

		Dayspring Village		Week One		Males - Average 2000 - 2400 Kcal			
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
2000	2400	2000	2400	2000	2400	2000	2400	2000	2400
Breakfast									
1 c	1 c	Low Fat Milk Beverages Condiments	Low Fat Milk Beverages Condiments	Low Fat Milk Beverages Condiments	Low Fat Milk Beverages Condiments	Low Fat Milk Beverages Condiments	Low Fat Milk Beverages Condiments	Low Fat Milk Beverages Condiments	Low Fat Milk Beverages Condiments
3/4 c 1 sv 1	1 c 1 sv 2	Citrus Juice Sausage Gravy Biscuits	Citrus Juice Grits Scrambled Eggs Toast	Citrus Juice Cold Cereal Toast	Citrus Juice Sausage Biscuits	Citrus Juice Cold Cereal Toast	Citrus Juice Bacon Egg & Cheese Biscuits	Citrus Juice Pancakes Bacon	
4 oz 1 sv 1/2 c 1/2 c	4 oz 1 sv 1/2 c 1/2 c	Baked Chicken Gravy Mashed Potatoes Succotash	Chili Cold Cut Sandwich Cold Cuts Cheese sl Tomatoes Lettuce Leaves Bread Green Pea Salad	Tomato Soup PB & J Sandwich: Peanut Butter Jelly Bread Coleslaw	Chili con Carne Rice Whole Kernel Corn Carrot-Raisin Salad	Hamburger: Beef Patty Bun sl Tomatoes Lettuce Leaves French Fries	Mixed Seafood Platter French Fries Carrots Tossed Salad	Hot Dogs Buns Baked Beans Coleslaw	
1 sv 1/2 c 1/2 c	4 oz 1 sv 1/2 c 1/2 c	1 c 1 c 2 oz 1 oz 2 2 2 2 2 2	1 c 1 c 2 oz 2 oz 1 oz 2 2 2 2 2 2	1 c 1 c 3 Tbsp 3 Tbsp 1 Tbsp 1 Tbsp 2 2 1/2 c 1/2 c	1.5 c 1.5 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	5 oz 1 c 1 c 1/2 c 1/2 c 1 c 1 c 1 c	5 oz 1 c 1 c 1/2 c 1/2 c 1 c 1 c	2 2 2 2 2 2 2 2	
Lunch									
2	3	sl Bread/Rolls 1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments	6 12 1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments	1 2 1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments
1 sv 1 c 1 c	1 sv 1 c 1 c	1/2 c 1 c 1 c	1/2 c 1 c 1 c	1/2 c 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 1 c 1 c
Dinner									
4 oz 1/2 c 1 c	4 oz 1/2 c 1 c	Breaded Fish Patty Lima Beans Tossed Salad	Roasted Turkey Gravy Dressing Spinach Tossed Salad	Sweet & Sour Chicken Rice Oriental Vegetables Tossed Salad	Breaded Chicken Patty Sandwich Chicken Patty Bun sl Tomatoes Lettuce Leaves	Lasagna Green Beans Tossed Salad	Tomato Soup BBQ Pork Bun Mixed Vegetables Coleslaw	Chicken Pot Pie Pot Pie Vegetables Tossed Salad	
1 2 sv 1 sv 1 c	3 2 sv 1 sv 1 c	sl Bread/Rolls 1/2 c Canned/1 pc Fresh Fruit Dessert Low Fat Milk Beverages Condiments	sl Bread/Rolls 1/2 c Canned/1 pc Fresh Fruit Dessert Low Fat Milk Beverages Condiments	sl Bread/Rolls 1/2 c Canned/1 pc Fresh Fruit Dessert Low Fat Milk Beverages Condiments	1 2 1/2 c Canned/1 pc Fresh Fruit Dessert Low Fat Milk Beverages Condiments	1 2 1/2 c Canned/1 pc Fresh Fruit Dessert Low Fat Milk Beverages Condiments	1 2 1/2 c Canned/1 pc Fresh Fruit Dessert Low Fat Milk Beverages Condiments	1 2 1/2 c Canned/1 pc Fresh Fruit Dessert Low Fat Milk Beverages Condiments	
3 oz 1 sv 1/2 c 1/2 c 1 c	3 oz 1 sv 1/2 c 1/2 c 1 c	3 oz 1 sv 1/2 c 1/2 c 1 c	3 oz 1 sv 1/2 c 1/2 c 1 c	4 oz 1/2 c 1/2 c 1 c 1 c	4" sq 4" sq 1/2 c 1/2 c 1 c	1 c 5 oz 1 1/2 c 1/2 c 1/2 c	1 c 5 oz 1 1/2 c 1/2 c 1/2 c	1.5 c 1/2 c 1/2 c 1 c 1 c	

