	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5		DAY 6 - SATURDAY		DAY 7 - SUNDAY
	BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST
	Meat		Meat		Meat		Meat		Meat		Meat		Meat
Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name						
L-002-00	Pork Bacon, Lower Sodium	N-012-66	Grilled Salmon/Salmon Patty	L-002-00	Pork Bacon, Lower Sodium	L-515-00	Turkey Bacon LS	L-317-00	Grilled Salmon/Salmon Patty	L-091-00	Pork Sausage Link	L-002-00	Pork Bacon, Lower Sodium
L-305-00	Grilled Chicken Breast	L-002-03	Canadian Bacon	L-305-00	Grilled Chicken Breast	N-012-66	Grilled Lean Hamburger	L-180-50/51	Chicken Sausage Link/Patty	N-012-66	Grilled Lean Hamburger	L-305-00	Grilled Chicken Breast
	Breakfast Sandwich/Wrap or Burrito				Breakfast Sandwich/Wrap or Burrito				Breakfast Sandwich/Wrap or Burrito		Breakfast Sandwich/Wrap or Burrito		
	Specialty Item		Specialty Item		Specialty Item		Specialty Item		Specialty Item		Specialty Item		Specialty Item
Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name						
RTU	Vegetable Sausage Patties (VG)	RTU	Vegetable Sausage Patties (VG)	RTU	Vegetable Sausage Patties (VG)	F-801-00	Veg Burrito (VE/VG)	RTU	Vegetable Sausage Patties (VG)	RTU	Vegetable Sausage Patties (VG)	RTU	Vegetable Sausage Patties (VG)
Q-030-01	Hot vegetable options- sautéed: spinach, mushrooms, onions, peppers; stewed tomatoes (VG)	Q-030-01	Hot vegetable options- sautéed: spinach, mushrooms, onions, peppers; stewed tomatoes (VG)	Q-030-01	Hot vegetable options- sautéed: spinach, mushrooms, onions, peppers; stewed tomatoes (VG)	Q-030-01	Hot vegetable options- sautéed: spinach, mushrooms, onions, peppers; stewed tomatoes (VG)	Q-030-01	Hot vegetable options- sautéed: spinach, mushrooms, onions, peppers; stewed tomatoes (VG)	Q-030-01	Hot vegetable options- sautéed: spinach, mushrooms, onions, peppers; stewed tomatoes (VG)	Q-030-01	Hot vegetable options- sautéed: spinach, mushrooms, onions, peppers; stewed tomatoes (VG)
	Vegetable		Vegetable		Vegetable		Vegetable		Vegetable		Vegetable		Vegetable
	Eggs		Eggs		Eggs		Eggs		Eggs		Eggs		Eggs
Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name						
F-010-00	Scrambled eggs (bulk)(VE)	F-010-00	Scrambled eggs (bulk)(VE)	F-010-00	Scrambled eggs (bulk)(VE)	F-010-00	Scrambled eggs (bulk)(VE)						
	Cholesterol free eggs (VE)		Cholesterol free eggs (VE)		Cholesterol free eggs (VE)		Cholesterol free eggs (VE)						
F-004-00	Hard boiled eggs (VE)	F-004-00	Hard boiled eggs (VE)	F-004-00	Hard boiled eggs (VE)	F-004-00	Hard boiled eggs (VE)						
	Non egg substitute		Non egg substitute		Omelets/Eggs to Order		Omelets/Eggs to Order						
											Non egg substitute		Non egg substitute
	Starches		Starches		Starches		Starches		Starches		Starches		Starches
Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name						
Q-046-01	Cottage Fried Potatoes (Fresh)(VG)	E-301-00	Southwestern Quinoa Casserole (VE)	Q-118-50	Roasted Sweet Potatoes (Fresh)(VG)	Q-047-00	Home Fried Potatoes (Fresh)(VG)	Q-013-50	Baked Sweet Potatoes and Apples (Fresh)(VE)	Q-047-00	Home Fried Potatoes (Fresh)(VG)	Q-047-00	Home Fried Potatoes (Fresh)(VG)
										E-001-01	Grits (VE)	E-001-01	Grits (VE)
	Pancake Waffle or French Toast (Whole Grain or Whole Grain Rich)		Pancake Waffle or French Toast (Whole Grain or Whole Grain Rich)		Pancake Waffle or French Toast (Whole Grain or Whole Grain Rich)		Pancake Waffle or French Toast (Whole Grain or Whole Grain Rich)		Pancake Waffle or French Toast (Whole Grain or Whole Grain Rich)		Pancake Waffle or French Toast (Whole Grain or Whole Grain Rich)		Pancake Waffle or French Toast (Whole Grain or Whole Grain Rich)
	Choice of RTU WGR Item rotated		Choice of RTU WGR Item rotated		Choice of RTU WGR Item rotated		Choice of RTU WGR Item rotated						
	Hot Cereal		Hot Cereal		Hot Cereal		Hot Cereal		Hot Cereal		Hot Cereal		Hot Cereal
Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name						
E-001-00	Hot Oatmeal (VG)	E-001-00	Hot Oatmeal (VG)	E-001-00	Hot Oatmeal (VG)	E-001-00	Hot Oatmeal (VG)						
	Alternate Whole Grain Unsweetened Hot Cereal		Alternate Whole Grain Unsweetened Hot Cereal		Alternate Whole Grain Unsweetened Hot Cereal		Alternate Whole Grain Unsweetened Hot Cereal						
	Muffin/Biscuit or Sweet Bread		Muffin/Biscuit or Sweet Bread		Muffin/Biscuit or Sweet Bread		Muffin/Biscuit or Sweet Bread						
	Choice		Choice		Choice		Choice		Choice		Choice		Choice

Breakfast Notes: Grits are not a whole grain cereal, they may be served, but a whole grain hot cereal must be served also.