

REQUIRED BID MENU

FRESNO COUNTY CORRECTIONS
Fresno, CA

WEEK 1

WEEKLY AVERAGE 2800 CALORIES PER DAY

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
B	Citrus Fruit or 4 oz Juice (C) Dry Cereal	1 EA 1 C	Citrus Fruit or 4 oz Juice (C) Dry Cereal	1 EA 1 C	Citrus Fruit or 4 oz Juice (C) Dry Cereal	1 EA 1 C	Citrus Fruit or 4 oz Juice (C) Dry Cereal	1 EA 1 C	Citrus Fruit or 4 oz Juice (C) Dry Cereal	1 EA 1 C	Citrus Fruit or 4 oz Juice (C) Dry Cereal	1 EA 1 C	Citrus Fruit or 4 oz Juice (C) Dry Cereal
E	Hard Cooked Eggs	2 EA	Corfiecake	1/48	Peanut Butter	3 Tbsp	Corfiecake	1/48	Hard Cooked Eggs	2 EA	Peanut Butter	3 Tbsp	Corfiecake
A													
K	Pastry	1 SVG	WW Bread	2 SL	WW Bread	2 SL	WW Bread	2 SL	Pastry	1 SVG	WW Bread	2 SL	WW Bread
F													
A													
S													
T	Sugar Substitute 1 % Milk	1 EA 1 C	Sugar Substitute 1 % Milk	1 EA 1 C	Sugar Substitute 1 % Milk	1 EA 1 C	Sugar Substitute 1 % Milk	1 EA 1 C	Sugar Substitute 1 % Milk	1 EA 1 C	Sugar Substitute 1 % Milk	1 EA 1 C	Sugar Substitute 1 % Milk
L	Luncheon Meat Sliced Cheese on Whole-wheat Bread	2 OZ 2 OZ 4 SL	Luncheon Meat Sliced Cheese on Whole-wheat Bread	2 OZ 2 OZ 4 SL	Luncheon Meat Sliced Cheese on Whole-wheat Bread	2 OZ 2 OZ 4 SL	Luncheon Meat Sliced Cheese on Whole-wheat Bread	2 OZ 2 OZ 4 SL	Luncheon Meat Sliced Cheese on Whole-wheat Bread	2 OZ 2 OZ 4 SL	Luncheon Meat Sliced Cheese on Whole-wheat Bread	2 OZ 2 OZ 4 SL	Luncheon Meat Sliced Cheese on Whole-wheat Bread
U	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
N													
C	Carrot Sticks (A)	1/2 C or 2 1/4 oz	Celery Sticks	1/2 C or 2 3/4 oz	Carrot Sticks (A)	1/2 C or 2 1/4 oz	Celery Sticks	1/2 C or 2 3/4 oz	Carrot Sticks (A)	or 2 1/4 oz	Celery Sticks	1/2 C or 2 3/4 oz	
H													
F	Fresh Fruit or 4 oz Juice Cookies Sandw or Equiv Fruit Punch w/Vit C	1 EA 4 @ or 1.8oz 1 PK	Fresh Fruit or 4 oz Juice Cookies Sandw or Equiv Fruit Punch w/Vit C	1 EA 4 @ or 1.8oz 1 PK	Fresh Fruit or 4 oz Juice Cookies Sandw or Equiv Fruit Punch w/Vit C	1 EA 4 @ or 1.8oz 1 PK	Fresh Fruit or 4 oz Juice Cookies Sandw or Equiv Fruit Punch w/Vit C	1 EA 4 @ or 1.8oz 1 PK	Fresh Fruit or 4 oz Juice Cookies Sandw or Equiv Fruit Punch w/Vit C	1 EA 4 @ or 1.8oz 1 PK	Fresh Fruit or 4 oz Juice Cookies Sandw or Equiv Fruit Punch w/Vit C	1 EA 4 @ or 1.8oz 1 PK	Fresh Fruit or 4 oz Juice Cookies Sandw or Equiv Fruit Punch w/Vit C
D	Taco Meat w/ Beans (2 oz meal)**	12 OZ	Spanish Macaroni & Meat Casserole (4 OZ Meal)	12 OZ	Beef Pattie with Hamburger Bun	3 OZ	Potatoes & T. Ham Casserole (4 OZ Meal)	12 OZ	Diced Turkey & Noodles (2 oz ml)	12 OZ	Mt & Bean Burrito Filling (2 OZ Meal) ** Flour Tortilla 6"	12 oz	Hot Sliced W/D Turkey Gravy
I													
N	Caion Potatoes	1 C	Carrots (A)	1/2 C	Baked Beans	1 EA 1 C	Carrots (A)	1/2 C	Green Beans	1/2 C	Mixed Veg/Carrots (A)	1/2 C	Carrot Salad
E													
R													
	Green Salad Dressing (scr) Tortillas	3/4 c 2 Tbsp 2 ea	Green Salad Dressing (scr) Cornbread 1/48 Margarine	3/4 c 2 Tbsp 1 EA 2/3 oz	Shed Lettuce/Onions Dressing (scr)	3/4 c 2 Tbsp	Garden Salad Dressing (scr) Cornbread 1/48 Margarine	3/4 c 2 Tbsp 1 EA 2/3 oz	Green Salad Dressing (scr) H D Bun	3/4 c 2 Tbsp 1 EA 2/3 oz	Shed Lettuce/Onions Dressing (scr) Cornbread 1/48 Margarine	3/4 c 2 Tbsp 1 EA 2/3 oz	Shed Lettuce/Onions Dressing (scr) Cornbread 1/48 Margarine
	Brownie (1/48)	1 @	Plain Cake 1/48	1 EA	Plain Cake 1/48	1 EA	Cookies Sandw or Equiv Fruit Punch w/Vit C & C:1 PK	1 EA 1.8oz	Plain Cake 1/48	1 EA	Plain Cake 1/48	1 EA	Fruit Crisp (1/4 c (tt))
	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	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	Fruit Punch w/Vit C & C:1 PK

