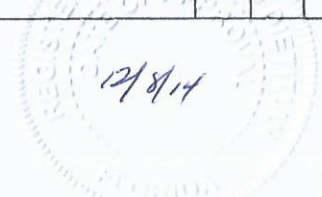


Dayspring Village

Week One

Females - Average 1600 - 1800 Kcal

		1600		1800		1600		1800		1600		1800		1600		1800		1600		1800									
		Sunday				Monday				Tuesday				Wednesday				Thursday				Friday				Saturday			
Breakfast	3/4 c	3/4 c	Citrus Juice	3/4 c	3/4 c	Citrus Juice	3/4 c	3/4 c	Citrus Juice	3/4 c	3/4 c	Citrus Juice	3/4 c	3/4 c	Citrus Juice	3/4 c	3/4 c	Citrus Juice	3/4 c	3/4 c	Citrus Juice								
	1 sv	1 sv	Sausage Gravy	1/2 c	1/2 c	Grits	1 c	1 c	Cold Cereal	1	1	Sausage Biscuits	1 c	1 c	Cold Cereal	1	1	Bacon Egg & Cheese	2	2	Pancakes								
	1	1	Biscuits	1 sv	1 sv	Scrambled Eggs	1	1	Toast				1	1	Toast	1	1	Biscuits	1 sv	1 sv	Bacon								
	1 c	1 c	Low Fat Milk	1 c	1 c	Low Fat Milk	1 c	1 c	Low Fat Milk	1 c	1 c	Low Fat Milk	1 c	1 c	Low Fat Milk	1 c	1 c	Low Fat Milk	1 c	1 c	Low Fat Milk								
			Beverages			Beverages			Beverages			Beverages			Beverages			Beverages			Beverages								
			Condiments			Condiments			Condiments			Condiments			Condiments			Condiments			Condiments								
Lunch	4 oz	4 oz	Baked Chicken	1 c	1 c	Chili	1 c	1 c	Tomato Soup	1.5 c	1.5 c	Chili con Carne			Hamburger:	5 oz	5 oz	Mixed Seafood Platter	2	2	Hot Dogs								
	1 sv	1 sv	Gravy			Cold Cut Sandwich			PB & J Sandwich:	1/2 c	1/2 c	Rice	3 oz	3 oz	Beef Patty	1 c	1 c	French Fries	2	2	Buns								
	1/2 c	1/2 c	Mashed Potatoes	2 oz	2 oz	Cold Cuts	3 Tbsp	3 Tbsp	Peanut Butter	1/2 c	1/2 c	Whole Kernel Corn	1	1	Bun	1/2 c	1/2 c	Carrots	1/2 c	1/2 c	Baked Beans								
1/2 c	1/2 c	Succotash	1 oz	1 oz	Cheese	1 Tbsp	1 Tbsp	Jelly	1/2 c	1/2 c	Carrot-Raisin	2	2	sl Tomatoes	1 c	1 c	Tossed Salad	1/2 c	1/2 c	Coleslaw									
			2	2	sl Tomatoes	2	2	Bread			Salad	2	2	Lettuce Leaves															
			2	2	Lettuce Leaves	1/2 c	1/2 c	Coleslaw				1 c	1 c	French Fries															
			2	2	Bread																								
	2	2	sl Bread/Rolls			Green Pea Salad				6	6	Saltine Crackers				1	2	sl Bread/Rolls			1/2 c Canned/1 pc								
	1 sv	1 sv	1/2 c Canned/1 pc	1 sv	1 sv	1/2 c Canned/1 pc	1 sv	1 sv	1/2 c Canned/1 pc	1 sv	1 sv	1/2 c Canned/1 pc	1 sv	1 sv	1/2 c Canned/1 pc	1 sv	1 sv	1/2 c Canned/1 pc	1 sv	1 sv	1/2 c Canned/1 pc								
