

REQUIRED BID MENU

FRESNO COUNTY Probation Juvenile Menu
Fresno, CA
ENHANCED FOOD BASED MENU PLANNING OPTION - USDA 1996
WEEKLY AVERAGE 2950 CALORIES PER DAY

WEEK 1

	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 Grits 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Farina LF 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Grits LF 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Oatmeal LF 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	Breakfast Gravy (2 oz mt) LF 4 oz Hashbrowns 1/2 c	Ham 2 oz	Sausage 1 oz	Hard Cooked Eggs 2 EA Cottage Fries 1/2 c	Scrambled Eggs 2.5 oz Hashbrowns 1/2 c	Sausage 1 oz
	Wheat Bread 2 sl	Biscuits (1/80) 2 @	Waffles 2 @ Syrup 2 oz	Wheat Bread 2 SL	Biscuits (1/80) 2 @	Wheat Bread 2 sl	Pancakes (5 oz total) 2 @ Syrup 2 oz
	Margarine 1 @	Jelly PKT 2 EA	Margarine 1 @	Jelly PKT 2 EA Margarine 1 @	Jelly PKT 2 EA	Jelly PKT 2 EA	Margarine 1 @
	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C
L U N C H	Peanut Butter 2 OZ	Salami 3 oz	Peanut Butter 2 OZ	Bologna 2 OZ Sliced REAL Cheese on 1 oz	Tuna Salad (3 oz) LF 4 oz	Salami 3 oz	Bologna 2 OZ Sliced REAL Cheese on 1 oz
	Wheat Bread 4 SL Jelly PKT 2 EA	Wheat Bread 4 SL Salad Dressing PKT 2 EA	Wheat Bread 4 SL Jelly PKT 2 EA	Wheat Bread 4 SL Mustard PKT 2 EA	Wheat Bread 4 SL	Wheat Bread 4 SL Salad Dressing PKT 2 EA	Wheat Bread 4 SL Mustard PKT 2 EA
	Carrot Sticks (A) 3/4 C or 3 1/2 oz	Celery Sticks 3/4 C or 4 1/4 oz	Carrot Sticks (A) 3/4 C or 3 1/2 oz	Celery Sticks 3/4 C or 4 1/4 oz	Carrot Sticks (A) 3/4 C or 3 1/2 oz	Celery Sticks 3/4 C or 4 1/4 oz	Carrot Sticks (A) 3/4 C or 3 1/2 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 1 % Milk 1 C	Cookies Sandw or Equiv 1.8 oz 1 % Milk 1 C	Cookies Sandw or Equiv 1.8 oz 1 % Milk 1 C	Cookies Sandw or Equiv 1.8 oz 1 % Milk 1 C	Cookies Sandw or Equiv 1.8 oz 1 % Milk 1 C	Cookies Sandw or Equiv 1.8 oz 1 % Milk 1 C	Cookies Sandw or Equiv 1.8 oz 1 % Milk 1 C
D I N N E R	Taco Meat w/ Beans (2 oz meat)** 12 OZ	<i>Spanish Macaroni & Meat Casserole (4 OZ Meat) 12 OZ</i>	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) 12 OZ</i>	<i>Diced Turkey & Noodles (2 oz mt) 12 oz</i>	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) 1/2 C	Green Beans 1/2 C	Carrots (A) 1/2 C	Green Beans 1/2 C	Mixed Veg/Carrots (A) 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 Wheat Bread 2 sl 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
	Brownie (1/48) 1 @ 1 % Milk 1 C	Plain Cake 1/48 1 EA 1 % Milk 1 C	Plain Cake 1/48 1 EA 1 % Milk 1 C	Cookies Sandw or Equiv 1.8 oz 1 % Milk 1 C	Plain Cake 1/48 1 EA 1 % Milk 1 C	Plain Cake 1/48 1 EA 1 % Milk 1 C	Fruit Crisp (1/4 c frt) 1/2 c 1 % Milk 1 C
	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)	Fruit Juice 4 oz Apple 1 @	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)	Fruit Juice 4 oz Raisins 1/2 c	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)	Fruit Juice 4 oz Peanuts 2 oz	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)

All entree portions purchased fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles and entrée 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 poultry 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 (**EXCEPT WHERE NOTED AS REAL**).