12/8/14

*Tom M...
Anita A. (Tom) Martin, MPH, RDN, LD/N*

Dayspring Village				Week Two				Males - Average 2000 - 2400 Kcal												
Breakfast		Lunch		Dinner		Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
2000	2400	2000	2400	2000	2400	2000	2400	2000	2400	2000	2400	2000	2400	2000	2400	2000	2400	2000	2400	
3/4 c 1/2 c 1 sv 1 sv 1	1 c 1/2 c 1 sv 1 sv 2	Citrus Juice Grits Scrambled Eggs Bacon Toast	3/4 c 1/2 c 1 sv 1	1 c 1/2 c 1 sv 2	Citrus Juice Hot Cereal Sausage Patty/Links Toast	3/4 c 2 1 pc 1 pc	1 c 3 1 pc 1 pc	Citrus Juice Pancakes on a Stick Fresh Fruit	3/4 c 2 1 sv 1 sv	1 c 2 1 sv 1 sv	Citrus Juice French Toast Sausage Patty/Links	3/4 c 1/2 c 1	1 c 1/2 c 2	Citrus Juice Hot Cereal Toast	3/4 c 1/2 c 1 sv 1	1 c 1 c 1 c 2	Citrus Juice Grits Scrambled Eggs Toast	3/4 c 2 1 sv 1 sv	1 c 2 1 sv 2	Citrus Juice Pancakes Bacon
3 oz 1/2 c 1/2 c 1/2 c	3 oz 1/2 c 1/2 c	Glazed Sliced Ham Sweet Potato Greens	1 c 1 c 3 oz 2 2	1 c 1 c 3 oz 2 2	Chix-Rice Soup Grilled Cheese Sandwich: sl Cheese sl Tomatoes Bread Coleslaw	3 Tbsp 1 Tbsp 1 Tbsp 2 6 1/2 c	3 Tbsp 3 Tbsp 1 Tbsp 2 6 1/2 c	PB & J Sandwich: Peanut Butter Jelly Bread Celery Stick Carrot-Raisin Salad	1 c 1 c 2 2 2	1 c 1 c 2 2 2	Chicken Salad Sandwich: Chicken Salad sl Tomatoes Lettuce Leaves Bread Carrot-Raisin Salad	1 c 1 c 1 c 2 2 2	1 c 1 c 1 c 2 2	Chicken Noodle Soup Tuna Salad Sandwich: Tuna Salad sl Tomatoes Lettuce Leaves Bread Broccoli Salad	5 oz 1/2 c 1 c 1 c 6 6 1/2 c	5 oz 1/2 c 1 c 1 c 6 6 1/2 c	Chicken Nuggets Mixed Greens French Fries Carrot Sticks	3 oz 1 2 2	3 oz 1 2 2	Hamburger: Beef Patty Bun sl Tomatoes Lettuce Leaves French Fries Coleslaw
1 sv 1 c	1 sv 1 c	Cornbread 1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments	1 sv 1 c 1 c 1 c	1 sv 1 sv 1 c 1 c	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments	1 sv 1 sv 1 c 1 c	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments	1 sv 1 sv 1 c 1 c	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments	1 sv 1 sv 1 c 1 c	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 c 1 c	sl Bread/Rolls 1/2 c Canned/1 pc Fresh Fruit Dessert Low Fat Milk Beverages Condiments	1 sv 1 sv 1 c 1 c	1 sv 1 sv 1 c 1 c	sl Bread/Rolls 1/2 c Canned/1 pc Fresh Fruit Dessert Low Fat Milk Beverages Condiments	1 sv 1 sv 1 c 1 c	1 sv 1 sv 1 c 1 c	1/2 c Canned/1 pc Fresh Fruit Dessert Low Fat Milk Beverages Condiments
1.5 c 1/2 c 1 c	1.5 c 1/2 c 1 c	Beef-a-Roni Green Beans Tossed Salad	3 oz 1/2 c 1 sv 1/2 c 1 c	3 oz 1/2 c 1 sv 1/2 c 1 c	Meatloaf Rice Gravy Stewed Tomatoes Tossed Salad	5 oz 1/2 c 1/2 c 1/2 c	5 oz 1/2 c 1/2 c	Chicken Tenders Mashed Potatoes Peas & Carrots	3 sl 1 c 1 c	4 sl 1 c	Meat/Cheese Pizza Tossed Salad	4 oz 1/2 c 1/2 c	4 oz 1/2 c 1/2 c	Pork Riblets Baked Beans Potato Salad	1 sv 3 oz 1/2 c 1/2 c 1 c 1 c	1 sv 3 oz 1/2 c 1/2 c 1 c 1 c	Shepherd's Pie: Grd Beef Mashed Potatoes Green Peas Tossed Salad	1.5 c 1/2 c 1 c 1 c	1.5 c 1/2 c 1 c 1 c	Spaghetti w/ Meat Sauce Green Beans Tossed Salad
1 2 sv 1 sv 1 c	2 2 sv 1 sv 1 c	Garlic Toast 1/2 c Canned/1 pc Fresh Fruit Dessert Low Fat Milk Beverages Condiments	1 2 sv 1 sv 1 c	2 2 sv 1 sv 1 c	sl Bread/Rolls 1/2 c Canned/1 pc Fresh Fruit Dessert Low Fat Milk Beverages Condiments	2 2 sv 1 sv 1 c	3 2 sv 1 sv 1 c	sl Bread/Rolls 1/2 c Canned/1 pc Fresh Fruit Dessert Low Fat Milk Beverages Condiments	3 2 sv 1 sv 1 c	3 2 sv 1 sv 1 c	Bread Sticks 1/2 c Canned/1 pc Fresh Fruit Dessert Low Fat Milk Beverages Condiments	2 2 sv 1 sv 1 c	2 2 sv 1 sv 1 c	sl Bread/Rolls 1/2 c Canned/1 pc Fresh Fruit Dessert Low Fat Milk Beverages Condiments	2 2 sv 1 sv 1 c	3 2 sv 1 sv 1 c	sl Bread/Rolls 1/2 c Canned/1 pc Fresh Fruit Dessert Low Fat Milk Beverages Condiments	1 2 sv 1 sv 1 c	2 2 sv 1 sv 1 c	Garlic Toast 1/2 c Canned/1 pc Fresh Fruit Dessert Low Fat Milk Beverages Condiments

