LAGARDE REGULAR LINE CYCLE ONE MONDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)	Potassium (mg)
Breakfast									
* Cinnamon Rolls	1 each	254	4.2	15.0	25.7	3	231	1.4	67
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4	37
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Hashbrowns	1/2 cup	57	0.4	4.7	3.7	0	9	0.3	60
* Creamed Sausage Gravy	2 ounces	87	2.1	5.3	7.8	4	386	0.7	40
* Ham Slice, Grilled	1 ounce	55	7.0	2.8	0.0	18	463	0.0	126
* Blueberry Pancakes - Reg.	2 each	112	2.9	1.5	21.6	6	345	1.1	103
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* Chicken Gumbo Soup	1 cup	93	3.4	3.3	12.9	14	873	1.8	143
* DL Pinto Bean Soup	1 cup	110	6.7	0.7	19.7	0	117	7.3	403
* Grilled Ham and Cheese Sandwich	1 each	417	21.7	26.8	22.3	56	1291	2.0	343
* Meat Loaf	4 ounces	367	24.0	27.2	4.1	125	195	0.3	361
* Mashed Potatoes	1/2 cup	92	1.3	3.7	13.6	0	53	1.1	114
* Brown Gravy	1 ounce	13	0.4	0.3	2.1	0	172	0.1	9
* Harvard Beets	1/2 cup	78	0.9	1.6	15.9	0	368	1.3	152
* Mixed Vegetables	1/2 cup	58	3.0	0.5	12.2	0	44	3.6	192
* Corn Bread	1 square	96	2.4	2.6	15.7	14	237		53
* Sweet Potato Pie	1 slice	200	3.7	9.1	26.0	19	269	2.6	147
Dinner									
* Grilled Boneless Chicken Breast	1 each	150	22.6	5.9	0.0	64	54	0.0	186
* Fried Pork Chop	5 ounces	420	29.3	21.7	24.9	140	588	0.9	475
* Macaroni and Cheese	6 ounces	181	6.3	5.6	25.9	10	224	0.7	73
* Broccoli Spears	1/2 cup	25	2.8	0.1	4.8	0	23	2.7	163
* Carrot Coins - Reg.	1/2 cup	106	3.0	0.6	24.5	0	164	8.7	493
* Dinner Roll	1 each	102	2.9	2.5	17.1	0	177	1.0	45

LAGARDE REGULAR LINE CYCLE ONE TUESDAY

Menu Item Name	Size	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Sodium (mg)	Dietry Fiber (gm)	Potas sium (mg)
Breakfast									
* Bran Muffin	1 each	220	3.0	11.0	27.0	20	235	1.0	
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4	37
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* French Toast	1 slice	126	4.4	3.6	18.9	48	292	0.6	79
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Oven Baked Bacon	3 each	90	4.5	7.5	0.0	22	285	0.0	
* Corned Beef Hash	1/2 cup	203	10.8	12.6	11.5	40	527	1.4	213
* Lyonnaise Potatoes	1/2 cup	151	3.0	0.2	35.0	0	451	3.2	576
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* DL Navy Bean Soup	1 cup	189	12.3	1.2	33.5	1	98	13.0	633
* DL Vegetable Soup	1 cup	53	2.0	0.6	10.7	1	118	1.4	197
* Pepper Steak	4 ounces	115	10.3	5.9	5.1	25	703		227
* Deviled Egg Salad	1/2 cup	114	6.4	8.5	2.8	212	106	0.0	72
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4	31
* Croissant	1 each	173	3.5	8.9	19.5	28	316	1.1	50
* Cauliflower	1/2 cup	17	1.5	0.2	3.4	0	17	2.4	126
* Green Beans with Pimentos	1/2 cup	64	3.5	0.4	14.7	0	8	5.4	366
* Rice Pudding with Raisins - Reg.	1/2 cup	191	5.1	4.5	30.6	25	102	0.0	
Dinner									
* New England Boiled Dinner (LaGarde)	3 ounces	185	13.4	14.0	0.4	72	835	0.0	107
* Herb Baked Fish	6 ounces	290	27.2	18.9	2.1	91	187	0.5	539
* Boiled New Potatoes	1/2 cup	94	1.6	1.9	18.2	0	100	1.6	300
* Boiled Carrots - Reg.	1/2 cup	53	1.5	0.3	12.1	0	81	4.3	244
* Cabbage	1/2 cup	27	1.4	0.2	6.1	0	25	2.6	279
* Multi-Grain Roll	1 each	85	2.4	2.1	14.3	0	148	0.9	38
* Horseradish - Reg.	1/2 cup	8	0.2	0.2	1.8	0	2	0.3	18

LAGARDE REGULAR LINE **CYCLE ONE** **WEDNESDAY**

Menu Item Name	Size	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Sodium (mg)	Dietry Fiber (gm)	Potas sium (mg)
Breakfast									
* Blueberry Muffin	1 each	167	3.3	3.9	28.9	18	269	1.6	74
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Cream of Wheat	3/4 cup	100	2.9	0.4	20.5	0	33	0.9	31
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Sausage Link	2 each	220	8.0	20.0	0.0	40	320	0.0	
* Creamed Chipped Beef	4 ounces	162	8.7	11.6	5.9	43	646		227
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Baked Beans	1/2 cup	163	7.4	2.6	30.7	11	640	7.6	460
* Home Fried Potatoes - Reg.	1/2 cup	41	0.8	0.2	9.3	0	73	0.9	152
* Corn Bread	1 square	96	2.4	2.6	15.7	14	237		53
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* DL Cream of Mushroom Soup	1 cup	82	3.6	3.4	9.8	1	233	1.0	185
* DL Split Pea Soup	3/4 cup	134	9.2	0.6	23.9	0	36	9.3	391
* Roast Beef with Au Jus	4 ounces	204	33.7	5.5	2.6	88	525	0.1	577
* Chicken Mushroom Casserole	6 ounces	286	29.0	8.1	22.7	84	469	0.7	307
* Brown Gravy	1 ounce	13	0.4	0.3	2.1	0	172	0.1	9
* Potato Wedges	3 ounces	140	1.4	7.2	17.9	8	302	0.0	247
* French Roll	1 each	105	3.3	1.6	19.1	0	231	1.2	43
* Spinach	1/2 cup	25	2.8	0.2	4.8	0	79	2.7	270
* Okra and Tomatoes	1/2 cup	32	1.5	0.2	7.4	0	108	1.4	260
* Chocolate Chip Cookies	2 each	255	2.4	11.3	35.8		175	1.3	
Dinner									
* Barbecue Chicken - Reg.	7 ounces	287	28.9	14.1	6.4	106	620	0.8	300
* Broiled Burger	3 ounces	323	21.0	24.0	3.6	98	120	0.2	317
* Baked Beans	1/2 cup	163	7.4	2.6	30.7	11	640	7.6	460
* Brown N Serve Dinner Roll	1 each	85	2.4	2.1	14.3	0	148	0.9	38
* Asparagus - Reg	1/2 cup	116	5.4	8.1	9.0	0	93	2.9	399
* Squash and Onions	1/2 cup	28	1.1	0.2	6.7	0	5	1.6	232

LAGARDE REGULAR LINE CYCLE ONE THURSDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)	Potassium (mg)
Breakfast									
* Coffee Cake	1 square	461	4.9	18.5	70.6	28	638	1.2	88
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4	37
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Oven Baked Bacon	3 each	90	4.5	7.5	0.0	22	285	0.0	
* Corned Beef Hash	1/2 cup	203	10.8	12.6	11.5	40	527	1.4	213
O'Brien Potatoes - Reg.	1/2 cup	153	3.7	3.9	27.1	0	228	2.2	543
Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Strawberry Pancake	1 each	188	4.7	2.2	37.0	10	552	1.6	172
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* Cream of Tomato Soup	1 cup	166	6.0	5.9	24.3	16	854	0.6	472
* DL French Onion Soup	1 cup	21	0.6	1.3	1.7	0	72	0.2	24
* Lasagna	1 square	409	28.8	25.5	14.6	83	671	1.2	404
* Chicken Tenders, Fried	5 ounces	315	45.1	12.6	2.3	126	108	0.1	367
* Oven Roasted Potatoes	1/2 cup	168	2.0	8.3	22.2	0	42	2.1	372
* Brussels Sprouts	1/2 cup	48	4.1	0.4	9.4	0	28	4.6	369
* Sugar Snap Peas	1/2 cup	47	3.2	0.3	8.2	0	5	2.8	197
* Garlic Bread	1 slice	169	3.8	8.7	18.9	5	181		
* Spice Cake (store bought)	1 slice	219	2.2	10.0	32.0	32	195	1.0	103
Dinner									
* Chopped Steak w/Onion Gravy	1 each	250	34.4	8.5	6.3	97	902	0.3	38
* Tuna Salad	1/2 cup	157	9.5	10.6	6.1	80	166	0.2	177
* Baked Potato	1 each	183	3.6	0.2	42.5	0	11	3.8	697
* Whole Kernel Corn	1/2 cup	80	2.7	0.7	18.9	0	3	2.2	191
* Collard Greens - Reg.	1/2 cup	49	3.5	1.6	6.8	2	308	2.7	247
* Panini Rolls	1 serving	130	5.0	0.5	26.0	0	140	0.5	

LAGARDE REGULAR LINE CYCLE ONE FRIDAY

Menu Item Name	Size	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Sodium (mg)	Dietry Fiber (gm)	Potas sium (mg)
Breakfast									
* Cinnamon Rolls	1 each	254	4.2	15.0	25.7	3	231	1.4	67
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4	37
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Oven Baked Bacon	3 each	90	4.5	7.5	0.0	22	285	0.0	
* Scrapple	2 ounces	127	5.2	8.1	8.6	26	565	0.1	159
* French Toast	1 slice	126	4.4	3.6	18.9	48	292	0.6	79
* Hashbrowns	1/2 cup	57	0.4	4.7	3.7	0	9	0.3	60
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* DL Cream of Broccoli Soup	1 cup	82	3.5	3.3	9.9	1	122	0.7	190
* Chili w/Beans - Reg	6 ounces	283	18.5	15.5	17.0	54	455	4.1	536
* Fish and Chips	6 ounces	535	21.3	22.4	62.4	127	962	3.6	770
* Meatball Sub	1 sandwich	432	18.6	27.9	28.4	49	1173	3.4	94
* Italian Green Beans	1/2 cup	30	1.6	0.2	6.9	0	3	2.5	169
* Squash Medley	1/2 cup	33	0.9	1.9	3.8	0	25	1.1	195
* Corn Bread	1 square	96	2.4	2.6	15.7	14	237		53
* Lemon Meringue Pie	1 slice	307	4.1	13.9	42.1	57	261		70
Dinner									
* Baked Ham	3 ounces	166	21.0	8.4	0.2	55	1389	0.1	383
* DL Baked Cod with Lemon slices	4 ounces	139	16.1	4.1	16.7	29	47	6.2	957
* Baked Sweet Potato	1/2 cup	121	2.0	0.1	28.6	0	12	3.5	410
* Steamed Beets	1/2 cup	36	1.0	0.1	8.5	0	326	1.6	171
* Cauliflower	1/2 cup	17	1.5	0.2	3.4	0	17	2.4	126
* Dinner Roll	1 each	102	2.9	2.5	17.1	0	177	1.0	45

LAGARDE REGULAR LINE **CYCLE ONE** **SATURDAY**

Menu Item Name	Size	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Sodium (mg)	Dietry Fiber (gm)	Potas sium (mg)
Breakfast									
* Blueberry Muffin	1 each	167	3.3	3.9	28.9	18	269	1.6	74
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Cream of Wheat	3/4 cup	100	2.9	0.4	20.5	0	33	0.9	31
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Oven Baked Bacon	3 each	90	4.5	7.5	0.0	22	285	0.0	
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Buttermilk Pancake w/Syrup	2 each	107	2.9	1.4	20.2	6	344	0.8	97
* Creamed Ground Beef - Reg.	4 ounces	193	12.4	12.2	7.1	44	160	0.2	226
* Lyonnaise Potatoes	1/2 cup	151	3.0	0.2	35.0	0	451	3.2	576
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* DL Cream of Potato Soup	1 cup	98	3.8	3.3	13.5	1	124	0.7	252
* DL Turkey Noodle Soup	3/4 cup	63	5.4	0.9	8.2	19	73	0.5	85
* Sweet and Sour Chicken	6 ounces	621	28.8	30.2	61.5	56	1149	1.9	871
* Shrimp Salad	1/2 cup	222	26.0	9.6	6.8	269	324	0.3	274
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4	31
* Zucchini Squash - Reg	1/2 cup	15	1.1	0.1	3.3	0	2	1.2	198
* Corn Nuggets	3 ounces	192	3.2	7.5	28.8	0	523	2.1	
* German Chocolate Cake	1 slice	339	3.8	25.7	27.6	13	211	3.2	195
Dinner									
* Braised Pork Ribs	3 ounces	233	8.1	17.3	15.3	32	106	7.9	344
* Roast Turkey Breast	3 ounces	122	26.3	2.0	0.0	41	709	0.0	
* Oven Roasted Potatoes	1/2 cup	168	2.0	8.3	22.2	0	42	2.1	372
* California Blend Vegetables - Reg.	1/2 cup	32	2.1	0.0	5.3	0	27	2.1	
* Wax Beans - Reg	1/2 cup	113	2.7	7.6	11.1	0	92	4.1	274
* Ciabatta Roll	1 serving	113	4.1	2.6	19.2	0	197	1.6	69

