DEPARTMENT OF THE ARMY SUPPLY BULLETIN — SB 10-495-1
DEPARTMENT OF THE NAVY — NAVSUP PUB 436
MARINE CORPS — MCO P10110.26B
DEPARTMENT OF THE AIR FORCE — AFMAN 41-121

STANDARD MEDICAL B RATION

FOR

THE ARMED FORCES

DEPARTMENTS OF THE ARMY, NAVY,
MARINE CORPS AND AIR FORCE

1 OCTOBER 1993

SUPPLY BULLETIN NO. 10-495-1
NAVSUP PUB 436
MCO P10110-26B
AFMAN 41-121

DEPARTMENTS OF THE ARMY, NAVY,
MARINE CORPS AND AIR FORCE

WASHINGTON, D.C., 1 October 1993

STANDARD MEDICAL B RATION FOR THE ARMED FORCES

The proponent agency of this manual is the U. S. Army Natick Research, Development and Engineering Center. Users are invited to send comments and suggested improvements on DA Form 2028 (Recommended Changes to Publications and Blank Forms) directly to Kansas Street, Natick, MA 01760-5018, Attn: STRNC-WTP.

Table of Contents

Page No.

SECTION I Introduction 1-1
A. Purpose 1-1
B. Meals. 1-1
C. Types of Field Diets 1-1
D. Weight and Cubage 1-1
E. Supply 1-1
F. Nutritional Analysis 1-1

SECTION II List of Medical B Ration-Unique Items 2-1

SECTION III List of Standard B Ration Items 3-1

SECTION IV Medical B (MB) Ration Menus 4-1

A. General 4-1
B. Tube Feedings 4-1
C. Forced Fluids 4-1
D. Nourishments 4-1
F. Issue Frequency 4-1
G. Meal Beverages 4-1
H. Milk 4-1
I. Bread 4-1
J. Crackers 4-1
K. Water Requirements for Food and Beverage Preparation 4-1
L. Modifications 4-1
1. Considerations in High Altitude Areas 4-2
2. Considerations in Tropical and Semitropical Areas 4-2
3. Considerations in Arctic and Subarctic Areas 4-3
M. Menus, Ingredients & Issue Charts 4-5
Day 1 4-5
Day 2 4-13
Day 3 4-21
Day 4 4-29
Day 5 4-37
Day 6 4-45
Day 7 4-53
Day 8 4-61
Day 9 4-69
Day 10 4-77
Ingredient Chart for Noncommerical Tube Feedings 4-85
N. Recapitulation of Menu Issues 4-87

SECTION V Recipes and Related Data 5-1
1. Beverages 5-1

* This bulletin supersedes SB 10-495-1/NAVSUP PUB 436/AFM 146-9/MCO P1010.26A, *14 March 1968*

2. Breads and Batters 5-6
3. Cakes, Icings, Cookies, Cobblers, Puddings and Sauces 5-8
4. Pasta, Rce and Cereal 5-14
5. Eggs 5-17
6. Fruits and Juices 5-17
7. Meat, Poultry and Fsh 5-20
8. Salads 5-35
9. Soups 5-37
10. Vegetable 5-40
11. Tube Feedings 5-48
12. Related Data 5-49
a. Reconstitution Guides 5-49
1. Milk, Dry, Nonfat, General Purpose (for Cooking, Beverage and Cereal) 5-49
2. Egg Mix, Dehydrated 5-49
3. Cheese, Dehydrated 5-49
4. Vinegar, Dry 5-50
5. Onions, D:hydrated 5-50
6. Grcen Peppers, Dehydrated 5-50
7. Garlic, Dehydrated 5-50
8. Soup and Gravy Bases, Dehydrated 5-51
9. Meats, Fish, and Poultry, Dehydrated 5-51
b. Table of Weights and Measures for Can Sizes 5-51
c. Guidelines for Container Yields for Canned Fruits and Fruit Juices 5-51
d. Guidelines for Portion and Container Sizes of Miscellaneous Accompaniments 5-51
e. Measurements 5-52
f. Left-Over Foods 5-52
g. Approximate Temperature Conversions 5-52
h. Abbreviations 5-52
i. Water Requirement for Medical Food Service MB Ration Menus 5-53

SECTION VI Requirement for 1000 Rations Per Day 6-1

SECTION VII Nutritional Analysis 7-1
A. Nutritional Analysis of Selected Components of Medical B Ration (100 grams) 7-1
B. Nutritional Analysis Per Serving of Selected Recipes of Medical B Ration 7-3
C. Nutritional Analysis of Medical B Diets 7-6
D. Nutritional Analysis of Tube Feedings 7-6

RECIPE INDEX Index-1

SECTION I
INTRODUCTION

A. Purpose
Standard Medical B Ration is planned for subsisting patients in Armed Forces medical treatment facilities when semiperishable food is required. Patients are exempt from theater ration policy and will receive three (3) hot prepared meals per day. Use of the Meal Ready-to-Eat, Individual (MRE) is authorized only in emergency situations when other rations are not available. Perishable supplies should be included in the menus as soon as they are available. Staff assigned to medical units will be fed according to the Service theater ration policy. To simplify procurement, menu preparation and service, when hot meals are served to medical personnel, they will be served the Regular Diet from the Medical B (MB) Ration. In unusual circumstances (i.e. facility relocation/movement), operational rations may be required for staff. In no case shall sole use of operational rations exceed ten days. Special subsistence requirements (Unique Items) to support the Medical B Ration menu are listed in Section II; subsistence requirements for the Standard B Ration which is the basis for the Medical B Ration are listed in Section III. Both the primary foods and menu items and their alternates are listed in these sections. Each Service will decide whether the regular menu item or the alternate will be used.

B. Meals
To support 24-hour patient care, medical treatment facility kitchens must prepare four (4) meals per day: breakfast, lunch, dinner and a night meal. The night meal may utilize a breakfast or lunch/dinner menu according to local procedures. Patients requiring late meals will be served as complete a meal as possible with items from the preceding meal. The late meals will be served in accordance with dietary constraints, local procedures, and preventive medicine sanitation guidelines. Once late tray service from the preceding meal's menu has terminated, late meals will consist of the nourishment for each diet listed on the daily menu. Diet order changes will become effective at the following meal, given adequate notice. Diet order change procedures will follow local medical treatment facility policy.

C. Types of Field Diets
Subsistence and personnel constraints plus quad-service operational procedures and philosophy have necessitated deviation from the typical dietary practices used in fixed facilities. The Quad-Service Clinical Review Committee has approved the types of diets and MB Ration foods. The ration includes a ten-day menu for the Regular Diet (with supplementation for the High Calorie-High Protein Diet), Dental Liquid, Full Liquid and Clear Liquid Diets. The beverage for Forced Fluids is listed on the daily menu. Tube Feedings are discussed in Section IV-C. Specific menus or preparations required for Dental Soft Diets will be determined at the individual medical treatment facility. In rare instances an unplanned diet may be ordered. If the patient will be evacuated shortly, an available diet should be used, if its use is not life-threatening. Sodium restricted foods or diets are not provided. To enable the dietitian to plan Sodium Restricted Diets, the sodium content of selected foods is provided in Section VII. For planning purposes, it is assumed that 100 % of the staff and 77 % of the patients will be subsisted on the Regular Diet. 23 % of the patients are expected to subsist on a Liquid Diet. These percentages were derived for the total theater requirements. Facilities may need to adjust accordingly.

D. Weight and Cubage
Total weight and cubage includes all menu components, accessory foods and condiments for regular and alternate menus.

1. Patients	Gross Weight Per Ration (lbs)	Net Weight Per Ralion (lbs)	Gross Cubic Feet Per Ration
REGULAR MENU ITEMS (w/o bread or bread ingredients)	4,087	3.058	0.131
ALTERNATE MENU ITEMS (w/o bread or bread ingredients)	4.882	3.766	0.145
REGULAR MENU ITEMS (including bread ingredients)	4.280	3.174	0.131
ALTERNATE MENU ITEMS (including bread ingredients)	5.077	3.881	0.152
2. Staff			
REGULAR MENU ITEMS (w/o bread or bread ingredients)	4.164	3.448	0.137
ALTERNATE MENU ITEMS (w/o bread or bread ingredients)	4.618	3.876	0.127
REGULAR MENU ITEMS (including bread ingredients)	4.279	3.560	0.139
ALTERNATE MENU ITEMS (including bread ingredients)	4.821	4.074	0.132

E. Supply
Stocks of Standard MB Ration components are available through the Defense Logistics Agency. Requisitions will be in accordance with existing supply procedures of each Service. National Stock Numbers listed in the table, "Requirements for 1000 Rations Per Day", Section VI, identify the specific style and package size of items which will be used. The quantity of each item to be stocked will be determined by each Service based on the staff and patient census, multiplied by the number of days before resupply.

F. Nutritional Analysis
Nutritional analysis of selected recipes and components of the Medical B Ration have been computed using the University of Massachusetts' Nutrient Data Bank. This data bank is based upon the USDA Composition of Foods, Agriculture Handbook No. 8, 1984, and data on ration components provided by the U.S. Army Natick Research, Development and Engineering Center. Nutritents of Medical B Components are calculated for 100 gram portions, and Analysis of Selected Recipes use portion measure rather than weight.

SECTION II
LIST OF MEDICAL B RATION- UNIQUE ITEMS

NATIONAL STOCK NUMBER	ITEM DESCRIPTION	UNIT OF ISSUE
1. 8905-01-132-7909	Beef puree w/beef broth	15-16 oz can
2. 8940-01-173-4840	Breakfast, instant, dry, chocolate, 1.23 oz pg	60 pg/box
3. 8940-01-173-4841	Breakfast, instant, dry, strawberry, 1.23 oz pg	60 pg/box
4. 8940-01-173-4842	Breakfast, instant, dry, vanilla, 1.23 oz pg	60 pg/box
5. 8920-01-079-1583	Cereal, wheat, farina, quick-cooking, enriched	28 oz box
6. 8905-01-133-1421	Chicken puree w/chicken broth	15-16 oz can
7. 8955-01-035-5612	Coffee, instant, freeze-dried, decaffeinated, 1.5-1.9 gm pg	pg
8. 8955-01-305-1180	Coffee, instant, freeze-dried, decaffeinated	8 oz jar
9. 8955-00-616-5473	Coffee, instant, powdered, 2.5 gm pg	200 pg/box
10. 8920-00-559-6864	Crackers, soda, salted, 4 per pg, 0.43 oz per pg	lb
11. 8940-01-304-0780	Creamer, nondairy dry	35.3 oz co
12. 8940-00-641-8961	Dessert powder, gelatin, cherry	No. 2 1/2 can
	or	
12a. 8940-01-173-4861	Dessert powder, instant, raspberry-flavored, quick jell	24 oz can
	or	
12b. 8940-01-173-4862	Dessert powder, instant, strawberry-flavored, quick jell	24 oz can
13. 8940-00-641-8%962	Dessert powder, gelatin, lemon	No. 21/2 can
	or	
13a. 8940-01-173-4861	Dessert powder, instant, raspberry-flavored, quick jell	24 oz can
	or	
13b. 8940-01-173-4862	Dessert powder, instant, strawberry-flavored, quick jell	24 oz can
14. 8940-00-641-8964	Dessert powder, gelatin, orange	No. 2 1/2 can
	or	
14a. 8940-01-173-4860	Dessert powder, instant, orange-flavored, quick jell	24 oz can
15. 8940-00-641-8966	Dessert powder, gelatin, strawberry	No. 2 1/2 can
	or	
15a. 8940-01-173-4862	Dessert powder, instant, strawberry-flavored, quick jell	24 oz can
16. 8910-01-178-5890	Eggnog mix, dry	2 lb bag
	or	
16a. 8910-00-%965-1553	Egg mix, dehydrated	No. 3 cyl can
	and	
16b. 8940-00-131-8761	Dessert powder, pudding, instant, vanilla	No. 10 can
17. 8910-00-126-3436	Ice cream mix, dehydrated, vanilla	No. 10 can
18. 8950-01-079-4568	Pepper, black, ground, 0.18 gm pg, 3000 pg/bx	mx
19. 8905-01-132-7908	Pork puree w/pork broth	15-16 oz can
20. 8950-01-008-7560	Salt, table, iodized, 1.13 gm pg, 1000 pgs per intermediate container	mx
21. 8925-01-059-4083	Sugar, refined, granulated, 1/7 oz pg,	mx
22. 8905-01-210-6458	Veal puree w/veal broth	15-16 oz can
23. 8940-01-304-3620	Dietary supplement, Therapeutic	cn
24. 7360-00-935-5409	Dining packet, containing individual size pgs of 2 sugars, salt, pepper, straw and napkin, 500 packets per shipping box	bx

SECTION III
LIST OF MEDICAL B RATION- UNIQUE ITEMS

NATIONAL STOCK NUMBER	ITEM DESCRIPTION	UNIT OF ISSUE
1. 8915-00-584-1660	Apples, dehydrated	No. 10 can
	or	
1a. 8940-00-616-0226	Pie filling, prepared, fruit, apple	No. 10 can
2. 8915-00-655-5718	Applesauce, instant	No.2 1/2 can
	or	
2a. 8915-00-127-8272	Applesauce, canned	No. 10 can
3. 8905-01-086-0395	Bacon, precooked, sliced	No. 10 can
4. 8950-00-125-6333	Baking powder	1 lb can
5. 8915-00-151-6566	Beans, green, dehydrated, compressed	No. 2 1/2 can
	or	
5a. 8915-00-616-4820	Beans, green, canned	No. 10 can
6. 8915-00-616-4820	Beans, green, canned	No. 10 can
	and	
6a. 8915-00-634-2436	Carrots, canned	No. 10 can
	and	
6b. 8915-00-257-3947	Corn, canned, whole grain	No. 10 can
	or	
6c. 8915-01-039-8808	Vegetables, mixed, dehydrated, compressed	No. 2 1/2 can
7. 8915-00-577-4526	Beans, lima, canned	No. 10 can
	and	
7a. 8915-00-257-3947	Corn, canned, whole grain	No. 10 can
	or	
7b. 8915-01-039-8808	Vegetables, mixed, dehydrated, compressed	No. 2 1/2 can
8. 8915-00-184-5601	Beans, white, canned, in tomato sauce w/pork	No. 10 can
9. 8905-00-926-6196	Beef chunks w/juices, canned	29 oz can
10. 8905-00-965-1681	Beef, diced, dehydrated, uncooked	No. 10 can
	or	
10a. 8905-00-926-6196	Beef chunks w/juices, canned	29 oz can
11. 8905-00-823-7559	Beef patties, dehydrated, uncooked	No. 10 can
12. 8905-00-753-6536	Beefsteak, dehydrated, uncooked	No. 10 can
	or	
12a. 8905-00-926-6196	Beef chunks w/juices, canned	29 oz can
13. 8960-00-965-4764	Beverage base, powdered, cherry	5 gal yield pg
14. 8960-01-069-6661	Beverage base, powdered, fruit punch	5 gal yield pg
15. 8960-00-965-4765	Beverage base, powdered, grape	5 gal yield pg
16. 8960-01-069-6662	Beverage base, powdered, lemonade	5 gal yield pg
17. 8960-00-965-4768	Beverage base, powdered, orange	5 gal yield pg
18. 8920-00-926-6016	Biscuit mix	No. 10 can
19. 8920-00-935-3263	Brownie mix, butterscotch	No. 10 can
20. 8920-00-935-3262	Brownie mix, chocolate	No. 10 can
21. 8915-01-035-4116	Cabbage, dehydrated, uncooked, compressed	No. 2 1/2 can
22. 8920-00-823-7221	Cake mix, devil's food	No. 10 can
23. 8920-00-823-7229	Cake mix, yellow	No. 10 can
24. 8915-00-634-2436	Carrots, canned	No. 10 can
25. 8915-01-095-9308	Carrots, dehydrated, shredded, compressed	No. 2 1/2 can
26. 8950-00-127-9789	Catsup, tomato	No. 10 can

NATIONAL STOCK NUMBER	ITEM DESCRIPTION	UNIT OF ISSUE
27. 8920-00-253-1163	Cereal, rolled oats	20 oz can
28. 8910-00-823-6880	Cheese, American, processed, dehydrated	No. 10 can
29. 8910-00-082-5734	Cheese, cottage, dehydrated	No. 10 can
30. 8905-00-118-8588	Chicken, dehydrated, cooked, diced	No. 10 can
	or	
30a. 8905-00-753-6106	Chicken, canned, boned	29 oz can
31. 8940-00-126-3394	Chili con carne, canned, w/o beans	6 3/4 lb can
	or	
31a. 8940-00-151-6462	Chili con carne, dehydrated, w/beans, cooked	No. 10 can
32. 8940-00-151-6462	Chili con carne, dehydrated, w/beans, cooked	No. 10 can
	or	
32a. 8940-00-126-3394	Chili con carne, canned, w/o beans	6 3/4 lb can
	and	
32b. 8915-00-926-6793	Beans, kidney, canned	No. 10 can
	and	
32c. 8915-00-227-1387	Peppers, green, dehydrated, sweet, diced, uncooked	No. 2 1/2 can
33. 8950-00-170-9573	Cinnamon, ground	3 to 4 oz can
34. 8960-00-216-6131	Cocoa beverage powder	600 1 oz pg/box
35. 8955-00-286-5372	Coffee, roasted, ground	20 lb can
	or	
35a. 8955-00-081-0862	Coffee, instant, freeze-dried	8 oz pg
36. 8920-00-168-3296	Cookie mix, chocolate	No. 10 can
37. 8920-00-935-3264	Cookie mix, oatmeal	No. 10 can
38. 8920-00-175-0429	Cookie mix, sugar	No. 10 can
39. 8920-00-435-4918	Corn bread mix	No. 10 can
40. 8915-00-257-3947	Corn, canned, whole grain	No. 10 can
41. 8920-00-252-3838	Crackers, soda, salted	1 or 2 lb box
42. 8915-00-851-6564	Cranberry sauce, canned, jellied or strained	No. 10 can
43. 8940-01-074-4922	Creamer, nondairy, dry	100 3 gm pg/box
44. 8940-00-131-8693	Dessert powder, pudding, instant, chocolate	No. 10 can
45. 8940-00-131-8761	Dessert powder, pudding, instant, vanilla	No. 10 can
46. 8910-00-965-1553	Egg mix, dehydrated	No. 3 cyl can
47. 8905-00-823-7095	Fish squares, dehydrated, uncooked	No. 10 can
	or	
47a. 8905-00-935-3161	Tuna, canned	4 lb can
48. 8920-00-165-6863	Flour, wheat, bread	10 lb bag
	or	
48a. 8920-00-165-6864	Flour, wheat, bread	50 lb bag
49. 8920-00-140-7748	Flour, wheat, general purpose	10 lb bag
	or	
49a. 8920-00-140-7749	Flour, wheat, general purpose	50 lb bag
50. 8920-00-140-7748	Flour, wheat, general purpose	10 lb bag
	and	
50a. 8910-00-965-1553	Egg mix, dehydrated	No. 3 cyl can
	or	
50b. 8920-00-926-6016	Biscuit mix	No. 10 can
51. 8915-00-286-5482	Fruit cocktail, canned	No. 10 can

NATIONAL STOCK NUMBER	ITEM DESCRIPTION	UNIT OF ISSUE
52. 8915-00-149-1571	Garlic, dehydrated	12 oz jar
53. 8915-00-132-7786	Grapefruit, canned	No. 303 can
54. 8905-00-023-8284	Ham chunks w/juices, canned	29 oz can
55. 8920-01-079-1585	Hominy grits	24 oz container
56. 8950-01-074-4918	Hot sauce	2 to 6 oz bottle
57. 8925-00-935-3260	Icing mix, chocolate	No. 10 can
58. 8925-00-935-3261	Icing mix, vanilla	No. 10 can
59. 8930-00-240-0055	Jam, peach	No. 2 1/2 can
60. 8930-00-559-8307	Jam, strawberry	No. 2 1/2 can
61. 8930-00-543-7608	Jelly, blackberry	No. 2 1/2 can
62. 8930-00-543-7607	Jelly, grape	No. 2 1/2 can
63. 8915-00-753-6430	Juice, grapefruit, instant	15 1/2 oz can
	or	
63a. 8915-00-085-1650	Juice, grapefruit, canned	No. 3 cyl can
64. 8915-00-530-3414	Juice, orange, instant	No. 2 1/2 can
	or	
64a. 8915-00-241-2800	Juice, orange, canned	No. 3 cyl can
65. 8915-00-616-0204	Juice, tomato, canned, concentrated (3+ 1)	36 oz can
66. 8905-00-126-4020	Luncheon meat, canned	6 lb can
67. 8920-00-067-6146	Macaroni	10 lb box
68. 8945-00-222-0567	Margarine	No. 10 can
69. 8910-01-091-7209	Milk, dry, nonfat, general purpose, Style C	No. 10 can
70. 8950-00-543-7698	Mustard, prepared	No. 2 1/2 can
71. 8915-00-128-1179	Onions, dehydrated, chopped	No. 10 can
	or	
71a. 8915-00-151-6568	Onions, dehydrated, compressed	No. 2 1/2 can
72. 8920-00-782-6353	Pancake mix	No. 10 can
73. 8915-00-577-4203	Peaches, canned, quarters or slices	No. 10 can
74. 8915-00-577-4203	Peaches, canned, quarters or slices	No. 10 can
	or	
74a. 8940-00-616-0228	Pie filling, prepared, fruit, peach	No. 10 can
75. 8930-00-543-7602	Peanut butter	No. 2 1/2 can
76. 8915-00-616-0223	Pears, canned, halves	No. 10 can
77. 8915-00-127-9282	Peas, canned	No. 10 can
	or	
77a. 8915-00-401-8480	Peas, dehydrated, cooked, compressed	No. 2 1/2 can
78. 8950-00-127-8067	Pepper, black, ground	1 lb can
79. 8915-00-227-1387	Peppers, green, dehydrated, sweet, diced, uncooked	No. 2 1/2 can
80. 8950-00-616-5469	Pickles, cucumber, dill, whole	No. 10 can
81. 8940-00-616-1227	Pie filling, prepared, fruit, cherry	No. 10 can
82. 8915-00-127-7262	Pineapple, canned, crushed	No. 10 can
83. 8915-00-170-5148	Pineapple, canned, slices	No. 10 can
84. 8905-00-935-6395	Pork chops, dehydrated, uncooked	No. 10 can
	or	
84a. 8905-00-023-8284	Ham chunks w/juices, canned	29 oz can
85. 8915-00-161-8912	Potatoes, white, dehydrated, uncooked, diced	No. 10 can

NATIONAL STOCK NUMBER	ITEM DESCRIPTION	UNIT OF ISSUE
86. 8915-00-164-6876	Potatoes, white, instant, granules	No. 10 can
87. 8915-00-286-5487	Raisins	No. 10 can
88. 8920-00-530-2185	Rice, parboiled	10 lb bag
89. 8950-01-079-6943	Salt, table	5 lb bag
90. 8945-00-080-9396	Shortening compound, general purpose	5 gal can
	or	
90a. 8945-01-066-8210	Shortening compound, general purpose	3 lb can
91. 8905-00-753-6432	Shrimp, dehydrated	No. 10 can
92. 8905-01-065-9955	Salmon, canned	15 1/2 oz can
	or	
92a. 8905-00-543-7941	Salmon, canned	15 1/2 oz can
93. 8935-00-082-5588	Soup and gravy base, instant, beef flavored	200 7 gm pg/box
94. 8935-00-234-6217	Soup and gravy base, instant, beef flavored	No. 2 1/2 can
95. 8935-00-543-7789	Soup and gravy base, instant, chicken flavored	No. 2 1/2 can
96. 8935-00-149-1359	Soup, dehydrated, beef flavored w/noodles and vegetables	No. 2 1/2 can
97. 8935-00-753-6422	Soup, dehydrated, chicken flavored w/noodles	No. 2 1/2 can
98. 8935-00-222-0570	Soup, dehydrated, onion	No. 2 1/2 can
99. 8935-00-577-4680	Soup, dehydrated, tomato-vegetable w/noodles	No. 2 1/2 can
100. 8920-00-926-4917	Starch, pregelatinized	No. 10 can
101. 8925-01-059-4084	Sugar, refined, granulated	10 lb bag
102. 8925-00-682-6705	Syrup, imitation maple	No. 10 can
	or	
102a. 8925-00-682-6708	Syrup, imitation maple	No. 2 1/2 can
103. 8955-00-753-6332	Tea, black, individual bags	100 bags/box
	or	
103a. 8955-00-823-7016	Tea, instant	3/4 oz pg
104. 8915-00-582-4060	Tomatoes, canned	No. 10 can
105. 8950-00-577-5990	Vinegar, dry, synthetic (1 qt yield)	4 oz pg
106. 8950-01-059-5269	Worcestershire sauce	5, 6 or 10 fl oz bottle
107. 8950-01-057-1559	Yeast, baker's, active, dry	2 lb foil bag

SECTION IV
MEDICAL B RATION MENUS

A. General

The menus are designed to use components of the Standard B Ration, and to promote acceptability and nutritional adequacy. Other menu items can be prepared from the B Ration components, in addition to those specified in the menus. The alternate menu items should maintain or increase acceptability. Changes in the menus or recipes need to be reflected in the quantitative allowances. The ten-day menus should be repeated as required. In the patient population, the following diet distribution is expected to occur. Exact percentages may vary with scenario and location of engagement.

REGULAR DIETS	MODIFIED DIETS
Regular 65%	Dental Liquid 07%
High Calorie-High Protein 09%	Full Liquid..... 04%
Dental Soft 03%	Clear Liquid..... 11%
Tube Feeding.....01%	
TOTAL 77%	TOTAL 23%

B. Tube Feedings

Depending on the Service, powdered commercial tube feedings are standard subsistence (National Stock Number 8940-01-304-3620) or medical supply items. (When tube feedings are a medical supply item they are ordered through the pharmacy.) The nutritional analysis of these feedings is not included in this document due to the frequency of formulation changes. The commercial product will be reconstituted by dietary personnel. If commercial tube feedings are unavailable, prepare the feedings using the recipes in Section V-11. The ingredients for 1200 cc are listed on page 4-85. For either preparation, all equipment must be properly sanitized and the product refrigerated immediately after preparation. No more than 500 cc of tube feeding should be placed in each I.V. bag. Due to limited ward refrigeration, prepare and deliver tube feedings to the wards three times per day. The nutritional analysis for noncommercial tube feeding formulas is listed in Section VII.

C. Forced Fluids

An estimated 40 to 50 per cent of all patients will have forced fluid orders of 4000 to 5000 cc per day. The fluids on the tray provide approximately 2200 cc. The remaining fluids will be provided through nourishment's and drinking water. Nutrition Care will provide half of the remaining fluid requirement, primarily in fruit-flavored ades which is specified on the daily menu. It will be prepared each day and the ingredients recapitulated with the breakfast meal. The other half will be provided on the ward through drinking water.

D. Nourishments

Nourishments are required for all modified diets and some the regular diets. They will be served three times per day, midway between meals and in the evening. Nourishments are calculated with the preceding meal in the recapitulations.

E. Juices

Dehydrated instant orange and grape fruit juice are pulp-free and allowed on Clear Liquid Diets. If canned fluid Juices are substituted, they must be strained before serving to Clear Liquid Diets.

F. Issue Frequency

Issue requirements have been calculated for each daily menu. Those items listed in "*Italics*" on the daily ingredients charts are tabulated only in the Recapitulation of Menu Issues (Section IV-N). Dining packets containing 2 sugars, salt, pepper, straw and napkin are planned for all patient feeding (Remove the pepper packet prior to serving patients on Clear and Full Liquid diets.) Daily Ingredients for Meals and Issue Chart quantities are based on 100 staff and 100 patients.

G. Meal Beverages

Coffee, tea, and decaffeinated coffee are planned for each meal. Individual packets of coffee and nondairy creamer are used for patient feeding. Coffee, bulk, roast, ground is used for staff dining hall service. Cocoa is served to patients on Dental Liquid and Full Liquid Diets and is optional for patients on Regular Diets at each breakfast meal. A fruit-flavored beverage is served at each lunch and dinner meal, in addition to coffee and tea.

H. Milk

Milk provides essential nutrients and enhances meal acceptability. On the Regular Diet, either milk or a soup is served with each meal. When fresh or UHT milk is available, it will be served in its original container. If neither one is available, reconstitute non-fat dry milk and serve it as a beverage. A vanilla-flavored milk recipe is provided as a variation when consumer acceptance is low. Sanitize the bulk milk containers prior to and after use. Reconstituted milk must be refrigerated at all times. Discard unused reconstituted milk after each meal.

I. Bread

If prebaked bread is unavailable, use the alternate products and ingredients included in the menus, issue charts and recapitulations. Crackers may also be substituted. When prebaked bread becomes available, the issue rate of 16 pounds of baked bread per 100 persons provides for a portion size of two slices per meal, based on 24 to 25 slices per two-pound loaf.

J. Crackers

Crackers are planned as a soup accompaniment and for late meals at an issue rate of approximately 2 1/2 pounds per 100 persons. If bread is unavailable, substitute crackers at the rate of 5 pounds of crackers per 100 persons.

K. Water Requirements for Food and Beverage Preparation

The supply of potable water in the theater of operations is critical. Refer to Section V-12-i for a detailed assessment of specific water requirements.

L. Modifications

Prevailing climate may affect the acceptability and rate of consumption of certain items changing the specified quantitative requirements. Follow the general guidelines listed below when modifications are indicated.

1. Considerations in High Altitude Areas

(a) General effects of altitude on food preparation. As altitude increases, atmospheric pressure decreases and affects cooking in several ways.

(1) Water and other liquids boil at lower temperatures. At sea level, water boils at 212°F. For each 500 foot increase in altitude, the boiling point decreases about 1°F.

(2) Leavening in breads, cakes and cookies expand more, and the requirements for baking powder or baking soda decreases. (See High Altitude Baking.)

(3) Starch begins to hydrate and thicken at 125-145 °F. Therefore, gravies, prepared at high altitude may not attain the thickness desired.

(4) Pasta has a tendency to become gummy or pasty as the boiling point of water decreases.

(5) Rice can be used at high altitudes. It may take longer to cook, but if water boils, rice will cook.

(6) Fried foods may become over-browned on the outside before the food is done internally, since the boiling temperature internally is at a lower temperature. Foods may have to be fried more slowly for correct browning and doneness.

(7) Cooking food at lower boiling temperatures may take longer. It is not possible to predict the additional cooking time. In general, cooking time must be increased from 4 to 11 percent for every 1000 feet of elevation.

(8) Due to lower temperatures of cooking, serving temperatures may not seem hot enough.

(b) High Altitude Baking (1) Bakery mixes are formulated for use at sea level air pressure. A reduction in the soda content of mixes at higher altitudes is easily accomplished with mixes containing a separate soda packet. If the soda packet is not labeled with instructions for the amount of soda to be used at different altitudes, use the following table as a guide:

2000 feet- use 80 percent (4/5 of package)
4000 feet- use 66 percent 2/3 of package
6000 feet- use 50 percent (1/2 of package
8000 feet- use 33 percent 1/3 of package

(2) Cakes have a tendency to stick to pans at higher altitudes. Therefore, the pans should be greased and dusted with flour more heavily than those used at sea level.

(3) Oven temperatures should be increased 25°F at elevation of 3500 feet or more. The baking time is generally the same as sea level. However, care should be taken to avoid over baking, since the evaporation rate increases at higher altitudes.

(4) Baking powder or baking soda in recipes for cakes, hot breads and drop cookies prepared at higher altitudes should be decreased as follows:

AMOUNTS OF LEAVING AGENTS TO BE USED at HIGHER ALTITUDES

Amount in Basic Recipe	2000 feet	4000 feet	6000 reet	8000 feet
1 tbsp	21/2 tsp	2 Isp	12/3 tsp	1 tsp
1 2/3 tbsp	5 tsp	4 tsp	1 tbsp	2 Lsp
2 tbsp	5 tap	4 tsp	4 tsp	2 1/2 tsp
2 1/2 tbsp	2 tbsp	5 tsp	1 1/3 tbsp	2 2/3 tsp
3 2/3 Ibsp	3 tbsp	2 2/3 tbsp	2 tbsp	1 1/3 tbsp
4 tbsp	3 1/3 tbsp	2 2/3 tbsp	2 1/3 tbsp	1 2/3 tbsp
3 2/3 tbsp	3 2/3 tbsp	3 tbsp	2 2/3 tbsp	1 2/3 tbsp
5 2/3 tbsp	4 2/3 tbsp	3 2/3 tbsp	3 tbsp	2 1/3 tbsp
6 2/3 tbsp	5 2/3 tbsp	4 2/3 tbsp	3 2/3 tbsp	2 2/3 tbsp
1/2 cup	6 2/3 tbsp	5 2/3 tbsp	4 1/3 tbsp	3 1/3 tbsp
8 2/3 tbsp	7 1/3 tbsp	6 tbsp	4 2/3 tbsp	3 1/3 tbsp
9 tbsp	7 2/3 tbsp	6 1/3 tbsp	5 tbsp	3 2/3 tbsp
11 tbsp	9 1/3 tbsp	7 2/3 tbsp	6 tbsp	4 1/3 tbsp
3/4 cup	5/8 cup	1/2 cup	6 2/3 tbsp	5 tbsp
1 cup	7/8 cup	11 1/3 tbsp	8 2/3 tbsp	6 1/3 tbsp
1 1/2 cups	1 1/4 cups	1 cup	13 1/3 tbsp	5/8 cup

2. Considerations in Tropical and Semitropical Areas

(a) The consumption of coffee may decrease while the consumption of cold beverages may increase. The following issue quantities for 100 persons per day will provide one full issue of coffee for breakfast and a partial issue of coffee for dinner, a full issue of beverage base for lunch and dinner and a partial issue of iced tea for dinner.

ITEM	UNIT	B	L	D
Coffee, roasted, ground	lb	3.75	-	1.88
or				
Coffee, instant	8 oz pg	1.50	-	0.75
Creamer, nondairy, dry	3 gm pg	40.00	-	20.00
Sugar, granulated	lb	4.00	-	1.00
Tea, black, individual, bags, 100 size 0.08 oz bgs/bx	box	-	-	50.00
Tea, instant	3/4 oz pg	-	-	1.67
Sugar, granulated	lb	-	-	2.00
Beverage base powder, unsweetened	5 gal yield pg		2.00	2.00
Sugar, granulated	lb		8.00	8.00

(b) Reduce the frequency of serving of soups to three or four meals in ten days. Decrease cracker requirements accordingly.

(c) Alter meal patterns to provide fewer heavy meals (e.g., eliminate potatoes for breakfast).

3. Considerations in Arctic and Subarctic areas

(a) Coffee consumption will increase, especially when used extensively in "warming stations", etc. Adjust nondairy dry creamer and sugar issues accordingly.

(b) Increased servings of biscuits may be desirable.

(c) Increased use of tea, cocoa, bouillon (soup and gravy base, beef, individual package), and beverage bases may also be desirable.

(d) Increased use of jam, jelly, and peanut butter may be required if difficulty is encountered in the use of margarine as a spread.

(e) The following issue quantities per 100 persons per day will provide approximately 500 additional calories: one full issue each of cocoa, soup, crackers, jam or jelly, and one-half issue of biscuits.

ITEM	UNIT	QUANTITY
Cocoa beverage powder	1 oz pg	100
Soup, dehydrated		
Beef flavored w/noodles	No. 2 1/2 can	4
or		
Chicken flavored w/noodles	No. 2 1/2 can	4
or	No. 2 1/2 can	4
Tomato-vegetables w/noodles		
Crackers, soda, salted	lb	5
Jam, peach or strawberry	No. 2 1/2 can	4
or		
Jelly, blackberry or grape	No. 2 1/2 can	4
Biscuit mix	No. 10 can	1.75

M. MENUS, INGREDIENT & ISSUE CHARTS DAYS 1-10
MEDICAL B RATION MENU- DAY 1

	REGULAR	DENTAL LIQUID	FULL LIQUID	CLEAR LIQUID	FORCED FLUIDS
BREAKFAST	Grapefruit Sections Hot Oatmeal w/Milk Raisins Creamed Ground Beef Grilled Potato Cakes [1] Bread [2] Margarine [3] Peanut Butter [3] Grape Jelly [3] Milk Coffee Tea Decaffeinated Coffee Cocoa Nondairy Creamer Sugar-Salt-Pepper	Grapefruit Juice Thin Oatmeal Orange Eggnog Milk Coffee Tea Decaffeinated Coffee Cocoa Nondairy Creamer Sugar-Salt-Pepper	Grapefruit Juice Thin Oatmeal Orange Eggnog Strawberry Gelatin Milk Coffee Tea Decaffeinated Coffee Cocoa Nondairy Creamer Sugar-Salt	Grapefruit Juice [7] Beef Broth Strawberry Gelatin Coffee Tea Decaffeinated Coffee Sugar-Salt	Grape Beverage
1000 Hours	Nourishment/Late Meals [4] Apple Cinnamon Milkshake [5,6] Crackers [5] Peanut Butter-Grape Jelly [5]	Apple Cinnamon Milkshake Grape Beverage	Apple Cinnamon Milkshake Grape Beverage	Tea w/Sugar Grape Beverage	
LUNCH	Chicken Noodle Soup w/Crackers Luncheon Meat w/Mustard Glaze Baked Beans Garden Cottage Cheese Salad Dill Pickles Bread [2] Margarine [3] Apple Crisp Coffee Tea Decaffeinated Coffee Cherry Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Chicken Noodle Soup Thin Pork Thin Baked Beans Thin Potatoes Thin Fruit Cocktail Thin Vanilla Pudding Coffee Tea Decaffeinated Coffee Cherry Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Chicken Noodle Soup Coffee Eggnog Thin Fruit Cocktail Thin Vanilla Pudding Coffee Tea Decaffeinated Coffee Cherry Beverage Nondairy Creamer Sugar-Salt	Strained Chicken Noodle Soup Orange Gelatin Coffee Tea Decaffeinated Coffee Cherry Beverage Sugar-Salt	
1400 Hours	Nourishment/Late Meals [4] Chocolate Milkshake [5,6] Crackers [5] Peanut Butter-Blackberry Jelly [5]	Chocolate Milkshake Grape Beverage	Chocolate Milkshake Grape Beverage	Tea w/Sugar Grape Beverage	
DINNER	Beef and Gravy Mashed Potatoes Buttered Peas Biscuits Margarine Peach Jam Pears Peanut Butter Bars Milk Coffee Tea Decaffeinated Coffee Lemonade Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Cheese Soup Thin Beef Thin Potatoes Thin Peas Thin Pears Thin Baked Custard Milk Coffee Tea Decaffeinated Coffee Lemonade Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Cheese Soup Vanilla Eggnog Thin Pears Thin Baked Custard Milk Coffee Tea Decaffeinated Coffee Lemonade Beverage Nondairy Creamer Sugar-Salt	Tomato Broth Lemon Gelatin Coffee Tea Decaffeinated Coffee Lemonade Beverage Sugar-Salt	
2000 Hours	Nourishment/Late Meals [4] Strawberry Milkshake [5,6] Crackers [5] Peanut Butter-Peach Jam [5]	Strawberry Milkshake Grape Beverage	Strawberry Milkshake Grape Beverage	Tea w/Sugar Grape Beverage	

Footnotes:
[1] Delete when bread is available
[2] Add when available
[3] *Bread/sandwich accompaniment*
[4] Late Meals: Crackers (eight 2-inch squares), peanut butter, jelly and milkshake will be served to patients on Regular Diets. The appropriate nourishments will be served to patients on Liquids Diets.
[5] Nourishment for High Calorie-High Protein Diets
[6] Nourishment for Dental Soft Diets
[7] Strain canned juice

COMPOSITE LIST OF FOOD ITEMS - DAY 1

BREAKFAST

FOOD ITEM	RECIPE
Grapefruit Sections	
Grapefruit Juice [a]	F-3-M-2
Hot Oatmeal w/Milk	D-6-M-3
Raisins	
Thin Oatmeal	D-7-M
Creamed Ground Beef	G-17
Orange Eggnog [b]	A-12-M-3
Beef Broth	I-6-M
Grilled Potato Cakes [c]	J-17-M-1
Strawberry Gelatin [d]	C-20-M
Milk	A-6-M-1
Coffee (staff)	A-2-M
(patients)	A-3-M-1
Tea	A-5-M
Decaffeinated Coffee	A-4-M
Cocoa	A-8-M
Nondairy Creamer	
Sugar	
Salt	
Pepper	
Apple Cinnamon Milkshake [e]	A-10-M-1
*Grape Beverage	A-1-M
Tea	A-5-M
Sugar	
Crackers	
Peanut Butter	
Grape Jelly	

ALTERNATES

[a] Grapefruit Juice, canned	
[b] Orange Eggnog	A-13-M-3-A
[c] Bread, Margarine, Peanut Butter and Jelly	
[d] Strawberry Quick Jell	C-21-M
[e] Apple Cinnamon Milkshake	A-10-M-1-A

LUNCH

FOOD ITEM	RECIPE
Chicken Noodle Soup	I-2
Crackers	
Thin Cream of Chicken Noodle Soup	I-9-M
Strained Chicken Noodle Soup	I-8-M
Baked Luncheon Meat w/Mustard Glaze	G-34
Thin Pork	G-49-M-1
Coffee Eggnog [f]	A-12-M-1
Baked Beans	J-1
Thin Baked Beans	J-23-M
Thin Potatoes	J-28-M
Garden Cottage Cheese Salad	H-6-M
Dill Pickles	
Apple Crisp [g]	C-15-1
Thin Fruit Cocktail	F-5-M-2
Thin Vanilla Pudding	C-23-M
Orange Gelatin [h]	C-20-M
Coffee (staff)	A-2-M
(patients)	A-3-M-1
Tea	A-5-M
Decaffeinated Coffee	A-4-M
Cherry Beverage	A-1-M
Nondairy Creamer	
Sugar	
Salt	
Pepper	
Chocolate Milkshake	A-10-M-2
Tea	A-5-M
Sugar	
Crackers	
Peanut Butter	
Blackberry Jelly	

ADDITIONS

Bread	
Margarine	

ALTERNATES

[f] Coffee Eggnog	A-13-M-1
[g] Apple Crisp	C-15-Note
[h] Orange Quick Jell	C-21-M

DINNER

FOOD ITEM	RECIPE
Thin Cream of Cheese Soup	I-10-M
Tomato Broth	I-7-M
Beef and Gravy	G-3-2
Thin Beef	G-49-M-1
Vanilla Eggnog [i]	A-12-M
Mashed Potatoes	J-17
Thin Potatoes	J-28-M
Buttered Peas [j]	J-13
Thin Peas [k]	J-27-M
Biscuits	B-2
Margarine	
Peach Jam	
Pears	
Thin Pears	F-5-M-4
Peanut Butter Bars	C-7-2
Thin Baked Custard	C-22-M-1
Lemon Gelatin [l]	C-20-M
Milk	A-6-M-1
Coffee (staff)	A-2-M
(patients)	A-3-M-1
Tea	A-5-M
Decaffeinated Coffee	A-4-M
Lemonade Beverage	A-1-M
Nondairy Creamer	
Sugar	
Salt	
Pepper	
Strawberry Milkshake	A-10-M-5
Tea	A-5-M
Sugar	
Crackers	
Peanut Butter	
Peach Jam	

ALTERNATES

[i] Vanilla Eggnog	A-13-M
[j] Buttered Peas	J-13-Note
[k] Thin Peas	J-27-M-A
[l] Raspberry Quick Jell	C-21-M

*Daily forced fluid and nourishment for Liquid Diets

INGREDIENTS FOR MEALS - DAY 1

BREAKFAST		STAFF		PATIENTS	
Item Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Grapefruit Sections		100		77	
Grapefruit cnd	No. 303 cn		25.00		19.25
Grapefruit Juice [a]				22	
Juice grpfrt inst [a]	15 1/2 oz cn				1.38
water [a]	gal				1.27
Hot Oatmeal w/Milk		100		77	
Cereal rolled oats	20 oz cn		5.00		3.85
salt table	tbsp		6.00		4.62
water	gal		5.00		3.85
Milk dry nonfat	No. 10 cn		0.75		0.58
water	gal		2.75		2.12
Raisins		100		77	
Raisins	No. 10 cn		1.00		0.77
Thin Oatmeal				11	
Cereal rolled oats	20 oz cn				0.33
salt table	tsp				0.55
water	qt				1.51
Milk, dry nonfat	No. 10 cn				0.07
water	qt				1.03
Sugar refined gran	lb				0.11
Creamed Ground Beef		100		77	
Beef patties dehy	No. 10 cn		5.00		3.85
water	gal		3.50		2.70
Flour wh gen pur	lb		3.25		2.50
pepper blk grnd	tbsp		2.00		1.54
salt table	tbsp		3.00		2.31
Soup & GB inst beef	No. 2 1/2 cn		0.25		0.19
Milk dry nonfat	No. 10 cn		0.97		0.75
water	gal		4.25		3.27
Worcestershire sauce	tbsp		2.00		1.54
Orange Eggnog [b]				11	
Eggnog mix [b]	2 lb bg				0.43
Milk dry nonfat	No. 10 cn				0.12
cream nondairy dry	cup				0.83
water [b]	qt				2.48
Juice orange inst [b]	No. 2 1/2 cn				0.40
Beef Broth				11	
Soup & GB inst beef	No. 2 1/2 cn				0.11
water	qt				2.75
Grilled Potato Cakes [c]		100		77	
water [c]	gal		2.56		1.97
salt table [c]	tbsp		3.00		2.31
pepper blk grnd [c]	tsp		2.00		1.54
Potatoes wht inst gran [c]	No. 10 cn		1.00		0.77
Milk dry nonfat [c]	No. 10 cn		0.19		0.14
Egg mix dehy [c]	No. 3 cyl cn		0.30		0.23
Flour wheat gen pur [c]	lb		1.00		0.77
Shortening compound [c]	lb		2.00		1.54
Strawberry Gelatin [d]				15	
Dessert pwd gel stwby [d]	No. 2 1/2 cn				0.31
water [d]	cup				6.75

LUNCH		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Chicken Noodle Soup		100		77	
Soup dehy ch w/ndles	No. 2 1/2 cn		4.00		3.08
water	gal		6.50		5.01
Crackers		100		77	
Crackers soda salted	lb		2.66		2.05
Thin Cr Ch Ndle Soup				11	
Soup dehy ch w/ndles	No. 2 1/2 cn				0.42
Milk dry nonfat	No. 10 cn				0.09
water	qt				2.57
Str Ch Ndle Soup				11	
Soup dehy ch w/ndles	No. 2 1/2 cn				0.44
water	gal				0.72
Lunch Meat w/Mst Glz		100		77	
Luncheon meat cnd	6 lb can		4.00		3.08
Sugar refined gran	lb		3.50		2.70
Mustard prepared	No. 2 1/2 cn		0.57		0.44
vinegar dry syn	pg		0.50		0.39
water	qt		1.50		1.16
cinnamon grnd	tbsp		2.00		1.54
Thin Pork				7	
Pork puree cnd	15 oz cn				2.80
water	cup				2.80
Margarine	lb				0.18
Soup & GB inst chicken	No. 2 1/2 cn				0.04
Coffee Eggnog [f]				4	
Eggnog mix [f]	2 lb bag				0.16
Milk dry nonfat	No. 10 cn				0.04
cream nondairy dry	cup				0.30
water	qt				0.90
coffee inst decaf	cup				0.12
Baked Beans		100		77	
onions dehy chop	cup		1.50		1.16
water	cup		3.00		2.31
Bacon sliced precook	No. 10 cn		0.60		0.46
Beans wht	No. 10 cn		5.00		3.85
Catsup tomato	No. 10 cn		0.20		0.15
Syrup imit maple	No. 10 cn		0.25		0.19
Mustard prepared	No. 2 1/2 cn		0.20		0.15
Thin Baked Beans				7	
onions dehy chop	cup				0.03
water	cup				0.05
Bacon sliced precook	No. 10 cn				0.01
Beans wht	No. 10 cn				0.09
Catsup tomato	No. 10 cn				0.01
Syrup imit maple	No. 10 cn				0.01
Mustard prepared	No. 2 1/2 cn				0.01
water	cup				1.58
Thin Potatoes				7	
water	qt				1.14
Margarine	lb				0.02
salt table	tsp				0.35

DINNER		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Th Cr of Cheese Soup				11	
Milk dry nonfat	No. 10 cn				0.09
water	qt				2.20
Margarine	lb				0.28
Flour wh gen pur	lb				0.14
salt table	tsp				1.10
Cheese Amer proc dehy	No. 10 cn				0.06
water	cup				1.47
Tomato Broth				11	
Juice tomato cnd	36 oz cn				0.09
water	qt				2.75
Soup & GB inst beef	No. 2 1/2 cn				0.06
Beef and Gravy		100		77	
Beef chunks w/jce cnd	29 oz cn		20.00		15.40
Shortening compound	lb		1.50		1.16
Flour wh gen pur	lb		1.50		1.16
water	gal		2.00		1.54
Soup & GB inst beef	No. 2 1/2 cn		0.33		0.26
Thin Beef				7	
Beef puree	15 oz cn				2.80
water	cup				2.80
Margarine	lb				0.18
Soup & GB inst beef	No. 2 1/2 cn				0.04
Vanilla Eggnog [i]				4	
Eggnog mix [i]	2 lb bag				0.16
Milk dry nonfat	No. 10 cn				0.04
cream nondairy dry	cup				0.30
water	qt				0.90
Mashed Potatoes		100		77	
water	gal		3.38		2.60
Margarine	lb		1.00		0.77
salt table	tbsp		3.00		2.31
pepper blk grnd	tsp		2.00		1.54
Potato wht inst gran	No. 10 cn		1.00		0.77
Milk dry nonfat	No. 10 cn		0.19		0.14
Thin Potatoes				7	
water	qt				1.14
Margarine	lb				0.02
salt table	tsp				0.35
Potato wht inst gran	No. 10 cn				0.04
Milk dry nonfat	No. 10 cn				0.01
Buttered Peas [j]		100		77	
Peas cnd [j]	No. 10 cn		4.00		3.08
Margarine	lb		1.00		0.77
pepper blk grnd	tsp		1.00		0.77
Thin Peas [k]				7	
Peas cnd [k]	No. 10 cn				0.34
Margarine	lb				0.04
Biscuits		100		77	
Biscuit mix	No. 10 cn		3.50		2.70
water	qt		4.00		3.08

BREAKFAST		STAFF		PATIENTS	
Item Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Milk		100		88	
Milk dry nonfat	No. 10 cn		1.52		1.34
water	gal		5.83		5.13
Coffee(staff)		100			
Coffee roasted grnd	lb		2.50		
water	gal		6.25		
Coffee(patients)				100	
coffee instant	2.5 gm pg				100.00
water	gal				6.25
Tea		25		25	
Tea blk ind bags	100/bx		0.25		0.25
water	gal		1.56		1.56
Decaffeinated Coffee		25		25	
coffee inst fd decaf ind	1.5 gm pg		25.00		25.00
water	gal		1.56		1.56
Cocoa		50		50	
Cocoa bev pwd ind	1 oz pg		50.00		50.00
water	gal		3.13		3.13
Nondairy Creamer		50		50	
creamer nondairy dry ind	3 gm pg		50.00		50.00
Sugar		100		100	
sugar refined ind	0.14 oz pg		200.00		200.00
Salt		100		100	
salt table ind	1.13 gm pg		100.00		100.00
Pepper		100		84	
pepper blk grnd ind	0.18 gm pg		100.00		84.00
Apple Cin Mlkshke [e]				23	
Milk dry nonfat	No. 10 cn				0.29
Ice cream mix dehy van	No. 10 cn				0.55
water [e]	qt				5.18
Applesauce inst [e]	No. 2 1/2 cn				1.00
cinnamon grnd	tbsp				1.15
Grape Beverage				216	
Bev base pwd grape	5 gal yld pg				2.88
Sugar refined gran	lb				11.52
water	gal				14.40
Tea				11	
Tea blk ind bags	100/bx				0.11
water	gal				0.69
Sugar				11	
sugar refined ind	0.14 oz pg				11.00
Crackers				9	
Crackers soda salted	lb				0.47
Peanut Butter				9	
Peanut butter	No. 2 1/2 cn				0.31
Grape Jelly				9	
Jelly grape	No. 2 1/2 cn				0.36

LUNCH		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Potatoes wht inst gran	No. 10 cn				0.04
Milk dry nonfat	No. 10 cn				0.01
Garden Cot Chse Salad		100		77	
Cheese cottage dehy	No. 10 cn		2.00		1.54
water	qt		4.25		3.27
Peppers grn dehy	No. 2 1/2 cn		0.43		0.33
onions dehy chopped	cup		1.00		0.77
Carrots dehy shrd comp	No. 2 1/2 cn		0.07		0.05
water	qt		2.00		1.54
Dill Pickles		100		77	
Pickles cuc dill whole	No. 10 cn		1.00		0.77
Apple Crisp [g]		100		77	
Apples dehy [g]	No. 10 cn		1.50		1.16
water [g]	gal		2.00		1.54
Sugar refined gran [g]	lb		2.75		2.12
cinnamon grnd [g]	tbsp		3.00		2.31
salt table [g]	tsp		3.00		2.31
Cookie mix oatmeal	No. 10 cn		1.00		0.77
Margarine	lb		0.50		0.39
Thin Fruit Cocktail				11	
Fruit cocktail cnd	No. 10 cn				0.88
Thin Vanilla Pudding				11	
Milk dry nonfat	No. 10 cn				0.06
water	cup				4.00
Dessert pwd pud inst van	No. 10 cn				0.08
Orange Gelatin [h]				11	
Dessert pwd gel orange [h]	No. 2 1/2 cn				0.23
water [h]	cup				4.96
Coffee(staff)		100			
Coffee roasted grnd	lb		2.50		
water	gal		6.25		
Coffee(patients)				100	
coffee inst	2.5 gm pg				100.00
water	gal				6.25
Tea		25		25	
Tea blk ind bags	100/bx		0.25		0.25
water	gal		1.56		1.56
Decaffeinated Coffee		25		25	
coffee inst fd decaf ind	1.5 gm pg		25.00		25.00
water	gal		1.56		1.56
Cherry Beverage		100		100	
Bev base pwd cherry	5 gal yld pg		1.33		1.33
Sugar refined gran	lb		5.33		5.33
water	gal		6.67		6.67
Nondairy Creamer		50		50	
creamer nondairy dry ind	3 gm pg		50.00		50.00
Sugar		100		100	
sugar refined ind	0.14 oz pg		100.00		100.00
Salt		100		100	

DINNER		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Margarine		100		77	
Margarine	lb		3.13		2.41
Peach Jam		100		77	
Jam peach	No. 2 1/2 cn		4.00		3.08
Pears		100		77	
Pears cnd	No. 10 cn		4.00		3.08
Thin Pears				11	
Pears cnd	No. 10 cn				0.88
Peanut Butter Bars		100		77	
Cookie mix sugar	No. 10 cn		1.67		1.28
water	cup		2.50		1.93
Peanut butter	No. 2 1/2 cn		1.29		0.99
Thin Baked Custard				11	
Egg mix dehy	No. 3 cyl cn				0.20
Milk dry nonfat	No. 10 cn				0.13
Dessert pwd pud inst van	No. 10 cn				0.05
Sugar refined gran	lb				0.09
water	qt				2.51
cinnamon grnd	tsp				0.20
Lemon Gelatin [l]				11	
Dessert pwd gel lemon [l]	No. 2 1/2 cn				0.23
water [l]	cup				4.96
Milk		100		88	
Milk dry nonfat	No. 10 cn		1.52		1.34
water	gal		5.83		5.13
Coffee(staff)		100			
Coffee roasted grnd	lb		2.50		
water	gal		6.25		
Coffee(patients)				100	
coffee inst	2.5 gm pg				100.00
water	gal				6.25
Tea		25		25	
Tea blk ind bags	100/bx		0.25		0.25
water	gal		1.56		1.56
Decaffeinated Coffee		25		25	
coffee inst fd decaf ind	1.5 gm pg		25.00		25.00
water	gal		1.56		1.56
Lemonade Beverage		100		100	
Bev base pwd lemonade	5 gal yld pg		1.33		1.33
Sugar refined gran	lb		5.33		5.33
water	gal		6.67		6.67
Nondairy Creamer		50		50	
creamer nondairy ind	3 gm pg		50.00		50.00
Sugar		100		100	
sugar refined ind	0.14 oz pg		100.00		100.00
Salt		100		100	
salt table ind	1.13 gm pg		100.00		100.00
Pepper		100		84	
pepper blk grnd ind	0.18 gm pg		100.00		84.00

BREAKFAST		STAFF		PATIENTS	
Item Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
ALTERNATES					
[a] **Grapefruit Juice**				22	
Juice grpfrt cnd	No. 3 cyl cn				3.83
[b] **Orange Eggnog**				11	
Egg mix dehy	No. 3 cyl cn				0.15
Des pwd pud inst van	No. 10 cn				0.13
cinnamon grnd	tsp				0.28
water	qt				1.65
Juice orange cnd	No. 3 cyl cn				0.57
[c] **Bread**		100		77	
Bread	lb		16.00		12.32
Margarine	lb		3.13		2.41
Peanut Butter	No. 2 1/2 cn		3.50		2.70
Jelly grape	No. 2 1/2 cn		4.00		3.08
[d] **Strawberry Quick Jell**				15	
Des pwd stwby qck jel	24 oz cn				0.44
water	qt				1.60
[e] **Apple Cin Mlkshke**				23	
water	qt				2.30
Applesauce cnd	No. 10 cn				0.92

LUNCH		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
salt table ind	1.13 gm pg		100.00		100.00
Pepper		100		84	
pepper blk grnd ind	0.18 gm pg		100.00		84.00
Chocolate Milkshake				23	
Milk dry nonfat	No. 10 cn				0.29
Ice cream mix dehy van	No. 10 cn				0.55
water	qt				5.18
Bkfst inst dry choc ind	1.23 oz pg				9.20
Tea				11	
Tea blk ind bags	100/bx				0.11
water	gal				0.69
Sugar				11	
sugar refined ind	0.14 oz pg				11.00
Crackers				9	
Crackers soda salted	lb				0.47
Peanut Butter				9	
Peanut butter	No. 2 1/2 cn				0.31
Blackberry Jelly				9	
Jelly blackberry	No. 2 1/2 cn				0.36
ADDITIONS					
Bread		100		77	
Bread	lb		16.00		12.32
Margarine		100		77	
Margarine	lb		3.13		2.41
ALTERNATES					
[f] **Coffee Eggnog**				4	
Egg mix dehy	No. 3 cyl cn				0.06
Des pwd pud inst van	No. 10 cn				0.05
cinnamon grnd	tsp				0.10
[g] **Apple Crisp**		100		77	
Pie fil prep apple	No. 10 cn		3.50		2.70
[h] **Orange Quick Jell**				11	
Des pwd orng qck jel	24 oz cn				0.32
water	qt				1.17

DINNER		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Strawberry Milkshake				23	
Milk dry nonfat	No. 10 cn				0.29
Ice cream mix dehy van	No. 10 cn				0.55
water	qt				5.18
Bkfst inst dry stwby ind	1.23 oz pg				9.20
Tea				11	
Tea blk ind bags	100/bx				0.11
water	gal				0.69
Sugar				11	
sugar refined ind	0.14 oz pg				11.00
Crackers				9	
Crackers soda salted	lb				0.47
Peanut Butter				9	
Peanut butter	No. 2 1/2 cn				0.31
Peach Jam				9	
Jam peach	No. 2 1/2 cn				0.36
ALTERNATES					
[i] **Vanilla Eggnog**				4	
Egg mix dehy	No. 3 cyl cn				0.06
Des pwd pud inst van	No. 10 cn				0.05
cinnamon grnd	tsp				0.10
[j] **Buttered Peas**		100		77	
Peas dehy comp	No. 2 1/2 cn		4.00		3.08
water	gal		4.00		3.08
[k] **Thin Peas**				7	
Peas dehy comp	No. 2 1/2 cn				0.18
water	qt				1.05
[l] **Raspberry Quick Jell**				11	
Des pwd rspby qck jel	24 oz cn				0.32
water	qt				1.17

ISSUE CHART FOR MEALS - DAY 1

		STAFF				PATIENTS			
INGREDIENTS	UNIT	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D
Apple dehy [g]	No. 10 cn		1.50		1.50		1.16		1.16
Applesauce inst [e]	No. 2 1/2 cn					1.00			1.00
Bacon sliced precooked	No. 10 cn		0.60		0.60		0.47		0.47
Beans wht cnd	No. 10 cn		5.00		5.00		3.94		3.94
Beef chunks w/juices	29 oz cn			20.00	20.00			15.40	15.40
Beef patties dehy	No. 10 cn	5.00			5.00	3.85			3.85
Beef puree cnd	15 oz cn							2.80	2.80
Bev base pwd cherry	5 gal yld pg		1.33		1.33		1.33		1.33
Bev base pwd grape	5 gal yld pg					2.88			2.88
Bev base pwd lemonade	5 gal yld pg			1.33	1.33			1.33	1.33
Biscuit mix	No. 10 cn			3.50	3.50			2.70	2.70
Bkfst inst dry choc ind	1.23 oz pg						9.20		9.20
Bkfst inst dry stwby ind	1.23 oz pg							9.20	9.20
Bread	lb		16.00		16.00		12.32		12.32
Carrots dehy shrd comp	No. 2 1/2 cn		0.07		0.07		0.05		0.05
Catsup tomato	No. 10 cn		0.20		0.20		0.16		0.16
Cereal rolled oats	20 oz cn	5.00			5.00	4.18			4.18
Cheese Amer proc dehy	No. 10 cn							0.06	0.06
Cheese cottage dehy	No. 10 cn		2.00		2.00		1.54		1.54
Cocoa bev pwd ind	1 oz pg	50.00			50.00	50.00			50.00
Coffee roasted grnd	lb	2.50	2.50	2.50	7.50				
Cookie mix oatmeal	No. 10 cn		1.00		1.00		0.77		0.77
Cookie mix sugar	No. 10 cn			1.67	1.67			1.28	1.28
Crackers soda salted	lb		2.66		2.66	0.47	2.52	0.47	3.46
Dessert pwd gel lemon [l]	No. 2 1/2 cn							0.23	0.23
Dessert pwd gel orange [h]	No. 2 1/2 cn						0.23		0.23
Dessert pwd gel stwby [d]	No. 2 1/2 cn					0.31			0.31
Dessert pwd pud inst van	No. 10 cn						0.08	0.05	0.13
Egg mix dehy	No. 3 cyl cn							0.20	0.20
Egg mix dehy [c]	No. 3 cyl cn	0.30			0.30	0.23			0.23
Eggnog mix [b]	2 lb bag					0.43			0.43
Eggnog mix [f]	2 lb bag						0.16		0.16
Eggnog mix [i]	2 lb bag							0.16	0.16
Flour wheat gen pur	lb	4.25		1.50	5.75	3.27		1.30	4.57
Fruit cocktail cnd	No. 10 cn						0.88		0.88
Grapefruit cnd	No. 303 cn	25.00			25.00	19.25			19.25
Ice cream mix dehy van	No. 10 cn					0.55	0.55	0.55	1.65
Jam peach	No. 2 1/2 cn			4.00	4.00			3.44	3.44
Jelly blackberry	No. 2 1/2 cn						0.36		0.36
Jelly grape	No. 2 1/2 cn					0.36			0.36
Juice grapefruit inst [a]	15 1/2 oz cn					1.38			1.38
Juice orange inst [b]	No. 2 1/2 cn					0.40			0.40
Juice tomato cnd	36 oz cn							0.09	0.09
Luncheon meat cnd	6 lb cn		4.00		4.00		3.08		3.08
Margarine	lb		3.63	5.13	8.76		3.00	4.47	7.47
Milk dry nonfat	No. 10 cn	3.43		1.71	5.14	3.29	0.49	2.04	5.82
Mustard prepared	No. 2 1/2 cn		0.77		0.77		0.59		0.59
Peanut butter	No. 2 1/2 cn			1.29	1.29	0.31	0.31	1.30	1.92
Pears cnd	No. 10 cn			4.00	4.00			3.96	3.96
Peas cnd [j]	No. 10 cn			4.00	4.00			3.08	3.08
Peas cnd [k]	No. 10 cn							0.34	0.34

		STAFF				PATIENTS			
INGREDIENTS	UNIT	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D
Peppers green dehy	No. 2 1/2 cn		0.43		0.43		0.33		0.33
Pickles cuc dill whole	No. 10 cn		1.00		1.00		0.77		0.77
Pork puree cnd	15 oz cn						2.80		2.80
Potatoes wht inst gran	No. 10 cn			1.00	1.00		0.04	0.81	0.85
Potatoes wht inst gran [c]	No. 10 cn	1.00			1.00	0.77			0.77
Raisins	No. 10 cn	1.00			1.00	0.77			0.77
Shortening compound	lb			1.50	1.50			1.16	1.16
Shortening compound [c]	lb	2.00			2.00	1.54			1.54
Soup & GB inst beef	No. 2 1/2 cn	0.25		0.33	0.58	0.30		0.36	0.66
Soup & GB inst chicken	No. 2 1/2 cn						0.04		0.04
Soup dehy chicken	No. 2 1/2 cn		4.00		4.00		3.94		3.94
Sugar refined gran	lb		8.83	5.33	14.16	11.63	8.03	5.42	25.08
Sugar refined gran [g]	lb		2.75		2.75		2.12		2.12
Syrup imit maple	No. 10 cn		0.25		0.25		0.20		0.20
Tea blk ind bags	100/bx	0.25	0.25	0.25	0.75	0.36	0.36	0.36	1.08
ALTERNATES									
[a] Juice grpfrt cnd	No. 3 cyl cn					3.83			3.83
[b] Egg mix dehy	No. 3 cyl					0.15			0.15
[b] Des pwd pud inst van	No. 10 cn					0.13			0.13
[b] Juice orange canned	No. 3 cyl cn					0.57			0.57
[c] Bread	lb	16.00			16.00	12.32			12.32
[c] Margarine	lb	3.13			3.13	2.41			2.41
[c] Peanut butter	No. 2 1/2 cn	3.50			3.50	2.70			2.70
[c] Jelly grape	No. 2 1/2 cn	4.00			4.00	3.08			3.08
[d] Des pwd stwby qck jel	24 oz cn					0.44			0.44
[e] Applesauce cnd	No. 10 cn					0.92			0.92
[f] Egg mix dehy	No. 3 cyl cn						0.06		0.06
[f] Des pwd pud van	No. 10 cn						0.05		0.05
[g] Pie fil prep apple	No. 10 cn		3.50		3.50		2.70		2.70
[h] Des pwd orange qck jel	24 oz cn						0.32		0.32
[i] Egg mix dehy	No. 3 cyl cn							0.06	0.06
[i] Des pwd pud van	No. 10 cn							0.05	0.05
[j] Peas dehy comp	No. 2 1/2 cn			4.00	4.00			3.08	3.08
[k] Peas, dehy comp	No 2 1/2 cn							0.18	0.18
[l] Des pwd rsby qck jel	24 oz cn							0.32	0.32

MEDICAL B RATION MENU - DAY 2

	REGULAR	DENTAL LIQUID	FULL LIQUID	CLEAR LIQUID	FORCED FLUIDS
BREAKFAST	Orange Juice Hot Farina w/Milk Cheese Omelet Catsup Bacon Quick Coffee Cake [1] Bread [2] Margarine Peanut Butter Strawberry Jam Milk Coffee Tea Decaffeinated Coffee Cocoa Nondairy Creamer Sugar-Salt-Pepper	Orange Juice Thin Farina Chocolate Eggnog Milk Coffee Tea Decaffeinated Coffee Cocoa Nondairy Creamer Sugar-Salt-Pepper	Orange Juice Thin Farina Chocolate Eggnog Cherry Gelatin Milk Coffee Tea Decaffeinated Coffee Cocoa Nondairy Creamer Sugar-Salt	Orange Juice [7] Chicken Broth Cherry Gelatin Coffee Tea Decaffeinated Coffee Sugar-Salt	Lemonade Beverage
1000 Hours	Nourishment/Late Meals [4] Peach Milkshake [5,6] Crackers [5] Peanut Butter-Strawberry Jam [5]	Peach Milkshake Lemonade Beverage	Peach Milkshake Lemonade Beverage	Tea w/ Sugar Lemonade Beverage	
LUNCH	Tomato Vegetable Noodle Soup w/Crackers Grilled Hamburgers w/Fried Onions Catsup Mustard Hashed Brown Potatoes Buttered Corn Dill Pickles Bread [2] Margarine [3] Chocolate Pudding Coffee Tea Decaffeinated Coffee Grape Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Tomato Vegetable Noodle Soup Thin Veal Thin Potatoes Thin Carrots Thin Applesauce Thin Chocolate Pudding Coffee Tea Decaffeinated Coffee Grape Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Tomato Vegetable Noodle Soup Strawberry Eggnog Thin Applesauce Thin Chocolate Pudding Coffee Tea Decaffeinated Coffee Grape Beverage Nondairy Creamer Sugar-Salt	Strained Tomato Vegetable Noodle Soup Orange Gelatin Coffee Tea Decaffeinated Coffee Grape Beverage Sugar-Salt	
1400 Hours	Nourishment/Late Meals [4] Vanilla Milkshake [5,6] Crackers [5] Peanut Butter-Grape Jelly [5]	Vanilla Milkshake Lemonade Beverage	Vanilla Milkshake Lemonade Beverage	Tea w/ Sugar Lemonade Beverage	
DINNER	Creole Chicken Steamed Rice Buttered Green Beans Cabbage and Green Pepper Salad Cornbread [1] Bread [2] Margarine Pineapple Oatmeal Cookie Bars Milk Coffee Tea Decaffeinated Coffee Fruit Punch Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Potato Soup Thin Chicken Thin Potatoes w/Cheese Thin Green Beans Thin Peaches Thin Baked Custard Milk Coffee Tea Decaffeinated Coffee Fruit Punch Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Potato Soup Mocha Eggnog Thin Peaches Thin Baked Custard Milk Coffee Tea Decaffeinated Coffee Fruit Punch Beverage Nondairy Creamer Sugar-Salt	Beef Broth Strawberry Gelatin Coffee Tea Decaffeinated Coffee Fruit Punch Beverage Sugar-Salt	
2000 Hours	Nourishment/Late Meals [4] Peanut Butter Milkshake [5,6] Crackers [5] Peanut Butter-Peach Jam [5]	Peanut Butter Milkshake Lemonade Beverage	Peanut Butter Milkshake Lemonade Beverage	Tea w/Sugar Lemonade Beverage	

Footnotes:
[1] Delete when bread is available
[2] Add when available
[3] Bread/sandwich accompaniment
[4] Late Meals: Crackers (eight 2-inch squares), peanut butter, jelly and milkshake will be served to patients on Regular Diets. The appropriate nourishments will be served to patients on Liquids Diets.
[5] Nourishment for High Calorie-High Protein Diets
[6] Nourishment for Dental Soft Diets
[7] Strain canned juice

COMPOSITE LIST OF FOOD ITEMS - DAY 2

BREAKFAST

FOOD ITEM	RECIPE
Orange Juice [a]	F-3-M-1
Hot Farina w/Milk	D-6-M-1
Thin Farina	D-7-M
Cheese Omelet	E-2
Catsup	
Bacon	G-1
Chocolate Eggnog [b]	A-12-M-4
Chicken Broth	I-6-M
Cherry Gelatin [c]	C-20-M
Quick Coffee Cake [d]	B-6
Margarine	
Peanut Butter	
Strawberry Jam	
Milk	A-6-M-1
Coffee (staff)	A-2-M
(patients)	A-3-M-1
Tea	A-5-M
Decaffeinated Coffee	A-4-M
Cocoa	A-8-M
Nondairy Creamer	
Sugar	
Salt	
Pepper	
Peach Milkshake	A-11-M
*Lemonade Beverage	A-1-M
Tea	A-5-M
Sugar	
Crackers	
Peanut Butter	
Strawberry Jam	

ALTERNATES

[a] Orange Juice, canned
[b] Chocolate Eggnog A-14-M-1
[c] Raspberry Quick Jell C-21-M
[d] Bread

LUNCH

FOOD ITEM	RECIPE
Tomato Vegetable Noodle Soup	I-5
Crackers	
Thin Cream of Tomato Vegetable Noodle Soup	I-9-M
Strained Tomato Vegetable Noodle Soup	I-8-M
Grilled Hamburgers w/Fried Onions	G-18-1
Catsup	
Mustard	
Thin Veal	G-49-M-1
Strawberry Eggnog [e]	A-12-M-5
Hashed Brown Potatoes	J-15-M
Thin Potatoes	J-28-M
Buttered Corn	J-10
Thin Carrots	J-25-M
Dill Pickles	
Thin Applesauce [f]	F-5-M-1
Chocolate Pudding	C-16
Thin Chocolate Pudding	C-23-M
Orange Gelatin [g]	C-20-M
Coffee (staff)	A-2-M
(patients)	A-3-M-1
Tea	A-5-M
Decaffeinated Coffee	A-4-M
Grape Beverage	A-1-M
Nondairy Creamer	
Sugar	
Salt	
Pepper	
Vanilla Milkshake	A-10-M
Tea	A-5-M
Sugar	
Crackers	
Peanut Butter	
Grape Jelly	

ADDITIONS

Bread
Margarine

ALTERNATES

[e] Strawberry Eggnog A-14-M-2
[f] Thin Applesauce F-5-M-1-A
[g] Orange Quick Jell C-21-M

DINNER

FOOD ITEM	RECIPE
Thin Cream of Potato Soup	I-14-M
Beef Broth	I-6-M
Creole Chicken [h]	G-25
Thin Chicken	G-49-M-1
Mocha Eggnog [i]	A-12-M-2
Steamed Rice	D-4
Thin Potatoes w/Cheese	J-29-M
Buttered Green Beans [j]	J-2a
Thin Green Beans [k]	J-24-M-A
Cabbage & Green Pepper Salad	H-1-M-1
Cornbread [l]	B-3-1
Margarine	
Pineapple	
Thin Peaches	F-5-M-3
Oatmeal Cookie Bars	C-6-2
Thin Baked Custard	C-22-M-1
Strawberry Gelatin [m]	C-20-M
Milk	A-6-M-1
Coffee (staff)	A-2-M
(patients)	A-3-M-1
Tea	A-5-M
Decaffeinated Coffee	A-4-M
Fruit Punch Beverage	A-1-M
Nondairy Creamer	
Sugar	
Salt	
Pepper	
Peanut Butter Milkshake	A-10-M-4
Tea	A-5-M
Sugar	
Crackers	
Peanut Butter	
Peach Jam	

ALTERNATES

[h] Creole Chicken G-25-Note
[i] Mocha Eggnog A-13-M-2
[j] Buttered Green Beans J-2a-Note
[k] Thin Green Beans J-24-M
[l] Bread
[m] Strawberry Quick Jell C-21-M

* Daily forced fluid and nourishment for Liquid Diets

INGREDIENTS FOR MEALS - DAY 2

BREAKFAST		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Orange Juice [a]		100		99	
Orange juice inst [a]	No. 2 1/2 cn		6.25		6.19
water [a]	gal		5.75		5.69
Hot Farina w/Milk		100		77	
Cereal wheat farina	28 oz bx		3.43		2.64
water	qt		4.00		3.08
salt table	tbsp		6.00		4.62
water	gal		4.00		3.08
Milk dry nonfat	No. 10 cn		0.75		0.58
water	gal		2.75		2.12
Thin Farina				11	
Cereal wheat farina	28 oz bx				0.23
salt table	tsp				0.55
water	qt				1.38
Milk dry nonfat	No. 10 cn				0.07
water	qt				1.03
Sugar refined gran	lb				0.11
Cheese Omelet		100		77	
Egg mix dehy	No. 3 cyl cn		7.00		5.39
Cheese Amer proc dehy	No. 10 cn		0.75		0.58
Flour wheat gen pur	lb		1.13		0.87
salt table	tbsp		2.33		1.80
water	gal		2.75		2.12
Shortening compound	lb		1.13		0.87
Catsup		100		77	
Catsup tomato	No. 10 cn		0.50		0.39
Bacon		100		77	
Bacon sliced precooked	No. 10 cn		1.00		0.77
Chocolate Eggnog [b]				11	
Eggnog mix [b]	2 lb bag				0.43
Milk dry nonfat	No. 10 cn				0.12
creamer nondairy dry	cup				0.83
water	qt				2.48
Bkfst inst dry choc ind	1.23 oz pg				11.00
Chicken Broth				11	
Soup & GB inst chicken	No. 2 1/2 cn				0.11
water	qt				2.75
Cherry Gelatin [c]				15	
Dessert pwd gel cherry [c]	No. 2 1/2 cn				0.31
water [c]	cup				6.75
Quick Coffee Cake [d]		100		77	
Biscuit mix [d]	No. 10 cn		1.50		1.16
Sugar refined gran [d]	lb		1.50		1.16
Egg mix dehy [d]	No. 3 cyl cn		0.33		0.26
water [d]	qt		2.00		1.54
Cookie mix oatmeal [d]	No. 10 cn		0.67		0.51
cinnamon grnd [d]	tsp		3.00		2.31
Margarine [d]	lb		0.50		0.39
Margarine		100		77	
Margarine	lb		3.13		2.41
Peanut Butter		100		77	
Peanut butter	No. 2 1/2 cn		3.50		2.70
Strawberry Jam		100		77	

LUNCH		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Tom Veg Noodle Soup		100		77	
Soup dehy tom veg	No. 2 1/2 cn		4.00		3.08
water	gal		6.25		4.81
Crackers		100		77	
Crackers soda salted	lb		2.66		2.05
Thin Cr Tom Veg Soup				11	
Soup dehy tom veg	No. 2 1/2 cn				0.42
Milk dry nonfat	No. 10 cn				0.09
water	qt				2.57
Str Tom Veg Soup				11	
Soup dehy tom veg	No. 2 1/2 cn				0.44
water	gal				0.69
Gr Hmbgrs w/Fr Ons		100		77	
Beef patties dehy	No. 10 cn		7.00		5.39
water	gal		6.00		4.62
Soup & GB inst beef	No. 2 1/2 cn		0.33		0.26
onions dehy chopped	cup		10.67		8.21
water	gal		1.50		1.16
Shortening compound	lb		1.94		1.49
salt table	tbsp		6.00		4.62
Catsup		100		77	
Catsup tomato	No. 10 cn		0.50		0.39
Mustard		100		77	
Mustard prepared	No. 2 1/2 cn		2.00		1.54
Thin Veal				7	
Veal puree cnd	15 oz cn				2.80
water	cup				2.80
Margarine	lb				0.18
Soup & GB inst chicken	No. 2 1/2 cn				0.04
Strawberry Eggnog [e]				4	
Eggnog mix [e]	2 lb bag				0.16
Milk dry nonfat	No. 10 cn				0.04
creamer nondairy dry	cup				0.30
water	qt				0.90
Bkfst ins dry strby ind	1.23 oz pg				4.00
Hashed Brown Potatoes		100		77	
Potatoes wht dehy diced	No. 10 cn		3.50		2.70
water	gal		6.50		5.01
salt table	cup		0.19		0.15
Shortening Compound	lb		2.50		1.93
Thin Potatoes				7	
water	qt				1.14
Margarine	lb				0.02
salt table	tsp				0.35
Potatoes wht inst gran	No. 10 cn				0.04
Milk dry nonfat	No. 10 cn				0.01
Buttered Corn		100		77	
Corn cnd	No. 10 cn		4.00		3.08
Margarine	lb		1.00		0.77
pepper blk grnd	tsp		1.00		0.77
Thin Carrots				7	
Carrots cnd	No. 10 cn				0.36
Margarine	lb				0.04

DINNER		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Thin Cr of Potato Soup				11	
Milk dry nonfat	No. 10 cn				0.07
water	qt				2.75
Soup & GB inst chicken	No. 2 1/2 cn				0.04
Potatoes wht inst gran	No. 10 cn				0.09
Margarine	lb				0.03
Beef Broth				11	
Soup & GB inst beef	No. 2 1/2 cn				0.11
water	qt				2.75
Creole Chicken [h]		100		77	
water [h]	gal		3.25		2.50
Chicken dehy [h]	No. 10 cn		3.60		2.77
onions dehy chopped	cup		2.00		1.54
Peppers green dehy	No. 2 1/2 cn		2.00		1.54
water	gal		1.00		0.77
Shortening compound	lb		0.75		0.58
garlic dehy	tsp		2.00		1.54
Tomatoes cnd	No. 10 cn		4.00		3.08
salt table	tbsp		6.00		4.62
pepper blk grnd	tbsp		2.00		1.54
Sugar refined gran	lb		0.25		0.19
Worcestershire sauce	cup		0.25		0.19
Flour wheat gen pur	lb		0.50		0.39
Thin Chicken				7	
Chicken puree cnd	15 oz cn				2.80
water	cup				2.80
Margarine	lb				0.18
Soup & GB inst chicken	No. 2 1/2 cn				0.04
Mocha Eggnog [i]				4	
Eggnog mix [i]	2 lb bag				0.16
Milk dry nonfat	No. 10 cn				0.04
creamer nondairy dry	cup				0.30
water	qt				0.90
coffee inst fd decaf	cup				0.08
Cocoa bev pwd ind	1 oz pg				1.60
Steamed Rice		100		77	
Rice parboiled	lb		9.00		6.93
water	gal		2.75		2.12
Margarine	lb		0.25		0.19
Thin Potatoes w/Cheese				7	
water	qt				1.14
Margarine	lb				0.02
salt table	tsp				0.35
Potatoes wht inst gran	No. 10 cn				0.04
Milk dry nonfat	No. 10 cn				0.01
Cheese Amer proc dehy	No. 10 cn				0.06
Buttered Green Beans [j]		100		77	
Beans grn dehy comp [j]	No. 2 1/2 cn		2.00		1.54
water [j]	gal		3.50		2.70
Margarine	lb		1.00		0.77
pepper blk grnd [j]	tsp		1.00		0.77
Thin Green Beans [k]				7	
Beans green dehy comp [k]	No. 2 1/2 cn				0.09

BREAKFAST		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Jam strawberry	No. 2 1/2 cn		4.00		3.08
Milk		100		88	
Milk dry nonfat	No. 10 cn		1.52		1.34
water	gal		5.83		5.13
Coffee (staff)		100			
Coffee roasted grnd	lb		2.50		
water	gal		6.25		
Coffee (patients)				100	
coffee inst	2.5 gm pg				100.00
water	gal				6.25
Tea		25		25	
Tea blk ind bags	100/bx		0.25		0.25
water	gal		1.56		1.56
Decaffeinated Coffee		25		25	
coffee inst fd decaf ind	1.5 gm pg		25.00		25.00
water	gal		1.56		1.56
Cocoa		50		50	
Cocoa bev pwd ind	1 oz pg		50.00		50.00
water	gal		3.13		3.13
Nondairy Creamer		50		50	
creamer nondairy dry ind	3 gm pg		50.00		50.00
Sugar		100		100	
sugar refined ind	0.14 oz pg		200.00		200.00
Salt		100		100	
salt table ind	1.13 gm pg		100.00		100.00
Pepper		100		84	
pepper blk grnd ind	0.18 gm pg		100.00		84.00
Peach Milkshake				23	
Milk dry nonfat	No. 10 cn				0.29
Ice cream mix dehy van	No. 10 cn				0.55
water	qt				2.30
Peaches cnd	No. 10 cn				0.74
Lemonade Beverage				216	
Bev base pwd lemonade	5 gal yld pg				2.88
Sugar refined gran	lb				11.52
water	gal				14.40
Tea				11	
Tea blk ind bags	100/bx				0.11
water	gal				0.69
Sugar				11	
sugar refined ind	0.14 oz pg				11.00
Crackers				9	
Crackers soda salted	lb				0.47
Peanut Butter				9	
Peanut butter	No. 2 1/2 cn				0.31
Strawberry Jam				9	
Jam strawberry	No. 2 1/2 cn				0.36
ALTERNATES					
[a] **Orange Juice**		100		99	

LUNCH		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Dill Pickles		100		77	
Pickles cuc dill whole	No. 10 cn		1.00		0.77
Thin Applesauce [f]				11	
Applesauce inst [f]	No. 2 1/2 cn				0.95
water [f]	qt				2.61
Chocolate Pudding		100		77	
Milk dry nonfat	No. 10 cn		0.63		0.48
water	gal		2.75		2.12
Des pwd pud inst choc	No. 10 cn		1.33		1.03
Thin Chocolate Pudding				11	
Milk dry nonfat	No. 10 cn				0.06
water	cup				4.00
Des pwd pud inst choc	No. 10 cn				0.09
Orange Gelatin [g]				11	
Des pwd gel orange [g]	No. 2 1/2 cn				0.23
water [g]	cup				4.96
Coffee(staff)		100			
Coffee roasted grnd	lb		2.50		
water	gal		6.25		
Coffee(patients)				100	
coffee inst	2.5 gm pg				100.00
water	gal				6.25
Tea		25		25	
Tea blk ind bags	100/bx		0.25		0.25
water	gal		1.56		1.56
Decaffeinated Coffee		25		25	
coffee inst fd decaf ind	1.5 gm pg		25.00		25.00
water	gal		1.56		1.56
Grape Beverage		100		100	
Bev base pwd grape	5 gal yld pg		1.33		1.33
Sugar refined gran	lb		5.33		5.33
water	gal		6.67		6.67
Nondairy Creamer		50		50	
creamer nondairy dry ind	3 gm pg		50.00		50.00
Sugar		100		100	
sugar refined ind	0.14 oz pg		100.00		100.00
Salt		100		100	
salt table ind	1.13 gm pg		100.00		100.00
Pepper		100		84	
pepper blk grnd ind	0.18 gm pg		100.00		84.00
Vanilla Milkshake				23	
Milk dry nonfat	No. 10 cn				0.29
Ice cream mix dehy van	No. 10 cn				0.55
water	qt				5.18
Tea				11	
Tea blk ind bags	100/bx				0.11
water	gal				0.69
Sugar				11	
sugar refined ind	0.14 oz pg				11.00
Crackers				9	
Crackers soda salted	lb				0.47
Peanut Butter				9	