12/8/14

Anita A. (Tom)

Anita A.(Tom) Martin, MPH, RDN, LD/N
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Dayspring Village		Week Three		Males - Average 2000 - 2400 Kcal	
2000	2400	2000	2400	2000	2400
Breakfast					
3/4 c 1 sv 1	1 c 1 sv 2	Citrus Juice Sausage Gravy Biscuits	3/4 c 1/2 c 1	1 c 1/2 c 2	Citrus Juice Hot Cereal Toast
1 c	1 c	Low Fat Milk Beverages Condiments	1 c	1 c	Low Fat Milk Beverages Condiments
4 oz 1/2 c 1/2 c 1 c	4 oz 1/2 c 1/2 c 1 c	Baked Pork Chop Rice Whole Kernel Corn Tossed Salad	2 2 1/2 c 1/2 c	2 2 1/2 c 1/2 c	Hot Dogs Buns Coleslaw Baked Beans
1	2	sl Bread/Rolls	1 sv	1 sv	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments
1 sv 1 c	1 sv 1 c	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments	1 sv 1 c	1 sv 1 c	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments
Lunch					
1.5 c 1/2 c 1/2 c 1 c	1.5 c 1/2 c 1/2 c 1 c	Chicken Chow Mein Dried Egg Noodles Oriental Vegetables Tossed Salad	7 1/2 c 1/2 c 1/2 c	8 1 c 1/2 c 1/2 c	Roasted Chicken Wings Dressing Mashed Potatoes Carrots
1	2	Egg Roll	2	2	sl Bread/Rolls
2 sv 1 sv 1 c	2 sv 1 sv 1 c	1/2 c Canned/1 pc Fresh Fruit Dessert Low Fat Milk Beverages Condiments	2 sv 1 sv 1 c	2 sv 1 sv 1 c	1/2 c Canned/1 pc Fresh Fruit Dessert Low Fat Milk Beverages Condiments
Dinner					
2000	2400	Sunday	2000	2400	Monday
3/4 c 1 sv 1	1 c 1 sv 2	Citrus Juice Sausage Gravy Biscuits	3/4 c 1/2 c 1	1 c 1/2 c 2	Citrus Juice Hot Cereal Toast
1 c	1 c	Low Fat Milk Beverages Condiments	1 c	1 c	Low Fat Milk Beverages Condiments
4 oz 1/2 c 1/2 c 1 c	4 oz 1/2 c 1/2 c 1 c	Baked Pork Chop Rice Whole Kernel Corn Tossed Salad	2 2 1/2 c 1/2 c	2 2 1/2 c 1/2 c	Hot Dogs Buns Coleslaw Baked Beans
1	2	sl Bread/Rolls	1 sv	1 sv	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments
1 sv 1 c	1 sv 1 c	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments	1 sv 1 c	1 sv 1 c	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments
Tuesday					
2000	2400	Citrus Juice Bacon, Egg & Cheese Biscuit	3/4 c 1	1 c 2	Citrus Juice Hot Cereal Toast
1 c	1 c	Low Fat Milk Beverages Condiments	1 c	1 c	Low Fat Milk Beverages Condiments
3 Tbsp 1 Tbsp 1 Tbsp	3 Tbsp 1 Tbsp 1 Tbsp	PB & J Sandwich: Peanut Butter Jelly Bread Celery Stick Carrot-Raisin Salad	1/2 c 1 c 1 c 1 c	1/2 c 1 c 1 c 1 c	Macaroni & Cheese Spinach Onion Rings Tossed Salad
1	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 c	1 sv 1 c	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments	1 sv 1 c	1 sv 1 c	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments
Wednesday					
2000	2400	Citrus Juice Waffles Bacon	3/4 c 1 c 1/2 c	1 c 1 c 1/2 c	Citrus Juice Cold Cereal Tator Tots Toast
1 c	1 c	Low Fat Milk Beverages Condiments	1 c	1 c	Low Fat Milk Beverages Condiments
4 oz 1/2 c 1/2 c	4 oz 1/2 c 1/2 c	Macaroni & Cheese Spinach Onion Rings Tossed Salad	4 oz 1/2 c 1/2 c	4 oz 1/2 c 1/2 c	Baked Fish Cheese Grits Stewed Tomatoes