LAGARDE REGULAR LINE **CYCLE ONE** **SUNDAY**

Menu Item Name	Size	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Sodium (mg)	Dietry Fiber (gm)	Potas sium (mg)
Breakfast									
* Danish Pastry	1 each	130	1.9	6.5	16.7	40	124	0.7	29
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4	37
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Oven Baked Bacon	3 each	90	4.5	7.5	0.0	22	285	0.0	
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* French Toast	1 slice	126	4.4	3.6	18.9	48	292	0.6	79
* Ham Slice, Grilled	3 ounces	165	20.9	8.3	0.0	55	1388	0.0	378
* Hashbrowns	1/2 cup	57	0.4	4.7	3.7	0	9	0.3	60
* Baked Beans	1/2 cup	163	7.4	2.6	30.7	11	640	7.6	460
* Corn Bread	1 square	96	2.4	2.6	15.7	14	237		53
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* Boston Clam Chowder	3/4 cup	168	5.6	7.8	17.9	11	1203	1.1	0
* DL Knickerbocker Soup	3/4 cup	144	8.8	0.9	26.3	0	101	9.0	512
* Italian Sausage Sauce for Spaghetti	4 ounces	189	10.2	12.6	9.0	38	492	1.6	473
* Spaghetti Noodles	1/2 cup	135	4.6	0.6	27.1	0	9	0.9	59
* Country Chops	5 ounces	297	27.0	14.2	13.5	76	407	0.7	424
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4	31
* Mustard Greens	1/2 cup	35	4.1	0.5	5.7	0	52	5.1	254
* Carrot & Celery Amandine	1/2 cup	92	1.5	7.9	4.9	0	86	1.8	204
* Walnut Cream Cake	1 slice	346	3.6	20.1	38.3		233	0.2	131
Dinner									
* Grilled Ribeye Steak (Connie)	6 ounces	466	29.8	37.5	0.0	116	95	0.0	519
* Grilled Cheese Sandwich	1 each	340	16.8	20.5	22.6	53	623	2.0	185
* Loaded Potato Casserole	1/2 cup	223	6.9	6.9	34.3	15	144	2.9	301
* Asparagus Spears	1/2 cup	58	2.7	4.0	4.5	0	46	1.5	200
* Multi-Grain Roll	1 each	85	2.4	2.1	14.3	0	148	0.9	38
* Mushrooms And Onions	1/2 cup	73	2.6	0.6	15.8	0	142	3.8	312

LAGARDE REGULAR LINE CYCLE TWO MONDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)	Potassium (mg)
Breakfast									
* Cinnamon Rolls	1 each	254	4.2	15.0	25.7	3	231	1.4	67
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4	37
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Hashbrowns	1/2 cup	57	0.4	4.7	3.7	0	9	0.3	60
* Creamed Sausage Gravy	2 ounces	87	2.1	5.3	7.8	4	386	0.7	40
* Ham Slice, Grilled	1 ounce	55	7.0	2.8	0.0	18	463	0.0	126
* Blueberry Pancakes - Reg.	2 each	112	2.9	1.5	21.6	6	345	1.1	103
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* DL Vegetable Soup	1 cup	53	2.0	0.6	10.7	1	118	1.4	197
* DL Navy Bean Soup	1 cup	189	12.3	1.2	33.5	1	98	13.0	633
* Reuben Sandwich	1 each	417	21.2	21.4	34.5	65	1108	4.3	239
* Vegetable Lasagna - Reg	1 square	169	9.6	8.3	14.1	19	329		125
* Peas	1/2 cup	76	4.9	0.2	14.2	0	3	5.0	246
* Garlic Bread	1 slice	169	3.8	8.7	18.9	5	181		
* Baby Carrots	1/2 cup	42	1.2	0.2	9.8	0	64	3.5	197
* Boston Cream Pie	1 slice	257	2.4	8.7	43.7	38	147	1.4	40
Dinner									
* Chicken and Dumplings	6 ounces	271	19.3	13.3	18.2	77	525	0.0	242
* Barbecue Beef on Bun - Reg.	1 each	358	16.9	18.4	30.4	54	765	1.6	384
* Italian Green Beans	1/2 cup	30	1.6	0.2	6.9	0	3	2.5	169
* Squash and Onions	1/2 cup	28	1.1	0.2	6.7	0	5	1.6	232
* Dinner Roll	1 each	102	2.9	2.5	17.1	0	177	1.0	45

LAGARDE REGULAR MENU CYCLE TWO TUESDAY

Menu Item Name	Size	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Sodium (mg)	Dietry Fiber (gm)	Potas sium (mg)
Breakfast									
* Bran Muffin	1 each	220	3.0	11.0	27.0	20	235	1.0	
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4	37
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* French Toast	1 slice	126	4.4	3.6	18.9	48	292	0.6	79
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Oven Baked Bacon	3 each	90	4.5	7.5	0.0	22	285	0.0	
* Corned Beef Hash	1/2 cup	203	10.8	12.6	11.5	40	527	1.4	213
* Lyonnaise Potatoes	1/2 cup	151	3.0	0.2	35.0	0	451	3.2	576
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* DL Turkey Noodle Soup	3/4 cup	63	5.4	0.9	8.2	19	73	0.5	85
* DL Cream of Potato Soup	1 cup	98	3.8	3.3	13.5	1	124	0.7	252
* Beef Stew	6 ounces	302	21.3	16.2	18.0	62	668	1.9	586
* Deli Sliced Meats	4 ounces	216	34.9	7.6	0.5	78	952	0.0	303
* Assorted Cheese	2 ounces	341	22.9	26.6	2.3	84	413	0.0	124
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4	31
* Succotash	1/2 cup	84	3.9	0.8	18.1	0	41	3.6	268
* Kaiser Roll	1 each	167	5.6	2.5	30.0	0	310	1.3	62
* Spinach	1/2 cup	25	2.8	0.2	4.8	0	79	2.7	270
* Angel Food Cake	2 ounces	73	1.7	0.2	16.4	0	212	0.4	26
Dinner									
* Red Beans with Rice	1 serving	187	8.9	0.4	36.9	0	56	7.9	461
* Fried Catfish	4 ounces	405	25.6	18.7	32.0	169	779		436
* Hush Puppies	1/2 cup	306	7	12.2	41.7	41	606	2.5	131
* Broccoli Spears	1/2 cup	25	2.8	0.1	4.8	0	23	2.7	163
* Okra and Tomatoes	1/2 cup	32	1.5	0.2	7.4	0	108	1.4	260

LAGARDE REGULAR MENU **CYCLE TWO** **WEDNESDAY**

Menu Item Name	Size	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Sodium (mg)	Dietry Fiber (gm)	Potas sium (mg)
Breakfast									
* Blueberry Muffin	1 each	167	3.3	3.9	28.9	18	269	1.6	74
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Cream of Wheat	3/4 cup	100	2.9	0.4	20.5	0	33	0.9	31
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Sausage Patty	1 ounce	98	5.2	8.3	0.3	22	345	0.0	96
* Creamed Chipped Beef	4 ounces	162	8.7	11.6	5.9	43	646		227
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Baked Beans	1/2 cup	163	7.4	2.6	30.7	11	640	7.6	460
* Home Fried Potatoes - Reg.	1/2 cup	41	0.8	0.2	9.3	0	73	0.9	152
* Corn Bread	1 square	96	2.4	2.6	15.7	14	237		53
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* DL Chicken Noodle Soup	3/4 cup	65	5.3	1.1	8.2	18	74	0.5	72
* DL Split Pea Soup	3/4 cup	134	9.2	0.6	23.9	0	36	9.3	391
* Clam Sauce	1/4 cup	203	14.7	11.5	9.7	36	105	1.3	453
* Linguine Noodles	1/2 cup	135	4.6	0.6	27.1	0	6	0.9	59
* Roast Turkey Breast	4 ounces	122	26.3	2.0	0.0	41	709	0.0	
* Yellow Rice	1/2 cup	170	3.2	0.4	37.3	0	110	0.8	56
* Peas and Pearl Onions - Reg.	1/2 cup	64	3.6	0.3	12.2	0	55	3.2	184
* Kale	1/2 cup	62	5.3	1.9	8.6	3	84	3.3	526
* Peanut Butter Cookies	2 each	130	2.3	7.1	14.8	8	113	0.3	87
Dinner									
* Meat Loaf	4 ounces	367	24.0	27.2	4.1	125	195	0.3	361
* Sauce for Meat Loaf	1/8 cup	19	0.4	0.9	2.3	0	123	0.4	68
* Grilled Boneless Chicken Breast	1 each	150	22.6	5.9	0.0	64	54	0.0	186
* Au Gratin Potatoes	1/2 cup	326	10.8	13.6	41.1	21	395	3.1	704
* Cabbage	1/2 cup	27	1.4	0.2	6.1	0	25	2.6	279
* Asparagus Casserole	1/2 cup	279	11.1	10.7	35.8	16	708	2.5	337
* Corn Bread	1 square	96	2.4	2.6	15.7	14	237		53

LAGARDE REGULAR MENU CYCLE TWO THURSDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)	Potassium (mg)
Breakfast									
* Coffee Cake	1 square	461	4.9	18.5	70.6	28	638	1.2	88
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4	37
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Oven Baked Bacon	3 each	90	4.5	7.5	0.0	22	285	0.0	
* Corned Beef Hash	1/2 cup	203	10.8	12.6	11.5	40	527	1.4	213
* O'Brien Potatoes - Reg.	1/2 cup	153	3.7	3.9	27.1	0	228	2.2	543
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Strawberry Pancake	1 each	188	4.7	2.2	37.0	10	552	1.6	172
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* DL French Onion Soup	1 cup	21	0.6	1.3	1.7	0	72	0.2	24
* DL Cream of Broccoli Soup	1 cup	82	3.5	3.3	9.9	1	122	0.7	190
* Tuna Salad	1/2 cup	157	9.5	10.6	6.1	80	166	0.2	177
* Italian Sausage w/Onions & Peppers	4 ounces	314	17.3	24.1	6.3	65	765	1.2	365
* Cauliflower	1/2 cup	17	1.5	0.2	3.4	0	17	2.4	126
* Steamed Beets	1/2 cup	36	1.0	0.1	8.5	0	326	1.6	171
* Hoagie Roll	1 each	214	7.5	3.5	38.3	0	416	1.5	
* Carrot Cake - Reg.	1 slice	271	2.6	14.4	32.7		236	0.4	105
Dinner									
* Yankee Pot Roast (LaGarde)	4 ounces	332	44.6	13.5	5.7	125	259	1.1	954
* Grilled Cheese Sandwich	1 each	340	16.8	20.5	22.6	53	623	2.0	185
* Boiled Potatoes w/Parsley	1/2 cup	95	1.7	1.9	18.3	0	28	1.6	345
* Carrot Coins - Reg.	1/2 cup	106	3.0	0.6	24.5	0	164	8.7	493
* Whole Kernel Corn	1/2 cup	80	2.7	0.7	18.9	0	3	2.2	191
* Panini Rolls	1 serving	130	5.0	0.5	26.0	0	140	0.5	

