7 Day Breakfast menu

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	NU #DAY 1MEAL: MONDAY		IU #DAY 2MEAL: TUESDAY		J#DAY3MEAL: WEDNESDAY
RECIPE		RECIPE		RECIPE	
NO.	ITEM DESCRIPTION	NO.	ITEM DESCRIPTION	NO.	ITEM DESCRIPTION
TG0002	Breakfast Day 2		Breakfast Day 3		Breakfast Day 4
L00101	Bacon (L00101/202/200)	L08900	Baked Sausage Patty		Bacon (L00101/202/200)
	Sausage Gravy		Chipped Beef		Creamed Turkey
	Baked Chicken Sausage Patties	L51500	Oven Fried Turkey Bacon	L18000	Baked Turkey Sausage Patty
			English muffin with Egg & Cheese/		
F01200	Breakfast Burrito w/ Turkey Sausage	N00702	Canadian Bacon, Egg & Cheese	F01201	Breakfast Pita (Veg)
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	Hash Browns Potatoes (Baked/Grilled)	Q04601	Cottage Fried Potatoes	Q04604	Hash Browns Potatoes (Baked/Grilled)
E00100	Hot Rolled Oats	E00200	Hot Hominy Grits	E00100	Hot Rolled Oats
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	Scrambled Eggs		Scrambled Eggs		Scrambled Eggs
F00400	Cooked Eggs	F01101	Broccoli Quiche	F00400	Cooked Eggs
	Cholesterol-Free Scrambled Eggs		Cholesterol-Free Scrambled Eggs		Cholesterol-Free Scrambled Eggs
	Whole Grain French Toast		Whole Grain Waffles		Pancakes
	Biscuits Buttermilk Easy Split		Biscuits Buttermilk Easy Split		Biscuits Buttermilk Easy Split
	Small Low Fat Muffins		English Muffins		Bagels
	Assorted Breads/Toast		Assorted Breads/Toast		Assorted Breads/Toast
	Asst. Dry Cereal		Asst. Dry Cereal		Asst. Dry Cereal
	Breakfast Fruit Bar		Breakfast Fruit/Fitness Bar		Breakfast Fruit/Fitness Bar
	Assorted Fruit		Assorted Fruit		Assorted Fruit
	Assorted Yogurt		Assorted Yogurt		Assorted Yogurt
	Butter/Spread		Butter/Spread		Butter/Spread
	Condiments		Condiments		Condiments
	Syrup		Syrup		Syrup
	Jam/Jelly		Jam/Jelly		Jam/Jelly
	Green-High Performance Food				
	Yellow-Use Caution				
	Red-Performance Limiting Food				
	Need SOP/revised SOP/Commercial Item				