1	2	sl Bread/Rolls	1 sv	1 sv	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments
1 sv 1 c	1 sv 1 c	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments	1 sv 1 c	1 sv 1 c	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments
Thursday					
2000	2400	Citrus Juice Cold Cereal Tator Tots Toast	3/4 c 1 c 1/2 c 1	1 c 1 c 1/2 c 2	Citrus Juice Cold Cereal Tator Tots Toast
1 c	1 c	Low Fat Milk Beverages Condiments	1 c	1 c	Low Fat Milk Beverages Condiments
4 oz 1/2 c 1/2 c	4 oz 1/2 c 1/2 c	Macaroni & Cheese Spinach Onion Rings Tossed Salad	4 oz 1/2 c 1/2 c	4 oz 1/2 c 1/2 c	Baked Fish Cheese Grits Stewed Tomatoes
1	2	sl Bread/Rolls	1 sv	1 sv	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments
1 sv 1 c	1 sv 1 c	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments	1 sv 1 c	1 sv 1 c	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments
Friday					
2000	2400	Citrus Juice Grits Scrambled/ Poached Eggs Toast	3/4 c 1/2 c 1 sv 1	1 c 1 c 1 sv 2	Citrus Juice Grits Scrambled/ Poached Eggs Toast
1 c	1 c	Low Fat Milk Beverages Condiments	1 c	1 c	Low Fat Milk Beverages Condiments
3 oz 3 oz	3 oz 3 oz	Sub Sandwich: Assorted Cold Cuts & Cheese Sub Roll sl Tomatoes Lettuce Leaves Coleslaw	3 oz 3 oz	3 oz 3 oz	Sub Sandwich: Assorted Cold Cuts & Cheese Sub Roll sl Tomatoes Lettuce Leaves Coleslaw
1	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 c	1 sv 1 c	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments	1 sv 1 c	1 sv 1 c	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments
Saturday					
2000	2400	Citrus Juice Pancakes Sausage Patty/Links	3/4 c 2 1 sv	1 c 3 1 sv	Citrus Juice Pancakes Sausage Patty/Links
1 c	1 c	Low Fat Milk Beverages Condiments	1 c	1 c	Low Fat Milk Beverages Condiments
4 oz 1/2 c 1/2 c	4 oz 1/2 c 1/2 c	Sub Sandwich: Assorted Cold Cuts & Cheese Sub Roll sl Tomatoes Lettuce Leaves Coleslaw	4 oz 1/2 c 1/2 c	4 oz 1/2 c 1/2 c	Italian Sausage Bun Diced Tomatoes Shredded Lettuce Carrot-Raisin Salad
1	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 c	1 sv 1 c	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments	1 sv 1 c	1 sv 1 c	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments
Sunday					
2000	2400	Citrus Juice Pancakes Sausage Patty/Links	3/4 c 2 1 sv	1 c 3 1 sv	Citrus Juice Pancakes Sausage Patty/Links
1 c	1 c	Low Fat Milk Beverages Condiments	1 c	1 c	Low Fat Milk Beverages Condiments
4 oz 1/2 c 1/2 c	4 oz 1/2 c 1/2 c	Sub Sandwich: Assorted Cold Cuts & Cheese Sub Roll sl Tomatoes Lettuce Leaves Coleslaw	4 oz 1/2 c 1/2 c	4 oz 1/2 c 1/2 c	Italian Sausage Bun Diced Tomatoes Shredded Lettuce Carrot-Raisin Salad
1	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 c	1 sv 1 c	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments	1 sv 1 c	1 sv 1 c	1/2 c Canned/1 pc Fresh Fruit Low Fat Milk Beverages Condiments