			Fresh Fruit			Fresh Fruit			Fresh Fruit			Fresh Fruit			Fresh Fruit			Fresh Fruit			Fresh Fruit								
	1 c	1 c	Low Fat Milk	1 c	1 c	Low Fat Milk	1 c	1 c	Low Fat Milk	1 c	1 c	Low Fat Milk	1 c	1 c	Low Fat Milk	1 c	1 c	Low Fat Milk	1 c	1 c	Low Fat Milk								
			Beverages			Beverages			Beverages			Beverages			Beverages			Beverages			Beverages								
			Condiments			Condiments			Condiments			Condiments			Condiments			Condiments			Condiments								
Dinner	4 oz	4 oz	Breaded Fish Patty	3 oz	3 oz	Roasted Turkey	4 oz	4 oz	Sweet & Sour Chicken			Breaded Chicken Patty	4" sq	4" sq	Lasagna	1 c	1 c	Tomato Soup	1.5 c	1.5 c	Chicken Pot Pie								
	1/2 c	1/2 c	Lima Beans	1 sv	1 sv	Gravy	1/2 c	1/2 c	Rice			Sandwich	1/2 c	1/2 c	Green Beans	5 oz	5 oz	BBQ Pork	1/2 c	1/2 c	Pot Pie Vegetables								
	1 c	1 c	Tossed Salad	1/2 c	1/2 c	Dressing	1/2 c	1/2 c	Oriental Vegetables	4 oz	4 oz	Chicken Patty	1 c	1 c	Tossed Salad	1	1	Bun	1 c	1 c	Tossed Salad								
			1/2 c	1/2 c	Spinach	1 c	1 c	Tossed Salad	1	1	Bun				1/2 c	1/2 c	Mixed Vegetables												
			1 c	1 c	Tossed Salad				2	2	sl Tomatoes				1/2 c	1/2 c	Coleslaw												
									2	2	Lettuce Leaves				1/2 c	1/2 c													
	1	2	sl Bread/Rolls	1	1	sl Bread/Rolls	1	1	sl Bread/Rolls	1/2 c	1/2 c	Coleslaw	1	1	Garlic Toast				1	1	sl Bread/Rolls								
	1 sv	1 sv	1/2 c Canned/1 pc	1 sv	1 sv	1/2 c Canned/1 pc	1 sv	1 sv	1/2 c Canned/1 pc	1 sv	1 sv	1/2 c Canned/1 pc	1 sv	1 sv	1/2 c Canned/1 pc	1 sv	1 sv	1/2 c Canned/1 pc	1 sv	1 sv	1/2 c Canned/1 pc								
			Fresh Fruit			Fresh Fruit			Fresh Fruit			Fresh Fruit			Fresh Fruit			Fresh Fruit			Fresh Fruit								
	1 sv	1 sv	Dessert	1 sv	1 sv	Dessert	1 sv	1 sv	Dessert	1 sv	1 sv	Dessert	1 sv	1 sv	Dessert	1 sv	1 sv	Dessert	1 sv	1 sv	Dessert								
	1 c	1 c	Low Fat Milk	1 c	1 c	Low Fat Milk	1 c	1 c	Low Fat Milk	1 c	1 c	Low Fat Milk	1 c	1 c	Low Fat Milk	1 c	1 c	Low Fat Milk	1 c	1 c	Low Fat Milk								
			Beverages			Beverages			Beverages			Beverages			Beverages			Beverages			Beverages								
			Condiments			Condiments			Condiments			Condiments			Condiments			Condiments			Condiments								



