

WEEK 1 (DATE _____)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Breakfast Tray w/Berry Bar #11995 includes: <ul style="list-style-type: none"> • Butter brickle muffin • Toasty O's cereal • Peanut butter packet • Grape jelly packet • Strawberry breakfast bar • Nonfat dry milk • Enriched drink mix • WWG bread slices 	Breakfast Tray w/Apple Bar #11991 includes: <ul style="list-style-type: none"> • Chocolate chip muffin • Raisin bran cereal • Peanut butter packet • Grape jelly packet • Apple breakfast bar • Nonfat dry milk • Enriched drink mix • WWG bread slices 	Breakfast Tray w/Pumpkin Bar #11997 includes: <ul style="list-style-type: none"> • Apple cinnamon muffin • Corn flakes cereal • Peanut butter packet • Grape jelly packet • Pumpkin breakfast bar • Nonfat dry milk • Enriched drink mix • WWG bread slices 	Breakfast Tray w/Banana Bar #11996 includes: <ul style="list-style-type: none"> • Pumpkin muffin • Crispy rice cereal • Peanut butter packet • Grape jelly packet • Banana breakfast bar • Nonfat dry milk • Enriched drink mix • WWG bread slices 	Breakfast Tray w/Berry Bar #11995 includes: <ul style="list-style-type: none"> • Butter brickle muffin • Toasty O's cereal • Peanut butter packet • Grape jelly packet • Strawberry breakfast bar • Nonfat dry milk • Enriched drink mix • WWG bread slices 	Breakfast Tray w/Pumpkin Bar #11997 includes: <ul style="list-style-type: none"> • Apple cinnamon muffin • Corn flakes cereal • Peanut butter packet • Grape jelly packet • Pumpkin breakfast bar • Nonfat dry milk • Enriched drink mix • WWG bread slices 	Breakfast Tray w/Apple Bar #11991 includes: <ul style="list-style-type: none"> • Chocolate chip muffin • Raisin bran cereal • Peanut butter packet • Grape jelly packet • Apple breakfast bar • Nonfat dry milk • Enriched drink mix • WWG bread slices

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LUNCH	Creamy Chicken Casserole #12786 includes: <ul style="list-style-type: none"> • Chicken & gravy • Seasoned rotini • 4-way vegetable blend 	Turkey ala King #12742 includes: <ul style="list-style-type: none"> • White turkey breast • White rice • Peas 	Sloppy Joe #12703 includes: <ul style="list-style-type: none"> • Sloppy joe sauce w/beef • Chunk roasted potatoes • 4-way vegetable blend 	Fish & Chips #12777 includes: <ul style="list-style-type: none"> • Pollock fish patty • White rice • Peas 	Chef's Choice Meal	Chicken Fritters #12764 includes: <ul style="list-style-type: none"> • Chicken fritters • Ranchero sauce • White rice • Green beans 	Teriyaki Chicken #12707 includes: <ul style="list-style-type: none"> • Teriyaki chicken w/sauce • White rice • 4-way vegetable blend
	WWW Dinner Roll #10077 Krackle Sugar Cookies #10390 Enriched Drink Mix #15851,15852 or 15853	WWW Dinner Roll #10077 Chocolate Chip Cookies #10132 Enriched Drink Mix #15851,15852 or 15853	WWW Dinner Roll #10077 Krackle Sugar Cookies #10390 Enriched Drink Mix #15851,15852 or 15853	WWW Dinner Roll #10077 Chocolate Chip Cookies #10132 Enriched Drink Mix #15851,15852 or 15853	WWW Dinner Roll #10077 Oatmeal Cookies #10173 Enriched Drink Mix #15851,15852 or 15853	WWW Dinner Roll #10077 Oatmeal Cookies #10173 Enriched Drink Mix #15851,15852 or 15853	WWW Dinner Roll #10077 Chocolate Chip Cookies #10132 Enriched Drink Mix #15851,15852 or 15853

