

Breakfast Menu

MENU # DAY 1 MEAL: MONDAY		MENU # DAY 2 MEAL: TUESDAY		MENU # DAY 3 MEAL: WEDNESDAY	
RECIPE NO.	ITEM DESCRIPTION	RECIPE NO.	ITEM DESCRIPTION	RECIPE NO.	ITEM DESCRIPTION
TG0001	Breakfast Day 1	TG0002	Breakfast Day 2	TG0003	Breakfast Day
L00101	Turkey (L51500)	L08900	Baked/Grilled Sausage Patty	L00101	Bacon (L00101/202/200)
	Sausage Gravy	L03000	Creamed Beef	L03001	Creamed Turkey
	Baked/Grilled Chicken Sausage Patties	L51500	Oven Fried Turkey Bacon	L18000	Baked Turkey Sausage Patty
F01200	Breakfast Burrito w/ Turkey Sausage	N00702	English muffin with Egg & Cheese/ Canadian Bacon, Egg & Cheese	F01201	**Breakfast Pita (Veg)
Q04604	*Hash Browns Potatoes (Baked/Grilled)	Q04601	Cottage Fried Potatoes	Q04604	*Hash Browns Potatoes (Baked/Grilled)
E00100	Hot Rolled Oats	E00200	Hot Hominy Grits	E00100	Hot Rolled Oats
F01000	Scrambled Eggs	F01000	Scrambled Eggs	F01000	Scrambled Eggs
F00400	Cooked Eggs	F01101	Broccoli Quiche	F00400	Cooked Eggs
	Cholesterol-Free Scrambled Eggs		Cholesterol-Free Scrambled Eggs		Cholesterol-Free Scrambled Eggs
	Whole Grain French Toast		Whole Grain Waffles		Pancakes
D00100	Whole Grain Baking Powder Biscuits		Biscuits Buttermilk Easy Split		Biscuits Buttermilk Easy Split
	Small Low Fat Muffins		Whole Wheat Bagels		English Muffins
	Assorted Breads/Toast		Assorted Breads/Toast		Assorted Breads/Toast
	Asst. Dry Cereal		Asst. Dry Cereal		Asst. Dry Cereal
	Breakfast Fruit/Fitness Bar		Breakfast Fruit/Fitness Bar		Breakfast Fruit/Fitness Bar
	Assorted Fruit		Assorted Fruit		Assorted Fruit
	Assorted Yogurt		Assorted Yogurt		Assorted Yogurt
	Butter/Spread		Butter/Spread		Butter/Spread
	Condiments		Condiments		Condiments
	Syrup		Syrup		Syrup
	Jam/Jelly		Jam/Jelly		Jam/Jelly
	Green-High Performance Food		Quinoa Flakes with Flavored Yogurt (G)		
	Yellow-Use Caution			F01501	Mexican Breakfast Pizza
	Red-Performance Limiting Food				
	*Steamed rice can be substituted based on region/customer demand				*Steamed rice can be substituted based on region/customer demand

IMT 35 Day Cycle Lunch/Dinner Menu

MENU # DAY 1 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0001	Lunch Day 1	
L14300	* Baked Chicken	
L02802	* Chili Macaroni	
L18501	Caribbean Pollock/Flounder or Cod	
	Vegetarian Pierogies (E/S)	
E01900	Brown Rice W/Tomatoes	
Q05700	Mashed Potatoes	
Q10800	Sliced Carrots	
Q10500	Steamed Broccoli	
O01602	Chicken, Gravy	
D01400	Cornbread	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 1 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0002	Dinner Day 1	
L01301	* Oriental Pepper Steak	
L08101	* Roast Pork Tenderloin	
F00100	Mac & Cheese (E/S)	
Q03300	Parsley Potatoes	
Q12100	Spinach	
Q12600	Mixed Vegetables	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 2 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0003	Lunch Day 2	
L08500	Braised Pork Chops	
L18900	Italian Broccoli Pasta	
E01000	Red Beans & Rice no pork (E/S)	
E00505	Steamed Brown Rice	
Q04900	O'Brien Potatoes	
Q02500	Vegetable Stir Fry	
Q02600	Herbed Green Beans	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 2 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0004	Dinner Day 2	
L16200	* Roast Turkey or Chicken	
L06201	* Hamburger Yakisoba	
	Vegetarian Nuggets	
E00800	Rice Pilaf	
Q06600	Baked Sweet Potatoes	
Q10900	Cauliflower	
Q04100	Peas w/ Mushrooms	
O01602	Turkey Gravy or Chicken Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 3 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0005	Lunch Day 3	
L01701	* Braised Beef Cubes	
L08501	* Grilled Pork Chop	
L16502	Vegetable Pizza (WG or WW crust)	
Q05700	Mashed Potatoes	
	Egg Noodles	
Q11300	Mustard Greens	
Q11000	Whole Kernel Corn	
O01600	Brown Gravy	
D01400	Corn Bread	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 3 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0006	Dinner Day 3	
L03501	** Meat loaf (Turkey)	
L10601	* Roast Veal with Herbs	
L11907	Cheese Manicotti	
	Vegetable Egg Rolls (Small)- E/S	
Q04603	Lyonnais Potatoes	
Q12200	Summer Squash	
Q00101	Broccoli Combo	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

Green-High Performance Food
 Yellow-Use Caution
 Red-Performance Limiting Food

L17700 Bombay Chicken (G)
 L01604 Swiss Steak with Mushroom Gravy (G)