7 Day Breakfast menu

	J#DAY4MEAL: THURSDAY		NU #DAY 5MEAL: FRIDAY		U#_DAY6MEAL: SATURDAY	ME	NU #DAY 7MEAL: SUNDAY
RECIPE		RECIPE		RECIPE		RECIPE	
NO.	ITEM DESCRIPTION	NO.	ITEM DESCRIPTION	NO.	ITEM DESCRIPTION	NO.	ITEM DESCRIPTION
TG0005	Breakfast Day 5	TG0006	Breakfast Day 6	TG0007	Breakfast Day 7	TG0001	
L08902	Baked Sausage Patty	L00101	Bacon (L00101/202/200)	L00101	Bacon (L00101/202/200)	L00203	Oven Fried Canadian Bacon
	Creamed Beef	L03001	Creamed Turkey	L51500	Oven Fried Turkey Bacon	L03000	Creamed Beef
L00203	Oven Fried Canadian Bacon		Baked Chicken Sausage Patty	L18000	Baked Turkey Sausage Patty	L20000	Grilled Turkey Sausage Links
1100700	English muffin with Egg & Cheese/	E0.4E0.4		E04000	Assorted Egg saus/bacon Sandwich		W. F D L D.
N00702	Canadian Bacon, Egg & Cheese	F01501	Mexican Breakfast Pizza	F01300	W/Cheese	F01502	Italian Breakfast Pizza
004604	Hash Browns Potatoes (Baked/Grilled)	Q05701	Grilled Potato Cakes	004604	Hash Browns Potatoes (Baked/Grilled)	004604	Hash Browns Potatoes (Baked/Grilled)
E00101	Hot Hominy Grits		Cream of Wheat		Hot Rolled Oats		Hot Hominy Grits
200101	Tiot Homminy Chics	200102	ordan or whoat	200100	The Relica Gate	200200	Tiot Floring Ones
F01000	Scrambled Eggs	F01000	Scrambled Eggs	F01000	Scrambled Eggs	F01000	Scrambled Eggs
	Cooked Eggs		Cooked Eggs		Cooked Eggs		Cooked Eggs
	Cholesterol-Free Scrambled Eggs		Cholesterol-Free Scrambled Eggs		Cholesterol-Free Scrambled Eggs	F00800	Plain Omelets
			33				
	Whole Grain French Toast		Pancakes		Whole Grain Waffles		Pancakes
	Biscuits Buttermilk Easy Split		Biscuits Buttermilk Easy Split		Croissant		Biscuits Buttermilk Easy Split
	Small Low Fat Muffins		English Muffins		Bagels		Bagels
	Assorted Breads/Toast		Assorted Breads/Toast		Assorted Breads/Toast		Assorted Breads/Toast
	Asst. Dry Cereal		Asst. Dry Cereal		Asst. Dry Cereal		Asst. Dry Cereal
	Breakfast Fruit/Fitness Bar		Breakfast Fruit/Fitness Bar		Breakfast Fruit /Fitness Bar		Breakfast Fruit/Fitness Bar
	Assorted Fruit		Assorted Fruit		Assorted Fruit		Assorted Fruit
	Assorted Yogurt		Assorted Yogurt		Assorted Yogurt		Assorted Yogurt
	Butter/Spread		Butter/Spread		Butter/Spread		Butter/Spread
	Condiments		Condiments		Condiments		Condiments
	Syrup		Syrup		Syrup		Syrup
	Jam/Jelly		Jam/Jelly		Jam/Jelly		Jam/Jelly
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RECIPE	ENU # <u>DAY 7</u> MEAL: LUN I	Port
NO.	ITEM DESCRIPTION	Cost
RG0013	Lunch Day 7	
L05101	*Chicken Parmesan	
L19500	* Beef Teriyaki	
L07500	Broccoli & Cheese Rice (E/S)	
E00500	Steamed Rice	
Q05402	Obrien Potatoes	
Q02500	Vegetable Stir Fry	
Q10200	Lima Beans	
O01600	Brown Gravy	
D80400		
	Salad Bar	
	Fitness Bar	
	MENU # <u>DAY 7</u> MEAL: DIN	
RECIPE		Port
NO.	ITEM DESCRIPTION	Cost
RG0014	Dinner Day 7	
L00700	*Grilled Steak	
L83900	*Chicken Cordon Bleu	
N01200	Grilled Hamburger	
N01201	Grilled Cheeseburger	
N04400	Grilled Chicken Sandwich	
N05100	Vegetarian Hearty Burger	
N00600	Grilled Cheese	
Q04400	Baked Potatoes	
Q03001	Sauteed Onions & Mushrooms	
Q10500	Steamed Broccoli	
Q12600	Seasoned Mixed Vegetables	
Q04502	Baked French Fries	
D00700	Garlic Bread	
O01601	Brown Gravy	
	Asst Chips	
	Short Order Toppings	
	Salad Bar	
	Fitness Bar	