**Contains 1 C beans per serving.

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FRESNO COUNTY PROBATION Juvenile Menu

Fresno, CA

ENHANCED FOOD BASED MENU PLANNING OPTION - USDA 1996

WEEKLY AVERAGE 2950 CALORIES PER DAY

WEEK 2

	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 Oatmeal LF 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Grits LF 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 Oatmeal LF 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Grits LF 1 C
	Sausage 1 oz Wheat Bread 2 SL	Hard Cooked Eggs 2 EA Wheat Bread 2 SL	Sausage 1 oz Pancakes (5 oz total) 2 @ Syrup 2 oz	Breakfast Gravy (2 oz mt) LF 4 oz Biscuits (1/80) 2 @	Scrambled Eggs 2.5 oz Hashbrowns 1/2 c Wheat Bread 2 sl	T Ham 1 oz Sliced Cheese on 1 oz Biscuits (1/80) 2 @ Hashbrowns 1/2 c	Sausage 1 oz Pancakes (5 oz total) 2 @ Syrup 2 oz
	Margarine 1 @ Jelly PKT 2 EA	Margarine 1 @	Margarine 1 @	Jelly PKT 2 EA	Jelly PKT 2 EA	Jelly PKT 2 EA	Margarine 1 @
	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C
	T Ham 4 oz	Peanut Butter 2 OZ	Bologna 2 OZ Sliced REAL Cheese on 1 oz	Tuna Salad (3 oz) LF 4 oz	Peanut Butter 2 OZ	Salami 3 oz	Bologna 2 OZ Sliced REAL Cheese on 1 oz
L U N C H	Wheat Bread 4 SL Mustard PKT 2 EA	Wheat Bread 4 SL Jelly PKT 2 EA	Wheat Bread 4 SL Mustard PKT 2 EA	Wheat Bread 4 SL	Wheat Bread 4 SL Jelly PKT 2 EA	Wheat Bread 4 SL Salad Dressing PKT 2 EA	Wheat Bread 4 SL Mustard PKT 2 EA
	Carrot Sticks (A) 3/4 C or 3 1/2 oz	Celery Sticks 3/4 C or 4 1/4 oz	Carrot Sticks (A) 3/4 C or 3 1/2 oz	Carrot Sticks (A) 3/4 C or 3 1/2 oz	Celery Sticks 3/4 C or 4 1/4 oz	Celery Sticks 3/4 C or 4 1/4 oz	Carrot Sticks (A) 3/4 C or 3 1/2 oz
	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz Cookies Sandw or Equiv 1.8 oz 1 % Milk 1 C	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz Cookies Sandw or Equiv 1.8 oz 1 % Milk 1 C	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz Cookies Sandw or Equiv 1.8 oz 1 % Milk 1 C	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz Cookies Sandw or Equiv 1.8 oz 1 % Milk 1 C	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz Cookies Sandw or Equiv 1.8 oz 1 % Milk 1 C	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz Cookies Sandw or Equiv 1.8 oz 1 % Milk 1 C	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz Cookies Sandw or Equiv 1.8 oz 1 % Milk 1 C
D I N N E R	Diced Meat & Noodles 12 OZ (4 OZ Meat)	Bean & Ham Casserole 12 OZ (2 oz Meat)**	Italian Spaghetti 12 OZ w/ Meat Sauce (4 oz Meat)	Turkey Stew (2 OZ Meat, 12 OZ (1/2 c vegetables)	T Ham 2 oz Creamed potatoes 1 C Mixed Veg/Carrots (A) 1/2 C	Chili with Meat & Beans 12 OZ (4 OZ Meat)**	Taco Filling (2 oz mt) 3 oz Tortillas - corn 2 ea Chili Beans 1 C
	Green Beans 1/2 C	Carrots (A) 1/2 C	Green Beans 1/2 C	Rice 1 C		Cajun Potatoes 1 c	Green Beans 1/2 C Rice 1 c
	Garden Salad 3/4 c Dressing LF 1 TBSP Wheat Bread 3 SL Margarine 1/3 oz	Green Salad 3/4 c Dressing LF 1 TBSP Cornbread 1/48 1 EA Margarine 2/3 oz	Green Salad 3/4 c Dressing LF 1 TBSP Wheat Bread 3 SL Margarine 1/3 oz	Green Salad 3/4 c Dressing LF 1 TBSP Cornbread 1/48 1 EA Margarine 1/3 oz	Green Salad 3/4 c Dressing LF 1 TBSP Wheat Bread 2 sl Margarine 1/3 oz	Cole SlaWheat/ carrots (1/2 C Cornbread 1/48 1 EA Margarine 1/3 oz	Lettuce & Onion 3/4 c Dressing LF 1 TBSP
	Plain Cake 1/48 1 EA 1 % Milk 1 C	Plain Cake 1/48 1 EA 1 % Milk 1 C	Brownie (1/48) 1 @ 1 % Milk 1 C	Plain Cake 1/48 1 EA 1 % Milk 1 C	Peanutbutter Bar (1/48) 1 @ 1 % Milk 1 C	Plain Cake (1/48) 1 @ 1 % Milk 1 C	Plain Cake 1/48 1 EA 1 % Milk 1 C
	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)	Fruit Juice 4 oz Apple 1 @	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)	Fruit Juice 4 oz Raisins 1/2 c	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)	Fruit Juice 4 oz Peanuts 2 oz	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)

