

IMT 35 Day Cycle Lunch/Dinner Menu

MENU # DAY 1 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0001	Lunch Day 1	
L14300	* Baked Chicken	
L02802	* Chili Macaroni	
L18501	Caribbean Pollock/Flounder or Cod	
	Vegan Pierogies (E/S)	
E01900	Brown Rice W/Tomatoes	
Q05700	Mashed Potatoes	
Q10800	Sliced Carrots	
Q10500	Steamed Broccoli	
O01602	Chicken, Gravy	
D01400	Cornbread	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 1 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0002	Dinner Day 1	
L01301	* Oriental Pepper Steak	
L08101	* Roast Pork Tenderloin	
F00100	Mac & Cheese (E/S)	
Q03300	Parsley Potatoes	
Q12100	Spinach	
Q12600	Mixed Vegetables	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 2 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0003	Lunch Day 2	
L18700	* Hot & Spicy Chicken	
L01002	* Yankee Pot Roast	
E01000	Red Beans & Rice no pork (E/S)	
E00500	Steamed Rice	
Q04900	O'Brien Potatoes	
Q02500	Vegetable Stir Fry	
Q02600	Herbed Green Beans	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 2 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0004	Dinner Day 2	
L84400	* Jerk Roast Turkey or Chicken	
L06201	* Hamburger Yakisoba	
	Vegetarian Nuggets	
E00800	Rice Pilaf	
Q06600	Baked Sweet Potatoes	
Q10900	Cauliflower	
Q04100	Peas w/ Mushrooms	
O01602	Turkey Gravy or Chicken Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 3 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0005	Lunch Day 3	
L01701	* Braised Beef Cubes	
L08501	* Grilled Pork Chop	
L16502	Vegetable Pizza (WG or WW crust)	
Q05700	Mashed Potatoes	
	Egg Noodles	
Q11300	Mustard Greens	
Q11000	Whole Kernel Corn	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 3 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0006	Dinner Day 3	
L03501	** Meat loaf (Turkey)	
L07600	* Beef Manicotti	
L11907	Cajun baked fish	
	Vegetable Egg Rolls (Small)- E/S	
Q04603	Lyonnais Potatoes	
Q12200	Summer Squash	
Q00101	Broccoli Combo	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

- Green-High Performance Food
- Yellow-Use Caution
- Red-Performance Limiting Food
- * Field Entrees
- ** See Alternate Field Entrée Tab
- E/S serve as Entrée or starch side
- WG/WW Whole Grain/Whole Wheat

IMT 35 Day Cycle Lunch/Dinner Menu

IMT 35 Day Cycle Lunch/Dinner Menu

MENU # DAY 4 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0007	Lunch Day 4	
L03700	* Salisbury Steak	
L50800	* Vegetable Lasagna	
	Baked Salmon	
E00505	Steamed Brown Rice	
Q07000	Garlic Roasted Potato Wedges	
Q12600	Mixed Vegetables	
Q10600	Brussel Sprouts	
	Pinto Beans	
D80400	Hot Rolls	
O01600	Brown Gravy	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 4 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0008	Dinner Day 4 (HISPANIC MEAL)	
L14301	* Mexican Baked Chicken	
L04300	* Beef Fajitas	
L50700	Vegetarian Bean Burrito	
E00900	Spanish Rice	
Q00600	Spanish Style Beans	
Q01600	Carrot & Celery Amandine	
Q02702	Mexican Corn	
D01403	Jalapeno Cornbread	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 5 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0009	Lunch Day 5	
L06900	* Baked Ham	
L00500	* Roast Beef	
L11903	Lemon Pepper Baked Fish	
L017300	Cheese Tortellini Marinara	
Q05502	Scalloped Potatoes	
Q12700	Peas and Carrots	
Q01500	Oriental Stir Fry Cabbage	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 5 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0010	Dinner Day 5	
L15800	* Savory Baked Chicken	
L03801	* Spaghetti W/Meat Sauce	
E01300	Spaghetti W/ Marinara Sauce (O00400)	
Q05700	Mashed Potatoes	
Q10500	Steamed Broccoli	
Q11100	Corn on Cob	
O01602	Chicken Gravy	
D80200	Garlic Rolls/Bread	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 6 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0011	Lunch Day 6	
L18400	* Baked Turkey Patty	
L81100	* Indonesian Style Beef over Noodles	
N04600	Garden Vegetable Wrap	
Q04603	Lyonnais Potatoes	
E02200	Orzo with Lemon & Herbs	
Q10103	French Style Green Beans	
Q08200	Honey Dijon Vegetables	
O01602	Turkey Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 6 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0012	Dinner Day 6	
L52300	* Mambo Pork Roast	
L04100	* Swedish Meatballs	
L11904	Herbed Baked Fish	
L19600	SW Sweet Pot, Blackbeans, Corn (E/S)	
E00503	Long Grain & Wild Rice	
Q05700	Mashed Potatoes	
Q10800	Carrot Slices	
Q10000	Asparagus	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

