

Sheet1

A54,C,6	A1(A39,C,6	A96,C,30	A84,N,4,0
000002	R	000971 Grapefruit Spritzer (4)	4
000002	R	000578 Hot Hoppin' John Salad (4)	4
000002	R	000368 Cranberry Muffins (4)	4
000002	R	000239 Oranges in Grand Marnier (4)	4
000004	R	000437 Texas Cabbage Fruit Salad (4)	4
000004	R	000198 Vegetarian Chili (4)	4
000004	R	000475 Moist Golden Cornbread (4)	4
000004	R	000232 Apple Bean Cake (4)	4
000008	R	000453 Avocado and Mushroom Salad (4)	4
000008	R	000632 Basil Tomato Salad (4)	4
000008	R	000635 Avocado Pizza Pie (4)	4
000008	R	000544 Beef Pizza (4)	4
000008	R	000224 Dessert Fruit Pizza (4)	4
000008	R	000155 Fast, Easy, Guilt-Free Pizza (4
000008	R	000039 Hawaiian Pineapple Pizza (4)	4
000008	R	001318 Seafood Pizza (4)	4
000008	R	000692 Top Hat Pizza (4)	4
000012	R	000146 Angel Hair Fresh Tomato Pasta	4
000012	R	000093 Lemony Baked Chicken (4)	4
000013	R	000150 19 Bean Cassoulet (4)	4
000013	R	001387 Sunshine Valley Salad (4)	4
000013	R	000177 Almond Angel Kisses (4)	4
000013	R	000777 Fresh Pineapple (4)	4
000014	R	000128 Crab-Topped Potatoes (4)	4
000014	R	000497 Microwave Glazed Vegetables (4	4
000014	R	000178 Spinach and Romaine Salad (4)	4
000014	E	Ice Cream	0
000014	R	000005 Hot Fudge Sauce (4)	4
000015	R	000861 Orange Juice (4)	4
000015	R	000151 Vegetable Egg Scramble (4)	4
000015	R	000051 Blueberry Coffee Cake (4)	4
000016	R	001343 Barley, Beef and Kale Soup (4)	4
000016	R	000834 Cheese Nip Crackers (4)	4
000016	R	000744 Fresh Tomatoes (4)	4
000017	R	000196 Turkey with Bread Dressing (8)	8
000017	R	000109 Cranberry-Ginger Salsa (8)	8
000017	R	000513 Acorn Squash and Apple Puree (8
000017	R	000029 New Caesar-Style Salad (8)	8
000017	R	001364 Whole Wheat Dinner Rolls (8)	8
000012	R	000178 Spinach and Romaine Salad (4)	4
000012	R	000185 Fresh Fruit Compote with Wine	4
000018	R	000139 California Summer Salad (4)	4
000018	R	000156 Layered Vegetable Vinaigrette	4
000018	R	001362 Do-Ahead Refrigerator Bread (4	4
000018	R	000181 Frozen Fruit Fantasy (4)	4
000019	R	000143 Chinese Noodle and Tofu Salad	4
000019	R	000426 Armenian Spinach Plum Salad (4	4
000019	R	000086 Dill Seed Bread Sticks (4)	4