All entree portions purchased fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles and entrée 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 poultry 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 (EXCEPT WHERE NOTED AS REAL).

**Contains 1 C beans per serving.

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WEEK 3

	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 Grits 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Farina LF 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Grits LF 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Oatmeal LF 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	Ham 2 oz	Breakfast Gravy (2 oz mt) LF 4 oz Hashbrowns 1/2 c	Sausage 1 oz	Hard Cooked Eggs 2 EA Cottage Fries 1/2 c	Scrambled Eggs 2.5 oz Hashbrowns 1/2 c	Sausage 1 oz
	Wheat Bread 2 sl	Waffles 2 @	Biscuits (1/80) 2 @	Wheat Bread 2 SL	Biscuits (1/80) 2 @	Wheat Bread 2 sl	Pancakes (5 oz total) 2 @ Syrup 2 oz
	Margarine 1 @	Margarine 1 @	Jelly PKT 2 EA	Jelly PKT 2 EA Margarine 1 @	Jelly PKT 2 EA	Jelly PKT 2 EA	Margarine 1 @
	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C
L U N C H	Peanut Butter 2 OZ	Salami 3 oz	Peanut Butter 2 OZ	Bologna 2 OZ Sliced REAL Cheese on 1 oz	Peanut Butter 2 OZ	Salami 3 oz	Bologna 2 OZ Sliced REAL Cheese on 1 oz
	Wheat Bread 4 SL Jelly PKT 2 EA	Wheat Bread 4 SL Salad Dressing PKT 2 EA	Wheat Bread 4 SL Jelly PKT 2 EA	Wheat Bread 4 SL Mustard PKT 2 EA	Wheat Bread 4 SL Jelly PKT 2 EA	Wheat Bread 4 SL Salad Dressing PKT 2 EA	Wheat Bread 4 SL Mustard PKT 2 EA
	Carrot Sticks (A) 3/4 C or 3 1/2 oz	Celery Sticks 3/4 C or 4 1/4 oz	Carrot Sticks (A) 3/4 C or 3 1/2 oz	Celery Sticks 3/4 C or 4 1/4 oz	Carrot Sticks (A) 3/4 C or 3 1/2 oz	Celery Sticks 3/4 C or 4 1/4 oz	Carrot Sticks (A) 3/4 C or 3 1/2 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 C 1 % Milk 1 C	Cookies Sandw or Equiv 1 C 1 % Milk 1 C	Cookies Sandw or Equiv 1 C 1 % Milk 1 C	Cookies Sandw or Equiv 1 C 1 % Milk 1 C	Cookies Sandw or Equiv 1 C 1 % Milk 1 C	Cookies Sandw or Equiv 1 C 1 % Milk 1 C	Cookies Sandw or Equiv 1 C 1 % Milk 1 C
D I N N E R	Turkey Stew (2 OZ Meat) 12 OZ (1/2 c vegetables)	Salisbury Steak 3 OZ Creamed Potatoes 1 C Carrots (A) 1/2 c	Chili con Carne/ Beans 12 OZ (4 OZ Meat)**	Hot Dogs (3 oz total) 3 OZ Mustard PKT 1 EA Ranch Beans 1 C Mixed Veg w/ Carrots (A) 1/2 C	Hot Sliced Ham 4 OZ Pintos 1 C Green Beans 1/2 c	Chili Mac & Tom 12 OZ (2 OZ Meat) Peas & Carrots (A) 1/2 C	Italian Meat Sauce & Spaghetti (4 oz meat) 12 OZ Green Beans 1/2 C
	Rice 1 C		Rice 1 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 Margarine 1/3 oz	Cornbread 1/48 1 EA Margarine 1/3 oz	Cornbread 1/48 1 EA Margarine 1/3 oz	Wheat Bread 2 SL	Cornbread 1/48 1 EA Margarine 1/3 oz	Cornbread 1/48 1 EA Margarine 1/3 oz	Wheat Bread 2 sl Margarine 1/3 oz
	Plain Cake (1/48) 1 @ 1 % Milk 1 C	Plain Cake (1/48) 1 @ 1 % Milk 1 C	Plain Cake (1/48) 1 @ 1 % Milk 1 C	Brownie (1/48) 1 @ 1 % Milk 1 C	Cookies Sandw or Equiv 4 @ or 1.8 oz 1 C	Plain Cake (1/48) 1 @ 1 % Milk 1 C	Plain Cake (1/48) 1 @ 1 % Milk 1 C
S N A C K	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)	Fruit Juice 4 oz Apple 1 @	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)	Fruit Juice 4 oz Raisins 1/2 c	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)	Fruit Juice 4 oz Peanuts 2 oz	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)