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DINNER	Peanut Butter & Jelly Sandwich #11956 includes: <ul style="list-style-type: none"> • Peanut butter packet • Grape jelly packet • WWG bread slices • Sunchips original • Chocolate brownie • Enriched orange drink 	Turkey Salami Sandwich #11953 includes: <ul style="list-style-type: none"> • Sliced turkey salami • American cheese • WWG bread slices • Mustard packets (2) • Salad dressing packet • Sunchips original • Oatmeal cookies • Enriched orange drink 	Turkey Ham Sandwich #11952 includes: <ul style="list-style-type: none"> • Sliced turkey ham • American cheese • WWG bread slices • Mustard packets (2) • Salad dressing packet • Tostitos chips • Lemon sugar cookies • Enriched fruit punch drink 	Turkey Lunch #11948 includes: <ul style="list-style-type: none"> • Sliced turkey breast • American cheese • WWG hamburger bun • Mustard packets (2) • Salad dressing packet • Cheddar Sunchips • Chocolate chip muffin • Enriched fruit punch drink 	Peanut Butter & Jelly Sandwich #11956 includes: <ul style="list-style-type: none"> • Peanut butter packet • Grape jelly packet • WWG bread slices • Sunchips original • Chocolate brownie • Enriched orange drink 	Turkey Salami Sandwich #11953 includes: <ul style="list-style-type: none"> • Sliced turkey salami • American cheese • WWG bread slices • Mustard packets (2) • Salad dressing packet • Sunchips original • Oatmeal cookies • Enriched orange drink 	Turkey Lunch #11948 includes: <ul style="list-style-type: none"> • Sliced turkey breast • American cheese • WWG hamburger bun • Mustard packets (2) • Salad dressing packet • Cheddar Sunchips • Chocolate chip muffin • Enriched fruit punch drink

NOTE: Menu plan is subject to change without notice.

WEEK 2 (DATE _____)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Breakfast Tray w/Berry Bar #11995 includes: <ul style="list-style-type: none"> • Butter brickle muffin • Toasty O's cereal • Peanut butter packet • Grape jelly packet • Strawberry breakfast bar • Nonfat dry milk • Enriched drink mix • WWG bread slices 	Breakfast Tray w/Apple Bar #11991 includes: <ul style="list-style-type: none"> • Chocolate chip muffin • Raisin bran cereal • Peanut butter packet • Grape jelly packet • Apple breakfast bar • Nonfat dry milk • Enriched drink mix • WWG bread slices 	Breakfast Tray w/Pumpkin Bar #11997 includes: <ul style="list-style-type: none"> • Apple cinnamon muffin • Corn flakes cereal • Peanut butter packet • Grape jelly packet • Pumpkin breakfast bar • Nonfat dry milk • Enriched drink mix • WWG bread slices 	Breakfast Tray w/Banana Bar #11996 includes: <ul style="list-style-type: none"> • Pumpkin muffin • Crispy rice cereal • Peanut butter packet • Grape jelly packet • Banana breakfast bar • Nonfat dry milk • Enriched drink mix • WWG bread slices 	Breakfast Tray w/Berry Bar #11995 includes: <ul style="list-style-type: none"> • Butter brickle muffin • Toasty O's cereal • Peanut butter packet • Grape jelly packet • Strawberry breakfast bar • Nonfat dry milk • Enriched drink mix • WWG bread slices 	Breakfast Tray w/Pumpkin Bar #11997 includes: <ul style="list-style-type: none"> • Apple cinnamon muffin • Corn flakes cereal • Peanut butter packet • Grape jelly packet • Pumpkin breakfast bar • Nonfat dry milk • Enriched drink mix • WWG bread slices 	Breakfast Tray w/Apple Bar #11991 includes: <ul style="list-style-type: none"> • Chocolate chip muffin • Raisin bran cereal • Peanut butter packet • Grape jelly packet • Apple breakfast bar • Nonfat dry milk • Enriched drink mix • WWG bread slices