LAGARDE REGULAR MENU CYCLE TWO FRIDAY

Menu Item Name	Size	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Sodium (mg)	Dietry Fiber (gm)	Potas sium (mg)
Breakfast									
* Cinnamon Rolls	1 each	254	4.2	15.0	25.7	3	231	1.4	67
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4	37
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Oven Baked Bacon	3 each	90	4.5	7.5	0.0	22	285	0.0	
* Scrapple	2 ounces	127	5.2	8.1	8.6	26	565	0.1	159
* French Toast	1 slice	126	4.4	3.6	18.9	48	292	0.6	79
* Hashbrowns	1/2 cup	57	0.4	4.7	3.7	0	9	0.3	60
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* DL Chicken Rice Soup	1 cup	40	4.2	0.7	4.0	9	70	0.2	47
* DL Fish Chowder	1 cup	71	5.0	2.3	7.7	6	95	0.3	212
* Herb Baked Fish	6 ounces	290	27.2	18.9	2.1	91	187	0.5	539
* Beef Fajitas	4 ounces	275	15.2	15.7	18.9	51	293	1.3	90
* Squash Medley	1/2 cup	33	0.9	1.9	3.8	0	25	1.1	195
* Peas	1/2 cup	76	4.9	0.2	14.2	0	3	5.0	246
* Bread Pudding with Rum Sauce - Reg.	1/2 cup	165	5.1	3.2	29.2	44	178	6.4	
Dinner									
* Grilled Ham Steak	1 each	214	27.3	10.9	0.0	71	1807	0.0	493
* Hamburger on a Bun	1 each	303	19.3	14.7	21.6	60	290	1.2	248
* Macaroni and Cheese	6 ounces	181	6.3	5.6	25.9	10	224	0.7	73
* Mixed Vegetables	1/2 cup	58	3.0	0.5	12.2	0	44	3.6	192
* Turnip Greens Seasoned	1/2 cup	19	1.0	0.2	4.1	0	27	3.2	186
* Country Seeded Rolls	1 serving	103	3.7	1.2	19.1	0	321	1.8	65

LAGARDE REGULAR MENU

CYCLE TWO **SATURDAY**

Menu Item Name	Size	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Sodium (mg)	Dietry Fiber (gm)	Potas sium (mg)

Breakfast									
* Blueberry Muffin	1 each	167	3.3	3.9	28.9	18	269	1.6	74
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Cream of Wheat	3/4 cup	100	2.9	0.4	20.5	0	33	0.9	31
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Oven Baked Bacon	3 each	90	4.5	7.5	0.0	22	285	0.0	
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Buttermilk Pancake w/Syrup	2 each	107	2.9	1.4	20.2	6	344	0.8	97
* Creamed Ground Beef - Reg.	4 ounces	193	12.4	12.2	7.1	44	160	0.2	226
* Lyonnaise Potatoes	1/2 cup	151	3.0	0.2	35.0	0	451	3.2	576
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* DL Cream of Corn Soup	1 cup	107	3.8	4.4	14.1	1	228	0.7	177
* DL Pinto Bean Soup	1 cup	110	6.7	0.7	19.7	0	117	7.3	403
* Stuffed Green Peppers	1 each	393	22.6	25.5	16.9	87	242	2.5	579
* Grilled Boneless Chicken Breast	1 each	150	22.6	5.9	0.0	64	54	0.0	186
* Loaded Potato Casserole	1/2 cup	223	6.9	6.9	34.3	15	144	2.9	301
* Brussels Sprouts - Reg.	1/2 cup	76	6.6	0.7	15.1	0	44	7.4	590
* Stewed Tomatoes - Reg	1/2 cup	40	1.2	0.2	9.6	0	306	0.3	385
* Chocolate Layer Cake	1 serving	254	3.8	10.7	37.9	41	224	1.1	99
Dinner									
* Fried Chicken	4 ounces	575	50.2	24.7	29.1	172	555	1.6	420
* Hot Dog on Bun	1 each	258	8.8	14.7	22.1	23	748	1.1	136
* Brown Gravy	1 ounce	13	0.4	0.3	2.1	0	172	0.1	9
* Mashed Potatoes	1/2 cup	92	1.3	3.7	13.6	0	53	1.1	114
* Corn on the Cob	1 each	202	5.6	8.3	31.6	1	137	3.5	441
* Collard Greens - Reg.	1/2 cup	49	3.5	1.6	6.8	2	308	2.7	247
* Corn Bread	1 square	96	2.4	2.6	15.7	14	237		53

LAGARDE REGULAR MENU

CYCLE TWO **SUNDAY**

Menu Item Name	**Size**	**Calories (kcal)**	**Protein (gm)**	**Fat (gm)**	**Carbohydrat (gm)**	**Cholestrol (mg)**	**Sodium (mg)**	**Dietry Fiber (gm)**	**Potassium (mg)**
Breakfast									

* Danish Pastry	1 each	130	1.9	6.5	16.7	40	124	0.7	29
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4	37
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Oven Baked Bacon	3 each	90	4.5	7.5	0.0	22	285	0.0	
Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* French Toast	1 slice	126	4.4	3.6	18.9	48	292	0.6	79
* Ham Slice, Grilled	3 ounces	165	20.9	8.3	0.0	55	1388	0.0	378
* Hashbrowns	1/2 cup	57	0.4	4.7	3.7	0	9	0.3	60
* Baked Beans	1/2 cup	163	7.4	2.6	30.7	11	640	7.6	460
* Corn Bread	1 square	96	2.4	2.6	15.7	14	237		53
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* DL Cream of Celery Soup	1 cup	70	3.0	3.3	7.2	1	126	0.3	139
* Chicken Gumbo Soup	1 cup	93	3.4	3.3	12.9	14	873	1.8	143
* Angel Hair Pasta	1/2 cup	73	2.5	0.3	14.7	0	1	0.9	16
* Veal Parmesan	4 ounces	410	30.2	25.5	13.9	115	638	1.0	474
* Grilled Tuna	6 ounces	326	52.2	11.4	0.2	85	405	0.0	568
* Oven Roasted Potatoes	1/2 cup	168	2.0	8.3	22.2	0	42	2.1	372
* Asparagus Spears	1/2 cup	58	2.7	4.0	4.5	0	46	1.5	200
* Sugar Snap Peas	1/2 cup	47	3.2	0.3	8.2	0	5	2.8	197
* Garlic Bread	1 slice	169	3.8	8.7	18.9	5	181		
* Lemon Cream Cake	1 slice	263	2.1	10.4	40.5		239	0.3	54
Dinner									
* Lemon Baked Fish	3 ounces	224	23.0	11.3	6.4	81	252	0.2	420
* Roast Beef with Au Jus	4 ounces	204	33.7	5.5	2.6	88	525	0.1	577
* Mushroom Gravy	2 ounces	39	1.0	2.7	3.1	0	155	0.7	48
* Baked Potato	1 each	183	3.6	0.2	42.5	0	11	3.8	697
* Broccoli Casserole	1/2 cup	334	21.3	23.6	12.9	64	465	4.9	552
* Carrot & Celery Amandine	1/2 cup	92	1.5	7.9	4.9	0	86	1.8	204
* Panini Rolls	1 serving	130	5.0	0.5	26.0	0	140	0.5	

LAGARDE REGULAR MENU **CYCLE THREE** **MONDAY**

Menu Item Name	Size	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Sodium (mg)	Dietry Fiber (gm)	Potas sium (mg)
Breakfast									
* Cinnamon Rolls	1 each	254	4.2	15.0	25.7	3	231	1.4	67
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4	37
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Hashbrowns	1/2 cup	57	0.4	4.7	3.7	0	9	0.3	60
* Creamed Sausage Gravy	2 ounces	87	2.1	5.3	7.8	4	386	0.7	40
* Ham Slice, Grilled	1 ounce	55	7.0	2.8	0.0	18	463	0.0	126
* Blueberry Pancakes - Reg.	2 each	112	2.9	1.5	21.6	6	345	1.1	103
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* DL Turkey Noodle Soup	3/4 cup	63	5.4	0.9	8.2	19	73	0.5	85
* DL Split Pea Soup	3/4 cup	134	9.2	0.6	23.9	0	36	9.3	391
* Chicken Tetrazzini	1/2 cup	258	19.7	8.9	23.7	51	653	0.9	207
* Cold Cuts	4 ounces	400	14.3	36.5	2.6	62	1466	0.0	229
* Mixed Vegetables	1/2 cup	58	3.0	0.5	12.2	0	44	3.6	192
* Yellow Squash	1/2 cup	18	0.8	0.1	4.4	0	5	1.1	190
* Chocolate Layer Pie	1 slice	336	2.9	21.4	37.1	6	150	2.2	140
Dinner									
* Cheese Stuffed Manicotti	2 each	161	8.7	7.5	14.7	23	608		234
* Fish Pecan	5 ounces	435	30.8	33.1	6.9	37	460	4.2	801
* Brown Rice	1/2 cup	101	2.2	0.8	21.0	0	3	1.0	61
* Broccoli Spears	1/2 cup	25	2.8	0.1	4.8	0	23	2.7	163
* Carrots	1/2 cup	35	1.0	0.2	8.2	0	56	2.9	164
* Garlic Bread	1 slice	169	3.8	8.7	18.9	5	181		

LAGARDE REGULAR MENU

CYCLE THREE **TUESDAY**

Menu Item Name	Size	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Sodium (mg)	Dietry Fiber (gm)	Potas sium (mg)

Breakfast									
* Bran Muffin	1 each	220	3.0	11.0	27.0	20	235	1.0	
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4	37
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* French Toast	1 slice	126	4.4	3.6	18.9	48	292	0.6	79
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Oven Baked Bacon	3 each	90	4.5	7.5	0.0	22	285	0.0	
* Corned Beef Hash	1/2 cup	203	10.8	12.6	11.5	40	527	1.4	213
* Lyonnaise Potatoes	1/2 cup	151	3.0	0.2	35.0	0	451	3.2	576
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* Tomato Rice Soup	1 cup	32	1.1	0.3	6.5	0	472	0.3	130
* DL Cream of Potato Soup	1 cup	98	3.8	3.3	13.5	1	124	0.7	252
* Assorted Pizza w/Topping	1 slice	197	14.7	11.2	9.0	33	437	1.3	215
* Salmon Patties	3 ounces	177	22.7	6.3	5.9	55	250	0.3	386
* Wild Rice	1/2 cup	61	1.9	0.2	13.3	0	309	0.6	49
* Spinach	1/2 cup	25	2.8	0.2	4.8	0	79	2.7	270
* Green Beans	1/2 cup	30	1.6	0.2	6.9	0	3	2.5	169
* Pound Cake w/Fruit	1 slice	123	1.7	5.1	18.2	16	115	0.7	66
Dinner									
* Open Face Turkey Sandwich	1 each	211	17.8	3.7	27.1	20	1023	2.2	116
* Beef Stroganoff over Noodles (LaGarde)	6 ounces	513	31.4	26.5	36.1	128	219	2.0	391
* Baked Tomato Half	1 half	61	1.3	3.3	7.3	0	228	0.9	157
* Cauliflower	1/2 cup	17	1.5	0.2	3.4	0	17	2.4	126
* Dinner Roll	1 each	102	2.9	2.5	17.1	0	177	1.0	45

LAGARDE REGULAR MENU

CYCLE THREE **WEDNESDAY**

Menu Item Name	**Size**	**Calo ries (kcal)**	**Pro tein (gm)**	**Fat (gm)**	**Carbo hydrat (gm)**	**Chol estrol (mg)**	**Sodium (mg)**	**Dietry Fiber (gm)**	**Potas sium (mg)**
Breakfast									
* Blueberry Muffin	1 each	167	3.3	3.9	28.9	18	269	1.6	74
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Cream of Wheat	3/4 cup	100	2.9	0.4	20.5	0	33	0.9	31

* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Sausage Link	2 each	220	8.0	20.0	0.0	40	320	0.0	
* Creamed Chipped Beef	4 ounces	162	8.7	11.6	5.9	43	646		227
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Baked Beans	1/2 cup	163	7.4	2.6	30.7	11	640	7.6	460
* Home Fried Potatoes - Reg.	1/2 cup	41	0.8	0.2	9.3	0	73	0.9	152
* Corn Bread	1 square	96	2.4	2.6	15.7	14	237		53
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* DL Chicken Noodle Soup	3/4 cup	65	5.3	1.1	8.2	18	74	0.5	72
* DL Navy Bean Soup	1 cup	189	12.3	1.2	33.5	1	98	13.0	633
* Pork Carnitas	4 ounces	210	23.2	12.3	0.0	66	49	0.0	447
* Sliced Pastrami/Provolone Cheese	4 ounces	397	24.3	31.6	2.9	92	1192	0.0	208
* Kaiser Roll	1 each	167	5.6	2.5	30.0	0	310	1.3	62
* Oven Roasted Potatoes	1/2 cup	168	2.0	8.3	22.2	0	42	2.1	372
* Brussels Sprouts	1/2 cup	48	4.1	0.4	9.4	0	28	4.6	369
* Whole Kernel Corn	1/2 cup	80	2.7	0.7	18.9	0	3	2.2	191
* Peach Cobbler	1 square	135	2.9	4.3	21.2	2	135	1.0	
Dinner									
* Grilled Boneless Chicken Breast	1 each	150	22.6	5.9	0.0	64	54	0.0	186
* Salisbury Steak	4 ounces	324	21.9	24.6	3.8	55	471	0.0	482
* Brown Gravy	1 ounce	13	0.4	0.3	2.1	0	172	0.1	9
* Boiled Potatoes w/Parsley	1/2 cup	95	1.7	1.9	18.3	0	28	1.6	345
* Beets - Reg.	1/2 cup	217	6.2	0.8	51.2	0	1955	9.3	1024
* Peas and Mushrooms	1/2 cup	84	5.5	0.3	15.9	0	148	5.8	290

LAGARDE REGULAR LINE

CYCLE THREE **THURSDAY**

Menu Item Name	**Size**	**Calories (kcal)**	**Protein (gm)**	**Fat (gm)**	**Carbohydrat (gm)**	**Cholestrol (mg)**	**Sodium (mg)**	**Dietry Fiber (gm)**	**Potassium (mg)**
Breakfast									
* Coffee Cake	1 square	461	4.9	18.5	70.6	28	638	1.2	88
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4	37

* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Oven Baked Bacon	3 each	90	4.5	7.5	0.0	22	285	0.0	
* Corned Beef Hash	1/2 cup	203	10.8	12.6	11.5	40	527	1.4	213
* O'Brien Potatoes - Reg.	1/2 cup	153	3.7	3.9	27.1	0	228	2.2	543
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Strawberry Pancake	1 each	188	4.7	2.2	37.0	10	552	1.6	172
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* DL Vegetable Soup	1 cup	53	2.0	0.6	10.7	1	118	1.4	197
* DL Cream of Asparagus Soup	1 cup	83	3.6	3.4	10.0	1	116	0.6	196
* Grilled Ham and Cheese Sandwich	1 each	417	21.7	26.8	22.3	56	1291	2.0	343
* Hawaiian Lamb Chops	4 ounces	324	19.6	17.5	24.2	64	1612	3.1	440
* Macaroni and Cheese	6 ounces	181	6.3	5.6	25.9	10	224	0.7	73
* Cauliflower Au Gratin	1/2 cup	90	6.0	6.2	3.7	19	129	2.4	144
* Zucchini Squash - Reg	1/2 cup	15	1.1	0.1	3.3	0	2	1.2	198
* Oatmeal-Raisin Cookies (ready made dough)	2 each	57	0.7	2.5	7.9	3	39	0.3	20
Dinner									
* Country Chops	5 ounces	297	27.0	14.2	13.5	76	407	0.7	424
* Hot Dog on Bun	1 each	258	8.8	14.7	22.1	23	748	1.1	136
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4	31
* Brown N Serve Dinner Roll	1 each	85	2.4	2.1	14.3	0	148	0.9	38
* Club Spinach	1/2 cup	184	10.3	10.9	13.2	24	420	3.9	396
* Corn on the Cob	1 each	202	5.6	8.3	31.6	1	137	3.5	441

LAGARDE REGULAR MENU

CYCLE THREE **FRIDAY**

Menu Item Name	**Size**	**Calories (kcal)**	**Protein (gm)**	**Fat (gm)**	**Carbohydrat (gm)**	**Cholestrol (mg)**	**Sodium (mg)**	**Dietry Fiber (gm)**	**Potassium (mg)**
Breakfast									
* Cinnamon Rolls	1 each	254	4.2	15.0	25.7	3	231	1.4	67
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4	37
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61

* Oven Baked Bacon	3 each	90	4.5	7.5	0.0	22	285	0.0	
* Scrapple	2 ounces	127	5.2	8.1	8.6	26	565	0.1	159
* French Toast	1 slice	126	4.4	3.6	18.9	48	292	0.6	79
* Hashbrowns	1/2 cup	57	0.4	4.7	3.7	0	9	0.3	60
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* DL Minestrone Soup	1 cup	57	2.5	0.7	10.5	1	209	1.4	160
* DL Cream of Broccoli Soup	1 cup	82	3.5	3.3	9.9	1	122	0.7	190
* Chicken Enchalida	1 each	229	10.8	15.5	11.2	65	726	0.3	144
* Fried Catfish	4 ounces	405	25.6	18.7	32.0	169	779		436
* Baked Beans	1/2 cup	163	7.4	2.6	30.7	11	640	7.6	460
* Kale	1/2 cup	62	5.3	1.9	8.6	3	84	3.3	526
* California Blend Vegetables - Reg.	1/2 cup	32	2.1	0.0	5.3	0	27	2.1	
* Corn Bread	1 square	96	2.4	2.6	15.7	14	237		53
* Apple Pie	1 slice	269	2.2	12.5	38.6	0	302	1.8	74
Dinner									
* Beef Pot Pie	6 ounces	352	21.2	18.2	25.3	58	872	1.9	368
* Tuna Salad	1/2 cup	157	9.5	10.6	6.1	80	166	0.2	177
* Stewed Tomatoes - Reg.	1/2 cup	14	0.4	0.1	3.4	0	109	0.1	137
* Fried Okra	1/2 cup	96	3.2	1.1	19.2	0	288	4.3	
* Country Seeded Rolls	1 serving	103	3.7	1.2	19.1	0	321	1.8	65

LAGARDE REGULAR MENU **CYCLE THREE** **SATURDAY**

Menu Item Name		**Calo**	**Pro**	**Fat**	**Carbo**	**Chol**	**Sodium**	**Dietry**	**Potas**
Breakfast									
* Blueberry Muffin	1 each	167	3.3	3.9	28.9	18	269	1.6	74
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Cream of Wheat	3/4 cup	100	2.9	0.4	20.5	0	33	0.9	31
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Oven Baked Bacon	3 each	90	4.5	7.5	0.0	22	285	0.0	
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Buttermilk Pancake w/Syrup	2 each	107	2.9	1.4	20.2	6	344	0.8	97
* Creamed Ground Beef - Reg.	4 ounces	193	12.4	12.2	7.1	44	160	0.2	226

* Lyonnaise Potatoes	1/2 cup	151	3.0	0.2	35.0	0	451	3.2	576
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* DL French Onion Soup	1 cup	21	0.6	1.3	1.7	0	72	0.2	24
* DL Corn Chowder Soup	1 cup	98	2.2	4.4	13.6	1	210	0.8	128
* Roast Pork Shoulder	3 ounces	245	32.8	11.5	0.5	94	57	0.2	419
* Spiced Apples	1 serving								
* Vegetable Lasagna - Reg	1 square	169	9.6	8.3	14.1	19	329		125
* Brown Gravy	1 ounce	13	0.4	0.3	2.1	0	172	0.1	9
* Baked Sweet Potato	1/2 cup	121	2.0	0.1	28.6	0	12	3.5	410
* Oriental Vegetables	1/2 cup	43	2.1	0.0	7.5	0	21	2.1	
* Asparagus Spears	1/2 cup	58	2.7	4.0	4.5	0	46	1.5	200
* Dinner Roll	1 each	102	2.9	2.5	17.1	0	177	1.0	45
* Tapioca Pudding	1/2 cup	117	3.9	2.5	19.9	49	146	0.0	133
unch Totals		**988+**	**59.2+**	**35.0+**	**109.7+**	**164+**	**1242+**	**9.4+**	**1494+**
Dinner									
* Shrimp Creole	6 ounces	202	29.5	3.5	13.3	204	1172	2.6	790
* Roast Beef with Au Jus	4 ounces	204	33.7	5.5	2.6	88	525	0.1	577
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4	31
* Brown Gravy	1 ounce	13	0.4	0.3	2.1	0	172	0.1	9
* Succotash	1/2 cup	84	3.9	0.8	18.1	0	41	3.6	268
* Dinner Roll	1 each	102	2.9	2.5	17.1	0	177	1.0	45
* Sugar Snap Peas	1/2 cup	47	3.2	0.3	8.2	0	5	2.8	197

LAGARDE REGULAR MENU

CYCLE THREE **SUNDAY**

Menu Item Name	**Size**	**Calo ries (kcal)**	**Pro tein (gm)**	**Fat (gm)**	**Carbo hydrat (gm)**	**Chol estrol (mg)**	**Sodium (mg)**	**Dietry Fiber (gm)**	**Potas sium (mg)**
Breakfast									
* Danish Pastry	1 each	130	1.9	6.5	16.7	40	124	0.7	29
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4	37
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Oven Baked Bacon	3 each	90	4.5	7.5	0.0	22	285	0.0	

* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* French Toast	1 slice	126	4.4	3.6	18.9	48	292	0.6	79
* Ham Slice, Grilled	3 ounces	165	20.9	8.3	0.0	55	1388	0.0	378
* Hashbrowns	1/2 cup	57	0.4	4.7	3.7	0	9	0.3	60
* Baked Beans	1/2 cup	163	7.4	2.6	30.7	11	640	7.6	460
* Corn Bread	1 square	96	2.4	2.6	15.7	14	237		53
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* DL Knickerbocker Soup	3/4 cup	144	8.8	0.9	26.3	0	101	9.0	512
* DL Cream of Mushroom Soup	1 cup	82	3.6	3.4	9.8	1	233	1.0	185
* Cheeseburger on a Bun	1 each	354	22.3	19.0	21.8	73	378	1.2	270
* Lobster Ravioli	4 ounces	399	16.1	14.0	52.5	87	642	2.9	
* Peas and Pearl Onions - Reg.	1/2 cup	64	3.6	0.3	12.2	0	55	3.2	184
* Garlic Bread	1 slice	169	3.8	8.7	18.9	5	181		
* Squash Medley	1/2 cup	33	0.9	1.9	3.8	0	25	1.1	195
* Strawberry Cream Pie	1 slice	327	2.8	20.9	36.2	5	147	2.2	137
Dinner									
* Lemon Baked Fish	3 ounces	224	23.0	11.3	6.4	81	252	0.2	420
* Spiral Ham	4 ounces	151	19.4	5.4	6.5	54	1534	0.0	343
* Pineapple Sauce	1 ounce	49	0.2	0.1	12.5	0	48	0.2	59
* Mashed Sweet Potato	1/2 cup	118	1.4	4.7	17.2	14	290		154
* Asparagus Casserole	1/2 cup	279	11.1	10.7	35.8	16	708	2.5	337
* Glazed Carrots	1/2 cup	80	0.9	2.9	13.5	0	74	2.3	149
* Panini Rolls	1 serving	130	5.0	0.5	26.0	0	140	0.5	

LAGARDE REGULAR MENU

CYCLE FOUR **MONDAY**

Menu Item Name	**Size**	**Calories (kcal)**	**Protein (gm)**	**Fat (gm)**	**Carbohydrat (gm)**	**Cholestrol (mg)**	**Sodium (mg)**	**Dietry Fiber (gm)**	**Potassium (mg)**
Breakfast									
* Cinnamon Rolls	1 each	254	4.2	15.0	25.7	3	231	1.4	67
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4	37
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61

