

IMT 28 Day Cycle Menu

MENU # DAY 7 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0013	Lunch Day 7	
L05101	*Chicken Parmesan	
L19500	* Beef Teriyaki	
L07500	Broccoli & Cheese Rice (E/S)	
E00500	Steamed Rice	
Q05402	Obrien Potatoes	
Q02500	Vegetable Stir Fry	
Q10200	Lima Beans	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	

MENU # DAY 7 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0014	Dinner Day 7	
L00700	*Grilled Steak	
L83900	*Chicken Cordon Bleu	
N01200	Grilled Hamburger	
N01201	Grilled Cheeseburger	
N04400	Grilled Chicken Sandwich	
N05100	Vegetarian Hearty Burger	
N00600	Grilled Cheese	
Q04400	Baked Potatoes	
Q03001	Sauteed Onions & Mushrooms	
Q10500	Steamed Broccoli	
Q12600	Seasoned Mixed Vegetables	
Q04502	Baked French Fries	
D00700	Garlic Bread	
O01601	Brown Gravy	
	Asst Chips	
	Short Order Toppings	
	Salad Bar	
	Fitness Bar	

MENU # DAY 8 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0015	Lunch Day 8	
L19000	* Cranberry Glazed Chicken	
L20500	* Italian Rice & Beef	
L18900	Italian Broccoli Pasta (E/S)	
Q04603	Lyonnaise Potatoes	
E00800	Rice Pilaf	
Q11300	Collard Greens	
Q10900	Cauliflower	
O01602	Chicken Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	

MENU # DAY 8 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0016	Dinner Day 8	
L16200	* Roast Turkey	
L02700	* Meatball Stroganoff	
L12000	Baked Stuffed Pollock	
E01300	Steamed Pasta	
O80101	Cornbread Dressing	
Q05700	Mashed Potatoes	
Q05800	Stewed Tomatoes	
Q06500	Herbed Broccoli	
O01602	Turkey Gravy	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	

MENU # DAY 9 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0017	Lunch Day 9	
L08101	* Roast Pork Tenderloin	
L02804	* Chili Macaroni (Turkey)	
L09700	Shrimp Jambalya	
L03101	Cheese Ravioli	
Q50200	Italian Roasted Potato Wedges	
E80100	Wild Rice	
Q11600	Steamed Peas	
	California Blend	
O01601	Brown Gravy	
D01400	Hot Rolls	
	Salad Bar	
	Fitness Bar	

MENU # DAY 9 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0018	Dinner Day 9	
L01300	* Pepper Steak	
L17900	* Honey Ginger Chicken	
	Whole Wheat Cheese Pizza	
Q05700	Mashed Potatoes	
E00500	Steamed Rice	
Q02401	Brussels' Sprouts Parmesan	
Q02701	Corn O Brien	
O01602	Chicken Gravy	
O01601	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	

- Green-High Performance Food
- Yellow-Use Caution
- Red-Performance Limiting Food
- Need SOP or Commercial Item
- * Field Entrees
- E/S serve as Entrée or starch side

MENU # DAY 1 MEAL: SUNDAY		
RECIPE NO.	ITEM DESCRIPTION	COST
J02300	Baked Cinnamon Apple Slices	
	Fruit Parfait	
J00700	Fruit Gelatin	
	Angel Food Cake	
	Low Fat Frozen Yogurt/Ice Cream	

MENU # DAY 2 MEAL: MONDAY		
RECIPE NO.	ITEM DESCRIPTION	COST
D05400	Pineapple Carrot Muffin	
	Fruit Parfait	
	Angel Food Cake	
	Low Fat Frozen Yogurt/Ice Cream	
J00700	Fruit Gelatin	

MENU # DAY 3 MEAL: TUESDAY		
RECIPE NO.	ITEM DESCRIPTION	COST
H00901	Oatmeal Rasin Bars	
	Fruit Parfait	
	Angel Food Cake	
	Low Fat Frozen Yogurt/Ice Cream	
J00700	Fruit Gelatin	

MENU # DAY 4 MEAL: WEDNESDAY		
RECIPE NO.	ITEM DESCRIPTION	COST
J01600	Bread Pudding	
	Fruit Parfait	
J00700	Fruit Gelatin	
	Low Fat Frozen Yogurt/Ice Cream	
	Angel Food Cake	

MENU # DAY 5 MEAL: THURSDAY		
RECIPE NO.	ITEM DESCRIPTION	COST
	Low Fat Muffin	
	Fruit Parfait	
J00700	Fruit Gelatin	
	Low Fat Frozen Yogurt/Ice Cream	
	Angel Food Cake	

MENU # DAY 6 MEAL: FRIDAY		
RECIPE NO.	ITEM DESCRIPTION	COST
J01500	Rice Pudding	
	Fruit Parfait	
J00700	Fruit Gelatin	
	Low Fat Frozen Yogurt/Ice Cream	
	Angel Food Cake	

MENU # DAY 7 MEAL: SATURDAY		
RECIPE NO.	ITEM DESCRIPTION	COST
J01400/01/0 3/04/05	Asstorted Pudding	
	Fruit Parfait	
J00700	Fruit Gelatin	
	Low Fat Frozen Yogurt/Ice Cream	
	Angel Food Cake	

	Green-High Performance Food
	Yellow-Use Caution
	Red-Performance Limiting Food
	Need SOP/revised SOP/ Commercial Item
*	Field Entrees
E/S	serve as Entrée or starch side

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MENU # DAY 1 MEAL: Daily

RECIPE NO.	ITEM DESCRIPTION	COST
	Ham	
	Roast Beef	
	Turkey	
	American, Swiss, Provolone, Mjack	
	Chicken/Tuna/Egg Salad (Rotation)	
	Assort Whole Grain Breads/Wraps/Pita	
	Assort Baked Chips	
	Deli Toppings	

	HYDRATION STATIONS-BREAKFAST
	Milk White BIB 1% Milk Fat
	Milk White BIB Nonfat
	Milk Chocolate BIB 1% Milk Fat
	Milk Soy / Lactose Free
	100% Fresh OJ Machine
	Juice/Juice blends, 100%
	Water, enhanced flavored
	Carbohydrate-Electrolyte Beverage (optional)
	Unsweet Ice Tea
	Coffee
	Tea Bags
	Hot Chocolate