- Green-High Performance Food
- Yellow-Use Caution
- Red-Performance Limiting Food
- * Field Entrees
- ** See Alternate Field Entrée Tab
- E/S serve as Entrée or starch side
- WG/WW Whole Grain/Whole Wheat

IMT 35 Day Cycle Lunch/Dinner Menu

IMT 35 Day Cycle Lunch/Dinner Menu

MENU # DAY 7 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0013	Lunch Day 7	
L05101	* Chicken Parmesan	
L19500	* Beef Teriyaki	
L07500	Broccoli & Cheese Rice (E/S)	
E00505	Steamed Brown Rice	
Q04900	Obrien Potatoes	
Q02500	Vegetable Stir Fry	
Q10200	Lima Beans	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 7 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0014	Dinner Day 7	
L00700	* Grilled Steak	
L08200	* Sweet & Sour Pork	
	Short Order	
N01200	Grilled Hamburger	
N01201	Grilled Cheeseburger	
N04400	Grilled Chicken Sandwich	
N05100	Vegetarian Hearty Burger	
N00600	Grilled Cheese	
	Sides	
Q04400	Baked Potatoes	
E00500	Steamed Rice	
Q03001	Sautéed Onions & Mushrooms	
Q10500	Steamed Broccoli	
Q12600	Seasoned Mixed Vegetables	
Q04502	Baked French Fries	
D00700	Garlic Bread	
O01600	Brown Gravy	
	Assorted Chips	
	Short Order Toppings	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 8 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port 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	
Q11300	Collard Greens	
Q10900	Cauliflower	
O01602	Chicken Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 8 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0016	Dinner Day 8	
L16200	* Roast Turkey	
L02700	* Meatball Stroganoff	
L12000	Baked Stuffed Pollock	
L17600	Vegetable Stuffed Peppers	
	Egg Noodles	
O80101	Cornbread Dressing	
Q05700	Mashed Potatoes	
Q01701	Glazed Carrots	
Q02600	Herbed Green Beans	
O01602	Turkey Gravy	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
	Green-High Performance Food	
	Yellow-Use Caution	
	Red-Performance Limiting Food	
*	Field Entrees	
**	See Alternate Field Entrée Tab	
E/S	serve as Entrée or starch side	
WG/WW	Whole Grain/Whole Wheat	

MENU # DAY 9 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0017	Lunch Day 9	
L08101	* Roast Pork Tenderloin	
L02804	* Chili Macaroni (Turkey)	
L09700	Shrimp Jambalaya	
L03101	Cheese Ravioli	
Q50200	Italian Roasted Potato	
E80100	Wild Rice	
Q11600	Steamed Peas	
Q00101	Broccoli Combo	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 9 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0018	Dinner Day 9	
L01300	* Pepper Steak	
L15001	** Chicken Pot Pie	
	Cheese Pizza (WG or WW Crust)	
Q05700	Mashed Potatoes	
E00505	Steamed Brown Rice	
Q02401	Brussels' Sprouts Parmesan	
Q02701	Corn O'Brien (no bacon)	
O01602	Chicken Gravy	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

