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**THE 1972 WESTOVER AIR FORCE BASE FOOD
PREFERENCE SURVEY AND RELIABILITY
STUDY**

Day Waterman, et al

**Army Natick Laboratories
Natick, Massachusetts**

February 1974

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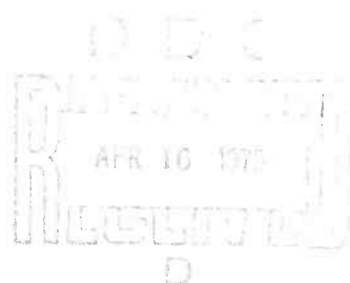
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TECHNICAL REPORT
75-25-FSL

THE 1972 WESTOVER AIR FORCE BASE
FOOD PREFERENCE SURVEY AND
RELIABILITY STUDY

by

Day Waterman
Herbert Meiselman
Laurence Branch
Marc Taylor



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February 1974

UNITED STATES ARMY
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Natick, Massachusetts 01760



Food Sciences Laboratory

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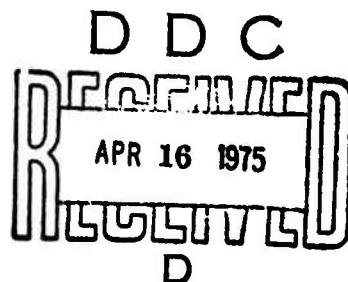
The 1972 Westover Air Force Base Food Preference
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Day Waterman
Herbert L. Meiselman
Laurence G. Branch
Marc S. Taylor

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Food Sciences Laboratory
U. S. Army Natick Laboratories
Natick, Massachusetts 01760



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ABSTRACT

This study was undertaken at Westover Air Force Base to answer two questions: (1) How similar are the food preferences of Army and Air Force enlisted personnel? and (2) How reliable are the ratings obtained from the 1971 Food Preference Survey form? The data collected at Fort Lewis, Washington in April 1971 were compared with data collected in April 1972 at Westover Air Force Base, Massachusetts using the same form, and with a sample population of 419 airmen. Similar food preferences appear for both services, whether referring to the hedonic scores or to the preferred frequency of serving. Using mean ratings for foods, the correlations between the two subject groups were $r = 0.96$ for the frequency scale data and $r = 0.92$ for the hedonic scale data. In order to answer the second question, the same airmen were asked to return five months later to complete the form again. A comparison of 123 initial and return preference rating forms yielded a test-retest correlation coefficient for foods exceeding 0.98 on both the hedonic and preferred frequency scales. The ratings of individual subjects were averaged in order to obtain a mean rating for a specific food each time the test was administered, and then these means were used for the determination of these correlation coefficients. The mean test-retest correlation (r) for individual respondents was 0.60 for the hedonic scale and 0.58 for the frequency scale. This was achieved by averaging across foods instead of individuals, and then taking the mean of 123 r values. These results indicate that foods are quite stable across time, while individuals perform somewhat less consistently. An additional measure of reliability, the average absolute difference, indicates that, after equating the scales for length, data obtained from the hedonic scale are more repeatable than those obtained from the frequency scale.

FOREWORD

Much of the history of food preference measurement is associated with the Quartermaster Corps of the U.S. Army. From the early 1940's until 1963 this group (specifically the Food Acceptance Branch) was located in Chicago as part of the Quartermaster Research and Engineering Command. From 1963 to the present, this group has been located within the U.S. Army Natick Laboratories in Natick, Massachusetts. Although a great deal of work has already been accomplished in the area of food preference measurement, there is a continuing need to evaluate foods on the Armed Forces 42-day menus in order to assess their changing levels of preference. It is advantageous to the menu planners to detect foods of low preference and to evaluate new foods as they emerge in the American commercial market. A prime example of this kind of change is found in the enormous increase in the popularity of fast food services which offer very limited menus. This study is one of a series directed toward updating both our data bank and our methods of evaluating food preferences.

This study evaluates the reliability of a new survey format as well as provides data for a comparison between Air Force personnel and Army personnel. This work was initiated at the inception of a large study of Air Force food service, coordinated by the Operations Research/Systems Analysis office of the Natick Laboratories. The interested reader is urged to read the reports which cover a variety of food service areas as they pertain to the Air Force and Army (27,28,29).

Each military branch of the service, Army, Navy, Air Force, and Marine Corps has stationed its official representative at the Natick Laboratories. Inquires concerning this report or other matters included in the Department of Defense Food RDT&E Program should be directed to the appropriate service representative, for example:

Air Force Representative
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U.S. Army Natick Laboratories
Natick, Massachusetts 01760

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INTRODUCTION

Food preference data have traditionally been collected by military and civilian food service planners in order to provide the consumer with desired foods at appropriate intervals. Food preference measurement research has not yet yielded a standardized method for reliably and validly measuring food preferences, nor is there a universal method for utilizing these preferences in planning menus. The Department of the Army has long been a pioneer in the development of food preference measurement techniques and in defining and examining the concept of food acceptance, which includes preference, consumption, and many other factors. The following is a brief chronological synopsis of the work which lead to the establishment of the nine-point Hedonic scale (Peryam and Pilgrim's, 10) as a government and industry standard of measurement. The less well known, but equally important work on desired frequency of serving scales is also discussed.

Dove (1), who was later to work for the Quartermaster Food and Container Institute in Chicago, developed one of the first category scales which required that the subjects select from a list of descriptors, the one phase that reflected the degree to which they liked or disliked the foods. Of the seven categories provided, two permitted the response of "allergic" and "never tried". Hall (2) had previously only asked for identification of disliked and unfamiliar foods.

An extensive series of studies in the area of food acceptance was performed by the Quartermaster Food and Container Institute in Chicago. In a pilot study at Fort Sheridan, Ill. (3), preference was measured with a seven category like/dislike scale. They also gathered information on food consumption, recorded personal histories of all subjects, and kept detailed records of food inventories. This was followed shortly by a study in which Eng (4) investigated the reliability of five different like/dislike scales. Four of them were simply different lengths of the now common "hedonic" scale (viz. category scales with different numbers of categories), and the fifth was a "graphic" scale on which the subject placed a mark on a line depicting the distance between it and the endpoints which were like and dislike. Eng found no significant differences among any of the scales with regard to reliability.

Eppright (5), in cooperation with the Quartermaster Corps, undertook a large study in Iowa, only a small part of which entailed the use of a five category scale of food preference. His procedures were later used by Kennedy (6,7), in a study of young California men and women. Abbott (8) studied the food preferences of Florida men with the assistance of the Quartermaster Corps.

An extensive parameter study in the investigation of food preference scaling is that of Jones, et al. (9). A total of nine different like/dislike scales were evaluated, differing in length, wording, and balance around a neutral category. The major finding was that the elimination of the neutral category, yielding a scale of eight steps, increased the

transmitted information. The Quartermaster did not change the scale they were using at that time because of the amount of data they had already collected using the nine-point scale. The classic paper by Peryam (10), published in 1957, established the "Hedonic scale", the nine-point like/dislike scale, as the standard in food preference measurement. Subsequently, the military and food industry alike used it extensively to evaluate both food preferences from surveys and actual food acceptability tests for laboratory development of new foods.

Benson (11) studied an eight point scale in an effort to relate preference to desired frequency of serving. At about the same time, work was progressing in England on the like/dislike concept. Harper (12) reported two separate studies which used five-point scales. There was still concern about the variability of results. Pilgrim (13) reported that 75% of the variability could be accounted for by a combination of four factors: preference, satiety, percentage fat, and percentage protein.

The Peryam (14) report of 1960 summarizes ten years of work and eight national surveys in 160 pages. No single report had so thoroughly dealt with the question of food preference measurement before. Investigation into different types of scaling did not stop with this report, however. Einstein (15) used a four category scale with college students and Stasch (16) used a method of indirect questioning.

Recently, the concept of desired frequency of serving has emerged again as a method of describing food acceptability. This is partially due to the fact that the hedonic scale does not fully explain food behavior patterns. It is quite possible that foods which one likes equally well on the hedonic scale are not desired in identical frequency patterns. Frequent servings of some breakfast foods are quite acceptable whereas the same treatment of dinner and supper entrees would possibly lead to dissatisfaction and monotony.

Dove (1) was one of the earlier proponents of this concept in terms of desired number of servings per week. It has proven very difficult to separate this idea from actual like/dislike scales. The major difference is that these "frequency" scales generally describe varying degrees of the subject's willingness to eat a food. Leverton (17) used a three category scale with the addition of "never tried". Lamb et al. (18) changed the wording to the past tense in her four category scale so that the subject described past behavior. Benson (11), in a study referred to earlier, had also experimented with two types of four category frequency scales, and found that keeping the intervals to less than one month was more informative. Many years after Leverton completed her study, Schuck (19) evaluated a slightly larger list of foods using the same four category scale. The 1960 report by Peryam (14) reviewed an eight category frequency scale which ranged from rarely or never to twice a day. He concluded that desired frequency of serving was positively correlated with preference. This was confirmed by Meiselman et al. (26). Of particular note is the statement that frequency data have been shown to account for the part of consumption behavior that cannot be explained by preference information.

The Food Action Rating Scale is perhaps the most famous marriage between the hedonic scale and the frequency scale. Schutz (20) developed this nine category scale of descriptive phrases which combined both potential action and degree of like/dislike. This was not intended to replace the two previously mentioned scales, but to fill a gap in the information data bank. The possible choices range from "I would eat this every opportunity I had" to "I would eat this only if I were forced to".

In recent years, hospital patients have been selected by Schuh et al. (21) and Zeilmer (22) to perform as subjects in experiments evaluating the frequency of serving. Serious question should be raised as to the generalization possible from these hospitalized subjects to the more "normal" population addressed by large surveys of military populations. A nine category scale, very nearly resembling the Peryam (14) frequency scale, was developed by Knickrehm et al. (23) and subsequently used by White (24) and Hartmuller (25). These experimenters used primarily college students as their subjects. Although these categories are not equal intervals (once/day, once/week, etc.), they do represent a fairly clean ratio with each successive category doubling the number of times per month the food would be eaten. The use of a mean to describe these data instead of a median is certainly questionable.

The results of the present survey broaden the data base of a new food preference survey (26) which was developed in conjunction with a study of the food service system at Fort Lewis, Washington. In referring to this report (26), one can see that the concepts of both preference measurement and desired frequency of serving have been tested separately in the same survey. In an effort to gain more information than either of the scales can gather alone, the two were combined into one booklet.

In order to fully understand the comparisons made in this report, the reader should have the Fort Lewis report (26) at his side to explain concepts which may again be mentioned here without complete.

The major concept dealt with in this report is the evaluation of the test-retest reliability of this survey as a food preference measuring instrument. A finding of high reliability (a correlation coefficient approaching 1.0) would mean that the test consistently measures the same food preference concepts when administered at different times.

METHOD

1. Questionnaire

The 1971 Food Preference Survey consisted of 416 randomly listed food items chosen primarily from the Armed Forces 42 Day Menu. Also included were food items likely to be added in the near future. The entire list of items appears in Appendix A. Each respondent was asked to rate all food items on two different food preference scales (see Figure 1); the preference frequency scale (Part I), and the traditional nine-point hedonic scale (Part II). A complete copy of the survey may be found in Appendix D.

The nine-point hedonic scale has been used in several large-scale food preference surveys in the past and provides reliable data for purposes of comparative analysis. It requires that each respondent indicate his degree of like or dislike for each food item as noted, the scale range is from 1 (dislike extremely) to 9 (like extremely).

The preference frequency scale on the other hand requires that each person indicate how often he would like to eat a particular food (in terms of desired servings/week and the number of weeks/month) for each meal. The survey format also permits him to indicate that he never wants a particular food item or that he has never heard of that item. The maximum number of days per month he can choose is 28 (7 days x 4 wks.).

The reader will note that the frequency scale does not provide for equal representation of all days of the month. This can be seen by multiplying days of the week by weeks of the month. There is a disproportionate representation of low frequencies. Also, some frequencies, e.g. 23 times per month, never appear at all. The reason for choosing such a frequency scale is that it was felt that it provided for easy expression of preference frequency on a weekly cycle basis. Future reports will specifically address the effect of frequency scale design on preference ratings. The survey was printed on mark-sense sheets for automated data reduction.

2. Selection of Participants

The participants at Westover Air Force Base (AFB) were selected by computer on the basis of the last digit of their social security numbers. Only enlisted personnel were considered. Airmen with the final numbers of 2, 4, or 6 were selected from the total population of enlisted personnel on the base. Each of the 22 squadrons was sent a list of persons who were chosen by this selection procedure. Because the number of potential participants was greater than the number actually required, the selection on the squadron level was left to the discretion of the squadron commander, based on availability of the personnel. A minimum number was requested from each squadron. The sample was reported to be a fair representation of jobs and ranks with the possible exception of the support personnel from the flight line (transportation, supply, and maintenance). A

Figure 1

Examples of the two part food preference questionnaire

Part I Desired frequency of serving

How often would you like to eat the following food items:

	BREAKFAST		MID-DAY		EVENING	MEAL	NEVER
	days per week	weeks per month	days per week	weeks per month	days per week	weeks per month	
Steak	1234567	1234	1234567	1234	1234567	1234	☐
Scrambled Eggs	1234567	1234	1234567	1234	1234567	1234	☐

SAMPLE ANSWERS

If you like to eat steak at the noon meal once a week, 3 weeks a month you would have filled in:

Steak | 1234567 | 1234 | ●234567 | 12●4 | 1234567 | 1234 | ☐

If you like to eat scrambled eggs at breakfast twice a week, 2 weeks a month you would have filled in:

Scrambled Eggs | 1●234567 | 1●24 | 1234567 | 1234 | 1234567 | 1234 | ☐

Part II Hedonic scale measure of preference

- For each food in the following list tell how much you like or dislike it by marking down one of the following ratings:

9	8	7	6	5	4	3	2	1
like extremely	like very much	like moderately	like slightly	neither like nor dislike	dislike slightly	dislike moderately	dislike very much	dislike extremely

- There are no right or wrong answers. We are interested in how much you like each of these foods. Think of the food in a general way rather than any particular time you have had it. If you have never tried a food item anytime in your life draw a line through the food name only.

- Example:

If you like Peanut Butter very much, you would fill in:

1●234567

If you dislike it slightly, you would fill in:

12345●67

large number of these people were sent abroad on a tactical mission just prior to our initial survey. As a result, the total number of respondents on April 17, 18, and 20, 1972 was 419 instead of the requested 900.

For the purpose of evaluating the test-retest reliability of the 1971 Food Preference Survey (26), the respondents who had adequately completed the survey in April were asked to return in September to answer the same 1971 survey they had taken in April. Of the people who were asked to return, many were no longer available due to the lapse of time. In two sessions on September 26, 1972, a total of 133 people were re-surveyed.

3. Administration of the Questionnaire

The surveying in both April and September was conducted in the Chapel Annex at Westover AFB. This room seated a maximum of approximately 150 people at folding tables. It was well lighted with overhead fixtures and continuous windows on two facing walls. The test sessions were two hours long. Although a few people spent more than two hours completing the survey, the average time necessary was 90-100 minutes. Cooperation among the participants in April was quite good; in September, several of the subjects expressed disapproval of having to complete the survey again.

In the initial test of 419 subjects, 31 were eliminated on visual criteria (one page or more of the exact same answer or continuous patterns such as zig zags), and 17 were rejected by computerized within-test reliability measures which included a comparison of 5 repeated items (see 26). The final acceptable total was 371 subjects. In the data of the retest, seven of the forms were visually suspect of being inappropriately completed and an additional three were rejected by the reliability measures, leaving 123 subjects.

RESULTS

Tables 1,2,3, and 4 give a comparison of the twenty five best and least liked foods, using both preference scales. The twenty-five most and least liked foods using the Hedonic scale have been identified in the Fort Lewis report (26) in Table 3-1. For comparison, these lists are included in this report (Tables 1 & 2). One can see that the comparable lists of best and least liked foods tabulated from the Westover data do not exactly duplicate the Fort Lewis lists. Many of the same foods appear on both lists, however. The twenty-five most preferred foods from each installation share seventeen of the same foods. Of the least liked foods, sixteen of the same foods appear at both Westover and Fort Lewis.

The distribution of food classes is somewhat different in these new results. Of the 25 most preferred foods (Hedonic scale) at Fort Lewis, only seven were main dishes. Fourteen of the top twenty-five at Westover were in this food class. The rest of the classes were similar, with both services omitting four classes all together (accessory, cereals, salads, and soups). The class distribution of the least liked items shows more similarity between services. Again, they agree on the classes they omit (breads, cereals, and potatoes). It should be emphasized that there is a remarkable similarity in these results. Sixty-eight percent of the best liked foods are identical in both services, and sixty-six percent of the least liked foods are the same. Another way of looking at the data is that of 416 possible foods, the 17 (16) food which are in common represent 4% of the total number of foods. The same 4% was chosen as the best (least) liked foods by both the Army and Air Force participants.

The frequency scale shows even more agreement between the two services than the hedonic scale shows. Twenty-two of the twenty-five most frequently desired foods appear on both the Fort Lewis and Westover lists (88% agreement). Sixteen of the least liked foods were present on both lists (66% agreement).

In comparing the distribution of foods into food classes, there is more agreement between services in the frequency data than was seen in the hedonic data. The most frequently desired foods show a shift of emphasis from main dishes as mentioned above (hedonic scale) to beverages (frequency scale). This is certainly a logical expression of the difference between the two scales. Whereas certain meat items may be better liked than a large number of beverages, they may not be desired as frequently. Again, cereals and soups were omitted as classes of frequently desired foods. The least liked food classes were evenly chosen with the exception of beverages, breads, and cereals which have no representatives in the least often liked list (bottom 25).

One should note that there are several foods which stand out as exceptionally good or poor regardless of the branch of service, geographic location, or type of preference scale used in evaluating them. The lists of foods in Table 5 are the items which appeared on both the hedonic and the frequency scale listings in Tables 1 through 4. Despite the fact that these scales measure slightly different concepts (20), 22 out of 50 foods are similarly identified as well liked or disliked.

Table 1

Twenty-Five Best Liked Foods on the Hedonic Scale

a. 25 Most Preferred Foods
Fort Lewis Data

Food Name

Hedonic
Preference

Milk
Orange Juice
Grilled Steak
Hot Rolls & Buns
Fried Chicken
Chocolate Milk
Oranges
Ice Cream
Corn-on-the-Cob
French Fried Potatoes
Eggs to Order
Chicken
Bacon, Lettuce, & Tomato Sandwich
Fresh Apples
White Bread
Oranges
Milk Shake
Toast
Cola
Strawberry Shortcake
Bacon
Fried Eggs
Banana Split
Ice Cream Sundae
Fresh Peaches

b. 25 Most Preferred Foods
Westover Data

Food Name

Hedonic
Preference

Milk
Grilled Steak
Orange Juice
Eggs to Order
Corn-on-the-Cob
Roast Beef
Hot Rolls and Buns
Apples (Fresh)
Bacon
Fried Chicken
Fried Eggs
Toast
Roast Beef Sandwich, W/Gravy
Bacon, Lettuce & Tomato Sandwich
Pot Roast
Ham
Oranges
Ice Cream
Hot Turkey Sandwich W/Gravy
Ham
Chocolate Milk
Mashed Potatoes
French Fried Potatoes
Chicken
Turkey

8.10
7.87
7.73
7.68
7.62
7.55
7.47
7.46
7.46
7.42
7.39
7.39
7.38
7.38
7.31
7.28
7.26
7.26
7.26
7.25
7.24
7.23
7.21
7.20
7.20

Table 2

Twenty-Five Least Liked Foods on the Hedonic Scale

a. 25 Least Preferred Foods Fort Lewis Data		b. 25 Least Preferred Foods Westover Data		Hedonic Preference
Food Name		Food Name		
Pickled Beet/Onion Salad		Butterscotch Sauce		3.18
Parsnips	3.01	Parsnips		3.23
Zucchini Squash	3.10	Pickled Beet/Onion Salad		3.30
Iced Coffee	3.21	Iced Coffee		3.43
Eggplant	3.31	Kidney Bean Salad		3.46
Rutabagas Turnip	3.43	Raisin Pie		3.63
Carrot, Raisin & Celery Salad	3.48	Zucchini Squash		3.69
Raisin Pie	3.56	Figs (canned)		3.70
Manhattan Clam Chowder	3.67	Butterscotch Sauce		3.74
Butterscotch Sauce	3.73	Stuffed Celery W/Peanut Butter		3.75
Cucumber/Onion Salad	3.77	Frijole Salad		3.78
Canned Figs	3.80	Cheese Soup		3.79
Succotash	3.86	Rutabagas Turnip		3.84
Cabbage & Sweet Peppers	3.88	Carrot, Raisin & Celery Salad		3.91
Yellow Squash	3.88	Eggplant		3.91
Cheese Soup	3.88	Mustard Greens		3.94
Stuffed Celery/Peanut Butter	3.88	Molasses Cookies		3.99
Cooked Onions	3.88	Mulligatawny Soup		4.00
Mustard Greens	3.89	Mincemeat Pie		4.00
Turnip Greens	3.89	Knickerbocker Soup		4.03
Pepper Pot Soup	3.89	Turnip Greens		4.07
Onion Soup	3.89	Apricot Crisp		4.09
Kidney Bean Salad	3.91	Hominy Grits		4.10
Mincemeat Pie	3.93	Imitation Lime Beverage		4.10
Sukiyaki	3.94	Liverwurst		4.13

Table 3

Twenty-Five Best Liked Foods on the Frequently Scale

a. 25 Most Frequently Selected Foods
Fort Lewis Data

Food Name	Frequency (Servings/Month)
Milk	67.57
White Bread	46.71
Chocolate Milk	39.14
Fresh Coffee	35.97
Whole Wheat Bread	35.97
Beer	31.04
Hot Rolls & Buns	29.60
Cola	26.99
Tea	26.78
Orange Juice, Instant	26.19
Orange Juice	25.78
Toast	24.82
Lettuce & Tomato Salad	23.78
Iced Tea	23.13
Tossed Green Salad	22.32
Eggs to Order	22.17
Bacon	20.94
Hot Cross Buns	20.30
Fresh Apples	19.78
Oranges	19.75
Milk Shake	19.60
Ice Cream	19.36
French Salad Dressing	19.19
Thousand Island Salad Dressing	19.18
Biscuits	18.66

b. 25 Most Frequently Selected Foods
Westover Data

Food Name	Frequency (Servings/Month)	Frequency (Servings/Month)
Milk	67.57	60.75
White Bread	46.71	44.30
Fresh Coffee	39.14	40.85
Chocolate Milk	35.97	33.74
Hot Rolls & Buns	35.97	29.89
Tossed Green Salad	31.04	28.23
Orange Juice	29.60	26.53
Whole Wheat Bread	26.99	26.32
Lettuce & Tomato Salad	26.78	26.17
Tea	26.19	26.07
Beer	25.78	25.01
Cola	24.82	24.38
Ice Cream	23.78	23.73
Iced Tea	23.13	23.65
Orange Juice, Instant	22.32	23.17
Toast	22.17	22.82
Fresh Apples	20.94	22.59
Sliced Tomatoes	20.30	21.52
Eggs to Order	19.78	21.20
Grilled Steak	19.75	21.20
Mashed Potatoes	19.60	21.16
Bacon	19.36	19.64
Oranges	19.19	19.32
French Salad Dressing	19.18	19.32
Thousand Island Salad Dressing	18.66	19.30

Table 4

Twenty-Five Least Liked Foods on the Frequently Scale

a. 25 Least Frequently Selected Foods Fort Lewis Data		b. 25 Least Frequently Selected Foods Westover Data	
Food Name	Frequency (Servings/Month)	Food Name	Frequency (Servings/Month)
Parsnips	1.27	Cheese Soup	0.72
Cheese Soup	1.44	Canned Figs	1.01
Sauerbraten	1.56	Raisin Stuffing	1.11
Knickerbocker Soup	1.61	Pepper Pot Soup	1.14
Frijole Salad	1.68	Kidney Bean Salad	1.15
Raisin Stuffing	1.69	Raisin Pie	1.17
Mulligatawney Soup	1.71	Mulligatawney Soup	1.52
Cabbage & Sweet Pepper Salad	1.74	Knickerbocker Soup	1.59
Rutabagas Turnip	1.79	Sauerbraten	1.60
Creole Soup	1.88	Parsnips	1.66
Canned Figs	1.89	Crisp Toffee Bars (cookies)	1.78
Pepper Pot Soup	2.01	Pickled Green Beans	1.81
Corn Chowder	2.04	Rutabagas Turnip	1.81
Succotash	2.10	Pineapple Cheese Salad	1.90
Kidney Bean Salad	2.11	Butterscotch Sauce	1.91
Pickled Green Beans	2.12	Creole Soup	1.94
Sukiyaki	2.12	Frijole Salad	1.99
Onion Soup	2.14	Peanut Butter Cake	2.01
Raisin Pie	2.18	Savory Bread Stuffing	2.07
Zucchini Squash	2.26	Rice Pilaff	2.11
Mustard Greens	2.30	Chicken Tetrazzini	2.13
Rice Pilaff	2.40	Scalloped Tuna & Peas	2.16
Oyster Stuffing	2.42	Sukiyaki	2.19
Fish Chowder	2.46	Pineapple Cream Pie	2.20
Eggplant	2.46	Sardines	2.21

Table 5

**Westover Data: Most and Least Preferred Foods as Identified
by BOTH Scales¹**

**12 Most Preferred Foods
on BOTH Scales**

Milk
Orange Juice
Eggs to Order
Grilled Steak
Hot Rolls and Buns
Fresh Apples
Bacon
Toast
Oranges
Ice Cream
Chocolate Milk
Mashed Potatoes

**10 Least Preferred Foods
on BOTH Scales**

Butterscotch Sauce
Parsnips
Kidney Bean Salad
Raisin Pie
Canned Figs
Cheese Soup
Frijole Salad
Rutabagas Turnips
Mulligatawney Soup
Knickerbocker Soup

¹Taken from the top/bottom 25 lists of Both scales

There are several additional methods of evaluating the food preference data. Appendix A contains a compilation of both hedonic preference and preference frequency data, organized by food classes, which is similar in order to the Fort Lewis report (26) and may be directly compared. The frequency score is based on the average number of meals per month (1-28) and the hedonic score is an average of the scale values (1-9). The hedonic means and the frequency means are listed alongside their respective ranks in the total list of 416 foods. The frequency data are further broken down into breakfast, midday, and evening means and ranks.

Appendix B contains several lists of food rankings. The first is ordered by the hedonic score, followed by the ranking based on the frequency score for each food. The frequency ranks are listed separately for each meal as well as a total composite for all meals combined. The final ranking is listed in decreasing number of "never want" responses. A complete discussion of food item rankings will not be given in this report, but instead will be deferred to the larger Air Force study which will include data from Travis AFB, Minot AFB, and Homestead AFB (45).

At this point, the reader is again referred to the previous study of food preference using the 1971 format (26). In that report, it was suggested that a meaningful way of expressing the preference data was in a matrix which combines both the hedonic and

preference frequency scales. Consideration of both factors is necessary because the factors are not highly correlated (26); they appear to be measuring different things. For example, grilled steak and milk are two very popular (high hedonic score) foods, yet steak is desired only one-third as often as milk. In the Fort Lewis report (26), a 3 X 3 matrix was used to present the relationship between the preference scales. Each scale was divided into low, moderate, and high blocks. The high and low regions of the distribution represented the upper and lower 15%. The moderate block accounted for the middle 70% of the distribution. The 3 X 3 matrix thus provided for all combinations of hedonic and frequency scores, i.e. foods which are liked a great deal and desired frequently, foods which are liked moderately and desired moderately, etc.

RELATIONSHIP BETWEEN HEDONIC PREFERENCE AND PREFERENCE FREQUENCY

Tables 6, 7, and 8 were designed to help clarify the relationship between the Fort Lewis data and these data from Westover AFB, as displayed in the previously mentioned 3 X 3 matrix. Only the foods which showed a change in position in the matrix (Fort Lewis vs Westover) are included in these tables. Their location indicates the position they occupied in the Fort Lewis study, and the arrows indicate their direction of change to new positions in the Westover AFB study.

Appendix C contains the individual 3 x 3 matrices which will be described in the following paragraphs.

Beginning with BREAKFAST MAIN DISHES, the item of eggs-to-order maintains its high popularity on both preference scales, and bacon and fried eggs have moved into that block from high frequency/moderate hedonic. Ham moved into high hedonic while omelet and pork sausage moved into high frequency. Thus, the results of the Fort Lewis data and the present data suggest that eggs-to-order and pork products are the mainstays of the entree list.

For BREAKFAST BEVERAGES, milk and orange juice maintain high/high ratings and instant orange juice and fresh coffee maintain high frequency/moderate hedonic positions. Instant coffee and freeze-dried coffee maintain their moderate frequency/low hedonic positions while cranberry juice moves up with them, indicating agreement between Fort Lewis and Westover on the low popularity of these items. Chocolate milk, traditionally a very high item has moved to the moderate block on both scales. As before, all other beverages score in the moderate/moderate block.

The "two corners" of the BREAKFAST BREADS AND CEREALS matrix are similar in the two surveys, toast occupying high/high (white bread drops down to moderate/moderate at Westover), date nut bread occupying low/low, and hominy grits, hot whole wheat cereal, and farina occupying low hedonic/moderate frequency. Corn and French bread are positioned in moderate hedonic/low frequency, but rye bread has been moved from there to moderate/moderate. The overall picture is one of several well accepted items, a large number of moderately accepted items, and a clear rejection of hot cereals and unusual breads.

TABLE 6

FORT LEWIS VERSUS WESTOVER AFB

DIRECTIONS OF CHANGE IN FOOD PREFERENCES FOR THE BREAKFAST MEAL

HEDONIC SCALE

Positions of the foods in this table represent the Ft. Lewis

data. Arrows indicate the direction of changes in the Westover data.

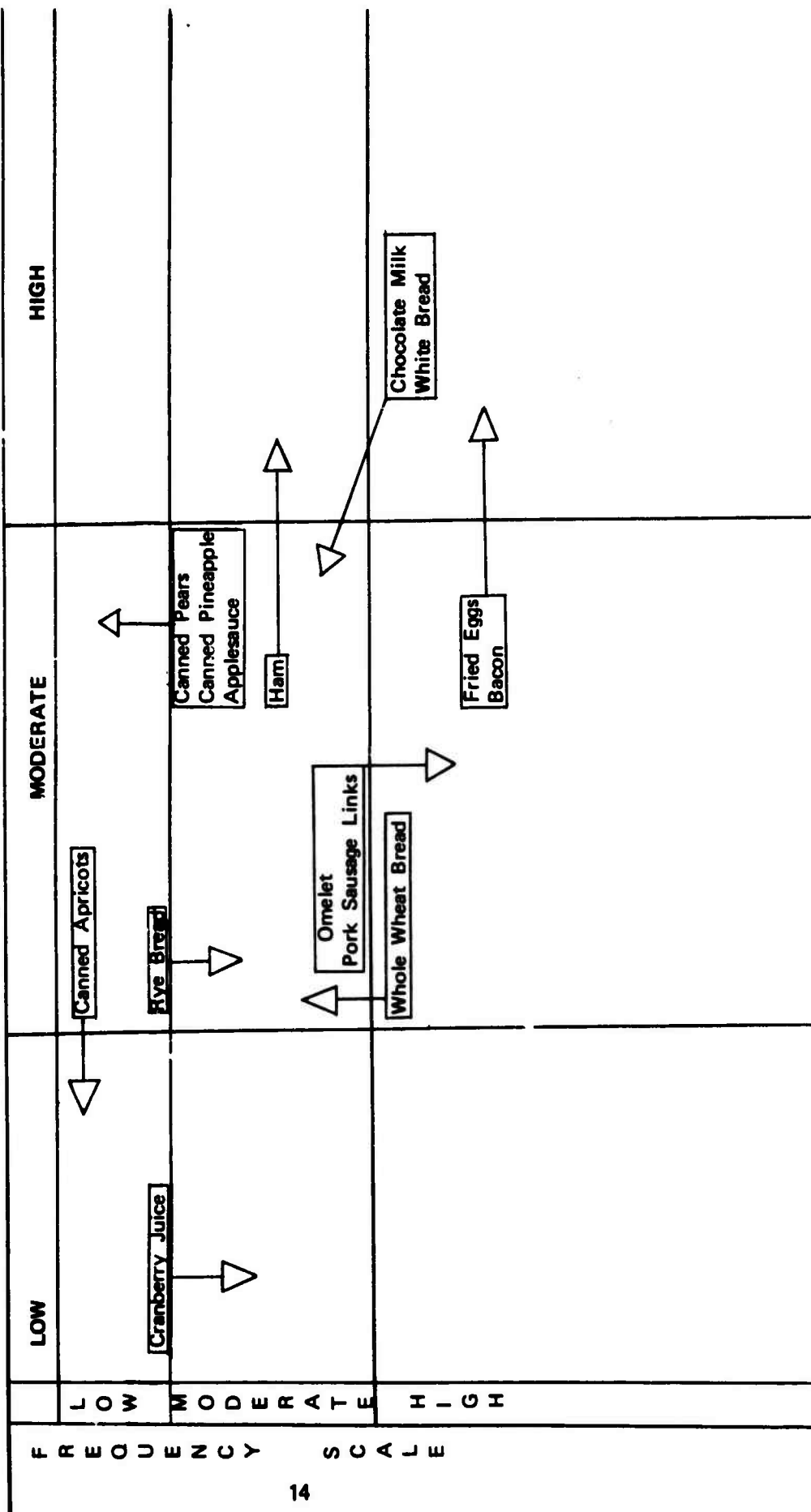


TABLE 7
FORT LEWIS VERSUS WESTOVER AFB
DIRECTIONS OF CHANGE IN FOOD PREFERENCES FOR THE NOON MEAL

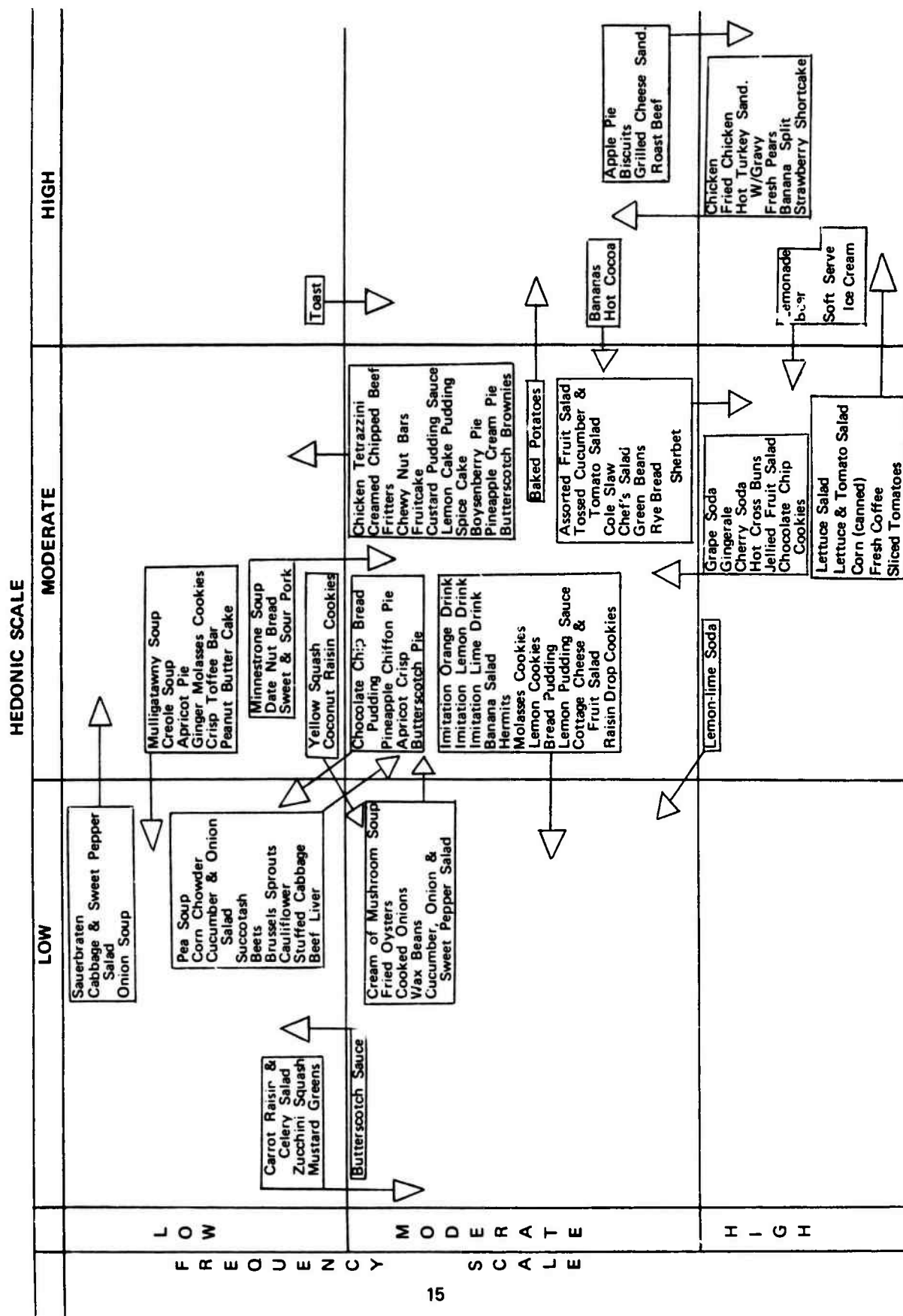
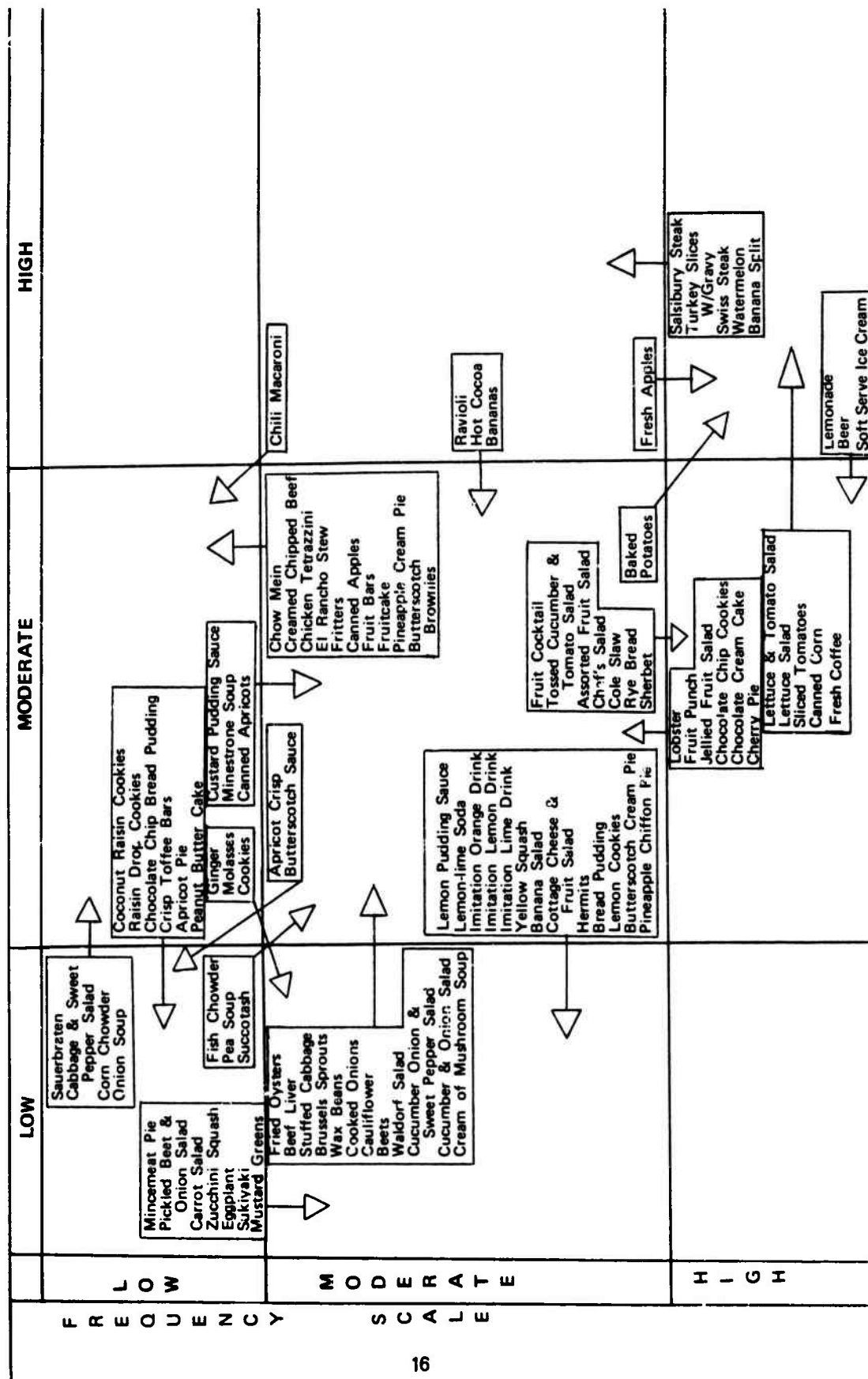


TABLE 8

FORT LEWIS VERSUS WESTOVER AFB
DIRECTIONS OF CHANGE IN FOOD PREFERENCES FOR THE EVENING MEAL

HEDONIC SCALE



Apples and oranges rated moderate frequency/high hedonic as BREAKFAST FRUITS, while several canned fruits (prunes, apricots, plums, figs, pineapple, and pears) scored low frequencies, along with applesauce. As at Fort Lewis, no fruit scored high frequency, indicating that these items are probably not as important as is orange juice, for example.

Considering the very large number of items available as choices for DINNER MAIN DISHES¹, the differences from the Fort Lewis data were not that great. Roast beef and grilled cheese sandwich have been added to the high/high block of the matrix, while chicken, fried chicken, and hot turkey sandwich w/gravy have moved from there to high hedonic/moderate frequency. Sardines still occupies the low/low block, and liverwurst, the moderate frequency/low hedonic block, but beef liver and fried oysters have moved to moderate/moderate from lower positions. Most items here are moderate or high on both preference scales, and the decided popularity of short order items is evident. This contrasts with the continued lack of any high ratings by the DINNER CASSEROLES AND COMBINATION MAIN DISHES. The only low/low rating was Sukiyaki, after sauerbraten and stuffed cabbage moved to improved positions. The low frequency/moderate hedonic block held five foods, three of which had names that might be considered novel or foreign (chicken tetrazzini, veal scallopini, and sauerbraten). It has been suggested (44) that foods which cannot be recognized easily as common foods are given lower ratings than foods with popular names. Casserole type items as a class have been traditionally less popular. The most popular midday main dishes are plain, primarily grilled items.

The differences in measured preferences for MIDDAY BEVERAGES possibly reflect the vast difference in beverage choice and service between Fort Lewis and Westover AFB. Milk, cola, and chocolate milk maintain their high/high positions along with milk shake. Fresh coffee has joined the high/high group while lemonade and beer have left. The high frequency/moderate hedonic class has only one carbonated beverage, orange soda, whereas Fort Lewis had five carbonated beverages. These four sodas moved to the moderate frequency block. The moderate frequency/low hedonic class includes iced tea and freeze dried coffee, as at Fort Lewis, but they have been joined by three imitation beverage bases from the moderate hedonic block. Hot cocoa has also dropped on the hedonic scale, moving from high to moderate. The meaning of all these changes may be linked with the different usage of these beverages in the two facilities. The Air Force had a larger selection of carbonated beverages and seldom served the imitation beverage bases. Perhaps their experience with a wide variety of beverages led to a more valid appraisal by the Air Force sample and less of a tendency to exaggerate the preference ratings due to their lack of availability.

Preferences for MIDDAY BREADS are similar for the two surveys, with hot rolls and white bread maintaining their high/high positions. Rye bread and hot cross buns swapped places in the high and moderate frequency blocks. Similarly, date nut bread and cake muffins swapped in the low and moderate frequency classes. The MIDDAY POTATOES AND STARCHES showed even less change. Spaghetti is now a high

¹Dinner is the noon or midday meal.

hedonic/moderate frequency item and fritters is a low frequency/moderate hedonic food. The high/high group is identical and there are no low hedonic items at all.

The preference ratings for MIDDAY VEGETABLES are skewed in the opposite direction of potatoes, with only three foods appearing in the high hedonic category. This shows an increase over Fort Lewis which has only one, corn-on-the-cob. Unquestionably, corn is the most popular vegetable, with canned corn in high/high and creamed corn in high frequency/moderate hedonic. The low hedonic blocks have fewer foods than the Fort Lewis data (8 vs 13). Most of these have moved into the moderate/moderate position. It is significant to note that eggplant, parsnips, and rutabagas turnip are disliked (low/low) by both services. There is a slight trend not to downrate vegetables as much at Westover as at Fort Lewis.

The ratings of MIDDAY SALADS are distributed similarly at Westover and Fort Lewis. Lettuce and lettuce and tomato salads were added to the high/high block which had tossed green salad only, at Fort Lewis. There are fewer items in the low/low block at Westover but the same number of salads rated low on either the hedonic or the frequency scale (10) in both services.

Only two changes occurred in the MIDDAY FRUITS. Fresh pears moved from high to moderate frequency and bananas moved from high hedonic to moderate hedonic. Fresh fruits continue to show high hedonic scores.

MIDDAY SOUPS are not popular at either location, as evidenced by the fact that no soups were rated high hedonic or high frequency. Westover had fewer low rated soups (10 vs 14) but the trend was still toward dislike. The question of how much soup is appropriately included in an Armed Forces menu is one which deserves further study.

The high/high block in MIDDAY DESSERTS has been diminished by three items at Westover. Apple pie has moved up to join ice cream, sundaes and milk shake in this position. Strawberry shortcake and banana split have moved down slightly to moderate frequency/high hedonic and soft serve ice cream moved to high frequency/moderate hedonic. There was a dramatic increase in the number of low scoring desserts: 11 vs 2 low/low items, 9 vs 6 low frequency/moderate hedonic items, and 7 vs 1 low hedonic/moderate frequency items. Still, the bulk of the dessert items fell in the moderate/moderate position.

ACCESSORY foods showed a distribution similar to Fort Lewis. No item scored high hedonic, but several (9) scored high frequency, indicating that these items are not extremely popular, but are desired frequently. Five of these nine are salad dressings. It stands to reason that they would be liked at least as often as the salads they would accompany. Carrot and celery sticks were also in this group. Use of these raw vegetables may be an excellent way of incorporating vegetables into the diet of the patrons. The low scoring items continued to include many stuffings.

The examination of the food preferences for the Evening Meal meal will be abbreviated because the results are very similar to the Midday Meal. Therefore, only differences between Midday and Evening results and differences between Fort Lewis and Westover will be examined. As with Fort Lewis, the Westover data show fewer short order items in the high/high position for EVENING MAIN DISHES, indicating the preference for a lighter lunch and a heavier evening meal. Hamburger is the only short order item in the high/high position, just as it was at Fort Lewis. EVENING CASSEROLE AND COMBINATION DISHES are nearly identical with the midday data. Likewise, EVENING BEVERAGES show only minimal differences from the midday data (two drinks have shifted).

As at Fort Lewis, EVENING BREADS reflect the trend toward a heavier meal at night, with more high preference ratings than at noon. EVENING POTATOES AND STARCHES are slightly different from noon and Fort Lewis evening. Unlike the Army, the airmen rated fritters and chili macaroni low frequency/moderate hedonic, and positioned baked potatoes in the high/high block. Evening differed from midday in that potato chips and baked potatoes swapped moderate and high frequency ratings.

The EVENING VEGETABLES showed the same trend as the midday vegetables in the respect that they were rated slightly higher than they were at Fort Lewis. EVENING SALADS were virtually identical with the midday ratings. EVENING FRUITS and SOUPS were quite similar to the midday positionings with a continued emphasis on fresh fruits and a lack of high ratings for soups. There was a slight improvement in the ratings for EVENING DESSERTS as compared with the midday results but, again, very few items were rated high on either preference scale. The high frequency items were dominated in the EVENING ACCESSORY class by salad dressings, just as they were at midday (seven out of eleven).

ANALYSIS OF THE RELIABILITY OF THE 1971 SURVEY

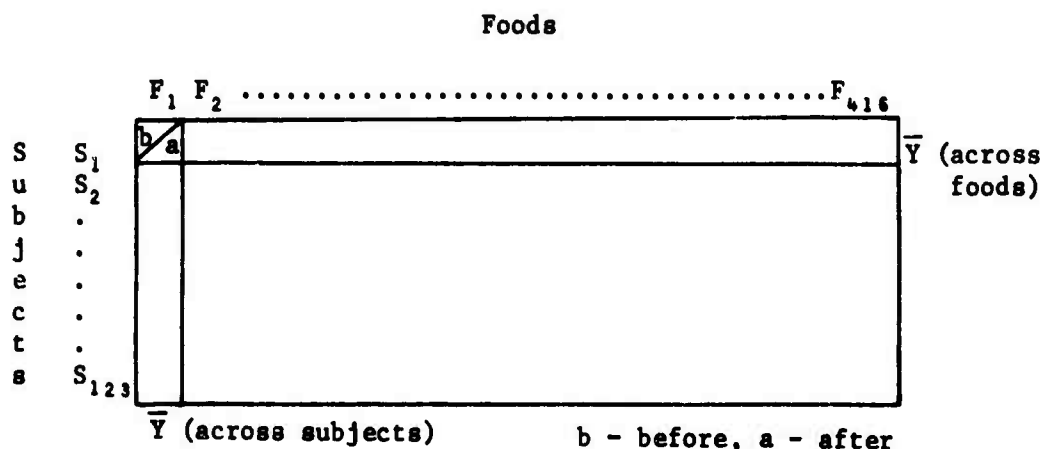
The determination of the reliability of the preference measuring instrument (survey) is at least as important as the preference data. Without a reliable tool, the data are only useful for the specific conditions and time at which they were collected. The test-retest paradigm which was used at Westover AFB was intended to evaluate the format so that the findings could also apply to the Fort Lewis data (i.e. a measure of reliability would be valid for the survey form regardless of where it was administered). The validity, or the accuracy of the test to measure what it is intended to measure, has already been established (14).

Previous reports of survey reliability have generally focused on the reliability of the hedonic means, that is, a single coefficient representing the repeatability of the average scores of the food items. This value often exceeded 0.9 (14, 30). A detailed description of one such study is included in Eindhoven and Kamenetzky's report on "The stability of food preferences" (39). The way this report differs from Eindhoven's is that the test-retest analysis was performed on the same 123 individual's, whereas their study only used subjects from the same population. The correlation resulting from the present study was 0.98 for the hedonic scale and also 0.98 for the frequency scale. This confirms the hypothesis that food preference averages for a large population are highly repeatable or stable across time. It should be noted that these r values (Pearson's product-moment correlation coefficient) are based on food means for 123 subjects. When the correlation coefficient was computed based on an individual's initial and retest ratings, the r was smaller: hedonic $r = 0.60$ and frequency $r = 0.58$.* (see Table 9) These data imply that menu planning based on arithmetic mean data can effectively make use of highly reliable data obtained with this survey form. In addition, it can be concluded that these data can be used to prepare menus for Army and Air Force personnel alike since the correlation between services is greater than 0.90.

To further elaborate on the individual subject data as compared with the food data, figures depicting the experimental design and frequency distributions of the correlation coefficients (r) follow.

Figure 2

Experimental Design



*The r values are the arithmetic means of 123 r 's.

Table 9

**Means and Correlation Coefficients (r) of the
Hedonic and Frequency Data**

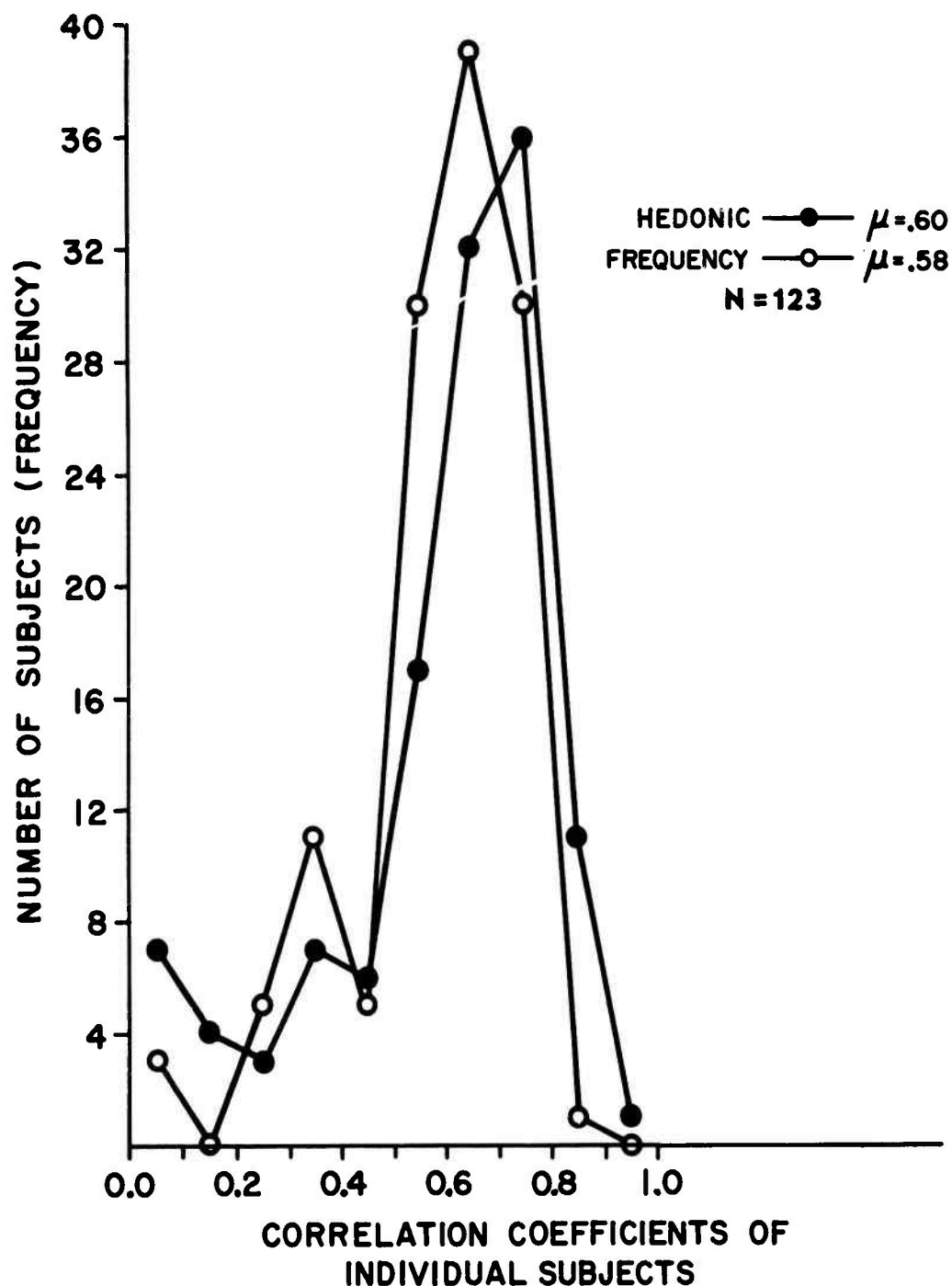
	Hedonic Data	Frequency Data
r for scores averaged across subjects (food means)	0.98	0.98
r for scores averaged across foods (subject means)	0.60	0.58
Initial mean score	5.60	7.98
Retest mean score	5.65	8.10
Mean absolute difference for individuals (test/retest scores)	1.43	6.66
	SD = 0.57	3.92
	SE = ±0.051	± 0.353
Error normalized for scale length	15.8%	22.2%
Coefficient of Variation*	39.9%	58.8%
Fort Lewis vs Westover AFB r (food means)	0.96	0.92

*The coefficient of variation is used to compare the amount of variation in populations having different means. This is the standard deviation expressed as a percentage of the mean. It is used extensively when one wishes to compare the variation of two populations independent of the magnitude of their means.

$$CV = \frac{SD \times 100}{\bar{Y}}$$

FIGURE 3

FREQUENCY DISTRIBUTION OF CORRELATION COEFFICIENTS*



* CORRELATIONS ARE EXPRESSED AS GROUPS OF TENTHS, I.E. LESS THAN $r=0.1$ IS GROUPED AND GRAPHED AS .05. VALUES FROM .1 TO .2 ARE GRAPHED AS .15, ETC. THE TWO SLIGHTLY NEGATIVE CORRELATIONS ARE GROUPED IN THE $<.1$ GROUP.

In previous studies, data had been analyzed by lumping all subjects' responses for one food and comparing this mean with the retest mean (the vertical mean in Figure 2). The result has been a very high correlation. In this study, the data were also analyzed by each individual subject's responses (horizontal mean above). The before and after scores were correlated for 416 foods, giving a single r for each subject. The results suggest that subjects tend to be less consistent than foods.

Figure 3 shows the frequency distribution of all the "across foods" correlation coefficients (r) for 123 subjects. The mean of these data points resulted in the 0.60 and 0.58 values. The lines, representing the two preference scales, nearly overlap with the frequency scale data doing only slight less well. Twelve subjects produced an r of greater than 0.80 using the hedonic scale, while only one subject did as well with the frequency scale. In contrast, there were fewer low correlations on the frequency scale, and no negative correlations.

One aspect of the survey used at Westover AFB and Fort Lewis which has received some criticism is its length. Many feel that 416 foods are too many to consider at one sitting. Peryam et al (14) concluded that the maximum permissible length is 60 food items. To be safe, they chose to only survey 45 foods per person, but used alternate forms to increase the total number surveyed. They originally had great success when they tested a 150 food survey form using the staff members in the Chicago Administration Center. In retrospect, they concluded that the different orientation and levels of motivation in the soldiers resulted in the poorer performance by the soldiers. This is what convinced the authors to bring the number down to 60.

There are several ways of evaluating the reliability of the survey form with respect to its length. In this study, the total survey was divided into quarters (104 foods), and correlations were determined by comparing the initial quartile data with the retest quartile data. The results of the correlations using food means follows.

	r_1	r_2	r_3	r_4
Hedonic scale	.99	.98	.97	.98
Frequency scale	.98	.99	.97	.99

These values are very close to those derived for the total survey (.98). Unquestionably, the first quartile is no more or less repeatable than the last quartile. If fatigue or other such length factors were interfering, one would expect the last quartile to be much more variable and have a smaller r value than it has here.

Perhaps a more rigorous test of the repeatability is to take the foods individually (one at a time) and compute r values. That is, instead of taking all foods and simultaneously computing a single r , compute 104 separate r values and average them. The results of this type of quartile analysis follow.

	$\bar{r}_1$	$\bar{r}_2$	$\bar{r}_3$	$\bar{r}_4$
Hedonic scale	.56	.56	.53	.54
Frequency scale	.42	.43	.41	.44

Although the r values drop considerably from the .98 we saw before, there is little or no change from first to fourth quartile. To help illustrate this concept better, Figure 4 shows a plotting of the actual r values, using the hedonic scale data, for the first and last fifty foods in the survey. The distribution of points is nearly identical for the first and last fifty foods.

Pearson correlations were computed for all 416 foods with some interesting results. The hedonic r 's varied from 0.23 for grilled steak to 0.81 for liver and french fried onion rings. Both well liked and disliked foods have high correlations, whereas another well liked item (grilled steak) was extremely unreliable. Thus, a general dislike (liver) can be as firm a notion as a general like (fr. fr. onion rings). Steak is subject to more variability of opinion. The frequency r 's varied from -0.02 for chocolate chip bread pudding to 0.80 for savory bread stuffing. There appear to be no clear cut groupings of correlation coefficients based on hedonic or frequency scores (like/dislike) or based on food classes.

The use of the Pearson Product-Moment Correlation Coefficient as a measure of the reliability of this survey needs further investigation. A high correlation requires a distribution of scores across the entire range (1 through 9 and 1 through 28). It is quite possible and acceptable that a subject may have a rather narrow range of responding. Many of them stated that they like most foods, with only a few items receiving ratings below 4 on the hedonic scale. There were no instructions to the subjects that they must use the entire lengths of the scales in expressing their preferences. A high correlation can be achieved only with an even distribution of points along the entire scale. If a subject restricted most of his responses to within three scale points, he would have a low correlation regardless of his ability to duplicate his responses in the test/retest situation. The data in Figure 5 will further help to illustrate this point.

The eleven subjects selected for this figure represent the highest and lowest r values (correlation coefficient), the highest and lowest mean absolute difference scores (a.d.), and the best slope and Y intercept, for the hedonic scale data. Ideally, a subject would have an r which approaches 1.0 (perfect correlation), an average difference approaching 0.0, a slope of 1.0 and an intercept of 0.0, so that the data, when plotted, would look like this . These criteria presume that the subject used the entire scale and perfectly replicated each answer. The subject most nearly approaching this is #7842.