* Hashbrowns	1/2 cup	57	0.4	4.7	3.7	0	9	0.3	60
* Creamed Sausage Gravy	2 ounces	87	2.1	5.3	7.8	4	386	0.7	40
* Ham Slice, Grilled	1 ounce	55	7.0	2.8	0.0	18	463	0.0	126
* Blueberry Pancakes - Reg.	2 each	112	2.9	1.5	21.6	6	345	1.1	103
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* DL Chicken Noodle Soup	3/4 cup	65	5.3	1.1	8.2	18	74	0.5	72
* DL Cream of Broccoli Soup	1 cup	82	3.5	3.3	9.9	1	122	0.7	190
* Country Fried Steak with Gravy	4 ounces	513	25.2	37.1	18.3	74	563	1.4	348
* Creole Fish	1 cup	360	21.5	17.9	31.5	46	836	2.5	697
* Mashed Potatoes	1/2 cup	92	1.3	3.7	13.6	0	53	1.1	114
* Broccoli Spears	1/2 cup	25	2.8	0.1	4.8	0	23	2.7	163
* Yellow Squash	1/2 cup	18	0.8	0.1	4.4	0	5	1.1	190
* Dinner Roll	1 each	102	2.9	2.5	17.1	0	177	1.0	45
* Lemon Meringue Pie	1 slice	307	4.1	13.9	42.1	57	261		70
Dinner									
* Meat Loaf	4 ounces	367	24.0	27.2	4.1	125	195	0.3	361
* Brown Gravy	1 ounce	13	0.4	0.3	2.1	0	172	0.1	9
* Au Gratin Potatoes	1/2 cup	326	10.8	13.6	41.1	21	395	3.1	704
* Wax Beans - Reg	1/2 cup	113	2.7	7.6	11.1	0	92	4.1	274
* Calico Corn	1/2 cup	85	2.5	2.1	16.9	0	20	2.1	185
* Panini Rolls	1 serving	130	5.0	0.5	26.0	0	140	0.5	
* Ham, Macaroni and Cheese Casserole	8 ounces	233	15.3	10.7	18.4	37	731	1.4	270

LAGARDE REGULAR MENU

CYCLE FOUR **TUESDAY**

Menu Item Name	**Size**	**Calories (kcal)**	**Protein (gm)**	**Fat (gm)**	**Carbohydrat (gm)**	**Cholestrol (mg)**	**Sodium (mg)**	**Dietry Fiber (gm)**	**Potassium (mg)**
Breakfast									
* Bran Muffin	1 each	220	3.0	11.0	27.0	20	235	1.0	
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4	37
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61

* French Toast	1 slice	126	4.4	3.6	18.9	48	292	0.6	79
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Oven Baked Bacon	3 each	90	4.5	7.5	0.0	22	285	0.0	
* Corned Beef Hash	1/2 cup	203	10.8	12.6	11.5	40	527	1.4	213
* Lyonnaise Potatoes	1/2 cup	151	3.0	0.2	35.0	0	451	3.2	576
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* DL Navy Bean Soup	1 cup	189	12.3	1.2	33.5	1	98	13.0	633
* DL Vegetable Soup	1 cup	53	2.0	0.6	10.7	1	118	1.4	197
* Polish Sausage with Onions & Pepper	5 ounces	263	8.0	19.9	14.3	30	449	3.3	413
* Chicken Tenders, Fried	5 ounces	315	45.1	12.6	2.3	126	108	0.1	367
* Potato Wedges	3 ounces	140	1.4	7.2	17.9	8	302	0.0	247
* Turnip Greens Seasoned	1/2 cup	19	1.0	0.2	4.1	0	27	3.2	186
* Green Beans	1/2 cup	30	1.6	0.2	6.9	0	3	2.5	169
* Hoagie Roll	1 each	214	7.5	3.5	38.3	0	416	1.5	
* Peanut Butter Cookies	2 each	130	2.3	7.1	14.8	8	113	0.3	87
Dinner									
* Deviled Egg Salad	1/2 cup	114	6.4	8.5	2.8	212	106	0.0	72
* New England Boiled Dinner (LaGarde)	3 ounces	185	13.4	14.0	0.4	72	835	0.0	107
* Boiled Potatoes w/Parsley	1/2 cup	95	1.7	1.9	18.3	0	28	1.6	345
* Boiled Carrots - Reg.	1/2 cup	53	1.5	0.3	12.1	0	81	4.3	244
* Cabbage	1/2 cup	27	1.4	0.2	6.1	0	25	2.6	279
* Corn Bread	1 square	96	2.4	2.6	15.7	14	237		53
* Horseradish - Reg.	1/2 cup	8	0.2	0.2	1.8	0	2	0.3	18

LAGARDE REGULAR MENU

CYCLE FOUR **WEDNESDAY**

Menu Item Name	**Size**	**Calories (kcal)**	**Protein (gm)**	**Fat (gm)**	**Carbohydrat (gm)**	**Cholestrol (mg)**	**Sodium (mg)**	**Dietry Fiber (gm)**	**Potassium (mg)**
Breakfast									
* Blueberry Muffin	1 each	167	3.3	3.9	28.9	18	269	1.6	74
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Cream of Wheat	3/4 cup	100	2.9	0.4	20.5	0	33	0.9	31
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61

* Sausage Patty	1 ounce	98	5.2	8.3	0.3	22	345	0.0	96
* Creamed Chipped Beef	4 ounces	162	8.7	11.6	5.9	43	646		227
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Baked Beans	1/2 cup	163	7.4	2.6	30.7	11	640	7.6	460
* Home Fried Potatoes - Reg.	1/2 cup	41	0.8	0.2	9.3	0	73	0.9	152
* Corn Bread	1 square	96	2.4	2.6	15.7	14	237		53
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* DL Minestrone Soup	1 cup	57	2.5	0.7	10.5	1	209	1.4	160
* DL Cream of Asparagus Soup	1 cup	83	3.6	3.4	10.0	1	116	0.6	196
* Stuffed Cabbage	1 each	354	16.3	16.8	36.4	95	915	1.8	960
* Stuffed Pork Chop - Reg.	8 ounces	722	76.2	27.5	37.3	237	759	2.1	1059
* Fried Rice	1/2 cup	187	7.3	5.4	27.7	85	911	1.9	185
* Mixed Vegetables	1/2 cup	58	3.0	0.5	12.2	0	44	3.6	192
* California Blend Vegetables - Diet	1/2 cup	32	2.1	0.0	5.3	0	27	2.1	
Dinner									
* Spaghetti Noodles	1/2 cup	135	4.6	0.6	27.1	0	9	0.9	59
* Meat Sauce for Spaghetti	6 ounces	332	19.5	21.3	16.0	69	1401	2.8	836
* Grilled Boneless Chicken Breast	1 each	150	22.6	5.9	0.0	64	54	0.0	186
* Fried Okra	1/2 cup	96	3.2	1.1	19.2	0	288	4.3	
* Squash Medley	1/2 cup	33	0.9	1.9	3.8	0	25	1.1	195
* Garlic Bread	1 slice	169	3.8	8.7	18.9	5	181		

LAGARDE REGULAR MENU

CYCLE FOUR **THURSDAY**

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)	Potassium (mg)
Breakfast									
* Coffee Cake	1 square	461	4.9	18.5	70.6	28	638	1.2	88
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4	37
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Oven Baked Bacon	3 each	90	4.5	7.5	0.0	22	285	0.0	
* Corned Beef Hash	1/2 cup	203	10.8	12.6	11.5	40	527	1.4	213

* O'Brien Potatoes - Reg.	1/2 cup	153	3.7	3.9	27.1	0	228	2.2	543
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Strawberry Pancake	1 each	188	4.7	2.2	37.0	10	552	1.6	172
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* DL Cream of Mushroom Soup	1 cup	82	3.6	3.4	9.8	1	233	1.0	185
* DL Split Pea Soup	3/4 cup	134	9.2	0.6	23.9	0	36	9.3	391
* Fish Strips	4 ounces	289	18.3	13.4	22.8	121	557		311
* Meatball Sub	1 sandwich	432	18.6	27.9	28.4	49	1173	3.4	94
* Carrots	1/2 cup	35	1.0	0.2	8.2	0	56	2.9	164
* Collard Greens - Reg.	1/2 cup	49	3.5	1.6	6.8	2	308	2.7	247
* Rice Pudding with Raisins - Reg.	1/2 cup	191	5.1	4.5	30.6	25	102	0.0	
Dinner									
* Fried Chicken	4 ounces	575	50.2	24.7	29.1	172	555	1.6	420
* Grilled Cheese Sandwich	1 each	340	16.8	20.5	22.6	53	623	2.0	185
* Macaroni and Cheese	6 ounces	181	6.3	5.6	25.9	10	224	0.7	73
* Peas	1/2 cup	76	4.9	0.2	14.2	0	3	5.0	246
* Steamed Beets	1/2 cup	36	1.0	0.1	8.5	0	326	1.6	171
* Biscuits	1 each	127	2.2	5.8	17.0	0	368	0.5	78

LAGARDE REGULAR MENU

CYCLE FOUR **FRIDAY**

Menu Item Name	**Size**	**Calories (kcal)**	**Protein (gm)**	**Fat (gm)**	**Carbohydrat (gm)**	**Cholestrol (mg)**	**Sodium (mg)**	**Dietry Fiber (gm)**	**Potassium (mg)**
Breakfast									
* Cinnamon Rolls	1 each	254	4.2	15.0	25.7	3	231	1.4	67
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4	37
Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Oven Baked Bacon	3 each	90	4.5	7.5	0.0	22	285	0.0	
* Scrapple	2 ounces	127	5.2	8.1	8.6	26	565	0.1	159
* French Toast	1 slice	126	4.4	3.6	18.9	48	292	0.6	79
* Hashbrowns	1/2 cup	57	0.4	4.7	3.7	0	9	0.3	60
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103

* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* New England Clam Chowder	3/4 cup	173	7.0	5.4	24.4	7	204	1.3	519
* DL Knickerbocker Soup	3/4 cup	144	8.8	0.9	26.3	0	101	9.0	512
* Assorted Pizza w/Topping	1 slice	197	14.7	11.2	9.0	33	437	1.3	215
* Tuna Melt on Bun	1 each	334	24.4	14.8	24.9	44	680	1.2	243
* Cauliflower	1/2 cup	17	1.5	0.2	3.4	0	17	2.4	126
Snow Peas	1/2 cup	47	3.2	0.3	08.2	0	5	2.8	197
Sweet Potato Pie	1 slice	200	3.7	9.1	26.0	19	269	2.6	147
Dinner									
* Grilled Ham Steak	1 each	214	27.3	10.9	0.0	71	1807	0.0	493
* Roast Turkey Slices	3 ounces	97	21.1	1.6	0.0	32	567	0.0	
* Mashed Potatoes	1/2 cup	92	1.3	3.7	13.6	0	53	1.1	114
* Green Beans	1/2 cup	30	1.6	0.2	6.9	0	3	2.5	169
* California Blend Vegetables - Reg.	1/2 cup	32	2.1	0.0	5.3	0	27	2.1	
* Country Seeded Rolls	1 serving	103	3.7	1.2	19.1	0	321	1.8	65

LAGARDE REGULAR MENU

CYCLE FOUR **SATURDAY**

Menu Item Name	**Size**	**Calo ries (kcal)**	**Pro tein (gm)**	**Fat (gm)**	**Carbo hydrat (gm)**	**Chol estrol (mg)**	**Sodium (mg)**	**Dietry Fiber (gm)**	**Potas sium (mg)**
Breakfast									
* Blueberry Muffin	1 each	167	3.3	3.9	28.9	18	269	1.6	74
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Cream of Wheat	3/4 cup	100	2.9	0.4	20.5	0	33	0.9	31
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Oven Baked Bacon	3 each	90	4.5	7.5	0.0	22	285	0.0	
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Buttermilk Pancake w/Syrup	2 each	107	2.9	1.4	20.2	6	344	0.8	97
* Creamed Ground Beef - Reg.	4 ounces	193	12.4	12.2	7.1	44	160	0.2	226
* Lyonnaise Potatoes	1/2 cup	151	3.0	0.2	35.0	0	451	3.2	576
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									

* DL Cream of Potato Soup	1 cup	98	3.8	3.3	13.5	1	124	0.7	252
* DL Vegetable Soup	1 cup	53	2.0	0.6	10.7	1	118	1.4	197
* Lasagna, Scratch	6 ounces	441	27.4	24.2	28.3	84	959	2.6	747
* BBQ Spareribs	4 ounces	492	33.1	34.4	10.2	132	754	1.0	488
* Oven Roasted Potatoes	1/2 cup	168	2.0	8.3	22.2	0	42	2.1	372
* Boiled Okra	1/2 cup	27	1.5	0.2	6.0	0	3	2.0	191
* Harvard Beets	1/2 cup	78	0.9	1.6	15.9	0	368	1.3	152
* Dinner Roll	1 each	102	2.9	2.5	17.1	0	177	1.0	45
* Boston Cream Pie	1 slice	257	2.4	8.7	43.7	38	147	1.4	40
Dinner									
* Veal Scallopini	5 ounces	477	30.1	35.5	10.0	190	1076	0.4	486
* Reuben Sandwich	1 each	417	21.2	21.4	34.5	65	1108	4.3	239
* Fettucine Noodles	1/2 cup	135	4.6	0.6	27.1	0	3	0.9	59
* Fried Eggplant	1/2 cup	206	3.2	12.7	19.1	0	476	3.2	191
* Garlic Bread	1 slice	169	3.8	8.7	18.9	5	181		
* Stewed Tomatoes - Reg	1/2 cup	40	1.2	0.2	9.6	0	306	0.3	385