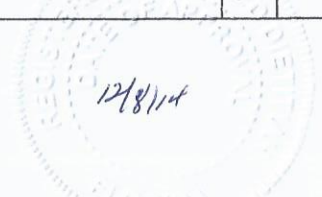
Anita A.(Toni) Martin, MPH, RDN, LD/N
R363779
ND5

Dayspring Village

Week Two

Females - Average 1600 - 1800 Kcal

	1600		1800		Sunday	1600		1800		Monday	1600		1800		Tuesday	1600		1800		Wednesday	1600		1800		Thursday	1600		1800		Friday	1600		1800		Saturday		
	1600	1800	1600	1800		1600	1800	1600	1800		1600	1800	1600	1800		1600	1800	1600	1800		1600	1800	1600	1800		1600	1800	1600	1800		1600	1800	1600	1800		1600	1800
Breakfast	3/4 c	3/4 c			Citrus Juice	3/4 c	3/4 c			Citrus Juice	3/4 c	3/4 c			Citrus Juice	3/4 c	3/4 c			Citrus Juice	3/4 c	3/4 c			Citrus Juice	3/4 c	3/4 c			Citrus Juice	3/4 c	3/4 c			Citrus Juice	3/4 c	3/4 c
	1/2 c	1/2 c			Grits	1/2 c	1/2 c			Hot Cereal	2	2			Pancakes on a Stick	2	2			French Toast	1/2 c	1/2 c			Hot Cereal	1/2 c	1/2 c			Grits	2	2			Pancakes	2	2
	1 sv	1 sv			Scrambled Eggs	1 sv	1 sv			Sausage Patty/Links	1 pc	1 pc			Fresh Fruit	1 sv	1 sv			Sausage Patty/Links	1	1			Toast	1 sv	1 sv			Scrambled Eggs	1 sv	1 sv			Bacon	1 sv	1 sv
	1 sv	1 sv			Bacon	1	1			Toast																											
	1	1			Toast																																
	1 c	1 c			Low Fat Milk	1 c	1 c			Low Fat Milk	1 c	1 c			Low Fat Milk	1 c	1 c			Low Fat Milk	1 c	1 c			Low Fat Milk	1 c	1 c			Low Fat Milk	1 c	1 c			Low Fat Milk	1 c	1 c
					Beverages					Beverages					Beverages					Beverages					Beverages					Beverages					Beverages		
					Condiments					Condiments					Condiments					Condiments					Condiments					Condiments					Condiments		
Lunch	3 oz	3 oz			Glazed Sliced Ham	1 c	1 c			Chix-Rice Soup					PB & J Sandwich:					Chicken Salad	1 c	1 c			Chicken Noodle Soup	5 oz	5 oz			Chicken Nuggets					Hamburger:		
	1/2 c	1/2 c			Sweet Potato					Grilled Cheese	3 Tbsp	3 Tbsp			Peanut Butter					Sandwich:					Tuna Salad Sandwich:	1/2 c	1/2 c			Mixed Greens	3 oz	3 oz			Beef Patty		
	1/2 c	1/2 c			Greens					Sandwich:	1 Tbsp	1 Tbsp			Jelly	1 c	1 c			Chicken Salad	1 c	1 c			Tuna Salad	1 c	1 c			French Fries	1	1			Bun		
						3 oz	3 oz			sl Cheese	2	2			Bread	2	2			sl Tomatoes	2	2			sl Tomatoes	6	6			Carrot Sticks	2	2			sl Tomatoes		
						2	2			sl Tomatoes	6	6			Celery Stick	2	2			Lettuce Leaves	2	2			Lettuce Leaves	2	2				2	2			Lettuce Leaves	2	2
						2	2			Bread	1/2 c	1/2 c			Bread	1/2 c	1/2 c			Carrot-Raisin Salad	2	2			Bread	2	2				1 c	1 c			French Fries	1 c	1 c