FIGURE 4
 HEDONIC CORRELATION COEFFICIENTS FOR THE FIRST AND LAST 50 FOODS

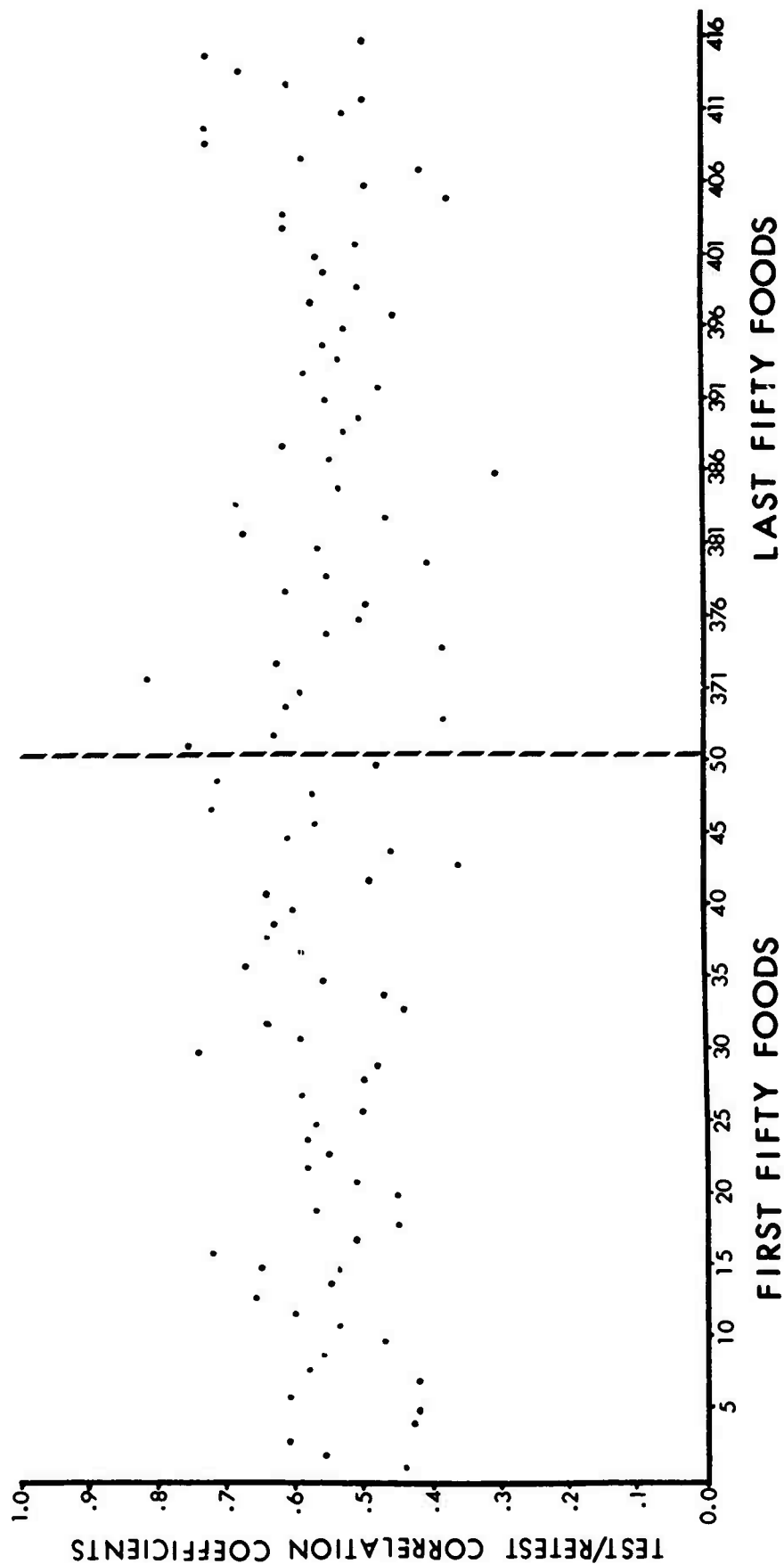
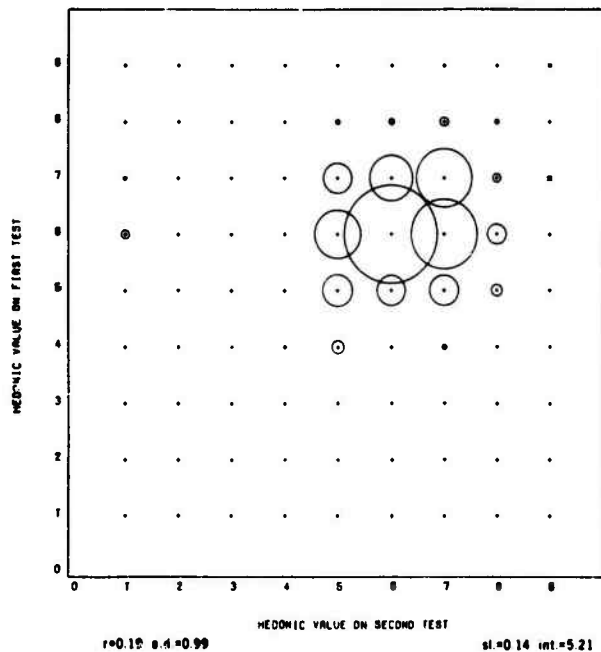


FIGURE 5

PLOTS OF PRE/POST HEDONIC SCORES OF SELECTED SUBJECTS

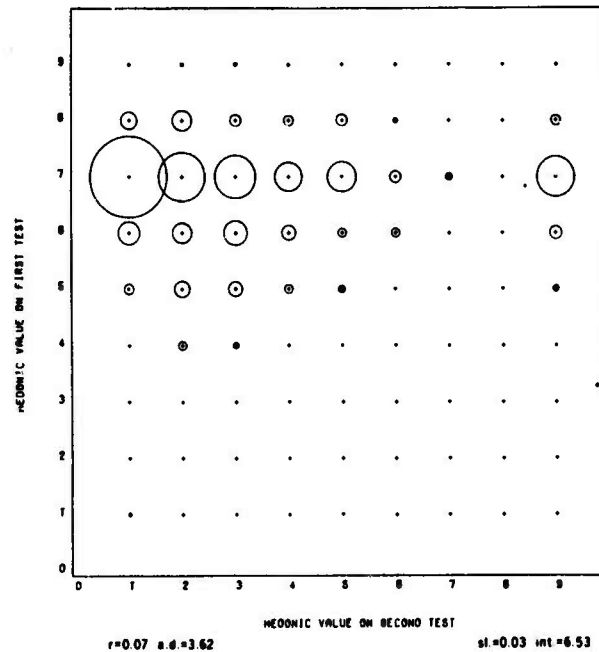
SUBJECT 96

PROPORTIONAL CIRCLE PLOT OF HEDONIC TEST-RETEST DATA



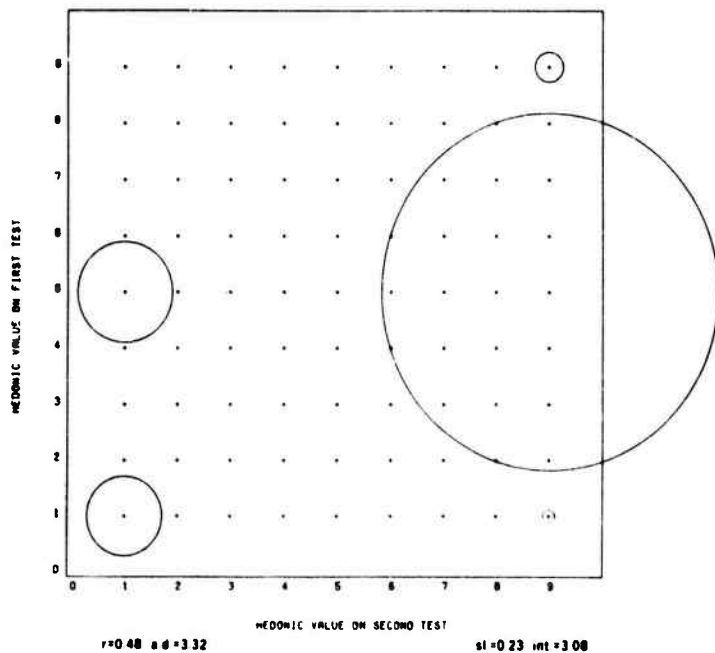
SUBJECT 5462

PROPORTIONAL CIRCLE PLOT OF HEDONIC TEST-RETEST DATA



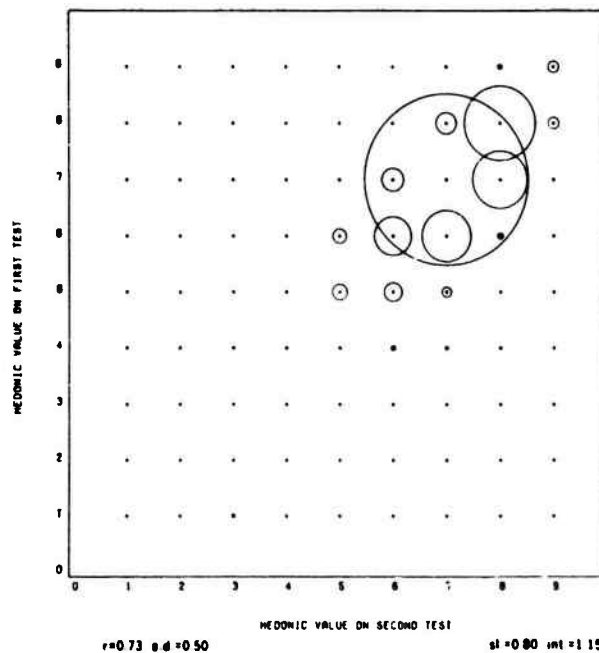
SUBJECT 1602

PROPORTIONAL CIRCLE PLOT OF HEDONIC TEST-RETEST DATA



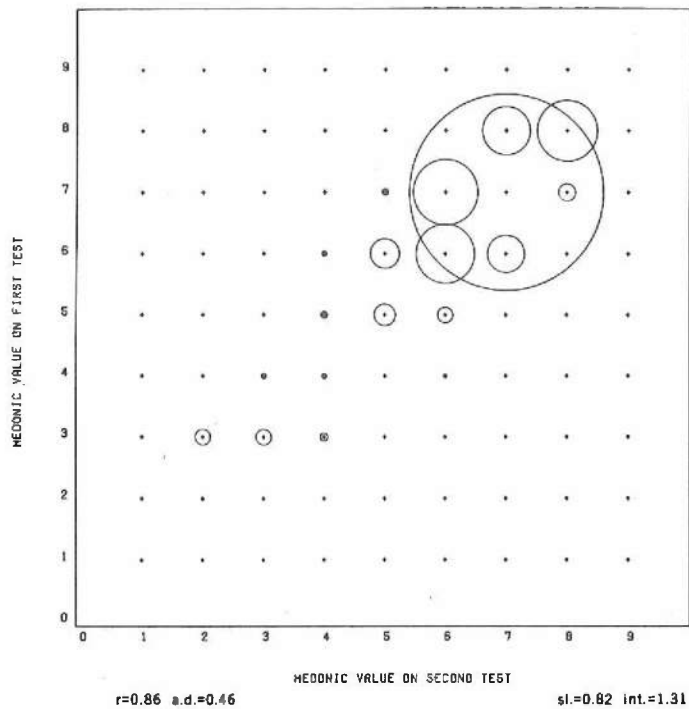
SUBJECT 2786

PROPORTIONAL CIRCLE PLOT OF HEDONIC TEST-RETEST DATA



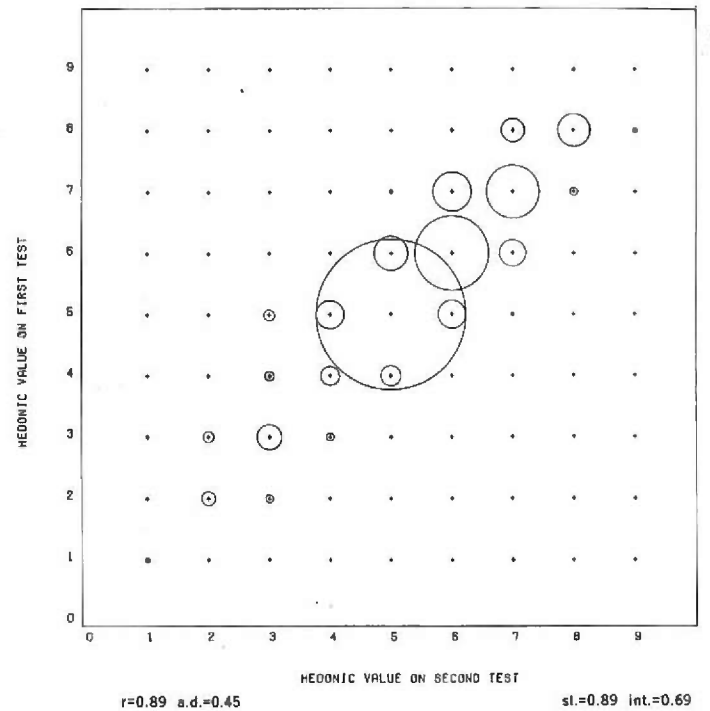
SUBJECT 6224

PROPORTIONAL CIRCLE PLOT OF HEDONIC TEST-RETEST DATA



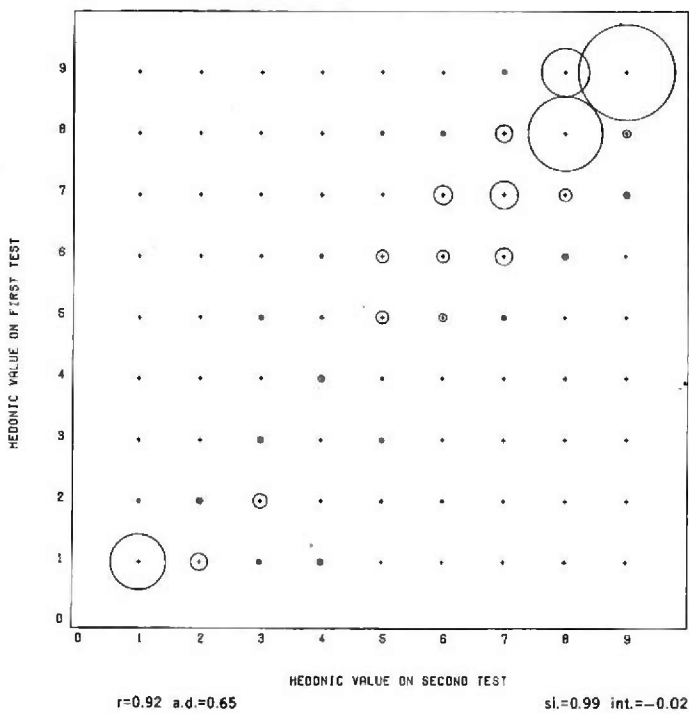
SUBJECT 7942

PROPORTIONAL CIRCLE PLOT OF HEDONIC TEST-RETEST DATA



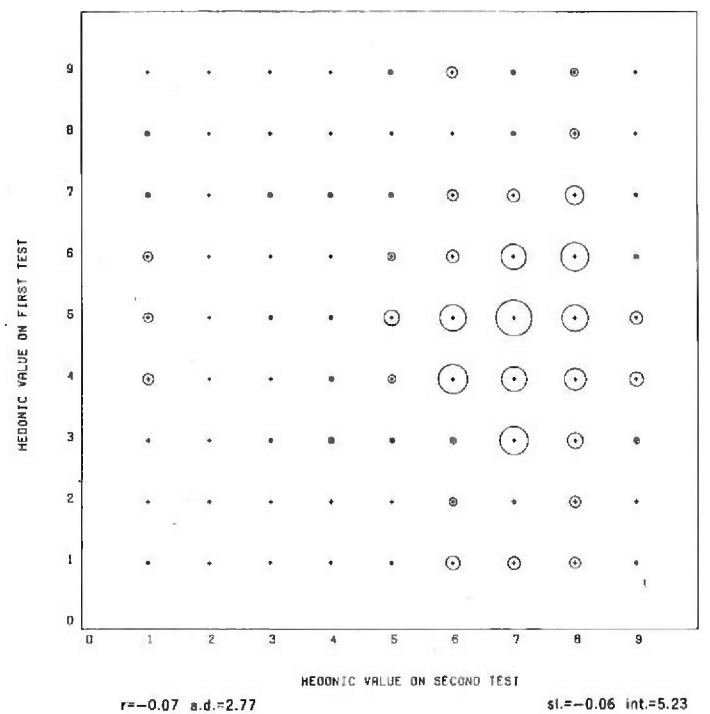
SUBJECT 1434

PROPORTIONAL CIRCLE PLOT OF HEDONIC TEST-RETEST DATA



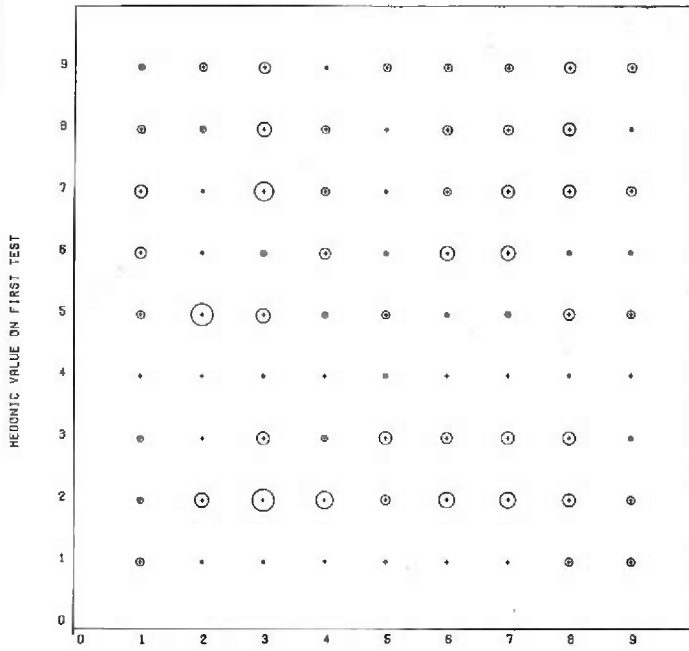
SUBJECT 6822

PROPORTIONAL CIRCLE PLOT OF HEDONIC TEST-RETEST DATA



SUBJECT 2652

PROPORTIONAL CIRCLE PLOT OF HEDONIC TEST-RETEST DATA

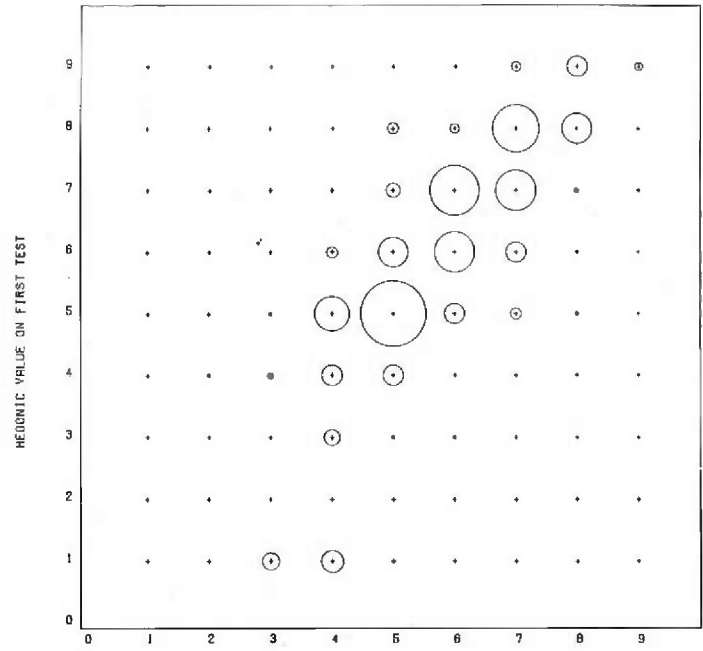


$r = -0.003$ a.d.=2.90

sl.=0.003 int.=5.13

SUBJECT 896

PROPORTIONAL CIRCLE PLOT OF HEDONIC TEST-RETEST DATA

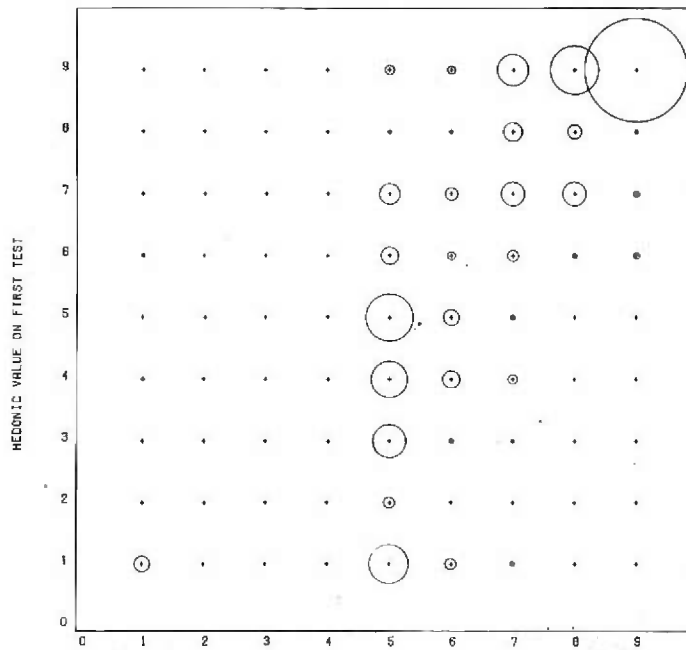


$r = 0.74$ a.d.=0.98

sl.=1.02 int.=0.002

SUBJECT 4444

PROPORTIONAL CIRCLE PLOT OF HEDONIC TEST-RETEST DATA



$r = 0.68$ a.d.=1.43

sl.=0.99 int.=-0.42

If the subject did not use the entire scale, as subject #96, the r would be small. This subject's data appears to be quite consistent, with many of the initial and retest ratings being identical. The question to be raised is what does the r value tell us? This man performed just as we had hoped, that is, he was able to reproduce nearly the same results after a considerable amount of time had elapsed. Was he wrong in rating most foods in the 'like' region of the hedonic scale? In an attempt to more accurately interpret data from this and other subjects, an alternate statistical method was employed.

The Mean Absolute Difference gives information about the amount of 'error' in the retest without regard to the direction of change along the scale. Subjects #5462 and #1602 were chosen for their relatively high average difference and subjects #2786, #6224, and #7842 are examples of low average differences (a.d.). The values for each subject are located beneath each figure. The average difference value is determined by computing the difference between the initial and retest scores for each food, disregarding the direction of change, and taking the mean. These means from all the subjects were again averaged to arrive at the values in Table 9. The mean difference for the hedonic scale is 1.43 and the frequency scale is 6.66. After normalizing these figures to accommodate the different scale lengths, the averages represent 15.8% and 22.2% of their respective scales. This is, in fact, a rather small amount of error for either scale. The subjects were able to replicate their answers better when using the hedonic scale however.

Subjects #7842 and #1434 were chosen for Table 5 because of their high correlations. Both of these respondents used the majority of the scale (1-9), have a small average difference, and a good slope and intercept. In contrast, subjects #6822 and #2652 have data which is poor by all four measures. A sprinkling of points all over the figure will not contribute to a good correlation.

Subjects #896 and #4444 were chosen for their good slopes and intercepts. It is clear from viewing the figures that these two criteria are not sufficient alone to predict a highly reliable subject. Subject #896 also has a small mean difference and a fair r , but subject #4444 has a low r and only a moderate mean difference.

In conclusion, these figures suggest that no single statistic is fully revealing with respect to the reliability of this survey form. The mean absolute difference perhaps comes closest in serving this function. To further evaluate this statistic, the coefficient of variation is included at the bottom of Table 9. This expression is useful only for comparisons, it has no absolute value. The frequency scale exhibits a fair amount (18.9%) more variation than the hedonic scale. One could conclude that the frequency scale is less reliable.

The authors do not mean to suggest that the absolute difference measure should replace the correlation coefficient, but that several measures should be applied simultaneously to evaluate the reliability of a subject or a form. This topic needs more investigation and mathematical analysis. Future studies of food preference will pursue this question.

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APPENDIX A

**1) LISTING OF FOOD ITEMS BY FOOD CLASS
WITH AVERAGE HEDONIC AND FREQUENCY SCORES AND RANKS**

**2) LISTING OF PRE/POST SCORES WITH PEARSON r
CORRELATION VALUES**

HEDONIC	RANK	FREQ/MO TOTAL	RANK	BREAKFAST	FREQ/MO MIDDAY	RANK	FREQ/MO EVENING
6.1580	115	19.3049	25	0.0989	307	15	9.4918
6.2066	111	19.3159	24	0.2363	178	16	9.3956
5.2986	225	15.9373	34	0.1798	211	27	7.9973
5.0970	263	11.1236	90	0.1034	301	67	5.5431
4.1899	384	4.5101	274	0.0087	408	252	2.2319
4.6508	322	8.6402	142	0.1643	231	122	4.4051
5.1562	257	10.5309	95	0.0899	320	62	4.8202
5.4387	205	12.4298	65	0.1433	253	43	6.0871
5.9397	140	16.0084	33	0.0896	321	25	7.8571
4.5487	340	10.3468	102	0.1387	262	91	5.4827
4.5822	336	7.6829	159	0.1143	288	136	3.7057

FRUIT AND VEGETABLE JUICES

	HEDONIC	RANK	FREQ/MO TOTAL	RANK	FREQ/MO RANK	BREAKFAST	MIDDAY	FREQ/MO RANK	EVENING
1	6.0512	126	23.1707	15	19.3496	5	2.3686	240	1.4526
2	5.4162	208	12.9389	57	8.5861	27	2.8611	190	1.4917
3	5.4402	204	9.8529	112	7.5804	30	1.3351	352	0.9373
4	5.6793	178	10.0192	108	7.3671	33	1.5644	329	1.0877
5	7.7371	3	26.5302	7	21.0275	2	3.0110	181	2.4918
6	6.5342	74	15.1796	37	11.1464	13	2.1215	269	1.9116
7	6.2077	110	11.0667	91	9.1500	23	1.0111	386	0.9056
8	6.2186	107	11.9109	75	9.4067	21	1.4067	344	1.0975
9	5.9046	148	12.4834	64	8.8370	24	1.9669	290	1.6796
10	4.8169	298	4.4072	280	2.4100	62	1.0748	382	0.9224

HOT BEVERAGES

	HEDONIC	RANK	FREQ/MO TOTAL	RANK	FREQ/MO RANK	BREAKFAST	MIDDAY	FREQ/MO RANK	EVENING
1	6.0385	129	26.0736	10	5.9401	38	9.8283	14	10.3052
2	6.6196	68	40.8548	3	17.1096	7	11.6384	9	12.1068
3	6.5203	77	14.5112	43	9.2514	22	2.6592	210	2.6006
4	4.4402	356	10.3516	101	4.8819	48	2.7500	204	2.7198
5	4.2596	372	13.1050	55	6.5166	35	3.0773	175	3.5110

ICED COFFEE

	HEDONIC	RANK	FREQ/MO TOTAL	RANK	FREQ/MO RANK	BREAKFAST	MIDDAY	FREQ/MO RANK	EVENING
1	3.4332	413	4.2451	291	0.2141	185	2.2366	257	1.7944

ICED TEA

	HEDONIC	RANK	FREQ/MO TOTAL	RANK	FREQ/MO RANK	BREAKFAST	MIDDAY	FREQ/MO RANK	EVENING
1	6.2304	105	23.6475	14	1.0082	92	11.9809	8	10.6585

FRUIT DRINKS

	HEDONIC	RANK	FREQ/MO TOTAL	RANK	FREQ/MO RANK	BREAKFAST	MIDDAY	FREQ/MO RANK	EVENING
1	5.6005	190	12.7582	59	1.6236	72	6.1896	44	4.9451
2	4.8038	299	6.9420	177	1.1215	83	3.5746	147	2.2459
3	5.9810	135	14.9319	40	1.1199	85	8.2452	22	5.5668
4	4.6975	311	5.8139	219	1.4972	75	2.7056	208	1.6111
5	5.1868	250	9.8139	113	2.9861	60	3.9139	133	2.9139
6	4.8260	295	6.7690	182	0.5183	114	3.4704	153	2.7803

MILK PRODUCTS

	HEDONIC	RANK	FREQ/MO TOTAL	RANK	FREQ/MO RANK	BREAKFAST	MIDDAY	FREQ/MO RANK	EVENING
1	4.9262	283	4.6493	268	1.6329	70	1.4411	341	1.5753
2	8.0976	1	60.7205	1	20.5452	3	20.2000	1	19.9753
3	7.2378	21	33.7350	4	10.3525	18	12.3087	7	11.0738
4	6.7330	61	13.3094	53	0.4890	119	7.6298	29	5.1906

CARBONATED BEVERAGES

	HEDONIC	RANK	FREQ/MO TOTAL	RANK	FREQ/MO RANK	BREAKFAST	MIDDAY	FREQ/MO RANK	EVENING
1	6.8081	55	24.3781	12	1.0924	87	12.4314	6	10.8543
2	5.7493	168	12.7178	60	0.8521	97	6.5726	38	5.2931
3	4.3471	366	8.1479	149	0.2849	153	4.2822	112	3.5808
4	5.6849	176	10.2445	104	0.3736	136	5.2802	72	4.5907
5	5.1721	253	10.2507	103	0.8245	100	5.2841	71	4.1421
6	4.8216	296	6.6356	187	0.4164	128	3.5479	149	2.6712

BEER

	HEDONIC	RANK	FREQ/MO TOTAL	RANK	FREQ/MO RANK	BREAKFAST	MIDDAY	FREQ/MO RANK	EVENING
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1	49	BEER	6.5301	75	25.0137	11	1.8607	69	10.4071	12	12.7459	6
BEVERAGE BASES												
1	269	IMITATION CHERRY BEVERAGE	4.4466	355	5.1133	TOTAL	FREQ/MO	RANK	FREQ/MO RANK	MIDDAY	FREQ/MO RANK	EVENING
2	101	IMITATION ORANGE BEVERAGE	4.4135	359	8.8846	138	1.9670	66	3.9203	132	2.9973	217
3	122	IMITATION LEMON BEVERAGE	4.1880	385	3.9556	308	0.5111	115	1.9389	294	1.5056	297
4	183	IMITATION LIME BEVERAGE	4.1011	393	3.9205	310	0.2548	169	2.0986	272	1.5671	291
5	320	IMITATION GRAPE BEVERAGE	4.5890	334	6.5900	188	1.3213	78	2.9418	186	2.3269	193
MUFFINS												
1	224	BLUEBERRY MUFFINS	6.1030	120	8.9836	134	5.3890	43	1.8411	304	1.7534	266
2	321	CAKE MUFFINS	5.3901	211	4.6571	267	2.1671	64	1.1873	369	1.3026	317
3	380	ENGLISH MUFFINS	6.7213	63	11.8260	80	9.4530	20	1.2376	361	1.1354	338
BREADS AND ROLLS												
1	3	WHOLE WHEAT BREAD	5.5472	195	26.3251	8	8.8264	25	9.1240	19	8.3747	19
2	29	TOAST	7.3919	12	22.8206	16	21.6223	1	0.6495	400	0.5489	399
3	112	RAISIN BREAD	5.1843	251	8.5586	146	4.6158	50	2.2807	248	1.6621	274
4	148	CORNBREAD	5.7745	167	8.0611	151	0.8917	96	3.5306	150	3.6389	111
5	168	RYE BREAD	5.8560	158	17.0167	30	3.8106	55	6.7047	36	6.5014	33
6	202	WHITE BREAD	7.1671	27	44.3039	2	11.6906	12	16.3923	2	16.2210	2
7	242	FRENCH BREAD	6.8392	50	12.0198	71	1.2175	81	5.2994	70	5.5028	45
8	347	DATE NUT BREAD	5.0110	274	3.0616	352	0.3501	142	1.5910	326	1.1204	342
9	191	HOT ROLLS AND BUNS	7.4701	7	29.8870	5	3.7355	56	12.4628	5	13.6887	4
10	311	BISCUITS	7.1196	29	18.5589	27	5.4575	42	6.6055	37	6.4959	34
BUNS, DOUGHNUTS, ETC.												
1	21	HOT CROSS BUNS	6.4298	86	14.6573	42	2.9691	61	5.5815	64	6.1067	36
2	153	COFFEE CAKE	5.6429	187	6.2222	200	4.4786	51	0.9231	389	0.8205	381
3	313	DOUGHNUTS	6.7228	62	12.3473	67	10.2073	19	1.2493	360	0.8908	372
4	390	SWEET ROLLS	6.8757	47	14.2925	45	4.9081	47	4.9638	81	4.4206	79
5	14	DANISH PASTRY	5.9118	145	10.4722	99	7.3778	32	1.6000	325	1.4944	301
BREAKFAST CEREALS												
1	55	HOMINY GRITS	4.0991	394	4.7959	258	3.8659	54	0.4752	409	0.4548	402
2	79	HOT WHOLE WHEAT CEREAL	4.6575	320	5.8667	216	5.0056	46	0.5028	407	0.3583	411
3	251	FARINA (CEREAL)	4.1577	387	2.6182	376	2.3667	63	0.1364	415	0.1152	416
4	326	OATMEAL	5.3804	212	5.7658	222	5.5179	41	0.1212	416	0.1267	415
COOKIES												
1	17	SUGAR COOKIES	4.7351	304	7.0994	170	0.4448	123	3.6657	142	2.9889	141
2	22	HERMIT(S) COOKIES	4.1913	383	5.5607	229	0.6729	108	2.7757	200	2.1121	216
3	56	MOLASSES COOKIES	3.9945	400	3.1303	348	0.1756	220	1.8130	306	1.1416	337
4	84	LEMON COOKIES	4.2099	379	2.9302	357	0.1034	303	1.6480	320	1.1788	331
5	87	CHOCOLATE CHIP COOKIES	5.9559	138	10.0084	109	0.5014	117	5.6546	60	3.8524	99
6	93	VANILLA WAFERS	5.2174	243	4.8177	255	0.4448	124	2.6215	215	1.7514	267
7	97	COCONUT RAISIN COOKIES	4.1464	389	2.5599	379	0.1588	236	1.5153	332	0.8858	374
8	100	FRUIT BARS (COOKIES)	4.4986	347	2.6102	377	0.1186	283	1.6186	323	0.8729	378
9	128	RAISIN DROP COOKIES	4.1557	388	3.0029	354	0.1777	214	1.7335	312	1.0917	347
10	161	PEANUT BUTTER COOKIES	5.0978	262	5.2624	238	0.2707	160	2.9420	185	2.0497	226
11	169	COCONUT DROP COOKIES	4.7836	300	3.8584	316	0.2805	154	2.0567	274	1.5212	296

12	194	8 BUTTERNUT COOKIES	4.4553	354	2.5249	381	0.0352	387	1.5132	333	0.9765	360
13	207	GINGER MOLASSES COOKIES	4.4293	357	2.7871	364	0.2605	165	1.3753	347	1.1513	334
14	208	CHEWY NUT BARS (COOKIES)	4.4659	352	2.2571	390	0.0932	318	1.2373	362	0.9266	367
15	247	CHOCOLATE DROP COOKIES	5.3753	215	5.2250	239	0.3194	147	2.8250	194	2.0806	219
16	252	CRISP TOFFEE BARS (COOKIES)	4.3202	370	1.7820	406	0.1250	278	1.0785	381	0.5785	396
17	324	OATMEAL COOKIES	5.2439	235	4.6648	266	0.4792	121	2.4266	234	1.7590	264

PUDDINGS

		HEDONIC	RANK	FREQ/MO	TOTAL	RANK	BREAKFAST	FREQ/MO	MIDDAY	FREQ/MO	EVENING	RANK
1	36	BREAD PUDDING	4.3178	371	3.5931	327	0.1977	199	1.7507	310	1.6447	280
2	50	CHERRY CAKE PUDDING	4.6927	314	3.8717	315	0.1866	205	1.9534	292	1.7318	271
3	75	COCONUT CREAM PUDDING	4.9754	278	5.2028	240	0.2056	189	2.7611	203	2.2361	206
4	99	VANILLA CREAM PUDDING	5.0027	275	5.0761	246	0.2085	188	2.7915	199	2.0761	220
5	155	CHOCOLATE CHIP BREAD PUDDING	4.3803	361	2.2374	391	0.0742	341	1.1039	378	1.0593	352
6	165	LEMON CAKE PUDDING	4.7604	301	2.7090	368	0.0198	395	1.4181	343	1.2712	321
7	173	CHOCOLATE PUDDING	5.8692	156	8.5861	143	0.1750	221	4.6361	98	3.7750	103
8	259	BUTTERSCOTCH PUDDING	4.5918	333	3.5041	332	0.0882	324	1.8099	307	1.6061	286
9	291	BANANA CREAM PUDDING	5.3791	214	4.6916	265	0.2190	183	2.5014	228	1.9712	232
10	303	CHOCOLATE COCONUT PUDDING	5.0601	267	3.1285	350	0.1564	238	1.7235	313	1.2486	323
11	185	CHOCOLATE CAKE PUDDING	4.8343	294	3.5920	328	0.1466	249	1.8678	300	1.5776	289

CAKES

		HEDONIC	RANK	FREQ/MO	TOTAL	RANK	BREAKFAST	FREQ/MO	MIDDAY	FREQ/MO	EVENING	RANK
1	5	CHOCOLATE CREAM CAKE	4.7084	308	8.1773	148	1.0139	91	3.4349	157	3.7285	105
2	9	STRAWBERRY SHORTCAKE	6.9623	36	13.0306	56	0.9028	95	5.4722	68	6.6556	30
3	77	APPLESAUCE CAKE	5.2278	239	3.8966	312	0.0690	345	1.9052	297	1.9224	240
4	146	FRUITCAKE	4.8174	297	2.6319	375	0.1758	219	1.3269	353	1.1291	340
5	163	SPICE CAKE	5.1479	258	3.3136	339	0.1977	198	1.3588	348	1.7571	265
6	187	DEVIL'S FOOD CAKE	5.7836	166	6.9861	174	0.1413	257	3.6565	145	3.1884	132
7	196	MARBLE CAKE	5.3634	217	3.9945	304	0.0470	367	2.0083	284	1.9392	236
8	197	BANANA CAKE	5.1712	254	4.2639	290	0.0806	335	2.2722	251	1.9111	243
9	214	WHITE CAKE	5.5831	192	4.3671	281	0.2274	180	2.1534	266	1.9863	230
10	229	PINEAPPLE UPSIDE DOWN CAKE	5.3270	221	4.8144	256	0.1219	279	2.5180	226	2.1745	213
11	230	RASPBERRY SHORTCAKE	5.2170	244	3.3887	336	0.1944	201	1.6423	322	1.5521	293
12	231	PEANUT BUTTER CAKE	4.4192	358	2.0085	399	0.0169	401	1.1017	379	0.8898	373
13	312	PEACH SHORTCAKE	5.7480	169	4.7115	264	0.1905	203	2.3193	244	2.2017	209
14	115	YELLOW CAKE	4.9484	281	4.1770	297	0.1292	272	2.0534	275	1.9944	229
15	293	YELLOW CAKE	5.2737	229	4.2833	288	0.1667	228	2.4333	232	1.6833	272

SAUCES

		HEDONIC	RANK	FREQ/MO	TOTAL	RANK	BREAKFAST	FREQ/MO	MIDDAY	FREQ/MO	EVENING	RANK
1	64	LEMON PUDDING SAUCE	4.1841	386	2.7593	365	0.0630	353	1.4785	337	1.2178	325
2	137	VANILLA PUDDING SAUCE	4.4754	351	2.9112	358	0.1261	276	1.5244	331	1.2607	322
3	319	CUSTARD PUDDING SAUCE	4.6804	315	2.6028	378	0.1042	296	1.3070	355	1.1915	328
4	228	HOT FUDGE SAUCE	5.3234	222	4.7191	261	0.1152	285	2.3848	239	2.2191	208
5	4	BUTTERSCOTCH SAUCE	3.1763	416	2.8876	359	0.2355	112	1.1686	371	1.1834	329
6	90	BUTTERSCOTCH SAUCE	3.7408	408	1.9125	402	0.2012	192	0.8309	394	0.8805	376
7	193	PINEAPPLE SAUCE	4.6194	326	2.4157	384	0.1994	194	1.1742	370	1.0421	354

PIES

		HEDONIC	RANK	FREQ/MO	TOTAL	RANK	BREAKFAST	FREQ/MO	MIDDAY	FREQ/MO	EVENING	RANK
1	11	LEMON CHIFFON PIE	5.0574	268	6.9557	176	0.4931	118	3.1108	173	3.3518	122
2	47	CHERRY PIE	5.6431	186	8.9499	136	0.4095	130	4.2423	113	4.2980	84
3	58	MINCEMEAT PIE	4.0083	398	2.8729	360	0.0635	351	1.3149	354	1.4945	300
4	83	RAISIN PIE	3.6298	411	1.1733	411	0.0028	415	0.6648	399	0.5057	400
5	107	BLACKBERRY PIE	5.0815	265	5.4680	234	0.1337	267	2.8162	197	2.5181	180
6	150	PINEAPPLE CHIFFON PIE	4.2582	373	2.4833	383	0.0694	344	1.2306	365	1.1833	330
7	162	BOSTON CREAM PIE	5.7432	170	6.0169	211	0.1039	297	2.9635	183	2.9494	147
8	177	BANANA CREAM PIE	5.6549	185	6.7194	184	0.2222	182	3.3000	159	3.1972	130

9	181	APPLE PIE	6.8224	52	12.0193	72	0.2700	161	5.8209	56	5.9284	39
10	182	BOYSENBERRY PIE	4.5091	345	2.6997	370	0.1716	225	1.3564	350	1.1716	332
11	184	PINEAPPLE PIE	4.4904	350	3.0226	353	0.0367	385	1.6695	318	1.3164	316
12	217	STRAWBERRY CHIFFON PIE	4.9646	279	3.6271	325	0.1836	208	1.9943	286	1.4492	307
13	227	COCONUT CREAM PIE	5.2304	236	4.7781	259	0.0877	326	2.5288	224	2.1616	214
14	232	PEACH PIE	5.2304	237	4.2951	286	0.1421	255	2.2623	253	1.8907	246
15	239	CHOCOLATE CREAM PIE	5.6712	180	5.9335	231	0.0754	339	3.0531	178	2.4050	189
16	248	APRICOT PIE	4.3782	362	2.6415	373	0.0840	329	1.4314	342	1.1260	341
17	250	PINEAPPLE CREAM PIE	4.7022	310	2.2033	393	0.0056	411	1.2925	356	0.9053	370
18	256	PUMPKIN PIE	5.9286	141	5.9645	213	0.0628	354	2.7623	202	3.1393	134
19	285	BUTTERSCOTCH CREAM PIE	4.2569	374	2.6610	372	0.0395	382	1.4746	338	1.1469	335
20	302	BLUEBERRY PIE	5.9452	139	7.3951	164	0.2452	172	3.9537	131	3.1962	131
21	308	LEMON MERINGUE PIE	5.7088	173	6.5339	190	0.1864	206	3.2740	163	3.0734	135

ICE CREAM

ICECREAM		HEDONIC	RANK	FREQ/MO	TOTAL	RANK	FREQ/MO	BREAKFAST	RANK	FREQ/MO	MIDDAY	RANK	FREQ/MO	EVENING	RANK
1	166	ICE CREAM	7.2575	18	23.7260	13	0.8274	99	11.6356	10	11.2630	8			
2	209	SHERBET	6.0409	128	11.8072	81	0.1598	234	5.8705	51	5.7769	41			
3	362	ICE CREAM SUNDAE	6.8333	51	13.8127	49	0.3691	138	7.0661	33	6.3774	35			
4	373	BANANA SPLIT	6.8071	56	10.9917	92	0.4077	131	5.5978	63	4.9862	61			
5	334	SOFT SERVE ICE CREAM -	6.6066	69	15.9164	35	0.3315	145	8.1727	23	7.4123	23			
6	48	MILK SHAKE	6.7330	61	13.3094	53	0.4890	119	7.6298	29	5.1906	53			

OTHER DESSERTS

OTHER DESSERTS		HEDONIC	RANK	FREQ/MO	TOTAL	RANK	FREQ/MO	BREAKFAST	FREQ/MO	MIDDAY	FREQ/MO	EVENING
1	24	APRICOT CRISP	4.0876	395	3.1362	347	0.8142	102	1.2817	358	1.0402	355
2	69	PEACH CRISP	4.8933	286	4.4956	275	0.3402	144	2.4164	236	1.7390	270
3	108	BROWNIES	5.9837	134	8.0139	153	0.2382	176	4.2271	115	3.5485	113
4	135	GINGERBREAD	4.8973	285	3.7409	320	0.5042	116	1.8217	305	1.4150	310
5	138	APPLE CRISP	5.3792	213	5.5697	228	0.6736	107	2.7181	205	2.1780	211
6	192	BUTTERSCOTCH BROWNIES	4.5222	342	2.3590	386	0.1994	195	1.2051	367	0.9544	364
7	329	CHERRY CRISP	5.1408	259	3.8006	318	0.1590	235	2.1936	260	1.4480	308
8	254	STRAWBERRY GELATIN	5.1917	248	5.3789	235	0.4160	129	2.7066	207	2.2564	201
9	76	APPLE SAUCE	6.5109	78	10.5151	96	1.1726	82	4.7699	90	4.5726	76
10	116	FRUIT COCKTAIL (CANNED)	6.2892	98	11.8840	76	1.5608	74	5.2597	73	5.0635	56

FRUITS

FRUITS		HEDONIC	RANK	FREQ/MO	TOTAL	RANK	FREQ/MO	BREAKFAST	FREQ/MO	MIDDAY	FREQ/MO	EVENING
1	10	BANANAS	6.4474	83	12.5836	62	8.2658	28	2.4329	233	1.8849	247
2	23	ORANGES	7.1902	26	18.8098	26	10.5326	16	4.7908	87	3.4864	117
3	141	ORANGES	7.2630	17	19.3223	23	10.5207	17	4.7741	88	4.0275	95
4	40	APPLES (FRESH)	7.4647	8	22.5895	17	8.2231	29	7.7300	28	6.6364	31
5	46	GRAPEFRUIT (FRESH)	6.3117	94	12.4234	66	10.6602	14	0.9554	388	0.8078	383
6	61	PEARS (FRESH)	7.0625	32	16.4823	32	5.9646	37	5.6540	61	4.8638	63
7	86	PLUMS (FRESH)	5.6721	179	9.0859	131	3.9584	53	2.8227	195	2.3047	198
8	96	PEACHES (FRESH)	6.9315	41	15.6181	36	5.5302	40	5.4945	66	4.5934	74
9	98	TANGERINES	6.7527	59	13.3785	52	6.4779	36	3.9696	129	2.9309	149
10	109	HONEYDEW MELON	6.1025	121	10.0252	107	4.7283	49	2.8571	191	2.4398	183
11	118	PINEAPPLE (CANNED)	5.5984	191	8.0833	150	1.9611	67	3.2083	168	2.9139	150
12	289	PINEAPPLE (CANNED)	5.6796	177	5.7837	220	1.2584	79	2.4607	231	2.0646	222
13	124	PLUMS (CANNED)	4.7201	306	3.0922	351	1.1201	84	1.1536	373	0.8184	382
14	130	WATERMELON	6.8784	46	11.4077	87	0.6887	106	5.9477	49	4.7713	69
15	139	GRAPES	6.5514	73	11.8362	79	3.5621	57	4.8023	86	3.4718	119
16	34	SWEET CHERRIES (CANNED)	4.7151	307	3.9944	305	0.3092	148	1.8635	302	1.8217	256
17	152	APRICOTS (CANNED)	4.7057	309	4.0967	300	1.2541	80	1.5608	330	1.2818	320
18	198	PEACHES (CANNED)	6.2629	101	10.4973	97	1.9836	65	4.6803	93	3.8333	101
19	211	PEARS (CANNED)	6.4906	80	9.1219	129	1.8920	68	3.9806	126	3.2493	128
20	222	FIGS (CANNED)	3.6986	409	1.0145	415	0.2254	181	0.4884	408	0.3006	412
21	235	GRAPEFRUIT (CANNED)	5.5707	193	6.1453	205	4.2905	52	0.8492	393	1.0056	357
22	264	CANTALOUPE	6.5813	71	12.0167	73	5.2972	45	3.6583	144	3.0611	136

23 323 PRUNES (CANNED)
 24 76 APPLESauce
 25 116 FRUIT COCKTAIL(CANNED)
 26 120 APPLES(CANNED)

BREAKFAST MEATS

	RANK	FREQ/MO	RANK	FREQ/MO	RANK	BREAKFAST	FREQ/MO	RANK	MIDDAY	FREQ/MO	RANK	EVENING
1	74	9	19.6381	22	18.6077	6	0.5387	405	0.4917	401	0.3934	406
2	172	57	14.0761	48	12.4479	10	0.8592	392	0.7690	388	4.7626	76
3	88	6.2603	102	9.1630	128	7.4558	31	0.9088	390	0.7983	73	56
4	246	7.2846	16	11.8674	77	3.1077	58	4.3895	109	4.3702	309	361
5	92	7.2527	20	11.4356	86	2.9863	59	4.2164	117	4.2329		

EGGS

	RANK	FREQ/MO	RANK	FREQ/MO	RANK	BREAKFAST	FREQ/MO	RANK	MIDDAY	FREQ/MO	RANK	EVENING
1	176	6.9485	38	14.3149	44	13.6215	9	0.4254	411	0.2680	414	
2	271	7.6803	4	21.2027	19	20.0301	4	0.6192	403	0.5534	398	
3	273	5.6667	182	7.7750	157	5.5472	39	1.5694	328	0.5583	391	
4	348	5.8815	154	6.7051	185	1.0674	88	3.0618	176	2.5758	174	
5	409	6.8219	53	12.5679	63	11.8504	11	0.3324	413	0.3850	407	
6	415	7.3930	11	17.1791	29	16.2755	8	0.4518	410	0.4518	403	

FISH AND SEAFOOD

	RANK	FREQ/MO	RANK	FREQ/MO	RANK	BREAKFAST	FREQ/MO	RANK	MIDDAY	FREQ/MO	RANK	EVENING
1	213	5.8587	157	5.8306	218	0.0273	391	2.9781	182	2.8251	158	
2	121	6.1304	119	6.5540	189	0.3795	133	2.9307	187	3.2438	129	
3	175	5.2178	242	4.1854	294	0.0456	371	2.1915	261	1.9483	235	
4	241	6.3214	92	7.9415	156	0.2006	193	3.9081	134	3.8329	102	
5	275	6.2153	108	6.9781	175	0.1393	259	4.4672	107	2.3716	191	
6	332	6.4387	85	7.2225	168	0.0451	373	3.5239	151	3.6535	109	
7	353	4.3661	363	2.2149	392	0.0138	404	1.3361	351	0.8650	379	
8	354	5.1126	261	2.7569	366	0.0221	393	1.5083	334	1.2265	324	
9	357	6.4630	82	9.2335	126	0.2720	158	4.2418	114	4.7198	71	
10	384	5.4910	198	5.5162	232	0.1006	305	2.5260	225	2.8896	152	
11	68	5.0416	271	4.1011	299	0.1503	244	2.0437	276	1.9071	245	
12	71	4.6676	319	4.9078	252	0.2961	151	2.3575	241	2.2542	202	
13	343	4.8479	292	2.1657	395	0.1036	299	1.0385	384	1.0237	356	

PASTA-MAIN DISH

	RANK	FREQ/MO	RANK	FREQ/MO	RANK	BREAKFAST	FREQ/MO	RANK	MIDDAY	FREQ/MO	RANK	EVENING
1	65	5.7973	162	6.2418	197	0.0951	316	3.1196	172	3.0272	139	
2	31	6.8814	45	6.9006	179	0.3260	146	3.2873	161	3.2873	126	
3	72	6.1460	116	5.5850	227	0.0975	310	2.6546	211	2.8329	157	
4	160	6.8973	43	9.1154	130	0.2143	184	4.1374	120	4.7637	70	
5	338	6.2687	100	6.1588	204	0.1838	207	3.2256	166	2.7493	164	
6	59	4.9058	284	3.3444	338	0.0389	383	2.1889	262	1.1167	343	

GRIDDLE CAKES, FRENCH TOAST

	RANK	FREQ/MO	RANK	FREQ/MO	RANK	BREAKFAST	FREQ/MO	RANK	MIDDAY	FREQ/MO	RANK	EVENING
1	125	5.9778	136	7.9467	155	7.2485	34	0.3284	414	0.3698	408	
2	180	6.8392	49	11.4448	85	10.5608	15	0.5221	406	0.3619	410	

MEATS

	RANK	FREQ/MO	RANK	FREQ/MO	RANK	BREAKFAST	FREQ/MO	RANK	MIDDAY	FREQ/MO	RANK	EVENING
1	16	5.2114	245	4.8757	254	0.1298	271	2.1768	263	2.5691	175	
2	27	5.2610	230	4.4426	278	0.8207	101	1.9748	288	1.6471	279	
3	30	5.7011	175	6.0989	208	0.3736	135	2.7637	201	2.9615	145	

4	54	ROAST BEEF	7.5531	6	13.1875	54	0.2391	173	6.1875	45	6.7609	27
5	85	SWISS STEAK	6.6458	67	9.6877	114	0.1781	213	4.6603	97	4.8493	65
6	92	HAM	7.2527	20	11.4356	86	2.9863	59	4.2164	117	4.2329	88
7	246	HAM	7.2846	16	11.8674	77	3.1077	58	4.3895	109	4.3702	81
8	157	TURKEY	7.1951	25	8.5651	145	0.0499	364	3.8449	138	4.6704	73
9	199	PORK ROAST	6.9811	33	8.3804	147	0.1114	292	4.1359	121	4.1332	93
10	200	VEAL ROAST	6.3117	95	5.6503	225	0.0492	366	2.8279	193	2.7732	162
11	237	SPARERIBS W/SAUERKRAUT	5.4126	209	4.8040	257	0.1477	246	2.3949	238	2.2614	200
12	143	SLICED ROAST PORK W/GRavy	7.0809	31	9.5615	117	0.2598	167	4.9441	82	4.3575	82
13	265	POT ROAST	7.3142	15	9.4766	119	0.0771	337	4.5620	102	4.8375	66
14	301	GRILLED STEAK	7.8726	2	21.2000	20	1.4274	77	9.6356	17	10.1370	14
15	307	LIVER	4.4659	353	3.7361	321	0.2028	191	1.8944	298	1.6389	282
16	322	CORNED BEEF	5.4429	203	3.8802	314	0.1588	237	1.9721	289	1.7493	268
17	333	CHICKEN	7.1957	24	10.1152	106	0.0421	376	5.0197	80	5.0534	57
18	346	BARBECUED SPARERIBS	7.0811	30	9.4699	120	0.2869	152	4.6803	94	4.5027	78
19	350	SALISBURY STEAK	6.9783	35	9.3443	123	0.3689	139	4.6940	92	4.2814	85
20	352	FRIED CHICKEN	7.4185	10	10.7186	94	0.1284	274	5.4563	69	5.1339	54
21	356	BARBECUED BEEF CUBES	5.9615	137	5.6160	226	0.1146	286	2.9542	184	2.5473	179
22	364	VEAL PARMESAN	5.8994	150	5.0930	243	0.0203	394	2.3314	243	2.7413	165
23	371	VEALBURGER	5.5307	196	3.4131	334	0.0171	400	2.0370	278	1.3590	313
24	375	BREADED VEAL STEAKS	6.2799	99	7.0500	171	0.0972	312	3.4528	156	3.5000	116
25	377	BAKED STUFFED PORK SLICES	6.1444	117	4.4524	277	0.0980	309	2.3372	242	2.0173	227
26	387	PEPPER MEAT BALLS	6.0599	124	4.7662	260	0.0423	375	2.2894	247	2.4394	184
27	399	SWEDISH MEAT SLICES	6.2466	103	6.9972	173	0.1994	196	3.4558	155	3.3419	123
28	221	ITALIAN SAUSAGE	5.9016	149	6.0812	209	1.4696	76	2.5565	221	2.0551	223
29	223	CHILI CON CARNE	5.3526	218	4.0838	302	0.1313	270	2.5112	227	1.4413	309
30	159	CHILI CON CARNE W/O BEANS	5.4641	200	4.2989	285	0.0950	317	2.5419	223	1.6620	275
31	91	TURKEY SLICES W/GRavy	6.9809	34	9.0354	133	0.1199	282	4.7738	89	4.1417	92
32	376	MEAT LOAF	6.8087	54	6.8115	181	0.0464	368	3.2842	162	3.4809	118

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SHORT ORDER SANDWICHES

ORDER, SANDWICHES		HEDONIC	RANK	FREQ/MO	RANK	TOTAL		FREQ/MO	RANK	BREAKFAST	FREQ/MO	RANK	MIDDAY	FREQ/MO	RANK	EVENING
1	26	ROLOGNA(COLD CUTS)	5.2222	241	5.8736	215	0.1758	217	4.1456	119	1.5522	292				
2	8	HAMBURGER	6.9539	37	15.0306	39	1.1198	86	8.8802	21	5.0306	58				
3	105	CHEESEBURGER	6.9321	40	12.0000	74	0.2382	175	8.0831	24	3.6787	108				
4	174	FRANKFURTERS	6.2016	112	6.8481	180	0.2459	171	4.6834	106	2.1188	215				
5	38	SALAMI (COLD CUTS)	4.9563	280	5.0912	244	0.0967	314	3.5221	152	1.4724	304				
6	73	SLOPPY JOE	5.9151	144	5.7722	221	0.0611	355	3.6611	143	2.0500	225				
7	94	TURKEY CLUB SANDWICH	6.5559	72	7.2293	167	0.1630	233	4.6326	99	2.4337	185				
8	154	SUBMARINE SANDWICH	6.3945	87	6.2022	202	0.0970	313	4.0526	124	2.0526	224				
9	226	LUNCHEON MEAT (COLD CUTS)	5.8907	152	7.0436	172	0.0463	370	5.1717	74	1.8256	255				
10	263	HAM (COLD CUTS)	6.5205	76	8.5726	144	0.2493	170	5.5315	65	2.7918	159				
11	274	CHICKEN CLUB SANDWICH	6.3743	89	6.2390	199	0.0302	390	4.1978	118	2.0110	228				
12	294	TURKEY (COLD CUTS)	6.3378	90	7.2412	166	0.1924	202	4.6233	100	2.4255	186				
13	310	CHEESE AND HAM SANDWICH	6.7446	60	8.7300	141	0.2342	179	5.7135	58	2.7824	160				
14	328	MEATBALL SUBMARINE	6.0218	131	5.5597	230	0.1335	268	3.5597	148	1.8665	249				
15	386	CERVELAT (COLD CUTS)	4.6954	312	3.2074	343	0.1003	306	2.1438	267	0.9632	363				
16	389	ROAST BEEF SANDWICH W/GRVY	7.3787	13	9.9833	111	0.0752	340	5.8663	52	4.0418	94				
17	392	BAC, LET, TOMATO SANDWICH	7.3750	14	11.2044	89	1.0218	89	6.7956	34	3.3869	121				
18	394	HOT TURKEY SANDWICH W/GRVY	7.2568	19	9.2271	127	0.2382	177	5.6620	59	3.3269	124				
19	406	GRILLED CHEESE SANDWICH	6.6576	66	9.0357	132	0.4286	126	5.8407	54	2.7665	163				
20	205	TACOS	5.2805	228	4.7135	263	0.2550	168	2.5903	219	1.8682	248				
21	299	HOT TAMALES	5.0429	270	3.4673	333	0.1696	227	1.9494	293	1.3482	315				
22	31	PIZZA	6.8814	45	6.9006	179	0.3260	146	3.2873	161	3.2873	126				
23	367	LIVERWURST	4.1281	392	2.8011	363	0.1036	298	1.9076	296	0.7899	386				
24	369	WESTERN SANDWICH	6.1699	113	6.5189	191	0.8338	98	3.8805	135	1.8047	259				
25	266	SHREDDED BEEF W/BARBECUE SAUCE	6.3168	93	6.0529	210	0.1393	260	3.2702	164	2.6435	171				
26	414	FISH SANDWICH	5.7120	172	4.6333	269	0.0111	406	2.8528	192	1.7694	263				

CASSEROLES, STEWS, ETC.

