



**Day 7**  
**Monday – November 15, 2010**

**Midnights**

<b>Cream of Tomato Soup</b> 114/4/16/681	<b>\$1.19</b>
<b>Vegetable Beef Soup</b> 71/1/10/443	<b>1.29</b>
<b>Sesame Chicken</b> 214/8/2/126	<b>3.59</b>
<b>Sloppy Joes</b> 308/6/46/702	<b>1.79</b>
<b>Mashed Potatoes</b> 80/1/17/274	<b>.69</b>
<b>Green Beans</b> 24/0/4/0	<b>.69</b>
<b>Corn</b> 75/1/16/0	<b>.69</b>

**Desserts/Salads also available**

**Breakfast**

<b>Scrambled Eggs</b> 93/6/0/1	<b>\$.69</b>
<b>Hard-Boiled Egg</b> 78/5/0/1	<b>.49</b>
<b>Sausage</b> 237/23/0/737	<b>.49</b>
<b>Bacon</b> 200/5/0/101	<b>.49</b>
<b>Oatmeal</b> 150/0/28/0	<b>.69</b>
<b>Cream of Wheat</b> 122/0/26/12	<b>.69</b>
<b>French Toast Sticks(5)</b> 565/40/50/550	<b>1.09</b>

**Lunch**

<b>Chicken Noodle Soup</b> 72/1/10/453	<b>\$1.29</b>
<b>Lentil Soup</b> 121/2/18/742	<b>1.29</b>
<b>Roast Shoyu Glazed Salmon</b> 152/9/3/244	<b>4.99</b>
<b>Chicken Nachos</b> 529/26/42/2391	<b>4.99</b>
<b>Mashed Potatoes</b> 80/1/17/274	<b>.69</b>
<b>Rice Pilaf</b> 170/4/30/45	<b>.89</b>
<b>Acorn Squash</b> 383/11/74/155	<b>.99</b>
<b>Broccoli</b> 30/0/4/20	<b>.69</b>
<b>Mudslide Cookie</b> 124/7/17/49	<b>.35</b>
<b>Lemon Cream Bar</b> 405/28/34/317	<b>1.29</b>

**Supper**

<b>Cream of Mushroom Soup</b> 85/1/13/385	<b>\$1.19</b>
<b>Roast Turkey</b> 228/11/0/650	<b>2.39</b>
<b>Chicken Nachos</b> 529/26/42/2391	<b>4.99</b>
<b>Cheese Ravioli</b> 247/8/37/963	<b>2.79</b>
<b>Mashed Potatoes</b> 80/1/17/274	<b>.69</b>
<b>Candied Sweet Potatoes</b> 274/0/70/54	<b>.99</b>
<b>Baby Carrots</b> 25/0/5/50	<b>.99</b>
<b>Mandarin Vegetables</b> 27/0/5/13	<b>.69</b>
<b>Strawberry Bavarian</b> 155/3/32/131	<b>.89</b>
<b>Macaroon Cookie</b> 144/7/21/33	<b>.35</b>