DINNER		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Margarine	lb				0.04
water [k]	qt				1.23
Cab & Grn Pepper Sld		100		77	
Cabbage dehy comp	No. 2 1/2 cn		3.00		2.31
Peppers green dehy	No. 2 1/2 cn		1.00		0.77
water	gal		3.50		2.70
Sugar refined gran	lb		1.75		1.35
salt table	tbsp		3.00		2.31
pepper blk grnd	tsp		2.00		1.54
vinegar dry synthetic	pg		1.00		0.77
water	qt		1.25		0.96
Cornbread [l]		100		77	
Corn bread mix [l]	No. 10 cn		3.00		2.31
water [l]	qt		5.50		4.24
Shortening compound [l]	lb		0.25		0.19
Margarine		100		77	
Margarine	lb		3.13		2.41
Pineapple		100		77	
Pineapple slices cnd	No. 10 cn		4.00		3.08
Thin Peaches				11	
Peaches cnd	No. 10 cn				0.88
Oatmeal Cookie Bars		100		77	
Cookie mix oatmeal	No. 10 cn		2.00		1.54
water	cup		1.75		1.35
Thin Baked Custard				11	
Egg mix dehy	No. 3 cyl cn				0.20
Milk dry nonfat	No. 10 cn				0.13
Dessert pwd pud inst van	No. 10 cn				0.05
Sugar refined gran	lb				0.09
water	qt				2.51
cinnamon grnd	tsp				0.20
Strawberry Gelatin [m]				11	
Dessert pwd gel stwby [m]	No. 2 1/2 cn				0.23
water [m]	cup				4.96
Milk		100		88	
Milk dry nonfat	No. 10 cn		1.52		1.34
water	gal		5.83		5.13
Coffee (staff)		100			
Coffee roasted grnd	lb		2.50		
water	gal		6.25		
Coffee (patient)				100	
coffee inst	2.5 gm pg				100.00
water	gal				6.25
Tea		25		25	
Tea blk ind bags	100/bx		0.25		0.25
water	gal		1.56		1.56
Decaffeinated Coffee		25		25	
coffee inst fd decaf ind	1.5 gm pg		25.00		25.00
water	gal		1.56		1.56
Fruit Punch Beverage		100		100	
Bev base pwd ft pnch	5 gal yld pg		1.33		1.33
Sugar refined gran	lb		5.33		5.33

BREAKFAST		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Juice Orange cnd	No. 3 cyl cn		17.39		17.22
[b] **Chocolate Eggnog**				11	
Egg mix dehy	No. 3 cyl cn				0.15
[c] **Raspberry Quick Jell**				15	
Des pwd rspby qck jel	24 oz cn				0.44
water	qt				1.60
[d] **Bread**		100		77	
Bread	lb		16.00		12.32

LUNCH		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Peanut butter	No. 2 1/2 cn				0.31
Grape Jelly				9	
Jelly grape	No. 2 1/2 cn				0.36
ADDITIONS					
Bread		100		77	
Bread	lb		16.00		12.32
Margarine		100		77	
Margarine	lb		3.13		2.41
ALTERNATES					
[e] **Strawberry Eggnog**				4	
Egg mix dehy	No. 3 cyl cn				0.06
[f] **Thin Applesauce**				11	
Applesauce cnd	No. 10 cn				0.55
water	qt				1.10
[g] **Orange Quick Jell**				11	
Des pwd orng qck jel	24 oz cn				0.32
water	qt				1.17

DINNER		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
water	gal		6.67		6.67
Nondairy Creamer		50		50	
creamer nondairy	3 gm pg		50.00		50.00
Sugar		100		100	
sugar refined ind	0.14 oz pg		100.00		100.00
Salt		100		100	
salt table ind	1.13 gm pg		100.00		100.00
Pepper		100		84	
pepper blk grnd ind	0.18 gm pg		100.00		84.00
Peanut Butter Mlkshk				23	
Milk dry nonfat	No. 10 cn				0.29
Ice cream mix dehy van	No. 10 cn				0.55
water	qt				5.18
Peanut butter	No. 2 1/2 cn				0.32
Tea				11	
Tea blk ind bags	100/bx				0.11
water	gal				0.69
Sugar				11	
sugar refined ind	0.14 oz pg				11.00
Crackers				9	
Crackers soda salted	lb				0.47
Peanut Butter				9	
Peanut butter	No. 2 1/2 cn				0.31
Peach Jam				9	
Jam peach	No. 2 1/2 cn				0.36
ALTERNATES					
[h] **Creole Chicken**		100		77	
Chicken cnd	29 oz cn		10.00		7.70
[i] **Mocha Eggnog**				4	
Egg mix dehy	No. 3 cyl cn				0.06
Des pwd pud inst van	No. 10 cn				0.05
cinnamon grnd	tsp				0.10
[j] **Buttered Green Beans**		100		77	
Beans green cnd	No. 10 cn		4.00		3.08
pepper blk grnd	tsp		2.00		1.54
[k] **Thin Green Beans**				7	
Beans green cnd	No. 10 cn				0.35
[l] **Bread**		100		77	
Bread	lb		16.00		12.32
[m] **Strawberry Quick Jell**				11	
Des pwd stwby qck jel	24 oz cn				0.32
water	qt				1.17

ISSUE CHART FOR MEALS- DAY 2

		STAFF				PATIENTS			
INGREDIENTS	UNIT	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D
Applesauce inst [f]	No. 2 1/2 cn						0.95		0.95
Bacon sliced precooked	No. 10 cn	1.00			1.00	0.77			0.77
Beans green dehy comp [k]	No. 2 1/2 cn							0.09	0.09
Beans green dehy comp [j]	No. 2 1/2 cn			2.00	2.00			1.54	1.54
Beef patties dehy	No. 10 cn		7.00		7.00		5.39		5.39
Bev base pwd fruit punch	5 gal yld pg			1.33	1.33			1.33	1.33
Bev base pwd grape	5 gal yld pg		1.33		1.33		1.33		1.33
Bev base pwd lemonade	5 gal yld pg					2.88			2.88
Biscuit mix [d]	No. 10 cn	1.50			1.50	1.16			1.16
Bkfst inst dry choc ind	1.23 oz pg					11.00			11.00
Bkfst inst dry stwby ind	1.23 oz pg						4.00		4.00
Bread	lb		16.00		16.00		12.32		12.32
Cabbage dehy comp	No. 2 1/2 cn			3.00	3.00			2.31	2.31
Carrots cnd	No. 10 cn						0.36		0.36
Catsup tomato	No. 10 cn	0.50	0.50		1.00	0.39	0.39		0.78
Cereal wheat farina	28 oz bx	3.43			3.43	2.87			2.87
Cheese Amer proc dehy	No. 10 cn	0.75			0.75	0.58		0.06	0.64
Chicken dehy [h]	No. 10 cn			3.60	3.60			2.77	2.77
Chicken puree cnd	15 oz cn							2.80	2.80
Cocoa bev pwd ind	1 oz pg	50.00			50.00	50.00		1.60	51.60
Coffee roasted grnd	lb	2.50	2.50	2.50	7.50				
Cookie mix oatmeal	No. 10 cn			2.00	2.00			1.54	1.54
Cookie mix oatmeal [d]	No. 10 cn	0.67			0.67	0.51			0.51
Corn bread mix [l]	No. 10 cn			3.00	3.00			2.31	2.31
Corn cnd	No. 10 cn		4.00		4.00		3.08		3.08
Crackers soda salted	lb		2.66		2.66	0.47	2.52	0.47	3.46
Dessert pwd gel cherry [c]	No. 2 1/2 cn					0.31			0.31
Dessert pwd gel orange [g]	No. 2 1/2 cn						0.23		0.23
Dessert pwd gel stwby [m]	No. 2 1/2 cn							0.23	0.23
Dessert pwd pud inst choc	No. 10 cn		1.33		1.33		1.12		1.12
Dessert pwd pud inst van	No. 10 cn							0.05	0.05
Egg mix dehy	No. 3 cyl cn	7.00			7.00	5.39		0.20	5.59
Egg mix dehy [d]	No. 3 cyl cn	0.33			0.33	0.26			0.26
Eggnog mix [b]	2 lb bag					0.43			0.43
Eggnog mix [e]	2 lb bag						0.16		0.16
Eggnog mix [i]	2 lb bag							0.16	0.16
Flour wheat gen pur	lb	1.13		0.50	1.63	0.87		0.39	1.26
Ice cream mix dehy van	No. 10 cn					0.55	0.55	0.55	1.65
Jam peach	No. 2 1/2 cn							0.36	0.36
Jam strawberry	No. 2 1/2 cn	4.00			4.00	3.44			3.44
Jelly grape	No. 2 1/2 cn						0.36		0.36
Juice orange inst [a]	No. 2 1/2 cn	6.25			6.25	6.19			6.19
Margarine	lb	3.63	4.13	4.38	12.14	2.80	3.42	3.64	9.86
Milk dry nonfat	No. 10 cn	2.27	0.63	1.52	4.42	2.40	0.97	1.88	5.25
Mustard prepared	No. 2 1/2 cn		2.00		2.00		1.54		1.54
Peaches cnd	No. 10 cn					0.74		0.88	1.62
Peanut butter	No. 2 1/2 cn	3.50			3.50	3.01	0.31	0.63	3.95
Peppers green dehy	No. 2 1/2 cn			3.00	3.00			2.31	2.31
Pickles cuc dill whole	No. 10 cn		1.00		1.00		0.77		0.77
Pineapple slices cnd	No. 10 cn			4.00	4.00			3.08	3.08

		STAFF				PATIENTS			
INGREDIENTS	UNIT	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D
Potatoes wht dehy diced	No. 10 cn		3.50		3.50		2.70		2.70
Potatoes wht inst gran	No. 10 cn						0.04	0.13	0.17
Rice parboiled	lb			9.00	9.00			6.93	6.93
Shortening compound	lb	1.13	4.44	1.00	6.57	0.87	3.42	0.77	5.06
Soup & GB inst beef	No. 2/1 2 cn		0.33		0.33		0.26	0.11	0.37
Soup & GB inst chicken	No. 2 1/2 cn					0.11	0.04	0.08	0.23
Soup dehy tom veg	No. 2 1/2 cn		4.00		4.00		3.94		3.94
Sugar refined gran	lb		5.33	7.33	12.66	11.63	5.33	6.96	23.92
Sugar refined gran [d]	lb	1.50			1.50	1.16			1.16
Tea blk ind bags	100/bx	0.25	0.25	0.25	0.75	0.36	0.36	0.36	1.08
Tomatoes cnd	No. 10 cn			4.00	4.00			3.08	3.08
Veal puree cnd	15 oz cn						2.80		2.80
ALTERNATES									
[a] Juice orange cnd	No. 3 cyl cn	17.39			17.39	17.22			17.22
[b] Egg mix dehy	No. 3 cyl cn					0.15			0.15
[c] Des pwd rsby qck jel	24 oz cn					0.44			0.44
[d] Bread	lb	16.00			16.00	12.32			12.32
[e] Egg mix dehy	No. 3 cyl cn						0.06		0.06
[f] Applesauce cnd	No. 10 cn						0.55		0.55
[g] Des pwd orange qck jel	24 oz cn						0.32		0.32
[h] Chicken cnd	29 oz cn			10.00	10.00			7.70	7.70
[i] Egg mix dehy	24 oz cn							0.06	0.06
[i] Dessert pwd pud inst van	No. 10 cn							0.05	0.05
[j] Beans green cnd	No. 10 cn			4.00	4.00			3.08	3.08
[k] Beans green cnd	No. 10 cn							0.35	0.35
[l] Bread	lb			16.00	16.00			12.32	12.32
[m] Des pwd stwby qck jel	24 oz cn							0.32	0.32

MEDICAL B RATION MENU - DAY 3

	REGULAR	DENTAL LIQUID	FULL LIQUID	CLEAR LIQUID	FORCED FLUIDS
	Grapefruit & Orange Juice	Grapefruit & Orange Juice	Grapefruit & Orange Juice	Grapefruit & Orange Juice [7]	Fruit Punch Beverage
B	Hot Hominy Grits	Thin Grits	Thin Grits		
R	Griddle Cakes w/Hot Maple Syrup	Vanilla Eggnog	Vanilla Eggnog	Tomato Broth	
E	Bacon		Lemon Gelatin	Lemon Gelatin	
A	Bread [2]				
K	Margarine [3]				
F	Peanut Butter [3]				
A	Blackberry Jelly [3]				
S	Milk	Milk	Milk		
T	Coffee	Coffee	Coffee	Coffee	
	Tea	Tea	Tea	Tea	
	Decaffeinated Coffee	Decaffeinated Coffee	Decaffeinated Coffee	Decaffeinated Coffee	
	Cocoa	Cocoa	Cocoa		
	Nondairy Creamer	Nondairy Creamer	Nondairy Creamer		
	Sugar-Salt-Pepper	Sugar-Salt-Pepper	Sugar-Salt	Sugar-Salt	
	Nourishment/Late Meals [4]				
1000	Orange Milkshake [5,6]	Orange Milkshake	Orange Milkshake	Tea w/Sugar	
Hours	Crackers [5]	Fruit Punch Beverage	Fruit Punch Beverage	Fruit Punch Beverage	
	Peanut Butter-Blackberry Jelly [5]				
		Thin Cream of Corn Soup	Thin Cream of Corn Soup	Chicken Broth	
	Chili Macaroni	Thin Beef	Orange Eggnog		
		Thin Potatoes			
	Buttered Peas	Thin Peas			
L	Peach & Cottage Cheese Salad				
U	Cornbread				
N	Margarine				
C	Strawberry Jam				
H	Fruit Cocktail Pudding	Thin Fruit Cocktail	Thin Fruit Cocktail		
	Sugar Cookie Bars	Thin Vanilla Pudding	Thin Vanilla Pudding	Orange Gelatin	
	Milk	Milk	Milk		
	Coffee	Coffee	Coffee	Coffee	
	Tea	Tea	Tea	Tea	
	Decaffeinated Coffee	Decaffeinated Coffee	Decaffeinated Coffee	Decaffeinated Coffee	
	Cherry Beverage	Cherry Beverage	Cherry Beverage	Cherry Beverage	
	Nondairy Creamer	Nondairy Creamer	Nondairy Creamer		
	Sugar-Salt-Pepper	Sugar-Salt-Pepper	Sugar-Salt	Sugar-Salt	
	Nourishment/Late Meals [4]				
1400	Apple Cinnamon Milkshake [5,6]	Apple Cinnamon Milkshake	Apple Cinnamon Milkshake	Tea w/Sugar	
Hours	Crackers [5]	Fruit Punch Beverage	Fruit Punch Beverage	Fruit Punch Beverage	
	Peanut Butter-Strawberry Jam [5]				
	Beef Noodle Soup w/Crackers	Thin Cream of Beef Noodle Soup	Thin Cream of Beef Noodle Soup	Strained Beef Noodle Soup	
	Scalloped Ham & Potatoes	Thin Pork	Coffee Eggnog		
		Thin Potatoes w/Cheese			
D	Vegetable Medley	Thin Carrots			
I	Biscuits [1]				
N	Bread [2]				
N	Margarine				
E	Peanut Butter				
R	Grape Jelly	Thin Pears	Thin Pears		
	Devils Food Cake w/Vanilla Icing	Thin Chocolate Pudding	Thin Chocolate Pudding	Cherry Gelatin	
	Coffee	Coffee	Coffee	Coffee	
	Tea	Tea	Tea	Tea	
	Decaffeinated Coffee	Decaffeinated Coffee	Decaffeinated Coffee	Decaffeinated Coffee	
	Orange Beverage	Orange Beverage	Orange Beverage	Orange Beverage	
	Nondairy Creamer	Nondairy Creamer	Nondairy Creamer		
	Sugar-Salt-Pepper	Sugar-Salt-Pepper	Sugar-Salt	Sugar-Salt	
	Nourishment/Late Meals [4]				
2000	Strawberry Milkshake [5,6]	Strawberry Milkshake	Strawberry Milkshake	Tea w/Sugar	
Hours	Crackers [5]	Fruit Punch Beverage	Fruit Punch Beverage	Fruit Punch Beverage	
	Peanut Butter-Grape Jelly [5]				

Footnotes:
[1] Delete when bread is available
[2] Add when available
[3] Bread/sandwich accompaniment
[4] Late Meals: Crackers (eight 2-inch squares), peanut butter, jelly and milkshake will be served to patients receiving Regular Diets. The appropriate nourishments will be served to patients on Liquids Diets.
[5] Nourishment for High Calorie-High Protein Diets
[6] Nourishment for Dental Soft Diets
[7] Strain canned juice

COMPOSITE LIST OF FOOD ITEMS - DAY 3

BREAKFAST

FOOD ITEM	RECIPE
Grapefruit & Orange Juice [a]	F-3-M-3
Hot Hominy Grits	D-6-M-2
Thin Grits	D-7-M
Griddle Cakes	B-5
Maple Syrup	
Bacon	G-1
Vanilla Eggnog [b]	A-12-M
Tomato Broth	I-7-M
Lemon Gelatin [c]	C-20-M
Milk	A-6-M-1
Coffee(staff)	A-2-M
(patients)	A-3-M-1
Tea	A-5-M
Decaffeinated Coffee	A-4-M
Cocoa	A-8-M
Nondairy Creamer	
Sugar	
Salt	
Pepper	
Orange Milkshake [d]	A-10-M-3
*Fruit Punch Beverage	A-1-M
Tea	A-5-M
Sugar	
Crackers	
Peanut Butter	
Blackberry Jelly	

ADDITIONS

Bread	
Margarine	
Peanut Butter	
Blackberry Jelly	

ALTERNATES

[a] Grapefruit Juice, canned & Orange Juice, canned	
[b] Vanilla Eggnog	A-13-M
[c] Raspberry Quick Jell	C-21-M
[d] Orange Milkshake	A-10-M-3-A

LUNCH

FOOD ITEM	RECIPE
Thin Cream of Corn Soup	I-12-M
Chicken Broth	I-6-M
Chili Macaroni [e]	G-29
Thin Beef	G-49-M-1
Orange Eggnog [f]	A-12-M-3
Thin Potatoes	J-28-M
Buttered Peas [g]	J-13
Thin Peas [h]	J-27-M
Peach & Cottage Cheese Salad	H-4-2
Cornbread	B-3-1
Margarine	
Strawberry Jam	
Fruit Cocktail Pudding	C-17
Thin Fruit Cocktail	F-5-M-2
Sugar Cookie Bars	C-8-3
Thin Vanilla Pudding	C-23-M
Orange Gelatin [i]	C-20-M
Milk	A-6-M-1
Coffee (staff)	A-2-M
(patients)	A-3-M-1
Tea	A-5-M
Decaffeinated Coffee	A-4-M
Cherry Beverage	A-1-M
Nondairy Creamer	
Sugar	
Salt	
Pepper	
Apple Cinnamon Milkshake [j]	A-10-M-1
Tea	A-5-M
Sugar	
Crackers	
Peanut Butter	
Strawberry Jam	

ALTERNATES

[e] Chili Macaroni	G-28
[f] Orange Eggnog	A-13-M-3-A
[g] Buttered Peas	J-13-Note
[h] Thin Peas	J-27-M-A
[i] Orange Quick Jell	C-21-M
[j] Apple Cinnamon Milkshake	A-10-M-1-A

DINNER

FOOD ITEM	RECIPE
Beef Noodle Soup	I-1
Crackers	
Thin Cream of Beef Noodle Soup	I-9-M
Strained Beef Noodle Soup	I-8-M
Scalloped Ham & Potatoes	G-33-M
Thin Pork	G-49-M-1
Coffee Eggnog [k]	A-12-M-1
Thin Potatoes w/Cheese	J-29-M
Vegetable Medley [l]	J-22
Thin Carrots	J-25-M
Biscuits [m]	B-2
Margarine	
Peanut Butter	
Grape Jelly	
Thin Pears	F-5-M-4
Devils Food Cake w/	C-1-1
Vanilla Icing	C-3
Thin Chocolate Pudding	C-23-M
Cherry Gelatin [n]	C-20-M
Coffee (staff)	A-2-M
(patients)	A-3-M-1
Tea	A-5-M
Decaffeinated Coffee	A-4-M
Orange Beverage	A-1-M
Nondairy Creamer	
Sugar	
Salt	
Pepper	
Strawberry Milkshake	A-10-M-5
Tea	A-5-M
Sugar	
Crackers	
Peanut Butter	
Grape Jelly	

ALTERNATES

[k] Coffee Eggnog	A-13-M-1
[l] Vegetable Medley	J-22-Note
[m] Bread	
[n] Strawberry Quick Jell	C-21-M

*Daily forced fluid and nourishment for Liquid Diets

INGREDIENTS FOR MEALS - DAY 3

BREAKFAST		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Grpfrt & Orange Jce [a]		100		99	
Juice grapefruit inst [a]	15 1/2 oz cn		2.50		2.48
Juice orange inst [a]	No. 2 1/2 cn		3.75		3.71
water [a]	gal		5.75		5.69
Hot Hominy Grits		100		77	
Hominy grits	24 oz co		4.00		3.08
salt table	tbsp		6.00		4.62
water	gal		4.50		3.47
Thin Grits				11	
Hominy grits	24 oz co				0.46
salt table	tsp				0.55
water	qt				1.99
Milk dry nonfat	No. 10 cn				0.07
water	qt				1.03
Sugar refined gran	lb				0.11
Griddle Cakes		100		77	
Pancake mix	No. 10 cn		4.00		3.08
water	gal		2.19		1.68
Maple Syrup		100		77	
Syrup imit maple	No. 10 cn		1.50		1.16
Bacon		100		77	
Bacon sliced precooked	No. 10 cn		1.00		0.77
Vanilla Eggnog [b]				11	
Eggnog mix [b]	2 lb bag				0.43
Milk dry nonfat	No. 10 cn				0.12
creamer nondairy dry	cup				0.83
water	qt				2.48
Tomato Broth				11	
Juice tomato cnd	36 oz cn				0.09
water	qt				2.75
Soup & GB inst beef	No. 2 1/2 cn				0.06
Lemon Gelatin [c]				15	
Dessert pwd gel lemon [c]	No. 2 1/2 cn				0.31
water [c]	cup				6.75
Milk		100		88	
Milk dry nonfat	No. 10 cn		1.52		1.34
water	gal		5.83		5.13
Coffee (staff)		100			
Coffee roasted grnd	lb		2.50		
water	gal		6.25		
Coffee (patients)				100	
coffee inst	2.5 gm pg				100.00
water	gal				6.25
Tea		25		25	
Tea blk ind bags	100/bx		0.25		0.25
water	gal		1.56		1.56
Decaffeinated Coffee		25		25	
coffee inst fd decaf ind	1.5 gm pg		25.00		25.00
water	gal		1.56		1.56
Cocoa		50		50	
Cocoa bev pwd ind	1 oz pg		50.00		50.00
water	gal		3.13		3.13
Nondairy Creamer		50		50	

LUNCH		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Thin Cr of Corn Soup				11	
Milk dry nonfat	No. 10 cn				0.11
water	qt				2.06
Margarine	lb				0.28
Flour wheat gen pur	lb				0.14
salt table	tsp				1.65
Corn cnd	No. 10 cn				0.29
Chicken Broth				11	
Soup & GB inst chicken	No. 2 1/2 cn				0.11
water	qt				2.75
Chili Macaroni [e]		100		77	
Macaroni [e]	lb		8.00		6.16
water [e]	gal		4.00		3.08
onions dehy chopped [e]	cup		5.00		3.85
water [e]	qt		3.00		2.31
Shortening compound [e]	lb		0.75		0.58
Chili con carne cnd [e]	6 3/4 lb		4.00		3.08
Tomatoes cnd [e]	No. 10 cn		2.00		1.54
water [e]	qt		2.00		1.54
salt table [e]	tbsp		6.00		4.62
pepper blk [e]	tbsp		3.00		2.31
Chse Amer proc dehy [e]	No. 10 cn		0.67		0.51
water [e]	cup		1.88		1.44
Thin Beef				7	
Beef puree cnd	15 oz cn				2.80
water	cup				2.80
Margarine	lb				0.18
Soup & GB inst beef	No. 2 1/2 cn				0.04
Orange Eggnog [f]				4	
Eggnog mix [f]	2 lb bag				0.16
Milk dry nonfat	No. 10 cn				0.04
creamer nondairy dry	cup				0.30
water	qt				0.90
Juice orange inst [f]	No. 2 1/2 cn				0.14
Thin Potatoes				7	
water	qt				1.14
Margarine	lb				0.02
salt table	tsp				0.35
Potatoes wht inst gran	No. 10 cn				0.04
Milk dry nonfat	No. 10 cn				0.01
Buttered Peas [g]		100		77	
Peas cnd [g]	No. 10 cn		4.00		3.08
Margarine	lb		1.00		0.77
pepper blk grnd	tsp		1.00		0.77
Thin Peas [h]				7	
Peas cnd [h]	No. 10 cn				0.34
Margarine	lb				0.04
Pch & Cot Chse Sld		100		77	
Cheese cottage dehy	No. 10 cn		2.00		1.54
water	qt		4.25		3.27
Peaches cnd	No. 10 cn		2.00		1.54
Cornbread		100		77	
Corn bread mix	No. 10 cn		3.00		2.31

DINNER		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Beef Noodle Soup		100		77	
Soup dehy beef	No. 2 1/2 cn		4.00		3.08
water	gal		6.50		5.01
Crackers		100		77	
Crackers soda salted	lb		2.66		2.05
Thn Cr of Bf Ndl Soup				11	
Soup dehy beef	No. 2 1/2 cn				0.42
Milk dry nonfat	No. 10 cn				0.09
water	qt				2.57
Str Beef Noodle Soup				11	
Soup dehy beef	No. 2 1/2 cn				0.44
water	gal				0.72
Scalloped Ham & Pot		100		77	
onions dehy chopped	cup		0.75		0.58
water	cup		1.50		1.16
Ham chunks w/juices	29 oz cn		11.00		8.47
Potatoes wht dehy diced	No. 10 cn		1.75		1.35
water	gal		2.75		2.12
Milk dry nonfat	No. 10 cn		0.63		0.48
water	gal		2.50		1.93
Margarine	lb		3.00		2.31
Flour wheat gen pur	lb		1.50		1.16
Cheese Amer proc dehy	No. 10 cn		0.25		0.19
water	cup		0.75		0.58
Thin Pork				7	
Pork puree snd	15 oz cn				2.80
water	cup				2.80
Margarine	lb				0.18
Soup & GB inst chicken	No. 2 1/2 cn				0.04
Coffee Eggnog [k]				4	
Eggnog mix [k]	2 lb bag				0.16
Milk dry nonfat	No. 10 cn				0.04
creamer nondairy dry	cup				0.30
water	qt				0.90
coffee inst fd decaf	cup				0.12
Thin Potatoes w/Cheese				7	
water	qt				1.14
Margarine	lb				0.02
salt table	tsp				0.35
Potatoes wht inst gran	No. 10 cn				0.04
Milk dry nonfat	No. 10 cn				0.01
Cheese Amer proc dehy	No. 10 cn				0.06
Vegetable Medley [l]		100		77	
Beans green cnd [l]	No. 10 cn		2.00		1.54
Carrots cnd [l]	No. 10 cn		1.00		0.77
Corn cnd [l]	No. 10 cn		1.00		0.77
Margarine	lb		1.00		0.77
pepper blk grnd	tsp		1.00		0.77
Sugar refined granulated	lb		0.13		0.10
Thin Carrots				7	
Carrots cnd	No. 10 cn				0.36
Margarine	lb				0.04
Biscuits [m]		100		77	

BREAKFAST		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
creamer nondairy dry ind	3 gm pg		50.00		50.00
Sugar		100		100	
sugar refined ind	0.14 oz pg		200.00		200.00
Salt		100		100	
salt table	1.13 gm pg		100.00		100.00
Pepper		100		84	
pepper blk grnd ind	0.18 gm pg		100.00		84.00
Orange Milkshake [d]				23	
Milk dry nonfat	No. 10 cn				0.29
Ice cream mix dehy van	No. 10 cn				0.55
water [d]	qt				5.18
Juice orange inst [d]	No. 2 1/2 cn				1.31
Fruit Punch Beverage				216	
Bev base pwd ft punch	5 gal yld				2.88
Sugar refined gran	lb				11.52
water	gal				14.40
Tea				11	
Tea blk ind bags	100/bx				0.11
water	gal				0.69
Sugar				11	
sugar refined ind	0.14 oz pg				11.00
Crackers				9	
Crackers soda salted	lb				0.47
Peanut Butter				9	
Peanut butter	No. 2 1/2 cn				0.31
Blackberry Jelly				9	
Jelly blackberry	No. 2 1/2 cn				0.36
ADDITIONS					
Bread		100		77	
Bread	lb		16.00		12.32
Margarine		100		77	
Margarine	lb		3.13		2.41
Peanut Butter		100		77	
Peanut butter	No. 2 1/2 cn		3.50		2.70
Blackberry Jelly		100		77	
Jelly blackberry	No. 2 1/2 cn		4.00		3.08
ALTERNATES					
[a] **Grpfrt & Orange Juice**		100		99	
Juice grpfrt cnd	No. 3 cyl cn		8.70		8.61
Juice orange cnd	No. 3 cyl cn		8.70		8.61
[b] **Vanilla Eggnog**				11	
Egg mix dehy	No. 3 cyl cn				0.15
Des pwd pud inst van	No. 10 cn				0.13
cinnamon grnd	tsp				0.28
[c] **Raspberry Quick Jell**	qt			15	
Des pwd rspby qck jel					0.44
water	24 oz cn				1.60

LUNCH		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
water	qt		5.50		4.24
Shortening compound	lb		0.25		0.19
Margarine		100		77	
Margarine	lb		3.13		2.41
Strawberry Jam		100		77	
Jam strawberry	No. 2 1/2 cn		4.00		3.08
Fruit Cocktail Pudding		100		77	
Fruit cocktail cnd	No. 10 cn		2.00		1.54
Milk dry nonfat	No. 10 cn		0.47		0.36
water	gal		2.19		1.68
Dessert pwd pud inst van	No. 10 cn		1.00		0.77
Thin Fruit Cocktail				11	
Fruit cocktail cnd	No. 10 cn				0.88
Sugar Cookie Bars		100		77	
Cookie mix sugar	No. 10 cn		2.00		1.54
water	cup		2.25		1.73
Thin Vanilla Pudding				11	
Milk dry nonfat	No. 10 cn				0.06
water	cup				4.00
Dessert pwd pud inst van	No. 10 cn				0.08
Orange Gelatin [i]				11	
Dessert pwd gel orange [i]	No. 2 1/2 cn				0.23
water [i]	cup				4.96
Milk		100		88	
Milk dry nonfat	No. 10 cn		1.52		1.34
water	gal		5.83		5.13
Coffee (staff)		100			
Coffee roasted grnd	lb		2.50		
water	gal		6.25		
Coffee (patients)				100	
coffee inst	2.5 gm pg				100.00
water	gal				6.25
Tea		25		25	
Tea blk ind bags	100/bx		0.25		0.25
water	gal		1.56		1.56
Decaffeinated Coffee		25		25	
coffee inst fd decaf ind	1.5 gm pg		25.00		25.00
water	gal		1.56		1.56
Cherry Beverage		100		100	
Bev base pwd cherry	5 gal yld pg		1.33		1.33
Sugar refined gran	lb		5.33		5.33
water	gal		6.67		6.67
Nondairy Creamer		50		50	
creamer nondiary dry ind	3 gm pg		50.00		50.00
Sugar		100		100	
sugar refined ind	0.14 oz pg		100.00		100.00
Salt		100		100	
salt table ind	1.13 gm pg		100.00		100.00
Pepper		100		84	
pepper blk grnd ind	0.18 gm pg		100.00		84.00
Apple Cin Milkshake [j]				23	
Milk dry nonfat	No. 10 cn				0.29

DINNER		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Biscuit mix [m]	No. 10 cn		3.50		2.70
water [m]	qt		4.00		3.08
Margarine		100		77	
Margarine	lb		3.13		2.41
Peanut Butter		100		77	
Peanut butter	No. 2 1/2 cn		3.50		2.70
Grape Jelly		100		77	
Jelly grape	No. 2 1/2 cn		4.00		3.08
Thin Pears				11	
Pears cnd	No. 10 cn				0.88
Devils Fd Ck w/Van Ice		100		77	
Cake mix devils food	No. 10 cn		2.00		1.54
water	qt		2.50		1.93
Icing Mix van	No. 10 cn		1.00		0.77
water	cup		1.50		1.16
Thin Chocolate Pudding				11	
Milk dry nonfat	No. 10 cn				0.06
water	cup				4.00
Des pwd pud inst choc	No. 10 cn				0.09
Cherry Gelatin [n]				11	
Des pwd gel cherry [n]	No. 2 1/2 cn				0.23
water [n]	cup				4.96
Coffee (staff)		100			
Coffee roasted grnd	lb		2.50		
water	gal		6.25		
Coffee (patients)				100	
coffee inst	2.5 gm pg				100.00
water	gal				6.25
Tea		25		25	
Tea blk ind bags	100/bx		0.25		0.25
water	gal		1.56		1.56
Decaffeinated Coffee		25		25	
coffee inst fd decaf	1.5 gm pg		25.00		25.00
water	gal		1.56		1.56
Orange Beverage		100		100	
Bev base pwd orange	5 gal yld pg		1.33		1.33
Sugar refined gran	lb		5.33		5.33
water	gal		6.67		6.67
Nondairy Creamer		50		50	
creamer nondairy dry ind	3 gm pg		50.00		50.00
Sugar		100		100	
sugar refined ind	0.14 oz pg		100.00		100.00
Salt		100		100	
salt table ind	1.13 gm pg		100.00		100.00
Pepper		100		84	
pepper blk grnd ind	0.18 gm pg		100.00		84.00
Strawberry Milkshake				23	
Milk dry nonfat	No. 10 cn				0.29
Ice cream mix dehy van	No. 10 cn				0.55
water	qt				5.18
Bkfst inst dry strw ind	1.23 oz pg				9.20
Tea				11	

BREAKFAST		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
[d] **Orange Milkshake**	qt			23	
Juice orange cnd	No. 3 cyl cn				3.60

LUNCH		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Ice cream mix dehy van	No. 10 cn				0.55
water [j]	qt				5.18
Applesauce inst [j]	No. 2 1/2 cn				1.00
cinnamon grnd	tbsp				1.15
Tea				11	
Tea blk ind bags	100/bx				0.11
water	gal				0.69
Sugar				11	
sugar refined ind	0.14 oz pg				11.00
Crackers				9	
Crackers soda salted	lb				0.47
Peanut Butter				9	
Peanut butter	No. 2 1/2 cn				0.31
Strawberry Jam				9	
Jam strawberry	No. 2 1/2 cn				0.36
ALTERNATES					
[e] **Chili Macaroni**		100		77	
Macaroni	10 lb box		6.00		4.62
water	gal		3.00		2.31
onions dehy chopped	No. 10 cn		0.75		0.58
water	cup		2.00		1.54
Chili con carne dehy	No. 10 cn		4.75		3.66
Chse Amer proc dehy	No. 10 cn		0.25		0.19
water	gal		3.00		2.31
Tomatoes cnd	No. 10 cn		1.00		0.77
[f] **Orange Eggnog**				4	
Egg mix dehy	No. 3 cyl cn				0.06
Des pwd pud inst van	No. 10 cn				0.05
cinnamon grnd	tsp				0.10
water	qt				0.60
Juice orange, canned	No. 3 cyl cn				0.21
[g] **Buttered Peas**		100		77	
Peas dehy comp	No. 2 1/2 cn		4.00		3.08
water	gal		4.00		3.08
[h] **Thin Peas**				7	
Peas dehy comp	No. 2 1/2 cn				0.18
water	qt				1.05
[i] **Orange Quick Jell**				11	
Des pwd orng qck jel	24 oz cn				0.32
water	qt				1.17
[j] **Apple Cin Milkshake**				23	
water	qt				2.30
Applesauce cnd	No. 10 cn				0.92

DINNER		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Tea blk ind bags	100/bx				0.11
water	gal				0.69
Sugar				11	
sugar refined ind	0.14 oz pg				11.00
Crackers				9	
Crackers soda salted	lb				0.47
Peanut Butter				9	
Peanut butter	No. 2 1/2 cn				0.31
Grape Jelly				9	
Jelly grape	No. 2 1/2 cn				0.36
ALTERNATES					
[k] **Coffee Eggnog**				4	
Egg mix dehy	No. 3 cyl cn				0.06
Des pwd pud inst van	No. 10 cn				0.05
cinnamon grnd	tsp				0.10
[l] **Vegetable Medley**		100		77	
Veg mixed dehy	No. 2 1/2 cn		3.00		2.31
water	gal		4.50		3.47
[m] **Bread**		100		77	
Bread	lb		16.00		12.32
[n] **Strawberry Quick Jell**				11	
Des pwd stwby qck jel	24 oz cn				0.32
water	qt				1.17

ISSUE CHART FOR MEALS - DAY 3

		STAFF				PATIENTS			
INGREDIENTS	UNIT	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D
Applesauce inst [j]	No. 2 1/2 cn						1.00		1.00
Bacon sliced precooked	No. 10 cn	1.00			1.00	0.77			0.77
Beans green cnd [l]	No. 10 cn			2.00	2.00			1.54	1.54
Beef puree cnd	15 oz cn						2.80		2.80
Bev base pwd cherry	5 gal yld pg		1.33		1.33		1.33		1.33
Bev base pwd fruit punch	5 gal yld pg					2.88			2.88
Bev base pwd orange	5 gal yld pg			1.33	1.33			1.33	1.33
Biscuit mix [m]	No. 10 cn			3.50	3.50			2.70	2.70
Bkfst inst dry stwby ind	1.23 oz pg							9.20	9.20
Bread	lb	16.00			16.00	12.32			12.32
Cake mix devils food	No. 10 cn			2.00	2.00			1.54	1.54
Carrots cnd	No. 10 cn							0.36	0.36
Carrots cnd [l]	No. 10 cn			1.00	1.00			0.77	0.77
Cheese Amer proc dehy	No. 10 cn			0.25	0.25			0.25	0.25
Cheese Amer proc dehy [e]	No. 10 cn		0.67		0.67		0.51		0.51
Cheese cottage dehy	No. 10 cn		2.00		2.00		1.54		1.54
Chili con carne [e]	6 3/4 lb cn		4.00		4.00		3.08		3.08
Cocoa bev pwd ind	1 oz pg	50.00			50.00	50.00			50.00
Coffee roasted grnd	lb	2.50	2.50	2.50	7.50				
Cookie mix sugar	No. 10 cn		2.00		2.00		1.54		1.54
Corn bread mix	No. 10 cn		3.00		3.00		2.31		2.31
Corn cnd	No. 10 cn						0.29		0.29
Corn cnd [l]	No. 10 cn			1.00	1.00			0.77	0.77
Crackers soda salted	lb			2.66	2.66	0.47	0.47	2.52	3.46
Des pwd gel cherry [n]	No. 2 1/2 cn							0.23	0.23
Des pwd gel lemon [c]	No. 2 1/2 cn					0.31			0.31
Des pwd gel orange [i]	No. 2 1/2 cn						0.23		0.23
Des pwd pud inst choc	No. 10 cn							0.09	0.09
Des pwd pud inst van	No. 10 cn		1.00		1.00		0.85		0.85
Eggnog mix [b]	2 lb bag					0.43			0.43
Eggnog mix [f]	2 lb bag						0.16		0.16
Eggnog mix [k]	2 lb bag							0.16	0.16
Flour wheat gen pur	lb			1.50	1.50		0.14	1.16	1.30
Fruit cocktail cnd	No. 10 cn		2.00		2.00		2.42		2.42
Ham chunks w/juices cnd	29 oz cn			11.00	11.00			8.47	8.47
Hominy grits	24 oz co	4.00			4.00	3.54			3.54
Ice cream mix dehy van	No. 10 cn					0.55	0.55	0.55	1.65
Icing mix van	No. 10 cn			1.00	1.00			0.77	0.77
Jam strawberry	No. 2 1/2 cn		4.00		4.00		3.44		3.44
Jelly blackberry	No. 2 1/2 cn	4.00			4.00	3.44			3.44
Jelly grape	No. 2 1/2 cn			4.00	4.00			3.44	3.44
Juice grpfrt inst [a]	15 1/2 oz cn	2.50			2.50	2.48			2.48
Juice orange inst [a]	No. 2 1/2 cn	3.75			3.75	3.71			3.71
Juice orange inst [d]	No. 2 1/2 cn					1.31			1.31
Juice orange inst [f]	No. 2 1/2 cn						0.14		0.14
Juice tomato cnd	36 oz cn					0.09			0.09
Macaroni [e]	10 lb bx		8.00		8.00		6.16		6.16
Margarine	lb	3.13	4.13	7.13	14.39	2.41	3.70	5.73	11.84
Milk dry nonfat	No. 10 cn	1.52	1.99	0.63	4.14	1.82	2.21	0.97	5.00
Pancake mix	No. 10 cn	4.00			4.00	3.08			3.08

		STAFF				PATIENTS			
INGREDIENTS	UNIT	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D
Peaches cnd	No. 10 cn		2.00		2.00		1.54		1.54
Peanut butter	No. 2 1/2 cn	3.50		3.50	7.00	3.01	0.31	3.01	6.33
Pears cnd	No. 10 cn							0.88	0.88
Peas cnd [g]	No. 10 cn		4.00		4.00		3.08		3.08
Peas cnd [h]	No. 10 cn						0.34		0.34
Pork puree cnd	15 oz cn							2.80	2.80
Potatoes wht dehy diced	No. 10 cn			1.75	1.75			1.35	1.35
Potatoes wht inst gran	No. 10 cn						0.04	0.04	0.08
Shortening compound	lb		1.00		1.00		0.77		0.77
Soup & GB inst beef	No. 2 1/2 cn					0.06	0.04		0.10
Soup & GB inst chicken	No. 2 1/2 cn						0.11	0.04	0.15
Soup dehy beef	No. 2 1/2 cn			4.00	4.00			3.94	3.94
Sugar refined gran	lb		5.33	5.46	10.79	11.63	5.33	5.43	22.39
Syrup imit maple	No. 10 cn	1.50			1.50	1.16			1.16
Tea blk ind bags	100/bx	0.25	0.25	0.25	0.75	0.36	0.36	0.36	1.08
Tomatoes cnd [e]	No. 10 cn		2.00		2.00		1.54		1.54
ALTERNATES									
[a] Juice grpfrt cnd	No. 3 cyl cn	8.70			8.70	8.61			8.61
[a] Juice orange cnd	No. 3 cyl cn	8.70			8.70	8.61			8.61
[b] Egg mix dehy	No. 3 cyl cn					0.15			0.15
[b] Des pwd pud inst van	No. 1 0 cn					0.13			0.13
[c] Des pwd rsby qck jel	24 oz cn					0.44			0.44
[d] Juice orange cnd	No. 3 cyl cn					3.60			3.60
[e] Cheese Amer proc dehy	No. 10 cn		0.25		0.25		0.19		0.19
[e] Chili con carne dehy	No. 10 cn		4.75		4.75		3.66		3.66
[e] Macaroni	lb		6.00		6.00		4.62		4.62
[e] Tomatoes cnd	No. 10 cn		1.00		1.00		0.77		0.77
[f] Egg mix dehy	No. 3 cyl cn						0.06		0.06
[f] Des pwd pud inst van	No. 10 cn						0.05		0.05
[f] Juice orange canned	No. 3 cyl cn						0.21		0.21
[g] Peas dehy comp	No. 2 1/2 cn		4.00		4.00		3.08		3.08
[h] Peas dehy comp	No. 2 1/2 cn						0.18		0.18
[i] Des pwd orange qck jel	24 oz cn						0.32		0.32
[j] Applesauce canned	No. 10 cn						0.92		0.92
[k] Egg mix dehy	No. 3 cyl cn							0.06	0.06
[k] Des pwd pud inst van	No. 10 cn							0.05	0.05
[l] Veg mixed dehy	No. 2 1/2 cn			3.00	3.00			2.31	2.31
[m] Bread	lb			16.00	16.00			12.32	12.32
[n] Des pwd stwby qck jel	24 oz cn							0.32	0.32

MEDICAL B RATION MENU - DAY 4

	REGULAR	DENTAL LIQUID	FULL LIQUID	CLEAR LIQUID	FORCED FLUIDS
BREAKFAST	Orange Juice Hot Oatmeal w/Milk Raisins Creamed Ground Beef Grilled Potato Cakes [1] Bread [2] Margarine [3] Peanut Butter [3] Peach Jam [3] Milk Coffee Tea Decaffeinated Coffee Cocoa Nondairy Creamer Sugar-Salt-Pepper	Orange Juice Thin Oatmeal Chocolate Eggnog Milk Coffee Tea Decaffeinated Coffee Cocoa Nondairy Creamer Sugar-Salt-Pepper	Orange Juice Thin Oatmeal Chocolate Eggnog Strawberry Gelatin Milk Coffee Tea Decaffeinated Coffee Cocoa Nondairy Creamer Sugar-Salt	Orange Juice [7] Beef Broth Strawberry Gelatin Coffee Tea Decaffeinated Coffee Sugar-Salt	Cherry Beverage
1000 Hours	Nourishment/Late Meals [4] Peach Milkshake [5,6] Crackers [5] Peanut Butter-Peach Jam [5]	Peach Milkshake Cherry Beverage	Peach Milkshake Cherry Beverage	Tea w/Sugar Cherry Beverage	
LUNCH	Tomato Vegetable Noodle Soup w/Crackers Luncheon Meat w/Pineapple Sauce Potatoes Au Gratin Buttered Green Beans Carrot & Raisin Salad Dill Pickles Bread [2] Margarine [3] Applesauce Butterscotch Brownies Coffee Tea Decaffeinated Coffee Lemonade Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Tomato Vegetable Noodle Soup Thin Chicken Thin Potatoes Thin Green Beans Thin Applesauce Thin Baked Custard Coffee Tea Decaffeinated Coffee Lemonade Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Tomato Vegetable Noodle Soup Mocha Eggnog Thin Applesauce Thin Baked Custard Coffee Tea Decaffeinated Coffee Lemonade Beverage Nondairy Creamer Sugar-Salt	Strained Tomato Vegetable Noodle Soup Orange Gelatin Coffee Tea Decaffeinated Coffee Lemonade Beverage Sugar-Salt	
1400 Hours	Nourishment/Late Meals [4] Vanilla Milkshake [5,6] Crackers [5] Peanut Butter-Blackberry Jelly [5]	Vanilla Milkshake Cherry Beverage	Vanilla Milkshake Cherry Beverage	Tea w/Sugar Cherry Beverage	
DINNER	Beef & Gravy w/Vegetables Mashed Potatoes Corn Relish Biscuits Margarine Peanut Butter Strawberry Jam Cranberry Crunch Milk Coffee Tea Decaffeinated Coffee Grape Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Cheese Soup Thin Veal Thin Potatoes Thin Peas Thin Pears w/Cranberry Sauce Thin Chocolate Pudding Milk Coffee Tea Decaffeinated Coffee Grape Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Cheese Soup Orange Eggnog Thin Pears w/Cranberry Sauce Thin Chocolate Pudding Milk Coffee Tea Decaffeinated Coffee Grape Beverage Nondairy Creamer Sugar-Salt	Chicken Broth Cherry Gelatin Coffee Tea Decaffeinated Coffee Grape Beverage Sugar-Salt	
2000 Hours	Nourishment/Late Meals [4] Strawberry Milkshake [5,6] Crackers [5] Peanut Butter-Strawberry Jam [5]	Strawberry Milkshake Cherry Beverage	Strawberry Milkshake Cherry Beverage	Tea w/Sugar Cherry Beverage	

Footnotes:
[1] Delete when bread is available
[2] Add when available
[3] Bread/sandwich accompaniment
[4] Late Meals: Crackers (eight 2-inch squares), peanut butter, jelly and milkshake will be served to patients on Regular Diets. The appropriate nourishments will be served to patients on Liquids Diets.
[5] Nourishment for High Calorie-High Protein Diets
[6] Nourishment for Dental Soft Diets
[7] Strain canned juice

COMPOSITE LIST OF FOOD ITEMS - DAY 4

BREAKFAST

FOOD ITEM	RECIPE
Orange Juice [a]	F-3-M-1
Hot Oatmeal w/Milk	D-6-M-3
Raisins	
Thin Oatmeal	D-7-M
Creamed Ground Beef	G-17
Chocolate Eggnog [b]	A-12-M-4
Beef Broth	I-6-M
Grilled Potato Cakes [c]	J-17-M-1
Strawberry Gelatin [d]	C-20-M
Milk	A-6-M-1
Coffee (staff)	A-2-M
(patients)	A-3-M-1
Tea	A-5-M
Decaffeinated Coffee	A-4-M
Cocoa	A-8-M
Nondairy Creamer	
Sugar	
Salt	
Pepper	
Peach Milkshake	A-11-M
*Cherry Beverage	A-1-M
Tea	A-5-M
Sugar	
Crackers	
Peanut Butter	
Peach Jam	

ALTERNATES

[a] Orange Juice, canned
[b] Chocolate Eggnog A-14-M-1
[c] Bread, Margarine, Peanut Butter & Peach Jam
[d] Strawberry Quick Jell C-21-M

LUNCH

FOOD ITEM	RECIPE
Tomato Vegetable Noodle Soup	I-5
Crackers	
Thin Cream of Tomato Vegetable Noodle Soup	I-9-M
Strained Tomato Vegetable Noodle Soup	I-8-M
Luncheon Meat w/Pineapple Sauce	G-36
Thin Chicken	G-49-M-1
Mocha Eggnog [e]	A-12-M-2
Potatoes Au Gratin	J-18-M
Thin Potatoes	J-28-M
Buttered Green Beans [f]	J-2a
Thin Green Beans [g]	J-24-M-A
Carrot & Raisin Salad	H-3
Dill Pickles	
Applesauce [h]	F-2
Thin Applesauce [i]	F-5-M-1
Butterscotch Brownies	C-4
Thin Baked Custard	C-22-M-1
Orange Gelatin [j]	C-20-M
Coffee (staff)	A-2-M
(patients)	A-3-M-1
Tea	A-5-M
Decaffeinated Coffee	A-4-M
Lemonade Beverage	A-1-M
Nondairy Creamer	
Sugar	
Salt	
Pepper	
Vanilla Milkshake	A-10-M
Tea	A-5-M
Sugar	
Crackers	
Peanut Butter	
Blackberry Jelly	

ADDITIONS

Bread
Margarine

ALTERNATES

[e] Mocha Eggnog A-13-M-2
[f] Buttered Green Beans J-2a-Note
[g] Thin Green Beans J-24-M
[h] Applesauce, canned
[i] Thin Applesauce F-5-M-1-A
[j] Orange Quick Jell C-21-M

DINNER

FOOD ITEM	RECIPE
Thin Cream of Cheese Soup	I-10-M
Chicken Broth	I-6-M
Beef and Gravy w/Vegetables [k]	G-5
Thin Veal	G-49-M-1
Orange Eggnog [l]	A-12-M-3
Mashed Potatoes	J-17
Thin Potatoes	J-28-M
Corn Relish	J-11
Thin Peas [m]	J-27-M
Biscuits	B-2
Margarine	
Peanut Butter	
Strawberry Jam	
Cranberry Crunch	C-18-1
Thin Pears w/Cranberry Sauce	F-6-M-2
Thin Chocolate Pudding	C-23-M
Cherry Gelatin [n]	C-20-M
Milk	A-6-M-1
Coffee (staff)	A-2-M
(patients)	A-3-M-1
Tea	A-5-M
Decaffeinated Coffee	A-4-M
Grape Beverage	A-1-M
Nondairy Creamer	
Sugar	
Salt	
Pepper	
Strawberry Milkshake	A-10-M-5
Tea	A-5-M
Sugar	
Crackers	
Peanut Butter	
Strawberry Jam	

ALTERNATES

[k] Beef and Gravy w/Vegetables G-6
[l] Orange Eggnog A-13-M-3-A
[m] Thin Peas J-27-M-A
[n] Raspberry Quick Jell C-21-M

* Daily forced fluid and nourishment for Liquid Diets

INGREDIENTS FOR MEALS - DAY 4

BREAKFAST		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Orange Juice [a]		100		99	
Juice orange inst [a]	No. 2 1/2 cn		6.25		6.19
water [a]	gal		5.75		5.69
Hot Oatmeal w/Milk		100		77	
Cereal rolled oats	20 oz cn		5.00		3.85
salt table	tbsp		6.00		4.62
water	gal		5.00		3.85
Milk dry nonfat	No. 10 cn		0.75		0.58
water	gal		2.75		2.12
Raisins		100		77	
Raisins	No. 10 cn		1.00		0.77
Thin Oatmeal				11	
Cereal rolled oats	20 oz cn				0.33
salt table	tsp				0.55
water	qt				1.51
Milk dry nonfat	No. 10 cn				0.07
water	qt				1.03
Sugar refined gran	lb				0.11
Creamed Ground Beef		100		77	
Beef patties dehy	No. 10 cn		5.00		3.85
water	gal		3.50		2.70
Flour wheat gen pur	lb		3.25		2.50
pepper blk grnd	tbsp		2.00		1.54
salt table	tbsp		3.00		2.31
Soup & GB inst beef	No. 2 1/2 cn		0.25		0.19
Milk dry nonfat	No. 10 cn		0.97		0.75
water	gal		4.25		3.27
Worcestershire sauce	tbsp		2.00		1.54
Chocolate Eggnog [b]				11	
Eggnog mix [b]	2 lb bag				0.43
Milk dry nonfat	No. 10 cn				0.12
creamer nondairy dry ind	3 gm pg				33.00
water [b]	qt				2.48
Bkfst inst dry choc ind	1.23 oz pg				11.00
Beef Broth				11	
Soup & GB inst beef	No. 2 1/2 cn				0.11
water	qt				2.75
Grilled Potato Cakes [c]		100		77	
water [c]	gal		2.56		1.97
salt table [c]	tbsp		3.00		2.31
pepper blk grnd [c]	tsp		2.00		1.54
Potatoes wht inst gran [c]	No. 10 cn		1.00		0.77
Milk dry nonfat [c]	No. 10 cn		0.19		0.14
Egg mix dehy [c]	No. 3 cyl cn		0.30		0.23
Flour wheat gen pur [c]	lb		1.00		0.77
Shortening compound [c]	lb		2.00		1.54
Strawberry Gelatin [d]				15	
Des pwd gel stwby [d]	No. 2 1/2 cn				0.31
water [d]	cup				6.75
Milk		100		88	
Milk dry nonfat	No. 10 cn		1.52		1.34
water	gal		5.83		5.13
Coffee(staff)		100			
Coffee roasted grnd	lb		2.50		
water	gal		6.25		

LUNCH		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Tom Veg Noodle Soup		100		77	
Soup dehy tom-veg	No. 2 1/2 cn		4.00		3.08
water	gal		6.25		4.81
Crackers		100		77	
Crackers soda salted	lb		2.66		2.05
Thin Cr Tom Veg Soup				11	
Soup dehy tom-veg	No. 2 1/2 cn				0.42
Milk dry nonfat	No. 10 cn				0.09
water	qt				2.57
Str Tom Veg Soup				11	
Soup dehy tom-veg	No. 2 1/2 cn				0.44
water	gal				0.69
Lunch Meat w/Sce		100		77	
Luncheon meat cnd	6 lb cn		4.00		3.08
Pineapple crushed cnd	No. 10 cn		2.00		1.54
vinegar dry synthetic	pg		0.25		0.19
water	cup		4.50		3.47
Mustard prepared	No. 2 1/2 cn		0.04		0.03
Sugar refined gran	lb		0.75		0.58
starch edible	cup		0.88		0.67
Thin Chicken				7	
Chicken puree cnd	15 oz cn				2.80
water	cup				2.80
Margarine	lb				0.18
Soup & GB inst chicken	No. 2 1/2 cn				0.04
Mocha Eggnog [e]				4	
Eggnog mix [e]	2 lb bag				0.16
Milk dry nonfat	No. 10 cn				0.04
creamer nondairy dry	cup				0.30
water	qt				0.90
coffee inst fd decaf	cup				0.08
Cocoa bev pwd ind	1 oz pg				1.60
Potatoes Au Gratin		100		77	
Potatoes wht dehy diced	No. 10 cn		2.50		1.93
water	gal		5.00		3.85
Milk dry nonfat	No. 10 cn		0.44		0.34
water	gal		1.88		1.44
Margarine	lb		1.00		0.77
Flour wheat gen pur	lb		1.13		0.87
salt table	tbsp		3.00		2.31
pepper blk grnd	tbsp		1.00		0.77
Cheese Amer proc dehy	No. 10 cn		0.27		0.21
water	qt		0.50		0.39
Thin Potatoes				7	
water	qt				1.14
Margarine	lb				0.02
salt table	tsp				0.35
Potatoes wht inst gran	No. 10 cn				0.04
Milk dry nonfat	No. 10 cn				0.01
Buttered Green Beans [f]		100		77	
Beans green dehy comp [f]	No. 2 1/2 cn		2.00		1.54
water [f]	gal		3.50		2.70
Margarine	lb		1.00		0.77
pepper blk grnd [f]	tsp		1.00		0.77
Thin Green Beans [g]				7	

DINNER		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Thin Cr of Cheese Soup				11	
Milk dry nonfat	No. 10 cn				0.09
water	qt				2.20
Margarine	lb				0.28
Flour wheat gen pur	lb				0.14
salt table	tsp				1.10
Cheese Amer proc dehy	No. 10 cn				0.06
water	cup				1.47
Chicken Broth				11	
Soup & GB inst chicken	No. 2 1/2 cn				0.11
water	qt				2.75
Beef & Gvy w/Vegs [k]		100		77	
Beef diced dehy [k]	No. 10 cn		8.00		6.16
water [k]	gal		6.00		4.62
onions dehy chopped	cup		1.25		0.96
water	cup		3.00		2.31
Carrots cnd	No. 10 cn		1.00		0.77
Peas cnd [k]	No. 10 cn		2.00		1.54
salt table [k]	tbsp		3.00		2.31
pepper blk grnd	tbsp		2.00		1.54
Shortening compound	lb		1.50		1.16
Flour wheat gen pur	lb		1.50		1.16
water	gal		2.25		1.73
Soup & GB inst beef	No. 2 1/2 cn		0.33		0.26
Thin Veal				7	
Veal puree cnd	15 oz cn				2.80
water	cup				2.80
Margarine	lb				0.18
Soup & GB inst chix	No. 2 1/2 cn				0.04
Orange Eggnog [l]				4	
Eggnog mix [l]	2 lb bag				0.16
Milk dry nonfat	No. 10 cn				0.04
creamer nondairy dry	cup				0.30
water	qt				0.90
Juice orange inst [l]	No. 2 1/2 cn				0.14
Mashed Potatoes		100		77	
water	gal		3.38		2.60
Margarine	lb		1.00		0.77
salt table	tbsp		3.00		2.31
pepper blk grnd	tsp		2.00		1.54
Potatoes wht inst gran	No. 10 cn		1.00		0.77
Milk dry nonfat	No. 10 cn		0.19		0.14
Thin Potatoes				7	
water	qt				1.14
Margarine	lb				0.02
salt table	tsp				0.35
Potatoes wht inst gran	No. 10 cn				0.04
Milk dry nonfat	No. 10 cn				0.01
Corn Relish		100		77	
onions dehy chopped	cup		0.75		0.58
Peppers green dehy	No. 2 1/2 cn		0.47		0.36
water	qt		1.50		1.16
Corn cnd	No. 10 cn		1.25		0.96
Sugar refined gran	lb		2.38		1.83
salt table	tbsp		3.00		2.71

BREAKFAST		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Coffee(patients)				100	
coffee inst	2.5 gm pg				100.00
water	gal				6.25
Tea		25		25	
Tea blk ind bags	100/bx		0.25		0.25
water	gal		1.56		1.56
Decaffeinated Coffee		25		25	
coffee inst fd decaf	1.5 gm pg		25.00		25.00
water	gal		1.56		1.56
Cocoa		50		50	
Cocoa bev pwd ind	1 oz pg		50.00		50.00
water	gal		3.13		3.13
Nondairy Creamer		50		50	
creamer nondairy dry ind	3 gm pg		50.00		50.00
Sugar		100		100	
sugar refined ind	0.14 oz pg		200.00		200.00
Salt		100		100	
salt table ind	1.13 gm pg		100.00		100.00
Pepper		100		84	
pepper blk grnd ind	0.18 gm pg		100.00		84.00
Peach Milkshake				23	
Milk dry nonfat	No. 10 cn				0.29
Ice cream mix dehy	No. 10 cn				0.55
water	qt				2.30
Peached cnd	No. 10 cn				0.74
Cherry Beverage				216	
Bev base pwd cherry	5 gal yld pg				2.88
Sugar refined gran	lb				11.52
water	gal				14.40
Tea				11	
Tea blk ind bags	100/bx				0.11
water	gal				0.69
Sugar				11	
sugar refined ind	0.14 oz pg				11.00
Crackers				9	
Crackers soda salted	lb				0.47
Peanut Butter				9	
Peanut butter	No. 2 1/2 cn				0.31
Peach Jam				9	
Jam peach	No. 2 1/2 cn				0.36
ALTERNATES					
[a] **Orange Juice**		100		99	
Juice orange cnd	No. 3 cyl cn		17.39		17.22
[b] **Chocolate Eggnog**				11	
Egg mix dehy	No. 3 cyl cn				0.15
[c] **Bread, Margarine, Peanut Butter & Jelly**		100		77	
Bread	lb		16.00		12.32
Margarine	lb		3.13		2.41
Peanut butter	No. 2 1/2 cn		3.50		2.70
Jam peach	No. 2 1/2 cn		4.00		3.08

LUNCH		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Beans grn dehy comp [g]	No. 2 1/2 cn				0.09
water [g]	qt				1.23
Margarine	lb				0.04
Carrot & Raisin Salad		100		77	
Carrots dehy shrd comp	No. 2 1/2 cn		1.67		1.28
water	qt		6.75		5.20
Raisins	No. 10 cn		0.75		0.58
Sugar refined gran	lb		0.75		0.58
Flour wheat gen pur	lb		0.42		0.32
water	cup		5.25		4.04
Mustard prepared	No. 2 1/2 cn		0.10		0.07
salt table	tbsp		1.00		0.77
vinegar dry synthetic	pg		0.25		0.19
water	cup		1.00		0.77
Margarine	lb		0.44		0.34
Dill Pickles		100		77	
Pickles cuc dill whole	No. 10 cn		1.00		0.77
Applesauce [h]		100		77	
Applesauce inst [h]	No. 2 1/2 cn		4.00		3.08
water [h]	gal		3.00		2.31
Thin Applesauce [i]				11	
Applesauce inst [i]	No. 2 1/2 cn				0.95
water [i]	qt				2.61
Butterscotch Brownies		100		77	
Brownie mix btrsctch	No. 10 cn		3.00		2.31
water	qt		2.25		1.73
Thin Baked Custard				11	
Egg mix dehy	No. 3 cyl cn				0.20
Milk dry nonfat	No. 10 cn				0.13
Des pwd pud inst van	No. 10 cn				0.05
Sugar refined gran	lb				0.09
water	qt				2.51
cinnamon grnd	tsp				0.20
Orange Gelatin [j]				11	
Des pwd gel orange [j]	No. 2 1/2 cn				0.23
water [j]	cup				4.96
Coffee(staff)		100			
Coffee roasted ground	lb		2.50		
water	gal		6.25		
Coffee(patients)				100	
coffee inst	2.5 gm pg				100.00
water	gal				6.25
Tea		25		25	
Tea blk ind bags	100/box		0.25		0.25
water	gal		1.56		1.56
Decaffeinated Coffee		25		25	
coffee inst fd decaf ind	1.5 gm pg		25.00		25.00
water	gal		1.56		1.56
Lemonade Beverage		100		100	
Bev base pwd lemonade	5 gal yld pg		1.33		1.33
Sugar refined gran	lb		5.33		5.33
water	gal		6.67		6.67
Nondairy Creamer		50		50	
creamer nondairy dry ind	3 gm pg		50.00		50.00

DINNER		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
pepper blk grnd	tbsp		1.00		0.77
vinegar dry synthetic	pg		1.25		0.96
Thin Peas [m]				7	
Peas cnd [m]	No. 10 cn				0.34
Margarine	lb				0.04
Biscuits		100		77	
Biscuit mix	No. 10 cn		3.50		2.70
water	qt		4.00		3.08
Margarine		100		77	
Margarine	lb		3.13		2.41
Peanut Butter		100		77	
Peanut butter	No. 2 1/2 cn		3.50		2.70
Strawberry Jam		100		77	
Jam strawberry	No. 2 1/2 cn		4.00		3.08
Cranberry Crunch		100		77	
Cranberry sauce cnd	No. 10 cn		2.00		1.54
Cookie mix oatmeal	No. 10 cn		1.00		0.77
Margarine	lb		0.50		0.39
Thn Prs w/Crnbry Sce				11	
Cranberry sauce cnd	No. 10 cn				0.22
Pears cnd	No. 10 cn				0.44
water	qt				1.10
Thin Chocolate Pudding				11	
Milk dry nonfat	No. 10 cn				0.06
water	cup				4.00
Des pwd pud inst choc	No. 10 cn				0.09
Cherry Gelatin [n]				11	
Des pwd gel cherry [n]	No. 2 1/2 cn				0.23
water [n]	cup				4.96
Milk		100		88	
Milk dry nonfat	No. 10 cn		1.52		1.34
water	gal		5.83		5.13
Coffee(staff)		100			
Coffee roasted ground	lb		2.50		
water	gal		6.25		
Coffee(patients)				100	
coffee inst	2.5 gm pg				100.00
water	gal				6.25
Tea		25		25	
Tea blk ind bags	100/bx		0.25		0.25
water	gal		1.56		1.56
Decaffeinated Coffee		25		25	
coffee inst fd decaf	1.5 gm pg		25.00		25.00
water	gal		1.50		1.56
Grape Beverage		100		100	
Bev base pwd grape	5 gal yld pg		1.33		1.33
Sugar refined gran	lb		5.33		5.33
water	gal		6.67		6.67
Nondairy Creamer		50		50	
creamer nondairy	3 gm pg		50.00		50.00
Sugar		100		100	
sugar refined ind	0.14 oz pg		100.00		100.00
Salt		100		100	
salt table ind	1.13 gm pg		100.00		100.00

BREAKFAST		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
[d] **Strawberry Quick Jell**				15	
Des pwd stwby qck jel	24 oz cn				0.44
water	qt				1.60

LUNCH		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Sugar		100		100	
sugar refined ind	0.14 oz pg		100.00		100.00
Salt		100		100	
salt table ind	1.13 gm pg		100.00		100.00
Pepper		100		84	
pepper blk grnd ind	0.18 gm pg		100.00		84.00
Vanilla Milkshake				23	
Milk dry nonfat	No. 10 cn				0.29
Ice cream mix dehy van	No. 10 cn				0.55
water	qt				5.18
Tea				11	
Tea blk ind bags	100/bx				0.11
water	gal				0.69
Sugar				11	
sugar refined ind	0.14 oz pg				11.00
Crackers				9	
Crackers soda salted	lb				0.47
Peanut Butter				9	
Peanut butter	No. 2 1/2 cn				0.31
Blackberry Jelly				9	
Jelly blackberry	No. 2 1/2 cn				0.36
ADDITIONS					
Bread		100		77	
Bread	lb		16.00		12.32
Margarine		100		77	
Margarine	lb		3.13		2.41
ALTERNATES					
[e] **Mocha Eggnog**				4	
Egg mix dehy	No. 3 cyl cn				0.06
Des pwd pud inst van	No. 10 cn				0.05
cinnamon grnd	tsp				0.10
[f] **Buttered Green Beans**		100		77	
Beans green cnd	No. 10 cn		4.00		3.08
pepper blk grnd	tsp		2.00		1.54
[g] **Thin Green Beans**				7	
Beans green cnd	No. 10 cn				0.35
[h] **Applesauce**		100		77	
Applesauce cnd	No. 10 cn		4.00		3.08
[i] **Thin Applesauce**				11	
Applesauce cnd	No. 10 cn				0.55
water	qt				1.10
[j] **Orange Quick Jell**				11	
Des pwd orng qck jel	24 oz cn				0.32
water	qt				1.17

DINNER		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Pepper		100		84	
pepper blk grnd ind	0.18 gm pg		100.00		84.00
Strawberry Milkshake				23	
Milk dry nonfat	No. 10 cn				0.29
Ice cream mix dehy van	No. 10 cn				0.55
water	qt				5.18
Bkfst inst dry stwby ind	1.23 oz pg				9.20
Tea				11	
Tea blk ind bags	100/bx				0.11
water	gal				0.69
Sugar				11	
sugar refined ind	0.14 oz pg				11.00
Crackers				9	
Crackers soda salted	lb				0.47
Peanut Butter				9	
Peanut butter	No. 2 1/2 cn				0.31
Strawberry Jam				9	
Jam strawberry	No. 2 1/2 cn				0.36
ALTERNATES					
[k] **Beef and Gvy w/Veg**		100		77	
Bf chunks w/juices cn	29 oz cn		16.00		12.32
Peas dehy comp	No. 2 1/2 cn		2.00		1.54
water	gal		2.00		1.54
[l] **Orange Eggnog**				4	
Egg mix dehy	No. 3 cyl cn				0.06
Des pwd pud inst van	No. 10 cn				0.05
cinnamon grnd	tsp				0.10
water	qt				0.60
Juice orange cnd	No. 3 cyl cn				0.21
[m] **Thin Peas**				7	
Peas dehy comp	No. 2 1/2 cn				0.18
water	qt				1.05
[n] **Raspberry Quick Jell**				11	
Des pwd rspby qck jel	24 oz cn				0.32
water	qt				1.17

ISSUE CHART FOR MEALS - DAY 4

		STAFF				PATIENTS			
INGREDIENTS	UNIT	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D
Applesauce inst [h]	No. 2 1/2 cn		4.00		4.00		3.08		3.08
Applesauce inst [i]	No. 2 1/2 cn						0.95		0.95
Beans green dehy comp [f]	No. 2 1/2 cn		2.00		2.00		1.54		1.54
Beans green dehy comp [g]	No. 2 1/2 cn						0.09		0.09
Beef diced dehy [k]	No. 10 cn			8.00	8.00			6.16	6.16
Beef patties dehy	No. 10 cn	5.00			5.00	3.85			3.85
Bev base pwd cherry	5 gal yld pg					2.88			2.88
Bev base pwd grape	5 gal yld pg			1.33	1.33			1.33	1.33
Bev base pwd lemonade	5 gal yld pg		1.33		1.33		1.33		1.33
Biscuit mix	No. 10 cn			3.50	3.50			2.70	2.70
Bkfst inst dry choc ind	1.23 oz pg					11.00			11.00
Bkfst inst dry stwby ind	1.23 oz pg							9.20	9.20
Bread	lb		16.00		16.00		12.32		12.32
Brownie mix butterscotch	No. 10 cn		3.00		3.00		2.31		2.31
Carrots cnd	No. 10 cn			1.00	1.00			0.77	0.77
Carrots dehy shrd comp	No. 2 1/2 cn		1.67		1.67		1.28		1.28
Cereal rolled oats	20 oz cn	5.00			5.00	4.18			4.18
Cheese Amer proc dehy	No. 10 cn		0.27		0.27		0.21	0.06	0.27
Chicken puree cnd	15 oz cn						2.80		2.80
Cocoa bev pwd ind	1 oz pg	50.00			50.00	50.00	1.60		51.60
Coffee roasted grnd	lb	2.50	2.50	2.50	7.50				
Cookie mix oatmeal	No. 10 cn			1.00	1.00			0.77	0.77
Corn cnd	No. 10 cn			1.25	1.25			0.96	0.96
Crackers soda salted	lb		2.66		2.66	0.47	2.52	0.47	3.46
Cranberry sauce cnd	No. 10 cn			2.00	2.00			1.76	1.76
Des pwd gel cherry [n]	No. 2 1/2 cn							0.23	0.23
Des pwd gel orange [j]	No. 2 1/2 cn						0.23		0.23
Des pwd gel stwby [d]	No. 2 1/2 cn					0.31			0.31
Des pwd pud inst choc	No. 10 cn							0.09	0.09
Des pwd pud inst van	No. 10 cn						0.05		0.05
Egg mix dehy	No. 3 cyl cn						0.20		0.20
Egg mix dehy [c]	No. 3 cyl cn	0.30			0.30	0.23			0.23
Eggnog mix [b]	2 lb bag					0.43			0.43
Eggnog mix [e]	2 lb bag						0.16		0.16
Eggnog mix [l]	2 lb bag							0.16	0.16
Flour wheat gen pur	lb	4.25	1.55	1.50	7.30	3.27	1.19	1.30	5.76
Ice cream mix dehy van	No. 10 cn					0.55	0.55	0.55	1.65
Jam peach	No. 2 1/2 cn					0.36			0.36
Jam strawberry	No. 2 1/2 cn			4.00	4.00			3.44	3.44
Jelly blackberry	No. 2 1/2 cn						0.36		0.36
Juice orange inst [a]	No. 2 1/2 cn	6.25			6.25	6.19			6.19
Juice orange inst [l]	No. 2 1/2 cn							0.14	0.14
Luncheon meat cnd	6 lb cn		4.00		4.00		3.08		3.08
Margarine	lb		5.57	4.63	10.20		4.53	4.09	8.62
Milk dry nonfat	No. 10 cn	3.43	0.44	1.71	5.58	3.29	0.90	1.97	6.16
Mustard prepared	No. 2 1/2 cn		0.14		0.14		0.10		0.10
Peaches cnd	No. 10 cn					0.74			0.74
Peanut butter	No. 2 1/2 cn			3.50	3.50	0.31	0.31	3.01	3.63
Pears cnd	No. 10 cn							0.44	0.44

		STAFF				PATIENTS			
INGREDIENTS	UNIT	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D
Peas cnd [k]	No. 10 cn			2.00	2.00			1.54	1.54
Peas cnd [m]	No. 10 cn							0.34	0.34
Peppers green dehy	No. 2 1/2 cn			0.47	0.47			0.36	0.36
Pickles cuc dill whole	No. 10 cn		1.00		1.00		0.77		0.77
Pineapple crushed cnd	No. 10 cn		2.00		2.00		1.54		1.54
Potatoes wht dehy diced	No 10 cn		2.50		2.50		1.93		1.93
Potatoes wht inst gran	No. 10 cn			1.00	1.00		0.04	0.81	0.85
Potatoes wht inst gran [c]	No. 10 cn	1.00			1.00	0.77			0.77
Raisins	No. 10 cn	1.00	0.75		1.75	0.77	0.58		1.35
Shortening compound	lb			1.50	1.50			1.16	1.16
Shortening compound [c]	lb	2.00			2.00	1.54			1.54
Soup & GB inst beef	No. 2 1/2 cn	0.25		0.33	0.58	0.30		0.26	0.56
Soup & GB inst chicken	No. 2 1/2 cn						0.04	0.15	0.19
Soup dehy tom-veg	No. 2 1/2 cn		4.00		4.00		3.94		3.94
Sugar refined gran	lb		6.83	7.71	14.54	11.63	6.58	7.16	25.37
Tea blk ind bags	100/bx	0.25	0.25	0.25	0.75	0.36	0.36	0.36	1.08
Veal puree cnd	15 oz cn							2.80	2.80
ALTERNATES									
[a] Juice orange cnd	No. 3 cyl cn	17.39			17.39	17.22			17.22
[b] Egg mix dehy	No. 3 cyl cn					0.15			0.15
[c] Bread	lb	16.00			16.00	12.32			12.32
[c] Margarine	lb	3.13			3.13	2.41			2.41
[c] Peanut butter	No. 2 1/2 cn	3.50			3.50	2.70			2.70
[c] Jam peach	No. 2 1/2 cn	4.00			4.00	3.08			3.08
[d] Des pwd stwby qck jel	24 oz cn					0.44			0.44
[e] Egg mix dehy	No. 3 cyl cn						0.06		0.06
[e] Des pwd inst van	No. 10 cn						0.05		0.05
[f] Beans green cnd	No. 10 cn		4.00		4.00		3.08		3.08
[g] Beans green cnd	No. 10 cn						0.35		0.35
[h] Applesauce cnd	No. 10 cn		4.00		4.00		3.08		3.08
[i] Applesauce cnd	No. 10 cn						0.55		0.55
[j] Des pwd orange qck jel	24 oz cn						0.32		0.32
[k] Beef chunks w/jcs cnd	29 oz cn			16.00	16.00			12.32	12.32
[k] Peas dehy comp	No. 2 1/2 cn			2.00	2.00			1.54	1.54
[l] Egg mix dehy	No. 3 cyl cn							0.06	0.06
[l] Des pwd inst van	No. 10 cn							0.05	0.05
[l] Juice orange cnd	No. 3 cyl cn							0.21	0.21
[m] Peas dehy comp	No. 2 1/2 cn							0.18	0.18
[n] Des pwd rsby qck jel	24 oz cn							0.32	0.32

MEDICAL B RATION MENU - DAY 5

	REGULAR	DENTAL LIQUID	FULL LIQUID	CLEAR LIQUID	FORCED FLUIDS
BREAKFAST	Tomato Juice Hot Hominy Grits Scrambled Eggs, Western Style Catsup Bacon Quick Coffee Cake [1] Bread [2] Margarine Peanut Butter Grape Jelly Milk Coffee Tea Decaffeinated Coffee Cocoa Nondairy Creamer Sugar-Salt-Pepper	Tomato Juice Thin Grits Vanilla Eggnog Milk Coffee Tea Decaffeinated Coffee Cocoa Nondairy Creamer Sugar-Salt-Pepper	Tomato Juice Thin Grits Vanilla Eggnog Lemon Gelatin Milk Coffee Tea Decaffeinated Coffee Cocoa Nondairy Creamer Sugar-Salt	Grapefruit Juice [7] Tomato Broth Lemon Gelatin Coffee Tea Decaffeinated Coffee Sugar-Salt	Orange Beverage
1000 Hours	Nourishment/Late Meals [4] Chocolate Milkshake [5,6] Crackers [5] Peanut Butter-Grape Jelly [5]	Chocolate Milkshake Orange Beverage	Chocolate Milkshake Orange Beverage	Tea w/Sugar Orange Beverage	
LUNCH	Chicken Noodle Soup w/Crackers Chiliburgers Hashed Brown Potatoes Cabbage & Green Pepper Salad Cornbread [1] Bread [2] Margarine Blackberry Jelly Chocolate Cookie Bars Vanilla Pudding Coffee Tea Decaffeinated Coffee Fruit Punch Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Chicken Noodle Soup Thin Beef Thin Potatoes Thin Carrots Thin Peaches Thin Vanilla Pudding Coffee Tea Decaffeinated Coffee Fruit Punch Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Chicken Noodle Soup Coffee Eggnog Thin Peaches Thin Vanilla Pudding Coffee Tea Decaffeinated Coffee Fruit Punch Beverage Nondairy Creamer Sugar-Salt	Strained Chicken Noodle Soup Strawberry Gelatin Coffee Tea Decaffeinated Coffee Fruit Punch Beverage Sugar-Salt	
1400 Hours	Nourishment/Late Meals [4] Apple Cinnamon Milkshake [5,6] Crackers [5] Peanut Butter-Blackberry Jelly [5]	Apple Cinnamon Milkshake Orange Beverage	Apple Cinnamon Milkshake Orange Beverage	Tea w/Sugar Orange Beverage	
DINNER	Shrimp Creole Steamed Rice Buttered Carrots & Peas Biscuits [1] Bread [2] Margarine Peach Jam Apple Crisp Milk Coffee Tea Decaffeinated Coffee Cherry Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Corn Soup Thin Pork Thin Potatoes Thin Carrots & Peas Thin Applesauce Thin Baked Custard Milk Coffee Tea Decaffeinated Coffee Cherry Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Corn Soup Orange Eggnog Thin Applesauce Thin Baked Custard Milk Coffee Tea Decaffeinated Coffee Cherry Beverage Nondairy Creamer Sugar-Salt	Beef Broth Orange Gelatin Coffee Tea Decaffeinated Coffee Cherry Beverage Sugar-Salt	
2000 Hours	Nourishment/Late Meals [4] Strawberry Milkshake [5,6] Crackers [5] Peanut Butter-Peach Jam [5]	Strawberry Milkshake Orange Beverage	Strawberry Milkshake Orange Beverage	Tea w/Sugar Orange Beverage	

Footnotes:
[1] Delete when bread is available
[2] Add when available
[3] Bread/sandwich accompaniment
[4] Late Meals: Crackers (eight 2-inch squares), peanut butter, jelly and milkshake will be served to patients on Regular Diets. The appropriate nourishments will be served to patients on Liquids Diets.
[5] Nourishment for High Calorie-High Protein Diets
[6] Nourishment for Dental Soft Diets
[7] Strain canned juice

COMPOSITE LIST OF FOOD ITEMS - DAY 5

BREAKFAST

FOOD ITEM	RECIPE
Tomato Juice	F-4-M
Grapefruit Juice [a]	F-3-M-2
Hot Hominy Grits	D-6-M-2
Thin Grits	D-7-M
Scrambled Eggs Western Style	E-1-3
Catsup	
Bacon	G-1
Vanilla Eggnog [b]	A-12-M
Tomato Broth	I-7-M
Lemon Gelatin [c]	C-20-M
Quick Coffee Cake [d]	B-6
Margarine	
Peanut Butter	
Grape Jelly	
Milk	A-6-M-1
Coffee(staff)	A-2-M
(patients)	A-3-M-1
Tea	A-5-M
Decaffeinated Coffee	A-4-M
Cocoa	A-8-M
Nondairy Creamer	
Sugar	
Salt	
Pepper	
Chocolate Milkshake	A-10-M-2
*Orange Beverage	A-1-M
Tea	A-5-M
Sugar	
Crackers	
Peanut Butter	
Grape Jelly	

ALTERNATES

[a] Grapefruit Juice, canned	
[b] Vanilla Eggnog	A-13-M
[c] Raspberry Quick Jell	C-21-M
[d] Bread	

LUNCH

FOOD ITEM	RECIPE
Chicken Noodle Soup	I-2
Crackers	
Thin Cream of Chicken Noodle Soup	I-9-M
Strained Chicken Noodle Soup	I-8-M
Chiliburgers [e]	G-16
Thin Beef	G-49-M-1
Coffee Eggnog [f]	A-12-M-1
Hashed Brown Potatoes	J-15-M
Thin Potatoes	J-28-M
Cabbage & Green Pepper Salad	H-1-M-1
Thin Carrots	J-25-M
Cornbread [g]	B-3-1
Margarine	
Blackberry Jelly	
Chocolate Cookie Bars	C-5-3
Thin Peaches	F-5-M-3
Vanilla Pudding	C-16
Thin Vanilla Pudding	C-23-M
Strawberry Gelatin [h]	C-20-M
Coffee(staff)	A-2-M
(patient)	A-3-M-1
Tea	A-5-M
Decaffeinated Coffee	A-4-M
Fruit Punch Beverage	A-1-M
Nondairy Creamer	
Sugar	
Salt	
Pepper	
Apple Cinnamon Milkshake [i]	A-10-M-1
Tea	A-5-M
Sugar	
Crackers	
Peanut Butter	
Blackberry Jelly	

ALTERNATES

[e] Chiliburgers	G-16-Note
[f] Coffee Eggnog	A-13-M-1
[g] Bread	
[h] Strawberry Quick Jell	C-21-M
[i] Apple Cinnamon Milkshake	A-10-M-1-A

DINNER

FOOD ITEM	RECIPE
Thin Cream of Corn Soup	I-12-M
Beef Broth	I-6-M
Shrimp Creole	G-44
Thin Pork	G-49-M-1
Orange Eggnog [j]	A-12-M-3
Steamed Rice	D-4
Thin Potatoes	J-28-M
Buttered Carrots & Peas [k]	J-9
Thin Carrots & Peas [l]	J-26-M
Biscuits [m]	B-2
Margarine	
Peach Jam	
Apple Crisp [n]	C-15-1
Thin Applesauce [o]	F-5-M-1
Thin Baked Custard	C-22-M-1
Orange Gelatin [p]	C-20-M
Milk	A-6-M-1
Coffee(staff)	A-2-M
(patients)	A-3-M-1
Tea	A-5-M
Decaffeinated Coffee	A-4-M
Cherry Beverage	A-1-M
Nondairy Creamer	
Sugar	
Salt	
Pepper	
Strawberry Milkshake	A-10-M-5
Tea	A-5-M
Sugar	
Crackers	
Peanut Butter	
Peach Jam	

ALTERNATES

[j] Orange Eggnog	A-13-M-3-A
[k] Buttered Carrots & Peas	J-9-Note
[l] Thin Carrots & Peas	J-26-M-A
[m] Bread	
[n] Apple Crisp	C-15-1-Note
[o] Thin Applesauce	F-5-M-1-A
[p] Orange Quick Jell	C-21-M

* Daily forced fluids and nourishment for Liquid Diets

INGREDIENTS FOR MEALS - DAY 5

BREAKFAST		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Tomato Juice		100		88	
Juice tomato cnd	36 oz cn		6.25		5.50
water	gal		4.75		4.18
Grapefruit Juice [a]				11	
Juice grapefruit inst [a]	15 1/2 oz cn				0.69
water [a]	gal				0.63
Hot Hominy Grits		100		77	
Hominy grits	24 oz co		4.00		3.08
salt table	tbsp		6.00		4.62
water	gal		4.50		3.47
Thin Grits				11	
Hominy grits	24 oz cn				0.46
salt table	tsp				0.55
water	qt				1.99
Milk dry nonfat	No. 10 cn				0.07
water	qt				1.03
Sugar refined gran	lb				0.11
Scrmbld Eggs Wes Style		100		77	
Egg mix dehy	No. 3 cyl cn		7.00		5.39
water	gal		2.63		2.02
Shortening compound	lb		0.56		0.43
onions dehy chopped	cup		5.00		3.85
Peppers green dehy	No. 2 1/2 cn		0.75		0.58
water	gal		1.00		0.77
Ham chnks w/jcs cnd	29 oz cn		3.00		2.31
Shortening compound	lb		0.50		0.39
Catsup		100		77	
Catsup tomato	No. 10 cn		0.50		0.39
Bacon		100		77	
Bacon sliced precooked	No. 10 cn		1.00		0.77
Vanilla Eggnog [b]				11	
Eggnog mix [b]	2 lb bag				0.43
Milk dry nonfat	No. 10 cn				0.12
creamer nondairy dry	cup				0.83
water	qt				2.48
Tomato Broth				11	
Juice tomato cnd	36 oz cn				0.09
water	qt				2.75
Soup & GB inst beef	No. 2 1/2 cn				0.06
Lemon Gelatin [c]				15	
Des pwd gel lemon [c]	No. 2 1/2 cn				0.31
water [c]	cup				6.75
Quick Coffee Cake [d]		100		77	
Biscuit mix [d]	No. 10 cn		1.50		1.16
Sugar refined gran [d]	lb		1.50		1.16
Egg mix dehy [d]	No. 3 cyl cn		0.33		0.26
water [d]	qt		2.00		1.54
Cookie mix oatmeal [d]	No. 10 cn		0.67		0.51
cinnamon grnd [d]	tsp		3.00		2.31
Margarine [d]	lb		0.50		0.39
Margarine		100		77	
Margarine	lb		3.13		2.41
Peanut Butter		100		77	
Peanut butter	No. 2 1/2 cn		3.50		2.70
Grape Jelly		100		77	
Jelly grape	No. 2 1/2 cn		4.00		3.08

