



Day Three Menu

Breakfast

Whole grain cereal, ready-to-eat, 1 cup
 Milk, dry, 1/3 cup mixed w/ 1 cup water
 Peaches, canned in juice, 4 ounce
 Instant coffee or tea

Snack

Chili, vegetarian with beans, 1/2 can

Lunch

Tuna Salad (recipe provided)
 Crackers, 6
 Pudding, 4-ounce cup
 100% orange juice, 6.75-ounce pouch

Snack

Chocolate chip cookies, 2
 Milk, dry, 1/3 cup mixed w/ 1 cup water

Evening Meal

Sweet and Spicy Spam (recipe provided)
 Sweet potatoes, 1/2 can, drained
 Cut yellow squash, 1/2 can, drained
 Milk, dry, 1/3 cup mixed w/ 1 cup water

Snack

Applesauce, 1/2 cup
 Graham crackers, 2 rectangles
 Peanut butter, 1 tablespoon

Nutrition Facts			
Serving Size One Day Menu (1362g)			
Amount Per Serving			
Calories	1868	Calories from Fat	457
% Daily Value*			
Total Fat	52g		80%
Saturated Fat	12g		62%
Trans Fat	0g		
Cholesterol	77mg		26%
Sodium	3141mg		131%
Total Carbohydrate	276g		92%
Dietary Fiber	23g		94%
Sugars	145g		
Protein	81g		
Vitamin A	257%	• Vitamin C	271%
Calcium	226%	• Iron	185%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat	9	• Carbohydrate	4
		• Protein	4
NutritionData.com			