1	37	STUFFED CABBAGE	4.6676	318	4.1846	295	0.1515	241	1.8567	303	2.1763	212
2	44	CHICKEN CACCIATORE	4.9435	282	3.5507	329	0.1362	264	1.4841	336	1.9304	238
3	81	CHOP SUEY	4.8932	287	3.3973	335	0.1315	269	1.6137	324	1.6521	278
4	82	STUFFED GREEN PEPPERS	5.3379	220	4.4792	276	0.1025	304	2.2742	249	2.1025	218
5	110	CHOW MEIN	5.1902	249	3.2368	342	0.1142	289	2.0139	282	1.1086	344
6	129	CHICKEN A LA KING	5.2948	227	4.1222	298	0.0444	374	2.2722	250	1.8056	258
7	149	CORNED BEEF HASH	5.1390	260	3.9421	309	0.4187	127	2.0248	279	1.4986	299
8	270	BEEF STEW	6.3859	88	6.4475	193	0.0608	356	3.4061	158	2.9807	142
9	325	CREAMED CHIPPED BEEF	5.6703	181	7.4310	162	5.3634	44	1.1183	376	0.9493	365
10	351	HUNGARIAN GOULASH	5.3382	219	3.1292	349	0.0308	389	1.7046	314	1.3938	312
11	355	CHICKEN TETRAZZINI	4.8707	288	2.1316	396	0.0113	405	1.0338	385	1.0865	350
12	395	BEEF STROGANOFF	6.1361	118	5.0544	247	0.1433	252	2.5845	220	2.3266	194
13	398	BEEF POT PIE	5.9160	142	4.5320	272	0.0557	359	2.6323	214	1.8440	252
14	401	SAUERBRATEN	4.5032	346	1.5993	408	0.0758	338	0.8014	395	0.7220	390
15	405	EL RANCHO STEW	5.0249	272	2.3346	387	0.0186	399	1.6914	316	0.6245	394
16	407	TURKEY POT PIE	6.3027	97	5.3591	236	0.0414	379	3.0414	180	2.2762	199
17	318	SWEET & SOUR PORK	5.4171	207	4.6108	270	0.0824	332	2.2188	259	2.3097	196
18	283	SUKIYAKI	4.3470	367	2.1862	394	0.1345	265	0.8966	391	1.1552	333
19	361	VEAL SCALLOPINI	5.2478	234	2.7082	369	0.0033	414	1.1574	372	1.5475	294
20	354	BAKED TUNA & NOODLES	5.1126	261	2.7569	366	0.0221	393	1.5083	334	1.5475	294
21	343	SCALLOPED TUNA & PEAS	4.8479	292	2.1657	395	0.1036	299	1.0385	384	1.0237	356
22	175	SHRIMP CREOLE	5.2178	242	4.1854	294	0.0456	371	2.1915	261	1.9483	235
23	384	LOBSTER NEWBURG	5.4910	198	5.5162	232	0.1006	305	2.5260	225	2.8896	152

POTATOES		HEDONIC	RANK	FREQ/MO	RANK	TOTAL	FREQ/MO RANK	BREAKFAST	MIDDAY	FREQ/MO RANK	FREQ/MO RANK	EVENING
1	131	FRENCH FRIED POTATOES	7.2120	23	16.6329	31	0.5562	111	9.3616	18	6.7151	28
2	147	SCALLOPED POTATOES	5.7859	165	6.9396	178	0.3929	132	3.1071	174	3.4396	120
3	158	POTATO CHIPS	6.6803	64	12.3250	68	0.1944	200	7.8528	26	4.2778	86
4	189	SWEET POTATOES	5.3644	216	5.1056	242	0.0194	397	2.4000	237	2.6861	168
5	212	INSTANT MASHED POTATOES	4.5995	330	6.4438	194	0.0822	334	3.1863	169	3.1753	133
6	220	BAKED POTATOES	6.9431	39	10.4890	98	0.0522	363	4.5549	104	5.8819	40
7	382	HASHED BROWN POTATOES	6.8962	44	13.8082	50	8.6493	26	2.6055	217	2.5534	178
8	32	POTATO SALAD	6.5108	79	9.2732	125	0.2650	164	5.0410	79	3.9672	96
9	365	MASHED POTATOES	7.2283	22	21.1658	21	0.1087	295	10.1549	13	10.9022	10

PASTA-SIDE DISH		HEDONIC	RANK	FREQ/MO	TOTAL	RANK	BREAKFAST	FREQ/MO RANK	MIDDAY	FREQ/MO RANK	EVENING	
1	234	NOODLES	5.7875	164	5.0776	245	0.0582	357	2.6066	216	2.4127	188
2	72	LASAGNA	6.1460	116	5.5850	227	0.0975	310	2.6546	211	2.8329	157
3	114	MACARONI SALAD	5.0956	264	5.3167	237	0.0194	396	3.0583	177	2.2389	204
4	160	SPAGHETTI	6.8973	43	9.1154	130	0.2143	184	4.1374	120	4.7637	70
5	338	RAVIOLI	6.2687	100	6.1588	204	0.1838	207	3.2256	166	2.7493	164
6	59	CHILI MACARONI	4.9058	284	3.3444	338	0.0389	383	2.1889	262	1.1167	343

BEANS		HEDONIC	RANK	FREQ/MO	RANK	TOTAL	FREQ/MO	RANK	BREAKFAST	MIDDAY	FREQ/MO	RANK	EVENING
1	404	BOSTON BAKED BEANS	6.0569	125	6.2077	201	0.1776	215	3.4617	154	2.5683	177	
2	42	BEANS W/PORK IN TOMATO SAUCE	5.0769	266	4.9529	250	0.1801	210	2.8172	196	1.9557	234	

RICE		HEDONIC	RANK	FREQ/MO	RANK	TOTAL	FREQ/MO RANK	BREAKFAST	MIDDAY	FREQ/MO RANK	EVENING	
1	132	RICE	5.8103	159	8.7363	140	0.5577	110	3.9753	127	4.2033	89
2	290	FRIED RICE	5.7906	163	5.9725	212	0.1515	243	2.8898	188	2.9311	148
3	360	RICE PILAFF	4.6044	329	2.1149	397	0.0077	409	1.1418	375	0.9655	362
4	378	SPANISH RICE	5.5559	194	4.2857	287	0.0672	348	2.4258	235	1.7927	261

FRITTERS		HEDONIC	RANK	FREQ/MO	RANK	FREQ/MO RANK	EVENING
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FRITTERS		TOTAL		BREAKFAST		MIDDAY		EVENING			
1	374	5.2584	231	3.2423	341	0.9044	94	1.2355	363	1.1024	345

FRUIT SALADS											
		HEDONIC	RANK	FREQ/MO	TOTAL	RANK	FREQ/MO	BREAKFAST	MIDDAY	FREQ/MO	RANK
1	33	4.2312	377	3.2588	340	0.2765	155	1.6882	317	1.2941	318
2	233	6.0462	127	12.8370	58	1.6271	71	6.1188	46	5.0912	55
3	240	4.2067	381	1.8963	403	0.0375	384	1.2017	368	0.6571	392
4	287	4.4017	360	5.7396	224	0.0831	330	3.2964	160	2.3601	192
5	296	5.9863	133	9.5097	118	0.7895	103	4.8837	85	3.8366	100
6	7	4.4973	348	9.3746	121	0.9915	93	4.4451	108	3.9380	97
7	282	4.5763	337	3.6486	324	0.0657	349	1.9943	287	1.5886	288

VEGETABLE SALADS											
		HEDONIC	RANK	FREQ/MO	TOTAL	RANK	FREQ/MO	BREAKFAST	MIDDAY	FREQ/MO	RANK
1	25	3.3036	414	3.1561	345	0.1763	216	1.4480	339	1.5318	295
2	39	6.0784	123	11.7542	82	0.2095	187	5.8436	53	5.7011	42
3	78	6.8466	48	26.1722	9	0.1444	251	12.5528	4	13.4750	5
4	103	4.3379	368	3.6131	326	0.0463	369	2.0763	273	1.4905	303
5	119	3.9074	403	2.8033	362	0.0886	322	1.5817	327	1.1330	339
6	170	7.1644	28	28.2274	6	0.3479	143	13.4548	3	14.4247	3
7	171	4.5166	343	7.7632	158	0.1866	204	3.8552	137	3.7214	106
8	186	3.7817	406	1.9922	400	0.0039	413	1.2296	366	0.7588	389
9	255	5.7080	174	11.5082	84	0.0687	347	6.0137	47	5.4258	47
10	261	6.3030	96	15.1000	38	0.2139	186	7.2778	32	7.6083	22
11	272	4.5127	344	2.2829	389	0.1120	291	1.2857	357	0.8852	375
12	277	6.6721	65	18.4417	28	0.1528	240	9.0167	20	9.2722	18
13	281	4.6181	327	4.9724	249	0.0221	392	2.4751	230	2.4751	182
14	314	4.6384	324	4.5314	273	0.0771	336	2.6000	218	1.8543	250
15	330	5.2095	247	4.7159	262	0.1652	230	2.6435	213	1.9072	244
16	32	6.5108	79	9.2732	125	0.2650	164	5.0410	79	3.9672	96
17	114	5.0956	264	5.3167	237	0.0194	396	3.0583	177	2.2389	204
18	249	6.3370	91	14.2423	46	0.1746	222	7.4113	30	6.6563	29
19	284	3.4561	412	1.1500	412	0.0147	403	0.5588	404	0.5765	397
20	327	4.2072	380	1.8074	405	0.1105	293	1.0482	383	0.6487	393

SOUPS											
		HEDONIC	RANK	FREQ/MO	TOTAL	RANK	FREQ/MO	BREAKFAST	MIDDAY	FREQ/MO	RANK
1	6	4.2514	375	4.3642	282	0.4364	125	2.3150	245	1.6127	284
2	12	4.3634	364	3.8939	313	0.1369	263	2.1145	271	1.6425	281
3	20	4.2228	378	4.1808	296	0.2041	190	2.2362	258	1.7405	269
4	41	4.7424	303	3.7341	322	0.3657	140	1.8670	301	1.5014	298
5	51	4.6364	325	4.9368	251	0.1978	197	2.8159	198	1.9231	239
6	60	4.6749	317	3.5271	331	0.0655	350	2.2536	255	1.2080	327
7	104	5.0569	269	5.7445	223	0.1758	218	3.6016	146	1.9670	233
8	156	5.9096	146	5.9392	214	0.0552	360	3.6934	141	2.1906	210
9	179	5.4973	197	4.3062	284	0.0927	319	2.5534	222	1.6601	276
10	190	5.9158	143	6.4721	192	0.1201	281	3.9665	130	2.3855	190
11	195	4.6934	313	3.3452	337	0.0357	386	1.9137	295	1.3958	311
12	215	5.2500	232	3.1961	344	0.0055	412	2.1188	270	1.0718	351
13	216	4.6781	316	2.8592	361	0.1261	275	1.6452	321	1.0880	348
14	238	6.0027	132	7.5840	161	0.1515	242	4.5592	103	2.8733	153
15	257	4.6384	323	2.4958	382	0.0028	416	1.4432	340	1.0499	353
16	262	3.7887	405	0.7257	416	0.0855	328	0.3481	412	0.2920	413
17	267	6.4905	81	7.6585	160	0.1339	266	4.6667	96	2.8579	154
18	306	5.8916	151	6.1836	203	0.0877	327	3.7753	139	2.3205	195
19	339	4.0269	397	1.5907	409	0.0633	352	1.0886	380	0.8388	404
20	240	4.1455	390	1.1423	413	0.0075	410	0.7678	396	0.3670	409
21	383	4.0000	399	1.5167	410	0.1722	224	0.7273	398	0.6172	395
22	403	4.2356	376	1.9367	401	0.0533	362	1.1133	377	0.7700	387

23	413	FISH CHOWDER	4.5363	341	2.7283	367	0.1098	294	1.4046	345	1.2139	326
GREEN VEGETABLES												
1	18	GREEN BEANS	6.2264	106	14.1397	47	0.4877	120	6.4411	39	7.2110	25
2	123	LIMA BEANS	4.8343	293	4.2830	289	0.0495	365	1.9973	285	2.2363	205
3	204	ASPARAGUS	5.2973	226	6.2411	198	0.2384	174	3.0494	179	2.9534	146
4	244	PEAS (CANNED)	5.9071	147	8.9834	135	0.1547	239	4.3094	110	4.5193	77
5	297	GREEN BEANS (CANNED)	6.2405	104	8.8087	139	0.0546	361	4.5164	105	4.2377	87
6	298	PEAS	6.2141	109	9.5686	116	0.1257	277	4.6686	95	4.7743	68
7	305	BROCCOLI	5.4365	206	6.1292	207	0.1826	209	2.8876	189	3.0590	137
8	309	SPINACH	5.4444	202	6.3889	195	0.1472	247	3.2639	165	2.9778	143
9	316	MUSTARD GREENS	3.9398	401	3.1536	346	0.0452	372	1.6536	319	1.4548	305
10	225	CABBAGE	5.4743	199	5.4696	233	0.1464	250	2.6657	209	2.6575	170
11	258	BRUSSELS SPROUTS	4.8485	291	3.8291	317	0.0420	377	1.8095	308	1.9776	231
12	366	OKRA	4.1415	391	3.9759	306	0.0412	380	2.0137	283	1.9210	241
YELLOW VEGETABLES												
1	13	CREAMED STYLE CORN	6.0270	130	12.3158	69	0.3712	137	5.9224	50	6.0222	38
2	28	WAX BEANS	5.0164	273	5.8503	217	0.1638	232	2.7175	206	2.9689	144
3	70	CORN ON THE COB	7.6175	5	13.7729	51	0.2604	166	6.3684	40	7.1440	26
4	178	CORN(CANNED)	6.9260	42	12.7119	61	0.1468	248	5.9889	48	6.5762	32
5	151	CARROTS	5.8022	161	8.0165	152	0.0689	346	4.3003	111	3.6474	110
6	113	YELLOW SQUASH	4.3324	369	4.0852	301	0.1392	261	2.0142	281	1.9318	237
OTHER VEGETABLES												
1	35	PEAS & CARROTS	5.6196	188	10.3601	100	0.2715	159	5.0859	77	5.0028	59
2	45	RADISHES	5.2240	240	10.8778	93	0.2722	157	5.7556	57	4.8500	64
3	63	MIXED VEGETABLES	6.0817	122	14.9071	41	0.0984	308	7.4016	31	7.4071	24
4	80	COOKED ONIONS	4.5973	331	4.9038	253	0.0824	331	2.2527	256	2.5687	176
5	95	CAULIFLOWER	4.5856	335	4.5460	271	0.0696	343	2.1699	264	2.3064	197
6	134	ZUCCHINI SQUASH	3.6914	410	2.9530	356	0.1034	300	1.4922	335	1.3574	314
7	142	TOMATOES (CANNED)	5.1635	256	4.4118	279	0.2745	156	2.2997	246	1.8375	253
8	280	BEETS	4.4930	349	3.9643	307	0.0192	398	2.1236	268	1.8214	257
9	359	STEWED TOMATOES	5.1676	255	3.9141	311	0.0416	378	2.0194	280	1.8532	251
10	396	SLICED TOMATOES	6.7995	58	21.5180	18	0.3740	134	11.2355	11	9.9086	15
11	245	EGGPLANT	3.9134	402	2.6818	371	0.0398	381	1.3580	349	1.2841	319
12	295	SUCCOTASH	4.6106	328	3.5422	930	0.0090	407	1.7470	311	1.7861	262
13	300	BLACK EYE PEAS	4.5698	339	4.3144	283	0.0878	325	2.1586	265	2.0680	221
14	315	RUTABAGAS TURNIP	3.8387	404	1.8088	404	0.0313	388	0.9718	387	0.8056	384
15	43	PARSNIPS	3.2330	415	1.6627	407	0.0572	358	0.7289	397	0.8765	377
16	53	TURNIP GREENS	4.0732	396	5.0028	248	0.0972	311	2.4806	229	2.4250	187
17	372	FRENCH FRIED ONION RINGS	6.5908	70	9.5815	115	0.1658	229	5.1087	75	4.3071	83
18	188	SAUERKRAUT	4.7260	305	4.1906	293	0.0967	315	2.2569	254	1.8370	254

END OF RUN

2

CHEESE

	PRE HED	POST HED	R HED	PRE FREQ	POST FREQ	R FREQ
1 219 COTTAGE CHEESE	5.05	4.83	0.66	9.91	9.79	0.59
2 335 AMERICAN CHEESE	6.55	6.47	0.52	11.49	11.12	0.60
3 381 SWISS CHEESE	5.88	5.64	0.56	7.03	6.03	0.55

APPETIZERS

	PRE HED	POST HED	R HED	PRE FREQ	POST FREQ	R FREQ
1 145 SHRIMP COCKTAIL	6.15	6.16	0.74	10.51	9.07	0.53
2 218 ORANGE & PINEAPPLE JUICE	6.32	5.64	0.33	11.69	10.97	0.27
3 233 TOMATO JUICE	6.37	6.54	0.73	13.58	15.94	0.66
4 260 FRUIT CUP (APPETIZERS)	5.77	5.92	0.49	7.42	6.96	0.51

CONDIMENTS

	PRE HED	POST HED	R HED	PRE FREQ	POST FREQ	R FREQ
1 018 MIXED SWEET PICKLES	4.60	4.90	0.65	9.81	10.03	0.57
2 062 CRANBERRY SAUCE	5.92	5.87	0.69	8.28	7.21	0.64
3 127 CHOPPED ONIONS	4.75	5.17	0.50	7.64	8.30	0.24
4 140 SWEET PICKLES	5.15	5.50	0.57	9.87	9.75	0.58
5 144 GREEN OLIVES	5.45	5.32	0.59	9.91	10.56	0.53
6 201 DILL PICKLES	5.58	5.71	0.61	12.96	12.31	0.54
7 210 SWEET PICKLE RELISH	5.04	5.13	0.37	7.84	7.24	0.44
8 279 RIPE BLACK OLIVES	4.61	5.03	0.69	8.28	8.87	0.56
9 363 STUFFED CELERY W/CHEESE	4.91	5.02	0.56	6.51	6.98	0.53
10 397 STUFFED CELERY W/PEANUT BUTTER	4.02	4.10	0.45	2.49	2.25	0.48
11 066 CARROT STICKS	5.94	6.03	0.58	12.34	13.81	0.59
12 206 CELERY STICKS	5.84	5.67	0.59	15.32	12.82	0.56
13 076 APPLESAUCE	6.50	6.42	0.61	10.55	11.51	0.47
14 317 MIXED NUTS	5.97	6.09	0.48	5.25	8.44	0.39
15 327 PICKLED GREEN BEANS	4.54	4.44	0.46	1.74	2.55	0.67

STUFFING

	PRE HED	POST HED	R HED	PRE FREQ	POST FREQ	R FREQ
1 337 CORN BREAD STUFFING	5.43	5.72	0.44	3.69	4.29	0.30
2 342 APPLE STUFFING	5.39	5.68	0.48	2.08	3.26	0.40
3 344 GIBLET STUFFING	5.37	5.36	0.37	3.92	3.36	0.44
4 393 RAISIN STUFFING	4.43	4.56	0.58	1.71	1.45	0.54
5 400 SAVORY BREAD STUFFING	5.14	5.63	0.55	2.31	2.33	0.80
6 408 SAUSAGE STUFFING	5.30	5.60	0.58	1.44	3.08	0.20
7 410 OYSTER STUFFING	4.23	4.32	0.72	1.44	1.16	0.70

SALAD DRESSING

	PRE HED	POST HED	R HED	PRE FREQ	POST FREQ	R FREQ
1 349 THOUSAND ISLAND DRESSING	6.41	6.11	0.57	21.91	20.54	0.63
2 358 FRENCH SALAD DRESSING	6.48	6.33	0.31	21.50	20.53	0.53
3 368 VINEGAR & OIL SALAD DRESSING	5.72	5.89	0.63	19.80	21.24	0.58
4 379 RUSSIAN SALAD DRESSING	5.43	5.62	0.55	12.72	12.47	0.56
5 385 SOUR CREAM SALAD DRESSING	4.34	4.32	0.53	5.23	3.26	0.24
6 391 BLUE CHEESE SALAD DRESSING	4.64	4.83	0.55	7.54	8.15	0.20
7 402 MAYONNAISE SALAD DRESSING	5.10	5.19	0.50	9.55	10.48	0.47

8	416	CREAMY FRENCH SALAD DRESSING	5.56	5.91	0.49	12.86	13.25	0.38
9	236	ITALIAN DRESSING	6.26	6.10	0.48	19.94	19.35	0.53
10	019	CAESAR SALAD DRESSING	4.76	5.02	0.57	10.71	11.25	0.39
11	412	GARLIC FRENCH SALAD DRESSING	4.71	4.76	0.49	9.39	9.38	0.47

FRUIT AND VEGETABLE JUICES

	PRE HED	POST HED	R HED	PRE FREQ	POST FREQ	R FREQ
1 001 ORANGE JUICE, INSTANT	6.13	5.78	0.44	23.55	21.40	0.37
2 002 GRAPE JUICE	5.85	5.64	0.56	12.19	11.85	0.23
3 106 GRAPEFRUIT & PINEAPPLE JUICE	5.95	5.74	0.56	8.96	10.11	0.55
4 136 PINEAPPLE JUICE	5.93	5.52	0.43	8.96	8.96	0.52
5 203 ORANGE JUICE	7.91	7.83	0.47	26.83	25.14	0.45
6 253 TOMATO JUICE	6.37	6.54	0.73	13.58	15.94	0.66
7 278 GRAPEFRUIT JUICE	6.60	6.31	0.55	12.73	14.91	0.53
8 292 GRAPEFRUIT & ORANGE JUICE	6.80	6.52	0.52	12.46	11.80	0.50
9 218 ORANGE & PINEAPPLE JUICE	6.32	5.64	0.33	11.69	10.97	0.27
10 276 CRANBERRY JUICE	5.05	5.16	0.57	4.59	5.73	0.62

HOT BEVERAGES

	PRE HED	POST HED	R HED	PRE FREQ	POST FREQ	R FREQ
1 057 TEA	6.28	6.17	0.67	25.83	30.40	0.62
2 167 FRESH COFFEE	6.59	6.75	0.77	44.39	42.72	0.69
3 336 HOT COCOA	6.62	6.81	0.53	14.38	16.92	0.45
4 243 INSTANT COFFEE	4.43	4.34	0.59	10.29	12.78	0.51
5 133 FREEZE DRIED COFFEE	4.11	4.20	0.53	12.56	14.74	0.52

ICED COFFEE

	PRE HED	POST HED	R HED	PRE FREQ	POST FREQ	R FREQ
1 411 ICED COFFEE	3.09	3.44	0.52	2.86	3.53	0.42

ICED TEA

	PRE HED	POST HED	R HED	PRE FREQ	POST FREQ	R FREQ
1 164 ICED TEA	6.29	6.28	0.75	24.58	22.75	0.65

FRUIT DRINKS

	PRE HED	POST HED	R HED	PRE FREQ	POST FREQ	R FREQ
1 067 FRUIT PUNCH	5.76	5.63	0.47	12.01	14.80	0.42
2 089 GRAPE LEMONADE	4.92	4.80	0.50	7.58	9.81	0.45
3 102 LEMONADE	6.40	6.15	0.42	14.76	17.07	0.50
4 111 GRAPEADE	5.00	4.67	0.54	6.18	5.28	0.25
5 286 ORANGEADE	5.46	5.31	0.50	9.03	9.51	0.28
6 288 LIMEADE	5.14	4.84	0.34	6.73	5.75	0.27

MILK PRODUCTS

	PRE HED	POST HED	R HED	PRE FREQ	POST FREQ	R FREQ
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1	117	EGGNOG	5.02	4.98	0.68	4.84	4.49	0.56
2	341	MILK	8.12	7.89	0.64	59.44	63.47	0.50
3	345	CHOCOLATE MILK	7.17	6.97	0.60	32.58	36.84	0.69
4	048	MILK SHAKE	6.86	6.62	0.57	13.17	13.14	0.45

CARBONATED BEVERAGES

			PRE HED	POST HED	R HED	PRE FREQ	POST FREQ	R FREQ
1	304	COLA	6.72	6.54	0.60	24.16	21.36	0.67
2	370	ORANGE SODA	5.78	5.52	0.61	12.24	11.87	0.69
3	052	LEMON-LIME SODA	4.38	4.58	0.49	7.49	10.24	0.58
4	268	GINGERALE	5.66	5.50	0.57	10.37	10.38	0.61
5	331	GRAPE SODA	5.28	5.22	0.56	9.57	11.23	0.68
6	126	CHERRY SODA	4.94	4.82	0.54	7.02	8.33	0.60

BEER

			PRE HED	POST HED	R HED	PRE FREQ	POST FREQ	R FREQ
1	049	BEER	6.44	6.40	0.71	24.36	23.46	0.64

47 BEVERAGE BASES

			PRE HED	POST HED	R HED	PRE FREQ	POST FREQ	R FREQ
1	269	IMITATION CHERRY BEVERAGE	4.50	4.50	0.57	5.11	6.74	0.67
2	101	IMITATION ORANGE BEVERAGE	4.58	4.68	0.48	8.13	7.67	0.32
3	122	IMITATION LEMON BEVERAGE	4.32	4.48	0.45	3.97	3.85	0.27
4	183	IMITATION LIME BEVERAGE	4.00	4.03	0.54	2.63	5.44	0.32
5	320	IMITATION GRAPE BEVERAGE	4.73	4.56	0.59	5.48	7.15	0.59

MUFFINS

			PRE HED	POST HED	R HED	PRE FREQ	POST FREQ	R FREQ
1	224	BLUEBERRY MUFFINS	6.03	6.04	0.59	8.99	9.75	0.47
2	321	CAKE MUFFINS	5.47	5.72	0.58	4.24	4.09	0.27
3	380	ENGLISH MUFFINS	6.93	6.85	0.40	13.09	12.58	0.70

BREADS AND ROLLS

			PRE HED	POST HED	R HED	PRE FREQ	POST FREQ	R FREQ
1	003	WHOLE WHEAT BREAD	5.91	6.11	0.61	26.90	31.65	0.49
2	029	TOAST	7.43	7.56	0.48	23.46	23.56	0.26
3	112	RAISIN BREAD	5.24	5.33	0.61	9.46	10.17	0.45
4	148	CORNBREAD	5.79	5.91	0.65	8.31	9.07	0.57
5	168	RYE BREAD	5.98	6.18	0.71	17.48	18.34	0.55
6	202	WHITE BREAD	7.10	7.34	0.51	43.38	46.05	0.47
7	242	FRENCH BREAD	6.93	7.17	0.40	12.43	16.67	0.53
8	347	DATE NUT BREAD	5.09	5.43	0.72	3.46	4.81	0.73
9	191	HOT ROLLS AND BUNS	7.59	7.56	0.30	32.51	30.02	0.60
10	311	BISCUITS	7.09	7.03	0.57	18.57	17.08	0.44

BUNS, DOUGHNUTS, ETC.

	PRE HED	POST HED	R HED	PRE FREQ	POST FREQ	R FREQ
1 021 HOT CROSS BUNS	6.54	6.78	0.51	17.59	17.66	0.46
2 153 COFFEE CAKE	5.49	5.76	0.54	6.13	7.68	0.31
3 313 DOUGHNUTS	6.87	6.84	0.52	13.06	13.79	0.54
4 390 SWEET ROLLS	7.09	7.03	0.50	14.74	17.03	0.50
5 014 DANISH PASTRY	6.05	6.19	0.55	9.65	10.98	0.34

BREAKFAST CEREALS

	PRE HED	POST HED	R HED	PRE FREQ	POST FREQ	R FREQ
1 055 HOMINY GRITS	4.48	4.53	0.60	6.49	4.99	0.58
2 079 HOT WHOLE WHEAT CEREAL	5.04	5.43	0.59	6.71	9.33	0.51
3 251 FARINA (CEREAL)	4.66	5.11	0.53	2.30	4.98	0.40
4 326 OATMEAL	5.77	5.70	0.45	5.81	8.41	0.53

COOKIES

	PRE HED	POST HED	R HED	PRE FREQ	POST FREQ	R FREQ
1 017 SUGAR COOKIES	4.73	5.17	0.51	7.00	7.69	0.55
2 022 HERMITS(COOKIES)	4.29	4.62	0.58	5.21	5.51	0.42
3 056 MOLASSES COOKIES	4.25	4.58	0.48	3.98	4.70	0.65
4 084 LEMON COOKIES	4.40	4.64	0.49	3.31	2.97	0.69
5 087 CHOCOLATE CHIP COOKIES	6.05	6.17	0.45	9.75	11.39	0.49
6 093 VANILLA WAFERS	5.36	5.37	0.59	4.67	4.59	0.24
7 097 COCONUT RAISIN COOKIES	4.41	4.77	0.51	2.36	3.50	0.23
8 100 FRUIT BARS(COOKIES)	4.67	4.57	0.51	2.83	3.63	0.36
9 128 RAISIN DROP COOKIES	4.13	4.57	0.61	2.85	3.67	0.41
10 161 PEANUT BUTTER COOKIES	5.19	5.10	0.59	4.40	5.67	0.56
11 169 COCONUT DROP COOKIES	5.03	5.12	0.73	4.33	4.62	0.33
12 194 BUTTERNUT COOKIES	4.69	4.95	0.36	2.93	4.38	0.07
13 207 GINGER MOLASSES COOKIES	4.51	4.79	0.50	4.34	2.88	0.65
14 208 CHEWY NUT BARS (COOKIES)	4.49	4.76	0.53	3.22	2.85	0.54
15 247 CHOCOLATE DROP COOKIES	5.45	5.53	0.51	4.25	4.97	0.45
16 252 CRISP TOFFEE BARS (COOKIES)	4.62	4.67	0.50	1.14	2.04	0.14
17 324 OATMEAL COOKIES	5.43	5.15	0.53	3.27	6.26	0.23

PUDDINGS

	PRE HED	POST HED	R HED	PRE FREQ	POST FREQ	R FREQ
1 036 BREAD PUDDING	4.41	4.81	0.69	4.57	3.08	0.45
2 050 CHERRY CAKE PUDDING	4.65	4.75	0.48	3.72	2.83	0.52
3 075 COCONUT CREAM PUDDING	5.30	5.16	0.53	6.28	5.04	0.24
4 099 VANILLA CREAM PUDDING	5.19	5.10	0.56	5.26	3.79	0.34
5 155 CHOCOLATE CHIP BREAD PUDDING	4.62	4.82	0.48	2.58	2.84	0.02
6 165 LEMON CAKE PUDDING	4.85	5.01	0.55	3.13	2.86	0.41
7 173 CHOCOLATE PUDDING	5.85	5.62	0.65	6.75	7.80	0.31
8 259 BUTTERSCOTCH PUDDING	4.57	4.69	0.72	3.70	4.64	0.19
9 291 BANANA CREAM PUDDING	5.74	5.62	0.58	5.35	4.92	0.69
10 303 CHOCOLATE COCONUT PUDDING	5.23	5.49	0.66	3.03	3.51	0.14
11 185 CHOCOLATE CAKE PUDDING	4.89	5.17	0.50	4.80	3.27	0.66

CAKES

	PRE FREQ	POST FREQ	R FREQ

1	005	CHOCOLATE CREAM CAKE	4.47	4.81	0.42	7.59	6.37	0.47
2	009	STRAWBERRY SHORTCAKE	7.08	6.93	0.55	13.93	12.32	0.75
3	077	APPLE SAUCE CAKE	5.43	5.58	0.56	4.95	5.13	0.24
4	146	FRUIT CAKE	5.12	5.21	0.63	2.60	3.65	0.37
5	163	SPICE CAKE	5.04	5.31	0.50	3.19	3.39	0.59
6	187	DEVIL'S FOOD CAKE	5.99	6.06	0.41	8.26	6.25	0.56
7	196	MARBLE CAKE	5.26	5.62	0.51	4.61	4.55	0.35
8	197	BANANA CAKE	5.54	5.31	0.44	4.27	4.27	0.47
9	214	WHITE CAKE	5.67	5.67	0.30	4.11	3.90	0.17
10	229	PINEAPPLE UPSIDE DOWN CAKE	5.66	5.75	0.52	4.66	3.97	0.18
11	230	RASPBERRY SHORTCAKE	5.27	5.24	0.50	2.57	3.06	0.10
12	231	PEANUT BUTTER CAKE	4.43	4.82	0.51	1.69	2.13	0.21
13	312	PEACH SHORTCAKE	6.14	6.07	0.66	5.20	3.89	0.38
14	115	YELLOW CAKE	5.19	5.21	0.54	5.02	4.53	0.20
15	293	YELLOW CAKE	5.57	5.50	0.45	4.50	5.30	0.22

SAUCES

1	064	LEMON PUDDING SAUCE	4.48	4.53	0.41	3.16	3.21	0.29
2	137	VANILLA PUDDING SAUCE	4.46	4.49	0.41	3.66	2.90	0.48
3	319	CUSTARD PUDDING SAUCE	4.81	5.09	0.45	2.09	2.99	0.27
4	228	HOT FUDGE SAUCE	5.46	5.60	0.56	4.33	4.88	0.16
5	004	BUTTERSCOTCH SAUCE	3.22	3.50	0.43	2.84	3.32	0.26
6	090	BUTTERSCOTCH SAUCE	3.89	4.13	0.56	2.49	3.19	0.22
7	193	PINEAPPLE SAUCE	4.81	5.05	0.51	1.65	2.43	0.14

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PIES

1	011	LEMON CHIFFON PIE	5.04	5.19	0.54	5.25	4.69	0.54
2	047	CHERRY PIE	5.83	5.52	0.72	9.65	6.13	0.48
3	058	MINCEMEAT PIE	4.13	4.42	0.58	1.84	1.89	0.54
4	083	RAISIN PIE	3.70	4.00	0.54	1.06	1.60	0.19
5	107	BLACKBERRY PIE	5.23	5.36	0.54	5.54	4.82	0.69
6	150	PINEAPPLE CHIFFON PIE	4.36	4.81	0.61	1.84	2.18	0.27
7	162	BOSTON CREAM PIE	5.92	5.89	0.65	5.26	4.90	0.43
8	177	BANANA CREAM PIE	5.88	5.98	0.60	6.46	5.51	0.69
9	181	APPLE PIE	6.83	6.68	0.52	12.85	9.08	0.43
10	182	BOYSENBERRY PIE	4.50	4.48	0.53	4.04	3.53	0.51
11	184	PINEAPPLE PIE	4.66	4.72	0.40	2.99	1.97	0.27
12	217	STRAWBERRY CHIFFON PIE	4.97	5.34	0.61	3.80	3.84	0.17
13	227	COCONUT CREAM PIE	5.55	5.55	0.54	5.41	5.38	0.32
14	232	PEACH PIE	5.42	5.47	0.53	3.94	4.61	0.14
15	239	CHOCOLATE CREAM PIE	5.60	5.95	0.63	5.73	5.34	0.31
16	248	APRICOT PIE	4.73	4.78	0.55	2.95	1.89	0.47
17	250	PINEAPPLE CREAM PIE	5.14	5.29	0.48	1.75	2.35	0.08
18	256	PUMPKIN PIE	5.87	6.14	0.63	5.50	5.76	0.72
19	285	BUTTERSCOTCH CREAM PIE	4.40	4.62	0.53	2.39	2.25	0.56
20	302	BLUEBERRY PIE	5.97	5.81	0.63	5.76	5.24	0.68
21	308	LEMON MERINGUE PIE	5.61	5.57	0.60	5.40	4.40	0.29

ICECREAM

1	166	ICE CREAM	7.32	7.17	0.51	24.29	23.57	0.47
2	209	SHERBET	5.92	5.90	0.64	11.12	11.55	0.61

3	362	ICE CREAM SUNDAE	6.82	6.77	0.58	12.38	13.70	0.67
4	373	BANANA SPLIT	6.75	6.70	0.62	8.52	7.50	0.54
5	334	SOFT SERVE ICE CREAM	6.68	6.84	0.42	14.09	17.53	0.39
6	048	MILK SHAKE	6.86	6.62	0.57	13.17	13.14	0.45

OTHER DESSERTS

1	024	APRICOT CRISP	4.36	4.62	0.58	3.64	4.07	0.47
2	069	PEACH CRISP	5.10	5.17	0.48	5.19	4.87	0.52
3	108	BROWNIES	6.06	6.07	0.63	7.33	8.03	0.64
4	135	GINGERBREAD	4.83	4.93	0.57	3.10	4.18	0.59
5	138	APPLE CRISP	5.32	5.32	0.48	6.90	5.22	0.61
6	192	BUTTERSCOTCH BROWNIES	4.71	4.83	0.64	2.87	1.98	0.38
7	329	CHERRY CRISP	5.32	5.53	0.54	3.23	3.88	0.60
8	254	STRAWBERRY GELATIN	5.42	5.56	0.45	5.80	4.99	0.46
9	076	APPLE SAUCE	6.50	6.42	0.61	10.55	11.51	0.47
10	116	FRUIT COCKTAIL (CANNED)	6.27	6.12	0.48	10.87	10.80	0.59

FRUITS

1	010	BANANAS	6.56	6.58	0.47	10.97	14.27	0.42
2	023	ORANGES	7.42	7.16	0.55	19.27	18.63	0.49
3	141	ORANGES	7.49	7.39	0.51	19.62	20.14	0.70
4	040	APPLES (FRESH)	7.59	7.54	0.60	23.05	22.81	0.53
5	046	GRAPEFRUIT (FRESH)	6.89	6.69	0.57	13.64	14.62	0.43
6	061	PEARS (FRESH)	7.16	7.07	0.50	19.22	19.29	0.59
7	086	PLUMS (FRESH)	6.03	6.24	0.53	11.10	13.14	0.75
8	096	PEACHES (FRESH)	7.10	7.07	0.50	17.08	18.81	0.58
9	098	TANGERINES	6.83	6.76	0.62	15.40	14.98	0.63
10	109	HONEYDEW MELON	6.43	6.19	0.62	11.47	8.97	0.55
11	118	PINEAPPLE (CANNED)	5.65	5.66	0.60	7.55	6.20	0.58
12	289	PINEAPPLE (CANNED)	5.93	5.45	0.25	5.96	5.91	0.73
13	124	PLUMS (CANNED)	5.19	5.08	0.50	4.01	4.21	0.14
14	130	WATERMELON	7.01	6.77	0.72	12.84	9.81	0.67
15	139	GRAPES	6.74	6.66	0.60	12.23	13.60	0.49
16	034	SWEET CHERRIES (CANNED)	4.93	4.87	0.47	4.57	2.92	0.52
17	152	APRICOTS (CANNED)	5.15	4.97	0.50	5.36	3.80	0.25
18	198	PEACHES (CANNED)	6.29	6.07	0.33	9.38	8.27	0.51
19	211	PEARS (CANNED)	6.43	6.28	0.38	10.00	9.06	0.47
20	222	FIGS (CANNED)	3.93	4.12	0.40	0.32	1.10	0.38
21	235	GRAPEFRUIT (CANNED)	6.00	5.77	0.58	7.90	8.95	0.35
22	264	CANTALOUPE	7.07	6.74	0.62	14.73	12.81	0.67
23	323	PRUNES (CANNED)	4.74	4.61	0.55	3.32	2.95	0.56
24	076	APPLE SAUCE	6.50	6.42	0.61	10.55	11.51	0.47
25	116	FRUIT COCKTAIL (CANNED)	6.27	6.12	0.48	10.87	10.80	0.59
26	120	APPLES (CANNED)	5.25	5.42	0.56	4.31	3.13	0.48

BREAKFAST MEATS

1	074	BACON	7.60	7.57	0.58	20.73	20.97	0.55
2	172	SAUSAGE LINKS	6.75	6.45	0.66	13.56	14.17	0.52
3	088	PORK SAUSAGE PATTIES	6.27	6.47	0.66	9.92	10.74	0.44
4	246	HAM	7.43	7.15	0.45	10.79	11.37	0.42
5	092	HAM	7.42	7.18	0.45	11.25	10.86	0.42

EGGS

	PRE HED	POST HED	R HED	PRE FREQ	POST FREQ	R FREQ
1 176 SCRAMBLED EGGS	7.08	7.13	0.74	14.63	16.16	0.56
2 271 EGGS TO ORDER	7.71	7.36	0.66	21.66	21.84	0.52
3 273 HARD COOKED EGGS	5.78	5.80	0.49	7.93	11.65	0.40
4 348 DEVILED EGGS	5.98	6.21	0.51	5.66	7.17	0.44
5 409 OMELET	7.08	6.96	0.72	14.13	14.67	0.75
6 415 FRIED EGGS	7.27	7.26	0.72	17.23	18.22	0.55

FISH AND SEAFOOD

	PRE HED	POST HED	R HED	PRE FREQ	POST FREQ	R FREQ
1 213 FISH STICKS	5.53	5.53	0.57	4.82	5.65	0.36
2 121 FISH	5.80	5.81	0.68	6.13	5.88	0.21
3 175 SHRIMP CREOLE	5.41	5.24	0.56	5.62	4.24	0.10
4 241 SHRIMP, BREADED	6.30	6.45	0.70	8.67	8.40	0.46
5 275 TUNA SALAD	5.84	6.10	0.58	6.63	5.75	0.19
6 332 SEAFOOD PLATTER	6.32	6.27	0.63	6.13	6.12	0.72
7 353 SARDINES	4.42	4.32	0.57	1.39	1.89	0.47
8 354 BAKED TUNA & NOODLES	4.94	5.02	0.51	2.48	2.41	0.40
9 357 LOBSTER	6.38	6.47	0.73	9.12	8.84	0.41
10 384 LOBSTER NEWBURG	5.86	5.90	0.68	4.81	4.68	0.72
11 068 SALMON	4.75	4.80	0.70	4.36	2.90	0.44
12 071 FRIED OYSTERS	4.42	4.69	0.73	5.37	3.05	0.25
13 343 SCALLOPED TUNA & PEAS	4.56	4.91	0.63	1.20	1.20	0.41

PASTA-MAIN DISH

	PRE HED	POST HED	R HED	PRE FREQ	POST FREQ	R FREQ
1 065 BAKED MACARONI & CHEESE	5.66	5.75	0.58	5.99	6.34	0.27
2 031 PIZZA	6.95	6.99	0.59	8.29	8.08	0.46
3 072 LASAGNA	6.03	6.32	0.61	4.73	4.68	0.26
4 160 SPAGHETTI	6.85	6.80	0.71	7.54	7.11	0.27
5 338 RAVIOLI	6.25	6.12	0.57	5.15	5.81	0.69
6 059 CHILI MACARONI	5.09	5.02	0.60	3.35	3.72	0.31

GRIDDLE CAKES, FRENCH TOAST

	PRE HED	POST HED	R HED	PRE FREQ	POST FREQ	R FREQ
1 125 GRIDDLE CAKES	6.22	6.27	0.49	9.67	9.97	0.34
2 180 FRENCH TOAST	7.02	6.92	0.62	12.45	11.71	0.64

MEATS

	PRE HED	POST HED	R HED	PRE FREQ	POST FREQ	R FREQ
1 016 LAMB ROAST	5.01	5.15	0.72	4.16	4.16	0.27
2 027 POLISH SAUSAGE	5.23	5.34	0.59	4.38	6.12	0.45
3 030 LAMB CHOPS	5.57	5.56	0.74	6.05	4.64	0.31
4 054 ROAST BEEF	7.58	7.44	0.43	12.93	12.67	0.37
5 085 SWISS STEAK	6.63	6.70	0.57	8.33	7.97	0.30
6 092 HAM	7.42	7.18	0.45	11.25	10.86	0.42
7 246 HAM	7.43	7.15	0.45	10.79	11.37	0.42

8	157	TURKEY	7.16	0.35	8.44	0.22
9	199	PORK ROAST	6.75	0.67	7.20	0.68
10	200	VEAL ROAST	6.09	5.94	4.44	0.10
11	237	SPARERIBS W/SAUERKRAUT	5.65	0.68	4.49	0.53
12	143	SLICED ROAST PORK W/GRVY	7.02	0.61	9.63	0.57
13	265	POT ROAST	7.36	0.32	7.57	0.46
14	301	GRILLED STEAK	7.98	0.23	19.35	0.37
15	307	LIVER	4.39	0.81	3.12	0.28
16	322	CORNEO BEEF	5.53	0.54	4.08	0.23
17	333	CHICKEN	7.11	0.59	7.75	0.47
18	346	BARBECUED SPARERIBS	7.16	0.58	8.39	0.62
19	350	SALISBURY STEAK	6.83	0.38	7.83	0.35
20	352	FRIED CHICKEN	7.26	0.60	8.25	0.29
21	356	BARBECUED BEEF CUBES	6.14	0.54	4.79	0.37
22	364	VEAL PARMESAN	5.92	0.60	3.91	0.42
23	371	VEALBURGER	5.52	0.59	2.56	0.07
24	375	BREADED VEAL STEAKS	6.35	0.55	5.24	0.56
25	377	BAKED STUFFED PORK SLICES	6.19	0.49	3.32	0.54
26	387	SWEETISH MEAT BALLS	6.15	0.54	3.74	0.46
27	399	PEPPER STEAK	6.26	0.50	6.97	0.44
28	221	ITALIAN SAUSAGE	5.89	0.55	5.67	0.33
29	223	CHILI CON CARNE	5.77	0.59	4.22	0.28
30	159	CHILI CON CARNE W/O BEANS	5.67	0.64	3.59	0.25
31	091	TURKEY SLICES W/GRVY	7.00	0.37	9.00	0.52
32	376	MEAT LOAF	6.72	0.50	5.34	0.33

SHORT ORDER, SANDWICHES

		PRE HED	POST HED	R HED	PRE FREQ	POST FREQ	R FREQ
1	026	BOLOGNA(COLD CUTS)	5.22	0.50	5.35	5.45	0.22
2	008	HAMBURGER	6.81	0.58	13.68	13.77	0.31
3	105	CHEESEBURGER	6.80	0.60	10.36	12.55	0.57
4	174	FRANKFURTERS	6.36	0.43	6.93	6.32	0.48
5	038	SALAMI (COLD CUTS)	5.14	0.29	5.42	4.38	0.18
6	073	SLOPPY JOE	6.03	0.61	5.87	6.44	0.58
7	094	TURKEY CLUB SANDWICH	6.85	0.44	7.62	6.81	0.46
8	154	SUBMARINE SANDWICH	6.38	0.52	5.39	6.65	0.41
9	226	LUNCHEON MEAT (COLD CUTS)	5.90	0.58	6.34	6.89	0.51
10	263	HAM (COLD CUTS)	6.57	0.35	8.09	9.12	0.15
11	274	CHICKEN CLUB SANDWICH	6.30	0.42	5.00	6.28	0.32
12	294	TURKEY (COLD CUTS)	6.37	0.44	6.22	7.63	0.40
13	310	CHEESE AND HAM SANDWICH	6.65	0.52	7.28	8.02	0.46
14	328	MEATBALL SUBMARINE	6.28	0.24	4.45	5.31	0.53
15	386	CERVELAT (COLD CUTS)	5.01	0.30	1.79	2.29	0.03
16	389	ROAST BEEF SANDWICH W/GRVY	7.39	0.52	9.38	9.90	0.73
17	392	BAC, LET, TOMATO SANDWICH	7.34	0.47	11.04	11.06	0.40
18	394	HOT TURKEY SANDWICH W/GRVY	7.22	0.53	8.21	8.62	0.65
19	406	GRILLED CHEESE SANDWICH	6.45	0.49	7.24	7.89	0.43
20	205	TACOS	5.63	0.65	4.91	5.20	0.59
21	299	HOT TAMALES	5.13	0.59	2.57	4.80	0.43
22	031	PIZZA	6.95	0.59	8.29	8.08	0.46
23	367	LIVERMURST	3.92	0.75	2.59	2.15	0.22
24	369	WESTERN SANDWICH	6.45	0.38	6.38	6.03	0.29
25	266	SHREODED BEEF W/BARBECUE SAUCE	6.49	0.47	6.35	6.77	0.72
26	414	FISH SANDWICH	5.49	0.67	4.93	4.42	0.30

CASSEROLES, STEWS, ETC.

1	037	STUFFED CABBAGE	4.83	5.12	0.59	4.34	3.33	0.27
2	044	CHICKEN CACCIAURE	4.86	4.91	0.46	3.74	3.88	0.38
3	081	CHOP SUEY	4.71	5.03	0.60	4.21	3.08	0.16
4	082	STUFFED GREEN PEPPERS	5.47	5.56	0.66	4.33	4.19	0.21
5	110	CHOW MEIN	4.97	4.96	0.71	2.58	3.02	0.12
6	129	CHICKEN A LA KING	5.23	5.37	0.66	4.30	4.49	0.40
7	149	CORNED BEEF HASH	5.21	5.42	0.56	4.12	3.17	0.65
8	270	BEEF STEW	6.39	6.34	0.50	5.38	5.13	0.31
9	325	CREAMED CHIPPED BEEF	5.71	5.69	0.53	7.80	8.67	0.40
10	351	HUNGARIAN GOULASH	5.26	5.41	0.63	2.86	3.73	0.24
11	355	CHICKEN TETRAZZINI	4.61	4.98	0.46	1.38	2.39	0.17
12	395	BEEF STROGANOFF	5.94	6.09	0.55	3.93	3.85	0.47
13	398	BEEF POT PIE	5.80	5.89	0.57	1.89	4.23	0.17
14	401	SAUERBRATEN	4.74	5.08	0.56	2.46	2.46	0.76
15	405	EL RANCHO STEW	5.18	5.43	0.37	2.02	2.74	0.02
16	407	TURKEY POT PIE	6.12	6.37	0.41	4.54	4.38	0.34
17	318	SWEET & SOUR PORK	5.54	5.44	0.66	4.59	4.27	0.77
18	283	SUKIYAKI	4.27	4.81	0.43	2.51	1.73	0.40
19	361	VEAL SCALLOPINI	5.36	5.29	0.53	2.58	3.18	0.17
20	354	BAKED TUNA & NOODLES	4.94	5.02	0.51	2.48	2.41	0.40
21	343	SCALLOPED TUNA & PEAS	4.56	4.91	0.63	1.20	1.20	0.41
22	175	SHRIMP CREOLE	5.41	5.24	0.56	5.62	4.24	0.10
23	384	LOBSTER NEWBURG	5.86	5.90	0.68	4.81	4.68	0.72

5 POTATOES

1	131	FRENCH FRIED POTATOES	7.20	7.11	0.60	16.10	15.05	0.49
2	147	SCALLOPED POTATOES	5.66	6.08	0.61	4.90	5.44	0.03
3	158	POTATO CHIPS	6.59	6.57	0.60	10.77	12.67	0.39
4	189	SWEET POTATOES	5.44	5.51	0.69	4.93	5.66	0.65
5	212	INSTANT MASHED POTATOES	4.57	4.46	0.47	4.94	6.18	0.27
6	220	BAKED POTATOES	6.80	6.88	0.51	8.55	8.54	0.45
7	382	HASHED BROWN POTATOES	7.02	7.04	0.67	12.82	13.62	0.32
8	032	POTATO SALAD	6.31	6.61	0.64	9.52	9.23	0.56
9	365	MASHED POTATOES	7.16	7.05	0.60	20.05	18.24	0.56

PASTA-SIDE OISH

1	234	NOODLES	5.98	5.93	0.42	4.36	5.41	0.57
2	072	LASAGNA	6.03	6.32	0.61	4.73	4.68	0.26
3	114	MACARONI SALAD	5.07	5.05	0.42	4.75	4.29	0.43
4	160	SPAGHETTI	6.85	6.80	0.71	7.54	7.11	0.27
5	338	RAVIOLI	6.25	6.12	0.57	5.15	5.81	0.69
6	059	CHILI MACARONI	5.09	5.02	0.60	3.35	3.72	0.31

BEANS

1	404	BOSTON BAKED BEANS	6.00	6.26	0.61	4.31	5.58	0.42
2	042	BEANS W/PORK IN TOMATO SAUCE	4.98	5.49	0.49	4.24	4.40	0.08

RICE

			PRE HED	POST HED	R HED	PRE FREQ	POST FREQ	R FREQ
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1	132	RICE	6.08	5.95	0.61	8.22	10.08	0.36
2	290	FRIED RICE	6.04	6.17	0.65	5.62	5.72	0.45
3	360	RICE PILAFF	4.90	5.00	0.62	1.91	2.94	0.28
4	378	SPANISH RICE	5.84	5.97	0.61	3.65	4.50	0.55

FRITTERS

	PRE HED	POST HED	R HED	PRE FREQ	POST FREQ	R FREQ
1 374 FRITTERS	5.89	5.60	0.38	3.71	4.22	0.47

FRUIT SALADS

1 033 BANANA SALAD	4.63	4.78	0.43	2.71	3.12	0.23
2 233 FRUIT SALAD (ASSORTED FRUITS)	6.28	6.12	0.61	15.29	12.38	0.44
3 240 PINEAPPLE CHEESE SALAD	4.36	4.57	0.43	3.03	2.08	0.10
4 287 COTTAGE CHEESE & FRUIT SALAD	4.63	4.70	0.59	6.62	6.14	0.42
5 296 MIXED FRUIT SALAD	6.17	6.00	0.41	12.50	10.68	0.39
6 007 JELLIED FRUIT SALAD	4.72	4.77	0.42	8.77	8.77	0.61
7 282 WALDDRF SALAD	4.96	5.21	0.54	3.59	5.78	0.32

54

VEGETABLE SALADS

1 025 PICKLED BEET/ONION SALAD	3.48	3.60	0.57	4.52	3.49	0.23
2 039 COLE SLAW	6.27	6.36	0.63	12.92	10.95	0.39
3 078 LETTUCE & TOMATO SALAD	7.04	7.19	0.49	28.92	27.97	0.63
4 103 CARROT SALAD	4.71	4.80	0.57	4.64	4.91	0.49
5 119 CARROT, RAISIN & CELERY SALAD	4.22	4.46	0.50	3.41	4.53	0.32
6 170 TOSSED GREEN SALAD	7.46	7.14	0.48	30.67	29.21	0.49
7 171 CUCUMBER, ONION & PEPPER SALAD	4.97	5.07	0.51	8.89	6.72	0.27
8 186 FRIJOLE SALAD	3.84	4.14	0.34	3.12	1.17	0.02
9 255 TOSSED CUCUMBER & TOMATO SALAD	6.11	6.19	0.54	13.42	14.14	0.50
10 261 TOSSED VEGETABLE SALAD	6.53	6.61	0.34	17.00	16.95	0.53
11 272 CABBAGE & SWEET PEPPER SALAD	4.58	4.92	0.53	2.85	1.84	0.17
12 277 LETTUCE SALAD	6.88	6.82	0.45	19.84	20.81	0.65
13 281 CUCUMBER & ONION SALAD	4.96	5.11	0.70	5.52	5.80	0.42
14 314 GARDEN COTTAGE CHEESE SALAD	4.86	4.70	0.54	4.51	4.31	0.22
15 330 VEGETABLE SLAW	5.40	5.19	0.48	4.81	4.85	0.41
16 032 POTATO SALAD	6.31	6.61	0.64	9.52	9.23	0.56
17 114 MACARONI SALAD	5.07	5.05	0.42	4.75	4.29	0.43
18 249 CHEF, S SALAD	6.69	6.64	0.52	15.20	15.98	0.54
19 284 KIDNEY BEAN SALAD	3.69	4.06	0.45	0.85	1.12	0.29
20 327 PICKLED GREEN BEANS	4.54	4.44	0.46	1.74	2.55	0.67

SOUPS

1 006 MANHATTAN CLAM CHOWDER	4.06	4.31	0.61	3.98	3.62	0.31
2 012 CREAM OF POTATO SOUP	4.45	4.62	0.60	4.54	3.89	0.30
3 020 BEEF BARLEY SOUP	4.43	4.65	0.45	4.85	3.16	0.03
4 041 PEA SOUP	4.92	4.87	0.64	4.22	3.12	0.22
5 051 CREAM OF MUSHROOM SOUP	4.20	4.45	0.65	5.40	3.48	0.45
6 060 BEAN SOUP	4.67	4.85	0.62	3.68	3.50	0.33

TOMATO VEGETABLE W/NOODLE SOUP

7	104	TOMATO VEGETABLE W/NOODLE SOUP	5.10	5.29	0.46	5.65	4.95	0.42
8	156	TOMATO SOUP	5.74	5.79	0.49	5.29	5.74	0.31
9	179	TURKEY RICE SOUP	5.50	5.66	0.46	4.90	4.10	0.21
10	190	TURKEY NOODLE SOUP	5.96	6.09	0.42	5.80	5.31	0.15
11	195	MINESTRONE SOUP	4.78	4.93	0.57	3.94	2.64	0.22
12	215	BEEF RICE SOUP	5.39	5.42	0.49	3.56	3.69	0.15
13	216	CORN CHOWDER	4.56	4.77	0.58	2.03	2.84	0.44
14	238	VEGETABLE SOUP	5.98	6.00	0.55	7.57	6.87	0.41
15	257	ONION SOUP	4.82	4.93	0.70	2.61	2.61	0.31
16	262	CHEESE SOUP	3.90	4.36	0.49	0.51	1.52	0.03
17	267	CHICKEN NOODLE SOUP	6.50	6.36	0.46	7.55	7.57	0.34
18	306	BEEF NOODLE SOUP	6.01	6.01	0.49	6.40	5.53	0.03
19	339	KNICKERBOCKER SOUP	3.98	4.17	0.37	2.61	1.66	0.12
20	340	PEPPER POT SOUP	4.47	4.31	0.50	1.90	1.84	0.06
21	383	MULLIGATAWNY SOUP	4.04	4.18	0.46	2.65	1.25	0.24
22	403	CREOLE SOUP	4.32	4.63	0.61	1.80	2.02	0.08
23	413	FISH CHOWDER	4.35	4.71	0.60	2.00	2.33	0.34

GREEN VEGETABLES

1	018	GREEN BEANS	6.30	6.33	0.45	14.24	11.77	0.27
2	123	LIMA BEANS	4.81	5.04	0.63	4.08	4.79	0.50
3	204	ASPARAGUS	5.30	5.25	0.66	5.79	5.74	0.63
4	244	PEAS (CANNED)	5.57	5.62	0.58	6.67	6.42	0.35
5	297	GREEN BEANS (CANNED)	6.34	6.06	0.27	7.92	7.92	0.53
6	298	PEAS	5.98	5.93	0.60	8.86	7.77	0.52
7	305	BROCCOLI	5.50	5.55	0.58	6.11	8.05	0.34
8	309	SPINACH	5.31	5.11	0.65	6.44	6.85	0.40
9	316	MUSTARD GREENS	4.24	4.33	0.59	4.76	5.06	0.47
10	225	CABBAGE	5.77	5.72	0.62	6.43	5.11	0.60
11	258	BRUSSELS SPROUTS	4.74	5.15	0.65	3.06	5.01	0.25
12	366	OKRA	4.42	4.39	0.65	4.06	5.21	0.53

YELLOW VEGETABLES

1	013	CREAMED STYLE CORN	5.83	5.93	0.66	10.28	10.82	0.31
2	028	WAX BEANS	4.85	5.03	0.50	5.01	6.98	0.20
3	070	CORN ON THE COB	7.64	7.45	0.56	12.92	12.23	0.54
4	178	CORN(CANNED)	6.82	6.40	0.54	11.69	11.79	0.49
5	151	CARROTS	5.87	5.93	0.60	9.03	9.78	0.53
6	113	YELLOW SQUASH	4.21	4.22	0.54	3.04	2.97	0.28

OTHER VEGETABLES

1	035	PEAS & CARROTS	5.65	5.56	0.56	10.00	9.06	0.42
2	045	RADISHES	5.56	5.46	0.61	13.65	11.84	0.62
3	063	MIXED VEGETABLES	6.02	6.02	0.61	14.76	13.13	0.44
4	080	COOKED ONIONS	4.76	4.74	0.62	5.07	5.03	0.50
5	095	CAULIFLOWER	4.64	4.98	0.65	4.13	4.43	0.38
6	134	ZUCCHINI SQUASH	3.61	3.88	0.64	3.02	2.70	0.66
7	142	TOMATOES(CANNED)	5.02	5.39	0.60	4.21	4.59	0.41
8	280	BEETS	4.53	4.74	0.71	4.56	4.90	0.55
9	359	STEWED TOMATOES	5.15	5.35	0.49	3.04	3.67	0.43
10	396	SLICED TOMATOES	6.89	6.98	0.52	23.79	20.82	0.59

11	245	EGGPLANT	3.88	3.88	0.61	1.42	1.91	0.59
12	295	SUCCOTASH	4.98	4.90	0.55	3.52	3.01	0.47
13	300	BLACKEYE PEAS	4.74	4.89	0.67	4.58	5.79	0.62
14	315	RUTABAGAS TURNIP	3.93	3.99	0.50	1.90	2.30	0.33
15	043	PARSNIPS	3.22	3.75	0.36	1.49	1.24	0.43
16	053	TURNIP GREENS	4.20	4.42	0.65	5.68	4.36	0.75
17	372	FRENCH FRIED ONION RINGS	6.55	6.56	0.81	8.25	8.88	0.50
18	188	SAUERKRAUT	5.17	5.19	0.66	4.07	3.16	0.15

APPENDIX B

RANKINGS OF ALL 416 FOODS BASED ON:

- 1) HEDONIC SCORE**
- 2) TOTAL MEALS PER MONTH:FREQUENCY**
- 3) BREAKFAST MEALS PER MONTH**
- 4) MIDDAY MEALS PER MONTH**
- 5) EVENING MEALS PER MONTH**
- 6) NUMBER OF NEVER WANTS FOR ALL MEALS**

APPENDIX B

#1

HEDONIC RATING

RANK	FOOD	RATING	NAME	FOOD	RANK	RATING	NAME
1	341	8.0976	MILK	1	126	6.0512	ORANGE JUICE, INSTANT
2	301	7.8726	GRILLED STEAK	2	208	5.4162	GRAPE JUICE
3	203	7.7371	ORANGE JUICE	3	195	5.5472	WHOLE WHEAT BREAD
4	271	7.6803	EGGS TO ORDER	4	416	3.1763	BUTTERSCOTCH SAUCE
5	70	7.6175	CORN ON THE COB	5	308	4.7084	CHOCOLATE CREAM CAKE
6	54	7.5531	ROAST BEEF	6	375	4.2514	MANHATTAN CLAM CHOWDER
7	191	7.4701	HOT ROLLS AND BUNS	7	348	4.4973	JELLIED FRUIT SALAD
8	40	7.4647	APPLES(FRESH)	8	37	6.9539	HAMBURGER
9	74	7.4590	BACON	9	36	6.9623	STRAWBERRY SHORTCAKE
10	352	7.4185	FRIED CHICKEN	10	83	6.4474	BANANAS
11	415	7.3930	FRIED EGGS	11	268	5.0574	LEMON CHIFFON PIE
12	29	7.3919	TOAST	12	364	4.3634	CREAM OF POTATO SOUP
13	389	7.3787	ROAST BEEF SANDWICH W/GRAVY	13	130	6.0270	CREAMED STYLE CORN
14	392	7.3750	BAC, LET, TOMATO SANDWICH	14	145	5.9118	DANISH PASTRY
15	265	7.3142	POT ROAST	15	321	4.6541	MIXED SWEET PICKLES
16	246	7.2846	HAM	16	245	5.2114	LAMB ROAST
17	141	7.2630	ORANGES	17	304	4.7351	SUGAR COOKIES
18	166	7.2575	ICE CREAM	18	106	6.2264	GREEN BEANS
19	394	7.2568	HOT TURKEY SANDWICH W/GRAVY	19	340	4.5487	CAESAR SALAD DRESSING
20	92	7.2527	HAM	20	378	4.2228	BEEF BARLEY SOUP
21	345	7.2378	CHOCOLATE MILK	21	86	6.4298	HOT CROSS BUNS
22	365	7.2283	MASHED POTATOES	22	383	4.1913	HERMITS(COOKIES)
23	131	7.2120	FRENCH FRIED POTATOES	23	26	7.1902	ORANGES
24	333	7.1957	CHICKEN	24	395	4.0876	APRICOT CRISP
25	157	7.1951	TURKEY	25	414	3.3036	PICKLED BEET/ONION SALAD
26	23	7.1902	ORANGES	26	241	5.2222	BOLOGNA(COLD CUTS)
27	202	7.1671	WHITE BREAD	27	230	5.2610	POLISH SAUSAGE
28	170	7.1644	TOSSED GREEN SALAD	28	273	5.0164	WAX BEANS
29	311	7.1196	BISCUITS	29	12	7.3919	TOAST
30	346	7.0811	BARBECUED SPARERIBS	30	175	5.7011	LAMB CHOPS
31	143	7.0809	SLICED ROAST PORK W/GRAVY	31	45	6.8814	PIZZA
32	61	7.0625	PEARS(FRESH)	32	79	6.5108	POTATO SALAD
33	199	6.9811	PORK ROAST	33	377	4.2312	BANANA SALAD
34	91	6.9809	TURKEY SLICES W/GRAVY	34	307	4.7151	SWEET CHERRIES(CANNED)
35	350	6.9783	SALISBURY STEAK	35	188	5.6196	PEAS & CARROTS
36	9	6.9623	STRAWBERRY SHORTCAKE	36	371	4.3178	BREAD PUDDING
37	8	6.9539	HAMBURGER	37	318	4.6676	STUFFED CABBAGE
38	176	6.9485	SCRAMBLED EGGS	38	280	4.9563	SALAMI (COLD CUTS)
39	220	6.9431	BAKED POTATOES	39	123	6.0784	COLE SLAW
40	105	6.9321	CHEESEBURGER	40	8	7.4647	APPLES(FRESH)
41	96	6.9315	PEACHES(FRESH)	41	303	4.7424	PEA SOUP
42	178	6.9260	CORN(CANNED)	42	266	5.0769	BEANS W/PORK IN TOMATO SAUCE
43	160	6.8973	SPAGHETTI	43	415	3.2330	PARSNIPS
44	382	6.8962	HASHED BROWN POTATOES	44	282	4.9435	CHICKEN CACCIATORE
45	31	6.8814	PIZZA	45	240	5.2240	RADISHES
46	130	6.8784	WATERMELON	46	94	6.3117	GRAPEFRUIT(FRESH)
47	390	6.8757	SWEET ROLLS	47	186	5.6431	CHERRY PIE
48	78	6.8466	LETTUCE & TOMATO SALAD	48	61	6.7330	MILK SHAKE
49	180	6.8392	FRENCH TOAST	49	75	6.5301	BEER
50	242	6.8392	FRENCH BREAD	50	314	4.6927	CHERRY CAKE PUDDING
51	362	6.8333	ICE CREAM SUNDAE	51	325	4.6364	CREAM OF MUSHROOM SOUP
52	181	6.8224	APPLE PIE	52	366	4.3471	LEMON-LIME SODA
53	409	6.8219	OMELET	53	396	4.0732	TURNIP GREENS
54	376	6.8087	MEAT LOAF	54	6	7.5531	ROAST BEEF
55	304	6.8081	COLA	55	394	4.0991	HOMINY GRITS
56	373	6.8071	BANANA SPLIT	56	400	3.9945	MOLASSES COOKIES
57	172	6.8043	SAUSAGE LINKS	57	129	6.0385	TEA
58	396	6.7995	SLICED TOMATOES	58	398	4.0083	MINCEMEAT PIE
59	98	6.7527	TANGERINES	59	284	4.9058	CHILI MACARONI
60	310	6.7446	CHEESE AND HAM SANDWICH	60	317	4.6749	BEAN SOUP

