MCO P10110.17

MARINE CORPS NUTRITION AND MENU PLANNING MANUAL

U.S. MARINE CORPS

PCN 102 107400 00

DEPARTMENT OF THE NAVY
HEADQUARTERS UNITED STATES MARINE CORPS
WASHINGTON, DC 20380-0001

MCO P10110.17C
LFS-4-dt
4 Dec 1987

MARINE CORPS ORDER P10110.17C W/CH 1 & 2

From: Commandant of the Marine Corps
To: Distribution List

Subj: Marine Corps Nutrition and Menu Planning Manual

Ref: (a) NAVMEDCOMINST 10110.1
(b) MCO P10110.42
(c) MCO P10110.43A
(d) MCO P10110.14K
(e) MCO P10110.35B
(f) Federal Supply Catalog C8900-SL

Encl: (1) LOCATOR SHEET

1. Purpose. To provide basic information in nutrition, menu planning guidance, and standards to be used in the Marine gorps Food Service Program per references (a) through (f).

2. Cancellation. MCO P10110.17B.

3. Information. This Manual has been developed to provide nutritional guidance, reference information for menu planning, and is intended to assist food service personnel in conforming with the nutritional requirements prescribed by the Surgeons General and the Department of Defense (DoD).

4. Summary of Revision. This revision contains a substantial number of changes and should be completely reviewed.

5. Applicability. This Manual is applicable to Marine Corps commands operating enlisted messhalls.

6. Recommendations. Recommendations concerning the contents of the Marine Corps Nutrition and Menu Planning Manual are invited. Submit via the appropriate chain of command for evaluation.

7. Reserve Applicability. This Manual is applicable to the Marine Corps Reserve.

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8. Certification. Reviewed and approved this date.

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MCO P10110.17C Ch 1
LFS-4-dt
19 Jul 1988

MARINE CORPS ORDER P10110.17C Ch 1

From: Commandant of the Marine Corps
To: Distribution List

Subj: Marine Corps Nutrition and Menu Planning Manual

Encl: (1) New page inserts to MCO P10110.17C

1. Purpose. To transmit new page inserts to the basic Manual.

2. Action

a. Remove present pages iii, 3-1, and 3-19 and replace with corresponding pages contained in the enclosure hereto.

b. Insert new chapters 6, 7, and 8 contained in the enclosure hereto.

3. Summary of Changes. This Change incorporates guidance pertaining to the use of frequency charts as a menu planning fundamental, and adds chapters on the topics of menu planning boards, the evaluation of new or improved subsistence, and the operation of a fast food (carry-out) system.

4. Change Notation. Significant changes contained in the revised pages are annotated by an arrow (>) symbol.

5. Filing Instructions. This Change transmittal will be filed immediately following the signature page of the basic Manual.

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MCO P10110.17C Ch 2
LFS-4
26 Mar 90

MARINE CORPS ORDER P10110.17C Ch 2

From: Commandant of the Marine Corps
To: Distribution List

Subj: MARINE CORPS NUTRITION AND MENU PLANNING MANUAL

Encl: (1) New page inserts to MCO P10110.17C

1. Purpose. To transmit new page inserts to the basic Manual.

2. Action. Insert new chapter 9 contained in the enclosure hereto.

3. Summary of Chances. This Change adds a chapter on a 30-day cyclic menu, including menus, recapitulation sheets, holiday menus, costing data, frequency chart, and main entree ration menu mix.

4. Change Notation. Significant changes contained in the revised pages are annotated by an arrow (>) symbol.

5. Filing Instructions. This Change transmittal will be filed immediately following the signature page of the basic Manual.

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ENCLOSURE (1)

RECORD OF CHANGES

Log completed change action as indicated.

Change Number	Date of Change	Date Received	Date Entered	Signature of Person Entering Change

MARINE CORPS NUTRITION AND MENU PLANNING MANUAL

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CHAPTER 1

GENERAL INFORMATION

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CHAPTER 1

GENERAL INFORMATION

1000. PURPOSE. This Manual contains basic information in nutrition and menu planning standards to be used in the Marine Corps, Food Service Program.

1001. AUTHORITY. The Marine Corps Manual, paragraph 4301, contains the authority for the food service program.

1002. PROGRAM ADMINISTRATION. The Commandant of the Marine Corps (CMC) (LFS-4) is responsible for the supervision and direction of the Marine Corps Food Service Program.

1003. SCOPE. The food service program provides nutritious and cost effective meals to authorized personnel.

1004. EXTERNAL SUPPORT. The DoD Food Service Program Manual, DoD 1338.10-M, and DoD Directives establish standard procedures for operation of the DoD Food Service Program.

1. The Assistant Secretary of Defense (ASD) (Production and Logistics) (P&L). As prescribed by the DoD Dir. 1338.10, the ASD (P&L) is responsible for providing policy, guidance, and direction to the DoD Food Service Program.

2. The Under Secretary of Defense for Research and Engineering (USDR&E). Provides policy and guidance for the research and development program of the DoD Food Service Program.

3. ASD (Health Affairs) (HA). Supervises and monitors activities in the DoD Food Service Program that concern sanitation, nutrition education, and nutrition standards.

4. The Surgeons General of the Army, Navy, and Air Force (TSGs). The TSGs review requests and make appropriate recommendations for established nutritional standards. The Surgeon General, Department of Army (TSG, DA) will act as the DoD Executive Agent for Nutrition.

5. Defense Logistics Agency (DLA). The Defense Personnel Support Center (DPSC) under the DLA serves as the principal DoD procurement source for food in normal operations, mobilization, and disaster planning.

6. Veterinary Support. Major Marine Corps commands are currently assigned U.S. Army veterinary personnel. This service includes inspection of food products received at the installation; sanitary inspection of off base food processing plants and facilities; and assurance of compliance with contract requirements for transportation, handling, and storage of food products.

1005. DEFINITIONS

1. Recommended Dietary Allowances (RDAs). RDAs have been provided to serve as a guide for intake ranges of selected nutrients for normal healthy individuals. All nutrient levels adopted as standards will be based on the latest National Academy of Sciences publications, "Recommended Dietary Allowances."

2. Military Recommended Dietary Allowances (MRDAs). MRDAs are the daily essential nutrient intake levels presently considered to meet the known nutritional needs of practically all 17- to 50-year old, moderately active military personnel. They provide broad dietary guidelines for healthy military personnel and may be found in the current edition of NAVMEDCOMINST 10110.1.

3. Basic Daily Food Allowance (BDFA). A prescribed quantity of food, defined by components and monetary value, which is required to provide a nutritionally adequate diet for one individual for 1 day. The value of the BDFA is promulgated monthly.

4. Basic Daily Food Guide. Includes food items-and daily servings from the five food groups.

5. Nutrient. A subsistence.providing nourishment.

6. Ration. The allowance of food for the subsistence of one person for 1 day.

7. Operational Ration. Designed for large group feeding during maneuvers and field exercises when cooking facilities are available and can be used.

a. The operational "B" ration contains semiperishable subsistence items that require no refrigeration.

b. The "T" ration (Tray Pack) provides nutritionally adequate hot meals while reducing manpower, fuel, and water requirements.

8. Packaged Operational Ration. Designed for individual or small group feeding when the tactical situation is so unstable that cooking facilities cannot be used.

a. The Meal, Ready-to-Eat (MRE) provides individual meals containing food components that are ready-to-eat under conditions precluding preparation, except reconstitution of beverages.

b. The Ration, Cold Weather (RCW) meets a Marine Corps requirement for lightweight, compact, high caloric subsistence for assault, reconnaissance, and other nonresupply operations requiring heavy physical exertion under extreme cold.

c. The Food Packet, Assault (FPA) is a compact, lightweight food packet of high nutrient density for individuals in nonresupply situations.

9. Flight Meals. Those meals furnished to personnel engaged in flight operations to include all passengers aboard a military aircraft.

CHAPTER 2

NUTRITIONAL ALLOWANCES AND STANDARDS

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CHAPTER 2

NUTRITIONAL ALLOWANCES AND STANDARDS

2000. PURPOSE. This chapter provides the military recommended dietary allowances, basic nutrition information, and dietary guidelines in prompting optimal health.

2001. GENERAL INFORMATION. Menu planners must write menus which are nutritionally adequate. Detailed analysis of nutrients contained in food served is not required if the menu includes a wide variety of foods; the Basic Daily Food Guide is used to assure that the five food groups are represented in each menu, moderation is used in serving high fat and high sodium food items, menu planners keep abreast of the latest issues of Headquarters Marine Corps Food Service Information Memorandum for nutritional information, and the DPSC Food Supply News for the availability of food items.

2002. NUTRITIONAL ALLOWANCES AND STANDARDS. MRDAs (table 2-1) are established in the joint regulation, NAVMEDCOMINST 10110.1. Recommendations are based on requirements of 17- to 50-year old personnel who are moderately active and living in a temperate climate. MRDAs are based on estimated nutritional requirements and provide broad dietary guidelines for healthy military personnel.

2003. BASIC NUTRIENTS

1. Nutrition is the food you eat and how the body uses it. Food is made up of different nutrients needed for growth and health. Each nutrient has a specific use by the body.

2. There are six basic nutrients:

a. Three of these nutrients provide energy: carbohydrates, fats, and protein.

b. Vitamins and minerals are needed, but in a small amount; they provide no energy.

c. Water makes up over half of the human body. It is available from most solid foods as well as from beverages.

3. If a variety of foods are eaten, the nutrients required will be consumed. NO SINGLE FOOD OR FOOD GROUP CAN PROVIDE ALL THE ESSENTIAL NUTRIENTS IN THE PROPORTIONS NEEDED. Everyone needs the same nutrients, but in varying amounts.

a. The quantity of each nutrient required is influenced by age, sex, size, activity, and state of health.

b. Table 2-2 lists nutrients with their functions and food sources.

2004. DIETARY GUIDELINES. The following summary is provided to increase the awareness of "nutrition and your health - dietary guidelines for Americans." The dietary guidelines promote optimal fitness in the general population and should be incorporated into nutrition awareness programs.

1. Eat a Variety of Foods. One way to assure variety, and with it a well-balanced diet, is to select food each day from each of the major food groups. To ensure an adequate diet is served, include daily selections of fruits, vegetables, whole-grain and enriched breads, cereals, and other products made from grains, milk, cheese and yogurt, meats, poultry, fish, and eggs.

2. Maintain Desirable Weight. Obesity is associated with high blood pressure, increased levels of blood fats (triglycerides) and cholesterol, heart disease, the most common type of diabetes, and certain cancers. All of these, in turn, are associated with increased risks of heart attacks and strokes. To lose weight, eat a variety of foods that are low in calories and high in nutrients, consume less fat, sugar, and alcohol, and increase your physical activity.

3. Avoid Too Much Fat, Saturated Fat and Cholestrol. High blood cholesterol is a dietary risk factor. Eating extra saturated fat, excess calories, and high levels of cholesterol will increase blood cholesterol in many people. Of these, saturated fat has the greatest influence. To avoid too much fat, saturated fat and cholesterol, choose lean meat, fish, poultry, dry beans, and peas as protein sources; use low-fat milk and milk products; moderate use of egg yolks and organ meats; limit intake of butter, cream, lard, hydrogenated fats, shortenings, and foods containing palm and coconut oils; trim excess fat off meat; broil, bake, or simmer rather than fry foods. Read labels carefully to determine the amount and type of fat present in foods.

4. Eat Foods With Adequate Starch and Fiber. Complex carbohydrate foods such as legumes, whole grain breads and cereals, fruits, and vegetables contain many essential nutrients. Consumption of complex carbohydrates also increases dietary fiber. When fat intake is reduced, calorie deficits can be made up by carbohydrates. Carbohydrates contain less than half the number of calories per ounce that fats do. Because foods differ in the kinds of fiber

they contain, include a variety Qf fiber-rich foOds such as whole-grain breads and cereals, fruits and vegetables, and dry beans and peas.

5. Avoid Too Much Sugar. The major health hazard from eating too much sugar is tooth decay (dental caries). Also excessive intake of refined sugars may replace other foods in your diet that are important sources of essential nutrients. Sugars provide calories, but few other nutrients.

6. Avoid Too Much Sodium. Most Americans consume more sodium than they need. The major hazard of excess sodium is for persons who have high blood pressure. To avoid too much sodium, cook with only small amounts of salt; add little or no salt to food at the table; reduce intake of salty foods such as potato chips, condiments, pickled foods, and cured meats.

7. If You Drink Alcoholic Beverages, Do So In Moderation. Alcoholic beverages are high in calories and low in nutrients.

2005. BASIC DAILY FOOD GUIDE

1. This guide developed by the United States Department of Agriculture (USDA) gives you the kinds and amounts of foods that make up a nutritious diet, and the minimum number of daily servings that should be included. Food alone cannot make you healthy, but good eating habits, based on moderation and variety, can improve your health.

2. Four of these groups, milk-cheese, fruit-vegetable, meat-poultry-fish-beans, and bread-cereal supply the vitamins, minerals, protein, and the nutrients the body needs, as well as the calories (energy). A fifth group, fat-sweets provides mainly calories and little in the way of nutrients.

a. Milk-Cheese Group

(1) Plan 2-4 servings daily.

Adults: 2 servings

Teenagers: 4 servings

Count as a serving: 1 (8 ounces) cup of milk

(2) A serving includes milk in any form; whole, skim, lowfat, buttermilk, and nonfat dry milk, also yogurt, ice cream,

ice milk, and cheese. Common portions of some dairy products and their milk equivalents in calcium are:

1 cup plain yogurt	= 1 cup milk
1 ounce cheddar or Swiss cheese (natural or processed)	= 3/4 cup milk
1-inch cube cheddar or swiss cheese (natural or processed)	= 1/2 cup milk
1 ounce processed cheese food	= 1/2 cup milk
1/2 cup ice cream	= 1/3 cup milk
1 tablespoon or 1/2 ounce processed cheese spread; or 1 tablespoon Parmesan cheese	= 1/4 cup milk
1/2 cup cottage cheese	= 1/4 cup milk
3 tablespoons nonfat dry milk	= 1 cup milk

(3) Milk and most milk products are relied on to provide calcium and riboflavin, protein and vitamins A, B6, and B12. Fortified (with vitamins A and D) lowfat or skim milk products have essentially the same nutrients as whole milk products, but contain fewer calories.

b. Vegetable-Fruit Group

(1) Plan 4 or more servings daily.

(2) Menus should include one good vitamin C source each day such as citrus fruit or juice at breakfast and a good source of vitamin A (deep yellow or deep green vegetables) at least every other day.

(3) A serving includes all fruits and vegetables. Count 1/2 cup as a serving, or a typical portion, one orange, 1/2 grapefruit, a bowl of salad, or one medium potato. This group is important for its contribution of vitamins A and C and fiber. Reliable sources of vitamin C include citrus fruits, melons, berries, and tomatoes. Most dark green vegetables, if not overcooked, are also reliable sources of vitamin C. Dark green and deep yellow fruits and vegetables are good sources of vitamin A. Examples include: apricots, cantaloupe, carrots, spinach, sweet potatoes, broccoli, dark green leafy vegetables, and winter squash.

(4) Menu planners shduld schedule fruits as a dessert choice whenever possible to improve the nutrient density of the meal as well as provide a low calorie choice for weight conscious patrons.

c. Meat; Poultry, Fish, and Beans Group

(1) Plan 2 servings daily.

(2) Count 3 ounces of lean cooked meats, poultry, or fish (without bone) as a serving. One egg or 1/2 to 3/4 cup cooked dry beans, or peas, or 1 tablespoon peanut butter count as 1 ounce of meat, poultry, or fish.

d. Bread and Cereal Group

(1) Plan 4 servings daily.

(2) This group includes all products made with whole grains and enriched flour. Count as a serving 1 slice of bread or roll, 1 ounce of ready-to-eat cereal, 1/2 to 3/4 cup cooked cereal, cornmeal, grits, macaroni, noodles, rice, or spaghetti.

(3) Whole grain or enriched foods are important sources of B vitamins and iron. Whole grain products also contribute fiber to the diet.

e. Fats and Sweets Group

(1) A basic number of servings is not suggested for this group.

(2) This group includes foods such as butter, mayonnaise, salad dressings, other fats and oils, candy, sugar, jams, jellies, syrups, and soft drinks.

(3) Excessive amounts of fat may lead to an increased risk of coronary and vascular disease. The Surgeons General recommend that the daily calories derived from fat should not exceed 35 percent under usual feeding conditions.

(4) Excess sodium in the diet is believed to contribute to high blood pressure (hypertension) in some people. Menu planners are encouraged to avoid frequent servings of food with a high sodium and fat content. Examples are sauerkraut, potato chips, smoked meats such as bologna, corned beef, frankfurters, pastrami, ham, luncheon meats, and sausages.

(5) Moderation of fat and sodium in the menu can be achieved by giving consideration to the following recommendations:

(a) Avoid planning smoked and/or high sodium meat items at both lunch and dinner. Example: knockwurst at lunch, corned beef at dinner. Space these foods throughout the menu cycle.

(b) Meat such as sausages, spareribs, corned beef, and pastrami are high in fat and/or sodium. Serve a lower fat/sodium entree at the next meal such as a roast meat, fish, or poultry.

(c) Include more fish and poultr'y throughout the menu cycle in lieu of red meats. Study the preparation inethods used to prepare the recipes. Check to see if too many sauced, buttered, or fried items are on the menu, especially in the same meal and/or on the same day.

(d) Plan the most appetizing salad bar menu possible. Offer at least one low calorie salad dressing.

(e) Schedule fruit (fresh or canned) and lowfat yogurt to the maximum extent possible.

(f) Include variety on the short-order line.

(g) Trim visible fat off meats.

Table 2-1.--Military Recommended Dietary Allowances for Selected Nutrients.

Table 2-1
MRDA for selected nutrients [1]

Nutrient	Unit	Male	Female
Energy [2,3]	kcal MJ	3200(2800-3600) 13.4(11.7-15.1)	2400(2000-2800) 10.0(8.4-11.7)
Protein [4]	gm	100	80
Vitamin A [5]	mcg RE	1000	800
Vitamin D [6,7]	mcg	5-10	5-10
Vitamin E [8]	mg TE	10	8
Ascorbic Acid	mg	60	60
Thiamin (B_1)	mg	1.6	1.2
Riboflavin (B_2)	mg	1.9	1.4
Niacin [9]	mg NE	21	16
Vitamin B_6	mg	2.2	2.0
Folacin	mcg	400	400
Vitamin B_{12}	mcg	3.0	3.0
Calcium [7]	mg	800-1200	800-1200
Phosphorus [7]	mg	800-1200	800-1200
Magnesium [7]	mg	350-400	300
Iron [7]	mg	10-18	18
Zinc	mg	15	15
Iodine	mcg	150	150
Sodium	mg	See note [10]	See note [10]

[1] MRDA for moderately active military personnel, ages 17 to 50 years, are based on the *Recommended Dietary Allowances*, ninth revised edition, 1980.
[2] Energy allowance ranges are estimated to reflect the requirements of 70 percent of the moderately active military population. One megajoule (MJ) equals 239 kcals.
[3] Dietary fat calories should not contribute more than 35 percent of total energy intake.
[4] Protein allowance is based on an estimated protein requirement of 0.8 gm/kilogram (kg) desirable body weight. Using the reference body weight ranges for males of 60 to 79 kilograms and for females of 46 to 63 kilograms, the protein requirement is approximately 48 to 64 grams for males and 37 to 51 grams for females. These amounts have been approximately doubled to reflect the usual protein consumption levels of Americans and to enhance diet acceptability.
[5] One microgram of retinol equivalent (mcg RE) equals 1 microgram of retinol, or 6 micrograms betacarotene, or 5 international units (IU).
[6] As cholecalciferol, 10 micrograms of cholecalciferol equals 400 IU of vitamin D.
[7] High values reflect greater vitamin D, calcium, phosphorus, magnesium, and iron requirements for 17- to 18-year olds than for older ages.
[8] One milligram of alpha-tocopherol equivalent (mg TE) equals 1 milligram d-alpha-tocopherol.
[9] One milligram of niacin equivalent (mg NE) equals 1 milligram niacin or 60 milligrams dietary tryptophan.
[10] The safe and adequate levels for daily sodium intake of 1100 to 3300 mg published in the RDA are currently impractical and unattainable within military food service systems. However, an average of 1700 milligrams of sodium per 1000 kilocalories of food served is the target for military food service systems. This level equates to a daily sodium intake of approximately 5500 milligrams for males and 4100 milligrams for females.

Table 2-2.--Introduction to Nutrients.

Nutrient	Function	Sources
I. Energy		
Protein	Builds and repairs body tissue. Forms "antibodies" which fight infection. Provides energy.	Meat, fish, poultry, eggs, milk, liver, cheese, dried beans, peas, peanut butter, nuts, and cereals.
Fat	Provides a great quantity of energy in a small amount of food. Provides "essential fatty acids" which promote healthy skin. Carries vitamins A, D, E, and K.	Butter, margarine, salad oils and dressings, fatty meats, cream, and cheeses.
Carbohy-drate (sugars and starches)	Provides energy.	Starches- breads, pasta, cereals, potatoes, corn. Sugars-fruits, especially dried and sweetened, sugar, syrup, jelly, jam, and honey.
II. Vitamins		
Vitamin A	Maintains smooth, healthy skin. Maintains firm mucous membranes resistant to infection. Proinotes healthy eyes. Protects against night blindness.	Liver, dark green and yellow vege-tables, fortified milk, orange fruits, and eggs.
Vitamin D	Promotes calcium absorption, and utili-zation. Helps form bones.	Fortified milk (sunlight).
Thiamin (B1)	Helps in the release of energy from food. Promotes normal function of the nervous system. Maintains normal appetite and digestion. Maintains healthy skin.	Liver, meat (especially pork), fish, poultry, eggs, dried beans, peas, potatoes, whole grain and enriched breads, and cereals.

Table 2-2.--Introduction to Nutrients--Continued.

Nutrient	Function	Sources
Riboflavin (B2)	Same functions as thiamin.	Dairy products, milk, yogurt, cheese, and ice cream. Meat, fish, liver, eggs, poultry, whole grain, enriched breads, and cereals.
Niacin	Same functions as thiamin.	Meat, fish, poultry, dried peas and beans, whole grain and enriched breads, and cereals.
Vitamin B6	Helps enzyme systems function normally.	Liver, meat, whole grains, dried beans, green vegetables, and potatoes.
Folic Acid (Folacin)	Important for healthy blood.	Lean beef, veal, liver, dark green vegetables, dairy foods, whole grains, and dried beans.
Vitamin B12	Important for healthy blood.	Liver, meat, milk, eggs, and cheese.
Vitamin C	Forms materials that maintain body cell structure. Helps protect from infection and fatigue. Helps wounds heal.	Citrus fruit-oranges, grapefruits, lemons, limes; strawberries, cantaloupe, green peppers, tomatoes, broccoli, and cabbage.
III. Minerals		
Calcium	Forms bone and tooth structure. Helps muscles contract and relax normally.	Dairy products, milk, yogurt, cheese, and ice

Table 2-2.--Introduction to Nutrients--Continued.

Nutrient	Function	Sources
Calcium--(Continued)	Aids normal blood clot formation.	cream, green leafy vegetables, bones of canned fish-sardines, and salmon.
Iron	Works with protein to form hemoglobin (red portion of blood required for carrying oxygen).	Liver, meat, egg yolk, dried beans, whole grain, and enriched breads, cereals, and dried fruit, and dark green vegetables.
Iodine	Aids thyroxine formation (essential hormone regulating metabolic rate and preventing goiter).	Fish, seafood, and iodized salt.
Zinc	Constituent of hydrolysis of proteins.	Liver, seafood, meat, eggs, milk, whole grains, fruits, and vegetables.

CHAPTER 3

MENU PLANNING FUNDAMENTALS

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CHAPTER 3

MENU PLANNING FUNDAMENTALS

3000. PURPOSE. This chapter provides menu planning. guidance and standards in developing a palatable, nutritious, and acceptable cyclic menu.

3001. DEFINITION OF A MENU

1. A menu is a plan of foods offered-for o-ne meal, for 1 day, or for several weeks. Armed Forces menus must provide nutritious acceptable meals within specified cost limits.

2. The cyclic menu is used in all Marine Corps messhalls. It is reasonable and practical to assume that once a good menu is written, the plan is reusable as it is or with minor alterations. The principal advantages of a cyclic menu are experience gained in menu acceptance, time savings, improved cost control, and more effective supervision and training.

3002. FACTORS AFFECTING MENUS. Many considerations affect the menu planner's choice of foods in a menu.

1. The Basic Daily Food Allowance determines the financial resources of the menu planner.

2. Seasonal availability of foods is important. Menus should be adjusted to capitalize on seasonal changes in the supply of fresh produce and seasonal changes in appetite.

3. Equipment, personnel, and storage facilities also affect the choice of menu items. The menu planner must consider the number of people to be fed per meal, messhall equipment available, and the skill and number of personnel who will be preparing the meal.

4. Artistic factors play an important role in menu planning. A pleasing combination of color, texture, shape, and flavor in foods is necessary to consider. Varying food choices and the ways of serving food will allow for esthetic menus and will avoid repetition.

5. There are variations in meal attendance from bay to day and meal to meal which affect the number of portions prepared. Head-count records should be kept to show how many people were served at each meal. Estimates of future attendance are based on past

records and experience. Factors such as weather, proximity to payday, and leave trends must be taken into account when predicting attendance.

3003. MENU PLANNING TOOLS

1. Nutrient levels that should be met in military menus are formulated in a tri-service regulation, NAVMEDCOMINST 10110.1 and are included in chapter 2 of this Manual.

2. The current edition of MCO P10110.42 contains approximately 1,500 standardized recipes to be used for the requisitioning and preparation of food for the messhall menus. The Armed Forces Recipe Service also provides general information, conversion charts, and equipment guidelines to assist in food preparation.

3. The current edition of Federal Supply Catalog, C8900-SL, lists all food items authorized for use by the Armed Forces. Only food items with appropriate usage management codes are authorized.

4. The Cook's Worksheet (NAVMC 36) will assist in organizing the work to be performed by the messhall personnel in the menu preparation. It serves as a means for controlling issues, quantities of menu items prepared, portion sizes, and the use of leftovers. Instructions, comments, and general acceptability of each meal should be recorded on the worksheet.

5. The Product Sheet (NAVMC 10616) will be used in conjunction with the NAVMC 36 to make the necessary adjustments to the recipe quantity being prepared.

3004. MENU STANDARDS

1. The following Armed Forces menu standards are provided to guide food service personnel in their efforts to guarantee that patrons eating in the messhalls are continually served acceptable, nutritious and well merchandised meals. These standards are not intended to restrict the food service officer's initiative in surpassing them when practical.

2. Menus planned for weekdays, weekends, and all holidays should adhere to these standards.

3. Menu combinations offered at each meal will provide variety and contrast in texture, flavor, color, and be within the prescribed Basic Daily Food Allowance.

4. Using sound menu practice, attention will be given to the spacing Of menu selections to avoid repetition of similar items.

5. Proper use of food preparation procedures, sanitation, and merchandising will ensure a highly acceptable product is produced.

6. Breakfast

a. A choice of one or more unsweetened loo percent natural juices and a choice of fresh fruit (when possible) or canned fruit will be offered. At least one choice will be high in vitamin C.

b. A choice of at least four different ready-to-eat cereals will be offered; of the four, one unsweetened whole grain ready-to-eat cereal will be offered. Hot cereal which includes hominy grits will be offered at least once a week. Additional servings may be offered according to patron demand.

c. Eggs to order will be offered. Eggs prepared without fat, such as, poached, soft, and hard cooked will be provided as a choice.

d. Pancakes, waffles, or French toast will be offered daily.

e. At least one breakfast meat will be offered daily.

f. Potatoes may be offered three times a week or based on patron demand.

g. Toast (whenever possible) will be offered daily; whole grain bread, rolls, or muffins should be provided as a choice.

h. Bread spreads such as butter, jams, jellies, preserves, and peanut butter will be offered daily.

i. Lowfat milk, coffee, and tea, will be offered daily. Cocoa will be served to the degree required by patrOn demand.

j. Where feasible, a continental/breakfast fitness bar will be offered daily in addition to the regular breakfast.

7. Lunch and Dinner. (Excludes short order meal/speed line).

a. A choice of two different types of entrees should be offered.

b. Using sound menu practices, attention will be given to the spacing of menu entrees to avoid repetition of similar items.

c. When one entree choice is a cold meat platter, a cold sliced lean roast meat, such as turkey, chicken, beef, pork, or ham will be included.

d. An appropriate sauce or gravy will be offered separately as an optional accompaniment to an entree.

e. Potatoes and/or potato substitute will be offered at each meal to complement the entree. The exceptions are meals that already contain pasta, rice, or potatoes, such as lasagna and chicken vega. One nonfried potato or potato substitute should be offered as a choice.

f. Two cooked vegetables should be served in addition to the potato or potato substitute. The exceptions are meals with entrees already containing vegetables, such as, spaghetti with tomato or meat sauce, beef stew, pot pies, tacos, or lasagna. One vegetable will be served with these meals.

g. Not more than one gas-forming cooked vegetable such as cabbage, cauliflower, broccoli, onions, brussel sprouts, and dried beans and peas will be offered per meal.

h. A salad bar should be available at each meal. When this is not possible, a choice of at least two salads will be offered at each meal; one will be a raw leafy green vegetable, whenever possible. The selection of salads for each meal will be varied to avoid repetition. Two or more salad dressings will be offered. In addition, one low calorie salad dressing will be offered.

i. One whole grain bread, roll, muffin, or biscuit will be served at each meal whenever possible.

j. Bread spreads such as butter, jams, jellies, preserves, and peanut butter will be offered daily.

k. At least one soup will be offered daily. A different type of soup will be served for the second meal when two soups are offered on the day’s menu. Soup ingredients should differ from other menu selections of the meal.

l. A choice of two or more different types of desserts will be offered at each meal. In the interest of weight control, offer half portions of cakes, unfrosted and unglazed, which may be dusted with powdered sugar. Fresh and/or canned fruit will be offered as a dessert choice at each meal.

m. Lowfat milk, soft drinks, unsweetened beverages, coffee, and tea will be offered at each meal.

8. Short Order/Speed Line

a. Soup and salad will be offered daily.

b. A variety of hot/cold sandwiches, including a reduced calorie choice, will be offered daily.

c. A potato or potato substitute will be served to provide a lower fat and sodium choice to patrons.

d. A salad bar should be available at each meal. When this is not possible, a choice of at least two salads will be offered at each meal; one will be a raw leafy green vegetable, whenever possible. The selection of salads for each meal will be varied to avoid repetition. Two or more salad dressings will be offered. In addition, one low calorie salad dressing will be offered.

e. A choice of two or more different types of desserts will be offered at each meal. In the interest of weight control, offer half portions of cakes, unfrosted and unglazed, which may be dusted with powdered sugar. Fresh and/or canned fruit will be offered as a dessert choice at each meal.

f. Lowfat milk, soft drinks, unsweetened beverages, coffee, and tea will be offered at each meal.

9. Preparation and Serving Standards will include the following:

a. The Armed Forces Recipe Service will be used in food preparation.

b. Lowfat milk will be the primary milk served in bulk milk dispensers. Whole, lowfat skim, buttermilk, and lowfat chocolate flavored milk may be served as alternatives. -

c. Excessive fat will be trimmed from meats.

d. A nonfried entree will be offered as an alternative when a fried food entree is offered.

e. Reduced portion sizes will be available at each meal.

f. A cooked reduced calorie choice of food prepared without butter, gravy, or sauce will be offered.

g. Proper use will be made of prOcedures in food preparation, sanitation, and merchandising to produce and serve highly acceptable products.

h. Bacon fat will not be used as a replacement for butter or oil in a recipe.

i. Salt will not be automatically deleted from the Armed Forces Recipe Service.

3005. REDUCED CALORIE MENU GUIDELINES

1. There is a continual need for weight control programs to enhance the physical fitness and personal appearance of the Armed Forces. In addition to offering this menu choice, food service personnel should be aware of all reduced calorie menu selections and the reduced calorie serving size for each item.

a. Soup. Soups served with a minimum of noodles or rice. A vegetable or tomato juice may be substituted for soup.

b. Entree. A 3 ounce entree item containing a minimum amount of calories, fat, and sodium.

c. Potato or Substitute. The following alternative selections to french fries and potato chips contain less than 225 calories per serving. The patron may select a reduced portion (1/2 cup) of macaroni and cheese, potato or macaroni salad, fried rice, 1 medium baked potato, or baked sweet potato:

d. Salads. A leafy green salad should be included with each low calorie meal. Fresh, raw vegetables should be available to the patron as a salad bar component or placed on the serving line.

e. Salad Dressings. When a low calorie salad dressing is not listed on the menu, vinegar and/or lemon wedge should be made available to the patron.

f. Desserts. A portion of fresh or drained, canned fruit should be provided. Small portions of plain or fruited gelatin and sherbet may be served.

g. Breads. Prepare sandwiches using a variety of breads and rolls such as white, rye, pumpernickel, whole wheat, and whole grain combinations.

h. Condiments. Catsup, mustard, pickle, and pickle relish are high in sodium. Chopped onion, tomato slices, and lettuce are low in sodium and provide an insignificant amount of calories.

i. Beverages. 1 (8 ounce) cup skim milk or 1 (8 ounce) cup lowfat milk will be offered. Unsweetened or artificially sweetened coffee, tea, or low-calorie carbonated beverages are allowed.

2. Guidelines for counting calories are based on the AVERAGE calories of food groups rather than calorie counting of individual recipes. Controlling calories by simple modification includes preparation method, smaller portion sizes, and eliminating or minimizing high calorie accompaniments such as gravy, sauces, and the fat added in food preparation. Food categories and portion sizes follow:

a. Breakfast Appetizers. The average calories per serving is 60.

Canned fruit	1/2 cup, drained of syrup
Fruit juice, unsweetened	1/2 cup
Apple	1 small
Banana	1/2 small
Berries, except strawberry	1/2 cup
Berries, strawberry (unsweetened)	3/4 cup
Cranberry juice cocktail	1/2 cup
Fruit cup	1/2 cup
Grapefruit	1/2
Grapefruit sections	1/2 cup
Grapes	12 each
Melon	
Cantaloupe	1/4
Honeydew	1/8
Orange	1 small
Pear	1 small
Plums	2 medium
Prunes	2 medium
Raisins	2 tablespoons
Tangerine	1 medium

b. Breakfast Entrees. (Equivalent to 1-ounce meat serving). The average calories per serving is 75-100.

Bacon, crisp	2 strips
Bologna	1 slice (1 ounce)
Cheese	1 ounce slice or 1-inch cube
Egg	1 each
Ham	1 ounce slice
Peanut butter	1 tablespoon
Sausage	1 link or pattie
Corned beef hash or Creamed ground beef or Creamed chipped beef	1/3 cup

c. Starch Servings (Bread/Cereal foods). This menu category includes breads, cereal products, legumes, and starchy vegetables. The average calories per serving is 80.

Breads

Bagel (whole wheat or plain)	1/2
Biscuit (2-inch diameter)	1 each
Bread (white, French, Italian, whole wheat, rye, pumpernickel, and raisin)	1 slice
English muffin	1/2
Roll, dinner	1 medium
Roll, hamburger, hot dog, Kaiser	1/2 each
Tortilla/taco shell (6-inch diameter)	1 each
Cornbread (2-inch square)	1 portion
Dumplings	1 average
Griddle cakes	2-4 inches (w/o butter or syrup)

French Toast	1 slice w/o butter (equivalent to one breakfast entree plus one starch serving)
Coffee Cake	2-inch square
Cereal Products	
Baked macaroni and cheese	1/3 cup (equivalent to one-starch serving and one fat)
Cereal, cooked	1/2 cup
Cereal, ready-to-eat, unsweetened	1 individual box or 1 ounce
Crackers, saltine, 2-inch square	6 each
Crackers, soda, 2 1/2-inch square	4 each
Grits	1/2 cup
Mexican Rice	1/2 cup
Pasta, cooked (spaghetti, noodles, macaroni)	1/2 cup
Rice, steamed	1/2 cup
Rice, pilaf	1/2 cup
Spanish Rice	1/2 cup (equivalent to one starch serving and one fat)
<u>Starchy Vegetables</u>	
Beans (lima, pinto, kidney, and white)	1/3 cup
Corn	1/2 cup
Corn on Cob, 6 inches	1 each
Peas	1/2 cup
Potatoes (hashed brown, lyonnaise, and cottage fried)	1/2 cup
Potato, baked	1 small

Potato, griddle cake (German)	1 cake
Sweet potato, baked	1/2 potato
Sweet potato, mashed	1/2 cup
Succotash	1/2 cup
Winter squash	3/4 cup

d. Fat Servings. The average calories per serving is 45.

Avocado (4-inch diameter)	1/8
Bacon, crisp	1 slice
Bacon, fat	1 teaspoon
Butter or margarine	1 pat or 1 teaspoon
Cream, for coffee	2 teaspoons
Cream, sour	2 tablespoons
Cream, whipping	1 tablespoon
Cream cheese	1 tablespoon
Creamy Italian dressing	1 tablespoon
French dressing	1 tablespoon
Italian dressing	1 tablespoon
Low-calorie dressing	2 tablespoons
Salad dressing, mayonnaise type	2 teaspoons
Thousand Island dressing	1 tablespoon
Olives	5 large

e. Beverages

Milk Servings

Milk, skim	1 cup	90 calories
Milk, lowfat	3/4 cup	120 calories

Milk, whole	1/2 cup	150 calories
Buttermilk, lowfat	1 cup	90 calories
Yogurt, lowfat (w/o fruit)	1 cup	120 calories

Other Beverages. Unsweetened coffee and tea, sugar-free soft drinks, and bouillons range from 2-25 calories.

f. Appetizers (lunch and dinner). A fruit, fruit juice, or vegetable juice serving, large or small, is a good appetizer. Other possible appetizers containing about 80 calories include:

Broth-based soups (e.g., chicken noodle)	1 cup
Cream soups	1/2 cup
Stuffed celery (filled with cheese spread or peanut butter)	2-4 sticks
Fruit cup	1/2 cup

g. Meat Servings (3 ounces lunch/dinner entree). Lean meats contain approximately 55 calories per ounce. High fat meat (cold cuts, spareribs, sausage, corned beef and frankfurters) contain about 100 calories per ounce. The following meats contain about 225 calories per serving (3 ounces cooked meat or 1 cup mixed dish):

Beef	Portion Size
Beef, ground, meatballs	2-2 ounce meatballs
Beef, ground, meatloaf	3 ounces (1-inch thick slice)
Beef, ground, pattie	1 pattie
Beef, oven roast	3 ounces
Beef, pot roast	3 ounces
Beef, stew	1 cup (use slotted spoon)
Chili con carne	1 cup
Liver	4 ounces
Meat sauce (for spaghetti)	1 cup

Steak, grilled	3 ounces
Steak, swiss	3 ounces
Fish/Seafood	Portion Size
Baked fish	4-4 1/2 ounce
Salmon cakes	1 cake
Salmon loaf	3 ounces (1-inch slice)
Scallop creole	1 cup
Seafood newburg	1 cup
Shrimp creole	1 cup
Shrimp curry	3/4 cup
Tuna salad	3/4 cup
Baked tuna and noodles	1 cup (equivalent to one entree plus one starch serving)
Pork	
Ham, sliced	3 ounces
Ham, chunks	1 cup
Ham, loaf	3 ounces (1-inch slice)
Pork, chop	1 small
Pork, chop suey	1 cup (use slotted spoon)
Pork, roast	3 ounces
Poultry	
Chicken, baked	1/4 chicken (thigh and drumstick or 1 breast)
Chicken, BBQ	1/4 chicken
Chicken (or turkey) salad	3/4 cup

Cornish hen	1/2 hen
Turkey, cutlet	1 cutlet
Turkey, roast, sliced	3 ounces
<u>Veal</u>	
Veal, steak, breaded	1 small steak
Veal, parmesan	3 ounces
Veal, roast, sliced	3 ounces

h. <u>Vegetable servings--prepared without added fat and containing approximately 25 calories per serving.</u>

Asparagus	6-7 spears
Beans, green or wax	1/2 cup
Beets, sliced	1/2 cup
Broccoli	1 large stalk or 1/2 cup
Brussels sprouts	5-6 sprouts
Cabbage	1/2 cup
Carrots, sliced	1/2 cup
Cauliflower	1/2 cup
Eggplant	1/2 cup
Greens	1/2 cup
Mushrooms	1/2 cup
Okra	1/2 cup
Onions	1/2 cup
Spinach	1/2 cup
Squash, yellow or zucchini	1/2 cup
Tomatoes, stewed	1/2 cup

i. Salads (including raw vegetables). Contain negligible calories. The following Armed Forces Recipe Service salads contain 45 to 80 calories per 1/2 cup serving.

Carrot salad (shredded carrots with dressing, raisins or pineapple)	1/2 cup
Cole slaw	1/2 cup
Cottage Cheese	1/4 cup plus 3 slices fruit as desired
Cucumber and onion salad	1/2 cup
Fruit salad	1/2 cup
Grapefruit and orange salad	4 orange and 4 grapefruit sections
Pickled beet and onion salad	1/2 cup
Pickled green bean salad	1/2 cup
Pineapple and Cheese salad	1/2 cup
Three bean salad	1/3 cup drained
Tossed salad	Greens as desired plus 1 tablespoon dressing or 2 tablespoons low calorie dressing
Waldorf salad	1/2 cup
Relishes	1 cup

j. Desserts. Use one-half the Armed Forces Recipe Service portion. The approximate calories per serving is 150.

