg	39 mg
R/M	GATORADE, FRUIT PUNCH, INDV	1 EA		195 kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	GATORADE, ORANGE, INDV	1 EA		159 kcal	0 g	0 g	39.2 g	0.0 mg	238 mg	6 mg
R/M	GATORADE, LEMON LIME, INDV	1 EA		195 kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	JUICE, APPLE, INDIVIDUAL (VIT C)	1 EA		143 kcal	0.3 g	0.4 g	35 g	0.0 mg	12 mg	25 mg
R/M	JUICE, ORANGE, BOTTLE, INDIVIDUAL	1 EA		122 kcal	0.5 g	0 g	30.4 g	0.0 mg	5 mg	5 mg
R/M	JUICE, CRANBERRY COCKTAIL, INDIVIDUAL	1 EA		171 kcal	0 g	0.3 g	42.8 g	0.0 mg	6 mg	9 mg

Desserts										
D 031 00	1 MUFFINS (MIX)	1 EA		171 kcal	2 g	5.2 g	29.4 g	16.0 mg	238 mg	16 mg
D 019 02	1 RAISED DOUGHNUTS (SWT MIX)	1 EA		177 kcal	4.3 g	3.2 g	31.9 g	0.0 mg	248 mg	1+ mg
HUB 064	2 GELATIN PARFAIT (W/FZN TOPPING)	1 EA		108 kcal	2.2 g	1 g	23.6 g	3.0 mg	113 mg	26 mg
MFR	2 PEANUT BUTTER COOKIES (MFR)	2 EA		147 kcal	2.6 g	8 g	16.7 g	9.0 mg	127 mg	32 mg
MFR	2 SWEET POTATO PIE, FROZEN	1 PC		427 kcal	5.6 g	20.3 g	57.4 g	28.0 mg	405 mg	112 mg
G 010 06	2 ORANGE CAKE WITH ORANGE ZEST	1 PC		171 kcal	1.7 g	1.6 g	37.4 g	0.0 mg	331 mg	98 mg
USMC 002	2 APPLE CRISP	4 OZ		296 kcal	4.9 g	8.7 g	52 g	0.0 mg	83 mg	29 mg

Specialty Salad										
OKI/MH 106	CARROT, CELERY, AND APPLE SALAD #CARROTS	1/2 C		64 kcal	1 g	2.7 g	9.8 g	2.0 mg	237 mg	33 mg
OKI/MH 079	MEXICAN COLE SLAW (#CABBAGE)	1/2 C		73 kcal	0.9 g	4 g	9.2 g	3.0 mg	275 mg	21 mg

STANDARD SALAD BAR see Master Menu Enclosure (5)
 STANDARD FRUIT BAR see Master Menu Enclosure (6)
 STANDARD BEVERAGE AND SELF SERVICE BAR see Master Menu Enclosure (7)
 NOTES:

1. Must be served during the breakfast and breakfast brunch meals.
2. Must be Served during all lunch, dinner, and dinner brunch meals.
3. A take-out container will be provided when requested for main line items.
4. Convenience Line will be served for all meals.

DAY 17 Sunday

2022 : 1/23	2/20	3/20	4/17	5/15	6/12	7/10	8/7	9/4	10/2	10/30	11/27	12/25
2023 : 1/22	2/19	3/19	4/16	5/14	6/11	7/9	8/6	9/3	10/1	10/29	11/26	12/24
2024 : 1/21	2/18	3/17	4/14	5/12	6/9	7/7	8/4	9/1	9/29	10/27	11/24	12/22

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
Breakfast Brunch										
OKI/MH 031	#MINESTRONE SOUP	1 C		102 kcal	4 g	2.1 g	17.6 g	6.0 mg	1257 mg	45 mg
OKI/MH 152	TERIYAKI BEEF STRIPS (PREP SAUCE)	2/3 C		163 kcal	22.5 g	4.4 g	7.1 g	56.0 mg	803 mg	17 mg
Q G 006 13	STEAMED PEAS WITH CARROTS (FZN)	3/4 C		65 kcal	4.2 g	0.6 g	13.7 g	0.0 mg	97 mg	33 mg
E 801 00	WILD GARDEN RICE	1/2 C		130 kcal	5.3 g	0.4 g	27.2 g	0.0 mg	3 mg	8 mg
O 016 02	CHICKEN OR TURKEY GRAVY	1/4 C		46 kcal	0.7 g	3.4 g	3.2 g	0.0 mg	424 mg	6 mg
	STD Breakfast Menu (see Enclosure 8)									

Dinner Brunch										
OKI/MH 031	#MINESTRONE SOUP	1 C		102 kcal	4 g	2.1 g	17.6 g	6.0 mg	1257 mg	45 mg
OKI/MH 039	#ROAST RIB OF BEEF (PRIME RIB ROLL)	6 OZ		569 kcal	44.8 g	42.9 g	1.1 g	153.0 mg	1235 mg	29 mg
HUB 053	BAKED LOBSTER TAILS	1 EA		208 kcal	16.8 g	15.5 g	0.1 g	166.0 mg	593 mg	89 mg
OKI/MH 043	#ZESTY ORANGE CHICKEN (QTR)	1 PC		862 kcal	66.6 g	33.5 g	68.9 g	213.0 mg	693 mg	40 mg
LOCAL 339	PERFECT BURGER PARMESAN	1 EA		289 kcal	21.4 g	13.1 g	20.9 g	47.0 mg	629 mg	508 mg
Q 044 00	BAKED POTATOES	1 EA		187 kcal	5 g	0.2 g	42.5 g	0.0 mg	15 mg	29 mg
F 001 00	BAKED MACARONI AND CHEESE	1 C		377 kcal	17.8 g	15.3 g	41.5 g	44.0 mg	745 mg	408 mg
USMC 017	CREAMED SPINACH, MEDITERRANEAN	5 OZ		84 kcal	5.1 g	3.3 g	11.1 g	3.0 mg	201 mg	192 mg
Q 018 00	CAULIFLOWER AU GRATIN	1/2 C		134 kcal	5.4 g	8.2 g	10.9 g	22.0 mg	226 mg	126 mg
O 016 00	BROWN GRAVY	1/4 C		75 kcal	0.9 g	5.9 g	4.6 g	0.0 mg	462 mg	4 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg

Convenience Line										
N 012 00	GRILLED HAMBURGER (BEEF PATTIES)	1 EA		293 kcal	22.9 g	12.1 g	21.6 g	64.0 mg	259 mg	75 mg
N 012 01	CHEESEBURGER (BEEF PATTIES)	1 EA		381 kcal	27.2 g	19.5 g	22.4 g	87.0 mg	652 mg	321 mg
MFR	GRILLED PERFECT BURGER (VEG)	1 EA		351 kcal	24.3 g	15.7 g	28.6 g	0.0 mg	544 mg	102 mg
OKI/MH 122	GRILLED CHICKEN BREAST SANDWICH	1 EA		270 kcal	30.3 g	5.1 g	23.7 g	70.0 mg	277 mg	81 mg
LO/N 030 00	SIMMERED FRANKFURTER ON ROLL	1 EA		478 kcal	16.9 g	33.8 g	25.4 g	62.0 mg	1339 mg	77 mg
OKI/MH 123	BAKED BEANS (CANNED)	1/2 OZ		182 kcal	8.1 g	3 g	34.1 g	12.0 mg	691 mg	81 mg
Q 045 00	FRENCH FRIED POTATOES (FROZEN)	1 C		458 kcal	3.6 g	32.8 g	39.4 g	0.0 mg	527 mg	14 mg
Q 035 01	FRENCH FRIED ONION RINGS (FZN)	3 OZ		413 kcal	3.6 g	29.6 g	34.6 g	0.0 mg	279 mg	52 mg
OKI/MH 174	GRILLED CHICKEN BLT WRAP	1 EA		638 kcal	36.7 g	23.8 g	69.2 g	124.0 mg	2363 mg	256 mg
R/M	CHIPS, ASSORTED	1 BG		153 kcal	1.7 g	9.5 g	16.1 g	0.0 mg	146 mg	39 mg
R/M	GATORADE, FRUIT PUNCH, INDV	1 EA		195 kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	GATORADE, ORANGE, INDV	1 EA		159 kcal	0 g	0 g	39.2 g	0.0 mg	238 mg	6 mg
R/M	GATORADE, LEMON LIME, INDV	1 EA		195 kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	JUICE, APPLE, INDIVIDUAL (VIT C)	1 EA		143 kcal	0.3 g	0.4 g	35 g	0.0 mg	12 mg	25 mg
R/M	JUICE, ORANGE, BOTTLE, INDIVIDUAL	1 EA		122 kcal	0.5 g	0 g	30.4 g	0.0 mg	5 mg	5 mg
R/M	JUICE, CRANBERRY COCKTAIL, INDIVIDUAL	1 EA		171 kcal	0 g	0.3 g	42.8 g	0.0 mg	6 mg	9 mg

Desserts										
D 037 01	1 QUICK APPLE COFFEE CAKE (MIX)	1 PC		203 kcal	3.2 g	5.4 g	35.6 g	21.0 mg	399 mg	63 mg
D 036 13	1 SNAILS (SWT MIX)	1 EA		228 kcal	4.4 g	6.3 g	38.1 g	10.0 mg	275 mg	3+ mg
HUB 064	2 GELATIN PARFAIT (W/FZN TOPPING)	1 EA		108 kcal	2.2 g	1 g	23.6 g	3.0 mg	113 mg	26 mg
H 005 00	2 SHORTBREAD COOKIES	2 EA		269 kcal	3 g	15 g	31 g	39.0 mg	117 mg	9 mg
HUB 044	2 APPLE ENCHILADAS	1 PC		486 kcal	4.3 g	14.5 g	87.4 g	0.0 mg	538 mg	100 mg
G 010 00	2 YELLOW CAKE (MIX)	1 PC		170 kcal	1.7 g	1.6 g	37.2 g	0.0 mg	331 mg	96 mg

Specialty Salad										
OKI/MH 012	#ITALIAN STYLE PASTA SALAD	1/2 C		255 kcal	10.2 g	15.7 g	18 g	23.0 mg	561 mg	161 mg
USMC 022	GARBANZO SALAD	3 OZ		83 kcal	2.5 g	3.7 g	10.4 g	0.0 mg	236 mg	23 mg

STANDARD SALAD BAR see Master Menu Enclosure (5)
 STANDARD FRUIT BAR see Master Menu Enclosure (6)
 STANDARD BEVERAGE AND SELF SERVICE BAR see Master Menu Enclosure (7)

NOTES:

1. Must be served during the breakfast and breakfast brunch meals.
2. Must be Served during all lunch, dinner, and dinner brunch meals.
3. A take-out container will be provided when requested for main line items.
4. Convenience Line will be served for all meals.

DAY 18 Monday

2022 : 1/24 2/21 3/21 4/18 5/16 6/13 7/11 8/8 9/5 10/3 10/31 11/28 12/26
 2023 : 1/23 2/20 3/20 4/17 5/15 6/12 7/10 8/7 9/4 10/2 10/30 11/27 12/25
 2024 : 1/22 2/19 3/18 4/15 5/13 6/10 7/8 8/5 9/2 9/30 10/28 11/25 12/23

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
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Lunch

OKI/MH 028	#NEW ENGLAND CLAM CHOWDER	1 C		272 kcal	19.4 g	7.5 g	30.8 g	49.0 mg	1099 mg	105 mg
OKI/MH 023	#ROAST PORK LOIN	4 OZ		319 kcal	32.9 g	17.7 g	5.1 g	99.0 mg	359 mg	34 mg
MFR	CHICKEN CORDON BLEU	4 OZ		237 kcal	19.7 g	13.3 g	9.8 g	61.0 mg	665 mg	116 mg
OKI/MH 196	YAKISOBA (PLANT BASED)	1 C		338 kcal	32.4 g	6.4 g	37 g	0.0 mg	1311 mg	169 mg
USMC 040	RED BEANS WITH RICE-USMC	5 OZ		98 kcal	4.2 g	1.8 g	15.9 g	3.0 mg	758 mg	29 mg
Q 502 00	ITALIAN ROASTED POTATOES	1/2 C		126 kcal	2.6 g	0.8 g	28.2 g	0.0 mg	233 mg	25 mg
OKI/MH 120	CORN O'BRIEN (FROZEN CORN)	3/4 C		187 kcal	4.9 g	7.4 g	30.4 g	12.0 mg	146 mg	14 mg
Q G 006 01	STEAMED BROCCOLI (FROZEN)	3/4 C		38 kcal	4.2 g	0.2 g	7.3 g	0.0 mg	15 mg	45 mg
LO/O 016 06	PORK GRAVY (HAM BASE)	1/4 C		69 kcal	0.7 g	5.2 g	4.7 g	0.0 mg	124 mg	4 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg

Dinner

OKI/MH 028	#NEW ENGLAND CLAM CHOWDER	1 C		272 kcal	19.4 g	7.5 g	30.8 g	49.0 mg	1099 mg	105 mg
OKI/MH 136	#TURKEY A LA KING	1 C		364 kcal	30.6 g	14.8 g	25.7 g	86.0 mg	816 mg	265 mg
L 119 07	CAJUN BAKED FISH (POLLOCK)	4 OZ		152 kcal	23.9 g	5.3 g	0.8 g	96.0 mg	344 mg	78 mg
LOCAL 310	PASTA PRIMAVERA (PLANT BASED)	1 C		285 kcal	21.1 g	5.4 g	42.2 g	2.0 mg	4232 mg	117 mg
E 005 03	LONG GRAIN AND WILD RICE	3/4 C		168 kcal	6.8 g	0.9 g	34.4 g	0.0 mg	6 mg	13 mg
E 004 06	BOILED RAINBOW ROTINI NOODLES	1 C		347 kcal	12 g	1.9 g	68.8 g	0.0 mg	293 mg	28 mg
OKI/MH 109	LYONNAISE GREEN BEANS (FROZEN)	1/2 C		58 kcal	1.5 g	2.9 g	6.8 g	7.0 mg	96 mg	36 mg
Q G 006 18	STEAMED SQUASH (FROZEN)	3/4 C		54 kcal	2.3 g	0.4 g	13.1 g	0.0 mg	14 mg	49 mg
O 016 00	BROWN GRAVY	1/4 C		75 kcal	0.9 g	5.9 g	4.6 g	0.0 mg	462 mg	4 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg

Desserts

MFR	1 MUFFINS, STRAWBERRY SHORTCAKE	1 EA		260 kcal	3 g	12 g	36 g	40.0 mg	210 mg	0 mg
D 036 08	1 SUGAR ROLLS (SWT MIX)	1 EA		236 kcal	4.3 g	7.2 g	37.9 g	11.0 mg	280 mg	2+ mg
HUB 064	2 GELATIN PARFAIT (W/FZN TOPPING)	1 EA		108 kcal	2.2 g	1 g	23.6 g	3.0 mg	113 mg	26 mg
MFR	2 CHOCOLATE CHIP COOKIES (MFR)	2 EA		256 kcal	2.3 g	12.1 g	34.6 g	4.0 mg	182 mg	8 mg
MFR	2 BLUEBERRY PIE, FROZEN	1 PC		36 kcal	0.3 g	1.6 g	5.5 g	0.0 mg	45 mg	1 mg
G 012 01	2 DEVIL'S FOOD CUPCAKES (MIX)	1 EA		108 kcal	1.4 g	1.7 g	23.7 g	0.0 mg	224 mg	14 mg

Specialty Salad

OKI/MH 017	#MACARONI SALAD	1/2 C		242 kcal	4.2 g	15.8 g	20.4 g	29.0 mg	272 mg	21 mg
OKI/MH 060	CABBAGE, APPLE, AND CELERY SALAD #CABBAGE	1/2 C		50 kcal	0.9 g	2.1 g	7.6 g	2.0 mg	86 mg	31 mg

STANDARD SALAD BAR see Master Menu Enclosure (5)

STANDARD FRUIT BAR see Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR see Master Menu Enclosure (7)

NOTES:

1. Must be served during the breakfast and breakfast brunch meals.
2. Must be Served during all lunch, dinner, and dinner brunch meals.
3. A take-out container will be provided when requested for main line items.

DAY 19 Tuesday

2022 : 1/25 2/22 3/22 4/19 5/17 6/14 7/12 8/9 9/6 10/4 11/1 11/29 12/27
 2023 : 1/24 2/21 3/21 4/18 5/16 6/13 7/11 8/8 9/5 10/3 10/31 11/28 12/26
 2024 : 1/23 2/20 3/19 4/16 5/14 6/11 7/9 8/6 9/3 10/1 10/29 11/26 12/24

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
Lunch										
OKI/MH 008	#BEEF VEGETABLE SOUP	1 C		115 kcal	9.9 g	3.4 g	11.9 g	23.0 mg	1267 mg	43 mg
OKI/MH 011	#ROAST BEEF	4 OZ		187 kcal	31.3 g	5.9 g	0 g	84.0 mg	523 mg	7 mg
L 143 04	MEXICAN BAKED CHICKEN (BONELESS)	5 OZ		248 kcal	44.2 g	6.1 g	1.3 g	120.0 mg	334 mg	35 mg
L 189 00	ITALIAN BROCCOLI PASTA	1 EA		342 kcal	15.2 g	4.2 g	65 g	6.0 mg	1236 mg	228 mg
Q 051 00	POTATOES AU GRATIN	2/3 C		242 kcal	6.4 g	10.7 g	30.7 g	29.0 mg	451 mg	137 mg
USMC 029	LEMON ORZO	4 OZ		209 kcal	6.3 g	4.6 g	35.3 g	0.0 mg	514 mg	22 mg
Q 010 02	CAULIFLOWER POLONAISE	3 OZ		55 kcal	2.7 g	2.6 g	6.4 g	20.0 mg	182 mg	32 mg
Q G 006 15	STEAMED SUCCOTASH (FROZEN)	3/4 C		114 kcal	5.3 g	1.1 g	24.4 g	0.0 mg	55 mg	20 mg
O 016 02	CHICKEN OR TURKEY GRAVY	1/4 C		46 kcal	0.7 g	3.4 g	3.2 g	0.0 mg	424 mg	6 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg
Dinner										
OKI/MH 008	#BEEF VEGETABLE SOUP	1 C		115 kcal	9.9 g	3.4 g	11.9 g	23.0 mg	1267 mg	43 mg
IWA 013	JERKED STYLE CHICKEN (QUARTERED)	1 QTR		476 kcal	38.5 g	31.2 g	8.2 g	122.0 mg	768 mg	36 mg
OKI/MH 117	CAJUN MEAT LOAF	6 OZ		400 kcal	37.9 g	16.7 g	24 g	150.0 mg	1025 mg	118 mg
LOCAL 312	BEAN AND PROTEIN CHILI (PLANT BASED)	10 OZ		230 kcal	18.4 g	4.3 g	30.5 g	0.0 mg	1060 mg	128 mg
E 020 00	GINGER RICE	3/4 C		86 kcal	4 g	1.9 g	12.9 g	59.0 mg	495 mg	28 mg
Q 057 00	MASHED POTATOES (INSTANT)	1/2 C		105 kcal	2.7 g	2 g	19.5 g	1.0 mg	164 mg	47 mg
Q G 001 15	SIMMERED BLACK-EYED PEAS (CANNED)	3/4 C		139 kcal	8.5 g	1 g	24.6 g	0.0 mg	528 mg	36 mg
OKI/MH 063	LYONNAISE CARROTS	1/2 C		60 kcal	1 g	2.1 g	10.2 g	5.0 mg	191 mg	35 mg
O 016 00	BROWN GRAVY	1/4 C		75 kcal	0.9 g	5.9 g	4.6 g	0.0 mg	462 mg	4 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg
Desserts										
D 037 00	1 QUICK COFFEE CAKE (BISCUIT MIX)	1 PC		269 kcal	3.9 g	8.6 g	44.2 g	30.0 mg	425 mg	64 mg
D 036 12	1 BEAR CLAWS (SWT MIX)	1 EA		251 kcal	7.1 g	5.2 g	43.5 g	55.0 mg	298 mg	39+ mg
HUB 064	2 GELATIN PARFAIT (W/FZN TOPPING)	1 EA		108 kcal	2.2 g	1 g	23.6 g	3.0 mg	113 mg	26 mg
H 012 01	2 CHOCOLATE DROP COOKIES (BROWNIE MIX)	2 EA		191 kcal	2.3 g	7.7 g	30.2 g	8.0 mg	135 mg	14 mg
BOS PIE-MFR	2 BOSTON CREAM PIE (MFR)	1 PC		341 kcal	3.2 g	11.5 g	58 g	50.0 mg	343 mg	31 mg
G 006 00	2 BANANA CAKE	1 PC		204 kcal	1.9 g	3.8 g	41 g	0.0 mg	331 mg	97 mg
Specialty Salad										
OKI/MH 025	#PASTA SALAD	1/2 C		129 kcal	4.7 g	5 g	16.7 g	5.0 mg	283 mg	79 mg
OKI/MH 015	#COLE SLAW	1/2 C		237 kcal	1.7 g	20.5 g	12.7 g	11.0 mg	431 mg	49 mg

STANDARD SALAD BAR see Master Menu Enclosure (5)
 STANDARD FRUIT BAR see Master Menu Enclosure (6)
 STANDARD BEVERAGE AND SELF SERVICE BAR see Master Menu Enclosure (7)

NOTES:

1. Must be served during the breakfast and breakfast brunch meals.
2. Must be Served during all lunch, dinner, and dinner brunch meals.
3. A take-out container will be provided when requested for main line items.

DAY 20 Wednesday

2022 : 1/26 2/23 3/23 4/20 5/18 6/15 7/13 8/10 9/7 10/5 11/2 11/30 12/28
 2023 : 1/25 2/22 3/22 4/19 5/17 6/14 7/12 8/9 9/6 10/4 11/1 11/29 12/27
 2024 : 1/24 2/21 3/20 4/17 5/15 6/12 7/10 8/7 9/4 10/2 10/30 11/27 12/25

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
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Lunch

OKI/MH 146	#CHEESEBURGER SOUP	1 C		175 kcal	8.7 g	10.5 g	11.4 g	30.0 mg	325 mg	141 mg
OKI/MH 035	#ROAST TURKEY	4 OZ		188 kcal	40.7 g	2.7 g	0 g	97.0 mg	157 mg	19 mg
OKI 002	BAKED STUFFED FISH FILLET (OKI)	6.6 OZ		389 kcal	16.5 g	23.9 g	25.4 g	52.0 mg	973 mg	0 mg
LOCAL 311	PROTEIN STUFFED GREEN PEPPERS (PLANT BASED)	1 EA		427 kcal	28.4 g	5.9 g	65.7 g	3.0 mg	931 mg	169 mg
Q 044 00	BAKED POTATOES	1 EA		187 kcal	5 g	0.2 g	42.5 g	0.0 mg	15 mg	29 mg
OKI/MH 070	RICE PILAF	3/4 C		100 kcal	2.2 g	3.7 g	14.5 g	4.0 mg	949 mg	25 mg
Q G 006 19	STEAMED COLLARD GREENS (FROZEN)	3/4 C		88 kcal	7.3 g	1 g	17.4 g	0.0 mg	122 mg	514 mg
OKI/MH 100	CREOLE SUMMER SQUASH (FROZEN)	2/3 C		43 kcal	1.4 g	0.9 g	8.7 g	2.0 mg	274 mg	31 mg
O 016 02	CHICKEN OR TURKEY GRAVY	1/4 C		46 kcal	0.7 g	3.4 g	3.2 g	0.0 mg	424 mg	6 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg

Dinner

OKI/MH 146	#CHEESEBURGER SOUP	1 C		175 kcal	8.7 g	10.5 g	11.4 g	30.0 mg	325 mg	141 mg
OKI/MH 027	#TEXAS SMOKY BBQ CHICKEN (QTR)	1 QTR		612 kcal	52.4 g	26.3 g	38.1 g	166.0 mg	1114 mg	59 mg
OKI/MH 029	CHILI AND MACARONI (#CHILI SAUCE)	1-1/2 C		528 kcal	28.3 g	9 g	83.8 g	43.0 mg	610 mg	76 mg
N 006 00	GRILLED CHEESE SANDWICH	1 EA		385 kcal	13.4 g	24.1 g	28.6 g	67.0 mg	1112 mg	573 mg
LOCAL 309	BAKED POTATO CASSEROLE (PLANT BASED)	5 OZ		216 kcal	14.4 g	4.9 g	30.3 g	0.0 mg	432 mg	95 mg
E 012 00	NOODLES JEFFERSON	3/4 C		243 kcal	8.7 g	9.6 g	30.5 g	55.0 mg	511 mg	108 mg
Q 060 01	CLUB SPINACH (FROZEN SPINACH)	1/2 C		158 kcal	9.9 g	9.3 g	11.5 g	22.0 mg	409 mg	317 mg
OKI/MH 075	PEAS WITH ONIONS	3/4 C		131 kcal	6.9 g	2.1 g	22 g	5.0 mg	91 mg	43 mg
O 016 00	BROWN GRAVY	1/4 C		75 kcal	0.9 g	5.9 g	4.6 g	0.0 mg	462 mg	4 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg

Desserts

MFR	1 BANANA NUT MUFFINS (MIX)	1 EA		315 kcal	4.3 g	15.7 g	37.5 g	57.0 mg	319 mg	7+ mg
D 036 14	1 BOWKNOTS, FIGURE 8's, & S SHAPES (SWT MIX)	1 EA		189 kcal	4.4 g	3.6 g	34 g	3.0 mg	251 mg	2+ mg
HUB 064	2 GELATIN PARFAIT (W/FZN TOPPING)	1 EA		108 kcal	2.2 g	1 g	23.6 g	3.0 mg	113 mg	26 mg
LO/H 020 02	2 CHOCOLATE CHIP BARS (SCRATCH)	2 EA		286 kcal	3.6 g	10.2 g	45.2 g	17.0 mg	202 mg	56 mg
G 026 02	2 CHEESE CAKE PIE (MIX)	1 PC		230 kcal	5.1 g	10 g	30.4 g	12.0 mg	305 mg	136 mg
G 016 01	2 STRAWBERRY SHORTCAKE (MIX)	1 PC		316 kcal	2.6 g	3.5 g	71.7 g	0.0 mg	346 mg	120 mg

Specialty Salad

USMC 032	MEDITERRANEAN ORZO SALAD	5 OZ		122 kcal	3.4 g	2.9 g	23.9 g	0.0 mg	450 mg	19 mg
USMC 021	FOUR GRAIN AND DRIED FRUIT SALAD	4 OZ		414 kcal	8.2 g	23.5 g	45.9 g	0.0 mg	146 mg	60 mg

STANDARD SALAD BAR see Master Menu Enclosure (5)

STANDARD FRUIT BAR see Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR see Master Menu Enclosure (7)

NOTES:

1. Must be served during the breakfast and breakfast brunch meals.
2. Must be Served during all lunch, dinner, and dinner brunch meals.
3. A take-out container will be provided when requested for main line items.

DAY 21 Thursday

2022 :	1/27	2/24	3/24	4/21	5/19	6/16	7/14	8/11	9/8	10/6	11/3	12/1	12/29
2023 :	1/26	2/23	3/23	4/20	5/18	6/15	7/13	8/10	9/7	10/5	11/2	11/30	12/28
2024 :	1/25	2/22	3/21	4/18	5/16	6/13	7/11	8/8	9/5	10/3	10/31	11/28	12/26

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
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Lunch

OKI/MH 112	CREAM OF POTATO SOUP (FRESH POTATOES)	1 C		155 kcal	7.5 g	0.5 g	30.9 g	3.0 mg	494 mg	203 mg
L 136 00	CREOLE SHRIMP	1 C		240 kcal	20.8 g	5 g	29.2 g	151.0 mg	1472 mg	147 mg
OKI/MH 036	#PEPPER STEAK	3/4 C		180 kcal	20.8 g	6.3 g	9.7 g	52.0 mg	578 mg	18 mg
OKI/MH 196	YAKISOBA (PLANT BASED)	1 C		338 kcal	32.4 g	6.4 g	37 g	0.0 mg	1311 mg	169 mg
USMC 007	HAWAIIAN STYLE BROWN AND QUINOA	4 OZ		126 kcal	3.4 g	2.6 g	22.7 g	0.0 mg	552 mg	26 mg
Q 033 00	PARSLEY BUTTERED POTATOES	4 PC		169 kcal	2.8 g	3.8 g	31.8 g	10.0 mg	600 mg	20 mg
OKI/MH 072	FRIED CABBAGE WITH BACON (#CABBAGE)	1/2 C		61 kcal	2.1 g	4 g	5.3 g	10.0 mg	164 mg	38 mg
Q G 006 09	STEAMED CARROTS (FROZEN)	3/4 C		49 kcal	1.1 g	0.6 g	10.8 g	0.0 mg	93 mg	49 mg
O 016 00	BROWN GRAVY	1/4 C		75 kcal	0.9 g	5.9 g	4.6 g	0.0 mg	462 mg	4 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg

Dinner

OKI/MH 112	CREAM OF POTATO SOUP (FRESH POTATOES)	1 C		155 kcal	7.5 g	0.5 g	30.9 g	3.0 mg	494 mg	203 mg
USMC 031	MEDITERRANEAN CHICKEN W/TOMATOES AND OLIVES	6 OZ		196 kcal	33.5 g	5 g	2.3 g	90.0 mg	107 mg	32 mg
L 006 00	SUKIYAKI	7-1/2 OZ		188 kcal	23.3 g	6.4 g	9 g	56.0 mg	668 mg	50 mg
LOCAL 339	PERFECT BURGER PARMESAN	1 EA		289 kcal	21.4 g	13.1 g	20.9 g	47.0 mg	629 mg	508 mg
MFR	KANSAS MEDLEY RICE	3/4 C		142 kcal	0.0+ g	0.4 g	30.2 g	0+ mg	11 mg	2+ mg
Q 504 00	ROASTED PEPPER POTATOES	2/3 C		105 kcal	2 g	2.4 g	19.4 g	0.0 mg	172 mg	21 mg
Q G 006 03	STEAMED BEANS, GREEN (FROZEN)	3/4 C		42 kcal	1.9 g	0.2 g	8.2 g	0.0 mg	3 mg	46 mg
OKI/MH 059	BROCCOLI PARMESAN	1 EA		79 kcal	6.3 g	2.3 g	10.3 g	6.0 mg	236 mg	160 mg
O 016 02	CHICKEN OR TURKEY GRAVY	1/4 C		46 kcal	0.7 g	3.4 g	3.2 g	0.0 mg	424 mg	6 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg

Desserts

D 037 02	1 QUICK FRENCH COFFEE CAKE (MIX)	1 PC		339 kcal	5.9 g	12 g	53.5 g	29.0 mg	426 mg	73 mg
D 036 07	1 BUTTERFLY ROLLS (SWT MIX)	1 EA		213 kcal	4.4 g	6.4 g	34 g	10.0 mg	274 mg	3+ mg
HUB 064	2 GELATIN PARFAIT (W/FZN TOPPING)	1 EA		108 kcal	2.2 g	1 g	23.6 g	3.0 mg	113 mg	26 mg
MFR	2 PEANUT BUTTER COOKIES (MFR)	2 EA		147 kcal	2.6 g	8 g	16.7 g	9.0 mg	127 mg	32 mg
MFR	2 CHERRY PIE, FROZEN	1 PC		325 kcal	2.5 g	13.8 g	49.8 g	0.0 mg	308 mg	15 mg
G 012 01	2 DEVIL'S FOOD CUPCAKES (MIX)	1 EA		108 kcal	1.4 g	1.7 g	23.7 g	0.0 mg	224 mg	14 mg

Specialty Salad

OKI/MH 007	#POTATO SALAD (#SAUCE)	2/3 C		371 kcal	4.1 g	28.2 g	25.9 g	63.0 mg	770 mg	38 mg
OKI/MH 119	KIDNEY BEAN SALAD	1/2 C		142 kcal	6.3 g	4.4 g	19.8 g	36.0 mg	464 mg	46 mg

STANDARD SALAD BAR see Master Menu Enclosure (5)

STANDARD FRUIT BAR see Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR see Master Menu Enclosure (7)

NOTES:

1. Must be served during the breakfast and breakfast brunch meals.
2. Must be Served during all lunch, dinner, and dinner brunch meals.
3. A take-out container will be provided when requested for main line items.