61	6.7330	MILK SHAKE	61	32	7.0625	PEARS (FRESH)
62	6.7228	COUGHNUTS	62	183	5.6594	CRANBERRY SAUCE
63	6.7213	ENGLISH MUFFINS	63	122	6.0817	MIXED VEGETABLES
64	6.6803	POTATO CHIPS	64	386	4.1841	LEMON PUDDING SAUCE
65	6.6721	LETTUCE SALAD	65	162	5.7973	BAKED MACARONI & CHEESE
66	6.6576	GRILLED CHEESE SANDWICH	66	184	5.6557	CARROT STICKS
67	6.6458	SWISS STEAK	67	190	5.6005	FRUIT PUNCH
68	6.6196	FRESH COFFEE	68	271	5.0416	SALMON
69	6.6066	SOFT SERVE ICE CREAM	69	286	4.8933	PEACH CRISP
70	6.5908	FRENCH FRIED ONION RINGS	70	5	7.6175	CORN ON THE COB
71	6.5813	CANTALOUPE	71	319	4.6676	FRIED OYSTERS
72	6.5559	TURKEY CLUB SANDWICH	72	116	6.1460	LASAGNA
73	6.5514	GRAPES	73	144	5.9151	SLOPPY JOE
74	6.5342	TOMATO JUICE	74	9	7.4590	BACON
75	6.5301	BEER	75	278	4.9754	COCONUT CREAM PUDDING
76	6.5205	HAM (COLD CUTS)	76	78	6.5109	APPLESAUCE
77	6.5203	HOT COCOA	77	239	5.2278	APPLESAUCE CAKE
78	6.5109	APPLESAUCE	78	48	6.8466	LETTUCE & TOMATO SALAD
79	6.5108	POTATO SALAD	79	320	4.6575	HOT WHOLE WHEAT CEREAL
80	6.4906	PEARS (CANNED)	80	331	4.5973	COOKED ONIONS
81	6.4905	CHICKEN NOODLE SOUP	81	287	4.8932	CHOP SUEY
82	6.4630	LOBSTER	82	220	5.3379	STUFFED GREEN PEPPERS
83	6.4474	BANANAS	83	411	3.6298	RAISIN PIE
84	6.4429	AMERICAN CHEESE	84	379	4.2099	LEMON COOKIES
85	6.4387	SEAFOOD PLATTER	85	67	6.6458	SWISS STEAK
86	6.4298	HOT CROSS BUNS	86	179	5.6721	PLUMS (FRESH)
87	6.3945	SUBMARINE SANDWICH	87	138	5.9559	CHOCOLATE CHIP COOKIES
88	6.3859	BEF STEW	88	102	6.2603	PORK SAUSAGE PATTIES
89	6.3743	CHICKEN CLUB SANDWICH	89	299	4.8038	GRAPE LEMONADE
90	6.3378	TURKEY (COLD CUTS)	90	408	3.7408	BUTTER SCOTCH SAUCE
91	6.3370	CHEF'S SALAD	91	34	6.9809	TURKEY SLICES W/ GRAVY
92	6.3214	SHRIMP, 8 READED	92	20	7.2527	HAM
93	6.3168	SHREDDED BEEF W/ BARBECUE SAUCE	93	243	5.2174	VANILLA WAFERS
94	6.3117	GRAPEFRUIT (FRESH)	94	72	6.5559	TURKEY CLUB SANDWICH
95	6.3117	VEAL ROAST	95	335	4.5856	CAULIFLOWER
96	6.3030	TOSSED VEGETABLE SALAD	96	41	6.9315	PEACHES (FRESH)
97	6.3027	TURKEY POT PIE	97	389	4.1464	COCONUT RAISIN COOKIES
98	6.2892	FRUIT COCKTAIL (CANNED)	98	59	6.7527	TANGERINES
99	6.2799	BREADED VEAL STEAKS	99	275	5.0027	VANILLA CREAM PUDDING
100	6.2687	RAVIOLI	100	347	4.4986	FRUIT BARS (COOKIES)
101	6.2629	PEACHES (CANNED)	101	359	4.4135	IMITATION ORANGE BEVERAGE
102	6.2603	PORK SAUSAGE PATTIES	102	135	5.9810	LEMONADE
103	6.2466	PEPPER STEAK	103	388	4.3379	CARROT SALAD
104	6.2405	GREEN BEANS (CANNED)	104	269	5.0569	TOMATO VEGETABLE W/ NOODLE SOUP
105	6.2304	ICED TEA	105	40	6.9321	CHEESEBURGER
106	6.2264	GREEN BEANS	106	204	5.4402	GRAPEFRUIT & PINEAPPLE JUICE
107	6.2186	GRAPEFRUIT & ORANGE JUICE	107	265	5.0815	BLACKBERRY PIE
108	6.2153	TUNA SALAD	108	134	5.9837	BROWNIES
109	6.2141	PEAS	109	121	6.1025	HONEYDEW MELON
110	6.2077	GRAPEFRUIT JUICE	110	249	5.1902	CHOW MEIN
111	6.2066	FRENCH SALAD DRESSING	111	311	4.6975	GRAPEAOE
112	6.2016	FRANKFURTERS	112	251	5.1843	RAISIN BREAD
113	6.1699	WESTERN SANDWICH	113	369	4.3324	YELLOW SQUASH
114	6.1599	SHRIMP COCKTAIL	114	264	5.0956	MACARONI SALAD
115	6.1580	THOUSAND ISLAND DRESSING	115	281	4.9484	YELLOW CAKE
116	6.1460	LASAGNA	116	98	6.2892	FRUIT COCKTAIL (CANNED)
117	6.1444	BAKED STUFFED PORK SLICES	117	283	4.9262	EGGNOG
118	6.1361	BEEF STRDGANOFF	118	191	5.5984	PINEAPPLE (CANNED)
119	6.1304	FISH	119	403	3.9074	CARROT, RAISIN & CELERY SALAD
120	6.1030	BLUEBERRY MUFFINS	120	252	5.1838	APPLES (CANNED)
121	6.1025	HONEYDEW MELON	121	119	6.1304	FISH
122	6.0817	MIXED VEGETABLES	122	385	4.1880	IMITATION LEMON BEVERAGE
123	6.0784	COLE SLAW	123	293	4.8343	LIMA BEANS

124	387	6.0599	SWEDISH MEAT BALLS	124	306	4.7201	PLUMS(CANNED)
125	404	6.0569	BOSTON BAKED BEANS	125	136	5.9778	GRIDDLE CAKES
126	1	6.0512	ORANGE JUICE, INSTANT	126	296	4.8216	CHERRY SODA
127	233	6.0462	FRUIT SALAD (ASSORTED FRUITS)	127	290	4.8665	CHOPPED ONIONS
128	209	6.0409	SHERBET	128	388	4.1557	RAISIN DROP COOKIES
129	57	6.0385	TEA	129	227	5.2948	CHICKEN A LA KING
130	13	6.0270	CREAMED STYLE CORN	130	46	6.8784	WATERMELON
131	328	6.0218	MEATBALL SUBMARINE	131	23	7.2120	FRENCH FRIED POTATOES
132	238	6.0027	VEGETABLE SOUP	132	159	5.8103	RICE
133	296	5.9863	MIXED FRUIT SALAD	133	372	4.2596	FREEZE DRIED COFFEE
134	108	5.9837	BROWNIES	134	410	3.6914	ZUCCHINI SQUASH
135	102	5.9810	LEMONADE	135	285	4.8973	GINGERBREAD
136	125	5.9778	GRIDDLE CAKES	136	178	5.6793	PINEAPPLE JUICE
137	356	5.9615	BARBECUED BEEF CUBES	137	351	4.4754	VANILLA PUDDING SAUCE
138	87	5.9559	CHOCOLATE CHIP COOKIES	138	213	5.3792	APPLE CRISP
139	302	5.9452	BLUEBERRY PIE	139	73	6.5514	GRAPES
140	236	5.9397	ITALIAN DRESSING	140	233	5.2480	SWEET PICKLES
141	256	5.9286	PUMPKIN PIE	141	17	7.2630	ORANGES
142	398	5.9160	BEEF POT PIE	142	256	5.1635	TOMATOES(CANNED)
143	190	5.9158	TURKEY NOODLE SOUP	143	31	7.0809	SLICED ROAST PORK W/GRAVY
144	73	5.9151	SLOPPY JOE	144	210	5.3978	GREEN OLIVES
145	14	5.9118	DANISH PASTRY	145	297	6.1599	SHRIMP COCKTAIL
146	156	5.9096	TOMATO SOUP	146	297	4.8174	FRUITCAKE
147	244	5.9071	PEAS (CANNED)	147	165	5.7859	SCALLOPED POTATOES
148	218	5.9046	ORANGE & PINEAPPLE JUICE	148	167	5.7745	CORN BREAD
149	221	5.9016	ITALIAN SAUSAGE	149	260	5.1390	CORNED BEEF HASH
150	364	5.8994	VEAL PARMESAN	150	373	4.2582	PINEAPPLE CHIFFON PIE
151	306	5.8916	BEEF NOODLE SOUP	151	161	5.8022	CARROTS
152	226	5.8907	LUNCHEON MEAT (COLD CUTS)	152	309	4.7057	APRICOTS(CANNED)
153	201	5.8838	DILL PICKLES	153	187	5.6429	COFFEE CAKE
154	348	5.8815	DEVILED EGGS	154	87	6.3945	SUBMARINE SANDWICH
155	317	5.8747	MIXED NUTS	155	361	4.3803	CHOCOLATE CHIP BREAD PUDDING
156	173	5.8692	CHOCOLATE PUDDING	156	146	5.9096	TOMATO SOUP
157	213	5.8587	FISH STICKS	157	25	7.1951	TURKEY
158	168	5.8560	RYE BREAD	158	64	6.6803	POTATO CHIPS
159	132	5.8103	RICE	159	200	5.4641	CHILI CON CARNE W/O BEANS
160	381	5.8087	SWISS CHEESE	160	43	6.8973	SPAGHETTI
161	151	5.8022	CARROTS	161	262	5.0978	PEANUT BUTTER COOKIES
162	65	5.7973	BAKED MACARONI & CHEESE	162	170	5.7432	BOSTON CREAM PIE
163	290	5.7906	FRIED RICE	163	258	5.1479	SPICE CAKE
164	234	5.7875	NOODLES	164	105	6.2304	ICED TEA
165	147	5.7859	SCALLOPED POTATOES	165	301	4.7604	LEMON CAKE PUDDING
166	187	5.7836	DEVIL'S FOOD CAKE	166	18	7.2575	ICE CREAM
167	148	5.7745	CORN BREAD	167	68	6.6196	FRESH COFFEE
168	370	5.7493	ORANGE SODA	168	158	5.8560	RYE 8 READ
169	312	5.7480	PEACH SHORTCAKE	169	300	4.7836	COCONUT DROP COOKIES
170	162	5.7432	BOSTON CREAM PIE	170	28	7.1644	TOSSED GREEN SALAD
171	260	5.7298	FRUIT CUP (APPETIZERS)	171	343	4.5166	CUCUMBER, ONION & PEPPER SALAD
172	414	5.7120	FISH SANDWICH	172	57	6.8043	SAUSAGE LINKS
173	308	5.7088	LEMON MERINGUE PIE	173	156	5.8692	CHOCOLATE PUDDING
174	255	5.7080	TOSSED CUCUMBER & TOMATO SALAD	174	112	6.2016	FRANKFURTERS
175	30	5.7011	LAMB CHOPS	175	242	5.2178	SHRIMP CREOLE
176	268	5.6849	GINGERALE	176	38	6.9485	SCRAMBLED EGGS
177	289	5.6796	PINEAPPLE (CANNED)	177	185	5.6549	BANANA CREAM PIE
178	136	5.6793	PINEAPPLE JUICE	178	42	6.9260	CORN(CANNED)
179	86	5.6721	PLUMS(FRESH)	179	197	5.4973	TURKEY RICE SOUP
180	239	5.6712	CHOCOLATE CREAM PIE	180	49	6.8392	FRENCH TOAST
181	325	5.6703	CREAMED CHIPPED BEEF	181	52	6.8224	APPLE PIE
182	273	5.6667	HARD COOKED EGGS	182	345	4.5091	BOYSENBERRY PIE
183	62	5.6594	CRANBERRY SAUCE	183	393	4.1011	IMITATION LIME BEVERAGE
184	66	5.6557	CARROT STICKS	184	350	4.4904	PINEAPPLE PIE
185	177	5.6549	BANANA CREAM PIE	185	294	4.8343	CHOCOLATE CAKE PUDDING
186	47	5.6431	CHERRY PIE	186	406	3.7817	FRIJOLE SALAD

187	153	5.6429	COFFEE CAKE	187	166	5.7836	DEVIL'S FOOD CAKE
188	35	5.6196	PEAS & CARROTS	188	305	4.7260	SAUERKRAUT
189	388	5.6183	PIGS IN A BLANKET	189	216	5.3644	SWEET POTATOES
190	67	5.6005	FRUIT PUNCH	190	143	5.9158	TURKEY NOODLE SOUP
191	118	5.5984	PINEAPPLE(CANNED)	191	7	7.4701	HOT ROLLS AND BUNS
192	214	5.5831	WHITE CAKE	192	342	4.5222	BUTTERSCOTCH BROWNIES
193	235	5.5707	GRAPEFRUIT (CANNED)	193	326	4.6194	PINEAPPLE SAUCE
194	378	5.5559	SPANISH RICE	194	354	4.4553	BUTTERNUT COOKIES
195	3	5.5472	WHOLE WHEAT BREAD	195	313	4.6934	MINESTRONE SOUP
196	371	5.5307	VEALBURGER	196	217	5.3634	MARBLE CAKE
197	179	5.4973	TURKEY RICE SOUP	197	254	5.1712	BANANA CAKE
198	384	5.4910	LOBSTER NEWBURG	198	101	6.2629	PEACHES (CANNED)
199	225	5.4743	CAB8AGE	199	33	6.9811	PORK ROAST
200	159	5.4641	CHILI CON CARNE W/O BEANS	200	95	6.3117	VEAL ROAST
201	206	5.4605	CELERY STICKS	201	153	5.8838	DILL PICKLES
202	309	5.4444	SPINACH	202	27	7.1671	WHITE BREAD
203	322	5.4429	CORNED BEEF	203	3	7.7371	ORANGE JUICE
204	106	5.4402	GRAPEFRUIT & PINEAPPLE JUICE	204	226	5.2973	ASPARAGUS
205	416	5.4387	CREAMY FRENCH SALAD DRESSING	205	228	5.2805	TACOS
206	305	5.4365	BROCCOLI	206	201	5.4605	CELERY STICKS
207	318	5.4171	SWEET & SOUR PORK	207	357	4.4293	GINGER MOLASSES COOKIES
208	2	5.4162	GRAPE JUICE	208	352	4.4659	CHEWY NUT BARS (COOKIES)
209	237	5.4126	SPARERIBS W/SAUERKRAUT	209	128	6.0409	SHERBET
210	144	5.3978	GREEN OLIVES	210	277	4.9783	SWEET PICKLE RELISH
211	321	5.3901	CAKE MUFFINS	211	80	6.4906	PEARS (CANNED)
212	326	5.3804	OATMEAL	212	330	4.5995	INSTANT MASHED POTATOES
213	138	5.3792	APPLE CRISP	213	157	5.8587	FISH STICKS
214	291	5.3791	BANANA CREAM PUDDING	214	192	5.5831	WHITE CAKE
215	247	5.3753	CHOCOLATE DROP COOKIES	215	232	5.2500	BEEF RICE SOUP
216	189	5.3644	SWEET POTATOES	216	316	4.6781	CORN CHOWDER
217	196	5.3634	MARBLE CAKE	217	279	4.9646	STRAWBERRY CHIFFON PIE
218	223	5.3526	CHILI CON CARNE	218	148	5.9046	ORANGE & PINEAPPLE JUICE
219	351	5.3382	HUNGARIAN GOULASH	219	289	4.8668	COTTAGE CHEESE
220	82	5.3379	STUFFED GREEN PEPPERS	220	39	6.9431	BAKED POTATOES
221	229	5.3270	PINEAPPLE UPSIDE DOWN CAKE	221	149	5.9016	ITALIAN SAUSAGE
222	228	5.3234	HOT FUDGE SAUCE	222	409	3.6986	FIGS (CANNED)
223	344	5.3144	GIBLET STUFFING	223	218	5.3526	CHILI CON CARNE
224	342	5.2994	APPLE STUFFING	224	120	6.1030	BLUEBERRY MUFFINS
225	368	5.2986	VINEGAR & OIL SALAD DRESSING	225	199	5.4743	CABBAGE
226	204	5.2973	ASPARAGUS	226	152	5.8907	LUNCHEON MEAT (COLD CUTS)
227	129	5.2948	CHICKEN A LA KING	227	236	5.2304	COCONUT CREAM PIE
228	205	5.2805	TACOS	228	222	5.3234	HOT FUDGE SAUCE
229	293	5.2737	YELLOW CAKE	229	221	5.3270	PINEAPPLE UPSIDE DOWN CAKE
230	27	5.2610	POLISH SAUSAGE	230	244	5.2170	RASPBERRY SHORTCAKE
231	374	5.2584	FRITTERS	231	358	4.4192	PEANUT BUTTER CAKE
232	215	5.2500	BEEF RICE SOUP	232	237	5.2304	PEACH PIE
233	140	5.2480	SWEET PICKLES	233	127	6.0482	FRUIT SALAD (ASSORTED FRUITS)
234	361	5.2478	VEAL SCALLOPINI	234	164	5.7875	NOODLES
235	324	5.2439	OATMEAL COOKIES	235	193	5.5707	GRAPEFRUIT (CANNED)
236	227	5.2304	COCONUT CREAM PIE	236	140	5.9397	ITALIAN DRESSING
237	232	5.2304	PEACH PIE	237	209	5.4126	SPARERIBS W/SAUERKRAUT
238	408	5.2290	SAUSAGE STUFFING	238	132	6.0027	VEGETABLE SOUP
239	77	5.2278	APPLESAUCE CAKE	239	180	5.6712	CHOCOLATE CREAM PIE
240	45	5.2240	RADISHES	240	381	4.2067	PINEAPPLE CHEESE SALAD
241	26	5.2222	BOLOGNA(COLD CUTS)	241	92	6.3214	SHRIMP, BREADED
242	175	5.2178	SHRIMP CREOLE	242	50	6.8392	FRENCH BREAD
243	93	5.2174	VANILLA WAFERS	243	356	4.4402	INSTANT COFFEE
244	230	5.2170	RASPBERRY SHORTCAKE	244	147	5.9071	PEAS (CANNED)
245	16	5.2114	LAMB ROAST	245	402	3.9134	EGGPLANT
246	337	5.2098	CORN BREAD STUFFING	246	16	7.2846	HAM
247	330	5.2095	VEGETABLE SLAW	247	215	5.3753	CHOCOLATE DROP COOKIES
248	254	5.1917	STRAWBERRY GELATIN	248	362	4.3782	APRICOT PIE
249	110	5.1902	CHOW MEIN	249	91	6.3370	CHEF'S SALAD

250	286	5.1868	ORANGEADE	250	310	4.7022	PINEAPPLE CREAM PIE
251	112	5.1843	RAISIN BREAD	251	387	4.1577	FARINA (CEREAL)
252	120	5.1838	APPLES(CANNED)	252	370	4.3202	CRISP TOFFEE BARS (COOKIES)
253	331	5.1721	GRAPE SODA	253	74	6.5342	TOMATO JUICE
254	197	5.1712	BANANA CAKE	254	248	5.1917	STRAWBERRY GELATIN
255	359	5.1676	STEWED TOMATOES	255	174	5.7080	TOSSED CUCUMBER & TOMATO SALAD
256	142	5.1635	TOMATOES(CANNED)	256	141	5.9286	PUMPKIN PIE
257	402	5.1562	MAYONNAISE SALAD DRESSING	257	323	4.6384	ONION SOUP
258	163	5.1479	SPICE CAKE	258	291	4.8485	BRUSSELS SPROUTS
259	329	5.1408	CHERRY CRISP	259	333	4.4855	BUTTERSCOTCH PUDDING
260	149	5.1390	CORNED BEEF HASH	260	171	5.7298	FRUIT CUP (APPETIZERS)
261	354	5.1126	BAKED TUNA & NOODLES	261	96	6.3030	TOSSED VEGETABLE SALAD
262	161	5.0978	PEANUT BUTTER COOKIES	262	405	3.7887	CHEESE SOUP
263	379	5.0970	RUSSIAN SALAD DRESSING	263	76	6.5205	HAM (COLD CUTS)
264	114	5.0956	MACARONI SALAD	264	71	6.5813	CANTALOUPE
265	107	5.0815	BLACKBERRY PIE	265	15	7.3142	POT ROAST
266	42	5.0769	BEANS W/PORK IN TOMATO SAUCE	266	93	6.3168	SHREDDED BEEF W/BARBECUE SAUCE
267	303	5.0601	CHOCOLATE COCONUT PUDDING	267	81	6.4905	CHICKEN NOODLE SOUP
268	11	5.0574	LEMON CHIFFON PIE	268	176	5.6849	GINGERALE
269	104	5.0569	TOMATO VEGETABLE W/NOODLE SOUP	269	355	4.4466	IMITATION CHERRY BEVERAGE
270	299	5.0429	HOT TAMALES	270	88	6.3859	BEEF STEW
271	68	5.0416	SALMON	271	4	7.6803	EGGS TO ORDER
272	405	5.0249	EL RANCHO STEW	272	344	4.5127	CABBAGE & SWEET PEPPER SALAD
273	28	5.0164	WAX BEANS	273	182	5.6667	HARD COOKED EGGS
274	347	5.0110	DATE NUT BREAD	274	89	6.3743	CHICKEN CLUB SANDWICH
275	99	5.0027	VANILLA CREAM PUDDING	275	108	6.2153	TUNA SALAD
276	400	4.9888	SAVORY BREAD STUFFING	276	298	4.8169	CRANBERRY JUICE
277	210	4.9783	SWEET PICKLE RELISH	277	65	6.6721	LETTUCE SALAD
278	75	4.9754	COCONUT CREAM PUDDING	278	110	6.2077	GRAPEFRUIT JUICE
279	217	4.9646	STRAWBERRY CHIFFON PIE	279	332	4.5934	RIPE BLACK OLIVES
280	38	4.9563	SALAMI (COLD CUTS)	280	349	4.4930	BEETS
281	115	4.9484	YELLOW CAKE	281	327	4.6181	CUCUMBER & ONION SALAD
282	44	4.9435	CHICKEN CACCIA TORE	282	337	4.5763	WALDORF SALAD
283	117	4.9262	EGGNOG	283	367	4.3470	SUKIYAKI
284	59	4.9058	CHILI MACARONI	284	412	3.4561	KIDNEY BEAN SALAD
285	135	4.8973	GINGERBREAD	285	374	4.2569	BUTTERSCOTCH CREAM PIE
286	69	4.8933	PEACH CRISP	286	250	5.1868	ORANGEADE
287	81	4.8932	CHOP SUEY	287	360	4.4017	COTTAGE CHEESE & FRUIT SALAD
288	355	4.8707	CHICKEN TETRAZZINI	288	295	4.8260	LIMEADE
289	127	4.8668	COTTAGE CHEESE	289	177	5.6796	PINEAPPLE (CANNED)
290	219	4.8665	CHOPPED ONIONS	290	163	5.7906	FRIED RICE
291	258	4.8485	BRUSSELS SPROUTS	291	214	5.3791	BANANA CREAM PUDDING
292	343	4.8479	SCALLOPED TUNA & PEAS	292	107	6.2186	GRAPEFRUIT & ORANGE JUICE
293	123	4.8343	LIMA BEANS	293	229	5.2737	YELLOW CAKE
294	185	4.8343	CHOCOLATE CAKE PUDDING	294	90	6.3378	TURKEY (COLD CUTS)
295	288	4.8260	LIMEADE	295	328	4.6106	SUCCOTASH
296	126	4.8216	CHERRY SODA	296	133	5.9863	MIXED FRUIT SALAD
297	146	4.8174	FRUITCAKE	297	104	6.2405	GREEN BEANS (CANNED)
298	276	4.8169	CRANBERRY JUICE	298	109	6.2141	PEAS
299	89	4.8038	GRAPE LEMONADE	299	270	5.0429	HOT TAMALES
300	169	4.7836	COCONUT DROP COOKIES	300	339	4.5698	BLACKEYE PEAS
301	165	4.7604	LEMON CAKE PUDDING	301	2	7.8726	GRILLED STEAK
302	363	4.7521	STUFFED CELERY W/CHEESE	302	139	5.9452	BLUEBERRY PIE
303	41	4.7424	PEA SOUP	303	267	5.0601	CHOCOLATE COCONUT PUDDING
304	17	4.7351	SUGAR COOKIES	304	55	6.8081	COLA
305	188	4.7260	SAUERKRAUT	305	206	5.4365	BROCCOLI
306	124	4.7201	PLUMS(CANNED)	306	151	5.8916	BEEF NOODLE SOUP
307	34	4.7151	SWEET CHERRIES(CANNED)	307	353	4.4659	LIVER
308	5	4.7084	CHOCOLATE CREAM CAKE	308	173	5.7088	LEMON MERINGUE PIE
309	152	4.7057	APRICOTS(CANNED)	309	202	5.4444	SPINACH
310	250	4.7022	PINEAPPLE CREAM PIE	310	60	6.7446	CHEESE AND HAM SANDWICH
311	111	4.6975	GRAPEADE	311	29	7.1196	BISCUITS
312	386	4.6954	CERVELAT (COLD CUTS)	312	169	5.7480	PEACH SHORTCAKE

313	4.6934	MINESTRONE SOUP	313	62	DOUGHNUTS
314	4.6927	CHERRY CAKE PUDDING	314	324	GARDEN COTTAGE CHEESE SALAD
315	4.6804	CUSTARD PUDDING SAUCE	315	404	3.8387 RUTABAGAS TURNIP
316	4.6781	CORN CHOWDER	316	401	3.9398 MUSTARD GREENS
317	4.6749	BEAN SOUP	317	155	5.8747 MIXED NUTS
318	4.6676	STUFFED CABBAGE	318	207	5.4171 SWEET & SOUR PORK
319	4.6676	FRIED OYSTERS	319	315	4.6804 CUSTARD PUDDING SAUCE
320	4.6575	HOT WHOLE WHEAT CEREAL	320	334	4.5890 IMITATION GRAPE BEVERAGE
321	4.6541	MIXED SWEET PICKLES	321	211	5.3901 CAKE MUFFINS
322	4.6508	BLUE CHEESE SALAD DRESSING	322	203	5.4429 CORNED BEEF
323	4.6384	ONION SOUP	323	365	4.3515 PRUNES (CANNED)
324	4.6384	GARDEN COTTAGE CHEESE SALAD	324	235	5.2439 OATMEAL COOKIES
325	4.6364	CREAM OF MUSHROOM SOUP	325	181	5.6703 CREAMED CHIPPED BEEF
326	4.6194	PINEAPPLE SAUCE	326	212	5.3804 OATMEAL
327	4.6181	CUCUMBER & ONION SALAD	327	380	4.2072 PICKLED GREEN BEANS
328	4.6106	SUCCOTASH	328	131	6.0218 MEATBALL SUBMARINE
329	4.6044	RICE PILAFF	329	259	5.1408 CHERRY CRISP
330	4.5995	INSTANT MASHED POTATOES	330	247	5.2095 VEGETABLE SLAW
331	4.5973	COOKED ONIONS	331	253	5.1721 GRAPE SODA
332	4.5934	RIPE BLACK OLIVES	332	85	6.4387 SEAFOOD PLATTER
333	4.5918	BUTTERSCOTCH PUDDING	333	24	7.1957 CHICKEN
334	4.5890	IMITATION GRAPE BEVERAGE	334	69	6.6066 SOFT SERVE ICE CREAM
335	4.5856	CAULIFLOWER	335	84	6.4429 AMERICAN CHEESE
336	4.5822	GARLIC FRENCH SALAD DRESSING	336	77	6.5203 HOT COCOA
337	4.5763	WALDORF SALAD	337	246	5.2098 CORN BREAD STUFFING
338	4.5714	OYSTER STUFFING	338	100	6.2687 RAVIOLI
339	4.5698	BLACKEYE PEAS	339	397	4.0269 KNICKERBOCKER SOUP
340	4.5487	CAESAR SALAD DRESSING	340	390	4.1455 PEPPER POT SOUP
341	4.5363	FISH CHOWDER	341	1	8.0976 MILK
342	4.5222	BUTTERSCOTCH BROWNIES	342	224	5.2994 APPLE STUFFING
343	4.5166	CUCUMBER, ONION & PEPPER SALAD	343	292	4.8479 SCALLOPED TUNA & PEAS
344	4.5127	CABBAGE & SWEET PEPPER SALAD	344	223	5.3144 GIBLET STUFFING
345	4.5091	BOYSENBERRY PIE	345	21	7.2378 CHOCOLATE MILK
346	4.5032	SAUERBRATEN	346	30	7.0811 BARBECUED SPARERIBS
347	4.4986	FRUIT BARS (COOKIES)	347	274	5.0110 DATE NUT BREAD
348	4.4973	JELLIED FRUIT SALAD	348	154	5.8815 DEVILED EGGS
349	4.4930	BEETS	349	115	6.1580 THOUSAND ISLAND DRESSING
350	4.4904	PINEAPPLE PIE	350	35	6.9783 SALISBURY STEAK
351	4.4754	VANILLA PUDDING SAUCE	351	219	5.3382 HUNGARIAN GOULASH
352	4.4659	CHEWY NUT BARS (COOKIES)	352	10	7.4185 FRIED CHICKEN
353	4.4659	LIVER	353	363	4.3661 SARDINES
354	4.4553	BUTTERNUT COOKIES	354	261	5.1126 BAKED TUNA & NOODLES
355	4.4466	IMITATION CHERRY BEVERAGE	355	288	4.8707 CHICKEN TETRAZZINI
356	4.4402	INSTANT COFFEE	356	137	5.9615 BARBECUED BEEF CUBES
357	4.4293	GINGER MOLASSES COOKIES	357	82	6.4630 LOBSTER
358	4.4192	PEANUT BUTTER CAKE	358	111	6.2066 FRENCH SALAD DRESSING
359	4.4135	IMITATION ORANGE BEVERAGE	359	255	5.1676 STEWED TOMATOES
360	4.4017	COTTAGE CHEESE & FRUIT SALAD	360	329	4.6044 RICE PILAFF
361	4.3803	CHOCOLATE CHIP BREAD PUDDING	361	234	5.2478 VEAL SCALLOPINI
362	4.3782	APRICOT PIE	362	51	6.8333 ICE CREAM SUNDAE
363	4.3661	SARDINES	363	302	4.7521 STUFFED CELERY W/CHEESE
364	4.3634	CREAM OF POTATO SOUP	364	150	5.8994 VEAL PARMESAN
365	4.3515	PRUNES (CANNED)	365	22	7.2283 MASHED POTATOES
366	4.3471	LEMON-LIME SODA	366	391	4.1415 OKRA
367	4.3470	SUKIYAKI	367	392	4.1281 LIVERWURST
368	4.3379	CARROT SALAD	368	225	5.2986 VINEGAR & OIL SALAD DRESSING
369	4.3324	YELLOW SQUASH	369	113	6.1699 WESTERN SANDWICH
370	4.3202	CRISP TOFFEE BARS (COOKIES)	370	168	5.7493 ORANGE SODA
371	4.3178	BREAD PUDDING	371	196	5.5307 VEAL-BURGER
372	4.2596	FREEZE DRIED COFFEE	372	70	6.5908 FRENCH FRIED ONION RINGS
373	4.2582	PINEAPPLE CHIFFON PIE	373	56	6.8071 BANANA SPLIT
374	4.2569	BUTTERSCOTCH CREAM PIE	374	231	5.2584 FRITTERS
375	4.2514	MANHATTAN CLAM CHOWDER	375	99	6.2799 BREADED VEAL STEAKS

376	403	4.2356	CREOLE SOUP	376	54	6.8087	MEAT LOAF
377	33	4.2312	BANANA SALAD	377	117	6.1444	BAKED STUFFED PORK SLICES
378	20	4.2228	BEEF BARLEY SOUP	378	194	5.5559	SPANISH RICE
379	84	4.2099	LEMON COOKIES	379	263	5.0970	RUSSIAN SALAD DRESSING
380	327	4.2072	PICKLED GREEN BEANS	380	63	6.7213	ENGLISH MUFFINS
381	240	4.2067	PINEAPPLE CHEESE SALAD	381	160	5.8087	SWISS CHEESE
382	393	4.2028	RAISIN STUFFING	382	44	6.8962	HASHED BROWN POTATOES
383	22	4.1913	HERMITS(COOKIES)	383	399	4.0000	MULLIGATAWNY SOUP
384	385	4.1899	SOUR CREAM SALAD DRESSING	384	198	5.4910	LOBSTER NEWBURG
385	122	4.1880	IMITATION LEMON BEVERAGE	385	384	4.1899	SOUR CREAM SALAD DRESSING
386	64	4.1841	LEMON PUDDING SAUCE	386	312	4.6954	CERVELAT (COLD CUTS)
387	251	4.1577	FARINA (CEREAL)	387	124	6.0599	SWEDISH MEAT BALLS
388	128	4.1557	RAISIN DROP COOKIES	388	189	5.6183	PIGS IN A BLANKET
389	97	4.1464	COCONUT RAISIN COOKIES	389	13	7.3787	ROAST BEEF SANDWICH W/GRavy
390	340	4.1455	PEPPER POT SOUP	390	47	6.8757	SWEET ROLLS
391	366	4.1415	OKRA	391	322	4.6508	BLUE CHEESE SALAD DRESSING
392	367	4.1281	LIVERHURST	392	14	7.3750	BAC, LET, TOMATO SANDWICH
393	183	4.1011	IMITATION LIME BEVERAGE	393	382	4.2028	RAISIN STUFFING
394	55	4.0991	HOMINY GRITS	394	19	7.2568	HOT TURKEY SANDWICH W/GRavy
395	24	4.0876	APRICOT CRISP	395	118	6.1361	BEEF STROGANOFF
396	53	4.0732	TURNIP GREENS	396	58	6.7995	SLICED TOMATOES
397	339	4.0269	KNICKERBOCKER SOUP	397	407	3.7507	STUFFED CELERY W/PEANUT BUTTER
398	58	4.0083	MINCEMEAT PIE	398	142	5.9160	BEEF POT PIE
399	383	4.0000	MULLIGATAWNY SOUP	399	103	6.2466	PEPPER STEAK
400	56	3.9945	MOLASSES COOKIES	400	276	4.9888	SAVORY BREAD STUFFING
401	316	3.9398	MUSTARD GREENS	401	346	4.5032	SAUERBRATEN
402	245	3.9134	EGGPLANT	402	257	5.1562	MAYONNAISE SALAD DRESSING
403	119	3.9074	CARROT, RAISIN & CELERY SALAD	403	376	4.2356	CREOLE SOUP
404	315	3.8387	RUTABAGAS TURNIP	404	125	6.0569	BOSTON BAKED BEANS
405	262	3.7887	CHEESE SOUP	405	272	5.0249	EL RANCHO STEW
406	186	3.7817	FRIJOLE SALAD	406	66	6.6576	GRILLED CHEESE SANDWICH
407	397	3.7507	STUFFED CELERY W/PEANUT BUTTER	407	97	6.3027	TURKEY POT PIE
408	90	3.7408	BUTTERSCOTCH SAUCE	408	238	5.2290	SAUSAGE STUFFING
409	222	3.6986	FIGS (CANNED)	409	53	6.8219	OMELET
410	134	3.6914	ZUCCHINI SQUASH	410	338	4.5714	OYSTER STUFFING
411	83	3.6298	RAISIN PIE	411	413	3.4332	ICED COFFEE
412	284	3.4561	KIDNEY BEAN SALAD	412	336	4.5822	GARLIC FRENCH SALAD DRESSING
413	411	3.4332	ICED COFFEE	413	341	4.5363	FISH CHOWDER
414	25	3.3036	PICKLED BEET/ONION SALAD	414	172	5.7120	FISH SANDWICH
415	43	3.2330	PARSNIPS	415	11	7.3930	FRIED EGGS
416	4	3.1763	BUTTERSCOTCH SAUCE	416	205	5.4387	CREAMY FRENCH SALAD DRESSING

TOTAL MEALS/MONTH

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RANK	FOOD	RATING	NAME	FOOD	RANK	RATING	NAME
1	341	60.7205	MILK	1	15	23.1707	ORANGE JUICE, INSTANT
2	202	44.3039	WHITE BREAD	2	57	12.9389	GRAPE JUICE
3	167	40.8548	FRESH COFFEE	3	8	26.3251	WHOLE WHEAT BREAD
4	345	33.7350	CHOCOLATE MILK	4	359	2.8876	BUTTERSCOTCH SAUCE
5	191	29.8870	HOT ROLLS AND BUNS	5	148	8.1773	CHOCOLATE CREAM CAKE
6	170	28.2274	TOSSED GREEN SALAD	6	282	4.3642	MANHATTAN CLAM CHOWDER
7	203	26.5302	ORANGE JUICE	7	121	9.3746	JELLIED FRUIT SALAD
8	3	26.3251	WHOLE WHEAT BREAD	8	39	15.0306	HAMBURGER
9	78	26.1722	LETTUCE & TOMATO SALAD	9	56	13.0306	STRAWBERRY SHORTCAKE
10	57	26.0736	TEA	10	62	12.5836	BANANA
11	49	25.0137	BEER	11	176	6.9557	LEMON CHIFFON PIE
12	304	24.3781	COLA	12	313	3.8939	CREAM OF POTATO SOUP
13	166	23.7260	ICE CREAM	13	69	12.3158	CREAMED STYLE CORN
14	164	23.6475	ICED TEA	14	99	10.4722	DANISH PASTRY
15	1	23.1707	ORANGE JUICE, INSTANT	15	124	9.3045	MIXED SWEET PICKLES
16	29	22.8206	TOAST	16	254	4.8757	LAMB ROAST
17	40	22.5895	APPLES(FRESH)	17	170	7.0994	SUGAR COOKIES
18	396	21.5180	SLICED TOMATOES	18	47	14.1397	GREEN BEANS
19	271	21.2027	EGGS TO ORDER	19	102	10.3468	CAESAR SALAD DRESSING
20	301	21.2000	GRILLED STEAK	20	296	4.1808	BEEF BARLEY SOUP
21	365	21.1658	MASHED POTATOES	21	42	14.6573	HOT CROSS BUNS
22	74	19.6381	BACON	22	229	5.5607	HERMITS(COOKIES)
23	141	19.3223	ORANGES	23	26	18.8098	ORANGES
24	358	19.3159	FRENCH SALAD DRESSING	24	347	3.1362	APRICOT CRISP
25	349	19.3049	THOUSAND ISLAND DRESSING	25	345	3.1561	PICKLED BEET/ONION SALAD
26	23	18.8098	ORANGES	26	215	5.8736	BLOGNA(COLD CUTS)
27	311	18.5589	BISCUITS	27	278	4.4426	POLISH SAUSAGE
28	277	18.4417	LETTUCE SALAD	28	217	5.8503	MAX BEANS
29	415	17.1791	FRIED EGGS	29	16	22.8206	TOAST
30	168	17.0167	RYE BREAD	30	208	6.0989	LAMB CHOPS
31	131	16.6329	FRENCH FRIED POTATOES	31	179	6.9006	PIZZA
32	61	16.4823	PEARS(FRESH)	32	125	9.2732	POTATO SALAD
33	236	16.0084	ITALIAN DRESSING	33	340	3.2588	BANANA SALAD
34	368	15.9373	VINEGAR & OIL SALAD DRESSING	34	305	3.9944	SWEET CHERRIES(CANNED)
35	334	15.9164	SOFT SERVE ICE CREAM	35	100	10.3601	PEAS & CARROTS
36	96	15.6181	PEACHES(FRESH)	36	327	3.5931	BREAD PUDDING
37	253	15.1796	TOMATO JUICE	37	295	4.1846	STUFFED CABBAGE
38	261	15.1000	TOSSED VEGETABLE SALAD	38	244	5.0912	SALAMI (COLD CUTS)
39	8	15.0306	HAMBURGER	39	82	11.7542	COLE SLAW
40	102	14.9319	LEMONADE	40	17	22.5895	APPLES(FRESH)
41	63	14.9071	MIXED VEGETABLES	41	322	3.7341	PEA SOUP
42	21	14.6573	HOT CROSS BUNS	42	250	4.9529	BEANS W/PORK IN TOMATO SAUCE
43	336	14.5112	HOT COCOA	43	407	1.6627	PARSNIPS
44	176	14.3149	SCRAMBLED EGGS	44	329	3.5507	CHICKEN CACCIAOTORE
45	390	14.2925	SWEET ROLLS	45	93	10.8778	RADISHES
46	249	14.2423	CHEF, S SALAD	46	66	12.4234	GRAPEFRUIT(FRESH)
47	18	14.1397	GREEN BEANS	47	136	8.9499	CHERRY PIE
48	172	14.0761	SAUSAGE LINKS	48	53	13.3094	MILK SHAKE
49	362	13.8127	ICE CREAM SUNDAY	49	11	25.0137	BEER
50	382	13.8082	HASHEO BROWN POTATOES	50	315	3.8717	CHERRY CAKE PUDDING
51	70	13.7729	CORN ON THE COB	51	251	4.9368	CREAM OF MUSHROOM SOUP
52	98	13.3785	TANGERINES	52	149	8.1479	LEMON-LIME SOO
53	48	13.3094	MILK SHAKE	53	248	5.0028	TURNIP GREENS
54	54	13.1875	ROAST BEEF	54	54	13.1875	ROAST BEEF
55	133	13.1050	FREEZE DRIED COFFEE	55	258	4.7959	HOMINY GRITS
56	9	13.0306	STRAWBERRY SHORTCAKE	56	348	3.1303	MOLASSES COOKIES
57	2	12.9389	GRAPE JUICE	57	10	26.0736	TEA
58	233	12.8370	FRUIT SALAD (ASSORTED FRUITS)	58	360	2.8729	MINCEMEAT PIE
59	67	12.7582	FRUIT PUNCH	59	338	3.3444	CHILI MACARONI
60	370	12.7178	ORANGE SODA	60	331	3.5271	BEAN SOUP

61	178	12.7119	CORN(CANNEO)	61	32	16.4823	PEARS(FRESH)
62	10	12.5836	BANANAS	62	186	6.6419	CRANBERRY SAUCE
63	409	12.5679	OMELET	63	41	14.9071	MIXED VEGETABLES
64	218	12.4834	ORANGE & PINEAPPLE JUICE	64	365	2.7593	LEMON PUDDING SAUCE
65	416	12.4298	CREAMY FRENCH SALAD DRESSING	65	197	6.2418	BAKEO MACARONI & CHEESE
66	46	12.4234	GRAPEFRUIT(FRESH)	66	88	11.2369	CARROT STICKS
67	313	12.3473	DOUGHNUTS	67	59	12.7582	FRUIT PUNCH
68	158	12.3250	POTATO CHIPS	68	299	4.1011	SALMON
69	13	12.3158	CREAMED STYLE CORN	69	275	4.4956	PEACH CRISP
70	335	12.1047	AMERICAN CHEESE	70	51	13.7729	CORN ON THE COB
71	242	12.0198	FRENCH 8READ	71	252	4.9078	FRIED OYSTERS
72	181	12.0193	APPLE PIE	72	227	5.5850	LASAGNA
73	264	12.0167	CANTALOUPE	73	221	5.7722	SLOPPY JOE
74	105	12.0000	CHEESEBURGER	74	22	19.6381	BACON
75	292	11.9109	GRAPEFRUIT & ORANGE JUICE	75	240	5.2028	COCONUT CREAM PUDDING
76	116	11.8840	FRUIT COCKTAIL(CANNEO)	76	96	10.5151	APPLESAUCE
77	246	11.8674	HAM	77	312	3.8966	APPLESAUCE CAKE
78	206	11.8474	CELERY STICKS	78	9	26.1722	LETTUCE & TOMATO SALAD
79	139	11.8362	GRAPES	79	216	5.8667	HOT WHOLE WHEAT CEREAL
80	380	11.8260	ENGLISH MUFFINS	80	253	4.9038	COOKED ONIONS
81	209	11.8072	SHERBET	81	335	3.3973	CHOP SUEY
82	39	11.7542	COLE SLAW	82	276	4.4792	STUFFED GREEN PEPPERS
83	201	11.6811	CHILL PICKLES	83	411	1.1733	RAISIN PIE
84	255	11.5082	TOSSED CUCUMBER & TOMATO SALAD	84	357	2.9302	LEMON COOKIES
85	180	11.4448	FRENCH TOAST	85	114	9.6877	SWISS STEAK
86	92	11.4356	HAM	86	131	9.0859	PLUMS(FRESH)
87	130	11.4077	WATERMELON	87	109	10.0084	CHOCOLATE CHIP COOKIES
88	66	11.2369	CARROT STICKS	88	128	9.1630	PORK SAUSAGE PATTIES
89	392	11.2044	8AC, LET, TOMATO SANDWICH	89	177	6.9420	GRAPE LEMONADE
90	379	11.1236	RUSSIAN SALAD DRESSING	90	402	1.9125	BUTTERSCOTCH SAUCE
91	278	11.0667	GRAPEFRUIT JUICE	91	133	9.0354	TURKEY SLICES W/GRVY
92	373	10.9917	8ANANA SPLIT	92	86	11.4356	HAM
93	45	10.8778	RAOISHES	93	255	4.8177	VANILLA WAFERS
94	352	10.7186	FRIED CHICKEN	94	167	7.2293	TURKEY CLUB SANDWICH
95	402	10.5309	MAYONNAISE SALAD DRESSING	95	271	4.5460	CAULIFLOWER
96	76	10.5151	APPLESAUCE	96	36	15.6181	PEACHES(FRESH)
97	198	10.4973	PEACHES (CANNEO)	97	379	2.5599	COCONUT RAISIN COOKIES
98	220	10.4890	BAKED POTATOES	98	52	13.3785	TANGERINES
99	14	10.4722	DANISH PASTRY	99	246	5.0761	VANILLA CREAM PUDDING
100	35	10.3601	PEAS & CARROTS	100	377	2.6102	FRUIT BARS(COOKIES)
101	243	10.3516	INSTANT COFFEE	101	138	8.8846	IMITATION ORANGE BEVERAGE
102	19	10.3468	CAESAR SALAD DRESSING	102	40	14.9319	LEMONADE
103	331	10.2507	GRAPE SODA	103	326	3.6131	CARROT SALAD
104	268	10.2445	GINGERALE	104	223	5.7445	TOMATO VEGETABLE W/NOODLE SOUP
105	144	10.1621	GREEN OLIVES	105	74	12.0000	CHEESEBURGER
106	333	10.1152	CHICKEN	106	112	9.8529	GRAPEFRUIT & PINEAPPLE JUICE
107	109	10.0252	HONEYDEW MELON	107	234	5.4680	BLACKBERRY PIE
108	136	10.0192	PINEAPPLE JUICE	108	153	8.0139	BROWNIES
109	87	10.0084	CHOCOLATE CHIP COOKIES	109	107	10.0252	HONEYDEW MELON
110	145	9.9973	SHRIMP COCKTAIL	110	342	3.2368	CHOW MEIN
111	389	9.9833	ROAST 8EEF SANDWICH W/GRVY	111	219	5.8139	GRAPEADE
112	106	9.8529	GRAPEFRUIT & PINEAPPLE JUICE	112	146	8.5586	RAISIN BREAD
113	286	9.8139	ORANGEADE	113	301	4.0852	YELLOW SQUASH
114	85	9.6877	SWISS STEAK	114	237	5.3167	MACARONI SALAD
115	372	9.5815	FRENCH FRIED ONION RINGS	115	297	4.1770	YELLOW CAKE
116	298	9.5686	PEAS	116	76	11.8840	FRUIT COCKTAIL(CANNEO)
117	143	9.5615	SLICED ROAST PORK W/GRVY	117	268	4.6493	EGGNOG
118	296	9.5097	MIXED FRUIT SALAD	118	150	8.0833	PINEAPPLE(CANNEO)
119	265	9.4766	POT ROAST	119	362	2.8033	CARROT, RAISIN & CELERY SALAD
120	346	9.4699	BARBECUED SPARERIBS	120	319	3.7762	APPLES(CANNEO)
121	7	9.3746	JELLIED FRUIT SALAD	121	189	6.5540	FISH
122	219	9.3471	COTTAGE CHEESE	122	308	3.9556	IMITATION LEMON BEVERAGE
123	350	9.3443	SALISBURY STEAK	123	289	4.2830	LIMA BEANS

124	15	9.3045	MIXED SWEET PICKLES	124	351	3.0922	PLUMS(CANNED)
125	32	9.2732	POTATO SALAD	125	155	7.9467	GRIDDLE CAKES
126	357	9.2335	LOBSTER	126	187	6.6356	CHERRY SODA
127	394	9.2271	HOT TURKEY SANDWICH W/GRavy	127	169	7.1421	CHOPPED ONIONS
128	88	9.1630	PORK SAUSAGE PATTIES	128	354	3.0029	RAISIN DRDP COOKIES
129	211	9.1219	PEARS (CANNED)	129	298	4.1222	CHICKEN A LA KING
130	160	9.1154	SPAGHETTI	130	87	11.4077	WATERMELON
131	86	9.0859	PLUMS(FRESH)	131	31	16.6329	FRENCH FRIED POTATOES
132	406	9.0357	GRILLED CHEESE SANDWICH	132	140	8.7363	RICE
133	91	9.0354	TURKEY SLICES W/GRavy	133	55	13.1050	FREEZE DRIED COFFEE
134	224	8.9836	BLUEBERRY MUFFINS	134	356	2.9530	ZUCCHINI SQUASH
135	244	8.9834	PEAS (CANNED)	135	320	3.7409	GINGERBREAD
136	47	8.9499	CHERRY PIE	136	108	10.0192	PINEAPPLE JUICE
137	140	8.9276	SWEET PICKLES	137	358	2.9112	VANILLA PUDDING SAUCE
138	101	8.8846	IMITATION ORANGE BEVERAGE	138	228	5.5697	APPLE CRISP
139	297	8.8087	GREEN BEANS (CANNED)	139	79	11.8362	GRAPES
140	132	8.7363	RICE	140	137	8.9276	SWEET PICKLES
141	310	8.7300	CHEESE AND HAM SANDWICH	141	23	19.3223	ORANGES
142	391	8.6402	BLUE CHEESE SALAD DRESSING	142	279	4.4118	TOMATOES(CANNED)
143	173	8.5861	CHOCOLATE PUDDING	143	117	9.5615	SLICED ROAST PORK W/GRavy
144	263	8.5726	HAM (COLD CUTS)	144	105	10.1621	GREEN OLIVES
145	157	8.5651	TURKEY	145	110	9.9973	SHRIMP COCKTAIL
146	112	8.5586	RAISIN BREAD	146	375	2.6319	FRUITCAKE
147	199	8.3804	PORK ROAST	147	178	6.9396	SCALLOPED POTATOES
148	5	8.1773	CHOCOLATE CREAM CAKE	148	151	8.0611	CORNBREAD
149	52	8.1479	LEMON-LIME SODA	149	309	3.9421	CORNEED BEEF HASH
150	118	8.0833	PINEAPPLE(CANNED)	150	383	2.4833	PINEAPPLE CHIFFON PIE
151	148	8.0611	CORNBREAD	151	152	8.0165	CARROTS
152	151	8.0165	CARROTS	152	300	4.0967	APRICOTS(CANNED)
153	108	8.0139	BROWNIES	153	200	6.2222	COFFEE CAKE
154	260	7.9751	FRUIT CUP (APPETIZERS)	154	202	6.2022	SUBMARINE SANDWICH
155	125	7.9467	GRIDDLE CAKES	155	391	2.2374	CHOCOLATE CHIP BREAD PUDDING
156	241	7.9415	SHRIMP, BREADED	156	214	5.9392	TOMATO SOUP
157	273	7.7750	HARD COOKED EGGS	157	145	8.5651	TURKEY
158	171	7.7632	CUCUMBER, ONION & PEPPER SALAD	158	68	12.3250	POTATO CHIPS
159	412	7.6829	GARLIC FRENCH SALAD DRESSING	159	285	4.2989	CHILI CON CARNE W/O BEANS
160	267	7.6585	CHICKEN NOODLE SOUP	160	130	9.1154	SPAGHETTI
161	238	7.5840	VEGETABLE SOUP	161	238	5.2624	PEANUT BUTTER COOKIES
162	325	7.4310	CREAMED CHIPPED BEEF	162	211	6.0169	BOSTON CREAM PIE
163	381	7.4039	SWISS CHEESE	163	339	3.3136	SPICE CAKE
164	302	7.3951	BLUEBERRY PIE	164	14	23.6475	ICED TEA
165	279	7.3874	RIPE BLACK OLIVES	165	368	2.7090	LEMON CAKE PUDDING
166	294	7.2412	TURKEY (COLD CUTS)	166	13	23.7260	ICE CREAM
167	94	7.2293	TURKEY CLUB SANDWICH	167	3	40.8548	FRESH COFFEE
168	332	7.2225	SEAFOOD PLATTER	168	30	17.0167	RYE BREAD
169	127	7.1421	CHOPPED ONIONS	169	316	3.8584	COCONUT DRDP COOKIES
170	17	7.0994	SUGAR COOKIES	170	6	28.2274	TOSSED GREEN SALAD
171	375	7.0500	BREADED VEAL STEAKS	171	158	7.7632	CUCUMBER, ONION & PEPPER SALAD
172	226	7.0436	LUNCHEON MEAT (COLD CUTS)	172	48	14.0761	SAUSAGE LINKS
173	399	6.9972	PEPPER STEAK	173	143	8.5861	CHOCOLATE PUDDING
174	187	6.9861	DEVIL'S FOOD CAKE	174	180	6.8481	FRANKFURTERS
175	275	6.9781	TUNA SALAD	175	294	4.1854	SHRIMP CREOLE
176	11	6.9557	LEMON CHIFFON PIE	176	44	14.3149	SCRAMBLED EGGS
177	89	6.9420	GRAPE LEMONADE	177	184	6.7194	BANANA CREAM PIE
178	147	6.9396	SCALLOPED POTATOES	178	61	12.7119	CORN(CANNED)
179	31	6.9006	PIZZA	179	284	4.3062	TURKEY RICE SOUP
180	174	6.8481	FRANKFURTERS	180	85	11.4448	FRENCH TOAST
181	376	6.8115	MEAT LOAF	181	72	12.0193	APPLE PIE
182	288	6.7690	LIMEADE	182	370	2.6997	BOYSENBERRY PIE
183	200	6.7604	SWEET PICKLE RELISH	183	310	3.9205	IMITATION LIME BEVERAGE
184	177	6.7194	BANANA CREAM PIE	184	353	3.0226	PINEAPPLE PIE
185	348	6.7051	DEVILED EGGS	185	328	3.5920	CHOCOLATE CAKE PUDDING
186	62	6.6419	CRANBERRY SAUCE	186	400	1.9922	FRIJOLE SALAD

187	126	6.6356	CHERRY SODA	187	174	6.9861	DEVIL'S FOOD CAKE
188	320	6.5900	IMITATION GRAPE BEVERAGE	188	293	4.1906	SAUERKRAUT
189	121	6.5540	FISH	189	242	5.1056	SWEET POTATOES
190	308	6.5339	LEMON MERINGUE PIE	190	192	6.4721	TURKEY NOODLE SOUP
191	369	6.5189	WESTERN SANDWICH	191	5	29.8870	HOT ROLLS AND BUNS
192	190	6.4721	TURKEY NOODLE SOUP	192	386	2.3590	BUTTERSCOTCH BROWNIES
193	270	6.4475	BEEF STEW	193	384	2.4157	PINEAPPLE SAUCE
194	212	6.4438	INSTANT MASHED POTATOES	194	381	2.5249	BUTTERNUT COOKIES
195	309	6.3889	SPINACH	195	337	3.3452	MINESTRONE SOUP
196	363	6.3023	STUFFED CELERY W/CHEESE	196	304	3.9945	MARBLE CAKE
197	65	6.2418	BAKED MACARONI & CHEESE	197	290	4.2639	BANANA CAKE
198	204	6.2411	ASPARAGUS	198	97	10.4973	PEACHES (CANNED)
199	274	6.2390	CHICKEN CLUB SANDWICH	199	147	8.3804	PORK ROAST
200	153	6.2222	COFFEE CAKE	200	225	5.6503	VEAL ROAST
201	404	6.2077	BOSTON BAKED BEANS	201	83	11.6811	DILL PICKLES
202	154	6.2022	SUBMARINE SANDWICH	202	2	44.3039	WHITE BREAD
203	306	6.1836	BEEF NOODLE SOUP	203	7	26.5302	ORANGE JUICE
204	338	6.1588	RAVIOLI	204	198	6.2411	ASPARAGUS
205	235	6.1453	GRAPEFRUIT (CANNED)	205	263	4.7135	TACOS
206	317	6.1296	MIXED NUTS	206	78	11.8474	CELERY STICKS
207	305	6.1292	BROCCOLI	207	364	2.7871	GINGER MOLASSES COOKIES
208	30	6.0989	LAMB CHOPS	208	390	2.2571	CHEWY NUT BARS (COOKIES)
209	221	6.0812	ITALIAN SAUSAGE	209	81	11.8072	SHERBET
210	266	6.0529	SHREDDED BEEF W/BARBECUE SAUCE	210	183	6.7604	SWEET PICKLE RELISH
211	162	6.0169	BOSTON CREAM PIE	211	129	9.1219	PEARS (CANNED)
212	290	5.9725	FRIED RICE	212	194	6.4438	INSTANT MASHED POTATOES
213	256	5.9645	PUMPKIN PIE	213	218	5.8306	FISH STICKS
214	156	5.9392	TOMATO SOUP	214	281	4.3671	WHITE CAKE
215	26	5.8736	BOLOGNA(COLD CUTS)	215	344	3.1961	BEEF RICE SOUP
216	79	5.8667	HOT WHOLE WHEAT CEREAL	216	361	2.8592	CORN CHOWDER
217	28	5.8503	WAX BEANS	217	325	3.6271	STRAWBERRY CHIFFON PIE
218	213	5.8306	FISH STICKS	218	64	12.4834	ORANGE & PINEAPPLE JUICE
219	111	5.8139	GRAPEADE	219	122	9.3471	COTTAGE CHEESE
220	289	5.7837	PINEAPPLE (CANNED)	220	98	10.4890	BAKED POTATOES
221	73	5.7722	SLOPPY JOE	221	209	6.0812	ITALIAN SAUSAGE
222	326	5.7658	OATMEAL	222	415	1.0145	FIGS (CANNED)
223	104	5.7445	TOMATO VEGETABLE W/NOODLE SOUP	223	302	4.0838	CHILI CON CARNE
224	287	5.7396	COTTAGE CHEESE & FRUIT SALAD	224	134	8.9836	BLUEBERRY MUFFINS
225	200	5.6503	VEAL ROAST	225	233	5.4696	CABBAGE
226	356	5.6160	BARBECUED BEEF CUBES	226	172	7.0436	LUNCHEON MEAT (COLD CUTS)
227	72	5.5850	LASAGNA	227	259	4.7781	COCONUT CREAM PIE
228	138	5.5697	APPLE CRISP	228	261	4.7191	HOT FUDGE SAUCE
229	22	5.5607	HERMITS(COOKIES)	229	256	4.8144	PINEAPPLE UPSIDE DOWN CAKE
230	328	5.5597	MEATBALL SUBMARINE	230	336	3.3887	RASPBERRY SHORTCAKE
231	239	5.5335	CHOCOLATE CREAM PIE	231	399	2.0085	PEANUT BUTTER CAKE
232	384	5.5162	LOBSTER NEWBURG	232	286	4.2951	PEACH PIE
233	225	5.4696	CABBAGE	233	58	12.8370	FRUIT SALAD (ASSORTED FRUITS)
234	107	5.4680	BLACKBERRY PIE	234	245	5.0776	NOODLES
235	254	5.3789	STRAWBERRY GELATIN	235	205	6.1453	GRAPEFRUIT (CANNED)
236	407	5.3591	TURKEY POT PIE	236	33	16.0084	ITALIAN DRESSING
237	114	5.3167	MACARONI SALAD	237	257	4.8040	SPARERIBS W/SAUERKRAUT
238	161	5.2624	PEANUT BUTTER COOKIES	238	161	7.5840	VEGETABLE SOUP
239	247	5.2250	CHOCOLATE DROP COOKIES	239	231	5.5335	CHOCOLATE CREAM PIE
240	75	5.2028	COCONUT CREAM PUDDING	240	403	1.8963	PINEAPPLE CHEESE SALAD
241	269	5.1133	IMITATION CHERRY BEVERAGE	241	156	7.9415	SHRIMP, 8 BREADED
242	189	5.1056	SWEET POTATOES	242	71	12.0198	FRENCH BREAD
243	364	5.0930	VEAL PARMESAN	243	101	10.3516	INSTANT COFFEE
244	38	5.0912	SALAMI (COLD CUTS)	244	135	8.9834	PEAS (CANNED)
245	234	5.0776	NOODLES	245	371	2.6818	EGGPLANT
246	99	5.0761	VANILLA CREAM PUDDING	246	77	11.8674	HAM
247	395	5.0544	BEEF STROGANOFF	247	239	5.2250	CHOCOLATE DROP COOKIES
248	53	5.0028	TURNIP GREENS	248	373	2.6415	APRICOT PIE
249	281	4.9724	CUCUMBER & ONION SALAD	249	46	14.2423	CHEF'S SALAD

