

WEEK 1 (DATE _____)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Ranchero Breakfast Burrito <i>#12735 includes:</i> <ul style="list-style-type: none"> • Zesty egg wrap • Ranchero sauce • Sweet rice 	Apple Pie Burrito <i>#12738 includes:</i> <ul style="list-style-type: none"> • Apple pie burrito • Scrambled eggs • Potato O'brien 	Cheesy Egg Omelet <i>#12730 includes:</i> <ul style="list-style-type: none"> • Egg patty • American cheese • Potato O'brien 	Ranchero Breakfast Burrito <i>#12735 includes:</i> <ul style="list-style-type: none"> • Zesty egg wrap • Ranchero sauce • Sweet rice 	Country Fried Steak <i>#12772 includes:</i> <ul style="list-style-type: none"> • Chicken & beef patty • Mashed potatoes • Chicken gravy • Diced carrots 	Apple Pie Burrito <i>#12738 includes:</i> <ul style="list-style-type: none"> • Apple pie burrito • Scrambled eggs • Potato O'brien 	Cheesy Egg Omelet <i>#12730 includes:</i> <ul style="list-style-type: none"> • Egg patty • American cheese • Potato O'brien

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LUNCH	BBQ Chicken Patty <i>#12757 includes:</i> <ul style="list-style-type: none"> • Chicken patty • BBQ sauce • White rice • Pinto beans 	Turkey ala King <i>#12742 includes:</i> <ul style="list-style-type: none"> • White turkey breast • White rice • Peas 	Chicken Enchilada <i>#12701 includes:</i> <ul style="list-style-type: none"> • Chicken enchilada • Enchilada sauce • White rice • Black beans 	Sloppy Joe <i>#12703 includes:</i> <ul style="list-style-type: none"> • Sloppy Joe BBQ sauce w/beef • Chunk roasted potatoes • 4-way vegetable blend 	Teriyaki Chicken <i>#12707 includes:</i> <ul style="list-style-type: none"> • Teriyaki chicken w/sauce • White rice • 4-way vegetable blend 	Chicken Patty <i>#12764 includes:</i> <ul style="list-style-type: none"> • Chicken patty • Ranchero sauce • White rice • Green beans 	Country Gravy & Biscuits <i>#12740 includes:</i> <ul style="list-style-type: none"> • Creamed beef • Biscuit • Potato O'brien
	WWG Bread Slices #10075	WWG Bread Slices #10075	WWG Bread Slices #10075	WWG Bread Slices #10075	WWG Bread Slices #10075	WWG Bread Slices #10075	WWG Bread Slices #10075
	Krackle Sugar Cookies #10390	Chocolate Chip Cookies #10132	Chocolate Chip Cookies #10132	Krackle Sugar Cookies #10390	Chocolate Chip Cookies #10132	Oatmeal Cookies #10173	Chocolate Chip Cookies #10132
	Enriched Drink Mix #15851,15852 or 15853	Enriched Drink Mix #15851,15852 or 15853	Enriched Drink Mix #15851,15852 or 15853	Enriched Drink Mix #15851,15852 or 15853	Enriched Drink Mix #15851,15852 or 15853	Enriched Drink Mix #15851,15852 or 15853	Enriched Drink Mix #15851,15852 or 15853

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DINNER	Turkey Lunch <i>#11948 includes:</i> <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 	Turkey Ham Sandwich <i>#11952 includes:</i> <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 	Peanut Butter & Jelly Sandwich <i>#11956 includes:</i> <ul style="list-style-type: none"> • Peanut butter packet • Grape jelly packet • WWG bread slices • Sunchips original • Chocolate brownie • Enriched orange drink 	Turkey Lunch <i>#11948 includes:</i> <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 	Turkey Salami Sandwich <i>#11953 includes:</i> <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 <i>#11952 includes:</i> <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 	Peanut Butter & Jelly Sandwich <i>#11956 includes:</i> <ul style="list-style-type: none"> • Peanut butter packet • Grape jelly packet • WWG bread slices • Sunchips original • Chocolate brownie • Enriched orange drink

NOTE: Menu plan is subject to change without notice.

