



## Day Three Menu

### Breakfast

Whole grain cereal, ready-to-eat, 1 cup  
 Milk, dry, 1/3 cup mixed w/ 1 cup water  
 Peaches, canned in juice, 4 ounce  
 Instant coffee or tea

### Snack

Chili, vegetarian with beans, 1/2 can

### Lunch

Tuna Salad (recipe provided)  
 Crackers, 6  
 Pudding, 4-ounce cup  
 100% orange juice, 6.75-ounce pouch

### Snack

Chocolate chip cookies, 2  
 Milk, dry, 1/3 cup mixed w/ 1 cup water

### Evening Meal

Sweet and Spicy Spam (recipe provided)  
 Sweet potatoes, 1/2 can, drained  
 Cut yellow squash, 1/2 can, drained  
 Milk, dry, 1/3 cup mixed w/ 1 cup water

### Snack

Applesauce, 1/2 cup  
 Graham crackers, 2 rectangles  
 Peanut butter, 1 tablespoon

<b>Nutrition Facts</b>			
Serving Size One Day Menu (1362g)			
Amount Per Serving			
<b>Calories</b>	1868	Calories from Fat	457
% Daily Value*			
<b>Total Fat</b>	52g		80%
Saturated Fat	12g		62%
Trans Fat	0g		
<b>Cholesterol</b>	77mg		26%
<b>Sodium</b>	3141mg		131%
<b>Total Carbohydrate</b>	276g		92%
Dietary Fiber	23g		94%
Sugars	145g		
<b>Protein</b>	81g		
Vitamin A	257%	Vitamin C	271%
Calcium	226%	Iron	185%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories	2,000      2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4
NutritionData.com			