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LUNCH	Chicken Enchilada #12701 includes: <ul style="list-style-type: none"> • Chicken enchilada w/sauce • White rice • Black beans 	Turkey Chili #12700 includes: <ul style="list-style-type: none"> • Turkey chili w/white beans • White rice • 4-way vegetable blend 	Country Fried Chicken #12772 includes: <ul style="list-style-type: none"> • Chicken & beef patty w/gravy • Mashed potatoes • Diced carrots 	Salisbury Steak #12768 includes: <ul style="list-style-type: none"> • Beef Salisbury steak w/gravy • Mashed potatoes • 4-way vegetable blend 	Chef's Choice Meal	Vegetable Beef Stew #12766 includes: <ul style="list-style-type: none"> • Vegetable stew w/beef • White rice • Diced carrots 	Macaroni & Cheese #12704 includes: <ul style="list-style-type: none"> • Macaroni w/cheese sauce • Green beans
	WWW Dinner Roll #10077 Chocolate Chip Cookies #10132 Enriched Drink Mix #15851, 15852 or 15853	WWW Dinner Roll #10077 Krackle Sugar Cookies #10390 Enriched Drink Mix #15851, 15852 or 15853	WWW Dinner Roll #10077 Oatmeal Cookies #10173 Enriched Drink Mix #15851, 15852 or 15853	WWW Dinner Roll #10077 Oatmeal Cookies #10173 Enriched Drink Mix #15851, 15852 or 15853	WWW Dinner Roll #10077 Oatmeal Cookies #10173 Enriched Drink Mix #15851, 15852 or 15853	WWW Dinner Roll #10077 Krackle Sugar Cookies #10390 Enriched Drink Mix #15851, 15852 or 15853	WWW Dinner Roll #10077 Chocolate Chip Cookies #10132 Enriched Drink Mix #15851, 15852 or 15853

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DINNER	Peanut Butter & Jelly Sandwich #11956 includes: <ul style="list-style-type: none"> • Peanut butter packet • Grape jelly packet • WWG bread slices • Sunchips original • Chocolate brownie • Enriched orange drink 	Turkey Salami Sandwich #11953 includes: <ul style="list-style-type: none"> • Sliced turkey salami • American cheese • WWG bread slices • Mustard packets (2) • Salad dressing packet • Sunchips original • Oatmeal cookies • Enriched orange drink 	Turkey Ham Sandwich #11952 includes: <ul style="list-style-type: none"> • Sliced turkey ham • American cheese • WWG bread slices • Mustard packets (2) • Salad dressing packet • Tostitos chips • Lemon sugar cookies • Enriched fruit punch drink 	Turkey Lunch #11948 includes: <ul style="list-style-type: none"> • Sliced turkey breast • American cheese • WWG hamburger bun • Mustard packets (2) • Salad dressing packet • Cheddar Sunchips • Chocolate chip muffin • Enriched fruit punch drink 	Peanut Butter & Jelly Sandwich #11956 includes: <ul style="list-style-type: none"> • Peanut butter packet • Grape jelly packet • WWG bread slices • Sunchips original • Chocolate brownie • Enriched orange drink 	Turkey Salami Sandwich #11953 includes: <ul style="list-style-type: none"> • Sliced turkey salami • American cheese • WWG bread slices • Mustard packets (2) • Salad dressing packet • Sunchips original • Oatmeal cookies • Enriched orange drink 	Turkey Lunch #11948 includes: <ul style="list-style-type: none"> • Sliced turkey breast • American cheese • WWG hamburger bun • Mustard packets (2) • Salad dressing packet • Cheddar Sunchips • Chocolate chip muffin • Enriched fruit punch drink

NOTE: Menu plan is subject to change without notice.

