

FRESNO COUNTY
Psychiatric Health Facility and Psychiatric Assessment Center for Treatment
Fresno, CA

REQUIRED BID MENU

Weekly Average 2800 calories per day

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B	Citrus Fruit (C) 1 @	Citrus Fruit (C) 1 @	Citrus Fruit (C) 1 @	Citrus Fruit (C) 1 @	Citrus Fruit (C) 1 @	Citrus Fruit (C) 1 @	Citrus Fruit (C) 1 @
R	Oatmeal 1 C	Dry Cereal 1 C	Farina 1 C	Dry Cereal 1 C	Oatmeal 1 C	Dry Cereal 1 C	Dry Cereal 1 C
E	H.C. Eggs 2 EA	Scrambled Eggs 3 oz	Pancakes 2 EA	T sausage 1 OZ	HC Eggs 2 EA	Breakfast Meat Gravy 6 oz (1 oz)	Scrambled Eggs w/ 3 oz
A	Cottage Fries 1/2 c	T sausage 1 oz	T Ham 1 oz	Scrambled Eggs 3 OZ	Lyonnais Potatoes 1/2 c	Cottage Fries 1/2 c	Chorizo 1/2 c
K	Pastry 1 SVG	Coffeecake 1/48		Coffeecake 1/48	Pastry 1 SVG	Biscuits 2 sl	Lyonnais Potatoes 1/2 c
F	WW Bread 1 sl	WW Bread 1 sl		WW Bread 1 sl	WW Bread 1 sl		Tortillas 2@
A	Jelly PKT 1 EA	Jelly PKT 1 EA	Syrup 1 1/2 oz	Jelly PKT 1 EA	Jelly PKT 1 EA	Jelly PKT 1 EA	
S	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz
T	Sugar Substitute 1 @	Sugar Substitute 1 @	Sugar Substitute 1 @	Sugar Substitute 1 @	Sugar Substitute 1 @	Sugar Substitute 1 @	Sugar Substitute 1 @
	1% Milk/ Juice 1 C/4 oz	1% Milk/ Juice 1 C/4 oz	1% Milk/ Juice 1 C/4 oz	1% Milk/ Juice 1 C/4 oz	1% Milk/ Juice 1 C/4 oz	1% Milk/ Juice 1 C/4 oz	1% Milk/ Juice 1 C/4 oz
L	T Franks 2 @	BLT Sandwich: 2 OZ	Spaghetti and meat 12 oz	Bologna 2 OZ	Chicken 1/4 3 oz	Sloppy Joe (2 oz) 4 oz	Chicken Nuggets 3 oz
U	Buns 2 @	Bacon* 1 SL EA	(4 oz)	Sliced Cheese 1 OZ	Mashed Potatoes 1 c	Bun 1 @	Macaroni & Cheese 3/4 c
N	Catsup 1 EA	Lettuce/Tomato 1 EA		Whole-wheat Bread 4 SL	Gravy 1 oz		BBQ Sauce 1 TBSP
C	Mustard PKT 1 EA	Bun 1 EA		Mayo-Type Dressing 1 EA			
