



**Day 3**  
**Monday – November 29, 2010**

**Midnights**

<b>Cream of Mushroom Soup</b>	85/1/13/385	<b>\$1.19</b>
<b>Chicken Rice Soup</b>	76/1/11/594	<b>1.29</b>
<b>Chicken Parmesan</b>	321/14/14/1049	<b>3.59</b>
<b>Tuna Melt</b>	389/19/32/749	<b>1.99</b>
<b>Mashed Potatoes</b>	80/1/17/274	<b>.69</b>
<b>Noodles</b>	197/1/40/1	<b>.69</b>
<b>Broccoli</b>	30/0/4/20	<b>.69</b>
<b>Mandarin Vegetables</b>	27/0/5/13	<b>.69</b>
<b>Desserts/Salads also available</b>		

**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>Hashbrowns</b>	130/6/17/330	<b>.69</b>
<b>Bacon</b>	200/5/0/101	<b>.49</b>
<b>Sausage</b>	237/23/0/737	<b>.49</b>
<b>Oatmeal</b>	150/0/28/0	<b>.69</b>
<b>Malt-O-Meal</b>	120/0/24/10	<b>.69</b>
<b>Cherry Coffee Cake</b>	395/16/60/313	<b>.89</b>

**Lunch**

<b>Beef Noodle Soup</b>	179/6/22/350	<b>\$1.29</b>
<b>Vegetable Tortellini Soup</b>	132/2/25/770	<b>1.29</b>
<b>Meatloaf</b>	220/10/10/291	<b>1.99</b>
<b>BBQ Chicken</b>	336/17/6/233	<b>3.59</b>
<b>Chicken Fajita Tortilla Casserole</b>	293/10/32/1195	<b>2.39</b>
<b>Noodles Romanoff</b>	381/17/39/339	<b>.69</b>
<b>Mashed Potatoes</b>	80/1/17/274	<b>.69</b>
<b>Corn</b>	75/1/16/0	<b>.69</b>
<b>Beets</b>	40/0/5/250	<b>.69</b>
<b>Peanut Butter Cookie</b>	156/11/14/115	<b>.35</b>
<b>Raspberry Delight</b>	322/21/33/251	<b>1.29</b>

**Supper**

<b>Cheesy Potato Soup</b>	208/8/26/312	<b>\$1.19</b>
<b>BBQ Chicken</b>	336/17/6/233	<b>3.59</b>
<b>Garlic Herb Crusted Tilapia</b>	230/9/15/240	<b>3.59</b>
<b>Mashed Potatoes</b>	80/1/17/274	<b>.69</b>
<b>Noodles Romanoff</b>	381/17/39/339	<b>.69</b>
<b>Asparagus</b>	14/0/2/3	<b>.99</b>
<b>Oriental Vegetables</b>	15/0/3/100	<b>.69</b>
<b>Banana Cake</b>	307/14/45/221	<b>.89</b>