DAY 22 Friday

2022 : 1/28 2/25 3/25 4/22 5/20 6/17 7/15 8/12 9/9 10/7 11/4 12/2 12/30
 2023 : 1/27 2/24 3/24 4/21 5/19 6/16 7/14 8/11 9/8 10/6 11/3 12/1 12/29
 2024 : 1/26 2/23 3/22 4/19 5/17 6/14 7/12 8/9 9/6 10/4 11/1 11/29 12/27

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
Lunch										
OKI/MH 092	#CHICKEN RICE SOUP	1 C		648 kcal	61.3 g	19.7 g	51.8 g	162.0 mg	11011 mg	211 mg
OKI 015	BOMBAY CHICKEN	2 PC		410 kcal	45.4 g	11.7 g	30.8 g	139.0 mg	139 mg	31 mg
OKI/MH 143	#KALUA PORK	4 OZ		394 kcal	31.8 g	25.8 g	7.2 g	116.0 mg	836 mg	45 mg
LOCAL 309	BAKED POTATO CASSEROLE (PLANT BASED)	5 OZ		216 kcal	14.4 g	4.9 g	30.3 g	0.0 mg	432 mg	95 mg
Q 049 00	O'BRIEN POTATOES	2/3 C		134 kcal	2.6 g	1.2 g	29.1 g	0.0 mg	194 mg	13 mg
E 004 02	BUTTERED EGG NOODLE	1 C		246 kcal	7.7 g	6.6 g	38.8 g	55.0 mg	328 mg	29 mg
Q G 006 14	STEAMED MIXED VEGETABLES (FZN)	3/4 C		88 kcal	4.1 g	0.6 g	16.5 g	0.0 mg	58 mg	31 mg
Q 001 03	CAULIFLOWER COMBO (FROZEN)	3/4 C		95 kcal	4.2 g	4.2 g	13 g	10.0 mg	118 mg	36 mg
O 016 02	CHICKEN OR TURKEY GRAVY	1/4 C		46 kcal	0.7 g	3.4 g	3.2 g	0.0 mg	424 mg	6 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg
Dinner										
OKI/MH 092	#CHICKEN RICE SOUP	1 C		648 kcal	61.3 g	19.7 g	51.8 g	162.0 mg	11011 mg	211 mg
L 217 00	ASIAN BARBECUE TURKEY	4 OZ		208 kcal	33 g	2.8 g	12.9 g	75.0 mg	872 mg	30 mg
USMC 020	FISH FLORENTINE PARMESAN (COD)	5 OZ		230 kcal	33 g	7.5 g	6.4 g	95.0 mg	735 mg	282 mg
LOCAL 310	PASTA PRIMAVERA (PLANT BASED)	1 C		285 kcal	21.1 g	5.4 g	42.2 g	2.0 mg	4232 mg	117 mg
E 005 05	STEAMED BROWN RICE	3/4 C		167 kcal	3.3 g	1.8 g	33.9 g	0.0 mg	215 mg	7 mg
F 001 00	BAKED MACARONI AND CHEESE	1 C		377 kcal	17.8 g	15.3 g	41.5 g	44.0 mg	745 mg	408 mg
OKI/MH 021	#VEGETABLE STIR FRY	1/2 C		47 kcal	1.2 g	1.9 g	7 g	0.0 mg	127 mg	35 mg
OKI/MH 157	SAVORY STYLE BEANS (CANNED)	2/3 C		103 kcal	5.8 g	1.5 g	16.6 g	0.0 mg	330 mg	44 mg
O 016 00	BROWN GRAVY	1/4 C		75 kcal	0.9 g	5.9 g	4.6 g	0.0 mg	462 mg	4 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg
Desserts										
D 031 00	1 MUFFINS (MIX)	1 EA		171 kcal	2 g	5.2 g	29.4 g	16.0 mg	238 mg	16 mg
D 036 06	1 CINNAMON RAISIN ROLLS (SWT MIX)	1 EA		220 kcal	4.4 g	6.9 g	34.8 g	10.0 mg	278 mg	9+ mg
HUB 064	2 GELATIN PARFAIT (W/FZN TOPPING)	1 EA		108 kcal	2.2 g	1 g	23.6 g	3.0 mg	113 mg	26 mg
MFR	2 SUGAR COOKIES (MFR)	2 EA		147 kcal	1.4 g	6.9 g	19.7 g	10.0 mg	109 mg	27 mg
MFR	2 PECAN PIE, FROZEN	1 PC		424 kcal	4.7 g	17.4 g	62.1 g	44.0 mg	286 mg	23 mg
G 010 05	2 MARBLE CAKE (YELLOW CAKE MIX)	1 PC		157 kcal	1.8 g	2 g	34.3 g	0.0 mg	315 mg	55 mg
Specialty Salad										
OKI/MH 116	COUNTRY STYLE TOMATO SALAD	1/2 C		48 kcal	0.6 g	2.3 g	6.4 g	0.0 mg	115 mg	11 mg
OKI/MH 074	COLE SLAW W/VINEGAR DRESSING (#CABBAGE)	1/2 C		48 kcal	0.8 g	0.1 g	11.5 g	0.0 mg	127 mg	25 mg

STANDARD SALAD BAR see Master Menu Enclosure (5)
 STANDARD FRUIT BAR see Master Menu Enclosure (6)
 STANDARD BEVERAGE AND SELF SERVICE BAR see Master Menu Enclosure (7)

NOTES:

1. Must be served during the breakfast and breakfast brunch meals.
2. Must be Served during all lunch, dinner, and dinner brunch meals.
3. A take-out container will be provided when requested for main line items.

DAY 23 Saturday

2022 : 1/1 1/29 2/26 3/26 4/23 5/21 6/18 7/16 8/13 9/10 10/8 11/5 12/3 12/31
 2023 : 1/28 2/25 3/25 4/22 5/20 6/17 7/15 8/12 9/9 10/7 11/4 12/2 12/30
 2024 : 1/28 2/25 3/24 4/21 5/19 6/16 7/14 8/11 9/8 10/6 11/3 12/1 12/29

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
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Breakfast Brunch

OKI/MH 031	#MINESTRONE SOUP	1 C	Green	102 kcal	4 g	2.1 g	17.6 g	6.0 mg	1257 mg	45 mg
USMC 014	CHICKEN CUTLETS PICCATA	5 OZ	Green	260 kcal	35.3 g	4.1 g	17.7 g	90.0 mg	373 mg	21 mg
Q 060 01	CLUB SPINACH (FROZEN SPINACH)	1/2 C	Yellow	158 kcal	9.9 g	9.3 g	11.5 g	22.0 mg	409 mg	317 mg
Q 050 00	OVEN BROWNED POTATOES	1/2 C	Red	126 kcal	1.9 g	3.8 g	21.9 g	10.0 mg	221 mg	10 mg
O 016 02	CHICKEN OR TURKEY GRAVY	1/4 C	Red	46 kcal	0.7 g	3.4 g	3.2 g	0.0 mg	424 mg	6 mg
STD Breakfast Menu (see Enclosure 8)										

Dinner Brunch

OKI/MH 031	#MINESTRONE SOUP	1 C	Green	102 kcal	4 g	2.1 g	17.6 g	6.0 mg	1257 mg	45 mg
OKI/MH 030	#BEEF BALLS STROGANOFF	3 EA	Red	325 kcal	2.5 g	20.3 g	13.6 g	63.0 mg	370 mg	63 mg
USMC 034	PASTA PRIMAVERA WITH GRILLED SHRIMP	4 OZ	Green	249 kcal	18.6 g	7.6 g	27.5 g	121.0 mg	1725 mg	163 mg
LOCAL 311	PROTEIN STUFFED GREEN PEPPERS (PLANT BASED)	1 EA	Green	427 kcal	28.4 g	5.9 g	65.7 g	3.0 mg	931 mg	169 mg
E 016 00	ISLANDER'S RICE	3/4 C	Green	101 kcal	4.7 g	0.9 g	18.7 g	0.0 mg	690 mg	43 mg
Q G 006 09	STEAMED CARROTS (FROZEN)	3/4 C	Green	49 kcal	1.1 g	0.6 g	10.8 g	0.0 mg	93 mg	49 mg
q g 006 15	STEAMED SUCCOTASH (FROZEN)	3/4 C	Green	114 kcal	5.3 g	1.1 g	24.4 g	0.0 mg	55 mg	20 mg
O 016 00	BROWN GRAVY	1/4 C	Red	75 kcal	0.9 g	5.9 g	4.6 g	0.0 mg	462 mg	4 mg
MFR	DINNER ROLL	2 EA	Yellow	174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg

Convenience Line

N 012 00	GRILLED HAMBURGER (BEEF PATTIES)	1 EA	Red	293 kcal	22.9 g	12.1 g	21.6 g	64.0 mg	259 mg	75 mg
N 012 01	CHEESEBURGER (BEEF PATTIES)	1 EA	Red	381 kcal	27.2 g	19.5 g	22.4 g	87.0 mg	652 mg	321 mg
MFR	GRILLED PERFECT BURGER (VEG)	1 EA	Yellow	351 kcal	24.3 g	15.7 g	28.6 g	0.0 mg	544 mg	102 mg
OKI/MH 122	GRILLED CHICKEN BREAST SANDWICH	1 EA	Green	270 kcal	30.3 g	5.1 g	23.7 g	70.0 mg	277 mg	81 mg
LO/N 030 00	SIMMERED FRANKFURTER ON ROLL	1 EA	Red	478 kcal	16.9 g	33.8 g	25.4 g	62.0 mg	1339 mg	77 mg
OKI/MH 123	BAKED BEANS (CANNED)	1/2 OZ	Green	182 kcal	8.1 g	3 g	34.1 g	12.0 mg	691 mg	81 mg
Q 045 00	FRENCH FRIED POTATOES (FROZEN)	1 C	Red	458 kcal	3.6 g	32.8 g	39.4 g	0.0 mg	527 mg	14 mg
Q 035 01	FRENCH FRIED ONION RINGS (FZN)	3 OZ	Red	413 kcal	3.6 g	29.6 g	34.6 g	0.0 mg	279 mg	52 mg
OKI/MH 174	GRILLED CHICKEN BLT WRAP	1 EA	Green	638 kcal	36.7 g	23.8 g	69.2 g	124.0 mg	2363 mg	256 mg
R/M	CHIPS, ASSORTED	1 BG	Red	153 kcal	1.7 g	9.5 g	16.1 g	0.0 mg	146 mg	39 mg
R/M	GATORADE, FRUIT PUNCH, INDV	1 EA	Yellow	195 kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	GATORADE, ORANGE, INDV	1 EA	Green	159 kcal	0 g	0 g	39.2 g	0.0 mg	238 mg	6 mg
R/M	GATORADE, LEMON LIME, INDV	1 EA	Yellow	195 kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	JUICE, APPLE, INDIVIDUAL (VIT C)	1 EA	Yellow	143 kcal	0.3 g	0.4 g	35 g	0.0 mg	12 mg	25 mg
R/M	JUICE, ORANGE, BOTTLE, INDIVIDUAL	1 EA	Red	122 kcal	0.5 g	0 g	30.4 g	0.0 mg	5 mg	5 mg
R/M	JUICE, CRANBERRY COCKTAIL, INDIVIDUAL	1 EA	Yellow	171 kcal	0 g	0.3 g	42.8 g	0.0 mg	6 mg	9 mg

Desserts

D 037 01	1 QUICK APPLE COFFEE CAKE (MIX)	1 PC	Yellow	203 kcal	3.2 g	5.4 g	35.6 g	21.0 mg	399 mg	63 mg
D 027 01	1 KOLACHES (SWT MIX)	1 EA	Yellow	199 kcal	4.5 g	3.5 g	37 g	0.0 mg	263 mg	0 mg
HUB 064	2 GELATIN PARFAIT (W/FZN TOPPING)	1 EA	Yellow	108 kcal	2.2 g	1 g	23.6 g	3.0 mg	113 mg	26 mg
H 005 00	2 SHORTBREAD COOKIES	2 EA	Red	269 kcal	3 g	15 g	31 g	39.0 mg	117 mg	9 mg
MFR	2 PUMPKIN PIE, FROZEN	1 PC	Red	370 kcal	5.9 g	14.9 g	53.1 g	40.0 mg	364 mg	98 mg
H 024 00	2 BANANA SPLIT BROWNIES	1 PC	Yellow	250 kcal	2.9 g	9.4 g	41.3 g	9.0 mg	157 mg	18 mg
USMC 035	2 PEACH CRISP-USMC	4 OZ	Green	205 kcal	3.5 g	5.7 g	36.7 g	0.0 mg	58 mg	19 mg

Specialty Salad

OKI/MH 078	BROCCOLI SALAD (#BROCCOLI)	1/2 C	Yellow	224 kcal	4 g	10.3 g	33.4 g	4.0 mg	146 mg	51 mg
OKI/MH 062	CUCUMBER AND ONION SALAD	1/2 C	Green	36 kcal	0.6 g	0.1 g	8.3 g	0.0 mg	119 mg	15 mg

STANDARD SALAD BAR see Master Menu Enclosure (5)

STANDARD FRUIT BAR see Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR see Master Menu Enclosure (7)

NOTES:

1. Must be served during the breakfast and breakfast brunch meals.
2. Must be Served during all lunch, dinner, and dinner brunch meals.
3. A take-out container will be provided when requested for main line items.
4. Convenience Line will be served for all meals.

DAY 24 Sunday

2022 : 1/2	1/30	2/27	3/27	4/24	5/22	6/19	7/17	8/14	9/11	10/9	11/6	12/4
2023 : 1/1	1/29	2/26	3/26	4/23	5/21	6/18	7/16	8/13	9/10	10/8	11/5	12/3 12/31
2024 : 1/28	2/25	3/24	4/21	5/19	6/16	7/14	8/11	9/8	10/6	11/3	12/1	12/29

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
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Breakfast Brunch

OKI/MH 028	#NEW ENGLAND CLAM CHOWDER	1 C		272 kcal	19.4 g	7.5 g	30.8 g	49.0 mg	1099 mg	105 mg
LOCAL 331	TERIYAKI CHICKEN (BONELESS BREAST)	4 OZ		186 kcal	32.9 g	4 g	2.1 g	88.0 mg	574 mg	19 mg
E 005 00	STEAMED RICE	3/4 C		54 kcal	1.2 g	0.6 g	10.6 g	0.0 mg	213 mg	11 mg
OKI/MH 109	LYONNAISE GREEN BEANS (FROZEN)	1/2 C		58 kcal	1.5 g	2.9 g	6.8 g	7.0 mg	96 mg	36 mg
O 016 02	CHICKEN OR TURKEY GRAVY	1/4 C		46 kcal	0.7 g	3.4 g	3.2 g	0.0 mg	424 mg	6 mg
	STD Breakfast Menu (see Enclosure 8)									

Dinner Brunch

OKI/MH 028	#NEW ENGLAND CLAM CHOWDER	1 C		272 kcal	19.4 g	7.5 g	30.8 g	49.0 mg	1099 mg	105 mg
OKI/MH 039	#ROAST RIB OF BEEF (PRIME RIB ROLL)	6 OZ		569 kcal	44.8 g	42.9 g	1.1 g	153.0 mg	1235 mg	29 mg
HUB 053	BAKED LOBSTER TAILS	1 EA		208 kcal	16.8 g	15.5 g	0.1 g	166.0 mg	593 mg	89 mg
OKI/MH 020	#TEXAS SMOKY BBQ DICED PORK	1/2 C		295 kcal	24.1 g	8.5 g	29.3 g	60.0 mg	2087 mg	40 mg
LOCAL 312	BEAN AND PROTEIN CHILI (PLANT BASED)	10 OZ		230 kcal	18.4 g	4.3 g	30.5 g	0.0 mg	1060 mg	128 mg
Q 044 00	BAKED POTATOES	1 EA		187 kcal	5 g	0.2 g	42.5 g	0.0 mg	15 mg	29 mg
E 801 00	WILD GARDEN RICE	1/2 C		130 kcal	5.3 g	0.4 g	27.2 g	0.0 mg	3 mg	8 mg
Q G 006 19	STEAMED COLLARD GREENS (FROZEN)	3/4 C		88 kcal	7.3 g	1 g	17.4 g	0.0 mg	122 mg	514 mg
Q 018 00	CAULIFLOWER AU GRATIN	1/2 C		134 kcal	5.4 g	8.2 g	10.9 g	22.0 mg	226 mg	126 mg
O 016 00	BROWN GRAVY	1/4 C		75 kcal	0.9 g	5.9 g	4.6 g	0.0 mg	462 mg	4 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg

Convenience Line

N 012 00	GRILLED HAMBURGER (BEEF PATTIES)	1 EA		293 kcal	22.9 g	12.1 g	21.6 g	64.0 mg	259 mg	75 mg
N 012 01	CHEESEBURGER (BEEF PATTIES)	1 EA		381 kcal	27.2 g	19.5 g	22.4 g	87.0 mg	652 mg	321 mg
MFR	GRILLED PERFECT BURGER (VEG)	1 EA		351 kcal	24.3 g	15.7 g	28.6 g	0.0 mg	544 mg	102 mg
OKI/MH 122	GRILLED CHICKEN BREAST SANDWICH	1 EA		270 kcal	30.3 g	5.1 g	23.7 g	70.0 mg	277 mg	81 mg
LO/N 030 00	SIMMERED FRANKFURTER ON ROLL	1 EA		478 kcal	16.9 g	33.8 g	25.4 g	62.0 mg	1339 mg	77 mg
OKI/MH 123	BAKED BEANS (CANNED)	1/2 OZ		182 kcal	8.1 g	3 g	34.1 g	12.0 mg	691 mg	81 mg
Q 045 00	FRENCH FRIED POTATOES (FROZEN)	1 C		458 kcal	3.6 g	32.8 g	39.4 g	0.0 mg	527 mg	14 mg
Q 035 01	FRENCH FRIED ONION RINGS (FZN)	3 OZ		413 kcal	3.6 g	29.6 g	34.6 g	0.0 mg	279 mg	52 mg
OKI/MH 168	CATALAN TUNA WRAP	1 EA		635 kcal	24.1 g	30.3 g	66.2 g	33.0 mg	1352 mg	220 mg
R/M	CHIPS, ASSORTED	1 BG		153 kcal	1.7 g	9.5 g	16.1 g	0.0 mg	146 mg	39 mg
R/M	GATORADE, FRUIT PUNCH, INDV	1 EA		195 kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	GATORADE, ORANGE, INDV	1 EA		159 kcal	0 g	0 g	39.2 g	0.0 mg	238 mg	6 mg
R/M	GATORADE, LEMON LIME, INDV	1 EA		195 kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	JUICE, APPLE, INDIVIDUAL (VIT C)	1 EA		143 kcal	0.3 g	0.4 g	35 g	0.0 mg	12 mg	25 mg
R/M	JUICE, ORANGE, BOTTLE, INDIVIDUAL	1 EA		122 kcal	0.5 g	0 g	30.4 g	0.0 mg	5 mg	5 mg
R/M	JUICE, CRANBERRY COCKTAIL, INDIVIDUAL	1 EA		171 kcal	0 g	0.3 g	42.8 g	0.0 mg	6 mg	9 mg

Desserts

MFR	1 MUFFINS, STRAWBERRY SHORTCAKE	1 EA		260 kcal	3 g	12 g	36 g	40.0 mg	210 mg	0 mg
D 019 03	1 LONGJOHNS (SWT MIX)	1 EA		161 kcal	4.3 g	3.2 g	27.9 g	0.0 mg	247 mg	0 mg
HUB 064	2 GELATIN PARFAIT (W/FZN TOPPING)	1 EA		108 kcal	2.2 g	1 g	23.6 g	3.0 mg	113 mg	26 mg
MFR	2 CHOCOLATE CHIP COOKIES (MFR)	2 EA		256 kcal	2.3 g	12.1 g	34.6 g	4.0 mg	182 mg	8 mg
B PIE-MFR	2 BLUEBERRY PIE, FROZEN	1 PC		36 kcal	0.3 g	1.6 g	5.5 g	0.0 mg	45 mg	1 mg
G 010 06	2 ORANGE CAKE WITH ORANGE ZEST	1 PC		171 kcal	1.7 g	1.6 g	37.4 g	0.0 mg	331 mg	98 mg

Specialty Salad

OKI/MH 017	#MACARONI SALAD	1/2 C		242 kcal	4.2 g	15.8 g	20.4 g	29.0 mg	272 mg	21 mg
OKI/MH 060	CABBAGE, APPLE, AND CELERY SALAD #CABBAGE	1/2 C		50 kcal	0.9 g	2.1 g	7.6 g	2.0 mg	86 mg	31 mg

STANDARD SALAD BAR see Master Menu Enclosure (5)

STANDARD FRUIT BAR see Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR see Master Menu Enclosure (7)

NOTES:

1. Must be served during the breakfast and breakfast brunch meals.
2. Must be Served during all lunch, dinner, and dinner brunch meals.
3. A take-out container will be provided when requested for main line items.
4. Convenience Line will be served for all meals.

DAY 25 Monday

2022 : 1/3	1/31	2/28	3/28	4/25	5/23	6/20	7/18	8/15	9/12	10/10	11/7	12/5
2023 : 1/2	1/30	2/27	3/27	4/24	5/22	6/19	7/17	8/14	9/11	10/9	11/6	12/4
2024 : 1/1	1/29	2/26	3/25	4/22	5/20	6/17	7/15	8/12	9/9	10/7	11/4	12/2 12/30

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
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Lunch

OKI/MH 145	#CANTONESE STYLE HOT AND SOUR SOUP	1 C	Green	19 kcal	1.9 g	0.8 g	0.9 g	11.0 mg	310 mg	6 mg
OKI/MH 148	#TEXAS SMOKY BBQ PORK RIBS	7 OZ	Red	580 kcal	38.8 g	40.4 g	12.7 g	161.0 mg	444 mg	73 mg
SDX HUB 364	BEEF AND SAUSAGE BOLOGNESE w PENNE	1 EA	Green	561 kcal	39.1 g	24.7 g	48.1 g	97.0 mg	804 mg	144 mg
L 189 00	ITALIAN BROCCOLI PASTA	1 EA	Green	342 kcal	15.2 g	4.2 g	65 g	6.0 mg	1236 mg	228 mg
Q 057 00	MASHED POTATOES (INSTANT)	1/2 C	Yellow	105 kcal	2.7 g	2 g	19.5 g	1.0 mg	164 mg	47 mg
USMC 007	HAWAIIAN STYLE BROWN AND QUINOA	4 OZ	Green	126 kcal	3.4 g	2.6 g	22.7 g	0.0 mg	552 mg	26 mg
OKI/MH 100	CREOLE SUMMER SQUASH (FROZEN)	2/3 C	Green	43 kcal	1.4 g	0.9 g	8.7 g	2.0 mg	274 mg	31 mg
OKI/MH 063	LYONNAISE CARROTS	1/2 C	Red	60 kcal	1 g	2.1 g	10.2 g	5.0 mg	191 mg	35 mg
O 016 00	BROWN GRAVY	1/4 C	Red	75 kcal	0.9 g	5.9 g	4.6 g	0.0 mg	462 mg	4 mg
MFR	DINNER ROLL	2 EA	Yellow	174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg

Dinner

OKI/MH 145	#CANTONESE STYLE HOT AND SOUR SOUP	1 C	Green	19 kcal	1.9 g	0.8 g	0.9 g	11.0 mg	310 mg	6 mg
L 155 01	SOUTHERN FRIED CHICKEN	2 PC	Red	579 kcal	46.5 g	36.6 g	13.6 g	136.0 mg	534 mg	27 mg
OKI/MH 077	SWISS STEAK WITH BROWN GRAVY	1 EA	Yellow	299 kcal	38.7 g	12.5 g	5.7 g	107.0 mg	661 mg	19 mg
LOCAL 309	BAKED POTATO CASSEROLE (PLANT BASED)	5 OZ	Green	216 kcal	14.4 g	4.9 g	30.3 g	0.0 mg	432 mg	95 mg
Q 067 00	CANDIED SWEET POTATOES	1/2 C	Yellow	188 kcal	1.1 g	3.9 g	38 g	10.0 mg	226 mg	31 mg
LO/E 006	JASMINE RICE-LOCAL	3/4 C	Yellow	153 kcal	2.9 g	0.7 g	32.6 g	0.0 mg	214 mg	14 mg
OKI/MH 075	PEAS WITH ONIONS	3/4 C	Green	131 kcal	6.9 g	2.1 g	22 g	5.0 mg	91 mg	43 mg
Q G 006 17	STEAMED CORN ON THE COB (FROZEN)	3/4 C	Green	143 kcal	4.8 g	1.1 g	34.2 g	0.0 mg	7 mg	6 mg
O 016 00	BROWN GRAVY	1/4 C	Red	75 kcal	0.9 g	5.9 g	4.6 g	0.0 mg	462 mg	4 mg
MFR	DINNER ROLL	2 EA	Yellow	174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg

Desserts

D 037 03	1 QUICK CHERRY COFFEE CAKE (MIX)	1 PC	Yellow	284 kcal	4.2 g	8.6 g	47.9 g	29.0 mg	427 mg	68 mg
D 019 02	1 RAISED DOUGHNUTS (SWT MIX)	1 EA	Red	177 kcal	4.3 g	3.2 g	31.9 g	0.0 mg	248 mg	1+ mg
HUB 064	2 GELATIN PARFAIT (W/FZN TOPPING)	1 EA	Yellow	108 kcal	2.2 g	1 g	23.6 g	3.0 mg	113 mg	26 mg
LO/H 020 02	2 CHOCOLATE CHIP BARS (SCRATCH)	2 EA	Yellow	286 kcal	3.6 g	10.2 g	45.2 g	17.0 mg	202 mg	56 mg
MFR	2 SWEET POTATO PIE, FROZEN	1 PC	Red	427 kcal	5.6 g	20.3 g	57.4 g	28.0 mg	405 mg	112 mg
G 030 01	2 WHITE CAKE (MIX)	1 PC	Yellow	196 kcal	1.8 g	4.8 g	36.8 g	0.0 mg	302 mg	35 mg

Specialty Salad

OKI/MH 012	#ITALIAN STYLE PASTA SALAD	1/2 C	Red	255 kcal	10.2 g	15.7 g	18 g	23.0 mg	561 mg	161 mg
OKI/MH 079	MEXICAN COLE SLAW (#CABBAGE)	1/2 C	Yellow	73 kcal	0.9 g	4 g	9.2 g	3.0 mg	275 mg	21 mg

STANDARD SALAD BAR see Master Menu Enclosure (5)

STANDARD FRUIT BAR see Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR see Master Menu Enclosure (7)

NOTES:

1. Must be served during the breakfast and breakfast brunch meals.
2. Must be Served during all lunch, dinner, and dinner brunch meals.
3. A take-out container will be provided when requested for main line items.

DAY 26 Tuesday

2022 : 1/4 2/1 3/1 3/29 4/26 5/24 6/21 7/19 8/16 9/13 10/11 11/8 12/6
 2023 : 1/3 1/31 2/28 3/28 4/25 5/23 6/20 7/18 8/15 9/12 10/10 11/7 12/5
 2024 : 1/2 1/30 2/27 3/26 4/23 5/21 6/18 7/16 8/13 9/10 10/8 11/5 12/3 12/31

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
Lunch										
OKI/MH 051	#CHICKEN NOODLE SOUP	1 C		116 kcal	8.6 g	2.9 g	13.4 g	29.0 mg	1562 mg	29 mg
OKI/MH 019	#BEEF FOR BROCCOLI	3/4 C		234 kcal	21.1 g	3.6 g	30.6 g	42.0 mg	1055 mg	96 mg
L 119 02	ONION-LEMON BAKED FISH (SALMON)	4 OZ		260 kcal	23.6 g	17.2 g	1.3 g	77.0 mg	305 mg	20 mg
LOCAL 310	PASTA PRIMAVERA (PLANT BASED)	1 C		285 kcal	21.1 g	5.4 g	42.2 g	2.0 mg	4232 mg	117 mg
USMC 040	RED BEANS WITH RICE-USMC	5 OZ		98 kcal	4.2 g	1.8 g	15.9 g	3.0 mg	758 mg	29 mg
Q 050 01	FRANCONIA POTATOES	1/2 C		126 kcal	1.9 g	3.8 g	21.9 g	10.0 mg	223 mg	12 mg
OKI/MH 059	BROCCOLI PARMESAN	1 EA		79 kcal	6.3 g	2.3 g	10.3 g	6.0 mg	236 mg	160 mg
Q G 006 15	STEAMED SUCCOTASH (FROZEN)	3/4 C		114 kcal	5.3 g	1.1 g	24.4 g	0.0 mg	55 mg	20 mg
O 016 00	BROWN GRAVY	1/4 C		75 kcal	0.9 g	5.9 g	4.6 g	0.0 mg	462 mg	4 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg
Dinner										
OKI/MH 051	#CHICKEN NOODLE SOUP	1 C		116 kcal	8.6 g	2.9 g	13.4 g	29.0 mg	1562 mg	29 mg
LO/L 069 00	BAKED HAM (BONE-IN)	4 OZ		147 kcal	21.6 g	2.9 g	8.8 g	27.0 mg	1084 mg	7 mg
L 210 00	SANTA FE GLAZED CHICKEN (BREAST)	4 OZ		264 kcal	32.6 g	4.7 g	22 g	88.0 mg	290 mg	28 mg
OKI/MH 196	YAKISOBA (PLANT BASED)	1 C		338 kcal	32.4 g	6.4 g	37 g	0.0 mg	1311 mg	169 mg
Q 502 00	ITALIAN ROASTED POTATOES	1/2 C		126 kcal	2.6 g	0.8 g	28.2 g	0.0 mg	233 mg	25 mg
MFR	KANSAS MEDLEY RICE	3/4 C		142 kcal	0.0+ g	0.4 g	30.2 g	0+ mg	11 mg	2+ mg
USMC 012	CAULIFLOWER WITH PESTO (FROZEN)	3 OZ		64 kcal	3.1 g	3.1 g	7.3 g	0.0 mg	142 mg	42 mg
OKI/MH 042	ORIENTAL STIR-FRY CABBAGE #CABBAGE	3/4 C		58 kcal	2.5 g	0.4 g	12.8 g	0.0 mg	256 mg	56 mg
O 016 00	BROWN GRAVY	1/4 C		75 kcal	0.9 g	5.9 g	4.6 g	0.0 mg	462 mg	4 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg
Desserts										
MFR	1 BANANA NUT MUFFINS (MIX)	1 EA		315 kcal	4.3 g	15.7 g	37.5 g	57.0 mg	319 mg	7+ mg
D 036 13	1 SNAILS (SWT MIX)	1 EA		228 kcal	4.4 g	6.3 g	38.1 g	10.0 mg	275 mg	3+ mg
HUB 064	2 GELATIN PARFAIT (W/FZN TOPPING)	1 EA		108 kcal	2.2 g	1 g	23.6 g	3.0 mg	113 mg	26 mg
MFR	2 OATMEAL COOKIES (MFR)	2 EA		136 kcal	1.7 g	6 g	18.9 g	8.0 mg	94 mg	10 mg
MFR	2 BLUEBERRY PIE, FROZEN	1 PC		36 kcal	0.3 g	1.6 g	5.5 g	0.0 mg	45 mg	1 mg
G 010 00	2 YELLOW CAKE (MIX)	1 PC		170 kcal	1.7 g	1.6 g	37.2 g	0.0 mg	331 mg	96 mg
Specialty Salad										
OKI/MH 106	CARROT, CELERY, AND APPLE SALAD #CARROTS	1/2 C		64 kcal	1 g	2.7 g	9.8 g	2.0 mg	237 mg	33 mg
USMC 005	BLACK BEAN AND CORN SALAD	4 OZ		141 kcal	3.6 g	8.4 g	14.9 g	0.0 mg	165 mg	33 mg

STANDARD SALAD BAR see Master Menu Enclosure (5)
 STANDARD FRUIT BAR see Master Menu Enclosure (6)
 STANDARD BEVERAGE AND SELF SERVICE BAR see Master Menu Enclosure (7)

NOTES:

1. Must be served during the breakfast and breakfast brunch meals.
2. Must be Served during all lunch, dinner, and dinner brunch meals.
3. A take-out container will be provided when requested for main line items.