RECIPE	ENU # <u>DAY 8</u> MEAL: LUN 	Port
NO.	ITEM DESCRIPTION	Cost
RG0015	Lunch Day 8	
L19000	* Cranberry Glazed Chicken	
L20500	* Italian Rice & Beef	
L18900	Italian Broccoli Pasta (E/S)	
Q04603	Lyonnaise Potatoes	
E00800	Rice Pilaf	
	Collard Greens	
Q10900	Cauliflower	
O01602	Chicken Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
N A	IENU # DAY 8 MEAL: DIN	
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RECIPE NO.	ITEM DESCRIPTION	
RECIPE		
RECIPE NO.	ITEM DESCRIPTION	
RECIPE NO. RG0016	ITEM DESCRIPTION Dinner Day 8 * Roast Turkey	Port Cost
RECIPE NO. RG0016 L16200 L02700	ITEM DESCRIPTION Dinner Day 8 * Roast Turkey * Meatball Stroganoff	
RECIPE NO. RG0016 L16200 L02700 L12000	ITEM DESCRIPTION Dinner Day 8 * Roast Turkey * Meatball Stroganoff Baked Stuffed Pollock	
RECIPE NO. RG0016 L16200 L02700 L12000 E01300	TEM DESCRIPTION Dinner Day 8 * Roast Turkey * Meatball Stroganoff Baked Stuffed Pollock Steamed Pasta	
RECIPE NO. RG0016 L16200 L02700 L12000 E01300 O80101	TEM DESCRIPTION Dinner Day 8 * Roast Turkey * Meatball Stroganoff Baked Stuffed Pollock Steamed Pasta Cornbread Dressing	
RECIPE NO. RG0016 L16200 L02700 L12000 E01300 O80101 Q05700	ITEM DESCRIPTION Dinner Day 8 * Roast Turkey * Meatball Stroganoff Baked Stuffed Pollock Steamed Pasta Cornbread Dressing Mashed Potatoes	
RECIPE NO. RG0016 L16200 L02700 L12000 E01300 O80101 Q05700 Q05800	TEM DESCRIPTION Dinner Day 8 * Roast Turkey * Meatball Stroganoff Baked Stuffed Pollock Steamed Pasta Cornbread Dressing	
RECIPE NO. RG0016 L16200 L02700 L12000 E01300 O80101 Q05700 Q05800 Q06500	ITEM DESCRIPTION Dinner Day 8 * Roast Turkey * Meatball Stroganoff Baked Stuffed Pollock Steamed Pasta Cornbread Dressing Mashed Potatoes Stewed Tomatoes Herbed Broccoli	
RECIPE NO. RG0016 L16200 L02700 L12000 E01300 O80101 Q05700 Q05800 Q06500 O01602	ITEM DESCRIPTION Dinner Day 8 * Roast Turkey * Meatball Stroganoff Baked Stuffed Pollock Steamed Pasta Cornbread Dressing Mashed Potatoes Stewed Tomatoes Herbed Broccoli Turkey Gravy	
RECIPE NO. RG0016 L16200 L02700 L12000 E01300 O80101 Q05700 Q05800 Q06500 O01602 O01600	ITEM DESCRIPTION Dinner Day 8 * Roast Turkey * Meatball Stroganoff Baked Stuffed Pollock Steamed Pasta Cornbread Dressing Mashed Potatoes Stewed Tomatoes Herbed Broccoli	
RECIPE NO. RG0016 L16200 L02700 L12000 E01300 O80101 Q05700 Q05800 Q06500 O01602 O01600	ITEM DESCRIPTION Dinner Day 8 * Roast Turkey * Meatball Stroganoff Baked Stuffed Pollock Steamed Pasta Cornbread Dressing Mashed Potatoes Stewed Tomatoes Herbed Broccoli Turkey Gravy Brown Gravy	

