



Day Two Menu

Breakfast

Whole grain, ready-to-eat, cereal, 1 cup
Milk, dry, 1/3 cup, mixed with 1 cup water
100% Orange juice, 6.75-ounce pouch
Instant coffee or tea

Snack

Granola bar

Lunch

Simple Salmon Marmalade (recipe provided)
Crackers, 6
Green beans, 1/2 can, drained
Applesauce, 1/2 cup

Snack

Peaches, canned in juice, 4-ounce

Dinner

Walnut Chicken Salad (recipe provided)
Butter beans, 1/2 can, drained
Milk, dry, 1/3 cup, mixed with 1 cup water
Pudding, 4-ounce cup

Snack

Tomato juice, 6-ounce can
Cheese sandwich crackers, 3

Nutrition Facts	
Serving Size Entire recipe (1307g)	
Amount Per Serving	
Calories 1811	Calories from Fat 504
% Daily Value*	
Total Fat 58g	89%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 103mg	34%
Sodium 1553mg	65%
Total Carbohydrate 260g	87%
Dietary Fiber 21g	86%
Sugars 150g	
Protein 77g	
Vitamin A 113%	Vitamin C 314%
Calcium 223%	Iron 187%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	