						1/2 c	1/2 c			Coleslaw					Carrot-Raisin Salad	1/2 c	1/2 c			Carrot-Raisin Salad	1/2 c	1/2 c			Broccoli Salad	1/2 c	1/2 c				1/2 c	1/2 c			Coleslaw	1/2 c	1/2 c
	2	2			Cornbread																																
	1 sv	1 sv			1/2 c Canned/1 pc	1 sv	1 sv			1/2 c Canned/1 pc	1 sv	1 sv			1/2 c Canned/1 pc	1 sv	1 sv			1/2 c Canned/1 pc	1 sv	1 sv			1/2 c Canned/1 pc	1 sv	1 sv			1/2 c Canned/1 pc	1 sv	1 sv			1/2 c Canned/1 pc	1 sv	1 sv
	1 c	1 c			Fresh Fruit					Fresh Fruit					Fresh Fruit					Fresh Fruit					Fresh Fruit					Fresh Fruit					Fresh Fruit		
					Low Fat Milk	1 c	1 c			Low Fat Milk	1 c	1 c			Low Fat Milk	1 c	1 c			Low Fat Milk	1 c	1 c			Low Fat Milk	1 c	1 c			Low Fat Milk	1 c	1 c			Low Fat Milk	1 c	1 c
Dinner	1.5 c	1.5 c			Beef-a-Roni	3 oz	3 oz			Meatloaf	5 oz	5 oz			Chicken Tenders	3 sl	3 sl			Meat/Cheese Pizza	4 oz	4 oz			Pork Riblets	1 sv	1 sv			Shepherd's Pie:	1.5 c	1.5 c			Spaghetti w/		
	1/2 c	1/2 c			Green Beans	1/2 c	1/2 c			Rice	1/2 c	1/2 c			Mashed Potatoes	1 c	1 c			Tossed Salad	1/2 c	1/2 c			Baked Beans	3 oz	3 oz			Grd Beef	1/2 c	1/2 c			Meat Sauce		
	1 c	1 c			Tossed Salad	1 sv	1 sv			Gravy	1/2 c	1/2 c			Peas & Carrots						1/2 c	1/2 c			Potato Salad	1/2 c	1/2 c			Mashed Potatoes	1/2 c	1/2 c			Green Beans	1 c	1 c
						1/2 c	1/2 c			Stewed Tomatoes																											
						1 c	1 c			Tossed Salad																											
	1	1			Garlic Toast	1	1			sl Bread/Rolls	1	2			sl Bread/Rolls	2	3			Bread Sticks	1	1			sl Bread/Rolls	1	2			sl Bread/Rolls	1	1			Garlic Toast	1	1
	1 sv	1 sv			1/2 c Canned/1 pc	1 sv	1 sv			1/2 c Canned/1 pc	1 sv	1 sv			1/2 c Canned/1 pc	1 sv	1 sv			1/2 c Canned/1 pc	1 sv	1 sv			1/2 c Canned/1 pc	1 sv	1 sv			1/2 c Canned/1 pc	1 sv	1 sv			1/2 c Canned/1 pc	1 sv	1 sv
	1 sv	1 sv			Fresh Fruit					Fresh Fruit					Fresh Fruit					Fresh Fruit					Fresh Fruit					Fresh Fruit					Fresh Fruit		
	1 c	1 c			Dessert	1 sv	1 sv			Dessert	1 sv	1 sv			Dessert	1 sv	1 sv			Dessert	1 sv	1 sv			Dessert	1 sv	1 sv			Dessert	1 sv	1 sv			Dessert	1 sv	1 sv
					Low Fat Milk	1 c	1 c			Low Fat Milk	1 c	1 c			Low Fat Milk	1 c	1 c			Low Fat Milk	1 c	1 c			Low Fat Milk	1 c	1 c			Low Fat Milk	1 c	1 c			Low Fat Milk	1 c	1 c
					Beverages					Beverages					Beverages					Beverages					Beverages					Beverages					Beverages		
					Condiments					Condiments					Condiments					Condiments					Condiments					Condiments					Condiments		