250	42	4.9529	BEANS W/PORK IN TOMATO SAUCE	250	393	2.2033	PINEAPPLE CREAM PIE
251	51	4.9368	CREAM OF MUSHROOM SOUP	251	376	2.6182	FARINA (CEREAL)
252	71	4.9078	FRIED OYSTERS	252	406	1.7820	CRISP TOFFEE BARS (COOKIES)
253	80	4.9038	COOKED ONIONS	253	37	15.1796	TOMATO JUICE
254	16	4.8757	LAMB ROAST	254	235	5.3789	STRAWBERRY GELATIN
255	93	4.8177	VANILLA WAFERS	255	84	11.5082	TOSSED CUCUMBER & TOMATO SALAD
256	229	4.8144	PINEAPPLE UPSIDE DOWN CAKE	256	213	5.9645	PUMPKIN PIE
257	237	4.8040	SPARERIBS W/SAUERKRAUT	257	382	2.4958	ONION SOUP
258	55	4.7959	HOMINY GRITS	258	317	3.8291	BRUSSELS SPROUTS
259	227	4.7781	COCONUT CREAM PIE	259	332	3.5041	BUTTERSCOTCH PUDDING
260	387	4.7662	SWEDISH MEAT BALLS	260	154	7.9751	FRUIT CUP (APPETIZERS)
261	228	4.7191	HOT FUDGE SAUCE	261	38	15.1000	TOSSED VEGETABLE SALAD
262	330	4.7159	VEGETABLE SLAW	262	416	0.7257	CHEESE SOUP
263	205	4.7135	TACOS	263	144	8.5726	HAM (COLD CUTS)
264	312	4.7115	PEACH SHORTCAKE	264	73	12.0167	CANTALOUPE
265	291	4.6916	BANANA CREAM PUDDING	265	119	9.4766	POT ROAST
266	324	4.6648	DATHEAL COOKIES	266	210	6.0529	SHREDED BEEF W/BARBECUE SAUCE
267	321	4.6571	CAKE MUFFINS	267	160	7.6585	CHICKEN NOODLE SOUP
268	117	4.6493	EGGNOG	268	104	10.2445	GINGERALE
269	414	4.6333	FISH SANDWICH	269	241	5.1133	IMITATION CHERRY BEVERAGE
270	318	4.6108	SWEET & SOUR PORK	270	193	6.4475	BEEF STEW
271	95	4.5460	CAULIFLOWER	271	19	21.2027	EGGS TO ORDER
272	398	4.5320	BEEF POT PIE	272	389	2.2829	CABBAGE & SWEET PEPPER SALAD
273	314	4.5314	GARDEN COTTAGE CHEESE SALAD	273	157	7.7750	HARD COOKED EGGS
274	385	4.5101	SOUR CREAM SALAD DRESSING	274	199	6.2390	CHICKEN CLUB SANDWICH
275	69	4.4956	PEACH CRISP	275	175	6.9781	TUNA SALAD
276	82	4.4792	STUFFED GREEN PEPPERS	276	280	4.4072	CRANBERRY JUICE
277	377	4.4524	BAKED STUFFED PORK SLICES	277	28	18.4417	LETTUCE SALAD
278	27	4.4426	POLISH SAUSAGE	278	91	11.0567	GRAPEFRUIT JUICE
279	142	4.4118	TOMATOES(CANNED)	279	165	7.3874	RIPE BLACK OLIVES
280	276	4.4072	CRANBERRY JUICE	280	307	3.9643	BEETS
281	214	4.3671	WHITE CAKE	281	249	4.9724	CUCUMBER & ONION SALAD
282	6	4.3642	MANHATTAN CLAM CHOWDER	282	324	3.6486	WALDORF SALAD
283	300	4.3144	BLACKEYE PEAS	283	394	2.1862	SUKIYAKI
284	179	4.3062	TURKEY RICE SOUP	284	412	1.1500	KIDNEY BEAN SALAD
285	159	4.2989	CHILI CON CARNE W/O BEANS	285	372	2.6610	BUTTERSCOTCH CREAM PIE
286	232	4.2951	PEACH PIE	286	113	9.8139	ORANGEADE
287	378	4.2857	SPANISH RICE	287	224	5.7396	COTTAGE CHEESE & FRUIT SALAD
288	293	4.2833	YELLOW CAKE	288	182	6.7690	LIMEADE
289	123	4.2830	LIMA BEANS	289	220	5.7837	PINEAPPLE (CANNED)
290	197	4.2639	BANANA CAKE	289	212	5.9725	FRIED RICE
291	411	4.2451	ICED COFFEE	291	265	4.6916	BANANA CREAM PUDDING
292	388	4.2154	PIGS IN A BLANKET	292	75	11.9109	GRAPEFRUIT & ORANGE JUICE
293	188	4.1906	SAUERKRAUT	293	288	4.2833	YELLOW CAKE
294	175	4.1854	SHRIMP CREOLE	294	166	7.2412	TURKEY (COLD CUTS)
295	37	4.1846	STUFFED CABBAGE	295	330	3.5422	SUCCOTASH
296	20	4.1808	BEEF BARLEY SOUP	296	118	9.5097	MIXED FRUIT SALAD
297	115	4.1770	YELLOW CAKE	297	139	8.8087	GREEN BEANS (CANNED)
298	129	4.1222	CHICKEN A LA KING	298	116	9.5686	PEAS
299	68	4.1011	SALMON	299	333	3.4673	HOT TAPALES
300	152	4.0967	APRICOTS(CANNED)	300	283	4.3144	BLACKEYE PEAS
301	113	4.0852	YELLOW SQUASH	301	20	21.2000	GRILLED STEAK
302	223	4.0838	CHILI CON CARNE	302	164	7.3951	BLUEBERRY PIE
303	337	4.0029	CORN BREAD STUFFING	303	350	3.1285	CHOCOLATE COCONUT PUDDING
304	166	3.9945	MARBLE CAKE	304	12	24.3781	COLA
305	34	3.9944	SWEET CHERRIES(CANNED)	305	207	6.1292	BROCCOLI
306	366	3.9759	OKRA	306	203	6.1836	BEEF NOODLE SOUP
307	280	3.9643	BEETS	307	321	3.7361	LIVER
308	122	3.9556	IMITATION LEMON BEVERAGE	308	190	6.5339	LEMON MERINGUE PIE
309	149	3.9421	CORNEB BEEF HASH	309	195	6.3889	SPINACH
310	183	3.9205	IMITATION LIME BEVERAGE	310	141	8.7300	CHEESE AND HAM SANDWICH
311	359	3.9141	STEWED TOMATOES	311	27	18.5589	BISCUITS
312	77	3.8966	APPLESAUCE CAKE	312	264	4.7115	PEACH SHORTCAKE

313	12	3.8939	CREAM OF POTATO SOUP	313	67	12.3473	DOUGHNUTS
314	322	3.8802	CORNEED BEEF	314	273	4.5314	GARDEN COTTAGE CHEESE SALAD
315	50	3.8717	CHERRY CAKE PUDDING	315	404	1.8088	RUTABAGAS TURNIP
316	169	3.8584	COCONUT OROP COOKIES	316	346	3.1536	MUSTAROS GREENS
317	258	3.8291	BRUSSELS SPROUTS	317	206	6.1296	MIXED NUTS
318	329	3.8006	CHERRY CRISP	318	270	4.6108	SWEET & SOUR PORK
319	120	3.7762	APPLES (CANNED)	319	378	2.6028	CUSTARD PUDDING SAUCE
320	135	3.7409	GINGERBREAD	320	188	6.5900	IMITATION GRAPE BEVERAGE
321	307	3.7361	LIVER	321	267	4.6571	CAKE MUFFINS
322	41	3.7341	PEA SOUP	322	314	3.8802	CORNEED BEEF
323	344	3.6578	GIBLET STUFFING	323	374	2.6399	PRUNES (CANNED)
324	282	3.6486	WALDORF SALAD	324	266	4.6648	OATMEAL COOKIES
325	217	3.6271	STRAWBERRY CHIFFON PIE	325	162	7.4310	CREAMED CHIPPED BEEF
326	103	3.6131	CARROT SALAD	326	222	5.7658	OATMEAL
327	36	3.5931	BREAD PUDDING	327	405	1.8074	PICKLED GREEN BEANS
328	185	3.5920	CHOCOLATE CAKE PUDDING	328	230	5.5597	MEATBALL SUBMARINE
329	44	3.5507	CHICKEN CACCIAOTORE	329	318	3.8006	CHERRY CRISP
330	295	3.5422	SUCCOTASH	330	262	4.7159	VEGETABLE SLAW
331	60	3.5271	BEAN SOUP	331	103	10.2507	GRAPE SODA
332	259	3.5041	BUTTERSCOTCH PUDDING	332	168	7.2225	SEAFOOD PLATTER
333	299	3.4673	HOT TAMALES	333	106	16.1152	CHICKEN
334	371	3.4131	VEALBURGER	334	35	15.9164	SOFT SERVE ICE CREAM
335	81	3.3973	CHOP SUEY	335	70	12.1047	AMERICAN CHEESE
336	230	3.3887	RASPBERRY SHORTCAKE	336	43	14.5112	HOT COCOA
337	195	3.3452	MINESTRONE SOUP	337	303	4.0029	CORN BREAD STUFFING
338	59	3.3444	CHILI MACARONI	338	204	6.1588	RAVIOLI
339	163	3.3136	SPICE CAKE	339	409	1.5907	KNICKERBOCKER SOUP
340	33	3.2588	BANANA SALAD	340	413	1.1423	PEPPER POT SOUP
341	374	3.2423	FITTERS	341	1	6.07205	MILK
342	110	3.2368	CHOW MEIN	342	380	2.5528	APPLE STUFFING
343	386	3.2074	CERVELAT (COLO CUTS)	343	395	2.1657	SCALLOPED TUNA & PEAS
344	215	3.1961	BEEF RICE SOUP	344	323	3.6578	GIBLET STUFFING
345	25	3.1561	PICKLED BEET/ONION SALAD	345	4	33.7350	CHOCOLATE MILK
346	316	3.1536	MUSTARD GREENS	346	120	9.4699	BARBECUED SPARERIBS
347	24	3.1362	APRICOT CRISP	347	352	3.0616	OATE NUT BREAD
348	56	3.1203	MOLASSES COOKIES	348	185	6.7051	DEVILED EGGS
349	351	3.1292	HUNGARIAN GOULASH	349	25	19.3049	THOUSAND ISLAND DRESSING
350	303	3.1285	CHOCOLATE COCONUT PUDDING	350	123	9.3443	SALISBURY STEAK
351	124	3.0922	PLUMS (CANNED)	351	349	3.1292	HUNGARIAN GOULASH
352	347	3.0616	DATE NUT BREAD	352	94	10.7186	FRIED CHICKEN
353	184	3.0226	PINEAPPLE PIE	353	392	2.2149	SARONES
354	128	3.0029	RAISIN OROP COOKIES	354	366	2.7569	BAKED TUNA & NOODLES
355	397	2.9663	STUFFED CELERY W/PEANUT BUTTER	355	396	2.1316	CHICKEN TETRAZZINI
356	134	2.9530	ZUCCHINI SQUASH	356	226	5.6160	BARBECUED BEEF CUBES
357	84	2.9302	LEMON COOKIES	357	126	9.2335	LOBSTER
358	137	2.9112	VANILLA PUDDING SAUCE	358	24	19.3159	FRENCH SALAD DRESSING
359	4	2.8876	BUTTERSCOTCH SAUCE	359	311	3.9141	STEWED TOMATOES
360	58	2.8729	MINCEMEAT PIE	360	397	2.1149	RICE PILAFF
361	216	2.8592	CORN CHOWDER	361	369	2.7082	VEAL SCALLOPINI
362	119	2.8033	CARROT, RAISIN & CELERY SALAD	362	49	13.8127	ICE CREAM SUNDAE
363	367	2.8011	LIVERWURST	363	196	6.3023	STUFFED CELERY W/CHEESE
364	207	2.7871	GINGER MOLASSES COOKIES	364	243	5.0930	VEAL PARMESAN
365	64	2.7593	LEMON PUDDING SAUCE	365	21	21.1658	MASHED POTATOES
366	354	2.7569	BAKED TUNA & NOODLES	366	306	3.9759	OKRA
367	413	2.7283	FISH CHOWDER	367	363	2.8011	LIVERWURST
368	165	2.7090	LEMON CAKE PUDDING	368	34	15.9373	VINEGAR & OIL SALAD DRESSING
369	361	2.7082	VEAL SCALLOPINI	369	191	6.5189	WESTERN SANDWICH
370	182	2.6997	BOYSENBERRY PIE	370	60	12.7178	ORANGE SODA
371	245	2.6818	EGGPLANT	371	334	3.4131	VEALBURGER
372	285	2.6610	BUTTERSCOTCH CREAM PIE	372	115	9.5815	FRENCH FRIED ONION RINGS
373	248	2.6415	APRICOT PIE	373	92	10.9917	BANANA SPLIT
374	323	2.6399	PRUNES (CANNED)	374	341	3.2423	FITTERS
375	146	2.6319	FRUIT CAKE	375	171	7.0500	BREADED VEAL STEAKS

376	251	2.6182	FARINA (CEREAL)	376	181	6.8115	MEAT LOAF
377	100	2.6102	FRUIT BARS(COOKIES)	377	277	4.4524	BAKED STUFFED PORK SLICES
378	319	2.6028	CUSTARD PUDDING SAUCE	378	287	4.2857	SPANISH RICE
379	97	2.5599	COCONUT RAISIN COOKIES	379	90	11.1236	RUSSIAN SALAD DRESSING
380	342	2.5528	APPLE STUFFING	380	80	11.8260	ENGLISH MUFFINS
381	194	2.5249	BUTTERNUT COOKIES	381	163	7.4039	SWISS CHEESE
382	257	2.4958	ONION SOUP	382	50	13.8082	HASHED BROWN POTATOES
383	150	2.4833	PINEAPPLE CHIFFON PIE	383	410	1.5167	MULLIGATAWNY SOUP
384	193	2.4157	PINEAPPLE SAUCE	384	232	5.5162	LOBSTER NEWBURG
385	410	2.4012	OYSTER STUFFING	385	274	4.5101	SOUR CREAM SALAD DRESSING
386	192	2.3590	BUTTERSCOTCH BROWNIES	386	343	3.2074	CERVELAT (COLD CUTS)
387	405	2.3346	EL RANCHO STEW	387	260	4.7662	SWEDISH MEAT BALLS
388	408	2.3213	SAUSAGE STUFFING	388	292	4.2154	PIGS IN A BLANKET
389	272	2.2829	CABBAGE & SWEET PEPPER SALAD	389	111	9.9833	ROAST BEEF SANDWICH W/GRavy
390	208	2.2571	CHEWY NUT BARS (COOKIES)	390	45	14.2925	SWEET ROLLS
391	155	2.2374	CHOCOLATE CHIP BREAD PUDDING	391	142	8.6402	BLUE CHEESE SALAD DRESSING
392	353	2.2149	SARDINES	392	89	11.2044	BAC, LET, TOMATO SANDWICH
393	250	2.2033	PINEAPPLE CREAM PIE	393	414	1.1088	RAISIN STUFFING
394	283	2.1862	SUKIYAKI	394	127	9.2271	HOT TURKEY SANDWICH W/GRavy
395	343	2.1657	SCALLOPED TUNA & PEAS	395	247	5.0544	BEEF STROGANOFF
396	355	2.1316	CHICKEN TETRAZZINI	396	18	21.5180	SLICED TOMATOES
397	360	2.1149	RICE PILAFF	397	355	2.9663	STUFFED CELERY W/PEANUT BUTTER
398	400	2.0712	SAVORY BREAD STUFFING	398	272	4.5320	BEEF POT PIE
399	231	2.0085	PEANUT BUTTER CAKE	399	173	6.9972	PEPPER STEAK
400	186	1.9922	FRIJOLE SALAD	400	398	2.0712	SAVORY BREAD STUFFING
401	403	1.9367	CREOLE SOUP	401	408	1.5993	SAUERBRATEN
402	90	1.9125	BUTTERSCOTCH SAUCE	402	95	10.5309	MAYONNAISE SALAD DRESSING
403	240	1.8963	PINEAPPLE CHEESE SALAD	403	401	1.9367	CREOLE SOUP
404	315	1.8088	RUTABAGAS TURNIP	404	201	6.2077	BOSTON BAKED BEANS
405	327	1.8074	PICKLED GREEN BEANS	405	387	2.3346	EL RANCHO STEW
406	252	1.7820	CRISP TOFFEE BARS (COOKIES)	406	132	9.0357	GRILLED CHEESE SANDWICH
407	43	1.6627	PARSNIPS	407	236	5.3591	TURKEY POT PIE
408	401	1.5993	SAUERBRATEN	408	388	2.3213	SAUSAGE STUFFING
409	339	1.5907	KNICKERBOCKER SOUP	409	63	12.5679	OMELET
410	383	1.5167	MULLIGATAWNY SOUP	410	385	2.4012	OYSTER STUFFING
411	83	1.1733	RAISIN PIE	411	291	4.2451	ICED COFFEE
412	284	1.1500	KIDNEY BEAN SALAD	412	159	7.6829	GARLIC FRENCH SALAD DRESSING
413	340	1.1423	PEPPER POT SOUP	413	367	2.7283	FISH CHOWDER
414	393	1.1088	RAISIN STUFFING	414	269	4.6333	FISH SANDWICH
415	222	1.0145	FIGS (CANNED)	415	29	17.1791	FRIED EGGS
416	262	0.7257	CHEESE SOUP	416	65	12.4298	CREAMY FRENCH SALAD DRESSING

RANKING: BREAKFAST MEALS PER MONTH

#3

RANK	FOOD	RATING	NAME	FOOD	RANK	RATING	NAME
1	29	21.6223	TOAST	1	5	19.3496	ORANGE JUICE, INSTANT
2	203	21.0275	ORANGE JUICE	2	27	8.5861	GRAPE JUICE
3	341	20.5452	MILK	3	25	8.8264	WHOLE WHEAT BREAD
4	271	20.0301	EGGS TO ORDER	4	112	0.5355	BUTTERSCOTCH SAUCE
5	1	19.3496	ORANGE JUICE, INSTANT	5	91	1.0139	CHOCOLATE CREAM CAKE
6	74	18.6077	BACON	6	125	0.4364	MANHATTAN CLAM CHOWDER
7	167	17.1096	FRESH COFFEE	7	93	0.6915	JELLIED FRUIT SALAD
8	415	16.2755	FRIED EGGS	8	86	1.1198	HAMBURGER
9	176	13.6215	SCRAMBLED EGGS	9	95	0.9028	STRAWBERRY SHORTCAKE
10	172	12.4479	SAUSAGE LINKS	10	28	8.2658	BANANAS
11	409	11.8504	OMELET	11	118	0.4931	LEMON CHIFFON PIE
12	202	11.6906	WHITE BREAD	12	263	0.3369	CREAM OF POTATO SOUP
13	253	11.1464	TOMATO JUICE	13	137	0.3712	CREAMED STYLE CORN
14	46	10.6602	GRAPFRUIT(FRESH)	14	32	7.3778	DANISH PASTRY
15	180	10.5608	FRENCH TOAST	15	302	0.1034	MIXED SWEET PICKLES
16	23	10.5326	ORANGES	16	271	0.1298	LAMB ROAST
17	141	10.5207	ORANGES	17	123	0.4448	SUGAR COOKIES
18	345	10.3525	CHOCOLATE MILK	18	120	0.4877	GREEN BEANS
19	313	10.2073	DOUGHNUTS	19	262	0.1387	CAESAR SALAD DRESSING
20	380	9.4530	ENGLISH MUFFINS	20	190	0.2041	BEEF BARLEY SOUP
21	292	9.4067	GRAPFRUIT & ORANGE JUICE	21	61	2.9691	HOT CROSS BUNS
22	336	9.2514	HOT COCOA	22	108	0.6729	HERMITS(COOKIES)
23	278	9.1500	GRAPFRUIT JUICE	23	16	10.5326	ORANGES
24	218	8.8370	ORANGE & PINEAPPLE JUICE	24	102	0.8142	APRICOT CRISP
25	3	8.8264	WHOLE WHEAT BREAD	25	216	0.1763	PICKLED BEET/ONION SALAD
26	382	8.6493	HASHED BROWN POTATOES	26	217	0.1758	BOLOGNA(COLO CUTS)
27	2	8.5861	GRAPE JUICE	27	101	0.8207	POLISH SAUSAGE
28	10	8.2658	BANANAS	28	232	0.1638	WAX BEANS
29	40	8.2231	APPLES(FRESH)	29	1	21.6223	TOAST
30	106	7.5804	GRAPFRUIT & PINEAPPLE JUICE	30	135	0.3736	LAMB CHOPS
31	88	7.4558	PORK SAUSAGE PATTIES	31	146	0.3260	PIZZA
32	14	7.3778	DANISH PASTRY	32	164	0.2650	POTATO SALAD
33	136	7.3671	PINEAPPLE JUICE	33	155	0.2765	BANANA SALAD
34	125	7.2485	GRIDDLE CAKES	34	148	0.3092	SWEET CHERRIES(CANNED)
35	133	6.5166	FREEZE DRIED COFFEE	35	159	0.2715	PEAS & CARROTS
36	98	6.4779	TANGERINES	36	199	0.1977	BREAD PUDDING
37	61	5.9646	PEARS(FRESH)	37	241	0.1515	STUFFED CABBAGE
38	57	5.9401	TEA	38	314	0.0967	SALAMI (COLO CUTS)
39	273	5.5472	HARD COOKED EGGS	39	187	0.2095	COLE SLAW
40	96	5.5302	PEACHES(FRESH)	40	29	8.2231	APPLES(FRESH)
41	326	5.5179	OATMEAL	41	140	0.3657	PEA SOUP
42	311	5.4575	BISCUITS	42	210	0.1801	BEANS W/PORK IN TOMATO SAUCE
43	224	5.3890	BLUEBERRY MUFFINS	43	358	0.0572	PARSNIPS
44	325	5.3634	CREAMED CHIPPED BEEF	44	264	0.1362	CHICKEN CACCIAATORE
45	264	5.2972	CANTALOUPE	45	157	0.2722	RAISHES
46	79	5.0056	HOT WHOLE WHEAT CEREAL	46	14	10.6602	GRAPFRUIT(FRESH)
47	390	4.9081	SWEET ROLLS	47	130	0.4095	CHERRY PIE
48	243	4.8819	INSTANT COFFEE	48	119	0.4890	MILK SHAKE
49	109	4.7283	HONEYDEW MELON	49	69	1.8607	BEER
50	112	4.6158	RAISIN BREAD	50	205	0.1866	CHERRY CAKE PUDDING
51	153	4.4786	COFFEE CAKE	51	197	0.1978	CREAM OF MUSHROOM SOUP
52	235	4.2905	GRAPFRUIT (CANNED)	52	153	0.2849	LEMON-LIME SODA
53	86	3.9584	PLUMS(FRESH)	53	311	0.0972	TURNIP GREENS
54	55	3.8659	HOMINY GRITS	54	173	0.2391	ROAST BEEF
55	168	3.8106	RYE BREAD	55	54	3.8659	HOMINY GRITS
56	191	3.7355	HOT ROLLS AND BUNS	56	220	0.1756	MOLASSES COOKIES
57	139	3.5621	GRAPES	57	38	5.9401	TEA
58	246	3.1077	HAM	58	351	0.0635	MINCEMEAT PIE
59	92	2.9863	HAM	59	383	0.0389	CHILI MACARONI
60	286	2.9861	ORANGEADE	60	350	0.0655	BEAN SOUP

61	21	HOT CROSS BUNS	2.9691	61	37	PEARS (FRESH)	5.9646
62	276	CRANBERRY JUICE	2.4100	62	254	CRANBERRY SAUCE	0.1433
63	321	FARINA (CEREAL)	2.3667	63	308	MIXED VEGETABLES	0.0984
64	321	CAKE MUFFINS	2.1671	64	353	LEMON PUDDING SAUCE	0.0630
65	198	PEACHES (CANNED)	1.9836	65	316	BAKED MACARONI & CHEESE	0.0951
66	101	IMITATION ORANGE BEVERAGE	1.9670	66	223	CARROT STICKS	0.1736
67	118	PINEAPPLE (CANNED)	1.9611	67	72	FRUIT PUNCH	1.6236
68	211	PEARS (CANNED)	1.8920	68	244	SALMON	0.1503
69	49	BEER	1.8607	69	144	PEACH CRISP	0.3402
70	117	EGGNOG	1.6329	70	166	CORN ON THE COB	0.2604
71	233	FRUIT SALAD (ASSORTED FRUITS)	1.6271	71	151	FRIED OYSTERS	0.2961
72	67	FRUIT PUNCH	1.6236	72	310	LASAGNA	0.0975
73	323	PRUNES (CANNED)	1.6011	73	355	SLOPPY JOE	0.0611
74	116	FRUIT COCKTAIL (CANNED)	1.5608	74	6	BACON	18.6077
75	111	GRAPEADE	1.4972	75	189	COCONUT CREAM PUDDING	0.2056
76	221	ITALIAN SAUSAGE	1.4696	76	82	APPLESAUCE	1.1726
77	301	GRILLED STEAK	1.4274	77	345	APPLESAUCE CAKE	0.0690
78	320	IMITATION GRAPE BEVERAGE	1.3213	78	251	LETTUCE & TOMATO SALAD	0.1444
79	289	PINEAPPLE (CANNED)	1.2584	79	46	HOT WHOLE WHEAT CEREAL	5.0056
80	152	APRICOTS (CANNED)	1.2541	80	331	COOKED ONIONS	0.0824
81	242	FRENCH BREAD	1.2175	81	269	CHOP SUEY	0.1315
82	76	APPLESAUCE	1.1726	82	304	STUFFED GREEN PEPPERS	0.1025
83	89	GRAPE LEMONADE	1.1215	83	415	RAISIN PIE	0.0028
84	124	PLUMS (CANNED)	1.1201	84	303	LEMON COOKIES	0.1034
85	102	LEMONADE	1.1199	85	213	SWISS STEAK	0.1781
86	8	HAMBURGER	1.1198	86	53	PLUMS (FRESH)	3.9584
87	304	COLA	1.0924	87	117	CHOCOLATE CHIP COOKIES	0.5014
88	348	DEVILED EGGS	1.0674	88	31	PORK SAUSAGE PATTIES	7.4558
89	392	BAC, LET, TOMATO SANDWICH	1.0218	89	83	GRAPE LEMONADE	1.1215
90	120	APPLES (CANNED)	1.0170	90	192	BUTTER SCOTCH SAUCE	0.2012
91	5	CHOCOLATE CREAM CAKE	1.0139	91	282	TURKEY SLICES W/ GRAVY	0.1199
92	164	ICED TEA	1.0082	92	59	HAM	2.9863
93	7	JELLIED FRUIT SALAD	0.9915	93	124	VANILLA WAFERS	0.4448
94	374	FITTERS	0.9044	94	233	TURKEY CLUB SANDWICH	0.1630
95	9	STRAWBERRY SHORTCAKE	0.9028	95	343	CAULIFLOWER	0.0696
96	148	CORNBREAD	0.8917	96	40	PEACHES (FRESH)	5.5302
97	370	ORANGE SODA	0.8521	97	236	COCONUT RAISIN COOKIES	0.1588
98	369	WESTERN SANDWICH	0.8338	98	36	TANGERINES	6.4779
99	166	ICE CREAM	0.8274	99	188	VANILLA CREAM PUDDING	0.2085
100	331	GRAPE SODA	0.8245	100	283	FRUIT BARS (COOKIES)	0.1186
101	27	POLISH SAUSAGE	0.8207	101	66	IMITATION ORANGE BEVERAGE	1.9670
102	24	APRICOT CRISP	0.8142	102	85	LEMONADE	1.1199
103	296	MIXED FRUIT SALAD	0.7895	103	369	CARROT SALAD	0.0463
104	388	PIGS IN A BLANKET	0.7262	104	218	TOMATO VEGETABLE W/NOODLE SOUP	0.1758
105	260	FRUIT CUP (APPETIZERS)	0.7091	105	175	CHEESEBURGER	0.2382
106	130	WATERMELON	0.6887	106	30	GRAPEFRUIT & PINEAPPLE JUICE	7.5804
107	138	APPLE CRISP	0.6736	107	267	BLACKBERRY PIE	0.1337
108	22	HERMITS (COOKIES)	0.6729	108	176	BROWNIES	0.2382
109	335	AMERICAN CHEESE	0.6556	109	49	HONEYDEW MELON	4.7283
110	132	RICE	0.5577	110	289	CHOW MEIN	0.1142
111	131	FRENCH FRIED POTATOES	0.5562	111	75	GRAPEADE	1.4972
112	4	BUTTER SCOTCH SAUCE	0.5355	112	50	RAISIN BREAD	4.6158
113	219	COTTAGE CHEESE	0.5207	113	261	YELLOW SQUASH	0.1392
114	288	LIMEADE	0.5183	114	396	MACARONI SALAD	0.0194
115	122	IMITATION LEMON BEVERAGE	0.5111	115	272	YELLOW CAKE	0.1292
116	135	GINGERBREAD	0.5042	116	74	FRUIT COCKTAIL (CANNED)	1.5608
117	87	CHOCOLATE CHIP COOKIES	0.5014	117	70	EGGNOG	1.6329
118	11	LEMON CHIFFON PIE	0.4931	118	67	PINEAPPLE (CANNED)	1.9611
119	48	MILK SHAKE	0.4890	119	322	CARROT, RAISIN & CELERY SALAD	0.0886
120	18	GREEN BEANS	0.4877	120	90	APPLES (CANNED)	1.0170
121	324	OATMEAL COOKIES	0.4792	121	133	FISH	0.3795
122	381	SWISS CHEESE	0.4624	122	115	IMITATION LEMON BEVERAGE	0.5111
123	17	SUGAR COOKIES	0.4448	123	365	LIMA BEANS	0.0495

124	0.4448	VANILLA WAFERS	124	84	1.1201	PLUMS(CANNED)
125	0.4364	MANHATTAN CLAM CHOWDER	125	34	7.2485	GRIDDLE CAKES
126	0.4286	GRILLED CHEESE SANDWICH	126	150	0.4164	CHERRY SODA
127	0.4187	CORNED BEEF HASH	127	128	0.2978	CHOPPED ONIONS
128	0.4164	CHERRY SODA	128	214	0.1777	RAISIN DROP COOKIES
129	0.4160	STRAWBERRY GELATIN	129	374	0.0444	CHICKEN A LA KING
130	0.4095	CHERRY PIE	130	106	0.6887	WATERMELON
131	0.4077	BANANA SPLIT	131	111	0.5562	FRENCH FRIED POTATOES
132	0.3929	SCALLOPED POTATOES	132	110	0.5577	RICE
133	0.3795	FISH	133	35	6.5166	FREEZE ORIED COFFEE
134	0.3740	SLICED TOMATOES	134	300	0.1034	ZUCCHINI SQUASH
135	0.3736	LAMB CHOPS	135	116	0.5042	GINGERBREAD
136	0.3736	GINGERALE	136	33	7.3671	PINEAPPLE JUICE
137	0.3712	CREAMED STYLE CORN	137	276	0.1261	VANILLA PUDDING SAUCE
138	0.3691	ICE CREAM SUNDAY	138	107	0.6736	APPLE CRISP
139	0.3689	SALISBURY STEAK	139	57	3.5621	GRAPES
140	0.3657	PEA SOUP	140	162	0.2674	SWEET PICKLES
141	0.3619	IMITATION CHERRY BEVERAGE	141	17	10.5207	ORANGES
142	0.3501	DATE NUT BREAD	142	156	0.2745	TOMATOES(CANNED)
143	0.3479	TOSSED GREEN SALAD	143	167	0.2598	SLICED ROAST PORK W/GRVY
144	0.3402	PEACH CRISP	144	342	0.0714	GREEN OLIVES
145	0.3315	SOFT SERVE ICE CREAM	145	256	0.1413	SHRIMP COCKTAIL
146	0.3260	PIZZA	146	219	0.1758	FRUIT CAKE
147	0.3194	CHOCOLATE DROP COOKIES	147	132	0.3929	SCALLOPED POTATOES
148	0.3092	SWEET CHERRIES(CANNED)	148	96	0.8917	CORN BREAD
149	0.3046	CORN BREAD STUFFING	149	127	0.4187	CORNED BEEF HASH
150	0.2978	CHOPPED ONIONS	150	344	0.0694	PINEAPPLE CHIFFON PIE
151	0.2961	FRIED OYSTERS	151	346	0.0689	CARROTS
152	0.2869	BARBECUED SPARE RIBS	152	80	1.2541	APRICOTS(CANNED)
153	0.2849	LEMON-LIME SODA	153	51	4.4786	COFFEE CAKE
154	0.2805	COCONUT DROP COOKIES	154	313	0.0970	SUBMARINE SANDWICH
155	0.2765	BANANA SALAD	155	341	0.0742	CHOCOLATE CHIP BREAD PUDDING
156	0.2745	TOMATOES(CANNED)	156	360	0.0552	TOMATO SOUP
157	0.2722	RAISINES	157	364	0.0499	TURKEY
158	0.2720	LORSTER	158	200	0.1944	POTATO CHIPS
159	0.2715	PEAS & CARROTS	159	317	0.0950	CHILI CON CARNE W/O BEANS
160	0.2707	PEANUT BUTTER COOKIES	160	184	0.2143	SPAGHETTI
161	0.2700	APPLE PIE	161	160	0.2707	PEANUT BUTTER COOKIES
162	0.2674	SWEET PICKLES	162	297	0.1039	BOSTON CREAM PIE
163	0.2673	SAUSAGE STUFFING	163	198	0.1977	SPICE CAKE
164	0.2650	POTATO SALAD	164	92	1.0082	ICED TEA
165	0.2605	GINGER MOLASSES COOKIES	165	395	0.0198	LEMON CAKE PUDDING
166	0.2604	CORN ON THE COB	166	99	0.8274	ICE CREAM
167	0.2598	SLICED ROAST PORK W/GRVY	167	7	17.1096	FRESH COFFEE
168	0.2550	TACOS	168	55	3.8106	RYE BREAD
169	0.2548	IMITATION LIME BEVERAGE	169	154	0.2305	COCONUT DROP COOKIES
170	0.2493	HAM (COLD CUTS)	170	143	0.3479	TOSSED GREEN SALAD
171	0.2459	FRANKFURTERS	171	204	0.1866	CUCUMBER, ONION & PEPPER SALAD
172	0.2452	BLUEBERRY PIE	172	10	12.4479	SAUSAGE LINKS
173	0.2391	ROAST BEEF	173	221	0.1750	CHOCOLATE PUDDING
174	0.2384	ASPARAGUS	174	171	0.2459	FRANKFURTERS
175	0.2382	CHEESEBURGER	175	371	0.0456	SHRIMP CREOLE
176	0.2382	BROWNIES	176	9	13.6215	SCRAMBLED EGGS
177	0.2382	HOT TURKEY SANDWICH W/GRVY	177	182	0.2222	BANANA CREAM PIE
178	0.2363	FRENCH SALAD DRESSING	178	248	0.1468	CORN(CANNED)
179	0.2342	CHEESE AND HAM SANDWICH	179	319	0.0927	TURKEY RICE SOUP
180	0.2274	WHITE CAKE	180	15	10.5608	FRENCH TOAST
181	0.2254	FIGS (CANNED)	181	161	0.2700	APPLE PIE
182	0.2222	BANANA CREAM PIE	182	225	0.1716	BOYSENBERRY PIE
183	0.2190	BANANA CREAM PUDDING	183	169	0.2548	IMITATION LIME BEVERAGE
184	0.2143	SPAGHETTI	184	385	0.0367	PINEAPPLE PIE
185	0.2141	ICED COFFEE	185	249	0.1466	CHOCOLATE CAKE PUDDING
186	0.2139	TOSSED VEGETABLE SALAD	186	413	0.0039	FRIJOLE SALAD

187	39	0.2095	COLD SLAW	187	257	0.1413	DEVIL'S FOOD CAKE
188	99	0.2085	VANILLA CREAM PUDDING	188	315	0.0967	SAUERKRAUT
189	75	0.2056	COCONUT CREAM PUDDING	189	397	0.0194	SWEET POTATOES
190	20	0.2041	BEEF BARLEY SOUP	190	281	0.1201	TURKEY NOODLE SOUP
191	307	0.2028	LIVER	191	56	3.7355	HOT ROLLS AND BUNS
192	90	0.2012	BUTTERSCOTCH SAUCE	192	195	0.1994	8UTTERSCOTCH BROWNIES
193	241	0.2006	SHRIMP, BREADED	193	194	0.1994	PINEAPPLE SAUCE
194	193	0.1994	PINEAPPLE SAUCE	194	387	0.0352	8UTTERNUT COOKIES
195	192	0.1994	BUTTERSCOTCH BROWNIES	195	386	0.0357	MINESTRONE SOUP
196	399	0.1994	PEPPER STEAK	196	367	0.0470	MARBLE CAKE
197	51	0.1978	CREAM OF MUSHROOM SOUP	197	335	0.0806	BANANA CAKE
198	163	0.1977	SPICE CAKE	198	65	1.9836	PEACHES (CANNED)
199	36	0.1977	BREAD PUDDING	199	292	0.1114	PORK ROAST
200	158	0.1944	POTATO CHIPS	200	366	0.0492	VEAL ROAST
201	230	0.1944	RASPBERRY SHORTCAKE	201	212	0.1784	DILL PICKLES
202	294	0.1924	TURKEY (COLD CUTS)	202	12	11.6906	WHITE BREAD
203	312	0.1905	PEACH SHORTCAKE	203	2	21.0275	ORANGE JUICE
204	171	0.1866	CUCUMBER, ONION & PEPPER SALAD	204	174	0.2384	ASPARAGUS
205	50	0.1866	CHERRY CAKE PUDDING	205	168	0.2550	TACOS
206	308	0.1864	LEMON MERINGUE PIE	206	287	0.1144	CELERY STICKS
207	338	0.1838	RAVIOLI	207	165	0.2605	GINGER MOLASSES COOKIES
208	217	0.1836	STRAWBERRY CHIFFON PIE	208	318	0.0932	CHEWY NUT BARS (COOKIES)
209	305	0.1826	BROCCOLI	209	234	0.1598	SHERBET
210	42	0.1801	BEANS W/PORK IN TOMATO SAUCE	210	290	0.1142	SWEET PICKLE RELISH
211	368	0.1798	VINEGAR & OIL SALAD DRESSING	211	68	1.8920	PEARS (CANNED)
212	201	0.1784	DILL PICKLES	212	334	0.0822	INSTANT MASHED POTATOES
213	85	0.1781	SWISS STEAK	213	391	0.0273	FISH STICKS
214	128	0.1777	RAISIN DROP COOKIES	214	180	0.2274	WHITE CAKE
215	404	0.1776	BOSTON BAKED BEANS	215	412	0.0055	BEEF RICE SOUP
216	25	0.1763	PICKLED BEET/ONION SALAD	216	275	0.1261	CDRN CHOWDER
217	26	0.1758	BOLOGNA(COLD CUTS)	217	208	0.1836	STRAWBERRY CHIFFON PIE
218	104	0.1758	TOMATO VEGETABLE W/NOODLE SOUP	218	24	8.8370	ORANGE & PINEAPPLE JUICE
219	146	0.1758	FRUITCAKE	219	113	0.5207	COTTAGE CHEESE
220	56	0.1756	MOLASSES COOKIES	220	363	0.0522	BAKED POTATOES
221	173	0.1750	CHOCOLATE PUDDING	221	76	1.4696	ITALIAN SAUSAGE
222	249	0.1746	CHEF'S SALAD	222	181	0.2254	FIGS (CANNED)
223	66	0.1736	CARROT STICKS	223	270	0.1313	CHILI CON CARNE
224	383	0.1722	MULLIGATAUNY SOUP	224	43	5.3890	BLUEBERRY MUFFINS
225	182	0.1716	BOYSENBERRY PIE	225	250	0.1464	CABBAGE
226	342	0.1708	APPLE STUFFING	226	370	0.0463	LUNCHEON MEAT (COLD CUTS)
227	299	0.1696	HOT TAMALES	227	326	0.0877	COCONUT CREAM PIE
228	293	0.1667	YELLOW CAKE	228	285	0.1152	HOT FUDGE SAUCE
229	372	0.1658	FRENCH FRIED ONION RINGS	229	279	0.1219	PINEAPPLE UPSIDE DOWN CAKE
230	330	0.1652	VEGETABLE SLAW	230	201	0.1944	RASPBERRY SHORTCAKE
231	391	0.1643	BLUE CHEESE SALAD DRESSING	231	401	0.0169	PEANUT BUTTER CAKE
232	28	0.1638	WAX BEANS	232	255	0.1421	PEACH PIE
233	94	0.1630	TURKEY CLUB SANDWICH	233	71	1.6271	FRUIT SALAD (ASSORTED FRUITS)
234	209	0.1598	SHERBET	234	357	0.0582	NDDOLES
235	329	0.1590	CHERRY CRISP	235	52	4.2905	GRAPEFRUIT (CANNED)
236	97	0.1588	COCONUT RAISIN COOKIES	236	321	0.0896	ITALIAN DRESSING
237	322	0.1588	CDRNEED BEEF	237	246	0.1477	SPARERIBS W/SAUERKRAUT
238	303	0.1564	CHOCOLATE COCONUT PUDDING	238	242	0.1515	VEGETABLE SOUP
239	244	0.1547	PEAS (CANNED)	239	339	0.0754	CHOCOLATE CREAM PIE
240	277	0.1528	LETTUCE SALAD	240	384	0.0375	PINEAPPLE CHEESE SALAD
241	37	0.1515	STUFFED CABBAGE	241	193	0.2006	SHRIMP, BREADED
242	238	0.1515	VEGETABLE SOUP	242	81	1.2175	FRENCH BREAD
243	290	0.1515	FRIED RICE	243	48	4.8819	INSTANT COFFEE
244	68	0.1503	SALMON	244	239	0.1547	PEAS (CANNED)
245	410	0.1483	OYSTER STUFFING	245	381	0.0398	EGGPLANT
246	237	0.1477	SPARERIBS W/SAUERKRAUT	246	58	3.1077	HAM
247	309	0.1472	SPINACH	247	147	0.3194	CHOCOLATE DROP COOKIES
248	178	0.1468	CORN(CANNED)	248	329	0.0840	APRICOT PIE
249	185	0.1466	CHOCOLATE CAKE PUDDING	249	222	0.1746	CHEF'S SALAD

250	225	0.1464	CABBAGE	250	411	0.0056	PINEAPPLE CREAM PIE
251	78	0.1444	LETTUCE & TOMATO SALAD	251	63	2.3667	FARINA (CEREAL)
252	395	0.1433	BEEF STROGANOFF	252	278	0.1250	CRISP TOFFEE BARS (COOKIES)
253	416	0.1433	CREAMY FRENCH SALAD DRESSING	253	13	11.1464	TOMATO JUICE
254	62	0.1433	CRANBERRY SAUCE	254	129	0.4160	STRAWBERRY GELATIN
255	232	0.1421	PEACH PIE	255	347	0.0687	TOSSED CUCUMBER & TOMATO SALAD
256	145	0.1413	SHRIMP COCKTAIL	256	354	0.0628	PUMPKIN PIE
257	187	0.1413	DEVIL'S FOOD CAKE	257	416	0.0028	ONION SOUP
258	363	0.1412	STUFFED CELERY W/CHEESE	258	377	0.0420	BRUSSELS SPROUTS
259	275	0.1393	TUNA SALAD	259	324	0.0882	BUTTERSCOTCH PUDDING
260	266	0.1393	SHREDDED BEEF W/BARBECUE SAUCE	260	105	0.7091	FRUIT CUP (APPETIZERS)
261	113	0.1392	YELLOW SQUASH	261	186	0.2139	TOSSED VEGETABLE SALAD
262	19	0.1387	CAESAR SALAD DRESSING	262	328	0.0855	CHEESE SOUP
263	12	0.1369	CREAM OF POTATO SOUP	263	170	0.2493	HAM (COLD CUTS)
264	44	0.1362	CHICKEN CACCIAOTORE	264	45	5.2972	CANTALOUPE
265	283	0.1345	SUKIYAKI	265	337	0.0771	POT ROAST
266	267	0.1339	CHICKEN NOODLE SOUP	266	260	0.1393	SHREDDED BEEF W/BARBECUE SAUCE
267	107	0.1337	BLACKBERRY PIE	267	266	0.1339	CHICKEN NOODLE SOUP
268	328	0.1335	MEATBALL SUBMARINE	268	136	0.3736	GINGERALE
269	81	0.1315	CHOP SUEY	269	141	0.3619	IMITATION CHERRY BEVERAGE
270	223	0.1313	CHILI CON CARNE	270	356	0.0608	BEEF STEW
271	16	0.1298	LAMB ROAST	271	4	20.0301	EGGS TO ORDER
272	115	0.1292	YELLOW CAKE	272	291	0.1120	CABBAGE & SWEET PEPPER SALAD
273	279	0.1291	RIPE BLACK OLIVES	273	39	5.5472	HARD COOKED EGGS
274	352	0.1284	FRIED CHICKEN	274	390	0.0302	CHICKEN CLUB SANDWICH
275	216	0.1261	CORN CHOWDER	275	259	0.1393	TUNA SALAD
276	137	0.1261	VANILLA PUDDING SAUCE	276	62	2.4100	CRANBERRY JUICE
277	298	0.1257	PEAS	277	240	0.1528	LETTUCE SALAD
278	252	0.1250	CRISP TOFFEE BARS (COOKIES)	278	23	9.1500	GRAPEFRUIT JUICE
279	229	0.1219	PINEAPPLE UPSIDE DOWN CAKE	279	273	0.1291	RIPE BLACK OLIVES
280	317	0.1211	MIXED NUTS	280	398	0.0192	BEETS
281	190	0.1201	TURKEY NOODLE SOUP	281	392	0.0221	CUCUMBER & ONION SALAD
282	91	0.1199	TURKEY SLICES W/GRavy	282	349	0.0657	WALDORF SALAD
283	100	0.1186	FRUIT BARS(COOKIES)	283	265	0.1345	SUKIYAKI
284	397	0.1180	STUFFED CELERY W/PEANUT BUTTER	284	403	0.0147	KIDNEY BEAN SALAD
285	228	0.1152	HOT FUDGE SAUCE	285	382	0.0395	BUTTERSCOTCH CREAM PIE
286	356	0.1146	BARBECUED BEEF CUBES	286	60	2.9861	ORANGEADE
287	206	0.1144	CELERY STICKS	287	330	0.0831	COTTAGE CHEESE & FRUIT SALAD
288	412	0.1143	GARLIC FRENCH SALAD DRESSING	288	114	0.5183	LIMEADE
289	110	0.1142	CHOW MEIN	289	79	1.2584	PINEAPPLE (CANNED)
290	210	0.1142	SWEET PICKLE RELISH	290	243	0.1515	FRIED RICE
291	272	0.1120	CABBAGE & SWEET PEPPER SALAD	291	183	0.2190	BANANA CREAM PUDDING
292	199	0.1114	PORK ROAST	292	21	9.4067	GRAPEFRUIT & ORANGE JUICE
293	327	0.1105	PICKLED GREEN BEANS	293	228	0.1667	YELLOW CAKE
294	413	0.1098	FISH CHOWDER	294	202	0.1924	TURKEY (COLD CUTS)
295	365	0.1087	MASHED POTATOES	295	407	0.0090	SUCCOTASH
296	319	0.1042	CUSTARD PUDDING SAUCE	296	103	0.7895	MIXED FRUIT SALAD
297	162	0.1039	BOSTON CREAM PIE	297	361	0.0546	GREEN BEANS (CANNED)
298	367	0.1036	LIVERWURST	298	277	0.1257	PEAS
299	343	0.1036	SCALLOPED TUNA & PEAS	299	227	0.1696	HOT TAMALES
300	134	0.1034	ZUCCHINI SQUASH	300	325	0.0878	BLACKEYE PEAS
301	379	0.1034	RUSSIAN SALAD DRESSING	301	77	1.4274	GRILLED STEAK
302	15	0.1034	MIXED SWEET PICKLES	302	172	0.2452	BLUEBERRY PIE
303	84	0.1034	LEMON COOKIES	303	238	0.1564	CHOCOLATE COCONUT PUDDING
304	82	0.1025	STUFFED GREEN PEPPERS	304	87	1.0924	COLA
305	384	0.1006	LOBSTER NEWBURG	305	209	0.1826	BROCCOLI
306	386	0.1003	CERVELAT (COLD CUTS)	306	327	0.0877	BEEF NOODLE SOUP
307	349	0.0989	THOUSAND ISLAND DRESSING	307	191	0.2028	LIVER
308	63	0.0984	MIXED VEGETABLES	308	206	0.1864	LEMON MERINGUE PIE
309	377	0.0980	BAKED STUFFED PORK SLICES	309	247	0.1472	SPINACH
310	72	0.0975	LASAGNA	310	179	0.2342	CHEESE AND HAM SANDWICH
311	53	0.0972	TURNIP GREENS	311	42	5.4575	BISCUITS
312	375	0.0972	BRANDED VEAL STEAKS	312	203	0.1905	PEACH SHORTCAKE

313	0.0970	SUBMARINE SANDWICH	313	19	10.2073	DOUGHNUTS
314	0.0967	SALAMI (COLD CUTS)	314	336	0.0771	GARDEN COTTAGE CHEESE SALAD
315	0.0967	SAUERKRAUT	315	388	0.0313	RUTABAGAS TURNIP
316	0.0951	BAKED MACARONI & CHEESE	316	372	0.0452	MUSTARD GREENS
317	0.0950	CHILI CON CARNE W/O BEANS	317	280	0.1211	MIXED NUTS
318	0.0932	CHEWY NUT BARS (COOKIES)	318	332	0.0824	SWEET & SOUR PORK
319	0.0927	TURKEY RICE SOUP	319	296	0.1042	CUSTARD PUDDING SAUCE
320	0.0899	MAYONNAISE SALAD DRESSING	320	78	1.3213	IMITATION GRAPE BEVERAGE
321	0.0896	ITALIAN DRESSING	321	64	2.1671	CAKE MUFFINS
322	0.0886	CARROT, RAISIN & CELERY SALAD	322	237	0.1588	CORNED BEEF
323	0.0885	GIBLET STUFFING	323	73	1.6011	PRUNES (CANNED)
324	0.0882	BUTTERSCOTCH PUDDING	324	121	0.4792	OATMEAL COOKIES
325	0.0878	BLACK EYE PEAS	325	44	5.3634	CREAMEO CHIPPED BEEF
326	0.0877	COCONUT CREAM PIE	326	41	5.5179	OATMEAL
327	0.0877	BEEF NOODLE SOUP	327	293	0.1105	PICKLED GREEN BEANS
328	0.0855	CHEESE SOUP	328	268	0.1335	MEATBALL SUBMARINE
329	0.0840	APRICOT PIE	329	235	0.1590	CHERRY CRISP
330	0.0831	COTTAGE CHEESE & FRUIT SALAD	330	230	0.1652	VEGETABLE SLAW
331	0.0824	COOKED ONIONS	331	100	0.8245	GRAPE SODA
332	0.0824	SWEET & SOUR PORK	332	373	0.0451	SEAFOOD PLATTER
333	0.0824	RAISIN STUFFING	333	376	0.0421	CHICKEN
334	0.0822	INSTANT MASHED POTATOES	334	145	0.3315	SOFT SERVE ICE CREAM
335	0.0806	BANANA CAKE	335	109	0.6556	AMERICAN CHEESE
336	0.0771	GARDEN COTTAGE CHEESE SALAD	336	22	9.2514	HOT COCOA
337	0.0771	POT ROAST	337	149	0.3046	CORN BREAD STUFFING
338	0.0758	SAUERBRATEN	338	207	0.1838	RAVIOLI
339	0.0754	CHOCOLATE CREAM PIE	339	352	0.0633	KNICKERBOCKER SOUP
340	0.0752	ROAST BEEF SANDWICH W/GRavy	340	410	0.0075	PEPPER POT SOUP
341	0.0742	CHOCOLATE CHIP BREAD PUDDING	341	3	20.5452	MILK
342	0.0714	GREEN OLIVES	342	226	0.1708	APPLE STUFFING
343	0.0696	CAULIFLOWER	343	299	0.1036	SCALLOPED TUNA & PEAS
344	0.0694	PINEAPPLE CHIFFON PIE	344	323	0.0895	GI8LET STUFFING
345	0.0690	APPLESAUCE CAKE	345	18	10.3525	CHOCOLATE MILK
346	0.0689	CARROTS	346	152	0.2869	BARBECUED SPARERIBS
347	0.0687	TOSSED CUCUMBER & TOMATO SALAD	347	142	0.3501	DATE NUT BREAD
348	0.0672	SPANISH RICE	348	88	1.0674	DEVILED EGGS
349	0.0657	WALDORF SALAD	349	307	0.0989	THOUSAND ISLAND DRESSING
350	0.0655	BEAN SOUP	350	139	0.3689	SALISBURY STEAK
351	0.0635	MINCEMEAT PIE	351	389	0.0308	HUNGARIAN GOULASH
352	0.0633	KNICKERBOCKER SOUP	352	274	0.1284	FRIED CHICKEN
353	0.0630	LEMON PUDDING SAUCE	353	404	0.0138	SARDINES
354	0.0628	PUMPKIN PIE	354	393	0.0221	BAKED TUNA & NOODLES
355	0.0611	SLOPPY JOE	355	405	0.0113	CHICKEN TETRAZZINI
356	0.0608	BEEF STEW	356	286	0.1146	BARBECUED BEEF CUBES
357	0.0582	NOODLES	357	158	0.2720	LOBSTER
358	0.0572	PARSNIPS	358	178	0.2363	FRENCH SALAD DRESSING
359	0.0557	BEEF POT PIE	359	378	0.0416	STEWED TOMATOES
360	0.0552	TOMATO SOUP	360	409	0.0077	RICE PILAFF
361	0.0546	GREEN BEANS (CANNED)	361	414	0.0033	VEAL SCALLOPINI
362	0.0533	CREOLE SOUP	362	138	0.3691	ICE CREAM SUNOAE
363	0.0522	BAKED POTATOES	363	258	0.1412	STUFFED CELERY W/CHEESE
364	0.0499	TURKEY	364	394	0.0203	VEAL PARMESAN
365	0.0495	LIMA BEANS	365	295	0.1087	MASHED POTATOES
366	0.0492	VEAL ROAST	366	380	0.0412	OKRA
367	0.0470	MARBLE CAKE	367	298	0.1036	LIVERWURST
368	0.0464	MEAT LOAF	368	211	0.1798	VINEGAR & OIL SALAD DRESSING
369	0.0463	CARROT SALAD	369	98	0.8338	WESTERN SANDWICH
370	0.0463	LUNCHEON MEAT (COLD CUTS)	370	97	0.8521	ORANGE SODA
371	0.0456	SHRIMP CREOLE	371	400	0.0171	VEALBURGER
372	0.0452	MUSTARD GREENS	372	229	0.1658	FRENCH FRIED ONION RINGS
373	0.0451	SEAFOOD PLATTER	373	131	0.4077	BANANA SPLIT
374	0.0444	CHICKEN A LA KING	374	94	0.9044	FITTERS
375	0.0423	SWEDISH MEAT BALLS	375	312	0.0972	BREADED VEAL STEAKS

376	0.0421	CHICKEN	376	0.0464	MEAT LOAF
377	0.0420	BRUSSELS SPROUTS	377	0.0980	BAKED STUFFED PORK SLICES
378	0.0416	STEWED TOMATOES	378	0.0672	SPANISH RICE
379	0.0414	TURKEY POT PIE	379	0.1034	RUSSIAN SALAD DRESSING
380	0.0412	OKRA	380	9.4530	ENGLISH MUFFINS
381	0.0398	EGGPLANT	381	0.4624	SWISS CHEESE
382	0.0395	BUTTERSCOTCH CREAM PIE	382	8.6493	HASHED BROWN POTATOES
383	0.0389	CHILI MACARONI	383	0.1722	MULLIGATAWNY SOUP
384	0.0375	PINEAPPLE CHEESE SALAD	384	0.1006	LOBSTER NEWBURG
385	0.0367	PINEAPPLE PIE	385	0.0087	SOUR CREAM SALAD DRESSING
386	0.0357	MINESTRONE SOUP	386	0.1003	CERVELAT (COLD CUTS)
387	0.0352	BUTTERNUT COOKIES	387	0.0423	SWEETISH MEAT BALLS
388	0.0313	RUTABAGAS TURNIP	388	0.7262	PIGS IN A BLANKET
389	0.0308	HUNGARIAN GOULASH	389	0.0752	ROAST BEEF SANDWICH W/GRVY
390	0.0302	CHICKEN CLUB SANDWICH	390	4.9081	SWEET ROLLS
391	0.0273	FISH STICKS	391	0.1643	BLUE CHEESE SALAO DRESSING
392	0.0221	CUCUMBER & ONION SALAD	392	1.0218	BAC, LET, TOMATO SANDWICH
393	0.0221	BAKED TUNA & NOODLES	393	0.0824	RAISIN STUFFING
394	0.0203	VEAL PARMESAN	394	0.2382	HOT TURKEY SANDWICH W/GRVY
395	0.0198	LEMON CAKE PUDDING	395	0.1433	BEEF STROGANOFF
396	0.0194	MACARONI SALAD	396	0.3740	SLICED TOMATOES
397	0.0194	SWEET POTATOES	397	0.1180	STUFFED CELERY W/PEANUT BUTTER
398	0.0192	BEETS	398	0.0557	BEEF POT PIE
399	0.0186	EL RANCHO STEW	399	0.1994	PEPPER STEAK
400	0.0171	VEALBURGER	400	0.0155	SAVORY BREAD STUFFING
401	0.0169	PEANUT BUTTER CAKE	401	0.0758	SAUERBRATEN
402	0.0155	SAVORY BREAD STUFFING	402	0.0899	MAYONNAISE SALAD DRESSING
403	0.0147	KIONEY BEAN SALAD	403	0.0333	CREOLE SOUP
404	0.0138	SARDINES	404	0.1776	BOSTON BAKED BEANS
405	0.0113	CHICKEN TETRAZZINI	405	0.0186	EL RANCHO STEW
406	0.0111	FISH SANDWICH	406	0.4286	GRILLED CHEESE SANDWICH
407	0.0090	SUCCOTASH	407	0.0414	TURKEY POT PIE
408	0.0087	SOUR CREAM SALAO DRESSING	408	0.2673	SAUSAGE STUFFING
409	0.0077	RICE PILAFF	409	11.8504	OMELET
410	0.0075	PEPPER POT SOUP	410	0.1483	OYSTER STUFFING
411	0.0056	PINEAPPLE CREAM PIE	411	0.2141	ICED COFFEE
412	0.0055	BEEF RICE SOUP	412	0.1143	GARLIC FRENCH SALAD DRESSING
413	0.0039	FRIJOLE SALAD	413	0.1098	FISH CHOWDER
414	0.0033	VEAL SCALLOPINI	414	0.0111	FISH SANDWICH
415	0.0028	RAISIN PIE	415	16.2755	FRIED EGGS
416	0.0028	ONION SOUP	416	0.1433	CREAMY FRENCH SALAD DRESSING

RANKING: MIDDAY MEALS/MONTH

RANK	FOOD RATING	NAME
1	341	MILK
2	202	WHITE BREAD
3	170	TOSSED GREEN SALAD
4	78	LETTUCE & TOMATO SALAD
5	191	HOT ROLLS AND BUNS
6	304	COLA
7	345	CHOCOLATE MILK
8	164	ICED TEA
9	167	FRESH COFFEE
10	166	ICE CREAM
11	396	SLICED TOMATOES
12	49	BEER
13	365	MASHED POTATOES
14	57	TEA
15	349	THOUSAND ISLAND DRESSING
16	358	FRENCH SALAD DRESSING
17	301	GRILLED STEAK
18	131	FRENCH FRIED POTATOES
19	3	WHOLE WHEAT BREAD
20	277	LETTUCE SALAD
21	8	HAMBURGER
22	102	LEMONADE
23	334	SOFT SERVE ICE CREAM
24	105	CHEESEBURGER
25	236	ITALIAN DRESSING
26	158	POTATO CHIPS
27	368	VINEGAR & OIL SALAD DRESSING
28	40	APPLES(FRESH)
29	48	MILK SHAKE
30	249	CHEF'S SALAD
31	63	MIXED VEGETABLES
32	261	TOSSED VEGETABLE SALAD
33	362	ICE CREAM SUNDAE
34	392	BAG, LET, TOMATO SANDWICH
35	335	AMERICAN CHEESE
36	168	RYE BREAD
37	311	BISCUITS
38	370	ORANGE SOUP
39	18	GREEN BEANS
40	70	CORN ON THE COB
41	206	CELERY STICKS
42	201	DILL PICKLES
43	416	CREAMY FRENCH SALAD DRESSING
44	67	FRUIT PUNCH
45	54	ROAST BEEF
46	233	FRUIT SALAD (ASSORTED FRUITS)
47	255	TOSSED CUCUMBER & TOMATO SALAD
48	178	CORN(CANNEO)
49	130	WATERMELON
50	13	CREAMED STYLE CORN
51	209	SHERBET
52	389	ROAST BEEF SANDWICH W/GRavy
53	39	COLE SLAW
54	406	GRILLED CHEESE SANDWICH
55	66	CARROT STICKS
56	181	APPLE PIE
57	45	RADISHES
58	310	CHEESE AND HAM SANDWICH
59	394	HOT TURKEY SANDWICH W/GRavy
60	87	CHOCOLATE CHIP COOKIES

#4

FOOD RANK	RATING	NAME
1	240	ORANGE JUICE, INSTANT
2	23686	GRAPE JUICE
3	190	WHOLE WHEAT BREAD
4	19	BUTTERSCOTCH SAUCE
5	371	CHOCOLATE CREAM CAKE
6	157	MANHATTAN CLAM CHOWDER
7	245	JELLIED FRUIT SALAD
8	21	HAMBURGER
9	68	STRAWBERRY SHORTCAKE
10	233	BANANAS
11	173	LEMON CHIFFON PIE
12	271	CREAM OF POTATO SOUP
13	50	CREAMED STYLE CORN
14	325	DANISH PASTRY
15	78	MIXED SWEET PICKLES
16	263	LAMB ROAST
17	142	SUGAR COOKIES
18	39	GREEN BEANS
19	91	CAESAR SALAD DRESSING
20	258	BEEF BARLEY SOUP
21	64	HOT CROSS BUNS
22	200	HERMITS(COOKIES)
23	87	ORANGES
24	358	APRICOT CRISP
25	339	PICKLED BEET/ONION SALAD
26	119	BOLOGNA(COLD CUTS)
27	288	POLISH SAUSAGE
28	206	WAX BEANS
29	400	TOAST
30	201	LAMB CHOPS
31	161	PIZZA
32	79	POTATO SALAD
33	317	BANANA SALAD
34	302	SWEET CHERRIES(CANNED)
35	77	PEAS & CARROTS
36	310	BREAD PUDOING
37	303	STUFFED CABBAGE
38	152	SALAMI (COLD CUTS)
39	53	COLE SLAW
40	28	APPLES(FRESH)
41	301	PEA SOUP
42	196	BEANS W/PORK IN TOMATO SAUCE
43	397	PARSNIPS
44	336	CHICKEN CACCIATORE
45	57	RADISHES
46	388	GRAPEFRUIT(FRESH)
47	113	CHERRY PIE
48	29	MILK SHAKE
49	12	BEER
50	292	CHERRY CAKE PUDDING
51	198	CREAM OF MUSHROOM SOUP
52	112	LEMON-LIME SODA
53	229	TURNIP GREENS
54	45	ROAST BEEF
55	409	HOMINY GRITS
56	306	MOLASSES COOKIES
57	14	TEA
58	354	MINCEMEAT PIE
59	262	CHILI MACARONI
60	255	BEAN SOUP

