

Calcium Rich Menu (1 day SAMPLE)

Calcium

Breakfast:

250 ml. Orange Juice	27.3 mg.
1 Medium Banana	5.9 mg.
1 Slice Whole Wheat Toast w/ 1 Slice Processed Cheese	25 mg./Toast 129.3 mg./Cheese

AM Snack:

4 Arrowroot Cookies	4.3 mg.
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Lunch:

4 Fluid Ounces Chicken Noodle Soup	8.9 mg.
2 oz. Salmon Salad (w/ 1Tbsp. Mayonnaise), on 2 Slices of Whole Wheat Bread	50 mg./Bread 120.7 mg./Salmon 2.1 mg./Mayonnaise

125 ml. Vanilla Ice Cream w/ 2 Tbsp. Chocolate Syrup Cream	76 mg./Ice 0 mg./Syrup
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PM Snack:

125 ml. Pudding Cup	80 mg.
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-OR-

1 Medium Orange

Dinner:

125 ml. Glass of Milk (w/ 1 Tbsp. Low Fat Milk Powder Added)	187.8 mg.
1 Cup Tossed Salad w/ 1 Tbsp. yogurt & Dill Dressing	39.8 mg.
3 oz. Meat Lasagna (w/ 1 Tbsp. Parmesan Cheese Added)	142.3 mg.
125g. Baked Custard	101.6 mg.

HS Snack:

2 Saltine Crackers w/ 1 oz. Cheddar Cheese	168 mg.
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Total:

1169 mg./1200 mg.