LUNCH		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Chicken Noodle Soup		100		77	
Soup dehy chicken	No. 2 1/2 cn		4.00		3.08
water	gal		6.50		5.01
Crackers		100		77	
Crackers	lb		2.66		2.05
Thin Cr Chick Ndl Soup				11	
Soup dehy chicken	No. 2 1/2 cn				0.42
Milk dry nonfat	No. 10 cn				0.09
water	qt				2.57
Str Chick Ndl Soup				11	
Soup dehy chicken	No. 2 1/2 cn				0.44
water	gal				0.72
Chiliburgers [e]		100		77	
Beef patties dehy	No. 10 cn		7.00		5.39
water	gal		6.00		4.62
Shortening compound	lb		0.88		0.67
Chili con carne cnd [e]	6-3/4 lb cn		2.00		1.54
onions dehy chopped	cup		1.25		0.96
water	cup		3.00		2.31
Cheese Amer proc dehy	No. 10 cn		0.75		0.58
water	cup		4.50		3.47
Thin Beef				7	
Beef puree cnd	15 oz cn				2.80
water	cup				2.80
Margarine	lb				0.18
Soup & GB inst beef	No. 2 1/2 cn				0.04
Coffee Eggnog [f]				4	
Eggnog mix [f]	2 lb bag				0.16
Milk dry nonfat	No. 10 cn				0.04
creamer nondairy dry	cup				0.30
water	qt				0.90
coffee inst fd decaf	cup				0.12
Hshd Brwn Potatoes		100		77	
Potatoes wht dehy diced	No. 10 cn		3.50		2.70
water	gal		6.50		5.01
salt table	cup		0.19		0.15
Shortening compound	lb		2.50		1.93
Thin Potatoes				7	
water	qt				1.14
Margarine	lb				0.02
salt table	tsp				0.35
Potatoes wht inst gran	No. 10 cn				0.04
Milk dry nonfat	No. 10 cn				0.01
Cab & Grn Pep Sld		100		77	
Cabbage dehy comp	No. 2 1/2 cn		3.00		2.31
Peppers green dehy	No. 2 1/2 cn		1.00		0.77
water	gal		3.50		2.70
Sugar refined gran	lb		1.75		1.35
salt table	tbsp		3.00		2.31
pepper blk grnd	tsp		2.00		1.54
vinegar dry synthetic	pg		1.00		0.77
water	qt		1.25		0.96
Thin Carrots				7	
Carrots cnd	No. 10 cn				0.36
Margarine	lb				0.04
Cornbread [g]		100		77	

DINNER		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Thin Cr of Corn Soup				11	
Milk dry nonfat	No. 10 cn				0.11
water	qt				2.06
Margarine	lb				0.28
Flour wheat gen pur	lb				0.14
salt table	tsp				1.65
Corn cnd	No. 10 cn				0.29
Beef Broth				11	
Soup & GB inst beef	No. 2 1/2 cn				0.11
water	qt				2.75
Shrimp Creole		100		77	
Shrimp dehy	No. 10 cn		4.00		3.08
water	gal		3.00		2.31
onions dehy chopped	cup		2.00		1.54
Peppers green dehy	No. 2 1/2 cn		2.00		1.54
water	gal		1.50		1.16
Shortening compound	lb		0.75		0.58
garlic dehy	tsp		2.00		1.54
Tomatoes cnd	No. 10 cn		4.00		3.08
salt table	tbsp		6.00		4.62
pepper blk grnd	tbsp		2.00		1.54
Sugar refined gran	lb		0.25		0.19
Worcestershire sauce	cup		0.25		0.19
Flour wheat gen pur	lb		0.50		0.39
water	cup		2.00		1.54
Thin Pork				7	
Pork puree cnd	15 oz cn				2.80
water	cup				2.80
Margarine	lb				0.18
Soup & GB inst chicken	No. 2 1/2 cn				0.04
Orange Eggnog [j]				4	
Eggnog mix [j]	2 lb bag				0.16
Milk dry nonfat	No. 10 cn				0.04
creamer nondairy dry	cup				0.30
water [j]	qt				0.90
Juice orange inst [j]	No. 2 1/2 cn				0.14
Steamed Rice		100		77	
Rice parboiled	lb		9.00		6.93
water	gal		2.75		2.12
Margarine	lb		0.25		0.19
Thin Potatoes				7	
water	qt				1.14
Margarine	lb				0.02
salt table	tsp				0.35
Potatoes wht inst gran	No. 10 cn				0.04
Milk dry nonfat	No. 10 cn				0.01
But Carrots & Peas [k]		100		77	
Carrots canned	No. 10 cn		2.00		1.54
Peas canned [k]	No. 10 cn		2.00		1.54
Margarine	lb		1.00		0.77
pepper blk grnd	tsp		1.00		0.77
Thin Carrots & Peas [l]				7	
Carrots canned	No. 10 cn				0.20
Peas canned [l]	No. 10 cn				0.14
Margarine	lb				0.04
Biscuits [m]		100		77	

BREAKFAST		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Milk		100		88	
Milk dry nonfat	No. 10 cn		1.52		1.34
water	gal		5.83		5.13
Coffee(staff)		100			
Coffee roasted grnd	lb		2.50		
water	gal		6.25		
Coffee(patients)				100	
coffee inst	2.5 gm pg				100.00
water	gal				6.25
Tea		25		25	
Tea blk ind bags	100/bx		0.25		0.25
water	gal		1.56		1.56
Decaffeinated Coffee		25		25	
coffee inst fd decaf ind	1.5 gm pg		25.00		25.00
water	gal		1.56		1.56
Cocoa		50		50	
Cocoa bev pwd ind	1 oz pg		50.00		50.00
water	gal		3.13		3.13
Nondairy Creamer		50		50	
creamer nondairy	3 gm pg		50.00		50.00
Sugar		100		100	
sugar refined ind	0.14 oz pg		200.00		200.00
Salt		100		100	
salt table ind	1.13 gm pg		100.00		100.00
Pepper		100		84	
pepper blk grnd	0.18 gm pg		100.00		84.00
Chocolate Milkshake				23	
Milk dry nonfat	No. 10 cn				0.29
Ice cream mix dehy van	No. 10 cn				0.55
water	qt				5.18
Bkfst inst dry choc ind	1.23 oz pg				9.20
Orange Beverage				216	
Bev base pwd orange	5 gal yld pg				2.88
Sugar refined gran	lb				11.52
water	gal				14.40
Tea				11	
Tea blk ind bags	100/bx				0.11
water	gal				0.69
Sugar				11	
sugar refined ind	0.14 oz pg				11.00
Crackers				9	
Crackers soda salted	lb				0.47
Peanut Butter				9	
Peanut butter	No. 2 1/2 cn				0.31
Grape Jelly				9	
Jelly grape	No. 2 1/2 cn				0.36
ALTERNATES					
[a] **Grapefruit Juice**				11	
Juice grpfrt cnd	No. 3 cyl cn				1.91
[b] **Vanilla Eggnog**				11	
Egg mix dehy	No. 3 cyl cn				0.15
Des pwd pud inst van	No. 10 cn				0.13
cinnamon grnd	tsp				0.28

LUNCH		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Corn bread mix [g]	No. 10 cn		3.00		2.31
water [g]	qt		5.50		4.24
Shortening compound [g]	lb		0.25		0.19
Margarine		100		77	
Margarine	lb		3.13		2.41
Blackberry Jelly		100		77	
Jelly blackberry	No. 2 1/2 cn		4.00		3.08
Chocolate Cookie Bars		100		77	
Cookie mix chocolate	No. 10 cn		2.00		1.54
water	cup		3.00		2.31
Thin Peaches				11	
Peaches cnd	No. 10 cn				0.88
Vanilla Pudding		100		77	
Milk dry nonfat	No. 10 cn		0.63		0.48
water	gal		2.75		2.12
Des pwd pud inst van	No. 10 cn		1.25		.96
Thin Vanilla Pudding				11	
Milk dry nonfat	No. 10 cn				0.06
water	cup				4.00
Des pwd pud inst van	No. 10 cn				0.08
Strawberry Gelatin [h]				11	
Des pwd gel stwby [h]	No. 2 1/2 cn				0.23
water [h]	cup				4.96
Coffee(staff)		100			
Coffee roasted grnd	lb		2.50		
water	gal		6.25		
Coffee(patients)				100	
coffee inst	2.5 gm pg				100.00
water	gal				6.25
Tea		25		25	
Tea blk ind bags	100/bx		0.25		0.25
water	gal		1.56		1.56
Decaffeinated Coffee		25		25	
coffee inst fd decaf ind	1.5 gm pg		25.00		25.00
water	gal		1.56		1.56
Fruit Punch Beverage		100		100	
Bev base pwd ft pnch	5 gal yld pg		1.33		1.33
Sugar refined gran	lb		5.33		5.33
water	gal		6.67		6.67
Nondairy Creamer		50		50	
creamer nondairy	3 gm pg		50.00		50.00
Sugar		100		100	
sugar refined ind	0.14 oz pg		100.00		100.00
Salt		100		100	
salt table ind	1.13 gm pg		100.00		100.00
Pepper		100		84	
pepper blk grnd ind	0.18 gm pg		100.00		84.00
Apple Cin Milkshake [i]				23	
Milk dry nonfat	No. 10 cn				0.29
Ice cream mix dehy van	No. 10 cn				0.55
water [i]	qt				5.18
Applesauce inst [i]	No. 2 1/2 cn				1.00
cinnamon grnd	tbsp				1.15
Tea				11	
Tea blk ind bags	100/bx				0.11
water	gal				0.69

DINNER		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Biscuit mix [m]	No. 10 cn		3.50		2.70
water [m]	qt		4.00		3.08
Margarine		100		77	
Margarine	lb		3.13		2.41
Peach Jam		100		77	
Jam peach	No. 2 1/2 cn		4.00		3.08
Apple Crisp [n]		100		77	
Apples dehy [n]	No. 10 cn		1.50		1.16
water [n]	gal		2.00		1.54
Sugar refined gran [n]	lb		2.75		2.12
cinnamon grnd [n]	tbsp		3.00		2.31
salt table [n]	tsp		3.00		2.31
Cookie mix oatmeal	No. 10 cn		1.00		0.77
Margarine	lb		0.50		0.39
Thin Applesauce [o]				11	
Applesauce inst [o]	No. 2 1/2 cn				0.95
water [o]	qt				2.61
Thin Baked Custard				11	
Egg mix dehy	No. 3 cyl cn				0.20
Milk dry nonfat	No. 10 cn				0.13
Des pwd pud inst van	No. 10 cn				0.05
Sugar refined gran	lb				0.09
water	qt				2.51
cinnamon grnd	tsp				0.20
Orange Gelatin [p]				11	
Des pwd gel orange [p]	No. 2 1/2 cn				0.23
water [p]	cup				4.96
Milk		100		88	
Milk dry nonfat	No. 10 cn		1.52		1.34
water	gal		5.83		5.13
Coffee(staff)		100			
Coffee roasted grnd	lb		2.50		
water	gal		6.25		
Coffee(patients)				100	
coffee inst ind	2.5 gm pg				100.00
water	gal				6.25
Tea		25		25	
Tea blk ind bags	100/bx		0.25		0.25
water	gal		1.56		1.56
Decaffeinated Coffee		25		25	
coffee inst fd decaf ind	1.5 gm pg		25.00		25.00
water	gal		1.56		1.56
Cherry Beverage		100		100	
Bev base pwd cherry	5 gal yld pg		1.33		1.33
Sugar refined gran	lb		5.33		5.33
water	gal		6.67		6.67
Nondairy Creamer		50		50	
creamer nondairy dry ind	3 gm pg		50.00		50.00
Sugar		100		100	
sugar refined ind	0.14 oz pg		100.00		100.00
Salt		100		100	
salt table ind	1.13 gm pg		100.00		100.00
Pepper		100		84	
pepper blk grnd ind	0.18 gm pg		100.00		84.00
Strawberry Milkshake				23	
Milk dry nonfat	No. 10 cn				0.29

BREAKFAST		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
[c] **Raspberry Quick Jell**				15	
Des pwd rspby qck jel	24 oz cn				0.44
water	qt				1.60
[d] **Bread**		100		77	
Bread	lb		16.00		12.32

LUNCH		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Sugar				11	
sugar refined ind	0.14 oz pg				11.00
Crackers				9	
Crackers soda salted	lb				0.47
Peanut Butter				9	
Peanut butter	No. 2 1/2 cn				0.31
Blackberry Jelly				9	
Jelly blackberry	No. 2 1/2 cn				0.36
ALTERNATES					
[e] **Chiliburgers**		100		77	
Chili Con Carne dehy	No. 10 cn		2.00		1.54
water	qt		4.50		3.47
[f] **Coffee Eggnog**				4	
Egg mix dehy	No. 3 cyl cn				0.06
Des pwd pud inst van	No. 10 cn				0.05
cinnamon grnd	tsp				0.10
[g] **Bread**		100		77	
Bread	lb		16.00		12.32
[h] **Strawberry Quick Jell**				11	
Des pwd stwby qck jel	14 oz cn				0.32
water	qt				1.17
[i] **Apple Cin Milkshake**				23	
water	qt				2.30
Applesauce cnd	No. 10 cn				0.92

DINNER		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Ice cream mix dehy van	No. 10 cn				0.55
water	qt				5.18
Bkfst inst dry stwby ind	1.23 oz pg				9.20
Tea				11	
Tea blk ind bags	100/bx				0.11
water	gal				0.69
Sugar				11	
sugar refined ind	0.14 oz pg				11.00
Crackers				9	
Crackers soda salted	lb				0.47
Peanut Butter				9	
Peanut butter	No. 2 1/2 cn				0.31
Peach Jam				9	
Jam peach	No. 2 1/2 cn				0.36
ALTERNATES					
[j] **Orange Eggnog**				4	
Egg mix dehy	No. 3 cyl cn				0.06
Des pwd pud inst van	No. 10 cn				0.05
cinnamon grnd	tsp				0.10
water	qt				0.60
Juice orange cnd	No. 3 cyl cn				0.21
[k] **But Carrots & Peas**		100		77	
Peas dehy comp	No. 2 1/2 cn		2.00		1.54
water	gal		2.00		1.54
[l] **Thin Carrots & Peas**				7	
Peas dehy comp	No. 2 1/2 cn				0.06
water	cup				1.05
[m] **Bread**		100		77	
Bread	lb		16.00		12.32
[n] **Apple Crisp**		100		77	
Pie fil prep apple	No. 10 cn		3.50		2.70
[o] **Thin Applesauce**				11	
Applesauce cnd	No. 10 cn				0.55
water	qt				1.10
[p] **Orange Quick Jell**				11	
Des pwd orng qck jel	24 oz cn				0.32
water	qt				1.17

ISSUE CHART FOR MEALS - DAY 5

		STAFF				PATIENTS			
INGREDIENTS	UNIT	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D
Apples dehy [n]	No. 10 cn			1.50	1.50			1.16	1.16
Applesauce inst [i]	No. 2 1/2 cn						1.00		1.00
Applesauce inst [o]	No. 2 1/2 cn							0.95	0.95
Bacon sliced precooked	No. 10 cn	1.00			1.00	0.77			0.77
Beef patties dehy	No. 10 cn		7.00		7.00		5.39		5.39
Beef puree cnd	15 oz cn						2.80		2.80
Bev base pwd cherry	5 gal yld pg			1.33	1.33			1.33	1.33
Bev base pwd fruit punch	5 gal yld pg		1.33		1.33		1.33		1.33
Bev base pwd orange	5 gal yld pg					2.88			2.88
Biscuit mix [d]	No. 10 cn	1.50			1.50	1.16			1.16
Biscuit mix [m]	No. 10 cn			3.50	3.50			2.70	2.70
Bkfst inst dry choc ind	1.23 oz pg					9.20			9.20
Bkfst inst dry stwby ind	1.23 oz pg							9.20	9.20
Cabbage dehy comp	No. 2 1/2 cn		3.00		3.00		2.31		2.31
Carrots cnd	No. 10 cn			2.00	2.00		0.36	1.74	2.10
Catsup tomato	No. 10 cn	0.50			0.50	0.39			0.39
Cheese Amer proc dehy	No. 10 cn		0.75		0.75		0.58		0.58
Chili con carne [e]	6 3/4 lb cn		2.00		2.00		1.54		1.54
Cocoa bev pwd ind	1 oz pg	50.00			50.00	50.00			50.00
Coffee roasted grnd	lb	2.50	2.50	2.50	7.50				
Cookie mix chocolate	No. 10 cn		2.00		2.00		1.54		1.54
Cookie mix oatmeal	No. 10 cn			1.00	1.00			0.77	0.77
Cookie mix oatmeal [d]	No. 10 cn	0.67			0.67	0.51			0.51
Corn bread mix [g]	No. 10 cn		3.00		3.00		2.31		2.31
Corn cnd	No. 10 cn							0.29	0.29
Crackers soda salted	lb		2.66		2.66	0.47	2.52	0.47	3.46
Des pwd gel lemon [c]	No. 2 1/2 cn					0.31			0.31
Des pwd gel orange [p]	No. 2 1/2 cn							0.23	0.23
Des pwd gel stwby [h]	No. 2 1/2 cn						0.23		0.23
Des pwd pud inst van	No. 10 cn		1.25		1.25		1.04	0.05	1.09
Egg mix dehy	No. 3 cyl cn	7.00			7.00	5.39		0.20	5.59
Egg mix dehy [d]	No. 3 cyl cn	0.33			0.33	0.26			0.26
Eggnog mix [b]	2 lb bag					0.43			0.43
Eggnog mix [f]	2 lb bag						0.16		0.16
Eggnog mix [j]	2 lb bag							0.16	0.16
Flour wheat gen pur	lb			0.50	0.50			0.53	0.53
Ham chnks w/jcs cnd	29 oz cn	3.00			3.00	2.31			2.31
Hominy grits	24 oz co	4.00			4.00	3.54			3.54
Ice cream mix dehy van	No. 10 cn					0.55	0.55	0.55	1.65
Jam peach	No. 2 1/2 cn			4.00	4.00			3.44	3.44
Jelly blackberry	No. 2 1/2 cn		4.00		4.00		3.44		3.44
Jelly grape	No. 2 1/2 cn	4.00			4.00	3.44			3.44
Juice grpfrt inst [a]	15 1/2 oz cn					0.69			0.69
Juice orange inst [j]	No. 2 1/2 cn							0.14	0.14
Juice tomato cnd	36 oz cn	6.25			6.25	5.59			5.59
Margarine	lb	3.13	3.13	4.88	11.14	2.41	2.65	4.28	9.34
Margarine [d]	lb	0.50			0.50	0.39			0.39
Milk dry nonfat	No. 10 cn	1.52	0.63	1.52	3.67	1.82	0.97	1.92	4.71
Peaches cnd	No. 10 cn						0.88		0.88

		STAFF				PATIENTS			
INGREDIENTS	UNIT	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D
Peanut butter	No. 2 1/2 cn	3.50			3.50	3.01	0.31	0.31	3.63
Peas cnd [k]	No. 10 cn			2.00	2.00			1.54	1.54
Peas cnd [l]	No. 10 cn							0.14	0.14
Peppers green dehy	No. 2 1/2 cn	0.75	1.00	2.00	3.75	0.58	0.77	1.54	2.89
Pork puree cnd	15 oz cn							2.80	2.80
Potatoes wht dehy diced	No. 10 cn		3.50		3.50		2.70		2.70
Potatoes wht inst gran	No. 10 cn						0.04	0.04	0.08
Rice parboiled	lb			9.00	9.00			6.93	6.93
Shortening compound	lb	1.06	3.38	0.75	5.19	0.82	2.60	0.58	4.00
Shortening compound [g]	lb		0.25		0.25		0.19		0.19
Shrimp dehy	No. 10 cn			4.00	4.00			3.08	3.08
Soup & GB inst beef	No. 2 1/2 cn					0.06	0.04	0.11	0.21
Soup & GB inst chicken	No. 2 1/2 cn							0.04	0.04
Soup dehy chicken	No. 2 1/2 cn		4.00		4.00		3.94		3.94
Sugar refined gran	lb		7.08	5.58	12.67	11.63	6.68	5.61	23.92
Sugar refined gran [d]	lb	1.50			1.50	1.16			1.16
Sugar refined gran [n]	lb			2.75	2.75			2.12	2.12
Tea blk ind bags	100/bx	0.25	0.25	0.25	0.75	0.36	0.36	0.36	1.08
Tomatoes cnd	No. 10 cn			4.00	4.00			3.08	3.08
ALTERNATES									
[a] Juice grpfrt cnd	No. 3 cyl cn					1.91			1.91
[b] Egg mix dehy	No. 3 cyl cn					0.15			0.15
[b] Des pwd pud inst van	No. 10 cn					0.13			0.13
[c] Des pwd rsby qck jel	24 oz cn					0.44			0.44
[d] Bread	lb	16.00			16.00	12.32			12.32
[e] Chili con carne dehy	No. 10 cn		2.00		2.00		1.54		1.54
[f] Egg mix dehy	No. 3 cyl cn						0.06		0.06
[f] Des pwd pud inst van	No. 10 cn						0.05		0.05
[g] Bread	lb		16.00		16.00		12.32		12.32
[h] Des pwd stwby qck jel	24 oz cn						0.32		0.32
[i] Applesauce cnd	No. 10 cn						0.92		0.92
[j] Egg mix dehy	No. 3 cyl cn							0.06	0.06
[j] Des pwd pud inst van	No. 10 cn							0.05	0.05
[j] Juice orange cnd	No. 3 cyl cn							0.21	0.21
[k] Peas dehy comp	No. 2 1/2 cn			2.00	2.00			1.54	1.54
[l] Peas dehy comp	No. 2 1/2 cn							0.06	0.06
[m] Bread	lb			16.00	16.00			12.32	12.32
[n] Pie filling prep apple	No. 10 cn			3.50	3.50			2.70	2.70
[o] Applesauce cnd	No. 10 cn							0.55	0.55
[p] Des pwd orange qck jel	24 oz cn							0.32	0.32

MEDICAL B RATION MENU - DAY 6

	REGULAR	DENTAL LIQUID	FULL LIQUID	CLEAR LIQUID	FORCED FLUIDS
BREAKFAST	Grapefruit & Orange Juice Hot Farina w/Milk Roast Beef Hash Catsup Cheese Omelet Bread [2] Margarine [3] Peanut Butter [3] Strawberry Jam [3] Milk Coffee Tea Decaffeinated Coffee Cocoa Nondairy Creamer Sugar-Salt-Pepper	Grapefruit & Orange Juice Thin Farina Mocha Eggnog Milk Coffee Tea Decaffeinated Coffee Cocoa Nondairy Creamer Sugar-Salt-Pepper	Grapefruit & Orange Juice Thin Farina Mocha Eggnog Lemon Gelatin Milk Coffee Tea Decaffeinated Coffee Cocoa Nondairy Creamer Sugar-Salt	Grapefruit & Orange Juice [7] Tomato Broth Lemon Gelatin Coffee Tea Decaffeinated Coffee Sugar-Salt	Orange Juice [7]
1000 Hours	Nourishment/Late Meals [4] Peach Milkshake [5,6] Crackers [5] Peanut Butter-Strawberry Jam [5]	Peach Milkshake Orange Juice	Peach Milkshake Orange Juice	Tea w/Sugar Orange Juice	
LUNCH	Chicken Pot Pie Cranberry Sauce Mashed Potatoes Sauteed Corn Bread [2] Margarine [3] Pears Yellow Cake w/Chocolate Icing Milk Coffee Tea Decaffeinated Coffee Orange Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Potato Soup Thin Chicken Thin Potato w/Cheese Thin Carrots Thin Pears w/Cranberry Sauce Thin Chocolate Pudding Milk Coffee Tea Decaffeinated Coffee Orange Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Potato Soup Strawberry Eggnog Thin Pears w/Cranberry Sauce Thin Chocolate Pudding Milk Coffee Tea Decaffeinated Coffee Orange Beverage Nondairy Creamer Sugar-Salt	Chicken Broth Cherry Gelatin Coffee Tea Decaffeinated Coffee Orange Beverage Sugar-Salt	
1400 Hours	Nourishment/Late Meals [4] Vanilla Milkshake [5,6] Crackers [5] Peanut Butter-Blackberry Jelly [5]	Vanilla Milkshake Orange Juice	Vanilla Milkshake Orange Juice	Tea w/Sugar Orange Juice	
DINNER	Onion Soup w/Crackers Baked Ham Macaroni & Tomatoes Buttered Green Beans Garden Cottage Cheese Salad Bread [2] Margarine [3] Cherry Cobbler Coffee Tea Decaffeinated Coffee Lemonade Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Pea Soup Thin Veal Thin Potatoes Thin Green Beans Thin Peaches Thin Vanilla Pudding Coffee Tea Decaffeinated Coffee Lemonade Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Pea Soup Vanilla Eggnog Thin Peaches Thin Vanilla Pudding Coffee Tea Decaffeinated Coffee Lemonade Beverage Nondairy Creamer Sugar-Salt	Beef Broth Orange Gelatin Coffee Tea Decaffeinated Coffee Lemonade Beverage Sugar-Salt	
2000 Hours	Nourishment/Late Meals [4] Orange Milkshake [5,6] Crackers [5] Peanut Butter-Peach Jam [5]	Orange Milkshake Orange Juice	Orange Milkshake Orange Juice	Tea w/Sugar Orange Juice	

Footnotes:
[1] Delete when bread is available
[2] Add when available
[3] Bread/sandwich accompaniment
[4] Late Meals: Crackers (eight 2-inch squares), peanut butter, jelly and milkshake will be served to patients on Regular Diets. The appropriate nourishments will be served to patients on Liquids Diets.
[5] Nourishment for High Calorie-High Protein Diets
[6] Nourishment for Dental Soft Diets
[7] Strain canned juice

COMPOSITE LIST OF FOOD ITEMS - DAY 6

BREAKFAST

FOOD ITEM	RECIPE
Grapefruit & Orange Juice [a]	F-3-M-3
Hot Farina w/Milk	D-6-M-1
Thin Farina	D-7-M
Roast Beef Hash	G-8-M
Catsup	
Cheese Omelet	E-2
Mocha Eggnog [b]	A-12-M-2
Tomato Broth	I-7-M
Lemon Gelatin [c]	C-20-M
Milk	A-6-M-1
Coffee(staff)	A-2-M
(patients)	A-3-M-1
Tea	A-5-M
Decaffeinated Coffee	A-4-M
Cocoa	A-8-M
Nondairy Creamer	
Sugar	
Salt	
Pepper	
Peach Milkshake	A-11-M
*Orange Juice [d]	F-3-M-1
Tea	A-5-M
Sugar	
Crackers	
Peanut Butter	
Strawberry Jam	

ADDITIONS

Bread
Margarine
Peanut Butter
Strawberry Jam

ALTERNATES

[a] Grapefruit Juice, canned & Orange Juice, canned
[b] Mocha Eggnog A-13-M-2
[c] Strawberry Quick Jell C-21-M
[d] Orange Juice, canned

LUNCH

FOOD ITEM	RECIPE
Thin Cream of Potato Soup	I-14-M
Chicken Broth	I-6-M
Chicken Pot Pie [e]	G-22-M
Cranberry Sauce	
Thin Chicken	G-49-M-1
Strawberry Eggnog [f]	A-12-M-5
Mashed Potatoes	J-17
Thin Potatoes w/Cheese	J-29-M
Sauteed Corn	J-12
Thin Carrots	J-25-M
Pears	
Thin Pears w/Cranberry Sauce	F-6-M-2
Yellow Cake w/	C-1-1
Chocolate Icing	C-2
Thin Chocolate Pudding	C-23-M
Cherry Gelatin [g]	C-20-M
Milk	A-6-M-1
Coffee(staff)	A-2-M
(patients)	A-3-M-1
Tea	A-5-M
Decaffeinated Coffee	A-4-M
Orange Beverage	A-1-M
Nondairy Creamer	
Sugar	
Salt	
Pepper	
Vanilla Milkshake	A-10-M
Tea	A-5-M
Sugar	
Crackers	
Peanut Butter	
Blackberry Jelly	

ADDITIONS

Bread
Margarine

ALTERNATES

[e] Chicken Pot Pie G-22-M-Notes
[f] Strawberry Eggnog A-14-M-2
[g] Raspberry Quick Jell C-21-M

DINNER

FOOD ITEM	RECIPE
Onion Soup	I-3
Crackers	
Thin Cream of Pea Soup [h]	I-13-M
Beef Broth	I-6-M
Baked Ham Macaroni & Tomatoes	G-30
Thin Veal	G-49-M-1
Vanilla Eggnog [i]	A-12-M
Thin Potatoes	J-28-M
Buttered Green Beans [j]	J-2a
Thin Green Beans [k]	J-24-M-A
Garden Cottage Cheese Salad	H-6-M
Cherry Cobbler	C-10-1
Thin Peaches	F-5-M-3
Thin Vanilla Pudding	C-23-M
Orange Gelatin [l]	C-20-M
Coffee(staff)	A-2-M
(patients)	A-3-M-1
Tea	A-5-M
Decaffeinated Coffee	A-4-M
Lemonade Beverage	A-1-M
Nondairy Creamer	
Sugar	
Salt	
Pepper	
Orange Milkshake [m]	A-10-M-3
Tea	A-5-M
Sugar	
Crackers	
Peanut Butter	
Peach Jam	

ADDITIONS

Bread
Margarine

ALTERNATES

[h] Thin Cream of Pea Soup I-13-M-A
[i] Vanilla Eggnog A-13-M
[j] Buttered Green Beams J-2a-Note
[k] Thin Green Beans J-24-M
[l] Orange Quick Jell C-21-M
[m] Orange Milkshake A-10-M-3-A

*Daily forced fluid and nourishment for Liquid Diets

INGREDIENTS FOR MEALS - DAY 6

BREAKFAST		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Grpfrt & Orange Juice [a]		100		99	
Juice grpfrt inst [a]	15 1/2 oz cn		2.50		2.48
Juice orange inst [a]	No. 2 1/2 cn		3.75		3.71
water [a]	gal		5.75		5.69
Hot Farina w/Milk		100		77	
Cereal wheat farina	28 oz bx		3.43		2.64
water	qt		4.00		3.08
salt table	tbsp		6.00		4.62
water	gal		4.00		3.08
Milk dry nonfat	No. 10 cn		0.75		0.58
water	gal		2.75		2.12
Thin Farina				11	
Cereal wheat farina	28 oz box				0.23
salt table	tsp				0.55
water	qt				1.38
Milk dry nonfat	No. 10 cn				0.07
water	qt				1.03
Sugar refined gran	lb				0.11
Roast Beef Hash		100		77	
onions dehy chopped	qt		1.00		0.77
Peppers green dehy	No. 2 1/2 cn		3.75		2.89
water	gal		3.00		2.31
Shortening compound	lb		2.00		1.54
Beef chnks w/jcs cnd	29 oz cn		13.00		10.01
Potatoes wht dehy diced	No. 10 cn		2.25		1.73
water	gal		4.00		3.08
pepper blk grnd	tsp		4.00		3.08
salt table	tbsp		6.00		4.62
Soup & GB inst beef	No. 2 1/2 cn		0.17		0.13
Catsup tomato	No. 10 cn		0.33		0.26
Catsup		100		77	
Catsup tomato	No. 10 cn		0.50		0.39
Cheese Omelet		100		77	
Egg mix dehy	No. 3 cyl cn		7.00		5.39
Cheese Amer proc dehy	No. 10 cn		0.75		0.58
Flour wheat gen pur	lb		1.13		0.87
salt table	tbsp		2.33		1.79
water	gal		2.75		2.12
Shortening compound	lb		1.13		0.87
Mocha Eggnog [b]				11	
Eggnog mix [b]	2 lb bag				0.43
Milk dry nonfat	No. 10 cn				0.12
creamer nondairy dry	cup				0.83
water	qt				2.48
coffee inst fd decaf	cup				0.22
Cocoa bev pwd ind	1 oz pg				4.40
Tomato Broth				11	
Juice tomato cnd	36 oz cn				0.09
water	qt				2.75
Soup & GB inst beef	No. 2 1/2 cn				0.06
Lemon Gelatin [c]				15	
Dessert pwd gel lemon [c]	No. 2 1/2 cn				0.31
water [c]	cup				6.75
Milk		100		88	
Milk dry nonfat	No. 10 cn		1.52		1.34
water	gal		5.83		5.13

LUNCH		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Thin Cr of Potato Soup				11	
Milk dry nonfat	No. 10 cn				0.07
water	qt				2.75
Soup & GB inst chicken	No. 2 1/2 cn				0.04
Potatoes wht inst gran	No. 10 cn				0.09
Margarine	lb				0.03
Chicken Broth				11	
Soup & GB inst chicken	No. 2 1/2 cn				0.11
water	qt				2.75
Chicken Pot Pie [e]		100		77	
water [e]	gal		3.25		2.50
Soup & GB inst chicken	No. 2 1/2 cn		0.50		0.39
Chicken dehy [e]	No. 10 cn		3.60		2.77
Margarine	lb		2.00		1.54
Flour wheat gen pur	lb		2.25		1.73
pepper blk grnd	tbsp		1.00		0.77
Carrots cnd	No. 10 cn		1.00		0.77
Potatoes wht dehy diced	No. 10 cn		0.75		0.58
water	gal		1.00		0.77
Egg mix dehy [e]	No. 3 cyl cn		0.33		0.26
Milk dry nonfat [e]	No. 10 cn		0.13		0.10
Flour wheat gen pur [e]	lb		2.00		1.54
baking powder [e]	tbsp		5.00		3.85
salt table [e]	tbsp		2.00		1.54
water [e]	qt		2.75		2.12
Shortening compound [e]	lb		0.50		0.39
Cranberry Sauce		100		77	
Cranberry sauce cnd	No. 10 cn		1.50		1.16
Thin Chicken				7	
Chicken puree cnd	15 oz cn				2.80
water	cup				2.80
Margarine	lb				0.18
Soup & GB inst chicken	No. 2 1/2 cn				0.04
Strawberry Eggnog [f]				4	
Eggnog mix [f]	2 lb bag				0.16
Milk dry nonfat	No. 10 cn				0.04
creamer nondairy dry	cup				0.30
water	qt				0.90
Bkfst inst dry strby ind	1.23 oz pg				4.00
Mashed Potatoes		100		77	
water	gal		3.38		2.60
Margarine	lb		1.00		0.77
salt table	tbsp		3.00		2.31
pepper blk grnd	tsp		2.00		1.54
Potatoes wht inst gran	No. 10 cn		1.00		0.77
Milk dry nonfat	No. 10 cn		0.19		0.14
Thin Potatoes w/Cheese				7	
water	qt				1.14
Margarine	lb				0.02
salt table	tsp				0.35
Potatoes wht inst gran	No. 10 cn				0.04
Milk dry nonfat	No. 10 cn				0.01
Cheese Amer proc dehy	No. 10 cn				0.06
Sauteed Corn		100		77	
Peppers green dehy	No. 2 1/2 cn		2.00		1.54
water	qt		2.00		1.54

DINNER		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Onion Soup		100		77	
Soup dehy onion	No. 2 1/2 cn		2.00		1.54
water	gal		6.25		4.81
Crackers		100		77	
Crackers	lb		2.66		2.05
Thin Cr of Pea Soup [h]				11	
Milk dry nonfat	No. 10 cn				0.11
water	qt				2.06
Margarine	lb				0.28
Flour wheat gen pur	lb				0.14
salt table	tsp				1.65
Peas cnd [h]	No. 10 cn				0.29
Beef Broth				11	
Soup & GB inst beef	No. 2 1/2 cn				0.11
water	qt				2.75
Bkd Ham Mac & Tom		100		77	
Ham chnks w/jcs cnd	29 oz cn		9.00		6.93
water	gal		2.00		1.54
onions dehy chopped	cup		2.33		1.80
Peppers green dehy	No. 2 1/2 cn		1.25		0.96
water	qt		6.00		4.62
Macaroni	10 lb box		4.50		3.47
water	gal		3.00		2.31
Shortening compound	lb		1.00		0.77
garlic dehy	tsp		0.75		0.58
Tomatoes cnd	No. 10 cn		3.00		2.31
Sugar refined gran	lb		0.13		0.10
Cheese Amer proc dehy	No. 10 cn		0.40		0.31
water	cup		2.50		1.93
Thin Veal				7	
Veal puree cnd	15 oz cn				2.80
water	cup				2.80
Margarine	lb				0.18
Soup & GB inst chicken	No. 2 1/2 cn				0.04
Vanilla Eggnog [i]				4	
Eggnog mix [i]	2 lb bag				0.16
Milk dry nonfat	No. 10 cn				0.04
creamer nondairy dry	cup				0.30
water	qt				0.90
Thin Potatoes				7	
water	qt				1.14
Margarine	lb				0.02
salt table	tsp				0.35
Potatoes wht inst gran	No. 10 cn				0.04
Milk dry nonfat	No. 10 cn				0.01
Buttered Green Beans [j]		100		77	
Beans green dehy comp [j]	No. 2 1/2 cn		2.00		1.54
water [j]	gal		3.50		2.70
Margarine	lb		1.00		0.77
pepper blk grnd [j]	tsp		1.00		0.77
Thin Green Beans [k]				7	
Beans grn dehy comp [k]	No. 10 cn				0.09
water [k]	qt				1.23
Margarine	lb				0.04
Garden Cot Chs Sld	No. 10 cn	100		77	
Cheese cottage dehy			2.00		1.54

BREAKFAST		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Coffee(staff)		100			
Coffee roasted grnd	lb		2.50		
water	gal		6.25		
Coffee(patients)				100	
coffee inst	2.5 gm pg				100.00
water	gal				6.25
Tea		25		25	
Tea blk ind bags	100/bx		0.25		0.25
water	gal		1.56		1.56
Decaffeinate Coffee		25		25	
coffee inst fd decaf ind	1.5 gm pg		25.00		25.00
water	gal		1.56		1.56
Cocoa		50		50	
Cocoa bev pwd ind	1 oz pg		50.00		50.00
water	gal		3.13		3.13
Nondairy Creamer		50		50	
creamer nondairy dry ind	3 gm pg		50.00		50.00
Sugar		100		100	
sugar refined ind	0.14 oz pg		200.00		200.00
Salt		100		100	
salt table ind	1.13 gm pg		100.00		100.00
Pepper		100		84	
pepper blk grnd ind	0.18 gm pg		100.00		84.00
Peach Milkshake				23	
Milk dry nonfat	No. 10 cn				0.29
Ice cream mix dehy van	No. 10 cn				0.55
water	qt				2.30
Peaches cnd	No. 10 cn				0.74
Orange Juice [d]				216	
Juice orange inst [d]	No. 2 1/2 cn				13.50
water [d]	gal				12.42
Tea				11	
Tea blk ind bags	100/bx				0.11
water	gal				0.69
Sugar				11	
sugar refined ind	0.14 oz pg				11.00
Crackers				9	
Crackers soda salted	lb				0.47
Peanut Butter				9	
Peanut butter	No. 2 1/2 cn				0.31
Strawberry Jam				9	
Jam strawberry	No. 2 1/2 cn				0.36
ADDITIONS					
Bread		100		77	
Bread	lb		16.00		12.32
Margarine		100		77	
Margarine	lb		3.13		2.41
Peanut Butter		100		77	
Peanut butter	No. 2 1/2 cn		3.50		2.70
Strawberry Jam		100		77	
Jam Strawberry	No. 2 1/2 cn		4.00		3.08

LUNCH		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Bacon sliced precooked	No. 10 cn		0.25		0.19
Corn cnd	No. 10 cn		4.00		3.08
Thin Carrots				7	
Carrots cnd	No. 10 cn				0.36
Margarine	lb				0.04
Pears		100		77	
Pears cnd	No. 10 cn		4.00		3.08
Thin Pears w/Cran Sce				11	
Cranberry sauce cnd	No. 10 cn				0.22
Pears cnd	No. 10 cn				0.44
water	qt				1.10
Yel Cke w/Choc Ice		100		77	
Cake mix yellow	No. 10 cn		2.00		1.54
water	qt		2.50		1.93
Icing mix chocolate	No. 10 cn		1.00		0.77
water	cup		1.50		1.16
Thin Chocolate Pudding				11	
Milk dry nonfat	No. 10 cn				0.06
water	cup				4.00
Des pwd pud inst choc	No. 10 cn				0.09
Cherry Gelatin [g]				11	
Des pwd gel cherry [g]	No. 2 1/2 cn				0.23
water [g]	cup				4.96
Milk		100		88	
Milk dry nonfat	No. 10 cn		1.52		1.34
water	gal		5.83		5.13
Coffee(staff)		100			
Coffee roasted grnd	lb		2.50		
water	gal		6.25		
Coffee(patients)				100	
coffee inst	2.5 gm pg				100.00
water	gal				6.25
Tea		25		25	
Tea blk ind bags	100/bx		0.25		0.25
water	gal		1.56		1.56
Decaffeinated Coffee		25		25	
coffee inst fd decaf ind	1.5 gm pg		25.00		25.00
water	gal		1.56		1.56
Orange Beverage		100		100	
Bev base pwd orange	5 gal yld pg		1.33		1.33
Sugar refined gran	lb		5.33		5.33
water	gal		6.67		6.67
Nondairy Creamer		50		50	
creamer nondairy dry ind	3 gm pg		50.00		50.00
Sugar		100		100	
sugar refined ind	0.14 oz pg		100.00		100.00
Salt		100		100	
salt table ind	1.13 gm pg		100.00		100.00
Pepper		100		84	
pepper blk grnd ind	0.18 gm pg		100.00		84.00
Vanilla Milkshake				23	
Milk dry nonfat	No. 10 cn				0.29
Ice cream mix dehy van	No. 10 cn				0.55
water	qt				5.18
Tea				11	

DINNER		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
water	qt		4.25		3.27
Peppers green dehy	No. 2 1/2 cn		0.43		0.33
water	qt		1.00		0.77
Carrots dehy shr comp	No. 2 1/2 cn		0.07		0.05
onions dehy chopped	cup		1.00		0.77
water	qt		1.00		0.77
Cherry Cobbler		100		77	
Pie filling cherry	No. 10 cn		4.00		3.08
Flour wheat gen pur	lb		9.00		6.93
salt table	tbsp		6.00		4.62
Sugar refined gran	lb		0.50		0.39
Shortening compound	lb		5.25		4.04
water	qt		1.25		0.96
Thin Peaches				11	
Peaches cnd	No. 10 cn				0.88
Thin Vanilla Pudding				11	
Milk dry nonfat	No. 10 cn				0.06
water	cup				4.00
Des pwd pud inst van	No. 10 cn				0.08
Orange Gelatin [l]				11	
Des pwd gel orange [l]	No. 2 1/2 cn				0.23
water [l]	cup				4.96
Coffee(staff)		100			
Coffee roasted grnd	lb		2.50		
water	gal		6.25		
Coffee(patients)				100	
coffee inst	2.5 gm pg				100.00
water	gal				6.25
Tea		25		25	
Tea blk ind bags	100/bx		0.25		0.25
water	gal		1.56		1.56
Decaffeinated Coffee		25		25	
coffee inst fd decaf ind	1.5 gm pg		25.00		25.00
water	gal		1.56		1.56
Lemonade Beverage		100		100	
Bev base pwd lemonade	5 gal yld pg		1.33		1.33
Sugar refined gran	lb		5.33		5.33
water	gal		6.67		6.67
Nondairy Creamer		50		50	
creamer nondairy dry ind	3 gm pg		50.00		50.00
Sugar		100		100	
sugar refined ind	0.14 oz pg		100.00		100.00
Salt		100		100	
salt table ind	1.13 gm pg		100.00		100.00
Pepper		100		84	
pepper blk grnd ind	0.18 gm pg		100.00		84.00
Orange Milkshake [m]				23	
Milk dry nonfat	No. 10 cn				0.28
Ice cream mix dehy van	No. 10 cn				0.55
water [m]	qt				5.18
Juice orange inst [m]	No. 2 1/2 cn				1.31
Tea				11	
Tea blk ind bags	100/bx				0.11
water	gal				0.69
Sugar				11	

BREAKFAST		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
ALTERNATES					
[a] **Grpfrt & Orange Juice**		100		99	
Juice grpfrt cnd	No. 3 cyl cn		8.70		8.61
Juice orange cnd	No. 3 cyl cn		8.70		8.61
[b] **Mocha Eggnog**				11	
Egg mix dehy	No. 3 cyl cn				0.15
Des pwd pud inst van	No. 10 cn				0.13
cinnamon grnd	tsp				0.28
[c] **Strawberry Quick Jell**				15	
Des pwd stwby qck jel	24 oz cn				0.44
water	qt				1.60
[d] **Orange Juice**				216	
Juice orange cnd	No. 3 cyl cn				37.56

LUNCH		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Tea blk ind bags	100/bx				0.11
water	gal				0.69
Sugar				11	
sugar refined ind	0.14 oz pg				11.00
Crackers				9	
Crackers soda salted	lb				0.47
Peanut Butter				9	
Peanut butter	No. 2 1/2 cn				0.31
Blackberry Jelly				9	
Jelly blackberry	No .2 1/2 cn				0.36
ADDITIONS					
Bread		100		77	
Bread	lb		16.00		12.32
Margarine		100		77	
Margarine	lb		3.13		2.41
ALTERNATES					
[e] **Chicken Pot Pie**		100		77	
Chicken cnd	29 oz cn		10.00		7.70
water	gal		3.00		2.31
Biscuit mix	No. 10 cn		2.00		1.54
water	qt		1.75		1.35
[f] **Strawberry Eggnog**				4	
Egg mix dehy	No. 3 cyl cn				0.06
[g] **Raspberry Quick Jell**				11	
Des pwd rspby qck jel	24 oz cn				0.32
water	qt				1.17

DINNER		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
sugar refined ind	0.14 oz pg				11.00
Crackers				9	
Crackers soda salted	lb				0.47
Peanut Butter				9	
Peanut butter	No. 2 1/2 cn				0.31
Peach Jam				9	
Jam peach	No. 2 1/2 cn				0.36
ADDITIONS					
Bread		100		77	
Bread	lb		16.00		12.32
Margarine		100		77	
Margarine	lb		3.13		2.41
ALTERNATES					
[h] **Thin Cr of Pea Soup**				11	
Peas dehy comp	No. 2 1/2 cn				0.29
water	qt				1.38
[i] **Vanilla Eggnog**				4	
Egg mix dehy	No. 3 cyl cn				0.06
Des pwd pud inst van	No. 10 cn				0.05
cinnamon grnd	tsp				0.10
[j] **Buttered Green Beans**		100		77	
Beans green cnd	No. 10 cn		4.00		3.08
pepper blk grnd	tsp		2.00		1.54
[k] **Thin Green Beans**				7	
Beans green cnd	No. 10 cn				0.35
[l] **Orange Quick Jell**				11	
Des pwd orng qck jel	24 oz cn				0.32
water	qt				1.17
[m] **Orange Milkshake**				23	
Juice orange cnd	No. 3 cyl cn				3.60

ISSUE CHART FOR MEALS - DAY 6

		STAFF				PATIENTS			
INGREDIENTS	UNIT	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D
Bacon sliced precooked	No. 10 cn		0.25		0.25		0.19		0.19
Beans green dehy comp [j]	No. 2 1/2 cn			2.00	2.00			1.54	1.54
Beans green dehy comp [k]	No. 2 1/2 cn							0.09	0.09
Beef chunks w/jcs cnd	29 oz cn	13.00			13.00	10.01			10.01
Bev base pwd lemonade	5 gal yld pg			1.33	1.33			1.33	1.33
Bev base pwd orange	5 gal yld pg		1.33		1.33		1.33		1.33
Bkfst inst dry stwby ind	1.23 oz pg						4.00		4.00
Bread	lb	16.00	16.00	16.00	48.00	12.32	12.32	12.32	36.96
Cake mix yellow	No. 10 cn		2.00		2.00		1.54		1.54
Carrots cnd	No. 10 cn		1.00		1.00		1.13		1.13
Carrots dehy shrd comp	No. 2 1/2 cn			0.07	0.07			0.05	0.05
Catsup tomato	No. 10 cn	0.83			0.83	0.65			0.65
Cereal wheat farina	28 oz bx	3.43			3.43	2.87			2.87
Cheese Amer proc dehy	No. 10 cn	0.75		0.40	1.15	0.58	0.06	0.31	0.94
Cheese cottage dehy	No. 10 cn			2.00	2.00			1.54	1.54
Chicken dehy [e]	No. 10 cn		3.60		3.60		2.77		2.77
Chicken puree cnd	15 oz cn						2.80		2.80
Cocoa bev pwd ind	1 oz pg	50.00			50.00	54.40			54.40
Coffee roasted grnd	lb	2.50	2.50	2.50	7.50				
Corn cnd	No. 10 cn		4.00		4.00		3.08		3.08
Crackers soda salted	lb			2.66	2.66	0.47	0.47	2.52	3.46
Cranberry sauce cnd	No. 10 cn		1.50		1.50		1.38		1.38
Des pwd gel cherry [g]	No. 2 1/2 cn						0.23		0.23
Des pwd gel lemon [c]	No. 2 1/2 cn					0.31			0.31
Des pwd gel orange [l]	No. 2 1/2 cn							0.23	0.23
Des pwd pud inst choc	No. 10 cn						0.09		0.09
Des pwd pud inst van	No. 10 cn							0.08	0.08
Egg mix dehy	No. 3 cyl cn	7.00			7.00	5.39			5.39
Egg mix dehy [e]	No. 3 cyl cn		0.33		0.33		0.26		0.26
Eggnog mix [b]	2 lb bag					0.43			0.43
Eggnog mix [f]	2 lb bag						0.16		0.16
Eggnog mix [i]	2 lb bag							0.16	0.16
Flour wheat gen pur	lb	1.13	2.25	9.00	12.38	0.87	1.73	7.07	9.67
Flour wheat gen pur [e]	lb		2.00		2.00		1.54		1.54
Ham chunks w/jcs cnd	29 oz cn			9.00	9.00			6.93	6.93
Ice cream mix dehy van	No. 10 cn					0.55	0.55	0.55	1.65
Icing mix choc	No. 10 cn		1.00		1.00		0.77		0.77
Jam peach	No. 2 1/2 cn							0.36	0.36
Jam strawberry	No. 2 1/2 cn	4.00			4.00	3.44			3.44
Jelly blackberry	No. 2 1/2 cn						0.36		0.36
Juice grpfrt inst [a]	No. 2 1/2 cn	2.50			2.50	2.48			2.48
Juice orange inst [m]	No. 2 1/2 cn							1.31	1.31
Juice orange inst [a]	No. 2 1/2 cn	3.75			3.75	3.71			3.71
Juice orange inst [d]	No. 2 1/2 cn					13.50			13.50
Juice tomato cnd	36 oz cn					0.09			0.09
Macaroni	lb			4.50	4.50			3.47	3.47
Margarine	lb	3.13	6.13	4.13	13.39	2.41	4.99	3.70	11.10
Milk dry nonfat	No. 10 cn	2.27	1.84		4.11	2.40	2.05	0.50	4.95
Peaches cnd	No. 10 cn					0.74		0.88	1.62
Peanut butter	No. 2 1/2 cn	3.50			3.50	3.01	0.31	0.31	3.63

		STAFF				PATIENTS			
INGREDIENTS	UNIT	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D
Pears cnd	No. 10 cn		4.00		4.00		3.52		3.52
Peas cnd [h]	No. 10 cn							0.29	0.29
Peppers green dehy	No. 2 1/2 cn	3.75	2.00	1.68	7.43	2.89	1.54	1.29	5.72
Pie filling cherry	No. 10 cn			4.00	4.00			3.08	3.08
Potatoes wht dehy diced	No. 10 cn	2.25	0.75		3.00	1.73	0.58		2.31
Potatoes wht inst gran	No. 10 cn		1.00		1.00		0.90	0.04	0.94
Shortening compound	lb	3.13	0.50	6.25	9.88	2.41	0.39	4.81	7.61
Soup & GB inst beef	No. 2 1/2 cn	0.17			0.17	0.19		0.11	0.30
Soup & GB inst chicken	No. 2 1/2 cn		0.50		0.50		0.58	0.04	0.62
Soup dehy onion	No. 2 1/2 cn			2.00	2.00			1.54	1.54
Sugar refined gran	lb		5.33	5.96	11.29	0.11	5.33	5.82	11.26
Tea blk ind bags	100/bx	0.25	0.25	0.25	0.75	0.36	0.36	0.36	1.08
Tomatoes cnd	No. 10 cn			3.00	3.00			2.31	2.31
Veal puree cnd	15 oz cn							2.80	2.80
ALTERNATES									
[a] Juice grpfrt cnd	No. 3 cyl cn	8.70			8.70	8.61			8.61
[a] Juice orange cnd	No. 3 cyl cn	8.70			8.70	8.61			8.61
[b] Egg mix dehy	No. 3 cyl cn					0.15			0.15
[b] Des pwd pud inst van	No. 10 cn					0.13			0.13
[c] Des pwd stwby qck jel	24 oz cn					0.44			0.44
[d] Juice orange cnd	No. 3 cyl cn					37.56			37.56
[e] Chicken cnd	29 oz cn		10.00		10.00		7.70		7.70
[e] Biscuit mix	No. 10 cn		2.00		2.00		1.54		1.54
[f] Egg mix dehy	No. 3 cyl cn						0.06		0.06
[g] Des pwd rsby qck jel	24 oz cn						0.32		0.32
[h] Peas dehy comp	No. 2 1/2 cn							0.29	0.29
[i] Egg mix dehy	No. 3 cyl cn							0.06	0.06
[i] Des pwd pud inst van	No. 10 cn							0.05	0.05
[j] Beans green cnd	No. 10 cn			4.00	4.00			3.08	3.08
[k] Beans green cnd	No. 10 cn							0.35	0.35
[l] Des pwd orange qck jel	24 oz cn							0.32	0.32
[m] Juice orange cnd	No. 3 cyl cn							3.60	3.60

MEDICAL B RATION MENU - DAY 7

	REGULAR	DENTAL LIQUID	FULL LIQUID	CLEAR LIQUID	FORCED FLUIDS
BREAKFAST	Orange Juice Hot Oatmeal w/Milk Raisins Scrambled Eggs-Catsup Grilled Luncheon Meat Quick Coffee Cake Margarine Peanut Butter Grape Jelly Milk Coffee Tea Decaffeinated Coffee Cocoa Nondairy Creamer Sugar-Salt-Pepper	Orange Juice Thin Oatmeal Chocolate Eggnog Milk Coffee Tea Decaffeinated Coffee Cocoa Nondairy Creamer Sugar-Salt-Pepper	Orange Juice Thin Oatmeal Chocolate Eggnog Lemon Gelatin Milk Coffee Tea Decaffeinated Coffee Cocoa Nondairy Creamer Sugar-Salt	Orange Juice [7] Chicken Broth Lemon Gelatin Coffee Tea Decaffeinated Coffee Sugar-Salt	Grape Beverage
1000 Hours	Nourishment/Late Meals [4] Peanut Butter Milkshake [5,6] Crackers [5] Peanut Butter-Grape Jelly [5]	Peanut Butter Milkshake Grape Beverage	Peanut Butter Milkshake Grape Beverage	Tea w/Sugar Grape Beverage	
LUNCH	Beef Noodle Soup w/Crackers Barbecued Beef Hot Potato Salad Buttered Peas Cabbage & Carrot Salad Bread [2] Margarine [3] Chocolate Brownies w/Chocolate Icing Coffee Tea Decaffeinated Coffee Fruit Punch Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Beef Noodle Soup Thin Beef Thin Potatoes Thin Peas Thin Fruit Cocktail Thin Baked Custard Coffee Tea Decaffeinated Coffee Fruit Punch Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Beef Noodle Soup Coffee Eggnog Thin Fruit Cocktail Thin Baked Custard Coffee Tea Decaffeinated Coffee Fruit Punch Beverage Nondairy Creamer Sugar-Salt	Strained Beef Noodle Soup Strawberry Gelatin Coffee Tea Decaffeinated Coffee Fruit Punch Beverage Sugar-Salt	
1400 Hours	Nourishment/Late Meals [4] Vanilla Milkshake [5,6] Crackers [5] Peanut Butter-Blackberry Jelly [5]	Vanilla Milkshake Grape Beverage	Vanilla Milkshake Grape Beverage	Tea w/Sugar Grape Beverage	
DINNER	Pork Chops w/Cream Gravy Applesauce Mashed Potatoes Buttered Succotash Cornbread [1] Bread [2] Margarine Peanut Butter Strawberry Jam Raisin Oatmeal Cookie Bars Pineapple Milk Coffee Tea Decaffeinated Coffee Cherry Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Cheese Soup Thin Pork Thin Applesauce Thin Potatoes Thin Carrots Thin Vanilla Pudding Milk Coffee Tea Decaffeinated Coffee Cherry Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Cheese Soup Orange Eggnog Thin Applesauce Thin Vanilla Pudding Milk Coffee Tea Decaffeinated Coffee Cherry Beverage Nondairy Creamer Sugar-Salt	Tomato Broth Orange Gelatin Coffee Tea Decaffeinated Coffee Cherry Beverage Sugar-Salt	
2000 Hours	Nourishment/Late Meals [4] Strawberry Milkshake [5,6] Crackers [5] Peanut Butter-Strawberry Jam [5]	Strawberry Milkshake Grape Beverage	Strawberry Milkshake Grape Beverage	Tea w/Sugar Grape Beverage	

Footnotes:
[1] Delete when bread is available
[2] Add when available
[3] Bread/sandwich accompaniment
[4] Late Meals: Crackers (eight 2-inch squares), peanut butter, jelly and milkshake will be served to patients on Regular Diets. The appropriate nourishments will be served to patients on Liquids Diets.
[5] Nourishment for High Calorie-High Protein Diets
[6] Nourishment for Dental Soft Diets
[7] Strain canned juice

COMPOSITE LIST OF FOOD ITEMS - DAY 7

BREAKFAST

FOOD ITEM	RECIPE
Orange Juice [a]	F-3-M-1
Hot Oatmeal w/Milk	D-6-M-3
Raisins	
Thin Oatmeal	D-7-M
Scrambled Eggs	E-1
Catsup	
Chocolate Eggnog [b]	A-12-M-4
Chicken Broth	I-6-M
Grilled Luncheon Meat	G-37
Quick Coffee Cake	B-6
Lemon Gelatin [c]	C-20-M
Margarine	
Peanut Butter	
Grape Jelly	
Milk	A-6-M-1
Coffee(staff)	A-2-M
(patients)	A-3-M-1
Tea	A-5-M
Decaffeinated Coffee	A-4-M
Cocoa	A-8-M
Nondairy Creamer	
Sugar	
Salt	
Pepper	
Peanut Butter Milkshake	A-10-M-4
*Grape Beverage	A-1-M
Tea	A-5-M
Sugar	
Crackers	
Peanut Butter	
Grape Jelly	

ALTERNATES

[a] Orange Juice, canned	
[b] Chocolate Eggnog	A-14-M-1
[c] Raspberry Quick Jell	C-21-M

LUNCH

FOOD ITEM	RECIPE
Beef Noodle Soup	I-1
Crackers	
Thin Cream of Beef Noodle Soup	I-9-M
Strained Beef Noodle Soup	I-8-M
Barbecued Beef(Sloppy Joe)	G-2
Thin Beef	G-49-M-1
Coffee Eggnog [d]	A-12-M-1
Hot Potato Salad	J-16-M
Thin Potatoes	J-28-M
Buttered Peas [e]	J-13
Thin Peas [f]	J-27-M
Cabbage & Carrot Salad	H-1-M-2
Chocolate Brownies w/	C-4
Chocolate Icing	C-2
Thin Fruit Cocktail	F-5-M-2
Thin Baked Custard	C-22-M-1
Strawberry Gelatin [g]	C-20-M
Coffee(staff)	A-2-M
(patients)	A-3-M-1
Tea	A-5-M
Decaffeinated Coffee	A-4-M
Fruit Punch Beverage	A-1-M
Nondairy Creamer	
Sugar	
Salt	
Pepper	
Vanilla Milkshake	A-10-M
Tea	A-5-M
Sugar	
Crackers	
Peanut Butter	
Blackberry Jelly	

ADDITIONS

Bread	
Margarine	

ALTERNATES

[d] Coffee Eggnog	A-13-M-1
[e] Buttered Peas	J-13-Note
[f] Thin Peas	J-27-M-A
[g] Strawberry Quick Jell	C-21-M

DINNER

FOOD ITEM	RECIPE
Thin Cream of Cheese Soup	I-10-M
Tomato Broth	I-7-M
Breaded Pork Chops & Cream Gravy [h]	G-41-1
Thin Pork	G-49-M-1
Orange Eggnog [i]	A-12-M-3
Applesauce [j]	F-1
Thin Applesauce [k]	F-5-M-1
Mashed Potatoes	J-17
Thin Potatoes	J-28-M
Buttered Succotash [l]	J-20
Thin Carrots	J-25-M
Cornbread [m]	B-3-1
Margarine	
Peanut Butter	
Strawberry Jam	
Raisin Oatmeal Cookie Bars	C-6-1&2
Thin Vanilla Pudding	C-23-M
Orange Gelatin [n]	C-20-M
Pineapple	
Milk	A-6-M-1
Coffee(staff)	A-2-M
(patients)	A-3-M-1
Tea	A-5-M
Decaffeinated Coffee	A-4-M
Cherry Beverage	A-1-M
Nondairy Creamer	
Sugar	
Salt	
Pepper	
Strawberry Milkshake	A-10-M-5
Tea	A-5-M
Sugar	
Crackers	
Peanut Butter	
Strawberry Jam	

ALTERNATES

[h] Ham Chunks w/Pineapple Sauce	G-32
[i] Orange Eggnog	A-13-M-3-A
[j] Applesauce, canned	
[k] Thin Applesauce	F-5-M-1-A
[l] Vegetable Medley	J-22
[m] Bread	
[n] Orange Quick Jell	C-21-M

*Daily forced fluid and nourishment for Liquid Diets

INGREDIENTS FOR MEALS - DAY 7

BREAKFAST		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Orange Juice [a]		100		99	
Juice orange inst [a]	No. 2 1/2 cn		6.25		6.19
water [a]	gal		5.75		5.69
Hot Oatmeal w/Milk		100		77	
Cereal rolled oats	20 oz cn		5.00		3.85
salt table	tbsp		6.00		4.62
water	gal		5.00		3.85
Milk dry nonfat	No. 10 cn		0.75		0.58
water	gal		2.75		2.12
Raisins		100		77	
Raisins	No. 10 cn		1.00		0.77
Thin Oatmeal				11	
Cereal rolled oats	20 oz cn				0.33
salt table	tsp				0.55
water	qt				1.51
Milk dry nonfat	No. 10 cn				0.07
water	qt				1.03
Sugar refined gran	lb				0.11
Scrambled Eggs		100		77	
Egg mix dehy	No. 3 cyl cn		7.00		5.39
water	gal		2.63		2.02
salt table	tbsp		3.67		2.82
Shortening compound	lb		0.56		0.43
Catsup		100		77	
Catsup tomato	No. 10 cn		0.50		0.39
Chocolate Eggnog [b]				11	
Eggnog mix [b]	2 lb bag				0.43
Milk dry nonfat	No. 10 cn				0.12
creamer nondairy dry	cup				0.83
water	qt				2.48
Bkfst inst dry choc ind	1.23 oz pg				11.00
Chicken Broth				11	
Soup & GB inst chicken	No. 2 1/2 cn				0.11
water	qt				2.75
Grilled Luncheon Meat		100		77	
Luncheon Meat cnd	6 lb cn		4.00		3.08
Shortening compound	lb		1.50		1.16
Quick Coffee Cake		100		77	
Biscuit mix	No. 10 cn		1.50		1.16
Sugar refined gran	lb		1.50		1.16
Egg mix dehy	No. 3 cyl cn		0.33		0.26
water	qt		2.00		1.54
Cookie mix oatmeal	No. 10 cn		0.67		0.51
cinnamon grnd	tsp		3.00		2.31
Margarine	lb		0.50		0.39
Lemon Gelatin [c]				15	
Des pwd gel lemon [c]	No. 2 1/2 cn				0.31
water [c]	cup				6.75
Margarine		100		77	
Margarine	lb		3.13		2.41
Peanut Butter		100		77	
Peanut butter	No. 2 1/2 cn		3.50		2.70
Grape Jelly		100		77	
Jelly grape	No. 2 1/2 cn		4.00		3.08

LUNCH		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Beef Noodle Soup		100		77	
Soup dehy beef	No. 2 1/2 cn		4.00		3.08
water	gal		6.50		5.01
Crackers		100		77	
Crackers soda salted	lb		2.66		2.05
Thin Cr Beef Ndle Soup				11	
Soup dehy beef	No. 2 1/2 cn				0.42
Milk dry nonfat	No. 10 cn				0.09
water	qt				2.57
Str Beef Noodle Soup				11	
Soup dehy beef	No. 2 1/2 cn				0.44
water	gal				0.72
BBQ Bf(Sloppy Joe)		100		77	
onions dehy chopped	cup		4.00		3.08
water	qt		2.50		1.93
Beef chnks w/jcs cnd	29 oz cn		16.00		12.32
Catsup tomato	No. 10 cn		1.75		1.35
Mustard prepared	No. 2 1/2 cn		0.63		0.48
Sugar refined gran	lb		3.75		2.89
vinegar dry synthetic	pg		0.50		0.39
Thin Beef				7	
Beef puree cnd	15 oz cn				2.80
water	cup				2.80
Margarine	lb				0.18
Soup & GB inst beef	No. 2 1/2 cn				0.04
Coffee Eggnog [d]				4	
Eggnog mix [d]	2 lb bag				0.16
Milk dry nonfat	No. 10 cn				0.04
creamer nondairy dry	cup				0.30
water	qt				0.90
coffee inst fd decaf	cup				0.12
Hot Potato Salad		100		77	
Potatoes wht dehy diced	No. 10 cn		3.00		2.31
water	gal		5.00		3.85
salt table	cup		0.19		0.15
onions dehy chopped	cup		1.50		1.16
water	qt		1.00		0.77
Bacon sliced precooked	No. 10 cn		0.50		0.39
Flour wheat gen pur	lb		0.50		0.39
water	qt		2.00		1.54
vinegar dry syn	pg		1.00		0.77
Sugar refined gran	lb		1.00		0.77
pepper blk grnd	tsp		1.00		0.77
Thin Potatoes				7	
water	qt				1.14
Margarine	lb				0.02
salt table	tsp				0.35
Potatoes wht inst gran	No. 10 cn				0.04
Milk dry nonfat	No. 10 cn				0.01
Buttered Peas [e]		100		77	
Peas cnd [e]	No. 10 cn		4.00		3.08
Margarine	lb		1.00		0.77
pepper blk grnd	tsp		1.00		0.77
Thin Peas [f]				7	

DINNER		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Thin Cr of Cheese Soup				11	
Milk dry nonfat	No. 10 cn				0.09
water	qt				2.20
Margarine	lb				0.28
Flour wheat gen pur	lb				0.14
salt table	tsp				1.10
Cheese Amer proc dehy	No. 10 cn				0.06
water	cup				1.47
Tomato Broth				11	
Juice tomato cnd	36 oz cn				0.09
water	qt				2.75
Soup & GB inst beef	No. 2 1/2 cn				0.06
Brd Prk Chp & Gvy [h]		100		77	
Pork chops dehy [h]	No. 10 cn		10.00		7.70
water [h]	gal		5.00		3.85
Flour wheat gen pur [h]	lb		6.00		4.62
salt table [h]	tbsp		6.00		4.62
pepper blk grnd [h]	tbsp		2.00		1.54
Egg mix dehy [h]	No. 3 cyl cn		1.00		0.77
water [h]	qt		1.75		1.35
Shortening compound [h]	lb		2.00		1.54
Milk dry nonfat [h]	No. 10 cn		0.44		0.34
Shortening compound [h]	lb		1.50		1.16
Flour wheat gen pur [h]	lb		1.00		0.77
salt table [h]	tbsp		4.50		3.47
pepper blk grnd [h]	tsp		2.00		1.54
Thin pork				7	
Pork puree cnd	15 oz cn				2.80
water	cup				2.80
Margarine	lb				0.18
Soup & GB inst chicken	No. 2 1/2 cn				0.04
Orange Eggnog [i]				4	
Eggnog mix [i]	3 lb bag				0.16
Milk dry nonfat	No. 10 cn				0.04
creamer nondairy dry	cup				0.30
water [i]	qt				0.90
Juice orange inst [i]	No. 2 1/2 cn				0.14
Applesauce [j]				77	
Applesauce inst [j]	No. 2 1/2 cn	100	2.00		1.54
water [j]	gal		1.50		1.16
Thin Applesauce [k]				11	
Applesauce inst [k]	No. 2 1/2 cn				0.95
water [k]	qt				2.61
Mashed Potatoes		100		77	
water	gal		3.38		2.60
Margarine	lb		1.00		0.77
salt table	tbsp		3.00		2.31
pepper blk grnd	tsp		2.00		1.54
Potatoes wht inst gran	No. 10 cn		1.00		0.77
Milk dry nonfat	No. 10 cn		0.19		0.14
Thin Potatoes				7	
water	qt				1.14
Margarine	lb				0.02
salt table	tsp				0.35

BREAKFAST		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Milk		100		88	
Milk dry nonfat	No. 10 cn		1.52		1.34
water	gal		5.83		5.13
Coffee(staff)		100			
Coffee roasted grnd	lb		2.50		
water	gal		6.25		
Coffee(patients)				100	
coffee inst	2.5 gm pg				100.00
water	gal				6.25
Tea		25		25	
Tea blk ind bags	100/bx		0.25		0.25
water	gal		1.56		1.56
Decaffeinated Coffee		25		25	
coffee inst fd decaf ind	1.5 gm pg		25.00		25.00
water	gal		1.56		1.56
Cocoa		50		50	
Cocoa bev pwd ind	1 oz pg		50.00		50.00
water	gal		3.13		3.13
Nondairy Creamer		50		50	
creamer nondairy dry ind	3 gm pg		50.00		50.00
Sugar		100		100	
sugar refined ind	0.14 oz pg		200.00		200.00
Salt		100		100	
salt table ind	1.13 gm pg		100.00		100.00
Pepper		100		84	
pepper blk grnd ind	0.18 gm pg		100.00		84.00
Peanut Butter Mlkshke				23	
Milk dry nonfat	No. 10 cn				0.29
Ice cream mix dehy van	No. 10 cn				0.55
water	qt				5.18
Peanut butter	No. 10 cn				0.32
Grape Beverage				216	
Bev base pwd grape	5 gal yld pg				2.88
Sugar refined gran	lb				11.52
water	gal				14.40
Tea				11	
Tea blk ind bags	100/bx				0.11
water	gal				0.69
Sugar				11	
sugar refined ind	0.14 oz pg				11.00
Crackers				9	
Crackers soda salted	lb				0.47
Peanut Butter				9	
Peanut butter	No. 2 1/2 cn				0.31
Grape Jelly				9	
Jelly grape	No. 2 1/2 cn				0.36
ALTERNATES					
[a] **Orange Juice**		100		99	
Juice orange cnd	No. 3 cyl cn		17.39		17.22
[b] **Chocolate Eggnog**				11	
Egg mix dehy	No. 3 cyl cn				0.15
[c] **Raspberry Quick Jell**				15	

LUNCH		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Peas cnd [f]	No. 10 cn				0.34
Margarine	lb				0.04
Cab & Carrot Salad		100		77	
Cabbage dehy comp	No. 2 1/2 cn		3.00		2.31
Carrots dehy shrd comp	No. 2 1/2 cn		0.50		0.39
water	gal		3.50		2.70
Sugar refined gran	lb		1.13		0.87
Flour wheat gen pur	lb		0.44		0.34
water	qt		2.00		1.54
Mustard prepared	No. 2 1/2 cn		0.14		0.11
salt table	tbsp		1.67		1.28
vinegar dry synthetic	pg		0.33		0.26
water	cup		1.50		1.16
Margarine	lb		0.50		0.39
Choc Brwns w/Choc Ice		100		77	
Brownie mix chocolate	No. 10 cn		3.00		2.31
water	qt		2.25		1.73
Icing mix chocolate	No. 10 cn		1.00		0.77
water	cup		1.50		1.16
Thin Fruit Cocktail				11	
Fruit cocktail cnd	No. 10 cn				0.88
Thin Baked Custard				11	
Egg mix dehy	No. 3 cyl cn				0.20
Milk dry nonfat	No. 10 cn				0.13
Des pwd pud inst van	No. 10 cn				0.05
Sugar refined gran	lb				0.09
water	qt				2.51
cinnamon grnd	tsp				0.20
Strawberry Gelatin [g]				11	
Des pwd gel stwbry [g]	No. 2 1/2 cn				0.23
water [g]	cup				4.96
Coffee(staff)		100			
Coffee roasted grnd	lb		2.50		
water	gal		6.25		
Coffee(patients)				100	
coffee inst fd decaf ind	2.5 gm pg				100.00
water	gal				6.25
Tea		25		25	
Tea blk ind bags	100/bx		25.00		25.00
water	gal		1.56		1.56
Decaffeinated Coffee		25		25	
coffee inst fd decaf ind	1.5 gm pg		25.00		25.00
water	gal		1.56		1.56
Fruit Punch Beverage		100		100	
Bev base pwd ft pnch	5 gal yld pg		1.33		1.33
Sugar refined gran	lb		5.33		5.33
water	gal		6.67		6.67
Nondairy Creamer		50		50	
creamer nondairy dry ind	3 gm pg		50.00		50.00
Sugar		100		100	
sugar refined ind	0.14 oz pg		100.00		100.00
Salt		100		100	
salt table ind	1.13 gm pg		100.00		100.00
Pepper		100		84	
pepper blk grnd ind	0.18 gm pg		100.00		84.00

DINNER		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Potatoes wht inst gran	No. 10 cn				0.04
Milk dry nonfat	No. 10 cn				0.01
Buttered Succotash [l]		100		77	
Beans lima cnd [l]	No. 10 cn		2.00		1.54
Corn cnd [l]	No. 10 cn		2.00		1.54
Margarine	lb		1.00		0.77
pepper blk grnd	tsp		1.00		0.77
Thin Carrots				7	
Carrots cnd	No. 10 cn				0.36
Margarine	lb				0.04
Cornbread [m]		100		77	
Corn bread mix [m]	No. 10 cn		3.00		2.31
water [m]	qt		5.50		4.24
Shortening compound [m]	lb		0.25		0.19
Margarine		100		77	
Margarine	lb		3.13		2.41
Peanut Butter		100		77	
Peanut butter	No. 2 1/2 cn		3.50		2.70
Strawberry Jam		100		77	
Jam strawberry	No. 2 1/2 cn		4.00		3.08
Raisin Oatmeal Ck Bars		100		77	
Cookie mix oatmeal	No. 10 cn		2.25		1.73
water	cup		2.00		1.54
Raisins	No. 10 cn		0.33		0.26
Thin Vanilla Pudding				11	
Milk dry nonfat	No. 10 cn				0.06
water	cup				4.00
Des pwd pud inst van	No. 10 cn				0.08
Orange Gelatin [n]				11	
Des pwd gel orange [n]	No. 2 1/2 cn				0.23
water [n]	cup				4.96
Pineapple		100		77	
Pineapple slices cnd	No. 10 cn		4.00		3.08
Milk		100		88	
Milk dry nonfat	No. 10 cn		1.52		1.34
water	gal		5.83		5.13
Coffee(staff)		100			
Coffee roasted grnd	lb		2.50		
water	gal		6.25		
Coffee(patients)				100	
coffee inst	2.5 gm pg				100.00
water	gal				1.56
Tea		100		25	
Tea blk ind bags	100/bx		0.25		0.25
water	gal		1.56		1.56
Decaffeinated Coffee		25		25	
coffee inst fd decaf ind	1.5 gm pg		25.00		25.00
water	gal		1.56		1.56
Cherry Beverage		100		100	
Bev pwd base cherry	5 gal yld pg		1.33		1.33
Sugar refined gran	lb		5.33		5.33
water	gal		6.67		6.67
Nondairy Creamer		50		50	
creamer nondairy dry ind	3 gm pg		50.00		50.00
Sugar		100		100	

BREAKFAST		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Des pwd rspby qck jel	24 oz cn				0.44
water	qt				1.60

LUNCH		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Vanilla Milkshake	c			23	
Milk dry nonfat	No. 10 cn				0.29
Ice cream mix dehy van	No. 10 cn				0.55
water	qt				5.18
Tea				11	
Tea blk ind bags	100/bx				0.11
water	gal				0.69
Sugar				11	
sugar refined ind	0.14 oz pg				11.00
Crackers				9	
Crackers soda salted	lb				0.47
Peanut Butter				9	
Peanut butter	No. 2 1/2 cn				0.31
Blackberry Jelly				9	
Jelly blackberry	No. 2 1/2 cn				0.36
ADDITIONS					
Bread		100		77	
Bread	lb		16.00		12.32
Margarine		100		77	
Margarine	lb		3.13		2.41
ALTERNATES					
[d] **Coffee Eggnog**				4	
Egg mix dehy	No. 3 cyl cn				0.06
Des pwd pud inst van	No. 10 cn				0.05
cinnamon grnd	tsp				0.10
[e] **Buttered Peas**		100		77	
Peas dehy comp	No. 2 1/2 cn		4.00		3.08
water	gal		4.00		3.08
[f] **Thin Peas**				7	
Peas dehy comp	No. 2 1/2 cn				0.18
water	qt				1.05
[g] **Strawberry Quick Jell**				11	
Des pwd stwby qck jel	24 oz cn				0.32
water	qt				1.17

DINNER		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
sugar refined ind	0.14 oz pg		100.00		100.00
Salt		100		100	
salt table ind	1.13 gm pg		100.00		100.00
Pepper		100		84	
pepper blk grnd ind	0.18 gm pg		100.00		84.00
Strawberry Milkshake				23	
Milk dry nonfat	No. 10 cn				0.29
Ice cream mix dehy van	No. 10 cn				0.55
water	qt				5.18
Bkfst inst dry stwby ind	1.23 oz pg				9.20
Tea				11	
Tea blk ind bags	100/bx				0.11
water	gal				0.69
Sugar				11	
sugar refined ind	0.14 oz pg				11.00
Crackers				9	
Crackers soda salted	lb				0.47
Peanut Butter				9	
Peanut butter	No. 2 1/2 cn				0.31
Strawberry Jam				9	
Jam strawberry	No. 2 1/2 cn				0.36
ALTERNATES					
[h] **Ham w/Pnapl Sce**		100		77	
Ham Chunks w/juices	29 oz cn		20.00		15.40
Pineapple crshd cnd	No. 10 cn		2.00		1.54
vinegar dry syn	pg		0.25		0.19
Mustard prepared	No. 2 1/2 cn		0.04		0.03
Sugar refined gran	lb		0.75		0.58
starch edible	cup		0.88		0.67
[i] **Orange Eggnog**				4	
Egg mix dehy	No. 3 cyl cn				0.06
Des pwd pud inst van	No. 10 cn				0.05
cinnamon grnd	tsp				0.10
water	qt				0.60
Juice orange cnd	No. 3 cyl cn				0.21
[j] **Applesauce**		100		77	
Applesauce cnd	No. 10 cn		2.00		1.54
[k] **Thin Applesauce**				11	
Applesauce cnd	No. 10 cn				0.55
water	qt				1.10
[l] **Vegetable Medley**		100		77	
Vegetables mixed dehy	No. 2 1/2 cn		3.00		2.31
water	gal		4.50		3.47
Sugar refined	lb		0.13		0.10
[m] **Bread**		100		77	
Bread	lb		16.00		12.32
[n] **Orange Quick Jell**				11	
Des pwd orng qck jel	24 oz cn				0.32
water	qt				1.17

ISSUE CHART FOR MEALS - DAY 7

		STAFF				PATIENTS			
INGREDIENTS	UNIT	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D
Applesauce inst [j]	No. 2 1/2 cn			2.00	2.00			1.54	1.54
Applesauce inst [k]	No. 2 1/2 cn							0.95	0.95
Bacon sliced precooked	No. 10 cn		0.50		0.50		0.39		0.39
Beans lima cnd [l]	No. 10 cn			2.00	2.00			1.54	1.54
Beef chunks w/jcs cnd	29 oz cn		16.00		16.00		12.32		12.32
Beef puree cnd	15 oz cn						2.80		2.80
Bev base pwd cherry	5 gal yld pg			1.33	1.33			1.33	1.33
Bev base pwd fruit punch	5 gal yld pg		1.33		1.33		1.33		1.33
Bev base pwd grape	5 gal yld pg					2.88			2.88
Biscuit mix	No. 10 cn	1.50			1.50	1.16			1.16
Bkfst inst dry choc ind	1.23 oz pg					11.00			11.00
Bkfst inst dry stwby ind	1.23 oz pg							9.20	9.20
Bread	lb		16.00		16.00		12.32		12.32
Brownie mix choc	No. 10 cn		3.00		3.00		2.31		2.31
Cabbage dehy comp	No. 2 1/2 cn		3.00		3.00		2.31		2.31
Carrots cnd	No. 10 cn							0.36	0.36
Carrots dehy shr comp	No. 2 1/2 cn		0.50		0.50		0.39		0.39
Catsup tomato	No. 10 cn	0.50	1.75		2.25	0.39	1.35		1.74
Cereal rolled oats	20 oz cn	5.00			5.00	4.18			4.18
Cheese Amer proc dehy	No. 10 cn							0.06	0.06
Cocoa bev pwd ind	1 oz pg	50.00			50.00	50.00			50.00
Coffee roasted grnd	lb	2.50	2.50	2.50	7.50				
Cookie mix oatmeal	No. 10 cn	0.67		2.00	2.67	0.51		1.73	2.24
Corn bread mix [m]	No. 10 cn			3.00	3.00			2.31	2.31
Corn cnd [l]	No. 10 cn			2.00	2.00			1.54	1.54
Crackers soda salted	lb		2.66		2.66	0.47	2.52	0.47	3.46
Des pwd gel lemon [c]	No. 2 1/2 cn					0.31			0.31
Des pwd gel orange [n]	No. 2 1/2 cn							0.23	0.23
Des pwd gel stwby [g]	No. 2 1/2 cn						0.23		0.23
Des pwd pud inst van	No. 10 cn						0.05	0.08	0.13
Egg mix dehy	No. 3 cyl cn	7.33			7.33	5.65	0.20		5.85
Egg mix dehy [h]	No. 3 cyl cn			1.00	1.00			0.77	0.77
Eggnog mix [b]	2 lb bag					0.43			0.43
Eggnog mix [d]	2 lb bag						0.16		0.16
Eggnog mix [i]	2 lb bag							0.16	0.16
Flour wheat gen pur	lb		0.94		0.94		0.73	0.14	0.87
Flour wheat gen pur [h]	lb			7.00	7.00			5.39	5.39
Fruit cocktail cnd	No. 10 cn						0.88		0.88
Ice cream mix dehy van	No. 10 cn					0.55	0.55	0.55	1.65
Icing mix choc	No. 10 cn		1.00		1.00		0.77		0.77
Jam strawberry	No. 2 1/2 cn			4.00	4.00			3.44	3.44
Jelly blackberry	No. 2 1/2 cn						0.36		0.36
Jelly grape	No. 2 1/2 cn	4.00			4.00	3.44			3.44
Juice orange inst [a]	No. 2 1/2 cn	6.25			6.25	6.19			6.19
Juice orange inst [i]	No. 2 1/2 cn							0.14	0.14
Juice tomato cnd	No. 2 1/2 cn							0.09	0.09
Luncheon meat cnd	6 lb cn	4.00			4.00	3.08			3.08
Margarine	lb	3.63	4.63	5.13	13.39	2.80	3.81	4.47	11.08
Milk dry nonfat	No. 10 cn	2.27		1.71	3.98	2.40	0.56	1.97	4.93

		STAFF				PATIENTS			
INGREDIENTS	UNIT	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D
Milk dry nonfat [h]	No. 10 cn			0.44	0.44			0.34	0.34
Mustard prepared	No. 2 1/2 cn		0.77		0.77		0.59		0.59
Peanut butter	No. 2 1/2 cn	3.50		3.50	7.00	3.33	0.31	3.01	6.65
Peas cnd [e]	No. 10 cn		4.00		4.00		3.08		3.08
Peas cnd [f]	No. 10 cn						0.34		0.34
Pineapple slices cnd	No. 10 cn			4.00	4.00			3.08	3.08
Pork chops dehy [h]	No. 10 cn			10.00	10.00			7.70	7.70
Pork puree cnd	15 oz cn							2.80	2.80
Potatoes wht dehy diced	No. 10 cn		3.00		3.00		2.31		2.31
Potatoes wht inst gran	No. 10 cn			1.00	1.00		0.04	0.81	0.85
Raisins	No. 10 cn	1.00		0.33	1.33	0.77		0.26	1.03
Shortening compound	lb	2.06		0.25	2.31	1.59		0.19	1.78
Shortening compound [h]	lb			3.50	3.50			2.70	2.70
Soup & GB inst beef	No. 2 1/2 cn						0.04	0.06	0.10
Soup & GB inst chicken	No. 2 1/2 cn					0.11		0.04	0.15
Soup dehy beef	No. 2 1/2 cn		4.00		4.00		3.94		3.94
Sugar refined gran	lb	1.50	11.21	5.33	18.04	12.79	9.95	5.33	28.07
Tea blk ind bags	100/bx	0.25	0.25	0.25	0.75	0.36	0.36	0.36	1.08
ALTERNATES									
[a] Juice orange cnd	No. 3 cyl cn	17.39			17.39	17.22			17.22
[b] Egg mix dehy	No. 3 cyl cn					0.15			0.15
[c] Des pwd rsby qck jel	24 oz cn					0.44			0.44
[d] Egg mix dehy	No. 3 cyl cn						0.06		0.06
[d] Des pwd pud inst van	No. 10 cn						0.05		0.05
[e] Peas dehy comp	No. 2 1/2 cn		4.00		4.00		3.08		3.08
[f] Peas dehy comp	No. 2 1/2 cn						0.18		0.18
[g] Des pwd strwby qck jel	24 oz cn						0.32		0.32
[h] Ham chunks w/jcs cnd	29 oz cn			20.00	20.00			15.40	15.40
[h] Pineapple crushed cnd	No. 10 cn			2.00	2.00			1.54	1.54
[h] Mustard prepared	No. 2 1/2 cn			0.04	0.04			0.03	0.03
[h] Sugar refin gran	lb			0.75	0.75			0.58	0.58
[i] Egg mix dehy	No. 3 cyl cn							0.06	0.06
[i] Des pwd pud inst van	No. 10 cn							0.05	0.05
[i] Juice orange cnd	No. 3 cyl cn							0.21	0.21
[j] Applesauce cnd	No. 10 cn			2.00	2.00			1.54	1.54
[k] Applesauce cnd	No. 10 cn							0.55	0.55
[l] Vegs mixed dehy	No. 2 1/2 cn			3.00	3.00			2.31	2.31
[l] Sugar refined gran	lb			0.13	0.13			0.10	0.10
[m] Bread	lb			16.00	16.00			12.32	12.32
[n] Des pwd orange qck jel	24 oz cn							0.32	0.32