IMT 35 Day Cycle Lunch/Dinner Menu

IMT 35 Day Cycle Lunch/Dinner Menu

MENU # DAY 10 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0019	Lunch Day 10	
L81000	* Beef Stir Fry	
L15601	* Oven Baked Fried Chicken	
L50100	Pasta Primavera (E/S)	
Q05700	Mashed Potatoes	
E00500	Steamed Rice	
Q11701	Black-eyed Peas	
Q00103	Cauliflower Combo	
Q01200	Fried Cabbage	
O01602	Chicken Gravy	
D01400	Cornbread	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 10 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0020	Dinner Day 10	
L09500	* Cantonese Spareribs	
L03100	* Beef Ravioli	
L11900	Baked Catfish Fillet	
Q07300	Japanese Vegetable Stir Fry (E/S)	
E01800	Spicy Brown Rice Pilaf	
Q06900	Mashed Sweet Potatoes	
Q12600	Mixed Vegetables	
Q06300	Tangy Spinach	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 11 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0021	Lunch Day 11	
L14400	* Baked Turkey & Noodles	
L01601	* Swiss Steak	
	Vegetarian Nuggets	
	Baked Redskin Potatoes	
E00500	Steamed Rice	
Q10800	Carrot Slices	
Q11000	Whole Kernel Corn	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 11 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0022	Dinner Day 11	
L02500	* Lasagna (Beef)	
L14201	* Rock Cornish Hens	
L07601	Cheese Manicotti (Veg)	
E02300	Orzo w/ Spinach, Tomato, Onion	
Q05700	Mashed Potatoes	
Q00105	Green Bean Combo	
Q12200	Summer Squash	
O01602	Chicken Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 12 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0023	Lunch Day 12 (GERMAN MEAL)	
L10400	* Jaegerschnitzel/or Grill Pork Chops (L08501)	
L83900	* Chicken Cordon Bleu	
L84000	Blackened Fish	
L17301	Spinach Tortellini Marinara	
E01200	Noodles Jefferson	
Q01900	German Potato Griddle Cakes	
Q04102	Peas w/Celery	
Q01201	Calico Cabbage	
O01605	Mushroom Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 12 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0024	Dinner Day 12	
L06201	* Hamburger Yakisoba	
L21700	*Asian BBQ Turkey	
E01000	Red Beans & Rice no pork (E/S)	
Q05000	Oven Browned Potatoes	
Q08200	Honey Dijon Vegetables	
Q10100	Green Beans	
O01602	Chicken Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

- Green-High Performance Food
- Yellow-Use Caution
- Red-Performance Limiting Food
- * Field Entrees
- ** See Alternate Field Entrée Tab
- E/S serve as Entrée or starch side
- WG/WW Whole Grain/Whole Wheat

IMT 35 Day Cycle Lunch/Dinner Menu

IMT 35 Day Cycle Lunch/Dinner Menu

MENU # DAY 13 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0025	Lunch Day 13	
L03500	** Meat Loaf (beef)	
L04302	* Turkey Fajitas	
F00100	Macaroni & Cheese - E/S	
Q05700	Mashed Potatoes	
Q08000	Hacienda Corn & Black Beans	
Q11300	Collard Greens	
Q10900	Steamed Cauliflower	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 13 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0026	Dinner Day 13	
L14302	* Herbed Baked Chicken	
L10300	* Veal Parmesan	
	Vegan Pierogies - (E/S)	
E01400	Spring Garden Rice	
Q05101	Potatoes Au Gratin	
Q10000	Asparagus	
Q10800	Sliced Carrots	
O01602	Chicken Gravy	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 14 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0027	Lunch Day 14	
L17900	* Honey Ginger Chicken	
L06901	* Grilled Ham Steak	
	Vegetable Egg Rolls (Small) E/S	
E00505	Steamed Brown Rice	
Q05001	Franconia Potatoes	
Q00702	Green Beans With Mushrooms	
Q02500	Vegetable Stir Fry	
O01602	Chicken Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 14 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0028	Dinner Day 14	
	Sautéed Shrimp	
L05400	*Steak Ranchero	
	Short Order	
N01200	Grilled Hamburger	
N01201	Grilled Cheeseburger	
N02702	* BBQ Pork Sandwich	
N00600	Grilled Cheese	
N05100	Vegetarian Hearty Burger	
	Sides	
Q05700	Mashed Potatoes	
Q00200	Baked Beans	
Q10500	Steamed Broccoli	
Q03001	Sautéed Onions & Mushrooms	
	Baked Sweet Potato Fries	
D80400	Hot Rolls	
O01600	Brown Gravy	
	Asst Chips	
	Short Order Toppings	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 15 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0029	Lunch Day 15	
L02100	** Beef Pot Pie With Biscuit	
	* Honey Chicken Wings	
L11900	Baked Cod	
L50700	Vegetarian Bean Burrito	
Q50400	Roasted Pepper Potatoes	
	Rice Medley	
Q10702	Steamed Cabbage	
Q12600	Mixed Vegetables	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 15 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0030	Dinner Day 15	
L16200	* Roast Turkey	
L06300	** Beef Enchiladas	
L18900	Italian Broccoli Pasta (E/S)	
Q03801	Refried Beans	
Q05700	Mashed Potatoes	
Q10800	Carrots	
Q11600	Green Peas	
O01602	Turkey Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

