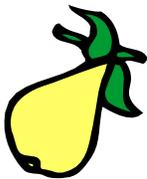


## Calcium and Phytate Study Menu Summary

There are four sets of meals (High Calcium/Low Phytate; Moderate Calcium/Low Phytate; High Calcium/High Phytate; Moderate Calcium/High Phytate). They will be served in randomized order.

High Calcium Low Phytate	Moderate Calcium Low Phytate	High Calcium High Phytate	Moderate Calcium High Phytate
<p><b><u>Breakfast</u></b>            Calcium-Fortified Orange Juice            Calcium-Fortified Skim Milk            Plain Bagel            Cream Cheese            Ham Slice            Strawberries</p>	<p><b><u>Breakfast</u></b>            Orange Juice            Skim Milk            Plain Bagel            Cream Cheese            Ham Slice            Strawberries</p> 	<p><b><u>Breakfast</u></b>            Calcium-Fortified Orange Juice            Calcium-Fortified Skim Milk            Honey Wheat Bagel            Peanut Butter            Shredded Wheat            White Sugar            Strawberries</p>	<p><b><u>Breakfast</u></b>            Orange Juice            Skim Milk            Honey Wheat Bagel            Peanut Butter            Shredded Wheat            White Sugar            Strawberries</p>
<p><b><u>Lunch</u></b>            Calcium-Fortified Grape Juice            Calcium-Fortified Skim Milk            Beef Tater Tot Hotdish            Shell Macaroni Salad            Petite Carrots            Peaches</p>	<p><b><u>Lunch</u></b>            Grape Juice            Skim Milk            Beef Tater Tot Hotdish            Shell Macaroni Salad            Petite Carrots            Peaches</p>	<p><b><u>Lunch</u></b>            Calcium-Fortified Grape Juice            Calcium-Fortified Skim Milk            Beef Wild Rice Hotdish            Wheat Pasta &amp; Bean Salad            Petite Carrots            Peaches</p>	<p><b><u>Lunch</u></b>            Grape Juice            Skim Milk            Beef Wild Rice Hotdish            Wheat Pasta &amp; Bean Salad            Petite Carrots            Peaches</p> 
<p><b><u>Dinner</u></b>            Calcium-Fortified Skim Milk            Roast Beef/White Bun            Miracle Whip            Romaine/Tomato            Tortilla chips            Pears            Shortbread Cookies</p>	<p><b><u>Dinner</u></b>            Skim Milk            Roast Beef/White Bun            Miracle Whip            Romaine/Tomato            Tortilla Chips            Pears            Shortbread Cookies</p> 	<p><b><u>Dinner</u></b>            Calcium-Fortified Skim Milk            Tuna/Wheat Bun            Miracle Whip            Romaine/Tomato            Tortilla Chips            Pear Oatmeal Almond Crisp</p>	<p><b><u>Dinner</u></b>            Turkey/Wheat Bun            Miracle Whip            Romaine/Tomato            Tortilla Chips            Pear Oatmeal Almond Crisp</p>