Cake, angel food, plain	4-inch square, 1 1/2-inch thick
Cake, unfrosted	2-inch square
Cobbler, any flavor	2-inch square
Cookie, 3-inch diameter	1 each
Doughnut (not filled)	1 small or 1/2 large (1 ounce)
Gelatin dessert, plain	1/2 cup or 3-inch square

Ice Cream, sherbet, or frozen	1/2 cup
Yogurt, plain	1/2 cup
Pie	1/12 of 9-inch pie (1/2 regular serving)
Pudding or custard	1/2 cup

k. Sandwiches. Replace the usual entree, starch, and fat serving of the lunch and dinner meal. One sandwich or 1/2 sub is one portion size. One Kaiser roll, hamburger or hot dog roll, or English muffin is equivalent to 2 slices of bread.

3. Reduced calorie menu choices can be planned using the regular menu items. The following is a comparision of calories of a regular and a reduced calorie menu:

Regular Menu		Reduced Calorie Menu	
Food Item	Cal	Food Item	Cal
Cream of tomato soup (8 ounces)	173	Tomato bouillon (8 ounces)	36
Meat loaf (4 ounces)	227	Meat loaf (3 ounces)	180
Brown gravy (3 ounces)	130		
O'Brien potatoes (2/3 cups)	236	Parsley potatoes (1 medium 4 ounces) No butter	99
Club spinach (No. 8 scoop)	153	Spinach w/lemon (No. 8 scbop)	29
Tossed green salad (1 cup)	10	Tossed green salad (1 cup)	10
Thousand island dressing (2 tablespoons or 1 ounce)	165	Diet thousand island dressing (2 table-spoons or 1 ounce)	54
Yellow cake, w/chocolate frosting (3-inch square)	365	Yellow cake (2-inch square) no frosting	92
Milk, whole (8 ounces)	159	Milk, skim (8 ounces)	90
Totals	1,618		590

3006. DRAFTING THE MENU

1. Most meals are planned around entrees of meat, fish, or poultry. Other food items are planned to complement the main dish.

2. The following steps illustrate the recommended sequence in drafting major meal components:

Step 1. Main dishes

Step 2. Potatoes, potato substitutes and vegetables

Step 3. Salads

Step 4. Breakfast fruits and cereals

Step 5. Desserts

Step 6. Breads and breakfast pastries

Step 7. Soup and beverages

3. Food included on the menu is listed in the order usually eaten. Accompaniments to a menu item should be written alongside or directly underneath it.

Breakfast	Lunch or Dinner
Fruit and/or Juice	Soup-Crackers
Cereal	Main Dish-Gravy or Sauce
Main Dishes	Potato or Substitute
Breakfast Pastry	Vegetable
Bread-Butter	Salad-Dressing
Jam-Jelly	Bread-Butter
Beverages	Dessert

4. A frequency chart for meat is known as a "meat block." Its purpose is to optimally distribute beef, veal, pork, lamb, fish, poultry, and other meat substitutes. It is important to consider these items from the standpoint of their popularity and cost.

5. Potatoes and potato substitutes are selected to complement the main dish. They are included on the menu draft as the second step in menu planning. Develop a general plan for using potatoes and

potato substitutes by plotting the number of times each form of these items is used on the menu. Variety is essential in choosing potatoes and potato substitutes.

6. Vegetables should be determined and based on food preferences and a planned system of use. Fresh, canned, frozen, dried, and dehydrated forms of these foods should be used. Eye appeal, color, and texture of a menu are due largely to the selection of vegetables and salads.

7. Salads and relishes can be prepared from the large variety of fresh, frozen, and canned fruits and vegetables available.

8. Desserts must be planned for each meal just as other menu components are, taking into account preference, eye appeal, climate, cooking facilities, and the skills of the food service personnel. Each week's menu must be carefully planned to provide an equal distribution of cakes, pies, fruit, ice cream, and cookies.

9. Soup is the last item planned for a lunch or dinner menu. This sequence in menu planning is not based on the relative importance of soup to a menu, but rather on its relation to other menu items.

>3007. ANNUAL FOOD PLAN. This should be developed and maintained at each installation. It consolidates all foods programmed in the installation cyclic menu for a year, by month and issue rate, and includes the monthly frequency of each different issue rate. The items are listed in alphabetical sequence within each Federal Supply Class, as found in the Federal Supply Classification Group 89, Subsistence Stock List. This stock list is the official source of subsistence identification for all supply and procurement activities. The annual food plan is used to forecast subsistence needs and to phase in new or improved items. The next step in menu planning is laying out the calendar for the year, dividing it into 6-week blocks and identifying the holidays. The menu is then developed based on the foods listed in the annual food plan, their frequency per issue rate or recipe quantity each month, the cycle calendar, menu standards, and frequency charts.

>3008. FREQUENCY CHARTS

1. A frequency chart is a plan which outlines the basic structure of a menu and lists major menu items and the number of times they will appear in the menu cycle. The major foods for which frequency charts should be made are meats (a "meat block"), potatoes/substitutes, vegetables, and desserts in their most frequently used forms.

Improved menus and the stabilized use of particular food items can result from the use of frequency charts.

2. The number of times individual meal components are used in a menu are related to their relative popularity1 cost, and availability. Cycle menus can also incorporate seasonal fruits and vegetables, special events, and temporary adjustments to balance stocks in either long or short supply. Table 3-1 provides samples of frequency charts. Because of space constraints these frequency chart samples only show food serving times on a weekly basis; therefore, an actual or 42-day chart of the menu cycle should be used. This will allow checking the menu for repetition and adequate spacing of similar items. It will also ensure the use of different methods of preparation and the featuring of an acceptable variety of dishes. It is particularly belpful in eliminating identical or similar items in meals served on successive days, e.g., the last 3 days of the 42-day cycle and the first 3 days at the beginning of the next cycle.

>3009. RECAPITULATION OF MENU ISSUES. This is a food service document, as well as a subsistence document, and developed following completion of the cyclic menu. It provides a record of subsistence forecasting, a control for subsistence stockage to support food service, and is the basis for an analysis of the variety of foods planned for use. The recapitulation of menu issues is based on the installation menu cycle, and it lists all subsistence to be used by indicating the name, national stock number, unit of issue, meal, and quantity for each day of the menu cycle. Condiments are listed but quantities are given only for the total menu cycle. Costing out the items on the menu recapitulation will indicate whether the menu is within the monetary value of the BDFA. Proper use of the recapitulation as a planning tool reduces both the occurrences of NIS items and items in excess. This document can be used to compute subsistence requirements for each menu item for each day, week, month, or entire menu cycle. The totalled menu recapitulation should be submitted to the installation's source of supply, i.e., the DSSC/subsistence element of the command, as the subsistence monthly forecast. Food service must keep these forecasts current by submitting an updated version each month or when changes occur.

>3010. POSTING THE MENU. Menus should be posted daily to describe the meal(s) being served. Low calorie menu choices should be listed separately.

Table 3-1.--Sample Frequency Charts.

MEATS	1st Week			2d Week			3d Week			4th Week			5th Week			6th Week			Total Times Served		
Item	B	L	D	B	L	D	B	L	D	B	L	D	B	L	D	B	L	D	B	L	D
Beef, boneless:																					
Oven roast	1					1			1			1			1			1	1	5	
Pot roast			1	1	1				1			1	1	1		1	1		3	6	
Grill steak	1					1			1						1			1	1	4	
Swiss steak	1					1	2					2			1	1	1		4	5	
Diced	2			1			1			1	1		1			1			7	1	
Pork:																					
Loin	1					1						1			1				1	3	
Ham	1			2					1	1								1	4	2	
Chops			1						1			1						1		4	
Diced	1						1					1	1						3	1	
Bacon	5	1		7			6			5	1		7			6	1		36	3	
Pork sausage patties	2			1			2			3			1			2			11		

POTATOES/ SUBSTITUTES	1st Week			2d Week			3d Week			4th Week			5th Week			6th Week			Total Times Served		
Item	B	L	D	B	L	D	B	L	D	B	L	D	B	L	D	B	L	D	B	L	D
Beans, dry	1						1						1						3		
Potatoes, White																					
Baking						1						1						1			3
Fresh	2	1	4	3	4	3	1	3	2	3	2	2	2	4	1	3	3	3	14	17	15
Dehydrated																					
Sliced or diced	1	1				1	1	1				1	1	1		1			3	4	2
Instant		4	1		3	2		1	3	1	4			3	4	3	3		15	17	
Macaroni			1	1						1			1			1	1		4	2	
Noodles, egg		2				1			1	2			1			1			6	2	
Rice		2	1		2	2	2			3	2		2			2	1		13	6	

Table 3-1.--Sample Frequency Charts--Continued.

VEGETABLES	1st Week			2d Week			3d Week			4th Week			5th Week			6th Week			Total Times Served		
Item	B	L	D	B	L	D	B	L	D	B	L	D	B	L	D	B	L	D	B	L	D
Corn																					
Frozen-on the cob	1					1	1					1	1					1	3		3
-whole kernel	1		2	1					1	1			2		1			1	5		5
Canned-cream style			1				1			1		1	1						3		2
-whole kernel	1								1			1				1		1	2		3

CHAPTER 4

MENU PATTERNS

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CHAPTER 4

MENU PATTERNS

4000. PURPOSE. This chapter provides menu patterns to assist

Marine Corps Food Service personnel in the development of local menus.

4001. SHORT ORDER MENU

1. Short order meals have proven to be highly acceptable with military patrons. Served in con3unction with the regular meal, it should offer the diner a choice. The items offered on the short order menu provide variety when specialty and ethnic foods are included in the selections. The majority of items should be "cooked-to-order." All four food groups should be included on short order menus.

2. A Recommended Short Order Menu Pattern is as Follows:

Soup w/Crackers 1/

Sandwich Variations 2/

Potato or Potato Substitute

Assorted Salads & Salad Dressings 1/

Assorted Breads

Assorted Desserts 1/

Choice of Beverages 1/

Condiments 3/

1/ Selected from the daily menu.

2/ See Sandwich variations in the current edition of MCO P10110.43.

3/ Accessory items.

4002. BRUNCH MENU. The brunch concept of feeding provides for two meals with extended serving periods and is especially suited for holidays and weekends.

1. In addition to a Ia carte breakfast items, the brunch menu will include lunch items such as entree, potato/potato substitute, vegetable, salad, and dessert selections.

2. Select entrees that combine easily with breakfast foods. Cooked-to-order foods are appropriate for brunch meals.

3. A Recommended Brunch Menu Pattern is as Follows:

Fruit

Fruit Juice

Cereals and Soup

Meat Entree Choice

Eggs to Order

Sandwich

Potato or Potato Substitute

Vegetables

Salad and Dressings

Breads and Butter

Condiments

Desserts

Beverages

4003. SPECIAL OCCASION AND HOLIDAY MENUS

1. It is traditional to serve special and holiday meals in all messhalls. Beginning in January with New Year's Day and continuing throughout the year, there are a series of holiday and other special occasions. Meals on these days can be highlighted with one or more special food items to commemorate the occasion.

2. A Recommended Holiday Menu Pattern is as Follows:

Fruit

Juice

Soup and/or Seafood Cocktail

Entree Choices

Potato or Potato Substitute

Vegetable Choices

Salad Bar with Dressings

Condiments

Hot Bread and Butter

Dessert Choices

Beverages

4004. BOX OR BAG LUNCH

1. A box or bag lunch is a meal consisting of ready-to-eat foods packaged in a box or bag. It is sometimes referred to as a sandwich meal. The meal items are eaten cold, but may be supplemented with hot beverages and soups when facilities permit.

2. Box or Bag lunches are prescribed for use when individuals, units or groups who are entitled to subsistence are required to be absent from organized messhalls during meal hours. The components of a box or bag lunch are foods easily eaten out of the hand and require no special preparation or serving equipment at time of consumption.

3. The menu pattern included will be used as a guide in the determination of local box or bag lunch menus. Specific conditions prevailing at the messhall and the specific conditions under which the box or bag lunch is to be used will be considered in the selection of suitable food for the meal.

4. A Box or Bag Lunch Menu Pattern is as Follows:

Juice

Sandwich

Relishes

Fruit

Beverage

Dessert

Candy

Optional Items 1/

1/ Optional items may be added as desired to include: nuts, chips, cereal (individual serving), raisins, candy bar, chewing gum, crackers, sugar, cream substitute, salt, pepper, catsup, mustard, jam, jelly, and salad dressing.

4. The following guidance is furnished for the preparation of box or bag lunches:

a. Box or bag lunches shall be kept under refrigeration until the time they are issued to the requesting unit.

b. A variety of breads and rolls may be used in making sandwiches.

c. Butter is an excellent spread for sandwiches. It adds flavor and helps prevent soggy bread.

d. Meats should be sliced just before sandwiches are prepared to preserve moisture and flavor.

e. Vary sandwich meats to include roasted meat as a filling. Consult the Index of Recipes (MCO P10110.43) for sandwich variations.

f. A production or assembly line technique should be used when preparing a large number of sandwiches.

g. Fried chicken is a very acceptable component of a box or bag lunch. Hard cooked eggs, wedges of cheese, and packages of nuts may also be added.

h. Lettuce should be wrapped separately to ensure that the lettuce will remain as crisp as possible until time of consumption.

i. Individual containers of beverages should be chilled before being included. Milk should be refrigerated until consumed. Hot beverages and soups may be served where facilities and conditions permit.

j. Fresh or canned fruit may be used in the box or bag lunch. Fresh fruit should be firm enough to avoid being crushed.

k. Many pastry and dessert items are suitable for use in box or bag lunches.

l. Relishes add crispness and flavor to box or bag lunches.

m. Individual portion packages of condiments may be included.

4005. FLIGHT MENU AND SNACK MEAL

1. The menu patterns shown below represent the minimum standards for meals served to authorized aircrew members and passengers. The individual military authority may allow deviation from these minimum standards only when the capability of the aircrew and/or food service equipment aboard the aircraft do not allow serving the menu pattern item.

2. A sandwich meal can be used for breakfast, lunch, and dinner. This meal requires no installed equipment, except a hot cup for heating soups. It must be consumed within a limited time depending on the storage or room temperature. It can be prepared by flight kitchens, in large quantities, and by installation kitchens, in small quantities. Sandwich meals are normally used for flights requiring one meal or for the first meal on long flights. The sandwich meal is complete and requires no supplement.

A Flight Feeding Sandwich Meal Pattern is as follows:

Breakfast

Juice or Fruit or Milk

Sandwich

Hard Cooked Eggs or Cereal

Quick Bread or

Sweet Roll or

Rolls w/Butter

and Jelly

Candy

Pepper

Salt

Dinner/Supper Sandwich Meal

Juice or Soup or Milk

Sandwich

Fried Chicken w/roll and butter or

Potatb Chips

Hard cooked eggs or

Cheese or

Nuts

Relishes or Fruit

Bakery Dessert

Candy

Pepper

Salt

3. Precooked frozen meal (PFM) is used to provide acceptable hot meals to crew members and passengers on both administrative and operational flights of long duration (more than one meal aloft) aboard aircraft. This meal consists of commercially processed main courses for breakfast, lunch, or dinner. The PFM is packed in an aluminum disposable tray, covered with a sheet of aluminum. The PFM is not a complete meal and must be supplemented with juice or soup, relishes or salad, bread, butter, dessert, and beverage.

Supplements to the Meal (Precooked or Frozen) Include:

Salad with dressing or

Relishes or

Juice or

Fruit

Bread or Dinner roll or

Quick Bread or

Sweet Roll w/butter

Bakery Dessert or

Cereal

Milk

Pepper

Salt

4. A snack meal is authorized for use on short flights not requiring full meal service, or on long flights in addition to a meal.

Snack Meal Pattern is as Follows:

Follow Dinner/Supper Sandwich Meal Pattern and Omit:

Hard Cooked Eggs

Cheese

Nuts

Relishes

Fruit

Candy

5. Bulk items for preparation aloft. When equipment aboard the aircraft is adequate and qualified personnel are assigned, bulk subsistence items may be prepared and served during flight. Foods listed in the Federal Supply Catalog C8900-SL may be used. The aircraft must be equipped with a sectional type unit of equipment which contains both refrigerated and dry storage space. It may also be used for post-flight feeding when the flight is resumed within 24 hours.

A Bulk-Issue Meal Pattern is as Follows:

Breakfast

Fruit or Juice

Meat and/or Egg

Cereal or Potatoes

Bread or Roll and Butter

Milk

Salt

Pepper

Lunch/Dinner

Juice or Soup

Meat, Fish, or Poultry

Potato or Potato Substitute

Vegetable

Salad w/Salad Dressing

Bread or Dinner Rolls and Butter

Bakery Dessert or Fruit

Milk

Salt

Pepper

4006. REDUCED CALORIE MENU

1. The standard menu can be adjusted to offer menu items that are in compliance with the Surgeon General's recommendations for a reduced calorie menu choice. The menu patterns should provide approximately 1,500 calories per day, 500 calories per meal.

A 1,500-1,700 Reduced Calorie Menu Pattern is as Follows:

Breakfast Pattern

Citrus Fruit Juice - 4 ounce serving or Fresh Citrus Fruit - 1 serving

Egg or 2 slices Bacon or 2 Pork Sausage or 1 ounce slice Ham

Bread or Toast - 1 slice serving

Butter - 1 pat serving

Lowfat Milk - 1 cup serving

Beverage (without cream or sugar)

Lunch or Dinner Pattern

Soup

Entree - 3 ounce serving

Potato or Substitute (1/2 cup serving) or Bread (1 slice serving)

Vegetables - plain

Salad/Dressing

Dessert - 1 serving

Beverage (without cream or sugar)

Table 4-1.--Special Days for the Menu Planner.

January:	New Year's Day	June:	Father's Day
	Martin Luther King Jr. Day	July:	Independence Day
February:	Valentine's Day	September:	Labor Day
	Presidents' Day	October:	Columbus Day
			United Nations Day
March:	St. Patrick's Day	November:	Marine Corps Birthday
	Easter Sunday (or April)		
May:	Armed Forces Day		Thanksgiving
	Mother's Day	December:	Christmas
	Memorial Day		

CHAPTER 5

OPERATIONAL RATIONS

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CHAPTER 5

OPERATIONAL RATIONS

5000. INTRODUCTION. The term ration is used specifically to denote food for one person, for one day, or generally to refer to a ration, meal, food packet, or supplement. An operational ration denotes this food allowance as constrained by the tactical and logistical characteristics of the military conditions under which the ration is to be used. For example, the size of the group to be subsisted (large group, small group, and individual), nature of the military operation, availability of food service equipment and personnel, and their capability to function, and resupply.

1. A packaged operational ration is a factory-assembled daily allowance of food, and a packaged meal provides one-third of this allowance for a given number of persons.

2. A food packet is an assemblage of food for persons in operational or related exigencies (resupply not planned or established) precluding provision of the daily food allowance. One or more food packets do not necessarily constitute a meal or ration.

3. A supplement is intended for use in conjunction with a ration or meal and, where feasible, a food packet.

5001. GENERAL OPERATIONAL RATIONS

1. Standard "B" Ration. The B ration is planned for members of the Armed Forces as subsistence during operations that permit organized messhalls. Only semiperishable foods are used, but as soon as perishable supplies are available, every effort is inade to substitute fresh counterparts. The ration consists of approximately 100 semiperishable items, mainly canned and dehydrated, which are supplied in bulk. Menus for 10 consecutive days with ingredient charts and issue requirements for 100 persons are contained in the current edition of MCO P10110.25. The caloric content is approximately 4,000 calories. Two to three hours preparation time is required for two cooks to prepare a meal for 100 persons; additional personnel are required for service and clean-up. Approximately 75 gallons of water are required to prepare food for 100 persons for one day. This includes water for beverages, but not for bread, drinking water, or water for sanitation.

2. MRE, Individual. The MRE is planned for members of the Armed Forces where resupply is established or planned, but operational conditions preclude other means of subsistence. All menus are based on flexibly packaged foods which are heat processed in retortable pouches or ready-to-eat dehydrated foods. Each of the 12 menus provides an entree component, crackers, a spread, accessory packet, and a plastic spoon. In addition, various' menus contain either cake, fruit, cookies, and cocoa beverage powder for variety and nutritional adequacy. The MRE contains approximately 1,215 calories. All dehydrated items, with the exception of beverages, can be eaten "as is" if necessary. Fuel bars are provided separately. The heating of meat components is desirable. For the retort pouch components, this can be accomplished by heating water in a canteen cup and immersing the pouch in the water.

3. T-Ration (Tray Pack). The tray pack is designed to provide the Armed Forces in the field with subsistence for a combat field feeding system that will increase the potential number of high quality, nutritionally adequate hot meals, even in highly mobile situations, while reducing the manpower, fuel, and water requirements for achieving this. The meal consists of an entree, vegetable, dessert, starch, bread, and salad items which have been heat-processed in rectangular, multiserving, half-size steam table metal cans. The tray pack foods are ready-to-heat and serve. A 14-day menu cycle of breakfast and lunch/dinner meals is planned.

5002. SPECIAL OPERATIONAL SUBSISTENCE

1. FPA. The FPA was designed as a lightweight, high-density, food packet for use in comparatively short, nonresupply situations (10 days; one packet/person/day). The food packet consists of a variety of dehydrated, compressed bars. All of the bar components have the capability of being eaten dry; many with the addition of water, will rehydrate to a familiar entree, dessert, or beverage. Also included in the FPA will be intermediate moisture meats, confectionary items, a spoon, mixing bag, and accessory items. There are six menus comprising the FPA.

2. RCW. The RCW provides lightweight, compact, high caloric subsistence for assault, reconnaissance, and other nonresupply operations under frigid conditions. The ration consists of freeze dehydrated, compressed, and other low moisture foods. Each ration is provided in three retort pouch packages to include a main meal pack providing two freeze-dried compressed entree bars, oatmeal, two plastic spoons, and an accessory packet (coffee, cream, sugar, matches, and toilet paper); a drink/soup pack, and a snack pack (cookie bars, nut and fruit mix, candy, fig bars, brownie, or chocolate covered cookie).

5003. SURVIVAL SUBSISTENCE. Food packet, survival, general purpose is designed for personnel in any survival situation, under all environmental conditions, including those where potable water is limited. It is capable of meeting the minimum food requirement of an individual doing hard physical labor for at least 48 hours under any such conditions. The ration consists of formulated food bars, chicken flavored soup and gravy base, instant cof fee, and sugar. Instructions for use are on the can and an opener is taped to the top of the can. No preparation is required except addition of water to the coffee and soup/gravy base where the situation permits.

5004. NUTRITIONAL REQUIREMENTS

1. An adequate ration is one that meets all of the nutritional requirements for the maintenance of health, physical fitness, efficiency, and a feeling of well-being. The Surgeons General of the Military Departments have established estimated nutritional standards towards that end. The standards prescribed are goals at which to aim in meeting the nutritional needs of groups or individuals. Table 5-1 lists the nutritional standards for operational and restricted rations.

2. Effect of Climate on Nutritional Requirements

a. Cold Climates. In cold climates adequately clothed personnel are using slightly greater calories because of the weight of the clothing and equipment. The slight increase in food requirements may be met by increasing the consumption of all components of the ration. Water requirements are as great, if not greater, in cold climates than in temperate climates. Personnel required to produce their own drinking water often become dehydrated rather than take the trouble to melt ice or snow. This may lead to dehydration and eventual exhaustion.

b. Hot Climates. The caloric requirement of personnel in hot climates is usually somewhat lower than in temperate climates due to lowered physical activity. The most important nutritional consideration in hot climates is the prevention of physical deterioration due to a caloric deficit caused by lack of appetite. Lack of appetite is most noticeable in the initial bodily adjustment to a warm climate and may persist throughout the stay in the tropics. To combat this lack of appetite, mealtimes may be changed to the cooler hours of the day. Physical fitness and efficiency is maintained in hot climates by the ingestion of adequate amounts of water.

Table 5-1.--Nutritional Standards for Operational and Restricted Rations.

Nutritional standards for operational and restricted rations

Nutrient	Unit [1]	Operational rations. [2,3]	Restricted rations [2,4]
Energy	kcal	3600	1100-1500
Protein	gm	100	50-70
Carbohydrate	gm	440	100-200
Fat	gm	160 (maximum)	50-70
Vitamin A	mcg RE	1000	500
Vitamin D	mcg	10	5
Vitamin E	mg TE	10	5
Ascorbic Acid	mg	60	30
Thiamin	mg	1.8	1.0
Riboflavin	mg	2.2	1.2
Niacin	mg NE	24	13
Vitamin B_6	mg	2.2	1.2
Folacin	mcg	400	200
Vitamin B_{12}	mcg	3	1.5
Calcium	mg	800	400
Phosphorus	mg	800	400
Magnesium	mg	400	200
Iron	mg	18	9
Zinc	mg	15	7.5
Sodium	mg	5000-7000 [5]	2500-3500 [5]
Potassium	mg	1875-5625	950-2800

[1] See notes in table 2-1 for explanation of units.
[2] Values are minimum standards at the time of consumption unless shown as a range or a maximum level.
[3] The operational ration includes the MCI, MRE, A, B, and T rations.
[4] Restricted rations are for use under certain operational scenarios such as long-range patrol, assault, and reconnaissance when troops are required to subsist for short periods (up to 10 days) on an energy restricted ration.
[5] These values do not include salt packets.

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> CHAPTER 6

MENU PLANNING BOARD

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> CHAPTER 6

MENU PLANNING BOARD

6000. GENERAL INFORMATION. Subsistence needs to be properly procured, stored, distributed, and issued to provide adequate meals on time, to allow for seasonal and geographical variations, to permit large quantity purchasing, and to prevent spoilage. Tools to carry out these functions include annual food plans, menu standards, menus, frequency charts, recapitulations of menu issues, menu planning boards, and operational rations. The menu planning board will be established at each installation shaving a food service system. Marine Corps menu planning boards will meet semi-annually. Special meetings may be called by the chairperson when matters requiring board action cannot be deferred until the next scheduled meeting.

6001. PURPOSE. The main purpose of the menu planning board is to provide an interchange of information among food service personnel, messhall patrons, subsistence personnel, the medical department, and veterinary personnel. Other responsibilities are to review the master menu, incorporate "B" ration components for stock rotation, and incorporate new menus and/or food items when required.

6002. FUNCTIONS OF THE BOARD

1. It is the function of the menu planning board to establish a master menu to meet the needs of the command and the desires of the patrons. All menus must remain within the authorized monetary value of the BDFA. Also, the functions of the board are to assure that the quality of subsistence items available for issue are satisfactory and that the items are suitable for their intended use. The board will assure that appropriate action is initiated to submit an Unsatisfactory Material Report (UMR) (DD Form 1608) on questionable product quality, and will include appropriate comments in the minutes of the meeting.

6003. MEMBERSHIP OF THE MENU PLANNING BOARD

1. The board will consist of both voting and nonvoting members. The membership will be made-up of the following voting members:

a. Chairperson. The food service officer will function as the chairperson and appoint a nonvoting attendee to act as recorder at all meetings. The food service officer will ensure

the minutes are organized into the proper format, typed in final form, and distributed as required.

b. Medical Department. The medical officer or qualified representative (dietitian), will attend each meeting to ensured the master menu, as revised, meets the nutritional requirements of the command.

c. Subsistence Officer. Subsistence officer or designated representative will attend each meeting to provide a list of menu items not available, foods in long supply, and recommended substitutes.

d. Veterinary Officer. Veterinary officer or designated representative will attend each meeting to advice the menu board on the wholesomeness of subsistence items in inventory. This member will advise the board on items which are becoming distressed and must be integrated into the menu to preclude loss to the Government.

2. Mandatory nonvoting members of the board are as follows:

a. Mes officers, food technicians, and messhall managers.

b. Contract manager and the quality assurance evaluator at installations having a full food service contract.

c. Food service officer/food technician from all tenant commands.

d. Rpresentatives from satellite activities/units and other military services (Army, Navy, Air Force, etc.) being supported.

3. Optional nonvoting members are as follows:

a. Appropriate enlisted personnel representatives from each unit being supported. Membership will consist of personnel who subsist in the messhall on a regular basis and receive subsistence in kind.

b. Sergeants major and first sergeants.

6004. DUTIES OF THE CHAIRPERSON (FOOD SERVICE OFFICER)

1. Ensure that a record, reflecting the minutes and actions of the board, is prepared and maintained for 1 or 2 years, depending on the menu cycle.

2. Distribute copies of the proposed master menu tO all voting and nonvoting attendees prior to the meeting, allowing sufficient time for the board members to familiarize themselves with its contents.

3. Advise the board of acceptable substitution(s) when an item in the master menu is not available.

4. Compute the cost of the menu as adjusted by the board to ensure that it does not exceed the monetary value of the BDFA.

6005. DUTIES OF THE SUBSISTENCE OFFICER

1. Furnish information on current subsistence supply matters including availability of fresh fruits and vegetables, fish selections, and items available at a favorable price.

2. Provide the board with a list of items expected to be in excess or near the end of recommended shelf-life, which should be consumed during the period under discussion.

3. Furnish information to the board on subsistence items that have historically been slow movers and/or other notable trends.

6006. DUTIES OF THE MEDICAL OFFICER

1. Determine if patrons require nutrients in excess of those prescribed in the master menu.

2. Recommend specific increases or decreases in nutrients, when necessary, to preserve the health of the patrons.

3. Advise on sanitary measures including handling, refrigeration, storage of food, dangers of contamination, and possible food poisoning.

4. Advise the board on the nutritional aspects of the revised menu.

6007. DUTIES OF NONVOTING ATTENDEES

1. Advise the menu planning board on workload capabilities within their respective food service/messhall operation.

2. Advise the board as to the adequacy of issue quantities and patron acceptability of menu items.

6008. MENU CHANGES. The instalation commander may grant written permission to the food service officer to make necessary changes in the approved master menu. Menu changes will be kept to an absolute minimum and will not be made without advance approval of the food service officer (chairperson, menu planning board). Menu revisions are specifically authorized when necessary to:

1. Provide added nutritive requirements prescribed by the medical officer.

2. Make suitable substitutions when items in the published menu are not available.

3. Incorporate items which are determined to be in excess of normal requirements as reported by the subsistence supply section.

4. Incorporate "B" ration components as required to ensure consumption of items as prescribed by the CMC (LFS-4).

5. Incorporate items which are becoming distressed to preclude loss to the Government.

6009. NEW RECIPES. The DoD Armed Forces Recipe Service Committee (AFRSC) is responsible for adding new recipes and deleting or changing existing recipes contained in MCO P10110.42 and MCO P10110.43. New recipes and changes that are considered desirable for inclusion in the recipe service are to be forwarded to the CMC (LFS-4) for review. The AFRSC will review these recipes and, if accepted, the recipes will be standardized and tested for patron acceptability. Changes and additions to the Armed Forces Recipe Service are printed and distributed approximately every 2 years.

> CHAPTER 7

EVALUATION OF NEW OR IMPROVED SUBSISTENCE ITEMS

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> CHAPTER 7

EVALUATION OF NEW OR IMPROVED SUBSISTENCE ITEMS

7000. CONTROL OF NEW ITEMS. When the need for a new or improved subsistence item has been established for support of normal military food programs, its development and introduction into the supply system must be closely controlled to ensure the proper time-phasing of specification preparation, production and service testing, standardization, budgeting, and procurement, as applicable. The policies and procedures concerning this program are prescribed in MCO 10110.24.

7001. TESTING OF NEW OR IMPROVED SUBSISTENCE ITEMS

1. It is the responsibility of the CMC (LFS-4) to select new or improved items which will be service tested by the Marine Corps under the provisions of MCO 10110.24, to determine suitability and troop acceptability.

2. The test results will be used to determine whether the new or improved item(s) satisfactorily meet Marine Corps requirements for expanded use throughout the Marine Corps Food Service Program.

3. The CMC (LFS-4) will determine the quantity of each item to be tested, the increased cost of test items, the test procedures, and the reporting requirements. The installation(s) conducting the test will be selected in coordination with the installation commander and food service officer. The testing installation(s) will be provided letters of instructions regarding all aspects of the evaluation to include requisitioning instructions, directions for preparing and serving the test item(s), questionnaires for use by both food service personnel and patrons, and guidance for submission of the final test report to the CMC (LFS-4).

7002. ACCOUNTING PROCEDURES FOR TEST ITEMS

1. Comparing Test Items with Similar Standard Items. The method used for comparing the issue/price factor of the test item with a similar standard item will be provided in a letter of instruction for each test item.

2. Certificate of Issues. The name, unit of issue, quantity, unit of issue price, and extended price of the test item will be recorded on the certificate of issues.

3. Subsistence Operational Analysis Report (NAVMC Form 10369A). The total cost of the test item consumed will be included in the value of supplies consumed (line 13). The excess cost above the standard subsistence item, if any, should be entered as a credit on line 15c. The actual cost to feed is reported in the remarks column (block 25) and is computed by subtracting the credit (line 15c) from the value of supplies consumed (line 13), and then dividing the true value of supplies consumed by the total man-days fed.

7003. USE OF UNAUTHORIZED ITEMS

1. Food service is not authorized to buy items from commissaries when there is an authorized specification item. Reasons such as cheaper items available in the resale stores, better quality resale items, or personal preferences are not valid. Questionable a product quality should be addressed through the UMR (DD Form 1608) process. Reduction of subsistence costs should be attained through effective production, portion control, and better security of foods. The reduction should not be through the purchase of nonstandard and/or unauthorized items.

2. Nonstandard items are authorized only in the following cases:

a. Emergency requirements to support unplanned strength increases.

b. Items are canceled by the DPSC supply point and a suitable substitute is not available from the DSSC.

c. Specialty meal items, not to include dinner steaks, on a limited basis (no more than once a month). Small quantities of specialty or ethnic foods may be purchased using a blanket purchase authority. These foods:

(1) Must be of U.S. origin.

(2) Should be in institutional-size packages.

(3) Must be reasonable in price.

(4) Must not have a comparable item authorized in Federal Supply Catalog, C8900-SL.

d. Those items specifically authorized by the CMC (LFS-4) to include test items.

> CHAPTER 8

OPERATION OF FAST FOOD (CARRY-OUT) SERVICE

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> CHAPTER 8

OPERATION OF FAST FOOD (CARRY-OUT) SERVICE

8000. PURPOSE. This chapter provides guidance and standards for developing a fast food (carry-out) program to provide patrons with highly acceptable meals which are presented in an efficient manner.

8001. OBJECTIVES. The objectives of the program are to increase meal participation.a..by authorized enlisted personnel, reduce the time lost waiting in food service lines, and increase customer satisfaction.

8002. KEY FEATURES. The program has the following key features:

1. Offers limited menu choices to expedite customer service rates.

2. Provides high preference fast foods to create customer satisfaction.

3. Offers prepackaged-food selections to improve service rates and facilitate progressive cooking methods.

4. Extends the meal hours of the messhall to attract new customers.

5. Offers the option of carry-out service to promote increased customer demands.

8003. POLICY

1. Each installation will establish and retain local procedures to properly identify and account for the total meals served (both BAS and SIK). Persons receiving BAS will be charged for each meal, and each messhall will ensure that personnel do not receive more than one meal per person during a serving period or more than three meals per day. Carry-out meals are not to be picked up or consumed by patrons who consume a meal in a messhall during the same period. Lo6al procedures will be implemented to ensure waste, fraud, and abuse are minimized and that violators are identified and disciplined.

2. The fast food program is not intended to be used as a substitute for night meals, bag lunches, or other types of off-hour feeding addressed in this or other manuals.

3. Additional personnel staffing to accommodate fast food meal service is not authorized.

8004. FACTORS AFFECTING PROGRAM. Many considerations affect the development of the fast food (carry-out) concept of feeding, which introduces a new approach to providing the customers with a highly acceptable, nutritious meal in an efficient manner and in a pleasant dining atmosphere. The following areas require the establishment of procedures to meet program objectives, maintain proper controls, and provide nutritious meals to active Marines.

1. Menu Items. The following items are provided as a guide:

Breakfast

Ham Biscuit	Fruit Turnover
Sausage Biscuit	Juice
Ham, Egg, and Cheese Biscuit	Milk
Sausage and Egg Biscuit	Coffee
Hashed Brown Potatoes	

Lunch/Dinner

Ham and Cheese Sandwich	BBQ Rib Sandwich
Hamburger	Fish Fillet Sandwich
Double Hamburger	Chicken Fillet Sandwich
Cheeseburger	French Fries
Hot Dog	Potato Chips
Chili Dog	BBQ Potato Chips
10-ounce Soda	Milk

2. Hours of Operation. Suggested serving times are:

Breakfast	0700	through	0900
Lunch	1100	through	1330
Dinner	1500	through	1800

Saturdays/Sundays/Holidays	Closed

3. Paperware. It is necessary to establish an adequate supply of paperware for a carry-out system. Maintaining a daily usage chart will provide the necessary data to keep an adequate supply at the messhall/warehouse. The re-order point and warehouse lead time for deliveries need to be established. Commonly used items listed below are purchased with the use of Marine Corps Operation and Maintenance funds.

Carry-out bag	Cup - 10 ounce
Hamburger bag	Cup - 8 ounce
French Fry bag	Lid - 10 ounce
Hot Dog bag	Lid - 8 ounce
Carry-out tray	

4. Control Procedures. Local commands will develop adequate procedures to ensure appropriate control over carry-out meals.

> CHAPTER 9

THIRTY-DAY CYCLIC MENU

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CHAPTER 9

THIRTY-DAY CYCLIC MENU

9000. PURPOSE. This chapter provides a palatable, nutritious, and acceptable 30-day cyclic menu.

9001. GENERAL INFORMATION

1. The planning of this 30-day cyclic menu is based on nutrition standards directed by the Surgeon General in NAVMEDCOMINST 10110.1, authorized food items listed in the Federal Supply Catalog Stock List, C8900-SL, preparation instructions in the Armed Forces Recipe Service, MCO P10110.42, menu standards listed in chapter 3 of this Manual, and prices contained in the Federal Supply Catalog Price List, C8900-PL.

2. This 30-day cyclic menu can be started at any time and repeated as required. Menus do not reappear at regular and identical days of the week, thus avoiding menu monotony. Changes, additions, or substitutions may be made by the local food service officer allowing adjustment for the specific needs of the command. All menu adjustments should be tailored to the patron's preferences, incorporating seasonal fruits/vegetables, and special themes or events. In particular, breakout quantities can be brought more closely in line with actual requirements when menus are repeated. This is especially true when selective menus are used. For example, if only 40 percent of the patrons chose an entree when 50 percent was prepared, the next menu cycle would reflect this lower acceptance rate. Usage data obtained during a menu cycle is a valuable menu management tool as it provides a base for future menus and for reviewing inventory levels. Chapter 3 of this Manual provides guidance and standards for menu planning, and should be reviewed when making menu changes.

3. A cyclic menu allows any problems or omissions that may have detracted from the quality of a meal served, to be corrected the next time it appears in the cycle. Experience gained through actual preparation and service of the meal points out efficiencies, alternate preparation techniques, improved timing of preparation, and the best arrangement of food on the serving line to ease patron flow. Thus, the menu can be perfected, additional variety introduced into each rotation cycle, and the required level of training and supervision can be provided.

4. In addition to the 30 daily menus (Table 9-1), 4 holiday menus are provided (Table 9-2); 9thers may be added as required (see table 4-1). Ethnic and geographical type foods have become increasingly popular and their use will add to the variety of meals offered to patrons. The local food service officer shall determine what specialty meals are most popular and plan accordingly.

5. Upon completion, the master cyclic menu will be reviewed and approved by the installation menu planning board (see chapter 6 of this Manual).

9002. RECIPES, ISSUE QUANTITIES, AND FAST FOOD MENUS

1. Recipes used in this 30-day menu are from MCO P10110.42, Armed Forces Recipe Service, Change 3. The percent of each recipe listed for preparation is based on Marine Corps historical acceptability factors and may differ by varying degrees in each command. They may also serve as a base from which to develop local acceptability factors based on both experience and monetary limitations.

2. While menu item percentages are based on Marine Corps historical acceptability factors, these quantities may not meet the needs of individual installations. It is the responsibility of the local food service officer to make needed modifications, within monetary limitations.

3. Fast food menus as provided are recommended for standardization. Only one entree will be changed daily.

9003. MENU COSTING

1. Menus have been constructed to provide acceptable, palatable choices of food items within the monetary constraints established by the BDFA.

2. The successful use of menus is predicated on the application of sound management practices, the elimination of food waste, and over-preparation of food items. These menus will require seasonal adjustments in the way of alternate items at various times of the year. Examples are the availability of seasonal fruits and vegetables, the acceptability of heavy versus light foods, or hot versus cold foods and beverages in hot/cold weather.

3. To ensure sound financial management, it is necessary to monitor the actual cost to feed in each messhall on a daily basis. Each menu lists the cost analysis by meal and provides a menu cost per day. The menu cost per day is calculated at 100 percent of the breakfast meal, 70 percent of the lunch and dinner meals, and 30 percent of the lunch and dinner fast food meals.

4. Deletions or additions of menu items require appropriate changes to the recapitulations of menu issues. This follow through is important in forecasting and requisitioning. For items listed in the 8905 and 8915 Federal Supply Classifications, table 9-1 provides a recapitulation for each menu day and table 9-3 provides the recapitulation of the total 30-day menu issues. Refer to table 9-4 for a frequency chart listing fish, meat, poultry, and shellfish items used, and the number of times they appear in this menu cycle. Figure 9-1 shows the main entree ratio mix of these items expressed in percentages.

5. The standard recurring items included in table 9-5 are food groups used in all daily menus. Both the total cost and the cost per serving are provided. However, patron preferences and/or seasonal availability may require a change at the local level from time to time. Deletion or addition of items will require revision to the cost per serving and will impact the overall daily menu cost.

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues.