DAY 27 Wednesday

2022 : 1/5	2/2	3/2	3/30	4/27	5/25	6/22	7/20	8/17	9/14	10/12	11/9	12/7
2023 : 1/4	2/1	3/1	3/29	4/26	5/24	6/21	7/19	8/16	9/13	10/11	11/8	12/6
2024 : 1/3	1/31	2/28	3/27	4/24	5/22	6/19	7/17	8/14	9/11	10/9	11/6	12/4

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
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Lunch

P 003 00	CREOLE SOUP	1 C		64 kcal	2.6 g	1.9 g	9.5 g	1.0 mg	1780 mg	19 mg
OKI/MH 004	#HONEY GLAZED ROCK CORNISH HENS	1 EA		390 kcal	28.7 g	23.5 g	14.7 g	169.0 mg	85 mg	25 mg
OKI/MH 023	#ROAST PORK LOIN	4 OZ		319 kcal	32.9 g	17.7 g	5.1 g	99.0 mg	359 mg	34 mg
LOCAL 311	PROTEIN STUFFED GREEN PEPPERS (PLANT BASED)	1 EA		427 kcal	28.4 g	5.9 g	65.7 g	3.0 mg	931 mg	169 mg
Q 504 00	ROASTED PEPPER POTATOES	2/3 C		105 kcal	2 g	2.4 g	19.4 g	0.0 mg	172 mg	21 mg
USMC 029	LEMON ORZO	4 OZ		209 kcal	6.3 g	4.6 g	35.3 g	0.0 mg	514 mg	22 mg
Q G 006 09	STEAMED CARROTS (FROZEN)	3/4 C		49 kcal	1.1 g	0.6 g	10.8 g	0.0 mg	93 mg	49 mg
Q 060 01	CLUB SPINACH (FROZEN SPINACH)	1/2 C		158 kcal	9.9 g	9.3 g	11.5 g	22.0 mg	409 mg	317 mg
LO/O 016 06	PORK GRAVY (HAM BASE)	1/4 C		69 kcal	0.7 g	5.2 g	4.7 g	0.0 mg	124 mg	4 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg

Dinner

P 003 00	CREOLE SOUP	1 C		64 kcal	2.6 g	1.9 g	9.5 g	1.0 mg	1780 mg	19 mg
L 083 01	BARBECUED PORK CHOPS	1 EA		272 kcal	27.3 g	8.1 g	20.5 g	85.0 mg	570 mg	40 mg
OKI/MH 033	#SAVORY BAKED CHICKEN	1 PC		523 kcal	52.2 g	32.4 g	2.4 g	166.0 mg	610 mg	42 mg
LOCAL 339	PERFECT BURGER PARMESAN	1 EA		289 kcal	21.4 g	13.1 g	20.9 g	47.0 mg	629 mg	508 mg
E 017 00	MEDITERRANEAN BROWN RICE	3/4 C		245 kcal	5.5 g	8 g	39.1 g	0.0 mg	716 mg	45 mg
F 001 00	BAKED MACARONI AND CHEESE	1 C		377 kcal	17.8 g	15.3 g	41.5 g	44.0 mg	745 mg	408 mg
Q G 006 14	STEAMED MIXED VEGETABLES (FZN)	3/4 C		88 kcal	4.1 g	0.6 g	16.5 g	0.0 mg	58 mg	31 mg
Q 007 01	GREEN BEANS CREOLE (FROZEN)	1/2 C		59 kcal	2.3 g	1.1 g	10.8 g	0.0 mg	247 mg	52 mg
O 016 02	CHICKEN OR TURKEY GRAVY	1/4 C		46 kcal	0.7 g	3.4 g	3.2 g	0.0 mg	424 mg	6 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg

Desserts

D 037 00	1 QUICK COFFEE CAKE (BISCUIT MIX)	1 PC		269 kcal	3.9 g	8.6 g	44.2 g	30.0 mg	425 mg	64 mg
D 036 08	1 SUGAR ROLLS (SWT MIX)	1 EA		236 kcal	4.3 g	7.2 g	37.9 g	11.0 mg	280 mg	2+ mg
HUB 064	2 GELATIN PARFAIT (W/FZN TOPPING)	1 EA		108 kcal	2.2 g	1 g	23.6 g	3.0 mg	113 mg	26 mg
MFR	2 DOUBLE CHOCOLATE CHIP COOKIES (MFR)	2 EA		340 kcal	3 g	16.1 g	46 g	5.0 mg	242 mg	11 mg
HUB 044	2 APPLE ENCHILADAS	1 PC		486 kcal	4.3 g	14.5 g	87.4 g	0.0 mg	538 mg	100 mg
G 016 01	2 STRAWBERRY SHORTCAKE (MIX)	1 PC		316 kcal	2.6 g	3.5 g	71.7 g	0.0 mg	346 mg	120 mg

Specialty Salad

OKI/MH 015	#COLE SLAW	1/2 C		237 kcal	1.7 g	20.5 g	12.7 g	11.0 mg	431 mg	49 mg
USMC 022	GARBANZO SALAD	3 OZ		83 kcal	2.5 g	3.7 g	10.4 g	0.0 mg	236 mg	23 mg

STANDARD SALAD BAR see Master Menu Enclosure (5)

STANDARD FRUIT BAR see Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR see Master Menu Enclosure (7)

NOTES:

1. Must be served during the breakfast and breakfast brunch meals.
2. Must be Served during all lunch, dinner, and dinner brunch meals.
3. A take-out container will be provided when requested for main line items.

DAY 28 Thursday

2022 : 1/6	2/3	3/3	3/31	4/28	5/26	6/23	7/21	8/18	9/15	10/13	11/10	12/8
2023 : 1/5	2/2	3/2	3/30	4/27	5/25	6/22	7/20	8/17	9/14	10/12	11/9	12/7
2024 : 1/4	2/1	2/29	3/28	4/25	5/23	6/20	7/18	8/15	9/12	10/10	11/7	12/5

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
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Lunch

OKI/MH 156	#HEARTY LENTIL SOUP	1 C		118 kcal	6.1 g	1.8 g	20.7 g	0.0 mg	737 mg	66 mg
OKI/MH 144	#BEEF TIPS WITH ONIONS AND GRAVY	6 OZ		294 kcal	19.5 g	19.3 g	9.7 g	64.0 mg	644 mg	25 mg
OKI/MH 142	CHICKEN AND ITALIAN VEGETABLE PASTA	1-1/4 C		262 kcal	15.2 g	4.8 g	40.5 g	33.0 mg	849 mg	179 mg
LOCAL 312	BEAN AND PROTEIN CHILI (PLANT BASED)	10 OZ		230 kcal	18.4 g	4.3 g	30.5 g	0.0 mg	1060 mg	128 mg
E 012 00	NOODLES JEFFERSON	3/4 C		243 kcal	8.7 g	9.6 g	30.5 g	55.0 mg	511 mg	108 mg
Q 057 00	MASHED POTATOES (INSTANT)	1/2 C		105 kcal	2.7 g	2 g	19.5 g	1.0 mg	164 mg	47 mg
USMC 006	BRAISED CABBAGE AND CARROTS	3/4 C		74 kcal	2.3 g	2.6 g	12 g	0.0 mg	468 mg	87 mg
OKI/MH 120	CORN O'BRIEN (FROZEN CORN)	3/4 C		187 kcal	4.9 g	7.4 g	30.4 g	12.0 mg	146 mg	14 mg
O 016 00	BROWN GRAVY	1/4 C		75 kcal	0.9 g	5.9 g	4.6 g	0.0 mg	462 mg	4 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg

Dinner

OKI/MH 156	#HEARTY LENTIL SOUP	1 C		118 kcal	6.1 g	1.8 g	20.7 g	0.0 mg	737 mg	66 mg
L 119 07	CAJUN BAKED FISH (POLLOCK)	4 OZ		152 kcal	23.9 g	5.3 g	0.8 g	96.0 mg	344 mg	78 mg
OKI/MH 011	#ROAST BEEF	4 OZ		187 kcal	31.3 g	5.9 g	0 g	84.0 mg	523 mg	7 mg
L 189 00	ITALIAN BROCCOLI PASTA	1 EA		342 kcal	15.2 g	4.2 g	65 g	6.0 mg	1236 mg	228 mg
Q 033 00	PARSLEY BUTTERED POTATOES	4 PC		169 kcal	2.8 g	3.8 g	31.8 g	10.0 mg	600 mg	20 mg
E 801 00	WILD GARDEN RICE	1/2 C		130 kcal	5.3 g	0.4 g	27.2 g	0.0 mg	3 mg	8 mg
LO/Q 064 01	SAVORY SUMMER SQUASH (FROZEN)	1/2 C		37 kcal	1.1 g	0.9 g	7.4 g	0.0 mg	215 mg	2 mg
OKI/MH 059	BROCCOLI PARMESAN	1 EA		79 kcal	6.3 g	2.3 g	10.3 g	6.0 mg	236 mg	160 mg
O 016 00	BROWN GRAVY	1/4 C		75 kcal	0.9 g	5.9 g	4.6 g	0.0 mg	462 mg	4 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg

Desserts

D 031 00	1 MUFFINS (MIX)	1 EA		171 kcal	2 g	5.2 g	29.4 g	16.0 mg	238 mg	16 mg
D 036 04	1 CINNAMON ROLLS (SWT MIX)	1 EA		211 kcal	4.3 g	6.9 g	32.5 g	10.0 mg	278 mg	7+ mg
HUB 064	2 GELATIN PARFAIT (W/FZN TOPPING)	1 EA		108 kcal	2.2 g	1 g	23.6 g	3.0 mg	113 mg	26 mg
MFR	2 SUGAR COOKIES (MFR)	2 EA		147 kcal	1.4 g	6.9 g	19.7 g	10.0 mg	109 mg	27 mg
G 026 02	2 CHEESE CAKE PIE (MIX)	1 PC		230 kcal	5.1 g	10 g	30.4 g	12.0 mg	305 mg	136 mg
H 002 01	2 BROWNIES (BROWNIE MIX)	1 PC		280 kcal	3.3 g	11.5 g	43.6 g	12.0 mg	195 mg	20 mg

Specialty Salad

USMC 032	MEDITERRANEAN ORZO SALAD	5 OZ		122 kcal	3.4 g	2.9 g	23.9 g	0.0 mg	450 mg	19 mg
OKI/MH 007	#POTATO SALAD (#SAUCE)	2/3 C		371 kcal	4.1 g	28.2 g	25.9 g	63.0 mg	770 mg	38 mg

STANDARD SALAD BAR see Master Menu Enclosure (5)

STANDARD FRUIT BAR see Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR see Master Menu Enclosure (7)

NOTES:

1. Must be served during the breakfast and breakfast brunch meals.
2. Must be Served during all lunch, dinner, and dinner brunch meals.
3. A take-out container will be provided when requested for main line items.

Number	Recipe Name	Portions	FF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium	
	ASSORTED FRUIT (See Standard Fruit Bar Encl(6))										
	SPECIALTY SALADS (See Master Menu Encl (4))										
M G 001 49	1 TOMATOES, FRESH, CHERRY	3 EA		6	kcal	0.3 g	0.1 g	1.2 g	0.0 mg	2 mg	3 mg
M G 001 45	1 RADISHES, FRESH, SLICES	2 TBSP		2	kcal	0.1 g	0 g	0.5 g	0.0 mg	6 mg	4 mg
M G 001 36	1 PEAS, CHICK (GARBANZO BEANS)	2 TBSP		17	kcal	0 g	0 g	3.4 g	0.0 mg	28.3 mg	0 mg
M G 001 04	1 KIDNEY BEANS	2 TBSP		30	kcal	1.9 g	0.2 g	5.3 g	0.0 mg	107 mg	12 mg
R/M	1 ALMONDS	1 TBSP		39	kcal	1.4 g	3.4 g	1.5 g	0.0 mg	0 mg	18 mg
LOCAL 087	1 TUNA	2 TBSP		16	kcal	3.6 g	0.2 g	0 g	7.0 mg	45 mg	3 mg
M G 001 50	2 TOMATOES, FRESH, WEDGES	2 EA		7	kcal	0.3 g	0.1 g	1.5 g	0.0 mg	2 mg	4 mg
M G 001 64	2 PEPPERS,RED, FRESH, STRIPS	1 OZ		7	kcal	0.2 g	0.1 g	1.5 g	0.0 mg	1 mg	2 mg
Q 110 01	2 CORN, WHOLE KERNEL (CANNED)	3/4 C		122	kcal	3.9 g	1.5 g	27.7 g	0.0 mg	389 mg	8 mg
LO/Q G 001	2 BLACK BEANS (CANNED)	3/4 C		184	kcal	12.2 g	0.6 g	33.4 g	0.0 mg	279 mg	71 mg
M G 001 71	*2 WALNUTS, SHELLED	1 TBSP		93	kcal	2.2 g	9.2 g	1.9 g	0.0 mg	0 mg	14 mg
HUB 048	2 STEAMED SHRIMP (P&D)	2-1/2 OZ		84	kcal	16 g	1.2 g	1.1 g	148.0 mg	666 mg	64 mg
OKI/MH 191	TOSSED GARDEN SALAD	1 C		8	kcal	0.5 g	0.1 g	1.6 g	0.0 mg	6 mg	14 mg
OKI/MH 083	*#CARROTS, SHREDDED	2 TBSP		8	kcal	0.2 g	0 g	1.8 g	0.0 mg	13 mg	6 mg
OKI/MH 084	*#CELERY, SLICED	4 SL		2	kcal	0.1 g	0 g	0.4 g	0.0 mg	11 mg	6 mg
OKI/MH 085	#PEPPERS, GREEN, SLICED	4 SL		5	kcal	0.2 g	0 g	1.1 g	0.0 mg	1 mg	2 mg
OKI/MH 086	#ONIONS, RED, DICED	2 TBSP		8	kcal	0.2 g	0 g	1.8 g	0.0 mg	1 mg	4 mg
OKI/MH 087	*#BROCCOLI, FLOWERETS	2 EA		7	kcal	0.6 g	0.1 g	1.4 g	0.0 mg	7 mg	10 mg
OKI/MH 088	#CAULIFLOWER, FRESH	2 EA		11	kcal	0.9 g	0.1 g	2.3 g	0.0 mg	14 mg	10 mg
M G 001 24	CUCUMBERS, FRESH, PARED, SLICED	4 SL		7	kcal	0.5 g	0.1 g	1.3 g	0.0 mg	9 mg	20 mg
M G 001 69	*SPINACH, FRESH, LEAF	3/4 C		5	kcal	0.6 g	0.1 g	0.7 g	0.0 mg	16 mg	20 mg
LO/F 004 01	EGGS, HARD BOILED, CHOPPED	1 TBSP		73	kcal	6.4 g	4.9 g	0.4 g	190.0 mg	72 mg	29 mg
M G 001 29	OLIVES, BLACK, SLICED	3 EA		35	kcal	0.3 g	3.3 g	1.9 g	0.0 mg	225 mg	27 mg
M G 001 72	*6 CRANBERRIES, DRIED	2 TBSP		87	kcal	0 g	0.3 g	23.5 g	0.0 mg	1 mg	3 mg
R/M	6 RAISINS	1 OZ		85	kcal	0.9 g	0.1 g	22.4 g	0.0 mg	3 mg	14 mg
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 TBSP		57	kcal	3.2 g	4.7 g	0.4 g	14.0 mg	93 mg	101 mg
R/M	CHEESE, FETA, CRUMBLD	1 OZ		75	kcal	4 g	6 g	1.2 g	25.0 mg	260 mg	140 mg
M G 001 03	BACON BITS, IMITATION	1 TBSP		34	kcal	2.3 g	1.8 g	2 g	0.0 mg	125 mg	7 mg
M G 001 23	CROUTONS (MFR)	8 EA		37	kcal	1.1 g	0.6 g	6.7 g	0.0 mg	63 mg	7 mg
M G 001 37	PEPPERS, JALAPENO, CHOPPED (CANNED)	3 TBSP		3	kcal	0.1 g	0.1 g	0.6 g	0.0 mg	197 mg	3 mg
M G 001 28	MUSHROOMS, SLICED, CANNED	1 TBSP		5	kcal	0.3 g	0.1 g	0.9 g	0.0 mg	77 mg	2 mg
MFR	DICED CHICKEN	1 OZ		58	kcal	7.8 g	2.8 g	0 g	26.0 mg	26 mg	4 mg
LOCAL 002	DICED HAM	1 OZ		34	kcal	5.2 g	1.3 g	0 g	11.0 mg	356 mg	2 mg
MFR	COTTAGE CHEESE (2%)	2 OZ		46	kcal	5.9 g	1.3 g	2.7 g	7.0 mg	175 mg	63 mg
	DRESSING										
R/M	CREAMY ITALIAN DRESSING	1 EA		35	kcal	0.1 g	3.1 g	1.8 g	0.0 mg	146 mg	2 mg
R/M	ITALIAN DRESSING, LOW CAL	1 EA		57	kcal	0.1 g	5.7 g	1.9 g	0.0 mg	304 mg	2 mg
R/M	THOUSAND ISLAND DRESSING	1 EA		45	kcal	0.1 g	4.2 g	1.8 g	3.0 mg	115 mg	2 mg
R/M	CREAMY RANCH DRESSING	1 EA		183	kcal	0.6 g	18.9 g	2.5 g	11.0 mg	383 mg	12 mg
R/M	RANCH DRESSING, LOW CAL	1 EA		56	kcal	0.4 g	3.5 g	6 g	5.0 mg	318 mg	11 mg
R/M	CREAMY FRENCH DRESSING	1 EA		194	kcal	0.3 g	19.1 g	6.6 g	0.0 mg	356 mg	10 mg
R/M	BLUE CHEESE, DRESSING	1 EA		218	kcal	0.6 g	23 g	2.1 g	14.0 mg	289 mg	17 mg
R/M	CREAMY CAESAR DRESSING	1 EA		154	kcal	0.6 g	16.4 g	0.9 g	11.0 mg	343 mg	14 mg
R/M	PAN ASIAN SESAME DRESSING	1 EA		178	kcal	0 g	14.8 g	10.9 g	0.0 mg	574 mg	0 mg
R/M	*BALSAMIC VINAIGRETTE DRESSING	1 EA		80	kcal	0 g	6.6 g	5.3 g	0.0 mg	465 mg	0 mg
R/M	*RASPBERRY VINAIGRETTE DRESSING, LOW CAL	1 EA		45	kcal	0 g	0 g	10.9 g	0.0 mg	326 mg	0 mg

#It is mandatory that this item be ordered from Cook Chill.

NOTES:

1. These items will be served on odd Master Menu days.
2. These items will be served on even Master Menu days.
3. All Cold Bar items will be made available during the lunch, dinner, breakfast brunch and dinner brunch meal. (*Red items served for breakfast)
4. All items will be made available for patron consumption using existing refrigerated equipment and display cabinets throughout the mess deck.
5. Offer at least two low-cal dressing & regular dressing daily.
6. A choice between Cranberries or Raisins.

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Number	Recipe Name	Portions	FF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium	
A 013	APPLE, FRESH, RED	1 EA		81	kcal	0.4 g	0.3 g	21.6 g	0.0 mg	2 mg	9 mg
A 013	ORANGE, FRESH	1 EA		58	kcal	1.2 g	0.1 g	14.6 g	0.0 mg	0 mg	50 mg
A 013	BANANA, FRESH ExH	2 EA		210	kcal	2.6 g	0.8 g	53.9 g	0.0 mg	2 mg	12 mg
A 013	GRAPEFRUIT HALF	1/2 EA		40	kcal	0.8 g	0.1 g	10 g	0.0 mg	0 mg	15 mg
CANNED FRUIT (Minimum one type each meal)											
A 013	APPLES, CANNED	1/4 C		56	kcal	0.2 g	0.4 g	14 g	0.0 mg	3 mg	3 mg
MFR	CHILLED APPLESAUCE	1/2 C		84	kcal	0.2 g	0.2 g	21.5 g	0.0 mg	2 mg	4 mg
A 013	FRUIT COCKTAIL, CANNED	4 OZ		109	kcal	0.8 g	0.1 g	28.6 g	0.0 mg	11 mg	11 mg
A 013	PEACHES, CANNED, HALVES	1/2 C		66	kcal	0.6 g	0 g	17.8 g	0.0 mg	6 mg	4 mg
A 013	PEACHES, CANNED, SLICES	1/2 C		82	kcal	7.5 g	0.9 g	16 g	0.0 mg	16 mg	18 mg
A 013	PEARS, CANNED	3-1/2 C		94	kcal	0.6 g	0.1 g	24.3 g	0.0 mg	8 mg	17 mg
A 013	PINEAPPLE, CANNED CHUNK/TIDBITS	3-1/2 C		101	kcal	0.9 g	0.2 g	26.2 g	0.0 mg	2 mg	27 mg
SEASONAL FRUIT (Minimum Two type each meal)											
A 013	CANTALOUPE, FRESH, 3/4 TO 1" PIECES	2-1/2 OZ		28	kcal	0.7 g	0.2 g	6.6 g	0.0 mg	13 mg	7 mg
A 013	GRAPES, FRESH	1/2 C		49	kcal	0.5 g	0.3 g	12.5 g	0.0 mg	1 mg	10 mg
A 013	HONEYDEW MELON, SLICED	3 OZ		31	kcal	0.5 g	0.1 g	7.8 g	0.0 mg	15 mg	5 mg
A 013	KIWI, FRESH, SLICED	1/2 OZ		14	kcal	0.3 g	0.1 g	3.4 g	0.0 mg	1 mg	8 mg
A 013	MANGO, FRESH, CUBED	1/2 C		52	kcal	0.7 g	0.3 g	13 g	0.0 mg	1 mg	10 mg
A 013	PEACH, FRESH	1 EA		38	kcal	0.9 g	0.2 g	9.4 g	0.0 mg	0 mg	6 mg
A 013	PINEAPPLE, FRESH, 3/4 TO 1" PIECES	2-1/2 OZ		33	kcal	0.4 g	0.1 g	8.8 g	0.0 mg	1 mg	9 mg
A 013	PLUM, FRESH	1 EA		33	kcal	0.5 g	0.2 g	8.1 g	0.0 mg	0 mg	4 mg
A 013	STRAWBERRIES, FRESH, WHOLE/CUT IN HALF	2-1/2 OZ		23	kcal	0.5 g	0.2 g	5.4 g	0.0 mg	1 mg	11 mg
A 013	TANGERINE, FRESH	1 EA		40	kcal	0.6 g	0.2 g	10 g	0.0 mg	1 mg	28 mg
A 013	WATERMELON, FRESH, 3/4 TO 1" PIECES	2-1/2 OZ		24	kcal	0.5 g	0.1 g	6.1 g	0.0 mg	1 mg	6 mg

NOTES:

1. Fresh Fruit must be available and served on all dessert bars.
2. The same Canned Fruit must not be served more than two consecutive days (Recommend a 7 day rotation cycle).
3. At a minimum, two seasonal fruit must be available for all meals served. (Unless unavailable from vendor) the same two fruits must not be served more than two consecutive days together (Recommend a 7 day rotation cycle).

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Number	Recipe Name	Portions	FFF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
MFR	MILK, WHITE 1%	1 C	118	kcal	9.7 g	2.9 g	13.6 g	10.0 mg	143 mg	349 mg
R/M	MILK, CHOCOLATE 1%	1 C	155	kcal	8.7 g	2.5 g	24.7 g	13.0 mg	163 mg	323 mg
R/M	MILK,WHITE 1%,INDV	1 EA	102	kcal	8.2 g	2.4 g	12.2 g	12.0 mg	107 mg	305 mg
R/M	MILK,CHOCOLATE,NONFAT,INDV	1 EA	130	kcal	8 g	0 g	25 g	0.0 mg	180 mg	300 mg
R/M	HOT TEA, INDIVIDUAL	1 BG	3	kcal	0.2 g	0 g	0.6 g	0.0 mg	1 mg	1 mg
MFR	ASSORTED COFFEE	1 C	0	kcal	0 g	0 g	0 g	0.0 mg	0 mg	0 mg
MFR	ASSORTED JUICE (FRZN DISPENSER)	1 C	84	kcal	1.4 g	0.1 g	20 g	0.0 mg	4 mg	22 mg
MFR	3 ASSORTED SODA (DISP)	1 C	89	kcal	0 g	0 g	22.6 g	0.0 mg	42 mg	0 mg
LOCAL 077 01	SMOOTHIE - V8 PEACH MANGO (YOGU	1 C	42	kcal	3.9 g	0 g	6.1 g	0.0 mg	34 mg	18 mg
LOCAL 078 01	SMOOTHIE - V8 STRAWBERRY BANANA	1 C	42	kcal	3.9 g	0 g	6.3 g	0.0 mg	34 mg	18 mg
LOCAL 273	6 CHOCOLATE SOFT SERVE YOGURT (DISP)	3/4 C	214	kcal	4.9 g	3.2 g	42.2 g	10.0 mg	101 mg	0 mg
LOCAL 276	6 VANILLA SOFT SERVE YOGURT (DISP)	3/4 C	196	kcal	5 g	3.3 g	38.1 g	10.0 mg	106 mg	0 mg
R/M	1 YOGURT,ASSORTED	1 EA	170	kcal	5 g	1.5 g	33 g	10.0 mg	80 mg	200 mg
R/M	BREAD,WHITE,SLICED	2 SL	110	kcal	3.7 g	1.4 g	20.4 g	0.0 mg	202 mg	59 mg
R/M	BREAD,WHEAT,SLICED	2 SL	105	kcal	4.4 g	1.2 g	18.6 g	0.0 mg	242 mg	30 mg
R/M	BREAD,RYE,SLICED	2 SL	107	kcal	3.5 g	1.4 g	19.9 g	0.0 mg	249 mg	30 mg
R/M	BREAD,CINNAMON RAISIN	2 SL	233	kcal	6.7 g	3.7 g	44.5 g	0.0 mg	332 mg	56 mg
MFR	2 ASSORTED BAGELS (FZN)	1 EA	289	kcal	11 g	1.7 g	56.1 g	0.0 mg	561 mg	19 mg
R/M	2 ENGLISH MUFFINS, (FRESH)	2 SL	129	kcal	5.1 g	1 g	25.2 g	0.0 mg	242 mg	93 mg
MFR	2 CROISSANT	1 EA	231	kcal	4.7 g	12 g	26.1 g	38.0 mg	266 mg	21 mg
R/M	CRACKERS,SALTINE	2 EA	50	kcal	1.1 g	1 g	8.9 g	0.0 mg	113 mg	2 mg
R/M	4 DRY CEREALS, ASSORTED	1 EA	110	kcal	1.8 g	0.3 g	25.2 g	0.0 mg	231 mg	3 mg
R/M	5 DRY CEREALS, ASSORTED,HEALTHY	1 EA	110	kcal	1.8 g	0.3 g	25.2 g	0.0 mg	231 mg	3 mg
R/M	SALT PACKET	2 EA	0	kcal	0 g	0 g	0 g	0.0 mg	775 mg	0 mg
R/M	PEPPER PACKET	2 EA	1	kcal	0 g	0 g	0.2 g	0.0 mg	0 mg	1 mg
R/M	SUGAR PACKET	2 EA	22	kcal	0 g	0 g	5.6 g	0.0 mg	0 mg	0 mg
R/M	CREAMER NON-DAIRY PACKET	2 EA	32	kcal	0.1 g	2 g	3.6 g	0.0 mg	7 mg	0 mg
R/M	BUTTER PATTIE	1 EA	36	kcal	0 g	4.1 g	0 g	11.0 mg	32 mg	1 mg
R/M	STEAK SAUCE (10 OZ BOTTLE)	2 TBSP	15	kcal	0 g	0 g	3.7 g	0.0 mg	338 mg	0 mg
R/M	WORCESTERSHIRE SAUCE,BOTTLE	1 TBSP	13	kcal	0 g	0 g	3.3 g	0.0 mg	168 mg	18 mg
R/M	SOY SAUCE,BOTTLE	2 TBSP	17	kcal	2.6 g	0.2 g	1.6 g	0.0 mg	1758 mg	11 mg
R/M	CATSUP BOTTLE	2 TBSP	33	kcal	0.3 g	0 g	9 g	0.0 mg	296 mg	5 mg
R/M	2 CREAM CHEESE PACKET	1 EA	99	kcal	1.7 g	9.8 g	1.6 g	29.0 mg	89 mg	27 mg
R/M	2 SYRUP PACKET	1 EA	83	kcal	0 g	0 g	21.8 g	0.0 mg	29 mg	1 mg
R/M	JELLY PACKET, ASSORTED	2 EA	30	kcal	0 g	0 g	6 g	0.0 mg	10 mg	0 mg
R/M	PEANUT BUTTER, INDV	2 EA	170	kcal	6.3 g	14.6 g	6.3 g	0.0 mg	121 mg	14 mg
R/M	CATSUP PACKET	1 EA	9	kcal	0.1 g	0 g	2.5 g	0.0 mg	82 mg	1 mg
R/M	MUSTARD PACKET	2 EA	7	kcal	0.4 g	0.4 g	0.6 g	0.0 mg	121 mg	7 mg
R/M	SALAD DRESSING PACKET	2 EA	50	kcal	0.1 g	4.3 g	3 g	4.0 mg	131 mg	1 mg
R/M	DILL PICKLE RELISH PACKET	2 EA	2	kcal	0.1 g	0.1 g	0.5 g	0.0 mg	162 mg	11 mg
R/M	HOT SAUCE, BOTTLE	2 TBSP	3	kcal	0.1 g	0.1 g	0.5 g	0.0 mg	745 mg	2 mg
R/M	TABASCO SAUCE, BOTTLE	2 TBSP	3	kcal	0.4 g	0.2 g	0.2 g	0.0 mg	179 mg	3 mg
R/M	BARBECUE SAUCE,INDV	2 EA	41	kcal	0.2 g	0.1 g	9.8 g	0.0 mg	298 mg	11 mg
R/M	TARTAR SAUCE PACKET	2 EA	51	kcal	0.2 g	4 g	3.2 g	2.0 mg	160 mg	6 mg
R/M	SEAFOOD COCKTAIL SAUCE,BOTTLE	2 TBSP	37	kcal	0.4 g	0.3 g	8.5 g	0.0 mg	297 mg	8 mg
MFR	6 TOPPING-NUTS, CHOCO CHIP, CRANBERRIES	2 TBSP	166	kcal	3.467 g	11.07 g	15.73 g	0.0 mg	65.67 mg	16 mg

NOTES:

1. Minimum two types of assorted yogurt will be served during all meals.
2. English Muffins, Croissants, Bagels, Cream Cheese and Syrup will be served daily for breakfast and breakfast brunch.
3. At least one carbonated beverage must be low-calorie.
4. Minimum three types of assorted dry cereal must be served during breakfast and breakfast brunch. At least two cereals containing greater than eight(8) grams of whole grain per serving will be offered; rotate choices.
5. One type of assorted cereal must be non-presweetend and fortified with folic acid, calcium, and iron, rotate choices.
6. Minimum of three topping will be served for the soft serve yogurt, Mixed nuts,Chocolate chips, and Dried carnberries.