- Green-High Performance Food
- Yellow-Use Caution
- Red-Performance Limiting Food
- * Field Entrees
- ** See Alternate Field Entrée Tab
- E/S serve as Entrée or starch side
- WG/WW Whole Grain/Whole Wheat

IMT 35 Day Cycle Lunch/Dinner Menu

IMT 35 Day Cycle Lunch/Dinner Menu

MENU # DAY 16 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0031	Lunch Day 16	
L08101	* Roast Pork Tenderloin	
L01800	* BBQ Beef Cubes	
L07500	Broccoli & Cheese Rice (E/S)	
Q04900	O'Brien Potatoes	
E80100	Wild Rice	
Q10103	French Style Green Beans	
Q00103	Cauliflower Combo	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 16 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0032	Dinner Day 16	
L15601	* Oven Baked Fried Chicken	
L00500	* Roast Beef	
	Vegetarian Nuggets	
	Baked Redskin Potatoes	
E00500	Steamed Rice	
Q11300	Turnip Greens	
Q12600	Mixed Vegetables	
O01602	Chicken Gravy	
O01600	Brown Gravy	
D01400	Cornbread	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 17 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0033	Lunch Day 17	
L04900	* Turkey Cutlet	
L20500	* Italian Rice & Beef	
L50100	Pasta Primavera (E/S)	
	Medley Rice Blend	
Q05700	Mashed Potatoes	
Q10900	Cauliflower	
Q10500	Broccoli	
O01602	Chicken Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 17 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0034	Dinner Day 17	
L03700	* Salisbury Steak	
	Ginger Teriyaki Salmon	
L17400	* Rice Frittata	
Q07800	Potatoes & Herb	
Q00105	Green Bean Combo	
Q11000	Whole Kernel Corn	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 18 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0035	Lunch Day 18	
L14601	* BBQ Chicken	
L04100	* Swedish Meatballs (Beef)	
L07601	Cheese Manicotti	
Q05401	Lyonnais Potatoes	
	Egg Noodles	
Q04100	Green peas w/ mushrooms	
Q02500	Vegetable Stir Fry	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 18 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0036	Dinner Day 18 (ITALIAN)	
L05101	* Chicken Parmesan	
	* Baked Spaghetti	
L00900	Spinach Lasagna	
	Meat Pizza (WG or WW Crust)	
Q05700	Mashed Potatoes	
Q00401	Italian Baked Beans	
Q10500	Steamed Broccoli	
Q12200	Summer Squash	
O01602	Chicken Gravy	
D00700	Garlic Bread Sticks	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

- Green-High Performance Food
- Yellow-Use Caution
- Red-Performance Limiting Food
- * Field Entrees
- ** See Alternate Field Entrée Tab
- E/S serve as Entrée or starch side
- WG/WW Whole Grain/Whole Wheat

