

DETAINEE GULAR MEAL

1	Boiled Eggs Wheat Bread Cereal Apple Jam Margarine 2% Milk Coffee Meatballs in Butter	2	Peanut Butter Whole Wheat Bread Loaf Cereal Banana Honey Margarine 2% Milk Coffee Chicken Vegetable Alfredo Linguine Noodles Tossed Salad w/ Oil & Vinegar Garlic Bread	3	Special Scrambled Eggs Home Fried Potatoes Pita Bread Pear Jam Margarine 2% Milk Hot Tea Tajine Meatballs & Peas White Rice Roasted Mixed Vegetables Whole Wheat Bread Loaf	4	2 Slices Cheese Whole Wheat Bread Loaf Cereal Cantaloupe Half Honey Margarine 2% Milk Coffee Chicken w/ Lemon Peppers & Olives Noodles Jefferson String Beans w/ Tomato & Olive Oil Whole Wheat Bread	5	Blueberry Muffin Cereal Apple Jam Margarine 2% Milk Coffee Cauliflower w/ Olive Oil & Lemon Whole Wheat Bread Loaf	6	Cheese Omelet Pita Bread Banana Honey Margarine 2% Milk Hot Tea Grilled Chicken Breast French Fries Tossed Salad w/ Oil & Vinegar Bun	7	Bagel Cream Cheese Cereal Dates Jam Margarine 2% Milk Coffee Dressed Beans Fried Potatoes Grilled Vegetable Salad Whole Wheat Bread Loaf
8	Boiled Eggs Wheat Bread Cereal Apple Jam Margarine 2% Milk Coffee Tandoori Chicken Breast Brown Rice 6 Vegetable Stew Whole Wheat Bread Loaf	9	Peanut Butter Whole Wheat Bread Loaf Cereal Banana Honey Margarine 2% Milk Coffee Spaghetti Noodles Tossed Salad w/ Oil & Vinegar Whole Wheat Bread Loaf	10	Special Scrambled Eggs Home Fried Potatoes Pita Bread Pear Jam Margarine 2% Milk Hot Tea Grilled Herbed Chicken Med. Pasta w/ Tomatoes Wheat Bread	11	2 Slices Cheese Whole Wheat Bread Loaf Cereal Cantaloupe Half Honey Margarine 2% Milk Coffee Grilled Vegetable Salad Whole Wheat Bread Loaf	12	Apple Cinnamon Muffin Cereal Apple Jam Margarine 2% Milk Coffee Mushroom Chicken Brown Rice Tossed Salad w/ Oil & Vinegar Pita Bread	13	Cheese Omelet Pita Bread Banana Honey Margarine 2% Milk Hot Tea French Fries Lettuce and Tomato Slice Bun	14	Waffles Syrup Cereal Dates Jam Margarine 2% Milk Coffee Chicken w/ Olives Tabouleh Salad String Beans w/ Tomato & Olive Oil Whole Wheat Bread Loaf
	w/ Rice Okra and Tomatoes Pear Whole Wheat Bread Loaf Margarine 2% Milk Tea/Drink Ade		Grilled Vegetable Salad Apple Whole Wheat Bread Loaf Margarine 2% Milk Tea/Drink Ade		6 Vegetable Stew Banana Wheat Bread Margarine 2% Milk Tea/Drink Ade		Brown Rice Tossed Salad w/ Oil & Vinegar Dates Whole Wheat Bread Loaf Margarine 2% Milk Tea/Drink Ade		White Rice Grilled Vegetable Salad Pear Pita Bread Margarine 2% Milk Tea/Drink Ade		Roasted Mixed Vegetables Apple Whole Wheat Bread Loaf Margarine 2% Milk Tea/Drink Ade		Noodles Zucchini w/ Tomatoes Banana Wheat Bread Margarine 2% Milk Tea/Drink Ade
	w/ Fresh Tomatoes Pear Whole Wheat Bread Loaf Margarine 2% Milk Drink Ade		Roasted Potato Half Grilled Vegetable Salad Apple Bun Margarine 2% Milk Drink Ade		w/ Hot Sauce Zucchini w/ Tomatoes Banana Bun Margarine 2% Milk Drink Ade		Tossed Salad w/ Oil & Vinegar Dates Pita Bread Margarine 2% Milk Drink Ade		6 Vegetable Stew Pear Whole Wheat Bread Loaf Margarine 2% Milk Drink Ade		Brown Rice Roasted Mixed Vegetables Apple Wheat Bread Margarine 2% Milk Drink Ade		White Rice Grilled Vegetable Salad Banana Whole Wheat Bread Loaf Margarine 2% Milk Drink Ade

Fish Dated in Sesame
Sauce

DETAINEE REGULAR MEAL

CYCLE 13 (FRIDAY)

BREAKFAST

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber
Grains	Cheese Omelet	1 cup						
	Pita Bread	1 each						
Fruit	Honey Dew	8 oz.						
Dairy	2% Milk	2 cups						
	Honey	4 packs						
Fat	Margarine	2 tbsp.						
Beverage	Hot Tea	1 cup						
	Sugar	4 packs						

LUNCH

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber
Starch	Bun	1 each						
	French Fries	1 cup						
Fruit	Orange	1 each						
Vegetable	Lettuce & Tomato Slice	2 slices each						
	Tossed Green Salad w/ Oil & Vinegar	2 cups						
	Salad Dressing	2 each						
Protein	Hamburger	1 each						
Fat	Margarine	2 tbsp.						
Beverage	Drink Ade	2 cups						
	Salt	2 packs						
	Pepper	2 packs						
	Ketchup	3 packs						

DINNER

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber
Starch	Brown Rice	1 cup						
	Wheat Bread, Sliced	3 slices						
Fruit	Apple	1 each						
Vegetable	Roasted Mixed Vegetables	1 cup						
Protein	Fish Baked in Sesame Sauce	6 oz.						
Beverage	2% Milk	1 cup						
	Drink Ade	1 cup						
Fat	Margarine	2 tbsp.						
	Yellow Cake (Camp 4 Only)	4 oz.						
	Mixed Nuts (Camp 4 Only)	2 oz.						
	Dates (Camp 4 Only)	10 each						
	Salt	2 packs						
	Pepper	2 packs						
	Ketchup	3 packs						
	Totals			0	0	0	0	0

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