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000019	R	000483	Cherry Smoothie (4)	4
000020	E		Eggs	0
000020	R	000013	Blueberry Muffins (4)	4
000021	R	000197	Chili Con Carne (4)	4
000021	R	000167	Fresh Corn Madeleines (4)	4
000021	R	000748	Iceberg Lettuce (4)	4
000021	R	000915	Low Cal Ranch Salad Dressing (4
000021	R	000225	Blueberry Cobbler (4)	4
000022	R	000198	Vegetarian Chili (4)	4
000022	R	001415	Endive, Apple and Walnut Trio	4
000022	R	000167	Fresh Corn Madeleines (4)	4
000023	R	000073	Easy Popcorn Balls (4)	4
000023	R	000074	Peanut Butter Cereal Treats (4	4
000023	R	000106	Fireside Punch (4)	4
000024	R	000206	Lentil-Turkey Stew (4)	4
000024	R	001367	Marinated Tomatoes (4)	4
000024	R	000475	Moist Golden Cornbread (4)	4
000025	R	000204	Wild Rice and Turkey Casserole	4
000025	R	001247	Tangy Peach Salsa (4)	4
000025	R	000724	Fresh Green Peas (4)	4
000026	R	000130	New England Fish Chowder (4)	4
000026	R	000157	Toasted Bread Rounds (4)	4
000026	R	001246	Cucumber and Tomato Salad (4)	4
000026	R	000267	Chocolate Bananas D'amore (4)	4
000027	R	000045	Beef-Mushroom Stir-Fry (4)	4
000027	R	000813	White Rice (4)	4
000027	R	000479	East Meets West Salad (4)	4
000028	R	000043	Creamy Macaroni and Cheese (4)	4
000028	R	000750	Carrot Sticks (4)	4
000028	R	000749	Celery Sticks (4)	4
000029	R	000123	Arroz Con Pollo (4)	4
000029	R	001429	Mixed Green Salad (4)	4
000029	R	000907	Low Cal Blue Cheese Dressing (4
000029	R	000827	French Bread (4)	4
000030	R	000094	Cactus Country Meatloaf (4)	4
000030	R	000476	Oven Fries (4)	4
000030	R	000728	Brussels Sprouts (4)	4
000030	R	000381	Tangerine Sorbet (4)	4
000031	R	000490	Kiwi Fruit Salad (4)	4
000031	R	000040	Caribbean Spice Chicken (4)	4
000031	R	000112	Golden Ginger Curried Rice (4)	4
000031	R	000788	Steamed Bok Choy (4)	4
000031	R	000296	California Summer Fruit Tart (4
000032	R	000055	Chicken Dill-Light (4)	4
000032	R	000822	Noodles (4)	4
000032	R	001350	Fruit and Green Salad (4)	4
000032	R	000730	Cooked Carrots (4)	4
000033	R	000083	Chicken Frittata (4)	4
000033	R	000082	Banana Wheat Muffins (4)	4

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000033	R	000769	Honeydew Melon (4)	4
000028	R	000467	Apple-Grape Salad (4)	4
000028	R	000049	Chocolate Chip Cookies (4)	4
000025	R	000284	Lemony Poached Golden Apples (4
000027	R	000233	Banana Peach Delight (4)	4
000034	R	000408	Crustless Quiche (4)	4
000034	R	000368	Cranberry Muffins (4)	4
000034	R	000763	Grapefruit (4)	4
000035	R	000076	Cucumber N' Dill Pasta Salad (4
000035	R	000825	Whole Wheat Bread (4)	4
000035	R	001004	Fruit Kabobs (4)	4
000035	R	000053	Drop Sugar Cookies (4)	4
000036	R	000863	Grapefruit Juice (4)	4
000036	R	001427	Waffles (4)	4
000036	R	000012	Hot Spiced Apple Topping (4)	4
000036	R	000767	Cantaloupe (4)	4
000037	R	000020	Huevos Rancheros (4)	4
000037	R	000839	Corn Tortillas (4)	4
000038	R	000461	Lowfat Date Yogurt Shake (4)	4
000038	R	000416	Orange Date Shake (4)	4
000038	R	000489	Pear-Yogurt Shake (4)	4
000038	R	000363	Banana Yogurt Shake (4)	4
000038	R	000399	Grape Roughie (4)	4
000039	R	000208	Chinese Pearl Balls (12)	12
000039	R	000138	Quick Calamari Vinaigrette (12	12
000039	R	000209	Spicy Chicken Bites (12)	12
000039	R	000149	Eggplant Caviar (12)	12
000039	R	000179	Greek Cheese Spread (12)	12
000039	R	000191	Guacamole in Cherry Tomatoes (12
000039	R	000153	Mushroom and Nut Pate (12)	12
000039	R	000187	Spinach Turnovers (12)	12
000039	R	000978	Mushroom Pizza Rounds (12)	12
000039	R	000452	Oriental Curry Veggies (12)	12
000039	R	000439	Creamy Vegetable Dip (12)	12
000039	R	000832	Ritz Crackers (12)	12
000039	R	000831	Wheat Thins Crackers (12)	12
000039	R	000979	Whole Wheat-Rye Crackers (12)	12
000040	R	000155	Fast, Easy, Guilt-Free Pizza (4
000040	E		Fresh Vegetables	0
000041	R	000210	Mini Lahvosh Turnover Sandwich	4
000041	R	001004	Fruit Kabobs (4)	4
000042	R	000137	Garden Almond Gazpacho (4)	4
000042	R	000453	Avocado and Mushroom Salad (4)	4
000042	R	000979	Whole Wheat-Rye Crackers (4)	4
000043	R	000134	Jimmy's Minestrone (4)	4
000043	R	000050	Oatmeal Raisin Cookies (4)	4
000044	R	000484	Fresh Mushroom Soup (6)	6
000044	R	000202	Pork Tenderloin Medallions (6)	6
000044	R	000442	Artichoke Rice Salad (6)	6