Title 15 requirements
All entire 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	
A 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
B 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
R													
E Coffeecake	1/48	Hard Cooked Eggs	2 EA	Coffeecake	1/48	Hard Cooked Eggs	2 EA	Peanut Butter WW Bread	3 Tbsp 2 sl	Coffeecake	1/48	Peanut Butter WW Bread	3 Tbsp 2 sl
A WW Bread	2 SL	Pastry	1 SVG	WW Bread	2 SL	Pastry	1 SVG	WW Bread	2 sl	WW Bread	2 SL	WW Bread	2 sl
K													
F Jelly PKT	2 EA			Jelly PKT	2 EA			Jelly PKT	2 EA	Jelly PKT	2 EA	Jelly PKT	2 EA
S													
T 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
N	Luncheon Meat	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	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	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
	Mustard PKT	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
C Carrot Sticks (A)	1/2 C or 2 1/4 oz	Celery Sticks	1/2 C or 2 3/4 oz	Carrot Sticks (A)	1/2 C or 2 1/4 oz	Carrot Sticks (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 Sticks (A)	1/2 C or 2 1/4 oz
H	Fresh Fruit or 4 oz Juice	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
	4 @ or	4 @ or	4 @ or	4 @ or	4 @ or	4 @ or	4 @ or	4 @ or	4 @ or	4 @ or	4 @ or	4 @ or	4 @ or
	Cookies Sandw or Equiv	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	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	Diced Meat & Noodles (4 OZ Meal)	Bean & Ham Casserole (2 oz Meal)**	12 OZ	Italian Spaghetti w/ Meat Sauce (4 oz Meal)	12 OZ	Turkey Stew (2 OZ Meal) (1/2 c vegetables)	12 OZ	Ham	2 oz	Taco Meat & Bean Mix (4 OZ Meal)**	12 OZ	Taco Filling (2 oz ml) Tortillas - corn	3 oz 2 ea
								Creamed potatoes	1 C			Chili Beans	1 C
	I												
	N Green Beans	Carrots (A)	1/2 C	Green Beans	1/2 C	Rice	1 C	Mixed Veg/Carrots (A)	1/2 C	Calum Potatoes	1 c	Green Beans	1/2 C
												Rice	1 c
E	Garden Salad	Green Salad	3/4 c	Green Salad	3/4 c	Green Salad	3/4 c	Green Salad	1/2 C	Cole Slaw w/ carrots (A)	1/2 C	Lettuce & Onion Dressing (scr)	3/4 c
	Dressing (scr)	2 Tbsp Dressing (scr)	2 Tbsp	Dressing (scr)	2 Tbsp	Dressing (scr)	2 Tbsp	Dressing (scr)	2 Tbsp	Combread 1/48	1 EA		2 Tbsp
	WW Bread	Combread 1/48	1 EA	WW Bread	3 SL	Combread 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				
R	Plain Cake 1/48	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	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

Thin 15 requirements

All entire 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. Limitation: cheese with calcium is used.