H	Cottage Fries 1 C	Mayo-Type Dressing 1 EA	Tossed Saladw/ dressing 1/2 c	Oven Stripped Potatoes 1 c	Carrot Coins (A) 1/2 c	Corn 1/2 c	Hot Green Beans 1/2 c
	Mixed Vegetables 1/2 c	Baked Beans 1/2 c	Hot Carrots (A) 1/2 c	Peas 1/2 c	Bread 3 sl	Spanish Rice 1 c	Bread 3 sl
	Fresh Fruit 1 @	Carrots (A) 1/2 c	Bread 3 sl				
	Fresh Fruit 1 @	Fresh Fruit 1 @	Fresh Fruit 1 @	Fresh Fruit 1 @	Fresh Fruit 1 @	Fresh Fruit 1 @	Fresh Fruit 1 @
	Fruit Drink Carton 8 oz	Fruit Drink Carton 8 oz	Fruit Drink Carton 8 oz	Fruit Drink Carton 8 oz	Fruit Drink Carton 8 oz	Fruit Drink Carton 8 oz	Fruit Drink Carton 8 oz
D	Taco Meat w/ BEANS 12 oz	Chicken Stir Fry: 3 OZ	Beef Pattie with 3 OZ	Chili Con Carne/BEANS 12 OZ	Smoked T. Sausage 3 oz	ETHNIC HERITAGE DAY:	
I	(4 oz meat**) 1 @	Chicken 3 OZ	Hamburger Bun 1 EA	(4 OZ Meat**) 1 @	Hot Dog Bun 1 @	Bean & Beef Burrito 5 OZ	Hot Sliced W/D Turkey 3 OZ
N		Oriental Vegetables 1/2 C	Catsup PKT 1 EA		Mustard 1 @	(2 OZ Meat) 1 C	
E		Fried Rice 1 C	BAKED BEANS 1 C	Rice 3/4 c		CHILI BEANS 1 C	
R	Corn 1/2 C		Greens (A) 1/2 C		Creamed Potatoes 1 c	Spanish Rice 1/2 c	Creamed Potatoes 1 c
			Mustard PKT 1 EA			Mixed Veg/Carrots (A) 1/2 C	Greens (A) 1/2 C
	Green Salad w/ carrots (A) 1/2 c	Coleslaw 1/2 C	Shed Lettuce/Onions 1/2 C	Coleslaw w/ carrots (A) 1/2 C	Green Salad 1/2 c	Shed Lettuce/Onions 1/2 C	
	Dressing 1 TBSP				Dressing 1 TBSP	Salsa 1 TBSP	
	Tortillas 2@	WW Bread 3 SL		Tortillas 2 @		WW Bread 3 sl	WW Bread 3 SL
	Salsa 1 TBSP	Margarine 1/2 OZ				Margarine 1/2 oz	Margarine 1/2 OZ
	Plain Cake 1/54	Sandwich Cookies 2 @	Applesauce 1/2 C	Plain Cake 1/54	Sandwich Cookies 2 @	Plain Cake 1/54	Plain Cake 1/54
	1% Milk 8 oz	1% Milk 8 oz	1% Milk 8 oz	1% Milk 8 oz	1% Milk 8 oz	1% Milk 8 oz	1% Milk 8 oz