MEDICAL B RATION MENU - DAY 8

	REGULAR	DENTAL LIQUID	FULL LIQUID	CLEAR LIQUID	FORCED FLUIDS
BREAKFAST	Grapefruit Sections Hot Hominy Grits Griddle Cakes w/Hot Syrup [1] French Toast w/Hot Syrup [2] Margarine Bacon Bread [2] Peanut Butter [3] Blackberry Jelly [3] Milk Coffee Tea Decaffeinated Coffee Cocoa Nondairy Creamer Sugar-Salt-Pepper	Grapefruit Juice Thin Grits Chocolate Eggnog Milk Coffee Tea Decaffeinated Coffee Cocoa Nondairy Creamer Sugar-Salt-Pepper	Grapefruit Juice Thin Grits Chocolate Eggnog Cherry Gelatin Milk Coffee Tea Decaffeinated Coffee Cocoa Nondairy Creamer Sugar-Salt	Grapefruit Juice [7] Beef Broth Cherry Gelatin Coffee Tea Decaffeinated Coffee Sugar-Salt	Fruit Punch Beverage
1000 Hours	Nourishment/Late Meals [4] Apple Cinnamon Milkshake [5,6] Crackers [5] Peanut Butter-Blackberry Jelly [5]	Apple Cinnamon Milkshake Fruit Punch Beverage	Apple Cinnamon Milkshake Fruit Punch Beverage	Tea w/Sugar Fruit Punch Beverage	
LUNCH	Beefsteak & Gravy Mashed Potatoes Stewed Tomatoes Carrot Cabbage & Pineapple Slaw Dill Pickles Biscuits [1] Bread [2] Margarine Peanut Butter Peach Cobbler Milk Coffee Tea Decaffeinated Coffee Orange Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Tomato Soup Thin Chicken Thin Potatoes Thin Peas Thin Peaches Thin Vanilla Pudding Milk Coffee Tea Decaffeinated Coffee Orange Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Tomato Soup Strawberry Eggnog Thin Peaches Thin Vanilla Pudding Milk Coffee Tea Decaffeinated Coffee Orange Beverage Nondairy Creamer Sugar-Salt	Tomato Broth Lemon Gelatin Coffee Tea Decaffeinated Coffee Orange Beverage Sugar-Salt	
1400 Hours	Nourishment/Late Meals [4] Chocolate Milkshake [5,6] Crackers [5] Peanut Butter-Grape Jelly [5]	Chocolate Milkshake Fruit Punch Beverage	Chocolate Milkshake Fruit Punch Beverage	Tea w/Sugar Fruit Punch Beverage	
DINNER	Chicken Noodle Soup w/Crackers Chili Con Carne Steamed Rice Buttered Green Beans Cornbread Margarine Pears Chocolate Cookie Bars Coffee Tea Decaffeinated Coffee Grape Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Chicken Noodle Soup Thin Veal Thin Potatoes w/Cheese Thin Green Beans Thin Pears Thin Baked Custard Coffee Tea Decaffeinated Coffee Grape Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Chicken Noodle Soup Mocha Eggnog Thin Pears Thin Baked Custard Coffee Tea Decaffeinated Coffee Grape Beverage Nondairy Creamer Sugar-Salt	Strained Chicken Noodle Soup Orange Gelatin Coffee Tea Decaffeinated Coffee Grape Beverage Sugar-Salt	
2000 Hours	Nourishment/Late Meals [4] Strawberry Milkshake [5,6] Crackers [5] Peanut Butter-Peach Jam [5]	Strawberry Milkshake Fruit Punch Beverage	Strawberry Milkshake Fruit Punch Beverage	Tea w/Sugar Fruit Punch Beverage	

Footnotes:
[1] Delete when bread is available
[2] Add when available
[3] Bread/sandwich accompaniment
[4] Late Meals: Crackers (eight 2-inch squares), peanut butter, jelly and milkshake will be served to patients on Regular Diets. The appropriate nourishments will be served to patients on Liquids Diets.
[5] Nourishment for High Calorie-High Protein Diets
[6] Nourishment for Dental Soft Diets
[7] Strain canned juice

COMPOSITE LIST OF FOOD ITEMS - DAY 8

BREAKFAST

FOOD ITEM	RECIPE
Grapefruit Sections	
Grapefruit Juice [a]	F-3-M-2
Hot Hominy Grits	D-6-M-2
Thin Grits	D-7-M
Griddle Cakes [b]	B-5
Maple Syrup	
Chocolate Eggnog [c]	A-12-M-4
Beef Broth	I-6-M
Margarine	
Bacon	G-1
Cherry Gelatin [d]	C-20-M
Milk	A-6-M-1
Coffee(staff)	A-2-M
(patients)	A-3-M-1
Tea	A-5-M
Decaffeinated Coffee	A-4-M
Cocoa	A-8-M
Nondairy Creamer	
Sugar	
Salt	
Pepper	
Apple Cinnamon Milkshake [e]	A-10-M-1
*Fruit Punch Beverage	A-1-M
Tea	A-5-M
Sugar	
Crackers	
Peanut Butter	
Blackberry Jelly	

ADDITIONS

Bread
Peanut Butter
Blackberry Jelly

ALTERNATES

[a] Grapefruit Juice, canned
[b] French Toast B-4
[c] Chocolate Eggnog A-14-M-1
[d] Strawberry Quick Jell C-21-M
[e] Apple Cinnamon Milkshake A-10-M-1-A

LUNCH

FOOD ITEM	RECIPE
Thin Cream of Tomato Soup	I-15-M
Tomato Broth	I-7-M
Beefsteak & Gravy [f]	G-9
Thin Chicken	G-49-M-1
Strawberry Eggnog [g]	A-12-M-5
Mashed Potatoes	J-17
Thin Potatoes	J-28-M
Stewed Tomatoes	J-21
Thin Peas [h]	J-27-M
Carrot Cabbage & Pineapple Slaw	H-2-M
Dill Pickles	
Biscuits [i]	B-2
Margarine	
Peanut Butter	
Peach Cobbler [j]	C-11-1
Thin Peaches	F-5-M-3
Thin Vanilla Pudding	C-23-M
Lemon Gelatin [k]	C-20-M
Milk	A-6-M-1
Coffee(staff)	A-2-M
(patients)	A-3-M-1
Tea	A-5-M
Decaffeinated Coffee	A-4-M
Orange Beverage	A-1-M
Nondairy Creamer	
Sugar	
Salt	
Pepper	
Chocolate Milkshake	A-10-M-2
Tea	A-5-M
Sugar	
Crackers	
Peanut Butter	
Grape Jelly	

ALTERNATES

[f] Beef & Gravy G-3-2
[g] Strawberry Eggnog A-14-M-2
[h] Thin Peas J-27-M-A
[i] Bread
[j] Peach Cobbler C-11-1-Note
[k] Raspberry Quick Jell C-21-M

DINNER

FOOD ITEM	RECIPE
Chicken Noodle Soup	I-2
Crackers	
Thin Cream of Chicken Noodle Soup	I-9-M
Strained Chicken Noodle Soup	I-8-M
Chili Con Carne [l]	G-26
Thin Veal	G-49-M-1
Mocha Eggnog [m]	A-12-M-2
Steamed Rice	D-4
Thin Potatoes w/Cheese	J-29-M
Buttered Green Beans [n]	J-2a
Thin Green Beans [o]	J-24-M-A
Cornbread	B-3-1
Margarine	
Pears	
Thin Pears	F-5-M-4
Chocolate Cookie Bars	C-5-3
Thin Baked Custard	C-22-M-1
Orange Gelatin [p]	C-20-M
Coffee(staff)	A-2-M
(patients)	A-3-M-1
Tea	A-5-M
Decaffeinated Coffee	A-4-M
Grape Beverage	A-1-M
Nondairy Creamer	
Sugar	
Salt	
Pepper	
Strawberry Milkshake	A-10-M-5
Tea	A-5-M
Sugar	
Crackers	
Peanut Butter	
Peach Jam	

ALTERNATES

[l] Chili Con Carne G-27
[m] Mocha Eggnog A-13-M-2
[n] Buttered Green Beans J-2a-Note
[o] Thin Green Beans J-24-M
[p] Orange Quick Jell C-21-M

*Daily forced fluid and nourishment for Liquid Diets

INGREDIENTS FOR MEALS - DAY 8

BREAKFAST		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Grapefruit Sections		100		77	
Grapefruit cnd	No. 303 cn		25.00		19.25
Grapefruit Juice [a]				22	
Juice grpfrt inst [a]	15 1/2 oz cn				1.38
water [a]	gal				1.27
Hot Hominy Grits		100		77	
Hominy grits	24 oz co		4.00		3.08
salt table	tbsp		6.00		4.62
water	gal		4.50		3.47
Thin Grits				11	
Hominy grits	24 oz co				0.46
salt table	tsp				0.55
water	qt				1.99
Milk dry nonfat	No.10 cn				0.07
water	qt				1.03
Sugar refined gran	lb				0.11
Griddle Cakes [b]		100		77	
Pancake mix [b]	No. 10 cn		4.00		3.08
water [b]	gal		2.19		1.69
Maple Syrup		100		77	
Syrup imit maple	No. 10 cn		1.50		1.16
Chocolate Eggnog [c]				11	
Eggnog mix [c]	2 lb bag				0.43
Milk dry nonfat	No. 10 cn				0.12
creamer nondairy dry	cup				0.83
water	qt				2.48
Bkfst inst dry choc ind	1.23 oz pg				11.00
Beef Broth				11	
Soup & GB inst beef	No. 2 1/2 cn				0.11
water	qt				2.75
Margarine		100		77	
Margarine	lb		3.13		2.41
Bacon		100		77	
Bacon sliced precooked	No. 10 cn		1.00		0.77
Cherry Gelatin [d]				15	
Des pwd gel cherry [d]	No. 2 1/2 cn				0.31
water [d]	cup				6.75
Milk		100		88	
Milk dry nonfat	No. 10 cn		1.52		1.34
water	gal		5.83		5.13
Coffee(staff)		100			
Coffee roasted grnd	lb		2.50		
water	gal		6.25		
Coffee(patients)				100	
coffee inst	2.5 gm pg				100.00
water	gal				6.25
Tea		25		25	
Tea blk ind bags	100/bx		0.25		0.25
water	gal		1.56		1.56
Decaffeinated Coffee		25		25	
coffee inst fd decaf	1.5 gm pg		25.00		25.00
water	gal		1.56		1.56
Cocoa		50		50	
Cocoa bev pwd ind	1 oz pg		50.00		50.00
water	gal		3.13		3.13

LUNCH		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Thin Cr of Tomato Soup				11	
Juice tomato cnd	36 oz cn				0.36
water	qt				2.20
Milk dry nonfat	No. 10 cn				0.11
Margarine	lb				0.28
Flour wheat gen pur	lb				0.14
salt table	tsp				1.10
Tomato Broth				11	
Juice tomato cnd	36 oz cn				0.09
water	qt				2.75
Soup & GB inst beef	No. 2 1/2 cn				0.06
Beefsteak & Gravy [f]		100		77	
Beefsteak dehy [f]	No. 10 cn		9.00		6.93
water [f]	gal		6.00		4.62
Shortening compound	lb		1.50		1.16
Flour wheat gen pur	lb		1.50		1.16
Soup & GB inst beef	No. 2 1/2 cn		0.33		0.26
pepper blk grnd [f]	tbsp		1.00		0.77
Flour wheat gen pur [f]	lb		3.00		2.31
Thin Chicken				7	
Chicken puree cnd	15 oz cn				2.80
water	cup				2.80
Margarine	lb				0.18
Soup & GB inst chicken	No. 2 1/2 cn				0.04
Strawberry Eggnog [g]				4	
Eggnog mix [g]	2 lb bag				0.16
Milk dry nonfat	No. 10 cn				0.04
creamer nondairy dry	cup				0.30
water	qt				0.90
Bkfst inst dry stwby ind	1.23 oz pg				4.00
Mashed Potatoes		100		77	
water	gal		3.38		2.60
Margarine	lb		1.00		0.77
salt table	tbsp		3.00		2.31
pepper blk grnd	tsp		2.00		1.54
Potatoes wht inst gran	No. 10 cn		1.00		0.77
Milk dry nonfat	No. 10 cn		0.19		0.14
Thin Potatoes				7	
water	qt				1.14
Margarine	lb				0.02
salt table	tsp				0.35
Potatoes wht inst gran	No.10 cn				0.04
Milk dry nonfat	No.10 cn				0.01
Stewed Tomatoes		100		77	
Tomatoes cnd	No. 10 cn		4.00		3.08
Sugar refined gran	lb		0.50		0.39
salt table	tbsp		2.25		1.73
pepper blk grnd	tsp		1.00		0.77
Margarine	lb		1.00		0.77
Bread	lb		1.00		0.77
Thin Peas [h]				7	
Peas cnd [h]	No. 10 cn				0.34
Margarine	lb				0.04
Car Cab & Pnple Slw		100		77	
Cabbage dehy comp	No. 2 1/2 cn		1.50		1.16

DINNER		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Chicken Noodle Soup		100		77	
Soup dehy chicken	No. 2 1/2 cn		4.00		3.08
water	gal		6.50		5.01
Crackers		100		77	
Crackers soda salted	lb		2.66		2.05
Thn Cr Chick Ndle Soup				11	
Soup dehy chicken	No. 2 1/2 cn				0.42
Milk dry nonfat	No. 10 cn				0.09
water	qt				2.57
Str Chicken Ndle Soup				11	
Soup dehy chicken	No. 2 1/2 cn				0.44
water	gal				0.72
Chili Con Carne [l]		100		77	
Chili con carne dehy [l]	No. 10 cn		8.00		6.16
water [l]	gal		4.50		3.47
Thin Veal				7	
Veal puree cnd	15 oz cn				2.80
water	cup				2.80
Margarine	lb				0.18
Soup & GB inst chicken	No. 2 1/2 cn				0.04
Mocha Eggnog [m]				7	
Eggnog mix [m]	2 lb bag				0.16
Milk dry nonfat	No. 10 cn				0.04
creamer nondairy dry	cup				0.30
water	qt				0.90
coffee inst fd decaf	cup				0.08
Cocoa bev pwd ind	1 oz pg				1.60
Steamed Rice		100		77	
Rice parboiled	lb		9.00		6.93
water	gal		2.75		2.12
Margarine	lb		0.25		0.19
Thin Potatoes w/Cheese				7	
water	qt				1.14
Margarine	lb				0.02
salt table	tsp				0.35
Potatoes wht inst gran	No. 10 cn				0.04
Milk dry nonfat	No. 10 cn				0.01
Cheese Amer proc dehy	No. 10 cn				0.06
Buttered Green Beans [n]		100		77	
Beans green dehy [n]	No. 2 1/2 cn		2.00		1.54
water [n]	gal		3.50		2.70
Margarine	lb		1.00		0.77
pepper blk grnd [n]	tsp		1.00		0.77
Thin Green Beans [o]				7	
Green beans dehy [o]	No. 2 1/2 cn				0.09
water [o]	qt				1.23
Margarine	lb				0.04
Cornbread		100		77	
Corn bread mix	No. 10 cn		3.00		2.31
water	qt		5.50		4.24
Shortening compound	lb		0.25		0.19
Margarine		100		77	
Margarine	lb		3.13		2.41
Pears		100		77	
Pears cnd	No. 10 cn		4.00		3.08

BREAKFAST		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Nondairy Creamer		50		50	
creamer nondairy dry ind	3 gm pg		50.00		50.00
Sugar		100		100	
sugar refined ind	0.14 oz pg		200.00		200.00
Salt		100		100	
salt table ind	1.13 gm pg		100.00		100.00
Pepper		100		84	
pepper blk grnd ind	0.18 gm pg		100.00		84.00
Apple Cin Milkshake [e]				23	
Milk dry nonfat	No. 10 cn				0.29
Ice cream mix dehy van	No. 10 cn				0.55
water [e]	qt				5.18
Applesauce inst [e]	No. 2 1/2 cn				1.00
cinnamon grnd	tbsp				1.15
Fruit Punch Beverage				216	
Bev base pwd ft pnch	5 gal yld pg				2.88
Sugar refined gran	lb				11.52
water	gal				14.40
Tea				11	
Tea blk ind bags	100/bx				0.11
water	gal				0.69
Sugar				11	
sugar refined ind	0.14 oz pg				11.00
Crackers				9	
Crackers soda salted	lb				0.47
Peanut Butter				9	
Peanut butter	No. 2 1/2 cn				0.31
Blackberry Jelly				9	
Jelly blackberry	No. 2 1/2 cn				0.36
ADDITIONS					
Bread		100		77	
Bread	lb		16.00		12.32
Peanut Butter		100		77	
Peanut butter	No. 2 1/2 cn		3.50		2.70
Blackberry Jelly		100		77	
Jelly blackberry	No. 2 1/2 cn		4.00		3.08
ALTERNATES					
[a] **Grapefruit Juice**				22	
Juice grpfrt cnd	No. 3 cyl cn				3.83
[b] **French Toast**		100		77	
Egg mix dehy	No. 3 cyl cn		3.00		2.31
Sugar refined gran	lb		0.50		0.39
water	gal		1.25		0.96
Bread	lb		16.00		12.32
Shortening compound	lb		1.50		1.16
[c] **Chocolate Eggnog**				11	
Egg mix dehy	No. 3 cyl cn				0.15
[d] **Strawberry Quick Jell**				15	
Des pwd stwby qck jel	24 oz cn				0.44

LUNCH		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Carrots dehy shrd comp	No. 2 1/2 cn		0.50		0.39
water	gal		5.00		3.85
Pineapple slices cnd	No. 10 cn		1.00		0.77
Sugar refined gran	lb		1.13		0.87
Flour wheat gen pur	lb		0.44		0.34
Mustard prepared	No. 2 1/2 cn		0.14		0.11
salt table	tbsp		1.67		1.28
vinegar dry syn	pg		0.33		0.26
water	cup		1.50		1.16
Margarine	lb		0.50		0.39
Dill Pickles		100		77	
Pickles cuc dill whole	No. 10 cn		1.00		0.77
Biscuits [i]		100		77	
Biscuit mix [i]	No. 10 cn		3.50		2.70
water [i]	qt		4.00		3.08
Margarine		100		77	
Margarine	lb		3.13		2.41
Peanut Butter		100		77	
Peanut butter	No. 2 1/2 cn		3.50		2.70
Peach Cobbler [j]		100		77	
Peaches cnd [j]	No. 10 cn		4.00		3.08
starch edible [j]	No. 10 cn		3.50		2.70
Sugar refined gran [j]	lb		5.00		3.85
salt table [j]	tbsp		1.00		0.77
Flour wheat gen pur	lb		9.00		6.93
salt table	tbsp		6.00		4.62
Sugar refined gran	lb		0.50		0.39
Shortening compound	lb		5.25		4.04
water	qt		1.25		0.96
Thin Peaches				11	
Peaches cnd	No. 10 cn				0.88
Thin Vanilla Pudding				11	
Milk dry nonfat	No. 10 cn				0.06
water	cup				4.00
Des pwd pud inst van	No. 10 cn				0.08
Lemon Gelatin [k]				11	
Des pwd gel lemon [k]	No. 2 1/2 cn				0.23
water [k]	cup				4.96
Milk		100		88	
Milk dry nonfat	No. 10 cn		1.52		1.34
water	gal		5.83		5.13
Coffee(staff)		100			
Coffee roasted grnd	lb		2.50		
water	gal		6.25		
Coffee(patients)				100	
coffee inst	2.5 gm pg				100.00
water	gal				6.25
Tea		25		25	
Tea blk ind bags	100/bx		0.25		0.25
water	gal		1.56		1.56
Decaffeinated Coffee		25		25	
coffee inst fd decaf ind	1.5 gm pg		25.00		25.00
water	gal		1.56		1.56
Orange Beverage		100		100	
Bev base pwd orange	5 gal yld pg		1.33		1.33

DINNER		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Thin Pears				11	
Pears cnd	No. 10 cn				0.88
Chocolate Cookie Bars		100		77	
Cookie mix chocolate	No. 10 cn		2.00		1.54
water	cup		2.00		1.54
Thin Baked Custard				11	
Egg mix dehy	No. 3 cyl cn				0.20
Milk dry nonfat	No. 10 cn				0.13
Des pwd pud inst van	No. 10 cn				0.05
Sugar refined gran	lb				0.09
water	qt				2.51
cinnamon	tsp				0.20
Orange Gelatin [p]				11	
Des pwd gel orange [p]	No. 2 1/2 cn				0.23
water [p]	cup				4.96
Coffee(staff)		100			
Coffee roasted grnd	lb		2.50		
water	gal		6.25		
Coffee(patients)				100	
coffee inst	2.5 gm pg				100.00
water	gal				6.25
Tea		25		25	
Tea blk ind bags	100/bx		0.25		0.25
water	gal		1.56		1.56
Decaffeinated Coffee		25		25	
coffee inst fd decaf ind	1.5 gm pg		25.00		25.00
water	gal		1.56		1.56
Grape Beverage		100		100	
Bev base pwd grape	5 gal yld pg		1.33		1.33
Sugar refined gran	lb		5.33		5.33
water	gal		6.67		6.67
Nondairy Creamer		50		50	
creamer nondairy dry ind	3 gm pg		50.00		50.00
Sugar		100		100	
sugar refined ind	0.14 oz pg		100.00		100.00
Salt		100		100	
salt table ind	1.13 gm pg		100.00		100.00
Pepper		100		84	
pepper blk grnd ind	0.18 gm pg		100.00		84.00
Strawberry Milkshake				23	
Milk dry nonfat	No. 10 cn				0.29
Ice cream mix dehy van	No. 10 cn				0.55
water	qt				5.18
Bkfst inst dry stwby ind	1.23 oz pg				9.20
Tea				11	
Tea blk ind bags	100/bx				0.11
water	gal				0.69
Sugar				11	
sugar refined ind	0.14 oz pg				11.00
Crackers				9	
Crackers soda salted	lb				0.47
Peanut Butter				9	
Peanut butter	No. 2 1/2 cn				0.31
Peach Jam				9	
Jam peach	No. 2 1/2 cn				0.36

BREAKFAST		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
water	qt				1.66
[e] **Apple Cin Milkshake**				23	
water	qt				2.30
Applesauce cnd	No. 10 cn				0.92

LUNCH		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Sugar refined gran	lb		5.33		5.33
water	gal		6.67		6.67
Nondairy Creamer		50		50	
creamer nondairy dry ind	3 gm pg		50.00		50.00
Sugar		100		100	
sugar refined ind	0.14 oz pg		100.00		100.00
Salt		100		100	
salt table ind	1.13 gm pg		100.00		100.00
Pepper		100		84	
pepper blk grnd ind	0.18 gm pg		100.00		84.00
Chocolate Milkshake				23	
Milk dry nonfat	No. 10 cn				0.29
Ice cream mix dehy van	No. 10 cn				0.55
water	qt				5.18
Bkfst inst dry choc ind	1.23 oz pg				9.20
Tea				11	
Tea blk ind bags	100/bx				0.11
water	gal				0.69
Sugar				11	
sugar refined ind	0.14 oz pg				11.00
Crackers				9	
Crackers soda salted	lb				0.47
Peanut Butter				9	
Peanut butter	No. 2 1/2 cn				0.31
Grape Jelly				9	
Jelly grape	No. 2 1/2 cn				0.36
ALTERNATES					
[f] **Beef & Gravy**		100		7	
Bf Chunks w/juices cd	29 oz cn		20.00		15.40
water	gal		2.00		1.54
[g] **Strawberry Eggnog**				4	
Egg mix dehy	No. 3 cyl cn				0.06
water	qt				0.90
[h] **Thin Peas**				77	
Peas dehy comp	No. 2 1/2 cn				0.18
water	qt				1.05
[i] **Bread**		100		77	
Bread	lb		16.00		12.32
[j] **Peach Cobbler**		100		77	
Pie fil prep peach	No. 10 cn		4.00		3.08
[k] **Raspberry Quick Jell**				11	
Des pwd rspby qck jel	24 oz cn				0.32
water	qt				1.17

DINNER		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
ALTERNATES					
[l] **Chili Con Carne**		100		77	
onions dehy chopped	cup		2.67		2.05
Peppers green dehy	No. 2 1/2 cn		2.53		1.94
water	gal		1.75		1.35
Shortening compound	lb		1.25		0.96
Chili Con Carne cnd	6 3/4 lb cn		4.00		3.08
salt table	tsp		2.25		1.73
Beans kidney cnd	No. 10 cn		3.00		2.31
[m] **Mocha Eggnog**				4	
Egg mix dehy	No. 3 cyl cn				0.06
Des pwd pud inst van	No. 10 cn				0.05
cinnamon grnd	tsp				0.10
[n] **Buttered Green Beans**		100		77	
Beans green cnd	No. 10 cn		4.00		3.08
pepper blk	tsp		2.00		1.54
[o] **Thin Green Beans**				7	
Beans green cnd	No. 10 cn				0.35
[p] **Orange Quick Jell**				11	
Des pwd orng qck jel	24 oz cn				0.32
water	qt				1.17

ISSUE CHART FOR MEALS - DAY 8

		STAFF				PATIENTS			
INGREDIENTS	UNIT	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D
Applesauce inst [e]	No. 2 1/2 cn					1.00			1.00
Bacon sliced precooked	No. 10 cn	1.00			1.00	0.77			0.77
Beans green dehy [n]	No. 2 1/2 cn			2.00	2.00			1.54	1.54
Beans green dehy [o]	No. 2 1/2 cn							0.09	0.09
Beefsteak dehy [f]	No. 10 cn		9.00		9.00		6.93		6.93
Bev base pwd fruit punch	5 gal yld pg					2.88			2.88
Bev base pwd grape	5 gal yld pg			1.33	1.33			1.33	1.33
Bev base pwd orange	5 gal yld pg		1.33		1.33		1.33		1.33
Biscuit mix [i]	No. 10 cn		3.50		3.50		2.70		2.70
Bkfst inst dry choc ind	1.23 oz pg					11.00	9.20		20.20
Bkfst inst dry strwby ind	1.23 oz pg						4.00	9.20	13.20
Bread	lb	16.00	1.00		17.00	12.32	0.77		13.09
Cabbage dehy comp	No. 2 1/2 cn		1.50		1.50		1.16		1.16
Carrots dehy shrd comp	No. 2 1/2 cn		0.50		0.50		0.39		0.39
Cheese Amer proc dehy	No. 10 cn							0.06	0.06
Chicken puree cnd	15 oz cn						2.80		2.80
Chili con carne [l]	No. 10 cn			8.00	8.00			6.16	6.16
Cocoa bev pwd ind	1 oz pg	50.00			50.00	50.00		1.60	51.60
Coffee roasted grnd	lb	2.50	2.50	2.50	7.50				
Cookie mix choc	No. 10 cn			2.00	2.00			1.54	1.54
Corn bread mix	No. 10 cn			3.00	3.00			2.31	2.31
Crackers soda salted	lb			2.66	2.66	0.47	0.47	2.52	3.46
Des pwd gel cherry [d]	No. 2 1/2 cn					0.31			0.31
Des pwd gel lemon [k]	No. 2 1/2 cn						0.23		0.23
Des pwd gel orange [p]	No. 2 1/2 cn							0.23	0.23
Des pwd pud inst van	No. 10 cn						0.08	0.05	0.13
Egg mix dehy	No. 3 cyl cn							0.20	0.20
Eggnog mix [c]	2 lb bag					0.43			0.43
Eggnog mix [g]	2 lb bag						0.16		0.16
Eggnog mix [m]	2 lb bag							0.16	0.16
Flour wheat gen pur	lb		10.94		10.94		8.57		8.57
Flour wheat gen pur [f]	lb		3.00		3.00		2.31		2.31
Grapefruit cnd	No. 303 cn	25.00			25.00	19.25			19.25
Hominy grits	24 oz cn	4.00			4.00	3.54			3.54
Ice cream mix dehy van	No. 10 cn					0.55	0.55	0.55	1.65
Jam peach	No. 2 1/2 cn							0.36	0.36
Jelly blackberry	No. 2 1/2 cn	4.00			4.00	3.44			3.44
Jelly grape	No. 2 1/2 cn						0.36		0.36
Juice grpfrt inst [a]	15 1/2 oz cn					1.38			1.38
Juice tomato cnd	36 oz cn						0.45		0.45
Margarine	lb	3.13	5.63	4.38	13.13	2.41	4.86	3.61	10.88
Milk dry nonfat	No. 10 cn	1.52	1.71		3.23	1.82	1.99	0.56	4.37
Mustard prepared	No. 2 1/2 cn		0.14		0.14		0.11		0.11
Pancake mix [b]	No. 10 cn	4.00			4.00	3.08			3.08
Peaches cnd	No. 10 cn						0.88		0.88
Peaches cnd [j]	No. 10 cn		4.00		4.00		3.08		3.08
Peanut butter	No. 2 1/2 cn	3.50	3.50		7.00	3.01	3.01	0.31	6.33
Pears cnd	No. 10 cn			4.00	4.00			3.96	3.96
Peas cnd [h]	No. 10 cn						0.34		0.34
Pickles cuc dill whole	No. 10 cn		1.00		1.00		0.77		0.77
Pineapple slices cnd	No. 10 cn		1.00		1.00		0.77		0.77
Potatoes wht inst gran	No. 10 cn		1.00		1.00		0.81	0.04	0.85

		STAFF				PATIENTS			
INGREDIENTS	UNIT	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D
Rice parboiled	lb			9.00	9.00			6.93	6.93
Shortening compound	lb		6.75	0.25	7.00		5.20	0.19	5.39
Soup & GB inst beef	No. 2 1/2 cn		0.33		0.33	0.11	0.32		0.43
Soup & GB inst chicken	No. 2 1/2 cn						0.04	0.04	0.08
Soup dehy chicken	No. 2 1/2 cn			4.00	4.00			3.94	3.94
Sugar refined gran	lb	0.50	7.46	5.33	13.29	11.63	6.98	5.42	24.03
Sugar refined gran [j]	lb		5.00		5.00		3.85		3.85
Syrup imit maple	No. 10 cn	1.50			1.50	1.16			1.16
Tea blk ind bags	100/bx	0.25	0.25	0.25	0.75	0.36	0.36	0.36	1.08
Tomatoes cnd	No. 10 cn		4.00		4.00		3.08		3.08
Veal puree	15 oz cn							2.80	2.80
ALTERNATES									
[a] Juice grpfrt cnd	No. 3 cyl cn					3.83			3.83
[b] Egg mix dehy	No. 3 cyl cn	3.00			3.00	2.31			2.31
[b] Sugar refined gran	lb	0.50			0.50	0.39			0.39
[b] Bread	lb	16.00			16.00	12.32			12.32
[b] Shortening compound	lb	1.50			1.50	1.16			1.16
[c] Egg mix dehy	No. 3 cyl cn					0.15			0.15
[d] Des pwd stwby qck jel	24 oz cn					0.44			0.44
[e] Applesauce cnd	No. 10 cn					0.92			0.92
[f] Beef chunks w/jcs cnd	29 oz cn		20.00		20.00		15.40		15.40
[g] Egg mix dehy	No. 3 cyl cn						0.06		0.06
[h] Peas dehy comp	No. 2 1/2 cn						0.18		0.18
[i] Bread	lb		16.00		16.00		12.32		12.32
[j] Pie fil prep peach	No. 10 cn		4.00		4.00		3.08		3.08
[k] Des pwd rspby qck jel	24 oz cn						0.32		0.32
[l] Pepper green dehy	No. 2 1/2 cn			2.53	2.53			1.94	1.94
[l] Shortening compound	lb			1.25	1.25			0.96	0.96
[l] Chili con carne cnd	6 3/4 lb cn			4.00	4.00			3.08	3.08
[l] Beans kidney cnd	No. 10 cn			3.00	3.00			2.31	2.31
[m] Egg mix dehy	No. 3 cyl cn							0.06	0.06
[m] Des pwd pud inst van	No. 10 cn							0.05	0.05
[n] Beans green cnd	No. 10 cn			4.00	4.00			3.08	3.08
[o] Beans green cnd	No. 10 cn							0.35	0.35
[p] Des pwd orange qck jel	24 oz cn							0.32	0.32

MEDICAL B RATION MENU - DAY 9

	REGULAR	DENTAL LIQUID	FULL LIQUID	CLEAR LIQUID	FORCED FLUIDS
BREAKFAST	Grapefruit & Orange Juice Hot Oatmeal w/Milk Raisins Scrambled Eggs w/Bacon Catsup Quick Coffee Cake [1] Bread [2] Margarine Peanut Butter Strawberry Jam Milk Coffee Tea Decaffeinated Coffee Cocoa Nondairy Creamer Sugar-Salt-Pepper	Grapefruit & Orange Juice Thin Oatmeal Vanilla Eggnog Milk Coffee Tea Decaffeinated Coffee Cocoa Nondairy Creamer Sugar-Salt-Pepper	Grapefruit & Orange Juice Thin Oatmeal Vanilla Eggnog Strawberry Gelatin Milk Coffee Tea Decaffeinated Coffee Cocoa Nondairy Creamer Sugar-Salt	Grapefruit & Orange Juice [7] Beef Broth Strawberry Gelatin Coffee Tea Decaffeinated Coffee Sugar-Salt	Cherry Beverage
1000 Hours	Nourishment/Late Meals [4] Apple Cinnamon Milkshake [5,6] Crackers [5] Peanut Butter-Strawberry Jam [5]	Apple Cinnamon Milkshake Cherry Beverage	Apple Cinnamon Milkshake Cherry Beverage	Tea w/Sugar Cherry Beverage	
LUNCH	Beef Patties Jardiniere Mashed Potatoes Buttered Corn Pineapple Cottage Cheese Salad Biscuits [1] Bread [2] Margarine Peanut Butter Marble Cake w/Chocolate Icing Milk Coffee Tea Decaffeinated Coffee Lemonade Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Chicken Soup Thin Beef Thin Potatoes Thin Carrots Thin Applesauce w/Cottage Cheese Thin Chocolate Pudding Milk Coffee Tea Decaffeinated Coffee Lemonade Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Chicken Soup Coffee Eggnog Thin Applesauce w/Cottage Cheese Thin Chocolate Pudding Milk Coffee Tea Decaffeinated Coffee Lemonade Beverage Nondairy Creamer Sugar-Salt	Chicken Broth Lemon Gelatin Coffee Tea Decaffeinated Coffee Lemonade Beverage Sugar-Salt	
1400 Hours	Nourishment/Late Meals [4] Peanut Butter Milkshake [5,6] Crackers [5] Peanut Butter-Grape Jelly [5]	Peanut Butter Milkshake Cherry Beverage	Peanut Butter Milkshake Cherry Beverage	Tea w/Sugar Cherry Beverage	
DINNER	Tomato Vegetable Noodle Soup w/Crackers Fried Fish Squares Catsup Macaroni & Cheese Buttered Peas Hush Puppies [1] Bread [2] Margarine [3] Peanut Butter [3] Blackberry Jelly [3] Fruit Cocktail Sugar Cookie Bars Coffee Tea Decaffeinated Coffee Fruit Punch Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Tomato Vegetable Soup Thin Pork Thin Potatoes w/Cheese Thin Peas Thin Fruit Cocktail Thin Vanilla Pudding Coffee Tea Decaffeinated Coffee Fruit Punch Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Tomato Vegetable Soup Orange Eggnog Thin Fruit Cocktail Thin Vanilla Pudding Coffee Tea Decaffeinated Coffee Fruit Punch Beverage Nondairy Creamer Sugar-Salt	Strained Tomato Vegetable Noodle Soup Orange Gelatin Coffee Tea Decaffeinated Coffee Fruit Punch Beverage Sugar-Salt	
2000 Hours	Nourishment/Late Meals [4] Strawberry Milkshake [5,6] Crackers [5] Peanut Butter-Blackberry Jelly [5]	Strawberry Milkshake Cherry Beverage	Strawberry Milkshake Cherry Beverage	Tea w/Sugar Cherry Beverage	

Footnotes:
[1] Delete when bread is available
[2] Add when available
[3] Bread/sandwich accompaniment
[4] Late Meals: Crackers (eight 2-inch squares), peanut butter, jelly and milkshake will be served to patients on Regular Diets. The appropriate nourishments will be served to patients on Liquids Diets.
[5] Nourishment for High Calorie-High Protein Diets
[6] Nourishment for Dental Soft Diets
[7] Strain canned juice

COMPOSITE LIST OF FOOD ITEMS - DAY 9

BREAKFAST

FOOD ITEM	RECIPE
Grapefruit & Orange Juice [a]	F-3-M-3
Hot Oatmeal w/Milk	D-6-M-3
Raisins	
Thin Oatmeal	D-7-M
Scrambled Eggs w/Bacon	E-1-2
Catsup	
Vanilla Eggnog [b]	A-12-M
Beef Broth	I-6-M
Strawberry Gelatin [c]	C-20-M
Quick Coffee Cake [d]	B-6
Margarine	
Peanut Butter	
Strawberry Jam	
Milk	A-6-M-1
Coffee(staff)	A-2-M
(patients)	A-3-M-1
Tea	A-5-M
Decaffeinated Coffee	A-4-M
Cocoa	A-8-M
Nondairy Creamer	
Sugar	
Salt	
Pepper	
Apple Cinnamon Milkshake [e]	A-10-M-1
*Cherry Beverage	A-1-M
Tea	A-5-M
Sugar	
Crackers	
Peanut Butter	
Strawberry Jam	

ALTERNATES

[a] Grapefruit Juice, canned & Orange Juice, canned	
[b] Vanilla Eggnog	A-13-M
[c] Strawberry Quick Jell	C-21-M
[d] Bread	
[e] Apple Cinnamon Milkshake	A-10-M-1-A

LUNCH

FOOD ITEM	RECIPE
Thin Cream of Chicken Soup	I-11-M
Chicken Broth	I-6-M
Beef Patties Jardiniere [f]	G-14
Thin Beef	G-49-M-1
Coffee Eggnog [g]	A-12-M-1
Mashed Potatoes	J-17
Thin Potatoes	J-28-M
Buttered Corn	J-10
Thin Carrots	J-25-M
Pineapple Cottage Cheese Salad	H-4-1
Thin Applesauce w/Cottage Cheese [h]	F-7-M-1
Biscuits [i]	B-2
Margarine	
Peanut Butter	
Marble Cake w/	C-1-2
Chocolate Icing	C-2
Thin Chocolate Pudding	C-23-M
Lemon Gelatin [j]	C-20-M
Milk	A-6-M-1
Coffee(staff)	A-2-M
(patients)	A-3-M-1
Tea	A-5-M
Decaffeinated Coffee	A-4-M
Lemonade Beverage	A-1-M
Nondairy Creamer	
Sugar	
Salt	
Pepper	
Peanut Butter Milkshake	A-10-M-4
Tea	A-5-M
Sugar	
Crackers	
Peanut Butter	
Grape Jelly	

ALTERNATES

[f] Beef Patties Jardiniere	G-14-Note 2
[g] Coffee Eggnog	A-13-M-1
[h] Thin Applesauce w/Cottage Cheese	F-7-M-1-A
[i] Bread	
[j] Raspberry Quick Jell	C-21-M

DINNER

FOOD ITEM	RECIPE
Tomato Vegetable Noodle Soup	I-5
Crackers	
Thin Cream of Tomato Vegetable Noodle Soup	I-9-M
Strained Tomato Vegetable Noodle Soup	I-8-M
Fried Fish Squares [k]	G-46-2
Catsup	
Thin Pork	G-49-M-1
Orange Eggnog [l]	A-12-M-3
Macaroni & Cheese	D-2
Thin Potatoes w/Cheese	J-29-M
Buttered Peas [m]	J-13
Thin Peas [n]	J-27-M
Hush Puppies [o]	B-3-2
Fruit Cocktail	
Thin Fruit Cocktail	F-5-M-2
Sugar Cookie Bars	C-8-3
Thin Vanilla Pudding	C-23-M
Orange Gelatin [p]	C-20-M
Coffee(staff)	A-2-M
(patients)	A-3-M-1
Tea	A-5-M
Decaffeinated Coffee	A-4-M
Fruit Punch Beverage	A-1-M
Nondairy Creamer	
Sugar	
Salt	
Pepper	
Strawberry Milkshake	A-10-M-5
Tea	A-5-M
Sugar	
Crackers	
Peanut Butter	
Blackberry Jelly	

ALTERNATES

[k] Tuna Loaf	G-48
[l] Orange Eggnog	A-13-M-3-A
[m] Buttered Peas	J-13-Note
[n] Thin Peas	J-27-M-A
[o] Bread, Margarine, Peanut Butter & Jelly	
[p] Orange Quick Jell	C-21-M

*Daily forced fluid and nourishment for Liquid Diets

INGREDIENTS FOR MEALS - DAY 9

BREAKFAST		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Grpfrt & Orange Juice [a]		100		99	
Juice grpfrt inst [a]	15 1/2 oz cn		2.50		2.48
Juice orange inst [a]	No. 2 1/2 cn		3.75		3.71
water [a]	gal		5.75		5.69
Hot Oatmeal w/Milk		100		77	
Cereal rolled oats	20 oz cn		5.00		3.85
salt table	tbsp		6.00		4.62
water	gal		5.00		3.85
Milk dry nonfat	No. 10 cn		0.75		0.58
water	gal		2.75		2.12
Raisins		100		77	
Raisins	No. 10 cn		1.00		0.77
Thin Oatmeal				11	
Cereal rolled oats	20 oz cn				0.33
salt table	tsp				0.55
water	qt				1.51
Milk dry nonfat	No. 10 cn				0.07
water	qt				1.03
Sugar refined gran	lb				0.11
Scrmbld Eggs w/Bacon		100		77	
Egg mix dehy	No. 3 cyl cn		7.00		5.39
water	gal		2.63		2.02
Bacon sliced precooked	No. 10 cn		0.50		0.39
Catsup		100		77	
Catsup tomato	No. 10 cn		0.50		0.39
Vanilla Eggnog [b]				11	
Eggnog mix [b]	2 lb bag				0.43
Milk dry nonfat	No. 10 cn				0.12
creamer nondairy dry	cup				0.83
water	qt				2.48
Beef Broth				11	
Soup & GB inst beef	No. 2 1/2 cn				0.11
water	qt				2.75
Strawberry Gelatin [c]				15	
Des pwd gel strawberry [c]	No. 2 1/2 cn				0.31
water [c]	cup				6.75
Quick Coffee Cake [d]		100		77	
Biscuit mix [d]	No. 10 cn		1.50		1.16
Sugar refined gran [d]	lb		1.50		1.16
Egg mix dehy [d]	No. 3 cyl cn		0.33		0.26
water [d]	qt		2.00		1.54
Cookie mix oatmeal [d]	No. 10 cn		0.67		0.51
cinnamon grnd [d]	tsp		3.00		2.31
Margarine	lb		0.50		0.39
Margarine		100		77	
Margarine	lb		3.13		2.41
Peanut Butter		100		77	
Peanut butter	No. 2 1/2 cn		3.50		2.70
Strawberry Jam		100		77	
Jam strawberry	No. 2 1/2 cn		4.00		3.08
Milk		100		88	
Milk dry nonfat	No. 10 cn		1.52		1.34
water	gal		5.83		5.13
Coffee(staff)		100			
Coffee roasted grnd	lb		2.50		

LUNCH		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Thn Cr of Chick Soup				11	
Milk dry nonfat	No. 10 cn				0.11
water	qt				2.06
Margarine	lb				0.23
Flour wheat gen pur	lb				0.11
Soup & GB inst chicken	No. 2 1/2 cn				0.07
Chicken puree cnd	15 oz cn				1.65
Chicken Broth				11	
Soup & GB inst chicken	No. 2 1/2 cn				0.11
water	qt				2.75
Beef Pat Jardiniere [f]		100		77	
Beef patties dehy	No. 10 cn		7.00		5.39
water	gal		4.00		3.08
Peppers green dehy	No. 2 1/2 cn		0.55		0.42
onions dehy chopped	cup		0.75		0.58
water	cup		5.00		3.85
Shortening compound	lb		1.13		0.87
Flour wheat gen pur	lb		1.38		1.06
Soup & GB inst beef	No. 2 1/2 cn		0.42		0.32
pepper blk grnd	tsp		4.00		3.08
Carrots cnd	No. 10 cn		0.20		0.15
Peas cnd [f]	No. 10 cn		0.20		0.15
Thin Beef				7	
Beef puree cnd	15 oz cn				2.80
water	cup				2.80
Margarine	lb				0.18
Soup & GB inst beef	No. 2 1/2 cn				0.04
Coffee Eggnog [g]				4	
Eggnog mix [g]	2 lb bag				0.16
Milk dry nonfat	No. 10 cn				0.04
creamer nondairy dry	cup				0.30
water	qt				0.90
coffee inst fd decaf	cup				0.12
Mashed Potatoes		100		77	
water	gal		3.38		2.60
Margarine	lb		1.00		0.77
salt table	tbsp		3.00		2.31
pepper blk grnd	tsp		2.00		1.54
Potatoes wht inst gran	No. 10 cn		1.00		0.77
Milk dry nonfat	No. 10 cn		0.19		0.14
Thin Potatoes				7	
water	qt				1.14
Margarine	lb				0.02
salt table	tsp				0.35
Potatoes wht inst gran	No. 10 cn				0.04
Milk dry nonfat	No. 10 cn				0.01
Buttered Corn		100		77	
Corn cnd	No. 10 cn		4.00		3.08
Margarine	lb		1.00		0.77
pepper blk grnd	tsp		1.00		0.77
Thin Carrots				7	
Carrots cnd	No. 10 cn				0.36
Margarine	lb				0.04
Pnapple Cot Chse Sld		100		77	
Cheese Cottage dehy	No. 10 cn		2.00		1.54

DINNER		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Tom Veg Noodle Soup		100		77	
Soup dehy tom-veg	No. 2 1/2 cn		4.00		3.08
water	gal		6.25		4.81
Crackers		100		77	
Crackers soda salted	lb		2.66		2.05
Thin Cr Tom Veg Soup				11	
Soup dehy tom-veg	No. 2 1/2 cn				0.42
Milk nonfat dry	No. 10 cn				0.09
water	qt				2.57
Str Tom Veg Soup				11	
Soup dehy tom-veg	No. 2 1/2 cn				0.44
water	gal				0.69
Fried Fish Squares [k]		100		77	
Fish squares dehy [k]	No. 10 cn		8.00		6.16
water [k]	gal		3.00		2.31
Corn bread mix [k]	No. 10 cn		1.00		0.77
salt table [k]	cup		0.50		0.39
pepper blk grnd [k]	tbsp		1.50		1.16
Shortening compound [k]	lb		2.00		1.54
Catsup		100		77	
Catsup tomato	No. 10 cn		0.50		0.39
Thin Pork				7	
Pork puree cnd	15 oz cn				2.80
water	cup				2.80
Margarine	lb				0.18
Soup & GB inst chicken	No. 2 1/2 cn				0.04
Orange Eggnog [l]				4	
Eggnog mix [l]	2 lb bag				0.16
Milk dry nonfat	No. 10 cn				0.04
creamer nondairy dry	cup				0.30
water [l]	qt				0.90
Juice orange inst [l]	No. 2 1/2 cn				0.14
Macaroni & Cheese		100		77	
Macaroni	10 lb bx		8.00		6.16
water	gal		4.00		3.08
Milk dry nonfat	No. 10 cn		0.50		0.39
water	gal		2.50		1.93
Margarine	lb		1.50		1.16
Flour wheat gen pur	lb		1.25		0.96
salt table	tbsp		6.00		4.62
pepper blk grnd	tbsp		1.00		0.77
Cheese Amer proc dehy	No. 10 cn		1.00		0.77
water	qt		1.50		1.16
Thin Potatoes w/Cheese				7	
water	qt				1.14
Margarine	lb				0.02
salt table	tsp				0.35
Potatoes wht inst gran	No. 10 cn				0.04
Milk dry nonfat	No. 10 cn				0.01
Cheese Amer proc dehy	No. 10 cn				0.06
Buttered Peas [m]		100		77	
Peas cnd [m]	No. 10 cn		4.00		3.08
Margarine	lb		1.00		0.77
pepper blk grnd	tsp		1.00		0.77
Thin Peas [h]				7	

BREAKFAST		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
water	gal		6.25		
Coffee(patients)				100	
coffee inst	2.5 gm pg				100.00
water	gal				6.25
Tea		25		25	
Tea blk ind bags	100/bx		0.25		0.25
water	gal		1.56		1.56
Decaffeinated Coffee		25		25	
coffee inst fd decaf ind	1.5 gm pg		25.00		25.00
water	gal		1.56		1.56
Cocoa		50		50	
Cocoa bev pwd ind	1 oz pg		50.00		50.00
water	gal		3.13		3.13
Nondairy Creamer		50		50	
creamer nondairy dry ind	3 gm pg		50.00		50.00
Sugar		100		100	
sugar refined ind	0.14 oz pg		200.00		200.00
Salt		100		100	
salt table ind	1.13 gm pg		100.00		100.00
Pepper		100		84	
pepper blk grnd ind	0.18 gm pg		100.00		84.00
Apple Cin Milkshake [e]				23	
Milk dry nonfat	No. 10 cn				0.29
Ice cream mix dehy van	No. 10 cn				0.55
water [e]	qt				5.18
Applesauce inst [e]	No. 2 1/2 cn				1.00
cinnamon grnd	tbsp				1.15
Cherry Beverage				216	
Bev base pwd cherry	5 gal yld pg				2.88
Sugar refined gran	lb				11.52
water	gal				14.40
Tea				11	
Tea blk ind bags	100/bx				0.11
water	gal				0.69
Sugar				11	
sugar refined ind	0.14 oz pg				11.00
Crackers				9	
Crackers soda salted	lb				0.47
Peanut Butter				9	
Peanut butter	No. 2 1/2 cn				0.31
Strawberry Jam				9	
Jam strawberry	No. 2 1/2 cn				0.36
ALTERNATES					
[a] **Grpfrt & Orange Juice**		100		99	
Juice grpfrt cnd	No. 3 cyl cn		8.70		8.61
Juice orange cnd	No. 3 cyl cn		8.70		8.61
[b] **Vanilla Eggnog**				11	
Egg mix dehy	No. 3 cyl cn				0.15
Des pwd pud inst van	No. 10 cn				0.13
cinnamon grnd	tsp				0.28
[c] **Strawberry Quick Jell**				15	
Des pwd stwby qck jel	24 oz cn				0.44

LUNCH		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
water	qt		4.25		3.27
Pineapple slices cnd	No. 10 cn		2.00		1.54
Thn Aplsce w/C Chse [h]				11	
Cottage cheese dehy	No. 10 cn				0.10
water	cup				1.46
Applesauce inst [h]	No. 2 1/2 cn				0.63
water [h]	cup				7.70
Milk dry nonfat	No. 10 cn				0.04
cinnamon grnd	tsp				0.55
water	cup				0.83
Biscuits [i]		100		77	
Biscuit mix [i]	No. 10 cn		3.50		2.70
water [i]	qt		4.00		3.08
Margarine		100		77	
Margarine	lb		3.13		2.41
Peanut Butter		100		77	
Peanut butter	No. 2 1/2 cn		3.50		2.70
Marble Cke w/Choc Ice		100		77	
Cake mix yellow	No. 10 cn		1.00		0.77
water	qt		1.25		0.96
Cake mix devils food	No. 10 cn		1.00		0.77
water	qt		1.25		0.96
Icing mix choc	No. 10 cn		1.00		0.77
water	cup		1.50		1.16
Thin Chocolate Pudding				11	
Milk dry nonfat	No. 10 cn				0.06
water	cup				4.00
Des pud pwd inst choc	No. 10 cn				0.09
Lemon Gelatin [j]				11	
Des pwd gel lemon [j]	No. 2 1/2 cn				0.23
water [j]	cup				4.96
Milk		100		88	
Milk dry nonfat	No. 10 cn		1.52		1.34
water	gal		5.83		5.13
Coffee(staff)		100			
Coffee roasted grnd	lb		2.50		
water	gal		6.25		
Coffee(patients)				100	
coffee inst	2.5 gm pg				100.00
water	gal				6.25
Tea		25		25	
Tea blk ind bags	100/bx		0.25		0.25
water	gal		1.56		1.56
Decaffeinated Coffee		25		25	
coffee inst fd decaf ind	1.5 gm pg		25.00		25.00
water	gal		1.56		1.56
Lemonade Beverage		100		100	
Bev base pwd lemonade	5 gal yld pg		1.33		1.33
Sugar refined gran	lb		5.33		5.33
water	gal		6.67		6.67
Nondairy Creamer		50		50	
creamer nondairy dry ind	3 gm pg		50.00		50.00
Sugar		100		100	
sugar refined ind	0.14 oz pg		100.00		100.00
Salt		100		100	

DINNER		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Peas cnd [n]	No. 10 cn				0.34
Margarine	lb				0.04
Hush Puppies [o]		100		77	
onions dehy chopped [o]	cup		1.25		0.96
water [o]	cup		2.50		1.93
water [o]	qt		3.50		2.70
pepper blk grnd [o]	tsp		4.00		3.08
Corn bread mix [o]	No. 10 cn		2.50		1.93
Fruit Cocktail		100		77	
Fruit cocktail cnd	No. 10 cn		4.00		3.08
Thin Fruit Cocktail				11	
Fruit cocktail cnd	No. 10 cn				0.88
Sugar Cookie Bars		100		77	
Cookie mix sugar	No. 10 cn		2.00		1.54
water	cup		2.25		1.73
Thin Vanilla Pudding				11	
Milk dry nonfat	No. 10 cn				0.06
water	cup				4.00
Des pwd pud inst van	No. 10 cn				0.08
Orange Gelatin [p]				11	
Des pwd gel orange [p]	No. 2 1/2 cn				0.23
water [p]	cup				4.96
Coffee(staff)		100			
Coffee roasted grnd	lb		2.50		
water	gal		6.25		
Coffee(patients)				100	
coffee inst	2.5 gm pg				100.00
water	gal				6.25
Tea		25		25	
Tea blk ind bags	100/bx		0.25		0.25
water	gal		1.56		1.56
Decaffeinated Coffee		25		25	
coffee inst fd decaf ind	1.5 gm pg		25.00		25.00
water	gal		1.56		1.56
Fruit Punch Beverage		100		100	
Bev base pwd ft pnch	5 gal yld pg		1.33		1.33
Sugar refined gran	lb		5.33		5.33
water	gal		6.67		6.67
Nondairy Creamer		50		50	
creamer nondairy dry ind	3 gm pg		50.00		50.00
Sugar		100		100	
sugar refined ind	0.14 oz pg		100.00		100.00
Salt		100		100	
salt table ind	1.13 gm pg		100.00		100.00
Pepper		100		84	
pepper blk grnd	0.18 gm pg		100.00		84.00
Strawberry Milkshake				23	
Milk dry nonfat	No. 10 cn				0.29
Ice cream mix dehy van	No. 10 cn				0.55
water	qt				5.18
Bkfst inst dry stwby ind	1.23 oz pg				9.20
Tea				11	
Tea blk ind bags	100/bx				0.11
water	gal				0.69
Sugar				11	

BREAKFAST		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
water	qt				1.60
[d] **Bread**		100		77	
Bread	lb		16.00		12.32
[e] **Apple Cin Milkshake**				23	
water	qt				2.30
Applesauce cnd	No. 10 cn				0.92

LUNCH		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
salt table ind	1.13 gm pg		100.00		100.00
Pepper		100		84	
pepper blk grnd ind	0.18 gm pg		100.00		84.00
Peanut Butter Mlkshke				23	
Milk nonfat dry	No. 10 cn				0.29
Ice cream mix dehy van	No. 10 cn				0.55
water	qt				5.18
Peanut butter	No. 2 1/2 cn				0.32
Tea				11	
Tea blk ind bags	100/bx				0.11
water	gal				0.69
Sugar				11	
sugar refined ind	0.14 oz pg				11.00
Crackers				9	
Crackers soda salted	lb				0.47
Peanut Butter				9	
Peanut butter	No. 2 1/2 cn				0.31
Grape Jelly				9	
Jelly grape	No. 2 1/2 cn				0.36
ALTERNATES					
[f] **Beef Pat Jardiniere**		100		77	
Peas dehy comp	No. 2 1/2 cn		0.20		0.15
water	cup		3.25		2.50
[g] **Coffee Eggnog**				4	
Egg mix dehy	No. 3 cyl cn				0.06
Des pwd pud inst van	No. 10 cn				0.05
cinnamon grnd	tsp				0.10
[h] **Thn Appsce w/C. Chse**				11	
Applesauce cnd	No. 10 cn				0.55
water	cup				2.20
[i] **Bread**		100		77	
Bread	lb		16.00		12.32
[j] **Raspberry Quick Jell**				11	
Des pwd rspby qck jel	24 oz cn				0.32
water	qt				1.17

DINNER		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
sugar refined ind	0.14 oz pg				11.00
Crackers				9	
Crackers soda salted	lb				0.47
Peanut Butter				9	
Peanut butter	No. 2 1/2 cn				0.31
Blackberry Jelly				9	
Jelly blackberry	No. 2 1/2 cn				0.36
ALTERNATES					
[k] **Tuna Loaf**		100		77	
Tuna cnd	4 lb cn		5.00		3.85
onions dehy chopped	cup		0.85		0.66
water	cup		2.00		1.54
Margarine	lb		0.50		0.39
Egg mix dehy	No. 3 cyl cn		0.50		0.39
water	cup		3.00		2.31
Bread	lb		4.00		3.08
pepper blk grnd	tsp		1.50		1.16
[l] **Orange Eggnog**				4	
Egg mix dehy	No. 3 cyl cn				0.06
Des pwd pud inst van	No. 10 cn				0.05
cinnamon grnd	tsp				0.10
water	qt				0.60
Orange juice cnd	No. 3 cyl cn				0.21
[m] **Buttered Peas**		100		77	
Peas dehy comp	No. 2 1/2 cn		4.00		3.08
water	gal		4.00		3.08
[n] **Thin Peas**				7	
Peas dehy comp	No. 10 cn				0.18
water	qt				1.05
[o] **Bread**		100		77	
Bread	lb		16.00		12.32
Margarine	lb		3.13		2.41
Peanut butter	No. 2 1/2 cn		3.50		2.70
Jelly blackberry	No. 2 1/2 cn		4.00		3.08
[p] **Orange Quick Jell**				11	
Des pwd orng qck jel	24 oz cn				0.32
water	qt				1.17

ISSUE CHART FOR MEALS - DAY 9

		STAFF				PATIENTS			
INGREDIENTS	UNIT	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D
Applesauce inst [e]	No. 2 1/2 cn					1.00			1.00
Applesauce inst [h]	No. 2 1/2 cn						0.63		0.63
Bacon sliced precooked	No. 10 cn	0.50			0.50	0.39			0.39
Beef patties dehy [f]	No. 10 cn		7.00		7.00		5.39		5.39
Beef puree cnd	15 oz cn						2.80		2.80
Bev base pwd cherry	5 gal yld pg					2.88			2.88
Bev base pwd fruit punch	5 gal yld pg			1.33	1.33			1.33	1.33
Bev base pwd lemonade	5 gal yld pg		1.33		1.33		1.33		1.33
Biscuit mix [d]	No. 10 cn	1.50			1.50	1.16			1.16
Biscuit mix [i]	No. 10 cn		3.50		3.50		2.70		2.70
Bkfst inst dry stwby ind	1.23 oz pg							9.20	9.20
Cake mix devils food	No. 10 cn		1.00		1.00		0.77		0.77
Cake mix yellow	No. 10 cn		1.00		1.00		0.77		0.77
Carrots cnd	No. 10 cn		0.20		0.20		0.51		0.51
Catsup tomato	No. 10 cn	0.50		0.50	1.00	0.39		0.39	0.78
Cereal rolled oats	20 oz cn	5.00			5.00	4.18			4.18
Cheese Amer proc dehy	No. 10 cn			1.00	1.00			0.83	0.83
Cheese cottage dehy	No. 10 cn		2.00		2.00		1.64		1.64
Chicken puree cnd	15 oz cn						1.65		1.65
Cocoa bev pwd ind	1 oz pg	50.00			50.00	50.00			50.00
Coffee roasted grnd	lb	2.50	2.50	2.50	7.50				
Cookie mix oatmeal [b]	No. 10 cn	0.67			0.67	0.51			0.51
Cookie mix sugar	No. 10 cn			2.00	2.00			1.54	1.54
Corn bread mix [k]	No. 10 cn			1.00	1.00			0.77	0.77
Corn bread mix [o]	No. 10 cn			2.50	2.50			1.93	1.93
Corn cnd	No. 10 cn		4.00		4.00		3.08		3.08
Crackers soda salted	lb			2.66	2.66	0.47	0.47	2.52	3.46
Des pwd gel lemon [j]	No. 2 1/2 cn						0.23		0.23
Des pwd gel orange [p]	No. 2 1/2 cn							0.23	0.23
Des pwd gel stwby [c]	No. 2 1/2 cn					0.31			0.31
Des pwd pud inst choc	No. 10 cn						0.09		0.09
Des pwd pud inst van	No. 10 cn							0.08	0.08
Egg mix dehy	No. 3 cyl cn	7.00			7.00	5.39			5.39
Egg mix dehy [d]	No. 3 cyl cn	0.33			0.33	0.26			0.26
Eggnog mix [b]	2 lb bag					0.43			0.43
Eggnog mix [g]	2 lb bag						0.16		0.16
Eggnog mix [l]	2 lb bag							0.16	0.16
Fish squares dehy [k]	No. 10 cn			8.00	8.00			6.16	6.16
Flour wheat gen pur	lb		1.38	1.25	2.63		1.17	0.96	2.13
Fruit cocktail cnd	No. 10 cn			4.00	4.00			3.96	3.96
Ice cream mix dehy van	No. 10 cn					0.55	0.55	0.55	1.65
Icing mix choc	No. 10 cn		1.00		1.00		0.77		0.77
Jam strawberry	No. 2 1/2 cn	4.00			4.00	3.44			3.44
Jelly blackberry	No. 2 1/2 cn							0.36	0.36
Jelly grape	No. 2 1/2 cn						0.36		0.36
Juice grpfrt inst [a]	15 1/2 oz cn	2.50			2.50	2.48			2.48
Juice orange inst [a]	No. 2 1/2 cn	3.75			3.75	3.71			3.71
Juice orange inst [l]	No. 2 1/2 cn							0.14	0.14
Macaroni	lb			8.00	8.00			6.16	6.16
Margarine	lb	3.63	5.13	2.50	11.26	2.80	4.42	2.17	9.39
Milk dry nonfat	No. 10 cn	2.27	1.71	0.50	4.48	2.40	2.03	0.88	5.31

		STAFF				PATIENTS			
INGREDIENTS	UNIT	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D
Peanut butter	No. 2 1/2 cn	3.50	3.50		7.00	3.01	3.33	0.31	6.65
Peas cnd [f]	No. 10 cn		0.20		0.20		0.15		0.15
Peas cnd [m]	No. 10 cn			4.00	4.00			3.08	3.08
Peas cnd [n]	No. 10 cn							0.34	0.34
Peppers green dehy	No. 2 1/2 cn		0.55		0.55		0.42		0.42
Pineapple slices cnd	No. 10 cn		2.00		2.00		1.54		1.54
Pork puree cnd	15 oz cn							2.80	2.80
Potatoes wht inst gran	No. 10 cn		1.00		1.00		0.81	0.04	0.85
Raisins	No. 10 cn	1.00			1.00	0.77			0.77
Shortening compound	lb		1.13		1.13		0.87		0.87
Shortening compound [k]	lb			2.00	2.00			1.54	1.54
Soup & GB inst beef	No. 2 1/2 cn		0.42		0.42	0.11	0.36		0.47
Soup & GB inst chicken	No. 2 1/2 cn						0.18	0.04	0.22
Soup dehy tom-veg	No. 2 1/2 cn			4.00	4.00			3.94	3.94
Sugar refin gran	lb		5.33	5.33	10.66	11.63	5.33	5.33	22.29
Sugar refin gran [d]	lb	1.50			1.50	1.16			1.16
Tea blk ind bags	100/bx	0.25	0.25	0.25	0.75	0.36	0.36	0.36	1.08
ALTERNATES									
[a] Juice grpfrt cnd	No. 3 cyl cn	8.70			8.70	8.61			8.61
[a] Juice orange cnd	No. 3 cyl cn	8.70			8.70	8.61			8.61
[b] Egg mix dehy	No. 3 cyl cn					0.15			0.15
[b] Des pwd pud inst van	No. 10 cn					0.13			0.13
[c] Des pwd stwby qck jel	24 oz cn					0.44			0.44
[d] Bread	lb	16.00			16.00	12.32			12.32
[e] Applesauce cnd	No. 10 cn					0.92			0.92
[f] Peas dehy comp	No. 2 1/2 cn		0.20		0.20		0.15		0.15
[g] Egg mix dehy	No. 3 cyl cn						0.06		0.06
[g] Des pwd pud inst van	No. 10 cn						0.05		0.05
[h] Applesauce cnd	No. 10 cn						0.55		0.55
[i] Bread	lb		16.00		16.00		12.32		12.32
[j] Des pwd rsby qck jel	24 oz cn						0.32		0.32
[k] Tuna cnd	4 lb cn			5.00	5.00			3.85	3.85
[k] Margarine	lb			0.50	0.50			0.39	0.39
[k] Egg mix dehy	No. 3 cyl cn			0.50	0.50			0.39	0.39
[k] Bread	lb			4.00	4.00			3.08	3.08
[l] Egg mix dehy	No. 3 cyl cn							0.06	0.06
[l] Des pwd pud inst van	No. 10 cn							0.05	0.05
[l] Orange juice cnd	No. 3 cyl cn							0.21	0.21
[m] Peas dehy comp	No. 2 1/2 cn			4.00	4.00			3.08	3.08
[n] Peas dehy comp	No. 2 1/2 cn							0.18	0.18
[o] Bread	lb			16.00	16.00			12.32	12.32
[o] Margarine	lb			3.13	3.13			2.41	2.41
[o] Peanut butter	No. 2 1/2 cn			3.50	3.50			2.70	2.70
[o] Jelly blackberry	No. 2 1/2 cn			4.00	4.00			3.08	3.08
[p] Des pwd orange qck jel	24 oz cn							0.32	0.32

MEDICAL B RATION MENU - DAY 10

	REGULAR	DENTAL LIQUID	FULL LIQUID	CLEAR LIQUID	FORCED FLUIDS
BREAKFAST	Orange Juice Hot Hominy Grits Roast Beef Hash Catsup Quick Coffee Cake [1] Bread [2] Margarine Peanut Butter Peach Jam Milk Coffee Tea Decaffeinated Coffee Cocoa Nondairy Creamer Sugar-Salt-Pepper	Orange Juice Thin Grits Chocolate Eggnog Milk Coffee Tea Decaffeinated Coffee Cocoa Nondairy Creamer Sugar-Salt-Pepper	Orange Juice Thin Grits Chocolate Eggnog Cherry Gelatin Milk Coffee Tea Decaffeinated Coffee Cocoa Nondairy Creamer Sugar-Salt	Orange Juice [7] Chicken Broth Cherry Gelatin Coffee Tea Decaffeinated Coffee Sugar-Salt	*Lemonade Beverage*
1000 Hours	Nourishment/Late Meals [4] Vanilla Milkshake [5,6] Crackers [5] Peanut Butter-Peach Jam [5]	 Vanilla Milkshake Lemonade Beverage	 Vanilla Milkshake Lemonade Beverage	 Tea w/Sugar Lemonade Beverage	
LUNCH	 Baked Chicken & Rice Cranberry Sauce Buttered Green Beans Biscuits Margarine Peanut Butter Grape Jelly Peaches Chocolate Brownies w/Chocolate Icing Milk Coffee Tea Decaffeinated Coffee Orange Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Potato Soup Thin Chicken Thin Potatoes Thin Green Beans Thin Peaches w/Cranberry Sauce Thin Baked Custard Milk Coffee Tea Decaffeinated Coffee Orange Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Potato Soup Strawberry Eggnog Thin Peaches w/Cranberry Sauce Thin Baked Custard Milk Coffee Tea Decaffeinated Coffee Orange Beverage Nondairy Creamer Sugar-Salt	Tomato Broth Lemon Gelatin Coffee Tea Decaffeinated Coffee Orange Beverage Sugar-Salt	
1400 Hours	Nourishment/Late Meals [4] Apple Cinnamon Milkshake [5,6] Crackers [5] Peanut Butter-Grape Jelly [5]	 Apple Cinnamon Milkshake Lemonade Beverage	 Apple Cinnamon Milkshake Lemonade Beverage	 Tea w/Sugar Lemonade Beverage	
DINNER	Onion Soup w/Crackers Pork Chops in Tomato Sauce Mashed Potatoes Bavarian Cabbage Dill Pickles Cornbread [1] Bread [2] Margarine Peanut Butter Strawberry Jam Cherry Crunch Coffee Tea Decaffeinated Coffee Grape Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Pea Soup Thin Veal Thin Potatoes Thin Carrots Thin Applesauce Thin Chocolate Pudding Coffee Tea Decaffeinated Coffee Grape Beverage Nondairy Creamer Sugar-Salt-Pepper	Thin Cream of Pea Soup Mocha Eggnog Thin Applesauce Thin Chocolate Pudding Coffee Tea Decaffeinated Coffee Grape Beverage Nondairy Creamer Sugar-Salt	Beef Broth Orange Gelatin Coffee Tea Decaffeinated Coffee Grape Beverage Sugar-Salt	
2000 Hours	Nourishment/Late Meals [4] Orange Milkshake [5,6] Crackers [5] Peanut Butter-Strawberry Jam [5]	 Orange Milkshake Lemonade Beverage	 Orange Milkshake Lemonade Beverage	 Tea w/Sugar Lemonade Beverage	

Footnotes:
[1] Delete when bread is available
[2] Add when available
[3] Bread/sandwich accompaniment
[4] Late Meals: Crackers (eight 2-inch squares), peanut butter, jelly and milkshake will be served to patients on Regular Diets. The appropriate nourishments will be served to patients on Liquids Diets.
[5] Nourishment for High Calorie-High Protein Diets
[6] Nourishment for Dental Soft Diets
[7] Strain canned juice

COMPOSITE LIST OF FOOD ITEMS - DAY 10

BREAKFAST

FOOD ITEM	RECIPE
Orange Juice [a]	F-3-M-1
Hot Hominy Grits	D-6-M-2
Thin Grits	D-7-M
Roast Beef Hash	G-8-M
Catsup	
Chocolate Eggnog [b]	A-12-M-4
Chicken Broth	I-6-M
Cherry Gelatin [c]	C-20-M
Quick Coffee Cake [d]	B-6
Margarine	
Peanut Butter	
Peach Jam	
Milk	A-6-M-1
Coffee(staff)	A-2-M
(patients)	A-3-M-1
Tea	A-5-M
Decaffeinated Coffee	A-4-M
Cocoa	A-8-M
Nondairy Creamer	
Sugar	
Salt	
Pepper	
Vanilla Milkshake	A-10-M
*Lemonade Beverage	A-1-M
Tea	A-5-M
Sugar	
Crackers	
Peanut Butter	
Peach Jam	

ALTERNATES

[a] Orange Juice, canned	
[b] Chocolate Eggnog	A-14-M-1
[c] Raspberry Quick Jell	C-21-M
[d] Bread	

LUNCH

FOOD ITEM	RECIPE
Thin Cream of Potato Soup	I-14-M
Tomato Broth	I-7-M
Baked Chicken & Rice [e]	G-21-1
Cranberry Sauce	
Thin Chicken	G-49-M-1
Strawberry Eggnog [f]	A-12-M-5
Thin Potatoes	J-28-M
Buttered Green Beans [g]	J-2a
Thin Green Beans [h]	J-24-M-A
Biscuits	B-2
Margarine	
Peanut Butter	
Grape Jelly	
Peaches	
Thin Peaches w/Cranberry Sauce	F-6-M-1
Chocolate Brownies w/	C-4
Chocolate Icing	C-2
Thin Baked Custard	C-22-M-1
Lemon Gelatin [i]	C-20-M
Milk	A-6-M-1
Coffee(staff)	A-2-M
(patients)	A-3-M-1
Tea	A-5-M
Decaffeinated Coffee	A-4-M
Orange Beverage	A-1-M
Nondairy Creamer	
Sugar	
Salt	
Pepper	
Apple Cinnamon Milkshake [j]	A-10-M-1
Tea	A-5-M
Sugar	
Crackers	
Peanut Butter	
Grape Jelly	

ALTERNATES

[e] Baked Chicken & Rice	G-21-1-Note
[f] Strawberry Eggnog	A-14-M-2
[g] Buttered Green Beans	J-2a-Note
[h] Thin Green Beans	J-24-M
[i] Strawberry Quick Jell	C-21-M
[j] Apple Cinnamon Milkshake	A-10-M-1-A

DINNER

FOOD ITEM	RECIPE
Onion Soup	I-3
Crackers	
Thin Cream of Pea Soup [k]	I-13-M
Beef Broth	I-6-M
Pork Chops in Tomato Sauce [l]	G-39
Thin Veal	G-49-M-1
Mocha Eggnog [m]	A-12-M-2
Mashed Potatoes	J-17
Thin Potatoes	J-28-M
Bavarian Cabbage	J-5-M
Thin Carrots	J-25-M
Dill Pickles	
Cornbread [n]	B-3-1
Margarine	
Peanut Butter	
Strawberry Jam	
Thin Applesauce [o]	F-5-M-1
Cherry Crunch	C-18-2
Thin Chocolate Pudding	C-23-M
Orange Gelatin [p]	C-20-M
Coffee(staff)	A-2-M
(patients)	A-3-M-1
Tea	A-5-M
Decaffeinated Coffee	A-4-M
Grape Beverage	A-1-M
Nondairy Creamer	
Sugar	
Salt	
Pepper	
Orange Milkshake [q]	A-10-M-3
Tea	A-5-M
Sugar	
Crackers	
Peanut Butter	
Strawberry Jam	

ALTERNATES

[k] Thin Cream of Pea Soup	I-13-M-A
[l] Hot Ham Chunks, canned	
[m] Mocha Eggnog	A-13-M-2
[n] Bread	
[o] Thin Applesauce	F-5-M-1-A
[p] Orange Quick Jell	C-21-M
[q] Orange Milkshake	A-10-M-3-A

*Daily forced fluid and nourishment for Liquid Diets

INGREDIENTS FOR MEALS - DAY 10

BREAKFAST		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Orange Juice [a]		100		99	
Juice orange inst [a]	No. 2 1/2 cn		6.25		6.19
water	gal		5.75		5.69
Hot Hominy Grits		100		77	
Hominy grits	24 oz co		4.00		3.08
salt table	tbsp		6.00		4.62
water	gal		4.50		3.47
Thin Grits				11	
Hominy grits	24 oz co				0.46
salt table	tsp				0.55
water	qt				1.99
Milk dry nonfat	No. 10 cn				0.07
water	qt				1.03
Sugar refined gran	lb				0.11
Roast Beef Hash		100		77	
onions dehy chopped	qt		1.00		0.77
Peppers green dehy	No. 2 1/2 cn		3.75		2.89
water	gal		3.00		2.31
Shortening compound	lb		2.00		1.54
Beef chnks w/jcs cnd	29 oz cn		13.00		10.01
Potatoes wht dehy diced	No. 10 cn		2.25		1.73
water	gal		4.00		3.08
pepper blk grnd	tsp		4.00		3.08
salt table	tbsp		6.00		4.62
Soup & GB inst beef	No. 2 1/2 cn		0.17		0.13
Catsup tomato	No. 10 cn		0.33		0.26
Catsup		100		77	
Catsup tomato	No. 10 cn		0.50		0.39
Chocolate Eggnog [b]				11	
Eggnog mix [b]	2 lb bag				0.43
Milk dry nonfat	No. 10 cn				0.12
creamer nondairy dry	cup				0.83
water	qt				2.48
Bkfst inst dry choc ind	1.23 gm pg				11.00
Chicken Broth				11	
Soup & GB inst chicken	No. 2 1/2 cn				0.11
water	qt				2.75
Cherry Gelatin [c]				15	
Des pwd gel cherry [c]	No. 2 1/2 cn				0.31
water [c]	cup				6.75
Quick Coffee Cake [d]		100		77	
Biscuit mix [d]	No. 10 cn		1.50		1.16
Sugar refined gran [d]	lb		1.50		1.16
Egg mix dehy [d]	No. 3 cyl cn		0.33		0.26
water [d]	qt		2.00		1.54
Cookie mix oatmeal [d]	No. 10 cn		0.67		0.51
cinnamon grnd [d]	tsp		3.00		2.31
Margarine [d]	lb		0.50		0.39
Margarine		100		77	
Margarine	lb		3.13		2.41
Peanut Butter		100		77	
Peanut butter	No. 2 1/2 cn		3.50		2.70
Peach Jam		100		77	
Jam peach	No. 2 1/2 cn		4.00		3.08
Milk		100		88	

LUNCH		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Thin Cr of Potato Soup				11	
Milk dry nonfat	No. 10 cn				0.07
water	qt				2.75
Soup & GB inst chicken	No. 2 1/2 cn				0.04
Potatoes wht inst gran	No. 10 cn				0.09
Margarine	lb				0.03
Tomato Broth				11	
Juice tomato cnd	36 oz cn				0.09
water	qt				2.75
Soup & GB inst beef	No. 2 1/2 cn				0.06
Baked Chicken & Rice [e]		100		77	
water [e]	gal		3.25		2.50
Soup & GB inst chick [e]	No. 2 1/2 cn		0.50		0.39
garlic dehy	tbsp		1.00		0.77
Chicken dehy [e]	No. 10 cn		3.60		2.77
Rice parboiled	lb		6.00		4.62
water	qt		7.50		5.78
Margarine	lb		1.50		1.16
Flour wheat gen pur	lb		1.75		1.35
Milk dry nonfat	No. 10 cn		0.22		0.17
water	qt		3.75		2.89
salt table	tbsp		3.00		2.31
pepper blk grnd	tbsp		1.00		0.77
Cranberry Sauce		100		77	
Cranberry sauce	No. 10 cn		1.50		1.16
Thin Chicken				7	
Chicken puree cnd	15 oz cn				2.80
water	cup				2.80
Margarine	lb				0.18
Soup & GB inst chicken	No. 2 1/2 cn				0.04
Strawberry Eggnog [f]				4	
Eggnog mix [f]	2 lb bag				0.16
Milk dry nonfat	No. 10 cn				0.04
creamer nondairy dry	cup				0.30
water	qt				0.90
Bkfst inst dry stwby ind	1.23 oz pg				4.00
Thin Potatoes				7	
water	qt				1.14
Margarine	lb				0.02
salt table	tsp				0.35
Potatoes wht inst gran	No. 10 cn				0.04
Milk dry nonfat	No. 10 cn				0.01
Buttered Green Beans [g]		100		77	
Beans green dehy cmp [g]	No. 2 1/2 cn		2.00		1.54
water [g]	gal		3.50		2.70
Margarine	lb		1.00		0.77
pepper blk grnd [g]	tsp		1.00		0.77
Thin Green Beans [h]				7	
Beans green dehy cmp [h]	No. 2 1/2 cn				0.09
Margarine	lb				0.04
water [h]	qt				1.23
Biscuits		100		77	
Biscuit mix	No. 10 cn		3.50		2.70
water	qt		4.00		3.08
Margarine		100		77	

DINNER		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Onion Soup		100		77	
Soup dehy onion	No. 2 1/2 cn		2.00		1.54
water	gal		6.25		4.81
Crackers		100		77	
Crackers soda salted	lb		2.66		2.05
Thin Cr of Pea Soup [k]				11	
Milk dry nonfat	No. 10 cn				0.11
water	qt				2.06
Margarine	lb				0.28
Flour wheat gen pur	lb				0.14
salt table	tsp				1.65
Peas cnd [k]	No. 10 cn				0.29
Beef Broth				11	
Soup & GB inst beef	No. 2 1/2 cn				0.11
water	qt				2.75
Pork Chps in Tom Sce [l]		100		77	
Pork chops dehy [l]	No. 10 cn		10.00		7.70
water [l]	gal		5.00		3.85
Flour wheat gen pur [l]	lb		6.00		4.62
salt table [l]	tbsp		6.00		4.62
pepper blk grnd [l]	tbsp		2.00		1.54
Egg mix dehy [l]	No. 3 cyl cn		1.00		0.77
water [l]	qt		1.75		1.35
onions dehy chopped [l]	cup		1.75		1.35
Peppers green dehy [l]	No. 2 1/2 cn		1.25		0.96
water [l]	qt		3.00		2.31
Shortening compound [l]	lb		1.00		0.77
garlic dehy [l]	tsp		1.00		0.77
Soup & GB inst chick [l]	No. 2 1/2 cn		0.17		0.13
water [l]	qt		2.00		1.54
pepper blk grnd [l]	tbsp		1.00		0.77
Tomatoes cnd [l]	No. 10 cn		2.00		1.54
Worcestershire sauce [l]	cup		0.75		0.58
Shortening compound [l]	lb		2.00		1.54
Thin Veal				7	
Veal puree cnd	15 oz cn				2.80
water	cup				2.80
Margarine	lb				0.18
Soup & GB inst chicken	No. 2 1/2 cn				0.04
Mocha Eggnog [m]				4	
Eggnog mix [m]	2 lb bag				0.16
Milk dry nonfat	No. 10 cn				0.04
creamer nondairy dry	cup				0.30
water	qt				0.90
coffee inst fd decaf	cup				0.08
Cocoa bev pwd ind	1 oz pg				1.60
Mashed Potatoes		100		77	
water	gal		3.38		2.60
Margarine	lb		1.00		0.77
salt table	tbsp		3.00		2.31
pepper blk grnd	tsp		2.00		1.54
Potatoes wht inst gran	No. 10 cn		1.00		0.77
Milk dry nonfat	No. 10 cn		0.19		0.14
Thin Potatoes				7	
water	qt				1.14

BREAKFAST		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Milk dry nonfat	No. 10 cn		1.52		1.34
water	gal		5.83		5.13
Coffee(staff)		100			
Coffee roasted grnd	lb		2.50		
water	gal		6.25		
Coffee(patients)				100	
coffee inst	2.5 gm pg				100.00
water	gal				6.25
Tea		25		25	
Tea blk ind bags	100/bx		0.25		0.25
water	gal		1.56		1.56
Decaffeinated Coffee		25		25	
coffee inst fd decaf ind	1.5 gm pg		25.00		50.00
water	gal		1.56		1.56
Cocoa		50		50	
Cocoa bev pwd ind	1 oz pg		50.00		50.00
water	gal		3.13		3.13
Nondairy Creamer		50		50	
creamer nondairy dry ind	3 gm pg		50.00		50.00
Sugar		100		100	
sugar refined ind	0.14 oz pg		200.00		200.00
Salt		100		100	
salt table ind	1.13 gm pg		100.00		100.00
Pepper		100		84	
pepper blk grnd ind	0.18 gm pg		100.00		84.00
Vanilla Milkshake				23	
Milk dry nonfat	No. 10 cn				0.29
Ice cream mix dehy van	No. 10 cn				0.55
water	qt				5.18
Lemonade Beverage				216	
Bev base pwd lemonade	5 gal yld pg				2.88
Sugar refined gran	lb				11.52
water	gal				14.40
Tea				11	
Tea blk ind bags	100/bx				0.11
water	gal				0.69
Sugar				11	
sugar refined ind	0.14 oz pg				11.00
Crackers				9	
Crackers soda salted	lb				0.47
Peanut Butter				9	
Peanut butter	No. 2 1/2 cn				0.31
Peach Jam				9	
Jam peach	No. 2 1/2 cn				0.36
ALTERNATES					
[a] **Orange Juice**				99	
Juice orange cnd	No. 3 cyl cn	100	17.39		17.22
[b] **Chocolate Eggnog**				11	
Egg mix dehy	No. 3 cyl cn				0.15
[c] **Raspberry Quick Jell**				15	
Des pwd rspby qck jel	24 oz cn				0.44
water	qt				1.60

LUNCH		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Margarine	lb		3.13		2.41
Peanut Butter		100		77	
Peanut butter	No. 2 1/2 cn		3.50		2.70
Grape Jelly		100		77	
Jelly grape	No. 2 1/2 cn		4.00		3.08
Peaches		100		77	
Peaches cnd	No. 10 cn		4.00		3.08
Thin Pchs w/Cran Sce				11	
Cranberry sauce cnd	No. 10 cn				0.22
Peaches cnd	No. 10 cn				0.44
water	qt				1.10
Choc Brwns w/Choc Ice		100		77	
Brownie mix chocolate	No. 10 cn		3.00		2.31
water	qt		2.25		1.73
Icing mix choc	No. 10 cn		1.00		0.77
water	cup		1.50		1.16
Thin Baked Custard				11	
Egg mix dehy	No. 3 cyl cn				0.20
Milk dry nonfat	No. 10 cn				0.13
Des pwd pud inst van	No. 10 cn				0.05
Sugar refined gran	lb				0.09
water	qt				2.51
cinnamon grnd	tsp				0.20
Lemon Gelatin [i]				11	
Des pwd gel lemon [i]	No. 2 1/2 cn				0.23
water [i]	cup				4.96
Milk		100		88	
Milk dry nonfat	No. 10 cn		1.52		1.34
water	gal		5.83		5.13
Coffee(staff)		100			
Coffee roasted grnd	lb		2.50		
water	gal		6.25		
Coffee(patients)				100	
Coffee inst	2.5 gm pg				100.00
water	gal				6.25
Tea		25		25	
Tea blk ind bags	100/bx		0.25		0.25
water	gal		1.56		1.56
Decaffeinated Coffee		25		25	
coffee inst fd decaf ind	1.5 gm pg		25.00		25.00
water	gal		1.56		1.56
Orange Beverage		100		100	
Bev base pwd orange	5 gal yld pg		1.33		1.33
Sugar refined gran	lb		5.33		5.33
water	gal		6.67		6.67
Nondairy Creamer		50		50	
creamer nondairy dry ind	3 gm pg		50.00		50.00
Sugar		100		100	
sugar refined ind	0.14 oz pg		100.00		100.00
Salt		100		100	
salt table ind	1.13 gm pg		100.00		100.00
Pepper		100		84	
pepper blk grnd ind	0.18 gm pg		100.00		84.00
Apple Cin Milkshake [j]				23	
Milk dry nonfat	No. 10 cn				0.29