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Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
E 001 00	HOT OATMEAL	3/4 C		106 kcal	4.6 g	1.9 g	18 g	0.0 mg	215 mg	20 mg
E 001 01	HOMINY GRITS	3/4 C		100 kcal	1.8 g	0.4 g	21.7 g	0.0 mg	215 mg	6 mg
F 004 00	HARD COOKED EGGS	2 EA		130 kcal	11.4 g	8.6 g	0.7 g	337.0 mg	135 mg	57 mg
F 007 00	GRIDDLE FRIED EGGS	2 EA		134 kcal	10 g	9.8 g	0.6 g	297.0 mg	113 mg	45 mg
LO/F 008 07	ASSORTED OMELETS	1 EA		232 kcal	17.6 g	15.3 g	5.8 g	353.0 mg	483 mg	133 mg
F 010 00	SCRAMBLED EGGS	1/3 C		143 kcal	11.2 g	10.1 g	0.9 g	337.0 mg	116 mg	56 mg
LO/F 008 07	ASSORTED OMELETS	1 EA		232 kcal	17.6 g	15.3 g	5.8 g	353.0 mg	483 mg	133 mg
LO/F 008 07	ASSORTED OMELETS (EGG WHITE)	1 EA		143 kcal	15.6 g	6.3 g	5.8 g	16.0 mg	520 mg	84 mg
LO/F 010 05	SCRAMBLED EGGS (EGG WHITE)	1/3 C		53 kcal	9.3 g	1.1 g	0.9 g	0.0 mg	153 mg	7 mg
L 002 00	OVEN FRIED BACON (2 SLICE)	2 SL		113 kcal	7.4 g	8.9 g	0.3 g	22.0 mg	454 mg	2 mg
E 005 05	STEAMED BROWN RICE	3/4 C		167 kcal	3.3 g	1.8 g	33.9 g	0.0 mg	215 mg	7 mg
D 001 01	BAKING POWDER BISCUITS (MIX)	1 EA		153 kcal	2.9 g	5.5 g	22.6 g	1.0 mg	456 mg	64 mg
D 025 04	BUTTERMILK PANCAKES (PANCAKE MIX)	2 EA		209 kcal	5.5 g	1.8 g	41.8 g	1.0 mg	613 mg	195 mg
L 061 01	1 TEXAS HASH (GROUND TURKEY)	1 C		269 kcal	28.8 g	11.8 g	13.3 g	102.0 mg	401 mg	70 mg
L 515 00	1 OVEN FRIED TURKEY BACON (2 SLICE)	2 SL		53 kcal	3.7 g	4 g	0.4 g	20.0 mg	250 mg	19 mg
LO/L 089 03	1 BAKED SAUSAGE PATTIES (PERFORMED)	1 EA		222 kcal	7.6 g	21.1 g	0.4 g	42.0 mg	459 mg	9 mg
Q 046 01	1 COTTAGE FRIED POTATOES	2/3 C		167 kcal	2.9 g	6.7 g	24.6 g	0.0 mg	244 mg	20 mg
OKI/MH 188	1 GRILLED PEPPERS, ONIONS AND TOMATOES	2 TBSP		45 kcal	0.6 g	3.4 g	3.6 g	0.0 mg	165 mg	9 mg
LO/Q G 001	1 SIMMERED PINTO BEANS (CANNED)	3/4 C		166 kcal	9.3 g	1.1 g	30.6 g	0.0 mg	541 mg	95 mg
OKI/MH 002	1 #CREAMED GROUND BEEF	2 OZ		176 kcal	18 g	6.3 g	10.7 g	50.0 mg	397 mg	97 mg
D 022 01	1 FRENCH TOAST (THICK SLICE)	2 SL		265 kcal	12.9 g	5.1 g	41.6 g	127.0 mg	485 mg	84 mg
OKI/MH 045	2 GROUND CHORIZO HASH (#CHORIZO)	4 OZ		159 kcal	4.5 g	10.8 g	11.4 g	20.0 mg	241 mg	18 mg
L 002 01	2 OVEN FRIED CANADIAN BACON	2 SL		83 kcal	16.1 g	1.6 g	1 g	38.0 mg	563 mg	4 mg
LOCAL 303	2 BAKED CHICKEN SAUSAGE PATTIES	2 EA		181 kcal	18.1 g	9 g	0 g	90.0 mg	632 mg	0 mg
Q 047 00	2 HOME FRIED POTATOES	2/3 C		215 kcal	2.7 g	8.9 g	31.8 g	0.0 mg	217 mg	13 mg
Q G 006 16	2 STEAMED SPINACH (FROZEN)	3/4 C		36 kcal	4.4 g	0.7 g	5.2 g	0.0 mg	91 mg	158 mg
LO/Q G 001	2 BLACK BEANS (CANNED)	3/4 C		184 kcal	12.2 g	0.6 g	33.4 g	0.0 mg	279 mg	71 mg
OKI/MH 006	2 #CREAMED SAUSAGE GRAVY	2 OZ		163 kcal	4.5 g	12.3 g	8.7 g	21.0 mg	237 mg	67 mg
D 025 06	2 WAFFLES, FROZEN, WHEAT	2 EA		179 kcal	5 g	2.5 g	34.3 g	0.0 mg	388 mg	100 mg
OKI 016	3 DICED BEEF (BEEF FAJITA)	2 OZ		184 kcal	13.6 g	13.9 g	0 g	48.0 mg	32 mg	5 mg
MFR	3 DICED CHICKEN	1 OZ		58 kcal	7.8 g	2.8 g	0 g	26.0 mg	26 mg	4 mg
LOCAL 001	3 DICED BACON (OVEN FRIED)	1 OZ		227 kcal	14.8 g	17.9 g	0.6 g	44.0 mg	907 mg	4 mg
LOCAL 002	3 DICED HAM	1 OZ		34 kcal	5.2 g	1.3 g	0 g	11.0 mg	356 mg	2 mg
LOCAL 003	3 DICED SAUSAGE (TURKEY)	1 OZ		83 kcal	10.2 g	4.4 g	0 g	39.0 mg	283 mg	9 mg
M G 001 66	3 PEPPERS, GREEN, FRESH, DICED	1 OZ		6 kcal	0.2 g	0 g	1.3 g	0.0 mg	1 mg	3 mg
M G 001 31	3 ONIONS, DRY, CHOPPED	2 TBSP		8 kcal	0.2 g	0 g	1.8 g	0.0 mg	1 mg	4 mg
M G 001 51	3 TOMATOES, FRESH, DICED	2 TBSP		9 kcal	0.5 g	0.1 g	2 g	0.0 mg	3 mg	5 mg
M G 001 29	3 OLIVES, BLACK, SLICED	3 EA		35 kcal	0.3 g	3.3 g	1.9 g	0.0 mg	225 mg	27 mg
M G 001 28	3 MUSHROOMS, SLICED, CANNED	1 TBSP		5 kcal	0.3 g	0.1 g	0.9 g	0.0 mg	77 mg	2 mg
M G 001 37	3 PEPPERS, JALAPENO, CHOPPED (CAN)	3 TBSP		3 kcal	0.1 g	0.1 g	0.6 g	0.0 mg	197 mg	3 mg
R/M	3 CHEESE, CHEDDAR, SHREDDED (MFR)	2 TBSP		57 kcal	3.2 g	4.7 g	0.4 g	14.0 mg	93 mg	101 mg

#It is mandatory that this item be ordered from Cook -Chill

NOTES:

1. These items will be served during all Breakfast and Breakfast Brunch meal periods on odd Master menu days; Day 1, Day 3, Day 5, Day 7, Day 9, Day 11, Day 13, Day 15, Day 17, Day 19, Day 21, Day 23, Day 25, Day 27
2. These items will be served during all Breakfast and Breakfast Brunch meal periods on even Master Menu days; Day 2, Day 4, Day 6, Day 8, Day 10, Day 12, Day 14, Day 16, Day 18, Day 20, Day 22, Day 24, Day 26, Day 28
3. These items will be available for eggs made to order.

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MONDAY-PASTA BAR

Number	Recipe Name	Portions	FFI	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
MFR	PIZZA PEPPERONI CONV (5")	1 EA	487	kcal	25.6 g	23.3 g	43.9 g	48.0 mg	1049 mg	299 mg
L 165 06	PIZZA (ROLL MIX)	1 SL	218	kcal	9.1 g	8.5 g	26.7 g	16.0 mg	527 mg	129 mg
MFR	VEGETABLE LASAGNA (FROZEN)	1 PC	345	kcal	14.6 g	13.9 g	42 g	23.0 mg	885 mg	313 mg
L 025 02	LASAGNA (FROZEN)	1 PC	281	kcal	15 g	10 g	32.6 g	32.0 mg	787 mg	166 mg
OKI 001	TORTELLINI CHEESE W/PESTO SAUCE	1 C	260	kcal	8 g	12 g	31 g	40.0 mg	599 mg	0 mg
OKI/MH 054	#SPAGHETTI SAUCE	1 C	217	kcal	19.4 g	8.5 g	17.7 g	52.0 mg	675 mg	73 mg
OKI/MH 053	#MEATBALLS WITH MARINARA SAUCE	3 EA	434	kcal	3.4 g	21 g	25 g	67.0 mg	706 mg	70+ mg
HUB 004	ALFREDO SAUCE	3/4 C	255	kcal	9.4 g	15.5 g	19.6 g	8.0 mg	917 mg	286 mg
E 004 00	BOILED SPAGHETTI NOODLES	1 C	207	kcal	7.1 g	1.4 g	40.6 g	0.0 mg	291 mg	20 mg
E 004 00	BOILED SPAGHETTI NOODLES-WHOLE WHEAT	1 C	86	kcal	3.3 g	1.5 g	16.4 g	0.0 mg	290 mg	16 mg
E 004 06	BOILED RAINBOW ROTINI NOODLES	1 C	347	kcal	12 g	1.9 g	68.8 g	0.0 mg	293 mg	28 mg
E 004 09	BOILED PENNE RIGATE	1 C	343	kcal	11.9 g	1.9 g	68.1 g	0.0 mg	293 mg	28 mg
D 007 00	TOASTED GARLIC BREAD	2 SL	259	kcal	6.5 g	12.5 g	30.7 g	29.0 mg	443 mg	34 mg

It is mandatory that this item be ordered from Cook-Chill.

TUESDAY-TACO BAR

Number	Recipe Name	Portions	FFI	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
OKI/MH 046	TACOS (#TACO MEAT)	2 EA	333	kcal	24.4 g	16.7 g	20 g	72.0 mg	964 mg	49 mg
OKI/MH 104	ENCHILADAS (GROUND BEEF)	2 EA	389	kcal	28.7 g	16.2 g	33.1 g	69.0 mg	687 mg	148 mg
MFR	PORK TAMALES (FRZN)	1 EA	190	kcal	14.9 g	5.3 g	20.7 g	31.0 mg	337 mg	20 mg
MFR	CHICKEN TAMALES (FRZN)	1 EA	156	kcal	5.8 g	8 g	16.1 g	14.0 mg	484 mg	55 mg
OKI/MH 047	#CHICKEN FAJITAS	6 OZ	174	kcal	18.8 g	5.7 g	13.5 g	79.0 mg	1460 mg	54 mg
OKI/MH 098	#MOJO BEEF FAJITAS	6 OZ	244	kcal	35.7 g	6.7 g	8.9 g	92+ mg	202 mg	33+ mg
E 011 00	MEXICAN RICE	3/4 C	96	kcal	1.5 g	4.6 g	12 g	0.0 mg	238 mg	22 mg
Q 038 01	REFRIED BEANS (CANNED BEANS)	1/2 C	98	kcal	5.4 g	2.2 g	14.8 g	0.0 mg	404 mg	32 mg
F 002 01	NACHOS (RTU CHEESE SAUCE)	3-1/2 oz	303	kcal	7.1 g	16.6 g	32.8 g	17.0 mg	992 mg	159 mg
SDX HUB 071	TORTILLA BOWL - FRIED	1 EA	220	kcal	5.9 g	5.8 g	35.6 g	0.0 mg	530 mg	105 mg
MFR	TORTILLAS , FLOUR	1 EA	150	kcal	4 g	3.9 g	24.2 g	0.0 mg	361 mg	72 mg
MFR	SHELLS, TACO, CORN	1 EA	57	kcal	0.8 g	2.6 g	7.6 g	0.0 mg	39 mg	12 mg
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 TBSP	57	kcal	3.2 g	4.7 g	0.4 g	14.0 mg	93 mg	101 mg
MFR	SOUR CREAM (MFR)	1 TBSP	28	kcal	0.3 g	2.7 g	0.7 g	8.0 mg	4 mg	14 mg
OKI/MH 089	#LETTUCE, SHREDDED	2 TBSP	1	kcal	0.1 g	0 g	0.3 g	0.0 mg	1 mg	2 mg
M G 001 51	TOMATOES, FRESH, DICED	2 TBSP	9	kcal	0.5 g	0.1 g	2 g	0.0 mg	3 mg	5 mg
M G 001 66	#PEPPERS, GREEN, FRESH, DICED	1 OZ	6	kcal	0.2 g	0 g	1.3 g	0.0 mg	1 mg	3 mg
M G 001 31	#ONIONS, DRY, CHOPPED	2 TBSP	8	kcal	0.2 g	0 g	1.8 g	0.0 mg	1 mg	4 mg
M G 001 29	OLIVES, BLACK, SLICED	3 EA	35	kcal	0.3 g	3.3 g	1.9 g	0.0 mg	225 mg	27 mg
A 013	LEMON, FRESH, WEDGES	1 EA	4	kcal	0.2 g	0 g	1.4 g	0.0 mg	0 mg	4 mg
A 013	LIMES, FRESH, WEDGES	1 EA	9	kcal	0.2 g	0.1 g	3 g	0.0 mg	1 mg	9 mg
OKI/MH 115	GUACAMOLE	2 TBSP	56	kcal	0.6 g	5 g	3.2 g	1.0 mg	105 mg	4 mg
USMC 048	PICO DE GALLO	2.5 OZ	16	kcal	0.6 g	0.1 g	3.5 g	0.0 mg	143 mg	9 mg
R/M	SALSA, MEDIUM	2 TBSP	9	kcal	0.5 g	0.1 g	2.2 g	0.0 mg	231 mg	10 mg
MFR	CHEESE SAUCE, CANNED (RTU)	1-1/2 oz	105	kcal	4.1 g	8 g	4.1 g	18.0 mg	501 mg	111 mg

It is mandatory that this item be ordered from Cook-Chill.

WEDNESDAY-SURF & TURF

Number	Recipe Name	Portions	FF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium	
L 007 02	GRILLED T-BONE STEAKS	1 EA	FF	463	kcal	58.6 g	23.6 g	0 g	173.0 mg	145 mg	41 mg
L 155 01	SOUTHERN FRIED CHICKEN	2 PC	FF	579	kcal	46.5 g	36.6 g	13.6 g	136.0 mg	534 mg	27 mg
MFR	DEEP FRIED CATFISH FILLETS	1 EA	FF	501	kcal	20.5 g	42.4 g	9.1 g	81.0 mg	318 mg	50 mg
MFR	FRENCH FRIED BUTTERFLY SHRIMP (PRECOOKED)	4 EA	FF	648	kcal	36.9 g	47.3 g	19.8 g	238.0 mg	593 mg	115 mg
Q 057 00	MASHED POTATOES (INSTANT)	1/2 C	FF	105	kcal	2.7 g	2 g	19.5 g	1.0 mg	164 mg	47 mg
Q 045 01	FRENCH FRIED STEAK FRIES (FZN)	1 C	FF	472	kcal	3.8 g	33.3 g	41.6 g	0.0 mg	557 mg	15 mg
Q G 006 02	STEAMED ASPARAGUS (FROZEN)	3/4 C	FF	20	kcal	2.6 g	0.2 g	3.3 g	0.0 mg	7 mg	20 mg
Q G 006 20	STEAMED ITALIAN MIXED VEGETABLES (FZN)	3/4 C	FF	50	kcal	2.9 g	0 g	10.1 g	0.0 mg	43 mg	29 mg
O 016 00	BROWN GRAVY	1/4 C	FF	75	kcal	0.9 g	5.9 g	4.6 g	0.0 mg	462 mg	4 mg
R/M	TARTAR SAUCE PACKET	2 EA	FF	51	kcal	0.2 g	4 g	3.2 g	2.0 mg	160 mg	6 mg

It is mandatory that this item be ordered from Cook-Chill.

THURSDAY-MONGOLIAN GRILL

Number	Recipe Name	Portions	FF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium	
LOCAL 009	GRILLED BEEF STRIPS (FAJITA)	3 OZ		211	kcal	15.3 g	16.1 g	0.2 g	54.0 mg	246 mg	7 mg
LOCAL 010	GRILLED CHICKEN STRIPS (FAJITA)	3 OZ		88	kcal	11.5 g	3.9 g	1.6 g	55.0 mg	706 mg	9 mg
LOCAL 011	GRILLED PORK LOIN STRIPS	3 OZ		122	kcal	11.8 g	7.9 g	0.2 g	38.0 mg	239 mg	12 mg
HUB 048	STEAMED SHRIMP (P&D)	2-1/2 OZ		84	kcal	16 g	1.2 g	1.1 g	148.0 mg	666 mg	64 mg
OKI/MH 150	CABBAGE,STIR FRY CUT	2 TBSP		7	kcal	0.3 g	0.1 g	1.5 g	0.0 mg	5 mg	13 mg
M G 001 69	SPINACH,FRESH,LEAF	3/4 C		5	kcal	0.6 g	0.1 g	0.7 g	0.0 mg	16 mg	20 mg
M G 001 28	MUSHROOMS, SLICED, CANNED	1 TBSP		5	kcal	0.3 g	0.1 g	0.9 g	0.0 mg	77 mg	2 mg
OKI/MH 090	#ONIONS,SLICED	3 SL		11	kcal	0.3 g	0 g	2.5 g	0.0 mg	1 mg	6 mg
OKI/MH 083	#CARROTS,SHREDDED	2 TBSP		8	kcal	0.2 g	0 g	1.8 g	0.0 mg	13 mg	6 mg
OKI/MH 085	#PEPPERS,GREEN,SLICED	4 SL		5	kcal	0.2 g	0 g	1.1 g	0.0 mg	1 mg	2 mg
OKI/MH 084	#CELERY,SLICED	4 SL		2	kcal	0.1 g	0 g	0.4 g	0.0 mg	11 mg	6 mg
OKI/MH 087	#BROCCOLI,FLOWERETS	2 EA		7	kcal	0.6 g	0.1 g	1.4 g	0.0 mg	7 mg	10 mg
M G 001 71	ONIONS,GREEN,SLICED 1/4"	2 TBSP		5	kcal	0.3 g	0 g	1.1 g	0.0 mg	2 mg	10 mg
M G 001 05	BEAN SPROUTS CANNED	1/4 C		14	kcal	1.6 g	0.1 g	2.5 g	0.0 mg	49 mg	16 mg
A 013	PINEAPPLE,CANNED,CHUNKS (IN JUICE)	3-1/2 OZ		101	kcal	0.9 g	0.2 g	26.2 g	0.0 mg	2 mg	27 mg
E 005 00	STEAMED RICE	3/4 C		54	kcal	1.2 g	0.6 g	10.6 g	0.0 mg	213 mg	11 mg
E 004 00	BOILED SPAGHETTI NOODLES	1 C		207	kcal	7.1 g	1.4 g	40.6 g	0.0 mg	291 mg	20 mg
R/M	TERIYAKI SAUCE - RM	1/4 C		64	kcal	4.3 g	0 g	11.2 g	0.0 mg	2760 mg	18 mg
R/M	SOY SAUCE,BOTTLE	2 TBSP		17	kcal	2.6 g	0.2 g	1.6 g	0.0 mg	1758 mg	11 mg
R/M	WORCESTERSHIRE SAUCE,BOTTLE	1 TBSP		13	kcal	0 g	0 g	3.3 g	0.0 mg	168 mg	18 mg
SDX 72314	ASIAN BROWN SAUCE	2 OZ		97	kcal	1.6 g	0.4 g	22.7 g	0.0 mg	995 mg	9 mg

It is mandatory that this item be ordered from Cook-Chill.

FRIDAY-WING FLING BAR

Number	Recipe Name	Portions	FF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium	
MFR	BAKED CHICKEN WINGS	6 EA		252	kcal	23.6 g	16.7 g	0 g	140.0 mg	97 mg	18 mg
LOCAL 008	DEEP FAT FRIED CHICKEN WINGS	6 EA		572	kcal	28.3 g	47.1 g	9.8 g	155.0 mg	1025 mg	35 mg
OKI 020	BUFFALO CHICKEN WINGS	6 EA		657	kcal	28.6 g	56.2 g	10.7 g	155.0 mg	2320 mg	42 mg
OKI/MH 151	DEEP FAT FRIED MEMPHIS BBQ CHICKEN	4 EA		356	kcal	10.6 g	34.3 g	2.8 g	59+ mg	543 mg	20+ mg
OKI 021	LEMON PEPPER CHICKEN WINGS	4 EA		571	kcal	28.2 g	47.1 g	9.6 g	155.0 mg	1126 mg	34 mg
OKI/MH 153	HONEY MUSTARD CHICKEN WING	6 EA		457	kcal	27.1+ g	20.8 g	111.1 g	155.0 mg	1370 mg	35+ mg
HUB Q 045 01	FRENCH FRIED CURLY FRIES (FROZEN)	1 C		523	kcal	3.7 g	40.4 g	37.3 g	16.0 mg	597 mg	0+ mg
Q 035 01	FRENCH FRIED ONION RINGS (FZN)	3 OZ		413	kcal	3.6 g	29.6 g	34.6 g	0.0 mg	279 mg	52 mg
Q G 006 17	STEAMED CORN ON THE COB (FROZEN)	3/4 C		143	kcal	4.8 g	1.1 g	34.2 g	0.0 mg	7 mg	6 mg

It is mandatory that this item be ordered from Cook-Chill.

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Breakfast

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
N 007 00	^ ENGLISH MUFFIN W/BACON,EGG & CHEESE	1 EA	343	kcal	18.2 g	17.9 g	26.9 g	199.0 mg	932 mg	417 mg
N 007 01	^ ENGLISH MUFFIN W/HAM,EGG & CHEESE	1 EA	337	kcal	20.8 g	16.1 g	26.8 g	202.0 mg	1128 mg	418 mg
N 007 03	^ ENGLISH MUFFIN W/SAUSAGE,EGG & CHEESE	1 EA	408	kcal	19.2 g	24.7 g	27 g	211.0 mg	988 mg	421 mg
LOCAL 308	^ ENGLISH MUFFIN W/CHICKEN SAUSAGE,EGG & CHEESE	1 EA	386	kcal	24.2 g	18.7 g	26.6 g	222.0 mg	1089 mg	412+ mg
H/N 007 11	+ CROISSANT WITH BACON,EGG AND CHEESE	1 EA	444	kcal	18 g	28.7 g	27.7 g	235.0 mg	942 mg	295 mg
H/N 007 13	+ CROISSANT WITH HAM,EGG AND CHEESE	1 EA	422	kcal	19.6 g	25.5 g	27.5 g	235.0 mg	1072 mg	296 mg
H/N 007 15	+ CROISSANT WITH SAUSAGE, EGG AND CHEESE	1 EA	522	kcal	17.7 g	37.9 g	27.1 g	243.0 mg	782 mg	57 mg
LOCAL 307	+ CROISSANT WITH CHICKEN SAUSAGE,EGG AND CHEESE	1 EA	419	kcal	24.7 g	20.7 g	29.5 g	239.0 mg	1012 mg	267 mg
MFR	BACON,EGG AND CHEESE TAQUITO	2 EA	447	kcal	24 g	25 g	32.3 g	68.0 mg	634 mg	0 mg
MFR	SAUSAGE, EGG AND CHEESE TAQUITO	2 EA	447	kcal	24 g	25 g	32.3 g	68.0 mg	634 mg	0 mg
LOCAL 079	TATER TOTS (DEEP FAT FRIED)	3/4 C	339	kcal	2.5 g	24.4 g	27.9 g	0.0 mg	37 mg	0 mg
R/M	JUICE,APPLE,INDIVIDUAL (VIT C)	1 EA	143	kcal	0.3 g	0.4 g	35 g	0.0 mg	12 mg	25 mg
R/M	JUICE,ORANGE,BOTTLE,INDIVIDUAL	1 EA	122	kcal	0.5 g	0 g	30.4 g	0.0 mg	5 mg	5 mg
R/M	JUICE,CRANBERRY COCKTAIL,INDIVIDUAL	1 EA	171	kcal	0 g	0.3 g	42.8 g	0.0 mg	6 mg	9 mg
BREAKFAST BOWL										
OKI/MH 183	TATER TOT AND HAM BREAKFAST BOWL	1 EA	385	kcal	22.5 g	22.1 g	22.6 g	366.0 mg	618 mg	187 mg
USMC 050	TATER TOT AND SAUSAGE BREAKFAST BOWL	1 EA	573	kcal	24.9 g	42 g	23 g	397.0 mg	722 mg	194 mg
OKI/MH 182	TATER TOT AND BACON BREAKFAST BOWL	1 EA	995	kcal	38.9 g	66.5 g	58.8 g	409.0 mg	1226 mg	191 mg
BREAKFAST BURRITO										
OKI 010	BACON BREAKFAST BURRITOS	1 EA	808	kcal	33.3 g	32.3 g	93.6 g	292.0 mg	2279 mg	273 mg
OKI 011	CHORIZO BREAKFAST BURRITOS	1 EA	860	kcal	30.9 g	35.8 g	102.1 g	294.0 mg	2105 mg	289 mg
OKI 012	SAUSAGE BREAKFAST BURRITOS	1 EA	917	kcal	33.5 g	44.5 g	93.8 g	312.0 mg	2284 mg	280 mg
LOCAL 012	HAM BREAKFAST BURRITO	1 EA	684	kcal	26.4 g	22 g	93.2 g	137.0 mg	2156 mg	249 mg
OKI 013	MEATLESS BREAKFAST BURRITOS	1 EA	695	kcal	25.9 g	23.3 g	93.4 g	270.0 mg	1825 mg	271 mg
F 010 00	SCRAMBLED EGGS	1/3 C	143	kcal	11.2 g	10.1 g	0.9 g	337.0 mg	116 mg	56 mg
1. ASSORTED DESSERTS										
BURRITO CONDIMENTS										
R/M	CHEESE,CHEDDAR,SHREDDED (MFR)	2 TBSP	57	kcal	3.2 g	4.7 g	0.4 g	14.0 mg	93 mg	101 mg
OKI/MH 089	#LETTUCE,SHREDDED	2 TBSP	1	kcal	0.1 g	0 g	0.3 g	0.0 mg	1 mg	2 mg
M G 001 51	TOMATOES, FRESH, DICED	2 TBSP	9	kcal	0.5 g	0.1 g	2 g	0.0 mg	3 mg	5 mg
M G 001 29	OLIVES, BLACK, SLICED	3 EA	35	kcal	0.3 g	3.3 g	1.9 g	0.0 mg	225 mg	27 mg
MFR	SOUR CREAM (MFR)	1 TBSP	28	kcal	0.3 g	2.7 g	0.7 g	8.0 mg	4 mg	14 mg
OKI/MH 115	GUACAMOLE	2 TBSP	56	kcal	0.6 g	5 g	3.2 g	1.0 mg	105 mg	4 mg
R/M	SALSA,MEDIUM	2 TBSP	9	kcal	0.5 g	0.1 g	2.2 g	0.0 mg	231 mg	10 mg

ASSORTED PASTRY See Master Menu Encl(4)

STANDARD FRUIT BAR See master Menu Encl (6)

STANDARD BEVERAGE AND SELF SERVICE BAR See master Menu Encl (7)

NOTE:

1. See Enclosure (4) for pastries served on this menu day.
2. Premade Sandwiches are not be held wrapped in the bin/hotbox should be monitored to ensure max quality.
3. Managers have the option to serve mainline items on this menu.
4. All condiments must be made available for patrons.
5. Assorted Pastry and Assorted Fruit may be prepackaged for take-out as necessary.

6. It is mandatory to provide all convenience menu items within the patrons view throughout the meal.
7. The following symbols are for even(^) and odd(+) days for when the breakfst sandwiches will be served on the convenience line.

Lunch and Dinner

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
	1. SOUP									
N 012 00	GRILLED HAMBURGER (BEEF PATTIES)	1 EA		293 kcal	22.9 g	12.1 g	21.6 g	64.0 mg	259 mg	75 mg
N 012 01	CHEESEBURGER (BEEF PATTIES)	1 EA		381 kcal	27.2 g	19.5 g	22.4 g	87.0 mg	652 mg	321 mg
N 012 02	CHEESY BACONBURGER (BEEF PATTIES) 85/15	1 EA		423 kcal	29.9 g	22.8 g	22.5 g	95.0 mg	819 mg	322 mg
LO/N 030 00	SIMMERED FRANKFURTER ON ROLL	1 EA		478 kcal	16.9 g	33.8 g	25.4 g	62.0 mg	1339 mg	77 mg
OKI/MH 122	GRILLED CHICKEN BREAST SANDWICH	1 EA		270 kcal	30.3 g	5.1 g	23.7 g	70.0 mg	277 mg	81 mg
N 021 01	FRIED CHICKEN FILLET SANDWICH	1 EA		781 kcal	25.6 g	57.2 g	41.9 g	63.0 mg	1041 mg	96 mg
MFR	GRILLED PERFECT BURGER (VEG)	1 EA		351 kcal	24.3 g	15.7 g	28.6 g	0.0 mg	544 mg	102 mg
OKI/MH 187	2 TURKEY WRAP	1 EA		566 kcal	30.2 g	17.6 g	71.5 g	57.0 mg	1947 mg	227 mg
OKI/MH 168	2 CATALAN TUNA WRAP	1 EA		635 kcal	24.1 g	30.3 g	66.2 g	33.0 mg	1352 mg	220 mg
OKI/MH 164	2 ASIAN CHICKEN SALAD	1 EA		662 kcal	37.9 g	39.7 g	46.7 g	100.0 mg	2128 mg	271 mg
OKI/MH 165	2 BEEF TERIYAKI AND BROCCOLI SALAD	1 EA		1125 kcal	51.1 g	71.3 g	78.9 g	108.0 mg	2433 mg	249 mg
OKI/MH 167	2 CAJUN SHRIMP SALAD	1 EA		263 kcal	15.6 g	14.2 g	20.2 g	113.0 mg	960 mg	138 mg
MFR	CHICKEN TENDERS	2 EA		384 kcal	14.5 g	30 g	14.7 g	36.0 mg	523 mg	39 mg
Q 045 00	FRENCH FRIED POTATOES (FROZEN)	1 C		458 kcal	3.6 g	32.8 g	39.4 g	0.0 mg	527 mg	14 mg
Q 035 01	FRENCH FRIED ONION RINGS (FZN)	3 OZ		413 kcal	3.6 g	29.6 g	34.6 g	0.0 mg	279 mg	52 mg
OKI/MH 123	BAKED BEANS (CANNED)	1/2 OZ		182 kcal	8.1 g	3 g	34.1 g	12.0 mg	691 mg	81 mg
MFR	CHILI CON CARNE, W/O BEANS, CANNED	1/2 C		175 kcal	8.1 g	10.3 g	9 g	40.0 mg	556 mg	0 mg
R/M	CHIPS, ASSORTED	1 BG		153 kcal	1.7 g	9.5 g	16.1 g	0.0 mg	146 mg	39 mg
R/M	RICE KRISPIE BAR (MFR)	1 EA		92 kcal	0.8 g	2 g	17.8 g	0.0 mg	78 mg	1 mg
R/M	CHIPS, ASSORTED	1 BG		153 kcal	1.7 g	9.5 g	16.1 g	0.0 mg	146 mg	39 mg
R/M	GATORADE, FRUIT PUNCH, INDV	1 EA		195 kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	GATORADE, ORANGE, INDV	1 EA		159 kcal	0 g	0 g	39.2 g	0.0 mg	238 mg	6 mg
R/M	GATORADE, LEMON LIME, INDV	1 EA		195 kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	JUICE, APPLE, INDIVIDUAL (VIT C)	1 EA		143 kcal	0.3 g	0.4 g	35 g	0.0 mg	12 mg	25 mg
R/M	JUICE, ORANGE, BOTTLE, INDIVIDUAL	1 EA		122 kcal	0.5 g	0 g	30.4 g	0.0 mg	5 mg	5 mg
R/M	JUICE, CRANBERRY COCKTAIL, INDIVIDUAL	1 EA		171 kcal	0 g	0.3 g	42.8 g	0.0 mg	6 mg	9 mg
	1. SPECIALTY SALAD									
	1. ASSORTED DESSERTS									
CONDIMENTS										
OKI/MH 091	LETTUCE, LEAF	2 EA		3 kcal	0.2 g	0 g	0.5 g	0.0 mg	2 mg	3 mg
M G 001 51	TOMATOES, FRESH, DICED	2 TBSP		9 kcal	0.5 g	0.1 g	2 g	0.0 mg	3 mg	5 mg
OKI/MH 090	#ONIONS, SLICED	3 SL		11 kcal	0.3 g	0 g	2.5 g	0.0 mg	1 mg	6 mg
M G 001 41	PICKLES, CUCUMBER, DILL, SPEARS	4 EA		9 kcal	0.4 g	0.2 g	1.9 g	0.0 mg	640 mg	45 mg
M G 001 37	PEPPERS, JALAPENO, CHOPPED (CANNED)	3 TBSP		3 kcal	0.1 g	0.1 g	0.6 g	0.0 mg	197 mg	3 mg
R/M	MUSTARD PACKET	2 EA		7 kcal	0.4 g	0.4 g	0.6 g	0.0 mg	121 mg	7 mg
R/M	CATSUP PACKET	1 EA		9 kcal	0.1 g	0 g	2.5 g	0.0 mg	82 mg	1 mg
R/M	SALAD DRESSING PACKET	2 EA		50 kcal	0.1 g	4.3 g	3 g	4.0 mg	131 mg	1 mg
R/M	DILL PICKLE RELISH PACKET	2 EA		2 kcal	0.1 g	0.1 g	0.5 g	0.0 mg	162 mg	11 mg
MFR	CHEESE SAUCE, CANNED (RTU)	1-1/2 OZ		105 kcal	4.1 g	8 g	4.1 g	18.0 mg	501 mg	111 mg

ASSORTED DESSERTS See Master Menu Encl (4)

STANDARD COLD BAR See Master Menu Encl (5)

STANDARD FRUIT BAR See Master Menu Encl (6)

NOTES:

1. See Enclosure (4) for Soups, Pastries, and specialty Salads served on this menu day.
2. One wrap and salad option will be provided each lunch and dinner meal. At the Mess Hall Managers choosing.
3. All Condiments must be made available for patrons.
4. Assorted Pastry and Assorted Fruit may be prepackaged for take-out necessary.
5. It is mandatory to provide all Convenience menu items within the patrons view throughout the meal.

