MENU DAY #7 RATION BREAKOUT PER MEAL ITEM DESCRIPTION	UNIT ISS	B	L	D	TOTAL B-L-D
APPLESAUCE, CANNED	OZ			416	416
BAY LEAVES	OZ		1		1
BEEF, DICED, THAWED	LB		30		30
BEEF, STEAK, FRZN, SAND, 4 OZ	LB	25			25
BEVERAGE POWDER, SWEETENED	QT			20	20
BREAD, ASSORTED VARIETIES	LB		6	12	18
BREADCRUMBS, DRY	OZ			71.25	71.25
BROWNIE MIX, CHOCOLATE	LB		15		15
CARROTS, FRESH	LB		10	18	28
CELERY, FRESH	LB		7	1.5	8.5
CEREAL, ASSORTED INDIVIDUAL	EA	50			50
COFFEE, CREAMER NON-DAIRY	OZ	2	2	2	6
COFFEE, ROASTED, GROUND	OZ	40	40	40	120
CORNBREAD MIX	LB		6		6
COTTAGE CHEESE	OZ			160	160
CUCUMBERS, FRESH	LB			4	4
DRINK, FRUIT OR CARBONATED	EA		100		
EGGS, SHELL, MED OR LARGE	EA	17	3	2.5	22.5
FLOUR-WHITE, GENERAL PURPOSE	LB		2		2
FRUIT, FRESH, ASST SEASONAL	LB	100			100
GARLIC POWDER	OZ		0.5		0.5
JUICE, ORANGE, FROZEN	OZ	128			128
LETTUCE, FRESH, TRIMMED	LB		8	4	12
MARGARINE PATTIES	LB	1	1	1	3
MARGARINE, SOLID/SOFT	LB			0.5	0.5
MILK LOWFAT 2%	GL	12	7	7	26
MILK, NONFAT DRY, PWDRD	OZ			12	12
OATMEAL COOKIE MIX	LB			10	10
OIL, VEGETABLE	GL	0.25	1	0.75	2
ONIONS, DRY, FRESH	LB		3	1.5	4.5
ONIONS, GREEN	LB			0.5	0.5
PEPPER, BLACK GROUND	OZ	0.25	0.5	1.25	2
PEPPERS, FRESH, SWEET	LB		2	5	7
PORK CHOPS, BONELESS 6 OZ EA	EA			100	100
POTATOES, HASHBROWN FRZ	LB	22			22
POTATOES, INSTANT, GRANULES	OZ			148	148
POTATOES, WHITE, FRESH	LB		10		10
POULTRY SEASONING	OZ			0.5	0.5
RADISHES, FRESH	LB			1	1
RAISINS	OZ			24	24
ROLLS, FRENCH HAMBURGER	LB	100			100
SALAD DRESSING ASSORTED	PT		4		4
SALAD DRESSING ASSORTED LO-CAL	PT		4		4
SALT	LB	0.13	0.5	0.25	0.88
SOUP, DEHYDRATED, CHICKEN NOODLE	EA			12	12
SUGAR, GRANULATED	LB	1	1	1	3
THYME, GROUND	OZ		0.5		0.5
TOMATOES, CRUSHED, CANNED	OZ		104		104
WALNUTS, CHOPPED	OZ		24		24