DAY- 1 MENU

DAY- 1 MENU

BREAKFAST

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
-	60	ASST FRUIT	1 EA		0.144	0.086	80
-	20	ASST FRUIT JUICE	5 OZ		0.096	0.019	75
F4-1	10	HARD COOK EGGS	2 EA		0.112	0.011	130
F7	25	GRIDDLE FRIED EGGS	2 EA		0.115	0.029	170
F8-7	50	INDIVIDUAL OMELETS	1 EA		0.115	0.058	205
L2	50	BACON	2 SL	12.00	0.125	0.063	105
L30	25	CREAMED GROUND BEEF	2/3 CP	18.00	0.235	0.059	240
L89-3	25	BAKED SAUSAGE PATTIES	2 EA	18.75	0.161	0.040	210
O46-2	100	HASH BROWN POTATOES	2/3 CP	18.00	0.067	0.067	200
E1-3	25	CEREAL,HOT (ROLLED OAT)	3/4 CP	6.00	0.041	0.010	80
-	5	CEREAL,BRAN FLAKES	1 BX		0.120	0.006	110
-	5	CEREAL,SHREDDED WHEAT	1 BX		0.120	0.006	110
-	15	CEREAL,RAISIN BRAN	1 BX		0.130	0.020	110
-	15	ASSORTED DRY CEREAL	1 BX		0.133	0.020	110
D1	25	BAKING POWDER BISCUITS	2 EA		0.045	0.011	303
D22	15	FRENCH TOAST	2 SL	12.00	0.147	0.022	346
D25-5	45	PANCAKES	2 EA	3.00	0.072	0.032	212
-	45	MAPLE SYRUP	1 TB		0.035	0.016	50
-	100	BREAD/BUTTER/COFFEE/MILK			0.247	0.247	315

DINNER

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P1-2	20	BEEF NOODLE SOUP	1 CP		0.026	0.005	76
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L38	50	SPAGHETTI SAUCE	1 1/4CP	18.00	0.386	0.193	500
L113-1	25	KNOCKWURST W/SAUERKRAUT	1/2 CP	25.00	0.432	0.108	100
L124	25	BAKED FISH PORTIONS	4 OZ	25.00	0.387	0.097	127
E8	50	RICE PILAF	3/4 CP	8.00	0.030	0.015	188
Q29	33	SOUTHERN STYLE GREENS	1/2 CP	20.00	0.071	0.023	89
Q-G	33	BUTTERED SQUASH	1/2 CP	20.00	0.075	0.025	60
Q-G	33	BUTTERED MIX VEGETABLES	1/2 CP	18.00	0.179	0.059	110
M42	50	HOT POTATO SALAD	2/3 CP	18.00	0.214	0.107	120
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
G2	20	APPLESAUCE CAKE	1 PC		0.149	0.030	200
G39	20	BUTTER CREAM FROSTING	1 1/2TB		0.028	0.006	126
I25	50	CHERRY PIE	1/6 PIE		0.125	0.063	547
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315

LUNCH

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P4	20	ONION SOUP	1 CP		0.058	0.012	55
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L37	50	SALISBURY STEAK	1 EA	28.00	0.323	0.162	381
L80	25	PORK CHOP SUEY	1 1/4CP	32.00	0.646	0.162	375
L162	25	ROAST TURKEY	4 OZ	35.00	0.517	0.129	386
E5	50	STEAMED RICE	3/4 CP	9.00	0.020	0.010	162
O57	50	MASHED POTATOES	2/3 CP	1.00	0.029	0.015	145
O16	60	BROWN GRAVY	1/3 CP		0.033	0.020	75
Q-G	33	SIMMERED CAULIFLOWER	1/2 CP	20.00	0.175	0.058	60
Q-G	33	BUTTERED PEAS & CARROTS	1/2 CP	18.00	0.165	0.054	135
Q-G	33	BUTTERED SPINACH	1/2 CP	18.00	0.022	0.007	60
D33	60	HOT ROLLS	2 EA		0.084	0.050	170
D14	20	CORN BREAD	1-3" SQ		0.164	0.033	247
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
G2	20	APPLESAUCE CAKE	1 PC		0.149	0.030	200
G39	20	BUTTER CREAM FROSTING	1 1/2 TB		0.028	0.006	126
I25	50	CHERRY PIE	1/6 PI		0.125	0.063	547
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315

FAST FOOD

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
N19	10	SUBMARINE SANDWICH	1 EA	18.00	0.510	0.051	823
N29	10	GRILLED HAMBURGERS	1 EA	18.75	0.459	0.046	590
N29-2	45	CHEESEBURGERS	1 EA	18.75	0.647	0.291	740
N45-2	15	CHICKEN FILLET/CHEESE	1 EA	18.75	0.588	0.088	780
N32	10	FISHWICH	1 EA	25.00	0.535	0.054	615
N30-1	5	CHILI DOGS	1 EA	10.00	0.337	0.017	688
N30-4	5	FRANKFURTERS	1 EA	10.00	0.201	0.010	618
Q45-1	70	FRENCH FRIED POTATOES	1 CP	35.00	0.115	0.081	410
Q35-1	5	ONION RINGS	1/2 CP	35.00	0.180	0.009	334
-	5	POTATO CHIPS	1 OZ		0.130	0.007	160
-	60	SALAD BAR			0.235	0.141	50
-	40	ASST FRUIT	1 EA		0.144	0.058	80
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	100
-	90	BREAD/BUTTER/COFFEE/MILK			0.247	0.222	315

COST ANALYSIS DAY- 1

BREAKFAST	$0.822
LUNCH	$1.271
DINNER	$1.193
FAST FOOD	$1.128
MENU COST	$3.223

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

RECAPITULATION OF DAILY MENU ISSUES

DAY- 1

NSN	NOMENCLATURE	BREAKFAST	LUNCH	DINNER	LUNCH FAST FOOD	DINNER FAST FOOD	TOTAL UI
8905							6.00 LB
00-403-9592	BACON,SLICED(BULK),FZ,CURED	6.00					27.50 LB
01-050-3190	BEEF PATTIE MIX(BULK),FZ 20%	4.50	14	9			20.63 LB
01-050-3192	BEEF PATTIE,FZ,RD,20% SOY PRO				10.31	10.31	5.63 LB
00-965-2128	CHICKEN,FZ,RTC,CUT-UP,9 PC CUT				2.81	2.81	11.25 LB
00-935-4765	FISH PRTN,RAW,BRD,FZ,PER/POLL			6.25	2.50	2.50	2.00 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT				1.00	1.00	3.60 LB
01-039-8809	HAM, SECTIONED & FORMED,CND,P				1.80	1.80	6.25 LB
00-080-5325	KNOCKWURST,FZ,ALL BEEF			6.25			4.69 LB
00-926-6485	PORK SAUSAGE ROLL,RAW,FZ	4.69					8.00 LB
00-753-6503	PORK,DICED,FROZEN		8				3.60 LB
00-299-1330	SALAMI,COOKED,FZ				1.80	1.80	8.75 LB
00-262-7274	TURKEY,BNLS,FZ,RAW ROLL		8.75				
8915							6.60 LB
00-160-6156	CAULIFLOWER,FROZEN,2 TO 5 LB PG		6.6				6.60 LB
00-164-4162	GREENS,COLLARD,FZ,2 TO 5 LB			6.6			3.50 LB
00-191-3461	ONION RINGS,FZ,RAW,BD,2,TO 5 LB				1.75	1.75	5.94 LB
00-143-0997	PEAS & CARROTS,FZ,2 TO 5 LB PG		5.94				18.00 LB
01-193-3060	POTATO PATTIES,WHITE,FZ	18					0.50 CN
00-133-5903	POTATOES,,WH,INSTANT,#10 CN,PRE		0.5				9.00 LB
00-616-0220	POTATOES,WHITE,FRESH,100 LB BAG			9			5.94 LB
01-010-3224	SPINACH,FZ,CHOPPED,2,TO 5 LB PG		5.94				6.60 LB
00-616-0229	SQUASH,FZ,SLICED,SUMMER			6.6			5.94 LB
00-935-6620	VEGETABLES,MIXED,FZ,2 TO 5 LB			5.94			

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

DAY- 2 MENU

BREAKFAST

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
-	60	ASST FRUIT	1 EA		0.144	0.086	80
-	20	ASST FRUIT JUICE	5 OZ		0.096	0.019	75
F4-1	10	HARD COOK EGGS	2 EA		0.112	0.011	130
F7	25	GRIDDLE FRIED EGGS	2 EA		0.115	0.029	170
F8-7	50	INDIVIDUAL OMELETS	1 EA		0.115	0.058	205
L2	50	BACON	2 SL	12.00	0.125	0.063	105
L30	25	CREAMED GROUND BEEF	2/3 CP	18.00	0.235	0.059	240
L89-3	25	BAKED SAUSAGE PATTIES	2 EA	18.75	0.161	0.040	210
G46-2	100	HASH BROWN POTATOES	2/3 CP	18.00	0.067	0.067	200
E1-2	25	HOMINY GRITS	3/4 CP	6.00	0.029	0.007	105
D21-2	40	ENGLISH MUFFINS	1 EA		0.054	0.022	252
-	5	CEREAL,BRAN FLAKES	1 BX		0.120	0.006	110
-	5	CEREAL,SHREDDED WHEAT	1 BX		0.120	0.006	110
-	15	CEREAL,RAISIN BRAN	1 BX		0.130	0.020	110
-	15	ASSORTED DRY CEREAL	1 BX		0.133	0.020	110
D1	25	BAKING POWDER BISCUITS	2 EA		0.045	0.011	303
D22	15	FRENCH TOAST	2 SL	12.00	0.147	0.022	346
D25-5	45	PANCAKES	2 EA	3.00	0.072	0.032	212
-	45	MAPLE SYRUP	1 TB		0.035	0.016	50
-	100	BREAD/BUTTER/COFFEE/MILK			0.247	0.247	315

DINNER

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P7	20	VEGETABLE SOUP	1 CP		0.091	0.018	85
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L81	25	ROAST PORK	2 SL	38.00	0.601	0.150	438
L103	25	VEAL STEAKS	1 SL	35.00	0.651	0.163	494
L143	50	BAKED CHICKEN	1/4 EA	65.00	0.636	0.318	418
G44	50	BAKED POTATOES	1 EA	55.00	0.126	0.063	155
G46-1	50	COTTAGE FRIED POTATOES	2/3 CP	31.00	0.194	0.097	188
G16	25	BROWN GRAVY	1/3 CP		0.033	0.008	75
G-G	25	BUTTERED WAX BEANS	1/2 CP	16.00	0.150	0.038	60
G7-2	25	GREEN BEANS W/MUSHROOMS	1/2 CP	16.00	0.188	0.047	67
G-G	25	BUTTERED GREENS	1/2 CP	18.00	0.062	0.016	110
G-G	25	BUTTERED SUCCOTASH	1/2 CP	18.00	0.186	0.047	90
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
N7	30	FRUIT BAR	1 EA		0.192	0.058	224
J1-5	40	APPLE CRISP	1-3" SQ		0.176	0.070	230
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315

LUNCH

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P8	15	BEAN SOUP	1 CP		0.059	0.009	125
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L10-1	25	GINGER POT ROAST	4 OZ	40.00	0.674	0.169	100
L44-1	25	TURKEY CURRY	3/4 CP	12.00	0.585	0.146	288
L70	50	BARBECUED HAM STEAKS	1 EA	25.00	0.466	0.233	315
E4-2	50	BOILED EGG NOODLES	1 CP	12.00	0.064	0.032	249
G49	50	O'BRIEN POTATOES	2/3 CP	35.00	0.175	0.088	275
G12-2	30	FRIED CABBAGE W/BACON	1/2 CP	20.00	0.052	0.016	53
G7-4	30	SOUTHERN GREEN BEANS	1/2 CP	16.00	0.177	0.053	42
G-G	30	BUTTERED LIMA BEANS	1/2 CP	18.00	0.181	0.054	65
N7	30	FRUIT BAR	1 EA		0.192	0.058	224
J1-5	40	APPLE CRISP	1-3" SQ		0.176	0.070	230
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315

FAST FOOD

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
N1	10	BLT SANDWICH	1 EA	12.00	0.324	0.032	306
N29	10	GRILLED HAMBURGERS	1 EA	18.75	0.459	0.046	590
N29-2	45	CHEESEBURGERS	1 EA	18.75	0.647	0.291	740
N45-2	15	CHICKEN FILLET/CHEESE	1 EA	18.75	0.588	0.088	780
N32	10	FISHWICH	1 EA	25.00	0.535	0.054	615
N30-1	5	CHILI DOGS	1 EA	10.00	0.337	0.017	688
N30-4	5	FRANKFURTERS	1 EA	10.00	0.201	0.010	618
G45-1	70	FRENCH FRIED POTATOES	1 CP	35.00	0.115	0.081	410
G35-1	5	ONION RINGS	1/2 CP	35.00	0.180	0.009	334
-	5	POTATO CHIPS	1 OZ		0.130	0.007	160
-	60	SALAD BAR			0.235	0.141	50
-	40	ASST FRUIT	1 EA		0.144	0.058	80
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	100
-	90	BREAD/BUTTER/COFFEE/MILK			0.247	0.222	315

COST ANALYSIS DAY- 2

BREAKFAST	$0.840
LUNCH	$1.390
DINNER	$1.554
FAST FOOD	$1.108
MENU COST	$3.566

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

RECAPITULATION OF DAILY MENU ISSUES

DAY- 2

NSN	NOMENCLATURE	BREAKFAST	LUNCH	DINNER	LUNCH FAST FOOD	DINNER FAST FOOD	TOTAL UI
8905							
00-403-9592	BACON,SLICED(BULK),FZ,CURED	6.00			1.20	1.20	8.40 LB
01-050-3190	BEEF PATTIE MIX(BULK),FZ 20%	4.50					4.50 LB
01-050-3192	BEEF PATTIE,FZ,RD,20% SOY PRO				10.31	10.31	20.63 LB
00-133-5887	BEEF,SH CLOD/CHUCK(POT ROAST)		10.00				10.00 LB
00-491-7208	CHICKEN,FZ,RTC,QUARTERED			32.50			32.50 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT				1.00	1.00	2.00 LB
00-682-6643	HAM,SEC & FM, SMOKED,FZ,CKD,BNL		12.50				12.50 LB
01-017-2786	PORK SAUSAGE,PATT,RAW,FZ,RD	4.69					4.69 LB
00-753-6568	PORK,LOIN,BNLS,SPECIAL ROAST			9.50			9.50 LB
00-582-4042	TURKEY,BNLS,FZ,COOKED		3.00				3.00 LB
00-139-8481	VEAL STEAK,FLAKED,FORMED,BREAD			8.75			8.75 LB
8915							
00-616-4819	BEANS WAX,FZ,RND,CUT,2 TO 5 LB			4.00			4.00 LB
00-616-4820	BEANS,GREEN,CANNED #10 CN		4.80				4.80 CN
00-128-1176	BEANS,GREEN,FZ,ROUND,CUT			4.00			4.00 LB
00-577-4526	BEAN,LIMA CANNED,#10 CN		5.40				5.40 CN
00-616-0194	CABBAGE,FRESH		6.00				6.00 LB
00-926-5937	GREENS,TURNIP,FZ,2 TO 5 LB PG			4.50			4.50 LB
00-191-3461	ONION RINGS,FZ,RAW,BD,2 TO 5 LB				1.75	1.75	3.50 LB
01-193-3060	POTATO PATTIES,WHITE,FZ	18.00					18.00 LB
00-616-0220	POTATOES,WHITE,FRESH,100LB BG		17.50	15.50			33.00 LB
00-252-8245	POTATOES,WHITE,FRESH,BAKING			27.50			27.50 LB
00-080-5179	POTATOES,WHITE,FZ,FR-FR,SHOE				24.50	24.50	49.00 LB
00-143-0983	SUCCOTASH,FZ,2 TO 5 LB PG			4.50			4.50 LB
00-582-4059	TOMATOES,FRESH				1.20	1.20	2.4 LB

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

DAY- 3 MENU

BREAKFAST

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
-	60	ASST FRUIT	1 EA		0.144	0.086	80
-	20	ASST FRUIT JUICE	5 OZ		0.096	0.019	75
F4-1	10	HARD COOK EGGS	2 EA		0.112	0.011	130
F7	25	GRIDDLE FRIED EGGS	2 EA		0.115	0.029	170
F8-7	50	INDIVIDUAL OMELETS	1 EA		0.115	0.058	205
L2	50	BACON	2 SL	12.00	0.125	0.063	105
L30	25	CREAMED GROUND BEEF	2/3 CP	18.00	0.235	0.059	240
L71-3	25	GRILLED HAM SLICES	3 OZ	20.00	0.344	0.086	108
Q46-2	80	HASH BROWN POTATOES	2/3 CP	18.00	0.067	0.054	200
E1-1	25	FARINA	3/4 CP	6.00	0.021	0.005	84
D21-2	40	ENGLISH MUFFINS	1 EA		0.054	0.022	252
-	5	CEREAL,BRAN FLAKES	1 BX		0.120	0.006	110
-	5	CEREAL,SHREDDED WHEAT	1 BX		0.120	0.006	110
-	15	CEREAL,RAISIN BRAN	1 BX		0.130	0.020	110
-	15	ASSORTED DRY CEREAL	1 BX		0.133	0.020	110
D1	25	BAKING POWDER BISCUITS	2 EA		0.045	0.011	303
D22	15	FRENCH TOAST	2 SL	12.00	0.147	0.022	346
D25-5	45	PANCAKES	2 EA	3.00	0.072	0.032	212
-	45	MAPLE SYRUP	1 TB		0.035	0.016	50
-	100	BREAD/BUTTER/COFFEE/MILK			0.247	0.247	315

DINNER

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P14	20	CREAM OF MUSHROOM SOUP	1 CP		0.185	0.037	170
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L67-1	25	GLAZED HAM LOAF	1 SL	18.00	0.495	0.124	406
L123	25	OVEN FRIED FISH	4 1/2OZ	30.00	0.989	0.247	247
L25	50	BAKED LASAGNA	1 PC	12.00	0.216	0.108	436
Q46-3	50	LYONNAISE POTATOES	2/3 CP	31.00	0.221	0.111	250
Q77	50	PARSLEY BUTTERED POTATOES	3 PC	35.00	0.213	0.107	160
Q29	20	SOUTHERN STYLE GREENS	1/2 CP	20.00	0.071	0.014	89
Q-G	25	BUTTERED WAX BEANS	1/2 CP	16.00	0.150	0.038	60
G12	30	DEVIL FOOD CAKE	1 PC		0.246	0.074	185
I33	40	LEMON MERINGUE PIE	1/6 PIE		0.367	0.147	459
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315

LUNCH

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P6	20	TOMATO SOUP	1 CP		0.120	0.024	65
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L35	25	MEAT LOAF	1 SL	30.00	0.374	0.094	466
L106	25	ROAST VEAL	4 OZ	38.00	0.852	0.213	282
L155	50	FRIED CHICKEN	2 PC	65.00	0.705	0.353	334
E9	25	SPANISH RICE	3/4 CP	6.00	0.126	0.032	164
Q51	50	POTATOES AU GRATIN	2/3 CP	23.25	0.221	0.111	250
O19	50	TOMATO GRAVY	1/3 CP		0.037	0.019	95
Q66	25	BAKED SWEET POTATOES	1/2 CP	40.00	0.116	0.029	167
Q73	33	STEWED TOMATOES	1/2 CP	25.50	0.101	0.033	25
Q-G	25	BUTTERED BLACK EYE PEAS	1/2 CP	4.00	0.073	0.018	125
G12	30	DEVIL FOOD CAKE	1 PC		0.246	0.074	185
I33	40	LEMON MERINGUE PIE	1/6 PIE		0.367	0.147	459
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315

FAST FOOD

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
N4-2	10	ROAST TURKEY SANDWICH	1 EA	18.75	0.476	0.048	385
N29	10	GRILLED HAMBURGERS	1 EA	18.75	0.459	0.046	590
N29-2	45	CHEESEBURGERS	1 EA	18.75	0.647	0.291	740
N45-2	15	CHICKEN FILLET/CHEESE	1 EA	18.75	0.588	0.088	780
N32	10	FISHWICH	1 EA	25.00	0.535	0.054	615
N30-1	5	CHILI DOGS	1 EA	10.00	0.337	0.017	688
N30-4	5	FRANKFURTERS	1 EA	10.00	0.201	0.010	618
Q45-1	70	FRENCH FRIED POTATOES	1 CP	35.00	0.115	0.081	410
Q35-1	5	ONION RINGS	1/2 CP	35.00	0.180	0.009	334
-	5	POTATO CHIPS	1 OZ		0.130	0.007	160
-	60	SALAD BAR			0.235	0.141	50
-	40	ASST FRUIT	1 EA		0.144	0.058	80
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	100
-	90	BREAD/BUTTER/COFFEE/MILK			0.247	0.222	315

COST ANALYSIS DAY- 3

BREAKFAST	$0.871
LUNCH	$1.607
DINNER	$1.468
FAST FOOD	$1.123
MENU COST	$3.697

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu issues--Continued.

RECAPITULATION OF DAILY MENU ISSUES

DAY- 3

NSN	NOMENCLATURE	BREAKFAST	LUNCH	DINNER	LUNCH FAST FOOD	DINNER FAST FOOD	TOTAL UI
8905							
00-403-9592	BACON,SLICED(BULK),FZ,CURED	6.00					6.00 LB
01-050-3190	BEEF PATTIE MIX(BULK),FZ	4.50	7.50				12.00 LB
01-050-3192	BEEF PATTIES,FZ,RD,20 SOY				10.31	10.31	20.63 LB
00-965-2128	CHICKEN,FZ,RTC,CUT-UP,9 PC CUT		32.50				32.50 LB
00-164-0490	FLOUNDER FILLET,FZ,SKLS,NAT/FM			4.50			4.50 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT				1.00	1.00	2.00 LB
00-682-6643	HAM,SEC & FM,SMOKED,FZ,CKD,BNL	5.00					5.00 LB
01-039-8809	HAM,SECTIONED & FORMED,CND			4.50			4.50 LB
00-262-7274	TURKEY,BNLS,FZ,RAW ROLL				1.88	1.88	3.75 LB
01-063-3121	VEAL/CALF,ROAST,FZ,BNLS		9.50				9.50 LB
8915							
00-616-4818	BEANS,WAXED,CANNED #10 CN			4.00			4.00 CN
00-926-5937	GREENS,TURNIP,FZ,2 TO 5 LB PG			4.00			4.00 LB
00-191-3461	ONION RINGS,FZ,RAW,BD,2 TO 5 LB				1.75	1.75	3.50 LB
00-007-5309	PEAS,BLACKEYE,CND #10 CN		1.00				1.00 CN
01-193-3060	POTATO PATTIES,WHITE,FZ	14.40					14.40 LB
00-252-5954	POTATOES,SWEET,FRESH		10.00				10.00 LB
00-139-7426	POTATOES,WH,DEHY,SLICES,5 LB BG		11.63				11.63 LB
00-616-0220	POTATOES,WHITE,FRESH,100LB BG			15.50			15.50 LB
00-080-5179	POTATOES,WHITE,FZ,FR-FR,SHOE				24.50	24.50	49.00 LB

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

DAY- 4 MENU

BREAKFAST

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
-	60	ASST FRUIT	1 EA		0.144	0.086	80
-	20	ASST FRUIT JUICE	5 OZ		0.096	0.019	75
F4-1	10	HARD COOK EGGS	2 EA		0.112	0.011	130
F7	25	GRIDDLE FRIED EGGS	2 EA		0.115	0.029	170
F8-7	50	INDIVIDUAL OMELETS	1 EA		0.115	0.058	205
L2	50	BACON	2 SL	12.00	0.125	0.063	105
L30	25	CREAMED GROUND BEEF	2/3 CP	18.00	0.235	0.059	240
L89-3	25	BAKED SAUSAGE PATTIES	2 EA	18.75	0.161	0.040	210
Q46-1	80	COTTAGE FRIED POTATOES	2/3 CP	31.00	0.194	0.155	188
E1-3	25	CEREAL,HOT (ROLLED OAT)	3/4 CP	6.00	0.041	0.010	80
-	5	CEREAL,BRAN FLAKES	1 BX		0.120	0.006	110
-	5	CEREAL,SHREDDED WHEAT	1 BX		0.120	0.006	110
-	15	CEREAL,RAISIN BRAN	1 BX		0.130	0.020	110
-	15	ASSORTED DRY CEREAL	1 BX		0.133	0.020	110
D1	25	BAKING POWDER BISCUITS	2 EA		0.045	0.011	303
D22	15	FRENCH TOAST	2 SL	12.00	0.147	0.022	346
D25-5	45	PANCAKES	2 EA	3.00	0.072	0.032	212
-	45	MAPLE SYRUP	1 TB		0.035	0.016	50
-	100	BREAD/BUTTER/COFFEE/MILK			0.247	0.247	315

DINNER

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P17	20	SPANISH SOUP	1 CP		0.119	0.024	100
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L5	50	ROAST BEEF	2 SL	40.00	0.853	0.427	325
L128	25	SALMON CAKES	2 EA	20.00	0.802	0.201	272
L143	25	BAKED CHICKEN	1/4 EA	65.00	0.636	0.159	418
E4-2	50	BOILED EGG NOODLES	1 CP	12.00	0.064	0.032	249
O16	50	BROWN GRAVY	1/3 CP		0.033	0.017	75
E8	50	RICE PILAF	3/4 CP	8.00	0.030	0.015	188
Q22	33	CORN PUDDING	1/2 CP	3.19	0.211	0.070	100
Q29	25	SOUTHERN STYLE GREENS	1/2 CP	20.00	0.071	0.018	89
Q-G	33	BUTTERED PEAS & CARROTS	1/2 CP	18.00	0.165	0.054	135
-	60	DINNER ROLLS	2 EA		0.029	0.017	170
D15	50	CORN BREAD	1-3" SQ		0.069	0.035	230
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
J16	20	BREAD PUDDING	2/3 CP		0.215	0.043	220
H24	50	PEANUT BUTTER COOKIES	2 EA		0.198	0.099	255
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315

LUNCH

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P16	20	CREAM OF POTATO SOUP	1 CP		0.076	0.015	170
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L107	25	BRAISED LIVER & ONIONS	1 SL	25.00	0.188	0.047	380
L150	25	CHICKEN POT PIE	1 CP	50.00	0.670	0.168	454
L-G-2	50	FRIED SHRIMP	4-8 EA	38.00	1.581	0.791	205
E5	50	STEAMED RICE	3/4 CP	9.00	0.020	0.010	162
Q57	50	MASHED POTATOES	2/3 CP	1.00	0.029	0.015	145
Q7-4	33	SOUTHERN GREEN BEANS	1/2 CP	16.00	0.177	0.058	42
Q32	33	SOUTHERN FRIED OKRA	1/2 CP	15.00	0.121	0.040	155
Q-G	25	SIMMERED CAULIFLOWER	1/2 CP	20.00	0.175	0.044	60
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
J16	20	BREAD PUDDING	2/3 CP		0.215	0.043	220
H24	50	PEANUT BUTTER COOKIES	2 EA		0.198	0.099	255
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315

FAST FOOD

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
N6-3	10	GRILLED HAM & CHEESE	1 EA	4.00	0.223	0.022	370
N29	10	GRILLED HAMBURGERS	1 EA	18.75	0.459	0.046	590
N29-2	45	CHEESEBURGERS	1 EA	18.75	0.647	0.291	740
N45-2	15	CHICKEN FILLET/CHEESE	1 EA	18.75	0.588	0.088	780
N32	10	FISHWICH	1 EA	25.00	0.535	0.054	615
N30-1	5	CHILI DOGS	1 EA	10.00	0.337	0.017	688
N30-4	5	FRANKFURTERS	1 EA	10.00	0.201	0.010	618
Q45-1	70	FRENCH FRIED POTATOES	1 CP	35.00	0.115	0.081	410
Q35-1	5	ONION RINGS	1/2 CP	35.00	0.180	0.009	334
-	5	POTATO CHIPS	1 OZ		0.130	0.007	160
-	60	SALAD BAR			0.235	0.141	50
-	40	ASST FRUIT	1 EA		0.144	0.058	80
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	100
-	90	BREAD/BUTTER/COFFEE/MILK			0.247	0.222	315

COST ANALYSIS DAY- 4

BREAKFAST	$0.910
LUNCH	$1.791
DINNER	$1.671
FAST FOOD	$1.098
MENU COST	$3.993

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

RECAPITULATION OF DAILY MENU ISSUES

DAY- 4

NSN	NOMENCLATURE	BREAKFAST	LUNCH	DINNER	LUNCH FAST FOOD	DINNER FAST FOOD	TOTAL UI
8905							
00-403-9592	BACON,SLICED(BULK),FZ,CURED	6.00					6.00 LB
01-050-3190	BEEF PATTIE MIX(BULK),FZ	4.50					4.50 LB
01-050-3192	BEEF PATTIES,FZ,RD,20% SOY				10.31	10.31	20.63 LB
00-133-5886	BEEF,KNUCKLE,SPECIAL (OVEN ROAST)			20.00			20.00 LB
00-655-8410	BEEF,LIVER,PORTION CUT		6.25				6.25 LB
00-965-2128	CHICKEN,FZ,RTC,CUT-UP,9 PC CUT			16.25			16.25 LB
00-126-3416	CHICKEN,FZ,RTC,WHOLE		12.50				12.50 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT				1.00	1.00	2.00 LB
01-039-8809	HAM SECTIONED & FORMED,CND				0.40	0.4	0.80 LB
01-017-2786	PORK SAUSAGE,PATT,RAW,FZ,RD	4.69					4.69 LB
01-065-9955	SALMON,CANNED,PINK,15 1/2 OZ CN			5.00			5.00 CN
00-960-2303	SHRIMP,RAW,REG BD,FZ		19.00				19.00 LB
8915							
00-616-4820	BEANS,GREEN,CANNED #10 CN		5.28				5.28 CN
00-160-6156	CAULIFLOWER,FZ,2 TO 5 LB PG		5.00				5.00 LB
00-926-5936	GREENS,MUSTARD,FZ,2 TO 5 LB PG			5.00			5.00 LB
00-252-3785	OKRA,FZ,CUT,2 TO 5 LB PG		4.95				4.95 CN
00-191-3461	ONION RINGS,FZ,RAW,BD,2 TO 5 LB				1.75	1.75	3.50 LB
00-143-0997	PEAS & CARROTS,FZ,2 TO 5 LB PG			5.94			5.94 LB
00-133-5903	POTATOES,WH,INSTANT,#10 CN		0.50				0.50 CN
00-616-0220	POTATOES,WHITE,FRESH,100LB BG	24.80					24.80 LB
00-080-5179	POTATOES,WHITE,FZ,FR-FR,SHOE				24.5	24.5	49.00 LB

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

DAY- 5 MENU

BREAKFAST

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
-	60	ASST FRUIT	1 EA		0.144	0.086	80
-	20	ASST FRUIT JUICE	5 OZ		0.096	0.019	75
F4-1	10	HARD COOK EGGS	2 EA		0.112	0.011	130
F7	25	GRIDDLE FRIED EGGS	2 EA		0.115	0.029	170
F8-7	50	INDIVIDUAL OMELETS	1 EA		0.115	0.058	205
L2	50	BACON	2 SL	12.00	0.125	0.063	105
L30	25	CREAMED GROUND BEEF	2/3 CP	18.00	0.235	0.059	240
L89-3	25	BAKED SAUSAGE PATTIES	2 EA	18.75	0.161	0.040	210
Q46-2	80	HASH BROWN POTATOES	2/3 CP	18.00	0.067	0.054	200
D21-2	40	ENGLISH MUFFINS	1 EA		0.054	0.022	252
E2	25	BUTTERED HOMINY GRITS	2/3 CP		0.022	0.006	105
-	5	CEREAL,BRAN FLAKES	1 BX		0.120	0.006	110
-	5	CEREAL,SHREDDED WHEAT	1 BX		0.120	0.006	110
-	15	CEREAL,RAISIN BRAN	1 BX		0.130	0.020	110
-	15	ASSORTED DRY CEREAL	1 BX		0.133	0.020	110
D1	25	BAKING POWDER BISCUITS	2 EA		0.045	0.011	303
D22	15	FRENCH TOAST	2 SL	12.00	0.147	0.022	346
D25-5	45	PANCAKES	2 EA	3.00	0.072	0.032	212
-	45	MAPLE SYRUP	1 TB		0.035	0.016	50
-	100	BREAD/BUTTER/COFFEE/MILK			0.247	0.247	315

DINNER

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P6	20	TOMATO SOUP	1 CP		0.120	0.024	65
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L69	30	BAKED HAM	2 SL	18.00	0.455	0.137	473
L154	20	CREOLE CHICKEN	2 1/4CS	65.00	0.607	0.121	470
L-G-2	25	FRIED SHRIMP	4-8 EA	38.00	1.581	0.395	205
L121	25	FRIED FISH	4 1/2OZ	25.00	0.492	0.123	260
F1	50	MACARONI AND CHEESE	1 CP		0.189	0.095	320
Q77	50	PARSLEY BUTTERED POTATO	3 PC	35.00	0.213	0.107	160
Q32	25	SOUTHERN FRIED OKRA	1/2 CP	15.00	0.121	0.030	155
Q67	20	CANDIED SWEET POTATOES	1/2 CP		0.172	0.034	245
Q-G	50	BUTTERED PEAS	1/2 CP	18.00	0.172	0.086	60
D15-2	60	HUSH PUPPIES	3 EA		0.340	0.204	234
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
J21-1	20	CHOCOLATE CREAM PUDDING	1/2 CP		0.083	0.017	140
G29	50	UPSIDE DOWN CAKE	1 PC		0.121	0.061	295
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315

LUNCH

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P18-2	20	CHICKEN NOODLE SOUP DEH	1 CP		0.047	0.009	65
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L22	40	BEEF STEW	1 1/4CP	30.00	0.619	0.248	415
L84	30	BAKED STUFFED PORK CHOPS	1 EA	35.00	0.979	0.294	510
L123	30	OVEN FRIED FISH	4 1/2OZ	30.00	0.989	0.297	247
Q46-1	50	COTTAGE FRIED POTATOES	2/3 CP	31.00	0.194	0.097	188
Q29	25	SOUTHERN STYLE GREENS	1/2 CP	29.00	0.071	0.018	89
Q-G	60	CORN ON THE COB	1 EA	37.00	0.525	0.315	65
-	70	DINNER ROLLS	2 EA		0.029	0.020	170
D15	50	CORN BREAD	1-3" SQ		0.069	0.035	230
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
J21-1	20	CHOCOLATE CREAM PUDDING	1/2 CP		0.083	0.017	140
G29	50	UPSIDE DOWN CAKE	1 PC		0.121	0.061	295
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315

FAST FOOD

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
N20	10	GRILLED REUBEN SANDWICH	1 EA	16	0.418	0.042	720
N29	10	GRILLED HAMBURGERS	1 EA	18.75	0.459	0.046	590
N29-2	45	CHEESEBURGERS	1 EA	18.75	0.647	0.291	740
N45-2	15	CHICKEN FILLET/CHEESE	1 EA	18.75	0.588	0.088	780
N32	10	FISHWICH	1 EA	25	0.535	0.054	615
N30-1	5	CHILI DOGS	1 EA	10	0.337	0.017	688
N30-4	5	FRANKFURTERS	1 EA	10	0.201	0.010	618
Q45-1	70	FRENCH FRIED POTATOES	1 CP	35	0.115	0.081	410
Q35-1	5	ONION RINGS	1/2 CP	35	0.180	0.009	334
-	5	POTATO CHIPS	1 OZ	0.00	L0.130	0.007	160
-	60	SALAD BAR		0.00	L0.235	0.141	50
-	40	ASST FRUIT	1 EA	0.00	L0.144	0.058	80
-	70	CARBONATED SOFT DRINK	8 OZ	0.00	L0.076	0.053	100
-	90	BREAD/BUTTER/COFFEE/MILK		0.00	L0.247	0.222	315

COST ANALYSIS DAY- 5

BREAKFAST	$0.825
LUNCH	$1.872
DINNER	$1.895
FAST FOOD	$1.118
MENU COST	$4.132

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

RECAPITULATION OF DAILY MENU ISSUES

DAY- 5

NSN	NOMENCLATURE	BREAKFAST	LUNCH	DINNER	LUNCH FAST FOOD	DINNER FAST FOOD	TOTAL UI
8905							
00-403-9592	BACON,SLICED(BULK),FZ,CURED	6.00					6.00 LB
00-177-5017	BEEF FOR STEWING,FZ,DICED		12.00				12.00 LB
01-050-3190	BEEF PATTIE MIX(BULK),FZ	4.50					4.50 LB
01-050-3192	BEEF PATTIES,FZ,RD,20% SOY				10.31	10.31	20.63 LB
00-965-2128	CHICKEN,FZ,RTC,CUT-UP,9 PC CUT			13.00			13.00 LB
00-082-5733	FISH PRTN,RAW,BRD,FZ,COD/HADD			6.25			6.25 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT				1.00	1.00	2.00 LB
01-039-8809	NAN,SECTIONED & FORMED,CHD			5.40			5.40 LB
00-164-0485	PERCH FILLETS,OCEAN,FZ		9.00				9.00 LB
01-017-2786	PORK SAUSAGE,PATT,RAW,FZ,RD	4.69					4.69 LB
00-753-6589	PORK,CHOPS,BNLS,FZ,5 OZ		10.50				10.50 LB
00-960-2303	SHRIMP,RAW,REG BD,FZ			9.50			9.50 LB
8915							
01-135-5787	CORN,FZ,GOLDEN OR WHITE,COB		22.20				22.20 LB
00-164-4162	GREENS,COLLARD,FZ,2 TO 5 LB PG		7.25				7.25 LB
00-252-3785	OKRA,FZ,CUT,2 TO 5 LB PG			3.75			3.75 CN
00-191-3461	ONION RINGS,FZ,RAW,BD,2 TO 5 LB PG				1.75	1.75	3.50 LB
00-127-8021	PEAS,FZ,2 TO 5 LB PG			9.00			9.00 LB
01-193-3060	POTATO PATTIES,WHITE,FZ	14.40					14.40 LB
00-616-0220	POTATOES,WHITE,FRESH,100LB BG		15.50	17.50			33.00 LB
00-080-5179	POTATOES,WHITE,FZ,FR-FR				24.5	24.5	49.00 LB

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

DAY- 6 MENU

BREAKFAST

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
-	60	ASST FRUIT	1 EA		0.144	0.086	80
-	20	ASST FRUIT JUICE	5 OZ		0.096	0.019	75
F4-1	10	HARD COOK EGGS	2 EA		0.112	0.011	130
F7	25	GRIDDLE FRIED EGGS	2 EA		0.115	0.029	170
F8-7	50	INDIVIDUAL OMELETS	1 EA		0.115	0.058	205
L2	50	BACON	2 SL	12.00	0.125	0.063	105
L30	25	CREAMED GROUND BEEF	2/3 CP	18.00	0.235	0.059	240
L91	25	GRILLED SAUSAGE LINKS	2 EA	18.00	0.103	0.026	180
Q47	80	HOME FRIED POTATOES	2/3 CP	35.00	0.218	0.174	200
E1-1	25	FARINA	3/4 CP	6.00	0.021	0.005	84
D21-2	40	ENGLISH MUFFINS	1 EA		0.054	0.022	252
-	5	CEREAL,BRAN FLAKES	1 BX		0.120	0.006	110
-	5	CEREAL,SHREDDED WHEAT	1 BX		0.120	0.006	110
-	15	CEREAL,RAISIN BRAN	1 BX		0.130	0.020	110
-	15	ASSORTED DRY CEREAL	1 BX		0.133	0.020	110
D1	25	BAKING POWDER BISCUITS	2 EA		0.045	0.011	303
D22	15	FRENCH TOAST	2 SL	12.00	0.147	0.022	346
D25-5	45	PANCAKES	2 EA	3.00	0.072	0.032	212
-	45	MAPLE SYRUP	1 TB		0.035	0.016	50
-	100	BREAD/BUTTER/COFFEE/MILK			0.247	0.247	315

DINNER

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P7	20	VEGETABLE SOUP	1 CP		0.091	0.018	85
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L12	30	CHICKEN FRIED STEAK	1 EA	35.50	0.877	0.263	462
L92	50	BARBECUED SPARERIBS	8 OZ	75.00	1.096	0.548	461
L124	20	BAKED FISH PORTIONS	4 OZ	25.00	0.387	0.077	127
E5	50	STEAMED RICE	3/4 CP	9.00	0.020	0.010	162
Q77	50	PARSLEY BUTTERED POTATO	3 EA	35.00	0.213	0.107	160
Q73	20	STEWED TOMATOES	1/2 CP	25.50	0.101	0.020	25
Q-G	30	BUTTERED WAX BEANS	1/2 CP	16.00	0.150	0.045	60
Q-G	50	BUTTERED CORN	1/2 CP	18.00	0.158	0.079	60
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
N13	30	SUGAR COOKIES	2 EA		0.276	0.083	234
G32-2	40	BOSTON CREAM PIE	1 PC		0.243	0.097	235
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315

LUNCH

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P14	20	CREAM OF MUSHROOM SOUP	1 CP		0.185	0.037	170
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L21	30	BEEF POT PIE	1 CP	30.00	0.744	0.223	584
L103-1	25	VEAL PARMESAN	1 SL	35.00	0.786	0.197	594
L155	45	FRIED CHICKEN	2 PC	65.00	0.705	0.317	334
Q44	50	BAKED POTATOES	1 EA	55.00	0.126	0.063	155
Q51	50	POTATOES AU GRATIN	2/3 CP	31.00	0.221	0.111	250
Q17-1	30	GLAZED CARROTS	1/2 CP	20.00	0.034	0.010	92
Q41-3	20	PEAS WITH ONIONS	1/2 CP	18.00	0.118	0.024	105
Q-G	50	BUTTERED MIX VEGETABLES	1/2 CP	18.00	0.179	0.090	110
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
N13	30	SUGAR COOKIES	2 EA		0.276	0.083	234
G32-2	40	BOSTON CREAM PIE	1 PC		0.243	0.097	235
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315