Breakfast

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
E 001 00	HOT OATMEAL	3/4 C	106	kcal	4.6 g	1.9 g	18 g	0.0 mg	215 mg	20 mg
F 004 00	HARD COOKED EGGS	2 EA	130	kcal	11.4 g	8.6 g	0.7 g	337.0 mg	135 mg	57 mg
N 007 00	ENGLISH MUFFIN WITH BACON, EGG AND CHEESE	1 EA	343	kcal	18.2 g	17.9 g	26.9 g	199.0 mg	932 mg	417 mg
N 007 01	ENGLISH MUFFIN W/HAM, EGG, AND CHEESE	1 EA	337	kcal	20.8 g	16.1 g	26.8 g	202.0 mg	1128 mg	418 mg
N 007 03	ENGLISH MUFFIN W/SAUSAGE,EGG, AND CHEESE	1 EA	408	kcal	19.2 g	24.7 g	27 g	211.0 mg	988 mg	421 mg
LOCAL 308	ENGLISH MUFFIN W/ CHICKEN SAUSAGE,EGG,AND CHEESE	1 EA	386	kcal	24.2 g	18.7 g	26.6 g	222.0 mg	1089 mg	412 mg
H/N 007 11	CROISSANT WITH BACON,EGG AND CHEESE	1 EA	444	kcal	18 g	28.7 g	27.7 g	235.0 mg	942 mg	295 mg
H/N 007 13	CROISSANT WITH HAM,EGG AND CHEESE	1 EA	422	kcal	19.6 g	25.5 g	27.5 g	235.0 mg	1072 mg	296 mg
H/N 007 15	CROISSANT WITH SAUSAGE, EGG AND CHEESE	1 EA	522	kcal	17.7 g	37.9 g	27.1 g	243.0 mg	782 mg	57 mg
LOCAL 307	CROISSANT WITH CHICKEN SAUSAGE,EGG AND CHEESE	1 EA	419	kcal	24.7 g	20.7 g	29.5 g	239.0 mg	1012 mg	267 mg
OKI 010	BACON BREAKFAST BURRITOS	1 EA	808	kcal	33.3 g	32.3 g	93.6 g	292.0 mg	2279 mg	273 mg
OKI 011	CHORIZO BREAKFAST BURRITOS	1 EA	860	kcal	30.9 g	35.8 g	102.1 g	294.0 mg	2105 mg	289 mg
OKI 012	SAUSAGE BREAKFAST BURRITOS	1 EA	917	kcal	33.5 g	44.5 g	93.8 g	312.0 mg	2284 mg	280 mg
LOCAL 012	HAM BREAKFAST BURRITO	1 EA	684	kcal	26.4 g	22 g	93.2 g	137.0 mg	2156 mg	249 mg
OKI 013	MEATLESS BREAKFAST BURRITOS	1 EA	695	kcal	25.9 g	23.3 g	93.4 g	270.0 mg	1825 mg	271 mg
OKI/MH 183	TATER TOT AND HAM BREAKFAST BOWL	1 EA	385	kcal	22.5 g	22.1 g	22.6 g	366.0 mg	618 mg	187 mg
USMC 050	TATER TOT AND SAUSAGE BREAKFAST BOWL	1 EA	573	kcal	24.9 g	42 g	23 g	397.0 mg	722 mg	194 mg
OKI/MH 182	TATER TOT AND BACON BREAKFAST BOWL	1 EA	995	kcal	38.9 g	66.5 g	58.8 g	409.0 mg	1226 mg	191 mg
R/M	POP TARTS,CINNAMON,FROSTED,LOW FAT,WHOLE GRAIN	1 EA	180	kcal	2 g	2.5 g	37 g	0.0 mg	190 mg	0 mg
R/M	POP TARTS,STRAWBERRY,FROSTED,LOW FAT,WHOLE GRAIN	1 EA	180	kcal	2 g	2.5 g	38 g	0.0 mg	180 mg	0 mg
R/M	YOGURT,ASSORTED	1 EA	170	kcal	5 g	1.5 g	33 g	10.0 mg	80 mg	200 mg
R/M	GATORADE,FRUIT PUNCH,INDV	1 EA	195	kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	GATORADE,ORANGE,INDV	1 EA	159	kcal	0 g	0 g	39.2 g	0.0 mg	238 mg	6 mg
R/M	GATORADE,LEMON LIME,INDV	1 EA	195	kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	JUICE,APPLE,INDIVIDUAL (VIT C)	1 EA	143	kcal	0.3 g	0.4 g	35 g	0.0 mg	12 mg	25 mg
R/M	JUICE,ORANGE,BOTTLE,INDIVIDUAL	1 EA	122	kcal	0.5 g	0 g	30.4 g	0.0 mg	5 mg	5 mg
R/M	JUICE,CRANBERRY COCKTAIL,INDIVIDUAL	1 EA	171	kcal	0 g	0.3 g	42.8 g	0.0 mg	6 mg	9 mg
R/M	MILK,WHITE 1%,INDV	1 EA	102	kcal	8.2 g	2.4 g	12.2 g	12.0 mg	107 mg	305 mg
R/M	MILK,CHOCOLATE,NONFAT,INDV	1 EA	130	kcal	8 g	0 g	25 g	0.0 mg	180 mg	300 mg

Lunch and Dinner

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
	3 SOUP OF THE DAY									
N 019 00	SUBMARINE SANDWICH	1 EA	462	kcal	23.2 g	29.4 g	26.2 g	85.0 mg	1833 mg	555 mg
LOCAL 090	ROAST BEEF SUBMARINE SANDWICH	1 EA	377	kcal	32.4 g	17 g	22.5 g	75.0 mg	657 mg	402 mg
LOCAL 089	TURKEY SUBMARINE SANDWICH	1 EA	340	kcal	25.3 g	15.7 g	23.9 g	61.0 mg	1168 mg	402 mg
LOCAL 338	HAM SUBMARINE SANDWICH	1 EA	343	kcal	25.8 g	16.3 g	23.5 g	56.0 mg	1376 mg	404 mg
LOCAL 337	CHICKEN SUBMARINE SANDWICH	1 EA	380	kcal	34 g	16.4 g	23.2 g	82.0 mg	679 mg	410 mg
OKI/MH 126	TUNA SALAD SANDWICH	1 EA	278	kcal	20.1 g	6.6 g	35.4 g	31.0 mg	674 mg	105 mg
OKI/MH 174	GRILLED CHICKEN BLT WRAP	1 EA	638	kcal	36.7 g	23.8 g	69.2 g	124.0 mg	2363 mg	256 mg
OKI/MH 187	TURKEY WRAP	1 EA	566	kcal	30.2 g	17.6 g	71.5 g	57.0 mg	1947 mg	227 mg
OKI/MH 168	CATALAN TUNA WRAP	1 EA	635	kcal	24.1 g	30.3 g	66.2 g	33.0 mg	1352 mg	220 mg
M G 001 37	PEPPERS,JALAPENO,SLICED (CANNED)	3 TBSP	3	kcal	0.1 g	0.1 g	0.6 g	0.0 mg	197 mg	3 mg
M G 001 41	PICKLES,CUCUMBER,DILL,SLICED	4 SL	6	kcal	0.2 g	0.1 g	1.1 g	0.0 mg	383 mg	27 mg
R/M	GRANOLA BAR,VARIETY PACK	1 EA	126	kcal	2 g	4.9 g	18.6 g	0.0 mg	47 mg	11 mg
R/M	MUSTARD PACKET	2 EA	7	kcal	0.4 g	0.4 g	0.6 g	0.0 mg	121 mg	7 mg
R/M	SALAD DRESSING PACKET	2 EA	50	kcal	0.1 g	4.3 g	3 g	4.0 mg	131 mg	1 mg
R/M	CHIPS,ASSORTED	1 BG	153	kcal	1.7 g	9.5 g	16.1 g	0.0 mg	146 mg	39 mg
R/M	ASSORTED SODA CAN	1 CN	155	kcal	0 g	0.9 g	38.3 g	0.0 mg	11 mg	4 mg
R/M	GATORADE,FRUIT PUNCH,INDV	1 EA	195	kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	GATORADE,ORANGE,INDV	1 EA	159	kcal	0 g	0 g	39.2 g	0.0 mg	238 mg	6 mg
R/M	GATORADE,LEMON LIME,INDV	1 EA	195	kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	JUICE,APPLE,INDIVIDUAL (VIT C)	1 EA	143	kcal	0.3 g	0.4 g	35 g	0.0 mg	12 mg	25 mg
R/M	JUICE,ORANGE,BOTTLE,INDIVIDUAL	1 EA	122	kcal	0.5 g	0 g	30.4 g	0.0 mg	5 mg	5 mg
R/M	JUICE,CRANBERRY COCKTAIL,INDIVIDUAL	1 EA	171	kcal	0 g	0.3 g	42.8 g	0.0 mg	6 mg	9 mg
	1 DESSERTS									
	2 ASSORTED FRESH FRUITS									

NOTES:

1. DESSERTS see Master Menu Enclosure (4).
2. Assorted Fresh Fruit See Master Menu Enclosure (6)
3. Soup of the Day see Master Menu Enclosure (4)
4. Cold Cut Sandwiches may be offered with tortilla wraps or other bread varieties.
5. Managers choice of Convenience line items may be served.

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SUNDAY

Number	Recipe Name	Portions	FFI	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
	1 MAIN LINE DINNER MEAL									
	2 DAY OF SOUP									
AFRC	ASSORTED FRESH FRUITS									
N 012 00	GRILLED HAMBURGER (BEEF PATTIES)	1 EA	█	293 kcal	22.9 g	12.1 g	21.6 g	64.0 mg	259 mg	75 mg
N 012 01	CHEESEBURGER (BEEF PATTIES)	1 EA	█	381 kcal	27.2 g	19.5 g	22.4 g	87.0 mg	652 mg	321 mg
N 012 02	CHEESY BACONBURGER (BEEF PATTIES) 85/15	1 EA	█	423 kcal	29.9 g	22.8 g	22.5 g	95.0 mg	819 mg	322 mg
OKI/MH 122	GRILLED CHICKEN BREAST SANDWICH	1 EA	█	270 kcal	30.3 g	5.1 g	23.7 g	70.0 mg	277 mg	81 mg
MFR	GRILLED PERFECT BURGER (VEG)	1 EA	█	351 kcal	24.3 g	15.7 g	28.6 g	0.0 mg	544 mg	102 mg
R/M	CHIPS, ASSORTED	1 BG	█	153 kcal	1.7 g	9.5 g	16.1 g	0.0 mg	146 mg	39 mg
R/M	RICE KRISPIE BAR (MFR)	1 EA	█	92 kcal	0.8 g	2 g	17.8 g	0.0 mg	78 mg	1 mg
MFR	GRILLED PERFECT BURGER (VEG)	1 EA	█	351 kcal	24.3 g	15.7 g	28.6 g	0.0 mg	544 mg	102 mg
R/M	GATORADE, FRUIT PUNCH, INDV	1 EA	█	195 kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	GATORADE, ORANGE, INDV	1 EA	█	159 kcal	0 g	0 g	39.2 g	0.0 mg	238 mg	6 mg
R/M	GATORADE, LEMON LIME, INDV	1 EA	█	195 kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	JUICE, APPLE, INDIVIDUAL (VIT C)	1 EA	█	143 kcal	0.3 g	0.4 g	35 g	0.0 mg	12 mg	25 mg
R/M	JUICE, ORANGE, BOTTLE, INDIVIDUAL	1 EA	█	122 kcal	0.5 g	0 g	30.4 g	0.0 mg	5 mg	5 mg
R/M	JUICE, CRANBERRY COCKTAIL, INDIVIDUAL	1 EA	█	171 kcal	0 g	0.3 g	42.8 g	0.0 mg	6 mg	9 mg
	2 DESSERTS									
	2 SPECIALTY SALADS									
CONDIMENTS										
OKI/MH 091	LETTUCE, LEAF	2 EA	█	3 kcal	0.2 g	0 g	0.5 g	0.0 mg	2 mg	3 mg
M G 001 51	TOMATOES, FRESH, SLICED	2 SL	█	12 kcal	0.6 g	0.1 g	2.6 g	0.0 mg	7 mg	7 mg
OKI/MH 090	#ONIONS, SLICED	3 SL	█	11 kcal	0.3 g	0 g	2.5 g	0.0 mg	1 mg	6 mg
M G 001 41	PICKLES, CUCUMBER, DILL, SLICED	4 SL	█	6 kcal	0.2 g	0.1 g	1.1 g	0.0 mg	383 mg	27 mg
R/M	MUSTARD PACKET	2 EA	█	7 kcal	0.4 g	0.4 g	0.6 g	0.0 mg	121 mg	7 mg
R/M	CATSUP PACKET	1 EA	█	9 kcal	0.1 g	0 g	2.5 g	0.0 mg	82 mg	1 mg
R/M	SALAD DRESSING PACKET	2 EA	█	50 kcal	0.1 g	4.3 g	3 g	4.0 mg	131 mg	1 mg
R/M	DILL PICKLE RELISH PACKET	2 EA	█	2 kcal	0.1 g	0.1 g	0.5 g	0.0 mg	162 mg	11 mg
R/M	YOGURT, ASSORTED	1 EA	█	170 kcal	5 g	1.5 g	33 g	10.0 mg	80 mg	200 mg

STANDARD FRUIT BAR See Master Menu Enclure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclure (7)

NOTES:

1. To optimize human performance, at least on "green" entree, vegetable, and starch from the specified Master Menu Day (dinner meal) must be served during this night meal.
2. See Enclure (4) for soup, desserts, and specialty salads served on this Master Menu Day.

MONDAY

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
	1 MAIN LINE DINNER MEAL									
	2 DAY OF SOUP									
AFRC	ASSORTED FRESH FRUITS	0	0	kcal	0 g	0 g	0 g	0.0 mg	0 mg	0 mg
OKI/MH 047	#CHICKEN FAJITAS	6 OZ	174	kcal	18.8 g	5.7 g	13.5 g	79.0 mg	1460 mg	54 mg
OKI/MH 098	#MOJO BEEF FAJITAS	6 OZ	244	kcal	35.7 g	6.7 g	8.9 g	92+ mg	202 mg	33+ mg
OKI/MH 135	SPANISH RICE-OKI	3/4 C	74	kcal	2.5 g	1.5 g	13.4 g	2.0 mg	401 mg	44 mg
Q 038 01	REFRIED BEANS (CANNED BEANS)	1/2 C	98	kcal	5.4 g	2.2 g	14.8 g	0.0 mg	404 mg	32 mg
Q 027 02	MEXICAN CORN (FROZEN CORN)	3/4 C	165	kcal	4.3 g	5.9 g	28.8 g	13.0 mg	122 mg	10 mg
F 002 01	NACHOS (RTU CHEESE SAUCE)	3-1/2 OZ	303	kcal	7.1 g	16.6 g	32.8 g	17.0 mg	992 mg	159 mg
R/M	CHIPS, ASSORTED	1 BG	153	kcal	1.7 g	9.5 g	16.1 g	0.0 mg	146 mg	39 mg
R/M	RICE KRISPIE BAR (MFR)	1 EA	92	kcal	0.8 g	2 g	17.8 g	0.0 mg	78 mg	1 mg
R/M	GATORADE, FRUIT PUNCH, INDV	1 EA	195	kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	GATORADE, ORANGE, INDV	1 EA	159	kcal	0 g	0 g	39.2 g	0.0 mg	238 mg	6 mg
R/M	GATORADE, LEMON LIME, INDV	1 EA	195	kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	JUICE, APPLE, INDIVIDUAL (VIT C)	1 EA	143	kcal	0.3 g	0.4 g	35 g	0.0 mg	12 mg	25 mg
R/M	JUICE, ORANGE, BOTTLE, INDIVIDUAL	1 EA	122	kcal	0.5 g	0 g	30.4 g	0.0 mg	5 mg	5 mg
R/M	JUICE, CRANBERRY COCKTAIL, INDIVIDUAL	1 EA	171	kcal	0 g	0.3 g	42.8 g	0.0 mg	6 mg	9 mg
	2 DESSERTS									
	2 SPECIALTY SALADS									
CONDIMENTS										
MFR	TORTILLAS, FLOUR	1 EA	150	kcal	4 g	3.9 g	24.2 g	0.0 mg	361 mg	72 mg
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 TBSP	57	kcal	3.2 g	4.7 g	0.4 g	14.0 mg	93 mg	101 mg
MFR	SOUR CREAM (MFR)	1 TBSP	28	kcal	0.3 g	2.7 g	0.7 g	8.0 mg	4 mg	14 mg
OKI/MH 089	#LETTUCE, SHREDDED	2 TBSP	1	kcal	0.1 g	0 g	0.3 g	0.0 mg	1 mg	2 mg
M G 001 51	TOMATOES, FRESH, DICED	2 TBSP	9	kcal	0.5 g	0.1 g	2 g	0.0 mg	3 mg	5 mg
M G 001 66	#PEPPERS, GREEN, FRESH, DICED	1 OZ	6	kcal	0.2 g	0 g	1.3 g	0.0 mg	1 mg	3 mg
M G 001 31	#ONIONS, DRY, CHOPPED	2 TBSP	8	kcal	0.2 g	0 g	1.8 g	0.0 mg	1 mg	4 mg
M G 001 29	OLIVES, BLACK, SLICED	3 EA	35	kcal	0.3 g	3.3 g	1.9 g	0.0 mg	225 mg	27 mg
A 013	LEMON, FRESH, WEDGES	1 EA	4	kcal	0.2 g	0 g	1.4 g	0.0 mg	0 mg	4 mg
A 013	LIMES, FRESH, WEDGES	1 EA	9	kcal	0.2 g	0.1 g	3 g	0.0 mg	1 mg	9 mg
OKI/MH 115	GUACAMOLE	2 TBSP	56	kcal	0.6 g	5 g	3.2 g	1.0 mg	105 mg	4 mg
R/M	SALSA, MEDIUM	2 TBSP	9	kcal	0.5 g	0.1 g	2.2 g	0.0 mg	231 mg	10 mg
MFR	CHEESE SAUCE, CANNED (RTU)	1-1/2 OZ	105	kcal	4.1 g	8 g	4.1 g	18.0 mg	501 mg	111 mg
M G 001 56	CILANTRO FRESH CHOPPED	1/4 OZ	2	kcal	0.2 g	0 g	0.3 g	0.0 mg	3 mg	0 mg
R/M	YOGURT, ASSORTED	1 EA	170	kcal	5 g	1.5 g	33 g	10.0 mg	80 mg	200 mg

STANDARD FRUIT BAR See Master Menu Enclsure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclsure (7)

NOTES:

1. To optimize human performance, at least on "green" entree, vegetable, and starch from the specified Master Menu Day (dinner meal) must be served during this night meal.
2. See Enclosure (4) for soup, desserts, and specialty salads served on this Master Menu Day.

TUESDAY

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
	1 MAIN LINE DINNER MEAL									
	2 DAY OF SOUP									
AFRC	ASSORTED FRESH FRUITS									
N 019 00	SUBMARINE SANDWICH	1 EA	462	kcal	23.2 g	29.4 g	26.2 g	85.0 mg	1833 mg	555 mg
LOCAL 090	ROAST BEEF SUBMARINE SANDWICH	1 EA	377	kcal	32.4 g	17 g	22.5 g	75.0 mg	657 mg	402 mg
LOCAL 089	TURKEY SUBMARINE SANDWICH	1 EA	340	kcal	25.3 g	15.7 g	23.9 g	61.0 mg	1168 mg	402 mg
LOCAL 338	HAM SUBMARINE SANDWICH	1 EA	343	kcal	25.8 g	16.3 g	23.5 g	56.0 mg	1376 mg	404 mg
LOCAL 337	CHICKEN SUBMARINE SANDWICH	1 EA	380	kcal	34 g	16.4 g	23.2 g	82.0 mg	679 mg	410 mg
OKI/MH 126	TUNA SALAD SANDWICH	1 EA	278	kcal	20.1 g	6.6 g	35.4 g	31.0 mg	674 mg	105 mg
OKI/MH 174	GRILLED CHICKEN BLT WRAP	1 EA	638	kcal	36.7 g	23.8 g	69.2 g	124.0 mg	2363 mg	256 mg
OKI/MH 187	TURKEY WRAP	1 EA	566	kcal	30.2 g	17.6 g	71.5 g	57.0 mg	1947 mg	227 mg
OKI/MH 168	CATALAN TUNA WRAP	1 EA	635	kcal	24.1 g	30.3 g	66.2 g	33.0 mg	1352 mg	220 mg
R/M	GRANOLA BAR, VARIETY PACK	1 EA	126	kcal	2 g	4.9 g	18.6 g	0.0 mg	47 mg	11 mg
R/M	CHIPS, ASSORTED	1 BG	153	kcal	1.7 g	9.5 g	16.1 g	0.0 mg	146 mg	39 mg
R/M	RICE KRISPIE BAR (MFR)	1 EA	92	kcal	0.8 g	2 g	17.8 g	0.0 mg	78 mg	1 mg
R/M	GATORADE, FRUIT PUNCH, INDV	1 EA	195	kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	GATORADE, ORANGE, INDV	1 EA	159	kcal	0 g	0 g	39.2 g	0.0 mg	238 mg	6 mg
R/M	GATORADE, LEMON LIME, INDV	1 EA	195	kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	JUICE, APPLE, INDIVIDUAL (VIT C)	1 EA	143	kcal	0.3 g	0.4 g	35 g	0.0 mg	12 mg	25 mg
R/M	JUICE, ORANGE, BOTTLE, INDIVIDUAL	1 EA	122	kcal	0.5 g	0 g	30.4 g	0.0 mg	5 mg	5 mg
R/M	JUICE, CRANBERRY COCKTAIL, INDIVIDUAL	1 EA	171	kcal	0 g	0.3 g	42.8 g	0.0 mg	6 mg	9 mg
	2 DESSERTS									
	2 SPECIALTY SALADS									
CONDIMENTS										
OKI/MH 091	LETTUCE, LEAF OR SHREDDED	1 OZ	3	kcal	0.2 g	0 g	0.5 g	0.0 mg	2 mg	3 mg
M G 001 51	TOMATOES, FRESH, SLICED	2 SL	12	kcal	0.6 g	0.1 g	2.6 g	0.0 mg	7 mg	7 mg
OKI/MH 090	#ONIONS, SLICED	3 SL	11	kcal	0.3 g	0 g	2.5 g	0.0 mg	1 mg	6 mg
OKI/MH 085	#PEPPERS, GREEN, SLICED	4 SL	5	kcal	0.2 g	0 g	1.1 g	0.0 mg	1 mg	2 mg
M G 001 37	PEPPERS, JALAPENO, SLICED (CANNED)	3 TBSP	3	kcal	0.1 g	0.1 g	0.6 g	0.0 mg	197 mg	3 mg
R/M	CHEESE, AMERICAN, SLICED	2 SL	84	kcal	4.1 g	7.2 g	0.8 g	23.0 mg	379 mg	237 mg
R/M	CHEESE, PROVOLONE, SLICED (MFR)	1 OZ	100	kcal	7.3 g	7.5 g	0.6 g	20.0 mg	248 mg	214 mg
M G 001 41	PICKLES, CUCUMBER, DILL, SPEARS	4 EA	9	kcal	0.4 g	0.2 g	1.9 g	0.0 mg	640 mg	45 mg
R/M	MUSTARD PACKET	2 EA	7	kcal	0.4 g	0.4 g	0.6 g	0.0 mg	121 mg	7 mg
R/M	CATSUP PACKET	1 EA	9	kcal	0.1 g	0 g	2.5 g	0.0 mg	82 mg	1 mg
R/M	SALAD DRESSING PACKET	2 EA	50	kcal	0.1 g	4.3 g	3 g	4.0 mg	131 mg	1 mg
R/M	YOGURT, ASSORTED	1 EA	170	kcal	5 g	1.5 g	33 g	10.0 mg	80 mg	200 mg
Optional										
R/M	DELI ROLLS, WHITE (MFR)	1 EA	105	kcal	3.3 g	1.6 g	19.1 g	0.0 mg	218 mg	35 mg
R/M	HOAGIE ROLLS, WHOLE WHEAT (MFR)	1 EA	359	kcal	11.7 g	6.3 g	69 g	0.0 mg	703 mg	143 mg
R/M	ASSORTED TORTILLA	1 EA	269	kcal	8.2 g	6.767 g	43.94 g	0.0 mg	613.7 mg	117 mg

STANDARD FRUIT BAR See Master Menu Enclsure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclsure (7)

NOTES:

1. To optimize human performance, at least on "green" entree, vegetable, and starch from the specified Master Menu Day (dinner meal) must be served during this night meal.
2. See Enclosure (4) for soup, desserts, and specialty salads served on this Master Menu Day.

WEDNESDAY

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium	
	1 MAIN LINE DINNER MEAL										
	2 DAY OF SOUP										
AFRC	ASSORTED FRESH FRUITS										
L/N 022 02	CANNONBALL SANDWICH (PRECOOKED MEATBALLS)	1 EA	█	473	kcal	21.5 g	22.2 g	43.7 g	60.0 mg	1273 mg	122 mg
OKI/MH 158	PHILLY CHEESE STEAK AND JALAPENO SUBMARINE	1 EA	█	562	kcal	40.8 g	31.9 g	27.3 g	135.0 mg	1170 mg	391 mg
LOCAL 089	TURKEY SUBMARINE SANDWICH	1 EA	█	340	kcal	25.3 g	15.7 g	23.9 g	61.0 mg	1168 mg	402 mg
HUB Q 045 01	FRENCH FRIED CURLY FRIES (FROZEN)	1 C	█	523	kcal	3.7 g	40.4 g	37.3 g	16.0 mg	597 mg	0+ mg
Q 035 01	FRENCH FRIED ONION RINGS (FZN)	3 OZ	█	413	kcal	3.6 g	29.6 g	34.6 g	0.0 mg	279 mg	52 mg
R/M	CHIPS, ASSORTED	1 BG	█	153	kcal	1.7 g	9.5 g	16.1 g	0.0 mg	146 mg	39 mg
R/M	RICE KRISPIE BAR (MFR)	1 EA	█	92	kcal	0.8 g	2 g	17.8 g	0.0 mg	78 mg	1 mg
R/M	GATORADE, FRUIT PUNCH, INDV	1 EA	█	195	kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	GATORADE, ORANGE, INDV	1 EA	█	159	kcal	0 g	0 g	39.2 g	0.0 mg	238 mg	6 mg
R/M	GATORADE, LEMON LIME, INDV	1 EA	█	195	kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	JUICE, APPLE, INDIVIDUAL (VIT C)	1 EA	█	143	kcal	0.3 g	0.4 g	35 g	0.0 mg	12 mg	25 mg
R/M	JUICE, ORANGE, BOTTLE, INDIVIDUAL	1 EA	█	122	kcal	0.5 g	0 g	30.4 g	0.0 mg	5 mg	5 mg
R/M	JUICE, CRANBERRY COCKTAIL, INDIVIDUAL	1 EA	█	171	kcal	0 g	0.3 g	42.8 g	0.0 mg	6 mg	9 mg
	2 DESSERTS										
	2 SPECIALTY SALADS										
CONDIMENTS											
OKI/MH 089	#LETTUCE, SHREDDED	2 TBSP	█	1	kcal	0.1 g	0 g	0.3 g	0.0 mg	1 mg	2 mg
M G 001 51	TOMATOES, FRESH, DICED	2 TBSP	█	9	kcal	0.5 g	0.1 g	2 g	0.0 mg	3 mg	5 mg
OKI/MH 090	#ONIONS, SLICED	3 SL	█	11	kcal	0.3 g	0 g	2.5 g	0.0 mg	1 mg	6 mg
RELISH-R/M	DILL PICKLE RELISH PACKET	2 EA	█	2	kcal	0.1 g	0.1 g	0.5 g	0.0 mg	162 mg	11 mg
OKI/MH 085	#PEPPERS, GREEN, SLICED	4 SL	█	5	kcal	0.2 g	0 g	1.1 g	0.0 mg	1 mg	2 mg
R/M	CHEESE, AMERICAN, SLICED	2 SL	█	84	kcal	4.1 g	7.2 g	0.8 g	23.0 mg	379 mg	237 mg
R/M	CHEESE, PROVOLONE, SLICED (MFR)	1 OZ	█	100	kcal	7.3 g	7.5 g	0.6 g	20.0 mg	248 mg	214 mg
M G 001 37	PEPPERS, JALAPENO, SLICED (CANNED)	3 TBSP	█	3	kcal	0.1 g	0.1 g	0.6 g	0.0 mg	197 mg	3 mg
R/M	MUSTARD PACKET	2 EA	█	7	kcal	0.4 g	0.4 g	0.6 g	0.0 mg	121 mg	7 mg
R/M	CATSUP PACKET	1 EA	█	9	kcal	0.1 g	0 g	2.5 g	0.0 mg	82 mg	1 mg
R/M	SALAD DRESSING PACKET	2 EA	█	50	kcal	0.1 g	4.3 g	3 g	4.0 mg	131 mg	1 mg
R/M	YOGURT, ASSORTED	1 EA	█	170	kcal	5 g	1.5 g	33 g	10.0 mg	80 mg	200 mg

STANDARD FRUIT BAR See Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (7)

NOTES:

1. To optimize human performance, at least on "green" entree, vegetable, and starch from the specified Master Menu Day (dinner meal) must be served during this night meal.
2. See Enclosure (4) for soup, desserts, and specialty salads served on this Master Menu Day.

THURSDAY

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium	
	1 MAIN LINE DINNER MEAL										
	2 DAY OF SOUP										
AFRC	ASSORTED FRESH FRUITS										
LOCAL 199	BARBECUED CHICKEN WINGS (LOCAL)	6 EA	■	398	kcal	27.5 g	21.2 g	24.5 g	155.0 mg	1292 mg	52 mg
MFR	BAKED CHICKEN WINGS	6 EA	■	252	kcal	23.6 g	16.7 g	0 g	140.0 mg	97 mg	18 mg
LOCAL 008	DEEP FAT FRIED CHICKEN WINGS	6 EA	■	572	kcal	28.3 g	47.1 g	9.8 g	155.0 mg	1025 mg	35 mg
OKI 020	BUFFALO CHICKEN WINGS	6 EA	■	657	kcal	28.6 g	56.2 g	10.7 g	155.0 mg	2320 mg	42 mg
OKI/MH 151	DEEP FAT FRIED MEMPHIS BBQ CHICKEN	4 EA	■	356	kcal	10.6 g	34.3 g	2.8 g	59+ mg	543 mg	20+ mg
OKI 021	LEMON PEPPER CHICKEN WINGS	4 EA	■	571	kcal	28.2 g	47.1 g	9.6 g	155.0 mg	1126 mg	34 mg
OKI/MH 153	HONEY MUSTARD CHICKEN WING	6 EA	■	457	kcal	27.1+ g	20.8 g	111.1 g	155.0 mg	1370 mg	35+ mg
HUB Q 045 01	FRENCH FRIED CURLY FRIES (FROZEN)	1 C	■	523	kcal	3.7 g	40.4 g	37.3 g	16.0 mg	597 mg	0+ mg
Q 035 01	FRENCH FRIED ONION RINGS (FZN)	3 OZ	■	413	kcal	3.6 g	29.6 g	34.6 g	0.0 mg	279 mg	52 mg
Q G 006 17	STEAMED CORN ON THE COB (FROZEN)	3/4 C	■	143	kcal	4.8 g	1.1 g	34.2 g	0.0 mg	7 mg	6 mg
R/M	CHIPS, ASSORTED	1 BG	■	153	kcal	1.7 g	9.5 g	16.1 g	0.0 mg	146 mg	39 mg
R/M	RICE KRISPIE BAR (MFR)	1 EA	■	92	kcal	0.8 g	2 g	17.8 g	0.0 mg	78 mg	1 mg
R/M	GATORADE, FRUIT PUNCH, INDV	1 EA	■	195	kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	GATORADE, ORANGE, INDV	1 EA	■	159	kcal	0 g	0 g	39.2 g	0.0 mg	238 mg	6 mg
R/M	GATORADE, LEMON LIME, INDV	1 EA	■	195	kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	JUICE, APPLE, INDIVIDUAL (VIT C)	1 EA	■	143	kcal	0.3 g	0.4 g	35 g	0.0 mg	12 mg	25 mg
R/M	JUICE, ORANGE, BOTTLE, INDIVIDUAL	1 EA	■	122	kcal	0.5 g	0 g	30.4 g	0.0 mg	5 mg	5 mg
R/M	JUICE, CRANBERRY COCKTAIL, INDIVIDUAL	1 EA	■	171	kcal	0 g	0.3 g	42.8 g	0.0 mg	6 mg	9 mg
	2 DESSERTS										
	2 SPECIALTY SALADS										
CONDIMENTS											
R/M	MUSTARD PACKET	2 EA	■	7	kcal	0.4 g	0.4 g	0.6 g	0.0 mg	121 mg	7 mg
R/M	CATSUP PACKET	1 EA	■	9	kcal	0.1 g	0 g	2.5 g	0.0 mg	82 mg	1 mg
R/M	YOGURT, ASSORTED	1 EA	■	170	kcal	5 g	1.5 g	33 g	10.0 mg	80 mg	200 mg

STANDARD FRUIT BAR See Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (7)

NOTES:

1. To optimize human performance, at least on "green" entree, vegetable, and starch from the specified Master Menu Day (dinner meal) must be served during this night meal.
2. See Enclosure (4) for soup, desserts, and specialty salads served on this Master Menu Day.

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1. Holiday Meals. Holiday meals will be served on the actual day of observance, during the dinner brunch meal. The holiday menu will be served to the brig on the date indicated by the national day of observance. This exception will not affect regularly scheduled meal service on weekends. Prior approval is required from MCICOM, via the MCIPAC-MCBB Food Service Office, to serve holiday meals on an alternate date, when the mess hall is closed on those holidays. By exception, the Marine Corps and Navy Birthday meal will be outlined by the Installation Commander. A 25% supplemental MPA will be computed for the Marine Corps Birthday, Navy Birthday, Thanksgiving, and Christmas meals only. Specific dates for holiday menus are as follows:

Spring Break	31 March – 3 April 2022
Memorial Day	30 May 2022
Juneteenth	20 June 2022
Independence Day	04 July 2022
Labor Day	05 September 2022
Columbus Day	10 October 2022
Navy Birthday	13 October 2022
Navy Birthday serving day	07 October 2022
Marine Corps Birthday	10 November 2022
Marine Corps Birthday Serving day	09 November 2022
Veterans Day	11 November 2022
Thanksgiving Day	26 November 2022
Christmas Day	25 December 2022
New Year’s Day	01 January 2023

a. Spring Break (31 March – 3 April) (Master Menu Day 28, 1, 2, 3 and 4)

(1) Thursday, 31 March (Master Menu Day 28) Breakfast will be served as Breakfast Brunch along with the additional items: Hearty Lentil Soup, Beef Tips with Onions and Gravy, Noodles Jefferson, Braised Cabbage and Carrots, Grilled Chicken BLT Wrap and Dinner Rolls. Convenience line items will be advertised and made available to patrons for both meals.