IMT 35 Day Cycle Lunch/Dinner Menu

IMT 35 Day Cycle Lunch/Dinner Menu

IMT 35 Day Cycle Lunch/Dinner Menu

MENU # DAY 22 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0043	Lunch Day 22	
L15300	* Chinese Five Spice Chicken	
L03500	** Meat Loaf	
L17301	Spinach Tortellini Marinara	
E01800	Spicy Brown Rice Pilaf	
Q05700	Mashed Potatoes	
Q12700	Peas & Carrots	
Q10100	Green Beans	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 22 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0044	Lunch Day 22	
L81000	* Beef Stir Fry	
L18501	Caribbean Flounder or Pollock or Cod	
Q02800	**Eggplant Parmesan	
E00500	Steamed Rice	
Q05700	Mashed Potatoes	
Q10000	Seasoned Asparagus	
Q02500	Vegetable Stir Fry	
O01601	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 23 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0045	Lunch Day 23	
L21900	* Lemon & Herb Turkey Fillets	
L09700	Shrimp Jambalaya	
	Vegan Pierogies - (E/S)	
	* Pasta Bar (optional)	
Q05700	Mashed Potatoes	
Q12600	Mixed Vegetables	
Q10500	Steamed Broccoli	
O01602	Turkey Gravy	
D80400	Hot Rolls	
	Salad Bar/Fitness Bar	
	Soup (optional)	
MENU # DAY 23 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0046	Dinner Day 23	
L15800	* Savory Baked Chicken	
L08301	* BBQ Pork Chops	
E01000	Red Beans & Rice (no pork, E/S)	
Q07100	Rosemary Roasted Potato Wedges	
E00800	Rice Pilaf	
Q02701	Corn O'Brien (no bacon)	
Q01500	Stir Fry Cabbage	
O01602	Chicken Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 24 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0047	Lunch Day 24	
L83500	* Mexican Pepper Steak	
L50800	* Vegetable Lasagna	
L13301	Baked Tuna & Noodles	
	Medley Rice Blend	
Q05000	Oven Brownd Potatoes	
Q10200	Seasoned Lima Beans	
Q10803	Carrot Strips	
O01600	Brown Gravy	
D00700	Garlic Bread	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 24 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0048	Dinner Day 24	
L16200	* Roast Turkey	
L81100	* Indonesian Style Beef over Noodles	
	Vegetarian Nuggets	
L19600	SW Sweet Pot, Black beans, Corn (E/S)	
O80101	Cornbread Dressing	
Q05700	Mashed Potatoes	
Q00103	Cauliflower Combo	
Q10100	Green Beans	
O01602	Turkey Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

- Green-High Performance Food
- Yellow-Use Caution
- Red-Performance Limiting Food
- * Field Entrees
- ** See Alternate Field Entrée Tab
- E/S serve as Entrée or starch side
- WG/WW Whole Grain/Whole Wheat

IMT 35 Day Cycle Lunch/Dinner Menu

IMT 35 Day Cycle Lunch/Dinner Menu

MENU # DAY 25 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0049	Lunch Day 25 (SOUL MEAL)	
L15601	* Oven Baked Fried Chicken	
L11907	Cajun Baked Catfish	
L09200	* BBQ Spareribs	
E01001	Hopping Johns no pork (E/S)	
Q06700	Candied Sweet Potatoes	
Q05700	Mashed Potatoes	
Q11300	Collard Greens	
Q11100	Corn on the Cob	
O01602	Chicken Gravy	
D01400	Cornbread	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 25 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0050	Dinner Day 25	
L08500	* Braised Pork Chops	
L19100	* Chicken & Italian Vegetable Pasta	
L07601	Cheese Manicotti (Veg)	
Q05402	O'Brien Potatoes	
Q06401	Savory Squash	
Q11600	Peas	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 26 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0051	Lunch Day 26	
L15400	*Creole Chicken	
L19500	*Teriyaki Beef Strips	
L12300	Oven Fried Fish	
L50100	Pasta Primavera (E/S)	
E00505	Steamed Brown Rice	
Q07800	Potatoes & Herbs	
Q07300	Japanese Vegetable Stir Fry	
Q10800	Carrots	
O01602	Chicken Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 26 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0052	Dinner Day 26	
L06900	* Baked Ham	
L03901	* Spaghetti w/ Meatballs	
E01300	Spaghetti W/ Marinara Sauce (O00400)	
	Baked Redskin Potatoes	
Q02401	Brussel Sprouts Parmesan	
Q11100	Corn on Cob	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 27 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0053	Lunch Day 27	
L15000	** Turkey Pot Pie	
L01200	* Country Style Steak	
	Vegetable Egg Rolls (Small)-E/S	
E01400	Spring Garden Rice	
Q05700	Mashed Potatoes	
Q10103	French Style Green Beans	
Q00103	Cauliflower Combo	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 27 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0054	Dinner Day 27	
L14600	* BBQ Chicken	
L03400	Tacos (Beef)	
L11903	Lemon Baked Fish	
L18900	* Italian Pasta & Broccoli (E/S)	
Q07000	Garlic Roasted Potato Wedges	
Q08000	Hacienda Corn & Black Beans	
Q10500	Steamed Broccoli	
O01602	Chicken Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

- Green-High Performance Food
- Yellow-Use Caution
- Red-Performance Limiting Food
- * Field Entrees
- ** See Alternate Field Entrée Tab
- E/S serve as Entrée or starch side
- WG/WW Whole Grain/Whole Wheat