08/14

Anita A.(Toni) Martin, MPH, RDN, LD/N
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		Dayspring Village		Week Four		Males - Average 2000 - 2400 Kcal																		
	2000	2400		2000	2400		2000	2400		2000	2400		2000	2400		2000	2400		2000	2400				
Breakfast	3/4 c	1 c	Citrus Juice	3/4 c	1 c	Citrus Juice	3/4 c	1 c	Citrus Juice	3/4 c	1 c	Citrus Juice	3/4 c	1 c	Citrus Juice	3/4 c	1 c	Citrus Juice	3/4 c	1 c	Citrus Juice			
	1	2	Sausage Biscuits	1/2 c	1/2 c	Hot Cereal	1/2 c	1 c	Grits	1/2 c	1 c	French Toast	1/2 c	1/2 c	Cold Cereal	1/2 c	1/2 c	Omelet	1/2 c	1/2 c	Pancakes			
				1	2	Toast	1 sv	1 sv	Scrambled Eggs	1 sv	1 sv	Bacon	1	1	Toast	1	1	Toast	1 sv	1 sv	Sausage Patty/Links			
	1 c	1 c	Low Fat Milk	1 c	1 c	Low Fat Milk	1 c	1 c	Sausage Patty/Links	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			
			Beverages			Beverages					Beverages			Beverages			Beverages			Beverages				
			Condiments			Condiments			Condiments			Condiments			Condiments			Condiments			Condiments			
Lunch	3 oz	3 oz	Beef Tacos:	1 c	1 c	Tomato Soup	3 Tbsp	3 Tbsp	PB & J Sandwich:	4 oz	4 oz	Roasted Chicken Wings	1 c	1 c	Vegetable Soup	1.5 c	1.5 c	Shepherd's Pie:	3 oz	3 oz	Hamburger:			
	1/2 c	1/2 c	Grd Beef	3 oz	3 oz	Hamburger:	1 Tbsp	1 Tbsp	Jelly	1 c	1 c	Wings	3 oz	3 oz	Turley BLT:	3 oz	3 oz	Grd Beef	1	1	Beef Patty			
	1/2 c	1/2 c	Chopped Tomatoes	1	1	Beef Patty	2	2	Bread	2 sl	2 sl	French Fries	2 sl	2 sl	Bacon	1/2 c	1/2 c	Mashed Potatoes	2	2	Bun			
2	3	Shredded Lettuce	2	2	Bun	6	6	Celery Sticks	2	2	Coleslaw	2	2	sl Bread	1 c	1 c	Green Peas	2	2	Green Peas				
1/2 c	1/2 c	Flour Tortillas	2	2	sl Tomatoes	6	6	Carrot Sticks	2	2	Lettsue Leaves	2	2	sl Tomatoes	2	2	Tossed Salad	1	1	Lettuce Leaves	2	2	Lettsue Leaves	
2	3	Refried Beans	1 c	1 c	French Fries	6	6		2	2	French Fries	1 c	1 c	French Fries	2	2		1/2 c	1/2 c	French Fries	1/2 c	1/2 c	French Fries	
1/2 c	1/2 c		1/2 c	1/2 c	Coleslaw				1 c	1 c														
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	1/2 c Canned/1 pc	
1 c	1 c	Fresh Fruit	1 c	1 c	Fresh Fruit	1 c	1 c	Fresh Fruit	1 c	1 c	Fresh Fruit	1 c	1 c	Fresh Fruit	1 c	1 c	Fresh Fruit	1 c	1 c	Fresh Fruit	1 c	1 c	Fresh Fruit	