LAGARDE REGULAR MENU

CYCLE FOUR **SUNDAY**

Menu Item Name	**Size**	**Calories (kcal)**	**Protein (gm)**	**Fat (gm)**	**Carbohydrat (gm)**	**Cholestrol (mg)**	**Sodium (mg)**	**Dietry Fiber (gm)**	**Potassium (mg)**
Breakfast									
* Danish Pastry	1 each	130	1.9	6.5	16.7	40	124	0.7	29
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4	37
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Oven Baked Bacon	3 each	90	4.5	7.5	0.0	22	285	0.0	
Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* French Toast	1 slice	126	4.4	3.6	18.9	48	292	0.6	79
* Ham Slice, Grilled	3 ounces	165	20.9	8.3	0.0	55	1388	0.0	378
* Hashbrowns	1/2 cup	57	0.4	4.7	3.7	0	9	0.3	60
* Baked Beans	1/2 cup	163	7.4	2.6	30.7	11	640	7.6	460
* Corn Bread	1 square	96	2.4	2.6	15.7	14	237		53
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340

Lunch									
* Cream of Tomato Soup	1 cup	166	6.0	5.9	24.3	16	854	0.6	472
* DL Turkey Noodle Soup	3/4 cup	63	5.4	0.9	8.2	19	73	0.5	85
* Crab Cakes	6 ounces	452	31.9	29.3	14.5	233	1393	0.7	459
* Grilled Chopped Steak w/Gravy	1 each	246	34.3	8.5	5.5	97	902	0.2	24
* Loaded Potato Casserole	1/2 cup	223	6.9	6.9	34.3	15	144	2.9	301
* Mushrooms And Onions	1/2 cup	73	2.6	0.6	15.8	0	142	3.8	312
* Green Beans	1/2 cup	30	1.6	0.2	6.9	0	3	2.5	169
* Walnut Cream Cake	1 slice	346	3.6	20.1	38.3		233	0.2	131
Dinner									
* Roast Turkey	3 ounces	394	12.0	38.0	0.2	85	222	0.1	104
* Cranberry Sauce	1/4 cup	92	0.1	0.1	23.6	0	18	0.6	16
* Beef Pot Pie	6 ounces	352	21.2	18.2	25.3	58	872	1.9	368
* Cornbread Dressing	1/2 cup	194	5.2	8.8	23.6	11	739	0.9	164
* Asparagus - Reg	1/2 cup	116	5.4	8.1	9.0	0	93	2.9	399
* Carrot & Celery Amandine	1/2 cup	92	1.5	7.9	4.9	0	86	1.8	204
* Panini Rolls	1 serving	130	5.0	0.5	26.0	0	140	0.5	

LAGARDE REGULAR MENU

CYCLE FIVE **MONDAY**

Menu Item Name	**Size**	**Calories (kcal)**	**Protein (gm)**	**Fat (gm)**	**Carbohydrat (gm)**	**Cholestrol (mg)**	**Sodium (mg)**	**Dietry Fiber (gm)**	**Potassium (mg)**
Breakfast									
* Cinnamon Rolls	1 each	254	4.2	15.0	25.7	3	231	1.4	67
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4	37
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Hashbrowns	1/2 cup	57	0.4	4.7	3.7	0	9	0.3	60
* Creamed Sausage Gravy	2 ounces	87	2.1	5.3	7.8	4	386	0.7	40
* Ham Slice, Grilled	1 ounce	55	7.0	2.8	0.0	18	463	0.0	126
* Blueberry Pancakes - Reg.	2 each	112	2.9	1.5	21.6	6	345	1.1	103
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									

* DL Chicken Rice Soup	1 cup	40	4.2	0.7	4.0	9	70	0.2	47
* DL Corn Chowder Soup	1 cup	98	2.2	4.4	13.6	1	210	0.8	128
* Deli Sliced Meats	4 ounces	216	34.9	7.6	0.5	78	952	0.0	303
* Assorted Cheese	2 ounces	341	22.9	26.6	2.3	84	413	0.0	124
* Grilled Boneless Chicken Breast	1 each	150	22.6	5.9	0.0	64	54	0.0	186
* Kaiser Roll	1 each	167	5.6	2.5	30.0	0	310	1.3	62
* Baked Beans	1/2 cup	163	7.4	2.6	30.7	11	640	7.6	460
* Mixed Vegetables	1/2 cup	58	3.0	0.5	12.2	0	44	3.6	192
* Broccoli Spears	1/2 cup	25	2.8	0.1	4.8	0	23	2.7	163
* Bread Pudding with Rum Sauce - Reg.	1/2 cup	165	5.1	3.2	29.2	44	178	6.4	
Dinner									
* Chicken Ranchero	4 ounces	202	35.8	4.2	2.8	96	371	0.1	290
* Egg Salad Sandwich	1 each	281	13.3	13.7	25.9	303	512	2.1	191
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4	31
* Peas and Pearl Onions - Reg.	1/2 cup	64	3.6	0.3	12.2	0	55	3.2	184
* Squash Medley	1/2 cup	33	0.9	1.9	3.8	0	25	1.1	195
* Dinner Roll	1 each	102	2.9	2.5	17.1	0	177	1.0	45

LAGARDE REGULAR MENU

CYCLE FIVE **TUESDAY**

Menu Item Name	**Size**	**Calories (kcal)**	**Protein (gm)**	**Fat (gm)**	**Carbohydrat (gm)**	**Cholestrol (mg)**	**Sodium (mg)**	**Dietry Fiber (gm)**	**Potassium (mg)**
Breakfast									
* Bran Muffin	1 each	220	3.0	11.0	27.0	20	235	1.0	
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4	37
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* French Toast	1 slice	126	4.4	3.6	18.9	48	292	0.6	79
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Oven Baked Bacon	3 each	90	4.5	7.5	0.0	22	285	0.0	
* Corned Beef Hash	1/2 cup	203	10.8	12.6	11.5	40	527	1.4	213
* Lyonnaise Potatoes	1/2 cup	151	3.0	0.2	35.0	0	451	3.2	576
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									

* DL French Onion Soup	1 cup	21	0.6	1.3	1.7	0	72	0.2	24
* Lobster Bisque Soup	3/4 cup	360	31.9	4.0	48.5	28	668	0.1	1484
* Spaghetti Noodles	1/2 cup	135	4.6	0.6	27.1	0	9	0.9	59
* Meatballs for Spaghetti	6 ounces	358	18.4	24.4	18.0	60	1760	3.8	718
* Baked Fish	4 ounces	111	23.6	1.0	0.2	57	72	0.0	550
* Mashed Potatoes	1/2 cup	92	1.3	3.7	13.6	0	53	1.1	114
* Asparagus Spears	1/2 cup	58	2.7	4.0	4.5	0	46	1.5	200
* Whole Kernel Corn	1/2 cup	80	2.7	0.7	18.9	0	3	2.2	191
* Garlic Bread	1 slice	169	3.8	8.7	18.9	5	181		
* Carrot Cake - Reg.	1 slice	271	2.6	14.4	32.7		236	0.4	105
Dinner									
* Roast Beef with Au Jus	4 ounces	204	33.7	5.5	2.6	88	525	0.1	577
* Grilled Cheese Sandwich	1 each	340	16.8	20.5	22.6	53	623	2.0	185
* Brown Gravy	1 ounce	13	0.4	0.3	2.1	0	172	0.1	9
* Mashed Potatoes	1/2 cup	92	1.3	3.7	13.6	0	53	1.1	114
* Cauliflower	1/2 cup	17	1.5	0.2	3.4	0	17	2.4	126
* Spinach	1/2 cup	25	2.8	0.2	4.8	0	79	2.7	270
* Panini Rolls	1 serving	130	5.0	0.5	26.0	0	140	0.5	

LAGARDE REGULAR MENU

CYCLE FIVE **WEDNESDAY**

Menu Item Name	**Size**	**Calories (kcal)**	**Protein (gm)**	**Fat (gm)**	**Carbohydrat (gm)**	**Cholestrol (mg)**	**Sodium (mg)**	**Dietry Fiber (gm)**	**Potassium (mg)**
Breakfast									
* Blueberry Muffin	1 each	167	3.3	3.9	28.9	18	269	1.6	74
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Cream of Wheat	3/4 cup	100	2.9	0.4	20.5	0	33	0.9	31
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Sausage Link	2 each	220	8.0	20.0	0.0	40	320	0.0	
* Creamed Chipped Beef	4 ounces	162	8.7	11.6	5.9	43	646		227
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Baked Beans	1/2 cup	163	7.4	2.6	30.7	11	640	7.6	460
* Home Fried Potatoes - Reg.	1/2 cup	41	0.8	0.2	9.3	0	73	0.9	152
* Corn Bread	1 square	96	2.4	2.6	15.7	14	237		53
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340

Lunch									
* Vegetable Barley Soup	3/4 cup	54	4.1	0.9	7.7	7	349	0.9	
* DL Cream of Asparagus Soup	1 cup	83	3.6	3.4	10.0	1	116	0.6	196
* Ham, Macaroni and Tomato Casserole	8 ounces	260	16.7	10.9	24.7	37	845	3.0	522
* Hamburger on a Bun	1 each	303	19.3	14.7	21.6	60	290	1.2	248
* Green Beans	1/2 cup	30	1.6	0.2	6.9	0	3	2.5	169
* Carrots	1/2 cup	35	1.0	0.2	8.2	0	56	2.9	164
* Dinner Roll	1 each	102	2.9	2.5	17.1	0	177	1.0	45
* Chocolate Chip Cookies	2 each	255	2.4	11.3	35.8		175	1.3	
Dinner									
* Chicken Pot Pie	6 ounces	369	20.6	20.3	25.3	58	872	1.9	364
* Stuffed Green Peppers	1 each	393	22.6	25.5	16.9	87	242	2.5	579
* Au Gratin Potatoes	1/2 cup	326	10.8	13.6	41.1	21	395	3.1	704
* Harvard Beets	1/2 cup	78	0.9	1.6	15.9	0	368	1.3	152
* Peas and Mushrooms	1/2 cup	84	5.5	0.3	15.9	0	148	5.8	290

LAGARDE REGULAR MENU

CYCLE FIVE **THURSDAY**

Menu Item Name	**Size**	**Calories (kcal)**	**Protein (gm)**	**Fat (gm)**	**Carbohydrat (gm)**	**Cholestrol (mg)**	**Sodium (mg)**	**Dietry Fiber (gm)**	**Potassium (mg)**
Breakfast									
* Coffee Cake	1 square	461	4.9	18.5	70.6	28	638	1.2	88
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4	37
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Oven Baked Bacon	3 each	90	4.5	7.5	0.0	22	285	0.0	
* Corned Beef Hash	1/2 cup	203	10.8	12.6	11.5	40	527	1.4	213
* O'Brien Potatoes - Reg.	1/2 cup	153	3.7	3.9	27.1	0	228	2.2	543
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Strawberry Pancake	1 each	188	4.7	2.2	37.0	10	552	1.6	172
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* DL Turkey Noodle Soup	3/4 cup	63	5.4	0.9	8.2	19	73	0.5	85

* DL Cream of Potato Soup	1 cup	98	3.8	3.3	13.5	1	124	0.7	252
* Baked Salmon Steaks - Diet	4 ounces	214	19.8	14.1	1.1	56	57	0.3	384
* Pork Carnitas	4 ounces	210	23.2	12.3	0.0	66	49	0.0	447
* Wild Rice	1/2 cup	61	1.9	0.2	13.3	0	309	0.6	49
* Eggplant Casserole	1/2 cup	304	10.4	14.3	33.1	12	800	3.7	387
* Multi-Grain Roll	1 each	85	2.4	2.1	14.3	0	148	0.9	38
* Succotash	1/2 cup	84	3.9	0.8	18.1	0	41	3.6	268
* Lemon Cream Cake	1 slice	263	2.1	10.4	40.5		239	0.3	54
Dinner									
* Baked Chicken	7 ounces	271	30.4	15.7	0.0	98	138	0.0	248
* Hot Dog Bun	1 each	122	3.6	2.2	21.4	0	238	1.1	60
* Brown Gravy	1 ounce	13	0.4	0.3	2.1	0	172	0.1	9
* Mashed Potatoes	1/2 cup	92	1.3	3.7	13.6	0	53	1.1	114
* Cauliflower Au Gratin	1/2 cup	90	6.0	6.2	3.7	19	129	2.4	144
* Mixed Vegetables	1/2 cup	58	3.0	0.5	12.2	0	44	3.6	192
* Dinner Roll	1 each	102	2.9	2.5	17.1	0	177	1.0	45

