

EVERYDAY KOSHER MEALS

MEAL	Components That Comprise the Meal	Product Number
Day 1, 15		
Breakfast Wt: 343 gm Kcal: 700 Pro: 20 gm	Applesauce, cinnamon - 1 serving Eggs, hard ckd - 2 each Cereal, farina inst - 1 package Danish, cheese, iced - 1 each Coffee, instant - 1 package Margarine - 3 packages	KB-0001
Lunch Wt: 201 gm Kcal: 920 Pro: 26 gm	Peanut Butter - 1 package Bun, hamburger, whole wheat - 1 each Jelly, grape - 2 packages Oatmeal cookies - 2 packages Pretzels, tiny twists - 1 package	KL-0001
Dinner Wt: 474 gm Kcal: 960 Pro: 32 gm	Beef Patty, Glatt - 1 each Brown Onion Gravy - 2 servings Roasted Red Potatoes - 1 serving Green peas - 1 serving Wheat Bread - 2 servings Lemon muffin - 1 each Margarine - 3 packages	KD-0001
Day 2		
Breakfast Wt: 327 gm Kcal: 660 Pro: 15 gm	Applesauce, stwbry banana - 1 serving Cream cheese - 2 packages Cereal, oatmeal inst - 1 package Bagel, plain - 1 each Coffee, instant - 1 package Margarine - 3 packages Jelly, grape - 1 package	KB-0002
Lunch Wt: 178 gm Kcal: 660 Pro: 19 gm	Turkey deli meat - 2 oz Bun, hamburger, whole wheat - 1 each Mustard, yellow - 1 package Sugar cookies - 2 packages Potato chips - 1 package	KL-0002
Dinner Wt: 550 gm Kcal: 1250 Pro: 28 gm	Cheese raviolis - 1 serving Marinara sauce - 1 serving Whole kernel corn - 1 serving Calif blend vege -1 serving Wheat Bread - 3 servings Chocolate muffin - 1 each Margarine - 3 packages	KD-0002
Day 3, 17		
Breakfast Wt: 301 gm Kcal: 820 Pro: 22 gm	Peaches, dc - 1 serving Peanut Butter - 1 package Cereal, dry cornflakes - 1 serving Bread, whole wheat - 2 servings Coffee, instant - 1 package Margarine - 3 packages Jelly, grape - 1 package	KB-0003
Lunch Wt: 201 gm Kcal: 970 Pro: 36 gm	Peanut Butter - 1 package Bun, hamburger, whole wheat - 1 each Jelly, grape - 2 packages Chocolate chip cookies - 2 packages Chips, tortilla, yellow - 1 package	KL-0003
Dinner Wt: 515 gm Kcal: 800 Pro: 36 gm	Unbrd Fish Vera Cruz - 1 serving Rice pilaf - 1 serving Green peas - 1 serving Wheat Bread - 2 servings Apple cinnamon muffin - 1 each Margarine - 3 packages	KD-0003

