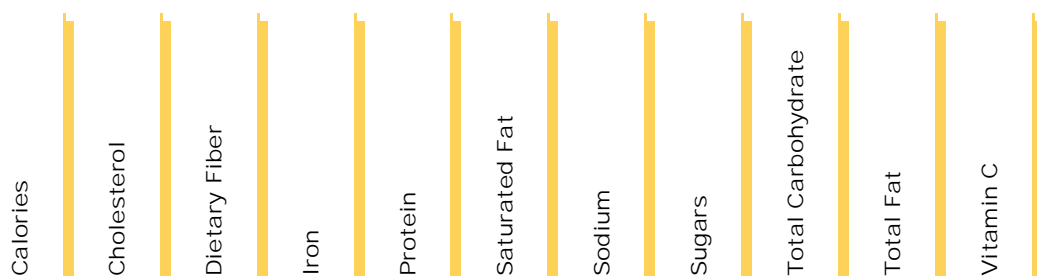


Kitchen Menu

Nutritional Analysis

MON-AM



	Calories	Cholesterol	Dietary Fiber	Iron	Protein	Saturated Fat	Sodium	Sugars	Total Carbohydrate	Total Fat	Vitamin C
Beef, Roast (Italian)	352	103	1	14	35	9	213	0	2	22	1
Biscuits	213	1	1	11	3	2	497	2	25	11	1
Chicken and Dumplings	522	81	1	17	27	5	1488	3	49	23	0
Chicken Cacciatore	967	68	6	49	46	5	976	8	144	21	21
Chicken Marsala	879	169	4	42	57	5	3261	7	110	21	27
Chicken, Fried	493	128	2	17	35	7	430	0	26	26	5
Chicken, Italian Baked Breas	1130	219	1	24	73	16	4019	7	28	78	6
Chicken, Italian Baked, (Qua	1004	256	1	22	65	18	2134	3	14	74	9
Corn Sticks	150	30	1	6	3	1	372	1	16	8	0
Fish, All Kinds, Frozen Block, f	326	55	1	6	20	4	602	1	27	16	0
Fish, Southern Fried	339	24	2	6	24	6	942	0	17	19	11
Fish, Tilapia, Grilled	403	0	2	4	21	3	143	0	31	22	1
Gravy, Cream from Mix	58	0	0	1	1	1	468	2	8	3	0
Gumbo, Seafood	177	44	2	7	10	1	1624	1	22	6	31
Hush Puppies from Mix	178	14	1	3	2	4	245	2	17	12	1
Liver, Beef, Fried with Onions	471	354	2	45	25	8	384	1	23	31	37
Pasta, Rotini Salad	189	7	2	6	3	1	725	0	23	10	65
Pork, Chop, Florentine	681	106	2	9	39	16	772	1	15	51	11
Salad, Broccoli and Cauliflow	163	28	3	5	4	1	678	0	17	10	125
Salad, Caesar	143	11	1	4	5	3	317	3	7	11	24
Salad, Spring Salad Bowl	15	0	1	3	1	0	10	0	3	0	20
Soup, Bean, Navy	136	3	6	9	7	1	986	1	21	3	7