DINNER		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Margarine	lb				0.02
salt table	tsp				0.35
Potatoes wht inst gran	No. 10 cn				0.04
Milk dry nonfat	No. 10 cn				0.01
Bavarian Cabbage		100		77	
Cabbage dehy comp	No. 2 1/2 cn		3.00		2.31
water	gal		4.50		3.47
onions dehy chopped	cup		1.00		0.77
water	cup		2.50		1.93
Shortening compound	lb		1.00		0.77
Sugar refined gran	lb		0.75		0.58
salt table	tbsp		3.00		2.31
vinegar dry syn	pg		0.75		0.58
Thin Carrots				7	
Carrots cnd	No. 10 cn				0.36
Margarine	lb				0.04
Dill Pickles		100		77	
Pickles cuc dill whole	No. 10 cn		1.00		0.77
Cornbread [n]		100		77	
Corn bread mix [n]	No. 10 cn		3.00		2.31
water [n]	qt		5.50		4.24
Shortening compound [n]	lb		0.25		0.19
Margarine		100		77	
Margarine	lb		3.13		2.41
Peanut Butter		100		77	
Peanut butter	No. 2 1/2 cn		3.50		2.70
Strawberry Jam		100		77	
Jam strawberry	No. 2 1/2 cn		4.00		3.08
Thin Applesauce [o]				11	
Applesauce inst [o]	No. 2 1/2 cn				0.95
water [o]	qt				2.61
Cherry Crunch		100		77	
Pie filling cherry	No. 10 cn		3.00		2.31
Cookie mix oatmeal	No. 10 cn		1.00		0.77
Margarine	lb		0.50		0.39
Thin Chocolate Pudding				11	
Milk dry nonfat	No. 10 cn				0.06
water	cup				4.00
Des pwd pud inst choc	No. 10 cn				0.09
Orange Gelatin [p]				11	
Des pwd gel orange [p]	No. 2 1/2 cn				0.23
water [p]	cup				4.96
Coffee(staff)		100			
Coffee roasted grnd	lb		2.50		
water	gal		6.25		
Coffee(patients)				100	
coffee inst	2.5 gm pg				100.00
water	gal				6.25
Tea		25		25	
Tea blk ind bags	100/bx		0.25		0.25
water	gal		1.56		1.56
Decaffeinated Coffee		25		25	
coffee inst fd decaf ind	1.5 gm pg		25.00		25.00
water	gal		1.56		1.56

BREAKFAST		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
[d] **Bread**		100		77	
Bread	lb		16.00		12.32

LUNCH		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Ice cream mix dehy van	No. 10 cn				0.55
water [j]	qt				5.18
Applesauce inst [j]	No. 2 1/2 cn				1.00
cinnamon grnd	tbsp				1.15
Tea				11	
Tea blk ind bags	100/bx				0.11
water	gal				0.69
Sugar				11	
sugar refined ind	0.14 oz pg				11.00
Crackers				9	
Crackers soda salted	lb				0.47
Peanut Butter				9	
Peanut butter	No. 2 1/2 cn				0.31
Grape Jelly				9	
Jelly grape	No. 2 1/2 cn				0.36
ALTERNATES					
[e] **Baked Chicken & Rice**		100		77	
Chicken cnd	29 oz cn		10.00		7.70
water	gal		2.00		1.54
Soup & GB inst chick	No. 2 1/2 cn		0.33		0.26
[f] **Strawberry Eggnog**				4	
Egg mix dehy	No. 3 cyl cn				0.06
[g] **Buttered Green Beans**		100		77	
Beans green cnd	No. 10 cn		4.00		3.08
pepper blk grnd	tsp		2.00		1.54
[h] **Thin Green Beans**				7	
Beans green cnd	No. 10 cn				0.35
[i] **Strawberry Quick Jell**				11	
Des pwd stwby qck jel	24 oz cn				0.32
water	qt				1.17
[j] **Apple Cin Milkshake**				23	
water	qt				2.30
Applesauce cnd	No. 10 cn				0.92

DINNER		STAFF		PATIENTS	
Item/Ingredients	Unit	Svgs	Qnty	Svgs	Qnty
Grape Beverage		100		100	
Bev base pwd grape	5 gal yld pg		1.33		1.33
Sugar refined gran	lb		5.33		5.33
water	gal		6.67		6.67
Nondairy Creamer		50		50	
creamer nondairy dry ind	3 gm pg		50.00		50.00
Sugar		100		100	
sugar refined ind	0.14 oz pg		100.00		100.00
Salt		100		100	
salt table ind	1.13 gm pg		100.00		100.00
Pepper		100		84	
pepper blk grnd ind	0.18 gm pg		100.00		84.00
Orange Milkshake [q]				23	
Milk dry nonfat	No. 10 cn				0.29
Ice cream mix dehy van	No. 10 cn				0.55
water [q]	qt				5.18
Juice orange inst [q]	No. 2 1/2 cn				1.31
Tea				11	
Tea blk ind bags	100/bx				0.11
water	gal				0.69
Sugar				11	
sugar refined ind	0.14 oz pg				11.00
Crackers				9	
Crackers soda salted	lb				0.47
Peanut Butter				9	
Peanut butter	No. 2 1/2 cn				0.31
Strawberry Jam				9	
Jam strawberry	No. 2 1/2 cn				0.36
ALTERNATES					
[k] **Thin Cr of Pea Soup**				11	
Peas dehy comp	No. 2 1/2 cn				0.29
water	qt				1.38
[l] **Hot Ham Chunks**		100		77	
Ham chnks w/jcs cnd	29 oz cn		20.00		15.40
[m] **Mocha Eggnog**				4	
Egg mix dehy	No. 3 cyl cn				0.06
Des pwd pud inst van	No. 10 cn				0.05
cinnamon grnd	tsp				0.10
[n] **Bread**		100		77	
Bread	lb		16.00		12.32
[o] **Thin Applesauce**				11	
Applesauce cnd	No. 10 cn				0.55
water	qt				1.10
[p] **Orange Quick Jell**				11	
Des pwd orng qck jel	24 oz cn				0.32
water	qt				1.17
[q] **Orange Milkshake**				23	
Juice orange cnd	No. 3 cyl cn				3.40

ISSUE CHART FOR MEALS - DAY 10

		STAFF				PATIENTS			
INGREDIENTS	UNIT	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D
Applesauce inst [j]	No. 2 1/2 cn						1.00		1.00
Applesauce inst [o]	No. 2 1/2 cn							0.95	0.95
Beans green dehy comp [g]	No. 2 1/2 cn		2.00		2.00		1.54		1.54
Beans green dehy comp [h]	No. 2 1/2 cn						0.09		0.09
Beef chunks w/jcs cnd	29 oz cn	13.00			13.00	10.01			10.01
Bev base pwd grape	5 gal yld pg			1.33	1.33			1.33	1.33
Bev base pwd lemonade	5 gal yld pg					2.88			2.88
Bev base pwd orange	5 gal yld pg		1.33		1.33		1.33		1.33
Biscuit mix	No. 10 cn		3.50		3.50		2.70		2.70
Biscuit mix [d]	No. 10 cn	1.50			1.50	1.16			1.16
Bkfst inst dry choc ind	1.23 oz pg					11.00			11.00
Bkfst inst dry stwby ind	1.23 oz pg						4.00		4.00
Brownie mix choc	No. 10 cn		3.00		3.00		2.31		2.31
Cabbage dehy comp	No. 2 1/2 cn			3.00	3.00			2.31	2.31
Carrots cnd	No. 10 cn							0.36	0.36
Catsup tomato	No. 10 cn	0.83			0.83	0.65			0.65
Chicken dehy [e]	No. 10 cn		3.60		3.60		2.77		2.77
Chicken puree cnd	15 oz cn						2.80		2.80
Cocoa bev pwd ind	1 oz pg	50.00			50.00	50.00		1.60	51.60
Coffee roasted grnd	lb	2.50	2.50	2.50	7.50				
Cookie mix oatmeal	No. 10 cn			1.00	1.00			0.77	0.77
Cookie mix oatmeal [d]	No. 10 cn	0.67			0.67	0.51			0.51
Corn bread mix [n]	No. 10 cn			3.00	3.00			2.31	2.31
Crackers soda salted	lb			2.66	2.66	0.47	0.47	2.52	3.46
Cranberry sauce cnd	No. 10 cn		1.50		1.50		1.38		1.38
Des pwd gel cherry [c]	No. 2 1/2 cn					0.31			0.31
Des pwd gel lemon [i]	No. 2 1/2 cn						0.23		0.23
Des pwd gel orange [p]	No. 2 1/2 cn							0.23	0.23
Des pwd pud inst choc	No. 10 cn							0.09	0.09
Des pwd pud inst van	No. 10 cn						0.05		0.05
Egg mix dehy	No. 3 cyl cn						0.20		0.20
Egg mix dehy [d]	No. 3 cyl cn	0.33			0.33	0.26			0.26
Egg mix dehy [l]	No. 3 cyl cn			1.00	1.00			0.77	0.77
Eggnog mix [b]	2 lb bag					0.43			0.43
Eggnog mix [f]	2 lb bag						0.16		0.16
Eggnog mix [m]	2 lb bag							0.16	0.16
Flour wheat gen pur	lb		1.75		1.75		1.35	0.14	1.49
Flour wheat gen pur [l]	lb			6.00	6.00			4.62	4.62
Hominy grits	24 oz co	4.00			4.00	3.54			3.54
Ice cream mix dehy van	No. 10 cn					0.55	0.55	0.55	1.65
Icing mix choc	No. 10 cn		1.00		1.00		0.77		0.77
Jam peach	No. 2 1/2 cn	4.00			4.00	3.44			3.44
Jam strawberry	No. 2 1/2 cn			4.00	4.00			3.44	3.44
Jelly grape	No. 2 1/2 cn		4.00		4.00		3.44		3.44
Juice orange inst [a]	No. 2 1/2 cn	6.25			6.25	6.19			6.19
Juice orange inst [q]	No. 2 1/2 cn							1.31	1.31
Juice tomato cnd	36 oz cn						0.09		0.09
Margarine	lb	3.63	5.63	4.63	13.89	2.80	4.61	4.09	11.50
Milk dry nonfat	No. 10 cn	1.52	1.74	0.19	3.45	1.82	2.05	0.65	4.52

		STAFF				PATIENTS			
INGREDIENTS	UNIT	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D	BREAKFAST	LUNCH	DINNER	TOTAL B-L-D
Peaches cnd	No. 10 cn		4.00		4.00		3.52		3.52
Peanut butter	No. 2 1/2 cn	3.50	3.50	3.50	10.50	3.01	3.01	3.01	9.03
Peas cnd [k]	No. 10 cn							0.29	0.29
Peppers green dehy	No. 2 1/2 cn	3.75		1.25	5.00	2.89		0.96	3.85
Pickles cuc dill whole	No. 10 cn			1.00	1.00			0.77	0.77
Pie filling cherry	No. 10 cn			3.00	3.00			2.31	2.31
Pork chops dehy [l]	No. 10 cn			10.00	10.00			7.70	7.70
Potatoes wht dehy diced	No. 10 cn	2.25			2.25	1.73			1.73
Potatoes wht inst gran	No. 10 cn			1.00	1.00		0.13	0.81	0.94
Rice parboiled	lb		6.00		6.00		4.62		4.62
Shortening compound	lb	2.00		1.25	3.25	1.54		0.96	2.50
Shortening compound [l]	lb			3.00	3.00			2.31	2.31
Soup & GB inst beef	No. 2 1/2 cn	0.17			0.17	0.13	0.06	0.11	0.30
Soup & GB inst chicken	No. 2 1/2 cn					0.11	0.08	0.04	0.23
Soup & GB inst chicken [e]	No. 2 1/2 cn		0.50		0.50		0.39		0.39
Soup & GB inst chicken [l]	No. 2 1/2 cn			0.17	0.17			0.13	0.13
Soup dehy onion	No. 2 1/2 cn			2.00	2.00			1.54	1.54
Sugar refin gran	lb		5.33	6.08	11.41	11.63	5.42	5.91	22.96
Sugar refin gran [d]	lb	1.50			1.50	1.16			1.16
Tea blk ind bags	100/bx	0.25	0.25	0.25	0.75	0.36	0.36	0.36	1.08
Tomatoes cnd [1]	No. 10 cn			2.00	2.00			1.54	1.54
Veal puree cnd	15 oz cn							2.80	2.80
ALTERNATES									
[a] Juice orange cnd	No. 3 cyl cn	17.39			17.39	17.22			17.22
[b] Egg mix dehy	No. 3 cyl cn					0.15			0.15
[c] Des pwd rsby qck jel	24 oz cn					0.44			0.44
[d] Bread	lb	16.00			16.00	12.32			12.32
[e] Chicken cnd	29 oz cn		10.00		10.00		7.70		7.70
[e] Soup & GB inst chicken	No. 2 1/2 cn		0.33		0.33		0.26		0.26
[f] Egg mix dehy	No. 3 cyl cn						0.06		0.06
[g] Beans green cnd	No. 10 cn		4.00		4.00		3.08		3.08
[h] Beans green cnd	No. 10 cn						0.35		0.35
[i] Des pwd stwby qck jel	24 oz cn						0.32		0.32
[j] Applesauce cnd	No. 2 1/2 cn						0.92		0.92
[k] Peas dehy comp	No. 2 1/2 cn							0.29	0.29
[l] Ham chunks w/jcs cnd	29 oz cn			20.00	20.00			15.40	15.40
[m] Egg mix dehy	No. 3 cyl cn							0.06	0.06
[m] Des pwd pudding inst van	No. 10 cn							0.05	0.05
[n] Bread	lb			16.00	16.00			12.32	12.32
[o] Applesauce cnd	No. 10 cn							0.55	0.55
[p] Des pwd orange qck jel	24 oz cn							0.32	0.32
[q] Juice orange cnd	No. 3 cyl cn							3.40	3.40

INGREDIENT CHART FOR NONCOMMERICAL TUBE FEEDINGS
(1200 cc)

Item/Ingredients	Unit	Qnty
Beef Tube Feeding		
Beef puree cnd	15 oz cn	0.63
Juice orange inst [a]	No. 2 1/2 cn	0.05
Beans green cnd [b]	No. 10 cn	0.04
Peanut Butter	No. 2 1/2 cn	0.05
Milk dry nonfat	No. 10 cn	0.04
Syrup imit maple	No. 10 cn	0.06
Cereal wheat farina	28 oz bx	0.08
water [c]	cup	2.00
ALTERNATES		
[a] Juice orange cnd	No. 3 cyl cn	0.26
[b] Beans green dehy	No. 2 1/2 cn	0.03
[c] *water*	cup	1.67
Chicken Tube Feeding		
Chicken puree cnd	15 oz cn	0.63
Juice orange inst [d]	No. 2 1/2 cn	0.05
Carrots cnd	No. 10 cn	0.04
Peanut Butter	No. 2 1/2 cn	0.05
Milk dry nonfat	No. 10 cn	0.04
Syrup imit maple	No. 10 cn	0.03
Cereal wheat farina	28 oz bx	0.08
water [e]	cup	2.00
ALTERNATES		
[d] Juice orange cnd	No. 3 cyl cn	0.26
[e] *water*	cup	1.00

N. RECAPITULATION OF MENU ISSUES

			STAFF DAYS											PATIENT DAYS										
INGREDIENTS	UNIT	MEAL	1	2	3	4	5	6	7	8	9	10	TOTAL	1	2	3	4	5	6	7	8	9	10	TOTAL
Apples dehy	cn	L	1.50											1.16										
and		D					1.50						3.00					1.16						2.32
Sugar refined gran	lb	L	2.75											2.12										
or		D					2.75						5.50					2.12						4.24
Pie filling prep apple	cn	L	3.50											2.70										
		D					3.50						7.00					2.70						5.40
Applesauce inst	cn	B												1.00							1.00	1.00		
		L				4.00									0.95	1.00	4.03	1.00				0.63	1.00	
or		D							2.00				6.00					0.95		2.49			0.95	16.00
Applesauce cnd	cn	B												0.92							0.92	0.92		
		L				4.00									0.55	0.92	3.63	0.92				0.55	0.92	
		D							2.00				6.00					0.55		2.09			0.55	13.44
Bacon sliced precooked	cn	B		1.00	1.00		1.00			1.00	0.50				0.77	0.77		0.77			0.77	0.39		
		L	0.60					0.25	0.50				5.85	0.47					0.19	0.39				4.52
Beans green dehy	cn	L				2.00						2.00					1.63						1.63	
or		D		2.00				2.00		2.00			10.00		1.63				1.63		1.63			8.15
Beans green cnd	cn	L				4.00						4.00					3.43						3.43	
		D		4.00				4.00		4.00			20.00		3.43				3.43		3.43			17.15
Beans green cnd	cn	D			2.00								2.00			1.54								1.54
and																								
Carrots cnd	cn	D			1.00								1.00			0.77								0.77
and																								
Corn cnd	cn	D			1.00								1.00			0.77								0.77
or																								
Vegetables mixed dehy	cn	D			3.00								3.00			2.31								2.31
Beans lima cnd	cn	D							2.00				2.00							1.54				1.54
and																								
Corn cnd	cn	D							2.00				2.00							1.54				1.54
or																								
Vegetables mixed dehy	cn	D							3.00				3.00							2.31				2.31
Beans wht cnd	cn	L	5.00										5.00	3.94										3.94
Beef chunks w/jcs cnd	cn	B						13.00				13.00							10.01				10.01	
		L							16.00											12.32				
		D	20.00										62.00	15.40										47.74
Beef diced dehy	cn	D				8.00							8.00				6.16							6.16
or																								
Beef chunks w/jcs cnd	cn	D				16.00							16.00				12.32							12.32
Beef patties dehy	cn	B	5.00			5.00								3.85			3.85							
		L		7.00			7.00					7.00	31.00		5.39			5.39				5.39		23.87
Beef puree cnd	cn	L														2.80		2.80		2.80		2.80		
		D												2.80										14.00
Beefsteak dehy	cn	L								9.00			9.00								6.93			6.93
and																								
Flour wheat gen pur	lb	L								3.00			3.00								2.31			2.31
or																								
Beef chunks w/jcs cnd	cn	L								20.00			20.00								15.40			15.40

			STAFF DAYS											PATIENT DAYS										
INGREDIENTS	UNIT	MEAL	1	2	3	4	5	6	7	8	9	10	TOTAL	1	2	3	4	5	6	7	8	9	10	TOTAL
Bev base pwd cherry	pg	B															2.88					2.88		
		L	1.33		1.33									1.33		1.33								11.08
		D					1.33		1.33				5.32					1.33		1.33				
Bev base pwd fruit pnch	pg	B														2.88					2.88			
		L					1.33		1.33									1.33		1.33				
		D		1.33							1.33		5.32		1.33							1.33		11.08
Bev base pwd grape	pg	B												2.88						2.88				
		L		1.33											1.33									
		D				1.33				1.33		1.33	5.32				1.33				1.33		1.33	11.08
Bev base pwd lmnade	pg	B													2.88								2.88	
		L				1.33					1.33						1.33					1.33		
		D	1.33					1.33					5.32	1.33					1.33					11.08
Bev base pwd orange	pg	B																2.88						
		L						1.33		1.33		1.33							1.33		1.33		1.33	
		D			1.33								5.32			1.33								8.20
Biscuit mix	cn	B							1.50											1.16				
		L										3.50											2.70	
		D	3.50			3.50							12.00	2.70			2.70							9.26
Biscuit mix *	cn	B		1.50			1.50				1.50	1.50			1.16			1.16				1.16	1.16	
		L								3.50	3.50										2.70	2.70		
		D			3.50		3.50						20.00			2.70		2.70						15.44
Bkfst inst dry choc ind	pg	B													11.00		11.00	9.20		11.00	11.00		11.00	
		L												9.20							9.20			82.60
Bkfst inst dry strwby ind	pg	L													4.00				4.00		4.00		4.00	80.40
		D												9.20		9.20	9.20	9.20		9.20	9.20	9.20		
Bread	lb	B			16.00			16.00		16.00						12.32			12.32		12.32			
		L	16.00	16.00		16.00		16.00	16.00	1.00				12.32	12.32		12.32		12.32	12.32	0.77			111.65
or		D						16.00					145.00						12.32					
Bread Ingredients																								
Flour wheat bread	lb	B			10.40			10.40		10.40						8.01			8.01		8.01			
		L	10.40	10.40		10.40		10.40	10.40	0.65				8.01	8.01		8.01		8.01	8.01	0.50			
		D						10.40					94.25						8.01					72.59
Shortening compound	lb	B			0.63			0.63		0.63						0.49			0.49		0.49			
		L	0.63	0.63		0.63		0.63	0.63	0.04				0.49	0.49		0.49		0.49	0.49	0.03			
		D						0.63					5.71						0.49					4.44
Sugar refined gran	lb	B			0.63			0.63		0.63						0.49			0.49		0.49			
		L	0.63	0.63		0.63		0.63	0.63	0.04				0.49	0.49		0.49		0.49	0.49	0.03			4.44
		D						0.63					5.71						0.49					
Milk dry nf gp style C	cn	B			0.11			0.11		0.11						0.08			0.08		0.08			
		L	0.11	0.11		0.11		0.11	0.11	0.007				0.08	0.08		0.08		0.08	0.08	0.005			0.73
		D						0.11					1.00						0.08					
Yeast bakers act dry	lb	B			0.10			0.10		0.10						0.08			0.08		0.08			
		L	0.10	0.10		0.10		0.10	0.10	0.01				0.08	0.08		0.08		0.08	0.08	0.005			0.73
		D						0.10					0.91						0.08					
salt table	oz	B			2.56			2.56		2.56						1.97			1.97		1.97			
		L	2.56	2.56		2.56		2.56	2.56	0.16				1.97	1.97		1.97		1.97	1.97	0.12			17.85
		D						2.56					23.20						1.97					
water	gal	B			0.73			0.73		0.73						0.56			0.56		0.56			
		L	0.73	0.73		0.73		0.73	0.73	0.05				0.56	0.56		0.56		0.56	0.56	0.04			5.08
		D						0.73					6.62						0.56					
Brownie mix btrsctch	cn	L				3.00							3.00				2.31							2.31

			STAFF DAYS											PATIENT DAYS										
INGREDIENTS	UNIT	MEAL	1	2	3	4	5	6	7	8	9	10	TOTAL	1	2	3	4	5	6	7	8	9	10	TOTAL
Brownie mix choc	cn	L							3.00			3.00	6.00							2.31			2.31	4.62
Cabbage dehy comp	cn	L					3.00		3.00	1.50								2.31		2.31	1.16			
		D		3.00								3.00	13.50		2.31								2.31	10.40
Cake mix devil's food	cn	L									1.00											0.77		
		D			2.00								3.00			1.54								2.31
Cake mix yellow	cn	L						2.00			1.00		3.00						1.54			0.77		2.31
Carrots cnd	cn	L						1.00			0.20				0.36			0.36	1.13			0.51		
		D				1.00	2.00						4.20			0.36	0.77	1.74		0.36			0.36	5.95
Carrots dehy shrd cmp	cn	L	0.07			1.67			0.50	0.50				0.05			1.28			0.39	0.39			
		D						0.07					2.81						0.05					2.16
Catsup tomato	cn	B		0.50			0.50	0.83	0.50		0.50	0.83			0.39			0.39	0.65	0.39		0.39	0.65	
		L	0.20	0.50					1.75					0.16	0.39					1.35				
		D									0.50		6.61									0.39		5.15
Cereal rolled oats	cn	B	5.00			5.00			5.00		5.00		20.00	4.18			4.18			4.18		4.18		16.72
Cereal wheat farina	bx	B		3.43				3.43					6.86		2.87				2.87					5.74
Chse Amer proc dehy	cn	B		0.75				0.75							0.58				0.58					
		L				0.27	0.75										0.21	0.58	0.06					
		D			0.25			0.40			1.00		4.17	0.06	0.06	0.25	0.06		0.31	0.06	0.06	0.83		3.70
Chse Amer proc dehy	cn	L			0.67								0.67			0.51								0.51
or																								
Chse Amer proc dehy	cn	L			0.25								0.25			0.19								0.19
Chse cottage dehy	cn	L	2.00		2.00						2.00			1.54		1.54						1.64		
		D						2.00					8.00						1.54					6.26
Chicken dehy	cn	L						3.60				3.60							2.77				2.77	
		D		3.60									10.80		2.77									8.31
or																								
Chicken cnd	cn	L						10.00				10.00							7.70				7.70	
		D		10.00									30.00		7.70									23.10
Chicken puree cnd	cn	L															2.80		2.80		2.80	1.65	2.80	
		D													2.80									15.65
Chili con carne cnd	cn	L			4.00		2.00						6.00			3.08		1.54						4.62
or																								
Chili con carne dehy	cn	L			4.75		2.00						6.75			3.66		1.54						5.20
Chili con carne dehy	cn	D								8.00			8.00								6.16			6.16
Chili con carne cnd	cn	D								4.00			4.00								3.08			3.08
and																								
Beans kidney cnd	cn	D								3.00			3.00								2.31			2.31
and																								
Peppers green dehy	cn	D								2.53			2.53								1.94			1.94
and																								
Shortening compound	lb	D								1.25			1.25								0.96			0.96
Cocoa bev pwd ind	pg	B	50.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00	500.00	50.00	50.00	50.00	50.00	50.00	54.40	50.00	50.00	50.00	50.00	
		L															1.60							
		D													1.60						1.60		1.60	510.80

			STAFF DAYS											PATIENT DAYS										
INGREDIENTS	UNIT	MEAL	1	2	3	4	5	6	7	8	9	10	TOTAL	1	2	3	4	5	6	7	8	9	10	TOTAL
Coffee roasted grnd	lb	B	2.50	2.50	2.50	2.50	2.50	2.50	2.50	2.50	2.50	2.50												
		L	2.50	2.50	2.50	2.50	2.50	2.50	2.50	2.50	2.50	2.50												
		D	2.50	2.50	2.50	2.50	2.50	2.50	2.50	2.50	2.50	2.50	75.00											
Cookie mix chocolate	cn	L					2.00											1.54						
		D								2.00			4.00								1.54			3.08
Cookie mix oatmeal	cn	B							0.67											0.51				
		L	1.00											0.77										
		D		2.00		1.00	1.00		2.00			1.00	8.67		1.54		0.77	0.77		1.73			0.77	6.86
Cookie mix oatmeal *	cn	B		0.67			0.67				0.67	0.67	2.68		0.51			0.51				0.51	0.51	2.04
Cookie mix sugar	cn	L			2.00											1.54								
		D	1.67								2.00		5.67	1.28								1.54		4.36
Corn bread mix	cn	L			3.00											2.31								
		D								3.00			6.00								2.31			4.62
Corn bread mix *	cn	L					3.00											2.31						
		D		3.00					3.00		2.50	3.00	14.50		2.31					2.31		1.93	2.31	11.17
Corn bread mix	cn	D									1.00		1.00									0.77		0.77
or																								
Bread	lb	D									4.00		4.00									3.08		3.08
Corn cnd	cn	L		4.00				4.00			4.00				3.08	0.29			3.08			3.08		
		D				1.25							13.25				0.96	0.29						10.78
Crackers 4 per pg	lb	B												0.47	0.47	0.47	0.47	0.47	0.47	0.47	0.47	0.47	0.47	
		L	2.66	2.66		2.66	2.66		2.66					2.52	2.52	0.47	2.52	2.52	0.47	2.52	0.47	0.47	0.47	
		D			2.66			2.66		2.66	2.66	2.66	26.60	0.47	0.47	2.52	0.47	0.47	2.52	0.47	2.52	2.52	2.52	34.60
or																								
Crackers, bulk	lb	B												0.47	0.47	0.47	0.47	0.47	0.47	0.47	0.47	0.47	0.47	
		L	2.66	2.66		2.66	2.66		2.66					2.52	2.52	0.47	2.52	2.52	0.47	2.52	0.47	0.47	0.47	
		D			2.66			2.66		2.66	2.66	2.66	26.60	0.47	0.47	2.52	0.47	0.47	2.52	0.47	2.52	2.52	2.52	34.60
Cranberry sauce cnd	cn	L						1.50				1.50							1.38				1.38	
		D				2.00							5.00				1.76							4.52
Des pwd gel cherry	cn	B													0.31								0.31	
		L																	0.23					
or		D															0.23							1.08
Des pwd rsby qck jel	cn	B													0.44								0.44	
		L																	0.32					
		D															0.32							1.52
Des pwd gel cherry	cn	B																			0.31			
or		D														0.23								0.54
Des pwd stwby qck jel	cn	B																			0.44			
		D														0.32								0.76
Des pwd gel lemon	cn	B														0.31		0.31		0.31				
		L																			0.23	0.23		
or		D												0.23										1.62
Des pwd rsby qck jel	cn	B														0.44		0.44		0.44				
		L																			0.32	0.32		
		D												0.32										2.28
Des pwd gel lemon	cn	B																	0.31					
or		L																					0.23	0.54
Des pwd stwby qck jel	cn	B																	0.44					
		L																					0.32	0.76

			STAFF DAYS											PATIENT DAYS										
INGREDIENTS	UNIT	MEAL	1	2	3	4	5	6	7	8	9	10	TOTAL	1	2	3	4	5	6	7	8	9	10	TOTAL
Des pwd gel orange	cn	L												0.23	0.23	0.23	0.23							
or		D																0.23	0.23	0.23	0.23	0.23	0.23	2.30
Des pw orange qck jel	cn	L												0.32	0.32	0.32	0.32							
		D																0.32	0.32	0.32	0.32	0.32	0.32	3.20
Des pwd gel stwby	cn	B												0.31			0.31					0.31		
		L																0.23		0.23				1.62
or		D													0.23									
Des pwd stwby qck jel	cn	B												0.44			0.44					0.44		2.28
		L																0.32		0.32				
		D													0.32									
Des pwd pud inst choc	cn	L		1.33									1.33		1.12				0.09			0.09		
		D														0.09	0.09						0.09	1.57
Des pwd pud inst van	cn	L			1.00		1.25						2.25	0.08		0.85	0.05	1.04		0.05	0.08		0.05	
		D												0.05	0.05			0.05	0.08	0.08	0.05	0.08		2.64
Egg mix dehy	cn	B		7.00			7.00	7.00	7.33		7.00		35.33		5.39			5.39	5.39	5.65		5.39		
		L															0.20			0.20			0.20	
		D												0.20	0.20			0.20			0.20			28.61
Egg mix dehy *	cn	B	0.30	0.33		0.30	0.33				0.33	0.33	1.92	0.23	0.26		0.23	0.26				0.26	0.26	1.50
Eggnog mix dehy	cn	B													0.43		0.43			0.43	0.43		0.43	
or		L													0.16				0.16		0.16		0.16	2.79
Egg mix dehy	cn	B													0.15		0.15			0.15	0.15		0.15	
		L													0.06				0.06		0.06		0.06	0.99
Eggnog mix	bg	B												0.43		0.43		0.43	0.43			0.43		
		L												0.16		0.16	0.16	0.16		0.16		0.16		
or		D												0.16	0.16	0.16	0.16	0.16	0.16	0.16	0.16	0.16	0.16	4.71
Des pwd pud inst van	cn	B												0.13		0.13		0.13	0.13			0.13		
		L												0.05		0.05	0.05	0.05		0.05		0.05		
and		D												0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	1.45
Egg mix dehy	cn	B												0.15		0.15		0.15	0.15			0.15		
		L												0.06		0.06	0.06	0.06		0.06		0.06		
		D												0.06	0.06	0.06	0.06	0.06	0.06	0.06	0.06	0.06	0.06	1.71
Fish squares dehy	cn	D									8.00		8.00									6.16		6.16
or																								
Tuna cnd	cn	D									5.00		5.00									3.85		3.85
and																								
Egg mix dehy	cn	D									0.50		0.50									0.39		0.39
and																								
Bread	cn	D									4.00		4.00									3.08		3.08
Flour wheat gen pur	lb	B	4.25	1.13		4.25		1.13						3.27	0.87		3.27		0.87					
		L				1.55		2.25	0.94	10.94	1.38	1.75				0.14	1.19		1.73	0.73	8.57	1.17	1.35	
		D	1.50	0.50	1.50	1.50	0.50	9.00			1.25		45.32	1.30	0.39	1.16	1.30	0.53	7.07	0.14		0.96	0.14	36.15
Flour wheat gen pur	lb	L						2.00					2.00						1.54					1.54
and																								
Egg mix dehy	cn	L						0.33					0.33						0.26					0.26
or																								
Biscuit mix	cn	L						2.00					2.00						1.54					1.54

			STAFF DAYS											PATIENT DAYS										
INGREDIENTS	UNIT	MEAL	1	2	3	4	5	6	7	8	9	10	TOTAL	1	2	3	4	5	6	7	8	9	10	TOTAL
Fruit cocktail cnd	cn	L			2.00									0.88		2.42				0.88				
		D									4.00		6.00									3.96		8.14
Grapefruit cnd	cn	B	25.00							25.00			50.00	19.25							19.25			38.50
Ham Chunks w/jcs cnd	cn	B					3.00											2.31						
		D			11.00			9.00					23.00			8.47			6.93					17.71
Hominy grits	co	B			4.00		4.00			4.00		4.00	16.00			3.54		3.54			3.54		3.54	14.16
Ice crm mix dehy van	cn	B												0.55	0.55	0.55	0.55	0.55	0.55	0.55	0.55	0.55	0.55	
		L												0.55	0.55	0.55	0.55	0.55	0.55	0.55	0.55	0.55	0.55	
		D												0.55	0.55	0.55	0.55	0.55	0.55	0.55	0.55	0.55	0.55	16.50
Icing mix choc	cn	L						1.00	1.00		1.00	1.00	4.00						0.77	0.77		0.77	0.77	3.08
Icing mix van	cn	D			1.00								1.00			0.77								0.77
Jam peach	cn	B										4.00					0.36						3.44	
		D	4.00				4.00						12.00	3.44	0.36			3.44	0.36		0.36			11.76
Jam strawberry	cn	B		4.00				4.00			4.00				3.44				3.44			3.44		
		L			4.00											3.44								
		D				4.00			4.00			4.00	28.00				3.44			3.44			3.44	24.08
Jelly blackberry	cn	B			4.00					4.00						3.44					3.44			
		L					4.00						12.00	0.36			0.36	3.44	0.36	0.36				
		D																				0.36		12.12
Jelly grape	cn	B					4.00		4.00					0.36				3.44		3.44				
		L										4.00			0.36						0.36	0.36	3.44	
		D			4.00								16.00			3.44								15.20
Juice grpfrt inst	cn	B			2.50			2.50			2.50		7.50	1.38		2.48		0.69	2.48		1.38	2.48		10.89
or																								
Juice grpfrt cnd	cn	B			8.70			8.70			8.70		26.10	3.83		8.61		1.91	8.61		3.83	8.61		35.40
Juice orange inst	cn	B		6.25	3.75	6.25		3.75	6.25		3.75	6.25	36.25	0.40	6.19	5.02	6.19		17.21	6.19		3.71	6.19	
		L														0.14								
or		D															0.14	0.14	1.31	0.14		0.14	1.31	54.42
Juice orange cnd	cn	B		17.39	8.70	17.39		8.70	17.39		8.70	17.39	95.66	0.57	17.22	12.21	17.22		46.17	17.22		8.61	17.22	
		L														0.21								
		D															0.21	0.21	3.60	0.21		0.21	3.40	144.49
Juice tomato cnd (3+1)	cn	B					6.25						6.25			0.09		5.59	0.09					
		L																			0.45		0.09	
		D												0.09						0.09				6.49
Luncheon meat cnd	cn	B							4.00											3.08				
		L	4.00			4.00							12.00	3.08			3.08							9.24
Macaroni	lb	D						4.50			8.00		12.50						3.47			6.16		9.63
Macaroni	lb	L			8.00								8.00			6.16								6.16
or																								
Macaroni	lb	L			6.00								6.00			4.62								4.62

			STAFF DAYS											PATIENT DAYS										
INGREDIENTS	UNIT	MEAL	1	2	3	4	5	6	7	8	9	10	TOTAL	1	2	3	4	5	6	7	8	9	10	TOTAL
Margarine	lb	B		3.63	3.13		3.63	3.13	3.63	3.13	3.63	3.63			2.80	2.41		2.80	2.41	2.80	2.41	2.80	2.80	
		L	3.63	4.13	4.13	5.57	3.13	6.13	4.63	5.63	5.13	5.63		3.00	3.42	3.70	4.53	2.65	4.99	3.81	4.86	4.42	2.60	
		D	5.13	4.38	7.13	4.63	4.88	4.13	5.13	4.38	2.50	4.63	122.20	4.47	3.64	5.73	4.09	4.28	3.70	4.47	3.61	2.17	4.09	99.46
Milk dry nonfat	cn	B	3.43	2.27	1.52	3.43	1.52	2.27	2.27	1.52	2.27	1.52		3.29	2.40	1.82	3.29	1.82	2.40	2.40	1.82	2.40	1.82	
		L		0.63	1.99	0.44	0.63	1.84		1.71	1.71	1.74		0.49	0.97	2.21	0.90	0.97	2.05	0.56	1.99	2.03	2.05	
		D	1.71	1.52	0.63	1.71	1.52		1.71		0.50	0.19	42.20	2.04	1.88	0.97	1.97	1.92	0.50	1.97	0.56	0.88	0.65	51.02
Mustard prepared	cn	L	0.77	2.00		0.14			0.77	0.14				0.59	1.54		0.10			0.59	0.11			2.96
		D							0.04				3.86							0.03				
Pancake mix	cn	B			4.00								4.00			3.08								3.08
Pancake mix *	cn	B								4.00			4.00								3.08			3.08
Peaches cnd	cn	B													0.74		0.74		0.74					
		L			2.00							4.00	6.00			1.54		0.88			0.88		3.52	
		D													0.88				0.88					10.80
Peaches cnd	cn	L								4.00			4.00								3.08			3.08
and																								
Sugar refin gran	lb	L								5.00			5.00								3.85			3.85
or																								
Pie fil prep peach	cn	L								4.00			4.00								3.08			3.08
Peanut butter	cn	B		3.50	3.50		3.50	3.50	3.50	3.50	3.50	3.50		0.31	3.01	3.01	0.31	3.01	3.01	3.33	3.01	3.01	3.01	
		L								3.50	3.50	3.50		0.31	0.31	0.31	0.31	0.31	0.31	0.31	3.01	3.33	3.01	
		D	1.29		3.50	3.50			3.50			3.50	53.79	1.30	0.63	3.01	3.01	0.31	0.31	3.01	0.31	0.31	3.01	51.75
Pears cnd	cn	L						4.00											3.52					
		D	4.00							4.00			12.00	3.96		0.88	0.44				3.96			12.76
Peas cnd	cn	L			4.00				4.00		0.20					3.42				3.42	0.34	0.15		
		D	4.00			2.00	2.00				4.00		20.20	3.42			1.88	1.68	0.29			3.42	0.29	18.31
or																3.26				3.26	0.18	0.15		
Peas dehy comp	cn	L			4.00				4.00		0.20											3.26		
		D	4.00			2.00	2.00				4.00		20.20	3.26			1.72	1.60	0.29				0.29	17.27
Peppers green dehy	cn	B					0.75	3.75				3.75						0.58	2.89				2.89	
		L	0.43				1.00	2.00			0.55			0.33				0.77	1.54			0.42		
		D		3.00		0.47	2.00	1.68				1.25	20.63		2.31		0.36	1.54	1.29				0.96	15.88
Pickles cuc dill whole	cn	L	1.00	1.00		1.00				1.00				0.77	0.77		0.77				0.77			
		D										1.00	5.00										0.77	3.85
Pie filling cherry	cn	D						4.00				3.00	7.00						3.08				2.31	5.39
Pineapple crushed cnd	cn	L				2.00							2.00				1.54							1.54
Pineapple slices cnd	cn	L								1.00	2.00										0.77	1.54		
		D		4.00					4.00				11.00		3.08					3.08				8.47

			STAFF DAYS											PATIENT DAYS										
INGREDIENTS	UNIT	MEAL	1	2	3	4	5	6	7	8	9	10	TOTAL	1	2	3	4	5	6	7	8	9	10	TOTAL
Pork chops dehy	cn	D							10.00				10.00							7.70				7.70
and																								
Flour wheat gen pur	lb	D							7.00				7.00							5.39				5.39
and																								
Shortening compound	lb	D							3.50				3.50							2.70				2.70
and																								
Milk dry nonfat	cn	D							0.44				0.44							0.34				0.34
and																								
Egg mix dehy	cn	D							1.00				1.00							0.77				0.77
or																								
Ham chunks w/jcs cnd	cn	D							20.00				20.00							15.40				15.40
and																								
Pineapple crushed cnd	cn	D							2.00				2.00							1.54				1.54
Pork chops dehy	cn	D										10.00	10.00										7.70	7.70
and																								
Flour wheat gen pur	lb	D										6.00	6.00										4.62	4.62
and																								
Shortening compound	lb	D										3.00	3.00										2.31	2.31
and																								
Tomatoes cnd	cn	D										2.00	2.00										1.54	1.54
and																								
Egg mix dehy	cn	D										1.00	1.00										0.77	0.77
or																								
Ham chunks w/jcs cnd	cn	D										20.00	20.00										15.40	15.40
Pork puree cnd	cn	L												2.80										14.00
		D														2.80		2.80		2.80		2.80		
Potatoes wht dehy dic	cn	B						2.25				2.25							1.73				1.73	
		L		3.50		2.50	3.50	0.75	3.00						2.70		1.93	2.70	0.58	2.31				
		D			1.75								19.50			1.35								15.03
Potatoes wht inst gran	cn	L						1.00		1.00	1.00			0.04	0.04	0.04	0.04	0.04	0.90	0.04	0.81	0.81	0.13	
		D	1.00			1.00			1.00			1.00	7.00	0.81	0.13	0.04	0.81	0.04	0.04	0.81	0.04	0.04	0.81	6.46
Potatoes wht inst gran*	cn	B	1.00			1.00							2.00	0.77			0.77							1.54
Raisins	cn	B	1.00			1.00			1.00		1.00			0.77			0.77			0.77		0.77		
		L				0.75											0.58							
		D							0.33				5.08							0.26				3.92
Rice parboiled	lb	L										6.00											4.62	
		D		9.00			9.00			9.00			33.00		6.93			6.93			6.93			25.41
Shortening compound	lb	B		1.13			1.06	3.13	2.06			2.00			0.87			0.82	2.41	1.59			1.54	
		L		4.44	1.00		3.38	0.50		6.75	1.13				3.42	0.77		2.60	0.39		5.20	0.87		
		D	1.50	1.00		1.50	0.75	6.25	0.25	0.25		1.25	39.33	1.16	0.77		1.16	0.58	4.81	0.19	0.19		0.96	30.30
Shortening compound*	lb	B	2.00			2.00	0.25						4.25	1.54			1.54	0.19						3.27

			STAFF DAYS											PATIENT DAYS										
INGREDIENTS	UNIT	MEAL	1	2	3	4	5	6	7	8	9	10	TOTAL	1	2	3	4	5	6	7	8	9	10	TOTAL
Shortening compound	lb	D									2.00		2.00									1.54		1.54
or Margarine	lb	D									0.50		0.50									0.39		0.39
Shrimp dehy	cn	D					4.00						4.00					3.08						3.08
Soup & GB inst beef	cn	B	0.25			0.25		0.17				0.17		0.30		0.06	0.30	0.06	0.19		0.11	0.11	0.13	
		L		0.33						0.33	0.42				0.26	0.04		0.04		0.04	0.32	0.36	0.06	
		D	0.33			0.33							2.58	0.36	0.11		0.26	0.11	0.11	0.06			0.11	3.50
Soup & GB inst chic	cn	B													0.11					0.11			0.11	
		L						0.50				0.50		0.04	0.04	0.11	0.04		0.58		0.04	0.18	0.47	
		D										0.17	1.17		0.08	0.04	0.15	0.04	0.04	0.04	0.04	0.04	0.17	2.47
Soup dehy beef	cn	L							4.00															
		D			4.00								8.00			3.94				3.94				7.88
Soup dehy chicken	cn	L	4.00				4.00							3.94				3.94						
		D								4.00			12.00								3.94			11.82
Soup dehy onion	cn	D						2.00				2.00	4.00						1.54				1.54	3.08
Soup dehy tom-veg	cn	L		4.00		4.00									3.94		3.94							
		D									4.00		12.00									3.94		11.82
Sugar refin gran	lb	B							1.50	0.50				11.63	11.63	11.63	11.63	11.63	0.11	12.79	11.63	11.63	11.63	
		L	8.83	5.33	5.33	6.83	7.08	5.33	11.21	7.46	5.33	5.33		8.03	5.33	5.33	6.58	6.68	5.33	9.95	6.98	5.33	5.42	
		D	5.33	7.33	5.46	7.71	5.58	5.96	5.33	5.33	5.33	6.08	129.50	5.42	6.96	5.43	7.16	5.61	5.82	5.33	5.42	5.33	5.91	229.29
Sugar refin gran *	lb	B		1.50			1.50				1.50	1.50	6.00		1.16			1.16				1.16	1.16	4.64
Syrup imit maple	cn	B			1.50					1.50						1.16					1.16			
		L	0.25										3.25	0.20										2.52
or Syrup imit maple	cn	B			5.46					5.46						4.20					4.20			
		L	0.91										11.83	0.72										9.12
Tea blk ind bags	bx	B	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25		0.36	0.36	0.36	0.36	0.36	0.36	0.36	0.36	0.36	0.36	
		L	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25		0.36	0.36	0.36	0.36	0.36	0.36	0.36	0.36	0.36	0.36	
		D	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	7.50	0.36	0.36	0.36	0.36	0.36	0.36	0.36	0.36	0.36	0.36	10.80
Tomatoes cnd	cn	L								4.00											3.08			
		D		4.00			4.00	3.00					15.00		3.08			3.08	2.31					11.55
Tomatoes cnd	cn	L			2.00								2.00			1.54								1.54
or Tomatoes cnd	cn	L			1.00								1.00			0.77								0.77
Veal puree cnd	cn	L													2.80		2.80		2.80		2.80		2.80	14.00
		D																						

ACCESSORY FOODS AND CONDIMENTS

			STAFF DAYS											PATIENT DAYS										
INGREDIENTS	UNIT	MEAL	1	2	3	4	5	6	7	8	9	10	TOTAL	1	2	3	4	5	6	7	8	9	10	TOTAL
Baking powder	oz	L						1.85					1.85						1.42					1.42
Cinnamon grnd	oz	B		0.24			0.24		0.24		0.24	0.24		0.29	0.18	0.02		0.21	0.02	0.18	0.29	0.50	0.18	
		L	1.20											0.96		0.28	0.03	0.30		0.03		0.05	0.29	
		D					0.72						3.12	0.03	0.01	0.01	0.01	0.58	0.01	0.01	0.03	0.01	0.01	4.52
Coffee inst	pg	B												100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	
		L												100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	
		D												100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	3000.00
Coffee inst fd decaf	oz	B																	0.35					
		L												0.21			0.13	0.21		0.21		0.21		
or		D													0.13	0.21	0.21				0.13		0.13	2.13
Coffee inst fd decaf ind	pg	B																	6.60					
		L												4.00			2.40	4.00		4.00		4.00		
		D													2.40	4.00	4.00				2.40		2.40	40.20
Coffee inst fd decaf ind	pg	B	25.00	25.00	25.00	25.00	25.00	25.00	25.00	25.00	25.00	25.00		25.00	25.00	25.00	25.00	25.00	25.00	25.00	25.00	25.00	25.00	
		L	25.00	25.00	25.00	25.00	25.00	25.00	25.00	25.00	25.00	25.00		25.00	25.00	25.00	25.00	25.00	25.00	25.00	25.00	25.00	25.00	
		D	25.00	25.00	25.00	25.00	25.00	25.00	25.00	25.00	25.00	25.00	750.00	25.00	25.00	25.00	29.00	25.00	25.00	25.00	25.00	25.00	25.00	750.00
Creamer nondairy dry	oz	B												2.75	2.75	2.75	2.75	2.75	2.75	2.75	2.75	2.75	2.75	
		L												0.99	0.99	0.99	0.99	0.99	0.99	0.99	0.99	0.99	0.99	
or		D												0.99	0.99	0.99	0.99	0.99	0.99	0.99	0.99	0.99	0.99	47.30
Creamer nondairy dry ind	pg	B												33.00	33.00	33.00	33.00	33.00	33.00	33.00	33.00	33.00	33.00	
		L												12.00	12.00	12.00	12.00	12.00	12.00	12.00	12.00	12.00	12.00	
		D												12.00	12.00	12.00	12.00	12.00	12.00	12.00	12.00	12.00	12.00	570.00
Creamer nondairy dry ind	pg	B	50.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00		50.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00	
		L	50.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00		50.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00	
		D	50.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00	1500.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00	1500.00
Garlic dehy	oz	L										0.30											0.23	
		D		0.20			0.20	0.08				0.10	0.88		0.15			0.15	0.06				0.08	0.67
Hot sauce	bt		1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	10.00											
Onions dehy chopped	cn	B					0.42	0.33				0.33						0.32	0.26				0.26	
		L	0.21	0.89	0.42		0.10		0.46		0.06			0.16	0.68	0.32		0.08		0.35		0.05		
or		D		0.17	0.06	0.17	0.17	0.28		0.22	0.18	0.23	4.70		0.13	0.05	0.13	0.13	0.21		0.17	0.14	0.18	3.62
Onions dehy comp	cn	B					0.88	0.70				0.70						0.68	0.54				0.54	
		L	0.44	1.87	0.88		0.22		0.96		0.13			0.34	1.44	0.68		0.17		0.74		0.10		
		D		0.35	0.13	0.35	0.35	0.58		0.47	0.37	0.48	9.86		0.27	0.10	0.27	0.27	0.45		0.36	0.28	0.37	7.60
Pepper blk grnd	oz	B	0.61			0.61		0.31				0.31		0.47			0.47		0.24				0.24	
		L		0.08	0.77	0.38	0.15	0.38	0.15	0.46	0.54	0.38			0.06	0.59	0.30	0.12	0.30	0.12	0.35	0.41	0.30	
		D	0.23	0.77	0.08	0.84	0.54	0.15	0.84	0.15	0.96	0.84	10.53	0.18	0.59	0.06	0.65	0.41	0.12	0.65	0.12	0.74	0.65	8.12
Pepper blk grnd ind	pg	B	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0		84.00	84.00	84.00	84.00	84.00	84.00	84.00	84.00	84.00	84.00	
		L	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0		84.00	84.00	84.00	84.00	84.00	84.00	84.00	84.00	84.00	84.00	
		D	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	3000.00	84.00	84.00	84.00	84.00	84.00	84.00	84.00	84.00	84.00	84.00	2520.00
Salt table	oz	B	7.73	5.33	3.84	3.75	3.84	8.96	6.04	3.75	3.75	7.50		6.07	4.22	3.00	2.89	2.89	7.01	4.77	3.00	3.00	5.89	
		L	0.64	8.96	3.75	2.50	3.78	3.13	2.94	8.08	1.88	1.88		0.57	6.97	3.30	3.24	3.02	2.48	2.37	6.52	1.52	1.52	
		D	4.52	12.87		3.75	4.38	3.75	8.44		8.75	5.63	144.12	3.80	9.98	0.07	3.31	3.79	3.31	7.41	0.07	6.87	4.75	117.61
Salt table ind	pg	B	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0		100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	
		L	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0		100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	
		D	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	3000.00	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	3000.00

			STAFF DAYS											PATIENT DAYS										
INGREDIENTS	UNIT	MEAL	1	2	3	4	5	6	7	8	9	10	TOTAL	1	2	3	4	5	6	7	8	9	10	TOTAL
Starch edible	cn	L				0.07				0.29							0.06				0.22			
		D							0.07				0.43							0.06				0.34
Sugar refin ind	pg	B	200.0	200.0	200.0	200.0	200.0	200.0	200.0	200.0	200.0	200.0		211.0	211.0	211.0	211.0	211.0	211.0	211.0	211.0	211.0	211.0	
		L	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0		111.0	111.0	111.0	111.0	111.0	111.0	111.0	111.0	111.0	111.0	
		D	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	4000.00	111.0	111.0	111.0	111.0	111.0	111.0	111.0	111.0	111.0	111.0	4330.00
Vinegar dry syn	pg	L	0.50			0.50	1.00		1.83	0.33				0.39			0.39	0.77		1.41	0.26			
		D		1.00		1.25			0.25			0.75	7.41		0.77		0.96			0.19			0.58	5.72
Worchestershire sauce	oz	B	1.17			1.17								0.90			0.90							
		D		2.34			2.34					7.01	14.03		1.80			1.80					5.40	10.80
* Bread	lb	B	16.00	16.00		16.00	16.00			16.00	16.00	16.00		12.32	12.32		12.32	12.32			12.32	12.32	12.32	
		L					16.00			16.00	16.00							12.32			12.32	12.32		
or		D		16.00	16.00		16.00		16.00		16.00	16.00	256.00		12.32	12.32		12.32		12.32		12.32	12.32	197.12
Bread Ingredients																								
Flour wheat bread	lb	B	10.40	10.40		10.40	10.40			10.40	10.40	10.40		8.01	8.01		8.01	8.01			8.01	8.01	8.01	
		L					10.40			10.40	10.40							8.01			8.01	8.01		
		D		10.40	10.40		10.40		10.40		10.40	10.40	166.40		8.01	8.01		8.01		8.01		8.01	8.01	128.16
Shortening compound	lb	B	0.63	0.63		0.63	0.63			0.63	0.63	0.63		0.49	0.49		0.49	0.49			0.49	0.49	0.49	
		L					0.63			0.63	0.63							0.49			0.49	0.49		
		D		0.63	0.63		0.63		0.63		0.63	0.63	10.08		0.49	0.49		0.49		0.49		0.49	0.49	7.84
Sugar refin gran	lb	B	0.63	0.63		0.63	0.63			0.63	0.63	0.63		0.49	0.49		0.49	0.49			0.49	0.49	0.49	
		L					0.63			0.63	0.63							0.49			0.49	0.49		
		D		0.63	0.63		0.63		0.63		0.63	0.63	10.08		0.49	0.49		0.49		0.49		0.49	0.49	7.84
Milk dry nf gp Style C	cn	B	0.11	0.11		0.11	0.11			0.11	0.11	0.11		0.08	0.08		0.08	0.08			0.08	0.08	0.08	
		L					0.11			0.11	0.11							0.08			0.08	0.08		
		D		0.11	0.11		0.11		0.11		0.11	0.11	1.76		0.08	0.08		0.08		0.08		0.08	0.08	1.28
Yeast bakers act dry	lb	B	0.10	0.10		0.10	0.10			0.10	0.10	0.10		0.08	0.08		0.08	0.08			0.08	0.08	0.08	
		L					0.10			0.10	0.10							0.08			0.08	0.08		
		D		0.10	0.10		0.10		0.10		0.10	0.10	1.60		0.08	0.08		0.08		0.08		0.08	0.08	1.28
salt table	oz	B	2.56	2.56		2.56	2.56			2.56	2.56	2.56		1.97	1.97		1.97	1.97			1.97	1.97	1.97	
		L					2.56			2.56	2.56							1.97			1.97	1.97		
		D		2.56	2.56		2.56		2.56		2.56	2.56	40.96		1.97	1.97		1.97		1.97		1.97	1.97	31.52
water	gal	B	0.73	0.73		0.73	0.73			0.73	0.73	0.73		0.56	0.56		0.56	0.56			0.56	0.56	0.56	
		L					0.73			0.73	0.73							0.56			0.56	0.56		
		D		0.73	0.73		0.73		0.73		0.73	0.73	11.68		0.56	0.56		0.56		0.56		0.56	0.56	8.96
and																								
* Margarine	lb	B	3.13			3.13								2.41			2.41							
		D									3.13		9.39									2.41		7.23
* Peanut butter	cn	B	3.50			3.50								2.70			2.70							
		D									3.50		10.50									2.70		8.10
* Jelly grape	cn	B	4.00										4.00	3.08										3.08
* Jam peach	cn	B				4.00							4.00				3.08							3.08
* Jelly blackberry	cn	D									4.00		4.00									3.08		3.08
* Egg mix dehy	cn	B								3.00			3.00								2.31			2.31
* Shortening comp	lb	B								1.50			1.50								1.16			1.16

SECTION V
RECIPES AND RELATED DATA FOR THE STANDARD MEDICAL B RATION

The recipes have been carefully tested by the Armed Forces in cooperation with specialists at the U. S. Army Natick Research, Development and Engineering Center. In the development of these recipes, attention was given to field conditions and cooking equipment, as well as to the palatability of finished products. Recipes specifically developed for the Medical B Ration are in increments of 1, 5, and 10 servings or 5, 10 and 25 servings. These recipes and those that have been adjusted from the Standard B Ration are designated by the letter "M" in the recipe number. Careful application of the recipes will increase the palatability of the meals and reduce food waste. The recipes used in the menus are referenced in the daily Composite List of Food Items (Section IV) and indicated in this section by an asterisk. Supplementary recipes are included which can be used to vary the basic menu.

1. BEVERAGES

INGREDIENTS	WEIGHTS	MEASURES	METHOD
A-1-M	**BEVERAGE, FRUIT FLAVORED *** **CHERRY, FRUIT PUNCH, GRAPE, LEMONADE, ORANGE**		
YIELD: 10 gal - 150 portions			SIZE OF SERVING: 1 cup
Beverage base powder (5 gal yield pg) Sugar, granulated Water	 8 lb	2 pg 4 1/2 qt 10 gal	Mix beverage base powder with sugar and dissolve the mixture in water.
A-2-M	**COFFEE ***		
YIELD: 6 1/4 gal - 100 portions			SIZE OF SERVING: 1 cup
Coffee, roasted and ground	2 lb 8 oz	3 qt + 1/2 cup	1. Place coffee in cloth bag large enough to permit full circulation of water and expansion of coffee. 2. Tie bag with a cord of sufficient length to fasten to handle of the container.
Water		6 3/4 gal	3. Pour *FRESHLY* drawn water in a cook pot; heat to boiling point. 4. Place coffee bag in boiling water. 5. Tie cord to handle of kettle. 6. Reduce heat to keep water below the boiling point. *NEVER BOIL COFFEE.* 7. Submerge the bag with a stick or paddle. Push bag up and down to force water through the grounds. 8. Cover kettle; brew 12 to 15 minutes. 9. Lift bag; drain thoroughly in kettle; remove entirely. 10. Serve at once.
A-3-M	**COFFEE, INSTANT (Freeze Dried)**		
YIELD: 6 1/4 gal - 100 portions			SIZE OF SERVING: 1 cup
Coffee, instant, freeze dried Water, boiling	8 oz	3 1/2 cups (8 oz pg) 6 1/4 gal	1. Add coffee to water. Stir until dissolved. 2. Keep hot. *DO NOT BOIL.*
A-3-M-1	**COFFEE, INSTANT ***		
YIELD: 1 portion			SIZE OF SERVING: 1 cup
Coffee, instant, powdered Water, hot	2.5 gm	1 pg 1 cup	Consume will add contents of package to water. Stir to dissolve.
A-4-M	**COFFEE, DECAFFEINATED, INSTANT ***		
YIELD: 1 portion			SIZE OF SERVING: 1 cup
Coffee, instant, decaffeinated Water, hot	 8 oz	1 pg (1 1/2 tsp) 1 cup	Consumer will add contents of package to water. Stir to dissolve.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
A-5-M		**TEA * (Tea Bag)**	
YIELD: 1 portion			SIZE OF SERVING: 1 cup
Tea Water, boiling	 8 oz	1 tea bag, individual 1 cup	Consumer will pour water over tea bag. Steep for 3 to 5 minutes. Remove tea bag.

Note: If tea bags are unavailable, jars of instant tea will be sent to the wards. For individual servings, add 1 tsp tea to 1 cup hot water. Stir to dissolve.

A-6-M-1		**MILK FOR BEVERAGE AND CEREAL ***	
YIELD: 6 1/4 gal - 100 portions			SIZE OF SERVING: 1 cup
Milk, dry, nonfat Water, cold	6 lb 1 oz	4 1/3 qt 5 gal + 3 1/3 qt	1. Sprinkle dry milk on surface of water. 2. Using wire whip, stir or whip until dissolved.
2. VANILLA FLAVORED MILK Dessert powder, pudding, instant, vanilla		3 1/8 cups	In Step 1, add dessert powder to dry milk. Blend well before adding water.

Note: Reconstitute only the amount needed for one meal. Refrigerate immediately after making and use within 2 hours.

INGREDIENTS	WEIGHTS AND MEASURES			METHOD
A-7-M		**MILK, VANILLA FLAVORED**		
	1 SERVINGS	5 SERVINGS	10 SERVINGS	SIZE OF SERVING: 1 cup
Milk, dry, nonfat Dessert powder, pudding, instant vanilla	3 1/2 tbsp 1 1/2 tsp	1 cup + 1 1/2 tbsp 2 1/2 tbsp	2 cups + 3 tbsp 5 tbsp	1. Combine ingredients. Mix well.
Water, cold	1 cup (scant)	1 qt + 3/4 cup	2 1/4 qt + 1/2 cup	2. Sprinkle on water; whip or stir until smooth.
ALTERNATE METHOD: Reconstituted Milk Dessert powder, pudding, instant, vanilla	 1 cup 1 1/2 tsp	 1 1/4 qt 2 1/2 tbsp	 2 1/2 qt 5 tbsp	Add dessert powder to milk. Stir until smooth.

Notes: 1. Reconstitute only the amount needed for one meal. Refrigerate immediately after making and use within 2 hours.
2. For 100 servings, use Recipe A-6-M-1.

A-8-M		**HOT COCOA/CHOCOLATE MILK**		
	1 SERVING *	5 SERVINGS	10 SERVINGS	SIZE OF SERVING: 1 cup
Cocoa beverage powder Water, hot or cold	1 pg (1 oz) 1 cup	5 pg (1 oz each) 1 1/4 qt	10 pg (1 oz each) 2 1/2 qt	1. Add contents of packages to blender. 2. Add water and blend on low speed until combined.

Notes: 1. Chocolate milk should be served immediately or refrigerated.
2. Capacity of a gallon size blender is 16 servings.
3. *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*
4. The consumer will prepare individual servings.

A-9-M		**INSTANT BREAKFAST VANILLA, CHOCOLATE, STRAWBERRY**		
	1 SERVING	5 SERVINGS	10 SERVINGS	SIZE OF SERVING: 1 cup
Milk, dry, nonfat Water, cold	3 1/3 tbsp 1 cup (scant)	1 cup 4 1/2 cups	2 cups 2 1/4 qt	1. Reconstitute milk in blender. Mix on low speed to combine.
Breakfast, instant, dry, vanilla, chocolate OR strawberry	1 pg (1.2 oz)	5 pg (6 oz)	10 pg (12 oz)	2. Add instant breakfast powder. Blend 1/2 minute on low speed or until well mixed.

Notes: 1. Serve immediately or refrigerate.
2. Capacity of a gallon size blender is 16 servings.
3. *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER*

INGREDIENTS	WEIGHTS AND MEASURES			METHOD

A-10-M — **VANILLA MILKSHAKE * (Ice Cream Mix)**

	1 SERVING	5 SERVINGS	10 SERVINGS	SIZE OF SERVING: 1 cup
Milk, dry, nonfat Ice cream mix, dehydrated Water, cold	3 1/3 tbsp 5 tbsp 1 cup (scant)	1 cup 1 1/2 cups 4 1/2 cups	2 cups 3 cups 2 1/4 qt	1. Combine milk, ice cream mix and water in blender. 2. Blend on low speed 1/2 minute, or until well mixed.
1. APPLE CINNAMON MILK-SHAKE *				
Applesauce, instant Cinnamon, ground	2 1/3 tbsp 1/8 tsp	3/4 cup 3/4 tsp	1 1/2 cups 1 1/2 tsp	In Step 1, add dry applesauce and cinnamon to ingredients . Follow Step 2; let set 10 minutes before serving.
2. CHOCOLATE MILKSHAKE *				
Breakfast, instant, dry, chocolate	1/3 pg (1/2 oz)	2 pg (2 1/2 oz)	4 pg (5 oz)	In Step 1, add instant breakfast to ingredients.
3. ORANGE MILKSHAKE *				
Juice, orange, instant	3 1/3 tbsp	1 cups	2 cups	In Step 1, add orange crystals to ingredients.
4. PEANUT BUTTER MILKSHAKE *				
Peanut Butter	2 1/2 tsp	1/4 cup	1/2 cup	Follow Step 1. Add peanut butter in Step 2. Blend until smooth.
5. STRAWBERRY MILKSHAKE *				
Breakfast, instant, dry, strawberry	1/3 pg (1/2 oz)	2 pg (2 1/2 oz)	4 pg (5 oz)	In Step 1, add instant breakfast to ingredients.

Notes: 1. Serve immediately or refrigerate.
2. Capacity of a gallon size blender is 16 servings.
3. *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*

A-10-M-1-A — **APPLE CINNAMON MILKSHAKE * (Canned Applesauce)**

	1 SERVING	5 SERVINGS	10 SERVINGS	SIZE OF SERVING: 1 cup
Milk, dry, nonfat Ice cream mix, dehydrated Water, cold	3 1/3 tbsp 5 tbsp 1/2 cup (scant)	1 cup 1 1/2 cups 2 cups	2 cups 3 cups 1 qt	1. Combine milk, ice cream mix and water in blender.
Applesauce, canned Cinnamon, ground	1/2 cup 1/8 tsp	2 1/2 cups 3/4 tsp	1 1/4 qt 1 1/2 tsp	2. Add ingredients to blender. 3. Blend on low speed 1/2 minute or until well mixed.

Notes: 1. Serve immediately or refrigerate.
2. Capacity of a gallon size blender is 16 servings.
3. *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*

A-10-M-3-A — **ORANGE MILKSHAKE * (Canned Juice)**

	1 SERVING	5 SERVINGS	10 SERVINGS	SIZE OF SERVING: 1 cup
Milk, dry, nonfat Ice cream mix, dehydrated Juice, orange, canned	3 1/3 tbsp 5 tbsp 1 cup (scant)	1 cup 1 1/2 cups 4 1/2 cups	2 cups 3 cups 2 1/4 qt	1. Combine milk, ice cream mix and orange juice in blender. 2. Blend on low speed 1/2 minute until well mixed.

Notes: 1. Serve immediately or refrigerate..
2. Capacity of a gallon size blender is 16 servings.
3. *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*

A-11-M — **PEACH MILKSHAKE ***

	1 SERVING	5 SERVINGS	10 SERVINGS	SIZE OF SERVING: 1 cup
Milk, dry, nonfat Ice cream mix, dehydrated Water, cold	3 1/3 tbsp 5 tbsp 1/2 cups (scant)	1 cup 1 1/2 cups 2 cups	2 cups 3 cups 1 qt	1. Combine milk, ice cream mix and water in blender.
Peaches, canned, quarters or slices, drained Peach syrup	1/3 cup 1 2/3 tbsp	1 1/2 cups 1/2 cup	3 cups 1 cup	2. Add fruit and syrup. Blend on low speed until smooth.

Notes: 1. Serve immediately or refrigerate.
2. Capacity of a gallon size blender is 16 servings.
3. *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*

INGREDIENTS	WEIGHTS AND MEASURES			METHOD
A-12-M	**VANILLA EGGNOG * (Eggnog Mix)**			
	1 SERVING	5 SERVINGS	10 SERVINGS	SIZE OF SERVING: 1 cup
Eggnog mix Milk, dry, nonfat Creamer, nondairy, dry Water, cold	1/4 cup 2 2/3 tbsp 1 1/2 tbsp (3 pg) 1 cup (scant)	1 1/4 cups 3/4 cup + 2 tbsp 6 tbsp (15 pg) 4 1/2 cups	2 1/2 cups 1 3/4 cups 3/4 cup (30 pg) 2 1/4 qt	1. Combine eggnog mix, milk, nondairy creamer and water in blender. 2. Blend 1 minute on medium speed or until well mixed.
1. COFFEE EGGNOG *				
Coffee, instant, decaffeinated	1 pg	(2 1/2 tbsp) 5 pg	(5 tbsp) 10 pg	In Step 1, add instant coffee to blender.
2. MOCHA EGGNOG *				
Coffee, instant, decaffeinated Cocoa beverage powder	1 tsp 1/3 pg	1 1/2 tbsp (3 pg) 2 pg (2 oz)	3 tbsp (6 pg) 4 pg (4 oz)	In Step 1, add coffee and cocoa beverage powder to blender.
3. ORANGE EGGNOG *				
Juice, orange, instant	2 tbsp	1/2 cup + 2 tbsp	1 1/4 cups	In Step 1, add orange crystals to blender.
4. CHOCOLATE EGGNOG *				
Breakfast, instant, dry, chocolate	1 pg (1.23 oz)	5 pg (6 oz)	10 pg (12 oz)	In Step 1, add instant breakfast to blender.
5. STRAWBERRY EGGNOG *				
Breakfast, instant, dry, strawberry	1 pg (1.23 oz)	5 pg (6 oz)	10 pg (12 oz)	In Step 1, add instant breakfast to blender.

Notes: 1. Serve immediately or refrigerate.
2. Capacity of a gallon size blender is 16 servings.
3. *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*

A-12-M-3-A	**ORANGE EGGNOG (Canned Juice)**			
	1 SERVING	5 SERVINGS	10 SERVINGS	SIZE OF SERVING: 1 cup
Eggnog mix Milk, dry, nonfat Creamer, nondairy, dry Water, cold Juice, orange, canned	1/4 cup 2 2/3 tbsp 1 2/3 tbsp (3 pg) 1/2 cup (scant) 1/2 cup	1 1/4 cups 3/4 cup + 2 tbsp 6 tbsp (15 pg) 2 cups 2 1/2 cups	2 1/2 cups 1 3/4 cups 3/4 cup (30 pg) 1 qt 1 1/4 qt	1. Combine eggnog mix, milk, nondairy creamer, water and orange juice in blender. 2. Blend on low speed 1/2 minute, or until well mixed.

Notes: 1. Serve immediately or refrigerate.
2. Capacity of a gallon size blender is 16 servings.
3. *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*

A-13-M	**VANILLA EGGNOG * (Egg Mix)**			
	1 SERVING	5 SERVINGS	10 SERVINGS	SIZE OF SERVING: 1 cup
Egg mix, dehydrated Dessert powder, pudding, instant, vanilla Milk, dry, nonfat Creamer, nondairy, dry Cinnamon, ground Water, boiling	2 1/2 tsp 2 1/3 tbsp 2 2/3 tbsp 1 1/2 tbsp (3 pg) pinch 2/3 cup (scant)	1/4 cup 3/4 cup 3/4 cup + 2 tbsp 6 tbsp (15 pg) 1/8 tsp 3 cups	1/2 cup 1 1/2 cups 1 3/4 cups 3/4 cup (30 pg) 1/4 tsp 1 1/2 qt	1. Combine egg mix, dessert powder, milk, nondairy creamer, cinnamon and boiling water in blender. 2. Blend 1 minute on medium speed or until well mixed. 3. Bring to a boil, stirring constantly. Strain. See Note 3.
Water, cold	1/3 cup	1 1/2 cups	3 cups	4. Add cold water and mix well. *CHILL IMMEDIATELY.*
1. COFFEE EGGNOG *				
Coffee, instant, decaffeinated	1 1/2 tsp (1 pg)	2 1/2 tbsp (5 pg)	5 tbsp (10 pg)	In Step 1, add coffee.
2. MOCHA EGGNOG *				
Coffee, instant, decaffeinated Cocoa beverage powder	1 tsp 1/3 pg	1 1/2 tbsp (3 pg) 2 pg (2 oz)	3 tbsp (6 pg) 4 pg (4 oz)	In Step 1, add coffee and cocoa.
3. ORANGE EGGNOG				
Juice, orange, instant	2 tbsp	1/2 cup + 2 tbsp	1 1/4 cups	In Step 1, add orange crystals.

Notes: 1. Capacity of a gallon size blender is 16 servings.
2. *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER ALLOW TO STAND 3 MINUTES. DISCARD WATER.*
3. **It is essential that products containing egg mix be heated to 165°F.**

INGREDIENTS	WEIGHTS AND MEASURES			METHOD

A-13-M-3-A ORANGE EGGNOG * (Canned Juice)

	1 SERVING	5 SERVINGS	10 SERVINGS	SIZE OF SERVING: 1 cup
Egg mix, dehydrated Dessert powder, pudding, instant, vanilla Milk, dry, nonfat Creamer, nondairy, dry Cinnamon, ground Water, boiling	2 1/2 tsp 2 1/3 tbsp 2 2/3 tbsp 1 2/3 tbsp (3 pg) pinch 2/3 cup	1/4 cup 3/4 cup 3/4 cup + 2 tbsp 6 tbsp (15 pg) 1/8 tsp 3 cups	1/2 cup 1 1/2 cups 1 3/4 cups 3/4 cup (30 pg) 1/4 tsp 1 1/2 qt	1. Combine egg mix, dessert powder, milk, nondairy creamer, cinnamon and boiling water in blender. 2. Blend 1 minute on medium speed or until well mixed. 3. Bring to a boil, stirring constantly. Strain. See Note 3.
Juice, orange, canned, cold	1/3 cup	1 1/2 cups	3 cups	4. Add orange juice and mix well. *CHILL IMMEDIATELY.*

Notes: 1. Capacity of a gallon size blender is 16 servings.
2. *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER ALLOW TO STAND 3 MINUTES. DISCARD WATER.*
3. **It is essential that products containing egg mix be heated to 165°F.**

A-14-M-1 CHOCOLATE EGGNOG * (Egg Mix)

	1 SERVING	5 SERVINGS	10 SERVINGS	SIZE OF SERVING: 1 cup
Egg mix, dehydrated Milk, dry, nonfat Breakfast, instant, dry, chocolate Creamer, nondairy, dry Water, boiling	2 1/2 tsp 2 2/3 tbsp 1 pg (1.23 oz) 1 2/3 tbsp (3 pg) 2/3 cup (scant)	1/4 cup 3/4 cup + 2 tbsp 5 pg (6 oz) 6 tbsp (15 pg) 3 cups	1/2 cup 1 3/4 cups 10 pg (12 oz) 3/4 cup (30 pg) 1 1/2 qt	1. Combine egg mix, milk, instant breakfast, nondairy creamer and boiling water in blender. 2. Blend 1 minute on medium speed or until well mixed. 3. Bring to a boil, stirring constantly. Strain. See Note 3.
Water, cold	1/3 cup	1 1/2 cups	3 cups	4. Add cold water and mix well. *CHILL IMMEDIATELY.*
2. STRAWBERRY EGGNOG * Breakfast, instant, strawberry	1 pg (1.23 oz)	5 pg (6 oz)	10 pg (12 oz)	In Step 1, substitute strawberry instant breakfast for chocolate.

Notes: 1. Capacity of a gallon size blender is 16 servings.
2. *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER ALLOW TO STAND 3 MINUTES. DISCARD WATER.*
3. **It is essential that products containing egg mix be heated to 165°F.**

2. BREADS AND BATTERS

B-1 FIELD GARRISON BREAD *

YIELD: 100 POUNDS BAKED BREAD (Allows 13% total weight loss.)

INGREDIENTS	PERCENT	WEIGHTS
Flour, wheat, bread (hard)	100	65 lb
Water (variable)	58-60	37 lb 11 oz
Yeast, active, dry	1	10 oz
Salt	2.5	1 lb 10 oz
Sugar, Granulated	5	3 lb 4 oz
Shortening	6	3 lb 15 oz
Milk, nonfat, dry general purpose Style C	4	2 lb 10 oz

METHOD:

a. Mixing with Field Dough Mixer

1. Mix active yeast and ingredient water (105° to 110°F) in the proportion of one part yeast to seven parts of water by weight. Allow yeast and water to stand for 5 minutes. Stir until the yeast is thoroughly suspended.
2. Pour tempered water into mixer bowl.
3. Add sugar and salt. Run mixer for 30 seconds or until ingredients are dissolved.
4. Add two-thirds of the total flour. Mix for 1 minute or until the batter is formed.
5. Add yeast suspension. Mix just long enough for agitator arms to make three or four turns.
6. Add the remainder of the flour and nonfat dry milk, mixed together, into the mixer bowl. Mix from 2 to 3 minutes. Scrape down bowl.
7. Break shortening into small pieces and distribute throughout mix while the mixer is in operation.
8. Continue mixing for about 20 minutes or until gluten is properly developed.

b. Mixing by Hand.

1. Prepare yeast as in Step a.1., above.
2. Spread shortening evenly over bottom and sides of dough trough.
3. Add sugar, salt, and water.
4. Mix just enough to dissolve the sugar and salt.
5. Mix about one-half of the flour and all of the nonfat dry milk into liquid, a little at a time, to form a batter.
6. Stir yeast suspension into batter.
7. Stir remainder of flour into mixture, a little at a time.
8. Continue mixing until ingredients stick together to form one dough mass and continue kneading for approximately 20 minutes.
9. Dough temperature should be from 78° to 82°F.

c. Method for Handling Mixed Dough.

1. Ferment. Set in warm place (80°F) 1 1/2 to 2 hours or until double in bulk.
2. Punch. Fold sides into center and turn dough completely over. Let rest 30 minutes.
3. Make-Up. Scale into 36-ounce pieces. Round up and let rest 10 to 15 minutes.
4. Mold each piece.
5. Place six molded loaves in a standard baking pan.
6. Proof at 90° to 100°F about 1 hour or until double in size.

d. Baking.

1. Field baking outfit, M-1942. The oven should be loaded at a temperature of 430°F and dough baked off in a temperature range of 325°-350°F for a period of 65 minutes. Temperature should drop to about 325°F when pans are first turned and not exceed 350° at the end of the baking period.
2. Mobile bakery oven, M-1945. The oven should be loaded at a temperature of 460°F, and dough baked off in a temperature range of 360°-370°F for a period of 70 minutes. The lower deck must be loaded first and unloaded last. The baking period will be computed from the time the last pan is loaded until the time the first pan is unloaded.

B-2 BISCUITS * (Mix)

YIELD: 4 cake pans, 1 3/8 x 16 x 19 1/2 in, 200 biscuits, 100 portions — SIZE OF SERVING: 2 each (2 1/2 inch biscuit)

INGREDIENTS	WEIGHTS	MEASURES	METHOD
Biscuit Mix Water (variable)	16 lb	10 2/3 qt (3 1/2 cans) 4 qt	1. Blend contents of pouches (discard empty pouches) with biscuit mix. Add enough water to mix to form a soft dough. 2. Place dough on lightly floured surface. Knead lightly 1 minute or until dough is smooth. 3. Roll to uniform thickness, about 1/2 inch. Cut into 2 1/2 inch biscuits; place on ungreased pans. 4. Bake in hot oven (high flame) 25-30 minutes.

Note: For browner tops, in Step 1, add 1 cup (8oz) granulated sugar.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
B-3-1		**CORN BREAD * (Mix)**	
YIELD: 3 cake pans, 1 3/8 x 16 x 19 1/2 inch, 105 portions, 35 cuts per pan			SIZE OF SERVING: 1 piece (3 1/4 x 2 3/4 inch)
Corn bread mix Water Shortening, melted	13 lb 8 oz 3 1/2 oz	3 No. 10 can 5 1/2 qt 1/2 cup	1. Blend contents of pouch (discard empty pouch) with cornbread mix. Add water and shortening; mix well. 2. Pour 3 1/4 qt into three well-greased cake pans. 3. Bake in a hot oven (high flame) 25-30 minutes. Cut each pan 7 x 5.
2. HUSH PUPPIES *			Soak onions in water 20-30 minutes. Drain well. Combine ingredients; blend well. Drop by rounded tablespoons into hot shortening and fry about 1 1/2 minutes on each side or until golden brown. Serve hot. YIELD: 300 Hush Puppies (100 portions).
Onions, dehydrated Water, warm Corn bread mix Water Pepper, black	4 oz 11 lb 4 oz	1 1/4 cups 3 cups 2 1/2 No. 10 can 3 1/2 qts 4 tbsp	
B-4		**FRENCH TOAST ***	
YIELD: 1 3/4 gal egg mixture, 200 slices bread - 100 portions			SIZE OF SERVING: 2 slices
Egg mix, dehydrated Sugar, granulated	3 lb 12 oz 8 oz	1 gal (3 No. 3 cyl can) 1 cup	1. Combine ingredients; mix thoroughly.
Water		1 1/4 gal	2. Add 1/3 the water; stir until smooth. Blend in remaining water.
Bread	16 lb	200 slices	3. Dip slices of bread into egg mixture quickly, so that all surfaces are moistened.
Shortening (1/4 in depth in pan, melted and moderately hot)	1 lb 8 oz	3 cups	4. Place bread in shortening and fry 1-2 minutes on each side or until golden brown. Serve hot.
B-5		**GRIDDLE CAKES ***	
YIELD: 4 1/2 gal - 300 cakes			SIZE OF SERVING: 3 cakes
Pancake mix Water (variable)	17 lb 8 oz	3 gal (4 No. 10 can) 8 3/4 qt	1. Blend contents of pouch (discard empty pouch) with pancake mix. Add water; stir until just blended. 2. Drop 1/4 cup batter on hot greased griddle. Cook until bubbles form on surface of cake. Turn and cook until brown on the other side.
B-6		**QUICK COFFEE CAKE ***	
YIELD: 3 cake pans, 1 3/4 x 16 x 19 1/2 inch, 105 portions, 35 cuts per pan			SIZE OF SERVING: 1 piece (3 1/4 x 2 3/4 inch)
Biscuit mix Sugar, granulated	6 lb 12 oz 1 lb 8 oz	1 1/2 No. 10 can 3 1/2 cups	1. Blend contents of pouches (discard empty pouches) with biscuit mix. Mix in sugar.
Egg mix, dehydrated Water, warm	6 oz	1 2/3 cups (1/3 can) 2 qt	2. Add 1 cup of water to egg mix; stir until smooth. Blend in remaining water. 3. Combine egg mixture and dry ingredients. 4. Scale about 1 3/4 qt mixture into each greased cake pan.
Cookie mix, oatmeal Cinnamon, ground Margarine	3 lb 8 oz	2/3 No. 10 can 1 tbsp 1 cup	5. Combine ingredients. Mix to a coarse crumb. 6. Sprinkle 1 qt topping over batter in each pan. 7. Bake in moderate oven (medium flame) 30-35 minutes. Cut each pan 7 x 5.

3. CAKES, ICINGS, COOKIES, COBBLERS, PUDDINGS AND SAUCES

INGREDIENTS	WEIGHTS	MEASURES	METHOD
C-1-1		**CAKE * (Mix) DEVIL'S FOOD, YELLOW**	
YIELD: 3 cake pans, 1 3/4 x 16 x 19 1/2 inch, 105 portions, 35 cuts per pan			SIZE OF SERVING: 1 piece (3 1/4 x 2 3/4 inch)
Cake mix, devil's food **OR** yellow Water (variable)	10 lb	2 No. 10 cans 2 1/2 qt	1. Blend contents of pouch (discard empty pouch) with cake mix. 2. Add 1/2 the water and beat 2 minutes. 3. Add remaining water and beat for 3 minutes. 4. Pour 2 qt cake batter into 3 greased and floured cake pans. 5. Bake in moderate oven (medium flame) 30-35 minutes. 6. Allow to cool before frosting. Cut each pan 7 x 5.
2. MARBLE CAKE *			
Cake mix, yellow Water (variable) Cake mix, devil's food Water (variable)	5 lb 5 lb	1 No. 10 can 1 1/4 qt 1 No.10 can 1 1/4 qt	Mix yellow cake as in Steps 1-3. Pour 1 qt batter into each of 3 greased and floured cake pans in an uneven pattern. In same bowl, prepare devil's food cake mix as in Step 1-3. Pour 1 qt devil's food cake batter over the yellow cake batter, filling in spaces left in yellow cake batter. Draw a knife back and forth through batter to produce a marbled effect. Follow Steps 5-6.
C-2		**CHOCOLATE ICING ***	
YIELD: 2 1/4 qts (enough for 3 cakes)			
Icing mix, chocolate, powdered	4 lb	1 No. 10 can	1. Place icing mix in bowl. Stir to break up large lumps.
Water, hot		2 cups	2. Add 1/2 the water. Stir until blended. 3. Add remainder of water and beat until smooth and fluffy. Spread on cooled cakes.
Note: In Step 3, the amount of water is variable. Use slightly more or less water, as necessary, to obtain spreading consistency.			
C-3		**VANILLA ICING ***	
YIELD: 2 1/4 qt (enough for 3 cakes)			
Icing mix, vanilla, powdered	4 lb 4 oz	1 No. 10 can	1. Place icing mix in bowl. Stir to break up large lumps.
Water, hot		1 1/2 cups	2. Add 1/2 the water. Stir until well blended. 3. Add remainder of water and beat until smooth and fluffy. Spread on cooled cakes.
Note: In Step 3, the amount of water is variable. Use slightly more or less water, as necessary, to obtain spreading consistency.			
C-4		**BROWNIES * (Mix) CHOCOLATE, BUTTERSCOTCH**	
YIELD: 3 cake pans, 1 3/8 x 16 x 19 x 1/2 inch, 105 portions, 35 cuts per pan			SIZE OF SERVING: 1 piece (3 1/4 x 2 3/4 inch)
Brownie mix, chocolate **OR** butterscotch Water	15 lb	3 No. 10 cans 2 1/4 qt	1. Combine contents of pouch (discard empty pouch) with brownie mix; blend thoroughly. 2. Add water, stir until blended; scrape down bowl and whip until well blended. 3. Spread batter evenly in three greased baking pans, about 2 3/4 qt per pan. 4. Bake in moderate oven (medium flame) 30-35 minutes. When cool, cut each pan 7 x 5.
Note: For a chewy type chocolate brownie, use 1 1/2 qt of water.			