L84400 Jerked Roast Turkey (G)
 L 069 01 Grilled Ham Steak (G)

Green= G
 * Field Entrees
 ** See Alternate Field Entrée Tab
 E/S serve as Entrée or starch side
 WG/WW Whole Grain/Whole Wheat

L05500 Beef Cordon Blue (G)

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MENU # DAY 4 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0007	Lunch Day 4	
L03700	* Salisbury Steak	
L50800	* Vegetable Lasagna	
	Baked Salmon	
E00505	Steamed Brown Rice	
Q07000	Garlic Roasted Potato Wedges	
Q12600	Mixed Vegetables	
Q10600	Brussel Sprouts	
	Pinto Beans	
D80400	Hot Rolls	
O01600	Brown Gravy	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 4 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0008	Dinner Day 4 (HISPANIC MEAL)	
L14301	* Mexican Baked Chicken	
L04300	* Beef Fajitas	
L50700	Vegetarian Bean Burrito	
E00900	Spanish Rice	
Q00600	Spanish Style Beans	
Q01600	Carrot & Celery Amandine	
Q02702	Mexican Corn	
D01403	Jalapeno Cornbread	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 5 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0009	Lunch Day 5	
L06900	* Baked Ham and Pinapples	
L00500	* Roast Beef	
L11903	Lemon Pepper Baked Fish	
Q02200	Ratatouille	
Q05502	Scalloped Potatoes	
Q12700	Peas and Carrots	
Q01500	Oriental Stir Fry Cabbage	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 5 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0010	Dinner Day 5	
L15800	* Savory Baked Chicken	
L03801	* Spaghetti W/Meat Sauce	
E01300	Spaghetti W/ Marinara Sauce (O00400)	
Q05700	Mashed Potatoes	
Q10500	Steamed Broccoli	
Q11100	Corn on Cob	
O01602	Chicken Gravy	
D80200	Garlic Rolls/Bread	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 6 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0011	Lunch Day 6	
L22100	* Turkey Divan	
L81100	* Indonesian Style Beef over Noodles	
N04600	Garden Vegetable Wrap	
Q04603	Lyonnais Potatoes	
E02200	Orzo with Lemon & Herbs	
Q10103	French Style Green Beans	
Q08200	Honey Dijon Vegetables	
O01602	Turkey Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 6 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0012	Dinner Day 6	
L52300	* Mambo Pork Roast	
L04100	* Swedish Meatballs	
L11904	Herbed Baked Fish	
L19600	SW Sweet Pot, Blackbeans, Corn (E/S)	
E00503	Long Grain & Wild Rice	
Q05700	Mashed Potatoes	
Q10800	Carrot Slices	
Q10000	Asparagus	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

Green-High Performance Food
 Yellow-Use Caution
 Red-Performance Limiting Food

L01200 Country Style Steak (G)

L16201 Roast Turkey With BBQ Sauce(G)
 G Green

L19300 Cajun Roast Beef(G)

G
 * Field Entrees
 ** See Alternate Field Entrée Tab
 E/S serve as Entrée or starch side
 WG/WW Whole Grain/Whole Wheat

IMT 35 Day Cycle Lunch/Dinner Menu

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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)	
E00505	Steamed Brown Rice	
Q04900	Obrien Potatoes	
Q02500	Vegetable Stir Fry	
Q10200	Lima Beans	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 7 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0014	Dinner Day 7	
L00700	* Grilled Steak	
L08200	* Sweet & Sour Pork	
	Short Order	
N01200	Grilled Hamburger	
N01201	Grilled Cheeseburger	
N04400	Grilled Chicken Sandwich	
N05100	Vegetarian Hearty Burger	
N00600	Grilled Cheese	
	Sides	
Q04400	Baked Potatoes	
E00500	Steamed Rice	
Q03001	Sautéed Onions & Mushrooms	
Q10500	Steamed Broccoli	
Q12600	Seasoned Mixed Vegetables	
Q04502	Baked French Fries	
D00700	Garlic Bread	
O01600	Brown Gravy	
	Assorted 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	
Q08300	Corn and Green Bean Casserole	
Q04603	Lyonnais Potatoes	
E00800	Rice Pilaf	
Q11300	Collard Greens	
Q10900	Cauliflower	
O01602	Chicken Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
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	
L17600	Vegetable Stuffed Peppers	
	Egg Noodles	
O80101	Cornbread Dressing	
Q05700	Mashed Potatoes	
Q01701	Glazed Carrots	
Q02600	Herbed Green Beans	
O01602	Turkey Gravy	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
	Green-High Performance Food	
	Yellow-Use Caution	
	Red-Performance Limiting Food	
L04000	Stuffed Green Peppers(Ground Be (G)	

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 Jambalaya	
L03101	Cheese Ravioli	
Q50200	Italian Roasted Potato	
E80100	Wild Rice	
Q11600	Steamed Peas	
Ice Cream	Brussels Sprouts Combo	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 9 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0018	Dinner Day 9	
L01300	* Pepper Steak	
L15001	** Chicken Pot Pie	
	Cheese Pizza (WG or WW Crust)	
Q05700	Mashed Potatoes	
E00505	Steamed Brown Rice	
Q02401	Brussels' Sprouts Parmesan	
Q02701	Corn O Brien (no bacon)	
O01602	Chicken Gravy	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