WEEK 3 (DATE _____)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Breakfast Tray w/Berry Bar #11995 includes: <ul style="list-style-type: none"> • Butter brickle muffin • Toasty O's cereal • Peanut butter packet • Grape jelly packet • Strawberry breakfast bar • Nonfat dry milk • Enriched drink mix • WWG bread slices 	Breakfast Tray w/Apple Bar #11991 includes: <ul style="list-style-type: none"> • Chocolate chip muffin • Raisin bran cereal • Peanut butter packet • Grape jelly packet • Apple breakfast bar • Nonfat dry milk • Enriched drink mix • WWG bread slices 	Breakfast Tray w/Pumpkin Bar #11997 includes: <ul style="list-style-type: none"> • Apple cinnamon muffin • Corn flakes cereal • Peanut butter packet • Grape jelly packet • Pumpkin breakfast bar • Nonfat dry milk • Enriched drink mix • WWG bread slices 	Breakfast Tray w/Banana Bar #11996 includes: <ul style="list-style-type: none"> • Pumpkin muffin • Crispy rice cereal • Peanut butter packet • Grape jelly packet • Banana breakfast bar • Nonfat dry milk • Enriched drink mix • WWG bread slices 	Breakfast Tray w/Berry Bar #11995 includes: <ul style="list-style-type: none"> • Butter brickle muffin • Toasty O's cereal • Peanut butter packet • Grape jelly packet • Strawberry breakfast bar • Nonfat dry milk • Enriched drink mix • WWG bread slices 	Breakfast Tray w/Pumpkin Bar #11997 includes: <ul style="list-style-type: none"> • Apple cinnamon muffin • Corn flakes cereal • Peanut butter packet • Grape jelly packet • Pumpkin breakfast bar • Nonfat dry milk • Enriched drink mix • WWG bread slices 	Breakfast Tray w/Apple Bar #11991 includes: <ul style="list-style-type: none"> • Chocolate chip muffin • Raisin bran cereal • Peanut butter packet • Grape jelly packet • Apple breakfast bar • Nonfat dry milk • Enriched drink mix • WWG bread slices

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LUNCH	Chili Con Carne #12719 includes: <ul style="list-style-type: none"> • Chill sauce w/beef & beans • Shredded cheese • White rice • 4-way vegetable blend 	Meat Loaf #12720 includes: <ul style="list-style-type: none"> • Beef meat loaf patty w/gravy • Green beans • Mashed potatoes 	Sweet & Sour Chicken #12774 includes: <ul style="list-style-type: none"> • Sweet & sour chicken • White rice • 4-way vegetable blend 	Creamy Chicken Alfredo #12706 includes: <ul style="list-style-type: none"> • Chicken alfredo • Rotini • Corn 	Chef's Choice Meal #12738 includes: <ul style="list-style-type: none"> • Apple pie burrito • Scrambled eggs • Potato O'brien 	Apple Pie Burrito #12738 includes: <ul style="list-style-type: none"> • Apple pie burrito • Scrambled eggs • Potato O'brien 	BBQ Chicken Patty #12757 includes: <ul style="list-style-type: none"> • Chicken patty w/bbq sauce • White rice • Pinto beans
	WWW Dinner Roll #10077 Krackle Sugar Cookies #10390 Enriched Drink Mix #15851,15852 or 15853	WWW Dinner Roll #10077 Oatmeal Cookies #10173 Enriched Drink Mix #15851,15852 or 15853	WWW Dinner Roll #10077 Krackle Sugar Cookies #10390 Enriched Drink Mix #15851,15852 or 15853	WWW Dinner Roll #10077 Chocolate Chip Cookies #10132 Enriched Drink Mix #15851,15852 or 15853		WWW Dinner Roll #10077 Oatmeal Cookies #10173 Enriched Drink Mix #15851,15852 or 15853	WWW Dinner Roll #10077 Krackle Sugar Cookies #10390 Enriched Drink Mix #15851,15852 or 15853