IMT 35 Day Cycle Lunch/Dinner Menu

IMT 35 Day Cycle Lunch/Dinner Menu

MENU # DAY 28 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0055	Lunch Day 28	
L14200	* Honey Glazed Rock Cornish Hen	
L06201	* Beef Yakosobia	
L50700	Vegetarian Burrito	
Q05001	Franconia Potatoes	
E01900	Brown Rice with Tomatoes	
Q10800	Seasoned Carrots	
Q12400	Succotash	
O01602	Chicken Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 28 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0056	Dinner Day 28	
L03700	* Salisbury Steak	
L14800	* Chicken Cacciatore	
	Short Order	
N01200	Grilled Hamburgers	
N01201	Grilled Cheeseburgers	
N04400	Chicken Panini or Grilled Ckn Sand	
N05100	Vegetarian Hearty Burger	
N00600	Grilled Cheese	
	Sides	
Q05700	Mashed Potatoes	
Q02500	Vegetable Stir Fry	
Q00200	Baked Beans	
	Baked Sweet Potato Fries	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Asst Chips	
	Short Order Toppings	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 29 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0057	Lunch Day 29	
L01001	* Ginger Pot Roast	
L17700	* Bombay Chicken	
L17300	Cheese Tortellini Marinara	
Q05700	Mashed Potatoes	
E00503	Long Grain & Wild Rice	
Q12700	Peas & Carrots	
Q01201	Calico Cabbage	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 29 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0058	Dinner Day 29	
L04900	* Turkey Cutlet	
L02500	* Lasagna	
L12000	Baked Stuffed Fish	
	Vegan Pierogies - (E/S)	
E02300	Orzo w/ Spinach, Tomato, & Onion	
Q05700	Mashed Potatoes	
Q10100	Green Beans	
Q10900	Cauliflower	
O01602	Turkey Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

Green-High Performance Food
 Yellow-Use Caution
 Red-Performance Limiting Food
 * Field Entrees
 ** See Alternate Field Entrée Tab
 E/S serve as Entrée or starch side
 WG/WW Whole Grain/Whole Wheat

MENU # DAY 30 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0059	Lunch Day 30	
L04800	* Baked Chicken & Rice	
L03500	* Meatloaf	
	Vegetarian Nuggets	
Q05700	Mashed Potatoes	
Q10500	Steamed Broccoli	
Q07401	Squash & Carrot Medley	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 30 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0060	Dinner Day 30	
L15202	* Chicken Tetrazzini	
L10300	* Veal Parmesan	
E01000	Red Beans & Rice no pork (E/S)	
Q04603	Lyonnais Potatoes	
Q12600	Mixed Vegetables	
Q06300	Tangy Spinach	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

IMT 35 Day Cycle Lunch/Dinner Menu

IMT 35 Day Cycle Lunch/Dinner Menu

MENU # DAY 31 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0061	Lunch Day 31	
L19400	* Tropical Baked Pork Chops	
L80500	* Mexican Turkey Pasta	
Q02800	Eggplant Parmesan	
E01700	Mediterranean Brown Rice	
Q05700	Mashed Potatoes	
Q00702	Green Beans w/ Mushrooms	
Q02702	Mexican Corn	
O01602	Chicken Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 31 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0062	Dinner Day 31	
L14900	* Baked Chicken & Gravy	
L05700	* Tamale Pie	
L12800	Salmon Croquette/Cakes	
L18900	Italian Broccoli Pasta (E/S)	
E00800	Rice Pilaf	
	Baked Redskin Potatoes	
Q11600	Green Peas	
Q02500	Vegetable Stir-Fry	
O01602	Chicken Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 32 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0063	Lunch Day 32	
L02700	* Beef Balls Stroganoff	
L00900	* Spinach Lasagna	
	Taco Bar (optional)	
	Egg Noodles	
Q05700	Mashed Potatoes	
Q12600	Mixed Vegetables	
Q10600	Brussel Sprouts	
O01600	Brown Gravy	
O01600	Hot Rolls	
D80400	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 32 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0064	Dinner Day 32	
L06401	* Creole Macaroni (Turkey)	
L83900	* Chicken Cordon Bleu	
	Vegetable Egg Rolls (Small) E/S	
E00503	Long Grain & Wild Rice	
Q05300	Scalloped Potatoes	
Q10200	Lima Beans	
Q00101	Broccoli Combo	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 33 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0065	Lunch Day 33	
L03702	* Grilled Hamburger Steak	
	* Chicken Wings	
L20700	Southwestern Shrimp Linguine	
N04600	Garden Vegetable Wrap	
E00500	Steamed Rice	
Q07000	Garlic Roasted Potato Wedges	
Q11300	Collard Greens	
Q11701	Black-eyed Peas (no meat)	
Q10800	Carrots	
O01600	Brown Gravy	
D01400	Cornbread	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 33 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0066	Dinner Day 33	
L08602	* Baked Breaded Pork steaks	
L04301	* Chicken Fajitas	
L07500	Broccoli & Cheese Rice (E/S)	
Q05700	Mashed Potatoes	
Q11100	Corn on Cob	
Q10702	Steamed Cabbage	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