LAGARDE REGULAR MENU

CYCLE FIVE **FRIDAY**

Menu Item Name	**Size**	**Calories (kcal)**	**Protein (gm)**	**Fat (gm)**	**Carbohydrat (gm)**	**Cholestrol (mg)**	**Sodium (mg)**	**Dietry Fiber (gm)**	**Potassium (mg)**
Breakfast									
* Cinnamon Rolls	1 each	254	4.2	15.0	25.7	3	231	1.4	67
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4	37
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Oven Baked Bacon	3 each	90	4.5	7.5	0.0	22	285	0.0	
* Scrapple	2 ounces	127	5.2	8.1	8.6	26	565	0.1	159
* French Toast	1 slice	126	4.4	3.6	18.9	48	292	0.6	79
* Hashbrowns	1/2 cup	57	0.4	4.7	3.7	0	9	0.3	60
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* DL Pinto Bean Soup	1 cup	110	6.7	0.7	19.7	0	117	7.3	403

* DL Vegetable Soup	1 cup	53	2.0	0.6	10.7	1	118	1.4	197
* Beef Stew	6 ounces	302	21.3	16.2	18.0	62	668	1.9	586
* Baked Cod Fish with Lemon	4 ounces	112	23.7	1.1	0.4	57	72	0.1	562
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4	31
* Corn Bread	1 square	96	2.4	2.6	15.7	14	237		53
* Green Beans	1/2 cup	30	1.6	0.2	6.9	0	3	2.5	169
^* Peanut Butter Cookies, Scratch	2 each	117	2.1	6.5	13.1	8	108	0.4	58
* Mustard Greens	1/2 cup	35	4.1	0.5	5.7	0	52	5.1	254
Dinner									
* Mushroom Gravy	2 ounces	39	1.0	2.7	3.1	0	155	0.7	48
* Vegetable Lasagna - Reg	1 square	169	9.6	8.3	14.1	19	329		125
* Smothered Short Ribs	12 ounces	706	26.2	64.8	3.7	131	621	1.4	492
* Roasted Redskin Potatoes w/ Parsley	1/2 cup	115	2.0	2.6	21.6	0	145	2.1	373
* Asparagus Spears	1/2 cup	58	2.7	4.0	4.5	0	46	1.5	200
* Yellow Squash	1/2 cup	18	0.8	0.1	4.4	0	5	1.1	190
* Dinner Roll	1 each	102	2.9	2.5	17.1	0	177	1.0	45

LAGARDE REGULAR MENU

CYCLE FIVE **SATURDAY**

Menu Item Name	**Size**	**Calories (kcal)**	**Protein (gm)**	**Fat (gm)**	**Carbohydrat (gm)**	**Cholestrol (mg)**	**Sodium (mg)**	**Dietry Fiber (gm)**	**Potassium (mg)**
Breakfast									
* Blueberry Muffin	1 each	167	3.3	3.9	28.9	18	269	1.6	74
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Cream of Wheat	3/4 cup	100	2.9	0.4	20.5	0	33	0.9	31
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Oven Baked Bacon	3 each	90	4.5	7.5	0.0	22	285	0.0	
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Buttermilk Pancake w/Syrup	2 each	107	2.9	1.4	20.2	6	344	0.8	97
* Creamed Ground Beef - Reg.	4 ounces	193	12.4	12.2	7.1	44	160	0.2	226
* Lyonnaise Potatoes	1/2 cup	151	3.0	0.2	35.0	0	451	3.2	576
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* Tomato Florentine	1 cup	47	1.3	1.3	7.3		427		100

* DL Cream of Mushroom Soup	1 cup	82	3.6	3.4	9.8	1	233	1.0	185
* Baked Chicken	7 ounces	271	30.4	15.7	0.0	98	138	0.0	248
* Yakisoba Beef	6 ounces	407	30.2	13.9	38.4	77	745	2.2	421
* Macaroni and Cheese	6 ounces	181	6.3	5.6	25.9	10	224	0.7	73
* Peas and Pearl Onions - Reg.	1/2 cup	64	3.6	0.3	12.2	0	55	3.2	184
* Carrots	1/2 cup	35	1.0	0.2	8.2	0	56	2.9	164
* Apple Crumb Pie	1 slice	368	2.0	17.9	49.8	0	428	2.0	80
* Garlic Bread	1 slice	169	3.8	8.7	18.9	5	181		
Dinner									
* Open Face Turkey Sandwich	1 each	211	17.8	3.7	27.1	20	1023	2.2	116
* Swiss Steak 5 oz	5 ounces	152	7.0	9.6	8.8	18	172	0.3	109
* Garlic Mashed Potatoes	1/2 cup	101	1.6	3.8	15.8	0	55	1.3	133
* Whole Kernel Corn	1/2 cup	80	2.7	0.7	18.9	0	3	2.2	191
* Mushrooms And Onions	1/2 cup	73	2.6	0.6	15.8	0	142	3.8	312
* Dinner Roll	1 each	102	2.9	2.5	17.1	0	177	1.0	45

LAGARDE REGULAR MENU

CYCLE FIVE **SUNDAY**

Menu Item Name		**Calo**	**Pro**	**Fat**	**Carbo**	**Chol**	**Sodium**	**Dietry**	**Potas**
Breakfast									
* Danish Pastry	1 each	130	1.9	6.5	16.7	40	124	0.7	29
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4	37
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Oven Baked Bacon	3 each	90	4.5	7.5	0.0	22	285	0.0	
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* French Toast	1 slice	126	4.4	3.6	18.9	48	292	0.6	79
* Ham Slice, Grilled	3 ounces	165	20.9	8.3	0.0	55	1388	0.0	378
* Hashbrowns	1/2 cup	57	0.4	4.7	3.7	0	9	0.3	60
* Baked Beans	1/2 cup	163	7.4	2.6	30.7	11	640	7.6	460
* Corn Bread	1 square	96	2.4	2.6	15.7	14	237		53
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* DL Great Northern Bean Soup	1 cup	129	8.2	0.8	23.1	0	64	7.3	507
* DL Cream of Broccoli Soup	1 cup	82	3.5	3.3	9.9	1	122	0.7	190

* Turkey Pot Pie	6 ounces	306	29.3	9.3	25.3	71	759	1.9	462
* Marinated Pork Chops	5 ounces	217	24.4	12.2	1.1	68	1058	0.2	379
* Fried Rice	1/2 cup	187	7.3	5.4	27.7	85	911	1.9	185
* Oriental Vegetables	1/2 cup	43	2.1	0.0	7.5	0	21	2.1	
* Walnut Cream Cake	1 slice	346	3.6	20.1	38.3		233	0.2	131
* Spinach	1/2 cup	25	2.8	0.2	4.8	0	79	2.7	270
Dinner									
* Fried Shrimp	3 ounces	360	31.8	18.3	17.1	263	512	0.6	335
* Fried Catfish	3 ounces	304	19.2	14.0	24.0	127	585		327
* Fried Scallops	3 ounces	320	26.9	16.3	15.0	91	691		496
* Hamburger on a Bun	1 each	303	19.3	14.7	21.6	60	290	1.2	248
* Baked Potato	1 each	183	3.6	0.2	42.5	0	11	3.8	697
* Okra and Tomatoes	1/2 cup	32	1.5	0.2	7.4	0	108	1.4	260
* Italian Green Beans	1/2 cup	30	1.6	0.2	6.9	0	3	2.5	169
* Panini Rolls	1 serving	130	5.0	0.5	26.0	0	140	0.5	

LAGARDE REGULAR MENU

CYCLE SIX **MONDAY**

Menu Item Name	**Size**	**Calories (kcal)**	**Protein (gm)**	**Fat (gm)**	**Carbohydrat (gm)**	**Cholestrol (mg)**	**Sodium (mg)**	**Dietry Fiber (gm)**	**Potassium (mg)**
Breakfast									
* Cinnamon Rolls	1 each	254	4.2	15.0	25.7	3	231	1.4	67
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4	37
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Hashbrowns	1/2 cup	57	0.4	4.7	3.7	0	9	0.3	60
* Creamed Sausage Gravy	2 ounces	87	2.1	5.3	7.8	4	386	0.7	40
* Ham Slice, Grilled	1 ounce	55	7.0	2.8	0.0	18	463	0.0	126
* Blueberry Pancakes - Reg.	2 each	112	2.9	1.5	21.6	6	345	1.1	103
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* Vegetable Barley Soup	3/4 cup	54	4.1	0.9	7.7	7	349	0.9	
* DL Navy Bean Soup	1 cup	189	12.3	1.2	33.5	1	98	13.0	633

* Soft Beef Taco	1 each	345	16.2	17.7	29.7	48	501	2.3	276
* Grilled Ham and Cheese Sandwich	1 each	417	21.7	26.8	22.3	56	1291	2.0	343
* Spanish Rice - Reg.	1/2 cup	100	2.8	1.3	19.2	3	526	1.3	204
* Baby Carrots	1/2 cup	42	1.2	0.2	9.8	0	64	3.5	197
* Mixed Vegetables	1/2 cup	58	3.0	0.5	12.2	0	44	3.6	192
* Pecan Pie - Reg.	1 slice	420	4.2	19.4	60.0	34	445	3.7	78
Dinner									
* Chicken and Dumplings	6 ounces	271	19.3	13.3	18.2	77	525	0.0	242
* Open Face Roast Beef Sandwich	1 each	266	23.3	7.8	24.4	49	488	2.1	278
* Brussels Sprouts	1/2 cup	48	4.1	0.4	9.4	0	28	4.6	369
* Fried Okra	1/2 cup	96	3.2	1.1	19.2	0	288	4.3	
* Panini Rolls	1 serving	130	5.0	0.5	26.0	0	140	0.5	

LAGARDE REGULAR LINE CYCLE SIX TUESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)	Potassium (mg)
Breakfast									
* Bran Muffin	1 each	220	3.0	11.0	27.0	20	235	1.0	
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4	37
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* French Toast	1 slice	126	4.4	3.6	18.9	48	292	0.6	79
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Oven Baked Bacon	3 each	90	4.5	7.5	0.0	22	285	0.0	
* Corned Beef Hash	1/2 cup	203	10.8	12.6	11.5	40	527	1.4	213
* Lyonnaise Potatoes	1/2 cup	151	3.0	0.2	35.0	0	451	3.2	576
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* Chicken Tortilla Soup	6 ounces	168	10.1	3.4	24.6	22	1030	3.4	
* DL Cream of Asparagus Soup	1 cup	83	3.6	3.4	10.0	1	116	0.6	196
* Roast Turkey Breast	4 ounces	122	26.3	2.0	0.0	41	709	0.0	
* Barbecue Pork on Bun, Half	1 each	275	18.2	10.5	25.7	51	469	1.4	315
* Cornbread Dressing	1/2 cup	194	5.2	8.8	23.6	11	739	0.9	164

* Whole Kernel Corn	1/2 cup	80	2.7	0.7	18.9	0	3	2.2	191
* Cabbage	1/2 cup	27	1.4	0.2	6.1	0	25	2.6	279
* Cheesecake	1 slice	387	6.6	27.1	30.7	66	249	0.5	108
Dinner									
* Vegetable Lasagna - Reg	1 square	169	9.6	8.3	14.1	19	329		125
* Meat Loaf	4 ounces	367	24.0	27.2	4.1	125	195	0.3	361
* Lyonnaise Potatoes	1/2 cup	151	3.0	0.2	35.0	0	451	3.2	576
* Mushroom Gravy	2 ounces	39	1.0	2.7	3.1	0	155	0.7	48
* Peas	1/2 cup	76	4.9	0.2	14.2	0	3	5.0	246
* Dinner Roll	1 each	102	2.9	2.5	17.1	0	177	1.0	45
* Harvard Beets	1/2 cup	78	0.9	1.6	15.9	0	368	1.3	152