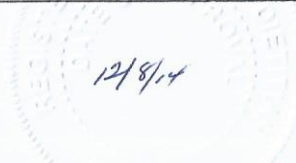



Toni Martin

Anita A.(Toni) Martin, MPH, RDN, LD/N
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ND5

Dayspring Village Week Three Females - Average 1600 - 1800 Kcal

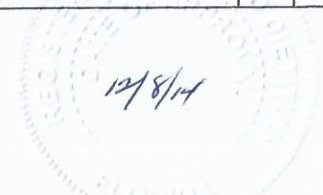
	1600		1800			1600		1800			1600		1800			1600		1800							
	1600	1800	1600	1800		1600	1800	1600	1800		1600	1800	1600	1800		1600	1800	1600	1800						
Breakfast	3/4 c	3/4 c	Citrus Juice Sausage Gravy Biscuits	3/4 c	3/4 c	Citrus Juice Hot Cereal Toast	3/4 c	3/4 c	Citrus Juice Bacon, Egg & Cheese Biscuit	3/4 c	3/4 c	Citrus Juice Waffles Bacon	3/4 c	3/4 c	Citrus Juice Cold Cereal Tator Tots Toast	3/4 c	3/4 c	Citrus Juice Grits Scrambled/ Poached Eggs Toast	3/4 c	3/4 c	Citrus Juice Pancakes Sausage Patty/Links				
	1 sv	1 sv		1/2 c	1/2 c		1	1		1 sv	1 sv		1 c	1 c		1/2 c	1/2 c		1	1		1/2 c	1/2 c	1 sv	1 sv
	1 c	1 c	Low Fat Milk Beverages Condiments	1 c	1 c	Low Fat Milk Beverages Condiments	1 c	1 c	Low Fat Milk Beverages Condiments	1 c	1 c	Low Fat Milk Beverages Condiments	1 c	1 c	Low Fat Milk Beverages Condiments	1 c	1 c	Low Fat Milk Beverages Condiments	1 c	1 c	Low Fat Milk Beverages Condiments	1 c	1 c		
Lunch	4 oz	4 oz	Baked Pork Chop Rice Whole Kernel Corn Tossed Salad	2	2	Hot Dogs Buns Coleslaw Baked Beans	3 Tbsp	3 Tbsp	PB & J Sandwich: Peanut Butter Jelly Bread Celery Stick Carrot-Raisin Salad	1.5 c	1.5 c	Macaroni & Cheese Spinach Onion Rings Tossed Salad	4 oz	4 oz	Baked Fish Cheese Grits Stewed Tomatoes	3 oz	3 oz	Sub Sandwich: Assorted Cold Cuts & Cheese Sub Roll sl Tomatoes Lettuce Leaves Coleslaw	4 oz	4 oz	Italian Sausage Bun Diced Tomatoes Shredded Lettuce Carrot-Raisin Salad				
	1/2 c	1/2 c		1/2 c	1/2 c		1 Tbsp	1 Tbsp		1/2 c	1/2 c		1 c	1 c		1/2 c	1/2 c		1/2 c	1/2 c		1	1	1/2 c	1/2 c
	1 c	1 c	sl Bread/Rolls 1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments	1/2 c	1/2 c	1 sv	1 sv	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments	1 sv	1 sv	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments	1 sv	1 sv	1 c	1 c	1 sv	1 sv	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments	1 c	1 c	1 sv	1 sv	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments	1 c	1 c
	1	1	1 sv	1 sv	1 c	1 c	1 sv	1 sv	1 c	1 c	1 sv	1 sv	1 c	1 c	1 sv	1 sv	1 c	1 c	1 sv	1 sv	1 c	1 c	1 sv	1 sv	
Dinner	1.5 c	1.5 c	Chicken Chow Mein Dried Egg Noodles Oriental Vegetables Tossed Salad	7	8	Roasted Chicken Wings Dressing Mashed Potatoes Carrots	5 oz	5 oz	Chicken Tenders Baked Beans Broccoli	4 oz	4 oz	Cube Steak Mashed Potatoes Mixed Vegetables	4" sq	4" sq	Lasagna Green Beans Tossed Salad	4 oz	4 oz	Low Country Boil Fish/Seafood Sausage Corn on the Cob Red Potatoes	4 oz	4 oz	Sweet n' Sour Chicken Rice Oriental Vegetables Tossed Salad				
	1/2 c	1/2 c		1/2 c	1/2 c		1/2 c	1/2 c		1/2 c	1/2 c		1/2 c	1/2 c		1/2 c	1 c		1 c	1		1	1/2 c	1/2 c	1/2 c
	1 c	1 c	Egg Roll 1/2 c Canned/1 pc Fresh Fruit Dessert Low Fat Milk Beverages Condiments	1	1	1 sv	1 sv	1/2 c Canned/1 pc Fresh Fruit Dessert Low Fat Milk Beverages Condiments	1 sv	1 sv	1/2 c Canned/1 pc Fresh Fruit Dessert Low Fat Milk Beverages Condiments	1 sv	1 sv	1 sv	1 sv	1 sv	1 sv	1 sv	1 sv	1 sv	1 sv	1 sv	1 sv	1 sv	1 sv
	1 sv	1 sv	1 sv	1 sv	1 c	1 c	1 sv	1 sv	1 c	1 c	1 sv	1 sv	1 c	1 c	1 sv	1 sv	1 c	1 c	1 sv	1 sv	1 c	1 c	1 sv	1 sv	