- L06901 Grilled Ham Steak (G)
- G Green
- * Field Entrees
- ** See Alternate Field Entrée Tab
- E/S serve as Entrée or starch side
- WG/WW Whole Grain/Whole Wheat

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	Soup (optional)	
L14302	Herbed Baked Chicken (G)	
L01300	Pepper Steak (G)	

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MENU # DAY 10 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0019	Lunch Day 10	
L81000	* Beef Stir Fry	
L15601	* Oven Baked Fried Chicken	
L50100	Pasta Primavera (E/S)	
Q05700	Mashed Potatoes	
E00500	Steamed Rice	
Q11701	Black-eyed Peas	
Q00103	Cauliflower Combo	
Q01200	Fried Cabbage	
O01602	Chicken Gravy	
D01400	Cornbread	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 10 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0020	Dinner Day 10	
L09500	* Cantonese Spareribs	
L05500	* Beef Cordon Bleu	
L11900	Baked Catfish Fillet	
Q07300	Japanese Vegetable Stir Fry (E/S)	
E01800	Spicy Brown Rice Pilaf	
Q06900	Mashed Sweet Potatoes	
Q12600	Mixed Vegetables	
Q06300	Tangy Spinach	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 11 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0021	Lunch Day 11	
L14400	* Baked Turkey & Noodles	
L01601	* Swiss Steak	
	Vegetarian Nuggets	
	Baked Redskin Potatoes	
E00500	Steamed Rice	
Q10800	Carrot Slices	
Q11000	Whole Kernel Corn	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 11 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0022	Dinner Day 11	
L02500	* Lasagna (Beef)	
L14201	* Rock Cornish Hens	
L07601	Cheese Manicotti (Veg)	
E02300	Orzo w/ Spinach, Tomato, Onion	
Q05700	Mashed Potatoes	
Q00105	Green Bean Combo	
Q12200	Summer Squash	
O01602	Chicken Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 12 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0023	Lunch Day 12 (GERMAN MEAL)	
L10400	* Jaegerschnitzel/or Grill Pork Chops (L08501)	
L83900	* Chicken Cordon Bleu	
L84000	Blackened Fish	
L17301	Spinach Tortellini Marinara	
E01200	Noodles Jefferson	
Q01900	German Potato Griddle Cakes	
Q04102	Peas w/Celery	
Q01201	Calico Cabbage	
O01605	Mushroom Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 12 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0024	Dinner Day 12	
L06201	* Hamburger Yakisoba	
L21700	* Asian BBQ Turkey	
E01000	Red Beans & Rice no pork (E/S)	
Q05000	Oven Browned Potatoes	
Q08200	Honey Dijon Vegetables	
Q10100	Green Beans	
O01602	Chicken Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

Green-High Performance Food
 Yellow-Use Caution
 Red-Performance Limiting Food

L06000 Hamburger Parmesan

L03503 Cajun Meat Loaf (R)
 L14302 Herbed Baked Chicken(G)
 * Field Entrees
 ** See Alternate Field Entrée Tab
 E/S serve as Entrée or starch side
 WG/WW Whole Grain/Whole Wheat
 G Green

L07800 Chicken Adobo(G)
 L06400 Creole Macaroni (Ground Beef) G

G Green

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MENU # DAY 13 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0025	Lunch Day 13	
L03500	** Meat Loaf (beef)	
L04302	* Turkey Fajitas	
F00100	Macaroni & Cheese - E/S	
Q05700	Mashed Potatoes	
Q08000	Hacienda Corn & Black Beans	
Q11300	Collard Greens	
Q10900	Steamed Cauliflower	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 13 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0026	Dinner Day 13	
L14302	* Herbed Baked Chicken	
L10300	* Veal Parmesan	
	Vegetarian Pierogies - (E/S)	
E01400	Spring Garden Rice	
Q05101	Potatoes Au Gratin	
Q10000	Asparagus	
Q10800	Sliced Carrots	
O01602	Chicken Gravy	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

- Green-High Performance Food
- Yellow-Use Caution
- Red-Performance Limiting Food
- L19301 Cajun Roast Tenderloin(G)
- L01200 Country Style Steak (G)

MENU # DAY 14 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0027	Lunch Day 14	
L17900	* Honey Ginger Chicken	
L06901	* Stuffed Beef Rolls	
	Vegetable Egg Rolls (Small) E/S	
E00505	Steamed Brown Rice	
Q05001	Franconia Potatoes	
Q00702	Green Beans With Mushrooms	
Q02500	Vegetable Stir Fry	
O01602	Chicken Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
L 19500	Teriyaki Beef Strips (G)	

MENU # DAY 14 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0028	Dinner Day 14	
L13800	Shrimp Curry	
L05400	*Steak Ranchero	
	Short Order	
N01200	Grilled Hamburger	
N01201	Grilled Cheeseburger	
N02702	* BBQ Pork Sandwich	
N00600	Grilled Cheese	
N05100	Vegetarian Hearty Burger	
	Sides	
Q00200	Baked Beans	
Q10500	Steamed Broccoli	
Q03001	Sautéed Onions & Mushrooms	
	Baked Sweet Potato Fries	
D80400	Hot Rolls	
O01600	Brown Gravy	
	Asst Chips	
	Short Order Toppings	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 15 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0029	Lunch Day 15	
L02100	** Beef Pot Pie With Biscuit	
	* Honey Chicken Wings	
L11900	Baked Cod	
L50700	Vegetarian Bean Burrito	
Q50400	Roasted Pepper Potatoes	
	Rice Medley	
Q10702	Steamed Cabbage	
Q12600	Mixed Vegetables	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
L01001	Ginger Pot Roast (Y)	