FAST FOOD

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
N19	10	SUBMARINE SANDWICH	1 EA	18.00	0.310	0.051	823
N29	10	GRILLED HAMBURGERS	1 EA	18.75	0.459	0.046	590
N29-2	45	CHEESEBURGERS	1 EA	18.75	0.647	0.291	740
N45-2	15	CHICKEN FILLET/CHEESE	1 EA	18.75	0.588	0.088	780
N32	10	FISHWICH	1 EA	25.00	0.535	0.054	615
N30-1	5	CHILI DOGS	1 EA	10.00	0.337	0.017	688
N30-4	5	FRANKFURTERS	1 EA	10.00	0.201	0.010	618
Q45-1	70	FRENCH FRIED POTATOES	1 CP	35.00	0.115	0.081	410
Q35-1	5	ONION RINGS	1/2 CP	35.00	0.180	0.009	334
-	5	POTATO CHIPS	1 OZ		0.130	0.007	160
-	60	SALAD BAR			0.235	0.141	50
-	40	ASST FRUIT	1 EA		0.144	0.058	80
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	100
-	90	BREAD/BUTTER/COFFEE/MILK			0.247	0.222	315

COST ANALYSIS DAY- 6

BREAKFAST	$0.931
LUNCH	$1.713
DINNER	$1.810
FAST FOOD	$1.127
MENU COST	$4.073

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

RECAPITULATION OF DAILY MENU ISSUES

DAY- 6

NSN	NOMENCLATURE	BREAKFAST	LUNCH	DINNER	LUNCH FAST FOOD	DINNER FAST FOOD	TOTAL UI
8905							
00-403-9592	BACON,SLICED(BULK),FZ,CURED	6.00					6.00 LB
00-177-5017	BEEF FOR STEWING,FZ,DICED		9.00				9.00 LB
00-133-5889	BEEF FOR SWISSING,BRAISING STK			10.65			10.65 LB
01-050-3190	BEEF PATTIE MIX(MIX),FZ	4.50					4.50 LB
01-050-3192	BEEF PATTIES,FZ,RD,20% SOY				10.31	10.31	20.63 LB
00-577-5993	BKFST SAUSAGE,CK,FZ,BEEF & PORK	4.50					4.50 LB
00-965-2128	CHICKEN,FZ,RTC,CUT-UP,9 PC CUT		29.25				29.25 LB
00-299-1316	CORNED BEEF,FROZEN				1.80	1.80	3.60 LB
00-935-4765	FISH PRTN,RAW,BRD,FZ,PER/POLL			5.00			5.00 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT				1.00	1.00	2.00 LB
01-039-8809	HAM,SECTIONED & FORMED,CMD				1.80	1.80	3.60 LB
00-126-8743	PORK,SPARERIBS,FZ			37.50			37.50 LB
00-299-1330	SALAMI,COOKED,FZ				1.80	1.80	3.60 LB
00-139-8481	VEAL STEAK,FLAKED,FORMED,BREAD		8.75				8.75 LB
8915							
00-616-4818	BEANS,WAX,CANNED #10 CN			4.80			4.80 CN
00-127-8019	CARROTS,FRESH,TOPPED		6.00				6.00 LB
00-257-3947	CORN,CANNED,GOLDEN,WHOLE KERNEL			9.00			9.00 CN
00-191-3461	ONION RINGS,FZ,RAW,BD,2 TO 5 LB				1.75	1.75	3.50 LB
00-127-8021	PEAS,FZ,2 TO 5 LB PG		3.60				3.60 LB
00-139-7426	POTATOES,WH,DEHY,SLICES,5 LB BG		15.50				15.50 LB
00-616-0220	POTATOES,WHITE,FRESH,100LB BG	28.00		17.50			45.50 LB
00-252-8245	POTATOES,WHITE,FRESH,BAKING		27.50				27.50 LB
00-080-5179	POTATOES,WHITE,FZ,FR-FR				24.50	24.50	49.00 LB
00-582-4060	TOMATOES,CANNED,WHOLE,#10 CN			5.10			5.10 LB
00-935-6620	VEGETABLES,MIXED,FZ,2 TO 5 LB		9.00				9.00 LB

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

DAY- 7 MENU

BREAKFAST

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
-	60	ASST FRUIT	1 EA		0.144	0.086	80
-	20	ASST FRUIT JUICE	5 OZ		0.096	0.019	75
F4-1	10	HARD COOK EGGS	2 EA		0.112	0.011	130
F7	25	GRIDDLE FRIED EGGS	2 EA		0.115	0.029	170
F8-7	50	INDIVIDUAL OMELETS	1 EA		0.115	0.058	205
L2	50	BACON	2 SL	12.00	0.125	0.063	105
L30	25	CREAMED GROUND BEEF	2/3 CP	18.00	0.235	0.059	240
L89-2	25	GRILLED SAUSAGE PATTIES	2 EA	18.75	0.161	0.040	100
Q47	80	HOME FRIED POTATOES	2/3 CP	35.00	0.218	0.174	200
E1-3	25	CEREAL,HOT (ROLLED OAT)	3/4 CP	6.00	0.041	0.010	80
-	5	CEREAL,BRAN FLAKES	1 BX		0.120	0.006	110
-	5	CEREAL,SHREDDED WHEAT	1 BX		0.120	0.006	110
-	15	CEREAL,RAISIN BRAN	1 BX		0.130	0.020	110
-	15	ASSORTED DRY CEREAL	1 BX		0.133	0.020	110
D1	25	BAKING POWDER BISCUITS	2 EA		0.045	0.011	303
D22	15	FRENCH TOAST	2 SL	12.00	0.147	0.022	346
D25-5	45	PANCAKES	2 EA	3.00	0.072	0.032	212
-	45	MAPLE SYRUP	1 TB		0.035	0.016	50
-	100	BREAD/BUTTER/COFFEE/MILK			0.247	0.247	315

DINNER

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P2-2	20	CHICKEN RICE SOUP	1 CP		0.021	0.004	86
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L18	50	BARBECUED BEEF CUBES	3/4 CP	30.00	0.492	0.246	440
L176-1	30	SOUTHERN FRIED CATFISH	7 OZ	60.00	1.232	0.370	192
L144-4	20	BAKED TURKEY & NOODLES	1 CP	26.00	0.668	0.134	320
E5	50	STEAMED RICE	3/4 CP	9.00	0.020	0.010	162
Q51	50	POTATOES AU GRATIN	2/3 CP	23.25	0.221	0.111	250
G-G	60	CORN ON THE COB	1/2 CP	37.00	0.525	0.315	65
G-G	20	BUTTERED BRUSSELS SPRTS	1/2 CP	20.00	0.126	0.025	75
G-G	20	BUTTERED SPINACH	1/2 CP	18.00	0.022	0.004	60
-	70	DINNER ROLLS	2 EA		0.029	0.020	170
D15	30	CORN BREAD	1-3" SQ		0.069	0.021	230
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
G10-3	30	LEMON CAKE	1 PC		0.066	0.020	200
G39-4	30	LEMON CREAM FROSTING	1 1/2 TB		0.027	0.008	125
19-1	40	APPLE PIE	1/6 PIE		0.082	0.033	460
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315

LUNCH

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P5	30	TOMATO BOUILLON	1 CP		0.080	0.024	35
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L41	30	SWEDISH MEATBALLS	3 EA	30.00	0.669	0.201	385
L112	30	SIMMERED CORNED BEEF	3 SL	43.50	0.544	0.163	498
L145	40	CHICKEN VEGA	2 PC	65.00	0.669	0.268	560
E4-2	50	BOILED EGG NOODLES	1 CP	12.00	0.064	0.032	269
Q57	50	MASHED POTATOES	2/3 CP	1.00	0.029	0.015	145
Q27-2	35	MEXICAN CORN	1/2 CP	29.81	0.086	0.030	95
Q29	25	SOUTHERN STYLE GREENS	1/2 CP	20.00	0.071	0.018	89
G-G	40	BUTTERED PEAS & CARROTS	1/2 CP	18.00	0.165	0.066	135
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
G10-3	30	LEMON CAKE	1 PC		0.066	0.020	200
G39-4	30	LEMON CREAM FROSTING	1 1/2 TB		0.027	0.008	125
19-1	40	APPLE PIE	1/6 PIE		0.082	0.033	460
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315

FAST FOOD

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
N1	10	BLT SANDWICH	1 EA	12.00	0.324	0.032	306
N29	10	GRILLED HAMBURGERS	1 EA	18.75	0.459	0.046	590
N29-2	45	CHEESEBURGERS	1 EA	18.75	0.647	0.291	740
N45-2	15	CHICKEN FILLET/CHEESE	1 EA	18.75	0.588	0.088	780
N32	10	FISHWICH	1 EA	25.00	0.535	0.054	615
N30-1	5	CHILI DOGS	1 EA	10.00	0.337	0.017	688
N30-4	5	FRANKFURTERS	1 EA	10.00	0.201	0.010	618
Q45-1	70	FRENCH FRIED POTATOES	1 CP	35.00	0.115	0.081	410
Q35-1	5	ONION RINGS	1/2 CP	35.00	0.180	0.009	334
-	5	POTATO CHIPS	1 OZ		0.130	0.007	160
-	60	SALAD BAR			0.235	0.141	50
-	40	ASST FRUIT	1 EA		0.144	0.058	80
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	100
-	90	BREAD/BUTTER/COFFEE/MILK			0.247	0.222	315

COST ANALYSIS DAY- 7

BREAKFAST	$0.929
LUNCH	$1.339
DINNER	$1.783
FAST FOOD	$1.108
MENU COST	$3.779

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

RECAPITULATION OF DAILY MENU ISSUES

DAY- 7

NSN	NOMENCLATURE	BREAKFAST	LUNCH	DINNER	LUNCH FAST FOOD	DINNER FAST FOOD	TOTAL UI
8905							
00-403-9592	BACON,SLICED(BULK),FZ,CURED	6.00			1.20	1.20	8.40 LB
00-177-5017	BEEF FOR STEWING,FZ,DICED			15.00			15.00 LB
01-050-3190	BEEF PATTIE MIX(BULK),FZ,20%SOY	4.50	9.00				13.50 LB
01-050-3192	BEEF PATTIES,FZ,RD,20% SOY				10.31	10.31	20.63 LB
01-125-2288	CATFISH FILLETS,FZ,5 TO 12 OZ			18.00			18.00 LB
00-491-7208	CHICKEN,FZ,RTC,QUARTERED		26.00				26.00 LB
00-299-1316	CORNED BEEF,FZ		13.05				13.05 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT				1.00	1.00	2.00 LB
00-926-6485	PORK SAUSAGE ROLL,RAW,FZ	4.69					4.69 LB
00-582-4042	TURKEY,BNLS,FZ,COOKED			5.20			5.20 LB
8915							
00-127-7991	BRUSSELS SPROUTS,FZ,2 TO 5 LB PG			4.00			4.00 LB
00-257-3947	CORN,CANNED,GOLDEN,WHOLE KERNEL		10.43				10.43 LB
01-135-5787	CORN,FZ,GOLDEN OR WHITE,COB			22.20			22.20 LB
00-926-5936	GREENS.MUSTARD,FZ,2 TO 5 LB PG		5.00				5.00 LB
00-191-3461	ONION RINGS,FZ,RAW,BD,2 TO 5 LB PG				1.75	1.75	3.50 LB
00-143-0997	PEAS & CARROTS,FZ,2 TO 5 LB PG		7.20				7.20 LB
00-139-7426	POTATOES,WH,DEHY,SLICES,5 LB BG			11.63			11.63 LB
00-133-5903	POTATOES,WH,INSTANT,#10 CN		0.50				0.50 CN
00-616-0220	POTATOES,WHITE,FRESH,100LB BG	28.00					28.00 LB
00-080-5179	POTATOES,WHITE,FZ,FR-FR				24.50	24.50	49.00 LB
01-010-3224	SPINACH,FZ,CHOPPED,2 TO 5 LB PG			3.60			3.60 LB
00-582-4059	TOMATOES,FRESH				1.20	1.20	2.40 LB

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

DAY- 8 MENU

BREAKFAST

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
-	60	ASST FRUIT	1 EA		0.144	0.086	80
-	20	ASST FRUIT JUICE	5 OZ		0.096	0.019	75
F4-1	10	HARD COOK EGGS	2 EA		0.112	0.011	130
F7	25	GRIDDLE FRIED EGGS	2 EA		0.115	0.029	170
F8-7	50	INDIVIDUAL OMELETS	1 EA		0.115	0.058	205
L2	50	BACON	2 SL	12.00	0.125	0.063	105
L30	25	CREAMED GROUND BEEF	2/3 CP	18.00	0.235	0.059	240
L89-3	25	BAKED SAUSAGE PATTIES	2 EA	18.75	0.161	0.040	210
Q46-2	100	HASH BROWN POTATOES	2/3 CP	18.00	0.067	0.067	200
E1-2	25	HOMINY GRITS	3/4 CP	6.00	0.029	0.007	105
D21-2	40	ENGLISH MUFFINS	1 EA		0.054	0.022	252
-	5	CEREAL,BRAN FLAKES	1 BX		0.120	0.006	110
-	5	CEREAL,SHREDDED WHEAT	1 BX		0.120	0.006	110
-	15	CEREAL,RAISIN BRAN	1 BX		0.130	0.020	110
-	15	ASSORTED DRY CEREAL	1 BX		0.133	0.020	110
D1	25	BAKING POWDER BISCUITS	2 EA		0.045	0.011	303
D22	15	FRENCH TOAST	2 SL	12.00	0.147	0.022	366
D25-5	45	PANCAKES	2 EA	3.00	0.072	0.032	212
-	45	MAPLE SYRUP	1 TB		0.035	0.016	50
-	100	BREAD/BUTTER/COFFEE/MILK			0.247	0.247	315

DINNER

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P18	20	TOMATO VEGETABLE SOUP	1 CP		0.054	0.011	65
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L82	50	SWEET AND SOUR PORK	1 CP	32.00	0.579	0.290	545
L112	50	SIMMERED CORNED BEEF	3 SL	43.51	0.544	0.272	498
E7	50	FRIED RICE	3/4 CP	8.00	0.136	0.068	240
Q77	50	PARSLEY BUTTERED POTATO	3 PC	35.00	0.213	0.107	160
Q9	20	HOT SPICED BEETS	1/2 CP	4.00	0.100	0.020	94
Q12	40	FRIED CABBAGE	1/2 CP	20.00	0.031	0.012	53
Q-G	40	BUTTERED SUCCOTASH	1/2 CP	18.00	0.186	0.074	90
D1	60	BAKING POWDER BISCUITS	2 EA		0.045	0.027	303
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
N22	30	MOLASSES COOKIES	2 EA		0.220	0.066	218
G25	40	SPICE CAKE	1 PC		0.242	0.097	200
G47	40	LIGHT CREAM FROSTING	1 1/2 TB		0.026	0.010	128
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315

LUNCH

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P2-2	20	CHICKEN/RICE SOUP	1 CP		0.021	0.004	86
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L13	50	PEPPER STEAK	5 OZ	30.00	0.735	0.368	422
L179	20	BAKED WHOLE TROUT	1 EA	63.00	1.205	0.241	160
L28-2	30	CHILI MACARONI	1 CP	24.00	0.340	0.102	383
E5	50	STEAMED RICE	3/4 CP	9.00	0.020	0.010	162
Q50-1	50	FRANCONIA POTATOES	1 CP	35.00	0.214	0.107	195
Q22	33	CORN PUDDING	1/2 CP	3.19	0.211	0.070	100
Q82	33	HERBED GREEN BEANS	1/2 CP	25.25	0.600	0.198	35
Q-G	20	SIMMERED CAULIFLOWER	1/2 CP	20.00	0.175	0.035	60
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
N22	30	MOLASSES COOKIES	2 EA		0.220	0.066	218
G25	40	SPICE CAKE	1 PC		0.242	0.097	200
G47	40	LIGHT CREAM FROSTING	1 1/2 TB		0.026	0.010	128
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315

FAST FOOD

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
N4-2	10	ROAST TURKEY SANDWICH	1 EA	18.75	0.476	0.048	385
N29	10	GRILLED HAMBURGERS	1 EA	18.75	0.459	0.046	590
N29-2	45	CHEESEBURGERS	1 EA	18.75	0.647	0.291	740
N45-2	15	CHICKEN FILLET/CHEESE	1 EA	18.75	0.588	0.088	780
N32	10	FISHWICH	1 EA	25.00	0.535	0.054	615
N30-1	5	CHILI DOGS	1 EA	10.00	0.337	0.017	688
N30-4	5	FRANKFURTERS	1 EA	10.00	0.201	0.010	618
Q45-1	70	FRENCH FRIED POTATOES	1 CP	35.00	0.115	0.081	410
Q35-1	5	ONION RINGS	1/2 CP	35.00	0.180	0.009	334
-	5	POTATO CHIPS	1 OZ		0.130	0.007	160
-	60	SALAD BAR			0.235	0.141	50
-	40	ASST FRUIT	1 EA		0.144	0.058	80
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	100
-	90	BREAD/BUTTER/COFFEE/MILK			0.247	0.222	315

COST ANALYSIS DAY- 8

BREAKFAST	$0.840
LUNCH	$1.770
DINNER	$1.516
FAST FOOD	$1.123
MENU COST	$3.815

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

RECAPITULATION OF DAILY MENU ISSUES

DAY- 8

NSN	NOMENCLATURE	BREAKFAST	LUNCH	DINNER	LUNCH FAST FOOD	DINNER FAST FOOD	TOTAL UI
8905							
00-403-9592	BACON,SLICED(BULK),FZ,CURED	6.00					6.00 LB
00-133-5889	BEEF FOR SWISSING,BRAISING STK		15.00				15.00 LB
01-050-3190	BEEF PATTIE MIX(BULK),FZ	4.50	7.20				11.70 LB
01-050-3192	BEEF PATTIES,FZ,RD,20% SOY				10.31	10.31	20.63 LB
00-299-1316	CORNED BEEF,FROZEN			21.76			21.76 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT				1.00	1.00	2.00 LB
00-926-6485	PORK SAUSAGE ROLL,RAW,FZ	4.69					4.69 LB
00-753-6503	PORK,DICED,FROZEN			16.00			16.00 LB
01-086-0393	TROUT,WHOLE,RAINBOW		12.60				12.60 LB
00-262-7274	TURKEY,BNLS,FZ,RAW ROLL				1.88	1.88	3.75 LB
8915							
00-616-4820	BEANS,GREEN,CANNED #10 CN		8.33				8.33 LB
00-127-8835	BEETS,CANNED,WHOLE OR SLICES			0.80			0.80 CN
00-616-0194	CABBAGE,FRESH			8.00			8.00 LB
00-160-6156	CAULIFLOWER,FROZEN,2 TO 5 LB PG		4.00				4.00 LB
00-465-1897	CORN,CANNED,GOLDEN,CREAM STYLE		1.05				1.05 CN
00-191-3461	ONION RINGS,FZ,RAW,BD,2 TO 5 LB PG				1.75	1.75	3.50 LB
01-193-3060	POTATO PATTIES,WHITE,FZ	18.00					18.00 LB
00-616-0220	POTATOES,WHITE,FRESH,100LB BG		17.50	17.50			35.00 LB
00-080-5179	POTATOES,WHITE,FZ,FR-FR				24.50	24.50	49.00 LB
00-143-0983	SUCCOTASH,FZ,2 TO 5 LB PG			7.20			7.20 LB

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

DAY- 9 MENU

BREAKFAST

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
-	60	ASST FRUIT	1 EA		0.144	0.086	80
-	20	ASST FRUIT JUICE	5 OZ		0.096	0.019	75
F4-1	10	HARD COOK EGGS	2 EA		0.112	0.011	130
F7	25	GRIDDLE FRIED EGGS	2 EA		0.115	0.029	170
F8-7	50	INDIVIDUAL OMELETS	1 EA		0.115	0.058	205
L2	50	BACON	2 SL	12.00	0.125	0.063	105
L30	25	CREAMED GROUND BEEF	2/3 CP	18.00	0.235	0.059	240
L89-2	25	GRILLED SAUSAGE PATTIES	2 EA	18.75	0.161	0.040	100
Q46-2	80	HASH BROWN POTATOES	2/3 CP	18.00	0.067	0.054	200
E1-1	25	FARINA	3/4 CP	6.00	0.021	0.005	84
D21-2	40	ENGLISH MUFFINS	1 EA		0.054	0.022	252
-	5	CEREAL,BRAN FLAKES	1 BX		0.120	0.006	110
-	5	CEREAL,SHREDDED WHEAT	1 BX		0.120	0.006	110
-	15	CEREAL,RAISIN BRAN	1 BX		0.130	0.020	110
-	15	ASSORTED DRY CEREAL	1 BX		0.133	0.020	110
D1	25	BAKING POWDER BISCUITS	2 EA		0.045	0.011	303
D22	15	FRENCH TOAST	2 SL	12.00	0.147	0.022	346
D25-5	45	PANCAKES	2 EA	3.00	0.072	0.032	212
-	45	MAPLE SYRUP	1 TB		0.035	0.016	50
-	100	BREAD/BUTTER/COFFEE/MILK			0.247	0.247	315

DINNER

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P8	20	BEAN SOUP	1 CP		0.059	0.012	125
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L35	40	MEAT LOAF	1 SL	30.00	0.374	0.150	466
L141	20	CRAB CAKES	2 EA	15.00	0.833	0.167	278
L149	40	BAKED CHICKEN AND GRAVY	2 PC	65.00	0.944	0.378	342
E10-1	50	HOPPING JOHN	2/3 CP	6.00	0.051	0.026	210
Q57	50	MASHED POTATOES	2/3 CP	1.00	0.029	0.015	145
Q8	10	HARVARD BEETS	1/2 CP	4.00	0.092	0.009	72
Q27-2	60	MEXICAN CORN	1/2 CP	29.81	0.086	0.052	95
Q41-3	30	PEAS WITH ONIONS	1/2 CP	18.00	0.118	0.035	105
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
I37-1	20	PEACH PIE	1/6 PIE		0.168	0.034	530
H20	50	CHOCOLATE CHIP COOKIES	2 EA		0.184	0.092	252

LUNCH

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P23	10	SPLIT PEA SOUP	1 CP		0.753	0.075	130
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L85	10	BRAISED PORK CHOPS	1 EA	35.00	0.935	0.094	415
L4-2	75	STEAMSHIP RND BONELESS	6 OZ	65.00	1.281	0.961	510
L162	15	ROAST TURKEY	4 OZ	35.00	0.517	0.078	386
E8	50	RICE PILAF	3/4 CP	8.00	0.030	0.015	188
Q57	50	MASHED POTATOES	2/3 CP	1.00	0.029	0.015	145
Q17	10	CREAM GRAVY	1/3 CP		0.041	0.004	100
Q18	60	NATURAL PAN GRAVY	2 TB		0.001	0.001	10
Q7-4	50	SOUTHERN GREEN BEANS	1/2 CP	16.00	0.177	0.089	42
Q29	35	SOUTHERN STYLE GREENS	1/2 CP	20.00	0.071	0.025	89
Q31	15	OKRA AND TOMATO GUMBO	1/2 CP	10.00	0.103	0.015	69
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
I37-1	20	PEACH PIE	1/6 PIE		0.168	0.034	530
H20	50	CHOCOLATE CHIP COOKIES	2 EA		0.184	0.092	252

FAST FOOD

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
N6-3	10	GRILLED HAM & CHEESE	1 EA	4.00	0.223	0.022	370
N29	10	GRILLED HAMBURGERS	1 EA	18.75	0.459	0.046	590
N45-2	15	CHICKEN FILLET/CHEESE	1 EA	18.75	0.588	0.088	780
N32	10	FISHWICH	1 EA	25.00	0.535	0.054	615
N29-2	45	CHEESEBURGERS	1 EA	18.75	0.647	0.291	740
N30-1	5	CHILI DOGS	1 EA	10.00	0.337	0.017	688
N30-4	5	FRANKFURTERS	1 EA	10.00	0.201	0.010	618
Q45-1	70	FRENCH FRIED POTATOES	1 CP	35.00	0.115	0.081	410
Q35-1	5	ONION RINGS	1/2 CP	35.00	0.180	0.009	334
-	5	POTATO CHIPS	1 OZ		0.130	0.007	160
-	60	SALAD BAR			0.235	0.141	50
-	40	ASST FRUIT	1 EA		0.144	0.058	80
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	100
-	90	BREAD/BUTTER/COFFEE/MILK			0.247	0.222	315

COST ANALYSIS DAY- 9

BREAKFAST	$0.825
LUNCH	$1.958
DINNER	$1.430
FAST FOOD	$1.098
MENU COST	$3.855

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

RECAPITULATION OF DAILY MENU ISSUES

DAY- 9

NSN	NOMENCLATURE	BREAKFAST	LUNCH	DINNER	LUNCH FAST FOOD	DINNER FAST FOOD	TOTAL UI
8905							
00-403-9592	BACON,SLICED(BULK),FZ,CURED	6.00					6.00 LB
01-050-3190	BEEF PATTIE MIX(BULK),FZ	4.50		12.00			16.50 LB
01-050-3192	BEEF PATTIES,FZ,RD,20% SOY				10.31	10.31	20.63 LB
00-133-5888	BEEF,ROUND,RUMP & SHANK OFF		48.75				48.75 LB
00-965-2128	CHICKEN,FZ,RTC,CUT-UP,9 PC CUT			26.00			26.00 LB
01-014-3800	CRAB MEAT,CKD,RED,FZ,SHREDD			3.00			3.00 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT				1.00	1.00	2.00 LB
01-039-8809	HAM,SECTIONED & FORMED,CND				0.40	0.40	0.80 LB
01-017-2786	PORK SAUSAGE,PATT,RAW,FZ RD	4.69					4.69 LB
00-753-6569	PORK,CHOPS,BNLS,FZ,5 OZ		3.50				3.50 LB
00-262-7274	TURKEY,BNLS,FZ,RAW ROLL		5.25				5.25 LB
8915							
00-616-4820	BEANS,GREEN,CANNED #10 CN		8.00				8.00 LB
00-127-8835	BEETS,CANNED,WHOLE OR SLICES			0.40			0.40 CN
00-257-3947	CORN,CANNED,GOLDEN,WHOLE KERNEL			17.89			17.89 LB
00-164-4162	GREENS,COLLARD,FZ,2 TO 5 LB PG		7.00				7.00 LB
00-252-3785	OKRA,FZ,CUT,2 TO 5 LB PG		1.50				1.50 LB
00-191-3461	ONION RINGS,FZ,RAW,BD,2 TO 5 LB PG				1.75	1.75	3.50 LB
00-127-8021	PEAS,FZ,2 TO 5 LB PG			5.40			5.40 LB
01-193-3060	POTATO PATTIES,WHITE,FZ	14.40					14.40 LB
00-133-5903	POTATOES,WH,INSTANT,#10 CN		0.50	0.50			1.00 CN
00-080-5179	POTATOES,WHITE,FZ,FR-FR				24.50	24.50	49.00 LB

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

DAY-10 MENU

BREAKFAST

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
-	60	ASST FRUIT	1 EA		0.144	0.086	80
-	20	ASST FRUIT JUICE	5 OZ		0.096	0.019	75
F4-1	10	HARD COOK EGGS	2 EA		0.112	0.011	130
F7	25	GRIDDLE FRIED EGGS	2 EA		0.115	0.029	170
F8-7	50	INDIVIDUAL OMELETS	1 EA		0.115	0.058	205
L2	50	BACON	2 SL	12.00	0.125	0.063	105
L30	25	CREAMED GROUND BEEF	2/3 CP	18.00	0.235	0.059	240
L71-3	25	GRILLED HAM SLICES	3 OZ	20.00	0.344	0.086	108
G46-2	80	HASH BROWN POTATOES	2/3 CP	18.00	0.067	0.054	200
E1-3	25	CEREAL,HOT (ROLLED OAT)	3/4 CP		0.041	0.010	80
-	5	CEREAL,BRAN FLAKES	1 BX		0.12	0.006	110
-	5	CEREAL,SHREDDED WHEAT	1 BX		0.12	0.006	110
-	15	CEREAL,RAISIN BRAN	1 BX		0.13	0.020	110
-	15	ASSORTED DRY CEREAL	1 BX		0.133	0.020	110
D1	25	BAKING POWDER BISCUITS	2 EA		0.045	0.011	303
D22	15	FRENCH TOAST	2 SL		0.147	0.022	346
D25-5	45	PANCAAKES	2 EA		0.072	0.032	212
-	45	MAPLE SYRUP	1 TB		0.035	0.016	50
-	100	BREAD/BUTTER/COFFEE/MILK			0.247	0.247	315

DINNER

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P14	20	CREAM OF MUSHROOM SOUP	1 CP		0.185	0.037	170
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L10-1	39	GINGER POT ROAST	4 OZ	40.00	0.674	0.236	100
L155	40	FRIED CHICKEN	2 PC	65.00	0.705	0.282	334
L55	25	BEEF CORDON BLUE	1 EA	25.00	0.686	0.172	469
E4-2	50	BOILED EGG NOODLES	1 CP	12.00	0.064	0.032	249
G51	50	POTATOES AU GRATIN	2/3 CP	31.00	0.221	0.111	250
O16	60	BROWN GRAVY	1/3 CP		0.033	0.020	75
G73	20	STEWED TOMATOES	1/2 CP	31.00	0.101	0.020	25
G-G	60	BUTTERED BROCCOLI	1/2 CP	18.00	0.123	0.074	85
G-G	20	BUTTERED SQUASH	1/2 CP	18.00	0.075	0.015	60
D15	40	CORN BREAD	1-3" SQ		0.069	0.028	230
-	70	DINNER ROLLS	2 EA		0.029	0.020	170
-	60	SALAD BAR	-		0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
G20-1	30	PEANUT BUTTER CAKE	1 PC		0.098	0.029	290
G49	30	PEANUT CREAM FROSTING	1 1/2TB		0.049	0.015	122
I17-2	40	BLUEBERRY PIE	1/6 PIE		0.186	0.074	478

LUNCH

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P6	20	TOMATO SOUP	1 CP		0.120	0.024	65
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L39	25	SPAGHETTI & MEATBALLS	1 CP		0.562	0.141	628
L71	50	BAKED CANNED HAM	4 OZ	25.00	0.456	0.228	100
L122	25	FRIED FISH	4 1/2OZ	30.00	1.330	0.333	260
E9	50	SPANISH RICE	3/4 CP		0.126	0.063	164
G44	50	BAKED POTATOES	1 EA	55.00	0.126	0.063	155
G17-1	20	GLAZED CARROTS	1/2 CP	18.00	0.034	0.007	92
G-G	40	BUTTERED PEAS & CARROTS	1/2 CP	18.00	0.165	0.066	135
D15-2	25	HUSH PUPPIES	3 EA		0.340	0.085	234
-	60	SALAD BAR	-		0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
G20-1	30	PEANUT BUTTER CAKE	1 PC		0.098	0.029	290
G49	30	PEANUT CREAM FROSTING	1 1/2TB		0.049	0.015	122
I17-2	40	BLUEBERRY PIE	1/6 PIE		0.186	0.074	478

FAST FOOD

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
H6-3	10	GRILLED HAM & CHEESE	1 EA	4.00	0.223	0.022	370
H29	10	GRILLED HAMBURGERS	1 EA	18.75	0.459	0.046	590
H45-2	15	CHICKEN FILLET/CHEESE	1 EA	18.75	0.588	0.088	780
H32	10	FISHWICH	1 EA	25.00	0.535	0.054	615
H29-2	45	CHEESEBURGERS	1 EA	18.75	0.647	0.291	740
H30-1	5	CHILI DOGS	1 EA	10.00	0.337	0.017	688
H30-4	5	FRANKFURTERS	1 EA	10.00	0.201	0.010	618
G45-1	70	FRENCH FRIED POTATOES	1 CP	35.00	0.115	0.081	410
G35-1	5	ONION RINGS	1/2 CP	35.00	0.180	0.009	334
-	5	POTATO CHIPS	1 OZ		0.130	0.007	160
-	60	SALAD BAR			0.235	0.141	50
-	40	ASST FRUIT	1 EA		0.144	0.058	80
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	100
-	90	BREAD/BUTTER/COFFEE/MILK			0.247	0.222	315

COST ANALYSIS DAY- 10

BREAKFAST	$0.854
LUNCH	$1.590
DINNER	$1.627
FAST FOOD	$1.098
MENU COST	$3.764

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

RECAPITULATION OF DAILY MENU ISSUES

DAY- 10

NSN	NOMENCLATURE	BREAKFAST	LUNCH	DINNER	LUNCH FAST FOOD	DINNER FAST FOOD	TOTAL UI
8905							
00-403-9592	BACON,SLICED(BULK),FZ,CURED	6.00					6.00 LB
01-050-3190	BEEF PATTIE MIX(BULK),FZ	4.50		6.25			10.75 LB
01-050-3192	BEEF PATTIES,FZ,RD,20% SOY				10.31	10.31	20.63 LB
00-133-5887	BEEF,SH CLOD/CHUCK(POT ROAST)			14.00			14.00 LB
00-965-2128	CHICKEN,FZ,RTC,CUT-UP,9 PC CUT			26.00			26.00 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT				1.00	1.00	2.00 LB
00-682-6643	HAM,SEC & FM,SMOKED,FZ,CKD,BNL	5.00					5.00 LB
01-039-8809	HAM,SEC & FM,CKD		12.50				12.50 LB
00-164-0485	PERCH FILLETS,OCEAN,FZ		7.50				7.50 LB
8915							
00-129-0825	BROCCOLI,FZ,SPEARS, 2 TO 5 LB PG			10.80			10.80 LB
00-127-8019	CARROTS,FRESH,TOPPED		3.60				3.60 LB
00-191-3461	ONION RINGS,FZ,RAW,BD,2 TO 5 LB PG				1.75	1.75	3.50 LB
00-127-8021	PEAS,FZ,2 TO 5 LB PG		7.20				7.20 LB
01-193-3060	POTATOE PATTIES,WH,FZ	14.40					14.40 LB
00-139-7426	POTATOES,WH,DEHY,SLICES,5 LB BG			15.50			15.50 LB
00-252-8245	POTATOES,WHITE,FRESH,BAKING		27.50				27.50 LB
00-080-5179	POTATOES,WH,FZ,FR-FR				24.50	24.50	49.00 LB
00-616-0229	SQUASH,FZ,SLICED,SUMMER,2 TO 5 LB PG			3.60			3.60 LB
00-582-4060	TOMATOES,CANNED,WHOLE,#10 CN			6.20			6.20 LB

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

of Daily Menu Issues--Continued.

DAY- 11 MENU

BREAKFAST

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
-	60	ASST FRUIT	1 EA		0.144	0.086	80
-	20	ASST FRUIT JUICE	5 OZ		0.096	0.019	75
F4-1	10	HARD COOK EGGS	2 EA		0.112	0.011	130
F7	25	GRIDDLE FRIED EGGS	2 EA		0.115	0.029	170
F8-7	50	INDIVIDUAL OMELETS	1 EA		0.115	0.058	205
L2	50	BACON	2 SL	12.00	0.125	0.063	105
L30	25	CREAMED GROUND BEEF	2/3 CP	18.00	0.235	0.059	240
L89-2	25	GRILLED SAUSAGE PATTIES	2 EA	18.75	0.161	0.040	100
Q46-1	80	COTTAGE FRIED POTATOES	2/3 CP	31.00	0.194	0.155	188
E2	25	BUTTERED HOMINY GRITS	2/3 CP	6.00	0.022	0.006	105
D21-2	40	ENGLISH MUFFINS	1 EA		0.054	0.022	252
-	5	CEREAL,BRAN FLAKES	1 BX		0.120	0.006	110
-	5	CEREAL,SHREDDED WHEAT	1 BX		0.120	0.006	110
-	15	CEREAL,RAISIN BRAN	1 BX		0.130	0.020	110
-	15	ASSORTED DRY CEREAL	1 BX		0.133	0.020	110
D1	25	BAKING POWDER BISCUITS	2 EA		0.045	0.011	303
D22	15	FRENCH TOAST	2 SL	12.00	0.147	0.022	346
D25-5	45	PANCAKES	2 EA	3.00	0.072	0.032	212
-	45	MAPLE SYRUP	1 TB		0.035	0.016	50
-	100	BREAD/BUTTER/COFFEE/MILK			0.247	0.247	315

DINNER

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P4	20	ONION SOUP	1 CP		0.058	0.012	55
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L100-1	25	SIMMERED PIGS FEET	1 EA	64.00	0.247	0.062	560
L101	50	ITALIAN VEAL STEAKS	1 SL	35.00	0.715	0.358	534
L123	25	OVEN FRIED FISH	4 1/2OZ	30.00	0.989	0.247	247
E8	50	RICE PILAF	3/4 CP	8.00	0.030	0.015	188
Q51	50	POTATOES AU GRATIN	2/3 CP	23.25	0.221	0.111	250
Q29	20	SOUTHERN STYLE GREENS	1/2 CP	20.00	0.071	0.014	89
Q-G	20	BUTTERED WAX BEANS	1/2 CP	16.00	0.150	0.030	60
Q-G	60	BUTTERED SUCCOTASH	1/2 CP	18.00	0.186	0.112	90
D15	25	CORN BREAD	1-3" SQ		0.069	0.017	230
-	70	DINNER ROLLS	2 EA		0.029	0.020	170
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
J10	20	STRAWBERRY GELATIN	2/3 CP		0.044	0.009	145
H9	50	OATMEAL COOKIES	2 EA		0.058	0.029	238

LUNCH

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P16	20	CREAM OF POTATO SOUP	1 CP		0.076	0.015	170
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L5	60	ROAST BEEF	2 SL	40.00	0.853	0.512	325
L133	20	BAKED TUNA AND NOODLES	1 1/4CP	20.00	0.417	0.083	582
L146	20	BARBECUED CHICKEN	2 PC	65.00	0.712	0.142	448
Q50-1	50	FRANCONIA POTATOES	1 CP	35.00	0.214	0.107	195
Q57	50	MASHED POTATOES	2/3 CP	1.00	0.029	0.015	145
Q22	30	CORN PUDDING	1/2 CP	3.19	0.211	0.063	100
Q-G	10	BUTTERED SPINACH	1/2 CP	18.00	0.096	0.010	105
Q80-3	50	CAULIFLOWER COMBO	1/2 CP	5.00	0.167	0.084	80
D1	60	BAKING POWDER BISCUITS	2 EA		0.045	0.027	303
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
J10	20	STRAWBERRY GELATIN	2/3 CP		0.044	0.009	145
H9	50	OATMEAL COOKIES	2 EA		0.058	0.029	238

FAST FOOD

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
N20	10	GRILLED REUBEN SANDWICH	1 EA	16.00	0.418	0.042	720
N29	10	GRILLED HAMBURGERS	1 EA	18.75	0.459	0.046	590
N29-2	45	CHEESEBURGERS	1 EA	18.75	0.647	0.291	740
N45-2	15	CHICKEN FILLET/CHEESE	1 EA	18.75	0.588	0.088	780
N32	10	FISHWICH	1 EA	25.00	0.535	0.054	615
N30-1	5	CHILI DOGS	1 EA	10.00	0.337	0.017	688
N30-4	5	FRANKFURTERS	1 EA	10.00	0.201	0.010	618
Q45-1	70	FRENCH FRIED POTATOES	1 CP	35.00	0.115	0.081	410
Q35-1	5	ONION RINGS	1/2 CP	35.00	0.180	0.009	334
-	5	POTATO CHIPS	1 OZ		0.130	0.007	160
-	60	SALAD BAR			0.235	0.141	50
-	40	ASST FRUIT	1 EA		0.144	0.058	80
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	100
-	90	BREAD/BUTTER/COFFEE/MILK			0.247	0.222	315

COST ANALYSIS DAY- 11

BREAKFAST	$0.927
LUNCH	$1.558
DINNER	$1.497
FAST FOOD	$1.118
MENU COST	$3.736

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

RECAPITULATION OF DAILY MENU ISSUES

DAY- 11

NSN	NOMENCLATURE	BREAKFAST	LUNCH	DINNER	LUNCH FAST FOOD	DINNER FAST FOOD	TOTAL UI
8905							
00-403-9592	BACON,SLICED(BULK),FZ,CURED	6.00					6.00 LB
01-050-3190	BEEF PATTIE MIX(BULK),FZ	4.50					4.50 LB
01-050-3192	BEEF PATTIES,FZ,RD,20% SOY				10.31	10.31	20.63 LB
00-133-5886	BEEF,KNUCKLE,SPECIAL(OVEN ROAST)		24.00				24.00 LB
00-965-2128	CHICKEN,FZ,RTC,CUT-UP,9 PC CUT		13.00				13.00 LB
00-935-3161	FISH,TUNA,CANNED,4 LB CN		4.00				4.00 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT				1.00	1.00	2.00 LB
01-039-8809	HAM,SECTIONED & FORMED,CND				1.60	1.60	3.20 LB
00-164-0485	PERCH FILLETS,OCEAN,FZ			7.50			7.50 LB
00-044-1854	PIGS FEET,FRONT,FZ			16.00			16.00 LB
01-017-2786	PORK SAUSAGE,PATT,RAW,FZ,RD	4.69					4.69 LB
00-299-1330	SALAMI,COOKED,FZ				1.60	1.60	3.20 LB
01-139-8481	VEAL STEAK,FLAKED,FORMED,BREAD			17.50			17.50 LB
8915							
00-616-4818	BEANS,WAX,CANNED #10 CN			3.20			3.20 LB
00-160-6156	CAULIFLOWER,FZ,2 TO 5 LB BG		2.50				2.50 LB
00-465-1897	CORN,CND,GOLDEN,CREAM STYLE		0.96				0.96 CN
00-926-5936	GREENS,MUSTARD,FZ,2 TO 5 LB PG			4.00			4.00 LB
00-191-3461	ONION RINGS,FZ,RAW,BD,2 TO 5 LB PG				1.75	1.75	3.50 LB
00-139-7426	POTATOES,WH,DEHY,SLICES,5 LB BG			11.63			11.63 LB
00-133-5903	POTATOES,WH,INSTANT,#10 CN		0.50				0.50 CN
00-616-0220	POTATOES,WH,FRESH,100 LB BG	24.80	17.50				42.30 LB
00-080-5179	POTATOES,WH,FZ,FR-FR				24.50		24.50 LB
00-143-0931	SPINACH,CND,WH OR CUT LEAF		1.80				1.80 LB
00-143-0983	SUCCOTASH,FZ,2 TO 5 LB PG			10.80			10.80 LB

