

FRESNO COUNTY CORRECTIONS
Fresno, CA

REQUIRED BID MENU

WEEK 1

WEEKLY AVERAGE 2800 CALORIES PER DAY

	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	WW Bread 2 SL	WW Bread 2 sl	WW Bread 2 SL	Pastry 1 SVG	WW Bread 2 sl	WW 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 Whole-wheat Bread 4 SL Mustard PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-wheat Bread 4 SL Salad Dressing PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-wheat Bread 4 SL Mustard PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-wheat Bread 4 SL Salad Dressing PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-wheat Bread 4 SL Mustard PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-wheat Bread 4 SL Salad Dressing PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-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 Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK	Fresh Fruit or 4 oz Juice 1 EA 4 @ or Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK	Fresh Fruit or 4 oz Juice 1 EA 4 @ or Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK	Fresh Fruit or 4 oz Juice 1 EA 4 @ or Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK	Fresh Fruit or 4 oz Juice 1 EA or 1.8 Cookies Sandw or Equiv oz Fruit Punch w/Vit C 1 PK	Fresh Fruit or 4 oz Juice 1 EA 4 @ or Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 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 Green Beans 1/2 C	<i>Potatoes & T. Ham Casserole (4 OZ Meat)</i> 12 OZ	<i>Diced Turkey & Noodles (2 oz mt)</i> 12 oz Green Beans 1/2 C	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 Carrot Salad 1/2 C
	Cajun Potatoes 1 C	Carrots (A) 1/2 C		Carrots (A) 1/2 C		Mixed Veg/Carrots (A) 1/2 C	
	Green Salad 3/4 c Dressing (scr) 2 TBSP Tortillas 2 ea	Green Salad 3/4 c Dressing (scr) 2 TBSP Cornbread 1/48 1 EA Margarine 2/3 oz	Shed Lettuce/Onions 3/4 c Dressing (scr) 2 TBSP	Garden Salad 3/4 c Dressing (scr) 2 TBSP Cornbread 1/48 1 EA Margarine 2/3 oz 4 @ or	Green Salad 3/4 c Dressing (scr) 2 TBSP H D Bun 1 @ Margarine 2/3 oz	Shed Lettuce/Onions 3/4 c Dressing (scr) 2 TBSP Cornbread 1/48 1 EA Margarine 2/3 oz	Cornbread 1/48 1 EA Margarine 2/3 oz
	Brownie (1/48) 1 @	Plain Cake 1/48 1 EA	Plain Cake 1/48 1 EA	Cookies Sandw or Equiv 1.8 oz	Plain Cake 1/48 1 EA	Plain Cake 1/48 1 EA	Fruit Crisp (1/4 c frt) 1/2 c
	Fruit Punch w/Vit C & Ca 1 PK	Fruit Punch w/Vit C & Ca 1 PK	Fruit Punch w/Vit C & C; 1 PK	Fruit Punch w/Vit C & C 1 PK	Fruit Punch w/Vit C & C; 1 PK	Fruit Punch w/Vit C & C. 1 PK	Fruit Punch w/Vit C & C; 1 PK

Title 15 requirements

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

All combination dishes are ground turkey 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 2800 CALORIES PER DAY