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DINNER	Peanut Butter & Jelly Sandwich #11956 includes: <ul style="list-style-type: none"> • Peanut butter packet • Grape jelly packet • WWG bread slices • Sunchips original • Chocolate brownie • Enriched orange drink 	Turkey Salami Sandwich #11953 includes: <ul style="list-style-type: none"> • Sliced turkey salami • American cheese • WWG bread slices • Mustard packets (2) • Salad dressing packet • Sunchips original • Oatmeal cookies • Enriched orange drink 	Turkey Ham Sandwich #11952 includes: <ul style="list-style-type: none"> • Sliced turkey ham • American cheese • WWG bread slices • Mustard packets (2) • Salad dressing packet • Tostitos chips • Lemon sugar cookies • Enriched fruit punch drink 	Turkey Lunch #11948 includes: <ul style="list-style-type: none"> • Sliced turkey breast • American cheese • WWG hamburger bun • Mustard packets (2) • Salad dressing packet • Cheddar Sunchips • Chocolate chip muffin • Enriched fruit punch drink 	Peanut Butter & Jelly Sandwich #11956 includes: <ul style="list-style-type: none"> • Peanut butter packet • Grape jelly packet • WWG bread slices • Sunchips original • Chocolate brownie • Enriched orange drink 	Turkey Salami Sandwich #11953 includes: <ul style="list-style-type: none"> • Sliced turkey salami • American cheese • WWG bread slices • Mustard packets (2) • Salad dressing packet • Sunchips original • Oatmeal cookies • Enriched orange drink 	Turkey Lunch #11948 includes: <ul style="list-style-type: none"> • Sliced turkey breast • American cheese • WWG hamburger bun • Mustard packets (2) • Salad dressing packet • Cheddar Sunchips • Chocolate chip muffin • Enriched fruit punch drink

NOTE: Menu plan is subject to change without notice.

WEEK 4 (DATE _____)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Breakfast Tray w/Berry Bar #11995 includes: <ul style="list-style-type: none"> • Butter brickle muffin • Toasty O's cereal • Peanut butter packet • Grape jelly packet • Strawberry breakfast bar • Nonfat dry milk • Enriched drink mix • WWG bread slices 	Breakfast Tray w/Apple Bar #11991 includes: <ul style="list-style-type: none"> • Chocolate chip muffin • Raisin bran cereal • Peanut butter packet • Grape jelly packet • Apple breakfast bar • Nonfat dry milk • Enriched drink mix • WWG bread slices 	Breakfast Tray w/Pumpkin Bar #11997 includes: <ul style="list-style-type: none"> • Apple cinnamon muffin • Corn flakes cereal • Peanut butter packet • Grape jelly packet • Pumpkin breakfast bar • Nonfat dry milk • Enriched drink mix • WWG bread slices 	Breakfast Tray w/Banana Bar #11996 includes: <ul style="list-style-type: none"> • Pumpkin muffin • Crispy rice cereal • Peanut butter packet • Grape jelly packet • Banana breakfast bar • Nonfat dry milk • Enriched drink mix • WWG bread slices 	Breakfast Tray w/Berry Bar #11995 includes: <ul style="list-style-type: none"> • Butter brickle muffin • Toasty O's cereal • Peanut butter packet • Grape jelly packet • Strawberry breakfast bar • Nonfat dry milk • Enriched drink mix • WWG bread slices 	Breakfast Tray w/Pumpkin Bar #11997 includes: <ul style="list-style-type: none"> • Apple cinnamon muffin • Corn flakes cereal • Peanut butter packet • Grape jelly packet • Pumpkin breakfast bar • Nonfat dry milk • Enriched drink mix • WWG bread slices 	Breakfast Tray w/Apple Bar #11991 includes: <ul style="list-style-type: none"> • Chocolate chip muffin • Raisin bran cereal • Peanut butter packet • Grape jelly packet • Apple breakfast bar • Nonfat dry milk • Enriched drink mix • WWG bread slices