MENU # DAY 15 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0030	Dinner Day 15	
L16200	* Roast Turkey	
L06300	** Beef Enchiladas	
L18900	Italian Broccoli Pasta (E/S)	
Q03801	Refried Beans	
Q05700	Mashed Potatoes	
Q10800	Carrots	
Q11600	Green Peas	
O01602	Turkey Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
L08700	Pork Chops Mexicana (G)	

Yellow use occasionally

- * Field Entrees
- ** See Alternate Field Entrée Tab
- E/S serve as Entrée or starch side
- WG/WW Whole Grain/Whole Wheat

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MENU # DAY 16 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0031	Lunch Day 16	
L08101	* Roast Pork Tenderloin	
L01800	* BBQ Beef Cubes	
L07500	Broccoli & Cheese Rice (E/S)	
Q04900	O'Brien Potatoes	
E80100	Wild Rice	
Q10103	French Style Green Beans	
Q00103	Cauliflower Combo	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 16 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0032	Dinner Day 16	
L15601	* Oven Baked Fried Chicken	
L00500	* Roast Beef	
L17600	Vegetable Stuffed Peppers	
	Baked Redskin Potatoes	
E00500	Steamed Rice	
Q11300	Turnip Greens	
Q12600	Mixed Vegetables	
O01602	Chicken Gravy	
O01600	Brown Gravy	
D01400	Cornbread	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 17 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0033	Lunch Day 17	
L04900	* Turkey Cutlet	
L20500	* Italian Rice & Beef	
L50100	Pasta Primavera (E/S)	
	Medley Rice Blend	
Q05700	Mashed Potatoes	
Q10900	Cauliflower	
Q10500	Broccoli	
O01602	Chicken Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 17 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0034	Dinner Day 17	
L03700	* Salisbury Steak	
	Ginger Teriyaki Salmon	
L17400	* Rice Frittata	
Q07800	Potatoes & Herb	
Q00105	Green Bean Combo	
Q11000	Whole Kernel Corn	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 18 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0035	Lunch Day 18	
L14601	* BBQ Chicken	
L04100	* Swedish Meatballs (Chicken/Beef)	
L07601	Cheese Manicotti	
Q05401	Lyonnaise Potatoes	
	Egg Noodles	
Q04100	Green peas w/ mushrooms	
Q02500	Vegetable Stir Fry	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 18 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0036	Dinner Day 18 (ITALIAN)	
L05101	* Chicken Parmesan	
	* Baked Spaghetti	
L00900	Spinach Lasagna/Florentine	
	Meat Pizza (WG or WW Crust)	
Q05700	Mashed Potatoes	
Q00401	Italian Baked Beans	
Q10500	Steamed Broccoli	
Q12200	Summer Squash	
O01602	Chicken Gravy	
D00700	Garlic Bread Sticks	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

Green-High Performance Food
 Yellow-Use Occasionally
 Red-Performance Limiting Food

L10300 Veal Parmesan (Y)

L119 07 Cajun Blacken Fish (G)
 L14302 Herbed Baked Chicken (G)

L00500 Roast Beef (Y)

* Field Entrees
 ** See Alternate Field Entrée Tab
 E/S serve as Entrée or starch side
 WG/WW Whole Grain/Whole Wheat

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MENU # DAY 19 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0037	Lunch Day 19	
L05300	* Beef Stroganoff	
L12500	Chipper Perch	
L50700	** Vegetarian Burrito	
E00505	Steamed Brown Rice	
Q05402	O'Brien Potatoes	
Q07300	Japanese Vegetable Stir Fry	
Q10800	Steamed Carrots	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 19 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0038	Dinner Day 19	
L19800	* Greek Lemon Turkey Pasta	
L08401	* Pork Chops w/ pineapple	
L17300	Cheese Tortellini W/ Marinara	
Q05700	Mashed Potatoes	
Q05800	Stewed Tomatoes	
Q10100	Green Beans	
Q06000	Club Spinach	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

L03502 Tomato Meat Loaf/Turkey (Y)
 Green-High Performance Food
 Yellow-Use Caution
 Red-Performance Limiting Food

* Field Entrees
 ** See Alternate Field Entrée Tab
 E/S serve as Entrée or starch side
 WG/WW Whole Grain/Whole Wheat

MENU # DAY 20 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0039	Lunch Day 20	
L06400	* Creole Macaroni	
L14202	* Herbed Cornish Hen	
L16502	Vegetable Pizza WG or WW crust	
E80100	Wild Rice	
	Baked Redskin Potatoes	
Q06500	Herbed Broccoli	
Q01500	Oriental Stir Fry Cabbage	
D01400	Cornbread	
O01602	Chicken Gravy	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 20 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0040	Dinner Day 20	
L04800	* Baked Chicken and Rice	
L01400	* Ground Beef Cordon Bleu	
L84000	Blackened Fish	
N04600	Garden Vegetable Wrap	
Q05700	Mashed Potatoes	
Q07400	Squash & Carrot Medley	
	Pinto Beans	
O01602	Chicken Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

L04000 Stuffed Green Pepper Ground Beef or Turkey (G)