Green-High Performance Food
 Yellow-Use Caution
 Red-Performance Limiting Food
 * Field Entrees
 ** See Alternate Field Entrée Tab
 E/S serve as Entrée or starch side
 WG/WW Whole Grain/Whole Wheat

IMT 35 Day Cycle Lunch/Dinner Menu

IMT 35 Day Cycle Lunch/Dinner Menu

MENU # DAY 34 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0067	Lunch Day 34	
L21000	* Santa Fe Glazed Chicken	
	* Baked Spaghetti	
	Spaghetti w/ Marinara	
Q04900	O'Brien Potatoes	
Q10500	Steamed Broccoli	
Q12600	Mixed Vegetables	
O01602	Chicken Gravy	
	Bread Sticks	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 34 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0068	Dinner Day 34	
L14400	* Baked Turkey & Noodles	
L01800	* BBQ Beef Cubes	
L16502	Vegetable Pizza (WG or WW crust)	
Q05700	Mashed Potatoes	
E00505	Steamed Brown Rice	
Q10100	Green Beans	
Q06200	Creole Summer Squash	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 35 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0069	Lunch Day 35	
L06901	* Grilled Ham Steak	
L20500	* Italian Rice & Beef	
L17301	Spinach Tortellini Marinara	
L03200	Fish Parmesan	
E02200	Orzo w/ Lemon & Herbs	
Q05001	Franconia Potatoes	
Q10000	Asparagus	
Q11000	Corn	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 35 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0070	Dinner Day 35	
L01501	* Swiss Steak smothered w/ onions	
L21600	* Cheddar Chicken & Broccoli	
	Short Order	
N01200	Grilled Hamburgers	
N01201	Grilled Cheeseburgers	
	Turkey Burger	
N05100	Vegetarian Hearty Burger	
N00600	Grilled Cheese	
	Sides	
Q05700	Mashed Potatoes	
Q02500	Vegetable Stir Fry	
Q11600	Green Peas	
Q04502	Baked French Fries	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Asst Chips	
	Short Order Toppings	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

- Green-High Performance Food
- Yellow-Use Caution
- Red-Performance Limiting Food
- * Field Entrees
- ** See Alternate Field Entrée Tab
- E/S serve as Entrée or starch side
- WG/WW Whole Grain/Whole Wheat

IMT 35 Day Cycle Lunch/Dinner Menu

Alternate Field Entrees

MENU # DAY 3 MEAL: DIN			
	ITEM DESCRIPTION	RECIPE NO.	
	Dining Facility Entrée		Alternate Field Entrée
	Meatloaf Turkey	L04900	Turkey Cutlet

MENU # DAY 19 MEAL: LUN			
	ITEM DESCRIPTION	RECIPE NO.	
	Dining Facility Entrée		Alternate Field Entrée
	Vegetarian Burrito	L06900	Baked Ham

MENU # DAY 9 MEAL: DIN			
	ITEM DESCRIPTION	RECIPE NO.	
	Dining Facility Entrée		Alternate Field Entrée
	Chicken Pot Pie	L15202	Chicken Tetrazzini

MENU # DAY 21 MEAL: LUN			
	ITEM DESCRIPTION	RECIPE NO.	
	Dining Facility Entrée		Alternate Field Entrée
	Turkey Enchiladas	L06202	Turkey Yakisoba

MENU # DAY 13 MEAL: LUN			
	ITEM DESCRIPTION	RECIPE NO.	
	Dining Facility Entrée		Alternate Field Entrée
	Meatloaf Beef	L03702	Grilled Hamburger Steak

MENU # DAY 22 MEAL: LUN			
	ITEM DESCRIPTION	RECIPE NO.	
	Dining Facility Entrée		Alternate Field Entrée
	Meatloaf	L01601	Swiss Steak