LAGARDE REGULAR LINE

CYCLE SIX **WEDNESDAY**

Menu Item Name	**Size**	**Calories (kcal)**	**Protein (gm)**	**Fat (gm)**	**Carbohydrat (gm)**	**Cholestrol (mg)**	**Sodium (mg)**	**Dietry Fiber (gm)**	**Potassium (mg)**
Breakfast									
* Blueberry Muffin	1 each	167	3.3	3.9	28.9	18	269	1.6	74
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Cream of Wheat	3/4 cup	100	2.9	0.4	20.5	0	33	0.9	31
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Sausage Patty	1 ounce	98	5.2	8.3	0.3	22	345	0.0	96
* Creamed Chipped Beef	4 ounces	162	8.7	11.6	5.9	43	646		227
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Baked Beans	1/2 cup	163	7.4	2.6	30.7	11	640	7.6	460
Home Fried Potatoes - Reg.	1/2 cup	41	0.8	0.2	9.3	0	73	0.9	152
* Corn Bread	1 square	96	2.4	2.6	15.7	14	237		53
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* DL Corn Chowder Soup	1 cup	98	2.2	4.4	13.6	1	210	0.8	128
* DL Pinto Bean Soup	1 cup	110	6.7	0.7	19.7	0	117	7.3	403
* Meat Sauce for Spaghetti	6 ounces	332	19.5	21.3	16.0	69	1401	2.8	836
* Spaghetti Noodles	1/2 cup	135	4.6	0.6	27.1	0	9	0.9	59
* Fish Sandwich	1 each	431	21.4	16.1	48.6	127	901	1.2	357

* Broccoli Spears	1/2 cup	25	2.8	0.1	4.8	0	23	2.7	163
* California Blend Vegetables - Reg.	1/2 cup	32	2.1	0.0	5.3	0	27	2.1	
* Garlic Bread	1 slice	169	3.8	8.7	18.9	5	181		
* Oatmeal-Raisin Cookies (ready made dough)	2 each	57	0.7	2.5	7.9	3	39	0.3	20
Dinner									
* Chicken Primavera with Pasta	4 ounces	259	30.4	5.8	19.7	98	170	1.2	353
* Ham, Macaroni and Cheese Casserole	8 ounces	233	15.3	10.7	18.4	37	731	1.4	270
* Eggplant Casserole	1/2 cup	304	10.4	14.3	33.1	12	800	3.7	387
* Carrot & Celery Amandine	1/2 cup	92	1.5	7.9	4.9	0	86	1.8	204
* Dinner Roll	1 each	102	2.9	2.5	17.1	0	177	1.0	45

LAGARDE REGULAR MENU

CYCLE SIX **THURSDAY**

Menu Item Name	**Size**	**Calories (kcal)**	**Protein (gm)**	**Fat (gm)**	**Carbohydrat (gm)**	**Cholestrol (mg)**	**Sodium (mg)**	**Dietry Fiber (gm)**	**Potassium (mg)**
Breakfast									
* Coffee Cake	1 square	461	4.9	18.5	70.6	28	638	1.2	88
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4	37
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Oven Baked Bacon	3 each	90	4.5	7.5	0.0	22	285	0.0	
* Corned Beef Hash	1/2 cup	203	10.8	12.6	11.5	40	527	1.4	213
* O'Brien Potatoes - Reg.	1/2 cup	153	3.7	3.9	27.1	0	228	2.2	543
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Strawberry Pancake	1 each	188	4.7	2.2	37.0	10	552	1.6	172
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* DL Minestrone Soup	1 cup	57	2.5	0.7	10.5	1	209	1.4	160
* DL Cream of Potato Soup	1 cup	98	3.8	3.3	13.5	1	124	0.7	252
* Hot Dog on Bun	1 each	258	8.8	14.7	22.1	23	748	1.1	136
* Country Fried Steak with Gravy	4 ounces	513	25.2	37.1	18.3	74	563	1.4	348
* Mashed Potatoes	1/2 cup	92	1.3	3.7	13.6	0	53	1.1	114
* Brown Gravy	1 ounce	13	0.4	0.3	2.1	0	172	0.1	9
* Kale	1/2 cup	62	5.3	1.9	8.6	3	84	3.3	526

* Whole Kernel Corn	1/2 cup	80	2.7	0.7	18.9	0	3	2.2	191
* Brownies	1 bar	322	4.3	16.3	44.4	1	180	0.3	125
Dinner									
* Grilled Turkey/Swiss PoBoy	1 each	303	24.3	13.4	20.1	62	370	1.2	203
* Braised Beef Cubes	4 ounces	362	30.5	22.6	7.5	98	616	0.6	307
* Steamed Rice - Reg.	1/2 cup	104	1.9	0.7	21.8	0	2	0.4	31
* Corn Bread	1 square	96	2.4	2.6	15.7	14	237		53
* Wax Beans - Reg	1/2 cup	113	2.7	7.6	11.1	0	92	4.1	274
* Baked Tomato Half	1 half	61	1.3	3.3	7.3	0	228	0.9	157

LAGARDE REGULAR MENU

CYCLE SIX **FRIDAY**

Menu Item Name	**Size**	**Calories (kcal)**	**Protein (gm)**	**Fat (gm)**	**Carbohydrat (gm)**	**Cholestrol (mg)**	**Sodium (mg)**	**Dietry Fiber (gm)**	**Potassium (mg)**
Breakfast									
* Cinnamon Rolls	1 each	254	4.2	15.0	25.7	3	231	1.4	67
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4	37
Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Oven Baked Bacon	3 each	90	4.5	7.5	0.0	22	285	0.0	
* Scrapple	2 ounces	127	5.2	8.1	8.6	26	565	0.1	159
* French Toast	1 slice	126	4.4	3.6	18.9	48	292	0.6	79
* Hashbrowns	1/2 cup	57	0.4	4.7	3.7	0	9	0.3	60
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* DL Turkey Noodle Soup	3/4 cup	63	5.4	0.9	8.2	19	73	0.5	85
* Boston Clam Chowder	3/4 cup	168	5.6	7.8	17.9	11	1203	1.1	0
* Chicken Cordon Bleu	4 ounces	232	17.2	13.8	9.9	54	509		
* Assorted Pizza w/Topping	1 slice	197	14.7	11.2	9.0	33	437	1.3	215
* Cauliflower	1/2 cup	17	1.5	0.2	3.4	0	17	2.4	126
* Tapioca Pudding	1/2 cup	117	3.9	2.5	19.9	49	146	0.0	133
* Peas	1/2 cup	76	4.9	0.2	14.2	0	3	5.0	246

Dinner									
* Hamburger on a Bun	1 each	303	19.3	14.7	21.6	60	290	1.2	248
* Salmon Patties	3 ounces	177	22.7	6.3	5.9	55	250	0.3	386
* Home Fried Potatoes - Reg.	1/2 cup	41	0.8	0.2	9.3	0	73	0.9	152
* Succotash	1/2 cup	84	3.9	0.8	18.1	0	41	3.6	268
* Zucchini Squash - Reg	1/2 cup	15	1.1	0.1	3.3	0	2	1.2	198
* Country Seeded Rolls	1 serving	103	3.7	1.2	19.1	0	321	1.8	65

LAGARDE REGULAR MENU

CYCLE SIX **SATURDAY**

Menu Item Name	**Size**	**Calo ries (kcal)**	**Pro tein (gm)**	**Fat (gm)**	**Carbo hydrat (gm)**	**Chol estrol (mg)**	**Sodium (mg)**	**Dietry Fiber (gm)**	**Potas sium (mg)**
Breakfast									
* Blueberry Muffin	1 each	167	3.3	3.9	28.9	18	269	1.6	74
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Cream of Wheat	3/4 cup	100	2.9	0.4	20.5	0	33	0.9	31
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
****ASSORTED OMELETES****	1 serving								
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* Buttermilk Pancake w/Syrup	2 each	107	2.9	1.4	20.2	6	344	0.8	97
* Creamed Ground Beef - Reg.	4 ounces	193	12.4	12.2	7.1	44	160	0.2	226
* Lyonnaise Potatoes	1/2 cup	151	3.0	0.2	35.0	0	451	3.2	576
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* DL Vegetable Soup	1 cup	53	2.0	0.6	10.7	1	118	1.4	197
* DL Split Pea Soup	3/4 cup	134	9.2	0.6	23.9	0	36	9.3	391
* Barbecue Beef on Bun - Reg.	1 each	358	16.9	18.4	30.4	54	765	1.6	384
* Fried Shrimp	4 ounces	480	42.4	24.4	22.8	351	683	0.8	447
* Baked Potato	1 each	183	3.6	0.2	42.5	0	11	3.8	697
* Sauteed Mushrooms & Onions	1/2 cup	72	2.9	4.1	8.4	0	616	3.6	209
* Italian Green Beans	1/2 cup	30	1.6	0.2	6.9	0	3	2.5	169
* Dinner Roll	1 each	102	2.9	2.5	17.1	0	177	1.0	45
* Fruit and Nut Bars	1 bar	264	4.1	11.3	38.1	19	190	1.6	188

Dinner									
* Yankee Pot Roast (LaGarde)	4 ounces	332	44.6	13.5	5.7	125	259	1.1	954
* Chicken Salad	1/3 cup	156	19.2	7.5	2.1	98	98	0.2	169
* Boiled Potatoes w/Parsley	1/2 cup	95	1.7	1.9	18.3	0	28	1.6	345
* Carrots	1/2 cup	35	1.0	0.2	8.2	0	56	2.9	164
* Corn on the Cob	1 each	202	5.6	8.3	31.6	1	137	3.5	441
* French Dinner Roll	1 serving	100	4.0	0.0	19.0	0	210	1.0	

LAGARDE REGULAR MENU

CYCLE SIX **SUNDAY**

Menu Item Name	**Size**	**Calo ries (kcal)**	**Pro tein (gm)**	**Fat (gm)**	**Carbo hydrat (gm)**	**Chol estrol (mg)**	**Sodium (mg)**	**Dietry Fiber (gm)**	**Potas sium (mg)**
Breakfast									
* Danish Pastry	1 each	130	1.9	6.5	16.7	40	124	0.7	29
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9	95
* Grits	3/4 cup	101	2.4	0.3	21.7	0	7	0.4	37
* Soft Scrambled Eggs	3 ounces	103	6.0	8.0	1.8	183	391	0.2	2
* Hard Boiled Egg	1 each	74	6.2	5.0	0.6	213	66	0.0	61
* Oven Baked Bacon	3 each	90	4.5	7.5	0.0	22	285	0.0	
* Breakfast Gravy with Biscuit	2 each	202	3.4	9.8	25.3	1	718	1.2	103
* French Toast	1 slice	126	4.4	3.6	18.9	48	292	0.6	79
* Ham Slice, Grilled	3 ounces	165	20.9	8.3	0.0	55	1388	0.0	378
* Hashbrowns	1/2 cup	57	0.4	4.7	3.7	0	9	0.3	60
* Baked Beans	1/2 cup	163	7.4	2.6	30.7	11	640	7.6	460
* Corn Bread	1 square	96	2.4	2.6	15.7	14	237		53
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	340
Lunch									
* DL Chicken Noodle Soup	3/4 cup	65	5.3	1.1	8.2	18	74	0.5	72
* Tomato Rice Soup	1 cup	32	1.1	0.3	6.5	0	472	0.3	130
* Italian Sausage w/Onions & Peppers	4 ounces	314	17.3	24.1	6.3	65	765	1.2	365
* Fish Pecan	5 ounces	435	30.8	33.1	6.9	37	460	4.2	801
* Mashed Sweet Potato	1/2 cup	118	1.4	4.7	17.2	14	290		154
* Asparagus Spears	1/2 cup	58	2.7	4.0	4.5	0	46	1.5	200
* Yellow Squash	1/2 cup	18	0.8	0.1	4.4	0	5	1.1	190
* French Silk Pie	1 piece	329	4.9	12.2	50.0	37	244	2.4	

Dinner									
* Fried Chicken	4 ounces	575	50.2	24.7	29.1	172	555	1.6	420
* Grilled Cheese Sandwich	1 each	340	16.8	20.5	22.6	53	623	2.0	185
* Au Gratin Potatoes	1/2 cup	326	10.8	13.6	41.1	21	395	3.1	704
* Peas and Carrots	1/2 cup	48	3.1	0.4	10.2	0	72	3.1	176
* Sugar Snap Peas	1/2 cup	47	3.2	0.3	8.2	0	5	2.8	197
* Panini Rolls	1 serving	130	5.0	0.5	26.0	0	140	0.5	