MENU # DAY 21 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0041	Lunch Day 21	
L00500	* Roast Beef	
L06302	** Enchiladas (Turkey)	
N05000	Crunchy Vegetable Burrito	
E50800	Southwestern Rice	
Q05700	Mashed Potatoes	
Q10100	Green Beans	
Q11100	Corn on the Cob	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 21 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0042	Dinner Day 21	
L00700	* Grilled Steak	
	Oven Baked Breaded Shrimp	
	Short Order	
N01200	Grilled Hamburger	
N01201	Grilled Cheeseburger	
N05200	* Cajun Grilled Chicken Sandwich	
N05100	Vegetarian Hearty Burger	
N00600	Grilled Cheese	
	Sides	
Q04400	Baked Potato Bar (optional)	
Q03001	Sautéed Onions & Mushrooms	
Q12600	Mixed Vegetables	
Q10500	Steamed Broccoli	
Q04502	Baked Sweet Potato French Fries	
D00700	Garlic Bread	
O01600	Brown Gravy	
	Asst Chips	
	Short Order Toppings	
	Salad Bar	
	Fitness Bar	

L20600 Bayou Chicken(G)
 Shrimp Burger

IMT 35 Day Cycle Lunch/Dinner Menu

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MENU # DAY 22 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0043	Lunch Day 22	
L15300	* Chinese Five Spice Chicken	
L03500	** Meat Loaf	
L17301	Spinach Tortellini Marinara	
E01800	Spicy Brown Rice Pilaf	
Q05700	Mashed Potatoes	
Q12700	Peas & Carrots	
Q10100	Green Beans	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 22 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0044	Lunch Day 22	
L81000	* Beef Stir Fry	
L18501	Caribbean Flounder or Pollock or Cod	
L17600	**Vegetable Stuffed Peppers	
E01900	Brown Rice with Tomatoes	
Q05700	Mashed Potatoes	
Q10000	Seasoned Asparagus	
Q02500	Vegetable Stir Fry	
O01601	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

L7700 Savory Roast Lamb (G)
 Green-High Performance Food
 Yellow-Use Caution
 Red-Performance Limiting Food

* Field Entrees
 ** See Alternate Field Entrée Tab
 E/S serve as Entrée or starch side
 WG/WW Whole Grain/Whole Wheat

MENU # DAY 23 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0045	Lunch Day 23	
L21900	* Lemon & Herb Turkey Fillets	
L09700	Shrimp Jambalaya	
	Vegetarian Pierogies - (E/S)	
	* Pasta Bar (optional)	
Q05700	Mashed Potatoes	
Q12600	Mixed Vegetables	
Q10500	Steamed Broccoli	
O01602	Turkey Gravy	
D80400	Hot Rolls	
	Salad Bar/Fitness Bar	
	Soup (optional)	

MENU # DAY 23 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0046	Dinner Day 23	
L15800	* Savory Baked Chicken	
L08301	* BBQ Pork Chops	
E01000	Red Beans & Rice (no pork, E/S)	
Q07100	Rosemary Roasted Potato Wedges	
E00800	Rice Pilaf	
Q02701	Corn O'Brien (no bacon)	
Q01500	Stir Fry Cabbage	
O01602	Chicken Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

L05500 Beef Cordon Blue (Y)

MENU # DAY 24 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0047	Lunch Day 24	
L83500	* Mexican Pepper Steak	
L50800	* Vegetable Lasagna	
L11904	Herbed Baked Fish	
	Medley Rice Blend	
Q05000	Oven Brownd Potatoes	
Q10200	Seasoned Lima Beans	
Q10803	Carrot Strips	
O01600	Brown Gravy	
D00700	Garlic Bread	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 24 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0048	Dinner Day 24	
L16200	* Roast Turkey	
L81100	* Indonesian Style Beef over Noodles	
	Vegetarian Nuggets	
L19600	SW Sweet Pot, Black beans, Corn (E/S)	
O80101	Cornbread Dressing	
Q05700	Mashed Potatoes	
Q00103	Cauliflower Combo	
Q10100	Green Beans	
O01602	Turkey Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

L11900 Baked Fish (G)
 L01700 Braised Beef and Noodles(G)

IMT 35 Day Cycle Lunch/Dinner Menu

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MENU # DAY 25 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0049	Lunch Day 25 (SOUL MEAL)	
L15601	* Oven Baked Fried Chicken	
L11907	Cajun Baked Catfish	
L09200	* BBQ Spareribs	
E01001	Hopping Johns no pork (E/S)	
Q06700	Candied Sweet Potatoes	
Q05700	Mashed Potatoes	
Q11300	Collard Greens	
Q11100	Corn on the Cob	
O01602	Chicken Gravy	
D01400	Combread	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 25 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0050	Dinner Day 25	
L08500	* Braised Pork Chops	
L19100	* Chicken & Italian Vegetable Pasta	
L07601	Cheese Manicotti (Veg)	
Q05402	O'Brien Potatoes	
Q06401	Savory Squash	
Q11600	Peas	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 26 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0051	Lunch Day 26	
L15400	*Creole Chicken	
L19500	*Teriyaki Beef Strips	
L12300	Oven Fried Fish	
L50100	Pasta Primavera (E/S)	
E00505	Steamed Brown Rice	
Q07800	Potatoes & Herbs	
Q07300	Japanese Vegetable Stir Fry	
Q10800	Carrots	
O01602	Chicken Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 26 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0052	Dinner Day 26	
L06900	* Baked Ham	
L03901	* Spaghetti w/ Meatballs	
E01300	Spaghetti W/ Marinara Sauce (O00400)	
	Baked Redskin Potatoes	
Q02401	Brussel Sprouts Parmesan	
Q11100	Corn on Cob	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 27 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0053	Lunch Day 27	
L15000	** Turkey Pot Pie	
L01200	* Country Style Steak	
	Vegetable Egg Rolls (Small)-E/S	
E01400	Spring Garden Rice	
E00503	Long Grain and Wild Rice	
Q10103	French Style Green Beans	
Q00103	Cauliflower Combo	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 27 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0054	Dinner Day 27	
L14600	* BBQ Chicken	
L03400	Tacos (Beef)	
L11903	Lemon Baked Fish	
L18900	* Italian Pasta & Broccoli (E/S)	
Q07000	Garlic Roasted Potato Wedges	
Q08000	Hacienda Corn & Black Beans	
Q10500	Steamed Broccoli	
O01602	Chicken Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