61	61	5.6540	PEARS(FRESH)	61	61	5.6540	PEARS(FRESH)
62	402	5.6208	MAYONNAISE SALAD DRESSING	62	167	3.2094	CRANBERRY SAUCE
63	373	5.5978	BANANA SPLIT	63	31	7.4016	MIXED VEGETABLES
64	21	5.5815	HOT CROSS BUNS	64	337	1.4785	LEMON PUDDING SAUCE
65	263	5.5315	HAM (COLD CUTS)	65	172	3.1196	BAKED MACARONI & CHEESE
66	96	5.4945	PEACHES(FRESH)	66	55	5.8402	CARROT STICKS
67	379	5.4770	RUSSIAN SALAD DRESSING	67	44	6.1896	FRUIT PUNCH
68	9	5.4722	STRAWBERRY SHORTCAKE	68	276	2.0437	SALMON
69	352	5.4563	FRIED CHICKEN	69	236	2.4164	PEACH CRISP
70	242	5.2994	FRENCH BREAD	70	40	6.3684	CORN ON THE COB
71	331	5.2841	GRAPE SODA	71	241	2.3575	FRIED DYSTERS
72	268	5.2802	GINGERALE	72	211	2.6546	LASAGNA
73	116	5.2597	FRUIT COCKTAIL(CANNED)	73	143	3.6611	SLOPPY JOE
74	226	5.1717	LUNCHEON MEAT (COLD CUTS)	74	405	0.5387	BACON
75	372	5.1087	FRENCH FRIED ONION RINGS	75	203	2.7611	COCONUT CREAM PUDDING
76	144	5.0989	GREEN OLIVES	76	90	4.7699	APPLESAUCE
77	35	5.0859	PEAS & CARROTS	77	297	1.9052	APPLESAUCE CAKE
78	15	5.0587	MIXED SWEET PICKLES	78	4	12.5528	LETTUCE & TOMATO SALAD
79	32	5.0410	POTATO SALAD	79	407	0.5028	HOT WHOLE WHEAT CEREAL
80	333	5.0197	CHICKEN	80	256	2.2527	COOKED ONIONS
81	390	4.9638	SWEET ROLLS	81	324	1.6137	CHOP SUEY
82	143	4.9441	SLICED ROAST PORK W/GRavy	82	249	2.2742	STUFFED GREEN PEPPERS
83	140	4.8941	SWEET PICKLES	83	399	0.6648	RAISIN PIE
84	219	4.8898	COTTAGE CHEESE	84	320	1.6480	LEMON COOKIES
85	296	4.8837	MIXED FRUIT SALAD	85	97	4.6603	SWISS STEAK
86	139	4.8023	GRAPES	86	195	2.8227	PLUMS(FRESH)
87	23	4.7908	DRANGES	87	60	5.6546	CHOCOLATE CHIP COOKIES
88	141	4.7741	ORANGES	88	390	0.9088	PORK SAUSAGE PATTIES
89	91	4.7738	TURKEY SLICES W/GRavy	89	147	3.5746	GRAPE LEMONADE
90	76	4.7699	APPLESAUCE	90	394	0.8309	BUTTERSCOTCH SAUCE
91	19	4.7254	CAESAR SALAD DRESSING	91	89	4.7738	TURKEY SLICES W/GRavy
92	350	4.6940	SALISBURY STEAK	92	117	4.2164	HAM
93	198	4.6803	PEACHES (CANNED)	93	215	2.6215	VANILLA WAFERS
94	346	4.6803	BARBECUED SPARE RIBS	94	99	4.6326	TURKEY CLUB SANDWICH
95	298	4.6686	PEAS	95	264	2.1699	CAULIFLOWER
96	267	4.6667	CHICKEN NOODLE SOUP	96	66	5.4945	PEACHES(FRESH)
97	85	4.6603	SWISS STEAK	97	332	1.5153	COCONUT RAISIN COOKIES
98	173	4.6361	CHOCOLATE PUDDING	98	129	3.9696	TANGERINES
99	94	4.6326	TURKEY CLUB SANDWICH	99	199	2.7915	VANILLA CREAM PUDDING
100	294	4.6233	TURKEY (COLD CUTS)	100	323	1.6186	FRUIT BARS(COOKIES)
101	145	4.5761	SHRIMP COCKTAIL	101	132	3.9203	IMITATION ORANGE BEVERAGE
102	265	4.5620	POT ROAST	102	22	8.2452	LEMONADE
103	238	4.5592	VEGETABLE SOUP	103	273	2.0763	CARROT SALAD
104	220	4.5549	BAKED POTATOES	104	146	3.6016	TOMATO VEGETABLE W/NOODLE SOUP
105	297	4.5164	GREEN BEANS (CANNED)	105	24	8.0831	CHEESEBURGER
106	174	4.4834	FRANKFURTERS	106	352	1.3351	GRAPEFRUIT & PINEAPPLE JUICE
107	275	4.4672	TUNA SALAD	107	197	2.8162	BLACKBERRY PIE
108	7	4.4451	JELLIED FRUIT SALAD	108	115	4.2271	BROWNIES
109	246	4.3895	HAM	109	191	2.8571	HONEYDEW MELON
110	244	4.3094	PEAS (CANNED)	110	282	2.0139	CHOW MEIN
111	151	4.3003	CARROTS	111	208	2.7056	GRAPEADE
112	52	4.2822	LEMON-LIME SODA	112	248	2.2807	RAISIN BREAD
113	47	4.2423	CHERRY PIE	113	281	2.0142	YELLOW SQUASH
114	357	4.2418	LOBSTER	114	177	3.0583	MACARONI SALAD
115	108	4.2271	BROWNIES	115	275	2.0534	YELLOW CAKE
116	381	4.2256	SWISS CHEESE	116	73	5.2597	FRUIT COCKTAIL(CANNED)
117	92	4.2164	HAM	117	341	1.4411	EGGNOG
118	274	4.1978	CHICKEN CLUB SANDWICH	118	168	3.2083	PINEAPPLE(CANNED)
119	26	4.1456	BOLOGNA(COLD CUTS)	119	327	1.5817	CARROT, RAISIN & CELERY SALAD
120	160	4.1374	SPAGHETTI	120	309	1.7847	APPLES(CANNED)
121	199	4.1359	PORK ROAST	121	187	2.9307	FISH
122	391	4.0708	BLUE CHEESE SALAD DRESSING	122	294	1.9389	IMITATION LEMON BEVERAGE
123	210	4.0529	SWEET PICKLE RELISH	123	285	1.9973	LIMA BEANS

124	154	4.0526	SUBMARINE SANDWICH	124	373	1.1536	PLUMS(CANNED)
125	127	3.9891	CHOPPED ONIONS	125	414	0.3284	GRIDDLE CAKES
126	211	3.9806	PEARS (CANNED)	126	149	3.5479	CHERRY SODA
127	132	3.9753	RICE	127	125	3.9891	CHOPPED ONIONS
128	279	3.9725	RIPE BLACK OLIVES	128	312	1.7335	RAISIN DROP COOKIES
129	98	3.9696	TANGERINES	129	250	2.2722	CHICKEN A LA KING
130	190	3.9665	TURKEY NOODLE SOUP	130	49	5.9477	WATERMELON
131	302	3.9537	BLUEBERRY PIE	131	18	9.3616	FRENCH FRIED POTATOES
132	101	3.9203	IMITATION ORANGE BEVERAGE	132	127	3.9753	RICE
133	286	3.9139	ORANGEADE	133	175	3.0773	FREEZE DRIED COFFEE
134	241	3.9081	SHRIMP, BREADED	134	335	1.4922	ZUCCHINI SQUASH
135	369	3.8805	WESTERN SANDWICH	135	305	1.8217	GINGERBREAD
136	412	3.8629	GARLIC FRENCH SALAD DRESSING	136	329	1.5644	PINEAPPLE JUICE
137	171	3.8552	CUCUMBER, ONION & PEPPER SALAD	137	331	1.5244	VANILLA PUDDING SAUCE
138	157	3.8449	TURKEY	138	205	2.7181	APPLE CRISP
139	306	3.7753	BEEF NOODLE SOUP	139	86	4.8023	GRAPES
140	260	3.7645	FRUIT CUP (APPETIZERS)	140	83	4.8941	SWEET PICKLES
141	156	3.6934	TOMATO SOUP	141	88	4.7741	ORANGES
142	17	3.6657	SUGAR COOKIES	142	246	2.2997	TOMATOES(CANNED)
143	73	3.6611	SLOPPY JOE	143	82	4.9441	SLICED ROAST PORK W/GRAVY
144	264	3.6583	CANTALOUPE	144	76	5.0989	GREEN OLIVES
145	187	3.6565	DEVIL'S FOOD CAKE	145	101	4.5761	SHRIMP COCKTAIL
146	104	3.6016	TOMATO VEGETABLE W/NOODLE SOUP	146	353	1.3269	FRUITCAKE
147	89	3.5746	GRAPE LEMONADE	147	174	3.1071	SCALLOPED POTATOES
148	328	3.5597	MEATBALL SUBMARINE	148	150	3.5306	CORNBREAD
149	126	3.5479	CHERRY SODA	149	279	2.0248	CORNER BEEF HASH
150	148	3.5306	CORNBREAD	150	365	1.2306	PINEAPPLE CHIFFON PIE
151	332	3.5239	SEAFOOD PLATTER	151	111	4.5003	CARROTS
152	38	3.5221	SALAMI (COLD CUTS)	152	330	1.5608	APRICOTS(CANNED)
153	288	3.4704	LIMEADE	153	389	0.9231	COFFEE CAKE
154	404	3.4617	BOSTON BAKED BEANS	154	124	4.0526	SUBMARINE SANDWICH
155	399	3.4558	PEPPER STEAK	155	378	1.1039	CHOCOLATE CHIP BREAD PUDDING
156	375	3.4528	BREADED VEAL STEAKS	156	141	3.6934	TOMATO SOUP
157	5	3.4349	CHOCOLATE CREAM CAKE	157	138	3.8449	TURKEY
158	270	3.4061	BEEF STEW	158	26	7.8528	POTATO CHIPS
159	177	3.3000	BANANA CREAM PIE	159	223	2.5419	CHILI CON CARNE W/O BEANS
160	287	3.2964	COTTAGE CHEESE & FRUIT SALAD	160	120	4.1374	SPAGHETTI
161	31	3.2873	PIZZA	161	185	2.9420	PEANUT BUTTER COOKIES
162	376	3.2842	MEAT LOAF	162	183	2.9635	BOSTON CREAM PIE
163	308	3.2740	LEMON MERINGUE PIE	163	348	1.3588	SPICE CAKE
164	266	3.2702	SHREDDED BEEF W/BARBECUE SAUCE	164	8	11.9809	ICED TEA
165	309	3.2639	SPINACH	165	343	1.4181	LEMON CAKE PUDDING
166	338	3.2256	RAVIOLI	166	10	11.6356	ICE CREAM
167	62	3.2094	CRANBERRY SAUCE	167	9	11.6384	FRESH COFFEE
168	118	3.2083	PINEAPPLE(CANNED)	168	36	6.7047	RYE BREAD
169	212	3.1863	INSTANT MASHED POTATOES	169	274	2.0567	COCONUT DROP COOKIES
170	317	3.1577	MIXED NUTS	170	3	13.4548	TOSSED GREEN SALAD
171	363	3.1243	STUFFED CELERY W/CHEESE	171	137	3.8552	CUCUMBER, ONION & PEPPER SALAD
172	65	3.1196	BAKED MACARONI & CHEESE	172	392	0.8592	SAUSAGE LINKS
173	11	3.1108	LEMON CHIFFON PIE	173	98	4.6361	CHOCOLATE PUDDING
174	147	3.1071	SCALLOPED POTATOES	174	106	4.4834	FRANKFURTERS
175	133	3.0773	FREEZE DRIED COFFEE	175	261	2.1915	SHRIMP CREOLE
176	348	3.0618	DEVILED EGGS	176	411	0.4254	SCRAMBLED EGGS
177	114	3.0583	MACARONI SALAD	177	159	3.3000	BANANA CREAM PIE
178	239	3.0531	CHOCOLATE CREAM PIE	178	48	5.9889	CORN(CANNED)
179	204	3.0493	ASPARAGUS	179	222	2.5534	TURKEY RICE SOUP
180	407	3.0414	TURKEY POT PIE	180	406	0.5221	FRENCH TOAST
181	203	3.0110	ORANGE JUICE	181	56	5.8209	APPLE PIE
182	213	2.9781	FISH STICKS	182	350	1.3564	BOYSENBERRY PIE
183	162	2.9635	BOSTON CREAM PIE	183	272	2.0986	IMITATION LIME BEVERAGE
184	356	2.9542	BARBECUED BEEF CUBES	184	318	1.6695	PINEAPPLE PIE
185	161	2.9420	PEANUT BUTTER COOKIES	185	300	1.8678	CHOCOLATE CAKE PUDDING
186	320	2.9418	IMITATION GRAPE BEVERAGE	186	366	1.2296	FRIJOLE SALAD

187	121	2.9307	FISH	187	145	3.6565	DEVIL'S FOOD CAKE
188	290	2.8898	FRIED RICE	188	254	2.2569	SAUERKRAUT
189	305	2.8876	BROCCOLI	189	237	2.4000	SWEET POTATOES
190	2	2.8611	GRAPE JUICE	190	130	3.9665	TURKEY NOODLE SOUP
191	109	2.8571	HONEYDEW MELON	191	5	12.4628	HOT ROLLS AND BUNS
192	414	2.8528	FISH SANDWICH	192	367	1.2051	BUTTERSCOTCH BROWNIES
193	200	2.8279	VEAL ROAST	193	370	1.1742	PINEAPPLE SAUCE
194	247	2.8250	CHOCOLATE DROP COOKIES	194	333	1.5132	BUTTERNUT COOKIES
195	86	2.8227	PLUMS(FRESH)	195	295	1.9137	MINESTRONE SOUP
196	42	2.8172	BEANS W/PORK IN TOMATO SAUCE	196	284	2.0083	MARBLE CAKE
197	107	2.8162	BLACKBERRY PIE	197	251	2.2722	BANANA CAKE
198	51	2.8159	CREAM OF MUSHROOM SOUP	198	93	4.6803	PEACHES (CANNED)
199	99	2.7915	VANILLA CREAM PUDDING	199	121	4.1359	PORK ROAST
200	22	2.7757	HERMITS(COOKIES)	200	193	2.8279	VEAL ROAST
201	30	2.7637	LAMB CHOPS	201	42	6.2541	DILL PICKLES
202	256	2.7623	PUMPKIN PIE	202	2	16.3923	WHITE BREAD
203	75	2.7611	COCONUT CREAM PUDDING	203	181	3.0110	ORANGE JUICE
204	243	2.7500	INSTANT COFFEE	204	179	3.0493	ASPARAGUS
205	138	2.7181	APPLE CRISP	205	219	2.5903	TACOS
206	28	2.7175	WAX BEANS	206	41	6.3651	CELERY STICKS
207	254	2.7066	STRAWBERRY GELATIN	207	347	1.3753	GINGER MOLASSES COOKIES
208	111	2.7056	GRAPEADE	208	362	1.2373	CHEWY NUT BARS (COOKIES)
209	225	2.6657	CABBAGE	209	51	5.8705	SHERBET
210	336	2.6592	HOT COCOA	210	123	4.0529	SWEET PICKLE RELISH
211	72	2.6546	LASAGNA	211	126	3.9806	PEARS (CANNED)
212	269	2.6436	IMITATION CHERRY BEVERAGE	212	169	3.1863	INSTANT MASHED POTATOES
213	330	2.6435	VEGETABLE SLAW	213	182	2.9781	FISH STICKS
214	398	2.6323	BEEF POT PIE	214	266	2.1534	WHITE CAKE
215	93	2.6215	VANILLA WAFERS	215	270	2.1188	BEEF RICE SOUP
216	234	2.6066	NOODLES	216	321	1.6452	CORN CHOWDER
217	382	2.6055	HASHED BROWN POTATOES	217	286	1.9943	STRAWBERRY CHIFFON PIE
218	314	2.6000	GARDEN COTTAGE CHEESE SALAD	218	290	1.9669	ORANGE & PINEAPPLE JUICE
219	205	2.5903	TACOS	219	84	4.8898	COTTAGE CHEESE
220	395	2.5845	BEEF STROGANOFF	220	104	4.5549	BAKED POTATOES
221	221	2.5565	ITALIAN SAUSAGE	221	221	2.5565	ITALIAN SAUSAGE
222	179	2.5534	TURKEY RICE SOUP	222	408	0.4884	FIGS (CANNED)
223	159	2.5419	CHILI CON CARNE W/O BEANS	223	227	2.5112	CHILI CON CARNE
224	227	2.5288	COCONUT CREAM PIE	224	304	1.8411	BLUEBERRY MUFFINS
225	384	2.5260	LOBSTER NEWBURG	225	209	2.6657	CABBAGE
226	229	2.5180	PINEAPPLE UPSIDE DOWN CAKE	226	74	5.1717	LUNCHEON MEAT (COLD CUTS)
227	223	2.5112	CHILI CON CARNE	227	224	2.5288	COCONUT CREAM PIE
228	291	2.5014	BANANA CREAM PUDDING	228	239	2.3848	HOT FUDGE SAUCE
229	53	2.4806	TURNIP GREENS	229	226	2.5180	PINEAPPLE UPSIDE DOWN CAKE
230	281	2.4751	CUCUMBER & ONION SALAD	230	322	1.6423	RASPBERRY SHORTCAKE
231	289	2.4607	PINEAPPLE (CANNED)	231	379	1.1017	PEANUT BUTTER CAKE
232	293	2.4333	YELLOW CAKE	232	253	2.2623	PEACH PIE
233	10	2.4329	BANANAS	233	46	6.1188	FRUIT SALAD (ASSORTED FRUITS)
234	324	2.4266	OATMEAL COOKIES	234	216	2.6066	NOODLES
235	378	2.4258	SPANISH RICE	235	393	0.8492	GRAPEFRUIT (CANNED)
236	69	2.4164	PEACH CRISP	236	25	8.0616	ITALIAN DRESSING
237	189	2.4000	SWEET POTATOES	237	238	2.3949	SPARERIBS W/SAUERKRAUT
238	237	2.3949	SPARERIBS W/SAUERKRAUT	238	103	4.5592	VEGETABLE SOUP
239	228	2.3848	HOT FUDGE SAUCE	239	178	3.0531	CHOCOLATE CREAM PIE
240	1	2.3686	ORANGE JUICE, INSTANT	240	368	1.2017	PINEAPPLE CHEESE SALAD
241	71	2.3575	FRIED OYSTERS	241	134	3.9081	SHRIMP, BREADED
242	377	2.3372	BAKED STUFFED PORK SLICES	242	70	5.2994	FRENCH BREAD
243	364	2.3314	VEAL PARMESAN	243	204	2.7500	INSTANT COFFEE
244	312	2.3193	PEACH SHORTCAKE	244	110	4.3094	PEAS (CANNED)
245	6	2.3150	MANHATTAN CLAM CHOWDER	245	349	1.3580	EGGPLANT
246	142	2.2997	TOMATOES(CANNED)	246	109	4.3895	HAM
247	387	2.2845	SWEDISH MEAT BALLS	247	194	2.8250	CHOCOLATE DROP COOKIES
248	112	2.2807	RAISIN BREAD	248	342	1.4314	APRICOT PIE
249	82	2.2742	STUFFED GREEN PEPPERS	249	30	7.4113	CHEF'S SALAD

250	129	2.2722	CHICKEN A LA KING	250	356	1.2925	PINEAPPLE CREAM PIE
251	197	2.2722	BANANA CAKE	251	415	0.1364	FARINA (CEREAL)
252	385	2.2696	SOUR CREAM SALAD DRESSING	252	381	1.0785	CRISP TOFFEE BARS (COOKIES)
253	332	2.2623	PEACH PIE	253	269	2.1215	TOMATO JUICE
254	188	2.2569	SAUERKRAUT	254	207	2.7066	STRAWBERRY GELATIN
255	60	2.2536	BEAN SOUP	255	47	6.0137	TOSSED CUCUMBER & TOMATO SALAD
256	80	2.2527	COOKED ONIONS	256	202	2.7623	PUMPKIN PIE
257	411	2.2366	ICED COFFEE	257	340	1.4432	UNION SOUP
258	20	2.2362	BEEF BARLEY SOUP	258	308	1.8095	BRUSSELS SPROUTS
259	318	2.2188	SWEET & SOUR PORK	259	307	1.8099	BUTTERSCOTCH PUDDING
260	329	2.1936	CHERRY CRISP	260	140	3.7643	FRUIT CUP (APPETIZERS)
261	175	2.1915	SHRIMP CREOLE	261	32	7.2778	TOSSED VEGETABLE SALAD
262	59	2.1889	CHILI MACARONI	262	412	0.3481	CHEESE SOUP
263	16	2.1768	LAMB ROAST	263	65	5.5315	HAM (COLD CUTS)
264	95	2.1699	CAULIFLOWER	264	144	3.6583	CANTALOUPE
265	300	2.1586	BLACKEYE PEAS	265	102	4.5620	POT ROAST
266	214	2.1534	WHITE CAKE	266	164	3.2702	SHREDDED BEEF W/8ARBECUE SAUCE
267	386	2.1438	CERVELAT (COLD CUTS)	267	96	4.6667	CHICKEN NOODLE SOUP
268	280	2.1236	BEETS	268	72	5.2802	GINGERALE
269	253	2.1215	TOMATO JUICE	269	212	2.6436	IMITATION CHERRY BEVERAGE
270	215	2.1188	BEEF RICE SOUP	270	158	3.4061	BEEF STEW
271	12	2.1145	CREAM OF POTATO SOUP	271	403	0.6192	EGGS TO ORDER
272	183	2.0986	IMITATION LIME BEVERAGE	272	357	1.2857	CABBAGE & SWEET PEPPER SALAD
273	103	2.0763	CARROT SALAD	273	328	1.5694	HARD COOKED EGGS
274	169	2.0567	COCONUT DROP COOKIES	274	118	4.1978	CHICKEN CLUB SANDWICH
275	115	2.0534	YELLOW CAKE	275	107	4.4672	TUNA SALAD
276	68	2.0437	SALMON	276	382	1.0748	CRANBERRY JUICE
277	337	2.0402	CORN BREAD STUFFING	277	20	9.0167	LETTUCE SALAD
278	371	2.0370	VEALBURGER	278	386	1.0111	GRAPEFRUIT JUICE
279	149	2.0248	CORNERED BEEF HASH	279	128	3.9725	RIPE BLACK OLIVES
280	359	2.0194	STEWED TOMATOES	280	268	2.1236	BEETS
281	113	2.0142	YELLOW SQUASH	281	230	2.4751	CUCUMBER & ONION SALAD
282	110	2.0139	CHOW MEIN	282	287	1.9943	WALDORF SALAD
283	366	2.0137	OKRA	283	391	0.8966	SUKIYAKI
284	156	2.0083	MARBLE CAKE	284	404	0.5588	KIDNEY BEAN SALAD
285	123	1.9973	LIMA BEANS	285	338	1.4746	BUTTERSCOTCH CREAM PIE
286	217	1.9943	STRAWBERRY CHIFFON PIE	286	133	3.9139	ORANGEADE
287	282	1.9943	WALDORF SALAD	287	160	3.2964	COTTAGE CHEESE & FRUIT SALAD
288	27	1.9748	POLISH SAUSAGE	288	153	3.4704	LIMEADE
289	322	1.9721	CORNEO BEEF	289	231	2.4607	PINEAPPLE (CANNED)
290	218	1.9669	ORANGE & PINEAPPLE JUICE	290	188	2.8898	FRIED RICE
291	344	1.9646	GIBLET STUFFING	291	228	2.5014	BANANA CREAM PUDDING
292	50	1.9534	CHERRY CAKE PUDDING	292	344	1.4067	GRAPEFRUIT & ORANGE JUICE
293	299	1.9494	HOT TAMALES	293	232	2.4333	YELLOW CAKE
294	122	1.9389	IMITATION LEMON BEVERAGE	294	100	4.6233	TURKEY (COLD CUTS)
295	195	1.9137	MINESTRONE SOUP	295	311	1.7470	SUCCOTASH
296	367	1.9076	LIVERWURST	296	85	4.8837	MIXED FRUIT SALAD
297	77	1.9052	APPLESAUCE CAKE	297	105	4.5164	GREEN BEANS (CANNED)
298	307	1.8944	LIVER	298	95	4.6686	PEAS
299	388	1.8708	PIGS IN A BLANKET	299	293	1.9494	HOT TAMALES
300	185	1.8678	CHOCOLATE CAKE PUDDING	300	265	2.1586	BLACKEYE PEAS
301	41	1.8670	PEA SOUP	301	17	9.6356	GRILLED STEAK
302	34	1.8635	SWEET CHERRIES (CANNED)	302	131	3.9537	BLUEBERRY PIE
303	37	1.8567	STUFFED CABBAGE	303	313	1.7235	CHOCOLATE COCONUT PUDDING
304	224	1.8411	BLUEBERRY MUFFINS	304	6	12.4314	COLA
305	135	1.8217	GINGERBREAD	305	189	2.8876	BRIOCCOLI
306	56	1.8130	MOLASSES COOKIES	306	139	3.7753	BEEF NOODLE SOUP
307	259	1.8099	BUTTERSCOTCH PUDDING	307	298	1.8944	LIVER
308	258	1.8095	BRUSSELS SPROUTS	308	163	3.2740	LEMON MERINGUE PIE
309	120	1.7847	APPLES (CANNED)	309	165	3.2639	SPINACH
310	36	1.7507	BREAD PUDDING	310	58	5.7135	CHEESE AND HAM SANDWICH
311	295	1.7470	SUCCOTASH	311	37	6.6055	BISCUITS
312	128	1.7335	RAISIN DROP COOKIES	312	244	2.3193	PEACH SHORTCAKE

313	1.7235	CHOCOLATE COCONUT PUDDING	313	1.2493	DOUGHNUTS
314	1.7046	HUNGARIAN GOULASH	314	2.6000	GARDEN COTTAGE CHEESE SALAD
315	1.7022	STUFFED CELERY W/PEANUT BUTTER	315	0.9718	RUTABAGAS TURNIP
316	1.6914	EL RANCHO STEW	316	1.6536	MUSTARD GREENS
317	1.6882	BANANA SALAD	317	3.1577	MIXED NUTS
318	1.6695	PINEAPPLE PIE	318	2.2188	SWEET & SOUR PORK
319	1.6536	MUSTARD GREENS	319	1.3070	CUSTARD PUDDING SAUCE
320	1.6480	LEMON COOKIES	320	2.9418	IMITATION GRAPE BEVERAGE
321	1.6452	CORN CHOWDER	321	1.1873	CAKE MUFFINS
322	1.6423	RASPBERRY SHORTCAKE	322	1.9721	CORNED BEEF
323	1.6186	FRUIT BARS(COOKIES)	323	0.6454	PRUNES (CANNED)
324	1.6137	CHOP SUEY	324	2.4266	OATMEAL COOKIES
325	1.6000	DANISH PASTRY	325	1.1183	CREAMED CHIPPED BEEF
326	1.5910	DATE NUT BREAD	326	0.1212	OATMEAL
327	1.5817	CARROT, RAISIN & CELERY SALAD	327	1.0482	PICKLED GREEN BEANS
328	1.5694	HARD COOKED EGGS	328	3.5597	MEATBALL SUBMARINE
329	1.5644	PINEAPPLE JUICE	329	2.1936	CHERRY CRISP
330	1.5608	APRICOTS(CANNED)	330	2.6435	VEGETABLE SLAW
331	1.5244	VANILLA PUDDING SAUCE	331	5.2841	GRAPE SODA
332	1.5153	COCONUT RAISIN COOKIES	332	3.5239	SEAFOOD PLATTER
333	1.5132	BUTTERNUT COOKIES	333	5.0197	CHICKEN
334	1.5083	BAKED TUNA & NOODLES	334	8.1727	SOFT SERVE ICE CREAM
335	1.4922	ZUCCHINI SQUASH	335	6.7410	AMERICAN CHEESE
336	1.4841	CHICKEN CACCIAOTORE	336	2.6592	HOT COCOA
337	1.4785	LEMON PUDDING SAUCE	337	2.0402	CORN BREAD STUFFING
338	1.4746	BUTTERSCOTCH CREAM PIE	338	3.2256	RAVIOLI
339	1.4480	PICKLED BEET/ONION SALAD	339	1.0886	KNICKERBOCKER SOUP
340	1.4432	ONION SOUP	340	0.7678	PEPPER POT SOUP
341	1.4411	EGGNOG	341	20.2000	MILK
342	1.4314	APRICOT PIE	342	1.3944	APPLE STUFFING
343	1.4181	LEMON CAKE PUDDING	343	1.0385	SCALLOPED TUNA & PEAS
344	1.4067	GRAPEFRUIT & ORANGE JUICE	344	1.9646	GIBLET STUFFING
345	1.4046	FISH CHOWDER	345	12.3087	CHOCOLATE MILK
346	1.3944	APPLE STUFFING	346	4.6803	BARBECUED SPARERIBS
347	1.3753	GINGER MOLASSES COOKIES	347	1.5910	DATE NUT BREAD
348	1.3588	SPICE CAKE	348	3.0618	DEVILED EGGS
349	1.3580	EGGPLANT	349	9.7143	THOUSAND ISLAND DRESSING
350	1.3564	BOYSENBERRY PIE	350	4.6940	SALISBURY STEAK
351	1.3361	SARDINES	351	1.7046	HUNGARIAN GOULASH
352	1.3351	GRAPEFRUIT & PINEAPPLE JUICE	352	5.4563	FRIED CHICKEN
353	1.3269	FRUITCAKE	353	1.3361	SARDINES
354	1.3149	MINCEMEAT PIE	354	1.5083	BAKED TUNA & NOODLES
355	1.3070	CUSTARD PUDDING SAUCE	355	1.0338	CHICKEN TETRAZZINI
356	1.2925	PINEAPPLE CREAM PIE	356	2.9542	BARBECUED BEEF CUBES
357	1.2857	CARIBBEAN & SWEET PEPPER SALAD	357	4.2418	LOBSTER
358	1.2817	APRICOT CRISP	358	9.6841	FRENCH SALAD DRESSING
359	1.2703	OYSTER STUFFING	359	2.0194	STEWED TOMATOES
360	1.2493	DOUGHNUTS	360	1.1418	RICE PILAFF
361	1.2376	ENGLISH MUFFINS	361	1.1574	VEAL SCALLOPINI
362	1.2373	CHEWY NUT BARS (COOKIES)	362	7.0661	ICE CREAM SUNDAY
363	1.2355	FITTERS	363	3.1243	STUFFED CELERY W/CHEESE
364	1.2312	SAUSAGE STUFFING	364	2.3314	VEAL PARMESAN
365	1.2306	PINEAPPLE CHIFFON PIE	365	10.1549	WASHED POTATOES
366	1.2296	FRIJOLE SALAD	366	2.0137	OKRA
367	1.2051	BUTTERSCOTCH BROWNIES	367	1.9076	LIVERWURST
368	1.2017	PINEAPPLE CHEESE SALAD	368	7.7602	VINEGAR & OIL SALAD DRESSING
369	1.1873	CAKE MUFFINS	369	3.8805	WESTERN SANDWICH
370	1.1742	PINEAPPLE SAUCE	370	6.5726	ORANGE SODA
371	1.1686	BUTTERSCOTCH SAUCE	371	2.0370	VEAL BURGER
372	1.1574	VEAL SCALLOPINI	372	5.1087	FRENCH FRIED ONION RINGS
373	1.1536	PLUMS(CANNED)	373	5.5978	BANANA SPLIT
374	1.1517	SAVORY BREAD STUFFING	374	1.2355	FITTERS
375	1.1418	RICE PILAFF	375	3.4528	BREADED VEAL STEAKS

376	325	1.1183	CREAMED CHIPPED BEEF	376	162	3.2842	MEAT LOAF
377	403	1.1133	CREOLE SOUP	377	242	2.3372	BAKED STUFFED PORK SLICES
378	155	1.1039	CHOCOLATE CHIP BREAD PUDDING	378	235	2.4258	SPANISH RICE
379	231	1.1017	PEANUT BUTTER CAKE	379	67	5.4770	RUSSIAN SALAD DRESSING
380	339	1.0886	KNICKERBOCKER SOUP	380	361	1.2376	ENGLISH MUFFINS
381	252	1.0785	CRISP TOFFEE BARS (COOKIES)	381	116	4.2256	SWISS CHEESE
382	276	1.0748	CRANBERRY JUICE	382	217	2.6055	HASHED BROWN POTATOES
383	327	1.0482	PICKLED GREEN BEANS	383	398	0.7273	MULLIGATAWNY SOUP
384	343	1.0385	SCALLOPED TUNA & PEAS	384	225	2.5260	LOBSTER NEWBURG
385	355	1.0338	CHICKEN TETRAZZINI	385	252	2.2696	SOUR CREAM SALAD DRESSING
386	278	1.0111	GRAPEFRUIT JUICE	386	267	2.1438	CERVELAT (COLD CUTS)
387	315	0.9718	RUTABAGAS TURNIP	387	247	2.2845	SWEDISH MEAT BALLS
388	46	0.9554	GRAPEFRUIT(FRESH)	388	299	1.8708	PIGS IN A BLANKET
389	153	0.9231	COFFEE CAKE	389	52	5.8663	ROAST BEEF SANDWICH W/GRVY
390	88	0.9088	PORK SAUSAGE Patties	390	81	4.9638	SWEET ROLLS
391	283	0.8966	SUKIYAKI	391	122	4.0708	BLUE CHEESE SALAD DRESSING
392	172	0.8592	SAUSAGE LINKS	392	34	6.7956	8AC, LET, TOMATO SANDWICH
393	235	0.8492	GRAPEFRUIT (CANNED)	393	402	0.6294	RAISIN STUFFING
394	90	0.8309	BUTTERSCOTCH SAUCE	394	59	5.6620	HOT TURKEY SANDWICH W/GRVY
395	401	0.8014	SAUERBRATEN	395	220	2.5845	BEEF STROGANOFF
396	340	0.7678	PEPPER POT SOUP	396	11	11.2355	SLICED TOMATOES
397	43	0.7289	PARSNIPS	397	315	1.7022	STUFFED CELERY W/PEANUT BUTTER
398	383	0.7273	MULLIGATAWNY SOUP	398	214	2.6323	BEEF POT PIE
399	83	0.6648	RAISIN PIE	399	155	3.4558	PEPPER STEAK
400	29	0.6495	TOAST	400	374	1.1517	SAVORY BREAD STUFFING
401	323	0.6454	PRUNES (CANNED)	401	395	0.8014	SAUERBRATEN
402	393	0.6294	RAISIN STUFFING	402	62	5.6208	MAYONNAISE SALAD DRESSING
403	271	0.6192	EGGS TO ORDER	403	377	1.1133	CREOLE SOUP
404	284	0.5588	KIDNEY BEAN SALAD	404	154	3.4617	BOSTON BAKED BEANS
405	74	0.5387	BACON	405	316	1.6914	EL RANCHO STEW
406	180	0.5221	FRENCH TOAST	406	54	5.8407	GRILLED CHEESE SANDWICH
407	79	0.5028	HOT WHOLE WHEAT CEREAL	407	180	3.0414	TURKEY POT PIE
408	222	0.4884	FIGS (CANNED)	408	364	1.2312	SAUSAGE STUFFING
409	55	0.4752	HOMINY GRITS	409	413	0.3324	DMELET
410	415	0.4518	FRIED EGGS	410	359	1.2703	OYSTER STUFFING
411	176	0.4254	SCRAMBLED EGGS	411	257	2.2366	ICED COFFEE
412	262	0.3481	CHEESE SOUP	412	136	3.8629	GARLIC FRENCH SALAD DRESSING
413	409	0.3324	OMELET	413	345	1.4046	FISH CHOWDER
414	125	0.3284	GRIDDLE CAKES	414	192	2.8528	FISH SANDWICH
415	251	0.1364	FARINA (CEREAL)	415	410	0.4518	FRIED EGGS
416	326	0.1212	OATMEAL	416	43	6.1994	CREAMY FRENCH SALAD DRESSING

RANK	FOOD	RATING	NAME	FOOD	RANK	RATING	NAME
1	341	19.9753	MILK	1	306	1.4526	ORANGE JUICE, INSTANT
2	202	16.2210	WHITE BREAD	2	302	1.4917	GRAPE JUICE
3	170	14.4247	TOSSED GREEN SALAD	3	19	8.3747	WHOLE WHEAT BREAD
4	191	13.6887	HOT ROLLS AND BUNS	4	329	1.1834	BUTTERSCOTCH SAUCE
5	78	13.4750	LETTUCE & TOMATO SALAD	5	105	3.7285	CHOCOLATE CREAM CAKE
6	49	12.7459	BEER	6	284	1.6127	MANHATTAN CLAM CHOWDER
7	167	12.1068	FRESH COFFEE	7	97	3.9380	JELLIED FRUIT SALAD
8	166	11.2630	ICE CREAM	8	58	5.0306	HAMBURGER
9	345	11.0738	CHOCOLATE MILK	9	30	6.6556	STRAWBERRY SHORTCAKE
10	365	10.9022	MASHED POTATOES	10	247	1.8849	BANANAS
11	304	10.8543	COLA	11	122	3.3518	LEMON CHIFFON PIE
12	164	10.6585	ICED TEA	12	281	1.6425	CREAM OF POTATO SOUP
13	57	10.3052	TEA	13	38	6.0222	CREAMED STYLE CORN
14	301	10.1370	GRILLED STEAK	14	301	1.4944	DANISH PASTRY
15	396	9.9086	SLICED TOMATOES	15	90	4.1425	MIXED SWEET PICKLES
16	349	9.4918	THOUSAND ISLAND DRESSING	16	175	2.5691	LAMB ROAST
17	358	9.3956	FRENCH SALAD DRESSING	17	141	2.9889	SUGAR COOKIES
18	277	9.2722	LETTUCE SALAD	18	25	7.2110	GREEN BEANS
19	3	8.3747	WHOLE WHEAT BREAD	19	46	5.4827	CAESAR SALAD DRESSING
20	368	7.9973	VINEGAR & OIL SALAD DRESSING	20	269	1.7405	BEEF BARLEY SOUP
21	236	7.8571	ITALIAN DRESSING	21	36	6.1067	HOT CROSS BUNS
22	261	7.6083	TOSSED VEGETABLE SALAD	22	216	2.1121	HERMITS(COOKIES)
23	334	7.4123	SOFT SERVE ICE CREAM	23	117	3.4864	ORANGES
24	63	7.4071	MIXED VEGETABLES	24	355	1.0402	APRICOT CRISP
25	18	7.2110	GREEN BEANS	25	295	1.5318	PICKLED BEET/ONION SALAD
26	70	7.1440	CORN ON THE COB	26	292	1.5522	BOLOGNA(COLD CUTS)
27	54	6.7609	ROAST BEEF	27	279	1.6471	POLISH SAUSAGE
28	131	6.7151	FRENCH FRIED POTATOES	28	144	2.9689	WAX BEANS
29	249	6.6563	CHEF'S SALAD	29	399	0.5489	TOAST
30	9	6.6556	STRAWBERRY SHORTCAKE	30	145	2.9615	LAMB CHOPS
31	40	6.6364	APPLES(FRESH)	31	126	3.2873	PIZZA
32	178	6.5762	CORN(CANNED)	32	96	3.9672	POTATO SALAD
33	168	6.5014	RYE BREAD	33	318	1.2941	BANANA SALAD
34	311	6.4959	BISCUITS	34	256	1.8217	SWEET CHERRIES(CANNED)
35	362	6.3774	ICE CREAM SUNDAE	35	59	5.0028	PEAS & CARROTS
36	21	6.1067	HOT CROSS BUNS	36	280	1.6447	BREAD PUDDING
37	416	6.0871	CREAMY FRENCH SALAD DRESSING	37	212	2.1763	STUFFED CABBAGE
38	13	6.0222	CREAMED STYLE CORN	38	304	1.4724	SALAMI (COLD CUTS)
39	181	5.9284	APPLE PIE	39	42	5.7011	COLE SLAW
40	220	5.8819	BAKED POTATOES	40	31	6.6364	APPLES(FRESH)
41	209	5.7769	SHERBET	41	298	1.5014	PEA SOUP
42	39	5.7011	COLE SLAW	42	234	1.9557	BEANS W/PORK IN TOMATO SAUCE
43	102	5.5668	LEMONADE	43	377	0.8765	PARSNIPS
44	379	5.5431	RUSSIAN SALAD DRESSING	44	238	1.9304	CHICKEN CACCIA TONORE
45	242	5.5028	FRENCH BREAD	45	64	4.8500	RADISHES
46	19	5.4827	CAESAR SALAD DRESSING	46	383	0.8078	GRAPEFRUIT(FRESH)
47	255	5.4258	TOSSED CUCUMBER & TOMATO SALAD	47	84	4.2980	CHERRY PIE
48	206	5.3678	CELERY STICKS	48	53	5.1906	MILK SHAKE
49	370	5.2931	ORANGE SODA	49	6	12.7459	BEER
50	145	5.2799	SHRIMP COCKTAIL	50	271	1.7318	CHERRY CAKE PUDDING
51	201	5.2486	DILL PICKLES	51	239	1.9231	CREAM OF MUSHROOM SOUP
52	66	5.2231	CARROT STICKS	52	112	3.5808	LEMON-LIME SODA
53	48	5.1906	MILK SHAKE	53	187	2.4250	TURNIP GREENS
54	352	5.1339	FRIED CHICKEN	54	27	6.7609	ROAST BEEF
55	233	5.0912	FRUIT SALAD (ASSORTED FRUITS)	55	402	0.4548	HOMINY GRITS
56	116	5.0635	FRUIT COCKTAIL(CANNED)	56	337	1.1416	MOLASSES COOKIES
57	333	5.0534	CHICKEN	57	13	10.3052	TEA
58	8	5.0306	HAMBURGER	58	300	1.4945	MINCEMEAT PIE
59	35	5.0028	PEAS & CARROTS	59	343	1.1167	CHILI MACARONI
60	144	4.9919	GREEN OLIVES	60	327	1.2080	BEAN SOUP

61	373	4.9862	BANANA SPLIT	61	63	4.8638	PEARS(FRESH)
62	67	4.9451	FRUIT PUNCH	62	125	2.2893	CRANBERRY SAUCE
63	61	4.8638	PEARS(FRESH)	63	24	7.4071	MIXED VEGETABLES
64	45	4.8500	RADISHES	64	325	1.2178	LEMON PUDDING SAUCE
65	85	4.8493	SWISS STEAK	65	139	3.0272	BAKED MACARONI & CHEESE
66	265	4.8375	POT ROAST	66	52	5.2231	CARROT STICKS
67	402	4.8202	MAYONNAISE SALAD DRESSING	67	62	4.9451	FRUIT PUNCH
68	298	4.7743	PEAS	68	245	1.9071	SALMON
69	130	4.7713	WATERMELON	69	270	1.7390	PEACH CRISP
70	160	4.7637	SPAGHETTI	70	26	7.1440	CORN ON THE COB
71	357	4.7198	LOBSTER	71	202	2.2542	FRIED OYSTERS
72	335	4.7080	AMERICAN CHEESE	72	157	2.8329	LASAGNA
73	157	4.6704	TURKEY	73	225	2.0500	SLOPPY JOE
74	96	4.5934	PEACHES(FRESH)	74	401	0.4917	BACON
75	268	4.5907	GINGERALE	75	206	2.2361	COCONUT CREAM PUDDING
76	76	4.5726	APPLESAUCE	76	76	4.5726	APPLESAUCE
77	244	4.5193	PEAS (CANNED)	77	240	1.9224	APPLESAUCE CAKE
78	346	4.5027	BARBECUED SPARERIBS	78	5	13.4750	LETTUCE & TOMATO SALAD
79	390	4.4206	SWEET ROLLS	79	411	0.3583	HOT WHOLE WHEAT CEREAL
80	391	4.4051	BLUE CHEESE SALAD DRESSING	80	176	2.5687	COOKED ONIONS
81	246	4.3702	HAM	81	278	1.6521	CHOP SUEY
82	143	4.3575	SLICED ROAST PORK W/GRAVY	82	218	2.1025	STUFFED GREEN PEPPERS
83	372	4.3071	FRENCH FRIED ONION RINGS	83	400	0.5057	RAISIN PIE
84	47	4.2980	CHERRY PIE	84	331	1.1788	LEMON COOKIES
85	350	4.2814	SALISBURY STEAK	85	65	4.8493	SWISS STEAK
86	158	4.2778	POTATO CHIPS	86	198	2.3047	PLUMS(FRESH)
87	297	4.2377	GREEN BEANS (CANNED)	87	99	3.8524	CHOCOLATE CHIP COOKIES
88	92	4.2329	HAM	88	385	0.7983	PORK SAUSAGE PATTIES
89	132	4.2033	RICE	89	203	2.2459	GRAPE LEMONADE
90	15	4.1425	MIXED SWEET PICKLES	90	376	0.8805	BUTTERSCOTCH SAUCE
91	331	4.1421	GRAPE SODA	91	92	4.1417	TURKEY SLICES W/GRAVY
92	91	4.1417	TURKEY SLICES W/GRAVY	92	88	4.2329	HAM
93	199	4.1332	PORK ROAST	93	267	1.7514	VANILLA WAFERS
94	389	4.0418	ROAST BEEF SANDWICH W/GRAVY	94	185	2.4337	TURKEY CLUB SANDWICH
95	141	4.0275	ORANGES	95	197	2.3064	CAULIFLOWER
96	32	3.9672	POTATO SALAD	96	74	4.5934	PEACHES(FRESH)
97	7	3.9380	JELLIED FRUIT SALAD	97	374	0.8858	COCONUT RAISIN COOKIES
98	219	3.9366	COTTAGE CHEESE	98	149	2.9309	TANGERINES
99	87	3.8524	CHOCOLATE CHIP COOKIES	99	220	2.0761	VANILLA CREAM PUDDING
100	296	3.8366	MIXED FRUIT SALAD	100	378	0.8729	FRUIT BARS(COOKIES)
101	198	3.8333	PEACHES (CANNED)	101	140	2.9973	IMITATION ORANGE BEVERAGE
102	241	3.8329	SHRIMP, BREADED	102	43	5.5668	LEMONADE
103	173	3.7750	CHOCOLATE PUDDING	103	303	1.4905	CARROT SALAD
104	140	3.7660	SWEET PICKLES	104	233	1.9670	TOMATO VEGETABLE W/NOODLE SOUP
105	5	3.7285	CHOCOLATE CREAM CAKE	105	108	3.6787	CHEESEBURGER
106	171	3.7214	CUCUMBER, ONION & PEPPER SALAD	106	366	0.9373	GRAPEFRUIT & PINEAPPLE JUICE
107	412	3.7057	GARLIC FRENCH SALAD DRESSING	107	180	2.5181	BLACKBERRY PIE
108	105	3.6787	CHEESEBURGER	108	113	3.5485	BROWNIES
109	332	3.6535	SEAFOOD PLATTER	109	183	2.4398	HONEYDEW MELON
110	151	3.6474	CARROTS	110	344	1.1086	CHOW MEIN
111	148	3.6389	CORNBEAN	111	285	1.6111	GRAPEADE
112	52	3.5808	LEMON-LIME SODA	112	274	1.6621	RAISIN BREAD
113	108	3.5485	BROWNIES	113	237	1.9318	YELLOW SQUASH
114	133	3.5110	FREEZE DRIED COFFEE	114	204	2.2389	MACARONI SALAD
115	260	3.5014	FRUIT CUP (APPETIZERS)	115	229	1.9944	YELLOW CAKE
116	375	3.5000	BREADED VEAL STEAKS	116	56	5.0635	FRUIT COCKTAIL (CANNED)
117	23	3.4864	ORANGES	117	290	1.5753	EGGNOG
118	376	3.4809	MEAT LOAF	118	150	2.9139	PINEAPPLE(CANNED)
119	139	3.4718	GRAPES	119	339	1.1330	CARROT, RAISIN & CELERY SALAD
120	147	3.4396	SCALLOPED POTATOES	120	361	0.9745	APPLES(CANNED)
121	392	3.3869	BAC, LET, TOMATO SANDWICH	121	129	3.2438	FISH
122	11	3.3518	LEMON CHIFFON PIE	122	297	1.5056	IMITATION LEMON BEVERAGE
123	399	3.3419	PEPPER STEAK	123	205	2.2363	LIMA BEANS

124	394	3.3269	HOT TURKEY SANDWICH W/GRAVY	124	382	0.8184	PLUMS(CANNEO)
125	62	3.2893	CRANBERRY SAUCE	125	408	0.3698	GRIDDLE CAKES
126	31	3.2873	PIZZA	126	169	2.6712	CHERRY SODA
127	279	3.2857	RIPE BLACK OLIVES	127	155	2.8552	CHOPPED ONIONS
128	211	3.2493	PEARS (CANNED)	127	347	1.0917	RAISIN DROP COOKIES
129	121	3.2438	FISH	129	258	1.8056	CHICKEN A LA KING
130	177	3.1972	BANANA CREAM PIE	130	69	4.7713	WATERMELON
131	302	3.1962	BLUEBERRY PIE	131	28	6.7151	FRENCH FRIED POTATOES
132	187	3.1884	DEVIL'S FOOD CAKE	132	89	4.2033	RICE
133	212	3.1753	INSTANT MASHEO POTATOES	133	114	3.5110	FREEZE DRIED COFFEE
134	256	3.1393	PUMPKIN PIE	134	314	1.3574	ZUCCHINI SQUASH
135	308	3.0734	LEMON MERINGUE PIE	135	310	1.4150	GINGERBREAD
136	264	3.0611	CANTALOUPE	136	349	1.0877	PINEAPPLE JUICE
137	305	3.0590	BROCCOLI	137	322	1.2607	VANILLA PUDDING SAUCE
138	363	3.0367	STUFFED CELERY W/CHEESE	138	211	2.1780	APPLE CRISP
139	65	3.0272	BAKED MACARONI & CHEESE	139	119	3.4718	GRAPES
140	101	2.9973	IMITATION ORANGE BEVERAGE	140	104	3.7660	SWEET PICKLES
141	17	2.9889	SUGAR COOKIES	141	95	4.0275	ORANGES
142	270	2.9807	BEEF STEW	142	253	1.8375	TOMATOES(CANNED)
143	309	2.9778	SPINACH	143	82	4.3575	SLICED ROAST PORK W/GRAVY
144	28	2.9689	WAX BEANS	144	60	4.9918	SHRIMP OLIVES
145	30	2.9615	LAMB CHOPS	145	50	5.2799	SHRIMP COCKTAIL
146	204	2.9534	ASPARAGUS	146	340	1.1291	FRUITCAKE
147	162	2.9494	BOSTON CREAM PIE	147	120	3.4396	SCALLOPED POTATOES
148	290	2.9311	FRIED RICE	148	111	3.6389	CORN8READ
149	98	2.9309	TANGERINES	149	299	1.4986	CORNEED BEEF HASH
150	118	2.9139	PINEAPPLE(CANNED)	150	330	1.1833	PINEAPPLE CHIFFON PIE
151	286	2.9139	ORANGEADE	151	110	3.6474	CARROTS
152	384	2.8896	LOBSTER NEWBURG	152	320	1.2818	APRICOTS(CANNED)
153	238	2.8733	VEGETABLE SOUP	153	381	0.8205	COFFEE CAKE
154	267	2.8579	CHICKEN NOODLE SOUP	154	224	2.0526	SUBMARINE SANDWICH
155	127	2.8552	CHOPPED ONIONS	155	352	1.0593	CHOCOLATE CHIP BREAD PUDDING
156	317	2.8507	MIXED NUTS	156	210	2.1906	TOMATO SOUP
157	72	2.8329	LASAGNA	157	73	4.6704	TURKEY
158	213	2.8251	FISH STICKS	158	86	4.2778	POTATO CHIPS
159	263	2.7918	HAM (COLD CUTS)	159	275	1.6620	CHILI CON CARNE W/O BEANS
160	310	2.7824	CHEESE AND HAM SANDWICH	160	70	4.7637	SPAGHETTI
161	288	2.7803	LIMEADE	161	226	2.0497	PEANUT BUTTER COOKIES
162	200	2.7732	VEAL ROAST	162	147	2.9494	BOSTON CREAM PIE
163	406	2.7665	GRILLED CHEESE SANDWICH	163	265	1.7571	SPICE CAKE
164	338	2.7493	RAVIOLI	164	12	10.6585	ICEO TEA
165	364	2.7413	VEAL PARMESAN	165	321	1.2712	LEMON CAKE PUDDING
166	243	2.7198	INSTANT COFFEE	166	8	11.2630	ICE CREAM
167	381	2.7159	SWISS CHEESE	167	7	12.1068	FRESH COFFEE
168	189	2.6861	SWEET POTATOES	168	33	6.5014	RYE BREAD
169	126	2.6712	CHERRY SODA	169	296	1.5212	COCONUT DROP COOKIES
170	225	2.6575	CABBAGE	170	3	14.4247	TOSSED GREEN SALAD
171	266	2.6435	SHREDDED BEEF W/8AR8ECUE SAUCE	171	106	3.7214	CUCUMBER, ONION & PEPPER SALAD
172	336	2.6006	HOT COCOA	172	388	0.7690	SAUSAGE LINKS
173	210	2.5933	SWEET PICKLE RELISH	173	103	3.7750	CHOCOLATE PUDDING
174	348	2.5758	DEVILED EGGS	174	215	2.1188	FRANKFURTERS
175	16	2.5691	LAMB ROAST	175	235	1.9483	SHRIMP CREOLE
176	80	2.5687	COOKEO ONIONS	176	414	0.2680	SCRAMBLED EGGS
177	404	2.5683	BOSTON BAKED BEANS	177	130	3.1972	BANANA CREAM PIE
178	382	2.5534	HASHEO BROWN POTATOES	178	32	6.5762	CORN(CANNEO)
179	356	2.5473	BARBECUEO BEEF CUBES	179	276	1.6601	TURKEY RICE SOUP
180	107	2.5181	BLACK8BERRY PIE	180	410	0.3619	FRENCH TOAST
181	203	2.4918	ORANGE JUICE	181	39	5.9284	APPLE PIE
182	281	2.4751	CUCUMBER & ONION SALAO	182	332	1.1716	BOYSEN8BERRY PIE
183	109	2.4398	HONEYOEW MELON	183	291	1.5671	IMITATION LIME BEVERAGE
184	387	2.4394	SWEIOISH MEAT 8ALLS	184	316	1.3164	PINEAPPLE PIE
185	94	2.4337	TURKEY CLUB SANDWICH	185	289	1.5776	CHOCOLATE CAKE PUDDING
186	294	2.4255	TURKEY (COLD CUTS)	186	389	0.7588	FRIJOLE SALAD

187	53	2.4250	TURNIP GREENS	187	132	3.1884	DEVIL'S FOOD CAKE
188	234	2.4127	NOODLES	188	254	1.8370	SAUERKRAUT
189	239	2.4050	CHOCOLATE CREAM PIE	189	168	2.6861	SWEET POTATOES
190	190	2.3855	TURKEY NOODLE SOUP	190	190	2.3855	TURKEY NOODLE SOUP
191	275	2.3716	TUNA SALAD	191	4	13.6887	HOT ROLLS AND BUNS
192	287	2.3601	COTTAGE CHEESE & FRUIT SALAD	192	364	0.9544	BUTTERSCOTCH BROWNIES
193	320	2.3269	IMITATION GRAPE BEVERAGE	193	354	1.0421	PINEAPPLE SAUCE
194	395	2.3266	BEEF STROGANOFF	194	360	0.9765	BUTTERNUT COOKIES
195	306	2.3205	BEEF NOODLE SOUP	195	311	1.3958	MINESTRONE SOUP
196	318	2.3097	SWEET & SOUR PORK	196	236	1.9392	MARBLE CAKE
197	95	2.3064	CAULIFLOWER	197	243	1.9111	BANANA CAKE
198	86	2.3047	PLUMS(FRESH)	198	101	3.8333	PEACHES (CANNED)
199	407	2.2762	TURKEY POT PIE	199	93	4.1332	PORK ROAST
200	237	2.2614	SPARERIBS W/SAUERKRAUT	200	162	2.7732	VEAL ROAST
201	254	2.2564	STRAWBERRY GELATIN	201	51	5.2486	DILL PICKLES
202	71	2.2542	FRIED OYSTERS	202	2	16.2210	WHITE BREAD
203	89	2.2459	GRAPE LEMONADE	203	181	2.4918	ORANGE JUICE
204	123	2.2389	MACARONI SALAD	204	146	2.9534	ASPARAGUS
205	123	2.2363	LIMA BEANS	205	248	1.8682	TACOS
206	75	2.2361	COCONUT CREAM PUDDING	206	48	5.3678	CELERY STICKS
207	385	2.2319	SOUR CREAM SALAD DRESSING	207	334	1.1513	GINGER MOLASSES COOKIES
208	228	2.2191	HOT FUDGE SAUCE	208	367	0.9266	CHEWY NUT BARS (COOKIES)
209	312	2.2017	PEACH SHORTCAKE	209	41	5.7769	SHERBET
210	156	2.1906	TOMATO SOUP	210	173	2.5933	SWEET PICKLE RELISH
211	138	2.1780	APPLE CRISP	211	128	3.2493	PEARS (CANNED)
212	37	2.1763	STUFFED CABBAGE	212	133	3.1753	INSTANT MASHED POTATOES
213	229	2.1745	PINEAPPLE UPSIDE DOWN CAKE	213	158	2.8251	FISH STICKS
214	227	2.1616	COCONUT CREAM PIE	214	230	1.9863	WHITE CAKE
215	174	2.1188	FRANKFURTERS	215	351	1.0718	BEEF RICE SOUP
216	22	2.1121	HERMITS(COOKIES)	216	348	1.0880	CORN CHOWDER
217	269	2.1077	IMITATION CHERRY BEVERAGE	217	307	1.4492	STRAWBERRY CHIFFON PIE
218	82	2.1025	STUFFED GREEN PEPPERS	218	273	1.6796	ORANGE & PINEAPPLE JUICE
219	247	2.0806	CHOCOLATE DROP COOKIES	219	98	3.9366	COTTAGE CHEESE
220	99	2.0761	VANILLA CREAM PUDDING	220	40	5.8819	BAKED POTATOES
221	300	2.0680	BLACKEYE PEAS	221	223	2.0551	ITALIAN SAUSAGE
222	289	2.0646	PINEAPPLE (CANNED)	222	412	0.3006	FIGS (CANNED)
223	221	2.0551	ITALIAN SAUSAGE	223	309	1.4413	CHILI CON CARNE
224	154	2.0526	SUBMARINE SANDWICH	224	266	1.7534	BLUEBERRY MUFFINS
225	73	2.0500	SLOPPY JOE	225	170	2.6575	CABBAGE
226	161	2.0497	PEANUT BUTTER COOKIES	226	255	1.8256	LUNCHEON MEAT (COLD CUTS)
227	377	2.0173	BAKED STUFFED PORK SLICES	227	214	2.1616	COCONUT CREAM PIE
228	274	2.0110	CHICKEN CLUB SANDWICH	228	208	2.2191	HOT FUDGE SAUCE
229	115	1.9944	YELLOW CAKE	229	213	2.1745	PINEAPPLE UPSIDE DOWN CAKE
230	214	1.9863	WHITE CAKE	230	293	1.5521	RASPBERRY SHORTCAKE
231	258	1.9776	BRUSSELS SPROUTS	231	373	0.8898	PEANUT BUTTER CAKE
232	291	1.9712	BANANA CREAM PUDDING	232	246	1.8907	PEACH PIE
233	104	1.9670	TOMATO VEGETABLE W/NOODLE SOUP	233	55	5.0912	FRUIT SALAD (ASSORTED FRUITS)
234	42	1.9557	BEANS W/PORK IN TOMATO SAUCE	234	188	2.4127	NOODLES
235	175	1.9483	SHRIMP CREOLE	235	357	1.0056	GRAPEFRUIT (CANNED)
236	196	1.9392	MARBLE CAKE	236	21	7.8571	ITALIAN DRESSING
237	113	1.9318	YELLOW SQUASH	237	200	2.2614	SPARERIBS W/SAUERKRAUT
238	44	1.9304	CHICKEN CACCIAATORE	238	153	2.8733	VEGETABLE SOUP
239	51	1.9231	CREAM OF MUSHROOM SOUP	239	189	2.4050	CHOCOLATE CREAM PIE
240	77	1.9224	APPLESAUCE CAKE	240	392	0.6571	PINEAPPLE CHEESE SALAD
241	366	1.9210	OKRA	241	102	3.8329	SHRIMP, BREADED
242	253	1.9116	TOMATO JUICE	242	45	5.5028	FRENCH BREAD
243	197	1.9111	BANANA CAKE	243	166	2.7198	INSTANT COFFEE
244	330	1.9072	VEGETABLE SLAW	244	77	4.5193	PEAS (CANNED)
245	68	1.9071	SALMON	245	319	1.2841	EGGPLANT
246	232	1.8907	PEACH PIE	246	81	4.3702	HAM
247	10	1.8849	BANANAS	247	219	2.0806	CHOCOLATE DROP COOKIES
248	205	1.8682	TACOS	248	341	1.1260	APRICOT PIE
249	328	1.8665	MEATBALL SUBMARINE	249	29	6.6563	CHEF'S SALAD