INGREDIENTS	WEIGHTS	MEASURES	METHOD
C-5		CHOCOLATE COOKIES (Mix)	
YIELD: 200 cookies			SIZE OF SERVING: 2 1-oz cookies
Cookie mix, chocolate Water	10 lb	2 No. 10 cans 3 cups	1. Combine cookie mix, contents of pouch (discard empty pouch) and water; blend thoroughly. 2. Drop dough by tablespoon in rows 4 by 5 on lightly greased cake pans. 3. Bake in moderate oven (medium flame) 12 minutes or until lightly browned. *DO NOT OVERBAKE.* 4. Remove cookies from pan while still warm.
1. RAISIN CHOCOLATE COOKIES Raisins	1 lb 8 oz	4 1/2 cups	In Step 1, add raisins.
2. CHOCOLATE ROLL COOKIES			Use 2 cups water. Omit Step 2. Divide dough into 10 pieces; let stand 30 minutes. Form into 10 rolls about 2 inches in diameter. Slice each roll into 20 slices. Follow Steps 3 and 4. YIELD: 200 cookies. SIZE OF SERVING: 2 1-oz cookies.
3. CHOCOLATE COOKIE BARS *			Use 2 cups water (variable). Omit Step 2. Divide dough into 15 pieces. On a lightly floured board, form each piece into an 18 inch long roll. Place 3 rolls on each lightly greased pan. Press down rolls to form strips 3 inches wide. Follow Step 3. Cut each strip into 7 pieces while still warm. Remove from pan. SIZE OF SERVING: 1 bar.
C-6		OATMEAL COOKIES (Mix)	
YIELD: 200 cookies			SIZE OF SERVING: 2 1-oz cookies
Cookie mix, oatmeal Water (variable)	9 lb	2 No. 10 cans 2 cups	1. Combine cookie mix, contents of pouch (discard empty pouch) and water; blend thoroughly. 2. Drop dough by tablespoons in rows 4 by 5 on lightly greased cake pans. 3. Bake in moderate oven (medium flame) 12 minutes or until lightly browned. *DO NOT OVERBAKE.* 4. Remove cookies from pan while still warm.
1. RAISIN OATMEAL COOKIES * Raisins	1 lb 8 oz	4 1/2 cups	In Step 1, add raisins.
2. OATMEAL COOKIE BARS *			Use 1 3/4 cups water (variable). Omit Step 2. Divide dough into 15 pieces. On a lightly floured board, form each piece into an 18 inch long roll. Place 3 rolls on each lightly greased pan. Press down rolls to form strips 3 inches wide. Follow Step 3. Cut each strip into 7 pieces while still warm. SIZE OF SERVING: 1 bar.
C-7-1		PEANUT BUTTER COOKIES (Mix)	
YIELD: 200 cookies			SIZE OF SERVING: 2 1-oz cookies
Cookie mix, sugar Water	10 lb	2 No. 10 cans 3 cups	1. Combine cookie mix, contents of pouch (discard empty pouch) and water; blend thoroughly.
Peanut Butter	2 lb 8 oz	4 1/2 cups	2 Add peanut butter and mix thoroughly. 3. Drop by tablespoon in rows 4 by 5 on lightly greased cake pans. Flatten with the bottom of a can dipped in sugar or flour. 4. Bake in moderate oven (medium flame) 12-14 minutes or until brown. 5. Remove cookies from pan while still warm.
2. PEANUT BUTTER BARS *			Use 2 1/2 cups (variable) water. Omit step 3. Divide into 15 pieces. On a lightly floured board, form each piece into an 18 inch long roll. Place 3 rolls on each lightly greased pan. Press down rolls to form strips 3 inches wide. Follow Step 4. Cut each strip into 7 pieces while still warm. SIZE OF SERVING: 1 bar.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
C-8		SUGAR COOKIES (Mix)	
YIELD: 200 cookies			SIZE OF SERVING: 2 1-oz cookies
Cookie mix, sugar Water (variable)	10 lb	2 No. 10 cans 3 cups	1. Combine cookie mix, contents of pouch (discard empty pouch) and water; blend thoroughly. 2. Drop dough by tablespoons in rows 4 by 5 on lightly greased cake pans. 3. Bake in moderate oven (medium flame) 14 minutes or until lightly browned. 4. Remove from pan while still warm.
1. RAISIN COOKIES Raisins	1 lb 8 oz	4 1/2 cups	In Step 1, add raisins.
2. SUGAR ROLL COOKIES			Use 2 cups water. Omit Step 2. Divide dough into 10 pieces; let stand 30 minutes. Form into 10 rolls about 2 inches in diameter. Slice each roll into 20 slices. Follow Steps 3 and 4. YIELD: 200 cookies. SIZE OF SERVING: 2 1-oz cookies.
3. SUGAR COOKIE BARS *			Use 2 1/4 cups water (variable). Omit Step 2. Divide dough into 15 pieces. On a lightly floured board, form each piece into an 18 inch long roll. Place 3 rolls on each lightly greased pan. Press down rolls to form strips 3 inches wide. Bake 12 minutes. Cut each strip into 7 pieces while still warm. Remove from pan. SIZE OF SERVING: 1 bar.

C-9-1		APPLE COBBLER	
YIELD: 4 cake pans, 1 3/8 x 16 x 19 1/2 inch, 100 portions, 25 cuts per pan			SIZE OF SERVING: 1 piece (3 1/4 x 4 inch)
Cobbler crust, unbaked	16 lb	4 top and bottom crusts	1. Use Recipe C-13. Set aside for use in Step 6.
Apples, dehydrated Water Margarine Starch, pregelatinized Sugar, granulated Salt Cinnamon, ground Water	4 lb 12 oz 8 oz 4 lb	1 3/4 gal (2 cans) 3 gal 1 1/2 cups 1 3/4 cups 2 1/4 qt 1 tbsp 2 tbsp 2 qt	2. Combine apples and water. Bring to boil; cover and simmer 15 minutes or until tender. 3. Remove from heat. Add margarine. Cool. Do not drain. Set aside for use in Step 6. 4. Combine starch, sugar, salt, and cinnamon. Add water gradually; mix thoroughly. 5. Carefully fold apples and juice into thickened mixture. 6. Cover bottom of cake pans with 1/8" thick crust. Place 3 1/2 qt filling into each pan. Cover with 1/8" thick crust. Crimp edges to seal crust. Make several small cuts through each top crust. 7. Bake in hot oven (high flame) 30-35 minutes, or until brown. Cut each pan 5 x 5
2. APPLE PIE			Use filling and pie crust made with Recipe C-13, Note 1. Use 2 3/4 to 3 cups filling for each pie shell.

Notes: 1. Apple filling may be served (hot or cold) without the cobbler crust. This substitution may be necessary for groups subsisting in forward areas.
2. 28 lbs (4 No. 10 cans) Pie filling, prepared, apple, may be used. Omit Steps 2-5.

C-10-1		CHERRY COBBLER *	
YIELD: 4 cake pans, 1 3/8 x 16 x 19 1/2 inch, 100 portions, 25 cuts per pan			SIZE OF SERVING: 1 piece (3 1/4 x 4 inch)
Cobbler crust, unbaked	16 lb	4 top and bottom crusts	1. Use Recipe C-13.
Pie filling, prepared, cherry	28 lb	3 gal (4 No. 10 cans)	2. Cover bottom of cake pans with 1/8" thick crust. Place 3 1/2 qt filling into each pan. Cover with 1/8" thick crust. Crimp edges to seal crust. Make several small cuts through each top crust. 3. Bake in hot oven (high flame) 30-35 minutes, or until brown. Cut each pan 5 x 5.
2. CHERRY PIE			Use filling and pie crust made with Recipe C-13, Note 1. Use 2 3/4 to 3 cups filling for each pie shell.

Note: Cherry filling may be served (hot or cold) without the cobbler crust. This substitution may be necessary for groups subsisting in forward areas.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
C-11-1		**PEACH COBBLER ***	
YIELD: 4 cake pans, 1 3/8 x 16 x 19 1/2 inch, 100 portions, 25 cuts per pan			SIZE OF SERVING: 1 piece (3 1/4 x 4 inch)
Cobbler crust, unbaked	16 lb	4 top and bottom crusts	1. Use Recipe C-13. Set aside for use in Step 5.
Peaches, canned, quarters or slices Starch, pregelatinized Sugar, granulated Salt Juice, peach	27 lb 1 lb 5 lb	3 gal (4 No. 10 cans) 3 1/2 cups 2 3/4 qt 1 tbsp 1 gal	2. Drain fruit well. Reserve juice for use in Step 3 and peaches for use in Step 4. 3. Combine starch, sugar, and salt. Add juice gradually; mix thoroughly. 4. Carefully fold fruit into thickened mixture. 5. Cover bottom of cake pans with 1/8" thick crust. Place about 3 1/2 qt filling into each pan. Cover with 1/8" thick crust. Crimp edges to seal crust. Make several small cuts through each top crust. 6. Bake in hot oven (high flame) 30-35 minutes, or until brown. Cut each pan 5 x 5.
2. PEACH PIE			Use filling and pie crust made with Recipe C-13, Note 1. Use 2 3/4 to 3 cups filling for each pie shell.

Notes: 1. Peach filling may be served (hot or cold) without the cobbler crust. This substitution may be necessary for groups subsisting in forward areas.
2. 28 lbs (4 No. 10 cans) Pie filling, prepared, peach, may be used. Omit Steps 2-4.

C-12-1		**PINEAPPLE COBBLER**	
YIELD: 4 cake pans, 1 3/8 x 16 x 19 1/2 inch, 100 portions, 25 cuts per pan			SIZE OF SERVING: 1 piece (3 1/4 x 4 inch)
Cobbler crust, unbaked	16 lb	4 top and bottom crusts	1. Use Recipe C-13. Set aside for use in Step 5.
Pineapple, canned, crushed Starch, pregelatinized Sugar, granulated Salt	20 lb 4 oz 9 oz 4 lb	2 1/4 gal (3 cans) 2 cups 2 1/4 qt 1 tbsp	2. Drain fruit well. Reserve juice for use in Step 3 and fruit for use in Step 4. 3. Combine starch, sugar and salt. Add juice gradually; mix thoroughly. 4. Carefully fold fruit into thickened mixture. 5. Cover bottom of cake pans with 1/8" thick crust. Place 3 1/2 qt filling in each cake pan. Cover with 1/8" thick crust. Crimp edges to seal crust. Make several small cuts through each top crust. 6. Bake in hot oven (high flame) 30-35 minutes, or until lightly browned. Cut each pan 5 x 5.
2. PINEAPPLE PIE			Use filling and pie crust made with Recipe C-13, Note 1. Use 2 3/4 to 3 cups filling for each pie shell.

Note: Pineapple filling may be served (hot or cold) without the cobbler crust. This substitution may be necessary for groups subsisting in forward areas.

C-13		**COBBLER CRUST ***	
YIELD: 4 cake pans, 1 3/8 x 16 x 19 1/2 inch, 100 portions			SIZE OF SERVING: 1 piece (3 1/4 x 4 inch)
Flour, wheat, general purpose, stirred Salt Sugar, granulated	9 lb 4 oz 8 oz	9 qt 6 tbsp 1 cup	1. Mix flour, salt, and sugar together in mixing bowl.
Shortening	5 lb 4 oz	3 qt	2. Rub shortening into flour mixture by hand until mixture resembles large peas.
Water, cold		1 to 1 1/2 qt	3. Add 1 qt water to flour mixture. Mix ingredients as little as possible to form stiff dough. If necessary, add all or part of remaining water. 4. Place dough on lightly floured work surface. Divide into 8 portions (about 2 lb each). 5. Lightly dust each piece with flour; flatten gently. Roll to 1/8" thickness to fit cake pan.

Notes: 1. For pie crust, omit sugar from recipe.
2. Cobbler may be varied by using Streusel Topping (Recipe C-14) in place of top crust.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
C-14		**STREUSEL TOPPING**	
YIELD: Topping for 4 cake pans, 1 3/8 x 16 x 19 1/2 inch, 100 portions			SIZE OF SERVING: 2 lb 8 oz topping per pan
Sugar, granulated Salt Cinnamon Shortening	3 lb 12 oz 3 lb	2 1/4 qt 1 1/2 tbsp 2 tbsp 1 3/4 qt	1. Cream, sugar, salt, cinnamon and shortening.
Flour, wheat, general purpose, stirred	4 lb	4 qt	2. Add flour and rub by hand until mixture resembles coarse cornmeal.
C-15-1		**APPLE CRISP ***	
YIELD: 3 cake pans, 1 3/8 x 16 x 19 1/2 inch, 105 portions, 35 portions per pan			SIZE OF SERVING: 1 piece (3 1/2 x 2 x 3/4 inch)
Apples, dehydrated Water	3 lb	5 1/4 qt (1 1/2 cans) 2 gal	1. Combine apples with water. Cover; bring to a boil. Reduce heat; simmer 15 minutes or until apples are tender.
Sugar, granulated Cinnamon, ground Salt	2 lb 12 oz	1 1/2 qt 3 tbsp 1 tbsp	2. Combine ingredients; add to apples and mix to dissolve sugar. Spread 1/3 of apple mixture in each of 3 greased pans.
Cookie mix, oatmeal Margarine	4 lb 8 oz 8 oz	3 qt (1 No.10 can) 1 cup	3. Combine ingredients. Sprinkle evenly over top of each pan. 4. Bake in moderate oven (medium flame) 40 minutes, or until top is browned. Serve with a spoon.
ALTERNATE METHOD: Pie filling, prepared, apple Sugar, granulated Flour, wheat, general purpose, stirred Baking powder Salt Margarine, softened	 24 lb 8 oz 3 lb 2 lb 1 lb	 3 1/2 No.10 cans 6 3/4 cups 2 qt 1 1/2 tsp 1 tsp 1/2 qt	Substitute pie filling for ingredients in Steps 1-2. Omit Step 3. Combine sugar, flour, baking powder, salt and margarine. Sprinkle evenly over top of each pan. In Step 4, reduce baking time to 30 minutes or until top is brown.
2. CHEESE APPLE CRISP Cheese, processed, American, dehydrated	 1 lb	 1 qt (1/3 No. 10 can)	Mix cheese with the topping mixture.

Notes: 1. Apple filling (Recipe C-9-1) may be use in place of Apple Crisp. This substitution may be necessary for groups subsisting in forward areas
2. 28 lbs (4 No. 10 cans) Pie filling, prepared, apple, may be used. Omit Step 1-2.

C-16		**PUDDING * (Mix) CHOCOLATE, VANILLA**	
YIELD: 12 1/2 qt - 100 portions			SIZE OF SERVING: 1/2 cup
Milk, dry, nonfat Water, cold	2 lb 8 oz	2 1/4 qt 2 3/4 gal	1. Reconstitute milk.
Dessert powder, pudding, chocolate OR Vanilla	6 lb 14 oz 6 lb 14 oz	1 1/3 No. 10 cans 1 1/4 No. 10 cans	2. Add dessert powder; whip until blended. Scrape bowl; whip for 2 minutes or until smooth. 3. Pour immediately into pans. Cover. Refrigerate. Pudding will be firm enough to serve in 1 hour.
C-17		**FRUIT COCKTAIL PUDDING ***	
YIELD: 4 gal - 100 portions			SIZE OF SERVING: 2/3 cup (scant)
Fruit cocktail, canned	13 lb 8 oz	2 No. 10 cans	1. Drain fruit. Reserve juice for use in Step 2.
Milk, dry, nonfat Water and reserved juice	1 lb 14 oz	6 3/4 cups 8 3/4 qt	2. Reconstitute milk.
Dessert powder, pudding, instant, vanilla	5 lb 8 oz	1 No. 10 can	3. Add dessert powder; whip until well blended. Scrape bowl; whip 2 minutes or until smooth. 4. Fold in fruit. Stir to distribute fruit.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
C-18-1		**CRANBERRY CRUNCH ***	
YIELD: 3 cake pans 1 3/8 x 16 x 19 1/2 inch, 105 portions, 35 portions per pan			SIZE OF SERVING: 1 piece (3 1/2 x 2 x 1 inch)
Cranberry sauce, canned	14 lb 10 oz	1 1/2 gal (2 cans)	1. Place 2 qt cranberry sauce in each greased pan. Spread evenly over bottom of pans.
Cookie mix, oatmeal Margarine	4 lb 8 oz 8 oz	3 qt (1 No. 10 can) 1 cup	2. Combine ingredients. Mix until crumbly. 3. Sprinkle 1 1/2 qt crumb mixture evenly over cranberry sauce in each pan. 4. Bake in moderate oven (medium flame) 35-40 minutes or until browned. Cut each pan 7 x 5.
2. CHERRY CRUNCH * Pie filling, prepared, cherry	21 lb	2 1/4 gal (3 No. 10 cans)	In Step 1, substitute cherry pie filling for cranberry sauce. Place 3 qt filling in each pan. Spread evenly in pan. Follow Steps 2-4.

C-19		**ICE CREAM MIX (Dehydrated)**	
YIELD: 5 gal - 100 portions			SIZE OF SERVING: 3/4 cup
Ice cream mix, dehydrated Water	8 lb 8 oz	2 No. 10 cans 1 3/4 gal	1. Blend the dehydrated mix slowly into the water. Mix until there are no visible clumps. Cool rehydrated mix to 40°F or below. 2. Freeze the ice cream following the freezer manufacturer's instruction printed in the operation manual. 3. When maximum overrun is obtained, draw off the thick ice cream immediately into cans which have been chilled in hardening cabinet to the same temperature as the ice cream when drawn. 4. Hard freeze the ice cream and store at -10°F or below. Product is best if held at least 24 hours before serving. 5. Store in hardening cabinet at about-10°F.

Note: The ice cream should be drawn off into a container for hard freezing when: (a) The ice cream has double in volume (i.e, 100% overrun or when 1 pint of mix yields 2 pints of ice cream), (b) The product temperature is -15° to - 18°F.

INGREDIENTS	WEIGHTS AND MEASURES			METHOD
C-20-M		**GELATIN *** **LEMON, ORANGE, STRAWBERRY**		
	5 SERVINGS	10 SERVINGS	25 SERVINGS	SIZE OF SERVING: 1/2 cup
Dessert powder, gelatin Water, boiling	2 1/2 oz (6 tbsp) 1 1/8 cups	5 oz (3/4 cup) 2 1/4 cups	13 oz (2 cups) 5 1/2 cups	1. Dissolve gelatin in boiling water.
Water, cold or iced	1 1/8 cups	2 1/4 cups	5 1/2 cups	2. Add cold or iced water; stir to mix well. 3. Pour into shallow pans; chill. 4. Prepare 1 day before serving.

C-21-M		**GELATIN * (Quick Jell)** **ORANGE, RASPBERRY, STRAWBERRY**		
	5 SERVINGS	10 SERVINGS	25 SERVINGS	SIZE OF SERVING: 1/2 cup
Dessert powder, quick jell Water, boiling	1/2 cup 2 1/8 cups	1 cup 4 1/4 cups	2 1/2 cups 10 2/3 cups	1. Dissolve dessert powder in boiling water. 2. Pour into shallow pans. 3. Allow to set 1 hour at room temperature.

Note: Fruit juice can be used in the preparation of this product by eliminating an equal quantity of water for the juice. Bring juice and water to a boil.

INGREDIENTS	WEIGHTS AND MEASURES			METHOD
C-22-M		**BAKED CUSTARD ***		
	5 SERVINGS	10 SERVINGS	25 SERVINGS	SIZE OF SERVING: 2/3 cup
Egg mix, dehydrated Milk, dry, nonfat Dessert powder, pudding, instant, vanilla Sugar, granulated	2/3 cup 1/2 cup 6 tbsp 2 tbsp	1 1/4 cups 1 cup 2/3 cup 1/4 cup	3 cups 2 1/2 cups 1 2/3 cups 2/3 cup	1. Combine egg mix, milk, dessert powder and sugar. Mix well.
Water, warm	3 cups	1 1/2 qt	2 3/4 qt	2. Gradually whip in dry ingredients. Blend until smooth. Pour into pans. See Note.
Cinnamon, ground	1/8 tsp	1/4 tsp	1/2 tsp	3. Sprinkle on cinnamon. Place custard in pan of water. 4. Bake in moderate oven (medium flame) 55-60 minutes or until knife inserted into custard comes out clean.

Note: Use 1/4 size (6 x 10 x 4 inch) steam table pan. 5 servings (1 pan); 10 servings (2 pans); 25 servings (5 pans). 25 servings of custard may be poured into cake pan (1 3/8 x 16 x 19 1/2 inch); then placed in an inverted roasting pan lid in Step 3.

C-22-M-1		**THIN BAKED CUSTARD ***		
	5 SERVINGS	10 SERVINGS	25 SERVINGS	SIZE OF SERVING: 1 cup
Milk, dry, nonfat Water, cold	1/2 cup 2 1/3 cups	1 cup 4 2/3 cups	See Note 2	1. Reconstitute milk in blender.
Baked custard, cooked	2 1/2 cups	5 cups		2. Add custard; blend until smooth. Strain.

Notes: 1. Serve immediately or refrigerate.
2. 25 servings will not fit into blender.
3. *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*

C-23-M		**THIN PUDDING * (Mix) CHOCOLATE, VANILLA**		
	5 SERVINGS	10 SERVINGS	25 SERVINGS	SIZE OF SERVING: 1/2 cup
Milk , dry, nonfat Water, cold	1 2/3 tbsp 1/2 cup	3 1/3 tbsp 1 cup	1/2 cup 2 1/2 cups	1. Reconstitute milk in blender.
Pudding, instant, prepared, chocolate OR vanilla	1 2/3 cups	3 1/3 cups	8 1/3 cups	2. Add pudding; blend until smooth. Strain.
ALTERNATE METHOD: Milk, dry, nonfat Water, cold Dessert powder, pudding, instant, chocolate OR vanilla	 1/2 cup 2 cups 1/2 cup	 1 cup 4 cups 1 cup	 2 1/2 cups 2 1/2 qt 2 1/2 cups	Reconstitute milk in blender. Add dessert powder. Blend until smooth. Strain.

Notes: 1. Serve immediately or refrigerate. For best consistency, pudding should be prepared as close to serving time as possible.
2. *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*

4. PASTA, RICE AND CEREAL

INGREDIENTS	WEIGHTS	MEASURES	METHOD
D-1		**MACARONI ***	
YIELD: 100 portions			SIZE OF SERVING: 3/4 cup
Water, boiling Macaroni	 8 lb	4 gal 2 gal	Add macaroni to boiling water. Boil 12-15 minutes or until tender. Stir to prevent sticking. Drain well.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
D-2		**MACARONI AND CHEESE ***	
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions.			SIZE OF SERVING: 1 cup
Water, boiling Macaroni	 8 lb	4 gal 2 gal	1. Add macaroni to boiling water. Boil 12-15 minutes or until tender. Stir to prevent sticking. Drain well.
Milk, dry, nonfat Water, warm	2 lb	1 3/4 qt 2 1/2 gal	2. Reconstitute milk; heat to just below boiling point. *DO NOT BOIL.*
Margarine, melted Flour, wheat, general purpose, stirred Salt Pepper, black	1 lb 8 oz 1 lb 4 oz 4 oz	3 cups 1 1/4 qt 6 tbsp 1 tbsp	3. Blend margarine, flour, salt and pepper together; stir until smooth. 4. Add to hot milk, stirring constantly. Bring mixture to a boil; reduce heat and simmer 5 minutes or until thickened. Stir frequently to prevent scorching.
Cheese, processed, American, dehydrated Water, warm	3 lb	1 No. 10 can 1 1/2 qt	5. Reconstitute cheese; stirring until smooth. 6. Add to hot sauce, stirring until smooth. 7. Pour sauce over macaroni and mix well. 8. Place an equal quantity, about 3 1/4 gal, into each well greased pan. 9. Bake in moderate oven (medium flame) 25 minutes or until heated thoroughly.
D-3		**SPANISH RICE**	
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 3/4 cup
Rice, parboiled Water, cold Margarine	6 lb 2 oz	3 1/2 qt 7 1/4 qt 1/4 cup	1. Combine ingredients; bring to a boil. Cover tightly and simmer 20-25 minutes. *DO NOT STIR.* Set aside for use in Step 4.
Onions, dehydrated, chopped Peppers, green, dehydrated Water, warm	9 oz 5 1/3 oz	2 2/3 cups 4 cups 2 qt	2. Soak onions and peppers in water 20-30 minutes. Drain well.
Bacon, precooked, sliced, canned Shortening or bacon drippings	12 oz 12 oz	1/6 No. 10 can 1 1/2 cups	3. See Recipe G-1, Step 1. Chop bacon and saute 2-3 minutes on medium flame . *DO NOT OVERCOOK.* Saute onions and peppers in fat until lightly browned.
Garlic, dehydrated Pepper, black Salt Sugar, granulated Tomatoes, canned, crushed	 2 oz 8 oz 19 lb 2 oz	3/4 tsp 1 tbsp 3 tbsp 1 cup 2 1/2 gal (3 cans)	4. Add ingredients to sauteed mixture. Cook until mixture is hot. Add rice; stir to mix; place 2 1/2 gal in each pan. 5. Cover and bake in moderate oven (medium flame) 45 minutes.
D-4		**STEAMED RICE ***	
YIELD: 4 2/3 gal - 100 portions			SIZE OF SERVING: 3/4 cup
Rice, parboiled Water, cold Margarine	9 lb 4 oz	5 1/4 qt 2 3/4 gal 1/2 cup	1 Combine ingredients; bring to a boil. Cover tightly and simmer 20-25 minutes. *DO NOT STIR.* 2. Remove from heat. Keep covered and in warm place until ready to serve.
1. BAKED RICE			Use boiling water. Place equal amounts of ingredients in 2 roasting pans; stir and cover. Bake in moderate oven (medium flame) 30-40 minutes.
2. LYONNAISE RICE Onions, dehydrated, chopped Water, warm Margarine	 6 oz 1 lb 8 oz	 1 3/4 cups 3 1/2 cups 3 cups	Soak onions in water 20-30 minutes. Drain well. Saute onions in margarine until tender. Add to cooked rice. Place equal amounts of mixture in 2 greased roasting pans. Heat in moderate oven (medium flame) 15-20 minutes. Toss lightly before serving.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
D-5-1		**RICE PILAF**	
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 3/4 cup
Onions, dehydrated, chopped Water, warm	7 1/2 oz	2 1/4 cups 4 1/2 cups	1. Soak onions in water 20-30 minutes. Drain well.
Margarine Shortening Garlic, dehydrated	8 oz 7 oz	1 cup 1 cup 3/4 tsp	2. Melt margarine and shortening. Saute onions. Cook over low heat 10 minutes or until tender. Add garlic.
Rice, parboiled	8 lb	5 qt	3. Add rice to onion mixture. Cook over medium flame until rice is lightly browned, stirring constantly. Place half of the mixture in each pan.
Water, boiling Soup and gravy base, chicken flavored	10 oz	2 1/2 gal 1/2 cups	4. Add soup base to water and pour 1 1/4 gal stock over rice in each pan. Cover. 5. Bake 1 hour in moderate oven (medium flame).
ALTERNATE METHOD: Soup, dehydrated, onion	10 oz	2/3 No. 2 1/2 can	Omit Step 1. Melt margarine and shortening. Add garlic and rice. Cook over medium flame until rice is lightly browned, stirring constantly. In Step 4, substitute dehydrated onion soup. Follow Step 5.
2. ORANGE RICE Juice, orange, instant		1 No. 2 1/2 can	Follow Steps 1-3. In Step 4, increase soup base to 12 oz and add orange crystals to boiling water. Follow Steps 5.
D-6-M		**HOT BREAKFAST CEREALS**	
YIELD: 100 portions			SIZE OF SERVING: 3/4 cup cereal, 1/2 cup milk
1. FARINA WITH MILK * Water Salt Cereal, wheat, farina Water, cold	 4 oz 6 lb	 4 gal 6 tbsp 1 gal 1 gal	Bring salted water to boil; mix farina with cold water; add to boiling water. Return to a boil; reduce heat; simmer 2-5 minutes; stir frequently. Remove from heat; cover; let stand 5 minutes. Serve with hot milk. See Recipe D-6-M-4.
2. HOMINY GRITS * Water Salt Hominy grits, quick cooking	 4 oz 6 lb	 4 1/2 gal 6 tbsp 1 gal	Bring salted water to boil; gradually add grits, stirring constantly. Return to a boil; reduce heat; cover; simmer 5 minutes. Stir occasionally. Serve hot.
3. OATMEAL WITH MILK * Water Salt Cereal, rolled oats, quick cooking	 4 oz 6 lb 4 oz	 5 gal 6 tbsp 2 1/4 gal	Bring salted water to boil; gradually add oatmeal, stirring constantly. Return to a boil; reduce heat; cover; simmer 3 minutes. Remove from heat; let stand 10 minutes before serving. Serve with hot milk. See Recipe D-6-M-4.
4. HOT MILK FOR FARINA AND OATMEAL Milk, dry, nonfat Water	 3 lb	 2 3/4 qt 2 3/4 gal	Reconstitute milk; heat to just below boiling. Milk may be combined with cereal for transport or served over each portion. Yield: 3 gal

INGREDIENTS	WEIGHTS AND MEASURES			METHOD
D-7-M		**THIN HOT BREAKFAST CEREALS ***		
	1 SERVING	5 SERVINGS	10 SERVINGS	SIZE OF SERVING: 1 cup
Milk, dry, nonfat Water, warm Sugar, granulated Cereal, prepared, hot, farina, grits OR oatmeal	1 1/3 tbsp 1/3 cup 1 tbsp 6 tbsp	1/2 cup 1 7/8 cups 1 2/3 tbsp 2 cups	1 cup 3 3/4 cups 3 1/3 tbsp 1 qt	Reconstitute milk. Heat to a simmer. Place milk, cereal and sugar in blender. Blend on low speed 1-2 minutes until smooth. Strain. Heat to serving temperature.

Notes: 1. Capacity of a gallon size blender is 16 servings.
2. *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*

5. EGGS

INGREDIENTS	WEIGHTS	MEASURES	METHOD
E-1		**SCRAMBLED EGGS ***	
YIELD: 4 1/2 gal - 100 portions			SIZE OF SERVING: 2/3 cup
Egg mix, dehydrated Water, warm Salt	8 lb 12 oz 2 1/3 oz	2 1/4 gal (7 cans) 10 1/2 qt 3 2/3 tbsp	1. Combine 1/2 the water with egg mix and salt; stir until smooth. Add remaining water and blend. *DO NOT ADD MORE WATER.*
Shortening (for griddle)	9 oz	1 1/4 cups	2. Pour 1 qt egg mixture on a preheated greased griddle on low heat (low flame) stirring occasionally until thickened and almost firm. *EGGS DO NOT GET FIRMER AFTER COOKING.*
1. BAKED SCRAMBLED EGGS			Place 2/3 cup melted shortening in each of two roasting pans. Add 2 gallons of egg mixture to each pan. Bake in moderate oven (medium flame) 30 minutes; stir after 15 minutes.
2. SCRAMBLED EGGS WITH BACON * Bacon, precooked, sliced	2 lb 4 oz	1/2 No. 10 can	Omit salt and shortening. Chop bacon. See Recipe G-1, Step 1. Cook 25 portions at a time: grill 1/4 the bacon until crisp, add 3 qt egg mix and cook until firm, stirring as necessary.
3. SCRAMBLED EGGS WESTERN STYLE * Onions, dehydrated Peppers, green, dehydrated Water, warm Ham chunks w/juices, canned Shortening	 16 2/3 oz 3 oz 5 lb 7 oz 8 oz	 5 cups 2 1/4 cups 1 gal 3 29-oz cans 1 cup	Omit salt. Soak onions and green peppers in water. Let stand 20 minutes. Drain. Drain and chop ham into 1/4" pieces; saute in shortening. Add egg mixture; cook as above.
4. SCRAMBLED EGGS WITH HAM Ham chunks w/juices, canned	 5 lb 7 oz	 3 29-oz cans	Omit salt. Drain and chop ham into 1/4" pieces. Add to the eggs before cooking.

Note: In Recipe E-1-3, 4 lb (2/3 6-lb can) Luncheon meat, canned, may be substituted for Ham chunks, canned.

E-2		**CHEESE OMELET ***	
YIELD: 100 portions			SIZE OF SERVING: 3/4 cup
Egg mix, dehydrated Cheese, processed, American, dehydrated Flour, wheat, general purpose, stirred Salt Water, warm	8 lb 12 oz 2 lb 4 oz 1 lb 2 oz 1 1/2 oz	2 1/4 gal (7 cans) 2 1/4 qt (3/4 can) 4 1/2 cups 2 1/3 tbsp 2 gal 3 qt	1. Combine egg mix, cheese, flour, and salt; mix thoroughly. Add 1/2 the water; stir until smooth; add remaining water and blend. *DO NOT ADD MORE WATER.*
Shortening, melted	1 lb 2 oz	2 1/4 cups	2. Pour egg mixture 1/4 inch deep on a well greased hot griddle. Allow 1/2 cup of mixture for each omelet. Cook at moderate heat until bottom is brown. 3. Cut into pieces small enough to turn easily and quickly. Cook until set. Serve immediately.
1. HAM OMELET Ham chunks w/juices, canned	3 lb 10 oz	2 29 oz cans	Omit salt, substitute ham chunks for cheese. Drain and chop ham into 1/4" pieces before adding to egg mixture.
2. BACON AND CHEESE OMELET Bacon, precooked, sliced	4 lb 8 oz	1 No. 10 can	Omit salt. Chop bacon (See Recipe G-1, Step 1) in small pieces; cook until crisp. Add to egg mixture; cook as above

6. FRUITS AND JUICE

F-1		**APPLESAUCE * (Meat Accompaniment)**	
YIELD: 1 3/4 gal - 100 portions			SIZE OF SERVING: 1/4 cup
Applesauce, instant Water	2 lb 12 oz	2 No. 2 1/2 cans 1 1/2 gal	Break up lumps in applesauce. Stir in 1/2 water; mix in remaining water. Let stand 5 minutes before serving.
F-2		**APPLESAUCE * (Fruit Dessert)**	
YIELD: 3 1/2 gal - 100 portions			SIZE OF SERVING: 1/2 cup
Applesauce, instant Water	5 lb 8 oz	4 No. 2 1/2 cans 3 gal	Break up lumps in applesauce. Stir in 1/2 the water; mix in remaining water. Let stand 5 minutes before serving.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
F-3-M		**FRUIT JUICES**	
YIELD: 6 1/4 gal - 100 portions			SIZE OF SERVING: 1 cup
1. ORANGE JUICE *			
Juice, orange, instant	6 lb	6 1/4 No. 2 1/2 cans	Dissolve orange crystals in water. Serve cold, if possible.
Water, cold		5 3/4 gal	
2. GRAPEFRUIT JUICE *			
Juice, grapefruit, instant	6 lb	6 1/4 15 1/2 oz cans	Substitute grapefruit crystals for orange crystals.
Water		5 3/4 gal	
3. GRAPEFRUIT AND ORANGE JUICE *			
Juice, grapefruit, instant	2 lb 7 oz	2 1/2 15 1/2 oz cans	
Juice, orange, instant	3 lb 10 oz	3 3/4 No. 2 1/2 cans	Use grapefruit and orange crystals.
Water, cold		5 3/4 gal	

Notes: 1. For individual servings of Orange Juice or Grapefruit Juice, dissolve 3 1/2 tbsp instant juice in 1 cup water.
2. For individual servings of Orange and Grapefruit Juice, dissolve 1 3/4 tbsp of each instant juice in 1 cup water.

F-4-M		**TOMATO JUICE ***	
YIELD: 6 1/4 gal - 100 portions			SIZE OF SERVING: 1 cup
Juice, tomato, canned, concentrated, (3 plus 1)	14 lb	6 1/4 36 oz cans	Add water to concentrated juice. Stir until well blended. Serve cold if possible.
Water, cold		4 3/4 gal	

Note: For individual servings, mix 3 1/2 tbsp concentrated juice with 1 cup water.

INGREDIENTS	WEIGHTS AND MEASURES			METHOD
F-5-M		**THIN FRUIT**		
	1 SERVING	5 SERVINGS	10 SERVINGS	SIZE OF SERVING: 1 cup
1. THIN APPLESAUCE *				
Applesauce, instant	5 tbsp	1 1/2 cups	3 cups	Break up lumps in applesauce. Stir in 1/2 water; mix in remaining water. Let stand 5 minutes. Place in blender. Blend 2 minutes at low speed. Strain.
Water	7/8 cup	4 3/4 cups	9 1/2 cups	
ALTERNATE METHOD:				
Applesauce, instant, prepared	7/8 cup	1 1/4 qt	2 1/2 qt	Place fruit in blender. Blend 1/2 minute. *DO NOT ADD WATER.* Strain.
2. THIN FRUIT COCKTAIL *				
Fruit cocktail, canned, drained	1/2 cup	2 1/2 cups	5 cups	Place fruit and syrup in blender. Blend 2 minutes or until smooth. Strain.
Fruit cocktail syrup	1/2 cup	2 1/2 cups	5 cups	
3. THIN PEACHES *				
Peaches, canned, quarters or sliced, drained	1/3 cup	2 cups	4 cups	Place fruit and syrup in blender. Blend 2 minutes or until smooth. Strain.
Peach syrup	1/2 cup	2 1/2 cups	5 cups	
4. THIN PEARS *				
Pears, canned, halves, drained	2 1/2 halves	12 halves	24 halves	Place fruit and syrup in blender. Blend 2 minutes or until smooth. Strain.
Pear syrup	1 /3 cup	2 cups	4 cups	

Notes: 1. Capacity of a gallon size blender is 16 servings.
2. *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*

F-5-M-1-A		**THIN APPLESAUCE * (Canned)**		
	1 SERVING	5 SERVINGS	10 SERVINGS	SIZE OF SERVING: 1 cup
Applesauce, canned	2/3 cup	3 cups	1 1/2 qt	Combine applesauce and water in blender. Blend on low speed 1/2 minute or until smooth. Strain.
Water	1/3 cup	2 cups	1 qt	
VARIATION:				
Applesauce, canned	2/3 cup	3 cups	1 1/2 qt	Combine ingredients in blender. Blend on low speed 1/2 minute or until blended. Strain.
Juice, orange, canned	2 1/2 tbsp	3/4 cup	1 1/2 cups	
Water	1/4 cup	1 1/4 cups	2 1/2 cups	
Sugar, granulated	1 tbsp	2 tbsp	1/4 cup	
cinnamon, ground	dash	1/4 tsp	1/2 tsp	
ALTERNATE METHOD:				
Juice, orange, instant	1 1/3 tbsp	2 2/3 tbsp	5 1/3 tbsp	Mix orange crystals with water. Substitute reconstituted juice for canned juice.
Water	2 1/2 tbsp	3/4 cup	1 1/2 cups	

Notes: 1. Capacity of a gallon size blender is 16 servings.
2. *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*

INGREDIENTS	WEIGHTS AND MEASURES			METHOD

F-6-M THIN FRUIT WITH CRANBERRY SAUCE

	5 SERVINGS	10 SERVINGS	25 SERVINGS	SIZE OF SERVING: 1 cup
1. THIN PEACHES WITH CRANBERRY SAUCE *				
Cranberry sauce, canned	1 1/4 cups	2 1/2 cups	6 1/4 cups	1. Place cranberry sauce, peaches and syrup in blender. Blend until smooth.
Peaches, canned, quarters, or sliced, drained	1 cup	2 cups	1 1/4 qt	2. See Note 1. Add water; blend on low speed until blended. Strain.
Peach syrup	1 cup	2 cups	5 cups	
Water	2 cups	1 qt	2 1/2 qt	
2. THIN PEARS WITH CRANBERRY SAUCE *				
Pears, canned, halves, drained	6 halves	12 halves	1 No. 10 can	In Step 1, substitute pears and pear syrup for peach and peach syrup.
Pear syrup	1 cup	2 cups	Total syrup	

Notes: 1. 25 servings will not fit into blender. In Step 2, use a wire whip to mix in water.
2. *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*

F-7-M THIN FRUIT WITH COTTAGE CHEESE

	1 SERVING	5 SERVINGS	10 SERVINGS	SIZE OF SERVING: 1 cup
1. THIN APPLESAUCE WITH COTTAGE CHEESE *				
Cheese, cottage, dehydrated	1 1/2 tbsp	1/2 cup	1 cup	1. Combine cheese and water, wetting all particles. Let stand 10 minutes.
Water, warm	3 tbsp	2/3 cup	1 1/3 cups	
Applesauce, instant	3 1/3 tbsp	1 cup	2 cups	2. Break up lumps in applesauce. Stir in 1/2 the water; mix in remaining water. Let stand 5 minutes.
Water	3/4 cup	3 1/2 cups	7 cups	
Milk, dry, nonfat	2 1/2 tbsp	1/4 cup	1/2 cup	3. Place ingredients in blender. Add cheese and fruit. 7.3 Blend until smooth. Strain.
Cinnamon, ground	dash	1/4 tsp	1/2 tsp	
Water	1 1/3 tbsp	6 tbsp	3/4 cup	
2. THIN PEACHES WITH COTTAGE CHEESE				
Peaches, canned, quarters or slices, drained	3 1/3 tbsp	1 cup	2 cups	Omit Step 2. In Step 3, add peaches and syrup. Blend on moderate speed until smooth. Strain.
Peach syrup	1/4 cup	1 1/4 cups	2 1/2 cups	
3. THIN PEARS WITH COTTAGE CHEESE				
Pears, canned, halves, drained	1 1/4 halves	6 halves	12 halves	Omit Step 2. In Step 3, add pears and syrup. Blend on moderate speed until smooth. Strain.
Pear syrup	3 1/3 tbsp	1 cup	2 cups	

Notes: 1. Serve immediately or refrigerate.
2. Capacity of a gallon size blender is 16 servings.
3. *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*

F-7-M-1-A THIN APPLESAUCE * (Canned) WITH COTTAGE CHEESE

	1 SERVING	5 SERVINGS	10 SERVINGS	SIZE OF SERVING: 1 cup
Cheese, cottage, dehydrated	1 1/2 tbsp	1/2 cup	1 cup	1. Combine cheese and water, wetting all particles. Let stand 10 minutes.
Water, warm	2 tbsp	2/3 cup	1 1/3 cups	
Applesauce, canned	2/3 cup	3 cups	1 1/2 qt	2. Combine ingredients with cheese in blender. Blend on low speed 1 minutes or until smooth. Strain.
Milk, dry, nonfat	2 1/2 tbsp	1/4 cup	1/2 cup	
Cinnamon, ground	dash	1/2 tsp	1 tsp	
Water	3 1/3 tbsp	1 cup	2 cups	
Juice, orange, canned	2 1/2 tbsp	3/4 cup	1 1/2 cups	
ALTERNATE METHOD:				Mix orange crystals with water. In Step 2, substitute reconstituted juice for canned juice.
Juice, orange, instant	1 1/2 tsp	2 2/3 tbsp	5 1/3 tbsp	
Water	2 1/2 tbsp	3/4 cup	1 1/2 cups	

Notes: 1. Serve immediately or refrigerate.
2. Capacity of a gallon size blender is 16 servings.
3. *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*

7. MEAT, POULTRY AND FISH

INGREDIENTS	WEIGHTS	MEASURES	METHOD
G-1		**BACON ***	
YIELD: 100 portions			SIZE OF SERVING: 3 slices
Bacon, precooked, sliced,	4 lb 8 oz	1 No. 10 can	1. Place unopened can in hot water for 10 minutes. Open can at both ends and push out bacon. Remove parchment paper and separate slices. 2. Heat bacon on grill 5 minutes or until slices start to crisp, about 5 minutes.
G-2		**BARBECUED BEEF (SLOPPY JOE) ***	
YIELD: 100 portions			SIZE OF SERVING: 2/3 cup
Onions, dehydrated, chopped Water, warm	13 1/2 oz	4 cups 2 1/2 qt	1. Add water to onions; let stand 5 minutes. Bring to a boil, reduce heat, simmer 10 minutes. Drain; reserve 1 qt liquid for use in Step 3.
Beef chunks with juices, canned	29 lb	16 29-oz cans	2. Drain juice from meat and remove excess fat. Set aside beef for use in Step 4. Reserve 1 qt juice to be used with other liquid in Step 3.
Catsup, tomato Mustard, prepared Sugar, granulated Vinegar, dry Reserved liquid and beef juice	12 lb 7 1/2 oz 1 lb 3 lb 12 oz 2 oz	5 1/4 qt (1 3/4 cans) 2 cups 2 1/4 qt 6 tbsp 2 qt	3. Combine ingredients. Bring mixture to a boil; reduce heat and simmer, stirring occasionally, for 15 minutes. 4. Add beef; stir gently to mix. Simmer until thoroughly heated. Skim off excess fat.
Note: 5 discs of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.			
G-3-1		**BEEF GRAVY**	
YIELD: 2 gal - 100 portions			SIZE OF SERVING: 1/3 cup
Shortening, melted Flour, wheat, general purpose, stirred	1 lb 8 oz 1 lb 8 oz	3 cups 1 1/2 qt	1. Brown flour in shortening on low heat until flour is a rich brown color. Stir frequently to avoid over-browning.
Water, boiling Soup and gravy base, beef flavored	8 oz	2 gal 1 1/4 cups	2. Dissolve soup base in water. Add gradually to browned flour, stirring constantly. Bring to a boil; reduce heat and simmer 10 minutes or until thickened.
Salt Pepper		to taste to taste	3. Taste gravy. Add seasonings as needed.
2. BEEF AND GRAVY * Beef chunks with juices, canned	36 lb 4 oz	20 29-oz cans	Drain beef chunks. Remove excess fat. Add meat to beef gravy. Mix gently. Heat to serving temperature. SIZE OF SERVING: 1 cup
G-4		**BEEF AND GRAVY WITH BISCUIT TOPPING (Canned Beef Chunks)**	
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 1 cup plus biscuit topping
Beef chunks with juices, canned	36 lb 4 oz	20 29-oz cans	1. Drain beef chunks. Remove excess fat. Reserve 1/2 the liquid for use in Step 3. Divide meat between roasting pans.
Shortening, melted Flour, wheat, general purpose, stirred	1 lb 10 oz 1 lb 14 oz	3 3/4 cups 7 1/2 cups	2. Brown flour in shortening on low heat until flour is a rich brown color. Stir frequently to avoid over-browning.
Reserved liquid and water, hot		2 1/2 gal	3. Add liquid gradually to browned flour, stirring constantly. Bring to a boil; reduce heat and simmer 10 minutes or until thickened.
Pepper, black	1/2 oz	2 tbsp	4. Add pepper. Stir well. Add 1/2 of gravy to each pan. Set aside for use in Step 8.
Biscuit mix Water (variable)	9 lb	2 No. 10 cans 1 3/4 qt	5. Blend contents of pouches (discard empty pouches) with biscuit mix. Add enough water to mix to form a soft dough. 6. Place dough on lightly floured surface. Knead lightly 1 minute or until dough is smooth. 7. Pat out dough large enough to cover roasting pans. Dough may be added in strips or cut as biscuits. 8. Cover meat with biscuit topping. Bake in moderate oven (medium flame) 45 minutes or until biscuits are browned.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
G-5	**BEEF AND GRAVY WITH VEGETABLES * (Dehydrated Beef)**		
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 1 cup
Beef, diced, dehydrated, uncooked Water, warm	9 lb 8 oz	8 No. 10 cans 6 gal	1. Soak beef in water until fully rehydrated, about 30 minutes. Drain well. Set aside meat for use in Step 4.
Onions, dehydrated, chopped Water, warm	4 oz	1 1/4 cups 3 cups	2. Soak onions in water 20-30 minutes. Drain well. Set aside for use in Step 4.
Carrots, canned Peas, canned	6 lb 9 oz 13 lb 2 oz	1 No. 10 can 2 No. 10 cans	3. Drain carrots and peas. Reserve liquid for gravy in Step 6.
Salt Pepper, black	2 oz 1/2 oz	3 tbsp 2 tbsp	4. Place 1/2 meat in each pan. Add about 1 1/2 qt carrots and 3 qt peas to each pan. Add 1/2 of the onions and salt and pepper to each pan. Set aside for use in Step 7.
Shortening, melted Flour, wheat, general purpose, stirred	1 lb 8 oz 1 lb 8 oz	3 cups 1 1/2 qt	5. Brown flour in shortening on low heat until flour is a rich brown color. Stir frequently to avoid over-browning.
Reserved liquid and water, hot Soup and gravy base, beef flavored	8 oz	2 1/4 gal 1 1/4 cups	6. Dissolve soup and gravy base in reserved liquids. Add gradually to browned flour, stirring constantly. Bring to boil; reduce heat and simmer 5 minutes or until thickened. 7. Add 4 1/2 qt gravy to meat in each pan. Mix gently. 8. Bake in moderate oven (medium flame) for 45 minutes or until heated thoroughly.

Note: 1 1/2 discs of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
G-6	**BEEF AND GRAVY WITH VEGETABLES * (Canned Beef Chunks)**		
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 1 cup
Onions, dehydrated, chopped Water, warm	4 oz	1 1/4 cups 3 cups	1. Soak onions in water 20-30 minutes. Drain well. Reserve liquid for gravy in Step 5.
Carrots, canned Peas, canned Pepper, black	6 lb 9 oz 13 lb 2 oz 1/2 oz	1 No. 10 can 2 No.10 cans 2 tbsp	2. Drain carrots and peas; reserve liquid for gravy in Step 5. Combine onions, carrots, and peas. Add black pepper.
Beef chunks with juices, canned	29 lb	16 29-oz cans	3. Drain juice from meat and remove excess fat. Reserve 1/2 the liquid for gravy in Step 5. Divide meat between roasting pans. Add vegetables to each pan. Set aside for use in Step 6.
Shortening, melted Flour, wheat, general purpose, stirred Reserved liquids and water, hot	1 lb 10 oz 1 lb 14 oz	3 3/4 cups 7 1/2 cups 2 1/2 gal	4. Brown flour in shortening on low heat until flour is a rich brown color. Stir frequently to avoid over-browning. 5. Add reserved liquids gradually to browned flour, stirring constantly. Bring to boil; reduce heat and simmer 10 minutes or until thickened. 6. Add 1/2 the gravy to each pan of meat and vegetables. Stir gently to mix. 7. Cover and bake in moderate oven (medium flame) 45 minutes or until heated thoroughly.

Notes: 1. 1 1/2 discs of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.
2. 2 No. 2 1/2 cans (2 lb 6 oz) Peas, dehydrated, compressed, may be substituted for Peas, canned. Add peas to 2 gal boiling water. Remove from heat; stir. Cover, let stand 12-15 minutes. Drain; reserve liquid for use in Step 5.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
G-7		BEEF, MACARONI AND TOMATO CASSEROLE	
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 1 1/2 cups
Beef chunks with juices, canned	29 lb	16 29-oz cans	1. Drain liquid from meat; remove excess fat. Place 1/2 the meat in each pan.
Water, boiling Macaroni	 6 lb	4 gal 1 1/2 gal	2. Add macaroni to boiling water. Boil 12-15 minutes or until tender. Stir to prevent sticking. Drain well. Set aside for use in Step 6.
Onions, dehydrated, chopped Water, warm Shortening, melted Flour, wheat, general purpose, stirred	4 oz 8 oz 4 oz	1 1/4 cups 3 cups 1 cup 1 cup	3. Soak onions in water 20-30 minutes. Drain well. 4. Saute onions in shortening. Cook over low heat 10 minutes or until tender. Stir in flour; cook 2 minutes.
Tomatoes, canned Catsup, tomato Soup and gravy base, beef flavored Sugar, granulated Cinnamon (optional) Salt Pepper, black	19 lb 2 oz 3 lb 9 oz 5 1/4 oz 4 oz 1/3 oz 1/4 oz	2 1/4 gal (3 cans) 1 1/2 qt 3/4 cup 1/2 cup 2 tsp 4 tsp 1 tbsp	5. Add ingredients; bring to boil, reduce heat and simmer over low flame for 5 minutes or until mixture thickens, stirring constantly. 6. Mix tomato mixture with the macaroni. 7. Add 1/2 the macaroni and sauce to each pan. Stir gently to mix. 8. Bake in moderate oven (medium flame) 45 minutes.
Note: 1 1/2 discs of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.			
G-8-M		ROAST BEEF HASH *	
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 1 1/4 cup
Onions, dehydrated, chopped Peppers, green, dehydrated Water, warm Shortening, melted	13 1/3 oz 1 lb 2 lb	1 qt 3 qt (3 3/4 cans) 3 gal 1 qt	1. Soak onions and pepper in water 20-30 minutes. Drain. Reserve liquid for use in Step 7. 2. Saute onions and peppers in shortening. Cook over low heat 10 minutes or until tender. Drain or skim off any excess fat. Set aside for use in Step 4.
Beef chunks with juices, canned	24 lb	13 29-oz cans	3. Drain liquid from meat; remove excess fat. Reserve 1/2 of the liquid for gravy in Step 7. Place 1/2 of beef cubes in each greased pan. 4. Add 1/2 the onions and peppers to the meat in each pans. Stir to mix well.
Potatoes, white, dehydrated, diced Water, Salt Pepper, black	5 lb 4 oz 1/3 oz	5 3/4 qt (2 1/4 cans) 4 gal 6 tbsp 4 tsp	5. Bring salted water to a boil: add potatoes; quickly return to a boil; simmer 15 minutes. Drain. Add pepper. 6. Add about 7 quarts to each pan. Stir gently to mix.
Soup and gravy base, beef flavored Reserved liquid, juice and water, hot Catsup, tomato	4 oz 2 lb 6 oz	10 tbsp 1 gal 1 qt (1/3 No. 10 can)	7. Dissolve soup base in the reserved liquids. Add catsup to hot stock. Blend well. 8. Pour 2 1/2 qt hot mixture over each pan of hash. 9. Cover pans and bake in moderate oven (medium flame) 45 minutes. Remove cover and continue baking 15 minutes or until lightly browned
Note: 5 discs of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.			
G-9		BEEFSTEAK AND GRAVY *	
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 1 steak, 1/3 cup gravy
Beefsteak, dehydrated, uncooked Water, warm		9 No. 10 cans 6 gal	1. Soak beef in water until fully rehydrated, about 30 minutes. Drain well. Reserve liquid for use in Step 3.
Shortening, melted Flour, wheat, general purpose, stirred Soup and gravy base, beef flavored Reserved liquid, hot	1 lb 8 oz 1 lb 8 oz 8 oz	3 cups 1 1/2 qt 1 1/4 cups 2 gal	2. Brown flour in shortening on low heat until flour is a rich brown color. Stir frequently to avoid over-browning. 3. Dissolve soup base in the reserved liquid. 4. Add gradually to browned flour. Stir constantly. Bring to a boil; reduce heat and simmer 10 minutes or until thickened.
Flour, wheat, general purpose, stirred Pepper, black	3 lb 1/4 oz	3 qt 1 tbsp	5. Combine black pepper and flour. Dredge steaks in seasoned flour. Shake off excess. 6. Cook steaks on greased griddle (high flame) 1 minute per side. *DO NOT OVERCOOK.* Serve immediately with 1/3 cup gravy.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
G-10		**BEEFSTEAK IN TOMATO SAUCE**	
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 1 steak, 1/4 cup sauce
Beefsteak, dehydrated, uncooked Water, warm		9 No. 10 cans 6 gal	1. Soak beef in water until fully rehydrated, about 30 minutes. Drain well.
Flour, wheat, general purpose, stirred Pepper, black Shortening, melted	3 lb 1/4 oz 1 lb 8 oz	3 qt 1 tbsp 3 cups	2. Combine black pepper and flour. Dredge steaks in seasoned flour. Shake off excess. 3. Brown steaks in shallow fat, about 1 minute per side. *DO NOT OVERCOOK.* 4. Overlap 50 steaks in each pan, set aside for use in Step 8.
Onions, dehydrated, chopped Peppers, green, dehydrated Water, warm Shortening, melted Garlic, dehydrated	6 oz 5 1/3 oz 1 lb	1 3/4 cups 4 cups 3 qt 2 cups 2 tsp	5. Soak onions and peppers in water 20-30 minutes. Drain well. 6. Saute onions and peppers in shortening. Cook over low heat 10 minutes or until tender. Add garlic.
Soup and gravy base, beef flavored Water, boiling Pepper, black Salt Tomatoes, canned, crushed Worcestershire sauce	4 oz 1/4 oz 2 oz 12 lb 12 oz 6 oz	10 tbsp 1 gal 1 tbsp 3 tbsp 6 qt (2 No. 10 cans) 3/4 cup	7. Dissolve soup base in water. Add seasonings, tomatoes and Worcestershire sauce. Stir to mix well. Heat to boiling. 8. Pour 1 gal sauce over steaks in each pan. Cover pans. Bake in moderate oven (medium flame) 45 minutes or until steaks are tender.

Note: 2 1/4 discs of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.

G-11		**BEEFSTEAK WITH FRIED ONIONS**	
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 1 steak, 1 tbsp fried onion
Beefsteak, dehydrated, uncooked Water, warm		9 No. 10 cans 6 gal	1. Soak beef in water until fully rehydrated, about 30 minutes. Drain well.
Onions, dehydrated, chopped Water, warm	1 lb	5 1/3 cups 3 qt	2. Soak onions in water 20-30 minutes. Drain well.
Flour, wheat, general purpose, stirred Pepper, black Shortening for griddle Salt	3 lb 1/4 oz 2 3/4 lb 2 oz	3 qt 1 tbsp 6 1/4 cups 3 tbsp	3. Combine black pepper and flour. Dredge steaks in seasoned flour. Shake off excess. 4. Brown onions in shortening on griddle (medium flame) until lightly browned. Add salt. 5. Cook steaks on a greased griddle (high flame) 1 minute per side. *DO NOT OVERCOOK.* Serve immediately with onions over each steak.

Note: 6 discs of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.

G-12		**BAKED SPANISH BEEF PATTY**	
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 2 patties, 1/2 cup sauce
Beef patties, dehydrated, uncooked Water, warm		7 No. 10 cans 4 gal	1. Soak beef in water until fully rehydrated, about 30 minutes. Drain well. Set aside for use in Step 5.
Onions, dehydrated Peppers, green dehydrated Water, warm Shortening, melted Flour, wheat, general purpose, stirred	1 2/3 oz 3 oz 8 oz 2 oz	1/2 cup 2 1/4 cups 1 1/2 qt 1/2 cup 1/2 cup	2. Soak onions and peppers in water 20-30 minutes. Drain well. 3. Saute onions and peppers in shortening. Cook over low heat 10 minutes or until tender. Stir in flour, cook 2 minutes.
Tomatoes, canned Sugar, granulated Pepper, black Salt	19 lb 2 oz 2 oz 1/4 oz 1/3 oz	2 1/4 gal (3 cans) 1/4 cup 1 tbsp 4 tsp	4. Add sugar to tomatoes; heat to boiling and add to onion mixture. Bring to boil, reduce heat and simmer over low flame for 5 minutes or until mixture thickens, stirring constantly. 5. Place beef patties in roasting pans. Pour 1/2 the sauce over each pan. Bake in moderate oven (medium flame) 30 minutes. 6. Before serving, stir sauce to distribute fat.

Note: 2/3 disc of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
G-14	**BEEF PATTIES JARDINIERE ***		
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 2 patties, 1/2 cup sauce
Beef patties, dehydrated, uncooked Water		7 No. 10 cans 4 gal	1. Soak beef in water until fully rehydrated, about 30 minutes. Drain well. Reserve liquid for use in Step 4.
Onions, dehydrated, uncooked Peppers, green, dehydrated Water, warm	2 1/2 oz 2 1/3 oz	3/4 cups 1 3/4 cups 5 cups	2. Soak onions and peppers in water 20-30 minutes. Drain well.
Shortening, melted Flour, wheat, general purpose, stirred	1 lb 2oz 1 lb 6 oz	2 1/2 cups 5 1/2 cups	3. Brown flour in shortening on low heat until flour is a rich brown color. Stir frequently to avoid over-browning.
Soup and gravy base, beef flavored Reserved liquid, hot Pepper, black	10 oz	1 1/2 cups 2 1/2 gal 4 tsp	4. Dissolve soup base in liquid. Add gradually to browned flour, stirring constantly. Add black pepper. Bring to a boil; reduce heat and simmer 5 minutes or until thickened.
Carrots, canned, drained Peas, canned, drained	1 lb 6 oz 1 lb 6 oz	2 1/2 cups 2 1/2 cups	5. Add carrots, peas, onions and peppers to the sauce. 6. Brown patties quickly on a hot greased griddle, about 1 minute per side. Place in roasting pans. 7. Pour sauce over patties. Bake in moderate oven (medium flame) 30 minutes.

Notes: 1. 1 disc of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped
2. 1/5 No. 2 1/2 can Peas, dehydrated, compressed, may be substituted for Peas, canned. Add peas to 3 1/4 cups salted (1/2 tsp) boiling water. Stir. Cover and let stand 12-15 minutes. Drain and add to sauce.

G-16	**CHILIBURGER ***		
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 2 patties, 1/4 sauce
Onion, dehydrated, chopped Water, warm	4 oz	1 1/4 cups 3 cups	1. Soak onions in water 20-30 minutes. Drain well.
Beef patties, dehydrated, uncooked Water, warm Shortening, melted	 14 oz	7 No. 10 cans 6 gal 2 cups	2. Soak beef in water until fully rehydrated, about 30 minutes. Drain well. 3. Brown patties quickly on a hot greased griddle, about 1 minute per side or until brown.
Chili con carne, w/o beans	13 lb 8 oz	2 6 3/4-lb cans	4. Heat chili con carne to a simmer.
Cheese, processed, American, dehydrated Water, warm	2 lb 4 oz	2 1/4 qt (3/4 can) 4 1/2 cups	5. Mix cheese with water, let stand 30 minutes. 6. Assemble chiliburgers by placing 1 tbsp onion and 1 tbsp cheese on each patty. Cover with 1/4 cup chili con carne. Serve immediately.

Notes: 1. 2 No. 10 cans of Chili con carne, dehydrated, w/beans, may be substituted for Chili con carne w/o beans. Rehydrate using 4 1/2 qt of water.
2. 1 1/2 discs of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.

G-17	**CREAMED GROUND BEEF ***		
YIELD: 6 1/4 gal - 100 portions			SIZE OF SERVING: 1 cup
Beef patties, dehydrated, uncooked Water, warm		5 No.10 cans 3 1/2 gal	1. Break up beef patties. Soak beef in water until fully rehydrated, about 15 minutes. Drain well. Reserve liquid for use in Step 4. 2. Brown meat, breaking it up as it is browning.
Flour, wheat, general purpose, stirred Pepper, black Salt Soup and gravy base, beef flavored	3 lb 4 oz 1/2 oz 2 oz 6 oz	3 1/4 qt 2 tbsp 3 tbsp 3/4 cup	3. Combine ingredients. Add to beef and mix thoroughly. Cook 5 minutes or until flour is absorbed.
Milk, dry, nonfat Reserved liquid and water, hot Worcestershire sauce	3 lb 14 oz	3 1/2 qt 4 1/4 gal 2 tbsp	4. Reconstitute milk; add to beef mixture. 5. Add Worcestershire sauce; heat to a simmer, stirring frequently. Cook until thickened.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
G-18		***GRILLED HAMBURGERS***	
YIELD: 100 portions			SIZE OF SERVING: 2 patties
Soup and gravy base, beef flavored Water, warm Beef patties, dehydrated, uncooked	8 oz	1 1/4 cups 6 gal 7 No. 10 cans	1. Dissolve soup base in water. Soak beef in broth 30 minutes or until fully rehydrated. Drain well.
Shortening, melted	8 oz	1 cup	2. Grill on hot greased griddle, about 2 minutes on each side.
1. GRILLED HAMBURGER WITH FRIED ONIONS * Onions, dehydrated, chopped Water, warm Shortening, melted Salt	 2 lb 1 lb 8 oz 4 oz	 10 2/3 cups (4/5 can) 6 qt 3 cups 6 tbsp	Soak onions in water 20-30 minutes. Drain well. Saute onions in shortening. Cook over low heat 10 minutes until tender and lightly browned. Add salt. Serve 1 tbsp fried onions on each hamburger.
2. GRILLED CHEESEBURGERS Cheese, American, processed, dehydrated Water, warm	 3 lb	 3 qt (1 No. 10 can) 1 1/2 qt	Mix cheese with water, let stand 30 minutes. After turning hamburgers, place 1 tbsp of cheese on top of each pattie. Cook until cheese melts.

Note: 11 3/4 discs of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.

G-19		**HAMBURGERS BAKED IN GRAVY**	
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 2 patties, 1/3 cup gravy
Soup and gravy base, beef flavored Water, warm Beef patties, dehydrated, uncooked Shortening	8 oz 1 lb	1 1/4 cups 6 gal 7 No. 10 cans 2 cups	1. Dissolve soup base in water. Soak beef in broth 30 minutes or until fully rehydrated. Drain. Reserve 2 gal of liquid for use in Step 4. 2. Grill on hot greased griddle about 1 minute per side or until brown. *DO NOT OVERCOOK.* Arrange 1/2 the patties in each pan.
Shortening, melted Flour, wheat, general purpose, stirred Soup and gravy base, beef flavored Reserved liquid, hot	1 lb 8 oz 1 lb 8 oz 8 oz	3 cups 1 1/2 qt 1 1/4 cups 2 gal	3. Brown flour in shortening on low heat until flour is a rich brown color. Stir frequently to avoid over-browning. 4. Dissolve soup base in liquid. Gradually add to flour mixture, stirring constantly; cook until thickened. 5. Pour 1 1/4 gal of gravy over patties in each pan. 6. Bake in moderate oven (medium flame) 25 minutes or until heated.

G-21-1		**BAKED CHICKEN AND RICE** *	
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 1 cup
Water, boiling Soup and gravy base, chicken flavored Garlic, dehydrated *Chicken, dehydrated, cooked, diced*	 12 oz *4 lb 8 oz*	3 1/4 gal 1 2/3 cups 1 tbsp *9 qt (3 3/5 No. 10 cans)*	1. Dissolve soup base in water. Add garlic. 2. Soak chicken in broth 20 minutes or until fully rehydrated. Drain well. Reserve stock for use *in Step 6.*
Rice, parboiled Water, cold	6 lb	3 1/2 qt 7 1/2 qt	3. Add rice to water. Bring to boil; stir occasionally. Reduce heat to low, cover tightly. Simmer 20-25 minutes or until water is absorbed. *DO NOT OVERCOOK.* 4. Add rice to chicken. Set aside for Step 8.
Margarine Flour, wheat, general purpose, stirred Reserved chicken stock, hot	1 lb 8 oz 1 lb 12 oz	3 cups 1 3/4 qt 2 gal	5. Melt margarine and add flour. Stir until smooth. 6. Add stock slowly, stirring constantly. Boil 2 minutes, stirring to prevent sticking.
Milk, dry, nonfat Water Pepper Salt	14 oz 1/4 oz 2 oz	3/4 qt 3 3/4 qt 1 tbsp 3 tbsp	7. Reconstitute milk. Add milk and pepper to sauce, add salt, *if needed.* Mix well and bring to a boil. 8. Place 1/2 chicken and rice mixture (about 2 gal) in each roasting pan. 9. Cover chicken mixture with sauce, about 2 gal in each pan. Mix well. Bake in moderate oven (medium flame) 35-45 minutes until heated.
2. BAKED CHICKEN AND MACARONI Water, boiling Macaroni	 6 lb	 3 gal 1 1/2 gal	Omit Step 3. Add macaroni slowly to boiling water. Boil 12-15 minutes or until just tender. Stir occasionally to prevent sticking. Drain well. Add macaroni to chicken in Step 4. Follow Steps 5-9.

Note: 10 29-oz cans Chicken, canned, boned, may be substituted for Chicken, dehydrated, cooked, diced, water and soup base. Prepare chicken stock by adding 8 oz soup and gravy base, chicken flavored, to 2 gal boiling water.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
G-22-M		**CHICKEN POT PIE ***	
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 1 piece, 2 1/2 x 3 inch
Water, boiling Soup and gravy base, chicken flavored Chicken, dehydrated, cooked, diced	 12 oz 4 lb 8 oz	3 1/4 gal 1 2/3 cups 9 qt (3 3/5 cans)	1. Dissolve soup base in water. 2. Soak chicken in broth 20 minutes or until fully rehydrated. Stir occasionally. 3. Drain and reserve chicken stock. Add enough water to make 3 gal. Set aside for Step 5.
Margarine, melted Flour, wheat, general purpose, stirred Reserved chicken stock and water, hot Pepper, black	2 lb 2 lb 4 oz 1/4 oz	1 qt 2 1/4 qt 3 gal 1 tbsp	4. Add flour to margarine and mix until smooth. 5. Add flour mixture slowly to hot stock and water, stirring constantly. Heat to boiling. Boil 2 minutes, stirring to prevent sticking. Add pepper.
Carrots, canned	6 lb 9 oz	3 qt (1 can)	6. Drain carrots. Add carrots and chicken to sauce.
Potatoes, dehydrated, diced Water, boiling	1 lb 5 oz	1 1/2 qt (3/4 can) 1 gal	7. Bring salted water to a boil; add potatoes; quickly return to a boil; simmer 15 minutes. 8. Place about 3 gal in each pan. Even off the top so that topping will adhere.
Egg mix, dehydrated Milk, dry, nonfat Flour, wheat, general purpose, stirred Baking powder Salt Water Shortening, melted	6 2/3 oz 8 oz 2 lb 2 1/4 oz 1 1/3 oz 8 oz	1 2/3 cups 1 2/3 cups 2 qt 5 tbsp 2 tbsp 2 3/4 qt 1 cup	9. Combine egg mix, milk, flour, baking powder, and salt. Mix thoroughly. 10. Add water and shortening. Mix well. 11. Pour about 2 qt batter over chicken mixture in each pan. The batter will be very thin. *DO NOT ADD ADDITIONAL FLOUR.* 12. Bake in moderate oven (medium flame) 40 minutes, or until crust is golden brown. Cut each pan 6 x 9. (1 cup servings)

Notes: 1. 10 29-oz cans Chicken, canned, boned, may be substituted for Chicken, dehydrated, cooked, diced, water and soup base. Prepare chicken stock by adding 12 oz soup base, chicken flavored, to 3 gal boiling water.
2. 2 No. 10 cans (9 lb) Biscuit mix and 1 3/4 qt water may be substituted for the ingredients used for the topping. Use Recipe B-2. Dough may be patted out to cover pans or prepared as biscuits.

G-23		**CHICKEN WITH BREAD DRESSING**	
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 1 cup
Water, boiling Soup and gravy base, chicken flavored Chicken, dehydrated, cooked, diced	 12 oz 4 lb 8 oz	3 1/4 gal 1 2/3 cups 9 qt (3 3/5 cans)	1. Dissolve soup base in water. 2. Soak chicken in broth 20 minutes or until fully rehydrated. Stir occasionally. Drain well. Reserve chicken stock for use in Step 5.
Onions, dehydrated, chopped Water, warm	4 oz	1 1/3 cups 3 cups	3. Soak onions in water 20-30 minutes. Drain well.
Margarine, melted Shortening, melted	4 lb 4 lb	2 qt 2 qt	4. Saute onions in margarine and shortening. Cook over low heat 10 minutes or until tender.
Bread, 1/2 in cubes Salt Pepper, black Reserved chicken stock and water, hot	19 lb 2 oz 1/4 oz	9 1/2 gal 3 tbsp 1 tbsp 2 gal	5. Mix seasonings with bread cubes. Add onions with fat, reserved stock and water. Mix well. 6. Arrange chicken in roasting pans. Spread dressing over chicken. 7. Bake in moderate oven (medium flame) 45 minutes or until dressing is brown.

Notes: 1. 10 29-oz cans Chicken, canned, boned, may be substituted for Chicken, dehydrated, cooked, diced, water an soup base. Prepare chicken stock by adding 8 oz soup base, chicken flavored, to 2 gal boiling water.
2. 1 1/2 discs Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
G-24		**CREAMED CHICKEN**	
YIELD: 100 portions			SIZE OF SERVING: 1 cup
Water, boiling Soup and gravy base, chicken flavored Chicken, dehydrated, cooked, diced	 12 oz 4 lb 8 oz	3 1/4 gal 1 2/3 cups 9 qt (3 3/5 cans)	1. Dissolve soup base in water. 2. Soak chicken in broth 20 minutes or until fully rehydrated. Stir occasionally. Drain well. Reserve chicken stock for use in Step 5.
Peppers, green, dehydrated Onions, dehydrated, chopped Water, warm	2 oz 1 1/2 oz	1 1/2 cups 1/2 cup 1 qt	3. Soak onions and peppers in water 20-30 minutes. Drain well.
Shortening, melted Flour, wheat, general purpose, stirred Reserved chicken stock and water, hot	2 lb 2 lb 4 oz	1 qt 2 1/4 qt 2 gal	4. Saute onions and peppers in shortening. Cook over low heat 10 minutes or until tender. 5. Stir flour into onion mixture. Cook 2 minutes. Add chicken stock and water, stirring constantly. Bring to a boil, reduce heat and simmer over low flame for 5 minutes or until mixture thickens, stirring constantly.
Milk, dry nonfat Water Pepper, black Salt	1 lb 12 oz 1/2 oz 4 oz	6 1/4 cups 7 1/2 qt 2 tbsp 6 tbsp	6. Reconstitute milk and add to thickened stock. 7. Add chicken and pepper. Taste, add salt *if needed*. 8. Heat slowly to prevent sticking.

Notes: 1. 10 29-oz cans Chicken, canned, boned, may be substituted for Chicken, dehydrated, cooked, diced, water and soup base. Prepare chicken stock by adding 8 oz soup base, chicken flavored, to 2 gal boiling water.
2. 1/2 disc of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.

G-25		**CREOLE CHICKEN ***	
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 2/3 cup
Water, boiling Chicken, dehydrated, cooked, diced	 4 lb 8 oz	3 1/4 gal 9 qt (3 3/5 cans)	1. Soak chicken in water 20 minutes or until fully rehydrated. Stir occasionally. Drain well. Set meat aside for use in Step 6.
Onions, dehydrated, chopped Peppers, green, dehydrated Water, warm Shortening, melted Garlic, dehydrated Tomatoes, canned, crushed Sugar Salt Pepper, black Worcestershire sauce	6 3/4 oz 8 oz 12 oz 25 lb 8 oz 4 oz 4 oz 1/2 oz 2 oz	2 cups 1 1/2 qt (2 cans) 1 gal 1 1/2 cups 2 tsp 3 gal (4 cans) 1/2 cup 6 tbsp 2 tbsp 1/4 cup	2. Soak onions and peppers in water 20-30 minutes. Drain well. Reserve liquid for use in Step 5. 3. Saute onions and peppers in shortening until tender. Cook over low heat 10 minutes or until tender. Add garlic 4. Add tomatoes, sugar and seasonings to sauteed vegetables. Bring to a boil; lower heat and simmer 10 minutes.
Flour, wheat, general purpose, stirred Reserved liquid, hot	8 oz	2 cups 2 cups	5. Blend flour and liquid to make a smooth paste. Add to sauce and simmer 5 minutes, stirring constantly until sauce is thickened. 6. Pour sauce over chicken. Heat to serving temperature. Serve over rice.

Notes: 1. 10 29-oz cans Chicken, canned, boned, may be substituted for Chicken, dehydrated, cooked, diced and water.
2. 2 1/2 discs of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.

G-26		**CHILI CON CARNE * (Dehydrated)**	
YIELD: 6 gal - 100 portions			SIZE OF SERVING: 1 cup
Chili con carne, dehydrated w/beans, precooked Water, boiling	20 lb	8 No. 10 cans 4 1/2 gal	1. Pour water evenly over chili con carne. 2. Stir slightly to distribute water. Let stand 10 minutes or until fully rehydrated. 3. Stir, heat to serving temperature.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
G-27		**CHILI CON CARNE * (Canned)**	
YIELD: 6 1/4 gal - 100 portions			SIZE OF SERVING: 1 cup
Onions, dehydrated, chopped Peppers, green, dehydrated Water, warm Shortening, melted	8 oz 10 3/4 oz 1 lb 4 oz	2 2/3 cups 2 qt 1 3/4 gal 2 1/2 cups	1. Soak onions and peppers in water 20-30 minutes. Drain well. 2. Saute onions and peppers in shortening. Cook over low heat 10 minutes or until tender. Set aside for use in Step 4.
Chili con carne, canned, w/o beans	27 lb	3 gal (4 cans)	3. Heat chili over medium flame to boiling point. Reduce flame; skim off excess fat.
Salt Beans, kidney, canned	 20 lb 10 oz	2 1/4 tsp 2 1/4 gal (3 cans)	4. Blend in sauteed vegetables, salt and kidney beans. Simmer 15 minutes or until thoroughly heated.

Note: 3 discs of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.

G-28		**CHILI MACARONI (Dehydrated) ***	
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 1 1/4 cups
Onions, dehydrated, chopped Water, warm	2 1/2 oz	3/4 cups 2 cups	1. Soak onions in water 20-30 minutes. Drain well.
Water, boiling Macaroni	 6 lb	3 gal 1 1/2 gal	2. Add macaroni slowly to boiling water. Boil 12-15 minutes or until tender. Stir occasionally to prevent sticking. Drain well.
Chili con carne, dehydrated, w/beans, pre-cooked Cheese, processed, American, dehydrated Water, boiling Tomatoes, canned	11 lb 14 oz 3/4 lb 6 lb 6 oz	4 3/4 No.10 cans 3/4 qt (1/4 can) 3 gal 3 qt (1 No.10 can)	3. Combine dehydrated chili and cheese; blend well. Add chili mixture, tomatoes, and onions to water. Bring to a simmer. Stir carefully; do not break beans. 4. Arrange cooked macaroni in 2 roasting pans. Pour 1/2 of chili meat mixture in each pan. 5. Bake in moderate oven (medium flame) 30 minutes or until bubbly.

Notes: 1. 1 disc of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.
2. Cover pan if product starts to dry out.

G-29		**CHILI MACARONI * (Canned)**	
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 1 1/4 cups
Onions, chopped, dehydrated	1 lb	5 cups	1. Soak onions in water 20-30 minutes. Drain well.
Water, boiling Macaroni	 8 lb	4 gal 2 gal	2. Add macaroni slowly to boiling water. Boil 12-15 minutes or until tender. Stir occasionally to prevent sticking. Drain well.
Water, warm Shortening, melted	 12 oz	3 qt 1 1/2 cups	3. Saute onions in shortening. Cook over low heat 10 minutes or until tender.
Chili con carne, canned, w/o beans	27 lb	3 gal (4 cans)	4. Heat chili to boiling point. Reduce heat; skim off excess fat.
Tomatoes, canned Water Salt Pepper, black Cheese, processed, American, dehydrated	12 lb 12 oz 4 oz 3/4 oz 1 lb 14 oz	1 1/2 gal (2 cans) 2 qt 6 tbsp 3 tbsp 2 qt (2/3 can)	5. Add macaroni, sauteed onions, tomatoes, water, salt, and pepper. 6. Pour 4 gal chili mixture into each pan. 7. Mix cheese and water until blended.
Water		1 7/8 cups	8. Sprinkle cheese over top of mixture in each pan. 9. Bake in moderate oven (medium flame) 30 minutes or until cheese is browned and mixture is thoroughly heated.

Note: 6 discs of Onion, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
G-30	**BAKED HAM, MACARONI AND TOMATOES ***		
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 1 cup
Onions, dehydrated, chopped Peppers, green, dehydrated Water, warm	8 oz 5 1/3 oz	2 1/3 cups 1 qt 6 qt	1. Soak onions and peppers in water 20-30 minutes. Drain well. Set aside for use in Step 4.
Ham chunks w/juice, canned	16 lb 5 oz	9 29-oz cans	2. Open and drain cans. Chop ham into 3/4" pieces. Set aside for use in Step 6.
Macaroni Water, boiling	4 lb 8 oz	4 1/2 qt 3 gal	3. Add macaroni slowly to boiling water. Boil 12-15 minutes or until tender. Stir occasionally to prevent sticking. Drain well. Set aside for use in Step 6.
Shortening, melted Garlic, dehydrated	1 lb	2 cups 3/4 tsp	4. Saute onions, and peppers in shortening. Cook over low heat 10 minutes or until tender but not brown. Add garlic.
Tomatoes, canned Sugar, granulated	19 lb 2 oz 2 oz	2 1/4 gal (3 cans) 1/4 cup	5. Combine sauteed vegetables, tomatoes, and sugar. Bring to a boil. Reduce heat and simmer 10 minutes. 6. Combine ham, sauce, and macaroni. Place about 3 gal in each pan. 7. Bake 25 minutes in moderate oven (medium flame).
Cheese, processed, American, dehydrated Water	1 lb 3 oz	5 cups (2/5 No. 10 can) 2 1/2 cups	8. Mix cheese and water until blended; sprinkle over top. Bake an additional 10 minutes or until cheese is lightly browned.

Note: 3 discs of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.

G-31-M	**HAM AND PEPPER HASH**		
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 1 cup
Potatoes, white, dehydrated, diced Water, boiling	5 lb	5 3/4 qt (2 1/4 cans) 4 gal	1. Bring water to a boil; add potatoes; quickly return to a boil; simmer 15 minutes. Drain.
Peppers, green, dehydrated Onions, dehydrated, chopped Water, warm Margarine, melted	10 oz 5 oz 1 lb 4 oz	7 1/2 cups (2 1/4 cans) 1 1/2 cups 3 1/4 qt 2 1/4 cups	2. Soak onions and peppers in water 20-30 minutes. Drain well. 3. Saute onions and peppers in margarine. Cook over low heat 10 minutes or until tender.
Ham chunks w/juices, canned Juice, tomato, canned, concentrated, (3 plus 1) Water Salt	21 lb 12 oz 1 lb 11 oz 1 oz	12 29-oz cans 3/4 36-oz can 2 1/2 qt 1 1/2 tbsp	4. Chop ham into 1/4" pieces. Combine concentrated tomato juice, water, and salt. Add to ham mixture. Mix well. 5. Place half of mixture in each pan. Bake in moderate oven (medium flame) 25 minutes.

Note: 2 discs of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.

G-32	**HAM CHUNKS WITH PINEAPPLE SAUCE ***		
YIELD: 100 portions			SIZE OF SERVING: 1 cup ham, 1/4 cup sauce
Ham chunks w/juices, canned	36 1/4 lb	20 29-oz cans	1. Open cans. Heat ham chunks; drain stock for use in Step 2.
Pineapple, canned, crushed Vinegar, dry Reserved liquid and water Raisins (optional) Mustard, prepared	13 lb 10 oz 1 oz 12 oz 1 oz	1 1/2 gal (2 cans) 3 tbsp 5 1/2 cups 2 1/4 cups 2 tbsp	2. Combine pineapple, vinegar, reserved liquid, raisins, and mustard. Bring to a boil and simmer 5 minutes. Remove from heat.
Sugar, granulated Starch, pregelatinized	12 oz 4 oz	1 3/4 cups 7/8 cup	3. Combine sugar and starch. Mix well and add slowly to hot mixture, stirring until thickened. 4. Serve over hot ham chunks.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
G-33-M		**SCALLOPED HAM AND POTATOES ***	
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 1 cup
Onions, dehydrated, chopped Water, warm	2 oz	3/4 cup 1 1/2 cups	1. Soak onions in water 20-30 minutes. Drain well. Set aside for use in Step 6.
Ham chunks w/juices, canned	20 lb	11 29-oz cans	2. Open and drain cans. Reserve 1 1/4 qt juice for use in Step 4.
Potatoes, white, dehydrated, diced Water, boiling	3 lb 7 oz	4 qt (1 3/4 cans) 2 3/4 gal	3. Bring water to a boil; add potatoes; quickly return to a boil; simmer 15 minutes. Drain. Set aside for use in Step 9.
Milk, dry, nonfat Water Reserved juice	2 lb 7 oz	8 2/3 cups 10 qt 1 1/4 qt	4. Reconstitute milk. Add reserved juice. Heat to just below boiling. *DO NOT BOIL.*
Margarine, melted Flour, wheat, general purpose, stirred	3 lb 1 lb 8 oz	6 cups 1 1/2 qt	5. Combine margarine and flour; stir until smooth. Add to milk, stirring constantly. 6. Add onions and simmer 5 minutes or until thickened.
Cheese, American, processed, dehydrated Water	12 oz	3 1/4 cups (1/4 can) 3/4 cup	7. Combine cheese and water. Add to hot sauce and stir until thickened. 8. Combine ham, potatoes and sauce. Place about 3 1/8 gal in each pan. 9. Bake in moderate oven (medium flame) 25 minutes or until heated and lightly brown.

Note: 3/4 disc of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.

G-34		**BAKED LUNCHEON MEAT WITH MUSTARD GLAZE SAUCE ***	
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 1 slice plus sauce
Luncheon meat, canned	24 lb	4 6-lb cans	1. Slice meat 25 slices per can. Arrange in roasting pans.
Sugar, granulated Mustard, prepared Vinegar, dry Water Cinnamon, ground	3 1/2 lb 1 lb 2 oz 1/2 oz	2 qt 2 cups 1/4 cup 1 1/2 qt 2 tbsp	2. Combine sugar, mustard, vinegar, water and cinnamon. Stir to mix. Bring to a boil. Lower heat and simmer 5 minutes. 3. Pour about 1 3/4 qt sauce over meat in each pan. 4. Bake in moderate oven (medium flame) 50 minutes.

