

REQUIRED BID MENU

FRESNO COUNTY CORRECTIONS
Fresno, CA

WEEK 1

WEEKLY AVERAGE 2550 CALORIES PER DAY <30% OF CALORIES AS FAT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C
	Hard Cooked Eggs 2 EA	Coffeecake 1/48	Peanut Butter 3 Tbsp	Coffeecake 1/48	Hard Cooked Eggs 2 EA	Peanut Butter 3 Tbsp	Coffeecake 1/48
	Pastry 1 SVG	Wheat Bread 2 SL Jelly PKT 2 EA	Wheat Bread 2 sl Jelly PKT 2 EA	Wheat Bread 2 SL Jelly PKT 2 EA	Pastry 1 SVG	Wheat Bread 2 sl Jelly PKT 2 EA	Wheat Bread 2 SL Jelly PKT 2 EA
	Sugar Substitute 1 EA 1 % Milk 1 C	Sugar Substitute 1 EA 1 % Milk 1 C	Sugar Substitute 1 EA 1 % Milk 1 C	Sugar Substitute 1 EA 1 % Milk 1 C	Sugar Substitute 1 EA 1 % Milk 1 C	Sugar Substitute 1 EA 1 % Milk 1 C	Sugar Substitute 1 EA 1 % Milk 1 C
L U N C H	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Wheat Bread 4 SL Mustard PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Wheat Bread 4 SL Salad Dressing PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Wheat Bread 4 SL Mustard PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Wheat Bread 4 SL Salad Dressing PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Wheat Bread 4 SL Mustard PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Wheat Bread 4 SL Salad Dressing PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Wheat Bread 4 SL Mustard PKT 2 EA
	Carrot Sicks (A) 1/2 C or 2 1/4 oz	Celery Sticks 1/2 C or 2 3/4 oz	Carrot Sicks (A) 1/2 C or 2 1/4 oz	Celery Sticks 1/2 C or 2 3/4 oz	Carrot Sicks (A) or 2 1/4 oz	Celery Sticks 1/2 C or 2 3/4 oz	
	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz
	Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK	Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK	Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK	Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK	Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK	Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK	Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK
D I N N E R	Taco Meat w/ Beans 12 OZ (2 oz meat)**	<i>Spanish Macaroni & Meat Casserole (4 OZ Meat)</i> 12 OZ	Beef Pattie with 3 OZ Hamburger Bun 1 EA Catsup PKT 1 EA Baked Beans 1 C	<i>Potatoes & T. Ham Casserole (4 OZ Meat)</i> 12 OZ	<i>Diced Turkey & Noodles (2 oz mt)</i> 12 oz	Mt & Bean Burrito 12 oz Filling (2 OZ Meat) ** 1 @ Flour Tortilla 6"	Hot Sliced W/D Turkey 4 oz Gravy 3 oz Creamed Potatoes 1 C
	Cajun Potatoes 1 C	Carrots (A) LF 1/2 C	Green Beans LF 1/2 C	Carrots (A) LF 1/2 C	Green Beans LF 1/2 C	Mixed Veg/Carrots (A) LF 1/2 C	Carrot Salad 1/2 C
	Green Salad 3/4 c Dressing LF 1 TBSP Tortillas 2 ea	Green Salad 3/4 c Dressing LF 1 TBSP Cornbread 1/48 1 EA Margarine 1/3 oz	Shed Lettuce/Onions 3/4 c Dressing LF 1 TBSP	Garden Salad 3/4 c Dressing LF 1 TBSP Cornbread 1/48 1 EA Margarine 1/3 oz 4 @ or	Green Salad 3/4 c Dressing LF 1 TBSP Cornbread 1/48 1 @ Margarine 1/3 oz	Shed Lettuce/Onions 3/4 c Dressing LF 1 TBSP Cornbread 1/48 1 EA Margarine 1/3 oz	Cornbread 1/48 1 EA Margarine 1/3 oz
	Plain Cake 1/48 1 EA Fruit Punch w/Vit C & Ca 1 PK	Plain Cake 1/48 1 EA Fruit Punch w/Vit C & Ca 1 PK	Plain Cake 1/48 1 EA Fruit Punch w/Vit C & Ca 1 PK	Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C & Cε1 PK	Plain Cake 1/48 1 EA Fruit Punch w/Vit C & Ca 1 PK	Plain Cake 1/48 1 EA Fruit Punch w/Vit C & Ca 1 PK	Fruit Crisp (1/4 c frt) 1/2 c Fruit Punch w/Vit C & Ca 1 PK

All entree portions including casseroles are cooked weight measurements. Side dishes are volume measurements.