250	1.8543	GARDEN COTTAGE CHEESE SALAD	250	0.9053	PINEAPPLE CREAM PIE
251	1.8532	STEWED TOMATOES	251	0.1152	FARINA (CEREAL)
252	1.8440	BEEF POT PIE	252	0.5785	CRISP TOFFEE BARS (COOKIES)
253	1.8375	TOMATOES (CANNED)	253	1.9116	TOMATO JUICE
254	1.8370	SAUERKRAUT	254	2.2564	STRAWBERRY GELATIN
255	1.8256	LUNCHEON MEAT (COLD CUTS)	255	5.4258	TOSSED CUCUMBER & TOMATO SALAD
256	1.8217	SWEET CHERRIES(CANNED)	256	3.1393	PUMPKIN PIE
257	1.8214	BEETS	257	1.0499	ONION SOUP
258	1.8056	CHICKEN A LA KING	258	1.9776	BRUSSELS SPRIGS
259	1.8047	WESTERN SANDWICH	259	1.6061	BUTTERSCOTCH PUDDING
260	1.7944	ICED COFFEE	260	3.5014	FRUIT CUP (APPETIZERS)
261	1.7927	SPANISH RICE	261	7.6083	TOSSED VEGETABLE SALAD
262	1.7861	SUCCOTASH	262	0.2920	CHEESE SOUP
263	1.7694	FISH SANDWICH	263	2.7918	HAM (COLD CUTS)
264	1.7590	OATMEAL COOKIES	264	3.0611	CANTALOUPE
265	1.7571	SPICE CAKE	265	4.8375	POT ROAST
266	1.7534	BLUEBERRY MUFFINS	266	2.6435	SHREDDED BEEF W/8ARBECUE SAUCE
267	1.7514	VANILLA WAFERS	267	2.8579	CHICKEN NOODLE SOUP
268	1.7493	CORNED BEEF	268	4.5907	GINGERALE
269	1.7405	BEEF BARLEY SOUP	269	2.1077	IMITATION CHERRY BEVERAGE
270	1.7390	PEACH CRISP	270	2.9807	BEEF STEW
271	1.7318	CHERRY CAKE PUDDING	271	0.5534	EGGS TO ORDER
272	1.6833	YELLOW CAKE	272	0.8852	CABBAGE & SWEET PEPPER SALAD
273	1.6796	ORANGE & PINEAPPLE JUICE	273	0.6583	HARD COOKED EGGS
274	1.6621	RAISIN BREAD	274	2.0110	CHICKEN CLUB SANDWICH
275	1.6620	CHILI CON CARNE W/D BEANS	275	2.3716	TUNA SALAD
276	1.6601	TURKEY RICE SOUP	276	0.9224	CRANBERRY JUICE
277	1.6580	CORN BREAD STUFFING	277	9.2722	LETTUCE SALAD
278	1.6521	CHOP SUEY	278	0.9056	GRAPEFRUIT JUICE
279	1.6471	POLISH SAUSAGE	279	3.2857	RIPE BLACK OLIVES
280	1.6447	BREAOD PUDDING	280	1.8214	BEETS
281	1.6425	CREAM OF POTATO SOUP	281	2.4751	CUCUMBER & ONION SALAD
282	1.6389	LIVER	282	1.5886	WALDORF SALAD
283	1.6185	PIGS IN A BLANKET	283	1.1552	SUKIYAKI
284	1.6127	MANHATTAN CLAM CHOWDER	284	0.5765	KIONNEY BEAN SALAD
285	1.6111	GRAPEAOE	285	1.1469	BUTTERSCOTCH CREAM PIE
286	1.6061	BUTTERSCOTCH PUDDING	286	2.9139	ORANGEADE
287	1.6047	GIBLET STUFFING	287	2.3601	COTTAGE CHEESE & FRUIT SALAD
288	1.5886	WALDORF SALAD	288	2.7803	LIMEADE
289	1.5776	CHOCOLATE CAKE PUDDING	289	2.0646	PINEAPPLE (CANNEO)
290	1.5753	EGGNOG	290	2.9311	FRIED RICE
291	1.5671	IMITATION LIME BEVERAGE	291	1.9712	BANANA CREAM PUDDING
292	1.5522	BOLOGNA(COLD CUTS)	292	1.0975	GRAPEFRUIT & ORANGE JUICE
293	1.5521	RASPBERRY SHORTCAKE	293	1.6833	YELLOW CAKE
294	1.5475	VEAL SCALLOPINI	294	2.4255	TURKEY (COLD CUTS)
295	1.5318	PICKLED BEET/ONION SALAD	295	1.7861	SUCCOTASH
296	1.5212	COCONUT DROP COOKIES	296	3.8366	MIXED FRUIT SALAD
297	1.5056	IMITATION LEMON BEVERAGE	297	4.2377	GREEN BEANS (CANNED)
298	1.5014	PEA SOUP	298	4.7743	PEAS
299	1.4986	CORNED BEEF HASH	299	1.3482	HOT TAMALES
300	1.4945	MINCEMEAT PIE	300	2.0680	BLACK EYE PEAS
301	1.4944	OANISH PASTRY	301	10.1370	GRILLED STEAK
302	1.4917	GRAPE JUICE	302	3.1962	BLUEBERRY PIE
303	1.4905	CARROT SALAD	303	1.2486	CHOCOLATE COCONUT PUDDING
304	1.4724	SALAMI (COLD CUTS)	304	10.8543	COLA
305	1.4548	MUSTARD GREENS	305	3.0590	BROCCOLI
306	1.4526	ORANGE JUICE, INSTANT	306	2.3205	BEEF NOODLE SOUP
307	1.4492	STRAWBERRY CHIFFON PIE	307	1.6389	LIVER
308	1.4480	CHERRY CRISP	308	3.0734	LEMON MERINGUE PIE
309	1.4413	CHILI CON CARNE	309	2.9778	SPINACH
310	1.4150	GINGERBREAD	310	2.7824	CHEESE AND HAM SANDWICH
311	1.3958	MINESTRONE SOUP	311	6.4959	BISCUITS
312	1.3938	HUNGARIAN GOULASH	312	2.2017	PEACH SHORTCAKE

313	371	1.3590	VEALBURGER	313	372	0.8908	DOUGHNUTS
314	134	1.3574	ZUCCHINI SQUASH	314	250	1.8543	GARDEN COTTAGE CHEESE SALAD
315	299	1.3482	HOT TAMALES	315	384	0.8056	RUTABAGAS TURNIP
316	184	1.3164	PINEAPPLE PIE	316	305	1.4548	MUSTARD GREENS
317	321	1.3026	CAKE MUFFINS	317	156	2.8507	MIXED NUTS
318	33	1.2941	BANANA SALAD	318	196	2.3097	SWEET & SOUR PORK
319	245	1.2841	EGGPLANT	319	328	1.1915	CUSTARD PUDDING SAUCE
320	152	1.2818	APRICOTS(CANNED)	320	193	2.3269	IMITATION GRAPE BEVERAGE
321	165	1.2712	LEMON CAKE PUDDING	321	317	1.3026	CAKE MUFFINS
322	137	1.2607	VANILLA PUDDING SAUCE	322	268	1.7493	CORNED BEEF
323	303	1.2486	CHOCOLATE COCONUT PUDDING	323	406	0.3934	PRUNES (CANNED)
324	354	1.2265	BAKED TUNA & NOODLES	324	264	1.7590	OATMEAL COOKIES
325	64	1.2178	LEMON PUDDING SAUCE	325	365	0.9493	CREAMED CHIPPED BEEF
326	413	1.2139	FISH CHOWDER	326	415	0.1267	OATMEAL
327	60	1.2080	BEAN SOUP	327	393	0.6487	PICKLED GREEN BEANS
328	319	1.1915	CUSTARD PUDDING SAUCE	328	249	1.8665	MEATBALL SUBMARINE
329	4	1.1834	BUTTERSCOTCH SAUCE	329	308	1.4480	CHERRY CRISP
330	150	1.1833	PINEAPPLE CHIFFON PIE	330	244	1.9072	VEGETABLE SLAW
331	84	1.1788	LEMON COOKIES	331	91	4.1421	GRAPE SODA
332	182	1.1716	BOYSENBERRY PIE	332	109	3.6535	SEAFOOD PLATTER
333	283	1.1552	SUKIYAKI	333	57	5.0534	CHICKEN
334	207	1.1513	GINGER MOLASSES COOKIES	334	23	7.4123	SOFT SERVE ICE CREAM
335	285	1.1469	BUTTERSCOTCH CREAM PIE	335	72	4.7080	AMERICAN CHEESE
336	397	1.1461	STUFFED CELERY W/PEANUT BUTTER	336	172	2.6006	HOT COCOA
337	56	1.1416	MOLASSES COOKIES	337	277	1.6580	CORN BREAD STUFFING
338	380	1.1354	ENGLISH MUFFINS	338	164	2.7493	RAVIOLI
339	119	1.1330	CARROT, RAISIN & CELERY SALAD	339	404	0.4388	KNICKERBOCKER SOUP
340	146	1.1291	FRUITCAKE	340	409	0.3670	PEPPER POT SOUP
341	248	1.1260	APRICOT PIE	341	1	19.9753	MILK
342	347	1.1204	DATE NUT BREAD	342	358	0.9876	APPLE STUFFING
343	59	1.1167	CHILI MACARONI	343	356	1.0237	SCALLOPED TUNA & PEAS
344	110	1.1086	CHOW MEIN	344	287	1.6047	GIBLET STUFFING
345	374	1.1024	FRITTERS	345	9	11.0738	CHOCOLATE MILK
346	292	1.0975	GRAPEFRUIT & ORANGE JUICE	346	78	4.5027	BARBECUED SPARERIBS
347	128	1.0917	RAISIN DROP COOKIES	347	342	1.1204	DATE NUT BREAD
348	216	1.0880	CORN CHOWDER	348	174	2.5758	DEVILED EGGS
349	136	1.0877	PINEAPPLE JUICE	349	16	9.4918	THOUSAND ISLAND DRESSING
350	355	1.0865	CHICKEN TETRAZZINI	350	85	4.2814	SALISBURY STEAK
351	215	1.0718	BEEF RICE SOUP	351	312	1.3938	HUNGARIAN GOULASH
352	155	1.0593	CHOCOLATE CHIP BREAD PUDDING	352	54	5.1339	FRIED CHICKEN
353	257	1.0499	ONION SOUP	353	379	0.8650	SARDINES
354	193	1.0421	PINEAPPLE SAUCE	354	324	1.2265	BAKED TUNA & NOODLES
355	24	1.0402	APRICOT CRISP	355	350	1.0865	CHICKEN TETRAZZINI
356	343	1.0237	SCALLOPED TUNA & PEAS	356	179	2.5473	BARBECUED BEEF CUBES
357	235	1.0056	GRAPEFRUIT (CANNED)	357	71	4.7198	LOBSTER
358	342	0.9876	APPLE STUFFING	358	17	9.2956	FRENCH SALAD DRESSING
359	410	0.9826	OYSTER STUFFING	359	251	1.8532	STEWED TOMATOES
360	194	0.9765	BUTTERNUT COOKIES	360	362	0.9655	RICE PILAFF
361	120	0.9745	APPLES(CANNED)	361	294	1.5475	VEAL SCALLOPINI
362	360	0.9655	RICE PILAFF	362	35	6.3774	ICE CREAM SUNDAY
363	386	0.9632	CERVELAT (COLD CUTS)	363	138	3.0367	STUFFED CELERY W/CHEESE
364	192	0.9544	BUTTERSCOTCH BROWNIES	364	165	2.7413	VEAL PARMESAN
365	325	0.9493	CREAMED CHIPPED BEEF	365	10	10.9022	MASHED POTATOES
366	106	0.9373	GRAPEFRUIT & PINEAPPLE JUICE	366	241	1.9210	OKRA
367	208	0.9266	CHEWY NUT BARS (COOKIES)	367	386	0.7899	LIVERMURST
368	276	0.9224	CRANBERRY JUICE	368	20	7.9973	VINEGAR & OIL SALAD DRESSING
369	278	0.9056	GRAPEFRUIT JUICE	369	259	1.8047	WESTERN SANDWICH
370	250	0.9053	PINEAPPLE CREAM PIE	370	49	5.2931	DRANGE SODA
371	400	0.9040	SAVORY BREAD STUFFING	371	313	1.3590	VEAL BURGER
372	313	0.8908	DOUGHNUTS	372	83	4.3071	FRENCH FRIED ONION RINGS
373	231	0.8898	PEANUT BUTTER CAKE	373	61	4.9862	BANANA SPLIT
374	97	0.8858	COCONUT RAISIN COOKIES	374	345	1.1024	FRITTERS
375	272	0.8852	CABBAGE & SWEET PEPPER SALAD	375	116	3.5000	BREADED VEAL STEAKS

376	90	0.8805	BUTTERSCOTCH SAUCE	376	118	3.4809	MEAT LOAF
377	43	0.8765	PARSNIPS	377	227	2.0173	BAKED STUFFED PORK SLICES
378	100	0.8729	FRUIT BARS (COOKIES)	378	261	1.7927	SPANISH RICE
379	353	0.8650	SARDINES	379	44	5.5431	RUSSIAN SALAD DRESSING
380	408	0.8228	SAUSAGE STUFFING	380	338	1.1354	ENGLISH MUFFINS
381	153	0.8205	COFFEE CAKE	381	167	2.7159	SWISS CHEESE
382	124	0.8184	PLUMS(CANNED)	382	178	2.5534	HASHED BROWN POTATOES
383	46	0.8078	GRAPEFRUIT (FRESH)	383	395	0.6172	MULLIGATAWNY SOUP
384	315	0.8056	RUTABAGAS TURNIP	384	152	2.8896	LOBSTER NEWBURG
385	88	0.7983	PORK SAUSAGE Patties	385	207	2.2319	SOUR CREAM SALAD DRESSING
386	367	0.7899	LIVERWURST	386	363	0.9632	CERVELAT (COLD CUTS)
387	403	0.7700	CREOLE SOUP	387	184	2.4394	SWEDISH MEAT BALLS
388	172	0.7690	SAUSAGE LINKS	388	283	1.6185	PIGS IN A BLANKET
389	186	0.7588	FRIJOLE SALAD	389	94	4.0418	ROAST BEEF SANDWICH W/GRavy
390	401	0.7220	SAUERBRATEN	390	79	4.4206	SWEET ROLLS
391	273	0.6583	HARD COOKED EGGS	391	80	4.4051	BLUE CHEESE SALAD DRESSING
392	240	0.6571	PINEAPPLE CHEESE SALAD	392	121	3.3869	BAC, LET, TOMATO SANDWICH
393	327	0.6487	PICKLED GREEN BEANS	393	405	0.3971	RAISIN STUFFING
394	405	0.6245	EL RANCHO STEW	394	124	3.3269	HOT TURKEY SANDWICH W/GRavy
395	383	0.6172	MULLIGATAWNY SOUP	395	194	2.3266	BEEF STROGANOFF
396	252	0.5785	CRISP TOFFEE BARS (COOKIES)	396	15	9.9086	SLICED TOMATOES
397	284	0.5765	KIDNEY BEAN SALAD	397	336	1.1461	STUFFED CELERY W/PEANUT BUTTER
398	271	0.5534	EGGS TO ORDER	398	252	1.8440	BEEF POT PIE
399	29	0.5489	TOAST	399	123	3.3419	PEPPER STEAK
400	83	0.5057	RAISIN PIE	400	371	0.9040	SAVORY BREAD STUFFING
401	74	0.4917	BACON	401	390	0.7220	SAUERBRATEN
402	55	0.4548	HOMINY GRITS	402	67	4.8202	MAYONNAISE SALAD DRESSING
403	415	0.4518	FRIED EGGS	403	387	0.7700	CREOLE SOUP
404	339	0.4388	KNICKERBOCKER SOUP	404	177	2.5683	BOSTON BAKED BEANS
405	393	0.3971	RAISIN STUFFING	405	394	0.6245	EL RANCHO STEW
406	323	0.3934	PRUNES (CANNED)	406	163	2.7665	GRILLED CHEESE SANDWICH
407	409	0.3850	OMELET	407	199	2.2762	TURKEY POT PIE
408	125	0.3698	GRIDDLE CAKES	408	380	0.8228	SAUSAGE STUFFING
409	340	0.3670	PEPPER POT SOUP	409	407	0.3850	OMELET
410	180	0.3619	FRENCH TOAST	410	359	0.9826	OYSTER STUFFING
411	79	0.3583	HOT WHOLE WHEAT CEREAL	411	260	1.7944	ICED COFFEE
412	222	0.3006	FIGS (CANNED)	412	107	3.7057	GARLIC FRENCH SALAD DRESSING
413	262	0.2920	CHEESE SOUP	413	326	1.2139	FISH CHOWDER
414	176	0.2680	SCRAMBLED EGGS	414	263	1.7694	FISH SANDWICH
415	326	0.1267	OATMEAL	415	403	0.4518	FRIED EGGS
416	251	0.1152	FARINA (CEREAL)	416	37	6.0871	CREAMY FRENCH SALAD DRESSING

NUMBER OF NEVER WANTS

RANK	FOOD	RATING	NAME
1	222	294.0000	FIGS (CANNED)
2	397	293.0000	STUFFED CELERY W/PEANUT BUTTER
3	411	290.0000	ICED COFFEE
4	262	289.0000	CHEESE SOUP
5	183	286.0000	IMITATION LIME BEVERAGE
6	272	281.0000	CABBAGE & SWEET PEPPER SALAD
7	393	280.0000	RAISIN STUFFING
8	327	270.0000	PICKLED GREEN BEANS
9	240	269.0000	PINEAPPLE CHEESE SALAD
10	284	268.0000	KIONNEY BEAN SALAD
11	43	262.0000	PARSNIPS
12	252	262.0000	CRISP TOFFEE BARS (COOKIES)
13	248	261.0000	APRICOT PIE
14	269	260.0000	IMITATION CHERRY BEVERAGE
15	83	258.0000	RAISIN PIE
16	90	258.0000	BUTTERSCOTCH SAUCE
17	385	258.0000	SOUR CREAM SALAD DRESSING
18	119	257.0000	CARROT, RAISIN & CELERY SALAD
19	410	252.0000	OYSTER STUFFING
20	231	251.0000	PEANUT BUTTER CAKE
21	122	248.0000	IMITATION LEMON BEVERAGE
22	245	248.0000	EGGPLANT
23	315	248.0000	RUTABAGAS TURNIP
24	207	247.0000	GINGER MOLASSES COOKIES
25	192	246.0000	BUTTERSCOTCH BROWNIES
26	243	245.0000	INSTANT COFFEE
27	316	245.0000	MUSTARD GREENS
28	323	245.0000	PRUNES (CANNED)
29	367	244.0000	LIVERWURST
30	25	241.0000	PICKLED BEET/ONION SALAD
31	97	241.0000	COCONUT RAISIN COOKIES
32	353	241.0000	SARDINES
33	155	240.0000	CHOCOLATE CHIP BREAD PUDDING
34	319	240.0000	CUSTARD PUDDING SAUCE
35	281	239.0000	CUCUMBER & ONION SALAD
36	250	236.0000	PINEAPPLE CREAM PIE
37	251	236.0000	FARINA (CEREAL)
38	276	235.0000	CRANBERRY JUICE
39	208	234.0000	CHEWY NUT BARS (COOKIES)
40	193	233.0000	PINEAPPLE SAUCE
41	391	233.0000	BLUE CHEESE SALAD DRESSING
42	314	232.0000	GARDEN COTTAGE CHEESE SALAD
43	64	231.0000	LEMON PUDDING SAUCE
44	134	230.0000	ZUCCHINI SQUASH
45	320	230.0000	IMITATION GRAPE BEVERAGE
46	56	229.0000	MOLASSES COOKIES
47	4	228.0000	BUTTERSCOTCH SAUCE
48	133	228.0000	FREEZE DRIED COFFEE
49	100	227.0000	FRUIT BARS(COOKIES)
50	55	226.0000	HOMINY GRITS
51	150	226.0000	PINEAPPLE CHIFFON PIE
52	343	226.0000	SCALLOPED TUNA & PEAS
53	412	226.0000	GARLIC FRENCH SALAD DRESSING
54	347	225.0000	DATE NUT BREAD
55	124	224.0000	PLUMS(CANNED)
56	194	224.0000	BUTTERNUT COOKIES
57	403	224.0000	CREOLE SOUP
58	33	223.0000	BANANA SALAD
59	120	223.0000	APPLES(CANNED)
60	165	223.0000	LEMON CAKE PUDDING

#6

FOOD	RANK	RATING	NAME
1	380	44.0000	ORANGE JUICE, INSTANT
2	270	115.0000	GRAPE JUICE
3	274	113.0000	WHOLE WHEAT BREAD
4	47	228.0000	BUTTERSCOTCH SAUCE
5	278	111.0000	CHOCOLATE CREAM CAKE
6	185	157.0000	MANHATTAN CLAM CHOWDER
7	251	126.0000	JELLIED FRUIT SALAD
8	416	11.0000	HAMBURGER
9	389	35.0000	STRAWBERRY SHORTCAKE
10	355	63.0000	BANANAS
11	246	127.0000	LEMON CHIFFON PIE
12	135	180.0000	CREAM OF POTATO SOUP
13	356	63.0000	CREAMED STYLE CORN
14	321	86.0000	DANISH PASTRY
15	204	148.0000	MIXED SWEET PICKLES
16	252	126.0000	LAMB ROAST
17	235	133.0000	SUGAR COOKIES
18	404	27.0000	GREEN BEANS
19	141	178.0000	CAESAR SALAD DRESSING
20	137	179.0000	BEEF BARLEY SOUP
21	342	73.0000	HOT CROSS BUNS
22	154	169.0000	HERMITS(COOKIES)
23	386	37.0000	ORANGES
24	93	203.0000	APRICOT CRISP
25	30	241.0000	PICKLED BEET/ONION SALAD
26	298	98.0000	BOLOGNA(COLD CUTS)
27	212	145.0000	POLISH SAUSAGE
28	243	128.0000	WAX BEANS
29	410	20.0000	TOAST
30	279	111.0000	LAMB CHOPS
31	362	58.0000	PIZZA
32	361	59.0000	POTATO SALAD
33	58	223.0000	BANANA SALAD
34	122	190.0000	SWEET CHERRIES (CANNED)
35	345	70.0000	PEAS & CARROTS
36	109	198.0000	BREAD PUDDING
37	152	171.0000	STUFFED CABBAGE
38	227	135.0000	SALAMI (COLD CUTS)
39	364	57.0000	COLE SLAW
40	392	34.0000	APPLES(FRESH)
41	130	181.0000	PEA SOUP
42	220	140.0000	BEANS W/PORK IN TOMATO SAUCE
43	11	262.0000	PARSNIPS
44	228	135.0000	CHICKEN CACCIAATORE
45	221	139.0000	RADISHES
46	339	74.0000	GRAPEFRUIT(FRESH)
47	322	86.0000	CHERRY PIE
48	332	81.0000	MILK SHAKE
49	282	106.0000	BEER
50	86	211.0000	CHERRY CAKE PUDDING
51	147	173.0000	CREAM OF MUSHROOM SOUP
52	82	212.0000	LEMON-LIME SODA
53	65	222.0000	TURNIP GREENS
54	414	14.0000	ROAST BEEF
55	50	226.0000	HOMINY GRITS
56	46	229.0000	MOLASSES COOKIES
57	254	124.0000	TEA
58	67	220.0000	MINCEMEAT PIE
59	205	148.0000	CHILI MACARONI
60	148	173.0000	BEAN SOUP

61	182	223.0000	80YSEN BERRY PIE	61	378	46.0000	PEARS(FRESH)
62	184	223.0000	PINEAPPLE PIE	62	286	105.0000	CRANBERRY SAUCE
63	285	223.0000	BUTTERSCOTCH CREAM PIE	63	365	57.0000	MIXED VEGETABLES
64	413	223.0000	FISH CHOWDER	64	43	231.0000	LEMON PUDDING SAUCE
65	53	222.0000	TURNIP GREENS	65	318	87.0000	BAKED MACARONI & CHEESE
66	282	222.0000	WALDORF SALAD	66	263	117.0000	CARROT STICKS
67	58	220.0000	MINCEMEAT PIE	67	264	117.0000	FRUIT PUNCH
68	94	219.0000	LEMON COOKIES	68	201	150.0000	SALMON
69	103	219.0000	CARROT SALAD	69	155	169.0000	PEACH CRISP
70	257	219.0000	ONION SOUP	70	402	29.0000	CORN ON THE COB
71	89	217.0000	GRAPE LEMONADE	71	110	198.0000	FRIED OYSTERS
72	279	217.0000	RIPE BLACK OLIVES	72	287	105.0000	LASAGNA
73	303	215.0000	CHOCOLATE COCONUT PUDDING	73	323	86.0000	SLOPPY JOE
74	340	215.0000	PEPPER POT SOUP	74	399	31.0000	BACON
75	342	215.0000	APPLE STUFFING	75	189	156.0000	COCONUT CREAM PUDDING
76	128	214.0000	RAISIN DROP COOKIES	76	359	60.0000	APPLESAUCE
77	212	214.0000	INSTANT MASHED POTATOES	77	186	157.0000	APPLESAUCE CAKE
78	216	214.0000	CORN CHOWDER	78	379	46.0000	LETTUCE & TOMATO SALAD
79	300	214.0000	BLACK EYE PEAS	79	104	199.0000	HOT WHOLE WHEAT CEREAL
80	408	214.0000	SAUSAGE STUFFING	80	117	193.0000	COOKED ONIONS
81	152	213.0000	APRICOTS(CANNED)	81	175	161.0000	CHOP SUEY
82	52	212.0000	LEMON-LIME SODA	82	241	129.0000	STUFFED GREEN PEPPERS
83	230	212.0000	RASPBERRY SHORTCAKE	83	15	258.0000	RAISIN PIE
84	287	212.0000	COTTAGE CHEESE & FRUIT SALAD	84	68	219.0000	LEMON COOKIES
85	363	212.0000	STUFFED CELERY W/CHEESE	85	374	49.0000	SWISS STEAK
86	50	211.0000	CHERRY CAKE PUDDING	86	217	141.0000	PLUMS(FRESH)
87	288	211.0000	LIMEADE	87	352	66.0000	CHOCOLATE CHIP COOKIES
88	400	211.0000	SAVORY BREAD STUFFING	88	307	92.0000	PORK SAUSAGE PATTIES
89	137	210.0000	VANILLA PUDDING SAUCE	89	71	217.0000	GRAPE LEMONADE
90	171	210.0000	CUCUMBER, ONION & PEPPER SALAD	90	16	258.0000	BUTTERSCOTCH SAUCE
91	337	209.0000	CORN BREAD STUFFING	91	412	19.0000	TURKEY SLICES W/GRavy
92	126	207.0000	CHERRY SODA	92	406	24.0000	HAM
93	24	203.0000	APRICOT CRISP	93	172	162.0000	VANILLA WAFERS
94	169	203.0000	COCONUT DROP COOKIES	94	347	69.0000	TURKEY CLUB SANDWICH
95	228	203.0000	HOT FUDGE SAUCE	95	131	181.0000	CAULIFLOWER
96	101	202.0000	IMITATION ORANGE BEVERAGE	96	367	56.0000	PEACHES(FRESH)
97	359	202.0000	STEWED TOMATOES	97	31	241.0000	COCONUT RAISIN COOKIES
98	386	202.0000	CERVELAT (COLD CUTS)	98	333	78.0000	TANGERINES
99	111	201.0000	GRAPEADE	99	209	147.0000	VANILLA CREAM PUDDING
100	117	201.0000	EGGNOG	100	49	227.0000	FRUIT BARS(COOKIES)
101	186	201.0000	FRIJOLE SALAD	101	96	202.0000	IMITATION ORANGE BEVERAGE
102	254	200.0000	STRAWBERRY GELATIN	102	360	60.0000	LEMONADE
103	401	200.0000	SAUERBRATEN	103	69	219.0000	CARROT SALAD
104	79	199.0000	HOT WHOLE WHEAT CEREAL	104	224	137.0000	TOMATO VEGETABLE W/NOODLE SOUP
105	259	199.0000	BUTTERSCOTCH PUDDING	105	400	31.0000	CHEESEBURGER
106	280	199.0000	BEETS	106	231	134.0000	GRAPEFRUIT & PINEAPPLE JUICE
107	330	199.0000	VEGETABLE SLAW	107	163	166.0000	BLACKBERRY PIE
108	366	199.0000	OKRA	108	328	83.0000	BROWNIES
109	36	198.0000	BREAD PUDDING	109	261	119.0000	HONEYDEW MELON
110	71	198.0000	FRIED OYSTERS	110	177	160.0000	CHOW MEIN
111	295	198.0000	SUCCOTASH	111	99	201.0000	GRAPEADE
112	339	196.0000	KNICKERBOCKER SOUP	112	199	151.0000	RAISIN BREAD
113	379	196.0000	RUSSIAN SALAD DRESSING	113	116	194.0000	YELLOW SQUASH
114	146	195.0000	FRUITCAKE	114	202	149.0000	MACARONI SALAD
115	283	195.0000	SUKIYAKI	115	213	144.0000	YELLOW CAKE
116	113	194.0000	YELLOW SQUASH	116	375	49.0000	FRUIT COCKTAIL(CANNED)
117	80	193.0000	COOKED ONIONS	117	100	201.0000	EGGNOG
118	329	192.0000	CHERRY CRISP	118	283	106.0000	PINEAPPLE(CANNED)
119	185	191.0000	CHOCOLATE CAKE PUDDING	119	18	257.0000	CARROT, RAISIN & CELERY SALAD
120	299	191.0000	HOT TAMALES	120	59	223.0000	APPLES(CANNED)
121	331	191.0000	GRAPE SODA	121	340	74.0000	FISH
122	34	190.0000	SWEET CHERRIES(CANNED)	122	21	248.0000	IMITATION LEMON BEVERAGE
123	195	190.0000	MINESTRONE SOUP	123	159	167.0000	LIMA BEANS

124	354	190.0000	BAKED TUNA & NOODLES	124	55	224.0000	PLUMS(CANNEO)
125	360	190.0000	RICE PILAFF	125	294	100.0000	GRIDDLE CAKES
126	307	189.0000	LIVER	126	92	207.0000	CHERRY SODA
127	235	188.0000	GRAPEFRUIT (CANNED)	127	142	177.0000	CHOPPED ONIONS
128	371	187.0000	VEALBURGER	128	76	214.0000	RAISIN DROP COOKIES
129	210	184.0000	SWEET PICKLE RELISH	129	259	120.0000	CHICKEN A LA KING
130	41	181.0000	PEA SOUP	130	368	55.0000	WATERMELON
131	95	181.0000	CAULIFLOWER	131	405	27.0000	FRENCH FRIED POTATOES
132	163	181.0000	SPICE CAKE	132	280	107.0000	RICE
133	217	181.0000	STRAWBERRY CHIFFON PIE	133	48	228.0000	FREEZE DRIED COFFEE
134	402	181.0000	MAYONNAISE SALAD DRESSING	134	44	230.0000	ZUCCHINI SQUASH
135	12	180.0000	CREAM OF POTATO SOUP	135	156	169.0000	GINGERBREAD
136	416	180.0000	CREAMY FRENCH SALAD DRESSING	136	244	128.0000	PINEAPPLE JUICE
137	20	179.0000	BEEF BARLEY SOUP	137	89	210.0000	VANILLA PUDDING SAUCE
138	215	179.0000	BEEF RICE SOUP	138	203	149.0000	APPLE CRISP
139	258	179.0000	BRUSSELS SPROUTS	139	343	71.0000	GRAPES
140	374	179.0000	FRIITTERS	140	222	138.0000	SWEET PICKLES
141	19	178.0000	CAESAR SALAD DRESSING	141	393	34.0000	ORANGES
142	127	177.0000	CHOPPED ONIONS	142	173	162.0000	TOMATOES(CANNED)
143	321	175.0000	CAKE MUFFINS	143	394	34.0000	SLICED ROAST PORK W/GRavy
144	344	175.0000	GIBLET STUFFING	144	178	160.0000	GREEN OLIVES
145	355	175.0000	CHICKEN TETRAZZINI	145	253	126.0000	SHRIMP COCKTAIL
146	383	175.0000	MULLIGATAWNY SOUP	146	114	195.0000	FRUITCAKE
147	51	173.0000	CREAM OF MUSHROOM SOUP	147	284	106.0000	SCALLOPED POTATOES
148	60	173.0000	BEAN SOUP	148	247	127.0000	CORNBREAD
149	326	173.0000	OATMEAL	149	169	163.0000	CORNEED BEEF HASH
150	175	172.0000	SHRIMP CREOLE	150	51	226.0000	PINEAPPLE CHIFFON PIE
151	268	172.0000	GINGERALE	151	303	95.0000	CARROTS
152	37	171.0000	STUFFED CABBAGE	152	81	213.0000	APRICOTS(CANNED)
153	247	171.0000	CHOCOLATE DROP COOKIES	153	232	134.0000	COFFEE CAKE
154	22	169.0000	HERMIT(S)COOKIES)	154	337	75.0000	SUBMARINE SANOWICH
155	69	169.0000	PEACH CRISP	155	33	240.0000	CHOCOLATE CHIP BREAD PUDDING
156	135	169.0000	GINGERBREAD	156	300	97.0000	TOMATO SOUP
157	232	169.0000	PEACH PIE	157	413	17.0000	TURKEY
158	351	169.0000	HUNGARIAN GOULASH	158	371	52.0000	POTATO CHIPS
159	123	167.0000	LIMA BEANS	159	206	148.0000	CHILI CON CARNE W/O BEANS
160	227	167.0000	COCONUT CREAM PIE	160	383	43.0000	SPAGHETTI
161	229	167.0000	PINEAPPLE UPSIDE DOWN CAKE	161	187	157.0000	PEANUT BUTTER COOKIES
162	291	167.0000	BANANA CREAM PUDDING	162	242	129.0000	BOSTON CREAM PIE
163	107	166.0000	BLACKBERRY PIE	163	132	181.0000	SPICE CAKE
164	205	166.0000	TACOS	164	304	95.0000	ICED TEA
165	378	166.0000	SPANISH RICE	165	60	223.0000	LEMON CAKE PUDDING
166	318	165.0000	SWEET & SOUR PORK	166	395	34.0000	ICE CREAM
167	273	164.0000	HARD COOKED EGGS	167	308	92.0000	FRESH COFFEE
168	381	164.0000	SWISS CHEESE	168	236	132.0000	RYE BREAD
169	149	163.0000	CORNEO BEEF HASH	169	94	203.0000	COCONUT DROP COOKIES
170	197	163.0000	BANANA CAKE	170	384	40.0000	TOSSED GREEN SALAD
171	361	163.0000	VEAL SCALLOPINI	171	90	210.0000	CUCUMBER, ONION & PEPPER SALAD
172	93	162.0000	VANILLA WAFERS	172	366	57.0000	SAUSAGE LINKS
173	142	162.0000	TOMATOES(CANNEO)	173	288	105.0000	CHOCOLATE PUDDING
174	324	162.0000	OATMEAL COOKIES	174	341	74.0000	FRANKFURTERS
175	81	161.0000	CHOP SUEY	175	150	172.0000	SHRIMP CREOLE
176	368	161.0000	VINEGAR & OIL SALAD DRESSING	176	377	47.0000	SCRAMBLED EGGS
177	110	160.0000	CHOW MEIN	177	229	135.0000	BANANA CREAM PIE
178	144	160.0000	GREEN OLIVES	178	381	44.0000	CORN(CANNED)
179	286	160.0000	EL RANCHO STEW	179	194	154.0000	TURKEY RICE SOUP
180	405	160.0000	PEACH SHORTCAKE	180	353	64.0000	FRENCH TOAST
181	312	159.0000	ASPARAGUS	181	376	49.0000	APPLE PIE
182	204	158.0000	SPARERIBS W/SAUERKRAUT	182	61	223.0000	BOYSENBERRY PIE
183	237	158.0000	ORANGE SODA	183	5	286.0000	IMITATION LIME BEVERAGE
184	370	158.0000	MANHATTAN CLAM CHOKOER	184	62	223.0000	PINEAPPLE PIE
185	6	157.0000	APPLESAUCE CAKE	185	119	191.0000	CHOCOLATE CAKE PUDDING
186	77	157.0000		186	101	201.0000	FRIJOLE SALAO

187	161	157.0000	PEANUT BUTTER COOKIES	187	271	115.0000	DEVIL'S FOOD CAKE
188	219	157.0000	COTTAGE CHEESE	188	211	146.0000	SAUERKRAUT
189	75	156.0000	COCONUT CREAM PUDDING	189	265	117.0000	SWEET POTATOES
190	293	156.0000	YELLOW CAKE	190	309	92.0000	TURKEY NOODLE SOUP
191	305	156.0000	BROCCOLI	191	403	29.0000	HOT ROLLS AND BUNS
192	414	156.0000	FISH SANDWICH	192	25	246.0000	BUTTER SCOTCH BROWNIES
193	289	155.0000	PINEAPPLE (CANNED)	193	40	233.0000	PINEAPPLE SAUCE
194	179	154.0000	TURKEY RICE SOUP	194	56	224.0000	BUTTERNUT COOKIES
195	348	154.0000	DEVILED EGGS	195	123	190.0000	MINESTRONE SOUP
196	196	153.0000	MARBLE CAKE	196	196	153.0000	MARBLE CAKE
197	388	153.0000	PIGS IN A BLANKET	197	170	163.0000	BANANA CAKE
198	317	152.0000	MIXED NUTS	198	312	91.0000	PEACHES (CANNED)
199	112	151.0000	RAISIN BREAD	199	396	32.0000	PORK ROAST
200	255	151.0000	TOSSED CUCUMBER & TOMATO SALAD	200	306	94.0000	VEAL ROAST
201	68	150.0000	SALMON	201	266	116.0000	DILL PICKLES
202	114	149.0000	MACARONI SALAD	202	397	32.0000	WHITE BREAD
203	138	149.0000	APPLE CRISP	203	411	20.0000	ORANGE JUICE
204	15	148.0000	MIXED SWEET PICKLES	204	182	158.0000	ASPARAGUS
205	59	148.0000	CHILI MACARONI	205	164	166.0000	TACOS
206	159	148.0000	CHILI CON CARNE W/O BEANS	206	233	134.0000	CELERY STICKS
207	223	148.0000	CHILI CON CARNE	207	24	247.0000	GINGER MOLASSES COOKIES
208	239	148.0000	CHOCOLATE CREAM PIE	208	39	234.0000	CHEWY NUT BARS (COOKIES)
209	99	147.0000	VANILLA CREAM PUDDING	209	248	127.0000	SHERBET
210	384	147.0000	LOBSTER NEWBURG	210	129	184.0000	SWEET PICKLE RELISH
211	188	146.0000	SAUERKRAUT	211	291	102.0000	PEARS (CANNED)
212	27	145.0000	POLISH SAUSAGE	212	77	214.0000	INSTANT MASHED POTATOES
213	115	144.0000	YELLOW CAKE	213	317	89.0000	FISH STICKS
214	225	143.0000	CABBAGE	214	218	141.0000	WHITE CAKE
215	308	142.0000	LEMON MERINGUE PIE	215	138	179.0000	BEEF RICE SOUP
216	325	142.0000	CREAMED CHIPPED BEEF	216	78	214.0000	CORN CHOWDER
217	86	141.0000	PLUMS(FRESH)	217	133	181.0000	STRAWBERRY CHIFFON PIE
218	214	141.0000	WHITE CAKE	218	225	137.0000	ORANGE & PINEAPPLE JUICE
219	290	141.0000	FRIED RICE	219	188	157.0000	COTTAGE CHEESE
220	42	140.0000	BEANS W/PORK IN TOMATO SAUCE	220	390	35.0000	BAKED POTATOES
221	45	139.0000	RADISHES	221	223	138.0000	ITALIAN SAUSAGE
222	140	138.0000	SWEET PICKLES	222	1	294.0000	FIGS (CANNED)
223	221	138.0000	ITALIAN SAUSAGE	223	207	148.0000	CHILI CON CARNE
224	104	137.0000	TOMATO VEGETABLE W/NOODLE SOUP	224	281	107.0000	BLUEBERRY MUFFINS
225	218	137.0000	ORANGE & PINEAPPLE JUICE	225	214	143.0000	CABBAGE
226	322	137.0000	CORNER BEEF	226	301	97.0000	LUNCHEON MEAT (COLD CUTS)
227	38	135.0000	SALAMI (COLD CUTS)	227	160	167.0000	COCONUT CREAM PIE
228	44	135.0000	CHICKEN CACCIAIORE	228	95	203.0000	HOT FUDGE SAUCE
229	177	135.0000	BANANA CREAM PIE	229	161	167.0000	PINEAPPLE UPSIDE DOWN CAKE
230	377	135.0000	BAKED STUFFED PORK SLICES	230	83	212.0000	RASPBERRY SHORTCAKE
231	106	134.0000	GRAPEFRUIT & PINEAPPLE JUICE	231	20	251.0000	PEANUT BUTTER CAKE
232	153	134.0000	COFFEE CAKE	232	157	169.0000	PEACH PIE
233	206	134.0000	CELERY STICKS	233	324	86.0000	FRUIT SALAD (ASSORTED FRUITS)
234	292	134.0000	GRAPEFRUIT & ORANGE JUICE	234	285	106.0000	NOODLES
235	17	133.0000	SUGAR COOKIES	235	127	188.0000	GRAPEFRUIT (CANNED)
236	168	132.0000	RYE BREAD	236	262	118.0000	ITALIAN DRESSING
237	256	132.0000	PUMPKIN PIE	237	183	158.0000	SPARERIBS W/SAUERKRAUT
238	260	132.0000	FRUIT CUP (APPETIZERS)	238	310	92.0000	VEGETABLE SOUP
239	395	131.0000	BEEF STROGANOFF	239	208	148.0000	CHOCOLATE CREAM PIE
240	302	130.0000	BLUEBERRY PIE	240	9	269.0000	PINEAPPLE CHEESE SALAD
241	82	129.0000	STUFFED GREEN PEPPERS	241	275	112.0000	SHRIMP, BREADED
242	162	129.0000	BOSTON CREAM PIE	242	329	83.0000	FRENCH BREAD
243	28	128.0000	WAX BEANS	243	26	245.0000	INSTANT COFFEE
244	136	128.0000	PINEAPPLE JUICE	244	290	104.0000	PEAS (CANNED)
245	264	128.0000	VEAL PARMESAN	245	22	248.0000	EGGPLANT
246	11	127.0000	LEMON CHIFFON PIE	246	385	38.0000	HAM
247	148	127.0000	CORN BREAD	247	153	171.0000	CHOCOLATE DROP COOKIES
248	209	127.0000	SHERBET	248	13	261.0000	APRICOT PIE
249	278	127.0000	GRAPEFRUIT JUICE	249	325	86.0000	CHEF'S SALAD

250	309	127.0000	SPINACH	250	36	236.0000	PINEAPPLE CREAM PIE
251	7	126.0000	JELLIED FRUIT SALAD	251	37	236.0000	FARINA (CEREAL)
252	16	126.0000	LAMB ROAST	252	12	262.0000	CRISP TOFFEE BARS (COOKIES)
253	145	126.0000	SHRIMP COCKTAIL	253	326	86.0000	TOMATO JUICE
254	57	124.0000	TEA	254	102	200.0000	STRAWBERRY GELATIN
255	266	124.0000	SHREDDED BEEF W/ BARBECUE SAUCE	255	200	151.0000	TOSSED CUCUMBER & TOMATO SALAD
256	328	124.0000	MEATBALL SURMARINE	256	237	132.0000	PUMPKIN PIE
257	387	124.0000	SWEDISH MEAT BALLS	257	70	219.0000	ONION SOUP
258	306	121.0000	BEEF NOODLE SOUP	258	139	179.0000	BRUSSELS SPROUTS
259	129	120.0000	CHICKEN A LA KING	259	105	199.0000	BUTTERSCOTCH PUDDING
260	356	120.0000	BARBECUED BEEF CUBES	260	238	132.0000	FRUIT CUP (APPETIZERS)
261	109	119.0000	HONEYDEW MELON	261	292	102.0000	TOSSED VEGETABLE SALAD
262	236	118.0000	ITALIAN DRESSING	262	4	289.0000	CHEESE SOUP
263	66	117.0000	CARROT STICKS	263	350	67.0000	HAM (COLD CUTS)
264	67	117.0000	FRUIT PUNCH	264	319	87.0000	CANTALOUPE
265	189	117.0000	SWEET POTATOES	265	408	22.0000	POT ROAST
266	201	116.0000	OIL PICKLES	266	255	124.0000	SHREDDED BEEF W/ BARBECUE SAUCE
267	357	116.0000	LOBSTER	267	348	69.0000	CHICKEN NOODLE SOUP
268	373	116.0000	BANANA SPLIT	268	151	172.0000	GINGERALE
269	407	116.0000	TURKEY POT PIE	269	14	260.0000	IMITATION CHERRY BEVERAGE
270	2	115.0000	GRAPE JUICE	270	346	70.0000	BEEF STEW
271	187	115.0000	DEVIL'S FOOD CAKE	271	387	37.0000	EGGS TO ORDER
272	349	115.0000	THOUSAND ISLAND DRESSING	272	6	281.0000	CABBAGE & SWEET PEPPER SALAD
273	296	114.0000	MIXED FRUIT SALAD	273	167	164.0000	HARD COOKED EGGS
274	3	113.0000	WHOLE WHEAT BREAD	274	295	100.0000	CHICKEN CLUB SANDWICH
275	241	112.0000	SHRIMP, BREADED	275	315	90.0000	TUNA SALAD
276	372	112.0000	FRENCH FRIED ONION RINGS	276	38	235.0000	CRANBERRY JUICE
277	398	112.0000	BEEF POT PIE	277	313	92.0000	LETTUCE SALAD
278	5	111.0000	CHOCOLATE CREAM CAKE	278	249	127.0000	GRAPEFRUIT JUICE
279	30	111.0000	LAMB CHOPS	279	72	217.0000	RIPE BLACK OLIVES
280	132	107.0000	RICE	280	106	199.0000	BEETS
281	224	107.0000	BLUEBERRY MUFFINS	281	35	239.0000	CUCUMBER & ONION SALAD
282	49	106.0000	BEER	282	66	222.0000	WALDORF SALAD
283	118	106.0000	PINEAPPLE (CANNED)	283	115	195.0000	SUKIYAKI
284	147	106.0000	SCALLOPED POTATOES	284	10	268.0000	KIDNEY BEAN SALAD
285	234	106.0000	NOODLES	285	63	223.0000	BUTTERSCOTCH CREAM PIE
286	62	105.0000	CRANBERRY SAUCE	286	179	160.0000	ORANGEADE
287	72	105.0000	LASAGNA	287	84	212.0000	COTTAGE CHEESE & FRUIT SALAD
288	173	105.0000	CHOCOLATE PUDDING	288	87	211.0000	LIMEADE
289	369	105.0000	WESTERN SANDWICH	289	193	155.0000	PINEAPPLE (CANNED)
290	244	104.0000	PEAS (CANNED)	290	219	141.0000	FRIED RICE
291	211	102.0000	PEARS (CANNED)	291	162	167.0000	BANANA CREAM PUDDING
292	261	102.0000	TOSSED VEGETABLE SALAD	292	234	134.0000	GRAPEFRUIT & ORANGE JUICE
293	404	102.0000	BOSTON BAKED BEANS	293	190	156.0000	YELLOW CAKE
294	125	100.0000	GRIDDLE CAKES	294	334	78.0000	TURKEY (COLD CUTS)
295	274	100.0000	CHICKEN CLUB SANDWICH	295	111	198.0000	SUCCOTASH
296	338	100.0000	RAVIOLI	296	273	114.0000	MIXED FRUIT SALAD
297	399	99.0000	PEPPER STEAK	297	349	68.0000	GREEN BEANS (CANNED)
298	26	98.0000	BOLOGNA (COLD CUTS)	298	358	62.0000	PEAS
299	336	98.0000	HOT COCOA	299	120	191.0000	HOT TAMALES
300	156	97.0000	TOMATO SOUP	300	79	214.0000	BLACK EYE PEAS
301	226	97.0000	LUNCHEON MEAT (COLD CUTS)	301	415	12.0000	GRILLED STEAK
302	358	97.0000	FRENCH SALAD DRESSING	302	240	130.0000	BLUEBERRY PIE
303	151	95.0000	CARROTS	303	73	215.0000	CHOCOLATE COCONUT PUDDING
304	164	95.0000	ICEO TEA	304	336	76.0000	COLA
305	362	95.0000	ICE CREAM SUNDAE	305	191	156.0000	BROCCOLI
306	200	94.0000	VEAL ROAST	306	258	121.0000	BEEF NOODLE SOUP
307	88	92.0000	PORK SAUSAGE PATTIES	307	126	189.0000	LIVER
308	167	92.0000	FRESH COFFEE	308	215	142.0000	LEMON MERINGUE PIE
309	190	92.0000	TURKEY NOODLE SOUP	309	250	127.0000	SPINACH
310	238	92.0000	VEGETABLE SOUP	310	373	51.0000	CHEESE AND HAM SANDWICH
311	334	92.0000	SOFT-SERVE ICE CREAM	311	363	58.0000	BISCUITS
312	198	91.0000	PEACHES (CANNED)	312	181	159.0000	PEACH SHORTCAKE

313	277	91.0000	LETTUCE SALAD	313	344	71.0000	DOUGHNUTS
314	375	91.0000	BREADED VEAL STEAKS	314	42	232.0000	GARDEN COTTAGE CHEESE SALAD
315	275	90.0000	TUNA SALAD	315	23	248.0000	RUTABAGAS TURNIP
316	390	90.0000	SWEET ROLLS	316	27	245.0000	MUSTARD GREENS
317	213	89.0000	FISH STICKS	317	198	152.0000	MIXED NUTS
318	65	87.0000	BAKED MACARONI & CHEESE	318	166	165.0000	SWEET & SOUR PORK
319	264	87.0000	CANTALOUPE	319	34	240.0000	CUSTARD PUDDING SAUCE
320	380	87.0000	ENGLISH MUFFINS	320	45	230.0000	IMITATION GRAPE BEVERAGE
321	14	86.0000	DANISH PASTRY	321	143	175.0000	CAKE MUFFINS
322	47	86.0000	CHERRY PIE	322	226	137.0000	CORNED BEEF
323	73	86.0000	SLOPPY JOE	323	28	245.0000	PRUNES (CANNED)
324	233	86.0000	FRUIT SALAD (ASSORTED FRUITS)	324	174	162.0000	OATMEAL COOKIES
325	249	86.0000	CHEF'S SALAD	325	216	142.0000	CREAMED CHIPPED BEEF
326	253	86.0000	TOMATO JUICE	326	149	173.0000	OATMEAL
327	332	86.0000	SEAFOOD PLATTER	327	8	270.0000	PICKLED GREEN BEANS
328	108	83.0000	BROWNIES	328	256	124.0000	MEATBALL SUBMARINE
329	242	83.0000	FRENCH BREAD	329	118	192.0000	CHERRY CRISP
330	335	82.0000	AMERICAN CHEESE	330	107	159.0000	VEGETABLE SLAM
331	409	82.0000	OMELET	331	121	191.0000	GRAPE SODA
332	48	81.0000	MILK SHAKE	332	327	86.0000	SEAFOOD PLATTER
333	98	78.0000	TANGERINES	333	401	30.0000	CHICKEN
334	294	78.0000	TURKEY (COLD CUTS)	334	311	92.0000	SOFT SERVE ICE CREAM
335	396	78.0000	SLICED TOMATOES	335	330	82.0000	AMERICAN CHEESE
336	304	76.0000	COLA	336	299	98.0000	HOT COCOA
337	154	75.0000	SUBMARINE SANDWICH	337	91	209.0000	CORN BREAD STUFFING
338	345	75.0000	CHOCOLATE MILK	338	296	100.0000	RAVIOLI
339	46	74.0000	GRAPEFRUIT (FRESH)	339	112	196.0000	KNICKERBOCKER SOUP
340	121	74.0000	FISH	340	74	215.0000	PEPPER POT SOUP
341	174	74.0000	FRANKFURTERS	341	409	22.0000	MILK
342	21	73.0000	HOT CROSS BUNS	342	75	215.0000	APPLE STUFFING
343	139	71.0000	GRAPES	343	52	226.0000	SCALLOPED TUNA & PEAS
344	313	71.0000	DOUGHNUTS	344	144	175.0000	GIBLET STUFFING
345	35	70.0000	PEAS & CARROTS	345	338	75.0000	CHOCOLATE MILK
346	270	70.0000	BEEF STEW	346	357	63.0000	BARBECUED SPARERIBS
347	94	69.0000	TURKEY CLUB SANDWICH	347	54	225.0000	DATE NUT BREAD
348	267	69.0000	CHICKEN NOODLE SOUP	348	195	154.0000	DEVILED EGGS
349	297	68.0000	GREEN BEANS (CANNED)	349	272	115.0000	THOUSAND ISLAND DRESSING
350	263	67.0000	HAM (COLD CUTS)	350	372	52.0000	SALISBURY STEAK
351	382	67.0000	HASHED BROWN POTATOES	351	158	169.0000	HUNGARIAN GOULASH
352	87	66.0000	CHOCOLATE CHIP COOKIES	352	407	23.0000	FRIED CHICKEN
353	180	64.0000	FRENCH TOAST	353	32	241.0000	SARDINES
354	406	64.0000	GRILLED CHEESE SANDWICH	354	124	190.0000	BAKED TUNA & NOODLES
355	10	63.0000	BANANAS	355	145	175.0000	CHICKEN TETRAZZINI
356	13	63.0000	CREAMED STYLE CORN	356	260	120.0000	BARBECUED BEEF CUBES
357	346	63.0000	BARBECUED SPARERIBS	357	267	116.0000	LOBSTER
358	298	62.0000	PEAS	358	302	97.0000	FRENCH SALAD DRESSING
359	76	60.0000	APPLESAUCE	359	97	202.0000	STEWED TOMATOES
360	102	60.0000	LEMONADE	360	125	190.0000	RICE PILAFF
361	32	59.0000	POTATO SALAD	361	171	163.0000	VEAL SCALLOPINI
362	31	58.0000	PIZZA	362	305	95.0000	ICE CREAM SUNDAE
363	311	58.0000	BISCUITS	363	85	212.0000	STUFFED CELERY W/CHEESE
364	39	57.0000	COLE SLAW	364	245	128.0000	VEAL PARMESAN
365	63	57.0000	MIXED VEGETABLES	365	382	44.0000	MASHED POTATOES
366	172	57.0000	SAUSAGE LINKS	366	108	199.0000	OKRA
367	96	56.0000	PFACHES (FRESH)	367	29	244.0000	LIVERWURST
368	130	55.0000	WATERMELON	368	176	161.0000	VINEGAR & OIL SALAD DRESSING
369	376	54.0000	MEAT LOAF	369	289	105.0000	WESTERN SANDWICH
370	415	53.0000	FRIED EGGS	370	184	158.0000	ORANGE SODA
371	158	52.0000	POTATO CHIPS	371	128	187.0000	VEALBURGER
372	350	52.0000	SALISBURY STEAK	372	276	112.0000	FRENCH FRIED ONION RINGS
373	310	51.0000	CHEESE AND HAM SANDWICH	373	268	116.0000	BANANA SPLIT
374	85	49.0000	SWISS STEAK	374	140	179.0000	FITTERS
375	116	49.0000	FRUIT COCKTAIL (CANNED)	375	314	91.0000	BREADED VEAL STEAKS

376	181	49.0000	APPLE PIE	376	369	54.0000	MEAT LOAF
377	176	47.0000	SCRAMBLED EGGS	377	230	135.0000	BAKED STUFFED PORK SLICES
378	61	46.0000	PEARS(FRESH)	378	165	166.0000	SPANISH RICE
379	78	46.0000	LETTUCE & TOMATO SALAD	379	113	196.0000	RUSSIAN SALAD DRESSING
380	1	44.0000	ORANGE JUICE, INSTANT	380	320	87.0000	ENGLISH MUFFINS
381	178	44.0000	CORN(CANNEO)	381	168	164.0000	SWISS CHEESE
382	365	44.0000	MASHED POTATOES	382	351	67.0000	HASHED BROWN POTATOES
383	160	43.0000	SPAGHETTI	383	146	175.0000	MULLIGATAWNY SOUP
384	170	40.0000	TOSSED GREEN SALAD	384	210	147.0000	LOBSTER NEWBURG
385	246	38.0000	HAM	385	17	258.0000	SOUR CREAM SALAD DRESSING
386	23	37.0000	ORANGES	386	98	202.0000	CERVELAT (COLD CUTS)
387	271	37.0000	EGGS TO ORDER	387	257	124.0000	SWEDISH MEAT BALLS
388	394	37.0000	HOT TURKEY SANDWICH W/GRAVY	388	197	133.0000	PIGS IN A BLANKET
389	9	35.0000	STRAWBERRY SHORTCAKE	389	391	35.0000	ROAST BEEF SANDWICH W/GRAVY
390	220	35.0000	BAKED POTATOES	390	316	90.0000	SWEET ROLLS
391	389	35.0000	ROAST BEEF SANDWICH W/GRAVY	391	41	233.0000	BLUE CHEESE SALAD DRESSING
392	40	34.0000	APPLES(FRESH)	392	398	32.0000	BAC, LET, TOMATO SANDWICH
393	141	34.0000	ORANGES	393	7	280.0000	RAISIN STUFFING
394	143	34.0000	SLICED ROAST PORK W/GRAVY	394	388	37.0000	HOT TURKEY SANDWICH W/GRAVY
395	166	34.0000	ICE CREAM	395	239	131.0000	BEEF STROGANOFF
396	199	32.0000	PORK ROAST	396	335	78.0000	SLICED TOMATOES
397	202	32.0000	WHITE BREAD	397	2	293.0000	STUFFED CELERY W/PEANUT BUTTER
398	392	32.0000	BAC, LET, TOMATO SANDWICH	398	277	112.0000	BEEF POT PIE
399	74	31.0000	BACON	399	297	99.0000	PEPPER STEAK
400	105	31.0000	CHEESEBURGER	400	88	211.0000	SAVORY BREAD STUFFING
401	333	30.0000	CHICKEN	401	103	200.0000	SAUERBRATEN
402	70	29.0000	CORN ON THE COB	402	134	181.0000	MAYONNAISE SALAD DRESSING
403	191	29.0000	HOT ROLLS AND BUNS	403	57	224.0000	CREOLE SOUP
404	18	27.0000	GREEN BEANS	404	293	102.0000	BOSTON BAKED BEANS
405	131	27.0000	FRENCH FRIED POTATOES	405	180	160.0000	EL RANCHO STEW
406	92	24.0000	HAM	406	354	64.0000	GRILLED CHEESE SANDWICH
407	352	23.0000	FRIED CHICKEN	407	269	116.0000	TURKEY POT PIE
408	265	22.0000	POT ROAST	408	80	214.0000	SAUSAGE STUFFING
409	341	22.0000	MILK	409	331	82.0000	OMELET
410	29	20.0000	TOAST	410	19	252.0000	OYSTER STUFFING
411	203	20.0000	ORANGE JUICE	411	3	290.0000	ICED COFFEE
412	91	19.0000	TURKEY SLICES W/GRAVY	412	53	226.0000	GARLIC FRENCH SALAD DRESSING
413	157	17.0000	TURKEY	413	64	223.0000	FISH CHOWDER
414	54	14.0000	ROAST BEEF	414	192	156.0000	FISH SANDWICH
415	301	12.0000	GRILLED STEAK	415	370	53.0000	FRIED EGGS
416	8	11.0000	HAMBURGER	416	136	180.0000	CREAMY FRENCH SALAD DRESSING

APPENDIX C

RELATIONSHIP BETWEEN THE TWO PREFERENCE SCALES: HEDONIC AND FREQUENCY

Appendix C illustrates the relationship between the mean hedonic rating and the mean frequency rating for each meal for each food by subclass. The meal and the subclass are indicated in the title of each table. High and low categories were established using 15% cutpoints. That is, the high foods for each scale represent those items falling in the top 15% of all items for that scale and for that meal. The items were then placed in a 3 X 3 matrix composed of the low, moderate, and high categories for each preference scale. Thus the low-low block contains food items falling in the lowest 15% on both hedonic and frequency scales.

RELATIONSHIP BETWEEN THE TWO PREFERENCE SCALES FOR BREAK. MAIN DISHES

HEDONIC SCALE

F R E Q U E N C Y S C A L E				HEDONIC SCALE	
		LOW	MODERATE	HIGH	
LOW			Deviled Eggs		
MODERATE			Pork Sausage Patties Griddle Cakes Hard Cooked Eggs French Toast	Ham	
HIGH			Pork Sausage Links Scrambled Eggs Omelet	Eggs To Order Fried Eggs Bacon	

RELATIONSHIP BETWEEN THE TWO PREFERENCE SCALES FOR BREAKFAST BEVERAGES

HEDONIC SCALE

		LOW	MODERATE	HIGH
LOW				
MODERATE		Freeze Dried Coffee Instant Coffee Cranberry Juice	Tomato Juice Chocolate Milk Grapefruit & Orange Juice Hot Cocoa Grapefruit Juice Orange Pineapple Juice Grape Juice Grapefruit & Pineapple Juice Pineapple Juice Tea	
HIGH			Orange Juice Instant Fresh Coffee	Orange Juice Milk

F R E Q U E N C Y S C A L E

RELATIONSHIP BETWEEN THE TWO PREFERENCE SCALES FOR BREAK. BREADS & CEREALS

HEDONIC SCALE

F R E Q U E N C Y S C A L E		LOW	MODERATE	HIGH
LOW		Date Nut Bread	French Bread Corn Bread	
	MODERATE	Whole Wheat Cereal Hominy Grits Farina	White Bread English Muffins Whole Wheat Bread Danish Pastry Oatmeal Biscuits Blueberry Muffins Sweet Rolls Coffee Cake Rye Bread Hot Cross Buns Cake Muffins Doughnuts	Hot Rolls & Buns
HIGH				Toast

RELATIONSHIP BETWEEN THE TWO PREFERENCE SCALES FOR BREAKFAST FRUITS

HEDONIC SCALE

	LOW	MODERATE	HIGH
LOW	Prunes Canned Apricots Canned Plums Canned Figs Canned	Pineapple Canned Pears Canned Applesauce	
MODERATE		Grapefruit Oranges Tangerines Pears Peaches Cantalope Honeydew Grapefruit Canned Plums Peaches Canned Bananas	Oranges Apples
HIGH			

F R E Q U E N C Y S C A L E

RELATIONSHIP BETWEEN THE TWO PREFERENCE SCALES FOR MID-DAY MAIN DISHES

HEDONIC SCALE

	LOW		MODERATE	HIGH
LOW	A. Sardines			
	D. Liverwurst	A. Fish Shrimp Creole Breaded Shrimp Tuna Salad Seafood Platter Baked Tuna & Noodles Lobster Lobster Newburg Salmon Fried Oysters B. Baked Macaroni & Cheese Lasagna Ravioli Chili Macaroni	C. Veal Roast Spareribs W/ Sauerkraut Corned Beef BBQ Beef Cubes Veal Parmesan Veal Burger Breaded Veal Steaks Bk. Stuffed Pork Sl. Swedish Meat Balls Pepper Steak Italian Sausage Chili Con Carne Chili Con Carne W/O Beans Lamb Roast Polish Sausage Lamp Chops Beef Liver D. Bologna (c.c.) Frankfurters Salami (c.c.) Sloppy Joe Ham (c.c.) Turkey Club Sand. Submarine Sand. Luncheon Meat Chicken Club Sand. Meatball Sub. Cervelat (c.c.) Tacos Hot Tamales Western Sandwich Shredded Beef W/BBQ Sauce Fish Sandwich	B. Pizza Spaghetti C. Ham Sl. Roast Pork W/Gravy Pork Roast Pot Roast BBQ Spareribs Salisbury Steak Turkey Sl. W/Gravy Meatloaf Swiss Steak Turkey Ham Chicken Fried Chicken D. Hot Turkey Sand. W/Gravy
HIGH				C. Roast Beef Grilled Steak D. Hamburger Cheeseburger Gr. Cheese & Ham Roast Beef Sand. W/Gravy BLT Sandwich Gr. Cheese Sand.