WEEK 2 (DATE _____)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Ranchero Breakfast Burrito <i>#12735 includes:</i> <ul style="list-style-type: none"> • Zesty egg wrap • Ranchero sauce • Sweet rice 	Country Fried Steak <i>#12772 includes:</i> <ul style="list-style-type: none"> • Chicken & beef patty • Mashed potatoes • Chicken gravy • Diced carrots 	Cheesy Egg Omelet <i>#12730 includes:</i> <ul style="list-style-type: none"> • Egg patty • American cheese • Potato O'brien 	Ranchero Breakfast Burrito <i>#12735 includes:</i> <ul style="list-style-type: none"> • Zesty egg wrap • Ranchero sauce • Sweet rice 	Country Gravy & Biscuits <i>#12740 includes:</i> <ul style="list-style-type: none"> • Creamed beef • Biscuit • Potato O'brien 	Country Fried Steak <i>#12772 includes:</i> <ul style="list-style-type: none"> • Chicken & beef patty • Mashed potatoes • Chicken gravy • Diced carrots 	Cheesy Egg Omelet <i>#12730 includes:</i> <ul style="list-style-type: none"> • Egg patty • American cheese • Potato O'brien

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LUNCH	Macaroni & Cheese <i>#12704 includes:</i> <ul style="list-style-type: none"> • Macaroni w/cheese sauce • Green beans 	Meat Loaf <i>#12720 includes:</i> <ul style="list-style-type: none"> • Beef meat loaf patty • Beef gravy • Green beans • Mashed potatoes 	Teriyaki Chicken <i>#12707 includes:</i> <ul style="list-style-type: none"> • Teriyaki chicken w/sauce • White rice • 4-way vegetable blend 	Creamy Tuna Casserole <i>#12726 includes:</i> <ul style="list-style-type: none"> • Tuna casserole • 4-way vegetable blend 	Apple Pie Burrito <i>#12738 includes:</i> <ul style="list-style-type: none"> • Apple pie burrito • Scrambled eggs • Potato O'brien 	Salisbury Steak <i>#12768 includes:</i> <ul style="list-style-type: none"> • Beef salisbury steak • Beef gravy • Mashed potatoes • 4-way vegetable blend 	Hawaiian Turkey Wrap <i>#12759 includes:</i> <ul style="list-style-type: none"> • Cured turkey & pineapple wrap • 4-way vegetable blend
	WWG Bread Slices #10075 Chocolate Chip Cookies #10132 Enriched Drink Mix #15851,15852 or 15853	WWG Bread Slices #10075 Krackle Sugar Cookies #10390 Enriched Drink Mix #15851,15852 or 15853	WWG Bread Slices #10075 Oatmeal Cookies #10173 Enriched Drink Mix #15851,15852 or 15853	WWG Bread Slices #10075 Oatmeal Cookies #10173 Enriched Drink Mix #15851,15852 or 15853	WWG Bread Slices #10075 Oatmeal Cookies #10173 Enriched Drink Mix #15851,15852 or 15853	WWG Bread Slices #10075 Krackle Sugar Cookies #10390 Enriched Drink Mix #15851,15852 or 15853	WWG Bread Slices #10075 Chocolate Chip Cookies #10132 Enriched Drink Mix #15851,15852 or 15853

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DINNER	Turkey Lunch <i>#11948 includes:</i> <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 	Turkey Ham Sandwich <i>#11952 includes:</i> <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 	Peanut Butter & Jelly Sandwich <i>#11956 includes:</i> <ul style="list-style-type: none"> • Peanut butter packet • Grape jelly packet • WWG bread slices • Sunchips original • Chocolate brownie • Enriched orange drink 	Turkey Lunch <i>#11948 includes:</i> <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 	Turkey Salami Sandwich <i>#11953 includes:</i> <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 <i>#11952 includes:</i> <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 	Peanut Butter & Jelly Sandwich <i>#11956 includes:</i> <ul style="list-style-type: none"> • Peanut butter packet • Grape jelly packet • WWG bread slices • Sunchips original • Chocolate brownie • Enriched orange drink

NOTE: Menu plan is subject to change without notice.