	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 WW Bread 2 SL	Hard Cooked Eggs 2 EA Pastry 1 SVG	Coffeecake 1/48 WW Bread 2 SL	Hard Cooked Eggs 2 EA Pastry 1 SVG	Peanut Butter 3 Tbsp WW Bread 2 sl	Coffeecake 1/48 WW Bread 2 SL	Peanut Butter 3 Tbsp WW 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 Whole-wheat Bread 4 SL Mustard PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-wheat Bread 4 SL Salad Dressing PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-wheat Bread 4 SL Mustard PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-wheat Bread 4 SL Salad Dressing PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-wheat Bread 4 SL Mustard PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-wheat Bread 4 SL Salad Dressing PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-wheat Bread 4 SL Mustard PKT 2 EA
L U N C H	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 Cookies Sandw or Equiv 1.8 oz Fruit Punch w/Vit C 1 PK	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	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	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	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	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	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
	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, 12 OZ 1/2 c vegetables)	Ham 2 oz Creamed potatoes 1 C	Taco Meat & Bean Mix (4 OZ Meat)** 12 OZ	Taco Filling (2 oz mt) 3 oz Tortillas - corn 2 ea Chili Beans 1 C
D I N N E R	Green Beans 1/2 C	Carrots (A) 1/2 C	Green Beans 1/2 C	Rice 1 C	Mixed Veg/Carrots (A) 1/2 C	Cajun Potatos 1 c	Green Beans 1/2 C Rice 1 c
	Garden Salad 3/4 c Dressing (scr) 2 TBSP WW Bread 3 SL Margarine 2/3 oz	Green Salad 3/4 c Dressing (scr) 2 TBSP Cornbread 1/48 1 EA Margarine 2/3 oz	Green Salad 3/4 c Dressing (scr) 2 TBSP WW Bread 3 SL Margarine 2/3 oz	Green Salad 3/4 c Dressing (scr) 2 TBSP Cornbread 1/48 1 EA Margarine 2/3 oz	Green Salad 1/2 C Dressing (scr) 2 TBSP WW Bread 2 sl Margarine 2/3 oz	Cole Slaw w/ carrots (A) 1/2 C Cornbread 1/48 1 EA Margarine 2/3 oz	Lettuce & Onion 3/4 c Dressing (scr) 2 TBSP Margarine 2/3 oz
	Plain Cake 1/48 1 EA	Plain Cake 1/48 1 EA	Brownie (1/48) 1 @	Plain Cake 1/48 1 EA	Peanutbutter Bar (1/48) 1 @	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

Title 15 requirements

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

All combination dishes are ground turkey 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.

*CUSTOMIZED DIET SHEETS

E1 2907

FRESNO COUNTY CORRECTIONS
Fresno, CA

REQUIRED BID MENU

WEEK 3

WEEKLY AVERAGE 2800 CALORIES PER DAY

	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	WW Bread 2 sl	WW Bread 2 SL	Pastry 1 SVG	WW Bread 2 SL	WW Bread 2 sl	WW 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	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-wheat Bread 4 SL Mustard PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-wheat Bread 4 SL Salad Dressing PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-wheat Bread 4 SL Mustard PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-wheat Bread 4 SL Salad Dressing PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-wheat Bread 4 SL Mustard PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese 2 OZ Whole-wheat Bread 4 SL Salad Dressing PKT 2 EA	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-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	Cookies Sandw or Equiv 1.8 oz	Cookies Sandw or Equiv 1.8 oz	Cookies Sandw or Equiv 1.8 oz	Cookies Sandw or Equiv 1.8 oz	Cookies Sandw or Equiv 1.8 oz	Cookies Sandw or Equiv 1.8 oz
	Fruit Punch w/Vit C 1 PK	Fruit Punch w/Vit C 1 PK	Fruit Punch w/Vit C 1 PK	Fruit Punch w/Vit C 1 PK	Fruit Punch w/Vit C 1 PK	Fruit Punch w/Vit C 1 PK	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	<i>Chili con Carne/ Beans (4 OZ Meat)**</i>	Hot Dogs (3 oz total) 3 OZ	Hot Sliced Ham 4 OZ	<i>Chili Mac & Tom (2 OZ Meat)</i>	<i>Italian Meat Sauce & Spaghetti (4 oz meat)</i>
		Creamed Potatoes 1 C		Mustard PKT 1 EA	Pintos 1 C		
		Carrots (A) 1/2 c		Ranch Beans 1 C	Green Beans 1/2 c		
	Rice 1 C		Rice 1 C	Mixed Veg w/ Carrots (A) 1/2 C		Peas & Carrots (A) 1/2 C	Green Beans 1/2 C
	Green Salad 3/4 c	Green Salad 3/4 c	Green Salad 3/4 c	Green Salad 3/4 c	Green Salad 3/4 c	Lettuce/Onions 3/4 c	Green Salad 3/4 c
	Dressing (scr) 2 TBSP	Dressing (scr) 2 TBSP	Dressing (scr) 2 TBSP	Dressing (scr) 2 TBSP	Dressing (scr) 2 TBSP	Dressing (scr) 2 TBSP	Dressing (scr) 2 TBSP
	Cornbread 1/48 1 EA	Cornbread 1/48 1 EA	Cornbread 1/48 1 EA	WW Bread 2 SL	Cornbread 1/48 1 EA	Cornbread 1/48 1 EA	WW Bread 2 sl
	Margarine 2/3 oz	Margarine 2/3 oz	Margarine 2/3 oz	Margarine 2/3 oz	Margarine 2/3 oz	Margarine 2/3 oz	Margarine 2/3 oz
	Plain Cake (1/48) 1 @	Plain Cake (1/48) 1 @	Plain Cake (1/48) 1 @	Brownie (1/48) 1 @	Cookies Sandw or Equiv 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