M	ENU# DAY9 MEAL: LUN	
RECIPE	LNO # <u>DAT 3</u> WEAL. LON	Port
NO.	ITEM DESCRIPTION	Cost
RG0017	Lunch Day 9	
L08101	* Roast Pork Tenderloin	
L02804	* Chili Macaroni (Turkey)	
L09700	Shrimp Jambalya	
L03101	Cheese Ravioli	
Q50200	Italian Roasted Potato Wedges	
E80100	Wild Rice	
Q11600	Steamed Peas	
	California Blend	
O01601	Brown Gravy	
D01400	Hot Rolls	
	Salad Bar	
	Fitness Bar	

N 4	ENILLE DAVO MEAL DIN	
	ENU # <u>DAY 9</u> MEAL: DIN	
RECIPE		Port
NO.	ITEM DESCRIPTION	Cost
RG0018	Dinner Day 9	
L01300	* Pepper Steak	
L17900	* Honey Ginger Chicken	
	Whole Wheat Cheese Pizza	
Q05700	Mashed Potatoes	
E00500	Steamed Rice	
Q02401	Brussels' Sprouts Parmesan	
Q02701	Corn O Brien	
O01602	Chicken Gravy	
O01601	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	

Green-High Performance Food
Yellow-Use Caution
Red-Performance Limiting Food
Need SOP or Commercial Item
* Field Entrees
E/S serve as Entrée or starch side

MENU #	DAY 1 MEAL:	SUNDAY
RECIPE		
NO.	ITEM DESCRIPTION	COST
J02300	Baked Cinnamon Ap	ple Slices
	Fruit Parfait	
J00700	Fruit Gelatin	
	Angel Food Cake	
	Low Fat Frozen Yog	urt/Ice Cream

MENU #_	DAY 2 MEAL:	MONDAY
RECIPE		
NO.	ITEM DESCRIPTION	COST
D05400	Pineapple Carrot Mu	ffin
	Fruit Parfait	
	Angel Food Cake	
	Low Fat Frozen Yog	urt/Ice Cream
J00700	Fruit Gelatin	

MENU #	DAY 3 MEAL:	TUESDAY
RECIPE		
NO.	ITEM DESCRIPTION	COST
H00901	Oatmeal Rasin Bars	
	Fruit Parfait	
	Angel Food Cake	
	Low Fat Frozen Yogu	irt/Ice Cream
J00700	Fruit Gelatin	

MENU #	DAY 4MEAL: V	VEDNESDAY
RECIPE		
NO.	ITEM DESCRIPTION	COST
J01600	Bread Pudding	
	Fruit Parfait	
J00700	Fruit Gelatin	
	Low Fat Frozen Yog	urt/Ice Cream
	Angel Food Cake	

MENU #_	<u>DAY 5</u> MEAL:	THURSDAY
RECIPE		
NO.	ITEM DESCRIPTION	COST
	Low Fat Muffin	
	Fruit Parfait	
J00700	Fruit Gelatin	
	Low Fat Frozen Yog	urt/Ice Cream
	Angel Food Cake	

MENU	# <u>DAY 6</u> MEAL:	FRIDAY
RECIPE		
NO.	ITEM DESCRIPTION	COST
J01500	Rice Pudding	
	Fruit Parfait	
J00700	Fruit Gelatin	
	Low Fat Frozen Yogu	rt/Ice Cream
	Angel Food Cake	

MENU #_	DAY 7 MEAL:	SATURDAY
RECIPE		
NO.	ITEM DESCRIPTION	COST
J01400/01/0		
3/04/05	Asstorted Pudding	
	Fruit Parfait	
J00700	Fruit Gelatin	
	Low Fat Frozen Yog	urt/Ice Cream
	Angel Food Cake	

	Green-High Performance Food
	Yellow-Use Caution
	Red-Performance Limiting Food
	Need SOP/revised SOP/ Commercial Item
*	Field Entrees
E/S	serve as Entrée or starch side