All entree portions purchased fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles and entrée 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 poultry 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 (**EXCEPT WHERE NOTED AS REAL**).

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WEEK 4

	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 Oatmeal LF 1 C Sausage 1 oz Wheat Bread 2 SL Margarine 1 @ Jelly PKT 2 EA Sugar Substitute 1 EA 1 % Milk 2 C	Citrus Fruit or 4 oz Juice (C) 1 EA Grits LF 1 C Hard Cooked Eggs 2 EA Wheat Bread 2 SL Margarine 1 @ Sugar Substitute 1 EA 1 % Milk 2 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C Breakfast Gravy (2 oz mt) LF 4 oz Biscuits (1/80) 2 @ Jelly PKT 2 EA Sugar Substitute 1 EA 1 % Milk 2 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C Sausage 1 oz Pancakes (5 oz total) 2 @ Syrup 2 oz Margarine 1 @ Sugar Substitute 1 EA 1 % Milk 2 C	Citrus Fruit or 4 oz Juice (C) 1 EA Oatmeal LF 1 C Scrambled Eggs 2.5 oz Hashbrowns 1/2 c Wheat Bread 2 sl Jelly PKT 2 EA Sugar Substitute 1 EA 1 % Milk 2 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C T Ham 1 oz Sliced Cheese on 1 oz Biscuits (1/80) 2 @ Hashbrowns 1/2 c Jelly PKT 2 EA Sugar Substitute 1 EA 1 % Milk 2 C	Citrus Fruit or 4 oz Juice (C) 1 EA Grits LF 1 C Sausage 1 oz Pancakes (5 oz total) 2 @ Syrup 2 oz Margarine 1 @ Sugar Substitute 1 EA 1 % Milk 2 C
L U N C H	T Ham 4 oz Wheat Bread 4 SL Mustard PKT 2 EA Carrot Sticks (A) 3/4 C or 3 1/2 oz Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz 1 % Milk 1 C	Peanut Butter 2 OZ Wheat Bread 4 SL Jelly PKT 2 EA Celery Sticks 3/4 C or 4 1/4 oz Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz 1 % Milk 1 C	Bologna 2 OZ Sliced REAL Cheese on 1 oz Wheat Bread 4 SL Mustard PKT 2 EA Carrot Sticks (A) 3/4 C or 3 1/2 oz Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz 1 % Milk 1 C	Tuna Salad (3 oz) LF 4 oz Wheat Bread 4 SL Jelly PKT 2 EA Carrot Sticks (A) 3/4 C or 3 1/2 oz Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz 1 % Milk 1 C	Peanut Butter 2 OZ Salami 3 oz Bologna 2 OZ Sliced REAL Cheese on 1 oz Wheat Bread 4 SL Salad Dressing PKT 2 EA Celery Sticks 