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Day 4		
Breakfast Wt: 327 gm Kcal: 660 Pro: 15 gm	Applesauce, stwbry banana - 1 serving Cream cheese - 2 packages Cereal, farina inst - 1 package Bagel, plain - 1 each Coffee, instant - 1 package Margarine - 3 packages Jelly, grape - 1 package	KB-0004
Lunch Wt: 225 gm Kcal: 550 Pro: 27 gm	Tuna, light w/oil - 1 package Bun, hamburger, whole wheat - 1 each Mayonnaise, light - 1 packages Pickle relish - 1 package Animal crackers - 1 package Potato chips - 1 oz	KL-0004
Dinner Wt: 493 gm Kcal: 1080 Pro: 29 gm	Chicken - 1 serving BBQ sauce - 1 serving Brown rice - 1 serving Green beans - 1 serving Wheat Bread - 3 servings Lemon muffin - 1 each Margarine - 3 packages	KD-0004
Day 5, 19		
Breakfast Wt: 343 gm Kcal: 730 Pro: 20 gm	Applesauce, cinnamon - 1 serving Eggs, hard ckd - 2 each Cereal, oatmeal inst - 1 package Danish, bear claw - 1 each Coffee, instant - 1 package Margarine - 3 packages	KB-0005
Lunch Wt: 201 gm Kcal: 920 Pro: 26 gm	Peanut Butter - 1 package Bun, hamburger, whole wheat - 1 each Jelly, grape - 2 packages Oatmeal cookies - 2 packages Pretzels, tiny twists - 1 package	KL-0005
Dinner Wt: 459 gm Kcal: 1170 Pro: 34 gm	Mac & Cheese - 1 serving (elbow macaroni - 1 serving) Capri blend vegetables - 1 serving Wheat Bread - 2 servings Chocolate muffin - 1 each Margarine - 3 packages	KD-0005
Day 6		
Breakfast Wt: 328 gm Kcal: 650 Pro: 15 gm	Peaches, dc - 1 serving Cream cheese - 2 packages Cereal, farina inst - 1 package Bagel, plain - 1 each Coffee, instant - 1 package Margarine - 3 packages Jelly, grape - 1 package	KB-0006
Lunch Wt: 178 gm Kcal: 720 Pro: 16 gm	Chicken bologna - 2 oz Bun, hamburger, whole wheat - 1 each Mustard, yellow - 1 package Sugar cookies - 2 packages Potato chips - 1 package	KL-0006
Dinner Wt: 521 gm Kcal: 870 Pro: 23 gm	Chicken - 1 serving Southwest sauce - 1 serving Carrots & corn - 1 serving Spanish Rice - 1 serving Tortilla, flour, 6 in - 2 each Apple cinnamon muffin - 1 each Margarine - 3 packages	KD-0006

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Day 7, 14, 21 (Sabbath)		
Breakfast Wt: 313 gm Kcal: 830 Pro: 26 gm	Applesauce, stwbry banana - 1 serving Peanut Butter - 1 package Cereal, dry Cherrios - 1 serving Bread, whole wheat - 3 servings Jelly, grape - 1 package	KB-0007
Lunch Wt: 224 gm Kcal: 680 Pro: 39 gm	Tuna, light w/oil - 1 package Bun, hamburger, whole wheat - 1 each Mayonnaise, light - 1 packages Pickle relish - 1 package Chocolate chip cookies - 2 packages Chips, tortilla, yellow - 1 oz	KL-0007
Dinner Wt: 455 gm Kcal: 950 Pro: 35 gm	Salami deli meat, Glatt - 1 package Pasta salad w/vegt - 1 serving Garbanzo bean salad - 1 serving Wheat bread - 3 servings Sugar cookies - 2 servings Mustard, yellow - 1 package Margarine - 3 packages	KD-0007
Day 8		
Breakfast Wt: 343 gm Kcal: 700 Pro: 20 gm	Applesauce, cinnamon - 1 serving Eggs, hard ckd - 2 each Cereal, farina inst - 1 package Danish, cheese, iced - 1 each Coffee, instant - 1 package Margarine - 3 packages	KB-0001
Lunch Wt: 201 gm Kcal: 920 Pro: 26 gm	Peanut Butter - 1 package Bun, hamburger, whole wheat - 1 each Jelly, grape - 2 packages Oatmeal cookies - 2 packages Pretzels, tiny twists - 1 package	KL-0001
Dinner Wt: 481 gm Kcal: 980 Pro: 27 gm	Lunch loaf, Glatt beef - 1 serving Brown gravy - 2 servings Mashed potatoes -1 serving Country trio vegetables -1 serving Wheat bread - 2 servings Chocolate muffin - 1 each Margarine - 3 packages	KD-0008
Day 9, 16		
Breakfast Wt: 327 gm Kcal: 660 Pro: 15 gm	Applesauce, stwbry banana - 1 serving Cream cheese - 2 packages Cereal, oatmeal inst - 1 package Bagel, plain - 1 each Coffee, instant - 1 package Margarine - 3 packages Jelly, grape - 1 package	KB-0002
Lunch Wt: 178 gm Kcal: 660 Pro: 19 gm	Turkey deli meat - 2 oz Bun, hamburger, whole wheat - 1 each Mustard, yellow - 1 package Sugar cookies - 2 packages Potato chips - 1 package	KL-0002
Dinner Wt: 642 gm Kcal: 1280 Pro: 30 gm	Vegetarian chili w/cheese - 1 servomg Whole kernel corn - 1 serving Brown rice - 1 serving Cornmeal muffin - 1 each Cinnamon roll - 1 each Margarine - 3 packages	KD-0009