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

DAY- 12 MENU

BREAKFAST

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
-	60	ASST FRUIT	1 EA		0.144	0.086	80
-	20	ASST FRUIT JUICE	5 OZ		0.096	0.019	75
F4-1	10	HARD COOK EGGS	2 EA		0.112	0.011	130
F7	25	GRIDDLE FRIED EGGS	2 EA		0.115	0.029	170
F8-7	50	INDIVIDUAL OMELETS	1 EA		0.115	0.058	205
L2	50	BACON	2 SL	12.00	0.125	0.063	105
L30	25	CREAMED GROUND BEEF	2/3 CP	18.00	0.235	0.059	240
L89-2	25	GRILLED SAUSAGE PATTIES	2 EA	18.75	0.161	0.040	100
Q46-2	80	HASH BROWN POTATOES	2/3 CP	18.00	0.067	0.054	200
E1-1	25	FARINA	3/4 CP	6.00	0.021	0.005	84
D21-2	40	ENGLISH MUFFINS	1 EA		0.054	0.022	252
-	5	CEREAL,BRAN FLAKES	1 BX		0.120	0.006	110
-	5	CEREAL,SHREDDED WHEAT	1 BX		0.120	0.006	110
-	15	CEREAL,RAISIN BRAN	1 BX		0.130	0.020	110
-	15	ASSORTED DRY CEREAL	1 BX		0.133	0.020	110
D1	25	BAKING POWDER BISCUITS	2 EA		0.045	0.011	303
D22	15	FRENCH TOAST	2 SL	12.00	0.147	0.022	346
D25-5	45	PANCAKES	2 EA	3.00	0.072	0.032	212
-	45	MAPLE SYRUP	1 TB		0.035	0.016	50
-	100	BREAD/BUTTER/COFFEE/MILK			0.247	0.247	315

DINNER

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P18-2	20	CHICKEN NOODLE SOUP DEHY	1 CP		0.047	0.009	65
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L142	25	HONEY GLZD CORNISH HEN	1/2 EA	68.75	0.732	0.183	296
L39	25	SPAGHETTI & MEATBALLS	1 CP	30.00	0.562	0.141	628
E5	50	STEAMED RICE	3/4 CP	9.00	0.020	0.010	162
L15	50	STEAK SMTHRD W/ONIONS	1 EA	37.50	0.888	0.444	524
Q77	50	PARSLEY BUTTERED POTATO	3 PC	35.00	0.213	0.107	160
Q17	30	LYONNAISE CARROTS	1/2 CP	20.00	0.037	0.011	55
Q32	30	SOUTHERN FRIED OKRA	1/2 CP	15.00	0.121	0.036	155
Q27	50	CALICO CORN	1/2 CP	29.81	0.102	0.051	91
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
G10-5	30	MARBLE CAKE	1 PC		0.063	0.019	200
G39-2	30	CHOCOLATE CRM FROSTING	1 1/2TB		0.026	0.008	136
J27	40	PINEAPPLE CRUNCH	1-3" SQ		0.212	0.085	236

LUNCH

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P18	20	TOMATO-VEGETABLE DEHY.	1 CP		0.054	0.011	65
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L63-2	25	ENCHILADAS	2 EA	50.00	0.736	0.184	125
L112	25	SIMMERED CORNED BEEF	3 SL	43.50	0.544	0.136	498
L134-1	50	FRIED SCALLOPS	7-9 EA	25.00	1.400	0.700	267
L121	50	FRIED FISH	4 1/2OZ	30.00	0.492	0.246	260
Q44	50	BAKED POTATOES	1 EA	55.00	0.126	0.063	155
Q12	20	FRIED CABBAGE	1/2 CP	20.00	0.031	0.006	53
Q82	10	HERBED GREEN BEANS	1/2 CP	25.25	0.600	0.060	35
Q-Q	70	CORN ON THE COB	1 EA	37.00	0.525	0.368	65
D15-2	50	HUSH PUPPIES	3 EA		0.340	0.170	234
Q46-1	50	COTTAGE FRIED POTATOES	2/3 CP		0.194	0.097	188
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
G10-5	30	MARBLE CAKE	1 PC		0.063	0.019	200
G39-2	30	CHOCOLATE CREAM FROSTING	1 1/2TB		0.026	0.008	136
J27	40	PINEAPPLE CRUNCH	1-3" SQ		0.212	0.085	236

FAST FOOD

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
N1	10	BLT SANDWICH	1 EA	12.00	0.324	0.032	306
N29	10	GRILLED HAMBURGERS	1 EA	18.75	0.459	0.046	590
N29-2	45	CHEESEBURGERS	1 EA	18.75	0.647	0.291	740
N45-2	15	CHICKEN FILLET/CHEESE	1 EA	18.75	0.588	0.088	780
N32	10	FISHWICH	1 EA	25.00	0.535	0.054	615
N30-1	5	CHILI DOGS	1 EA	10.00	0.337	0.017	688
N30-4	5	FRANKFURTERS	1 EA	10.00	0.201	0.010	618
Q45-1	70	FRENCH FRIED POTATOES	1 CP	35.00	0.115	0.081	410
Q35-1	5	ONION RINGS	1/2 CP	35.00	0.180	0.009	334
-	5	POTATO CHIPS	1 OZ		0.130	0.007	160
-	60	SALAD BAR			0.235	0.141	50
-	40	ASST FRUIT	1 EA		0.144	0.058	80
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	100
-	90	BREAD/BUTTER/COFFEE/MILK			0.247	0.222	315

COST ANALYSIS DAY- 12

BREAKFAST	$0.825
LUNCH	$2.614
DINNER	$1.566
FAST FOOD	$1.108
MENU COST	$4.416

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

RECAPITULATION OF DAILY MENU ISSUES

DAY- 12

NSN	NOMENCLATURE	BREAKFAST	LUNCH	DINNER	LUNCH FAST FOOD	DINNER FAST FOOD	TOTAL UI
8905							
00-403-9592	BACON,SLICED(BULK),FZ,CURED	6.00			1.20	1.20	8.40 LB
00-133-5889	BEEF FOR SWISSING,BRAISING STK			18.75			18.75 LB
01-050-3190	BEEF PATTIE MIX(BULK),FZ	4.50	12.50	7.50			24.50 LB
01-050-3192	BEEF PATTIES,FZ,RD,20% SOY				10.31	10.31	20.63 LB
00-299-1316	CORNED BEEF,FZ		10.88				10.88 LB
00-082-5733	FISH PRTN,RAW,BRD,FZ,COD/HADD		15.00				15.00 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT				1.00	1.00	2.00 LB
01-017-2786	PORK SAUSAGE,PATT,RAW,FZ,RD	4.69					4.69 LB
8915							
00-616-4820	BEANS,GREEN,CND,#10 CN		2.53				2.53 LB
00-616-0194	CABBAGE,FRESH		4.00				4.00 LB
00-127-8019	CARROTS,FRESH,TOPPED			6.00			6.00 LB
00-257-3947	CORN,CND,GOLDEN,WHOLE KERNEL			14.91			14.91 LB
01-135-5787	CORN,FZ,GOLDEN OR WH,COB		25.90				25.90 LB
00-252-3785	OKRA,FZ,CUT,2 TO 5 LB PG			4.50			4.50 LB
00-191-3461	ONION RINGS,FZ,RAW,BD,2 TO 5 LB PG				1.75	1.75	3.50 LB
01-193-3060	POTATO PATTIES,WH,FZ	14.40					14.40 LB
00-616-0220	POTATOES,WH,FRESH,100LB BG		12.50	17.50			30.00 LB
00-252-8245	POTATOES,WH,FRESH,BAKING		27.50				27.50 LB
00-080-5179	POTATOES,WH,FZ,FR-FR				24.50	24.50	49.00 LB

Table 9-I.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

DAY- 13 MENU

BREAKFAST

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
-	60	ASST FRUIT	1 EA		0.144	0.086	80
-	20	ASST FRUIT JUICE	5 OZ		0.096	0.019	75
F4-1	10	HARD COOK EGGS	2 EA		0.112	0.011	130
F7	25	GRIDDLE FRIED EGGS	2 EA		0.115	0.029	170
F8-7	50	INDIVIDUAL OMELETS	1 EA		0.115	0.058	205
L2	50	BACON	2 SL	12.00	0.125	0.063	105
L30	25	CREAMED GROUND BEEF	2/3 CP	18.00	0.235	0.059	240
L91	25	GRILLED SAUSAGE LINKS	2 EA	18.75	0.103	0.026	180
Q47	80	HOME FRIED POTATOES	2/3 CP	35.00	0.218	0.174	200
E1-3	25	CEREAL,HOT (ROLLED OAT)	3/4 CP	6.00	0.041	0.010	80
-	5	CEREAL,BRAN FLAKES	1 BX		0.120	0.006	110
-	5	CEREAL,SHREDDED WHEAT	1 BX		0.120	0.006	110
-	15	CEREAL,RAISIN BRAN	1 BX		0.130	0.020	110
-	15	ASSORTED DRY CEREAL	1 BX		0.133	0.020	110
D1	25	BAKING POWDER BISCUITS	2 EA		0.045	0.011	303
D22	15	FRENCH TOAST	2 SL	12.00	0.147	0.022	346
D25-5	45	PANCAKES	2 EA	3.00	0.072	0.032	212
-	45	MAPLE SYRUP	1 TB		0.035	0.016	50
-	100	BREAD/BUTTER/COFFEE/MILK			0.247	0.247	315

DINNER

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P12-1	20	MANHATTAN CLAM CHOWDER	1 CP		0.296	0.059	85
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L7	50	GRILLED STEAK	1 EA	47.00	1.894	0.947	465
L133	25	BAKED TUNA AND NOODLES	1 1/4CP	20.00	0.417	0.104	582
L155	25	FRIED CHICKEN	2 PC	65.00	0.705	0.176	334
E9	50	SPANISH RICE	3/4 CP	8.00	0.126	0.063	164
Q51	50	POTATOES AU GRATIN	2/3 CP	23.25	0.221	0.111	250
Q73	20	STEWED TOMATOES	1/2 CP	25.50	0.101	0.020	25
Q-G	50	BUTTERED BRUSSELS SPRTS	1/2 CP	20.00	0.126	0.063	75
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
G16	40	FRUIT SHORTCAKE	1 PC		0.319	0.128	290
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
H4	30	CHEWY NUT BAR	1 EA		0.150	0.045	240

LUNCH

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P17	20	SPANISH SOUP	1 CP		0.119	0.024	100
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L92	50	BARBECUED SPARERIBS	8 OZ	75.00	1.096	0.548	461
L29-1	20	BEEF PORCUPINES	2 EA	30.00	0.427	0.085	401
L123	30	OVEN FRIED FISH	4 1/2OZ	30.00	0.989	0.297	247
E8	50	RICE PILAF	3/4 CP	8.00	0.030	0.015	188
Q52	50	RISSOLE POTATOES	1 CP	35.00	0.210	0.105	170
Q29	50	SOUTHERN STYLE GREENS	1/2 CP	20.00	0.071	0.036	89
Q-G	40	SIMMERED CAULIFLOWER	1/2 CP	20.00	0.175	0.070	60
D15	40	CORN BREAD	1-3" SQ		0.069	0.028	230
-	70	DINNER ROLLS	2 EA		0.029	0.020	170
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
G16	40	FRUIT SHORTCAKE	1 PC		0.319	0.128	290
H4	30	CHEWY NUT BAR	1 EA		0.150	0.045	240

FAST FOOD

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
N4-2	10	ROAST TURKEY SANDWICH	1 EA	18.75	0.476	0.048	385
N29	10	GRILLED HAMBURGERS	1 EA	18.75	0.459	0.046	590
N29-2	45	CHEESEBURGERS	1 EA	18.75	0.647	0.291	740
N45-2	15	CHICKEN FILLET/CHEESE	1 EA	18.75	0.588	0.088	780
N32	10	FISHWICH	1 EA	25.00	0.535	0.054	615
N30-1	5	CHILI DOGS	1 EA	10.00	0.337	0.017	688
N30-4	5	FRANKFURTERS	1 EA	10.00	0.201	0.010	618
Q45-1	70	FRENCH FRIED POTATOES	1 CP	35.00	0.115	0.081	410
Q35-1	5	ONION RINGS	1/2 CP	35.00	0.180	0.009	334
-	5	POTATO CHIPS	1 OZ		0.130	0.007	160
-	60	SALAD BAR			0.235	0.141	50
-	40	ASST FRUIT	1 EA		0.144	0.058	80
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	100
-	90	BREAD/BUTTER/COFFEE/MILK			0.247	0.222	315

COST ANALYSIS DAY- 13

BREAKFAST	$0.915
LUNCH	$1.862
DINNER	$2.178
FAST FOOD	$1.123
MENU COST	$4.417

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

RECAPITULATION OF DAILY MENU ISSUES

DAY- 13

NSN	NOMENCLATURE	BREAKFAST	LUNCH	DINNER	LUNCH FAST FOOD	DINNER FAST FOOD	TOTAL UI
8905							
00-403-9592	BACON,SLICED(BULK),FZ,CURED	6.00					6.00 LB
01-050-3190	BEEF PATTIE MIX(BULK),FZ	4.50	6.00				10.50 LB
01-050-3192	BEEF PATTIES,FZ,RD 20% SOY				10.31	10.31	20.63 LB
01-034-7549	BEEF,TOP SIRLOIN STEAK,BUTT,FZ			23.50			23.50 LB
00-577-5993	BKFST SAUSAGE,CK,FZ,BEEF & PORK	4.69					4.69 LB
00-965-2128	CHICKEN,FZ,RTC,CUT-UP,9 PC CUT			16.25			16.25 LB
00-935-3161	FISH,TUNA,CND,4 LB CN			5.00			5.00 LB
00-164-0490	FLOUNDER FILLET,FZ,SKLS,NAT/FM		9.00				9.00 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT				1.00	1.00	2.00 LB
00-126-8743	PORK,SPARERIBS,FZ		37.50				37.50 LB
00-262-7274	TURKEY,BNLS,FZ,RAW ROLL				1.88	1.88	3.75 LB
8915							
00-127-7991	BRUSSELS SPRTS.FZ,2 TO 5 LB PG			10.00			10.00 LB
00-160-6156	CAULIFLOWER,FZ,2 TO 5 LB PG		8.00				8.00 LB
00-164-4162	GREENS,COLLARD,FZ,2 TO 5 LB PG		10.00				10.00 LB
00-191-3461	ONION RINGS,FZ,RAW,BD,2 TO 5 LB PG				1.75	1.75	3.50 LB
00-139-7426	POTATOES,WH,DEHY,SLICES,5 LB BG			11.63			11.63 LB
00-616-0220	POTATOES,WH,FRESH,100LB BG	28.00	17.50				45.50 LB
00-080-5179	POTATOES,WH,FZ,FR-FR				24.50	24.50	49.00 LB
00-582-4060	TOMATOES,CND,WHOLE,#10 CN			5.10			5.10 LB

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Xenu Issues--Continued.

DAY- 14 MENU

BREAKFAST

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
-	60	ASST FRUIT	1 EA		0.144	0.086	80
-	20	ASST FRUIT JUICE	5 OZ		0.096	0.019	75
F4-1	10	HARD COOK EGGS	2 EA		0.112	0.011	130
F7	25	GRIDDLE FRIED EGGS	2 EA		0.115	0.029	170
F8-7	50	INDIVIDUAL OMELETS	1 EA		0.115	0.058	205
L2	50	BACON	2 SL	12.00	0.125	0.063	105
L30	25	CREAMED GROUND BEEF	2/3 CP	18.00	0.235	0.059	240
L89-2	25	GRILLED SAUSAGE PATTIES	2 EA	18.75	0.161	0.040	100
Q47	80	HOME FRIED POTATOES	2/3 CP	35.00	0.218	0.174	200
E2	25	BUTTERED HOMINY GRITS	2/3 CP	6.00	0.022	0.006	105
D21-2	40	ENGLISH MUFFINS	1 EA		0.054	0.022	252
-	5	CEREAL,BRAN FLAKES	1 BX		0.120	0.006	110
-	5	CEREAL,SHREDDED WHEAT	1 BX		0.120	0.006	110
-	15	CEREAL,RAISIN BRAN	1 BX		0.130	0.020	110
-	15	ASSORTED DRY CEREAL	1 BX		0.133	0.020	110
D1	25	BAKING POWDER BISCUITS	2 EA		0.045	0.011	303
D22	15	FRENCH TOAST	2 SL	12.00	0.147	0.022	346
D25-5	45	PANCAKES	2 EA	3.00	0.072	0.032	212
-	45	MAPLE SYRUP	1 TB		0.035	0.016	50
-	100	BREAD/BUTTER/COFFEE/MILK			0.247	0.247	315

DINNER

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P5	20	TOMATO BOUILLON	1 CP		0.080	0.016	35
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L28-2	35	CHILI MACARONI	1 CP	24.00	0.340	0.119	383
L162	15	ROAST TURKEY	4 OZ	35.00	0.517	0.078	386
L-G-2	50	FRIED SHRIMP	4-8 EA	38.00	1.581	0.791	205
Q50-1	50	FRANCONIA POTATOES	1 CP	35.00	0.214	0.107	195
Q51	50	POTATOES AU GRATIN	2/3 CP	23.25	0.221	0.111	250
Q29	20	SOUTHERN STYLE GREENS	1/2 CP	20.00	0.071	0.014	89
Q-G	20	BUTTERED SQUASH	1/2 CP	20.00	0.075	0.015	60
Q-G	60	BUTTERED CORN	1/2 CP	18.00	0.067	0.040	110
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
I45	30	PUMPKIN PIE	1/6 PIE		0.256	0.077	317
N26	40	REFRIGERATOR COOKIES	2 EA		0.185	0.074	250

LUNCH

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P14	20	CREAM OF MUSHROOM SOUP	1 CP		0.185	0.037	170
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L12	50	CHICKEN FRIED STEAK	1 EA	37.50	0.877	0.439	462
L103-1	25	VEAL PARMESAN	1 SL	35.00	0.786	0.197	594
L119	25	BAKED FISH	4 1/2OZ	30.00	1.802	0.451	160
Q57	50	MASHED POTATOES	2/3 CP	1.00	0.029	0.015	145
Q22	20	CORN PUDDING	1/2 CP	3.19	0.211	0.042	100
Q2	25	BAKED BEANS	1/2 CP	4.00	0.105	0.026	164
Q29	30	SOUTHERN STYLE GREENS	1/2 CP	20.00	0.071	0.021	89
Q-G	70	BUTTERED PEAS & CARROTS	1/2 CP	18.00	0.165	0.116	135
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
I45	30	PUMPKIN PIE	1/6 PIE		0.256	0.077	317
N26	40	REFRIGERATOR COOKIES	2 EA		0.185	0.074	250

FAST FOOD

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
N6-3	10	GRILLED HAM & CHEESE	1 EA	4.00	0.223	0.022	370
N29	10	GRILLED HAMBURGERS	1 EA	18.75	0.459	0.046	590
N29-2	45	CHEESEBURGERS	1 EA	18.75	0.647	0.291	740
N45-2	15	CHICKEN FILLET/CHEESE	1 EA	18.75	0.588	0.088	780
N32	10	FISHWICH	1 EA	25.00	0.535	0.054	615
N30-1	5	CHILI DOGS	1 EA	10.00	0.337	0.017	688
N30-4	5	FRANKFURTERS	1 EA	10.00	0.201	0.010	618
Q45-1	70	FRENCH FRIED POTATOES	1 CP	35.00	0.115	0.081	410
Q35-1	5	ONION RINGS	1/2 CP	35.00	0.180	0.009	334
-	5	POTATO CHIPS	1 OZ		0.130	0.007	160
-	60	SALAD BAR			0.235	0.141	50
-	40	ASST FRUIT	1 EA		0.144	0.058	80
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	100
-	90	BREAD/BUTTER/COFFEE/MILK			0.247	0.222	315

COST ANALYSIS DAY- 14

BREAKFAST	$0.946
LUNCH	$1.956
DINNER	$1.903
FAST FOOD	$1.098
MENU COST	$4.306

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

RECAPITULATION OF DAILY MENU ISSUES

DAY- 14

NSN	NOMENCLATURE	BREAKFAST	LUNCH	DINNER	LUNCH FAST FOOD	DINNER FAST FOOD	TOTAL UI
8905							
00-403-9592	BACON,SLICED(BULK),FZ,CURED	6.00					6.00 LB
00-133-5889	BEEF FOR SWISSING,BRAISING STK		18.75				18.75 LB
01-050-3190	BEEF PATTIE MIX(BULK),FZ	4.50		8.40			12.90 LB
01-050-3192	BEEF PATTIES,FZ,RD,20% SOY				10.31	10.31	20.63 LB
00-082-5733	FISH PRTN,RAW,BRD,FZ,COD/HADD		7.50				7.50 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT				1.00	1.00	2.00 LB
01-039-8809	HAM,SECTIONED & FORMED,CND				0.40	0.40	0.80 LB
00-926-6485	PORK SAUSAGE ROLL,RAW,FZ	4.69					4.69 LB
00-960-2303	SHRIMP,RAW,REG BD,FZ PREP FRM			19.00			19.00 LB
00-262-7274	TURKEY,BNLS,FZ,RAW ROLL			5.25			5.25 LB
00-139-8481	VEAL STEAK,FLAKED,FORMED,BREAD		8.75				8.75 LB
8915							
00-184-5601	BEANS,WH,CND,TOM SCE W/PORK		1.00				1.00 CN
00-465-1879	CORN,CND,GOLDEN,CREAM STYLE		0.64				0.64 LB
00-926-5936	GREENS,MUSTARD,FZ,2 TO 5 LB PG			4.00			4.00 LB
00-926-5937	GREENS,TURNIP,FZ,2 TO 5 LB PG		6.00				6.00 LB
00-191-3461	ONION RINGS,FZ,RAW,BD,2 TO 5 LB PG				1.75	1.75	3.50 LB
00-127-8021	PEAS,FZ,2 TO 5 LB PG		12.60				12.60 LB
00-139-7426	POTATOES,WH,DEHY,SLICES,5 LB BG			11.63			11.63 LB
00-133-5903	POTATOES,WH,INSTANT,#10 CN		0.50				0.50 CN
00-616-0220	POTATOES,WH,FRESH,100 LB BG	28.00		17.50			45.50 LB
00-080-5179	POTATOES,WH,FZ,FR-FR				24.50	24.50	49.00 LB
00-616-0229	SQUASH,FZ,SLICED,SUMMER,2 TO 5 LB			4.00			4.00 LB

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

DAY- 15 MENU

BREAKFAST

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
-	60	ASST FRUIT	1 EA		0.144	0.086	80
-	20	ASST FRUIT JUICE	5 OZ		0.096	0.019	75
F4-1	10	HARD COOK EGGS	2 EA		0.112	0.011	130
F7	25	GRIDDLE FRIED EGGS	2 EA		0.115	0.029	170
F8-7	50	INDIVIDUAL OMELETS	1 EA		0.115	0.058	205
L2	50	BACON	2 SL	12.00	0.125	0.063	105
L30	25	CREAMED GROUND BEEF	2/3 CP	18.00	0.235	0.059	240
L89-3	25	BAKED SAUSAGE PATTIES	2 EA	18.75	0.161	0.040	210
Q46-2	80	HASH BROWN POTATOES	2/3 CP	18.00	0.067	0.054	200
E1-1	25	FARINA	3/4 CP	6.00	0.021	0.005	84
D21-2	40	ENGLISH MUFFINS	1 EA		0.054	0.022	252
-	5	CEREAL,BRAN FLAKES	1 bx		0.120	0.006	110
-	5	CEREAL,SHREDDED WHEAT	1 BX		0.120	0.006	110
-	15	CEREAL,RAISIN BRAN	1 BX		0.130	0.020	110
-	15	ASSORTED DRY CEREAL	1 BX		0.133	0.020	110
D1	25	BAKING POWDER BISCUITS	2 EA		0.045	0.011	303
D22	15	FRENCH TOAST	2 SL	12.00	0.147	0.022	346
D25-5	45	PANCAKES	2 EA	3.00	0.072	0.032	212
-	45	MAPLE SYRUP	1 TB		0.035	0.016	50
-	100	BREAD/BUTTER/COFFEE/MILK			0.247	0.247	315

DINNER

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P4	20	ONION SOUP	1 CP		0.058	0.012	55
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L18	30	BARBECUED BEEF CUBES	3/4 CP	30.00	0.492	0.148	440
L71	30	BAKED CANNED HAM	4 OZ	25.00	0.456	0.137	100
L143	40	CHICKEN VEGA	2 PC	65.00	0.669	0.268	560
E4-1	40	BOILED MACARONI	1 CP	12.00	0.050	0.020	100
Q29	20	SOUTHERN STYLE GREENS	1/2 CP	20.00	0.071	0.014	89
Q57	60	MASHED POTATOES	2/3 CP	1.00	0.029	0.017	145
O16-2	50	CHICKEN GRAVY	1/3 CP		0.033	0.017	105
Q-G	20	BUTTERED WAX BEANS	1/2 CP	16.00	0.150	0.030	60
Q-G	60	BUTTERED MIX VEGETABLES	1/2 CP	18.00	0.179	0.107	110
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
G17	25	GINGERBREAD	1 PC		0.166	0.042	290
N21	35	LEMON COOKIES	2 EA		0.231	0.081	290

LUNCH

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P23	10	SPLIT PEA SOUP	1 CP		0.753	0.075	130
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L24	10	STUFFED CABBAGE ROLLS	2 EA	24.00	0.365	0.037	400
L124	20	BAKED FISH PORTIONS	4 OZ	25.00	0.387	0.077	127
L4-2	70	STEAMSHIP RND BONELESS	6 OZ	65.00	1.281	0.897	510
Q44	50	BAKED POTATOES	1 EA	55.00	0.126	0.063	155
Q57	50	MASHED POTATOES	2/3 CP	1.00	0.029	0.015	145
Q31	20	OKRA AND TOMATO GUMBO	1/2 CP	10.00	0.103	0.021	69
Q-G	20	BUTTERED SPINACH	1/2 CP	18.00	0.096	0.019	105
Q-G	60	CORN ON THE COB	1 EA	37.00	0.721	0.433	11
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
G17	25	GINGERBREAD	1 PC		0.166	0.042	290
N21	35	LEMON COOKIES	2 EA		0.231	0.081	290

FAST FOOD

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
N20	10	GRILLED REUBEN SANDWICH	1 EA	16.00	0.418	0.042	720
N29	10	GRILLED HAMBURGERS	1 EA	18.75	0.459	0.046	590
N29-2	45	CHEESEBURGERS	1 EA	18.75	0.647	0.291	740
N45-2	15	CHICKEN FILLET/CHEESE	1 EA	18.75	0.588	0.088	780
N32	10	FISHWICH	1 EA	25.00	0.535	0.054	615
N30-1	5	CHILI DOGS	1 EA	10.00	0.337	0.017	688
N30-4	5	FRANKFURTERS	1 EA	10.00	0.201	0.010	618
Q45-1	70	FRENCH FRIED POTATOES	1 CP	35.00	0.115	0.081	410
Q35-1	5	ONION RINGS	1/2 CP	35.00	0.180	0.009	334
-	5	POTATO CHIPS	1 OZ		0.130	0.007	160
-	60	SALAD BAR			0.235	0.141	50
-	40	ASST FRUIT	1 EA		0.144	0.058	80
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	100
-	90	BREAD/BUTTER/COFFEE/MILK			0.247	0.222	315

COST ANALYSIS DAY- 15

BREAKFAST	$0.825
LUNCH	$2.221
DINNER	$1.354
FAST FOOD	$1.118
MENU COST	$3.998

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu issues--Continued.

RECAPITULATION OF DAILY MENU ISSUES

DAY- 15

NSN	NOMENCLATURE	BREAKFAST	LUNCH	DINNER	LUNCH FAST FOOD	DINNER FAST FOOD	TOTAL UI
8905							
00-403-9592	BACON,SLICED(BULK),FZ,CURED	6.00					6.00 LB
00-177-5017	BEEF FOR STEWING,FZ,DICED			9.00			9.00 LB
01-050-3190	BEEF PATTIE MIX(BULK),FZ,20%SOY	4.50					4.50 LB
01-050-3192	BEEF PATTIES,FZ,RD,20% SOY				10.31	10.31	20.63 LB
00-133-5888	BEEF,ROUND,RUMP & SHANK OFF		45.50				45.50 LB
00-491-7208	CHICKEN,FZ,RTC,QUARTERED			26.00			26.00 LB
00-935-4765	FISH PRTN,RAW,BRD,FZ,PER/POLL		5.00				5.00 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT				1.00	1.00	2.00 LB
01-039-8809	HAM,SECTIONED & FORMED,CND			7.50			7.50 LB
00-926-6485	PORK SAUSAGE ROLL,RAW,FZ	4.69					4.69 LB
8915							
00-616-4818	BEANS,WAX,CND #10 CN			3.20			3.20 LB
00-616-0194	CABBAGE,FRESH		2.40				2.40 LB
01-135-5787	CORN,FZ,GOLDEN OR WH,COB		22.20				22.20 LB
00-926-5937	GREENS,TURNIP,FZ,2 TO 5 LB PG			4.00			4.00 LB
00-252-3785	OKRA,FZ,CUT,2 TO 5 LB PG		2.00				2.00 LB
00-191-3461	ONION RINGS,FZ,RAW,BD				1.75	1.75	3.50 LB
01-193-3060	POTATO PATTIES,WH,FZ	14.40					14.40 LB
00-133-5903	POTATOES,WH,INSTANT,#10 CN		0.50	0.60			1.10 CN
00-252-8245	POTATOES,WH,FRESH,BAKING		27.50				27.50 LB
00-080-5179	POTATOES,WH,FZ,FR-FR				24.50	24.50	49.00 LB
00-143-0931	SPINACH,CND,WH OR CUT LEAF		3.60				3.60 LB
00-935-6620	VEGETABLES,MIXED,FZ,2 TO 5 LB PG			10.80			10.80 LB

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

DAY- 16 MENU

BREAKFAST

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
-	60	ASST FRUIT	1 EA		0.144	0.086	80
-	20	ASST FRUIT JUICE	5 OZ		0.096	0.019	75
F4-1	10	HARD COOK EGGS	2 EA		0.112	0.011	130
F7	25	GRIDDLE FRIED EGGS	2 EA		0.115	0.029	170
F8-7	50	INDIVIDUAL OMELETS	1 EA		0.115	0.058	205
L2	50	BACON	2 SL	12.00	0.125	0.063	105
L30	25	CREAMED GROUND BEEF	2/3 CP	18.00	0.235	0.059	240
LB9-2	25	GRILLED SAUSAGE PATTIES	2 EA	18.75	0.161	0.040	100
Q46-2	80	HASH BROWN POTATOES	2/3 CP	18.00	0.067	0.054	200
E1-3	25	CEREAL,HOT (ROLLED OAT)	3/4 CP	6.00	0.041	0.010	80
-	5	CEREAL,BRAN FLAKES	1 BX		0.120	0.006	110
-	5	CEREAL,SHREDDED WHEAT	1 BX		0.120	0.006	110
-	15	CEREAL,RAISIN BRAN	1 BX		0.130	0.020	110
-	15	ASSORTED DRY CEREAL	1 BX		0.133	0.020	110
D1	25	BAKING POWDER BISCUITS	2 EA		0.045	0.011	303
D22	15	FRENCH TOAST	2 SL	12.00	0.147	0.022	346
D25-5	45	PANCAKES	2 EA	3.00	0.072	0.032	212
-	45	MAPLE SYRUP	1 TB		0.035	0.016	50
-	100	BREAD/BUTTER/COFFEE/MILK			0.247	0.247	315

DINNER

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P2-2	20	CHICKEN/RICE SOUP	1 CP		0.021	0.004	86
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L25	60	BAKED LASAGNA	1 PC	12.00	0.216	0.130	436
L106	20	ROAST VEAL	4 OZ	38.00	0.852	0.170	282
L121	20	FRIED FISH	4 1/2OZ	30.00	0.492	0.098	260
Q46-1	50	COTTAGE FRIED POTATOES	2/3 CP	31.00	0.194	0.097	188
Q77	50	PARSLEY BUTTERED POTATO	3 PC	35.00	0.213	0.107	160
Q29	20	SOUTHERN STYLE GREENS	1/2 CP	20.00	0.071	0.014	89
Q-G	60	BUTTERED CORN	1/2 CP	18.00	0.067	0.040	110
Q-G	20	BUTTERED SQUASH	1/2 CP	20.00	0.075	0.015	60
D15-2	20	HUSH PUPPIES	3 EA		0.340	0.068	234
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
J27	50	PINEAPPLE CRUNCH	1-3" SQ		0.212	0.106	236
H15-4	20	RAISIN DROP COOKIES	2 EA		0.192	0.038	254

LUNCH

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P8	20	BEAN SOUP	1 CP		0.059	0.012	125
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L22	60	BEEF STEW	1 1/4CP	30.00	0.619	0.371	415
L85	30	BRAISED PORK CHOPS	1 EA	35.00	0.935	0.281	415
L128	10	SALMON CAKES	2 EA	20.00	0.802	0.080	272
E4-2	60	BOILED EGG NOODLES	1 CP	12.00	0.064	0.038	249
Q51	40	POTATOES AU GRATIN	2/3 CP	23.25	0.221	0.088	250
Q32	30	SOUTHERN FRIED OKRA	1/2 CP	15.00	0.121	0.036	155
Q-G	40	BUTTERED LIMA BEANS	1/2 CP	18.00	0.181	0.072	65
Q-G	30	BUTTERED BRUSSELS SPRT	1/2 CP	20.00	0.126	0.038	75
-	70	DINNER ROLLS	2 EA		0.029	0.020	170
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
J27	50	PINEAPPLE CRUNCH	1-3" SQ		0.212	0.106	236
H15-4	20	RAISIN DROP COOKIES	2 EA		0.192	0.038	254

FAST FOOD

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
N19	10	SUBMARINE SANDWICH	1 EA	18.00	0.510	0.051	823
N29	10	GRILLED HAMBURGERS	1 EA	18.75	0.459	0.046	590
N29-2	45	CHEESEBURGERS	1 EA	18.75	0.647	0.291	740
N45-2	15	CHICKEN FILLET/CHEESE	1 EA	18.75	0.588	0.088	780
N32	10	FISHWICH	1 EA	25.00	0.535	0.054	615
N30-1	5	CHILI DOGS	1 EA	10.00	0.337	0.017	688
N30-4	5	FRANKFURTERS	1 EA	10.00	0.201	0.010	618
Q45-1	70	FRENCH FRIED POTATOES	1 CP	35.00	0.115	0.081	410
Q35-1	5	ONION RINGS	1/2 CP	35.00	0.180	0.009	334
-	5	POTATO CHIPS	1 OZ		0.130	0.007	160
-	60	SALAD BAR			0.235	0.141	50
-	40	ASST FRUIT	1 EA		0.144	0.058	80
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	100
-	90	BREAD/BUTTER/COFFEE/MILK			0.247	0.222	315

COST ANALYSIS DAY- 16

BREAKFAST	$0.808
LUNCH	$1.644
DINNER	$1.350
FAST FOOD	$1.127
MENU COST	$3.581

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

RECAPITULATION OF DAILY MENU ISSUES

DAY- 16

NSN	NOMENCLATURE	BREAKFAST	LUNCH	DINNER	LUNCH FAST FOOD	DINNER FAST FOOD	TOTAL UI
8905							6.00 LB
00-403-9592	BACON,SLICED(BULK),FZ,CURED	6.00					18.00 LB
00-177-5017	BEEF FOR STEWING,FZ,DICED		18.00				11.70 LB
01-050-3190	BEEF PATTIE MIX(BULK),FZ,20%SOY	4.50		7.20			20.63 LB
01-050-3192	BEEF PATTIES,FZ,RD,20% SOY				10.31	10.31	5.63 LB
00-965-2128	CHICKEN,FZ,RTC,CUT-UP,9 PC CUT				2.81	2.81	2.00 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT				1.00	1.00	3.60 LB
01-039-8809	HAM,SECTIONED & FORMED,CND				1.80	1.80	6.00 LB
00-164-0485	PERCH FILLETS,OCEAN,FZ			6.00			4.69 LB
01-017-2786	PORK SAUSAGE,PATT,RAW,FZ,RD	4.69					10.50 LB
00-753-6569	PORK CHOPS,BNLS,FZ,5 OZ		10.50				3.60 LB
00-299-1330	SALAMI,COOKED,FZ				1.80	1.80	2.00 CN
01-063-9955	SALMON,CND,PINK,15 1/2 OZ CN		2.00				7.60 LB
01-063-3121	VEAL/CALF/ROAST,FZ,BNLS			7.60			
8915							7.20 LB
00-577-4526	BEANS,LIMA CND,#10 CN		7.20				6.00 LB
00-127-7991	BRUSSELS SPROUTS,FZ,2 TO 5 LB PG		6.00				10.80 LB
00-257-3947	CORN,CND,GOLDEN,WHOLE KERNEL			10.80			4.00 LB
00-926-5936	GREENS,MUSTARD,FZ,2 TO 5 LB PG			4.00			4.50 LB
00-252-3785	OKRA,FZ,CUT,2 TO 5 LB PG		4.50				3.50 LB
00-191-3461	ONION RINGS,FZ,RAW,BD,2 TO 5 LB PG				1.75	1.75	14.40 LB
01-193-3060	POTATO PATTIES,WH,FZ	14.40					9.30 LB
00-139-7426	POTATOES,WH,DEHY,SLICES,5 LB BG		9.30				33.00 LB
00-616-0220	POTATOES,WH,FRESH,100 LB BG			33.00			49.00 LB
00-080-5179	POTATOES,WH,FZ,FR-FR				24.50	24.50	4.00 LB
00-616-0229	SQUASH,FZ,SLICED,SUMMER			4.00			

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu issues--Continued.