(a) Lunch will not be served.

(b) Grilled T-Bone Steaks will be served in addition to Dinner as Dinner Brunch.

(2) Friday, 01 April (Master Menu Day 1) Breakfast will be served as Breakfast Brunch along with the additional items: Cantonese Style Hot and Sour Soup, Texas Smoky BBQ Diced Pork, Mashed Potatoes, Steamed Collard Greens, Turkey Wrap, Chicken or Turkey Gravy and Dinner Rolls.

(a) Lunch will not be served.

(b) Shrimp Scampi will be served in addition to Dinner as Dinner Brunch.

(3) Saturday, 02 April (Master Menu Day 2) Breakfast Brunch and Dinner Brunch will not change and will be served in accordance with Master Menu Day 2.

(4) Sunday, 03 April (Master Menu Day 3) Breakfast Brunch and Dinner Brunch will not change and will be served in accordance with Master Menu Day 3.

b. Memorial Day (28 - 31 May) (Master Menu Day 2 - Day 5)

(1) Saturday, 28 May (Master Menu Day 2). Breakfast Brunch and Dinner Brunch will not change and will be served in accordance with Master Menu Day 2.

(2) Sunday, 29 May (Master Menu Day 3). Breakfast Brunch and Dinner Brunch will not change and will be served in accordance with Master Menu Day 3.

(3) Monday, 30 May (Master Menu Day 4). Breakfast will be served as Breakfast Brunch along with the additional items: Cream of Broccoli Soup, Country Style Steak, Franconia Potatoes, Steamed Succotash, Grilled Chicken BLT Wrap, Brown Gravy, and Dinner Rolls. Convenience Line items will be advertised and made available to patrons for both meals.

(a) Lunch will not be served.

(b) Dinner Brunch will be the standard Memorial Day holiday menu in this enclosure.

(4) Tuesday, 31 May (Master Menu Day 5). Breakfast will be served as Breakfast Brunch along with the additional items: French Onion Soup, Beef for Broccoli, Islander's Rice, Steamed Collard Greens, Turkey Wrap, Brown Gravy, and Dinner Rolls. Convenience line items will be advertised and made available to patrons for both meals.

(a) Lunch will not be served.

(b) Southern Fried Chicken will be served in addition to Dinner being served as Dinner Brunch.

c. Juneteenth (18 - 21 June) (Master Menu Day 23 – Day 26)

(1) Saturday, 18 June (Master Menu Day 23). Breakfast Brunch and Dinner Brunch will not change and will be served in accordance with Master Menu Day 23.

(2) Sunday, 19 June (Master Menu Day 24). Breakfast Brunch and Dinner Brunch will not change and will be served in accordance with Master Menu Day 24.

(3) Monday, 20 June (Master Menu Day 25). Breakfast will be served as Breakfast Brunch along with the additional items: Cantonese Style Hot and Sour Soup, Beef and Sausage Bolognese with Penne, Mashed Potatoes, Creole Summer Squash, Brown Gravy, Turkey Wrap, and Dinner Rolls. Convenience line items will be advertised and made available to patrons for both meals.

(a) Lunch will not be served.

(b) Shrimp Scampi will be served in addition to Dinner being served as Dinner Brunch.

(4) Tuesday, 21 June (Master Menu Day 26). Breakfast will be served as Breakfast Brunch along with the additional items: Chicken Noodle Soup, Onion-Lemon Baked Fish, Franconia Potatoes, Steamed Succotash, Brown Gravy, Catalan Tuna Wrap, and Dinner Rolls. Convenience line items will be advertised and made available to patrons for both meals.

(a) Lunch will not be served.

(b) Breaded Pork Chop will be served in addition to Dinner being served as Dinner Brunch.

d. Independence Day (02 - 05 July) (Master Menu Day 9 - Day 12)

(1) Saturday, 02 July (Master Menu Day 9). Breakfast Brunch and Dinner Brunch will not change and will be served in accordance with menu day 9.

(2) Sunday, 03 July (Master Menu Day 10). Breakfast Brunch will not change and will be served in accordance with menu day 10.

(a) Dinner Brunch will be the standard Independence Day holiday menu in this enclosure.

(3) Monday, 04 July (Master Menu Day 11). Breakfast will be served as Breakfast Brunch along with the additional items: Minestrone Soup, Cajun Baked Fish, Kansas Medley Rice, Steamed Mixed Vegetables, Catalan Tuna Wrap, Pork Gravy, and Dinner Rolls. Convenience line items will be advertised and made available to patrons for both meals.

(a) Lunch will not be served.

(b) Dinner brunch will be the standard Independence Day holiday menu in this enclosure

(4) Tuesday, 05 July (Master Menu Day 12). Breakfast will be served as Breakfast Brunch along with the additional items: French Onion Soup, Chili and Macaroni, Grilled Cheese Sandwich, Steamed Broccoli, Grilled Chicken BLT Wrap, Cream Gravy and Dinner Rolls. Convenience line items will be advertised and made available to patrons for both meals.

(a) Lunch will not be served.

(b) Shrimp Scampi will be served in addition to Dinner being served as Dinner Brunch.

e. Labor Day (03 - 06 September) (Master Menu Day 16 - Day 19)

(1) Saturday, 03 September (Master Menu Day 16). Breakfast Brunch and Dinner Brunch will not change and will be served in accordance with Master Menu Day 16.

(2) Sunday, 04 September (Master Menu Day 17). Breakfast Brunch and Dinner Brunch will not change and will be served in accordance with Master Menu Day 17.

(3) Monday, 05 September (Master Menu Day 18). Breakfast will be served as Breakfast Brunch along with the additional items: New England Clam Chowder, Roast Pork Loin, Italian Roasted Potatoes, Steamed Broccoli, Turkey Wrap, Pork Gravy, and Dinner Rolls. Convenience line items will be advertised and made available to patrons for both meals.

(a) Lunch will not be served.

(b) Dinner Brunch will be the standard Labor Day holiday menu in this enclosure.

(4) Tuesday, 06 September (Master Menu Day 19). Breakfast will be served as Breakfast Brunch along with the additional items: Beef Vegetable Soup, Mexican Baked Chicken Breast, Potatoes Au Gratin, Steamed Succotash, Grilled Chicken BLT Wrap, Chicken or Turkey Gravy and Dinner Rolls. Convenience Line items will be advertised and made available to patrons for both meals.

(a) Lunch will not be served.

(b) Shrimp Scampi will be served in addition to Dinner served as Dinner Brunch.

f. Navy Birthday Meal (07 October) (Master Menu Day 22). A menu change will need to be submitted to Base Food Service if Commanders desire to change the date of service.

(1) Friday, 7 October (Master Menu Day 22) the breakfast and dinner mainline meals will be prepared and served in accordance with Master Menu Day 22.

(2) The Navy Birthday meal will be prepared and served in place of the regular lunch meal per the Navy Birthday menu in this enclosure.

g. Columbus Day (08 - 11 October) (Master Menu Day 23 - Day 26). There is no special menu for this holiday period.

(1) Saturday, 08 October (Master Menu Day 23). Breakfast Brunch and Dinner Brunch will not change and will be served in accordance with Master Menu Day 23.

(2) Sunday, 09 October (Master Menu Day 24). Breakfast Brunch and Dinner Brunch will not change and will be served in accordance with Master Menu Day 24.

(3) Monday, 10 October (Master Menu Day 25). Breakfast will be served as Breakfast Brunch along with the additional items: Cantonese Style Hot and Sour Soup, Beef and Sausage

Bolognese with Penne, Mashed Potatoes, Turkey Wrap, Creole Summer Squash, Brown Gravy and Dinner Rolls. Convenience line items will be advertised and made available to patrons for both meals.

(a) Lunch will not be served.

(b) Shrimp Scampi will be served in addition to Dinner being served as Dinner Brunch.

(4) Tuesday, 11 October (Master Menu Day 26). Breakfast will be served as Breakfast Brunch along with the additional items: Chicken Noodle Soup, Onion-Lemon Baked Fish, Franconia Potatoes, Chicken BLT Wrap, Steamed Succotash, Brown Gravy, and Dinner Rolls. Convenience line items will be advertised and made available to patrons for both meals.

(a) Lunch will not be served.

(b) Breaded Pork Chop will be served in addition to Dinner served as Dinner Brunch.

h. Marine Corps Birthday Meal (09 November) (Master Menu Day 27). A menu change will need to be submitted to Base Food Service if Commanders desire to change the date of service.

(1) Wednesday, 09 November (Master Menu Day 27) the breakfast and dinner mainline meals will be prepared and served in accordance with Master Menu Day 27.

(2) The Marine Corps Birthday meal will be prepared and served in place of the regular lunch meal per the Marine Corps Birthday menu in this enclosure.

i. Veteran's Day (10 - 13 November) (Day 28 – Day 3)

(1) Thursday, 10 November (Master Menu Day 28). Breakfast will be served as Breakfast Brunch along with the additional items: Hearty Lentil Soup, Beef Tips with Onions and Gravy, Noodles Jefferson, Braised Cabbage and Carrots, Grilled Chicken BLT Wrap, Brown Gravy, and Dinner Rolls. Convenience line items will be advertised and made available to patrons for both meals.

(a) Lunch will not be served.

(b) Breaded Pork Chop will be served in addition to Dinner served as Dinner Brunch.

(2) Friday, 11 November (Master Menu Day 1). Breakfast will be served as Breakfast Brunch along with the additional items: Cantonese Style Hot and Sour Soup, Texas Smoky BBQ Diced Pork, Mashed Potatoes, Steamed Collard Greens, Chicken or Turkey Gravy, Turkey Wrap

and Dinner Rolls. Convenience line items will be advertised and made available to patrons for both meals.

(a) Lunch will not be served.

(b) Dinner Brunch will be the standard Veteran's Day holiday menu in this enclosure.

(3) Saturday, 12 November (Master Menu Day 2). Breakfast Brunch and Dinner Brunch will not change and will be served in accordance with Master Menu Day 02.

(4) Sunday, 13 November (Master Menu Day 3). Breakfast Brunch and Dinner Brunch will not change and will be served in accordance with Master Menu Day 03.

j. Thanksgiving (24 - 27 November) (Master Menu Day 14 - Day 17)

(1) Thursday, 24 November (Master Menu Day 14). Breakfast will be served as Breakfast Brunch along with the additional items: Cheeseburger Soup, Baked Fish Scandia, Potatoes Au Gratin, Louisiana Style Smothered Squash, Chicken or Turkey Gravy, Grilled Chicken BLT Wrap, and Dinner Rolls. Convenience line items will be advertised and made available to patrons for both meals.

(a) Lunch will not be served.

(b) Dinner Brunch will be the standard Thanksgiving Day holiday menu in this enclosure.

(2) Friday, 25 November (Master Menu Day 15). Breakfast will be served as Breakfast Brunch along with the additional items: Cream of Potato Soup, Rotisserie Chicken, Butter Egg Noodle, Green Beans Creole, Turkey Wrap, Chicken or Turkey Gravy, and Dinner Rolls. Convenience Line items will be advertised and made available to patrons for both meals.

(a) Lunch will not be served.

(b) Shrimp Scampi will be served in addition to Dinner being served as Dinner Brunch.

(3) Saturday, 26 November (Master Menu Day 16). Breakfast Brunch and Dinner Brunch will not change and will be served in accordance with Master Menu Day 16.

(4) Sunday, 27 (November Master Menu Day 17). Breakfast Brunch and Dinner Brunch will not change and will be served in accordance with Master Menu Day 17.

k. Christmas Day (24 - 27 December) (Master Menu Day 16 - Day 19)

(1) Saturday, 24 December (Master Menu Day 16). Breakfast Brunch and Dinner Brunch will not change and will be served in accordance with Master Menu Day 16.

(2) Sunday, 25 December (Master Menu Day 17). Breakfast Brunch will not change and will be served in accordance with Master Menu Day 17.

(a) Dinner Brunch will be the standard Christmas Day holiday menu in this enclosure.

(3) Monday, 26 December (Master Menu Day 18). Breakfast will be served as Breakfast Brunch along with the additional items: New England Clam Chowder, Roast Pork Loin, Italian Roasted Potatoes, Steamed Broccoli, Turkey Wrap, Pork Gravy and Dinner Rolls. Convenience line items will be advertised and made available to patrons for both meals.

(a) Lunch will not be served.

(b) Grilled T-Bone Steaks will be served in addition to Dinner being served as Dinner Brunch.

(4) Tuesday, 27 December Master Menu Day 19). Breakfast will be served as Breakfast Brunch along with the additional items: Beef Vegetable Soup, Mexican Baked Chicken Breast, Potatoes Au Gratin, Steamed Succotash, Grilled Chicken BLT Wrap, Chicken or Turkey Gravy, and Dinner Rolls. Convenience line items will be advertised and made available to patrons for both meals.

(a) Lunch will not be served.

(b) Shrimp Scampi will be served in addition to Dinner being served as Dinner Brunch.

1. New Year's Day (31 December - 03 January) (Master Menu Day 23 - Day 26)

(1) Saturday, 31 December (Master Menu Day 23). Breakfast Brunch and Dinner Brunch will not change, and will be served in accordance with Master Menu Day 23.

(a) Lunch will not be served.

(b) Shrimp Scampi will be served in addition to Dinner being served as Dinner Brunch.

(2) Sunday, 01 January (Master Menu Day 24). Breakfast Brunch and Dinner Brunch will not change, and will be served in accordance with Master Menu Day 24.

(a) Dinner Brunch will be the standard New Year's Day holiday menu in this enclosure.

(3) Monday, 02 January (Master Menu Day 25). Breakfast will be served as Breakfast Brunch along with the additional items: Cantonese Style Hot and Sour Soup, Beef and Sausage Bolognese with Penne, Mashed Potatoes, Creole Summer Squash, Turkey Wrap, Brown Gravy, and Dinner Rolls. Convenience line items will be advertised and made available to patrons for both meals.

(a) Lunch will not be served.

(b) Shrimp Scampi will be served in addition to Dinner as Dinner Brunch.

(4) Tuesday, 03 January (Master Menu Day 26). Breakfast will be served as Breakfast Brunch along with the additional items: Chicken Noodle Soup, Onion-Lemon Baked Fish, Franconia Potatoes, Steamed Succotash, Catalan Tuna Wrap, Brown Gravy, and Dinner Rolls. Convenience line items will be advertised and made available to patrons for both meals.

(a) Lunch will not be served.

(b) Breaded Pork Chop will be served in addition to Dinner as Dinner Brunch.

2. Special Meals. Special meals will be served on the main line, replacing the regularly scheduled Lunch Meal. The Super Bowl meal will be served in addition to the breakfast brunch meal. Specialty Bars are not required during special meals. Special meals without specific dates may be served occasionally in conjunction with command-sponsored events. Specified dates for Special Meal menus are as follows:

Black History Month	01 – 28 February 2022
Super Bowl	14 February 2022
Lent	02 March – 03 April 2022
Asian American and Pacific Islander Heritage Month	20 – 31 May 2022
National Hispanic Heritage Month	15 Sept – 15 Oct 2022
National American Indian Heritage Month	01 – 30 November 2022

a. Black History Month (February).

(1) The Black History Month meal will replace any regularly scheduled lunch meal between 01 - 28 February.

(2) A menu change will need to be submitted to Base Food Service 15 days prior to the date of service. The breakfast and dinner mainline meals will be prepared and served according to the Master Menu.

b. Super Bowl (12 - 14 February) (Master Menu Day 9 - Day 11)

(1) Saturday, 12 February (Master Menu Day 9). Breakfast Brunch and Dinner Brunch will not change and will be served in accordance with Master Menu Day 9.

(2) Sunday, 13 February (Master Menu Day 10). Breakfast Brunch and Dinner Brunch will not change and will be served in accordance with Master Menu Day 10.

(3) Monday, 14 February (Master Menu Day 11). Breakfast will be served as Breakfast Brunch along with the standard Super Bowl holiday menu in this enclosure.

(a) Lunch will not be served.

(b) Teriyaki Steak will be served in addition to Dinner being served as Dinner Brunch.

c. Lent (02 March – 03 April) (Master Menu Day 1, 8, 15 and 22)

(1) Fish will be served for Lunch and Dinner meals every Friday for the duration of Lent

d. Asian American Pacific and Islander Heritage Month (May).

(1) The Asian American Pacific and Islander Heritage meal will replace any regularly scheduled lunch meal between 20 - 31 May.

(2) A menu change will need to be submitted to Base Food Service 15 days prior to the date of service. The breakfast and dinner mainline meals will be prepared and served according to the Master Menu.

e. National Hispanic Heritage Month (September/October).

(1) The National Hispanic Heritage meal will replace any regularly scheduled lunch meal between 15 September - 15 October.

(2) A menu change will need to be submitted to Base Food Service 15 days prior to the date of service. The breakfast and dinner mainline meals will be prepared and served according to the Master Menu.

f. National American Indian Heritage Month (November).

(1) The National American Indian Heritage meal will replace any regularly scheduled lunch meal between 01 - 30 November.

(2) A menu change will need to be submitted to Base Food Service 15 days prior to the date of service. The breakfast and dinner mainline meals will be prepared and served according to the Master Menu.

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NEW YEAR'S DAY (Dinner Brunch)

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium	
	SOUP OF THE DAY (See Enclosure 4)										
L 155 01	SOUTHERN FRIED CHICKEN	2 PC		579	kcal	46.5 g	36.6 g	13.6 g	136.0 mg	534 mg	27 mg
OKI/MH 023	#ROAST PORK LOIN	4 OZ		319	kcal	32.9 g	17.7 g	5.1 g	99.0 mg	359 mg	34 mg
L 007 02	GRILLED T-BONE STEAKS	1 EA		463	kcal	58.6 g	23.6 g	0 g	173.0 mg	145 mg	41 mg
OKI/MH 128	SAUTEED MUSHROOMS AND ONIONS	1/4 C		75	kcal	1.2 g	5.7 g	5.9 g	15.0 mg	183 mg	16 mg
OKI/MH 130	SOUTHERN STYLE GREENS (FROZEN)	1/2 C		107	kcal	8 g	5.8 g	7.1 g	15.0 mg	327 mg	204 mg
Q 001 01	BROCCOLI COMBO	3/4 C		10.7	kcal	3.6 g	4.3 g	16.8 g	10.0 mg	59 mg	35 mg
Q 051 00	POTATOES AU GRATIN	2/3 C		242	kcal	6.4 g	10.7 g	30.7 g	29.0 mg	451 mg	137 mg
E 005 00	STEAMED RICE	3/4 C		54	kcal	1.2 g	0.6 g	10.6 g	0.0 mg	213 mg	11 mg
Q G 001 15	SIMMERED BLACK-EYED PEAS (CANNED)	3/4 C		139	kcal	8.5 g	1 g	24.6 g	0.0 mg	528 mg	36 mg
O 016 02	CHICKEN OR TURKEY GRAVY	1/4 C		46	kcal	0.7 g	3.4 g	3.2 g	0.0 mg	424 mg	6 mg
O 016 05	MUSHROOM GRAVY	1/4 C		76	kcal	1.1 g	5.6 g	5.5 g	1.0 mg	502 mg	5 mg
D 015 00	CORN BREAD (MIX)	1 PC		213	kcal	3.6 g	6.2 g	35.5 g	1.0 mg	417 mg	29 mg
	2 DESSERTS										
	2 SPECIALTY SALADS										

It is mandatory that this item be ordered from Cook Chill.

STANDARD SALAD BAR See Master Menu Enclosure (5)

STANDARD FRUIT BAR See Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (7)

NOTES:

1. This menu will be served on the actual day of observance, during the dinner brunch meal.
2. See Enclosure (4) for desserts and specialty salads served on this day.

DR. MARTIN LUTHER KING JR. DAY (Dinner Brunch)

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium	
	SOUP OF THE DAY (See Enclosure 4)										
L 056 00	SOUTHERN FRIED CATFISH FILLETS	4 OZ		268	kcal	18.4 g	12.9 g	18.4 g	68.0 mg	430 mg	43 mg
L 155 01	SOUTHERN FRIED CHICKEN	2 PC		579	kcal	46.5 g	36.6 g	13.6 g	136.0 mg	534 mg	27 mg
OKI/MH 148	#TEXAS SMOKY BBQ PORK RIBS	7 OZ		580	kcal	38.8 g	40.4 g	12.7 g	161.0 mg	444 mg	73 mg
OKI/MH 114	HOPPING JOHN (BLACK-EYE PEAS WITH RICE)	2/3 C		139	kcal	7.7 g	2.4 g	22 g	4.0 mg	38 mg	32 mg
OKI/MH 130	SOUTHERN STYLE GREENS (FROZEN)	1/2 C		107	kcal	8 g	5.8 g	7.1 g	15.0 mg	327 mg	204 mg
Q G 001 15	SIMMERED BLACK-EYED PEAS (CANNED)	3/4 C		139	kcal	8.5 g	1 g	24.6 g	0.0 mg	528 mg	36 mg
Q 069 01	SWEET POTATOES SOUTHERN STYLE	1/2 C		158	kcal	1.9 g	1.7 g	34.1 g	4.0 mg	201 mg	45 mg
F 001 00	BAKED MACARONI AND CHEESE	1 C		377	kcal	17.8 g	15.3 g	41.5 g	44.0 mg	745 mg	408 mg
O 016 02	CHICKEN OR TURKEY GRAVY	1/4 C		46	kcal	0.7 g	3.4 g	3.2 g	0.0 mg	424 mg	6 mg
O 017 00	CREAM GRAVY	1/4 C		64	kcal	2.4 g	3.5 g	5.7 g	1.0 mg	244 mg	76 mg
D 015 00	CORN BREAD (MIX)	1 PC		213	kcal	3.6 g	6.2 g	35.5 g	1.0 mg	417 mg	29 mg
	2 DESSERTS										
	2 SPECIALTY SALADS										

It is mandatory that this item be ordered from Cook Chill.

STANDARD SALAD BAR See Master Menu Enclosure (5)

STANDARD FRUIT BAR See Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (7)

NOTES:

1. This menu will be served on the actual day of observance, during the dinner brunch meal.
2. See Enclosure (4) for desserts and specialty salads served on this day.

PRESIDENT'S DAY (Dinner/Brunch)

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
	SOUP OF THE DAY (See Enclosure 4)									
OKI/MH 035	#ROAST TURKEY	4 OZ		188 kcal	40.7 g	2.7 g	0 g	97.0 mg	157 mg	19 mg
LO/L 069 00	BAKED HAM (BONE-IN)	4 OZ		147 kcal	21.6 g	2.9 g	8.8 g	27.0 mg	1084 mg	7 mg
Q G 006 13	STEAMED PEAS WITH CARROTS (FZN)	3/4 C		65 kcal	4.2 g	0.6 g	13.7 g	0.0 mg	97 mg	33 mg
OKI/MH 072	FRIED CABBAGE WITH BACON (#CABBAGE)	1/2 C		61 kcal	2.1 g	4 g	5.3 g	10.0 mg	164 mg	38 mg
Q 050 00	OVEN BROWNED POTATOES	1/2 C		126 kcal	1.9 g	3.8 g	21.9 g	10.0 mg	221 mg	10 mg
E 012 00	NOODLES JEFFERSON	3/4 C		243 kcal	8.7 g	9.6 g	30.5 g	55.0 mg	511 mg	108 mg
o 016 02	CHICKEN OR TURKEY GRAVY	1/4 C		46 kcal	0.7 g	3.4 g	3.2 g	0.0 mg	424 mg	6 mg
o 017 00	CREAM GRAVY	1/4 C		64 kcal	2.4 g	3.5 g	5.7 g	1.0 mg	244 mg	76 mg
o 009 00	PINEAPPLE SAUCE (FOR HAM) (RECON LJ)	1/4 C		71 kcal	0.1 g	0 g	18.3 g	0.0 mg	1 mg	5 mg
MFR	CRANBERRY SAUCE	1/4 C		180 kcal	1 g	0.2 g	45.8 g	0.0 mg	6 mg	3 mg
	2 DESSERTS									
	2 SPECIALTY SALADS									

It is mandatory that this item be ordered from Cook Chill.

STANDARD SALAD BAR See Master Menu Enclosure (5)

STANDARD FRUIT BAR See Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (7)

NOTES:

1. This menu will be served on the actual day of observance, during the dinner brunch meal.
2. See Enclosure (4) for desserts and specialty salads served on this day.

MEMORIAL DAY, INDEPENDENCE DAY, LABOR DAY & VETERAN'S DAY (Dinner/Brunch)

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
	SOUP OF THE DAY (See Enclosure 4)									
OKI/MH 148	#TEXAS SMOKY BBQ PORK RIBS	7 OZ		580 kcal	38.8 g	40.4 g	12.7 g	161.0 mg	444 mg	73 mg
OKI/MH 027	#TEXAS SMOKY BBQ CHICKEN (QTR)	1 QTR		612 kcal	52.4 g	26.3 g	38.1 g	166.0 mg	1114 mg	59 mg
L 007 02	GRILLED T-BONE STEAKS	1 EA		463 kcal	58.6 g	23.6 g	0 g	173.0 mg	145 mg	41 mg
Q G 006 17	STEAMED CORN ON THE COB (FROZEN)	3/4 C		143 kcal	4.8 g	1.1 g	34.2 g	0.0 mg	7 mg	6 mg
Q 045 01	FRENCH FRIED STEAK FRIES (FZN)	1 C		472 kcal	3.8 g	33.3 g	41.6 g	0.0 mg	557 mg	15 mg
F 001 00	BAKED MACARONI AND CHEESE	1 C		377 kcal	17.8 g	15.3 g	41.5 g	44.0 mg	745 mg	408 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg
	2 DESSERTS									
	2 SPECIALTY SALADS									

It is mandatory that this item be ordered from Cook Chill.

STANDARD SALAD BAR See Master Menu Enclosure (5)

STANDARD FRUIT BAR See Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (7)

NOTES:

1. This menu will be served on the actual day of observance, during the dinner brunch meal.
2. See Enclosure (4) for desserts and specialty salads served on this day.

NAVY AND MARINE CORPS BIRTHDAYS (LUNCH)

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium	
	SOUP OF THE DAY (See Enclosure 4)										
OKI/MH 039	#ROAST RIB OF BEEF (PRIME RIB ROLL)	6 OZ		569	kcal	44.8 g	42.9 g	1.1 g	153.0 mg	1235 mg	29 mg
OKI/MH 163	#ROTISSERIE CHICKEN (QTR)	1 PC		422	kcal	48.2 g	24 g	3.8 g	155.0 mg	1431 mg	26 mg
HUB 053	BAKED LOBSTER TAILS	1 EA		208	kcal	16.8 g	15.5 g	0.1 g	166.0 mg	593 mg	89 mg
Q G 006 17	STEAMED CORN ON THE COB (FROZEN)	3/4 C		143	kcal	4.8 g	1.1 g	34.2 g	0.0 mg	7 mg	6 mg
Q 041 00	PEAS WITH MUSHROOMS (FROZEN)	3/4 C		130	kcal	7.4 g	2.2 g	21.3 g	5.0 mg	271 mg	41 mg
Q 044 00	BAKED POTATOES	1 EA		187	kcal	5 g	0.2 g	42.5 g	0.0 mg	15 mg	29 mg
OKI/MH 070	RICE PILAF	3/4 C		100	kcal	2.2 g	3.7 g	14.5 g	4.0 mg	949 mg	25 mg
OKI/MH 128	SAUTEED MUSHROOMS AND ONIONS	1/4 C		75	kcal	1.2 g	5.7 g	5.9 g	15.0 mg	183 mg	16 mg
SEAFOOD-R/M	SEAFOOD COCKTAIL SAUCE, BOTTLE	2 TBSP		37	kcal	0.4 g	0.3 g	8.5 g	0.0 mg	297 mg	8 mg
D ROLL-MFR	DINNER ROLL	2 EA		174	kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg
OKI/MH 127	SHRIMP COCKTAIL (PREPARED SAUCE) -OKI	1 EA		92	kcal	10.3 g	1.1 g	10 g	91.0 mg	723 mg	50 mg
OKI 008	BIRTHDAY CAKE	1 PIECE		59	kcal	0.9 g	24 g	8.7 g	9.0 mg	56 mg	24 mg
	2 DESSERTS										
	2 SPECIALTY SALADS										
Optional											
L 121 00	SHRIMP SCAMPI	2/3 C		168	kcal	15.8 g	8.6 g	6.5 g	135.0 mg	948 mg	78 mg
L 007 02	GRILLED T-BONE STEAKS	1 EA		463	kcal	58.6 g	23.6 g	0 g	173.0 mg	145 mg	41 mg
L G 004 01	STEAMED CRAB LEGS, ALASKAN KING	5-1/2 OZ		172	kcal	34.2 g	2.7 g	0 g	94.0 mg	1896 mg	104 mg

It is mandatory that this item be ordered from Cook Chill.

STANDARD SALAD BAR See Master Menu Enclosure (5)

STANDARD FRUIT BAR See Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (7)

NOTES:

1. This menu will be served on the actual day of observance, during the dinner brunch meal.
2. See Enclosure (4) for desserts and specialty salads served on this day.

THANKSGIVING DAY (Dinner/Brunch)

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
	SOUP OF THE DAY (See Enclosure 4)									
OKI/MH 035	#ROAST TURKEY	4 OZ		188 kcal	40.7 g	2.7 g	0 g	97.0 mg	157 mg	19 mg
LO/L 069 00	BAKED HAM (BONE-IN)	4 OZ		147 kcal	21.6 g	2.9 g	8.8 g	27.0 mg	1084 mg	7 mg
OKI/MH 039	#ROAST RIB OF BEEF (PRIME RIB ROLL)	6 OZ		569 kcal	44.8 g	42.9 g	1.1 g	153.0 mg	1235 mg	29 mg
Q G 006 17	STEAMED CORN ON THE COB (FROZEN)	3/4 C		143 kcal	4.8 g	1.1 g	34.2 g	0.0 mg	7 mg	6 mg
Q 041 00	PEAS WITH MUSHROOMS (FROZEN)	3/4 C		130 kcal	7.4 g	2.2 g	21.3 g	5.0 mg	271 mg	41 mg
OKI/MH 105	CORN BREAD DRESSING (MIX)	3-1/2 Oz		223 kcal	4.6 g	9.2 g	30.1 g	16.0 mg	665 mg	62 mg
Q 067 00	CANDIED SWEET POTATOES	1/2 C		188 kcal	1.1 g	3.9 g	38 g	10.0 mg	226 mg	31 mg
Q 057 00	MASHED POTATOES (INSTANT)	1/2 C		105 kcal	2.7 g	2 g	19.5 g	1.0 mg	164 mg	47 mg
O 016 02	CHICKEN OR TURKEY GRAVY	1/4 C		46 kcal	0.7 g	3.4 g	3.2 g	0.0 mg	424 mg	6 mg
O 009 00	PINEAPPLE SAUCE (FOR HAM) (RECON LJ)	1/4 C		71 kcal	0.1 g	0 g	18.3 g	0.0 mg	1 mg	5 mg
MFR	CRANBERRY SAUCE	1/4 C		180 kcal	1 g	0.2 g	45.8 g	0.0 mg	6 mg	3 mg
MFR	EGGNOG	1 C		224 kcal	11.6 g	10.6 g	20.4 g	150.0 mg	137 mg	330 mg
MFR	MIXED NUTS,SHELLED	2 OZ		337 kcal	9.8 g	29.2 g	14.4 g	0.0 mg	196 mg	40 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg
	2 DESSERTS									
	2 SPECIALTY SALADS									

It is mandatory that this item be ordered from Cook Chill.

STANDARD SALAD BAR See MASTER Menu Enclosure (5)

STANDARD FRUIT BAR See Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (7)

NOTES:

1. This menu will be served on the actual day of observance, during the dinner brunch meal.
2. See Enclosure (4) for desserts and specialty salads served on this day.