Green-High Performance Food
 Yellow-Use Caution
 Red-Performance Limiting Food

L01200 Country Style Steak (Y)

L81000 Beef Stir Fry

L04100 Swedish Meatballs(Ground Beef)

* Field Entrees
 ** See Alternate Field Entrée Tab
 E/S serve as Entrée or starch side
 WGWW Whole Grain/Whole Wheat

IMT 35 Day Cycle Lunch/Dinner Menu

IMT 35 Day Cycle Lunch/Dinner Menu

MENU # DAY 28 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0055	Lunch Day 28	
L14200	* Honey Glazed Rock Cornish Hen	
L06201	* Beef Yakosobia	
L50700	Vegetarian Burrito	
Q05001	Franconia Potatoes	
E01900	Brown Rice with Tomatoes	
Q10800	Seasoned Carrots	
Q12400	Succotash	
O01602	Chicken Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
L18500	Caribbean Catfish	
MENU # DAY 28 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0056	Dinner Day 28	
L03700	* Salisbury Steak	
L14800	* Chicken Cacciatore	
	Short Order	
N01200	Grilled Hamburgers	
N01201	Grilled Cheeseburgers	
N04400	Chicken Panini or Grilled Ckn Sand	
N05100	Vegetarian Hearty Burger	
N00600	Grilled Cheese	
	Sides	
Q05700	Mashed Potatoes	
Q02500	Vegetable Stir Fry	
Q00200	Baked Beans	
	Baked Sweet Potato Fries	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Asst Chips	
	Short Order Toppings	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 29 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0057	Lunch Day 29	
L01001	* Ginger Pot Roast	
L17700	* Bombay Chicken	
L17300	Cheese Tortellini Marinara	
Q05700	Mashed Potatoes	
E00503	Long Grain & Wild Rice	
Q12700	Peas & Carrots	
Q01201	Calico Cabbage	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 29 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0058	Dinner Day 29	
L04900	* Turkey Cutlet	
L02500	* Lasagna	
L12000	Baked Stuffed Fish	
	Vegetarian Pierogies - (E/S)	
E02300	Orzo w/ Spinach, Tomato, & Onion	
Q05700	Mashed Potatoes	
Q10100	Green Beans	
Q10900	Cauliflower	
O01602	Turkey Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
	Green-High Performance Food	
	Yellow-Use Caution	
	Red-Performance Limiting Food	
P02700	Lental Vegetable Soup/Chili	

MENU # DAY 30 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0059	Lunch Day 30	
L04800	* Baked Chicken & Rice	
L03500	* Meatloaf	
Q08300	Corn and Green Bean Casserole	
Q05700	Mashed Potatoes	
Q10500	Steamed Broccoli	
Q06200	Creole Summer Squash	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 30 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0060	Dinner Day 30	
L15202	* Chicken Tetrazzini	
L10300	* Veal Parmesan	
E01000	Red Beans & Rice no pork (E/S)	
Q04603	Lyonnais Potatoes	
Q12600	Mixed Vegetables	
Q06300	Tangy Spinach	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

L15700 Pineapple Chicken

- * Field Entrees
- ** See Alternate Field Entrée Tab
- E/S serve as Entrée or starch side
- WG/WW Whole Grain/Whole Wheat

