

REGULAR

Item	Kcals	CHO (g)	Protein (g)	Fat (g)	Cholesterol (mg)	Na (mg)
Breakfast						
4 oz Orange Juice	40	10	1	0	0	1
½ cup Oatmeal	150	27	5	2.5	0	0
2 Tbsp Raisins	60	16	1	0	0	0
2 slices French Toast	320	40	12	12	155	525
2 Tbsp	105	27	0	0	0	5
1 tsp Margarine	35	0	0	4	0	35
8 oz Milk	125	12	8	5	20	115
Coffee	0	0	0	0	0	0
Lunch						
1 cup Tomato Soup	80	20	2	1	0	470
3 oz Rst. Turkey Breast	125	0	25	2	70	85
2 slices whole wheat bread	180	30	10	2	0	330
1 oz swiss cheese	83	0.3	6	7	20	40
2 leaves lettuce	7	1	0.5	0	0	0
2 tsp mayonnaise	65	0.1	0.1	7	4	58
½ cup zucchini	25	5	1.2	0	0	0
½ cup macaroni salad	270	25	5	16	35	330
1 lg chocolate chip cookie	200	25	2	9	5	220
8 oz 2% milk	125	12	8	5	20	115
Dinner						
1 cup vegetable soup	100	19	3	1	0	779
3 oz Fried Cod	138	8	13	6	20	387
½ cup steamed broccoli	15	2	0.5	0	0	10.2
1 baked potato	160	36	4	0.2	0	17.3
1 wheat dinner roll	117	20	3.5	2.5	0	225
2 Tbsp margarine	35	0	0	4	0	35
1 slice apple pie	340	43	3	17	0	160
8 oz, 2% milk	125	12	8	5	20	115
Tea	0	0	0	0	0	0
TOTALS	3,076	370	110	125	590	4,750