G-35		**SCALLOPED LUNCHEON MEAT AND POTATOES**	
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 1 cup
Onions, dehydrated, chopped Water for onions	2 oz	3/4 cup 1 1/2 cups	1. Soak onions in water 20-30 minutes. Drain well. Set aside for use in. Step 6.
Luncheon meat, canned	20 lb	3 1/3 6-lb cans	2. Dice luncheon meat into 1/2 inch cubes. Reserve for use in Step 8.
Potatoes, white, dehydrated, diced Water, boiling	3 lb 7 oz	4 qt (1 3/4 can) 2 3/4 gal	3. Bring water to a boil; add potatoes; quickly return to a boil; simmer 15 minutes. Drain. Set aside for use in Step 8.
Milk, nonfat, dry Water	2 lb 7 oz	8 2/3 cups 11 1/4 qt	4. Reconstitute milk. Heat to just below boiling. *DO NOT BOIL.*
Margarine, melted Flour, wheat, general purpose, stirred	3 lb 1 lb 8 oz	6 cups 1 1/2 qt	5. Mix margarine and flour together; stir until smooth. Add to milk, stirring constantly. 6. Add onions and simmer 5 minutes until thickened.
Cheese, processed, American, dehydrated Water	12 oz	3 1/4 cups (1/4 can) 3/4 cup	7. Combine cheese and water. Add to hot sauce and stir until thickened. 8. Combine luncheon meat, potatoes and sauce. Place about 3 1/8 gal in each pan. 9. Bake in moderate oven (medium flame) 25 minutes or until heated and lightly browned

Note: 3/4 disc of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
G-36		**BAKED LUNCHEON MEAT WITH PINEAPPLE SAUCE ***	
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 1 slice, 1/4 cup sauce
Luncheon meat, canned Pineapple, canned, crushed Vinegar, dry Water Mustard, prepared Sugar, granulated Starch, pregelatinized 22	24 lb 13 lb 10 oz 1 oz 1 oz 12 oz 4 oz	4 6-lb cans 1 1/2 gal (2 cans) 3 tbsp 4 1/2 cups 2 tbsp 1 3/4 cups 7/8 cup	1. Slice meat 25 slices per can. Arrange in roasting pans. 2. Combine pineapple, vinegar, water, and mustard. Bring to a boil and simmer 5 minutes. Remove from heat. 3. Combine sugar and starch. Mix well and add slowly to hot mixture, stirring until thickened. 4. Pour 3 qt of sauce in each pan. Bake in moderate oven (medium flame) 30-35 minutes.
G-37		**GRILLED LUNCHEON MEAT ***	
YIELD: 100 portions			SIZE OF SERVING: 1 slice
Luncheon meat, canned Shortening	24 lb 1 lb 8 oz	4 6-lb cans 3 cups	1. Slice meat 25 slices per can. 2. Grill meat until browned on both sides.
1. GRILLED LUNCHEON MEAT AND CREAM GRAVY Milk, dry, nonfat Water, hot Shortening and browned particles from grill Flour, wheat, general purpose, stirred Salt Pepper, black	 1 lb 12 oz 1 lb 8 oz 1 lb 3 oz	 6 1/4 cups 7 1/2 qt 3/4 qt 1 qt 4 1/2 tbsp 2 tsp	Follow Steps 1-2. Reconstitute milk. Heat shortening and brown particles from grill in sauce pan. Stir flour into hot fat. Add milk and stir until blended. Simmer for 5 minutes, stirring occasionally until gravy is thickened. Season with salt and pepper. Pour over luncheon meat. Keep warm until served.
2. MUSTARD GRILLED LUNCHEON MEAT Mustard, prepared	 12 oz	 1 1/2 cups	Follow Step 1. Mix mustard with melted fat. Grill meat in mixture until browned on both sides.
G-38		**LUNCHEON MEAT SANDWICH**	
YIELD: 100 portions			SIZE OF SERVING: 2 sandwiches
Luncheon meat, canned Bread Mustard, prepared	24 lb 32 lb 4 lb	4 6-lb cans 400 slices 2 qt	1. Slice meat 100 slices per can. 2. Spread mustard on bread. Add 2 slices of meat, top with second slice of bread.
G-39		**PORK CHOPS IN TOMATO SAUCE ***	
YIELD: 2 roasting pans, 6 x 17 5/8 x 2 1/8 inch, 100 portions			SIZE OF SERVING: 2 chops, 1/4 cup sauce
Pork chops, dehydrated, uncooked Water, warm	12 lb 8 oz	10 No. 10 cans 5 gal	1. Soak pork in water 20 minutes or until fully rehydrated. Drain well. Reserve liquid for use in Step 8.
Flour, wheat, general purpose, stirred Salt Pepper, black	6 lb 4oz 1/2 oz	6 qt 6 tbsp 2 tbsp	2. Mix flour, salt, and pepper. Dredge pork chops in flour to coat each side.
Egg mix, dehydrated Water	1 lb 4 oz	5 cups (1 No. 3 cyl can) 1 3/4 qt	3. Add 1 qt water to egg mix and stir until smooth. Add remaining water and whip until blended. 4. Dip floured pork chop into egg mixture and drain. 5. Dredge again in flour mixture. Set aside for use in Step 10.
Onions, dehydrated, chopped Peppers, green, dehydrated Water, warm Shortening, melted Garlic, dehydrated	6 oz 5 1/3 oz 1 lb	1 3/4 cups 4 cups 3 qt 2 cups 1 tsp	6. Rehydrate onions and peppers in water 20-30 minutes. Drain well. Saute onions and peppers in shortening. Cook over low heat 10 minutes or until tender. Add garlic.
Soup and Gravy base, chicken flavored Reserved liquid and water, boiling	4 oz	10 tbsp 1 gal	8. Dissolve soup base in liquid.
Pepper, black Tomatoes, canned, crushed Worcestershire sauce	1/4 oz 12 lb 12 oz 6 oz	1 tbsp 6 qt (2 No. 10 cans) 3/4 cup	9. Add pepper, tomatoes, and Worcestershire sauce to stock. Mix well. Add onions and peppers. Heat to boiling.
Shortening	2 lb	1 qt	10. Brown pork chops in 1 inch of hot shortening about 2 min per side. Arrange in roasting pans. Pour sauce over meat. 11. Bake in moderate oven, 30 min.

Note: 2 1/4 discs of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
G-40	**BAKED PORK CHOPS WITH MUSTARD SAUCE**		
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 2 chops, 2 tbsp sauce
Pork chops, dehydrated, uncooked Water, warm	12 lb 8 oz	10 No. 10 cans 5 gal	1. Soak pork in water 20 minutes or until fully rehydrated. Drain well.
Sugar, granulated Mustard, prepared Vinegar, dry Water Cinnamon, ground	3 lb 8 oz 1 lb 2 oz 2 oz 1/2 oz	2 qt 1/2 qt 6 tbsp 1 1/4 qt 2 tbsp	2. Combine ingredients. Mix well. Bring to a boil and simmer 5 minutes. 3. Pour sauce over pork chops, about 1 qt per pan. 4. Bake in moderate oven (medium flame) 30 minutes.
G-41-1	**BREADED PORK CHOPS AND CREAM GRAVY ***		
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 2 chops, 1/4 cup gravy
Pork chops, dehydrated, uncooked Water, warm,	12 lb 8 oz	10 No. 10 cans 5 gal	1. Soak pork in water 20 minutes or until fully rehydrated. Drain well; reserve liquid for gravy in Step 7.
Flour, wheat, general purpose, stirred Salt Pepper, black	6 lb 4 oz 1/2 oz	6 qt 6 tbsp 2 tbsp	2. Mix flour, salt, and pepper; dredge pork chops in flour mixture to coat each side.
Egg mix, dehydrated Water Shortening	1 lb 4 oz 2 lb	5 cups (1 can) 1 3/4 qt 1 qt	3. Add 1 qt water to egg mix and stir until smooth. Add remaining water and whip until blended. 4. Dip floured pork chops into egg mixture and drain. 5. Dredge again in flour mixture. 6. Brown chops in 1 inch of hot shortening in roasting pan about 2 minutes per side.
Milk, dry, nonfat Reserved liquid and water, hot Shortening and brown particles from roasting pan Flour, wheat, general purpose, stirred Salt Pepper, black	1 lb 12 oz 1 lb 8 oz 1 lb 3 oz 1/2 oz	6 1/3 cups 7 1/2 qt 3/4 qt 1 qt 4 1/2 tbsp 2 tbsp	7. Reconstitute milk in reserved liquid. Brown flour in shortening and drippings on low heat until flour is a rich brown color. Add milk gradually, stirring constantly. Simmer for 5 minutes until gravy is thickened, stirring occasionally. 8. Pour gravy over chops. Bake in moderate oven 30 minutes.
2. GRILLED PORK CHOPS AND CREAM GRAVY Shortening	8 oz	1 cup	Follow Step 1. Omit Steps 2-6. Grill chops quickly on a hot greased griddle about 2 minutes per side. Follow Steps 7-8.
G-42	**FRENCH FRIED SHRIMP**		
YIELD: 100 portions			SIZE OF SERVING: 1/2 cup (8-10 shrimp)
Shrimp, dehydrated, cooked Water, warm	3 lb 4 oz	4 No. 10 cans 3 gal	1. Soak shrimp in water 20 minutes or until fully rehydrated. Drain and reserve shrimp for use in Step 5.
Egg mix, dehydrated Water, lukewarm	6 oz	1 2/3 cups 3 1/2 cups	2. Add 2 cups water to egg mix and stir until smooth. Add remaining water and whip until blended. 3. Let stand 5 minutes.
Flour, wheat, general purpose, stirred Salt Baking powder	2 lb 1 oz 1 1/4 oz	2 qt 1 1/2 tbsp 2 2/3 tbsp	4. Combine dry ingredients. Add to egg mix, stirring until smooth.
Shortening, melted (1/2 inch depth in pan)	5 lb 8 oz	1 No 10 can	5. Dip shrimp in batter; drain slightly over batter. Drop directly into hot fat and fry over medium flame 3-5 minutes or until light brown. Add more shortening as needed.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
G-43-1		SCALLOPED SHRIMP AND PEAS	
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 3/4 cup
Shrimp, dehydrated, cooked Water, warm Onions, dehydrated, chopped	3 lb 4 oz 1 1/2 oz	4 No. 10 cans 3 gal 1/2 cup	1. Soak shrimp and onions in water 20 minutes or until fully rehydrated. Drain and reserve liquid for use in Step 3. Set aside shrimp for use in Step 10.
Peas, canned	13 lb 2 oz	1 1/2 gal (2 cans)	2. Drain peas and reserve liquid for use in Step 3.
Milk, dry, nonfat Reserved liquids and water	1 lb 12 oz	6 1/3 cups 7 1/2 qt	3. Reconstitute milk. 4. Heat milk slowly to just below boiling point. Stir occasionally to prevent scorching.
Margarine Flour, wheat, general purpose, stirred Salt Pepper, black	1 lb 1 lb 2 oz 4 oz	2 cups 1 1/8 qt 6 tbsp 2 tsp	5. Melt margarine; stir in flour. Mix until smooth. 6. Add mixture slowly to the hot milk, stirring constantly until sauce is smooth. 7. Bring sauce to a boil and cook 5 minutes. Stir occasionally to prevent scorching. 8. Season sauce with salt and pepper.
Bread, cubes Margarine, melted	2 lb 1 lb	1 gal 2 cups	9. Mix bread cubes with melted margarine. 10. Divide shrimp and onions equally between two roasting pans. 11. Cover shrimp with sauce (2 qt per pan), add layer of peas (3 qt, 1 No. 10 can per pan) and cover with layer of sauce (2 qt per pan). 12. Spread bread crumbs over sauce. 13. Bake in moderate oven (medium flame) 30 minutes.
2. SCALLOPED SALMON AND PEAS Salmon, canned, drained	20 lb	20 No. 1 tall cans	In Step 1, substitute salmon for shrimp. Drain and flake salmon, discarding skin and bones. Soak onions in 1/2 gal water. Drain well and add to salmon. Follow Steps 2-13.

Notes: 1. 2 No. 2 1/ 2 cans (2 lb 6 oz) Peas, dehydrated, compressed, may be substituted for Peas, canned. Add peas to 2 gal boiling water. Remove from heat, stir, cover, and let stand 12-15 minutes. Drain peas and reserve liquid for sauce in Step 3.
2. 1/2 disc of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.

G-44		SHRIMP CREOLE *	
YIELD: 100 portions			SIZE OF SERVING: 8 to 10 shrimp, 1/2 cup sauce
Shrimp, dehydrated, cooked Water, warm	3 lb 4 oz	4 No. 10 cans 3 gal	1. Soak shrimp in water 20 minutes or until fully rehydrated. Drain well. Reserve shrimp for use in Step 5.
Onions, dehydrated, chopped Peppers, green, dehydrated Water, warm Shortening, melted Garlic, dehydrated	6 2/3 oz 8 oz 12 oz	2 cups 1 1/2 qt (2 cans) 1 1/2 gal 1 1/2 cups 2 tsp	2. Soak onions and peppers in water 20-30 minutes. Drain and reserve liquid for use in Step 4. Saute vegetables in shortening. Cook over low heat 10 minutes or until tender. Add garlic.
Tomatoes, canned, crushed Salt Pepper, black Sugar Worcestershire sauce	25 lb 8 oz 4 oz 1/2 oz 4 oz 2 oz	3 gal (4 No. 10 cans) 6 tbsp 2 tbsp 1/2 cup 1/4 cup	3. Add tomatoes, seasonings, sugar, and Worcestershire sauce to sauteed vegetables. Bring to a boil; lower heat and simmer 10 minutes.
Flour, wheat, general purpose, stirred Reserved liquid	8 oz	2 cups 2 cups	4. Blend flour and liquid to make a smooth paste. Add to sauce and simmer 5 minutes, stirring constantly until sauce is thickened. 5. Pour sauce over the shrimp. Heat to serving temperature. Serve over rice.

Note: 2 1/2 discs of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
G-45		**BAKED TUNA AND MACARONI**	
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 1 1/2 cup
Tuna, canned	20 lb	5 4-lb cans	1. Drain and flake tuna. Set aside for use in Step 7. Reserve liquid for use in Step 4.
Onions, dehydrated, chopped Peppers, green, dehydrated Water, warm	5 3/4 oz 5 oz	1 3/4 cups 3 3/4 cups 3 1/2 qt	2. Soak onions and peppers in water 20-30 minutes. Drain. Reserve for Step 5.
Milk, dry, nonfat Water	3 lb 4 oz	11 1/4 qt 3 3/4 gal	3. Reconstitute milk; simmer. *DO NOT BOIL.*
Flour, wheat, general purpose, stirred Reserved liquid Margarine, melted Salt	2 lb 12 oz 4 oz	2 qt 3 1/2 cups 1 1/2 cups 6 tbsp	4. Combine ingredients. Add to milk, simmer 5 minutes stirring constantly, until thickened. 5. Add onions and peppers to sauce; bring to a boil, stirring constantly to prevent scorching.
Water, boiling Macaroni	9 lb	6 gal 2 1/4 gal	6. Add macaroni to boiling water. Boil 12-15 minutes or until tender. Stir occasionally to prevent sticking. Drain well. 7. Combine tuna and macaroni with sauce. Mix well. Pour about 4 3/4 gal into each greased pan. 8. Bake in hot oven (high flame) 20 minutes or until heated thoroughly.

Note: 2 discs of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.

G-46-1		**FRIED FISH SQUARES**	
YIELD: 100 portions			SIZE OF SERVING: 1 1/2 squares
Fish squares, dehydrated Water, cool		8 No. 10 cans 3 gal	1. Cover fish squares with water. Do not stack more than 3 layers deep. Let soak until all portions of the fish are moistened, 3-8 minutes. Drain. Let fish stand at least 30 minutes before cooking to equalize moisture.
Bread (crumbs, dry, ground) Flour, wheat, general purpose, stirred Salt Pepper, black	1 lb 8 oz 1 lb 12 oz 5 oz	1 1/2 qt 1 3/4 qt 1/2 cup 1 1/2 tbsp	2. Mix bread crumbs, flour, salt, and pepper. 3. Dredge fish in flour mixture.
Shortening, melted	2 lb	1 qt	4. Fry in shallow, hot fat for approximately 3 minutes or until brown. Drain and serve.
2. FISH WITH CORNBREAD COATING * Cornbread mix	4 lb 8 oz	3 1/4 qt (1 No. 10 can)	Follow Step 1. In Step 2, omit bread crumbs and flour. Combine cornbread mix (discard soda packet) with salt and pepper. Follow Step 3-4.

G-47		**SALMON LOAF**	
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 1 slice (4 oz)
Onions, dehydrated Water, warm	1 1/2 oz	1/2 cup 1 1/4 cups	1. Soak onions in water 20-30 minutes. Drain well.
Salmon, canned	19 lb 6 oz	2 1/2 gal (20 cans)	2. Drain and flake salmon, discarding skin and bones. Set aside for use in Step 6. Reserve juice for use in Step 3.
Potatoes, white, instant, granules Milk, dry, nonfat Salt	4 lb 3 1/4 oz 1 oz	2 qt (2/3 No. 10 can) 3/4 cup 1 2/3 tbsp	3. Combine instant potatoes, milk and salt.
Reserved juice and water, boiling Margarine	 8 oz	1 1/4 gal 1 cup	4. Combine liquid and margarine. Add potato mixture rapidly to hot liquid. Whip until smooth. Let potato mixture stand to cool.
Egg mix, dehydrated Water, warm	10 oz	2 1/2 cups (1/2 can) 3 cups	5. Add 1 cup water to egg mix; stir to smooth. Add remaining water and blend.
Pepper, black		2 tsp	6. Combine all ingredients. Mix lightly but thoroughly. Shape into 8 loaves; place 4 loaves crosswise in each greased pan. 7. Bake in moderate oven (medium flame) 45 minutes or until light brown. Cut 13 slices per loaf.

Note: 1/2 disc of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
G-48		**TUNA LOAF**	
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 1 slice (4 oz)
Tuna, canned	20 lb	5 4-lb cans	1. Drain and flake tuna. Set aside for use in Step 5. Reserve juice for use in Step 4.
Onion, dehydrated, chopped Water Margarine, melted	2 1/2 oz 8 oz	2/3 cup + 3 tbsp 2 cups 1 cup	2. Soak onions in water 20-30 minutes. Drain well. 3. Saute onions in margarine. Cook over low heat 10 minutes or until tender.
Egg mix, dehydrated Reserved juice and liquid, warm	10 oz	2 1/2 cups (1/2 can) 3/4 qt	4. Add 1 cup of liquid to egg mix; stir until smooth; add remaining liquid and blend.
Bread crumbs, dry Pepper, black	4 lb	1 gal 1 1/2 tsp	5. Combine all ingredients. Mix lightly but thoroughly. Shape into 8 loaves; place 4 loaves crosswise in each greased pan. 6. Bake in moderate oven (medium flame) 45 minutes or until light brown. Cut 13 slices per loaf.

Note: 1 disc of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.

INGREDIENTS	WEIGHTS AND MEASURES			METHOD
G-49-M-1		**THIN MEAT *** **BEEF, CHICKEN, PORK, VEAL,**		
				SIZE OF SERVING: 1 cup
	5 SERVINGS	10 SERVINGS	25 SERVINGS	
Meat, strained w/ broth, beef, chicken, pork OR veal Water, warm Margarine, softened Soup and gravy base	2 cans 2 cups 1/4 cup 1 1/3 tbsp	4 cans 1 qt 1/2 cup 2 2/3 tbsp	10 cans 2 1/2 qt 3/4 cup 1 /4 cup	1. Combine all ingredients. Blend well. Strain. 2. Heat to serving temperature stirring occasionally.
2. THIN MEAT, CREAMY Milk, dry, nonfat Catsup	 2/3 cup 1 tbsp	 1 1/3 cups 2 tbsp	 3 1/3 cups 5 tbsp	 In Step 1, add milk and catsup.

Note: Use beef-flavored soup and gravy base with the beef and chicken-flavored soup and gravy base with the chicken, pork and veal.

8. SALADS

INGREDIENTS	WEIGHTS	MEASURES	METHOD
H-1-M-1		**CABBAGE AND GREEN PEPPER SALAD WITH PICKLE DRESSING ***	
YIELD: 3 gal - 100 portions			SIZE OF SERVING: 1/2 cup
Cabbage, dehydrated, compressed Peppers, green, dehydrated Water	2 lb 13 oz 4 1/2 oz	3 No. 2 1/2 cans 1 No. 2 1/2 can 3 1/2 gal	1. Break discs into fourths; soak vegetables in water 1 hour or until fully rehydrated. Drain.
Sugar, granulated Salt Pepper, black Vinegar, dry Water	1 lb 12 oz 2 oz 4 oz	1 qt 3 tbsp 2 tsp 3/4 cup 1 1/4 qt	2. Combine ingredients. Pour over cabbage; toss and serve.
2. CABBAGE AND CARROT SALAD WITH COOKED SALAD DRESSING * Carrots, shredded, dehydrated, compressed Sugar, granulated Flour, wheat, general purpose, stirred Water Mustard, prepared Salt Vinegar, dry Water Margarine	 1 lb 2 oz 7 oz 4 oz 1 1/4 oz 1 1/2 oz 8 oz	 3 discs 2 1/2 cups 1 3/4 cups 2 qt 1/2 cup 1 2/3 tbsp 1/4 cup 1 1/2 cups 1 cup	 In Step 1, substitute carrots for green peppers. Omit Step 2. Mix sugar and flour together until well blended. Add water and mix until smooth. Heat, stirring constantly, simmer for 5 minutes, until thickened. Add margarine and blend until melted. Cool; pour over cabbage, toss and serve.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
H-2-M		**CARROTS, CABBAGE AND PINEAPPLE SLAW ***	
YIELD: 100 portions			SIZE OF SERVING: 1/2 cup
Cabbage, dehydrated, compressed Carrots, shredded, dehydrated, compressed Water, cool	1 lb 7 oz 6 oz	1 1/2 No. 2 1/2 cans 3 discs (1/2 cans) 5 gal	1. Break discs into fourths; soak vegetables in water 1 hour or until rehydrated. Drain.
Pineapple, canned, sliced	6 lb 12 oz	1 No. 10 can	2. Drain fruit. Reserve juice for use in Step 6. 3. Cut fruit into 1/2" pieces. 4. Combine fruit and vegetables.
Sugar, granulated Flour, wheat, general purpose, stirred	1 lb 2 oz 7 oz	2 1/2 cups 1 3/4 cups	5. Mix sugar and flour together until well blended.
Pineapple juice and water		2 qt	6. Add liquid. Mix until smooth.
Mustard, prepared Salt Vinegar Water	4 oz 1 oz 1 1/2 oz	1/2 cup 1 2/3 tbsp 1/4 cup 1 1/2 cup	7. Add mustard, salt, vinegar and water. Heat, stirring constantly, simmmer for 5 minutes until thickened.
Margarine	8 oz	1 cup	8. Add margarine and blend until melted. Cool. 9. Add to fruit and vegetable mixture; toss.
H-3		**CARROT AND RAISIN SALAD ***	
YIELD: 100 portions			SIZE OF SERVING: 1/3 cup
Carrots, shredded, dehydrated, compressed Water, cool	1 lb 4 oz	10 discs (1 2/3 cans) 6 3/4 qt	1. Break discs into fourths. Add water; let stand 45 minutes or until fully rehydrated. Stir to break apart. Drain well.
Raisins	3 lb	2 1/4 qt	2. Wash and drain raisins; add to carrots; mix.
Sugar, granulated Flour, wheat, general purpose, stirred Water	12 oz 5 oz	1 3/4 cups 1 1/4 cups 5 1/4 cups	3. Blend sugar and flour together. 4. Add water and mix until smooth.
Mustard, prepared Salt Vinegar, dry Water	2 2/3 oz 1/2 oz 1 oz	1/3 cup 1 tbsp 3 tbsp 1 cup	5. Add mustard, salt, vinegar, and water. Heat, stirring constantly, simmer for 5 minutes until thickened.
Margarine	5 1/3 oz	2/3 cup	6. Add margarine and blend until melted. Cool. 7. Add to carrot and raisin mixture; toss.
H-4-1		**PINEAPPLE AND COTTAGE CHEESE SALAD ***	
YIELD: 100 portions			SIZE OF SERVING: 1 pineapple slice, 1/4 cup cheese
Cheese, cottage, dehydrated Water Pineapple, canned, sliced, drained	2 lb 2 oz 13 lb 8 oz	2 No. 10 cans 4 1/4 qt 2 No. 10 cans	1. Combine cheese and water, wetting all particles. Let stand 10 minutes or until fully rehydrated. 2. Drain fruit. Place 1/4 cup cottage cheese on each pineapple slice.
2. PEACH AND COTTAGE CHEESE SALAD *			
Peaches, canned, quarters or slices, drained	13 lb 8 oz	2 No. 10 cans	In Step 2, substitute 2 quarters or 4 slices of peaches per serving.
H-5		**PEAR AND CHEESE SALAD**	
YIELD: 100 portions			SIZE OF SERVING: 1 pear half with cheese ball
Cheese, processed, American, dehydrated Water Pears, canned, drained	1 lb 6 oz 19 lb 14 oz	5 1/2 cups 1 1/2 cups 2 1/4 gal (3 cans)	1. Add water to cheese. Blend well. 2. Form into small balls. 3. Serve one pear half with ball of cheese in center.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
H-6-M	**GARDEN COTTAGE CHEESE SALAD ***		
YIELD: 100 portions			SIZE OF SERVING: 1/4 cup
Cheese, cottage, dehydrated Water	2 lb 2 oz	2 No. 10 cans 4 1/4 qt	1. Combine cheese and water, wetting all particles. Let stand 10 minutes or until fully rehydrated.
Peppers, green, dehydrated Water, cold	2 oz	1 1/2 cups 1 qt	2. Soak green peppers in water 2 hours or until fully rehydrated. Drain.
Carrots, shredded, dehydrated, compressed Onions, dehydrated, chopped Water, cold	3 oz	1/2 disc 1 cup 1 qt	3. Add carrot disc and onions to water. Let stand 45 minutes or until fully rehydrated. Stir to break apart. Drain well. 4. Combine vegetables. Toss lightly. 5. Add cottage cheese and mix gently.

Note: 1 1/4 discs of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.

9. SOUPS

I-1	**BEEF NOODLE SOUP ***		
YIELD: 6 1/4 gal - 100 portions			SIZE OF SERVING: 1 cup
Soup, dehydrated, beef flavored, w/noodles and vegetables Water, boiling	4 lb 12 oz	4 No. 2 1/2 cans 6 1/2 gal	Stir soup into boiling water. Cover and simmer 7 minutes.
I-2	**CHICKEN NOODLE SOUP ***		
YIELD: 6 1/4 gal - 100 portions			SIZE OF SERVING: 1 cup
Soup, dehydrated, chicken flavored, w/noodles Water, boiling	4 lb 12 oz	4 No. 2 1/2 cans 6 1/2 gal	Stir soup into boiling water. Cover and simmer 7 minutes.
I-3	**ONION SOUP ***		
YIELD: 6 1/4 gal - 100 portions			SIZE OF SERVING: 1 cup
Soup, dehydrated, onion Water, boiling	2 lb 8 oz	2 No. 2 1/2 cans 6 1/4 gal	Stir soup into boiling water. Cover and simmer 10 minutes.
I-4	**POTATO SOUP**		
YIELD: 6 1/4 gal - 100 portions			SIZE OF SERVING: 1 cup
Bacon, precooked, sliced, canned Onions, dehydrated, chopped Salt Pepper, black Water Milk, dry, nonfat Potatoes, white, instant, granules	12 oz 5 1/2 oz 5 oz 1/4 oz 2 lb 8 oz 4 lb	1/6 No. 10 can 1 2/3 cups 1/2 cup 1 tbsp 6 gal 8 3/4 cups 2 qt (2/3 can)	1. Cook bacon (See Recipe G-1, Step 1) until crisp. Remove from heat. 2. Add onions, salt and pepper to bacon; mix well. 3. Add water and bring to a boil. 4. Blend together milk and instant potatoes; pour into hot water, stirring until smooth. 5. Simmer 5 minutes. *DO NOT BOIL.*

Note: 2 discs of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped. Rehydrate discs in 1 qt of water for 20 minutes before adding to bacon.

I-5	**TOMATO VEGETABLE NOODLE SOUP ***		
YIELD: 6 1/4 gal - 100 portions			SIZE OF SERVING: 1 cup
Soup, dehydrated, tomato-vegetable, w/noodles Water, boiling	4 lb	4 No. 2 1/2 cans 6 1/4 gal	Stir soup into boiling water. Cover and simmer 20 minutes.

INGREDIENTS	WEIGHTS AND MEASURES			METHOD
I-6-M	**BROTH * BEEF, CHICKEN**			
	5 SERVINGS	10 SERVINGS	25 SERVINGS	SIZE OF SERVING: 1 cup
Soup and gravy base, instant, beef flavored OR chicken flavored Water, boiling	3 1/3 tbsp 1 1/4 qt	6 2/3 tbsp 2 1/2 qt	1 cup + 2/3 tbsp 6 3/4 qt	Dissolve soup base in boiling water. Heat to serving temperature.

Note: For individual servings, dissolve 2 tsp soup base in 1 cup boiling water.

INGREDIENTS	WEIGHTS AND MEASURES			METHOD

I-7-M TOMATO BROTH *

	5 SERVINGS	10 SERVINGS	25 SERVINGS	SIZE OF SERVING: 1 cup
Juice, tomato, canned, concentrate (3 plus 1) Water, boiling Soup and gravy base, beef flavored	2 2/3 tbsp 1 1/4 qt 1 1/3 tbsp	1/3 cup 2 1/2 qt 2 2/3 tbsp	7/8 cup 6 1/4 qt 1/2 cup	1. Stir tomato juice concentrate into water. 2. Add soup and gravy base gradually; stirring to dissolve. Heat to serving temperature.

I-8-M STRAINED SOUPS *

	5 SERVINGS	10 SERVINGS	25 SERVINGS	SIZE OF SERVING: 1 cup
Prepared soup, Beef noodle, Chicken noodle OR Tomato-vegetable noodle	1 1/4 qt	2 1/2 qt	6 1/4 qt	Strain prepared soup to make a clear broth. Heat to serving temperature. Return strained solids to regular soup.

I-9-M THIN CREAM SOUPS *

	5 SERVINGS	10 SERVINGS	25 SERVINGS	SIZE OF SERVING: 1 cup
Soup, dehydrated, beef flavored w/noodles, chicken flavored w/noodles OR tomato-vegetable w/noodles Milk, dry, nonfat Water, warm	2/3 cup 2/3 cup 1 2/3 cups	1 1/3 cups 1 1/3 cups 3 1/3 cups	1 lb 3 oz (1 No. 2 1/2 can 3 2/3 cups 2 qt	1. Combine ingredients in blender. Blend on moderate speed until smooth.
Water, boiling	3 cups	1 1/2 qt	3 1/2 qt	2. Add soup mixture to boiling water. Mix well and simmer 10 minutes. Strain.

Notes: 1. For a uniform soup mix, stir contents of can well before measuring.
2. In Step 2, due to evaporation, it may be necessary to add extra water to give adequate yield.
3. 1 No. 2 1/2 can Soup, dehydrated, tomato-vegetable, w/noodles, canned, weighs 1 lb. Use 1 can for 25 servings.
4. *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*

I-10-M THIN CREAM OF CHEESE SOUP *

	5 SERVINGS	10 SERVINGS	25 SERVINGS	SIZE OF SERVING: 1 cup
Milk, dry, nonfat Water	2/3 cup 1 qt	1 1/3 cups 2 qt	1 qt 5 qt	1. Reconstitute milk. Simmer; stir to prevent scorching.
Margarine or fat Flour, wheat, general purpose, stirred Salt	1/4 cup 1/4 cup 1/2 tsp	1/2 cup 1/2 cup 1 tsp	1 1/4 cups 1 1/4 cups 2 1/2 tsp	2. Melt fat. Stir in flour and salt. 3. Add 1/4 of the milk to roux, stirring constantly until smooth. 4. Add remaining hot milk, stirring occasionally, simmer for 5 minutes until thickened.
Cheese, processed, American dehydrated Water	1/3 cup 2/3 cup	2/3 cup 1 1/3 cups	1 1/2 cups 3 cups	5. Reconstitute cheese; add to white sauce and blend well. Strain. Heat to serving temperature.

Note: Soup may thicken on standing. Thin with hot water or reconstituted nonfat dry milk.

I-11-M THIN CREAM OF CHICKEN SOUP *

	5 SERVINGS	10 SERVINGS	25 SERVINGS	SIZE OF SERVING: 1 cup
Milk, dry, nonfat Water	3/4 cup 3 3/4 cups	1 1/2 cups 7 1/2 cups	3 2/3 cups 4 2/3 cups	1. Reconstitute milk. Simmer; stir to prevent scorching.
Margarine or fat Flour, wheat, general purpose, stirred	3 1/3 tbsp 3 1/3 tbsp	6 2/3 tbsp 6 2/3 tbsp	1 cup 1 cup	2. Melt fat. Stir in flour. 3. Add 1/4 of the milk to roux, stirring constantly until smooth. 4. Add remaining hot milk, stirring occasionally, simmer 5 minutes until thickened.
Soup and gravy base, chicken flavored Chicken puree w/broth	1 2/3 tbsp 1 1/2 cups	3 1/3 tbsp 3 cups	1/2 cup 2 qt (4 cans)	5. Add soup and gravy base and chicken puree. Stir to blend. Strain. Heat to serving temperature.

Note: Soup may thicken on standing. Thin with hot water or reconstituted nonfat dry milk.

INGREDIENTS	WEIGHTS AND MEASURES			METHOD

I-12-M THIN CREAM OF CORN SOUP *

	5 SERVINGS	10 SERVINGS	25 SERVINGS	SIZE OF SERVING: 1 cup
Milk, dry, nonfat Water	3/4 cup 3 3/4 cups	1 1/2 cups 7 1/2 cups	3 2/3 cups 4 2/3 qt	1. Reconstitute milk. Simmer; stir to prevent scorching.
Margarine or shortening Flour, wheat, general purpose, stirred Salt	1/4 cup 1/4 cup 3/4 tsp	1/2 cup 1/2 cup 1 1/2 tsp	1 1/4 cups 1 1/4 cups 1 1/3 tbsp	2. Melt fat. Stir in flour and salt. 3. Add 1/4 of the milk to roux, stirring constantly until smooth. 4. Add remaining hot milk, stirring occasionally, simmer 5 minutes until thickened.
Corn, canned	1 2/3 cups	3 1/4 cups	2 qt (2/3 cans)	5. Place corn and its liquid in blender and blend on high speed 1-2 minutes or until smooth. (If corn is too dry for blending, add some white sauce from Step 4 to blender.) Strain. 6. Add corn to white sauce and blend well. Heat to serving temperature.

Notes: 1. Soup may thicken on standing. Thin with hot water or reconstituted dry nonfat milk.
2. *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*

I-13-M THIN CREAM OF PEA SOUP * (Canned Peas)

	5 SERVINGS	10 SERVINGS	25 SERVINGS	SIZE OF SERVING: 1 cup
Milk, dry, nonfat Water	3/4 cup 3 3/4 cups	1 1/2 cups 7 1/2 cups	3 2/3 cups 4 2/3 qt	1. Reconstitute milk. Simmer; stir to prevent scorching.
Margarine or shortening Flour, wheat, general purpose, stirred Salt	1/4 cup 1/4 cup 3/4 tsp	1/2 cup 1/2 cup 1 1/2 tsp	1 1/4 cups 1 1/4 cups 1 1/3 tbsp	2. Melt fat. Stir in flour and salt. 3. Add 1/4 of the milk to roux, stirring constantly until smooth. 4. Add remaining hot milk stirring occasionally, simmer 5 minutes until thickened.
Peas, canned Pea liquid plus water	1 2/3 cups 1/2 cup	3 1/4 cups 1 cup	2 qt (2/3 can) 2 2/3 cups	5. Place peas in their own liquid in blender and blend on high speed 1-2 minutes or until smooth. (If peas are too dry for blending, add some white sauce from Step 4 to blender.) Strain. 6. Add peas to white sauce and blend well. Heat to serving temperature.

Notes: 1. Soup may thicken on standing. Thin hot water or reconstituted nonfat dry milk.
2. *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*

I-13-M-A THIN CREAM OF PEA SOUP * (Dehydrated Compressed Peas)

	5 SERVINGS	10 SERVINGS	25 SERVINGS	SIZE OF SERVING: 1 cup
Peas, dehydrated, cooked, compressed Water, boiling	1 disc 2 1/2 cups	2 1/8 disc 5 1/4 cups	5 1/3 disc 13 1/3 cups	1. Soak peas in water. Cover; let stand 12-15 minutes.
Milk, dry, nonfat Water	3/4 cup 3 3/4 cups	1 1/2 cups 7 1/2 cups	3 2/3 cups 4 2/3 qt	2. Reconstitute milk. Simmer; stir to prevent scorching.
Margarine or shortening Flour, wheat, general purpose, stirred Salt	1/4 cup 1/4 cup 3/4 tsp	1/2 cup 1/2 cup 1 1/2 tsp	1 1/4 cups 1 1/4 cups 1 1/3 tbsp	3. Melt fat. Stir in flour and salt. 4. Add 1/4 of the milk to roux, stirring constantly until smooth. 5. Add remaining hot milk stirring occasionally, simmer 5 minutes until thickened. 6. Place peas in their own liquid in blender and blend on high speed 1-2 minutes or until smooth. (If peas are too dry for blending, add some white sauce mixture from Step 5 to blender.) Strain. 7. Add peas to white sauce and blend well. Heat to serving temperature.

Notes: 1. Soup may thicken on standing. Thin with hot water or reconstituted nonfat dry milk.
2. *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*

INGREDIENTS	WEIGHTS AND MEASURES			METHOD

I-14-M THIN CREAM OF POTATO SOUP *

	5 SERVINGS	10 SERVINGS	25 SERVINGS	SIZE OF SERVING: 1 cup
Milk, dry, nonfat Water, warm Soup and gravy base, instant, chicken-flavored Potatoes, white, instant granules Margarine	1/2 cup 1 1/4 qt 3 3/4 tsp 1/2 cup 1 1/2 tsp	1 cup 2 1/2 qt 2 1/2 tbsp 1 cup 1 tbsp	2 1/2 cups 6 1/4 qt 6 1/3 tbsp 2 1/2 cups 2 1/2 tbsp	1. Combine milk, water and soup base. 2. Heat to a simmer, stirring until ingredients are well blended. 3. Add potatoes and margarine stirring until smooth. Strain. Reheat. *DO NOT BOIL.* Heat to serving temperature.

I-15-M THIN CREAM OF TOMATO SOUP *

	5 SERVINGS	10 SERVINGS	25 SERVINGS	SIZE OF SERVING: 1 cup
Juice, tomato, canned concentrate (3 plus 1) Water, warm Milk, dry, nonfat	2/3 cup 1 qt 3/4 cup	1 1/3 cups 2 qt 1 1/2 cups	3 cups 5 qt 1 qt	1. Combine juice and water. Add milk and blend; simmer, stir to prevent scorching.
Margarine or fat Flour, wheat, general purpose, stirred Salt	1/4 cup 1/4 cup 1/2 tsp	1/2 cup 1/2 cup 1 tsp	1 1/4 cup s 1 1/4 cups 2 1/2 tsp	2. Melt fat. Stir in flour and salt. 3. Add 1/4 of the tomato and milk mixture to roux, stirring until smooth. 4. Add remaining hot tomato mixture, simmer for 5 minutes stirring constantly until thickened. Strain. Reheat.

Note: Soup may thicken on standing. Thin with hot water or reconstituted nonfat dry milk.

10. VEGETABLES

INGREDIENTS	WEIGHTS	MEASURES	METHOD

J-1 BAKED BEANS *

YIELD: 1 roasting pan, 6 x 17 5/8 x 21 1/8 inch - 100 portions — SIZE OF SERVING: 3/4 cup

Onions, dehydrated, chopped Water, warm	4 oz	1 1/2 cups 3 cups	1. Soak onions in water 20-30 minutes. Drain.
Bacon, precooked, sliced, canned	2 lb 10 oz	3/5 No. 10 can	2. See Recipe G-1, Step 1. Brown bacon in pan. *DO NOT DRAIN.* Remove bacon and crumble. Set aside for use in Step 4.
Beans, white, canned in tomato sauce Catsup, tomato Syrup, imitation, maple Mustard, prepared	34 lb 6 oz 1 lb 7 oz	5 No. 10 cans 2 1/2 cups 3 cups (1/4 can) 3/4 cup	3. Add onions to bacon fat. Cook until lightly browned. 4. Combine all ingredients. Mix well. 5. Bake covered in moderate oven (medium flame) 1 hour or until thoroughly heated. Add extra liquid if needed.

Notes: 1. Cover may be removed for browning after 1/2 hour.
2. 1 1/2 discs of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.

J-2a BUTTERED GREEN BEANS * (Dehydrated Compressed)

YIELD: 3 1/2 gal - 100 portions — SIZE OF SERVING: 1/2 cup

Beans, green, dehydrated, compressed Water, boiling	1 lb 15 oz	2 No. 2 1/2 cans 3 1/2 gal	1. Add beans to water. Return to a boil. 2. Simmer until beans separate, stirring occasionally. 3. Remove from heat. Let stand uncovered 10 minutes. Drain; reserve 1 qt liquid.
Reserved liquid Margarine Pepper, black	1 lb	1 qt 2 cups 1 tsp	4. Combine liquid, margarine, and pepper. Pour over beans.

Note: 4 No. 10 cans, Beans, green, canned, may be substituted for Beans, green, dehydrated, and water. Heat canned beans in own liquid, add margarine and pepper before serving.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
J-3a		**SAVORY GREEN BEANS (Dehydrated Compressed)**	
YIELD: 100 portions			SIZE OF SERVING: 1/2 cup
Bacon, precooked, sliced, canned, Beans, green, dehydrated, compressed Water, boiling Onions, dehydrated, chopped Vinegar, dry Sugar, granulated	1 lb 8 oz 1 lb 15 oz 3 1/3 oz 1/4 oz 1 oz	1/3 No. 10 can 2 No. 2 1/2 cans 3 1/2 gal 1 cup 2/3 tbsp 2 tbsp	1. See Recipe G-1, Step 1. Chop bacon and saute 2-3 minutes on medium flame. Drain. 2. Combine ingredients. Return to a boil. Simmer until beans separate, stirring occasionally. 3. Remove from heat and let stand uncovered 10 minutes.

Note: 4 No. 10 cans Beans, green, canned (including liquid in cans), may be substituted for Beans, green, dehydrated, and 4 gal of water. Add remaining ingredients; bring to a boil and simmer 10 minutes.

J-4		**BUTTERED LIMA BEANS**	
YIELD: 3 gal - 100 portions			SIZE OF SERVING: 1/2 cup
Beans, lima, canned	26 lb 4 oz	3 gal (4 cans)	1. Heat thoroughly. Drain; reserve 2 cups of cooking liquid.
Reserved liquid Margarine Pepper	 1 lb	2 cups 1/2 qt 1 tsp	2. Melt margarine in reserved liquid. Add pepper and pour over beans.

J-5-M		**BAVARIAN CABBAGE ***	
YIELD: 3 1/4 gal - 100 portions			SIZE OF SERVING: 1/2 cup
Onions, dehydrated, chopped Water, warm	3 1/3 oz	1 cup 2 1/2 cups	1. Soak onions in water 20-30 minutes. Drain.
Cabbage, dehydrated, compressed Water, cool	2 lb 13 oz	3 No. 2 1/2 cans 4 1/2 gal	2. Bring water and cabbage to a boil; simmer 5 minutes or until tender. *DO NOT OVERCOOK.* Drain, reserve 3 cups liquid for use in Step 4.
Shortening, melted Sugar, granulated Salt Vinegar, dry Reserved liquid	1 lb 12 oz 2 oz 3 oz	2 cups 1 3/4 cups 3 tbsp 1/2 cup 3 cups	3. Saute onions in shortening. Cook over low heat 10 minutes or until tender. Cook until onions begin to brown. 4. Add sugar, salt, dry vinegar, and liquid. Stir until blended. Bring to a boil. 5. Add cabbage to sauce; mix well. Cook 5 minutes.

Note: 1 1/4 discs of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.

J-6-M		**CREAMED CABBAGE**	
YIELD: 4 gal - 100 portions			SIZE OF SERVING: 2/3 cup
Cabbage, dehydrated, compressed Water, cool	2 lb 13 oz	3 No. 2 1/2 cans 3 3/4 gal	1. Bring water and cabbage to a boil; simmer 5 minutes or until tender. *DO NOT OVERCOOK.* Drain well.
Water, warm Milk, dry, nonfat	 1 lb 8 oz	5 3/4 qt 5 cups	2. Reconstitute milk; heat to just below boiling.
Shortening Flour, wheat, general purpose, stirred Salt Pepper, black	1 lb 8 oz 14 oz 1 1/3 oz	3 1/4 cups 3 1/2 cups 2 tbsp 1 1/4 tsp	3. Melt shortening; stir in flour. Add mixture slowly to hot milk, stirring constantly until mixture is smooth. 4. Simmer for 5 minutes until thickened. Stir occasionally to prevent scorching. Add seasonings and pour over cabbage. 5. Heat to serving temperature.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
J-7-M		**PIQUANT CABBAGE**	
YIELD: 3 1/2 gal - 100 portions			SIZE OF SERVING: 1/2 cup
Onions, dehydrated, chopped Water, warm	2 oz	2/3 cup 2 cups	1. Soak onions in water 20-30 minutes. Drain well.
Cabbage, dehydrated, compressed Water	1 lb 14 oz	2 No. 2 1/2 cans 3 gal	2. Bring water and cabbage to a boil; simmer 5 minutes or until tender. *DO NOT OVERCOOK.* Drain well.
Shortening or bacon drippings Tomatoes, canned Sugar, granulated Salt Vinegar, dry Pepper, black	12 oz 12 lb 12 oz 2 oz 2 oz 1/2 oz	1 3/4 cups 1 1/2 gal (2 cans) 1/4 cup 3 tbsp 4 tsp 1 tsp	3. Saute onions in shortening. Cook over low heat for 10 minutes or until tender. 4. Combine all ingredients; simmer 15 minutes.

Note: 3/4 disc of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.

J-8		**BUTTERED CARROTS**	
YIELD: 3 gal - 100 portions			SIZE OF SERVING: 1/2 cup
Carrots, canned	26 lb 4 oz	3 gal (4 cans)	1. Heat thoroughly. Drain; reserve 2 cups of liquid.
Reserved liquid Margarine Pepper, black	1 lb	2 cups 2 cups 1 tsp	2. Melt margarine in reserved liquid. Add pepper and pour over carrots.

J-9		**BUTTERED CARROTS AND PEAS ***	
YIELD: 3 gal - 100 portions			SIZE OF SERVING: 1/2 cup
Carrots, canned Peas, canned	13 lb 2 oz 13 lb 2 oz	1 1/2 gal (2 cans) 1 1/2 gal (2 cans)	1. Combine vegetables and heat thoroughly. Drain; reserve 2 cups of liquid for seasoning.
Reserved liquid Margarine Pepper, black	1 lb	2 cups 2 cups 1 tsp	2. Melt margarine in reserved liquid. Add pepper and pour over carrots and peas.

Note: 2 No. 2 1/2 cans (2 lb 6 oz) Peas, dehydrated, compressed, may be substituted for Peas, canned. Add peas to 2 gallons boiling water. Remove from heat; stir. Cover and let stand 12-15 minutes. Drain and reserve 2 cups of liquid.

J-10		**BUTTERED CORN ***	
YIELD: 3 gal - 100 portions			SIZE OF SERVING: 1/2 cup
Corn, canned, whole grain	17 lb 8 oz (D.W.)	3 gal (4 cans)	1. Heat thoroughly. Drain; and reserve 2 cups liquid.
Reserved liquid Margarine Pepper, black	1 lb	2 cups 2 cups 1 tsp	2. Melt margarine in reserved liquid. Add pepper and pour over corn.

J-11		**CORN RELISH ***	
YIELD: 1 gallon			SIZE OF SERVING: 2 1/2 tbsp
Onions, dehydrated, chopped Peppers, green, dehydrated Water, warm	2 1/2 oz 2 oz	3/4 cup 1 1/2 cups 1 1/2 qt	1. Soak onions and peppers in water 20-30 minutes. Drain well.
Corn, canned, whole grain	5 lb 7 oz (D.W.)	3 3/4 qt (1 1/4 cans)	2. Drain corn. Reserve liquid for use in Step 3. Combine onions, peppers and corn.
Sugar, granulated Salt Pepper, black Vinegar, dry Reserved liquid and water	2 lb 6 oz 2 oz 5 oz	5 1/4 cups 3 tbsp 1 tbsp 1 cup 1 1/2 qt	3. Combine ingredients; pour liquid over corn mixture and let stand 1 hour. 4. Drain the relish, reserving 2 cups liquid. 5. Pour reserved liquid back over corn mixture. Serve cold.

Note: 1 disc of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
J-12		**SAUTEED CORN ***	
YIELD: 3 1/4 gal - 100 portions			SIZE OF SERVING: 1/2 cup
Peppers, green, dehydrated Water, warm Bacon, precooked, sliced, canned Corn, canned, whole grain, drained	1/2 lb 1 lb 2 oz 17 lb 8 oz (D.W.)	6 cups (2 cans) 2 qt 1/4 No. 10 can 3 gal (4 cans)	1. Soak peppers in water 20-30 minutes. Drain well. 2. Chop bacon (See Recipe G-1, Step 1) and cook until browned. Add corn and green peppers to bacon. Fry 5 minutes (medium flame).
J-13		**BUTTERED PEAS ***	
YIELD: 3 gal - 100 portions			SIZE OF SERVING: 1/2 cup
Peas, canned	26 lb 4 oz	3 gal (4 cans)	1. Heat thoroughly. Drain; reserve 2 cups of liquid.
Reserved liquid Margarine Pepper, black	 1 lb	2 cups 2 cups 1 tsp	2. Melt margarine in reserved liquid. Add pepper and pour over peas.
Note: 4 No. 2 1/2 cans (4 lb 12 oz) Peas, dehydrated, compressed, may be substituted for Peas, canned. Add peas to 4 gal boiling water. Remove from heat; stir. Cover; let stand 12-15 minutes. Drain and save 2 cups liquid. Add 2 cups (1 lb) margarine to liquid and pour over peas.			
J-14-M		**BUTTERED DICED POTATOES**	
YIELD: 4 1/2 gal - 100 portions			SIZE OF SERVING: 3/4 cup
Potatoes, white, dehydrated, diced Water, boiling Salt	6 lb 8 oz 2 oz	7 3/4 qt (3 No.10 cans) 5 gal 3 tbsp	1. Bring salted water to a boil. Add potatoes, quickly return to a boil. Simmer 15 minutes. Drain.
Margarine Pepper, black	2 lb	1 qt 1 tsp	2. Add to cooked potatoes.
J-15-M		**HASHED BROWN POTATOES ***	
YIELD: 4 1/2 gal - 100 portions			SIZE OF SERVING: 3/4 cup
Potatoes, white, dehydrated, diced Water Salt	8 lb 2 oz	9 1/2 qt (3 1/2 cans) 6 1/2 gal 3 tbsp	1. Bring salted water to a boil. Add potatoes, quickly return to a boil. Simmer 15 minutes. Drain.
Shortening, melted	2 lb 8 oz	5 cups	2. Divide potatoes and shortening into three batches. 3. Heat shortening to frying temperature. Add potatoes and press down with pancake turner. Fry until a brown crust is formed on bottom, about 15 minutes. Turn potatoes and continue to fry until light brown, about 10 minutes.
1. LYONNAISE POTATOES Onions, dehydrated Water	 16 2/3 oz	 5 cups 3 qt	Soak onions and peppers in water 20-30 minutes. Drain. Add to potatoes before frying.
2. O'BRIEN POTATOES Onions, dehydrated, chopped Peppers, green, dehydrated Water, warm	 16 2/3 oz 2 oz	 5 cups 1 1/2 cups 5 qt	Soak onions and peppers in water 20-30 minutes. Drain. Add to potatoes before frying.
3. OVEN BROWNED POTATOES			Place potatoes in a baking pan; brown in hot oven (high flame) 45 minutes. Stir occasionally.

Note: 6 discs of Onions, dehydrated, compressed, may be substituted for Onion, dehydrated, chopped.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
J-16-M		**HOT POTATO SALAD ***	
YIELD: 5 gal - 100 portions			SIZE OF SERVING: 3/4 cup
Potatoes, white, dehydrated, diced Water Salt	6 lb 8 oz 2 oz	7 3/4 qt (3 No. 10 cans) 5 gal 3 tbsp	1. Bring salted water to a boil. Add potatoes, quickly return to a boil. Simmer 15 minutes. Drain.
Onions, dehydrated, chopped Water, cool	5 oz	1 1/2 cup 1 qt	2. Soak onions in cool water for 20-30 minutes and add to potatoes.
Bacon, precooked, sliced, canned Flour, wheat, general purpose, stirred	2 lb 4 oz 8 oz	1/2 No. 10 can 2 cups	3. Chop bacon. Cook until crisp; remove fat and add to potatoes. Reserve drippings. 4. Stir flour into bacon drippings.
Water Vinegar, dry Sugar, granulated Pepper, black	 4 oz 1 lb	2 qt 3/4 cup 2 1/4 cups 1 tsp	5. Combine ingredients; add to bacon drippings. 6. Heat to boiling and cook until mixture thickens and loses raw taste. Pour over potatoes, sprinkle with pepper and mix well. Serve hot.
Note: 2 discs of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.			
J-17		**MASHED POTATOES ***	
YIELD: 4 1/2 gal - 100 portions			SIZE OF SERVING: 2/3 cup
Water, boiling Margarine Salt Pepper, black Potatoes, white, instant Milk, dry, nonfat	 1 lb 2 oz 6 lb 2 oz 3/4 lb	13 1/2 qt 2 cups 3 tbsp 2 tsp 3 1/4 qt (1 No. 10 can) 2 1/2 cups	1. Add margarine and seasonings to water. 2. Combine potato granules and milk; mix until thoroughly blended. 3. Pour potatoes rapidly into hot liquid while stirring. Scrape down sides of bowl. Whip until fluffy.
Note: Consistency may be controlled by taking out 2 qt of the hot liquid before adding potatoes. Add the 2 qt hot liquid during the whipping until proper consistency is obtained.			
J-17-M-1		**GRILLED POTATO CAKES ***	
YIELD: 100 cakes			SIZE OF SERVING: 1 cake
Water, hot Salt Pepper, black	 2 oz	10 1/4 qt 3 tbsp 2 tsp	1. Bring salted water to a boil. Add pepper.
Potatoes, white, granules Milk, dry, nonfat Egg mix, dehydrated Flour, wheat, general purpose, stirred Shortening for griddle	6 lb 2 oz 3/4 lb 6 oz 1 lb 2 lb	3 1/2 qt (1 can) 2 1/2 cups 1 1/2 cups 1 qt 4 1/2 cups	2. Combine potato granules, milk, and egg mix; blend thoroughly. 3. Pour potato mixture rapidly into hot liquid while stirring. Scrape down sides and bottom of bowl. Cool until able to handle. 4. Shape into 1/2 cup (4-oz) cakes. Dredge cake in flour. Grill on well greased griddle until golden brown on both sides.
2. POTATO CAKES WITH ONIONS Onions, dehydrated, chopped Water, warm	 4 1/2 oz	 1 1/2 cups 1 qt	Soak onions in water 20 minutes. Drain; add to other ingredients in Step 2.
Note: Mixture can also be baked in greased roasting pan in a hot oven. Brush top with melted shortening and bake until lightly browned, about 20 minutes.			
J-18-M		**POTATOES AU GRATIN ***	
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 3/4 cup
Potatoes, white, dehydrated, diced Water	6 lb	7 qt (2 1/2 No. 10 cans) 5 gal	1. Bring water to a boil. Add potatoes, quickly return to a boil. Simmer 15 minutes. Drain.
Milk, dry, nonfat Water	1 lb 12 oz	6 1/4 cups 7 1/2 qt	2. Reconstitute milk. Simmer; stir to prevent scorching.
Margarine, melted Flour, wheat, general purpose, stirred Salt Pepper, black	1 lb 1 lb 2 oz 2 oz 1/4 oz	1/2 qt 1 1/8 qt 3 tbsp 1 tbsp	3. Combine ingredients. Add to milk, stirring constantly. Simmer 5 minutes or until thickened; stir occasionally to prevent scorching.
Cheese, processed, American, dehydrated Water, warm	13 oz	3 5/8 cups 1/2 qt	4. Combine cheese with water and add to sauce. 5. Place cooked potatoes in greased baking pan. Cover with sauce. Bake in moderate oven (medium flame) 30 minutes, or until top is brown.

INGREDIENTS	WEIGHTS	MEASURES	METHOD
J-19-M-1		**SCALLOPED POTATOES**	
YIELD: 2 roasting pans, 6 x 17 5/8 x 21 1/8 inch, 100 portions			SIZE OF SERVING: 3/4 cup
Potatoes, white, dehydrated, diced Water	6 lb	7 qt (2 1/2 No. 10 cans) 5 gal	1. Bring water to a boil. Add potatoes, quickly return to a boil. Simmer 15 minutes. Drain.
Milk, dry, nonfat Water	1 lb 12 oz	6 1/4 cups 7 1/2 qt	2. Reconstitute milk. Simmer; stir to prevent scorching.
Margarine, melted Flour, wheat, general purpose, stirred Salt Pepper, black	1 lb 1 lb 2 oz 2 oz 2 oz	1/2 qt 1 1/8 qt 3 tbsp 1 tbsp	3. Combine margarine, flour and seasonings. Add to milk, stirring constantly. Simmer 5 minutes or until thickened; stir occasionally to prevent scorching. 4. Place potatoes in greased baking pan. Cover with sauce. Bake in moderate oven (medium flame) 30 minutes, or until top is brown.
2. SCALLOPED POTATOES AND ONIONS Onions, dehydrated, chopped	13 1/3 oz	4 1/3 cups	Add onions in Step 1.

Note: 5 discs of Onions, dehydrated, compressed, may be substituted for Onions, dehydrated, chopped.

J-20		***BUTTERED SUCCOTASH ****	
YIELD: 3 gal - 100 portions			SIZE OF SERVING: 1/2 cup
Beans, lima, canned Corn, canned, whole grain	13 lb 2 oz 8 lb 11 oz (D.W.)	1 1/2 gal (2 cans) 1 1/2 gal (2 cans)	1. Combine ingredients and heat thoroughly. Drain. Reserve 2 cups of liquid.
Reserved liquid Margarine Pepper, black	1 lb	2 cups 2 cups 1 tsp	2. Melt margarine in reserved liquid. Add pepper and pour over succotash.
J-21		**STEWED TOMATOES ***	
YIELD: 3 1/4 gal - 100 portions			SIZE OF SERVING: 1/2 cup
Tomatoes, canned Sugar, granulated Salt Pepper, black Margarine, melted Bread, cubed	25 lb 8 oz 8 oz 1 1/2 oz 1 lb 1 lb	3 gal (4 No. 10 cans) 1 cup 2 1/4 tbsp 1 tsp 2 cups 2 qt	1. Heat tomatoes. Add sugar, salt and pepper. 2. Mix margarine with bread cubes that have dried in hot oven. Stir into hot tomatoes just before serving.
J-22		**VEGETABLE MEDLEY ***	
YIELD: 3 gal - 100 portions			SIZE OF SERVING: 1/2 cup
Beans, green, canned Carrots, canned Corn, canned, whole grain	12 lb 10 oz 6 lb 9 oz 4 lb 6 oz (D.W.)	6 qt (2 No. 10 cans) 3 qt (1 No. 10 can) 3 qt (1 No. 10 can)	1. Combine vegetables; heat thoroughly. Drain. Reserve 2 cups of liquid.
Reserved liquid Margarine Pepper, black Sugar, granulated	1 lb 2 oz	2 cups 2 cups 1 tsp 1/4 cup	2. Melt margarine in reserved liquid. Add pepper and sugar pour over vegetables. Serve hot.

Note: 3 No. 2 1/2 cans (3 lb) Vegetables, mixed, dehydrated, compressed, may be substituted for all the vegetables. Add dehydrated vegetables to 4 1/2 gal boiling water. Return to boil, stirring gently to break apart; let stand 5 to 7 minutes. Drain; reserve 1 1/2 cups liquid. Follow Step 2.

INGREDIENTS	WEIGHTS AND MEASURES			METHOD

J-23-M THIN BAKED BEANS *

	5 SERVINGS	10 SERVINGS	25 SERVINGS	SIZE OF SERVING: 1/2 cup
Beans, baked, prepared Water, hot	1 1/4 cups 1 1/8 cups	2 1/2 cups 2 1/4 cups	6 1/4 cups 5 cups	Blend ingredients on low speed 2 minutes or until smooth. Strain. Heat to serving temperature.

Notes: 1. Use Baked Beans prepared by Recipe J-1.
2. *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*

J-24-M THIN GREEN BEANS * (Canned)

	5 SERVINGS	10 SERVINGS	25 SERVINGS	SIZE OF SERVING: 1/2 cup
Beans, green, canned, drained Bean liquid plus water Margarine, softened	1 1/2 cups 1 3/4 cups 1 tbsp	3 cups 3 1/2 cups 3 tbsp	7 1/2 cups 2 qt + 3/4 cup 5 tbsp	Blend ingredients on low speed 2 minutes or until smooth. Strain. Heat to serving temperature.

Note: *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*

J-24-M-A THIN GREEN BEANS * (Dehydrated Compressed)

	5 SERVINGS	10 SERVINGS	25 SERVINGS	SIZE OF SERVING: 1/2 cup
Beans, green, dehydrated, compressed Water, boiling	1/2 disc 3 1/2 cups	1 disc 1 3/4 qt	2 1/2 discs 1 gal + 1 1/2 cups	1. Add beans to water. Return to a boil. 2. Simmer until beans separate, stirring occasionally. 3. Remove from heat. Let stand uncovered 10 minutes. Drain and reserve all liquid.
Green beans, rehydrated, drained Reserved liquid and water Margarine	2 cups 1 3/4 cups 1 tbsp	1 qt 3 1/2 cups 2 tbsp	2 1/2 qt 2 qt + 3/4 cups 5 tbsp	4. Blend all ingredients on low speed 2 minutes until smooth. Strain. Heat to serving temperature.

Note: *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*

J-25-M THIN CARROTS *

	5 SERVINGS	10 SERVINGS	25 SERVINGS	SIZE OF SERVING: 1/2 cup
Carrots, canned, drained Carrot liquid plus water Margarine, softened	2 cups 1 1/4 cups 1 tbsp	1 qt 2 1/2 cups 2 tbsp	2 1/2 qt 6 1/4 cups 5 tbsp	Blend ingredients on low speed 2 minutes or until smooth. Strain. Heat to serving temperature.

Note: *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*

J-26-M THIN CARROTS AND PEAS * (Canned)

	5 SERVINGS	10 SERVINGS	25 SERVINGS	SIZE OF SERVING: 1/2 cup
Carrots, canned, drained Carrot liquid and water Peas, canned, drained Pea liquid and water Margarine, softened	1 cup 3/4 cup 1/2 cup 3/4 cup 1 tbsp	2 cups 1 1/2 cups 1 cup 1 1/2 cups 2 tbsp	1 1/4 qt 3 3/4 cups 2 1/2 cups 3 3/4 cups 5 tbsp	Blend ingredients on low speed 2 minutes or until smooth. Strain. Heat to serving temperature.

Note: *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*

J-26-M-A THIN CARROTS AND PEAS * (Dehydrated Compressed Peas)

	5 SERVINGS	10 SERVINGS	25 SERVINGS	SIZE OF SERVING: 1/2 cup
Peas, dehydrated, precooked, compressed Water, boiling	1/3 disc 3/4 cup	2/3 disc 1 1/2 cups	1 2/3 discs 3 3/4 cups	1. Break disc into fourths. 2. Add to boiling water. 3. Turn off heat. Let peas rehydrate 10 minutes. 4. Drain and reserve liquid.
Carrots, canned Carrot liquid and water Pea liquid and water Margarine, softened	1 cup 3/4 cup 3/4 cup 1 tbsp	2 cups 1 1/2 cups 1 1/2 cups 2 tbsp	1 1/4 qt 3 3/4 cups 3 3/4 cups 5 tbsp	5. Drain carrots; reserve liquid. 6. Add drained carrots, peas, liquids and margarine to blender. 7. Blend on low speed for 2 minutes or until thoroughly blended. Strain. Heat to serving temperature.

Note: *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*

INGREDIENTS	WEIGHTS AND MEASURES			METHOD

J-27-M — ***THIN PEAS * (Canned)***

	5 SERVINGS	10 SERVINGS	25 SERVINGS	SIZE OF SERVING: 1/2 cup
Peas, canned, drained Pea liquid and water Margarine, softened	1 1/4 cups 1 3/4 cups 1 tbsp	2 1/2 cups 3 1/2 cups 2 tbsp	6 1/4 cups 8 3/4 cups 5 tbsp	Blend ingredients on low speed 2 minutes or until smooth. Strain. Heat to serving temperature.

Note: *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*

J-27-M-A — **THIN PEAS (Dehydrated, Compressed)**

	5 SERVINGS	10 SERVINGS	25 SERVINGS	SIZE OF SERVING: 1/2 cup
Peas, dehydrated, cooked, compressed Water, boiling	1 disc 3 cups	2 discs 1 1/2 qt	5 discs 3 3/4 qt	1. Break discs into fourths. 2. Add to boiling water. 3. Turn off heat. Let peas rehydrate 10 minutes. 4. Drain and reserve all liquid.
Peas, drained Reserved liquid and water Margarine	1 3/4 cups 1 3/4 cups 1 tbsp	3 1/2 cups 3 1/2 cups 2 tbsp	2 qt + 3/4 cups 2 qt + 3/4 cup 5 tbsp	5. Combine peas, liquid and margarine in blender. 6. Blend on low speed 2 minutes until thoroughly blended. 7. Heat to serving temperature.

Note: *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*

J-28-M — **THIN POTATOES ***

	5 SERVINGS	10 SERVINGS	25 SERVINGS	SIZE OF SERVING: 2/3 cup
Water, boiling Margarine or fat Salt	3 1/4 cups 1 1/2 tsp 1/4 tsp	6 1/2 cups 1 tbsp 1/2 tsp	1 gal 2 1/2 tbsp 1 1/4 tsp	1. Add margarine and salt to boiling water.
Potatoes, white, instant, granules Milk, dry, nonfat	1/3 cup 1 tbsp	2/3 cup 2 tbsp	1 2/3 cups 5 tbsp	2. Combine potatoes and milk. 3. Using wire whip, add to boiling water, stirring until smooth. Strain. Heat to serving temperature.
ALTERNATE METHOD: Potatoes, mashed, hot Water, boiling	1 1/2 cups 2 cups	3 cups 1 qt	See Note 1	Blend ingredients on low speed 1 minute or until thoroughly blended. Strain. Heat to serving temperature.

Notes: 1. 25 servings will not fit into blender.
2. *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*

J-29-M — **THIN POTATOES WITH CHEESE ***

	5 SERVINGS	10 SERVINGS	25 SERVINGS	SIZE OF SERVING: 2/3 cup
Water, boiling Margarine or fat Salt	3 1/4 cups 1 1/2 tsp 1/4 tsp	6 1/2 cups 1 tbsp 1/2 tsp	1 gal 2 1/2 tbsp 1 1/4 tsp	1. Add margarine and salt to boiling water.
Potatoes, white, instant, granules Milk, dry, nonfat Cheese, processed, American, dehydrated	1/3 cup 1 tbsp 1/2 cup	2/3 cup 2 tbsp 1 cup	1 2/3 cups 5 tbsp 2 1/2 cups	2. Combine potatoes, milk and cheese. 3. Using wire whip, add to boiling water, stirring. Strain. Heat to serving temperature.
ALTERNATE METHOD: Potatoes, mashed, hot Cheese, processed, American, dehydrated Water, boiling	1 1/2 cup 1/2 cup 2 cups	3 cups 1 cup 1 qt	See Note 1	Blend ingredients on low speed 1 minute or until thoroughly blended. Strain. Heat to serving temperature.

Notes: 1. 25 serving will not fit into blender.
2. *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*

11. TUBE FEEDINGS

INGREDIENTS	MEASURES			METHOD
K-1-M	**BEEF TUBE FEEDING**			
	1200 cc (5 cups)	**2400 cc (10 cups)**	**3600 cc (15 cups)**	
Beef puree w/beef broth, canned	1 1/4 cups	2 1/2 cups	3 3/4 cups	Combine all ingredients in a gallon blender. Blend on moderate speed until smooth. Strain through sanitized strainer. Pour 500 cc of tube feeding into I. V. bags. Seal. Label bags with patient's name, date and time of preparation. *REFRIGERATE IMMEDIATELY.*
Juice, orange, dehydrated	3 tbsp	6 tbsp	9 tbsp	
Beans, green, canned, drained	1/2 cup	1 cup	1 1/2 cups	
Peanut butter	3 tbsp	6 tbsp	9 tbsp	
Milk, dry, nonfat	1/2 cup	1 cup	1 1/2 cups	
Syrup, imitation, maple	3 1/2 tbsp	6 2/3 tbsp	10 tbsp	
Farina, prepared	1/2 cup	1 cup	1 1/2 cups	
Water	2 cups	1 qt	1 1/2 qt	

Notes: 1. *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*
2. *ALL MEASUREMENTS MUST BE ACCURATE.*

K-1-M-A	BEEF TUBE FEEDING (Dehydrated Compressed Green Beans) (Canned Orange Juice)			
	1200 cc (5 cups)	**2400 cc (10 cups)**	**3600 cc (15 cups)**	
Beans, green, dehydrated, compressed	1/5 disc	1/3 disc	1/2 disc	1. Add beans to water. Return to a boil. Boil moderately until beans separate, stirring occasionally. Remove from heat. Let stand uncovered for 10 minutes. Drain. 2. Combine all ingredients in a gallon blender. Blend on moderate speed until smooth. Strain through sanitized strainer. Pour 500 cc of tube feeding into I. V. bags. Seal. Label bags with patient's name, date and time of preparation. *REFRIGERATE IMMEDIATELY.*
Water, boiling	2/3 cup	1 cup	1 1/2 cups	
Beef puree w/ beef broth, canned	1 1/4 cups	2 1/2 cups	3 3/4 cups	
Juice, orange, canned	1 1/2 cups	3 cups	4 1/2 cups	
Peanut butter	3 tbsp	6 tbsp	9 tbsp	
Milk, dry, nonfat	1/2 cup	1 cup	1 1/2 cups	
Syrup, imitation, maple	3 1/2 tbsp	6 2/3 tbsp	10 tbsp	
Farina, prepared	1/2 cup	1 cup	1 1/2 cups	
Water	1 cup	2 cups	3 cups	

Notes: 1. *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*
2. *ALL MEASUREMENTS MUST BE ACCURATE.*

K-2-M	CHICKEN TUBE FEEDING			
	1200 cc (5 cups)	**2400 cc (10 cups)**	**3600 cc (15 cups)**	
Chicken puree w/chicken broth, canned	1 1/4 cups	2 1/2 cups	3 3/4 cups	Combine all ingredients in a gallon blender. Blend on moderate speed until smooth. Strain through sanitized strainer. Pour 500 cc of tube feeding into I. V. bags. Seal. Label bags with patient's name, date and time of preparation. *REFRIGERATE IMMEDIATELY.*
Juice, orange, dehydrated	3 tbsp	6 tbsp	9 tbsp	
Carrots, canned, drained	1/2 cup	1 cup	1 1/2 cups	
Peanut butter	3 tbsp	6 tbsp	9 tbsp	
Milk, dry, nonfat	1/2 cup	1 cup	1 1/2 cups	
Syrup, imitation, maple	1 2/3 tbsp	3 1/3 tbsp	5 tbsp	
Farina, prepared	1/2 cup	1 cup	1 1/2 cups	
Water	2 cups	1 qt	1 1/2 qt	

Notes: 1. *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*
2. *ALL MEASUREMENTS MUST BE ACCURATE.*

K-2-M-A	CHICKEN TUBE FEEDING (Canned Orange Juice)			
	1200 cc (5 cups)	**2400 cc (10 cups)**	**3600 cc (15 cups)**	
Chicken puree w/chicken broth, canned	1 1/4 cups	2 1/2 cups	3 3/4 cups	Combine all ingredients in a gallon blender. Blend on moderate speed until smooth. Strain through sanitized strainer. Pour 500 cc of tube feeding into I. V. bags. Seal. Label bags with patient's name, date and time of preparation. *REFRIGERATE IMMEDIATELY.*
Juice, orange, canned	1 1/2 cups	3 cups	4 1/2 cups	
Carrots, canned, drained	1/2 cup	1 cup	1 1/2 cups	
Peanut butter	3 tbsp	6 tbsp	9 tbsp	
Milk, dry, nonfat	1/2 cup	1 cup	1 1/2 cups	
Syrup, imitation, maple	1 2/3 tbsp	3 1/3 tbsp	5 tbsp	
Farina, prepared	1/2 cup	1 cup	1 1/2 cups	
Water	1 cup	2 cups	3 cups	

Notes: 1. *SANITIZE BLENDER BOWL BY FILLING WITH BOILING WATER. ALLOW TO STAND 3 MINUTES. DISCARD WATER.*
2. *ALL MEASUREMENTS MUST BE ACCURATE.*

12. RELATED DATA

a. RECONSTITUTION GUIDES

(1) MILK, DRY, NONFAT RECONSTITUTION CHART

MILK FOR COOKING, GENERAL PURPOSE (STYLE C)				
WEIGHT	VOLUME	PLUS WATER	WILL YIELD	METHOD
–	1 2/3 tbsp	1/2 cup	1/2 cup	1. Measure level, do not pack. 2. Sprinkle powder on the surface of the water; whip or stir until dissolved. 3. Reconstitute only the amount needed for one meal. 4. Keep covered and as cool as possible until used. 5. Dry milk reconstitutes more easily in slightly warm water. It will lump in hot water.
–	3 tbsp	7/8 cup	1 cup	
1 3/4 oz	6 tbsp	1 7/8 cups	2 cups	
3 1/4 oz	3/4 cup	3 3/4 cups	1 qt	
5 oz	1 1/8 cups	5 1/2 cups	1 1/2 qt	
6 1/2 oz	1 1/3 cups	7 1/2 cups	2 qt	
10 oz	2 1/4 cups	2 3/4 qt	3 qt	
13 oz	2 7/8 cups	3 3/4 qt	1 gal	
4 lb 1 oz	3 1/2 qt	4 2/3 gal	5 gal	
MILK FOR BEVERAGE AND CEREAL, GENERAL PURPOSE (STYLE C)				
1 lb	3 1/2 cups	3 3/4 qt	1 gal	See above method.
3 lb	2 3/4 qt	2 3/4 gal	3 gal	
5 lb	1 gal + 1 1/2 cups	4 2/3 gal	5 gal	

Notes: *USE WITHIN 2 HOURS AFTER RECONSTITUTION. REFRIGERATE IMMEDIATELY AFTER RECONSTITUTION. NEVER HOLD RECONSTITUTED MILK OVER NIGHT.*

(2) EGG MIX, DEHYDRATED

WEIGHT	VOLUME	PLUS WATER	WILL YIELD	METHOD
1/2 oz	2 tbsp	2 2/3 tbsp	1 egg	1. Add 1/3 of the water to egg mix which has been stirred. 2. Whip until a smooth paste is formed. 3. Add remaining water; whip until mixture is blended.
1 oz	1/4 cup	5 tbsp	2 eggs	
5 oz	1 1/4 cups	1 1/2 cups	10 eggs	
9 oz	1 1/2 cups	scant 2 cups	12 eggs	
10 oz	2 1/2 cups	3 cups	20 eggs	
20 oz	1 1/4 cups (1 No. 3 cyl can)	1 1/2 qt	40 eggs	

Notes: 1. Egg mix can be blended with dry ingredients such as nonfat, dry, milk, sugar, cocoa beverage powder, and then blended with liquid.
2. **When egg mix is used in a recipe, it is essential that product is heated to at least 165 F.**
3. Egg mix reconstitutes most easily in lukewarm water; however, cool water may be used.
4. *RECONSTITUTED DEHYDRATED EGG MIX SHOULD BE USED WITHIN ONE HOUR UNLESS REFRIGERATED.*

(3) CHEESE, DEHYDRATED

CHEESE, COTTAGE, DEHYDRATED				
WEIGHT	VOLUME	PLUS WATER	WILL YIELD	METHOD
1 lb 1 oz	1 No.10 can	8 1/2 cups	5 lb 7 oz	1. Measure water (70°F) into shallow pan. 2. Add dehydrated cottage cheese. 3. Let stand 5 minutes, then stir gently. 4. If more water is needed, sprinkle 1/2 to 1 cup water over cheese. 5. Refrigerate if possible in order to chill.

Note: *Substitution:Rehydration Ratio* - 1 pound dehydrated cottage cheese to 4 pounds (2 qt) water.

CHEESE, AMERICAN, PROCESSED, DEHYDRATED (SEMI-SOLID)				
WEIGHT	VOLUME	PLUS WATER	WILL YIELD	METHOD
6 oz	1 1/2 cups	3/8 cups	1 1/8 cups	Add water to cheese and mix until blended.
3 lb	3 qt (1 No.10 can)	3 cups	2 1/4 cups	
CHEESE, AMERICAN, PROCESSED, DEHYDRATED (SEMI-FLUID)				
6 oz	1 1/2 cups	3/4 cups	1 1/2 cups	Add water to cheese and mix until blended.
3 lb	3 qt (No. 10 can)	1 1/2 qt	3 qt	

Notes: 1. To store dehydrated cheese after a can has been opened, place unused portion in a tightly covered container.
2. Refrigerate if possible.

(4) VINEGAR, DRY

WEIGHT	VOLUME	PLUS WATER	WILL YIELD	METHOD
4 oz	3/4 cup	1 qt	1 qt	Mix the contents of the 4-oz package in sufficient water to make up one quart (1 dipper) of finished product.

Note: *WHEN OPENING THE PACKAGE OF DRY VINEGAR, KEEP AWAY FROM FACE AND DO NOT INHALE.*

(5) ONIONS, DEHYDRATED

WEIGHT	VOLUME	PLUS WATER	WILL YIELD	METHOD
3 oz	1 cup	2 cups	1 lb 8 oz (4 1/2 cups)	*For use as raw onions:* 1. Cover dehydrated onions with room temperature (70 F to 90 F) water. 2. Let stand at least 30 minutes. 3. Drain. *For use as seasoning:* 1. Add dehydrated chopped onions directly to recipes containing a large quantity of liquid. 2. Add rehydrated onions to drier recipes such as meat loaf.

Notes: 1.If recipe calls for water, use the drained onion water.
2. 1 lb dehydrated chopped onions is equivalent to 10 lb onions A.P. or 8 lb onions E.P.

(6) PEPPERS, GREEN, DEHYDRATED

WEIGHT	VOLUME	PLUS WATER	WILL YIELD	METHOD
1 oz	3/4 cup	2 cups	6 oz (1 2/3 cups)	*For use in salads or other uncooked dishes:* 1. Cover with cold water. 2. Store in refrigerator overnight or from 2 to 6 hours. 3. Drain and use as fresh peppers. *For use in cooked dishes:* 1. Add dehydrated peppers directly to foods containing a large quantity of liquid. 2. If foods have a small amount of liquid, rehydrate by soaking in cold water 1 hour before combining with other ingredients.

Notes: 1. Dehydrated green peppers, may be used in any recipe which specifies "peppers, sweet, diced or chopped".
2. 1 lb dehydrated green peppers is equivalent to 6 lb fresh, trimmed sweet peppers

(7) GARLIC, DEHYDRATED

SUBSTITUTION GUIDE:	DEHYDRATED		DRY GARLIC
	1/4 tsp	equals	1 tsp minced (1 average clove)
	3/4 tsp		1 tbsp minced (3 average cloves)
	2 2/3 tbsp (1 oz)		10 tbsp (3 1/2 oz) minced (30 average cloves)

Note: It is not recommended to substitute fresh, dry garlic for dehydrated garlic in recipes.

(8) SOUP AND GRAVY BASE, DEHYDRATED

WEIGHT	MEASURE	PLUS WATER	METHOD
1-7 gm env	2 tsp	1 cup	Add soup and gravy base to hot water; stir well. Use for stock or bouillon. (When used in preparing a recipe, always check the seasoning before adding salt.)
1 oz	2 2/3 tbsp	1 qt	
4 oz	10 tbsp	1 gal	
24 oz	1 No. 2 1/2 can	6 gal	

(9) MEATS, FISH, POULTRY, DEHYDRATED

ITEM	DEHYDRATED WEIGHT	EQUIVALENT FRESH WEIGHT
Beef patties, uncooked	1 lb (minimum 30 patties per can)	3 lb fresh ground beef
Beef, diced, uncooked	1 lb	3 lb fresh raw diced beef
Beefsteak, uncooked	1 lb (minimum 11 steaks per can)	3 1/2 lb boneless fresh steaks
Pork chops, loin, boneless, uncooked	1 lb	3 lb fresh boned pork
Chicken, diced, cooked	20 oz can	12 1/2 lb fresh ready to cook chicken or 3 1/3 lb of fresh cooked and boned chicken
Fish Squares, uncooked	1 lb (minimum 21 squares per can)	6 lb frozen fish fillets
Shrimp. cooked, P&D, 26-53/lb (raw)	1 lb	5 lb cooked P&D shrimp

b. TABLE OF WEIGHTS AND MEASURES FOR CAN SIZES

CAN SIZE	AVERAGE NET WEIGHT	AVERAGE CUPS	CAN PER CASE	NO. CANS EQUIV. TO NO. 10 CAN
No.10	6 lb 8 oz	12.50	6	1
No.3 cyl	3 lb 2 oz (46 fl oz)	5.75	12	2
No.3 (vacuum)	1 lb 7 oz	2.75	24	4.50
No.2 1/2	1 lb 12 oz	3.50	24	4
No.2	1 lb 4 oz	2.33	24	5
No.303	1 lb	2.00	24	7
No.300	14 oz	1.75	24	7
No.2 (vacuum)	12 oz	1.50	24	8
No.1 picnic	11 oz	1.25	48	10

Note: The net weight on can labels differs among foods due to different densities of food. For net weight listing of specific foods, check conversion factor column in Requirements for 1000 Rations Per Day (Section VI) or the Federal Supply Catalog, Group 89, Subsistence.

c. GUIDELINES FOR CONTAINER YIELDS FOR CANNED FRUITS AND FRUIT JUICES

TYPE OF FRUIT AND JUICE	PORTION SIZE (APPROXIMATE)	CAN SIZE	NO. CANS FOR 100 PORTIONS
Applesauce, inst (Fruit dessert)	1/2 cup	No. 2 1/2 can	4
Applesauce, inst (Meat accompaniment)	1/4 cup	No.2 1/2 can	2
Applesauce (Fruit dessert)	1/2 cup	No.10 can	4
Applesauce (Meat accompaniment)	1/4 cup	No.10 can	2
Fruit Cocktail	1/2 cup	No.10 can	4
Grapefruit Section	1/2 cup	No.10 can	25
Peaches, quarters or slices	1/2 cup	No.10 can	4
Pears, halves	2 halves	No.10 can	4
Pineapple, slices	1 large or 2 small slices	No.10 can	4
Grapefruit Juice, instant	1 cup	15 1/2 oz can	6.25
Grapefruit Juice, single strength	1 cup	No.3 cyl can	17.39
Orange Juice, instant	1 cup	No.2 1/2 can	6.25
Orange Juice, single strength	1 cup	No.3 cyl can	17.39
Grapefruit and Orange Juice	1 cup		
Grapefruit Juice, instant		15 1/2 oz can	2.50
Orange Juice, instant		No.2 1/2 can	3.75
Grapefruit and Orange Juice, single strength	1 cup	No.3 cyl can	8.70
Tomato Juice, concentrated (3 plus 1)	1 cup	36 oz can	6.25

d. GUIDELINES FOR PORTION AND CONTAINER SIZES OF MISCELLANEOUS ACCOMPANIMENTS

FOOD ITEM	SERVING SIZE	UNIT OF ISSUE	AMOUNT PER 100
Margarine	1 tbsp	pound	3.13 lb
Peanut Butter	2 tbsp	No.10 can	3.50 can
Jam or Jelly	2.25 tbsp	No.2 1/2 can	4.00 can
Bread	2 slices	pound	16.00 lb
Crackers (with soup)	4 2-in square	pound	5.27 lb
Crackers (with late meal)	8 2-in squares	pound	10.53 lb
Raisins (with oatmeal)	2 tbsp	No.10 can	1 can

e. MEASUREMENTS

Some recipes show quantities of ingredients in terms of weights and equivalent volume measures. Volume measures are expressed as multiples or fractions of tablespoons, cups, quarts, or gallons. The items of equipment which accompany the M-59 field range, together with equivalent measures, are as follows:

Dipper (marked in cup graduations)	1 quart
Basting spoon (21 inch)	3 tablespoons
Ladle	1 cup

In addition several measuring equipment items are included in the Medical Unit equipment set.

f. LEFT-OVER FOODS

Every effort should be made to prepare food in quantities not in excess of requirements for one meal. No left-over prepared food should be held after a meal for serving again at a subsequent meal. Unused portions of opened cans of meat, fish or poultry items should not be held from one meal to the next.

g. APPROXIMATE TEMPERATURE CONVERSIONS

	Fahrenheit (° F)	Celsius (° C)
Coldest area of freezer	-10	-23
Freezer	0	-17
Water freezes	32	0
Water simmers	115	46
Water scalds	130	54
Water boils at sea level	212	100
Soft ball	234	112
Firm ball	244	117
Hard ball	250	121
Very low oven	250 - 275	121 - 131
Low oven	300 - 325	149 - 163
Moderate oven	350 - 375	177 - 190
Hot oven	400 - 425	204 - 218
Very hot oven	450 - 475	232 - 246
Extremely hot oven	500 - 525	260 - 274

To convert Fahreheit into Celsius: subtract 32, multiply by 5, divide by 9. To convert Celsius into Fahrenheit: multiply by 9, divide by 5, add 32.

h. ABBREVIATIONS

A.P.	as purchased	hd	hundred
bg	bag	ind	individual
bx	box	lb	pound
bt	bottle	mx	thousand
cn	can	No.	number
co	container	oz	ounce
cyl	cylinder	pg	package
env	envelope	qt	quart
E.P.	edible portion	tbsp	tablespoon
D.W.	drained weight	tsp	teaspoon
gal	gallon	ui	unit of issue
gm	gram		

i. WATER REQUIREMENT FOR MEDICAL FOOD SERVICE MB RATION MENUS

Water requirement tables include all water needed per day for meals and beverages. Water needed for preparing the field garrison bread is not included in the water requirement tables, but may be found in Section VI, Requirements for 1000 Rations per day.

WATER USAGE TABLE FOR FOOD AND BEVERAGE PREPARATION
PATIENT MENU
(Gallons Per Meal Per 100 Portions)

	MENU				MENU			
	B	**L**	**D**	**TOTAL**	**B**	**L**	**D**	**TOTAL**
Day 1	52	29	31	112	47	27	34	108
Day 2	50	39	39	128	44	39	32	115
Day 3	47	37	31	115	40	38	34	112
Day 4	55	39	35	129	47	34	32	113
Day 5	48	42	35	125	47	41	33	121
Day 6	50	33	35	118	32	33	31	96
Day 7	40	35	31	106	35	38	27	100
Day 8	43	38	36	117	40	34	31	105
Day 9	50	34	34	118	44	33	34	111
Day 10	51	35	38	124	51	31	31	113
TOTAL				2384				1094

Note: Per 100 patients an additional 30 gallons of water per meal is required to preheat insulated food and beverage containers for decentralized ward service.

WATER USAGE TABLE FOR FOOD AND BEVERAGE PREPARATION
STAFF MENU
(Gallons Per Meal Per 100 Portions)

	MENU				MENU			
	B	**L**	**D**	**TOTAL**	**B**	**L**	**D**	**TOTAL**
Day 1	36	27	28	91	34	25	32	91
Day 2	35	39	38	112	29	39	30	98
Day 3	31	32	30	93	25	34	33	92
Day 4	42	39	35	116	34	32	31	97
Day 5	32	44	32	108	31	43	31	105
Day 6	38	32	34	104	32	32	31	95
Day 7	35	34	34	103	29	38	30	97
Day 8	25	38	35	98	24	33	29	86
Day 9	35	32	33	100	29	32	34	95
Day 10	36	33	38	107	36	28	30	94
TOTAL				2064				1900

SECTION VI
REQUIREMENTS FOR 1000 RATIONS PER DAY

The **ration factor** is a subsistence supply factor which denotes the average daily number of "units of issue " or "pounds of issue" of each food item required to support 1000 persons per day. For example, 5.85 cans of Bacon, precooked, sliced, No. 10 can, are required for 100 staff for the 10-day menu (See page 6-3). For 1000 staff 58.5 cans are required for the 10-day period. The average daily requirement for 1000 staff for 10 days is 5.85 cans (58.5 cans divided by 10 days). The total units of bacon required for 5000 staff for the 10-day menu is 292.5 cans [5.85 multiplied by 5, (staff fed in 1000s) multiplied by 10 days]. The weight of each can is 4.500 pounds (conversion factor); therefore, the average number of pounds required for 1000 staff for each day is 26.33 (5.85 cans multiply by 4.500).

To facilitate the computation of requirements for 5-day increments, ration factors in units are provided for days 1 through 5, and 6 through 10. The ration factor should be multiplied by the number of persons subsisting (adjusted to thousands) and the resulting figure multiplied by the required number of days.