IMT 35 Day Cycle Lunch/Dinner Menu

IMT 35 Day Cycle Lunch/Dinner Menu

MENU # DAY 31 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0061	Lunch Day 31	
L08700	* Pork Chops Mexicana	
L80500	* Mexican Turkey Pasta	
N04600	Garden Vegetable Wrap	
E01900	Brown Rice with Tomatoes	
Q05700	Mashed Potatoes	
Q00702	Green Beans w/ Mushrooms	
Q02702	Mexican Corn	
O01602	Chicken Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	
MENU # DAY 31 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0062	Dinner Day 31	
L14900	* Baked Chicken & Gravy	
L 04100	* Swedish Meatballs	
L12800	Salmon Croquette/Cakes	
L18900	Italian Broccoli Pasta (E/S)	
E00800	Rice Pilaf	
	Baked Redskin Potatoes	
Q11600	Green Peas	
Q02500	Vegetable Stir-Fry	
O01602	Chicken Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 32 MEAL: LUN			MENU # DAY 33 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost	RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0063	Lunch Day 32		RG0065	Lunch Day 33	
L02700	* Beef Balls Stroganoff		L03702	* Grilled Hamburger Steak	
L00900	* Spinach Lasagna			* Chicken Wings	
	Taco Bar (optional)		L20700	Southwestern Shrimp Linguine	
	Egg Noodles		N04600	Garden Vegetable Wrap	
Q05700	Mashed Potatoes		E00500	Steamed Rice	
Q12600	Mixed Vegetables		Q07000	Garlic Roasted Potato Wedges	
Q10600	Brussel Sprouts		Q11300	Collard Greens	
O01600	Brown Gravy		Q11701	Black-eyed Peas (no meat)	
O01600	Hot Rolls		Q10800	Carrots	
D80400	Salad Bar		O01600	Brown Gravy	
	Fitness Bar		D01400	Cornbread	
	Soup (optional)			Salad Bar	
				Fitness Bar	
				Soup (optional)	
MENU # DAY 32 MEAL: DIN			MENU # DAY 33 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost	RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0064	Dinner Day 32		RG0066	Dinner Day 33	
L06401	* Creole Macaroni (Turkey)		L08602	* Baked Breaded Pork steaks	
L83900	* Chicken Cordon Bleu		L04301	* Chicken Fajitas	
	Vegetable Egg Rolls (Small) E/S		L07500	Broccoli & Cheese Rice (E/S)	
E00503	Long Grain & Wild Rice		Q05700	Mashed Potatoes	
Q05300	Scalloped Potatoes		Q11100	Corn on Cob	
Q10200	Lima Beans		Q10702	Steamed Cabbage	
Q00101	Broccoli Combo		O01600	Brown Gravy	
D80400	Hot Rolls		D80400	Hot Rolls	
	Salad Bar			Salad Bar	
	Fitness Bar			Fitness Bar	
	Soup (optional)			Soup (optional)	

Green-High Performance Food
 Yellow-Use Caution
 Red-Performance Limiting Food

L01100 Simmered Beef

L00701 Grilled Tenderloin Steak R

L14302 Herbed Baked Chicken

* Field Entrees
 ** See Alternate Field Entrée Tab
 E/S serve as Entrée or starch side
 WG/WW Whole Grain/Whole Wheat

IMT 35 Day Cycle Lunch/Dinner Menu

IMT 35 Day Cycle Lunch/Dinner Menu

MENU # DAY 34 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0067	Lunch Day 34	
L21000	* Santa Fe Glazed Chicken	
	* Baked Spaghetti	
	Spaghetti w/ Marinara	
Q04900	O'Brien Potatoes	
Q10500	Steamed Broccoli	
Q12600	Mixed Vegetables	
O01602	Chicken Gravy	
	Bread Sticks	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 34 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0068	Dinner Day 34	
L14400	* Baked Turkey & Noodles	
L01800	* BBQ Beef Cubes	
L16502	Vegetable Pizza (WG or WW crust)	
Q05700	Mashed Potatoes	
E00505	Steamed Brown Rice	
Q10100	Green Beans	
Q06200	Creole Summer Squash	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

- Green-High Performance Food
- Yellow-Use Caution
- Red-Performance Limiting Food
- L15400 Creole Chicken
- L14202 Herbed Cornish Hens

MENU # DAY 35 MEAL: LUN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0069	Lunch Day 35	
L19800	* Grilled Ham Steak	
L20500	* Italian Rice & Beef	
L17301	Spinach Tortellini Marinara	
L03200	Fish Parmesan	
E02200	Orzo w/ Lemon & Herbs	
Q05001	Franconia Potatoes	
Q10000	Asparagus	
Q11000	Corn	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

MENU # DAY 35 MEAL: DIN		
RECIPE NO.	ITEM DESCRIPTION	Port Cost
RG0070	Dinner Day 35	
L01501	* Swiss Steak smothered w/ onions	
L21600	* Cheddar Chicken & Broccoli	
	Short Order	
N01200	Grilled Hamburgers	
N01201	Grilled Cheeseburgers	
	Turkey Burger	
N05100	Vegetarian Hearty Burger	
N00600	Grilled Cheese	
	Sides	
Q05700	Mashed Potatoes	
Q02500	Vegetable Stir Fry	
Q11600	Green Peas	
Q04502	Baked French Fries	
O01600	Brown Gravy	
D80400	Hot Rolls	
	Asst Chips	
	Short Order Toppings	
	Salad Bar	
	Fitness Bar	
	Soup (optional)	

- L06900 Baked Ham
- L11902 Onion Lemon Baked Fish

- * Field Entrees
- ** See Alternate Field Entrée Tab
- E/S serve as Entrée or starch side
- WG/WW Whole Grain/Whole Wheat

IMT 35 Day Cycle Lunch/Dinner Menu

Alternate Field Entrees

MENU # DAY 3 MEAL: DIN			
	ITEM DESCRIPTION	RECIPE NO.	
	Dining Facility Entrée		Alternate Field Entrée
	Meatloaf Turkey	L04900	Turkey Cutlet

MENU # DAY 19 MEAL: LUN			
	ITEM DESCRIPTION	RECIPE NO.	
	Dining Facility Entrée		Alternate Field Entrée
	Vegetarian Burrito	L83400	Swedish Meatballs

MENU # DAY 9 MEAL: DIN			
	ITEM DESCRIPTION	RECIPE NO.	
	Dining Facility Entrée		Alternate Field Entrée
	Chicken Pot Pie	L15202	Chicken Tetrazzini

MENU # DAY 21 MEAL: LUN			
	ITEM DESCRIPTION	RECIPE NO.	
	Dining Facility Entrée		Alternate Field Entrée
	Turkey Enchiladas	L06202	Turkey Yakisoba