	MENU # <u>DAY 1</u> MEAL	.: Daily
RECIPE		
NO.	ITEM DESCRIPTION	COST
	Ham	
	Roast Beef	
	Turkey	
	American, Swiss, Provolor	ne, Mjack
	Chicken/Tuna/Egg Salad (Rotation)	
	Assort Whole Grain Breads/Wraps/Pita	
	Assort Baked Chips	
	Deli Toppings	
	,	

 HYDRATION STATIONS-BREAKFAST
Milk White BIB 1% Milk Fat
Milk White BIB Nonfat
Milk Chocolate BIB 1% Milk Fat
Milk Soy / Lactose Free
100% Fresh OJ Machine
Juice/Juice blends, 100%
Water, enhanced flavored
Carbohydrate-Electrolyte Beverage (optional
Unsweet Ice Tea
Coffee
Tea Bags
Hot Chocolate

END OF	CYCLE CELEBRATION MEAL
RECIPE	
NO.	ITEM DESCRIPTION
	Surf & Turf
L12703	Split King Crab Leggs
L11900	Baked Fish
L12100	Shrimp Scampi
L00703	Grilled Steaks
L14300	Baked Chicken
Q04400	Baked Potato Bar
E01400	Garden Rice
F00100	Baked Macaroni & Cheese
QG0306	Seasoned Broccoli
QG3001	Con on the Cob
Q03001	Sauteed Mushrooms & Onions
O01602	Chicken Gravy
	Assorted Rolls
	Salad Bar
	Fitness Bar
	Assorted Cookies
	Decorated Cake

JAN/FE	B-MLK/BLACK HISTORY MEAL
RECIPE	
NO.	ITEM DESCRIPTION
L09200	BBQ Spareribs
L15500	Oven Fried Chicken
L14300	BBQ Chicken
L13702	Baked Catfish
F00100	Baked Macaroni & Cheese
E00600	Wild Rice
E01001	Hopping John
Q02901	Southern Style Greens
Q06700	Candied Sweet Potatoes
QG0207	Corn on the Cob
D01400	Corn Bread
O01602	Chicken Gravy
	Salad Bar
	Fitness Bar
	Apple Crisp
	Chocolate Cake

	APRIL-SPRING MEAL
RECIPE	
NO.	ITEM DESCRIPTION
L08101	Roast Pork Loin
L14202	Herbed Cornish Hen
L07700	Savory Lamb with Mint Jelly
	Mashed Red Potato
E00800	Rice Pilaf
Q11802	Cinnamon Roasted Sweet Potatoes
Q11300	Seasoned Greens
Q01400	Orange Carrots Amandine
Q02600	Herbed Green Beans
	Assorted Rolls
O01602	Turkey Gravy
	Salad Bar
	Fitness Bar
	Yogurt Parfaits
	Angel Food Cake w/ Strawberry Glaze

	MAY - ASIAN PACIFIC MEAL
RECIPE	
NO.	ITEM DESCRIPTION
	Asian Pacific
	Beef Bulgogi
L15700	Pineapple Chicken
L09500	Cantonese Spareribs
S04601	Vegetable Egg Roll
S04604	Shrimp Egg Roll
E00500	Steamed Rice
E00703	Shrimp Fried Rice
Q01500	Chineese Fried Cabbage
Q02500	Vegetable Stir Fry
Q03501	French Fried Onion Rings
O01400	Teriyaki sauce
	Assorted Rolls
	Salad Bar
	Fitness Bar
	Pineapple Upside Down Cake

	MAY-MEMORIAL DAY MEAL
RECIPE	
NO.	ITEM DESCRIPTION
L14600	BBQ Chicken
L14601	Oven Fried Chicken
N01200	Grilled Hamburgers/Cheeseburgers
	Potato Wedges
Q00200	Baked Beans
F00100	Macaroni & Cheese
Q00103	Cauliflower Combo
Q11100	Corn on Cob
	Assorted Rolls
	Chicken Gravy
O01602	Salad Bar
	Fitness Bar
	Strawberry Shortcake w/ whip topping
	Apple Pie