**Contains 1 C beans per serving.

*CUSTOMIZED DIET SHEETS

EI 2907

REQUIRED BID MENU

FRESNO COUNTY CORRECTIONS
Fresno, CA

WEEK 3

WEEKLY AVERAGE 2800 CALORIES PER DAY

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
B	Citrus Fruit or 4 oz Juice (C) Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) Dry Cereal 1 C
R	Hard Cooked Eggs 2 EA	Peanut Butter 3 Tbsp	Cookiecake 1/48	Hard Cooked Eggs 2 EA	Cookiecake 1/48	Coffeecake 1/48	Peanut Butter 3 Tbsp	Coffeecake 1/48	Peanut Butter 3 Tbsp	Coffeecake 1/48	Coffeecake 1/48	Coffeecake 1/48	Coffeecake 1/48
A	Pasty 1 SVG	WW Bread 2 sl	WW Bread 2 SL	Pasty 1 SVG	WW Bread 2 SL	WW Bread 2 SL	WW Bread 2 SL	WW Bread 2 SL	WW Bread 2 SL	WW Bread 2 SL	WW Bread 2 SL	WW Bread 2 SL	WW Bread 2 SL
K	Jelly PKT 2 EA	Jelly PKT 2 EA	Jelly PKT 2 EA	Jelly PKT 2 EA	Jelly PKT 2 EA	Jelly PKT 2 EA	Jelly PKT 2 EA	Jelly PKT 2 EA	Jelly PKT 2 EA	Jelly PKT 2 EA	Jelly PKT 2 EA	Jelly PKT 2 EA	Jelly PKT 2 EA
F	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	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
S	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-wheat Bread 4 SL	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-wheat Bread 4 SL	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-wheat Bread 4 SL	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-wheat Bread 4 SL	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-wheat Bread 4 SL	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-wheat Bread 4 SL	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-wheat Bread 4 SL	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-wheat Bread 4 SL	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-wheat Bread 4 SL	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-wheat Bread 4 SL	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-wheat Bread 4 SL	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-wheat Bread 4 SL	Luncheon Meat 2 OZ Sliced Cheese on 2 OZ Whole-wheat Bread 4 SL
U	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	Mustard PKT 2 EA	Mustard PKT 2 EA	Salad Dressing PKT 2 EA	Mustard PKT 2 EA	Mustard PKT 2 EA	Mustard PKT 2 EA
N	Carrot Sticks (A) 1/2 C or 2 1/4 oz	Carrot Sticks (A) 1/2 C or 2 1/4 oz	Carrot Sticks (A) 1/2 C or 2 1/4 oz	Celery Sticks 1/2 C or 2 3/4 oz	Carrot Sticks (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 Sticks (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 Sticks (A) 1/2 C or 2 1/4 oz	Carrot Sticks (A) 1/2 C or 2 1/4 oz	Carrot Sticks (A) 1/2 C or 2 1/4 oz
C	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	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
L	Cookies Sandwich or Equiv 1.8 oz	Cookies Sandwich or Equiv 1.8 oz	Cookies Sandwich or Equiv 1.8 oz	Cookies Sandwich or Equiv 1.8 oz	Cookies Sandwich or Equiv 1.8 oz	Cookies Sandwich or Equiv 1.8 oz	Cookies Sandwich or Equiv 1.8 oz	Cookies Sandwich or Equiv 1.8 oz	Cookies Sandwich or Equiv 1.8 oz	Cookies Sandwich or Equiv 1.8 oz	Cookies Sandwich or Equiv 1.8 oz	Cookies Sandwich or Equiv 1.8 oz	Cookies Sandwich or Equiv 1.8 oz
U	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	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
Turkey Stew (2 OZ Meal) 12 OZ (1/2 c vegetables)		Salisbury Steak 3 OZ		Chili con Carne/ Beans 12 OZ (4 OZ Meal)**		Hot Dogs (3 oz total) 3 OZ		Hot Sliced Ham 4 OZ		Chili Mac & Tom (2 OZ Meal) 12 OZ		Italian Meat Sauce & Spaghetti (4 oz meal) 12 OZ	
D	Creamed Potatoes 1 C	Creamed Potatoes 1 C	Mustard PKT 1 EA	Mustard PKT 1 EA	Mustard PKT 1 EA	Mustard PKT 1 EA	Mustard PKT 1 EA	Mustard PKT 1 EA	Mustard PKT 1 EA	Mustard PKT 1 EA	Mustard PKT 1 EA	Mustard PKT 1 EA	Mustard PKT 1 EA
I	Rice 1 C	Rice 1 C	Rice 1 C	Rice 1 C	Rice 1 C	Rice 1 C	Rice 1 C	Rice 1 C	Rice 1 C	Rice 1 C	Rice 1 C	Rice 1 C	Rice 1 C
N	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	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	Green Salad 3/4 c	Green Salad 3/4 c	Green Salad 3/4 c
E	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	Dressing (scr) 2 Tbsp	Dressing (scr) 2 Tbsp	Dressing (scr) 2 Tbsp	Dressing (scr) 2 Tbsp	Dressing (scr) 2 Tbsp	Dressing (scr) 2 Tbsp
R	Combread 1/48 1 EA	Combread 1/48 1 EA	Combread 1/48 1 EA	Combread 1/48 1 EA	Combread 1/48 1 EA	Combread 1/48 1 EA	Combread 1/48 1 EA	Combread 1/48 1 EA	Combread 1/48 1 EA	Combread 1/48 1 EA	Combread 1/48 1 EA	Combread 1/48 1 EA	Combread 1/48 1 EA
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 Sandwich or Equiv 1.8 oz 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	

