

USCG KODIAK DINING FACILITY MENU

Happy Holidays

Dec 12-18-2016

Week 3

Breakfast
0630-0800 (M-F)
0730-1000 (Sat-Sun-Holiday)

Lunch
1130-1300 (M-F)
1030-1300 (Sat-Sun-Holiday)

BOX DINNER
Order by 1330
Pickup NLT 1600

	0630-0800	s/s	cal	fat	1130-1300	s/s	cal	fat	MON-SUN-HOLIDAY	s/s	cal	fat
M O N D A Y	2-Eggs to order	2ea	160	12	Beef Lasagna	6oz	725	26	"BOX LUNCH MENU"			
	Breakfast Ham	1ea	155	13	Roasted Chicken w/ Cherry Tomatoes	6oz	375	15	Cold Cut Combo on / Hoagie	1	475	18
	Home style potatoes	1c	170	9	Scalloped Potato	0.5	275	11	Assorted Chips	1	140	8
	Oven Fried Bacon	2ea	110	8	Chef's Pasta	0.5	225	9	Fresh Veggie	4oz	45	3
Waffles / Pancakes w/ Butter & Syrup	2ea	205	6	Seasoned Zucchini	0.5	85	9	Dessert	1			
Oatmeal, Assorted Cereals, Breads				Chef's Choice Vegetables	0.5			Water w / Assorted Juice	1ea	160	0	
Coffee/Tea/Milk				Chef's Choice of Bread	1ea	110	6	Order by 1330				
Yogurt				Salad Bar w / Assorted Dressings				Pickup NLT 1600				
Fresh Fruit				Coffee / Tea / Juice / Milk				Cash Only				
T U E S D A Y	2-Eggs to Order	2ea	160	12	Beef Tacos	6oz	825	19	"BOX LUNCH MENU"			
	Breakfast Sausage	1ea	155	13	Mexi Style Chicken Casserole	6oz	325	17	Italian Sub(Pepperoni,Salami,Ham)	1	550	29
	Oven Fried Bacon	2ea	110	8	Refried Beans	###	110	2	Assorted Chips	1	140	8
	Chef's Potato	1c	175	6	Spanish Rice	0.5	325	16	Fresh Veggie	4oz	45	3
Pancakes / French Toast w/Butter & Syrup	2ea	210	6	Seasoned Corn	0.5	80	6	Assorted Snack Bars	1			
Grits, Assorted Cereals, Breads				Chef's Choice Vegetables	0.5			Water w / Assorted Juice	1ea	160	0	
Coffee /Tea / Juice / Milk				Nachos	0.5	85	3	Order by 1330				
Yogurt				Salad Bar w / Assorted dressings	0.5			Pickup NLT 1600				
Fresh Fruit				Coffee / Tea / Juice / Milk				Cash Only				
W E D N E S D A Y	2-Eggs to Order	2ea	160	12	Pork Chops w/Creamed Mushrooms Gravy	6oz	750	27	"BOX LUNCH MENU"			
	Breakfast Ham / Oven Fried Bacon	1ea	155	13	Beef Chili Dogs w/Topping Bar	6oz	790	45	Turkey & Cheese / Sourdough	1	540	18
	Biscuits & Gravy	2ea	110	8	Mashed Potato	0.5	275	16	Assorted Chips	1	140	8
	Chef's Choice Breakfast Potato	1ea	175	10	Onion Rings	0.5	259	23	Fresh Veggie	4oz	45	3
Pancakes / French Toast w/Butter & Syrup	1ea	330	18	Fresh Broccoli	0.5	125	15	Assorted Snack Bars	1			
Cream of Wheat				Chef's Choice Vegetable	1	85	5	Water w / Assorted Juice	1ea	160	0	
Assorted / Cereal / Bread	2ea	190	14	Salad Bar w / Assorted Dressings				Order by 1330				
Coffee /Tea / Juice / Milk				Coffee / Tea / Juice / Milk				Pickup NLT 1600				
Yogurt								Cash Only				
Fresh Fruit												
T H U R S D A Y	2-Eggs to order	2ea	160	12	Orange Chicken	6oz	475	12	"BOX LUNCH MENU"			
	Oven Fried Bacon / Cornedbeef Hash	6oz	245	12	Asian Style Pulled Pork w/ Slaw on a Bun	6oz	210	18	Breaded Chicken Sandwich	1	515	21
	Chef's Choice Breakfast Potato	1c	170	9	Chef's Rice	0.5	65	6	Assorted Chips	1	140	8
	Biscuits & Gravy	2ea	110	8	Spicy Roasted Potatoes	0.5	65	6	Fresh Veggie	4oz	45	3
Pancakes /French Toast w/Butter & Syrup	1ea	205	6	Seasoned Peas	0.5			Assorted Snack Bars	1			