DAY- 17 MENU

BREAKFAST

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
-	60	ASST FRUIT	1 EA		0.144	0.086	80
-	20	ASST FRUIT JUICE	5 OZ		0.096	0.019	75
F4-1	10	HARD COOK EGGS	2 EA		0.112	0.011	130
F7	25	GRIDDLE FRIED EGGS	2 EA		0.115	0.029	170
F8-7	50	INDIVIDUAL OMELETS	1 EA		0.115	0.058	205
L2	50	BACON	2/3 CP	12.00	0.125	0.063	105
L30	25	CREAMED GROUND BEEF	3 OZ	18.00	0.235	0.059	240
L71-3	25	GRILLED HAM SLICES	3 OZ	20.00	0.344	0.086	108
Q46-2	80	HASH BROWN POTATOES	2/3 CP	18.00	0.067	0.054	200
E2	25	BUTTERED HOMINY GRITS	2/3 CP	4.50	0.022	0.006	105
D21-2	40	ENGLISH MUFFINS	1 EA		0.054	0.022	252
-	5	CEREAL,BRAN FLAKES	1 BX		0.120	0.006	110
-	5	CEREAL,SHREDDED WHEAT	1 BX		0.120	0.006	110
-	15	CEREAL,RAISIN BRAN	1 BX		0.130	0.020	110
-	15	ASSORTED DRY CEREAL	1 BX		0.133	0.020	110
D1	25	BAKING POWDER BISCUITS	2 EA		0.045	0.011	303
D22	15	FRENCH TOAST	2 SL	12.00	0.147	0.022	346
D25-5	45	PANCAKES	2 EA	3.00	0.072	0.032	212
-	45	MAPLE SYRUP	1 TB		0.035	0.016	50
-	100	BREAD/BUTTER/COFFEE/MILK			0.247	0.247	315

DINNER

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P1-2	20	BEEF NOODLE SOUP	1 CP		0.026	0.005	76
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L5	70	ROAST BEEF	2 SL	40.00	0.853	0.597	325
L124	30	BAKED FISH PORTIONS	4 OZ	25.00	0.387	0.116	127
E4-2	30	BOILED EGG NOODLES	1 CP	12.00	0.064	0.019	249
Q2	20	BAKED BEANS	1/2 CP	4.00	0.105	0.021	164
Q44	70	BAKED POTATOES	1 EA	55.00	0.126	0.088	155
Q35-1	25	ONION RINGS	1/2 CP	25.00	0.180	0.045	334
Q-G	30	BUTTERED SPINACH	1/2 CP	18.00	0.096	0.029	105
Q-G	50	BUTTERED SUCCOTASH	1/2 CP	18.00	0.186	0.093	90
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
I29	50	CHOCOLATE CREAM PIE	1/6 PIE		0.080	0.040	339
J16-1	20	BREAD PUDDING CHOC CHIP	2/3 CP		0.177	0.035	240
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315

LUNCH

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P2-2	20	CHICKEN RICE SOUP	1 CP		0.021	0.004	86
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L7	70	GRILLED STEAK	1 EA	47.00	1.894	1.326	465
L82	20	SWEET AND SOUR PORK	1 CP	32.00	0.579	0.116	545
L107	10	BRAISED LIVER & ONIONS	1 SL	25.00	0.188	0.019	380
E5	30	STEAMED RICE	3/4 CP	9.00	0.020	0.006	162
Q57	70	MASHED POTATOES	2/3 CP	1.00	0.029	0.020	145
Q17-1	30	GLAZED CARROTS	1/2 CP	20.00	0.034	0.010	92
Q73	10	STEWED TOMATOES	1/2 CP	25.50	0.101	0.010	25
Q80-1	60	BROCCOLI COMBO	1/2 CP	8.00	0.126	0.076	80
-	60	SALAD BAR			0.235	0.141	50
I29	50	CHOCOLATE CREAM PIE	1/6 PIE		0.080	0.040	339
J16-1	20	BREAD PUDDING CHOC CHIP	2/3 CP		0.177	0.035	240
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315

FAST FOOD

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
N1	10	BLT SANDWICH	1 EA	12.00	0.324	0.032	306
N29	10	GRILLED HAMBURGERS	1 EA	18.75	0.459	0.046	590
N29-2	45	CHEESEBURGERS	1 EA	18.75	0.647	0.291	740
N45-2	15	CHICKEN FILLET/CHEESE	1 EA	18.75	0.588	0.088	780
N32	10	FISHWICH	1 EA	25.00	0.535	0.054	615
N30-1	5	CHILI DOGS	1 EA	10.00	0.337	0.017	688
N30-4	5	FRANKFURTERS	1 EA	10.00	0.201	0.010	618
Q45-1	70	FRENCH FRIED POTATOES	1 CP	35.00	0.115	0.081	410
Q35-1	5	ONION RINGS	1/2 CP	35.00	0.180	0.009	334
-	5	POTATO CHIPS	1 OZ		0.130	0.007	160
-	60	SALAD BAR			0.235	0.141	50
-	40	ASST FRUIT	1 EA		0.144	0.058	80
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	100
-	90	BREAD/BUTTER/COFFEE/MILK			0.247	0.222	315

COST ANALYSIS DAY- 17

BREAKFAST	$0.871
LUNCH	$2.125
DINNER	$1.551
FAST FOOD	$1.108
MENU COST	$4.109

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

RECAPITULATION OF DAILY MENU ISSUES

DAY- 17

NSN	NOMENCLATURE	BREAKFAST	LUNCH	DINNER	LUNCH FAST FOOD	DINNER FAST FOOD	TOTAL UI
8905							
00-403-9592	BACON,SLICED(BULK),FZ,CURED	6.00			1.20	1.20	8.40 LB
01-050-3190	BEEF PATTIE MIX(BULK),FZ	4.50					4.50 LB
01-050-3192	BEEF PATTIES,FZ,RD 20% SOY				10.31	10.31	20.63 LB
00-133-5886	BEEF,KNUCKLE,SPECIAL(OVEN ROAST)			28.00			28.00 LB
00-655-8410	BEEF,LIVER PORTION CUT		2.50				2.50 LB
01-034-7549	BEEF,TOP SIRLOIN STEAK,BUTT,FZ		32.90				32.90 LB
00-935-4765	FISH,PRTN,RAW,BRD,FZ,PER/POLL			7.50			7.50 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT				1.00	1.00	2.00 LB
00-682-6643	HAM,SEC & FM,SMOKED,FZ,CKD,BNL	5.00					5.00 LB
00-753-6503	PORK,DICED,FZ		6.40				6.40 LB
8915							
00-184-5601	BEANS,WH,CND,TOM SCE W/PORK			0.80			0.80 CN
00-129-0825	BROCCOLI,FZ,SPEARS,2 TO 5 LB PG		4.80				4.80 LB
00-127-8019	CARROTS,FRESH,TOPPED		6.00				6.00 LB
00-191-3461	ONION RINGS,FZ,RAW,BD,2 TO 5 LB PG			6.25	1.75	1.75	9.75 LB
01-193-3060	POTATO PATTIES,WH,FZ	14.40					14.40 LB
00-133-5903	POTATOES,WH,INSTANT,#10 CN		0.70				0.70 CN
00-252-8245	POTATOES,WH,FRESH,BAKING			38.50			38.50 LB
00-080-5179	POTATOES,WH,FZ,FR-FR				24.50	24.50	49.00 LB
00-010-3224	SPINACH,FZ,CHOPPED,2 TO 5 LB PG			5.40			5.40 LB
00-143-0983	SUCCOTASH,FZ,2 TO 5 LB PG			9.00			9.00 LB
00-582-4060	TOMATOES,CND,WHOLE,#10 CN		2.55				2.55 LB

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

DAY- 18 MENU

BREAKFAST

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
-	60	ASST FRUIT	1 EA		0.144	0.086	80
-	20	ASST FRUIT JUICE	5 OZ		0.096	0.019	75
F4-1	10	HARD COOK EGGS	2 EA		0.112	0.011	130
F7	25	GRIDDLE FRIED EGGS	2 EA		0.115	0.029	170
F8-7	50	INDIVIDUAL OMELETS	1 EA		0.115	0.058	205
L2	50	BACON	2 SL	12.00	0.125	0.063	105
L30	25	CREAMED GROUND BEEF	2/3 CP	18.00	0.235	0.059	240
L89-2	25	GRILLED SAUSAGE PATTIES	2 EA	18.75	0.161	0.040	100
Q46-1	80	COTTAGE FRIED POTATOES	3/4 CP	31.00	0.194	0.155	188
E1-1	25	FARINA	3/4 CP	6.00	0.021	0.005	84
D21-2	40	ENGLISH MUFFINS	1 EA		0.054	0.022	252
-	5	CEREAL,BRAN FLAKES	1 BX		0.120	0.006	110
-	5	CEREAL,SHREDDED WHEAT	1 BX		0.120	0.006	110
-	15	CEREAL,RAISIN BRAN	1 BX		0.130	0.020	110
-	15	ASSORTED DRY CEREAL	1 BX		0.133	0.020	110
D1	25	BAKING POWDER BISCUITS	2 EA		0.045	0.011	303
D22	15	FRENCH TOAST	2 SL	12.00	0.147	0.022	346
D25-5	45	PANCAKES	2 EA	3.00	0.072	0.032	212
-	45	MAPLE SYRUP	1 TB		0.035	0.016	50
-	100	BREAD/BUTTER/COFFEE/MILK			0.247	0.247	315

DINNER

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P16	20	CREAM OF POTATO SOUP	1 CP		0.076	0.015	170
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L41	40	SWEDISH MEATBALLS	3 EA	30.00	0.669	0.268	385
L83-1	30	CREOLE PORK CHOPS	1 EA	30.00	1.006	0.302	473
L176-1	30	SOUTHERN FRIED CATFISH	7 OZ	60.00	1.232	0.370	192
E5	40	STEAMED RICE	3/4 CP	9.00	0.020	0.008	162
Q57	60	MASHED POTATOES	2/3 CP	1.00	0.029	0.017	145
Q-G	20	BUTTERED ASPARAGUS	1/2 CP	18.00	0.195	0.039	60
Q7-4	50	SOUTHERN GREEN BEANS	1/2 CP	16.00	0.177	0.089	42
Q31	20	OKRA AND TOMATO GUMBO	1/2 CP	10.00	0.103	0.021	69
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
G10-6	30	ORANGE CAKE	1 PC		0.068	0.020	198
G39-7	30	ORANGE CREAM FROSTING	1 1/2TB		0.027	0.008	128
H2	40	BROWNIES	1 EA		0.322	0.129	325
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315

LUNCH

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P6	20	TOMATO SOUP	1 CP		0.120	0.024	65
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L101	30	ITALIAN VEAL STEAKS	1 SL	35.00	0.715	0.215	534
L133	10	BAKED TUNA AND NOODLES	1 1/4CP	20.00	0.417	0.042	582
L155	60	FRIED CHICKEN	2 PC	65.00	0.705	0.423	334
Q50-1	50	FRANCONIA POTATOES	1 CP	35.00	0.214	0.107	195
Q51	50	POTATOES AU GRATIN	2/3 CP	23.25	0.221	0.111	250
Q17-1	40	GLAZED CARROTS	1/2 CP	20.00	0.034	0.014	92
Q29	20	SOUTHERN STYLE GREENS	1/2 CP	20.00	0.071	0.014	89
Q41-3	40	PEAS WITH ONIONS	1/2 CP	18.00	0.118	0.047	105
-	70	DINNER ROLLS	2 EA		0.029	0.020	170
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
G10-6	30	ORANGE CAKE	1 PC		0.068	0.020	198
G39-7	30	ORANGE CREAM FROSTING	1 1/2TB		0.027	0.008	128
H2	40	BROWNIES	1 EA		0.322	0.129	325
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315

FAST FOOD

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
N4-2	10	ROAST TURKEY SANDWICH	1 EA	18.75	0.476	0.048	385
N29	10	GRILLED HAMBURGERS	1 EA	18.75	0.459	0.046	590
N29-2	45	CHEESEBURGERS	1 EA	18.75	0.647	0.291	740
N45-2	15	CHICKEN FILLET/CHEESE	1 EA	18.75	0.588	0.088	780
N32	10	FISHWICH	1 EA	25.00	0.535	0.054	615
N30-1	5	CHILI DOGS	1 EA	10.00	0.337	0.017	688
N30-4	5	FRANKFURTERS	1 EA	10.00	0.201	0.010	618
Q45-1	70	FRENCH FRIED POTATOES	1 CP	35.00	0.115	0.081	410
Q35-1	5	ONION RINGS	1/2 CP	35.00	0.180	0.009	334
-	5	POTATO CHIPS	1 OZ		0.130	0.007	160
-	60	SALAD BAR			0.235	0.141	50
-	40	ASST FRUIT	1 EA		0.144	0.058	80
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	100
-	90	BREAD/BUTTER/COFFEE/MILK			0.247	0.222	315

COST ANALYSIS DAY- 18

BREAKFAST	$0.927
LUNCH	$1.636
DINNER	$1.747
FAST FOOD	$1.123
MENU COST	$3.969

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

RECAPITULATION OF DAILY MENU ISSUES

DAY- 18

NSN	NOMENCLATURE	BREAKFAST	LUNCH	DINNER	LUNCH FAST FOOD	DINNER FAST FOOD	TOTAL UI
8905							6.00 LB
00-403-9592	BACON,SLICED(BULK),FZ,CURED	6.00					16.50 LB
01-050-3190	BEEF PATTIE MIX(BULK),FZ	4.50		12.00			20.63 LB
01-050-3192	BEEF PATTIES,FZ,RD 20% SOY				10.31	10.31	18.00 LB
01-125-2288	CATFISH FILLETS,FZ,5 TO 12 OZ			18.00			39.00 LB
00-965-2128	CHICKEN,FZ,RTC,CUT-UP,9 PC CUT		39.00				2.00 LB
00-935-3161	FISH,TUNA,CND,4 LB CN		2.00				2.00 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT				1.00	1.00	4.69 LB
01-017-2786	PORK SAUSAGE,PATT,RAW,FZ,RD	4.69					9.00 LB
01-017-5718	PORK STEAK,FLAKED,FORMED,BREAD			9.00			3.75 LB
00-262-7274	TURKEY,BNLS,FZ,RAW ROLL				1.88	1.88	10.50 LB
00-139-8481	VEAL STEAK,FLAKED,FORMED,BREAD		10.50				
8915							3.60 LB
00-286-8696	ASPARAGUS,CND,ALL GREEN			3.60			8.00 LB
00-616-4820	BEANS,GREEN,CND			8.00			8.00 LB
00-127-8019	CARROTS,FRESH,TOPPED		8.00				12.00 LB
00-164-4162	GREENS,COLLARD,FZ,2 TO 5 LB		4.00	8.00			2.00 LB
00-252-3785	OKRA,FZ,CUT,2 TO 5 LB PG			2.00			3.50 LB
00-191-3461	ONION RINGS,FZ,RAW,BD,2 TO 5 LB PG				1.75	1.75	7.20 LB
00-127-8021	PEAS,FZ,2 TO 5 LB PG		7.20				11.63 LB
00-139-7426	POTATOES,WH,DEHY,SLICES,5 LB BG		11.63				0.60 CN
00-133-5903	POTATOES,WH,INSTANT,#10 CN			0.60			42.30 LB
00-616-0220	POTATOES,WH,FRESH,100 LB BG	24.80	17.50				49.00 LB
00-080-5179	POTATOES,WH,FZ,FR-FR				24.50	24.50	

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

DAY- 19 MENU

DAY- 19 MENU

BREAKFAST

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
-	60	ASST FRUIT	1 EA		0.144	0.086	80
-	20	ASST FRUIT JUICE	5 OZ		0.096	0.019	75
F4-1	10	HARD COOK EGGS	2 EA		0.112	0.011	130
F7	25	GRIDDLE FRIED EGGS	2 EA		0.115	0.029	170
F8-7	50	INDIVIDUAL OMELETS	1 EA		0.115	0.058	205
L2	50	BACON	2 SL	12.00	0.125	0.063	105
L30	25	CREAMED GROUND BEEF	2/3 CP	18.00	0.235	0.059	240
L89-2	25	GRILLED SAUSAGE PATTIES	2 EA	18.75	0.161	0.040	100
Q46-2	80	HASH BROWN POTATOES	2/3 CP	18.00	0.067	0.054	200
E1-3	25	CEREAL,HOT (ROLLED OAT)	3/4 CP	6.00	0.041	0.010	80
-	5	CEREAL,BRAN FLAKES	1 BX		0.120	0.006	110
-	5	CEREAL,SHREDDED WHEAT	1 BX		0.120	0.006	110
-	15	CEREAL,RAISIN BRAN	1 BX		0.130	0.020	110
-	15	ASSORTED DRY CEREAL	1 BX		0.133	0.020	110
D1	25	BAKING POWDER BISCUITS	2 EA		0.045	0.011	303
D22	15	FRENCH TOAST	2 SL	12.00	0.147	0.022	346
D25-5	45	PANCAKES	2 EA	3.00	0.072	0.032	212
-	45	MAPLE SYRUP	1 TB		0.035	0.016	50
-	100	BREAD/BUTTER/COFFEE/MILK			0.247	0.247	315

DINNER

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P14	20	CREAM OF MUSHROOM SOUP	1 CP		0.185	0.037	170
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L21	30	BEEF POT PIE	1 CP	30.00	0.744	0.223	584
L-G-2	35	FRIED SHRIMP	4 1/2OZ	38.00	1.581	0.553	205
L121	35	FRIED FISH	4 1/2OZ	30.00	0.492	0.172	260
E4-2	30	BOILED EGG NOODLES	1 CP	12.00	0.066	0.019	249
Q57	70	MASHED POTATOES	2/3 CP	1.00	0.029	0.020	145
Q32	20	SOUTHERN FRIED OKRA	1/2 CP	15.00	0.121	0.026	155
Q22	20	CORN PUDDING	1/2 CP	3.19	0.211	0.042	100
Q-G	60	BUTTERED PEAS & CARROTS	1/2 CP	18.00	0.165	0.099	135
D15-2	70	HUSH PUPPIES	3 EA		0.340	0.238	234
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
J13	20	TAPIOCA PUDDING	1/2 CP		0.161	0.032	170
I9-1	50	APPLE PIE	1/6 PIE		0.082	0.041	460

LUNCH

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P4	20	ONION SOUP	1 CP		0.058	0.012	55
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L39	60	SPAGHETTI AND MEATBALLS	1 CP	30.00	0.562	0.337	628
L85	10	BRAISED PORK CHOPS	1 EA	35.00	0.935	0.094	415
L162	30	ROAST TURKEY	4 OZ	35.00	0.517	0.155	386
E8	20	RICE PILAF	3/4 CP	8.00	0.030	0.006	188
Q57	30	MASHED POTATOES	2/3 CP	1.00	0.029	0.009	145
Q29	20	SOUTHERN STYLE GREENS	1/2 CP	20.00	0.071	0.014	89
Q73	10	STEWED TOMATOES	1/2 CP	25.50	0.101	0.010	25
Q-G	70	BUTTERED CORN	1/2 CP	18.00	0.067	0.047	110
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
J13	20	TAPIOCA PUDDING	1/2 CP		0.161	0.032	170
I9-1	50	APPLE PIE	1/6 PIE		0.082	0.041	460

FAST FOOD

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
N6-3	10	GRILLED HAM & CHEESE	1 EA	4.00	0.223	0.022	370
N29	10	GRILLED HAMBURGERS	1 EA	18.75	0.459	0.046	590
N29-2	45	CHEESEBURGERS	1 EA	18.75	0.647	0.291	740
N45-2	15	CHICKEN FILLET/CHEESE	1 EA	18.75	0.588	0.088	780
N32	10	FISHWICH	1 EA	25.00	0.535	0.054	615
N30-1	5	CHILI DOGS	1 EA	10.00	0.337	0.017	688
N30-4	5	FRANKFURTERS	1 EA	10.00	0.201	0.010	618
Q45-1	70	FRENCH FRIED POTATOES	1 CP	35.00	0.115	0.081	410
Q35-1	5	ONION RINGS	1/2 CP	35.00	0.180	0.009	334
-	5	POTATO CHIPS	1 OZ		0.130	0.007	160
-	60	SALAD BAR			0.235	0.141	50
-	40	ASST FRUIT	1 EA		0.144	0.058	80
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	100
-	90	BREAD/BUTTER/COFFEE/MILK			0.247	0.222	315

COST ANALYSIS DAY- 19

BREAKFAST	$0.808
LUNCH	$1.219
DINNER	$1.964
FAST FOOD	$1.098
MENU COST	$3.695

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

RECAPITULATION OF DAILY MENU ISSUES

DAY- 19

NSN	NOMENCLATURE	BREAKFAST	LUNCH	DINNER	LUNCH FAST FOOD	DINNER FAST FOOD	TOTAL UI
8905							
00-403-9592	BACON,SLICED(BULK),FZ,CURED	6.00					6.00 LB
00-177-5017	BEEF FOR STEWING,FZ,DICED			9.00			9.00 LB
01-050-3190	BEEF PATTIE MIX(BULK),FZ,20%SOY	4.50	18.00				22.50 LB
01-050-3192	BEEF PATTIES,FZ,RD,20% SOY				10.31	10.31	20.63 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT				1.00	1.00	2.00 LB
01-039-8809	HAM,SECTIONED & FORMED,CND				0.40	0.40	0.80 LB
00-164-0485	PERCH FILLETS,OCEAN,FZ			10.50			10.50 LB
01-017-2786	PORK SAUSAGE,PATT,RAW,FZ,RD	4.69					4.69 LB
00-753-6569	PORK,CHOPS,BNLS,FZ,5 OZ		3.50				3.50 LB
00-960-2303	SHRIMP,RAW,REG BD,FZ			13.30			13.30 LB
00-262-7274	TURKEY,BN;S,FZ,RAW ROLL		10.50				10.50 LB
8915							
00-465-1897	CORN,CND,GOLDEN,CREAM STYLE			0.64			0.64 LB
00-257-3947	CORN,CND,GOLDEN,WHOLE KERNEL		12.60				12.60 LB
00-926-5937	GREENS,TURNIP,FZ,2 TO 5 LB PG		4.00				4.00 LB
00-252-3785	OKRA,FZ,CUT,2 TO 5 LB PG			3.00			3.00 LB
00-191-3461	ONION RINGS,FZ,RAW,BD,2 TO 5 LB PG				1.75	1.75	3.50 LB
00-143-0997	PEAS & CARROTS,FZ,2 TO 5 LB PG			10.80			10.80 LB
01-193-3060	POTATO PATTIES,WH FZ	14.40					14.40 LB
00-133-5903	POTATOES,WH,INSTANT,#10 CN		0.30	0.70			1.00 CN
00-080-5179	POTATOES,WH,FZ,FR-FR				24.50	24.50	49.00 LB
00-582-4060	TOMATOES,CND,WHOLE,#10 CN		2.55				2.55 LB

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

DAY- 20 MENU

DAY- 20 MENU

BREAKFAST

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
-	60	ASST FRUIT	1 EA		0.144	0.086	80
-	20	ASST FRUIT JUICE	5 OZ		0.096	0.019	75
F4-1	10	HARD COOK EGGS	2 EA		0.112	0.011	130
F7	25	GRIDDLE FRIED EGGS	2 EA		0.115	0.029	170
F8-7	50	INDIVIDUAL OMELETS	1 EA		0.115	0.058	205
L2	50	BACON	2 SL	12.00	0.125	0.063	105
L30	25	CREAMED GROUND BEEF	2/3 CP	18.00	0.235	0.059	240
L91	25	GRILLED SAUSAGE LINKS	2 EA	12.00	0.103	0.026	180
Q47	80	HOME FRIED POTATOES	2/3 CP	35.00	0.218	0.174	200
E2	25	BUTTERED HOMINY GRITS	2/3 CP	6.00	0.022	0.006	105
D21-2	40	ENGLISH MUFFINS	1 EA		0.054	0.022	252
-	5	CEREAL,BRAN FLAKES	1 BX		0.120	0.006	110
-	5	CEREAL,SHREDDED WHEAT	1 BX		0.120	0.006	110
-	15	CEREAL,RAISIN BRAN	1 BX		0.130	0.020	110
-	15	ASSORTED DRY CEREAL	1 BX		0.133	0.020	110
D1	25	BAKING POWDER BISCUITS	2 EA		0.045	0.011	303
D22	15	FRENCH TOAST	2 SL	12.00	0.147	0.022	346
D25-5	45	PANCAKES	2 EA	3.00	0.072	0.032	212
-	45	MAPLE SYRUP	1 TB		0.035	0.016	50
-	100	BREAD/BUTTER/COFFEE/MILK			0.247	0.247	315

DINNER

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P18-2	20	CHICKEN NOODLE SOUP DEHY	1 CP		0.047	0.009	65
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L92	50	BARBECUED SPARERIBS	8 OZ	75.00	1.096	0.548	461
L124	25	BAKED FISH PORTIONS	4 OZ	25.00	0.387	0.097	127
L29-1	25	BEEF PORCUPINES	2 EA	30.00	0.427	0.107	401
E4-2	50	BOILED EGG NOODLES	1 CP	12.00	0.064	0.032	249
Q46-1	50	COTTAGE FRIED POTATOES	2/3 CP	31.00	0.194	0.097	188
Q-G	20	BUTTERED SQUASH	1/2 CP	20.00	0.075	0.015	60
Q29	25	SOUTHERN STYLE GREENS	1/2 CP	20.00	0.071	0.018	89
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
H14	30	COCONUT RAISIN DROP COOK	2 EA		0.077	0.023	256
I45	40	PUMPKIN PIE	1/6 PIE		0.256	0.102	317

LUNCH

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P8	20	BEAN SOUP	1 CP		0.059	0.012	125
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L12	50	CHICKEN FRIED STEAK	1 EA	37.50	0.877	0.439	462
L28-2	50	CHILI MACARONI	1 CP	24.00	0.340	0.170	383
E5	70	STEAMED RICE	3/4 CP	9.00	0.020	0.014	162
Q77	30	PARSLEY BUTTERED POTATOES	1/2OZ	35.00	0.213	0.064	160
Q12	20	FRIED CABBAGE	1/2 CP	20.00	0.031	0.006	53
Q27-2	50	MEXICAN CORN	1/2 CP	29.80	0.086	0.043	95
Q82	30	HERBED GREEN BEANS	1/2 CP	25.25	0.600	0.180	35
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
H14	30	COCONUT RAISIN DROP COOK	2 EA		0.077	0.023	256
I45	40	PUMPKIN PIE	1/6 PIE		0.256	0.102	317

FAST FOOD

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
N20	10	GRILLED REUBEN SANDWICH	1 EA	16.00	0.418	0.042	720
N29	10	GRILLED HAMBURGERS	1 EA	18.75	0.459	0.046	590
N29-2	45	CHEESEBURGERS	1 EA	18.75	0.647	0.291	740
N45-2	15	CHICKEN FILLET/CHEESE	1 EA	18.75	0.588	0.088	780
N32	10	FISHWICH	1 EA	25.00	0.535	0.054	615
N30-1	5	CHILI DOGS	1 EA	10.00	0.337	0.017	688
N30-4	5	FRANKFURTERS	1 EA	10.00	0.201	0.010	618
Q45-1	70	FRENCH FRIED POTATOES	1 CP	35.00	0.115	0.081	410
Q35-1	5	ONION RINGS	1/2 CP	35.00	0.180	0.009	334
-	5	POTATO CHIPS	1 OZ		0.130	0.007	160
-	60	SALAD BAR			0.235	0.141	50
-	40	ASST FRUIT	1 EA		0.144	0.058	80
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	100
-	90	BREAD/BUTTER/COFFEE/MILK			0.247	0.222	315

COST ANALYSIS DAY- 20

BREAKFAST	$0.931
LUNCH	$1.515
DINNER	$1.511
FAST FOOD	$1.118
MENU COST	$3.720

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu issues--Continued.

RECAPITULATION OF DAILY MENU ISSUES

DAY- 20

NSN	NOMENCLATURE	BREAKFAST	LUNCH	DINNER	LUNCH FAST FOOD	DINNER FAST FOOD	TOTAL UI
8905							
00-403-9592	BACON,SLICED(BULK),FZ,CURED	6.00					6.00 LB
00-133-5889	BEEF FOR SWISSING,BRAISING STK		18.75				18.75 LB
01-050-3190	BEEF PATTIE MIX(BULK),FZ,20%SOY	4.50	12.00	7.50			24.00 LB
01-050-3192	BEEF PATTIES,FZ,RD,20% SOY				10.31	10.31	20.63 LB
00-577-5993	BKFST SAUSAGE,CK,FZ,BEEF & PORK	3.00					3.00 LB
00-935-4765	PRTN,RAW,BRD,FZ,PER/POLL			6.25			6.25 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT				1.00	1.00	2.00 LB
00-126-8743	PORK,SPARERIBS,FZ			37.50			37.50 LB
8915							
00-616-4820	BEANS,GREEN,CND,#10 CN		7.58				7.58 LB
00-257-3947	CORN,CND,GOLDEN,WHOLE KERNEL		14.90				14.90 LB
00-926-5936	GREENS,MUSTARD,FZ,2 TO 5 LB PG			5.00			5.00 LB
00-191-3461	ONION RINGS,FZ,RAW,BD,2 TO 5 LB PG				1.75	1.75	3.50 LB
00-616-0220	POTATOES,WHITE,FRESH,100LB BG	28.00	10.50	15.50			54.00 LB
00-080-5179	POTATOES,WHITE,FZ,FR-FR				24.50		24.50 LB
00-616-0229	SQUASH,FZ,SLICED,SUMMER			4.00			4.00 LB

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

DAY- 21 MENU

BREAKFAST

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
-	60	ASST FRUIT	1 EA		0.144	0.086	80
-	20	ASST FRUIT JUICE	5 OZ		0.096	0.019	75
F4-1	10	HARD COOK EGGS	2 EA		0.112	0.011	130
F7	25	GRIDDLE FRIED EGGS	2 EA		0.115	0.029	170
F8-7	50	INDIVIDUAL OMELETS	1 EA		0.115	0.058	205
L2	50	BACON	2 SL	12.00	0.125	0.063	105
L30	25	CREAMED GROUND BEEF	2/3 CP	18.00	0.235	0.059	240
L89-2	25	GRILLED SAUSAGE PATTIES	2 EA	18.75	0.161	0.040	100
Q47	80	HOME FRIED POTATOES	2/3 CP	35.00	0.218	0.174	200
E1-1	25	FARINA	3/4 CP	6.00	0.021	0.005	84
D21-2	40	ENGLISH MUFFINS	1 EA		0.054	0.022	252
-	5	CEREAL,BRAN FLAKES	1 BX		0.120	0.006	110
-	5	CEREAL,SHREDDED WHEAT	1 BX		0.120	0.006	110
-	15	CEREAL,RAISIN BRAN	1 BX		0.130	0.020	110
-	15	ASSORTED DRY CEREAL	1 BX		0.133	0.020	110
D1	25	BAKING POWDER BISCUITS	2 EA		0.045	0.011	303
D22	15	FRENCH TOAST	2 SL	12.00	0.147	0.022	346
D25-5	45	PANCAKES	2 EA	3.00	0.072	0.032	212
-	45	MAPLE SYRUP	1 TB		0.035	0.016	50
-	100	BREAD/BUTTER/COFFEE/MILK			0.247	0.247	315

DINNER

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P12-1	20	MANHATTAN CLAM CHOWDER	1 CP		0.296	0.059	85
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L10-1	30	GINGER POT ROAST	4 OZ	40.00	0.674	0.202	100
L82	20	SWEET AND SOUR PORK	1 CP	32.00	0.579	0.116	545
L123	50	OVEN FRIED FISH	4 1/2OZ	30.00	0.989	0.495	247
E5	50	STEAMED RICE	3/4 CP	9.00	0.020	0.010	162
Q44	50	BAKED POTATOES	1 EA	55.00	0.126	0.063	155
Q8	20	HARVARD BEETS	1/2 CP	4.00	0.092	0.018	72
Q41-3	30	PEAS WITH ONIONS	1/2 CP	18.00	0.118	0.035	105
Q-G	50	BUTTERED CAULIFLOWER	1/2 CP	20.00	0.175	0.088	65
D15	30	CORN BREAD	1-3" SQ		0.069	0.021	230
-	70	DINNER ROLLS	2 EA		0.029	0.020	170
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
G25	25	SPICE CAKE	1 PC		0.242	0.061	200
G47	40	LIGHT CREAM FROSTING	1 1/2TB		0.026	0.010	128
H5	30	SHORTBREAD COOKIES	2 EA		0.191	0.057	260

LUNCH

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P18	20	TOMATO-VEGETABLE DEHY.	1 CP		0.054	0.011	65
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L21	25	BEEF POT PIE	1 CP	30.00	0.744	0.186	584
L24	25	STUFFED CABBAGE ROLLS	2 EA	24.00	0.365	0.091	400
L-G-2	50	FRIED SHRIMP	4-8 EA	38.00	1.581	0.791	205
E10-1	50	HOPPING JOHN	2/3 CP	6.00	0.051	0.026	210
Q51	50	POTATOES AU GRATIN	2/3 CP	23.25	0.221	0.111	250
Q28	20	FRENCH FRIED EGG PLANT	2-3 SL	18.00	0.096	0.019	218
Q-G	30	BUTTERED SPINACH	1/2 CP	18.00	0.022	0.007	60
Q-G	50	BUTTERED MIX VEGETABLES	1/2 CP	18.00	0.179	0.090	110
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
G25	40	SPICE CAKE	1 PC		0.242	0.097	200
G47	40	LIGHT CREAM FROSTING	1 1/2TB		0.026	0.010	128
H5	30	SHORTBREAD COOKIES	2 EA		0.191	0.057	260

FAST FOOD

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
N19	10	SUBMARINE SANDWICH	1 EA	18.00	0.510	0.051	823
N29	10	GRILLED HAMBURGERS	1 EA	18.75	0.459	0.046	590
N29-2	45	CHEESEBURGERS	1 EA	18.75	0.647	0.291	740
N45-2	15	CHICKEN FILLET/CHEESE	1 EA	18.75	0.588	0.088	780
N32	10	FISHWICH	1 EA	25.00	0.535	0.054	615
N30-1	5	CHILI DOGS	1 EA	10.00	0.337	0.017	688
N30-4	5	FRANKFURTERS	1 EA	10.00	0.201	0.010	618
Q45-1	70	FRENCH FRIED POTATOES	1 EA	35.00	0.115	0.081	410
Q35-1	5	ONION RINGS	1 EA	35.00	0.180	0.009	334
-	5	POTATO CHIPS	1 OZ		0.130	0.007	160
-	60	SALAD BAR			0.235	0.141	50
-	40	ASST FRUIT	1 EA		0.144	0.058	80
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	100
-	90	BREAD/BUTTER/COFFEE/MILK			0.247	0.222	315

COST ANALYSIS DAY- 21

BREAKFAST	0.9457
LUNCH	1.95681
DINNER	1.71766
FAST FOOD	1.12675
MENU COST	$4.194

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

RECAPITULATION OF DAILY MENU ISSUES

DAY- 21

NSN	NOMENCLATURE	BREAKFAST	LUNCH	DINNER	LUNCH FAST FOOD	DINNER FAST FOOD	TOTAL UI
8905							
00-403-9592	BACON,SLICED(BULK),FZ,CURED	6.00					6.00 LB
00-177-5017	BEEF FOR STEWING,FZ,DICED		7.50				7.50 LB
01-050-3190	BEEF PATTIE MIX(BULK),FZ,20%SOY	4.50	3.00				7.50 LB
01-050-3192	BEEF PATTIES,FZ,RD,20% SOY				10.31	10.31	20.63 LB
00-133-5887	BEEF,SH CLOD/CHUCK(POT ROAST)			12.00			12.00 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT				1.00	1.00	2.00 LB
01-039-8809	HAM,SECTIONED & FORMED,CND				1.80	1.80	3.60 LB
00-164-0485	PERCH FILLETS,OCEAN,FZ			15.00			15.00 LB
00-926-6485	PORK SAUSAGE ROLL,RAW,FZ	4.69					4.69 LB
00-753-6503	PORK,DICED,FZ			6.40			6.40 LB
00-299-1330	SALAMI,COOKED,FZ				1.80	1.80	3.60 LB
00-960-2303	SHRIMP,RAW,REG BD,FZ		19.00				19.00 LB
8915							
00-127-8835	BEETS,CND,WHOLE OR SLICES			0.80			0.80 CN
00-616-0194	CABBAGE,FRESH		6.00				6.00 LB
00-160-6156	CAULIFLOWER,FZ,2 TO 5 LB PG			10.00			10.00 LB
00-127-7983	EGGPLANT,FRESH		3.60				3.60 LB
00-191-3461	ONION RINGS,FZ,RAW,BD				1.75	1.75	3.50 LB
00-127-8021	PEAS,FZ,2 TO 5 LB PG			5.40			5.40 LB
00-139-7426	POTATOES,WH,DEHY,SLICES,5 LB BG		11.63				11.63 LB
00-616-0220	POTATOES,WH,FRESH,100 LB BG	28.00					28.00 LB
00-252-8245	POTATOES,WH,FRESH,BAKING			27.50			27.50 LB
00-080-5179	POTATOES,WH,FZ,FR-FR				24.50	24.50	49.00 LB
00-143-0931	SPINACH,CND,WH OR CUT LEAF		5.40				5.40 LB
00-935-6620	VEGETABLES,MIXED,FZ,2 TO 5 LB PG		9.00				9.00 LB

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

DAY- 22 MENU

BREAKFAST

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
-	60	ASST FRUIT	1 EA		0.144	0.086	80
-	20	ASST FRUIT JUICE	5 OZ		0.096	0.019	75
F4-1	10	HARD COOK EGGS	2 EA		0.112	0.011	130
F7	25	GRIDDLE FRIED EGGS	2 EA		0.115	0.029	170
F8-7	50	INDIVIDUAL OMELETS	1 EA		0.115	0.058	205
L2	50	BACON	2 SL	12.00	0.125	0.063	105
L30	25	CREAMED GROUND BEEF	2/3 CP	18.00	0.235	0.059	240
L89-3	25	BAKED SAUSAGE PATTIES	2 EA	18.75	0.161	0.040	210
Q46-2	100	HASH BROWN POTATOES	2/3 CP	18.00	0.067	0.067	200
E1-3	25	CEREAL,HOT (ROLLED OAT)	3/4 CP	6.00	0.041	0.010	80
-	5	CEREAL,BRAN FLAKES	1 BX		0.120	0.006	110
-	5	CEREAL,SHREDDED WHEAT	1 BX		0.120	0.006	110
-	15	CEREAL,RAISIN BRAN	1 BX		0.130	0.020	110
-	15	ASSORTED DRY CEREAL	1 BX		0.133	0.020	110
D1	25	BAKING POWDER BISCUITS	2 EA		0.045	0.011	303
D22	15	FRENCH TOAST	2 EA	12.00	0.147	0.022	346
D25-5	45	PANCAKES	2 EA	3.00	0.072	0.032	212
-	45	MAPLE SYRUP	1 TB		0.035	0.016	50
-	100	BREAD/BUTTER/COFFEE/MILK			0.247	0.247	315

DINNER

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P14	20	CREAM OF MUSHROOM SOUP	1 CP		0.185	0.037	170
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L35	30	MEAT LOAF	1 SL	30.00	0.374	0.112	466
L101	25	ITALIAN VEAL STEAKS	1 SL	35.00	0.715	0.179	534
L145	45	CHICKEN VEGA	2 PC	65.00	0.669	0.301	560
E8	50	RICE PILAF	3/4 CP	8.00	0.030	0.015	188
Q52	50	RISSOLE POTATOES	1 CP	35.00	0.210	0.105	170
O16	50	BROWN GRAVY	1/3 CP		0.033	0.017	75
Q29	35	SOUTHERN STYLE GREENS	1/2 CP	20.00	0.071	0.025	89
G-G	25	WAX BEANS	1/2 CP	16.00	0.038	0.010	65
Q27	50	CALICO CORN	1/2 CP	29.81	0.102	0.051	91
D1	60	BAKING POWDER BISCUITS	2 EA		0.045	0.027	303
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
I32	40	LEMON CHIFFON PIE	1/8 PIE		0.049	0.020	274
H12	30	CHOCOLATE DROP COOKIES	2 EA		0.128	0.038	250

LUNCH

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P17	20	SPANISH SOUP	1 CP		0.119	0.024	100
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L25	60	BAKED LASAGNA	1 PC	12.00	0.216	0.130	436
L81	20	ROAST PORK	2 SL	38.00	0.601	0.120	438
L142	20	HONEY GLAZED CORNISH HEN	1/2 EA	68.75	0.732	0.146	296
Q50-1	50	FRANCONIA POTATOES	1 CP	35.00	0.214	0.107	195
Q57	50	MASHED POTATOES	2/3 CP	1.00	0.029	0.015	145
Q17-1	30	GLAZED CARROTS	1/2 CP	20.00	0.034	0.010	92
Q31	20	OKRA AND TOMATO GUMBO	1/2 CP	10.00	0.103	0.021	69
G-G	50	BUTTERED PEAS & CARROTS	1/2 CP	18.00	0.165	0.083	135
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
I32	40	LEMON CHIFFON PIE	1/8 PIE		0.049	0.020	274
H12	30	CHOCOLATE DROP COOKIES	2 EA		0.128	0.038	250

FAST FOOD

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
N1	10	BLT SANDWICH	1 EA	12.00	0.324	0.032	306
N29	10	GRILLED HAMBURGERS	1 EA	18.75	0.459	0.046	590
N29-2	45	CHEESEBURGERS	1 EA	18.75	0.647	0.291	740
N45-2	15	CHICKEN FILLET/CHEESE	1 EA	18.75	0.588	0.088	780
N32	10	FISHWICH	1 EA	25.00	0.535	0.054	615
N30-1	5	CHILI DOGS	1 EA	10.00	0.337	0.017	688
N30-4	5	FRANKFURTERS	1 EA	10.00	0.201	0.010	618
Q45-1	70	FRENCH FRIED POTATOES	1 CP	35.00	0.115	0.081	410
Q35-1	5	ONION RINGS	1/2 CP	35.00	0.180	0.009	334
-	5	POTATO CHIPS	1 OZ		0.130	0.007	160
-	60	SALAD BAR			0.235	0.141	50
-	40	ASST FRUIT	1 EA		0.144	0.058	80
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	100
-	90	BREAD/BUTTER/COFFEE/MILK			0.247	0.222	315

COST ANALYSIS DAY- 22

BREAKFAST	$0.822
LUNCH	$1.175
DINNER	$1.398
FAST FOOD	$1.108
MENU COST	$3.288

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

RECAPITULATION OF DAILY MENU ISSUES

DAY- 22

NSN	NOMENCLATURE	BREAKFAST	LUNCH	DINNER	LUNCH FAST FOOD	DINNER FAST FOOD	TOTAL UI
8905							
00-403-9592	BACON,SLICED(BULK),FZ,CURED	6.00			1.20	1.20	8.40 LB
01-050-3190	BEEF PATTIE MIX(BULK),FZ	4.50	7.20	9.00			20.70 LB
01-050-3192	BEEF PATTIES,FZ,RD 20% SOY				10.31	10.31	20.63 LB
00-491-7208	CHICKEN,FZ,RTC,QUARTERED			29.25			29.25 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT				1.00	1.00	2.00 LB
00-080-5565	ITALIAN SAUSAGE,HOT,FZ,PORK		7.20				7.20 LB
00-926-6485	PORK SAUSAGE ROLL,RAW,FZ	4.69					4.69 LB
00-753-6568	PORK,LOIN,BNLS,SPECIAL ROAST		7.60				7.60 LB
00-080-6007	ROCK CORNISH HEN,FZ,RTC,WHOLE		13.75				13.75 LB
00-139-8481	VEAL STEAK,FLAKED,FORMED,BREAD			8.75			8.75 LB
8915							
00-616-4818	BEANS,WAX,CND,#10 CN			4.00			4.00 LB
00-127-8019	CARROTS,FRESH,TOPPED		6.00				6.00 LB
00-257-3947	CORN,CND,GOLDEN,WHOLE,KERNEL			14.91			14.91 LB
00-164-4162	GREENS,COLLARD,FZ,2 TO 5 LB PG			7.00			7.00 LB
00-252-3785	OKRA,FZ,CUT,2 TO 5 LB PG		2.00				2.00 LB
00-191-3461	ONION RINGS,FZ,RAW,BD				1.75	1.75	3.50 LB
00-127-8021	PEAS,FZ,2 TO 5 LB PG		9.00				9.00 LB
01-193-3060	POTATO PATTIES,WH,FZ	18.00					18.00 LB
00-133-5903	POTATOES,WH,INSTANT,#10 CN		0.50				0.50 CN
00-616-0220	POTATOES,WH,FRESH,100 LB BG		17.50	17.50			35.00 LB
00-080-5179	POTATOES,WH,FZ,FR-FR				24.50	24.50	49.00 LB

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

DAY- 23 MENU

BREAKFAST

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
-	60	ASST FRUIT	1 EA		0.144	0.086	80
-	20	ASST FRUIT JUICE	5 OZ		0.096	0.019	75
F4-1	10	HARD COOK EGGS	2 EA		0.112	0.011	130
F7	25	GRIDDLE FRIED EGGS	2 EA		0.115	0.029	170
F8-7	50	INDIVIDUAL OMELETS	1 EA		0.115	0.058	205
L2	50	BACON	2 SL	12.00	0.125	0.063	105
L30	25	CREAMED GROUND BEEF	2/3 CP	18.00	0.235	0.059	240
L89-2	25	GRILLED SAUSAGE PATTIES	2 EA	18.75	0.161	0.040	100
Q46-2	80	HASH BROWN POTATOES	2/3 CP	18.00	0.067	0.054	200
E2	25	BUTTERED HOMINY GRITS	2/3 CP	6.00	0.022	0.006	105
D21-2	40	ENGLISH MUFFINS	1 EA		0.054	0.022	252
-	5	CEREAL,BRAN FLAKES	1 BX		0.120	0.006	110
-	5	CEREAL,SHREDDED WHEAT	1 BX		0.120	0.006	110
-	15	CEREAL,RAISIN BRAN	1 BX		0.130	0.020	110
-	15	ASSORTED DRY CEREAL	1 BX		0.133	0.020	110
D1	25	BAKING POWDER BISCUITS	2 EA		0.045	0.011	303
D22	15	FRENCH TOAST	2 SL	12.00	0.147	0.022	346
D25-5	45	PANCAKES	2 EA	3.00	0.072	0.032	212
-	45	MAPLE SYRUP	1 TB		0.035	0.016	50
-	100	BREAD/BUTTER/COFFEE/MILK			0.247	0.247	315

DINNER

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P1-2	20	BEEF NOODLE SOUP	1 CP		0.026	0.005	76
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L40	20	STUFF GREEN PEPPERS	1/2 EA	24.00	0.392	0.078	372
L107	20	BRAISED LIVER AND ONIONS	1 SL	25.00	0.188	0.038	380
L147-6	60	CREAMED TURKEY	1 CP	45.00	0.700	0.420	447
E4-2	50	BOILED EGG NOODLES	1 CP	12.00	0.064	0.032	249
Q77	50	PARSLEY BUTTERED POTATO	3 PC	35.00	0.213	0.107	160
Q41-3	33	PEAS WITH ONIONS	1/2 CP	18.00	0.118	0.039	105
Q66	50	BAKED SWEET POTATOES	1/2 CP	40.00	0.116	0.058	167
D15	60	CORN BREAD	1-3" SQ		0.069	0.041	230
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
H17	30	HERMITS	2 EA		0.221	0.066	220
I29	40	CHOCOLATE CREAM PIE	1/6 PIE		0.080	0.032	339

LUNCH

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P16	20	CREAM OF POTATO SOUP	1 CP		0.076	0.015	170
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L18	25	BARBECUED BEEF CUBES	3/4 CP	30.00	0.492	0.123	440
L69	50	BAKED HAM	2 SL	25.00	0.455	0.228	473
L176-1	25	SOUTHERN FRIED CATFISH	7 OZ	60.00	1.232	0.308	192
E8	50	RICE PILAF	3/4 CP	8.00	0.030	0.015	188
Q57	50	MASHED POTATOES	2/3 CP	1.00	0.029	0.015	145
Q32	30	SOUTHERN FRIED OKRA	1/2 CP	15.00	0.121	0.036	155
Q-G	35	BUTTERED LIMA BEANS	1/2 CP	18.00	0.181	0.063	65
Q29	20	SOUTHERN STYLE GREENS	1/2 CP	20.00	0.071	0.014	89
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
H17	30	HERMITS	2 EA		0.221	0.066	220
I29	40	CHOCOLATE CREAM PIE	1/6 PIE		0.080	0.032	339

FAST FOOD

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
N4-2	10	ROAST TURKEY SANDWICH	1 EA	18.75	0.476	0.048	385
N29	10	GRILLED HAMBURGERS	1 EA	18.75	0.459	0.046	590
N29-2	45	CHEESEBURGERS	1 EA	18.75	0.647	0.291	740
N45-2	15	CHICKEN FILLET/CHEESE	1 EA	18.75	0.588	0.088	780
N32	10	FISHWICH	1 EA	25.00	0.535	0.054	615
N30-1	5	CHILI DOGS	1 EA	10.00	0.337	0.017	688
N30-4	5	FRANKFURTERS	1 EA	10.00	0.201	0.010	618
Q49-1	70	FRENCH FRIED POTATOES	1 EA	35.00	0.115	0.081	410
Q35-1	5	ONION RINGS	1/2 CP	35.00	0.180	0.009	334
-	5	POTATO CHIPS	1 OZ		0.130	0.007	160
-	60	SALAD BAR			0.235	0.141	50
-	40	ASST FRUIT	1 EA		0.144	0.058	80
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	100
-	90	BREAD/BUTTER/COFFEE/MILK			0.247	0.222	315

COST ANALYSIS DAY- 23

BREAKFAST	$0.825
LUNCH	$1.378
DINNER	$1.379
FAST FOOD	$1.123
MENU COST	$3.429

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu issues--Continued.

