

MENU DAY 2

MENU DAY #2	RECIPE	CALORIES	SUGGESTED FITNESS
		PER SERVING	PATTERN MENU
BREAKFAST DAY #2			
ORANGE JUICE, CHILLED	X10190	72	ORANGE JUICE, CHILLED
CEREAL, ASSORTED, DRY	X20010	82	
EGGS TO ORDER	X20020	126	EGGS TO ORDER
OVEN FRIED BACON	L00200	106	
PANCAKES	D00251	120	2 EACH PANCAKES
WHOLE WHEAT MEAL CEREAL	E00103	80	
MARGARINE PATTIES	X60402	32	MARGARINE PATTIES
MILK LOWFAT 2%	X60804	120	MILK LOWFAT 2% (1 PINT)
HASHED BROWN POTATOES	Q05400	200	
FRUIT, FRESH, ASSORTED, SEASONAL	X60701	77	FRUIT, FRESH ASSORTED
TABLE SYRUP, MAPLE/ASSORTED	X60407	122	TABLE SYRUP, MAPLE/ASSRTD
COFFEE (MANUAL URN)	C00501	0	
TOTAL CALORIES		1137	669
LUNCH DAY #2			
BAKED HAM STEAKS	L07101	259	BAKED HAM STEAKS
PARSLEY BUTTERED POTATOES	Q07700	127	PARSLEY BUTTERED POTATOES
LYONNAISE CARROTS (FRESH CARROTS)	Q01700	73	LYONNAISE CARROTS (FRESH)
GARDEN VEGETABLE SALAD	M01900	11	GARDEN VEGETABLE SALAD
SALAD DRESSING ASSORTED	X50214	39	
SALAD DRESSING ASSORTED LO-CAL	X50215	12	SALAD DRESSING LO-CAL
BREADS, ASSORTED	X60200	138	BREADS, ASSORTED
MARGARINE PATTIES	X60402	32	
PEANUT BUTTER COOKIES	H00111	123	
MILK LOWFAT 2%	X60805	120	MILK LOWFAT 2% (1/2 PINT)
CARBONATED BEVERAGE	X60900	160	
COFFEE (MANUAL URN)	C00501	0	
TOTAL CALORIES		1094	740
DINNER DAY #2			
MINESTRONE SOUP	P00701	80	
LASAGNA	L02500	330	LASAGNA
PARMESAN CHEESE, GRATED	X40026	25	
SEASONED PEAS	X70036	115	SEASONED PEAS
LETTUCE, TOMATO, CUCUMBER SALAD	M04600	12	LETTUCE, TOM & CUCUM SALAD
SALAD DRESSING ASSORTED	X50214	40	
SALAD DRESSING ASSORTED LO-CAL	X50215	12	SALAD DRESSING LO-CAL
TOASTED GARLIC BREAD	D00700	132	TOASTED GARLIC BREAD
COLD DRINK SWEETENED	C00030	40	
MILK LOWFAT 2%	X60805	120	MILK LOWFAT 2% (1/2 PINT)
WHITE CAKE	G00300	60	
STRAWBERRY GLAZE TOPPING	K00700	245	
COFFEE (MANUAL URN)	C00501	0	
TOTAL CALORIES		1211	721