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LUNCH	Lasagna #12756 includes: <ul style="list-style-type: none"> • Lasagna • Mozerella cheese • Green beans 	Sweet & Sour Chicken #12774 includes: <ul style="list-style-type: none"> • Sweet & sour chicken • White rice • 4-way vegetable blend 	Bean & Cheese Burrito #12788 includes: <ul style="list-style-type: none"> • Bean & cheese burrito • White rice • Corn 	Creamy Tuna Casserole #12726 includes: <ul style="list-style-type: none"> • Tuna casserole • 4-way vegetable blend 	Chef's Choice Meal #12726 includes: (This cell is shaded grey in the original image)	Brown Gravy w/Beef #12713 includes: <ul style="list-style-type: none"> • Brown gravy & beef • Mashed potatoes • Diced carrots 	Beef, Turkey, Cheese Pizza Wrap #12705 includes: <ul style="list-style-type: none"> • Beef, turkey, cheese pizza wrap • Chunk roasted potatoes • Diced carrots
	WWW Dinner Roll #10077 Krackle Sugar Cookies #10390 Enriched Drink Mix #15851,15852 or 15853	WWW Dinner Roll #10077 Oatmeal Cookies #10173 Enriched Drink Mix #15851,15852 or 15853	WWW Dinner Roll #10077 Krackle Sugar Cookies #10390 Enriched Drink Mix #15851,15852 or 15853	WWW Dinner Roll #10077 Chocolate Chip Cookies #10132 Enriched Drink Mix #15851,15852 or 15853	WWW Dinner Roll #10077 Oatmeal Cookies #10173 Enriched Drink Mix #15851,15852 or 15853	WWW Dinner Roll #10077 Krackle Sugar Cookies #10390 Enriched Drink Mix #15851,15852 or 15853	WWW Dinner Roll #10077 Krackle Sugar Cookies #10390 Enriched Drink Mix #15851,15852 or 15853

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DINNER	Peanut Butter & Jelly Sandwich #11956 includes: <ul style="list-style-type: none"> • Peanut butter packet • Grape jelly packet • WWG bread slices • Sunchips original • Chocolate brownie • Enriched orange drink 	Turkey Salami Sandwich #11953 includes: <ul style="list-style-type: none"> • Sliced turkey salami • American cheese • WWG bread slices • Mustard packets (2) • Salad dressing packet • Sunchips original • Oatmeal cookies • Enriched orange drink 	Turkey Ham Sandwich #11952 includes: <ul style="list-style-type: none"> • Sliced turkey ham • American cheese • WWG bread slices • Mustard packets (2) • Salad dressing packet • Tostitos chips • Lemon sugar cookies • Enriched fruit punch drink 	Turkey Lunch #11948 includes: <ul style="list-style-type: none"> • Sliced turkey breast • American cheese • WWG hamburger bun • Mustard packets (2) • Salad dressing packet • Cheddar Sunchips • Chocolate chip muffin • Enriched fruit punch drink 	Peanut Butter & Jelly Sandwich #11956 includes: <ul style="list-style-type: none"> • Peanut butter packet • Grape jelly packet • WWG bread slices • Sunchips original • Chocolate brownie • Enriched orange drink 	Turkey Salami Sandwich #11953 includes: <ul style="list-style-type: none"> • Sliced turkey salami • American cheese • WWG bread slices • Mustard packets (2) • Salad dressing packet • Sunchips original • Oatmeal cookies • Enriched orange drink 	Turkey Lunch #11948 includes: <ul style="list-style-type: none"> • Sliced turkey breast • American cheese • WWG hamburger bun • Mustard packets (2) • Salad dressing packet • Cheddar Sunchips • Chocolate chip muffin • Enriched fruit punch drink

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WASHINGTON STATE
CORRECTIONAL INDUSTRIES

(DATE _____)

WEEK 1 TOTALS	Calories	Protein (g)	Fat (g)	SatFat (g)	Trans (g)	Carb. (g)	Chol. (mg)	Calc. (mg)	Sod. (mg)	Vit. C (mg)	Fiber (g)	Iron (mg)
(Day 1) Sun	2,766	97	81	24	0	400	194	1,805	3,104	249	31	27
(Day 2) Mon	3,311	98	102	20	4	494	85	1,634	2,523	254	44	33
(Day 3) Tue	2,814	87	100	30	0	399	172	1,540	2,619	270	36	24
(Day 4) Wed	2,735	90	85	21	4	394	192	1,717	3,082	259	30	23
(Day 5) Thu	3,204	99	107	23	0	463	123	1,727	2,538	255	38	33
(Day 6) Fri	2,731	78	78	17	0	429	158	1,616	3,449	242	34	24
(Day 7) Sat	2,832	83	84	23	5	433	169	1,710	2,964	248	36	22
TOTAL NUTRITION	20,393	632	637	158	13	3,012	1,093	11,749	20,279	1,777	249	186
DAILY AVERAGE*	2,913	90	91	23	2	430	156	1,678	2,897	254	36	27