RECAPITULATION OF DAILY MENU ISSUES

DAY- 23

NSN	NOMENCLATURE	BREAKFAST	LUNCH	DINNER	LUNCH FAST FOOD	DINNER FAST FOOD	TOTAL UI
8905							38.63 LB
00-403-9592	BACON,SLICED(BULK),FZ,CURED	6.00					7.50 LB
00-177-5017	BEEF FOR STEWING,FZ,DICED		7.50				4.50 LB
01-050-3190	BEEF PATTIE MIX(BULK),FZ,20%SOY	4.50			10.31	10.31	20.63 LB
01-050-3192	BEEF PATTIES,FZ,RD,20% SOY			5.00			5.00 LB
00-655-8410	BEEF,LIVER PORTION CUT		15.00				15.00 LB
01-125-2288	CATFISH FILLETS,FZ,5 TO 12 OZ				1.00	1.00	2.00 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT		12.50				12.50 LB
01-039-8809	HAM,SECTIONED & FORMED,CND	4.69					4.69 LB
01-017-2786	PORK SAUSAGE,RAW,FZ,RD			27.00	1.88	1.88	30.75 LB
00-262-7274	TURKEY,BNLS,FZ,RAW ROLL						
8915							6.30 LB
00-577-4526	BEANS,LIMA,CND,#10CN		6.30				4.00 LB
00-926-5937	GREENS,TURNIP,FZ,2 TO 5 LB PG		4.00				4.50 LB
00-252-3785	OKRA,FZ,CUT,2 TO 5 LB PG		4.50		1.75	1.75	3.50 LB
00-191-3461	ONION RINGS,FZ,RAW			5.94			5.94 LB
00-127-8021	PEAS,FZ,2 TO 5 LB PG			4.80			4.80 LB
00-127-8006	PEPPERS,SWEET,FRESH,GREEN	14.40					14.40 LB
01-193-3060	POTATO PATTIES,WH,FZ			17.50			17.50 LB
00-252-5954	POTATOES,SWEET,FRESH		0.50				0.50 CN
00-133-5903	POTATOES,WH,INSTANT,#10 CN			20.00			20.00 LB
00-616-0220	POTATOES,WH,FRESH,100 LB BG				24.50	24.50	49.00 LB
00-080-5179	POTATOES,WH,FZ,FR-FR						

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

DAY- 24 MENU

BREAKFAST

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
-	60	ASST FRUIT	1 EA		0.144	0.086	80
-	20	ASST FRUIT JUICE	5 OZ		0.096	0.019	75
F4-1	10	HARD COOK EGGS	2 EA		0.112	0.011	130
F7	25	GRIDDLE FRIED EGGS	2 EA		0.115	0.029	170
FB-7	50	INDIVIDUAL OMELETS	1 EA		0.115	0.058	205
L2	50	BACON	2 SL	12.00	0.125	0.063	105
L30	25	CREAMED GROUND BEEF	2/3 CP	18.00	0.235	0.059	240
L71-3	25	GRILLED HAM SLICES	3 OZ	20.00	0.344	0.086	108
Q46-2	80	HASH BROWN POTATOES	2/3 CP	18.00	0.067	0.054	200
E1-1	25	FARINA	3/4 CP	6.00	0.021	0.005	84
D21-2	40	ENGLISH MUFFINS	1 EA		0.054	0.022	252
-	5	CEREAL,BRAN FLAKES	1 BX		0.120	0.006	110
-	5	CEREAL,SHREDDED WHEAT	1 BX		0.120	0.006	110
-	15	CEREAL,RAISIN BRAN	1 BX		0.130	0.020	110
-	15	ASSORTED DRY CEREAL	1 BX		0.133	0.020	110
D1	25	BAKING POWDER BISCUITS	2 EA		0.045	0.011	303
D22	15	FRENCH TOAST	2 SL	12.00	0.147	0.022	346
D25-5	45	PANCAKES	2 EA	3.00	0.072	0.032	212
-	45	MAPLE SYRUP	1 TB		0.035	0.016	50
-	100	BREAD/BUTTER/COFFEE/MILK			0.247	0.247	315

DINNER

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P2-2	20	CHICKEN/RICE SOUP	1 CP		0.021	0.004	86
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L22	50	BEEF STEW	1 1/4CP	30.00	0.619	0.310	415
L123	30	OVEN FRIED FISH	4 1/2OZ	30.00	0.989	0.297	247
L112	20	SIMMERED CORNED BEEF	3 SL	43.50	0.544	0.109	498
Q44	50	BAKED POTATOES	1 EA	55.00	0.126	0.063	155
E4-2	50	BOILED EGG NOODLES	1 CP	12.00	0.064	0.032	249
Q12	30	FRIED CABBAGE	1/2 CP	20.00	0.031	0.009	53
Q-G	50	CORN ON THE COB	1 EA	37.00	0.525	0.263	65
Q8-1	25	BEETS IN ORAN./LEMON SAU	1/2 CP	4.00	0.125	0.031	72
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
N9-4	50	OATMEAL RAISIN COOKIES	2 EA		0.082	0.041	265
I40	20	PECAN PIE	1/6 PIE		0.375	0.075	340

LUNCH

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P18	20	TOMATO-VEGETABLE DEHY.	1 CP		0.054	0.011	65
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L13	35	PEPPER STEAK	5 OZ	30.00	0.735	0.257	422
L103-1	35	VEAL PARMESAN	1 SL	35.00	0.786	0.275	594
L124	30	BAKED FISH PORTIONS	4 OZ	25.00	0.387	0.116	127
E5	50	STEAMED RICE	3/4 CP	9.00	0.020	0.010	162
Q51	50	POTATOES AU GRATIN	2/3 CP	23.25	0.221	0.111	250
Q-G	30	SIMMERED CAULIFLOWER	1/2 CP	20.00	0.175	0.053	60
Q-G	20	BUTTERED SPINACH	1/2 CP	18.00	0.022	0.004	60
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
N9-4	50	OATMEAL RAISIN COOKIES	2 EA		0.082	0.041	265
I40	20	PECAN PIE	1/6 PIE		0.375	0.075	340

FAST FOOD

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
N6-3	10	GRILLED HAM & CHEESE	1 EA	4.00	0.223	0.022	370
N29	10	GRILLED HAMBURGERS	1 EA	18.75	0.459	0.046	590
N29-2	45	CHEESEBURGERS	1 EA	18.75	0.647	0.291	740
N45-2	15	CHICKEN FILLET/CHEESE	1 EA	18.75	0.588	0.088	780
N32	10	FISHWICH	1 EA	25.00	0.535	0.054	615
N30-1	5	CHILI DOGS	1 EA	10.00	0.337	0.017	688
N30-4	5	FRANKFURTERS	1 EA	10.00	0.201	0.010	618
Q45-1	70	FRENCH FRIED POTATOES	1 CP	35.00	0.115	0.081	410
Q35-1	5	ONION RINGS	1/2 CP	35.00	0.180	0.009	334
-	5	POTATO CHIPS	1 OZ		0.130	0.007	160
-	60	SALAD BAR			0.235	0.141	50
-	40	ASST FRUIT	1 EA		0.144	0.058	80
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	100
-	90	BREAD/BUTTER/COFFEE/MILK			0.247	0.222	315

COST ANALYSIS DAY- 24

BREAKFAST	$0.871
LUNCH	$1.415
DINNER	$1.696
FAST FOOD	$1.098
MENU COST	$3.707

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

RECAPITULATION OF DAILY MENU ISSUES

DAY- 24

NSN	NOMENCLATURE	BREAKFAST	LUNCH	DINNER	LUNCH FAST FOOD	DINNER FAST FOOD	TOTAL UI
8905							6.00 LB
00-403-9592	BACON,SLICED(BULK),FZ,CURED	6.00					15.00 LB
00-177-5017	BEEF FOR STEWING,FZ,DICED			15.00			10.50 LB
00-133-5889	BEEF FOR SWISSING,BRAISING,STK		10.50				4.50 LB
01-050-3190	BEEF PATTIE MIX(BULK),FZ,20%SOY	4.50			10.31	10.31	20.63 LB
01-050-3192	BEEF PATTIES,FZ,RD,20% SOY			8.70			8.70 LB
00299-1316	CORNED BEEF,FZ		7.50				7.50 LB
00-935-4765	FISH,PRTN,RAW,BRD,FZ,PER/POLL			9.00			9.00 LB
00-164-0490	FLOUNDER FILLET,FZ,SKLS				1.00	1.00	2.00 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT				0.40	0.40	0.80 LB
00-682-6643	HAM,SEC & FM,SMOKED,FZ,CKD,BNL						5.00 LB
01-039-8809	HAM,SEC & FM,CND	5.00					12.25 LB
00-139-8481	VEAL STEAK,FLAKED,FORMED,BREAD		12.25				
8915							1.00 CN
00-127-8835	BEETS,CND,WHOLE OR SLICES			1.00			6.00 LB
00-616-0194	CABBAGE,FRESH			6.00			6.00 LB
00-160-6156	CAULIFLOWER,FZ,2 TO 5 LB PG		6.00				18.50 LB
01-135-5787	CORN,FZ,GOLDEN OR WHITE,COB			18.50			3.50 LB
00-191-3461	ONION RINGS,FZ,RAW				1.75	1.75	14.40 LB
01-193-3060	POTATO PATTIES.WH FZ	14.40					11.63 LB
00-139-7426	POTATOES,WH,DEHY,SLICES,5 LB BG		11.63				27.50 LB
00-252-8245	POTATOES,WH,FRESH,BAKING			27.50			49.00 LB
00-080-5179	POTATOES,WH,FZ,FR-FR				24.50	24.50	3.60 LB
01-010-3224	SPINACH,FZ,CHOPPED,2 TO 5 LB PG		3.60				

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

DAY- 25 MENU

BREAKFAST

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
-	60	ASST FRUIT	1 EA		0.144	0.086	80
-	20	ASST FRUIT JUICE	5 OZ		0.096	0.019	75
F4-1	10	HARD COOK EGGS	2 EA		0.112	0.011	130
F7	25	GRIDDLE FRIED EGGS	2 EA		0.115	0.029	170
F8-7	50	INDIVIDUAL OMELETS	1 EA		0.115	0.058	205
L2	50	BACON	2 SL	12.00	0.125	0.063	105
L30	25	CREAMED GROUND BEEF	2/3 CP	18.00	0.235	0.059	240
L89-3	25	BAKED SAUSAGE PATTIES	2 EA	18.75	0.161	0.040	210
Q46-1	80	COTTAGE FRIED POTATOES	2/3 CP	31.00	0.194	0.155	188
E1-3	25	CEREAL,HOT (ROLLED OAT)	3/4 CP	6.00	0.041	0.010	80
-	5	CEREAL,BRAN FLAKES	1 BX		0.120	0.006	110
-	5	CEREAL,SHREDDED WHEAT	1 BX		0.120	0.006	110
-	15	CEREAL,RAISIN BRAN	1 BX		0.130	0.020	110
-	15	ASSORTED DRY CEREAL	1 BX		0.133	0.020	110
D1	25	BAKING POWDER BISCUITS	2 EA		0.045	0.011	303
D22	15	FRENCH TOAST	2 SL	12.00	0.147	0.022	346
D25-5	45	PANCAKES	2 EA	3.00	0.072	0.032	212
-	45	MAPLE SYRUP	1 TB		0.035	0.016	50
-	100	BREAD/BUTTER/COFFEE/MILK			0.247	0.247	315

LUNCH

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P6	20	TOMATO SOUP	1 CP		0.120	0.024	65
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L41	45	SWEDISH MEATBALLS	3 EA	30.00	0.669	0.301	385
L103	30	VEAL STEAKS	1 SL	35.00	0.651	0.195	494
L147	25	CHICKEN A LA KING	1 CP	50.00	0.509	0.127	447
E5	50	STEAMED RICE	3/4 CP	9.00	0.020	0.010	162
Q46-1	50	COTTAGE FRIED POTATOES	2/3 CP	31.00	0.194	0.097	188
Q73	25	STEWED TOMATOES	1/2 CP	25.50	0.101	0.025	25
Q-G	40	BUTTERED GREEN BEANS	1/2 CP	16.00	0.170	0.068	110
Q-G	20	BUTTERED BLACK EYE PEAS	1/2 CP	4.00	0.073	0.015	125
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
G18-1	30	JELLY ROLL	1 SL		0.073	0.022	266
H3	40	BUTTERSCOTCH BROWNIES	1 EA		0.175	0.070	285
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315

DINNER

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P8	20	BEAN SOUP	1 CP		0.059	0.012	125
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L5	50	ROAST BEEF	2 SL	40.00	0.853	0.427	325
L82	25	SWEET AND SOUR PORK	1 CP	32.00	0.579	0.145	545
L155	25	FRIED CHICKEN	2 PC	65.00	0.705	0.176	334
E5	35	STEAMED RICE	3/4 CP	9.00	0.020	0.007	162
Q2	30	BAKED BEANS	1/2 CP	4.00	0.105	0.032	164
Q57	35	MASHED POTATOES	2/3 CP	1.00	0.029	0.010	145
Q16	50	BROWN GRAVY	1/3 CP		0.033	0.017	75
Q9	20	HOT SPICED BEETS	1/2 CP	4.00	0.100	0.020	94
Q-G	50	BUTTERED BROCCOLI	1/2 CP	20.00	0.123	0.062	85
D15	40	CORN BREAD	1-3" SQ		0.069	0.028	230
-	70	DINNER ROLLS	2 EA		0.029	0.020	170
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
G18-1	30	JELLY ROLL	1 SL		0.073	0.022	266
H3	40	BUTTERSCOTCH BROWNIES	1 EA		0.175	0.070	285

FAST FOOD

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
N27-1	10	BARBECUED PORK SANDWICH	1 EA	18.00	0.438	0.044	592
N29	10	GRILLED HAMBURGERS	1 EA	18.75	0.459	0.046	590
N29-2	45	CHEESEBURGERS	1 EA	18.75	0.647	0.291	740
N45-2	15	CHICKEN FILLET/CHEESE	1 EA	18.75	0.588	0.088	780
N32	10	FISHWICH	1 EA	25.00	0.535	0.054	615
N30-1	5	CHILI DOGS	1 EA	10.00	0.337	0.017	688
N30-4	5	FRANKFURTERS	1 EA	10.00	0.201	0.010	618
Q45-1	70	FRENCH FRIED POTATOES	1 CP	35.00	0.115	0.081	410
Q35-1	5	ONION RINGS	1/2 CP	35.00	0.180	0.009	334
-	5	POTATO CHIPS	1 OZ		0.130	0.007	160
-	60	SALAD BAR			0.235	0.141	50
-	40	ASST FRUIT	1 EA		0.144	0.058	80
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	100
-	90	BREAD/BUTTER/COFFEE/MILK			0.247	0.222	315

COST ANALYSIS DAY- 25

BREAKFAST	$0.910
LUNCH	$1.417
DINNER	$1.508
FAST FOOD	$1.120
MENU COST	$3.629

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu issues--Continued.

RECAPITULATION OF DAILY MENU ISSUES

DAY- 25

NSN	NOMENCLATURE	BREAKFAST	LUNCH	DINNER	LUNCH FAST FOOD	DINNER FAST FOOD	TOTAL UI
8905							
00-403-9592	BACON SLICED(BULK),FZ,CURED	6.00					6.00 LB
01-050-3190	BEEF PATTIE MIX(BULK),FZ	4.50	13.50				18.00 LB
01-050-3192	BEEF PATTIES,FZ,RD,20% SOY				10.31	10.31	20.63 LB
00-133-5886	BEEF,KNUCKLE,SPECIAL(ROAST)			20.00			20.00 LB
00-965-2128	CHICKEN,FZ,RTC,CUT-UP,9 PC CUT			16.25			16.25 LB
00-126-3416	CHICKEN,FZ,RTC,WHOLE		12.50				12.50 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT				1.00	1.00	2.00 LB
01-017-2786	PORK SAUSAGE,PATT,RAW,FZ	4.69					4.69 LB
00-126-4062	PORK,BOS SHOULDER BUTT,FZ				1.80	1.80	3.60 LB
00-753-6503	PORK,DICED,FZ			8.00			8.00 LB
00-139-8481	VEAL STEAK,FLAKED,FORMED,BREAD		10.50				10.50 LB
8915							
00-616-4820	BEANS,GREEN,CND,#10 CN		6.40				6.40 LB
00-184-5601	BEANS,WH,CND,TOM SCE W/PORK			1.20			1.20 CN
00-127-8835	BEETS,CND,WHOLE OR SLICES			0.80			0.80 CN
00-129-0825	BROCCOLI,FZ,SPEARS			10.00			10.00 LB
00-191-3461	ONION RINGS,FZ,RAW,BD,2,TO 5 LB				1.75	1.75	3.50 LB
00-007-5309	PEAS,BLACKEYE,CND		0.80				0.80 CN
00-133-5903	POTATOES,WH,INSTANT,#10 CN			0.35			0.35 CN
00-616-0220	POTATOES,WH,FRESH,100LB BG	24.80	15.50				40.30 LB
00-080-5179	POTATOES,WH,FZ,FR-FR				24.50	24.50	49.00 LB
00-582-4060	TOMATOES,CND,WHOLE,#10 CN		6.38				6.38 LB

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

DAY- 26 MENU

BREAKFAST

RECIPE	%	PRODUCT	P_SIZE	AMT/ND	COST	EXTND	CAL
-	60	ASST FRUIT	1 EA		0.144	0.086	80
-	20	ASST FRUIT JUICE	5 OZ		0.096	0.019	75
F4-1	10	HARD COOK EGGS	2 EA		0.112	0.011	130
F7	25	GRIDDLE FRIED EGGS	2 EA		0.115	0.029	170
F8-7	50	INDIVIDUAL OMELETS	1 EA		0.115	0.058	205
L2	50	BACON	2 SL	12.00	0.125	0.063	105
L30	25	CREAMED GROUND BEEF	2/3 CP	18.00	0.235	0.059	240
L89-3	25	BAKED SAUSAGE PATTIES	2 EA	18.75	0.161	0.040	210
Q46-2	80	HASH BROWN POTATOES	2/3 CP	18.00	0.067	0.054	200
E2	25	BUTTERED HOMINY GRITS	2/3 CP	6.00	0.022	0.006	105
D21-2	40	ENGLISH MUFFINS	1 EA	6.00	0.054	0.022	252
-	5	CEREAL,BRAN FLAKES	1 BX		0.120	0.006	110
-	5	CEREAL,SHREDDED WHEAT	1 BX		0.120	0.006	110
-	15	CEREAL,RAISIN BRAN	1 BX		0.130	0.020	110
-	15	ASSORTED DRY CEREAL	1 BX		0.133	0.020	110
D1	25	BAKING POWDER BISCUITS	2 EA		0.045	0.011	303
D22	15	FRENCH TOAST	2 SL	12.00	0.147	0.022	346
D25-5	45	PANCAKES	2 EA	3.00	0.072	0.032	212
-	45	MAPLE SYRUP	1 TB		0.035	0.016	50
-	100	BREAD/BUTTER/COFFEE/MILK			0.247	0.247	315

DINNER

RECIPE	%	PRODUCT	P_SIZE	AMT/ND	COST	EXTND	CAL
P16	20	CREAM OF POTATO SOUP	1 CP		0.076	0.015	170
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L21	50	BEEF POT PIE	1 CP	30.00	0.744	0.372	584
L101	20	ITALIAN VEAL STEAKS	1 SL	35.00	0.715	0.143	534
L119	30	BAKED FISH	4 1/2OZ	30.00	1.802	0.541	160
E4-2	50	BOILED EGG NOODLES	1 CP	12.00	0.064	0.032	249
Q77	50	PARSLEY BUTTERED POTATO	3 PC	35.00	0.213	0.107	160
Q29	30	SOUTHERN STYLE GREENS	1/2 CP	20.00	0.071	0.021	89
Q35-1	20	ONION RINGS	1/2 CP	25.00	0.180	0.036	334
Q-G	60	CORN ON THE COB	1 EA	37.00	0.525	0.315	65
D1	50	BAKING POWDER BISCUITS	2 EA		0.045	0.023	303
G30	30	WHITE CAKE	1 PC		0.265	0.080	197
G39-4	30	LEMON CREAM FROSTING	1 1/2TB		0.027	0.008	125
I10	40	APPLE COBBLER	1 SQ		0.249	0.100	430
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315

LUNCH

RECIPE	%	PRODUCT	P_SIZE	AMT/ND	COST	EXTND	CAL
P12-1	20	MANHATTAN CLAM CHOWDER	1 CP		0.296	0.059	85
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L35	30	MEAT LOAF	1 SL	30.00	0.374	0.112	466
L69	50	BAKED HAM	2 SL	25.00	0.455	0.228	473
L118	20	FRIED RABBIT	2 PC	50.00	1.232	0.246	478
E8	50	RICE PILAF	3/4 CP	8.00	0.030	0.015	188
Q52	50	RISSOLE POTATOES	1 CP	35.00	0.210	0.105	170
D16	40	BROWN GRAVY	1/3 CP		0.033	0.013	75
Q22	20	CORN PUDDING	1/2 CP	3.19	0.211	0.042	100
Q-G	30	BUTTERED BRUSSELS SPROUT	1/2 CUP	20.00	0.126	0.038	75
Q-G	50	BUTTERED SUCCOTASH	1/2 cup	18.00	0.186	0.093	90
-	60	SALAD BAR	-		0.235	0.141	50
-	39	ASST FRUIT	1 each		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 oz		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK-			0.247	0.198	315
G30	30	WHITE CAKE	1 piece		0.265	0.080	197
G39-4	30	LEMON CREAM FROSTING	1 1/2 tbs		0.027	0.008	125
I10	40	APPLE COBBLER	1 SQ		0.249	0.100	430

FAST FOOD

RECIPE	%	PRODUCT	P_SIZE	AMT/ND	COST	EXTND	CAL
N19	10	SUBMARINE SANDWICH	1 EA	18.00	0.510	0.051	823
N29	10	GRILLED HAMBURGERS	1 EA	18.75	0.459	0.046	590
N29-2	45	CHEESEBURGERS	1 EA	18.75	0.647	0.291	740
N45-2	15	CHICKEN FILLET/CHEESE	1 EA	18.75	0.588	0.088	780
N32	10	FISHWICH	1 EA	25.00	0.535	0.054	615
N30-1	5	CHILI DOGS	1 EA	10.00	0.337	0.017	688
N30-4	5	FRANKFURTERS	1 EA	10.00	0.201	0.010	618
Q45-1	70	FRENCH FRIED POTATOES	1 CP	35.00	0.115	0.081	410
Q35-1	5	ONION RINGS	1/2 CP	35.00	0.180	0.009	334
-	5	POTATO CHIPS	1 OZ		0.130	0.007	160
-	60	SALAD BAR			0.235	0.141	50
-	40	ASST FRUIT	1 EA		0.144	0.058	80
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	100
-	90	BREAD/BUTTER/COFFEE/MILK			0.247	0.222	315

COST ANALYSIS DAY- 26

BREAKFAST	$0.825
LUNCH	$1.601
DINNER	$2.254
FAST FOOD	$1.127
MENU COST	$4.200

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

RECAPITULATION OF DAILY MENU ISSUES

DAY- 26

NSN	NOMENCLATURE	BREAKFAST	LUNCH	DINNER	LUNCH FAST FOOD	DINNER FAST FOOD	TOTAL UI
8905							6.00 LB
00-403-9592	BACON,SLICED(BULK),FZ,CURED	6.00					15.00 LB
00-177-5017	BEEF FOR STEWING,FZ,DICED			15.00			13.50 LB
01-050-3190	BEEF PATTIE MIX(BULK),FZ,20%SOY	4.50	9.00				20.63 LB
01-050-3192	BEEF PATTIES,FZ,RD,20% SOY				10.31	10.31	3.60 LB
00-133-5887	BEEF,SH CLOD/CHUCK(POT ROAST)				1.80	1.80	9.00 LB
00-082-5733	FISH PRTN,RAW,BRD,FZ,COD/HADD			9.00			2.00 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT				1.00	1.00	16.10 LB
01-039-8809	HAM,SEC & FORM,CND		12.50		1.80	1.80	4.69 LB
01-017-2786	PORK SAUSAGE,PATT,RAW,FZ,RD	4.69					10.00 LB
00-273-3622	RABBIT,FZ,RTC,CUTUP		10.00				3.60 LB
00-299-1330	SALAMI,COOKED,FZ				1.80	1.80	7.00 LB
00-139-8481	VEAL STEAK,FLAKED,FORMED,BREAD			7.00			
8915							6.00 LB
00-127-7991	BRUSSELS SPROUTS,FZ,2 TO 5 LB PG		6.00				0.64 LB
00-465-1897	CORN,CND,GOLDEN,CREAM STYLE		0.64				22.20 LB
01-135-5787	CORN,FZ,GOLDEN OR WHITE,COB			22.20			6.00 LB
00-164-4162	GREENS,COLLARD,FZ,2 TO 5 LB PG			6.00			8.50 LB
00-191-3461	ONION RINGS,FZ,RAW,BD			5.00	1.75	1.75	14.40 LB
01-195-3060	POTATO PATTIES,WH,FZ	14.40					35.00 LB
00-616-0220	POTATOES,WH,FRESH,100 LB BG		17.50	17.50			49.00 LB
00-080-5179	POTATOES,WH,FZ,FR-FR				24.50	24.50	9.00 LB
00-143-0983	SUCCOTASH,FZ,2 TO 5 LB PG		9.00				

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

DAY- 27 MENU

BREAKFAST

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
-	60	ASST FRUIT	1 EA		0.144	0.086	80
-	20	ASST FRUIT JUICE	5 OZ		0.096	0.019	75
F4-1	10	HARD COOK EGGS	2 EA		0.112	0.011	130
F7	25	GRIDDLE FRIED EGGS	2 EA		0.115	0.029	170
F8-7	50	INDIVIDUAL OMELETS	1 EA		0.115	0.058	205
L2	50	BACON	2 SL	12.00	0.125	0.063	105
L30	25	CREAMED GROUND BEEF	2/3 CP	18.00	0.235	0.059	240
L91	25	GRILLED SAUSAGE LINKS	2 EA	18.75	0.103	0.026	180
Q47	80	HOME FRIED POTATOES	2/3 CP	35.00	0.218	0.174	200
E1-1	25	FARINA	3/4 CP	6.00	0.021	0.005	84
D21-2	40	ENGLISH MUFFINS	1 EA		0.054	0.022	252
-	5	CEREAL,BRAN FLAKES	1 BX		0.120	0.006	110
-	5	CEREAL,SHREDDED WHEAT	1 BX		0.120	0.006	110
-	15	CEREAL,RAISIN BRAN	1 BX		0.130	0.020	110
-	15	ASSORTED DRY CEREAL	1 BX		0.133	0.020	110
D1	25	BAKING POWDER BISCUITS	2 EA		0.045	0.011	303
D22	15	FRENCH TOAST	2 SL	12.00	0.147	0.022	346
D25-5	45	PANCAKES	2 EA	3.00	0.072	0.032	212
-	45	MAPLE SYRUP	1 TB		0.035	0.016	50
-	100	BREAD/BUTTER/COFFEE/MILK			0.247	0.247	315

DINNER

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P18	20	TOMATO-VEGETABLE DEHY.	1 CP		0.054	0.011	65
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L13	25	PEPPER STEAK	5 OZ	30.00	0.735	0.184	422
L39	30	SPAGHETTI AND MEATBALLS	1 CP	30.00	0.562	0.169	628
L85	45	BRAISED PORK CHOPS	1 EA	35.00	0.935	0.421	415
E5	50	STEAMED RICE	3/4 CP	9.00	0.020	0.010	162
Q46-1	50	COTTAGE FRIED POTATOES	2/3 CP	31.00	0.194	0.097	188
Q7-2	33	GREEN BEANS W/MUSHROOMS	1/2 CP	16.00	0.188	0.062	67
Q32	25	SOUTHERN FRIED OKRA	1/2 CP	15.00	0.121	0.030	155
Q67	30	CANDIED SWEET POTATOES	1/2 CP	23.31	0.172	0.052	245
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
G21-2	30	POUND CAKE	1 SL		0.058	0.017	99
H17	40	HERMITS	2 EA		0.221	0.088	220

LUNCH

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P14	20	CREAM OF MUSHROOM SOUP	1 CP		0.185	0.037	170
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L71-2	25	GRILLED HAM STEAKS	4 OZ	25.00	0.344	0.086	108
L121	25	FRIED FISH	4 1/2OZ	30.00	0.492	0.123	260
L162	50	ROAST TURKEY	4 OZ	35.00	0.517	0.259	386
Q57	50	MASHED POTATOES	2/3 CP	1.00	0.029	0.015	145
Q51	50	POTATOES AU GRATIN	2/3 CP	23.25	0.221	0.111	250
Q20	20	FRENCH FRIED CAULIFLOWER	1/2 CP	20.00	0.170	0.034	183
O16-8	50	TURKEY GRAVY	1/3 CP		0.097	0.049	65
Q-G	50	BUTTERED PEAS & CARROTS	1/2 CP	18.00	0.165	0.083	135
D15-2	25	HUSH PUPPIES	3 EA		0.340	0.085	234
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
G21-2	30	POUND CAKE	1 SL		0.058	0.017	99
H17	40	HERMITS	2 EA		0.221	0.088	220

FAST FOOD

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
H1	10	BLT SANDWICH	1 EA	12.00	0.324	0.032	306
H29	10	GRILLED HAMBURGERS	1 EA	18.75	0.459	0.046	590
H29-2	45	CHEESEBURGERS	1 EA	18.75	0.647	0.291	740
H45-2	15	CHICKEN FILLET/CHEESE	1 EA	18.75	0.588	0.088	780
H32	10	FISHWICH	1 EA	25.00	0.535	0.054	615
H30-1	5	CHILI DOGS	1 EA	10.00	0.337	0.017	688
H30-4	5	FRANKFURTERS	1 EA	10.00	0.201	0.010	618
Q45-1	70	FRENCH FRIED POTATOES	1 CP	35.00	0.115	0.081	410
Q35-1	5	ONION RINGS	1/2 CP	35.00	0.180	0.009	334
-	5	POTATO CHIPS	1 OZ		0.130	0.007	160
-	60	SALAD BAR			0.235	0.141	50
-	40	ASST FRUIT	1 EA		0.144	0.058	80
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	100
-	90	BREAD/BUTTER/COFFEE/MILK			0.247	0.222	315

COST ANALYSIS DAY- 27

BREAKFAST	$0.931
LUNCH	$1.448
DINNER	$1.603
FAST FOOD	$1.108
MENU COST	$3.732

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

RECAPITULATION OF DAILY MENU ISSUES

DAY- 27

NSN	NOMENCLATURE	BREAKFAST	LUNCH	DINNER	LUNCH FAST FOOD	DINNER FAST FOOD	TOTAL UI
8905							
00-403-9592	BACON,SLICED(BULK),FZ,CURED	6.00			1.20	1.20	8.40 LB
00-133-5889	BEEF FOR SWISSING,BRAISING STK			7.50			7.50 LB
01-050-3190	BEEF PATTIE MIX(BULK),FZ,20%SOY	4.50		9.00			13.50 LB
01-050-3192	BEEF PATTIES,FZ,RD,20% SOY				10.31	10.31	20.63 LB
00-577-5993	BKFST SAUSAGE,CK,FZ,BEEF & PORK	4.69					4.69 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT				1.00	1.00	2.00 LB
00-682-6643	HAM,SEC & FM,SMOKED,FZ,CKD,BNL		6.25				6.25 LB
00-164-0485	PERCH FILLETS,OCEAN,FZ		7.50				7.50 LB
00-753-6569	PORK CHOPS,BNLS,FZ,5 OZ			15.75			15.75 LB
00-262-7274	TURKEY,BNLS,FZ,RAW ROLL		17.50				17.50 LB
8915							
00-128-1176	BEANS,GREEN,FZ,ROUND,CUT			5.28			5.28 LB
00-160-6156	CAULIFLOWER,FZ,2 TO 5 LB PG		4.00				4.00 LB
00-252-3785	OKRA,FZ,CUT,2 TO 5 LB PG			3.75			3.75 LB
00-191-3461	ONION RINGS,FZ,RAW,BD				1.75	1.75	3.50 LB
00-127-8021	PEAS,FZ,2 TO 5 LB PG		9.00				9.00 LB
00-634-2441	POTATOES,SWEET,CN,VACUUM PK			6.99			6.99 LB
00-139-7426	POTATOES,WH,DEHY,SLICES,5 LB BG		11.63				11.63 LB
00-133-5903	POTATOES,WH,INSTANT,#10 CN		0.50				0.50 CN
00-616-0220	POTATOES WH,FRESH,100 LB BG	28.00		15.50			43.50 LB
00-080-5179	POTATOES,WH,FZ,FR-FR				24.50	24.50	49.00 LB

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

DAY- 28 MENU

BREAKFAST

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
-	60	ASST FRUIT	1 EA		0.144	0.086	80
-	20	ASST FRUIT JUICE	5 OZ		0.096	0.019	75
F4-1	10	HARD COOK EGGS	2 EA		0.112	0.011	130
F7	25	GRIDDLE FRIED EGGS	2 EA		0.115	0.029	170
F8-7	50	INDIVIDUAL OMELETS	1 EA		0.115	0.058	205
L2	50	BACON	2 SL	12.00	0.125	0.063	105
L30	25	CREAMED GROUND BEEF	2/3 CP	18.00	0.235	0.059	240
L89-2	25	GRILLED SAUSAGE PATTIES	2 EA	18.75	0.161	0.040	100
Q47	80	HOME FRIED POTATOES	2/3 CP	35.00	0.218	0.174	200
E1-3	25	CEREAL,HOT (ROLLED OAT)	3/4 CP	6.00	0.041	0.010	80
-	5	CEREAL,BRAN FLAKES	1 BX		0.120	0.006	110
-	5	CEREAL,SHREDDED WHEAT	1 BX		0.120	0.006	110
-	15	CEREAL,RAISIN BRAN	1 BX		0.130	0.020	110
-	15	ASSORTED DRY CEREAL	1 BX		0.133	0.020	110
D1	25	BAKING POWDER BISCUITS	2 EA		0.045	0.011	303
D22	15	FRENCH TOAST	2 SL	12.00	0.147	0.022	346
D25-5	45	PANCAKES	2 EA	3.00	0.072	0.032	212
-	45	MAPLE SYRUP	1 TB		0.035	0.016	50
-	100	BREAD/BUTTER/COFFEE/MILK			0.247	0.247	315

DINNER

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P14	20	CREAM OF MUSHROOM SOUP	1 CP		0.185	0.037	170
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L81	25	ROAST PORK	2 SL	38.00	0.601	0.150	438
L124	25	BAKED FISH PORTIONS	4 OZ	25.00	0.387	0.097	127
L160-4	50	TURKEY CHOW MEIN	1 CP	26.00	0.767	0.384	340
F1	50	MACARONI AND CHEESE	1 CP	8.00	0.189	0.095	320
Q51	50	POTATOES AU GRATIN	2/3 CP	23.25	0.221	0.111	250
Q-G	60	BUTTERED CORN	1/2 CP	18.00	0.067	0.040	110
Q29	30	SOUTHERN STYLE GREENS	1/2 CP	20.00	0.071	0.021	89
Q-G	20	BUTTERED LIMA BEANS	1/2 CP	18.00	0.181	0.036	65
D15	25	CORN BREAD	1-3" SQ		0.069	0.017	230
-	70	DINNER ROLLS	2 EA		0.029	0.020	170
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
H7	30	FRUIT BAR	1 EA		0.192	0.058	224
I33	40	LEMON MERINGUE PIE	1/6 PIE		0.367	0.147	459

LUNCH

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P1-2	20	BEEF NOODLE SOUP	1 CP		0.026	0.005	76
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L12	50	CHICKEN FRIED STEAK	1 EA	37.50	0.877	0.439	462
L106	25	ROAST VEAL	4 OZ	38.00	0.852	0.213	282
L146	25	BARBECUED CHICKEN	2 PC	65.00	0.712	0.178	448
E4-2	50	BOILED EGG NOODLES	1 CP	12.00	0.064	0.032	249
Q57	50	MASHED POTATOES	2/3 CP	1.00	0.029	0.015	145
Q-G	30	BUTTERED BROCCOLI	1/2 CP	20.00	0.123	0.037	85
Q-G	20	BUTTERED SPINACH	1/2 CP	18.00	0.096	0.019	105
Q-G	50	BUTTERED SUCCOTASH	1/2 CP	18.00	0.186	0.093	90
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
H7	30	FRUIT BAR	1 EA		0.192	0.058	224
I33	40	LEMON MERINGUE PIE	1/6 PIE		0.367	0.147	459

FAST FOOD

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
N4-2	10	ROAST TURKEY SANDWICH	1 EA	18.75	0.476	0.048	385
N29	10	GRILLED HAMBURGERS	1 EA	18.75	0.459	0.046	590
N29-2	45	CHEESEBURGERS	1 EA	18.75	0.647	0.291	740
N45-2	15	CHICKEN FILLET/CHEESE	1 EA	18.75	0.588	0.088	780
N32	10	FISHWICH	1 EA	25.00	0.535	0.054	615
N30-1	5	CHILI DOGS	1 EA	10.00	0.337	0.017	688
N30-4	5	FRANKFURTERS	1 EA	10.00	0.201	0.010	618
Q45-1	70	FRENCH FRIED POTATOES	1 CP	35.00	0.115	0.081	410
Q35-1	5	ONION RINGS	1/2 CP	35.00	0.180	0.009	334
-	5	POTATO CHIPS	1 OZ		0.130	0.007	160
-	60	SALAD BAR			0.235	0.141	50
-	40	ASST FRUIT	1 EA		0.144	0.058	80
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	100
-	90	BREAD/BUTTER/COFFEE/MILK			0.247	0.222	315