All entree portions purchased fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles and entree items made from scratch are based upon cooked weight measurements. Weights on cookies made from mix are prior to baking. 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 1643

1/06

FRESNO COUNTY
Psychiatric Health Facility and Psychiatric Assessment Center for Treatment
Fresno, CA

REQUIRED BID MENU

Weekly Average 2800 calories per day

WEEK 2

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
BREAKFAST	Citrus Fruit (C)	1 @	Citrus Fruit (C)	1 @	Citrus Fruit (C)	1 @	Citrus Fruit (C)	1 @	Citrus Fruit (C)	1 @	Citrus Fruit (C)	1 @	Citrus Fruit (C)	1 @	
	Dry Cereal	1 C	Oatmeal	1 C	Farina	1 C	Dry Cereal	1 C	Dry Cereal	1 C	Dry Cereal	1 C	Oatmeal	1 C	
					Cheese Omelet	3 oz							Scrambled Eggs w/ Pepper:	3 oz	
	Waffles	2 @	HC Eggs	2 @	Coffeecake	1/48	Scrambled Eggs	3 oz	Breakfast meat gravy	6 oz(1 oz)	Scrambled Eggs	3 oz	Coffeecake	1/48	
	T. Sausage	1 OZ	T Ham	1 oz	T. Sausage	1 OZ	Lyonnais Potatoes	1/2 c	Cottage Fries	1/2 c	T. Sausage	1 oz	T. Sausage	1 @	
			Pastry	1 SVG			Pastry	1 SVG	Biscuits	2@	Pastry	1 SVG			
			WW Bread	1 sl	WW Bread	1 sl	WW Bread	1 sl			WW Bread	1 sl	WW Bread	1 sl	
	Syrup	1 1/2 oz	Jelly PKT	1 EA	Jelly PKT	1 EA	Jelly PKT	1 EA	Jelly PKT	1 EA	Jelly PKT	1 EA	Jelly PKT	1 EA	
LUNCH			Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	
	Sugar Substitute	1 @	Sugar Substitute	1 @	Sugar Substitute	1 @	Sugar Substitute	1 @	Sugar Substitute	1 @	Sugar Substitute	1 @	Sugar Substitute	1 @	
	1% Milk	1 C	1% Milk/ Juice	1 C/4 oz	1% Milk/ Juice	1 C/4 oz	1% Milk/ Juice	1 C/4 oz	1% Milk/ Juice	1 C/4 oz	1% Milk/ Juice	1 C/4 oz	1% Milk/ Juice	1 C/4 oz	
	LUNCH	BBQ Chicken 1/4	3 OZ/1 OZ	T Franks	2 @	T Salami and	2 OZ	Teriyaki Chicken	3 OZ/1 OZ	T Bologna	2 OZ	Sloppy Joe (2 oz)	4 oz	Hot Sliced Turkey	3 oz
		White Rice	1 c	Buns	2 @	Sliced Cheese on	1 OZ			Sliced Cheese on	1 oz	Bun	1 @	Mashed Potatoes	1 c