*Daily values used: 2500 53 81 81 25 0 412 300 1100 2400 75 25 25 18

WEEK 2 TOTALS	Calories	Protein (g)	Fat (g)	SatFat (g)	Trans (g)	Carb. (g)	Chol. (mg)	Calc. (mg)	Sod. (mg)	Vit. C (mg)	Fiber (g)	Iron (mg)
(Day 8) Sun	3,041	98	82	23	0	479	178	1,658	3,683	250	59	36
(Day 9) Mon	3,232	99	98	23	2	497	93	1,667	2,502	251	47	30
(Day 10) Tue	2,774	80	96	27	2	396	182	2,085	3,397	252	32	20
(Day 11) Wed	2,748	86	94	24	2	384	253	1,743	3,431	270	33	35
(Day 12) Thu	3,223	100	114	28	0	452	129	1,927	2,446	243	38	34
(Day 13) Fri	2,629	82	78	22	0	395	166	2,229	3,037	254	30	24
(Day 14) Sat	3,058	93	107	34	7	429	179	2,076	3,150	243	37	24
TOTAL NUTRITION	20,705	638	669	181	13	3,032	1,180	13,395	21,646	1,763	276	203
DAILY AVERAGE*	2,958	91	96	26	2	433	169	1,912	3,092	252	39	29

*Daily values used: 2500 53 81 81 25 0 412 300 1100 2400 75 25 25 18

WEEK 3 TOTALS	Calories	Protein (g)	Fat (g)	SatFat (g)	Trans (g)	Carb. (g)	Chol. (mg)	Calc. (mg)	Sod. (mg)	Vit. C (mg)	Fiber (g)	Iron (mg)
(Day 15) Sun	2,686	82	73	25	0	413	133	1,899	2,679	270	30	29
(Day 16) Mon	3,163	93	125	33	0	429	162	1,380	3,241	262	37	31
(Day 17) Tue	2,617	79	85	28	0	385	118	2,011	3,407	245	29	21
(Day 18) Wed	2,435	85	75	21	0	358	133	1,539	2,557	230	24	21
(Day 19) Thu	2,653	79	95	20	0	385	70	1,439	1,741	176	35	34
(Day 20) Fri	2,397	73	82	20	0	344	404	1,542	3,235	253	36	23
(Day 21) Sat	2,382	85	76	19	0	365	106	1,399	2,823	164	53	20
TOTAL NUTRITION	18,333	576	611	166	0	2,679	1,126	11,209	19,683	1,600	244	179
DAILY AVERAGE*	2,619	82	87	24	0	383	161	1,601	2,812	229	35	26

*Daily values used: 2500 53 81 81 25 0 412 300 1100 2400 75 25 25 18

WEEK 4 TOTALS	Calories	Protein (g)	Fat (g)	SatFat (g)	Trans (g)	Carb. (g)	Chol. (mg)	Calc. (mg)	Sod. (mg)	Vit. C (mg)	Fiber (g)	Iron (mg)
(Day 22) Sun	2,731	84	78	25	0	412	131	1,898	2,892	289	25	29
(Day 23) Mon	3,393	112	106	29	0	512	119	1,519	3,556	244	64	39
(Day 24) Tue	2,789	79	90	31	0	416	83	2,258	3,752	222	34	24
(Day 25) Wed	2,397	92	75	23	0	338	128	1,568	2,712	226	31	21
(Day 26) Thu	2,658	86	74	26	0	387	116	1,704	3,115	224	37	27
(Day 27) Fri	2,263	75	78	23	0	315	156	1,444	3,263	168	39	21
(Day 28) Sat	2,375	72	87	23	0	331	80	1,537	2,513	193	29	25
TOTAL NUTRITION	18,606	600	568	180	0	2,711	813	11,928	21,803	1566	259	166
DAILY AVERAGE*	2,658	86	84	26	0	387	116	1,704	3,115	224	37	27

*Daily values used: 2500 53 81 81 25 0 412 300 1100 2400 75 25 25 18