		Low Fat Milk			Low Fat Milk			Low Fat Milk			Low Fat Milk			Low Fat Milk			Low Fat Milk			Low Fat Milk			Low Fat Milk	
		Beverages			Beverages			Beverages			Beverages			Beverages			Beverages			Beverages			Beverages	
		Condiments			Condiments			Condiments			Condiments			Condiments			Condiments			Condiments			Condiments	
Dinner	2	2	Chili Dogs	4 oz	4 oz	Fried Chicken	4 oz	4 oz	Baked Pork Chop	4 oz	4 oz	Steak Fritters	3 oz	3 oz	Roast Turkey	3 sl	4 sl	Meat/Cheese Pizza	1.5 c	1.5 c	Spaghetti w/			
	2	2	Buns	1 sv	1 sv	Gravy	1/2 c	1/2 c	Scalloped Potatoes	1/2 c	1/2 c	Rice	3	3	Dressing	3	3	Bread Sticks	1/2 c	1/2 c	Meat Sauce			
	1 ea	1 ea	Corn on the Cob	1/2 c	1/2 c	Mashed Potatoes	1/2 c	1/2 c	Broccoli	1/2 c	1/2 c	Green Beans	1/2 c	1/2 c	Spinach	1 c	1 c	Tossed Salad	1/2 c	1/2 c	Green Beans			
1 c	1 c	Tossed Salad	1/2 c	1/2 c	Green Peas	1/2 c	1/2 c		1/2 c	1/2 c	Carrots	1/2 c	1/2 c	Carrots	1/2 c	1/2 c		1 c	1 c	Tossed Salad	1 c	1 c	Tossed Salad	
2 sv	2 sv	1/2 c Canned/1 pc	2	2	sl Bread/Rolls	2	3	sl Bread/Rolls	1	2	sl Bread/Rolls	2	2	sl Bread/Rolls	2 sv	2 sv	1/2 c Canned/1 pc	1	2	Garlic Bread				
1 sv	1 sv	Fresh Fruit	1 sv	1 sv	Fresh Fruit	1 sv	1 sv	Fresh Fruit	1 sv	1 sv	Fresh Fruit	1 sv	1 sv	Fresh Fruit	1 sv	1 sv	Fresh Fruit	1 sv	1 sv	Fresh Fruit	1 sv	1 sv	Fresh Fruit	
1 c	1 c	Dessert	1 c	1 c	Dessert	1 c	1 c	Dessert	1 c	1 c	Dessert	1 c	1 c	Dessert	1 c	1 c	Dessert	1 c	1 c	Dessert	1 c	1 c	Dessert	
		Low Fat Milk			Low Fat Milk			Low Fat Milk			Low Fat Milk			Low Fat Milk			Low Fat Milk			Low Fat Milk			Low Fat Milk	
		Beverages			Beverages			Beverages			Beverages			Beverages			Beverages			Beverages			Beverages	
		Condiments			Condiments			Condiments			Condiments			Condiments			Condiments			Condiments			Condiments	

12/6/11

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

Dayspring Village

Condiments:	Beverages:	Citrus Juice	Bread/Toast	Snacks:
Catsup	Coffee	Grapefruit	Pumpemickel	Assorted Cookies
Coffee Creamer	Fruit Punch	Orange	Rye	Juice
Corn/ Potato/Tortilla Chips	Hot Tea	Pineapple	White	Coffee
Cranberry Sauce	Iced Tea	Blend of any of the above	Whole Grain	Iced Tea
Croutons	Water		Whole Wheat	
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				



Tom Muel

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