3/4 C or 4 1/4 oz Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz 1 % Milk 1 C	Bologna 2 OZ Sliced REAL Cheese on 1 oz Wheat Bread 4 SL Mustard PKT 2 EA Carrot Sticks (A) 3/4 C or 3 1/2 oz Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz 1 % Milk 1 C	Bologna 2 OZ Sliced REAL Cheese on 1 oz Wheat Bread 4 SL Mustard PKT 2 EA Carrot Sticks (A) 3/4 C or 3 1/2 oz Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz 1 % Milk 1 C
D I N E R	T Hot Dogs (3 OZ total) 2 EA Wheat Bread 2 sl Mustard PKT 2 EA Ranch Beans 1 C Cottage Fried Potatoes 1/2 C Tossed Salad 3/4 c Dressing LF 1 TBSP Cookies Sandw or Equiv 4 @ or 1.8 oz 1 % Milk 1 C	<i>Chili Con Carne/ Beans 12 OZ (4 OZ Meat)**</i> Sliced Ham 2 oz Mustard PKT 1 EA Pinto Beans 1 C Cajun Potatoes 1 C Tossed Salad 3/4 c Dressing LF 1 TBSP Wheat Bread 2 sl Margarine 1/3 oz Plain Cake (1/48) 1 @ 1 % Milk 1 C	Sliced Ham 2 oz Mustard PKT 1 EA Pinto Beans 1 C Carrots (A) 1/2 C Tossed Salad 3/4 c Dressing LF 1 TBSP Wheat Bread 2 sl Margarine 1/3 oz Peanut butter Square (1/48) 1 @ 1 % Milk 1 C	<i>Mexican Rice, Tomato and Turkey Cass.(4 OZ Meat)</i> Beef Pattie 3 OZ Creamed Potatoes 1 C Green Beans 1/2 C Lettuce/Onion 3/4 c Dressing LF 1 TBSP Cornbread 1/48 1 EA Margarine 1/3 oz Plain Cake (1/48) 1 @ 1 % Milk 1 C	Beef Pattie 3 OZ Creamed Potatoes 1 C Mixed Vegetables (A) 1/2 C Tossed Salad 3/4 c Dressing LF 1 TBSP Hamb. Bun 1 EA Mustard PKT 1 EA Plain Cake (1/48) 1 @ 1 % Milk 1 C	<i>Chili Mac & Tom (2 OZ Meat)</i> 12 OZ Carrots (A) 1/2 C Tossed Salad 3/4 c Dressing LF 1 TBSP Cornbread 1/48 1 EA Margarine 1/3 oz Plain Cake (1/48) 1 @ 1 % Milk 1 C	<i>SteWheat/ Veggies & meat 12 OZ (4 OZ meat) (1/2 c Veg)</i> Rice 1 C Tossed Salad 3/4 c Dressing LF 1 TBSP Cornbread 1/48 1 EA Margarine 1/3 oz Brownie (1/48) 1 @ 1 % Milk 1 C
S N A C K	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)	Fruit Juice 4 oz Apple 1 @	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)	Fruit Juice 4 oz Raisins 1/2 c	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)	Fruit Juice 4 oz Peanuts 2 oz	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)

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