				Mustard	2 @	Whole-wheat Bread	4 SL			Whole-wheat Bread	4 SL			Gravy	1 oz
				Lyonnais Potatoes	1 c	Mustard PKT	1 EA			Mustard PKT	1 EA				
						Mayo-Type Dressing	1 EA	Rice	1 c	Mayo-Type Dressing	1 EA	Macaroni & Cheese	3/4 c		
LUNCH	Carrot Coins (A)	1/2 c	Peas	1/2 c	Cottage Fries	1 c	Mixed Vegetables	1/2 c	Potato Salad	1/2 c	Corn	1/2 c	Carrot Coins (A)	1/2 c	
	Bread	3 sl			Carrot Coins (A)	1/2 c	Bread	3 SL	Carrot Coins (A)	1/2 c			Bread	3 sl	
	Fresh Fruit	1 @	Fresh Fruit	1 @	Fresh Fruit	1 @	Fresh Fruit	1 @	Fresh Fruit	1 @	Fresh Fruit	1 @	Fresh Fruit	1 @	
	Fruit Drink Carton	8 oz	Fruit Drink Carton	8 oz	Fruit Drink Carton	8 oz	Fruit Drink Carton	8 oz	Fruit Drink Carton	8 oz	Fruit Drink Carton	8 oz	Fruit Drink Carton	8 oz	
	DINNER	ETHNIC HERITAGE DAY:													
Beef, Broccoli & Noodles (4 OZ Meat, 1/2 c Veg)		12 OZ	Beef Pattie	3 OZ	Italian Spaghetti w/ Meat Sauce (4 oz Meat)	12 OZ	Breaded Country Pattie	3 OZ	Meat & Cheese Lasagna (3 oz Meat/1 oz Cheese)	12 OZ	Beef/Bean Burrito (2 oz Meat)	5 OZ	Taco Meat & Bean Mix (4 OZ Meat**)	12 OZ	
			RANCH BEANS	1 C							CHILI BEANS	1 C			
			Greens (A)	1/2 C	Green Beans	1/2 C	Creamed Potatoes	1 c	Mixed Veg/Carrots (A)	1/2 C	Whole Kernel Corn	1/2 C	Spanish Rice	3/4 c	
Tossed Salad		1/2 C	Green Salad	1/2 C	Green Salad	1/2 C	Carrot Salad (A)	1/2 c	Green Salad	1/2 C	Coleslaw w/ carrots (A)	1/2 C	Tossed Salad w/ dressing	1/2 c	
Dressing		1 TBSP	Dressing	1 TBSP	Dressing	1 TBSP			Dressing	1 TBSP				1 Tbsp	
WW Bread		3 SL	WW Bread	3 SL	WW Bread	3 SL	WW Bread	3 SL	WW Bread	3 SL	WW Bread	3 sl	Tortillas	2@	
Margarine		1/2 OZ	Margarine	1/2 OZ	Margarine	1/2 OZ	Margarine	1/2 OZ	Margarine	1/2 OZ	Margarine	1/2 oz	Salsa	1 TBSP	
Sandwich Cookies		2 @	Plain Cake	1/54	Peaches	1/2 C	Plain Cake	1/54	Sandwich Cookies	2 @	Plain Cake	1/54	Applesauce	1/2 c	
1% Milk		8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	