	JUNE-ARMY BIRTHDAY		
RECIPE			
NO.	ITEM DESCRIPTION		
L00700	Grilled Steak		
Q03001	w/ Peppers, Mushrooms & Onions		
	Herbed Roasted Chicken		
L09200	Barbecued Pork Spareribs		
L11500	Spicy Fish Fillets		
L17100	Cheese Pita Pizza w/ Veggies		
	Garden Stacked Turkey or Beef Burger		
L08800	Grilled Polish Sausage on Sub Roll		
	Whipped Sweet Potatoes		
E01000	Red beans & rice (no pork)		
Q10500	Steamed Broccoli		
Q11100	Corn on Cob		
Q02500	Stir Fry Vegetables		
	Seared Paprika Potatoes		
	Oven Crips onion Rings		
Q04502	Oven baked french fries		
O01600	Brown Gravy		
	Salad Bar		
	Fitness Bar		
	D. Warrantel Day allow		
	Butterscotch Brownies		
	Sliced Melon w/ raspberry sherbet		
	Strawberries & vanilla pudding parfaits		
	Watermelon Wedges		

	T/OCT HISPANIC HERITAGE MEAL
RECIPE	
NO.	ITEM DESCRIPTION
	Mexican Meal
	Texas Tortilla Soup
L00300	Chicken Enchiladas
L14500	Chicken vega
	Beef Burritos
L03400	Beef Tacos
E00900	Spanish Rice
Q03801	Refried Beans
Q00600	Spanish Style Beans
Q02702	Mexican Corn
D01503	Jalapeno Corn Bread
F00200	Nachos
O00101	Cheese Sauce
	Salad Bar
	Fitness Bar
	Florida Lemon Cake w/ lemon frosting
	Cheesecake with fruit toppings

RECIPE
NO.

OVEMBER-THANKSGIVING MEAL	
ITEM DESCRIPTION	
TIEM DESCRIPTION	
Cranberry Juice Cocktail	
Shrimp Cocktail	
Spicy Vegetable Soup	
Oyster Crackers	
Roast Turkey with Turkey Gravy	
Carved Ham with Raisin Sauce or	
Baked Seasoned Cod Loins	
Prime Rib Au Jus with Horseradish Sauce	
Creamy Mashed Potatoes	
Baked Sweet Potatoes w/ Cinn-Sugar Toppir	ηg
Cornbread Dressing	
Savory Bread Dressing	
Parsley Carrots	
Sesame Glazed Green Beans	
Steamed Broccoli Spears	
Warm Butterflake Rolls	
Salad Bar	
Pumpkin Pie / Sweet Potato Pie	
Pecan Pie	
Apple Pie	
Lemon Drop Cookies	
Decorated Holiday Cake	
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	DECEMBER-HOLIDAY MEAL		
RECIPE			
NO.	ITEM DESCRIPTION		
	Spiced Eggnog		
	Manhattan Clam Chowder		
	Pimento Cheese Stuffed Celery		
	Fruit Cocktail - Lime Gelatin Salad		
	Shrimp cocktail w/ cocktail sauce		
	Baked Glazed Ham		
	Traditional Sliced Roast Turkey		
	Handcarved Steamship Round of Beef		
	Steamed Broccoli		
	Savory Bread dressing		
	Carrot and Celery Amandine		
	Mashed Redskin Potatoes		
	Scalloped Sweet Potatoes & Apples		
	Red Cabbage w/ Sweet & Sour Sauce		
	Assorted Rolls		
	Giblet Turkey Gravy		
	Horseradish sauce		
	Cornbread Muffins		
	Festive Salad Bar		
	Decorated Cookies		
	Apple Pie		
	Pecan Pie		
	Bread Pudding w/ Hard Sauce		
	Pudding Parfaits		
	Decorated Holiday Cake		
	,		