WEEK 3 (DATE _____)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Ranchero Breakfast Burrito <i>#12735 includes:</i> <ul style="list-style-type: none"> • Zesty egg wrap • Ranchero sauce • Sweet rice 	Country Gravy & Biscuits <i>#12740 includes:</i> <ul style="list-style-type: none"> • Creamed beef • Biscuit • Potato O'brien 	Cheesy Egg Omelet <i>#12730 includes:</i> <ul style="list-style-type: none"> • Egg patty • American cheese • Potato O'brien 	Ranchero Breakfast Burrito <i>#12735 includes:</i> <ul style="list-style-type: none"> • Zesty egg wrap • Ranchero sauce • Sweet rice 	Apple Pie Burrito <i>#12738 includes:</i> <ul style="list-style-type: none"> • Apple pie burrito • Scrambled eggs • Potato O'brien 	Country Gravy & Biscuits <i>#12740 includes:</i> <ul style="list-style-type: none"> • Creamed beef • Biscuit • Potato O'brien 	Cheesy Egg Omelet <i>#12730 includes:</i> <ul style="list-style-type: none"> • Egg patty • American cheese • Potato O'brien

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LUNCH	Lasagna <i>#12756 includes:</i> <ul style="list-style-type: none"> • Lasagna • Shredded mozzarella cheese • Green beans 	Creamy Chicken Alfredo <i>#12706 includes:</i> <ul style="list-style-type: none"> • Chicken alfredo • Rotini • Corn 	Chili Con Carne <i>#12719 includes:</i> <ul style="list-style-type: none"> • Chilli sauce w/beef & beans • Shredded cheese blend • White rice • 4-way vegetable blend 	Country Fried Chicken <i>#12772 includes:</i> <ul style="list-style-type: none"> • Chicken & beef patty • Chicken gravy • Mashed potatoes • Diced carrots 	Creamy Chicken Casserole <i>#12786 includes:</i> <ul style="list-style-type: none"> • Chicken & gravy • Seasoned rotini • 4-way vegetable blend 	Fish & Chips <i>#12777 includes:</i> <ul style="list-style-type: none"> • Breaded pollock patty • White rice • Peas 	Bean & Cheese Burrito <i>#12788 includes:</i> <ul style="list-style-type: none"> • Bean & cheese burrito • White rice • Corn
	WWG Bread Slices #10075	WWG Bread Slices #10075	WWG Bread Slices #10075	WWG Bread Slices #10075	WWG Bread Slices #10075	WWG Bread Slices #10075	WWG Bread Slices #10075
	Krackle Sugar Cookies #10390	Oatmeal Cookies #10173	Krackle Sugar Cookies #10390	Chocolate Chip Cookies #10132	Chocolate Chip Cookies #10132	Krackle Sugar Cookies #10390	Krackle Sugar Cookies #10390
	Enriched Drink Mix #15851,15852 or 15853	Enriched Drink Mix #15851,15852 or 15853	Enriched Drink Mix #15851,15852 or 15853	Enriched Drink Mix #15851,15852 or 15853	Enriched Drink Mix #15851,15852 or 15853	Enriched Drink Mix #15851,15852 or 15853	Enriched Drink Mix #15851,15852 or 15853

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DINNER	Turkey Lunch <i>#11948 includes:</i> <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 	Turkey Ham Sandwich <i>#11952 includes:</i> <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 	Peanut Butter & Jelly Sandwich <i>#11956 includes:</i> <ul style="list-style-type: none"> • Peanut butter packet • Grape jelly packet • WWG bread slices • Sunchips original • Chocolate brownie • Enriched orange drink 	Turkey Lunch <i>#11948 includes:</i> <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 	Turkey Salami Sandwich <i>#11953 includes:</i> <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 <i>#11952 includes:</i> <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 	Peanut Butter & Jelly Sandwich <i>#11956 includes:</i> <ul style="list-style-type: none"> • Peanut butter packet • Grape jelly packet • WWG bread slices • Sunchips original • Chocolate brownie • Enriched orange drink

NOTE: Menu plan is subject to change without notice.