 Anita A. (Toni) Martin, MPH, RDN, LD/N
 R363779
 ND5

Dayspring Village Week Four Females - Average 1600 - 1800 Kcal

	1600		1800		1600		1800		1600		1800		1600		1800		1600		1800		
	1600	1800	1600	1800	1600	1800	1600	1800	1600	1800	1600	1800	1600	1800	1600	1800	1600	1800	1600	1800	
Breakfast	3/4 c	3/4 c	Citrus Juice Sausage Biscuits	3/4 c	3/4 c	Citrus Juice Hot Cereal Toast	3/4 c	3/4 c	Citrus Juice Grits Scrambled /Poached Eggs Toast Sausage Patty/Links	3/4 c	3/4 c	Citrus Juice French Toast Bacon	3/4 c	3/4 c	Citrus Juice Cold Cereal Toast	3/4 c	3/4 c	Citrus Juice Grits Omelet Toast	3/4 c	3/4 c	Citrus Juice Pancakes Sausage Patty/Links
	1	1		1/2 c	1/2 c		1 sv	1 sv		1 sv	1 sv		1 sv	1 sv		1 sv	1 sv		1 sv	1 sv	
	1 c	1 c	Low Fat Milk Beverages Condiments	1 c	1 c	Low Fat Milk Beverages Condiments	1 c	1 c	Low Fat Milk Beverages Condiments	1 c	1 c	Low Fat Milk Beverages Condiments	1 c	1 c	Low Fat Milk Beverages Condiments	1 c	1 c	Low Fat Milk Beverages Condiments	1 c	1 c	Low Fat Milk Beverages Condiments
Lunch	3 oz	3 oz	Beef Tacos: Grd Beef Chopped Tomatoes Shredded Lettuce Flour Tortillas Refried Beans	1 c	1 c	Tomato Soup Hamburger: Beef Patty Bun sl Tomatoes Lettuce Leaves French Fries Coleslaw	3 Tbsp	3 Tbsp	PB & J Sandwich: Peanut Butter Jelly Bread Celery Sticks Carrot Sticks	4 oz	4 oz	Roasted Chicken Wings Wings French Fries Coleslaw	1 c	1 c	Vegetable Soup Turley BLT: sl Turkey Bacon sl Bread sl Tomatoes Lettuce Leaves French Fries	1.5 c	1.5 c	Shepherd's Pie: Grd Beef Mashed Potatoes Green Peas Tossed Salad	3 oz	3 oz	Hamburger: Beef Patty Bun sl Tomatoes Lettuce Leaves Corn on the Cob Baked Beans
	1/2 c	1/2 c		3 oz	3 oz		1 Tbsp	1 Tbsp		1 c	1 c		3 oz	3 oz		2 sl	2 sl		1/2 c	1/2 c	
	2	2	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments	1 sv	1 sv	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments	1 sv	1 sv	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments	1 sv	1 sv	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments	1 sv	1 sv	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments	1 sv	1 sv	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments	1 sv	1 sv	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments
Dinner	2	2	Chili Dogs Buns Corn on the Cob Tossed Salad	4 oz	4 oz	Fried Chicken Gravy Mashed Potatoes Green Peas	4 oz	4 oz	Baked Pork Chop Scalloped Potatoes Broccoli	4 oz	4 oz	Steak Fritters Rice Green Beans	3 oz	3 oz	Roast Turkey Dressing Spinach Carrots	3 sl	3 sl	Meat/Cheese Pizza Bread Sticks Tossed Salad	1.5 c	1.5 c	Spaghetti w/ Meat Sauce Green Beans Tossed Salad
	2	2		1 sv	1 sv		1/2 c	1/2 c		1/2 c	1/2 c		1/2 c	1/2 c		1/2 c	1/2 c		1/2 c	1/2 c	
	1 ea	1 ea	1/2 c Canned/1 pc Fresh Fruit Dessert Low Fat Milk Beverages Condiments	1 sv	1 sv	1/2 c Canned/1 pc Fresh Fruit Dessert Low Fat Milk Beverages Condiments	1 sv	1 sv	1/2 c Canned/1 pc Fresh Fruit Dessert Low Fat Milk Beverages Condiments	1 sv	1 sv	1/2 c Canned/1 pc Fresh Fruit Dessert Low Fat Milk Beverages Condiments	1 sv	1 sv	1/2 c Canned/1 pc Fresh Fruit Dessert Low Fat Milk Beverages Condiments	1 sv	1 sv	1/2 c Canned/1 pc Fresh Fruit Dessert Low Fat Milk Beverages Condiments	1 sv	1 sv	1/2 c Canned/1 pc Fresh Fruit Dessert Low Fat Milk Beverages Condiments
	1 c	1 c		1 c	1 c		1 c	1 c		1 c	1 c		1 c	1 c		1 c	1 c		1 c	1 c	




 Anita A. (Toni) Martin, MPH, RDN, LD/N
 R363779
 ND5

Dayspring Village

Condiments:

Catsup
Coffee Creamer
Corn/ Potato/Tortilla Chips
Cranberry Sauce
Croutons
Hot Sauce
Jam
Jelly
Lemon Wedges
Margarine
Mayonnaise
Mustard
Peanut Butter
Pepper
Pepper Sauce
Pickles
Relish
Salad Croutons
Salsa
Salt
Sour Cream
Sugar
Sweet N' Low
Syrup
Tartar Sauce

Beverages:

Coffee
Fruit Punch
Hot Tea
Iced Tea
Water

Citrus Juice

Grapefruit
Orange
Pineapple
Blend of any of the above

Bread/Toast

Pumpernickel
Rye
White
Whole Grain
Whole Wheat

Snacks:

Assorted Cookies
Juice
Coffee
Iced Tea



Toni Martin

Anita A.(Toni) Martin, MPH, RDN, LD/N
R363779 ND5