CHRISTMAS DAY (Dinner/Brunch)

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
	SOUP OF THE DAY (See Enclosure 4)									
OKI/MH 035	#ROAST TURKEY	4 OZ		188 kcal	40.7 g	2.7 g	0 g	97.0 mg	157 mg	19 mg
OKI/MH 039	#ROAST RIB OF BEEF (PRIME RIB ROLL)	6 OZ		569 kcal	44.8 g	42.9 g	1.1 g	153.0 mg	1235 mg	29 mg
LO/L 069 00	BAKED HAM (BONE-IN)	4 OZ		147 kcal	21.6 g	2.9 g	8.8 g	27.0 mg	1084 mg	7 mg
Q G 006 12	STEAMED CORN (FROZEN)	3/4 C		108 kcal	3.7 g	1 g	25.4 g	0.0 mg	4 mg	5 mg
OKI/MH 109	LYONNAISE GREEN BEANS (FROZEN)	1/2 C		58 kcal	1.5 g	2.9 g	6.8 g	7.0 mg	96 mg	36 mg
OKI/MH 129	BREAD DRESSING	3-1/2 Oz		200 kcal	4.5 g	9.5 g	24.2 g	0.0 mg	655 mg	81 mg
Q 067 00	CANDIED SWEET POTATOES	1/2 C		188 kcal	1.1 g	3.9 g	38 g	10.0 mg	226 mg	31 mg
Q 057 00	MASHED POTATOES (INSTANT)	1/2 C		105 kcal	2.7 g	2 g	19.5 g	1.0 mg	164 mg	47 mg
O 016 02	CHICKEN OR TURKEY GRAVY	1/4 C		46 kcal	0.7 g	3.4 g	3.2 g	0.0 mg	424 mg	6 mg
O 009 00	PINEAPPLE SAUCE (FOR HAM) (RECON LJ)	1/4 C		71 kcal	0.1 g	0 g	18.3 g	0.0 mg	1 mg	5 mg
MFR	CRANBERRY SAUCE	1/4 C		180 kcal	1 g	0.2 g	45.8 g	0.0 mg	6 mg	3 mg
MFR	EGGNOG	1 C		224 kcal	11.6 g	10.6 g	20.4 g	150.0 mg	137 mg	330 mg
MFR	MIXED NUTS,SHELLED	2 OZ		337 kcal	9.8 g	29.2 g	14.4 g	0.0 mg	196 mg	40 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg
	2 DESSERTS									
	2 SPECIALTY SALADS									

It is mandatory that this item be ordered from Cook Chill.

STANDARD SALAD BAR See Master Menu Enclosure (5)

STANDARD FRUIT BAR See Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (7)

NOTES:

1. This menu will be served on the actual day of observance, during the dinner brunch meal.
2. See Enclosure (4) for desserts and specialty salads served on this day.

BLACK HISTORY MONTH (Lunch)

Number	Recipe Name	Portions	FFF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
P 010 01	SHRIMP GUMBO	1 C		87 kcal	3.6 g	4.7 g	8.2 g	24.0 mg	1382 mg	53 mg
MFR	DEEP FRIED CATFISH FILLETS	1 EA		501 kcal	20.5 g	42.4 g	9.1 g	81.0 mg	318 mg	50 mg
L 155 01	SOUTHERN FRIED CHICKEN	2 PC		579 kcal	46.5 g	36.6 g	13.6 g	136.0 mg	534 mg	27 mg
L 012 00	COUNTRY STYLE STEAK	1 EA		394 kcal	38.4 g	19.4 g	14.2 g	124.0 mg	616 mg	56 mg
OKI/MH 148	#TEXAS SMOKY BBQ PORK RIBS	7 OZ		580 kcal	38.8 g	40.4 g	12.7 g	161.0 mg	444 mg	73 mg
OKI/MH 130	SOUTHERN STYLE GREENS (FROZEN)	1/2 C		107 kcal	8 g	5.8 g	7.1 g	15.0 mg	327 mg	204 mg
Q G 001 15	SIMMERED BLACK-EYED PEAS (CANNED)	3/4 C		139 kcal	8.5 g	1 g	24.6 g	0.0 mg	528 mg	36 mg
Q 057 00	MASHED POTATOES (INSTANT)	1/2 C		105 kcal	2.7 g	2 g	19.5 g	1.0 mg	164 mg	47 mg
F 001 00	BAKED MACARONI AND CHEESE	1 C		377 kcal	17.8 g	15.3 g	41.5 g	44.0 mg	745 mg	408 mg
O 016 02	CHICKEN OR TURKEY GRAVY	1/4 C		46 kcal	0.7 g	3.4 g	3.2 g	0.0 mg	424 mg	6 mg
O 017 00	CREAM GRAVY	1/4 C		64 kcal	2.4 g	3.5 g	5.7 g	1.0 mg	244 mg	76 mg
D 015 00	CORN BREAD (MIX)	1 PC		213 kcal	3.6 g	6.2 g	35.5 g	1.0 mg	417 mg	29 mg
	2 DESSERTS									
	2 SPECIALTY SALADS									

It is mandatory that this item be ordered from Cook Chill.

STANDARD SALAD BAR See Master Menu Enclosure (5)

STANDARD FRUIT BAR See Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (7)

NOTES:

1. Managers may select the specified date for this special meal in accordance with the guidance contained in this enclosure.
2. See Enclosure (4) for desserts and specialty salads served on the specified Master Menu Day.
3. This menu will be served on the main line, replacing the regularly scheduled lunch meal.
4. The scheduled speciality bar is not a requirement for this meal.
5. A menu change will need to be submitted to Base Food Service 15 days prior to the date of service.

SUPER BOWL (Breakfast/Brunch)

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
	SOUP OF THE DAY (See Enclosure 4)									
LOCAL 199	BARBECUED CHICKEN WINGS (LOCAL)	6 EA		398 kcal	27.5 g	21.2 g	24.5 g	155.0 mg	1292 mg	52 mg
MFR	BAKED CHICKEN WINGS	6 EA		252 kcal	23.6 g	16.7 g	0 g	140.0 mg	97 mg	18 mg
LOCAL 008	DEEP FAT FRIED CHICKEN WINGS	6 EA		572 kcal	28.3 g	47.1 g	9.8 g	155.0 mg	1025 mg	35 mg
OKI 020	BUFFALO CHICKEN WINGS	6 EA		657 kcal	28.6 g	56.2 g	10.7 g	155.0 mg	2320 mg	42 mg
OKI/MH 151	DEEP FAT FRIED MEMPHIS BBQ CHICKEN	4 EA		356 kcal	10.6 g	34.3 g	2.8 g	59+ mg	543 mg	20+ mg
OKI 021	LEMON PEPPER CHICKEN WINGS	4 EA		571 kcal	28.2 g	47.1 g	9.6 g	155.0 mg	1126 mg	34 mg
OKI/MH 153	HONEY MUSTARD CHICKEN WING	6 EA		457 kcal	27.1+ g	20.8 g	111.1 g	155.0 mg	1370 mg	35+ mg
Q 045 01	FRENCH FRIED STEAK FRIES (FZN)	1 C		472 kcal	3.8 g	33.3 g	41.6 g	0.0 mg	557 mg	15 mg
Q 035 01	FRENCH FRIED ONION RINGS (FZN)	3 OZ		413 kcal	3.6 g	29.6 g	34.6 g	0.0 mg	279 mg	52 mg
HUB Q 045 01	FRENCH FRIED CURLY FRIES (FROZEN)	1 C		523 kcal	3.7 g	40.4 g	37.3 g	16.0 mg	597 mg	0+ mg
F 002 01	NACHOS (RTU CHEESE SAUCE)	3-1/2 Oz		303 kcal	7.1 g	16.6 g	32.8 g	17.0 mg	992 mg	159 mg
R/M	BLUE CHEESE, DRESSING	1 EA		218 kcal	0.6 g	23 g	2.1 g	14.0 mg	289 mg	17 mg
R/M	CREAMY RANCH DRESSING	1 EA		183 kcal	0.6 g	18.9 g	2.5 g	11.0 mg	383 mg	12 mg
	2 DESSERTS									
	2 SPECIALTY SALADS									

It is mandatory that this item be ordered from Cook Chill.

STANDARD SALAD BAR See Master Menu Enclosure (5)

STANDARD FRUIT BAR See Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (7)

NOTES:

1. Managers may select the specified date for this special meal in accordance with the guidance contained in this enclosure.
2. See Enclosure (4) for desserts and specialty salads served on the specified Master Menu Day.
3. This menu will be served on the main line, replacing the regularly scheduled lunch meal.
4. The scheduled specilaty bar is not a requirement for this meal.
5. A menu change will need to be submitted to Base Food Service 15 days prior to the date of service.

ASIAN AMERICAN HERITAGE MONTH (Lunch)

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
P 803 00	EGG DROP SOUP	1 C		46 kcal	2.7 g	1 g	6.4 g	1.0 mg	1655 mg	22 mg
OKI/MH 019	#BEEF FOR BROCCOLI	3/4 C		234 kcal	21.1 g	3.6 g	30.6 g	42.0 mg	1055 mg	96 mg
OKI/MH 041	#CHINESE FIVE-SPICE CHICKEN (QTR)	1 PC		462 kcal	52.5 g	25.8 g	1.7 g	166.0 mg	630 mg	36 mg
L 079 00	SWEET AND SOUR PORK CHOPS	1 EA		261 kcal	28.7 g	7.8 g	17.3 g	89.0 mg	139 mg	31 mg
OKI/MH 021	#VEGETABLE STIR FRY	1/2 C		47 kcal	1.2 g	1.9 g	7 g	0.0 mg	127 mg	35 mg
Q 014 00	ORANGE CARROTS AMANDINE	1/2 C		78 kcal	1.4 g	4.1 g	10 g	6.0 mg	118 mg	38 mg
OKI/MH 065	PORK FRIED RICE (GRIDDLE METHOD)	1/2 C		103 kcal	6.1 g	3.5 g	11.3 g	37.0 mg	591 mg	22 mg
E 004 02	BUTTERED EGG NOODLE	1 C		246 kcal	7.7 g	6.6 g	38.8 g	55.0 mg	328 mg	29 mg
O 016 02	CHICKEN OR TURKEY GRAVY	1/4 C		46 kcal	0.7 g	3.4 g	3.2 g	0.0 mg	424 mg	6 mg
D ROLL-MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg
Optional										
OKI/MH 133	PORK ADOBO	2/3 C		166 kcal	19.2 g	6.5 g	6.1 g	48.0 mg	1378 mg	15 mg
	2 DESSERTS									
	2 SPECIALTY SALADS									

It is mandatory that this item be ordered from Cook Chill.

STANDARD SALAD BAR See Master Menu Enclosure (5)

STANDARD FRUIT BAR See Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (7)

NOTES:

1. Managers may select the specified date for this special meal in accordance with the guidance contained in this enclosure.
2. See Enclosure (4) for desserts and specialty salads served on the specified Master Menu Day.
3. This menu will be served on the main line, replacing the regularly scheduled lunch meal.
4. The scheduled specilaty bar is not a requirement for this meal.
5. A menu change will need to be submitted to Base Food Service 15 days prior to the date of service.

NATIONAL HISPANIC HERITAGE MONTH (Lunch)

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
	SOUP OF THE DAY (See Enclosure 4)									
MFR	PORK TAMALES (FRZN)	1 EA	█	190 kcal	14.9 g	5.3 g	20.7 g	31.0 mg	337 mg	20 mg
MFR	CHICKEN TAMALES (FRZN)	1 EA	█	156 kcal	5.8 g	8 g	16.1 g	14.0 mg	484 mg	55 mg
OKI/MH 046	TACOS (#TACO MEAT)	2 EA	█	333 kcal	24.4 g	16.7 g	20 g	72.0 mg	964 mg	49 mg
OKI/MH 104	ENCHILADAS (GROUND BEEF)	2 EA	█	389 kcal	28.7 g	16.2 g	33.1 g	69.0 mg	687 mg	148 mg
OKI/MH 047	#CHICKEN FAJITAS	6 OZ	█	174 kcal	18.8 g	5.7 g	13.5 g	79.0 mg	1460 mg	54 mg
OKI/MH 098	#MOJO BEEF FAJITAS	6 OZ	█	244 kcal	35.7 g	6.7 g	8.9 g	92+ mg	202 mg	33+ mg
OKI/MH 097	CHICKEN QUESADILLA -GRILL METHOD (#CC-MEAT)	1 EA	█	464 kcal	22.1 g	23.8 g	39.8 g	55.0 mg	964 mg	606 mg
OKI/MH 095	BEEF QUESADILLA -GRILL METHOD (#CC-MEAT)	1 EA	█	681 kcal	56.7 g	30.3 g	42.7 g	147.0 mg	1153 mg	625 mg
OKI/MH 044	TACO SALAD (#TACO MEAT)	1 EA	█	422 kcal	28.7 g	22.2 g	27 g	86.0 mg	1076 mg	166 mg
Q 038 01	REFRIED BEANS (CANNED BEANS)	1/2 C	█	98 kcal	5.4 g	2.2 g	14.8 g	0.0 mg	404 mg	32 mg
OKI/MH 135	SPANISH RICE-OKI	3/4 C	█	74 kcal	2.5 g	1.5 g	13.4 g	2.0 mg	401 mg	44 mg
Q 027 02	MEXICAN CORN (FROZEN CORN)	3/4 C	█	165 kcal	4.3 g	5.9 g	28.8 g	13.0 mg	122 mg	10 mg
F 002 01	NACHOS (RTU CHEESE SAUCE)	3-1/2 OZ	█	303 kcal	7.1 g	16.6 g	32.8 g	17.0 mg	992 mg	159 mg
	2 DESSERTS									
	2 SPECIALTY SALADS									
CONDIMENTS										
MFR	TORTILLAS, FLOUR	1 EA	█	150 kcal	4 g	3.9 g	24.2 g	0.0 mg	361 mg	72 mg
MFR	SHELLS, TACO, CORN	1 EA	█	57 kcal	0.8 g	2.6 g	7.6 g	0.0 mg	39 mg	12 mg
R/M	CHEESE, CHEDDAR, SHREDDED (MFR)	2 TBSP	█	57 kcal	3.2 g	4.7 g	0.4 g	14.0 mg	93 mg	101 mg
OKI/MH 089	#LETTUCE, SHREDDED	2 TBSP	█	1 kcal	0.1 g	0 g	0.3 g	0.0 mg	1 mg	2 mg
M G 001 51	TOMATOES, FRESH, DICED	2 TBSP	█	9 kcal	0.5 g	0.1 g	2 g	0.0 mg	3 mg	5 mg
M G 001 66	#PEPPERS, GREEN, FRESH, DICED	1 OZ	█	6 kcal	0.2 g	0 g	1.3 g	0.0 mg	1 mg	3 mg
M G 001 31	#ONIONS, DRY, CHOPPED	2 TBSP	█	8 kcal	0.2 g	0 g	1.8 g	0.0 mg	1 mg	4 mg
M G 001 29	OLIVES, BLACK, SLICED	3 EA	█	35 kcal	0.3 g	3.3 g	1.9 g	0.0 mg	225 mg	27 mg
A 013	LEMON, FRESH, WEDGES	1 EA	█	4 kcal	0.2 g	0 g	1.4 g	0.0 mg	0 mg	4 mg
A 013	LIMES, FRESH, WEDGES	1 EA	█	9 kcal	0.2 g	0.1 g	3 g	0.0 mg	1 mg	9 mg
MFR	SOUR CREAM (MFR)	1 TBSP	█	28 kcal	0.3 g	2.7 g	0.7 g	8.0 mg	4 mg	14 mg
OKI/MH 115	GUACAMOLE	2 TBSP	█	56 kcal	0.6 g	5 g	3.2 g	1.0 mg	105 mg	4 mg
R/M	SALSA, MEDIUM	2 TBSP	█	9 kcal	0.5 g	0.1 g	2.2 g	0.0 mg	231 mg	10 mg
MFR	CHEESE SAUCE, CANNED (RTU)	1-1/2 OZ	█	105 kcal	4.1 g	8 g	4.1 g	18.0 mg	501 mg	111 mg
M G 001 56	CILANTRO FRESH CHOPPED	1/4 OZ	█	2 kcal	0.2 g	0 g	0.3 g	0.0 mg	3 mg	0 mg

It is mandatory that this item be ordered from Cook Chill.

STANDARD SALAD BAR See Master Menu Enclosure (5)

STANDARD FRUIT BAR See Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (7)

NOTES:

contained in this enclosure.

2. See Enclosure (4) for desserts and specialty salads served on the specified Master Menu Day.

3. This menu will be served on the main line, replacing the regularly scheduled lunch meal.

4. The scheduled specilaty bar is not a requirement for this meal.

service.

NATIONAL AMERICAN INDIAN HERITAGE MONTH (Lunch)

Number	Recipe Name	Portions	FFI	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
OKI/MH 156	#HEARTY LENTIL SOUP	1 C	Green	118 kcal	6.1 g	1.8 g	20.7 g	0.0 mg	737 mg	66 mg
L 524 00	WHITE FISH WITH MUSHROOMS	4 OZ	Green	179 kcal	34.9 g	2.2 g	3.1 g	124.0 mg	439 mg	113 mg
OKI/MH 163	#ROTISSERIE CHICKEN (QTR)	1 PC	Yellow	422 kcal	48.2 g	24 g	3.8 g	155.0 mg	1431 mg	26 mg
L 040 00	STUFFED GREEN PEPPERS (GROUND BEEF)	1/2 EA	Yellow	299 kcal	28.4 g	13.4 g	15.8 g	86.0 mg	864 mg	44 mg
Q G 006 17	STEAMED CORN ON THE COB (FROZEN)	3/4 C	Green	143 kcal	4.8 g	1.1 g	34.2 g	0.0 mg	7 mg	6 mg
LO/Q 064 01	SAVORY SUMMER SQUASH (FROZEN)	1/2 C	Green	37 kcal	1.1 g	0.9 g	7.4 g	0.0 mg	215 mg	2 mg
OKI/MH 080	TOSSED GREEN RICE	3/4 C	Yellow	66 kcal	1.4 g	1.7 g	11.2 g	0.0 mg	215 mg	18 mg
Q 033 00	PARSLEY BUTTERED POTATOES	4 PC	Yellow	169 kcal	2.8 g	3.8 g	31.8 g	10.0 mg	600 mg	20 mg
O 017 00	CREAM GRAVY	1/4 C	Red	64 kcal	2.4 g	3.5 g	5.7 g	1.0 mg	244 mg	76 mg
D 015 00	CORN BREAD (MIX)	1 PC	Yellow	213 kcal	3.6 g	6.2 g	35.5 g	1.0 mg	417 mg	29 mg
	2 DESSERTS									
	2 SPECIALTY SALADS									

It is mandatory that this item be ordered from Cook Chill.

STANDARD SALAD BAR See Master Menu Enclosure (5)

STANDARD FRUIT BAR See Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (7)

NOTES:

contained in this enclosure.

2. See Enclosure (4) for desserts and specialty salads served on the specified Master Menu Day.
3. This menu will be served on the main line, replacing the regularly scheduled lunch meal.
4. The scheduled speciality bar is not a requirement for this meal service.

PACIFIC ISLANDERS HERITAGE MONTH

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
P 013 00	NEW ENGLAND FISH CHOWDER	1 C		193 kcal	16.8 g	5.8 g	17.7 g	56.0 mg	383 mg	190 mg
L 121 00	SHRIMP SCAMPI	2/3 C		168 kcal	15.8 g	8.6 g	6.5 g	135.0 mg	948 mg	78 mg
OKI/MH 133	PORK ADOBO	2/3 C		166 kcal	19.2 g	6.5 g	6.1 g	48.0 mg	1378 mg	15 mg
L 119 00	BAKED FISH (SALMON) (CONC LEMON JUICE)	4 OZ		257 kcal	23.5 g	17.2 g	0.5 g	77.0 mg	304 mg	18 mg
OKI/MH 021	#VEGETABLE STIR FRY	1/2 C		47 kcal	1.2 g	1.9 g	7 g	0.0 mg	127 mg	35 mg
Q G 006 12	STEAMED CORN (FROZEN)	3/4 C		108 kcal	3.7 g	1 g	25.4 g	0.0 mg	4 mg	5 mg
USMC 007	HAWAIIAN STYLE BROWN AND QUINOA	4 OZ		126 kcal	3.4 g	2.6 g	22.7 g	0.0 mg	552 mg	26 mg
E 004 02	BUTTERED EGG NOODLE	1 C		246 kcal	7.7 g	6.6 g	38.8 g	55.0 mg	328 mg	29 mg
E 005 00	STEAMED RICE	3/4 C		54 kcal	1.2 g	0.6 g	10.6 g	0.0 mg	213 mg	11 mg
O 016 00	BROWN GRAVY	1/4 C		75 kcal	0.9 g	5.9 g	4.6 g	0.0 mg	462 mg	4 mg
MFR	DINNER ROLL	2 EA		174 kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg
	2 DESSERTS									
	2 SPECIALTY SALADS									

It is mandatory that this item be ordered from Cook Chill.

STANDARD SALAD BAR See Master Menu Enclosure (5)

STANDARD FRUIT BAR See Master Menu Enclosure (6)

STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (7)

NOTES:

contained in this enclosure.

2. See Enclosure (4) for desserts and specialty salads served on the specified Master Menu Day.
3. This menu will be served on the main line, replacing the regularly scheduled lunch meal.
4. The scheduled specilaty bar is not a requirement for this meal. service.

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Breakfast

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium	
AFRC	ASSORTED FRESH FRUITS										
N 007 00	1 ENGLISH MUFFIN W/BACON,EGG & CHEESE	1 EA		343	kcal	18.2 g	17.9 g	26.9 g	199.0 mg	932 mg	417 mg
N 007 01	1 ENGLISH MUFFIN W/HAM,EGG & CHEESE	1 EA		337	kcal	20.8 g	16.1 g	26.8 g	202.0 mg	1128 mg	418 mg
N 007 03	1 ENGLISH MUFFIN W/SAUSAGE,EGG & CHEESE	1 EA		408	kcal	19.2 g	24.7 g	27 g	211.0 mg	988 mg	421 mg
LOCAL 308	1 ENGLISH MUFFIN W/CHICKEN SAUSAGE,EGG & CHEES	1 EA		386	kcal	24.2 g	18.7 g	26.6 g	222.0 mg	1089 mg	412+ mg
F 004 00	HARD COOKED EGGS	2 EA		130	kcal	11.4 g	8.6 g	0.7 g	337.0 mg	135 mg	57 mg
R/M	DRY CEREALS, ASSORTED,INDV	1 EA		110	kcal	1.8 g	0.3 g	25.2 g	0.0 mg	231 mg	3 mg
R/M	MILK,WHITE 1%,INDV	1 EA		102	kcal	8.2 g	2.4 g	12.2 g	12.0 mg	107 mg	305 mg
R/M	ASSORTED JUICES (IND)	1 EA		143	kcal	0.3 g	0.4 g	35 g	0.0 mg	12 mg	25 mg
R/M	SALT PACKET	2 EA		0	kcal	0 g	0 g	0 g	0.0 mg	775 mg	0 mg
R/M	PEPPER PACKET	2 EA		1	kcal	0 g	0 g	0.2 g	0.0 mg	0 mg	1 mg
R/M	MUSTARD PACKET	2 EA		7	kcal	0.4 g	0.4 g	0.6 g	0.0 mg	121 mg	7 mg
R/M	CATSUP PACKET	1 EA		9	kcal	0.1 g	0 g	2.5 g	0.0 mg	82 mg	1 mg
	2 DESSERTS										

STANDARD FRUIT BAR See master Menu Encl (6)

NOTES:

1. Manager's option to serve Bagel, Croissant or English Muffin Breakfast Sandwich.
2. Dessert from the Menu Day/Meal will be provided.

Lunch and Dinner

Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium	
AFRC	ASSORTED FRESH FRUITS										
N 019 00	1 SUBMARINE SANDWICH (BOLOGNA)	1 EA		462	kcal	23.2 g	29.4 g	26.2 g	85.0 mg	1833 mg	555 mg
LOCAL 090	1 ROAST BEEF SUBMARINE SANDWICH	1 EA		377	kcal	32.4 g	17 g	22.5 g	75.0 mg	657 mg	402 mg
LOCAL 089	1 TURKEY SUBMARINE SANDWICH	1 EA		340	kcal	25.3 g	15.7 g	23.9 g	61.0 mg	1168 mg	402 mg
LOCAL 338	1 HAM SUBMARINE SANDWICH	1 EA		343	kcal	25.8 g	16.3 g	23.5 g	56.0 mg	1376 mg	404 mg
LOCAL 337	1 CHICKEN SUBMARINE SANDWICH	1 EA		380	kcal	34 g	16.4 g	23.2 g	82.0 mg	679 mg	410 mg
R/M	CHIPS,ASSORTED	1 BG		153	kcal	1.7 g	9.5 g	16.1 g	0.0 mg	146 mg	39 mg
R/M	ASSORTED GATORADE (IND)	1 EA		195	kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	ASSORTED CANDY BAR	1 EA		249.5	kcal	4.15 g	13.4 g	29.2 g	5.0 mg	123.5 mg	41 mg
R/M	SALT PACKET	2 EA		0	kcal	0 g	0 g	0 g	0.0 mg	775 mg	0 mg
R/M	PEPPER PACKET	2 EA		1	kcal	0 g	0 g	0.2 g	0.0 mg	0 mg	1 mg
R/M	MUSTARD PACKET	2 EA		7	kcal	0.4 g	0.4 g	0.6 g	0.0 mg	121 mg	7 mg
R/M	CATSUP PACKET	1 EA		9	kcal	0.1 g	0 g	2.5 g	0.0 mg	82 mg	1 mg
R/M	SALAD DRESSING PACKET	2 EA		50	kcal	0.1 g	4.3 g	3 g	4.0 mg	131 mg	1 mg

STANDARD FRUIT BAR See master Menu Encl (6)

NOTES:

1. Provide one submarine type sandwich; rotate choice.
2. Dessert from the Menu Day/Meal will be provided.

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Number	Recipe Name	Portions	FF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium	
OKI/MH 148	#TEXAS SMOKY BBQ PORK RIBS	7 OZ		580	kcal	38.8 g	40.4 g	12.7 g	161.0 mg	444 mg	73 mg
OKI/MH 027	#TEXAS SMOKY BBQ CHICKEN (QTR)	1 QTR		612	kcal	52.4 g	26.3 g	38.1 g	166.0 mg	1114 mg	59 mg
N 012 00	GRILLED HAMBURGER (BEEF PATTIES)	1 EA		293	kcal	22.9 g	12.1 g	21.6 g	64.0 mg	259 mg	75 mg
N 012 01	CHEESEBURGER (BEEF PATTIES)	1 EA		381	kcal	27.2 g	19.5 g	22.4 g	87.0 mg	652 mg	321 mg
LO/N 030 00	SIMMERED FRANKFURTER ON ROLL	1 EA		478	kcal	16.9 g	33.8 g	25.4 g	62.0 mg	1339 mg	77 mg
OKI/MH 123	BAKED BEANS (CANNED)	1/2 OZ		182	kcal	8.1 g	3 g	34.1 g	12.0 mg	691 mg	81 mg
OKI/MH 007	2 #POTATO SALAD (#SAUCE)	2/3 C		371	kcal	4.1 g	28.2 g	25.9 g	63.0 mg	770 mg	38 mg
OKI/MH 015	2 #COLE SLAW	1/2 C		237	kcal	1.7 g	20.5 g	12.7 g	11.0 mg	431 mg	49 mg
OKI/MH 017	2 #MACARONI SALAD	1/2 C		242	kcal	4.2 g	15.8 g	20.4 g	29.0 mg	272 mg	21 mg
OKI/MH 012	2 #ITALIAN STYLE PASTA SALAD	1/2 C		255	kcal	10.2 g	15.7 g	18 g	23.0 mg	561 mg	161 mg
USMC 021	2 FOUR GRAIN AND DRIED FRUIT SALAD	4 OZ		414	kcal	8.2 g	23.5 g	45.9 g	0.0 mg	146 mg	60 mg
R/M	HAMBURGER BUN	1 EA		120	kcal	4.2 g	1.7 g	21.6 g	0.0 mg	212 mg	62 mg
MFR	HOT DOG ROLLS (MFR)	1 EA		120	kcal	4.2 g	1.7 g	21.6 g	0.0 mg	212 mg	62 mg
MFR	DINNER ROLL	2 EA		174	kcal	6.1 g	3.6 g	29.1 g	2.0 mg	262 mg	100 mg
R/M	BUTTER PATTIE	1 EA		36	kcal	0 g	4.1 g	0 g	11.0 mg	32 mg	1 mg
R/M	CHIPS, ASSORTED	1 BG		153	kcal	1.7 g	9.5 g	16.1 g	0.0 mg	146 mg	39 mg
OKI/MH 091	LETTUCE, LEAF OR SHREDED	1 OZ		3	kcal	0.2 g	0 g	0.5 g	0.0 mg	2 mg	3 mg
M G 001 51	TOMATOES, FRESH, SLICED	2 SL		12	kcal	0.6 g	0.1 g	2.6 g	0.0 mg	7 mg	7 mg
OKI/MH 090	#ONIONS, SLICED	3 SL		11	kcal	0.3 g	0 g	2.5 g	0.0 mg	1 mg	6 mg
R/M	CHEESE, AMERICAN, SLICED	2 SL		84	kcal	4.1 g	7.2 g	0.8 g	23.0 mg	379 mg	237 mg
M G 001 41	PICKLES, CUCUMBER, DILL, SPEARS	4 EA		9	kcal	0.4 g	0.2 g	1.9 g	0.0 mg	640 mg	45 mg
R/M	MUSTARD PACKET	2 EA		7	kcal	0.4 g	0.4 g	0.6 g	0.0 mg	121 mg	7 mg
R/M	CATSUP PACKET	1 EA		9	kcal	0.1 g	0 g	2.5 g	0.0 mg	82 mg	1 mg
R/M	SALAD DRESSING PACKET	2 EA		50	kcal	0.1 g	4.3 g	3 g	4.0 mg	131 mg	1 mg
R/M	DILL PICKLE RELISH PACKET	2 EA		2	kcal	0.1 g	0.1 g	0.5 g	0.0 mg	162 mg	11 mg
R/M	SALT PACKET	2 EA		0	kcal	0 g	0 g	0 g	0.0 mg	775 mg	0 mg
R/M	PEPPER PACKET	2 EA		1	kcal	0 g	0 g	0.2 g	0.0 mg	0 mg	1 mg
	3 BEVERAGES										
	4 DESSERTS										
	5 FRESH FRUIT										

#It is mandatory that this item be ordered from Cook-Chill.

NOTES:

1. A choice between Barbecued Chicken and Spareribs may be served, but cannot exceed 50 percent of each item.
2. Choice of salad-two of the five salads will be made available to patrons.
3. Beverages (canned soda, coffee, Gatorade and Juice) will be provided.
4. Dessert from the Menu Day/Meal will be provided.
5. Standard Fruit Bar will be provided.
6. Ensure that all serving utensils and serving pans are signed for by the using unit prior to leaving the Mess Hall with the unit, name, rank, and phone number. Do not accept any subsistence items returned to the Mess Hall.

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Number	Recipe Name	Portions	FTF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium	
AFRC	ASSORTED FRESH FRUITS										
F 004 00	HARD COOKED EGGS	2 EA		130	kcal	11.4 g	8.6 g	0.7 g	337.0 mg	135 mg	57 mg
R/M	RICE KRISPIE BAR (MFR)	1 EA		92	kcal	0.8 g	2 g	17.8 g	0.0 mg	78 mg	1 mg
R/M	MEAL REPLACEMENT BAR,DOUBLE CHOCOLATE	1 EA		170	kcal	10 g	4.5 g	24 g	0.0 mg	200 mg	0 mg
R/M	CHIPS,ASSORTED	1 BG		153	kcal	1.7 g	9.5 g	16.1 g	0.0 mg	146 mg	39 mg
R/M	GATORADE,FRUIT PUNCH,INDV	1 EA		195	kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	GATORADE,ORANGE,INDV	1 EA		159	kcal	0 g	0 g	39.2 g	0.0 mg	238 mg	6 mg
R/M	GATORADE,LEMON LIME,INDV	1 EA		195	kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	JUICE,APPLE,INDIVIDUAL (VIT C)	1 EA		143	kcal	0.3 g	0.4 g	35 g	0.0 mg	12 mg	25 mg
R/M	JUICE,ORANGE,BOTTLE,INDIVIDUAL	1 EA		122	kcal	0.5 g	0 g	30.4 g	0.0 mg	5 mg	5 mg
R/M	JUICE,CRANBERRY COCKTAIL,INDIVIDUAL	1 EA		171	kcal	0 g	0.3 g	42.8 g	0.0 mg	6 mg	9 mg

STANDARD FRUIT BAR See master Menu Encl (6)

NOTES:

1. A minimum of two fresh fruit options will be served.
2. Beverage options may vary but will not exceed 20 percent of each item.

