Rolled Enge	December Desident			5	9	
	Leanut Butter	Special Scrambled Eggs	2 Slices Cheese		Chanelat	_
Wheat Bread	Whole Wheat Bread Loaf	Home Fried Potatoes	Whole Wheat Bread Loaf	Rineherry M. 1911		Bagel
Cereal	Cereal	Pita Bread		Control Marines		Cream Cheese
Apple	Banana	Dear	Cantalouna Haif		Pita Bread	Cereal
A M	Honey	- Carr	Honey Vancan		Banana	Dates
Marcarine	Margarine	Markarina	ADHO!		Honey	(Lam
2% Milk	2 % Milk	700 Mai 11170	Margarine Andreas	Margarine	Margarine	Maroarina
Coffee		LASTER TO	7.5 milk	2% 無洪 ()	2% MIIK	2% Milk
	A A Market			Coffee	Hot Tea	Coffee
	i incuine Mandles			The state of the s	Griffed Chicken Breast	
6 Vegetable Stew	Toesed Saled w/ Oll & Vinenar	Deserted Mived Vegetables	Mochen Jeneon	Cauliffower w/ Oilve Oil	French Fries	Fried Potatoes
Wheat Bread	Gartic Bread	Whole Whest Bread I not	Suring means w/ Tomato & Ollve Oll	& Lemon	Tossed Salad w/ Oil & Vinegar	Griffed Vegetable Salad
Orange	Orange			Whose Wheat Bread Loaf	Ba	Whole Wheat Bread Loaf
Margarine	Margarine	Margarina		Orange	Orang.	Orang.
Drink Ade	Drink Ade	Datate A.de		Margarine	Margarine	Margarine
	1. 1/4		UTIEK AGB	Drink Ade	Drink Ade	Drink Ade
w/ Rice						
Okra and Tomatoes	Grilled Venetable Salad	6 Venetable Stam	BOWLI PACE	White Rice		Noodles
Pear	Annia	Renews Comme	Tage Nill of William Villegar	Grilled Vegetable Salad	Roasted Mixed Vegetables	Zuccini w/ Tomatoes
Whole Wheat Bread Loaf	Whole Wheat Bread I not	Wheet Breed	With the Part Part of the		Apple	Banana
Marcarine	Margarine	Mercerias	THOIS WHOSE STORE LOST	Pita Bread	Whole Wheat Bread Loaf	Wheat Bread
2% Wilk	2% Wilk	Alle Man 76C	Margarine Section	Margarine	Margarine	Margarine
Tea/Drink Arte	Tas/Drink Ada	Toolink Ade		2% #IIK	2% Wilk	2% 制铁
	AND VIEW OF THE	I SELUTINE AUG	I ea/Drink Ade	Tea/Drink Ade	Tea/Drink Arte	Tas/Orink Ada

Wheat Bread Cereal	December Decker			71	13	7.
# 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	reanut Sutter	Special Scrambled Eggs	2 Slices Cheese		Chassa Omelat	
Cereal	Whole Wheat Bread Loaf	Home Fried Potatoes	Whole Wheat Bread Loaf	Apple Cinneman Mustin		
4	Cereal	Pita Brasd	Cornel			Syrup
	Dental				Pits Bread	Cereal
			Cantaloupe Half	Appte	Banana	Dates
	Honey	Jam	Honey		Henry	
Margarine	Marcarine	Marasrina			ABBOL .	
11:27 70C	2 6 14111		maryarine	Margarine	Margarine	Margarine
	XIII & Y	Z% MIIK	2% #IIK	2% Milk	2% Milk	7% Wills
	Coffee	Hot Tea	Coffee	Coffee	Hot Tea	Coffee
		Grilled Herbed Chicken		Historia Chicken		
Brown Rice	Spaghetti Noodles	Med. Pasta w/ Tomatoes				
6 Vacatable Stew	Theesad Calad w/ Oil & Wincom			DIDWN KICE	French Fries	Tabouleh Salad
			Griffed Vegetable Salad	Tossed Salad w/ Oil & Vinegar	Lettuce and Tomato Slice	String Beans w/ Tomato & Olive Oil
THOIR WINGEL DIGIT LOSS	Whole Wheat Bread Loaf	Wheat Bread	Whole Wheat Bread Loaf	Pita Bread		Whole Wheat Bread i gof
Orange	Orange	Orange	Orange	Orsnan		
Margarine	Marcarina	Marrant				
Drink Ada	Delak Ade			Margarine	Margarine	Margarine
	SUR AUR	TINK A	Drink Ade	Drink Ade	Drink Ade	Drink Ade
	Koasted Fotato Hait	w/ Hot Sauce			Brown Rice	White Rice
SC	Grilled Vegetable Salad	Zuccini w/ Tomatoes	Tossed Salad w/ Oil & Vinegar	6 Vanatahia Staw	Deseted Mived Venetables	
	Apple	Basasa	Detec			
e Wh					Apple	Banana
			Fita Bread	Whole Wheat Bread Loaf	Wheat Bread	Whole Wheat Bread Loaf
	autagarine	Margarine	Margarine	Margarine	Margarine	Margarine
E		2% Wilk	2% 無洪	2% MIIK	2% Wilk	2% Wilk
WINK AGE	Drink Ade	Drink Ade	Drink Ade	Drink Ade	Drink Ade	Drink Ade
56					Fith Baked in George	0
30					O meso	

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		<u> </u>				·

LUNCH

Food Group	Food Item	Quantity	Kcal	Protein	СНО	Fat	Sodium	Fiber
Starch	Bun	1 each				-		
	French Fries	i 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	· n			- · · ·		
	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				· <u>···········</u> ························		
Fruit	Apple	1 each				·		
Vegetable	Roasted Mixed Vegetables	1 cup				<u></u>		-
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.	<u> </u>			·		
	Dates (Camp 4 Only)	10 each						
	Salt	2 packs				·		
	Pepper	2 packs					 	
	Ketchup	3 packs						
	Totals		0	0	0	0		n

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