WEEK 4 (DATE _____)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Country Gravy & Biscuits <i>#12740 includes:</i> <ul style="list-style-type: none"> • Creamed beef • Biscuit • Potato O'brien 	Apple Pie Burrito <i>#12738 includes:</i> <ul style="list-style-type: none"> • Apple pie burrito • Scrambled eggs • Potato O'brien 	Cheesy Egg Omelet <i>#12730 includes:</i> <ul style="list-style-type: none"> • Egg patty • American cheese • Potato O'brien 	Country Gravy & Biscuits <i>#12740 includes:</i> <ul style="list-style-type: none"> • Creamed beef • Biscuit • Potato O'brien 	Ranchero Breakfast Burrito <i>#12735 includes:</i> <ul style="list-style-type: none"> • Zesty egg wrap • Ranchero sauce • Sweet rice 	Apple Pie Burrito <i>#12738 includes:</i> <ul style="list-style-type: none"> • Apple pie burrito • Scrambled eggs • Potato O'brien 	Cheesy Egg Omelet <i>#12730 includes:</i> <ul style="list-style-type: none"> • Egg patty • American cheese • Potato O'brien

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LUNCH	Hawaiian Turkey Wrap <i>#12759 includes:</i> <ul style="list-style-type: none"> • Cured turkey & pineapple wrap • 4-way vegetable blend 	Chicken Patty <i>#12764 includes:</i> <ul style="list-style-type: none"> • Breaded chicken patty • Ranchero sauce • White rice • Green beans 	Meat Loaf <i>#12720 includes:</i> <ul style="list-style-type: none"> • Beef meat loaf patty • Beef gravy • Green beans • Mashed potatoes 	Macaroni & Cheese <i>#12704 includes:</i> <ul style="list-style-type: none"> • Macaroni w/cheese sauce • Green beans 	Creamy Chicken Alfredo <i>#12706 includes:</i> <ul style="list-style-type: none"> • Chicken alfredo • Rotini • Corn 	Chili Con Carne <i>#12719 includes:</i> <ul style="list-style-type: none"> • Chilli sauce w/beef & beans • Shredded cheese blend • White rice • 4-way vegetable blend 	Ranchero Breakfast Burrito <i>#12735 includes:</i> <ul style="list-style-type: none"> • Zesty egg wrap • Ranchero sauce • Sweet rice
	WWG Bread Slices #10075	WWG Bread Slices #10075	WWG Bread Slices #10075	WWG Bread Slices #10075	WWG Bread Slices #10075	WWG Bread Slices #10075	WWG Bread Slices #10075
	Krackle Sugar Cookies #10390	Oatmeal Cookies #10173	Krackle Sugar Cookies #10390	Chocolate Chip Cookies #10132	Chocolate Chip Cookies #10132	Krackle Sugar Cookies #10390	Krackle Sugar Cookies #10390
	Enriched Drink Mix #15851,15852 or 15853	Enriched Drink Mix #15851,15852 or 15853	Enriched Drink Mix #15851,15852 or 15853	Enriched Drink Mix #15851,15852 or 15853	Enriched Drink Mix #15851,15852 or 15853	Enriched Drink Mix #15851,15852 or 15853	Enriched Drink Mix #15851,15852 or 15853

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DINNER	Turkey Lunch <i>#11948 includes:</i> <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 	Turkey Ham Sandwich <i>#11952 includes:</i> <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 	Peanut Butter & Jelly Sandwich <i>#11956 includes:</i> <ul style="list-style-type: none"> • Peanut butter packet • Grape jelly packet • WWG bread slices • Sunchips original • Chocolate brownie • Enriched orange drink 	Turkey Lunch <i>#11948 includes:</i> <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 	Turkey Salami Sandwich <i>#11953 includes:</i> <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 <i>#11952 includes:</i> <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 	Peanut Butter & Jelly Sandwich <i>#11956 includes:</i> <ul style="list-style-type: none"> • Peanut butter packet • Grape jelly packet • WWG bread slices • Sunchips original • Chocolate brownie • Enriched orange drink

NOTE: Menu plan is subject to change without notice.



