

Date	Meal	# of meals	Cost per meal
7/28/2024	Dinner- 60(Chicken, Veggies, Bread, Salad, Drink)	60	

7/29/2024	Breakfast- 60 Meals (Two Eggs and Gravy with 2 Home Style Biscuits or Two Eggs and Pancakes with syrup)	60	
7/29/2024	Lunch- 60 meals (Chicken, Veggies, Bread, Salad, Drink)	60	
7/29/2024	Dinner- 60(Chicken, Veggies, Bread, Salad, Drink)	60	

7/30/2024	Breakfast- 60 Meals (Two Eggs and Gravy with 2 Home Style Biscuits or Two Eggs and Pancakes with syrup)	60	
7/30/2024	Lunch- 60 meals (Chicken, Veggies, Bread, Salad, Drink)	60	
7/30/2024	Dinner- 60(Chicken, Veggies, Bread, Salad, Drink)	60	

7/31/2024	Breakfast- 60 Meals (Two Eggs and Gravy with 2 Home Style Biscuits or Two Eggs and Pancakes with syrup)	60	
7/31/2024	Lunch- 60 meals (Chicken, Veggies, Bread, Salad, Drink)	60	
7/31/2024	Dinner- 60(Chicken, Veggies, Bread, Salad, Drink)	60	

8/1/2024	Breakfast- 60 Meals (Two Eggs and Gravy with 2 Home Style Biscuits or Two Eggs and Pancakes with syrup)	60	
8/1/2024	Lunch- 60 meals (Chicken, Veggies, Bread, Salad, Drink)	60	

8/1/2024	Dinner- 60(Chicken, Veggies, Bread, Salad, Drink)	60	
----------	---	----	--

8/2/2024	Breakfast- 60 Meals (Two Eggs and Gravy with 2 Home Style Biscuits or Two Eggs and Pancakes with syrup)	60	
8/2/2024	Lunch- 60 meals (Chicken, Veggies, Bread, Salad, Drink)	60	
8/2/2024	Dinner- 60(Chicken, Veggies, Bread, Salad, Drink)	60	

8/3/2024	Breakfast- 60 Meals (Two Eggs and Gravy with 2 Home Style Biscuits or Two Eggs and Pancakes with syrup)	60	
8/3/2024	Dinner- 60(Chicken, Veggies, Bread, Salad, Drink)	60	

8/4/2024	Breakfast- 60 Meals (Two Eggs and Gravy with 2 Home Style Biscuits or Two Eggs and Pancakes with syrup)	60	
8/4/2024	Dinner- 60(Chicken, Veggies, Bread, Salad, Drink)	60	

8/5/2024	Breakfast- 60 Meals (Two Eggs and Gravy with 2 Home Style Biscuits or Two Eggs and Pancakes with syrup)	60	
8/5/2024	Dinner- 60(Chicken, Veggies, Bread, Salad, Drink)	60	

8/6/2024	Breakfast- 60 Meals (Two Eggs and Gravy with 2 Home Style Biscuits or Two Eggs and Pancakes with syrup)	60	
8/6/2024	Dinner- 60(Chicken, Veggies, Bread, Salad, Drink)	60	

8/7/2024	Breakfast- 60 Meals (Two Eggs and Gravy with 2 Home Style Biscuits or Two Eggs and Pancakes with syrup)	60	
8/7/2024	Dinner- 60(Chicken, Veggies, Bread, Salad, Drink)	60	
8/8/2024	Breakfast- 60 Meals (Two Eggs and Gravy with 2 Home Style Biscuits or Two Eggs and Pancakes with syrup)	60	
8/8/2024	Dinner- 60(Chicken, Veggies, Bread, Salad, Drink)	60	
8/9/2024	Breakfast- 60 Meals (Two Eggs and Gravy with 2 Home Style Biscuits or Two Eggs and Pancakes with syrup)	60	

Expectation is that meals are differing or on longer periods rotated. Each meal for the Colorado Army National Guard MUST meet a minimum serving portion as indicated in the Requirements section.

BELOW MEAL EXAMPLE MEETS MINIMUM.

BREAKFAST MEAL EXAMPLE MINIMUM: (Per Soldier)

- Entrée: Two Eggs and Gravy with 2 Home Style Biscuits or Two Eggs and French Toast or Waffles or Pancakes with syrup
- Meat: Bacon (2 slices) or Sausage (3 links/patties)
- Bread: bread, toast, bagel, etc. (with butter)
- Starch: Breakfast Potatoes (1 cup)
- Fruit: 1 fresh whole fruit (apples, oranges, bananas, etc)
- Beverage: See Drinks section.
- Condiments: Individual packets of Butter, Ketchup, Sugar, Salt, Pepper, Peanut Butter, Jelly/Jam, and others applicable to the menu items served

LUNCH AND DINNER MEAL EXAMPLE MINIMUM: (Per Soldier)

- Entrée: Meat/Protein (5-6.5 ounces)
- Starch: Rice (1 Cup) or Pasta (1 Cup) or Potatoes (Mashed or Baked) (1 Cup)
- Every dinner: Mixed Salad with at least two toppings (cheese, tomatoes, croutons. etc.) (1 Cup) to include a variety of dressings
- Vegetables: Hot vegetables (1 Cup)
- Bread: Dinner Rolls or Sliced Bread or breadsticks

- Dessert: At least one 8oz serving of dessert choices that varies daily, may include cookies or pudding
- Beverages: See Drinks section.
- Condiments: Individual packets of Butter, Ketchup, Sugar, Salt, Pepper, Peanut Butter, Jelly/Jam, and others applicable to the menu items served

Requirements: All meals are either hot meals or boxed lunches and will be delivered and dropped off.

Each meal must contain at least one “myplate.gov” recommended serving of protein, grains, and vegetables. Fruits and dairy are encouraged, but not required. Serving (portion) sizes in accordance with “myplate.gov” are as follows:

These are daily recommended amounts for adults over age 14, based on 2800 calories per day.

Protein: 5.oz. to 6.5oz. (meats, fish or ¼ cup beans)

Dairy: 3 cups (1 cup milk, 1 small container of yogurt, one slice of cheese)

Fruit: 2 to 2.5 cups (one piece of fruit)

Vegetables: 2 to 3.5 cups (2 large 8oz. scoops of chopped vegetables)

Grains: 3oz. to 4oz. (one cup of rice, pasta, one tortilla, or one piece of bread.) (Breakfast would be three 4.5” pancakes, ½ cup cooked cereal such as oatmeal or cream of wheat, one muffin or one bagel.)

Drinks:

Breakfast - Juice, coffee, milk if cereal is served for breakfast.

Lunch – tea, lemonade, Kool-Aid.

Dinner – tea, lemonade, Kool-Aid, coffee.

No soda, energy or sports drinks, water, sparkling water, or flavored water