All combination dishes are poultry-based unless otherwise indicated. All starches, vegetables, and cooked cereal are prepared with margarine unless indicated as LF (Low Fat). No pork is used unless item is named pork. Imitation cheese with calcium is used.

**Contains 1 C beans per serving.

REQUIRED BID MENU

FRESNO COUNTY CORRECTIONS
Fresno, CA

WEEK 2

WEEKLY AVERAGE 2550 CALORIES PER DAY <30% OF CALORIES AS FAT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C
	Coffeecake 1/48 Wheat Bread 2 SL	Hard Cooked Eggs 2 EA Pastry 1 SVG	Coffeecake 1/48 Wheat Bread 2 SL	Hard Cooked Eggs 2 EA Pastry 1 SVG	Peanut Butter 3 Tbsp Wheat Bread 2 sl	Coffeecake 1/48 Wheat Bread 2 SL	Peanut Butter 3 Tbsp Wheat Bread 2 sl
	Jelly PKT 2 EA		Jelly PKT 2 EA		Jelly PKT 2 EA	Jelly PKT 2 EA	Jelly PKT 2 EA
	Sugar Substitute 1 EA 1 % Milk 1 C	Sugar Substitute 1 EA 1 % Milk 1 C	Sugar Substitute 1 EA 1 % Milk 1 C	Sugar Substitute 1 EA 1 % Milk 1 C	Sugar Substitute 1 EA 1 % Milk 1 C	Sugar Substitute 1 EA 1 % Milk 1 C	Sugar Substitute 1 EA 1 % Milk 1 C
	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Wheat Bread 4 SL Mustard PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Wheat Bread 4 SL Salad Dressing PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Wheat Bread 4 SL Mustard PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Wheat Bread 4 SL Salad Dressing PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Wheat Bread 4 SL Mustard PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Wheat Bread 4 SL Salad Dressing PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Wheat Bread 4 SL Mustard PKT 2 EA
L U N C H E O N	Carrot Sicks (A) 1/2 C or 2 1/4 oz	Celery Sticks 1/2 C or 2 3/4 oz	Carrot Sicks (A) 1/2 C or 2 1/4 oz	Carrot Sicks (A) 1/2 C or 2 1/4 oz	Celery Sticks 1/2 C or 2 3/4 oz	Celery Sticks 1/2 C or 2 3/4 oz	Carrot Sicks (A) 1/2 C or 2 1/4 oz
	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz
	Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK	Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK	Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK	Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK	Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK	Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK	Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK
D I N N E R	Diced Meat & Noodles (4 OZ Meat) 12 OZ	Bean & Ham Casserole (2 oz Meat)** 12 OZ	Italian Spaghetti w/ Meat Sauce (4 oz Meat) 12 OZ	Turkey Stew (2 OZ Meat) (1/2 c vegetables) 12 OZ	T Ham 2 oz Gravy 3 oz Creamed potatoes 1 C	Taco Meat & Bean Mix (4 OZ Meat)** 12 OZ	Mt & Bean Burrito 12 oz Filling (2 OZ Meat) ** Corn Tortillas 2 @
	Green Beans LF 1/2 C	Carrots (A) LF 1/2 C	Green Beans LF 1/2 C	Rice 1 C	Mixed Veg/Carrots (A) LF 1/2 C	Cajun Potatos 1 c	Green Beans LF 1/2 C Rice 1 c
	Garden Salad 3/4 c Dressing LF 1 TBSP	Green Salad 3/4 c Dressing LF 1 TBSP	Green Salad 3/4 c Dressing LF 1 TBSP	Green Salad 3/4 c Dressing LF 1 TBSP	Green Salad 1/2 C Dressing LF 1 TBSP	Cole Slaw w/ carrots (A) 1/2 C	Lettuce & Onion 3/4 c Dressing LF 1 TBSP
	Cornbread 1/48 1 EA Margarine 1/3 oz 4 @ or	Cornbread 1/48 1 EA Margarine 1/3 oz	Wheat Bread 2 sl Margarine 1/3 oz	Cornbread 1/48 1 EA Margarine 1/3 oz	Wheat Bread 2 sl Margarine 1/3 oz 4 @ or	Cornbread 1/48 1 EA Margarine 1/3 oz	Margarine 1/3 oz
	Cookies Sandw or Equiv 1.8 oz	Plain Cake 1/48 1 EA	Plain Cake 1/48 1 EA	Plain Cake 1/48 1 EA	Cookies Sandw or Equiv 1.8 oz	Plain Cake (1/48) 1 @	Plain Cake 1/48 1 EA
	Fruit Punch w/Vit C & Ca 1 PK	Fruit Punch w/Vit C & Ca 1 PK	Fruit Punch w/Vit C & Ca 1 PK	Fruit Punch w/Vit C & Ca 1 PK	Fruit Punch w/Vit C & Ca 1 PK	Fruit Punch w/Vit C & Ca 1 PK	Fruit Punch w/Vit C & Ca 1 PK