MENU # DAY 15 MEAL: LUN			
	ITEM DESCRIPTION	RECIPE NO.	
	Dining Facility Entrée		Alternate Field Entrée
	Beef Pot Pie w/ Biscuit	L01701	Braised Beef

MENU # DAY 22 MEAL: DIN			
	ITEM DESCRIPTION	RECIPE NO.	
	Dining Facility Entrée		Alternate Field Entrée
	Eggplant Parmesan	L06901	Grilled Ham Steak

MENU # DAY 15 MEAL: DIN			
	ITEM DESCRIPTION	RECIPE NO.	
	Dining Facility Entrée		Alternate Field Entrée
	Beef Enchiladas	L02802	Chili Macaroni

MENU # DAY 27 MEAL: LUN			
	ITEM DESCRIPTION	RECIPE NO.	
	Dining Facility Entrée		Alternate Field Entrée
	Turkey Pot Pie	L14400	Baked Turkey & Noodles

Pasta Bar

At the minimum provide the following:

Minimum of 1 pasta type, preferably 2 pasta types (spaghetti, rotini, etc)

Marinara Sauce (Recipe #O00400)

White Sauce (Recipe# O00100) or Low Fat Alfredo Sauce

Potato Bar

At the minimum provide the following:

Baked Potatoes

Shredded Lettuce

Chopped Onion

Chopped Tomato

Shredded Cheese

Cheese Sauce (Recipe# O00101)

Sour Cream

Taco Bar

At the minimum provide the following:

Taco Shells or Tortilla Wraps or combination of both

Ground Beef

Shredded Lettuce

Chopped Onion

Chopped Tomato

Shredded Cheese

Cheese Sauce (Recipe# O00101)

Sour Cream

Salsa

*Specialty Bars are optional

MENU # DAY 1-7 MEAL: Daily

RECIPE NO.	ITEM DESCRIPTION	COST
	Ham	
	Roast Beef	
	Turkey	
	American, Swiss, Provolone, Mjack	
	Chicken/Tuna/Egg Salad (Rotation)	
	Assort Whole Grain Breads/Wraps/Pita	
	Assort Baked Chips	
	Deli Toppings	

Dessert Bar

Provide 4 rotating varieties daily at lunch and dinner from list below

J02300	* Baked Cinnamon Apples
	* Fruit Parfait
	* Fruit Gelatin (assorted variety)
	* Pudding (Chocolate, Vanilla, Butterscotch, etc)
	* Angel Food Cake
H09001	Oatmeal Raisin Bars/Cookies
	Low Fat Muffins (assorted variety)
H02300	Crispy Marshmallow Squares
J01600	Bread Pudding
J01500	Rice Pudding
	Low Fat Ice Cream
	Low Fat Frozen Yogurt

*** Minimum of 2 Green dessert items must be served daily at each lunch and dinner meal**

****Advanced Individual Training Installations refer to Implementation Guide for specific desserts standards.**

	HYDRATION STATIONS-BREAKFAST
	Milk White BIB 1% Milk Fat
	Milk White BIB Nonfat
	Milk Chocolate BIB 1% Milk Fat
	Milk Soy / Lactose Free
	100% Orange Juice (calcium/vit D fortified)
	Juice/Juice blends, 100% (minimum of 1)
	Water, no sugar, vitamin enhanced flavored (minimum of 1)
	Carbohydrate-Electrolyte Beverage (optional)
	No sugar beverage base (optional)
	Unsweet Ice Tea
	Diet tea/flavored diet tea no sugar (optional)
	Coffee
	Tea Bags
	Hot Chocolate
	Vegetable juice or tomato juice

	HYDRATION STATIONS-LUNCH/DINNER
	Milk White BIB 1% Milk Fat
	Milk White BIB Nonfat
	Milk Chocolate BIB 1% Milk Fat
	Milk Soy / Lactose Free
	Juice/Juice blends, 100% (minimum of 2)
	Water, no sugar, vitamin enhanced flavored (minimum of 1)
	Carbohydrate-Electrolyte Beverage (optional)
	No sugar beverage base (optional)
	Unsweet Ice Tea
	Diet tea/flavored diet tea no sugar (optional)
	Coffee
	Tea Bags
	Hot Chocolate
	Vegetable juice or tomato juice