For example, the total units of bacon required for 5000 staff for days 1-5 is 7.20 (the ration factor for days 1-5), x 5 (the staff fed in 1000s) x 5 (number of days) = 180 cans.

If requirements are to be computed for any portion of the 10-day menu other than days 1-5 or 6-10, ration factors for each item must be computed based upon total menu requirements for the specific days desired. To compute ration factors for days other than 1-5 or 6-10, the Recapitulation of Menu Issues, Section IV-N, page 4-87 must be used. For example, to compute a ration factor for days 1-3 for bacon for staff, determine the total quantity required for days 1-3 from the Recapitulation of Menu Issues (2.60 cans is the total requirement for days 1-3.) Multiply 2.60 by 10 (to increase the total quantity for days 1-3 per 100 persons to that for 1000), and then divide by the number of days. The result is the quantity required per day for 1000 to be fed (8.67 units).

To compute the daily requirement for 5000 persons to be fed, multiply 8.67 (1000 fed) x 5 (staff fed in 1000s), which equals 43.35 cans of bacon per day. Multiply by 3 to get the total requirements for staff for days 1-3 days (130.1 cans).

REQUIREMENTS FOR 1000 RATIONS PER DAY FOR STAFF AND PATIENTS

				STAFF REQUIREMENTS				PATIENTS REQUIREMENTS			
NSN	ITEM IDENTIFICATION	UNIT OF ISSUE	CONVERSION FACTOR	UNITS REQUIRED PER DAY DAYS 1-10	LBS REQUIRED PER DAY DAYS 1-10	UNITS REQUIRED PER DAY DAYS 1-5	UNITS REQUIRED PER DAY DAYS 6-10	UNITS REQUIRED PER DAY DAYS 1-10	LBS REQUIRED PER DAY DAYS 1-10	UNITS REQUIRED PER DAY DAYS 1-5	UNITS REQUIRED PER DAY DAYS 6-10
8915-00-584-1660	Apple dehydrated	cn	2.000	3.00	6.00	6.00	0.00	2.32	4.64	4.64	0.00
	and										
8925-01-059-4048	Sugar refin gran	bg	10.000	0.55	5.50	1.10	0.00	0.42	4.24	0.85	0.00
	or										
8940-00-616-0226	Pie fil prep apple	cn	7.000	7.00	49.00	14.00	0.00	5.40	37.80	10.80	0.00
8915-00-655-5718	Applesauce inst	cn	1.375	6.00	8.25	8.00	4.00	16.00	22.00	17.86	14.14
	or										
8915-00-127-8272	Applesauce cnd	cn	6.750	6.00	40.50	8.00	4.00	13.44	90.72	14.98	11.90
8905-01-086-0395	Bacon slices precooked	cn	4.500	5.85	26.33	7.20	4.50	4.52	20.34	5.56	3.48
8915-00-151-6566	Beans green dehy	cn	0.969	10.00	9.69	8.00	12.00	8.15	7.90	6.52	9.78
	or										
8915-00-616-4820	Beans green cnd	cn	6.313	20.00	126.26	16.00	24.00	17.15	108.27	13.72	20.58
8915-00-616-4820	Beans green cnd	cn	6.313	2.00	12.63	4.00	0.00	1.54	9.72	3.08	0.00
	and										
8915-00-634-2436	Carrots cnd	cn	6.563	1.00	6.56	2.00	0.00	0.77	5.05	1.54	0.00
	and										
8915-00-257-3947	Corn cnd	cn	6.625	1.00	6.63	2.00	0.00	0.77	5.10	1.54	0.00
	or										
8915-01-039-8808	Vegetables mixed dehy	cn	1.000	3.00	3.00	6.00	0.00	2.31	2.31	4.62	0.00
8915-00-577-4526	Beans lima cnd	cn	6.563	2.00	13.13	0.00	4.00	1.54	10.11	0.00	3.08
	and										
8915-00-257-3947	Corn cnd	cn	6.625	2.00	13.25	0.00	4.00	1.54	10.20	0.00	3.08
	or										
8915-01-039-8808	Vegetables mixed dehy	cn	1.000	3.00	3.00	0.00	6.00	2.31	2.31	0.00	4.62
8915-00-184-5601	Beans wht cnd	cn	6.875	5.00	34.38	10.00	0.00	3.94	27.09	7.88	0.00
8905-00-926-6196	Beef chunks w/jcs cnd	cn	1.813	62.00	112.41	40.00	84.00	47.74	86.55	30.80	64.68
8905-00-965-1681	Beef diced dehy	cn	1.188	8.00	9.50	16.00	0.00	6.16	7.32	12.32	0.00
	or										
8905-00-926-6196	Beef chunks w/jcs cnd	cn	1.813	16.00	29.01	32.00	0.00	12.32	22.34	24.64	0.00
8905-00-823-7559	Beef patties dehy	cn	1.667	31.00	51.68	48.00	14.00	23.87	39.79	36.96	10.78
8905-01-132-7909	Beef puree cnd	cn	0.969					14.00	13.57	16.80	11.20
8905-00-753-6536	Beefsteak dehy	cn	1.120	9.00	10.08	0.00	18.00	6.93	7.76	0.00	13.86
	and										
8920-00-140-7748	Flour wheat gen pur	bg	10.000	0.30	3.00	0.00	0.60	0.23	2.31	0.00	0.46
	or										
8905-00-926-6196	Beef chunks w/jcs cnd	cn	1.813	20.00	36.26	0.00	40.00	15.40	27.92	0.00	30.80
8960-00-965-4764	Bev base pwd cherry	pg	0.225 *	5.32	1.20	7.98	2.66	11.08	2.49	13.74	8.42
8960-01-069-6661	Bev base pwd fruit pnch	pg	0.225 *	5.32	1.20	5.32	5.32	11.08	2.49	11.08	11.08
8960-00-965-4765	Bev base pwd grape	pg	0.225 *	5.32	1.20	5.32	5.32	11.08	2.49	11.08	11.08
8960-01-069-6662	Bev base pwd lemonade	pg	0.225 *	5.32	1.20	5.32	5.32	11.08	2.49	11.08	11.08
8960-00-965-4768	Bev base pwd orange	pg	0.225 *	5.32	1.20	2.66	7.98	8.20	1.85	8.42	7.98

6-3

				STAFF REQUIREMENTS				PATIENTS REQUIREMENTS			
NSN	ITEM IDENTIFICATION	UNIT OF ISSUE	CONVERSION FACTOR	UNITS REQUIRED PER DAY DAYS 1-10	LBS REQUIRED PER DAY DAYS 1-10	UNITS REQUIRED PER DAY DAYS 1-5	UNITS REQUIRED PER DAY DAYS 6-10	UNITS REQUIRED PER DAY DAYS 1-10	LBS REQUIRED PER DAY DAYS 1-10	UNITS REQUIRED PER DAY DAYS 1-5	UNITS REQUIRED PER DAY DAYS 6-10
8920-00-926-6016	Biscuit mix	cn	4.500	12.00	54.00	14.00	10.00	9.26	41.67	10.80	7.72
8920-00-926-6016	Biscuit mix **	cn	4.500	20.00	90.00	20.00	20.00	15.44	69.48	15.44	15.44
8940-01-173-4840	Bkfst inst dry choc ind	bx	4.613					1.38	6.37	1.35	1.41
8940-01-173-4841	Bkfst inst dry stwby ind	bx	4.613					1.34	6.18	1.36	1.32
	Bread	lb	1.000	145.00	145.00	128.00	162.00	111.65	111.65	98.56	124.74
	or										
	Bread Ingredients										
8920-00-165-6863	Flour wheat bread	bg	10.000	9.43	94.25	8.32	10.53	7.26	72.59	6.41	8.11
8945-00-080-9396	Shortening compound	cn	33.000	0.17	5.71	0.15	0.19	0.13	4.44	0.12	0.15
8925-01-059-4084	Sugar refin gran	bg	10.000	0.57	5.71	0.50	0.64	0.44	4.44	0.39	0.50
8910-01-091-7209	Milk dry nf gp style C	cn	4.000	1.00	4.00	0.88	1.11	0.73	2.92	0.64	0.81
8950-01-057-1559	Yeast bkrs active dry	bg	2.000	0.45	0.91	0.40	0.51	0.36	0.73	0.32	0.41
8950-01-079-6943	*salt table*	lb	1.000	1.45	1.45	1.28	1.62	1.12	1.12	0.99	1.25
	water	gal		6.62		5.84	7.40	5.08		4.48	5.68
8920-00-935-3263	Brownie mix btrsctch	cn	5.000	3.00	15.00	6.00	0.00	2.31	11.55	4.62	0.00
8920-00-935-3262	Brownie mix choc	cn	5.000	6.00	30.00	0.00	12.00	4.62	23.10	0.00	9.24
8915-01-035-4116	Cabbage dehy comp	cn	0.813	13.50	10.98	12.00	15.00	10.40	8.46	9.24	11.56
8920-00-823-7221	Cake mix devil's food	cn	5.000	3.00	15.00	4.00	2.00	2.31	11.55	3.08	1.54
8920-00-823-7229	Cake mix yellow	cn	5.000	3.00	15.00	0.00	6.00	2.31	11.55	0.00	4.62
8915-00-634-2436	Carrots cnd	cn	6.563	4.20	27.56	6.00	2.40	5.95	39.05	7.18	4.72
8915-01-095-9308	Carrots dehy shrd comp	cn	0.750	2.81	2.11	3.48	2.14	2.16	1.62	2.66	1.66
8950-00-127-9789	Catsup tomato	cn	7.125	6.61	47.10	3.40	9.82	5.15	36.69	2.66	7.64
8920-00-253-1163	Cereal rolled oats	cn	1.250	20.00	25.00	20.00	20.00	16.72	20.90	16.72	16.72
8920-01-079-1583	Cereal wheat farina	bx	1.750	6.86	12.01	6.86	6.86	5.74	10.05	5.74	5.74
8910-00-823-6880	Cheese Amer proc dehy	cn	3.000	4.17	12.51	4.04	4.30	3.70	11.10	3.60	3.80
8910-00-823-6880	Cheese Amer proc dehy	cn	3.000	0.67	2.01	1.34	0.00	0.51	1.53	1.02	0.00
	or										
8910-00-823-6880	Cheese Amer proc dehy	cn	3.000	0.25	0.75	0.50	0.00	0.19	0.57	0.38	0.00
8910-00-082-5734	Cheese cottage dehy	cn	1.063	8.00	8.50	8.00	8.00	6.26	6.65	6.16	6.36
8905-00-118-8588	Chicken dehy	cn	1.250	10.80	13.50	7.20	14.40	8.31	10.39	5.54	11.08
	or										
8905-00-753-6106	Chicken cnd	cn	1.813	30.00	54.39	20.00	40.00	23.10	41.88	15.40	30.80
8905-01-133-1421	Chicken puree	cn	0.969					15.65	15.16	11.20	20.10
8940-00-126-3394	Chili con carne cnd	cn	6.750	6.00	40.50	12.00	0.00	4.62	31.19	9.24	0.00
	or										
8940-00-151-6462	Chili con carne dehy	cn	2.500	6.75	16.88	13.50	0.00	5.20	13.00	10.40	0.00

				STAFF REQUIREMENTS				PATIENTS REQUIREMENTS			
NSN	ITEM IDENTIFICATION	UNIT OF ISSUE	CONVERSION FACTOR	UNITS REQUIRED PER DAY DAYS 1-10	LBS REQUIRED PER DAY DAYS 1-10	UNITS REQUIRED PER DAY DAYS 1-5	UNITS REQUIRED PER DAY DAYS 6-10	UNITS REQUIRED PER DAY DAYS 1-10	LBS REQUIRED PER DAY DAYS 1-10	UNITS REQUIRED PER DAY DAYS 1-5	UNITS REQUIRED PER DAY DAYS 6-10
8940-00-151-6462	Chili con carne dehy	cn	2.500	8.00	20.00	0.00	16.00	6.16	15.40	0.00	12.32
	or										
8940-00-126-3394	Chili con carne cnd	cn	6.750	4.00	27.00	0.00	8.00	3.08	20.79	0.00	6.16
	and										
8915-00-926-6793	Beans kidney cnd	cn	6.875	3.00	20.63	0.00	6.00	2.31	15.88	0.00	4.62
	and										
8915-00-227-1387	Peppers green dehy	cn	0.266	2.53	0.67	0.00	5.06	1.94	0.52	0.00	3.88
	and										
8945-00-080-9396	Shortening compound	cn	33.000	0.04	1.25	0.00	0.08	0.03	0.96	0.00	0.06
8960-00-216-6131	Cocoa bev pwd ind	pg	0.063	500.00	31.50	500.00	500.00	510.80	32.18	506.40	515.20
8955-00-286-5372	Coffee roasted grnd	lb	1.000	75.00	75.00	75.00	75.00				
8920-00-168-3296	Cookie mix choc	cn	5.000	4.00	20.00	4.00	4.00	3.08	15.40	3.08	3.08
8920-00-935-3264	Cookie mix oatmeal	cn	4.500	8.67	39.02	10.00	7.34	6.67	30.02	7.70	5.64
8920-00-935-3264	Cookie mix oatmeal **	cn	4.500	2.68	12.06	2.68	2.68	2.04	9.18	2.04	2.04
8920-00-175-0429	Cookie mix sugar	cn	5.000	5.67	28.35	7.34	4.00	4.36	21.80	5.64	3.08
8920-00-435-4918	Corn bread mix	cn	4.500	6.00	27.00	6.00	6.00	4.62	20.79	4.62	4.62
8920-00-435-4918	Corn bread mix **	cn	4.500	14.50	65.25	12.00	17.00	11.17	50.27	9.24	13.10
8920-00-435-4918	Corn bread mix	cn	4.500	1.00	4.50	0.00	2.00	0.77	3.47	0.00	1.54
	or										
	Bread	lb	1.000	4.00	4.00	0.00	8.00	3.08	3.08	0.00	6.16
8915-00-257-3947	Corn cnd	cn	6.625	13.25	87.78	10.50	16.00	10.78	71.35	9.24	12.32
8920-00-559-6864	Crackers salted 4/pg	lb	1.000	26.60	26.60	26.60	26.60	33.10	33.10	33.10	33.10
	or										
8920-00-252-3838	Crackers salted bulk	lb	1.000	26.60	26.60	26.60	26.60	33.10	33.10	33.10	33.10
8915-00-851-6564	Cranberry sauce cnd	cn	7.313	5.00	36.57	4.00	6.00	4.52	33.05	3.52	5.52
8940-00-641-8961	Des pwd gel cherry	cn	1.500					1.08	1.62	1.08	1.08
	or										
8940-01-173-4861	Des pwd rsby qck jel	cn	1.500					1.52	2.28	1.52	1.52
8940-00-641-8961	Des pwd gel cherry	cn	1.500					0.54	0.81	0.46	0.62
	or										
8940-01-173-4862	Des pwd stwby qck jel	cn	1.500					0.76	1.14	0.64	0.88
8940-00-641-8962	Des pwd gel lemon	cn	1.500					1.62	2.43	1.70	1.54
	or										
8940-01-173-4861	Des pwd rsby qck jel	cn	1.500					2.28	3.42	2.40	2.16
8940-00-641-8962	Des pwd gel lemon	cn	1.500					0.54	0.81	0.00	1.08
	or										
8940-01-173-4862	Des pwd stwby qck jel	cn	1.500					0.76	1.14	0.00	1.52
8940-00-641-8964	Des pwd gel orange	cn	1.500					2.30	3.45	2.30	2.30
	or										
8940-01-173-4860	Des pwd orange qck jel	cn	1.500					3.20	4.80	3.20	3.20
8940-00-641-8966	Des pwd gel stwby	cn	1.500					1.62	2.43	2.16	1.08
	or										
8940-01-173-4862	Des pwd stwby qck jel	cn	1.500					2.28	3.42	3.04	1.52

				STAFF REQUIREMENTS				PATIENTS REQUIREMENTS			
NSN	ITEM IDENTIFICATION	UNIT OF ISSUE	CONVERSION FACTOR	UNITS REQUIRED PER DAY DAYS 1-10	LBS REQUIRED PER DAY DAYS 1-10	UNITS REQUIRED PER DAY DAYS 1-5	UNITS REQUIRED PER DAY DAYS 6-10	UNITS REQUIRED PER DAY DAYS 1-10	LBS REQUIRED PER DAY DAYS 1-10	UNITS REQUIRED PER DAY DAYS 1-5	UNITS REQUIRED PER DAY DAYS 6-10
8940-00-131-8693	Des pwd pud inst choc	cn	5.000	1.33	6.65	2.66	0.00	1.57	7.85	2.60	0.54
8940-00-131-8761	Des pwd pud inst van	cn	5.500	2.25	12.38	4.50	0.00	2.64	14.52	4.34	0.94
8910-00-965-1553	Egg mix dehy	cn	1.250	35.33	44.16	28.00	42.67	28.61	35.76	23.16	34.06
8910-00-965-1553	Egg mix dehy **	cn	1.250	1.92	2.40	2.52	1.33	1.50	1.88	1.96	1.04
8910-01-178-5890	Eggnog mix	bg	2.000					2.79	5.58	2.04	3.54
	or										
8910-00-965-1553	Egg mix dehy	cn	1.250					0.99	1.24	0.72	1.26
8910-01-178-5890	Eggnog mix	bg	2.000					4.71	9.42	5.46	3.96
	or										
8940-00-131-8761	Des pwd pud inst van	cn	5.500					1.45	7.98	1.68	1.22
	and										
8910-00-965-1553	Egg mix dehy	cn	1.250					1.71	2.14	1.98	1.44
8905-00-823-7095	Fish squares dehy	cn	1.167	8.00	9.34	0.00	16.00	6.16	7.19	0.00	12.32
	or										
8905-00-935-3161	Tuna cnd	cn	4.000	5.00	20.00	0.00	10.00	3.85	15.40	0.00	7.70
	and										
8910-00-965-1553	Egg mix dehy	cn	1.250	0.50	0.63	0.00	1.00	0.39	0.49	0.00	0.78
	and										
	Bread	lb	1.00	4.00	4.00	0.00	8.00	3.08	3.08	0.00	6.16
8920-00-140-7748	Flour wheat gen pur	bg	10.000	4.53	45.32	3.34	5.73	3.61	36.14	2.68	4.55
8920-00-140-7748	Flour wheat gen pur	bg	10.000	0.20	2.00	0.00	0.40	0.15	1.54	0.00	0.31
	and										
8910-00-965-1553	Egg mix dehy	cn	1.250	0.33	0.41	0.00	0.66	0.26	0.33	0.00	0.52
	or										
8920-00-926-6016	Biscuit mix	cn	4.500	2.00	9.00	0.00	4.00	1.54	6.93	0.00	3.08
8915-00-286-5482	Fruit cocktail	cn	6.750	6.00	40.50	4.00	8.00	8.14	54.95	6.60	9.68
8915-00-132-7786	Grapefruit cnd	cn	1.000	50.00	50.00	50.00	50.00	38.50	38.50	38.50	38.50
8905-00-023-8284	Ham chunks w/jcs cnd	cn	1.813	23.00	41.70	28.00	18.00	17.71	32.11	21.56	13.86
8920-01-079-1585	Hominy grits	co	1.500	16.00	24.00	16.00	16.00	14.16	21.25	14.17	14.17
8910-00-126-3436	Ice cream mix dehy van	cn	4.250					16.50	70.13	16.50	16.50
8925-00-935-3260	Icing mix choc	cn	4.000	4.00	16.00	0.00	8.00	3.08	12.32	0.00	6.16
8925-00-935-3261	Icing mix van	cn	4.250	1.00	4.25	2.00	0.00	0.77	3.27	1.54	0.00
8930-00-240-0055	Jam peach	cn	2.313	12.00	27.76	16.00	8.00	11.76	27.20	14.88	8.08
8930-00-559-8307	Jam strawberry	cn	2.313	28.00	64.76	24.00	32.00	24.08	55.70	20.40	27.20
8930-00-543-7608	Jelly blackberry	cn	2.188	12.00	26.26	16.00	8.00	12.12	26.52	14.88	8.72
8930-00-543-7607	Jelly grape	cn	2.188	16.00	35.01	16.00	16.00	15.20	33.26	14.88	14.88
8915-00-753-6430	Juice grpfrt inst	cn	0.969	7.50	7.27	5.00	10.00	10.89	10.55	9.08	12.65
	or										
8915-00-085-1650	Juice grpfrt cnd	cn	3.142	26.10	82.10	17.40	34.80	35.40	111.23	28.70	42.10
8915-00-530-3414	Juice orange inst	cn	1.031	36.25	37.37	32.50	40.00	54.42	56.11	37.59	74.70
	or										
8915-00-241-2800	Juice orange cnd	cn	3.142	95.66	300.56	86.96	104.36	144.50	454.02	98.82	199.93

				STAFF REQUIREMENTS				PATIENTS REQUIREMENTS			
NSN	ITEM IDENTIFICATION	UNIT OF ISSUE	CONVERSION FACTOR	UNITS REQUIRED PER DAY DAYS 1-10	LBS REQUIRED PER DAY DAYS 1-10	UNITS REQUIRED PER DAY DAYS 1-5	UNITS REQUIRED PER DAY DAYS 6-10	UNITS REQUIRED PER DAY DAYS 1-10	LBS REQUIRED PER DAY DAYS 1-10	UNITS REQUIRED PER DAY DAYS 1-5	UNITS REQUIRED PER DAY DAYS 6-10
8915-00-616-0204	Juice tomato cnd	cn	2.250	6.25	14.06	12.50	0.00	6.49	14.60	11.54	1.44
8905-00-126-4020	Luncheon meat cnd	cn	6.000	12.00	72.00	16.00	8.00	9.24	55.44	12.32	6.16
8920-00-067-6146	Macaroni	lb	1.000	12.50	12.50	0.00	25.00	9.63	9.63	0.00	19.25
8920-00-067-6146	Macaroni	lb	1.000	8.00	8.00	16.00	0.00	6.16	6.16	12.32	0.00
or											
8920-00-067-6146	Macaroni	lb	1.000	6.00	6.00	12.00	0.00	4.62	4.62	9.24	0.00
8945-00-222-0567	Margarine	cn	6.000	20.36	122.20	19.04	21.69	16.23	97.42	15.49	16.97
8910-01-091-7209	Milk dry nonfat	cn	4.000	42.19	168.76	45.90	38.48	51.05	204.20	53.94	48.16
8950-00-543-7698	Mustard prepared	cn	1.750	3.86	6.76	5.82	1.90	2.96	5.18	4.46	1.46
8920-00-782-6353	Pancake mix	cn	4.000	4.00	16.00	8.00	0.00	3.08	12.32	6.16	0.00
8920-00-782-6353	Pancake mix **	cn	4.000	4.00	16.00	0.00	8.00	3.08	12.32	0.00	6.16
8915-00-577-4203	Peaches cnd	cn	6.750	6.00	40.50	4.00	8.00	10.80	72.90	9.56	12.04
8915-00-577-4203	Peaches cnd	cn	6.750	4.00	27.00	0.00	8.00	3.08	20.79	0.00	6.16
and											
8925-01-059-4084	Sugar refin gran	bg	10.000	0.50	5.00	0.00	1.00	0.39	3.85	0.00	0.77
or											
8940-00-616-0228	Pie fil prep peach	cn	7.000	4.00	28.00	0.00	8.00	3.08	21.56	0.00	6.16
8930-00-543-7602	Peanut butter	cn	2.000	53.79	107.58	37.58	70.00	51.75	103.50	38.92	64.58
8915-00-616-0223	Pears cnd	cn	6.625	12.00	79.50	8.00	16.00	12.76	84.54	10.56	14.96
8915-00-127-9282	Peas cnd	cn	6.563	20.20	132.57	24.00	16.40	18.31	120.17	20.80	15.82
or											
8915-00-401-8480	Peas dehy comp	cn	1.188	20.20	24.00	24.00	16.40	17.27	20.52	19.68	14.86
8915-00-227-1387	Peppers green dehy	cn	0.266	20.63	5.49	15.30	25.96	15.88	4.23	11.78	19.00
8950-00-616-5469	Pickles cuc dill whole	cn	6.862	5.00	34.31	6.00	4.00	3.85	26.42	4.62	3.08
8940-00-616-0227	Pie fil cherry	cn	7.000	7.00	49.00	0.00	14.00	5.39	37.73	0.00	10.78
8915-00-127-7262	Pineapple crushed cnd	cn	6.813	2.00	13.63	4.00	0.00	1.54	10.49	3.08	0.00
8915-00-170-5148	Pineapple slices cnd	cn	6.750	11.00	74.25	8.00	14.00	8.47	57.17	6.16	10.78
8905-00-935-6395	Pork chops dehy	cn	1.250	10.00	12.50	0.00	20.00	7.70	9.63	0.00	15.40
and											
8920-00-140-7748	Flour wheat gen pur	bg	10.000	0.70	7.00	0.00	1.40	0.54	5.39	0.00	1.08
and											
8945-00-080-9396	Shortening compound	cn	33.000	0.11	3.50	0.00	0.21	0.08	2.70	0.00	0.16
and											
8910-00-091-7209	Milk dry nonfat	cn	4.000	0.44	1.75	0.00	0.88	0.34	1.35	0.00	0.67
and											
8910-00-965-1553	Egg mix dehy	cn	1.250	1.00	1.25	0.00	2.00	0.77	0.96	0.00	1.54
or											
8905-00-023-8284	Ham chnk w/jcs cnd	cn	1.813	20.00	36.26	0.00	40.00	15.40	27.92	0.00	30.80
and											
8915-00-127-7262	Pineapple crushed cnd	cn	6.813	2.00	13.63	0.00	4.00	1.54	10.49	0.00	3.08

				STAFF REQUIREMENTS				PATIENTS REQUIREMENTS			
NSN	ITEM IDENTIFICATION	UNIT OF ISSUE	CONVERSION FACTOR	UNITS REQUIRED PER DAY DAYS 1-10	LBS REQUIRED PER DAY DAYS 1-10	UNITS REQUIRED PER DAY DAYS 1-5	UNITS REQUIRED PER DAY DAYS 6-10	UNITS REQUIRED PER DAY DAYS 1-10	LBS REQUIRED PER DAY DAYS 1-10	UNITS REQUIRED PER DAY DAYS 1-5	UNITS REQUIRED PER DAY DAYS 6-10
8905-00-935-6395	Pork chops dehy	cn	1.250	10.00	12.50	0.00	20.00	7.70	9.63	0.00	15.40
	and										
8920-00-140-7748	Flour wheat gen pur	bg	10.000	0.60	6.00	0.00	1.20	0.46	4.62	0.00	0.92
	and										
8945-00-080-9396	Shortening compound	cn	33.000	0.09	3.00	0.00	0.18	0.07	2.31	0.00	0.14
	and										
8915-00-582-4060	Tomatoes cnd	cn	6.375	2.00	12.75	0.00	4.00	1.54	9.82	0.00	3.08
	and										
8910-00-965-1553	Egg mix dehy	cn	1.250	1.00	1.25	0.00	2.00	0.77	0.96	0.00	1.54
	or										
8905-00-023-8284	Ham chnk w/jcs cnd	cn	1.813	20.00	36.26	0.00	40.00	15.40	27.92	0.00	30.80
8905-01-132-7908	Pork puree	cn	0.969					14.00	13.57	16.08	11.20
8915-00-161-8912	Potatoes wht dehy diced	cn	2.250	19.50	43.75	22.50	16.50	15.03	33.82	17.36	12.70
8915-00-164-6876	Potatoes wht inst gran	cn	6.125	7.00	42.88	4.00	10.00	6.46	38.57	4.06	8.86
8915-00-164-6876	Pot wht inst gran **	cn	6.125	2.00	12.25	4.00	0.00	1.54	9.43	3.08	0.00
8915-00-286-5487	Raisins	cn	4.500	5.08	22.87	5.50	4.67	3.92	17.64	4.24	3.60
8920-00-530-2185	Rice parboiled	lb	1.000	33.00	33.00	36.00	30.00	25.41	25.41	27.72	23.10
8945-00-080-9396	Shortening comp	cn	33.000	1.19	39.25	0.96	1.42	0.92	30.30	0.75	1.10
8945-00-080-9396	Shortening comp **	cn	33.000	0.13	4.25	0.26	0.00	0.10	3.27	0.20	0.00
8945-00-080-9396	Shortening comp	cn	33.000	0.06	2.00	0.00	0.12	0.05	1.54	0.00	0.09
	or										
8945-00-222-0567	Margarine	cn	6.000	0.08	0.50	0.00	0.17	0.06	0.39	0.00	0.13
8905-00-753-6432	Shrimp dehy	cn	0.813	4.00	3.25	8.00	0.00	3.08	2.50	6.16	0.00
8935-00-234-6217	Soup & GB inst beef	cn	1.500	2.58	3.87	3.00	2.17	3.49	5.24	3.80	3.18
8935-00-543-7789	Soup & GB inst chicken	cn	1.500	1.17	1.75	0.00	2.33	2.42	3.63	1.22	3.62
8935-00-149-1359	Soup dehy beef	cn	1.188	8.00	9.50	8.00	8.00	7.88	9.36	7.88	7.88
8935-00-753-6422	Soup dehy chicken	cn	1.188	12.00	14.26	16.00	8.00	11.82	14.04	15.76	7.88
8935-00-222-0570	Soup dehy onion	cn	1.000	4.00	4.00	0.00	8.00	3.08	3.08	0.00	6.16
8935-00-577-4680	Soup dehy tom-veg	cn	1.000	12.00	12.00	16.00	8.00	11.82	11.82	15.76	7.88
8925-00-059-4084	Sugar refin gran	bg	10.000	13.04	130.38	12.96	13.11	23.00	229.99	24.14	21.86
8925-00-059-4084	Sugar refin gran **	bg	10.000	0.60	6.00	0.60	0.60	0.46	4.64	0.46	0.46
8925-00-682-6705	Syrup imit maple	cn	8.188	3.25	26.61	3.50	3.00	2.52	20.63	2.72	2.32
	or										
8925-00-682-6708	Syrup imit maple	cn	2.250	11.83	26.61	12.74	10.92	9.12	20.52	9.84	8.40
8955-00-753-6332	Tea blk ind bags	bx	0.500	7.50	3.75	7.50	7.50	10.80	5.40	10.80	10.80
8915-00-582-4060	Tomatoes cnd	cn	6.375	15.00	95.63	16.00	14.00	11.55	73.63	12.32	10.78
8915-00-582-4060	Tomatoes cnd	cn	6.375	2.00	12.75	4.00	0.00	1.54	9.82	3.08	0.00
	or										
8915-00-582-4060	Tomatoes cnd	cn	6.375	1.00	6.38	2.00	0.00	0.77	4.91	1.54	0.00
8905-01-210-6458	Veal puree cnd	cn	0.969					14.00	13.57	11.20	16.80

ACCESSORY FOODS AND CONDIMENTS

NSN	ITEM IDENTIFICATION	UNIT OF ISSUE	CONVERSION FACTOR	STAFF REQUIREMENTS				PATIENTS REQUIREMENTS			
				UNITS REQUIRED PER DAY YS 1-10	LBS REQUIRED PER DAY DAYS 1-10	UNITS REQUIRED PER DAY DAYS 1-5	UNITS REQUIRED PER DAY DAYS 6-10	UNITS REQUIRED PER DAY DAYS 1-10	LBS REQUIRED PER DAY DAYS 1-10	UNITS REQUIRED PER DAY DAYS 1-5	UNITS REQUIRED PER DAY DAYS 6-10
8950-00-125-6333	*Baking powder*	cn	1.000	0.12	0.12	0.00	0.23	0.09	0.09	0.00	0.18
8950-00-170-9573	*Cinnamon grnd*	cn	0.219	0.89	0.19	1.37	0.41	1.29	0.28	1.66	0.92
8955-00-616-5473	*Coffee inst*	bx	1.103					15.00	16.55	15.00	15.00
8955-01-305-1180	*Cof inst fd decaf*	jr	0.500					0.27	0.14	0.28	0.26
	or										
8955-01-035-5612	*cof inst fd decaf ind*	pg	0.004					40.20	0.16	41.60	38.80
8955-01-035-5612	*Cof inst fd decaf ind*	pg	0.004	750.00	3.00	750.00	750.00	750.00	3.00	750.00	750.00
8940-01-304-0780	*Crmr nondairy dry*	co	2.206					1.34	2.96	1.34	1.34
	or										
8940-01-074-4922	*Crmr nondairy dry ind*	hd	0.662					57.00	37.73	57.00	57.00
8940-01-074-4922	*Crmr nondairy dry ind*	hd	0.662	15.00	9.93	15.00	15.00	15.00	9.93	15.00	15.00
8915-00-149-1571	*Garlic dehy*	jr	0.750	0.07	0.05	0.07	0.08	0.06	0.04	0.05	0.06
8950-01-074-4918	*Hot Sauce*	bt	0.245	10.00	2.45	10.00	10.00				
8915-00-128-1179	*Onions dehy chopped*	cn	2.500	4.70	11.75	5.22	4.18	3.62	9.05	4.00	3.24
	or										
8915-00-151-6568	*Onions dehy comp*	cn	1.188	9.86	11.71	10.94	8.78	7.60	9.03	8.43	6.78
8950-00-127-8067	*Pepper blk grnd*	cn	1.000	0.66	0.66	0.63	0.69	0.51	0.51	0.49	0.53
8950-01-079-4568	*Pepper blk grnd ind*	mx	1.191	3.00	3.57	3.00	3.00	2.52	3.00	2.52	2.52
8950-01-079-6943	*Salt table*	lb	1.000	9.01	9.01	8.71	9.31	7.35	7.35	7.14	7.56
8950-01-008-7560	*Salt table ind*	mx	2.500	3.00	7.50	3.00	3.00	3.00	7.50	3.00	3.00
8920-00-926-4917	*Starch edible*	cn	4.000	0.43	1.72	0.14	0.72	0.34	1.35	0.11	0.56
8925-01-059-4083	*Sugar refin ind*	mx	8.929	4.00	35.72	4.00	4.00	4.33	38.66	4.33	4.33
8950-00-577-5990	*Vinegar dry syn*	pg	0.250	7.41	1.85	8.50	6.32	5.72	1.43	6.56	4.88
8950-01-059-5269	*Worcestershire sauce*	bt	0.500	1.75	0.88	1.75	1.75	1.35	0.67	1.35	1.35

* Based on a 3.6 oz package

				STAFF REQUIREMENTS				PATIENTS REQUIREMENTS			
NSN	ITEM IDENTIFICATION	UNIT OF ISSUE	CONVERSION FACTOR	UNITS REQUIRED PER DAY DAYS 1-10	LBS REQUIRED PER DAY DAYS 1-10	UNITS REQUIRED PER DAY DAYS 1-5	UNITS REQUIRED PER DAY DAYS 6-10	UNITS REQUIRED PER DAY DAYS 1-10	LBS REQUIRED PER DAY DAYS 1-10	UNITS REQUIRED PER DAY DAYS 1-5	UNITS REQUIRED PER DAY DAYS 6-10
	** BREAD	lb	1.000	256.00	256.00	256.00	256.00	197.12	197.12	197.12	197.12
	or										
	Bread Ingredients										
8920-00-165-6863	Flour wheat bread	bg	10.000	16.64	166.40	16.64	16.64	12.82	128.16	12.82	12.82
8945-00-080-9396	Shortening Compound	cn	33.000	0.31	10.08	0.31	0.31	0.24	7.92	0.24	0.24
8925-01-059-4084	Sugar refin gran	bg	10.000	1.01	10.08	1.01	1.01	0.78	7.84	0.78	0.78
8910-01-091-7209	Mlk dry nf gp style C	cn	4.000	1.76	7.04	1.76	1.76	1.28	5.12	1.28	1.28
8950-01-057-1559	Yeast bkrs active dry	bg	2.000	0.80	1.60	0.80	0.80	0.64	1.28	0.64	0.64
8950-01-079-6943	*salt table*	lb	1.000	2.56	2.56	2.56	2.56	1.97	1.97	1.97	1.97
	Water	gal		11.68		11.68	11.68	8.98		8.98	8.98
	and										
8945-00-222-0567	** Margarine	cn	6.000	1.57	9.42	2.09	1.04	1.20	7.23	1.61	0.80
8930-00-543-7602	** Peanut Butter	cn	2.000	10.50	21.00	14.00	7.00	8.10	16.20	10.80	5.40
8930-00-543-7607	** Jelly grape	cn	2.188	4.00	8.75	8.00	0.00	3.08	6.74	6.16	0.00
8930-00-240-0055	** Jam peach	cn	2.313	4.00	9.25	8.00	0.00	3.08	7.12	6.16	0.00
8930-00-543-7608	** Jelly blackberry	cn	2.188	4.00	8.75	0.00	8.00	3.08	6.74	0.00	6.16
8910-00-965-1553	** Egg Mix dehy	cn	1.250	3.00	3.75	0.00	6.00	2.31	2.89	0.00	4.62
8945-00-080-9396	** Shortening Comp	lb	33.000	0.05	1.50	0.00	0.09	0.04	1.32	0.00	0.07

SECTION VII

A. NUTRITIONAL ANALYSIS OF SELECTED COMPONENTS OF MEDICAL B RATION (100 grams)

Food Item	Calories (Kcal)	Protein (gm)	Fat (gm)	CHO (gm)	Vitamin A (IU)	Thiamine (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin C (mg)	Ca (mg)	P (mg)	Na (mg)	K (mg)	Fe (mg)
Apples, pie pieces, dehy	346	1	1	94	81	0.1	0.1	0.7	2	19	55	124	640	2.0
Applesauce, instant	393	1	1	95	83	0	0.1	0.4	7	26	35	199	301	4.1
Bacon, precooked, sl, cnd	576	31	42	1	0	0.7	0.3	7.3	34	12	336	1596	486	1.6
Beans, green, dehy, comp	372	16	1	75	5160	0.4	0.6	3.7	131	523	347	71	1970	7.4
Beef chunks w/juices, cnd	212	18	15	1	0	0	0.3	4.4	0	10	151	466	291	2.3
Beef patties, unckd dehy	601	51	44	0	0	0.9	0.3	12.3	0	24	440	253	777	6.2
Beef, diced, unckd, dehy	519	69	24	2	0	0.1	0.3	16.1	0	19	549	252	889	6.6
Beefsteak, dehy, raw	501	70	23	3	0	0.1	0.4	18.1	0	14	584	242	1138	6.7
Beverage mix, unsw	30	0	0	8	0	0	0	0	0	0	0	5050	0	0
Biscuit mix	428	11	16	60	0	0.2	0.2	2.0	0	45	328	1021	207	1.7
Brownie mix, butterscotch	425	7	10	76	0	0.1	0.2	2.0	0	22	96	556	136	1.7
Brownie mix, chocolate	419	8	9	76	0	0.1	0.2	2.0	0	67	176	588	369	4.0
Cabbage, dehy, comp	309	17	1	73	190	0.2	0.4	3.0	379	840	405	333	2467	4.8
Cake mix, devils food	408	6	7	79	0	0.2	0.2	2.4	0	38	79	775	251	5.0
Cake mix, yellow	414	6	8	79	0	0.2	0.2	2.4	0	41	210	488	117	2.2
Carrots, shred, dehy	370	8	1	81	10800	0.1	0.3	7.7	35	289	284	551	2377	4.9
Cheese, Amer, dehy, Proc	601	35	49	5	1497	0	0.7	0.1	0	1136	1258	1715	86	0.5
Cheese, cottage, dehy	472	61	19	12	589	0.1	0.8	0.4	0	344	639	1839	225	1.3
Chicken, dehy, cooked diced	471	81	13	1	270	0.1	0.5	20.4	0	31	540	160	693	3.4
Chili w/beans, dehy, cnd	390	34	6	50	1830	0.3	0.3	6.7	12	130	428	1711	1167	7.6
Chili, w/o beans, cnd	175	6	14	2	0	0	0	0	0	0	0	555	155	0
Cocoa bev powder, ind	410	27	13	46	80	0.1	0.5	2.2	0	145	790	20	1700	16.2
Cookie mix, chocolate	425	6	11	76	0	0.3	0.3	3.3	0	34	238	569	190	4.6
Cookie mix, oatmeal	469	8	20	65	0	0.2	0.1	0.6	0	48	250	516	164	2.4
Cookie mix, sugar	480	5	20	70	0	0.2	0.1	1.6	0	20	0	355	80	1.1
Corn bread mix	421	11	13	64	0	0.4	0.3	4.0	0	91	371	875	212	2.1
Egg mix, dehy	557	36	37	20	530	0.3	1.2	0.4	0	554	740	1106	776	4.6
Fish, sqr, dehy	400	89	2	1	0	0.1	0.2	9.3	3	82	948	1103	1931	1.4
Garlic, granules, dehy	332	16	1	73	0	0.5	0.2	0.7	0	80	417	26	1101	2.8
Ham, cnd, chunks, w/juices	174	18	11	0	0	0.2	0.2	4.2	0	11	245	1343	343	1.5
Ice cream mix, van, dehy	517	11	28	54	1167	0.1	0.5	0.3	2	384	298	156	513	0.2
Icing mix, chocolate	437	7	13	73	31	0.2	0.2	1.8	0	98	0	780	282	3.1
Icing mix, vanilla	424	6	12	73	0	0.2	0.2	1.4	0	35	0	580	99	1.2
Juice, grapefruit, inst	385	5	1	92	72	0.4	0.2	1.8	356	90	158	9	1606	1.0
Juice, orange, inst	389	6	1	89	530	1.0	0.2	2.1	363	89	140	70	1629	1.1
Juice, tomato, conc	57	2	0	13	2391	0.2	0.1	2.4	48	21	54	600	681	2.7
Luncheon meat, pork	251	17	19	3	0	0.1	0.1	4.1	0	7	135	1050	315	1.3
Pancake Mix	374	8	6	72	0	0.5	0.3	3.8	0	60	0	1240	170	2.2
Onions, dehy, chopped	323	9	1	83	0	0.5	0.1	1	75	257	303	21	1622	1.8

Food Item	Calories (Kcal)	Protein (gm)	Fat (gm)	CHO (gm)	Vitamin A (IU)	Thiamine (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin C (mg)	Ca (mg)	P (mg)	Na (mg)	K (mg)	Fe (mg)
Onions, dehy, comp, disc	368	11	0	80	17	0.3	0.1	1.7	17	204	322	86	1330	2.6
Peas, dehy, comp	346	28	2	54	2430	1.0	0.4	10	58	149	458	450	770	6.3
Peppers, green, dehy	245	12	2	76	1381	0.1	0.4	7.8	1027	131	297	572	2101	4.5
Pie filling, apple, dehy	83	0	0	21	16	0	0	0.1	0.9	3	8	19	98	0.3
Pork chops, dehy, raw	530	65	30	0	0	3.5	0.3	16.3	0	14	448	218	1138	2.8
Quick Jell, inst	316	0	0	79	0	0	0	0.2	0	70	16	25	282	2.8
Shrimp, dehy, cooked	399	92	3	1	0	0.03	0.09	1.2	0	393	716	374	515	2.0
Soup, dehy, beef w/noodles	356	17	8	54	0	0.8	0.24	6.5	0	57	278	5280	590	3.0
Soup, dehy, chicken w/noodles	388	15	10	61	0	0.7	0.35	6.8	0	40	194	4395	246	3.9
Soup, dehy, onion	241	13	4	56	0	0	0.60	6.6	42	113	380	7816	1164	4.1
Soup, dehy, tom-veg noodle	324	11	8	62	3980	0.3	0.27	4.6	35	82	161	5981	883	3.8
Vegetables, mixed, dehy, comp	352	17	2	67	26500	0.6	0.32	5.1	67	188	280	277	1271	5.6
Vinegar, dry synthetic	228	0	0	93	0	0	0	0	0	95	142	16	9.5	0

B. NUTRITIONAL ANALYSIS PER SERVING OF SELECTED MENU ITEMS OF MEDICAL B RATION *

Recipe No.	Food Item	Portion Size	Calories (Kcal)	Pro (gm)	Fat (gm)	CHO (gm)	Vitamin A (IU)	Thiamine (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin C (mg)	Ca (mg)	P (mg)	Na (mg)	K (mg)	Fe (mg)
A-1-M	Fruit Flavored Beverage	1 cup	98	0	0	25	0	0	0	0	0	0	0	31	0	0
A-3-M-1	Coffee, Instant	1 cup	0	0	0	0	0	0	0	0	0	0	0	2	1	0
A-5-M	Tea (tea bag)	1 cup	3	0	0	0	0	0	0	0.1	1.3	7	5	0	0	0.2
A-6-M-1	Milk (beverage)	1 cup	71	7	0	10	7	0	0.30	0.1	1.3	247	190	107	352	0.2
A-8-M	Cocoa/Chocolate Milk	1 cup	102	5	1	20	10	0.04	0.21	0.2	1	167	155	149	227	0.5
A-9-M	Instant Breakfast	1 cup	215	16	0	37	1260	0.30	0.50	2.7	60	432	368	267	780	5.0
A-10-M	Vanilla Milkshake	1 cup	302	13	12	35	504	0.10	0.50	0.3	2.4	448	346	189	625	0.1
A-10-M-1	Apple Cinnamon Milkshake	1 cup	420	13	12	63	530	0.10	0.50	0.4	4.5	459	357	249	716	1.4
A-10-M-2	Chocolate Milkshake	1 cup	353	16	13	44	1188	0.20	0.60	2.2	13.2	513	409	242	738	1.9
A-10-M-3	Orange Milkshake	1 cup	398	14	12	57	635	0.30	0.60	0.8	92.1	470	381	207	1028	0.4
A-10-M-4	Peanut Butter Milkshake	1 cup	379	17	19	37	504	0.10	0.50	2.0	2.4	453	395	250	714	0.3
A-10-M-5	Strawberry Milkshake	1 cup	353	16	13	44	1188	0.20	0.60	0.3	13.2	526	417	264	766	1.9
A-11-M	Peach Milkshake	1 cup	354	13	12	49	848	0.10	0.50	0.9	4.7	451	357	193	719	0.5
A-13-M	Vanilla Eggnog	1 cup	252	17	4	36	663	0.30	10.00	1.9	77.4	553	464	294	855	1.8
A-13-M-1	Coffee Eggnog	1 cup	254	17	4	36	663	0.30	1.00	2.5	77.4	556	472	295	917	1.9
A-13-M-2	Mocha Eggnog	1 cup	300	20	6	41	672	0.30	1.10	2.5	77.4	571	559	297	1085	3.7
A-13-M-3	Orange Eggnog	1 cup	312	18	5	49	745	0.40	1.10	2.2	133.4	566	486	305	1107	2.0
A-14-M-1	Chocolate Eggnog	1 cup	379	24	5	59	2372	0.60	1.30	6.8	104.4	714	621	426	1138	6.2
A-14-M-2	Strawberry Eggnog	1 cup	379	24	5	59	2372	0.60	1.30	1.9	104.4	748	640	480	1207	6.2
B-1	Field Garrison Bread	2 slices	259	7	4	48	36	0.38	0.30	3.2	0	50	107	28	136	2.6
B-2	Biscuits	2 each	311	8	12	44	0	0.10	0.10	1.4	0	33	238	741	150	1.2
B-3-1	Cornbread	1 piece	254	6	9	37	0	0.20	0.10	2.3	0	53	216	511	124	1.2
B-3-2	Hush Puppies	3 each	260	6	11	34	1	0.20	0.10	2.0	0.8	51	193	447	130	1.1
B-4	French Toast	2 slices	314	11	15	33	138	0.30	0.36	2.2	1	170	187	481	197	2.4
B-5	Griddle Cakes	3 cakes	329	6	8	57	0	0.30	0.20	3.0	0	48	0	985	135	1.7
B-6	Quick Coffee Cake	1 piece	240	5	10	34	81	0	0	0.6	0	30	142	406	97	0.9
C-1-1	Devils Food Cake	1 piece	176	3	3	34	0	0	0	1.0	0	16	34	335	108	2.1
C-2	Chocolate Icing	1.37 tbsp	75	1	2	13	5	0	0	0.3	0	17	0	135	49	0.5
C-3	Vanilla Icing	1.37 tbsp	78	1	2	13	0	0	0	0.2	0	6	0	106	18	0.2
C-4	Brownies	1 piece	271	5	6	49	0	0	0.10	1.2	0	43	114	381	239	2.5
C-5-3	Chocolate Bars	1 bar	184	3	5	33	0	0.10	0.10	1.4	0	15	103	246	82	1.9
C-6-1	Oatmeal Raisin Bar	1 bar	201	3	8	30	1	0	0	0.2	0	22	104	202	108	1.0
C-6-2	Oatmeal Cookie Bars	1 bar	182	3	8	25	0	0	0	0.2	0	19	97	201	64	0.9
2-7-2	Peanut Butter Bar	1 bar	273	5	14	32	0	0	0	2.1	0	12	42	206	111	0.6
C-8-3	Sugar Cookie Bar	1 bar	207	2	9	30	0	0	0	0.6	0	9	0	153	35	0.4
C-10-1	Cherry Cobbler	1 piece	484	4	23	68	640	0.10	0.10	2.1	1.5	9	36	348	39	2.1
C-11-1	Peach Cobbler	1 piece	578	5	23	90	399	0.10	0.10	2.8	2.7	12	48	392	149	1.6
C-15-1	Apple Crisp	1 piece	202	2	6	38	82	0	0	0.2	0.3	14	56	191	116	0.7
C-16	Pudding (mix)	1/2 cup	153	5	1	34	5	0	0.10	0.1	0.7	219	137	188	230	0.6
C-17	Fruit Cocktail Pudding	2/3 cup	182	3	1	42	137	0	0.10	0.3	1.7	105	85	429	208	0.2
C-18-1	Cranberry Crunch	1 piece	199	2	6	36	84	0	0	0.1	1.2	13	51	122	51	0.5
C-18-2	Cherry Crunch	1 piece	198	2	6	37	528	0	0	0.1	1	10	49	134	32	1.1
C-20-M	Gelatin	1/2 cup	54	1	0	13	0	0	0	0	0	0	41	47	1	0
C-22-M	Baked Custard	2/3 cup	192	10	6	27	321	0.08	0.38	0.2	1	256	232	226	324	1.0
C-22-M-1	Thin Baked Custard	1 cup	196	11	5	29	63	0.1	0.40	0.2	1.3	308	270	390	441	0.5
C-23-M	Thin Pudding	1/2 cup	110	4	0	24	4	0	0.10	0.1	0.6	175	114	137	196	0.4

Recipe No.	Food Item	Portion Size	Calories (Kcal)	Pro (gm)	Fat (gm)	CHO (gm)	Vitamin A (IU)	Thiamine (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin C (mg)	Ca (mg)	P (mg)	Na (mg)	K (mg)	Fe (mg)
D-2	Macaroni and Cheese	1 cup	314	13	13	36	431	0.30	0.30	2.5	0.5	269	313	675	233	1.3
D-4	Steamed Rice	3/4 cup	175	3	1	37	37	0.20	0	2.0	0	0	0	12	1	1.2
D-6-M-1	Farina	3/4 cup	100	3	0	21	0	0.10	0	1.1	0	6	24	332	26	1.0
D-6-M-2	Hominy Grits	3/4 cup	95	3	0	21	0	0.20	0.10	1.5	0	11	21	744	35	1.2
D-6-M-3	Oatmeal	3/4 cup	113	4	2	20	0	0.80	0.70	10.1	0.9	210	142	340	133	20.8
D-7-M	Thin Farina	1 cup	113	6	0	22	4	0.10	0.20	0.6	0.7	146	123	239	217	0.5
D-7-M	Thin Grits	1 cup	110	5	0	22	4	0.10	0.20	0.9	0.7	148	121	458	222	0.6
D-7-M	Thin Oatmeal	1 cup	119	6	1	21	4	0.40	0.50	5.4	1.2	253	185	243	274	11.0
E-1	Scrambled Eggs	2/3 cup	222	13	15	7	197	0.10	0.40	0.1	0	207	275	599	288	1.7
E-1-2	Scrambled Eggs w/Bacon	2/3 cup	262	16	18	7	197	0.10	0.40	0.8	3.1	207	306	563	334	1.8
E-1-3	Scrambled Eggs, Western Style	2/3 cup	274	18	18	12	208	0.10	0.40	1.1	11.4	220	341	695	447	2.1
E-2	Cheese Omelet	3/4 cup	332	19	23	13	378	0.10	0.50	0.4	0	351	444	775	335	2.1
F-2	Applesauce, canned	1/2 cup	88	0	0	21	18	0	0	0	1.5	6	8	45	67	0.9
F-3-M-1	Orange Juice, Instant	1 cup	106	2	0	24	144	0.20	0	0.5	98.7	24	38	21	443	0.2
F-3-M-2	Grapefruit Juice, Instant	1 cup	194	2	0	46	41	0.10	0	0.9	170.6	42	73	5	789	1.1
F-3-M-3	Grpfrt-Orange Juice, Instant	1 cup	200	3	0	47	354	0.30	0.10	1.2	162.3	42	71	19	789	1.2
F-4-M	Tomato Juice	1 cup	36	2	0	8	1518	0	0	1.5	30.4	13	34	382	432	1.7
F-5-M-1	Thin Applesauce	1 cup	234	1	0	57	49	0	0	0.2	4.1	15	21	120	179	2.4
F-5-M-2	Thin Fruit Cocktail	1 cup	137	1	0	36	500	0	0	0.9	4.5	14	26	14	214	0.6
F-5-M-3	Thin Peaches	1 cup	117	1	0	31	764	0	0	1.2	5.1	6	24	11	209	0.7
	Fruit Cocktail, canned	1/2 cup	61	0	0	16	170	0	0	0.3	1.5	5	9	5	73	0.2
	Grapefruit Sections, canned	1/2 cup	78	1	0	20	0	0	0	0.3	27.5	18	13	3	167	0.5
	Peaches, canned	1/2 cup	59	0	0	16	263	0	0	0.4	2.2	2	9	5	73	0.2
	Pears, canned	2 halves	53	0	0	14	0	0	0	0.1	0.7	4	5	4	47	0.1
	Pineapple rings	1/2 cup	77	0	0	15	11	0	0	0	5.5	10	0	1	5	0.8
	Raisins	2 tbsp	56	1	0	15	3	0	0	0.1	0.1	10	19	3	128	0.3
F-6-M-1	Thin Peaches w/Cran Sauce	1 cup	135	0	0	35	352	0	0	0.5	3.4	6	13	6	110	0.4
F-6-M-2	Thin Pears w/Cran Sauce	1 cup	151	0	0	39	11	0	0	0.1	1.9	9	11	7	96	0.4
F-7-M-1	Thin Applesauce w/Cot Cheese	1 cup	177	2	0	41	35	0	0.10	0.2	3.1	83	69	111	222	1.6
G-1	Bacon	3 slices	98	5	8	0	0	0.10	0	1.2	5.6	2	57	270	82	0.2
G-2	Barbecued Beef	2/3 cup	404	24	19	36	750	0	0.40	6.3	10.9	38	231	1198	635	3.5
G-3-2	Beef and Gravy	1/3 cup	383	26	28	7	0	0	0.40	6.4	0	16	217	1039	417	3.4
G-6	Beef & Gravy w/Vegetables	1 cup	353	33	18	15	4144	0.10	0.20	7.9	8.1	33	288	877	524	4.0
G-8-M	Roast Beef Hash	1 1/4 cup	356	22	18	30	206	0	0.30	6.0	54.5	39	221	897	725	3.0
G-9	Beefsteak and Gravy	1 + 1/3 cup	368	34	18	18	0	0.10	0.20	9.3	0	11	289	478	552	3.7
G-14	Beef Patties Jardinere	2 + 1/2c sce	401	28	29	8	875	0.50	0.10	7.0	8.0	21	253	605	478	3.7
G-16	Chiliburgers	2	508	34	39	3	153	0.40	0.20	6.5	0.8	132	365	651	533	3.3
G-17	Creamed Ground Beef	1 cup	348	27	17	21	7	0.40	0.40	5.6	1.6	235	352	579	634	2.9
G-18-1	Gr. Hamburgers w/Onions	2	300	20	21	8	0	0.30	0.10	4.7	6.8	36	198	794	451	2.5
G-21-1	Bkd Chicken & Rice	1 cup	301	23	9	30	295	0.10	0.20	6.8	0.2	61	179	1057	288	1.8
G-22-M	Chicken Pot Pie	1 piece	297	22	13	22	2818	0.10	0.20	6.6	1.5	99	212	1191	383	1.8
G-25	Creole Chicken	2/3 cup	176	18	6	12	786	0.10	0.10	5.3	43.0	48	148	570	483	1.6
G-27	Chili Con Carne, canned	1 cup	368	32	6	47	1729	0.20	0.30	6.3	11.3	123	404	1618	1103	7.1
G-29	Chili Macaroni, dehydrated	1 1/4 cup	457	16	26	37	477	0.30	0.20	2.6	12.1	136	192	1253	473	1.5
G-30	Bkd Ham, Macaroni & Tomato	1 cup	296	18	15	23	630	0.30	0.20	4.7	30.3	108	295	1144	534	2.2
G-33-M	Sc. Ham & Potatoes	1 cup	395	23	23	24	503	0.20	0.30	4.9	3.5	183	393	1478	665	1.8
G-34	Luncheon Meat w/Mustard Glz	1 slice	339	19	21	20	0	0.10	0.10	4.4	0	13	151	1200	356	1.5
G-36	Luncheon Meat w/Pineapple	1 + 1/4c sc	338	19	21	20	9	0.10	0.10	4.6	4.6	17	152	1147	413	1.6
G-37	Grilled Luncheon Meat	1 slice	341	18	29	1	0	0.05	0.30	3.5	0	23	183	1331	250	2.0
G-39	Pork Chops in Tomato Sauce	2 + 1/4c sc	543	42	30	25	381	2.10	0.30	14.5	27.5	64	332	782	900	3.0

Recipe No.	Food Item	Portion Size	Calories (Kcal)	Pro (gm)	Fat (gm)	CHO (gm)	Vitamin A (IU)	Thiamine (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin C (mg)	Ca (mg)	P (mg)	Na (mg)	K (mg)	Fe (mg)
G-41-1	Br Pork Chops & Cr Gravy	1+1/4c gr	586	44	33	27	27	2.10	0.40	14.2	0.4	133	384	759	840	2.7
G-44	Shrimp Creole	9+1/2c sc	132	15	4	11	689	0	0	1.3	41.9	98	142	581	403	1.2
G-46-1	Fried Fish Squares	1 1/2 sq	252	39	5	10	0	0	0.10	4.5	1.2	47	417	870	835	1.0
G-49-M-1	Thin Beef	1 cup	244	25	16	1	423	0	0.10	4.8	2.8	15	194	688	385	2.6
G-49-M-1	Thin Chicken	1 cup	325	25	25	1	436	0	0.10	5.1	1.9	158	232	1219	268	1.6
G-49-M-1	Thin Pork	1 cup	288	26	19	1	393	0.10	0.20	5.1	3.7	14	212	704	415	1.4
G-49-M-1	Thin Veal	1 cup	250	24	17	1	401	0	0.20	6.1	5.6	11	218	695	419	1.7
H-1-M-1	Cabbage & Green Pepper Salad	1/2 cup	79	2	0	20	44	0	0	0.4	63.9	116	60	225	375	0.8
H-1-M-2	Cabbage & Carrot Salad	1/2 cup	97	3	2	19	2016	0	0	0.6	50.9	119	63	188	381	0.8
H-2-M	Carrot.Cabbage & Pineapple Slaw	1/2 cup	87	2	2	17	1929	0	0	0.5	27.6	66	36	161	238	0.6
H-3	Carrot and Raisin Salad	1/3 cup	94	1	1	20	6175	0	0	0.5	2.1	25	32	114	234	0.6
H-4-1	Pineapple and cottage cheese salad	1sl&1/4c	108	6	2	13	66	0	0	0	4.5	42	62	179	26	0.8
	Dill Pickles	135 grams	14	1	0	3	123	0	0	0	7.3	32	26	1758	246	1.2
H-6-M	Garden cottage cheese salad	1/4 cup	51	6	2	3	371	0	0	0.1	6.5	37	67	183	54	0.1
I-1	Beef Noodle Soup	1 cup	77	4	2	12	0	0.10	0	1.5	0	12	60	1139	127	0.6
I-2	Chicken Noodle Soup	1 cup	84	3	2	13	0	0.10	0	1.4	0	9	42	949	53	0.8
I-3	Onion Soup	1 cup	27	1	0	6	0	0	0	0.7	4.7	13	43	888	132	0.4
I-5	Tomato Veg Noodle Soup	1 cup	65	2	1	11	722	0	0	0.9	6.3	15	29	1087	160	0.6
I-6-M	Beef Broth	1 cup	14	1	0	2	0	0	0	0.1	0	4	14	1222	38	0.2
I-6-M	Chicken Broth	1 cup	19	1	1	1	35	0	0	0.1	0	13	12	1319	22	0
I-7-M	Tomato Broth	1 cup	10	1	0	2	179	0	0	0.2	3.5	3	9	536	66	0.2
I-8-M	Strained beef noodle soup	100 gm	7	1	0	0	0	0	0	0.7	0	6	13	326	54	0.1
I-8-M	Strained chicken noodle soup	100 gm	16	2	1	1	0	0	0	1.3	0	4	30	318	86	0.2
I-8-M	Strained tomato-veg soup	100 gm	7	0	0	1	114	0	0	0.1	1.7	11	9	367	41	0.1
I-9-M	Thin Cr. Beef Noodle Soup	1 cup	137	10	2	20	6	0.20	0.30	1.6	1.1	222	221	1230	426	0.7
I-9-M	Thin Cr. Chicken Noodle Soup	1 cup	144	9	2	22	6	0.20	0.30	1.6	1.1	218	203	1039	352	0.8
I-9-M	Thin Cr. Tom Veg Noodle Soup	1 cup	140	8	2	22	865	0.10	0.30	1.2	8.6	227	196	1382	489	0.8
I-10-M	Thin Cr. Cheese Soup	1 cup	202	9	13	13	493	0	0.30	0.4	1.0	280	248	509	285	0.2
I-11-M	Thin Cr. Chicken Soup	1 cup	250	17	14	13	355	0.10	0.30	2.5	1.9	283	266	1074	426	0.8
I-12-M	Thin Cr. Corn Soup	1 cup	211	8	10	25	474	0.10	0.30	1.1	6.3	222	211	675	433	0.4
I-13-M	Thin Cr. Pea Soup	1 cup	213	10	10	22	763	0.20	0.30	1.3	12.1	237	225	754	401	1.3
I-14-M	Thin Cr. Potato Soup	1 cup	86	5	2	13	64	0	0.20	0.6	4.1	152	127	579	280	0.2
I-15-M	Thin Cr. Tomato Soup	1 cup	180	8	9	17	1101	0.10	0.30	1.1	15.6	224	188	570	519	1.0
J-1	Baked Beans	3/4 cup	296	13	10	39	294	0.20	0	1.9	8.9	91	191	1016	430	3.1
J-2	Buttered Green Beans	1/2 cup	58	1	3	6	539	0	0	0.2	10.2	42	28	46	156	0.5
J-5-M	Bavarian Cabbage	1/2 cup	77	2	2	14	23	0	0	0.3	47.1	107	54	201	330	0.6
J-9	Buttered Carrots & Peas	1/2 cup	64	2	4	6	5952	0	0	0.5	5.7	19	32	265	112	0.7
J-10	Buttered Corn	1/2 cup	72	1	4	9	230	0	0	0.5	4.1	3	32	204	96	0.2
J-11	Corn Relish	2 1/2 tbsp	41	1	0	11	47	0	0	0.3	8.3	6	22	139	95	0.2
J-12	Sauteed Corn	1/2 cup	98	4	3	17	155	0	0	0.5	24.0	3	23	91	70	0.8
J-13	Buttered Peas	1/2 cup	75	3	4	8	476	0	0	0.7	9.1	16	45	278	75	0.9
J-15-M	Hashed Brown Potatoes	3/4 cup	180	3	5	32	0	0	0	1.7	6.0	16	57	77	378	0.4
J-16-M	Hot Potato Salad	3/4 cup	190	5	5	32	0	0	0	2.0	8.6	18	82	218	366	0.7
J-17	Mashed Potatoes	2/3 cup	135	3	4	23	141	0	0.10	1.7	11.8	51	71	239	284	0.4
J-17-M-1	Grilled Potato Cakes	1 cake	161	4	4	28	10	0	0.10	2.0	12.7	64	92	230	319	0.7
J-18-M	Potatoes Au Gratin	3/4 cup	199	6	6	30.9	208	0	0.10	1.5	4.8	145	161	336	409	0.5
J-20	Buttered Succotash	1/2 cup	96	3	4	14	289	0	0	0.6	7.0	15	56	275	193	0.8
J-21	Stewed Tomatoes	1/2 cup	74	1	4	9	816	0	0	0.9	16.7	36	26	366	252	0.8
J-22	Vegetable Medley	1/2 cup	61	1	4	6	3162	0	0	0.3	3.6	16	24	296	111	0.5
J-23-M	Thin Baked Beans	1/2 cup	96	4	3	13	101	0	0	0.6	2.8	30	62	334	142	1.0

Recipe No.	Food Item	Portion Size	Calories (Kcal)	Pro (gm)	Fat (gm)	CHO (gm)	Vitamin A (IU)	Thiamine (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin C (mg)	Ca (mg)	P (mg)	Na (mg)	K (mg)	Fe (mg)
J-24-M	Thin Green Beans	1/2 cup	47	1	2	6	471	0	0	0.2	9.5	39	26	35	145	0.5
J-25-M	Thin Carrots	1/2 cup	56	1	3	8	7735	0	0	0.6	4.3	39	31	400	268	0.9
J-26-M	Thin Carrots & Peas	1/2 cup	68	2	3	10	4044	0	0	0.8	8.7	32	48	390	196	1.1
J-27-M	Thin Peas	1/2 cup	90	4	3	13	632	0.1	0.1	1.1	15.4	26	76	417	124	1.5
J-28-M	Thin Potatoes	2/3 cup	34	1	1	5	47	0	0	0.3	2.3	22	23	116	71	0
J-29-M	Thin Potatoes with Cheese	2/3 cup	102	5	7	6	217	0	0.1	0.3	2.3	150	165	311	81	0.1
	Margarine	1 tbsp	101	0	11	0	468	0	0	0	0	2	2	140	4	0
	Jelly	2 1/4 tbsp	116	0	0	30	4	0	0	0	1 7	9	3	7	32	0.6
	Peanut Butter	2 tbsp	191	9	17	5	0	0	0	4.3	0	11	121	152	222	0.5
	Creamer, nondairy dry	1 tbsp	15	0	1	2	29	0	0	0	0	2	0	17	0	0.0
	Sugar packet	1 pg	16	0	0	4	0	0	0	0	0	0	0	0	0	0
	Salt	1 pg	0	0	0	0	0	0	0	0	0	0	0	438	0	0
		1 pg														
		1 pg														

* Traces, dashes, lack of data are all shown as zeros.

C. NUTRITIONAL ANALYSIS OF MEDICAL B DIETS [a]

Diet	Calories (Kcal)	Pro (gm)	Fat (gm)	CHO (gm)	Vitamin A (IU)	Thiamine (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin C (mg)	Ca (mg)	P (mg)	Na (mg)	K (mg)	Fe (mg)
Regular	4255	150	161	568	6505	2.9	3.1	40.5	212	1505	2479	9212	5224	31
Nourishment for High Calorie-High Protein	2353	78	98	305	2368	0.7	2.0.	19.1	55	1509	1581	1976	3101	10
Dental Liquid	4104	177	111	613	7342	2.6	6.0	27.9	352	3959	3705	6851	7930	24
Full Liquid	3976	159	73	686	7764	3.1	7.6	19.7	515	4881	4161	4965	8765	24
Clear Liquid	976	10	2	236	387	0.3	0.2	2.4	176	82	249	2788	933	2
Nutritional Standards for Operational Rations [b]	3600	100	160 (Max)	440	5000	1.8	2.2	24.0	60	800	800	5000-7000	1875-5625	18

Analysis does not include salt package or creamer, nondairy. Regular diet menus calculated when bread is not available.

[b] Army Regulation 40-25/Naval Medical Command Instruction 10110.1/Air Force Regulation 160-96, May 1985

D. NUTRITIONAL ANALYSIS OF TUBE FEEDINGS (1200 cc)

Tube Feeding	Calories (Kcal)	Pro (gm)	Fat (gm)	CHO (gm)	Ca (mg)	P (mg)	Fe (mg)	Na (mg)	K (mg)	Mg (mg)
Beef Tube Feeding	1208	84	126	42	1152	1210	15	1319	2854	251
Chicken Tube Feeding	1201	84	105	50	1289	1248	14	1220	2565	232

RECIPE INDEX

	Page No.
Bacon, G-1	5-20
Beef	
Barbecued Beef (Sloppy Joe), G-2	5-20
Beef and Gravy, G-3-2	5-20
Beef and Gravy with Biscuit Topping (Canned Beef), G4	5-20
Beef and Gravy with Vegetables (Canned Beef), G-6	5-21
Beef and Gravy with Vegetables (Dehydrated Beef), G-5	5-21
Beef Gravy, G-3-1	5-20
Beef Macaroni and Tomato Casserole, G-7	5-22
Beef Patties Jardiniere, G-14	5-24
Beefsteak and Gravy, G-9	5-22
Beefsteak in Tomato Sauce, G-10	5-23
Beefsteak with Fried Onions, G-11	5-23
Cheeseburgers, Gilled, G-18-2	5-25
Chiliburger, G-16	5-24
Creamed Ground Beef, G-17	5-24
Hamburger, Grilled, G-18	5-25
hamburgers Baked in Gravy, G-19	5-25
Hamburgers with Fried Onions, Grilled, G-18-1	5-25
Roast Beef Hash, G-8M	5-22
Spanish Beef Patty, Baked, G-12	5-23
Beverage, Fruit Flavored. A-1-M	5-1
Biscuits, B-2	5-6
Bread, Field Garrison, B-1	5-6
Brownies (Chocolate, Butterscotch), C-4	5-8
Cake	
Coffee, Quick, B-6	5-7
Devil's Food, C-1-1	5-8
Yellow, C-1-1	5-8
Marble, C-1-2	5-8
Cereal, hot Breakfast	
Farina with Milk, D-6-M-1	5-16
Hominy Grits, D-GM-2	5-16
Oatmeal with Milk, D--M-3	5-16
Cereals, Thin Breakfast (Farina, Grits, Oatmeal), D-7-M	5-16
Chicken	
Chicken and Macaroni, Baked, G-21-2	5-25
Chicken and Rice, Baked, G-21-1	5-25
Chicken Pot Pie, G-22-M	5-26
Chicken with Bread Dressing, G-23	5-26
Creamed Chicken, G-24	5-27
Creole Chicken, G-25	5-27
Chili	
Chili Con Came (Canned), G-27	5-28
Chili Con Carne (Dehydrated), G-26	5-27
Chili Macaroni (Canned), G-29	5-28
Chili Macaroni (Dehydrated), G-28	5-28
Cocoa, Hot, A-8-M	5-2
Coffee	
Decaffeinated, Instant, A4-M	5-1
Instant, (Freeze Dried), A-3-M	5-1
Instant, A-3-M-1	5-1
Roasted and Ground, A-2-M	5-1
Cookies	
Chocolate, C-S	5-9
Chocolate Cookie Bars, C-5-3	5-9
Chocolate Cookie Roll, C-5-2	5-9
Oatmeal, C-6	5-9
Oatmeal Cookie Bars, C6-2	5-9
Peanut Butter Bars, C-7-2	5-9
Peanut Butter, C-7-1	5-9
Raisin, C&l	5-10
Raisin Chocolate, C-5-1	5-9
Raisin Oatmeal, C-1	5-9
Sugar, C-8	5-10
Sugar Cookie Bars. C-8-3	5-10
Sugar Cookie Roll, C-8-2	5-10
Cobbler	
Apple, C-9-1	5-10
Cherry, C-10-1	5-10
Crust, C-13	5-11
Peach, C-11-1	5-11
Pineapple, C-12-1	5-11
Corn Bread, B-3-1	5-7
Crisp	
Apple, C-15-1	5-12
Cheese Apple. C-15-2	5-12
Crunch	
Cranberry, C-18-1	5-13
Cherry, C-18-2	5-13
Custard, Baked, C-22-M	5-14
Custard, Thin Baked, C-22-M-1	5-14
Eggnog (Egg Mix)	
Chocolate, A-14-M-1	5-5
Coffee, A-13-M-1	5-4
Mocha, A-13-M-2	5-4
Orange (Canned Orange Juice), A-13-M-3-A	5-5
Orange (Instant Orange Juice), A-13-M	5-4
Strawberry, A-14-M-2	5-5
Vanilla, A-13-M	5-4
Eggnog (Eggnog Mix)	
Vanilla, A-12-M	5-4
Coffee, A-12-M-1	5-4
Mocha, A-12-M-2	5-4
Orange (instant Orange Juice), A-12-M-3	5-4
Orange (Canned Orange Juice), A-12-M-3-A	5-4
Chocolate, A-12-M4	5-4
Strawberry, A-12-M-5	5-4
Eggs	
Scrambled, E-	5-17
Baked Scrambled, El-l1	5-17
Scrambled with Bacon, -1-2	5-17
Scrambled, Western Style, E-1-3	5-17
Scrambled with Ham, E-14	5-17
Fish	
Fish Squares, Fried, G46-1	5-34
Fish with Cornbread Coating, G-46-2	5-34

	Page No.
French Toast, B4	5-7
Fruit	
Applesauce (Meat Accompaniment), F-1	5-17
Applesauce (Fruit Dessert), F-2	5-17
Fruit, Thin	
Applesauce (Canned), F-5-M-1-A	5-18
Applesauce (Canned) with Cottage Cheese, F-7-M-1-A	5-19
Applesauce (Instant) with Cottage Cheese, F-7-M-1	5-19
Applesauce (Instant), F-5-M-1	5-18
Fruit, Cocktail, F-5-M-2	5-18
Peaches, F-5-M-3	5-18
Peaches with Cottage Cheese, F-7-M-2	5-19
Peaches with Cranberry Sauce, F-6-M-1	5-19
Pears, F-5-M4	5-18
Pears with Cottage Cheese, F-7-M-3	5-19
Pears with Cranberry Sauce, F-6-M-2	5-19
Gelatin (Lemon, Raspberry, Strawberry), C-20-M	5-13
Gelatin (Quick Jell)(Orange, Raspberry, Strawberry), C-21-M	5-13
Griddle Cakes, B-5	5-7
Ham	
Ham and Pepper Hash, G-31-M	5-29
Ham and Potatoes, Scalloped, G-33-M	5-30
Ham Chunks with Pineapple Sauce, G-32	5-29
Ham Macaroni and Tomatoes, Baked G-30	5-29
Hush Puppies, B-3-2	5-7
Ice Cream Mix (Dehydrated), C-19	5-13
Icing	
Chocolate, C-2	5-8
Vanilla, C-3	5-8
Instant Breakfast, (Vanilla, Chocolate, Strawberry). A-9-M	5-2
Juice	
Orange, F-3-M-1	5-18
Grapefruit, F-3-M-2	5-18
Grapefruit and Orange, F-3-M-3	5-18
Tomato, F-4-M	5-18
Luncheon Meat	
Baked Luncheon Meat with Mustard Glaze, G-34	5-30
Baked Luncheon Meat with Pineapple Sauce, G-36	5-31
Grilled, G-37	5-31
Grilled Luncheon Meat and Cream Gravy, G-37-1	5-31
Luncheon Meat Sandwich, G-38	5-31
Mustard Grilled Luncheon Meat, G-37-2	5-31
Scalloped Luncheon Meat and Potatoes, G-35	5-30
Meat, Thin	
Beef, Chicken, Pork, Veal, G49-M-1	5-35
Thin Meat, Creamy, G49-M-2	5-35
Macaroni, D-1	5-14
Macaroni and Cheese, D-2	5-15
Milk	
Hot Milk for Farina and Oatmeal, D-M-4	5-16
Chocolate, A-8-M	5-2
Milk For Beverage and Cereal, A-M-1	5-2
Vanilla Flavored (100 portions), A-M-2	5-2
Vanilla Flavored (1, 5, 10 servings), A-7-M	5-2

	Page No.
Milkshake	
Apple Cinnamon (Canned Applesauce), A-10-M-1-A	5-3
Apple Cinnamon (Instant Applesauce), A-10-M-1	5-3
Chocolate, A-10-M-2	5-3
Orange (Canned Orange Juice), A-10-M-3-A	5-3
Orange (Instant Orange Juice), A-10-M-3	5-3
Peach, A-11-M	5-3
Peanut Butter, A-10-M4	5-3
Strawberry, A-10-M-5	5-3
Vanilla, A-10-M	5-3
Omelet	
Cheese, &2	5-17
Ham, E-2-1	5-17
Bacon and Cheese, E-2-2	5-17
Pork	
Chops and Cream Gravy, Breaded, G41-1	5-32
Chops and Cream Gravy, Grilled, G41-2	5-32
Chops in Tomato Sauce, G-39	5-31
Chops with Mustard Sauce, Baked, G40	5-32
Potatoes	
Au Gratin, J-18-M	5-44
Diced, J-14-M	5-43
Hashed Brown, J-15-M	5-43
Hot Potato Salad, J-16-M	5-44
Lyonnaise, J-15-M-1	5-43
Mashed, J-17	5-44
O'Brien, J-15-M-2	5-43
Oven Brown, J-15-M-3	5-43
Potato Cakes, Grilled, J-17-M-1	5-44
Potato Cakes with onions, J-17-M-2	5-44
Scalloped, J-19-M-1	5-45
Scalloped Potatoes and Onions, J-19-M-2	5-45
Pie	
Apple, C-9-2	5-10
Cherry, C-10-2	5-10
Peach. C-11-2	5-11
Pineapple, C-12-2	5-11
Pudding	
Chocolate, C-16	5-12
Vanilla, C-16	5-12
Fruit Cocktail, C-17	5-12
Pudding, Thin, (Chocolate, Vanilla), C-23-M	5-14
Rice	
Baked, D-4-1	5-15
Lyonnaise, D4-2	5-15
Orange, D-5-2	5-16
Pilaf, D-5-1	5-16
Spanish, D-3	5-15
Steamed, D4	5-15
Salmon	
Salmon Loaf, G47	5-34
Salmon and Peas, Scalloped, G-43-2	5-33

	Page No.
Salad	
Cabbage and Green Pepper Salad with Pickle Dressing, H-I-M-1	5-35
Cabbage and Carrots Salad with Cooked Salad Dressing, 1-1-M-2	5-35
Carrot and Raisin, H-3	5-36
Carrot, Cabbage and Pineapple Slaw, H-2-M	5-36
Garden Cottage Cheese, H-6-M	5-37
Peach and Cottage Cheese, H-4-2	5-36
Pear and Cheese, 11-5	5-36
Pineapple and Cottage Cheese, 114-1	5-36
Shrimp	
French Fried, G-42	5-32
Shrimp and Peas, Scalloped, G-43-1	5-33
Creole, G-44	5-33
Soup	
Beef Noodle, I-1	5-37
Broth, Beef, Chicken, I6-M	5-37
Chicken Noodle, 1-2	5-37
Onion, 1-3	5-37
Potato, 14	5-37
Tomato Broth, 1-7-M	5-38
Tomato Vegetable Noodle. I-5	5-37
Soups, Strained (Beef Noodle, Chicken Noodle, Tomato-Vegetable), I-M	5-38
Soup, Thin	
Cream, (Dehydrated Soup Bases) 1-9-M	5-38
Cream of Cheese, 1-10-M	5-38
Cream of Chicken, I-11-M	5-38
Cream of Corn, 1-12-M	5-39
Cream of Pea (Canned Peas), 1-13-M	5-39
Cream of Pea (Dehydrated Compressed Peas) I-13-M-A	5-39
Cream of Potato, 1-14-M	5-40
Cream of Tomato, 1-15-M	5-40
Streusel Topping, C-14	5-12
Tea, A-5-M	5-2

	Page No.
Tube Feedings	
Beef, K-1-M	5-48
Beef (Dehy Comp Beans) (Canned Juice), K-1-M-A	5-48
Chicken, K-2-M	5-48
Chicken (Canned Juice) K-2-M-A	5-48
Tuna	
Tuna and Macaroni, Baked, G-45	5-34
Loaf, G48	5-35
Vegetables	
Baked Beans, J-1	5-40
Cabbage, Piquant, J-7-M	5-42
Cabbage, Bavarian, J-5-M	5-41
Cabbage, Creamed, JN-M	5-41
Carrots, Buttered J-8	5-42
Carrots and Peas, Buttered J-9	5-42
Corn, Buttered J-10	5-42
Corn, Sautéed, J-12	5-43
Corn Relish, J-11	5-42
Green Beans, Savory (Dehydrated Compressed), J-3a	5-41
Green Beans, Buttered (Dehydrated Compressed), J-2a	5-40
Lima Beans, Buttered J4	5-41
Peas, Buttered J-13	5-43
Succotash, Buttered J-20	5-45
Tomatoes, Stewed, J-21	5-45
Vegetable Medley, J-22	5-45
Vegetables, Thin	
Baked Beans, J-23-M	5-46
Carrots, J-25-M	5-46
Carrots and Peas (Canned Peas), J-26-M	5-46
Carrots and Peas (Dehy Comp Peas), J-2&-M-A	5-46
Green Beans (Canned) J-24-M	5-46
Green Beans (Dehydrated Compressed), J-24M-A	5-46
Peas (Canned), J-27-M	5-47
Peas (Dehydrated Compressed), J-27-M-A	5-47
Potatoes, J-28-M	5-47
Potatoes with Cheese, J-29-M	5-47

INDEX-3/INDEX 4 BLANK

By Order of the Secretary of the Army:

GORDON R. SULLIVAN
General, United States Army
Chief of Staff

Official:

MILTON H. HAMILTON
Administrative Assistant to the
Secretary of the Army

Distribution:

To be distributed in accordance with DA Form 12-34-E, block 0010, requirements for SB 10-495-1, October 1993.

By Order of the Secretary of the Air Force:

MERRIL A. McPEAK
General, United States Air Force
Chief of Staff

Official:

EDWARD A. PARDINI
Colonel, United States Air Force
Director of Information Management

Distribution: F.

By Order of the Marine Corps:

Official:

DONALD F. HAGEN
Vice Admiral, Medical Corps
United States Navy
Surgeon General of the Navy

Distribution: FH.

U.S. GOVERNMENT PRINTING OFFICE: 1995 O - 388-421 (02602)

RECOMMENDED CHANGES TO EQUIPMENT TECHNICAL PUBLICATIONS

SOMETHING WRONG WITH PUBLICATION

FROM: (PRINT YOUR UNIT'S COMPLETE ADDRESS)

DATE SENT

PUBLICATION NUMBER	PUBLICATION DATE	PUBLICATION TITLE

BE EXACT PIN-POINT WHERE IT IS

PAGE NO.	PARA-GRAPH	FIGURE NO.	TABLE NO.

IN THIS SPACE, TELL WHAT IS WRONG AND WHAT SHOULD BE DONE ABOUT IT.

PRINTED NAME, GRADE OR TITLE AND TELEPHONE NUMBER	SIGN HERE

DA FORM 1 JUL 79 2028-2

PREVIOUS EDITIONS ARE OBSOLETE.

P.S.--IF YOUR OUTFIT WANTS TO KNOW ABOUT YOUR RECOMMENDATION MAKE A CARBON COPY OF THIS AND GIVE IT TO YOUR HEADQUARTERS.

The Metric System and Equivalents

Linear Measure

1 centimeter = 10 millimeters = .39 inch
1 decimeter = 10 centimeters = 3.94 inches
1 meter = 10 decimeters = 39.37 inches
1 dekameter = 10 meters = 32.8 feet
1 hectometer = 10 dekameters = 328.08 feet
1 kilometer = 10 hectometers = 3,280.8 feet

Weights

1 centigram = 10 milligrams = .15 grain
1 decigram = 10 centigrams = 1.54 grains
1 gram = 10 decigram = .035 ounce
1 decagram = 10 grams = .35 ounce
1 hectogram = 10 decagrams = 3.52 ounces
1 kilogram = 10 hectograms = 2.2 pounds
1 quintal = 100 kilograms = 220.46 pounds
1 metric ton = 10 quintals = 1.1 short tons

Liquid Measure

1 centiliter = 10 milliters = .34 fl. ounce
1 deciliter = 10 centiliters = 3.38 fl. ounces
1 liter = 10 deciliters = 33.81 fl. ounces
1 dekaliter = 10 liters = 2.64 gallons
1 hectoliter = 10 dekaliters = 26.42 gallons
1 kiloliter = 10 hectoliters = 264.18 gallons

Square Measure

1 sq. centimeter = 100 sq. millimeters = .155 sq. inch
1 sq. decimeter = 100 sq. centimeters = 15.5 sq. inches
1 sq. meter (centare) = 100 sq. decimeters = 10.76 sq. feet
1 sq. dekameter (are) = 100 sq. meters = 1,076.4 sq. feet
1 sq. hectometer (hectare) = 100 sq. dekameters = 2.47 acres
1 sq. kilometer = 100 sq. hectometers = .386 sq. mile

Cubic Measure

1 cu. centimeter = 1000 cu. millimeters = .06 cu. inch
1 cu. decimeter = 1000 cu. centimeters = 61.02 cu. inches
1 cu. meter = 1000 cu. decimeters = 35.31 cu. feet

Approximate Conversion Factors

To change	*To*	*Multiply by*	*To change*	*To*	*Multiply by*
inches	centimeters	2.540	ounce-inches	Newton-meters	.007062
feet	meters	.305	centimeters	inches	.394
yards	meters	.914	meters	feet	3.280
miles	kilometers	1.609	meters	yards	1.094
square inches	square centimeters	6.451	kilometers	miles	.621
square feet	square meters	.093	square centimeters	square inches	.155
square yards	square meters	.836	square meters	square feet	10.764
square miles	square kilometers	2.590	square meters	square yards	1.196
acres	square hectometers	.405	square kilometers	square miles	.386
cubic feet	cubic meters	.028	square hectometers	acres	2.471
cubic yards	cubic meters	.765	cubic meters	cubic feet	35.315
fluid ounces	milliliters	29,573	cubic meters	cubic yards	1.308
pints	liters	.473	milliliters	fluid ounces	.034
quarts	liters	.946	liters	pints	2.113
gallons	liters	3.785	liters	quarts	1.057
ounces	grams	28.349	liters	gallons	.264
pounds	kilograms	.454	grams	ounces	.035
short tons	metric tons	.907	kilograms	pounds	2.205
pound-feet	Newton-meters	1.356	metric tons	short tons	1.102
pound-inches	Newton-meters	.11296			

Temperature (Exact)

°F	Fahrenheit temperature	5/9 (after subtracting 32)	Celsius temperature	°C

PIN: 030435-000