

Outside Menu Report

Fort Benning-2943-W6YG3C

Meal Date: 2025-08-19 Tuesday Meal Type: Breakfast Serving Period: 0730 - 0930

<u>Entree</u>	<u>Portion</u>	<u>G4G</u>	<u>Calories</u>	<u>Grams</u>				<u>Sodium (mg)</u>
				<u>Sugars</u>	<u>Fat</u>	<u>Sat Fat</u>	<u>Fiber</u>	
Peppered Gravy Mix	4 oz		73		3.00			260.00
CHILLED VEG JUICE	8 OZ		35		5.00			50.00
Assorted Individual Juice	8 oz - 1 Co		80		5.00			25.00
Non Dairy Creamers	1 pkg		11		5.00			25.00
BEVERAGE BASE PWDR	8 OZ		90		5.00			1.00
MILK, CHOC. 1/2 PT	2 EA		125		5.00			25.00
Chocolate Milk - Bulk - Low Fat	8 Oz		75		5.00			15.00
COFFEE (MANUAL URN)	1 cup (8 oz)							
SPORTS BEVERAGE	1 cup (8 oz)	Yellow	54	13.00	0.00	0.00	0.10	101.00
CHILLED TOMATO JUICE	8 OZ		65		5.00			39.00
CHILLED GRAPE JUICE	8 OZ		55		5.00			25.00
ELECTROLYTE BEV.	8 OZ		2		5.00			
Lowfat Milk - 1/2 Pint	1 Co		125		5.00			60.00
Lowfat Milk - Bulk	8 OZ		125		5.00			205.00
Carbonated Beverage (8 Types)	8 oz		1		5.00			35.00
COFFEE (INSTANT, FREEZE-DRIED)	1 cup (8 oz)	Green	8					8.00
Chilled Orange Juice	8 oz		72		5.00			25.00
CHILLED APPLE JUICE	5 OZ		79		5.00			4.00
Syrup - Individual	1 pkt		50		5.00			30.00
CHILI	8 1/2 OZ		346		17.00			677.00
Baked Chicken Sausage Link - 0.8 oz	3 Link		103		5.00			278.00
Grilled Seasoned Chicken Strips	4 oz		160		5.00			
Assorted Dry Cereal	1 Pkg		83		20.00			201.00
Breakfast Fitness Bar	S/S		200		5.00			50.00
Scrambled Eggs (oven method)	2.5 oz		90		5.00			35.00
Baked Sausage Patties	2 Each		220		30.00			401.00

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FRENCH TOAST (COMMERCIAL)	2							
OVEN FRIED TURKEY BACON	3 slices (2 oz)	Red	155	0.00	10.00	2.60	0.00	979.00
HARD COOKED EGGS	2 each	Yellow	155	1.00	11.00	3.20	0.00	124.00
BROCCOLI QUICHE	4-1/2 ounce		201		10.00			194.00
OVEN FRIED BACON (PORK)	3 slices (1 oz)	Red	125	0.00	10.00	3.20	0.00	501.00
Omelet (Individual)	2 1/2 oz		215		20.00			110.00
SAUTEED MUSHROOMS AND ONIONS (FRESH)	3/4 cup (4.125 oz)	Green	69	5.00	3.00	0.30	2.10	348.00
GRITS	¾ cup (6-1/3 oz)	Green	93	0.00	0.00	0.00	1.40	151.00
HOME FRIED POTATOES	¾ cup (3¾ oz)	Green	154	1.00	3.00	0.20	2.10	227.00
Hot Rolled Oats - STEEL CUT	3/4 Cup		106		2.00			216.00
Brown Rice (Long Grain, Steamer)	3/4 Cup - 4.5 oz	Green	197	1.00	2.00		2.00	215.00
SALSA	1 OZ		13		0.00			228.00
Shredded Cheese	1 oz		30		20.00			201.00
Cottage Cheese Salad	1/4 Cup		62		3.00			229.00
Honey - Individual	S/S 1 pkg		65		5.00			1.00
ENGLISH MUFFINS	1 MUFFIN		281		8.00			130.00
BRAN MUFFINS	1 MUFFIN		173		4.00			240.00
Bagels	2		408		20.00			10.00
Biscuits - Commercial Frozen	1 Each		303		30.00			75.00
WAFFLES	1 waffle (6 oz)	Red	463	20.00	14.00	7.40	1.50	941.00
Melted Butter or Margarine	1 oz		35		5.00			50.00
Assorted Breads	2 Slices		147		5.00			100.00
Cream Cheese - Ind Packet	1 Each		60		5.00			201.00

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				<u>Sugars</u>					
Condiments - For Order Worksheet	S/S		16			5.00			100.00
Assorted Fresh Fruit	Self Service		45			5.00			10.00
Breakfast Toppings	S/S		90			20.00			50.00
Assorted Yogurt	1 co - 8 oz		143			20.00			50.00
Granola Bar	1 Each		165			5.00			100.00
CINNAMON SUGAR RAISIN FILLING	1 Tbsp (¾ oz)	Yellow	76	18.00		0.00	0.00	0.60	17.00