All entree portions including casseroles are cooked weight measurements. Side dishes are volume measurements.

All combination dishes are poultry-based unless otherwise indicated. All starches, vegetables, and cooked cereal are prepared with margarine unless indicated as LF (Low Fat). No pork is used unless item is named pork. Imitation cheese with calcium is used.

**Contains 1 C beans per serving.

REQUIRED BID MENU

FRESNO COUNTY CORRECTIONS
Fresno, CA

WEEK 3

WEEKLY AVERAGE 2550 CALORIES PER DAY <30% OF CALORIES AS FAT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C
	Hard Cooked Eggs 2 EA	Peanut Butter 3 Tbsp	Coffeecake 1/48	Hard Cooked Eggs 2 EA	Coffeecake 1/48	Peanut Butter 3 Tbsp	Coffeecake 1/48
	Pastry 1 SVG	Wheat Bread 2 sl Jelly PKT 2 EA	Wheat Bread 2 SL Jelly PKT 2 EA	Pastry 1 SVG	Wheat Bread 2 SL Jelly PKT 2 EA	Wheat Bread 2 sl Jelly PKT 2 EA	Wheat Bread 2 SL Jelly PKT 2 EA
	Sugar Substitute 1 EA 1 % Milk 1 C	Sugar Substitute 1 EA 1 % Milk 1 C	Sugar Substitute 1 EA 1 % Milk 1 C	Sugar Substitute 1 EA 1 % Milk 1 C	Sugar Substitute 1 EA 1 % Milk 1 C	Sugar Substitute 1 EA 1 % Milk 1 C	Sugar Substitute 1 EA 1 % Milk 1 C
L U N C H E O N	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Wheat Bread 4 SL Mustard PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Wheat Bread 4 SL Salad Dressing PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Wheat Bread 4 SL Mustard PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Wheat Bread 4 SL Salad Dressing PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Wheat Bread 4 SL Mustard PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese 2 OZ Wheat Bread 4 SL Salad Dressing PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Wheat Bread 4 SL Mustard PKT 2 EA
	Carrot Sicks (A) 1/2 C or 2 1/4 oz		Carrot Sicks (A) 1/2 C or 2 1/4 oz	Celery Sticks 1/2 C or 2 3/4 oz	Carrot Sicks (A) 1/2 C or 2 1/4 oz	Celery Sticks 1/2 C or 2 3/4 oz	Carrot Sicks (A) 1/2 C or 2 1/4 oz
	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz
	Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK	Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK	Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK	Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK	Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK	Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK	Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK
D I N N E R	<i>Turkey Stew (2 OZ Meat) 12 OZ (1/2 c vegetables)</i>	Salisbury Steak 3 OZ Gravy 3 oz	<i>Chili con Carne/ Beans (4 OZ Meat)** 12 OZ</i>	Hot Dogs (3 oz total) 3 OZ	Hot Sliced Ham 4 OZ	<i>Chili Mac & Tom (2 OZ Meat) 12 OZ</i>	<i>Italian Meat Sauce & Spaghetti (4 oz meat) 12 OZ</i>
		Creamed Potatoes 1 C Carrots (A) LF 1/2 c		Mustard PKT 1 EA Ranch Beans 1 C Mixed Veg/Carrots (A) LF 1/2 C	Pintos 1 C Green Beans LF 1/2 c		
	Rice 1 C		Rice 1 C			Peas & Carrots (A) LF 1/2 C	Green Beans LF 1/2 C
	Green Salad 3/4 c Dressing LF 1 TBSP	Green Salad 3/4 c Dressing LF 1 TBSP	Green Salad 3/4 c Dressing LF 1 TBSP	Green Salad 3/4 c Dressing LF 1 TBSP	Green Salad 3/4 c Dressing LF 1 TBSP	Lettuce/Onions 3/4 c Dressing LF 1 TBSP	Green Salad 3/4 c Dressing LF 1 TBSP
	Cornbread 1/48 1 EA	Cornbread 1/48 1 EA	Cornbread 1/48 1 EA	Wheat Bread 2 SL	Cornbread 1/48 1 EA	Cornbread 1/48 1 EA	Wheat Bread 2 sl
	Margarine 1/3 oz	Margarine 1/3 oz	Margarine 1/3 oz	Margarine 1/3 oz	Margarine 1/3 oz	Margarine 1/3 oz	Margarine 1/3 oz
	Plain Cake (1/48) 1 @	Plain Cake (1/48) 1 @	Plain Cake (1/48) 1 @	Plain Cake (1/48) 1 @	Cookies Sandw or Equiv 4 @ or 1.8 oz	Plain Cake (1/48) 1 @	Plain Cake (1/48) 1 @
	Fruit Punch w/Vit C & Ca 1 PK	Fruit Punch w/Vit C & Ca 1 PK	Fruit Punch w/Vit C & Ca 1 PK	Fruit Punch w/Vit C & Ca 1 PK	Fruit Punch w/Vit C & Ca 1 PK	Fruit Punch w/Vit C & Ca 1 PK	Fruit Punch w/Vit C & Ca 1 PK

All entree portions including casseroles are cooked weight measurements. Side dishes are volume measurements.

All combination dishes are poultry-based unless otherwise indicated. All starches, vegetables, and cooked cereal are prepared with margarine unless indicated as LF (Low Fat). No pork is used unless item is named pork. Imitation cheese with calcium is used.