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	2,241	84	67	18	0	346	343	1,009	3,206	81	46	21
(Day 2) Mon	2,471	87	68	23	0	374	427	1,297	3,446	264	23	19
(Day 3) Tue	3,202	116	90	27	0	495	443	1,333	3,054	158	59	31
(Day 4) Wed	3,637	90	95	28	0	335	215	1,172	3,402	181	29	17
(Day 5) Thu	2,597	88	68	24	0	382	390	1,314	3,446	151	23	17
(Day 6) Fri	2,586	85	76	24	0	371	442	1,256	3,188	256	25	18
(Day 7) Sat	3,079	97	102	30	0	431	459	1,240	2,706	178	33	23
TOTAL NUTRITION	19,813	647	566	174	0	2,734	2,719	8,621	22,448	1,269	238	146
DAILY AVERAGE*	2,830	92	81	25	0	391	388	1,232	3,207	181	34	21

*Daily values used:

2500	53	81	25	0	412	300	1100	2400	75	25	18
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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	2,719	91	85	33	0	369	358	1,672	3,338	173	22	31
(Day 9) Mon	2,581	86	88	33	0	338	248	1,281	3,744	159	31	15
(Day 10) Tue	3,014	99	87	26	0	448	452	1,228	2,511	161	31	23
(Day 11) Wed	2,545	86	70	24	0	352	368	1,373	3,601	209	20	16
(Day 12) Thu	2,708	87	90	33	0	364	378	1,476	3,654	255	23	18
(Day 13) Fri	2,617	91	87	32	0	347	281	1,228	3,584	174	27	16
(Day 14) Sat	3,083	101	98	30	0	440	424	1,405	2,576	181	33	24
TOTAL NUTRITION	19,267	641	605	211	0	2,658	2,509	9,663	23,008	1,312	187	143
DAILY AVERAGE*	2,752	92	86	30	0	380	358	1,380	3,287	187	27	20

*Daily values used:

2500	53	81	25	0	412	300	1100	2400	75	25	18
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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	2,630	92	78	26	0	364	361	1,426	3,389	170	23	19
(Day 16) Mon	2,693	94	86	33	0	368	199	1,353	3,475	161	23	16
(Day 17) Tue	3,055	103	93	30	0	441	446	1,311	2,187	161	37	26
(Day 18) Wed	2,609	84	82	26	0	384	374	1,376	3,695	155	24	17
(Day 19) Thu	2,658	93	76	24	0	372	458	1,305	3,332	255	23	19
(Day 20) Fri	2,644	91	84	31	0	360	435	1,283	3,345	173	26	18
(Day 21) Sat	3,153	99	90	28	0	476	417	1,391	2,314	148	27	26
TOTAL NUTRITION	19,442	656	589	198	0	2,765	2,690	9,445	21,737	1,223	183	141
DAILY AVERAGE*	2,777	94	84	28	0	395	384	1,349	3,105	175	26	20

*Daily values used:

2500	53	81	25	0	412	300	1100	2400	75	25	18
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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	2,728	90	97	37	0	353	158	1,565	3,751	178	26	17
(Day 23) Mon	2,586	85	76	24	0	371	442	1,256	3,188	256	25	18
(Day 24) Tue	2,972	97	99	31	0	412	486	1,194	2,739	176	32	23
(Day 25) Wed	2,834	93	103	43	0	358	175	1,658	3,524	156	24	18
(Day 26) Thu	2,636	93	71	24	0	384	394	1,363	3,392	153	23	17
(Day 27) Fri	2,650	90	77	28	0	354	437	1,372	2,984	270	28	20
(Day 28) Sat	3,010	96	91	26	0	439	623	1,355	2,533	155	29	24
TOTAL NUTRITION	19,416	644	614	213	0	2,671	2,715	9,763	22,111	1,344	187	137
DAILY AVERAGE*	2,774	92	88	30	0	382	388	1,395	3,159	192	27	20

*Daily values used:

2500	53	81	25	0	412	300	1100	2400	75	25	18
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