All entree portions purchased fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles and entree items made from scratch are based upon cooked weight measurements. Weights on cookies made from mix are prior to baking. 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

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REQUIRED BID MENU

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WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B	Citrus Fruit (C) 1 @	Citrus Fruit (C) 1 @	Citrus Fruit (C) 1 @	Citrus Fruit (C) 1 @	Citrus Fruit (C) 1 @	Citrus Fruit (C) 1 @	Citrus Fruit (C) 1 @
R	Oatmeal 1 C	Dry Cereal 1 C	Farina 1 C	Dry Cereal 1 C	Dry Cereal 1 C	Farina 1 C	Oatmeal 1 C
E			Cheese Omelet 3 oz				
A	Hard Cooked Eggs 2 EA	Breakfast Meat Gravy 6 oz (1 @)	Coffeecake 1/48	Scrambled Eggs w/ peppers 3 oz	Scrambled Eggs 3 oz	H.C. Eggs 2 EA	Waffles 2 @
K	T Ham 1 oz	Cottage Fries 1/2 c	T. Sausage 1 OZ	Lyonnaise Potatoes 1/2 c	T Sausage 1 oz	Cottage Fries 1/2 c	T. Sausage 1 OZ
F	Pastry 1 SVG	Biscuits 2 @		Tortillas 2 @	Coffeecake 2 sl	Pastry 1 SVG	
A	WW Bread 1 sl		WW Bread 1 sl	WW Bread 1 sl	WW Bread 1 sl	WW Bread 1 sl	
S	Jelly PKT 1 EA	Jelly PKT 1 EA	Jelly PKT 1 EA	Jelly PKT 1 EA	Jelly PKT 1 EA	Jelly PKT 1 EA	Syrup 1 1/2 oz
T	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz
	Sugar Substitute 1 @	Sugar Substitute 1 @	Sugar Substitute 1 @	Sugar Substitute 1 @	Sugar Substitute 1 @	Sugar Substitute 1 @	Sugar Substitute 1 @
	1% Milk/ Juice 1 C/4 oz	1% Milk/ Juice 1 C/4 oz	1% Milk/ Juice 1 C/4 oz	1% Milk/ Juice 1 C/4 oz	1% Milk/ Juice 1 C/4 oz	1% Milk/ Juice 1 C/4 oz	1% Milk/ Juice 1 C/4 oz
L	T Salami and 2 OZ	Spanish Rice & Meat 12 oz (4 oz)	BBQ Beef (2 oz Meat) 3 OZ	ETHNIC HERITAGE DAY:			
U	Sliced Cheese on 1 oz			Hamburger 3 oz	Chicken 1/4 3 oz	T. Franks 2 @	Hot Turkey 3 oz
N	Whole-wheat Bread 4 SL		Bun 1 @	Bun 1 @	Scalloped Potatoes 1 c	Buns 2 @	Mashed Potatoes 1 c
C	Mustard PKT 2 EA	Pinto Beans 1 c		Mustard 1 @		Mustard 2 @	Gravy 1 oz
H	Lyonnaise Potatoes 1 c		Oven Stripped Potatoes 1 c	Catsup 1 @		Baked Beans 1 c	
	Carrot Coins (A) 1/2 c	Tossed Salad /Dressing 1 1/2 c	Carrots (A) 1/2 c	Pasta Salad 1/2 c	Carrots (A) 1/2 c	Coleslaw 1/2 c	Carrots (A) 1/2 c
		Bread 3 sl		Mixed Vegetables 1/2 c	Bread 3 sl		Bread 3 sl
	Fresh Fruit 1 @	Fresh Fruit 1 @	Fresh Fruit 1 @	Fresh Fruit 1 @	Fresh Fruit 1 @	Fresh Fruit 1 @	Fresh Fruit 1 @
	Fruit Drink Carton 8 oz	Fruit Drink Carton 8 oz	Fruit Drink Carton 8 oz	Fruit Drink Carton 8 oz	Fruit Drink Carton 8 oz	Fruit Drink Carton 8 oz	Fruit Drink Carton 8 oz
D	Sloppy Joe Meat Mix 4 OZ (2 OZ Meat)	Salisbury Steak 3 OZ	Chicken Stir Fry: 3 OZ	Smoked T. Sausage 3 OZ	Taco Meat & BEAN Mix 12 OZ (4 OZ Meat**)	Turkey Chow Mein 12 OZ (4 oz Meat)	Italian Meat Sauce & Spaghetti (4 oz meat) 12 oz
I	Hamburger Bun 1 EA		Chicken 1/2 C	Hot Dog Bun 1 @			
N	BAKED BEANS 1 C	Creamed Potatoes 1 c	Oriental Vegetables 1 C	Mustard PKT 1 EA		Rice 1 C	
E	Corn 1/2 c		Fried Rice 1 C	RANCH BEANS 1 C	Greens (A) 1/2 C		Mixed Vegetables/Carr 1/2 C
R			Greens (A) 1/2 C	Broccoli 1/2 C			
	Coleslaw w/ carrots (A) 1/2 C	Carrot Salad (A) 1/2 C	Garden Salad 1/2 C	Coleslaw w/ carrots (A) 1/2 C	Lettuce/Onions 1/2 C	Carrot Salad (A) 1/2 C	Green Salad 1/2 C
			Dressing 1 TBSP				Dressing 1 TBSP
		WW Bread 3 SL	WW Bread 3 SL		Tortillas 2 @	WW Bread 3 EA	WW Bread 3 SL
		Margarine 1/2 OZ	Margarine 1/2 OZ		Salsa 1 TBSP	Margarine 1/2 OZ	Margarine 1/2 OZ
	Plain Cake 1/54	Fruit Mix 1/2 C	Plain Cake 1/54	Sandwich Cookies 1/54	Plain Cake 1/54	Applesauce 1/2 c	Plain Cake 1/54
	1% Milk 8 oz	1% Milk 8 oz	1% Milk 8 oz	1% Milk 8 oz	1% Milk 8 oz	1% Milk 8 oz	1% Milk 8 oz