Oatmeal, Assorted Cereals, Breads				Chef's Choice Vegetable	0.5	15	6	Water w / Assorted Juice	1ea	160	0	
Coffee /Tea / Juice / Milk				Pita Bread	0.5			Order by 1330				
Yogurt				Salad Bar w / Assorted Dressings				Pickup NLT 1600				
Fresh Fruit				Coffee / Tea / Juice / Milk				Cash Only				
F R I D A Y	2-Eggs to Order	2ea	160	12	Tuna Sandwich	6oz	695	47	"BOX LUNCH MENU"			
	Oven Fried Bacon / Breakfast Sausage	1	180	10	BBQ Pork Country Ribs	6oz	265	25	Meatball Sub Sandwich	1	465	22
	Breakfast Potatoes	2ea	110	8	French Fries	0.5	275	19	Assorted Chips	1	140	8
	Pancakes/ French Toast w/Butter & Syrup	1ea	180	10	Chef's Rice	0.5	65	9	Fresh Veggie	4oz	45	3
Assorted Cereals , Breads	2ea	205	6	Mixed Vegetable	0.5	65	9	Assorted Snack Bars	1			
Chef's Choice Hot Cereal				Chef's Choice Vegetable	0.5			Water w /Assorted Juice	1ea	160	0	
Coffee /Tea / Juice / Milk				Chef's Choice Bread	1ea	65	4	Order by 1330				
Yogurt				Salad Bar w / Assorted Dressings				Pickup NLT 1600				
Fresh Fruit				Coffee / Tea / Juice / Milk				Cash Only				
S A T U R D A Y	2-Eggs to Order	2ea	160	12	Chicken Strips	6oz	325	14	"BOX LUNCH MENU"			
	Oven Fried Bacon / Spam	2ea	110	8	Grilled Harvarti Cheese Sandwich	2ea	560	28	Corned Beef on Rye	1	625	17
	Chef's Choice Breakfast Potato	1ea	175	12	Jo-Jo's	0.5	209	10	Assorted Chips	1	140	8
	Waffle / Pancakes w / Butter & Syrup	0.8	180	10	Fried Okra	0.5	73	2	Fresh Veggie	4oz	45	3
Oatmeal, Assorted Cereals, Breads	2ea	206	6	Sweet Carrots	0.5	80	6	Assorted Snack Bars	1			
Chef's Choice Vegetable				Chef's Choice Vegetable	0.5			Water w /Assorted Juice	1ea	160	0	
Coffee /Tea / Juice / Milk				Sliced Bread	1ea	100	3	Order by 1330				
Yogurt				Salad Bar w / Assorted Dressings				Pickup NLT 1600				
Fresh Fruit				Coffee / Tea / Juice / Milk				Cash Only				
S U N D A Y	2-Eggs to order	2ea	160	12	Italian Sausage w/ Peppers	6oz	765	27	"BOX MENU LUNCH"			
	Oven Fried Bacon / Ham Steaks	2ea	110	8	Baked Chicken	6oz	329	12	Egg Salad Sandwich on White	1	475	15
	Breakfast Hashbrowns	4oz	175	16	Chef's Pasta	0.5	265	14	Assorted Chips	1	140	8
	Waffle / French Toast w/ Butter & Syrup	5oz	190	14	Tator Tots	0.5	73	2	Fresh Veggie	4oz	45	3
Grits, Assorted Cereals, Breads	1c	275	18	Mixed Vegetables	0.5	85	6	Assorted Snack Bars	1			
Chef's Choice Vegetable				Chef's Choice Vegetable	0.5			Water w / Assorted Juice	1ea	160	0	
Coffee / Tea / Juice / Milk				Salad Bar w / Assorted Dressings	1ea	100	3	Order by 1330				
Yogurt				Coffee / Tea / Juice / Milk				Pickup NLT 1600				
Fresh Fruit								Cash Only				



All calorie and fat nutritional facts are based on 4oz to 6oz portions for meat, and 1/2 to 1 cup portions for vegetables and starches.



Listed below are the recommended daily caloric and fat calorie intakes:

AVG ADULT FEMALE
CAL 1600 - FAT CAL 99

AVG ADULT MALE
CAL 2000 - FAT CAL 162

VERY ACTIVE ADULT
CAL 3200 - FAT 306

Program Manager		Contracting Officer Representative
Shaundy Davis	Chiulista Services Inc	COR