Item 15 requirements
All entire 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. Initiation cheese with calcium is used.
**Contains 1 C beans per serving.
*CUSTOMIZED DIET SHEETS
EI 2908

REQUIRED BID MENU

FRESNO COUNTY CORRECTIONS
Fresno, CA

WEEK 4

WEEKLY AVERAGE 2800 CALORIES PER DAY

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
B	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)
R	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
E	Peanut Butter	3 Tbsp	Colliecake	1/54	Hard Cooked Eggs	2 EA	Colliecake	1/48	Hard Cooked Eggs	2 EA	Peanut Butter	3 Tbsp	Colliecake
A	WW Bread	2 sl	WW Bread	2 SL	WW Bread	2 SL	WW Bread	2 SL	Pastry	1 SVG	WW Bread	2 sl	WW Bread
K													
F													
A	Jelly PKT	2 EA	Jelly PKT	2 EA	Jelly PKT	2 EA	Jelly PKT	2 EA	Jelly PKT	2 EA	Jelly PKT	2 EA	Jelly PKT
S	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
T	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
L	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
	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
	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
U	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
N													
C	Carrot Sticks (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 Sticks (A)	1/2 C or 2 1/4 oz	Celery Sticks	1/2 C or 2 3/4 oz	Carrot Sticks (A)	1/2 C or 2 1/4 oz	Carrot Sticks (A)
H													
	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
	Cookies Sandwich or Equiv	4 @ or 1.8 oz	Cookies Sandwich or Equiv	4 @ or 1.8 oz	Cookies Sandwich or Equiv	4 @ or 1.8 oz	Cookies Sandwich or Equiv	4 @ or 1.8 oz	Cookies Sandwich or Equiv	4 @ or 1.8 oz	Cookies Sandwich or Equiv	4 @ or 1.8 oz	Cookies Sandwich or Equiv
	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
T	Hot Dogs (3 OZ total)	2 EA	Chili ConCarne/Beans (4 OZ Meat)**	12 OZ	Sliced Ham	2 oz	Mexican Rice, Tomato and Turkey Cass. (4 OZ Meat)	12 OZ	Beef Pattie	3 OZ	Chili Mac & Tom (2 OZ Meat)	12 OZ	Stew w/ Veggies & meat (4 OZ meat) (1/2 c Veg)
D	Mustard PKT	2 EA			Mustard PKT	1 EA			Creamed Potatoes	1 C			
I					Pinto Beans	1 C							
N	Ranch Beans	1 C											
N	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
E													
R													
	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
	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)
	WW Bread	2 sl	WW Bread	2 sl	WW Bread	2 sl	WW Bread	2 sl	WW Bread	2 sl	WW Bread	2 sl	WW Bread
	Margarine	2/3 oz	Margarine	2/3 oz	Margarine	2/3 oz	Margarine	2/3 oz	Mustard PKT	1 EA	Margarine	2/3 oz	Margarine
	Cookies Sandwich 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)
	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

The 15 requirements

All mince 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. Initiation cheese with calcium is used.

**Contains 1 C Beans per serving.

CUSTOMIZED DIET SHEETS

E1 2809