

Outside Menu Report

Fort Benning-2943-W6YG3C

Meal Date: 2025-08-19 Tuesday      Meal Type: Lunch      Serving Period: 1130 - 1330

<u>Entree</u>	<u>Portion</u>	<u>G4G</u>	<u>Calories</u>	<u>Grams</u>		<u>Fat</u>	<u>Sat Fat</u>	<u>Fiber</u>	<u>Sodium (mg)</u>
				<u>Sugars</u>					
Cheese Manicotti	2 SHELLS								
ASST. Canned soup	6 OZ		450			20.00			750.00
Crackers - Assortment	S/S		60			5.00			225.00
Non Dairy Creamers	1 pkg		11			5.00			25.00
COFFEE (AUTOMATIC URN)	1 Cup (8 oz)	Green	2						4.00
Sports Beverage	8 OUNCES	Yellow	57	15.00		0.00			89.00
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
ELECTROLYTE BEV.	8 OZ		2			5.00			
Sugar Substitute	2 pkts		150			5.00			50.00
Lowfat Milk - 1/2 Pint	1 Co		125			5.00			60.00
Lemon Wedges	1/4 WEDGE		5			5.00			1.00
Tea Bags	1 Bag		5			5.00			1.00
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
Fajita Beef Strips	4 OZ								
Lean Ground Taco Beef	4 oz								
Sausage & Pepper Pasta	1 CUP		260			5.00			
Black Beans	3/4 cup		160			1.00			484.00
Spanish Cod	6 OZ		220			4.00			
Roast Turkey (Boneless Turkey)	6 OZ		210			4.00			
Fajita Chicken Strips	4 OZ								
Pepper & Onions	1/2 cup	Green	50			3.00			
Balsamic Roasted Baby Carrots	1/2 cup	Green	139			7.00			
Green Beans with Cherry Tomatoes & Olives	1/2 cup	Green							

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Entree	Portion	G4G	Calories	Grams				Sodium (mg)
				Sugars	Fat	Sat Fat	Fiber	
Garlic Mashed Red Skin Potatoes	1/2 Cup	Green	130		4.00			
Cilantro Lime White Rice	1/2 cup	Yellow	100					
Cilantro Lime Brown Rice	1/2 cup	Green	100		1.00			
Hot Corn Salsa	1/2 cup	Green	70		3.00			
Simple Roasted Butternut Squash	1/2 cup	Green	100		7.00			
SALSA	1 OZ		13		0.00			228.00
Asst Individual Salad Dressings	2 pkt		150		5.00			401.00
SPRING SALAD	1 cup (3½ oz)	Green	14	2.00	0.00	0.00	1.10	6.00
Shredded Cheese	1 oz		30		20.00			201.00
Cottage Cheese Salad	1/4 Cup		62		3.00			229.00
Lo-Cal Salad Dressings - Ind	2 pkt		80		5.00			201.00
SPINACH SALAD	1 cup (1 oz)	Red	43	1.00	3.00	1.10	0.50	65.00
TOSSED GREEN SALAD	1 cup (1¾ oz)	Green	8	1.00	0.00	0.00	0.90	6.00
Jams and Jellies	S/S - @ 3 each		60		5.00			45.00
Butter or Margarine	1 Tbsp		35		5.00			50.00
Peanut Butter - @ 2 oz	S/S - 2 oz		85		20.00			225.00
Condiments - For Order Worksheet	S/S		16		5.00			100.00
S/O Relish Tray	S/S		15		5.00			5.00
SUBWAY/SANDWICH BAR	1 SUB/2ea		400		20.00			75.00
Assorted Potato Chips	1 pkg or 2 oz		160		5.00			401.00
Assorted Fresh Fruit	Self Service		45		5.00			10.00
Assorted Yogurt	1 co - 8 oz		143		20.00			50.00