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Day 10		
Breakfast Wt: 301 gm Kcal: 820 Pro: 22 gm	Peaches, dc - 1 serving Peanut Butter - 1 package Cereal, dry cornflakes - 1 serving Bread, whole wheat - 2 servings Coffee, instant - 1 package Margarine - 3 packages Jelly, grape - 1 package	KB-0003
Lunch Wt: 201 gm Kcal: 970 Pro: 36 gm	Peanut Butter - 1 package Bun, hamburger, whole wheat - 1 each Jelly, grape - 2 packages Chocolate chip cookies - 2 packages Chips, tortilla, yellow - 1 package	KL-0003
Dinner Wt: 453 gm Kcal: 1010 Pro: 27 gm	Brd Bkd Fish - 1 serving Brown rice - 1 serving Broccoli cuts - 1 serving Wheat bread - 2 servings Lemon muffin - 1 each Margarine - 3 packages	KD-0010
Day 11, 18		
Breakfast Wt: 327 gm Kcal: 660 Pro: 15 gm	Applesauce, stwbry banana - 1 serving Cream cheese - 2 packages Cereal, farina inst - 1 package Bagel, plain - 1 each Coffee, instant - 1 package Margarine - 3 packages Jelly, grape - 1 package	KB-0004
Lunch Wt: 225 gm Kcal: 550 Pro: 27 gm	Tuna, light w/oil - 1 package Bun, hamburger, whole wheat - 1 each Mayonnaise, light - 1 packages Pickle relish - 1 package Animal crackers - 1 package Potato chips - 1 oz	KL-0004
Dinner Wt: 488 gm Kcal: 970 Pro: 29 gm	Chicken - 1 serving Divan sauce - 2 servings Mashed potatoes -1 serving Mixed vegetables - 1 serving Wheat bread - 2 servings Apple cinnamon muffin - 1 each Margarine - 3 packages	KD-0011
Day 12		
Breakfast Wt: 343 gm Kcal: 730 Pro: 20 gm	Applesauce, cinnamon - 1 serving Eggs, hard ckd - 2 each Cereal, oatmeal inst - 1 package Danish, bear claw - 1 each Coffee, instant - 1 package Margarine - 3 packages	KB-0005
Lunch Wt: 201 gm Kcal: 920 Pro: 26 gm	Peanut Butter - 1 package Bun, hamburger, whole wheat - 1 each Jelly, grape - 2 packages Oatmeal cookies - 2 packages Pretzels, tiny twists - 1 package	KL-0005
Dinner Wt: 496 gm Kcal: 910 Pro: 31 gm	Broccoli Omelet Bake - 1 serving Rst red potatoes - 1 serving Herbed carrots - 1 serving Wheat bread - 2 servings Lemon muffin - 1 each Margarine - 3 packages	KD-0012

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MEAL	Components That Comprise the Meal	Product Number
Day 13, 20		
Breakfast Wt: 328 gm Kcal: 650 Pro: 15 gm	Peaches, dc - 1 serving Cream cheese - 2 packages Cereal, farina inst - 1 package Bagel, plain - 1 each Coffee, instant - 1 package Margarine - 3 packages Jelly, grape - 1 package	KB-0006
Lunch Wt: 178 gm Kcal: 720 Pro: 16 gm	Chicken bologna - 2 oz Bun, hamburger, whole wheat - 1 each Mustard, yellow - 1 package Sugar cookies - 2 packages Potato chips - 1 package	KL-0006
Dinner Wt: 731 gm Kcal: 1070 Pro: 33 gm	Spaghetti Pasta - 1 serving Marinara sauce - 1 serving Beef crumbles, Glatt - 1 serving Italian blend vegetables - 1 serving Wheat bread - 2 servings Chocolate muffin - 1 each Margarine - 3 packages	KD-0013

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9/22/2014