All entree portions purchased fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles and entree items made from scratch are based upon cooked weight measurements. Weights on cookies made from mix are prior to baking. 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.

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REQUIRED BID MENU

Weekly Average 2800 calories per day

WEEK 4

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
B	Citrus Fruit (C)	1 @	Citrus Fruit (C)	1 @	Citrus Fruit (C)	1 @	Citrus Fruit (C)	1 @	Citrus Fruit (C)	1 @	Citrus Fruit (C)	1 @	Citrus Fruit (C)	1 @
R	Dry Cereal	1 C	Dry Cereal	1 C	Oatmeal	1 C	Dry Cereal	1 C	Farina	1 C	Dry Cereal	1 C	Farina	1 C
E	Breakfast Meat Gravy	6 oz (1 oz)	Scrambled Eggs w/cheese	3 oz	Pancakes	2 EA	Scrambled Eggs w/Chorizo	3 oz	HC Eggs	2 EA	Breakfast Meat Gravy	6 oz (1 oz)	Cheese Omelet	3 oz
A	Cottage Fries	1/2 c	Lyonnaise Potatoes	1/2 c	T sausage	1 OZ	Cottage Fries	1/2 c	T Ham	1 oz	Cottage Fries	1/2 c	Coffeecake	1/48
K	Biscuits	2 EA	Pastry	1 @			Tortillas	2 @	Pastry	1 SVG	Biscuits	2 sl	T sausage	1 @
F			WW Bread	1 sl			WW Bread	1 sl	WW Bread	1 sl			WW Bread	1 sl
A	Jelly PKT	1 EA	Jelly PKT	1 EA	Syrup	1 1/2 oz	Jelly PKT	1 EA	Jelly PKT	1 EA	Jelly PKT	1 EA	Jelly PKT	1 EA
S	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz
T	Sugar Substitute	1 @	Sugar Substitute	1 @	Sugar Substitute	1 @	Sugar Substitute	1 @	Sugar Substitute	1 @	Sugar Substitute	1 @	Sugar Substitute	1 @
	1% Milk/ Juice	1 C/4 oz	1% Milk/ Juice	1 C/4 oz	1% Milk/ Juice	1 C/4 oz	1% Milk/ Juice	1 C/4 oz	1% Milk/ Juice	1 C/4 oz	1% Milk/ Juice	1 C/4 oz	1% Milk/ Juice	1 C/4 oz
	T. Ham	2 OZ	BBQ Chicken 1/4	3 oz	Sloppy Joe	4 oz	Tuna Salad (2 oz Meat)	3 OZ	Spaghetti and meat	12 oz	BBQ Turkey (2 oz Meat)	3 OZ	Hot Roast Beef	3 oz
L	Sliced Cheese on	1 OZ	Rice	1 c	(2 oz)		Sliced Cheese on	1/2 oz	(4 oz)				Mashed Potatoes	1 c
U	Whole-wheat Bread	4 SL			Bun	1 @	Bun	1 @	Whole-wheat Bread	4 SL	Bun	1 EA	Gravy	2 oz
N	Mustard	2 EA			Macaroni & Cheese	3/4 c								
C	Cottage Fries	1 C	Mixed Vegetables	1/2 c	Peas	1/2 c	Oven Stripped Potatoes	1 c	Tossed Salad/dressing	1/2 c	Corn	1/2 c	Carrots (A)	1/2 c
H	Carrots (A)	1/2 c	Bread	3 sl			Broccoli	1/2 c	Green Beans	1/2 c	Macaroni & cheese	3/4 c	Bread	3 sl
	Fresh Fruit	1 @	Fresh Fruit	1 @	Fresh Fruit	1 @	Fresh Fruit	1 @	Fresh Fruit	1 @	Fresh Fruit	1 @	Fresh Fruit	1 @
	Fruit Drink Carton	8 oz	Fruit Drink Carton	8 oz	Fruit Drink Carton	8 oz	Fruit Drink Carton	8 oz	Fruit Drink Carton	8 oz	Fruit Drink Carton	8 oz	Fruit Drink Carton	8 oz
D	T Hot Dogs (3 OZ)	2 EA	Chili ConCarne/BEANS	12 OZ	Beef Pattie	3 OZ	Mexican Rice, Tomato and Turkey Cass.(4 OZ Meat)	12 OZ	Teriyaki Chicken	3 OZ	Turkey Chili Verde (2 oz meat)	4 oz	ETHNIC HERITAGE DAY: Turkey Chow Mein (4 oz meat) 12 oz Rice 3/4 c Green Beans 1/2 C	
I	Hot Dog Buns	2 EA	(4 OZ Meat**)		Creamed Potatoes	1 c			Fried Rice	1 c	PINTO BEANS	1 C		
N	Mustard PKT	2 EA									Peas & Carrots (A)	1/2 C		
R	RANCH BEANS	1 C	Broccoli	1/2 c	Mixed Vegetables (A)	1/2 C	Diced Carrots (A)	1/2 C						
E	Green Beans	1/2 C												
	Tossed Salad Dressing	1/2 C 1 TBSP	Coleslaw w/ carrots (A)	1/2 C			Lettuce/Onion	1/2 C	Carrot Salad (A)	1/2 C	Lettuce/Onions	1/2 C		
			WW Bread	3 SL	WW Bread	3 SL	Tortillas	2 @	WW Bread	3 SL	Tortillas	2@	WW Bread	3 SL
			Margarine	1/2 OZ	Margarine	1/2 OZ			Margarine	1/2 OZ			Margarine	1/2 OZ
	Sandwich Cookies	2 @	Plain Cake	1/54	Plain Cake	1/54	Applesauce	1/2 c	Sandwich Cookies	2 @	Plain Cake	1/54	Sandwich Cookies	2 @
	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz

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