F R E Q U E N C Y

S C A L E

RELATIONSHIP BETWEEN THE TWO PREFERENCE SCALES FOR MID-DAY CASSEROLE COMBINATION
MAIN DISH
HEDONIC SCALE

F R E Q U E N C Y S C A L E			
	LOW	MODERATE	HIGH
LOW	Sukiyaki	Creamed Chipped Beef Chicken Tetrazzini Sauerbraten Veal Scallopini Scalloped Tuna & Peas	
MODERATE		Stuffed Cabbage Chicken Cacciatore Chop Suey Stuffed Green Peppers Chow Mein Chicken A La King Corned Beef Hash Beef Stew Hungarian Goulash Beef Stroganoff Beef Pot Pie El Rancho Stew Turkey Pot Pie Sweet & Sour Pork Shrimp Creole Lobster Newburg Baked Tuna & Noodles	
HIGH			

RELATIONSHIP BETWEEN PREFERENCE SCALES FOR MID-DAY BEVERAGES

HEDONIC SCALE

		LOW	MODERATE	HIGH
LOW			Eggnog	
MODERATE		Imitation Orange Lemon Lime Soda Freeze Dried Coffee Iced Coffee Imitation Lime Imitation Lemon	Grape Soda Ginger Ale Orangeade Limeade Imitation Grape Instant Coffee Hot Cocoa Imitation Cherry Orange & Pineapple Juice Grapeade Tomato Juice Grape Lemonade Cherry Soda	
HIGH			Orange Soda Fruit Punch Iced Tea Beer Tea Lemonade	Fresh Coffee Milk Cola Chocolate Milk Milk Shake

F R E Q U E N C Y S C A L E

RELATIONSHIP BETWEEN PREFERENCE SCALES FOR MID-DAY BREADS

HEDONIC SCALE

HEDONIC SCALE				
	LOW		MODERATE	HIGH
LOW			Cake Muffins	
MODERATE			Date Nut Bread Hot Cross Buns Corn Bread Raisin Bread	French Bread Sweet Rolls Toast
HIGH			Whole Wheat Bread Rye Bread	White Bread Hot Rolls & Buns Biscuits

F R E Q U E N C Y S C A L E

RELATIONSHIP BETWEEN PREFERENCE SCALES FOR MID-DAY POT. & STARCH

HEDONIC SCALE

	LOW	MODERATE	HIGH
LOW		Rice Pilaff Fritters	
MODERATE		Potato Salad Rice Instant Mashed Potatoes Macaroni Salad Scalloped Potatoes Ravioli Boston Baked Beans Lasagna Noodles Spanish Rice Sweet Potatoes Chill Macaroni Beans W/Pork In Tomato Sauce Fried Rice	Baked Potatoes Spaghetti Hashed Brown Potatoes
HIGH			Mashed Potatoes French Fried Potatoes Potato Chips

F R E Q U E N C Y S C A L E

RELATIONSHIP BETWEEN PREFERENCE SCALES FOR MID-DAY VEGETABLES

HEDONIC SCALE

	LOW	MODERATE	HIGH
LOW	Rutabagas Turnip Eggplant Parsnips		
MODERATE	Turnip Greens Yellow Squash Okra Zucchini Squash Mustard Greens	French Fried Onion Rings Peas & Carrots Peas Green Beans (Canned) Carrots Asparagus Spinach Broccoli Wax Beans Canned Tomatoes Sauerkraut	Succotash Peas, Canned Cabbage Cooked Onions Cauliflower Blackeye Peas Beets Stewed Tomatoes Lima Beans Brussel Sprouts
HIGH		Mixed Vegetables Green Beans Creamed Style Corn Radishes	Corn on the Cob Corn (Canned) Sliced Tomatoes

F R E Q U E N C Y S C A L E

RELATIONSHIP BETWEEN PREFERENCE SCALES FOR MID-DAY SALADS

HEDONIC SCALE

F R E Q U E N C Y S C A L E			
	LOW	MODERATE	HIGH
LOW	Pineapple Cheese Frijole Salad Pickled Beet & Onion Pickled Green Beans Kidney Bean	Cabbage & Sweet Pepper Salad	
MODERATE	Cottage Cheese & Fruit Salad Carrot Salad Carrot, Raisin & Celery Banana Salad	Mixed Fruit Salad Jellied Fruit Salad Potato Salad Cucumber, Onion & Sweet Pepper Salad Macaroni Salad Borden Cottage Cheese Cucumber & Onion Salad Waldorf Salad Vegetable Slaw	
HIGH		Chef's Salad Tossed Vegetable Assorted Fruit Salad Tossed Cucumber & Tomato Cole Slaw	Tossed Green Salad Lettuce & Tomato Lettuce

RELATIONSHIP BETWEEN PREFERENCE SCALES FOR MID-DAY FRUITS

HEDONIC SCALE

	LOW	MODERATE	HIGH
LOW	Canned Prunes Canned Figs	Canned Plums Canned Grapefruit	
MODERATE		Fruit Cocktail Canned Peaches Applesauce Grapes Canned Pears Cantaloupe Canned Pineapple (1+2) Honeydew Melon Bananas Canned Apples Canned Sweet Cherries Canned Apricots Fresh Plums	Fresh Pears Fresh Peaches Oranges (1+2) Tangerines
HIGH			Fresh Apples Watermelon

F R E Q U E N C Y S C A L E

RELATIONSHIP BETWEEN PREFERENCE SCALES FOR MID-DAY SOUPS

HEDONIC SCALE

	LOW	MODERATE	HIGH
LOW	Cheese Soup Knickerbocker Pepper Pot Soup Multigatawny Creole Soup	Fish Chowder Onion Soup	
MODERATE	Manhattan Clam Chowder Cream of Potato Beef Barley Soup	Pea Soup Cream of Mushroom Bean Soup Tomato Vegetable W/Noodle Tomato Soup Turkey Rice Soup Turkey Noodle Minestrone Beef Rice Soup Corn Chowder Vegetable Soup Chicken Noodle Beef Noodle	
HIGH			

F R E Q U E N C Y S C A L E

RELATIONSHIP BETWEEN PREFERENCE SCALES FOR MID-DAY DESSERTS

HEDONIC SCALE

	HEDONIC SCALE		
	LOW	MODERATE	HIGH
LOW	Crisp Toffee Bars Choc. Chip Bread Pudding Peanut Butter Cake Butterscotch Sauce (1&2) Mincemeat Pie Raisin Pie Pineapple Chiffon Pie Apricot Pie Ginger Molasses Cookies Apricot Crisp Butterscotch Cream Pie	Chevy Nut Bars Lemon Cake Pudding Fruitcake Spice Cake Custard Pudding Sauce Pineapple Sauce Boysenberry Pie	Pineapple Cream Pie Butterscotch Brownies
MODERATE	Hermits (Cookies) Molasses Cookies Lemon Cookies Coconut Raisin Cookies Raisin Drop Cookies Bread Pudding Lemon Pudding Sauce	Sugar Cookies Chocolate Chip Cookies Vanilla Wafers Fruit Bars Peanut Butter Cookies Coconut Drop Cookies Butternut Refriger. Cookies Chocolate Drop Cookies Oatmeal Cookies Cherry Cake Pudding Oatmeal Cookies Cherry Cake Pudding Coconut Cream Pudding Vanilla Cream Pudding Chocolate Pudding Butterscotch Pudding Banana Cream Pudding Chocolate Coconut Pudding Chocolate Cake Pudding Chocolate Cream Cake Applesauce Cake Devil's Food Cake Marble Cake Banana Cake White Cake Pineapple Upside Down Cake Raspberry Shortcake Peach Shortcake	Yellow Cake (1+2) Vanilla Pudding Sauce Hot Fudge Sauce Lemon Chiffon Pie Cherry Pie Blackberry Pie Boston Cream Pie Banana Cream Pie Pineapple Pie Strawberry Chiffon Pie Pineapple Pie Strawberry Chiffon Pie Coconut Cream Pie Peach Pie Chocolate Cream Pie Pumpkin Pie Blueberry Pie Lemon Meringue Pie Peach Crisp Brownies Gingerbread Apple Crisp Cherry Crisp Strawberry Gelatin Applesauce Fruit Cocktail, Canned
HIGH		Sherbert Soft Serve Ice Cream	Apple Pie Ice Cream Ice Cream Sundae Milk Shake

F R E Q U E N C Y S C A L E

RELATIONSHIP BETWEEN PREFERENCE SCALES FOR MID-DAY ACCESSORIES

HEDONIC SCALE

		LOW	MODERATE	HIGH
LOW		Pickled Green Beans Raisin Stuffing	Apple Stuffing Savory Bread Stuffing Oyster Stuffing Sausage Stuffing	
MODERATE		Stuffed Celery W/Peanut Butter Sour Cream Salad Dressing	Cottage Cheese Swiss Cheese Shrimp Cocktail Orange & Pineapple Juice Tomato Juice Fruit Cup Mixed Sweet Pickles Cranberry Sauce Chopped Onions Sweet Pickles Ripe Black Olives Green Olives Sweet Pickle Relish	Stuffed Celery W/Cheese Applesauce Mixed Nuts Cornbread Stuffing Giblet Stuffing Russian Salad Dressing Blue Cheese Salad Dressing Mayonnaise Salad Dressing Garlic French Salad Dressing Caesar Salad Dressing
HIGH			American Cheese Dill Pickles Carrot Sticks Thousand Island Salad Dressing Celery Sticks	French Salad Dressing Vinegar & Oil Salad Dressing Creamy French Salad Dressing Italian Salad Dressing

F R E Q U E N C Y S C A L E

RELATIONSHIP BETWEEN THE TWO PREFERENCE SCALES FOR EVENING MAIN DISHES

HEDONIC SCALE

	LOW	Moderate	HIGH
LOW	A. Sardines D. Liverwurst	B. Chili Macaroni D. Cervelat (c.c.)	
		A. Fish Shrimp Creole Breaded Shrimp Tuna Salad Seafood Platter Baked Tuna & Noodles Lobster Lobster Newburg Salmon C. Veal Roast Spareribs W/ Sauerkraut Corned Beef BBQ Beef Cubes Veal Parmesan Veal Burger Breaded Veal Steaks Bk. Stuffed Pork Slices Pepper Steak Italian Sausage Chili Con Carne Chili Con Carne W/O Beans Lamb Roast Polish Sausage Lamb Chops Swedish Meatballs B. Baked Macaroni and Cheese Ravioli Lasagna	B. Pizza Spaghetti C. Ham Sl. Roast Pork W/Gravy Pork Roast Pot Roast BBQ Spareribs Salisbury Steak Turkey Slices W/Gravy Meatloaf Swiss Steak Turkey Ham D. Hot Turkey Sand. W/Gravy Cheeseburger Gr. Cheese & Ham Roast Beef Sand. W/Gravy BLT Sandwich Gr. Cheese Sand.
MODERATE			
HIGH			
			C. Roast Beef Grilled Steak Chicken Fried Chicken D. Hamburger

F R E Q U E N C Y

S C A L E

RELATIONSHIP BETWEEN THE TWO PREFERENCE SCALES FOR EVENING CASSEROLE & COMB. DISHES

HEDONIC SCALE

	LOW	MODERATE	HIGH
LOW		Chow Mein Creamed Chipped Beef Chicken Tetrazzini Sauerbraten El Rancho Stew Scalloped Tuna & Peas	
MODERATE	Sukiyaki	Stuffed Cabbage Chicken Cacciatore Chop Suey Stuffed Green Peppers Chicken A La King Corned Beef Hash Beef Stew Hungarian Goulash Beef Stroganoff Beef Pot Pie Turkey Pot Pie Sweet & Sour Pork Veal Scallopini Baked Tuna & Noodle Shrimp Creole Lobster Newburg	
HIGH			

F R E Q U E N C Y S C A L E

RELATIONSHIP BETWEEN THE TWO PREFERENCE SCALES FOR EVENING BEVERAGES

HEDONIC SCALE

	LOW	MODERATE	HIGH
LOW	Freeze Dried Coffee Iced Coffee Lemon Lime Soda Imitation Orange Imitation Lemon Imitation Lime	Tomato Juice Instant Coffee Grape Lemonade Grapeade Orangeade Limeade Ginger Ale Grape Soda Cherry Soda Imitation Cherry Imitation Grape Hot Cocoa Fruit Punch Eggnog Orange & Pineapple Juice	
MODERATE			
HIGH		Tea Iced Tea Orange Soda Lemonade Beer	Fresh Coffee Cola Milk Chocolate Milk Milk Shake

F R E Q U E N C Y S C A L E

RELATIONSHIP BETWEEN THE TWO PREFERENCE SCALES FOR EVENING BREADS & CEREALS

HEDONIC SCALE

FREQUENCY SCALE				HEDONIC SCALE			
			LOW		MODERATE		HIGH
LOW					Date Nut Bread		Toast
MODERATE					Raisin Bread Corn Bread Cake Muffins		Sweet Rolls
HIGH					Rye Bread Hot Cross Buns Whole Wheat Bread		Biscuits White Bread French Bread Hot Rolls & Buns

RELATIONSHIP BETWEEN THE TWO PREFERENCE SCALES FOR EVENING POTATOES & STARCHES

HEDONIC SCALE

	LOW	MODERATE	HIGH
LOW		Chili Macaroni Fritters Rice Pilaff	
MODERATE		Scalloped Potatoes Sweet Potatoes Instant Mashed Potatoes Potato Salad Noodles Lasagna Macaroni Salad Ravioli Boston Baked Beans Beans W/Pork In Tomato Sauce Rice Fried Rice Spanish Rice	Potato Chips Hashed Brown Potatoes Spaghetti
HIGH			French Fried Potatoes Baked Potatoes Mashed Potatoes

F R E Q U E N C Y S C A L E

RELATIONSHIP BETWEEN THE TWO PREFERENCE SCALES FOR EVENING VEGETABLES

HEDONIC SCALE

	LOW	MODERATE	HIGH
LOW	Parsnips Rutabagas Turnip		
MODERATE	Yellow Squash Okra Turnip Greens Eggplant Mustard Greens Zucchini Squash	Lima Beans Asparagus Canned Peas Canned Green Beans Peas Broccoli Cabbage Peas & Carrots Canned Tomatoes Blackeye Peas Sauerkraut Wax Beans Cooked Onions Cauliflower Beets Succotash Spinach Carrots Radishes Stewed Tomatoes French Fried Onion Rings Brussels Sprouts	
HIGH		Green Beans Creamed Style Corn Mixed Vegetables	Sliced Tomatoes Corn on the Cob Canned Corn

F R E Q U E N C Y S C A L E

RELATIONSHIP BETWEEN THE TWO PREFERENCE SCALES FOR EVENING SALADS

HEDONIC SCALE

	LOW	MODERATE	HIGH
LOW	Pineapple Cheese Salad Carrot, Raisin & Celery Frijole Salad Kidney Bean Salad Pickled Green Beans	Cabbage & Sweet Pepper Salad	
MODERATE	Banana Salad Cottage Ch. W/Fruit Pickled Beet W/Onion Carrot Salad	Mixed Fruit Salad Jellied Fruit Salad Waldorf Salad Cuc., Onion & Sweet Pepper Cucumber & Onion Salad Garden Cottage Cheese Salad Vegetable Slaw Potato Salad Macaroni Salad	
HIGH		Assorted Fruit Salad Coleslaw Tossed Cucumber & Tomato Salad Tossed Vegetable Salad Chef's Salad	Lettuce & Tomato Salad Tossed Green Salad Lettuce Salad

F R E Q U E N C Y S C A L E

RELATIONSHIP BETWEEN THE TWO PREFERENCE SCALES FOR EVENING FRUITS

HEDONIC SCALE

	LOW	MODERATE	HIGH
LOW	Canned Figs Canned Prunes	Canned Apples Canned Plums Canned Grapefruit	
MODERATE		Bananas Canned Sweet Cherries Fresh Plums Honeydew Melon Canned Pineapple (1+2) Grapes Canned Apricots Canned Peaches Canned Pears Cantaloupe Applesauce	Oranges Fresh Pears Fresh Peaches Tangerines Watermelon
HIGH		Fruit Cocktail	Fresh Apples

F R E Q U E N C Y S C A L E

RELATIONSHIP BETWEEN THE TWO PREFERENCE SCALES FOR EVENING SOUPS

HEDONIC SCALE

		LOW	MODERATE	HIGH
F R E Q U E N C Y	LOW	Cheese Soup Knickerbocker Soup Pepper Pot Soup Mulligatawny Soup Creole Soup	Beef Rice Soup Corn Chowder Onion Soup	
	MODERATE	Manhattan Clam Chowder Cream of Potato Soup Beef Barley Soup	Pea Soup Cream of Mushroom Bean Soup Tomato Vegetable W/Noodles Tomato Soup Turkey Rice Soup Turkey Noodle Soup Minestrone Soup Vegetable Soup Chicken Noodle Beef Noodle Fish Chowder	
	HIGH			
S C A L E				

RELATIONSHIP BETWEEN THE TWO PREFERENCE SCALES FOR EVENING DESSERTS

HEDONIC SCALE

	LOW	MODERATE	HIGH
LOW	Molasses Cookies Coconut Raisin Cookies Raisin Drop Cookies Choc. Chip Bread Pudding Raisin Pie Crisp Toffee Bars Apricot Pie Peanut Butter Cake Apricot Crisp Butterscotch Sauce	Fruit Bars Buttermilk Refrig. Cookies Chewy Nut Bars Fruitcake Pineapple Sauce Pineapple Cream Pie Butterscotch Brownies	
MODERATE	Butterscotch Cream Pie Hermit's Cookies Lemon Cookies Ginger Molasses Cookies Bread Pudding Lemon Pudding Sauce Mincemeat Pie Pineapple Chiffon Pie	Sugar Cookies Chocolate Chip Cookies Vanilla Wafers Peanut Butter Cookies Coconut Drop Cookies Chocolate Drop Cookies Oatmeal Cookies Cherry Cake Pudding Chocolate Cream Pudding Vanilla Cream Pudding Lemon Cake Pudding Chocolate Pudding Butterscotch Pudding Banana Cream Pudding Chocolate Cake Pudding Chocolate Coconut Pudding Chocolate Cream Cake Applesauce Cake Spice Cake Devil's Food Cake Marble Cake Banana Cake White Cake Pineapple Upside Down Cake Strawberry Gelatin Applesauce	Raspberry Shortcake Peach Shortcake Yellow Cake Vanilla Pudding Sauce Hot Fudge Sauce Lemon Chiffon Pie Cherry Pie Blackberry Pie Boston Cream Pie Banana Cream Pie Boysenberry Pie Pineapple Pie Strawberry Chiffon Pie Coconut Cream Pie Peach Pie Chocolate Cream Pie Pumpkin Pie Blueberry Pie Lemon Meringue Pie Custard Pudding Sauce Peach Crisp Brownies Gingerbread Apple Crisp Cherry Crisp
HIGH		Sherbet Soft Serve Ice Cream Fruit Cocktail (Canned)	Straw. Shortcake Apple Pie Ice Cream Ice Cream Sundae Milk Shake

F R E Q U E N C Y

S C A L E

RELATIONSHIP BETWEEN THE TWO PREFERENCE SCALES FOR EVENING ACCESSORY FOODS

HEDONIC SCALE

	LOW	MODERATE	HIGH
LOW	Stuffed Celery W/ Peanut Butter Pickled Green Beans Raisin Stuffing	Apple Stuffing Savory Bread Stuffing Sausage Stuffing Oyster Stuffing	
MODERATE	Sour Cream Salad Dressing	Cottage Cheese American Cheese Swiss Cheese Tomato Juice Fruit Cup Cranberry Sauce Chopped Onions Ripe Black Olives Mixed Nuts Cornbread Stuffing Blue Cheese Dressing Applesauce Green Olives Sweet Pickle Relish	Garlic French Salad Dressing Orange & Pineapple Juice Mixed Sweet Pickles Sweet Pickles Stuffed Celery W/Cheese Giblet Stuffing Mayonnaise Salad Dressing
HIGH		Shrimp Cocktail Carrot Sticks French Salad Dressing Creamy French Salad Dressing Ceasar Salad Dressing Dill Pickles	Russian Salad Dressing Celery Sticks Thousand Island Dressing Vinegar & Oil Dressing Italian Dressing

F R E Q U E N C Y S C A L E

RELATIONSHIP BETWEEN THE TWO PREFERENCE SCALES FOR AVER. RATING ON

ALL MEALS (HED. & FREQ.) HEDONIC SCALE *

	LOW	MODERATE	HIGH
LOW	Sauces Cookies	Soups Puddings Stuffings Fritters Casseroles, Stew, etc.	
MODERATE	Iced Coffee Beverage Bases Breakfast Cereals Fruit Salads Other Vegetables	Pies Condiments Fruit Drinks Vegetable Salads Salad Dressing Other Desserts Cakes Green Vegetables Carbonated Beverages Rice Fish & Seafood Beans Cheese Pasta (side dish) Yellow Vegetables Muffins Appetizers Pasta	Meats Griddle Cakes & French Toast Eggs Breakfast Meats
HIGH		Hot Beverages Fruit & Vegetable Juice Iced Tea Bread & Rolls	Beer Ice Cream Milk Products

*This table was prepared using food categories instead of individual foods, that is, the top and bottom 15% (7 ea) of the classes fall into the high and low blocks.

F R E Q U E N C Y S C A L E

APPENDIX D

FOOD PREFERENCE SURVEY

APPENDIX D

FOOD PREFERENCE SURVEY

U. S. ARMY NATICK LABORATORIES

APRIL 1971

Booklet Serial Number

00185

In the grid to your right, please fill in the ovals corresponding with the Booklet Serial Number that is stamped directly above the numeric grid.

0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9

FOOD PREFERENCE SURVEY

1. Your answers to the following questions will help the Armed Forces Menu Planners provide you with meals you will enjoy more. It is not a test. We are interested in your opinion.
2. On the following sheets please indicate HOW OFTEN you would like to eat each food that is listed. If you NEVER want to eat the food check the column at the far right marked NEVER. Otherwise, decide at which MEAL(S) you would like to eat the food. Then, go to the column for that meal(s), and fill in the number of DAYS PER WEEK and the number of WEEKS PER MONTH that you would like to eat the food. You may leave the rest of the spaces for that food item blank. If you have never tried a food item anytime in your life draw a line through the food name only.
3. Think of the food in a general way, rather than any particular time you have tried it.
4. Here is an example of how to mark the sheets:
If you would like to drink milk every day, every meal, every week fill in:

	BREAKFAST		MID-DAY		EVENING MEAL		NEVER
	days per week	weeks per month	days per week	weeks per month	days per week	weeks per month	
Milk	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐

That is you would like to drink milk at every meal 7 days a week 4 weeks a month.

5. TRY THESE EXAMPLES:
How often would you like to eat the following food items:

	BREAKFAST		MID-DAY		EVENING MEAL		NEVER
	days per week	weeks per month	days per week	weeks per month	days per week	weeks per month	
Steak	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
Scrambled Eggs	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐

SAMPLE ANSWERS

If you like to eat steak at the noon meal once a week, 3 weeks a month you would have filled in:

Steak | 1 2 3 4 5 6 7 | 1 2 3 4 | ● 2 3 4 5 6 7 | 1 2 ● 4 | 1 2 3 4 5 6 7 | 1 2 3 4 | ☐

If you like to eat scrambled eggs at breakfast twice a week, 2 weeks a month you would have filled in:

Scrambled Eggs | 1 ● 2 3 4 5 6 7 | 1 ● 3 4 | 1 2 3 4 5 6 7 | 1 2 3 4 | 1 2 3 4 5 6 7 | 1 2 3 4 | ☐

6. Go on to the following pages. Indicate HOW OFTEN you would like to eat the listed food items.

PART I

	BREAKFAST		MID-DAY		EVENING MEAL		NEVER
	days per week	weeks per month	days per week	weeks per month	days per week	weeks per month	
1. Orange Juice, Instant	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
2. Grape Juice	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
3. Whole Wheat Bread	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
4. Butterscotch Sauce	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
5. Chocolate Cream Cake	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
6. Manhattan Clam Chowder	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
7. Jellied Fruit Salad	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
8. Hamburger	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
9. Strawberry Shortcake	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
10. Bananas	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
11. Lemon Chiffon Pie	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
12. Cream of Potato Soup	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
13. Creamed Style Corn	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
14. Danish Pastry	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
15. Mixed Sweet Pickles	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
16. Lamb Roast	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
17. Sugar Cookies	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
18. Green Beans	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
19. Caesar Salad Dressing	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
20. Beef Barley Soup	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
21. Hot Cross Buns	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
22. Hermits (Cookies)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
23. Oranges	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
24. Apricot Crisp	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
25. Pickled Beet/Onion Salad	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
26. Bologna (Cold Cuts)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
27. Polish Sausage	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
28. Wax Beans	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
29. Toast	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
30. Lamb Chops	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
31. Pizza	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
32. Potato Salad	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
33. Banana Salad	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
34. Sweet Cherries (Canned)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
35. Peas & Carrots	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
36. Bread Pudding	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
37. Stuffed Cabbage	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
38. Salami (Cold Cuts)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
39. Cole Slaw	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
40. Apples (Fresh)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
41. Pea Soup	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
42. Beans w/Pork in Tomato Sauce	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
43. Parsnips	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
44. Chicken Cacciatore	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
45. Radishes	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
46. Grapefruit (Fresh)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
47. Cherry Pie	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
48. Milk Shake	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
49. Beer	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
50. Cherry Cake Pudding	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
51. Cream of Mushroom Soup	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐

	BREAKFAST		MID-DAY		EVENING MEAL		NEVER
	days per week	weeks per month	days per week	weeks per month	days per week	weeks per month	
52. Lemon-Lime Soda	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
53. Turnip Greens	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
54. Roast Beef	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
55. Hominy Grits	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
56. Molasses Cookies	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
57. Tea	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
58. Mincemeat Pie	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
59. Chili Macaroni	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
60. Bean Soup	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
61. Pears (Fresh)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
62. Cranberry Sauce	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
63. Mixed Vegetables	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
64. Lemon Pudding Sauce	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
65. Baked Macaroni & Cheese	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
66. Carrot Sticks	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
67. Fruit Punch	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
68. Salmon	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
69. Peach Crisp	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
70. Corn on the Cob	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
71. Fried Oysters	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
72. Lasagna	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
73. Sloppy Joe	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
74. Bacon	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
75. Coconut Cream Pudding	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
76. Applesauce	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
77. Applesauce Cake	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
78. Lettuce & Tomato Salad	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
79. Hot Whole Wheat Cereal	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
80. Cooked Onions	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
81. Chop Suey	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
82. Stuffed Green Peppers	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
83. Raisin Pie	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
84. Lemon Cookies	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
85. Swiss Steak	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
86. Plums (Fresh)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
87. Chocolate Chip Cookies	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
88. Pork Sausage Patties	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
89. Grape Lemonade	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
90. Butterscotch Sauce	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
91. Turkey Slices w/Gravy	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
92. Ham	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
93. Vanilla Wafers	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
94. Turkey Club Sandwich	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
95. Cauliflower	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
96. Peaches (Fresh)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
97. Coconut Raisin Cookies	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
98. Tangerines	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
99. Vanilla Cream Pudding	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
100. Fruit Bars (Cookies)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
101. Imitation Orange Beverage	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐

	BREAKFAST		MID-DAY		EVENING	MEAL	NEVER
	days per week	weeks per month	days per week	weeks per month	days per week	weeks per month	
102. Lemonade	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
103. Carrot Salad	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
104. Tomato Vegetable w/Noodle Soup	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
105. Cheeseburger	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
106. Grapefruit & Pineapple Juice	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
107. Blackberry Pie	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
108. Brownies	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
109. Honeydew Melon	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
110. Chow Mein	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
111. Grapeade	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
112. Raisin Bread	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
113. Yellow Squash	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
114. Macaroni Salad	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
115. Yellow Cake	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
116. Fruit Cocktail (Canned)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
117. Eggnog	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
118. Pineapple (Canned)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
119. Carrot, Raisin & Celery Salad	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
120. Apples (Canned)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
121. Fish	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
122. Imitation Lemon Beverage	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
123. Lima Beans	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
124. Plums (Canned)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
125. Griddle Cakes	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
126. Cherry Soda	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
127. Chopped Onions	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
128. Raisin Drop Cookies	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
129. Chicken a la King	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
130. Watermelon	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
131. French Fried Potatoes	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
132. Rice	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
133. Freeze Dried Coffee	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
134. Zucchini Squash	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
135. Gingerbread	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
136. Pineapple Juice	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
137. Vanilla Pudding Sauce	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
138. Apple Crisp	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
139. Grapes	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
140. Sweet Pickles	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
141. Oranges	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
142. Tomatoes (Canned)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
143. Sliced Roast Pork w/Gravy	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
144. Green Olives	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
145. Shrimp Cocktail	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
146. Fruitcake	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
147. Scalloped Potatoes	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
148. Cornbread	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
149. Corned Beef Hash	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
150. Pineapple Chiffon Pie	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐

	BREAKFAST		MID-DAY		EVENING MEAL		NEVER
	days per week	weeks per month	days per week	weeks per month	days per week	weeks per month	
151. Carrots	1234567	1234	1234567	1234	1234567	1234	○
152. Apricots (Canned)	1234567	1234	1234567	1234	1234567	1234	○
153. Coffee Cake	1234567	1234	1234567	1234	1234567	1234	○
154. Submarine Sandwich	1234567	1234	1234567	1234	1234567	1234	○
155. Chocolate Chip Bread Pudding	1234567	1234	1234567	1234	1234567	1234	○
156. Tomato Soup	1234567	1234	1234567	1234	1234567	1234	○
157. Turkey	1234567	1234	1234567	1234	1234567	1234	○
158. Potato Chips	1234567	1234	1234567	1234	1234567	1234	○
159. Chili Con Carne w/o Beans	1234567	1234	1234567	1234	1234567	1234	○
160. Spaghetti	1234567	1234	1234567	1234	1234567	1234	○
161. Peanut Butter Cookies	1234567	1234	1234567	1234	1234567	1234	○
162. Boston Cream Pie	1234567	1234	1234567	1234	1234567	1234	○
163. Spice Cake	1234567	1234	1234567	1234	1234567	1234	○
164. Iced Tea	1234567	1234	1234567	1234	1234567	1234	○
165. Lemon Cake Pudding	1234567	1234	1234567	1234	1234567	1234	○
166. Ice Cream	1234567	1234	1234567	1234	1234567	1234	○
167. Fresh Coffee	1234567	1234	1234567	1234	1234567	1234	○
168. Rye Bread	1234567	1234	1234567	1234	1234567	1234	○
169. Coconut Drop Cookies	1234567	1234	1234567	1234	1234567	1234	○
170. Tossed Green Salad	1234567	1234	1234567	1234	1234567	1234	○
171. Cucumber, Onion & Sweet Pepper Salad	1234567	1234	1234567	1234	1234567	1234	○
172. Sausage Links	1234567	1234	1234567	1234	1234567	1234	○
173. Chocolate Pudding	1234567	1234	1234567	1234	1234567	1234	○
174. Frankfurters	1234567	1234	1234567	1234	1234567	1234	○
175. Shrimp Creole	1234567	1234	1234567	1234	1234567	1234	○
176. Scrambled Eggs	1234567	1234	1234567	1234	1234567	1234	○
177. Banana Cream Pie	1234567	1234	1234567	1234	1234567	1234	○
178. Corn (Canned)	1234567	1234	1234567	1234	1234567	1234	○
179. Turkey Rice Soup	1234567	1234	1234567	1234	1234567	1234	○
180. French Toast	1234567	1234	1234567	1234	1234567	1234	○
181. Apple Pie	1234567	1234	1234567	1234	1234567	1234	○
182. Boysenberry Pie	1234567	1234	1234567	1234	1234567	1234	○
183. Imitation Lime Beverage	1234567	1234	1234567	1234	1234567	1234	○
184. Pineapple Pie	1234567	1234	1234567	1234	1234567	1234	○
185. Chocolate Cake Pudding	1234567	1234	1234567	1234	1234567	1234	○
186. Frijole Salad	1234567	1234	1234567	1234	1234567	1234	○
187. Devil's Food Cake	1234567	1234	1234567	1234	1234567	1234	○
188. Sauerkraut	1234567	1234	1234567	1234	1234567	1234	○
189. Sweet Potatoes	1234567	1234	1234567	1234	1234567	1234	○
190. Turkey Noodle Soup	1234567	1234	1234567	1234	1234567	1234	○
191. Hot Rolls and Buns	1234567	1234	1234567	1234	1234567	1234	○
192. Butterscotch Brownies	1234567	1234	1234567	1234	1234567	1234	○
193. Pineapple Sauce	1234567	1234	1234567	1234	1234567	1234	○
194. Butternut Refrigerator Cookies	1234567	1234	1234567	1234	1234567	1234	○
195. Minestrone Soup	1234567	1234	1234567	1234	1234567	1234	○
196. Marble Cake	1234567	1234	1234567	1234	1234567	1234	○
197. Banana Cake	1234567	1234	1234567	1234	1234567	1234	○
198. Peaches (Canned)	1234567	1234	1234567	1234	1234567	1234	○

	BREAKFAST		MID-DAY		EVENING MEAL		NEVER
	days per week	weeks per month	days per week	weeks per month	days per week	weeks per month	
199. Pork Roast	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
200. Veal Roast	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
201. Dill Pickles	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
202. White Bread	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
203. Orange Juice	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
204. Asparagus	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
205. Tacos	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
206. Celery Sticks	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
207. Ginger Molasses Cookies	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
208. Chewy Nut Bars (Cookies)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
209. Sherbet	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
210. Sweet Pickle Relish	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
211. Pears (Canned)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
212. Instant Mashed Potatoes	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
213. Fish Sticks	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
214. White Cake	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
215. Beef Rice Soup	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
216. Corn Chowder	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
217. Strawberry Chiffon Pie	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
218. Orange & Pineapple Juice	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
219. Cottage Cheese	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
220. Baked Potatoes	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
221. Italian Sausage	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
222. Figs (Canned)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
223. Chili Con Carne	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
224. Blueberry Muffins	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
225. Cabbage	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
226. Luncheon Meat (Cold Cuts)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
227. Coconut Cream Pie	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
228. Hot Fudge Sauce	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
229. Pineapple Upside Down Cake	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
230. Raspberry Shortcake	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
231. Peanut Butter Cake	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
232. Peach Pie	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
233. Fruit Salad (Assorted Fruits)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
234. Noodles	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
235. Grapefruit (Canned)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
236. Italian Dressing	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
237. Spareribs w/Sauerkraut	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
238. Vegetable Soup	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
239. Chocolate Cream Pie	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
240. Pineapple Cheese Salad	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
241. Shrimp, Breaded	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
242. French Bread	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
243. Instant Coffee	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
244. Peas (Canned)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
245. Eggplant	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
246. Ham	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
247. Chocolate Drop Cookies	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
248. Apricot Pie	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐

	BREAKFAST		MID-DAY		EVENING MEAL		NEVER
	days per week	weeks per month	days per week	weeks per month	days per week	weeks per month	
249. Chef's Salad	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
250. Pineapple Cream Pie	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
251. Farina (Cereal)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
252. Crisp Toffee Bars (Cookies)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
253. Tomato Juice	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
254. Strawberry Gelatin	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
255. Tossed Cucumber & Tomato Salad	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
256. Pumpkin Pie	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
257. Onion Soup	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
258. Brussels Sprouts	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
259. Butterscotch Pudding	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
260. Fruit Cup (Appetizers)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
261. Tossed Vegetable Salad	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
262. Cheese Soup	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
263. Ham (Cold Cuts)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
264. Cantaloupe	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
265. Pot Roast	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
266. Shredded Beef w/Barbecue Sauce	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
267. Chicken Noodle Soup	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
268. Gingerale	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
269. Imitation Cherry Beverage	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
270. Beef Stew	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
271. Eggs to Order	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
272. Cabbage & Sweet Pepper Salad	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
273. Hard Cooked Eggs	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
274. Chicken Club Sandwich	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
275. Tuna Salad	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
276. Cranberry Juice	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
277. Lettuce Salad	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
278. Grapefruit Juice	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
279. Ripe Black Olives	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
280. Beets	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
281. Cucumber & Onion Salad	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
282. Waldorf Salad (Apples, Celery & Raisin)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
283. Sukiyaki	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
284. Kidney Bean Salad	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
285. Butterscotch Cream Pie	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
286. Orangeade	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
287. Cottage Cheese & Fruit Salad	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
288. Limeade	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
289. Pineapple (Canned)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
290. Fried Rice	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
291. Banana Cream Pudding	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
292. Grapefruit & Orange Juice	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
293. Yellow Cake	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
294. Turkey (Cold Cuts)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○

	BREAKFAST		MID-DAY		EVENING MEAL		NEVER
	days per week	weeks per month	days per week	weeks per month	days per week	weeks per month	
295. Succotash	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
296. Mixed Fruit Salad	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
297. Green Beans (Canned)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
298. Peas	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
299. Hot Tamales	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
300. Blackeye Peas	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
301. Grilled Steak	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
302. Blueberry Pie	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
303. Chocolate Coconut Pudding	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
304. Cola	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
305. Broccoli	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
306. Beef Noodle Soup	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
307. Liver	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
308. Lemon Meringue Pie	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
309. Spinach	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
310. Grilled Cheese and Ham Sandwich	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
311. Biscuits	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
312. Peach Shortcake	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
313. Doughnuts	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
314. Garden Cottage Cheese Salad	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
315. Rutabagas Turnip	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
316. Mustard Greens	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
317. Mixed Nuts	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
318. Sweet & Sour Pork	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
319. Custard Pudding Sauce	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
320. Imitation Grape Beverage	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
321. Cake Muffins	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
322. Corned Beef	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
323. Prunes (Canned)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
324. Oatmeal Cookies	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
325. Creamed Chipped Beef	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
326. Oatmeal	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
327. Pickled Green Beans	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
328. Meatball Submarine	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
329. Cherry Crisp	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
330. Vegetable Slaw	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
331. Grape Soda	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
332. Seafood Platter	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
333. Chicken	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
334. Soft Serve Ice Cream	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
335. American Cheese	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
336. Hot Cocoa	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
337. Corn Bread Stuffing	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
338. Ravioli	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
339. Knickerbocker Soup	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
340. Pepper Pot Soup	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
341. Milk	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
342. Apple Stuffing	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
343. Scalloped Tuna & Peas	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○

	BREAKFAST		MID-DAY		EVENING MEAL		NEVER
	days per week	weeks per month	days per week	weeks per month	days per week	weeks per month	
344. Giblet Stuffing	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
345. Chocolate Milk	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
346. Barbecued Spareribs	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
347. Date Nut Bread	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
348. Deviled Eggs	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
349. Thousand Island Salad Dressing	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
350. Salisbury Steak	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
351. Hungarian Goulash	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
352. Fried Chicken	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
353. Sardines	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
354. Baked Tuna & Noodles	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
355. Chicken Tetrazzini	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
356. Barbecued Beef Cubes	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
357. Lobster	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
358. French Salad Dressing	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
359. Stewed Tomatoes	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
360. Rice Pilaff	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
361. Veal Scallopini	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
362. Ice Cream Sundae	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
363. Stuffed Celery w/Cheese	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
364. Veal Parmesan	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
365. Mashed Potatoes	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
366. Okra	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
367. Liverwurst	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
368. Vinegar & Oil Salad Dressing	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
369. Western Sandwich	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
370. Orange Soda	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
371. Vealburger	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
372. French Fried Onion Rings	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
373. Banana Split	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
374. Fritters	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
375. Breaded Veal Steaks	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
376. Meat Loaf	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
377. Baked Stuffed Pork Slices	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
378. Spanish Rice	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
379. Russian Salad Dressing	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
380. English Muffins	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
381. Swiss Cheese	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
382. Hashed Brown Potatoes	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
383. Mulligatawny Soup	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
384. Lobster Newburg	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
385. Sour Cream Salad Dressing	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
386. Cervelat (Cold Cuts)	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
387. Swedish Meat Balls	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
388. Pigs in a Blanket	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
389. Hot Roast Beef Sandwich w/Gravy	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
390. Sweet Rolls	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○
391. Blue Cheese Salad Dressing	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	○

	BREAKFAST		MID-DAY		EVENING MEAL		NEVER
	days per week	weeks per month	days per week	weeks per month	days per week	weeks per month	
392. Bacon, Lettuce & Tomato Sandwich	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
393. Raisin Stuffing	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
394. Hot Turkey Sandwich w/Gravy	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
395. Beef Stroganoff	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
396. Sliced Tomatoes	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
397. Stuffed Celery w/Peanut Butter	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
398. Beef Pot Pie	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
399. Pepper Steak	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
400. Savory Bread Stuffing	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
401. Sauerbraten	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
402. Mayonnaise Salad Dressing	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
403. Creole Soup	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
404. Boston Baked Beans	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
405. El Rancho Stew	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
406. Grilled Cheese Sandwich	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
407. Turkey Pot Pie	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
408. Sausage Stuffing	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
409. Omelet	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
410. Oyster Stuffing	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
411. Iced Coffee	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
412. Garlic French Salad Dressing	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
413. Fish Chowder	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
414. Fish Sandwich	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
415. Fried Eggs	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐
416. Creamy French Salad Dressing	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7	1 2 3 4	☐

PART II

1. For each food in the following list tell how much you like or dislike it by marking down one of the following ratings:

9	8	7	6	5	4	3	2	1
like extremely	like very much	like moderately	like slightly	neither like nor dislike	dislike slightly	dislike moderately	dislike very much	dislike extremely

2. There are no right or wrong answers. We are interested in how much you like each of these foods. Think of the food in a general way rather than any particular time you have had it. If you have never tried a food item anytime in your life draw a line through the food name only.

3. Example:

If you like Peanut Butter very much, you would fill in:

9 ● 7 6 5 4 3 2 1

If you dislike it slightly, you would fill in:

9 8 7 6 5 ● 3 2 1

9	8	7	6	5	4	3	2	1
like extremely	like very much	like moderately	like slightly	neither like nor dislike	dislike slightly	dislike moderately	dislike very much	dislike extremely

101. Imitation Orange Beverage	②③⑦⑥⑤④①②①	150. Pineapple Chiffon Pie	②③⑦⑥⑤④①③②①
102. Lemonade	②③⑦⑥⑤④①②①	151. Carrots	②③⑦⑥⑤④③⑦①
103. Carrot Salad	②③⑦⑥⑤④③②①	152. Apricots (Canned)	②③⑦⑥⑤④③⑦①
104. Tomato Vegetable w/Noodles Soup	②③⑦⑥⑤④③②①	153. Coffee Cake	②③⑦⑥⑤④③⑦①
105. Cheeseburger	②③⑦⑥⑤④③②①	154. Submarine Sandwich	②③⑦⑥⑤④③⑦①
106. Grapefruit & Pineapple Juice	②③⑦⑥⑤④③②①	155. Chocolate Chip Bread	
107. Blackberry Pie	②③⑦⑥⑤④③②①	Pudding	②③⑦⑥⑤④③⑦①
108. Brownies	②③⑦⑥⑤④③⑦①	156. Tomato Soup	②③⑦⑥⑤④③⑦①
109. Honeydew Melon	②③⑦⑥⑤④③⑦①	157. Turkey	②③⑦⑥⑤④③⑦①
110. Chow Mein	②③⑦⑥⑤④③②①	158. Potato Chips	②③⑦⑥⑤④③⑦①
111. Grapeade	②③⑦⑥⑤④③⑦①	159. Chili Con Carne w/o Beans	②③⑦⑥⑤④③⑦①
112. Raisin Bread	②③⑦⑥⑤④③②①	160. Spaghetti	②③⑦⑥⑤④③⑦①
113. Yellow Squash	②③⑦⑥⑤④③②①	161. Peanut Butter Cookies	②③⑦⑥⑤④③⑦①
114. Macaroni Salad	②③⑦⑥⑤④③②①	162. Boston Cream Pie	②③⑦⑥⑤④③⑦①
115. Yellow Cake	②③⑦⑥⑤④③②①	163. Spice Cake	②③⑦⑥⑤④③⑦①
116. Fruit Cocktail (Canned)	②③⑦⑥⑤④③⑦①	164. Iced Tea	②③⑦⑥⑤④③⑦①
117. Eggnog	②③⑦⑥⑤④③⑦①	165. Lemon Cake Pudding	②③⑦⑥⑤④③⑦①
118. Pineapple (Canned)	②③⑦⑥⑤④③⑦①	166. Ice Cream	②③⑦⑥⑤④③⑦①
119. Carrot, Raisin & Celery Salad	②③⑦⑥⑤④③⑦①	167. Fresh Coffee	②③⑦⑥⑤④③⑦①
120. Apples (Canned)	②③⑦⑥⑤④③⑦①	168. Rye Bread	②③⑦⑥⑤④③⑦①
121. Fish	②③⑦⑥⑤④③⑦①	169. Coconut Drop Cookies	②③⑦⑥⑤④③⑦①
122. Imitation Lemon Beverage	②③⑦⑥⑤④③⑦①	170. Tossed Green Salad	②③⑦⑥⑤④③⑦①
123. Lima Beans	②③⑦⑥⑤④③⑦①	171. Cucumber, Onion & Sweet Pepper Salad	②③⑦⑥⑤④③⑦①
124. Plums (Canned)	②③⑦⑥⑤④③⑦①	172. Sausage Links	②③⑦⑥⑤④③⑦①
125. Griddle Cakes	②③⑦⑥⑤④③⑦①	173. Chocolate Pudding	②③⑦⑥⑤④③⑦①
126. Cherry Soda	②③⑦⑥⑤④③⑦①	174. Frankfurters	②③⑦⑥⑤④③⑦①
127. Chopped Onions	②③⑦⑥⑤④③⑦①	175. Shrimp Creole	②③⑦⑥⑤④③⑦①
128. Raisin Drop Cookies	②③⑦⑥⑤④③⑦①	176. Scrambled Eggs	②③⑦⑥⑤④③⑦①
129. Chicken a la king	②③⑦⑥⑤④③⑦①	177. Banana Cream Pie	②③⑦⑥⑤④③⑦①
130. Watermelon	②③⑦⑥⑤④③⑦①	178. Corn (Canned)	②③⑦⑥⑤④③⑦①
131. French Fried Potatoes	②③⑦⑥⑤④③⑦①	179. Turkey Rice Soup	②③⑦⑥⑤④③⑦①
132. Rice	②③⑦⑥⑤④③⑦①	180. French Toast	②③⑦⑥⑤④③⑦①
133. Freeze Dried Coffee	②③⑦⑥⑤④③⑦①	181. Apple Pie	②③⑦⑥⑤④③⑦①
134. Zucchini Squash	②③⑦⑥⑤④③⑦①	182. Boysenberry Pie	②③⑦⑥⑤④③⑦①
135. Gingerbread	②③⑦⑥⑤④③⑦①	183. Imitation Lime Beverage	②③⑦⑥⑤④③⑦①
136. Pineapple Juice	②③⑦⑥⑤④③⑦①	184. Pineapple Pie	②③⑦⑥⑤④③⑦①
137. Vanilla Pudding		185. Chocolate Cake Pudding	②③⑦⑥⑤④③⑦①
Sauce	②③⑦⑥⑤④③⑦①	186. Frijole Salad	②③⑦⑥⑤④③⑦①
138. Apple Crisp	②③⑦⑥⑤④③⑦①	187. Devil's Food Cake	②③⑦⑥⑤④③⑦①
139. Grapes	②③⑦⑥⑤④③⑦①	188. Sauerkraut	②③⑦⑥⑤④③⑦①
140. Sweet Pickles	②③⑦⑥⑤④③⑦①	189. Sweet Potatoes	②③⑦⑥⑤④③⑦①
141. Oranges	②③⑦⑥⑤④③⑦①	190. Turkey Noodle Soup	②③⑦⑥⑤④③⑦①
142. Tomatoes (Canned)	②③⑦⑥⑤④③⑦①	191. Hot Rolls and Buns	②③⑦⑥⑤④③⑦①
143. Sliced Roast Pork w/Gravy	②③⑦⑥⑤④③⑦①	192. Butterscotch Brownies	②③⑦⑥⑤④③⑦①
144. Green Olives	②③⑦⑥⑤④③⑦①	193. Pineapple Sauce	②③⑦⑥⑤④③⑦①
145. Shrimp Cocktail	②③⑦⑥⑤④③⑦①	194. Butternut Refrigerator Cookies	②③⑦⑥⑤④③⑦①
146. Fruitcake	②③⑦⑥⑤④③⑦①	195. Minestrone Soup	②③⑦⑥⑤④③⑦①
147. Scalloped Potatoes	②③⑦⑥⑤④③⑦①	196. Marble Cake	②③⑦⑥⑤④③⑦①
148. Cornbread	②③⑦⑥⑤④③⑦①		
149. Corned Beef Hash	②③⑦⑥⑤④③⑦①		

9	8	7	6	5	4	3	2	1
like extremely	like very much	like moderately	like slightly	neither like nor dislike	dislike slightly	dislike moderately	dislike very much	dislike extremely

197. Banana Cake	②③⑦⑧⑨④③②①	247. Chocolate Drop Cookies	②③⑦⑧⑨④③②①
198. Peaches (Canned)	②③⑦⑧⑨④③②①	248. Apricot Pie	②③⑦⑧⑨④③②①
199. Pork Roast	②③⑦⑧⑨④③②①	249. Chef's Salad	②③⑦⑧⑨④③②①
200. Veal Roast	②③⑦⑧⑨④③②①	250. Pineapple Cream Pie	②③⑦⑧⑨④③②①
201. Dill Pickles	②③⑦⑧⑨④③②①	251. Farina (Cereal)	②③⑦⑧⑨④③②①
202. White Bread	②③⑦⑧⑨④③②①	252. Crisp Toffee Bars (Cookies)	②③⑦⑧⑨④③②①
203. Orange Juice	②③⑦⑧⑨④③②①	253. Tomato Juice	②③⑦⑧⑨④③②①
204. Asparagus	②③⑦⑧⑨④③②①	254. Strawberry Gelatin	②③⑦⑧⑨④③②①
205. Tacos	②③⑦⑧⑨④③②①	255. Tossed Cucumber & Tomato Salad	②③⑦⑧⑨④③②①
206. Celery Sticks	②③⑦⑧⑨④③②①	256. Pumpkin Pie	②③⑦⑧⑨④③②①
207. Ginger Molasses Cookies	②③⑦⑧⑨④③②①	257. Onion Soup	②③⑦⑧⑨④③②①
208. Chewy Nut Bars (Cookies)	②③⑦⑧⑨④③②①	258. Brussels Sprouts	②③⑦⑧⑨④③②①
209. Sherbet	②③⑦⑧⑨④③②①	259. Butterscotch Pudding	②③⑦⑧⑨④③②①
210. Sweet Pickle Relish	②③⑦⑧⑨④③②①	260. Fruit Cup (Appetizers)	②③⑦⑧⑨④③②①
211. Pears (Canned)	②③⑦⑧⑨④③②①	261. Tossed Vegetable Salad	②③⑦⑧⑨④③②①
212. Instant Mashed Potatoes	②③⑦⑧⑨④③②①	262. Cheese Soup	②③⑦⑧⑨④③②①
213. Fish Sticks	②③⑦⑧⑨④③②①	263. Ham (Cold Cuts)	②③⑦⑧⑨④③②①
214. White Cake	②③⑦⑧⑨④③②①	264. Cantaloupe	②③⑦⑧⑨④③②①
215. Beef Rice Soup	②③⑦⑧⑨④③②①	265. Pot Roast	②③⑦⑧⑨④③②①
216. Corn Chowder	②③⑦⑧⑨④③②①	266. Shredded Beef w/Barbecue Sauce	②③⑦⑧⑨④③②①
217. Strawberry Chiffon Pie	②③⑦⑧⑨④③②①	267. Chicken Noodle Soup	②③⑦⑧⑨④③②①
218. Orange & Pineapple Juice	②③⑦⑧⑨④③②①	268. Gingerale	②③⑦⑧⑨④③②①
219. Cottage Cheese	②③⑦⑧⑨④③②①	269. Imitation Cherry Beverage	②③⑦⑧⑨④③②①
220. Baked Potatoes	②③⑦⑧⑨④③②①	270. Beef Stew	②③⑦⑧⑨④③②①
221. Italian Sausage	②③⑦⑧⑨④③②①	271. Eggs to Order	②③⑦⑧⑨④③②①
222. Figs (Canned)	②③⑦⑧⑨④③②①	272. Cabbage & Sweet Pepper Salad	②③⑦⑧⑨④③②①
223. Chili Con Carne	②③⑦⑧⑨④③②①	273. Hard Cooked Eggs	②③⑦⑧⑨④③②①
224. Blueberry Muffins	②③⑦⑧⑨④③②①	274. Chicken Club Sandwich	②③⑦⑧⑨④③②①
225. Cabbage	②③⑦⑧⑨④③②①	275. Tuna Salad	②③⑦⑧⑨④③②①
226. Luncheon Meat (Cold Cuts)	②③⑦⑧⑨④③②①	276. Cranberry Juice	②③⑦⑧⑨④③②①
227. Coconut Cream Pie	②③⑦⑧⑨④③②①	277. Lettuce Salad	②③⑦⑧⑨④③②①
228. Hot Fudge Sauce	②③⑦⑧⑨④③②①	278. Grapefruit Juice	②③⑦⑧⑨④③②①
229. Pineapple Upside Down Cake	②③⑦⑧⑨④③②①	279. Ripe Black Olives	②③⑦⑧⑨④③②①
230. Raspberry Shortcake	②③⑦⑧⑨④③②①	280. Beets	②③⑦⑧⑨④③②①
231. Peanut Butter Cake	②③⑦⑧⑨④③②①	281. Cucumber & Onion Salad	②③⑦⑧⑨④③②①
232. Peach Pie	②③⑦⑧⑨④③②①	282. Waldorf Salad (Apples, Celery & Raisin)	②③⑦⑧⑨④③②①
233. Fruit Salad (Assorted Fruits)	②③⑦⑧⑨④③②①	283. Sukiyaki	②③⑦⑧⑨④③②①
234. Noodles	②③⑦⑧⑨④③②①	284. Kidney Bean Salad	②③⑦⑧⑨④③②①
235. Grapefruit (Canned)	②③⑦⑧⑨④③②①	285. Butterscotch Cream Pie	②③⑦⑧⑨④③②①
236. Italian Dressing	②③⑦⑧⑨④③②①	286. Orangeade	②③⑦⑧⑨④③②①
237. Spareribs w/Sauerkraut	②③⑦⑧⑨④③②①	287. Cottage Cheese & Fruit Salad	②③⑦⑧⑨④③②①
238. Vegetable Soup	②③⑦⑧⑨④③②①	288. Limeade	②③⑦⑧⑨④③②①
239. Chocolate Cream Pie	②③⑦⑧⑨④③②①	289. Pineapple (Canned)	②③⑦⑧⑨④③②①
240. Pineapple Cheese Salad	②③⑦⑧⑨④③②①	290. Fried Rice	②③⑦⑧⑨④③②①
241. Shrimp, Breaded	②③⑦⑧⑨④③②①	291. Banana Cream Pudding	②③⑦⑧⑨④③②①
242. French Bread	②③⑦⑧⑨④③②①	292. Grapefruit & Orange Juice	②③⑦⑧⑨④③②①
243. Instant Coffee	②③⑦⑧⑨④③②①		
244. Peas (Canned)	②③⑦⑧⑨④③②①		
245. Eggplant	②③⑦⑧⑨④③②①		
246. Ham	②③⑦⑧⑨④③②①		

9	8	7	6	5	4	3	2	1
like extremely	like very much	like moderately	like slightly	neither like nor dislike	dislike slightly	dislike moderately	dislike very much	dislike extremely

293. Yellow Cake	②③⑦④⑤④③②①							
294. Turkey (Cold Cuts)	②③⑦④⑤④③②①							
295. Succotash	②③⑦④⑤④③②①							
296. Mixed Fruit Salad	②③⑦④⑤④③②①							
297. Green Beans (Canned)	②③⑦④⑤④③②①							
298. Peas	②③⑦④⑤④③②①							
299. Hot Tamales	②③⑦④⑤④③②①							
300. Blackeye Peas	②③⑦④⑤④③②①							
301. Grilled Steak	②③⑦④⑤④③②①							
302. Blueberry Pie	②③⑦④⑤④③②①							
303. Chocolate Coconut Pudding	②③⑦④⑤④③②①							
304. Cola	②③⑦④⑤④③②①							
305. Broccoli	②③⑦④⑤④③②①							
306. Beef Noodle Soup	②③⑦④⑤④③②①							
307. Liver	②③⑦④⑤④③②①							
308. Lemon Meringue Pie	②③⑦④⑤④③②①							
309. Spinach	②③⑦④⑤④③②①							
310. Grilled Cheese and Ham Sandwich	②③⑦④⑤④③②①							
311. Biscuits	②③⑦④⑤④③②①							
312. Peach Shortcake	②③⑦④⑤④③②①							
313. Doughnuts	②③⑦④⑤④③②①							
314. Garden Cottage Cheese Salad	②③⑦④⑤④③②①							
315. Rutabagas Turnip	②③⑦④⑤④③②①							
316. Mustard Greens	②③⑦④⑤④③②①							
317. Mixed Nuts	②③⑦④⑤④③②①							
318. Sweet & Sour Pork	②③⑦④⑤④③②①							
319. Custard Pudding Sauce	②③⑦④⑤④③②①							
320. Imitation Grape Beverage	②③⑦④⑤④③②①							
321. Cake Muffins	②③⑦④⑤④③②①							
322. Corned Beef	②③⑦④⑤④③②①							
323. Prunes (Canned)	②③⑦④⑤④③②①							
324. Oatmeal Cookies	②③⑦④⑤④③②①							
325. Creamed Chipped Beef	②③⑦④⑤④③②①							
326. Oatmeal	②③⑦④⑤④③②①							
327. Pickled Green Beans	②③⑦④⑤④③②①							
328. Meatball Submarine	②③⑦④⑤④③②①							
329. Cherry Crisp	②③⑦④⑤④③②①							
330. Vegetable Slaw	②③⑦④⑤④③②①							
331. Grape Soda	②③⑦④⑤④③②①							
332. Seafood Platter	②③⑦④⑤④③②①							
333. Chicken	②③⑦④⑤④③②①							
334. Soft Serve Ice Cream	②③⑦④⑤④③②①							
335. American Cheese	②③⑦④⑤④③②①							
336. Hot Cocoa	②③⑦④⑤④③②①							
337. Corn Bread Stuffing	②③⑦④⑤④③②①							
338. Ravioli	②③⑦④⑤④③②①							
339. Knickerbocker Soup	②③⑦④⑤④③②①							
340. Pepper Pot Soup	②③⑦④⑤④③②①							
341. Milk	②③⑦④⑤④③②①							
342. Apple Stuffing	②③⑦④⑤④③②①							
343. Scalloped Tuna & Peas	②③⑦④⑤④③②①							
344. Gibleet Stuffing	②③⑦④⑤④③②①							
345. Chocolate Milk	②③⑦④⑤④③②①							
346. Barbecued Spareribs	②③⑦④⑤④③②①							
347. Date Nut Bread	②③⑦④⑤④③②①							
348. Deviled Eggs	②③⑦④⑤④③②①							
349. Thousand Island Salad Dressing	②③⑦④⑤④③②①							
350. Salisbury Steak	②③⑦④⑤④③②①							
351. Hungarian Goulash	②③⑦④⑤④③②①							
352. Fried Chicken	②③⑦④⑤④③②①							
353. Sardines	②③⑦④⑤④③②①							
354. Baked Tuna & Noodles	②③⑦④⑤④③②①							
355. Chicken Tetrazzini	②③⑦④⑤④③②①							
356. Barbecued Beef Cubes	②③⑦④⑤④③②①							
357. Lobster	②③⑦④⑤④③②①							
358. French Salad Dressing	②③⑦④⑤④③②①							
359. Stewed Tomatoes	②③⑦④⑤④③②①							
360. Rice Pilaff	②③⑦④⑤④③②①							
361. Veal Scallopini	②③⑦④⑤④③②①							
362. Ice Cream Sundae	②③⑦④⑤④③②①							
363. Stuffed Celery w/Cheese	②③⑦④⑤④③②①							
364. Veal Parmesan	②③⑦④⑤④③②①							
365. Mashed Potatoes	②③⑦④⑤④③②①							
366. Okra	②③⑦④⑤④③②①							
367. Liverwurst	②③⑦④⑤④③②①							
368. Vinegar & Oil Salad Dressing	②③⑦④⑤④③②①							
369. Western Sandwich	②③⑦④⑤④③②①							
370. Orange Soda	②③⑦④⑤④③②①							
371. Vealburger	②③⑦④⑤④③②①							
372. French Fried Onion Rings	②③⑦④⑤④③②①							
373. Banana Split	②③⑦④⑤④③②①							
374. Fritters	②③⑦④⑤④③②①							
375. Breaded Veal Steaks	②③⑦④⑤④③②①							
376. Meat Loaf	②③⑦④⑤④③②①							
377. Baked Stuffed Pork Slices	②③⑦④⑤④③②①							
378. Spanish Rice	②③⑦④⑤④③②①							
379. Russian Salad Dressing	②③⑦④⑤④③②①							
380. English Muffins	②③⑦④⑤④③②①							
381. Swiss Cheese	②③⑦④⑤④③②①							
382. Hashed Brown Potatoes	②③⑦④⑤④③②①							
383. Mulligatawny Soup	②③⑦④⑤④③②①							
384. Lobster Newburg	②③⑦④⑤④③②①							
385. Sour Cream Salad Dressing	②③⑦④⑤④③②①							
386. Cervelat (Cold Cuts)	②③⑦④⑤④③②①							
387. Swedish Meat Balls	②③⑦④⑤④③②①							
388. Pigs in a Blanket	②③⑦④⑤④③②①							
389. Hot Roast Beef Sandwich w/Gravy	②③⑦④⑤④③②①							
390. Sweet Rolls	②③⑦④⑤④③②①							
391. Blue Cheese Salad Dressing	②③⑦④⑤④③②①							
392. Bacon, Lettuce & Tomato Sandwich	②③⑦④⑤④③②①							
393. Raisin Stuffing	②③⑦④⑤④③②①							

9	8	7	6	5	4	3	2	1
like extremely	like very much	like moderately	like slightly	neither like nor dislike	dislike slightly	dislike moderately	dislike very much	dislike extremely

394. Hot Turkey Sandwich w/Gravy	987654321
395. Beef Stroganoff	987654321
396. Sliced Tomatoes	987654321
397. Stuffed Celery w/Peanut Butter	987654321
398. Beef Pot Pie	987654321
399. Pepper Steak	987654321
400. Savory Bread Stuffing	987654321
401. Sauerbraten	987654321
402. Mayonnalse Salad Dressing	987654321
403. Creole Soup	987654321
404. Boston Baked Beans	987654321
405. El Rancho Stew	987654321
406. Grilled Cheese Sandwich	987654321
407. Turkey Pot Pie	987654321
408. Sausage Stuffing	987654321
409. Omelet	987654321
410. Oyster Stuffing	987654321
411. Iced Coffee	987654321
412. Garlic French Salad Dressing	987654321
413. Fish Chowder	987654321
414. Fish Sandwich	987654321
415. Fried Eggs	987654321
416. Creamy French Salad Dressing	987654321