COST ANALYSIS DAY- 28

BREAKFAST	$0.929
LUNCH	$1.697
DINNER	$1.675
FAST FOOD	$1.123
MENU COST	$3.963

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

RECAPITULATION OF DAILY MENU ISSUES

DAY- 28

NSN	NOMENCLATURE	BREAKFAST	LUNCH	DINNER	LUNCH FAST FOOD	DINNER FAST FOOD	TOTAL UI
8905							
00-403-9592	BACON,SLICED(BULK),FZ,CURED	6.00					6.00 LB
00-133-5889	BEEF FOR SWISSING,BRAISING STK		18.75				18.75 LB
01-050-3190	BEEF PATTIE MIX(BULK),FZ,20%SOY	4.50					4.50 LB
01-050-3192	BEEF PATTIES,FZ,RD,20% SOY				10.31	10.31	20.63 LB
00-965-2128	CHICKEN,FZ,RTC,CUTUP,9 PC CUT		16.25				16.25 LB
00-935-4765	FISH PRTN,RAW,BRD,FZ,PER/POLL			6.25			6.25 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT				1.00	1.00	2.00 LB
00-926-6485	PORK SAUSAGE ROLL,RAW,FZ	4.69					4.69 LB
00-753-6568	PORK,LOIN,BNLS,SPECIAL ROAST			9.50			9.50 LB
00-262-7274	TURKEY,BNLS,FZ,RAW ROLL			13.00	1.88	1.88	16.75 LB
01-063-3121	VEAL/CALF,ROAST,FZ,BNLS		9.50				9.50 LB
8915							
00-577-4526	BEANS,LIMA CND,#10 CN			3.60			3.60 LB
00-129-0825	BROCCOLI,FZ,SPEARS		6.00				6.00 LB
00-257-3947	CORN,CND,GOLDEN,WHOLE KERNEL			10.80			10.80 LB
00-926-5936	GREENS,MUSTARD,FZ,2 TO 5 LB PG			6.00			6.00 LB
00-191-3461	ONION RINGS,FZ,RAW,BO,2 TO 5 LB PG				1.75	1.75	3.50 LB
00-139-7426	POTATOES,WH,DEHY,SLICES,5 LB BG			11.63			11.63 LB
00-133-5903	POTATOES,WH,INSTANT,#10 CN		0.50				0.50 CN
00-616-0220	POTATOES,WH,FRESH,100 LB BG	28.00					28.00 LB
00-080-5179	POTATOES,WH,FZ,FR-FR				24.50	24.50	49.00 LB
01-010-3226	SPINACH,FZ,CHOPPED,2 TO 5 LB PG		3.60				3.60 LB
00-143-0983	SUCCOTASH,FZ,2 TO 5 LB PG		9.00				9.00 LB

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

DAY- 29 MENU

BREAKFAST

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
-	60	ASST FRUIT	1 EA		0.144	0.086	80
-	20	ASST FRUIT JUICE	5 OZ		0.096	0.019	75
F4-1	10	HARD COOK EGGS	2 EA		0.112	0.011	130
F7	25	GRIDDLE FRIED EGGS	2 EA		0.115	0.029	170
F8-7	50	INDIVIDUAL OMELETS	1 EA		0.115	0.058	205
L2	50	BACON	2 SL	12.00	0.125	0.063	105
L30	25	CREAMED GROUND BEEF	2/3 CP	18.00	0.235	0.059	240
L71-3	25	GRILLED HAM SLICES	3 OZ	20.00	0.344	0.086	108
Q46-2	80	HASH BROWN POTATOES	2/3 CP	18.00	0.067	0.054	200
E2	25	BUTTERED HOMINY GRITS	2/3 CP	6.00	0.022	0.006	105
D21-2	40	ENGLISH MUFFINS	1 EA		0.054	0.022	252
-	5	CEREAL,BRAN FLAKES	1 BX		0.120	0.006	110
-	5	CEREAL,SHREDDED WHEAT	1 BX		0.120	0.006	110
-	15	CEREAL,RAISIN BRAN	1 BX		0.130	0.020	110
-	15	ASSORTED DRY CEREAL	1 BX		0.133	0.020	110
D1	25	BAKING POWDER BISCUITS	2 EA		0.045	0.011	303
D22	15	FRENCH TOAST	2 SL	12.00	0.147	0.022	346
D25-5	45	PANCAKES	2 EA	3.00	0.072	0.032	212
-	45	MAPLE SYRUP	1 TB		0.035	0.016	50
-	100	BREAD/BUTTER/COFFEE/MILK			0.247	0.247	315

DINNER

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P5	50	TOMATO BOUILLON	1 CP		0.080	0.040	35
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L15	50	STEAK SMOTHERED W/ONIONS	1 EA	37.50	0.888	0.444	524
L25	25	BAKED LASAGNA	1 PC	12.00	0.216	0.054	436
L149	25	BAKED CHICKEN AND GRAVY	2 PC	65.00	0.944	0.236	342
E5	50	STEAMED RICE	3/4 CP	9.00	0.020	0.010	162
Q44	50	BAKED POTATOES	1 EA	55.00	0.126	0.063	155
Q-G	15	BUTTERED BRUSSELS SPRTS	1/2 CP	20.00	0.126	0.019	75
Q-G	70	CORN ON THE COB	1 EA	37.00	0.525	0.368	65
Q-G	15	BUTTERED PEAS & CARROTS	1/2 CP	18.00	0.165	0.025	135
D15	25	CORN BREAD	1-3" SQ		0.069	0.017	230
-	70	DINNER ROLLS	2 EA		0.029	0.020	170
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
G16	40	FRUIT SHORTCAKE	1 PC		0.319	0.128	290
H4	30	CHEWY NUT BAR	1 EA		0.150	0.045	240

LUNCH

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P2-2	20	CHICKEN/RICE SOUP			0.021	0.004	86
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L92	50	BARBECUED SPARERIBS	8 OZ	75.00	1.096	0.548	461
L107	15	BRAISED LIVER AND ONIONS	1 SL	25.00	0.188	0.028	380
L145	35	CHICKEN VEGA	2 PC	65.00	0.669	0.234	560
E8	50	RICE PILAF	3/4 CP	8.00	0.030	0.015	188
Q52	50	RISSOLE POTATOES	1 CP	35.00	0.210	0.105	170
Q29	20	SOUTHERN STYLE GREENS	1/2 CP	20.00	0.071	0.014	89
Q-G	30	BUTTERED WAX BEANS	1/2 CP	16.00	0.150	0.045	60
Q-G	60	BUTTERED MIX VEGETABLES	1/2 CP	18.00	0.179	0.107	110
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
G16	40	FRUIT SHORTCAKE	1 PC		0.319	0.128	290
H4	30	CHEWY NUT BAR	1 EA		0.150	0.045	240

FAST FOOD

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
N6-3	10	GRILLED HAM & CHEESE	1 EA	4.00	0.223	0.022	370
N29	10	GRILLED HAMBURGERS	1 EA	18.75	0.459	0.046	590
N29-2	45	CHEESEBURGERS	1 EA	18.75	0.647	0.291	740
N45-2	15	CHICKEN FILLET/CHEESE	1 EA	18.75	0.588	0.088	780
N32	10	FISHWICH	1 EA	25.00	0.535	0.054	615
N30-1	5	CHILI DOGS	1 EA	10.00	0.337	0.017	688
N30-4	5	FRANKFURTERS	1 EA	10.00	0.201	0.010	618
Q45-1	70	FRENCH FRIED POTATOES	1 CP	35.00	0.115	0.081	410
Q35-1	5	ONION RINGS	1/2 CP	35.00	0.180	0.009	334
-	5	POTATO CHIPS	1 OZ		0.130	0.007	160
-	60	SALAD BAR			0.235	0.141	50
-	40	ASST FRUIT	1 EA		0.144	0.058	80
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	100
-	90	BREAD/BUTTER/COFFEE/MILK			0.247	0.222	315

COST ANALYSIS DAY- 29

BREAKFAST	$0.871
LUNCH	$1.736
DINNER	$1.931
FAST FOOD	$1.098
MENU COST	$4.097

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

RECAPITULATION OF DAILY MENU ISSUES

DAY- 29

NSN	NOMENCLATURE	BREAKFAST	LUNCH	DINNER	LUNCH FAST FOOD	DINNER FAST FOOD	TOTAL UI
8905							
00-403-9592	BACON,SLICED(BULK),FZ,CURED	6.00					6.00 LB
00-133-5889	BEEF FOR SWISSING,BRAISING STK			18.75			18.75 LB
01-050-3190	BEEF PATTIE MIX(BULK),FZ,20%SOY	4.50					4.50 LB
01-050-3192	BEEF PATTIES,FZ,RD,20% SOY				10.31	10.31	20.63 LB
00-655-8410	BEEF,LIVER,PORTION CUT		3.75				3.75 LB
00-965-2128	CHICKEN,FZ,RTC,CUTUP,9 PC CUT		22.75	16.25			39.00 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT				1.00	1.00	2.00 LB
00-682-6643	HAM,SEC & FM,SMOKED,FZ,CKD,BNL	5.00					5.00 LB
01-039-8809	HAM,SEC & FM,CND				0.40	0.40	0.80 LB
00-126-8743	PORK,SPARERIBS,FZ		37.50				37.50 LB
8915							
00-616-4818	BEANS,WAX,CND,#10 CN		4.80				4.80 LB
00-127-7991	BRUSSELS SPROUTS,FZ			3.00			3.00 LB
01-135-5787	CORN,FZ,GOLDEN OR WHITE,COB			25.90			25.90 LB
00-926-5937	GREENS,TURNIP,FZ,2 TO 5 LB PG		4.00				4.00 LB
00-191-3461	ONION RINGS,FZ,RAW,BD				1.75	1.75	3.50 LB
00-143-0997	PEAS & CARROTS,FZ,2 TO 5 LB PG			2.70			2.70 LB
01-193-3060	POTATO PATTIES,WH,FZ	14.40					14.40 LB
00-616-0220	POTATOES,WHITE,FRESH,100 LB BG		17.50				17.50 LB
00-252-8245	POTATOES,WH,FRESH,BAKING			27.50			27.50 LB
00-080-5179	POTATOES,WH,FZ,FR-FR				24.50	24.50	49.00 LB
00-935-6620	VEGETABLES,MIXED,FZ,2 TO 5 LB PG		10.80				10.80 LB

Table 9-1.--Thirty-Day Cyclic Menu and Recapitulation of Daily Menu Issues--Continued.

DAY- 30 MENU

BREAKFAST

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
-	60	ASST FRUIT	1 EA		0.144	0.086	80
-	20	ASST FRUIT JUICE	5 OZ		0.096	0.019	75
F4-1	10	HARD COOK EGGS	2 EA		0.112	0.011	130
F7	25	GRIDDLE FRIED EGGS	2 EA		0.115	0.029	170
F8-7	50	INDIVIDUAL OMELETS	1 EA		0.115	0.058	205
L2	50	BACON	2 SL	12.00	0.125	0.063	105
L30	25	CREAMED GROUND BEEF	2/3 CP	18.00	0.235	0.059	240
L89-2	25	GRILLED SAUSAGE PATTIES	2 EA	18.75	0.161	0.040	100
Q46-1	80	COTTAGE FRIED POTATOES	2/3 CP	31.00	0.194	0.155	188
E1-1	25	FARINA	3/4 CP	6.00	0.021	0.005	84
D21-2	40	ENGLISH MUFFINS	1 EA		0.054	0.022	252
-	5	CEREAL,BRAN FLAKES	1 BX		0.120	0.006	110
-	5	CEREAL,SHREDDED WHEAT	1 BX		0.120	0.006	110
-	15	CEREAL,RAISIN BRAN	1 BX		0.130	0.020	110
-	15	ASSORTED DRY CEREAL	1 BX		0.133	0.020	110
D1	25	BAKING POWDER BISCUITS	2 EA		0.045	0.011	303
D22	15	FRENCH TOAST	2 SL	12.00	0.147	0.022	346
D25-5	45	PANCAKES	2 EA	3.00	0.072	0.032	212
-	45	MAPLE SYRUP	1 TB		0.035	0.016	50
-	100	BREAD/BUTTER/COFFEE/MILK			0.247	0.247	315

DINNER

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P2-2	20	CHICKEN RICE SOUP	1 CP		0.021	0.004	86
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L16-1	50	SWISS STEAK W/BEEF GRAVY	1 EA	37.50	1.024	0.512	506
L103	20	VEAL STEAKS	1 SL	35.00	0.651	0.130	494
L121	30	FRIED FISH	4 1/2OZ	30.00	0.492	0.148	260
E4-2	50	BOILED EGG NOODLES	1 CP	12.00	0.066	0.032	249
Q57	50	MASHED POTATOES	2/3 CP	1.00	0.029	0.015	145
Q12	20	FRIED CABBAGE	1/2 CP	20.00	0.031	0.006	53
Q17-1	50	GLAZED CARROTS	1/2 CP	20.00	0.034	0.017	92
Q32	30	SOUTHERN FRIED OKRA	1/2 CP	15.00	0.121	0.036	155
D15-2	30	HUSH PUPPIES	3 EA		0.340	0.102	234
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
J27	50	PINEAPPLE CRUNCH	1-3" SQ		0.212	0.106	236
H15-4	20	RAISIN DROP COOKIES	2 EA		0.192	0.038	254

LUNCH

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
P17	20	SPANISH SOUP	1 CP		0.119	0.024	100
-	15	SODA CRACKERS, SALTED	4 EA		0.046	0.007	60
L24	25	STUFFED CABBAGE ROLLS	2 EA	24.00	0.365	0.091	400
L155	50	FRIED CHICKEN	2 PC	65.00	0.705	0.353	334
L37-1	25	SALISBURY STEAK GRILLED	1 EA	28.00	0.349	0.087	381
E5	50	STEAMED RICE	3/4 CP	9.00	0.020	0.010	162
Q77	55	PARSLEY BUTTERED POTATO	3 PC	35.00	0.213	0.117	160
Q16	50	BROWN GRAVY	1/3 CP		0.033	0.017	75
Q27-2	33	MEXICAN CORN	1/2 CP	29.81	0.086	0.028	95
Q80-3	33	CAULIFLOWER COMBO	1/2 CP	5.00	0.167	0.055	80
Q82	20	HERBED GREEN BEANS	1/2 CP	25.25	0.600	0.120	35
D1	40	BAKING POWDER BISCUITS	2 EA		0.045	0.018	303
-	60	SALAD BAR			0.235	0.141	50
-	39	ASST FRUIT	1 EA		0.144	0.056	80
-	80	CARBONATED SOFT DRINK	8 OZ		0.076	0.061	100
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	315
J27	50	PINEAPPLE CRUNCH	1-3" SQ		0.212	0.106	236
H15-4	20	RAISIN DROP COOKIES	2 EA		0.192	0.038	254

FAST FOOD

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
N27-1	10	BARBECUED PORK SANDWICH	1 EA	18.00	0.438	0.044	592
N29	10	GRILLED HAMBURGERS	1 EA	18.75	0.459	0.046	590
N29-2	45	CHEESEBURGERS	1 EA	18.75	0.647	0.291	740
N45-2	15	CHICKEN FILLET/CHEESE	1 EA	18.75	0.588	0.088	780
N32	10	FISHWICH	1 EA	25.00	0.535	0.054	615
N30-1	5	CHILI DOGS	1 EA	10.00	0.337	0.017	688
N30-4	5	FRANKFURTERS	1 EA	10.00	0.201	0.010	618
Q45-1	70	FRENCH FRIED POTATOES	1 CP	35.00	0.115	0.081	410
Q35-1	5	ONION RINGS	1/2 CP	35.00	0.180	0.009	334
-	5	POTATO CHIPS	1 OZ		0.130	0.007	160
-	60	SALAD BAR			0.235	0.141	50
-	40	ASST FRUIT	1 EA		0.144	0.058	80
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	100
-	90	BREAD/BUTTER/COFFEE/MILK			0.247	0.222	315

COST ANALYSIS DAY- 30

BREAKFAST	$0.927
LUNCH	$1.527
DINNER	$1.609
FAST FOOD	$1.120
MENU COST	$3.793

Table 9-1.--Thirty-Day Cyclic Menu Recapitulation of Daily Menu Issues--Continued.

RECAPITULATION OF DAILY MENU ISSUES

DAY- 30

NSN	NOMENCLATURE	BREAKFAST	LUNCH	DINNER	LUNCH FAST FOOD	DINNER FAST FOOD	TOTAL UI
8905							
00-403-9592	BACON,SLICED(BULK),FZ,CURED	6.00					6.00 LB
00-133-5889	BEEF FOR SWISSING,BRAISING STK			18.75			18.75 LB
01-050-3190	BEEF PATTIE MIX(BULK),FZ,20%SOY	4.50	7.00				11.50 LB
01-050-3192	BEEF PATTIES,FZ,RD,20% SOY				10.31	10.31	20.63 LB
00-965-2128	CHICKEN,FZ,RTC,CUTUP,9 PC CUT		32.50				32.50 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT				1.00	1.00	2.00 LB
00-164-0485	PERCH FILLETS,OCEAN,FZ			9.00			9.00 LB
01-017-2786	PORK SAUSAGE PATT,RAW,FZ,RD	4.69					4.69 LB
00-126-4062	PORK,BOS SHOULDER BUTT,FZ				1.80	1.80	3.60 LB
00-139-8481	VEAL STEAK,FLAKED,FORMED,BREAD			7.00			7.00 LB
8915							
00-616-4820	BEANS,GREEN,CND,#10 CN		5.05				5.05 LB
00-616-0194	CABBAGE,FRESH		6.00	4.00			10.00 LB
00-127-8019	CARROTS,FRESH,TOPPED			10.00			10.00 LB
00-160-6156	CAULIFLOWER,FZ,2 TO 5 LB PG		1.65				1.65 LB
00-257-3947	CORN,CND,GOLDEN,WHOLE KERNEL		9.84				9.84 LB
00-252-3785	OKRA,FZ,CUT,2 TO 5 LB PG			4.50			4.50 LB
00-191-3461	ONION RINGS,FZ,RAW,BD				1.75	1.75	3.50 LB
00-133-5903	POTATOES,WH,INSTANT,#10 CN			0.50			0.50 CN
00-616-0220	POTATOES,WH,FRESH,100 LB BG	24.80	19.25				44.05 LB
00-080-5179	POTATOES,WH,FZ,FR-FR				24.50	24.50	49.00 LB

Table 9-2.--Holiday Menus.

NEW YEARS DAY MENU

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
B4	70	SHRIMP COCKTAIL	1 1/3OZ	2.00	1.823	1.276	80
P4-1	20	FRENCH ONION SOUP(	1 CP		0.048	0.010	75
L7	70	GRILLED STRIP LOIN STEAK	1 EA	47.00	1.894	1.326	130
L4	30	ROAST RIB OF BEEF	6 OZ	47.00	1.335	0.401	170
Q44	80	BAKED POTATOES	1 EA	55.00	0.126	0.101	205
Q30-1	60	SAUTEED ONION W/MUSHRMS	1/2 CP	7.13	0.094	0.056	105
Q-G	60	BLACKEYE PEAS	1/2 CP	4.00	0.073	0.044	240
Q-G	40	ASPARAGUS TIPS	1/2 CP	18.00	0.195	0.078	210
O7	20	LEMON BUTTER SAUCE			0.004	0.001	200
O18	30	AU JUS	1/3 CP		0.001	0.000	80
G12	40	DEVIL FOOD CAKE	1 PC		0.246	0.098	110
G39-2	40	CHOCOLATE CREAM FROSTING			0.026	0.010	110
F5	60	DEVILED EGGS	1 EA		0.082	0.049	90
-	60	SALAD BAR			0.235	0.141	80
DA2	70	DINNER ROLLS	2 PC		0.029	0.020	113
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	346
-	75	ICE CREAM BAR	1 PC		0.096	0.072	212
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	50
-	45	EGGNOG	1 CP		0.219	0.099	315
				TOTAL COST	4.033		

CHRISTMAS DAY MENU

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
B4	70	SHRIMP COCKTAIL	1 1/3OZ	2.00	1.823	1.276	80
B3	45	TOMATO JUICE COCKTAIL	5 OZ		0.097	0.044	80
P14	20	CREAM OF MUSHROOM SOUP	1 CP		0.185	0.037	75
L161	10	ROAST YOUNG TOM TURKEY	4 OZ	65.00	0.432	0.043	130
L162	50	ROAST TURKEY BONELESS	4 OZ	35.00	0.516	0.258	170
L71	20	BAKED HAM	4 OZ	25.00	0.456	0.091	205
L4-1	20	STEAMSHIP ROUND	4 OZ	75.00	1.140	0.228	105
Q57	60	MASHED POTATOES	1/2 CP	1.00	0.029	0.017	240
Q67	40	CANDIED SWEET POTATOES	1/2 CP	22.31	0.172	0.069	210
O21	40	SAVORY BREAD DRESSING	1/2 CP		0.066	0.026	200
Q-G	80	WHOLE KERNEL CORN,BUTTRD	1/2 CP	18.00	0.158	0.126	80
Q41	20	PEAS AND MUSHROOMS	1/2 CP	18.00	0.244	0.049	110
O18	20	NATURAL GRAVY	1/3 CP		0.001	0.000	110
O16-8	80	TURKEY GRAVY	1/3 CP		0.097	0.078	110
O9	20	PINEAPPLE SAUCE	3 1/2TB		0.196	0.039	110
-	40	CHILLED CRANBERRY SAUCE	2 TB		0.005	0.002	303
F5	60	DEVILED EGGS	1 EA		0.082	0.049	346
M6-4	20	STUFFED CELERY STICKS	2 PC	6 lbs	0.035	0.007	212
-	60	SALAD BAR			0.235	0.141	50
DA2	70	DINNER ROLLS	2 PC		0.029	0.020	315
-	15	FRUIT CAKE	1 PC		0.240	0.036	390
-	15	MINCEMEAT PIE	1 PC		0.276	0.041	556
I45	30	PUMKIN PIE W/WHIPPD TPNG	1 PC		0.256	0.077	317
-	35	ASST FRUITS	1 PC		0.144	0.050	85
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	166
-	75	ICE CREAM BAR	1 PC		0.096	0.072	293
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	110
-	30	ASST CANDY			0.236	0.071	360
-	45	EGGNOG	1 CP		0.219	0.099	220
-	25	MIXED NUTS			0.273	0.068	112
				TOTAL COST	3.366		

THANKSGIVING MENU

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
B4	70	SHRIMP COCKTAIL	1 1/3OZ	2.00	1.823	1.276	80
B5	70	SPICED FRUIT CUP	1/2 CP	2.00	0.097	0.068	80
P5	20	TOMATO BOUILLON	1 CP		0.080	0.016	75
L161	10	ROAST YOUNG TOM TURKEY	4 OZ	65.00	0.432	0.043	130
L162	60	ROAST TURKEY BONELESS	4 OZ	35.00	0.516	0.310	170
L71	20	BAKED HAM	4 OZ	25.00	0.456	0.091	205
L5	10	ROAST BEEF	4 OZ	40.00	0.853	0.085	105
Q57	60	MASHED POTATOES	1/2 CP	1.00	0.029	0.017	240
Q67	40	CANDIED SWEET POTATOES	1/2 CP	22.31	0.172	0.069	210
O20	40	CORNBREAD DRESSING	3 1/2 OZ		0.089	0.036	200
Q-G	80	WHOLE KERNEL CORN,BUTTRD	1/2 CP	18.00	0.158	0.126	80
Q41-3	20	PEAS AND ONIONS	1/2 CP	18.00	0.118	0.024	110
O18	10	NATURAL GRAVY	1/3 CP		0.001	0.000	110
O16-8	80	TURKEY GRAVY	1/3 CP		0.097	0.078	110
O9	20	PINEAPPLE SAUCE	3 1/2TB		0.196	0.039	110
-	40	CHILLED CRANBERRY SAUCE	2 TB		0.005	0.002	303
F5	60	DEVILED EGGS	1 EA		0.082	0.049	346
M6-4	20	STUFFED CELERY STICKS	2 PC	6.00	0.035	0.007	212
-	60	SALAD BAR			0.235	0.141	50
DA2	70	DINNER ROLLS	2 PC		0.029	0.020	315
-	15	FRUIT CAKE	1 PC		0.240	0.036	390
-	15	MINCEMEAT PIE	1 PC		0.276	0.041	556
I45	30	PUMPKIN PIE W/WHIP TPNG	1 PC		0.256	0.077	317
-	35	ASST FRUITS	1 PC		0.144	0.050	85
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	166
-	75	ICE CREAM BAR	1 PC		0.096	0.072	293
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	110
-	30	ASST CANDY			0.236	0.071	360
-	45	EGGNOG	1 CP		0.219	0.099	220
				TOTAL COST	3.194		

MARINE CORPS BIRTHDAY MENU

RECIPE	%	PRODUCT	P_SIZE	AMT/HD	COST	EXTND	CAL
B4	70	SHRIMP COCKTAIL	1 1/3OZ	2.00	1.823	1.276	80
P4-1	20	FRENCH ONION SOUP	1 CP		0.048	0.010	75
L7	70	GRILLED STRIP LOIN STEAK	1 EA	47.00	1.894	1.326	130
L4	30	ROAST RIB OF BEEF	6 OZ	47.00	1.335	0.401	170
Q44	80	BAKED POTATOES	1 EA	55.00	0.126	0.101	205
Q30-1	60	SAUTEED ONION W/MUSHRMS	1/2 CP	7.13	0.094	0.056	105
Q-G	80	CORN ON THE COB	1 EA	37.00	0.525	0.420	240
Q-G	40	ASPARAGUS TIPS	1/2 CP	18.00	0.195	0.078	210
O7	20	LEMON BUTTER SAUCE			0.004	0.001	200
O18	30	AU JUS	1/3 CP		0.001	0.000	80
G12	40	DEVIL FOOD CAKE	1 PC		0.246	0.098	110
G39-2	40	CHOCOLATE CREAM FROSTING			0.026	0.010	110
F5	60	DEVILED EGGS	1 EA		0.082	0.049	110
-	60	SALAD BAR			0.235	0.141	110
DA2	70	DINNER ROLLS	2 PC		0.029	0.020	303
-	80	BREAD/BUTTER/COFFEE/MILK			0.247	0.198	346
-	75	ICE CREAM BAR	1 PC		0.096	0.072	212
-	70	CARBONATED SOFT DRINK	8 OZ		0.076	0.053	50
-	45	EGGNOG	1 CP		0.219	0.099	315
				TOTAL COST	4.408		

Table 9-3.--Recapitulation of the Thirty-Day Menu Issues.

RECAPITULATION OF THE THIRTY-DAY MENU ISSUES

NSN	NOMENCLATURE	TOTAL UI
8905		
00-403-9592	BACON,SLICED(BULK),FZ,CURED	227.03 LB
00-655-8410	BEEF,LIVER,PORTION CUT	17.50 LB
00-177-5017	BEEF FOR STEWING,FZ,DICED	117.00 LB
00-133-5889	BEEF FOR SWISSING,BRAISING STK	148.65 LB
01-050-3190	BEEF PATTIE MIX(BULK),FZ 20% SOY	348.75 LB
01-050-3192	BEEF PATTIE,FZ,RD,20% SOY	618.75 LB
01-034-7549	BEEF,TOP SIRLOIN STEAK,BUTT,FZ	56.40 LB
00-133-5886	BEEF,KNUCKLE,SPECIAL(OVEN ROAST)	88.00 LB
00-133-5888	BEEF,ROUND,RUMP & SHANK OFF	97.50 LB
00-133-5887	BEEF,SH CLOD/CHUCK(POT ROAST)	39.60 LB
00-577-5993	BKFST SAUSAGE,CK,FZ,BEEF & PORK	16.88 LB
01-125-2288	CATFISH FILLETS,FZ,5 TO 12 OZ	51.00 LB
00-491-7208	CHICKEN,FZ,RTC,QUARTERED	120.25 LB
00-126-3416	CHICKEN FZ,RTC,WHOLE	25.00 LB
00-965-2128	CHICKEN,FZ,RTC,CUT-UP,9 PC CUT	326.50 LB
00-299-1316	CORNED BEEF,FROZEN	57.98 LB
01-014-3800	CRAB MEAT,CKD,RED,FZ,SHREDD	3.00 LB
00-935-4765	FISH PRTN,RAW,BRD,FZ,PER/POLL	46.25 LB
00-082-5733	FISH PRTN,RAW,BRD,FZ,COD/HADD	44.00 LB
00-935-3161	FISH,TUNA,CND,4 LB CN	11.00 LB
00-164-0490	FLOUNDER FILLET,FZ,SKLS	22.50 LB
00-782-3190	FRANKFURTERS,FZ,ALL MEAT	60.00 LB
00-682-6643	HAM,SEC & FM,SMOKED,FZ,CKD,BNL	39.55 LB
01-039-8809	HAM, SECTIONED & FORMED,CND,P	82.60 LB
00-080-5565	ITALIAN SAUSAGE,HOT,FZ,PORK	7.20 LB
00-080-5325	KNOCKWURST,FZ,ALL BEEF	6.25 LB
00-164-0485	PERCH FILLETS,OCEAN,FZ	82.50 LB
00-044-1854	PIGS FEET,FRONT,FZ	16.00 LB
00-126-4062	PORK,BOS SHOULDER BUTT,FZ	7.20 LB
00-753-6569	PORK,CHOPS,BNLS,FZ,5 OZ	43.75 LB
00-753-6568	PORK,LOIN,BNLS,SPECIAL ROAST	26.60 LB
01-017-2786	PORK SAUSAGE,PATT,RAW,FZ,RD	60.94 LB
00-926-6485	PORK SAUSAGE ROLL,RAW,FZ	37.50 LB
00-126-8743	PORK,SPARERIBS,FZ	150.00 LB
00-753-6503	PORK,DICED,FROZEN	36.80 LB
01-017-5718	PORK STEAK,FLAKED,FORMED,BREAD	6.00 LB
00-273-3622	RABBIT,FZ,RTC,CUTUP	10.00 LB
00-080-6007	ROCK CORNISH HEN,FZ,RTC,WHOLE	13.75 LB
00-299-1330	SALAMI,COOKED,FZ	21.20 LB
01-065-9955	SALMON,CANNED,PINK,15 1/2 OZ CN	7.00 CN
00-960-2303	SHRIMP,RAW,REG BD,FZ	102.60 LB
01-086-0393	TROUT,WHOLE,RAINBOW	12.60 LB
00-262-7274	TURKEY,BNLS,FZ,RAW ROLL	118.50 LB
00-582-4042	TURKEY,BNLS,FZ,COOKED	8.20 LB
00-139-8481	VEAL STEAK,FLAKED,FORMED,BREAD	99.75 LB
01-063-3121	VEAL/CALF,ROAST,FZ,BNLS	26.60 LB

Table 9-3.--Recapitulation of the Thirty-Day Menu Issues--Continued.

RECAPITULATION OF THE THIRTY-DAY MENU ISSUES

NSN	NOMENCLATURE	TOTAL	UI
8915			
00-286-8696	ASPARAGUS,CND,ALL GREEN	3.60	LB
00-616-4820	BEANS,GREEN,CANNED #10 CN	29.61	LB
00-616-4818	BEANS,WAX,CANNED #10 CN	24.00	LB
00-616-4819	BEANS WAX,FZ,RND,CUT,2 TO 5 LB	4.00	LB
00-184-5601	BEANS,WH,CND,TOM SCE W/PORK	3.00	CN
00-616-4820	BEANS,GREEN,CANNED #10 CN	26.35	LB
00-128-1176	BEANS,GREEN,FZ,ROUND,CUT,2 TO 5 LB	9.28	LB
00-577-4526	BEANS,LIMA CANNED,#10 CAN	22.50	LB
00-127-8835	BEETS,CANNED,WHOLE OR SLICES	3.80	CN
00-129-0825	BROCCOLI,FZ,SPEARS	31.60	LB
00-127-7991	BRUSSELS SPROUTS,FZ,2 TO 5 LB PG	29.00	LB
00-616-0194	CABBAGE,FRESH	42.40	LB
00-127-8019	CARROTS,FRESH,TOPPED	45.60	LB
00-160-6156	CAULIFLOWER,FROZEN,2 TO 5 LB PG	47.75	LB
01-135-5787	CORN,FZ,GOLDEN OR WHITE,COB	159.10	LB
00-465-1897	CORN,CANNED,GOLDEN,CREAM STYLE	3.92	LB
00-257-3947	CORN,CANNED,GOLDEN,WHOLE KERNEL	126.07	LB
00-127-7983	EGGPLANT,FRESH	3.60	LB
00-164-4162	GREENS,COLLARD,FZ,2 TO 5 LB	55.85	LB
00-926-5936	GREENS,MUSTARD,FZ,2 TO 5 LB PG	33.00	LB
00-926-5937	GREENS,TURNIP,FZ,2 TO 5 LB PG	30.50	LB
00-252-3785	OKRA,FZ,CUT,2 TO 5 LB PG	40.95	LB
00-191-3461	ONION RINGS,FZ,RAW,BD,2 TO 5 LB	116.25	LB
00-127-8021	PEAS,FZ,2 TO 5 LB PG	74.34	LB
00-007-5309	PEAS,BLACKEYE,CND, #10 CN	1.80	CN
00-143-0997	PEAS & CARROTS,FZ,2 TO 5 LB PG	32.58	LB
00-127-8006	PEPPERS,SWEET,FRESH,GREEN	4.80	LB
01-193-3060	POTATO PATTIES,WHITE,FZ	244.80	LB
00-133-5903	POTATOES,WH,INSTANT,#10 CN	9.75	CN
00-616-0220	POTATOES,WHITE,FRESH,100 LB BAG	807.75	LB
00-252-8245	POTATOES,WHITE,FRESH,BAKING	258.50	LB
00-252-5954	POTATOES,SWEET,FRESH	27.50	LB
00-080-5179	POTATOES,WHITE,FZ,FR-FR,SHOE	1372.00	LB
00-139-7426	POTATOES,WH,DEHY,SLICES,5LB BG	156.55	LB
00-634-2441	POTATOES,SWEET,CN,VAC PK	6.99	LB
00-143-0931	SPINACH,CND,WH OR CUT LEAF	10.80	LB
01-010-3224	SPINACH,FZ,CHOPPED,2 TO 5 LB PG	22.14	LB
00-616-0229	SQUASH,FZ,SLICED,SUMMER	22.20	LB
00-143-0983	SUCCOTASH,FZ,2 TO 5 LB PG	49.50	LB
00-582-4060	TOMATOES,CANNED,WHOLE,#10 CN	27.88	CN
00-935-6620	VEGETABLES,MIXED,FZ,2 TO 5 LB	45.54	LB

Table 9-4.--Frequency Chart.

FREQUENCY REVIEW THIRTY-DAY MENU CYCLE (MAIN ENTREES LUNCH/DINNER)

MEAT ITEM	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	TOT
BEEF FOR STEWING					X	X	X								X	X			X		X		X	X		X					10
BEEF ROUND BNLS									X						X																2
BEEF,LIVER			X														X												X		4
BEEF,BRAISING						X		X				X		X										X			X	X	X	X	10
BEEF,CORNED							X	X				X												X							4
BEEF,GROUND	X						X	X	X	X		X	X	X	X	X		X	X	X	X	X	X		X	X	X		X	X	22
BEEF,OVEN ROAST				X						X	X						X								X						5
BEEF,POT ROAST		X								X											X										3
BEEF,STR LOIN													X					X													2
VEAL,ROAST,BNLS			X													X												X			3

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	TOT
VEAL,CUTLETS		X				X					X			X				X				X		X	X	X				X	10
CHICKEN,CUTUP					X		X		X						X							X			X				X		7
TURKEY,BNLS	X	X					X		X					X					X				X					X	X		9
CHICKEN,WHOLE			X																												1
ROCK CORNISH HEN												X										X									2
CHICKEN,QTRD	X	X	X		X				X	X			X					X							X			X		X	11
FISH,PERCH									X																						1
TROUT,WHOLE								X																							1
FISH,FLOUNDER														X												X					2
FISH,POR,COD					X	X						X				X	X	X		X	X				X			X	X		X 13

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	TOT
CRAB CLUSTER										X																					1
SHRIMP				X	X									X					X		X										5
CATFISH							X											X					X								3
FISH,COD,FILLET			X		X						X		X									X		X							6
SCALLOPS												X																			1
PORK,DICED	X							X									X					X				X					5
KNOCKWURST	X																														1
HAM,PULLMAN		X	X		X					X					X									X			X	X			8
RABBIT																										X					1
PIGS FEET											X																				1

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	TOT
PORK SHOULDER			X																												1
PORK SPARERIBS						X								X							X									X	4
PORK SLICES					X					X							X		X	X								X			6
PORK,HAM		X																					X						X		3

Table 9-5.--Cost Index for Standard Recurring Items.

RECIPE- BREAD/BUTTER/COFFEE/MILK

INGRED	UNIT	AMOUNT	COST
BUTTER,PATTIES	LB	2.0000	3.3800
MILK,LOWFAT,BULK	GL	6.0000	12.1800
COFFEE,ROASTED,GRND	LB	1.8750	3.9750
BREAD,FRENCH,FRESH	LB	1.0000	0.8900
BREAD,RAISIN,FRESH	LB	1.0000	1.2300
BREAD,RYE,1 LB LOAF	LB	1.0000	0.6500
BREAD,WHITE,FRESH	LB	4.0000	1.9200
BREAD,WHOLE WHEAT	LB	1.0000	0.4500
RECIPE COST			$24.675
COST/SERVING			$0.247

RECIPE- ASSORTED FRESH FRUIT

INGRED	UNIT	AMOUNT	COST
APPLES,FRESH,EATING	LB	3.6000	1.1520
BANANAS,FRESH	LB	3.6000	1.0800
CANTALOUPES,FRESH	LB	4.6000	1.1500
GRAPES,FRESH	LB	3.0000	1.9800
PEACHES,FRESH	LB	3.5000	1.4000
PEARS,FRESH	LB	3.2000	1.2480
PLUMS,FRESH	LB	5.2000	2.6000
GRAPEFRUIT,FRESH	LB	4.8000	1.3440
CANTALOUPES,FRESH	LB	4.6000	1.1500
HONEYDEW MELONS	LB	4.6000	1.3340
RECIPE COST			$14.438
COST/SERVING			$0.144

RECIPE- ASSORTED FRUIT JUICE

INGRED	UNIT	AMOUNT	COST
JUICE,ORANGE	CN	5.5000	5.8300
JUICE,APPLE	CN	2.7500	1.8425
JUICE,PINEAPPLE	CN	2.7500	1.9525
RECIPE COST			$9.625
COST/SERVING			$0.096

RECIPE- SALAD BAR

INGRED	UNIT	AMOUNT	COST
CARROTS,FRESH	LB	4.0000	0.3587
CELERY,FRESH	LB	6.0000	0.7912
PICKLES,DILL,SLICED	JR	1.5000	2.5109
OLIVES,GREEN,UNPITT	JR	3.0000	2.3896
ONIONS,DRY,FRESH	LB	4.0000	0.4220
RELISH,PICKLE,SWEET	CN	1.3333	2.6586
RADISHES,FRESH	LB	6.0000	1.5192
OLIVES,RIPE	CN	4.0000	1.6880
PICKLES,MIXED,SWEET	CN	0.7500	1.5403
TOMATOES,FRESH	LB	10.0000	4.7475
LETTUCE,FRESH	LB	22.0000	4.8741
RECIPE COST			$23.500
COST/SERVING			$0.235

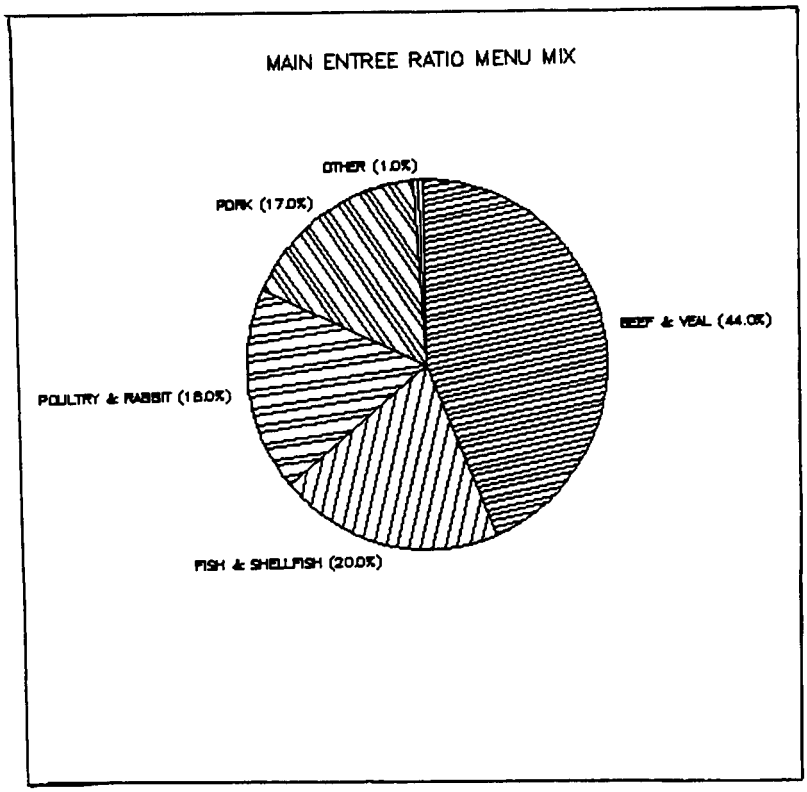

Figure 9-1.--Main Entree Ratio Menu Mix.