Title 15 requirements

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

All combination dishes are ground turkey 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.

CUSTOMIZED DIET SHEETS

E1 2908

FRESNO COUNTY CORRECTIONS
Fresno, CA

REQUIRED BID MENU

WEEK 4

WEEKLY AVERAGE 2800 CALORIES PER DAY

	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	Citrus Fruit or 4 oz Juice (C)	1 EA	Citrus Fruit or 4 oz Juice (C)	1 EA	Citrus Fruit or 4 oz Juice (C)	1 EA	Citrus Fruit or 4 oz Juice (C)	1 EA	Citrus Fruit or 4 oz Juice (C)	1 EA	Citrus Fruit or 4 oz Juice (C)	1 EA
	Dry Cereal	1 C	Dry Cereal	1 C	Dry Cereal	1 C	Dry Cereal	1 C	Dry Cereal	1 C	Dry Cereal	1 C	Dry Cereal	1 C
	Peanut Butter	3 Tbsp	Coffeecake	1/54	Hard Cooked Eggs	2 EA	Coffeecake	1/48	Hard Cooked Eggs	2 EA	Peanut Butter	3 Tbsp	Coffeecake	1/48
	WW Bread	2 sl	WW Bread	2 SL	Pastry	1 SVG	WW Bread	2 SL	Pastry	1 SVG	WW Bread	2 sl	WW Bread	2 SL
	Jelly PKT	2 EA	Jelly PKT	2 EA			Jelly PKT	2 EA			Jelly PKT	2 EA	Jelly PKT	2 EA
L U N C H E O N	Sugar Substitute	1 EA	Sugar Substitute	1 EA	Sugar Substitute	1 EA	Sugar Substitute	1 EA	Sugar Substitute	1 EA	Sugar Substitute	1 EA	Sugar Substitute	1 EA
	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C
	Luncheon Meat	2 OZ	Luncheon Meat	2 OZ	Luncheon Meat	2 OZ	Luncheon Meat	2 OZ	Luncheon Meat	2 OZ	Luncheon Meat	2 OZ	Luncheon Meat	2 OZ
	Sliced Cheese on	2 OZ	Sliced Cheese on	2 OZ	Sliced Cheese on	2 OZ	Sliced Cheese on	2 OZ	Sliced Cheese on	2 OZ	Sliced Cheese on	2 OZ	Sliced Cheese on	2 OZ
	Whole-wheat Bread	4 SL	Whole-wheat Bread	4 SL	Whole-wheat Bread	4 SL	Whole-wheat Bread	4 SL	Whole-wheat Bread	4 SL	Whole-wheat Bread	4 SL	Whole-wheat Bread	4 SL
C H E E S E	Mustard PKT	2 EA	Salad Dressing PKT	2 EA	Mustard PKT	2 EA	Salad Dressing PKT	2 EA	Mustard PKT	2 EA	Salad Dressing PKT	2 EA	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	Fresh Fruit or 4 oz Juice	1 EA	Fresh Fruit or 4 oz Juice	1 EA	Fresh Fruit or 4 oz Juice	1 EA	Fresh Fruit or 4 oz Juice	1 EA	Fresh Fruit or 4 oz Juice	1 EA	Fresh Fruit or 4 oz Juice	1 EA
