

Menu Details

Meal	Cal/serv	wt/serv	H2O/serv	serving	quantity	amount						
Breakfast												
Granola	425	178g	1 c	1c/1/4c	92	46, 92c	Dried Fruits					
eggs & polenta	620	108g	1 c	1c/1/2c	50	25, 50c	Fruit	Cal	wt	amount		
sweet potatoe	600	185g	1.5 c	3/4,1/2,1/3	38	19, 28c	apples	240	100 g	1 c		
Lunch							mangoes	180	100 g	1 c		
chili	580	171g	1.5 c	1c/1/2c	17 +	36, 18 c	cherries	140	100 g	1/4 c		
creole beans	590	175 g	1.5 c	1c/1/2c	32	36, 18 c	dates	240	100 g	10		
Daal & rice	580	150g	1.5c	1c/1/2c	37	36, 18 c	prunes	160	100 g	8		
corn chowder	730	180 g	1.25 c	1.25/1/2c	0	45, 18 c						
Pasta & sauce		180 g	1.75 c	1.75/1/2c	0	63, 18 c	Drinks					
Snacks							drinks	Cal	H2O	quantity		
mixed nuts	600	100	-	3/4 c	180	US	cocoa	130	1 c	72		
dried fruit			-				cider	120	1 c	36		
bars	340	66	-	1	extra	extra	nuun	4	16 oz	extra		
cheese	355	100	-	1 oz	180	US						
jerky	410	100	-	3 oz	180	US	desert					
dry flat bread	270	100	-	12	36	36 c	chocolate					
fish crackers	400	100	-	1 c	48	48 c						
Mary's	140	100		13	24	20 c						
chinese	330	100		1 c	36	36 c						
nuts & bolts	220	100	-	1 c	36	36 c						