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000044	R	000724	Fresh Green Peas (6)	6
000044	R	000425	Glazed Fruit Kabobs (6)	6
000044	R	000079	Creme Caramel (6)	6
000045	R	000158	Ratatouille Baked Potato (4)	4
000046	R	000088	Golden Squash and Tomato Soup	4
000046	R	000176	Rock Cornish Game Hens (4)	4
000046	R	000715	Steamed Broccoli (4)	4
000046	R	001371	No-Knead Breadsticks (4)	4
000047	R	000045	Beef-Mushroom Stir-Fry (4)	4
000047	R	000813	White Rice (4)	4
000047	R	000479	East Meets West Salad (4)	4
000048	R	001182	The 'T and T Deluxe' (4)	4
000048	R	000076	Cucumber N' Dill Pasta Salad (4
000048	R	000764	Grapes (4)	4
000048	R	000827	French Bread (4)	4
000048	R	000414	Banana Snacking Cake (4)	4
000049	R	000719	Baked Potatoes (4)	4
000049	R	000421	Idaho Potato Cream Sauce (4)	4
000049	R	000715	Steamed Broccoli (4)	4
000049	R	000068	Fat-Free Chocolate Cake (4)	4
000050	R	000027	Chicken Sweet and Sour (4)	4
000050	R	001018	Oriental Rice (4)	4
000050	R	000111	Ginger-Glazed Carrots (4)	4
000051	R	000090	Greek Island Chicken (4)	4
000051	R	000147	Brown Rice Pilaf (4)	4
000051	R	000019	Herbed Cucumber Salad (4)	4
000051	R	001004	Fruit Kabobs (4)	4
000052	R	000108	Holiday Wassail (12)	12
000052	R	000473	Microwave Sweet Potato Chips (12
000052	R	001000	Holiday Vegetable Bouquet (12)	12
000052	R	000986	Fruit-Vegetable Dip (12)	12
000053	R	000324	Scampi Al Prosciutto Di Parma	4
000053	R	000122	Light Chicken Cordon Bleu (4)	4
000053	R	000813	White Rice (4)	4
000054	R	000478	Cream of Broccoli Soup (4)	4
000054	R	000008	Mandarin Pork Chops (4)	4
000054	R	000958	Cracked Wheat or Bulgur (4)	4
000054	R	000492	Green Bean Saute (4)	4
000054	R	000104	Satin Chocolate Mousse (4)	4
000055	R	000044	Tuna Pasta Salad Vinaigrette (4
000055	R	000077	Mustard N' Dill Potato Salad (4
000055	R	000487	California Marinated Salad (4)	4
000055	R	000049	Chocolate Chip Cookies (4)	4
000056	R	001125	Blue Crab Salad (4)	4
000056	R	000347	Basil Veal and Pasta (4)	4
000056	E		Spinach Linguini	0
000056	R	000419	Brussels Sprouts (4)	4
000057	R	000319	Braised Veal Steak (4)	4
000057	R	000958	Cracked Wheat or Bulgur (4)	4