	Cookies Sandw or Equiv	4 @ or 1.8 oz	Cookies Sandw or Equiv	4 @ or 1.8 oz	Cookies Sandw or Equiv	4 @ or 1.8 oz	Cookies Sandw or Equiv	4 @ or 1.8 oz	Cookies Sandw or Equiv	4 @ or 1.8 oz	Cookies Sandw or Equiv	4 @ or 1.8 oz	Cookies Sandw or Equiv	4 @ or 1.8 oz
	Fruit Punch w/Vit C	1 PK	Fruit Punch w/Vit C	1 PK	Fruit Punch w/Vit C	1 PK	Fruit Punch w/Vit C	1 PK	Fruit Punch w/Vit C	1 PK	Fruit Punch w/Vit C	1 PK	Fruit Punch w/Vit C	1 PK
D I N E R	T Hot Dogs (3 OZ total)	2 EA	<i>Chili ConCarne/ Beans</i>	12 OZ	Sliced Ham	2 oz	<i>Mexican Rice, Tomato and Turkey Cass.(4 OZ Meat)</i>	12 OZ	Beef Pattie	3 OZ	<i>Chili Mac & Tom</i>	12 OZ	<i>Stew w/ Veggies & meat</i>	12 OZ
	WW Bread	2 sl	<i>(4 OZ Meat)**</i>		Mustard PKT	1 EA					<i>(2 OZ Meat)</i>		<i>(4 OZ meat) (1/2 c Veg)</i>	
	Mustard PKT	2 EA			Pinto Beans	1 C			Creamed Potatoes	1 C				
	Ranch Beans	1 C												
	Cottage Fried Potatoes	1/2 C	Cajun Potatoes	1 C	Carrots (A)	1/2 C	Green Beans	1/2 C	Mixed Vegetables (A)	1/2 C	Carrots (A)	1/2 C	Rice	1 C
E N D	Tossed Salad	3/4 c	Tossed Salad	3/4 c	Tossed Salad	3/4 c	Lettuce/Onion	3/4 c	Tossed Salad	3/4 c	Tossed Salad	3/4 c	Tossed Salad	3/4 c
	Dressing (scr)	2 TBSP	Dressing (scr)	2 TBSP	Dressing (scr)	2 TBSP	Dressing (scr)	2 TBSP	Dressing (scr)	2 TBSP	Dressing (scr)	2 TBSP	Dressing (scr)	2 TBSP
			WW Bread	2 sl	WW Bread	2 sl	Cornbread 1/48	1 EA	Hamb. Bun	1 EA	Cornbread 1/48	1 EA	Cornbread 1/48	1 EA
			Margarine	2/3 oz	Margarine	2/3 oz	Margarine	2/3 oz	Mustard PKT	1 EA	Margarine	2/3 oz	Margarine	2/3 oz
	Cookies Sandw or Equiv	4 @ or 1.8 oz	Plain Cake (1/48)	1 @	Peanut butter Square (1/48)	1 @	Plain Cake (1/48)	1 @	Plain Cake (1/48)	1 @	Plain Cake (1/48)	1 @	Brownie (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 ground turkey 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.

*CUSTOMIZED DIET SHEETS

E1 2909

Title 15 requirements