MENU # DAY 13 MEAL: LUN			
	ITEM DESCRIPTION	RECIPE NO.	
	Dining Facility Entrée		Alternate Field Entrée
	Meatloaf Beef	L03702	Grilled Hamburger Steak

MENU # DAY 22 MEAL: LUN			
	ITEM DESCRIPTION	RECIPE NO.	
	Dining Facility Entrée		Alternate Field Entrée
	Meatloaf	L01601	Swiss Steak

MENU # DAY 15 MEAL: LUN			
	ITEM DESCRIPTION	RECIPE NO.	
	Dining Facility Entrée		Alternate Field Entrée
	Beef Pot Pie w/ Biscuit	L01701	Braised Beef

MENU # DAY 22 MEAL: DIN			
	ITEM DESCRIPTION	RECIPE NO.	
	Dining Facility Entrée		Alternate Field Entrée
	Eggplant Parmesan	L06901	Grilled Ham Steak

MENU # DAY 15 MEAL: DIN			
	ITEM DESCRIPTION	RECIPE NO.	
	Dining Facility Entrée		Alternate Field Entrée
	Beef Enchiladas	L02802	Chili Macaroni

MENU # DAY 27 MEAL: LUN			
	ITEM DESCRIPTION	RECIPE NO.	
	Dining Facility Entrée		Alternate Field Entrée
	Turkey Pot Pie	L17701	Bombay Chicken Breast

	HYDRATION STATIONS-BREAKFAST
	Milk White BIB 1% Milk Fat
	Milk White BIB Nonfat
	Milk Chocolate BIB 1% Milk Fat
	Milk Soy / Lactose Free
	100% Orange Juice (calcium/vit D fortified)
	Juice/Juice blends, 100% (minimum of 1)
	Water, no sugar, vitamin enhanced flavored (minimum of 1)
	Carbohydrate-Electrolyte Beverage (optional)
	No sugar beverage base (optional)
	Unsweet Ice Tea
	Diet tea/flavored diet tea no sugar (optional)
	Coffee
	Tea Bags
	Hot Chocolate
	Vegetable juice or tomato juice

	HYDRATION STATIONS-LUNCH/DINNER
	Milk White BIB 1% Milk Fat
	Milk White BIB Nonfat
	Milk Chocolate BIB 1% Milk Fat
	Milk Soy / Lactose Free
	Juice/Juice blends, 100% (minimum of 2)
	Water, no sugar, vitamin enhanced flavored (minimum of 1)
	Carbohydrate-Electrolyte Beverage (optional)
	No sugar beverage base (optional)
	Unsweet Ice Tea
	Diet tea/flavored diet tea no sugar (optional)
	Coffee
	Tea Bags
	Hot Chocolate
	Vegetable juice or tomato juice

Pasta Bar

At the minimum provide the following:

Minimum of 1 pasta type, preferably 2 pasta types with one Whole Grain option (spaghetti, rotini, etc)

Marinara Sauce (Recipe #O00400)

White Sauce (Recipe# O00100) or Low Fat Alfredo Sauce

Potato Bar

At the minimum provide the following:

Baked Potatoes

Chopped Broccoli (Steam Prior to Serving)

Chopped Onion

Chopped Tomato

Low fat or Reduced Fat Shredded Cheese

Cheese Sauce (Recipe# O00101)

Sour Cream (Reduced or Low Fat)

Taco Bar

At the minimum provide the following:

Taco Shells or Tortilla Wraps or combination of both

Ground Beef

Shredded Lettuce

Chopped Onion

Chopped Tomato

Low fat or Reduced Fat Shredded Cheese

Cheese Sauce (Recipe# O00101)

Sour Cream (Low Fat)

Salsa

*Specialty Bars are optional

MENU # DAY 1-7 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	

BCT Dessert Bar

At least 4 different dessert choices that vary daily; one dessert will be different from lunch to dinner

	Angel Food Cake
	* Fruit Parfait
	* Fruit Gelatin (assorted variety)
	* Pudding (Chocolate, Vanilla, Butterscotch, etc)
G02100	Pound Cake
H00901	Oatmeal Raisin Bars
	Low Fat Muffins (assorted variety)
H02300	Crispy Marshmallow Squares
J01600	Bread Pudding
J01500	Rice Pudding
	Low Fat Ice Cream
	Low Fat Frozen Yogurt

*** Minimum of 2 Green dessert items must be served daily at each lunch and dinner meal**

AIT Dessert Bar

At least 4 different dessert choices that vary daily; one dessert will be different from lunch to Dinner.

Lunch

J02300	Baked Cinnamon Apples
	Angel Food Cake with Strawberry or Blueberry Topping
J00802	Cherry Crisp
H02300	Crispy Marshmallow Squares
H02000	Chocolate Chip Cookies
I01001	Peach Cobbler
	Low Fat Ice Cream
	Low Fat Frozen Yogurt

Dinner

J01405	Pudding Chocolate/Butterscotch J01404
	Fruit Parfait
	Low Fat Muffins (assorted variety)
G02100	Pound Cake
H00200	Brownies
I00900	Apple Pie
	Low Fat Ice Cream
	Low Fat Frozen Yogurt

DECEMBER-HOLIDAY MEAL

RECIPE NO.	ITEM DESCRIPTION
	See Model menu provided by JCCOE