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000057	R	001356	Avocado Raspberry Spice Salad	4
000057	R	000259	Cherry Yogurt Cheesecake (4)	4
000058	R	000971	Grapefruit Spritzer (4)	4
000058	R	000402	Breakfast Bread Pudding (4)	4
000059	R	000861	Orange Juice (4)	4
000059	R	000405	Broccoli-Stuffed Omelette (4)	4
000059	R	000048	Wheat Germ Cornmeal Muffins (4	4
000060	R	000957	Cottage Cheese Danish (4)	4
000060	R	000876	1% Lowfat Milk (4)	4
000060	R	000857	Coffee (4)	4
000061	R	000970	Chicken Paprika with Yogurt (4	4
000061	R	000822	Noodles (4)	4
000061	E		Fresh Raw Vegetables	0
000062	R	001253	3-Pepper Hazelnut Soup (4)	4
000062	R	000313	Lamb Chops Jalapeno (4)	4
000062	R	000407	Latkes (4)	4
000062	R	000914	Ranch Style Salad Dressing (4)	4
000062	R	000279	Cantaloupe-Ginger Sorbet (4)	4
000063	R	000113	Turkey Perugina (4)	4
000063	R	001142	Orange-Currant Couscous (4)	4
000063	R	000715	Steamed Broccoli (4)	4
000063	R	000266	Apricot Rice Pudding (4)	4
000064	R	000115	Turkey Shanghai (4)	4
000064	E		Chinese Noodles	0
000064	R	000440	Tangy Cucumber Salad (4)	4
000064	R	000758	Strawberries (4)	4
000066	R	000556	Apricot Relish Steak (4)	4
000066	R	000719	Baked Potatoes (4)	4
000066	R	001417	Walnut Caesar Salad (4)	4
000067	R	000545	Beef and Spinach Pita Pockets(2
000067	R	000750	Carrot Sticks (2)	2
000067	R	000749	Celery Sticks (2)	2
000067	R	000753	Apples (2)	2
000068	R	000300	After School Fruit Cup (4)	4
000068	R	000251	Bronx Brownies (4)	4
000069	R	000107	Sparkling Rose Tea Punch (6)	6
000069	R	000110	Tropical Ginger Cooler (6)	6
000069	R	000382	Orange Pecan Bread (6)	6
000069	R	000238	Chocolate Hazelnut Cookies (6	6
000040	R	000950	Banana Pop (4)	4
000013	R	000362	Whole Wheat Buns (4)	4
000070	R	000159	Any Bean/any Bone Soup (4)	4
000070	R	001373	Jicama Orange Burst Salad (4)	4
000070	R	000053	Drop Sugar Cookies (4)	4
000016	R	000170	Baked Apples (4)	4
000017	R	000374	Smooth Pumpkin Pie (8)	8
000020	R	001005	Broiled Grapefruit (4)	4
000022	R	000258	Blueberry Crisp (4)	4
000024	E		Frozen Yogurt	0

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000024	R	000005	Hot Fudge Sauce (4)	4
000029	R	000028	Chocolate Yogurt Creme Pudding	4
000036	R	000769	Honeydew Melon (4)	4
000037	E		Fresh Fruit in Season	0
000032	R	000033	Glazed Fruit Tarts (4)	4
000045	R	001351	B.L.T. Salad (4)	4
000045	R	000290	Nectarine Lime Sorbet (4)	4
000046	R	000173	Strawberry Liqueur Sorbet (4)	4
000047	R	000239	Oranges in Grand Marnier (4)	4
000050	E		Fortune Cookies	0
000051	R	000246	Light Apple Cake (4)	4
000053	R	000454	Green Beans with Mushrooms (4)	4
000053	E		Angel Food Cake	0
000053	R	001001	Fruit Macedoine (4)	4
000056	R	000372	Honey-Apple Tart (4)	4
000061	R	000170	Baked Apples (4)	4
000064	R	000256	Chocolate Dipping Sauce (4)	4
000066	R	000269	Peach Shortcake with Creme (4)	4
000065	R	001006	Round Steak Stroganoff (4)	4
000065	R	000822	Noodles (4)	4
000065	R	000664	Greens with Honey and Oranges	4
000065	R	000326	Lowfat Carrot Cake (4)	4
000071	R	000756	Berries (4)	4
000071	R	000709	Asparagus and Herb-Scrambled E	4
000071	R	000634	Sauce Raito (4)	4
000071	R	000838	Flour Tortillas (4)	4
000072	R	000020	Huevos Rancheros (4)	4
000072	E		Toasted English Muffins	0
000073	R	000405	Broccoli-Stuffed Omelette (4)	4
000073	E		Wheat Toast	0
000073	R	000274	Claret Spiced Oranges (4)	4
000074	R	001072	Turkey Ham Strata (4)	4
000074	R	001241	Rainbow Pear Compote (4)	4
000075	R	000406	Whole Wheat Blueberry Griddle	4
000075	E		Sausages	0
000075	E		Blueberries and Strawberries	0
000077	R	000861	Orange Juice (4)	4
000077	R	000402	Breakfast Bread Pudding (4)	4
000078	R	000863	Grapefruit Juice (6)	6
000078	R	000676	Double Corn Brunch Bake (6)	6
000078	E		Crisp Bacon	0
000079	R	000754	Apricots (6)	6
000079	R	000166	Bran Refrigerator Muffins (72)	72
000079	E		Hard-Cooked Eggs	0
000080	R	000687	Corn Chowder (6)	6
000080	R	000169	Three Grain Muffin Mix (36)	36
000080	R	000777	Fresh Pineapple (6)	6
000081	R	000417	Quick Kiwifruit Refresher (4)	4
000081	R	001274	Spicy Shrimp Frittata (4)	4