**Contains 1 C beans per serving.

REQUIRED BID MENU

FRESNO COUNTY CORRECTIONS
Fresno, CA

WEEK 4

WEEKLY AVERAGE 2550 CALORIES PER DAY <30% OF CALORIES AS FAT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C
	Peanut Butter 3 Tbsp Wheat Bread 2 sl	Coffeecake 1/54 Wheat Bread 2 SL	Hard Cooked Eggs 2 EA Pastry 1 SVG	Coffeecake 1/48 Wheat Bread 2 SL	Hard Cooked Eggs 2 EA Pastry 1 SVG	Peanut Butter 3 Tbsp Wheat Bread 2 sl	Coffeecake 1/48 Wheat Bread 2 SL
	Jelly PKT 2 EA	Jelly PKT 2 EA		Jelly PKT 2 EA		Jelly PKT 2 EA	Jelly PKT 2 EA
	Sugar Substitute 1 EA 1 % Milk 1 C	Sugar Substitute 1 EA 1 % Milk 1 C	Sugar Substitute 1 EA 1 % Milk 1 C	Sugar Substitute 1 EA 1 % Milk 1 C	Sugar Substitute 1 EA 1 % Milk 1 C	Sugar Substitute 1 EA 1 % Milk 1 C	Sugar Substitute 1 EA 1 % Milk 1 C
L U N C H E O N	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Wheat Bread 4 SL Mustard PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Wheat Bread 4 SL Salad Dressing PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Wheat Bread 4 SL Mustard PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Wheat Bread 4 SL Salad Dressing PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Wheat Bread 4 SL Mustard PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Wheat Bread 4 SL Salad Dressing PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Wheat Bread 4 SL Mustard PKT 2 EA
	Carrot Sicks (A) 1/2 C or 2 1/4 oz	Celery Sticks 1/2 C or 2 3/4 oz	Celery Sticks 1/2 C or 2 3/4 oz	Carrot Sicks (A) 1/2 C or 2 1/4 oz		Celery Sticks 1/2 C or 2 3/4 oz	Carrot Sicks (A) 1/2 C or 2 1/4 oz
	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz
	Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK	Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK	Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK	Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK	Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK	Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK	Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK
D I N E R	T Hot Dogs (3 OZ total) 2 EA Wheat Bread 2 sl Mustard PKT 2 EA	<i>Chili Con Carne/ Beans (4 OZ Meat)**</i> 12 OZ	Sliced Ham 2 oz Mustard PKT 1 EA Pinto Beans 1 C	<i>Mexican Rice, Tomato and Turkey Cass. (4 OZ Meat)</i> 12 OZ	Beef Pattie 3 OZ Gravy 3 oz Creamed Potatoes 1 C	<i>Chili Mac & Tom (2 OZ Meat)</i> 12 OZ	<i>Stew w/ Veggies & meat (4 OZ meat) (1/2 c Veg)</i> 12 OZ
	Ranch Beans 1 C Mixed Vegetables LF 1/2 C	Cajun Potatoes 1 C	Carrots (A) LF 1/2 C	Green Beans LF 1/2 C	Mixed Vegetables (A) 1/2 C w/ carrots LF	Carrots (A) LF 1/2 C	Rice 1 C
	Tossed Salad 3/4 c Dressing LF 1 TBSP	Tossed Salad 3/4 c Dressing LF 1 TBSP	Tossed Salad 3/4 c Dressing LF 1 TBSP	Lettuce/Onion 3/4 c Dressing LF 1 TBSP	Tossed Salad 3/4 c Dressing LF 1 TBSP	Tossed Salad 3/4 c Dressing LF 1 TBSP	Tossed Salad 3/4 c Dressing LF 1 TBSP
	Wheat Bread 2 sl Margarine 1/3 oz	Wheat Bread 2 sl Margarine 1/3 oz	Wheat Bread 2 sl Margarine 1/3 oz	Cornbread 1/48 1 EA Margarine 1/3 oz	Hamb. Bun 1 EA Mustard PKT 1 EA	Cornbread 1/48 1 EA Margarine 1/3 oz	Cornbread 1/48 1 EA Margarine 1/3 oz
	4 @ or 1.8 oz Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C & Ca 1 PK	Plain Cake (1/48) 1 @ Fruit Punch w/Vit C & Ca 1 PK	4 @ or 1.8 oz Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C & Ca 1 PK	Plain Cake (1/48) 1 @ Fruit Punch w/Vit C & Ca 1 PK	Plain Cake (1/48) 1 @ Fruit Punch w/Vit C & Ca 1 PK	Plain Cake (1/48) 1 @ Fruit Punch w/Vit C & Ca 1 PK	Plain Cake (1/48) 1 @ Fruit Punch w/Vit C & Ca 1 PK

All entree portions including casseroles are cooked weight measurements. Side dishes are volume measurements.

All combination dishes are poultry-based unless otherwise indicated. All starches, vegetables, and cooked cereal are prepared with margarine unless indicated as LF (Low Fat). No pork is used unless item is named pork. Imitation cheese with calcium is used.

**Contains 1 C beans per serving.