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Breakfast

Number	Recipe Name	Portions	FF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
AFRC	ASSORTED FRESH FRUITS									
R/M	BREAD, WHITE, SLICED	2 SL		110 kcal	3.7 g	1.4 g	20.4 g	0.0 mg	202 mg	59 mg
R/M	BREAD, WHEAT, SLICED	2 SL		105 kcal	4.4 g	1.2 g	18.6 g	0.0 mg	242 mg	30 mg
R/M	BREAD, RYE, SLICED	2 SL		107 kcal	3.5 g	1.4 g	19.9 g	0.0 mg	249 mg	30 mg
R/M	BREAD, CINNAMON RAISIN	2 SL		233 kcal	6.7 g	3.7 g	44.5 g	0.0 mg	332 mg	56 mg
R/M	ENGLISH MUFFINS	1 EA		129 kcal	5.1 g	1 g	25.2 g	0.0 mg	242 mg	93 mg
MFR	ASSORTED BAGELS (FZN)	2 EA		289 kcal	11 g	1.7 g	56.1 g	0.0 mg	561 mg	19 mg
MFR	CROISSANT	1 EA		231 kcal	4.7 g	12 g	26.1 g	38.0 mg	266 mg	21 mg
R/M	1 DRY CEREALS, ASSORTED	1 EA		110 kcal	1.8 g	0.3 g	25.2 g	0.0 mg	231 mg	3 mg
R/M	1 DRY CEREALS, ASSORTED, HEALTHY	1 EA		110 kcal	1.8 g	0.3 g	25.2 g	0.0 mg	231 mg	3 mg
R/M	JELLY PACKET, ASSORTED	2 EA		30 kcal	0 g	0 g	6 g	0.0 mg	10 mg	0 mg
R/M	PEANUT BUTTER, INDV	2 EA		170 kcal	6.3 g	14.6 g	6.3 g	0.0 mg	121 mg	14 mg
R/M	CREAM CHEESE PACKET	1 EA		99 kcal	1.7 g	9.8 g	1.6 g	29.0 mg	89 mg	27 mg
R/M	BUTTER PATTIE	1 EA		36 kcal	0 g	4.1 g	0 g	11.0 mg	32 mg	1 mg
MFR	MUFFINS, STRAWBERRY SHORTCAKE	1 EA		260 kcal	3 g	12 g	36 g	40.0 mg	210 mg	0 mg
R/M	RICE KRISPIE BAR (MFR)	1 EA		92 kcal	0.8 g	2 g	17.8 g	0.0 mg	78 mg	1 mg
R/M	GRANOLA BAR, VARIETY PACK	1 EA		126 kcal	2 g	4.9 g	18.6 g	0.0 mg	47 mg	11 mg
R/M	2 YOGURT, ASSORTED	1 EA		170 kcal	5 g	1.5 g	33 g	10.0 mg	80 mg	200 mg
R/M	ASSORTED JUICES (IND)	1 EA		143 kcal	0.3 g	0.4 g	35 g	0.0 mg	12 mg	25 mg
R/M	ASSORTED GATORADE (IND)	1 EA		195 kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	MILK, WHITE 1%, INDV	1 EA		102 kcal	8.2 g	2.4 g	12.2 g	12.0 mg	107 mg	305 mg
R/M	MILK, CHOCOLATE, NONFAT, INDV	1 EA		130 kcal	8 g	0 g	25 g	0.0 mg	180 mg	300 mg

Lunch and Dinner

Number	Recipe Name	Portions	FF	Calories	Protein	Fat	Carbs	Choles	Sodium	Calcium
AFRC	ASSORTED FRESH FRUITS									
N 019 00	SUBMARINE SANDWICH (BOLOGNA)	1 EA		462 kcal	23.2 g	29.4 g	26.2 g	85.0 mg	1833 mg	555 mg
LOCAL 090	ROAST BEEF SUBMARINE SANDWICH	1 EA		377 kcal	32.4 g	17 g	22.5 g	75.0 mg	657 mg	402 mg
LOCAL 089	TURKEY SUBMARINE SANDWICH	1 EA		340 kcal	25.3 g	15.7 g	23.9 g	61.0 mg	1168 mg	402 mg
LOCAL 338	HAM SUBMARINE SANDWICH	1 EA		343 kcal	25.8 g	16.3 g	23.5 g	56.0 mg	1376 mg	404 mg
LOCAL 337	CHICKEN SUBMARINE SANDWICH	1 EA		380 kcal	34 g	16.4 g	23.2 g	82.0 mg	679 mg	410 mg
OKI/MH 126	TUNA SALAD SANDWICH	1 EA		278 kcal	20.1 g	6.6 g	35.4 g	31.0 mg	674 mg	105 mg
M G 001 37	PEPPERS, JALAPENO, SLICED (CANNED)	3 TBSP		3 kcal	0.1 g	0.1 g	0.6 g	0.0 mg	197 mg	3 mg
M G 001 41	PICKLES, CUCUMBER, DILL, SPEARS	4 EA		9 kcal	0.4 g	0.2 g	1.9 g	0.0 mg	640 mg	45 mg
R/M	BREAD, WHITE, SLICED	2 SL		110 kcal	3.7 g	1.4 g	20.4 g	0.0 mg	202 mg	59 mg
R/M	BREAD, WHEAT, SLICED	2 SL		105 kcal	4.4 g	1.2 g	18.6 g	0.0 mg	242 mg	30 mg
R/M	BREAD, RYE, SLICED	2 SL		107 kcal	3.5 g	1.4 g	19.9 g	0.0 mg	249 mg	30 mg
R/M	BREAD, CINNAMON RAISIN	2 SL		233 kcal	6.7 g	3.7 g	44.5 g	0.0 mg	332 mg	56 mg
R/M	JELLY PACKET, ASSORTED	2 EA		30 kcal	0 g	0 g	6 g	0.0 mg	10 mg	0 mg
R/M	PEANUT BUTTER, INDV	2 EA		170 kcal	6.3 g	14.6 g	6.3 g	0.0 mg	121 mg	14 mg
R/M	BUTTER PATTIE	1 EA		36 kcal	0 g	4.1 g	0 g	11.0 mg	32 mg	1 mg
R/M	ASSORTED CANDY BAR	1 EA		249.5 kcal	4.15 g	13.4 g	29.2 g	5.0 mg	123.5 mg	41 mg
MFR	ASSORTED COOKIES	2 EA		215.8 kcal	2.333 g	10.68 g	27.82 g	12.5 mg	145.2 mg	16.17 mg
R/M	CRACKERS, SALTINE	2 EA		50 kcal	1.1 g	1 g	8.9 g	0.0 mg	113 mg	2 mg
R/M	MUSTARD PACKET	2 EA		7 kcal	0.4 g	0.4 g	0.6 g	0.0 mg	121 mg	7 mg
R/M	CATSUP PACKET	1 EA		9 kcal	0.1 g	0 g	2.5 g	0.0 mg	82 mg	1 mg
R/M	SALAD DRESSING PACKET	2 EA		50 kcal	0.1 g	4.3 g	3 g	4.0 mg	131 mg	1 mg
R/M	CHIPS, ASSORTED	1 BG		153 kcal	1.7 g	9.5 g	16.1 g	0.0 mg	146 mg	39 mg
R/M	YOGURT, ASSORTED	1 EA		170 kcal	5 g	1.5 g	33 g	10.0 mg	80 mg	200 mg
R/M	ASSORTED JUICES (IND)	1 EA		143 kcal	0.3 g	0.4 g	35 g	0.0 mg	12 mg	25 mg
R/M	ASSORTED GATORADE (IND)	1 EA		195 kcal	0 g	0.3 g	47.8 g	0.0 mg	256 mg	6 mg
R/M	ASSORTED SODA CAN	1 CN		155 kcal	0 g	0.9 g	38.3 g	0.0 mg	11 mg	4 mg
Optional										
R/M	DELI ROLLS, WHITE (MFR)	1 EA		105 kcal	3.3 g	1.6 g	19.1 g	0.0 mg	218 mg	35 mg
R/M	HOAGIE ROLLS, WHOLE WHEAT (MFR)	1 EA		359 kcal	11.7 g	6.3 g	69 g	0.0 mg	703 mg	143 mg
R/M	ASSORTED TORTILLA	1 EA		269 kcal	8.2 g	6.767 g	43.94 g	0.0 mg	613.7 mg	117 mg

STANDARD COLD BAR See Master Menu Encl (5)

STANDARD FRUIT BAR See Master Menu Encl (6)

1. Minimum two cereals containing greater than 8 grams of whole grain per serving will be offered; one type of cereal must be non-presweetened and fortified with folic acid, calcium, and iron.

2. Minimum two types of assorted yogurt will be served during all meals.

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FREQUENCY CHART

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	
		FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	
Breakfast	L 515 00 1 OVEN FRIED TURKEY BACON (2 SLICE)	B		BB		B		B		BB		B		B		B		BB		B		B		BB		B		B		
	L 061 01 1 TEXAS HASH (GROUND TURKEY)	B		BB		B		B		BB		B		B		B		BB		B		B		BB		B		B		
	LO/L 089 03 1 BAKED SAUSAGE PATTIES (PERFORMED)	B		BB		B		B		BB		B		B		B		BB		B		B		BB		B		B		
	LOCAL 303 2 BAKED CHICKEN SAUSAGE PATTIES		BB		B		B		B		BB		B		B		BB		B		B		B		BB		B		B	
	OKI/MH 045 2 GROUND CHORIZO HASH (#CHORIZO)		BB		B		B		B		BB		B		B		BB		B		B		B		BB		B		B	
	L 002 01 2 OVEN FRIED CANADIAN BACON	BB		B		B		B		B		BB		B		B		BB		B		B		B		BB		B		B
	L 002 00 OVEN FRIED BACON (2 SLICE)	B	BB	BB	B	B	B	B	B	B	BB	BB	B	B	B	B	B	BB	BB	B	B	B	B	B	BB	BB	B	B	B	B
OKI/MH 002 1 #CREAMED GROUND BEEF	B		BB		B		B		BB		B		B		B		BB		B		B		BB		B		B			
OKI/MH 006 2 #CREAMED SAUSAGE GRAVY		BB		B		B		B		BB		B		B		BB		B		B		B		BB		B		B		
Q 046 01 1 COTTAGE FRIED POTATOES	B		BB		B		B		BB		B		B		B		BB		B		B		BB		B		B			
Q 047 00 2 HOME FRIED POTATOES		BB		B		B		B		BB		B		B		B		BB		B		B		BB		B		B		
E 005 05 STEAMED BROWN RICE	B	BB	BB	B	B	B	B	B	B	BB	BB	B	B	B	B	B	BB	BB	B	B	B	B	B	BB	BB	B	B	B	B	
OKI/MH 188 1 GRILLED PEPPERS, ONIONS AND TOMATOES	B		BB		B		B		BB		B		B		B		BB		B		B		BB		B		B			
Q G 006 16 2 STEAMED SPINACH (FROZEN)		BB		B		B		B		BB		B		B		BB		B		B		B		BB		B		B		
LO/Q G 001 1 SIMMERED PINTO BEANS (CANNED)	B		BB		B		B		BB		B		B		B		BB		B		B		BB		B		B			
LO/Q G 001 2 BLACK BEANS (CANNED)		BB		B		B		B		BB		B		B		BB		B		B		B		BB		B		B		
D 022 01 1 FRENCH TOAST (THICK SLICE)	B		BB		B		B		BB		B		B		B		BB		B		B		BB		B		B			
D 025 06 2 WAFFLES,FROZEN,WHEAT		BB		B		B		B		BB		B		B		B		BB		B		B		BB		B		B		
D 001 01 BAKING POWDER BISCUITS (MIX)	B	BB	BB	B	B	B	B	B	B	BB	BB	B	B	B	B	B	BB	BB	B	B	B	B	B	BB	BB	B	B	B	B	
D 025 04 BUTTERMILK PANCAKES (PANCAKE MIX)	B	BB	BB	B	B	B	B	B	B	BB	BB	B	B	B	B	B	BB	BB	B	B	B	B	B	BB	BB	B	B	B	B	
BRK Pastry	MFR BANANA NUT MUFFINS (BANANA NUT MUFFIN MIX)-MFR			BB					B						B					B							B			
	D 031 00 MUFFINS (MUFFIN MIX)				B						BB							BB					B					B		
	MFR MUFFINS,STRAWBERRY SHORTCAKE (MFR) (FRZ)						B							B						B						BB				
	D 036 12 BEAR CLAWS (SWEET DOUGH MIX W/YEAST)	B									BB										B									
	D 036 14 BOWKNOTS,FIGURE 8's, & S SHAPES (SWT DGH W/YEAST)		BB									B										B								
	D 036 07 BUTTERFLY ROLLS (SWEET DOUGH MIX W/YEAST)			BB									B										B							
	D 036 06 CINNAMON RAISIN MUFFINS (SHEET PAN & LF MIX)				B																			B						
	D 036 04 CINNAMON RAISIN ROLLS (SWEET DOUGH MIX W/YEAST)														B													B		
	D 027 01 KOLACHES (SW DOUGH MIX W/YEAST)CHERRY FILLING					B										B									BB					
	D 019 03 LONGJOHNS (SWEET DOUGH MIX W/YEAST)						B										B								BB					
	D 019 02 RAISED DOUGHNUTS (SWEET DOUGH MIX W/YEAST)							B										BB									B			
	D 036 13 SNAILS (SWEET DOUGH MIX W/YEAST)								B										BB									B		
	D 036 08 SUGAR ROLLS (SWEET DOUGH MIX W/YEAST)											BB								B								B		
	D 037 01 QUICK APPLE COFFEE CAKE (BISCUIT MIX)	B										BB								BB					BB					
	D 037 03 QUICK CHERRY COFFEE CAKE (BISCUIT MIX)			BB									B														B			
	D 037 00 QUICK COFFEE CAKE (BISCUIT MIX)					B									B							B						B		
D 037 02 QUICK FRENCH COFFEE CAKE (BISCUIT MIX)								B								B							B							
Soup	OKI/MH 008 #BEEF VEGETABLE SOUP													L/D							L/D									
	OKI/MH 145 #CANTONESE STYLE HOT AND SOUR SOUP		L/D						L																		L/D			
	OKI/MH 146 #CHEESEBURGER SOUP			BB/DB											L/D							L/D								
	OKI/MH 051 #CHICKEN NOODLE SOUP									L/D																		L/D		
	OKI/MH 092 #CHICKEN RICE SOUP			BB/DB																				L/D						
	OKI/MH 049 #CREAM OF BROCCOLI SOUP					L/D												BB/DB												
	OKI/MH 026 #FRENCH ONION SOUP					L/D								L/D																
	OKI/MH 156 #HEARTY LENTIL SOUP											BB/DB																L/D		
	OKI/MH 031 #MINESTRONE SOUP												L/D						BB/DB						BB/DB					
	OKI/MH 028 #NEW ENGLAND CLAM CHOWDER						L/D													L/D						BB/DB				
	OKI/MH 112 CREAM OF POTATO SOUP (FRESH POTATOES)																L/D						L/D							
P 003 00 CREOLE SOUP											BB/DB																L/D			

FREQUENCY CHART

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	
		FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	
Beef	OKI/MH 030 #BEEF BALLS STROGANOFF															D								DB						
	OKI/MH 019 #BEEF FOR BROCCOLI					L						L															L			
	OKI/MH 139 #BEEF STEW							D						L																
	OKI/MH 144 #BEEF TIPS WITH ONIONS AND GRAVY																	DB											L	
	OKI/MH 053 #MEATBALLS WITH MARINARA SAUCE				SP							SP								SP							SP			
	OKI/MH 098 #MOJO BEEF FAJITAS					SP							SP									SP						SP		
	OKI/MH 036 #PEPPER STEAK								L														L							
	OKI/MH 011 #ROAST BEEF																						L						D	
	OKI/MH 039 #ROAST RIB OF BEEF (PRIME RIB ROLL)			DB								DB							DB							DB				
	OKI/MH 054 #SPAGHETTI SAUCE				SP								SP								SP							SP		
	SDX HUB 364 BEEF AND SAUSAGE BOLOGNESE w PENNE																										L			
	OKI/MH 117 CAJUN MEAT LOAF																													
	OKI/MH 029 CHILI AND MACARONI (#CHILI SAUCE)											DB		L					BB			D								
	L 012 00 COUNTRY STYLE STEAK				L											D														
	OKI/MH 104 ENCHILADAS (GROUND BEEF)					SP								SP								SP						SP		
	LOCAL 009 GRILLED BEEF STRIPS (FAJITA)																												SP	
	L 007 02 GRILLED T-BONE STEAKS							SP							SP								SP						SP	
	OKI/MH 107 JAEGERSCHNITZEL (VEAL W/MUSHROOM GRAVY)		D												L															
	L 006 00 SUKIYAKI						D																	D						
	OKI/MH 077 SWISS STEAK WITH BROWN GRAVY									L																				
	OKI/MH 048 TACO RICE (#TACO MEAT)																											D		
	OKI/MH 044 TACO SALAD (#TACO MEAT)																													
	OKI/MH 046 TACOS (#TACO MEAT)					SP								SP								SP						SP		
	OKI/MH 152 TERIYAKI BEEF STRIPS (PREP SAUCE)																		BB											
	L 010 02 YANKEE POT ROAST							D																						
	Chicken	OKI/MH 047 #CHICKEN FAJITAS					SP								SP								SP						SP	
		OKI/MH 004 #HONEY GLAZED ROCK CORNISH HENS											DB																L	
		OKI/MH 163 #ROTISSERIE CHICKEN (QTR)							L								L													
		OKI/MH 033 #SAVORY BAKED CHICKEN										DB																		D
		OKI/MH 027 #TEXAS SMOKY BBQ CHICKEN (QTR)			DB																			D						
		OKI/MH 043 #ZESTY ORANGE CHICKEN (QTR)					L													DB										
MFR BAKED CHICKEN WINGS			SP							SP							SP							SP						
L 206 00 BAYOU CHICKEN (CONC LEMON JUICE)												BB																		
OKI 015 BOMBAY CHICKEN									L															L						
OKI 020 BUFFALO CHICKEN WINGS			SP							SP														SP						
OKI/MH 142 CHICKEN AND ITALIAN VEGETABLE PASTA															D														L	
MFR CHICKEN CORDON BLEU			L																	L										
USMC 014 CHICKEN CUTLETS PICCATA																										BB				
L 181 00 CHICKEN IN ORANGE SAUCE				BB										D																
MFR CHICKEN TAMALES (FRZN)							SP							SP								SP						SP		
LOCAL 008 DEEP FAT FRIED CHICKEN WINGS			SP								SP							SP						SP						
OKI/MH 151 DEEP FAT FRIED MEMPHIS BBQ CHICKEN			SP								SP							SP						SP						
LOCAL 010 GRILLED CHICKEN STRIPS (FAJITA)																													SP	
L 179 00 HONEY GINGER CHICKEN (BONELESS)																			DB											
OKI/MH 153 HONEY MUSTARD CHICKEN WING			SP								SP							SP							SP					
IWA 013 JERKED STYLE CHICKEN (QUARTERED)													D									D								
OKI 021 LEMON PEPPER CHICKEN WINGS			SP								SP							SP						SP						
USMC 031 MEDITERRANEAN CHICKEN W/TOMATOES AND OLIVES																							D							
L 143 04 MEXICAN BAKED CHICKEN (BONELESS)																						L								
L 210 00 SANTA FE GLAZED CHICKEN (BREAST)					DB																							D		
L 155 01 SOUTHERN FRIED CHICKEN							L	SP																				D	SP	
LOCAL 331 TERIYAKI CHICKEN (BONELESS BREAST)			D																							BB				

FREQUENCY CHART

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	
		FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	
Turkey	OKI/MH 010 #JERKED ROAST TURKEY										BB				L															
	OKI/MH 035 #ROAST TURKEY								L												L									
	OKI/MH 136 #TURKEY A LA KING				D														D											
	L 217 00 ASIAN BARBECUE TURKEY																D						D							
USMC 042 TURKEY AND SPINACH MEATLOAF W/BROWN GRAVY									D																					
Fish/Seafood	USMC 001 AMAYONNAISING CRUSTED FISH								D																					
	SDX 33254-2 BAJA FISH - SALSA RICO (POLLOCK)																	DB												
	L 504 00 BAKED FISH SCANDIA (POLLOCK)				BB										L															
	OKI 002 BAKED STUFFED FISH FILLET (OKI)																					L								
	L 119 07 CAJUN BAKED FISH (POLLOCK)											L								D										D
	L 136 00 CREOLE SHRIMP														L								L							
	USMC 020 FISH FLORENTINE PARMESAN (COD)																							D						
	MFR FRENCH FRIED BUTTERFLY SHRIMP (PRECOOKED)							SP							SP								SP							SP
	L 119 03 LEMON BAKED FISH (POLLOCK)						D																							
	L 119 02 ONION-LEMON BAKED FISH (SALMON)			DB																								L		
	USMC 034 PASTA PRIMAVERA WITH GRILLED SHRIMP									D														DB						
	CATFISH-MFR DEEP FRIED CATFISH FILLETS							SP							SP								SP							SP
	HUB 053 BAKED LOBSTER TAILS				DB							DB							DB							DB				
	HUB 048 STEAMED SHRIMP (P&D)								SP							SP							SP							SP
Vegetarian	OKI/MH 143 #KALUA PORK														D								L							
	OKI/MH 023 #ROAST PORK LOIN																			L								L		
	OKI/MH 020 #TEXAS SMOKY BBQ DICED PORK		L																							DB				
	OKI/MH 148 #TEXAS SMOKY BBQ PORK RIBS																L										L			
	LO/L 069 00 BAKED HAM (BONE-IN)							D																			D			
	L 083 01 BARBECUED PORK CHOPS					D					DB																	D		
	L 085 00 BRAISED PORK CHOPS															D														
	BP-MFR BREADED PORK CHOP (FROZEN)							L																						
	L 095 00 CANTONESE SPARERIBS														D															
	LOCAL 011 GRILLED PORK LOIN STRIPS								SP							SP							SP							SP
	MFR PORK TAMALES (FRZN)							SP							SP								SP					SP		
	LOCAL 309 BAKED POTATO CASSEROLE (PLANT BASED)		L				D			L		DB					D					D		L			D			
LOCAL 312 BEAN AND PROTEIN CHILI (PLANT BASED)					L					DB		L			D					D					DB				L	
L 189 00 ITALIAN BROCCOLI PASTA					D								L			L					L					L			D	
LOCAL 310 PASTA PRIMAVERA (PLANT BASED)				DB		L				D					D				D				D				L			
LOCAL 339 PERFECT BURGER PARMESAN								L						L				DB				D						D		
LOCAL 311 PROTEIN STUFFED GREEN PEPPERS (PLANT BASED)			DB				L						D								L			DB				L		
OKI/MH 196 YAKISOBA (PLANT BASED)		D					D					D			L					L		L					D			
Other	L 025 02 LASAGNA (FROZEN)					SP						SP							SP								SP			
	MFR PIZZA PEPPERONI CONV (5")					SP						SP							SP								SP			
	L 165 06 PIZZA (ROLL MIX)					SP						SP							SP								SP			
	OKI 001 TORTELLINI CHEESE W/PESTO SAUCE					SP							SP							SP								SP		
MFR VEGETABLE LASAGNA (FROZEN)					SP			D				SP							SP								SP			

FREQUENCY CHART

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28		
		FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU		
Starch	F 001 00 BAKED MACARONI AND CHEESE				L								D					DB					D					D			
	Q 044 00 BAKED POTATOES										DB							DB			L				DB						
	E 004 09 BOILED PENNE RIGATE				SP								SP							SP							SP				
	E 004 06 BOILED RAINBOW ROTINI NOODLES				SP	D							SP							D/SP							SP				
	E 004 00 BOILED SPAGHETTI NOODLES				SP								SP							SP							SP				
	E 004 00 BOILED SPAGHETTI NOODLES-WHOLE WHEAT				SP								SP							SP							SP				
	E 019 01 BROWN RICE WITH TOMATOES			DB											D																
	E 004 02 BUTTERED EGG NOODLE			BB		D				L			L		L									L							
	Q 067 00 CANDIED SWEET POTATOES						L																				D				
	Q 050 01 FRANCONIA POTATOES					L																						L			
	HUB Q 045 01 FRENCH FRIED CURLY FRIES (FROZEN)		SP								SP													SP							
	Q 035 01 FRENCH FRIED ONION RINGS (FZN)		SP	BB/DB	BB/DB						SP	BB/DB	BB/DB					SP	BB/DB	BB/DB				SP	BB/DB	BB/DB					
	Q 045 00 FRENCH FRIED POTATOES (FROZEN)			BB/DB	BB/DB							BB/DB	BB/DB						BB/DB	BB/DB					BB/DB	BB/DB					
	Q 045 01 FRENCH FRIED STEAK FRIES (FZN)							SP								SP							SP						SP		
	Q 070 00 GARLIC ROASTED POTATO WEDGES													D					DB												
	E 020 00 GINGER RICE				DB																D										
	USMC 007 HAWAIIAN STYLE BROWN AND QUINOA		L													D							L				L				
	Q 502 00 ITALIAN ROASTED POTATOES		D										D								L							D			
	LO/E 006 JASMINE RICE-LOCAL		D																									D			
	MFR KANSAS MEDLEY RICE												L											D				D			
	USMC 029 LEMON ORZO							L					D			L						L							L		
	E 005 03 LONG GRAIN AND WILD RICE							D												D											
	Q 057 00 MASHED POTATOES (INSTANT)		L					SP	D			DB				SP	D				D	SP					L		SP	L	
	E 017 00 MEDITERRANEAN BROWN RICE													L															D		
	E 011 00 MEXICAN RICE						SP								SP							SP							SP		
	E 012 00 NOODLES JEFFERSON							D														D								L	
	Q 049 00 O'BRIEN POTATOES									L						L								L							
	Q 050 00 OVEN BROWNED POTATOES				BB																					BB					
	Q 050 02 OVEN-GLO POTATOES				DB				L																						
	Q 033 00 PARSLEY BUTTERED POTATOES																						L								D
	OKI/MH 065 PORK FRIED RICE (GRIDDLE METHOD)										D							D													
	OKI/MH 121 POTATOES AND HERBS						D				D		BB				L														
	Q 051 00 POTATOES AU GRATIN							L								L						L									
	USMC 040 RED BEANS WITH RICE-USMC																				L							L			
OKI/MH 070 RICE PILAF					D												DB					L									
Q 504 00 ROASTED PEPPER POTATOES			DB								BB												D					L			
E 016 00 ISLANDER'S RICE						L																		DB							
E 005 05 STEAMED BROWN RICE								L															D								
E 005 00 STEAMED RICE																										BB					
E 801 00 WILD GARDEN RICE											DB								BB							DB				D	

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		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
		FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU
Vegetable	Q G 001 15			DB				L					L							D									
	Q G 006 02						SP							SP							SP								SP
	OKI/MH 059					D					DB						DB				D						L		D
	Q G 006 01							D					L							L									
	OKI/MH 021																	BB					D						
	OKI/MH 108						D																						
	USMC 006				DB										L														L
	OKI/MH 072									L													L						
	OKI/MH 042											BB																D	
	OKI/MH 082					D												DB											
	OKI/MH 063													D							D						L		
	Q G 006 09		D							D												L		DB				L	
	Q 001 03		L										L									L							
	Q 018 00																	DB								DB			
	Q 010 02					L									D						L								
	USMC 012							D																				D	
	Q G 006 10																D												
	Q G 006 19		L			L				L					L							L				DB			
	OKI/MH 120															D				L									L
	Q G 006 17		SP			L				SP							SP							SP			D		
	Q 007 01										BB						L											D	
	OKI/MH 109						L													D						BB			
	Q G 006 03			DB											D							D							
	OKI/MH 157							D				DB					L						D						
	Q G 006 20							SP							SP							SP							SP
	Q G 006 14				BB								L										L						D
	OKI/MH 075			DB												L						D					D		
	Q G 006 13											DB						BB											
	OKI/MH 140					D							D																
	Q 038 01						SP								SP							SP							SP
	Q 060 01					D										D						D			BB				L
	USMC 018		D											D															
	USMC 017								L										DB										
	OKI/MH 100											DB										L					L		
OKI/MH 073							L								L														
LO/Q 064 01													D															D	
Q G 006 18			BB																	D									
Q G 006 15					L				D						D						L				DB			L	
MFR	DINNER ROLL		0	DB	L/D	L/D	L/D	L/D		DB	DB	L/D	L		L/D	D	DB	DB	L/D	L/D	L/D	L/D	L/D	DB	DB	L/D	L/D	L/D	
D 015 01	CORN MUFFINS (MIX)	L/D							L/D					L/D		L													
D 007 00	TOASTED GARLIC BREAD				SP							SP								SP						SP			
D 015 03	JALAPENO CORN BREAD (CORN BREAD MIX)																												
N 006 00	GRILLED CHEESE SANDWICH									DB			L				BB				D								

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		FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU
Desserts	LO/H 020 02 CHOCOLATE CHIP BARS (SCRATCH)								L/D												L/D					L/D			
	MFR CHOCOLATE CHIP COOKIES (PRE-CUT DOUGH)	L/D									DB								L/D						DB				
	H 012 01 CHOCOLATE DROP COOKIES (CHOCOLATE BROWNIE MIX)			DB																	L/D								
	MFR DOUBLE CHOCOLATE CHIP COOKIES (PRE-CUT DOUGH)					L/D								L/D														L/D	
	MFR OATMEAL COOKIES (PRE-CUT DOUGH)		DB								DB					L/D												L/D	
	MFR PEANUT BUTTER COOKIES (PRE-CUT DOUGH)				L/D							L/D					DB				L/D								
	H 005 00 SHORTBREAD COOKIES						L/D							L/D				DB							DB				
	MFR SUGAR COOKIES (PRE-CUT DOUGH)							L/D							L/D								L/D						L/D
	MFR APPLE PIE,FROZEN					L/D				DB						L/D													
	MFR BLUEBERRY PIE,FROZEN		DB						L/D											L/D						DB		L/D	
	MFR BOSTON CREAM PIE(MFR)			DB								L/D									L/D								
	G 026 02 CHEESE CAKE (CHEESE CAKE MIX)												L/D									L/D							L/D
	MFR CHERRY PIE,FROZEN					L/D								L/D									L/D						
	MFR PECAN PIE,FROZEN				L/D										L/D									L/D					
	MFR PUMPKIN PIE,FROZEN							L/D																	DB				
	MFR SWEET POTATO PIE,FROZEN	L/D										DB					DB										L/D		
	G 006 00 BANANA CAKE	L/D											L/D									L/D							
	G 012 01 DEVIL'S FOOD CUPCAKES (MIX)						L/D					DB									L/D			L/D					
	G 010 05 MARBLE CAKE (YELLOW CAKE MIX)				L/D											L/D								L/D					
	G 010 06 ORANGE CAKE (MIX) WITH ORANGE ZEST							L/D									DB									DB			
	G 021 00 POUND CAKE								L/D																				
	G 016 01 STRAWBERRY SHORTCAKE (FRZ WHIPPED TOPPING)											DB										L/D							L/D
	G 030 01 WHITE CAKE (CAKE MIX)													L/D														L/D	
	G 010 00 YELLOW CAKE (MIX)			DB										L/D				DB										L/D	
	G 010 00 YELLOW CUPCAKES (MIX)																												
	HUB 044 APPL E ENCHILADA																	DB											L/D
	H 024 00 BANANA SPLIT BROWNIES					L/D										L/D										DB			
	H 002 01 BROWNIES (CHOCOLATE BROWNIE MIX)		DB																										L/D
	USMC 002 APPLE CRISP			DB														DB											
	USMC 035 PEACH CRISP-USMC										DB															DB			
	HUB 064 ASSORTED GELATIN PARFAIT(RE D W/ FRZ TOPPING)	L/D	DB	DB	L/D	L/D	L/D	L/D	L/D	L/D	DB	DB	L/D	L/D	L/D	L/D	DB	DB	L/D	L/D	L/D	L/D	L/D	L/D	DB	DB	L/D	L/D	L/D
	Specialty Salad	OKI/MH 015 #COLE SLAW											L/D									L/D							L/D
OKI/MH 012 #ITALIAN STYLE PASTA SALAD										BB/DB								BB/DB									L/D		
OKI/MH 017 #MACARONI SALAD			BB/DB								BB/DB									L/D						BB/DB			
OKI/MH 025 #PASTA SALAD				BB/DB								L/D									L/D								
OKI/MH 007 #POTATO SALAD (#SAUCE)						L/D								L/D									L/D						L/D
USMC 005 BLACK BEAN AND CORN SALAD							L/D									L/D												L/D	
OKI/MH 078 BROCCOLI SALAD (#BROCCOLI)		L/D						L/D							L/D										BB/DB				
OKI/MH 060 CABBAGE,APPLE, AND CELERY SALAD #CABBAGE					L/D							BB/DB								L/D						BB/DB			
OKI/MH 106 CARROT, CELERY, AND APPLE SALAD #CARROTS									L/D								BB/DB											L/D	
OKI/MH 074 COLE SLAW W/VINEGAR DRESSING (#CABBAGE)		L/D													L/D									L/D					
OKI/MH 116 COUNTRY STYLE TOMATO SALAD							L/D								L/D									L/D					
OKI/MH 062 CUCUMBER AND ONION SALAD					L/D									L/D												BB/DB			
USMC 021 FOUR GRAIN AND DRIED FRUIT SALAD				BB/DB										L/D									L/D						
USMC 022 GARBANZO SALAD									L/D								BB/DB												L/D
OKI/MH 110 GERMAN STYLE TOMATO SALAD																													
M 029 00 ITALIAN STYLE PASTA SALAD																													
OKI/MH 119 KIDNEY BEAN SALAD			BB/DB								BB/DB													L/D					
USMC 030 LO MEIN SALAD																													
USMC 032 MEDITERRANEAN ORZO SALAD						L/D								L/D															L/D
OKI/MH 079 MEXICAN COLE SLAW (#CABBAGE)									L/D								BB/DB											L/D	

Recipe Template Form

Recipe Name:	
Yield	
Portion Size	
Master Reference	
Source	

Step	Amounts	Ingredients	Method

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