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000081	R	001275	Herbed Yogurt Topping (4)	4
000081	R	000726	Asparagus Spears (4)	4
000081	R	001421	Upside Down Sticky Muffins (4)	4
000082	R	000400	Triple Decker Vegetable Omelet	4
000082	E		Toasted Australian Muffins	0
000082	R	000471	Cherry-Berry Conserve (32)	32
000082	R	000769	Honeydew Melon (4)	4
000083	R	000866	Cranberry Juice Cocktail (6)	6
000083	R	000407	Latkes (6)	6
000083	R	000751	Applesauce (6)	6
000083	E		Turkey Sausage	0
000084	R	000354	Yam Bake a la Orange (6)	6
000084	E		Sausages	0
000084	R	000777	Fresh Pineapple (6)	6
000085	R	000303	Buffalo Bread (12)	12
000085	E		Havarti or Jarlsburg Cheese	0
000085	R	000775	Pears (4)	4
000086	R	000772	Oranges (4)	4
000086	R	001282	Red Beans and Rice Burrito (4)	4
000086	R	001280	Tomato Citrus Salsa (4)	4
000087	R	000971	Grapefruit Spritzer (4)	4
000087	R	001126	Gravlox (4)	4
000087	E		Bagels with Cream Cheese	0
000087	R	000302	Three-Melon Melange (4)	4
000088	R	000655	Cheese and Chili Skins (6)	6
000088	R	001254	Tomato-Pineapple Salsa (6)	6
000088	R	001004	Fruit Kabobs (6)	6
000089	R	000179	Greek Cheese Spread (4)	4
000089	E		Cherry Tomatoes	0
000089	E		Greek Olives	0
000089	R	000187	Spinach Turnovers (4)	4
000089	R	000209	Spicy Chicken Bites (4)	4
000089	R	000767	Cantaloupe (4)	4
000090	R	000384	Orange Cantaloupe Soup (6)	6
000090	R	001027	Chicken-Pistachio Roll-Ups (6)	6
000090	R	000101	Chunky Spinach Salad (6)	6
000090	E		Brie Cheese with Crackers	0
000090	R	000289	Nectarine Carrot Picnic Cake (10
000091	R	001346	Grilled Whole Salmon (6)	6
000091	R	000420	Tomato-Cucumber Relish (6)	6
000091	R	000718	Corn on the Cob (6)	6
000091	R	001021	Saffron Rice Salad (6)	6
000091	R	000487	California Marinated Salad (6)	6
000091	R	000293	Apricot Applesauce Cake (12)	12
000092	R	000496	Peach Soup (4)	4
000092	R	000210	Mini Lahvosh Turnover Sandwich	4
000092	R	000255	Super Chocolatey Cupcakes (8)	8
000093	R	001097	Dilly Turkey Stuffed Tomatoes	6
000093	R	000710	White Bean Pistachio Salad Vin	6

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000093	R	001371	No-Knead Breadsticks (12)	12
000093	E		Seasonal Fruit	0
000093	R	000328	Lowfat Fudgy Brownies (36)	36
000094	R	000541	Thai-Style Beef Salad (4)	4
000094	R	001263	Apricot Cilantro Salad (4)	4
000094	E		French Baguette	0
000094	E		Sweet Butter	0
000094	R	000185	Fresh Fruit Compote with Wine	4
000095	R	001042	Turkey Pockets Al Greco (4)	4
000095	R	000753	Apples (4)	4
000095	R	000353	Trail Cookies (12)	12
000096	E		Tomato Juice	0
000096	R	000404	Chicken Scrambled Toast Cups (4
000079	R	000149	Eggplant Caviar (6)	6